

## PETERBOROUGH SENIOR CENTER

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

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

Email: [mallory@operationpeaceboston.org](mailto:mallory@operationpeaceboston.org)

Hours: Tuesday, Wednesday, and Thursday

9:30am – 3:00pm



### *Happy early Summer!*

As the weather gets warmer, please remember to take care to avoid heat related health problems. Drink plenty of water and minimize exposure to the sun. If you notice signs of heat exhaustion (nausea, fatigue, weakness, rapid pulse, heavy or no sweating, confusion, fainting) please seek medical attention right away.

We are so grateful to all our volunteer seniors (too many to name!) and hope that everyone will continue to pitch in while Mallory is out on maternity leave! We look forward to special celebrations this month, including **Mother's Day, Memorial Day, and Independence Day!** Please try to sign up in advance so that we will know how many people to expect. Remember to stop in for our monthly Task Force meetings (first Tuesday of the month at noon) – we welcome all of your ideas for programming!

Beth Bryant, MPH, from Brigham and Women's Hospital, will be continuing **Fall Prevention workshops at the FCC** (1282 Boylston Street, enter on Jersey Street behind the 55 MBTA bus stop). The workshops are every Wednesday, from 1-2:30PM, until June 8. The FCC is a brand new space inside the Abbey Group's Viridian building, built with community input. Check the Fenway Community Center's website for more information and programming (<http://fenwaycommunitycenter.org>).

As always, feel free to drop by, visit [operationpeaceboston.org](http://operationpeaceboston.org) to view/download the calendar, or call to get more information. Sometimes last-minute changes occur beyond our control; we will do our best to keep everyone informed. Also, if you know someone who is not on the mailing list, feel free to refer him or her to us so they can be added to our mailing list.

Accept this letter as a personal invitation to all our events. We do our best to reach out to everyone, but sometimes we miss a few. Please know that everyone is welcome to all our meetings, events, and parties.

*Thank you!*

- Mallory, David, & Tracey

**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 from 9:30am - 3:00pm**

**~ May 2016 ~**

TUESDAY	WEDNESDAY	THURSDAY
<p><b>3.</b>  <b>09:30</b> Staff Time  <b>10:15</b> Coffee Hour  <b>11:00</b> Exercise w/Mahmoud  <b>Trivia w/Maureen</b>  <b>12:00</b> Task Force  Hot lunch!  <b>01:00</b> Movie “On The Waterfront”</p>	<p><b>4.</b>  <b>09:30</b> Staff Time  <b>10:15</b> Coffee Hour  Blood pressure screening  <b>Activity Hour</b>  <b>Noon</b> Watercolors w/Bill  <b>Bingo!</b>  <b>01:00</b> “Fall Prevention” course  (cancelled)</p>	<p><b>5.</b>  <b>09:30</b> Staff Time  <b>10:15</b> Coffee Hour  <b>11:00</b> Mother’s Day Tea!  <b>12:30</b> Book Club “Night Watch by Sarah Waters”  <b>01:00</b> Movie “Erin Brockovich”</p>
<p><b>10.</b>  <b>09:30</b> Staff Time  <b>10:15</b> Coffee Hour  <b>11:00</b> Exercise w/Mahmoud  <b>Trivia w/Maureen</b>  <b>Noon</b> Hot Lunch  <b>01:00</b> Movie “The Roosevelts ”</p>	<p><b>11.</b>  <b>09:30</b> Staff Time  <b>10:15</b> Coffee Hour  Blood pressure screening  <b>Activity Hour</b>  <b>Noon</b> Short Stories w/Steve  <b>3:30pm</b> “Fall Prevention” course at Fenway Community Center!</p>	<p><b>12.</b>  <b>09:30</b> Staff Time  <b>10:15</b> Coffee Hour  <b>12:00pm</b> Lunch in Jerry’s Garden (Please bring a dish to share!)</p>
<p><b>17.</b>  <b>09:30</b> Staff Time  <b>10:15</b> Coffee Hour  <b>11:00</b> Exercise w/Mahmoud  <b>Trivia w/Maureen</b>  <b>Noon</b> Hot Lunch  <b>Noon</b> Wise Aging w/ Penina</p>	<p><b>18.</b>  <b>09:30</b> Staff Time  <b>10:15</b> Coffee Hour  Blood pressure screening  <b>Activity Hour</b>  <b>Noon</b> Bingo!  <b>01:00</b> “Fall Prevention” course at Fenway Community Center!</p>	<p><b>19.</b>  <b>09:30</b> Staff Time  <b>10:15</b> Coffee Hour  <b>12:00</b> Monthly Bday &amp; Sharing Hour  “Bring an object or a memory to share with others” This is also a potluck so bring in your favorite dish to share”</p>
<p><b>24.</b>  <b>09:30</b> Staff Time  <b>10:15</b> Coffee Hour  <b>11:00</b> Exercise w/Mahmoud  <b>Trivia w/Maureen</b>  <b>Noon</b> Movie “People will Talk”</p>	<p><b>25.</b>  <b>09:30</b> Staff Time  <b>10:15</b> Coffee Hour  Blood pressure screening  <b>Activity Hour</b>  <b>11:00</b> Taxi Coupons  <b>Noon</b> Bingo</p>	<p><b>26.</b>  <b>09:30</b> Staff Time  <b>10:15</b> Coffee Hour  <b>12:00</b> Memorial for Helen Singleton  Monthly remembrances  Hot Lunch!</p>

	01:00 "Fall Prevention" course at Fenway Community Center!	
<b>31.</b> 09:30 Staff Time 10:15 Coffee Hour Noon Memorial Day BBQ!	<b>JUNE 1.</b> 09:30 Staff Time 10:15 Coffee Hour Blood pressure screening Activity Hour 01:00 "Fall Prevention" course at Fenway Community Center!	<b>JUNE 2.</b> 09:30 Staff Time 10:15 Coffee Hour 12:30 Book Club "The Thirty Nine Steps by John Buchan"

Remember: **Movies** at the Boston Public Library every Monday night @ 6:00pm  
**Dinner** at the Russian Orthodox Church second Monday@ 6:00pm  
**Computer Lab Hours:** Monday, Wednesday, & Friday: 12:00pm – 2:00pm

*(More on other side ->>>)*

**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 from 9:30am – 3:00pm**

**~ June 2016 ~**

TUESDAY	WEDNESDAY	THURSDAY
<p><b>7.</b></p> <p>09:30 Staff Time</p> <p>10:15 <b>Coffee Hour</b></p> <p>11:00 <b>Exercise</b> w/Mahmoud <b>Trivia</b> w/Maureen</p> <p>12:00 <b>Task Force &amp; Hot lunch!</b></p> <p>01:00 <b>Movie</b> “The Seven Year Itch”</p>	<p><b>8.</b></p> <p>09:30 Staff Time</p> <p>10:15 <b>Coffee Hour</b> <b>Blood pressure</b> screening <b>Activity Hour</b></p> <p>Noon <b>Watercolors</b> w/Bill <b>Bingo!</b></p> <p><b>01:00</b> <b>“Fall Prevention” at FCC</b> <b>(LAST CLASS)!</b></p>	<p><b>9.</b></p> <p>09:30 Staff Time</p> <p>10:15 <b>Coffee Hour</b></p> <p>11:00 <b>Music with Berklee</b> (Summer Session Starts)</p> <p>1:00 <b>Movie</b> “Last Time I Saw Paris”</p>
<p><b>14.</b></p> <p>09:30 Staff Time</p> <p>10:15 <b>Coffee Hour</b></p> <p>11:00 <b>Exercise</b> w/Mahmoud <b>Trivia</b> w/Maureen</p> <p>Noon <b>Hot Lunch</b></p> <p>01:00 <b>Movie</b> “E.T.”</p>	<p><b>15.</b></p> <p>09:30 Staff Time</p> <p>10:15 <b>Coffee Hour</b> <b>Blood pressure</b> screening <b>Activity Hour</b></p> <p>Noon <b>Bingo!</b></p> <p>Noon <b>Short Stories</b> w/Steve</p>	<p><b>16.</b></p> <p>09:30 Staff Time</p> <p>10:15 <b>Coffee Hour</b></p> <p>11:00 <b>Music with Berklee!</b></p> <p>12:30 <b>Workshop</b> “How to Get Rid of Chaos and Clutter” with Keno Mullings.</p>
<p><b>21.</b></p> <p>09:30 Staff Time</p> <p>10:15 <b>Coffee Hour</b></p> <p>11:00 <b>Exercise</b> w/Mahmoud <b>Trivia</b> w/Maureen</p> <p>Noon <b>Hot lunch</b></p> <p>Noon <b>Wise Aging</b> w/Penina</p>	<p><b>22.</b></p> <p>09:30 Staff Time</p> <p>10:15 <b>Coffee Hour</b> <b>Blood pressure</b> screening <b>Activity Hour</b></p> <p>11:00 <b>Taxi Coupons</b></p> <p>Noon <b>Short Stories</b> w/Steve</p>	<p><b>23.</b></p> <p>09:30 Staff Time</p> <p>10:15 <b>Coffee Hour</b></p> <p>11:00 <b>Music with Berklee!</b></p> <p>12:30 <b>Summer Ice Cream Social</b> (Bring your favorite toppings!)</p>
<p><b>28.</b></p> <p>09:30 Staff Time</p> <p>10:15 <b>Coffee Hour</b></p> <p>11:00 <b>Exercise</b> w/Mahmoud <b>Trivia</b> w/Maureen</p> <p>01:00 <b>Movie</b> “Three Coins In The Fountain”</p>	<p><b>29.</b></p> <p>09:30 Staff Time</p> <p>10:15 <b>Coffee Hour</b> <b>Blood pressure</b> screening <b>Activity Hour</b></p> <p>11:00 <b>Bingo</b></p> <p>12:00 <b>Short Stories</b> w/Steve</p>	<p><b>30.</b></p> <p>09:30 Staff Time</p> <p>10:15 <b>Coffee Hour</b></p> <p>11:00 <b>Music with Berklee!</b></p> <p>12:30 <b>Monthly Birthday &amp; “Sharing Hour!”</b> <b>Hot Lunch</b></p>

JULY 5.	JULY 6.	JULY 7.
09:30 Staff Time	09:30 Staff Time	09:30 Staff Time
10:15 Coffee Hour	10:15 Coffee Hour	10:15 Coffee Hour
11:00 Exercise w/Mahmoud Trivia w/Maureen	Blood pressure screening Activity Hour	11:00 Music with Berklee!
12:30 Task Force	Noon Watercolors w/Bill	12:30 Book Club
01:00 Independence Day brunch!	Bingo!	

Remember: **Movies** at the Boston Public Library every Monday @ 6:00pm  
**Dinner** at the Russian Orthodox Church second Monday @ 6:00pm  
**Computer Lab Hours:** Monday, Wednesday, & Friday: 12:00pm – 2:00pm