

JULY 2018

THE SENIOR SCENE

Ludlow Senior Center

○ Inside this issue:

Wellness & Support	2
Trips	3
Movie Schedule	4
Special Events	7
Special Lunches	8
Program Announcements	8
Camera Notice	10

○ 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

Where to start?

Thankfully the lounge is back up and running. VAN RIDERS: please wait in the lounge for the van. Please do not wait by the front desk or outside. Van drivers are having difficulty finding you and then you get left here longer than you would like, and get mad at the drivers. If you are NOT in the Lounge, you will have to wait for a later van. Thank you in advance for your cooperation.

So I knew this day would come eventually but not just yet. Sarah Gmeiner has accepted a new position and her last day with us is July 5. Sarah has been such an integral part of our staff for the last 6 years. I think we can all agree that her energy, creativity, and knowledge has transformed our activities department. It is going to be really hard to fill her shoes. She will be missed more than she knows but I am so proud of her and wish her luck on her new journey! Don't be a stranger, Sarah! Xoxo

We will be celebrating Sarah and wishing her well on July 3. Stop by the lounge after lunch to wish her good luck!

Please bear with us during the transition. Thank you!



SAYING GOOD-BYE WITH SARAH

To those of you who read this, but don't come into the Center, I'm truly sorry, because you're missing out on the most wonderful community in Ludlow. Yes, we have people who won't let you sit at their lunch table. But I guarantee you the table you wind up at will be filled with caring, funny, and welcoming people. Yes, we have people who can be "cantankerous." But sitting next to our crabby characters (who you will learn to love) are some of the most joyous and easy-going people I've ever met. The Ludlow Senior Center is filled with over 300 dynamic, energetic, passionate, thoughtful, independent, diverse, talented, hilarious, driven, compassionate people every day.

To all of you who read this and do come into the Center, have been with me on a trip, waved as you came into the fitness room, led a program, or ever came to chat: thank you, thank you, thank you. You have taught me more about myself and life than I can explain. You are the reason leaving is so hard, and for that I am forever grateful.

-Sarah Gmeiner

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, July 31

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, July 25

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, July 10, 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, July 11, 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, July 12, 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, July 17, 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, July 18, 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

No meeting July and 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, July 25, 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, July 27, 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 July 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 Trip

Thursday, July 19

Cost: \$2.00 Departure: 9:30 a.m.

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

Lunch Bunch: Villa Rose

Wednesday, July 25

Cost: \$2.00 Departure: 11:30 a.m.

Villa Rose is donating 20% of the day's total to the Friends of the Ludlow Senior Center, so we're eating local this month. Lunch is not included in the price of the trip. Menu's are at the Front Desk.

Cape Cod Baseball League @ Hartford Yard Goats

Tuesday, July 24

Cost: \$10.00 Departure: 11:30 a.m.

This is the first time the Cape Cod League will be playing a game in Connecticut. The game is between the Wareham Gatemen and Yarmouth-Dennis Red Sox. Bring your own lunch or buy it at the park.

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.**

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, July 2

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

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

JULY MOVIE SCHEDULE

Forever My Girl
 (PG, 108 Min)
 July 2 & 3

Starring: Alex Roe.
 After being gone for
 a decade a country
 star returns home to
 the love he left
 behind. (IMDB)

Red Sparrow
 (R, 140 Min)
 July 9 & 10

Starring: Jennifer
 Lawrence. A ballerina
 is recruited to
 'Sparrow School,' a
 Russian intelligence
 service. (IMDB)

The 15:17 To Paris
 (R, 135 Min)
 July 16 & 17

Starring: Alek
 Skarlatos, Anthony
 Sadler. Three Americans
 discover a terrorist plot
 aboard a train while in
 France. (IMDB)

Love, Simon
 (PG-13, 104 Min)
 July 23 & 24

Starring: Nick Robinson.
 Simon Spier is gay.
 When that secret is
 threatened, he must face
 everyone and come to
 terms with his identity.
 (IMDB)

I Can Only Imagine
 (PG-13, 104 Min)
 July 30 & 31

Starring: Dennis
 Quaid, Michael Finley.
 The true story behind
 MercyMe's chart
 topping song. (IMDB)

CLASSIC MOVIES

A Farewell To Arms
 (1932, 78 Min)
 July 5

Starring: Gary Cooper, Helen
 Hayes. An American
 ambulance driver and an
 English nurse fall in love in
 Italy during World War I.
 (IMDB)

Dean Martin Variety Show V3
 (60 Min)
 July 12

Clips from Dean Martin's
 Variety Show, volume 3.
 Guests include: Michael
 Landon, Don Rickles,
 Rosemary Clooney, Jimmy
 Stewart, and Frank Sinatra

Meet John Doe
 (1941, 123 Min)
 July 19

Starring: Gary Cooper. A
 man needing money agrees
 to impersonate a nonexistent
 person who said he'd be
 committing suicide as a
 protest. (IMDB)

Dean Martin Variety Show V4
 (60 Min)
 July 26

Clips from Dean Martin's
 Variety Show, volume 4.
 Guests include: Dom
 De Luise, Peter Sellers,
 Juliet Prowse, George
 Gobel, and Orson Welles.

JULY ACTIVITIES CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8 a.m. Trip Signups 12:30 p.m. Eastfield Mall, Or Stop & Shop Trip 1:15 p.m. Movie: Forever My Girl (PG, 108 Min)</p>	<p>3 4TH OF JULY LUNCH 11 a.m. Eric Gulbrandsen Entertains in the Dining Room 5 p.m. Movie: Forever My Girl FAREWELL TO SARAH</p>	<p>4 CLOSED FOR HOLIDAY</p>	<p>5 LUNCH & LEARN 9:15 a.m. Meditation Class Begins 10 a.m. New Yoga Session Begins 10:30 a.m. Strawberry Short Cakes 12 p.m. Lunch & Learn: Big Y Pharmacy Discusses Hypertension 1:15 p.m. Classic Movie: A Farewell To Arms (78 Min)</p>	<p>6 11:15 a.m. Horse Races</p>
<p>9 1:15 p.m. Movie: Red Sparrow (R, 140 Min)</p>	<p>10 GREENHOUSE OPEN HOUSE 9 a.m. - 11:30 a.m. Greenhouse Open House & Plant Sale 10 a.m. Caregiver Support Group 11 a.m. Piano Performance 5 p.m. Movie: Red Sparrow 5 p.m. New Yoga Session Begins</p>	<p>11 OUTSIDE CONCERT 10 a.m. Friends Meeting 12 p.m. Kat Kennedy Performs in the Park 2 p.m. Trivia</p>	<p>12 9:15 a.m. Meditation Class 10:30 a.m. State Senator Lesser Office Hours 11 a.m. Piano Performance 1 p.m. Cribbage Begins 1:15 p.m. Classic Movie: Dean Martin Variety Show (60 Min)</p>	<p>13 1:30 p.m. Book Club</p>
<p>16 10 a.m. Chair Exercise Begins 1:15 p.m. Movie: The 15:17 To Paris (R, 135 Min)</p>	<p>17 HOT DOG DAY 10:30 a.m. Hot Dogs in the Lounge 1 p.m. Brown Bag 1:15 p.m. "Pagliacci" Opera Screening 5 p.m. Movie: The 15:17 To Paris 5 p.m. Evening Yoga</p>	<p>18 BIRTHDAY LUNCH 10:30 a.m. New Senior Center Update 11:30 Chorus Performs 4:30 p.m. COA Board Meeting</p>	<p>19 9:15 a.m. Meditation Class 9:30 Ware Walmart Trip 10 a.m. Chair Exercise 1 p.m. Cribbage 1:15 p.m. Classic Movie: Meet John Doe (123 Min)</p>	<p>20 10:00 a.m. Memory Cafe</p>
<p>23 10 a.m. Chair Exercise 1:15 p.m. Movie: Love, Simon (PG-13, 104 Min) 1:30 p.m. - 3:30 p.m. RMV Near Me</p>	<p>24 11:30 a.m. Baseball Trip 5 p.m. Movie: Love, Simon 5 p.m. Evening Yoga 5:30 p.m. Evening Jewelry</p>	<p>25 FRIENDS FUNDRAISER AT VILLA ROSE 8:15 a.m. Facials 9:30 a.m. Jewelry Class 11:30 a.m. Lunch Bunch Trip</p>	<p>26 9:15 a.m. Meditation Class 10 a.m. Chair Exercise 1 p.m. Cribbage 1:15 p.m. Classic Movie: Dean Martin Variety Show (60 Min)</p>	<p>27 8:30 a.m. Men's Breakfast In Ludlow 1:30 p.m. Book Club</p>
<p>30 10 a.m. Chair Exercise 1:15 p.m. Movie: I Can Only Imagine (PG-13, 104 Min)</p>	<p>31 1 p.m. Hearing Appointments 5 p.m. Movie: I Can Only Imagine 5 p.m. Evening Yoga</p>	<p>Lunch is served at Noon. We appreciate it if you check in at the nutrition table 10 to 15 minutes before we serve.</p>		

JULY LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Eggplant Parmesan Spaghetti	3 4TH OF JULY LUNCH BBQ Chicken Leg Potato Salad Corn On The Cob	4 CLOSED FOR HOLIDAY	5 LUNCH & LEARN Reuben Casserole Tater Tots	6 Tuna Macaroni Salad Over Spinach
9 Shepherd's Pie	10 Turkey Waldorf Salad Cucumber Salad	11 OUTSIDE CONCERT Ham, Salami & Cheese Grinder With Chips	12 Salmon Boat Scallop Potato's Mixed Vegetables	13 Pulled Pork Corn Bread Coleslaw
16 Chicken Caccatorie Over Rice	17 Seafood Salad Plate Pasta Salad	18 BIRTHDAY LUNCH Baked Ham Au Gratin Potatoes Glazed Carrots	19 Chef Salad	20 Grilled Vegetable Lasagna
23 Macaroni & Cheese Stewed Tomatoes	24 Grilled Chicken Over Arugula Salad	25 Baked Cod Rice Pilaf Squash Casserole	26 American Chop Suey	27 Ham & Pickle Croissant "Must Go" Soup
30 Hot Dogs Baked Beans Tater Tots	31 Chicken & Broccoli Alfredo	Lunch is served at Noon. We appreciate it if you check in at the nutrition table 10 to 15 minutes before we serve.		

SPECIAL EVENTS

Lounge Day: Strawberry Short Cakes

Thursday, July 5, at 10:30 a.m.

Stop by the lounge for a sweet treat. We'll be serving strawberry short cakes for a mid morning snack.

Lunch & Learn: Hypertension

Thursday, July 5, at Noon

Ludlow Big Y pharmacy manager Patricia Supczak is presenting on Hypertension. Registration for this event is required. Sign-up for lunch & learn at the front desk.

Horse Races

Friday, July 6, 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.

Greenhouse Open House & Plant Sale

Tuesday, July 10, From 9 a.m. - 11:30 a.m.

Our greenhouse is located off our billiards room and is a great place to read, relax, or talk with a friend. Stop by to have a look around and buy a plant to take home!

Piano Concerts

Tuesday, July 10, From 11 a.m. - Noon

Thursday, July 12, From 11 a.m. - Noon

We are excited and honored to have a talented student play the piano. She will play pieces by Fredrick Chopin in the dining room before lunch.

Trivia

Wednesday, July 11, at 2 p.m.

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

Thursday Cribbage

Every Thursday Beginning July 12 at 1 p.m.

\$2.00 entry fee each week

Calling all cribbage players! If you enjoy playing cribbage and a little competition, this is the group for you.

Hot Dog Day

Tuesday, July 17, at 10:30 a.m.

We're celebrating national hot dog day in the lounge. Stop in for some mini dogs with lots and lots of toppings to try. Ever try sour cream on a hot dog? You should.

"I Pagliacci" Opera Showing

Tuesday, July 17, at 1:15 p.m.

Thrilling Short Opera: "I Pagliacci" or "The Clowns" will be shown on Tuesday, July 17 at 1:15 p.m. in Italian with subtitles in English. This masterpiece about passion and revenge among a circus trio will be presented with an intermission between Act I and Act II. Luciano Pavarotti sings. Intro by Janice Grimaldi.

New Senior Center Update

Wednesday, July 18, at 10:30 a.m.

Join Director Jodi Zepke in the lounge, as she shares updates on the progress of a new senior center.

RMV Near Me

Monday, July 23, 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.

Jewelry with Sandy Merrill

Tuesday, July 24, at 5:30 p.m. &

Wednesday, July 25, 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

4th of July Lunch & Sarah Gmeiner's Send-off

Tuesday, July 3
at 11 a.m.

Join us in the dining room for entertainment by Eric Gulbrandsen followed by a great meal. We'll also say good-bye to Sarah Gmeiner, our Activities Director, who's last day is July 5.

Concert In The Park

Wednesday, July 11
at Noon

Kat Kennedy 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, July 18
at 11:30 a.m.

Those born in July 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.

PROGRAM ANNOUNCEMENTS

Evening Yoga

Tuesdays, 5 p.m. - 5:45 p.m.
13 sessions beginning Tuesday, July 10
Cost: \$39 for 13 class punch card

Explore the ways to improve your balance, strength and flexibility through Yoga postures. Students learn to create comfort and fitness through breath and body awareness. Modifications are taught for individual physical needs making the class suitable for beginners and continuing students.

Daytime Yoga

Thursdays, 10 a.m. - 10:45 a.m.
13 sessions beginning Thursday, July 5
Cost: \$39 for 13 class punch card

Explore the ways to improve your balance, strength and flexibility through Yoga postures. Students learn to create comfort and fitness through breath and body awareness. Modifications are taught for individual physical needs making the class suitable for beginners and continuing students.

Meditation Class

Thursdays, 9:15 a.m. - 9:45 a.m.
9 sessions beginning Thursday, July 5
Cost: \$18 for 9 sessions

Led by Lisa who teaches our yoga class, this 30 minute class will teach you the basics of meditation.

Chair Exercise Video

Every Monday & Thursday Beginning July 16 at 10 a.m.
Cost: Free

This group will exercise using the Armchair Fitness DVD's featuring Betty Switkes. We have both the Aerobics and strength improvement programs. These exercises can be done using a chair or walker.

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.

Tai Chi

Every Thursday at 9 a.m. restarting in September
Cost: Free

This is just a reminder that Tai Chi is taking the summer off. Our volunteers will be back in action starting in September.

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, July 18

○ Items Needed:

Coffee
Decaf Coffee
1 Ounce Chip Bags

DONATIONS RECEIVED:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Jan Sheaff - Coffee
- Bill Sarad - Coffee & Snacks
- Network for Good (Facebook)
- Edna White
- Gilbert Myette
- Greenhouse Tomato Plant Sale
- Nancy & Lonnie Cavin 60th Anniversary (BF)
- Theresa Detka (BF)
- Jan Sheaff (BF)

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

DONATIONS RECEIVED

Alda Grimes:

Nancy & Lonnie Cavin (BF)

Michael Palatino:

Doris Nichols (BF)

Robert Nadeau:

Leonard Nadeau (BF)

Support the Friends of the Ludlow Senior Center by eating out.

On Wednesday, July 25 Villa Rose will donate 20% of the day's total to the Friends of the Ludlow Senior Center. Grab a friend (or two or three) and eat lunch or dinner at Villa Rose at 1428 Center Street in Ludlow.

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



○ **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

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 eventually 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
- Sarah Gmeiner, 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.