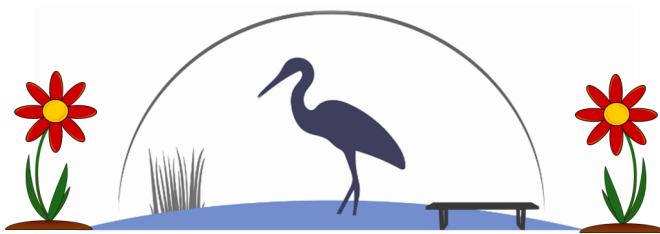


Peck Center &  
Recreation Department  
information can be  
found on the web at:  
[www.peckcenter.org](http://www.peckcenter.org)



# Peck Center

For Adult Enrichment

**PECK CENTER HOURS**  
**MON. - THURS.**  
**9:00AM - 4:00PM**  
**ALL PROGRAMMING**  
**ENDS AT 3:45PM**

**FRIDAY 9AM - 1PM**

281 County Road, Barrington, RI 02806, 401-247-1926 x201, [seniorpt@barrington.ri.gov](mailto:seniorpt@barrington.ri.gov)

# FEBRUARY 2023

## PECK CENTER STAFF

**Michele Geremia**  
Director

**Senior Services:**  
**Cathy Impellizzeri**  
**Elizabeth McGuire**

Administrative  
Assistants

**Rod Maturi**  
Kitchen  
Supervisor

**John Toolan**  
**Chuck Reese**  
**Tom Wallis**

Bus/Kitchen Staff

**Bill Kurtz**  
Medical Alert  
Coordinator

**Recreation:**  
**Tiffany Hayek**  
Program  
Coordinator

**Alexis Monize**  
Coordination



**THE PECK CENTER WILL BE CLOSED**  
**MONDAY FEBRUARY 20TH - PRESIDENTS DAY**



## VALENTINE'S DAY CELEBRATION

**Monday, February 13th, 1pm**  
**with Entertainer Robert Black**

**Join us for an afternoon of entertainment!**

Robert Black is New England's Premier Elvis Tribute Artist performing nationwide. His authentic portrayal and exciting interpretation of Elvis Presley has made him one of the country's most sought after and popular tribute performers. A true professional, Robert's crowd pleasing style, and spot-on mannerisms mixed with his unique blend of vocal talent, charisma, and elaborate costuming make him a favorite of Elvis fans worldwide.

Anyone is welcome to come for the  
Entertainment @ 1pm with Robert Black

If you'd like to join us for lunch before the performance please see Center receptionist. **Seating is limited** so sign up early. Lunch begins promptly at 11:45am and advanced notice is required.

See menu for Monday, February 13th inside this newsletter.



## CARDIO CLASS PARTICIPANTS

Please note: There will be no Cardio Classes  
February 21, 23, 28 and March 2 & 7

## SOCIAL SECURITY CARDS ARE SAFER AT HOME



Scams to steal your personal information are at an all-time high. The need to safeguard important personal documents such as your Social Security card continues to be very important.

A SS card is not an identification document. In many situations, you only need to **know** your Social Security number (SSN). Your physical card is not necessary for most business needs.

Do you need evidence for work? You can use a birth certificate, Permanent Resident Card, Employment Authorization Document, Form I-94 or Form I-94A

Applying for benefits? Simply provide your SSN for benefits like Housing, Health Insurance, Food Assistance.

Need evidence for Department of Motor Vehicles? Use W-2 Forms, Form SSA-1099, Non-SSA-1099 forms, Pay Stubs.

**Keeping your card at home reduces  
the risk of loss or theft - and helps**

### ALZHEIMER'S CAREGIVER SUPPORT

Monday, February 5th, 1:00pm



The Alzheimer's Association will hold their support group the first Monday of the month. Meetings will be held on the second Monday if the 1st Monday falls on holiday. Please understand, this is a Caregiver only support group. E-mail Ann Murphy for more information: alm530@yahoo.com

### COME MEET FRIENDS & NEIGHBORS - NEW & OLD

Drop in to socialize & chat, Thursdays, 1pm

Come and sit by the fireplace in a relaxing setting for conversation and socialization without an agenda.

No registration required

Join us for a fun time at the Peck Center!



### PEOPLE ARE HAPPIER WHEN THEY SPEND TIME WITH A DIVERSITY OF BIRD SPECIES

According to a National Wildlife magazine article, scientists have gathered extensive evidence that spending time (even just 10 minutes) in nature positively affects people's emotional and physical health. People living in neighborhoods with more birds active during the daytime, along with an abundance of foliage, are less likely to suffer from depression, anxiety and stress. And it doesn't matter what species you see or hear. Within 6 weeks, spring will usher in more birds and activity. It will be time to get outside and bird watch to increase our levels of happiness.

### Lunch program - New this year:

We have a new lunch vendor!

- ♦ Choose from Hot Meals, Sandwiches or the new healthy Salad option.
- ♦ We can accommodate your larger group at your own table.
- ♦ We provide transportation to the Center for lunch for Barrington residents, with a 24 hour notice.
- ♦ On a special diet? Vegan? No sugar/no salt? Just prefer your own food but want to eat with friends? Plan your lunch, bring it along and join us at the Peck Center for Adult Enrichment. Just give us a call so we can plan for the appropriate number of seats.



### GARDENING SERIES AT BARRINGTON PUBLIC LIBRARY

#### "PLANTING FOR NATIVE POLLINATORS"

Thursday, February 16th at 10:30 am

Registration is required!

See library staff

Join us for lunch after this event! See Peck Center staff. Advanced notice required.



#### "VEGETABLE GARDENING FOR BEGINNERS"

Tuesday, February 28th at 1 pm



Registration is required!

See library staff

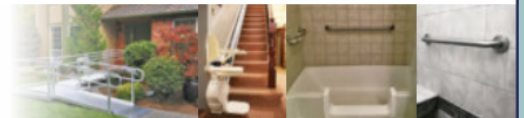
Join us for lunch before this event! See Peck Center staff. Advanced notice required.

The URI Master Gardeners will also be on-site with an information kiosk before and after the talk to answer any gardening questions you have.

This program co-sponsored by The Friends of the Barrington Library & the Peck Center for Adult Enrichment.

**Visit the Barrington Public Library website for more information and to make your reservation for the class.**

### FALL PREVENTION • ACCESSIBILITY • AGING IN PLACE



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(800) 950-9952 x2525



**FACT OR FICTION WRITING CLASS**  
**Mondays, February 6th and 27th, 1pm**

Have you always wanted to try your hand at writing?

Is there a family story, history, or a fictional idea you often thought should be recorded but haven't been able to do? Here is that chance.

Try writing something, anything, in a fun, encouraging and non-judgmental writing group. This is a relaxing, friendly format where we share our stories, stretch our imaginations and let the words flow.

For writers of all levels.

Limited to Peck Center members. 10 participants max; must pre-register. See receptionist to register.

Where: Peck Center Meeting Room

Cost: No fee for the class



**FLOWERS FOR EVERYONE**  
"FALLING IN LOVE WITH FLOWERS"

**Tuesday, February 7 at 1:45 pm Cost: \$22**

Valentine's Day is just around the corner! What better way to express appreciation for a loved one than through a personal flower creation? Each participant will receive an abundance of fresh seasonal flowers and a decorative Valentine's container. Spray roses, miniature carnations and babies' breath complete this romantic arrangement. Don't wait for Cupid's arrow to strike--sign up today!

Sign up today - 12 student maximum!

Call 401-247-1926 x201 to register.

Cancellations must be made at least 48 hours in advance.

*Sally Gruber HTR*

**COFFEE & CONVERSATION**  
**Monday, February 27th; 10:30 - 11:30am**

**Topic: "Getting Your Planning Paperwork Organized"**  
**Speakers: Bryan Hoffman, RSCP and Amy Stratton, Esq.**

Wills? Trusts? Living will? Living trust? What's the difference? Do I need it? In this informative talk you will learn about estate planning basics!

Bryan and Amy will bring their extensive knowledge and expertise to a conversation about "Getting Your Planning Paperwork Organized".

This is a not-to-be-missed opportunity for learning and discussing key information about future planning.



**PHARMACY OUTREACH PROGRAM**  
**OF THE UNIVERSITY OF RHODE ISLAND PRESENTS:**

**PAY LESS FOR YOUR MEDICATIONS**

**Thursday, February 9th, 1pm**

**ALTERNATIVE REMEDIES FOR ARTHRITIS**

**Wednesday, April 5th, 1pm**

**RESTLESS LEG SYNDROME**

**Wednesday, June 7th, 1pm**

**Join us for these informative talks!**  
**20 person maximum, call Center to register.**

**Join us for lunch prior to the talks;**  
**24 hour notice required. See Center staff.**



**HOT LUNCH DELIVERY**  
**EVERY SATURDAY**  
for Barrington residents

Sponsored by St. John's Church  
\$2 minimum donation

If interested in a Saturday delivery  
call Dale @ St. John's Church  
before 2pm (Monday thru Friday)  
401-245-4065



**The Senior Health Insurance Program (SHIP)** provides assistance to individuals who are aging into or already enrolled in the Medicare System. Counselors provide individual counseling to Medicare eligible beneficiaries to help them understand healthcare cost/coverage and to make the most appropriate choice for their health care needs. Appointments are on Tuesday afternoons. Call the Peck Center to reserve your spot: 401-247-1926 X201

**Most programs require Peck Center membership to participate. See receptionist for membership details.**





## BLOOD PRESSURE SCREENING

Blood pressure screenings schedule:



Thursday, February 2nd - 10:30am-11:30am

Sponsored by Hattie Ide Chaffee Home

Thursday, February 9th - 11:15am-11:45am

Sponsored by Warren Center

Wednesday, February 15th - 10am-11am

Sponsored by VNH&H

Thursday, February 16th - 10:30am-11:30am

Sponsored by Hattie Ide Chaffee

Thursday, February 23rd - 10:30am-11:30am

Sponsored by The Willows Assisted Living

## BOOK CLUB

Once a month on the 2nd Thursday at 1pm

The book club is a reading group, consisting of people who read and talk about books based on a topic or an agreed-upon reading list. The Book Club may even choose books dedicated to a particular author or series.

Interested in joining? Contact

**Robin Bacon** at [robinplus@aol.com](mailto:robinplus@aol.com).

Join the Peck Center to participate.



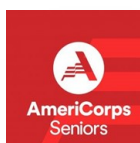
## EBCAP COMMUNITY HEALTH WORKER

February 28th from 2:30 to 3:45pm

Appointment required; call Peck Center

Gerry LePage, Community Health Worker with East Bay Community Action Program, Office of Volunteer Services, will be regularly visiting our Center on the fourth Tuesday of each month. In addition to supporting John Garrahan's Medicare services at the Center, Gerry will be able to help with additional benefit programs such as SNAP, LIHEAP, Medicaid, and others. He will also have information on COVID, vaccinations, and other topics on hand.

If you need assistance with any of these topics, call the Peck Center & we will get you in touch with Gerry.



# HAPPY BIRTHDAY

## to our 2022-2023 Members

Theresa Floderus	Feb 01
Suzanne Hughes	Feb 03
Mary Wright	Feb 10
Ernest Masse	Feb 11
Margaret Lee	Feb 12
David Gran	Feb 12
Annelouise Adey	Feb 13
Diane Egge	Feb 15
Santina Myers	Feb 17
Martha Standeven	Feb 17
Lillian Almeida	Feb 17
Pamela Letoile	Feb 21
Ann Bates	Feb 22
Linda Dacey	Feb 22
Shirley Hugot	Feb 22
Angela Fallgren	Feb 23
Christina Southgate	Feb 26
Anna Florenzano	Feb 27
Nancy Melies	Feb 27
Carolyn Gammell	Feb 27
Susan Gomez	Feb 27
Claire Amaral	Feb 28

## AARP TAX ASSISTANCE

Taxes done free by AARP Tax-Aide  
at the following locations:

Warren Senior Center Thursdays Feb. 2 - April 13th

Call 401-247-1930 for appointment

Riverside Library Fridays Feb. 3 - April 14th

Call 401-246-1678 for appointment

East Providence Senior Center Mondays Feb 6 - April 10

Call 401-246-1678 for appointment



Most programs require Peck Center membership to participate. See receptionist for membership details.

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Barrington Senior Center, Barrington, RI

06-5230



# February 2023 Calendar of Events



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<div>🎉</div> <div>CENTER CLOSED FOR HOLIDAY</div>	<div>6</div> <div>9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:00-3:00pm - Knitting group 1-3pm - Alzheimer's Caregiver Support Group - Trustee Rm 1:00-3:00pm - Fact or Fiction Class</div>	<div>7</div> <div>9:15-10am - Cardio Class 10:15-11am - Seated Cardio Class 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand &amp; Foot 1:00-2:00pm - Line Dancing <b>1:45-3:30pm Flowers for Everyone</b> 2:15-3:45pm - Shuffleboard &amp; Bocce</div>	<div>2</div> <div>9:15-10am - Cardio Class 10:15-11am - Cardio Class 10:30-11:30 - Blood Pressure 12:10pm - Chair Yoga at YMCA 1:00pm...Shopping at Shaw's 1:00pm - 3:30pm - Bingo 1:00pm - Fireside Chat</div>	<div>3</div> <div>9:30am-11am - Cribbage  10:45-11:45am - Shuffleboard &amp; Soft Bocce</div>	
	<div>13</div> <div>9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:00-3:00pm - Knitting group <b>1pm - Valentine's Day Celebration with Robert Black</b></div>	<div>14</div> <div>9:15-10am - Cardio Class 10:15-11am - Seated Cardio Class 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand &amp; Foot 1:00-2:00pm - Line Dancing 2:15-3:45pm - Shuffleboard &amp; Bocce</div>	<div>15</div> <div>9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 10-11am - Blood Pressure 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta</div>	<div>16</div> <div>9:15-10am - Cardio Class 10:15-11am - Cardio Class 10:30-11:30am - Blood Pressure 12:10pm - Chair Yoga at YMCA 1:00pm - Shopping at Shaw's 1:00pm - 3:30pm - Bingo 1:00pm - Fireside Chat</div>	<div>17</div> <div>9:30am-11am - Cribbage  10:45-11:45am - Shuffleboard &amp; Soft Bocce</div>
	<div>20</div>	<div>21</div> <div><del>9:15-10am - Cardio Class</del> <del>10:15-11am - Seated Cardio Class</del> 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand &amp; Foot 1:00-2:00pm - Line Dancing 2:15-3:45pm - Shuffleboard &amp; Bocce</div>	<div>22</div> <div>9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta</div>	<div>23</div> <div><del>9:15-10am - Cardio Class</del> <del>10:15-11am - Cardio Class</del> 10:30-11:30am - Blood Pressure 12:10pm - Chair Yoga at YMCA 1:00pm - Shopping at Shaw's 1:00pm - 3:30pm - Bingo 1:00pm - Fireside Chat</div>	<div>24</div> <div>9:30am-11am - Cribbage  10:45-11:45am - Shuffleboard &amp; Soft Bocce</div>
	<div>27</div> <div>9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:00-3:00pm - Knitting group 1:00-3:00pm - Fact or Fiction Class</div>	<div>28</div> <div><del>9:15-10am - Cardio Class</del> <del>10:15-11am - Seated Cardio Class</del> 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand &amp; Foot 1:00-2:00pm - Line Dancing 2:15-3:45pm - Shuffleboard &amp; Bocce 2:30-3:45pm- EBCAP Comm. Health Worker</div>	<div>FREE BAYSIDE YMCA PROGRAMS FOR PECK CENTER MEMBERS SILVER SNEAKERS - Tuesdays &amp; Thursdays, 1:30pm - 2:30pm CHAIR YOGA - Thursday 12:10pm - 1:10pm ZUMBA - Tuesdays &amp; Thursdays 11:00am - 12:00pm To participate, you must call the YMCA, 245-2444, within 24 hours of class time to register and show your Peck Center scan card upon arrival.</div>		
				<div>Transportation Mon., Tues., Wed., Fri. 10am - 12:30pm &amp; Thursdays 10am-3:30pm.</div>	

**SERVING SIZES**  
 Grains – 2 ounces  
 Vegetables – ½ cup  
 Fruits – ½ cup  
 Protein – 3 ounces  
 Dairy – 1 cup

# February 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6 Minestrone soup Chicken francese Roasted potato Mixed vegetable Multi grain roll Fruit Spinach salad w/ chicken</p> <p>13 Tomato soup Pepper steak Mashed potato Roasted zucchini w/carrots Italian bread (whole wheat) Chocolate chip cookie Chef salad</p> <p>20</p> <p><b>Closed</b></p>	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p> <p>7 Tomato Soup French onion baked chicken Potatoes O'Brien Sliced carrots / garlic bread Pudding Salami, ham &amp; cheese / wheat roll</p> <p>14 Navy bean soup Sausage &amp; pepper w/ potatoes Garlic bread Italian mixed vegetables Mixed fruit Chicken sandwich on wheat roll</p> <p>21 Lentil soup Chicken Fajita w/peppers /onions Spanish rice Whole Wheat Tortilla Sour cream Pudding Egg salad on multi grain roll</p> <p>28 Mushroom barley soup Tossed salad Chicken n gravy Mixed vegetables Biscuit- cookies Seafood salad on wheat roll</p>	<p>1 Chicken noodle soup Meatball sandwich Sautéed spinach Sliced roasted potatoes Whole Wheat roll Fruit Chicken salad on rye Chicken salad w/chicken</p> <p>8 Mushroom barley soup Shepherd's pie Mashed potatoes Sliced pears Whole wheat roll Caesar salad w/chicken</p> <p>15 Cream of mushroom soup Sloppy joe Cole slaw Pasta salad Whole Wheat roll – cookie Turkey &amp; Swiss/whole wheat</p> <p>22 Tomato soup Swedish meatballs Mashed potatoes Sliced carrots Fresh fruit/ Multi grain bread Seafood salad plate</p>	<p>2 Tomato soup Meatloaf Mashed potato Green beans Snowflake roll Chocolate cookie Caesar salad w/chicken</p> <p>9 lentil soup Roast pork w/ gravy Sweet potato Zucchini Whole Wheat roll Red velvet cake Tuna salad plate</p> <p>16 Chicken soup Balsamic pork loin Potatoes wedges Buttered corn Mixed fruit – Dinner Roll Spinach salad w/ chicken</p> <p>23 Minestrone Soup BBQ pulled pork Sandwich Cole slaw Sweet potato Whole Wheat Roll Oatmeal cookie Corned beef on Rye bread</p>	<p>3 Kale &amp; bean soup Stuffed fillet of sole Rice pilaf Peas &amp; onions Whole Wheat Roll Fruit Chef salad</p> <p>10 Cream of Broccoli soup Chicken cacciatore Green beans Baked potato Dinner Roll – Fruit Cobb salad</p> <p>17 Kale &amp; bean soup French onion baked chicken Roasted potatoes Whole Wheat Roll Fruit salad Tuna salad plate</p> <p>24 Chicken noodle soup Tossed salad Baked rigatoni w/ sausage &amp; meatballs Garlic bread - Fruit cup Tossed salad w/chicken</p>
<p>27 Beef vegetable soup Chicken Scarpariello w/ sausage &amp; potatoes Mixed vegetables Fruit – Whole Wheat roll Chicken sandwich on ww roll</p>	<p>Funded in Part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</p>			<p><b>\$3.00</b>  <b>Suggested Donation</b>          Please call our Dining room 24 hours in advance.</p>





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We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact [Medicare.gov](http://Medicare.gov) or 1-800-MEDICARE to get information on all of your options.



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