



Pleasanttries

Reading Senior Newsletter

Website — www.readingma.gov

Email — pleasantstreetcenter@ci.reading.ma.us

December 2016

Pleasant Street Center

49 Pleasant St.

781-942-6794

Mon.– Fri. 8:30 - 4:00 p.m.

Coordinator/Sharon Thomas

781-942-6796

Case Manager, Kerry Valle

781-942-6659

Nurse Advocate, Alyse Warren,

781-942-6693

Van Driver,

Joe Beninati

Administrator, Jane

Burns 781-942-6658

Clerk, Ann Gentile

781-942-6608



Holiday Celebrations at the Center



Holiday Special Lunch

Tues., Dec. 13, 12:00–1:30 pm “Happy Holly-Days” entertainment with the Uptown Girls. Choice of Holiday Ham or Tuna salad. Ambrosia with whipped topping for dessert. \$2.00 suggested donation.

The Reading Middle Schools Select Chorus and Hand Chime Choir

Tues., Dec. 20, 12:30-1:00. The Reading Middle Schools Select Chorus is comprised of students from both Coolidge & Parker Middle Schools. Which is under the direction of Jenny DiMuzio, along with Coolidge’s Hand Chime Choir, under the direction of Cheryl Webster. They will perform holiday tunes.”

Christmas Eve Brunch (one day early)

Fri., Dec. 23 - 10:00 Join us for brunch and some Christmas cheer w/Tommy Smith. Omelets, sausages, and French toast sticks and other holiday treats. Reservations required by calling (781) 942-6794. \$2.00 suggested donation.

“Making Decisions When it Matters Most”

Welcome back Mary Crowe from Care Dimensions as she presents “Making Decisions When it Matters Most”, a program to start the conversation about advanced directives and help empower people to advocate for their healthcare wishes .

Monday, December 19th at 1pm.

Please kindly call to reserve a spot.

781-942-6794



IMPORTANT SYMBOLS

Registration Required



Free Transportation

781-942-6794



Reservations start Mon. Nov 28, @ **9:00 am**. Please call by noon at least **two** days before the event.

MEMORY CAFÉ

Monday, December 12,

10:00 - 12:00

Reading Public Library

The Memory Café is a welcoming space for people with memory loss and those who care for them. The Café offers an opportunity to socialize, participate in an activity and make new friends in an accepting environment.

The Café meets second Monday of each month. **December Café will feature music by Esther Friedman.** For more information contact

Alyse Warren at (781) 942-6693

or Kerry Valle at (781) 942-6659



PLEASANT STR CAFE



Birthday Lunch: Monday, Dec. 19, noon
 Come celebrate your birthday – if it is the month of your birthday you will receive a free gift and free lunch. Bring your friends to celebrate with you – suggested donation for lunch if not your birthday month is \$2.00

Lunch with Officer Kristen: – Tues., Dec. 20, (The 3rd Tuesday of the month.) Kristen is available to answer questions and help resolve issues .

New Year's Eve Party/Yankee Swap – Friday, December 30, Noon - 3:00 p.m. - Join us for lunch with a special dessert and some holiday fun. Feel free to bring a wrapped gift for the "Re-gifting Yankee Swap" (value \$5 - \$8); for some added fun bring your strangest, "Why did they give me this?", or "What am I supposed to do with that gift"? Suggested donation for lunch is \$2.00.

Join us every weekday at noon (except holidays) for a terrific meal and good conversation. See the Calendar for menu. Lunch sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, cost is \$3.50.)

Reservations required 24 hours in advance for all lunch programs.

THE CENTER IS CLOSED DECEMBER 26!

FUN FOR ALL



Movie Day: He Named Me Malala



Thurs., Dec. 1, @ 1:00 A look at the events leading up to the Taliban's attack on Pakistani schoolgirl, Malala Yousafzai, for speaking out on girls' education followed by the aftermath, including her speech to the United Nations.

Movie Day: Youth

Thurs., Dec. 8, 1:00 A retired orchestra conductor is on holiday with his daughter and his film director best friend in the Alps when he receives an invitation from Queen Elizabeth II to perform for Prince Philip's birthday.



Movie Day: How About You

Thurs., Dec. 22, 1:00 When the manager of a retirement home in the Irish countryside asks her younger sister, Ellie (Hayley Atwell), to run the facility during the holidays, four mischievous residents take advantage of the power vacuum and turn the place upside down. As Ellie learns to take charge, the residents also come to terms with their own troubles.

GET YOUR GAME ON!

Cribbage: Mondays 1:00 - 3:00

Bingo: Tuesdays 1:00–2:30

Billiards: (No van) Weds., 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).



HOLIDAY CLOSINGS/SNOW UPDATE

- ◆ December 23— Closing at Noon (Join us for Brunch)
- ◆ December 26— Closed
- ◆ January 2—Closed

If schools are cancelled due to snow, activities at the Center are cancelled but the staff is available for assistance.

VETERANS - SCUTTLEBUTT!

Enjoy the comradery of your fellow veterans. Share personal experiences. Enjoy guest speakers and historical movies

Thursday, December 1, 10:00 am
 Followed by lunch at noon



Thursday, Kevin Bohmiller, Veterans' Services Officer
 781-942-6652 or kbohmiller@ci.reading.ma.us. Reservations required for lunch. \$2.00 suggested donation.

FITNESS FOR ALL

MONDAYS:

- **Zumba Gold Kelli** - 9:00 - 10:00 Zumba is fun... so grab some friends and come take a class! Drop-ins \$5
- **Yoga** 11:00 - 12:00, 3 weeks for \$30 or \$11 for drop-in
- **FOREVER 49 Tai Chi** All your health needs in one program. 1:30 - 2:30 \$49/month or \$13 Drop-ins welcome. **FIRST CLASS FREE**

TUESDAYS:

- **Jacki Sorensen's Fitness Class** 9:00 - 10:00. \$5 per Session Stretching, Strengthening, Cardio Workout and fun!
- **Body & Brain Flexibility** 10:30 - 11:30. \$5 per session. Through Dec. 20. Learn skills to enhance memory and coordination and have fun!

WEDNESDAYS:

- **Zumba Gold** 9:30 - 10:30 Zumba is fun... so grab some friends and come take a class! Per session \$5.
- **FOREVER 49 Tai Chi** All your health needs in one program 1:30 - 2:30 \$49 for month or \$13 for Drop-ins.

THURSDAYS:

- **Jacki Sorensen's Fitness Class** - 9:00 - 10:00. \$5/Session

FRIDAYS:

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

Please refrain from wearing perfumes to exercise classes.

PLEASANT STREET SPA

Roberta Our Hairdresser— Monday, returning in January, by appointment call (781) 245-6605 9:30 – 1:00 \$14

Please call the Pleasant Street Center for the following (No Van Service)

Manicures – Thursday, December 8 and 22, 9:30 - 1:00, \$6.00 or \$7.00 for French

Reiki Treatments— Thursday, Dec. 15, 3rd Thursday of each month - 9:30 - 11:45 - call 781-942-6794 for an apt. The fee for ½ hour treatment is \$15.



BLOOD PRESSURE CHECKS



- ♥ Mon., Dec. 5, 11:30 – 12:15 sponsored by Hallmark Health, Pleasant Street Center
- ♥ Tues., Dec. 13, 11:30 - 12:00 Reading Health Nurse, Donna Pierce, Pleasant Street Center
- ♥ Wed., Dec. 14, 10:00 - 10:30, Frank Tanner Drive
- ♥ Thurs., Dec. 15, 11:00 - 11:45, Cedar Glen
- ♥ Fri., Dec. 30, 11:30 - 12:00, Pleasant Street Center Nurse Advocate, Alyse Warren

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive Everything in Bold Transportation is available IMPORTANT VAN INFO These are destination arrival times. Please be ready 30 minutes - 1 hour prior to the time listed	Each day you may choose a hot or cold lunch. Suggested donation \$2.00 Lunch- Reserve the day before by noon		1 8:30 Burbank YMCA 8:45 CG Grocery shopping 9:00 Jacki Sorensen's Fitness 9:30 Computers w/Nancy 10:00 Scuttlebutt 12:00 Lunch 12:30 MAH JONGG 1:00 Movie Beef Stew or Egg Salad Sandwich	2 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:00 SHINE 10:00 Walking Club 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Fish Filet or Chef Salad
5 9:00 Downtown Errands/Groceries/Library 9:00 Zumba Gold 10:00 SHINE 11:00 Yoga 11:30 Blood Pressure 12:00 Lunch 1:00 Walmart/Ocean State 1:00 Cribbage 1:30 Forever 49 Lasagna or Seafood Salad Sandwich	6 8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 10:30 Body & Brain Flexibility 12:00 Lunch 12:00 SHINE 1:00 Bingo 1:00 Advanced Art Lessons 1:30 Walking Club Hamburger or Cottage Fruit Plate	7 8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack/ Zumba 10:00 Billiards/Computers 12:00 Lunch 1:00 DOWNTOWN Errands/Groceries or library 1:30 Forever 49 Cranberry Chicken or	8 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Computers w/Nancy 9:30 Manicure 12:00 Lunch 12:00 SHINE 12:30 MAH JONGG 1:00 Movie Fish w/Broccoli or Roast	9 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:00 Walking Club 10:15 Representative Jones 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Spinach Frittata or Chicken Salad
12 9:00 Downtown Errands/Groceries or library 9:00 Zumba Gold 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Woburn Mall/Kohl's/Target 1:30 Forever 49 6:30 COA Meeting Chicken cacciatore or Roast beef/Swiss	13 8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 10:30 Body & Brain Flexibility 11:30 Blood Pressure 12:00 Special Lunch 1:00 Bingo 1:00 Advanced Art Lessons 1:30 Walking Club Holiday Special	14 8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack/ Zumba 10:00 Billiards/Computers 10:00 Low Vision 12:00 Lunch 1:00 DOWNTOWN Errands/Groceries or library 1:30 Parkinson Support 1:30 Forever 49 Fish Filet or Chicken Salad Sandwich	15 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Computers w/Nancy 9:30 Reiki 12:00 Lunch 12:30 MAH JONGG Broccoli and mushroom Quiche or Mediterranean plate	16 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:00 SHINE 10:00 Walking Club 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis American chop Suey or Turkey Chef Salad
19 9:00 Downtown Errands/Groceries/Library 9:00 Zumba Gold 11:00 Yoga 12:00 Birthday Lunch 1:00 Walmart/Ocean State 1:00 Cribbage 1:00 Making Decisions when it Matters most 1:30 Forever 49 Chicken w/mustard sauce or Mediterranean Salad	20 8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 10:30 Body & Brain Flexibility 12:00 Lunch w/Officer Kristen 12:30 Chorus & Chime Choir 1:00 Bingo / 1:00 Advanced Art Lessons 1:30 Walking Club Cheese omelet or Roast beef/Cheddar cheese sandwich	21 8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack/ Zumba 10:00 Billiards/Computers 11:00 Book Club 12:00 Lunch 1:00 DOWNTOWN Errands/Groceries or library 1:30 Forever 49 Meatloaf or Chicken Caesar Salad	22 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Manicure 9:30 Computers w/Nancy 12:00 Lunch 12:30 MAH JONGG 1:00 Movie Baked Fish or Egg Salad Sandwich	23 8:45 FTD Grocery Shopping 10:00 Brunch CLOSING AT NOON
26 HOLIDAY CLOSED	27 8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 12:00 Lunch 1:00 Bingo 1:00 Advanced Art 1:30 Walking Club Creole fish or Ham and American cheese sandwich	28 8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack/ Zumba 10:00 Billiards/Computers 12:00 Lunch 1:00 DOWNTOWN Errands/Groceries or library 1:30 Forever 49 White bean and kale	29 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Computers w/Nancy 12:00 Lunch 12:30 MAH JONGG Veggie burger or Turkey! Swiss cheese sandwich	30 8:45 FTD Grocery Shopping 9:00 BEST 11:30 Blood Pressure 12:00 Lunch/New Year's Eve Party/Yankees Swap 12:45 Party Bridge 1:00 AA 1:00 Chess Chicken lo mein or Vegetarian chef salad

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 are required 24 hours in advance by calling the Pleasant Street Center (781) 942-6794.

Walmart /Ocean State Job Lot for everyone

- Monday, Dec. 5 - 1:00 - 2:30
- Monday, Dec. 19 - 1:00 - 2:30

Woburn Mall, Target or Kohl's for everyone

- Monday, Dec. 12 - 1:00 - 2:30

Downtown Errands, Grocery Shopping or Library for everyone

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



Burbank YMCA for everyone -

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

Stop & Shop or Market Basket:

- Neighborhood Shopping Wed., 8:45 - 10:00
- Cedar Glen Shopping Thurs., 8:45 - 10:00
- Tannerville Shopping Fridays, 8:45 - 10:00

The Pleasant Street Center is closed Monday, December 26th (Christmas Day)

As a courtesy to others, please refrain from wearing perfumes when riding the van.

CLASSES, CRAFTS

Art Lessons with Steve Greco: Tuesdays, 9:30 – 12:00, 2 ½ hours for \$10.00. Any medium taught. Minimum of five students for the class.

Advanced Art Class : Tuesdays 1:00 – 3:00 \$10.00 per class.

Klickity Klack (Knitting/Crocheting Group): Wednesdays, 9:30 - 11:00. New knitters & crocheters welcome.

Computer Classes: Learn to use email, send pictures, use the internet. We have WIFI so bring your own laptop if you want.

Wednesdays with John 10:00 - 11:00
Thursdays with Nancy 9:30 – 11:00

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SENIOR GROUPS

Low Vision Group: Weds., Dec. 14 10:00 Holiday Party

Parkinson's Support Group: Weds., Dec. 14, 1:30—3 Led by Kathy Hill, PT, with the Greater Medford VNA

The Not Too Stuffy Book Group: *City of Thieves* by David Benioff

Wed, Dec 21, 11-12:00 pm at the Center, books available at the Center or the Library

Novelist and screenwriter Benioff's glorious second novel is a wild action-packed quest, and much else besides: a coming-of-age story, an odd-couple tale and a juicy footnote to the historic World War II siege of Leningrad.

LIBRARY HAPPENINGS

Writers' Group Wed, Dec 7, 10-12:00 pm, RPL Innovation Studio Join this drop-in community of writers every first Wednesday of the month to share ideas, drafts, and cheer each other on.

Holiday Arts and Crafts for Grown-Ups - Mon, Dec 12, 7- 8:30 pm, RPL Innovation Studio. You can go back in time... and bring your friends with you! Join us for a fun night of good old-fashioned holiday arts and crafts.

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

Tuesday, December 6, 9:30 - 12:00

every 15 minutes Town Hall Conference Room, lower level

TAX SEASON

The AARP Tax Preparers will be coming to the Center in February. Look in the January newsletter for an update about the schedule and appointments

MEDICARE UPDATE/SHINE!

Medicare Open Enrollment until – December 7

Now is the time to...

1. Change your drug plan coverage for next year.
2. Review your current coverage.
3. Join a drug plan.

Make sure to review the Part D plans available for 2017. There may be a plan that will lower your costs. The MCPHS University Pharmacy Outreach Program can help you with this review free of charge. 1-866-633-1617; TTY users should ask the operator to call the MCPHS University Pharmacy Outreach Program toll-free number.

To schedule a SHINE appointment, call (781) 942-6794. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636). Meetings in the Computer Room

S.H.I.N.E. COUNSELING:

Mondays and Fridays 10:00 - 3:00 pm

December 2, 5, and 16th

Tuesdays and Thursdays 12:00 - 4:00 pm

December 6 and 8th

LAMP REPAIR

Lamp Repair will Return in May.



QUESTIONS/CONCERNS?

Representative Brad Jones Office Hours:
December 9, 10:15 - 11:15

Council on Aging: Mon., December 12,
6:30—8:00

Board of Selectmen Office Hours: Tues.,
December 20, 6:30 - 7:00 - Town Hall

Senator Jason Lewis: Friday, December
16, 2:30—3:30

Congressman Seth Moulton
17 Peabody Square
Peabody, MA 01960
Phone: (978) 531-1669
Fax: (978) 531-1996

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.

WALKING CLUB

The Reading Ramblers will be walking all around Town on Tuesdays and Fridays. The walks are open to all seniors and vary each week.

- ◆ **Fri., Dec. 2 @ 10:00** depart from REI parking lot
- ◆ **Tues., Dec. 6 @ 1:30** depart from Town Hall
- ◆ **Fri., Dec. 9 @ 10:00** depart from Reading Commons
- ◆ **Tues., Dec. 13 @ 1:30** depart from Frank Tanner Dr.
- ◆ **Fri., Dec. 16 @ 10:00** depart from Residence at Pearl (Pearl Street)
- ◆ **Tues., Dec. 20 @ 1:30** Meet at Library
- ◆ **Tues., Dec 27 @ 1:30** Pleasant Street Center

In case of rain or snow the walk may change to an indoor location. Contact the Pleasant Street Center for an updated departure location. For more information contact Jane Burns (781) 942-6658.

FITNESS, FRIENDS, FUN!



READING ROAD TRIPS



Transportation is free! Lunch, and entertainment costs are the responsibility of the individual.



Sign-up for one trip and check back 5 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.

Thurs., Dec. 1 – Enchanted Village at Jordan's Furniture in Avon, Lunch at the Olive Garden 9:30 – 3:00 pm

Thurs., Dec. 8 – The Nutcracker: 10:00 (leaving Reading @ 9:00 by van). Northeast Youth Ballet has donated a limited number of tickets to their performance of The Nutcracker. Tickets and transportation are free. Please contact the receptionist if you are interested in attending - it is a beautiful show!