

MONTHLY ACTIVITIES

Art Lessons with Steve Greco  Tuesdays, 9:30 a.m. - 12:00 p.m. - 2 ½ hours for \$10. Steve teaches any medium. Minimum 5 for the class.

Brain Yoga Class Tuesdays, February 5 - 19, 11:00 a.m. - 12:00 p.m. - Brain Yoga uses different activities to stretch our brains, and changes stiffness into relaxation. If we don't use our bodies they become stiff and rigid. The same is true for the brain. Enjoy some simple body stretching then relax your brain with Breathing and Meditation. Drop ins welcome - \$4.00 per class. 

Chinese New Year Lunch, Thursday, February 7 - Enjoy Chinese food for lunch. 

Birthday Lunch, Monday, February 11- noon - Come celebrate your birthday - if it is your-birthday month you receive a gift and lunch is free. Bring your friends to celebrate with you. If it is not your birthday month suggested donation for lunch \$2.00. 

Fix - It - February 12, 11:00 a.m., leave the lamp at the receptionist desk. You only pay for the parts.

Parkinson's Disease Support Group Wednesday, February 13, 1:30 p.m. The Reading Elder Services is hosting a monthly Parkinson's Support Group for patients and families. All are welcome. The group will meet from 1:30 p.m. until 3:00 p.m. on the 2nd Wednesday of each month. The group will discuss thoughts, and issues related to Parkinson's Disease. The group will welcome those with neurological diseases as well. group is led by Michelle Caron RN with Greater Medford VNA,. Also for more info please visit www.APDA.org

Lunch is Served - Noon - sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00. Reservations required at least 2 days in advance. Please call the Pleasant Street Center at 781.942.6794. 

SHINE Counseling - Friday, February 15 - 10:00 a.m. - 1:00 p.m.. Call for an appointment (781) 942-6659. 

Fuel Assistance Tuesday, February 19 - 9:00 a.m - 12:00 p.m. **Town Hall**, 16 Lowell Street, Lower Level. This assistance will continue until May 2013. Appointments made by calling 781.942.6608; 20 minutes is allowed for each appointment, it is important to have your documentation. When calling leave your address - email or home - we will send you the list of required verifications and income guidelines

Movie Day - Monday, February 25, 12:45 p.m. - **War Horse** 2011 PG-13 146 minutes. Adapted from a novel by Michael Morpurgo, this majestic World War I drama centers on Albert and his steadfast horse, Joey, whose faithful bond cannot be shaken - even when Joey is sold to the cavalry and sent off to France. 

PLEASANT STREET SPA

Facials  - Thursday, February 7 & 21, 8:30 a.m.-11:00 a.m. Choose 15 min./ \$5 or 30 min. /\$10. Call the Pleasant Street Center for an appointment.

Roberta Our Hairdresser - Monday, February 4, 9:30 a.m. - 1:00 p.m. Call 781.245.6605 for an appointment. \$14.00/haircut 

Manicures - Thursday, February 14 & 28- 9:30 a.m. - 1:00 p.m. \$5.00 or \$6.00 French. Call the Pleasant Street Ctr. to schedule a ½ hour appointment. 

FITNESS

Motion to Music - Tuesdays & Thursdays, 9:00 - 10:00 a.m. Great Rm. \$20/month; \$15/month - 1x/week. Drop-ins \$4/session.

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

Yoga - Mondays - 11:00 a.m. - 12:00 p.m. 3 wks/\$24 or \$10 for drop-in

Zumba w/Kelli - Mondays, 9:15 - 10:15 a.m. & Wednesdays, 1:30 - 2:30 p.m.-Great Rm. \$5/session.

SHOPPING

Note: 4 bags per rider. Please be on time! 

Woburn Mall, Target or Kohl's for everyone - Monday, Feb. 4 - 1:30 p.m. & Feb. 25 - 9:30 a.m.

Wal-Mart for everyone - Monday, Feb. 4 - 9:30 a.m. & Feb. 25 - 1:30 p.m.

Downtown Errands, or Library for everyone - Monday, February 11 - 9:30 a.m.

Redstone Shopping Center for everyone - Monday, February 11 - 1:30 p.m.

Burbank YMCA for everyone - All Tuesdays and Thursdays from 9:15 - 11:00 a.m.

Community Shopping Wednesdays - 9:30 a.m. & 1:30 p.m.

Cedar Glen Shopping Thursdays - 9:00 a.m.

Tannerville Shopping Fridays - 9:00 a.m.

The Center is closed on Monday, February 18
President's Day

SENIOR GROUPS

Low-vision Group - No meeting this month

Open Bereavement Support Grp - No meeting

Not-Too-Stuffy Book Group: *The Happiness Project* by Gretchen Rubin Thursday February 21, 1:00 - 2:00 p.m. Lounge You are invited for a friendly discussion; books are available to borrow at the library or the Center. Barbara Currie leads the discussion.

HEALTH SCREENINGS

Blood Pressure Check : *please note : Tannerville Clinic has been discontinued

Fri. Feb. 8 - Pleasant St. Ctr 10:15 - 11:15 a.m. 
(Sponsored by Walgreens)

Thur., Feb. 14 - *Town Hall- Conference Room (located on the first floor) 10:00 - 11:00 a.m.

Thur., Feb. 21 - Peter Sanborn Place 10:30 - 11:30 am

Thursday, Feb, 28 - Pleasant St. Center 11:00 a.m. - 12:00 p.m. 

Podiatry Clinic, Monday, Feb. 11- Noon - 6:00 p.m. Arts & Crafts Room. Call Dr. Connolly directly at 781.438.2525 -schedule an appointment
Cost \$30/ Center visit & \$50/home visit



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MONDAY	TUESDAY	WEDNESDAY
February 2013	SUGGESTED DONATION FOR LUNCH IS \$2.00 - IF YOU ARE UNDER 60 YEARS OLD THE CHARGE FOR LUNCH IS \$3.50	These are d Plea 30 minutes - 1 T
VAN SERVICE TODAY 4 9:15 Zumba 9:30 Walmart/Hairdresser 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:30 Woburn Mall/Target or Kohl's Beef Stew or Seafood salad sandwich	5 9:00 Motion to Music 9:15 Burbank YMCA 9:30 Art Lessons 11:00 Brain Yoga 12:00 Lunch 1:00 Bingo Tortellini w/meatball or Chef salad	9:00 Computer w/ 9:30 Klickity Klac 10:00 Computer w/ 10:00 Billiards 12:00 Lunch 1:00 Quilting 1:30 Community 1:30 Zumba Vegetable Quiche or
11 9:15 Zumba 9:30 Downtown Errands/ Calareso's/Library 11:00 Yoga 12:00 Birthday Lunch 12:00 Podiatry Clinic 1:00 Cribbage 1:30 Redstone 6:30 COA Lentil stew or Ham & American cheese sandwich	12 9:00 Motion to Music 9:15 Burbank YMCA 9:30 Art Lessons 11:00 Brain Yoga 11:00 Fix It 12:00 Lunch 1:00 Bingo Meatball Stroganoff or Chicken salad sandwich	9:00 Computer w/ 9:30 Klickity Klac 10:00 Computer w/ 10:00 Billiards 12:00 Lunch 1:30 Community 1:30 Zumba 1:30 Parkinson St Baked fish with lemon Tuna sandwich
18 Town Hall and Center Closed Presidents' Day	19 9:00 Motion to Music 9:00 Fuel Assistance/Town Hall 9:15 Burbank YMCA 9:30 Art Lessons 11:00 Brain Yoga 12:00 Lunch 1:00 Bingo Roast Turkey or Roast beef sandwich	9:00 Computer w/ 9:30 Klickity Klac 10:00 Computer w/ 10:00 Billiards 12:00 Lunch 1:00 Quilting 1:30 Community Hot dog w/beans or
25 9:15 Zumba 9:30 Woburn Mall/Target or Kohl's 11:00 Yoga 12:00 Lunch 12:45 Movie 1:00 Cribbage 1:30 Walmart Sloppy Joe or Chicken salad	26 9:00 Motion to Music 9:15 Burbank YMCA 9:30 Art Lessons 12:00 Lunch/School Superintendant 1:00 Bingo Roast pork or Tuna salad sandwich	9:00 Computer w/ 9:30 Klickity Klac 9:30 Community 10:00 Computer w/ 10:00 Billiards 12:00 Lunch 1:30 Community 1:30 Zumba Tomato fish stew or

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WEDNESDAY	THURSDAY	FRIDAY
<p>Destination arrival times</p> <p>Please be ready 1 hour prior to the time listed.</p> <p>Thank you</p>	<p align="center">ABBREVIATIONS</p> <p align="center">CG = Cedar Glen FTD = Frank Tanner Drive</p>	<p>9:00 BEST/FTD Shopping 1</p> <p>10:00 Painting</p> <p>12:00 Lunch</p> <p>1:00 AA</p> <p>1:00 Chess</p> <p>1:15 Party Bridge</p> <p>Macaroni & Cheese or Roast beef sandwich</p>
<p>Dick Svirsky Dick/Community Shopping John Walsh</p> <p align="right">6</p> <p>Shopping</p> <p>Roast beef sandwich</p>	<p align="right">7</p> <p>8:30 Facials</p> <p>9:00 CG Shopping</p> <p>9:00 Motion to Music</p> <p>9:15 Burbank YMCA</p> <p>12:00 Chinese New Year Lunch</p> <p>12:30 Drop in Game Day</p> <p>1:00 Bingo</p> <p>Chinese New Year Lunch - Chicken Lo Mein or Turkey and Provolone cheese</p>	<p align="right">8</p> <p>9:00 BEST/FTD Shopping</p> <p>10:00 Painting</p> <p>10:15 Blood Pressure</p> <p>12:00 Lunch</p> <p>1:00 AA</p> <p>1:00 Chess</p> <p>1:15 Party Bridge</p> <p>Tuna noodle casserole or Egg salad sandwich</p>
<p>Dick Svirsky Dick/Community Shopping John Walsh</p> <p align="right">13</p> <p>Shopping</p> <p>Support dill sauce or</p>	<p align="right">14</p> <p>9:00 CG Shopping</p> <p>9:00 Motion to Music</p> <p>9:15 Burbank YMCA</p> <p>9:30 Manicures</p> <p>10:00 Blood Pressure at Town Hall</p> <p>12:00 Valentine Special Lunch / Selectmen Goldy</p> <p>12:30 Drop in Game Day</p> <p>1:30 Bingo</p> <p>Winter/Valentines Day Special Lunch</p>	<p align="right">15</p> <p>9:00 BEST/FTD Shopping</p> <p>10:00 Painting</p> <p>10:00 SHINE</p> <p>11:00 Senator Clark</p> <p>12:00 Lunch</p> <p>1:00 AA</p> <p>1:00 Chess</p> <p>1:15 Party Bridge</p> <p>Cheese lasagna or Egg salad sandwich</p>
<p>Dick Svirsky Dick/Community Shopping John Walsh</p> <p align="right">20</p> <p>Shopping /Zumba</p> <p>Chicken salad sandwich</p>	<p align="right">21</p> <p>8:30 Facials</p> <p>9:00 CG Shopping</p> <p>9:00 Motion to Music</p> <p>9:15 Burbank YMCA</p> <p>12:00 Lunch</p> <p>12:30 Drop in Game Day</p> <p>1:00 Bingo</p> <p>1:00 Book Club</p> <p>Baked fish or Turkey & Swiss cheese</p>	<p align="right">22</p> <p>9:00 BEST</p> <p>9:00 FTD Shopping</p> <p>10:00 Painting</p> <p>12:00 Lunch</p> <p>1:00 AA</p> <p>1:00 Chess</p> <p>1:15 Party Bridge</p> <p>Eggplant Parmesan or Seafood salad sandwich</p>
<p>Dick Svirsky Dick/Community Shopping John Walsh</p> <p align="right">27</p> <p>Shopping</p> <p>Ham & American cheese</p>	<p align="right">28</p> <p>9:00 CG Shopping</p> <p>9:00 Motion to Music</p> <p>9:15 Burbank YMCA</p> <p>9:30 Manicures</p> <p>11:00 Blood Pressure</p> <p>12:00 Lunch / Town Manager</p> <p>12:30 Drop in Game Day</p> <p>1:00 Bingo</p> <p>Stuffed shells or Chicken Caesar salad</p>	

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Classes, Crafts & Games

Quilting - Wednesday - Feb. 6 & 20 - 1:00 p.m. New classes

starting. Come visit and try it out. Call Edwina Kasper for more information 781.944.6398. 

Klickity Klack Group (Knitting Group) Wednesdays - 9:30 - 11:00 a.m. Arts & Crafts Rm New knitters always welcome.

Painting Group Fridays - 10:00 a.m. - 12:30 p.m. - Arts & Crafts Room - Limit 6 - call to reserve your spot.

Computer Class with Dick Svirsky - Note: Day change Wednesdays 9:00 - 10:00 a.m.

Computer Class with instructor John Walsh Wednesdays - 10:00 - 11:00 a.m. 

Games People Play

Mondays 1:00 - 3:00 p.m. Cribbage

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

Pool table is available Monday, Friday 9:00 am. - 4:00 pm.

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

Bingo Tuesdays & Thursdays, 1:00 - 2:30 p.m. 

Party Bridge Friday, 1:15 - 3:45 p.m.- \$1.00 to play - Maximum 32, Great Room

Drop in Game Day Thursdays, 12:30 - 3:30 pm. Do you need a place to meet and play a game with your friends? Come to the game room and play!

Library Happenings

LiveWires Coffee & More: Chair Yoga Wednesday, Feb. 13, refreshments at 9:30 a.m. program at 10:00. Instructor

Katherine Bicer leads gentle seated stretches and relaxation exercise. This class is designed to move you safely through poses to ease sore muscles and release tension.

Drop-in Chess Saturday, Feb. 16, 3:00 - 4:00 p.m.

LiveWires Presents: Dr. Wadlin and the Library Tuesday, Feb. 26, 7:00 p.m. Polish your local history knowledge as Peggy White tells the fascinating story of Reading architect and Renaissance man Horace G. Wadlin, designer of the beautiful Highland School, the building that now houses the library.

Massachusetts Author Series: Book Group Night with Visiting Author Jennifer Haigh Wednesday Feb. 27, 7:00 p.m. Come meet this rising star in the literary world, brought right to your doorstep, as she reads from her latest release *News from Heaven*.



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HEALTH AND WELLNESS

Shingles is a painful localized skin rash caused by the same virus that causes chickenpox. The chickenpox virus remains in the body's nerve cells after the chickenpox infection – and it can reappear years later. The Centers for Disease Control recommends this vaccine (Zostavax) for persons 60 or older to reduce the risk of shingles and its associated (and often lingering) pain.

In Community Services, the Health Department and Elder Services staff have been working tirelessly to bring the vaccine to Reading seniors. We are happy to say that we are very close to finalizing a program to help immunize income eligible seniors and those with a high copayment. Over the next few weeks more information will be available about this program. In the meantime, all seniors should check with their health insurance plan, prescription drug plan, health care provider to see if your insurance covers this important vaccination!

ANNOUNCEMENTS

Free Income Tax Preparation with Electronic Filing is Available for Reading Seniors

Persons age 60 and older can receive help with their tax forms between Feb. 7 - Apr. 18. Assistance will be available at the following handicapped accessible locations:

Thursdays - St. Athanasius' Parish Activities Center -
9:00 a.m. - 1:00 p.m. by appointment only - call 781-942-6608 for an appointment.

Saturdays - Reading Municipal Light Department (RMLD) -
9:00 a.m. - 1:00 p.m. Walk ins -NO appointment necessary

Check back later in the month as more locations and times may be added.

Please bring the following forms with you when you come to have your taxes prepared: W-2 forms; Social Security & pension information; Tax forms sent by banks and other financial institutions; Property tax & water bills; copies of 2012 MA and Federal tax forms; estimated taxes paid in 2012; 2012 costs for making your home energy efficient; health insurance card - 2 cards for married taxpayers; Form MA 1099-HC. In general, please bring ANY paperwork you think is REMOTELY pertinent to filing your return.

THANK YOU



To BrightView of North Andover for sponsoring our Winter Solstice Party by supplying tablecloths and special dessert

Wish List
Coffee K-Cups



CHIT CHAT



Questions/Concerns? Visit the Pleasant Street Center

Council on Aging Monday,
February 11 - 6:30 p.m. at Pleasant Street Center

Board of Selectmen Office Hours
Tuesday, February 12 - 6:30 - 7:00 p.m. - Town Hall Conf. Rm.

Selectman Steve Goldy 
Thursday, February 14 - Noon

Senator Katherine Clark 
Friday, February 15 - 11:00 a.m.

School Superintendent 
Tuesday, February 26 - 12:00 p.m.

Meet the Town Manager 
Thursday, February 28 - 12:15 p.m.

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

Winner's



Bingo winners for December -
Johanna Bisschop, Barbara Loschi, Florence Chusia, and Barbara Mullen

FUN AND GAMES

EASY RECIPES



- Recipes can be left at the receptionist desk in an envelope

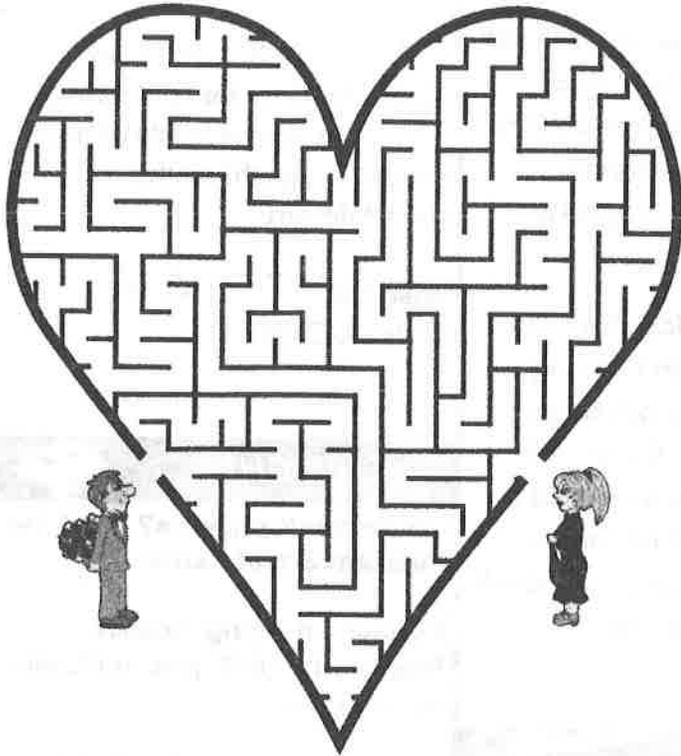
Cranberry Sauerkraut Meatballs Recipe. They are easy to make and perfect for a potluck or a Sunday afternoon football game-Superbowl?.

Ingredients

1 can (14 ounces) *whole-berry cranberry sauce*
 1 can (14 ounces) *sauerkraut, rinsed and well drained*
 1 bottle (12 ounces) *chili sauce*
 3/4 cup *packed brown sugar*
 1 package (32 ounces) *frozen fully cooked homestyle meatballs, thawed*

Directions

In a 4-qt. slow cooker, combine the cranberry sauce, sauerkraut, chili sauce and brown sugar. Stir in meatballs. Cover and cook on low for 4-5 hours or until heated through. **Yield:** 5-1/2 dozen.



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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.

Help Wanted

*In Community Services we are looking for a
few good volunteers...*

Property Tax Workers: Are you interested in reducing your real estate tax payments for 2013? Consider applying for the Property Tax Workers program in which you can earn up to \$8.00 an hour to help pay off those taxes. There are multiple projects and jobs that the Town offers. For an application, please call Marie at 781-942-6659

The Council on Aging: If you have some time and energy to devote to your Town, please stop by the Town Clerk's Office, 16 Lowell Street, Reading, Massachusetts and fill out a form or go to our website and print out the application and return to the Town Clerk's office.

Various volunteer positions: Seamstress to assist with buttons, minor repairs, hemming. Friendly visitors, medical escorts, shopping assistants, receptionists, program leaders (walking club, Wii bowling, etc.) snow removal. Please contact Marie Ammer @ (781) 942-6659 if you have a few hours during the month to give back to the community.



Need Assistance for you or a family member? Below are a few numbers to keep handy.

Mystic Valley Elder Services, Malden:
781-324-7705, Extension 100,
This extension number will connect the
person calling with the services they require.

Commonwealth of Massachusetts: Hot Line: 1-800-AGE-INFO or 1-800243-4636

Social Security: 1-800-772-1213 or www.socialsecurity.gov

New England Pension Assistance Project: 1- 888-425-6067 or www.umb.edu/pensionaction

Massachusetts Senior Legal Helpline: 1-866-778-0939

Coming Soon...

Appraising Antiques coming in March. Henry Jensen, owner of Empty Attic Antiques, will be appraising antiques. Henry was an urban archeologist (bottle digger) all thru high school and is a former American History teacher who has been dabbling in antiques for over 30 years. The first 15 – 20 that sign up will be allowed to bring one item for Henry to appraise at this event and given a verbal estimate of value.



Saint Patrick's Day Lunch & Entertainment, March 14 - The Magic of Ireland. It is the wearing of the green at the Pleasant Street Center.

A representative from the **Postal Inspection Service, March 14 10:15am**, will come to speak on frauds perpetrated through the use of the U.S. Mails.



Opening Day at Fenway Park, April 8. No need to travel to Boston we will be celebrating at the Pleasant Street Center. Join us for baseball trivia w/prizes and everyone's favorite Fenway fare.

Living Choices for Older Adults in Reading coming in April – we will be showcasing the various housing/services available to 55+ Reading residents. This event is open to all ages.

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Free Email Subscription: Sign up at <http://readingma.gov/subscriber>, for monthly updates send an email to jburns@ci.reading.ma.us.

Mail Subscription To receive our monthly newsletter by mail for 2013, please send a check for \$5.00 to Elder Services, 16 Lowell St, Reading. Subscriptions do NOT automatically renew. To continue receiving Pleasantries make sure to send in a new subscription.

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