



## MOVIE DAYS



**Movie Day: Thursday, August 4 @ 1:00**  
**Concussion** Based on the true story of the doctor who discovered chronic traumatic encephalopathy, known as CTE in football players, and the uphill battle he faced in bringing the information to the public.



**Movie Day: Thursday, August 11 @ 1:00**  
**Max** - Military dog Max returns from service in Afghanistan, traumatized by his handler's death. He's adopted by the man's family and helps the grieving family heal.



**Movie Day, Thursday, August 18 @ 1:00** **5 Flights Up**

A married couple's attempts at selling their New York apartment don't quite go as planned over the course of one crazy weekend.

## PLEASANT STREET SPA

**Roberta Our Hairdresser**—Monday, Aug. 22, 9:30 – 1:00 by appointment call (781) 245-6605. \$14

**Manicures** – Thursday Aug. 11 & 25, 9:30 – 1:00, \$6.00 or \$7.00 for French

**For chair massage please call the Pleasant Street Center (No Van Service)**

**Chair Massage** - Thursday, Aug. 11, 18, 25 9:30 – 12:00 receive a 15 minute chair massage for only \$10.

**Reiki Treatments**—Thursday, Aug. 18, 3<sup>rd</sup> Thursday of each month - 9:30-11:45 - call 781-942-6794 for an apt. The fee for ½ hour treatment is \$15.

## S.H.I.N.E.

Questions about Medicare and health insurance? Call for a free appointment (781) 942-6794.

**S.H.I.N.E. COUNSELING: (Serving Health Insurance Needs of Elders)** Meeting in the Computer Room

Wednesday, August 10, 12:00 - 4:00 pm

Friday, August 19, 10:00 a.m. - 3:00 p.m.

## GET YOUR GAME ON!

**Games on the Big Screen: Thursday, August 25, 1:00,** Wii Games – “Deal or No Deal”, “Who wants to be a Millionaire”, \$10,000 Pyramid. Refreshments provided.

**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).



## LUNCH FOR EVERYONE



**Lunch with Officer Kristen:** Tues., Aug. 16 - (the 3<sup>rd</sup> Tuesday of each month) at 12:15. Kristen is available to answer questions and help resolve issues.

**Birthday Lunch:** Mon., Aug. 22 @ 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 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).

## ICE CREAM SOCIAL



## Ice Cream Social

**Tuesday, August 16 @ 2:15**

Join us for ice cream sundaes

Sponsored by Senior Whole Health.

Information will be available about SCO's

**BINGO WILL END AT 2:15**

## 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** – Returning Sept. 12.
- **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! Please welcome our new instructor - Rosemary.
- **Body & Brain Flexibility:** Returning in September

### WEDNESDAYS:

- **FOREVER 49 Tai Chi** - 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.

*Please refrain from wearing perfumes to exercise classes.*

## HEALTH SCREENINGS



### Blood Pressure

- ♥ Aug. 1, Mon., 11:30 – 12:15 – Hallmark Health, RN
- ♥ Aug. 4, Thurs., 11:00 - 11:45 am Blood Pressure Clinic and "Ask the Nurse" (1st Thursday of every month) with Nurse Advocate, Alyse Warren - Cedar Glen Common Room
- ♥ Aug. 9, Tues. – 11:30 – 12:00 – Town Nurse, Donna Pierce
- ♥ Aug. 10, 10:00 - 10:30 at Frank Tanner Drive in the common room
- ♥ Aug. 26, Fri., 11:30 – 12:00 – Nurse Advocate, Alyse Warren
- ♥ Blood pressures are in the Great Room at the Pleasant Street Center except the days at Cedar Glen and Frank Tanner Drive

## 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 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, 10:00 – 11:00
- Thursdays, 10:00 – 11:00

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>9:00 Downtown Errands/ Groceries/Library 9:00 Zumba Gold 11:30 Blood Pressure 12:00 Lunch 1:00 Walmart 1:00 Cribbage 1:30 Forever 49</p> <p>Lasagna rollup or Seafood salad sandwich</p>	<p><b>2</b></p> <p>8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 12:00 Lunch 1:00 Bingo 1:00 Advanced Art Lessons</p> <p>Creole fish or Roast beef and American cheese sandwich</p>	<p><b>3</b></p> <p>8:45 Neighborhood Grocery Shopping 9:30 Kickity Klack 10:00 Billiards 10:00 Computers 12:00 Lunch 1:00 Downtown Errands/ Groceries/Library 1:30 Forever 49</p> <p>Honey mustard chicken or Vegetable chef salad</p>	<p><b>4</b></p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Chair Massage 10:00 Computers 10:00 Scuttlebutt 12:00 Lunch &amp; Learn 12:30 MAH JONGG 1:00 Movie</p> <p>Meatloaf or Cottage cheese and fruit plate Plate</p>	<p><b>5</b></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>Tortellini with meat sauce or Chicken pesto Caesar salad</p>
<p><b>8</b></p> <p>9:00 Downtown Errands/ Groceries/Library 9:00 Zumba Gold 12:00 Lunch 1:00 Cribbage 1:00 Ocean State Job Lot 1:30 Forever 49</p> <p>Roast turkey or Mediterranean plate</p>	<p><b>9</b></p> <p>8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 11:30 Blood Pressure 12:00 Lunch 12:00 SHINE 1:00 Bingo 1:00 Advanced Art Lessons</p> <p>Chicken meatballs or Seafood salad sandwich</p>	<p><b>10</b></p> <p>8:45 Neighborhood Grocery Shopping 9:30 Kickity Klack 10:00 Billiards 10:00 Computers 10:00 Blood Pressure CG 12:00 Special Lunch 1:00 Downtown Errands/ Groceries/Library 1:30 Forever 49 1:30 Parkinson Support</p> <p>SUMMER SPECIAL LUNCH Crab cake</p>	<p><b>11</b></p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Manicure 9:30 Chair Massage 10:00 Computers 12:00 Lunch 12:30 MAH JONGG 1:00 Movie</p> <p>Spinach and red pepper quiche or Chicken salad</p>	<p><b>12</b></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>Pot roast or Turkey chef salad</p>
<p><b>15</b></p> <p>9:00 Downtown Errands/ Groceries 9:00 Zumba Gold 12:00 Lunch 1:00 Cribbage 1:00 Woburn Mall/Kohl's/ Target 1:30 Forever 49</p> <p>Chicken marsala or Mediterranean tortellini</p>	<p><b>16</b></p> <p>8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 12:00 Lunch w/Officer Kristen 1:00 Bingo ends at 2:15 1:00 Advanced Art Lessons 2:15 Ice cream Social</p> <p>Fish Florentine or Roast beef and cheddar cheese Sandwich</p>	<p><b>17</b></p> <p>8:45 Neighborhood Grocery Shopping 9:30 Kickity Klack 10:00 Billiards 10:00 Computers 12:00 Lunch 1:00 Downtown Errands/ Groceries 1:30 Forever 49</p> <p>American chop suey or Turkey and Swiss cheese sandwich</p>	<p><b>18</b></p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Chair Massage 9:30 Reiki 10:00 Computers 12:00 Lunch 12:30 MAH JONGG 1:00 Movie</p> <p>Hot dog or Egg salad sandwich</p>	<p><b>19</b></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>Cheese omelette or Chicken pesto Caesar salad</p>
<p><b>22</b></p> <p>9:00 Downtown Errands/ Groceries/Library 9:00 Zumba Gold 9:30 Hairdresser 12:00 Birthday Lunch 1:00 Redstone/Calareso's 1:00 Cribbage 1:30 Forever 49</p> <p>Salmon with dill sauce or Ham and Swiss cheese sandwich</p>	<p><b>23</b></p> <p>8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 12:00 Lunch 1:00 Bingo 1:00 Advanced Art Lessons</p> <p>Hamburger with American Cheese or California chicken salad</p>	<p><b>24</b></p> <p>8:45 Neighborhood Grocery Shopping 9:30 Kickity Klack 10:00 Billiards 10:00 Computers 12:00 Lunch 1:00 Downtown Errands/ Groceries 1:30 Forever 49</p> <p>Honey mustard chicken or Egg salad sandwich</p>	<p><b>25</b></p> <p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Chair Massage 9:30 Manicure 10:00 Computers 12:00 Lunch 12:30 MAH JONGG 1:00 Game Day 3:30 Summer Movie</p> <p>Stuffed shells or Turkey and cheddar cheese sandwich</p>	<p><b>26</b></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>Roast pork or Vegetarian chef salad</p>
<p><b>29</b></p> <p>9:00 Downtown Errands/ Groceries 9:00 Zumba Gold 12:00 Lunch 1:00 Walmart 1:00 Cribbage 1:30 Forever 49</p> <p>Baked chicken or Roast beef and Swiss cheese sandwich</p>	<p><b>30</b></p> <p>8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 12:00 Lunch 1:00 Bingo 1:00 Advanced Art Lessons</p> <p>Beef stew or Seafood salad</p>	<p><b>31</b></p> <p>8:45 Neighborhood Grocery Shopping 9:30 Kickity Klack 10:00 Billiards 10:00 Computers 12:00 Lunch 1:00 Downtown Errands/ Groceries 1:30 Forever 49</p> <p>Baked fish or Curry chicken salad sandwich</p>	<p><b>ABBREVIATIONS</b> 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.</p>	<p><b>Each day you may 2 choose a hot or cold lunch. Suggested donation \$2.00</b></p> <p><b>Lunch— Reserve the day before by noon</b></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 ).

**Walmart for everyone**

Monday, August 1, 1:00 - 2:30  
 Monday, August 29, 1:00 - 2:30

**Ocean State Job Lot for everyone**

Monday, August 8, 1:00 - 2:30



**Woburn Mall, Target or Kohl's for everyone**

Monday, August 15, 1:00 - 2:30 p

**Redstone Shopping Center, Calareso's Farm & Garden for everyone**

Monday, August 22, 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 - No appointments in August**

**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:** Will resume in October.

**Low Vision Group:** – **Low Vision Group:** – no meeting in August, returning September 14th.

**Parkinson's Support Group:** – Wed., Aug. 10, 1:30 to 3 - Led by Kathy Hill, PT with the Greater Medford VNA. Meets every 2nd Wed.

**The Not Too Stuffey Book Group** is on summer break. Load up on beach reads at the Library.

## LIBRARY HAPPENINGS

Reading Public Library is very excited to announce that the move back to our home at 64 Middlesex Avenue is imminent! The plan is to close up shop and say goodbye to the 80 General Way location sometime in mid-August. If all goes well, we hope to reopen by the end of September. For updates or information on our Grand Reopening, please call 781-944-0840 or check the website: [www.readingpl.org](http://www.readingpl.org).



**Lifelong Learning in the Library** will resume this fall in our brand new meeting room at 64 Middlesex Avenue.

## COMING SOON: MEMORY CAFE

**WHAT IS A MEMORY CAFÉ?**

A memory café is a social gathering for people living with memory loss and those who care for them. Experiencing or caring for someone with memory loss can be isolating, the café offers an opportunity to socialize, participate in an activity, and make new friends in an accepting environment.

**WHAT HAPPENS AT THE CAFÉ?**

Guests have the opportunity for conversation, refreshments, and fun activities that change month to month. The goal is to relax and get to know others with similar challenges.

*Reading Human/Elder Services will be starting a Memory Café in November 2016. If you would like to be informed of the happenings, please contact Kerry Valle, Case Manager at 781-942-6659 or Alyse Warren, Nurse Advocate at 781-942-6693.*

## OCTOBER FOLIAGE TRIP

Monday, October 17, *All Aboard!*

-Kellerhaus, NH's oldest candy and ice cream maker

-Train Ride on the Winnepesaukee Railroad

-Hart's Turkey Farm Turkey Luncheon (Served Right on Board)

\$77.00 per person

Depart from The Pleasant Street Center at 9:30 a.m., home approximately 5:15 p.m. *For more information, please contact Sharon Thomas at 781-942-6796. Call today.*

## LAMP REPAIR

We have a new volunteer repairing lamps! Drop off your broken lamp with the Receptionist, you will be contacted when it is fixed. Pay for parts only.



## QUESTIONS/CONCERNS?

**Council on Aging:** meetings resume in Sept, 6:30—8:00 pm

**Board of Selectmen Office Hours:** Tues., Aug. 2, 6:30 - 7:00 - Town Hall

**Representative Brad Jones Office Hours:** Friday, Aug. 12, 10:15 - 11:15

**Senator Jason Lewis:** Friday, Aug. 15, 2:30—3:30

**Congressman Seth Moulton**

17 Peabody Square

Peabody, MA 01960

Phone: (978) 531-1669

Fax: (978) 531-1996

## COMING SOON!!

Tired of signing-in for every activity at the Center?

Introducing our new electronic sign-in. Just a few touches of the screen and you are all set to go.

By using the touchscreen ...

- Automatically entered into the monthly drawing.
- No need to sign your name over and over again.
- Ensure accurate reporting for statistics.

Look for more information during the month!



## READING ROAD TRIPS

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

### Trips are open to new attendees!

Due to the popularity, we are repeating the July trips. Reservations by calling (781) 942-6794. Open to Reading residents age 60+. Times are destination arrival times.

**Monday, August 8, 11 – 2 pm. Sullivan’s on Castle Island** Now in their 65th year, the Sullivan family welcomes you! (Rain date Tuesday, August 9)

**Monday, August 15, 10:30 – 2:00 Rockport – Bearskin Neck** The bus will go to Blue Gate Parking lot then you will take the shuttle bus (\$.50 each way) to Bearskin Neck and enjoy lunch on your own, shopping and sightseeing. (Rain date Tuesday, August 16)

**Tuesday, August 23, 11:00 – 1:00 Lunch at Woodman’s of Essex**

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



Stay cool and drink lots of water!

### DID YOU KNOW:

You can obtain a copy of the *Pleasantries* at several locations around town or via email at [www.readingma.gov](http://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.