



# Leon A. Mathieu Senior Center

420 Main Street Pawtucket, RI 02860

## March/April 2025



DONALD R.  
GREBIEN MAYOR

MARY LOU MORAN  
DIRECTOR

### **SAVE THE DATE LEON MATHIEU SENIOR CENTER'S ANNUAL SENIOR HEALTH FAIR—MAY 7TH 9:00-11:30 A.M. CELEBRATING OLDER AMERICANS MONTH!!!**

#### **PARTICIPATING ORGANIZATIONS:**

Gloria Gemma Breast Cancer Foundation  
 Blue Cross Blue Shield of RI  
 U.S. Department of Veterans Affairs  
 Dr. Cathcart, Podiatrist  
 RI Ombudsman Program  
 Gateway Healthcare  
 Social Security  
 Butler Hospital's Memory and Aging  
 RI Services for the Blind  
 RI DHS Office of Rehab Services  
 Governor's Commission of Disability  
 The Partnership  
 American Diabetes Association of New England  
 URI SNAP Outreach Program  
 Dawn Goff's Pet Therapy  
 Ocean State Center for Independent Living  
 Neighborhood Health Plan of RI  
 Mansion Nursing & Rehabilitation Center  
 In-sight  
 Respite Care Services  
 Care New England  
 Alzheimer's Association, RI  
 BH Link  
 RI Energy Resources  
 Blackstone Valley Prevention Coalition  
 Cherry Hill Manor  
 New Horizons Adult Day Center  
 Legal Services of Rhode Island  
 Beltone  
 Susan Mulvaney's Aromatherapy  
 Kent Hospital's Vascular Department  
 Blackstone Valley Health Clinic  
 Blackstone INC.  
 Pawtucket Public Library

#### **PARTICIPATING ORGANIZATIONS:**

VNA of Care New England  
 Parkinson's Association of Rhode Island  
 PACE  
 ATEL  
 Veterans Affairs  
 Reiki Master Suann Polverari  
 Board of Canvassers  
 Emergency Management of Pawtucket  
 RIDOH's Center for Emergency Preparedness  
 Body Suelutions Therapeutic Massage  
 Dr. Prescod, Ophthalmologist  
 DHS Long Term Care & Support Services  
 & Many More  
**SPECIAL GUEST:** NBC's Anchor Mario Hilario

#### **FREE SCREENINGS:**

Blood Pressure  
 Lung Health  
 Bone Density  
 Derma Scan  
 Glucose  
 Vascular  
 Fall Risk  
 Podiatry  
 Hearing  
 Vision  
**Covid Vaccines will be Available!**

**FREE MEDICAL SUPPLIES, GIVE AWAYS,  
 RAFFLES AND FOOD SAMPLINGS GIVEN  
 AS SUPPLIES LAST!**

#### *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.*



# CENTREDALE MANOR

Call today for a tour of our Senior Community!

**401-232-3770**

2074 Smith Street • North Providence

## ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider

SafeStreets

**833-287-3502**

SUPPORT OUR ADVERTISERS!



# COELHO

## CHARLES COELHO FUNERAL HOME

151 Cross St. Central Falls, RI 02863

**401-724-9440**

Charles Coelho - *Founder/Director*

Brendan M. Fahy - *Director*

TRADITIONAL FUNERALS | CREMATION WITH OPTIONS  
DOMESTIC & INTERNATIONAL SHIPMENT | PRE-PLANNING

### DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?



Engaging, ad-supported print and digital newsletters to reach your community.

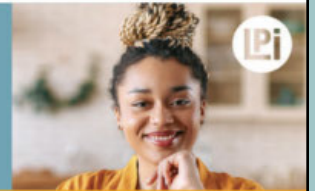
Visit [lpicommunities.com](http://lpicommunities.com)

## WE'RE HIRING!

### AD SALES EXECUTIVES

BE YOURSELF.  
BRING YOUR PASSION.  
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at [careers@4lpi.com](mailto:careers@4lpi.com) or [www.4lpi.com/careers](http://www.4lpi.com/careers)

# NEVER MISS OUR NEWSLETTER!

## SUBSCRIBE

Have our newsletter emailed to you.



Visit

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

## LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME**  
**Ileana Vasquez**

[ivasquez@4lpi.com](mailto:ivasquez@4lpi.com)  
**(800) 888-4574 x3105**



**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!



BINGO+EXERCISE= BINGOCIZE

BINGOCIZE IS A 10 WEEK PROGRAM THAT COMBINES THE GAME OF BINGO WITH EXERCISES FOR EVERYONE! COME PLAY BINGO, EXERCISE, AND LEARN HOW TO REDUCE YOUR RISK OF FALLING.

**Location:** Leon Mathieu Senior Center

**Intro Class:** April 2, 2025 from 12:30-1:30 p.m.

**Days:** Mondays & Wednesdays from 12:30-1:30 p.m.

**Registration:** Opens March 3, 2025

Visit the Senior Center's 2nd Floor Office or call 401-728-7582

Limit is 20 participants

THE  
UNIVERSITY  
OF RHODE ISLAND

URI Cyber-Seniors & ATEL  
Workshops at the LMSC



\*REGISTRATION REQUIRED-Visit the Senior Center Office or Call 401-728-7582\* Attend for a chance to win a free tablet!

**WORKSHOP 1 :**

**FRI, MARCH 21ST 10AM  
12PM**

Accessibility features related  
to vision, hearing, or  
mobility declines

**WORKSHOP 2 :**

**FRI, MARCH 28th 10AM  
12PM**

Camera use  
Take/send pictures,  
videos, selfies, QR codes  
and more

**WORKSHOP 3 :**

**FRI, APRIL 4TH  
10AM 12PM**

Virtual assistants, such as  
Siri or Hey Google

**WORKSHOP 3 :**

**FRI, APRIL 11TH  
10AM 12PM**

To be determined by  
requests



**Saturday, March 1, 2025  
Look for the LMSC Line Dancers in  
Pawtucket's Annual St. Patrick's Day  
Parade!!!**

## 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 March 20th and April 17th 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 \$21
- ◆ Wash & set \$21
- ◆ Leave in shampoo, cut & blow style \$29
- ◆ Leave in shampoo, cut, and curling iron set \$38



**Perms & colorings are not available.** Appointments are required. Please call 728-7582 or visit the 2nd Floor office.

**Payment is cash only.**

⇒ International Women's Day ⇐



"There is no force more powerful than a woman determined to rise."  
-W.E.B. DUBOIS

thechiclife.com

**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:

**April 16th**



**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**



**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.**

# MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
9:30 Trips Sign Ups 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 12:30 Watercolor Painting	9-12 Blood & Glucose Pressure Screenings 9:30 Shri Yoga @ Shri Studio-\$10 monthly 9:30 Bone Builders 10:00 Therapeutic Coloring 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics	9:30 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 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:30 Karaoke
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
9:30 Trips Sign Ups 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 12:30 Watercolor Painting	9:00 Van Trip to PPAC 9:30 Shri Yoga @ Shri Studio-\$10 monthly 9:30 Bone Builders 10:00 Therapeutic Coloring 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics	9-11:30 Hairdressing 10:30 Shopping Trip 9:30 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 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch \$3 Suggested 12:30 St. Patrick's Day Party with Entertainment by Bo-Dee's Circle of Music
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</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 12:30 Watercolor Painting 	9:30 Shri Yoga @ Shri Studio- 9:30 Bone Builders- 10:00 Therapeutic Coloring 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 12:30 "Container Gardening" Workshop with URI SNAP ED-3rd Floor Café	9:30 Stretch Exercise 10:00 Alzheimer's Caregiver Support Group—2nd Floor 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise	9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Discussion Group 10:30 Podiatry Clinic—2nd Floor 11:30 Lunch \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	9:30 Cribbage 9:30 Stretch Exercise 10:00 Cyber Workshop-2nd Floor 10:20 Line Dancing 11:30 Lunch w/ the RSVP Band \$3 Suggested Donation 12:30 URI School of Pharmacy Presents "Weight Loss"
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</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 12:30 Watercolor Painting	9-12 Blood & Glucose Pressure Screenings 11:00 Van Trip to Bon Asian Hibachi Grill 9:30 Shri Yoga @ Shri Studio- 9:30 Bone Builders 10:00 Therapeutic Coloring 11:30 Lunch—Café 12:30 Non-Impact Aerobics	9-11:30 Hairdressing 9:30 Stretch Exercise 11:30 Tai Chi \$10 Monthly 11:30 Lunch \$3 Suggested Donation 12:30 ARTHRITIS EXERCISE	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 9:30 Stretch Exercise 10:00 Cyber Workshop-2nd Floor 10:20 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:30 Talent Show & Visit with Students from Wheeler School
<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				

# APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b></p> <p>9-12 Blood &amp; Glucose Pressure Screenings            9:30 Shri Yoga \$10 monthly            9:30 Bone Builders            10:00 Therapeutic Coloring            11:30 Lunch—Café            \$3 Suggested Donation            12:30 Non-Impact Aerobics</p>	<p><b>2</b></p> <p>9:30 Stretch Exercise            11:30 Lunch            \$3 Suggested Donation            11:30 Tai Chi \$10 Monthly            12:30 Arthritis Exercise—            CANCELED            12:30 Intro to BINGOCZE</p>	<p><b>3</b></p> <p>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</p>	<p><b>4</b></p> <p>9:30 Cribbage            9:30 Stretch Exercise            10:00 Cyber Workshop-2nd Floor            10:20 Line Dancing            11:30 Lunch            \$3 Suggested Donation            12:30 Gardening Club with Annette</p>
<p><b>7</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            12:30 Walking Club—River Island            12:30 BINGOCZE</p>	<p><b>8</b></p> <p>9:30 Shri Yoga- \$10 monthly            9:30 Bone Builders            10:00 Therapeutic Coloring            11:30 Lunch—Café            \$3 Suggested Donation            12:30 Non-Impact Aerobics-</p>	<p><b>9</b></p> <p>9-11:30 Hairdressing            9:30 Stretch Exercise            11:30 Lunch            \$3 Suggested Donation            11:30 Tai Chi \$10 Monthly            12:30 Arthritis Exercise            12:30 BINGOCZE</p>	<p><b>10</b></p> <p>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</p>	<p><b>11</b></p> <p>9:30 Cribbage            9:30 Stretch Exercise            10:00 Cyber Workshop-2nd Floor            10:20 Line Dancing            10:30 URI Blood Pressure Screenings            11:30 Lunch-\$3 Suggested Donation            12:30 URI School of Pharmacy Presents "Pay Less for Your Meds"</p>
<p><b>14</b></p> <p>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            12:30 Watercolor Painting            12:30 Walking Club-Blackstone BLVD.            12:30 BINGOCZE</p>	<p><b>15</b></p> <p>9:30 Shri Yoga- \$10 monthly            9:30 Bone Builders            10:00 Therapeutic Coloring            11:30 Lunch—Café            \$3 Suggested Donation            12:30 Non-Impact Aerobics</p>	<p><b>16</b></p> <p>9:30 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            12:30 BINGOCZE</p>	<p><b>17</b></p> <p>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</p>	<p><b>18</b></p> <p>9:00 Special Trip to the RI Supreme Court            9:30 Cribbage            9:30 Stretch Exercise            10:20 Line Dancing            11:30 Lunch w/ the RSVP BAND            \$3 Suggested Donation            12:30 Portuguese Day with Folklore Dancing by the Cranston Portuguese Club</p>
<p><b>21</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            12:30 Walking Club-Slater Park            12:30 BINGOCZE</p>	<p><b>22</b></p> <p>9:30 Shri Yoga \$10 monthly            9:30 Bone Builders            10:00 Therapeutic Coloring            11:30 Lunch—Café            \$3 Suggested Donation            12:30 Non-Impact Aerobics</p>	<p><b>23</b></p> <p>9-11:30 Hairdressing            9:30 Stretch Exercise            11:30 Lunch            \$3 Suggested Donation            11:30 Tai Chi \$10 Monthly            12:30 Arthritis Exercise            12:30 BINGOCZE            1:00 Brown University Geriatric Workshop—3rd Floor</p>	<p><b>24</b></p> <p>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</p>	<p><b>25</b></p> <p>9:30 Cribbage            9:30 Stretch Exercise            10:20 Line Dancing            11:30 Lunch—Café            \$3 Suggested Donation            12:30 TBD</p>
<p><b>28</b></p> <p>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            12:30 Watercolor Painting            12:30 Walking Club-Festival Pier            12:30 BINGOCZE</p>	<p><b>29</b></p> <p>9:30 Shri Yoga \$10 monthly            9:30 Bone Builders            10:00 Therapeutic Coloring            11:30 Lunch—Café            \$3 Suggested Donation            12:30 Non-Impact Aerobics</p>	<p><b>30</b></p> <p>9:30 Stretch Exercise            11:30 Lunch            \$3 Suggested Donation            11:30 Tai Chi \$10 Monthly            12:30 Arthritis Exercise            12:30 BINGOCZE</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)**

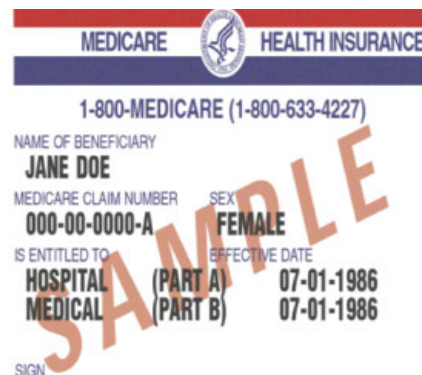
**Identity Fraud & Consumer Protection**

**Housing Options**

**Heating Assistance**

**Retirement Planning**

**Living Wills and Durable Power of Attorney for Health Care**



### 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.

**SUPPORT OUR ADVERTISERS!**



## Walking Club on Mondays, Starting in April

04/07 RIVER ISLAND 1425 High Street Central Falls

04/14 BLACKSTONE BLVD. Providence

04/21 SLATER PARK, Pawtucket

04/28 FESTIVAL PIER 50 Tim Healey Way Pawt.

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 designated mall.

There is no cost for Walking Club transportation.

The shuttle leaves the Center at 12:30 p.m.

Please be ready at the designated drop off area at 2 p.m. for departure. Thank you for your cooperation!



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!!!



March 27th 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, March 19th at 10 a.m. and Wednesday April 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®

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, **April 24th** 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, March 3rd 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, March 10th 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.

## MARCH SHOPPING TRIPS from the Senior Center-10:30 am

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

Weds., March 12th Walmart, N. Smithfield

Thurs., March 20th Ollie's, Woonsocket

Weds., March 26th Aldi's Plaza, East Providence

### SPECIAL TRIP:

## APRIL SHOPPING TRIPS from the Senior Center-10:30 am:

Weds., April 2nd Market Basket Grocery Shopping  
South Attleboro, MA

Thurs., April 10th Walmart, N. Smithfield

Thurs., April 17th Aldi's Plaza, East Providence

Thurs., April 24th Wampanoag Mall, East Prov.

### SPECIAL TRIP:

## TRIP TO PROVIDENCE PERFORMING ARTS CENTER TO SEE LIVE SHOW "THE PIPES ARE CALLING: STEP INTO THE IRISH PARLOR" - TUESDAY, 3/11/25 LEAVING CENTER AT 9 A.M.

\*PPAC'S HOUSE ORGANIST PETER EDWIN KRASINSKI,  
IRISH STEPPER KEVIN DOYLE AND THE ROSCOMMON  
SOLES TO DOMINATE THE STAGE.

\*SHUTTLE LEAVES THE SENIOR CENTER AT 9 A.M.,  
BREAKFAST AT MARIA'S RESTAURANT IN LINCOLN  
AND SHOW AT PPAC TO FOLLOW. COST OF TRIP IS \$2.  
LUNCH IS NOT PROVIDED IN TRIP COST.



## "Walk to Shop" Garden City Outdoor Mall Trip Tuesday, 04/08/25—Leaving Center at 10 a.m.

Shop, dine, and get your free ice cream

cone at Ben &  
Jerry's in ob-  
servance of Free  
Cone Day!



## MARCH LUNCH TRIP \$2: Leaving at 11 am

Tue. March 25th Bon Asian Hibachi Grill in  
Johnston, RI— A dining experience where a  
chef cooks food in front of you on a grill while  
entertaining guests with tricks and theatrics.  
Each person is responsible for own bill.

## APRIL LUNCH TRIP \$2: Leaving at 11 am

Tue. April 22nd Bliss Bros. Dairy Restaurant in  
Attleboro, MA  
Enduring, spacious eatery & ice cream parlor  
providing American meals and ice cream made  
on site. Each person is responsible for own bill.

### 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. Alcohol or illegal substances are not allowed on the shuttle. Purchases of alcohol or illegal substances are not allowed.

### 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 FOR YOUR COOPERATION!**

NEVER MISS  
OUR NEWSLETTER!


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Have our newsletter  
emailed to you.

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



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 Leon A. Mathieu  
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purchase an ad with

AD CREATOR STUDIO



[lpicommunities.com/adcreator](http://lpicommunities.com/adcreator)



### Stay Healthy and Connected with Neighborhood INTEGRITY (Medicare-Medicaid Plan)

When you're a member, you get the care you need and the benefits  
you want – **all at no cost to you!**

Members enjoy these \$0 benefits:

- >> Care management
- >> NEW! Preventive dental through Delta Dental of Rhode Island
- >> Unlimited\* over-the-counter (OTC) drug products
- >> In-home companion program
- >> Gym membership
- >> ...and more!

Neighborhood is here for you!  
1-844-812-6896 (TTY 711)  
[www.nhpri.org/INTEGRITY](http://www.nhpri.org/INTEGRITY)



Neighborhood Health Plan of Rhode Island is a health plan that contracts with both Medicare and Rhode Island Medicaid to provide the benefits of both programs to members.  
\*No spending (coverage) limit for OTC drugs filled by provider prescription on covered drugs within a plan year.  
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# SUPPORT THE ADVERTISERS that Support our Community!



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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**