



Pleasantries

Reading Senior Newsletter

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JANUARY 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

Nurse Advocate

Dianne Luther, RN
781-608-5271

Pleasant Street Center

Coordinator
Sharon Thomas
781-942-6796

Social Services

Kerry Valle/Melissa Koster
781-942-6659

Van Driver

Joe Beninati

Council on Aging

Steve Oston, Chairman
Thomas Procopio, Vice Chairman
Erica Deane
Dolly DeRosa
Christine Hansen
Margaret Hevey
Sally Hoyt
Carol Oniskey
Kevin Walsh

* Snow, snow, snow...with a bit of snow under our belts it is time to remind folks *
* that the Pleasant Street Center will remain open during snowy weather unless it is *
* a large storm and the Town Hall and Library close. Instructors may choose not to *
* hold class but we will be open and serving lunch. Before venturing out please call *
* the Center at (781) 942-6794 and listen to the recorded message. This message is *
* updated by 8:30 am the day of the storm. Always use your best judgment in de- *
* ciding whether or not it is safe for you to visit. *
* *
* Kerry Valle had her baby on November 29. Ryder Valle weighed in at 5lbs 13 oz. *
* Both baby and mom are doing fine. Congratulations to the Valle Family! *
* *

SPECIAL EVENTS

See page 2 for a full description of the Special Events

- Winter Special Lunch - Wednesday, January 8 @ Noon
- Games in the Hoyt Great Room - Thursday, January 9 @ 1:00 pm
- Birthday Lunch - Monday, January 13 @ Noon
- Movie Day, Thursday, January 16, Rosa Parks Story @ 1:15 pm
- Lunch n' Learn: The Reading Public Library, Tuesday, January 21, @ Noon
- Crafty Thursday - January 23 @ 1:00 pm
- Sundaes on Monday, January 27 @ Noon
- A Chinese House Presentation by the Peabody Essex Museum,
Tuesday, January 28 @ 10:15 am
- Chinese Lunch - Tuesday, January 28 @ Noon
- Lunch/Super Bowl Trivia, Thursday, January 30 @ Noon

IMPORTANT SYMBOLS



Registration Required
781-942-6794



Free Transportation
781-942-6794

Reservations start December 27 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.

Winter Special Lunch Wednesday, January 8, 12:00. Suggested donation for lunch is \$2.00 . Entertainer: Singer/pianist Tommy Smith.

Birthday Lunch, Monday, January 13, 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.

Movie Day, Thursday January 16, 1:15 **The Rosa Parks Story** Angela Bassett stars in the story that sparked the birth of the modern civil rights movement in the late 1950s. Parks took the only available seat in the first row of the "colored" section on a city bus. But when a white woman boarded and the driver demanded that the black riders in her row move, everyone complied except Parks. This singular event threw Parks and her family into the Ku Klux Klan's ring of hatred -- and into the NAACP's limelight.

S.H.I.N.E. Counseling – (Serving Health Insurance Needs of Elders) Computer Room - Friday, January, 17. 10:00 - 3:00 By appointment (781) 942-6794.

Fuel Assistance Tuesday, January 21. 9:00 - 12:00, Help with applying for Fuel Assistance located at the Town Hall, 16 Lowell Street, Lower Level. This assistance will continue the third Tuesday of each month until May 2014. Fifteen minute appointments may be made by calling (781) 942-6608. Sorry no drop-ins.

Lunch n' Learn: The Reading Public Library, Tuesday January 21, Lunch at noon, Learn at 12:30 pm. Come see what your library has to offer. Find out about *free* museum passes, concerts, workshops, home delivery, technology training and so much more.

Sundaes on Monday: Monday, January 27, Think summer and join us for lunch, then make your own mouthwatering hot fudge sundae w/whipped cream, nuts and a cherry on top.

Yin Yu Tang: A Chinese House. Program from Peabody Essex Museum Tuesday, January 28—10:15
For 200 years, the house known as Yin Yu Tang stood in a rural village of a mountainous region in southeastern China. In 2002, YYT, the ancestral home of the Huang family, was dismantled and re-erected on the grounds of the Peabody Essex Museum. The house is open to visitors so that people may learn about 8 generations of the prosperous Huang family and explore the architecture and culture of China. The **presentation** tells about the family that lived in the house, why it was put up for sale, how the museum acquired it (through a slide presentation) and then a 17 minute DVD of just how it was dismantled and moved to Salem.

Chinese Lunch, Tuesday, January 28, 12:00. Celebrate Chinese New Year with a special lunch from Harbor Pacific. Choice of Sliced Pork with Satay Sauce or Sesame Chicken, Meatless fried rice, String beans with garlic and ginger, Pineapple and Fortune cookies. Suggested donation of \$2.00. Reservations required (781) 942-6794.

Lunch and Super Bowl Trivia, Thursday, January 30. 12:00. Go Pats (or whoever)! We'll celebrate the Super Bowl no matter what happens. Join us for lunch & trivia. Sharpen your knowledge and win some prizes.

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—Monday, January 6 — 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, January 2 & 16 - 8:30 -11:00 Choose 15 min./ \$5 or 30 min. /\$10.

Manicures - January 9 & 23- 9:30 - 1:00 - \$6.00 or \$7.00 French.

Chair Massage - Thursday, January 2 & 16— 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)

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/John Walsh** 9:00 - 11:00

Computer Classes - Wednesdays with Sophia - 2:30
- Thursdays with Ethan- 1:00

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, 12:45 - 3:15 \$1.00 to play - Maximum 32, (No Van)

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

Mix-it up Thursdays 

January 9 1:00 - 3:00 **Games**, Scrabble, Rummikub...

Come play a game with your friends. Refreshments provided.

January 23 1:00 **Craft Day** Learn how to make a crocheted or knitted ruffled scarf quick and easy. 10 maximum \$4.00 For materials.

Quilting Wednesday, January 8 & 22 - 1:00 Jane has a great technique for explaining how to change a block size and lots of great tips Come visit and see if you'd like the lesson. Class size is limited. Call Edwina 781-944-6398 for more information. Start of new session.

FITNESS

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

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

Yoga - Mondays - 11:00 - 12:00, 3 weeks for \$30 or \$11 for drop-in. Yoga will increase your strength, flexibility and balance. It energizes the body and calms the mind.

Zumba Gold with Kelli - Mondays & Wednesdays 9:15 - 10:15 - \$5 session. Zumba is fun... So grab some friends and come take a class! Drop-in

Tai Chi - "FOREVER 49" Fit for Life Fitness Program - Tai Chi, Chi Gong, weight lifting, and more. **Mondays & Wednesdays** 1:30 - 2:30 \$5/Session Drop-in

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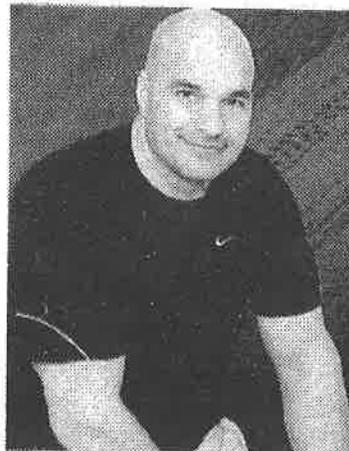
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>These are destination arrival times. Please be ready 30 minutes – 1 hour prior to the time listed. Thank you</p> <p>SUGGESTED DONATION FOR LUNCH IS \$2.00 - IF YOU ARE UNDER 60 YEARS OLD, THE CHARGE LUNCH IS \$3.50</p>	<p>ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive</p> <p>EVERYTHING IN BOLD TRANSPORTATION IS AVAILABLE</p>	<p>Pleasant Street Center and Town Hall Closed New Year's Day</p>		
<p>9:00 Wal-Mart 6 9:15 Zumba / 9:30 Hairdresser 11:00 Yoga 12:00 Lunch 1:00 Target or Kohl's or Woburn Mall 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p>Veggie Burger or Tuna Salad Sandwich</p>	<p>8:30 Burbank YMCA 7 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 1:00 Bingo</p> <p>Stuffed Shells or Roast Beef/Cheese Sandwich</p>	<p>8:45 Neighborhood Shopping 8 9:00 Computers with Dick 9:15 Zumba 9:30 Klickity Klack 10:00 Computers with John 10:00 Billiards 12:00 Winter Special Lunch / 1:00 Quilting 1:30 Parkinson Support/ 1:30 Forever 49-Tai Chi 1:30 Neighborhood Shopping/ 2:30 Computers with Sophia Ham w/apple Glaze or Turkey Chef Salad</p>	<p>8:30 Burbank YMCA 9 8:45 CG Shopping 9:00 Motion to Music 9:30 Manicures 12:00 Lunch 12:30 MAH JONGG 1:00 Computers with Ethan 1:00 Mix It up Thursdays - Games</p> <p>Chicken A L'Orange or Seafood Salad Sand-</p>	<p>8:45 FTD Shopping 10 9:00 BEST 10:00 Painting 10:15 Blood Pressure 12:00 Lunch 1:00 Chess/AA 12:45 Party Bridge</p> <p>Breaded Fish Sandwich or Oriental Chicken Salad</p>
<p>9:00 Downtown Errands, Calareso/Librar 13 9:15 Zumba 11:00 Yoga 12:00 Birthday Lunch 12:00 Podiatry 1:00 Redstone 1:00 Cribbage 1:30 Forever 49 - Tai Chi / 6:30 COA</p> <p>Broccoli Mushroom Quiche or BBQ Chicken Sandwich</p>	<p>8:30 Burbank YMCA 14 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 1:00 Bingo</p> <p>Baked Chicken or Egg Salad Sandwich</p>	<p>8:45 Neighborhood Shopping 15 9:00 Computers with Dick 9:15 Zumba 9:30 Klickity Klack 10:00 Computers with John 10:00 Billiards 12:00 Lunch 1:30 Forever 49 - Tai Chi 1:30 Neighborhood Shopping 2:30 Computers with Sophia Beef Stew or Ham Salad Sandwich</p>	<p>8:30 Burbank YMCA 16 8:30 Facials 8:45 CG Shopping 9:00 Chair Massage 9:00 Motion to Music 12:00 Lunch 12:30 MAH JONGG 1:00 Book Club 1:00 Computers with Ethan 1:15 Movie/Rosa Parks Story</p> <p>Sweet Potato Fish Sticks or Turkey chef Sala</p>	<p>8:45 FTD Shopping 17 9:00 BEST 10:00 Painting 10:00 SHINE 12:00 Lunch 1:00 AA 1:00 Chess 12:45 Party Bridge</p> <p>Cheese Lasanga or Seafood Salad Sandwich</p>
<p>Pleasant Street Center and Town Hall Closed</p> <p>Martin Luther King, Jr Day</p>	<p>8:30 Burbank YMCA 21 9:00 Motion to Music 9:30 Art Lessons 10:00 Fuel Assistance—Town Hall 12:00 Lunch/Learn 1:00 Bingo</p> <p>Salmon Boat or Turkey w/Cheese Sandwich</p>	<p>8:45 Neighborhood Shopping 22 9:00 Computers with Dick 9:15 Zumba 9:30 Klickity Klack 10:00 Computers with John 10:00 Billiards/ 12:00 Lunch 1:00 Quilting/1:30 Forever 49 - Tai Chi 1:30 Neighborhood Shopping 2:30 Computers with Sophia</p> <p>Meatball Sub or Chicken Salad Sandwich</p>	<p>8:30 Burbank YMCA 23 8:45 CG Shopping 9:00 Motion to Music 11:00 Blood Pressure 9:30 Manicures 12:00 Lunch 12:30 MAH JONGG 1:00 Computers with Ethan 1:00 Mix It up Thursdays Craft Day</p> <p>Honey Mustard Chicken or Tortellini Salad</p>	<p>8:45 FTD Shopping 24 9:00 BEST 10:00 Painting 12:00 Lunch 1:00 AA 1:00 Chess 12:45 Party Bridge</p> <p>Hot Dog or Tuna Salad Sandwich</p>
<p>9:00 Target or Kohl's or Woburn Mall 27 9:15 Zumba 11:00 Yoga 12:00 Lunch/Sundaes on Monday 1:00 Wal-Mart 1:00 Cribbage 1:30 Forever 49 - Tai Chi</p> <p>Roast Pork or Seafood Salad Sandwich</p>	<p>8:30 Burbank YMCA 28 9:00 Motion to Music 9:30 Art Lessons 10:15 Chinese Cultural Program 12:00 Chinese Lunch 1:00 Bingo</p> <p>Sliced Pork w/Satay Sauce or Sesame Chicken</p>	<p>8:45 Neighborhood Shopping 29 9:00 Computers with Dick 9:15 Zumba 9:30 Klickity Klack 10:00 Computers with John 10:00 Billiards 12:00 Lunch 1:30 Forever 49 - Tai Chi 1:30 Neighborhood Shopping 2:30 Computers with Sophia</p> <p>Greek Chicken or Turkey/Swiss Cheese Sandwich</p>	<p>8:30 Burbank YMCA 30 8:45 CG Shopping 9:00 Motion to Music 12:00 Lunch/Super Bowl Trivia 12:30 MAH JONGG 1:00 computers with Ethan</p> <p>Lentil Stew or Chicken Salad</p>	<p>8:45 FTD Shopping 31 9:00 BEST 10:00 Painting 12:00 Lunch 1:00 Chess 1:15 Party Bridge</p> <p>Seafood Alfredo Casserole or Roast Beef/Cheese Sandwich</p>

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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 am you should be ready by 8:45).

Woburn Mall, Target or Kohl's for everyone
Monday, January 6 ~ 1:00 – 2:30 & January 27 ~ 9:00 – 10:30

Wal-Mart for everyone
Monday, January 6 ~ 9:00 – 10:30 & January 27 ~ 1:00 – 2:30

Downtown Errands or Library for everyone
Monday, January 13 ~ 9:00 – 10:15

Redstone Shopping Center for everyone
Monday, January 13 ~ 1:00 – 2:30

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

GROCERY SHOPPING

Stop & Shop or Market Basket

Neighborhood Shopping Wednesdays ~ 8:45 – 10:00 & 1:30 – 2:45

Cedar Glen Shopping Thursdays ~ 8:45 – 10:00

Tannerville Shopping Fridays ~ 8:45 – 10:00

The Pleasant Street Center is closed Monday January 20 (Martin Luther King, Jr. Day)

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. Thank you for your cooperation.

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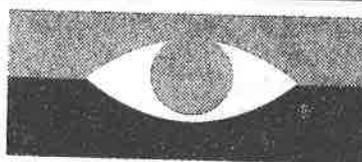
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Federal Do Not Call List: www.donotcall.gov or 1-888-382-1222

Mass. Do Not Call List: www.Mass.gov/donotcall or (866)231-2255

Never give out your social security number, bank information or credit card number over the phone. Agencies who require this information already have it or send a letter

Online Shopping? Look for "https" before you click "Purchase." Before you submit your online transaction, make sure that the webpage address begins with "https." The "s" stands for secure, and indicates that communication with the webpage is encrypted

SENIOR GROUPS

Parkinson's Disease Support Group Wednesday, January 8, 1:30 - 3:00; Led by Michelle Caron, RN with the Greater Medford VNA.

Low Vision Group – No meeting January and February

Not-Too-Stuffey Book Group: Thursday, January 16 - 1:00 - 2:00 *Cascade* by Maryanne O'Hara. What do we have to give up to be whom we yearn to be? "Cascade" Maryanne O'Hara's new novel, grapples with small town limitations. What makes the story all the more engrossing is that it's set against the eerie backdrop of 1930s Cascade, Mass., a town about to be flooded to make way for a reservoir.

LIBRARY HAPPENINGS

LiveWires Coffee & More: QiGong Wed, Jan 8, 10:00 (Coffee & refreshments at 9:30) Qigong is an integration of physical postures, breathing techniques, and focused intention which helps maintain health, relaxation, and positive energy. This practice is gentle and can be done by people of many physical abilities.

LiveWires Presents: Ted Reinstein's New England Notebook Talk and Book Signing Tue, Jan 28, 7:00 p.m. Ted Reinstein correspondent for "Chronicle," the longest-running locally-produced TV newsmagazine, will read from his new book *A New England Notebook: One Reporter, Six States, Uncommon Stories*.

Drop-in Chess: Saturday, January 18, 3 - 4:00. For all ages and abilities: enjoy a game whether you are expert or just beginning.

HEALTH SCREENINGS

Podiatry Clinic, Monday - January 13 Call (781) 438-2525 to schedule an appointment. Cost \$30

Blood Pressure Check at Pleasant Street Center Friday, January 10, 10:15 - 10:45
Sponsored by Walgreens

Blood Pressure – 4th – Thursday of every month – 11:00 – 12:00 Town nurse

QUESTIONS/CONCERNS?

Board of Selectmen Office Hours Tuesday January 14- 6:30 - 7:00 - Town Hall Conference Room

COA Meeting - Monday January 13 6:30, Pleasant Street Center

Congressman John F. Tierney Issues with Medicare and Social Security, Guidance with Home Mortgage Issues, Senior Directed Identity Scams and tips on How to protect yourself. Assistance to Veterans and their families including help with benefit claims. Consumer Protection Services

Peabody: 978-531-1669,

Lynn: 781-595-7375,

www.Tierney.House.gov

Winners

Bingo Winners for November Sandy Shaffer, Silvana Leone, Mary Petrillo, Bob Fitzgerald, Tommie Kelly, Stella Zitzow and Barbara Mullen

LOVE STORIES

Forbidden love, funny love, romantic love...everyone has a story hidden away waiting to be told. This year as part of our Valentines Day Special we want to hear those stories. Who knows it could pay off. During the month of January take a few moments and write your story.

We will read these stories (anonymously) at the Valentine's Day Special Lunch on February 14. If your story is selected as a winner in either the romantic or funny category you could win a \$25 gift certificate to Christopher's Restaurant or Harrow's Chicken Pie.

Stories should not be more than 3 paragraphs in length and must be submitted to the Receptionist by February 10th.



READING ELDER SERVICES
16 LOWELL STREET
Reading, MA 01867

Chicken Cordon Bleu for Two

Ingredients

- 2 boneless, skinless chicken breasts (10-12 ounces),
- 1/4 teaspoon freshly ground pepper
- 1/8 teaspoon salt
- 3 tablespoons shredded Gruyère or Swiss cheese
- 1 tablespoon reduced-fat cream cheese
- 2 tablespoons coarse dry whole-wheat bread-crumbs
- 1 1/2 teaspoons chopped fresh parsley or thyme
- 2 teaspoons extra-virgin olive oil, divided
- 2 tablespoons chopped ham (about 1/2 ounce)

Preparation

1. Preheat oven to 400°F.
2. Sprinkle chicken with 1/8 tsp pepper and salt. Combine cheese and cream cheese in a bowl. Combine the remaining pepper with breadcrumbs, parsley (or thyme) and 1 tsp oil in another bowl.
3. Heat the remaining oil in a medium, ovenproof nonstick skillet over medium heat. Cook the chicken until browned on both sides, about 2 minutes per side. Move the chicken to the center so the pieces are touching. Spread with the cheese mixture, sprinkle with ham, then top with the breadcrumb mixture.

Bake until the chicken is no longer pink in the center and thermometer registers 165°F, 5 to 7 minutes.

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.