



Pleasantries

Reading Senior Newsletter

www.readingma.gov/elder

February 2015

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

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

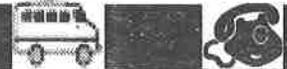
Council on Aging

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Kevin Walsh, Vice Chairman
Erica Deane
Margaret Hevey
Sally Hoyt
Steve Oston
John Parsons
Sandra Shaffer
Marilyn Shapleigh
Jolyn Ek, Associate
Brian Snell, Associate

Happy Chinese New Year! I am pleased that again this year we are welcoming back the Peabody Essex Museum with a new program celebrating Chinese New Year. Last year the program on a Chinese House met with rave reviews. This year PEM is bringing their show on the road with a talk on the traditional Chinese New Year. This program will conclude with a Chinese Lunch. Be sure to sign-up for both the program and the lunch.

A Special Welcome back to Sharon Thomas! We missed her greatly during her absence. Thank you to our visitors and staff for your patience over the past few months.

SPECIAL EVENTS



Pleasant Street Center is closed on Monday, February 16

- Body & Brain Flexibility**, Tues. Feb. 3, 10:30 - 12:00
- Wii Games**, Thurs. Feb. 5, 1:00 pm
- Birthday Lunch**, Mon., Feb. 9 - Noon
- Movie Day: And So It Goes**, Thurs, Feb. 12 - 1:00
- Valentine's Special Lunch**, Fri., Feb. 13—Noon
- Representative Jones Office Hours**, Fri., Feb. 13 - 1:15 - 2:15
- Chinese New Year: Peabody Essex Museum**, Thursday, Feb. 19—10:15
- Chinese New Year Special Lunch**, Thurs., Feb. 19—12:00
- Not Too Stuff Book Club**, Thurs., Feb. 19 - 1:00 - 2:00 (see page 7)
- Senator Lewis**, Friday, Feb. 20 - 2:30 - 3:30

See page 2 for a full description

IMPORTANT SYMBOLS



Registration Required
and Free Transportation
781-942-6794

Reservations start Jan. 22 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.

Body & Brain Flexibility: Tues. - Feb. 3 10:30 - 12:00 ; 4 week Session. 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.

Birthday Lunch: Mon., Feb. 9 - Noon, Your lunch is free. If it is not your birthday month suggested donation for lunch is \$2.00. Cake & a special surprise for the birthday boy/girl!

Fuel Assistance: Tues., Feb. 10 - 9:00 - 11:45, Appointment required for 15 minute interview. Town Hall Conference Room, lower level. Call 781-942-6608 for an appointment

Movie Day, And So It Goes : Thurs. Feb. 12 - 1:00
When he's obliged to take over the care of a previously unknown granddaughter, wealthy and self-absorbed Oren is suddenly in need of major help. His neighbor Leah comes to the rescue -- not only bailing out Oren but also capturing his heart. **Cast:** Michael Douglas, Diane Keaton

Valentine's Day Special Lunch - Fri., Feb. 13 - Noon. Join us for a little romance, good food and entertainment. Lunch choices include Chicken Bruschetta or Chef's Salad. Musical entertainment by Denise Doucette.



Representative Jones Office Hours: Fri, Feb. 13 - 1:15 - 2:15. Stop buy and say hi. Raise any questions/concerns

Chinese New Year w/Peabody Essex Museum: Thurs., Feb. 19—10:15 am. A Docent from PEM will lead this presentation with a video which will highlight a traditional Chinese New Year celebration and will be followed by a slide program about the Chinese "Double Happiness" celebrations with museum artifacts displayed. The program will end with a discussion of the traditional representations of the lunar calendar and highlight the "new" year and share descriptions/characteristics of people "born" with the annual animal sign.

Chinese New Year Special Lunch: Thurs., Feb 19—noon. Come celebrate Chinese New Year with this once a year special lunch. Oriental Veg. soup, Roast pork with sweet & sour sauce, Brown Rice Pilaf, Oriental Veg. Blend, Dinner Roll, Fortune Cookie, Pineapples for dessert

SHINE (Serving Health Insurance Needs of Elders): Fri., - Feb. 20 - 10 :00 - 2:00. Call for an appointment 781-942-6794

State Senator Jason Lewis: Friday, Feb. 20, 2:30—3:30. Stop by and get to know Senator Lewis. Raise any questions/concerns.

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



BINGO WINNERS!

Bingo December winners are:
Pauline Teixeira, Johanna Bisshop, Bill Sullivan, Carol Holland, Ann Perin.

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 Arts & Crafts Rm . New knitters 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.

Wednesdays with John Walsh 10:00 - 11:00 

Tuesdays/Thursdays with Ethan - 1:00 - 2:00

Wii Games: Thurs., Feb. 5, 1:00

Cribbage: Mondays, 1:00 - 3:00

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

Pool table is available Monday - Friday

Bingo: Tuesdays 1:00 - 2:30 

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

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

MAH JONGG: Thursdays, 12:30 - 3:30

Informal Bridge Group, Weds, 1:00 - 3:30 - 2nd Floor.

Join this new group for some fun conversation and a relaxing afternoon of non-competitive bridge.

FITNESS

Motion to Music - Tues. & Thurs., 9:00 - 10:00. \$20/month; \$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 - Mon. - 11:00 - 12:00 , 5 weeks for \$50 or \$11 for drop-in

Zumba Gold: Kelli - Mon. and Cindy on Weds 9:15 - 10:15 - Drop-in \$5/session. Zumba is fun...

Tai Chi - "FOREVER 49" - Fit for Life Fitness Program - Chi Gong, weight lifting, and more. Mondays & Wednesdays 1:30 - 2:30 \$40 for the month or \$10 for Drop-ins. ,

PLEASANT STREET SPA

Roberta Our Hairdresser—Mon., Feb. 9 - 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, Feb. 5 & 19 - 9:00 - 11:00 Choose 15 min./ \$5 or 30 min. /\$10.

Chair Massage - Thursdays, Feb. 5, 19 & 26, 9:00 - 11:45, Receive a 15 minute chair massage for only \$8.

Manicures - Thursday, Feb. 12 & 26 9:30 - 1:00, \$6.00 or \$7.00 French.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Walmart 9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Woburn Mall, Target, Kohl's for everyone 1:30 Forever 49 - Tai Chi Roast Turkey or Egg Salad Sandwich</p>	<p>3</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 8:00 Caregiver Support Group Chicken Paprika or Roast Beef Sandwich</p>	<p>4</p> <p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Billiards 10:00 Computers w/John 12:00 Lunch 1:30 Forever 49 - Tai Chi 1:00 Downtown Errands, Library 1:00 Informal Bridge Pollock filet or Chicken Caesar Salad</p>	<p>5</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:00 Facials Chair Massage 12:00 Lunch 12:30 MAH JONGG 1:00 Wii Games 1:00 Computers w/Ethan 1:00 Walmart</p>	<p>6</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 Tortellini w/Sauce or Turkey/Swiss Cheese Sandwich</p>
<p>9</p> <p>9:00 Downtown Errands, Library 9:15 Zumba 9:30 Hairdresser 11:00 Yoga 12:00 Birthday Lunch 1:00 Cribbage 1:15 Grocery Shopping - Everyone 1:30 Forever 49 - Tai Chi 8:30 COA Stuffed pepper or tortellini salad,</p>	<p>10</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 Mac and Cheese or Roast Beef & Cheddar Cheese Sandwich</p>	<p>11</p> <p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Billiards 10:00 Computers w/John 12:00 Lunch 1:00 Walmart 1:30 Forever 49 - Tai Chi 1:00 Informal Bridge 1:30 Parkinson Support Cheese Lasagna or Egg Salad Sandwich</p>	<p>12</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:30 Manicure 12:00 Lunch 12:30 MAH JONGG 1:00 Movie 1:00 Computers w/Ethan Salmon Filet or BBQ Chicken Salad Sandwich</p>	<p>13</p> <p>8:45 FTD Grocery Shopping 9:00 BEST 10:00 Painting 12:00 Valentine's Special Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 1:15 Representative Jones Chicken bruschetta or Ham</p>
<p>16</p> <p>Town Hall and Pleasant Street Center Closed Presidents' Day</p>	<p>17</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 1:00 Bingo 1:00 Computers w/Ethan 6:00 Caregiver Support Group Chicken creole or Egg salad sandwich</p>	<p>18</p> <p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Computers w/John 10:00 Billiards 12:00 Lunch 1:30 Podiatrist 1:30 Forever 49 - Tai Chi 1:00 Informal Bridge Krunch lite fish sticks or Vegetarian chef salad</p>	<p>19</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:00 Facials Chair Massage 10:15 Peabody Essex Museum 12:00 Lunch 12:30 MAH JONGG 1:00 Computers w/Ethan 1:00 Downtown Errands, Library 1:00 Book Club Oriental Veg. soup, Roast pork with sweet & sour sauce, Fortune Cookie</p>	<p>20</p> <p>8:45 FTD Grocery Shopping 9:00 BEST 10:00 Painting 10:00 SHINE 10:15 Blood Pressure 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis Veggie burger or Seafood Salad Sandwich</p>
<p>23</p> <p>9:00 Woburn Mall, Target, Kohl's for everyone 9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:15 Grocery Shopping Everyone 1:30 Forever 49 - Tai Chi Hot Dog or Tuna salad sandwich</p>	<p>24</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 Beef stew or Turkey and Cheese Sandwich</p>	<p>25</p> <p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Computers w/John 10:00 Billiards 12:00 Lunch 1:00 Woburn Mall, Target, Kohl's for everyone 1:00 Informal Bridge 1:30 Forever 49 - Tai Chi Broccoli mushroom quiche or Roast beef and</p>	<p>26</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music Chair Massage 9:30 Manicure 12:00 Lunch 12:30 MAH JONGG 1:00 Walmart 1:00 Computers w/Ethan Tortellini with sauce or Chicken Caesar salad</p>	<p>27</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 Salmon boat or Egg salad sandwich</p>
			<p>ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive Everything in Bold Transportation is available</p>	<p>IMPORTANT VAN INFORMATION PLEASE READ These are destination arrival times. Please be ready 30 minutes - 1 hour prior to the time listed.</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

Mon., Feb. 2 ~ 1:00 - 2:30
 Mon., Feb. 23 ~ 9:00 - 10:30
 Weds., Feb. 25 - 1:00 - 2:30

Wal-Mart for everyone

Mon., Feb. 2 - 9:00 - 10:30 a.m.
 Thurs., Feb. 5 - 1:00 - 2:30
 Weds., Feb. 11 - 1:00 - 2:30
 Thurs. Feb. 26 - 1:00 - 2:30

Downtown, Calareso's, or Library for all

Weds., Feb. 4 ~ 1:00 - 2:30
 Mon., Feb. 9 - 9:00 - 10:15
 Thurs., Feb. 19 - 1:00 - 2:30

Grocery Shopping for everyone

Mon., Feb. 9 - 1:15 - 2:30
 Mon., Feb 23 - 1:15 - 2:30

Burbank YMCA for everyone ~All Tues. and Thurs. from 8:30 - 10:30

Podiatrist at The Pleasant St. Center ~ Weds., Feb. 18. 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 Thurs. ~ 8:45 - 10:00
 Tannerville Shopping Fri. ~ 8:45 - 10:00

The Pleasant Street Center is closed Mon., Feb. 16 (President'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.

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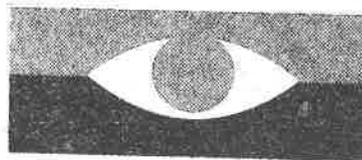
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ALZHEIMER'S SUPPORT

Alzheimer's is a progressive brain disease that causes problems with memory, reasoning, behavior and motor skills. Symptoms of Alzheimer's slowly worsen over time, and the disease is ultimately fatal. The risk for Alzheimer's can increase at age 65. If the disease develops before age 65 this is considered Early On Set Alzheimer's. Alzheimer's disease has no known cure.

If you are caring for someone with Alzheimer's or Dementia think about joining our Support Group the **First and Third Tuesday** of each month. We will help to find ways to cope with new ideas, improve quality of life while providing a caring environment. The group is designed to provide emotional, educational and social support for caregivers.

LIBRARY HAPPENINGS

Live Wires Presents: LiveWires Miniseries: North Shore History in a Nutshell - Wednesday, February 11, 18, & 22, 2015
10:00 -11:30 a.m. Police Department Community Room, 15 Union Street, Reading. Salem historian, photographer, author, teacher, and tour guide Jim McAllister provides a fresh look at North Shore history. Join us for a new LiveWires format; a three part workshop designed to be fun, informative, and social. Miniseries are best enjoyed as a series, no registration required.

LiveWires Presents: Tue, Feb. 24, 7:00 at the Pleasant Street Center. **Author Ellen Cooney** shares the acclaimed novel *The Mountaintop School for Dogs and Other Second Chances*: A young woman and an older one meet a slew of castaway dogs at a snowy mountaintop sanctuary in Maine, and discover what they didn't even know they were looking for.

SENIOR GROUPS

Low Vision Support Group: - No meeting in February

Alzheimer's Dementia Caregiver Support Group: Feb. 3 & 17, 6:00 pm Register by contacting Social Worker, Melissa Koster, 781-942-6680 or mkoster@ci.reading.ma.us to become involved.

Parkinson's Disease Support Group: Wed, Feb. 11 - 1:30 to 3:00 pm - led by Greater Medford VNA

The Not Too Stuffy Book Group: Thu, Feb. 19, 1:00-2:00 *The Rosie Project* by Graeme Simsion
The perfect romantic comedy to celebrate Valentine's Day: It's an utterly winning screwball comedy about a brilliant, emotionally challenged geneticist who's determined to find a suitable wife with the help of a carefully designed questionnaire. Books are available to borrow at the Library or the Center.

HEALTH SCREENINGS

Podiatry Clinic, Wed., Feb. 18, 1:30 – 4:30
Call for an appointment with podiatrist Dr. Carl Conui 617-629-2806. 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. Feb. 2 - 10 - 10:45
Sponsored by Hallmark Health

Blood Pressure, and Flu Shots Fri., Feb. 20 - 10:15 - 10:45 (bring insurance card for flu shot) Sponsored by Rite Aid

QUESTIONS/CONCERNS?

Council on Aging: Mon., Feb. 9, 6:30—8:00 pm. Pleasant Street Center.

Board of Selectmen Office Hours:
Tuesday, Feb. 10 - 6:30 - 7:00 - Town Hall

Representative Brad Jones: Fri., Feb. 13., 1:15—2:15

Senator Jason Lewis: Fri., Feb. 20 - 2:30—3:30

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

Information relating to legislative issues call Sally Hoyt, Senate President, (781) 944-1191.

CHINESE NEW YEAR TRIVIA

What Determines the start of the Chinese New Year?

- the fourth Thursday in January
- the new moon on the first day of the new year
- exactly 29 days after the earth completes a revolution around the sun
- a Chinese monk who chooses the day

What is the grand celebration that takes place about 15 days after the day of the Chinese New Year?

- Day of the Dragon
- Lunar Celebration
- Lantern Festival
- The Kiss of Heaven

Which of the following is not an animal on the Chinese zodiac?

- Pig
- Hawk
- Rat
- Dragon

Which is most celebrated during Chinese New Year?

- Chinese heroes
- Family ties
- The nation's people

CHICKEN PASTA SKILLET

What You Need

- 1 lb. boneless skinless chicken breasts, cut into bite-size pieces
- 1 green pepper, cut into strips
- 1 small onion, sliced
- 1-1/2 cups water
- 2 cups rotini pasta, uncooked
- 1 jar (24 oz.) spaghetti sauce
- 1 cup KRAFT 2% Milk Shredded Mozzarella Cheese

Make It

COOK and stir chicken in large skillet sprayed with cooking spray on medium-high heat 5 min. Add vegetables; cook and stir 5 min. Stir in water. Bring to boil. **ADD** pasta; stir until completely covered with water. Cover with lid; simmer on medium-low heat 15 min. or until pasta is tender. Stir in sauce. **SPRINKLE** with cheese. Cook, covered, on low heat 5 min. or until cheese is melted and pasta mixture is heated through, stirring occasionally.

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.