

Peck Center &
Recreation Department
information can be
found on the web at:
www.peckcenter.org



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

MARCH 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
Recreation
Coordinator



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS



Managing Concerns About Falls

Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, A Matter of Balance: Managing Concerns About Falls is a program for you.

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. A Matter of Balance can help people improve their quality of life and remain independent.

A Matter of Balance is designed for people aged 60/+ to reduce the fear of falling and increase activity levels. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

AmeriCorps Seniors RSVP is Offering
A Matter of Balance Workshop Series - Managing Concerns About Falls at:
Peck Center for Adult Enrichment
281 County Road, Barrington, Rhode Island
Fridays 9:30 AM - 11:30 AM



March 24th, 31st
April 7th, 14th, 21st, 28th
May 5th, 12th



Don't miss out on this NO FEE
workshop opportunity!

Please call The Peck Center 247-1926 to register TODAY.

AmeriCorps Seniors RSVP is
a division of East Bay
Community Action Program

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!



CARDIO CLASS PARTICIPANTS

We will be running a
Cardio video March 2 & 7
while Jean is on vacation

KARAOKE EVENT

Wednesday, March 15th, 1-2pm

Join us for an afternoon of Karaoke.
St. Patrick's day theme with Irish songs.

Join us for lunch before the event.
Registration required, see Peck Center staff.

MAH JONGG CLASSES



5 week session

Mondays @1pm

April 3rd - May 1

Cost: \$20

Register today--4 student maximum
Call 401-247-1926 X201

ALZHEIMER'S CAREGIVER SUPPORT

Monday, March 6th, 1:00pm

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. E-mail Ann Murphy for more information: alm530@yahoo.com

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



WOMEN AND ALZHEIMER'S: PUTTING THE PUZZLE PIECES TOGETHER



Speaker: Terry Fogerty

(Terry was the Keynote Speaker for the Aging Optimally Symposium)

Monday, May 22nd, 10:30am

Nearly 2/3 of people living with Alzheimer's disease are women. Researchers want to know what it is that makes females more likely to develop this form of dementia. We'll explore this topic, as well as the Alzheimer's risks that are specific to women and steps one can take to lower their dementia risk.

Objectives:

- Explain that women have a higher risk of developing Alzheimer's disease.
- Describe Alzheimer's risks specific to women
- Discuss steps that can be taken to reduce this risk.

WOMEN AND ALZHEIMER'S

Seating is limited.

Call or stop by the Peck Center to register.

CONGREGATE NUTRITION 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 - Friday promptly at 11:45am.

Hot lunches, sandwiches /salads, 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 THIS NEWSLETTER!

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(800) 950-9952 x2525

MEMOIR WRITING CLASS @ 1PM
(Formerly Fact or Fiction writing class)
Mondays, 3/13, 3/27, 4/10, 4/24, 5/8, 5/22

Have you always wanted to try your hand at writing?

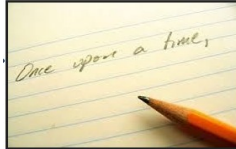
Do you have stories about your life or family history that you have often thought (or been told) should be written down? Here is your chance to do that with a fun, friendly, encouraging, nonjudgmental writing group.

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
"TERRIFIC TERRARIUMS"

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

Diminutive and charming, a terrarium is the perfect indoor garden for any home. Practical and easy to care for, this planting is ideal for the beginning horticulturist.

Using a clear glass cylinder and petite tropical plants, we will create our own miniature dish arrangement. Rich soil, decorative pebbles, and ornamental accents complete this verdant oasis.

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, March 20th, 10:30 - 11:30am
AVOIDING SCAMS, HACKING AND IDENTITY THEFT

Learn how to avoid scams, hacking, & identity theft.

Receive important cybersecurity updates and share your concerns about this important subject!



PHARMACY OUTREACH PROGRAM
OF THE UNIVERSITY OF RHODE ISLAND PRESENTS:

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.

TOOLS AND TIPS FOR SENIOR SAFETY

Financial exploitation is a top concern; beware of scams; use Caller ID and if you do not recognize a caller, let it go to voicemail.

Grandparent scams are prevalent: do not provide information or send money. Call the police to notify.

If someone offers a cash prize, do not let them in your house or provide any information. If a scam is not recognized at first, do not be embarrassed. Notify the police with any suspicion.

Trust your instincts when someone new contacts you to provide a service. Reputable companies provide identification and permits. Volunteers should be part of a familiar organization.

The Town of Barrington has a dialer program for emergencies. A landline is needed for connection. There is a suggested donation for set-up only and no ongoing costs. When activated, rescue services are dispatched to your home.

If you are concerned about a neighbor or friend, the best phone number for wellness checks is 401-437-3930.

Rescue professionals are appreciative of an updated "Pink Refrigerator Card". These are available at the Peck Center or Police or Fire Department.

Be sure smoke and CO2 detectors are operating properly as these devices expire over time. There is often funding available to help with cost.

Consider purchasing a key lockbox and providing the combination to Police and Fire.

House numbers should be well-lit and clearly visible - avoid cursive written numbers.

Prevent falls: railings and grab bars are very important, especially on stairs. Beware of clutter.

Doorbell cameras are very helpful and body cameras are coming for Barrington police.



BLOOD PRESSURE SCREENING

Blood pressure screenings schedule:



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

Sponsored by Hattie Ide Chaffee Home

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

Sponsored by Warren Center

Wednesday, March 15th - 10am-11am

Sponsored by VNH&H

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

Sponsored by Hattie Ide Chaffee

Thursday, March 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.

Join the Peck Center to participate.



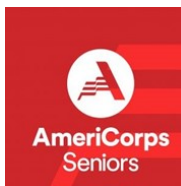
EBCAP COMMUNITY HEALTH WORKER

March 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

Brenda Kanarian	Mar 02
Subha Srirangam	Mar 02
Virginia Clark	Mar 02
Lorraine Perry	Mar 04
Maggie Cissokho	Mar 04
Connie Fass	Mar 06
Edward Clegg	Mar 07
Jane Mainella	Mar 07
Hanley Henry	Mar 08
Marian Ray	Mar 09
Donna Tawse	Mar 11
Margaret Pizzuti	Mar 12
Elizabeth Paiva	Mar 15
Pamela MacFarland	Mar 15
Caryl Salisbury	Mar 21
Mary Lou Murphy	Mar 22
Carol Talbot	Mar 22
Elizabeth Martini	Mar 23
Meredith Watson	Mar 26
Don LeSage	Mar 27
Marguerite Vigliani	Mar 27
Sam Dak	Mar 27
Carol Massey	Mar 28
Bunny Enos	Mar 30
Susan Caisse	Mar 30
Karen Emmes	Mar 31
Maria Silveira	Mar 31
Arlene Miguel	Mar 31

LINE DANCING

INSTRUCTOR: DONNA CARTER

Tuesday afternoons from 1:00-2:00pm

\$3 per session (payable upon arrival)

No prior dance experience needed.

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Barrington Senior Center, Barrington, RI

06-5230

March 2023 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>FREE BAYSIDE YMCA PROGRAMS FOR PECK CENTER MEMBERS SILVER SNEAKERS- Tuesdays & Thursdays, 1:30pm - 2:30pm CHAIR YOGA - Thursday 12:10pm - 1:10pm ZUMBA - Tuesdays & Thursdays 11:00am - 12:00pm</p> <p>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.</p>		<p>1 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</p>	<p>2 9:15-10am - Video Cardio Class 10:15-11am - Video 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</p>	<p>3 9:30am-11am - Cribbage 10:45-11:45am - Shuffleboard & Soft Bocce</p>
<p>6 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</p>	<p>7 9:15-10am - Video Cardio Class 10:15-11am - Video Cardio Class 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand & Foot 12:30-1:30pm - Line Dancing 1:45-3:30pm Flowers for Everyone 2:15-3:45pm - Shuffleboard & Bocce</p>	<p>8 9:15-10:15 - Chair Yoga 9:30-10:30 - Friends Board Mtg. 10:30-11:30 - Chair Yoga 11:45 - 12:45pm Chair Yoga 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta</p>	<p>9 9:15-10am - Cardio Class 10:15-11am - Cardio Class 11:15-11:45 - Blood Pressure 12:10pm - Chair Yoga at YMCA 1:00pm....Shopping at Shaw's 1:00pm - 2:00pm - Book Club 1:00pm - 3:30pm - Bingo 1:00pm - Fireside Chat</p>	<p>10 9:30am-11am - Cribbage 10:45-11:45am - Shuffleboard & Soft Bocce</p>
<p>13 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:00-3:00pm - Knitting group 1:00-3:00pm - Memoir Writing Class</p>	<p>14 9:15-10am - Cardio Class 10:15-11am - Cardio Class 11:15-12:15pm - Chair Yoga 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand & Foot 12:30-1:30pm - Line Dancing 2:15-3:45pm - Shuffleboard & Bocce</p>	<p>15 9:15-10:15 - Chair Yoga 10:30-11:30 - Chair Yoga 10-11am - Blood Pressure 11:45 - 12:45pm Chair Yoga 1:00-2:00pm - Karaoke Event 1:00-3:30pm - Bridge 1:00-3:30pm - Canasta</p>	<p>16 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</p>	<p>17 9:30am-11am - Cribbage 10:45-11:45am - Shuffleboard & Soft Bocce</p>
<p>20 9:15-10:15am - Meditation 10:30-11:30am - Coffee & Conversation 12:45-3:30pm - Mah Jongg 1:00-3:00pm - Knitting group</p>	<p>21 9:15-10am - Cardio Class 10:15-11am - Cardio Class 11:15-12:15pm - Chair Yoga 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand & Foot 12:30-1:30pm - Line Dancing 2:15-3:45pm - Shuffleboard & Bocce</p>	<p>22 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</p>	<p>23 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</p>	<p>24 9:30am-11am - Cribbage 9:30-11:30am - A Matter of Balance series begins 10:45-11:45am - Shuffleboard & Soft Bocce</p>
<p>27 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:00-3:00pm - Knitting group 1:00-3:00pm - Memoir Writing Class</p>	<p>28 9:15-10am - Cardio Class 10:15-11am - Cardio Class 11:15-12:15pm - Chair Yoga 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand & Foot 12:30-1:30pm - Line Dancing 2:15-3:45pm - Shuffleboard & Bocce 2:30-3:45pm- EBCAP Comm. Health Worker</p>	<p>29 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</p>	<p>30 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 1:00pm - Fireside Chat</p>	<p>31 9:30am-11am - Cribbage 9:30-11:30am - A Matter of Balance series continues 10:45-11:45am - Shuffleboard & Soft Bocce</p>

SERVING SIZES

Grains – 2 ounces

Vegetables – ½ cup

Fruits – ½ cup

Protein – 3 ounces

Dairy – 1 cup

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens</p>	<p>1 Tomato soup Pub burger w/ cheese Sliced roasted potatoes Cole slaw Whole Wheat roll Fruit Chicken salad on rye</p>	<p>2 Chicken soup Meatloaf w/ gravy Mashed potato Peas & carrots Snowflake roll Chocolate cookie Romaine salad w/chicken</p>	<p>3 Kale & bean soup Baked fish w/ lemon butter Rice pilaf Baby carrots Sliced ww bread Fruit Chef salad</p>
<p>6 Minestrone soup Shepard's pie Mashed potato Mixed vegetable Multi grain roll Pudding Spinach salad w/ chicken</p>	<p>7 Tomato Soup French onion baked chicken Green beans Rice pilaf Fruit Sliced multi grain bread Salami, ham & cheese / wheat roll</p>	<p>8 Mushroom barley soup American chop suey Zucchini w baby carrots Ww roll Oatmeal raisin cookie Turkey club</p>	<p>9 Vegetable soup Chicken parm Potatoes wedges Mixed vegetables - roll Cake Antipasto salad</p>	<p>10 Clam chowder (red) Baked fish italiano w /sauteed vegetables Rice pilaf Sliced bread– Fruit Cobb salad</p>
<p>13 Tomato soup BBQ chicken sandwich Cole slaw Pasta salad Roll (whole wheat) Chocolate chip cookie Chef salad</p>	<p>14 Navy bean soup Stuffed shell w/meatball Garlic bread Italian mixed vegetables Mixed fruit Chicken sandwich on wheat roll</p>	<p>15 Chicken and escarole soup Sloppy joe Potato salad 3- bean salad Whole Wheat roll - cookie Turkey & Swiss/whole wheat</p>	<p>16 Spilt pea soup Corned beef Cabbage & carrots Boiled potatoes Irish soda bread Apple strudel cake Ham & cheese on wheat</p>	<p>17 Kale & bean soup Baked cod provençal Spanish rice Peas & onions Fruit salad Tuna salad plate</p>
<p>20 Beef Barley soup Chicken leg quarter Creamed spinach Sweet potato Roll Brownie Cobb salad</p>	<p>21 Lentil soup Braised beef Sliced carrots Mashed potatoes Roll Pudding Egg salad on multi grain roll</p>	<p>22 Tomato soup Swedish meatballs Rice pilaf Zucchini & carrots Fresh fruit/ Multi grain bread Seafood salad plate</p>	<p>23 Minestrone Soup BBQ pulled pork Sandwich Cole slaw Baked beans Whole Wheat Roll Oatmeal cookie Meatball sandwich</p>	<p>24 Clam chowder (white) Fish cake Spanish rice Mixed vegetables Sliced bread Fruit Chicken salad plate</p>
<p>27 Potato leek soup Chicken cacciatore Black beans & rice Fruit – Whole Wheat roll Chicken sandwich on ww roll</p>	<p>28 Southern Brunswick stew Cole slaw Corn bread Mixed fruit Seafood salad on wheat roll</p>	<p>29 Mushroom barley soup Lasagna roll w/ meat sauce Italian green beans Garlic bread Pound cake Turkey & Swiss on rye</p>	<p>30 Chicken soup Salisbury steak w/gravy Mashed potatoes Baby carrots Ww roll - fruit Egg salad plate</p>	<p>31 Tomato soup Mediterranean baked fish Rice pilaf/ green beans Ww roll- Cookie Cobb salad</p>



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Barrington Senior Center, Barrington, RI

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