



Leon A. Mathieu Senior Center

420 Main Street Pawtucket, RI 02860

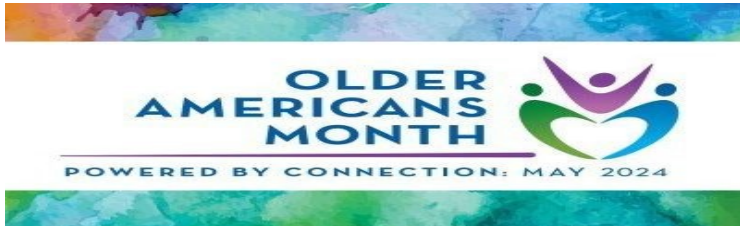
May/June 2024



**DONALD R.
GREBIEN MAYOR**

Accredited by **ncoa**
National Institute of
Senior Centers

**MARY LOU MORAN
DIRECTOR**



ANNUAL SENIOR HEALTH FAIR

Wednesday, May 1st from 9:00-11:30 a.m.

Event to include free health screenings:
blood pressure, lung health, bone density,
derma scan, glucose, vascular, fall risk, oral,
foot, hearing, cholesterol; raffles,
light refreshments and much more!!!

Older Americans Month 2024 Powered By Connection
Established in 1963, Older Americans Month is celebrated every May across the Country. Older Americans Month has been set aside by the Administration for Community Living to recognize older Americans' across the country and showcase their vital contributions to our local communities. This year's theme chosen by the ACL "Powered By Connection" focuses on the profound impact that meaningful connections have on the well-being of older adults. The Leon Mathieu Senior Center encourages you to join in this national celebration of active and healthy aging.

The Senior Center will be celebrating particularly during the month of May, how older adults of the community are changing the face of aging. Older adults are giving back to their communities by sharing their experiences with future generations by volunteering, mentoring, leading and connecting. Visit our newsletter, to see some of the special events we have planned to foster connectedness. Why not invite a friend who may not already attend the Senior Center to come with you to try out a new program or activity to further our community connectedness? Happy Older Americans Month & we look forward to Connecting with you!

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.gov

Email Address:
seniorcenter@pawtucketri.gov
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

Maintenance

Brian DaLomba

BLACKSTONE HEALTH, INC.

Program Coordinator

Kathleen Fisher 728-9290

Blackstone Health Café Coordinator

Timothy Sandy 725-6444

Nutrition Assistant

Susan Leal 365-1101

Café Receptionist

Terri Difruscio 728-5480

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!

**LEON MATHIEU SENIOR CENTER &
BLACKSTONE HEALTH, INC. HOLIDAY CLOSINGS**
MONDAY, May 27th, 2024 in Observance of Memorial Day
MONDAY, June 19th, 2024 in Observance of Juneteenth
No Activities, Senior Shuttle, or Blackstone Café.



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.

Walking Club on Mondays:

05/06 FESTIVAL PIER 50 Tim Healey Way
Pawtucket-**Leaving the LMSC at 1 p.m.**

05/13 MCCOY STADIUM 1 Columbus Ave.
Pawt.- **Leaving the LMSC at 1 p.m.**

05/20 BLACKSTONE BLVD. Providence- **Leaving the LMSC at 1 p.m.**

06/03 INDIA POINT PARK, Providence- **Leaving the LMSC at 12:15 p.m.**

06/10 CRESCENT PARK, Riverside- **Leaving the LMSC at 12:15 p.m.**

06/17 SWAN POINT CEMETARY, Providence- **Leaving the LMSC at 12:30 p.m.**

06/24 SLATER PARK, Pawtucket
Leaving the LMSC at 12:30 p.m.



Please sign up for transportation for the walking trips on the second floor for each trip. If it rains, the Walking Club will be held at the Mall. There is no cost for Walking Club transportation. Please be ready at the designated drop off area at 2 p.m. for departure. Thank you for your cooperation!



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.

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.**

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!!!



**Big Brothers
Big Sisters.**
OF AMERICA

Join Paula Bradley and Nisa Villareal Community Outreach Coordinators to the Office of U.S. Senator Sheldon Whitehouse, for a Discussion Group/Current Events Group to be held on Thursdays, May 16th and June 20th at 10:30 a.m. Nisa and 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!

Thank you Dawn and Wendy!

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.

WATERCOLOR PAINTING CLASS ON MONDAYS AT 1:00 P.M.

***This class is designed for anyone with some or no experience in watercolor painting. Come learn the techniques to create beautiful art work with water color. Classes are taught by Alice Broadbent who has been teaching for years and is an Artist Member of Rhode Island's Watercolor Society. Classes are free to Senior Center Members. See Melissa or call the office to sign up 401-728-7582.**

HI-LO JACK PLAYERS WANTED!



**MONDAYS
at 12:30 p.m.
on the 1st Floor**

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 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 fourteen years, Brown Medical students have visited the Senior Center under the supervision of Dr. David Anthony, Assistant 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 date is **May 29th, 2024**



A Taste of African Heritage

FREE, six-week cooking and nutrition course
Celebrate the healthy, vibrant, plant-based food traditions from across the African diaspora. Expand your knowledge of nutrition, sample and learn simple cooking techniques for healthy living based on delicious African heritage food traditions.

Instructor Janelle Amoako, APRN, FNP-BC
This class will be held in-person at Leon Mathieu Senior Center

420 Main Street Pawtucket RI 02860

Mondays June 10 – July 15, 2024

12:30 – 2:00 p.m.

To register call or email 401-728-7582 or mcabral@pawtucketri.gov

VETERANS OF FOREIGN WARS are invited to attend VFW Post 1271 monthly meetings every 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.



FREE BLOOD PRESSURE SCREENINGS



**U.R.I COLLEGE OF PHARMACY
FRIDAYS, MAY 10TH AND JUNE
14TH FROM 10:30-11:30 A.M.**

Community Education

Come join Farm Fresh RI for a seasonal cooking demonstration. Topics discussed to include food systems, cooking on a budget, cultural food plate, eating the rainbow, and food myths. Dates: Tuesdays, **May 14th and June 11th at 12:30 p.m. in the CAFÉ on the 3rd floor.**



FARM FRESH RI



FOOD IS MEDICINE

Learn how to prepare nutritious and flavorful meals on a budget and decrease your risk of obesity and related chronic diseases through food and diet changes.

Four-week in-person FREE course

Leon Mathieu Senior Center

420 Main Street Pawtucket RI 02860

Wednesdays May 8 – June 5, 2024 *no class May 15th

12:30 – 1:30 p.m.

Receive a free cookbook and bottle of Extra Virgin Olive Oil

To register contact Melissa Cabral mcabral@pawtucketri.gov or 401-728-7582

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Nuevos programas en español... Bingo Español Y Karaoke español Con Voluntaria Wilda Vea el calendario para horarios!</p>		<p style="text-align: right;">1</p> <p>9-11:30 ANNUAL SENIOR HEALTH FAIR</p> <p>11:30 Lunch \$3 Suggested Donation</p> <p>11:30 Tai Chi \$10 Monthly</p> <p>12:30 Arthritis Exercise 1:15 Line Dancing Rehearsal</p>	<p style="text-align: right;">2</p> <p>9:30 Salsacise</p> <p>9:30 BOARD GAMES-TV ROOM</p> <p>10:30 Van Trip to Market Basket</p> <p>11:30 Lunch—Café \$3 Suggested Donation</p> <p>12:15 Penny BINGO</p> <p>12:15 Chair Yoga</p>	<p style="text-align: right;">3</p> <p>9:30 Cribbage</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch \$3 Suggested Donation</p> <p>12:30 Prize BINGO with the Pawtucket Police Department's Community Police Unit</p>
<p style="text-align: right;">6</p> <p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12:30 Hi-Lo Jack Club 1:00 Walking Club 1:00 Watercolor Painting</p>	<p style="text-align: right;">7</p> <p>9:30 Shri Yoga @ Shri Studio- \$10 monthly 9:30 Trips Sign Ups 9:30 Bone Builders 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's</p>	<p style="text-align: right;">8</p> <p>10:00 Stretch Exercise 11:00 Van Trip to Walmart, Sth. Attleboro 11-12 SPANISH BINGO 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:15 Food Is Medicine Workshop—Garden Room 12:30 Arthritis Exercise 1:15 Line Dancing Rehearsal</p>	<p style="text-align: right;">9</p> <p>9:30 Salsacise</p> <p>9:30 BOARD GAMES-TV ROOM 10:00 Podiatry Clinic—2nd Floor 11:30 Lunch—Café \$3 Suggested Donation</p> <p>12:15 Penny BINGO</p> <p>12:15 Chair Yoga</p>	<p style="text-align: right;">10</p> <p>9:30 Cribbage 10:00 Stretch Exercise 10:30 Blood Pressure Screenings 11:30 Lunch \$3 Suggested 12:30 URI School of Pharmacy Presents: Shingles—This Condition is an increasingly common problem among older adults. Learn how to treat and prevent this debilitating disease.</p>
<p style="text-align: right;">13</p> <p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12:30 Hi-Lo Jack Club 1:00 Walking Club 1:00 Watercolor Painting</p>	<p style="text-align: right;">14</p> <p>9:30 Shri Yoga @ Shri Studio- \$10 monthly 9:30 Bone Builders 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 12:30 Farm Fresh Cooking Demo—3rd Floor Café 2:00 Yoga for Parkinson's</p>	<p style="text-align: right;">15</p> <p>10:00 Stretch Exercise 10:00 Alzheimer's Caregiver Support Group—2nd Floor 11:00 Van Trip to Aldi's Plaza 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise 1:15 Line Dancing Rehearsal</p>	<p style="text-align: right;">16</p> <p>9:30 Salsacise</p> <p>9:30 BOARD GAMES-TV ROOM 10-12 RIPTA BUS PASSES - Garden Room 10:30 Discussion Group</p> <p>11:30 Lunch \$3 Suggested Donation</p> <p>12:15 Penny BINGO</p> <p>12:15 Chair Yoga</p>	<p style="text-align: right;">17</p> <p>9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch w/ the RSVP Band \$3 Suggested Donation</p> <p>12:30 Gardening with Annette—Garden Room</p>
<p style="text-align: right;">20</p> <p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12:30 Hi-Lo Jack Club 1:00 Walking Club 1:00 Watercolor Painting</p>	<p style="text-align: right;">21</p> <p>9:30 Shri Yoga @ Shri Studio- \$10 monthly 9:30 Bone Builders 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 12:30 URI SNAP ED Presents "Grocery Store Tour" 2:00 Yoga for Parkinson's</p>	<p style="text-align: right;">22</p> <p>9-11:30 Hairdressing 10:00 Stretch Exercise 11:30 Tai Chi \$10 Monthly</p> <p>11:30 Lunch \$3 Suggested Donation 12:15 Food Is Medicine Workshop—Garden Room 12:30 Arthritis Exercise 1:15 Line Dancing Rehearsal</p>	<p style="text-align: right;">23</p> <p>9:30 Salsacise</p> <p>9:30 BOARD GAMES-TV ROOM 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO</p> <p>12:15 Chair Yoga</p>	<p style="text-align: right;">24</p> <p>9:30 Cribbage</p> <p>10:00 Stretch Exercise 11-12 SPANISH KARAOKE 11:30 Lunch \$3 Suggested Donation</p> <p>12:30 Older Americans Month Award Presentation Honoring Karen & Gerry Menard and Denise & Bobby Brown</p>
<p style="text-align: right;">27</p> <p>NO ACTIVITIES, SENIOR SHUTTLE OR BLACKSTONE CAFÉ</p> 	<p style="text-align: right;">28</p> <p>9:30 Shri Yoga @ Shri Studio- \$10 monthly 9:30 Bone Builders 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch—Café \$3 Suggested Donation 11:00 Van Trip to Crow's Nest Restaurant 12:30 Non-Impact Aerobics- 2:00 Yoga for Parkinson's</p>	<p style="text-align: right;">29</p> <p>10:00 Stretch Exercise</p> <p>11:30 Tai Chi \$10 Monthly</p> <p>11:30 Lunch \$3 Suggested Donation 12:15 Food Is Medicine Workshop—Garden Room</p> <p>12:30 Arthritis Exercise 1:00 Geriatric Workshop - 3rd Floor Café 1:15 Line Dancing Rehearsal</p>	<p style="text-align: right;">30</p> <p>9:30 Salsacise—Video 9:30 BOARD GAMES-TV ROOM 10:30 Van Trip to Smithfield Crossings</p> <p>11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO</p> <p>12:15 Chair Yoga</p>	<p style="text-align: right;">31</p> <p>9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation</p> <p>12:30 THE LEON MATHIEU SENIOR INTERGENERATIONAL SENIOR PROM WITH BO-DEE'S CIRCLE OF MUSIC & LIGHT REFRESHMENTS , COORDINATED BY BLACKSTONE ACADEMY STUDENT—Come Dressed for this Special Event!</p>

June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:30 Knitting 3</p> <p>9:30 Pet Therapy</p> <p>9:00 AARP Driver Safety Course—1st Floor</p> <p>10:30 Crafts</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:30 Hi-Lo Jack Club</p> <p>1:00 Watercolor Painting</p> <p>12:15 Walking Club</p>	<p>9:30 Shri Yoga-\$10 monthly 4</p> <p>9:30 Bone Builders</p> <p>10:00 Therapeutic Coloring</p> <p>10:30 Line Dancing</p> <p>11:00 Van Trip to Chelo's Waterfront Restaurant</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:30 Non-Impact Aerobics</p> <p>2:00 Yoga for Parkinson's</p>	<p>10:00 Stretch Exercise 5</p> <p>11-12 Intro to Spanish Class-Garden Room</p> <p>11:30 Lunch</p> <p>\$3 Suggested Donation</p> <p>11:30 Tai Chi \$10 Monthly</p> <p>12:15 Food Is Medicine Workshop—Garden Room</p> <p>12:30 Arthritis Exercise</p> <p>1:15 Line Dancing Rehearsal</p>	<p>9:30 Salsacise 6</p> <p>9:30 BOARD GAMES-TV ROOM</p> <p>10:30 Van Trip to Market Basket</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:15 Penny BINGO</p> <p>12:15 Chair Yoga</p>	<p>9:30 Cribbage 7</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch</p> <p>\$3 Suggested Donation</p> <p>12:30 To be Announced</p>
<p>9:30 Knitting 10</p> <p>9:30 Pet Therapy</p> <p>9:30 Senior Cardio</p> <p>10:30 Crafts</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:30 A Taste of African Heritage Workshop—Café</p> <p>12:30 Hi-Lo Jack Club</p> <p>1:00 Watercolor Painting</p> <p>12:15 Walking Club</p> <p>12:15 Van Trip to Wright's Farm Creamery</p>	<p>9:30 Shri Yoga-\$10 monthly 11</p> <p>9:30 Bone Builders</p> <p>10:00 Therapeutic Coloring</p> <p>10:30 Line Dancing</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:30 Farm Fresh Cooking Demo—3rd Floor Café</p> <p>12:30 Non-Impact Aerobics</p> <p>2:00 Yoga for Parkinson's</p>	<p>9-11:30 Hairdressing 12</p> <p>10:00 Stretch Exercise</p> <p>11-12 Intro to Spanish Class-Garden Room</p> <p>11:30 Lunch</p> <p>\$3 Suggested Donation</p> <p>11:30 Tai Chi \$10 Monthly</p> <p>12:30 Arthritis Exercise</p> <p>1:15 Line Dancing Rehearsal</p>	<p>9:30 Salsacise 13</p> <p>9:30 BOARD GAMES-TV ROOM</p> <p>10:30 Van Trip to Walmart, Smithfield</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:15 Penny BINGO</p> <p>12:15 Chair Yoga</p>	<p>9:30 Cribbage 14</p> <p>10:00 Stretch Exercise</p> <p>10:30 Blood Pressure Screenings</p> <p>11-12 SPANISH BINGO</p> <p>11:30 Lunch</p> <p>\$3 Suggested Donation</p> <p>12:30 URI School of Pharmacy Presentation on "CBD-Cannabidiol" There is a lot of buzz regarding CBD and its benefits in treating arthritis, mood disorders, sleep disturbances, and much more. Learn all about this topic with us.</p>
<p>9:30 Knitting 17</p> <p>9:30 Pet Therapy</p> <p>9:30 Senior Cardio</p> <p>10:30 Crafts</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:30 A Taste of African Heritage Workshop—Café</p> <p>12:30 Hi-Lo Jack Club</p> <p>1:00 Watercolor Painting</p> <p>12:30 Walking Club</p>	<p>9:30 Shri Yoga-\$10 monthly 18</p> <p>9:30 Bone Builders</p> <p>10:00 Therapeutic Coloring</p> <p>10:30 Line Dancing</p> <p>11:00 Van Trip to Top of the Bay Restaurant</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:30 Non-Impact Aerobics</p> <p>2:00 Yoga for Parkinson's</p>	<p style="text-align: center;">NO ACTIVITIES, SENIOR SHUTTLE OR BLACKSTONE CAFÉ</p> <p style="text-align: center;">JUNETEENTH</p> <p style="text-align: center;">Celebrate Freedom</p> <p style="text-align: center;">JUNE 19</p>	<p>9:30 Salsacise 20</p> <p>9:30 BOARD GAMES-TV ROOM</p> <p>10:30 Van Tip to Lincoln Mall</p> <p>10:30 Discussion Group</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:15 Penny BINGO</p> <p>12:15 Chair Yoga</p>	<p>9:00 Bus Trip with Blue Cross to Colt State Park 21</p> <p>9:30 Cribbage</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch w/ the RSVP BAND</p> <p>\$3 Suggested Donation</p> <p>12:30 Gardening with Annette</p>
<p>9:30 Knitting 24</p> <p>9:30 Senior Cardio</p> <p>9:30 Pet Therapy</p> <p>10:30 Crafts</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:30 A Taste of African Heritage Workshop—Café</p> <p>12:30 Hi-Lo Jack Club</p> <p>1:00 Watercolor Painting</p> <p>12:30 Walking Club</p>	<p>9:30 Shri Yoga \$10 monthly 25</p> <p>9:30 Bone Builders</p> <p>10:00 Therapeutic Coloring</p> <p>10:30 Line Dancing</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:15 Van Trip to the Botanical Gardens</p> <p>12:30 Non-Impact Aerobics</p> <p>2:00 Yoga for Parkinson's</p>	<p>9-11:30 Hairdressing 26</p> <p>10:00 Stretch Exercise</p> <p>10:00 Alzheimer's Caregiver Support Group—2nd Floor</p> <p>11-12 Intro to Spanish Class-Garden Room</p> <p>11:30 Tai Chi \$10 Monthly</p> <p>11:30 Lunch</p> <p>\$3 Suggested Donation</p> <p>12:30 Arthritis Exercise</p> <p>1:15 Line Dancing Rehearsal</p>	<p>9:30 Salsacise 27</p> <p>9:30 BOARD GAMES-TV ROOM</p> <p>10:30 Van Trip to Ocean State Job Lot, Seekonk</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:15 Penny BINGO</p> <p>12:15 Chair Yoga</p>	<p>9:30 Cribbage 28</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch</p> <p>\$3 Suggested Donation</p> <p>11-12 SPANISH KARAOKE</p> <p>12:30 Painting Patriotic Plates with Loraine of Cherry Hill—Supplies and Instruction are free—Please Sign Up on the 2nd Floor or Call 401-728-7582.</p>

INTRODUCING A NEW CRAFTS CLASS WITH GINNY!
MONDAYS AT 10:30 A.M.

Come join us for different crafts projects to include needle point, felt crafts, jewelry making and so much more. NO EXPERIENCE NEEDED.
SUPPLIES AND INSTRUCTION ARE INCLUDED. FREE CLASS.



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 Care



Medicare fraud is big business for criminals. Medicare loses approximately \$60 billion each year due to fraud, errors and abuse. Medicare fraud hurts everyone. When thieves steal from Medicare: There is less money for the health care you really need. You pay for things you might never get. You get hurt when you get tests, medicine, or care you don't need. **Your Senior Medicare Patrol (SMP) Can Help! We'll answer questions, discuss your concerns, and assist with your complaints about potential fraud and abuse issues. Call the Leon Mathieu Senior Center at 401-728-7582**

What You Can Do to Avoid a Scam...

Block unwanted calls and text messages. Take steps to **block unwanted calls** and to **filter unwanted text messages**. Don't give your personal or financial information in response to a request that you didn't expect. Legitimate organizations won't call, email, or text to ask for your personal information, like your Social Security, bank account, or credit card numbers.

If you get an email or text message from a company you do business with and you think it's real, it's still best not to click on any links. Instead, contact them using a website you know is trustworthy. Or look up their phone number.

ALZHEIMER'S ALERT PROGRAM

The City of Pawtucket's Alzheimer's Alert Program is a joint effort between the City's Division of Senior Services and the Pawtucket Police Department. The purpose of this program is to ensure the safety of registered participants who are suffering from Alzheimer's disease and related dementias. Client information is kept completely confidential. To learn more about this program contact the Senior Center at 728-7582.

**Parkinson's Exercise Classes with
Instructor Maria Kishfy
Tuesdays at 2 pm.**

Practicing Yoga for PD can open up opportunities for self improvement. Improve on postural alignment, functional mobility, stability, balance, coordination, posture, strength, range of movement while building on self-confidence. Yoga blocks and strap aids will be used to support accessibility and a tactile mode of practice. Taking a conscious approach to movement through learned strategies can positively impact everyday living activities.

LOCATION: Leon A Mathieu Center, 420 Main St, Pawtucket, RI Every Residents and Non-Residents of Pawtucket living with Parkinson's Disease are welcome to participate. If interested, see Melissa.



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.

**PODIATRY CLINIC
AT THE LEON MATHIEU SENIOR
CENTER WITH DR. CATHCART!!!**



**MAY 9TH 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.**

**SAVE THE DATE-
ANNUAL SENIOR HEALTH FAIR
Wednesday, May 1st from 9:00-11:30 am**

**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 **Wednesday, May 15th at 10 a.m. and Wednesday June 26th 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 emailing seniorcenter@pawtucketri.gov



alzheimer's association®

R.I.P.T.A bus passes will be issued at the Leon Mathieu Senior Center on **Wednesday, May 16th 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.



Learn Spanish

Beginners Spanish

Classes

Starting on Wednesdays at 11 a.m. in June, 2024.

Come learn Spanish with Volunteer Teacher

Wilda! Learning keeps the brain

young!!! Come join us. Classes will take place

on the first floor in the garden room.

Classes are free to Senior Center Members

55 and older.

SHOPPING & LUNCHEON TRIPS \$2.00 per person

Tickets go on sale Tuesday, April 30th at 9:30 am. 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, May 7th at 9:30 am. Departure time for shopping trips is 10:30 a.m. and 11:00 a.m. for luncheon trips from the Senior Center (unless otherwise noted).

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

MAY: SHOPPING TRIPS

Thurs., May 2nd Market Basket Grocery Shopping
South Attleboro, MA (leaving LMSC at 10:30 a.m.)

Weds., May 8th Walmart, Sth. Attleboro (11 a.m.)

Weds., May 15th Aldi's, East Providence (11 a.m.)

Thurs., May 30th Smithfield Crossings(10:30 a.m.)

JUNE: SHOPPING TRIPS from the Senior Center-10:30 am:

Thurs., June 6th Market Basket Grocery Shopping
South Attleboro, MA

Thurs., June 13th Walmart, Nth. Smithfield

Thurs., June 20th Lincoln Mall, Lincoln

Thurs., June 27th Ocean State Job Lot, Seekonk

MAY LUNCHEON TRIP:

Crow's Nest, Warwick
May 28th, 2024



JUNE LUNCHEON TRIP:

Chelo's Waterfront, Warwick
June 4th, 2024

&

Top of the Bay, Warwick
June 18th, 2024



SPECIAL TRIP:

Monday, June 10th, 2024

Wright's Farm Creamery,
Nth. Smithfield

Leave the Center at 12:15 p.m. Cost is
\$2 per person for transportation;
cost of ice cream is on your own.



SPECIAL TRIP:

Tuesday, June 25th, 2024

Trip to Roger Williams Botanical Center
Leave the Center at 12:15 p.m.
Cost is \$4 per person for
transportation and entrance.



SENIOR TRIP POLICY

- ◆ 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 APPLICABLE.
 - ◆ 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 or 2 hours after drop off 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