

Leon A. Mathieu Senior Center

420 Main Street Pawtucket, RI 02860

July/August 2024

DONALD R. GREBIEN MAYOR Accredited by

National Institute of
Senior Centers

MARY LOU MORAN DIRECTOR

Below: Loraine, Elaine and Dianne at the LMSC Special Trip to the Roger Williams Botanical Garden

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
<u>Internet Address</u>:
www.pawtucketri.gov
Email Address:

seniorcenter@pawtucketri.gov <u>Visit us on Facebook at</u>

Leon Mathieu Senior Center

Hours of Operation:

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

Director

Mary Lou Moran

Deputy DirectorHerb 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 CoordinatorKathleen 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 THURSDAY, July 4th, 2024 in Observance of Independence Day MONDAY, August 12th, 2024 in Observance of Victory Day

No Activities, Senior Shuttle, or Blackstone Café.

ANNOUNCEMENT

The Pawtucket Senior
Citizens Council
(PSCC) and the Leon
Mathieu Senior Center

is sponsoring a fundraiser cabaret show.

Performances will be by our very own LMSC

Line Dancers. The show is coming in the fall.

Details are forthcoming!



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:

07/01 FESTIVAL PIER 50 Tim Healey Way Pawtucket-Leaving the LMSC at 1 p.m. 07/08 MCCOY STADIUM 1 Columbus Ave.

Pawt.- Leaving the LMSC at 1 p.m.

07/15 BLACKSTONE BLVD. Providence-Leaving the LMSC at 1 p.m.

08/05 INDIA POINT PARK, Providence-Leaving the LMSC at 12:15 p.m.

08/19 CRESCENT PARK, Riverside-Leaving the LMSC at 12:15 p.m.

08/26 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 Lincoln 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!!!



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 July 18th and August 16th
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 bycap.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

August 28th, 2024

Come join us at the LMSC on 07/19/2024 at 12:30 p.m. for "Moving Forward RI 2050"

The Rhode Island Division of Statewide Planning (RIDSP) is working on a limited update of our state's long-range transportation plan (LRTP), called "Moving Forward RI 2050." This is a federally required plan that sets the vision for a multi-modal transportation systemour roads, bridges, public transit, bike paths, sidewalks, ports, and more – for the next 25 years.

During this session, RIDSP staff will present briefly on the LRTP 2050 update, and then we'll have a discussion with the group to hear about your transportation experiences, and what you think should be included in this plan.

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, July 16th and August 13th at 12:30 p.m. in the CAFÉ on the 3rd floor.







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 401-728-7582



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 Mondays: 8/5; 8/19; 8/26; 9/9 12:45 – 1:45 p.m. on the third floor

Receive a free cookbook and bottle of Extra Virgin Olive Oil To register contact Melissa Cabral mcabral@pawtucketri.gov or 401-728-7582

July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 9:30 Trips Sign Ups 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12:30 A Taste of African Heritage Workshop—Café 12:30 Hi-Lo Jack Club 1:00 Walking Club	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	10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise VIDEO	HAPPY Mo Activities, Senior Shuttle, or Blackstone Café	9:30 Cribbage 5 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 Independence Day Ice Cream Social
9:30 Knitting 9:30 Senior Cardio 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12:30 A Taste of African Heritage Workshop—Café 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting	9:30 Shri Yoga ® Shri Studio- \$10 monthly 9:30 Bone Builders 10:00 Therapeutic Coloring 10:30 Line Dancing 11:00 Van Trip to Benjamin's Restaurant 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's	10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise	9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Van Trip to Walmart 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested 12:30 Art Slide Show with Toba
9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12:30 A Taste of African Heritage Workshop—Café 12:30 Hi-Lo Jack Club 1:00 Walking Club 1:00 Watercolor Painting	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 Farm Fresh Cooking Demonstration—3rd Floor 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's	17 10:00 Stretch Exercise 10:00 Alzheimer's Caregiver Support Group—2nd Floor 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise	9:30 Salsacise 18 9:30 BOARD GAMES-TV ROOM 10:30 Van Trip to Market Basket 11:30 Lunch \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch w/ the RSVP Band \$3 Suggested Donation 12:30 Provide input on our state's transportation plan: "Moving Forward RI 2050"
9:30 Knitting 22 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 Watercolor Painting	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 2:00 Yoga for Parkinson's	9-11:30 Hairdressing 10:00 Stretch Exercise 10:30 Van Trip to Burlington 11:30 Tai Chi \$10 Monthly 11:30 Lunch \$3 Suggested Donation 12:30 Arthritis Exercise	9:30 Salsacise-VIDEO 9:30 BOARD GAMES-TV ROOM 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 To be Announced
9:30 Knitting 29 9:30 Senior Cardio VIDEO 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12:30 Hi-Lo Jack Club 1:00 Walking Club	30 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 VIDEO 2:00 Yoga for Parkinson's	31 10:00 Stretch Exercise 10:30 Van Trip to Aldi's 11:30 Tai Chi \$10 Monthly 11:30 Lunch \$3 Suggested Donation 12:30 Arthritis Exercise		AMERICA 4th JULY INDEPENDENCE DAY ***********************************

AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Augu			9:30 Salsacise VIDEO 9:30 BOARD GAMES-TV ROOM 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	9:30 Cribbage 2 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 Summer Sun Safety & Hydration tips for seniors presented by Lori Rossi from Beacon Hospice & Amedisys palliative Care. Raffle prizes & fun for all.
9:30 Knitting 9:30 Pet Therapy 9:30 Senior Cardio 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12:30 Hi-Lo Jack Club 12:45 Food is Medicine- 3rd Floor Café 1:00 Watercolor Painting 12:15 Walking Club	9:30 Shri Yoga- \$10 monthly 9:30 Bone Builders 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch—Café \$3 Suggested Donation 12:15 Van Trip Ice Cream Machine 12:30 Non-Impact Aerobics- VIDEO 2:00 Yoga for Parkinson's	7 9-11:30 Hairdressing 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise	9:30 Salsacise Video 9:30 BOARD GAMES-TV ROOM 10:30 Van Trip to Market Basket, Sth. Attleboro 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 BINGO BLAST
No Activities, Senior Shuttle, or Blackstone Café	9:30 Shri Yoga- \$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 12:00 Yoga for Parkinson's	14 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise	9:30 Salsacise 15 9:30 BOARD GAMES-TV ROOM 10-12 RITPA BUS PASSES - GARDEN ROOM 10:30 Van Tip to Walmart 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch w/ the RSVP BAND \$3 Suggested Donation 12:30 Annual Senior Picnic Sponsored by Blackstone Health with DJ Bo-Dee's Circle of Music
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 12:45 Food is Medicine- 3rd Floor Café 1:00 Watercolor Painting 12:30 Walking Club	9:30 Shri Yoga \$10 monthly 9:30 Bone Builders 10:00 Therapeutic Coloring 10:00 Van Trip to Crescent Park 10:30 Line Dancing 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's	9-11:30 Hairdressing 10:00 Alzheimer's Caregiver Support Group—2nd Floor 10:00 Stretch Exercise 11:30 Tai Chi \$10 Monthly 11:30 Lunch \$3 Suggested Donation 12:30 Arthritis Exercise	9:30 Salsacise 22 9:30 BOARD GAMES-TV ROOM 10:30 Van Trip to Ocean State Job Lot, Seekonk 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	9:30 Cribbage 23 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 To be Announced
9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café 12:30 Hi-Lo Jack Club 12:45 Food is Medicine- 3rd Floor Café 1:00 Watercolor Painting 12:30 Walking Club	9:30 Shri Yoga \$10 monthly 9:30 Bone Builders 10:00 Therapeutic Coloring 10:30 Line Dancing 11:00 Van Trip to Patriots Diner 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's	10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise 1:00 Brown University Geriatric Workshop—3rd Floor	9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Van Trip to Warwick Mall 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 End of Summer Carnival Games

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

Navigating Medicare

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...

Preventing Medicare Fraud

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. Residents and Non-Residents of Pawtucket living with Parkinson's Disease are welcome to participate. If interested, see Melissa.

123 456

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!!!



SEPTEMBER 5TH 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.

CRAFTS CLASS WITH GINNY!
MONDAYS AT 10:30 -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. Class takes place in the garden room.

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, July 17th at 10 a.m. and Wednesday August 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



emailing seniorcenter@pawtucketri.gov

R.I.P.T.A bus passes will be issued at the Leon Mathieu Senior Center on Thursday, August 15th 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.

TAI CHI CLASSES WITH INSTRUCTOR BOB MCMANUS ON WEDNESDAYS AT 10:30A.M. ON THE FIRST FLOOR. BOB HAS BEEN TEACHING THIS CHINESE FORM OFMEDITATIVE 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

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.

SHOPPING & LUNCHEON TRIPS \$2.00 per person

Tickets go on sale Monday, July 1st 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 Monday, July 8th 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.

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

Thurs., July 11th Walmart, Nth. Smithfield

Thurs., July 18th Market Basket Grocery Shopping South Attleboro, MA

Weds., July 24th Burlington, Sth. Attleboro (11 a.m.)

Weds., July 31st Aldi's, East Providence (11 a.m.)

JULY LUNCHEON TRIP:

Benjamin's, Seekonk– Leaving Center at 11 a.m. Tuesday, July 9th, 2024





Tuesday, August 6th, 2024

The Ice Cream Machine, Cumberland

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

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

Thurs., August 8th Market Basket Grocery Shopping South Attleboro, MA

Thurs., August 15th, Walmart, Nth. Smithfield

Thurs., August 22nd Ocean State Job Lot, Seekonk Thurs., August 29th Warwick Mall, Warwick

AUGUST LUNCHEON TRIP:

Patriot's Diner, Woonsocket-Leaving Center at 11 a.m. Tuesday, August 27th, 2024



SPECIAL TRIP:

Crescent Park Historical Tour

The Crescent Park Carousel was built in 1895.

The Crescent Park Carousel is nationally recognized as a true masterpiece of wood sculpture. The Crescent Park Carousel was placed on the National Register of Historic sites and places. Come learn more about this local treasure on Tuesday, August 20th, leaving the Center at 10 a.m. Lunch will be at Lee's Chinese Restaurant. Tickets will be \$5 but do not include lunch.

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