





**PLEASANT STR CAFÉ**



**Thurs., Nov. 3 @ noon Lunch & Learn: Sodium & Your Lunchtime**

**Menus:** Candace Quigley, dietitian, will talk about sodium restrictions and how you can use the menus to help you control the sodium you eat, sodium facts, hidden sources, and how to lower your overall sodium intake.



**Lunch with Officer Kristen:** - Tues., Nov. 22, 4th Tuesday for this month at 12:15

**Thanksgiving Lunch Thursday, Nov.17, noon**

Turkey with gravy served with corn-bread stuffing, whipped potatoes, cranberry sauce, broccoli, and hot apple cider. Pumpkin pie for dessert.



**Musical entertainment with Marlena Phillips**

**BLACK FRIDAY BREAKFAST**

**November 25 10:00—11:00** Bulk up on a Continental Breakfast before hitting the shops! Or stop by for a relaxing bite to eat. The Center will be open in the morning serving a light breakfast.

**Closing at Noon on Friday, Nov. 25**



**Birthday Lunch: Mon., Nov. 28, 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

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.**

**FUN FOR ALL**



**Movie Day: Brooklyn, Thurs., Nov. 3, @ 1:00**

- An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, she must choose between two countries and the lives that exist within.



GRUMPY OLD MEN

**Movie Day: Grumpy Old Men, Thurs., Nov. 10, 1:15**

John and Max are elderly men living next door to each other. They're continuously arguing and insulting each other, and have been this way for over 50 years. One day, Ariel moves onto the street. Both men are attracted to her, and their rivalry steps up a gear.

**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).

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



**VETERANS - SCUTTLEBUTT!**

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

**Thursday, November 3, 10:00 am  
Followed by lunch at Noon**

Kevin Bohmiller, Veterans' Services Officer 781-942-6652 or [kbohmillier@ci.reading.ma.us](mailto: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, 4 weeks for \$40 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! This is a new session.
- **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** - 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

**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** - Monday, November 21st, Call for an appointment 617-629-2806 Please say this is an appointment at the Pleasant Street Center.

**Roberta Our Hairdresser**— Monday, November 28, 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, November 10, 9:30 - 1:00, \$6.00 or \$7.00 for French

**Reiki Treatments**— Thursday, Nov. 17, 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., Nov. 7, 11:30 - 12:15 sponsored by Hallmark Health, Pleasant Street Center
- ♥ Tues., Nov. 8, 11:30 - 12:00 Reading Health Nurse, Donna Pierce, Pleasant Street Center
- ♥ Wed., Nov. 9, 10:00-10:30, Frank Tanner Drive
- ♥ Thurs., Nov. 10, 11:00— 11:45, Cedar Glen
- ♥ Fri., Nov. 18, 11:30 - 12:00, Pleasant Street Center

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MONDAY</b> ABBREVIATIONS CG = Cedar Glen FTD = Frank Tanner Drive Everything in Bold Transportation is available <b>IMPORTANT VAN INFORMATION</b> These are destination arrival times. Please be ready 30 minutes - 1 hour prior to the time listed	<b>1</b> 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 Chicken Marsala or Seafood Salad	<b>2</b> 8:45 Neighborhood Shopping 9:30 Klickity Klack / Zumba 10:00 Matter of Balance 10:00 Billiards / Computers 12:00 Lunch 1:00 Downtown Errands/Groceries 1:30 Forever 49 Stuffed Pepper or Tuna Salad	<b>3</b> 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/Learn - Sodium Intake 12:00 SHINE 12:30 MAH JONGG 1:00 Movie Fish Au Gratin or Turkey/Swiss Cheese Sandwich	<b>4</b> 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:00 Walking Club 10:00 SHINE 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Spinach Quiche or Chicken Salad
<b>7</b> 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 Egg Salad	<b>8</b> 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 Lunch 12:00 SHINE 1:00 Bingo 1:00 Advanced Art Lessons 1:30 Walking Club Fish Florentine or Chicken Salad	<b>9</b> 8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack/ Zumba 10:00 Low Vision 10:00 Matter of Balance 10:00 Billiards / Computers 12:00 Lunch 1:00 Downtown Errands/Groceries 1:30 Parkinson Support 1:30 Forever 49 Meat Loaf or Seafood Salad	<b>10</b> 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 1:15 Movie Day Chicken w/gravy or Roast Beef/Cheese Sandwich	<b>11</b> Veterans Day Breakfast
<b>14</b> 9:00 Downtown Errands/Groceries 9:00 Zumba Gold 10:00 SHINE 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Woburn Mall/ Kohl's/Target 1:30 Forever 49 Chicken or Cottage Cheese Fruit Plate	<b>15</b> 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 American Chop Suey or Chef Salad	<b>16</b> 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 1:30 Forever 49 6:30 COA Meeting Macaroni and Cheese or Curry Chicken Salad	<b>17</b> 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 SHINE 12:00 Special Lunch 12:30 MAH JONGG Thanksgiving Special Turkey with the fixings	<b>18</b> 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:00 SHINE 10:00 Walking Club 11:30 Blood Pressure 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis Fish Sticks or Roast Beef/cheese Sandwich
<b>21</b> 9:00 Downtown Errands/Groceries/Library 9:00 Zumba Gold 10:00 SHINE 11:00 Yoga 12:00 Lunch 1:00 Walmart/Ocean State 1:00 Cribbage 1:30 Forever 49 Beef Stroganoff or BBQ Chicken	<b>22</b> 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 12:00 SHINE 1:00 Bingo 1:00 Advanced Art Lessons 1:30 Walking Club Fish w/Dill Sauce or Turkey/Cheese Sandwich	<b>23</b> 8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack/ Zumba 10:00 Billiards/ Computers 12:00 Lunch 1:00 Downtown Errands/Groceries 1:30 Forever 49 Hot Dog or Egg Salad Sandwich	<b>24</b> Closed for Thanksgiving	<b>25</b> 8:45 FTD Grocery Shopping 10:00 Black Friday Breakfast Closing at Noon
<b>28</b> 9:00 Downtown Errands/Groceries 9:00 Zumba Gold 9:30 Hairdresser 10:00 SHINE 11:00 Yoga 12:00 Birthday Lunch 1:00 Woburn Mall/ Kohl's/Target 1:00 Cribbage 1:30 Forever 49 Lentil Stew or Chicken Salad Sandwich	<b>29</b> 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 Chicken Paprika or Roast Beef/Cheese Sandwich	<b>30</b> 8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack/ Zumba 10:00 Billiards/ Computers 12:00 Lunch 1:00 Downtown Errands/Groceries 1:30 Forever 49 American Chop Suey or Tuna Salad Sandwich	Each day you may choose a hot or cold lunch. Suggested donation \$2.00 Lunch- Reserve the day before by noon	

**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, Nov. 7, 1:00 - 2:30
- Monday, Nov. 21, 1:00 - 2:30

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

- Monday, Nov. 14, 1:00 - 2:30
- Monday, Nov. 28, 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 10:00 - 11:00**  
**Thursdays with Nancy 9:30 - 11:00**

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## SENIOR GROUPS

**Low Vision Group:** Weds., Nov. 9, 10:00 Guest Speaker Lt Mark Dwyer Reading Fire Dept. Coordinator Senior Safe.

**Parkinson's Support Group:** Weds., Nov. 9, 1:30—3 Led by Kathy Hill, PT with the Greater Medford VNA

**The Not Too Stuff Book Group:** Wed, Nov 16th, 11 - noon at the Pleasant St. Center, *Cold Sassy Tree* by Olive Ann Burns. Georgia is full of characters, wise and witty, and a scandalous romance; all of which are on display in this charming novel. Books available at the Center or the Library

## LIBRARY HAPPENINGS

**LiveWires Thoughts on Death & Dying Miniseries:** Wednesday Evenings in November- 11/2, 11/9 & 11/16 at The Reading Public Library Community Room, 64 Middlesex Avenue

- **Death Café,** Nov 2<sup>nd</sup> 7-8:30 pm. Join us for coffee, cake, and discuss everything to do with death and dying, life and living. No lectures, no agenda. Facilitated by hospice volunteer Richard Davis. To learn more visit <http://deathcafe.com/>
- **End of Life Care: Options and Ideas,** Nov 9<sup>th</sup>, 7-8:30 pm. A panel of experts discuss practical & philosophical facets of end of life care; including a hospice nurse, palliative care physician, and a chaplain and bereavement counselor.
- **Green Burial,** Nov 16<sup>th</sup>, 7-8:30 pm. American funeral practices have evolved into a highly formalized, cost intensive and environmentally challenging industry. Learn about this economical, eco-friendly, common sense burial tradition.

## MEDICARE UPDATE/SHINE!

### Medicare Open Enrollment is October 15 – 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**  
11/4, 11/7, 11/14, 11/18, 11/21, 11/28  
**Tuesdays and Thursdays 12:00 - 4:00 pm**  
11/1, 11/3, 11/8, 11/10, 11/15, 11/17, 11/22, 11/29

## LAMP REPAIR

Last Day for Lamp Repair is November 22nd, Lamp Repair will Return in May.



## QUESTIONS/CONCERNS?

**Representative Brad Jones Office Hours:**  
No hours in November,

**Council on Aging: Weds. Nov. 16, 6:30—8:00**

**Board of Selectmen Office Hours: Tues., 6:30 - 7:00 - Town Hall Nov. 15**

**Senator Jason Lewis: Friday, Nov. 18, 2:30—3:30**

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

**READING ELDER SERVICES**  
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# *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](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.

## WALKING CLUB

Beginning November 1, the Reading Ramblers will be walking all around Town. The walks are open to all seniors and vary each week.

- ◆ **Tues., Nov. 1 @ 1:30** depart from the Pleasant Street Center
- ◆ **Fri., Nov. 4 @ 10:00** depart from Town Hall
- ◆ **Tues., Nov. 8 @ 1:30** depart from Frank Tanner Dr.
- ◆ **Tues., Nov. 15 @ 1:30** depart from YMCA
- ◆ **Fri., Nov. 18 @ 10:00** depart from Mattera Cabin, Main Str.
- ◆ **Tues., Nov. 22 @ 1:30** depart from Town Hall
- ◆ **Tues., Nov. 29 @ 1:30** Meet at Woburn Mall in front of Talbots.

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+.

**Thurs., Nov. 10** – Lunch at The Ship Restaurant, shopping at the Christmas Tree Shop/Yankee Candle Shop, Lynnfield 11:00 – 2:00 pm.

**Tues., Nov. 15** – Rockingham Mall Salem, NH Shopping/lunch trip 11:00 – 2:00 pm

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

**Thurs., Dec. 8** – Enchanted Village at Jordan’s Furniture in Avon, Lunch at the Olive Garden 9:30 – 3:00 pm