Reading Elder Services

Pleasantries

Reading Senior Newsletter

www.readingma.gov/elder

August 2013

August Van Schedule

Woburn Mall, Target or Kohl's
Mon., Aug. 12 - 1:00 – 2:30 p.m.
Mon., Aug. 26 - 9:00 - 10:30 a.m.
Wal-Mart
Mon., Aug. 12 - 9:00 - 10:30 a.m.
Mon., Aug. 26 - 1:00 - 2:30 p.m.
Downtown Errands or Library
Mon., Aug. 19 - 9:00 - 10:15 a.m.
Redstone Shopping Center
Mon., Aug. 19 - 1:00 – 2:30 p.m.
Burbank YMCA
Tues./ Thurs. -8:15 - 10:45 a.m.

Grocery Shopping
(Market Basket or Stop n Shop):
Neighborhoods: Wednesdays – 8:45 - 10:00 a.m. & 1:45 - 3:00 p.m.
Cedar Glen: Thursdays - 8:45 - 10:00 a.m.
Tannerville: Fridays - 8:45 - 10:00 a.m.

Ongoing Events

August 5 &12 – 1:15 pm Movie Days on the 'Big Screen': *Jesse Stone: Stone Cold and Jesse Stone: Night Passage*, based on the writings of Robert B. Parker. Cast: Tom Selleck, Stephanie March

August 19th – Noon, Birthday Lunch

Spa/Fitness/Classes

Facials Thurs., August 1st and the 15th
Manicures Thurs., August 8th and 22

No Yoga in August.
Please follow the July schedule for all other classes.

SPECIAL EVENTS

There is no van service on August 5 (1st Monday in August)
Reservations start July 29

Thursday, August 1st – Noon, "Lunch n' Learn" The Reading Response Program may provide needed health services or complement existing service on a no cost basis or reduced fee. Free and low cost transportation to medical appointments will also be discussed. This program is funded by Reading's Hospital trust Fund.

Tuesday, August 6th -10:15, "Your Mouth is Part of Your Body Too" The older adult faces many dental challenges. This program will discuss the importance of having good oral health by addressing oral diseases such as cavities, periodontal disease, and dry mouth. Participants will learn that it's essential to maintain oral health for overall good health.

Thursday, August 8 - 1:00-3:00, MBTA CharlieCard: If you are 65 +, you qualify for a MBTA Senior CharlieCard! This entitles you to reduced fare throughout much of the MBTA. Bring a photo ID with proof of age. Your new card with take roughly 6-8 weeks to produce and can be mailed to you directly. Reading Seniors only.

Wednesday, August 14th – Summer Special Lunch with entertainer Jim Moses singing our favorite summer tunes. Entertainment 12:30 – 1:30

Thursday, August 15th – Noon, "Lunch n' Learn" w/ Town Manager, Bob LeLacheur: Welcome Bob to his new role and learn about his vision for Reading.

Thursday, August 22nd– Noon, Mystic Valley Elder Services Summer Cookout with entertainer Cindy Bugden - Country Western Theme so – "Cowboy Up" wear you best cowboy outfit and hat.

Health Screenings/Groups

Blood Pressure Check

Thurs., Aug. 15	Peter Sanborn Place	10:30am – 11:30am
Thurs., Aug. 22	Pleasant Street Center	11:00am – 12:00pm

Low Vision Group: Carleen Hackett and Kathy Fitzgerald from the Mass Commission for Blind Wednesday, August 14th at 10:00 am
Podiatrist: Mon., Aug 12, 12:00 – 6:00 pm. Call 781.438.2525 to schedule an appointment. Cost $30/ Pleasant Street Center visit & $50/home visit.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **8:15 Burbank YMCA** 8:30 Facials **8:45 CG Shopping** 9:00 Motion to Music **12:00 Lunch n' Learn** 12:30 Drop in Game Day **1:00 Bingo** Stuffed Pepper or Chicken Salad	2 **8:45 FTD Shopping** **9:00 BEST** 10:00 Painting **12:00 Lunch** 1:00 AA 1:00 Chess 1:15 Party Bridge Potato Crunch Fish or Cottage Cheese Fruit Plate
5 **No van service today** 9:15 Zumba 12:00 Lunch 1:00 Cribbage 1:15 Movie Beef Stroganoff or Egg Salad sandwich	6 **8:15 Burbank YMCA** 9:00 Motion to Music **9:30 Art Lessons** **10:15 Oral Health** **12:00 Lunch** **1:00 Bingo** Chicken Italian Sauce or Turkey with Provolone sandwich	7 **8:45 Neighborhood Shopping** **9:30 Klickity Klack** 10:00 Billiards **12:00 Lunch** **1:45 Neighborhood Shopping** Lentil Stew or Roast Beef with American Cheese sandwich	8 **8:15 Burbank YMCA** **8:45 CG Shopping** 9:00 Motion to Music 9:30 Manicures **12:00 Lunch** 12:30 Drop in Game Day **1:00 Bingo/Charlie Cards** Salmon Boat or Tortellini Salad	9 **8:45 FTD Shopping** **9:00 BEST** 10:00 Painting **12:00 Lunch** 1:00 AA 1:00 Chess 1:15 Party Bridge Meatball Sub or Seafood Salad
12 **9:00 WalMart** 9:15 Zumba 12:00 Podiatry **12:00 Lunch** 1:00 Cribbage **1:00 Woburn mall/Target/Kohls** 1:15 Movie Hot dog or Roast Beef with Swiss cheese sandwich	13 **8:15 Burbank YMCA** 9:00 Motion to Music **9:30 Art Lessons** **12:00 Lunch** **1:00 Bingo** Honey Mustard Chicken or Egg Salad sandwich	14 **8:45 Neighborhood Shopping** **9:30 Klickity Klack** 10:00 Billiards **10:00 Low Vision** **12:00 Summer Special Lunch** **1:45 Neighborhood Shopping** 1:30 Parkinson Support Crab cake or Grilled Chicken Salad	15 **8:15 Burbank YMCA** 8:30 Facials **8:45 CG Shopping** 9:00 Motion to Music **12:00 Lunch n' Learn** 12:30 Drop in Game Day **1:00 Bingo** Stuffed Shells or Seafood Salad	16 **8:45 FTD Shopping** **9:00 BEST** 10:00 Painting and S.H.I.N.E. **11:00 Senator Clark** **12:00 Lunch** 1:00 AA 1:00 Chess 1:15 Party Bridge Pot Roast or Turkey w/Swiss sandwich
19 **9:00 Downtown errands/Library** 9:15 Zumba **12:00 Birthday Lunch** 1:00 Cribbage **1:00 Redstone Shopping Center** Meatloaf or Tuna salad sandwich	20 **8:15 Burbank YMCA** 9:00 Motion to Music **9:30 Art Lessons** **12:00 Lunch** **1:00 Bingo** Macaroni & Cheese or Seafood salad sandwich	21 **8:45 Neighborhood Shopping** **9:30 Klickity Klack** 10:00 Billiards **12:00 Lunch** **1:45 Neighborhood Shopping** Chicken parmesan or Turkey with Swiss sandwich	22 **8:15 Burbank YMCA** **8:45 CG Shopping** 9:00 Motion to Music 9:30 Manicures **11:00 Blood Pressure** **12:00 MVES BBQ Lunch** 12:30 Drop in Game Day **1:30 Bingo** Hot dogs and Hamburgers	23 **8:45 FTD Shopping** **9:00 BEST** 10:00 Painting **12:00 Lunch** 1:00 AA 1:00 Chess 1:15 Party Bridge Roast Turkey or Cottage Cheese Fruit Plate
26 **9:00 Woburn mall/Target/Kohls** 9:15 Zumba **12:00 Lunch** 1:00 Cribbage **1:00 Walmart** Fish sticks or Ham with American Cheese sandwich	27 **8:15 Burbank YMCA** 9:00 Motion to Music **9:30 Art Lessons** **12:00 Lunch** **1:00 Bingo** American Chop Suey or Seafood Salad sandwich	28 **8:45 Neighborhood Shopping** **9:30 Klickity Klack** 10:00 Billiards **12:00 Lunch** **1:45 Neighborhood Shopping** Rib B Q or Egg Salad sandwich	29 **8:15 Burbank YMCA** **8:45 CG Shopping** 9:00 Motion to Music **12:00 Lunch** 12:30 Drop in Game Day **1:00 Bingo** Roast Pork or Chicken Salad sandwich	30 **8:45 FTD Shopping** **9:00 BEST** 10:00 Painting **12:00 Lunch** 1:00 AA 1:00 Chess 1:15 Party Bridge Lemon Dijon Chicken or Roast Beef sandwich