

PETERBOROUGH SENIOR CENTER

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

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

Email: mallory@operationpeaceboston.org

Hours: Tuesday, Wednesday, and Thursday

11:00am – 3:00pm



Dear Peterborough Senior Center friends,

Happy Fall! We hope everyone had a great summer! Let's face it ... New England weather has a mind of its own! As low temperatures will soon be upon us, please remember that Massachusetts Law requires residential landlords to maintain minimum heat requirements (64 degrees at night and 68 degrees during the day from September 15th to June 15th). In the case of inclement weather, all Operation PEACE programs (including the Peterborough Senior Center) follow Boston Public School weather related closures (if BPS is closed for snow/ice/etc., so too is OpPEACE).

Please note that the PSC will be closed on Tuesday, November 8th, for Staff Development (*this is also Election Day, don't forget to Vote!*) and on Wednesday, November 23rd and Thursday, November 24th in observance of the Thanksgiving holiday.

We have some great programming for October and November! Let's stay healthy this Fall:

- Low-Impact Exercises with Simmon's Physical Therapy Graduate Students – Wednesday's, from 11:30am to 12:30pm, starting October 12
- Tai Chi - Maria Tumang, Injury Prevention Coordinator at Brigham & Women's Hospital, will offer Tai Chi on Monday's from 11:30am to 12:30pm, starting October 17

We thank you for your flexibility, care, and support as we navigate changes and transition. We hope that you and your family are doing well. If you need resources, please don't hesitate to reach out.

Thank you!

Mallory, Tracey and Sara

COMMUNITY RESOURCES, PROGRAMS, & EVENTS

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

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

FENWAY CARES

Free and available to Everyone

Every other Wednesday: 3:30pm to 4:30pm

East Fenway (Symphony Community Park) 39 Edgerly Road

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

ABCD PROGRAMS

ABCD Central Office 178 Tremont Street, 4th Floor Boston, MA 02111

617.357.6012 TTY: 617.423.9215

CONSERVATION:

With the help of our partners Eversource, ABCD can often lower your electric bills with free energy efficient light bulbs, water conservation materials and possibly a new refrigerator, air conditioner, dehumidifier or front-loading washing machine if your existing appliances are inefficient.

FUEL ASSISTANCE:

ABCD administers the federal Low Income Home Energy Assistance Program (LIHEAP). If you qualify, we'll help pay your winter heating bills, get discounted gas & electricity rates, and access to other helpful services.

UTILITY BILL ASSISTANCE:

Through our partnerships with National Grid and Eversource, we can help you reduce your overdue utility bills (arrearages) and avoid shutoffs when you adhere to a payment plan structured to meet your needs.

WEATHERIZATION:

Our Weatherization Assistance Program (WAP) helps you reduce your heating and air conditioning costs. We can install attic and wall insulation, weather stripping, and air sealing at no cost.

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PLEASE NOTE restrictions for each program site:

PROGRAMS @ PSC: Limited capacity, masks required.

PROGRAMS @ Fenway Community Center or Ramler Park: Masks encouraged.

~October 2022 ~

TUESDAY	WEDNESDAY	THURSDAY
<p>4. Noon Bingo Limited capacity, please RSVP w/Tracey or Sara. <i>Masks required.</i></p>	<p>5. Noon Watercolors at the OpPEACE classroom</p>	<p>6. 11:30 Task Force & Monthly Birthdays Coffee & Conversation (Immediately following Task Force) at <i>Fenway Community Center at 1282 Boylston St.</i></p>
<p>11. Noon Conversation w/ State Representative Jay Livingstone Limited capacity, please reserve your spot with Tracey or Sara. <i>Masks required.</i></p>	<p>12. 11:30 Low-Impact Exercise w/ Simmon's Physical Therapy graduate students 11:30 Book Club (In-person @ OpPEACE classroom) Limited capacity. 01:00 Tech Café w/ Little Brothers/Friends of the Elderly in-person at PSC Limited capacity, reserve your spot w/ Tracey or Sara. <i>Fenway Cares distribution</i></p>	<p>13. 11:30 Coffee & Conversation at Fenway Community Center at 1282 Boylston St. Masks encouraged. Please RSVP with Tracey or Sara at 617 536 7154.</p>
<p>18. Noon Bingo @ PSC Limited capacity, please reserve your spot with Tracey or Sara. <i>Masks required.</i></p>	<p>19. 11:30 Low-Impact Exercise w/ Simmon's Physical Therapy graduate students 01:00 Tech Café w/ Little Brothers/Friends of the Elderly in-person at PSC Limited capacity, reserve your spot w/ Tracey or Sara.</p>	<p>20. 11:30 Coffee & Conversation at Fenway Community Center at 1282 Boylston St. Masks encouraged. Please RSVP with Tracey or Sara at 617 536 7154. Learn about Eternal Health's Medicare Advantage plans w/ Wasirat Bello (sales agent)</p>
<p>25. Noon Movie: "Ghostbusters" @ PSC Limited capacity, please reserve your spot with Tracey or Sara. <i>Masks required.</i></p>	<p>26. 11:30 Low-Impact Exercise w/ Simmon's Physical Therapy graduate students 01:00 Tech Café w/ Little Brothers/Friends of the Elderly in-person at PSC Limited capacity, reserve your spot w/ Tracey or Sara. <i>Fenway Cares distribution</i></p>	<p>27. 11:30 *Spooky* Coffee & Conversation at Fenway Community Center at 1282 Boylston St. Masks encouraged. Please RSVP with Tracey or Sara at 617 536 7154. Halloween Celebration! Wear your spookiest costume! bring a yummy dessert & drink to share! (store bought)</p>

***TURN OVER FOR NOVEMBER 2022**

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~November 2022 ~

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PROGRAMS @ Fenway Community Center or Ramler Park: Masks encouraged.

TUESDAY	WEDNESDAY	THURSDAY
<p>Nov 1.</p> <p>Noon Bingo @ PSC</p> <p>Limited capacity, please reserve your spot with Tracey or Sara. <i>Masks required.</i></p>	<p>Nov 2.</p> <p>11:30 Low-Impact Exercise w/ Simmon's Physical Therapy graduate students</p> <p>Noon Watercolors at the OpPEACE classroom</p> <p>01:00 Tech Café w/ Little Brothers/Friends of the Elderly in-person at PSC Limited capacity.</p>	<p>Nov 3.</p> <p>11:30 Task Force & Monthly Birthdays</p> <p>Coffee & Conversation (Immediately following Task Force) at Fenway Community Center at 1282 Boylston St.</p> <p>12-12:45PM: Get info about Medicare & Open Enrollment w/ Mary Ruhl, Regional Shine Manager</p>
<p>8.</p> <p>Election Day!</p> <p>Don't forget to Vote!</p> <p>PSC closed for staff development</p>	<p>9.</p> <p><i>Fenway Cares distribution</i></p> <p>11:30 Low-Impact Exercise w/ Simmon's Physical Therapy graduate students</p> <p>11:30 Book Club (In-person @ OpPEACE classroom)</p> <p>01:00 Tech Café w/ Little Brothers/Friends of the Elderly in-person at PSC Limited capacity.</p>	<p>10.</p> <p>11:30 Coffee & Conversation at Fenway Community Center at 1282 Boylston St.</p> <p>Masks encouraged. Please RSVP with Tracey or Sara at 617 536 7154.</p>
<p>15</p> <p>Noon Bingo @ PSC</p> <p>Limited capacity, please reserve your spot with Tracey or Sara. <i>Masks required.</i></p>	<p>16</p> <p>11:30 Low-Impact Exercise w/ Simmon's Physical Therapy graduate students</p> <p>01:00 Tech Café w/ Little Brothers/Friends of the Elderly in-person at PSC Limited capacity.</p>	<p>17.</p> <p>11:30 Coffee & Conversation at Fenway Community Center at 1282 Boylston St.</p> <p>Masks encouraged. Please RSVP w/ Tracey /Sara @ 617 536 7154.</p> <p>Winter Safety presentation w/ David Reedy -Senior Advocate @ Age Strong Commission & Kennedy Avery, Director of Community Affairs at Councilor Bok's Office</p>
<p>22.</p> <p>Noon Enjoy a meal in honor of Thanksgiving and Fenway Friendships @ the Fenway Community Center</p>	<p>23.</p> <p>PSC closed</p> <p>In observance of Thanksgiving</p>	<p>24.</p> <p>PSC CLOSED</p> <p>In observance of Thanksgiving Day</p>
<p>29.</p> <p>Noon Movie: "Wizard of Oz" @ PSC</p> <p>Limited capacity, please reserve your spot with Tracey or Sara. <i>Masks required.</i></p>	<p>30</p> <p>11:30 Low-Impact Exercise w/ Simmon's Physical Therapy graduate students</p> <p>01:00 Tech Café w/ Little Brothers/Friends of the Elderly in-person at PSC Limited capacity.</p>	<p>December 1</p> <p>11:30 Task Force & Monthly Birthdays</p> <p>Coffee & Conversation (Immediately following Task Force) at Fenway Community Center at 1282 Boylston St.</p> <p>12-12:45PM: FriendshipWorks presentation w/ Emily Waldron, Friendly Visting Manager & Kelley Ready, Medical Escort Program Coord.</p>

