



# Pleasantries

## Reading Senior Newsletter

Website — [www.readingma.gov](http://www.readingma.gov)

Email — [pleasantstreetcenter@ci.reading.ma.us](mailto:pleasantstreetcenter@ci.reading.ma.us)



October 2016

**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

### WELLNESS SPOTLIGHT



#### Taking the Mystery out of Hospice and Palliative Care Monday, Oct 24, 1:00 pm

Learn the common myths and misconceptions of hospice care along with an overview of the benefits of hospice and palliative care services and how to access this help. For more information, contact Alyse Warren, RN, BSN, Nurse Advocate 781-942-6693

#### Breast Cancer as We Age Wednesday, October 26, 1:00 pm



Breast cancer is the second leading cause of cancer in women and incidences increase with age. Luckily, we have good methods to catch this cancer in an early, curable stage and we have more and more effective treatments. Join Carolyn "Lyndy" Fallica, Nurse Practitioner from Hallmark Health Oncology for a discussion on how to lower the risk of breast cancer, how to catch the disease early and what to expect if you are diagnosed. Sponsored by Hallmark Health and Wingate Reading. Refreshments will be served.



### POLICE HAM & BEAN SUPPER



### EDUCATIONAL PROGRAMS



**Thursday, October 6**  
**5:00 pm**  
Reading Police Department  
Annual Ham and Bean Supper.

Reservations required by calling (781) 942-6794. This event is free and open for Reading residents only.



#### Downsizing Basics: The Path to Living Better with Less Stuff

**Thursday, October 13, 10:15 - 11:30 am**

Joy Camp, Ph.D., from C&Z Transitions will present basic information that can reduce the angst that hinders many from starting this process.

- 1) when to start
- 2) understanding why we keep so much
- 3) strategies for preserving memories
- 4) what to: keep, give away/donate, sell, recycle or discard
- 5) the steps involved in the downsizing process.

Please call 781-942-6794 by Oct. 11<sup>th</sup> to register.



### IMPORTANT SYMBOLS

Registration Required



Free Transportation



781-942-6794

**Reservations start** Wed., Sept. 28. Please call by noon at least **two** days before the event.

## SENIOR GROUPS

**Writer's Group:** Weds., Oct. 5, 10:00 -11:00 a.m. Join this drop-in community of writers to share ideas, drafts, and spur each other on. The group meets the first Wednesday of each month at 10:00.

**Low Vision Group:** Wed., Oct. 12, 10:00. Karen Hatcher, Director of the Bridge Program at the Mass Commission for the Blind, will be the speaker.

**Parkinson's Support Group:** Wed., Oct. 12, 1:30 - 3:00 Led by Kathy Hill, PT with the Greater Medford VNA

**The Not Too Stuffy Book Group:** The Guernsey Literary and Potato Peel Pie Society by Mary Ann Shaffer  
Wed., Oct. 19, 11:00 am - German occupation during WWII leads creative villagers on the British island of Guernsey, caught out after curfew, to invent an on-the-spot book club. After the war, 1946, in an exchange of letters between a London author and its club members, a heartwarming tale is told of the resilient spirit of the islanders during that dark time.

## LIBRARY HAPPENINGS

Mark your calendars for a **reopening celebration Sun. Oct. 2, 2-5:00.** For move updates call 781-944-0840 or check the website: [www.readingpl.org](http://www.readingpl.org).

## MEDICARE UPDATE/SHINE!



**What's New in Medicare for 2017**  
**Wed, October 19, 10:15 AM**

Medicare's Annual Open Enrollment Period is October 15 through December 7. Now is the time to...

- Change your drug coverage for next year.
- Review your current coverage.
- Join a drug plan.

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have information from your plan by the end of September. Call early to get a SHINE appointment during Open Enrollment! Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and Medicare-related health insurance programs.

To schedule a SHINE appointment, call (781) 942-6794. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636).

**S.H.I.N.E. COUNSELING:**  
(Serving Health Insurance Needs of Elders)

Meeting in the Computer Room

Mon 10/17 and Fri. 10/21

10:00 - 3:00pm

Wed 10/19, Thurs 10/20, Tues 10/25

12:00 - 4:00



## LAMP REPAIR

Drop off your broken lamp with the Receptionist, you will be contacted when it is fixed. Pay for parts only.



## QUESTIONS/CONCERNS?

**Representative Brad Jones Office Hours:**  
Friday, Oct. 14, 10:15 - 11:15

**Special Town Election: Oct. 18, 7:30 pm.**  
**High School**

**Council on Aging: Oct. 17 6:30-8:00**

**Board of Selectmen Office Hours: Tues.,**  
Oct. 4 6:30 - 7:00 - Town Hall

**Senator Jason Lewis: Friday, Oct. 21 ,**  
2:30-3:30

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

**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**

**Roberta Our Hairdresser**— Monday, October 24  
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, October 13 & 27, 9:30 – 1:00,  
\$6.00 or \$7.00 for French.

**Reiki Treatments**—Thursday, Oct. 20, 3rd Thursday of  
each month - 9:30 - 11:45 - call 781-942-6794 for an apt.  
The fee for ½ hour treatment is \$15.

**VETERANS - SCUTTLEBUTT!**

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



Thurs., Oct. 6, 10:00  
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.

**LATHAM  
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LATHAMLAWOFFICES.COM**

**643 Main Street, Reading, MA 01867-3096**

**(781) 942-4400**

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**CALL 603-601-8047**

**Email: [seniornewsletter@aol.com](mailto:seniornewsletter@aol.com)**

**OR WRITE TO:**

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**7 PHILBROOK TERRACE, HAMPTON, NH 03842**



**Anne's Home Care Inc.**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 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	<b>4</b> 8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 10:30 Body & Brain Flexibility 12:00 Special Lunch 1:00 Bingo 1:00 Advanced Art Lessons Pot Roast	<b>5</b> 8:45 Neighborhood Shopping 9:30 Klickity Klack /Zumba 10:00 Matter of Balance 10:00 Billiards / Computers 10:00 Writer's Group 12:00 Lunch/Learn 1:00 Downtown Errands/ Groceries 1:30 Forever 49 Chicken or Chef Salad	<b>6</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 12:30 MAH JONGG 1:00 Day of Memory 5:00 Ham and Bean Supper Fish Filet or Roast Beef/ Cheese Sandwich	<b>7</b> 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Hot Dog or Chicken Pesto Salad
<b>10</b> Columbus day Senior Center and Town Hall Closed	<b>11</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 1:00 Bingo 1:00 Advanced Art Lessons Chicken Cacciatore or Tuna Salad Sandwich	<b>12</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 Fish au Gratin or Turkey Chef Salad	<b>13</b> 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Computers w/Nancy 9:30 Manicure 10:15 Downsizing Basics 12:00 Lunch 12:30 Sr. Tax Programs 12:30 MAH JONGG 1:00 Movie Spinach Quiche or Chicken	<b>14</b> 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 Meatloaf or Mediterranean Plate
<b>17</b> 9:00 Downtown Errands/ Groceries 9:00 Zumba Gold 11:00 Yoga 12:00 Lunch 1:00 Cribbage 1:00 Woburn Mall/Kohl's/ Target 1:30 Forever 49 6:30 COA Meeting Chicken Marsala or Tortellini Salad	<b>18</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 1:00 Bingo 1:00 Advanced Art Lessons Baked Fish or Roast Beef/ Cheddar Cheese Sandwich	<b>19</b> 8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack /Zumba 10:00 Matter of Balance 10:00 Billiards/Computers 10:15 New in Medicare 11:00 Book Club 12:00 S.H.I.N.E. 12:00 Lunch 1:00 Downtown Errands/ Groceries 1:30 Forever 49 American Chop Suey or Egg Salad Sandwich	<b>20</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 S.H.I.N.E. 12:00 Lunch/Turkey Carv- ing Station 12:30 MAH JONGG Bean/Stew or Chicken Cae- sar Salad	<b>21</b> 8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:00 S.H.I.N.E. 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis Cheese Omelette or Turkey Swiss Cheese Sandwich
<b>24</b> 9:00 Downtown Errands/ Groceries/Library 9:00 Zumba Gold 9:30 Hairdresser 11:00 Yoga 12:00 Birthday Lunch 1:00 Walmart/Ocean State 1:00 Hospice/Palliative Care 1:00 Cribbage 1:30 Forever 49 Macaroni & Cheese or chicken Salad	<b>25</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 S.H.I.N.E. 1:00 Bingo 1:00 Advanced Art Lessons Hamburger w/Cheese or Tur- key/Swiss Cheese Sand- wich	<b>26</b> 8:45 Neighborhood Grocery Shopping 9:30 Klickity Klack/Zumba 10:00 Billiards/ Computers 10:00 Matter of Balance 12:00 Lunch 1:00 Downtown Errands/ Groceries 1:00 Breast Cancer 1:30 Forever 49 4:00 Trick or Treat Chicken or Tuna Salad Sandwich	<b>27</b> 8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Manicure 9:30 Computers w/Nancy 12:00 Lunch 12:30 MAH JONGG 1:00 Movie Creole Fish or Hal/Cheese Sandwich	<b>28</b> 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 Roast Pork or Chef Salad
<b>31</b> 9:00 Downtown Errands/ Groceries 9:00 Zumba Gold 11:00 Yoga 12:00 Lunch 12:30 Ghost Stories 1:00 Redstone/Calareso's 1:00 Cribbage 1:30 Forever 49 Stuffed Shells or Roast Beef/ Cheese Sandwich	Each day you may choose a hot or cold lunch. Suggested donation \$2.00 Lunch- Reserve by the day before by noon			

**ABBREVIATIONS**  
 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

**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, Oct. 3, 1:00 - 2:30
- Monday, Oct. 24, 1:00 - 2:30

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

- Monday, Oct. 17, 1:00 - 2:30

**Redstone Shopping Center/ Calareso's for everyone**

- Monday, Oct. 31, 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**

**DANIELS HOUSE**  
 Nursing Home

**(781) 944-4410**

*59 Middlesex Avenue*  
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**PLEASANT STR CAFÉ**



**Special Lunch: Tues., Oct. 4, 12:00**  
Entertainer David Polansky – "Music through the Decades".

**Lunch & Learn: Override Election w/  
Town Manager, Bob LeLacheur**

**Wed., Oct 5,** Come learn about the special election scheduled for October 18th.



**Lunch with Officer Kristen: Tues., Oct. 18,** (the 3<sup>rd</sup> Tues of each month) Kristen is available to answer questions and help resolve issues.



**Birthday Lunch: Mon., Oct 24, 12:00,** Celebrate your birthday. If it is the month of your birthday, Reading residents will receive a free lunch & gift.. Cake & ice cream for all.



**Traveling Chef, Turkey Carving Station: Thurs., Oct. 20, 12:00** Fresh carved turkey w/fixings.



**Ghost Stories: Mon., Oct. 31, 12:30**  
True stories of hauntings and apparitions. Special Halloween dessert.



Join us every weekday at 12:00 pm (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.**


**DAY OF REMEMBRANCE**

**Thurs., October 6 @ 1:00**

Join us as we take time to remember our loved ones and dear friends who have passed. Seniors are invited to submit a photo by Oct. 1 to be included in the ceremony and share a memory. For more information contact Jane at (781) 942-6658. Refreshments served.


**FUN FOR ALL**


**Movie Day: Hello My Name is Doris Thurs., Oct 13, 1:00** starring Sally Field. A self-help seminar inspires a sixty-something woman to romantically pursue her younger co-worker.



**Movie Day: Arsenic and Old Lace Thurs., Oct 27, 1:00.** Starring Cary Grant, Priscilla Lane, Raymond Massey. A drama critic learns on his wedding day that his beloved maiden aunts are homicidal maniacs, and that insanity runs in his family.

**3rd Annual Downtown Trick or Treat – Weds., Oct. 26, 4:00 – 5:30pm.** Join us for refreshments as we welcome the young ghosts & goblins and offer them treats at the Pleasant Street Center.

**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).

**BLOOD PRESSURE CHECKS**

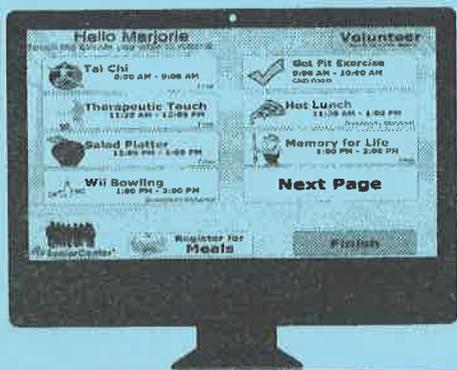

- ♥ Oct. 3, Mon., 11:30 - 12:15 - Hallmark Health, RN
- ♥ Oct. 6, Thurs., 11:00 - 12:00 pm Cedar Glen Common Room. Flu shots along with Blood Pressure Clinic and "Ask the Nurse" (1st Thursday of every month) with Nurse Advocate, Alyse Warren.
- ♥ Oct. 11, Tues., 11:30- 12:00 Town Nurse, Donna Pierce.
- ♥ Oct. 12, Weds., 10:00 - 10:30 Nurse Advocate, Alyse Warren, Frank Tanner Drive in the Common room
- ♥ Oct. 28, Fri., 11:30 – 12:00 Nurse Advocate, Alyse Warren

## TOUCHSCREEN SIGN IN

We are going electronic! Make sure you update your emergency contact information and get a key tag from the Receptionist.

When you use your key tag to sign-in be sure to *touch the 'Drawing' button to be entered into the monthly drawing.* Prizes include gift cards to Market Basket, Christopher's Restaurant, D'Amici's and assorted giveaways. The more you use your key tag the more chances you have to win.

*It is the goal of the Center to go paperless by January 1, 2017. Let's work together to save some trees.*



## 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+**.

Mon., Oct. 3, 11 - 2:00 pm **Topsfield Fair - Senior Citizen Day** admission \$8.00 each (no rain date).

Mon., Oct 17, 11:00 - 2:00 pm **Concord River Cruise and lunch** \$33. per person due by the 14th. (no refunds after Friday, Oct. 14).

**Edwards Twins Holiday Show** at the Montvale Plaza general seating \$49.95 per person – **Monday, Dec. 19,** Dinner 12:00, show at 1:00 pm. We have reserved 24 seats for the show. Our van will take 12 seniors and 12 can carpool together. Make checks payable to Montvale Plaza. Reservations and **non-refundable payment due by October 26.**

**READING ELDER SERVICES**  
16 LOWELL STREET  
Reading, MA 01867

*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](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.





**ELECTION DAY**  
**November 8, 2016**



**Polls open from 7 am – 8pm**

**RMHS – Field House**  
**82 Oakland Road**  
**Reading**

**Van Transportation provided**

**Call today to reserve a ride**

**781-942-6794**