

## Center Hours

Monday: 9:30 - 3:30  
Tuesday: 9:00 - 3:30  
Wednesday: 9:30 - 3:30  
Thursday: 9:00 - 4:00  
Friday: 9:30 - 2:30

# PECK CENTER

for Adult Enrichment



BARRINGTON, RI

Telephone 247-1926

## SEPTEMBER 2017

281 County Road  
Barrington, RI 02806

### PECK CENTER STAFF

Michele Geremia  
Director

Cathy Impellizzeri  
Administrative Assistant

Rod Maturi  
Kitchen Supervisor

Shirley Slusarski  
Kitchen Staff

Larry Daglieri  
Anthony Mederos

John Toolan  
Transportation

Elizabeth McGuire  
Outreach /  
Administrative Assistant

Mona L. Kozel  
Trips and Events

### CENTER INFORMATION

#### LABOR DAY

Center closed Monday, Sept. 4

#### COLT STATE PARK PICNIC Friday, Sept, 8th, 11am - 2pm

Join us for a wonderful meal and entertainment at beautiful Colt State Park. Entertainment provide by Lou Renzi.

*Participants must sign up at*



*Peck Center  
Donation is \$3.00*



#### PLEASE NOTE:

**NO MEALS WILL BE SERVED AT  
THE CENTER THIS DAY!**

#### DIALER PROGRAM

This one touch button connects you to the Barrington Fire/Police Safety Complex and brings rescue straight to your home. Cost: \$100 at time of setup. No monthly fee. Periodic in home checks of the system by friendly staff. Contact the Center to arrange for installment of device in your home. 401-247-1926 ext. 353.

### SPECIAL EVENTS

#### ARMCHAIR TRAVEL

**"PARIS! THE CITY OF LIGHTS"**

Monday, Sept. 11, 1:00pm

From Boulevard Montparnasse to the River Seine, from the Eiffel Tower to Notre Dame Cathedral, the city of Paris is the epicenter of European culture.

#### SAVE THE DATE!

**"DREAMS COME TRUE: The Joys of  
Nature - Prince Edward Island"**

Monday, October 16, 1:00pm

Presented as a collaboration between the Center and the Barrington Community School. Fee: \$10 per adult/\$5 senior citizen. Call Center at 247-1926 or BCS at 245-0432 to register.

#### EGRET'S LANDING CAFÉ

**MUSIC SERIES IS RETURNING!**

**Kick off is Wednesday, Sept. 27th,  
1:30 - 2:30pm with singer/songwriter  
Joanne Lurgio**

This will be a wonderful opportunity for everyone to get together and enjoy the ambience of Egret's Landing Café. Here you can meet new people, greet old friends, meet the musicians, have pastries and beverages while enjoying a rich variety of musical sounds.

Presented as a collaboration between the Center and the Barrington Community School.



## CENTER INFORMATION

### ALZHEIMER'S SUPPORT GROUP

Monday, September 11th at 1:00 pm

The Alzheimer's Association caregiver support group meets at the Center on the first Monday of the month (or second Monday if there is a Monday holiday). Facilitators help participants develop skills as they care for loved ones as well as encourage caregivers to maintain their own physical and emotional health. All are welcome!

### HEALTH FAIR

Friday, September 29th at 12:00 pm

The YMCA will be holding their annual Health Fair at the Barrington YMCA!

Join us for food, fun, fitness, flu shots, screenings and information!

### VOLUNTEERS NEEDED

The Peck Center is looking for back-up Nurses or CNA's to perform blood pressure screenings here at the Center once a week. Please call the Center at 247-1926 if you are interested!

### NEWSLETTER

Receive the monthly newsletter in 3 ways:

- Via email
- Visiting the town's website at [www.barrington.ri.gov](http://www.barrington.ri.gov), Senior Services Department
- Pick up a copy at the Peck Center

### IHOP / NEWPORT CREAMERY VOUCHERS

Vouchers are available for IHOP and Newport Creamery. The \$5 voucher can be used during designated hours for a specialized menu.

### BENEFITS REPRESENTATIVE

Kristina Waters and Janet Shansky, SHIP Counselors, are at the Center on the following days to assist with Medicare enrollment. Appointment required.

Tuesday and Friday mornings



## SPECIAL PROGRAMS

### AARP SAFE DRIVING PROGRAM

Wed., Sept. 13, 1:30 - 6:00pm, Peck Center  
\$15 for AARP members and \$20 for non-members  
Advance registration is required.  
For more information see flyer at the Center.

### ART CLASSES WITH TAYLOR TERRERI

Art Classes will be held on Monday mornings at 10:30am on the following dates:

September 11

September 18

October 2

October 16

October 23

October 30



### FLOWERS FOR EVERYONE with Sally Gruber

Friday, September 29th, 1:00 pm  
"Tea with Abigail Adams"

Take time for tea with one of America's favorite first ladies! Participants will meet and learn about this amazing character as they create a sophisticated teacup arrangement. Fresh spray rose, carnation and babies' breath will be used in designing this quaint and lovely floral piece. Make history: sign up today! \$17/pp

PLEASE NOTE: YOU MUST BE A MEMBER OF THE CENTER TO SIGN UP

## ENRICHMENT AT THE CENTER

### EXERCISE WITH THE "Y" AT THE CENTER


Monday- Chair Yoga	9:30
Wednesday - Chair Yoga	1:00
Tuesday & Thursday - Senior Strength I	9:00
Senior Strength II	10:00
Friday - Belly Dancing	10:00
Friday - Yoga	1:00

### LINE DANCING WITH DORIS

Every Wednesday at 10:00

Come join the fun!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>CENTER CLOSED FOR LABOR DAY</b></p>	<p><b>4</b>            8:00am...<b>Foxwoods Trip</b>            9:00am...Benefit Rep            9:00am...Senior Strength I            10:00am...Senior Strength II            10:00am...Hot Topics            1:00pm...Bridge</p>	<p><b>5</b>            9:30am Chair Yoga            10:00am...Knitting            10:00am...Line Dancing            11:30am...Shopping at Shaw's            12:30pm...Bridge</p>	<p><b>6</b>            9:00am...Senior Strength I            10:00am...Senior Strength II            10:30am...Blood Pressure            1:00pm...Bingo            1:00pm...Shopping at Shaw's</p>	<p><b>7</b>            9:30am...Benefit Rep            10:00am...<b>Belly Dancing</b>            10:00am...Scrabble Club            1:00pm...Yoga</p>
<p><b>11</b>            9:30am...Chair Yoga            10:30am...<b>Art Class</b>            12:30pm...Bridge            1:00pm...Mah Jongg            1:00pm...<b>Armchair Travel</b>            1:00pm...Alzheimer's Support            6:45pm...Duplicate Bridge</p>	<p><b>12</b>            9:00am...Benefit Rep            9:00am...Senior Strength I            10:00am...Senior Strength II            10:00am...Hot Topics            1:00pm...Bridge            1:00pm...<b>Chorus</b></p>	<p><b>13</b>            9:30am Chair Yoga            10:00am...Knitting            10:00am...Line Dancing            11:30am...Shopping at Shaw's            12:30pm...Bridge            1:30pm...<b>AARP Safe Driving</b></p>	<p><b>14</b>            9:00am...Senior Strength I            10:00am...Senior Strength II            10:30am...Blood Pressure            1:00pm...Bingo            1:00 pm...Shopping at Shaw's</p>	<p><b>15</b>            9:30am...Benefit Rep            10:00am...<b>Belly Dancing</b>            10:00am...Scrabble Club            1:00pm...Yoga</p>
<p><b>18</b>            9:30am...Chair Yoga            10:30am...<b>Art Class</b>            12:30pm...Bridge            1:00pm...Mah Jongg            6:45pm...Duplicate Bridge</p>	<p><b>19</b>            9:00am...Benefit Rep            9:00am...Senior Strength I            10:00am...Senior Strength II            10:00am...Hot Topics            1:00pm...Bridge            1:00pm...<b>Chorus</b></p>	<p><b>20</b>            9:30am...Chair Yoga            10:00am...Knitting            10:00am...Line Dancing            11:30am...Shopping at Shaw's            12:30pm...Bridge</p>	<p><b>21</b>            9:00am...Senior Strength I            10:00am...Senior Strength II            10:30am...Blood Pressure            1:00pm...Bingo            1:00pm...Shopping at Shaw's</p>	<p><b>22</b>            9:30am...Benefit Rep            10:00am...<b>Belly Dancing</b>            10:00am...Scrabble Club            1:00pm...Yoga</p>
<p><b>25</b>            9:30am...Chair Yoga            12:30pm...Bridge            1:00pm...Mah Jongg            6:45pm...Duplicate Bridge</p>	<p><b>26</b>            9:00am...Benefit Rep            9:00am...Senior Strength I            10:00am...Senior Strength II            10:00am...Hot Topics            1:00pm...Bridge            1:00pm...<b>Chorus</b></p>	<p><b>27</b>            9:30am...Chair Yoga            10:00am...Knitting            10:00am...Line Dancing            11:30am...Shopping at Shaw's            12:30pm...Bridge            1:30pm...<b>Egret's Landing Café</b></p>	<p><b>28</b>            9:00am...Senior Strength I            10:00am...Senior Strength II            10:30am...Blood Pressure            1:00pm...Bingo            1:00pm...Shopping at Shaw's</p>	<p><b>29</b>            9:30am...Benefit Rep            10:00am...<b>Belly Dancing</b>            10:00am...Scrabble Club            1:00pm...Yoga            1:00pm...<b>Flowers for Everyone</b></p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>September 2017</b></p> <p><b>4</b> <b>CLOSED</b> Labor Day</p>	<p><i>Funded in part by the US state funds by the Rhode Island Department of Elderly Affairs.</i></p> <p><b>5</b> Chicken Vegetable Soup <b>Pork Loin w/ Applesauce</b> Brown Rice Green Beans Sliced Peaches Dinner Roll <i>(Egg Salad on Rye)</i></p>	<p><b>\$3.00 Suggested Donation</b></p> <p><b>6</b> Beef Noodle Soup <b>Beef Wellington w/ Ketchup</b> Lyonnaise Potatoes Fresh Zucchini Tapioca Pudding <i>(Corned Beef &amp; Swiss on a Roll)</i></p>	<p><b>September SALAD OPTION:</b> <i>Ham—Turkey—Cheese-Tomato Lettuce Mix with Creamy Italian Dressing</i></p> <p><b>7</b> Barley Vegetable Soup <b>Veal Cutlet w/ Marinara Sauce</b> Seasoned Whole Grain Ziti Italian Blend Vegetables Frosted Brownie <i>(Salami, Provolone, Mustard on Italian)</i></p>	<p><b>1</b> Minestrone Soup <b>Shepherds Pie</b> Brussels Sprouts Jello Garlic Roll <i>(Seafood Salad on Wheat)</i></p>
<p><b>11</b> Split Pea Soup <b>Baked Ham w/ Pineapple Slice</b> &amp; Mustard Sweet Potatoes Capri Blend Vegetables Oatmeal Raisin Cookie <i>(Tuna on Rye)</i></p>	<p><b>12</b> Chili Soup <b>Tuna Salad</b> Macaroni Salad Beet Salad Lemon Pudding Multi Grain Bread <i>(Sliced Chicken on Multi Grain)</i></p>	<p><b>13</b> Tomato &amp; Brown Rice Soup <b>Chicken w/ Artichoke, Roasted Red Peppers in Lemon Sauce</b> Oven Roasted Potatoes Mixed Vegetables Italian Ice Whole Wheat Bread <i>(Meatloaf on Whole Wheat Bread)</i></p>	<p><b>14</b> 100% Cranberry Juice <b>Beef Stroganoff</b> Whole Grain Noodles Sliced Carrots Fresh Fruit Marble Bread <i>(Turkey &amp; Cheese on Marble)</i></p>	<p><b>8 PICNIC - NO LUNCH AT CENTER</b> <b>BBQ Chicken Breast</b> Baked Beans Prince Edward Blend Vegetables Watermelon <i>(Hot Dog on Bun)</i></p> <p><b>15</b> Seafood Gumbo Soup <b>Potato Crunch Fish w/ Tartar Sauce</b> Au Gratin Potatoes 3-Bean Salad Low Fat Yogurt Wheat Bread <i>(Roast Beef &amp; Cheese on Wheat)</i></p>
<p><b>18</b> Turkey &amp; Brown Rice Soup <b>Pot Roast w/ Gravy</b> Mashed Potatoes Broccoli Pudding Wheat Dinner Roll <i>(Egg Salad on a Bulky Roll)</i></p>	<p><b>19</b> Egg Drop Soup <b>Orange Glazed Chicken</b> Vegetarian Egg Roll Asian Blend Vegetables Wafer Cookies Rye Bread <i>(Tuna on Rye)</i></p>	<p><b>20</b> Pasta &amp; Bean Soup <b>Stuffed Pepper w/ Sauce</b> Seasoned Diced Potatoes Baby Carrots Mandarin Oranges Wheat Bread <i>(Turkey &amp; Cheese on Wheat)</i></p>	<p><b>21. HAPPY BIRTHDAY</b> Chicken Escarole Soup <b>French Meat Pie w/ Ketchup</b> Green Beans Frosted Cupcake Pumpernickel Bread <i>(Ham Salad on Pumpernickel)</i></p> 	<p>22 Broc. and L.F. Cheddar Soup <b>Seafood Salad</b> Chic Pea Salad with Olives Cole Slaw Fresh Fruit Multi-Grain Bread <i>(Chicken Salad on Multi)</i></p>
<p><b>25</b> Vegetable Soup <b>Italian Style Chicken Cutlet</b> Wild Rice Stewed Tomatoes Apricot Halves <i>(Seafood Salad on Oatmeal)</i></p>	<p><b>26</b> Italian Wedding Soup <b>Meatballs w/ Sauce</b> Pesto Pasta Capri Blend Vegetables Tapioca Pudding Italian Bread <i>(Turkey Salad on Italian)</i></p>	<p><b>27</b> 100% Apple Juice <b>Cheese Omelet, Sliced Tomato</b> Turkey Sausage Crispy Cube Home Fries Fresh Fruit Cup <i>(Ham &amp; Cheese on Rye w/ Side Salad)</i></p>	<p><b>28</b> Chicken Soup w/ Egg Barley <b>Liver &amp; Onions w/ Gravy</b> Mashed Potatoes California Blend Vegetables Seasonal Fruit Wheat Dinner Roll <i>(Shrimp Salad on Wheat Roll)</i></p>	<p><b>29</b> Lentil Soup <b>Italian Sausage w/ Mustard</b> Peppers &amp; Onions Baked Chips Unsweetened Applesauce Rye Bread <i>(Hamburger on Roll)</i></p>

## TRIPS AND EVENTS WITH MONA

Membership in the Center is required for all trips and events.

**Please note: It is important to sign up early for all trips as a sufficient number of people is needed for each trip.**

**Call 247-1926 to reserve for trips and meals.**

### FOXWOODS

**Date:** Tuesday, September 5, 2017

**Cost:** \$25 (includes gratuity)

**Time:** 8:00 a.m. bus departs town hall

4:00 p.m. bus departs Foxwoods

**Final Payment Due: August 31, 2017**

You will receive a Gaming Package towards food and gaming worth up to \$20.

### “EVITA” information reminder! (This event is SOLD OUT)

**If you are signed up and have not yet paid in full, please complete your payments by August 22nd.**

**Date:** Wednesday, September 27, 2017

**Cost:** \$95 (includes gratuity)

**Time:** 10:00 a.m. departs town hall

6:00 p.m. return to town hall

### MOHAWK TRAIL FOLIAGE TOUR

**Date:** Monday, October 9, 2017

**Cost:** \$72 (includes gratuity)

**Time:** 8:30 a.m. bus departs town hall

**Final Payment due: September 22, 2017**

Trip includes: Bridge of Flowers in Shelburne Falls, foliage sightseeing, delicious lunch at Old Mill, Red Apple Farm with free dumpling, Silver Fox Coach.

Choose entrée @signup: Yankee Pot Roast    Stuffed Chicken Breast    Filet of Sole



### CANCELLATION POLICY

**For Trips:** Once payment has been made to the tour operator, we cannot accept cancellations and refund any money. After that date, you can recoup your money only if you find a replacement for yourself or there are persons on the waiting list available to purchase your spot.

**For Parties away from the Center / Theatre Tickets:** Refunds will be given until 10 business days before date of event. After that date, you can recoup money only if you find a replacement or there are persons on the waiting list available to purchase your spot.