September is dedicated as National Senior Center Month by the National Council on Aging. Leon Mathieu Senior Center is celebrating this anniversary of promoting positive, healthy aging along with senior centers across the country. This year’s theme is “Senior Centers: The Key to Aging Well.” The Leon Mathieu Senior Center is certainly a key to unlocking the door to many opportunities and resources that encourage healthy living. This year’s theme emphasizes that aging well means different things to different people. The staff at the Leon Mathieu Senior Center attempts to provide programming that empowers older adults to learn, give and make connections while also providing practical tools, resources and services to help them stay healthy and independent. So why not join this positive energy and take part in one of our classes or programs that promote physical and mental wellness, offers health and nutrition resources, or attend one of our cultural, technology or intergenerational programs, or better yet become involved and give back through volunteerism. What you will find at LMSC is a warm welcoming place where seniors find friendships, meaning and purpose. I invite you to come join the momentum with us and be part of building an Age Friendly Pawtucket! The LMSC staff and I look forward to seeing you.

Mary Lou Moran, Director
Mansion Nursing & Rehabilitation Center
104 Clay Street, Central Falls, Rhode Island 02863
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We’re paid by our partner communities

Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.

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(401) 521-6455

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PAWTUCKET, RI
(401) 722-8660

INDUSTRIAL MOTORS
Complete Automotive Repairs
DOMESTIC AND FOREIGN
401-724-5878
31 LINK STREET, PAWTUCKET
PAUL CHALMERS
Bone Builders is an innovative community-based program designed to promote bone health and overall well-being for both men and women. Dr. Miriam Nelson developed the program based on her research at Tufts University. Dr. Nelson has appeared on the Oprah Winfrey Show, the Today Show, Good Morning America, CNN, Fresh Air, and the Discovery Channel to explain the benefits of the program. The use of multiple weight sizes allows participants to start in their comfortable range of exertion and steadily progress as they get more comfortable with their ability. The Bone Builders of RI class at Leon Mathieu Senior Center will be led by Susan Bayley, a Master Trainer. Susan has been leading Bone Builder classes since 2013. A student of yoga for more than 20 years, she has been leading yoga classes since 2008.

**CLASSES BEGIN TUESDAY, SEPTEMBER 3RD AT 9:30 A.M.** CLASSES ARE FREE AND MADE POSSIBLE BY Bristol County Savings Foundation. For more info, see Melissa Cabral on the second floor.

**LEON MATHIEU SENIOR CENTER**
420 Main Street
Pawtucket, R.I. 02860
Phone: (401) 728-7582
Fax: (401) 312-0268
Internet Address: www.pawtucketri.com
Email Address: seniorcenter@pawtucketri.com
Visit us on Facebook at Leon Mathieu Senior Center

**Membership Renewal Time**
Leon Mathieu Senior Center Membership Drive Begins on September 1, 2019. Your membership will be good for a period of one year (September 1, 2019-August 31, 2020).

Please remember to update your contact and emergency information whenever it changes. This can be done at the 2nd floor office.

$7 for Pawtucket residents; $10 for non-residents

Note: Please don’t forget to scan your membership card each time you visit the Senior Center.

**Bone Builders** Bone Builders is an innovative community-based program designed to promote bone health and overall well-being for both men and women. Dr. Miriam Nelson developed the program based on her research at Tufts University. Dr. Nelson has appeared on the Oprah Winfrey Show, the Today Show, Good Morning America, CNN, Fresh Air, and the Discovery Channel to explain the benefits of the program. The use of multiple weight sizes allows participants to start in their comfortable range of exertion and steadily progress as they get more comfortable with their ability. The Bone Builders of RI class at Leon Mathieu Senior Center will be led by Susan Bayley, a Master Trainer. Susan has been leading Bone Builder classes since 2013. A student of yoga for more than 20 years, she has been leading yoga classes since 2008.

**Classes Begin Tuesday, September 3rd at 9:30 A.M. Classes Are Free And Made Possible By Bristol County Savings Foundation.** For more info, see Melissa Cabral on the second floor.

**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: Last Wednesday of each month at 10 a.m.
Where: Leon Mathieu Senior Center on the 2nd floor. Mary Lou Moran, Director of the L.M.S.C, will be leading the group

**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.

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 - Division of Elderly Affairs, RI Designated Grant, U.S. Administration for Community Living, donations and memberships.
SHOPPING & LUNCHEON TRIPS $2.00 per person for transportation

Pick up time for department store trips is 9 a.m. For those who drive to the Center, the shuttle leaves at 9:30 a.m. Departure time from department store shopping trips is 12:15 p.m. (please check with driver for designated location of departure). Pick up for luncheon trips is at 11 a.m. For those who drive to the Center, the shuttle leaves at 11:30 a.m.

Tickets go on sale Tuesday, September 3rd at 9:00 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, September 10, 2019 at 9:00 a.m.

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

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<thead>
<tr>
<th>SEPTEMBER SHOPPING TRIPS</th>
<th>OCTOBER SHOPPING TRIPS</th>
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<tr>
<td>Thurs., Sept. 5</td>
<td>Thurs., Oct. 3</td>
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<td>Wampanoag Mall, E. Prov.</td>
<td>Walmart, N. Smithfield</td>
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<td>Thurs., Sept. 12</td>
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<td>Walmart, N. Smithfield</td>
<td>Lincoln Mall</td>
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<td>Thurs., Sept. 19</td>
<td>Thurs. Oct. 31</td>
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<td>Warwick Mall</td>
<td>Christmas Tree, Warwick</td>
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<td>Thurs., Sept. 26</td>
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<td>Walnut Hill, Woonsocket</td>
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<tr>
<th>SEPTEMBER LUNCHEON TRIP:</th>
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<tr>
<td>Tues., Sept. 10</td>
<td>Tues., Oct. 1</td>
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<tr>
<td>The Roast House, Pawtucket</td>
<td>Davenport’s, Cumberland</td>
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<td>Tues., Sept. 24</td>
<td>Tues., Oct. 29</td>
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<td>Crow’s Nest, Warwick</td>
<td>Cracker Barrel, Coventry</td>
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SPECIAL TRIP: Mon. 9/16/19
EXPERIENCE LIPPITT HOUSE
A National Historic Landmark, Lippitt House has one of the best preserved interiors in America, allowing visitors to experience exceptional Victorian design and American craftsmanship. Lunch at Gregg’s at 11:30 a.m., museum tour at 1 p.m. Tickets for trip are $10. EBT card holders pay only $2. Lunch is not included.

Crescent Park Historical Tour
The Crescent Park Carousel was built in 1895. The Crescent Park Carousel is nationally recognized as a true masterpiece of wood sculpture. The Crescent Park Carousel was placed on the National Register of Historic sites and places. Come learn more about this local treasure. Date tentatively Monday, October 7th. Ice cream trip to Sunshine Creamery to follow. Tickets are $5.

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 7:25 a.m.)
♦ Call 728-5480, third floor, to CANCEL MEALS AND MTM TRANSPORTATION TO MEAL SITE
♦ 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.
♦ 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.

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.

THANK YOU! THE DRIVERS AND OFFICE STAFF APPRECIATE YOUR ASSISTANCE.
NUTRITION CORNER

Blackstone Health Café at the Leon Mathieu Senior Center provides nutritional meals in a community-dining room setting. Lunch is served Monday through Friday at 11:30 a.m. and breakfast is served every Monday through Friday from 8:30-9:30 a.m. Participation in the congregate program is available to individuals who are at least sixty (60) years of age and their spouse, as well as, persons with disabilities under sixty (60) 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. To quote one Blackstone Café member, “My favorite part of mealtime is sharing good laughs over a good meal!”

Meal Reservations may be made by contacting the Café at 401-728-5480 one day in advance (one week in advance for holidays). 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 State Funds through the Rhode Island Division of Elderly Affairs.

A MATTER OF BALANCE

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. During these workshops you will learn how to: view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, exercise to increase strength and balance and combat fear of falling. A Social Hour/Introduction will take place on Wednesday, September 11th at 10:45 a.m. Classes will take place on Wednesdays, 12:15-2:45 pm from September 18th-November 6th.

THE PAWTUCKET SENIOR CITIZENS COUNCIL (PSCC)
The P.S.C.C is always looking for new members! This is a perfect way to give back to your community. Pawtucket residents 62 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.

CURRENT EVENTS

We will be discussing hot topics! All are always welcome. The group is being run by Paula Bradley. New meeting dates and times to be announced. Thank you Paula!

PET THERAPY

DAWN GOFF WILL BE BRINGING IN HER LICENSED THERAPY DOGS “TINKERBELL” (A BICHON) AND “WENDY” (A POOCHON) - REGULARLY. PLEASE REFER TO CALENDAR FOR SPECIFIC DATES. Thank you Dawn, Tinkerbell & Wendy!

OUR SEAMSTRESS, ZINAIDA VYGODER, is here on Tuesday afternoons from 1-3pm on the 2nd floor to provide a variety of sewing needs. Fees collected help support Senior Center activities. You may drop off 2 items at a time. Alterations cannot be done on coats and formal outfits as our sewing machine cannot handle those items. Please note that all items must be in clean condition when dropped off. Thank you Zina for volunteering your time!

HAIRDRESSING SERVICE

Every Wednesday 8:30 - 11:30 am on the 2nd Floor with Julie Silva. Services Include:

♦ Men’s Wash + Cut $10
♦ Women’s Wash + Cut $12
♦ Women’s Wash + Set $12
♦ Women’s Wash + Cut + Blow Dry Style $18
♦ Women’s Wash + Cut + Set $24

Perms & colorings are not available. Appointments are required. Please call 728-7582 or visit the 2nd Floor office. Payment is cash only.
### SEPTEMBER 2019

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>2</td>
<td>3 8:30 Breakfast at the Café—$3 Suggested Donation</td>
<td>4 8:30 Breakfast at the Café—$3 Suggested Donation</td>
<td>5 8:30 Breakfast at the Café—$3 Suggested Donation</td>
<td>6 8:30 Breakfast at the Café—$3 Suggested Donation</td>
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<td></td>
<td>9:00 Needlepoint</td>
<td>8:30 Hairdressing Service</td>
<td>9:00 Zumba DVD</td>
<td>9:00 Cribbage</td>
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<td>9:1 Massage Therapy</td>
<td>9:15 Van Trip to Colt</td>
<td>9:2 Veteran Benefit</td>
<td>10:00 Stretch Exercise</td>
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<td>9:30 Line Dancing</td>
<td>State Park</td>
<td>Information Appointments</td>
<td>10:30 Therapeutic Coloring</td>
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<td>9:30 Yoga for Seniors at Shri Studio $6 monthly</td>
<td>10:00 Stretch Exercise</td>
<td>11:30 Lunch</td>
<td>11:30 Lunch $3 Suggested</td>
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<td>9:30 Yoga for Seniors at Shri Studio</td>
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<td>11:30 Lunch $3 Suggested</td>
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<td></td>
<td>9:30 Blood Builders</td>
<td>11:30 Tai Chi Class $10</td>
<td>11:30 Tai Chi Class</td>
<td>12:15 Penny BINGO</td>
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<td>9:30 Learn Spanish</td>
<td>Every 8 Weeks</td>
<td>Every 8 Weeks</td>
<td>12:15 Chair Yoga</td>
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<td>10:30 Crafts</td>
<td>12:35 Arthritis Exercise</td>
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<td>11:30 Lunch $3 Suggested</td>
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<td>11:30 Lunch Trip to Roast</td>
<td>12:30 Non-Impact Aerobics</td>
<td>12:15 Penny BINGO</td>
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<td>12:30 Fresh—Gar. Rm</td>
<td>1:00 Seamstress Services</td>
<td>12:15 Chair Yoga</td>
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<td>12:30 Non-Impact Aerobics</td>
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<td>1:00 Parkinson’s Support Group</td>
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<td></td>
<td>1:00 Walking Club</td>
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<td>2019 Medicare &amp; You Updates with Joan Newton, LMSC Case Worker and Emilia Fernandes, LMSC Outreach Worker to be held on Wed., October 9th, 2019 at 10:45 a.m.</td>
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Celebrating National Senior Center Month 2019: “The Key to Aging Well”
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<th>Monday</th>
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<td>9-12 Blood Pressures</td>
<td>11:30 Lunch $3</td>
<td>10:45 Medicare Update w/Joe &amp; Emma—1st Floor</td>
<td>11:30 Lunch $3</td>
<td>11:30 Lunch $3</td>
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<tr>
<td>9:30 Bone Builders</td>
<td>11:30 Lunch $3</td>
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<td>10:30 Crafts</td>
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<td>11:30 Lunch</td>
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<td>12:30 Non-Impact Aerobics</td>
<td>12:30 Scrapbooking</td>
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**OCTOBER 2019**

**NO ACTIVITIES, SENIOR SHUTTLE OR BLACKSTONE CAFÉ**

**Therapeutic Swimming Program to come. Details are forthcoming! Funded by Bristol County Savings.**
SOCIAL SERVICES CORNER:

Are you receiving all the benefits you are entitled to? We are here to help!
The Senior Center's Community Information Specialist/Case Worker, Joan Newton, and Outreach Worker, Emilia Fernandes are available to meet with you one-on-one to provide information, assistance, and options available to you. Topics include, but are not limited to:

- Health & Prescription Insurance Review
- Benefits Check-Up
- Housing Options
- Heating Assistance
- Retirement Planning
- Medicare Savings Program
- Medicare/Medical Assistance
- Identity Theft
- Home and Community Care Options
- SNAP Program (formally the Food Stamp Program)
- Living Wills and Durable Power of Attorney for Health Care
- Low-Income Subsidy Assistance for Prescriptions
- Eligibility Screening for Federal, State, and Local programs
- Health Care Fraud Protection

To schedule an appointment contact the Senior Center at 728-7582 Monday-Friday between 8:30 a.m. and 4:00 p.m.

MEDICARE PART D ANNUAL OPEN ENROLLMENT
October 15, 2019 THRU DECEMBER 7, 2019

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 your prescriptions. One-on-one counseling is available and an appointment is required (401-728-7582) for all Open Enrollment 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.

VETERAN BENEFIT INFORMATION
Make a one-on-one appointment with Jack Ryan, 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. Mr. Ryan will be here on 9/5 & 10/3.

PARKINSON’S DISEASE SUPPORT GROUP
The American Parkinson’s Disease Association leads a monthly support group at the Senior Center. The group is led by volunteer Bernice Belt and is held on the second floor. The next meetings will be held on Thursday, September 12th and October 10th from 1:00 pm to 2:15 p.m. on the 2nd flr.
The L.M.S.C provides transportation to the Cranston D.M.V on September 17th and October 8th. The shuttle departs from the Center at 10:45a.m. Service is limited to R.I State I.D. cards only. This service is free for Pawtucket seniors & adults with disabilities. Contact the Center for the D.M.V application, documents required and to register.

PODIATRY CLINIC
with
Dr. Karwal
An appointment is necessary. Please visit the 2nd floor office to schedule an appointment. Bring your insurance card(s) and a valid ID/License with you. Welcome Dr. Karwal!!! Next date is Thursday, October 31st.

PARTNERSHIP WITH BROWN UNIVERSITY
WARREN ALPERT SCHOOL OF MEDICINE & Leon Mathieu Senior Center
For ten 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: October 9th, 2019

THERAPEUTIC MASSAGE
Community College of RI Massage Therapy Students Brandi & Shannon will be available 9 a.m.—1p.m. on Tuesdays of each week for free chair massages. Appointments are required and can be made at the Center’s 2nd floor office or by calling 728-7582. This is a FREE Service. Limited number of appointment times are available. Refer to calendars for dates. YOU CAN ONLY SIGN UP FOR ONE CHAIR MASSAGE PER WEEK AS AVAILABILITY IS LIMITED. THANK YOU !!!

FREE BLOOD PRESSURE SCREENINGS
- U.R.I COLLEGE OF PHARMACY FRIDAYS, SEPTEMBER 13TH AND OCTOBER 11TH FROM 10:30-11:30 A.M.
- R.I. COLLEGE NURSING STUDENTS TUESDAYS STARTING SEPTEMBER 10TH FROM 9:00 A.M—12:00 P.M.
- MANSION NURSING HOME LAST WEDNESDAY OF THE MONTH 9:30-11:30 A.M.

Blackstone Valley Community Action Program’s Retired and Senior Volunteer Program helps people age 55 and over fine service opportunities in the Community. Participants Serve anywhere between a few hours a month to 20 hours a week depending on preference. We currently have over 20 sites available including health centers, meal sites and 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 William Provencal at 401-723-4520x275 or visit bvcap.org

FARM FRESH RI Nutrition Program/Cooking Demonstration 9/10/2019 & 10/8/2019 at 12:30 pm in the Garden Room (1st Floor). This program is designed to provide nutritional education for our senior citizens, as well as provide them with the incentives to buy fresh, healthy food.

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 series on nutrition will be held in the Garden Room (1st floor) following lunch on September 17th and October 22nd from 12:30 p.m.-1:30 p.m.
**SEPTEMBER and OCTOBER 2019**

**Friday, September 6th at 12:30 p.m.**

**“Paint & Sip”**

Come enjoy a painting session. No experience needed. Go home with a piece of art. Instruction and supplies are free. Please sign up at the 2nd floor office. Program made possible by Oak Street Health.

**Friday, September 13th at 12:30 p.m.**

**U.R.I’s School of Pharmacy Presents: “Fall Prevention”**

As we age, many factors will affect our mobility and stability. Medications, environment and disease all have the ability to make our lives a little unsafe. This presentation will address these factors and give you good advice on avoiding the “dreaded fall”.

**Friday, September 20th at 12:30 p.m.**

**2020 Census Information Session**

Deborah Smith of the U.S. Census Bureau will be in to present new information regarding the 2020 U.S. Census.

**Friday, September 27th at 12:30 pm**

**Penny Social**

The penny social tickets will be $1.00 per sheet or $2.00 for 3 sheets. The tickets will go on sale at 9 a.m. that day. Lots of great items will be raffled! Proceeds from the Penny Social will benefit the Senior Center for future programs and activities.

**Friday, October 4th at 12:30 p.m.**

**Breast Cancer & Awareness Celebration with Y.W.C.A**

A representative from the Y.W.C.A. of Rhode Island will discuss breast health, the importance of mammograms, and the Y.W.C.A.’s ENCOREplus program. ENCOREplus is a breast and cervical cancer education program. Pink refreshments will be served and pink surprises will be given.

**Friday, October 11th at 12:30 p.m.**

**U.R.I’s School of Pharmacy Presents “Medicare Part D 2019”:**

A short overview of what is currently going on with the Medicare Part D plans and the upcoming changes for the open enrollment period. This presentation is for Seniors familiar with Medicare Part D and want a quick preview of upcoming changes and how they may affect their current plan.

**Friday, October 18th at 12:30 p.m.**

**Emergency Preparedness Presentation**

A representative of the Pawtucket/Central Falls Emergency Management Agency will be presenting a program tailored for Seniors to help prepare for unexpected emergencies.

**Friday, October 25th at 12:30 p.m.**

**Annual Halloween Costume Party**

Costume contest $1 per person—Sign up at the 2nd floor office by Wednesday, October 23rd. Entertainment will be provided by Bo-Dee’s Circle of Music. Light refreshments will be served.
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BLACKSTONE CAFE MEAL RESERVATIONS  ........................................ 728-5480
BLACKSTONE HEALTH, INC. NUTRITION  .............................................. 365-1101
CITY OF PAWTUCKET SENIOR SHUTTLE  .................................................. 725-8220
  (for Pawtucket residents only)
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 OFFICE OF HEALTHY AGING (Formerly DEA)  ..................................... 462-3000
R.I.P.T.A. BUS PASS INFORMATION  ......................................................... 784-9500
SOCIAL SECURITY ADMINISTRATION  ...................................................... 1-866-931-7079

LEON MATHIEU SENIOR CENTER  
is pleased to offer 2020
SEASONAL FLU VACCINE CLINIC
Clinic Date: Tuesday, October 15th from 12:30pm-3:00pm
Location: L.M.S.C. 420 Main St Pawtucket, RI—1st Floor
Cost: No Charge - BCBS, Medicare Part B, United Healthcare, Neighborhood Health, Tufts, Tufts/Carelink or Cigna Health.
  Different or no insurance - $25.00
To Register: Call 401-728-7582 or Visit the 2nd Floor.
WALK-INS WELCOME

YOU MUST BRING YOUR INSURANCE CARD AND I.D. WITH YOU TO THE EVENT ...

The flu viruses selected for the seasonal flu vaccines are updated each year
based on which influenza virus strains are circulating. Therefore, the
effectiveness varies from year to year. It’s still the best bet to protect
yourself from the flu and its complications.

AARP Driver Safety Program
Monday, October 7th, 2019 from 9:00AM-2:00PM
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 $20 ($5 discount for AARP members who show their
national membership card). 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 Café is available with
prior reservation. Ask for details.

AARP Community Challenge
Grant program. Through this grant we will use its
$11,933 grant to create an outdoor activity center
designed to encourage seniors and community
members to socialize, exercise and enjoy nature.
The grant will fund chess/checker tables, benches,
planters, raised beds, plants and signage.

We are very
pleased to share
that we are one
of the 159
awardees of the
2019 AARP
Community
Challenge
2019 Winning Grantees