

AUGUST 2017

THE SENIOR SCENE

Ludlow Senior Center

Phone Number:

(413) 583-3564

Address:

37 Chestnut Street
Ludlow, MA 01056

Email Address:

COA@Ludlow.ma.us

Website:

Ludlow.ma.us

Office Hours:

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

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JAMMIN' WITH JODI...

Can't stop. Won't stop! That has been the motto lately here at the Senior Center. We are busier than ever these days, especially at lunch. Please, please, please remember to cancel if you are not going to be joining us! It is so important that you let us know if you are not going to make it for lunch. Not only do we worry, but it is a waste because we make enough food for the reservations that we have. Also, please remember that lunch is served at NOON and the Nutrition table closes at NOON. More and more people are arriving late for lunch. Please be on time. It helps everything run smoother. Thank you from the kitchen staff!

Friday August 11th is the

SENIORSTRONG Kick off Celebration!

The Grass Roots Committee is kicking off their campaign for a New Ludlow Senior Center! Please join us at the Mack Donnelly Gazebo at 1:00 p.m. for speakers, refreshments and **GIVEAWAYS!**

OUTDOOR CONCERT SERIES

Concerts in the park are free and all are welcome to join us at the gazebo in the park. Lunch, for those who sign-up, is handed out in the lobby around 11:30 a.m. All concerts begin at noon.



Janice Dompke
Thursday, August 24th



Kat Kennedy
Tuesday, September 26th

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 and can be made by calling the Center.

DROP IN WITH A NURSE

Every Thursday From 10:00 a.m. - 11:30 a.m.

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

HEARING CLINIC

Deb Stroetzel: Tuesday, August 29th

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

MASSAGE THERAPY

Meaghan Murphy: Call for days and times

15 Minutes of massage for \$10 or 30 minutes of massage for \$20. Appointments are required and can be made by calling the Center.

BLOOD PRESSURE CHECKS

Tuesday afternoon from 1:00 p.m. - 2:00 p.m.

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

FACIALS

Diane Neill: Wednesday, August 23rd

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

MEETINGS & SUPPORT GROUPS

TRIAD COFFEE HOUR

Off for the summer - See you in September!

Held the 4th 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

Off for the summer - See you in September!

Veterans Agent Eric Segundo will be holding office hours at the Center for all interested in Veterans issues.

BROWN BAG PROGRAM

Tuesday, August 15th from 1:00-3:00 p.m.

Offered through the Food Bank of MA, Brown Bag helps those over the age of 55 who meet income guidelines. Applications are available at the Senior Center. Pick-up is the 3rd Tuesday of each month.

FRIENDS OF THE LUDLOW SENIOR CENTER

Wednesday, August 9th at 10:00 a.m.

The Friends play a very important role at the Ludlow Senior Center by financially supporting services and activities. Stop in the 2nd Wednesday of each month and find out what you can do to help.

COUNCIL ON AGING BOARD MEETING

Wednesday, August 16th at 4:30 p.m.

Held the 3rd Wednesday of every month, this meeting is open to the public unless there's an executive session.

STATE SENATOR LESSER OFFICE HOURS

Thursday, August 10th at 10:30 a.m.

Talk with State Senator Eric Lesser's District Director. Joel visits the Center the 2nd Thursday of each month.

MEN'S BREAKFAST CLUB

Friday, August 25th at 8:30 a.m. in Wilbraham

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

SENIOR CENTER TRIPS

Sign-up with Sarah beginning August 1st 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.

Hammonasset Beach

Thursday, August 10th

Cost: \$5.00 Departure: 8:30 a.m.

Pack your beach chair and blankets! Bring your lunch for a picnic on the beach. The beach does have public facilities and covered areas.

Farmer's Market: Westfield

Thursday, August 17th

Cost: Free Departure: 1:00 p.m.

Join us for an afternoon trip to Westfield. Stock up on local produce and maybe we'll stop for some ice cream. Vendor list is located at the Front Desk.

Lunch Bunch: Antonio's

Wednesday, August 23rd

Cost: \$2.00 Departure: 11:15 a.m.

Try some of the craziest pizza's you've ever thought of: Potato Bacon, Mexicana, Tortellini and Salad Pizza! Less adventurous entrées are available. 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 appointments 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 7th

Cost: \$2.00

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

When you make your reservation 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 include which stop you prefer.

SPECIAL EVENTS

Where's The Chorus?

During August there will be no practices or performance. The group will start again in September with practice resuming Thursday's at 1:00 p.m. and performances during our monthly birthday celebrations.

Bean Bag Baseball

Every Tuesday at 10:00 a.m.

The game scores the same as real baseball. Instead of swinging a bat, players throw the bean bag! It's a blast and we're always looking for players!

Evening Ceramics

Every Tuesday at 4:00 p.m.

Work on your ceramics projects

until 7:00 p.m.

Horse Races

Wednesday, August 2nd 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.

Trivia

Wednesday, August 9th at 2:00 p.m.

Join us for categories ranging from current events to corporate logos. Don't have a group? No problem!

New Senior Center Update

Wednesday, August 16th at 10:30 a.m.

Join Jodi in the Lounge as she shares updates on the new Senior Center

project.

August Birthday Lunch

Wednesday, August 16th at Noon

Those born in August have their meal on the house. Simply tell us when you sign-up for lunch!

Jewelry with Sandy Merrill

Tuesday, August 22nd at 5:30 p.m.

Wednesday, August 23rd 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.

RMV Near Me

Wednesday, August 30th 1:30 - 3:30 p.m.

Ludlow Senior Center staff provide five common transactions at the Senior

AUGUST MOVIE SCHEDULE

Beauty & The Beast

(PG, 123 Min)

August 1st

An adaptation of the fairy tale about a monstrous-looking prince and a young woman who fall in love. Starring Emma Watson (IMDB)

Their Finest

(R, 117 Min)

August 7th & 8th

A former secretary, appointed as a scriptwriter for propaganda films, joins the crew of a major production while the Blitz rages around them. (IMDB)

The Circle

(PG-13, 110 Min)

August 14th & 15th

A woman lands a job at a powerful tech company called the Circle, only to uncover an agenda that will affect the lives of all of humanity. (IMDB)

The Zookeeper's Wife

(PG-13, 126 Min)

August 21st & 22nd

Keepers of the Warsaw Zoo, Antonina and Jan Zabinski, save hundreds of people and animals during the German invasion. (IMDB)

A United Kingdom

(PG, 110 Min)

August 28th & 29th

The story of the King of Botswana and how his controversial marriage to a British white woman put his kingdom into political and diplomatic turmoil. (IMDB)

"MUST SEE" MOVIES

Follow Me, Boys!

(131 Min)

August 3rd

Waitress

(108 Min)

August 10th

Coal Miner's Daughter

(125 Min)

August 17th

Soap Dish

(96 Min)

August 24th

The Face Of Love

(92 Min)

August 31st

AUGUST ACTIVITIES CALENDAR

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

EVERYDAY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:00 Trip Sign-ups 9:00 TRX Fusion 4:00 - 7:00 Ceramics 5:00 Movie: Beauty & The Beast (123 Min)	2 11:15 Horse Races	3 10:00 Drop-In Nurse 1:15 "Must See" Movie: Follow Me, Boys! (131 Min)	4 9:00 TRX Fusion
7 12:30 Eastfield Mall And Stop & Shop Trip 1:15 Movie Matinee: Their Finest (R, 117 Min)	8 9:00 TRX Fusion 9:45 Puppet Class 4:00 - 7:00 Ceramics 5:00 Movie: Their Finest	9 10:00 Friends Meeting 2:00 Trivia	10 8:30 Beach Trip 10:00 Drop-In Nurse 10:30 Senator Lesser Office Hours 1:15 "Must See" Movie: Waitress (108 Min)	11 GRASSROOTS KICKOFF 9:00 TRX Fusion 1:00 Grassroots Kickoff Event In Park 1:30 Book Club
14 1:15 Movie Matinee: The Circle (PG-13, 110 Min)	15 9:45 Puppet Class 1:00 - 3 Brown Bag 4:00 - 7:00 Ceramics 5:00 Movie: The Circle	16 BIRTHDAY LUNCH 10:30 New Senior Center Update 4:30 COA Board Meeting	17 10:00 Drop-In Nurse 1:00 Farmer's Market Trip 1:15 "Must See" Movie: Coal Miner's Daughter (125 Min)	18 12:45 Ice Cream Social
21 1:15 Movie Matinee: The Zookeeper's Wife (PG-13, 126 Min) 1:30 - 3:30 Solar Eclipse Viewing	22 9:45 Puppet Class 4:00 - 7:00 Ceramics 5:00 Movie: The Zookeeper's Wife 5:30 Evening Jewelry	23 8:15 Facials 9:30 Jewelry Class 11:15 Lunch Bunch Trip	24 OUTSIDE CONCERT 10:00 Drop-In Nurse Noon Janice Dompke Performs 1:15 "Must See" Movie: Soap Dish (96 Min)	25 8:30 Men's Breakfast In Wilbraham 1:30 Book Club
28 1:15 Movie Matinee: A United Kingdom (PG, 110 Min)	29 9:45 Puppet Class 1:00 Hearing Appts 4:00 - 7:00 Ceramics 5:00 Movie: A United Kingdom	30 1:30 - 3:30 RMV Near Me	31 10:00 Drop-In Nurse 12:00 Lunch & Learn: Planning For Medicare 1:15 "Must See" Movie: The Face Of Love (92 Min)	

Monday

8-4 Fitness Room
9-12 Knitting
9:30 Massage Appointments
10-11 YMCA Boomer Boot Camp
10-11 Dominos
12:00 Lunch
12:30 Donors 9-Ball Round Robin Billiards
1:00 Pitch

Tuesday

8-4 Fitness Room
8-11:30 Ceramics
8:30 Pedicure Appts
9-11:30 Quilting
10:00 Bean Bag Baseball
12:00 Lunch
12:30 Round Robin Billiards
1:00 Bingo
1:00 Bridge
1:00 Blood Pressure

Wednesday

8-4 Fitness Room
8-4 Open Billiards
8-11:30 Ceramics
10-11 YMCA Boomer Boot Camp
12:00 Lunch
1:00 Pitch
1:00 LGSC Bingo

Thursday

8-4 Fitness Room
8-11:30 Ceramics
9-9:45 Tai Chi
9:30 Women's Billiards
10-11 Yoga
12:00 Lunch
12:30 Donors 8-Ball Round Robin Billiards
1-2 Choral Group

Friday

8-4 Fitness Room
8-4 Open Billiards
10-11 YMCA Boomer Boot Camp
12:00 Lunch
1:00 Coloring Club
1:00 Cribbage
1:15 Chair Volleyball

AUGUST LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Salisbury Steak Mashed Potatoes Baby Carrots	2 Tuna Salad Over Mixed Greens	3 Baked Ziti Cucumber Salad	4 Grilled Ham & Cheese "Must Go" Soup
7 Lasagna Garlic Bread	8 Crab Cakes Steak Fries Coleslaw	9 Ranch Chicken Potato O'Brien Mixed Vegetables	10 Pizza Small Salad	11 GRASSROOTS KICKOFF Stuffed Pork Chops Roast Potatoes Vegetables
14 Cobb Salad	15 Swedish Meatballs Egg Noodles Green Beans	16 BIRTHDAY LUNCH Stuffed Chicken Scallop Potatoes Peas & Pearl Onions	17 Baked Salmon Rice Pilaf Vegetable Medley	18 Vegetable Stir Fry Fried Rice
21 Roast Turkey Mashed Potatoes Corn	22 Fruit Salad Cottage Cheese	23 Macaroni & Cheese Stewed Tomatoes	24 OUTSIDE CONCERT Cold Cut Grinder Chips	25 American Chop Suey Garlic Bread
28 Baked Ham Mashed Sweet Potatoes Vegetables	29 Hot Dogs Baked Beans	30 Chicken Caesar Salad	31 Baked Fish Garden Rice Broccoli	

SPECIAL EVENTS

Puppets Are Coming! You Are Invited To Join Starting Tuesday, August 8th at 9:45 a.m.

Join Janice Grimaldi on Tuesday mornings to build a simple string-puppet. Jan has marionette –making experience and is offering her help. The process is simple and in three or four sessions you will have your puppet done. You will learn how to use it too! The group is limited to twelve. Please sign-up at the Front Desk.



FREE Ice Cream Social

Friday, August 18th at 12:45 p.m.

Vanilla, Chocolate, and Strawberry! After lunch we're serving ice cream sundaes and summer tunes to help beat the summer heat. No need to sign-up, just join us after lunch in the Dining Room!

Solar Eclipse

Monday, August 21st From 1:30 p.m. - 3:30 p.m.



A solar eclipse happens when the moon casts a shadow on Earth, fully or partially blocking the sun's light in some areas. While Massachusetts will not experience a full eclipse, we'll be able to see a partial eclipse. We have 20 special eclipse glasses you can borrow that will enable you to safely look at the sun. Glasses will be loaned on a first come basis after lunch.

Lunch & Learn: Planning For Medicare - Countdown to 65

Thursday, August 31st at Noon

This seminar is a presentation and discussion led by a knowledgeable Blue Cross Blue Shield of Massachusetts representative. We'll be sure to answer your specific questions, in addition to covering these topics:

- Explanation of Medicare Parts A, B, and C
- Medicare enrollment timeline
- Medigap plans that help supplement Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans
- Plans and programs available to early retirees, such as COBRA



MASSACHUSETTS

Lunch & Learn participants are served lunch from our kitchen before regular diners and eat during the presentation.
You MUST register for Lunch & Learn at the Front Desk or by calling 583 - 3564 in order to attend the event.

OUTREACH

Massachusetts Healthy Incentive Program (HIP)

The Massachusetts' Healthy Incentives Program (HIP) matches SNAP (formerly food stamps) recipients' purchases of local fruits and vegetables at participating farmers markets or farm stands.

SNAP recipients will receive an instant, dollar-for-dollar match credited to their EBT SNAP card on eligible purchases. HIP can only be earned through participating HIP locations and using SNAP/EBT terminals that have been programmed to process the new benefit.

The HIP incentive benefit has a monthly cap based on household size.

Household Size: 1 – 2 Persons Monthly Cap: \$40.00

The Brown Bag Program

The Brown Bag program is offered by the Food Bank of Western Massachusetts. The Food Bank delivers to our Senior Center on the 3rd Tuesday of each month. The bags contain a healthy mix of fruits, protein, vegetables, dairy and grains.

You qualify for the Brown Bag program if:

- you are over the age of 55 or have a documented disability for which you receive SSDI
- you are considered low income, or receive state or federal assistance, such as fuel assistance, SNAP benefits or Mass Health.

If you are interested in this program, make an appointment with Carla. She will answer any questions

Why Is A (617) Number Calling Me?

Our database, MySeniorCenter, has a feature called Voice Connect which lets us record a message and send it to lots of people at once. The number they use is **(617) 440-3507**. If you receive a phone call from this number, it's just us calling to let you know something. If you don't pick up, that's ok, the program will leave the message on your voicemail.

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 advance the welfare of senior citizens in the Town of Ludlow.

○ Next 50/50 Raffle:

Wednesday, August 16th

○ Items Needed:

Snack Sized Chips
Napkins
Coffee
Decaf Coffee

DONATIONS RECEIVED:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Dorothy Iellamo
- Josette Landgraf
- Inga Golash - Coffee
- Beverly Feicha - Coffee
- Wanda Tetreault - Coffee
- Barbara Gondek - Coffee

DONATIONS RECEIVED IN MEMORY OF:

Manny & Sara Batista:

Sally Iwaniec (BF)

Helen Croteau:

Randy R. Placzek (BF)
Raymond Wrona Family (BF)
Sophie Gazda (BF)

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

You Shop. Amazon Gives.

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **Friends of the Ludlow Senior Center** whenever you shop on AmazonSmile. AmazonSmile is the same Amazon you know. Same products, same prices, same service. Support your charitable organization by starting your shopping at smile.amazon.com

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
- _____
- 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



○ Address:

37 Chestnut Street
Ludlow, MA 01056

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COA@Ludlow.ma.us

○ Fax:

(413) 583 - 5658

○ Website:

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○ Office Hours:

Monday - Friday
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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

Albert LeMay

Walter Stewart

Rosalind Forti

Frank Krzanik

Diane Goncalves

Sheena Santolini

FAMILY CAREGIVER SUPPORT GROUP

Coming in September! We have a facilitator and are hoping to have the group once a month. If this is a group you are interested in, please call Carla at 583-3564. Please let Carla know what days and times would work best for your schedule. We know schedules can be unpredictable and forever shifting, but we hope to find a day and time that works most of the time for most people.

Center Hours

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

March - October open Tuesday's 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, completed doctors 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
- Betty Harackiewicz, 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.