



Pleasanttries

Reading Senior Newsletter

Website — www.readingma.gov

Email — pleasantstreetcenter@ci.reading.ma.us

August 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

Reading Recreation and Human & Elder Services Dinner & Movie

August 27 from 3:30 - 6:00 pm.

Come watch the original 1961 Walt Disney Movie, The Parent Trap. Have some **pizza and popcorn** at the start of the movie. Half-way through, we will have a short break and eat some **ice cream!** All guests will be entered into a raffle to win a pair of IMAX tickets. Ages 0-59 - \$5.00 per person, Ages 60+ - FREE. Space is limited so register early (781) 942-6794. Complimentary transportation available for seniors



WANT TO LEARN ABOUT COMPUTERS?

Meet our new summer instructors!

10:00 - 11:00 Wednesdays in August

Wednesday, August 5 - Learn about Searching the Internet
Wednesday, August 12 - Learn the basics of Microsoft Word
Wednesday, August 19 - Learn about downloading a device to a computer and **uploading pictures**

A MATTER OF BALANCE



A Matter of Balance Workshop:

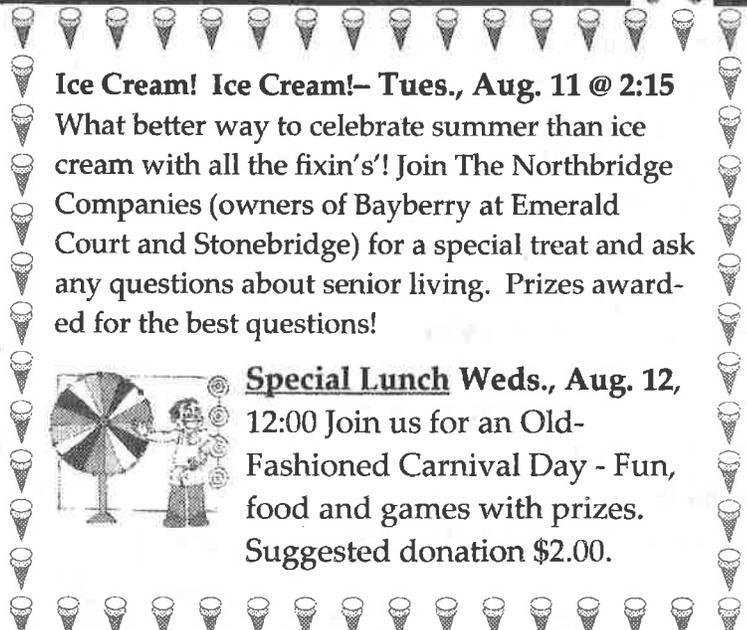
Tues., Sept 15 - Nov 3, 10:00 am - 12:00 pm. Eight week session meets weekly. This workshop is designed to reduce the fear of falling and view falls as controllable. It helps increase activity levels. Each session includes discussion and exercises to improve your balance, flexibility and overall strength. **A minimum of 6 people is required to hold the class. FREE**

IMPORTANT SYMBOLS

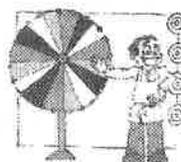
Registration Required 
Free Transportation 
781-942-6794

Reservations start Tues. July 27 Please call by noon at least **two** days before the event.

SUMMER SPECIALS



Ice Cream! Ice Cream!— Tues., Aug. 11 @ 2:15
What better way to celebrate summer than ice cream with all the fixin's! Join The Northbridge Companies (owners of Bayberry at Emerald Court and Stonebridge) for a special treat and ask any questions about senior living. Prizes awarded for the best questions!



Special Lunch Weds., Aug. 12, 12:00 Join us for an Old-Fashioned Carnival Day - Fun, food and games with prizes. Suggested donation \$2.00.



FUN FOR ALL

Movie Days:

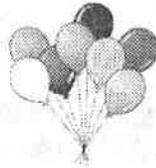
Thurs., Aug. 6 @ 1:15 Elsa & Fred
 Distraught widower Fred moves into a small apartment where he meets Elsa, and discovers it's never too late for a second chance at life.



Thurs., Aug. 20 @ 1:15 Words and Pictures
 A picture is worth a thousand words -- or is it? That's the question prepschool students must answer as their art and English teachers egg them on.

Thurs., Aug. 27 @ 1:15 Parenthood - Four grown siblings juggle parenthood, relationships, careers and more as they cope with life's ups and downs.

Birthday Lunch: Mon., Aug. 17 - 12:00,
 Come celebrate your birthday - if it is the month of your birthday, Reading residents will receive a free gift and 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 - **RESERVE THE DAY BEFORE BY NOON**

PLEASANT STREET SPA

Roberta Our Hairdresser—Monday, August 10 - 9:30 - 1:00 by appointment call (781) 245-6605

Reiki Treatments: Thursday, August 20 (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, supports personal growth and complements any form of medical treatment.

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

Chair Massage - Thursdays, August 6, 20, 27 - 9:00 - 11:45, Receive a 15 minute chair massage for only \$8.

Manicures - August 13 & 27
 9:30 - 1:00, \$6.00 or \$7.00 for French



GET YOUR GAME ON!



Games on the Big Screen, Thurs., August 13 - 1:30- 2:30
 Wii Games are fun/easy video games - \$10,000 Pyramid, Who wants to be a Millionaire, Wheel of Fortune, bowling. Attendees select the game to play. Refreshments provided.



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).

SUMMER BBQ LUNCH



Wednesday, August 26
12:00 pm



The folks at Wilmington Health Center are bringing their grills and generously cooking up hotdogs & hamburgers. Join us for this free lunch and say thanks for a great meal. Reservations by calling (781) 942-6794

FALL TRIP

There are just a few spots remaining for this fall trip to Clay Hill Farm for lunch and a show at the Ogunquit Playhouse to see the Million Dollar Quartet.

Thursday, Sept. 17
Depart Pleasant Street Center 10:45 am
Return Pleasant Street Center by 5:30 pm
Cost is \$110.00 per person

For more information contact Sharon Thomas at (781) 942-6796. When the trip sells out a short waiting list will be kept.


FITNESS FOR ALL
Mondays:

- Yoga – will return in September
- **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** - 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 – returning in September 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. 8 weeks - \$35 or \$5 drop-in

Wednesdays:

- **Zumba Gold:** Returning September 9!
- **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, Wed., August 19, 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., Aug., 3, 11:30 – 12:15 Sponsored by Hallmark Health

Tues., Aug. 11, 11:30– 12:00 Reading Health Nurse, Donna Pierce.

Tues., Aug. 18, 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, 10:00 -11:00 (see schedule page 1)

Tuesdays/Thursdays 1:00 - 2:00

at **WINGATE READING** Where Healthcare Meets Hospitality

Wingate Healthcare is New England's premier provider of healthcare And hospitality for seniors, delivering exceptional services for residents In need of short-term and long-term care, respite and rehabilitation. Great people are at the heart of great care and we're proud of the Talented individuals who make Wingate Healthcare a leader in senior Care. Offering career opportunities complete with competitive pay and benefits, state-of-the-art work environments, training and growth opportunities, we hope you'll consider Wingate Healthcare!

Stop by for our **OPEN HOUSE** 8/25/15 10am – 4pm

Wingate at Reading 1364 Main Street, Reading, MA 01867

We will have raffles, free snacks, And a blood pressure clinic

We have opportunities for: **RNs & LPNs** all shifts

On-site interviews & tours

Interested, but unable to attend?

Please call Lauri-Ann Brewer at: (781) 942-1210

Wingatehealthcare.com An equal opportunity employer



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

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484-334-2262

46 Haven St. Reading, MA

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 9:00 Downtown/ Groceries/Library 9:15 Zumba 11:30 Blood Pressure 12:00 Lunch 1:00 Cribbage 1:00 Woburn Mall, Target, Kohl's 1:30 Forever 49 - Tai Chi</p> <p>10 9:00 Downtown/ Groceries/Library 9:15 Zumba 9:30 Hairdresser 12:00 Lunch 1:00 Walmart 1:00 Cribbage 1:30 Forever 49- TaiChi</p> <p>17 9:00 Downtown/ Groceries/Library 9:15 Zumba 12:00 Birthday Lunch 1:00 Woburn Mall, Tar- get, Kohl's 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p>24 9:00 Downtown/Groceries/ Library 9:15 Zumba 12:00 Lunch 1:00 Cribbage 1:00 Walmart 1:30 Forever 49 -Tai Chi</p> <p>31 9:00 Downtown/ Gro- ceries/Library 9:15 Zumba 12:00 Lunch 1:00 Woburn Mall, Tar- get, Kohl's 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p>	<p>4 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan Meatloaf or Turkey Sandwich</p> <p>11 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 11:30 Blood Pressure 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan 2:15 Ice Cream Social Tortellini or Chicken pesto salad</p> <p>18 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:15 Blood Pressure 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan Salmon Filet or Roast Beef/ Cheddar Cheese Sandwich</p> <p>25 8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan Ravioli or Egg Salad Sand- wich</p>	<p>5 8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 10:00 Computers 10:00 Billiards 12:00 Lunch 1:00 Downtown/ Groceries/Library 1:30 Forever 49 - Tai Chi</p> <p>1 8:45 Neighborhood Grocery Shop- ping 9:30 Klickity Klack 10:00 Low Vision 10:00 Computers 10:00 Billiards 12:00 Lunch 1:00 Downtown/Grocer- ies/Library 1:30 Parkinson Support 1:30 Forever 49 - Tai Chi Crab Cake or Turkey/ Swiss Cheese Sandwich</p> <p>2 8:45 Neighborhood Gro- cery Shopping 9:30 Klickity Klack 10:00 Computers 10:00 Billiards 11:00 Book Club 12:00 Lunch 1:00 Downtown// Groceries/Library 1:30 Podiatrist 1:30 Forever 49 - Tai Chi</p> <p>9 8:45 Neighborhood Gro- cery Shopping 9:30 Klickity Klack 10:00 Computers 10:00 Billiards 11:00 Book Club 12:00 Lunch 1:00 Downtown// Groceries/Library 1:30 Podiatrist 1:30 Forever 49 - Tai Chi</p> <p>6 8:45 Neighborhood Gro- cery Shopping 9:30 Klickity Klack 10:00 Billiards 12:00 BBQ - Lunch Free 1:00 Downtown// Groceries/Library 1:30 Forever 49 - Tai Chi</p> <p>2 8:45 Neighborhood Gro- cery Shopping 9:30 Klickity Klack 10:00 Billiards 12:00 BBQ - Lunch Free 1:00 Downtown// Groceries/Library 1:30 Forever 49 - Tai Chi</p>	<p>6 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music/ Chair Massage 12:00 Lunch 12:30 MAH JONGG 1:00 Walmart 1:00 Computers w/Ethan 1:15 Movie - <u>Elsa & Fred</u></p> <p>13 8:30 Burbank YMCA 8:45 CG Groceries Shopping 9:00 Motion to Music 9:30 Manicure 12:00 Lunch 12:30 MAH JONGG 1:00 Woburn Mall, Target, Kohl's 1:00 Computers w/Ethan 1:30 Games on Big Screen</p> <p>20 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:00 Chair Massage 9:30 Reiki 12:00 MVES BBQ - Lunch 12:30 MAH JONGG 1:00 Walmart 1:00 Computers w/Ethan 1:15 Movie - <u>Words and Pictures</u></p> <p>27 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music / 9:00 Chair Massage 9:30 Manicure 12:00 Lunch 12:30 MAH JONGG 1:15 Movie - <u>Parenthood</u> 1:00 Woburn Mall, Target, 1:00 Computers w/Ethan 3:30 Dinner/Movie - <u>Parent Trap</u></p> <p>27 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music / 9:00 Chair Massage 9:30 Manicure 12:00 Lunch 12:30 MAH JONGG 1:15 Movie - <u>Parenthood</u> 1:00 Woburn Mall, Target, 1:00 Computers w/Ethan 3:30 Dinner/Movie - <u>Parent Trap</u></p>	<p>7 8:45 FTD Grocery Shopping 9:00 BEST SHINE 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>14 8:45 FTD Grocery Shopping 9:00 BEST 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 1:15 Representative Jones</p> <p>21 8:45 FTD Grocery Shopping 9:00 BEST 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis</p> <p>28 8:45 FTD Grocery Shopping 9:00 BEST 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Veggie Burger or Roast Beef/American Cheese Sandwich</p>
<p>LUNCH - RESERVE THE DAY BEFORE BY NOON</p> <p>TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch. Suggested do- nation \$2.00.</p> <p>ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive Everything in Bold Transportation is available IMPORTANT VAN INFORMATION PLEASE READ These are destination arri- val times. Please be ready 30 minutes - 1 hour prior to the time listed.</p>				



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).

Wal-Mart for everyone

Thursday, Aug. 6 1:00 - 2:30

Monday, Aug. 10 1:00 - 2:30

Thursday, Aug. 20 1:00 - 2:30

Monday, Aug. 24 1:00 - 2:30

Woburn Mall, Target or

Kohl's for everyone

Monday, Aug. 3 1:00 - 2:30

Thursday, Aug. 13 1:00 - 2:30

Monday, Aug. 17 1:00 - 2:30

Thursday, Aug. 27 1:00 - 2:30

Monday, Aug. 31 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, August 19, 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

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

Nursing Home

(781) 944-4410

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Reading, MA 01867
www.whittierhealth.com



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SENIOR GROUPS

Low Vision Group: Weds., August 12, 10:00 - Guest Speaker – Chris Hartling – Mass. Equipment Distribution Program (Special needs phones)

Parkinson's Support Group: Wed., August 12 - 1:30 to 3:00 - Meets every 2nd Wed.; by Greater Medford VNA.

The Not Too Stuffy Book Group: *Calling Me Home* by Julie Kibler Weds., Aug 19, 11:00- 12:00 A story of heartbreaking, forbidden love in 1930s Kentucky with an unlikely modern-day friendship. Eighty-nine-year-old Isabelle has a favor to ask her hairdresser Dorrie. Isabelle wants Dorrie, a single mom in her thirties, to drop everything to drive her from her home in Arlington, Texas, to a funeral in Cincinnati - tomorrow. Dorrie, fleeing problems of her own and curious whether she can unlock the secrets of Isabelle's guarded past, scarcely hesitates before agreeing, not knowing it will be a journey that changes both their lives. Books are available to borrow at the Library or the Center. Not-Too-Stuffy meets the 3rd Wednesday of each month in the Center Lounge.

LIBRARY HAPPENINGS

LiveWires Presents: Mississippi Delta Blues Concert Tue Aug 18, 7:00 p.m. at the Pleasant Street Center "Poor Howard" Stith and Mike "Bullfrog" Rogers bring alive the blues tradition that originated in the Mississippi Delta region in the early 20th century. Take an educational and entertaining walk through the Delta for a mix of music and folk humor; learn how this distinctly American music has gained international popularity

MEDICARE QUESTIONS???

Shine (Serving Health Insurance Needs of Elders): Fri. Aug. 7, 10:00 – 2:00. Call for an appointment (781) 942-6794

QUESTIONS/CONCERNS?

Elder/Human Services

Kerry Valle - (781) 942-6659

Council on Aging: Summer Break. For information contact Jane Burns (781) 942-6658.

Board of Selectmen Office Hours:

Tuesday, Aug. 11, 6:30 - 7:00 - Town Hall

Representative Brad Jones Office Hours:

Fri., Aug. 14, 1:15 – 2:15

Senator Jason Lewis: Fri., Aug. 21, 2:30 – 3:30

Congressman Seth Moulton

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

Thank you ...

- The Arbors Assisted Living in Stoneham for sponsoring our Luau.
- The Middlesex County Sheriffs Association for hosting an Italian Lunch.



Farewell Dear Friend

In June, we lost a good friend and outstanding volunteer at the Pleasant Street Center. Bob Bent sadly passed away after a brief illness. Bob touched many of our lives each day whether he was preparing a meal in the kitchen, fixing a lamp or sharing a story. Our thoughts and prayers are with his family during this difficult time. We will always remember Bob and be glad to be able to call him friend.

SUMMER OF GIVING

Throughout the year many of our residents are supported through a variety of organizations. This summer we would like to give back as our way of saying Thank You. During July and August there will be collection boxes at the Center. If the spirit moves you, please consider helping one of these groups help others.

Food Pantry Drive— drop off a non-perishable food item at one of our 'complimentary' meals such as the Lobster Roll Dinner or Sheriff's Association Italian lunch.

Pennies for Veterans— in support of the Joshua Eaton Elementary School penny drive for Veterans.

Mission of Deeds Bed Drive— help buy a bed for some one in need.

Thank you for your generosity and have a great summer!



SPINACH FETTUCCINE PRIMAVERA

SERVES 2

COOK TIME 20 Min

What You'll Need:

- 1/2 pound spinach fettuccine
- 3 tablespoons butter
- 1 (16-ounce) package frozen cauliflower, broccoli, and carrot mix, thawed and drained
- 2 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 1/2 cups heavy cream
- 1 cup (4 ounces) shredded Italian cheese blend

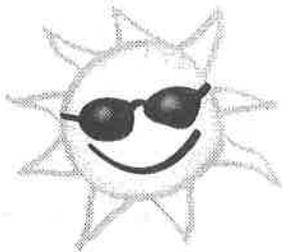
What To Do:

Cook fettuccine according to package directions; drain. Meanwhile, in a large skillet over medium heat, melt the butter. Add the vegetable mix and sauté 2 minutes. Sprinkle the flour, salt, and pepper over the vegetables and sauté 2 minutes. Add the heavy cream and cheese, stirring until the cheese melts. Toss the fettuccine with the cream sauce and serve

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.