

Monday	Tuesday	Wednesday	Thursday	Friday
			<p style="text-align: right;">1</p> 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	<p style="text-align: right;">2</p> 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
No van service today 5 9:15 Zumba 12:00 Lunch 1:00 Cribbage 1:15 Movie Beef Stroganoff or Egg Salad sandwich	8:15 Burbank YMCA 6 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	8:45 Neighborhood Shopping 7 9:30 Klickity Klack 10:00 Billiards 12:00 Lunch 1:45 Neighborhood Shopping Lentil Stew or Roast Beef with American Cheese sandwich	8:15 Burbank YMCA 8 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	8:45 FTD Shopping 9 9:00 BEST 10:00 Painting 12:00 Lunch 1:00 AA 1:00 Chess 1:15 Party Bridge Meatball Sub or Seafood Salad
9:00 WalMart 12 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	8:15 Burbank YMCA 13 9:00 Motion to Music 9:30 Art Lessons 12:00 Lunch 1:00 Bingo Honey Mustard Chicken or Egg Salad sandwich	8:45 Neighborhood Shopping 14 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	8:15 Burbank YMCA 15 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	8:45 FTD Shopping 16 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
<p style="text-align: right;">19</p> 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	<p style="text-align: right;">20</p> 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	<p style="text-align: right;">21</p> 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	<p style="text-align: right;">22</p> 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	<p style="text-align: right;">23</p> 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
<p style="text-align: right;">26</p> 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	<p style="text-align: right;">27</p> 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	<p style="text-align: right;">28</p> 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	<p style="text-align: right;">29</p> 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	<p style="text-align: right;">30</p> 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



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 will 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.