

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

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

Nurse Advocate

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

Transportation Coordinator

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



Highlights for March

- Pg. 1 Photography: Wednesday, March 8th and March 29th
- Pg. 1 Tai Chi with Paul: Thursday, March 16th
- Pg. 3 Birthday Lunch: Thursday, March 9th
- Pg. 3 Movie and Pizza: Thursday, March 16th
- Pg. 1 Opening Day at Fenway: Thursday, March 30th
- Pg. 3 Memory Café: Tuesday, March 14th
- Pg. 6 Council on Aging Coffee Hour: Wednesday, March 22nd
- Pg. 6 Let's Get Digital: Tuesday March 21st
- Pg. 7 Men's Huddle: Wednesday, March 22nd
- Pg. 7 Lunch and Learn with Liz Morrison: Tuesday March 21st

ST. PATRICK'S DAY LUNCH

Join us on
Thursday, March 23rd at 1:00pm
 For a St. Patrick's Day Lunch
RSVP by March 16th



OPENING DAY AT FENWAY CELEBRATION

Join us for Fenway's opening day with lunch provided by Christopher's. Wear Your Red Sox gear and enjoy lunch and trivia
Thursday March 30th at 1:00pm. Game starts at 2:10pm.
RSVP required for lunch by March 20th.
 Space limited for lunch but all are welcome to watch the game.



PHOTOGRAPHY

Lennie Malvone has 40 years experience in Photography and has received many awards and citations .

Please join us for 4 sessions starting
March 8th, March 29th, April 12th and April 26th 9:00am –10:00am

Please call 781-942-6794 for more information and to sign up.



TAI CHI WITH PAUL

Join us on
Thursday March 16th from 9:00am to 10:00am
 for the return of Tai Chi with Paul.

For more information and to sign up, please call the Pleasant Street Center at 781-942-6794.



FITNESS

Mondays

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

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

Location: Great Room

Chair Yoga for Arthritis:

11:15am - 12:00 pm (Free)

Location: 2nd Floor

Zumba Gold with Kelli:

2:45pm - 3:30pm (\$5.00 per class)

Location: Great Room

Tuesdays

Body and Brain Flexibility with Yasmin:

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

Location: 2nd Floor

Senior Fit with Kelli:

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

Location: Great Room

Wednesdays

Yoga

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

Location: 2nd Floor

Line Dancing with Val:

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

Location: Great Room

Thursdays

Tai Chi with Paul:

9:00am to 10:00am (Free) Starts March 16th

Strength & Balance with Terry:

11:15am - 12:15pm (Free)

Location: Great Room

Fridays

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

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

Location: Great Room

VETERANS

**Scuttlebutt Meeting is
Thursday, March 2nd at 10:00am**



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

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

BILLIARDS

The Billiards room is open at the Pleasant Street Center.

Thursdays 11:00am to 12:30pm

Please call the Pleasant Street Center at 781-942-6794 to sign up.



GAMES

Mondays

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

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

Tuesdays

Mexican Train: 1:00- 3:00 (2nd Floor)

Wednesdays

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

Thursdays

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

Fridays

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

LOW VISION GROUP

Low Vision Group

Support group for those experiencing varying degrees of vision loss. Meets the 2nd Wednesday of every month.

Sponsored by:

MA Association for Blind and Visually impaired

**Meets via conference call on
Wednesday, March 8th from 10:00am - 11:15am**

PARKINSON GROUP

Parkinson's Disease Support Group

Wednesday, March 8th from 1:00pm - 2:00pm

At the Pleasant Street Center - Lounge

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

Meets the 2nd Wednesday of every month.

Please call 781-942-6794 to reserve a spot

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.

Meets 2nd Tuesday of every month.

Tuesday, March 14th from 9:00am - 10:00am

Please call 781-942-6794 to reserve a spot

BIRTHDAY LUNCH

Thursday, March 9th at 1:00pm

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 12:45pm*

MEMORY CAFÉ

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

Join us Tuesday, March 14th 12:00-2:00

For a St. Patrick's Day lunch at Bunnratty's Tavern

RSVP required by 3/7/23

Contact: Kerry Valle 781-942-6659 or

Alyse Warren 781-942-6693



VIRTUAL ART

Virtual Zentangle and Drawing

Susan is a Certified Zentangle Instructor.

Wednesdays March 1st, 15th & 29th from
9:30am - 10:30am

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

Virtual Drawing with Susan

Wednesday March 8th & 22nd at 9:30am - 10:30am

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

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

Beginners are welcome.

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

MOVIE AND PIZZA

A Call To Spy (PG 13)

Thursday, March 16th at 1:00pm

At the dawn of World War II, a desperate Winston Churchill orders his new spy agency to train women for covert operations. Together, these female agents help undermine the Nazi regime in France, leaving an unmistakable legacy in their wake.



Please call to reserve your spot

READING LIONS COMEDY NIGHT

Enjoy a night out with the Reading Lion's Club Comedy Night featuring Charlie Moore, Paul Gilligan, Carolyn Plummer and Dave Rattigan .

Saturday March 11, 2023

West Side Social Club : 4 Harrington Court, Wakefield MA

Doors open at 7:00pm for 8:00pm show

Tickets \$25 each or \$200 for a table of 8

Ticket's available from any Lions Member,

<https://readinglionsclub.org> or

ScampsComedy.com

Raffles, Cash Bar, BYOF, and more.

All proceeds go to the Lions Club charities



HELPFUL RESOURCES

Council on Aging:

Next meeting will be on March 6th at 6:30pm.

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

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) 722-2090

Richard.Haggerty@mahouse.gov

State Senator Jason Lewis Office Hours

For more details on office hours, please contact the Pleasant Street Center at 781-942-6794.

READING SELECT BOARD OFFICE HOURS

2023 SELECT BOARD HOURS

Please call the Pleasant Street Center for March office hours.

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

ON THE GO!

Van transportation is a **free service** to Reading seniors over 60+ 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.

Masks are required before you enter the van.

March Shopping Dates and Times

Mondays :

Walmart :

Monday, March 6th 10:00am to 12:00pm

Redstone Shopping Center:

Monday, March 13th 10:00am to 12:00pm

Walmart:

Monday, March 20th 10:00 a.m. - 12:00 p.m.

Woburn Village: Target, Kohl's, & Market Basket

Monday, March 27th 10:00am to 12:00pm

Tuesdays :

Walmart :

Tuesday, March 21st 10:am to 12:00pm

Wednesdays :

Market Basket or Stop & Shop:

Peter Sanborn Grocery Shopping:

Wednesday: 8:30am -9:30am

Neighborhood Grocery Shopping:

Wednesday: 9:30am - 10:30am

Thursdays :

Cedar Glen Grocery Shopping:

Thursday: 8:30am - 9:30am

Fridays:


Tannerville Grocery Shopping:

Friday: 8:30am - 9:30am

Please refrain from the use of colognes and perfumes when riding on the van.

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



Mon	Tue	Wed	Thu	Fri
				
		1	2	3
		9:30 Zentangle (virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	9:00 SHINE (By Appt.) 10:00 Scuttlebutt 11:15 Strength Balance 11:00 Billiards 12:30 Mahjong	9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
6	7	8	9	10
9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:30 LUNCH 1:00 Cribbage 2:45 Zumba Gold 6:30 COA Meeting	9:30 Art 9:30 Computer 10:30 Body & Brain 1:00 Mexican Train 2:30 Senior Fit	9:00 Photography 9:30 Drawing (Virtual) 10:00 Low Vision 11:45 Yoga 1:00 Parkinson's 1:00 Rummikub 1:45 Line Dancing	9:00 SHINE (By Appt.) 11:15 Strength Balance 11:00 Billiards 12:30 Mahjong 1:00 Birthday Lunch	9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
13	14	15	16	17
9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:30 LUNCH 1:00 Cribbage 2:45 Zumba Gold	9:00 Bereavement 9:30 Computer 9:30 Art 10:30 Body & Brain 12:00 Memory Cafe 1:00 Mexican Train 2:30 Senior Fit	9:30 Zentangle (virtual) 9:30 Book Club 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	9:00 SHINE (By Appt.) 9:00 Tai Chi w/ Paul 9:00 Fuel Assit 11:15 Strength Balance 11:00 Billiards 12:30 Mahjong 1:00 Movie & Pizza	9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
20	21	22	23	24
9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:30 LUNCH 1:00 Cribbage 2:45 Zumba Gold	9:30 Art 9:00 Let Get Digital 10:30 Body & Brain 12:30 Lunch & Learn Nutrition in Aging 1:00 Mexican Train 2:30 Senior Fit	9:30 Drawing (virtual) 10:00 Men's Huddle 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 3:00 COA Coffee	9:00 SHINE (By Appt.) 9:00 Tai Chi w/ Paul 10:15 BP Checks 11:15 Strength Balance 11:00 Billiards 12:30 Mahjong 1:00 St. Patrick's Lunch	9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
27	28	29	30	31
9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:30 LUNCH 1:00 Cribbage 2:45 Zumba Gold	9:30 Art 9:30 Computer 10:00 Walking Club 10:30 Body & Brain 1:00 Mexican Train 2:30 Senior Fit	9:00 Photography 9:30 Zentangle (virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	9:00 SHINE (By Appt.) 9:00 Tai Chi w/ Paul 11:15 Strength Balance 11:00 Billiards 12:30 Mahjong 1:00 Opening Day Fenway @ PSC	9:00 B.E.S.T. 9:00 Bridge (2 nd floor) Closes at 12:00

ART WITH STEVE

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

Join Art Instructor Steve Greco

Every Tuesday 9:30am to 11:30am

New Comers 1st Class Free

\$40.00 per month

Beginners are welcome!

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



TECH SUPPORT

Drop-in Technology Assistance

**Join Nancy on Tuesdays for the month of March
from**

9:00am - 11:00 am

(No Drop-in on March 16th)

Do you have questions or need assistance with basic computer function, printing photos, or searching the Internet? This class is for you!



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.

COUNCIL ON AGING & E.H.S.

The Council on Aging and Elder Human Services (E.H.S.) will be sponsoring a Coffee Hour.

Join us for coffee and light refreshments. This will be a great opportunity to know services and programs.

Thursday, March 22nd from 3:00pm to 4:00pm

Please call the Pleasant Street Center for more information

BOOK CLUB

Wednesday, March 15th from 9:30am - 11:00am

This month's discussion features

The Barbizon

By Paulina Bren

We will be meeting at Pleasant Street Center. Copies are available at the Library and at the PSC.

Registration: <https://libcal.readingpl.org/event/9481496>

LET'S GET DIGITAL

Join us on

Tuesday March 16th from 9:00am - 10:00am

for our next Let's Get Digital class.

This month we will be looking at Maps, Directions and answering any questions you might have regarding the Navigation programs and how to use it.

Contact 781-942-6796 to sign-up

MEN'S HUDDLE

The Pleasant Street Center Men's Huddle

Wednesday March 22th 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

FUEL ASSISTANCE

Greater Lawrence Community Action Council, Inc. (GLCAC)
Join Christa Crocker from GLCAC at the PSC for 15 minute appointments
March 16th starting 9:00am until 12:00pm
Call 781-942-6794 to book your appointment!

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

For Health support or to request a blood pressure check, please contact:
Alyse Warren, RN BSN at 781-942-6693

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 or

Alyse Warren at (781) 942-6693.

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



ASK THE NURSE/BLOOD PRESSURE CHECK

Cedar Glen - March 1st : 1:00pm - 1:45pm

Frank Tanner - March 9th : 10:00am - 10:45am

Pleasant St Ctr. -March 23rd 10:15am - 11:00am

If you have questions/ need different arrangements, please contact

Alyse Warren, RN BSN 781-942-6693

NATIONAL NUTRITION MONTH

As we get older, the food we consume and the activity choices we make are even more important to our health and quality of life. The calories we need as we age drop but the amount of other nutrients we need increases. One of the best ways to keep our bodies in good working order is to make sure we get enough protein. Protein helps maintain muscle which we tend to lose as we get older. Women and men age 60+ should try and eat 5-5.5oz of protein a day and it can be spread out through meals and snacks. Good sources include lean cuts of beef, chicken, fish, pork and lamb. If you prefer not to eat meat, you can find protein in eggs, beans, tofu and nuts, as well as low-fat or fat-free milk, yogurt and cheese.

NUTRITION IN AGING LUNCH & LEARN

Join us as we welcome Nutritional Therapy Practitioner Liz Morrison for a Nutrition in Aging **Lunch and Learn Tuesday March 21st at 12:30pm.** Liz has worked in the health & wellness industry for over 15 years, specializing in holistic nutrition and mindful movement. She is passionate about supporting people of all ages & needs through simple and impactful nutrition to be healthier and feel their best.

Liz, will be teaching some easy ways to ensure you are getting all the nutrition needed for your body and leave you with some practical tips to support your immune system, increase your energy and care for your overall health through the foods you eat.

RSVP Required by March 13th. Space is limited
781-942-6794

MEDICARE PART D COVERAGE CHANGES

As of January 2023, Medicare Part D now covers Shingles and Tdap vaccines. Changes were also made regarding capping insulin cost at \$35. Plans have until the end of March 2023 to update their systems to reflect the \$35 cap so you may be charged at the higher amount until that happens. If so, your plan must reimburse you within 30 calendar days for any amount you paid over the \$35.

Contact your individual Part D plans if you need to be reimbursed.



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 781-942-6794.

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 March 2023 SCHEDULE

3/07: Meet Panera front entrance Market St Lynnfield

3/14: Meet @ Washington St. entrance to
Washington Park

3/21: Meet at path on Birch Meadow Dr

3/28: Meet at REI parking lot

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.

COMING 1ST WEEK IN APRIL

Join us as we welcome Jennifer Vohra, PT, DPT as she presents:

Pelvic Floor Health: What is Pelvic Floor (101 basics),

How to keep pelvic floor healthy tips and tricks.

Thursday April 6th, from 9:00-10:30

TRIPS

Jimmy Mazz

“Legends & Laughter”

Thursday, April 20th, 2023

\$55.00 per person

Venezia Waterfront Restaurant in Boston

Sign-ups open now!

Reading Residents given priority

(Trips are partially funded by ARPA)

Mark Shelton

“Viva La Vegas”

Thursday May 18th 2023

\$55.00 per person

at Wright's Farm in Rhode Island

Reading Residents given priority

(Trips are partially funded by ARPA)

We are working on planning more fun and exciting trips for the future, so please stay tuned!