

PLEASANTRIES

49 Pleasant Street Reading, MA 01867 (781) 942-6794
 Hours: M-Th: 8:30am - 4:00pm Fr: 8:30am - 12:00pm
www.readingma.gov/205/Elder-Human-Services

Clerk

Linda Antinoro
 lantinoro@ci.reading.ma.us
 (781) 942-6794

Administrator

Chris Kowaleski (781) 942-6796
 ckowaleski@ci.reading.ma.us

Senior Center Coordinator

Anna Assini (781) 942-6658
 aassini@ci.reading.ma.us

Sr. Case Manager

Kerry Valle (781) 942-6659
 kvalle@ci.reading.ma.us

Transportation Coordinator

Joe Beninati (781) 942-6754
 jbeninati@ci.reading.ma.us

Volunteer Coordinator

Janet Dubow 781-942-6608
 jdubow@ci.reading.ma.us

Transportation is provided for some programming. Please call for availability.



We Care About You: If your information has changed recently, please take a moment to stop at the front desk on your next visit to update your information especially emergency contacts. As a reminder, don't forget to sign in at the computer when arriving for all events, activities, and classes. Thank you!

INDEPENDENCE LUNCHEON



Wednesday, July 10th

11:30 - 12:30

Catered by Christopher's

Call to register 781-942-6794

Entertainment by: Jack Haroutunian



THOREAU CULTURAL SOCIETY

Presents:

Henry 101 Thoreau-ly

“Misunderstood “

Wednesday, July 24th

10:30 - 11:30

Call to register

781-942-6794

BREAKFAST AND LEARN

“Cooking Breakfast for One”

with

Chef Mary

Sponsored by:

Residence of Pearl

Wednesday, July 17th

9:30 - 10:30

Call To register 781-942-6794

VAN TRIP

Castle Island Van Trip

Tuesday, July 16th

Departing PSC at 9:30

Arriving PSC at 3:30

Lunch at your discretion

“Sullivans”

Rain Date:

Tuesday, July 23rd

Call to register

Limited Seating 14 MAX

Reading residents only

LUNCH AND LEARN

North Shore Bank Presents:

Banking Scams

Wednesday, July 31st

11:30 - 12:30

Call to Register 781-942-6794

ARTISTS

Calling all artists!

We are excited to showcase the incredible talent of our senior artists in the upcoming fall editions of Pleasantries. We invite you to submit photos of your creative work you have crafted.

Each month, we will select one artist to be featured.

To be considered, please send a photo of your artwork to Janet at JDubow@ci.reading.ma.us

FITNESS

Mondays

B.E.S.T. (Balance, Energy, Strength, Training):

9:00am - 10:00am (\$3.00 per class)

Location: Great Room

Chair Yoga:

11:15am - 12:15pm Free

Location: 2nd Floor

Zumba Gold with Kelli:

2:30pm - 3:15pm (\$5.00 per class)

Location: Great Room

Tuesdays

Body and Brain Flexibility with Yasmin:

10:30am - 11:30am (\$5.00/class)

Location: 2nd Floor

Senior Fit /Zumba with Kelli:

2:30pm - 3:15pm (\$5.00 per class)

Location: Great Room

Wednesdays

Yoga

11:45am - 12:30pm (\$10.00 per class)

Location: 2nd Floor

Line Dancing with Val: *7/3 Class Cancelled

1:45am - 2:30pm (Free)

Location: Great Room

Thursdays

Chair Volleyball: Last Day July 25th (12 Max)

8:30-9:30 (FREE)

Location: Great Room

Strength & Balance with Terry: 11:00am - 12:00pm

(Free) Location: Great Room

Fridays

B.E.S.T. (Balance, Energy, Strength, Training):

***7/5 BEST Class Cancelled**

9:00am - 10:00am (\$3.00 per class)

Location: Great Room

SHINE COUNSELING

SHINE Counseling (Appointment Only)

Serving Health Information Needs of Everyone (SHINE) is a free Medicare benefits counseling program available to beneficiaries of all ages and people who are new to Medicare due to retirement, unemployment or disability.

Please call **781-942-6794** to request an in-person SHINE counseling appointment.

Other SHINE related matters,

Call 1-800-AGE-INFO (1-800-243-4636)

FOR QUESTIONS 24/7, Please call Medicare

1-800-633-4227

ACTIVITIES/GAMES

Mondays



Bingo: 10:30 - 12:00 (10 games for \$5.00)



Lunch: 12:15 - 1:15 **RSVP Required by Friday**

Cribbage: 1:00 - 3:00 (2nd Floor)

Tuesdays

Art with Steve: 9:30 - 11:30 (\$40/mo 1st class free)

Pokeno: 1:00 - 3:00 (Bring your pennies)

Wednesdays

Rummikub: 1:00 - 3:00 (2nd Floor)

Fiber Art: 10:00 - 11:30 (2nd Floor)

Thursdays (7/4 Center Closed)

Billiards: 11:00 - 1:00 (Basement)

Mahjong: 12:30 - 3:30 (2nd Floor)

Fridays

Bridge: 9:00 - 12:00 (2nd Floor)



= Ride Available

COMPLETE FOOT CARE

Monthly Foot care Services

Marie Anderson NP

Certified Foot Care Specialist

Scheduled appointments only

Thursday, July 11th 12:00 - 3:00

And

Thursday July 18th 11:00-3:00

Call 781-942-6794 to make an appointment

ARPA Funded

VETERANS SCUTTLEBUTT

No July Meeting

All who have served in the Armed Services may qualify for Disability and Veterans Benefits:

Contact: William Valliere our Veterans Service Officer at 781-942-6652 or email: wvalliere@ci.reading.ma.us

VSO Valliere can assist on navigating filing disability claims and State benefits.

Next Meeting Thursday, August 1st at 10:00 - 11:00

LOW VISION GROUP

Low Vision Group

Support group for those experiencing varying degrees of vision loss. Starting in September 2nd Wednesday of every month.

Next Meeting via conference call will be in Sept

Please call 781-942-6794 for more information

Sponsored by:

MA Association for Blind and Visually Impaired

No Virtual Group July and August

Next Meeting September

PARKINSON SUPPORT GROUP

Parkinson's Disease Support Group

Meets the 2nd Wednesday of every month.

Wednesday, July 10th

1:00 - 2:00



Led by Kathy Hill, PT with the Greater Medford VNA. Call to register 781-942-6794

BEREAVEMENT GROUP *DAY CHANGE

Wednesday, July 10th

9:00 to 10:00

Grief Support Group and Grief Education

The group, led by Trish Crean, LSW, Bereavement Coordinator from All Care Hospice, is a general loss group with grief education that allows for a safe, nonjudgmental place to talk about the grief process and move towards the future in a healthy way.

Meets the 2nd Wednesday of every month.

Please call 781-942-6794 to reserve a spot

HAIRDRESSER

September Appointments

Linda Sullivan -Licensed Hair Dresser

Tuesday, September 10th

9:00 - 1:30

By appointment only : 781-942-6794

Trim and Blow out only

Washed hair preferred

Gratuities are Welcomed

Reading Residents Only

APRA Funded

VIRTUAL ART

Virtual Zentangle and Drawing

Susan is a Certified Zentangle Instructor

Wednesday, July 3th and July 17th

11:00 to 12:00

Zentangle Materials: paper, pencil, pen that writes nicely (Micron), blending tool such as a tortillon/blending stump (cotton swab could work in a pinch).

Please call to sign up and for the link

Virtual Drawing with Susan

Wednesday, June 10th and July 24th

11:00 to 12:00

Drawing Materials: paper, pencil (No.2, 2H, and 4B for drawing, vinyl eraser and kneaded eraser recommended.


Join us for a relaxing, meditative, comfortable art experience.

Beginners are welcome.

Please call to sign up and for the link

BIRTHDAY LUNCH

Thursday, July 18th at 1:00

Please call 781-942-6794 to reserve a spot 
Reading residents ages 60+ receive a gift card for your Birthday month.

**No early arrivals please!* Doors open at 12:45

PIZZA AND A MOVIE



Thursday July 25th Starts 12:45

Champions



Woody Harrelson stars in the hilarious and heartwarming story

A former minor-league basketball coach is ordered by the court to manage a team of players with Intellectual disabilities. He soon realizes that despite his doubts, together, this team can go further than they ever imagined.

BEACH BALL CHAIR VOLLEYBALL

Come Join in the fun

Thursdays from 8:30 to 9:30

Please call to sign up

Space is limited to 12 participants

No Walk-Ins

HELPFUL RESOURCES

Council on Aging Meeting:

Next Council on Aging Meeting: July 8th

Community Services Director

Genevieve Fiorente
781-942-6672

Town of Reading Select Board

selectboard@ci.reading.ma.us

Mark Dockser, Member

mark.dockser@ci.reading.ma.us

Karen Gately Herrick, Vice Chair

karen.herrick@ci.reading.ma.us

Chris Haley, Secretary

christopher.haley@ci.reading.ma.us

Carlo Bacci, Chair

carlo.bacci@ci.reading.ma.us

State Senator Jason Lewis

(617) 722-1206
Jason.Lewis@masenate.gov

Representative Brad Jones

(617) 722-2100
Bradley.Jones@mahouse.gov

U.S. Congressman Seth Moulton

(978) 531-1669

Representative Rich Haggerty

(617) 722-2080
Richard.Haggerty@mahouse.gov

Senator Jason Lewis Office Hours

Next Office Hour: July 1st
1:30 - 2:30 by appointment only

Please call 781-942-6794 to make your appointment

READING SELECT BOARD OFFICE HOURS

**Please contact the Pleasant Street Center for
Select Board office hours!**

Contact the Select Board anytime at
selectboard@ci.reading.ma.us

ON THE GO!

Van transportation is a free service for our Reading senior community (60+)

Reservations are required at least 48 hours in advance by calling the Pleasant Street Center (781) 942-6794. Seating is limited. Trips are subject to change.



Walmart

Tuesday, July 2nd 10:00 a.m. - 12:00 p.m.

Redstone Shopping Center

Tuesday, July 9th 10:00 a.m. - 12:00 p.m.

Walmart

Tuesday, July 16th 10:00 a.m. - 12:00 p.m.

Woburn Village, Target or Kohl's

Tuesday, July 23rd 10:00 a.m. - 12:00 p.m.

Walmart

Tuesday, July 30th 10:00 a.m. - 12:00 p.m.

Market Basket or Stop & Shop:

Peter Sanborn: Wednesdays 8:30 - 9:30 a.m.

Neighborhood: Wednesdays 9:30 - 10:30 a.m.

Cedar Glen: Thursdays 9:30 - 10:30 a.m.

Tannerville: Fridays 8:30 - 9:30 a.m.

Rules of the road...

- All riders must meet the Standards of Independence
- Seatbelts are required until the van comes to a complete stop.
- 4 bags per rider.
- Please be on time for all pickups!
- Please refrain from the use of colognes & perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers.

POM POMS

**Pom Pom Dance Class Returns
Thursday, August 1st**

8:30 to 9:30 every Thursdays

Call to Register 781-942-6794

20 MAX

FRIENDS OF READING SENIORS 60 +

Are you looking to meet new friends while supporting Reading seniors?

Friends of Reading Seniors 60+ is a newly formed non-profit whose mission is to advocate and fund-raise for services & activities that enhance the dignity of seniors, support their independence and encourage social interaction. Interested?

Please contact via email:

friendsofreadingseniors@gmail.com

LAMP REPAIR RETURNS

**Summer Hours:
Wednesday, July 3rd, July 17th and August 7th**

Please affix a note on your lamp stating your name, telephone number, address and issue.

Note: Please wipe down your lamp before dropping it off and no lamp shades

The fee will be for parts only.
Call 781-942-6794 for information

TECH SUPPORT

Tech Support with Nancy Ziemplack will **Restart in September by appointment only.**

Please Note: The PSC Computer Lab is open Monday - Thursday 8:30 to 3:30 and on Fridays from 8:30 to 11:30 unless reserved for SHINE appointments.

LET'S GET DIGITAL CANCELLED IN JULY

**Let's Get Digital Next Workshop
Thursday, August 8th 9:30 - 11:00**

Navigating the Settings on iPhone iPad devices
Please bring your own Devices
Call to Register 781-942-6794
Seats are Limited 15 MAX

CHROMEBOOK LENDING PROGRAM

If you have been thinking about trying out technology, now is the time to give it a try. Our Chromebooks allow you to access the internet, use email, take part in virtual programs, and much more!

For a **2-month trial** The Pleasant Street Center provides a Chromebook lending program.

Contact 781-942-6796 if you are interested in borrowing a Chromebook or for more information.



NEW SENIOR CENTER UPDATES

Take a break and join the COA and EHS for afternoon refreshments on

Wednesday, July 24^h 3:00 - 4:00

The Council on Aging and Elder Human Services (E.H.S.) will be sharing the latest Reading updates on the new senior center and EHS programs. Stay informed! Call to register.

781-942-6794

PSC BOOK CLUB

Studio 64 Book Club will be meeting at the Reading Public Library
Please call the RPL additional information at 781-942-0840

FIBER ARTS

Fiber Arts sit and chat while working on your own project and share your creativity! Bring your own yarn, knitting needles, crochet hooks or other fiber projects

All are welcome!

Beverly Enos Presentation (See below)

Please call 781-942-6794 for more information

BEVERLY ENOS PRESENTS

Fiber Arts Presents:
Beverly Enos
as she introduces BUNKA Japanese Needlepoint.

Wednesday, July 24th

1:30- 2:30pm

Limited Seating

Call to register

781-942-6794

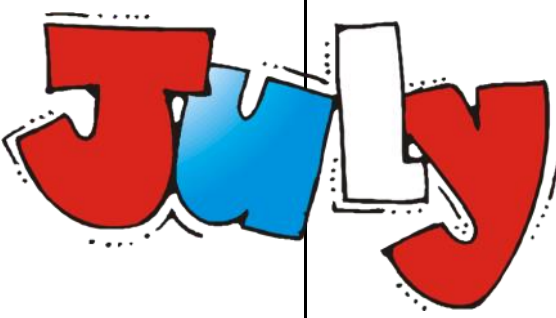
Demonstration class in August 7th

PSC MEN'S HUDDLE

Wednesday, July 24th 10:00 - 11:00

Join PSC Administrator Chris K. for refreshments and conversation.

For more information or to sign up, call 781-942-6794

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 2:30 Zumba Gold	2 9:30 ART 10:00 Walking Club 10:30 Body & Brain 10:00 Caregiver Supp. 1:00 POKENO	3 11:00 Blood Pressure 10:00 Fiber Arts 11:00 Zantangle (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing (Cancelled)	4 PSC Closed Independence Day HAPPY 4TH	5 9:00 B.E.S.T. CANCELLED 9:00 Bridge (2nd Floor) Closes at 12:00
8 9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 2:30 Zumba Gold	9 9:30 ART 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	10 9:00 Bereavement 10:00 Fiber Arts 11:00 Drawing(Virtual) 11:45 Yoga 1:00 Rummikub 1:00 Parkinson's Support Group	11 8:30 Chair Volleyball 10:00 RPL Zoom 11:00 Billiards 11:00 Strength Balance 12:00 Podiatry (Appt Only) 12:30 Mahjong	12 9:00 B.E.S.T. 9:00 Bridge (2nd Floor) Closes at 12:00
15 9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 2:30 Zumba Gold	16 9:30 Art 9:30 Van Trip 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	17 9:30 Breakfast & Learn 10:00 Fiber Arts 11:00 Zantange Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	18 8:30 Chair Volleyball 11:00 Billiards 11:00 Podiatry Appt 11:00 Strength Balance 12:30 Mahjong 1:00 Birthday Lunch	19 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
22 9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 2:30 Zumba Gold	23 9:30 ART 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	24 10:00 Men's Huddle 10:30 Thoreau Presents 11:00 Drawing(Virtual) 11:45 Yoga 1:00 Rummikub 1:30 Fiber Art Presen. 1:45 Line Dancing 3:00 Senior Center Updates	25 8:30 Chair Volleyball Last Day 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 12:45 Movie and Pizza	26 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
29 9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 2:30 Zumba Gold	30 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	31 10:00 Fiber Arts 11:00 Zantange Virtual) 11:30 Lunch and Learn 1:00 Rummikub 1:45 Line Dancing		

Name: _____

Date: _____

Independence Day

B R I T A I N O I F C S R A T S B D
E Y S E P I R T S Z E E R O O E A E
S C T P H I L A D E L P H I A V R T
H I N R C O H S K T E Y R R T A B I
I C T E E F G R V I B A E E R R E N
E R N A D B B Y S H R D I E E B C U
R I T D C N I R X W A I I R M E U M
E C S P M I E L R E T L D F M H E O
S I I N S L R P L R E O E E U T S D
S K Y T K E F E E A J H C H S F E E
A A R R O I I V M D S E L T O O D E
A B A O O I O N G A N A A F H E A R
C P L M W L R U O A O I R O T M R F
S O R U U E G T S L L A A D R O A C
R W L T E H R D A A O F T N U H P J
S C I N C I P I L P I C I A O R S U
R O C E I E A W F O Q C O L F N L L
N O U O B U M A S E L C N U H S Y Y

Word List:

AMERICA
CELEBRATE
FLAG
HOME OF THE BRAVE
LIBERTY
PHILADELPHIA
SPARKLERS
UNCLE SAM

BARBECUES
COLONIES
FOURTH
INDEPENDENCE
OLD GLORY
PICNICS
STARS
UNITED

BLUE
DECLARATION
FREEDOM
JULY
PARADE
RED
STRIPES
USA

BRITAIN
FIREWORKS
HOLIDAY
LAND OF THE FREE
PATRIOTIC
REVOLUTION
SUMMER
WHITE

SUPPORT SERVICES

We are dedicated to helping our Reading residents live actively and engage in the community. We provide education, support, and services for residents of all ages.

Reading Response: offers Medical transportation, Lifeline Medical Alert and Adult Day Health.

Reading Response income guidelines:

1 person=\$55,000

2 person=\$62,850

For every \$5,000 over the income guidelines there is a \$5.00 copay.

Clients on standard Mass Health are **not eligible**.

To schedule an appointment for any of the above services please contact:

Kerry Valle, Sr. Case Manager

(781) 942-6659



FILE OF LIFE

In an emergency when First Responders arrive on scene they are looking for important information about the person in need. A **File of Life** allows our First Responders to immediately begin the best possible treatment, notify loved ones, and pass this vital information to awaiting physicians in the emergency room.

If you would like a **File of Life** or have questions about the program, please contact **Kerry Valle at (781) 942-6659**

The **File of Life** is available at the Pleasant Street Center and are provided through a donation from the Fire Dept Local Union 1640.

BLOOD PRESSURE SCREENING

Blood Pressure Screening at the Pleasant Street Center
Wednesday, July 3rd

11:00am - 12:00pm

For more information call 781-942-6693

MELANOMA AWARENESS

KRISTA RUBIN NP

Presents:

Melanoma/ Skin Awareness

Wednesday August 7th 10:00-11:00

Call to Register 781-942-6794

CAREGIVERS SUPPORT

Are you a caregiver who is managing the day-to-day care of a spouse, partner or friend?

The Caregivers Support Group will be meeting monthly on the 1st Tuesday at the PSC from 10:00am to 11:00am to share experiences, talk about issues, solutions and to generally support one another through what can be a difficult journey.

Next meeting on Tuesday, July 2nd

11:00 - 11:00

Call to register 781-942-6794

BUS TRIPS

Royal Tours presents
"Pickity Place" Featuring
*A Five Course Gourmet Luncheon
*Parker's Maple Gift Barn
Monday, August 19, 2024
\$55.00 per person (partially funded by ARPA)
Registration starts July 22nd

"Life's A Beach"

with the

Malibu Brothers

at Castleton, Windham, NH

Wednesday, July 17th

\$55.00 per person

Registration on-going

AUGUST EVENTS

Bear Mountain Healthcare
Presents:

Ice Cream Social

Thursday, August 1st 1:30 - 2:30

Call to Register

781-942-6794

FIBER ARTS PRESENTS

Beverly Enos Japanese Bunka

Wednesday, August 7th

1:30 - 3:30

Call to register

Limiting Seating 12 MAX

<p>Reading Elder Services 16 Lowell Street Reading, MA 01867</p>	<p align="center">PLEASANTRIES Reading's Newsletter for Residents 60+ pleasantstreetcenter@ci.reading.ma.us https://www.readingma.gov/205/Elder-Human-Services</p>	
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Did you know:

You can obtain a copy of the *Pleasantries* at several locations around town or via email at readingma.gov. If you would like to receive the newsletter by mail please send a note with your name, address and phone number to

Town Hall :

16 Lowell Street, Reading MA 01867.

RAMBLERS WALKING CLUB

The Reading Ramblers will be walk all around town.

Walks are open to all and vary each week.

Tuesdays at 10:00am

Reading Ramblers July 2024 Schedule

07/02: Meet at Coolidge Middle School

07/09: Meet at Wood End School

07/16: Meet at Joshua Eaton School

07/23: Meet at Parker Middle School

07/30: Meet at Killam School

Check out Ramblers FB page for updates:

<https://www.facebook.com/Readingramblers/>

Walks will be cancelled in the event of inclement weather.

Contact the Pleasant Street Center for an updated departure location at 781-942-6794.



How long have you been volunteering at The Pleasant Street Center?

I have been coming to the Pleasant Street Center since 2022. I help call back the Bingo numbers and also help with servicing lunch on Mondays.

How did you get started volunteering at The Pleasant Street Center?

I have loved to help people all my life. I have traveled around the country as a Red Cross worker to different disasters and I also ran the Boston Red Cross Food Pantry.

What's your favorite thing about volunteering at The Pleasant Street Center?

This Senior Center and others really saved my life. I get up looking forward to play Bingo and be around many wonderful people that I can talk, laugh and smile with. I feel needed, wanted, happy and that I belong.

What would you say to someone who's thinking of volunteering?

I may live in Woburn, but all of the senior centers in the area, especially Pleasant Street Center, you should know that you are welcome here.