



Leon A. Mathieu Senior Center

420 Main Street Pawtucket, RI 02860

November/December 2025



DONALD R.
GREBIEN MAYOR

MARY LOU MORAN
DIRECTOR

WISHING YOU AND YOURS A HAPPY HOLIDAY SEASON FULL
OF HEALTH, LOVE AND LAUGHTER!
~WARM WISHES FROM THE STAFF
AT THE LEON MATHIEU SENIOR CENTER

Thanksgiving Dinner

Thursday, November 20th
at 11:30 a.m. Blackstone Café
420 Main St. 1st floor Pawtucket, R.I.
Reservation Required @ Blackstone Café
401-728-5480

Holiday Lunch

Thursday, December 18th
at 11:30 a.m. Blackstone Café
420 Main St. 1st floor Pawtucket, R.I.
Reservation Required @ Blackstone Café
401-728-5480

City of Pawtucket Annual Mayor's Holiday Dinner

Tuesday, December 9th from 12-2 p.m.

St. Mary's Antiochian Church, One Saint Mary Wary Pawtucket, RI 02860
Pre-registration is required! Call the Senior Center at 401-728-7582 to register and/or request transportation. R.S.V.P as soon as possible please.

Pawtucket Soup Kitchen's Thanksgiving Dinner

November 27th from 12 p.m.-1 p.m.
All food must be eaten at the soup kitchen.
195 Walcott Street Pawtucket, RI 02860
401-258-4616

Pawtucket Soup Kitchen's Christmas Eve Dinner

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

Pawtucket Soup Christmas Brunch

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

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 &

Manny Sully

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

LEON MATHIEU SENIOR CENTER &

BLACKSTONE HEALTH, INC. HOLIDAY CLOSINGS

**TUESDAY, November 11th, 2025 in Observance of Veterans Day
THURSDAY & FRIDAY November 27th & 28th in Observance of
Thanksgiving**

THURSDAY December 25th in the Observance of Christmas

No Activities, Senior Shuttle, or Blackstone Café.

**PLEASE CONSIDER DONATING ITEMS FOR OUR
HOLIDAY BASKETS THAT WILL BE RAFFLED AT THE
HOLIDAY PARTY ON 12/19. BASKET THEMES THIS YEAR ARE:
LINENS & THINGS, SCRATCH TICKETS,
NON-PERISHABLE FOOD, ITALIAN BASKET,
COFFEE & TEA, KITCHEN, TOILETRIES, MOVIES, PAPER
GOODS, SPRING CLEANING, AND TOYS & GAMES. THANK YOU
IN ADVANCE FOR YOUR DONATION!
PROCEEDS FROM THE RAFFLE WILL BENEFIT SENIOR
CENTER PROGRAMMING.**



**The Leon Mathieu Senior Center will hold a Holiday
Craft Bazaar, Bake Sale, and Gift Raffle on
Wednesday, November 5th from 9 a.m. to 2 p.m. The
home-made craft and baked items will be reasonably
priced just in time for holiday gift giving. All of the items
have been made and generously donated by
Senior Center members/volunteers. Please consider
donating baked goods for the event. Many thanks to
the following Raffle Donors: Foxwoods, Trinity Rep,
Mulligan's Island Golf & Entertainment, Showcase
Cinemas, Roger Williams Park Zoo, North Bowl,
Spumoni's and Boston Red Sox. Proceeds from the sale
will benefit the Center by being used for future
programs and activities!**



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 Thursday, November 20th & Thursday, December 18th 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.



Nutrition Workshop with Blackstone Health

Join us for a fun, hands-on workshop about healthy eating for diabetes with our registered dietitian nutritionist. We will learn how to build a balanced plate for diabetes, explore affordable and practical tips, and try a tasty lower-carb recipe! Great for anyone managing blood sugar — or just looking to eat a little healthier!

Tuesday, November 18th at 12:30 p.m. on the 3rd floor

Tech Help at the Leon Mathieu! Get your technology (laptops, cell phones, tablets, etc.) questions answered with the help of one on one mentors. Appointments are required and can be made by visiting the 2nd floor office or calling 728-7582. This program is sponsored by ATEL.

VETERAN BENEFIT INFORMATION

Make a one-on-one appointment with Veteran Service Representative from the Department of Veteran Affairs to learn about the many V.A. benefits available to veterans and their spouses and/or dependents. 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.



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 2:30 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. 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.

HEATING ASSISTANCE NEWS:

A single person can earn up to \$3,521/month and a married couple can earn up to \$4,604/month to qualify for heating assistance (based on 2026 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.



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. Cancer Talks sessions to begin in January 2026. For more information, talk to Melissa.

NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Pet Therapy 9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 11:30 Lunch—Café \$3 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting	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 2:30 Yoga for Parkinson's	5 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise	6 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	7 9:30 Cribbage 9:30 Stretch Exercise 10:15 Age Friendly Pawtucket Discussion Group 11:30 Lunch w/ the RSVP Band \$3 Suggested Donation 12:30 Karaoke
10 9:30 Pet Therapy 9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 11:30 Lunch—Café \$3 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting	11  HAPPY VETERANS DAY No Activities, Senior Shuttle, or Blackstone Café	12 9-11:30 Hairdressing 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise Canceled 12:30 HIGH TEA PARTY—1ST FLOOR— SIGN UP ON THE 2ND FLOOR	13 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	14 9:30 Cribbage 9:30 Stretch Exercise 10:30 URI Blood Pressure Screenings-1st Floor 11:30 Lunch \$3 Suggested 12:30 URI School of Pharmacy Presents FLU 2025.
17 9:30 Pet Therapy 9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 11:30 Lunch—Café \$3 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting	18 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 Nutrition Workshop with Blackstone Health—3rd Floor 2:30 Yoga for Parkinson's	19 9:30 Stretch Exercise 10:20 Line Dancing 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	20 9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Discussion Group 11:30 Thanksgiving Day Lunch Sponsored by Blackstone Health Sign Up on the 3rd Floor or Call 401-728-5480 \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	21 9:00 Van Trip to Enchanted Village 9:30 Cribbage 9:30 Stretch Exercise 11:30 Lunch w/ the RSVP Band \$3 Suggested Donation
24 9:30 Pet Therapy 9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 11:30 Lunch—Café \$3 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting	25 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	26 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Tai Chi \$10 Monthly 11:30 Lunch \$3 Suggested Donation 12:30 Arthritis Exercise	27  No Activities, Senior Shuttle, or Blackstone Café	28 No Activities, Senior Shuttle, or Blackstone Café
Age-Friendly Pawtucket-Honoring the Past, Shaping the Future Together! The City of Pawtucket is excited to partner with AARP RI & Age Friendly RI to join the network of age-friendly States and communities. We need your help! We encourage all older adults and their caregivers (ages 45+) who reside in Pawtucket to participate and have their voices heard by completing an outreach survey. Based on the feedback received, Pawtucket will be able to develop an action plan to become a better place for people of all ages to live. You can use this link to fill out the survey: https://aarpresearch.qualtrics.com/jfe/form/SV_5Bj96g2Oj02mK2y or pick up a paper copy at the Center office.				Open Enrollment for Medicare Beneficiaries is October 15th-December 7th Contact the Senior Center Office for an Appointment.

DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 Pet Therapy 9:30 Knitting 9:30 Pet Therapy 9:30 Senior Cardio 11:30 Lunch—Café \$3 Suggested Donation 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting	2 9:30 Shri Yoga- \$10 monthly 10:00 Bone Builders 10:00 Therapeutic Coloring 11:00 Van Trip to Benjamin's Restaurant in Seekonk 11:30 Lunch—Café \$3 Suggested Donation 12:30 Non-Impact Aerobics- 2:30 Yoga for Parkinson's	3 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise	4 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	5 9:30 Cribbage 9:30 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 Holiday Movie with Popcorn
8 9:30 Pet Therapy 9:30 Knitting 9:30 Pet Therapy 9:30 Senior Cardio 11:30 Lunch—Café \$3 Suggested Donation 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting	9 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	10 9:00 Van Trip to PPAC 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise	11 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	12 9:30 Cribbage 9:30 Stretch Exercise 10:30 URI Blood Pressure Screenings-1st Floor 11:30 Lunch-\$3 Suggested Donation 12:30 Holiday Sing Along
15 9:30 Pet Therapy 9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 11:30 Lunch—Café \$3 Suggested Donation 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting	16 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 12:30 URI SNAP ED Cooking Demonstration—3rd Floor Café	17 9:30 Stretch Exercise 10:20 Line Dancing 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	18 9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Discussion Group 11:30 Christmas Lunch Sponsored by Blackstone Health Sign Up on the 3rd Floor or Call 401-728-5480 12:15 Penny BINGO 12:15 Chair Yoga	19 9:30 Cribbage 9:30 Stretch Exercise 11:30 Lunch w/ the RSVP BAND \$3 Suggested Donation 12:30 Holiday Party with Bo-Dee Entertainment. Tickets are \$2 each. Tickets are on sale on the second floor. Raffles and light refreshments will be available.
22 9:30 Pet Therapy 9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 11:30 Lunch—Café \$3 Suggested Donation 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting	23 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	24 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise Canceled	25  No Activities, Senior Shuttle, or Blackstone Café	26 9:30 Cribbage 9:30 Stretch Exercise 11:30 Lunch—Café \$3 Suggested Donation 12:30 Annual New Year's Eve Tea Party
29 9:30 Pet Therapy 9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 11:30 Lunch—Café \$3 12:30 Hi-Lo Jack Club 12:30 Watercolor Painting	30 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	31 9:30 Stretch Exercise 10:20 Line Dancing 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:30 Arthritis Exercise	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: December 16th from 12:30 p.m.-1:30 p.m. 	

SOCIAL & HUMAN SERVICES CORNER

Are you receiving all the benefits you are entitled to? Do you have questions about Medicare? We are here to help. We offer free, unbiased, trusted one-on-one counseling and assistance based on your unique needs. You are fortunate to have trained SHIP (State Health Insurance Program) Counselors available to you at the Leon Mathieu Senior Center. They will assist you to make informed health insurance decisions that optimize your access to care and benefits.

To schedule an appointment, contact the Senior Center at 401-728-7582.

COUNSELING TOPICS INCLUDE BUT NOT LIMITED TO:

Health & Prescription Insurance Benefits Check-Up

Medicare/Medicaid Eligibility Assistance

Medicare Savings Program Eligibility & Enrollment Assistance

Medicare Fraud and Protection—SMP

Eligibility Screening for Federal State & Local Programs

Home and Community Care Options

SNAP Program (formerly Food Stamps Program)

Health Care Fraud & Protection (Senior Medicare Patrol)

Identity Fraud & Consumer Protection

Housing Options

Heating Assistance

Retirement Planning

Living Wills and Durable Power of Attorney for Health Care



MEDICARE 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.

ANNOUNCING NEW PROGRAM: **MEMORY CAFÉ !!!**

Rhode Island memory cafés are social gatherings for individuals with memory loss (like Alzheimer's) and their caregivers, offering a supportive environment for socializing and fun through activities like music, art, and conversation. These free events are designed to reduce isolation, provide companionship, and offer caregivers respite and support.

The Leon Mathieu Senior Center will be hosting monthly memory cafes at the Senior Center. Dates and times to be announced.

If you are interested in participating, please call the LMSC office at 728-7582.



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,
January 22nd 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.



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, November 19th at 10 a.m. and Wednesday, December 17th 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®

Age-Friendly Pawtucket

“Honoring the Past, Shaping the Future Together”

Please join us on Friday, Nov.7th at 10:15 a.m. on the first floor of the LMSC as we need your input! We Need Your Help! Light refreshments will be served! Sr. Policy Advisor Maureen Magret and Executive Director Carol Anne Costa of the Senior Agenda Coalition of RI will be discussing a variety of topics pertaining to Seniors. Your feedback is needed. Surveys will be available to complete and students from Blackstone Academy will be available to assist with online survey completion. Any questions, call the office at 728-7582.

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, November 4th 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, November 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. Lunch is not provided in trip cost. Each person is responsible for own bill.

NOV. SHOPPING TRIPS from the Senior Center-10:30 am
Thurs., Nov. 6th Market Basket Grocery Shopping
South Attleboro, MA

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

NOVEMBER SPECIAL TRIP:

TRIP TO ENCHANTED VILLAGE IN AVON, MASS. FRIDAY, NOVEMBER 21ST LEAVING CENTER AT 9 A.M.

The Enchanted Village is an annual holiday tradition that goes back to the 1960's and 1970's when it was located in downtown Boston inside the Jordan Marsh department store. Enjoy an inside stroll through the recreated Victorian Christmas village.

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



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

Thurs., Dec. 11th Walmart, N. Smithfield

DECEMBER SPECIAL TRIP:

TRIP TO PROVIDENCE PERFORMING ARTS CENTER TO SEE LIVE SHOW "THE SNOW MUST GO ON!-A SEASONAL SING ALONG" - WEDNESDAY, DECEMBER 10TH LEAVING CENTER AT 9 A.M.

***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.**



DECEMBER LUNCHEON TRIPS:

Tuesday, December 2nd, Benjamin's Restaurant
in Seekonk, MA. Leaving Center at 11 a.m.



SENIOR TRIP POLICY

- ◆ PLEASE BE READY AND WAITING FOR THE SHUTTLE 10 MINUTES BEFORE YOUR PICK-UP TIME
- ◆ Call 725-8220 to CANCEL SENIOR SHUTTLE the evening before or morning of pick-up (call before 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