



Leon A. Mathieu Senior Center

420 Main Street Pawtucket, RI 02860

September/October 2025



DONALD R.
GREBIEN MAYOR

MARY LOU MORAN
DIRECTOR

September-National Senior Center Month

Each September, we celebrate National Senior Center Month and the 2025 theme is *Powering Possibilities: Flip The Script*. This theme challenges all of us to look at outdated perceptions and ideas about aging. It also celebrates the dynamic role that senior centers play in fostering purpose, connection, opportunities for the older adults of the community. From their beginnings in the 1940s to their recognition in the Older Americans Act in 1973 to today, senior centers have continually evolved to meet the changing needs of older adults and their communities. Here at the Leon Mathieu Senior Center, our members are showing us how growing older is truly a growth opportunity every day. We are working to provide opportunities to all older adults of the community to continue connecting, exploring, and expressing their individuality. What I think you will find is an environment where engaging and healthy living programs are offered, while also providing practical tools, services, and resources to stay healthy, informed and independent. We invite you to Flip The Script on Aging with us and take advantage of the many services and programs that our dedicated staff have planned for you. Happy National Senior Center Month, Mary Lou Moran, Director



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!



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

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 or www.4lpi.com/careers

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit

www.mycommunityonline.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Ileana Vasquez

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

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 &

Manny Sully

Maintenance

Brian DaLomba

BLACKSTONE HEALTH, INC.

Program Coordinator

Kathleen Fisher 728-9290

Blackstone Health Caf  Coordinator

Timothy Sandy 725-6444

Nutrition Assistant

Susan Leal 365-1101

Caf  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, Deblois Oil Company, donations and memberships. Thank you to all our donors!

**LEON MATHIEU SENIOR CENTER &
BLACKSTONE HEALTH, INC. HOLIDAY CLOSINGS
MONDAY, September 1st, 2025 in Observance of Labor Day
MONDAY, October 13th, 2025 in Observance of Columbus Day**

Protect Yourself

According to the CDC, a flu shot has many important benefits including reducing the risk of flu illness and hospitalization. The CDC recommends that Seniors 65 and older get the high-dose flu vaccine as it is potentially more effective than the standard flu vaccine.

A flu vaccine clinic, sponsored by Blue Cross Blue Shield of Rhode Island at the Leon Mathieu Senior Center is scheduled for **Wednesday, October 15th from 12:00-1:00 p.m.** The regular flu vaccines along with high-dose vaccines will be available. COVID vaccines will also be available. You must pre-register for a vaccination by calling the Senior Center at 728-7582 or visiting the office during business hours. You will need to bring your health insurance card(s) and a photo ID with you on the day of the clinic. The vaccine is free with most health insurances. If you have any questions, call the Senior Center.

**GET THE
FLU SHOT
NOT THE FLU**



**AARP Smart Driver Program Monday, September 8th from
8:45AM-2:00PM.**

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

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 /Current Events Group to be held on Thursdays September 18th and October 16th at 10:30 a.m. Paula and staff will be discussing topics pertaining 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

09/08 Lonsdale Drive-In 121 John St. Lincoln
09/15 BLACKSTONE BLVD. Providence
09/22 SLATER PARK, Pawtucket
09/29 SWAN POINT CEMETERY, Providence
10/06 INDIA POINT PARK Providence
10/20 SLATER PARK, Pawtucket
10/27 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!

Parkinson's Exercise Classes with Instructor Maria Kishfy on Tuesdays at 2:30 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 2:30 p.m. starting 9/9. 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!

BLOOD PRESSURE SCREENINGS

*RIC NURSING STUDENTS ON
TUESDAYS AT 9 A.M. STARTING
SEPTEMBER 9TH.

*URI PHARMACY STUDENTS ON FRIDAYS:
9/12 & 10/10 AT 10:30 A.M.

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.

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, Nov. 21st, 2025. Appointments are confidential and can be made by visiting the Center's 2nd floor office or by calling 728-7582.



THE
UNIVERSITY
OF RHODE ISLAND

Learn how to make smart food choices, sample a healthy, low-cost recipe, and take home tools to make healthy food choices with URI Snap Education's "Healthy Living". This nutrition program will be held in the Café on the third floor following lunch on Tuesday:
September 16th from 12:30 p.m.-1:30 p.m.

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.



CANCER TALKS INFO.
SESSION ON 9/18/25 AT
10:30 a.m. on the first floor

CANCER TALKS is an educated-focused support group designed to provide info. in a supportive environment.

Sessions cover a range of topics, including understanding insurance plans, coordinating care, navigating cancer screenings, caregiving and more.

SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p style="text-align: right; font-size: 2em; font-weight: bold;">1</p> <p>No Activities, Senior Shuttle, or Blackstone Café</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">2</p> <p>9:30 Shri Yoga @ Shri Studio- 10:00 Bone Builders- 10:00 Therapeutic Coloring 11:00 Van Trip to Sam's Inn Restaurant, Warwick 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">3</p> <p>9:30 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise Canceled</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">4</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 style="text-align: right; font-size: 2em; font-weight: bold;">5</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 Crafts with Shirley— Register on the 2nd Floor</p>
<p style="text-align: right; font-size: 2em; font-weight: bold;">8</p> <p>8:45 AARP DRIVER SAFETY COURSE—2nd Floor 9:30 Pet Therapy 9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 11:30 Lunch—Café \$3 12:15 Walking Club at Lonsdale Drive-In, Lincoln 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">9</p> <p>8:00 Van Trip to Newport Ferry Boat Ride 9:00 RIC Blood Pressures-1st Floor 9:30 Shri Yoga @ Shri Studio- \$10 monthly 10:00 Bone Builders 10:00 Therapeutic Coloring 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:30 Yoga for Parkinson's</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">10</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 style="text-align: right; font-size: 2em; font-weight: bold;">11</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 style="text-align: right; font-size: 2em; font-weight: bold;">12</p> <p>9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 10:30 URI Blood Pressure Screenings-1st Floor 11:30 Lunch \$3 Suggested 12:30 URI College of Pharmacy Presents "Fall Prevention" As we age, many factors will affect our mobility and stability. Medications, environment, disease states all have the ability to make our lives a little unsafe. This presentation will address factors.</p>
<p style="text-align: right; font-size: 2em; font-weight: bold;">15</p> <p>9:30 Pet Therapy 9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 11:30 Lunch—Café \$3 12:15 Walking Club at Blackstone Blvd. Providence. 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">16</p> <p>9:00 RIC Blood Pressures-1st Floor 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 12:30 URI SNAP ED Cooking Demonstration—3rd Floor Cafe 2:30 Yoga for Parkinson's</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">17</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</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">18</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Shopping Trip 10:30 Discussion Group 11:30 Lunch \$3 Suggested Donation 12:15 PRIZE Penny BINGO w/ Tracy from Pawtucket Falls 12:15 Chair Yoga</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">19</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 Home Safety Seminar by RI Home Improvement, Inc.—This presentation will provide education and practical guidance on creating a secure and hazard free living environment</p>
<p style="text-align: right; font-size: 2em; font-weight: bold;">22</p> <p>9:30 Pet Therapy 9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 11:30 Lunch—Café \$3 12:15 Walking Club at Slater Park, Pawtucket 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">23</p> <p>9:00 RIC Blood Pressures-1st Floor 9:30 Shri Yoga @ Shri Studio- 10:00 Bone Builders 10:00 Therapeutic Coloring 11:00 Van Trip to Governor Francis Inn Restaurant, Warwick 11:30 Lunch—Café 12:30 Non-Impact Aerobics- Canceled 2:30 Yoga for Parkinson's</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">24</p> <p>9-11:30 Hairdressing 9:30 Stretch Exercise 11:30 Tai Chi \$10 Monthly 11:30 Lunch \$3 Suggested Donation 12:30 Arthritis Exercise</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">25</p> <p>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</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">26</p> <p>9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:30 Swedish Day-Come Celebrate Swedish Culture with Viviane and Kris Onsrud of the Pioneer Lodge #506 Vasa Order of America</p>
<p style="text-align: right; font-size: 2em; font-weight: bold;">29</p> <p>9:30 Pet Therapy 9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 11:30 Lunch—Café \$3 12:15 Walking Club at Swan Point Cemetary, Prov 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting</p>	<p style="text-align: right; font-size: 2em; font-weight: bold;">30</p> <p>9:00 RIC Blood Pressures-1st Floor 9:30 Shri Yoga @ Shri Studio- 10:00 Bone Builders 10:00 Therapeutic Coloring 11:30 Lunch—Café 12:30 Non-Impact Aerobics 2:30 Yoga for Parkinson's</p>	<p style="font-size: 1.2em; font-weight: bold;">FLU & COVID VACCINE CLINIC FOR SENIORS</p> <p style="font-size: 1.2em; font-weight: bold;">WEDNESDAY, 10/15/25 from 12-1 p.m.</p> <p style="font-size: 1.2em; font-weight: bold;">FOR HELP WITH REGISTERING FOR THE VAC- CINE CLINIC, CALL THE SENIOR CENTER AT 401-728-7582 . The Clinic is brought to you by Blue Cross Blue Shield of RI!</p> <p style="font-size: 1.2em; font-weight: bold;">HAPPY NATIONAL SENIOR CENTER MONTH!!!</p>		

OCTOBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Open Enrollment for Medicare Beneficiaries is October 15th-December 7th Contact the Senior Center Office for an Appointment</p> <p>2026 Medicare & You Updates with Joan Newton, LMSC Case Worker and Emilia Fernandes, LMSC Outreach Worker to be held on Wednesday, October 8th at 10:15 a.m. on the first floor of the Leon Mathieu Senior</p>				
		<p>1</p> <p>9:30 Stretch Exercise 11:30 Lunch \$3 Suggested Donation</p> <p>11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise</p>	<p>2</p> <p>9:30 Salsacise-Canceled 9:30 Healthy Living for Your Brain & Body Presentation by The Alzheimer's Association 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>3</p> <p>9:30 Cribbage</p> <p>9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:30 To be Announced</p>
<p>6</p> <p>9:30 Pet Therapy 9:30 Knitting 9:30 Pet Therapy 9:30 Senior Cardio 11:30 Lunch-Café \$3 Suggested Donation 12:15 India Point Park, Prov. 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting</p>	<p>7</p> <p>9:00 RIC Blood Pressures-1st Floor 9:30 Shri Yoga- \$10 monthly 10:00 Bone Builders 10:00 Therapeutic Coloring 11:00 Van Trip to Wetherlaine's Restaurant, Attleboro 11:30 Lunch-Café \$3 Suggested Donation 12:30 Non-Impact Aerobics- 2:30 Yoga for Parkinson's</p>	<p>8</p> <p>9-11:30 Hairdressing 9:30 Stretch Exercise 9:30 Medicare Updates with Joan & Emilia 11:30 Lunch \$3 Suggested Donation</p> <p>11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise</p>	<p>9</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Shopping Trip 11:30 Lunch-Café \$3 Suggested Donation</p> <p>12:15 Penny BINGO 12:15 Chair Yoga</p>	<p>10</p> <p>9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 10:30 URI Blood Pressure Screenings-1st Floor 11:30 Lunch-\$3 Suggested Donation 12:30 URI School of Pharmacy Presents "Medicare Part D" This presentation explains the drug coverage component of Medicare as well as differences among plans.</p>
 <p>13</p> <p>No Activities, Senior Shuttle, or Blackstone Café</p>	<p>14</p> <p>9:00 RIC Blood Pressures-1st Floor 9:30 Shri Yoga- \$10 monthly 10:00 Bone Builders 10:00 Therapeutic Coloring 11:30 Lunch-Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:30 Yoga for Parkinson's</p>	<p>15</p> <p>9:30 Stretch Exercise 10:00 Alzheimer's Caregiver Support Group-2nd Floor 11:30 Lunch \$3 Suggested Donation</p> <p>11:30 Tai Chi \$10 Monthly 12:00-1:00 Flu & Covid Vaccine Clinic-Garden Room 12:30 Arthritis Exercise</p>	<p>16</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Discussion Group 10:30 Shopping Trip 11:30 Lunch-Café \$3 Suggested Donation 12:15 PRIZE Penny BINGO w/ Tracy from Pawtucket Falls 12:15 Chair Yoga</p>	<p>17</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 Gardening with Annette</p>
<p>20</p> <p>9:30 Pet Therapy 9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 11:30 Lunch-Café \$3 Suggested Donation 12:15 Slater Park, Pawtucket 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting</p>	<p>21</p> <p>9:00 RIC Blood Pressures-1st Floor 9:30 Shri Yoga \$10 monthly 10:00 Bone Builders 10:00 Therapeutic Coloring 11:00 Van Trip to Davenport's Restaurant, Cumberland 11:30 Lunch-Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:30 Yoga for Parkinson's</p>	<p>22</p> <p>9-11:30 Hairdressing 9:30 Stretch Exercise 11:30 Lunch \$3 Suggested Donation</p> <p>11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise</p>	<p>23</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:00 Podiatry Clinic-2nd Floor 10:00 RIPTA BUS PASSES - GARDEN ROOM 10:30 Shopping Trip 11:30 Lunch-Café \$3 Suggested Donation</p> <p>12:15 Chair Yoga 12:15 Penny BINGO</p>	<p>24</p> <p>9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch-Café \$3 Suggested Donation</p> <p>12:30 OKTOBERFEST- Come Celebrate German Culture with a Presentation by Fellow Senior and Fun Activities</p>
<p>27</p> <p>9:30 Pet Therapy 9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 11:30 Lunch-Café \$3 12:15 Walking Club The Monastery, Cumberland 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting</p>	<p>28</p> <p>9:00 RIC Blood Pressures-1st Floor 9:00 Van Trip to the Big Apple 9:30 Shri Yoga \$10 monthly 10:00 Bone Builders 10:00 Therapeutic Coloring 11:30 Lunch-Café \$3 Suggested Donation 12:30 Non-Impact Aerobics 2:30 Yoga for Parkinson's</p>	<p>29</p> <p>9:30 Stretch Exercise 11:30 Lunch \$3 Suggested Donation</p> <p>11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise</p>	<p>30</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Shopping Trip 11:30 Lunch-Café \$3 Suggested Donation</p> <p>12:15 Penny BINGO 12:15 Chair Yoga</p>	<p>Happy Halloween 31</p> <p>9:30 Cribbage 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch-Café \$3 Suggested Donation 12:30 Annual Halloween Costume Party with Entertainment by Bo-Dee's Circle of Music. Light Refreshments will be Served. Tickets are \$2. Purchase Tickets by 10/29 at the Office.</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



2026 Medicare & You Updates with Joan Newton, LMSC Case Worker and Emilia Fernandes, LMSC Outreach Worker to be held on Wednesday, October 8th at 10:15 a.m. on the first floor of the Leon Mathieu Senior Center.

MEDICARE PART D ANNUAL OPEN ENROLLMENT: October 15, 2025 THRU DECEMBER 7, 2025

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

for all Open Enrollment counseling sessions. counseling sessions. Thank you to the R.I. Division of Elderly Affairs, and our Senior Health Insurance Program partners for their assistance during open Enrollment.

Please note: For anyone 65 and above, you do not have to be concerned about the Health Insurance Market Place enrollment as part of the Affordable Care Act.

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,
October 23rd FROM 10 A.M.-12
P.M. PLEASE SEE THE SEC-
OND FLOOR STAFF TO SIGN
UP! MUST HAVE ID & INSURANCE CARDS
AVAILABLE AT SIGN UP.**



YOGA FOR SENIORS
Tuesdays @ 9:30am
\$10 PER MONTH
Classes take place at Shri

Studio 390 Pine Street Pawtucket, RI 02860.

This class is designed to introduce seniors to gentle yoga postures and meditation techniques from their chairs inside a beautiful studio, helping them reduce stress, improve focus, build strength, increase flexibility and engage in a growing community. If you are interested in participating, register at the Senior Center office.
Thank you to the Shri Studio Foundation!

**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, September 17th at 10 a.m. and Wednesday, October 15th 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, October 23rd 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 office.



TAI CHI CLASSES WITH INSTRUCTOR BOB MCMANUS ON WEDNESDAYS AT 11:30 a.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 **Tuesday, August 19th 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 **Tuesday, August 26th 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.

SEPT. SHOPPING TRIPS from the Senior Center-10:30 am
Thurs., Sept. 4th Market Basket Grocery Shopping
South Attleboro, MA

Thurs., Sept. 11th Aldi's Plaza, East Providence

Thurs., Sept. 18th Job Lot, Nth. Attleboro

Thurs., Sept. 25th Walmart, N. Smithfield

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

SEPTEMBER LUNCHEON TRIPS:

Tuesday, September 2nd—Sam's Inn, Warwick
Leaving Center at 11 a.m.

Tuesday, September 23rd—Governor Francis Inn,
Warwick, Leaving Center at 11 a.m.

SEPT. SPECIAL TRIP Ferry Boat Ride \$14:



Tuesday, Sept. 9th Leaving at 8:00 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 Gregg's in Providence will be followed by boat trip. Each person is responsible for their own bill.

OCT. SHOPPING TRIPS from the Senior Center-10:30 am:
Thurs., Oct. 2nd Market Basket Grocery Shopping
South Attleboro, MA

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

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

Thurs., Oct. 23rd Job Lot, Nth. Attleboro

Thurs., Oct. 30th Ollie's, Seekonk

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

OCTOBER LUNCHEON TRIPS:

Tuesday, October 7th—Wetherlaine's Restaurant,
Attleboro, Leaving Center at 11 a.m.

Tuesday, October 21st—Davenport's, Cumberland
Leaving Center at 11 a.m.

OCTOBER SPECIAL TRIP \$12:

The Big Apple, Wrentham, MA—Leaving the Center at 9 a.m. Tuesday, October 28th—\$12 per person (transportation and tour only) Leave Center at 9 a.m.

The tour includes a tractor-pulled wagon ride around the picturesque orchards, a bag of apples to take home, and a homemade donut with a cup of fresh pressed cider!

Lunch to follow at La Familia in Wrentham. 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!**



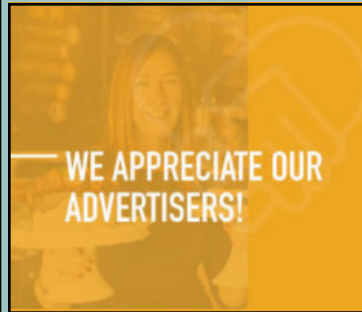
**Custom Roofing
Siding
Construction**

401.219.9548
rinaldiroofingri.com

Family Owned by twin brothers
Nick & Matt Rinaldi



The resource hub
for healthy aging. | Call 401.462.4444
Visit oha.ri.gov



Living at home is **EASIER** for Neighborhood **INTEGRITY** (Medicare-Medicaid) members!

Members get coordinated care when they need it plus*:

- \$0 premiums
- \$0 copays
- \$0 prescription drugs



Contact Neighborhood today to learn more about long-term services and supports such as home and community-based services.

401-427-6723 (TTY 711) | 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 enrollees.

*If you get long-term services and supports (LTSS), you may have to pay part of the cost of the services. This amount is determined by Rhode Island Medicaid. #19576_MKTPlanHvAD_LTSS Approved 02/22/2024



**NEVER MISS
OUR NEWSLETTER!**

SUBSCRIBE

Have our newsletter
emailed to you.

Visit **www.mycommunityonline.com**



**SUPPORT THE
ADVERTISERS**
that Support our
Community!



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