

JANUARY 2019

THE SENIOR SCENE

Ludlow Senior Center

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Address:

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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 2019! Time sure does fly!

2019 is going to be a busy, challenging and exciting year. The new building will begin, Krisitn is going to mix things up and some new initiatives will be introduced. We are constantly looking to the future these days so that our transition into a new building will hopefully be a smooth one.

We are hoping for a new van as well. We are still working on that and we thank you for your patience. For those of you that ride the van, we are hoping that you can help us out. Many of you have walkers with a basket. It is really hard for the drivers to put your walker in the van if that basket is full of "stuff". Please try and keep the basket empty. The drivers thank you!

We hope the New Year brings good health, new experiences and many new memories. If you haven't made memories with us yet, 2019 is the year to do it! Happy New Year!



Kristin's Corner

HAPPY NEW YEAR!

I have declared a "New Year, Improved Me" initiative this year. I am hoping that it continues through the year, and doesn't end in January. I believe in constantly evolving and improving and learning personally, so that I have substantial offerings to the world, and the future leaders of our community. I hope you join me in this adventure.

The Hampden County Sheriffs Department has approached me to help me with a project that I wanted to bring to you! "Sand for Seniors." This is a program that allows us to bring buckets filled with sand to your doorstep. We will be teamed up with the Sheriff's department delivering these buckets the third week of January. I am asking anyone who may be interested or in need of this service to sign up at the front desk at the Senior Center, as there will be a limited number of buckets at our disposal.

I am so grateful to this generous community! The Ludlow Police Department, the Ludlow Fire Department, the Hampden County Sheriff's Department, Town of Ludlow Board of Health, and all town departments have been so thoughtful and helpful coming to assist me any time I request. I am so blessed to be in a community that cares so much about their Seniors! Thank you, Ludlow!
~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, January 22

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, January 23

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, January 8, 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, January 9, 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, January 10, 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, January 15, 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, January 16, 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, January 23, 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, January 23, 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, January 25, at 8:30 a.m. in Ludlow

Breakfasts are held on the last Friday of every month. Sites shift between Ludlow and Wilbraham. Jodi will give an update on the new Senior Center. Pre-registration is appreciated but not necessary.

Self-Improvement Program for 2019

New Year, Improved Me Program (NYIM)

"You can not hope to build a better world without improving the individuals. To that end, each of us must work for our own improvement." Marie Curie

I have always been a fan of Self Improvement. If you were to peruse my book collection, you would find the entire Barnes and Noble Self-Help section there. The idea of constantly evolving into a better me is something that I strive for through out the years. Sometimes we get so caught up in our day to day activities, we forget that we need to take care of ourselves, and gift ourselves with things that challenge us, and bring out the betterment in ourselves. This is not only good for the soul, it is a gift, a legacy that we can leave for future generations if we share our experiences.

This program offers a calendar of suggestions to complete each day, inserts to assist you, a journal to keep track of your progress, and a "goodie bag" of essentials.

There will be two days in the month of January that I hold a "check-in" day, this is NOT mandatory but it IS encouraged. To sign up for this month-long event, you must sign up in person with Kristin on the **2nd of January between the hours of 10:30 and 11:30 or 1:30-3:00pm**. Phone calls will not be accepted. I want to hand each one of you your bag of goodies, and packet with a smile. There is a limited quantity of "goodie bags" (ONLY 20 will be handed out.)

Thank you in advance for participating in the New Year Improved Me initiative. Let's keep this going for ALL of 2019!!!

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, January 7

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

JANUARY MOVIE SCHEDULE

**The House With a Clock
 On Its Walls**
 (Rated PG, 105 Min)
 January 7

10 year old Lewis goes to live with his uncle in a creaky old house with a mysterious tick-tocking heart.

Dog Days
 (Rated PG, 112 Min)
 January 14

Five canine protagonists bring their human counterparts closer together in Los Angeles. The comedy follows the dog-influenced antics of the group.

**Holiday -
 Center Closed**
 January 21

**Pirates of the Caribbean:
 Dead Men Tell No Tales**
 (Rated PG-13, 129 Min)
 January 28

Jack Sparrow searches for the Trident of Poseidon in order to defeat the malevolent Captain Salazar. Along the way he gains two new allies.

CLASSIC MOVIES

I Love Lucy reruns
 4 episodes
 January 3

The Lost "I Love Lucy"
 Pilot
 The Girls Want to go
 to a Nightclub
 Be A Pal
 The Diet

I Love Lucy reruns
 4 episodes
 January 10

Lucy Thinks Ricky Is
 Trying to Murder Her
 The Quiz Show
 The Audition
 The Seance

I Love Lucy reruns
 4 episodes
 January 17

Men Are Messy
 The Fur Coat
 Lucy Is Jealous of
 Girl Singer
 Drafted

I Love Lucy reruns
 3 episodes
 January 24

Th Adagio
 The Benefit
 The Amateur Hour

I Love Lucy reruns
 3 episodes
 January 31

Lucy Plays Cupid
 Lucy Fakes Illness
 Lucy Writes A Play

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>CLOSED FOR HOLIDAY</p>	<p>2</p> <p>10:30 to 11:30 a.m. & 1:30 to 3:00 p.m. - "New Year Improved Me" (NYIM) kick off & sign-ups</p>	<p>3</p> <p>1:15 p.m. Classic Movie: I Love Lucy Reruns</p>	<p>4 National Spaghetti Day</p> <p>11:15 a.m. Horse Races</p>
<p>7</p> <p>12:30 p.m. Eastfield Mall, Or Stop & Shop Trip</p> <p>1:00 p.m. Billiards Travel</p> <p>1:15 p.m. Movie: The House With A Clock on Its Walls (PG, 105 m)</p>	<p>8</p> <p>10 a.m. Caregiver Support Group</p> <p>10:30 a.m. "Coffee Talk" with Chief Madera</p> <p>1 p.m. Decorating Group</p>	<p>9</p> <p>10 a.m. Friends Meeting</p>	<p>10</p> <p>10:30 a.m. NYIM check-in</p> <p>10:30 a.m. State Senator Lesser Office Hour</p> <p>1:15 p.m. Classic Movie: I Love Lucy ReRuns</p>	<p>11</p> <p>9:30 a.m. Louis & Clark Equipment Tune-Up Clinic</p> <p>1:30 p.m. Book Club</p>
<p>14</p> <p>1:00 p.m. Billiards Travel League</p> <p>1:15 p.m. Movie: Dog Days (PG, 112 m)</p>	<p>15 NATIONAL STRAWBERRY ICE CREAM DAY</p> <p>10:30 a.m. Strawberry Ice Cream Samples in Lounge</p> <p>1 p.m. Brown Bag</p>	<p>16 BIRTHDAY LUNCH</p> <p>11:30 Chorus Performs</p> <p>2:p.m. Trivia</p> <p>4:30 p.m. COA Board Meeting</p>	<p>17 LUNCH & LEARN</p> <p>10:30 a.m. New Senior Center Update</p> <p>Noon Ludlow Fire Dept on Safety at Home</p> <p>1:15 p.m. Classic Movie: I Love Lucy Reruns</p>	<p>18</p> <p>10:00 a.m. Memory Café</p> <p>1:15 p.m. Girls Scouts at Volley Ball</p>
<p>21</p> <p>CLOSED FOR HOLIDAY</p>	<p>22</p> <p>1 p.m. Hearing Appointments</p> <p>1:30 p.m. Paraffin Wax Hand Treatments</p>	<p>23</p> <p>8:15 a.m. Facials</p> <p>9:30 a.m. Jewelry Class</p> <p>10 a.m. TRIAD</p> <p>10:30 a.m. Veterans Agent Office Hours</p>	<p>24</p> <p>10:30 a.m. NYIM check-in</p> <p>1 p.m. Cribbage</p> <p>1:15 p.m. Classic Movie: I Love Lucy Reruns</p>	<p>25</p> <p>8:30 a.m. Men's Breakfast</p> <p>In Ludlow - Jodi speaks about New Center Updates</p> <p>1:30 p.m. Book Club</p>
<p>28</p> <p>1:00 p.m. Billiards Travel League</p> <p>1:15 p.m. Movie: Pirates of the Caribbean: Dead Men Tell No Tales (PG-13, 122 m)</p>	<p>29 NAT'L CORN CHIP DAY</p> <p>10:30 a.m. Corn Chip Samples in the Lounge</p>	<p>30</p>	<p>31</p> <p>1:15 p.m. Classic Movie: I Love Lucy Reruns</p>	

JANUARY LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CLOSED FOR HOLIDAY	2 Ham, Rice & Broccoli Casserole	3 Hot Dogs & Beans Coleslaw	4 Nat'l Spaghetti Day Spaghetti & Meatballs
7 Kielbasa Sauerkraut Potatoes	8 Shepard's Pie	9 Cobb Salad	10 American Chop Suey Garlic Bread	11 Chicken Salad Sandwich Chicken Noodle Soup
14 Reuben Casserole Roasted Potatoes	15 Steak & Cheese Grinder With Onions & Peppers French Fries	16 BIRTHDAY LUNCH Chicken Parmesan Over Pasta Small Salad	17 LUNCH & LEARN Baked Cod Rice Pilaf Carrots	18 Vegetable Frittata Sweet Potato Fries
21 CLOSED FOR HOLIDAY	22 Maccaroni & Cheese Stewed Tomatoes	23 Baked Chicken AuGratin Potatoes Mixed Vegetables	24 Stuffed Cabbage Buttered Noodles	25 Seafood Salad Plate
28 Cowboy Burger French Fries	29 Asian Chicken Salad	30 Swedish Meatballs Over Egg Noodles Vegetable	31 Fish & Chips	

SPECIAL EVENTS

Horse Races

Friday, January 4, 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.

Caregiver Support Group

Tuesday, January 8, 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.

Decorating Group

Tuesday, January 8, 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.

New Year Improved Me (NYIM) Check-In

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

Thursday, January 24th at 10:30 a.m.

Check-In with Kristin in the Meeting Room to see how much progress you are making with your calendar.

The Book Club is back!

Friday, January 11, at 1:30 p.m.

After taking two months off because of the holidays (and to read Pillars of the Earth by Ken Follett), we are back to discuss his book. The Book Club meets on the 2nd & 4th Fridays of the month.

National Strawberry Ice Cream Day

Tuesday, January 15, at 10:30 a.m.

Stop by the Lounge to sample some Strawberry Ice Cream. It's never too early for Ice Cream!

Trivia

Wednesday, January 16, 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.

Choral Group Performs

Wednesday, January 16, at 11:30 a.m.

Join us in the Dining Room as our very own Choral Group entertains us with their special birthday performance.

New Senior Center Update ****Date Change****

Thursday, January 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.

FREE Paraffin Wax Hand Treatments

Tuesday, January 22, at 1:00 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.

Jewelry Class

Wednesday, January 23, 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 Corn Chip Day

Tuesday, January 29, at 10:30 a.m.

Join us in the Lounge to sample different kinds of corn chips. What is your favorite and why?



Winter Storm Closings



If the Ludlow Schools are closed or delayed, the Ludlow Senior Center is also closed or delayed. Be sure to check channels 22 or 40 before you leave to come to the Center when there is bad weather. In the case of a delay, any activities that were scheduled during the delayed opening time frame will be cancelled.

SPECIAL LUNCHES

Birthday Lunch
Wednesday, January 16
at 11:30 a.m.

Those born in January will have their meal on us. Simply tell us it's your birthday when you sign up for lunch. Then sit back and enjoy a special performance by our very own choral group and your Free lunch.

Lunch & Learn
Ludlow Fire Department "Safety at Home"
Thursday, January 17th
At Noon

Come learn about our Fire Department with Deputy Lavoie and Captain Falconer. They will be teaching you how to prevent Fire emergencies in your home. The Ludlow Fire Department has a unique history dating back to the late 1800's. Today, it takes great pride in providing professional fire protection and advanced emergency medical services to the Town of Ludlow. It is ready to tackle emergencies twenty four hours a day, seven days a week. You must pre-register for this event.

OUTREACH ANNOUNCEMENTS

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 (like a class is cancelled). If you don't pick it up, that's okay, the program will leave the message on your voicemail.

Sand for Seniors....

There will be a limited supply of buckets with sand thru a project in conjunction with the Hampden County Sheriff's Department. If you are interested, please give your name to the front desk at the Senior Center. Buckets will be delivered during the third week in January.



Louis & Clark Medical Supply will be on-site on January 11th from 10:30 a.m. to 11:30 a.m. with their Repair Technician to take care of repair needs on your durable medical equipment, such as canes, walkers, rollators, wheelchairs, transport chairs, etc. There is no charge for any simple adjustments, such as tightening brakes, assuring appropriate height on equipment, cane tip replacements, and any other replacement item that is under \$5. For those items that cost more than \$5, the customer will be asked to pay for the item at that time. If you are unable to pay for the item at that time, Louis & Clark Medical Supply will be happy to mail a bill to your home.

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, Jan 16th

Items Needed:

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

DONATIONS RECEIVED:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Sylvia Ouellette - Coffee
- Virginia Wilson - Candy
- Bill Sarad - Snacks & Coffee & Copy Paper
- Audrey Consolmagno - Napkins
- Peggy Bernard - Napkins
- Mr. & Mrs. Laramee - Coffee
- Ella Holbrook - Snacks
- Danny Kenny (BF)
- Richard Ollari - Coffee

DONATIONS RECEIVED IN MEMORY OF:

Harley Stone:

Barbara Krier (BF)

Bo Melas:

Virginia Bourdeau (BF)
Dolores Supernaw (BF)

Stella Cristina:

Mr. & Mrs. Charles Laramee (BF)
Frank Krzanik (BF)
Patti DeTomas (BF)

Donations for the

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

DONATIONS RECEIVED IN MEMORY OF:

Stella Cristina (cont):

Ruth Pancotti (BF)
Joan Dill (BF)
Beverly Feicha (BF)
Shirley Postel (BF)
Nancy Pauze (BF)
Mr. & Mrs. Stanley Kareta (BF)
Table 6 - Barbara Green, Etta Brockney, Harvey Fontaine, Joan Methot & Elizabeth Aniolowski (BF)
Theresa Detka (BF)
Mr. & Mrs. Vincent Harackiewicz (BF)
Ella Holbrook (BF)
Florence Shea (BF)
Viola Petrolati (BF)
Dolores Supernaw (BF)

Flowers Received in the Memory of:

Shirley Fitzgerald

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 January:

Chief Madera - Coffee Talk

Tuesday, January 8th
At 10:30 a.m. in the Lounge

Come to coffee talk to enjoy conversation with Chief Madera of the Ludlow Police Department. We will be honoring our Community Police Officers, during the National Law Enforcement Appreciation week. Please come and show your support and appreciation for our Police Department.

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.