



Leon A. Mathieu Senior Center

420 Main Street Pawtucket, RI 02860

March/April 2024

Accredited by 
National Institute of
Senior Centers

DONALD R.
GREBIEN MAYOR

MARY LOU MORAN
DIRECTOR

SAVE THE DATE LEON MATHIEU SENIOR CENTER'S ANNUAL SENIOR HEALTH FAIR—MAY 1ST 9:00-11:30 A.M.

Participating Organizations:

Gloria Gemma Breast Cancer Foundation
 Blue Cross Blue Shield of RI
 U.S. Department of Veterans Affairs
 Arthur Plitt's Reiki Session
 Dr. Cathcart, Podiatrist
 RI Ombudsman Program
 Dr. Chin, Dentist
 Gateway Healthcare
 BVCAP RSVP
 Social Security
 Hope Health
 Butler Hospital's Memory and Aging
 RI Services for the Blind
 RI DHS Office of Rehab Services
 Governor's Commission of Disability
 The Partnership
 Diabetes Association
 URI SNAP Outreach Program
 Dawn Goff's Pet Therapy
 Ocean State Center for Independent Living
 Neighborhood Health Plan of RI
 Mansion Nursing & Rehabilitation Center
 In-sight
 Respite Care Services
 Care New England
 Alzheimer's Association, RI
 BH Link
 RI Energy Resources
 Blackstone Valley Prevention Coalition
 Cherry Hill Manor
 & Many More

Free Screenings:

Blood Pressure
 Lung Health
 Bone Density
 Derma Scan
 Glucose
 Vascular
 Fall Risk
 Oral
 Podiatry
 Hearing
 Vision

FREE MEDICAL
 SUPPLIES
 INCLUDING
 WALKERS,
 CANES, BRIEFS,
 ETC. WILL BE
 GIVEN AS
 SUPPLIES LAST!!!



MISSION STATEMENT

The mission of the Leon A. Mathieu Senior Center is to identify Pawtucket's older adults and provide them with a safe, supportive and nurturing environment where they can access information about resources, programs and services available on the local, state and federal levels. The Center acts as an advocate for the rights and well being of older adults on a wide variety of issues.

**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**

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

Blackstone Health Café Coordinator

Timothy Sandy 365-1101

Nutrition Assistant

Susan Leal

Café Receptionist

Terri Difruscio

The Programs and services offered at the Leon Mathieu Senior Center are funded in part by the City of Pawtucket Community Development Block Grant Program, RI Department of Human Services - Office of Healthy Aging, RI Designated Grant, U.S. Administration for Community Living, RI House & Senate Legislative Grants, Blue Cross Blue Shield of RI, Harriet Ballou Charitable Foundation, donations and memberships. Thank you to all our donors!



VETERAN BENEFIT INFORMATION

Make a one-on-one appointment with Veteran Service Representative from the Department of Veteran Affairs to learn about the many V.A. benefits available to veterans and their spouses and/or dependents. Appointments are confidential and can be made by visiting the Center's 2nd floor office or by calling 728-7582.

Walking Club on Mondays Starting in April :

04/01 FESTIVAL PIER 50 Tim Healey Way Pawtucket

04/08 RIVER ISLAND 1425 High Street Central Falls

04/15 BLACKSTONE BLVD. Providence

04/22 SLATER PARK, Pawtucket

04/29 MCCOY STADIUM 1 Columbus Ave. Pawt.

Please sign up for transportation for the walking trips on the second floor for each trip. If it rains, the Walking Club will be held at the Mall.

There is no cost for Walking Club transportation.

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

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



**WATERCOLOR PAINTING CLASS ON
MONDAYS AT 1:00 P.M.**



*This class is designed for anyone with some or no experience in watercolor painting. Come learn the techniques to create beautiful art work with water color. Classes are taught by Alice Broadbent who has been teaching for years and is an Artist Member of Rhode Island's Watercolor Society. Classes are free to Senior Center Members. See Melissa or call the office to sign up 401-728-7582.

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



THE PAWTUCKET SENIOR CITIZENS COUNCIL (PSCC)

The P.S.C.C is looking for new members! This is a perfect way to give back to your Community and be an ambassador for older adults. Pawtucket residents 55 and older are eligible to volunteer on the council. If interested in serving on the P.S.C.C, contact Mary Lou Moran, Senior Center Director, at 728-7582 for more information.

NUTRITION CORNER

Blackstone Health Café at the Leon Mathieu Senior Center provides nutritious meals in a community-dining room setting. Lunch is served Monday through Friday at 11:30 a.m. Participation in the congregate program is available to individuals who are at least sixty years of age and their spouse, as well as, persons with disabilities under sixty years of age. Guests of members may also attend for the full price of their meal, \$4.00. 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.**

Leon Mathieu Senior Center & Blackstone Health, Inc.

Inclement Weather Policy

Please be aware that the Leon Mathieu Senior Center will be closed for activities, transportation and meals

WHEN THE PAWTUCKET SCHOOLS ARE CANCELED.

Watch the T.V. stations for any Pawtucket Schools/LMSC cancellations.

Message will also be placed on the Senior Center's voicemail and Social Media. **Please Note: For your own safety, and the safety of our drivers, please make sure your walkway and driveway are clear of snow and ice prior to your pickup.**

Join Paula Bradley and Nisa Villareal Community Outreach Coordinators to the Office of U.S. Senator Sheldon Whitehouse, for a Discussion Group/Current Events Group to be held on Thursdays, March 21st and April 18th at 10:30 a.m. Nisa and Paula 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.

AARP Driver Safety Program Friday, April 19th from 8:45 a.m.—2:00PM



The class will be held at the Leon Mathieu Senior Center 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). Cash, checks or money orders (payable to AARP) are accepted forms of payment. Those with AARP United Health supplementary insurance and AARP membership get the class for FREE. 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 Café is available with prior reservation. Ask for details.

HAIRDRESSING SERVICE Every 2nd and 4th Wednesday 9:00 - 11:30 am on the 2nd Floor with Julie Silva.

Services Include:

- ◆ Hair Cut \$17
- ◆ Wash and Set \$17
- ◆ Wash, Cut and Blow Style \$25
- ◆ Wash, Cut and Curling Iron or Set \$34



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

Payment is cash only.

Blackstone Valley Community Action Program's Retired and Senior Volunteer Program

helps people age 55 and over find volunteer opportunities in the community. Participants serve anywhere between a few hours a month to 20 hours a week depending on preference. BVCAP RSVP currently has over 20 sites available including health centers, meal sites, food pantries, senior centers, and educational facilities. RSVP involves seniors in community service and matches the personal interests, skills and life experiences of the volunteer with different community needs.

If you or anyone you know is interested in finding out more about volunteer opportunities, please call BVCAP at 401-723-4520 x275 or visit bvcap.org and click on senior services to sign up!



PARTNERSHIP WITH BROWN UNIVERSITY WARREN ALPERT SCHOOL OF MEDICINE & Leon Mathieu Senior Center

For over fourteen years, Brown Medical students have visited the Senior Center under the supervision of Dr. David Anthony, Assistant Professor of Family Medicine at Brown University. The students benefit from being able to practice completing geriatric assessments and seniors benefit from helping shape future doctors. If you are interested in volunteering, please see Melissa on the 2nd Floor.

Next date is **April 24th, 2024**



CYBER SENIORS

The Cyber-Senior Program is a **FREE** intergenerational technology program. Get your technology (laptops, cell phones, tablets, etc.) questions answered with the help of our URI student intern. Appointments are required and can be made on the 2nd floor or by calling the office at 401-728-7582.



VETERANS OF FOREIGN WARS are invited to attend VFW Post 1271 monthly meetings every last Tuesday of the month at 2:30 p.m. in the garden room at the Leon Mathieu Senior Center. For more information please call Bill Donnelly at 401-724-6843.



FREE BLOOD PRESSURE SCREENINGS

U.R.I. COLLEGE OF PHARMACY FRIDAYS, MARCH 8TH AND APRIL 12TH FROM 10:30-11:30 A.M.

***R.I.C NURSING STUDENT (Glucose & Blood Pressure Screenings)
MARCH 19th & MARCH 26th FROM 9:00 A.M.-12:00 P.M.**



The Leon Mathieu Senior Center is looking for tech-savvy 'Senior Mentor Volunteers' for the Cyber Senior Program to provide technology support for fellow Seniors. If interested please contact Melissa at the L.M.S.C by calling 401-728-7582.

VOLUNTEER



Community Education

Come join Farm Fresh RI for a seasonal cooking demonstration. Topics discussed to include food systems, cooking on a budget, cultural food plate, eating the rainbow, and food myths. Dates: Tuesdays, March 12th and April 9th at 12:30 p.m. in the CAFÉ on the 3rd floor.



FARM FRESH RI



DIABETES & HYPERTENSION MANAGEMENT AND PREVENTION Presentation on 03/19 at 12 p.m. in the garden room by RIC Nursing Student Daniel!!!

The diabetes & hypertension prevention and management session will aim to educate participants about lifestyle factors, dietary choices, exercise routines, and medication management strategies to prevent or manage diabetes and hypertension. This session aims to empower individuals with the knowledge and skills needed to make healthier choices, control their blood sugar and blood pressure levels, and reduce their risk of complications associated with these conditions, such as heart disease, stroke, and kidney problems.

March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Happy St. Patrick's Day</p>	 <p>Happy St. Joseph's Day!</p>	<p>IMPORTANT DATES: MARCH 8TH INTERNATIONAL WOMEN'S DAY MARCH 10TH DAYLIGHT SAVINGS TIME MARCH 19TH FIRST DAY OF SPRING</p>	 <p>Welcome Back Spring!</p>	<p>9:30 Cribbage 1</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch \$3 Suggested Donation</p> <p>12:30 Wine Glass Painting with Loraine of Cherry Hill Manor</p>
<p>4</p> <p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12:00 SAIL Class 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting</p>	<p>5</p> <p>9:30 Shri Yoga @ Shri Studio- \$10 monthly 9:30 Bone Builders 10:00 Therapeutic Coloring 10:30 Line Dancing 12:30 Non-Impact Aerobics</p>	<p>6</p> <p>9:30 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:00 SAIL Class</p>	<p>7</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Van Trip to Market Basket 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga</p>	<p>8</p> <p>9:30 Cribbage 10:00 Stretch Exercise 10:30 Blood Pressure Screenings 10:45 INTRO TO TAI CHI PRESENTATION!!! 11:30 Lunch \$3 Suggested 12:30 URI School of Pharmacy Presents: Memory—Find out how to combat memory loss and keep your mind agile for years to come!</p>
<p>11</p> <p>9:30 Knitting 9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12:00 SAIL Class 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting</p>	<p>12</p> <p>9:30 Shri Yoga @ Shri Studio- \$10 monthly 9:30 Bone Builders- 10:00 Therapeutic Coloring 10:30 Line Dancing 12:30 Non-Impact Aerobics 12:30 Farm Fresh Cooking Demo—3rd Floor Café 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 12:00 SAIL Class 12:30 Arthritis Exercise</p>	<p>14</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:30 Van Trip to Walmart 11:30 Lunch \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga</p>	<p>15</p> <p>9:00 Trip to the Ballet 9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch w/ the RSVP Band \$3 Suggested Donation 12:30 Gardening Club with Annette—Garden Room</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 12:00 SAIL Class 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting</p>	<p>19</p> <p>9-12 Blood Pressure & Glucose Screenings 9:30 Shri Yoga @ Shri Studio- \$10 monthly 9:30 Bone Builders 10:00 Therapeutic Coloring 10:30 Line Dancing 12:00 Health Presentation By RIC Nursing Student - Garden Room 12:30 Non-Impact Aerobics 2:00 Yoga for Parkinson's</p>	<p>20</p> <p>9:30 Stretch Exercise 11:30 Tai Chi \$10 Monthly 11:30 Lunch \$3 Suggested Donation 12:00 SAIL Class 12:30 Arthritis Exercise</p>	<p>21</p> <p>9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 10:00 Alzheimer's Caregiver Support Group—2nd Floor 10:30 Van Trip to Burlington, East Providence 10:30 Discussion Group 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga</p>	<p>22</p> <p>9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 Face Painting Photography Project w/ Local Artist Celeste</p>
<p>25</p> <p>9:30 Senior Cardio 9:30 Pet Therapy 10:30 Crafts 11:30 Lunch—Café \$3 Suggested Donation 12:00 SAIL Class 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting</p>	<p>26</p> <p>9-12 Blood Pressure & Glucose Screenings 9:30 Shri Yoga @ Shri Studio- \$10 monthly 9:30 Bone Builders 10:00 Therapeutic Coloring 10:30 Line Dancing 11:00 Van Trip to Cracker Barrel 12:30 Non-Impact Aerobics-VIDEO 2:00 Yoga for Parkinson's</p>	<p>27</p> <p>9-11:30 Hairdressing 9:30 Stretch Exercise 11:30 Tai Chi \$10 Monthly 11:30 Lunch \$3 Suggested Donation 12:00 SAIL Class 12:30 Arthritis Exercise</p>	<p>28</p> <p>9:30 Salsacise—Video 9:30 BOARD GAMES-TV ROOM 10:30 Van Trip to Ocean State Job Lot, Seekonk 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga</p>	<p>29</p> <p>9:00 Trip to Ballet 9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 Baseball Opening Day - Let's Celebrate "Opening Day" with Video Clips, Fun Facts and Hot Dogs!!!</p>

April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:30 Knitting 1</p> <p>9:30 Pet Therapy</p> <p>9:30 Senior Cardio VIDEO</p> <p>10:30 Crafts</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:30 Hi-Lo Jack Club</p> <p>1:00 Watercolor Painting</p> <p>12:30 Walking Club</p>	<p>9:30 Shri Yoga- \$10 monthly 2</p> <p>10:00 Therapeutic Coloring</p> <p>10:30 Van Trip to Bowling</p> <p>10:30 Line Dancing</p> <p>12:30 Non-Impact Aerobics Video</p> <p>2:00 Yoga for Parkinson's</p>	<p>9:30 Stretch Exercise 3</p> <p>11:30 Lunch</p> <p>\$3 Suggested Donation</p> <p>11:30 Tai Chi \$10 Monthly</p> <p>12:30 Arthritis Exercise</p>	<p>9:30 Salsacise Video 4</p> <p>9:30 BOARD GAMES-TV ROOM</p> <p>10:30 Van Trip to Market Basket</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:15 Penny BINGO</p> <p>12:15 Chair Yoga</p>	<p>9:30 Cribbage 5</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch</p> <p>\$3 Suggested Donation</p> <p>12:00 AARP Presents "Smart Driver Tek" Come Learn How New Car Technology Works</p>
<p>9:30 Knitting 8</p> <p>9:30 Pet Therapy</p> <p>9:30 Senior Cardio VIDEO</p> <p>10:30 Crafts</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:30 Hi-Lo Jack Club</p> <p>1:00 Watercolor Painting</p> <p>12:30 Walking Club</p>	<p>9:30 Shri Yoga- \$10 monthly 9</p> <p>10:00 Therapeutic Coloring</p> <p>10:30 Line Dancing</p> <p>12:30 Farm Fresh Cooking Demo—3rd Floor Café</p> <p>12:30 Non-Impact Aerobics</p>	<p>9-11:30 Hairdressing 10</p> <p>9:30 Stretch Exercise</p> <p>11:30 Lunch</p> <p>\$3 Suggested Donation</p> <p>11:30 Tai Chi \$10 Monthly</p> <p>12:30 Arthritis Exercise</p>	<p>9:30 Salsacise 11</p> <p>9:30 BOARD GAMES-TV ROOM</p> <p>10:30 Van Trip to Walmart</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:15 Penny BINGO</p> <p>1-3 Legal Clinic—2nd Floor</p> <p>12:15 Chair Yoga</p>	<p>9:30 Cribbage 12</p> <p>10:00 Stretch Exercise</p> <p>10:30 Blood Pressure Screenings</p> <p>11:30 Lunch</p> <p>\$3 Suggested Donation</p> <p>12:30 URI School of Pharmacy Presentation on "Diabetes Commonly Occurring Diseases" - Learn About the Most Common Diseases Associated w/ Diabetes</p>
<p>9:30 Knitting 15</p> <p>9:30 Pet Therapy</p> <p>9:30 Senior Cardio</p> <p>10:30 Crafts</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:30 Hi-Lo Jack Club</p> <p>1:00 Watercolor Painting</p> <p>12:30 Walking Club</p>	<p>9:30 Shri Yoga- \$10 monthly 16</p> <p>10:00 Therapeutic Coloring</p> <p>10:30 Line Dancing</p> <p>12:30 Non-Impact Aerobics</p> <p>2:00 Yoga for Parkinson's</p>	<p>9:30 Stretch Exercise 17</p> <p>10:00 Alzheimer's Caregiver Support Group-2nd Floor</p> <p>11:30 Lunch</p> <p>\$3 Suggested Donation</p> <p>11:30 Tai Chi \$10 Monthly</p> <p>12:30 Arthritis Exercise</p>	<p>9:30 Salsacise 18</p> <p>9:30 BOARD GAMES-TV ROOM</p> <p>10:30 Van Tip to The Cranston Parkade</p> <p>10:30 Discussion Group</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:15 Penny BINGO</p> <p>12:15 Chair Yoga</p>	<p>8:45 AARP Driver Safety Class—2nd Floor 19</p> <p>9:30 Cribbage</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch w/ the RSVP BAND</p> <p>\$3 Suggested Donation</p> <p>12:30 Gardening with Annette</p>
<p>9:30 Knitting 22</p> <p>9:30 Senior Cardio</p> <p>9:30 Pet Therapy</p> <p>10:30 Crafts</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:30 Hi-Lo Jack Club</p> <p>1:00 Watercolor Painting</p> <p>12:30 Walking Club</p>	<p>9:30 Shri Yoga \$10 monthly 23</p> <p>10:00 Therapeutic Coloring</p> <p>10:30 Line Dancing</p> <p>11:00 Van Trip to Top of the Bay</p> <p>12:30 Non-Impact Aerobics</p> <p>2:00 Yoga for Parkinson's</p>	<p>9-11:30 Hairdressing 24</p> <p>9:30 Stretch Exercise</p> <p>11:30 Tai Chi \$10 Monthly</p> <p>11:30 Lunch</p> <p>\$3 Suggested Donation</p> <p>12:30 Arthritis Exercise</p> <p>1:00 Brown University Geriatric Workshop—3rd Floor Café</p>	<p>9:30 Salsacise 25</p> <p>9:30 BOARD GAMES-TV ROOM</p> <p>10:30 Van Trip to Aldi's Plaza</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:15 Penny BINGO</p> <p>12:15 Chair Yoga</p>	<p>9:30 Cribbage 26</p> <p>10:00 Stretch Exercise</p> <p>11:30 Lunch</p> <p>\$3 Suggested Donation</p> <p>12:30 The RI Parkinson's Association to Present "Parkinson's Essentials" Come Learn What Parkinson's Is, What the Symptoms, Statistics, Risk Factors, Treatments and Resources Are</p>
<p>9:30 Knitting 29</p> <p>9:30 Senior Cardio</p> <p>9:30 Pet Therapy</p> <p>10:30 Crafts</p> <p>11:30 Lunch—Café</p> <p>\$3 Suggested Donation</p> <p>12:30 Hi-Lo Jack Club</p> <p>1:00 Watercolor Painting</p> <p>12:30 Walking Club</p>	<p>9:30 Shri Yoga \$10 monthly 30</p> <p>10:00 Therapeutic Coloring</p> <p>10:30 Line Dancing</p> <p>12:30 Non-Impact Aerobics</p> <p>2:00 Yoga for Parkinson's</p>			

SOCIAL & HUMAN SERVICES CORNER

Are you receiving all the benefits you are entitled to? We are here to help. We offer trusted, unbiased, one-on-one counseling and assistance.

COME ABOARD OUR SHIP!

The national SHIP (Senior Health Insurance Program) mission is to empower, educate, and assist Medicare eligible individuals, their families, and caregivers through objective outreach, counseling and training to make informed health insurance decisions that optimize access to care and benefits. You are fortunate to have SHIP trained counselors available to you at the Leon Mathieu Senior Center. To schedule an appointment contact the Senior Center at 401-728-7582, Monday – Friday, 8:30 a.m. – 4:00 p.m.

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 fraud is big business for criminals. Medicare loses approximately \$60 billion each year due to fraud, errors and abuse. Medicare fraud hurts everyone. When thieves steal from Medicare: There is less money for the health care you really need. You pay for things you might never get. You get hurt when you get tests, medicine, or care you don't need. Your Senior Medicare Patrol (SMP) Can Help! We'll answer questions, discuss your concerns, and assist with your complaints about potential fraud and abuse issues. Call the Leon Mathieu Senior Center at 401-728-7582

HEATING ASSISTANCE NEWS:

A single person can earn up to \$2,972/month and a married couple can earn up to \$3,887/month to qualify for heating assistance (based on 2023 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 401-728-7582.

REMINDER TO ALL HOME OWNERS:

Don't forget to apply for your Property Tax Exemption - you must apply by **March 15, 2024** with Tax Assessors Office, Pawtucket City Hall, 137 Roosevelt Avenue, 728-0500 extension 333.

ALZHEIMER'S ALERT PROGRAM

The City of Pawtucket's Alzheimer's Alert Program is a joint effort between the City's Division of Senior Services and the Pawtucket Police Department. The purpose of this program is to ensure the safety of registered participants who are suffering from Alzheimer's disease and related dementias. Client information is kept completely confidential. To learn more about this program contact the Senior Center at 728-7582.

**Parkinson's Exercise Classes with
Instructor Maria Kishfy
Tuesdays at 2 pm.**

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 Every Residents and Non-Residents of Pawtucket living with Parkinson's Disease are welcome to participate. If interested, see Melissa.



RI Division of Motor Vehicles is currently open by reservation only. At this time we are not offering transportation to the DMV. However we are available for any questions you may have for ID renewal. Reservations are available for the Cranston, Woonsocket, Middletown, and Wakefield offices. NO WALK-INS ALLOWED. Reservations can be made online at www.dmv.ri.gov or by calling your local DMV office.

**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 **Thursday, March 21st at 10 a.m. and Wednesday April 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®

R.I.P.T.A bus passes will be issued at the Leon Mathieu Senior Center on **Wednesday, May 16th from 10 am to 12 pm** in the 1st floor Garden Room. 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.



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



**MAY 9TH 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.**



? Buying a gift card to pay someone?

! STOP. It's a scam!

! Gift cards are for gifts.



Do NOT use a gift card to pay: the IRS or Social Security, tech support, a family member in trouble, ransom or to avoid arrest or deportation, a member of the military, or to keep your utilities on.

Report gift card scams at: **ReportFraud.ftc.gov**

SHOPPING & LUNCHEON TRIPS \$2.00 per person

Tickets go on sale Tuesday, February 27th at 9:30 am. 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, March 5th at 9:30 am. Departure time for shopping trips is 10:30 a.m. and 11:00 a.m. for luncheon trips from the Senior Center.

PLEASE NOTE: YOU MAY ONLY SIGN YOURSELF UP FOR THESE TRIPS.

MARCH: SHOPPING TRIPS from the Senior Center-10:30
Thurs., March 7th Market Basket Grocery Shopping
South Attleboro, MA
Thurs., March 14th Walmart, Nth. Smithfield
Thurs., March 21st Burlington, Sth. Attleboro
Thurs., March 28th Ocean State Job Lot, Seekonk

APRIL: SHOPPING TRIPS from the Senior Center-10:30 am:
Thurs., April 4th Market Basket Grocery Shopping
South Attleboro, MA
Thurs., April 11th Walmart, Nth. Smithfield
Thurs., April 18th The Cranston Parkade, Cranston
Thurs., April 25th Aldi's, E. Providence

SPECIAL TRIP: The State Ballet of Rhode Island will be presenting *A Midsummer Night's Dream* Friday, March 15th leaving the Center at 9 am. Tickets are \$7 (which include transportation and show). Lunch will be at BENJAMINS in Seekonk. Lunch is not included in trip cost.



**Trip to Walnut Hill Bowling Alley in Woonsocket
APRIL 2ND AT 10:30 A.M. FOR 1 HOUR BOWLING \$5 PER
PERSON. Lunch at PATRIOTS DINER to
follow. Lunch is not included in trip cost.**



**APRIL LUNCHEON TRIP:
Top of the Bay, Warwick
April 23rd, 2024**



**MARCH LUNCHEON TRIP:
Cracker Barrel, Coventry
March 26th, 2024**

SENIOR TRIP POLICY

- ◆ PLEASE BE READY AND WAITING FOR THE SHUTTLE 10 MINUTES BEFORE YOUR PICK-UP TIME
- ◆ Call 725-8220 to CANCEL SENIOR SHUTTLE the evening before or morning of pick-up (call before 7:25 am)
 - ◆ Call 728-7582, second floor, to CANCEL SENIOR SHUTTLE (if calling after 7:30 a.m.)
 - ◆ Call 728-5480, third floor, to CANCEL MEALS AND MTM TRANSPORTATION TO MEAL SITE
- ◆ If you miss the van or are not picked up as scheduled, please contact the Senior Center's main number at 728-7582 so that the office can contact the driver. Trip payments are nonrefundable unless you are able to find a replacement or we are able to fill your place from the waiting list
- ◆ If you are going on any Senior Center trips that will interfere with your lunch at the Blackstone Café, you must cancel your lunch at the Blackstone Café ahead of time. It is your responsibility to notify the Blackstone Café of your absence.

FOR GROCERY AND SHOPPING TRIPS PLEASE NOTE:

- ◆ Purchases of cases of water/soda/beverages are limited to 1 case per person
- ◆ **The following items are NOT ALLOWED: -Large items (appliances, furniture, etc.)
-Items weighing 20 pounds or greater
-Please limit number of shopping bags to no more than 4**

Departure time from Department Store Shopping Trips is 12:45 pm at the designated location.

THANK YOU! THE DRIVERS AND OFFICE STAFF APPRECIATE YOUR ASSISTANCE

LEON MATHIEU SENIOR CENTER.....	728-7582
CITY OF PAWTUCKET SENIOR SHUTTLE.....	725-8220
(for Pawtucket residents only)	
BLACKSTONE CAFE MEAL RESERVATIONS.....	728-5480
BLACKSTONE HEALTH, INC. NUTRITION.....	365-1101
BLACKSTONE VALLEY COMMUNITY ACTION PROGRAM.....	723-4520
MTM TRANSPORTATION.....	1-855-330-9131
(to all medical appointments & meal sites)	
NEW HORIZONS ADULT DAY CENTER.....	727-0950
PAWTUCKET CITY HALL.....	728-0500
RI DIVISION OF MOTOR VEHICLES (CRANSTON).....	462-4368
RI OFFICE OF HEALTHY AGING (DEA).....	462-3000
R.I.P.T.A. BUS PASS INFORMATION.....	784-9500
SOCIAL SECURITY ADMINISTRATION.....	1-866-931-7079
SOCIAL SECURITY FAX NUMBER.....	1-833-950-2350

Leon Mathieu Senior Center
420 Main Street
Pawtucket, RI 02860