

JANUARY 2018

THE SENIOR SCENE

Ludlow Senior Center

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37 Chestnut Street
Ludlow, MA 01056

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COA@Ludlow.ma.us

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○ Fax Number:

(413) 583-5658

○ Office Hours:

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

JAMMIN' WITH JODI

2018...WOW! I am excited - and terrified - for the year to come. I am excited because we are moving forward with the New Senior Center project. The Building Committee will be presenting at a Special Town Meeting in January, requesting a contingent appropriation of \$9.8 million for a new Senior Center. With approval at Town Meeting, we will then move to the ballot. A ballot question will be presented to the voters in March during the Annual Town Election. It is exciting, but terrifying at the same time. This has been a long project, and I just cannot wait to see it to fruition.

We are also excited to announce the creation of a Memory Café. We were awarded a grant through WestMass ElderCare to bring this much needed program to Ludlow. A memory café is a social gathering for individuals living with dementia and their care partners. The Café will begin on Friday, January 19 at 10 a.m. Please call Jodi for more information and to register.

I am not a fan of the word "resolution." I like the word "goal" better. It is my goal in 2018 to get fit again. I am starting with training with Griffin's Friends again. I have never been so excited to start running! It's time to get healthy and if you feel the same way, come and check out our many exercise classes. We have something for everyone. Make 2018 the year you become part of the Ludlow Senior Center!



SPECIAL LUNCHES

Birthday Lunch

Wednesday, January 17
at 11:30 a.m.

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

Winter Concert

Friday, January 26
at 11:00 a.m.

Tony Rarus is coming to sing the winter blues away. Join us in the Dining Room for the concert and stay for a delicious 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, January 30

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, January 24

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 9, 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 10, 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 11, 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 16, from 1 p.m. - 3 p.m.

Offered through the Food Bank of MA, 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 17, 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 24, 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, January 24, 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 26, at 8:30 a.m. in Ludlow

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

SENIOR CENTER TRIPS

Sign up with Sarah beginning January 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.

Ware Walmart

January 9

Cost: \$2.00

Departure: 9:30 a.m.

We'll start at Walmart, take a break for lunch, and end at Dollar Tree. Lunch is not included in the price of the trip.

**The snow date is
January 11.**

Some Notes Regarding Trips

- After the first day of sign-ups, the trip book is located at the Front Desk. **If you need to sign-up, cancel or check your status on the wait list for a trip, contact the Front Desk.**
- In cases of bad weather, we will most likely wait until the morning of a trip to determine if it is safe enough to go. In these cases, a member of the Senior Center will call those on the trip list to let them know the trip has been cancelled.
- A quick reminder of the rules while riding the van: You must wear your seatbelt and remain in your seat when the van is in motion. You may not eat or drink in the van.

Lunch Bunch: Surprise Trip

January 25

Cost: \$2.00

Departure: 11:15 a.m.

To be perfectly honest, Sarah Gmeiner ran out of time before her Thailand trip and will pick an amazing and fun restaurant to eat at, when she gets back.

**The snow date is
January 30.**

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, January 8

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. TRX Fusion
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
9 a.m. TRX Fusion
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

I Do...Until I Don't
 (R, 103 Min)
 January 8

Starring: Ed Helms. An ensemble comedy about the meaning of matrimony. (IMDB)

All Saints
 (PG, 108 Min)
 January 22

Starring: John Corbett. When a group of Burmese refugees join the congregation, the pastor of a failing Anglican church attempts to aid them by planting crops and enlisting the help of the community. (IMDB)

Dunkirk
 (PG-13, 106 Min)
 January 29

Starring: Fionn Whitehead. Allied soldiers from Belgium, the British Empire and France are surrounded by the German Army, and evacuated during a fierce battle in World War II. (IMDB)

CLASSIC MOVIES

The Barkleys of Broadway
 (1949, 109 Min)
 January 4

Starring: Fred Astaire & Ginger Rogers. A husband and wife musical comedy team threatens to break up when the wife entertains an offer to become an actress. (IMDB)

My Pal Trigger
 (1946, 79 Min)
 January 11

Starring: Roy Rogers. A story about the origin of Rogers's mount, Trigger, and their deep and faithful bond. (IMDB)

Dean martin Celebrity Roasts
 (140 Min)
 January 18

Starring: Dean Martin. Martin and crew roast Don Rickles and Joan Collins in two episodes. (IMDB)

Cowboy And The Senorita
 (1944, 78 Min)
 January 25

Starring: Roy Rogers. A bad guy tries to take a gold mine inherited by a 17 year old. Roy and his pal "Teddy" Bear ride to help the girl and her cousin. (IMDB)

JANUARY ACTIVITIES CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>CLOSED FOR HOLIDAY</p>	<p>2</p> <p>8 a.m. Trip Signups 1 p.m. Decorating Group 1:15 p.m. "Hansel And Gretel" The Opera Showing Part 1</p>	<p>3</p> <p>11:15 a.m. Horse Races</p>	<p>4</p> <p>1:15 p.m. Classic Movie: The Barkleys Of Broadway (109 Min)</p>	<p>5</p> <p>9:00 a.m. New 13 Class TRX Session Begins</p>
<p>8</p> <p>12:30 p.m. Eastfield Mall, Or Stop & Shop Trip 1:15 p.m. Movie: I Do...Until I Don't (R, 103 Min)</p>	<p>9</p> <p>9:30 a.m. Ware Walmart Trip 10 a.m. Caregiver Support Group 1:15 p.m. "Hansel And Gretel" The Opera Showing Part 2</p>	<p>10</p> <p>10 a.m. Friends Meeting 11:30 a.m. "Lendini" Performs Table Magic In The Dining Room 2 p.m. Trivia</p>	<p>11</p> <p>10:30 a.m. State Senator Lesser Office Hours 1:15 p.m. Classic Movie: My Pal Trigger (79 Min)</p>	<p>12</p> <p>1:30 p.m. Book Club</p>
<p>15</p> <p>CLOSED FOR HOLIDAY</p>	<p>16</p> <p>1 p.m. Brown Bag</p>	<p>17 BIRTHDAY LUNCH</p> <p>10:30 a.m. New Senior Center Update 11:30 a.m. Chorus Performs 4:30 p.m. COA Board Meeting</p>	<p>18</p> <p>1:15 p.m. Classic Movie: Dean Martin Celebrity Roasts (140 Min)</p>	<p>19</p> <p>10:00 a.m. Memory Cafe</p>
<p>22</p> <p>1:15 p.m. Movie: All Saints (PG, 108 Min)</p>	<p>23</p> <p>1:15 p.m. Activities Director Sarah Gmeiner presents a slide show filled with pictures from her recent trip to Thailand.</p>	<p>24</p> <p>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>25</p> <p>11:15 a.m. Lunch Bunch Trip 1:15 p.m. Classic Movie: Cowboy And The Senorita (78 Min)</p>	<p>26 WINTER CONCERT</p> <p>8:30 a.m. Men's Breakfast In Ludlow 11 a.m. Tony Rarus performs in the Dining Room 1:30 p.m. Book Club 1:30 p.m. Betty Harackiewicz's Goodbye Party</p>
<p>29</p> <p>1:15 p.m. Movie: Dunkirk (PG-13, 106 Min)</p>	<p>30</p> <p>1 p.m. Hearing Appointments</p>	<p>31</p> <p>1:30 p.m. RMV Near Me</p>		

JANUARY LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED FOR HOLIDAY	2 Cowboy Burger French Fries	3 Cobb Salad	4 Seafood Newburg Over Rice	5 Spaghetti & Meatballs Garlic Bread
8 Pork & Apple Stew Corn Bread	9 Liver & Onions Rice Green Beans	10 Chicken Patty On A Roll Sweet Potato Fries	11 Stuffed Shells Salad	12 Roast Turkey Stuffing Sweet Potatoes
15 CLOSED FOR HOLIDAY	16 Turkey Waldorf Salad Orzo Salad	17 BIRTHDAY LUNCH Meatloaf Mashed Potatoes Glazed Carrots	18 Reuben Casserole Tater Tots	19 Baked/Stuffed French Toast Sausage Links
22 Chicken Louisa Egg Noodles Broccoli	23 Baked Ham Au Gratin Potatoes Vegetable Medley	24 American Chop Suey	25 Crumb Topped Fish Roasted Potatoes Vegetable	26 WINTER CONCERT Stuffed Pork Chop Rice Harvard Beets
29 Stuffed Cabbage Buttered Egg Noodles	30 Chicken Over Spinach Craisin Salad	31 Mild Chili 1/2 Baked Potato		

SPECIAL EVENTS

Decorating Group

Tuesday, January 2, 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 coming months.

“Hansel And Gretel”, The Opera

Tuesday, January 2, at 1:15 p.m.

This heart-warming Metropolitan Opera production is sung in English with subtitles. If you are just curious about opera, or if you already are an opera lover, here’s a musical masterpiece to enjoy. Shown in two parts on January 2 at 1:15 p.m. and on January 9 at 1:15 p.m.

Horse Races

Wednesday, January 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.

TRX Fusion Session Begins Friday, January 5

Tuesdays & Fridays at 9:00 a.m.

\$39 for 13 class session

TRX is an advanced workout that can activate all your body’s muscles. It also may help make every activity easier, your body stronger and help maintain a healthier lifestyle. For more information visit. www.TRXtraining.com

Table Magic with “Lendini”

Wednesday, January 10, beginning at 11:30 a.m.

Join Lenny Nadeau in the Dining Room for an enchanting lunch. Lenny will be going from table to table in the Dining Room mesmerizing everyone with his magical abilities

Trivia

Wednesday, January 10, at 2:00 p.m.

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

New Senior Center Update

Wednesday, January 17, 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.

Memory Cafe

Friday, January 19, 10:00 a.m. - 11:30 a.m.

The 3rd Friday of Every Month

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, and at any state of the disease’s progression. Care partners can include spouses, children, friends, and professional caregivers. Cafés strive for an atmosphere that’s more like a coffee house than a clinical program. Cafés are a place to talk with others who understand what you are going through, to leave behind limitations and instead focus on strengths, to enjoy other’s company, and to explore something new.

Contact Director Jodi Zepke for more information and to register.

Sarah’s Trip To Thailand Presentation

Tuesday, January 23, at 1:15 p.m.

Activities Director Sarah Gmeiner will present a slide show filled with pictures from her recent trip to Thailand. Join her in the Lounge after lunch for a rundown of her adventure.

Jewelry with Sandy Merrill

Wednesday, January 24, 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.

Betty’s Goodbye Party

Friday, January 26, beginning at 1:30 p.m.

After 20 years of bookkeeping at the Senior Center, Betty Harackiewicz is retiring. Join us in the Lounge as we say goodbye to Betty.

RMV Near Me

Wednesday, January 31, 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.

OUTREACH

WHAT IS TRIAD

TRIAD is a combination of seniors, the police and fire departments, a Ludlow Board of Health nurse, and senior center personnel. The council meets once a month to discuss issues that affect seniors in the community.

Although crime prevention against senior citizens is the main focus of our meetings, many topics are discussed, including public safety health, fire safety and prevention, and the overall welfare of the Ludlow community.

The Ludlow TRIAD council meets on the fourth Wednesday of every month at the Ludlow Senior Center. All are welcome to attend. If you are interested in learning more about TRIAD, our next meeting will be held on January 24 at 10:00 am.

SNAP - SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

According to a recent study one out of three households in Massachusetts eligible for food stamp benefits do not apply for them. This is because most people don't think they qualify. Receiving food stamps all depends on your income, your resources (property and money saved), and your household size and composition.

When you are on a fixed income, it's often hard to make ends meet. You may be eligible for the state's Supplemental Nutrition Assistance Program (SNAP). SNAP benefits come on an EBT card, which allows you to buy food at most grocery stores.

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.

To find out if you are eligible, and to learn more about the program, call Debbie at 583-3564 to set up an appointment.

2018 SOCIAL SECURITY AWARD LETTER

By now you should have received your Social Security annual award letter for 2018. This letter explains your new monthly amount from Social Security. Place this letter in a safe place. You will need the letter to apply for any type of assistance as proof of your Social Security income. If you have any questions please call Debbie at 583-3564 to set up an appointment.

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, January 17

○ Items Needed:

Coffee
Decaf Coffee
1 Ounce Chip Bags

DONATIONS RECEIVED:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Tina Vicencio - Napkins, Coffee, Candy
- Eunice Pellerin - Napkins
- Marcia Hobbs - Coffee
- Inga Golash - Coffee

- Christ the King Bingo - Cake
- St. Elizabeth Parrish - Goodies
- Barbara Gondek - Coffee
- Anonymous
- Eleanor Gagne
- Greenhouse Plant Sale
- Doris Nichols (BF) *
- Albina Zamora - Coffee

DONATIONS RECEIVED IN MEMORY OF:

Rene Savoie:
Sylvia Ouellette (BF) *

FLOWERS RECEIVED IN MEMORY OF:

Glenn Moore

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 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

Ludlow Senior Center



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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

Rosalind Forti

Frank Krzanik

Diane Goncalves

Sheena Santolini

Janice Grimaldi

LUDLOW SENIOR CENTER'S MEMORY CAFE

FRIDAY, JANUARY 19 AT 10:00 A.M. - THE THIRD FRIDAY OF EVERY MONTH.

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, and at any state of disease progression. Care partners can include spouses, children, friends, and professional caregivers. Cafés strive for an atmosphere that's more like a coffee house than a clinical program. Cafés are a place to talk with others, who understand what you are going through and to leave behind limitations and instead focus on strengths. Contact Director Jodi Zepke for more information and to register.

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
- 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.