



Pleasantries

Reading Senior Newsletter

www.readingma.gov/elder



April 2014

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 781-942-6659
Melissa Koster 781-942-6680

Van Driver

Joe Beninati

Council on Aging

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Carol Oniskey
Sandra Shaffer
Kevin Walsh

April is a very busy month in Elder/Human Services. There are more programs than space for detailed descriptions. If you are looking for more information about a particular program or entertainment, please give the Receptionist a call at the Pleasant Street Center (781) 942-6794.

As a reminder the Pleasantries is available on-line for free. To sign-up go to the Town website at www.readingma.gov. In the top right hand corner you will see a link: **E-Subscribe**. By clicking on that link you can sign-up for various newsletters and town-wide information. If you are having trouble connecting, one of our computer instructors would be glad to help.

SPECIAL EVENTS



There is **NO** van service on April 21, Patriot's Day (center is closed)

- Brain Yoga** - Tuesday, Tuesday, April 1, 10:15
- Movie Day** - Captain Phillips Thursday, April 3, 1:15
- Opening Day at Fenway** - Thursday, April 3, Noon
- Improve Your Balance** - Tuesday, April 8, 10:15 with Vinny Gatto
- Spring Special Lunch** - Tuesday, April 8, Noon
- Hearts of Chocolate** - Wednesday, April 9, 1:00
- Parker Middle School Cribbage Tournament** - Wednesday, April 9, 2:30
- GAMES GAMES GAMES with NHS** - Thursday, April 10 3:00 - 5:00
- Birthday Lunch** - Monday, April 14, Noon
- AARP Smart Driving Class** - Monday, April 14, 9:30
- Fuel Assistance**, Tuesday, April 15 9:00 - 12:00 Town Hall
- Lunch n' Learn Reading Fire Dept. MOLST** - Tuesday, April 15, 12:00
- Stoneham Theatre, The Unbleached American**, Wednesday, April 16, 2:00
- Lunch n' Learn Good Nutrition** - Thursday, April 17, 12:00
- Bingo & Pizza Night** - Thursday, April 24, 4 - 5:30 (seniors & kids)
- Sundaes on Monday** - Monday, April 28, noon
- Healthy Eating for Successful Living** Tuesday April 29 - June 3, 10:00

IMPORTANT SYMBOLS



Registration Required
781-942-6794



Free Transportation
781-942-6794

Reservations start Tuesday, March 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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MONTHLY ACTIVITIES



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

Brain Yoga: April 1, 10:15 - Come join us for a **FREE** sample class of Brain Yoga on Tues., April 1. Learn fun exercises that stimulate the brain. A new 6 week series starts on Tues., April 8 11:00—12:00. Cost \$20 for the series or \$5 drop in.

Opening Day at Fenway: Thurs., April 3, 12:00 Baseball Trivia Game with prizes. Get in the spirit, wear your Red Sox gear.

Movie Day: Thurs. April 3, 1:15, *Captain Phillips*. Starring Tom Hanks who is taken hostage by Somali pirates.

Improve your balance: Tues., April 8, 10:15, Vinny Gatto, Winchester Hosp./ Orthopaedics Plus. Learn helpful exercises to sharpen your balance. Know your weak areas and what to do about them. Learn how other considerations such as medications, nutrition and environmental factors impact your balance.

Spring Special Lunch Tues., April 8, 12:00 with storyteller/entertainer David Shikes.

Hearts of Chocolate: Weds., April 9, 1:00 Celebrate Easter (chocolate is good for your heart) while exploring working with chocolate. Make lollipops, truffles and chocolate. Fee paid to instructor (all supplies included): \$3.00 per student

Parker Middle School Cribbage Tournament: Weds., April 9, 2:30 @ Parker Middle School. Friendly competition with very skill middle schoolers. New players needed, contact Jane at (781) 942-6658 to play.

Games Games Games: Thurs., April 10, 3:00 – 5:00 The National Honor Society is back hosting an afternoon of board games. Come and enjoy friendly games of Rummikub, cribbage, checkers, Scrabble and more! Refreshments will be served.

AARP Smart Driving Class - Mon., April 14, 9:30 a.m. - 2:30 p.m. The largest refresher course for drivers age 50+. The aim is for drivers to better understand updated technologies, provide a refresher on the rules of the road, and learn strategies to compensate for changes in vision, hearing, or response time. \$15 for AARP members and \$20 for nonmembers. PRE-REGISTER /PREPAY required. 12 Min./25 Max.

Birthday Lunch: Mon., April 14, Noon Your lunch is free. If it is not your birthday month suggested donation for lunch is \$2.00.

Fuel Assistance: Tues., April 15, 9:00 - 12:00, Help with applying for Fuel Assistance located at 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.

Reading Fire Dept. Tuesday, April 15 - Lunch (12:00) n' Learn (12:30) Joe Lapolla, EMS coordinator, to talk about the new **MOLST form**- (Massachusetts Medical Orders for Life-Sustaining Treatment).

Stoneham Theatre, The Unbleached American, Weds, April 16, 2:00 pm. Bring a Friend Day. Buy one ticket for \$30 and receive a free ticket. The story of Ernest Hogan, the "father of ragtime". Checks payable to the Stoneham Theatre due to the Receptionist by April 4.

Lunch n' learn April 17 – Lunch (12:00) n' Learn (12:30) – 1:00 "Cook and Chat About Good Nutrition"; Join Candace Quigley, Registered Dietitian, for a cooking demo. Candace will also discuss the importance of eating the MyPlate way. Lunch reservations required.

S.H.I.N.E. Counseling – (Serving Health Insurance Needs of Elders) Computer Room - Friday, April 18, 10:00 - 3:00 By appointment (781) 942-6794.

Bingo/Pizza Night - Thurs., April 24, 4:00 - 5:30 pm. It is School vacation week so bring the grandkids for this intergenerational bingo night. The Recreation Dept. & Elder Services are partnering for this fun program. Pizza, prizes, etc. Free for Reading Residents. Registration required.

Healthy Eating for Successful Living Tues., April 29 – June 3, 10:00 – 12:30 - 6 week series. Nutrition and lifestyle changes can promote better health. The program stresses heart and bone health strategies that are important to preventing or managing most chronic health conditions and maintain independence.

Sundaes on Monday, April 28, 12:00 Join us for lunch, then make your own sundaes.

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

CLASSES, CRAFTS & GAMES

Art Lessons with Steve Greco: Tues., 9:30 - 12:00
2 ½ hours for \$10.00. Steve will teach any medium 

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

Painting Group: Fri., 10:00 - 12:30 (No Van)

Computer Classes: Learn to use email, send pictures, use the internet. We have WIFI so bring your own laptop if you want. 

Dick & John -Wednesdays @ 9:00 - 11:00

Sophia - Wednesdays @ 2:30

Ethan - Thursdays with Ethan @ 1:00

Cribbage: Mon., 1:00 - 3:00

Billiards: (No van) Weds, 10:00 - 11:15

Pool table is available Monday - Friday

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

Bingo:Tues./Thurs. 1:00 - 2:30 No Bingo on April 3

Party Bridge: Fri., 12:45 - 3:15 \$1.00 to play, New Players Welcome! (No Van)

MAH JONGG: Thurs., 12:30 - 3:30

Quilting: Weds, April 2 & 16, 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.

Pleasant Street Spa

Roberta Our Hairdresser—Monday, April 7, 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, April 3 & 17, 9:00 - 11:00 Choose 15 min./ \$5 or 30 min. /\$10.

Chair Massage - Thursday, April 3 & 17, 9:00 - 11:45, Receive a 15 minute chair massage for only \$8.

Manicures - Thursday, April 10 & 24, 9:30 - 1:00, \$6.00 or \$7.00 French.

FITNESS

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

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

Yoga - Mondays - 11:00 - 12:00, 5 weeks for \$50 or 
drop-in \$11/Session. Increase your strength, flexibility and balance.

Zumba Gold with Kelli - Mondays & Wednesdays
9:15 - 10:15 - Drop-in \$5/session. Zumba is fun...

Tai Chi - "FOREVER 49" - Tai Chi, Chi Gong, **Monday & Wednesday** 1:30 - 2:30 \$40/Mon. Drop-in \$10/Session class

SPACE FOR SALE

Great Medium to Reach the Senior Citizens!

CALL 603-329-8203,

Email: seniornewsletter@aol.com

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|---|
| APRIL 2014 | 1 | 2 | 3 | 4 |
| <p>9:00 Wai-Mart 9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Target or Kohl's Woburn Mall 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p>Macaroni & Cheese or Tuna salad sandwich</p> | <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:15 Brain Yoga Sample 12:00 Lunch 1:00 Bingo Meatloaf with beef gravy or Chef's Salad</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 / 1:00 Quilting 1:30 Forever 49-Tai Chi 1:30 Neighborhood Shopping 2:30 Computers with Sophia Greek chicken or Turkey/Swiss cheese sandwich</p> | <p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:00 Facials / 9:00 Chair Massage 10:00 Chronic Pain Workshop 12:00 Lunch/ Fenway Opening 12:30 MAH JONGG 1:00 Computers w/Ethan Hot dog with baked beans or chicken salad</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 Seafood alfredo casserole or Cottage cheese fruit plate</p> |
| 7 | 8 | 9 | 10 | 11 |
| <p>9:00 Wai-Mart 9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Target or Kohl's Woburn Mall 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p>Macaroni & Cheese or Tuna salad sandwich</p> | <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:15 Balance-Winchester Hosp. 11:00 Brain Yoga 12:00 Spring Special Lunch 1:00 Bingo Spring Special Lunch—Chicken scallopini</p> | <p>8:45 Neighborhood Shopping 9:00 Computers with Dick 9:15 Zumba 9:30 Kllickity Klack 10:00 Low Vision Group 10:00 Computers with John /10:00 Billiards 12:00 Lunch / 1:00 Hearts of Chocolate 1:30 Forever 49 - Tai Chi 1:30 Parkinson Support /1:30 N'hood Shopping 2:30 Computers with Sophia Swedish meatballs or Chicken salad sandwich</p> | <p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicures 10:00 Chronic Pain Workshop 12:00 Lunch 12:30 MAHJONGG 1:00 Computers 1:00 BINGO 3:00 GAMES GAMES GAMES Florentine fish or Turkey and Swiss cheese</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 Broccoli mushroom quiche or tortellini</p> |
| 14 | 15 | 16 | 17 | 18 |
| <p>9:00 Downtown Errands, Calareso Library 9:30 AARP Smart Driving 9:15 Zumba 11:00 Yoga 12:00 Birthday Lunch 12:00 Podiatry 1:00 Cribbage 1:00 Redstone 1:30 Forever 49 Tai Chi/ 6:30 COA Roast turkey or Egg salad sandwich</p> | <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Fuel Assistance—Town Hall 11:00 Brain Yoga 12:00 Lunch & Learn MOLST 1:00 Bingo Pot roast or Tuna salad sandwich</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 1:00 Quilting/1:30 Forever 49 - Tai Chi 1:30 Neighborhood Shopping 2:30 Computers with Sophia Crested Fish or Chicken Caesar salad</p> | <p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:00 Facials /9:00 Chair Massage 10:00 Chronic Pain Workshop 12:00 Lunch & Learn—Cooking 12:30 MAH JONGG / 1:00 Book Club 1:00 Computers with Ethan 1:00 Book Club /1:00 BINGO Lemon Dijon chicken or Roast beef & Swiss</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 Stuffed shells or Seafood salad sandwich</p> |
| 21 | 22 | 23 | 24 | 25 |
| <p>The Pleasant Street Center will be CLOSED in observance of Patriots' Day.</p> | <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 11:00 Brain Yoga 12:00 Lunch 1:00 Bingo Chicken paprika or Roast beef/American cheese sandwich</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 Tortellini with marinara sauce or Egg salad sand-</p> | <p>8:30 Burbank YMCA 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicures 10:00 Chronic Pain Workshop 11:00 Blood Pressure 12:00 Lunch 12:30 MAH JONGG 1:00 Bingo / 1:00 Computers with Ethan Hamburger/Cole Slaw or Turkey/provolone</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 Salmon boat or BBQ chicken</p> |
| 28 | 29 | 30 | <p>ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive</p> <p>EVERYTHING IN BOLD TRANSPORTATION IS AVAILABLE</p> <p>These are destination arrival times. Please be ready 30 minutes – 1 hour prior to the time listed.</p> | |
| <p>9:00 Woburn Mall, Target, or Kohl's 9:15 Zumba 11:00 Yoga 12:00 Lunch/Sundaes on Monday 1:00 Redstone 1:00 Cribbage 1:00 Walmart 1:30 Forever 49 - Tai Chi</p> <p>Tangerine chicken or *Ham and American cheese sandwich</p> | <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Healthy Eating 11:00 Brain Yoga 12:00 Lunch 1:00 Bingo American chop suey or Breaded chicken patty</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 Fish sticks or Turkey and provolone cheese sandwich</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, April 7th ~ 1:00 – 2:30 p.m. & April 28th ~ 9:00 – 10:30 a.m.

Wal-Mart for everyone

Monday, April 7th ~ 9:00 – 10:30 a.m. & April 28th ~ 1:00 – 2:30 p.m.

Downtown Errands or Library for everyone

Monday, April 14th ~ 9:00 – 10:15 a.m.

Redstone Shopping Center for everyone

Monday, April 14th ~ 1:00 – 2:30 p.m..

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

The Pleasant Street Center is closed Monday April 21st (Patriot's Day)

Neighborhood Shopping Wednesdays ~ 8:45 – 10:00 a.m. & 1:30 – 2:45 p.m.

Cedar Glen Shopping Thursdays ~ 8:45 – 10:00 a.m.

Tannerville Shopping Fridays ~ 8:45 – 10:00 a.m.

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!
- Be sure to cancel if you have a change of plans.
- 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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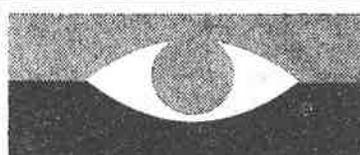
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TAX TIME...

Free Income Tax Preparation for Reading Seniors (60+)

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

Appointments are available by calling Ann Gentile at (781) 942-6608.

If you have mutual funds, dividends, stock sales please bring with you. Make sure all your documents have arrived and 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.

LIBRARY HAPPENINGS



LiveWires Coffee & More: My Name: My Identity

Memoir Writing Workshop Wed, Apr 9, 9:30, Join Nancy Genevieve Kohl to explore the history & meaning of your name as the town joins in a community-wide reading of *The Namesake* by Jhumpa Lahiri part of The Big Read.

LiveWires Presents: What is Marriage For? Tue, Apr 29, 7:00 E.J. Graff, is the author of *What Is Marriage For? The Strange Social History of Our Most Intimate Institution*.

Drop-in Chess & Parcheesi: Sat, Apr 19, 3:00 For all ages and abilities: enjoy a game whether you are expert or just beginning. We have added the Indian invented board game Parcheesi in honor of The Big Read for this month only. Instruction provided.

SENIOR GROUPS

Parkinson's Disease Support Group, Parkinson's Disease Support Group Wed., April 9, 1:30- 3:00; Led by Joan Karpinski MSW, with Greater Medford VNA

Low Vision Group, Weds., April 9 10:15
Dianne Luther, Nurse Advocate Guest Speaker

Not-Too-Stuff Book Group: Thursday, April 17 1:00, *The Namesake* by Jhumpa Lahiri, Librarian Andrea Fiorillo and retired English teacher Barbara Currie lead a discussion of *The Namesake* by Jhumpa Lahiri. Meet the Ganguli family, from Calcutta, trying to become Americans in Massachusetts even as they pine for home. The name they bestow on their firstborn, betrays all the conflicts of honoring tradition in a new world. The Big Read is a program of the National Endowment for the Arts in partnership with Arts Midwest.



HEALTH SCREENINGS

Podiatry Clinic, Mon. – April 14
Call (781) 438-2525 to schedule an appointment. Cost \$30

Blood Pressure Check at Pleasant Street Center, Friday, April 4
10:15 - 10:45 Sponsored by Walgreens

Blood Pressure – 4th – Thursday
of every month – (April 24) 11:00 – 12:00 Town nurse

QUESTIONS/CONCERNS?

Board of Selectmen Office Hours:
Tuesday, April 15 - 6:30 - 7:00 - Town Hall Conference Room

COA Meeting: Monday, April 14 - 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 Sally Hoyt, Senate President, (781) 944-1191.

Bingo Winners

For February: Mary Petrillo (twice), Maria Dinjian, Germaine Downer, Stella Zitzow and Romana Pieri

HOLIDAY TRIVIA

This year Easter and Passover overlap. Test your knowledge of both holidays. For answers visit the Receptionist at the Center.

- Which day is it traditional to make pancakes?
Shrove Tues Ash Weds Good Friday
- What does Palm Sunday celebrate?
 - Jesus rode to Jerusalem on a donkey
 - Jesus rode to Bethléhem on a donkey
 - Jewish festival when palms are laid on the floor
- For how many pieces of silver did Judas betray Jesus?
20 30 25 100
- The meal eaten on Passover night is called?
Seder Korban Sukkah
- How many cups of wine are drunk at the festive meal? 1 3 4 5
- Passover is celebrated for how many days in countries other than Israel?
7 6 8 9

For more trivia go to www.funtrivia.com

READING ELDER SERVICES
16 LOWELL STREET
Reading, MA 01867

GLAZED SALMON**Ingredients**

- 4 Salmon fillets
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 2 tbsp brown sugar
- 2 tbsp lemon juice
- 2 tbsp. Dijon mustard
- 1 tsp. ground cumin

Place salmon in greased 11 x 7 baking dish; sprinkle with salt and pepper. Combine the remaining ingredients, spoon over fillets. Bake uncovered at 400 degrees for 10 - 15 minutes or until fish flakes easily with a fork. Yield: 4 servings

**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.