



Pleasantries

Reading Senior Newsletter

www.readingma.gov/elder
(781) 942-6794

January 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

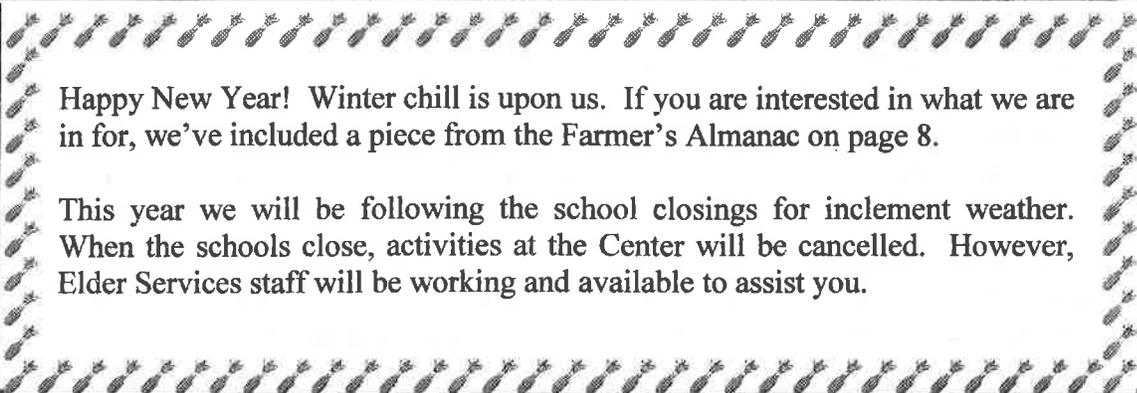
Kerry Valle 781-942-6659
Melissa Koster 781-942-6680

Van Driver

Joe Beninati

Council on Aging

Thomas Procopio, Chairman
Kevin Walsh, Vice Chairman
Donavin Bentley
Erica Deane
Margaret Havey
Sally Hoyt
Steve Oston
John Parsons
Sandra Shaffer



Happy New Year! Winter chill is upon us. If you are interested in what we are in for, we've included a piece from the Farmer's Almanac on page 8.

This year we will be following the school closings for inclement weather. When the schools close, activities at the Center will be cancelled. However, Elder Services staff will be working and available to assist you.

SPECIAL EVENTS



**There is no Van Service on Monday, January 5
Pleasant Street Center is closed on Monday, January 19**

- Body & Brain Flexibility**, Tues., Starting Jan. 6 - 11:00 - 12:00
- Lunch Winter Special**, Wed., Jan. 7 - 12:00
- Wii Games** - Thurs., Jan. 8 - 1:00 (see page 3)
- Representative Jones Office Hours** - Fri., Jan. 9 - 1:15 - 2:15 pm
- Birthday Lunch** - Mon., Jan. 12 - Noon
- Lunch n' Learn "AARP Tax Assistance"** - Thurs., Jan. 15 - 12:00 pm
- Movie Day: The Artist** - Thurs, Jan. 15 - 1:00
- Not Too Stuffy Book Club** - Thurs., Jan. 15 - 1:00 - 2:00 (see page 7)
- Senator Lewis** - Fri., January 16, 2:30 - 3:30
- Pop-up Library** - Wed., January 21, 11:00
- Lunch & Learn: "Winter Safety"** Thurs. Jan. 22 - 12:00
- Blood Pressure Bingo** - Thurs. Jan. 29 1:00

See page 2 for a full description



IMPORTANT SYMBOLS
Registration Required
and Free Transportation
781-942-6794

Reservations start December 23
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., Jan. 6 - 11:00 – 12:00; 8 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.

Lunch Winter Special: Weds., Jan. 7 - 12:00. Join us for some comfort food (Italian Pot Roast) and winter weather trivia.

Representative Jones Office Hours: Fri., Jan. 9 - 1:15 - 2:15 pm. Stop by and say hi. Raise any questions/concerns.

Birthday Lunch: Mon., Jan. 12 - Noon, Your lunch is free. If it is not your birthday month suggested donation for lunch is \$2.00.

Fuel Assistance: Tues., Jan. 13 - 9:00 am - 11:45, Appointment required for 15 minute appointment. Town Hall Conference Room, lower level. Call 781-942-6608 for an appointment

Lunch n' Learn, "AARP Tax Preparers": Thurs., Jan. 15, Lunch - 12:00, Learn - 12:30. Need help preparing taxes this year? Come learn about this free service for seniors.

Movie Day "The Artist: Thurs., Jan. 15 - 1:00 pm. In 1927, George Valentin is a silent movie superstar. However, the advent of the talkies will kill his career and he will sink into oblivion. For young extra Peppy Miller, it seems the sky's the limit as major movie stardom awaits. Though their careers are taking different paths their destinies will become entwined

SHINE (Serving Health Insurance Needs of Elders): Fri., Jan. 16 – 10:00 am – 2:00 pm. Call for an appointment 781-942-6794

State Senator Jason Lewis: Friday, Jan. 16, 2:30—3:30. Stop by and get to know Senator Lewis. Raise any questions/concerns.

Lunch & Learn, "Reading Fire Department, Winter Safety": Thurs. Jan. 22 Lunch - 12:00 Learn: 12:30 Winter can be a dangerous time. Lt. Mark Dwyer will share space heater safety/emergency preparedness for the winter months.

Blood Pressure BINGO Thurs. Jan. 29, 1:00
Come play a revised version of the popular BINGO game and win a prize while learning about high blood pressure and stroke. Don't miss out on this fun and easy way to learn about some very important health topics. **REGISTRATION IS REQUIRED - SPACE IS LIMITED.** Sponsored by Hallmark Health System, Inc

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.

LOOKING AHEAD

February starts Tax Season for the AARP Tax Preparers. Appointments for assistance begin Thursday, February 5th and run through April 9th. To schedule an appointment contact Ann Gentile at (781) 924-6608. To learn more about the AARP Tax Prep. Program, join us for a Lunch n' Learn on January 15 @ noon.

Nearly 30% of Reading seniors have Glaucoma. We've invited a doctor from Mass. Eye Ear to join us in February or March to share information about Glaucoma and the symptoms, treatment and prevention. Be on the look out next month for more information.

Have your voice be heard...As the Town Manager mentioned in November, we are working on a survey about services offered to seniors in Reading. This survey should be out in late February. It is important that you take the time to complete the survey and tell your friends to complete it as well.

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., Jan. 8, 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 . Make-up class Thurs., Jan.22 - 1:00 pm.

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., Jan. 12 - 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, Jan. 15 - 9:00 - 11:00 Choose 15 min./ \$5 or 30 min. /\$10.

Chair Massage - Thursdays, Jan. 8, 15 & 22, 9:00 - 11:45, Receive a 15 minute chair massage for only \$8.

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive</p> <p>Everything in Bold Transportation is available</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>1</p> <p>Town Hall and Pleasant Street Center Closed New Year's Day</p>	<p>2</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 Beef stroganoff or Chicken salad sandwich</p>
<p>5</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 6:30 COA Sweet potato crusted fish or Egg salad sandwich</p>	<p>6</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 11:00 Body & Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan 6:00 Caregiver Support Group Macaroni & cheese or Seafood salad sandwich</p>	<p>7</p> <p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Kllickity Klack 10:00 Billiards 10:00 Computers w/John 12:00 Winter Special w/Trivia 1:00 Downtown/Calareso's/Library 1:30 Forever 49 - Tai Chi 1:30 Informal Bridge Italian pot roast</p>	<p>8</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 12:30 MAH JONGG 1:00 Wii Games 1:00 Computers w/Ethan Baked chicken or Vegetarian chef's salad</p>	<p>9</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 and red pepper quiche or Roast beef and provolone cheese</p>
<p>12</p> <p>9:00 Downtown/Calareso's/Library for everyone 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 Chicken with sauce or Ham and swiss cheese sandwich</p>	<p>13</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:00 Fuel Assistance-Town Hall 11:00 Body & Brain Flexibility 9:30 Art Lessons 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan Salmon with dill sauce or Turkey</p>	<p>14</p> <p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Kllickity Klack 10:00 Computers w/John 10:00 Billiards 10:30 Pop-up Library 12:00 Lunch 1:00 Walmart 1:30 Forever 49 - Tai Chi 1:30 Informal Bridge 1:30 Parkinson Support Hot dog or Egg salad sandwich</p>	<p>15</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:00 Facials Chair Massage 12:00 Lunch n Learn "AARP Tax Help" 12:30 MAH JONGG 1:00 Computers w/Ethan 1:00 Movie 1:00 Book Club Meatball sub or Tuna Salad Sandwich</p>	<p>16</p> <p>8:45 FTD Grocery Shopping 9:00 BEST 10:00 Painting 10:00 SHINE 10:15 Blood Pressure/Flu Shots 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis Turkey tetrazzini or Chicken pesto</p>
<p>19</p> <p>Town Hall and Pleasant Street Center Closed Martin Luther King Day</p>	<p>20</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 11:00 Body & Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan 6:00 Caregiver Support Cranberry chicken or Seafood salad sandwich</p>	<p>21</p> <p>8:45 Neighborhood Grocery Shopping 9:30 Kllickity Klack 10:00 Computers w/John Billiards 11:00 Pop-Up Library 1:30 Podiatrist 1:30 Informal Bridge 1:30 Forever 49 - Tai Chi Roast pork or California chicken salad Sandwich</p>	<p>22</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:00 Chair Massage 12:00 Lunch and Learn "Winter Safety" 12:30 MAH JONGG 1:00 Downtown/Calareso's/Library 1:00 Yoga 1:00 Computers w/Ethan Seafood alfredo or Roast beef and American</p>	<p>23</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 Stuffed shells or Chef salad</p>
<p>26</p> <p>9:00 Woburn Mall, Target, Kohl's for everyone 9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Walmart 1:30 Forever 49 - Tai Chi Chicken marsala or Tuna salad sandwich</p>	<p>27</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 11:00 Body & Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan Meatloaf or Egg salad sandwich</p>	<p>28</p> <p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Kllickity Klack 10:00 Computers w/John 10:00 Billiards 1:00 Woburn Mall, Target, Kohl's 1:30 Informal Bridge 1:30 Forever 49 - Tai Chi Lentil stew or Roast beef /American cheese sandwich</p>	<p>29</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 12:00 Lunch 12:30 MAH JONGG 1:00 Computers w/Ethan 1:00 Blood Pressure Bingo Baked fish or Curry chicken salad sandwich</p>	<p>30</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 American chop suey or Turkey deluxe</p>

ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive
Everything in Bold Transportation is available

IMPORTANT VAN INFORMATION PLEASE READ

These are destination arrival times. Please be ready 30 minutes - 1 hour prior to the time listed

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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., Jan. 5 ~ 1:00 – 2:30 & Jan. 26 ~ 9:00 – 10:30
Weds., Jan.28 1:00 – 2:30

Wal-Mart for everyone

Mon., Jan. 5 - 9:00 – 10:30 & ~ Jan. 26 1:00 – 2:30
Weds., Jan. 14 1:00 – 2:30

Downtown, Calareso's or Library for everyone:

Weds, Jan. 7 & 22 ~ 1:00 – 2:30 & Mon., Jan. 12 9:00 – 10:15

Grocery Shopping for everyone

Mon., Jan. 12 1:15 - 2:30

Burbank YMCA for everyone ~Tuesdays and Thursdays from 8:30 – 10:30

Podiatrist at The Center ~ Weds., Jan. 21 Transportation for appointments 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

There is no van service on Jan. 1 and Jan. 19. The Pleasant Street Center is closed Thursday, Jan 1 (New Year's Day) and Monday, January 19 (Martin Luther King, Jr. Day)

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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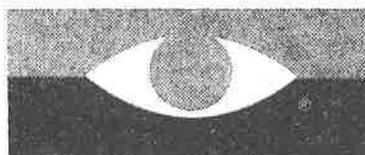
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DONUT HOLE - NOT THE YUMMY KIND

Did YOU reach the "donut hole" last year? *If so... chances are you could reach it again!* If you have a Medicare Part D or Medicare Advantage plan and do not get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$2,960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means... \$300 brand name drug will now cost you \$135! This is where **Prescription Advantage** can help. **Prescription Advantage**, the Massachusetts prescription drug assistance program, can help pay for you prescription drugs when you reach the "donut hole." To find out how to lower your drug costs, call Prescription Advantage at: **1-800-243-4636** or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit our web-site: www.prescriptionadvantagemma.org. The money you save can be your own!

HEALTH SCREENINGS

Podiatry Clinic, Wed., Jan. 21, 1:30 – 4:30
Call for an appointment with our new 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. Jan 5 - 10 - 10:45
Sponsored by Hallmark Health

Blood Pressure, and Flu Shots Fri., Jan. 16 - 10:15 - 10:45 (bring insurance card for flu shot) Sponsored by Rite Aid

LIBRARY HAPPENINGS

Live Wires Presents: Grand Alaskan Birding Adventure
Tues., Jan. 20, 7:00 Pleasant Street Center. Reading resident and longtime birder Dave Williams had an opportunity to spend three weeks in Alaska in June of 2014. Dave and his group drove more than 2,000 miles and had a nine hour boat trip on the Kenai Fiord. Join Dave as he shares his adventures through the photographs he took. The stunning Alaskan scenery, the wildlife, and of course, the birds, will amaze you.

Pop Up Library -Wed, Jan. 21 - 11:00-12:00 Learn all about eBooks, what they are and how you can get them free from the library. Do you have a Kindle, Nook, tablet or other eReader? Librarians will teach you the tips and tricks you need to download books to your device. Library staff will also provide a variety of print books, magazines, movies and music for checkout.

QUESTIONS/CONCERNS?

Board of Selectmen Office Hours:
Tuesday Jan 13 - 6:30 - 7:00 - Town Hall Conference Room

Representative Brad Jones: Fri., Jan. 9, 1:15 – 2:15
Senator Jason Lewis: Fri., Jan. 16, 2:30 – 3:30

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

SENIOR GROUPS

Low Vision Support Group: No Meeting in January/February.

Parkinson's Disease Support Group: Wed, Jan. 14, 1:30 to 3:00 pm - led by Greater Medford VNA

Alzheimer's Dementia Caregiver Support Group: Jan. 6 & 20, 6:00 pm Register by contacting Social Worker, Melissa Koster, 781-942-6680 or mkoster@ci.reading.ma.us to become involved.

The Not Too Stuff Book Group: *The Girls of Atomic City: The Untold Story of the Women Who Helped Win World War II* by Denise Kiernan: Thu., Jan 15, 1:00-2:00 This is the story of the young women of Oak Ridge, Tennessee, who played a crucial role in World War II. Oak Ridge was home to 75,000 residents. But to most of the world, the town did not exist. —Many young women from small towns across the South—were recruited to this secret city, enticed by solid wages and the promise of war-ending work. Few would ever guess the true nature of the tasks they performed. That is, until the end of the war—when Oak Ridge's secret was revealed.

FARMERS ALMANAC

According to the 2015 edition of the *Farmers' Almanac*, the winter of 2014–15 will see below-normal temperatures for about three-quarters of the nation. A large zone of very cold temperatures will be found from east of the Continental Divide east to the Appalachians. The most frigid temperatures will be found from the Northern Plains into the Great Lakes. The coldest outbreak of the season will come during the final week of January into the beginning of February, when frigid arctic air drops temperatures across the Northern Plains to perhaps 40 below zero. As the frigid air blows across the Great Lakes, snow showers and squalls will drop heavy amounts of snow to the lee of the Lakes.

We are "red flagging" the first 10 days of January and the first week of February along the Atlantic Seaboard for active wintry weather featuring bouts of heavy precipitation and strong winds. Another red flag timeframe for widespread wintry conditions is the middle part of March from the nation's midsection to the East Coast.

LEMON HERB CHICKEN

- 2 skinless, boneless chicken breast halves
- 1 lemon
- salt and pepper to taste
- 1 tablespoon olive oil
- 1 pinch dried oregano
- 2 sprigs fresh parsley, for garnish

Cut lemon in half, and squeeze juice from 1/2 lemon on chicken. Season with salt to taste. Let sit while you heat oil in a small skillet over medium low heat.

When oil is hot, put chicken in skillet. As you saute chicken, add juice from other 1/2 lemon, pepper to taste, and oregano. Saute for 5 to 10 minutes each side, or until juices run clear. Serve with parsley for garnish.

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.