

PLEASANTRIES

49 Pleasant Street Reading, MA 01867 (781) 942-6794
 Hours: M-Th: 8:30am - 4:00pm Fr: 8:30am - 12:00pm
www.readingma.gov/elder-and-human-services

Staff Contact Info

Front desk
 (781) 942-6794

Administrator

Chris Kowaleski
 (781) 942-6796
ckowaleski@ci.reading.ma.us

Senior Center Coordinator

Anna Assini
 (781) 942-6794
aassini@ci.reading.ma.us

Sr. Case Manager

Kerry Valle (781) 942-6659
kvalle@ci.reading.ma.us

Nurse Advocate

Alyse Warren (781) 942-6693
awarren@ci.reading.ma.us

Van Driver/Transportation Coordinator

Joe Beninati (781) 942-6754
jbeninati@ci.reading.ma.us



Highlights for January

- Pg. 1 Wellness Wednesdays: Starting Wednesday, January 11th
- Pg. 1 Lunch and Learn: Tuesday, January 24th
- Pg. 2 Billiards: Thursday, January 5th
- Pg. 3 Birthday Lunch: Thursday, January 12th
- Pg. 3 Movie and Pizza: Thursday, January 19th and January 26th
- Pg. 3 Memory Café: January 10th
- Pg. 6 COA and EHS Coffee Hour: January 5th and January 25th
- Pg. 7 Men's group: Wednesday January 25th

INCLEMENT WEATHER

Friendly Reminder: If the Reading Public Schools are closed due to inclement weather, the Pleasant Street Center is closed.

WELLNESS WEDNESDAYS

The Pleasant Street Center is excited to announce our next six week *Wellness Wednesday* series starting on January 11th. Each week, participants will enjoy wellness activities and lectures that will focus on a variety of topics related to living a healthy lifestyle. Sessions will be held from 11:00am to 1:00pm on January 11th, 18th, 25th and February 1st, 8th and 15th at the **Reading Public Library** in the community room on the ground floor. Lunch will be served after each presentation.

Presentation schedule to follow

To sign-up, please call the Pleasant Street Center at (781) 942-6794.

LUNCH AND LEARN

Join us for our next Lunch and Learn on Tuesday, January 24th from 12:00pm to 2:00pm

Presentation will be:

Discussion and Updates on New Senior Center

For questions regarding the Lunch and Learn or to sign-up, please call the Pleasant Street Center at (781) 942-6794.

FUEL ASSISTANCE

Greater Lawrence Community Action Council, Inc. (GLCAC)

<https://glcac.org> for more information
 Christa Crocker from GLAC will be coming to the PSC for 15 minute appointments between the hours of 9:00am and 12:00pm on the following dates:

January 12th, February 9th and March 16th

Please call 781-942-6794 to book your appointment!

FITNESS

Mondays

B.E.S.T. with Pat (Balance, Energy, Strength Training): 9:00am - 10:00am \$3.00 per class. Meets in the Great Room

Chair Yoga for Arthritis: 11:15am - 12:00 pm \$5.00 per class. All levels welcome (Meets upstairs)

Zumba Gold with Kelli: 2:45pm - 3:30pm \$5.00 per class In Great Room

Tuesdays

Body and Brain Flexibility with Yasmin:

10:30am - 11:30am \$5.00 per class

Senior Fit with Kelli: 2:30pm - 3:15pm \$5.00 per class

Wednesdays

Yoga with Rosa: 11:45am - 12:30 pm \$10.00 per class

Line Dancing with Val: 1:45am - 2:30pm \$5.00 per class Meets in the Great Room

Thursdays

Tai Chi with Paul: Resuming March 23rd, 2023

Strength & Balance with Terry: 11:15am - 12:15pm \$5.00 per class. Bring your own hand held weights or resistance bands. Meets in the Great Room.

Fridays

B.E.S.T. Exercise with Pat (Balance, Energy, Strength Training): 9:00am - 10:00am \$3.00 per class. Meets in the Great Room.

ACTIVITIES

Tuesdays

Art Lessons with Steve Greco: 9:30am - 11:30am, \$40,00 per month. First class free.

VETERANS

**Scuttlebutt Meeting is
Thursday, January 5rd at 10:00am**

We hope to see you there!



**For more info, please email Will Valliere at:
wvalliere@ci.reading.ma.us**

SHINE COUNSELING

SHINE COUNSELING By Appointment Only

Serving Health Information Needs of Everyone (SHINE) is a free Medicare benefits counseling program available to beneficiaries of all ages and people who are new to Medicare due to retirement, unemployment or disability.

Please call 781-942-6794 to request an in-person SHINE counseling appointment.

Other SHINE related matters,
Call 1-800-AGE-INFO (1-800-243-4636)
FOR QUESTIONS 24/7, Please call Medicare
1-800-633-4227

BILLIARDS

We are excited to announce the reopening of the Pleasant Street Center Billiards Room on Thursday,
January 5th from 11:30am to 1:00pm.



For more information or to register, please call
781-942-6794

GAMES

Mondays

Bingo: 11:30 - 1:30 (10 games for \$5.00)

Cribbage: 1:00 - 3:00 (upstairs)

Wednesdays

Rummikub: 1:00 - 3:00 (upstairs)

Thursdays

Mahjong: 12:30 - 3:30 (upstairs)

Fridays

Bridge: 9:00 - 12:00 (upstairs)

LINE DANCING

Looking for a new physical activity?
Try our Line Dancing class every Wednesday
afternoon at 1:45pm.

For more information call 781-942-6794

LOW VISION GROUP

Low Vision Group

Support group for those experiencing varying degrees of vision loss. Sponsored by MA Association for Blind and Visually impaired. Meets the 2nd Wednesday of each month.

Meets via conference call on

Wednesday, January 11th from 10:00am - 11:15am

Please call 781-942-6794 to reserve a spot

PARKINSON GROUP

Parkinson's Disease Support Group

Wednesday, January 11th from 1:00pm - 2:00pm

At the Pleasant Street Center - Lounge

Led by Kathy Hill, PT with the Greater Medford VNA.

Meets the second Wednesday of each month.

Please call 781-942-6794 to reserve a spot

BEREAVEMENT GROUP

Grief Support Group and Grief Education

The group, led by Trish Crean, LSW, Bereavement Coordinator from All Care Hospice, is a general loss group with grief education provided. Group allows for a safe, nonjudgmental place to talk about loss and understand the grief process and move towards the future in a healthy way. Group will meet monthly on the 2nd Tuesday of every month.

Tuesday, January 10th from 9:00am - 10:00am

Please call 781-942-6794 to reserve a spot

TELLING OUR STORIES

Join Mary Crowe from Care Dimensions as she presents "Telling Our Stories: The Importance of Reminiscing and Life Review" and how doing so can benefit ourselves and others.

Wednesday January, 11th at 9:00am

Please call 781-942-6794 to reserve a spot

BIRTHDAY LUNCH

Birthday Lunch

Thursday, January 12th at 1:00pm

Please call 781-942-6794 to reserve a spot

***No early arrivals please! Doors open at 12:45pm**

***Reading residents only, Ages 60+!**

If it is your birthday month, you get a free gift.

VIRTUAL ART

Virtual Zentangle with Susan

January 4th & 18th at 9:30am - 10:30am

Virtual Drawing with Susan

January 11th & 25th at 9:30am - 10:30am

Materials needed for Zentangle: paper, pencil, pen that writes nicely (I use a Micron), blending tool such as a tortillon/blending stump (cotton swab could work in a pinch).

Materials needed for Drawing: paper, pencil (No.2, 2H and 4B for drawing, if you have them), vinyl eraser and kneaded eraser recommended. Beginners are welcome. Join us for a relaxing, meditative, comfortable art experience.

Susan is a Certified Zentangle Teacher.

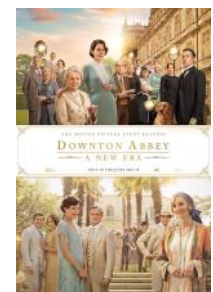
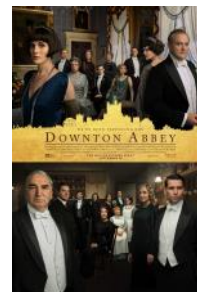
To register, use link: <https://tinyurl.com/ygzjdpfo>

MOVIE AND PIZZA

January Two Part Movie Series

Downton Abbey: Thursday, January 19th

Downton Abbey: A New Era - Thursday, January 26th
(Showtimes start at 1:00pm)



Please RSVP to 781-942-6794

MEMORY CAFÉ

The Stoneham & Reading Senior Centers are partnering to bring enjoyment & social connections to individuals living with a memory impairment & their care partners through the Memory Café.

Join us Tuesday, January 10th

from 12:00pm to 2:00pm

at Fusillis in Reading.

Please RSVP by January 4th to

Kerry Valle 781-942-6659 or

Alyse Warren 781-942-6693

HELPFUL RESOURCES

Council on Aging:

Next meeting will be on February 6th at 6:30pm in-person

Town of Reading Select Board

selectboard@ci.reading.ma.us

Mark Dockser, Chair

mark.dockser@ci.reading.ma.us

Karen Gately Herrick, Vice Chair

karen.herrick@ci.reading.ma.us

Chris Haley, Secretary

christopher.haley@ci.reading.ma.us

Carlo Bacci, Member

carlo.bacci@ci.reading.ma.us

Jacqueline McCarthy, Member

jacqueline.mccarthy@ci.reading.ma.us

State Senator Jason Lewis

(617) 722-1206

Jason.Lewis@masenate.gov

Representative Brad Jones

(617) 722-2100

Bradley.Jones@mahouse.gov

U.S. Congressman Seth Moulton

(978) 531-1669

Representative Rich Haggerty

(617) 722-2090

Richard.Haggerty@mahouse.gov

State Senator Jason Lewis Office Hours

Office hours will be held virtually in January.
For more details, please contact the Pleasant Street Center at 781-942-6794.

READING SELECT BOARD OFFICE HOURS

2023 SELECT BOARD HOURS

Karen Gately Herrick

Wednesday, January 4th from 11:00am to 12:00pm

At Pleasant St. Senior Center

CONTACT THE BOARD ANYTIME at
selectboard@ci.reading.ma.us

ON THE GO!

Van transportation is a **free service** to Reading seniors and non-seniors with disabilities. Our goal is to provide safe, efficient and friendly service.

Reservations are required at least 48 hours in advance by calling the Pleasant Street Center (781) 942-6794.

Seating is limited. Trip times are subject to change, please call to make a reservation. Masks are required before you enter the van.

January Shopping Dates and Times

Walmart

Tuesday, January 3th 10:00am to 12:00pm

Redstone Shopping Center

Monday, January 9th 10:00am to 12:00pm

Walmart

Tuesday, January 17rd 10:00am to 12:00pm

Woburn Village, Target, Kohl's, Market Basket

Monday, January 23th 10:00am to 12:00pm

Market Basket or Stop & Shop:

Peter Sanborn Grocery Shopping: Wednesdays
8:30am - 9:30am

Neighborhood Grocery Shopping: Wednesdays
9:30am - 10:30am

Cedar Glen Grocery Shopping: Thursdays
8:30am - 9:30am or 9:30am - 10:30am


(Call for availability)

Tannerville Grocery Shopping: Fridays
8:30am - 9:30am

As a courtesy to others, please refrain from the use of colognes and perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers. Thank you for your cooperation.

No more than 3 bags per passenger. All shoppers are responsible for carrying their own purchases.



Mon	Tue	Wed	Thu	Fri
2 CLOSED	3 9:30 Art 10:00 Walking Club 10:30 Body & Brain 2:30 Senior Fit	4 9:30 Zentangle (virtual) 11:45 Yoga 11:00 Select board office hour 1:00 Rummikub 1:45 Line Dancing	5 9:00 COA/EHS Coffee 10:00 Scuttlebutt 10:00 Computer drop-in 11:30 Billiards 11:15 Strength & Bal- ance 12:30 Mahjong	6 9:00 BEST 9:00 Bridge (upstairs) Closing at 12:00
9 9:00 BEST 11:15 Chair Yoga 11:30 Bingo 1:00 Cribbage 2:45 Zumba Gold	10 9:00 Bereavement 9:30 Art 10:00 Walking Club 10:30 Body & Brain 12:00 Memory Cafe 2:30 Senior Fit	11 9:30 Drawing (Virtual) 10:00 Low Vision (virtual) 11:00 Wellness Wed. 11:45 Yoga 1:00 Parkinson's 1:00 Rummikub 1:45 Line Dancing	12 9:00 Fuel Assist. 10:00 Computer drop-in 11:15 Strength & Bal- ance 12:30 Mahjong 1:00 Birthday Lunch	13 9:00 BEST 9:00 Bridge (upstairs) Closing at 12:00
16 CLOSED	17 9:30 Art 10:00 Walking Club 10:30 Body & Brain 2:30 Senior Fit	18 9:30 Zentangle (virtual) 10:00 Book Club 11:00 Wellness Wed. 11:45 Yoga 1:00 Rummikub 1:00 Parkinson's 1:45 Line Dancing	19 10:00 Computer drop-in 11:15 Strength & Bal- ance 12:30 Mahjong 1:00 Movie & Pizza (Movie 1)	20 9:00 BEST 9:00 Bridge (upstairs) Closing at 12:00
23 9:00 BEST 11:15 Chair Yoga 11:30 Bingo 1:00 Cribbage 2:45 Zumba Gold	24 9:30 Art 10:00 Walking Club 10:30 Body & Brain 12:00 Lunch & Learn 2:30 Senior Fit	25 9:30 Drawing (virtual) 10:00 Men's Group 11:00 Wellness Wed. 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 2:45 COA/EHS Coffee	26 10:00 Computer drop-in 10:15 BP Checks 11:15 Strength & Bal- ance 12:30 Mahjong 1:00 Movie & Pizza (Movie 2)	27 9:00 BEST 9:00 Bridge (upstairs) Closing at 12:00
30 9:00 BEST 11:15 Chair Yoga 11:30 Bingo 1:00 Cribbage 2:45 Zumba Gold	31 9:30 Art 10:00 Walking Club 10:30 Body & Brain 2:30 Senior Fit	 <h1 style="margin: 0;">JANUARY</h1>		

ART WITH STEVE

Looking for a low pressure place to be creative and tap into your art talent!

Join instructor Steve Greco on Tuesdays from 9:30am to 11:30am and try your hand at art.

First session is free, followed by \$40.00 per month

Beginners are welcome!

For details, please call the Pleasant Street Center at (781) 942-6794



TECH SUPPORT

Drop-in Technology Support

Do you have questions or need assistance using Zoom, printing photos, searching the Internet, basic computer function or something else related to your computer? Join Nancy Thursday's from 10:00am-12:00pm for drop in help.

CHROMEBOOK LENDING PROGRAM

If you have been thinking about trying out technology, now is the time to give it a try. Our Chromebooks allow you to access the internet, use email, take part in virtual programs and much more!

Chromebooks will be loaned out for a **2-month trial period**. If you enjoy the experience, the Pleasant Street Center staff will help you purchase and set up your own Chromebook. The units are already set up, so you can quickly check the weather, local and national news, PSC schedules, tutorials on how to ZOOM and more.

COA & EHS COFFEE HOUR

The Council on Aging will be sponsoring 2 Coffee Hours during the month of January. Everyone is welcome to stop by, grab a cup of coffee, tea and pastries and chat with old and new friends. This will be a great time to learn about the latest updates on the new Senior Center future as well as other services and programs.

Thursday, January 5th from 9:00am to 10:00am
Wednesday, January 25th from 2:45pm to 4:00pm

Please call the Pleasant Street Center for more information

PSC BOOK CLUB

Wednesday, January 18th from 9:30am - 11:00am

This month's discussion features

Seating Arrangements

By Maggie Shipstead

We will be meeting in the great room at the PSC. Copies are available at the Library and at the PSC.

Registration: <https://libcal.readingpl.org/event/9481496>

RPL FOR PSC

RPL at PSC: First Thursdays: Librarian Office Hour at PSC
Thur, 1/5, 10:00 - 11:00am Drop in on Melissa, RPL's older adults librarian in the upstairs craft room at PSC. This is a great opportunity to: ask a reference question, get a library card, learn about and sign up for programs, and more! Your input on library services and programs is welcome

Writers Group—Virtual

Wed, 1/4, 10:00 - 11:30am Join this drop-in community of writers monthly to share ideas, drafts, and cheer each other on. Registration: <https://libcal.readingpl.org/event/9916272>

Welcome to the Graveyard with the Gravestone Girls

Wed, 1/25, 7:00 –8:30pm Join us for an illustrated 'virtual tour' chronicling cemetery art and symbolism starting in colonial New England. The program examines why we have cemeteries and gravestones, why they look like they do and how styles and art have evolved over almost 400 years. This program is generously funded by The Friends of the Reading Public Library. Thank you! Registration: <https://libcal.readingpl.org/event/9542501>

SUPPORT SERVICES

We are dedicated to helping our residents live actively and engage in the community. We provide education, support and services for residents of all ages. This includes:

***Reading Response:**

- Medical transportation
- Lifeline Medical Alert
- Adult Day Health

*Reading Response income guidelines for medical transportation and lifeline: 1 person=\$55,000; 2 person=\$62,850. For every \$5,000 over the income guidelines there is a \$5.00 copay. Clients on standard Mass Health are **not eligible**.

To schedule an appointment for any of the above services please contact:

Kerry Valle, Sr. Case Manager
(781) 942-6659



For Health support or to request a blood pressure check, please contact

Alyse Warren, Nurse Advocate at 781-942-6693

Please note:

We are seeing clients BY APPOINTMENT ONLY

MEN'S GROUP

Pleasant Street Center's Men's Group
January 25th from 10:00am - 11:00am

Join Chris for refreshments and conversation every 4th Wednesday of the month.

For more information or to sign-up, call
(781) 942-6794

LAMP REPAIR

Please note:

Lamp repairs will resume in May 2023!



FILE OF LIFE

In an emergency, time is critical! When our Firefighter/Paramedics arrive on the scene they are looking for information about the person in need. Seconds count and can make the difference between life and death. A File of Life allows our Firefighters/ Paramedics to immediately begin the best possible treatment, notify loved ones, and pass this vital data to awaiting physicians in the emergency room. If you would like a File of Life or have questions about the program, please do not hesitate to contact **Kerry Valle at (781) 942-6659 or Alyse Warren at (781) 942-6693**. The Files of Life are available through the Pleasant Street Center are kindly supplied through a donation to Fire Dept Local Union 1640.



BLOOD PRESSURE CHECKS

Cedar Glen - January 4th : 1:00pm - 1:45pm

Frank Tanner - January 12th : 10:00am - 10:45am

Pleasant St Ctr. - January 26th: 10:15am - 11:00am

If you have questions/ need different arrangements, please contact

Alyse Warren, Nurse Advocate 781-942-6693

GLAUCOMA AWARENESS MONTH

January is Glaucoma Awareness Month. Glaucoma is the leading cause of vision loss & blindness in the US. Glaucoma has no early symptoms and is considered "the sneak thief of sight" which is why 50% of people don't know they have it. The only way to know if you have glaucoma is to get a comprehensive dilated eye exam. There is no cure for glaucoma but early treatment can often stop the damage & protect your vision.

Anyone can get glaucoma but those at higher risk are

- ◆ Everyone over 60, especially Hispanic/Latinos
- ◆ African Americans age 40 and older
- ◆ People with a family history of glaucoma

Regular checkups are vital to eye health even if you don't have symptoms



Reading Elder Services

16 Lowell Street
Reading, MA 01867

PLEASANTRIES

Reading's Newsletter for Residents 60+
pleasantstreetcenter@ci.reading.ma.us
readingma.gov/pleasant-street-center

Did you know:

You can obtain a copy of the *Pleasantries* at several locations around town or via email at readingma.gov. If you would like to be removed from the mailing list and/or sign up to receive it via email, please call 781-942-6608.

RAMBLERS WALKING CLUB

The Reading Ramblers will be walking all around town. Walks are open to all and vary each week.

Tuesdays at 10:00am

Reading Ramblers January 2023 SCHEDULE

- 1/03: Meet at HomeGoods, Walk Kurchian Woods
- 1/10: Meet at Birch Meadow Dr., by Oakland Rd.
- 1/17: Meet at Residence at Pearl St parking area
- 1/24: Meet at Sturges Park lot on Pine Ridge Rd.
- 1/31: Meet at Ipswich River Park, North Reading

Check out Ramblers FB page for updates:

<https://www.facebook.com/Readingramblers/>

**Walks will be cancelled in the event of inclement weather.
Contact the Pleasant Street Center for an updated
departure location at (781) 942-6794.**

TRIPS

The MacGougas Brothers Band

And Bobby O'Justin's

"Irish Celebration"

Wednesday, March 15th, 2023

\$55.00 per person

Danversport Yacht Club

Sign-ups open now!

Please RSVP to 781-942-6794

Jimmy Mazz

"Legends & Laughter"

Thursday, April 20th, 2023

\$55.00 per person

Venezia Waterfront Restaurant in Boston

Sign-ups will start February 20th

(Trips are partially funded by ARPA)

***We are continually in the process of planning more
fun and exciting trips for the Future, so please
stay tuned.***