



Leon A. Mathieu Senior Center

420 Main Street Pawtucket, RI 02860

July/August 2025



**DONALD R.
GREBIEN MAYOR**

**MARY LOU MORAN
DIRECTOR**

Mayor Donald Grebien and Executive Director Mary Lou Moran with Older Americans Month Awards Recipients Helmut Reinhardt & Jerome Lockley. Congratulations to awardees Susan Sweet and Chuck Hollis who were not able to attend.



2025 Pawtucket Senior Citizens Council Installation Ceremony



PSCC 2025 Members: Francis Boyd (Trustee), Robert Brown, Edna Cooper (Trustee), Raymond Dubord (Trustee), Linda Dvelis, Deborah Fernandes, Davona Fuller, Dawn Goff, Maria Gold (Trustee), Dianna Hashway, Janet Houle, Margaret Hughes, Roger Incerpi, Paula McAloon (Vice President), Roland Moussally (Treasurer), Robert O'Brien, Bill Remington, Marsha Rigby, and Beth Roberge (President)

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

Digital Version of the Newsletter is
Available at:

www.mycommunityonline.com
Pawtucketri.gov/seniorcenter

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, Pawtucket Rotary Club, Delois Oil Company, donations and memberships. Thank you to all our donors!

LEON MATHIEU SENIOR CENTER &

BLACKSTONE HEALTH, INC. HOLIDAY CLOSINGS

**FRIDAY, July 4th, 2025 in Observance of Independence Day
MONDAY, August 11th, 2025 in Observance of Victory Day**



**Celebrating Journalist & Deputy Director Herbert P. Weiss &
Opening of New Collection at RIC James P. Adams Library**



AGE FRIENDLY PAWTUCKET UPDATE

Pawtucket is making great strides in moving forward with its intent of becoming an Age Friendly Community. This process began officially last September with the endorsement of Mayor Grebien and the Pawtucket City Council. We are very excited to join the global effort (started back in 1991 by the World Health Organization) to make our community more livable and age friendly by including principles such as older adult independence, dignity and self-fulfillment in all plans on aging.

A local advisory task force has been formed of local leaders and constituents to work with the AARP RI Chapter and Age Friendly RI (the local affiliate of the World Health Organization's Global Network of Age Friendly Cities and Towns) and will begin meeting in several weeks. We hope to have a Kick-Off Event in late August. Stay tuned to future updates and we will be looking forward to your input and ideas.



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 City of Pawtucket!!!



**Big Brothers
Big Sisters.**

OF AMERICA

Join Paula Bradley and Staff Community Outreach Coordinators of the Office of U.S. Senator Sheldon Whitehouse, for a Discussion Group/Current Events Group to be held on Thursdays July 17th and August 21st 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.



The LMSC Walking Club on Mondays

07/07 INDIA POINT PARK Providence
 07/14 SWAN POINT CEMETARY, Providence
 07/21 SLATER PARK, Pawtucket
 07/28 BLACKSTONE BLVD. Providence
 08/04 FESTIVAL PIER 50 Tim Healey Way Pawt.
 08/18 ROGER WILLIAMS NATIONAL PARK
 282 North Main St. Providence
 08/25 MONASTERY, 1464 Diamond Hill, Cumb.
 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 12:15 p.m. Please be ready at the designated drop off area at 2 p.m. for departure. Thank you for your cooperation!



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. The next date is Friday, Aug. 15th, 2025. Appointments are confidential and can be made by visiting the Center's 2nd floor office or by calling 728-7582.



Free Memory Screenings Provided by Butler's Memory and Aging Program

What is a memory screening? It is a "healthy brain check-up" that tests memory and other thinking skills. The memory screening is a series of questions and/or tasks that takes approximately 10-15 minutes to complete and can indicate if someone might benefit from a comprehensive medical evaluation. It is for personal use only and should not be used to diagnose any particular illness.

If you are interested in signing up for a screening, see Melissa or call the office at 401-728-7582.

Parkinson's Exercise Classes with Instructor Maria Kishfy on 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 on Tuesdays at 2 p.m. This is a 12 week program. Residents and Non-Residents of Pawtucket living with Parkinson's Disease are welcome to participate. If interested, see Melissa. Thank you for the generous donation from the Pawtucket Rotary Club & Deblois Oil Company for funding this beneficial program!

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.

PHOTO ID BUS PASS

Need a RIPTA Photo ID Bus Pass?

RIPTA's Customer Service staff regularly travel to rural and urban communities throughout the state to provide reduced fare bus passes to **qualified seniors and individuals with disabilities**. Look out for us at these locations where we will be processing photo identification bus passes, accepting bus pass applications, and answering your transit questions.



June, July and August 2025 Community Site Visits

6/5	Coventry Senior Center 50 Wood St. 10am-12pm
6/12	Woonsocket Senior Center 84 Social St. 9am-11:30am
6/26	East Greenwich Senior Center 121 Pierce St. 10am-12pm
7/10	William Donovan Manor 19 Chapel St., Newport 10am-12pm
7/17	Leon Mathieu Center 420 Main St., Pawtucket 10am-12pm
8/14	West Warwick Senior Center 145 Washington St. 10am-12pm

Can't make it to one of our site visits?

Visit our Photo ID Office in Kennedy Plaza.
 Monday, Tuesday, Wednesday or Friday
 8am - 4pm (closed 12pm - 1pm).

Or apply online at RIPTA.com/ReducedFare



RIPTA.com/ReducedFare | 401-784-9500 x2012

JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	9:30 Shri Yoga @ Shri Studio- 10:00 Bone Builders- 10:00 Therapeutic Coloring 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's	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	 No Activities, Senior Shuttle, or Blackstone Café
7	8	9	10	11
9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 12:15 Walking Club at India Point Park, Providence 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting	9:30 Shri Yoga @ Shri Studio- \$10 monthly 10:00 Bone Builders 10:00 Therapeutic Coloring 11:00 Van Trip to BJ's Restaurant in Attleboro 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's	9-11:30 Hairdressing 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 12:30 CRAFTS CLASS WITH SHIRLEY- SUPPLIES & INSTRUCTION ARE FREE
14	15	16	17	18
9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 12:15 Walking Club at Swan Point Cemetary, Prov. 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting	9:30 Shri Yoga @ Shri Studio- 10:00 Bone Builders- 10:00 Therapeutic Coloring 11:00 Van Trip to Top of the Bay in Warwick 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's CANCELED	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 CANCELED 12:30 K2 BINGO	9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:00 RIPTA BUS PASSES - GARDEN ROOM 10:30 Discussion Group 11:00 Van Trip to Bon Asian Hibachi in Johnston 11:30 Lunch \$3 Suggested Donation 12:15 PRIZE Penny BINGO w/ Tracy from Pawtucket Falls 12:15 Chair Yoga	9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch w/ the RSVP Band \$3 Suggested Donation 12:30 BEN & JERRY'S ICE CREAM SOCIAL OUTDOORS—FREE FOR SENIORS 55 AND OLDER
21	22	23	24	25
9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 12:15 Walking Club at Slater Park, Pawtucket 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting	9:30 Shri Yoga @ Shri Studio- 10:00 Bone Builders 10:00 Therapeutic Coloring 11:00 Van Trip to Top of the Bay in Warwick 11:30 Lunch—Café 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's	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 10:30 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 10:20 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:30 To be Announced
28	29	30	31	
9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 12:15 Walking Club at Blackstone Blvd. Providence 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting	8:30 Van Trip to Newport Ferry 9:30 Shri Yoga @ Shri Studio- 10:00 Bone Builders 10:00 Therapeutic Coloring 11:30 Lunch—Café 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's	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 11:30 Lunch \$3 Suggested Donation \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	

AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>9:30 Cribbage 1</p> <p>9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:30 Ice Cream Social & Presentation "Simplifying Final Expenses for Seniors" by Terri Pimiento</p>
<p>9:30 Knitting 4</p> <p>9:30 Pet Therapy 9:30 Senior Cardio 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12:15 Festival Pier, Pawt. 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting</p>	<p>5</p> <p>9:30 Shri Yoga- \$10 monthly 10:00 Bone Builders 10:00 Therapeutic Coloring 11:00 Van Trip to Crow's Nest Restaurant in Warwick 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics- 2:00 Yoga for Parkinson's</p>	<p>6</p> <p>9:30 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise</p>	<p>7</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>8</p> <p>9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch-\$3 Suggested Donation 12:30 GARDENING WITH ANNETTE</p>
<p>11</p>  <p>No Activities, Senior Shuttle, or Blackstone Café</p>	<p>12</p> <p>9:30 Shri Yoga- \$10 monthly 10:00 Bone Builders 10:00 Therapeutic Coloring 11:00 Van Trip to Chelos's Waterfront Restaurant in Warwick 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's</p>	<p>13</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</p>	<p>14</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:00 Podiatry Clinic—2nd Floor 10:30 Shopping Trip 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga</p>	<p>15</p> <p>9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch w/ the RSVP BAND \$3 Suggested Donation 12:30 Annual Senior Picnic by the LMSC and Blackstone Health Inc.—RSVP WITH BLACKSTONE HEALTH-ENTERTAINMENT BY BO-DEE'S CIRCLE OF LIFE</p>
<p>18</p> <p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12:15 Walking Club at Roger Williams Natl. Memorial, Providence 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting</p>	<p>19</p> <p>9:30 Shri Yoga \$10 monthly 10:00 Bone Builders 10:00 Therapeutic Coloring 11:30 Lunch—Café \$3 Suggested Donation 12:00 Van Trip to Wright's Dairy Farm & Bakery 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's</p>	<p>20</p> <p>9:30 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise</p>	<p>21</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Shopping Trip 10:30 Discussion Group 11:30 Lunch—Café \$3 Suggested Donation 12:15 12:15 PRIZE Penny BINGO w/ Tracy from Pawtucket Falls 12:15 Chair Yoga</p>	<p>22</p> <p>9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch—Café \$3 Suggested Donation 12:30 CRAFTS CLASS WITH SHIRLEY - SUPPLIES & INSTRUCTION ARE FREE</p>
<p>25</p> <p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 12:15 Walking Club The Monastery, Cumberland 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting</p>	<p>26</p> <p>9:30 Shri Yoga \$10 monthly 10:00 Bone Builders 10:00 Therapeutic Coloring 11:00 Van Trip to Cracker Barrel in Coventry 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's</p>	<p>27</p> <p>9-11:30 Hairdressing 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</p>	<p>28</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>29</p> <p>9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch—Café \$3 Suggested Donation 12:30 End of Summer Party Outdoors</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)

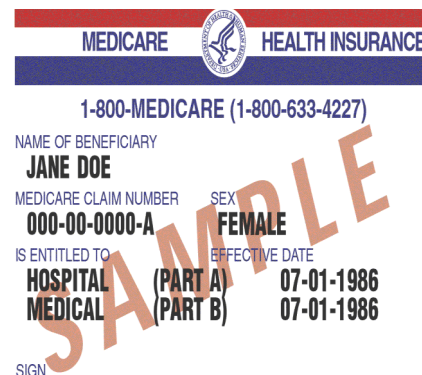
Identity Fraud & Consumer Protection

Housing Options

Heating Assistance

Retirement Planning

Living Wills and Durable Power of Attorney for Health Care



A sample Medicare card for Jane Doe. The card is divided into two main sections: Medicare (red header) and Health Insurance (blue header). The Medicare section includes the 1-800-MEDICARE (1-800-633-4227) number, the beneficiary's name (JANE DOE), the Medicare claim number (000-00-0000-A), and the sex (FEMALE). The Health Insurance section includes the effective date (07-01-1986) and the hospital medical (PART B) information. A large 'SAMPLE' watermark is overlaid on the card.

MEDICARE		HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)			
NAME OF BENEFICIARY JANE DOE			
MEDICARE CLAIM NUMBER 000-00-0000-A		SEX FEMALE	
IS ENTITLED TO HOSPITAL (PART A)		EFFECTIVE DATE 07-01-1986	
MEDICAL (PART B)		07-01-1986	
SIGN			



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.

**ADAPTIVE TELEPHONE
EQUIPMENT LOAN PROGRAM**

You can join a representative from the ATEL Program for ATEL Tech Time a new **FREE** monthly 30-minute one-on-one session to answer your questions or learn how to use your iPad/iPhone or Android device to its fullest. If you do not own a smart device, you may be eligible to get one through the ATEL Program. This program comes to us by the RI Office of Rehabilitation Services. Sessions are held at the Leon Mathieu Senior Center. Appointments are required and can be made on the 2nd floor or by calling the Senior Ctr.



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!!!**

**Thursday, August 14th 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.**



Join Us for Brain Health Bingo!

Much like our bodies age, our minds age too. But the good news is — there are steps we can take to keep our brains healthy as we grow older. This event will combine wellness education with exciting **raffle giveaways** and interactive bingo session focused on the 8 Pillars of Brain Health. Presented by Tara Tang from K2 Medical Research, this engaging event is more than just a game — it's a chance to learn how to take an active role in managing your brain health. Come connect, play, and discover practical tips to support your brain health through movement, nutrition, social connection, mental engagement, and more. **Join us Wednesday, July 16th at 12:30 p.m.**

**Alzheimer's & Dementia Related
Family Caregiver Support Group**

- Build a support system with people who understand
- Exchange practical information on caregiving challenges and possible solutions
- Talk through challenges and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

When: Next dates are Wednesday, July 17th at 10 a.m. and Wednesday, August 20th 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 in the 1st floor Garden Room on Thursday, **July 17th** 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, June 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, June 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. Lunch is not provided in trip cost. Each person is responsible for own bill.

JULY SHOPPING TRIPS from the Senior Center-10:30 am
Thurs., July 10th Market Basket Grocery Shopping
South Attleboro, MA

Thurs., July 17th Walmart, N. Smithfield

Thurs., July 24th Job Lot, Nth. Attleboro

Thurs., July 31st Aldi's Plaza, East Providence

JULY LUNCH TRIPS \$2: Leaving at 11 am

Tuesday, July 8th BJ's Brewhouse, Attleboro
BJ's Restaurants is an American restaurant chain known for its casual dining experience, focusing on deep-dish pizza, and a wide variety of other menu items. Each is responsible for their own bill.

Tuesday, July 15th & July 22nd Top of the Bay, Warwick -Waterfront, seafood restaurant located in Oakland Beach Warwick RI, with one of the best views of the bay found in the beautiful state of Rhode Island known for a casual New England setting, serving local seafood, Italian American dishes. Each is responsible for their own bill.

JULY SPECIAL TRIP Ferry Boat Ride \$14:

Tuesday, July 29th Leaving at 8:30 a.m. Join us for a boat ride from Providence to Newport. We will NOT be spending any time in Newport, however we will be enjoying the boat trip to and from Newport. A lunch trip to Chelo's in Providence will be followed by boat trip.
Each person is responsible for their own bill.

AUG. SHOPPING TRIPS from the Senior Center-10:30 am:
Thurs., Aug. 7th Market Basket Grocery Shopping
South Attleboro, MA

Thurs., Aug. 14th Walmart, N. Smithfield

Thurs., Aug. 21st Aldi's Plaza, East Providence

Thurs., Aug. 28th Olly's, Woonsocket

AUG. LUNCH TRIPS \$2: Leaving at 11 am

Tuesday, August 5th Crow's Nest, Warwick

A local seafood restaurant located across from Ponaug Marina. It features New England comfort food like fresh fish, lobster rolls, clam cakes, clam chowder, fish and chips and baked stuffed lobsters. Each person is responsible for own bill.

Tuesday, Aug. 12th Chelo's Waterfront, Warwick

Laid-back, family-owned Rhode Island outlet serving salads, burgers & other homestyle food with stunning waterfront views. Each is responsible for own bill.

Tuesday, Aug. 26th Cracker Barrel, Coventry

Known for Southern country food & old country décor. Each person is responsible for own bill.

AUG. SPECIAL TRIP \$2 Wrights Dairy Farm & Bakery Tuesday, Aug. 19th leaving at 12 pm
Visit the farm and enjoy ice cream & pastry—
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 6:30 am)
 - ◆ Call 728-7582, second floor, to CANCEL SENIOR SHUTTLE (if calling after 6:30 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!**

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