

MOVIE DAYS



Thurs. April 7, 1:00 A League of Their Own During World War II The owners of the baseball teams, decide to form teams with women. Two sisters join the first female professional baseball league and struggle to help it succeed amidst their own growing rivalry.

Thurs. April 28, 1:00 A Walk in the Woods Celebrated travel writer, Bill Bryson, instead of retiring challenges himself to hike the Appalachian Trail - 2,200 miles of America's most unspoiled, spectacular and rugged countryside from Georgia to Maine. The peace and tranquility he hopes to find, though, is anything but, once he agrees to being accompanied by his long lost and former friend Katz



PLEASANT STREET SPA

Roberta Our Hairdresser is back!! Mon., Apr. 4 9:30 - 1:00 - by appointment call (781) 245-6605

For manicures, chair massage, and Reiki please call the Pleasant Street Center (No Van Service)

Manicures - Thurs. April 14 & 28 - 9:30 - 1:00 - \$6.00 or \$7.00 French

Chair Massage - Thurs. April 7, 21, 28 9:30 - 11:15 receive a 15 minute chair massage for \$10.

Reiki Treatments, Thurs., April 21 The 3rd Thurs. of each month between 9:00-11:45 The fee for ½ hour treatment is \$15.



SCUTTLEBUTT

Thurs., April 7, 10:00 am. Topic is still to be determined. We will discuss a possible trip to Battleship Cove to see the USS Massachusetts BB59, USS Joseph P. Kennedy Jr. DD850, USS Lionfish SS298 and other exhibits. If you plan to stay for lunch, call Kevin Bohmiller at (781) 942-6652 by Tues., April 5.



GET YOUR GAME ON!

Games on the Big Screen: Thurs., April 21, 1:00, Wii Games – “Deal or No Deal”, “Who wants to be a Millionaire”, \$10,000 Pyramid.

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).

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

CANDY BAR BINGO



**Thursday, April 21st
4:00PM-5:30PM**



Join Reading Recreation and Elder/Human Services for a fun afternoon of Candy Bar Bingo! Each participant is asked to bring one full-sized Candy Bar for our Prize Table -- kids, parents, grandparents, seniors are all welcome!! Each winner will receive a candy bar of their choice. Pizza, and ice cream will be served!!

Space is limited, reservations required.



SPECIAL LUNCHES



Spring Special Lunch, Weds, April 6, at 12:00 Entertainment with singer/guitarist Jim Barrineau

Birthday Lunch: Mon. April 25, Noon. Celebrate your birthday. If it is the month of your birthday, Reading residents will receive a free lunch & gift.. Cake & ice cream for all. Suggested donation for lunch if not your birthday month is \$2.00.



Lunch with Reading Police Officer Kristen, Tues, April 19, at 12:15. She will answer your questions and help resolve any issues.

Lunch is served: Join us every weekday (except holidays) for a terrific meal, good conversation, and occasional live entertainment. Lunch sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, cost is \$3.50)

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 welcome. - \$5
- **Yoga** -- 11:00 - 12:00 - 3 weeks for \$30 or \$11 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/Session Stretching, Strengthening, Cardio Workout and fun! Bring a mat if you are able to get down on the floor. 
- **Body & Brain Flexibility:** Tuesdays, 10:30 - 11:30. Learn skills to enhance memory and coordination! \$5.00

WEDNESDAYS:

- **Zumba Gold:** Veronica - 9:30 - 10:30 Drop-in \$5
- **Tai Chi FOREVER 49 - All your health needs in one program** 1:30 - 2:30 \$49 for month or \$13 for Drop-ins.

THURSDAYS:

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

FRIDAYS:

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

HEALTH SCREENINGS

PODIATRY CLINIC, MON. APR. 25 - 9:30 - 1:30 Call (617) 629-2806. Insurance is accepted with certain health diagnosis or the visit is \$40.00, payable at time of service. If an insurance referral needs to be on file before day of the visit, or there will be a \$40.00 charge.

Blood Pressure --

- **April 4, Mon.** -- 11:30 - 12:15 sponsored by Hallmark Health
- **April 12, Tues.** -- 11:30- 12:00 Town nurse, Donna Pierce
- **April 22, Fri.** -- 11:30 - 12:00 Nurse Advocate, Alyse Warren
- **April 13, 10 -10:30** Frank Tanner Drive the 2nd Wed. of each month, in the common room.

CLASSES, CRAFTS

Art Lessons with Steve Greco: Tuesdays, 9:30 - 12:00, 2 ½ hours for \$10.00. Any medium

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

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

Computer Classes: Learn to use email, send pictures, use the internet. Bring your own laptop if you want.

Tuesdays with Nancy 10:00 - 11:30

Wednesdays with John - 10:00 - 11:00

Painting Group, Fridays, 9:30 - 11:30 No instructor

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive Everything in Bold Transportation is available IMPORTANT VAN INFORMATION PLEASE READ</p> <p>These are destination arrival times. Please be ready 30 minutes - 1 hour prior to the time listed.</p>	<p>TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch. Suggested donation \$2.00.</p> <p>Lunch - Reserve the day before by noon</p>			<p>8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Potato fish filet or liverwurst and onion sandwich</p>
<p>9:00 Downtown/ Groceries/Library 9:00 Zumba 9:30 Podiatrist 11:00 Yoga 12:00 Birthday Lunch 1:00 Cribbage 1:00 Woburn Mall, Target, Kohl's 1:30 Forever 49</p>	<p>8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 10:00 Computers w/ Nancy 10:30 Body/Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Advanced Art Lessons</p>	<p>8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Computers 10:00 Billiards 10:00 Matter of Balance 10:00 Writing Group 12:00 Spring Lunch 1:00 Downtown/ Groceries/Library 1:30 Forever 49</p>	<p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Chair Massage 9:30 Manicures 10:15 RMV - Shifting Gears 12:00 Lunch 12:30 MAH JONGG 1:30 Delvena Theatre</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:15 Representative Jones 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Mac & Cheese or Chicken Pesto Caesar Salad</p>
<p>9:00 Downtown/ Groceries/Library 9:00 Zumba 9:30 Podiatrist 11:00 Yoga 12:00 Birthday Lunch 1:00 Cribbage 1:00 Woburn Mall, Target, Kohl's 1:30 Forever 49</p>	<p>8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 10:00 Computers w/ Nancy 10:30 Body/Brain Flexibility 12:00 Lunch w/ Officer Kristen 1:00 Bingo 1:00 Advanced Art Lessons</p> <p>Salmon Filet or Roast Beef/ Cheese Sandwich</p>	<p>8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Computers 10:00 Billiards 10:00 Matter of Balance 11:00 Book Club 12:00 Lunch 12:00 SHINE 1:00 Downtown/ Groceries/Library 1:30 Forever 49</p> <p>American Chop Surey or Chicken Caesar Salad</p>	<p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Chair Massage 9:30 Manicures 12:00 Lunch 12:30 MAH JONGG 2:00 Flu Clinic 4:00 Candy Bar Bingo</p> <p>Beef Patty or Mediterranean Tortellini Salad</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 11:30 Blood Pressure 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Chicken Marsala or Tuna Salad Sandwich</p>
<p>CLOSED FOR Patriots Day</p>	<p>8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 10:00 Computers w/ Nancy 10:30 Body/Brain Flexibility 12:00 Lunch w/ Officer Kristen 1:00 Bingo 1:00 Advanced Art Lessons</p> <p>Beef Stew or Seafood Salad Sandwich</p>	<p>8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Computers 10:00 Billiards 10:00 Matter of Balance 11:00 Book Club 12:00 Lunch 12:00 SHINE 1:00 Downtown/ Groceries/Library 1:30 Forever 49</p> <p>Tortellini or Meatloaf "Sandwich"</p>	<p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Chair Massage 9:30 Manicures 12:00 Lunch 12:30 MAH JONGG 1:30 Delvena Theatre</p> <p>Chicken Stir Fry or Turkey Chef Salad</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis</p> <p>Turkey w/gravy or Chicken Salad Sandwich</p>
<p>9:00 Downtown/ Groceries/Library 9:00 Zumba 9:30 Podiatrist 11:00 Yoga 12:00 Birthday Lunch 1:00 Cribbage 1:00 Woburn Mall, Target, Kohl's 1:30 Forever 49</p>	<p>8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 10:00 Computers w/ Nancy 10:30 Body/Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Advanced Art Lessons</p> <p>White Bean/Kale Stew or Spinach Mandarin Salad</p>	<p>8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Computers 10:00 Billiards 10:00 Matter of Balance 12:00 Lunch 1:00 Downtown/ Groceries/Library 1:30 Forever 49</p> <p>Pot Roast or Tuna Salad Sandwich</p>	<p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Chair Massage 9:30 Manicures 12:00 Lunch 12:30 MAH JONGG 1:00 Movie</p> <p>Honey Mustard Chicken or Vegetarian Chef Salad</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess</p> <p>Cheese Omelette or Roast Beef/Cheese Sandwich</p>

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 should be made 24 hours in advance by calling 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 you should be ready by 8:45).

Wal-Mart for everyone

Monday, April 4 1:00 - 2:30

Woburn Mall, Target or Kohl's for everyone

Monday, April 11 1:00 - 2:30

Monday, April 25 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

Podiatrist at The Pleasant St. Center - Monday, April 25th, Van transportation for appointments made between 9:30 - 11:00 Call doctor for appointment then book van

The Pleasant Street Center is closed Monday, April 18 (Patriot's Day)

Stop & Shop or Market Basket:

Neighborhood Grocery Shopping Wed., 8:45 - 10:00

Cedar Glen Grocery Shopping Thurs., 8:45 - 10:00

Tannerville Grocery Shopping Fridays, 8:45 - 10:00

As a courtesy to others, 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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SENIOR GROUPS

Writer's Group: Wed., April 6, 10:00 -11:00 a.m. Join this drop-in community of writer's to share ideas, drafts, and spur each other on. The group meets the first Thursday of each month at 10:00.

Low Vision Group: – Wed., April 13, 10:00 – Guest Speakers – Deb Ciampa and Annie Kirsch, trip program, Mystic Valley Elder Services. New members welcomed.

Parkinson's Support Group: – Wed. April 13, 1:30 -3:00; Led by Kathy Hill, RN with the Greater Medford VNA. Meets every 2nd Wed.

Not Too Stuffy Book Group: Wed., April 20, 11:00 – 12:00, Pleasant Street Center *Boys in the Boat* by Daniel James Brown. In 1936, the University of Washington's eight-oar crew team raced its way to the Berlin Olympics for an opportunity to challenge the greatest rowers in the world. This is fast-paced and emotional nonfiction about determination, teamwork, and what it takes to achieve glory.



LIBRARY HAPPENINGS

LiveWires Mini: Poetry Party with Wendy Mnookin Wed., April 13, 10:00 at the Tin Bucket, 12 Wo-burn St. It's April: celebrate the power of words! Poet Wendy Mnookin reads from her new collection *Dinner with Emerson*. Enjoy refreshments plus a book sale and signing. Mnookin's poetry has been featured on Poetry Daily and Garrison Keillor's The Writer's Almanac. She has taught poetry at Emerson College, Boston College, and Grub Street.

Climate Change in New England Tue., April 26, 7:00 at the Pleasant St Center. Quentin Prideaux, of the Climate Reality Project, combines powerful imagery with concrete data to present the basic science of climate change, its risks to New England, and what actions to take now to protect Massachusetts. This program is proudly sponsored by The Friends of the Reading Public Library and the Reading Garden Club.

SERVICES DIRECTORY

AARP Tax Assistance: Tax Preparers. Appointments for assistance runs through April 14. To schedule an appointment contact Ann Gentile at (781) 942-6608.



Fuel Assistance: **Tues., April 5** The Greater Lawrence Action Council will be in Reading 1 x per month taking applications. **APPOINTMENTS REQUIRED!** Fifteen minute appointments may be made by calling (781) 942-6608. Sorry, no drop-ins.

S.H.I.N.E. COUNSELING: (Serving Health Insurance Needs of Elders) - Friday April 15, 10:00 - 3:00 and Wednesday April 20, 12:00 - 4:00 Call for an appt. 781-942-6794.



QUESTIONS/CONCERNS?

Council on Aging: Mon., April 11 @ 6:00 Pleasant Street Center

Board of Selectmen Office Hours: Tues., April 5, 6:30 - 7:00 - Town Hall

Representative Brad Jones Office Hours: Friday, April 8, 10:15 - 11:15

Senator Jason Lewis: Friday, April 15 2:30—3:30

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

MATTER OF BALANCE WORKSHOP

Back by Popular Demand!

**Wednesdays, April 6 - May 25
10:00 - 12:00.**

Eight week session meets weekly. This workshop is designed to reduce the fear of falling and view falls as controllable. It helps increase activity levels. Each session includes discussion and exercises to improve your balance, flexibility and overall strength. **A minimum of 8 people is required to hold the class.**

FREE, Registration required - signup now.



READING ROAD TRIPS

Through the generosity of the Reading Council on Aging, we are offering trips. Transportation is free! Lunch, and entertainment costs are the responsibility of the individual. Below is the schedule for April.

Seats are limited. We ask you to sign-up for one trip and check back five 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. **Times are destination arrival times.**

Weds, April 6 - Christmas Tree Shop/Lunch at the Ship Restaurant 11:30 - 3:00

Weds, April 27- Day of Beauty, Northeast Vocational School. \$15 for facial, manicure, blow dry (\$5 additional for a cut), lunch at the Breakheart Inn (additional cost) 9:30 am - 1:30 pm.



**READING ELDER SERVICES
16 LOWELL STREET
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Pleasantries
Reading Senior Newsletter

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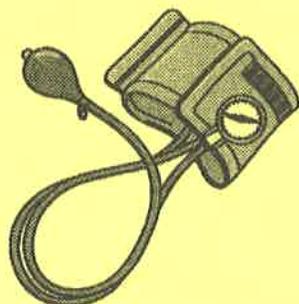
DID YOU KNOW:

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.

Nurse Advocate – Reading Human/Elder Services

The Nurse Advocate is dedicated to helping Reading residents manage their healthcare needs

- + Information and education about health and community resources
- + Individualized health management and prevention strategies.
- + Promoting and planning for health goals and continuity of care.
- + Advocate for client and coordinate services with doctors.



Blood pressure clinics are held the 4th Friday of each month at the Pleasant Street Center and the 2nd Wednesday of each month at Frank Tanner Drive.

Home visits are conducted for medication education, vital checks, and health topic education upon request and for those unable to attend The Pleasant Street Center.

Alyse Warren, RN
Pleasant Street Center
49 Pleasant Street

781-942-6693

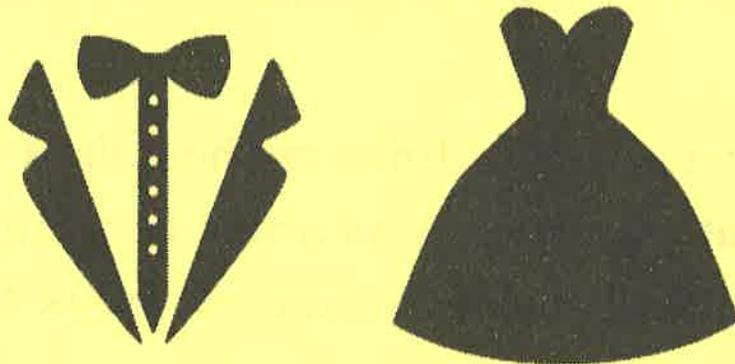
awarren@ci.reading.ma.us

Mon- Fri, 8:00am -4:00pm to schedule an appointment



**The Young Women's League
Presents
Spring Fling Dance
For Reading Seniors**

**Thursday, May 5th, 2016
5:00-9:00PM
Meadow Brook Golf Club**



**Put on your dancing shoes
Enjoy dinner, music, door prizes
while dancing the night away**

**Ticket sales start APRIL 1 and are available at the
Pleasant Street Center, 49 Pleasant Street.
\$25 per person or \$192 for a table of 8.**

Cash or checks made payable to the Young Women's League.

Seating is limited - don't wait!

**Supported by
Pleasant Street Center and
the Reading Council on Aging**

Young Women's League
OF READING