



Pleasantries

Reading Senior Newsletter



www.readingma.gov/elder

November 2014

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

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

During the past month we have been fortunate to have the assistance of a few of our Community Partners. At the risk of leaving someone out, I would like to give a shout-out to the following for assisting us with services and events:

- The Reading Police Department for their delicious Ham & Bean Supper.
- Hallmark Health and Rite Aid Pharmacy for taking on the monthly Blood Pressure Clinics at the Center.
- Sanborn Home Care for assisting us with van service.

Don't forget that November 4 is Election Day. If you need a ride to the polls, call the Pleasant Street Center at (781) 942-6794.

November crept up on us very quickly. When the newsletter went to print there were still a few events pending so be sure to check back in with us early November for updates.

SPECIAL EVENTS



There is Van Service on November 3

- Lunch & Learn -Nutrition ---** Tuesday, November 4, Noon
- The Caregiver Support Group -** Tuesday, November 4, 6 pm
- Lunch & Learn - Be Cautious of Scams -** Thursday, November 6, Noon
- Movie Day -** Thursday, November 6, 1:00 - The Monuments Men.
- Birthday Lunch -** Monday, November 10, Noon
- Veteran's Day Breakfast -** Tuesday, November 11, 9:00 am - 10:30 a.m.
- Wii Games New monthly program -** Thursday, November 13, 1:00 (see page 3)
- Attention, Adults with Diabetes! -** Monday, November 17, 1:00
- Lunch & Learn - Memory Loss -** Tuesday, November 18, 12:00
- Pop-up Library -** Wednesday, November 19, 10:30
- Not Too Stuffy Book Club -** Thursday, November 20, 1:00 - 2:00 (see page 7)
- Thanksgiving Special Lunch -** Thursday, November 20, Noon
- Senator Lewis -** Friday, November 21, 2:30 - 3:30
- Black Friday Buffet Breakfast -** November 28, 10:00
- Character Breakfast/Tree Lighting -** November 30, 8:00 - 10:00 (see page 8)

See page 2 for a full description



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

Reservations start October 23rd-
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.

Fuel Assistance - appointments required

Nov. 4, 9:00 am - 11:45 - every 15 minutes
Town Hall Conference Room, lower level. Call 781-942-6608 for an appointment

Lunch & Learn Nutrition presentation - What are GMOs and are they safe in our food? Tuesday, Nov. 4, lunch 12:00 and learn 12:30, Ever heard of genetically modified organisms (GMOs) which are in our food supply? Join Candace Quigley, registered dietitian, for this presentation.

The Caregiver support Group, Tuesday Nov. 4, 6pm. Please contact Social Worker, Melissa Koster, 781-942-6680 or mkoster@ci.reading.ma.us to become involved. The group is designed to provide emotional, educational and social support for caregivers. The group will be designed to enable participants to:

- Share and Explore solutions to problems
- Listen and talk in a confidential environment
- Meet others in similar roles
- Learns ways to cope and decrease stress
- Learn about community resources

Lunch & Learn - Be Cautious of Scams, Thursday, Nov. 6, 12:00 Presented by Jane Burns "You've won the lottery (even though you never entered), the IRS is calling you, your grandson has been arrested" ...learn about the top scams, what to do when they call and how to spot them. Special dessert will be served.

Movie Day: Thursday, Nov. 6, 1:00 -

The Monuments Men. In a race against time, a crew of art historians and museum curators unite to recover renowned works of art stolen by Nazis before Hitler destroys them. Written/directed/starring George Clooney.

SH.I.N.E. Counseling - (Serving Health Insurance Needs of Elders) Fridays, Nov. 7, 14, & 21, Mondays Nov. 3 and 17 call for an appointment 781-942-6794 or Call the Regional Office @ 781-388-4845. GE Non-union retirees call 855-873-0103

Birthday Lunch: Monday, Nov. 10, Noon, Your lunch is free. If it is not your birthday month suggested donation for lunch is \$2.00.

Veteran's Day Breakfast, Tuesday, Nov. 11, 9:00 am - 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.

Attention, Adults with Diabetes! Monday, Nov. 17, 1:00 - 4:00 Is Medicare your Primary Insurance? If so, you are eligible to receive a pair of diabetic shoes and inserts at little or no cost to you! *Sign up for your 10-Minute appointment at the front desk! You will need to pick up a form to bring to your doctor.*

Lunch & Learn - Memory Loss: When it happens to your friend, Tuesday, Nov. 18, lunch 12:00 and learn 12:30. Do you know someone who is showing signs of cognitive changes? Are you worried about a friend missing appointments? This program will guide attendees on how to understand dementia, and explain normal aging versus memory impairment. Participants will learn how to have more fun, improve communication and experiences, and show you how to make your interactions more positive and meaningful. Speaker Marilyn Stasonis, RN from Stonebridge at Burlington. Special dessert being served.

Thanksgiving Special Lunch, Thursday, Nov. 20, 12:00 entertainer- Paul Harty - singer/guitar player

State Senator Jason Lewis: Friday, Nov. 21, 2:30. Stop by and get to know Senator Lewis. Raise any questions/concerns.

Black Friday Buffet Breakfast., Nov. 28 - 10:00 - 11:00 Do you need to refuel before hitting the mall? Stop in for a continental buffet breakfast and help us getting ready for the holidays- Reservations preferred.

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.

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., Nov. 13 , 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)

MAH JONGG: Thursdays, 12:30 - 3:30

Quilting: Weds, 1:00 - 3:00, Nov. 5 & 19. Great tech-
niques and tips for saving time. Class size is lim-
ited. Call Edwina 781-944-6398 for more info.

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 , 4 weeks for \$40 or \$11 for
drop-in**

**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. , First Class Free. (Nov. 3)**

**Body and Brain Flexibility, Tuesdays thru November
18, 11:00 - 12:00 \$5 drop in.**

Pleasant Street Spa

**Roberta Our Hairdresser—Mon., Nov 17 - 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 – Thursdays, November 6 & 20, 9:00 - 11:00
Choose 15 min./ \$5 or 30 min. /\$10.

**Chair Massage - Thursdays, November 6 & 20, 9:00 -
11:45, Receive a 15 minute chair massage for only \$8.**

Manicures - Thursdays, November 13, 9:30 - 1:00,
\$6.00 or \$7.00 French.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:00 Wal-Mart 9:15 Zumba 10:00 Blood Pressure 10:00 SHINE 11:00 Yoga 12:00 Lunch 1:00 Woburn Mall, Target, Kohi's 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p>Macaroni & cheese or Chicken salad sandwich</p>	<p>4</p> <p>ELECTION DAY VAN AVAILABLE</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 A Matter of Balance 11:00 Body & Brain Flexibility 12:00 Lunch & Learn - Nutrition 1:00 Bingo 1:00 Computers w/Ethan 6:00 Caregiver Support Group</p> <p>Baked fish or Egg salad sandwich</p>	<p>5</p> <p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Computers w/John 10:00 Billiards 12:00 Lunch 1:00 Quilting 1:30 Forever 49 - Tai Chi 1:30 Neighborhood Grocery Shopping</p> <p>Beef stew or Seafood salad sandwich</p>	<p>6</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:00 Facials 9:00 Chair Massage 12:00 Lunch & Learn - Scams 12:30 MAHJONGG 1:00 Computers w/Ethan 1:00 Movie Tortellini or Turkey / American cheese sandwich</p>	<p>7</p> <p>8:45 FTD Grocery Shopping 9:00 BEST 10:00 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Greek chicken or Roast beef and Swiss cheese sandwich</p>
<p>10</p> <p>9:00 Downtown Errands, Calareso, Library 9:15 Zumba 11:00 Yoga 12:00 Birthday Lunch 12:00 Podiatry 1:00 Cribbage 1:00 Redstone, Jordans, Home Depot 1:30 Forever 49 - Tai Chi 6:30 COA</p> <p>Turkey marsala or Seafood salad sandwich</p>	<p>11</p> <p>Town Hall and Pleasant Street Center Closed</p> <p>Open for 9:00 Veterans Day Breakfast</p>	<p>12</p> <p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Billiards 10:00 Computers w/John 10:00 Low Vision Group 12:00 Lunch 1:30 Parkinson Support 1:30 Neighborhood Grocery Shopping 1:30 Forever 49 - Tai Chi</p> <p>Sweet potato crusted fish or chicken salad</p>	<p>13</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:30 Manicure 12:00 Lunch 12:30 MAH JONGG 1:00 Wii Games 1:00 Computers w/Ethan</p> <p>Baked chicken or Vegetarian chef's salad</p>	<p>14</p> <p>8:45 FTD Grocery Shopping 9:00 BEST 10:00 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Spinach and red pepper quiche or Roast beef and provolone cheese sandwich</p>
<p>17</p> <p>9:00 Woburn Mall, Target, Kohi's 9:15 Zumba 9:30 Hairdresser 10:00 SHINE 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Walmart 1:00 Adults with Diabetes 1:30 Forever 49 - Tai Chi</p> <p>Chicken with creamy Italian sauce or Tuna salad sandwich</p>	<p>18</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 A Matter of Balance 11:00 Body & Brain Flexibility 12:00 Lunch & Learn-Memory Loss 1:00 Bingo 1:00 Computers w/Ethan</p> <p>Salmon or Turkey sandwich</p>	<p>19</p> <p>8:45 Neighborhood Grocery Shopping 9:15 Zumba 9:30 Klickity Klack 10:00 Computers w/John 10:00 Billiards 10:30 Pop-up Library 12:00 Lunch 1:00 Quilting 1:30 Neighborhood Grocery Shopping 1:30 Forever 49 - Tai Chi</p> <p>Hot dog or Egg salad sandwich</p>	<p>20</p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Motion to Music 9:00 Facials 9:00 Chair Massage 12:00 Thanksgiving Special Lunch 12:30 MAH JONGG 1:00 Wii Games 1:00 Computers w/Ethan 1:00 Book Club</p> <p>Roast Turkey, corn bread stuffing, potatoes...</p>	<p>21</p> <p>8:45 FTD Grocery Shopping 9:00 BEST 10:00 Painting 10:00 SHINE 10:15 Blood Pressure 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis</p> <p>Lentil stew or Chicken caesar salad</p>
<p>24</p> <p>9:00 Downtown Errands, Calareso, Library 9:15 Zumba 11:00 Yoga 12:00 Lunch 1:00 Redstone, Jordans, Home Depot 1:00 Cribbage 1:00 Wal-Mart 1:30 Forever 49 - Tai Chi</p> <p>Meatballs or California chicken salad sandwich</p>	<p>25</p> <p>8:30 Burbank YMCA 9:00 Motion to Music 9:30 Art Lessons 10:00 A Matter of Balance 12:00 Lunch 1:00 Bingo 1:00 Computers w/Ethan</p> <p>Cranberry chicken or Seafood salad sandwich</p>	<p>26</p> <p>8:45 CG Grocery Shopping 9:15 Zumba 10:00 Computers w/John 10:00 Billiards 12:00 Lunch 1:30 Neighborhood Grocery Shopping 1:30 Forever 49 - Tai Chi</p> <p>Salmon boat or Chef salad</p>	<p>27</p> <p>Town Hall and Pleasant Street Center Closed</p> <p>Thanksgiving</p>	<p>28</p> <p>8:45 FTD Grocery Shopping 10:00 Black Friday Breakfast</p> <p>Center will close at noon</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

Monday, November 3 ~ 1:00 – 2:30 & November 17 ~ 9:00 – 10:30

Wal-Mart for everyone

Monday, November 3 ~ 9:00 – 10:30 & November 17 ~ 1:00 – 2:30

Downtown Errands, Calareso's or Library for everyone

Monday, November 10 & November 24 ~ 9:00 – 10:15

Redstone, Home Depot or Jordan's for everyone

Monday, November 10 & November 24 ~ 1:00 – 2:30

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

Stop & Shop or Market Basket:

Neighborhood Grocery Shopping Wednesdays ~ 8:45 – 10:00 & 1:30 – 2:45 (No morning shopping on Nov 26)

Cedar Glen Grocery Shopping Thursdays ~ 8:45 – 10:00 a.m. (Wednesday, Nov. 26, 8:45)

Tannerville Grocery Shopping Fridays ~ 8:45 – 10:00 a.m.

The Pleasant Street Center is closed Thursday, November 11 (Veterans Day except for the breakfast) and November 27 (Thanksgiving Day).

There is van service on November 3 (1st Monday in November)

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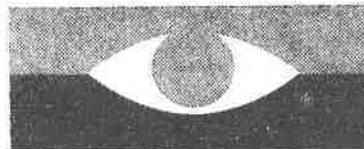


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MEDICARE OPEN ENROLLMENT

Medicare's Annual Open Enrollment Period through December 7. During Open Enrollment, you may change your Medicare drug coverage for next year. This is an opportunity to review your current coverage. Or, if you've been on Medicare for a while but have never joined a drug plan, open enrollment is your chance to do so. If you want to meet with a SHINE counselor, make your appointment now by calling (781) 942-6794 or Mystic Valley Elder Services at (781) 324-7705 or the Regional Office at 781-388-4845

Certified SHINE Counselors (Serving the Health Insurance Needs of Everyone...on Medicare) provide free and unbiased counseling services and will help you understand your Medicare-related health and drug plans, as well as other options you may have.

LIBRARY HAPPENINGS

Beginning in November, an all-new temporary Reading Public Library at 80 General Way, between Market Basket and the Reading Athletic Club. If you'd like to visit another library during our closed period, your library card works at ANY public library in Massachusetts and you can borrow freely from their collections. Check our website for details and updates www.readingpl.org

LiveWires Presents: *Holiday Help* Tue, Nov. 18, 7:00 at the Pleasant Street Center. Whether host or guest, we all need ideas on decorating, wine and cheese pairings, hostess gifts, and setting the perfect table. Join local business owners for an evening with flower arranging demos, appetizers, chocolates, free raffle and more. (Please note LiveWires programs will continue to take place at the Center during Library renovations)

Pop Up Library Wed, Nov. 19 10:30-12:00. Once a month, beginning Nov. 19, Reading Public Library will offer a full service "Pop Up Library" at the Pleasant Street Center. Library staff will be on hand to offer a variety of services. Hear about new books, get assistance from setting up an email address to downloading eBooks, checkout a variety of books, magazines, movies and music, and learn about new services.

HEALTH SCREENINGS

Podiatry Clinic, Mon. Nov. 10 – Call (781) 438-2525 to schedule an appointment. Cost \$30

Blood Pressure – Monday, Nov. 3 10:00 – 10:45 sponsored by **Hallmark Health**

Blood Pressure - Friday, Nov. 21, 10:15 - 10:45 sponsored by **Rite-Aid**

QUESTIONS/CONCERNS?

Board of Selectmen Office Hours:

Tuesday Nov. 18 - 6:30 - 7:00 - Town Hall Conference Room

Congressman John F. Tierney:

Issues affecting Seniors and Veterans.

Peabody: 978-531-1669,

Lynn: 781-595-7375,

www.Tierney.House.gov

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

THANK YOU!

Thanks to the Library for loaning us a magnifier. If you're having difficulty viewing documents this machine is available in the Computer Room to assist.

Bingo winners for September – Vera Zderadicka, Mary Sullivan, Fred Goodwin, Barbara Mullen, Carol Holland, Johanna Bisschop, Silvana Leone, Stella Zitzow and Barbara Cusolito

SENIOR GROUPS

Low Vision Group, – Wed., Nov 12, 10:00 Speaker - Gayle Yarnall, Perkins School Talking book library

Parkinson's Disease Support Group. Wed, Nov 12, 1:30 to 3:00 pm - led by Greater Medford VNA

The Not Too Stuffy Book Group: *The Aviator's Wife* by Melanie Benjamin Thu, Nov 20, 1:00-2:00 Despite her own major achievements--she becomes the first licensed female glider pilot in the United States-. You are invited for a friendly discussion; books are available to borrow at the Center.

HOLIDAY CHARACTER BREAKFAST

Reading Elder & Human Services and Reading Recreation have teamed up again! On November 30, come enjoy a delicious pancake breakfast while dining with some all-time favorite holiday characters

Fun for everyone... bring the kids... bring Grandma... All ages are welcome! **Seniors 60+ FREE** under 60 cost is \$3.00 per person.

Times: 8:00AM - 8:30AM
8:45AM - 9:15AM
9:30AM - 10:00AM

Registration is open now, so don't wait space is limited! Please register each person attending by calling (781) 942-6794 or online at www.readingrec.com.

We are also working on event during the afternoon. Check back for details or if you need a ride to the Tree Lighting.



GOT LEFTOVERS??

Easy Turkey Tetrazzini

- 3/8 (8 ounce) package cooked egg noodles
- 2 teaspoons butter
- 3/8 (6 ounce) can sliced mushrooms
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2/3 cup chopped cooked turkey
- 3/8 (10.75 ounce) can condensed cream of celery soup
- 1/3 cup sour cream
- 2 tablespoons and 2 teaspoons grated Parmesan cheese

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Preheat oven to 375 degrees F (190 degrees C). Melt butter in a large heavy skillet. Saute mushrooms for 1 minute. Season with salt and pepper, and stir in turkey, condensed soup, and sour cream. Place cooked noodles in a 9x13 inch baking dish. Pour sauce mixture evenly over the top. Sprinkle with Parmesan cheese.

READING ELDER SERVICES
16 LOWELL STREET
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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.