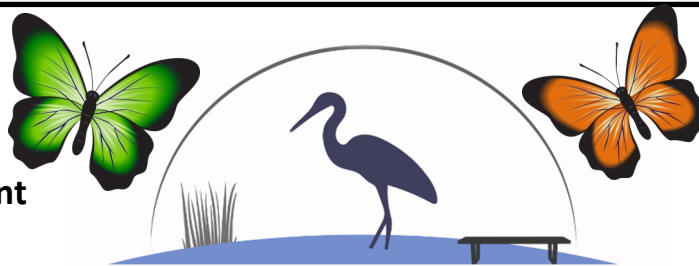


Peck Center &  
Recreation Department  
information can be  
found on the web at:  
[www.peckcenter.org](http://www.peckcenter.org)



# 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)

# APRIL 2023

## PECK CENTER STAFF

**Michele Geremia**  
Director

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

Administrative  
Assistants

**Rod Maturi**  
**Tom Wallis**  
Kitchen  
Supervisors

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

**Bill Kurtz**  
Medical Alert  
Coordinator

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

**Alexis Monize**  
Recreation  
Coordinator



## THE PECK CENTER WILL BE CLOSED FRIDAY, APRIL 7TH - GOOD FRIDAY

**AARP SMART DRIVING PROGRAM**  
**Thursday, April 20th, 1:30pm to 6:00pm**  
\$20 AARP members / \$25 non-members

If an insurance discount is one of your objectives for taking this course, please inquire with your automobile insurer to determine if you qualify for a discount before taking the course. For more information, see poster at Peck Center.

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

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



**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

## AVAILABLE PROGRAMS AT THE BAYSIDE YMCA FOR PECK CENTER MEMBERS

The following programs are offered at the Bayside YMCA, 70 West St, Barrington, at no cost to 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

**\*\*To participate, you must call the YMCA at 401-245-2444 within 24 hours of class time to register.**

Please remember to bring your Peck Center scan card as you must swipe it when you arrive at the Y for class.

## LINE DANCING

**INSTRUCTOR: DONNA CARTER**

Tuesday afternoons from 1:00-2:00pm  
\$3 per session (payable upon arrival)

No prior dance experience needed.

## 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!



## A BRUSH WITH WINE "PAINTING PARTY"

A Brush with Wine is a traveling painting party, that brings the party to you.



INSTRUCTOR: Sandee Pacheco



WHEN: April 12th, 1:15pm

WHERE: Peck Center for Adult Enrichment

COST: \$15 payable upon sign-up; price includes all art supplies, disposable aprons, and fun.

See receptionist to sign up.

Instructor bio: Sandee is a certified instructor in fine arts, Certified by the Grumbacher paint and medium company.

Sandee has taught at local craft stores and at a private studio in South Kingstown, RI, and is an award winning artist at the Society of Decorative Artist Convention.



A free raffle of a bottle of wine will be held!

## 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!



## 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:

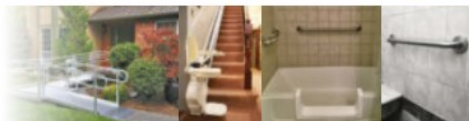
- ◆ Explain that women have a higher risk of developing Alzheimer's disease.
- ◆ Describe Alzheimer's risks specific to women
- ◆ Discuss steps that can be taken to reduce this risk.

Seating is limited.

Call or stop by the Peck Center to register.

## WOMEN AND ALZHEIMER'S

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(800) 888-4574 x3410

**MEMOIR WRITING CLASS @ 1PM**  
(Formerly Fact or Fiction writing class)  
Mondays, 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



**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.

**FLOWERS FOR EVERYONE  
"APRIL SHOWERS"**

**Tuesday, April 11th at 1:45 pm Cost: \$22**

April is a time of new beginnings, with rain as the conduit for change. True to its Latin root "abrir" (to open), this month presents a myriad of budding trees, shrubs, and flowers. Please join us as we celebrate this special season with a fresh spring floral piece. Each student will receive a petite pastel bucket with a rainbow assortment of flowers. Tulips, waxflower, and pussy willow round out this spectacular vernal masterpiece.

Sign up today - 12 student maximum!

Call 401-247-1926x201 to register. Cancellations must be made at least 24 hours in advance.

*Sally Gruber HTR*



**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

**COFFEE & CONVERSATION**  
**Monday, April 17th, 10:30 - 11:30am**  
**PETS ARE MORE THAN JUST AN ANIMAL**



Pets are more than just an animal - they are part of our family. Join us on Monday April 17th at 10:30am at the Peck Center for Adult Enrichment for Coffee and Conversation. Learn about the community services and support available to help older adults care for their pets through challenging times.



**MAY BREAKFAST**

The Peck Center is having a May Breakfast  
on Tuesday, May 2nd from 10-11am

Menu consists of:

Scrambled eggs

Bacon - 2 slices

Waffles with choice of toppings:

Maple syrup

Powdered sugar

Blueberries

Bananas



Cost is \$3 - payable upon sign up  
Seating is limited.

EBCAP lunches will still be served this day.



### BLOOD PRESSURE SCREENING

#### Blood pressure screenings schedule:

Thursday, April 6th - 10:30am-11:30am

Sponsored by Hattie Ide Chaffee Home

Thursday, April 13th - 11:15am-11:45am

Sponsored by Warren Center



Wednesday, April 19th - 10am-11am

Sponsored by VNH&H



Thursday, April 20th - 10:30am-11:30am

Sponsored by Hattie Ide Chaffee

Thursday, April 27 - 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.

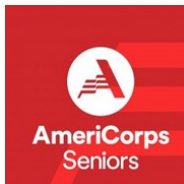


### EBCAP COMMUNITY HEALTH WORKER

April 25th 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

Susan Ruggieri	Apr 02
Linda Vincent	Apr 02
Joyce Greene	Apr 03
Lucille Medeiros	Apr 05
Sandy Davignon	Apr 05
Gerald Ferreira	Apr 05
Pat Chick	Apr 06
Pauline Woods	Apr 13
Linda Carreiras	Apr 13
Eileen Chekal	Apr 14
Patti Jo Gluek	Apr 14
Denise Archambault	Apr 14
Joyce Freitas	Apr 14
Matthew DeChirico	Apr 15
Dianne Poole	Apr 15
Ann Greene	Apr 16
Charles Reese	Apr 17
Mary Miller	Apr 17
Gina Hodgkin	Apr 18
Carole Collins	Apr 20
Carol Louison	Apr 21
Carolyn Nataly	Apr 22
Debbie Allen	Apr 22
Robert Corriveau	Apr 23
Karen Greene	Apr 23
Claire Howard	Apr 24
Samar Astoon	Apr 25
Teresa Sarli	Apr 26
John Nobrega	Apr 26
Kathy Ryan	Apr 27
Dora St. Angelo	Apr 28
Katherine Caramos	Apr 29



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Barrington Senior Center, Barrington, RI

06-5230

# April 2023 Calendar of Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 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	<b>4</b> 9:15-10am - Cardio Class 10:15-11am - Cardio Class 12:30-3:30pm - Benefit Rep 12:45-3:30pm - Hand & Foot 12:30-1:30pm - Line Dancing 2:15-3:45pm - Shuffleboard & Bocce	<b>5</b> 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 1:00pm - Pharmacy Talk - <i>Alternative Remedies for Arthritis</i>	<b>6</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 1:00pm - Fireside Chat	<b>CENTER FOR HOLIDAY</b>
<b>10</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:00-3:00pm - Knitting group 1:00-3:00pm - Memoir Writing Class	<b>11</b> 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 <b>1:45-3:30pm Flowers for Everyone</b> 2:15-3:45pm - Shuffleboard & Bocce	<b>12</b> 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 1:15pm - Paint Class	<b>13</b> 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	<b>14</b> 9:30am-11am - Cribbage <b>9:30-11:30am - A Matter of Balance series continues</b> 10:45-11:45am - Shuffleboard & Soft Bocce
<b>17</b> 9:15-10:15am - Meditation <b>10:30-11:30am - Coffee &amp; Conversation</b> 12:45-3:30pm - Mah Jongg 1:00-3:00pm - Knitting group	<b>18</b> 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	<b>19</b> 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	<b>20</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 1:00pm - Fireside Chat 1:30-6:30- AARP Smart Driving class	<b>21</b> 9:30am-11am - Cribbage <b>9:30-11:30am - A Matter of Balance series continues</b> 10:45-11:45am - Shuffleboard & Soft Bocce
<b>24</b> 9:15-10:15am - Meditation 12:45-3:30pm - Mah Jongg 1:00-3:00pm - Knitting group 1:00-3:00pm - Memoir Writing Class	<b>25</b> 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	<b>26</b> 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	<b>27</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 1:00pm - Fireside Chat	<b>28</b> 9:30am-11am - Cribbage <b>9:30-11:30am - A Matter of Balance series continues</b> 10:45-11:45am - Shuffleboard & Soft Bocce
<div><b>FREE BAYSIDE YMCA PROGRAMS FOR PECK CENTER MEMBERS</b> 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>		Transportation Mon., Tues., Wed., Fri. 10am - 12:30pm & Thursdays 10am-3:30pm.		
				

# April 2023 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Tomato soup Pub burger w/ cheese Sliced roasted potatoes Cole slaw / Whole Wheat roll Fruit  Chicken salad plate	<b>4</b> Mushroom barley soup Chicken marsala Spanish rice Green beans / Sliced bread Jello  Turkey & Swiss on rye	<b>5</b> Tossed salad Baked pasta Florentine Roasted zucchini w/carrots Multi grain bread Mixed fruit  Cobb salad	<b>6</b> Chicken escarole soup Baked ham w/raisin sauce Mashed potato Peas & carrots Snowflake roll / Rice pie  Ham & cheese on rye	<b>CENTER CLOSED FOR HOLIDAY</b>
<b>10</b> Minestrone soup Meatball sandwich Mediterranean salad Multi grain roll Pudding  Chef salad	<b>11</b> Tomato Soup Sautéed chicken breast w/ mushrooms & tomatoes Green beans / Sweet potato Fruit Sliced multi grain bread  Salami, ham & cheese / wheat roll	<b>12</b> Cream of broccoli soup Honey garlic pork chop Rice pilaf w/ mushrooms Mixed vegetables Roll / Oatmeal raisin cookie  Romain salad w/chicken	<b>13</b> Chicken soup Pot roast Au gratin potatoes Baby carrots Roll / Cookie  Ham, cheese & turkey on wheat	<b>14</b> Pasta & bean soup Chicken cacciatore Green bean salad Roasted potato / Sliced bread Fruit  Egg salad sandwich
<b>17</b> Lentil soup Beef Stroganoff Mashed potatoes Peas & carrots / Roll Chocolate chip cookie  Chef salad	<b>18</b> Escarole bean & sausage soup Stuffed shell w/meatball Garlic bread / 1t. mixed vegetables Mixed fruit  Chicken sandwich on wheat roll	<b>19</b> Split pea soup German pork cutlet Potato salad German green beans Whole Wheat roll – cookie  Turkey & Swiss/whole wheat	<b>20</b> Vegetable soup Meatloaf w gravy Potatoes wedges Mixed vegetables - roll Fruit  Spinach salad w/ chicken	<b>21</b> Kale & bean soup Balsamic glazed chicken thighs Roasted broccoli & carrots Rice pilaf / roll Fruit salad  Tuna salad plate
<b>24</b> Beef Barley soup Tossed salad Chicken, sausage, peppers & potatoes Roll / cake  Cobb salad	<b>25</b> Chicken soup Sloppy joe Cole slaw Potato chips Pudding / Roll  Egg salad on multi grain roll	<b>26</b> Tomato soup Pepper steak Rice pilaf Zucchini & carrots Fresh fruit / Multi grain bread  Seafood salad plate	<b>27</b> Minestrone Soup BBQ spareribs Baked beans / Pasta salad Whole Wheat -/Ww roll  Chicken salad sandwich	<b>28</b> Portuguese kale soup Honey glazed chicken Rice pilaf w/peas Zesty garlic green beans Sliced bread / Jello  Roast beef sandwich
		All menu items may contain nuts, seeds, beans, wheat bran, and other allergens		
<b>\$3.00</b> <b>Suggested Donation</b> Please call our Dining room 24 hours in advance		<b>SERVING SIZES</b> Grains – 2 ounces Vegetables – ½ cup Fruits – ½ cup Protein – 3 ounces Dairy – 1 cup		





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