



Pleasantries

Reading Senior Newsletter

Website — www.readingma.gov

Email — pleasantstreetcenter@ci.reading.ma.us

October 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

Fall Fashion Show

Monday, October 19, 1:30 - 3:00 pm



Join Fierce Consignment of Reading for this year's fall fashion show. They will be showcasing fall and winter fashions from their store which will include a variety of sweaters, tops, dresses, cocktail gowns, handbags, shoes and accessories to get you in style for the upcoming season. Complimentary refreshments.



Medicare Open Enrollment, October 15th to December 7th

you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs.

S.H.I.N.E. Counseling – (Serving Health Insurance Needs of Elders) Meeting in the Computer Room - Wednesdays, Oct. 7, 21 & 28, from 1:00 – 3:00, and Fridays, Oct. 16, 23, & 30 also Monday, Oct. 19, 10:00 a.m. - 3:00 p.m. Call for an appointment 781-942-6794. Plan for 2016: it is important to review, understand and save this information!



POLICE HAM & BEAN SUPPER



Tuesday, October 13
5:00 pm
Reading Police Department
Annual Ham and Bean Supper.

Reservations required by calling (781) 942-6794. This event is free and open for Reading residents only.



JACK THE RIPPER

Delvena Theatre Group Presents

Jack The Ripper

Thursday, Oct., 29 @ 1:15

History comes alive – with the infamous *Jack the Ripper* – the identity of whom was never known! Learn the details of the ghastly murders of five women from London in 1888. Meet the top suspects. The audience will have the opportunity to question each of the suspects and draw their own conclusion as to who the “real” Jack the Ripper was.

Let's solve this case once and for all! The cast will open up to the audience at the end of the show for a lively discussion. FREE



IMPORTANT SYMBOLS

Registration Required

Free Transportation

781-942-6794



Reservations start Thursday, Sept 24th. Please call by noon at least two days before the event.



FUN FOR ALL

Movie Day – Thurs., Oct., 8, 1:15 **The Magic of Belle Isle (2012)** Monty Wildhorn, an alcoholic novelist of Westerns, has lost his drive. His nephew pushes him to summer in quiet Belle Isle. He begrudgingly befriends a newly single mom and her 3 girls who help him find the inspiration to write again.

Movie Day - Thurs., Oct., 15, 1:15 **Still Mine (2012)** An elderly couple fight against local authorities in rural New Brunswick to build their final home. Based on true events and laced with wry humor



Pumpkin Painting - Weds., Oct. 21, 3:30 – 5:00 pm. Reading Recreation and Elder/Human Services is hosting a pumpkin painting party. We provide each participant with a pumpkin, paint, glitter, stencils and other creative decorations. Cider donuts and apple cider will also be served. Please register each member of your family to ensure you all receive a pumpkin. Space is limited so please register early!

2nd Annual Downtown Trick or Treat – Wednesday, October 28th, 4:00 – 5:30pm

Join us for refreshments as we welcome the young ghosts & goblins and offer them treats at the Pleasant Street Center.



PLEASANT STREET SPA

Roberta Our Hairdresser—Monday, Oct. 19 - 9:30 – 1:00 by appointment call (781) 245-6605

Reiki Treatments: Thursday, Oct. 15 (3rd Thursday of month) - 9:30-11:45. Please call 781-942-6794 for an appointment. The fee for ½ hour treatment is \$15. Reiki facilitates healing, promotes mindfulness, complements any form of medical treatment.

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

Chair Massage - Thursday, October 1, 15, & 22, 9:00 – 12:00 receive a 15 minute chair massage for only \$8.

Manicures - Thursday, October 8 & 22, 9:30 - 1:00, \$6.00 or \$7.00 for French

GET YOUR GAME ON!

Games on the Big Screen, Thurs., Oct. 1 @ 1:15 Wii Games – “Deal or No Deal”, “Who wants to be a Millionaire”, group picks!

Cribbage: Mondays, 1:00 - 3:00

Bingo: Tuesdays 1:00 – 2:30

Billiards: (No van) Wednesdays, 10:00 - 11:15
Pool table is available Monday - Friday

Mah Jongg: Thursdays, 12:30 - 3:30

Chess: Fridays, 1:00 - 3:00 (No van).

Party Bridge: Fridays, 12:45 - 3:15 \$1.00 to play, Maximum 32, (No Van).



SPECIAL LUNCHES



Special Lunch Tues., Oct. 6, 12:00 w/Entertainer Cindy Bugden. Broccoli/Cheese Stuffed Chicken Breast served with glazed carrots, parsnips and wild rice. Cranberry bread pudding for dessert. Suggested donation of \$2.00.

Birthday Lunch: Mon. Oct. 5, Noon. Celebrate your birthday. If it is the month of your birthday, Reading residents will receive a free gift and lunch is free. Cake & ice cream for all. Suggested donation for lunch if not your birthday month is \$2.00

Lunch n' Learn - Fall & Fire Safety - Thurs., Oct. 22, 12:00, Lt. Mark Dwyer of the Reading Fire Department will discuss fire prevention strategies and safety tips on how to prevent falls. Enjoy a team trivia game. A special dessert will follow the presentation.

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

SCUTTLEBUTT



Enjoy the comradery of your fellow soldiers. Share stories and personal experiences. Enjoy guest speakers and historical movies.

Pleasant Street. Senior Center

Thurs., October 1, 10:00 (followed by lunch at noon.)

Kevin Bohmiller, Veterans' Services Officer 781-942-6652 or kbohmillier@ci.reading.ma.us

FITNESS FOR ALL

**Mondays:**

- **Yoga**—Mondays 11:00 - 12:00 - 3 weeks for \$30 or \$11 drop in
- **Zumba Gold:** Kelli - 9:00 - 10:00 Zumba is fun... So grab some friends and come take a class! Drop-ins welcome. - \$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** - 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 - Oct. 6 - 27 10:30 - 11:30. 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 new to yoga. \$5 drop-in

Wednesdays:

- **Zumba Gold:** Veronica - 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.

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, Oct. 21, 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 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:

Mon., Oct. 5, 11:30- 12:15 Hallmark Health
 Tues., Oct. 13, 11:30 - 12:00 Reading Health Nurse,
 Donna Pierce
 Tues., Oct. 20, 10:15- 10:45 sponsored by Rite-Aid

CLASSES, CRAFTS

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 New knitters & crocheters welcome.

Computer Classes: Learn to use email, send pictures, use the internet. Bring your own laptop if you want. Wednesdays with John Walsh 10:00 - 11:00

Painting Group, Fridays, 9:30 - 11:30 No instructor

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Great Medium to Reach the Senior Citizens!

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Email: seniornewsletter@aol.com

OR WRITE TO:

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7 PHILBROOK TERRACE, HAMPTON, NH 03842



Seniors may be eligible for a full membership at no additional cost through your Silver Sneakers program!

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch. Suggested donation \$2.00.</p>	<p>LUNCH - RESERVE THE DAY BEFORE BY NOON</p>	<p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music/ Chair Massage 10:00 Scuttlebutt Lunch 12:00 MAH JONGG 12:30 MAH JONGG 1:00 Walmart 1:15 Games on the Big Screen</p> <p>Stuffed shells or Chef's Salad</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST Painting 9:30 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Potato Fish Filet or Chicken Salad Sandwich</p>
5	<p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Matter of Balance 10:30 Body/Brain Flexibility 12:00 Special Lunch 1:00 Bingo</p> <p>Autumn Special Broccoli/Cheese Stuffed Chicken Breast</p>	<p>8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Computers w/John 10:00 Billiards 12:00 Lunch 1:00 Downtown/Groceries/Library 1:00 SHINE 1:30 Forever 49 - Tai Chi 1:30 Parkinson Support</p>	<p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:30 M manicure 12:00 Lunch 12:30 MAH JONGG 1:00 Walmart 1:15 Movie Day Creole Fish or Turkey Deluxe</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST Painting 9:30 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis</p> <p>Tortellini or Chicken Salad</p>
12	<p>Pleasant Street Center and Town Hall Closed</p> <p>Columbus Day</p>	<p>8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Computers w/John 10:00 Billiards 11:00 Book Club 12:00 Lunch 1:00 SHINE 1:00 Downtown/Groceries/Library 1:30 Forever 49 - Tai Chi 1:30 Podiatrist 3:30 Pumpkin Painting Lasagna or Seafood Salad</p>	<p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:00 Chair Massage 9:30 Manicure 12:00 Lunch & Learn 12:30 MAH JONGG 1:00 Woburn Mall, Target, Kohl's</p> <p>White Bean & Kale Stew or Roast Beef/Cheese Sandwich</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST Painting 9:30 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Chicken Marsala or Tortellini Salad</p>
19	<p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Matter of Balance 10:15 Blood Pressure 10:30 Body/Brain Flexibility 12:00 Lunch 1:00 Bingo</p> <p>Salmon Filet or Chicken Caesar salad</p>	<p>8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Computers w/John 10:00 Billiards 11:00 Book Club 12:00 Lunch 1:00 SHINE 1:00 Downtown/Groceries/Library 1:30 Forever 49 - Tai Chi 1:30 Podiatrist 3:30 Pumpkin Painting Lasagna or Seafood Salad</p>	<p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:00 Chair Massage 9:30 Manicure 12:00 Lunch & Learn 12:30 MAH JONGG 1:00 Woburn Mall, Target, Kohl's</p> <p>White Bean & Kale Stew or Roast Beef/Cheese Sandwich</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST Painting 9:30 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Chicken Marsala or Tortellini Salad</p>
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26	<p>9:00 Downtown/Groceries/Library 9:00 Zumba 11:00 Yoga 12:00 Lunch 1:00 Woburn Mall, Target, Kohl's 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p>Roast Pork w/Apple Glaze or Egg Salad Sandwich</p>	<p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Matter of Balance 10:30 Body/Brain Flexibility 12:00 Lunch 1:00 Bingo</p> <p>Mac & Cheese or Curry Chicken Salad Sandwich</p>	<p>8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Computers w/John 10:00 Billiards 12:00 Lunch 1:00 SHINE 1:00 Downtown/Groceries/Library 1:30 Forever 49 - Tai Chi 4:00 Downtown Trick or Treating</p> <p>Fish Sticks or Turkey/Swiss</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST Painting 9:30 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Broccoli/Mushroom Quiche or Roast Beef/Swiss Cheese Sandwich</p>
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29	<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 1:15 Delvena Theatre</p> <p>Chicken w/Honey Mustard or Vegetarian Chef Salad</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST Painting 9:30 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Chicken Marsala or Tortellini Salad</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST Painting 9:30 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Chicken Marsala or Tortellini Salad</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST Painting 9:30 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Chicken Marsala or Tortellini 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

Thursday, October 8 1:00 - 2:30

Thursday, October 22 1:00 - 2:30

Monday, October 26 1:00 - 2:30

Wal-Mart for everyone

Thursday, October 1 1:00 - 2:30

Monday, October 5 1:00 - 2:30

Thursday, October 15 1:00 - 2:30

Monday, October 19 1:00 - 2:30

Thursday, October 29 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

Podiatrist at The Pleasant St. Center -

Wednesday, Oct. 21 Van transportation for appointments made between 1:30 - 3:00

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

The Pleasant Street Center is closed Monday, October 12 (Columbus 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: Low Vision Group, Weds., Oct. 14, 10:00 am Guest Speaker Michelle Ellicks – Registry of Motor Vehicles.

Parkinson's Support Group: Weds., Oct. 14 1:30–3:00 pm - Meets every 2nd Wed.; by Greater Medford VNA.

Not Too Stuff Book Group: *Orphan Train by Christina Baker Kline*

Weds., Oct. 21, 11:00 a.m. to 12:00 p.m. at the Pleasant St Center - Molly is a troubled teen. Vivian is a wealthy 91-year-old widow, settled in a Victorian mansion on the Maine seashore. But Vivian's story has much in common with Molly's. Vivian Daly, born Niamh Power, has gone "from cobblestoned village on the coast of Ireland to a tenement in New York to a train filled with children, steaming westward through farmland, to Minnesota. Moving between contemporary Maine and Depression-era Minnesota, *Orphan Train* is a powerful tale of upheaval and resilience, second chances, and unexpected friendship. Copies are available at the Center or the Library.

LIBRARY HAPPENINGS

LiveWires Presents: *Trapped Under the Sea with author Neil Swidey*

Tue, Oct 20, 7:00 p.m. at the Pleasant Street Center. Boston Globe Magazine staff writer and author Neil Swidey will read from and sign *Trapped Under the Sea: One Engineering Marvel, Five Men, and a Disaster Ten Miles Into the Darkness*. Just twenty-five years ago, Boston Harbor was considered the filthiest harbor in America. Today, Boston has the cleanest urban harbor in the nation, an undisputed environmental success story and the engine of the city's stunning revitalization. Yet it came at an enormous cost. In *Trapped Under the Sea* Neil Swidey recounts the tragic and avoidable human toll of the fraught last step of the decade-long harbor cleanup.

AGING IN READING SERIES

LiveWires Miniseries: *Aging in Reading*

Wednesdays: Oct 21, 28, & Nov 4, 10-11:30 a.m. Fellowship Hall, Unitarian Universalist Church 239 Woburn St. Reading.

Are you an older adult, caregiver, or visionary? Then join this community conversation to plan for positive aging in Reading. Hear from resource providers about housing options, aging in place, & creative solutions for the future. Bring your questions and ideas.

MEDICARE SCAM

This is a new scam to get personal medical information to falsely bill the government (Medicare). The impersonator used the name of the COA director in that town. The impersonator asked "a few questions" (their doctor, their meds and their Medicare number). The elder refused the last request and hung up (and then called the COA to complain about the director)...(!)

NO ONE WILL CALL AND ASK FOR YOUR MEDICARE NUMBER! JUST HANG UP and, if possible, get their phone number from the telephone screen and contact the Police.

QUESTIONS/CONCERNS?

Elder/Human Services

Kerry Valle - (781) 942-6659

Council on Aging: Mon., Oct. 19, 6:30 Pleasant Street Center

Board of Selectmen Office Hours: Tues., Oct. 6 & 20 6:30 - 7:00 - Town Hall

Representative Brad Jones Office Hours: Fri., Oct. 9, 1:15 – 2:15

Senator Jason Lewis: Fri., Oct. 16, 2:30 – 3:30

Congressman Seth Moulton

17 Peabody Square

Peabody, MA 01960

Phone: (978) 531-1669

Fax: (978) 531-1996

OCTOBER IS FIRE SAFETY MONTH!

EASY CHICKEN KEBABS FOR 2

Smoke and carbon monoxide detectors are critical life safety devices. The Reading Fire Department offers residents a free home analysis of these systems. Through their Senior SAFE Program they can purchase detectors at a discounted price. **They will install them for you free of charge.** Other home safety concerns you may have can be evaluated during the visit.

Contact Lt. Mark Dwyer at (781) 439-8663.



Join Lt. Dwyer for lunch on Thurs., Oct. 22!

Ingredients

- 1 large onion, cut into wedges
- 1 large red bell pepper, cut into 1-inch chunks
- 3/4 pound boneless, skinless chicken breasts, cut into 1-inch chunks
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground ginger
- 1/2 teaspoon salt
- 1 (8-ounce) can pineapple chunks, drained
- 1/4 cup pineapple preserves

Coat a large skillet with nonstick cooking spray and heat over high heat. Add the onion and red pepper. Cook for 3 to 4 minutes, or until browned, stirring occasionally.

Season the chicken with the garlic powder, ginger, and salt. Add to the skillet and cook for 3 to 4 minutes, or until the chicken is browned, stirring occasionally. Add the pineapple chunks and preserves; mix well. Cook for 2 to 3 minutes, or until heated through and the chicken is no longer pink inside. Serve immediately.

READING ELDER SERVICES
16 LOWELL STREET
Reading, MA 01867

Pleasantries
Reading Senior Newsletter

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.