


MONTHLY ACTIVITIES

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

Winter Olympics Lunch Trivia: Thursday, February 6, noon, Join our opening day festivities and test your knowledge of Olympic Facts. Prizes and a special dessert.

Movie Day: Thursday, February 6 - 1:00 Lincoln Director Spielberg focuses on Abraham Lincoln and his stewardship of the Union during the Civil War. The biographical saga also reveals the conflicts within Lincoln's cabinet regarding the war and abolition

Birthday Lunch: Monday, February 10, 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.

Romance Does Come with Aging! Tuesday, Feb 11 10:15 - A program focused on emotional ties to people we love, also a review of medical issues associated with intimacy and the need for friendship and comfort. Presented by Michele Caron RN of Greater Medford VNA.

Fuel Assistance: Tuesday, February 11 - 9:00 - 12:00, Help with applying for Fuel Assistance located at the Town Hall, 16 Lowell Street, Lower Level. This assistance will continue until May 2014. Fifteen minute appointments may be made by calling (781) 942-6608. Sorry, no drop-ins.

Mr. President! Tuesday, February 11, 1:15 - 2:15 Delvena Theatre Group - Breaking from the dignity of the office, believe it or not, some of our U.S. Presidents have had more than affairs of state while serving our nation. This original, live performance will delve into some of the less-well-known facts of their lives and make their dalliances come alive. After the show, the cast will open up for discussion. *This program is supported by a grant from the Reading Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*

Valentine's Day Special Lunch: Friday, February 14, 12:00 Forbidden love, funny love, romantic love ...everyone has a story or love letter hidden away waiting to be told. This year as part of our Valentine's Day Special we want to hear those stories. Who knows it could pay off. We will read these stories/love letters (anonymously) at the Valentine's Day Special Lunch. If your story or letter is selected as a winner you could win a \$25 gift certificate. Stories should not be more than 3 paragraphs in length and must be submitted to the Receptionist by February 10.

S.H.I.N.E. Counseling - (Serving Health Insurance Needs of Elders) Computer Room - Friday, February 21 10:00 - 3:00 By appointment (781) 942-6794

Sundaes on Monday, February 24 Join us for lunch, then make your own sundaes.

Lunch n' Learn Hospital Survival Guide: Thursday, February 27 - Lunch @ noon, Learn @ 12:30: We all need to be our own advocate in this ever changing healthcare system, including Hospital stays and discharges. Learn what to expect, quality assurance and proper navigation during your hospital stay. A must attend seminar for all of us!

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, February 3 - 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 - Thursday, February 6 & 20 - 8:30 - 11:00
Choose 15 min./ \$5 or 30 min. /\$10.

Manicures - Thursday, February 13 & 27 - 9:30 - 1:00 - \$6.00 or \$7.00 French.

Chair Massage - Thursday, February 6 & 20 - 9:00 - 1:30
Receive a 15 minute chair massage for only \$8.

CLASSES, CRAFTS & GAMES

Art Lessons with Steve Greco Tuesdays - 9:30 - 12:00
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, 12:45 - 3:15 \$1.00 to play - Maximum 32, (No Van)

MAH JONGG - Thursdays, 12:30 - 3:30

Mix-it up Thursdays 

Hearts of Chocolate – Craft Day – February 13 – 1:15 – 2:15 Celebrate Valentine's Day and Heart Health Month (chocolate is good for your heart!!!) by creating hearts while exploring working with chocolate. We will make lollipops, truffles and chocolate. Fee paid to instructor: \$3.00 per student

Games Day February 27 - 1:00 - 3:00 **Games, Scrabble, Rummikub...** Come play a game with your friends?

Quilting Wednesday, February 5 & 19 - 1:00 Learn great technique for how to change a block size and other great tips Come try it out. Class size is limited. Call Edwina 781-944-6398 for more information.

FITNESS

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

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

Yoga - Mondays – 11:00 – 12:00, 3 weeks for \$30 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! Drop-in

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 Drop-in

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MONDAY	TUESDAY	WEDNESDAY
<p>These are destination arrival times. Please be ready 30 minutes – 1 hour prior to the time listed.</p>	<p>ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive</p>	<p>EVERY TRAN IS /</p>
<p style="text-align: right;">3</p> <p>9:00 Wal-Mart 9:15 Zumba / 9:30 Hairdresser 11:00 Yoga 12:00 Lunch 1:00 Target or Kohl's or Woburn Mall 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p>Macaroni and cheese or Chicken salad sandwich</p>	<p style="text-align: right;">4</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 1:00 Bingo</p> <p>Salmon boat or Turkey & cheese Sandwich</p>	<p>8:45 Neighborhood S 9:00 Computers with D 9:15 Zumba 9:30 Klickity Klack 10:00 Computers with 10:00 Billiards 12:00 Lunch / 1:00 Qu 1:30 Forever 49-Tai C 1:30 Neighborhood S 2:30 Computers with S Swedish meatballs or T</p>
<p style="text-align: right;">10</p> <p>9:00 Downtown Errands, Calareso/ Library 9:15 Zumba 11:00 Yoga 12:00 Birthday Lunch 12:00 Podiatry 1:00 Redstone 1:00 Cribbage 1:30 Forever 49 - Tai Chi / 6:30 COA</p> <p>Sweet potato crusted fish or Turkey and provolone cheese</p>	<p style="text-align: right;">11</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Fuel Assistance—Town Hall 10:15 Romance Does Come w/Aging 12:00 Lunch 1:00 Bingo 1:15 Live Theatre - "Mr. President"</p> <p>Pot roast or Chicken Caesar salad</p>	<p>8:45 Neighborhood S 9:00 Computers with 9:15 Zumba 9:30 Klickity Klack 10:00 Computers with 10:00 Billiards 12:00 Lunch 1:30 Fo 1:30 Parkinson Supp 1:30 Neighborhood 2:30 Computers with S Hot dog or Egg salad</p>
<p style="text-align: right;">17</p> <p style="text-align: center;">Pleasant Street Center and Town Hall Closed</p> <p style="text-align: center;">Presidents' Day</p>	<p style="text-align: right;">18</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch/Learn 1:00 Bingo</p> <p>Breaded fish sandwich or BBQ chicken sandwich</p>	<p>8:45 Neighborhood 9:00 Computers with 9:15 Zumba 9:30 Klickity Klack 10:00 Computers with 10:00 Billiards/ 12:00 1:00 Quilting/1:30 Fo 1:30 Neighborhood 2:30 Computers with S Tortellini in a ma ad sandwich</p>
<p style="text-align: right;">24</p> <p>9:00 Target or Kohl's or Woburn Mall 9:15 Zumba 11:00 Yoga 12:00 Lunch/Sundaes on Monday 1:00 Wal-Mart 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p>: Chicken paprika or Ham and American Cheese Sandwich</p>	<p style="text-align: right;">25</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 1:00 Bingo</p> <p>American chop suey or Egg salad sandwich</p>	<p>8:45 Neighborhood 9:00 Computers with 9:15 Zumba 9:30 Klickity Klack 10:00 Computers with 12:00 Lunch 1:30 Fo 1:30 Neighborhood 2:30 Computers with S Beef stroganoff or Ch</p>



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WEDNESDAY	THURSDAY	FRIDAY
<p>THING IN BOLD SPORTATION AVAILABLE</p> <p>5</p> <p>Shopping John ing i opping/ phia tellini Salad</p>	<p>6</p> <p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:00 Facials / 9:00 Chair Massage 12:00 Lunch/Olympic Trivia 12:30 MAH JONGG 1:00 Computers with Ethan 1:00 Mix it up Thursdays - Movie Day</p> <p>Chicken with sauce or Egg Salad Sandwich</p>	<p>7</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 10:15 Blood Pressure 12:00 Lunch 12:45 Party Bridge 1:00 Chess/AA</p> <p>Broccoli mushroom quiche or Roast Beef/Swiss Cheese</p>
<p>12</p> <p>Shopping ick John ver 49 - Tai Chi t opping phia sandwich</p>	<p>13</p> <p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicures 12:00 Lunch 12:30 MAH JONGG 1:00 Computers with Ethan 1:00 Mix It up Thursdays - Craft Day</p> <p>Stuffed shells or Seafood Salad Sandwich</p>	<p>14</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Valentines' Day Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Chicken with apple bread stuffing</p>
<p>19</p> <p>Shopping ick John unch ver 49 - Tai Chi opping phia nara sauce or Seafood sal-</p>	<p>20</p> <p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:00 Facials /9:00 Chair Massage 11:00 Blood Pressure 12:00 Lunch 12:30 MAH JONGG / 1:00 Book Club 1:00 Computers with Ethan</p> <p>Meatloaf or Cottage cheese fruit plate</p>	<p>21</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Roast turkey or Roast beef and American cheese Sandwich</p>
<p>26</p> <p>Shopping ick John /10:00 Billiards ver 49 - Tai Chi opping phia ken Patty</p>	<p>27</p> <p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicures 12:00 Lunch n' Learn 12:30 MAH JONGG 1:00 Mix It up Thursdays - Game Day 1:00 Computers with Ethan</p> <p>Fish sticks or Roast beef and Swiss cheese</p>	<p>28</p> <p>8:45 FTD Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Lentil stew or Turkey chef salad</p>

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On the Go!

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 you should be ready by 8:45).

Woburn Mall, Target or Kohl's for everyone
Monday, February 3 ~ 1:00 – 2:30 & February 24 ~ 9:00 – 10:30

Wal-Mart for everyone

Monday, February 3 ~ 9:00 – 10:30 & February 24 ~ 1:00 – 2:30

Downtown Errands or Library for everyone
Monday, February 10 ~ 9:00 – 10:15

Redstone Shopping Center for everyone
Monday, February 10 ~ 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 Wednesdays ~ 8:45 – 10:00 & 1:30 – 2:45

Cedar Glen Shopping Thursdays ~ 8:45 – 10:00

Tannerville Shopping Fridays ~ 8:45 – 10:00

There is van service on Monday Feb. 3

The Pleasant Street Center is closed Monday February 17 (President's Day)

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. Thank you for your cooperation.

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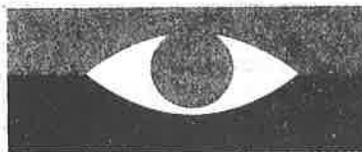
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TAX TIME...

Free Income Tax Preparation w/Electronic Filing for Reading Seniors (60+):

Saturdays, Feb. 1 – April 12, 9:00 am – 12:00 pm, Reading Municipal Light Department, walk-ins only.

Appointments are available starting in February by calling Ann Gentile at (781) 942-6608

If you have mutual funds, dividends, stock sales please wait until March to meet. This ensures all your documents have arrived. Make sure to bring the following forms: W-2, Social Security, pension, property tax & water bills, forms sent by banks and financial institutions, copies of your 2012 tax forms, health insurance cards, Form MA 1099-HC.

HEALTH SCREENINGS

Podiatry Clinic, Monday – February 10 Call (781) 438-2525 to schedule an appointment. Cost \$30

Blood Pressure Check at Pleasant Street Center

Friday, February 7 - 10:15 - 10:45
Sponsored by Walgreens

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

SENIOR GROUPS

Parkinson's Disease Support Group Wednesday, February 12 1:30 - 3:00; Led by Michelle Caron, RN with the Greater Medford VNA.

Low Vision Group – No meeting January and February

Not-Too-Stuffey Book Group: Thursday, February 20, 1:00 - Information not available on publishing date. Call for more information

QUESTIONS/CONCERNS?

Board of Selectmen Office Hours: Tuesday February 11- 6:30 - 7:00 - Town Hall Conference Room

COA Meeting: Monday February 10 6:30, Pleasant Street Center

Congressman John F. Tierney: Issues with Medicare and Social Security, Guidance with Home Mortgage Issues, Senior Directed Identity Scams and tips on How to protect yourself. Assistance to Veterans and their families including help with benefit claims. Consumer Protection Services

Peabody: 978-531-1669,

Lynn: 781-595-7375,

www.Tierney.House.gov

For information relating to legislative issues affecting seniors, please call

COMING SOON...

If you enjoyed the Matter of Balance Education Classes – Check out the next class -Managing Chronic Pain a 6 week series: Starting March 20 @ 10:00 AM.

THANK YOU

Reading Girl Scouts, Tom the 'piano player', The Dirty Doodle for donating wreaths and an evergreen basket for our Christmas Eve brunch.

Young Woman's League, COA and Elks for the support of our seniors during the Holidays.

Salter HealthCare for sponsoring our New Year's Eve Winter Solstice Party/Yankee Swap, Coolidge and Parker Middle School Hand Chime Choir and the Select Chorus

Elder Services & Kitchen staff for all their hard work throughout the year! What a great team.

Susan Coco for donating K-cups for our Keurig.

Winners

Bingo Winners for December – Barbara Mullen, Mary Sullivan (twice) and Sheena Rauseo

OLYMPIC TRIVIA

- ◆ What do the five rings of the Olympics represent?
- ◆ How many athletes have won medals at both the summer and winter Olympics?
- ◆ Which American athlete has won the most medals at the winter Olympics?
- ◆ What is the "miracle on ice" and what year did it occur?
- ◆ Which country has won the most medals in the winter Olympics?
- ◆ Where were the first winter Olympics held?

Join us for lunch on February 6 for the answers to these questions and many more Olympic fun facts.
Go USA!!



Crustless Quiche

- 1 1/2 c. milk
- 3 eggs, slightly beaten
- 1/4 c. melted butter
- 1/8 tsp. each pepper and onion salt
- 1/2 c. Bisquick
- 2 c. shredded cheese
- 1 1/2 c. diced meat

Beat together the milk, eggs, butter, seasonings and Bisquick.

Make sure mixture is smooth. Pour into an un-greased 9 inch pie plate or 9 inch square pan.

Sprinkle cheese and meat over the top - press gently down. Bake at 350 for 35 to 40 minutes.

If you have an easy recipe to share please drop it off with the Receptionist at the Pleasant Street Center.

READING ELDER SERVICES
16 LOWELL STREET
Reading, MA 01867

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.