

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

Interim Elder Human Services Administrator & Senior Case Manager

Kerry Valle 781-942-6659
 kvalle@readingma.gov

Clerk

Linda Antinoro 781-942-6794
 lantinoro@readingma.gov

Public Health Nurse

Olivia Bartolomei 781-942-6656
 obartolomei@readingma.gov

Senior Center Coordinator

Anna Assini 781-942-6658
 aassini@readingma.gov

Transportation Coordinator

Joe Beninati 781-942-6754
 jbeninati@readingma.gov

Volunteer Coordinator

Janet Dubow 781-942-6608
 jdubow@readingma.gov

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

INCLEMENT WEATHER POLICY

Inclement Weather Policy

If Reading Public Schools are closed due to inclement weather, the Pleasant Street Center will be closed.

If Reading School has a 2 hour delay PSC will be open at 12:00.

INTRO TO PHILOSOPHY

Phillips Academy's Presents: Omnia Philosophy and Intro to Philosophy
Tuesday, March 25th from 1:00 - 2:00

This four-part series is led by Phillips Academy High School students Andrew Liu, Sean Flynn, and Felix Bret, founders of the Omnia Philosophy Program, whose mission is to make philosophy accessible to seniors everywhere. These talented students will be volunteering their time to offer an engaging, accessible introduction to philosophy, exploring big questions about life, happiness, ethics, and the future of artificial intelligence. Each session is designed to be thought-provoking, fun, and welcoming to all levels of curiosity.

Session 2 – (Live Zoom) at PSC

Please call 781-942-6794 to register. **Limited Seating**

ST PATRICK'S DAY LUNCH

St Patrick's Luncheon

Thursday, March 12th | 1:00 - 2:00

Non-Reading residents waitlisted

Registration starts Tuesday, March 3rd (781) 942-6794

Priority will be given to Reading residents.



BINGO: NEW TIME!

Announcing a new time for Monday Bingo!

Bingo will now begin at **10:45 a.m.**, with doors opening at **10:30 a.m.**

Come grab a seat, catch up with friends, and get ready for a fun morning of Bingo!



COMMUNITY LUNCH: NEW DATE AND TIME

PSC Senior Community Lunch!

Tuesdays at 12:30!

We are excited for this change and look forward to seeing all of our regulars and to welcoming new people join us for Tuesday Community Lunch!

Must register in advance by Wednesday. Call to register: 781-942-6794

FITNESS CLASSES

Mondays

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

9:00am - 10:00am

Location: Great Room

Chair Yoga: (CLASS CANCELLED 3/23)

11:15am - 12:15pm

Location: 2nd Floor

Dance Fit with Kelli

2:30pm - 3:15pm

Location: Great Room

Tuesdays

Body and Brain with Yasmin:

10:30am - 11:30am

Location: 2nd Floor

Dance Fit with Kelli:

2:30pm - 3:15pm

Location: Great Room

Wednesdays

Yoga Class

11:45am-12:30pm

Location: 2nd Floor

Line Dancing with Val

1:45pm - 2:30pm

Location: Great Room

Thursdays

Pom Poms with Joie Edson:

8:30am - 9:30am (Great Room)

Location: Great Room

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

Location: Great Room (CLASS CANCELLED 3/26)

Fridays

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

9:00am - 10:00am Location: Great Room

FITNESS POLICY BEGINNING APRIL 1

Registration for the upcoming Fitness Class sessions begin on March 23rd. You have the option of signing up online on our new programming software, over the phone at 978-942-6794 or in person. Credit Card or Check will be accepted. Jenna Wood, Community Services Director, will be giving an informational session on the upcoming classes and the new programming software on **March 12th at 2:00pm at the Pleasant Street Center.** Please call 781-942-6794 to register.

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)

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

Tuesdays

Art with Steve: 9:30 - 11:30



Lunch: 12:30 - 1:30 **Registration Required by Wednesday Non-Reading Residents on a waitlist**

Therapy Coloring 1:00 - 3:00

Wednesdays

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

Thursdays

Billiards: 11:00 - 1:00

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

Fridays

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

VETERANS SCUTTLEBUTT

Veterans Group

Thursday, March 5th | 10:00 - 11:00

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

Contact: William Valliere Veterans Service Officer at 781-942-6652 or wvalliere@readingma.gov
VSO Valliere can assist on navigating filing disability claims and State benefits.

Fiber Arts Presents Laurie Thies

Hickory Hexagons

Wednesday, March 4th | 10:00-11:30

Hickory Hexagons refers to a traditional hexagon quilt pattern that uses six-sided shapes arranged in a repeating, honeycomb-style layout.

Kits will be provided

Call to register 781-942-6794

Seats are Limited

Non-Reading residents on a waitlist



UKULELE

Learn How to Play A Ukulele

Join Julie Stepanek as she guides you through the fundamentals of ukulele playing. No experience is necessary! Ukuleles will be provided, or feel free to bring your own.

Thursday, March 12th | 10:00 - 11:00

Call to register 781-942-6794

Or Online registration Myactivecenter.com

MAX 15 Limited seating :

Non-Reading Residents
waitlisted



MINDFUL CRAFTERS

Join Marianne Snow & Mindful Crafters for: Wall Art: Cherry Blossoms in a Vase

Wednesday, March 11th | 9:30-11:30

Join us to create a cheerful cherry blossom wall art piece on a wooden square base. Choose and decorate a vase, add hand-drawn branches, and design delicate blossoms using soft pink tissue paper.

Call to register: 781-942-6794

Limited seating.

Non-Reading residents



COMPLETE FOOT CARE

Monthly Foot care Services: Marie Anderson NP
Certified Foot Care Specialist
Scheduled appointments only



Call 781-942-6794 to make an appointment

FUEL ASSISTANCE

Monday, March 2nd | 9:30-12:00

**Fuel Assistance Program by Appointments only
781-942-6794**

Home Energy Assistance Program (HEAP)

Fuel Assistance: Aid is available to pay a portion of winter heating bills for the primary heat source for households meeting federal income guidelines.

Payments are made directly to the fuel provider. Applies only to oil, propane, coal, wood, gas, kerosene, & electric. If you need an application or are new to the program, please contact (978) 681-4950.

Please call 781-942-6794 to book your appointment.

AJ JERRETT SKETCHBOOK

AJ Jerrett

"A Beginner's Sketch Book Journal Workshop"

Wednesday, March 11th &

Wednesday, March 25th

10:00 to 11:30

Call to register 781-942-6794

or

register online

www.myactivecenter.com

ALBERT PLESS OFFICE HOURS

Meet Our Director of Equity & Inclusion:

Albert Pless, Jr.,

Director of Diversity, Equity, and Inclusion for the Town of Reading, brings over 25 years of experience in community-based programs across Greater Boston. Albert is available for **office hours at PSC every Monday, 8:30 AM-12:00 PM**, to answer questions and share information, including guidance on the

Americans with Disabilities Act

Contact: 781-942-6752 or

apless@readingma.gov

PUZZLES

Puzzle Time. Every Tuesday | 1:00 - 3:00

Come connect, relax, and challenge your mind
Work on a jigsaw puzzle and enjoy good company.

Call to register 781-942-6794. Walk-ins are welcome!

LOW VISION

Low Vision Group

Support group for those experiencing varying degrees of vision loss.

Wednesday, March 11th

For information call: 781-942-6794

Sponsored by: MA Association
for Blind and Visually Impaired

PARKINSON SUPPORT GROUP

Parkinson's Disease Support Group
Meets 2ND Wednesday of every month.

Wednesday, March 11th | 1:00 - 2:00

Led by Kathy Hill, PT, Visiting Nurse Community Care.

HAIRSTYLIST

Linda Sullivan - Licensed Hair Dresser

Monday, March 16th | 9:00 - 1:30

By appointment only: 781-942-6794

Men and Women Trim and Blow out only

Washed hair preferred - **Gratuities are Welcomed**
Non Reading Residents Waitlisted

BIRTHDAY LUNCH

Thursday, March 5th | 1:00

Join us to celebrate our March Birthdays
Please call 781-942-6794 to reserve a spot
Non Reading Residents Waitlisted

EVENING CHAIR VOLLEYBALL

Join us for this 12-week series every **Tuesday from March 3rd through May 26th | 6:30pm to 7:30pm.**
This is a great way to stay active, socialize, and have a blast each week!

Space is limited to 12 participants, and in order to continue the full series, we need a firm commitment of all 12 spots filled or program will be cancelled.

Call to register: 781-942-6794 Reserve your spot today and be part of the fun!
***No Class on March 10th!**

LUNCH AND LEARN

Therapy Gardens Presents:

The First 3 Women Senators and their stories

Wednesday, March 18th | 12:00-1:00

Join us as we explore the lives and careers of the first three women - **Rebecca Latimer Felton Hattie Wyatt Caraway Rose McConnell Long**—to serve in the United States Senate.

Call to register: 781-942-6794

Or Register online www.myactivecenter.com

FORENSIC SCIENCE ROADSHOW

Forensic Science Roadshow

Thursday, March 26th | 1:30-3:00

Paul Zambella, a retired Massachusetts State Police Forensic Scientist will take us for a look into the world of crime scene investigation. Drawing on his work as a crime scene investigator and laboratory analyst, Paul shares real-life insights from the field and behind the scenes of the crime lab.

Call to register: 781-942-6794

STORYTELLER DIANE EDGEComb

Fairy Legends of Ireland

Presented by Storyteller Diane Edgecomb

Thursday, March 19th | 1:30-2:30 PM

Join us for an afternoon of Irish storytelling and live harp music. Enjoy Ireland's beloved fairy legends to life with her vivid, comedic style, accompanied by the Celtic harp playing of Margot Chamberlain. The perfect way to celebrate **St. Patrick's Day**.

Light refreshments will be served.

Call to register: 781-942-6794

Non-Reading residents will be waitlisted.



This program is **generously funded by the Reading Cultural Council**, supported by the Mass Cultural Council.

HELPFUL RESOURCES

Council on Aging Meeting:

Next Council on Aging Meeting: **Monday March 9th**

Community Services Director

Genevieve Wood

781-942-6672 email: jwood@readingma.gov

Town of Reading Select Board

selectboard@readingma.gov

Karen Rose-Gillis, Secretary

Karen.rose-gillis@readingma.gov

Karen Gately Herrick, Member

karen.herrick@readingma.gov

Chris Haley, Chair

christopher.haley@readingma.gov

Carlo Bacci, Member

carlo.bacci@readingma.gov

Melissa Murphy, Vice Chair

melissa.murphy@readingma.gov

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)-722-2575

Richard.Haggerty@mahouse.gov

Senator Jason Lewis Office Hours

Next Meeting

Monday, March 2nd | 1:30-2:30

Call to register 781-942-6794

Appointments take priority - walk-ins are welcome.



KAREN GATELY HERRICK

Meet and Greet with

Karen Gately Herrick Select Board Member

Monday, March 2nd | 12:00 - 1:00

Walk-ins are welcome!

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.



March Shopping Dates and Times,

Walmart:

Tuesday, March 3rd 9:30 a.m. - 11:30 a.m.

Redstone Shopping Center:

Tuesday, March 10th 9:30 a.m. - 11:30 a.m.

Woburn Village, Target or Kohl's:

Tuesday, March 17th 9:30 a.m. - 11:30 a.m.

Walmart:

Tuesday, March 24th 9:30 a.m. - 11:30 a.m.

Woburn Village, Target or Kohl's:

Tuesday, March 31st 9:30 a.m. - 11:30 a.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/Neighborhood: 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 for participation at the Pleasant Street Center.*
- Seatbelts are required until the van comes to a complete stop.
- No food or drink to be consumed while on the van.
- 4 bags per rider.
- Please be on time for all pickups!
- Please refrain from the use of colognes and perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers.

Thank you for your cooperation.

ROYAL TOURS

Royal Tour Bus Trips Are Back!

Join us for our first day trip of the season:

Songs Across America at Wright's Farm (RI): Friday, April 24th Sign-up begins March 10 (in person with \$65 check). Reading residents receive priority registration. Call 781-942-6794 for details.

Sail Boston Tall Ships: Tuesday, July 14th . Cost: \$75. Register in person at the Pleasant Street Center.

Reading residents receive priority registration.

For more information call: 781-942-6794

HELPFUL RESOURCES

Income Tax Preparation Assistance

The Pleasant Street Center is partnering with the Massachusetts AARP and the Internal Revenue Service (IRS), to provide free Federal and state income tax preparation assistance. This service is provided by trained volunteers.

By Appointments Only (No Walk-ins)

Please call the Pleasant Street Center for further details at 781-942-6794.

IRS Payment & Refund Update: The IRS no longer accepts paper checks for tax payments or issues refund checks. Payments must be made electronically, either through our tax software (requires bank information from a blank check) or directly on the IRS website. Refunds will be issued by direct deposit or on an IRS debit card.

Online Registration through My Active Center

Over the next few months, we will be rolling out the My Active Center online registration program that is part of the My Senior-Center system here at the Pleasant Street Center. My Active Center will allow participants to sign up and register for allowed programs and events online from home once an account is set up. Over the next few months, the Pleasant Street Center will be having classes on how to use this new online registration tool. Please note, participants will still be able to register for programs and events in-person and over the phone.

Please keep an eye out for more information as well rolling this new online registration program out.

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.

Standards of Independence

As part of registering for the center programs you will be asked to sign the **Standards of Independence**. The programs at the Pleasant Street Center are primarily designed for and targeted to people aged 60+. Others may participate when the staff has been consulted and space allows. In order to ensure a welcoming environment, all participants at the Center must be able to adhere to the standards of independence. Please see staff to retrieve a copy of the Standards of Independence at the welcome desk.

Friends of Reading Seniors 60Plus

The Mission of Friends of Reading Seniors 60 Plus (FORS60+) is to advocate & fundraise for services & activities that enhance the dignity of Reading seniors, support their independence & encourage social interaction. We are grateful for donations that help support this mission.

Please make check payable to:

Friends of Reading Seniors 60 Plus (FORS60+) P.O. Box 275, Reading, MA. 01867

(Print) Donor's Name _____ *Gift \$ _____.

Date: _____ Telephone #: _____

Address _____ City _____ State _____ Zip _____

Circle: In Memory or In Honor, Individual, Organization or Pet:

(Print) Name _____

Please notify the following individual (Print) Name _____

Address _____ City _____ State _____ Zip _____

*FORS60+ is a non-profit & all gifts are tax deductible. EIN: 93-4107366



UPCOMING APRIL PROGRAMS

Bunny Garland Craft

Tuesday, April 1st | 9:30 AM

Create a festive spring bunny garland with Marianne Snow of Mindful Crafters.

Free | Pre-registration required | Call 781-942-6794

Limit 20 participants | Non-Reading residents waitlisted

April Birthday Lunch

April 2nd | 1:00-2:00

Non-Reading Residents Waitlisted

Scuttlebutt

Guest Speaker: Veterans Scuttlebutt Group Only

Thursday, April 2nd | 10:00–11:00

The 40th Anniversary of the 1986 Boston Red Sox

Take a nostalgic look back at one of the most memorable seasons in Red Sox history — from Roger Clemens' 20-strikeout game to the dramatic seven-game World Series. Relive the excitement, heartbreak, and unforgettable moments of the 1986 team with Red Sox historian Herb Crehan.

Fuel Assistance Program (HEAP)

Monday, April 6th | 9:30 – 12:00

Last day for the season — program resumes next year

Appointments are required. To schedule your appointment, please call 781-942-6794.

The Home Energy Assistance Program (HEAP) helps eligible households with heating costs. Don't miss this final opportunity to apply for the season.

Bereavement Group

Monday, April 6th | 9:30 - 10:30

Join the Rev. Mary Curlew, who will be leading our Bereavement Support Group.

This supportive group offers a compassionate space for those who have experienced loss to share, listen, and find comfort among others who understand.

Life Transition Binder Information Session

Wednesday, April 8th | 10:30-11:30

Join us for an **informational presentation** with **Sandra Batra**, owner of **Life Link Consulting**. Sandra will introduce the **Life Transition Binder**, a tool designed to help individuals organize vital personal, financial, medical, and legal information in one secure place. This session is intended to help patrons decide whether they would like to register for the full workshop series.

Those interested may register for a **four-week workshop series** (10:00–11:30 AM) on **May 27; June 3, 10, and 17, 2026**, where participants will actively work on creating their own Life Transition Binder. Registration for all four sessions is required and runs from **April 8–May 6**. Space is limited to **30 participants**; non-Reading residents will be waitlisted, and a lottery may be used if demand exceeds capacity.

Please note: The **April 8th session is informational only**. Participants **will not receive a binder** at this presentation.

This program is **generously funded by the Friends of Reading 60+ Community**.

UPCOMING APRIL PROGRAMS

No More Curse" A history of Boston Baseball

Wednesday, April 1st | 10:00–11:00

David Kruh will discuss the roots of Boston baseball. We will look back at the **real** story behind Harry Frazee and his sale of slugger Babe Ruth. Relive the (sometimes frustrating) saga of the Boston Red Sox and their ultimately successful struggle for a World Series championship.

Registration opens March 2 – Call 781-942-6794

Non-Reading residents will be waitlisted

Historian Richard Smith Presentation: The Battles of Lexington and Concord

Wednesday, April 8th | 10:00–11:00 a.m.

Travel back to April 19, 1775, the day that marked the beginning of the American Revolution. Join or an engaging discussion exploring what led to the clash between British Redcoats and Colonial Minutemen.

Limited to 15 seats. Call 781-942-6794 to register.

Reading residents have priority; non-residents will be waitlisted.

Thursday, April 9th | 1:00-2:00

Lunch & Learn series featuring Attorney Erin Donahue

for a who will present an informative session on Elder Law

Call to register: 781-942-6794

Limit 20 participants | Non-Reading residents waitlisted

Let's Get Digital with John Tedesco

Presents: Tech Talk

Tuesday, April 14th and 16th | 9:00-11:00

Please bring your own Devices and Questions

Call to Register Appointments only : 781-942-6794

Another Order of Mangia, Meatballs & Murder (part 2)

Thursday, April 16th | 1:30–3:00 PM

Join Fran Baron, owner of Delvena Theatre Company, and her team for the interactive sequel to *Mangia, Meatballs & Murder*.

Registration opens April 1 – Call 781-942-6794

Non-Reading residents will be waitlisted

Phillips Academy & Omnia Philosophy Present: A 3rd -Session Philosophy Series at PSC!

(Live on Zoom) Wednesday, April 22nd | 1:00 - 2:00

Topic: Philosophy of AI Phillips Academy High School students Andrew Liu, Sean Flynn, and Felix Bret, founders of the Omnia Philosophy Program, whose mission is to make philosophy accessible to seniors.

Fashion & the First Lady

Thursday, April 30th | 1:30–2:30

Join Karen Antonowicz of Spirit of Fashion for a stylish journey through history, exploring the fashion and accessories of America's First Ladies, from the earliest to Jill Biden. Light refreshments will be served.

Registration opens April 1st – Call 781-942-6794

Non-Reading residents will be waitlisted

PROGRAM UPDATES AND WHAT IS NEXT FOR THE PLEASANT STREET CENTER

Dear Community Members,

We are excited to share an important update as we begin a new chapter for senior services in Reading. Planning is underway for the future opening of the **Reading Center for Active Living**, anticipated in Summer 2027. This welcoming new space is being designed to support lifelong learning, social connection, wellness, and relaxation for residents of all ages. As we prepare for this next phase, you will begin to see some changes at the Pleasant Street Center that are part of this larger, long-term vision.

One of those changes involves how our programs are funded and managed. The grant funding that allowed many of our programs to be offered at no cost or reduced rates during and after the COVID-19 period is coming to an end. As we transition toward the Reading Center for Active Living, we will return to our pre-COVID program fee structure beginning in April.

Programs that meet multiple times per month will be offered in four-week sessions, with payment due at the time of registration. Once-a-month programs will also have set registration dates. Payment may be made by credit card or check; **cash will not be accepted**. Refunds will not be issued for missed classes unless a doctor's note is provided, and sessions cannot be prorated. Scholarship opportunities will be available through Social Services based on income, ensuring programs remain accessible to those who need assistance.

At the same time, we will be launching a new programming and registration software system. The introduction of this platform will coincide with the updated fee structure and is an important step in preparing for the Reading Center for Active Living. The new system will make it easier to register for programs, view schedules, and receive timely updates, creating a more consistent and user-friendly experience for everyone.

We recognize that new systems and processes take time to get used to. To support this transition, we will be offering training sessions on how to use the online platform, with dates to be announced in the coming weeks. Please note that participants may still register by phone using a credit card or pay in person with a check. We are committed to being transparent and supportive throughout this transition. **Jenna Wood will host an informational session on Thursday, March 12th at 2:15p.m. at the Pleasant Street Center**, and you are always welcome to reach out to Interim Elder Human Services Administrator & Senior Case Manager Kerry Valle or Community Services Director Jenna Wood with any questions.

Thank you for your continued support and for being a valued part of our community. These updates are all part of a thoughtful plan to strengthen services today while preparing for an exciting future. We look forward to continuing to serve you at the Pleasant Street Center and, in the years ahead, welcoming you into the Reading Center for Active Living.

Warm regards,

Jenna Wood
Community Services Director
781 942 6672
Jwood@readingma.gov

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
8:30 Albert Pless 9:00 B.E.S.T 9:30 Bereavement 9:30 Fuel Asst. 10:45 Bingo 11:15 Chair Yoga 12:00 Karen Herrick 1:30 Rep Lewis 1:00 Cribbage 2:30 Dance Fit	9:30 Art 10:00 Ramblers 10:00 Caregivers Supp 10:30 Body & Brain 12:30 Lunch: Eggplant Sandwich 1:00 Puzzle/Coloring 1:00 Learn MahJonng 2:30 Dance Fit	10:00 Fiber Arts 10:00 Shamrock Craft 11:45 Yoga 1:00 Rummikub 1:45 Intermediate Line Dancing	8:30 Pom Poms 10:00 Scuttlebutt 11:00 Billiards 11:00 BP Check 11:00 Strength & Balance 12:30 Mahjong 1:00 Birthday Lunch	9:00 B.E.S.T 9:00 Bridge PSC Closes at 12:00pm
9	10	11	12	13
8:30 Albert Pless 9:00 B.E.S.T 10:45 Bingo 11:15 Chair Yoga 1:00 Cribbage 2:30 Dance Fit	9:30 Art 10:00 Ramblers 10:30 Body & Brain 12:30 Lunch: Turkey Club 1:00 Puzzles/Coloring 1:00 Learn Mah Jonng 2:30 Dance Fit	9:30 Mindful Crafters 10:00 Sketchbook 11:45 Yoga 1:00 Rummikub 1:00 Parkinson Support 1:45 Intermediate Line Dancing	8:30 Pom Poms 10:00 Ukulele 11:00 Billiards 11:00 Strength & Balance 12:30 Mahjong 1:00 St Patrick Lunch 2:15 Coffee Talk	9:00 B.E.S.T 9:00 Bridge PSC Closes at 12:00pm
16	17	18	19	20
8:30 Albert Pless 9:00 B.E.S.T 9:00 Hairstylist 10:45 Bingo 11:15 Chair Yoga 1:00 Cribbage 2:30 Dance Fit	9:30 Art 10:00 Ramblers 10:30 Body & Brain 12:30 Lunch: Reuben 1:00 Puzzles/Coloring 1:00 Learn Mah Jonng 2:30 Dance Fit	10:00 Wellness Bingo 11:45 Yoga 12:00 Lunch & Learn 1:00 Rummikub 1:45 Intermediate Line Dancing	8:30 Pom Poms 9:30 Podiatry 11:00 Billiards 11:00 Strength & Balance 12:30 Mahjong 1:30 Storyteller	9:00 B.E.S.T 9:00 Bridge PSC Closes at 12:00pm
23	24	25	26	27
8:30 Albert Pless 9:00 B.E.S.T 10:45 Bingo 11:15 Chair Yoga 1:00 Cribbage 2:30 Dance Fit	9:30 Art 10:00 Ramblers 10:30 Body & Brain 12:30 Lunch: Chicken Caprese Cutlet 1:00 Puzzle/Coloring 1:00 Learn Mah Jonng 2:30 Dance Fit	10:00 Sketchbook 10:00 Men's Huddle 11:00 Movie & Pizza 11:45 Yoga 1:00 Rummikub 1:00 Intro to Philosophy 1:45 Intermediate Line Dancing	8:30 Pom Poms 10:00 RPL & PSC 11:00 Billiards 11:00 Strength & Balance 12:30 Mahjong 1:30 Paul Zambella Crime Lab	9:00 B.E.S.T 9:00 Bridge PSC Closes at 12:00pm
30	31	<h1>March</h1>		
8:30 Albert Pless 9:00 B.E.S.T 10:45 Bingo 11:15 Chair Yoga 1:00 Cribbage 2:30 Dance Fit	9:30 Art 10:00 Ramblers 10:30 Body & Brain 12:30 Lunch: Turkey Sandwich 1:00 Puzzles/Coloring 1:00 Learn Mah Jonng 2:30 Dance Fit			

FRIENDS SPEAKER SERIES MARCH

PSC together with Reading Public Library at PSC
Thursday, March 26th | 10:00-11:30

[How Women's Liberation Transformed America with Clara Bingham](#)

Call to register 781-942-6794
Limited Seating

WELLNESS BINGO

Wellness Bingo
Wednesday, March 18th | 10:00-11:00

Make learning about wellness fun! Join us for **Wellness Bingo**, where each game teaches tips for staying healthy, active, and happy with Stephanie Ramy of Tufts Melrose Wakefield
Limited Seating
Call to register: 781-942-6794

BLOOD PRESSURE CLINIC

Join us for a Blood Pressure Screening with Public Health Nurse Olivia Bartolomei RN

Thursday, March 5th | 11:00 - 12:00

This is a great opportunity to check your blood pressure and receive expert guidance on maintaining a healthy lifestyle.

We look forward to seeing you there!
Call to register 781-942-6794

THERAPY COLORING

Therapy Coloring drop-in session.
Tuesday from 1:00–3:00 PM

Join us for a relax, unwind, socialize, and enjoy some creative play with adult coloring books—or jump into a friendly board game if you prefer.

All materials are provided—just bring yourself! **Walk-ins welcome.** Come relax, connect, and have some fun.

MEN'S HUDDLE WITH JOHN PARSONS

Wednesday, March 25th | 10:00 - 11:00

Join us for refreshments and conversation moderated by COA Member John Parsons.
Call to register 781-942-6794

BECOME A VOLUNTEER

Do you want to make a difference in your community?

The Pleasant Street Center is looking for volunteers to:

- Run a corn hole league
- Facilitate a creative writing class
- Share a talent or hobby through a class or one-time presentation (art, history, travel, fitness, languages, crafts, photography, trivia, and more)

For more information reach out to Janet Dubow: 781-942-6608

VOLUNTEER SPOTLIGHT:

Volunteer
Spotlight

Priscilla Brugman
Kitchen Assistant



How long have you been volunteering at the Pleasant Street Center? Since January 2024.

What inspired you to start volunteering at the Pleasant Street Center? After retiring and facing life as a widow, I found myself with extra time and a desire to give back. When I saw the call for volunteers at the Pleasant Street Center, I knew it was the perfect opportunity.

What is your favorite aspect of volunteering at the Pleasant Street Center? Every Monday, I start my week by brewing coffee for Bingo and prepping utensils for our luncheons and special events. These simple tasks bring me immense joy, allowing me to connect with the wonderful staff, fellow residents and community. I always head home with a smile and heartfelt fulfillment.

What advice would you give to someone considering volunteering at the Pleasant Street Center? Volunteering fosters a powerful sense of belonging. Whether you are performing a simple task like making coffee or offering complex technical support to a resident, the rewards are truly immense. If you're looking to make a difference, I encourage you to reach out to Janet Dubow, the Volunteer Coordinator, and find your place at the Pleasant Street Center.

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.

BEREAVEMENT

Bereavement Support
Monday, March 2nd | 9:30

Facilitated by Rev. Mary Curlew, this supportive group offers a compassionate space for those who have experienced loss to share, listen, and find comfort among others who understand. Through conversation, reflection, and gentle guidance, participants can explore healing and hope together.

All are welcome to join this caring and meaningful group.

CAREGIVERS SUPPORT

Are you a caregiver who is managing the day-to-day care of a spouse, partner or friend? The Caregivers Support Group meets monthly on the 1st Tuesday of the month from 10:00 to 11:00

Next Meeting Tuesday, February 3rd | 10:00 - 11:00

Come and share experiences, talk about issues, solutions and to generally support one another through what can be a difficult journey.

LEARN TO PLAY MAHJONGG

We're excited to offer **Beginning Mah Jongg lessons, a 9 week class**, designed especially for those who are brand new to the game. Taught by our very own Joyce Finkelstein!

Mahjongg is a fun tile game that combines strategy and a bit of luck. These lessons will walk participants through the basics step by step, from understanding the tiles to learning how a game is played.

No prior experience is needed.

Tuesday, March 3rd - Tuesday, April 28th

1:00 - 2:00

Must register for all 9 sessions.

Call to register: 781-942-6794. No Walk-Ins

Non-Reading Residents will be put on wait list.

SHAMROCK WREATH MAKING

Shamrock Wreath Making
Wednesday, March 4th | 10:00-11:00

Liz Libby from Brightview Senior Living will guide participants as they create a festive wooden shamrock wreath, embellished with felt and St. Patrick's Day decorations—perfect for celebrating the season.

Call to register: 781-942-6794

Space is limited to 18 participants.

Non-Reading residents will be waitlisted.

RPL BOOK CLUB

Studio 64 Book Club at the Reading Public Library

Friday, March 27th

For additional information call: 781-942-0840

Reading Elder Services 16 Lowell Street Reading, MA 01867	PLEASANTRIES Reading's Newsletter for Residents 60+ pleasantstreetcenter@ci.reading.ma.us https://www.readingma.gov/205/Elder-Human-Services	
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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.

Please call 781-942-6794 with questions or to be removed from mailing list.

RAMBLERS WALKING CLUB

The Reading Ramblers will be walk all around town. Walks are open to all and vary each week.

Tuesdays at 10:00 am

Reading Ramblers March 2026 Schedule:

3/03: Meet at Tri-Community Greenway, Stoneham

3/10: Meet at Washington Park

3/17: Meet at Path on Birch Meadow Drive-Across from Oakland Road

3/24: Meet at Horn Pond, at Lake Ave Parking Area (near rest rooms)

3/31: Meet at Pleasant Street Center

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.