



Pleasantries

Reading Senior Newsletter

www.readingma.gov

April 2015

Pleasant Street Center

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

Sharon Thomas, Coordinator
(781) 942-6796

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



Welcome Spring Luncheon
Wednesday, April 8

Noon

Pleasant Street Center
Musical Entertainment by
Diane Dexter

Broccoli and cheese stuffed chicken
breast with rice pilaf and candied car-
rots, lemon pudding cake for dessert.

Reservations/free transportation



Opening Day at
Fenway Park
Monday, April 13

Noon

Pleasant Street Center

Hotdogs, Baked Beans, Popcorn,
Ice Cream

Trivia, Games and Prizes

Show your Red Sox pride and win

Lunch donated by the
Olde Redding Butcher Shoppe

SPOTLIGHT HEALTH AND WELLNESS PROGRAMS



Health Care Proxy Workshop, Tuesday, April 7 10:15

Jen McGlynn, RN, BSN, Hospice Manager at Hallmark Health VNA & Hospice will lead this workshop on understanding the importance of having a Health Care Proxy. Everyone will leave with a completed Health Care Proxy form at no charge.

Take Control of Your Health - Arthritis, Thursday, April 9 - 12:00 "Lunch & Learn"

Arthritis, inflammation of the joint, is a group of more than 100 different diseases. It affects more than 50 million Americans, and older people most often experience osteoarthritis, rheumatoid arthritis, or gout. Pain from arthritis does not have to be part of growing older. Blue Cross Wellness Representative will be onsite to talk about this common disease and what you can do to control it. *Drawing for a gift basket at the end of program.*

My Life, My Health, Diabetes - Tuesdays, April 14 - May 19, 10:00- 12:00

Adults with pre diabetes or diabetes learn techniques for dealing with issues like stress management, fatigue, pain, depression, anger, avoiding complications, and appropriate use of medications, healthy eating and working effectively with healthcare providers. Participants will make weekly action plans, share experiences. **REGISTRATION REQUIRED** a minimum of 8 people maximum of 15 are required to hold the class. Please register by Tuesday, April 7.

IMPORTANT SYMBOLS

Registration Required
Free Transportation
781-942-6794



Reservations start

Mar 25 Please call by noon at least two days before the event.

We've changed our look a bit. Let us know what you think...

*jburns@ci.reading.ma.us
(781) 942-6658*

The van schedule has been altered slightly with new routes!



FUN FOR ALL

Movie Days:



The Rookie - Thursday April 2, 1:00 - In this inspiring true story, Jim Morris strikes an intriguing bargain with the Texas high school baseball team he coaches: If they make the playoffs, he'll try out for the big leagues.



4 Minute Mile - Thursday April 16, 1:00 - Drew Jacobs is a high school track star who shows tremendous potential – until his brother's drug trade gets in the way. But when Drew draws the attention of a reticent former track coach, the two slowly begin to transform each other's lives.

Girl Scout Visit

Friday, April 3— Noon, Joining us for lunch is a third grade Brownie Troop. The girls will be serving special desserts, playing games and making crafts.

Happy Birthday!

Birthday Lunch: Monday, April 27 - Noon, Come celebrate your birthday – if it is the month of your birthday you will receive a free gift and your lunch is free. Complimentary cake & ice cream for all! Bring your friends to celebrate with you – suggested donation for lunch if not your birthday month is \$2.00

Lunch is Served: Noon. Sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, \$3.50). Reservations required.

PLEASANT STREET SPA

Roberta Our Hairdresser—Mon., Apr. 13 - 9:30 – 1:00 by appointment call (781) 245-6605

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

Chair Massage - Thursdays, Apr. 2, 16 & 23 - 9:00 - 11:45, Receive a 15 minute chair massage for only \$8.

Manicures - Thursday, April 9 & 23 – 9:30 – 1:00, \$6.00 or \$7.00 for French



GET YOUR GAME ON!



BARNYARD BINGO (For All ages) Tuesday, April 21 4:00 -6:00 pm. Join Recreation and Human/Elder Services for a fun afternoon of Bingo -- barnyard style!! Put on your straw hat and your best flannel shirt and come one, come all -- kids, parents, grandparents, seniors!! Everyone is invited to play and visit with the animals. Refreshments, pizza, popcorn and ice cream will be served!! Space is limited to 60 participants. make sure to register early and include each member of your family that is attending. Seniors free, under 60 \$4 per person. Children must be accompanied by an adult.

Games on the Big Screen, Thurs., April 9, 1:15 "New" Wii Games – "\$1,000,000 Pyramid" and "Who wants to be a Millionaire" No gaming experience necessary, new players always welcome! Refreshments provided.

Parker Middle School Cribbage Tournament



Thurs., April 9 - 2:30. Calling all players - sign up now for this afternoon of a light- hearted Cribbage Tournament. Registration required by calling Jane Burns (781) 942-6658.

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 New knitters & crocheters welcome. 

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

Computer Classes: Learn to use email, send pictures, use the internet. Bring your own laptop if you want.

Thursdays 11:00 - 12:00

Tuesdays/Thursdays 1:00 - 2:00

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, New Players Welcome. (No Van).

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** April 1, 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** - April 7 - May 26, 10:30 - 11:30 8 week Session. Learn skills to enhance memory and coordination and have fun! Classes are gentle and effective, designed for all abilities. 8 weeks - \$40 - \$5 drop in.

Wednesdays:

- **Zumba Gold:** Cindy on Weds 9:15 - 10:15 - Drop-in \$5
- **FOREVER 49" -Tai Chi, Chi Gong,** weight lifting, and more. 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, Wed., Apr. 15, 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. Bring your insurance card or cost is \$40. Most insurances cover this service every 9 weeks.

Blood Pressure -Mon. Apr. 6 - 11:30 - 12:15 Sponsored by Hallmark Health

Blood Pressure - Tuesday Apr. 14 from 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., April 14 - 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 2015. Fifteen minute appointments may be made by calling (781) 942-6608.

SHINE (Serving Health Insurance Needs of Elders):

Fri., - Apr. 17 - 10:00 - 2:00. Call for an appt. 781-942-6794

SPACE FOR SALE

Great Medium to Reach the Senior Citizens!

CALL 603-601-8047

Email: seniornewsletter@aol.com

OR WRITE TO:

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www.snapfitness.com/reading

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive</p> <p>Everything in Bold Transportation</p>	<p>IMPORTANT VAN INFORMATION PLEASE READ</p> <p>These are destination arrival times. Please be ready 30 minutes - 1 hour prior to the time listed.</p>	<p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Klickey Klack 10:00 Billiards 12:00 Lunch 1:00 Downtown//Groceries/Library 1:30 Forever 49 - Tai Chi</p> <p>Hot dogs or curry chicken salad</p>	<p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music Chair Massage 11:00 Computers 12:00 Lunch 12:30 MAH JONGG 1:00 Movie Computers w/Ethan 1:00 Walmart</p> <p>Lentil stew or Rbeef w/American cheese sand-</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA Chess</p> <p>Sweet Potato Fish Filet or Vegetarian</p>
<p>9:00 Downtown//Groceries/LI brary 9:15 Zumba 11:00 Yoga 11:30 Blood Pressure 12:00 Lunch 1:00 Walmart 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p>Roast turkey w/sweet potato or tuna salad sandwich</p>	<p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:15 Health Care Proxy 10:30 Body & Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan 6:00 Caregiver Support Fish Florentine or chicken pesto caesar salad</p>	<p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Klickey Klack 10:00 Low Vision 10:00 Billiards 12:00 Spring Special Lunch 1:00 Downtown//Groceries/LI brary 1:30 Parkinson Support and Forever 49 - Tai Chi</p> <p>Broccoli & cheese stuffed chicken breast</p>	<p>8:30 Burbank YMCA 8:45 CG Groceries 9:00 Motion to Music 9:30 Manicure 11:00 Computers 12:00 Lunch & Learn: Arthritis 12:30 MAH JONGG 1:00 Woburn Mall, Target, Kohl's 1:00 Computers w/Ethan 1:15 Games On the Big Screen 2:30 Cribbage Tournament Pot roast or seafood salad</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 1:15 Representative Jones Spinach & red pepper frittata or Rbeef and Swiss sandwich</p>
<p>9:00 Downtown//Groceries/LI brary 9:15 Zumba 9:30 Hairdresser 11:00 Yoga 12:00 Lunch - Opening Day Fenway 1:00 Woburn Mall, Target, Kohl's 1:00 Cribbage 1:30 Forever 49 - Tai Chi 6:30 COA Butcher Shoppe hotdogs, beans, popcorn</p>	<p>8:30 Burbank YMCA 9:00 Motion to Music 9:00 Fuel Assistance-Town Hall 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 Macaroni & cheese or Rbeef w/cheddar sandwich</p>	<p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Klickey Klack 10:00 Billiards 12:00 Lunch 1:00 Downtown//Groceries/LI brary 1:30 Podiatrist 1:30 Forever 49 - Tai Chi</p> <p>Cheese lasagna or egg salad sandwich</p>	<p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music Chair Massage 11:00 Computers 12:00 Lunch 12:30 MAH JONGG 1:00 Walmart 1:00 Movie / Book Club 1:00 Computers w/Ethan</p> <p>Salmon filet or ham chef salad</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST 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>Chicken Marsala or tortellini salad</p>
<p>Town Hall and Pleasant Street Center Closed - Patriot's Day</p>	<p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Diabetes 10:30 Body & Brain Flexibility 12:00 Lunch 1:00 Bingo Computers w/Ethan 4:00 Barnyard Bingo 6:00 Caregiver Support Group</p> <p>American chop suey or egg salad sandwich</p>	<p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Klickey Klack 10:00 Billiards 12:00 Lunch 1:00 Downtown//Groceries/LI brary 1:30 Forever 49 - Tai Chi</p> <p>Fish sticks or vegetarian chef salad</p>	<p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music / Chair Massage 9:30 Manicure 11:00 Computers 12:00 Lunch 12:30 Mah Jongg 1:00 Woburn Mall, Target, Kohl's 1:00 Computers w/Ethan</p> <p>Roast Port or seafood salad sandwich</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST 10:00 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Veggie burger or turkey & Swiss sandwich</p>
<p>9:00 Downtown//Groceries/LI brary 9:15 Zumba 11:00 Yoga 12:00 Birthday Lunch 1:00 Cribbage 1:00 Woburn Mall, Target, Kohl's 1:30 Forever 49 - Tai Chi Chicken paprika or Tuna salad sandwich</p>	<p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 Diabetes 10:30 Body & Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan</p> <p>Beef stew or turkey & American cheese sandwich</p>	<p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Klickey Klack 10:00 Billiards 12:00 Lunch 1:00 Downtown//Groceries/LI brary 1:30 Forever 49 - Tai Chi</p> <p>Broccoli & mushroom frittata or Rbeef & Cheddar sandwich</p>	<p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 11:00 Computers 12:00 Lunch 12:30 Mah Jongg 1:00 Walmart 1:00 Computers w/Ethan</p> <p>Roast Turkey or tortellini salad</p>	

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Each Office Independently Owned and Operated



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, April, 9 1:00 - 2:30

Monday, April 13 1:00 - 2:30

Thursday, April, 23, 1:00 - 2:30

Monday, April 27 1:00 - 2:30



Wal-Mart for everyone

Thursday, April 2 1:00 - 2:30

Monday, April 6 1:00 - 2:30

Thursday, April 16 1:00 - 2:30

Thursday, April 30 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 -

April 15 Van transportation for appointments made between 1:30 - 3:00



Stop & Shop or Market Basket:

Neighborhood Shopping Weds., 8:45 - 10:00

Cedar Glen Shopping Thursdays, 8:45 - 10:00

Tannerville Shopping Fridays, 8:45 - 10:00



The Pleasant Street Center is
closed Monday,
April 20 (Patriot's 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.

DANIELS HOUSE

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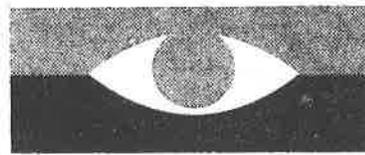
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SENIOR GROUPS

Low Vision Group: Wed., April 8, 10:00 - Guest Speaker – Chrys Peralta, Occupational Therapist- Mass Association for the Blind and Visually Impaired.

Alzheimer's/Dementia Caregiver Support Group: Tues., Apr. 7 & 21 - 6:00 . Register by contacting Social Worker, Melissa Koster, 781-942-6680 or mkoster@ci.reading.ma.us.

Parkinson's Disease Support Group: Wed, Apr. 8 - 1:30 to 3:00 - led by Greater Medford VNA

The Not Too Stuff Book Group: *Sweet Thunder* by Ivan Doig, Thu, Apr 16, 1:00-2:00, In 1920, a quirky bequest draws Morrie Morgan back to Butte, Montana, from a honeymoon with his bride, Grace. But the mansion bestowed by a former boss promises to be less windfall than money pit. And the town itself seems—like the couple's fast-diminishing finances—on the verge of implosion. Two dilemmas catapult Morrie into his new career as editorialist for Thunder a union newspaper. As he pursues victory for the miners, he discovers that he is enmeshed in a deeply personal battle as well—the struggle to win lasting love for himself.

LIBRARY HAPPENINGS

Dave Williams, Birder : Weds, Apr 8, 15, 22, 29, 10:00 - 11:30 at The Police Department Community Room. Join expert birder Dave Williams, a life-long resident of Reading who has been birding for 35 years, in this hands-on class. The last class will be a bird walk. Though there is no registration or requirement to attend each of this four part class, it is best enjoyed as a series. Classes will take place on consecutive Wednesdays: April 8, 15, 22, @ 10:00 a.m. and the 29 @ TBD.

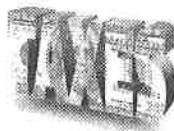
LiveWires Presents: Gardens of Paris: Tue Apr 21, 7:00 p.m. at Pleasant Street Center
It's April in Paris! Chris Redford of the Crystal Garden Club will lead a visual tour of the beautiful gardens of Paris to inspire green thumbs here at home.

MESSAGE BOARD

QUESTIONS/CONCERNS?



Don't forget to Vote—April 7, 2015 is a town wide election day. Polls will be open 7:00 am—8:00 pm at the High School Field House. There is complimentary van service available by calling (781) 942-6794.



Free Income Tax Preparation w/Electronic Filing for Reading Seniors (60+) continues until Saturday, April 11. Walk-ins are on Saturdays from 9:00—1:00 at Reading Municipal Light Dept., 230 Ash Street (first come first served)

Appointments are available on Thursdays 9:00 - 1:00 until April 9 Please call Ann Gentile at (781) 942-6608.

Elder/Human Services

Kerry Valle - (781) 942-6659
Melissa Koster - (781) 942-6680

Council on Aging: Mon., Apr. 13, 6:30—8:00 pm. Pleasant Street Center.

Board of Selectmen Office Hours:
Tuesday, Apr 14 - 6:30 - 7:00 - Town Hall

Representative Brad Jones Office Hours:
Fri., Apr 10 , 1:15—2:15

Senator Jason Lewis: Fri., Apr 17,
2:30—3:30

Congressman Seth Moulton

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

EARTH DAY

Pan-Grilled Salmon w/Pineapple Salsa

Reading's Climate Committee and Municipal Light Department Feature an *Earth Day Fair* Saturday, April 25th, from 10 a.m. to 2 p.m. at the Reading Municipal Light Department, 230 Ash Street, Reading.

Featuring:

Residential Solar voltaic, solar thermal, heat pumps, geothermal, combined heat and power, and biomass sources, energy audits,

RMLD rebate offers and LED bulbs display.

Automobiles will be on display featuring plug-in hybrids and all electric vehicles.

Please join us for a day of alternative energy. Any questions please contact readingmassccp@hotmail.com.

Keep the Earth clean and healthy!



Happy Earth Day!

Ingredients

- 1 cup chopped fresh pineapple
- 2 tablespoons finely chopped red onion
- 2 tablespoons chopped cilantro
- 1 tablespoon rice vinegar
- 1/8 teaspoon ground red pepper
- Cooking spray
- 4 (6-ounce) salmon fillets (about 1/2-inch thick)
- 1/2 teaspoon salt

Preparation:

1. Combine first 5 ingredients (through pepper) in a bowl; set aside.
2. Heat a nonstick grill pan coated with cooking spray over medium-high heat. Sprinkle fish with salt. Cook fish 4 minutes on each side or until it flakes easily when tested with a fork. Top with salsa.

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.