



Pleasantries

Reading Senior Newsletter

www.readingma.gov

May 2015

Pleasant Street Center
49 Pleasant St.
781-942-6794
Mon. - Fri. 8:30 - 4:00 p.m.
Coordinator/Sharon Thomas -
781-942-6796
Outreach, Kerry Valle - 781-942-6659

Elder / Human Services
16 Lowell St.
781-942-6608
M, W, & Th. 7:30 - 5:30 p.m.
Tuesday 7:30 - 7:00 p.m.

Elder/Human Administrator
Jane Burns - 781-942-6658

Clerk, Ann Gentile -
781-942-6608
Melissa Koster, LSW
781-942-6680

Mother's Day Tea Party
(All Ages)

Wednesday, May 6
3:00 -4:00

Tea, treats and
crafts

Please be sure to register
all that are attending as space
is limited !!



Lions Club
Annual Italian Dinner
Thursday, May 14
5:00 p.m.

Always a wonderful event sponsored by our friends from the Reading Lions Club.

Reservations required.
Reading residents only.
Doors open at 4:30.

SPOTLIGHT HEALTH AND WELLNESS PROGRAMS



Lunch & Learn - What you can do to prevent heart disease: May 12, 12:00, Want to learn what is the latest in preventing heart disease? Join Candace Quigley, registered dietitian, who will present information on the topic of heart health.

Thursday, May 21 - NEW! Reiki Treatments: The 3rd Thursday of each month between 9:30-11:45 Please call 781-942-6794 for an appointment. The fee for ½ hour treatment is \$15. Reiki Practitioners Elise Brenner and Judy Bousquin bring this gentle hands-on practice to the Pleasant Street Center. Reiki facilitates healing, promotes mindfulness, supports personal growth and complements any form of medical treatment.

Tues. & Thurs., May 26 and May 28, 1:00 - 5:00 pm Reiki 1 Training: Reiki is a gentle touch healing practice that brings calm, balance and healing to the body, mind and spirit. A minimum of four students are needed to hold this class. Fee for the 8-hour training is \$100. Call 781-942-6794 to reserve your spot.

IMPORTANT SYMBOLS

Registration Required
Free Transportation
781-942-6794



Reservations start
Apr. 24 Please call by noon at least two days before the event.

Corrections:

- Book Club is Wed, May 20, 11:00 - 12:00 at the Pleasant Street Center.
- Fuel Assistance will resume in November

us know what you think...
g.ma.us
158

slightly with new routes!

FITNESS FOR ALL



Mondays:

- **Yoga**—11:00 -12:00 , 3 weeks for \$30 or \$11 for drop-in
- **Zumba Gold:** Kelli on Mon 9:15 - 10:15 Drop-in \$5
- **FOREVER 49" -Tai Chi, Chi Gong,** weight lifting, and more. 1:30 - 2:30 \$40/month or \$10/Session Drop-ins welcome. **FIRST CLASS FREE** May 4 - come try this class and see how to stay fit for life.

Tuesdays:

- **Motion to Music** - 9:00 - 10:00. \$20/month; \$15/month - any 5 classes during the calendar month. Drop-ins \$4
- **Body & Brain Flexibility:** Tuesdays – May 5 – May 26, 10:30 – 11:30. Come join us for **Body & Brain Flexibility**, learn skills to enhance memory and coordination and have fun! Our classes are gentle and effective, designed for people of all abilities and especially for those who are new to yoga. \$5 drop-in

Wednesdays:

- **Zumba Gold:** Veronica on Wed - 9:30 - 10:30 - Drop-in \$5
- **FOREVER 49" -Tai Chi, Chi Gong,** weight lifting, and more. Mondays & Wednesdays 1:30 - 2:30 \$40 for the month or \$10 for Drop-ins. 1st Class FREE May 4

Thursdays:

- **Motion to Music** - 9:00 - 10:00. \$20/month; \$15/month - any 5 classes during the calendar month. Drop-ins \$4

Fridays:

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

HEALTH SCREENINGS

Podiatry Clinic, Wed., May 20, 1:30 – 4:30 Call (617) 629-2806 for an appointment with Dr. Carl Conui. Please say this is an appointment at the **Pleasant Street Center.** Insurance is accepted if patient qualifies with certain health diagnosis or the visit will be \$40.00, payable at time of service. If an insurance referral is needed, one needs to be on file before day of the visit, or there will be a \$40.00 for that visit.

Blood Pressure:

May 4, Monday – 11:30 – 12:15 Sponsored by Hallmark Health
May 19, Tuesday – 10:15- 10:45 Sponsored by Rite-Aid

ASSISTANCE WITH A



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

Fuel Assistance -Tues., May 12 - 9:00 - 12:00, Help with applying for Fuel Assistance located at **Town Hall, 16 Lowell Street, Lower Level.** Fifteen minute appointments may be made by calling (781) 942-6608.

SHINE (Serving Health Insurance Needs of Elders):

Friday, May 15, 10 :00 - 2:00. Call for an appt. 781-942-6794

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46 Haven St. Reading, MA
www.snapfitness.com/reading

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>9:00 Downtown/ Groceries/Library 9:15 Zumba 11:00 Yoga 11:30 Blood Pressure 12:00 Lunch 1:00 Walmart 1:00 Cnbbage 1:30 Forever 49- TaiChi</p> <p>Cheese lasagna or Breaded chicken patty</p>	<p>5</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:30 Body/Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan 6:00 Caregiver Support</p> <p>Beef & bean chili or tuna salad sandwich</p>	<p>6</p> <p>8:45 Neighborhood Grocery Shopping 9:30 Zumba 9:30 Kickity Klack 10:00 Computers 10:00 Billiards 12:00 Lunch 1:00 Downtown/ Groceries/Library 1:30 Forever 49 - Tai Chi 3:00 Tea Party Greek chicken or Turkey & Swiss cheese sandwich Broccoli & cheese stuffed chicken breast</p>	<p>7</p> <p>8:30 Burbank YMCA 8:45 CG Groceries 9:00 Motion to Music 9:00 Chair Massage 9:30 Manicure 12:00 Mother's Day Special Lunch 12:30 MAH JONGG 1:00 Woburn Mall, Target, Kohl's 1:00 Computers w/Ethan</p> <p>Mother's Day Special Lunch Cheese Omelet, turkey sausage & crossiant</p>	<p>8</p> <p>8:45 FTD Grocery Shopping 9:00 BEST 9:00 Computers 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 1:15 Representative Jones</p> <p>Sweet Potato Fish filet or Vegetarian Chef salad</p>
<p>11</p> <p>9:00 Downtown/ Groceries/Library 9:15 Zumba 9:30 Hairdresser 11:00 Yoga 12:00 Birthday Lunch 1:00 Woburn Mall, Target, Kohl's 1:00 Cnbbage 1:30 Forever 49 - Tai Chi 6:30 COA</p> <p>Ravioli or Turkey or American cheese sand-</p>	<p>12</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:00 Fuel Assistance-Town Hall 9:30 Art Lessons 10:30 Body/Brain Flexibility 12:00 Lunch & LearnHeart Disease 1:00 Bingo 1:00 Computers w/Ethan</p> <p>Fish Florentine or Curry chicken salad</p>	<p>13</p> <p>8:45 Neighborhood Grocery Shopping 9:30 Zumba 9:30 Kickity Klack 10:00 Computers 10:00 Low Vision 10:00 Billiards 12:00 Lunch 1:00 Downtown/ Groceries/Library 1:30 Parkinson Support 1:30 Forever 49 - Tai Chi</p> <p>Spinach frittata or Roast Beef & Provolone cheese sandwich</p>	<p>14</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 12:00 Lunch 12:30 MAH JONGG 1:00 Walmart 1:00 Movie 1:00 Computers w/Ethan 5:00 Lions Dinner</p> <p>Baked chicken or Mediterranean tortellini salad</p>	<p>15</p> <p>8:45 FTD Grocery Shopping 9:00 BEST 9:00 Computers 10:00 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis</p> <p>Hot Dog or Seafood salad sandwich</p>
<p>18</p> <p>9:00 Downtown/ Groceries/Library 9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Cnbbage 1:00 Walmart 1:30 Forever 49 - Tai Chi</p> <p>Chicken w/Italian sauce or Egg salad sandwich</p>	<p>19</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Diabetes 10:15 Blood Pressure 10:30 Body/Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan 6:00 Caregiver Support Group</p> <p>Lentil Stew or chef Salad</p>	<p>20</p> <p>8:45 Neighborhood Grocery Shopping 9:30 Zumba 9:30 Kickity Klack 10:00 Billiards 10:00 Computers 12:00 Lunch 1:00 Downtown/ Groceries/Library 1:30 Forever 49 - Tai Chi 1:30 Podiatrist</p> <p>Potato Fish filet or BBQ Chicken</p>	<p>21</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music / Chair Massage 9:30 Manicure 9:30 Reiki 12:00 Lunch 12:30 MAH JONGG 1:00 Woburn Mall, Target, Book Club 1:00 Computers w/Ethan 1:15 Games on Big Screen Mac & Cheese or seafood salad sandwich</p>	<p>22</p> <p>8:45 FTD Grocery Shopping 9:00 BEST 9:00 Computers 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Sloppy Joes or Ham & Swiss cheese sandwich</p>
<p>26</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:30 Body/Brain Flexibility 12:00 Lunch 1:00 Reiki 1 Training 1:00 Bingo 1:00 Computers w/Ethan 1:00 Cranberry Chicken or Egg Salad sandwich</p> <p>Pleasant Street Center and Town Hall Closed</p> <p>Memorial Day</p>	<p>27</p> <p>8:45 Neighborhood Grocery Shopping 9:30 Zumba 9:30 Kickity Klack 10:00 Billiards 10:00 Computers 12:00 Lunch 1:00 Downtown/ Groceries/Library 1:30 Forever 49 - Tai Chi</p> <p>Turkey Divan or Roast beef & Swiss Cheese sandwich</p>	<p>28</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music/ Chair Massage 10:15 Legal Checkup 12:00 Lunch 12:30 MAH JONGG 1:00 Walmart 1:00 Reiki 1 Training 1:00 Computers w/Ethan</p> <p>Baked fish or Oriental chicken salad sandwich</p>	<p>29</p> <p>8:45 FTD Grocery Shopping 9:00 BEST 9:00 Computers 10:00 Pairing 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Stuffed shells or Chef salad</p>	

ABBREVIATIONS
CG = Cedar Glen
FTD = Frank Tanner
Drive

Everything in Bold
Transportation
is available

IMPORTANT VAN INFORMATION PLEASE READ

These are destination arrival times.
Please be ready 30 minutes - 1 hour prior to the time listed.

LUNCH - RESERVE THE DAY BEFORE BY NOON

TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch.



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

- Thursday, May 7 1:00 - 2:30
- Monday, May 11 1:00 - 2:30
- Thursday, May 21 1:00 - 2:30



Wal-Mart for everyone

- Monday, May 4 1:00 - 2:30
- Thursday, May 14 1:00 - 2:30
- Monday, May 18 1:00 - 2:30
- Thursday, May 28 1:00 - 2:30

Downtown Errands, Grocery Shopping or Library for everyone

- All Mondays, 9:00 - 10:15
- All Wednesdays, 1:00 - 2:15



Burbank YMCA for everyone - All Tuesdays and Thursdays, 8:30 - 10:30 This is **just transportation** you have to pay for classes through the YMCA.

Stop & Shop or Market Basket:

- Neighborhood Grocery Shopping Wednesdays, 8:45 - 10:00
- Cedar Glen Grocery Shopping Thursdays, 8:45 - 10:00
- Tannerville Grocery Shopping Fridays, 8:45 - 10:00

Podiatrist at The Pleasant St. Center - Wednesday, May 20 Van transportation for appointments made between 1:30 - 3:00

The Pleasant Street Center is **closed Monday, May 25 (Memorial Day)**

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.

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SENIOR GROUPS

Low Vision Group: Weds., May 13, 10:00 - Guest Speaker – Lions Club guest speakers: Roberta Clements-Nurse Liaison, sight & hearing and Joseph Gentleman-President Visual Aids.

Alzheimer's/Dementia Caregiver Support Group: Tues., May 5 & 19 - 6:00 . Register by contacting Social Worker, Melissa Koster, 781-942-6680 or mkoster@ci.reading.ma.us.

Parkinson's Disease Support Group: Weds., May 13 - 1:30 to 3:00 - Meets every 2nd Wed.; led by Greater Medford VNA.

The Not Too Stuffy Book Group: *Where'd You Go Bernadette* by Maria Semple. Thurs, May 21, 1:00-2:00 p.m. at the Pleasant Street Center. Bernadette Fox is notorious. To her Microsoft-guru husband, she's a fearless partner; to fellow private-school mothers in Seattle, she's a disgrace; to design mavens, she's a revolutionary architect, and to 15-year-old Bee, she is a best friend and simply, Mom. Then Bernadette disappears. It began when Bee aced her report card and claimed her promised reward: a family trip to Antarctica. To find her mother, Bee compiles email messages, official documents, secret correspondence—creating a compulsively readable and touching novel about misplaced genius and a mother and daughter's role in an absurd world.

LIBRARY HAPPENINGS

LiveWires Presents: An Evening with Hank Phillipi Ryan Tues., May 19, 7:00 p.m. at the Pleasant Street Center. A bestselling author of seven Boston-based mystery novels, Hank Phillipi Ryan will discuss her hot new book: Truth Be Told. Ryan is the on-air investigative reporter for Boston's NBC affiliate. She's won 32 EMMYs, 12 Edward R. Murrow awards and dozens of other honors for her ground-breaking journalism. This event is free and open to all. Book sale and signing to follow.

PROPERTY TAX WORKER PROGRAM

WOW!

Want to save up to \$1,000.00 on your property taxes? We have several opening in the Sr. Property Tax Worker Program. Residents age 62+ that meet the guidelines may qualify for the program. Through volunteering for the town you could earn an abatement on your FY 16 property taxes. For more information contact Jane Burns at (781) 942-6658

QUESTIONS/CONCERNS?

Elder/Human Services
Kerry Valle - (781) 942-6659
Melissa Koster - (781) 942-6680

Council on Aging: Monday, May 11, 6:30—8:00 pm. Pleasant Street Center.

Board of Selectmen Office Hours:
Tuesday, May 5, 6:30 - 7:00 - Town Hall

Representative Brad Jones Office Hours:
Friday, May 8, 1:15—2:15

Senator Jason Lewis: Friday, May 15, 2:30—3:30

Congressman Seth Moulton
17 Peabody Square
Peabody, MA 01960
Phone: (978) 531-1669
Fax: (978) 531-1996

WINNERS CIRCLE



Cribbage - Susan Donaher got the **highest cribbage hand** that is possible— a 29 hand! The odds of getting a perfect 29 hand in a four-player game are 1 in 649,740.

March Bingo winners – Johanna Bisschop (twice), Carol Holland (twice), Barbara Mullen (twice), Tommie Kelly, Maria Dinjian and Barbara Mullen

MEMORIAL DAY

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in service of the United States of America.

In 1915, inspired by the poem "In Flanders Fields," Moina Michael created her own poem:



*"We cherish too, the Poppy red
That grows on fields where valor led,
It seems to signal to the skies
That blood of heroes never dies"*

She then conceived of an idea to wear red poppies on Memorial day in honor of those who died serving the nation during war. She was the first to wear one, and sold poppies to her friends and co-workers with the money going to benefit servicemen in need.

The "National Moment of Remembrance" resolution was passed on Dec 2000 which asks that at 3 p.m. local time, for all Americans "To voluntarily and informally observe in their own way a Moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to 'Taps.'"

Tuscan Chicken w/Tomatoes & Rice

Ingredients

- 2 bags Success White Rice
- 1 tbsp. vegetable oil
- 3 seasoned boneless skinless chicken breasts, cut into 1 inch pieces
- 1 small red onion, thinly sliced
- 1 jar (4.5oz.) oz. sliced mushrooms drained
- 1 can (14 1/2 oz.) oz. Italian-style stewed tomatoes

Prepare rice according to package directions. Heat oil in medium skillet over medium heat. Brown chicken pieces. Add onions and saute 2 minutes. Stir in remaining ingredients. Cover and simmer 5 - 7 minutes. Serve over bed of hot cooked rice. Garnish w/basil or parsley

READING ELDER SERVICES
16 LOWELL STREET
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Pleasantries
Reading Senior Newsletter

SPRING

DID YOU KNOW:

You can obtain a copy of the *Pleasantries* at several locations around town or via email at www.readingma.gov. 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.