

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:

Linda Antinoro
 lantinoro@ci.reading.ma.us
 (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
 awaren@ci.reading.ma.us

Transportation Coordinator

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

Transportation is provided for some programming. Please call for availability.



We Care About You: If your information has changed recently, please take a moment to stop at the front desk on your next visit to update your information especially emergency contacts. As a reminder, don't forget to sign in at the computer when arriving for all events, activities, and classes. Thank you!

Greater Lawrence Community Action Council, Inc. (GLCAC)

Fuel Assistance: Aid is available to pay a portion of winter heating bills for the primary heat source for households meeting federal income guidelines. Payments are made directly to the fuel provider. Applies only to oil, propane, coal, wood, gas, kerosene & electric. If you need an application or are new to the program, please contact GLCAC at (978) 681-4950. Debora Rodriguez will be coming to the PSC for 15 minute appointments between the hours of 9:00am and 12:00pm on the 1st Thursday of the month starting December 7th - March 7th of 2024
 Please call 781-942-6794 to book your appointment.

The deadline to apply is April 30, 2024

POM POM DANCE

Looking for a new movement class?
 Join Joie Edson for the new Pom Pom Dancing class
 Joie brings high energy, enthusiasm, and motivation to every class while creating an atmosphere of fun.
 (Pom Poms will be provided)
Starting Dec. 7th from 8:30 - 9:30
Please call to Sign up

HAIRDRESSER

We are excited to announce Hair Dresser Linda Sullivan will be taking appointment for trim and blowouts at the Pleasant Street Center
Starting Tuesday, December 12th
By Appointments Only
 9:00am - 1:30pm
 RSVP at 781-942-6794
 Clean hair preferred
 Gratuities are Welcomed
 Reading Residents Only
 (Funded by ARPA)

AUDIOLOGIST

Audiologist Presentation

Join Dr Chabot from Atlantic Hearing Care
 Dr. Chabot specializes in the comprehensive diagnosis and treatment of hearing loss and tinnitus.
 Wednesday, December 13th
 9:30am - 10:30am
 RSVP: 781-942-6794

HISTORICAL WOMEN

Sheryl Faye Presents:
 Your Majesty
 Thursday, December 14th
 1:30pm - 2:30pm
 Refreshments only
 RSVP by December 12th at
 781-942-6794



LUNCH AND LEARN

Lunch and Learn
 Liz Morrison
 Nutritionist
 Wednesday, December 13th
 12:00pm - 1:00pm
 RSVP Required by December 11th at
 781-942-6794



FITNESS

Mondays

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

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

Location: Great Room

Chair Yoga:

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/class)

Location: 2nd Floor

Senior Fit /Zumba 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

Pom Pom Dancing:

8:30am - 9:30am (Free) Location: Great Room

Strength & Balance with Terry:

11:00am - 12:00pm (Free)

Location: Great Room

Tai Chi w/Paul (2 classes Only on Dec 7 and Dec 14)

8:30-9:30

Location: Lounge

Fridays

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

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

Location: Great Room

COMPLETE FOOT CARE

Monthly Foot care Services
 Marie Anderson RN
 A Certified Foot Care Specialist
Thursday, December 21st
Scheduled appointments only
11:00am - 3:00pm
 Reading Residents only
 (ARPA Funded)

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

ACTIVITIES/GAMES

Mondays



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



Lunch: 12:15 - 1:15 **RSVP Required by Friday**

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

Tuesdays

Art with Steve: 9:30 - 11:30 (\$40/mo 1st class free)

Pokeno: 1:00 - 3:00 *Bring your pennies!

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)



= Ride Available

VETERANS SCUTTLEBUTT

Thursday, December 7th at 10:00am

Topic: Pearl Harbor

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.

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, December 13th**

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

Sponsored by:

MA Association for Blind and Visually Impaired

PARKINSON GROUP

Parkinson's Disease Support Group

Meets the 2nd Wednesday of every month.

No Parkinson's Group in December

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 *DAY CHANGE*

Wednesday, December 13th

9:00am to 10:00am

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 the 2nd Wednesday of every month.

Please call 781-942-6794 to reserve a spot

MEMORY CAFÉ

Elder Services and the Reading Public Library have partnered to bring social connections to individuals living with a memory impairment & their care partners through the Memory Café.

Join us Tuesday, December 12th from 10:30 - 12:00 at Reading Public Library for a holiday craft & music

Please RSVP to Kerry Valle 781-942-6659 or Alyse Warren 781-942-6693

VIRTUAL ART

Virtual Zentangle and Drawing

Susan is a Certified Zentangle Instructor.

Wednesday, December 6th and December 20th

11:00am to 12:00pm

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

Please call to sign up and for the link

Virtual Drawing with Susan

Wednesday, December 13th and December 27th

11:00am to 12:00pm

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.

Please call to sign up and for the link

BIRTHDAY LUNCH

Thursday, December 7th 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

PIZZA AND A MOVIE

Featuring:

My Big Fat Greek Wedding 3 (pg-13)

Thursday, December 28th starting at 12:45pm

Members of the Portokalos family reunite in Greece for a hilarious and heartwarming trip full of love, twists and turns.

Please call 781-942-6794



HELPFUL RESOURCES

Council on Aging Meeting:

Next Council on Aging Meeting: December 11th

Community Services Director

Genevieve Fiorente
781-942-6672

Town of Reading Select Board

selectboard@ci.reading.ma.us

Mark Dockser, Member

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, Chair

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 Hours will be in January

**Please call the Pleasant Street Center
with Questions.**

READING SELECT BOARD OFFICE HOURS

**Please contact the Pleasant Street Center for
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

Walmart

Tuesday, December 5th 10:00 a.m. - 12:00 p.m.

Redstone Shopping Center

Tuesday, December 12th 10:00 a.m. - 12:00 p.m.

Walmart (Day Change for December only)

Monday December 18th 10:00 a.m. - 12:00 p.m.

Woburn Village, Target or Kohl's

Tuesday, December 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.
Thank you for your cooperation.
change.**

TAX PREP VOLUNTEERS NEEDED!

The Pleasant Street Senior Center is partnering with AARP of Massachusetts is **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/>

Mon	Tue	Wed	Thu	Fri
				1 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
4 9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold	5 9:30 ART 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	6 10:00 Fiber Arts 10:00 Care Dimensions 11:00 Zentangle (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	7 8:30 POM POMS 8:30 Tai Chi 9:00 Fuel Assistance 9:30 Computer Drop 10:00 Scuttlebutt 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:00 Birthday Lunch	8 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
11 9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold	12 9:00 Hairdresser 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	13 9:00 Bereavement 9:30 Audiologist Presen. 10:00 Fiber Arts 11:00 Drawing (Virtual) 11:45 Yoga 12:00 Lunch and Learn 1:00 Rummikub 1:45 Line Dancing	14 8:30 POM POMS 8:30 Tai Chi 9:30 Computer Drop 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:30 Her Majesty	15 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
18 9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold	19 9:30 Art 9:30 Book Club 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 1:00 Patient Portal 2:30 Senior Fit	20 10:00 Fiber Arts 11:00 Zentangle (Virtual) 11:30 Holiday Luncheon 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	21 8:30 POM POMS 9:30 Let's Get Digital 11:00 Billiards 11:00 Podiatry 11:00 Strength Balance 12:30 Mahjong 1:30 Coolidge Middle	22 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
25 Happy Holidays Closed	26 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 1:00 Cribbage 2:30 Senior Fit	27 10:00 Fiber Arts 10:00 Men's Huddle 11:00 Drawing (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 3:00 COA/EHS Coffee	28 8:30 POM POMS 9:30 Computer Drop 10:15 BP Clinic 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 12:45 Movie & Pizza	29 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
No Appointments December

READING PUBLIC LIBRARY

**The Harper and the Minstrel Present a Wynter
Holiday Concert | Monday, December 18 | 7 pm
at the Reading Public Library**

If the inescapable ubiquity of modern holiday tunes has
got you down, come and unwind with an evening of
medieval musical magic! The Harper and The Minstrel are
Jay and Abby Michaels, a husband and wife musical duo
who specialize in historically inspired and passionately
performed Medieval, Renaissance, and Celtic music!

TECH SUPPORT

Computer Drop In with Nancy
Thursday, December 7th
Thursday, December 14th
Thursday, December 28th
9:30am - 11:00am

LET'S GET DIGITAL

Let's Get Digital Featuring
With Kevin Figueroa
Thursday, December 21st
9:30am - 11:00am
Topic: Staying Organized
Please bring your own iPad, iPhone or Laptop
Please Call the PSC to Sign Up

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.

COA & EHS COFFEE HOUR

Council on Aging /Elder and Human Services
Wednesday, December 27th
3:00pm - 4:00pm
The Council on Aging and Elder Human Services
(E.H.S.) will be sponsoring a Coffee Hour.
Topic "New Senior Center"

PSC BOOK CLUB

Tuesday, December 19th
9:30 - 11:00
Harlem Shuffle by Colson Whitehead
Please call the Pleasant Street Center at
781-942-6794 to sign up.

FIBER ARTS

Fiber Arts Group! Sit and chat while working on your
own project and share your creativity!
Feel free to bring your own yarn, knitting needles and
crochet hooks. All are welcome!
Every Wednesdays 10:00 to 11:30
Please call 781-942-6794 for more information

FUEL ASSISTANCE

Fuel Assistance with Rep Deb Rodriguez
Thursday, December 7th 9:00-12:00pm (15 min appts)
Thursday, January 4th 9:00-12:00pm (15 min appts)
Thursday, February 1st 9:00-12:00pm (15 min appts)
Thursday, March 7th 9:00-12:00pm (15 min appts)
Please call the PSC to make an appointment

MEN'S HUDDLE

The Pleasant Street Center Men's Huddle
Wednesday, December 27th 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 December 13th- 1:00pm - 1:45pm

Frank Tanner December 14th- 10:00am - 10:45am

Pleasant St Ctr. December 28th- 10:15am - 11:00am

If you have questions or need different arrangements, please contact

Alyse Warren, RN BSN 781-942-6693

NIA VIRTUAL FITNESS CLASS

Info about classes ZOOM links, live class schedule and videos can be found at niawithlinda.com

Nia is usually done in bare feet but if you need Footwear, that's fine too. Wear comfortable workout or yoga clothing. A yoga mat is helpful for stretching for the final 15 minutes of class. Classes run for an hour For more information or questions contact Linda at contact@niawithlinda.com or (617) 851-2738

PATIENT PORTAL INSTRUCTION

Do you need help navigating your patient portal for your medical care?

Nurse Advocate Alyse Warren will be taking one on one appointments to review how to use the portal on your own device or on the desk top computer.

Tuesday, December 19th

By Appointment Only

1:00pm - 2:00pm



COPING WITH THE HOLIDAYS AFTER LOSS

The holiday season can be a stressful time for people who have experienced a significant loss. Join us as we welcome back Mary Crowe from Care Dimensions who will be offering this beneficial workshop to discuss helpful ways to cope. There will be time to share stories and find mutual support

Wednesday December 6, 2023 at 10:00am

Please call 781-942-6794 to RSVP

CAREGIVERS SUPPORT

Are you a caregiver who is managing the day-to-day care of a spouse, partner or friend?

The Caregivers Support Group will be meeting monthly on the 1st Tuesday at the PSC from 10:00am to 11:30am to share experiences, talk about issues, solutions and to generally support one another through what can be a difficult journey.

Next meeting on Tuesday, December 5th
Please Call the PSC to Sign Up

<p>Reading Elder Services 16 Lowell Street Reading, MA 01867</p>	<p 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 **to**

Town Hall :

16 Lowell Street, Reading MA 01867.

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 December 2023 Schedule

12/05: Ipswich River Park, North Reading: Meet in the main parking lot.

12/12: Market Street Lynnfield: Meet at Panera

12/19: Pleasant Street Center Neighborhood

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

We are continually in the process of planning more fun and exciting trips for the future.

Stay tuned!

LAMP REPAIR WILL RESUME IN THE SPRING

The Pleasant Street Center would like to thank Biff Kazazian

for all his time and work he has given to lamp repairs over this past year. We look forward to Biff's return in the Spring.

Thank you!

Please Note: Lamp repair will resume in the Spring.