



Pleasantries

Reading Senior Newsletter

Website — www.readingma.gov

Email — pleasantstreetcenter@ci.reading.ma.us



January 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

See information on page 5. When in doubt call 781-942-6794

FREE HEARING SCREENINGS

Jan. 24, 10am - noon

In just 10 minutes Mass Audiology can check your ear canal and screen you for hearing loss with an audiometer. If you already have hearing aids, they can check them and replace your batteries and/or answer any questions you may have about your hearing device. Call 781-942-6794 to book your FREE one-on-one hearing screening.

Appointments are required for this testing.

IMPORTANT SYMBOLS

Registration Required



Free Transportation

781-942-6794



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

NEW YEAR = NEW PROGRAMS



"Fall Prevention and Balance Training" Fri. Jan. 13, 10:30 am

Heather Waters PT, DPT, CSCS, and Colleen Davis, PT, DPT, CSCS BSPT of Bay State Physical Therapy will provide information on balance strategies and the importance of increasing strength to reduce the risk of falls and related injuries. Refreshments served. Please call to reserve a spot. (10 person minimum for program to run) Free injury screenings follow by appointment.

CSI: Fact & Fiction: Tues., Jan. 17, 1:00

Do popular crime shows accurately depict the role of forensic science in solving crimes? Discuss the myths and realities of crime scene investigations with Professor Mike Cross. Learn the strengths and limitations of modern forensics and have the chance to test your own skills at crime solving! This program is available to you from the Northern Essex Community College Speakers' Bureau.

The Basics: Memory Loss, Dementia and Alzheimer's Disease

Thurs., Jan. 26, 1:00 pm

Alzheimer's disease is not a normal part of aging. This program provides information about the disease and related dementias, the benefits of early detection, causes and risk factors, treatment, and services offered by the Alzheimer's Association. Please call to register (781) 942-6794

TAI CHI FOR ARTHRITIS

Tai Chi for Arthritis

FREE 8 WEEK PROGRAM

Thursdays, January 12 - March 2, 2:00 - 3:00 pm.

Susan Becker from MVES leads this program. Find pain relief, reduced stiffness, and a better quality of life. Tai Chi is often described as "meditation in motion," harmonizing body and mind by practicing slow continuous movement with deep breathing. Our practice is gentle, requiring a small range of motion and can be done standing or seated. (A minimum of 8 required for program to run). Reservations require (781) 942-6794.



PLEASANT STR CAFÉ

**WINTER SPECIAL LUNCH** - Tues, Jan. 10, 12:00

Come sing-along with piano player Eddie Pasco.

Beef burgundy served over seasoned noodles with green beans, and cake with cream cheese frosting for dessert.



Lunch and Presidential Trivia Jan. 19,
12:00 Choice of Hot dog or Chef Salad.
Prizes and special dessert!

Birthday Lunch Jan. 23, Monday, noon.

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



Lunch with Officer Kristen: – Tues., Jan. 17,
(3rd Tuesday of the month).

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. \$2.00 suggested donation.

MEMORY CAFÉ

Mon., Jan. 9, 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.

January features **Laughing Yoga** with Dr. Yasmin Hirji. For more information contact Alyse Warren at (781) 942-6693 or Kerry Valle at (781) 942-6659

FUN FOR ALL



QUARTET



Movie Day: Quartet Thurs., Jan. 5, 1:00 – At a home for retired musicians, the annual concert to celebrate Verdi's birthday is disrupted by the arrival of Jean, an eternal diva and the former wife of one of the residents.



Movie Day: Dave Thurs., Jan. 19, 1:00 - Hired to pose as the U.S. president after he suffers a stroke, a temp agency owner -- who's a dead ringer for the commander in chief -- proceeds to charm the media, the public and the president's estranged spouse. Cast: Kevin Kline, Sigourney Weaver

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, January 12, 12:45 – 1:45 Wii Games – “Deal or No Deal”, “Who wants to be a Millionaire”, group picks!



VETERANS - SCUTTLEBUTT!

**We Thank You for Your Service!**

Wishing everyone a Happy & Healthy 2017! Admiral Ernest King said "I don't know what the hell this LOGISTICS is that Marshall is always talking about but I want some of it". Kevin will present on his time as a Supply Officer aboard the logistics ship USS MARS (AFS-1). We'll also watch ENS Bohmiller ride the Bosn's chair and almost get dunked in the Indian Ocean.

Thursday, January 5, 10:00 am followed by lunch
Reservations required for lunch. Call Kevin Bohmiller,

Veterans' Services Officer

781-942-6652

or kbohmler@ci.reading.ma.us



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** - Fit for Life Fitness Program - Chi Gong, stretching, weight lifting, Tai Chi, and more. 1:30 - 2:30 **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! This is a new session. **First Two Classes Free for new students**
- **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** - Fit for Life Fitness Program - Chi Gong, stretching, weight lifting, Tai Chi, and more. 1:30 - 2:30 **First Class Free** \$49/month or \$13/Session

THURSDAYS:

- **Jacki Sorensen's Fitness Class** - 9:00 - 10:00. \$5/Session **First Two Classes Free for new students**

FRIDAYS:

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

PLEASANT STREET SPA

Podiatry Clinic - returning in March

Roberta Our Hairdresser— Monday, January 30, 9:30 - 1:00 by appointment. Call 781-245-6605 \$14.

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

Manicures - Thursday, January 12 & 26 - 9:30 - 1:00 - \$6.00 or \$7.00 French

Thursday, Jan. 19, - Reiki Treatments Available 9:00-11:45. Please call 781-942-6794 for appointment. The fee for ½ hour treatment is \$15. Practitioners Elise Brenner & Judy Bousquin bring this gentle practice to facilitate healing, promote mindfulness, support personal growth and complement any form of medical treatment. Your presence is most welcome.

BLOOD PRESSURE CHECKS



Blood Pressure -

- ♥ Tuesday, January 10, 11:30 - 12:00 Reading Health Nurse, Donna Pierce
- ♥ Wednesday, January 11, 10:00 - 10:30 Frank Tanner Drive, Nurse Advocate, Alyse Warren
- ♥ Thursday, January 12, 11:00 - 11:45 Cedar Glen, Nurse Advocate, Alyse Warren
- ♥ Friday January 27, 11:30 - 12:00 Nurse Advocate, Alyse Warren

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>CLOSED</p> <p>In observance of New Year's Day</p>	<p>3</p> <p>8:30 Burbank YMCA</p> <p>9:00 Jacki Sorensen's Fitness</p> <p>9:30 Art Lessons</p> <p>10:30 Body & Brain Flexibility</p> <p>12:00 Lunch</p> <p>1:00 Bingo</p> <p>1:00 Advanced Art Lessons</p> <p>1:30 Walking Club</p> <p>Fish w/Broccoli or Roast Beef & Swiss Cheese Sandwich</p>	<p>4</p> <p>8:45 Neighborhood Grocery</p> <p>Shopping</p> <p>9:30 Kickity Klack/ Zumba</p> <p>10:00 Billiards /Computers</p> <p>12:00 Lunch</p> <p>1:00 Downtown Errands/ Groceries</p> <p>1:30 Forever 49</p> <p>Chicken Cacciatore or Seafood Salad Sandwich</p>	<p>5</p> <p>8:30 Burbank YMCA</p> <p>8:45 CG Grocery shopping</p> <p>9:00 Jacki Sorensen's Fitness</p> <p>9:30 Computers w/Nancy</p> <p>10:00 Scuttlebutt</p> <p>12:30 MAH JONGG</p> <p>1:00 Movie</p> <p>Meatloaf or Tuna Salad Sandwich</p>	<p>6</p> <p>8:45 FTD Grocery</p> <p>Shopping</p> <p>9:00 BEST</p> <p>9:30 Painting</p> <p>10:00 Walking Club</p> <p>12:00 Lunch</p> <p>12:45 Party Bridge</p> <p>1:00 AA</p> <p>1:00 Chess</p> <p>Cheese Omelet or Chicken Salad Sandwich</p>
<p>9</p> <p>9:00 Downtown Errands/ Library</p> <p>Groceries/Library</p> <p>9:00 Zumba</p> <p>11:00 Yoga</p> <p>12:00 Lunch</p> <p>1:00 Walmart/ Ocean State</p> <p>1:00 Cribbage</p> <p>1:30 Forever 49</p> <p>6:30 COA Meeting</p> <p>Lasagna or Egg Salad Sandwich</p>	<p>10</p> <p>8:30 Burbank YMCA</p> <p>9:00 Jacki Sorensen's Fitness</p> <p>9:30 Art Lessons</p> <p>10:30 Body & Brain Flexibility</p> <p>11:30 Blood Pressure</p> <p>12:00 Winter Special</p> <p>Lunch</p> <p>1:00 Bingo</p> <p>1:00 Advanced Art Lessons</p> <p>1:30 Walking Club</p> <p>Winter Special: Beef Burgundy</p>	<p>11</p> <p>8:45 Neighborhood Grocery</p> <p>Shopping</p> <p>9:30 Kickity Klack/ Zumba</p> <p>10:00 Low Vision</p> <p>10:00 Billiards /Computers</p> <p>12:00 Lunch</p> <p>1:00 Downtown Errands/ Groceries</p> <p>1:30 Parkinson Support</p> <p>1:30 Forever 49</p> <p>Fish Florentine or Roast Beef/ Provolone Cheese Sandwich</p>	<p>12</p> <p>8:30 Burbank YMCA</p> <p>8:45 CG Grocery</p> <p>Shopping</p> <p>9:00 Jacki Sorensen's Fitness</p> <p>9:30 Computers w/Nancy</p> <p>9:30 Manicure</p> <p>12:00 Lunch</p> <p>12:30 MAH JONGG</p> <p>12:45 Games</p> <p>2:00 Tai chi for Arthritis</p> <p>Chicken or Seafood Salad Sandwich</p>	<p>13</p> <p>8:45 FTD Grocery</p> <p>Shopping</p> <p>9:00 BEST</p> <p>9:30 Painting</p> <p>10:00 Walking Club</p> <p>10:30 Fall Prevention</p> <p>12:00 Lunch</p> <p>12:45 Party Bridge</p> <p>1:00 AA</p> <p>1:00 Chess</p> <p>White Bean/Kale Stew or Ham/Swiss Cheese Sandwich</p>
<p>16</p> <p>CLOSED</p> <p>In Observance of Martin Luther King Jr. Day</p>	<p>17</p> <p>8:30 Burbank YMCA</p> <p>9:00 Jacki Sorensen's Fitness</p> <p>9:30 Art Lessons</p> <p>10:30 Body & Brain Flexibility</p> <p>12:00 Lunch w/Officer Kristen & Learn @ 12:15</p> <p>12:00 SHINE</p> <p>1:00 CSI</p> <p>1:00 Bingo</p> <p>1:00 Advanced Art Lessons</p> <p>1:30 Walking Club</p> <p>American Chop Suey or Curry</p> <p>Chicken Salad</p>	<p>18</p> <p>8:45 Neighborhood Grocery</p> <p>Shopping</p> <p>9:30 Kickity Klack/ Zumba</p> <p>10:00 Billiards/Computers</p> <p>11:00 Book Club</p> <p>12:00 Lunch</p> <p>1:00 Downtown Errands/ Groceries</p> <p>1:30 Forever 49</p> <p>Chicken Paprika or Tuna Salad Sandwich</p>	<p>19</p> <p>8:30 Burbank YMCA</p> <p>8:45 CG Grocery</p> <p>Shopping</p> <p>9:00 Jacki Sorensen's Fitness</p> <p>9:30 Computers w/Nancy</p> <p>9:30 Reiki</p> <p>12:00 Lunch & Presidential Trivia</p> <p>12:30 MAH JONGG</p> <p>1:00 Movie</p> <p>2:00 Tai chi for Arthritis</p> <p>Hot Dog or Chef Salad</p>	<p>20</p> <p>8:45 FTD Grocery</p> <p>Shopping</p> <p>9:00 BEST</p> <p>9:30 Painting</p> <p>10:00 Walking Club</p> <p>12:00 Lunch</p> <p>12:45 Party Bridge</p> <p>1:00 AA</p> <p>1:00 Chess</p> <p>2:30 Senator Lewis</p> <p>Fish w/Lemon Dill Sauce or Roast Beef/Cheese Sandwich</p>
<p>23</p> <p>9:00 Downtown Errands/ Groceries/Library</p> <p>9:00 Zumba</p> <p>11:00 Yoga</p> <p>12:00 Birthday Lunch</p> <p>1:00 Walmart Ocean State</p> <p>1:00 Cribbage</p> <p>1:30 Forever 49</p> <p>Lentil Stew or BQ Chicken</p>	<p>24</p> <p>8:30 Burbank YMCA</p> <p>9:00 Jacki Sorensen's Fitness</p> <p>9:30 Art Lessons</p> <p>10:00 Hearing Tests</p> <p>10:30 Body & Brain Flexibility</p> <p>12:00 Lunch</p> <p>1:00 Bingo</p> <p>1:00 Advanced Art Lessons</p> <p>1:30 Walking Club</p> <p>Sweet Potato Fish or Turkey Chef Salad</p>	<p>25</p> <p>8:45 Neighborhood Grocery</p> <p>Shopping</p> <p>9:30 Kickity Klack/Zumba</p> <p>10:00 Billiards/ Computers</p> <p>12:00 Lunch</p> <p>1:00 Downtown Errands/ Groceries</p> <p>1:30 Forever 49</p> <p>Stuffed Pepper or Egg Salad Sandwich</p>	<p>26</p> <p>8:30 Burbank YMCA</p> <p>8:45 CG Grocery</p> <p>Shopping</p> <p>9:00 Jacki Sorensen's Fitness</p> <p>9:30 Manicure</p> <p>9:30 Computers w/Nancy</p> <p>12:00 Lunch</p> <p>12:30 MAH JONGG</p> <p>1:00 Memory Loss</p> <p>2:00 Tai chi for Arthritis</p> <p>Beef Stroganoff or Ham/Swiss Cheese Sandwich</p>	<p>27</p> <p>8:45 FTD Grocery</p> <p>Shopping</p> <p>9:00 BEST</p> <p>9:30 Painting</p> <p>10:00 Walking Club</p> <p>11:30 Blood Pressure</p> <p>12:00 Lunch</p> <p>12:45 Party Bridge</p> <p>1:00 AA</p> <p>1:00 Chess</p> <p>Chicken Stir Fry or Tuna Salad Sandwich</p>
<p>30</p> <p>9:00 Downtown Errands/ Groceries/Library</p> <p>9:00 Zumba</p> <p>Gold</p> <p>9:30 Hairdresser</p> <p>11:00 Yoga</p> <p>12:00 Lunch</p> <p>1:00 Woburn Mall/ Kohi's/ Target</p> <p>1:00 Cribbage</p> <p>1:30 Forever 49</p> <p>Fish w/ Mediterranean Sauce or Chicken Salad Sandwich</p>	<p>31</p> <p>8:30 Burbank YMCA</p> <p>9:00 Jacki Sorensen's Fitness</p> <p>9:30 Art Lessons</p> <p>10:30 Body & Brain Flexibility</p> <p>12:00 Lunch</p> <p>1:00 Bingo</p> <p>1:00 Advanced Art</p> <p>1:30 Walking Club</p> <p>Chicken w/Honey Mustard sauce or Chef Salad</p>	<p>ABBREVIATIONS</p> <p>CG = Cedar Glen</p> <p>FTD = Frank Tanner Drive</p> <p>Everything in Bold</p> <p>Transportation is available</p> <p>IMPORTANT VAN INFO These are destination arrival times. Please be ready 30 minutes - 1 hour prior to the time listed</p>	<p>Each day you may choose a hot or cold lunch. Suggested donation \$2.00</p> <p>Lunch- Reserve the day before by noon</p>	<p>Storm Cancellations</p> <p>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>

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, Jan. 9 - 1:00 - 2:30
- Monday, Jan. 23 - 1:00 - 2:30

Woburn Mall, Target or Kohl's for everyone

- Monday, Jan. 30 - 1:00 - 2:30

Downtown Errands or Grocery Shopping 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.

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 Walsh 10:00 – 11:00
Thursday with Nancy Zeimlak 9:30 – 11:00

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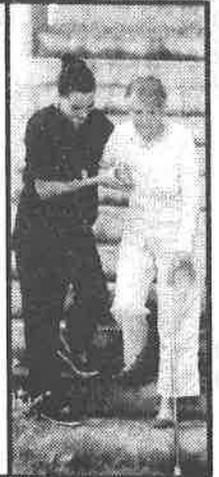
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SENIOR GROUPS

Low Vision Group: Wed., January 11, 10:00 Guest Speaker – Alyse Warren, Nurse Advocate for Reading Elder Services.

Parkinson's Disease Support Group: Wed., January 11, 1:30 -3:00; Led by Kathy Hill, PT, with the Greater Medford VNA.

The Not Too Stuffy Book Group: , Wed, Jan 18, 11 - noon at the Pleasant St. Center, books available at the Center or the Library. *Those Who Save Us* by Jenna Blum . Haunted by an old family photo of her mother and a high-ranking Nazi officer, historian Trudy Swenson begins to dig into the past to uncover the wartime experiences her mother refuses to talk about.

LIBRARY HAPPENINGS

Writers Group, Wed, Jan 4, 10-12:00 pm: RPL History Room. Join this drop-in community of writers every 1st Wed. of the month to share ideas, drafts, and cheer each other on.

Winter Warmers Fri, Jan 13, 7:00 pm RPL Community Room. Looking for a good book to curl up with this winter? Get the latest buzz on the best books to read this season at our 3rd Annual "Winter Warmers" program.

LiveWires Presents: Child Labor in the Chocolate Industry, Tues., Jan. 24, 7 pm @ RPL Community Room
Inspired by true events, award-winning local author Tara Sullivan presents the ongoing use of child, forced and trafficked labor through her powerful novel *Bitter Side of Sweet*. Then keep the conversation going with a screening of *The Dark Side of Chocolate* in which journalists investigate the child trafficking fueling the worldwide chocolate industry. Popcorn & slave-free chocolate will be served. Book sale & signing to follow.

MEDICARE UPDATE/SHINE!

If you have a *Medicare Advantage Plan* between **January 1 and February 14**, you can leave your plan and switch to Original Medicare (A & B), but you **cannot** switch to another Medicare Advantage Plan. However, you can join a **Medicare Prescription Drug Plan** and a supplement or "Medigap" Plan.

If you have *Prescription Advantage* you can change your drug plan one time per year.

If your new plan doesn't cover one of your medications!" You are entitled to a "transition supply" -- a one month (30-day) refill.

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

January 17, Tuesday, 12:00 - 4:00 p.m.

Call for an appointment 781-942-6794

Lamp Repair will Return in June.

QUESTIONS/CONCERNS?

Representative Brad Jones Office Hours:

Friday, January 13, 10:15 - 11:15

Council on Aging: Monday, January 9,

6:30 – 8:00

Board of Selectmen Office Hours:

Tuesday, January 17, 6:30 - 7:00 - Town Hall

Senator Jason Lewis: Friday, January 20,

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.

- ◆ **Tues., Jan. 3 @ 1:30**— Frank Tanner Dr.
- ◆ **Fri., Jan. 6 @ 10:00** - Pleasant Street Center
- ◆ **Tues., Jan. 10 @ 1:30**— Town Hall
- ◆ **Fri., Jan. 13 @ 10:00**— Sanborn Place, 50 Baystate Rd
- ◆ **Tues., Jan. 17 @ 1:30**—YMCA
- ◆ **Fri., Jan. 20 @ 10:00**—Residence at Pearl
- ◆ **Tues., Jan. 24 @ 1:30**—Frank Tanner Dr.
- ◆ **Fri. Jan. 27 @ 10:00**— Meet at Library
- ◆ **Tues., Jan. 31 @ 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.

Walkers are entered into a monthly drawing for prizes. Bring a friend and get a double entry!

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+.

Monday, Jan. 9 — Burlington Mall Check out all the after Christmas sales 11:00 am— 2:00 pm (lunch on your own)

Wednesday, January 25- Day of Beauty, Northeast Vocational School. Facial or wash/blow dry \$11.25 **each**, manicure \$5.25. Wash, cut and blow dry \$14.75. Lunch at the Breakheart Inn (additional cost) 9:00 am – 1:30 pm. No money will be collected here it is up to you to pay/tip your hairdresser and waitress.