

FEBRUARY 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

Happy February!

Just think...as of writing this, we only have 37 more days until SPRING!!!! I cannot wait!

February is known as the month of "love". I like to think that we have a lot of love here at the Center! Although, I do receive many notes in the Suggestion Box about the Dining Room and saving seats at lunch. This is the thing...everyone was new at one point or another and think about how you felt the first time you came here. It can be scary and there is nothing better than a smile and a warm welcome when you are new. Please welcome people to your table rather than telling someone they cannot sit with you. Let's be honest, lunch is about 30 minutes so if you can't sit with your friends one day, it is only for 30 minutes. That 30 minutes could save someone's life!

The big van is still out of commission and I do not have an update at this time. Therefore, there are no trips schedules. We are doing our best to remedy the situation. Again, please be patient with us. As always, we have a month full of activities! Make sure you read through the newsletter so you do not miss a thing! Thank you for being a part of our wonderful Center community!



Kristin's Corner

"Though February is short, it is filled with lots of love and sweet surprises"

— Charmaine J Forde

I have some very exciting ideas blooming for the upcoming months, that I can't wait to share with you!!

Thank you to everyone that signed up for the NYIM and followed along with the calendar. I did have an opportunity to check in with some of you, and I was pleased at how everyone enjoyed the ideas. I hope you carry this idea into the rest of 2019.

I know that some of you drop suggestions in the suggestion box, but if you feel so inclined, I am happy to hear some ideas of what you are looking for. I have had some suggestions for expanded learning, more craft days, and guest speakers. I think we are finding ways to bring you exactly what you want. If you have a thought, let me hear it!!

Have a blessed and loving month,

<3 Kristin

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, February 26

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, February 27

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, February 12, 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, February 13, 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, February 14, 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, February 19, 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, February 20, 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, February 27, 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, February 27, 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, February 22, 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.

Women's Billiards Meeting/Reorganization

Thursday, February 21st at 9:30 a.m. in the Billiards Room

Join Carla & Kristin in the Billiards Room if you already love to play pool or are interested in learning how to play pool. We are going to reorganize and really would love players of all levels to join us.

The Billiards Room is reserved for Women's Billiards on Thursdays from 9:30 to 11:30 am, so don't be shy about learning. This sport can be a lot of fun and we encourage any of you to give it a try.

Pre-registration is appreciated but not necessary. We look forward to seeing you there!

AARP Tax Appointments begin as of February 1.

You can make your appointment by calling 583-3564. You must come to the Center, after making your appointment, to pick up the paperwork that is necessary for you to bring back with you as well as the other required documentation.

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, February 4

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
9 a.m. Quilting
10 a.m. Move-N-Groove with Kristin
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 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 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

FEBRUARY MOVIE SCHEDULE

Night School

(Rated PG-13, 111 Min)
 February 4

A group of adult misfits attend night school to obtain their GED diplomas. Comedic tension builds between a student and his teacher.

The Predator

(Rated R, 107 Min)
 February 11

A young boy accidentally triggers the return of Predators to Earth. They are even stronger and more lethal after genetically upgrading themselves.

HOLIDAY -

Center Closed
 February 18

Venom

(Rated PG-13, 112 Min)
 February 25

A journalist becomes the host of an alien symbiote and acquires superhuman abilities - alongside a malevolent and unpredictable alter-ego.

CLASSIC MOVIES

An American In Paris

February 7

Jerry Mulligan is an American ex-GI who stays in post-war Paris to become a painter, and falls for the gamine charms of Lise Bouvier.

GIGI

February 14

Gaston is a restless Parisian playboy who moves from one mistress to another, while also spending time with Gigi. The platonic relationship changes as she matures

Casablanca

February 21

Rick Blane who owns a nightclub in Casablanca discovers his old flame is in town with her husband. Lazlo is a famed rebel with Germans on his tail.

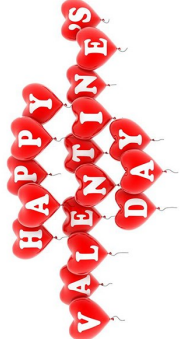
An Affair to Remember

February 28

A man and a woman have a romance while on a cruise from Europe to New York. Despite being engaged to other people they are to meet at the top of the Empire State Building in six months.


FEBRUARY ACTIVITIES CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Attention Golden Senior Club members...Please attend the February, 27th meeting at 1:00pm and cast your vote for the new Board. The Club is trying to rejuvenate and would love member input. Thank you!</p>				
<p>4 12:30 p.m. Eastfield Mall, Or Stop & Shop Trip 1:00 p.m. Billiards Travel League 1:15 p.m. Movie: Night School</p>	<p>5 CHINESE NEW YEAR LUNCH 6 11:30 a.m. Year of the Pig 1:00 p.m. Decorating Group</p>		<p>7 10:30 a.m. Valentine Craft with Kristin in Woodshop 1:15 p.m. Classic Movie: An American in Paris (115 min)</p>	<p>1 9:00 a.m. AARP Tax Appts 10:30 a.m. Super Bowl Party 11:15 a.m. Horse Races</p>
<p>11 1:00 p.m. Billiards Travel League 1:15 p.m. Movie: The Predator</p>	<p>12 10 a.m. Caregiver Support Group 1:30 p.m. Free Paraffin Wax Hand Treatments</p>	<p>13 10 a.m. Friends Meeting 2:00 p.m. Trivia</p>	<p>14 VALENTINES LUNCH 10:30 a.m. State Senator Lesser Office Hour 10:30 a.m. Photo Booth 11: a.m. Joe Pereira performs 1:15 p.m. Classic Movie: GIGI (119 Min)</p>	<p>8 9:00 a.m. AARP Tax Appts 1:30 p.m. Book Club</p>
<p>18 CLOSED FOR HOLIDAY</p>	<p>19 1 p.m. Brown Bag</p>	<p>20 BIRTHDAY LUNCH 10:30 a.m. New Senior Center Update 4:30 p.m. COA Board Meeting</p>	<p>21 9:30 a.m. Women's Billiards 1:15 p.m. Classic Movie: Casablanca (102 min) 1:30 p.m. LHS Students Technical Support Appts & Paint & Punch</p>	<p>22 8:30 a.m. Men's Breakfast In Wilbraham. 9:00 a.m. AARP Tax Appts 1:30 p.m. Book Club</p>
<p>25 1:00 p.m. Billiards Travel League 1:15 p.m. Movie: Venom</p>	<p>26 1 p.m. Hearing Appointments</p>	<p>27 8:15 a.m. Facials 9:30 a.m. Jewelry Class 10 a.m. TRIAD 10:30 a.m. Veterans Agent Office Hours</p>	<p>28 1:15 p.m. Classic Movie: An Affair to Remember (119 min)</p>	

FEBRUARY LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Don't forget to support The Friends of the Ludlow Senior Center by attending their "Valentine Breakfast" on Sunday, February 10th at the Polish Americans Citizen Club. Tickets are \$7.00. Children 5 and under are free. 8:00 am - 11:00 am.</p>				
<p>4 Eggplant Parmesan Over Pasta</p>	<p>5 CHINESE NEW YEAR LUNCH Chicken Lo Mein Egg Roll</p>	<p>6 Taco Salad</p>	<p>7 Roast Turkey Dinner</p>	<p>1 Baked Pork Chop with Apples & Onions Stuffing and Spinach</p>
<p>11 Mild Chili 1/2 Baked Potato</p>	<p>12 Chef Chop Salad</p>	<p>13 Potato Crunch Fish Rice Pilaf Mixed Vegetables</p>	<p>14 VALENTINES LUNCH Pot Roast Mashed Potatoes Carrots</p>	<p>8 Seafood Casserole Rice Mixed Vegetable</p>
<p>18 CLOSED FOR HOLIDAY</p>	<p>19 Vegetable Lasagna Garlic Bread</p>	<p>20 BIRTHDAY LUNCH Meatloaf Au Gratin Potatoes Green Beans</p>	<p>21 Vegetable Primavera</p>	<p>15 Grilled Cheese Sandwich Chips Tomato Soup</p>
<p>25 Vegetable Stir Fry Fried Rice</p>	<p>26 Shepard's Pie</p>	<p>27 Chicken Cacciatore With Ziti Small Salad</p>	<p>28 Ham Steak Scalloped Potatoes Carrots</p>	<p>22 Baked Chicken Broccoli Casserole Rice</p>
				

SPECIAL EVENTS

Super Bowl Party

Friday, February 1, at 10:30 a.m.

Join us in the Lounge for some Super Bowl snacks. Show your team spirit by wearing your favorite team jersey or team colors for the day.

Horse Races

Friday, February 1, 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, February 5, 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.

Valentine Craft with Kristin

Thursday, February 7, at 10:30 a.m.

You must pre-register to make a Valentine with Kristin, so she can be sure to have enough supplies on hand.

Caregiver Support Group

Tuesday, February 12, at 10:00 a.m.

This group meets the second Tuesday of each month. The group is open to all caregivers. Find out how others are coping. Signing up is appreciated, but not mandatory.

FREE Paraffin Wax Hand Treatments

Tuesday, February 12, at 1:30 p.m.

You must sign up at the front desk. Come to the Lounge at 1:00 p.m. for this free treatment that will make your hands feel wonderful.

Trivia

Wednesday, February 13, at 2:00 p.m.

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

Valentine's Day Photo Booth

Thursday, February 14, at 10:30 a.m.

Come to the Meeting Room and choose your accessories, then have your picture taken in front of our special backdrop.

New Senior Center Update

Wednesday, February 20, 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.

Women's Billiards Meeting

Thursday, February 21, at 9:30 a.m.

Calling all women who love to play pool or have always wanted to learn how. Help us get this sport going again!

LHS Community Service Program

LHS Students Tech Support

Thursday, February 21, at 1:30 p.m. - 3:00 p.m.

Do you have technical issues with your phone/tablet/device? Let the students help you. They will be taking appointments to assist you on MINOR issues, or show you how to access your device's capabilities. MUST SIGN UP!

LHS Community Service Program

Paint & Punch

Thursday, February 21, at 1:30 p.m. - 3:00 p.m.

A LHS Art student will be walking you through a painting class. They will show you a picture and teach you how to paint it. THIS CLASS IS LIMITED to 10 people. A canvas and painting supplies will be provided to you. Paint your picture and sip punch while you do. Must Sign Up!

Jewelry Class

Wednesday, February 27, 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.

SPECIAL LUNCHES

Chinese New Year Lunch

Tuesday, February 5
at 11:30 a.m.

2019 is the year of the Pig. We are decorating for the Chinese New Year with some great donations from a few local restaurants. What will your fortune be?

Valentine's Day Lunch

Thursday, February 14
at 11:00 a.m.

Be sure to register early for our Valentine's Day lunch and come for 11:00 to hear one of our favorite performers, Joe Pereira. We will also have a photo booth set up in the Meeting Room to have your Valentine picture taken.

Birthday Lunch

Wednesday, February 20
at 11:30 a.m.

Those born in February will have their meal on us. Simply tell us it's your birthday when you sign up for lunch. Then sit back and enjoy your Free lunch. (No choral group performance in February)

OUTREACH ANNOUNCEMENTS

If You Have NOT Received Your NEW Medicare Card by Now...

Everyone should have received their new Medicare card by now! If you **don't have one**, it could be the Social Security office did not have your current address or it was thrown away accidentally because the envelope did not have Medicare information on it.

No worries! **You can order** your new card by calling **Medicare** at **1-800-633-4227**, or set up an account at **www.MyMedicare.gov** to retrieve a copy of it. Once you receive the new card, you can destroy the old one.

THE CIRCUIT BREAKER BILL

You may be eligible to claim a refundable credit on your personal state income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes paid on the Massachusetts residential property you own or rent and occupy as your principal residence.

The maximum credit amount for 2018 is \$1,100. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest.

Who is eligible?

- You must be a Massachusetts resident or part-year resident.
- You must be 65 or older by December 31.
- You must file a Massachusetts personal income tax return.
- You must own or rent residential property in Massachusetts and occupy it as your primary residence.
- If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year.
- If you are a renter, 25% of your annual Massachusetts rent must exceed 10% of your total Massachusetts income for the tax year.
- For the tax year, your total Massachusetts income doesn't exceed:
 - \$58,000 for a single individual, who is not the head of a household.
 - \$73,000 for a head of household.
 - \$88,000 for married couples filing a joint return.

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

**Save the Date: Feb 10th
Valentine Breakfast
Fundraiser at Polish
American Citizens Club**

DONATIONS RECEIVED:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Mary & Bill Sarad - Coffee & Movie Snacks
- Edith Tipton - Coffee
- Tina Vicencio - Napkins
- Inga Golash - Coffee
- Janice Sheaff (BF)
- Harvey Fontaine (BF)
- Claire Bachand (BF)
- Raymond White (BF)
- Mr. & Mrs. William Dearden (BF)
- Edna White
- Anonymous - Coffee
- Dorothy Iellamo

DONATIONS RECEIVED IN MEMORY OF:

Harley Stone:

Etta Brockney (BF)
Joan Methot (BF)

Mike Ottomaniello:

Etta Brockney (BF)

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

DONATIONS RECEIVED IN MEMORY OF:

Ronald Connaughton:

Virginia Bourdeau (BF)

Denise Bourdeau:

Virginia Bourdeau (BF)

Shirley Fitzgerald:

Doris Nichols (BF)

In Memory of - Carlos Sequeira and In Honor of Elvira Sequeira:

The Sequeira Family (BF)

George Desautels:

Gilbert Myette (BF)

Flowers Received in Memory of:

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 February:

Sheriff Nick Cocchi - Coffee Talk

Friday, February 15th

At 10:30 a.m. in the Lounge

Come to coffee talk to enjoy conversation with Sheriff Nick Cocchi. He will share what great things he is doing in the community. Pre-registration is not necessary but is appreciated.

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

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
- Kristin Burgess, 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.