

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| <p style="text-align: right;">2</p> <p>9:15 Zumba 9:30 Hairdresser 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p>Mac & Cheese or Chicken Salad</p> | <p style="text-align: right;">3</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:15 Computer Gadgets 12:00 Lunch 1:00 Bingo</p> <p>Chicken w/sauce or Turkey & Provolone Sandwich</p> | <p style="text-align: right;">4</p> <p>8:45 Neighborhood Shopping 9:00 Computers with Dick 9:15 Zumba 9:30 Kllickity Klack 10:00 Computers with John 10:00 Billiards 12:00 Lunch 1:30 Forever 49 - Tai Chi 1:30 Neighborhood Shopping 2:30 Computers with Sophia</p> <p>Ratatouille w/beef or Tortellini salad</p> | <p style="text-align: right;">5</p> <p>8:30 Burbank YMCA 8:30 Facials 8:45 CG Shopping 9:00 Motion to Music 9:00 Chair Massage 12:00 Lunch 12:30 Drop in Game Day 1:00 Mix it up Thursdays ~Jewelry Making 1:00 Beading</p> <p>Salmon Boat or Egg Salad Sandwich</p> | <p style="text-align: right;">6</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 10:00 SHINE 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge</p> <p>Broccoli Quiche or /Swiss Cheese Sandwich</p> |
| <p style="text-align: right;">9</p> <p>9:00 Wal-Mart 9:15 Zumba / 11:00 Yoga 12:00 Birthday Lunch 12:00 Podiatry 1:00 Target or Kohl's or Woburn Mall 1:00 Cribbage 1:30 Forever 49 - Tai Chi 6:30 COA</p> <p>Crusted Fish or Turkey & Provolone Sandwich</p> | <p style="text-align: right;">10</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch/Learn 1:00 Bingo</p> <p>Pot Roast or Egg Salad Sandwich</p> | <p style="text-align: right;">11</p> <p>8:45 Neighborhood Shopping 9:00 Computers with Dick 9:30 Kllickity Klack 10:00 Computers with John 10:00 Low Vision 10:00 Billiards 12:00 Lunch 1:30 Parkinson Support/1:30 Forever 49-Tai Chi 1:30 Neighborhood Shopping/ 2:30 Computers with Sophia</p> <p>Hot Dog or Chicken Caesar Salad</p> | <p style="text-align: right;">12</p> <p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicures 12:00 Lunch 12:30 Drop in Game Day 1:15 Mix it up Thursdays - Movie</p> <p>Stuffed Shells or Seafood Salad Sandwich</p> | <p style="text-align: right;">13</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 10:15 Blood Pressure 12:00 Lunch 1:00 Wal-Mart 1:00 Chess/AA 1:15 Party Bridge</p> <p>Chicken Chili or Ham Salad Sandwich</p> |
| <p style="text-align: right;">16</p> <p>9:00 Downtown Errands, Calareso/ Library 9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Redstone 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p>Alaskan Crunch Fish or Roast Beef/Cheese Sandwich</p> | <p style="text-align: right;">17</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Fuel Assistance—Town Hall 12:00 Holiday Special Lunch 1:30 Bingo</p> <p>Almond Divine Chicken or Seafood Salad Sandwich</p> | <p style="text-align: right;">18</p> <p>8:45 Neighborhood Shopping 9:00 Computers with Dick 9:15 Zumba 9:30 Kllickity Klack 10:00 Computers with John 10:00 Billiards 12:00 Lunch 1:30 Forever 49 - Tai Chi 1:30 Neighborhood Shopping 2:30 Computers with Sophia</p> <p>Tortellini w/sauce or Chicken Salad Sandwich</p> | <p style="text-align: right;">19</p> <p>8:30 Burbank YMCA 8:30 Facials 8:45 CG Shopping 9:00 Chair Massage 9:00 Motion to Music 12:00 Lunch 12:30 Drop in Game Day 12:45 Coolidge Chimes 1:30 Mix it up Thursdays - Centerpiece 1:00 Book Club</p> <p>Meat Loaf or Fruit Plate</p> | <p style="text-align: right;">20</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 10:00 SHINE 11:30 Senator Clark 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge</p> <p>Roast Turkey or Tuna Salad Sandwich</p> |
| <p style="text-align: right;">23</p> <p>9:00 Target or Kohl's or Woburn Mall 9:15 Zumba 9:30 Manicures 12:00 Lunch 1:00 Wal-Mart 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p>Chicken w/garlic or Ham & Cheese Sandwich</p> | <p style="text-align: right;">24</p> <p>8:30 Burbank YMCA 10:00 Brunch</p> <p>CLOSING AT NOON</p> <p>Omelettes, sausages, home fries</p> | <p style="text-align: right;">25</p> <p style="text-align: center;">Pleasant Street Center and Town Hall Closed</p> <p style="text-align: center;">Christmas Day</p> | <p style="text-align: right;">26</p> <p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 12:00 Lunch 12:30 Drop in Game Day 1:30 Neighborhood shopping</p> <p>Breaded Fish Sticks or Roast Beef/Cheese Sandwich</p> | <p style="text-align: right;">27</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 1:00 Target or Kohl's or Woburn Mall 1:00 AA 1:00 Chess 1:15 Party Bridge</p> <p>Lentil Stew or Chef's Salad</p> |
| <p>9:00 Downtown Errands, Calareso/Library 30 9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Redstone 1:30 Forever 49 - Tai Chi</p> <p>Beef Stroganoff or Breaded Chicken Patty</p> | <p style="text-align: right;">31</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch/ New Year's Eve/ Solstice Party</p> <p>Tangerine Chicken or Turkey/Provolone Sandwich</p> | <p>These are destination arrival times. Please be ready 30 minutes – 1 hour prior to the time listed. Thank you</p> <p>SUGGESTED DONATION FOR LUNCH IS \$2.00 - IF YOU ARE UNDER 60 YEARS OLD, THE CHARGE LUNCH IS \$3.50</p> | <p>ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive EVERYTHING IN BOLD TRANSPORTATION IS AVAILABLE</p> | <p style="text-align: center;">DECEMBER 2013</p> <p style="text-align: center;">🎄🌟🎄🌟🎄</p> |

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Van transportation is a free service to Reading seniors and disabled residents. Our goal is to provide safe, efficient and friendly service. Reservations should be made 24 hours in advance by calling the Receptionist at the Pleasant Street Center (781) 942-6794.

The times listed below are expected time of arrival at the destination. Please be ready 45 minutes prior to the time stated (for example if the shopping time is 9:30 am you should be ready by 8:45).

Woburn Mall, Target or Kohl's for everyone
Monday, Dec. 9 & Friday, Dec. 27 ~ 1:00 – 2:30
Monday, Dec. 23 ~ 9:00 – 10:30

Wal-Mart for everyone
Monday, Dec. 9 ~ 9:00 – 10:30
Friday, Dec. 13 & Monday, Dec. 23 ~ 1:00 – 2:30

Downtown Errands, Calareso's or Library for everyone
Monday, Dec. 16 & Monday, Dec. 30 ~ 9:00 – 10:15

Redstone Shopping Center for everyone
Monday, Dec. 16 & Monday, Dec. 30 ~ 1:00 – 2:30

Burbank YMCA for everyone ~All Tuesdays and Thursdays from 8:30 – 10:30.

GROCERY SHOPPING:

Stop & Shop or Market Basket.

Neighborhood Shopping
Wed. ~ 8:45 – 10:00 & 1:30 – 2:45 (Thurs., Dec. 26 afternoon only - due to holiday)

Cedar Glen Shopping Thurs. ~ 8:45 – 10:00

Tannerville Shopping Fridays ~ 8:45 – 10:00

Rules of the road...

- All riders must meet the *Standards of Independence for participation at the Pleasant Street Center.*
- Seatbelts are required until the van comes to a complete stop.
- 4 bags per rider.
- Please be on time for all pickups!
- 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.

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CLASSES, CRAFTS & GAMES

FITNESS

Art Lessons with Steve Greco Tuesdays - 9:30 – 12:30
2 ½ hours for \$10.00. Steve will teach any medium

Klickity Klack (Knitting Group) Wednesdays - 9:30 - 11:00 Arts & Crafts Rm . New knitters welcome.

Painting Group Fridays - 10:00 - 12:30 Arts & Crafts Room (No Van)

Computer Classes – Wednesdays
Learn to use email, send pictures, use the internet to look up anything. We have WIFI so bring your own laptop if you want. **Dick Svirsky/John Walsh** 9:00 - 11:00

Computer Classes - Wednesdays with Sophia - 2:30 - Thursdays with Ethan- 1:00

Cribbage Mondays 1:00 - 3:00
Billiards (No van). Wednesdays, 10:00 - 11:15
Pool table is available Monday - Friday
Chess Friday, 1:00 - 3:00 (No van).

Bingo Tuesdays 1:00 - 2:30
Party Bridge Friday, 1:15 - 3:45 \$1.00 to play - Maximum 32, (No Van)

Drop in Game Day Thursdays, 12:30 - 3:30 Do you need a place to meet and play a game with your friends?

Mix-it up Thursdays
December 5, 1:00 - 3:00: Jewelry Making: bead a bracelet using crystals and silver beads. Materials will be provided. The instructor, Kitty Mullen, has been beading for over thirty years. Limited space is available. Reservations required (781)942.6794. \$10.00 fee for materials.

December 19, 1:30 -3:00: Make a Holiday Centerpiece, Jody Palange Roffi will teach a class how to make a Holiday Centerpiece for \$10. Reservations required.
No Quilting in December

Motion to Music - Tuesdays & Thursdays, 9:00 - 10:00. \$20/month; **NOTE: \$15/month - any 5 classes during the calendar month.**

B.E.S.T. - Balance, Energy, Strength, Training Fridays, 9:00 - 10:00 Lounge. \$3/Session.

Yoga - Mondays – 11:00 – 12:00, 4 weeks for \$40 or \$11 for drop-in. Yoga will increase your strength, flexibility and balance. It energizes the body and calms the mind.

Zumba Gold with Kelli - Mondays & Wednesdays 9:15 - 10:15 - \$5 session. Zumba is fun... So grab some friends and come take a class! **No Zumba on December 11**

Tai Chi - "FOREVER 49" Fit for Life Fitness Program - Tai Chi, Chi Gong, weight lifting, and more. Mondays & Wednesdays 1:30 - 2:30 \$5/Session

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MONTHLY ACTIVITIES

Fix It, - Leave the lamp at the reception desk any day. You only pay for parts.

S.H.I.N.E. Counseling - (Serving Health Insurance Needs of Elders) Computer Room - Dec. 6 and 20 - 10:00 - 3:00 By appointment (781) 942-6794.

Computer Gadgets Great Room on new TV - Dec. 3 - 10:15 - 11:15 Join John Walsh and Dick Svirsky APPLE AND ANDROID OVERVIEW They will use "APPS" (applications) that allow you to e-mail, play music, take photos, look at photos, the weather, the news, make phone calls, read e-books, play games, and gather the latest financial information

Birthday Lunch, Monday, Dec. 9 noon - Celebrate your birthday - Bring your friends to celebrate with you; your lunch is free. If it is not your birthday month suggested donation for lunch is \$2.00.

Lunch & Learn Tuesday, Dec. 10 Lunch at 12:00, Learn at 12:30. Dianne Luther, Elder Services Nurse Advocate, will discuss tips to keep you healthy during Cold & Flu Season.

Miracle on 34th Street, Weds., Dec. 11 @ 2:00 at the Stoneham Theatre. Tickets are \$30 per person and include refreshments. Checks payable to the Stoneham Theatre due to the Receptionist by December 2.

Movie Day, Thurs., Dec. 12, 1:15 **The Christmas Cottage** (Thomas Kinkade) Based on Real Life. When his mother is in danger of losing her home, young Thomas Kinkade learns lessons about love and friendship as artist Glen Wessler leads the community to help save the house. Meanwhile, the future "Painter of Light" begins to find his own style.

Holiday Day Special Lunch Tuesday, Dec. 17, 12:00 entertainment by "Carrtunes" Holiday music. Suggested donation for lunch is \$2.00 (Bingo 1:30)

The Nutcracker, Friday, Dec. 13, 10:00 am. Northeast Youth Ballet has donated a limited number of tickets to their performance of The Nutcracker. Tickets and transportation are free. Please contact the Receptionist if you are interested in attending - it is a beautiful show!

Fuel Assistance Tuesday, Dec. 17, 9:00 - 12:00, Help with applying for Fuel Assistance located at the Town Hall, 16 Lowell Street, Lower Level. This assistance will continue the third Tuesday of each month until May 2014. Fifteen minute appointments may be made by calling (781) 942-6608. Sorry no drop-ins.

Coolidge Middle School Hand Chime Choir and the Select Chorus Dec 19 - 12:45 - 1:15 p.m. Please join Cheryl Webster and Jenny DiMuzio as they present holiday music from Coolidge and Parker Middle Schools.

Christmas Eve Brunch, Tues. Dec. 24 - 10:00 am. Join us for brunch and some Christmas cheer. Omlettes, sausages, and home fries and other holiday treats.

New Year's Eve Winter Solstice Party/Yankee Swap Join us for lunch. We will celebrate New Year's Eve with sparkling cider and a special dessert then have a Yankee Swap. Feel free to bring a wrapped gift for the "Re-gifting Yankee Swap" (value \$3 - \$5); for some added fun bring your strangest, "Why did they give me this?", or "What am I supposed to do with that gift"? Suggested donation for lunch is \$2.00. sponsored by Salter HealthCare

Lunch is Served - Noon Join us every weekday (except holidays) for a terrific meal, good conversation, and occasional live entertainment. sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, cost is \$3.50).

Pleasant Street Spa

Roberta Our Hairdresser—Monday, December 2 9:30 - 1:00 by appointment call (781) 245-6605

For facials, manicures, chair massage please call the Pleasant Street Center (No Van Service)

Facials - December 5 and 19 - 8:30 -11:00 Choose 15 min./ \$5 or 30 min. /\$10.

Manicures - December 12 & 23- 9:30 - 1:00 - \$6.00 or \$7.00 French. Note price increase.

Chair Massage - Thursday, December 5 & 19, 9:00 - 1:30 Receive a 15 minute chair massage for only \$8.

MESSAGE BOARD

Home for the Holidays: The holidays can be joyous but can also offer plenty of reasons to be stressed, exhausted and depressed. A suggestion to get through this season is to simplify. Take a step back, allow yourself to do something different and reduce some of the things you've done in the past. If you need help- ask for it.

If you are having the blues, remember that there's nothing wrong or unusual about feeling down during the holidays. While holiday stress may be seasonal, depression can be year-round. Some people may write off signs of serious depression as mere holiday stress. It's unwise to ignore depression symptoms for weeks in the hopes that they'll just disappear come January. If your holiday anxiety seems severe or is interfering with your daily activities, sleep, health - reach out to your doctor, our staff at Reading Elder Services or The Samaritans of Merrimack Valley 24 hour Confidential Crisis Help Line 1-866-912-4673. We are all here to support you!

HELP WANTED: We have an opening on the Council on Aging and a few openings for Property Tax Workers. Please contact Jane Burns at (781) 942-6794 if you have some time each month to volunteer.

SENIOR GROUPS

Parkinson's Disease Support Group Wed., Dec. 11, 1:00 -3:00; Led by Michelle Caron, RN with the Greater Medford VNA.

Low Vision Group - Wednesday, December 11 - 10:00 **Holiday Party**

Not-Too-Stuffey Book Group: Thursday,, December 19-1:00
A Dog's Journey by Bruce Cameron - Believing that he has achieved his purpose throughout several eventful lives, Buddy the dog is drawn to a vibrant but troubled teen who he struggles to help until they are separated.

LIBRARY HAPPENINGS

LiveWires Coffee & More: Zentangle
Wed, December 11, 10:00 (Coffee & refreshments at 9:30)
Zen what? Susan Smith teaches this easy and fun drawing technique; creating beautiful images. No need for drawing experience. All materials provided. Please register at 781-942-6703, space is limited.

Drop-in Chess
Sat, December 21, 3-4:00 For all ages and abilities: enjoy a game whether you are expert or just beginning. Instruction provided.

HEALTH SCREENINGS

Podiatry Clinic, Monday, December 9 - Call (781) 438-2525 to schedule an appointment. Cost \$30

Blood Pressure Check at Pleasant Street Center Friday, December 13, 10:15 - 10:45 *Sponsored by Walgreens*

Blood Pressure - 4th - Thursday of every month - 11:00 - 12:00 Town nurse

CHIT CHAT

Questions/Concerns? Visit the Pleasant Street Center

Board of Selectmen Office Hours Tuesday Dec. 10 - 6:30 - 7:00 - Town Hall Conf. Rm.

Senator Katherine Clark Friday, December 20, 11:30

COA Meeting - Monday December 9, 6:30, Pleasant Street Center

For information relating to legislative issues affecting seniors, please call Sally Hoyt, Senate President, (781) 944-1191.

Winners

Bingo Winners for October
Silvana Leone, Sheena Rauseo, Anna Pierin, Johanna Bisschop, Florence Chuisa, and Mary Pettrillo

World Series Trivia Bonus Question- Bob Bent, Bob Fitzgerald, Grace Kennedy

THANK YOU

In Elder Services we do not work alone. There are so many people who support us throughout the year. Last month we had so many wonderful organizations come forward to volunteer and sponsor programs. My apologies if we may have omitted you (or your group).

THANK YOU TO:

Longwood Place for the Halloween Party
Everyone that donated to the Veterans. We sent sizable boxes of supplies to Local Heroes
Volunteer Bob Bent for giving his time on Vets Day to manage the kitchen during the Pancake Breakfast
Alan who showed up at the Vets Breakfast and worked so hard.
Reading Police Department for the tasty Ham and Bean Supper,
Coolidge Middle School 7th graders for Halloween Candy and bookmarks,
Sunrise of Lynnfield for our Apple Pie Social
Sen. Clark's Staff for the Apple Crisp—delicious

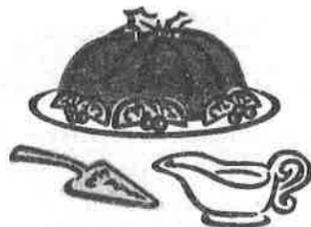
READING ELDER SERVICES
 16 LOWELL STREET
 Reading, MA 01867

HOLIDAY LEFTOVER SOLUTION

Ham & Spinach Couscous 4 Servings

2 c water
 1 chopped cooked ham
 1 c chopped fresh spinach
 12 tsp garlic salt
 1 c uncooked couscous
 1/4 c shredded cheddar cheese

In large saucepan, combine the water, ham, spinach and garlic salt. Bring to a boil. Stir in couscous. Remove from heat, cover and let stand for 5–10 minutes or until water is absorbed. Fluff with a fork. Sprinkle with cheese.



DID YOU KNOW:

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



Pleasantries

Reading Senior Newsletter

www.readingma.gov/elder

DECEMBER 2013

Elder / Human Services

16 Lowell St.
 781-942-6608
 Fax 781-942-9071
 M, W, & Th. 7:30 - 5:30 p.m.
 Tuesday 7:30 - 7:00 p.m.

Pleasant Street Center

49 Pleasant St.
 781-942-6794
 Fax 781-942-9034
 Mon.- Fri. 8:30 - 4:00 p.m.

Elder/Human Administrator

Jane Burns
 781-942-6658

Clerk

Ann Gentile
 781-942-6608

Nurse Advocate

Dianne Luther, RN
 781-608-5271

Pleasant Street Center

Coordinator
 Sharon Thomas
 781-942-6796

Social Services

Kerry Valle/Melissa Koster
 781-942-6659

Van Driver

Joe Beninati

Council on Aging

Steve Oston, Chairman
 Thomas Procopio, Vice Chairman
 Erica Deane
 Dolly DeRosa
 Christine Hansen
 Margaret Havey
 Sally Hoyt
 Carol Oniskey
 Kevin Walsh

ELDER SERVICES NOTES:

- Kerry Valle is going out on maternity leave shortly and Melissa Koster will be filling in during her absence. Melissa comes to us with excellent experience having worked at Merrimack Valley Elder Services. She can be reached at (781) 942-6659. Congratulations to Kerry and look for the baby announcement later in December. We expect Kerry to return in late February.
- The State has made available a limited number of Shingles vaccines. If your insurance does not cover the cost of the vaccine please contact the Dina McCarron, Public Health Nurse, at (781) 942-6656

HAPPY HOLIDAYS TO ALL

SPECIAL EVENTS

There is **no** van service on December 2 (1st Monday in December)
 See page 2 for a full description of the Special Events

- Computer Gadgets** - Tuesday, December 3 -10:15
Jewelry Making - Thursday, December 5 - 1:00
Birthday Lunch - Monday, December 9 - Noon
Lunch n' Learn - Tuesday, December 10 - Noon "Staying Healthy During Flu Season"
Movie Day, Thursday, December 12—1:15 *The Christmas Cottage*
The Nutcracker, Friday, December 13 - 10:00 am
Fuel Assistance Tuesday, December 17— 10:00 - 1:00 Town Hall
Holiday Day Special Lunch Tuesday, December 17- Noon
Coolidge Middle School Hand Chime Choir/Chorus, Thursday, December 19- 12:45
Craft - Holiday Centerpiece - Thursday, December 19 - 1:30 - 3:00
Christmas Eve Brunch - Tuesday, December 24 - 10:00 am
New Year's Eve Winter Solstice /Yankee Swap Tuesday, December 31 Noon - 3:00

IMPORTANT SYMBOLS

Registration Required
 781-942-6794

Free Transportation
 781-942-6794

Reservations start November 26 Please call by noon at least two days before the event. Cancellations after 4:00 p.m. - leave a message.

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