

# APRIL 2018

# 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:

Ludlow.ma.us

### ○ Fax Number:

(413) 583-5658

### ○ Office Hours:

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

## JAMMIN' WITH JODI

Ahhhhhh, April! Do we think it is going to warm up soon? I am really ready for Spring. It has been a long winter.

Unfortunately, we will not be opening on Tuesday nights anytime soon. With the lounge (and offices) still in disrepair, we are not able to offer our usual Tuesday night activities. We are hoping that by May we can open, but your guess is as good as mine when the repairs will be made. We are all frustrated and thank you for your patience.

With limited space these days, we have had to cut back on our program and activity offerings. We apologize. Also, on **April 4 and April 11**, we will have limited transportation. All the drivers will be at mandatory trainings. We will have substitute drivers and hopefully we will be able to accommodate all appointments. Please bear with us.

Thank you for all of your patience and support in the last few months. I am really hoping to have great news next month. Until then...

*Jodi Lepke*

## ROGER TINCKNELL

### SONGS OF THE SEAS, RIVERS AND OTHER WATERWAYS

Tuesday, April 24 at 1:30 p.m.  
in the Dining Room

All aboard! Sea chanties, river and canal songs. Roger Tincknell has been performing over 40 years. His strong, expressive vocal styles, and masterful instrumental skills bring a warmth and versatility to his performances.



Sponsored in part by a grant from the Ludlow Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



# 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 24

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 & Wednesdays

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 25

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 10, 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 11, 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 12, 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 17, 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 18, 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 25, at 10:00 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.

## VETERANS AGENT OFFICE HOURS

### Wednesday, April 25, 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 27, at 8:30 a.m. in Wilbraham

Breakfasts are held on the last Friday of every month. Sites shift between Ludlow and Wilbraham.

# SENIOR CENTER TRIPS

Sign up with Sarah beginning April 2 at 8 a.m. by calling 583-3564.  
You may sign up yourself and your spouse. You may not sign up a friend or relative.

## Lunch Bunch: Hu Ke Lau

Thursday, April 5

Cost: \$2.00

Departure: 11:15 a.m.

Take a trip to the Hu Ke Lau in Chicopee before it closes. Plans are to demolish the current building. Menus are available at the front desk. Please understand the menu will probably be different due to the restaurant is closing.

## Healing The Earth: Tibetan Sand Mandala

Thursday, April 19

Cost: \$2.00

Departure: 1:00 p.m.

Tibetan sand mandalas consist of millions of grains of sand laid in place by monks on a flat platform over a period of four days. We'll go to UMass at Amherst's Old Chapel on the third day to look at the mandala before they sweep it away.

## Framingham Shopper's World

Thursday, April 26

Cost: \$2.00

Departure: 9:00 a.m.

Stores include: World Market, A.C. Moore, Marshalls, Nordstrom Rack, T.J. Maxx, Old Navy, Barnes & Noble, and other stores. Lunch is at Ken's Steakhouse. Menu's are at the Front Desk.

# 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: \$ .50

To other Ludlow locations: \$ .75

## Monthly Shopping Trips

### Eastfield Mall, or Stop & Shop

Monday, April 2

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.** Donors 9-Ball  
 Round Robin Billiards  
**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

## Wednesday

**8 a.m.** Fitness Room  
**8 a.m.** Open Billiards  
**8:30 a.m.** Ceramics  
**9:30 a.m.** Massage  
 Appointments  
**10 a.m.** YMCA  
 Boomer Boot Camp  
**12 p.m.** Lunch  
**1 p.m.** Pitch  
**1 p.m.** Ludlow Golden  
 Senior Club Bingo

## Thursday

**8 a.m.** Fitness Room  
**8:30 a.m.** Ceramics  
**9 a.m.** Tai Chi  
**9:30 a.m.** Women's  
 Billiards  
**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  
**1:15 p.m.** Classic Movie

## 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

## APRIL MOVIE SCHEDULE

**The Shape Of Water**  
 (R, 123 Min)  
 April 2

Starring: Sally Hawkins, Octavia Spencer. At a top secret research facility in the 1960s, a lonely janitor forms a unique relationship. (IMDB)

**Lady Bird**  
 (R, 94 Min)  
 April 9

Starring: Saoirse Ronan, Laurie Metcalf. In 2002, an artistically inclined 17 year-old girl comes of age in Sacramento, California. (IMDB)

**Darkest Hour**  
 (PG-13, 125 Min)  
 April 23

Starring: Gary Oldman, Lily James. During the early days of WWII, Winston Churchill must decide whether to negotiate with Adolf Hitler. (IMDB)

**I, Tonya**  
 (R, 120 Min)  
 April 30

Starring: Margot Robbie, Allison Janney. Tonya Harding's future in ice skating is thrown into doubt when her ex-husband intervenes. (IMDB)

## CLASSIC MOVIES

**Angel & The Bad Man**  
 (1947, 100 Min)  
 April 5

Starring: John Wayne. Quirt Evans is nursed back to health by Penelope Worth, a Quaker girl. He finds himself choosing between his world and Penelope's world. (IMDB)

**Life With Father**  
 (1947, 118 Min)  
 April 12

Starring: William Powell, Irene Dunne. A financier rules his wife and four sons with a meticulousness of a bookkeeper. (IMDB)

**My Man Godfrey**  
 (1936, 93 Min)  
 April 19

Starring: Carole Lombard, William Powell. A socialite hires a vagrant as a family butler...but there's more to Godfrey than meets the eye. (IMDB)

**Man Of The frontier**  
 (1936, 60 Min)  
 April 26

Starring: Gene Autry. Gene Autry investigates a series of accidents which have stopped the construction of a dam being built by Sam Flint. (IMDB)

# APRIL ACTIVITIES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 8 a.m. Trip Signups 12:30 p.m. Eastfield Mall, or Stop & Shop Trip 1:15 p.m. Movie: The Shape Of Water (R, 123 Min)	<b>3</b> 1 p.m. Decorating Group	<b>4</b> 9 a.m. UMass Nursing Students	<b>5</b> 10 a.m. New Yoga Session 11:15 a.m. Lunch Bunch Trip 1:15 p.m. Classic Movie: Angel & The Bad Man (1947, 100 Min)	<b>6 LUNCH &amp; LEARN</b> 9 a.m. AARP Tax Appts Noon "Lunch & Learn" with Judge Michael Ponsor
<b>9</b> 1:15 p.m. Movie: Lady Bird (R, 94 Min)	<b>10</b> 10 a.m. Caregiver Support Group	<b>11</b> 9 a.m. UMass Nursing Students 10 a.m. Friends Meeting 2 p.m. Trivia	<b>12</b> 10:30 a.m. State Senator Lesser Office Hours 1:15 p.m. Classic Movie: Life With Father (1947, 118 Min)	<b>13</b> 9 a.m. AARP Tax Appts 11:15 a.m. Horse Races 1:30 p.m. Book Club
<b>16</b> <b>CLOSED FOR            HOLIDAY</b>	<b>17</b> 1 p.m. Brown Bag	<b>18 BIRTHDAY LUNCH</b> 9 a.m. UMass Nursing Students 10:30 a.m. New Senior Center Update 11:30 a.m. Chorus Performs 4:30 p.m. COA Board Meeting	<b>19</b> 1 p.m. Tibetan Sand Mandala Trip 1:15 p.m. Classic Movie: My Man Godfrey (1936, 93 Min)	<b>20</b> 10 a.m. Memory Cafe
<b>23</b> 1:15 p.m. Movie: Darkest Hour (PG-13, 125 Min) 1:30 p.m. RMV Near Me	<b>24</b> 1 p.m. Hearing Appointments 1:30 p.m. Roger Tinknell LCC Program in the Dining Room	<b>25</b> 8:15 a.m. Facials 9:30 a.m. Jewelry Class 10 a.m. TRIAD 10:30 a.m. Veterans Agent Office Hours	<b>26</b> 9 a.m. Shoppers World Trip 1:15 p.m. Classic Movie: Man Of The Frontier (1936, 60 Min)	<b>27</b> 8:30 a.m. Men's Breakfast In Wilbraham 1:30 p.m. Book Club
<b>30</b> 1:15 p.m. Movie: I, Tonya (R, 120 Min)				

# APRIL LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Filet On A Roll Macaroni Salad	3 Taco Salad	4 Crab Cakes Sweet Fries Cole Slaw	5 Spaghetti & Meat Sauce	6 <b>LUNCH &amp; LEARN</b> Lemon Chicken Rice Vegetable Medley
9 Fish & Chips Cole Slaw	10 Hot Turkey Over Stuffing Corn	11 Reuben Casserole Spiced Fries	12 Asian Chicken Salad	13 Knockwurst & Cabbage Casserole Roasted Potatoes
16 <b>CLOSED FOR HOLIDAY</b>	17 American Chop Suey	18 <b>BIRTHDAY LUNCH</b> Stuffed Pork Chop Mashed Potatoes Brussel Sprouts	19 Baked Cod Rice Pilaf Peas & Pearl Onions	20 Inside Out Croissant With Turkey & Ham Potato Salad
23 Cowboy Burger French Fries	24 Marinated Tuna Salad Orzo Salad	25 Chicken Broccoli Alfredo Ziti	26 Beef Stew Biscuit	27 Hot Dog Baked Beans Tater Tots
30 Shaved Steak & Cheese Grinder Chips				



# SPECIAL EVENTS

## Decorating Group

Tuesday, April 3, at 1 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 coming months.

## New Yoga Session Starts Thursday, April 5\*

Thursdays, 10 a.m. - 10:45 a.m.

Cost: \$39 for 13 sessions or \$5 drop-in rate

Explore the ways to improve your balance, strength and flexibility through Yoga posture. Students learn to create comfort and fitness through breath and body awareness. Modifications are taught for individual physical needs making the class suitable for beginners and continuing students.

\*New date is a result of snow days.

## Lunch & Learn: Judge Michael Ponsor

Friday, April 6, at Noon

Judge Ponsor will talk about his second book in the Judge Norcross Novels, the One-Eyed Judge. Judge Ponsor serves as a Senior US district judge in the United States District Court for western Massachusetts. Registration for this event is required. Sign-up for lunch & learn at the front desk.

## Trivia

Wednesday, April 11, at 2 p.m.

We'll break into teams and answer questions ranging from current events to visual puzzles.

## Horse Races

Friday, April 13, at 11:15 a.m.

Join us in the Dining Room for a game of chance. Pick your horse and if you win, pick a prize from the prize table.

## UMass Nursing Students

Last day is Wednesday, April 18, starting at 9 a.m.

UMass Nursing Students are wrapping up their time at the center. This year we had five students pursuing their 2<sup>nd</sup> bachelor's in nursing. Make sure you stop by their room to say goodbye and wish them luck on their journey.

## New Senior Center Update

Wednesday, April 18, at 10:30 a.m.

Join Director Jodi Zepke in the lounge, as she shares updates on the progress of a potential new senior center.

## Birthday Lunch

Wednesday, April 18, at 11:30 a.m.

Those born in April have their meal on us. Simply tell us it's your birthday **when you sign-up for lunch**.

## Memory Cafe

Friday, April 20, at 10:00 a.m.

A memory café is a social gathering for individuals living with dementia and their care partners. Guests are welcome whose dementia is due to any underlying condition. Also welcome are those at any stage of Alzheimer's. Care partners can include spouses, children, friends, and professional caregivers. Cafés are a place to talk with others who understand what you are going through, and to leave behind limitations and focus on strengths. Contact Director Jodi Zepke for more information and to register.

## RMV Near Me

Monday, April 23, 1:30 p.m. - 3:30 p.m.

Ludlow Senior Center staff provide five common transactions at the senior center. We can't take pictures for identification photos, but we can assist in filling out and submitting forms for identification cards, licenses, and registrations. You must renew at the RMV if you are 75 or older. The RMV has extended the length of time a customer can use a license photo from 9 years to 14 years. In addition, customers will be eligible to renew their licenses or ID cards online for two consecutive renewal periods.

## Jewelry with Sandy Merrill

Wednesday, April 25, 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.



## Tax season means it is time for IRS Scams

Here is how it happens: You receive a call from someone who claims to be an employee of the IRS. They can sound very convincing. They use fake names and bogus IRS identification badge numbers. They may know a lot about you, and even if you have caller ID, they usually alter the caller ID to make it look like the IRS is calling.

They tell you that you owe money to the IRS and it must be paid promptly through a pre-loaded debit card or wire transfer. If you refuse to cooperate, you are then threatened with arrest, deportation or suspension of a business or driver's license. In many cases, the caller becomes hostile and insulting.

Another scam is you are called and are told you have a refund due and they need your information to make sure you receive your refund. If the phone isn't answered, the scammers often leave an "urgent" call-back request.

How do you know it is a SCAM? Your first contact with the IRS will not be a call from out of the blue, you will get an official correspondence sent through the mail.

Here are some things the **scammers** often do, but the **IRS will not do**.

- Call to demand immediate payment, nor will the agency call about taxes owed without first having mailed you a bill.
- The IRS will not demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- They won't require you to use a specific payment method for your taxes, such as a prepaid debit card.
- They won't ask for credit or debit card numbers over the phone or threaten to have you arrested for not paying.

## The "Grandparents Scam"

Here is how this scam works: A caller tells you that your grandchild is either hurt or in jail and they need you to send money immediately through a wire transfer such as Western Union. Consumer advocates urge you to not hand over the money or give them any information.

What you should know is the calls come from area codes that are out of the state or out of the country. They don't come from your relative's phone.

The police say if you get one of these calls, stay calm, and don't argue with the caller. Ask to speak to your relative or use another phone to try calling your relative directly. Once you find out your family is safe, hang up and call the police.



# 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.

## ○ Next 50/50 Raffle:

Wednesday, April 18

## ○ Items Needed:

Coffee  
Decaf Coffee  
1 Ounce Chip Bags

### DONATIONS RECEIVED:

- Coffee Crew
  - Fitness Room
  - Alice's Boutique
  - Olga Lozyniak – napkins
  - Inga Golash – coffee
  - Tax Donations
  - Edna White
  - Dorothy Iellamo
  - Chicopee Gardens – Carnival
  - Virginia Bourdeau – Kitchen
  - Raymond LaRose
  - Viola Petrolati (BF)
- \*(BF) = Building Fund

### DONATIONS RECEIVED IN MEMORY OF:

#### Fernando (Nundy) Batista:

Mr. & Mrs. Norman Stredel (BF)  
Mr. & Mrs. James Carvallo (BF)  
Mr. & Mrs. Ralph DeLullo (BF)  
Mr. & Mrs. Richard J. Palmisano (BF)  
Anonymous (BF)  
Teresa Finkel (BF)  
DPW (BF)  
Mr. & Mrs. Jenusz Szlosek (BF)  
Jeannette Nolan (BF)  
Mr. & Mrs. Rick Rodricks, Sr. (BF)  
Mr. & Mrs. Jamis Tomas (BF)  
Mr. & Mrs. Jack Carniero (BF)  
Mr. & Mrs. Russell Patterson (BF)

Mr. & Mrs. Lonnie Cavin (BF)  
Mr. & Mrs. David Socha (BF)  
Barbara Bolek, Nicole Chartier & Kellie Lavoie (BF)  
Walter & Davies Behr (BF)  
Mr. & Mrs. Stephen DeLullo (BF)  
Mr. & Mrs. Martin Bobowicz (BF)  
Betty Cox (BF)  
M.E.P.O.A. (BF)  
Jane Savoia (BF)

#### Victor Petrolati:

Dolores Supernaw (BF)

### FLOWERS RECEIVED IN MEMORY OF:

Gracinda Evangelista

Domingos Marques

## 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

## Ludlow Senior Center



### EVENING PROGRAMMING

The damage due to the January flood is still affecting our center. Our evening programming is on hold until the lounge is up and running again. Updates on evening programming will be announced in our newsletter and on our Facebook page.

○ Phone Number:

(413) 583-3564

○ Address:

37 Chestnut Street  
Ludlow, MA 01056

○ Email Address:

COA@Ludlow.ma.us

○ Website:

Ludlow.ma.us

○ Fax Number:

(413) 583-5658

#### Ludlow Council on Aging

○ Chairman:

Fred Lafayette

○ Vice Chairman:

Frank Krzanik

○ Secretary:

Lucille Carneiro

○ Treasurer:

Helen Grabowski

○ Members:

Nancy Pauze

John DaCruz

Albert LeMay

Rosalind Forti

Diane Goncalves

Sheena Santolini

Janice Grimaldi

#### 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

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

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
- Sarah Gmeiner, Activities Director
- Kathy LoFland, 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.