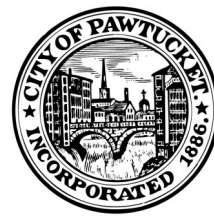


Leon A. Mathieu Senior Center

420 Main Street Pawtucket, RI 02860

November/December 2023



DONALD R. GREBIEN
MAYOR

MARY LOU MORAN
DIRECTOR

WISHING YOU AND YOUR FAMILY A PEACEFUL, HEALTHY
AND HAPPY HOLIDAY SEASON FROM THE STAFF OF
THE LEON MATHIEU SENIOR CENTER

Thanksgiving Dinner

Thursday, November 16
at 11:30 a.m. Blackstone Café
420 Main St. 3rd floor Pawtucket, R.I.
Reservation Required @ Blackstone Café

Holiday Lunch

Thursday, December 21
at 11:30 a.m. Blackstone Café
420 Main St. 3rd floor Pawtucket, R.I.
Reservation Required @ Blackstone Café

City of Pawtucket Annual Mayor's Holiday Dinner

Tuesday, December 12th, 2023 at 12 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 by November 21st.

Pawtucket Soup Kitchen's Thanksgiving Dinner

November 23rd 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 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

Leon Mathieu Senior Center Line Dancers to Perform at Winter Wonderland!!!

Sunday, December 10th, 2023 * Slater Park 835 Armistice Boulevard Pawtucket, RI
Parking is available in the park.

Entertainment starts at 4:30 p.m. under the tent* The LMSC Dancers perform at 6:30 pm
Call the Senior Center at 401-728-7582 to request transportation.

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/seniorcenter.com

Email Address:

seniorcenter@pawtucketri.com

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

Back Up Driver

Fernando Corrales

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

**LEON MATHIEU SENIOR CENTER & BLACKSTONE
HEALTH, INC. HOLIDAY CLOSINGS**

**FRIDAY, November 10 in Observance of Veterans Day
THURSDAY, November 23rd and FRIDAY November 24th in
Observance of Thanksgiving Day
MONDAY, December 25th in Observance of Christmas**



**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!!!



**BE READY.
STAY COVERED.**

Medicaid renewals are back!

Update your contact information. Make sure the State has
your current address, phone number, and email.

Watch for your yellow or green notice. The State may tell you
that your coverage is being automatically renewed or will ask you for
more information.

Take action right away. Please submit your signed forms and any
other documents the State requested as soon as possible. You must
send your documents by the date of your notice.

If you have any questions, see the Senior Center Staff.

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



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.

PODIATRY CLINIC RETURNS TO THE LEON MATHIEU SENIOR CENTER!!!



**DECEMBER 14TH FROM 10
A.M.-12 P.M. PLEASE SEE
THE SECOND FLOOR STAFF
TO SIGN UP! MUST HAVE
ID & INSURANCE CARDS
AVAILABLE AT SIGN UP.**

**Join Paula Bradley, Community
Outreach Coordinator to the Office of U.S.
Senator Sheldon Whitehouse, for
Discussion /Current Events Group on
Thursdays, November 16th &
December 21st at 10:30 a.m. 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 THURSDAYS AT
9:30 A.M. ON THE FIRST FLOOR.
COME JOIN US!**

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.

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.**



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 Dry 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 fifteen years, Brown Medical students have visited the Senior Center under the supervision of Dr. David Anthony, Associate 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 **November 29th, 2023**



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.



ART EXHIBIT AT CITY HALL

COME CHECK OUT OUR VERY OWN **TOBA WEINTRAUB'S** ART WORK ON THE SECOND FLOOR OF PAWTUCKET CITY HALL. HER ARTWORK IS TO INCLUDE "VIEWS OF PAWTUCKET" AND OTHER WORK. TOBA'S ART CAN BE VIEWED DURING BUSINESS HOURS: MONDAY-WEDNESDAY 8 A.M.-4:30 P.M., THURSDAY 8 A.M.-6 P.M. AND FRIDAY 8 A.M.-12:30 P.M.

VETERANS OF FOREIGN WARS are invited to attend VFW Post 1271 monthly meetings the 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.



The Affordable Connectivity Program

You could be eligible for a discount toward broadband service.

The Affordable Connectivity Program (ACP) is a US government program run by the Federal Communications Commission (FCC) to help low-income households pay for internet service and connected devices like a laptop or tablet. You are likely eligible if your household's income is below 200% of the Federal Poverty Line, or if you or someone you live with currently receives a government benefit like SNAP, Medicaid, SSI, WIC, Pell Grant, or Free and Reduced-Price lunch.

If your household is eligible, you could receive: Up to a \$30/month discount on your internet service. For assistance in applying, please call the Senior Center at 401-728-7582 for an appointment.

PLEASE CONSIDER DONATING ITEMS FOR OUR HOLIDAY BASKETS THAT WILL BE RAFFLED AT THE HOLIDAY PARTY ON 12/22. 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.

NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:00 S.A.I.L Class 12:30 Arthritis Exercise	2 9:30 Salsacise 9:30 Pet Therapy 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	3 9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 RI School of Design Presents "Snapshots"
6 9:30 Knitting 9:30 Senior Cardio 10:30 Crafts 10:45 Yoga for Parkinson's 11:30 Lunch—Café 12:00 S.A.I.L Class 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting	7 9:30 BONE BUILDERS 9:30 Shri Yoga @ Shri Studio \$10 monthly 10:00 Therapeutic Coloring 10:30 Line Dancing 11:00 Van Trip to the 99 Restaurant 11:30 Lunch \$3 Suggested Donation 12:30 Non-Impact Aerobics	8 9-11:30 Hairdressing 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:00 S.A.I.L Class 12:30 Arthritis Exercise	9 9:30 Salsacise 9:30 Pet Therapy 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	10  Veterans Day - November 11 NO ACTIVITIES, SENIOR SHUTTLE OR BLACKSTONE CAFÉ
13 9:30 Knitting 9:30 Senior Cardio 10:30 Crafts 10:45 Yoga for Parkinson's 11:30 Lunch—Café 12:00 S.A.I.L Class 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting	14 9:30 BONE BUILDERS 9:30 Shri Yoga @ Shri Studio \$10 monthly 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:30 Non-Impact Aerobics 12:30 Farm Fresh Cooking Demo—3rd Floor Café	15 9-2 Holiday Bazaar 10:00 Alzheimer's Caregivers Support Group—2nd Floor 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:00 S.A.I.L Class 12:30 Arthritis Exercise	16 9:30 Salsacise 9:30 Pet Therapy 9:30 BOARD GAMES-TV ROOM 10:30 Shopping Trip 10:30 DISCUSSION GROUP 11:30 Thanksgiving Dinner — 1st Floor—Reservation Required 728-5480 \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	17 9:00 AARP Smart Driver Course—2nd Floor 9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch w/ the RSVP Band \$3 Suggested Donation 12:30 Gardening Club Project with Annette
20 9:30 Knitting 9:30 Senior Cardio 10:30 Crafts 10:45 Yoga for Parkinson's 11:30 Lunch—Café \$3 Suggested Donation 12:00 S.A.I.L Class 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting	21 9:30 BONE BUILDERS 9:30 Van Trip to Ballet 9:30 Shri Yoga @ Shri Studio \$10 monthly 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:30 Non-Impact Aerobics 12:30 URI SNAP ED Cooking Demo "Fuel Your Life Style- Whole Grains & Unit Prices	22 9-11:30 Hairdressing 10:00 Stretch Exercise 11:30 Tai Chi \$10 Monthly 11:30 Lunch \$3 Suggested Donation 12:00 S.A.I.L Class 12:30 Arthritis Exercise	23  NO ACTIVITIES, SENIOR SHUTTLE OR BLACKSTONE CAFÉ	
27 9:30 Knitting 9:30 Senior Cardio 10:30 Crafts 10:30 Blue Cross Blue Shield Presents Medicare Updates 10:45 Yoga for Parkinson's 11:30 Lunch—Café \$3 Suggested Donation 12:00 S.A.I.L Class 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting	28 9:30 BONE BUILDERS 9:30 Shri Yoga @ Shri Studio \$10 monthly 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:30 Non-Impact Aerobics	29 10:00 Stretch Exercise 11:30 Tai Chi \$10 Monthly 11:30 Lunch \$3 Suggested Donation 12:00 S.A.I.L Class 12:30 Arthritis Exercise 1:00 Brown University Geriatric Workshop—3rd Floor	30 9:30 Salsacise 9:30 BOARD GAMES-TV ROOM 9:30 Pet Therapy 10:30 Shopping Trip 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	

December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 Gardening Club Project with Annette
4 9:30 Knitting 9:30 Senior Cardio 10:30 Crafts 10:45 Yoga for Parkinson's 11:30 Lunch—Café \$3 Suggested Donation 12:00 S.A.I.L Class 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting	5 9:30 BONE BUILDERS 9:30 Shri Yoga @ Shri Studio \$10 monthly 10:00 Therapeutic Coloring 10:30 Van Trip to Slater Park 10:30 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:30 Non-Impact Aerobics	6 10-12 RIPTA BUS PASSES - GARDEN ROOM 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:00 S.A.I.L Class 12:30 Arthritis Exercise	7 9:30 Salsacise 9:30 Pet Therapy 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	8 9-3 Veterans' Benefit Counseling 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 Holiday Movie with Popcorn
11 9:30 Knitting 9:30 Senior Cardio 10:30 Crafts 10:45 Yoga for Parkinson's 11:30 Lunch—Café \$3 Suggested Donation 12:00 S.A.I.L Class 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting	12 9:30 BONE BUILDERS 9:30 Shri Yoga @ Shri Studio \$10 monthly 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch \$3 Suggested 11:30 Mayor's Annual Holiday Dinner 12:30 Non-Impact Aerobics VIDEO 12:30 Farm Fresh Cooking Demonstration—Café 3rd Flr.	13 9-11:30 Hairdressing 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:00 S.A.I.L Class 12:30 Arthritis Exercise	14 9:30 Salsacise VIDEO 9:30 Pet Therapy 9:30 BOARD GAMES-TV ROOM 10-12 PODIATRY SERVICES 10:30 Shopping Trip 11:30 Lunch—Café \$3 Suggested Donation 12:15 Penny BINGO 12:15 Chair Yoga	15 9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch w/ the RSVP BAND \$3 Suggested Donation 12:30 To be Announced
18 9:30 Knitting 9:30 Senior Cardio VIDEO 10:30 Crafts 10:45 Yoga for Parkinson's 11:30 Lunch—Café 12:00 S.A.I.L Class 12:30 Hi-Lo Jack Club 1:00 Watercolor Painting	19 9:30 BONE BUILDERS 9:30 Shri Yoga @ Shri Studio \$10 monthly 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:30 Non-Impact Aerobics-VIDEO 12:30 URI SNAP ED Cooking Demonstration "Power Your Lifestyle-Think Your Labels"-Café 3rd Floor	20 10:00 Stretch Exercise 10:00 Alzheimer's Caregivers Support Group—2nd Floor 11:30 Tai Chi \$10 Monthly 11:30 Lunch \$3 Suggested Donation 12:00 S.A.I.L Class 12:30 Arthritis Exercise	21 9:30 Pet Therapy 9:30 Salsacise VIDEO 9:30 BOARD GAMES-TV ROOM 10:30 Shopping Trip 10:30 Discussion Group 11:30 Holiday Lunch -1ST FLOOR \$3 Suggested Donation—Reservation Required 728-5480 12:15 Penny BINGO 12:15 Chair Yoga	22 9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 Holiday Party with Bo-Dee Entertainment. Tickets are \$2 each. Tickets are for sale on the second floor. Raffles, and light refreshments available.
25 NO ACTIVITIES, SENIOR SHUTTLE OR BLACKSTONE CAFÉ 	26 9:30 BONE BUILDERS 9:30 Shri Yoga @ Shri Studio \$10 monthly 10:00 Therapeutic Coloring 10:30 Line Dancing 11:30 Lunch \$3 Suggested Donation 12:30 Non-Impact Aerobics VIDEO	27 9-11:30 Hairdressing 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi \$10 Monthly 12:00 S.A.I.L Class 12:30 Arthritis Exercise—VIDEO	28 9:30 Salsacise 9:30 Pet Therapy 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	29 9:30 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 New Year's Eve Tea

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



The Senior Medicare Patrol (SMP) is a national program for people with Medicare of all ages. SMP is administered by the Administration for Community Living.

MEDICARE PART D ANNUAL OPEN ENROLLMENT: October 15, 2023 THRU DECEMBER 7, 2023

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.**

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.

Next date is Friday, December 8th from 9 a.m.—3 p.m.



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.

The Leon Mathieu Senior Center will hold a Holiday Craft Bazaar, Bake Sale, and Gift Raffle on Wednesday, November 15th 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, North Bowl, Spumoni's and many more to come. Proceeds from the sale will benefit the Center by being used for future programs and activities!



FARM FRESH RI
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, November 14th and December 12th at 12:30 p.m. in the CAFÉ on the 3rd 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: Next dates are November 15th at 10 a.m. and Wednesday December 20th at 10 a.m.

Where: Leon Mathieu Senior Center on the 2nd floor. Virtual meeting also an option.

Mary Lou Moran, Director of the L.M.S.C, will be leading the group. Please register in advance for the meeting by calling The Senior Center at 401-728-7582 or by emailing seniorcenter@pawtucketri.com



alzheimer's association®

R.I.P.T.A bus passes will be issued at the Leon Mathieu Senior Center on **Wednesday, December 6th 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.



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 Tuesdays, November 21st and December 19th from 12:30 p.m.-1:30 p.m.

SHOPPING & LUNCHEON TRIPS \$2.00 per person

Tickets go on sale Tuesday, October 24th 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, October 31st 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.

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

NOV. SHOPPING TRIPS from the Senior Center-10:30 a.m.:

Thurs., Nov. 2nd Market Basket Grocery Shopping
South Attleboro, MA

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

Thurs., Nov. 16th Wampanoag Mall, East Prov.

Thurs., Nov. 30th Ocean State Job Lot, Seekonk

DEC. SHOPPING TRIPS from the Senior Center-10:30 am:

Thurs., Dec. 7th Market Basket Grocery Shopping
South Attleboro, MA

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

Thurs., Dec. 21st Ocean State Job Lot, SEEKONK

Thurs., Dec. 28th Ollies Plaza, Woonsocket

SPECIAL TRIP:

SPECIAL TRIP to BALLET: Tuesday, November 21st the State Ballet of Rhode Island will be presenting *Coppellia*, a whimsical and enchanting love story of a dancing doll. Members will be leaving the Center at 9:30 a.m. Returning at approximately 2:30 p.m. Tickets are \$7 (which include transportation and show). Lunch will be at Benjamin's in Seekonk. You are responsible for your own cost of lunch.

SPECIAL TRIP:

SPECIAL TRIP to WINTER WONDELAND: Winter Wonderland stroll at Slater Park on Tuesday, December 5th. We will be leaving the Center at 10:30 a.m. Come check out the Leon Mathieu Senior Center tree!!! This year there are 650 trees, 20 Victorian houses, and beautiful displays.

Enjoy lunch at Uno's Pizzeria & Grill in Attleboro. The trip costs \$2. Lunch is not included in trip cost.



NOVEMBER LUNCH TRIP:

Leaving Center at 11 a.m.
Tuesday, November 7th 99 Restaurant, Attleboro



SENIOR TRIP POLICY

LUNCH TRIPS: \$2 FOR TRANSPORTATION; EACH PERSON IS RESPONSIBLE FOR OWN CHECK

- ◆ 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 7:00 am).
 - ◆ Call 728-7582, second floor, to CANCEL SENIOR SHUTTLE (if calling after 7:00 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

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