

READING NEIGHBORS NETWORK (RNN)

"Socializing with a Purpose"

Our Purpose: RNN members support one another so that as we age, we can continue to remain in our homes for as long as we want to and is feasible. RNN encourages and promotes socializing that is critical to our mental and physical health as we age based on three principles: **(1) *learning through monthly informational/educational meetings***, **(2) *providing opportunities to participate in Interest Groups*** to share interests and foster social contact and develop personal relationships, and **(3) *facilitating and encouraging volunteering*** to help other members, if you are able to do so.

Membership Criteria: RNN is intended for people who either live in or have close ties to Reading. The annual membership fee **(\$25 per person)** helps cover expenses.

2026-2027 Membership Information

Contact Information: Please provide **one form** for **each member**.

- Name _____
- Address _____
- Home phone _____ Cell _____
- Email address* _____

*Please note that our primary method of communication is through email.

Interest Groups: (please see descriptions on back)

Please select (X) all Interest Groups you would like to join.

Interest Group	Select (X)	Interest Group	Select (X)
Board Games		Lunch Bunch/Dinner Club	
Caretaker Support		Meditation	
Conversation Circles		Men's Billiards	
Film/Arts		What's Cooking?	
Koffee Klatch			

If you have any questions, please go to <http://www.Readingnncub> and click Contact Us. Or you can send an email directly to "ReadingNN_Chair@googlegroups.com"

Please mail this completed form, with a check for \$25 (per person), payable to "Reading Neighbors Network"

Reading Neighbors Network
P.O. Box 335
Reading MA 01867.

Thank you for joining Reading Neighbors Network!

Description of Interest Groups

- **Active Outings:** This group meets for a variety of more active fun. Outings could include hiking, kayaking, racquet sports, skiing or snowshoeing...Members are becoming involved with the Reading Pickleball group. (Currently as Pop-up Events)
- **Board Games:** Monthly gatherings. Bring your favorite game to share, or learn a new one someone else brings.
- **Caretaker Support:** Are you a Caregiver who is managing the day-to-day care of a loved one? This is an opportunity to share challenges and resources with one another. This group meets on the 1st Tuesday of each month from 10-11am at the Reading Senior Center.
- **Conversation Circle:** Monthly gatherings for informal discussions on a variety of topics suggested by group members, with a moderator/facilitator to help start the conversation.
- **Film/Arts:** Movie Monday is one subgroup of the Film/Arts group. At this monthly gathering (in-person or via ZOOM) we discuss films, plays, music, and museums. Pop-up Film/Art activities in the past year have included travel to movies, museums, art galleries and concerts.
- **Koffee Klatch:** Monthly (or more) gatherings at a local cafe, park or library for friendship, food, and fun. Attendees split cost of library room rental.
- **Lunch Bunch/Dinner Club:** Meets monthly to provide opportunity for those who enjoy exploring new cuisines and fun places to eat.
- **Meditation:** Monthly meetings to explore a variety of traditions and techniques, using breath awareness, concentration, visualizations, sensory (body) awareness, mantras and loving-kindness to lower stress levels and benefit both physical and mental health.
- **Men's Billiards:** Monthly (+) get-togethers to play Pool, Ping Pong, and enjoy refreshments. No expertise required.
- **What's Cooking?:** Meeting monthly, members prepare a food item from a cookbook, author, country or theme, then share the dishes and recipes over lunch. Everyone gets to tell good and bad experience with the recipes! May meet in member's homes or at RPL where attendees will split room rental cost.
- **Pop-up Events:** These activities are not a formal interest group, but outings that any member may arrange on short notice by sending information to the entire RNN membership by email (ReadingNN@GoogleGroups.com) announcing date and place to meet. Past Pop-Ups have included a hike, snowshoeing meet-up, a picnic in the park, a screening of a cultural event, a wildflower walk, and Conversation Circles with a variety of topics. Let your creativity and interest take off!