

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



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

**FRIDAY**  
**9:00AM - 1:00PM**

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

# SEPTEMBER 2022

## PECK CENTER STAFF

**Michele Geremia**  
Director

**Kelly Fenton**  
Assistant Director

**Tiffany Hayek**  
Program Coordinator

**Cathy Impellizzeri**  
**Elizabeth McGuire**  
Administrative Assistants

**Rod Maturi**  
Kitchen Supervisor

**John Toolan**  
**Chuck Reese**  
**Tom Wallis**  
Bus/Kitchen Staff

**Bill Kurtz**  
Medical Alert Coordinator



**Monday, September 26th, 1pm**

Can you sing, dance, lip-sync, act? Do you play an instrument? Do you recite poetry, do comedy routines? Do you have other talents? If so, we would love to showcase your skill at our talent show!

If you have a talent and would like to be featured in our show, please call the Peck Center, leave your name, number and let us know your talent.

### ALZHEIMER'S CAREGIVER SUPPORT

**Monday, September 12th, 1:00pm**  
**Maximum 12 people**

The Alzheimer's Association will hold their caregiver 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.

Contact Ann Murphy directly for more information: 401-374-8361 .

## OCEAN STATE DINING PROGRAM, A DIVISION OF EAST BAY COMMUNITY ACTION PROGRAM

**MEAL SITE INFORMATION/GUIDELINES:**  
Participation in the meal program is for anyone 60 years of age or older or handicapped.

Meals are served Monday through Friday at 11:45am.

Hot lunches or sandwiches need to be reserved at least one day in advance by 10am and cancellations should be made 24 hours in advance by 10am.

You are responsible for filling out the menu choices you want, once that is done we will put you on the meal schedule. See menu in this newsletter.

East Bay Community Action Program requires a Rhode Island Congregate Meals Participant Information Form to be completed by all meal program participants. See Center staff for a form.

For reservations call or stop by the Peck Center.

Funded in part by the US Dept. of Health and Human Services, Administration for Community Living and state funds through the RI Office of Healthy Aging.

**SEE MENU INSIDE!**

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

## CARDIO CLASSES

**Tuesday and Thursday - 9:15am and 10:15am**

Class includes at least 15 to 20 minutes standing & sitting cardio exercise, followed by strength & stretch routines.



Cardio classes brought to you by  
Bayside YMCA instructors!  
**Pre-registration required.**



## 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.

Anyone interested in joining, please contact  
**Robin Bacon at robinplus@aol.com.**  
Join the Peck Center to participate.



## Flowers for Everyone "Summerset"

**Tuesday, September 13th @ 1:45pm Cost \$21**

Summer has come to a close and autumn has just begun. Gardens boast two seasons worth of growth with fullness and jewel-like colors. Nature's sounds ring clear and unfettered as the two seasons form a perfect synthesis. Let's celebrate this unique and spectacular time of year with a breathtaking floral bouquet. Each student will receive a rustic hand-painted container with a bounty of brilliant flowers. Afterwards, we will enjoy the marriage of the seasons with a delicious treat. You won't want to miss this!

Call 401-247-1926 x201 to register. Cancellations must be made at least 48 hours in advance.

*Sally Gruber HTR*

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

## The Power of the Potato

The simple potato is often underrated and overlooked, even villainized in certain food circles. Many low-carb diets shun potatoes because they are high in carbohydrates. Low-fat aficionados associate potatoes only with high fat preparations like French fries and potato chips. But this tuber is actually a superfood, packed with important vitamins and minerals, a top performer for gut and heart health, and entirely gluten free!

### Gut Health Warrior

While it's true that potatoes contain a high amount of carbohydrates, about 26 grams, this shouldn't be a reason to make them a diet outcast. Our brains and red blood cells need those carbohydrates to function. Potatoes are also high in fiber and a good source of resistant starch. Fiber is a key component for healthy digestion, and as resistant starches are broken down, they act as a prebiotic, feeding the good bacteria in our gut. Resistant starches are also linked to improving blood sugar control.

### Nutrition Commando

If you think the only way to get enough vitamins and minerals into your kids' diets (or your own) is to puree vegetables and hide them in brownies, then you're missing out. Try potatoes! You may have heard that potatoes have more potassium than a banana — this is true — but did you know that potassium is essential for muscle, cardiovascular, and nervous system function? Potatoes are also packed with magnesium, calcium, folate, vitamin C, vitamin B6, and 3 grams of plant-based protein. And, while all potatoes contain high levels of antioxidants, potatoes with deep colors contain even higher levels.

To get the most out of your new dinner superstar, vary your colors & preparations. For example, keeping skins on will increase the overall level of nutrition, and cooking potatoes ahead of time can increase the amount of resistant starch.

### Herbs de Provence Roasted Potatoes

About 2 pounds of colorful potatoes, fingerlings, purple, blue, pink, red skinned, anything you can find at the market.  
**2 tsp Herbs de Provence seasoning blend / Salt and Pepper / Olive oil**

Scrub potatoes and cut into even sized pieces. If they are small, you can usually get away with halving or quartering them. Heat oven to 400 degrees. Toss cut potatoes in olive oil, salt, pepper and seasoning blend until nicely coated. Arrange in a single layer on a rimmed baking sheet or glass pan. Roast for about 30 minutes or until edges are crispy golden brown and a toothpick or fork glides easily through the largest pieces.

For more information on the health benefits of potatoes & hundreds of recipes, visit Potatoes USA and the Idaho Potato Commission.

### PECK CENTER TRANSPORTATION

The Peck Center bus is available at no charge to seniors and adults with disabilities who live in the town of Barrington. We provide transportation to and from the Center for programs and lunch. We also provide shopping trips to Shaw's, CVS, Post Office, Town Hall, Library and local banks. If the bus schedule allows, other requests will be considered. **PLEASE NOTE: WE DO NOT TRANSPORT TO DOCTOR APPOINTMENTS.**

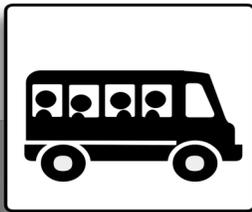
#### Days and times:

**Mon., Tues., Wed. & Friday: 10am - 12:30pm**  
**Thursdays 10am-3:30pm.**

Each day's pick-up time may vary due to the volume of passengers but every attempt is made to offer timely pick-up.

#### TRANSPORTATION RESERVATIONS

Reservations must be made at least one day in advance. Call the Peck Center to arrange transportation. Cancellations must be received before 9:30am.



### FACT OR FICTION WRITING CLASS

**Monday, Sept. 12th & 19th, 1:00pm-3:00pm**

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



### AARP SMART DRIVING PROGRAM

#### UPCOMING IN NOVEMBER...

**Wednesday, November 2, 2022, 1:30pm to 6:00pm**

The Peck Center for Adult Enrichment, 281 County Road in Barrington, RI is hosting this program. The course and associated videos have been revised and the text is more user-friendly and designed especially for seniors.

If an insurance discount is one of your objectives, please inquire in advance with your automobile insurer to determine if you qualify for a discount and the amount if you complete this program.

Fees are \$20 for AARP members and \$25 for non-members. Please bring **exact** cash or check only.

Individuals who have Medicare Supplement Plan insured by AARP United Healthcare can take the program for free:

- **Plan members must show their membership card to the instructor to attend the class at no fee.** Instructor verification is mandated by AARP and there are no exceptions!
- Spouses cannot share their membership card since Medicare Health Plans are issued on an individual basis.

There are no tests to successfully complete this program.

Please bring a snack and beverage to this class especially if you have a medical condition as no food or beverages are available.

**It is to be noted that AARP requires all attendees to read and sign a Registration Disclosure/Disclaimers form in order to attend this program because of the Covid situation.**

**\*\*Class will start promptly at 1:30pm and no late participants will be allowed in this program\*\***

Advance Registration is required.  
Please call the Peck Center or stop by the Reception Desk.



### BRIDGE

**Wednesdays 1-3:30pm**

**Substitutes are needed at times.**

**No Walk-ins**

Call Peck Center receptionist in advance of Wednesday if you are interested in participating. We will contact the Bridge group to see if any extra players are needed.

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

### BLOOD PRESSURE SCREENING



**Blood pressure screenings schedule:**

Thursday, September 1st - 10:30am-11:30am

Sponsored by [Hattie Ide Chaffee Home](#)

Thursday, September 8th - 11am-11:30am

Sponsored by [Warren Center](#)

Thursday, September 15th - 10:30am-11:30am

Sponsored by [Hattie Ide Chaffee](#)

Wednesday, September 21st - 10am-11am

Sponsored by [VNH&H](#)

Thursday, September 22nd - 10:30am-11:30am

Sponsored by [The Willows Assisted Living](#)

### CRIBBAGE

**Friday mornings, 9:30am - 11:00am**

Cribbage is a card game, usually for two players, in which each player tries to form various counting combinations of cards. Each player receives six cards, and the score is kept by moving pegs on a narrow rectangular board.

### HAND AND FOOT CARD GAME

The Peck Center is looking for someone who would be willing to teach Hand and Foot.

If you are interested, please call us or see the receptionist.



### LINE DANCING

**INSTRUCTOR: DONNA CARTER**

Tuesday afternoons from 1:00-2:00pm

\$3 per session (payable upon arrival)

No prior dance experience needed.

### BINGO

**Thursdays, 1pm-3:30pm**

Limited to 30 participants.

Sign up is required ahead of time.



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 Tuesday afternoons. Call the Peck Center to reserve your spot: 401-247-1926 X201

**MEDICARE OPEN ENROLLMENT BEGINS OCTOBER 18TH;  
MORE INFORMATION TO COME IN YOUR OCTOBER  
NEWSLETTER!**

### HOT LUNCH LOYALTY PROGRAM

Would you like a free voucher for an IHOP or Newport Creamery meal? It's easy to earn your voucher with our punch-card loyalty program. All you have to do is enjoy 20 lunches here at the Center and it's yours! Each time you come for lunch we will punch your card and when completed you will receive your free voucher.



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



Labor Day is a federal holiday in the United States celebrated on the first Monday in September to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States. The three-day weekend it falls on is called Labor Day Weekend.

# Peck Center Calendar of Events - September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Transportation Mon., Tues., Wed., Fri.: 10am - 12:30pm &amp; Thursday afternoons till 3:30pm.</p>			<p><b>1</b> 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</p>	<p><b>2</b> 9:30am-11am - Cribbage 10:45-11:45am - Shuffleboard &amp; Soft Bocce with our all-star kitchen staff</p>
<p><b>5</b> <b>CENTER CLOSED</b>  <b>FOR HOLIDAY</b></p>	<p><b>6</b> 9:15-10am - Cardio Class 10:15-11am - 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; Soft Bocce</p>	<p><b>7</b> 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge</p>	<p><b>8</b> 9:15-10am - Cardio Class 10:15-11am - Cardio Class 11am-11:30am - Blood Pressure 12:10pm - Chair Yoga at YMCA 1:00pm...Shopping at Shaw's 1:00pm - 3:30pm - Bingo 1:00pm - 2:00pm - Book Club</p>	<p><b>9</b> 9:30am-11am - Cribbage 10:45-11:45am - Shuffleboard &amp; Soft Bocce with our all-star kitchen staff</p>
<p><b>12</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:00-3:00pm - Knitting 1-3pm - Alzheimer's Caregiver Support Group - Trustee Room 1:00-3:00pm - Fact or Fiction Class</p>	<p><b>13</b> 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand &amp; Foot 1:00-2:00pm - Line Dancing 1:45-3:00pm - Flowers for Everyone 2:15-3:45pm - Shuffleboard &amp; Soft Bocce</p>	<p><b>14</b> 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge</p>	<p><b>15</b> 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</p>	<p><b>16</b> 9:30am-11am - Cribbage 10:45-11:45am - Shuffleboard &amp; Soft Bocce with our all-star kitchen staff</p>
<p><b>19</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:00-3:00pm - Knitting 1:00-3:00pm - Fact or Fiction Class</p>	<p><b>20</b> 9:15-10am - Cardio Class 10:15-11am - 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; Soft Bocce</p>	<p><b>21</b> 9:15-10:15 - Chair Yoga 10:00-11:00am - Blood Pressure 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge</p>	<p><b>22</b> 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</p>	<p><b>23</b> 9:30am-11am - Cribbage 10:45-11:45am - Shuffleboard &amp; Soft Bocce with our all-star kitchen staff</p>
<p><b>26</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:00-3:00pm - Knitting <b>1:00 - 3:00pm - Talent Show</b></p>	<p><b>27</b> 9:15-10am - Cardio Class 10:15-11am - 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; Soft Bocce</p>	<p><b>28</b> 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 11:45 -12:45pm Chair Yoga 1:00-3:30pm - Bridge</p>	<p><b>29</b> 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:10pm - Chair Yoga at YMCA 1:00pm...Shopping at Shaw's 1:00pm - 3:30pm - Bingo</p>	<p><b>30</b> 9:30am-11am - Cribbage 10:45-11:45am - Shuffleboard &amp; Soft Bocce with our all-star kitchen staff</p>

\$3.00 Suggested Donation

# SEPTEMBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Note: East Bay Community Action Program requires a Participant Information Form to be completed &amp; kept on file at the Center in order to receive lunches.</b></p> <p><b>Order or cancel 24 hours in advance by 10am</b></p> <p><b>Call Peck Center - 401-247-1926 X 201</b></p>			<p><b>1</b> Lentil Soup  <b>Italian Sausage w/Mustard</b>                      Peppers &amp; Onions / Tortellini                      Wafer Cookie / Rye Bread</p> <p><b>Wheat Hamburger on Roll</b></p>	<p><b>2</b> Minestrone Soup  <b>Shepherd's Pie</b>                      Roasted Brussels Sprouts                      Jello / Garlic Roll</p> <p><b>Seafood Salad on Wheat</b></p>
<p><b>5</b> <b>CENTER CLOSED FOR HOLIDAY</b></p>	<p><b>6</b> Chicken Vegetable Soup  <b>Pork Loin w/Applesauce</b>                      Brown Rice / Green Beans                      Sliced Peaches / Dinner Roll</p> <p><b>Egg Salad on Rye</b></p>	<p><b>7</b> Italian Wedding Soup  <b>Meatballs w/Sauce</b>                      Pesto Pasta / It. Blend Veg.                      Tapioca Pudding / Italian Bread</p> <p><b>Turkey Salad on Italian</b></p>	<p><b>8</b> Onion Soup  <b>Roast Turkey w/Gravy</b>                      Corn Bread Stuffing / California Blend Veg /Fruit Bar/Marble Bread</p> <p><b>Pastrami &amp; Swiss on Marble</b></p>	<p><b>9</b> Lemonade / <b>Grilled Chicken Breast</b> /Baked Beans / Prince Edward Blend Veg / Watermelon / Multi Grain</p> <p><b>Hot Dog on Bun</b></p>
<p><b>12</b> Split Pea Soup  <b>Baked Ham w/Pineapple Slice</b>                      Sweet Potatoes / Capri Blend Vegetables / Oatmeal Raisin Cookie / Rye Bread</p> <p><b>Tuna on Rye</b></p>	<p><b>13</b> 100% Cranberry Juice  <b>Beef Stroganoff</b>                      Whole Grain Noodles                      Sliced Carrots / Fresh Fruit                      Marble Bread</p> <p><b>Turkey &amp; Cheese /Marble</b></p>	<p><b>14</b> Tomato &amp; Brown Rice Soup  <b>Chicken w/Artichoke, Roasted Red Peppers in Lemon Sauce</b>                      Roasted Pot /Mixed Veg / Italian Ice / Whole Wheat Bread</p> <p><b>Meatloaf/Whole Wheat Bread</b></p>	<p><b>15</b> <b>HAPPY BIRTHDAY</b>                       Chicken Escarole Soup  <b>French Meat Pie w/Ketchup</b>                      Green Beans / Frosted Cupcake                      Pumpernickel Bread</p> <p><b>Ham Salad on Pumpernickel</b></p>	<p><b>16</b> Clear Chowder  <b>Potato Crunch Fish w/Tartar Sauce</b>                      Au Gratin Potatoes / 3-Bean Salad / Sliced Pears                      Wheat Bread</p> <p><b>Roast Beef &amp; Cheese /Wheat</b></p>
<p><b>19</b> Turkey &amp; Brown Rice Soup  <b>Pot Roast w/Gravy</b>                      Mashed Potatoes / Broccoli Pudding / Wheat Dinner Roll</p> <p><b>Egg Salad on a Bulky Roll</b></p>	<p><b>20</b> Vegetable Soup  <b>Beef Wellington w/ Ketchup</b>                      Lyonnaise Potatoes / Roasted Zucchini / Fruit Cocktail                      Rye Bread</p> <p><b>Corned Beef &amp; Swiss / Rye</b></p>	<p><b>21</b> Pasta &amp; Bean Soup  <b>Stuffed Pepper w/Sauce</b>                      Brown Rice / Baby Carrots                      Mandarin Oranges/Wheat Bread</p> <p><b>Turkey &amp; Cheese on Wheat</b></p>	<p><b>22</b> Lentil Soup  <b>Veal Cutlet w/Marinara Sauce</b>                      Seasoned Whole Grain Ziti                      It. Blend Veg / Frosted Brownie                      Italian Bread</p> <p><b>Salami w/Provolone &amp; Mustard on Italian</b></p>	<p><b>23</b> Red Chowder  <b>Seafood Salad</b>                      Chic Pea Salad / Cole Slaw                      Fresh Fruit                      Multi-Grain Bread</p> <p><b>Chicken Salad /Multi Grain</b></p>
<p><b>26</b> Vegetable Soup  <b>Italian Style Chicken Cutlet</b>                      Wild Rice / Stewed Tomatoes                      Apricot Halves / Oatmeal Bread</p> <p><b>Seafood Salad on Oatmeal</b></p>	<p><b>27</b> Chili Soup  <b>Tuna Salad</b>                      Macaroni Salad / Beet Salad                      Lemon Pudding/Multi Grain Bread</p> <p><b>Sliced Chicken/Multi Grain</b></p>	<p><b>28</b> Chicken Escarole Soup  <b>Stuffed Pepper w/Sauce</b>                      Seasoned Diced Potatoes                      Baby Carrots/Mandarin Oranges                      Wheat Bread</p> <p><b>Turkey &amp; Cheese /Wheat</b></p>	<p><b>29</b> Egg Drop Soup  <b>Orange Glazed Chicken</b>                      Vegetable Egg Roll                      Asian Blend Vegetables                      Wafer Cookies / Rye Bread</p> <p><b>Tuna on Rye</b></p>	<p><b>30</b> 100% Apple Juice  <b>Cheese Omelet w/Tomato Slice</b> / Turkey Sausage                      Crispy Cube Home Fries                      Fresh Fruit Cup</p> <p><b>Ham &amp; Cheese on Wheat w/Side Salad</b></p>

A decorative border featuring autumn leaves in shades of yellow, orange, and green at the top and bottom. The sides are decorated with colorful balloons (green, yellow, blue, red, purple) and streamers on a light blue background with confetti.

# HAPPY BIRTHDAY

Judith Knilans	Sep 01
Sandra Pannone	Sep 01
Celestina Smith	Sep 05
Eunice Rios	Sep 06
Anthony Caner	Sep 08
Bob Smith	Sep 10
William Groves	Sep 11
Moyne Cabbage	Sep 14
Deborah Dwyer	Sep 15
Craig Wood	Sep 16
Kathleen Gibney	Sep 18
Barbara Grace	Sep 18
Celeste Dery-Corriveau	Sep 23
Christine Tracey	Sep 24
Mary Jane McFetters	Sep 25

**to our 2022-2023 Members**