March Happenings

Beginner Tap Dance

FREE Introductory class on Tuesday, March 1st at 9:30

If you have always wanted to tap...or haven't tapped for a while, this beginner class is for you! Bring your own shoes or borrow a pair (8 pairs available) Cost is $40 for 8 week session:

Tuesdays, March 8 – April 26, **9:30 – 10:30**

Sleepless in Reading

Monday, March 21, 1:00 pm

Sleep, like nutrition and physical activity, is an important part of your health. Sleep loss and 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. All attendees are entered into a drawing for a free memory foam pillow.

The Pleasant Street Center
Reading Elder/Human Services
49 Pleasant Street
Reading, MA 01867
Questions? Call (781) 942-6794

Happy Saint Patrick's Day

Celebrate with corned beef & all the trimmings

Thursday, March 17, 2016
12:00 PM

Musical Performance by Ulster Landing, Boston based Celtic folk music.

Reservations required 24 hours in advance. Suggested donation of $2.00