

JULY 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...

Happy Summer! I love Summer! You will never hear me complain about the heat!

So I have had people ask me who is on the Senior Center Building Committee and it occurred to me that I haven't posted it in the newsletter, so here you go! It is a seven member committee appointed by the Board of Selectmen. It is myself, Fred Lafayette representing the Council on Aging, Bill Rooney from the Board of Selectmen, Richard Moskal from the Finance Committee, Steve Santos representing the Department of Public works, Michael Szlosek and Matias Goncalves from the community. It is a great committee and we invite anyone to come to our meetings. If you have any questions, comments, or would like more information please feel free to contact me at the Senior Center or e-mail me at jzepke@ludlow.ma.us.

I also invite you to join the Friend's Grass Roots Group. It is a motivated group that is helping to spread the word about the Senior Center, who we are and what we do!

Please save the date for the Grass Roots kick-off SENIORSTRONG event:

Friday, August 11th at 1:00 p.m.
at the Gazebo in front of the Senior Center.

FAMILY CAREGIVER SUPPORT GROUP

We have a facilitator and are hoping to have the group once a month. If you are a caregiver for a family member and would be interested in this group, 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.

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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, July 25th

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, July 26th

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, July 18th 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, July 12th 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, July 19th 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, July 13th 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, July 28th at 8:30 a.m. in Ludlow

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

SENIOR CENTER TRIPS

Sign-up with Sarah beginning July 5th 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.

Holyoke Mall

Tuesday, July 18th

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

Drop off spots are Macy's and The Christmas Tree Shop. Meet the group for lunch at Uno's or enjoy lunch on your own. Lunch is not included in the cost of the trip.

Lunch Bunch: Center Square Grill

Thursday, July 27th

Cost: \$2.00 Departure: 11:00 a.m.

We're heading to East Longmeadow to try Center Square Grill. Menu's are at the Front Desk. Lunch is not included in the cost of the trip.

Notes About 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.

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, July 10th

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

Decorating Group

Tuesday, July 11th at 1:00 p.m.

Do you like decorating large Dining Rooms or creating center pieces? Join us for our meeting as we pick colors and plan for the upcoming months.

New Senior Center Update

Wednesday, July 19th at 10:30 a.m.

Stop by the Lounge for an update on the progress with the Senior Center project.

July Birthday & Anniversary Lunch

Wednesday, July 19th at Noon

Those born in July have their meal on the house. Those celebrating a wedding anniversary this year also get a free meal! Simply tell us when you sign-up for lunch!

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!

Trivia

Wednesday, July 12th at 2:00 p.m.

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

Jewelry with Sandy Merrill

Tuesday, July 25th at 5:30 p.m.

Wednesday, July 26th 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.

Summer Outside 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

Thursday, July 13th

Johnny Cash & Loretta Lynn

Thursday, August 10th

Janice Dompke

Tuesday, September 26th

Kat Kennedy

JULY MOVIE SCHEDULE

A Dog's Purpose

(PG, 100 Min)

July 10th & 11th

A dog looks to discover his purpose in life over the course of several lifetimes and owners. Starring: Josh Gad & Dennis Quaid. (IMDB)

Fifty Shades Darker

(R, 118 Min)

July 17th & 18th

While Christian wrestles with his inner demons, Anastasia must confront the anger and envy of the women who came before her. Starring Dakota Johnson & Jamie Dornan. (IMDB)

The Shack

(PG-13, 132 Min)

July 24th & 25th

A grieving man receives a mysterious, personal invitation to meet with God at a place called "The Shack." Starring Sam Worthington & Octavia Spencer. (IMDB)

Beauty & The Beast

(PG, 123 Min)

July 31st & Aug 1st

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

"MUST SEE"

MOVIES

Oklahoma!

(145 Min)

July 6th

What A Way To Go

(111 Min)

July 20th

JULY ACTIVITIES CALENDAR

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

EVERYDAY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 CLOSED FOR HOLIDAY</p>	<p>4 CLOSED FOR HOLIDAY</p>	<p>5 8:00 Trip Sign-ups</p>	<p>6 10:00 Drop-In Nurse 1:15 "Must See" Movie: Oklahomal (G, 145 Min)</p>	<p>7 9:00 TRX Fusion</p>
<p>10 12:30 Eastfield Mall And Stop & Shop Trip 1:15 Movie Matinee: A Dog's Purpose (PG, 100 Min)</p>	<p>11 9:00 TRX Fusion 1:00 Decorating Group 4:00 - 7:00 Ceramics 5:00 Movie: A Dog's Purpose</p>	<p>12 10:00 Friends Meeting 2:00 Trivia</p>	<p>13 OUTSIDE CONCERT 10:00 Drop-In Nurse 10:30 Senator Lesser Office Hours Noon Johnny Cash & Loretta Lynn Perform</p>	<p>14 NO TRX CLASS 12:45 Ice Cream Social 1:30 Book Club</p>
<p>17 1:15 Movie Matinee: Fifty Shades Darker (R, 118 Min)</p>	<p>18 9:00 TRX Fusion 9:30 Holyoke Mall Trip 1:00 - 3 Brown Bag 4:00 - 7:00 Ceramics 5:00 Movie: Fifty Shades Darker</p>	<p>19 ANNIVERSARY/ BIRTHDAY LUNCH 10:30 New Senior Center Update 4:30 COA Board Meeting</p>	<p>20 10:00 Drop-In Nurse 10:30 Alzheimer's Association: Effective Communication Strategies 1:15 "Must See" Movie: What A Way To Go (111 Min)</p>	<p>21 9:00 TRX Fusion</p>
<p>24 1:15 Movie Matinee: The Shack (PG-13, 132 Min)</p>	<p>25 9:00 TRX Fusion 1:00 Hearing Appts 4:00 - 7:00 Ceramics 5:00 Movie: The Shack 5:30 Evening Jewelry</p>	<p>26 8:30 Facials 9:30 Jewelry Class 1:30 - 3:30 RMV Near Me</p>	<p>27 10:00 Drop-In Nurse 11:00 Lunch Bunch Trip</p>	<p>28 8:30 Men's Breakfast in Ludlow 9:00 TRX Fusion 1:30 Book Club</p>
<p>31 1:15 Movie Matinee: Beauty & The Beast (PG, 123 Min)</p>				

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

JULY LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED FOR HOLIDAY	4 CLOSED FOR HOLIDAY	5 Chicken Parmesan Penne Pasta	6 Turkey Loaf 1/2 Baked Potato Green Beans	7 Marinated Tuna Salad Over Mixed Greens
10 Stuffed Peppers Buttered Noodles	11 Cobb Salad	12 Mild Chili 1/2 Baked Potato Corn Bread	13 OUTSIDE CONCERT Cold Cut Grinder Chips	14 Baked Stuffed French Toast Sausage Links
17 Marinated Chicken Thighs Rice Pilaf Beets	18 Spaghetti With Meat Sauce Garlic Bread	19 ANNIVERSARY & BIRTHDAY LUNCH Roast Pork Mashed Potatoes Brussel Sprouts	20 Potato Crunch Fish Cole Slaw Tater Tots	21 Turkey Waldorf Salad
24 Seafood Salad Plate Potato Salad Three Bean Salad	25 Ham & Stewed Tomato Casserole Over Rice	26 Kielbasa Pierogies	27 Egg Salad Stuff Tomato Macaroni Salad	28 Lazy Chicken Pot Pie With A Biscuit
31 Chicken Marsala Egg Noodles Broccoli				

SPECIAL EVENTS

FREE Ice Cream Social

Friday, July 14th 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!

Alzheimer's Association: Effective Communication Strategies

Thursday, July 20th at 10:30 a.m.

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. Please sign-up for this event by calling the Front Desk at 583-3564.

Chorus Announcement

Our beloved choral group is taking the summer off! During July and August there will be no practices or performances. The group will start again in September with practice resuming Thursday's at 1:00 p.m. and monthly performances during our monthly birthday celebrations.

If You Haven't Had A Massage...

Our massage therapist, Meaghan Murphy, is here more often! Call the Front Desk to check availability and make an appointment today!

RMV Near Me

Wednesday, July 26th from 1:30 p.m. - 3:30 p.m.

The Ludlow Senior Center staff provides five of the most common transactions at the Senior Center. While we have one drop-in day a month for you to complete these transactions with us, you can make an appointment with Debbie at any point in the month. Transactions are: license renewals (for licensed drivers younger than age 75), registration renewals, change of address, duplicate license or registration, and how to report a lost or stolen disability placard and how to request a replacement. **You must have a valid checking account or credit card to process any transaction; no cash will be accepted.** Please be advised that the staff at the Ludlow Senior Center are not required to provide assistance, and there may be instances where Senior Center staff may decline to process your transaction with the Registry. For additional information, contact the Senior Center.

JUST A REMINDER...

The Senior Center is closed both Monday, July 3rd AND Tuesday, July 4th.

Thank You For A Wonderful Parade!

The Ludlow Senior Center would like to extend a heartfelt thank you to everyone that participated in the Memorial Day Parade by walking, riding on the float, in the van, or driving scooters, and trikes. We would also like to thank Lenny Nadeau for the donation of water, Zack Clement for the use of his pontoon boat (for the float), John and Melissa Garcia for helping decorate and storing the float in their garage, and Bill Johnson for driving the float. We greatly appreciated all everyone did to make our contingent this year great.

TRIAD Coffee Hour Review:

Information From The Ludlow Board Of Health Nurses

Here are the best ways to be prepared this summer:

- Wear Sunscreen when going outside. Use SPF 30 for ultimate protection. If you are outside all day, apply more often, as indicated on the product.
- Always drink at least 48 ounces of water per day which equals (6) 8 oz glasses to keep hydrated. If you are in the sun all day or on very hot days, drink as often as needed. Items that are helpful include popsicles, decaffeinated liquids, cold soups, frozen grapes or fruit, ice chips.
- Always wear a hat while outside to protect your skin, avoid sunburn, and developing skin cancer.
- If you exercise outside, take your walk earlier in the day or later in the evening to avoid over heating
- Spend time at air conditioned buildings such as the Senior Center, library or mall, during hot humid days
- Be prepared for a power outage. Have plenty of water, canned foods such as tuna fish, peanut butter, flashlights, and batteries.

SHINE: Serving The Health Information Needs Of Elders

What is a Medigap insurance? Do I have Medicare or Medicaid? Are all my medications covered? What is a donut hole? If you have any questions on Medicare, Medigap, Medicaid, or Prescription coverage Insurances or any of the Medicare assistance programs our SHINE Councilor is the person you need to talk to. She is here every other Wednesday. Call the Front Desk to make an appointment with the SHINE Councilor.

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, July 19th

○ Items Needed:

- Snack Sized Chips
- Napkins
- Coffee
- Decaf Coffee

DONATIONS RECEIVED:

- Coffee Crew
- Inga Golash - Coffee
- Christ The King Bingo - Goodies
- Fitness Room
- Marie Matera - Snacks
- Alice's Boutique
- Maria Decondio - Coffee

DONATIONS RECEIVED

IN MEMORY OF:

Harry Meservey:

Harley & Miriam Stone

Helen Croteau:

Anonymous (BF)

Alzera Lopes (BF)

Mr. & Mrs. George Botic (BF)

Mr. & Mrs. Walter Kozlowski (BF)

John Carson & Zoe-Vonna Palmrose (BF)

L. Robin Eichler & Joseph Savy (BF)

Penucci Family (BF)

Kevin Stout (BF)

Mr. & Mrs. Thomas Glynn (BF)

Dolores Supernaw (BF)

Jason Wood (BF)

Diana & Greg Jones (BF)

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

FLOWERS RECEIVED IN MEMORY OF MARIA GLORIA PORTELADA

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.

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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

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.

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.