



Leon A. Mathieu Senior Center

420 Main Street Pawtucket, RI 02860

March/April 2018

Accredited by 
National Institute of
Senior Centers



DONALD R. GREBIEN
MAYOR

MARY LOU MORAN
DIRECTOR

NEW WELLNESS PROGRAMS:

COME JOIN THE L.M.S.C. WALKING CLUB!!!

THE CLUB WILL MEET ON MONDAYS
STARTING APRIL 2ND AT 1 P.M. THERE WILL
BE A VARIATION OF WALKING INDOORS, IN
THE COMMUNITY, AND SPECIAL WALKING
TRIPS. IF YOU ARE INTERESTED, PLEASE
SIGN UP ON THE SECOND FLOOR.

For the month of April the Empowerment Factory will
be hosting walkers and everyone will enjoy a tour of the
Hope Artiste Village. Come appreciate LOCAL art-
work and light refreshments after exercising!

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, Sally, on Thursdays from 12-2 p.m.
in the computer room. Appointments are required and can
be made on the 2nd floor or by calling the office at 401-728
-7582.



MARCH

Get More Sleep

Research shows that
one-quarter of adults
in the U.S. do not get
enough sleep. Get-
ting your ZZZs helps

your body fight off illnesses like the cold or flu,
and may lower your risk of heart disease and
diabetes. For a better, healthier you, aim for 7
to 8 hours of sleep a night.

APRIL

Keep a Food Journal

Writing down what
you eat may double
your weight loss,



according to researchers. Keeping track of your
intake makes you more aware of what you're
eating. It also helps you identify specific food
habits and where you can make healthy changes.



SAVE THE DATE...

Annual Senior Health Fair

Wednesday, May 9th, 9:00-11:30 am

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.com

Email Address:

mathieuctr@yahoo.com

Visit us on Facebook at

Leon Mathieu Senior Center

Hours of Operation:

Monday - Friday

8:30 a.m. - 4:00 p.m.

Senior Center Director

Mary Lou Moran

***Community Information
Specialist & Case Worker***

Joan Newton

Program Coordinator

Melissa Cabral

Outreach Worker

Emilia Fernandes

Secretary

Julieth Cornejo

Shuttle Van Drivers

Marie Case & John Belluscio

BLACKSTONE HEALTH, INC.

Blackstone Health Café Coordinator

Timothy Sandy 365-1101

Nutrition Assistant

Susan Leal

LEON MATHIEU SENIOR CENTER'S ANNUAL 90+ BIRTHDAY CELEBRATION



In May, the Leon Mathieu Senior Center will once again host the 90+ birthday celebration. This annual celebration pays special tribute to all Pawtucket seniors who are 90 years of age or older. If you know of anyone who is 90 or older and is a past or present Pawtucket resident, please contact Melisa Cabral, Program Coordinator at (401) 728-7582. Please have their name, address and phone number so we may contact them or their family.

BUCKET LIST CLUB

What is a "Bucket List"? a number of experiences or achievements that a person hopes to have or accomplish during their lifetime. Come join us Tuesday, March 6th at 12:30 p.m. to watch the comedy-drama film "The Bucket List" and Tuesday, April 3rd at 12:30 p.m. to create a bucket list.

MINDFULNESS

We know that diets do not always work. We have heard that maintaining a healthy weight requires behavioral changes. But what if you really feel you have tried to change, but have still not been able to achieve a healthy weight? In this 8-week Mindful

Eating class we will learn about the latest science-based, mind-body research that is changing the old belief that weight loss is simply a matter of calories in vs. calories out. Mindful Eating is about changing your relationship with food and how you eat. This class will not involve recommending any particular diet or providing nutrition advice. No one-on-one personal advice will be offered. No group sharing of your own personal struggles will be asked of you. Classes meet Mondays at 12 p.m. If you are interested, please sign up at the 2nd floor office or call 728-7582.

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 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.

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/depart at 11:30 am

Tickets go on sale Monday, February 26th, 2018 at 9:00 am. Each person is able to sign up for any shopping trip, 1 lunch trip initially. You may sign up for additional lunch and special trips as space permits on Monday, March 5th, 2018 at 9:00 am.

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

MARCH SHOPPING TRIPS

Thurs, March 1st Warwick Mall
Thurs, March 8th Wal-Mart, N. Smithfield
Thurs, March 15th Smithfield Crossings
Thurs, March 22nd Wampanoag Mall, E. Prov.
Thurs, March 29th Christmas Tree, Warwick

APRIL SHOPPING TRIPS

Thurs, April 5th Lincoln Mall
Thurs, April 12th Wal-Mart, N. Smithfield
Thurs, April 19th Christmas Tree, Warwick
Thurs, April 26th Wampanoag Mall, E. Prov.

MARCH LUNCHEON TRIPS:

Tue. March 13th - Cracker Barrel, Coventry
Tue. March 27th - Top of the Bay, Warwick

APRIL LUNCHEON TRIPS:

Tue. April 10th - Top of the Bay, Warwick
Tue. April 24th - Crow's Nest, Warwick

SPECIAL TRIPS:

Friday, March 23rd,
2018 leaving the Center
at 9 am.

Returning at
approximately 2:30 p.m.

Tickets are \$7 (which include transportation and show). Lunch will be at Pinelli's in Providence. If you are interested, please sign up on the second floor as soon as possible. The State Ballet of Rhode Island will be presenting *Alice in Wonderland*.



Roger Williams Natural
History Museum and
Lunch Trip- Restaurant
to be announced Monday,



April 23rd leaving the Center at 9 a.m.
Returning at approximately 2:30 p.m.

Tickets are \$9 (which include
transportation, museum and planetarium
show "Cosmic Collisions"). Sign up at the
2nd floor office.

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 LOGISTICARE 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 2:15 pm at the designated location. Please check with driver

THANK YOU!

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 Wednesday & Friday from 8:30-9:30 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. 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.



Blackstone Valley Community Action Program's Retired and Senior Volunteer program helps people age 55 and over find 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 Laura-Jean Ferranti at 401-723-4520 x275 or visit bvcap.org and click on senior services to sign up!

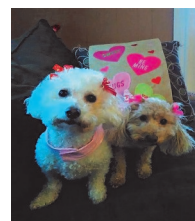
GOLDEN AGERS BOOK CLUB



The Book Club is scheduled to meet on:
Thursday, March 22nd and April 26th from 12p.m.-1p.m. New members are always welcome. The Book Club is run by Paula Bradley. Thanks 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.

OUR SEAMSTRESS, ZINAIDA,



is here on **Tuesday from 1-3pm** on the 2nd fl. 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. **Thank you Zina for volunteering!**

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.

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.

March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March Flower:  DAFFODIL	March Birthdays: March 1st - Glenn Miller March 2nd - "Dr. Seuss" March 11th- Lawrence Welk March 14th - Albert Einstein March 17th - Nat King Cole March 21st - Bach	March 25th - Aretha Franklin March 26th - Diana Ross March 26th - Robert Frost March 30th - Vincent Van Gogh March 30th - Celine Dion March 31st - Rene Descartes March 31st - Al Gore Jr.	9-2 Veteran Information Appointments 9:30 Salsacise 10-11 Blood Pressures 10:30 Therapeutic Coloring 11:30 Shopping Trip to Warwick Mall Lunch \$3 Sugg. Donation 11:30 Cyber Seniors 12-2 Movie 12:15 Penny BINGO	8:30 Breakfast at the Café \$3 Suggested Donation 9:00 Cribbage 9-12 Taxes 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 R.I. Legal Services Presentation
9:00 Knitting 9:00 Yoga for Seniors \$6 monthly 9:30 Muscle Strength 11:30 Lunch \$3 Suggested Donation 12:00 Mindfulness 12:30 Hi-Lo Jack Club \$20 for 10 Week Tournament 1:00 Watercolor Painting	9:00 Needlepoint 9-12 Taxes 9-12 Blood Pressure 9:30 Yoga for Seniors Shri Studio \$6 monthly 9:30 Line Dancing 10:30 Rock Painting 11:30 Lunch \$3 Suggested Donation 12:30 Non-Impact Aerobics 12:30 Bucket List Club 12:30 Scrapbooking 1:00 Seamstress Services	8:30 Breakfast at Café \$3 Sugg. Donation 8:30 Hairdressing Service 9-11 Chair Massage 10:00 Stretch Exercise 11:30 Lunch 11:30 Tai Chi Class \$10 Every 8 Weeks 1:15 Diabetes Prevention Program 12:15 Cards & Board Games 12:35 Arthritis Exercise 5pm Yoga for Seniors at Shri Studio \$6 monthly	9:30 Salsacise 10:30 Therapeutic Coloring 11:30 Shopping Trip to Wal-Mart-N. Smithfield Lunch \$3 Suggested Donation 12-2 Cyber Seniors 12:15 Movie 12:15 Penny BINGO 1:00 Parkinson's Support Group	8:30 Breakfast at the Café \$3 Suggested Donation 9:00 Cribbage 9-12 Taxes 10:00 Stretch Exercise 10:30 Blood Pressure Screenings 11:30 Lunch \$3 Suggested Donation 12:30 U.R.I COLLEGE OF PHARMACY PRESENTS: "Getting the Most Out of Your Prescriptions"
9:00 Knitting 9:00 Yoga for Seniors \$6 monthly 9:30 Muscle Strength 10:30 Pet Therapy 11:30 Lunch \$3 Sugg. Donation 12:00 Mindfulness 12:30 Hi-Lo Jack Club \$20 for 10 Week 1:00 Watercolor Painting	9:00 Needlepoint 9-12 Taxes 9-12 Blood Pressure 9:30 Yoga for Seniors at Shri Studio-\$6 monthly 9:30 Line Dancing 10:30 Rock Painting 11:00 Luncheon to Cracker Barrel, Warwick 11:30 Lunch- \$3 Suggested 12:30 Non-Impact Aerobics 12:30 Scrapbooking 1:00 Seamstress Services	8:30 Breakfast at Café \$3 Sugg. Donation 8:30 Hairdressing Service 10:00 Stretch Exercise 11:30 Lunch \$3 Sugg. Donation 11:30 Tai Chi Class \$10 Every 8 Weeks 12:15 Cards & Board Games 12:35 Arthritis Exercise 5pm Yoga for Seniors at Shri Studio \$6 monthly	9:30 Salsacise 10:30 Therapeutic Coloring 11:30 Shopping Trip to Smithfield Crossings Lunch \$3 Suggested donation Birthday Celebration RSVP Jazz Band 12-2 Cyber Seniors 12:15 Movie 12:15 Penny BINGO	8:30 Breakfast at the Café \$3 Suggested Donation 9:00 Cribbage 9-12 Taxes 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 St. Patty's Day Celebration with Musician Mary King
9:00 Knitting 9:00 Yoga for Seniors \$6 monthly 9:30 Muscle Strength 11:30 Lunch \$3 Suggested Donation 12:00 Mindfulness 12:30 Hi-Lo Jack Club \$20 for 10 Week 1:00 Watercolor Painting	9:00 Needlepoint 9-12 Taxes 9-12 Blood Pressure 9:30 Powerful Tools for Caregivers 9:30 Yoga for Seniors Shri Studio-\$6 monthly 9:30 Line Dancing 10:30 Rock Painting 10:45 DMV Trip 11:30 Lunch \$3 Suggested Donation 12:30 Healthy Living-Cafe 12:30 Non-Impact Aerobics 1:00 Seamstress Services	8:30 Breakfast at Café \$3 Sugg. Donation 8:30 Hairdressing Service 9-11 Chair Massage 10:00 Stretch Exercise 11:30 Lunch \$3 Sug. Donation 11:30 Tai Chi Class \$10 Every 8 Weeks 1:15 Diabetes Prevention 12:15 Cards & Board Games 12:35 Arthritis Exercise 5pm Yoga for Seniors at Shri Studio \$6 monthly	9:30 Salsacise 10:30 Therapeutic Coloring 11:30 Shopping Trip to Wampanoag Mall Lunch \$3 Suggested Donation 12:00 Book Club 12-2 Cyber Seniors 12:15 Movie 12:15 Penny BINGO	8:30 Breakfast at the Café \$3 Suggested Donation 9:00 Cribbage 9:00 Trip to the Ballet 9-12 Taxes 10:00 Ballet & Lunch Trip 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 Candy Making Demonstration
9:00 Knitting 9:00 Yoga for Seniors 9:15-2:30 Driving Course 9:30 Muscle Strength 10:30 Chair Massage 10:30 Pet Therapy 11:30 Lunch \$3 Suggested Donation 12:00 Mindfulness 12:30 Hi-Lo Jack Club \$20 for 10 Week 1:00 Watercolor Painting	9:00 Needlepoint 9-12 Taxes 9-12 Blood Pressure 9:30 Powerful Tools for Caregivers 9:30 Yoga for Seniors Shri Studio-\$6 monthly 9:30 Line Dancing 10:30 Rock Painting 11:00 Luncheon to Top of the Bay, Coventry 11:30 Lunch- \$3 Suggested 12:30 Non-Impact Aerobics 1:00 Seamstress Services	8:30 Breakfast at Café \$3 Sugg. Donation 8:30 Hairdressing Service 9:30-11:30 Blood Pressure 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi Class \$10 Every 8 Weeks 1:15 Diabetes Prevention 12:15 Cards & Board Games 12:35 Arthritis Exercise 5pm Yoga for Seniors at Shri Studio \$6 monthly	9:30 Salsacise 10:30 Therapeutic Coloring 11:30 Shopping Trip to Christmas Tree Lunch \$3 Suggested Donation 12-2 Cyber Seniors 12:15 Movie 12:15 Penny BINGO	8:30 Breakfast at the Café \$3 Suggested Donation 9:00 Cribbage 9-12 Taxes 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 Penny Social

APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Knitting 2 9:00 Yoga for Seniors Shri Studio-\$6 monthly 9:30 Muscle Strength & Toning 11:30 Lunch \$3 Suggested 12:30 Hi-Lo Jack Club \$20 for 10 Week Tournament 12:00 Mindfulness 1:00 Watercolor Painting 1:00 Walking Club	9:00 Needlepoint 3 9-12 Taxes 9-12 Blood Pressures 9:30 Tools for Caregivers 9:30 Yoga for Seniors at Shri 9:30 Line Dancing 10:30 "Building a Stronger Immunity" Presentation 10:30 Rock Painting 11:30 Lunch \$3 Suggested 12:30 Scrapbooking 12:30 Non-Impact Aerobics 12:30 Bucket List Club 1:00 Seamstress Services	8:30 Breakfast at Café 4 \$3 Sugg. Donation 8:30 Hairdressing Service 9-11 Chair Massage 10:00 Stretch Exercise 11:30 Lunch \$3 Donation 11:30 Tai Chi Class \$10 Every 8 Weeks 12:15 Cards & Board Games 12:35 Arthritis Exercise 5 pm Yoga for Seniors at Shri Studio \$6 monthly	9-2 Veteran Information 5 Appointments 9:30 Salsacise 10:30 Therapeutic Coloring 11:30 Shopping Trip to Lincoln Mall 11:30 Lunch \$3 Suggested 12-2 Cyber Seniors 12:15 Movie 12:15 Penny BINGO	8:30 Breakfast at the Café 6 \$3 Suggested Donation 9:00 Cribbage 9-12 Taxes 10:00 Stretch Exercise 11:30-1 pm RIPTA Bus Passes 11:30 Lunch \$3 Suggested Donation 12:30 Senior Medicare Patrol Presentation
9:00 Knitting 9 9:00 Yoga for Seniors Shri Studio-\$6 monthly 9:30 Muscle Strength & Toning 10:30 Pet Therapy 10:30 Podiatry Clinic 11:30 Lunch \$3 Suggested 12:30 Hi-Lo Jack Club \$20 for 10 Week Tournament 12:00 Mindfulness 1:00 Watercolor Painting 1:00 Walking Club	9:00 Needlepoint 10 9-12 Taxes 9:30 Powerful Tools for Caregivers 9:30 Yoga for Seniors at Shri Studio \$6 monthly 9:30 Line Dancing 10:30 Rock Painting 11:00 Luncheon to Top of the Bay, Warwick 11:30 Lunch \$3 Suggested 12:30 Non-Impact Aerobics 12:30 Scrapbooking 1:00 Seamstress Services	8:30 Breakfast at the Café 11 8:30 Hairdressing Service 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 11:30 Tai Chi Class \$10 Every 8 Weeks 1:15 Diabetes Prevention Program 12:15 Cards & Board Games 12:35 Arthritis Exercise 5pm Yoga for Seniors at Shri Studio \$6 monthly	9:30 Salsacise 12 10:30 Therapeutic Coloring 11:30 Shopping Trip to Wal-Mart, N. Smithfield 11:30 Lunch \$3 Suggested 12-2 Cyber Seniors 12:15 Movie 12:15 Penny BINGO 1:00 Parkinson's Support Group	8:30 Breakfast at the Café 13 \$3 Suggested Donation 9:00 Ballet and Lunch Trip 9:00 Cribbage 9-12 Last Tax Session 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 URI COLLEGE OF PHARMACY PRESENTS: "Genetic Testing (A Brave New World)"
9:00 Knitting 16 9:00 Yoga for Seniors Shri Studio-\$6 monthly 9:30 Muscle Strength & Toning 11:30 Lunch \$3 Suggested 12:30 Hi-Lo Jack Club \$20 for 10 Week Tournament 12:00 Mindfulness 1:00 Watercolor Painting 1:00 Walking Club	9:00 Needlepoint 17 9:30 Powerful Tools for Caregivers 9:30 Yoga for Seniors at Shri Studio \$6 monthly 9:30 Line Dancing 10:30 Rock Painting 10:45 DMV Trip 11:30 Lunch \$3 Suggested 12:30 Non-Impact Aerobics 12:30 Healthy Living-Café 1:00 Seamstress Services	8:30 Breakfast at the Café 18 \$3 Suggested Donation 8:30 Hairdressing Service 9-11 Chair Massage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested 11:30 Tai Chi Class \$10 Every 8 Weeks 12:15 Cards & Board Games 1:15 Diabetes Prevention 12:35 Arthritis Exercise 5 pm Yoga \$6 monthly	9:30 Salsacise 19 10:30 Therapeutic Coloring 11:30 Shopping Trip to Christmas Tree, Warwick 11:30 Lunch \$3 Suggested Birthday Celebration RSVP Jazz Band 12-2 Cyber Seniors 12:15 Movie 12:15 Penny BINGO	8:30 Breakfast at the Café 20 \$3 Suggested Donation 9:00 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 Volunteer Appreciation Celebration
9:00 Knitting 23 9:00 Yoga for Seniors 9:00 Trip to R.W. Museum 9:30 Muscle Strength & Toning 10:30 Pet Therapy 11:30 Lunch \$3 Donation 12:30 Hi-Lo Jack Club \$20 for 10 Week Tournament 12:00 Mindfulness 1:00 Watercolor Painting 1:00 Walking Club	9:00 Needlepoint 24 9:30 Tools for Caregivers 9:30 Yoga for Seniors Shri Studio-\$6 monthly 9:30 Line Dancing 10:30 Rock Paining 11:00 Luncheon to Crow's Nest, Coventry 11:30 Lunch \$3 Suggested 12:30 Non-Impact Aerobics 1:00 Seamstress Services	8:30 Breakfast at Café 25 \$3 Suggested Donation 8:30 Hairdressing Service 9:30-11:30 Blood Pressure 10:00 Stretch Exercise 11:30 Lunch \$3 Donation 11:30 Tai Chi Class \$10 Every 8 Weeks 1:15 Diabetes Prevention 12:15 Cards & Board Games 12:35 Arthritis Exercise 5:00pm Yoga \$6 monthly	9:30 Salsacise 26 10:30 Therapeutic Coloring 11:30 Shopping Trip to Wampanoag Mall, E.P. 11:30 Lunch \$3 Suggested Donation 12:00 Book Club 12-2 Cyber Seniors 12:15 Movie 12:15 Penny BINGO	8:30 Breakfast at the Café 27 \$3 Suggested Donation 9:00 Cribbage 10:00 Stretch Exercise 11:30 Lunch \$3 Suggested Donation 12:30 Mobile Museum of African American Artifacts with Onna Moniz-John
9:00 Knitting 30 9:00 Yoga for Seniors Shri Studio-\$6 monthly 9:30 Muscle Strength & Toning 10:30 Chair Massage 11:30 Lunch \$3 Suggested 12:30 Hi-Lo Jack Club \$20 for 10 Week Tournament 12:00 Mindfulness 1:00 Watercolor Painting 1:00 Walking Club	April Birthdays: April 1st - Debbie Reynolds April 2nd - Marvin Gaye April 2nd - Hans Christian Anderson April 3rd - Marlon Brando	April Birthdays: April 3rd - Eddie Murphy April 5th - Spencer Tracy April 10th - Pulitzer April 13th - Thomas Jefferson April 15th - Leonardo DaVinci	April Flower: 	April Stone: 

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

AARP VOLUNTEER TAX PREPARATION SERVICE

AARP volunteer tax preparers will be available during the 2018 tax season to assist seniors 60+ with their tax returns. No

appointments will be taken and individuals will be seen on a first come, first serve basis. This service will be available on Tuesdays and Fridays, 9 a.m.-12 p.m. from February 6—April 13th, 2018. You will need to bring a photo I.D. and proof of income (e.g. W-2s, 1099 Social Security Benefit Statement, etc.) with you.

Service is limited to short forms only.

For a complete list of documents please call the Senior Center at 728-7582.

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, March 8th and April 12th from 1:00 pm to 2:15 p.m. on the 2nd floor.**

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. **Next dates are Thur., March 1st and Thur., April 5th.**





State of Rhode Island
Division of Motor Vehicles

The L.M.S.C provides transportation to the Cranston D.M.V on Tuesday, March 20th and Tuesday, April 17th. 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
w/ **Dr. Mark Kuhar**

An appointment is necessary. Please visit

the 2nd floor office to schedule an appointment. Bring your insurance card(s) and a valid ID/License



BROWN

**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.

HEATING ASSISTANCE NEWS:

A single person can earn up to \$2,424/month and a married couple can earn up to \$3169/month to qualify for heating assistance (based on 2018 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.

FREE BLOOD PRESSURE SCREENINGS

- **U.R.I COLLEGE OF PHARMACY FRIDAYS, MARCH 9TH AND APRIL 13TH FROM 10:30-11:30 A.M.**
- **MANSION NURSING HOME - MARCH 28TH AND APRIL 25TH FROM 9:30 A.M.—11:30 A.M.**
- **R.I.C NURSING STUDENTS TUESDAYS (April 3rd last session) FROM 9:00 A.M.-12:00 P.M.**
 - **COMFORT KEEPERS - MARCH 1ST FROM 10:00-11:00 A.M.**



**BUS
PASSES**

R.I.P.T.A bus passes

will be issued at the Leon Mathieu Senior Center on **Friday, April 6th from 11:30 am to 1pm** 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

**THERAPEUTIC
MASSAGE**

Victoria Tavares (LIC #02060), and Kathi Healey (LIC #02159), licensed and certified

Therapeutic Massage Therapists will be available on the last Monday of each month from 10:30 am to 1:00 pm for free chair massages. Victoria will also be available the first and third Wednesdays of the month from 9:00-11:00AM. 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.

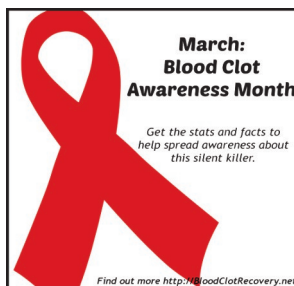
Next dates are Monday, Mar. 26th and April 30th

YOU MAY ONLY SIGN UP FOR ONE CHAIR MASSAGE PER MONTH AS AVAILABILITY IS LIMITED.

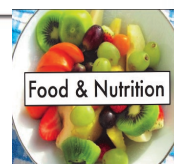


REMINDER TO ALL HOME OWNERS:

Don't forget to apply for your Property Tax Exemption - you must apply by **March 15, 2018** with Tax Assessors



URI SNAP EDUCATION WILL BE PRESENTING "HEALTHY LIVING". THIS SERIES ON NUTRITION WILL BE HELD IN THE CAFÉ FOLLOWING LUNCH ON MARCH 20TH AND APRIL 17TH FROM 12:30-1:30 PM.





MARCH AND APRIL 2018

Friday, March 2nd at 12:30 p.m.

Rhode Island Legal Services Presentation with Attorney Eric D. Bither
Topic: Elder Abuse and Financial Exploitation—Time for questions and answers following presentation. Light refreshments will be served.

Friday, March 9th at 12:30 p.m.

U.R.I. College of Pharmacy Presents “Getting the Most Out of Your Prescription Dollar”
Are you spending too much money on your medications? Learn how to properly use formularies, access cost saving programs, and other helpful ways to minimize prescription costs. Time for questions and answers. Light refreshments will be served. Free raffle prize ticket will be given to participants.

Friday, March 16th at 12:30 p.m.

The Irish Duo with Mary King will be performing for our yearly St. Patrick’s and St. Joseph’s Day Celebration. Refreshments will be served. Tickets are \$2. Please sign-up at the 2nd Floor Desk.

Friday, March 23rd at 12:30 p.m.

Candy Making with Angie O’Neill
Come join Angie as she demonstrates how to make home made chocolate candies.

Friday, March 30th at 12:30 p.m.

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!
Adults 55+ are invited to participate in this event. Proceeds from the Penny Social will benefit the Senior Center for future programs and activities. Light refreshments will be served.

Friday, April 6th at 12:30 p.m.

Senior Medicare Patrol Presentation
Come join Elizabeth Vieira. Her mission is to educate Seniors, their families and caregivers on how to protect, detect and report Medicare fraud and abuse. She does this through group talks as well as one on one consultation with anyone who thinks they may be a victim of fraud and abuse.

Friday, April 13th at 12:30 p.m.

U.R.I College of Pharmacy Presents “Genetic Testing (A Brave New World)”
Is genetic testing the answer to help select drugs that are best suited for you by maximizing benefits while reducing unwanted side effects? A review of the testing protocols available and which drugs are currently tested. Are you a candidate for genetic testing? Time for questions and answers. Light refreshments will be served. Free raffle prize ticket will be given to participants. There will be a birthday celebration with members who have April birthdays after the presentation.

Friday, April 20th at 12:30 p.m.

Volunteer Appreciation Celebration
Come honor our volunteers. Light refreshments will be served. The Senior Center is taking this opportunity to show its appreciation for its many dedicated volunteers who give so much of their time and talent to assist the Center in so many ways.

Friday, April 27th at 12:30 p.m.

Mobile Museum of African American Artifacts
For almost 40 years, Moniz-John has been collecting artifacts related to African-American history. Her collection is now on display in her 30-foot long recreational vehicle, which she has converted into a mobile museum. The museum follows the timeline of black history in the United States, beginning with slavery and continuing to trace important events like emancipation and civil rights. The museum also touches on the accomplishments of African-Americans in a variety of fields such as sports and music. To represent all of these topics and accomplishments, Moniz-John has hundreds of artifacts, ranging from paintings of famous African-Americans to shackles worn by slaves.

LEON MATHIEU SENIOR CENTER.....	728-7582
BLACKSTONE CAFE MEAL RESERVATIONS.....	728-5480
BLACKSTONE HEALTH, INC. NUTRITION.....	365-1101
CITY OF PAWTUCKET SENIOR SHUTTLE.....	725-8220
(for Pawtucket residents only)	
LOGISTICARE TRANSPORTATION.....	1-855-330-9131
(to all medical appointments & meal sites)	
NEW HORIZONS ADULT DAY CENTER.....	727-0950
RI DIVISION OF ELDERLY AFFAIRS.....	462-3000
R.I.P.T.A. BUS PASS INFORMATION.....	784-9500
SOCIAL SECURITY ADMINISTRATION.....	1-866-931-7079
PAWTUCKET CITY HALL.....	728-0500

Leon Mathieu Senior Center
420 Main Street
Pawtucket, RI 02860