



Leon A. Mathieu Senior Center

420 Main Street Pawtucket, RI 02860

November/December 2024



Accredited by 
National Institute of
Senior Centers

DONALD R.
GREBIEN MAYOR

MARY LOU MORAN
DIRECTOR

WISHING YOU AND YOUR FAMILY A PEACEFUL, HEALTHY
AND HAPPY HOLIDAY SEASON FROM THE STAFF OF
THE LEON MATHIEU SENIOR CENTER

Thanksgiving Dinner

Thursday, November 21st
at 11:30 a.m. Blackstone Café
420 Main St. 1st floor Pawtucket, R.I.
Reservation Required @ Blackstone Café

Holiday Lunch

Thursday, December 19
at 11:30 a.m. Blackstone Café
420 Main St. 1st floor Pawtucket, R.I.
Reservation Required @ Blackstone Café

City of Pawtucket Annual Mayor's Holiday Dinner

Tuesday, December 10th, 2024 at 12 p.m.
St. Mary's Antiochian Church, One Saint Mary Wary Pawtucket, RI 02860
Pre-registration is required! Call the Senior Center at 401-728-7582 to register and/or request transportation. R.S.V.P by November 22nd.

Pawtucket Soup Kitchen's Thanksgiving Dinner

November 28th from 12 p.m.-1 p.m.
All food must be eaten at the soup kitchen.
195 Walcott Street Pawtucket, RI 02860
401-258-4616

Pawtucket Soup Kitchen's Christmas Eve Dinner

December 24th 4:45 p.m.-5:30 p.m.
All food must be eaten at the soup kitchen.
195 Walcott Street Pawtucket, RI 02860
401-258-4616

Pawtucket Soup Christmas Brunch

December 25th 10:15 am - 11:00 am
All food must be eaten at the soup kitchen.
195 Walcott Street Pawtucket, RI 02860
401-258-4616

Leon Mathieu Senior Center Line Dancers to Perform at Winter Wonderland!!!

Date and Time to be Announced * Slater Park 835 Armistice Boulevard Pawtucket, RI
Parking is available in the park.

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

Online Version of the Newsletter is

Available at:

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, November 11, 2024 in Observance of Veterans Day
THURSDAY & FRIDAY November 28 and 29, 2024 in Observance of
Thanksgiving Day
WEDNESDAY, December 25th, 2024 in Observance of Christmas Day
No Activities, Senior Shuttle, or Blackstone Café.
THURSDAY & FRIDAY, December 26th & 27th NO Blackstone Café

PLEASE CONSIDER DONATING ITEMS FOR OUR HOLIDAY BASKETS THAT WILL BE RAFFLED AT THE HOLIDAY PARTY ON 12/20. BASKET THEMES THIS YEAR ARE: LINENS & THINGS, SCRATCH TICKETS, NON-PERISHABLE FOOD, ITALIAN BASKET, COFFEE & TEA, KITCHEN, TOILETRIES, MOVIES, PAPER GOODS, SPRING CLEANING, AND TOYS & GAMES. THANK YOU IN ADVANCE FOR YOUR DONATION! PROCEEDS FROM THE RAFFLE WILL BENEFIT SENIOR CENTER PROGRAMMING.



The Leon Mathieu Senior Center will hold a Holiday Craft Bazaar, Bake Sale, and Gift Raffle on Wednesday, November 13th from 9 a.m. to 2 p.m. The home-made craft and baked items will be reasonably priced just in time for holiday gift giving. All of the items have been made and generously donated by Senior Center members/volunteers. Please consider donating baked goods for the event. Many thanks to the following Raffle Donors: Foxwoods, North Bowl, Spumoni's and many more to come. Proceeds from the sale will benefit the Center by being used for future programs and activities!

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, \$5.65. 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 November 21st and December 19th at 10:30 a.m. 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.**

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 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 dates is **December 4th**



Tech Help at the Leon Mathieu!
Get your technology (laptops, cell phones, tablets, etc.) questions answered with the help of one on one mentors.

Appointments are required and can be made by visiting the 2nd floor office or calling 728-7582. This program is sponsored by ATEL.



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. **Next Date is November 15th, 2024.**

TIPS TO PREVENT MEDICARE FRAUD:

- ❑ Only share your Medicare or Social Security number with those you trust.
- ❑ Only carry your Medicare card when you need it.
- ❑ Keep a record of all your medical visits and procedures.
- ❑ Review your Medicare statements for mistakes like charges you don't recognize or duplicate billing.

HEATING ASSISTANCE NEWS:

A single person can earn up to \$3,258.42/month and a married couple can earn up to \$4,261.08/month to qualify for heating assistance (based on 2025 guidelines). If you are interested in applying for Heating Assistance you can make an appointment at the Senior Center's 2nd floor office or by calling 728-7582.



**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 Caf e on the third floor following lunch on Tuesdays, **November 19th and December 17th from 12:30 p.m.-1:30 p.m.**

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p style="text-align: center;">HI-LO JACK PLAYERS WANTED!</p> <p style="text-align: center;">MONDAYS at 12:30 p.m.</p>	<p style="text-align: center;">HI-LO JACK PLAYERS WANTED!</p> <p style="text-align: center;">MONDAYS at 12:30 p.m.</p>			<p>9:30 Cribbage 1</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch \$3 Suggested Donation</p> <p>12:30 Blue Cross Blue Shield of RI Presents Medicare 2025 Updates</p>
<p style="text-align: right;">4</p> <p>9:30 Knitting</p> <p>9:30 Senior Cardio</p> <p>9:30 Pet Therapy</p> <p>10:30 Crafts</p> <p>11:30 Lunch—Café \$3</p> <p>12:30 Hi-Lo Jack Club</p> <p>12:30 Watercolor Painting</p>	<p style="text-align: right;">5</p> <p>Election Day Get Out and Vote!!!</p> <p>9:30 Shri Yoga @ Shri Studio- \$10 monthly</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 Non-Impact Aerobics</p> <p>2:00 Yoga for Parkinson's</p>	<p style="text-align: right;">6</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch \$3 Suggested Donation</p> <p>11:30 Tai Chi \$10 Monthly</p> <p>12:30 Arthritis Exercise</p>	<p style="text-align: right;">7</p> <p>9:30 Salsacise</p> <p>9:30 BOARD GAMES-TV ROOM</p> <p>10:00 Podiatry Clinic—2nd Floor</p> <p>10-12 RIPTA BUS PASSES-Garden Room</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;">8</p> <p>9:30 Cribbage</p> <p>10:00 Stretch Exercise</p> <p>10:30 URI Blood Pressure Screenings</p> <p>11:30 Lunch \$3 Suggested</p> <p>12:30 URI School of Pharmacy Presents "Diabetes Medications Used for Weight Loss"</p>
<p style="text-align: right;">11</p> <p style="text-align: center;">NO ACTIVITIES, SENIOR SHUTTLE OR BLACKSTONE CAFÉ</p>  <p style="text-align: center;">THANK YOU VETERANS</p> <p style="text-align: center;"><small>Veterans Day - November 11</small></p>	<p style="text-align: right;">12</p> <p>9:30 Shri Yoga @ Shri Studio-</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 Non-Impact Aerobics</p> <p>2:00 Yoga for Parkinson's</p>	<p style="text-align: right;">13</p> <p>9-11:30 Hairdressing</p> <p>9-2 Holiday Bazaar</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch \$3 Suggested Donation</p> <p>11:30 Tai Chi \$10 Monthly</p> <p>12:30 Arthritis Exercise</p>	<p style="text-align: right;">14</p> <p>9:30 Salsacise</p> <p>9:30 BOARD GAMES-TV ROOM</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;">15</p> <p>9-3 Veterans Benefits Counseling—Call the Senior Center to Book Appointment</p> <p>9:30 Cribbage</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch w/ the RSVP Band \$3 Suggested Donation</p> <p>12:30 Gardening Club with Annette—Garden Room</p>
<p style="text-align: right;">18</p> <p>9:30 Knitting</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>12:30 Hi-Lo Jack Club</p> <p>12:30 Watercolor Painting</p>	<p style="text-align: right;">19</p> <p>9:30 Shri Yoga @ Shri Studio-</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>12:30 Non-Impact Aerobics</p> <p>12:30 URI SNAP ED Cooking Demonstration—3rd Floor</p> <p>2:00 Yoga for Parkinson's</p>	<p style="text-align: right;">20</p> <p>10:00 Stretch Exercise</p> <p>10:00 Alzheimer's Caregiver Support Group—2nd Floor</p> <p>11:30 Tai Chi \$10 Monthly</p> <p>11:30 Lunch \$3 Suggested Donation</p> <p>12:30 Arthritis Exercise</p> <p>1:00 Brown University Geriatric Workshop—3rd Floor</p>	<p style="text-align: right;">21</p> <p>9:30 Salsacise-VIDEO</p> <p>9:30 BOARD GAMES-TV ROOM</p> <p>10:30 Discussion Group</p> <p>11:30 Thanksgiving Day Dinner - 1st Floor- Must Pre-Register at 3rd Floor Café</p> <p>\$3 Suggested Donation</p> <p>12:15 Penny BINGO</p> <p>12:15 Chair Yoga</p>	<p style="text-align: right;">22</p> <p>9:30 Cribbage</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch \$3 Suggested Donation</p> <p>12:30 To be Announced</p>
<p style="text-align: right;">25</p> <p>9:30 Knitting</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>12:30 Hi-Lo Jack Club</p> <p>12:30 Watercolor Painting</p>	<p style="text-align: right;">26</p> <p>9:30 Shri Yoga @ Shri Studio-</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 Non-Impact Aerobics</p> <p>2:00 Yoga for Parkinson's</p>	<p style="text-align: right;">27</p> <p>9-11:30 Hairdressing</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch \$3 Suggested Donation</p> <p>11:30 Tai Chi \$10 Monthly</p>	<p style="text-align: right;">28</p>  <p style="text-align: center;">Happy Thanksgiving</p> <p style="text-align: center;">NO ACTIVITIES, SENIOR SHUTTLE OR BLACKSTONE CAFÉ</p>	<p style="text-align: right;">29</p> <p style="text-align: center;">NO ACTIVITIES, SENIOR SHUTTLE OR BLACKSTONE CAFÉ</p>

DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right; font-weight: bold; color: red;">2</p> <p>9:30 Knitting</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 Hi-Lo Jack Club</p> <p>12:30 Research Presentation</p> <p>12:30 Watercolor Painting</p>	<p style="text-align: right; font-weight: bold; color: red;">3</p> <p>9:30 Shri Yoga \$10 monthly</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 Non-Impact Aerobics</p> <p>2:00 Yoga for Parkinson's</p>	<p style="text-align: right; font-weight: bold; color: red;">4</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch</p> <p style="padding-left: 20px;">\$3 Suggested Donation</p> <p>11:30 Tai Chi \$10 Monthly</p> <p>12:30 Arthritis Exercise</p> <p>1:00 Brown University Geriatric Workshop—3rd Floor</p>	<p style="text-align: right; font-weight: bold; color: red;">5</p> <p>9:30 Salsacise</p> <p>9:30 BOARD GAMES-TV ROOM</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 style="text-align: right; font-weight: bold; color: red;">6</p> <p>9:30 Cribbage</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch</p> <p style="padding-left: 20px;">\$3 Suggested Donation</p> <p style="color: red;">12:30 Holiday Movie with Popcorn</p>
<p style="text-align: right; font-weight: bold; color: red;">9</p> <p>9:30 Knitting</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 Hi-Lo Jack Club</p> <p>12:30 Watercolor Painting</p>	<p style="text-align: right; font-weight: bold; color: red;">10</p> <p>9:30 Shri Yoga- \$10 monthly</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 Non-Impact Aerobics-</p> <p>2:00 Yoga for Parkinson's</p>	<p style="text-align: right; font-weight: bold; color: red;">11</p> <p style="color: green;">9-11:30 Hairdressing</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch</p> <p style="padding-left: 20px;">\$3 Suggested Donation</p> <p>11:30 Tai Chi \$10 Monthly</p> <p>12:30 Arthritis Exercise</p>	<p style="text-align: right; font-weight: bold; color: red;">12</p> <p>9:30 Salsacise</p> <p>9:30 BOARD GAMES-TV ROOM</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 style="text-align: right; font-weight: bold; color: red;">13</p> <p>9:30 Cribbage</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch-\$3 Suggested Donation</p> <p style="color: red;">12:30 Visit with Santa- Sing Along, Pictures, and More Holiday Fun. Light Refreshments will be Served.</p>
<p style="text-align: right; font-weight: bold; color: red;">16</p> <p>9:30 Knitting</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>12:30 Hi-Lo Jack Club</p> <p>12:30 Watercolor Painting</p>	<p style="text-align: right; font-weight: bold; color: red;">17</p> <p>9:30 Shri Yoga- \$10 monthly</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 style="color: purple;">12:30 URI SNAP ED Cooking Demonstration—3rd Floor</p> <p>12:30 Non-Impact Aerobics</p> <p>12:00 Yoga for Parkinson's</p>	<p style="text-align: right; font-weight: bold; color: red;">18</p> <p>10:00 Stretch Exercise</p> <p style="color: blue;">10:00 Alzheimer's Caregiver Support Group—2nd Floor</p> <p>11:30 Lunch</p> <p style="padding-left: 20px;">\$3 Suggested Donation</p> <p>11:30 Tai Chi \$10 Monthly</p> <p>12:30 Arthritis Exercise</p>	<p style="text-align: right; font-weight: bold; color: red;">19</p> <p>9:30 Salsacise</p> <p>9:30 BOARD GAMES-TV ROOM</p> <p style="color: green;">10:30 Discussion Group</p> <p style="color: red;">11:30 Christmas Day Dinner - 1st Floor- Must Pre-Register at 3rd Floor Café</p> <p>12:15 Penny BINGO</p> <p>12:15 Chair Yoga</p>	<p style="text-align: right; font-weight: bold; color: red;">20</p> <p>9:30 Cribbage</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch w/ the RSVP BAND</p> <p style="padding-left: 20px;">\$3 Suggested Donation</p> <p style="color: red;">12:30 Holiday Party with Bo-Dee Entertainment. Tickets are \$2 each. Tickets are on sale on the second floor. Raffles and light refreshments will be available.</p>
<p style="text-align: right; font-weight: bold; color: red;">23</p> <p>9:30 Knitting</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 Hi-Lo Jack Club</p> <p>12:30 Watercolor Painting</p>	<p style="text-align: right; font-weight: bold; color: red;">24</p> <p>9:30 Shri Yoga \$10 monthly</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 Non-Impact Aerobics</p> <p>2:00 Yoga for Parkinson's</p>	<p style="text-align: right; font-weight: bold; color: red;">25</p> <p style="text-align: center;">NO ACTIVITIES, SENIOR SHUTTLE OR BLACKSTONE CAFÉ</p> <div style="text-align: center; margin-top: 10px;">  </div>	<p style="text-align: right; font-weight: bold; color: red;">26</p> <p>9:30 Salsacise</p> <p>9:30 BOARD GAMES-TV ROOM</p> <p style="text-align: center;">NO BLACKSTONE CAFÉ TODAY!</p> <p>12:15 Penny BINGO</p> <p>12:15 Chair Yoga</p>	<p style="text-align: right; font-weight: bold; color: red;">27</p> <p>9:30 Cribbage</p> <p>10:00 Stretch Exercise</p> <p style="text-align: center;">NO BLACKSTONE CAFÉ TODAY!</p> <p style="color: red;">12:30 Annual New Year's Eve Tea Party</p>
<p style="text-align: right; font-weight: bold; color: red;">30</p> <p>9:30 Knitting</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>12:30 Hi-Lo Jack Club</p> <p>12:30 Watercolor Painting</p>	<p style="text-align: right; font-weight: bold; color: red;">31</p> <p>9:30 Shri Yoga \$10 monthly</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 Non-Impact Aerobics</p> <p>2:00 Yoga for Parkinson's</p>	<div style="text-align: center;">  <p style="font-size: 2em; font-weight: bold; letter-spacing: 0.5em;">DECEMBER</p> </div>		

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		SEX	
000-00-0000-A		FEMALE	
IS ENTITLED TO		EFFECTIVE DATE	
HOSPITAL (PART A)		07-01-1986	
MEDICAL (PART B)		07-01-1986	
SIGN			

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.**

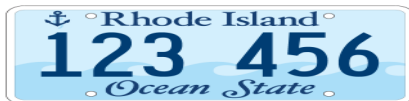
ALZHEIMER'S ALERT PROGRAM

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.



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!!!**



**NOVEMBER 7TH 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, Nov. 20th at 10 a.m. and Wednesday Dec. 18th 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 **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.



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.

SHOPPING TRIPS \$2.00 per person

Tickets go on sale Monday, November 4th at 9:30 am. Each person is able to sign up for any shopping trip. Departure time for shopping trips is 10:45 a.m.

NOVEMBER SHOPPING TRIPS:

Wednesday, November 6th, 2024 Market Basket Grocery Shopping South Attleboro, MA

Wednesday, November 13th, 2024 Walmart, Attleboro

Wednesday, November 20th, 2024 Aldi's, East Providence

Luncheon and special trips are on hold until further notice! We apologize for any inconvenience!

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