



# Leon A. Mathieu Senior Center

420 Main Street Pawtucket, RI 02860

## January/February 2025



**DONALD R.  
GREBIEN MAYOR**

**MARY LOU MORAN  
DIRECTOR**



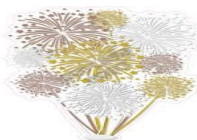
Dear Neighbor,

Happy New Year! I hope you had a joyous and safe holiday season. As we begin a new year, there's so much to look forward to in Pawtucket. From exciting economic developments, to community initiatives, and educational opportunities, our city is embracing growth and progress!

This past September, we took a significant step in enhancing the quality of life for all residents by signing a resolution to become an Age-Friendly Community. This commitment ensures that we prioritize the needs of residents of all ages, fostering a more inclusive, supportive environment in Pawtucket.

As we navigate these colder months, your safety and well-being are our top priorities. Please take advantage of the resources the city offers to stay warm, safe, and dry this winter.

If you need assistance or have questions, the Mayor's Office is here to help. We are committed to supporting you and ensuring this new year is a great one for our community.



**Mayor Donald R. Grebien**

Dear Senior Center Friend,

The staff and I would like to wish all of you a **Happy and Healthy New Year**. We would like to thank all of you for showing such enthusiasm and support of the programming and services that are offered at the Senior Center. It is amazing to us how much energy there is in the building every day! You are shining examples of what positive aging is all about. We hope that you will continue to take advantage of all resources, services, and healthy living activities that are offered to you.

We are also very excited about being part of the City's commitment to making Pawtucket an Age Friendly Community- a designation by the World Health Organization and AARP. This intent shows how important the quality of life of the community is to our City leaders. Kudos to all who are engaged in this worthwhile endeavor.

As we welcome in 2025, it is the perfect moment to share joy, love and positive energy with all of those around us whether they are close by or miles away. Start the year with a smile and let it set the tone for the rest of 2025.

Wishing you a fabulous New Year 2025,  
Mary Lou Moran, Director  
&  
Senior Center Staff



### **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**  
WEDNESDAY, January 1st in Observance of New Year's Day  
MONDAY, January 20th in Observance of Martin Luther King Jr. Day  
MONDAY, February 17th in Observance of Presidents' Day

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

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

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

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

Leon Mathieu Senior Center Membership Drive begins on January 2nd, 2025 Your membership will be good for a period of one year (January 1st, 2025-January 1st, 2026). **Please remember** to update your contact information whenever it changes. This can be done at the 2nd floor office. \$7 for Pawtucket residents; \$10 for non-residents. If you have had any emergency contact changes, please inform the office.

**TIME TO  
RENEW  
MEMBERSHIP**



**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.**

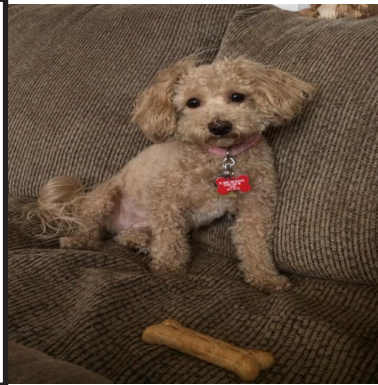
**PLEASE CONSIDER DONATING CLOTHES, SHOES, TOWELS, SHEETS AND/OR ANY FABRIC! There is a green Big Brothers Big Sisters donation bin in our parking lot. We have a profit sharing partnership where a percentage of the sales goes toward the Leon Mathieu Senior Center!!!**



**Big Brothers  
Big Sisters.**

OF AMERICA

**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 January 16th and February 20th 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.**

## **ARTHRITIS EXERCISE CLASS ON WEDNESDAYS AT 12:30 PM**

\*An evidence-based exercise program developed by the Arthritis Foundation and recommended by the Centers of Disease Control for those suffering from arthritis and other forms of chronic pain. This class features gentle joint exercise to help relieve stiffness, decrease arthritis pain and improve balance. A variety of range-of-motion and endurance-building activities, relaxation techniques, and health education topics are covered. Classes are taught by Health & Fitness Consultant Maria Kishfy who is certified by the Arthritis Foundation. All Senior Members are invited to participate.

## **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:**

- ◆ Leave in shampoo, cut & blow dry \$21
- ◆ Leave in shampoo, cut, blow dry and curling iron set \$31



**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 dates are **January 15th & February 26th**



### **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.

**FREE BLOOD PRESSURE  
SCREENINGS WITH RHODE ISLAND  
COLLEGE NURSING  
STUDENTS ON TUESDAYS FROM  
9-12 STARTING IN FEBRUARY**



### **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.

## **DON'T FORGET TO APPLY FOR TAX EXEMPTION BY MARCH 15TH, 2025**

With Pawtucket Tax Assessors Office, 728-0500 extension 333.

You may apply if you are a Veteran or unmarried widow of a Veteran, Gold Star Parent (to one parent of a service member who died while serving in the military or naval service of the US), Total Service Connected Veteran, Senior 65 and older who owns or occupies real estate in the city-max 3 unit-residential only-limit of one per household, blind (100% blind per their ophthalmologist), owner of historical home (property must be registered with the National register of Historic Places and listed in the City of Pawtucket's local historic district-does not apply to condo units or commercial property), and/or Prisoner of War.

# January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p style="text-align: center;"><b>HI-LO JACK PLAYERS WANTED! MONDAYS</b> at 12:30 p.m.</p>		 <p><b>NO ACTIVITIES, SENIOR SHUTTLE OR BLACKSTONE CAFÉ</b></p>		
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 12:30 Hi-Lo Jack Club	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 BJ's Restaurant 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 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 10-12 RIPTA BUS PASSES - GARDEN ROOM 10:30 Shopping Trip 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	9:30 Cribbage 10:00 Stretch Exercise 10:30 URI Blood Pressure Screenings 11:30 Lunch \$3 Suggested 12:30 URI School of Pharmacy Presents "Chasing the Winter Blues" During the winter season, many people may experience sadness or depression due to cold weather, illness, and decreased sunlight. Learn what causes the sadness, the risk factors, treatment options and general winter safety tips.
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 12:30 Hi-Lo Jack Club	9:30 Shri Yoga @ Shri Studio- 9:30 Bone Builders- 10:00 Therapeutic Coloring 10:00 Special Trip to the RI State House 10:30 Line Dancing 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's	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 1:00 Brown University Geriatric Workshop—3rd Floor	9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Discussion Group 10:30 Shopping Trip 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 PRIZE BINGO WITH TRACY FROM PAWTUCKET FALLS
 <p><b>NO ACTIVITIES, SENIOR SHUTTLE OR BLACKSTONE CAFÉ</b></p>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	9:30 Shri Yoga @ Shri Studio- 9:30 Bone Builders 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch—Café 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's	9-11:30 Hairdressing 10:00 Stretch Exercise 11:30 Tai Chi \$10 Monthly 11:30 Lunch \$3 Suggested Donation 12:30 ARTHRITIS EXERCISE CANCELLED	9:30 Salsacise- 9:30 BOARD GAMES-TV ROOM 10:00 Podiatry Clinic—2nd Floor 10:30 Shopping Trip 11:30 Lunch \$3 Suggested Donation \$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 TBD
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting	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 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 Shopping Trip 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 Gardening Club with Annette



# FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;"><b>3</b></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 12:30 Watercolor Painting</p>	<p style="text-align: right;"><b>4</b></p> <p><b>9-12 Blood Pressure Screenings</b> 9:30 Shri Yoga \$10 monthly 9:30 Bone Builders 10:00 Therapeutic Coloring 10:30 Line Dancing <b>11:00 Van Trip to Campfire Tavern Restaurant</b> 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's</p>	<p style="text-align: right;"><b>5</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 style="text-align: right;"><b>6</b></p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM <b>10:30 Shopping Trip</b> 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO  12:15 Chair Yoga</p>	<p style="text-align: right;"><b>7</b></p> <p>9:30 Cribbage  10:00 Stretch Exercise  11:30 Lunch \$3 Suggested Donation  <b>12:30 Cultural Program "Armenian Day" with Special Presentation by the Armenian Historical Association of RI.</b></p>
<p style="text-align: right;"><b>10</b></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 12:30 Watercolor Painting</p>	<p style="text-align: right;"><b>11</b></p> <p><b>9-12 Blood Pressure Screenings</b> 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 style="text-align: right;"><b>12</b></p> <p><b>9-11:30 Hairdressing</b> 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation  11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise</p>	<p style="text-align: right;"><b>13</b></p> <p>9:30 Salsacise  9:30 BOARD GAMES-TV ROOM <b>10:30 Shopping Trip</b> 11:30 Lunch—Café \$3 Suggested Donation  12:15 Penny BINGO  12:15 Chair Yoga</p>	<p style="text-align: right;"><b>14</b></p> <p>9:30 Cribbage  10:00 Stretch Exercise 10:30 URI Blood Pressure Screenings 11:30 Lunch-\$3 Suggested Donation <b>12:30 URI School of Pharmacy Presents "Hypertension: Managing Your Blood Pressure"</b></p> <p style="text-align: center;"><b>HAPPY Valentine's DAY</b></p>
<p style="text-align: right;"><b>17</b></p> <p style="text-align: center;"><b>NO ACTIVITIES, SENIOR SHUTTLE OR BLACKSTONE CAFÉ</b></p> <p style="text-align: center;"><b>Presidents' Day</b></p> 	<p style="text-align: right;"><b>18</b></p> <p><b>9-12 Blood Pressure Screenings</b> 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 12:00 Yoga for Parkinson's</p>	<p style="text-align: right;"><b>19</b></p> <p>10:00 Stretch Exercise <b>10:00 Alzheimer's Caregiver Support Group—2nd Floor</b>  11:30 Lunch \$3 Suggested Donation  11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise</p>	<p style="text-align: right;"><b>20</b></p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM <b>10:30 Discussion Group</b> <b>10:30 Shopping Trip</b> 11:30 Lunch \$3 Suggested Donation  12:15 Penny BINGO  12:15 Chair Yoga</p>	<p style="text-align: right;"><b>21</b></p> <p><b>9:00 Special Trip to the RI Supreme Court</b> 9:30 Cribbage 10:00 Stretch Exercise <b>11:30 Lunch w/ the RSVP BAND</b> \$3 Suggested Donation <b>12:30 TBD</b></p>
<p style="text-align: right;"><b>24</b></p> <p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting</p>	<p style="text-align: right;"><b>25</b></p> <p><b>9-12 Blood Pressure Screenings</b> 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 style="text-align: right;"><b>26</b></p> <p><b>9-11:30 Hairdressing</b> 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation  11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise <b>1:00 Brown University Geriatric Workshop—3rd Floor</b></p>	<p style="text-align: right;"><b>27</b></p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM <b>10:30 Shopping Trip</b> 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO  12:15 Chair Yoga</p>	<p style="text-align: right;"><b>28</b></p> <p>9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch—Café \$3 Suggested Donation  <b>12:30 Gardening Club with Annette</b></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		SEX	
000-00-0000-A		FEMALE	
IS ENTITLED TO		EFFECTIVE DATE	
HOSPITAL (PART A)		07-01-1986	
MEDICAL (PART B)		07-01-1986	
SIGN			



Navigating Medicare



Preventing Medicare Fraud

### PREVENT MEDICARE FRAUD!!!

You can learn to prevent, detect, and report Medicare fraud, errors, and abuse by contacting SMP. SMP is a national program with offices in every state. Here are some [tips to prevent, detect, and report ...](#)

- ☑ 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.
- ☑ Call your health care provider, Medicare, or your local Senior Center if you see something suspicious.

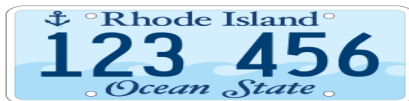
### ALZHEIMER'S ALERT PROGRAM

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. For winter months classes will not be held. For more information call 401-728-7582.

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

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



**JANUARY 23RD 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, Jan. 15th at 10 a.m. and Wednesday Feb. 19th 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®

R.I.P.T.A bus passes will be issued at the Leon Mathieu Senior Center on in the 1st floor Garden Room on Thursday, **January 9th** from 10 a.m.-12 p.m. 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 & LUNCHEON TRIPS \$2.00 per person

Tickets go on sale Monday, December 23rd at 9:30 a.m. Each person is able to sign up for any shopping trip, 1 lunch trip and 1 special trip initially. You may sign up for additional lunch and special trips as space permits on Monday, December 30th at 9:30 a.m. Departure time for shopping trips is 10:30 a.m. and 11:00 a.m. for luncheon trips from the Senior Center.

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

Thurs., Jan. 2nd Market Basket Grocery Shopping  
South Attleboro, MA

Thurs., Jan. 9th Walmart, N. Smithfield

Thurs., Jan. 16th Aldi's Plaza, East Providence

Thurs., Jan. 23rd Ocean State Job Lot, Seekonk

Thurs., Jan. 30th Ollie's, Woonsocket

## SPECIAL TRIP

### RI STATE HOUSE TOUR 01/14/25

\$2 INCLUDES TRANSPORTATION—LEAVING AT 10



The Rhode Island State House was built between 1895 and 1904. It is constructed of Georgian marble and has one of the largest self-supported marble domes in the world. Come join us for this special tour. Tour is 1 hour long. Lunch to follow at Gregg's Restaurant in Providence. Lunch is not included in trip cost.

## JANUARY LUNCH TRIP:

Tue. Jan. 7th, BJ's Restaurant, North Attleboro, Massachusetts- Leaving at 11 a.m.

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

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

Thurs., Feb. 13th Walmart, N. Smithfield

Thurs., Feb. 20th Aldi's Plaza, East Providence

Thurs., Feb. 27th Wampanoag Mall, East Prov.

## SPECIAL TRIP:

### RI Supreme Court Tour 2/21/25

\$2 Includes Transportation—Leaving at 9 a.m. The 90-minute tour



provides information about the Rhode Island judicial branch of government, the state court structure and how the Supreme Court operates as the administrative court of the judiciary. Included in the tour are the public areas of the building such as a courtroom, conference room, rotunda, and the State Law Library. The tour is hosted by Justice Gilbert V. Indeglia. Lunch to follow at Galito's Restaurant in Pawtucket.

## FEBRUARY LUNCH TRIP:

Tue. Feb.4th Campfire Tavern, Rehoboth Massachusetts—Leaving at 11 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**