

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

Clerk/Receptionist

Linda Antinoro
 (781) 942-6794

Administrator

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

Senior Center Coordinator

Anna Assini
 (781) 942-6658
aassini@ci.reading.ma.us

Sr. Case Manager

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

Nurse Advocate

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

Transportation Coordinator

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



Highlights for June

- Pg. 3 Father's Day Luncheon featuring Jon Taubman
- Pg. 3 Lunch and Learn with Ben Cares Navigating Kiosks
- Pg. 4 AARP Tax Prep volunteers needed
- Pg. 4 Podiatrist from Bay State Foot & Ankle
- Pg. 6 Marcelle Ell Manicurist
- Pg. 6 Attorney Crowley
- Pg. 6 Intergenerational Wood Painting
- Pg. 7 Longest Day, Dementia Friends

HISTORICAL WOMEN

Ruth Bader Ginsburg Performed by Sheryl Faye
 – "I Dissent"

Ruth Bader Ginsburg was an American lawyer and jurist who served as an associate justice of the Supreme Court of the United States from 1993 until her death in September 2020

This show is the inspiring story of how she changed her life and ours.

Thursday, June 15th 1:30-2:30
 Call to reserve 781-942-6794
 Non Reading Residents
 Sign Up June 7th



PAINT PARTY –TIN BUCKET

Tuesday, June 6th 9:30-11:30

Come paint with us and leave with an original work of art, created by you!

Pam Keating is a Reading resident and owner of Tin Bucket, where everyone finds their inner artist, she will guide you in creating your own masterpiece.



Limited Seating - call to reserve
 781-942-6794

Non Reading Residents
 Sign up May 30th

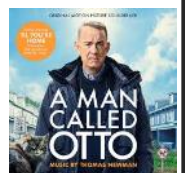


A MAN CALLED OTTO

Pizza and Movie

When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.

Thursday, June 22nd 1:00pm
 Please call 781-942-6794
 Rsvp by Monday June 19th



FITNESS

Mondays

B.E.S.T. (Balance, Energy, Strength, Training):

9:00am - 10:00am (\$3.00 per class)

Location: Great Room

Chair Yoga for Arthritis:

11:15am - 12:15pm (Free)

Location: 2nd Floor

Zumba Gold with Kelli:

2:45pm - 3:30pm (\$5.00 per class)

Location: Great Room

Tuesdays

Body and Brain Flexibility with Yasmin:

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

Location: 2nd Floor

Senior Fit with Kelli:

2:30pm - 3:15pm (\$5.00 per class)

Location: Great Room

Wednesdays

Yoga

11:45am - 12:30pm (\$10.00 per class)

Location: 2nd Floor

Line Dancing with Val:

1:45am - 2:30pm (Free)

Location: Great Room

Thursdays

Strength & Balance with Terry:

11:15am - 12:15pm (Free)

Location: Great Room

Tai Chi w/Paul:

9:00am - 10:00am

Location: Great Room (last class 6/29)

Fridays

B.E.S.T. (Balance, Energy, Strength, Training):

9:00am - 10:00am (\$3.00 per class)

Location: Great Room

VETERANS

Scuttlebutt Meeting is Thursday, June 1st 10:00am
TOPIC: Veterans Issues and Flag Day Events

All who have served in the Armed Services may qualify for Disability and Veterans Benefits:

Contact: William Valliere our Veterans Service Officer at 781-942-6652 or email: wvalliere@ci.reading.ma.us
 VSO Valliere can assist on navigating filing disability claims and State benefits.



SHINE COUNSELING

SHINE COUNSELING 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

POKENO

Look to play a new game?

Join us as we start Pokeno on Tuesday afternoons

Starting June 6th

1:00pm to 3:00pm

Pokeno® is a game that is a combination of poker and keno, though it is pretty much like playing bingo with standard playing cards.

Bring your pennies!

For more information and to sign-up

Call 781-942-6794

ACTIVITIES/GAMES

Mondays

Bingo: 10:30 - 12:00 (10 games for \$5.00)

Cribbage: 1:00 - 3:00 (2nd Floor)

Tuesdays

Art with Steve: (NO CLASS 6/6)

9:30 - 11:30 (\$40/mon.; 1st class free)

Pokeno: 1:00 - 3:00 (2nd Floor)

Wednesdays

Rummikub: 1:00 - 3:00 (2nd Floor)

Fiber Art : 10:00 - 11:30 (2nd Floor)

Thursdays

Billiards: 11:00 - 1:00 (basement)

Mahjong: 12:30 - 3:30 (2nd Floor)

Fridays

Bridge: 9:00 - 12:00 (2nd Floor)

LOW VISION GROUP

Low Vision Group

Support group for those experiencing varying degrees of vision loss. Meets the 2nd Wednesday of every month.

Meets via conference call on

Wednesday, June 14th 10:00am - 11:15am

Please call 781-942-6794 if you would like more information

Sponsored by:

MA Association for Blind and Visually Impaired

Please note: No Meetings July and August

PARKINSON GROUP

Parkinson's Disease Support Group

Meets the 2nd Wednesday of every month.

Wednesday, June 14th 1:00pm - 2:00pm

At the Pleasant Street Center - Lounge

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

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 that allows for a safe, nonjudgmental place to talk about the grief process and move towards the future in a healthy way.

Meets 2nd Tuesday of every month.

Tuesday, June 13th 9:00am - 10:00am

Please call 781-942-6794 to reserve a spot

MEMORY CAFÉ

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

**Join us Tuesday, June 13th 10:30 - 12:00
at Stoneham Senior Center
for music and a craft**

Contact: Kerry Valle 781-942-6659 or
Alyse Warren 781-942-6693

VIRTUAL ART

Virtual Zentangle and Drawing

Susan is a Certified Zentangle Instructor.

Wednesday, June 7rd & June 21st 9:30am - 10:30am

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

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

Virtual Drawing with Susan

**Wednesdays, June 14th & June 28th
at 9:30am - 10:30am**

Drawing Materials: paper, pencil (No.2, 2H, and 4B for drawing, vinyl eraser and kneaded eraser recommended.

Join us for a relaxing, meditative, comfortable art experience.

Beginners are welcome.

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

BIRTHDAY LUNCH

Thursday, June 8th at 1:00pm

Please call 781-942-6794 to reserve a spot
Reading residents ages 60+ receive a gift card for your Birthday month.

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

FATHER'S DAY LUNCHEON



Father's Day Luncheon featuring Jazz Guitarist Jon Taubman

Wednesday, June 14th 11:30-12:30

Non Reading Residents

Sign Up June 7th

LUNCH & LEARN

Join us as we welcome back Ben Cares, Economic Development Director as he reviews how to use the incoming kiosks at CVS & Brande Ct.

Thursday, June 29th at 1:00pm

Please call 781-942-6794 to reserve a spot
**No early arrivals please! Doors open at 12:45pm*

HELPFUL RESOURCES

Council on Aging Meeting:

Next meeting will be on June 5th at 6:30pm

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 Hour

Next office hour will be on July 10th at 1:30pm

For more information please contact

The Pleasant Street Center at 781-942-6794.

READING SELECT BOARD OFFICE HOURS

2023 SELECT BOARD HOURS

Please contact the Pleasant Street Center for June Select Board office hours!

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 60+ and non-seniors with disabilities. 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.

Mask wearing is recommended, but optional.

Walmart:

Monday, June 5th 10:00a.m. - 12:00 p.m.

Redstone Shopping Center:

Monday, June 12th 10:00 a.m. - 12:00 p.m.

Walmart:

Tuesday June 20th 10:00 a.m. - 12:00 p.m.

Woburn Village, Target, or Kohl's:

Monday, June 26th 10:00 a.m. - 12:00 p.m.

Market Basket or Stop & Shop:

Peter Sanborn: Wednesdays 8:30 - 9:30 a.m.

Neighborhood: Wednesdays 9:30 - 10:30 a.m.

Cedar Glen: Thursdays 8:30 - 9:30 a.m.

Tannerville: Fridays 8:30 - 9:30 a.m.

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.

TAX PREP VOLUNTEERS NEEDED!

The Pleasant Street Senior Center is partnering with AARP of Massachusetts in **seeking Volunteer Tax Preparers for the upcoming 2024 tax season.**

No prior work related tax experience needed.

AARP of Massachusetts will provide training and support. Please visit the website below if you are interested in volunteering


<https://www.aarp.org/forms/volunteer-tax-aid/>

PODIATRIST

Join us as we welcome Dr. Nancy Prechtl from Bay State Foot & Ankle as she reviews the different causes of foot pain and how to take care of our feet

Tuesday June 6, 2023 @ 12:30

Please call 781-942-6794 to reserve your spot

Mon	Tue	Wed	Thu	Fri
			1	2
			9:00 Tai Chi 9:30 Computer Drop 10:00 Scuttlebutt 1:00 Billiards 11:15 Strength Balance 12:30 Mahjong 1:00 Ice Cream Soc.	9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
5	6	7	8	9
9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:30 LUNCH 1:00 Cribbage 2:45 Zumba Gold	9:30 TIN BUCKET 10:00 WALKING CLUB 10:30 Body & Brain 12:30 Podiatrist 1:00 POKENO 2:30 Senior Fit	9:30 Zentangle (Virtual) 10:00 Fiber Arts 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	9:00 Tai Chi 9:30 Computer Drop 10:00 Scuttlebutt 11:00 Billiards 11:15 Strength Balance 12:30 Mahjong 1:00 Birthday Lunch	9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
12	13	14	15	16
9:00 B.E.S.T. 10:00 Manicurist 11:15 Chair Yoga 10:30 Bingo 12:30 LUNCH 1:00 Cribbage 2:45 Zumba Gold	9:00 Bereavement 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	9:30 Drawing (Virtual) 10:00 Fiber Arts 11:30 Father's Day Lunch 11:45 Yoga 1:00 Parkinson's 1:00 Rummikub 1:45 Line Dancing	9:00 Tai Chi 11:15 Strength Balance 11:00 Billiards 12:30 Mahjong 1:30 Ruth Bader Ginsberg	9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) 10:00 Trip leaves PSC - Arrives 4:45 Closes at 12:00
19	20	21	22	23
Holiday Closed	9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	9:00 Attorney Crowley 9:30 Zentangle (Virtual) 9:30 PSC Book Club 10:00 Dementia /Friends 10:00 Fiber Arts 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 4:00 Intergenerational	9:00 Tai Chi 9:30 Computer Drop In 10:15 BP clinic 11:00 Billiards 11:15 Strength Balance 12:30 Mahjong 1:00 Movie & Pizza "Man Called Otto"	9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
26	27	28	29	30
9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:30 LUNCH 1:00 Cribbage 2:45 Zumba Gold	9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	9:30 Drawing (Virtual) 10:00 Fiber Arts 10:00 Men's Huddle 11:45 Officer Lewis 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 3:00 COA/EHS Coffee	9:00 Tai Chi 9:30 Computer 11:15 Strength Balance 11:00 Billiards 12:30 Mahjong 1:00 Lunch & Learn	9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00

ATTORNEY CROWLEY

Attorney William Crowley will be offering
20 min Complimentary Elder Law Service
3rd Wednesday of each month
Starting June 21st 9:00am - 10:00am
Call 781-942-6762
Private appointment only

MANICURIST

Marcelle Ell
MA Licensed Manicurist
File and Polish Only
2nd Monday of each month



Starting June 12th
10:00am - 12:00pm
By Appointment only
Please call 781-942-6794 to book your appointment

TECH SUPPORT

Drop-in Technology Assistance
Join Nancy

Thursdays 9:30am - 11:00 am

Do you have questions or need assistance with basic computer function, printing photos, or searching the Internet this class is for you!

LET'S GET DIGITAL

PLEASE NOTE:

There is no Let's Get Digital class in June!

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!

For a **2-month trial** The Pleasant Street Center provides a Chromebook lending program.

Contact 781-942-6796 if you are interested in borrowing a Chromebook or for more information.

COUNCIL ON AGING & E.H.S. COFFEE

The Council on Aging and Elder Human Services (E.H.S.) will be sponsoring a Coffee Hour.
Join us for coffee and light refreshments. This will be a great opportunity to learn about services and programs.
Wednesday, June 28th 3:00pm to 4:00pm
No COA/EHS Coffee in July or August

PSC BOOK CLUB

Pleasant Street Center Book Club
The Long Flight Home
By: Alan Hlad
Wednesday June 21st
9:30am - 11:00am

INTERGENERATIONAL PROGRAM

Join us for the first day of summer for an intergenerational wood painting honoring the USA!
Wednesday, June 21st from 4:00-6:00
Pizza and refreshments will be provided.
Call 781-942-6794 to reserve your spot



LAMP REPAIR

June 7th and 21st

Please affix a note on your lamp stating your name, telephone number, address and issue. You will receive a call when your lamp is ready to be picked up.

The fee will be for parts only.
Call 781-942-6794 for information

MEN'S HUDDLE

The Pleasant Street Center Men's Huddle
Wednesday, June 28th 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

SUPPORT SERVICES

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

Reading Response: offers Medical transportation, Lifeline Medical Alert and Adult Day Health.

Reading Response income guidelines:

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, RN BSN at 781-942-6693

FILE OF LIFE

In an emergency when First Responders arrive on scene they are looking for important information about the person in need. A **File of Life** allows our First Responders to immediately begin the best possible treatment, notify loved ones, and pass this vital information to awaiting physicians in the emergency room.

If you would like a **File of Life** or have questions about the program, please contact

Kerry Valle at (781) 942-6659 or

Alyse Warren at (781) 942-6693.

The **File of Life** is available at the Pleasant Street Center and are provided through a donation from the Fire Dept Local Union 1640.



ASK THE NURSE/ BLOOD PRESSURE CHECKS

Cedar Glen - June 7th : 1:00pm - 1:45pm

Frank Tanner - June 8th 10:00am - 10:45am

Pleasant St Ctr. - June 22nd 10:15am - 11:00am

If you have questions/ need different arrangements, please contact

Alyse Warren, RN BSN 781-942-6693

MEN'S HEALTH MONTH

The goal of Men's Health Month is to encourage boys and men to take charge of their overall health. Early detection and treatment of disease can aid in living a long



& happy life. Some tips for overall health are maintaining yearly physicals, staying up to date on screenings & vaccines, maintain healthy diet and engaging in physical activity while minimizing stress and risky behaviors

SUN HEALTH

Less than half of older adults protect their skin from the sun when outside for an hour or more on a warm, sunny day. This can increase the risk of getting skin cancer. Making sun protection an everyday habit can help prevent sunburns and lower risks of getting skin cancer. Ways to help protect yourself include staying in the shade minimizing direct sun exposure from 10am-4pm when sun is the strongest, using sunscreen with SPF of at least 30, wearing wide brimmed hats and UV protection clothing

DEMENTIA FRIENDS SESSION

The Longest Day June 21, is the day with the most light. On this day, people from across the world come together to fight the darkness of Alzheimer's.

Join Kerry and Alyse **June 21st from 10-11** as they present a **Dementia Friends training** which is part of a global movement to change the way people think, about dementia by helping everyone in a community understand what dementia is and how it affects people, each of us can make a difference for people touched by dementia.

Please call 781-942-6794 to reserve your spot

MEET WITH OFFICER LEWIS & COOPER

Come meet school resource Officer Lewis and his Dog Cooper!

Wednesday, June 28th 11:45am 12:30

Cooper is one of two comfort dogs with the Reading Police Department. The program is part of the department's strategy for addressing an uptick in mental health calls since the beginning of the COVID-19 pandemic and has been a huge success.

<p>Reading Elder Services 16 Lowell Street Reading, MA 01867</p>	<p style="text-align: center;">PLEASANTRIES Reading's Newsletter for Residents 60+ pleasantstreetcenter@ci.reading.ma.us readingma.gov/pleasant-street-center</p>	
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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 receive the newsletter by mail please send a note with your name, address and phone number along with **\$5 cash or check made payable to Town of Reading with memo stating "Pleasantries" to Town Hall 16 Lowell Street, Reading MA 01867**. Please call 781-942-6794 with questions or to be removed from mailing list.

RAMBLERS WALKING CLUB

The Reading Ramblers will be walk all around town.
Walks are open to all and vary each week.
Tuesdays at 10:00am
Reading Ramblers June 2023 Schedule

6/06: Meet at Ipswich River Park North Reading
6/13: Meet at Birch Meadow Path (x from Oakland)
6/20: Meet at Pleasant Street Center:
Pleasant Street Neighborhood
6/27: Meet at Washington Park Walk Pinevale Trail

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

Royal Tours presents
**Luncheon at Warren's in Kittery
and the Sand Sculptures at
Hampton Beach, NH
Friday, June 16th**
Departing 10:00am - Return 4:45pm
\$55.00 per person
Rain or Shine
Bring Sunscreen, hat, water, and comfortable shoes

2 Upcoming Trips in July

Christmas in July Wednesday, June 19th
&
The Edwards Twins Thursday, July 27th

(Trips are partially funded by ARPA)