

PETERBOROUGH SENIOR CENTER

42 Peterborough St. • Phone: 617-536-7154

Entrance is located between 100 & 108 Jersey St., (rear)

Email: Tracey@operationpeaceboston.org

Hours: Tuesday, Wednesday, and Thursday

11:00am – 3:00pm



Dear Peterborough Senior Center friends,

Happy Almost Spring! We thank you for coming to our programs during the cold weather to our programs.

We have some amazing programs in store for you! There is something for everyone! We are excited to bring back Berklee College of Music, Art w/ Jan Gadson Louissaint in Artful Meditation w/Silk Flowers (making a Spring Wreath) and Art w/Sara Theophall (PSC staff) Educational presentations like Pharmacology w/Maria Tumang, Safety and Scam presentation w/Officer Elizabeth Evans and Oral History Project w/Little Brothers Friends of the Elderly(share your life stories) and lastly Tech Café w/Little Brothers Friends of the Elderly –get help with your computer, cell phone or tablet.

We want to thank our many wonderful volunteers on with lunch from Thaitation on Thursday, March 11th from Noon to 2pm. We are grateful for our many volunteers that run programs like Book Club, Watercolors, Knitting & Crocheting and those who help us with Coffee and Conversation, bringing lunch and snacks to share!

Make sure to post this calendar on your refrigerator door or somewhere visible so you do not miss our wonderful presentations, events, and activities we have planned for you in March and April 2024! Here is a snapshot!

Thursday, March 7th from Noon to 1pm FriendshipWorks presentation w/Michael Mullins and Kelley Ready. *Come learn about their programs like Friendly Visiting, Friendly Helping and Medical Escort.*

Thursday, March 28th from Noon to 2pm Soothing Touch To Go –*Get a FREE 10 minute Chair Massage.*

Tuesday, April 16th at 11:30am Movie “Grease” *featuring John Travolta and Oliva Newton John.*

Thursday, April 25 from Noon to 1pm Safety and Scam presentation w/Officer Elizabeth Evans

We thank you for your flexibility, care, and support. If you need resources, please don’t hesitate to reach out.

Thank you!
Shannon, Tracey and Sara

COMMUNITY RESOURCES AND INFORMATION, PROGRAMS, & EVENTS

FOOD RESOURCES

Community Dinners at the Holy Trinity

165 Park Drive -6pm to 7:30pm

Mondays, March 11th

Fenway Home Plates

Take Home fresh food from local Restaurants-Free for everyone! No RSVP required

First Come and First Served-Pick up food at Holy Trinity at **2pm**

Fridays, March 8th, April 5th and 19th

Food Pantry in the Fenway at the Seventh Day Adventist Church/105 Jersey Street

Thursdays, 4-6pm, Available to all Boston Residents

FENWAY CARES

Free and available to Everyone

Go to <https://fenwaycommunitycenter.org/food-distributions/> for dates and times

or call Fenway Community Center at 1-857-246-9053.

East Fenway (Symphony Community Park) 39 Edgerly Road

West Fenway (Fenway Community Center) 1282 Boylston Street-Pick-ups on Jersey Street

Program Highlight

Boston ElderINFO is the information and referral specialists for the three Boston home care agencies, also known as Aging Services Access Points (ASAP's) - **Boston Senior Home Care, Central Boston Elder Services** and **Ethos**. They provide information and referral for seniors, individuals with disabilities and caregivers so that they can have access to services to help remain at home. ***This is just a snapshot of what they offer!***

Home Care

- **Home Delivered Meals-** are well-balanced meals that meet Federal and State nutritional standards and specific dietary needs.
- **Grocery Shopping-** provides and maintains an adequate supply of groceries in the home.
- **Chore Service-** helps ensure safety in the home and to correct or prevent environmental problems that are hazardous to an individual's health and safety.
- **Homemaking Service-** are activities that may include light housekeeping, cleaning the kitchen and bathroom, changing beds, laundry, menu planning, meal preparation, and training for in-home management skills.
- **Personal Care-** assists the individual with activities like bathing, dressing, grooming, bed pan routines, eating, ambulating, and transfers.
- **Laundry Service-** serves those who have no other means of having laundry cleaned.

Specialized Assistants

- **Skilled In-Home Service-** provides services including: skilled nursing, physical therapy, occupational therapy, speech therapy, and more.
- **Home Health Aide Service-** provides personal care in the home under the supervision of a registered nurse.
- **Medical Escort-** provides companionship to and from any medical or dental appointment.
- **Money Management-** uses trained and insured volunteers to help balance checkbooks, budget monthly income, and run bank errands.
- **Companion-** provides socialization, escorts client to appointments and errands, and provides assistance with snacks.

You can call them at 617-292-6211 and you can go to their website to learn more about their other programs and services please visit their website: <http://www.bshcinfo.org>

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~ March 2024 ~

TUESDAY		WEDNESDAY		THURSDAY	
5. 11:30	St. Patrick's Day Trivia & Bingo	6. Noon	Watercolors at the Youth Afterschool program w/Bill Fu- <i>Beginners welcome</i>	7. 11:30	Coffee & Conversation at <i>Peterborough Senior Center.</i>
2:00	Berklee College of Music	1:00	Tech Café w/ Little Brothers/Friends of the Elderly@PSC		Noon to 1pm FriendshipWorks
12. 11:30	Art w/Sara Theophall <i>Decorate a shamrock</i>	13. 11:30	Book Club at the Youth Afterschool program	14. 11:30	Coffee & Conversation at <i>Peterborough Senior Center.</i>
2:00	Berklee College of Music	1:00	Tech Café w/ Little Brothers/Friends of the Elderly@PSC		Noon to 1pm St. Patrick's Day Party 12:30pm Music w/ NEC –Wear green and bring green desserts & drinks to share!
19. 11:30	Game Day Bring your favorite game & friends to play! <i>Cards, dominoes, etc</i>	20. Noon	Watercolors at the Youth Afterschool program w/Bill Fu <i>Beginners welcome</i>	21. 11:30	Coffee & Conversation at <i>Peterborough Senior Center</i>
2:00	Berklee College of Music	1:00	Tech Café w/ Little Brothers/Friends of the Elderly@PSC		Noon to 1pm Thank you Luncheon for our Volunteers
		2:30	Knitting & Crocheting w/Grace Lincoln, Simmons University Student <i>Bring in an old project or start a new one! Bring your needles & yarn</i>		
26. 11:30	Movie: "Meet me in St. Louis"	27. 1:00	Tech Café w/ Little Brothers/Friends of the Elderly@PSC	28. 11:30	Coffee & Conversation at <i>Peterborough Senior Center</i>
2:00	Berklee College of Music				Noon to 2pm Soothing Touch to Go w/Dee Davidson (come get a 10-minute chair massage)

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~April 2024 ~

TUESDAY	WEDNESDAY	THURSDAY
<p>2. 11:30 Trivia & Bingo</p> <p>2:00 Berklee College of Music</p>	<p>3. 11:45 Oral History w/Northeastern Students-partnership w/LBFE</p> <p>Noon Watercolors at the Youth Afterschool program w/Bill Fu <i>Beginners welcome</i></p> <p>1:00 Tech Café w/ Little Brothers/Friends of the Elderly@PSC</p>	<p>4 11:30 Coffee & Conversation <i>at Peterborough Senior Center</i></p>
<p>9. Noon Artful Mediation w/Silk Flowers w/ Jan Gadson Louissaint-<i>Make a Spring Wreath</i></p> <p>2:00 Berklee College of Music</p>	<p>10. 11:45 Oral History w/Northeastern Students-partnership w/LBFE</p> <p>1:00 Tech Cafe w/Little Brothers Friends of the Elderly</p> <p>2:30 Knitting & Crocheting w/Grace Lincoln <i>Bring in an old project or start a new one! Bring your needles & yarn</i></p>	<p>11. 11:30 Coffee & Conversation <i>at Peterborough Senior Center</i></p> <p>Noon to 2pm Soothing Touch To Go w/Joanne Salerno <i>(come get a 10-minute chair massage)</i></p>
<p>16. 11:30 Movie: "Grease" 1978 film featuring "John Travola and Oliva Newton John</p> <p>2:00 Berklee College of Music</p>	<p>17. 11:45 Oral History w/Northeastern Students-partnership w/LBFE</p> <p>Noon Watercolors at the Youth Afterschool program w/Bill Fu <i>Beginners welcome</i></p> <p>1:00 Tech Cafe w/Little Brothers Friends of the Elderly (session ends)</p>	<p>18. 11:30 Coffee & Conversation <i>at Peterborough Senior Center</i></p> <p>Noon to 1pm Pharmacology w/Maria Tumang, Brigham & Women's Hospital</p>
<p>23. 2pm Berklee College of Music</p>	<p>24. Professional Staff Development <i>PSC closed</i></p>	<p>25. 11:30 Coffee & Conversation <i>at Peterborough Senior Center</i></p> <p>Noon to 1pm Safety & Scam discussion w/Officer Elizabeth Evans, District 4</p>
<p>30. 11:30 Triva & Bingo</p> <p>2:00 Berklee College of Music</p>	<p>May 1. Noon Spring into Wellness w/Penina Adelman</p>	<p>May 2. 11:30 Coffee & Conversation <i>at Peterborough Senior Center</i></p>

St. Patrick's Day Poem

BY JEAN BLEWETT

There's an Isle, a green Isle, set in the sea,
Here's to the Saint that blessed it!
And here's to the billows wild and free
That for centuries have caressed it!
Here's to the day when the men that roam
Send longing eyes o'er the water!
Here's to the land that still spells home
To each loyal son and daughter!

Here's to old Ireland—fair, I ween,
With the blue skies stretched above her!
Here's to her shamrock warm and green,
And here's to the hearts that love her!

Easter/Spring Quotes

"That is one good thing about this world... there are always sure to be more springs."

— L.M. Montgomery

"To plant a garden is to believe in tomorrow." — Audrey Hepburn

"The earth laughs in flowers." — Ralph Waldo Emerson

"Easter is meant to be a symbol of hope, renewal, and new life." — Janine di Giovanni

"Easter spells out beauty, the rare beauty of new life." — S.D. Gordon