



# Leon A. Mathieu Senior Center

420 Main Street Pawtucket, RI 02860

## September/October 2024



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

**DONALD R.  
GREBIEN MAYOR**

**MARY LOU MORAN  
DIRECTOR**



The City of Pawtucket, Division of Senior Services, Leon Mathieu Senior Center and the Pawtucket Senior Citizens Council is sponsoring a fundraiser cabaret on Sunday, October 27th at 1:00 p.m. at Jenks Junior High School at 350 Division Street Pawtucket, RI in collaboration with the Jacqueline Walsh School for the Arts. This holiday showcase will feature the Leon Mathieu Senior Center line dancers and many special guests from the community. The cabaret show to include singers, dancers, novelty acts, magicians, sing-alongs and fun entertainment for everyone to enjoy! Proceeds from ticket sales to directly benefit services and programming provided by the LMSC. Mark your calendars for this inspiring show. Tickets for sale the first week of September at the LMSC during business hours. Advance sales tickets are \$10 for Seniors 55 and older & students and \$15 for adults. Door ticket prices are \$15 for Seniors 55 and older & students and \$20 for adults. Transportation services will be offered if needed.

### THANK YOU TO THE HARRIET BALLOU CHARITABLE FOUNDATION & GROUNDWORK RI

The Pawtucket Division of Senior Services/Leon Mathieu Senior Center would like to thank the Harriet Ballou Charitable Foundation for supporting the Senior Center's initiative to create a vibrant outdoor public space featuring an outdoor mural and landscaping provided by Groundwork RI through one of their community grants. According to Mary Lou Moran, Director, the theme of the mural that has been commissioned will incorporate the Center's philosophy and mission of encouraging positive aging, highlighting the community's ethnic diversity, and providing quality public art for the community.



Leon Mathieu Senior Center Celebrates National Senior Center Month! This year's theme is "Powering Connections".

### 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](http://www.pawtucketri.gov)

**Email Address:**  
[seniorcenter@pawtucketri.gov](mailto:seniorcenter@pawtucketri.gov)

**Visit us on Facebook at  
Leon Mathieu Senior Center**

Online Version of the Newsletter is  
Available at:

[www.mycommunityonline.com](http://www.mycommunityonline.com)

**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, September 2, 2024 in Observance of Labor Day  
MONDAY, October 14th, 2024 in Observance of Columbus Day  
No Activities, Senior Shuttle, or Blackstone Café.



*Thank you to all of our Pawtucket Senior  
Citizens Council Members for all you do for our  
Senior Center!*



**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:**

09/09 FESTIVAL PIER 50 Tim Healey Way Pawtucket-**Leaving the LMSC at 12:30 p.m.**

09/16 MCCOY STADIUM 1 Columbus Ave.

Pawt.- **Leaving the LMSC at 12:30 p.m.**

09/23 BLACKSTONE BLVD. Prov. **Leaving the LMSC at 12:30**

09/30 INDIA POINT PARK, Prov. – **Leaving the LMSC at 12:15 pm**

10/7 CRESCENT PARK, Riverside- **Leaving the LMSC at 12:15 pm**

10/14 MCOY STADIUM, Pawtucket **Leaving the LMSC at 12:30 pm**

10/21 BLACKSTONE BLVD., Prov. **Leaving the LMSC at 12:30 pm**

10/28 SLATER PARK, Pawtucket **Leaving the LMSC at 12:30 pm**

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 Staff Community Outreach Coordinators to the Office of U.S. Senator Sheldon Whitehouse, for a Discussion Group/Current Events Group to be held on Thursdays September 19th and October 17th at 10:30 a.m. Nisa and Paula and staff 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 12:30 PM**

**\*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. Please note the new start time of this class (12:30 p.m.).**

## **CRIBBAGE PLAYERS WANTED!**



**FRIDAYS  
at 9:30 a.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](http://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, 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 **October 9th, 2024**



**AARP Smart Driver Program Monday, September 9th from 9:00AM-2:30PM.** Take the AARP Smart Driver classroom course and you could save on your car insurance! Refresh your driving skills and knowledge of the rules of the road. Learn techniques for handling left turns, right-of-way and roundabouts. Discover proven driving methods to help keep you and your loved ones safe on the road. The class will be held on the 1st Floor and is open to everyone 55+. The class is 4.5 hours long. There will be a lunch break from 11:30am to 12pm. The cost for the class is \$25 (\$5 discount for AARP members who show their national membership card). Free for United Health supplement (AARP) holders. Cash, checks or money orders (payable to AARP) are accepted forms of payment. Payments will be taken on the day of the class. Participants will be issued a certificate for insurance discount purposes. Participants are encouraged to call their insurance carrier to find out about their discount. Please come to the 2nd floor office to sign-up or call 728-7582. Lunch at the Blackstone Café is available with prior reservation. Ask for details.

### **CHRONIC PAIN SELF MANAGEMENT CLASS**

The Leon Mathieu Senior Center will be hosting a chronic pain self-management program. This six week program is designed to give you the tools needed to manage chronic pain, which can be caused by a wide variety of conditions. Participants will learn about managing symptoms and medications, communicating with family and doctors, eating well and exercising safely, setting goals to improve health and lifestyle. These workshops will take place on Mondays: 9/30, 10/7; 10/21; 10/28; 11/4 and 11/18 from 12-2 p.m. If you are interested in participating, see Melissa.

**BLOOD PRESSURE SCREENINGS  
WITH RIC NURSING STUDENTS ON  
TUESDAYS AT 9 A.M. STARTING  
SEPTEMBER 10TH. URI PHARMACY  
STUDENTS ON 9/13 & 10/11 AT 10:30  
A.M. See calendar for dates.**



**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, September 10th and October 8th at 12:30 p.m.**

**in the  
CAFÉ on the 3rd floor.**



**FARM  
FRESH RI**



**THE  
UNIVERSITY  
OF RHODE ISLAND**

Learn how to make smart food choices, sample a healthy, low-cost recipe, and take home tools to make healthy food choices with URI Snap Education's "Healthy Living". This nutrition program will be held in the Café on the third floor following lunch on Tuesdays, **September 17th and October 15th from 12:30 p.m.-1:30 p.m.**

# September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
 <p>No Activities, Senior Shuttle, or Blackstone Café</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 2:00 Yoga for Parkinson's</p>	<p>10:00 Stretch Exercise  11:30 Lunch \$3 Suggested Donation  11:30 Tai Chi \$10 Monthly  12:30 Arthritis Exercise</p>	<p>9:30 Salsacise  9:30 BOARD GAMES-TV ROOM 10-12 <b>PODIATRY CLINIC—2ND Flr.</b>  11:30 Lunch—Café \$3 Suggested Donation  12:15 Penny BINGO  12:15 Chair Yoga</p>	<p>9:30 Cribbage  10:00 Stretch Exercise  11:30 Lunch \$3 Suggested Donation  12:30 Gardening Club with Annette—Come press flowers for winter projects. Let's assess and clean up our garden.</p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>9:00 AARP Driver Safety Course 9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 10:30 Outdoor Gym w/Toba 11:30 Lunch—Café \$3 12:45 Last Food is Medicine- 3rd Floor Café 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting 1:00 Walking Club</p>	<p>9:00 RIC Blood Pressures 9:30 Shri Yoga @ Shri Studio- \$10 monthly 9:30 Bone Builders 10:00 Therapeutic Coloring 10:00 Van Trip to Daggett House 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</p>	<p>9-11:30 Hairdressing  10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise</p>	<p>9:30 Salsacise  9:30 BOARD GAMES-TV ROOM 10:30 Van Trip to Market Basket  11:30 Lunch—Café \$3 Suggested Donation  12:15 Penny BINGO  12:15 Chair Yoga</p>	<p>9:30 Cribbage  10:00 Stretch Exercise 10:30 URI Blood Pressure Screenings 11:30 Lunch \$3 Suggested 12:30 URI School of Pharmacy Presents: "Flu 2025" - Find Out What is the up to Date Ifo. On the 2025 Projections of the Flu Virus , How the Vaccine Differs This Year from Previous Vaccines, etc.</p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 10:30 Outdoor Gym w/Toba 11:30 Lunch—Café 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting 1:00 Walking Club</p>	<p>9:00 RIC Blood Pressures 9:30 Shri Yoga @ Shri Studio- 9:30 Bone Builders- 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch—Café \$3 Suggested Donation 12:30 URI SNAP ED Cooking Demonstration—3rd Floor 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's</p>	<p>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</p>	<p>9:30 Salsacise  9:30 BOARD GAMES-TV ROOM 10:30 Van Trip to Aldi's 10:30 Discussion Group 11:30 Lunch \$3 Suggested Donation  12:15 Penny BINGO  12:15 Chair Yoga</p>	<p>9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch w/ the RSVP Band \$3 Suggested Donation  1:00 Presentation by Lifelong Learning Collaborative Art Professor Joan Hausrath "Public Art Located in Downtown Pawtucket"</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 10:30 Outdoor Gym w/Toba 11:30 Lunch—Café 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting 1:00 Walking Club</p>	<p>9:00 RIC Blood Pressures 9:30 Shri Yoga @ Shri Studio- 9:30 Bone Builders 10:00 Therapeutic Coloring 10:30 Line Dancing 11:00 Van Trip to Davenport's 11:30 Lunch—Café 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's</p>	<p>9-11:30 Hairdressing 10:00 Stretch Exercise 11:30 Tai Chi \$10 Monthly  11:30 Lunch \$3 Suggested Donation 12:30 Arthritis Exercise</p>	<p>9:30 Salsacise-VIDEO 9:30 BOARD GAMES-TV ROOM 10:30 Van Trip to Oily's 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO  12:15 Chair Yoga</p>	<p>9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 FLU CLINIC—GARDEN ROOM  12:30 To be Announced</p>
<b>30</b>	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: left;"> <p><b>GET THE FLU SHOT NOT THE FLU</b></p> </div> <div style="text-align: center;"> <p><b>9/27/2024</b></p> </div> <div style="text-align: right;">  </div> </div> <p style="text-align: center;"><b>FOR HELP WITH REGISTERING FOR THE VACCINE CLINIC, CALL THE SENIOR CENTER AT 401-728-7582. The Clinic is brought to you by Blue Cross Blue Shield of RI!</b></p>			
<p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 10:30 Outdoor Gym w/Toba 11:30 Lunch—Café 12-2 Chronic Workshop 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting 1:00 Walking Club</p>				



# OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b></p> <p>9:00 RIC Blood Pressures 9:30 Shri Yoga \$10 monthly 9:30 Bone Builders 10:00 Therapeutic Coloring 10:30 Line Dancing 11:00 Van Trip to Governor Francis Inn Restaurant 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's</p>	<p><b>2</b></p> <p>10:00 Stretch Exercise  11:30 Lunch \$3 Suggested Donation  11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise</p>	<p><b>3</b></p> <p>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</p>	<p><b>4</b></p> <p>9:30 Cribbage  10:00 Stretch Exercise  11:30 Lunch \$3 Suggested Donation  12:30 Gardening Club with Annette—Come join us for fall planting: bulbs and new perennials.</p>
<p>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 1:00 Watercolor Painting 12-2 Chronic Workshop 1:00 Walking Club</p> <p><b>7</b></p>	<p><b>8</b></p> <p>9:00 RIC Blood Pressures 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 Farm Fresh Cooking Demonstration—3rd Floor 12:30 Non-Impact Aerobics- 2:00 Yoga for Parkinson's</p>	<p><b>9</b></p> <p>9-11:30 Hairdressing 10:00 Stretch Exercise 10:45 Medicare Updates with Joan &amp; Emilia 11:30 Lunch \$3 Suggested Donation  11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise 1:00 Brown University Geriatric Workshop—3rd Floor</p>	<p><b>10</b></p> <p>9:30 Salsacise  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</p>	<p><b>11</b></p> <p>9:30 Cribbage 10:00 Stretch Exercise 10:30 URI Blood Pressure Screenings 11:30 Lunch-\$3 Suggested Donation 12:30 URI School of Pharmacy Presents "Fall Prevention" - As We Age, Many Factors will Affect Our Mobility and Stability. This Presentation will Address These Factors and Give Good Advice on Avoiding the "Dreadful Fall".</p>
 <p>No Activities, Senior Shuttle, or Blackstone Café</p> <p><b>14</b></p>	<p><b>15</b></p> <p>9:00 RIC Blood Pressures 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 URI SNAP ED Cooking Demonstration—3rd Floor 12:30 Non-Impact Aerobics 12:00 Yoga for Parkinson's</p>	<p><b>16</b></p> <p>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</p>	<p><b>17</b></p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Van Tip to Ocean State Job Lot, Seekonk 10:30 Discussion Group 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO  12:15 Chair Yoga</p>	<p><b>18</b></p> <p>9:30 Cribbage 10:00 Stretch Exercise  11:30 Lunch w/ the RSVP BAND \$3 Suggested Donation  12:30 Senior Cabaret Dress Rehearsal</p>
<p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12-2 Chronic Workshop 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting 1:00 Walking Club</p> <p><b>21</b></p>	<p><b>22</b></p> <p>9:00 RIC Blood Pressures 9:30 Shri Yoga \$10 monthly 9:30 Bone Builders 10:00 Therapeutic Coloring 10:30 Line Dancing 11:00 Van Trip to Sam's Inn Restaurant 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's</p>	<p><b>23</b></p> <p>9-11:30 Hairdressing 10:00 Stretch Exercise  11:30 Tai Chi \$10 Monthly  11:30 Lunch \$3 Suggested Donation  12:30 Arthritis Exercise</p>	<p><b>24</b></p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Van Trip to Wampanoag Mall 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO  12:15 Chair Yoga</p>	<p><b>25</b></p> <p>9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation  12:30 Annual Halloween Costume Party with Entertainment by Bo-Dee's Circle of Music and the Pawtucket Community Police.</p>
<p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café 12-2 Chronic Workshop 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting 1:00 Walking Club</p> <p><b>28</b></p>	<p><b>29</b></p> <p>9:00 RIC Blood Pressures 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 2:00 Yoga for Parkinson's</p>	<p><b>30</b></p> <p>10:00 Stretch Exercise  11:30 Lunch \$3 Suggested Donation  11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise</p>	<p><b>HAPPY HALLOWEEN 31</b></p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Van Trip to Lincoln Mall 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga</p>	

## SOCIAL & HUMAN SERVICES CORNER

Are you receiving all the benefits you are entitled to? Do you have questions about Medicare? We are here to help. We offer free, unbiased, trusted one-on-one counseling and assistance based on your unique needs.

You are fortunate to have trained SHIP (State Health Insurance Program) Counselors available to you at the Leon Mathieu Senior Center. They will assist you to make informed health insurance decisions that optimize your access to care and benefits.

To schedule an appointment, contact the Senior Center at 401-728-7582.

### 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 HEALTH INSURANCE  
1-800-MEDICARE (1-800-633-4227)

NAME OF BENEFICIARY  
**JANE DOE**

MEDICARE CLAIM NUMBER  
**000-00-0000-A**

SEX  
**FEMALE**

IS ENTITLED TO  
**HOSPITAL (PART A)**

EFFECTIVE DATE  
**07-01-1986**

**MEDICAL (PART B)**

07-01-1986

SIGN

**2025 Medicare & You Updates with Joan Newton, LMSC Case Worker and Emilia Fernandes, LMSC Outreach Worker to be held on Wednesday, October 9th at 10:45 a.m. on the first floor of the Leon Mathieu Senior Center.**

### **MEDICARE PART D ANNUAL OPEN ENROLLMENT: October 15, 2024 THRU DECEMBER 7, 2024**

During Open Enrollment Medicare beneficiaries have an opportunity to review their current health insurance and prescription drug coverage to make sure they are enrolled in the best plan that fits their needs. Open Enrollment is also a good time to see if you qualify for any additional assistance programs that can help you save money on the costs of your prescriptions. One-on-one counseling is available and **an appointment is required (401-728-7582) for all Open Enrollment counseling sessions.**

### **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.

**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, Sept. 18th at 10 a.m. and Wednesday October 16th 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](mailto:seniorcenter@pawtucketri.gov)



alzheimer's association®



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](http://www.dmv.ri.gov) or by calling your local DMV office.

R.I.P.T.A bus passes will be issued at the Leon Mathieu Senior Center on **Thursday, November 7th 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.



**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 & INSUR-  
ANCE CARDS AVAILABLE AT SIGN UP.**

**TAI CHI CLASSES WITH INSTRUCTOR BOB  
MCMANUS ON WEDNESDAYS AT 11:30A.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.**

**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.**



# SHOPPING & LUNCHEON TRIPS \$2.00 per person

Tickets go on sale Monday, September 9th 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, September 17th 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.

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

Thurs., September 12th Market Basket Grocery Shopping South Attleboro, MA

Thurs., September 19th Walmart, Nth. Smithfield

Thurs., September 26th Olly's. Woonsocket

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

Thurs., Oct. 3rd Walmart, Nth. Smithfield

Thurs., Oct. 10th Market Basket Grocery Shopping South Attleboro, MA

Thurs., Oct. 17th Ocean State Job Lot, Seekonk

Thurs., Oct. 24th Wampanoag Mall, East Providence

Thurs., Oct. 31st Lincoln Mall, Lincoln

## SEPTEMBER LUNCHEON TRIPS :

September 24th—Davenport's, Cumberland  
Leaving Center at 11 a.m.



## OCTOBER LUNCHEON TRIP:

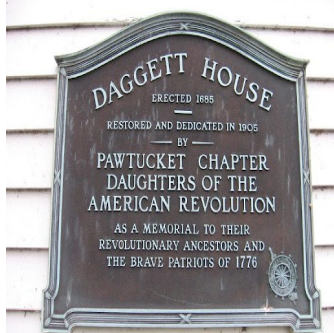
Leaving Center at 11 a.m.

Tuesday, October 1st Governor Francis  
Inn, Warwick

Tuesday, October 22nd Sam's Inn,  
Warwick



## SEPTEMBER 10th, SPECIAL TRIP:



The Daggett House is a historic house in Slater Park in Pawtucket. The house is the oldest standing house in Pawtucket and one of the oldest surviving buildings in the state. Lunch trip at Spumoni's to follow. \$2 for transportation. You are responsible for your own lunch bill. Van leaves the LMSC at 10:30 a.m.

## OCTOBER 29th, SPECIAL TRIP:



### Breakfast & Harmony Products & Railway Ride & Gift Shop Trip

Join us for breakfast at Emmily's Family Restaurant. A mini train ride through farmland and autumn picturesque views for a half-mile tour in beautiful Chepachet, RI will follow. Harmony's gift shop has an assortment of local handmade products such as soaps, lotions, raw honey, snacks, treats and more. Cost is \$7 for transportation and train ride. Cost of breakfast is on your own. Leaving Center at 9 a.m.

## 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**