

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/elder-and-human-services

Staff Contact Info

Front desk
 (781) 942-6794

Clerk

Anna Assini
 (781) 942-6794
aassini@ci.reading.ma.us

Administrator

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

Sr. Case Manager

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

Nurse Advocate

Alyse Warren (781) 942-6693
awarren@ci.reading.ma.us

Van Driver/Transportation Coordinator

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



Highlights for December

- Pg. 1 Fuel Assistance
- Pg. 1 Intergenerational Ginger Bread House Activity
- Pg. 1 Kalifornia Karl Holiday Event: Thursday, December 29th
- Pg. 3 Singing Echos: Monday, December 19th
- Pg. 3 Birthday Lunch: Thursday, December 8th
- Pg. 3 Telling Our Stories: Wednesday, December 7th
- Pg. 3 Movie and Pizza: Thursday, December 15th
- Pg. 7 Men's group: Wednesday December 28th

FUEL ASSISTANCE

**Greater Lawrence Community Action Council, Inc. (GLCAC)
 How Fuel Assistance Works:**

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 GLCAC at (978) 681-4950. The deadline to apply is April 30, 2023

Christa Crocker will be coming to the PSC for 15 minute appointments between the hours of 9:00am and 12:00pm on the following dates:

December 15th, January 12th, February 9th and March 16th

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

KALIFORNIA KARL

Join us for our Holiday Kalifornia Karl performance on Thursday, December 29th from 11:00am to 12:30pm.

For questions regarding the event or to sign-up, please call the Pleasant Street Center at (781) 942-6794.

GINGERBREAD HOUSE DAY

Reading Recreation and the PSC are collaborating for a fun afternoon of foam Gingerbread House Decorating!

Monday, December 12th
 Join us anytime between 4:00pm and 5:30pm

\$2.00 Per Child
 Pleasant Street Center
 (49 Pleasant Street)

Please call 781-942-6794 for more details

FITNESS

Mondays

B.E.S.T. with Pat (Balance, Energy, Strength Training): 9:00am - 10:00am \$3 per class. Meets in the Great Room

Chair Yoga for Arthritis: 11:15am - 12:00 pm

\$5 per class. All levels welcome (Meets upstairs)

Zumba Gold with Kelli: 2:45pm - 3:30pm \$5 per class

In Great Room

Tuesdays

Body and Brain Flexibility: 10:30am - 11:30am

\$5 per class

Senior Fit with Kelli: 2:30pm - 3:15pm \$5 per class

Wednesdays

Yoga with Rosa: 11:45am - 12:30 pm \$10 per class

Line Dancing with Val: 1:45am - 2:30pm \$5 per class

Meets in the Great Room

Thursdays

Tai Chi with Paul: Resuming March 23rd, 2023

Strength & Balance with Terry: 11:15am - 12:15pm

\$5 per class. Bring your own hand held weights or resistance bands. Meets in the Great Room.

Fridays

B.E.S.T. Exercise with Pat (Balance, Energy, Strength Training): 9:00am - 10:00am \$3 per class. Meets in the Great Room.

ACTIVITIES

Tuesdays

Art Lessons with Steve Greco: 9:30am - 12:00pm, \$40/ month 10 hours of lessons. First class free.

VETERANS

**Scuttlebutt Meeting is
Thursday, December 1st at 10:00am**

We hope to see you there!



**For more info, please email Will Valliere at:
wvalliere@ci.reading.ma.us**

SHINE COUNSELING

SHINE COUNSELING By 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.

October 15th - December 7th is open enrollment where you can change your Medicare plans for 2023

Other SHINE related matters,
Call 1-800-AGE-INFO (1-800-243-4636)
FOR QUESTIONS 24/7, Please call Medicare
1-800-633-4227

GAME TIME

We have some wonderful game groups and always looking for new players.

As seen below, we host Cribbage on Mondays at 1:00pm, Rummikub on Wednesdays at 1:00pm, Mahjong on Thursdays at 12:30pm and Bridge on Friday morning from 9:00am to 12:00pm. For more information and to sign-up please call the Pleasant Street Center at (781) 942-6794.

GAMES

Mondays

Bingo: 11:30 - 1:30 (10 games for \$5.00)

Cribbage: 1:00 - 3:00 (upstairs)

Wednesdays

Rummikub: 1:00 - 3:00 (upstairs)

Thursdays

Mahjong: 12:30 - 3:30 (upstairs)

Fridays

Bridge: 9:00 - 12:00 (upstairs)

LINE DANCING

Looking for a new physical activity?
Try our Line Dancing class every Wednesday
afternoon at 1:45pm.

For more information call 781-942-6794

LOW VISION GROUP

Low Vision Group

Support group for those experiencing varying degrees of vision loss. Sponsored by MA Association for Blind and visually impaired. Meets the 2nd Wednesday of each month.

Meets via conference call on

Wednesday, December 14th from 10:00am - 11:15am

Please call 781-942-6794 for information

PARKINSON GROUP

Parkinson's Disease Support Group

Wednesday, December 14th from 1:00pm - 2:00pm

At the Pleasant Street Center - Lounge

Led by Kathy Hill, PT with the Greater Medford VNA.

Meets the second Wednesday of each month.

Please call to reserve 781-942-6794

BEREAVEMENT GROUP

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 provided. Group allows for a safe, nonjudgmental place to talk about loss and understand the grief process and move towards the future in a healthy way. Group will meet monthly on the 2nd Tuesday of every month.

Tuesday, December 13th from 9:00am - 10:00am

Please call 781-942-6794 to reserve a spot

TELLING OUR STORIES

Join Mary Crowe from Care Dimensions as she presents "Telling Our Stories: The Importance of Reminiscing and Life Review" and how doing so can benefit ourselves and others.

Wednesday, December 7th at 9:00am

Please call 781-942-6794 to reserve your spot

BIRTHDAY LUNCH

Birthday Lunch

Thursday, December 8th at 1:00pm

Call to reserve your spot 781-942-6794

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

***Reading residents only, Ages 60+!**

If it is your birthday month, you get a free gift.

VIRTUAL ART

Virtual Zentangle with Susan

December 7th & 21st at 9:30am - 10:30am

Virtual Drawing with Susan

December 14th & 28th at 9:30am - 10:30am

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

Materials needed for Drawing: paper, pencil (No.2, 2H and 4B for drawing, if you have them), vinyl eraser and kneaded eraser recommended. No experience needed. Join us for a relaxing, meditative, comfortable art experience.

Susan is a Certified Zentangle Teacher.

To register, use link: <https://tinyurl.com/ygzjdpfo>

SENIOR ECHOS SING GROUP

Join us on Monday, December 19th at 1:00pm for some wonderful music from the local

Sing Echos Sing Group

RSVP at 781-942-6794

MOVIE AND PIZZA

December Movie - ELF

Thursday, December 15th at 1:00pm

Raised as an oversized elf, Buddy travels from the North Pole to New York City to meet his biological father, Walter Hobbs, who doesn't know he exists and is in desperate need of some Christmas spirit.

Please RSVP to 781-942-6794

MEMORY CAFÉ

The Stoneham & Reading Senior Centers are partnering to bring enjoyment & social connections to individuals living with a memory impairment & their care partners through the Memory Café.

Join us **Tuesday December 13th 10:30am to 12:00pm** for karaoke with Ann Lanphear at

Stoneham's Senior Center 136 Elm St.

Please RSVP to Kerry Valle 781-942-6659 or Alyse Warren 781-942-6693



HELPFUL RESOURCES

Council on Aging:

Next meeting will be on December 5th at 6:30pm in-person

Town of Reading Select Board

Selectboard@ci.reading.ma.us

Mark Dockser, Chair

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, Member

carlo.bacci@ci.reading.ma.us

Jacqueline McCarthy, Member

jacqueline.mccarthy@ci.reading.ma.us

Senator Jason Lewis

(617) 722-1206

Jason.Lewis@masenate.gov

Representative Brad Jones

(617) 722-2100

Bradley.Jones@mahouse.gov

Representative Seth Moulton

(978) 531-1669

Representative Rich Haggerty

(617) 722-2090

Richard.Haggerty@mahouse.gov

Senator Jason Lewis Office Hours

Office hours will be held virtually in the month of January. For more details, please contact the Pleasant Street Center at 781-942-6794.

READING SELECT BOARD OFFICE HOURS

2022 SELECT BOARD HOURS

For updated Select Board Office hours, please refer to the following website for more information.
<https://www.readingma.gov/331/Select-Board>

CONTACT THE BOARD ANYTIME at
selectboard@ci.reading.ma.us

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 at least 48 hours in advance by calling the Pleasant Street Center (781) 942-6794.

Seating is limited. Trip times are subject to change, please call to make a reservation. Masks are required before you enter the van.

December Shopping Dates and Times

Walmart

Monday, December 5rd 10:00am to 12:00pm

Redstone Shopping Center

Monday, December 12th 10:00am to 12:00pm

Woburn Village, Target or Kohl's

Monday, December 19st 10:00am to 12:00pm

Market Basket or Stop & Shop:

Peter Sanborn Grocery Shopping: Wednesdays
8:30am - 9:30am

Neighborhood Grocery Shopping: Wednesdays
9:30am - 10:30am


Cedar Glen Grocery Shopping: Thursdays
8:30am - 9:30am or 9:30am - 10:30am
(Call for availability)

Tannerville Grocery Shopping: Fridays
8:30am - 9:30am

As a courtesy to others, 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.

No more than 3 bags per passenger. All shoppers are responsible for carrying their own purchases.



Mon	Tue	Wed	Thu	Fri
			<p>1</p> <p>10:00 Scuttlebutt 10:00 Computer drop-in 11:15 NO Strength & Balance 12:30 Mahjong</p>	<p>2</p> <p>9:00 BEST 9:00 Bridge (upstairs)</p> <p>Closing at 12:00</p>
<p>5</p> <p>9:00 BEST 9:00 Fuel Assist. 11:15 Chair Yoga 11:30 Bingo 1:00 Cribbage 2:45 Zumba Gold 6:30 COA Meeting</p>	<p>6</p> <p>9:30 Art 10:00 Walking Club 10:30 Body & Brain 2:30 Senior Fit</p>	<p>7</p> <p>9:00 Telling our stories 9:30 Drawing (virtual) 10:00 Low Vision (virtual) 11:45 Yoga 1:00 Parkinson's 1:00 Rummikub 1:45 Line Dancing</p>	<p>8</p> <p>10:00 Computer drop-in 11:15 Strength & Balance 12:30 Mahjong 1:00 Birthday Lunch</p>	<p>9</p> <p>9:00 BEST 9:00 Bridge (upstairs)</p> <p>Closing at 12:00</p>
<p>12</p> <p>9:00 BEST 11:15 Chair Yoga 11:30 Bingo 1:00 Cribbage 2:45 Zumba Gold 4:00 Gingerbread House Day w/ Kids</p>	<p>13</p> <p>9:00 Bereavement 9:30 Art 10:00 Walking Club 10:30 Body & Brain 2:30 Senior Fit</p>	<p>14</p> <p>9:30 Zentangle (virtual) 11:45 Yoga 1:00 Rummikub 1:00 Parkinson's 1:45 Line Dancing</p>	<p>15</p> <p>10:00 Computer drop-in 10:00 Book Club 10:15 BP Checks 11:15 Strength & Balance 12:30 Mahjong 1:00 Movie & Pizza</p>	<p>16</p> <p>9:00 BEST 9:00 Bridge (upstairs) 10:00 Senior CPR</p> <p>Closing at 12:00</p>
<p>19</p> <p>9:00 BEST 11:15 Chair Yoga 11:30 Bingo 1:00 Senior Echos 1:00 Cribbage 2:45 Zumba Gold</p>	<p>20</p> <p>9:30 Art 10:00 Walking Club 10:30 Body & Brain 2:30 Senior Fit</p>	<p>21</p> <p>9:30 Drawing (virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing</p>	<p>22</p> <p>10:00 Computer drop-in 11:15 Strength & Balance 12:30 Mahjong</p>	<p>23</p> <p>9:00 BEST 9:00 Bridge (upstairs)</p> <p>Closing at 12:00</p>
<p>26</p> <p>Closed</p>	<p>27</p> <p>9:30 Art 10:00 Walking Club 10:30 Body & Brain 2:30 Senior Fit</p>	<p>28</p> <p>9:30 Zentangle (virtual) 10:00 Men's Group 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing</p>	<p>29</p> <p>10:00 Computer drop-in 11:00 Kal. Karl 11:15 Strength & Balance 12:30 Mahjong</p>	<p>30</p> <p>9:00 BEST 9:00 Bridge (upstairs)</p> <p>Closing at 12:00</p>

ART WITH STEVE

Looking for a low pressure place to be creative and tap into your art talent!

Join instructor Steve Greco on Tuesdays from 9:30am to 11:30am and try your hand at art.

First session is free, followed by \$40.00 per month

Beginners are welcome!

For details, please call the Pleasant Street Center at (781) 942-6794



TECH SUPPORT

Drop-in Technology Support

Do you have questions or need help using Zoom, printing photos, searching the Internet, basic computer function or something else related to your computer? Join Nancy Thursday's from 10:00am-12:00pm for drop in help.

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!

Chromebooks will be loaned out for a **2-month trial period**. If you enjoy the experience, the Pleasant Street Center staff will help you purchase and set up your own Chromebook. The units are already set up, so you can quickly check the weather, local and national news, PSC schedules, tutorials on how to ZOOM and more.

RPL FOR PSC

NEW! RPL at PSC: First Thursdays Beginning Thurs, 12/1, 10:00 – 11:00am

Older Adults Librarian, Melissa, will join PSC Upstairs for a variety of library programs and services on the first Thursdays of the month! This month (Thursday 12/1), Melissa will be talking up some books that will make great gifts. Bring a pen, but don't worry if you forget paper because everyone will be provided with a list of all of the books that are featured.

Reading Garden Club's Memory Tree Ceremony: Sun, 12/4, 4:00 – 4:45pm The Memory Tree Lighting Celebration, sponsored by the Reading Garden Club (RGC), is a highly anticipated part of the holiday season. All proceeds from the Memory Tree go toward RGC projects for the town. Forms for purchasing "lights" can be downloaded from: www.readinggardenclub.org.

RPL Hearing Clinic Mon: 12/5, 10:00am – 4:00pm Stay tuned for information on how to register for this clinic! Call the library for more details.

Special Screening: Cycle of Memory: Tues, 12/6, 7:00pm Join the RPL and Pleasant Street Center for a special screening of Cycle of Memory, the new award-winning documentary about two siblings' bicycle adventure to find the memories their grandfather lost to Alzheimer's. The film is 72 minutes long and will be followed by a Q+A with the filmmaker. Registration: <https://libcal.readingpl.org/event/9751776>

Writers Group: Virtual Wed, 12/7, 10:00 - 11:30am Join this drop-in community of writers monthly to share ideas, drafts, and cheer each other on. Registration: <https://libcal.readingpl.org/event/8640402>

An Evening With Mystery Writers Sulari Gentill, Hank Phillippi Ryan, and Eva Jurczyk:

Thurs, 12/8, 7:00 – 8:30pm Join us for an evening with Sulari Gentill, Hank Phillippi Ryan, and Eva Jurczyk, moderated by Rachel Raczka of the Boston Globe. We'll discuss intriguing mysteries with these three critically acclaimed authors. Virtual event, register to receive a Zoom link via email. Registration: <https://libcal.readingpl.org/event/9831635>

Golden Years Game Night Tues: 12/27, 7:00 – 8:00pm Enjoy some downtime at RPL with games and puzzles, as well as hot drinks, and snacks. Registration: <https://libcal.readingpl.org/event/9465351>

PSC BOOK CLUB

Thursday, December 15th from 10:00am - 11:30am

This month's discussion features
Convenience Store Woman by Sayaka Murata

We are meeting upstairs in the PSC. Copies are available at the Library and at the PSC.

Registration: <https://libcal.readingpl.org/event/7600415>

SUPPORT SERVICES

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

*Reading Response:

- Medical transportation
- Lifeline Medical Alert
- Adult Day Health

*Reading Response income guidelines for medical transportation and lifeline: 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



For Health support or to request a blood pressure check, please contact **Alyse Warren, Nurse Advocate 781-942-6693**

Please note:

We are seeing clients BY APPOINTMENT ONLY

MEN'S GROUP

Pleasant Street Center's Men's Group
December 28th from 10:00am - 11:00am

Join Chris for refreshments and conversation every 4th Wednesday of the month.

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

CHRON'S AND COLITIS AWARENESS

December 1st - 7th is Chron's and Colitis awareness week. Crohn's disease & colitis are commonly known as inflammatory bowel disease. Both are usually characterized by diarrhea, rectal bleeding, abdominal pain, fatigue & weight loss.

Consult your doctor if you experience a persistent change in your bowel habits or if you have any of the signs and symptoms of inflammatory bowel disease.

FILE OF LIFE

In an emergency, time is critical! When our Firefighter/Paramedics arrive on the scene they are looking for information about the person in need. Seconds count and can make the difference between life and death. A File of Life allows our Firefighters/Paramedics to immediately begin the best possible treatment, notify loved ones, and pass this vital data to awaiting physicians in the emergency room. If you would like a File of Life or have questions about the program, please do not hesitate to contact **Kerry Valle at (781) 942-6659 or Alyse Warren at (781) 942-6693**. The Files of Life available through the Pleasant Street Center are kindly supplied through a donation to Fire Dept Local Union 1640.



BLOOD PRESSURE CHECKS

Cedar Glen - December 7th : 1:00pm - 1:45pm

Frank Tanner - December 8th : 10:00am - 10:45am

Pleasant St Ctr. - December 15th: 10:15am - 11:00am

If you have questions/ need different arrangements, please contact

Alyse Warren, Nurse Advocate 781-942-6693

LAMP REPAIR

Please note:
Lamp repairs will resume in May 2023!



HEARING SCREENING AT LIBRARY

FREE hearing screening for Reading residents provided by Beltone New England

December 5th from 10:00am-4:00pm at the Reading Public Library 64 Middlesex Ave

*Health insurance not required. *

Clinic coordinated by Reading Public Health Department

Reading Elder Services

16 Lowell Street
Reading, MA 01867

PLEASANTRIES

Reading's Newsletter for Residents 60+
pleasantstreetcenter@ci.reading.ma.us
readingma.gov/pleasant-street-center

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 be removed from the mailing list and/or sign up to receive it via email, please call 781-942-6608.

RAMBLERS WALKING CLUB

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

Tuesdays at 10:00am

Reading Ramblers December 2022 SCHEDULE

- 12/06:** Downtown: Meet at Town Hall Parking Lot
- 12/13:** Ipswich River Park, N. Reading (Main Lot)
- 12/20:** Pleasant Street Neighborhood: Meet at PSC
- 12/27:** Summer Ave Neighborhood: Joshua E. 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.***

TRIPS

***We are continually in the process of planning more
fun and exciting trips for the Future, so please stay
tuned.***