



Pleasanttries

Reading Senior Newsletter

Website — www.readingma.gov

Email — pleasantstreetcenter@ci.reading.ma.us



November 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

alzheimer's association

KNOW the
10 SIGNS
EARLY DETECTION MATTERS

Wednesday, November 18,

10:30 – 12:00

Pleasant Street Center

As we age, there can be changes to our memory. Yet, memory loss or behavior changes severe enough to disrupt daily life are not a typical part of aging. Join Robin Bromberg of the Alzheimer's Association for this engaging presentation.

Knowing the 10 Warning Signs can help determine if it's important to speak to your doctor and get a diagnosis for yourself or someone you care about



Veteran's Day Breakfast and Ceremony

Wednesday, November 11

9:00 am - 10:30 a.m ~ A FREE Pancake Breakfast - Veterans, families, friends and neighbors are all welcome to stop by for some refreshments.

11:00 am ~ Ceremony on the Common

We Thank You for Your Service!



BLACK FRIDAY BREAKFAST

NEW IN MEDICARE



Friday, November 27

9:30 – 10:30 am



Bulk up on a Continental Breakfast before hitting the shops! Or stop by for a relaxing bite to eat. The Center will be open in the morning serving a light breakfast.

Closing at Noon on Friday, Nov. 27

Tuesday, November 10

10:15 AM

Find Out What's New in Medicare for 2016

A SHINE Representative will update us on changes in Medicare for the coming year.

Medicare's Annual Open Enrollment Period is October 15 through December 7. Now is the time to...

- Change your drug coverage for next year.
- Review your current coverage.
- Join a drug plan.

IMPORTANT SYMBOLS

Registration Required

Free Transportation

781-942-6794

Reservations start Monday, October 26, Please call by noon at least two days before the event.



FUN FOR ALL

Movie Day: Still Alice – Thurs., Nov. 5, 1:15.



When 50-year-old linguistics professor Alice Howland begins having trouble remembering words, her symptoms ultimately lead to a diagnosis of early-onset Alzheimer's -- which forces Alice and her family to make radical changes in their lives.

Holiday Pie Social: Tues., Nov. 10, 2:15 –Come and enjoy a piece of apple or pumpkin pie with whipped cream, sponsored by Wingate



Fall Prevention: Thurs., Nov. 12, 1:00 – 2:45

Worried about falling? If so, join us for an interactive presentation on fall prevention, the correct way to get up from a fall, and how Tai Chi can help improve balance and reduce your fall risk. Sponsored by Mary Demakes, RN of Private Home Health Care and Kuan Chung Chen of Tai Chi Acupuncture & Wellness Center. The combined skills of these professionals' results in an exceptional learning experience focused on fall prevention, balance and wellness.

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)

PLEASANT STREET SPA

Roberta Our Hairdresser— out until further notice

Reiki Treatments: Thursday, Nov. 19 (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, complements any form of medical treatment.

For manicures & chair massage please call the Pleasant Street Center (No Van Service)

Chair Massage - Thursday, Nov. 5 & 19 - 9:30 – 11:30 receive a 15 minute chair massage for only \$8.

Manicures - Thursday Nov. 12 - 9:30 - 1:00, \$6.00 or \$7.00 for French

GET YOUR GAME ON!

Games on the Big Screen, Thurs., Nov. 19. 1:30 Wii Games – “Deal or No Deal”, “Who wants to be a Millionaire”, group picks!

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).



SPECIAL LUNCHES



Birthday Lunch: Mon. Nov. 9 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

Thanksgiving Lunch: Thurs., Nov. 19, Noon. with Entertainer **Brian Saulnier**, The Musical Medic – singer/guitarist 12:30 – 1:15



Lunch & Learn: Nutrition, Mon., Nov. 30, Noon. Cook and Chat Let's have some fun! Join Candace Quigley, Registered Dietitian, for a cooking demo. Candace will focus on uncommon whole grains.

Lunch & Learn: Diabetes & Kidney Care, Mon., Nov. 23, Noon - Donna Buckley Registered Nurse and Diana LaVancher Social Worker will be doing a short presentation on Diabetes and your Kidneys. It will be followed by question and answer time and Kidney Bingo with prizes.

SCUTTLEBUTT



Thursday, Nov. 5, 10:00 - Howard Carter, a member of the Tuskegee Airmen will be our guest speaker. To register contact Kevin Bohmiller by Tues., Nov. 3. If you are staying for lunch choice of a hot or cold meal. 781-942-6652 or email at kbohmiller@ci.reading.ma.us. Transportation available.

FITNESS FOR ALL

**Mondays:**

- **Yoga**—Mondays 11:00 - 12:00 - 3 weeks for \$30 or \$11 drop in
- **Zumba Gold:** Kelli - 9:00 - 10:00 Zumba is fun... So grab some friends and come take a class! Drop-ins welcome. - \$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** - 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 - Nov. 3 - Dec. 22 10:30 - 11:30. Learn skills to enhance memory and coordination and have fun! Classes are gentle and effective, designed for people of all abilities and especially for those new to yoga. 8 weeks @ \$35 or \$5 drop-in

Wednesdays:

- **Zumba Gold:** Veronica - 9:30 - 10:30 Drop-in \$5
- **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, Nov. 18, 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:

Mon., Nov. 2 - 11:30- 12:15 Hallmark Health
 Tues., Nov. 10 - 11:30 - 12:00 Reading Health Nurse,
 Donna Pierce
 Tues., Nov. 17 - 10:15- 10:45 sponsored by Rite-Aid
 Blood Pressure and Flu Shots

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.
 Wednesdays with John Walsh 10:00 - 11:00

Painting Group, Fridays, 9:30 - 11:30 No instructor

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46 Haven St. Reading, MA

www.snapfitness.com/reading



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Downtown/ Groceries/Library</p> <p>9:00 Zumba</p> <p>11:00 Yoga</p> <p>11:30 Blood Pressure</p> <p>12:00 Lunch</p> <p>1:00 Walmart/Home</p> <p>Goods</p> <p>1:00 Cribbage</p> <p>1:30 Forever 49 Tai Chi</p> <p>Beef Stew or Mediterranean Tortellini Salad</p>	<p>3</p> <p>8:30 Burbank YMCA</p> <p>9:00 Motion to Music</p> <p>9:30 Fuel Assistance</p> <p>9:30 Art Lessons</p> <p>10:00 Matter of Balance</p> <p>10:30 Body/Brain Flexibility</p> <p>12:00 Lunch</p> <p>1:00 Bingo</p> <p>Tortellini with Pesto Sauce or Tuna salad</p>	<p>4</p> <p>8:45 Neighborhood Grocery Shopping</p> <p>9:30 Klickity Klack</p> <p>9:30 Zumba</p> <p>10:00 Low Vision</p> <p>10:00 Computers w/John</p> <p>10:00 Billiards</p> <p>10:30 Writing Group</p> <p>12:00 Lunch</p> <p>1:00 SHINE</p> <p>1:00 Downtown/Groceries/Library</p> <p>1:30 Forever 49 - Tai Chi</p> <p>Chicken Marsala or Egg Salad</p>	<p>5</p> <p>8:30 Burbank YMCA</p> <p>8:45 CG Grocery</p> <p>9:00 Shopping</p> <p>9:00 Motion to Music/Chair Massage</p> <p>9:30 Matter of Balance</p> <p>10:00 Scuttlebutt</p> <p>12:00 Lunch</p> <p>12:30 MAH JONGG</p> <p>1:15 Movie</p> <p>Salsa Baked Fish or Roast Beef</p>	<p>6</p> <p>8:45 FTD Grocery</p> <p>Shopping</p> <p>9:00 BEST</p> <p>9:30 Painting</p> <p>10:00 SHINE</p> <p>12:00 Lunch</p> <p>12:45 Party Bridge</p> <p>1:00 AA</p> <p>1:00 Chess</p> <p>1:00 Chess</p> <p>Omelet or Garden Salad w/Chicken</p>
<p>9</p> <p>9:00 Downtown/ Groceries/Library</p> <p>9:00 Zumba</p> <p>11:00 Yoga</p> <p>12:00 Birthday Lunch</p> <p>1:00 Woburn Mall, Target, Kohi's</p> <p>1:00 Cribbage</p> <p>1:30 Forever 49 - Tai Chi</p> <p>Salmon or Roast Beef & Swiss Cheese</p>	<p>10</p> <p>8:30 Burbank YMCA</p> <p>9:00 Motion to Music</p> <p>9:30 Art Lessons</p> <p>10:15 New In Medicare</p> <p>10:30 Body/Brain Flexibility</p> <p>11:30 Blood Pressure</p> <p>1:00 Bingo ends early</p> <p>2:15 Pie Social</p> <p>Lasagna or Ham & Swiss Cheese</p>	<p>11</p> <p>Veterans Day Town Hall & Pleasant Street Center Closed</p>	<p>12</p> <p>8:30 Burbank YMCA</p> <p>8:45 CG Grocery</p> <p>9:00 Shopping</p> <p>9:00 Motion to Music</p> <p>9:30 Manicure</p> <p>10:00 Matter of Balance</p> <p>12:00 Lunch</p> <p>12:30 MAH JONGG</p> <p>1:00 Fall Prevention</p> <p>Greek Chicken or Egg Salad</p>	<p>13</p> <p>8:45 FTD Grocery</p> <p>Shopping</p> <p>9:00 BEST</p> <p>9:30 Painting</p> <p>10:00 SHINE</p> <p>12:00 Lunch</p> <p>12:45 Party Bridge</p> <p>1:00 AA</p> <p>1:00 Chess</p> <p>1:15 Chess</p> <p>1:15 Representative Jones</p> <p>Meatloaf w/Gravy or Tuna Salad</p>
<p>16</p> <p>9:00 Downtown/ Groceries/Library</p> <p>9:00 Zumba</p> <p>11:00 Yoga</p> <p>1:00 Walmart/Home</p> <p>Goods</p> <p>1:00 Cribbage</p> <p>1:30 Forever 49 - Tai Chi</p> <p>Honey Mustard Chicken or Roast Beef & Cheese</p>	<p>17</p> <p>8:30 Burbank YMCA</p> <p>9:00 Motion to Music</p> <p>9:30 Art Lessons</p> <p>10:15 Blood Pressure</p> <p>10:30 Body/Brain Flexibility</p> <p>12:00 Lunch</p> <p>1:00 Bingo</p> <p>Florentine Fish or Tur- key Deluxe Sandwich</p>	<p>18</p> <p>8:45 Neighborhood Grocery Shopping</p> <p>9:30 Klickity Klack</p> <p>9:30 Zumba</p> <p>10:00 Computers w/John</p> <p>10:00 Billiards</p> <p>10:30 Alzheimer's Early Detection</p> <p>11:00 Book Club</p> <p>12:00 Lunch</p> <p>1:00 Downtown/Groceries/Library</p> <p>1:00 SHINE</p> <p>1:30 Podiatrist</p> <p>1:30 Forever 49 - Tai Chi</p> <p>Stuffed Pepper or Curry Chicken Salad</p>	<p>19</p> <p>8:30 Burbank YMCA</p> <p>8:45 CG Grocery</p> <p>9:00 Shopping</p> <p>9:00 Motion to Music</p> <p>9:30 Chair Massage</p> <p>9:00 Reiki</p> <p>10:00 Matter of Balance</p> <p>12:00 Special Lunch</p> <p>12:30 MAH JONGG</p> <p>1:15 Games on the Big Screen</p> <p>Thanksgiving Special Lunch</p>	<p>20</p> <p>8:45 FTD Grocery</p> <p>Shopping</p> <p>9:00 BEST</p> <p>9:30 Painting</p> <p>12:00 Lunch</p> <p>12:45 Party Bridge</p> <p>1:00 AA</p> <p>1:00 Chess</p> <p>2:30 Senator Lewis</p> <p>Hot Dog or Seafood Salad</p>
<p>23</p> <p>9:00 Downtown/ Groceries/Library</p> <p>9:00 Zumba</p> <p>11:00 Yoga</p> <p>12:00 Lunch & Learn</p> <p>Kidney Care</p> <p>1:00 Woburn Mall, Target, Kohi's</p> <p>1:00 Cribbage</p> <p>1:30 Forever 49 - Tai Chi</p> <p>Lentil Stew or Egg Salad</p>	<p>24</p> <p>8:30 Burbank YMCA</p> <p>9:00 Motion to Music</p> <p>9:30 Art Lessons</p> <p>10:30 Body/Brain Flexibility</p> <p>12:00 Lunch</p> <p>1:00 Bingo</p> <p>Sweet Potato Fish or Roast Beef/Swiss Cheese</p>	<p>25</p> <p>8:45 Neighborhood Grocery Shopping</p> <p>9:30 Zumba</p> <p>10:00 Computers w/John</p> <p>10:00 Billiards</p> <p>12:00 Lunch</p> <p>1:00 SHINE</p> <p>1:00 Downtown/Groceries/Library</p> <p>1:30 Forever 49 - Tai Chi</p> <p>Chicken w/Sauce or Chef's Salad</p>	<p>26</p> <p>Town Hall and Pleasant Street Center Closed</p> <p>Thanksgiving Day</p>	<p>27</p> <p>8:45 FTD Shopping</p> <p>9:30 Black Friday Breakfast</p> <p>No lunch</p>
<p>30</p> <p>9:00 Downtown/ Groceries/Library</p> <p>9:00 Zumba</p> <p>11:00 Yoga</p> <p>12:00 Lunch & Learn</p> <p>Nutrition</p> <p>1:00 Walmart/Home</p> <p>Goods</p> <p>1:00 Cribbage</p> <p>1:30 Forever 49 - Tai Chi</p> <p>Stuffed Shells or Roast Beef/Swiss Cheese</p>	<p>ABBREVIATIONS</p> <p>CG = Cedar Glen</p> <p>FTD = Frank Tanner Drive</p> <p>Everything in Bold Transportation is available</p> <p>IMPORTANT VAN INFORMATION</p> <p>PLEASE READ</p> <p>These are destination arrival times.</p> <p>Please be ready 30 minutes - 1 hour</p>	<p>LUNCH - RESERVE THE DAY BEFORE BY NOON</p>	<p>TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch. Suggested donation \$2.00.</p>	



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 for everyone

- Monday, Nov., 2 1:00 - 2:30 p.m.
- Monday, Nov., 16 1:00 - 2:30 p.m.
- Monday, Nov., 30 1:00 - 2:30 p.m.

Woburn Mall, Target or Kohl's for everyone

- Monday, Nov., 9 1:00 - 2:30 p.m.
- Monday, Nov., 23 1:00 - 2:30 p.m.

Downtown Errands, Grocery Shopping or Library for everyone

- Mondays, 9:00 - 10:15
- Wednesdays, 1:00 - 2:15

Burbank YMCA for everyone

- Tuesdays and Thursdays, 8:30 - 10:30

Podiatrist at The Pleasant St. Center – November 18
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

NO Shopping on Wednesday, Nov. 11 (Veterans Day)

NO Van Service Thursday, Nov. 26 (Thanksgiving)

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: Low Vision Group, Weds., Nov., 4, 10:00 am Guest Speaker - Andrea Schein Mass. Commission for the blind

Writer's Group Starting Up: Weds., Nov. 4th 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 will meet the first Wednesday of each month at 10:00



Parkinson's Support Group: Returning Weds., Dec. 9, - 1:30 to 3 Led by Greater Medford VNA - Meets every 2nd Wed.

Not Too Stuff Book Group: *The Light Between Oceans* by M.L. Stedman Weds., Nov., 18, 11:00 to 12:00 Pleasant St Center. A novel set on a remote Australian island, where a childless couple live quietly running a lighthouse, until a boat carrying a baby washes ashore. Copies are available at the Center or the Library

LIBRARY HAPPENINGS

LiveWires Presents: Winter Bird Feeding with Dave Williams Tues., Nov 17, 7-8:30 Pleasant Street Center. Record New England snow and frigid temperatures made life hard for birds (and the rest of us) last winter. Reading's favorite birder provides tips on how to support backyard birds as we prepare for winter.

Pinterest Pointers: Holiday Edition, Weds., Nov 18, 7-8:30 p.m. Memorial High School Library. Get ready for holidays! Let Pinterest make your holiday planning easy this year. This introductory, hands-on class will give you all the pointers necessary to create your own account, collect and share holiday-related images. We will set-up boards for such areas as holiday recipes, gift-giving ideas and decorating for the holidays. Registration is required; call the library at 781-942-6703.

SHINE—MEDICARE OPEN ENROLLMENT

QUESTIONS/CONCERNS?

Medicare Open Enrollment, is until December 7

You will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs.

**S.H.I.N.E. Counseling – (Serving Health Insurance Needs of Elders)**

Meeting in the Computer Room - Plan for 2016: *it is important to review, understand and save this information!*

- Wednesday, November 4, 18, and 25, from 1:00 – 3:00,
- Friday, November 6 and 13, 10:00 - 3:00.

Call for an appointment 781-942-6794.

FUEL ASSISTANCE

Need help with paying for fuel? The Greater Lawrence Action Council will be in Reading 1 x per month through May taking applications.

Appointments required! Call 781-942-6608

Nov. 3, 9:30 am - 12:00 - every 15 minutes

Town Hall Conference Room, lower level.

Elder/Human Services

Kerry Valle - (781) 942-6659

Council on Aging: Mon., Nov. 9
6:30 Pleasant Street Center

Board of Selectmen Office Hours:
Tues., Nov. 3 - 6:30 - 7:00 - Town Hall

Representative Brad Jones Office Hours: Fri., Nov., 13 1:15—2:15

Senator Jason Lewis: Fri, Nov. 20
2:30—3:30

Congressman Seth Moulton

17 Peabody Square

Peabody, MA 01960

Phone: (978) 531-1669

Fax: (978) 531-1996

HONOR FLIGHT NEW ENGLAND

Honor Flight New England is a non-profit organization created solely to honor America's veterans for all of their sacrifices. Through generous donations we transport our WWII heroes to Washington, D.C., to visit and reflect at their memorials AT NO COST TO THE VETERAN. Top priority is given to the senior veterans – World War II survivors, along with those other veterans who may be terminally ill.

The time to sign up is now. Applications are being accepted for the Spring 2016 trips.

For more information you can check out their website at: <http://honorflightnewengland.org/>.

Please contact Reading Veterans' Services Officer, Kevin Bohmiller at 781-942-6652 for more information or assistance in completing an application.



READING ROAD TRIPS

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

Tues., Nov. 17 – Lunch at The Ship Restaurant, shopping at the Christmas Tree Shop/Yankee Candle Shop, Lynnfield. 11:00 – 2:00 pm.

Weds., Dec. 2— Enchanted Village at Jordan's Furniture in Avon, Lunch at the Olive Garden. 9:30 – 3:00 pm.

Weds., Dec. 9 – Enchanted Village at Jordan's Furniture in Avon, Lunch at the Olive Garden. 9:30 – 3:00 pm.

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.

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. 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.