



# Pleasantries

## Reading Senior Newsletter

Website — [www.readingma.gov](http://www.readingma.gov)

Email — [pleasantstreetcenter@ci.reading.ma.us](mailto:pleasantstreetcenter@ci.reading.ma.us)

March 2016

### Pleasant Street Center

49 Pleasant St.

781-942-6794

Mon. - Fri. 8:30 - 4:00 p.m.

Coordinator/Sharon Thomas

781-942-6796

Case Manager, Kerry Valle

781-942-6659

Nurse Advocate,

Alyse Warren

781-942-6693

Van Driver,

Joe Beninati

Administrator, Jane

Burns 781-942-6658

Clerk, Ann Gentile

781-942-6608

### DANCING INTO SPRING AT THE PLEASANT STREET CENTER!

Get ready for the The Young Women's League Senior Spring Fling on **May 5 at Meadow Brook Country Club. Information to follow...**

**Beginner Tap Dance** Tap is a great way to keep both mind and body moving. Classes - **Tuesdays, March 8 - April 26, 9:30 - 10:30**, If you have always wanted to tap...or haven't tap for a while this beginner class is for you!!!! Cost is \$40 for 8 week session. Registration required and payment due at the first class. **FREE Introductory class will be held on Tues., Mar. 1st at 9:30.** Bring your own shoes or borrow a pair from the teacher (8 pairs available)

**Dance Lessons** -Prepare for the Spring Fling with lessons Tuesdays, 3:00 - 4:00 pm. March 1st - April 19th. Come have fun and learn the basic steps of the Foxtrot, Cha Cha, Waltz, Rumba and Swing. Couples and singles, 8 weeks for \$40 payable at the first class. Lessons taught by Paul & Doris Demers.



### St. Patrick's Day Special Lunch

Thursday, March 17

12:00 pm

Welcome Ulster Landing, a Boston-based band with Celtic folk music. Their name is inspired by the province of Ulster, where Scottish and English settlers landed in the 17th century. Karen Burciaga (fiddler) and Matthew Wright (bouzouki) have performed for listeners at concerts, private events and folk festivals across New England.

Lunch is a choice of corned beef with turnips, carrots, cabbage and boiled potatoes or seafood salad sandwich.

Reservations required 24 hours in advance by calling (781) 942-6794

### SLEEPLESS IN NEW ENGLAND

Monday, March 21, 1:00 pm



Sleep, like nutrition and physical activity, is an important part of your health. Sleep loss and untreated sleep disorders can affect your health and everyday life. Join Joya Pezzuto, RN of Hallmark Health Systems Aging in Balance program for tips to getting a good night sleep. A drawing for a free memory foam pillow for all attendees.

### IMPORTANT SYMBOLS

Registration Required



Free Transportation



781-942-6794

Reservations start Mon, Feb. 22, Please call by noon at least two days before the event.

## MOVIE DAYS



***The Intern*** Thursday, March 3, 1:00 - 70-year-old widower Ben Whittaker has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin. Stars: Robert De Niro, Anne Hathaway, Rene Russo.



***Little Boy*** Thursday, March 24, 1:00 An eight-year-old boy is willing to do whatever it takes to end World War II so he can bring his father home. The story reveals the indescribable love a father has for his little boy and the love a son has for his father.



***Mrs. Doubtfire*** Thursday, March 31, 1:00 After a bitter divorce, an actor disguises himself as a female housekeeper to spend time with his children held in custody by his former wife. Stars: Robin Williams, Sally Field, Pierce Brosnan

## PLEASANT STREET SPA

**Roberta Our Hairdresser will return on April 4th.**

For manicures, chair massage, and Reiki please call the Pleasant Street Center (No Van Service)

**Manicures** - Thurs. Mar. 10 & 24 - 9:30 - 1:00 - \$6.00 or \$7.00 French

**Chair Massage** - Thurs. Mar. 3, 17, 24 9:30 - 11:15 receive a 15 minute chair massage for \$10. Due to the popularity of this program, visitors will be allowed to sign up for one ½ hour appt. per month, 3 days before a scheduled chair massage day you can call to see if there are available appointments.

**Thurs., March 17, Reiki Treatments,** The 3<sup>rd</sup> Thurs. of each month between 9:00-11:45 Congratulations to Judy and Elise for completing their 1st year at our center. The fee for ½ hour treatment is \$15. Reiki facilitates healing, promotes mindfulness.



## GET YOUR GAME ON!

**Games on the Big Screen:** Thurs., March 10, 1:00, Wii Games – “Deal or No Deal”, “Who wants to be a Millionaire”, \$10,000 Pyramid.

**Cribbage:** Mondays, 1:00 - 3:00

**Bingo:** Tuesdays 1:00—2:30

**Billiards:** (No van) Weds., 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 ).



## SPECIAL LUNCHES



**Birthday Lunch:** Mon., March 14, Noon. Celebrate your birthday. If it is the month of your birthday, Reading residents will receive a free gift and lunch is free. Cake & ice cream for all. Suggested donation for lunch if not your birthday month is \$2.00.



**Lunch is served:** Join us every weekday (except holidays) for a terrific meal, good conversation, and occasional live entertainment. Lunch sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, cost is \$3.50)



## SCUTTLEBUTT

**Thursday, March 3 at 10:00.** Charles Bevilacqua will present “Antarctica – Then and Now” To the South Pole with Adm. Richard E. Byrd. If you plan to stay for lunch please call Kevin Bohmiller, Veterans Agent, 781-942-6652 no later than 11:00, Wed., March 2.



## MATTER OF BALANCE WORKSHOP

**Wednesdays, April 6 - May 25, 10:00 - 12:00.** 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 8 people is required to hold the class. FREE, Registration required - signup now.**

## FITNESS FOR ALL

### MONDAYS:

- **Zumba Gold:** Kelli - 9:00 - 10:00 Zumba is fun... So grab some friends and come take a class! Drop-ins welcome. - \$5
- **Yoga**—Mondays 11:00 - 12:00 - 4 weeks for \$40 or \$11 drop in. Yoga will increase your strength, flexibility and balance.
- **FOREVER 49 Tai Chi- All your health needs in one program.** 1:30 - 2:30 \$49/month or \$13 Drop-ins welcome. Also Chi Gong, Weightlifting and more. **FIRST CLASS FREE**

### TUESDAYS:

- **Tap Dancing Beginner tap class...** Tuesdays, starting, March 8 - April 19, 9:30 - 10:30. FREE introductory class 9:30 March 1st.
- **Body & Brain Flexibility:** Tuesdays, 10:30-11:30. Learn skills to enhance memory and coordination!

### WEDNESDAYS:

- **Zumba Gold:** Veronica - 9:30 - 10:30 Drop-in \$5
- **Tai Chi FOREVER 49 - All your health needs in one program** 1:30 - 2:30 \$49 for month or \$13 for Drop-ins.

### THURSDAYS:

- **NEW Jacki Sorensen's Fitness Class** - 9:00 - 10:00. \$5/Session which includes Stretching, Strengthening, Cardio Workout and fun! Please bring a mat if you are able to get down on the floor. Please welcome our new instructor - Rosemary

### FRIDAYS:

- **B.E.S.T.** - Balance, Energy, Strength, Training 9:00 - 10:00 Lounge. Drop-ins welcome - \$3/Session.

## HEALTH SCREENINGS

**PODIATRY CLINIC,** Will not meet in March. Check out the April Pleasantries for next visit.

### BLOOD PRESSURE:

- Mon., Mar. 7 - 11:30 - 12:15 Hallmark Health
- Tues., Mar. 15 - 11:30 - 12:00 Donna Pierce, Health Department Nurse
- Fri., Mar. 25, 1:30 - 12:00 Alyse Warren, Nurse Advocate
- Frank Tanner Drive the 2<sup>nd</sup> Wed. of each month, 10 - 10:30 in the common room on March. 9

## CLASSES, CRAFTS

**Art Lessons with Steve Greco:** Tuesdays, 9:30 - 12:00, 2 ½ hours for \$10.00. Any medium

**Advanced Art Class :** Tuesdays 1:00 - 3:00 \$10.00 per class

**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 with Nancy 10:00 - 11:30

(no class on 3/15)

Wednesdays with John - 10:00 - 11:00

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**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**March 2016**

**2**

**3**

**4**

**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

**1**  
 8:30 Burbank YMCA  
 9:30 Art Lessons  
 9:30 Tap Dance  
 9:30 Fuel Assistance  
 10:00 Computers w/ Nancy  
 10:30 Body/Brain Flexibility  
 12:00 Lunch  
 1:00 Bingo  
 3:00 Ballroom Dance Lessons  
 Hamburger or Tortellini Salad

**8:45 Neighborhood Grocery Shop-ping**  
 9:30 Kickity Klack  
 9:30 Zumba  
 10:00 Computers w/ John  
 10:00 Billiards  
 12:00 Lunch  
 1:00 Downtown/ Groceries/ Library  
 1:30 Forever 49  
 Creole Fish or Roast Beef Sandwich

8:30 Burbank YMCA  
 8:45 CG Grocery Shopping  
 9:00 Jacki Sorensen's Fitness  
 9:30 Chair Massage  
 10:00 Writing Group  
 10:00 Scuttlebutt  
 12:00 Lunch  
 12:30 MAH JONGG  
 1:00 Movie - The Intern  
 Roast Pork or Garden Salad

8:45 FTD Grocery Shopping  
 9:00 BEST  
 9:30 Painting  
 12:00 Lunch  
 12:45 Party Bridge  
 1:00 AA  
 1:00 Chess  
 Tortellini or Tuna Salad Sandwich

**7**  
 9:00 Downtown/ Groceries/Library  
 9:00 Zumba  
 11:00 Yoga  
 11:30 Blood Pressure  
 12:00 Lunch  
 1:00 Walmart/Home Goods  
 1:00 Cribbage  
 1:30 Forever 49  
 Greek Chicken or Roast Beef Sandwich

**8**  
 8:30 Burbank YMCA  
 9:30 Art Lessons  
 9:30 Tap Dance  
 10:00 Computers w/ Nancy  
 10:30 Body/Brain Flexibility  
 12:00 Lunch  
 1:00 Bingo  
 3:00 Ballroom Dance Lessons  
 Salmon Filet or Ham Salad

**9**  
 8:45 Neighborhood Grocery Shopping  
 9:30 Kickity Klack  
 9:30 Zumba  
 10:00 Low Vision  
 10:00 Computers w/ John  
 10:00 Billiards  
 11:00 Wegman's  
 12:00 Lunch  
 1:00 Downtown/ Groceries/ Library  
 1:30 Parkinson Support  
 Stuffed Pepper or Veg Chef Salad

**10**  
 8:30 Burbank YMCA  
 8:45 CG Grocery Shopping  
 9:00 Jacki Sorensen's Fitness  
 9:30 Manicures  
 12:00 Lunch  
 12:30 MAH JONGG  
 1:00 Games  
 Lentil Stew or Chicken Salad Sandwich

**11**  
 8:45 FTD Grocery Shopping  
 9:00 BEST  
 9:30 Painting  
 11:30 Representative Jones  
 12:00 Lunch  
 12:45 Party Bridge  
 1:00 AA  
 1:00 Chess  
 Lasagna or Seafood Salad Sandwich

**14**  
 9:00 Downtown/ Groceries/Library  
 9:00 Zumba  
 11:00 Yoga  
 12:00 Birthday Lunch  
 12:00 RMLD  
 1:00 Woburn Mall/ Target/Kohl's  
 1:00 Cribbage  
 1:30 Forever 49  
 Fish Filet or Roast Beef Sandwich

**15**  
 8:30 Burbank YMCA  
 9:30 Art Lessons  
 9:30 Tap Dance  
 11:30 Blood Pressure  
 10:30 Body/Brain Flexibility  
 12:00 Lunch  
 1:00 Bingo  
 3:00 Ballroom Dance Lessons  
 Chicken Paprika or Tuna Salad Sandwich

**16**  
 8:45 Neighborhood Grocery Shopping  
 9:30 Kickity Klack  
 9:30 Zumba  
 10:00 Computers w/ John  
 10:00 Billiards  
 11:00 Flower Show  
 11:00 Book Club  
 12:00 Lunch & SHINE  
 1:00 Downtown/ Groceries/ Library  
 1:30 Forever 49  
 Stuffed Shells or Curry Chicken Salad

**17**  
 8:30 Burbank YMCA  
 8:45 CG Grocery Shopping  
 9:00 Jacki Sorensen's Fitness  
 9:30 Chair Massage  
 9:00 Reiki  
 12:00 St. Patrick's Lunch  
 12:30 MAH JONGG  
 Corned Beef or Seafood Salad Sandwich

**18**  
 8:45 FTD Grocery Shopping  
 9:00 BEST  
 9:30 Painting  
 10:00 SHINE  
 12:00 Lunch  
 12:45 Party Bridge  
 1:00 AA  
 1:00 Chess  
 2:30 Senator Lewis  
 Veggie Burger or Tortellini Salad

**21**  
 9:00 Downtown/ Groceries/Library  
 9:00 Zumba  
 11:00 Yoga  
 12:00 Lunch  
 1:00 Sleepless  
 1:00 Cribbage  
 1:00 Walmart/Home Goods  
 1:30 Forever 49  
 Beef Stroganoff or Chicken Salad Sandwich

**22**  
 8:30 Burbank YMCA  
 9:30 Art Lessons  
 9:30 Tap Dance  
 10:00 Computers w/ Nancy  
 10:30 Body/Brain Flexibility  
 12:00 Lunch  
 1:00 Bingo  
 3:00 Ballroom Dance Lessons  
 Fish Florentine or Ham/Swiss Cheese Sandwich

**23**  
 8:45 Neighborhood Grocery Shopping  
 9:30 Zumba  
 9:30 Kickity Klack  
 10:00 Computers w/ John  
 10:00 Billiards  
 11:00 JFK Museum  
 12:00 Lunch  
 1:00 Downtown/ Groceries/Library  
 1:30 Forever 49  
 Eggplant Parmesan or BBQ Chicken

**24**  
 8:30 Burbank YMCA  
 8:45 CG Grocery Shopping  
 9:00 Jacki Sorensen's Fitness  
 9:30 Chair Massage  
 9:30 Manicures  
 12:00 Lunch  
 12:30 MAH JONGG  
 1:00 Movie - Little Boy  
 Chicken a la King or Cottage Cheese/Fruit Plate

**25**  
 8:45 FTD Grocery Shopping  
 9:00 BEST  
 9:30 Painting  
 11:30 Blood Pressure  
 12:00 Lunch  
 12:45 Party Bridge  
 1:00 AA  
 1:00 Chess  
 Vegetable Chili or Seafood Salad Sandwich

**28**  
 9:00 Downtown/ Groceries/Library  
 9:00 Zumba  
 11:00 Yoga  
 12:00 Lunch  
 1:00 Cribbage  
 1:00 Woburn Mall, Target, Kohl's  
 1:30 Forever 49  
 Chicken Picatta or Roast Beef Swiss Cheese Sandwich

**29**  
 8:30 Burbank YMCA  
 9:30 Art Lessons  
 9:30 Tap Dance  
 10:00 Computers w/ Nancy  
 10:30 Body/Brain Flexibility  
 12:00 Lunch  
 1:00 Bingo  
 3:00 Ballroom Dance Lessons  
 Pot Roast or Tuna Salad Sandwich

**30**  
 8:45 Neighborhood Grocery Shopping  
 9:30 Zumba  
 9:30 Kickity Klack  
 10:00 Computers w/ John  
 10:00 Billiards  
 12:00 Lunch  
 1:00 Downtown/ Groceries/Library  
 1:30 Forever 49  
 5:00 Firefighter's Dinner  
 Hot Dog or Chicken Salad Sandwich

**31**  
 8:30 Burbank YMCA  
 8:45 CG Grocery Shopping  
 9:00 Jacki Sorensen's Fitness  
 12:00 Lunch  
 12:30 MAH JONGG  
 1:00 Movie - Mrs. Doubtfire  
 Tortellini w/Meat Sauce or Chef Salad

**TAKE YOUR PICK:**  
 Each day, you may choose a hot lunch or a cold lunch. Suggested donation \$2.00.  
 Lunch - Reserve the day before by noon

**On the Go!**

Van transportation is a **free service** to Reading seniors and non-seniors with disabilities. Our goal is to provide safe, efficient and friendly service. Reservations should be made 24 hours in advance by calling 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, HomeGoods for everyone**

Monday, March 7 1:00 - 2:30  
Monday, March 21 1:00 - 2:30

**Woburn Mall, Target or Kohl's for everyone**

Monday, March 14 1:00 - 2:30  
Monday, March 28 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**

**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

**Podiatrist at The Pleasant St. Center - No March appointments.**

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

**Writer's Group:** Thurs. Mar., 3 10:00 -11:00 a.m. Join this drop-in community of writer's to share ideas, drafts, and spur each other on. The group meets the first Thursday of each month at 10:00.

**Low Vision Group:** – Wed., March 9, 10:00 Speaker – Gayle Yarnall, Perkins talking book library. This Group offers great support and information. New members welcomed.

**Parkinson's Support Group:** – Wed. Mar. 9 , 1:30 -3:00; Led by Kathy Hill, RN with the Greater Medford VNA meets every 2nd Wed.

**Not Too Stuff Book Group:** *Mister Owita's Guide to Gardening: How I Learned the Unexpected Joy of a Green Thumb and an Open Heart* Wed March 16, 11:00 a.m. – 12:00 Pleasant Street Center A true story of a friendship between two people who had nothing - and ultimately everything - in common. Carol Wall, a white woman living in a lily-white neighborhood in Middle America, was at a crossroads in her life. One day she notices a dark-skinned African man tending her neighbor's yard. His name is Giles Owita. He bags groceries at the supermarket and he's very good at gardening.



## LIBRARY HAPPENINGS

**LiveWires Miniseries: *Telling Tales*.** Wednesdays, March 2, 9, and 23 10:00-11:30 a.m. (note - no class 3/16) Police Dept. Community Room. Longtime storyteller Peter Carcia will teach the elements needed to turn a good story into a great story - narrative, plot, pacing, character, setting, dramatic impact and more. Participants will workshop a story to share with the group. These classes are best enjoyed as part of a 3 part workshop; you are invited to attend as many as possible. No registration required.



## SERVICES DIRECTORY

**AARP Tax Assistance:** Tax Preparers. Appointments for assistance runs through April 14 . To schedule an appointment contact Ann Gentile at (781) 942-6608.

**Fuel Assistance:** The Greater Lawrence Action Council will be in Reading 1 x per month taking applications. **APPOINTMENTS REQUIRED!** Fifteen minute appointments may be made by calling (781) 942-6608. Sorry, no drop-ins.

**S.H.I.N.E. COUNSELING: (Serving Health Insurance Needs of Elders)** - Wednesday, March 16, 12:00 – 4:00 and Friday, March 18 - 10:00 - 3:00 Call for an appt. 781-942-6794.

**Reading Municipal Light Department:** Monday, March 14, from 12:15 - 12:45. LED light bulbs at 50% off. Save energy and money with LED bulbs.



## QUESTIONS/CONCERNS?

**Council on Aging:** Mon., Mar. 14 @ 6:00 Pleasant Street Center

**Board of Selectmen Office Hours:** Tues., Mar. 1 6:30 - 7:00 - Town Hall

**Representative Brad Jones Office Hours:** Friday, Mar. 11 11:30 - 12:30

**Senator Jason Lewis:** Friday, Mar. 18 2:30—3:30

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

### FIRE DEPARTMENT DINNER!

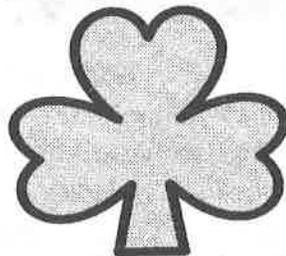
### READING ROAD TRIPS



Join the Reading Fire Fighters as they host a Traditional Boiled Dinner for Reading seniors

Wednesday, March 30  
5:00 pm  
Pleasant Street Center

Van transportation is available and reservations are required by calling (781) 942-6794. This event is free and for Reading seniors.



Through the generosity of the Reading Council on Aging, we are now offering mini-trips on the Elder Services van. Transportation is free! Lunch, museum admission and entertainment costs are the responsibility of the individual. Below is the schedule for March.

Seats are limited and we want to give all a chance to participate. We ask you to sign-up for one trip and check back five days before the next trip for availability. Reservations by calling (781) 942-6794. Open to Reading residents age 60+. A minimum of 5 persons is required for the trip.

- Wednesday, March 9, Wegmans - 11:00 - 2:00 (lunch on your own)
- Wednesday, March 16, Boston Flower & Garden Show 11:00 - 2:00
- Wednesday, March 23, The JFK Library and Museum, 11:00 - 2:00



**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](http://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.