



## MONTHLY ACTIVITIES

**Fix It**, - Leave the lamp at the reception desk any day. You only pay for parts.

**S.H.I.N.E. Counseling – (Serving Health Insurance Needs of Elders)** Computer Room - Nov. 1, 8 15, and 22 - 10:00 - 3:00 By appointment by calling (781) 942-6794.

**Brain Yoga Class**, Wednesdays, Nov.6 - 27 - 11:00 a.m. - 12:00 p.m. \$4 for drop-in. Brain Yoga uses different activities to stretch your brain. Enjoy some simple stretching then relax your brain with Breathing and Meditation.

**Lunch & Learn**, Thursday, Nov. 7 - **“Food for your Brain”**; Lunch at 12:00 , Learn 12:30 - 1:00 Nourishing our body and brain with a diet chock full of “brain foods”. Join Candace Quigley, Registered Dietitian, for a discussion on how to add them to your day. 

**Veteran’s Day Breakfast**, Monday, Nov. 11, 9:00 a.m. - 10:30 a.m. A FREE Pancake Breakfast - Doors open at 9:00 am and we will continue serving until 10:30 am. Veterans, families, friends and neighbors are all welcome to stop by for some refreshments. 

**Senator Katherine Clark’s Apple Crisp**, Tuesday Nov. 12, 12:30 - 1:00 The Senator will be serving homemade apple crisp to those in attendance as well as engage them about any topics that may be on their mind. 

**How to Manage Dementia at Home**, Thursday, Nov. 14 - 10:15. In this presentation you will understand how to interpret challenging behaviors, improve your skills to redirect the behavior and communicate effectively. Also tips on home safety. 

**Lunch and Learn – “MOLST form”**, Thursday, Nov. 14 -Lunch at 12:00 , Learn 12:30 - 1:00. EMS coordinator, Joe Lapolla from the Reading Fire Dept. will talk about the new MOLST form– (Massachusetts Medical Orders for Life-Sustaining Treatment). 

**Movie Day**, Thursday, Nov. 14 , 1:15 pm. **“The Lucky One”** Marine vet Logan credits his good-luck charm -- a photo of an unknown woman -- for saving his skin in Iraq. 

**Fuel Assistance** Tuesday, Nov. 12, 10:00 a.m. - 1:00 p.m. Assistance with applying for Fuel Assistance will begin at the Town Hall, 16 Lowell Street, Lower Level. This assistance will continue the third Tuesday of each month until May 2014. Twenty minute appointments may be made by calling (781) 942-6608.

**Birthday Lunch**, Monday, Nov. 18 noon - Celebrate your birthday - Bring your friends to celebrate with you; your lunch is free. If it is not your birthday month suggested donation for lunch is \$2.00. 

**Thanksgiving Special Lunch**, Thursday, Nov. 21 – 12:00 entertainment - Jim Barrineau - singer/guitar player 

**Annual Thanksgiving Dinner**, Hillview Country Club Saturday, Nov. 23, 12:15 pm. Free for Reading seniors (60+) only. Reservations begin Nov. 1 (781) 942-6794.

**Black Friday Buffet Breakfast**, Nov. 29 – 9:30 – 11:00 am Do you need to refuel? Stop by for some Muffins, Oatmeal, smoothies, coffee, and tea. 

**Craft Day**, Thursday, Nov, 21 – 1:30 pm Holiday Centerpiece call for more info

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

## Pleasant Street Spa

**Roberta Our Hairdresser**—November 4, 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, November 7 & 21 - 8:30 -11:00 Choose 15 min./ \$5 or 30 min. /\$10.

**Manicures** - Thursday, November 14 & Monday, November 25 - 9:30 - 1:00 - \$5.00 or \$6.00 French.

**Chair Massage** - Thursday, Nov. 21, 9:00 - 1:30 Receive a 15 minute chair massage for only \$8.



**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 Arts & Crafts  
Room (No Van)

**Quilting:** November 6 and 20 - 1:00

**Computer Classes – Wednesdays**

Learn to use email, send pictures, use the internet to look  
up anything. We have WIFI so bring your own laptop if  
you want. **Dick Svirsky** 9:00 - 10:00

**John Walsh** 10:00 - 11:00 

**Curtis Anderson** 2:30 – 3:30

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

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

*Pool table is available Monday - Friday*

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

**Bingo** Tuesdays 1:00 - 2:30 

**Party Bridge** Friday, 1:15 - 3:45 \$1.00 to play - Maxi-  
mum 32, (No Van )

**Drop in Game Day** Thursdays, 12:30 - 3:30 Do you need  
a place to meet and play a game with your friends?

**Mix-it up Thursdays** – Hoyt Great Room 

**November 7** , 1 - 3 pm Games - Scrabble, Rummikub ...

**November 21**, 1:30 - 3 pm, Holiday Centerpieces

**FITNESS**

**Motion to Music** - Tuesdays & Thursdays, 9:00 -  
10:00 Hoyt Great Rm. \$20/month; **NOTE:** \$15/  
month - any 5 classes during the calendar month.

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

**Yoga** - Mondays – 11:00 – 12:00, 3 weeks for \$30 or  
\$11 for drop-in.

**Zumba Gold with Kelli** - Mondays and Wednes-  
days 9:15 - 10:15 - Hoyt Great Rm. \$5 ses-  
sion. (Minimum of 8), Zumba is fun... So grab some  
friends and come take a class!

**Tai Chi** - "FOREVER 49" Fit for Life Fitness Pro-  
gram - Tai Chi, Chi Gong, weight lifting, and more.  
**Mondays & Wednesdays** 1:30 - 2:30 \$5/Session  
(Minimum of 10)

	<b>TUESDAY</b>	<b>WEDNESDAY</b>
<p>These are destination arrival times. Please be ready 30 minutes – 1 hour prior to the time listed. Thank you</p> <p><b>SUGGESTED DONATION FOR LUNCH IS \$2.00 - IF YOU ARE UNDER 60 YEARS OLD, THE CHARGE LUNCH IS \$3.50</b></p>	<p style="text-align: center;"><b>ABBREVIATIONS</b> CG = Cedar Glen FTD = Frank Tanner Drive</p> <p style="text-align: center;"><b>EVERYTHING IN BOLD – TRANSPORTATION IS AVAILABLE</b></p>	
<p><b>9:00 Wal-Mart 4</b> 9:15 Zumba <b>9:30 Hairdresser</b> 11:00 Yoga <b>12:00 Lunch</b> <b>1:00 Target or Kohl's or Woburn Mall</b> 1:00 Cribbage 1:30 Forever 49 - Tai Chi <b>Veggie Burger or Turkey/Swiss</b></p>	<p><b>8:30 Burbank YMCA 5</b> 9:00 Motion to Music <b>9:30 Art Lessons</b> <b>9:30 Matter of Balance</b> <b>12:00 Lunch</b> <b>1:00 Bingo</b></p> <p><b>Stuffed Shells or Roast Beef/Cheese Sandwich</b></p>	<p><b>8:45 Neighborhood Shopping</b> 9:00 Computers with Dick 9:15 Zumba <b>9:30 Klickity Klack</b> <b>10:00 Computers with Dick</b> 11:00 Brain Yoga <b>12:00 Lunch</b> 1:00 Quilting 1:30 Forever 49 <b>1:30 Neighborhood Shopping</b> <b>Beef Stew or Tuna Salad</b></p>
<p style="text-align: center;"><b>11</b></p> <p style="text-align: center;">Town Hall Closed</p> <p style="text-align: center;">Pleasant Street Center Open for</p> <p style="text-align: center;"><b>Veteran's Day Breakfast</b> <b>9:00 - 10:30</b></p>	<p><b>8:30 Burbank YMCA 12</b> 9:00 Motion to Music <b>9:30 Art Lessons</b> <b>9:30 Matter of Balance</b> 10:00 Fuel Assistance—Town Hall <b>12:00 Lunch</b> <b>12:30 Sen. Clark Apple Crisp</b> <b>1:00 Bingo</b></p> <p><b>Chicken Stew or Egg Salad sandwich</b></p>	<p><b>8:45 Neighborhood Shopping</b> 9:00 Computers with Dick 9:15 Zumba <b>9:30 Klickity Klack 1</b> 10:00 Billiards <b>10:00 Lunch</b> 11:00 Brain Yoga <b>12:00 Lunch</b> 1:30 Forever 49 1:30 Parkinson Support Group <b>1:30 Neighborhood Shopping</b> 2:30 Computers with Dick 6:30 COA <b>Potato Crusted Fish or H</b></p>
<p><b>9:00 Downtown Errands or Calareso's or Library 18</b> 9:15 Zumba 11:00 Yoga <b>12:00 Birthday Lunch</b> 12:00 Podiatry 1:00 Cribbage <b>1:00 Redstone</b> 1:30 Forever 49 - Tai Chi <b>Honey Mustard Chicken or Roast Beef/American Cheese Sandwich</b></p>	<p><b>8:30 Burbank YMCA 19</b> 9:00 Motion to Music <b>9:30 Art Lessons</b> <b>9:30 Matter of Balance</b> <b>12:00 Lunch</b> <b>1:00 Bingo</b></p> <p><b>Salmon Boat or Turkey/Cheese Sandwich</b></p>	<p><b>8:45 Neighborhood Shopping</b> 9:00 Computers with Dick 9:15 Zumba <b>9:30 Klickity Klack</b> <b>10:00 Computers with Dick</b> 11:00 Brain Yoga <b>12:00 Lunch</b> 1:00 Quilting 1:30 Forever 49 <b>1:30 Neighborhood Shopping</b> 2:30 Computers with Dick <b>Meatball Sub or Chicken</b></p>
<p><b>9:00 Target or Kohl's or Woburn Mall 25</b> 9:15 Zumba 9:30 Manicure 11:00 Yoga <b>12:00 Lunch</b> 1:00 Cribbage <b>1:00 Wal-Mart</b> 1:30 Forever 49 - Tai Chi</p> <p><b>Roast Pork or Seafood Salad Sandwich</b></p>	<p><b>8:30 Burbank YMCA 26</b> 9:00 Motion to Music <b>9:30 Art Lessons</b> <b>12:00 Lunch</b> <b>1:00 Bingo</b></p> <p><b>Stuffed Pepper or Chef's Salad</b></p>	<p><b>8:45 CG Shopping</b> 9:00 Computers with Dick 9:15 Zumba <b>10:00 Computers w/ Dick</b> 10:00 Billiards 11:00 Brain Yoga <b>12:00 Lunch</b> 1:30 Forever 49 <b>1:30 Neighborhood Shopping</b> 2:30 Computers with Dick <b>Greek Chicken or Roast</b></p>

WEDNESDAY	THURSDAY	FRIDAY
	2	<b>8:45 FTD Shopping</b> <b>9:00 BEST</b> 10:00 Painting 10:00 SHINE <b>10:00 Blood Pressure</b> <b>12:00 Lunch</b> 1:00 AA 1:00 Chess 1:15 Party Bridge <b>Cranberry Chicken or Egg Salad Sandwich</b>
<b>Shopping</b> Dick John 10:00 Billiards Rever 49 - Tai Chi <b>Shopping</b> 2:30 Computer w/Curtis <b>Sandwich</b>	<b>6</b> <b>8:30 Burbank YMCA</b> 8:30 Facials <b>8:45 CG Shopping</b> 9:00 Motion to Music <b>12:00 Lunch &amp; Learn</b> 12:30 Drop in Game Day <b>1:00 Mix it up Thursdays - Games</b>  <b>Chicken a l'orange or Seafood Sandwich</b>	<b>8:45 FTD Shopping</b> <b>9:00 BEST</b> 10:00 Painting 10:00 SHINE <b>12:00 Lunch</b> 1:00 AA 1:00 Chess 1:15 Party Bridge  <b>Potato Crunch Fish or Chicken Salad Sandwich</b>
<b>Shopping</b> Dick <b>10:00 Computers with John</b> Low Vision Rever 49 - Tai Chi rt <b>Shopping</b> Curtis <b>Lam/Cheese Sandwich</b>	<b>13</b> <b>8:30 Burbank YMCA</b> <b>8:45 CG Shopping</b> 9:00 Motion to Music 9:30 Manicure <b>10:15 Managing Dementia</b> <b>12:00 Lunch &amp; Learn</b> 12:30 Drop in Game Day <b>1:00 Mix it up Thursdays - Movie</b>  <b>Pot Roast or Chef's Salad</b>	<b>8:45 FTD Shopping</b> <b>9:00 BEST</b> 10:00 Painting 10:00 SHINE <b>11:30 Senator Clark</b> <b>12:00 Lunch</b> 1:00 AA 1:00 Chess 1:15 Party Bridge  <b>Cheese Lasagna or Seafood Salad Sandwich</b>
<b>Shopping</b> Dick John 10:00 Billiards Rever 49 - Tai Chi <b>Shopping</b> Curtis <b>Salad Sandwich</b>	<b>20</b> <b>8:30 Burbank YMCA</b> 8:30 Facials <b>8:45 CG Shopping</b> 9:00 Motion to Music 9:00 Chair Massage <b>12:00 Thanksgiving Special Lunch</b> 12:30 Drop in Game Day 1:00 Book Club <b>1:30 Mix it up Thursdays - Crafts</b>  <b>Special Turkey Thanksgiving Dinner</b>	<b>8:45 FTD Shopping</b> <b>9:00 BEST</b> 10:00 Painting 10:00 SHINE <b>12:00 Lunch</b> 1:00 AA 1:00 Chess 1:15 Party Bridge  <b>Hot Dog &amp; Beans or Tuna Salad</b>
Dick John Rever 49 - Tai Chi <b>Shopping</b> Curtis <b>Beef/Cheese Sandwich</b>	<b>27</b>  <b>28</b> <b>Pleasant Street Center and Town Hall Closed</b>  <b>Thanksgiving</b>	<b>8:45 FTD Shopping</b> <b>10:00 Black Friday B'fast</b>  <b>CLOSING AT NOON</b>  <b>Muffins, oatmeal, smoothies, coffee or tea</b>

**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 am you should be ready by 8:45 ).

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

Monday Nov. 4 ~ 1:00 – 2:30 p.m. & Nov 25 ~ 9:00 – 10:30 a.m.

**Wal-Mart for everyone**

Monday, Nov. 4 ~ 9:00 – 10:30 a.m. & Nov. 25 ~ 1:00 – 2:30 p.m.

**Downtown Errands, Calareso's or Library**

Monday, Nov. 18 ~ 9:00 – 10:15 a.m.

**Redstone Shopping Center for everyone**

Monday, Nov. 18 ~ 1:00 – 2:30 p.m..

**Burbank YMCA for everyone** ~All Tuesdays and Thursdays from 8:30 – 10:30 a.m.

**Neighborhood Shopping:** Wednesdays - 8:45 - 10:00 & 1:30 - 2:45

**Cedar Glen:** Thursdays - 8:45 - 10:00

Also 11/27 @ 8:45 am

**Tannerville:** Fridays - 8:45 - 10:00

**Rules of the road...**

- All riders must meet the *Standards of Independence for participation at the Pleasant Street Center.*
- Seatbelts are required until the van comes to a complete stop.
- 4 bags per rider.
- Please be on time for all pickups!
- 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.



**MESSAGE BOARD**

**TRIP Metro North:** If you no longer drive, you can still visit with friends, dine out, and shop where you like. Call (781) 388-4819 to see if you qualify for TRIP. This free program from Mystic Valley Elder Services gives you money to reimburse friends, neighbors, and certain family members for taking you anywhere you need or want to go.

**Medicare Open Enrollment Ends Dec. 7:** Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor here, please contact (781) 942-6794. You may also call the Regional SHINE office at Mystic Valley Elder Services at 781-324-7705 x 164.

**Senior Property Tax Worker Program:** Are you interested in reducing your real estate tax payments for 2014? Consider applying for the Property Tax Workers Program in which you can earn up to \$8.00 an hour to help with those taxes. There are multiple jobs that the Town offers such as overseeing the Compost in the Spring- to Fall, helping out at the Pleasant Street Center and/or Town wide offices depending on your interests and skills. For an application, please call Jane at 781-942-6658.

**SENIOR GROUPS**

**Parkinson's Disease Support Group** Wednesday, Nov. 13, 1:00 -3:00; Led by Michelle Caron, RN with the Greater Medford VNA , this is open to anyone coping with Parkinson's disease including friends and family. Participants may attend meetings at their convenience.

**Low Vision Group** – Nov. 13 – 10:00 a.m. guest speaker Andrea Schein from the BRIDGE Outreach, Mass Commission for the Blind

**Not too Stuff Book Club** *The Adventures of Huckleberry Finn* by Mark Twain Thurs., Nov. 21, 1:00 Twain's greatest masterpiece. Combining humor and mature material, Books are available to borrow at the library or the Center. Barbara Currie leads the discussion.

**LIBRARY HAPPENINGS**

**LiveWires Coffee & More: Give Local Holiday Bazaar and Cookie Bake-Off:** Wed, Nov. 13, 10:00 a.m. (Coffee & refreshments at 9:30 a.m.) Reading is home to a vibrant small business community. Come hear local shop owners share the best gift ideas . Get tips on giving local while boosting the economy. Bake a batch of your favorite cookies to share.

**LiveWires Presents: The Kennedy Assassination 50 Years Later:** Tue, Nov. 26, 7:00 p.m. When President John F. Kennedy was shot on November 22nd, 1963 it shocked the nation. Historian Christopher Daley's slide show covers the tragedy and its aftermath.

**Drop-in Chess:** Sat, Nov. 16 3-4:00 p.m. For all ages and abilities: enjoy a game whether you are expert or just beginning. Instruction provided.

**HEALTH SCREENINGS**

**Podiatry Clinic,** Monday, November 18 - Call (781) 438-2525 to schedule an appointment. Cost \$30

**Blood Pressure Check at Pleasant Street Center**  
Friday, November 1, 10:15 - 11:00 *Sponsored by Walgreens*

**CHIT CHAT**

**Questions/Concerns? Visit the Pleasant Street Center**

**Board of Selectmen Office Hours**  
Tuesday Nov. 5 - 6:30 - 7:00 -  
Town Hall Conf. Rm.

**Senator Katherine Clark**  
Friday, November 15, 11:30

**COA Meeting - Wednesday**  
November 13, 6:30, Pleasant Street Center

For information relating to legislative issues affecting seniors, please call Sally Hoyt, Senate President, (781) 944-1191.

**Winner's**

**Bingo Winners for September**  
– Johanna Bisschop (3 times), and Anna Pieri

**SUPPORT OUR TROOPS**

In honor of Veterans Day in November, the Pleasant Street Center is providing a drop-off box for various items for local troops serving in Afghanistan. The Local Heroes Organization from Wilmington, a non-profit, volunteer group, will package and send the supplies to the troops.

Desired supplies include: toiletries, socks, playing cards, crossword puzzles, granola bars, pretzels, peanut butter. A complete list is linked on the Reading Web Site or check the list at the Reception Desk at the Center. Veterans Agent, Frank Driscoll, will take the box to Wilmington in November.

**Local Heroes** takes great pride in assembling high quality care packages for our vets.

**Be sure to mark your calendar for the Town of Reading's annual Veteran's Day Breakfast and Services, November 11.**

**BRAIN HEALTHY FOODS**

What we eat has an affect on how we feel. Below are some foods that will help keep your mind sharp and an easy recipe for two. *Courtesy of VNA of Middlesex-East*  
Fish - **Salmon**, Sardines, **Tuna**.

Fruit - **Apples**, Blueberries, Strawberries, Avocados  
Vegetables - Kale, Spinach, **Broccoli**, Onion, Eggplant  
Whole Grain Foods - Brown Rice, Whole Wheat Pasta, **Whole Wheat Bread**

Dark Chocolate - yeah!

**Tuna/Salmon Casserole**

3 cups cooked macaroni  
1 (6 ounce) can tuna or salmon, drained  
1 (10.75 ounce) can condensed cream of chicken soup (heart healthy or low sodium)  
1 cup shredded cheddar cheese  
1 1/2 cups whole wheat bread crumbs  
Preheat oven to 350 degrees. In a 9x13-inch baking dish, combine the macaroni, fish, and soup. Mix well, and top with cheese. Bake at 350 degrees for 25 minutes, or until bubbly. Sprinkle with bread crumbs, and bake another 5 minutes. Serve w/broccoli or apple slices.

**READING ELDER SERVICES**  
16 LOWELL STREET  
Reading, MA 01867

**DID YOU KNOW:**

You can obtain a copy of the *Pleasantries* at several locations around town or via email. 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.