

APRIL 2019

# THE SENIOR SCENE

## Ludlow Senior Center

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### Phone Number:

(413) 583-3564

### Address:

37 Chestnut Street  
Ludlow, MA 01056

### Email Address:

COA@Ludlow.ma.us

### Website:

www.ludlow.ma.us

### Fax Number:

(413) 583-5658

### Office Hours:

Monday - Friday  
8 a.m. to 4 p.m.

## JAMMIN' WITH JODI

Why is it that winter seems to bring out the worst in everything? I think the cold, the dark and being cooped up just makes us all a bit crazy. The sun is now shining, the temperatures are warming up, the days are longer and I can see people smiling again. I am so thankful for Spring!

It is going to be a busy month. We have a lot of different events and activities scheduled and we look forward to seeing you. The Building Project is moving forward as well and we have been working hard on a floorplan and the schematics are coming together. By the end of the month we should have some pictures of what the new building will look like. We are working on a website or Dropbox to be able to share information with the public. We will post it as soon as we have it set up but meanwhile everyone is invited to the meetings which are normally on Thursday evenings.

Unfortunately, we have to wait until a decision at May Town Meeting for a new van. I met with Capital Improvement and the article has been submitted. The good news is that it will be a Special Town Meeting article which means I can order the van 7 days after the meeting if approved. It will still take 90-120 days to receive the van but at least we can order it in May and not wait until July. I am sorry for the inconvenience but we are excited to have a brand, new van!

Thank you for your continued support of the Ludlow Senior Center and we hope you have a wonderful Easter and Happy Passover!

*Jodi Lepke*

### Save the Date - Friends Fundraiser with Ludlow Elks Lodge #2448 Wednesday, May 1

Come to the Ludlow Elks monthly pasta supper and help support the Friends of the Ludlow Senior Center Building Fund. The Elks Lodge has graciously agreed to donate \$1.00 from each meal to the Friends if you mention them when you pay for your meal.

Tickets saying you are supporting the Friends will be available at the Senior Center front desk or available at the door on May 1st.

### Change for Change

The Friends of the Ludlow Senior Center are committed to the future prosperity and success of the new Senior Center.

They have pledged to raise a substantial donation towards this goal.

Everyone can help by simply dropping any loose change in their jug, located in the front foyer at the Senior Center.

# WELLNESS SERVICES

The Ludlow Council on Aging is not responsible for last minute cancellations by these providers

## PEDICURE WITH TOWN NURSES

### Every Tuesday

Pedicures are for Ludlow residents only. Diabetics are required to provide a note from their doctors before a pedicure can be given. Pedicures are \$10. Appointments are required. They may be made by calling the center.

## DROP-IN WITH A NURSE

### Every Thursday From 10 a.m. - 11:30 a.m.

Stop by the Wellness Clinic to have your blood pressure checked, File of Life filled out, or to ask the nurse a question.

## HEARING CLINIC

### Deb Stroetzel: Tuesday, April 23

Deb Stroetzel, MA, CCC-A, provides answers to questions you have regarding your hearing. Appointments are required. They may be made by calling the center.

## MASSAGE THERAPY

### Meaghan Murphy: Mondays

15 Minutes of massage for \$10 or 30 minutes of massage for \$20. Appointments are required. They may be made by calling the center.

## BLOOD PRESSURE CHECKS

### Tuesday afternoon from 1 p.m. - 2 p.m.

Blood pressure checks are provided by volunteers. Please call the center to verify that a nurse is on site.

## FACIALS

### Diane Neill: Wednesday, April 24

Diane Neill, MA licensed esthetician, provides facials and additional skin care services. A one-hour facial starts at just \$30. Appointments are required. They may be made by calling the center.

# MEETINGS & SUPPORT GROUPS

## CAREGIVER SUPPORT GROUP

### Tuesday, April 9, at 10 a.m.

This group meets the second Tuesday of each month. The group is open to all caregivers. Signing up is appreciated, but not mandatory.

## FRIENDS OF THE LUDLOW SENIOR CENTER

### Wednesday, April 10, at 10 a.m.

The Friends play a very important role at the Ludlow Senior Center by financially supporting services and activities. Stop in the second Wednesday of each month and find out what you can do to help.

## STATE SENATOR LESSER OFFICE HOURS

### Thursday, April 11, at 10:30 a.m.

Talk with State Senator Eric Lesser's district director. Joel McAuliffe visits the center the second Thursday of each month.

## BROWN BAG PROGRAM

### Tuesday, April 16, from 1 p.m. - 3 p.m.

Offered through the Food Bank of western Massachusetts, Brown Bag helps those older than 55, who meet income guidelines. Applications are available at the senior center. Pickup is the third Tuesday of each month.

## COUNCIL ON AGING BOARD MEETING

### Wednesday, April 17, at 4:30 p.m.

Held the third Wednesday of every month, this meeting is open to the public, unless there's an executive session.

## TRIAD

### Wednesday, April 24, at 10 a.m.

Held the fourth Wednesday of every month, this group works toward making our community a safer place. Come in and find out how you can make a difference and help us plan our first National Night Out.

## VETERANS AGENT OFFICE HOURS

### Wednesday, April 24, at 10:30 a.m.

Veterans Agent Eric Segundo will be holding office hours at the center for all veterans' issues.

## MEN'S BREAKFAST CLUB

### Friday, April 26, at 8:30 a.m. in Wilbraham

Breakfasts are held on the last Friday of every month. Sites shift between Ludlow and Wilbraham. Pre-registration is appreciated but not necessary.

## Activities Corner

### Activities Corner

~We wish to let everyone know that in light of the changes happening at our Senior Center, in both staff and activities, we are not going to offer evening programs during 2019.

We still offer a wide variety of activities, information and services daily and hope that you take advantage of what we have to offer.

~**Mahjong will be offered on both THURSDAY and FRIDAY afternoons at 1:30 p.m.**

~We also have a volunteer who would like to get a group together of **people** who like to fish. The group could discuss fishing spots and carpool to get to the chosen location each month. Experienced fishermen could help to instruct those in the group that are less experienced.

If you would be interested in this type of group, please give your name and phone number at the front desk. If we have some interest, we can then plan the first meeting.

Sincerely, The Senior Center Staff

## TRANSPORTATION SERVICES

### Important Details

- Pickup times are a 30-minute window.
- Van service is available for in-town rides only.
- Rides to the center must be arranged by 9:00 a.m.
- Appointments to other Ludlow locations must be arranged 24 hours in advance by calling the center
- The latest appointment we can accommodate is 2:30 p.m., as the van makes its last trip around 3:30 pm.

### Our Fees (One-Way Fares)

To the senior center:	<b>\$.50</b>
To other Ludlow locations:	<b>\$.75</b>

### Monthly Shopping Trips

#### Eastfield Mall, or Stop & Shop

Monday, April 1

Cost: \$2.00

Departure: 12:30 p.m. Return: 3:00 p.m.

When you make your reservation, please include which stop you prefer.

#### Big Y, or Randall's

Every Tuesday & Thursday

Departure: 11:00 a.m. & 1:00 p.m.

When you make your reservation, please include which stop you prefer.

# CONTINUING ACTIVITIES

## Monday

**8 a.m.** Fitness Room  
**9 a.m.** Knitting  
**9:30 a.m.** Massage  
 Appointments  
**10 a.m.** YMCA  
 Boomer Boot Camp  
**10 a.m.** Dominos  
**12 p.m.** Lunch  
**12:30 p.m.** Billiards  
 Traveling League  
**1 p.m.** Pitch  
**1:15 p.m.** Movie

## Tuesday

**8 a.m.** Fitness Room  
**8:30 a.m.** Pedicure Appts  
**8:30 a.m.** Ceramics  
**9 a.m.** Quilting  
**12 p.m.** Lunch  
**12:30 p.m.** Men's  
 Round Robin Billiards  
**1 p.m.** Bingo  
**1 p.m.** Bridge  
**1 p.m.** Blood Pressure  
**3p.m.** Yoga

## Wednesday

**8 a.m.** Fitness Room  
**8 a.m.** Open Billiards  
**8:30 a.m.** Ceramics  
**10 a.m.** YMCA  
 Boomer Boot Camp  
**12 p.m.** Lunch  
**1 p.m.** Pitch  
**1:15 p.m.** Line Dancing

## Thursday

**8 a.m.** Fitness Room  
**8:30 a.m.** Ceramics  
**8:30 a.m.** Women's Billiards  
**9 a.m.** Tai Chi  
**10 a.m.** Drop-In Nurse  
**10 a.m.** Yoga  
**12 p.m.** Lunch  
**12:30 p.m.** Donors 8-Ball  
 Round Robin Billiards  
**1 p.m.** Choral Group  
**1 p.m.** Cribbage  
**1:15 p.m.** Classic Movie  
**1:30 p.m.** Mahjongg

## Friday

**8 a.m.** Fitness Room  
**8 a.m.** Open Billiards  
**10 a.m.** YMCA  
 Boomer Boot Camp  
**12 p.m.** Lunch  
**1 p.m.** Coloring Club  
**1 p.m.** Cribbage  
**1:15 p.m.** Chair Volleyball  
**1:30 p.m.** Mahjong

## APRIL MOVIE SCHEDULE

**The Wife**  
 (Rated R, 100 Min)  
 April 1

Starring Meryl Streep. A film that interweaves the story of a couple's passion and ambition, with a portrait of a marriage 30-plus years later with a lifetime's shared compromises.

**A Star Is Born**  
 (Rated R, 134 Min)  
 April 8

The latest version of this major movie stars Lady Gaga as a performer on her way up the success ladder.

**APRIL 15**  
**HOLIDAY**  
**CENTER CLOSED**

**The Mule**  
 (Rated R, 116 Min)  
 April 22

Starring Clint Eastwood, this film follows an older gentleman, who falls in with a group of drug dealers.

**A Dog's Way Home**  
 (Rated PG-13, 137 Min)  
 April 29

Starring Ashley Judd. A dog named Bella gets separated from her owner, and encounters a variety of strangers on her 400-mile journey back home.

## CLASSIC MOVIES

**The Sound of Music (Part 2)**  
 April 4

Tuneful, heartwarming, the movie is based on the real life story of the Von Trapp Family singers.

**A Star Is Born (1976)**  
 April 11

While a hard-drinking rock star's (Kris Kristofferson) career sputters, his lover (Barbara Streisand) finds her path on the rise.

**Cellular**  
 April 18

A young man finds himself trying to help a kidnapped woman (Kim Basinger), after she contacts him by cell phone.

**Pay It Forward**  
 April 25

Trevor, (Haley Joel Osment) a junior high student starts a chain reaction of goodness for his social studies project.

# APRIL ACTIVITIES CALENDAR

Ludlow Senior Center • (413) 583-3564 • www.ludlow.ma.us

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> 12:30 p.m. Eastfield Mall, Or Stop &amp; Shop Trip 1:00 p.m. Billiards Travel League 1:15 p.m. Movie: <b>The Wife</b> Rated R - 100 min</p>	<p><b>2 PEANUT BUTTER &amp; JELLY DAY</b> 10 a.m. PB&amp;J samples in lounge 1:00 p.m. Decorating Group</p>	<p><b>3</b> 1:15 p.m. Line Dancing</p>	<p><b>4 ICE CREAM SOCIAL</b> 10:30 a.m. Fallon Health 1 p.m. ICE CREAM 1:15 p.m. Classic Movie: <b>The Sound of Music (Part 2)</b> 1:30 p.m. Mahjong</p>	<p><b>5 PAJAMA DAY</b> 11:00 a.m. Jerome Riley performs for Cabin Fever/ Pajama Day 1:30 p.m. Mahjong</p>
<p><b>8</b> 1:00 p.m. Billiards Travel League 1:15 p.m. Movie: <b>A Star Is Born (2019)</b> Rated R - 134 min</p>	<p><b>9</b> 10 a.m. Caregiver Support Group 10 a.m. Sophie Therapy Dog Visit 1:30 p.m. Paraffin Hand Wax Appts</p>	<p><b>10</b> 10 a.m. Friends Meeting 11:30 a.m. Magic with Lendini 1:15 p.m. Line Dancing 2 p.m. Trivia</p>	<p><b>11</b> 10:30 a.m. State Senator Lesser Office Hour 1 p.m. Easter Craft Class 1:15 p.m. Classic Movie: <b>A Star is Born (1976)</b> R 142 m 1:30 p.m. Mahjong</p>	<p><b>12</b> 9:30 a.m. Louis &amp; Clark Equipment Tune-Up Clinic 1:30 p.m. Book Club 1:30 p.m. Mahjong</p>
<p><b>15</b> <b>CLOSED FOR THE HOLIDAY</b></p>	<p><b>16</b> 1 p.m. Brown Bag</p>	<p><b>17 BIRTHDAY LUNCH</b> 10:30 a.m. New Senior Center Update 11:30 Chorus Performs 1:15 p.m. Line Dancing 4:30 p.m. COA Board Meeting</p>	<p><b>18 EASTER LUNCH</b> 11:00 a.m. Eric Weld performs 1:15 p.m. Classic Movie: <b>Cellular</b> Rated PG-13 95 min 1:30 p.m. Mahjong</p>	<p><b>19 MATZOH &amp; CHAROSET</b> 10:30 a.m. Matzoh &amp; Charoset to celebrate Passover in the Lounge 1:30 p.m. Mahjong</p>
<p><b>22 JELLY BEAN DAY</b> 10:30 a.m. Jelly Bean Samples in the Lounge 1:00 p.m. Billiards Travel League 1:15 p.m. Movie: <b>The Mule</b> Rated R - 116 min</p>	<p><b>23</b> 10:30 a.m. <b>"Coffee Talk"</b> with State Senator Eric Lesser 1 p.m. Hearing Appointments</p>	<p><b>24</b> 8:15 a.m. Facials 9:30 a.m. Jewelry Class 10 a.m. TRIAD 10:30 a.m. Veterans Agent Hours</p>	<p><b>25</b> 1 p.m. Cribbage 1:15 p.m. Classic Movie: <b>Pay It Forward</b> Rated PG-13 123 min 1:30 p.m. Mahjong</p>	<p><b>26 NATIONAL PRETZEL DAY</b> 8:30 a.m. Men's Breakfast in Wilbraham 10:30 a.m. Pretzels in the Lounge 1:30 p.m. Book Club 1:30 p.m. Mahjong</p>
<p><b>29</b> 1:00 p.m. Billiards Travel League 1:15 p.m. Movie: <b>A Dog's Way Home</b> Rated PG-13 137 min</p>	<p><b>30 LUNCH &amp; LEARN</b> Noon - Ludlow Dentistry &amp; Braces on ORAL HEALTH.</p>	<p><b>Mahjong is now on Thursdays &amp; Fridays!</b></p>		

# APRIL LUNCH CALENDAR

Ludlow Senior Center • (413) 583-3564 • [www.ludlow.ma.us](http://www.ludlow.ma.us)

Monday	Tuesday	Wednesday	Thursday	Friday
1 Ham, Rice & Broccoli Casserole	2 Chicken Marsala with Rice Peas	3 Sausage Grinders with Onions & Peppers French Fries	4 Stuffed Cabbage with Egg Noodles	5 PAJAMA DAY French Toast Casserole Hash Browns
8 Veal Parmesan over Pasta Garlic Bread	9 Shepherds Pie	10 Vegetable Stir Fry Fried Rice	11 Roast Turkey Dinner	12 Seafood Salad Plate
15 <b>CLOSED FOR THE HOLIDAY</b>	16 Pizza Side Salad	17 BIRTHDAY LUNCH Stuffed Chicken Rice Pilaf Mixed Vegetables	18 EASTER LUNCH Baked Ham Sweet Potatoes Green Beans	19 BBQ Salmon Baked Potato Spinach
22 Cowboy Burger Sweet Potato Fries	23 American Chop Suey	24 Chop Chef Salad	25 Pulled Pork Sandwich Roasted Potatoes	26 Stuffed Shells Small Salad
29 Vegetable Lasagna Garlic Bread	30 LUNCH & LEARN Meatloaf Mashed Potatoes Carrots	<b>Join us on Thursday, April 4th at 1 p.m. for an Ice Cream Social! Ice Cream makes everything better!</b>		



# SPECIAL EVENTS

## Horse Races

Cancelled for April due to Pajama Day entertainment.

## Peanut Butter & Jelly Day

Tuesday, April 2, at 10:30 a.m.

Come to the Lounge and try different kinds of peanut butter and jelly. Will we have your favorite?

## Decorating Group

Tuesday, April 2, at 1:00 p.m.

Do you enjoy decorating large dining rooms or creating center pieces? If you answer "yes", join us as we pick colors and plan for the upcoming events.

## Line Dancing

Wednesdays at 1:15 p.m.

Lynn Connolly continues this 8 week session of Beginner Line Dancing. We offer a \$5.00 drop-in fee if you did not register for the full 8-week session.

## Women's Billiards

Thursdays at 8:30 a.m.

Calling all women who love to play pool or have always wanted to learn how. Room is for **WOMEN ONLY** on Thursday mornings. Don't be shy! Join us.

## Fallon Health Information Table

Thursday, April 4 at 10:30 a.m.

Be sure to stop by and find out what type of information they may be able to offer you in regard to their insurances.

## Mahjong

Thursdays & Fridays at 1:30 p.m.

Join Lorraine Martins and learn how to play this popular tile game. No experience necessary.

## FREE Paraffin Wax Hand Treatments

Tuesday, April 9, at 1:30 p.m.

You must sign up at the front desk. Come to the Lounge at 1:30 p.m. for this free treatment that will make your hands feel wonderful.

## Table Magic with Lendini

Wednesday, April 10 at 11:30 a.m.

Our very own magician will amaze you before lunch. Can you guess how Lenny makes the magic happen?

## Trivia

Wednesday, April 10, at 2:00 p.m.

Join Carla and break into teams to answer questions ranging from current events to visual puzzles. New players are always welcome to join.

## Easter Craft

Thursday, April 11 at 1:00 p.m.

Be sure to sign up for this FREE craft project with Jodi. We want to be sure we have enough supplies on hand.

## Lewis & Clark Tune-Up Clinic

Friday, April 12 at 9:30 a.m.

If your cane, walker or wheelchair needs adjusting come to the woodshop. A tech from Lewis & Clark can fix it for you.

## New Senior Center Update

Wednesday, April 17, at 10:30 a.m.

Join Director Jodi Zepke in the lounge, as she shares updates on the progress of the new senior center. She is more than happy to answer any questions you may have.

## Book Club

Friday, April 19th & 26th, at 1:30 p.m.

Our April read is *No I Don't Want to Join a Book Club* by Virginia Ironside.

## Matzoh & Charoset

Friday, April 19, at 10:30 a.m.

Come to the Lounge as we sample some traditional foods in honor of Passover.

## Jelly Bean Day

Monday, April 22, at 10:30 a.m.

Come to the Lounge and try different kinds of jelly beans. Can you guess what the flavors are?

## Jewelry Class

Wednesday, April 24, at 9:30 a.m.

Come and create your own jewelry. The class is \$3.00, plus the cost of your supplies. Please pre-register at the front desk, as this class fills quickly.

## National Pretzel Day

Friday, April 26, at 10:30 a.m.

Pretzel samples in the Lounge.

# SPECIAL LUNCHES

## Pajama Day

Friday, April 5  
at 11:00 a.m.

Now that winter is over, it's time shake the "cabin fever" of being cooped up all winter. Join us to hear Jerome Riley help us shake the mood with some lively music to wake us up!

## Birthday Lunch

Wednesday, April 17  
at 11:30 a.m.

Those born in April will have their meal on us. Simply tell us it's your birthday when you sign up for lunch, sit back and enjoy your Free lunch and choral group performance.

## Easter Lunch

Thursday, April 18  
at 11:00 a.m.

Join us to hear Eric Weld perform some of our favorite tunes. When the performance is over sit back and enjoy the special holiday meal prepared just for you by our cook.

## Lunch & Learn

Tuesday, April 30  
at Noon

You must pre-register to hear a representative from Ludlow Dentistry & Braces provide information about the importance of oral health and wellness. Sign up at the front desk.

# OUTREACH AWARENESS

## Caregiver Support Group

(Why all caregivers should join)

Caregiving can be a lonely, exhausting experience. A recent blog posting from Salmon Health and Retirement offered a list of seven potential benefits of participating in such a group. We are including these to remind you that the Center offers a monthly support group, **on the second Tuesday of each month, 10-11:30 am**. So, what might a caregiver support group do for you? Here we go:

- ◆-a source of useful information, with participants often helping one another;
- ◆-emotional support, which can soothe the body and the soul;
- ◆-reduce anxiety, stress and social isolation, helping you to get in touch with the self you were before you became a caregiver. This can help cool frustration!
- ◆-help you to refresh by the simple act of getting out of the house to charge your batteries;
- ◆-improve your quality of life, in that you can't effectively care for others if you feel chronically depleted;
- ◆-help to regain a sense of control over your situation by having an outlet, in the interest of developing some sense of peace in your unpredictable life;
- ◆-gain a sense of perspective- that you are not alone, and in fact are part of a vast community of fellow caregivers.

**The next meeting is Tuesday, April 9th.**



# FRIENDS OF THE LUDLOW SENIOR CENTER

## Purpose:

To seek donations and/or corporate gifts, to financially assist the Ludlow Senior Center in providing services to, and otherwise advancing, the welfare of senior citizens in the Town of Ludlow.

## Items Needed:

Napkins  
Coffee/Decaf Coffee  
1 Ounce Plain Chip Bags  
Individually Wrapped Candy

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Audrey Consolmagno- Snacks
- Raymond Larose - Coffee & Candy
- Peggy Bernard - Napkins
- Albina Bednarczyk - Coffee
- Jan Sheaff - Coffee
- Tax Donations
- Edna White (BF)
- Jo Miller
- 

## DONATIONS RECEIVED IN MEMORY OF:

Marcia Hobbs:  
Blanche Hobbs (BF)  
Sandra Day  
Rita Batista  
Rose Ciborowski  
Joyce White  
Miriam Stone

Jeanne Kososki:  
Miriam Stone

Donations for the  
New Building Fund are shown  
with a (BF) following the name

## FLOWERS RECEIVED IN MEMORY OF:

Custodia do Santos

## Thank You!

The Friends of the Ludlow Senior Center would like to say "thank you" to everyone who purchased Community Bags at Ludlow Big Y in March.

We also appreciate and thank the Ludlow Big Y for their generosity in thinking of us for their program.

*Your "Friends"*

## DONATIONS to the "FRIENDS OF THE LUDLOW SENIOR CENTER"

Your tax deductible gift/donation to the "Friends" will help to enhance elder services in our community today and tomorrow. Your support is always appreciated.

Donation from \_\_\_\_\_

Address \_\_\_\_\_

(Circle one) Contribution in Memory / Honor of:

Send acknowledgement to (kindly indicate name, address & relationship):  
\_\_\_\_\_

Donation amount \_\_\_\_\_

Please make check payable to:

**Friends of the Ludlow Senior Center**  
37 Chestnut Street, Ludlow MA, 01056

## Please use donation for the following programs:

- New Building Fund
- General Need
- Other: \_\_\_\_\_
- Check here if you would prefer to remain anonymous

*If no area is specified, the funds will be designated to general need.*

# THE SENIOR SCENE

PLACE  
STAMP  
HERE

**Phone Number:**

(413) 583-3564

**Address:**

37 Chestnut Street  
Ludlow, MA 01056

**Email Address:**

COA@Ludlow.ma.us

**Website:**

www.ludlow.ma.us

**Fax Number:**

(413) 583-5658

**Chairman:**

Fred Lafayette

**Vice Chairman:**

Frank Krzanik

**Secretary:**

Lucille Carneiro

**Treasurer:**

Helen Grabowski

**Members:**

Nancy Pauze

John DaCruz

Rosalind Forti

Sheena Santolini

Janice Grimaldi

Kara Ribeiro

Diane Peacy

## Special for April:

**State Senator Eric Lesser -**  
**“Coffee Talk”**

**Tuesday, April 23rd**  
**At 10:30 a.m. in the Lounge**

State Senator Eric Lesser will update us on events happening in our area and answer any questions you may have. Pre-registration is appreciated but not necessary.

### Center Hours

Monday - Friday 8:00 a.m. - 4:00 p.m.

### Alice's Boutique

Monday - Friday 10:00 a.m. - 1:00 p.m.

The boutique accepts donations of gently used or new clothing and merchandise.

*Drop off donations at the front desk.*

### Fitness Room

Mon - Thur 8 - 4    Fri 8 - 3:30

To join: \$10 sign-up fee, a completed doctor's form, and a one time orientation on equipment and room standards.

### Senior Center Staff

- Jodi Zepke, Executive Director
- Carla Roberts, Program Coordinator
- Debbie Johnson, Outreach Coordinator
- , Activities Director
- Donna Haluch-LaRose, Cook
- Matt Pszeniczny, Dispatcher
- Joaquim Alves, Full Time Van Driver
- John Garcia, Part Time Van Driver
- Debra Borecki, Bookkeeper
- Jorge Fialho, Maintenance
- Naomi White, Receptionist

**The Ludlow Senior Center reserves the right to utilize photos or videos of participants for publicity purposes. Participants not wanting their image used must notify the Center in writing.**