



Pleasantries

Reading Senior Newsletter

www.readingma.gov



July 2015

Pleasant Street Center

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

Coordinator, Sharon Thomas
781-942-6796

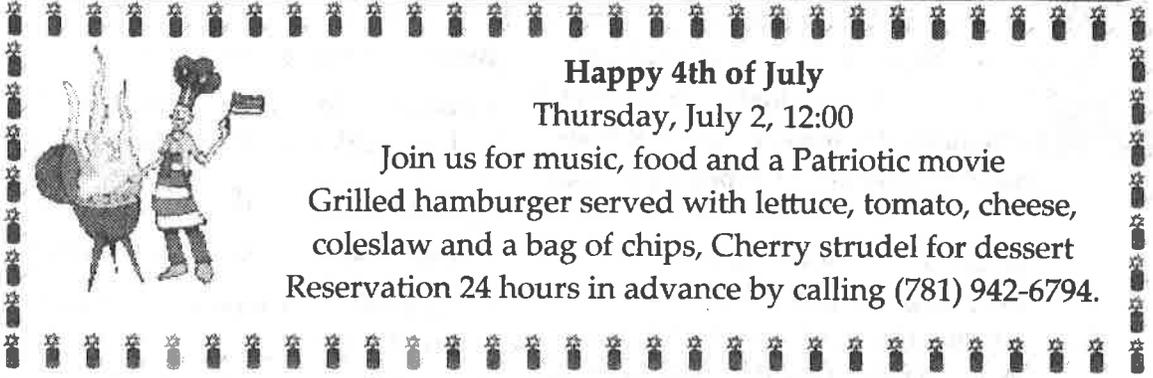
Outreach, Kerry Valle
781-942-6659

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

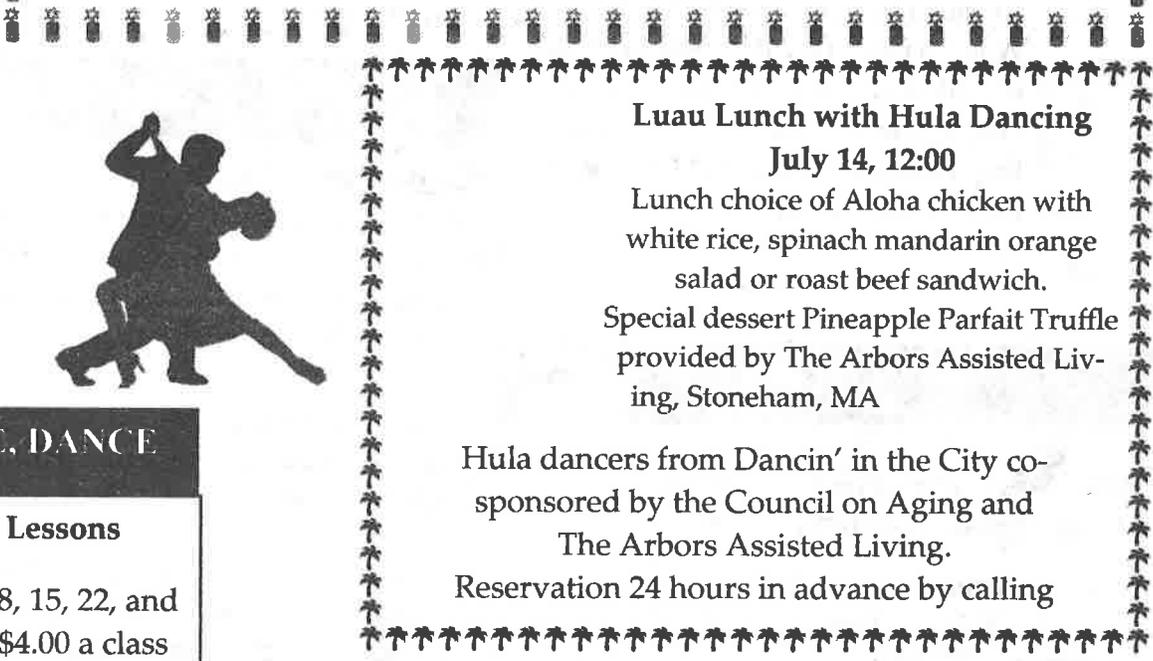
Clerk, Ann Gentile -
781-942-6608



Happy 4th of July

Thursday, July 2, 12:00

Join us for music, food and a Patriotic movie
Grilled hamburger served with lettuce, tomato, cheese,
coleslaw and a bag of chips, Cherry strudel for dessert
Reservation 24 hours in advance by calling (781) 942-6794.



Luau Lunch with Hula Dancing

July 14, 12:00

Lunch choice of Aloha chicken with white rice, spinach mandarin orange salad or roast beef sandwich.
Special dessert Pineapple Parfait Truffle provided by The Arbors Assisted Living, Stoneham, MA

Hula dancers from Dancin' in the City co-sponsored by the Council on Aging and The Arbors Assisted Living.

Reservation 24 hours in advance by calling

DANCE, DANCE, DANCE

Ballroom Dance Lessons

Wednesdays, July 1, 8, 15, 22, and 29th, 3:00 - 4:00pm \$4.00 a class
Come for some fun and laughs in a relaxing non threatening atmosphere and learn to do some ballroom dances; Foxtrot, Waltz, Swing, Rumba, etc... All welcome with or without a partner.

IMPORTANT SYMBOLS

Registration Required 
Free Transportation 
781-942-6794

Reservations start Wed. June 24

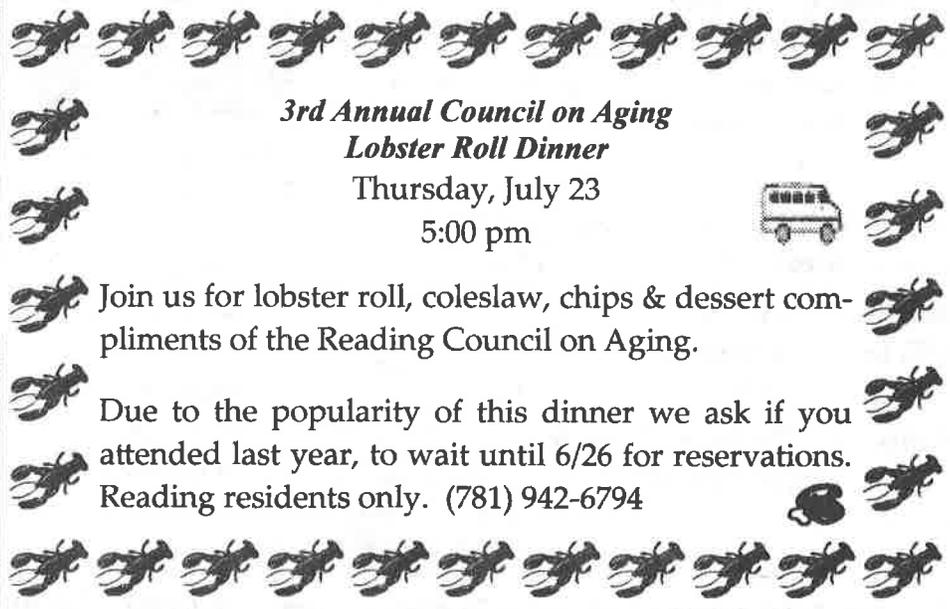
Please call by noon at least two days before the event.

3rd Annual Council on Aging Lobster Roll Dinner

Thursday, July 23
5:00 pm 

Join us for lobster roll, coleslaw, chips & dessert compliments of the Reading Council on Aging. 

Due to the popularity of this dinner we ask if you attended last year, to wait until 6/26 for reservations. Reading residents only. (781) 942-6794 





MOVIE DAYS

Cool off this summer and check out our new AV equipment. Complimentary Refreshments & Air Conditioning!



Thursday, July 9, @ 1:00 **"St. Vincent"**
2014 PG-13 102 minutes With his parents preoccupied with a divorce, lonely 12-year-old Oliver strikes up a friendship with his war-veteran neighbor, Vincent. A hard-drinking gambler with a fondness for hookers, Vincent finds his life changed by the boy's presence.



Movie Day, Thursday, July 23, @ 1:00
"What About Bob?" PG 99 minutes Determined to receive treatment, Bob Wiley, a neurotic with a host of phobias, follows his psychiatrist on vacation. His pompous shrink tries to get rid of the unwanted patient, but Bob ingratiates himself with the doctor's family.

PLEASANT STREET SPA

Roberta Our Hairdresser—Monday, July 13 - 9:30 - 1:00 by appointment call (781) 245-6605

Reiki Treatments: Thursday, July 16 (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, July 2, 16 & 23 - 9:00 - 11:45, Receive a 15 minute chair massage for only \$8.

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



GET YOUR GAME ON!



Games on the Big Screen, Thursday, July 16, 1:15 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).

MORE LUNCH SPECIALS!



Birthday Lunch: Mon., July 13 - 12:00, Come celebrate your birthday – if it is the month of your birthday you will receive a free lunch and gift. Cake & ice cream for all! Bring your friends to celebrate with you – suggested donation for lunch if not your birthday month is \$2.00

Free Italian Lunch Thursday, July 16, 12:00, Sponsored by the Middlesex County Sheriffs Association – Pasta, meatballs, salad, drinks and desserts.

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**

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.
Tuesdays/Thursdays 1:00 - 2:00

FITNESS FOR ALL



Mondays:

- **Yoga**—11:00 -12:00 , 4 weeks for \$40 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** July 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:** Tuesdays, July 14 – July 28, 10:30 – 11:30. 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 for drop-ins

Wednesdays:

- **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., July 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**. 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:

Monday July 6, – 11:30 – 12:15 Sponsored by Hallmark Health

Tuesday July 21, – 10:15- 10:45 Sponsored by Rite-Aid

ASSISTANCE WITH A



SHINE (Serving Health Insurance Needs of Elders):

Friday, July 17 10:00 - 2:00. Call for an appt. 781-942-6794

Fix—it Lamp Repair—is taking a break for a bit. Check back in September for updates.

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Snap Fitness

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46 Haven St. Reading, MA

www.snapfitness.com/reading



On the Go!

Van transportation is a **free service** to Reading seniors and adults with a disability. 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

Monday, July 6 1:00 - 2:30

Thursday, July 16 1:00 - 2:30

Monday, July 20 1:00 - 2:30

Thursday, July 30 1:00 - 2:30

Woburn Mall, Target or

Kohl's for everyone

Thursday, July 9 1:00 - 2:30

Monday, July 13 1:00 - 2:30

Thursday, July 23 1:00 - 2:30

Monday, July 27 1:00 - 2:30



The Pleasant Street Center Is Closed Friday, July 3 (Independence Day)

Downtown Errands, Grocery Shopping or Library for everyone

All Mondays, 9:00 - 10:15

(except Monday, June 1)

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, July 17 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
except Thursday, July 2 1:00 - 2:15

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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SENIOR GROUPS

Low Vision Group: Weds., July 8, 10:00 - Guest Speaker – Mary Yebba, Public Affairs Specialist – U.S. Food and Drug Administration

Parkinson's Support Group: Wed., July 8 - 1:30 to 3:00 - Meets 2nd Weds. of the month; Sponsored by Greater Medford VNA.

Get the Scoop on Summer Reading Wednesday July 15, 11:00- 12:00 at the Pleasant Street Center Looking for the perfect book to entertain, enlighten, engage or escape with this summer? Join your favorite literary librarians as they dish out hot summer reads and cool ice cream scoops.

LIBRARY HAPPENINGS

Hero Dogs: The Service Dog Project. Monday, July 20, 3:30pm at the Pleasant St. Center  Curious about service dogs? Find out about their selection, training and incredible abilities to help those with mobility difficulties. Staff from The Service Dog Project in Ipswich will also bring one of their Great Danes for a demonstration of their life changing skills. This intergenerational program is part of the Reading Public Library's Children's Summer Reading Program and the Silver Award Project of Reading Girl Scout, Sarah Murray. *Transportation for seniors and adults with disabilities available by calling (781) 942-6794.*

LiveWires Presents: Life Lessons Learned on the Pacific Crest Trail. Tues. Jul 21, 7:00 p.m. at the Pleasant Street Center. Calling all hikers, nature lovers, and photographers! In 2013, hiker Wendy Johnston backpacked the 2,700 mile Pacific Crest Trail covering the entire west coast from the border of Mexico to Canada, the same trail Cheryl Strayed wrote about in "Wild." She will talk about the lessons she learned during her five months on the trail with a stunning slideshow of photos taken during her hike. A question and answer session will follow.

MEDICARE APPEAL NOTICE

Medicare subscribers **may appeal decisions you disagree with**, but all steps in the appeal process have specific time frames and other requirements. *You must pay close attention to the time limits for appeals!*

The Medicare Advocacy Project (MAP) provides free advice, assistance with appeals and legal representation. MAP can help anyone with Original Medicare or a Medicare Advantage Plan *regardless of income*. To reach MAP call the Massachusetts Senior Legal Helpline at 1-866-778-0939.

To understand and access Medicare benefits, call the center and ask for a SHINE appointment. Trained volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can reach a SHINE counselor at 1-800-AGE-INFO (1-800-243-4636).

WINNERS CIRCLE

May bingo winners Romana Pieri, Carol Holland, Barbara Murphy, Silvana Leone, Pauline Teixeira (twice), Blanche Spitz, and Johanna Bisschop.



QUESTIONS/CONCERNS?

Elder/Human Support Services
Kerry Valle - (781) 942-6659

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

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

Representative Brad Jones Office Hours:
Friday, July 10, 1:15 – 2:15

Senator Jason Lewis: Friday, July 17, 2:30 – 3:30

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

SUMMER OF GIVING BACK

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!



MEDITERRANEAN CHICKEN PASTA SALAD

Ingredients

- 1 box Betty Crocker™ Suddenly Salad® basil pesto pasta salad mix
- 1/3 cup water
- 3 tablespoons olive oil
- 2 cups cut-up cooked chicken
- 1 cup cherry or grape tomatoes, halved
- 1 cup cucumber, coarsely chopped
- 4 oz crumbled feta cheese (1 cup)
- 1 can (2 1/4 oz) sliced ripe olives, drained

- Cook pasta as directed on box. Meanwhile, in large bowl, stir together seasoning mix, cold water and oil. Add chicken; let stand while pasta is cooking.
- Drain pasta; rinse with cold water. Shake to drain well.
- Stir drained pasta and remaining ingredients into chicken mixture. Refrigerate at least 1 hour before serving. Cover and refrigerate any remaining salad.

READING ELDER SERVICES
16 LOWELL STREET
Reading, MA 01867

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Stay cool and drink lots of water!

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.