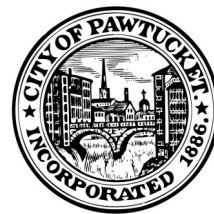




Leon A. Mathieu Senior Center

420 Main Street Pawtucket, RI 02860

January/February 2024



DONALD R. GREBIEN
MAYOR

MARY LOU MORAN
DIRECTOR

HAPPY NEW YEAR

2024

Dear Neighbor,

Happy New Year to you! I hope you had a wonderful, safe holiday season.

These are exciting times for our city. We are looking forward to new economic, community, and education opportunities in Pawtucket in this coming year.

During these cold months, we want to make sure you are staying safe, warm, and dry. We hope that you will use any resources the city can provide you in order to make this winter easier.

If you need any assistance at all, please know that the Mayor's Office is always willing to help.



Mayor Donald R. Grebien

Dear Member,

The staff and I would like to take this opportunity to wish each of you much good health and happiness in 2024. With the coming of the New Year, there is an urge to set new goals and aspirations. I would encourage you to try out some new ventures at the Senior Center. We are continually expanding our program and service offerings, so make sure you look through the calendar included in this newsletter to see what might be of interest to you. Participating in one of the Center's positive aging programs could be a good first step in reaching some of the new goals you have set for yourself in 2024.

To quote C.S. Lewis, "You are never too old to set another goal or to dream a new dream".

Happy New Year & Best Wishes!!!

Mary Lou Moran, Director



MISSION STATEMENT

The mission of the Leon A. Mathieu Senior Center is to identify Pawtucket's older adults and provide them with a safe, supportive and nurturing environment where they can access information about resources, programs and services available on the local, state and federal levels. The Center acts as an advocate for the rights and well being of older adults on a wide variety of issues.

**LEON MATHIEU
SENIOR CENTER**

420 Main Street
Pawtucket, R.I. 02860
Phone: (401)728-7582
Fax: (401) 312-0268

Internet Address:

www.pawtucketri/seniorcenter.com

Email Address:

seniorcenter@pawtucketri.com

Visit us on Facebook at

Leon Mathieu Senior Center

Hours of Operation:

Monday - Friday
8:30 a.m. - 4:00 p.m.

Director

Mary Lou Moran

Deputy Director

Herb Weiss

***Community Information
Specialist & Case Worker***

Joan Newton

Program Coordinator

Melissa Cabral

Outreach Worker

Emilia Fernandes

Secretary

Julieth Cornejo

Shuttle Van Drivers

John Belluscio & Dorian Castrillon

Back Up Driver

Fernando Corrales

Maintenance

Brian DaLomba

BLACKSTONE HEALTH, INC.

Program Coordinator

Kathleen Fisher

Blackstone Health Café Coordinator

Timothy Sandy 365-1101

Nutrition Assistant

Susan Leal

Café Receptionist

Terri Difruscio

PLEASE CONSIDER DONATING CLOTHES, SHOES, TOWELS, SHEETS AND/OR ANY FABRIC! There is a green Big Brothers Big Sisters donation bin in our parking lot. We have a profit sharing partnership where a percentage of the sales goes toward the Leon Mathieu Senior Center!!!

**LEON MATHIEU SENIOR CENTER & BLACKSTONE
HEALTH, INC. HOLIDAY CLOSINGS**

MONDAY, January 1st in Observance of New Year's Day

MONDAY, January 15th in Observance of Martin Luther King Day

MONDAY, February 19th in Observance of Presidents' Day

**Leon Mathieu Senior Center & Blackstone Health, Inc.
Inclement Weather Policy**

Please be aware that the Leon Mathieu Senior Center will be closed for activities, transportation and meals **WHEN THE PAWTUCKET SCHOOLS ARE CANCELED.**

During school vacations listen to the radio and T.V. stations for any Pawtucket Schools/Leon Mathieu Senior Center cancellations.

Please Note: For your own safety, and the safety of our drivers, please make sure your walkway and driveway are clear of snow and ice prior to your pickup.

Come join us during the year as we create crafts to sell at our annual holiday bazaar in November. Supplies and instruction are provided. Crafts classes are on Mondays at 10:30. Thank you Ginny!



Leon Mathieu Senior Center Membership Drive begins on January 3rd, 2022. Your membership will be good for a period of one year (January 1st, 2024-January 1st, 2025). **Please remember** to update your contact information whenever it changes. This can be done at the 2nd floor office. \$7 for Pawtucket residents; \$10 for non-residents. If you have had any emergency contact changes, please inform the office.



THE PAWTUCKET SENIOR CITIZENS COUNCIL (PSCC)
The P.S.C.C is looking for new members! This is a perfect way to give back to your Community and be an ambassador for older adults. Pawtucket residents 55 and older are eligible to volunteer on the council. If interested in serving on the P.S.C.C, contact Mary Lou Moran, Senior Center Director, at 728-7582 for more information.

The Programs and services offered at the Leon Mathieu Senior Center are funded in part by the City of Pawtucket Community Development Block Grant Program, RI Department of Human Services - Office of Healthy Aging, RI Designated Grant, U.S. Administration for Community Living, RI House & Senate Legislative Grants, Blue Cross Blue Shield of RI, Harriet Ballou Charitable Foundation, donations and memberships. Thank you to all our donors!

NUTRITION CORNER

Blackstone Health Café at the Leon Mathieu Senior Center provides nutritious meals in a community-dining room setting. Lunch is served Monday through Friday at 11:30 a.m. Participation in the congregate program is available to individuals who are at least sixty years of age and their spouse, as well as, persons with disabilities under sixty years of age. Guests of members may also attend for the full price of their meal, \$4.00. Diners contribute to the cost of the luncheon with a suggested donation of \$3.00, but no one is refused a meal if they cannot afford the suggested donation. Blackstone Health Café provides opportunities for members to socialize with neighbors from within their own community and share common interests along with life experiences. Meal reservations may be made by contacting the Café at 401-728-5480 one day in advance (one week in advance for holiday themed meals). Transportation can also be arranged at the Café reception desk. Volunteers are always welcome. If interested in becoming a volunteer at the Café, please speak with Timothy Sandy, Blackstone Café Coordinator. **Funded in part by the U.S.**

Administration for Community Living and through the Rhode Island Office of Healthy Aging.

PODIATRY CLINIC RETURNS TO THE LEON MATHIEU SENIOR CENTER!!!



**FEBRUARY 22ND FROM 10
A.M.-12 P.M. PLEASE SEE
THE SECOND FLOOR STAFF
TO SIGN UP! MUST HAVE
ID & INSURANCE CARDS
AVAILABLE AT SIGN UP.**

**Join Paula Bradley, Community
Outreach Coordinator to the Office of U.S.
Senator Sheldon Whitehouse, for
Discussion /Current Events Group on
Thursdays, January 18th &
February 15th at 10:30 a.m. Paula will be
discussing topics that pertain
to Seniors. If you are
interested in attending, please
let Melissa know in advance.**



PET THERAPY

**DAWN GOFF BRINGS IN HER
LICENSED THERAPY DOG
"WENDY"
(A POOCHON) ON MONDAYS AT
9:30 A.M. ON THE FIRST FLOOR.
COME JOIN US!**

Notary Public Services Available Mary Lou Moran, Senior Center Director, is a notary public. If you need any documents notarized, she is available to assist you. Please bring in a photo I.D. along with the unsigned document you need to have notarized.

TAI CHI CLASSES WITH INSTRUCTOR BOB MCMANUS ON WEDNESDAYS AT 11:30 A.M. ON THE FIRST FLOOR. BOB HAS BEEN TEACHING THIS CHINESE FORM OF MEDITATIVE PHYSICAL EXERCISE FOR OVER 30 YEARS. Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai chi originated as an ancient martial art in China. Over the years, it has become more focused on health promotion and rehabilitation. Tai chi may be beneficial in improving balance and preventing falls in older adults and people with Parkinson's disease. **IF YOU ARE INTERESTED IN TRYING OUT A COMPLIMENTARY CLASS, PLEASE SEE MELISSA. THERE IS A MONTHLY FEE OF \$10.**



HAIRDRESSING SERVICE Every 2nd and 4th Wednesday 9:00 - 11:30 am on the 2nd Floor with Julie Silva.

Services Include:

- ◆ Hair Cut \$17
- ◆ Wash and Set \$17
- ◆ Wash, Cut and Blow Dry Style \$25
- ◆ Wash, Cut and Curling Iron or Set \$34



Perms & colorings are not available. Appointments are required. Please call 728-7582 or visit the 2nd Floor office.

Payment is cash only.

Blackstone Valley Community Action Program's Retired and Senior Volunteer Program

helps people age 55 and over find volunteer opportunities in the community. Participants serve anywhere between a few hours a month to 20 hours a week depending on preference. BVCAP RSVP currently has over 20 sites available including health centers, meal sites, food pantries, senior centers, and educational facilities. RSVP involves seniors in community service and matches the personal interests, skills and life experiences of the volunteer with different community needs.

If you or anyone you know is interested in finding out more about volunteer opportunities, please call BVCAP at 401-723-4520 x275 or visit bvcap.org and click on senior services to sign up!



PARTNERSHIP WITH BROWN UNIVERSITY WARREN ALPERT SCHOOL OF MEDICINE & Leon Mathieu Senior Center

For over fifteen years, Brown Medical students have visited the Senior Center under the supervision of Dr. David Anthony, Associate Professor of Family Medicine at Brown University. The students benefit from being able to practice completing geriatric assessments and seniors benefit from helping shape future doctors.

If you are interested in volunteering, please see Melissa on the 2nd Floor.

Next dates are: 01/24 and 02/28.



ANNOUNCEMENT

We are pleased to announce that the Senior Center has been awarded a grant from the Harriet Ballou Foundation that will support the creation of an outdoor Public Art Mural and Socialization Project. Through this grant a vibrant public event space will be created including a mural and outdoor seating for socializing in an underutilized parcel of land adjacent to the facility.

The 42' area will be landscaped by Groundwork RI, a local urban development group, and will be furnished with three ADA compliant picnic tables. A 14' by 21' mural will also be painted on an exterior brick wall adjacent to this area. The project will have inclusive community involvement to reflect the City's cultural diversity. Staff will engage the Senior Center's ethnic and culturally diverse members in focus groups to create the mural's design.

Director Mary Lou Moran says that the mural's message will incorporate the Center's philosophy of positive aging, highlight its ethnic diversity, and provide quality public art guided by its membership who will participate in the mural's installation. It will also encourage socialization which is so important to healthy living. It is expected that this project will be completed by the Summer of 2024.

Thank you again to the Ballou Foundation for supporting the Senior Center in this way.

VETERANS OF FOREIGN WARS are invited to attend VFW Post 1271 monthly meetings the last Tuesday of the month at 2:30 p.m. in the garden room at the Leon Mathieu Senior Center. For more information please call Bill Donnelly at 401-724-6843.



The Affordable Connectivity Program

You could be eligible for a discount toward broadband service.

The Affordable Connectivity Program (ACP) is a US government program run by the Federal Communications Commission (FCC) to help low-income households pay for internet service and connected devices like a laptop or tablet. You are likely eligible if your household's income is below 200% of the Federal Poverty Line, or if you or someone you live with currently receives a government benefit like SNAP, Medicaid, SSI, WIC, Pell Grant, or Free and Reduced-Price lunch.

If your household is eligible, you could receive: Up to a \$30/month discount on your internet service. For assistance in applying, please call the Senior Center at 401-728-7582 for an appointment.

HEATING ASSISTANCE NEWS:

A single person can earn up to \$2,837/month and a married couple can earn up to \$3709/month to qualify for heating assistance (based on 2024 guidelines). If you are interested in applying for Heating Assistance you can make an appointment at the Senior Center's 2nd floor office or by calling 728-7582.

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1</p> <p>NO ACTIVITIES, SENIOR SHUTTLE OR BLACKSTONE CAFÉ</p>	<p>2</p> <p>9:30 BONE BUILDERS 9:30 Shri Yoga @ Shri Studio \$10 monthly 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:30 Non-Impact Aerobics</p>	<p>3</p> <p>10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:00 S.A.I.L Class 12:30 Arthritis Exercise</p>	<p>4</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Shopping Trip 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga</p>	<p>5</p> <p>9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 Better Business Bureau Presents "Scams & Frauds"</p>
<p>8</p> <p>9:30 Knitting 9:30 Pet Therapy 9:30 Senior Cardio 10:30 Crafts 10:45 Yoga for Parkinson's 11:30 Lunch—Café 12:00 S.A.I.L Class 12:30 Hi-Lo Jack Club</p>	<p>9</p> <p>9:30 BONE BUILDERS 9:30 Shri Yoga @ Shri Studio \$10 monthly 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:30 Non-Impact Aerobics</p>	<p>10</p> <p>9-11:30 Hairdressing 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:00 S.A.I.L Class 12:30 Arthritis Exercise</p>	<p>11</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Shopping Trip 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga</p>	<p>12</p> <p>9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 URI School of Pharmacy Presents "Pay Less for Your Meds"</p>
 <p>15</p> <p>NO ACTIVITIES, SENIOR SHUTTLE OR BLACKSTONE CAFÉ</p>	<p>16</p> <p>9:30 BONE BUILDERS 9:30 Shri Yoga @ Shri Studio \$10 monthly 10:00 Therapeutic Coloring 10:30 Line Dancing 11:00 Van Trip to Lee's Restaurant 11:30 Lunch \$3 Suggested Donation 12:30 Non-Impact Aerobics</p>	<p>17</p> <p>10:00 Alzheimer's Caregivers Support Group—2nd Floor 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:00 S.A.I.L Class 12:30 Arthritis Exercise</p>	<p>18</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Shopping Trip 10:30 DISCUSSION GROUP 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga</p>	<p>19</p> <p>9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch w/ the RSVP Band \$3 Suggested Donation 12:30 Culture Program: "Rhode Island Day" - Come join us as we learn more about Rhode Island. Light RI refreshments will be served.</p>
<p>22</p> <p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 10:45 Yoga for Parkinson's 11:30 Lunch—Café \$3 Suggested Donation 12:00 S.A.I.L Class 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting</p>	<p>23</p> <p>9:30 BONE BUILDERS 9:30 Shri Yoga @ Shri Studio \$10 monthly 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:00 Van Trip to the Movies 12:30 Non-Impact Aerobics</p>	<p>24</p> <p>9-11:30 Hairdressing 10:00 Stretch Exercise 11:30 Tai Chi \$10 Monthly 11:30 Lunch \$3 Suggested Donation 12:00 S.A.I.L Class 12:30 Arthritis Exercise 1:00 Brown University Geriatric Workshop—3rd Floor</p>	<p>25</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Shopping Trip 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga</p>	<p>26</p> <p>9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 Gardening Club with Annette-Making Vases and Candles—Sign Up at the Second Floor. Free for Members</p>
<p>29</p> <p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 10:45 Yoga for Parkinson's 11:30 Lunch—Café \$3 Suggested Donation 12:00 S.A.I.L Class 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting</p>	<p>30</p> <p>9:30 BONE BUILDERS 9:30 Shri Yoga @ Shri Studio \$10 monthly 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:30 Non-Impact Aerobics 12:30 A Taste of African Heritage Cooking Demonstration - 3rd Floor Café</p>	<p>31</p> <p>10:00 Stretch Exercise 11:30 Tai Chi \$10 Monthly 11:30 Lunch \$3 Suggested Donation 12:00 S.A.I.L Class 12:30 Arthritis Exercise</p>		

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Shopping Trip 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	2 9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 8 Pillars of Brain Health Presentation by Butler's Memory and Aging Program
5 9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:45 Yoga for Parkinson's 11:30 Lunch—Café \$3 Suggested Donation 12:00 S.A.I.L Class 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting	6 9:30 BONE BUILDERS 9:30 Shri Yoga @ Shri Studio \$10 monthly 10:00 Therapeutic Coloring 11:00 Van Trip to Bowling 10:30 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:30 Non-Impact Aerobics	7 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:00 S.A.I.L Class 12:30 Arthritis Exercise	8 9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10-12 RIPTA BUS PASSES - GARDEN ROOM 10:30 Shopping Trip 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	9 9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 URI School of Pharmacy Presents "Over the Counter Pain Medications Management"
12 9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 MAKING HAND LOTION WITH ANNETTE 10:45 Yoga for Parkinson's 11:30 Lunch—Café \$3 Suggested Donation 12:00 S.A.I.L Class 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting	13 9:30 BONE BUILDERS 9:30 Shri Yoga @ Shri Studio \$10 monthly 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch \$3 Suggested 12:30 Non-Impact Aerobics	14  9-11:30 Hairdressing 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:00 S.A.I.L Class 12:30 Arthritis Exercise	15 9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Shopping Trip 10:30 Discussion Group 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	16 9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch w/ the RSVP BAND \$3 Suggested Donation 12:30 VALENTINE'S DAY PARTY WITH ENTERTAINMENT BY BO-DEE'S CIRCLE OF MUSIC \$2 EACH TICKET
19  NO ACTIVITIES, SENIOR SHUTTLE OR BLACKSTONE CAFÉ	20 9:30 BONE BUILDERS 9:30 Shri Yoga @ Shri Studio \$10 monthly 10:00 Therapeutic Coloring 10:30 Line Dancing 11:00 Van Trip to Olive Garden Restaurant 11:30 Lunch \$3 Suggested Donation 12:30 Non-Impact Aerobics-1	21 10:00 Stretch Exercise 10:00 Alzheimer's Caregivers Support Group—2nd Floor 11:30 Tai Chi \$10 Monthly 11:30 Lunch \$3 Suggested Donation 12:00 S.A.I.L Class	22 9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10-12 PODIATRY SERVICES 10:30 Shopping Trip 10:30 Discussion Group 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	23 9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 Cultural Event to be Announced
26 9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12:00 S.A.I.L Class 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting	27 9:30 BONE BUILDERS 9:30 Shri Yoga @ Shri Studio \$10 monthly 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:30 Non-Impact Aerobics	28 9-11:30 Hairdressing 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:00 S.A.I.L Class 1:00 Brown University Geriatric Workshop—3rd Floor	29 9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Shopping Trip 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	

SOCIAL & HUMAN SERVICES CORNER

Are you receiving all the benefits you are entitled to? We are here to help. We offer trusted, unbiased, one-on-one counseling and assistance.

COME ABOARD OUR SHIP!

The national SHIP (Senior Health Insurance Program) mission is to empower, educate, and assist Medicare eligible individuals, their families, and caregivers through objective outreach, counseling and training to make informed health insurance decisions that optimize access to care and benefits. You are fortunate to have SHIP trained counselors available to you at the Leon Mathieu Senior Center.

To schedule an appointment contact the Senior Center at 401-728-7582, Monday – Friday,
8:30 a.m. – 4:00 p.m.

COUNSELING TOPICS INCLUDE BUT NOT LIMITED TO:

Health & Prescription Insurance Benefits Check-Up

Medicare/Medicaid Eligibility Assistance

Medicare Savings Program Eligibility & Enrollment Assistance

Medicare Fraud and Protection—SMP

Eligibility Screening for Federal State & Local Programs

Home and Community Care Options

SNAP Program (formerly Food Stamps Program)

Health Care Fraud & Protection (Senior Medicare Patrol)

Identity Fraud & Consumer Protection

Housing Options

Heating Assistance

Retirement Planning

Living Wills and Durable Power of Attorney for Health



The Senior Medicare Patrol (SMP) is a national program for people with Medicare of all ages. SMP is administered by the Administration for Community Living.

DON'T BE A VICTIM OF MEDICARE FRAUD

Each year Medicare loses millions of dollars. Dollars that could be saved if everyone read and understood their MSNs. Even finding small discrepancies adds up to quite a chunk of change.

COMMON SCAMS: **Durable Medical Equipment**

Scam— delivering equipment which is not medically necessary. -charging Medicare for items that were not delivered. -offering “free” products, yet requesting Medicare numbers **Ambulance Fraud Scam**— providing transportation that is not medically necessary and billing beneficiaries. **Telemarketing**— Unwanted harassing phone calls pressuring beneficiaries to give their Medicare number

VETERAN BENEFIT INFORMATION

Make a one-on-one appointment with Veteran Service Representative from the Department of Veteran Affairs to learn about the many V.A. benefits available to veterans and their spouses and/or dependents. Appointments are confidential and can be made by visiting the Center's 2nd floor office or by calling 728-7582.



RI Division of Motor Vehicles is currently open by reservation only. At this time we are not offering transportation to the DMV. However we are available for any questions you may have for ID renewal. Reservations are available for the Cranston, Woonsocket, Middletown, and Wakefield offices. NO WALK-INS ALLOWED. Reservations can be made online at www.dmv.ri.gov or by calling your local DMV office.

Alzheimer's & Dementia Related Family Caregiver Support Group

- Build a support system with people who understand
- Exchange practical information on caregiving challenges and possible solutions
- Talk through challenges and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

When: Next dates are January 17th at 10 a.m. and February 21st at 10 a.m.

Where: Leon Mathieu Senior Center on the 2nd floor. Virtual meeting also an option.

Mary Lou Moran, Director of the L.M.S.C, will be leading the group. Please register in advance for the meeting by calling The Senior Center at 401-728-7582 or by emailing seniorcenter@pawtucketri.com



alzheimer's association®

African Heritage Power Plate/ A Taste of African Heritage Cooking Demonstration on Tuesday, January 30th at 12:30 p.m. in the Café on the 3rd Floor



Celebrate the healthy, vibrant, plant-based food traditions from across the African diaspora. Join the Lifespan Community Health Institute to expand your knowledge of nutrition, sample recipes, and learn simple cooking techniques for healthy living based on delicious African heritage food traditions. Your instructor will be Janelle Amoako, FNP-BC, Lifespan Community Health Institute. This event is free.

R.I.P.T.A bus passes will be issued at the Leon Mathieu Senior Center on **Thursday, February 8th from 10 am to 12 pm** in the 1st floor Garden Room. Seniors (65+) and adults with disabilities will be charged \$10.00 for a 2 year pass. For information about necessary documents, contact the Senior Center staff on the 2nd floor.



8 Pillars of Brain Health

Aging causes changes in all parts of the body, including the brain. Research suggests there are things you can do as you get older to keep your brain as healthy as possible so you can stay independent for as long as possible. Come learn about the 8 Pillars of Brain Health on Friday, February 2nd at 12:30 p.m. on the first floor with Tara Tang of Butler Hospital's Memory and Aging!

UPCOMING PROGRAM IN THE SPRING...Food is Medicine Food is Medicine is a **six-week nutrition and cooking program** offered through the Lifespan Community Health Institute, a department of the Lifespan health system. The program focuses on the health benefits of a plant based diet. DETAILS ARE FORTHCOMING!



REMINDER TO ALL HOME OWNERS:

Don't forget to apply for your Property Tax Exemption - you must apply by March 15, 2024 with the Pawtucket Tax Assessors Office, 728-0500 extension 333.

SHOPPING & LUNCHEON TRIPS \$2.00 per person

Tickets go on sale Tuesday, December 26th at 9:30 a.m. Each person is able to sign up for any shopping trip, 1 lunch trip and 1 special trip initially. You may sign up for additional lunch and special trips as space permits on Tuesday, January 2nd at 9:30 a.m. Departure time for shopping trips is 10:30 a.m. and 11:00 a.m. for luncheon trips from the Senior Center.

PLEASE NOTE: YOU MAY ONLY SIGN YOURSELF UP FOR THESE TRIPS.

JAN. SHOPPING TRIPS from the Senior Center-10:30 a.m.:

Thurs., Jan. 4th Market Basket Grocery Shopping
South Attleboro, MA

Thurs., Jan. 11th Walmart, N. Smithfield

Thurs., Jan. 18th Aldi's Plaza, East Providence

Thurs., Jan. 25th Ocean State Job Lot, Seekonk

FEB. SHOPPING TRIPS from the Senior Center-10:30 am:

Thurs., Feb. 1st Market Basket Grocery Shopping
South Attleboro, MA

Thurs., Feb. 8th Walmart, N. Smithfield

Thurs., Feb. 15th Ocean State Job Lot, SEEKONK

Thurs., Feb. 22nd Aldi's Plaza, East Providence

Thurs., Feb. 29th Ollies Plaza, Woonsocket

SPECIAL TRIP:

TRIP TO THE SHOWCASE CINEMAS in Seekonk on Tuesday, January 23rd for a matinee show. Van will leave at approximately 12 p.m. following lunch at the Senior Center. Movie to be announced. Tickets are \$11 each and include movie and transportation.



SPECIAL TRIP:

Trip to Walnut Hill Bowling Alley in Woonsocket



FEBRUARY 6TH AT 11 A.M. FOR 1 HOUR

BOWLING \$5 PER PERSON.

Lunch at APPLEBEE'S to follow. Lunch is not included in trip cost.

JANUARY LUNCH TRIP:

Tue. Jan. 16th, Lee's Chinese, Riverside
Leaving at 11 a.m.

LUNCH TRIP:

Tue. Feb. 20th Olive Garden South Attleboro—Leaving at 10:30 a.m.

SENIOR TRIP POLICY

LUNCH TRIPS: \$2 FOR TRANSPORTATION; EACH PERSON IS RESPONSIBLE FOR OWN CHECK

- ◆ PLEASE BE READY AND WAITING FOR THE SHUTTLE 10 MINUTES BEFORE YOUR PICK-UP TIME
- ◆ Call 725-8220 to CANCEL SENIOR SHUTTLE the evening before or morning of pick-up (call before 7:00 am).
 - ◆ Call 728-7582, second floor, to CANCEL SENIOR SHUTTLE (if calling after 7:00 a.m.).
 - ◆ Call 728-5480, third floor, to CANCEL MEALS AND MTM TRANSPORTATION TO MEAL SITE.
- ◆ If you miss the van or are not picked up as scheduled, please contact the Senior Center's main number at 728-7582 so that the office can contact the driver. Trip payments are nonrefundable unless you are able to find a replacement or we are able to fill your place from the waiting list.
- ◆ If you are going on any Senior Center trips that will interfere with your lunch at the Blackstone Café, you must cancel your lunch at the Blackstone Café ahead of time. It is your responsibility to notify the Blackstone Café of your absence.

FOR GROCERY AND SHOPPING TRIPS PLEASE NOTE:

- ◆ Purchases of cases of water/soda/beverages are limited to 1 case per person
- ◆ **The following items are NOT ALLOWED: -Large items (appliances, furniture, etc.)**
-Items weighing 20 pounds or greater
-Please limit number of shopping bags to no more than 4

Departure time from Department Store Shopping Trips is 12:45 pm at the designated location.

THANK YOU! THE DRIVERS AND OFFICE STAFF APPRECIATE YOUR ASSISTANCE

LEON MATHIEU SENIOR CENTER.....	728-7582
CITY OF PAWTUCKET SENIOR SHUTTLE.....	725-8220
(for Pawtucket residents only)	
BLACKSTONE CAFE MEAL RESERVATIONS.....	728-5480
BLACKSTONE HEALTH, INC. NUTRITION.....	365-1101
BLACKSTONE VALLEY COMMUNITY ACTION PROGRAM.....	723-4520
MTM TRANSPORTATION.....	1-855-330-9131
(to all medical appointments & meal sites)	
NEW HORIZONS ADULT DAY CENTER.....	727-0950
PAWTUCKET CITY HALL.....	728-0500
RI DIVISION OF MOTOR VEHICLES (CRANSTON).....	462-4368
RI OFFICE OF HEALTHY AGING (DEA).....	462-3000
R.I.P.T.A. BUS PASS INFORMATION.....	784-9500
SOCIAL SECURITY ADMINISTRATION.....	1-866-931-7079
SOCIAL SECURITY FAX NUMBER.....	1-833-950-2350

Leon Mathieu Senior Center
420 Main Street
Pawtucket, RI 02860