

AUGUST 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:

www.ludlow.ma.us

○ Fax Number:

(413) 583-5658

○ Office Hours:

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

JAMMIN' WITH JODI

Happy August!

As of writing this, we are still searching for a new Activities Director. I have received A LOT of applications and will be interviewing soon. My question to you is this, what would you like to see happen at the Senior Center? What new programs or activities? A new exercise class or learn a new hobby? The Senior Center is here for YOU and I would love to know what you would like to see. Change means new ideas so please share your thoughts with me. You can drop them to me or put them in the Suggestion Box. Thank you in advance!!!!

The Senior Center Building Committee is moving forward with the new building and meets regularly. The agendas are always posted outside the office and they are open meetings. There is also a New Senior Center update the 3rd Wednesday of the month at 10:30am. You can learn what is happening and also ask questions. The process is painfully slow but there is a light at the end of the tunnel!! Enjoy the rest of your summer!

Jodi Lepke

SPECIAL LUNCHES

Concert In The Park

Tuesday, August 21
at Noon

A Ray of Elvis will perform at the Gazebo in the park. Concerts are FREE and all are welcome to join us for the concerts at the gazebo in the park.

Birthday Lunch

Wednesday, August 15
at 11:30 a.m.

Those born in August have their meal on us. Simply tell us it's your birthday when you sign up for lunch. The chorus will perform at 11:30 a.m. followed by lunch.

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, August 28

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, August 22

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

FRIENDS OF THE LUDLOW SENIOR CENTER

Wednesday, August 8, 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, August 9, 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.

CAREGIVER SUPPORT GROUP

Tuesday, August 14, 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.

COUNCIL ON AGING BOARD MEETING

Wednesday, August 15, 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.

BROWN BAG PROGRAM

Tuesday, August 21, 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.

TRIAD

No meeting August

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, August 22, 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, August 31, 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 beginning August 1 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.

Bushnell: Lion King

Thursday, August 2

Cost: \$70.00

Departure: 11:45 a.m.

We're heading to Connecticut for a great show. Please plan accordingly as we will not be stopping for lunch or dinner. **You must pay in advance to secure your seat on the van.**

Beach Trip: Ocean Beach

Thursday, August 9

Cost: \$6.00

Departure: 8:15 a.m.

We're heading to New London, CT for a day at the beach. Either bring your lunch for a picnic on the sand or buy from Sandbar Café. We'll return to the Center by 4:00 p.m.

Farmer's Market Trip

Tuesday, August 14

Cost: Free

Departure: 1:30 p.m.

We're heading to Forest Park's Farmers Market in Springfield. Pick up your fresh fruits and vegetables. We will return to the Center by 4:00 p.m.

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, August 6

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. Chair Exercise
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
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
4 p.m. Evening Ceramics
5 p.m. Evening Movie

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 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. Chair Exercise
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

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

AUGUST MOVIE SCHEDULE

Chappaquiddick
 (PG-13, 101 Min)
August 6 & 7

Starring: Jason Clarke, Ed Helms. Depicting Ted Kennedy's involvement in the fatal 1969 car accident that claims the life of a young campaign strategist. (IMDB)

Finding Your Feet
 (PG-13, 111 Min)
August 13 & 14

Starring: Celia Imrie. An older woman discovers her husband has been having an affair with her best friend and is forced into exile with her bohemian sister. (IMDB)

I Feel Pretty
 (PG-13, 110 Min)
August 20 & 21

Starring: Amy Schumer. A woman struggling with insecurity wakes from a fall believing she is the most beautiful and capable woman on the planet. (IMDB)

The Leisure Seeker
 (R, 112 Min)
August 27 & 28

Starring: Helen Mirren, Donald Sutherland. A runaway couple go on an unforgettable journey in the faithful old RV they call The Leisure Seeker. (IMDB)

CLASSIC MOVIES

Carefree
 (1938, 83 Min)
August 2

Starring: Fred Astaire, Ginger Rogers. A psychiatrist hypnotizes his friend's girlfriend with unintended consequences.

Bombers B-52
 (1957, 106 Min)
August 9

Starring: Natalie Wood. A Sargent's least favorite Colonel begins dating his daughter.

Roberta
 (1935, 106 Min)
August 16

Starring: Irene Dunne, Fred Astaire. A man clueless about fashion inherits his aunt's dress shop.

The Man with the Golden Arm
 (1955, 119 Min)
August 23

Starring: Frank Sinatra. A strung-out junkie deals with drug addiction and other live issues.

The Miracle Season
 (2018, 101 Min)
August 30

Starring: Helen Hunt. After a tragic death of a team member a high school volleyball team must rally to win the state championship.

AUGUST ACTIVITIES CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8 a.m. Trip Signups	2 10 a.m. Chair Exercise Video 11:45 a.m. Lion King Trip 1 p.m. Cribbage 1:15 p.m. Classic Movie: Carefree (83 Min, 1938)	3 9:30 a.m. Make a Mask 11:15 p.m. Horse Races
6 12:30 p.m. Eastfield Mall, Or Stop & Shop Trip 10 a.m. Chair Exercise Video 1:15 p.m. Movie: Chappaquiddick (PG-13, 101 Min)	7 1 p.m. Decorating Group 5 p.m. Evening Movie: Chappaquiddick 5 p.m. Evening Yoga	8 10 a.m. Friends Meeting 2 p.m. Trivia	9 8:15 a.m. Beach Trip 10 a.m. Chair Exercise Video 10:30 a.m. State Senator Lesser Office Hours 1 p.m. Cribbage 1:15 p.m. Classic Movie: Bombers B-52 (106 Min, 1957)	10 S'MORES DAY 10:30 a.m. S'mores in the Lounge 1:30 p.m. Book Club
13 10 a.m. Chair Exercise Video 1:15 p.m. Movie: Finding Your Feet (PG-13, 111 Min)	14 10 a.m. Caregiver Support Group 1 p.m. Farmers Market Trip 5 p.m. Evening Movie: Finding Your Feet 5 p.m. Evening Yoga	15 BIRTHDAY LUNCH 10:30 a.m. New Senior Center Update 11:30 Chorus Performs 4:30 p.m. COA Board Meeting	16 10 a.m. Chair Exercise Video 1 p.m. Cribbage 1:15 p.m. Classic Movie: Roberta (106 Min, 1935)	17 9:30 a.m. Make a Mask 10:00 a.m. Memory Café 1 p.m. Ice Cream Social
20 Last day to register for Senior Games Billiards Tournament 10 a.m. Chair Exercise Video 1:15 p.m. Movie: I Feel Pretty (PG-13, 110 Min)	21 OUTSIDE CONCERT Noon A Ray Of Elvis Performs 1 p.m. Brown Bag 5 p.m. Evening Movie: I Feel Pretty 5 p.m. Evening Yoga 5:30 p.m. Jewelry Class	22 8:15 a.m. Facials 9:30 a.m. Jewelry Class 10:30 a.m. Estate Planning 10:30 a.m. Veterans Agent Office Hours	23 10 a.m. Chair Exercise Video 11:30 a.m. Magic During Lunch 1 p.m. Cribbage 1:15 p.m. Classic Movie: The Man With The Golden Arm (119 Min, 1955)	24 1:30 p.m. Book Club
27 8:30 a.m. Senior Games 10 a.m. Chair Exercise Video 1:15 p.m. Movie: The Leisure Seeker (R, 112 Min)	28 8:30 a.m. Senior Games 1 p.m. Hearing Appointments 5 p.m. Evening Movie: The Leisure Seeker 5 p.m. Evening Yoga	29 8:30 a.m. Senior Games 1:30 p.m. - 3:30 p.m. RMV Near Me	30 9:15 Meditation Class Ends 10 a.m. Chair Exercise Video 1 p.m. Cribbage 1:15 p.m. Classic Movie: The Miracle Season (PG, 101 Min)	31 TRAIL MIX DAY 10:30 a.m. Make Your Own Trail Mix in the Lounge 8:30 a.m. Men's Breakfast In Wilbraham

AUGUST LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch is served at noon. We appreciate it if you check in at the nutrition table 10 to 15 minutes before we serve.	1 Turkey Burger Sweet Potato Fries	2 Spaghetti & Meatballs Garlic Bread	3 Monte Cristo Sandwich "Must Go Soup"	
6 Lazy Chicken Pot Pie Biscuit	7 Liver & Onions Rice Green Beans	8 Cobb Salad	9 Cowboy Burger French Fries	10 Seafood Newburg Over Rice Mixed Vegetable
13 Pizza Side Salad	14 Potato Crunch Fish Fries Coleslaw	15 BIRTHDAY LUNCH Meatloaf Mashed Potatoes Glazed Carrots	16 Chicken Parmesan With Ziti	17 Turkey Reuben "Must Go Soup"
20 Baked Cod Rice Pilaf Green Beans	21 OUTSIDE CONCERT Turkey & Cheese Grinder with Chips	22 Beef Stroganoff Over Egg Noodles	23 Asian Chicken Salad	24 Baked Ziti And Sausage
27 Chicken Filet on Roll Cucumber Salad	28 Shaved Steak Grinder Tater Tots	29 Marinated Tuna Salad Over Mixed Greens	30 Meat Ravioli With Marinara Sauce	31 Pork Chow Mein Over Rice

SPECIAL EVENTS

Make A Mask - Fun and FREE

Friday, August 3 & Friday, August 17 at 9:30 a.m.
Paint and decorate a mask with assistance from Jan Grimaldi.
In one or two mornings use simple techniques to complete a mask that you will keep.

Horse Races

Friday, August 3, 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.

Decorating Group

Tuesday, August 7, 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.

Trivia

Wednesday, August 8, at 2 p.m.
We'll break into teams and answer questions ranging from current events to visual puzzles.

National S'mores Day

Friday, August 10, at 10:30 am
We are celebrating national s'mores day in the lounge.
Stop in to try this campfire favorite.

New Senior Center Update

Wednesday, August 15, at 10:30 a.m.
Join Director Jodi Zepke in the lounge, as she shares updates on the progress of a new senior center.

Ice Cream Social

Friday, August 17, at 1:00 p.m.
Vanilla, Chocolate, and Strawberry! No need to sign up, join us after lunch in the dining room. Sponsored by Visiting Angels.

Jewelry with Sandy Merrill

Tuesday, August 21, at 5:30 p.m. &
Wednesday, August 22, 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.

Speakers Bureau - Todd C. Ratner, Esq.

Wednesday, August 22, at 10:30 a.m.
Todd C. Ratner, Esq. will talk about Estate Planning courtesy of the Massachusetts Bar Association. His discussion will include documents such as Health Care Proxy/Living Wills, Durable Power of Attorney and Wills among other things. Take advantage of this opportunity for FREE legal information. Pre-registration is appreciated.

Table Magic with "Lendini"

Thursday, August 23, at 11:30 a.m.
Watch Lenny Nadeau perform magic as he travels table to table while you eat lunch. Can you figure out how he does it?

Massachusetts Senior Games Billiards Tournament

August 27,28,29 beginning at 8:30 a.m.
Cost: \$20 registration fee
Last day to register is August 20.
The Ludlow Senior Center is hosting the MA Senior Games Billiards West Tournament. For more information and register online visit www.maseniorgames.org/summer-games. There are also registration forms at the front desk.

Trail Mix Day

Friday, August 31 at 10:30 a.m.
Stop in the Lounge to make your own variation of Trail Mix. We'll have all kinds of ingredients to personalize it just the way you like it.

WISH LIST: New tennis balls for the bottoms of walkers. *Thank you.*

Brown Bag Program

The Brown Bag program is for people over the age of 55 who meet certain income guidelines (\$1,872.00 for 1 or \$2,538.00 for 2 monthly). If you qualify for SSI, Medicaid, Fuel Assistance, Veteran's Aid or have a documented disability for which you receive SSDI, you may qualify to receive Brown Bag monthly groceries.

The Food Bank of Western Massachusetts delivers the food to our Senior Center on the 3rd Tuesday of each month. Brown Bag pick-up is from 1:00 P.M. until 3:00 P.M. Each bag contains a healthy mix of fruits, protein, vegetables, dairy and grains.

Call 583-3564 to make an appointment with Debbie to fill out the application.

SNAP for Seniors

The Massachusetts Food Stamp Program, now called the Supplemental Nutrition Assistance Program (SNAP) has been streamlined for seniors.

Even if you've never applied for assistance, or have been ineligible in the past, here are some reasons to consider applying for SNAP today:

If your monthly income is below the following limits, there is no asset test:

- \$1,307.00 for a household of one
- \$1,760 .00 for a household of two

During these difficult economic times, even a modest monthly SNAP benefit can help to offset some of your household expenses.

Using SNAP benefits is completely confidential. SNAP recipients use a card which works just like a debit card.

If you spend more than \$35 per month on medical expenses including medications and doctor's visits, you may qualify for a \$90 standard deduction. This deduction could result in a higher monthly SNAP benefit.

The Federal government says food stamps are "an entitlement". This means every eligible person has a right to food stamps. There are enough food stamps for everyone.

For more information or to make an appointment with Debbie to fill out an application, call 583-3564.

RMV Near Me

Wednesday, August 29, 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.

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, August 15

○ Items Needed:

Coffee
Decaf Coffee
1 Ounce Chip Bags

DONATIONS RECEIVED:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Jan Sheaff - Coffee
- Mary Sarad - Coffee & Snacks
- Susan Piwowarczyk - coffee
- Mr. & Mrs. Erickson - Donation & Greeting Cards.
- Dorothy Iellamo
- Monday Pitch League
- Anonymous
- Greenhouse Plant Sale
- Janet Hope (BF)

DONATIONS RECEIVED IN MEMORY OF:

Frank D'Agostino:
Vi Petrolati (BF)

Support the Friends on September 5

On Wednesday, September 5 The Friends will sponsor a handmade **QUILT AND CRAFT SALE** in the gazebo park. The sale will run from **10:00 a.m. to 3:00 p.m.** This event is being held in Conjunction with the concert in the park. Stop by and enjoy the music while you check out what's for sale. Rain date for the quilt and craft sale only is Friday, September 7.

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

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

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Ludlow Council on Aging

○ **Chairman:**

Fred Lafayette

○ **Vice Chairman:**

Frank Krzanik

○ **Secretary:**

Lucille Carneiro

○ **Treasurer:**

Helen Grabowski

○ **Members:**

Nancy Pauze

John DaCruz

Rosalind Forti

Diane Goncalves

Sheena Santolini

Janice Grimaldi

Kara Ribeiro

ATTENTION!

Beginning August 1 there will be live surveillance cameras in the Senior Center. There is one located at the front door, in the hallway and the dining room. The cameras are only in public spaces. This is an effort to increase security at the Senior Center and throughout town buildings.

Thank you for your understanding.

Center Hours

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

March-September open Tuesdays until 7:30 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
- 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.