



Pleasanttries

Reading Senior Newsletter

Website — www.readingma.gov

Email — pleasantstreetcenter@ci.reading.ma.us

February 2017

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

Storm Cancellations
Information on page 4.

HEALTHY HEARTS



Welcome back chef Seth Gooby from Resident's at Pearl Street on **Weds., Feb. 15th at 1pm** as he prepares turkey cranberry pine nut meatballs/pasta and assorted Valentine's desserts and teaches us how to eat healthy for our hearts. **Registration required, 781-942-6794.**



February is heart health month! On **Tues., Feb. 7th at 1pm** join Celeste Lamoureux & Jill McWilliam of Hallmark Health Visiting Nurse Association and Hospice, Inc. as they present information on keeping your heart healthy. Call to reserve your spot, 781-942-6794.

HOORAY FOR HOLLYWOOD: A NIGHT AT THE OSCARS SPECIAL

Tuesday, February 14, 12:00

Join Big Smile Entertainment, dressed in Black Tie and ready for the Red Carpet, as they perform Oscar-winning songs from 1935 to 2000, after reading the nominees. Reservations required for lunch: Bruschetta chicken served with Italian roasted potatoes, chocolate trifle parfait for dessert. \$2.00 suggested donation for lunch.



REFLEXOLOGY

Join Carol Neal, National Board Certified reflexologist, as she introduces the practice of Reflexology on **Tues., Feb. 21st at 1pm**. "Reflexology is the application of pressure to the feet, hands or ears to affect another part of the body by triggering relaxation response, by relieving stress, improving circulation and easing pain." **Please call to reserve your spot, 781-942-6794.**

IMPORTANT SYMBOLS

Registration Required



Free Transportation

781-942-6794



Reservations start Thurs. January 26 @ **9:00 am.**

Peabody Essex Museum presents
"NOW YOU KNOW "THE "REST"
OF THE STORY..."

at the Pleasant Street Center
Wednesday, February 22, 1:00 pm

Most artworks are admired and valued for their artistry or history. Some have stories to tell beyond their obvious presentation. This selection of PEM art has added interest because of (as Paul Harvey's radio program proclaimed) the "rest" of the story.....unusual anecdotes about the painting's person, artist, circumstance etc. That creates another dimension of enjoyment for the viewer.



PLEASANT STR CAFÉ



Lunch & Learn: Fire Safety Mon. Feb. 13, 12:00 Capt. Mark Dwyer/Reading Fire Department. The focus is on fun but the safety messages are serious. Learn about smoke detectors and how to protect yourself from carbon monoxide.



Birthday Lunch Monday, February 27, noon – Come celebrate your birthday – if it is the month of your birthday you will receive a free gift and your lunch is free. Suggested donation for lunch if not your birthday month is \$2.00.



Lunch with Officer Kristen: – Tues., Feb. 21 - 3rd Tuesday of the month at 12:15 .

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.

MEMORY CAFÉ

Mon., Feb. 13, 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.



February Café will feature Valentine cookie decorating.
Sponsored by Artis Senior Living.

For more information contact Alyse Warren at (781) 942-6693 or Kerry Valle at (781) 942-6659

FUN FOR ALL



Movie Day Thurs., Feb. 2, 1:00 National Treasure - Modern treasure hunters, led by archaeologist Ben Gates, search for riches rumored to have been stashed away by George Washington, Thomas Jefferson and Benjamin Franklin during the Revolutionary War.



Movie Day Thursday, February 23, 1:00 Sully
Viewers around the world were astonished in 2009 when airline pilot Chesley Sullenberger safely landed an Airbus 320 on the Hudson River after both engines were disabled. This fact-based drama illuminates Sullenberger's life and heroic achievement.

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 Mon. - Fri.)

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)

Games on the Big Screen, Thursday, Feb. 9, 1:00 – 2:00 Wii Games – “Deal or No Deal”, “Who wants to be a millionaire”, group picks!



VETERANS - SCUTTLEBUTT!

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

Thursday, February 2, 10:00 am
Followed by lunch at noon

Kevin Bohmiller, Veterans' Services Officer 781-942-6652 or kbohmillier@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:** 1:30 - 2:30 "Fit for Life Fitness Program - Chi Gong, stretching, weight lifting, Tai Chi, and more. **FIRST CLASS FREE \$49/month or \$13/Session**

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. 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:** 1:30 - 2:30 "Fit for Life Fitness Program - Chi Gong, stretching, weight lifting, Tai Chi, and more. **FIRST CLASS FREE \$49/month or \$13/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

Podiatry Clinic - Returning in March , Call for an appointment 617-629-2806 Please say this is an appointment at the Pleasant Street Center.

Roberta Our Hairdresser - Mon., Feb. 27 - 9:30 - 1:00 by appt. Call 781-245-6605 All HAIRCUTS \$15.

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

Manicures - Thurs. Feb. 9 & 23 - 9:30 - 1:00 - \$6.00 or \$7.00 French

Reiki Treatments -Thurs., Feb. 16, - Treatments Available the 3rd Thursday of Each Month - 9:00-11:45. Please call 781-942-6794 for appointment. The fee for ½ hour treatment is \$15.

BLOOD PRESSURE CHECKS



Blood Pressure -

- ♥ Thursday, February 2, 11:00 - 11:45 Cedar Glen, Nurse Advocate, Alyse Warren
- ♥ Monday, Feb. 6, 11:30 - 12:15 sponsored by Hallmark Health
- ♥ Tuesday, February 14, 11:30 - 12:00 Reading Health Nurse, Donna Pierce
- ♥ Wednesday, February 8, 10:00 - 10:30 Frank Tanner Drive, Nurse Advocate, Alyse Warren
- ♥ Friday February 24, 11:30 - 12:00 Nurse Advocate, Alyse Warren

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Storm Cancellations If schools are closed then the Center is closed for programs/activities. However the staff is available to assist you. If school is on vacation break the Center will close if the Library closes. Please use your good judgement and only venture out if it is safe.</p>	<p>8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack/Zumba 10:00 Billiards/Computers 12:00 Lunch 1:00 Downtown Errands/Groceries/Library 1:30 Forever 49 Beef Stew or Egg Salad Sandwich</p>	<p>8:30 Burbank YMCA 8:45 CG Grocery shopping 10:00 Scuttlebutt 12:00 Lunch 12:30 MAH JONGG 1:00 Movie 1:00 Tai Chi for Arthritis 2:00 Tai Chi for Arthritis Stuffed Shells or Tuna Salad Sandwich</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:30 Walking Club 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Mac & Cheese Or Roast Beef/Swiss Cheese Sandwich</p>
<p>9:00 Downtown Errands/Groceries/Library 9:00 Zumba Gold 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</p>	<p>8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 10:30 Body & Brain Flexibility 12:00 Lunch 1:00 Heart Health 1:00 Bingo 1:00 Advanced Art Lessons 1:30 Walking Club Roast Pork or Cottage Cheese Fruit Plate</p>	<p>8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Billiards/Computers 12:00 Lunch 1:00 Downtown Errands/Groceries/Library 1:30 Parkinson Support 1:30 Forever 49 Fish with Broccoli Cheese Sauce or Vegetable Chef Salad</p>	<p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 AARP Tax Program 9:30 Manicure 12:00 Lunch 12:30 MAH JONGG 1:00 Games 1:00 Tai Chi for Arthritis 2:00 Tai Chi for Arthritis Greek Chicken or American Cheese Sandwich</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:15 Rep. Jones 10:30 Walking Club 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Spinach Frittata or Chicken Salad Sandwich</p>
<p>9:00 Downtown Errands/Groceries/Library 9:00 Zumba Gold 9:30 Computer Class 11:00 Yoga 12:00 Lunch & Learn Fire Safety 1:00 Woburn Mall/Kohls/Target 1:00 Cribbage 1:30 Forever 49 Turkey w/Stuffing or Roast Beef/Cheese Sandwich</p>	<p>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 Oscars Lunch 12:00 SHINE 1:30 Bingo 1:00 Advanced Art Lessons 1:30 Walking Club Valentine's Day Special Lunch Bruschetta chicken</p>	<p>8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Billiards/Computers 11:00 Book Club 12:00 Lunch 1:00 Downtown Errands/Groceries/Library 1:00 Chef Gooby 1:30 Forever 49 6:30 COA Meeting Broccoli Mushroom Quiche or Curry Chicken Salad Sandwich</p>	<p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 AARP Tax Program 9:30 Reiki 12:00 Lunch 12:30 MAH JONGG 1:00 Tai Chi for Arthritis 2:00 Tai Chi for Arthritis Fish Florentine or Turkey Chef Salad</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:30 Walking Club 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis American Chop Suey or Mediterranean Plate</p>
<p>President's Day - Center Closed</p>	<p>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 1:00 Bingo 1:00 Reflexology 1:00 Advanced Art Lessons 1:30 Walking Club Baked Fish or Roast Beef/Cheese Sandwich</p>	<p>8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack 9:30 Zumba 10:00 Billiards/Computers 12:00 Lunch 1:00 PEM 1:00 Downtown Errands/Groceries/Library 1:30 Forever 49 Meat Loaf or Chicken Pesto Caesar Salad</p>	<p>8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 AARP Tax Program 9:30 Manicure 12:00 Lunch 12:30 MAH JONGG 1:00 Movie 1:00 Tai Chi for Arthritis 2:00 Tai Chi for Arthritis Ginger Chicken or Egg Salad Sandwich</p>	<p>8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:30 Walking Club 11:30 Blood Pressure 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Hot Dog or Turkey/Swiss Cheese Sandwich</p>
<p>9:00 Downtown Errands/Groceries/Library 9:00 Zumba Gold 9:30 Computer Class 9:30 Hairdresser 11:00 Yoga 12:00 Birthday Lunch 1:00 Woburn Mall/Kohl's/Target 1:00 Cribbage 1:30 Forever 49 Cheese Omelet or Chicken Salad Sandwich</p>	<p>8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 10:30 Body & Brain Flexibility 12:00 Lunch 1:00 Bingo 1:00 Advanced Art Lessons 1:30 Walking Club Creole Chicken or Chef Salad</p>	<p>ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive Everything in Bold Transportation is available IMPORTANT VAN INFO These are destination arrival times.</p>	<p>Each day you may choose a hot or cold lunch. Suggested donation \$2.00 Lunch- Reserve the day before by noon</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 are required 24 hours in advance by calling the Pleasant Street Center (781) 942-6794.

Walmart /Ocean State for everyone

- Monday, Feb. 6 - 1:00 - 2:30

Woburn Mall, Target or Kohl's for everyone

- Monday, Feb. 13 - 1:00 - 2:30
- Monday, Feb. 27 - 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

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

On Thursdays mornings during Tax Season the Computer Room is reserved for the AARP Tax Preparers

CLASSES, CRAFTS

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

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. Bring your own laptop if you want.

Monday, February 13 and 27, with Nancy 9:30 – 11:00
Wednesdays with John 10:00 – 11:00 am

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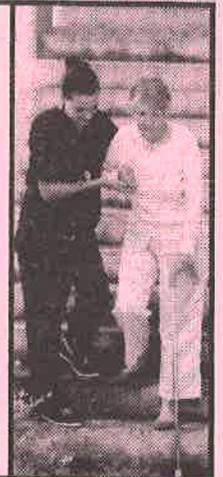
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SENIOR GROUPS

Low Vision Group: No Meeting in February

Parkinson's Disease Support Group: Wed., February 8, 1:30 -3:00; Led by Kathy Hill, PT, with the Greater Medford VNA.

The Not Too Stuffy Book Group: *The Dinner by Herman Koch.* Wed., Feb. 15, 11-12:00 pm at the Center, books available at the Center or Library. The darkly suspenseful, highly controversial tale of two families struggling to make the hardest decision of their lives - over the course of one meal.

LIBRARY HAPPENINGS

Writers' Group Wed, Feb 1, 10-12:00 pm, RPL History Room. Join this drop-in community of writers every 1st Wednesday of the month to share ideas, drafts, and cheer each other on.

LiveWires Presents: Black Holes, Spacetime, & Gravitational Waves Oh My! Tue., Feb. 28, 7:00 pm, RPL Community Room. The detection of gravitational waves in the Fall of 2015 has been compared to the "moon landing" accomplishment. Join us as we explore the history of this scientific project from the LIGO team ("Laser Interferometer Gravitational-Wave Observatory"), based on the pioneering work of Albert Einstein on gravitational waves in 1916, and culminating in their detection 100 years later. Presenter Dr. Vladimir Liberman of MIT's Lincoln Laboratory is a physicist, who specializes in optics, acoustics and nanomaterials.

TAX TIME

AARP tax appointments for Seniors begin Thurs., Feb. 9. For a Thursday appointment please contact Ann Gentile at (781) 942-6608. Thursday appointments have relocated to the **Pleasant Street Center from 9-11:30am**. Saturday is first come first served for everyone starting Feb. 4, at the Library till April 8



Senior Circuit Breaker Tax Credit: Taxpayers age 65 or older who own or rent residential property in Massachusetts are allowed a credit equal to the amount by which their real estate tax payments, or 25% of the rent constituting a real estate tax payment, exceeds 10% of the taxpayer's total income, not to exceed \$1,070. The amount of the credit is subject to limitations based on the taxpayer's total income and the assessed value of the real estate, which for tax year 2016 must not exceed \$720,000.

SHINE

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:

S.H.I.N.E. Counseling – (Serving Health Insurance Needs of Elders) Meeting in the Computer Room Tuesday, February 14, 12:00 - 4:00 p.m. Call for an appointment 781-942-6794

LAMP REPAIR

Lamp Repair will Return in May.



QUESTIONS/CONCERNS?

Representative Brad Jones Office Hours: Friday, Feb. 10, 10:15 - 11:15

Council on Aging: Mon., Feb. 13, 6:30—8:00

Board of Selectmen Office Hours: Tues., Feb. 21, 6:30 - 7:00 - Town Hall

Senator Jason Lewis: Friday, Feb. 17 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.

RAMBLERS WALKING CLUB

The Reading Ramblers will be walking all around town. The walks are open to all seniors and vary each week.

- ◆ **Fri., Feb. 3 @ 10:30** depart from Pleasant Street Center
- ◆ **Tues., Feb. 7 @ 1:30** depart from YMCA
- ◆ **Fri., Feb. 10 @ 10:30** depart from REI
- ◆ **Tues., Feb. 14 @ 1:30** depart from Town Hall
- ◆ **Fri., Feb. 17 @ 10:30** depart from Residence at Pearl
- ◆ **Tues., Feb. 21 @ 1:30** depart from Frank Tanner Drive
- ◆ **Fri., Feb. 24 @ 10:30** depart from Reading Commons
- ◆ **Tues., Feb. 28 @ 1:30** depart from Pleasant Street Center

Incase 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+.



Thursday, February 16, 12:00 – 3:00, **Lunch at Princeton Station, North Chelmsford then off to the Butterfly Place in Westford.** See New England butterflies and tropical species from all over the world. Walk along a winding pathway. Observe butterflies sipping from flowers, basking in the sunshine and flying freely in a natural habitat. Admission to the museum is \$7 for seniors.



Thursday, February 28, 11:00 – 2:00 **PEABODY ESSEX MUSEUM – Exhibit Shoes: Pleasure and Pain** Enjoy lunch at the Atrium Café. Admission to museum is \$18 for seniors.