

JUNE 2018

THE SENIOR SCENE

Ludlow Senior Center

○ Inside this issue:

Wellness & Support	2
Trips	3
Movie Schedule	4
Special Events	7
Outreach	8
Friends' Page	9
Evening Programming	10

○ Phone Number:

(413) 583-3564

○ Address:

37 Chestnut Street
Ludlow, MA 01056

○ Email Address:

COA@Ludlow.ma.us

○ Website:

Ludlow.ma.us

○ Fax Number:

(413) 583-5658

○ Office Hours:

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

JAMMIN' WITH JODI

Hello June! So as of this writing, the construction crew is working on the lounge. We are scheduling a Grand Re-opening for Monday, June 4. We are so very excited to have that space back and our offices too. Check out the new "patio" while you are here.

Did you lose or misplace your scan card and don't want to pay the \$5.00 for a new one? Well you are in luck. June 4 – June 15 10:00 a.m. – noon, you can get a new card for FREE. We are trying to get everyone to use the computer to sign-in. If you frequent the Center and do not have a card, please let us know. Numbers are very important for some of our funding, so please be sure you are signing in. Thanks!

Thank you to all of our volunteers. We would not be able to run the Center without you. We are celebrating our volunteers later this month. If you volunteered in 2017 and did not receive an invitation, please let us know. This means you did not write down your hours. If you volunteer in any capacity for the Senior Center, it is very important that you write down your hours. Once again numbers are so important, and it is the basis for the Volunteer Recognition.

I am so excited for warm weather!



SPECIAL LUNCHES

Concert In The Park

Wednesday, June 6
at Noon

Concerts are FREE and all are welcome to join us for the concerts at the gazebo in the park.

Father's Day Lunch

Friday, June 15
at 11:00 a.m.

Join us in the dining room for an amazing performance followed by an out of this world meal fit for all sorts of fathers.

Birthday Lunch

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

Those born in June 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.

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, June 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 & 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, June 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, June 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, June 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, June 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, June 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

Meeting Canceled In June

Held the third Wednesday of every month, this meeting is open to the public, unless there's an executive session.

TRIAD

Wednesday, June 27, 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, June 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, June 29, at 8:30 a.m. in Wilbraham

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

SENIOR CENTER TRIPS

Sign up with Sarah beginning June 1 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.

Lunch Bunch: Crepes Tea House

Friday, June 8

Cost: \$2.00 Departure: 11:15 a.m.

We're heading to West Springfield to try crepes, tea, stuffed pancakes, chiburekki, and so much more. A menu is at the front desk for you to look at.

Klem's Store & Charlie's Diner

Thursday, June 21

Cost: \$2.00 Departure: 9:00 a.m.

Klem's is a tractor supply store in Spencer, MA but our sources tell us it's a great place to shop for clothes and all sorts of things. We'll have lunch at Charlie's, which is also in Spencer. A menu is at the front desk.

Living With Diabetes Big Y Tour

Thursday, June 14

Cost: FREE Departure: 9:40 a.m.

Walk the aisles of the supermarket to learn smart shopping choices and meal planning to improve your blood sugar control. The tour is lead by Big Y Dietitian Susan Mazrolle. This is **NOT** a shopping trip.

Connecticut Trolley Museum

Thursday, June 28

Cost: \$2.00 Departure: 9:00 a.m.

We'll visit the exhibit on the *History and Evolution of the Electric Trolley and its Impact on Society* and take a 3-mile round trip ride on a trolley car. We'll have lunch before returning to the Senior Center.

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, June 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. 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. 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
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

JUNE MOVIE SCHEDULE

All The Money In The World
 (R, 132 Min)
 June 4 & 5

Starring: Michelle Williams, Christopher Plummer. The story of the kidnapping of 16-year-old John Paul Getty III. (IMDB)

Fifty Shades Freed
 (R, 105 Min)
 June 11 & 12

Starring: Dakota Johnson, Jamie Dornan. Anastasia and Christian get married, but Jack Hyde continues to threaten their relationship. (IMDB)

(R, 135 Min)
 June 18 & 19

Starring: Matt Damon, Christoph Waltz. A man realizes he would have a better life, if he were to shrink himself to five inches tall. (IMDB)

Murder On The Orient Express
 (PG-13, 104 Min)
 June 25 & 26

Starring: Willem Dafoe, Penelope Cruz. When a murder occurs on a train he's travelling on, detective Hercule Poirot is recruited to solve the case. (IMDB)

Downsizing

CLASSIC MOVIES

Algiers
 (1938, 95 Min)
 June 7

Starring: Hedy Lamarr, Charles Boyer. Beautiful Gaby meets a romantic jewel thief in the mysterious Casbah. (IMDB)

Go West
 (1940, 80 Min)
 June 14

The Marx Brothers come to the rescue in the Wild West when a young man, trying to settle an old family feud so he can marry the girl he loves, runs afoul of crooks. (IMDB)

Strange Woman
 (1946, 100 Min)
 June 21

Starring: Hedy Lamarr. In 1820s New England manipulative Jenny Hager marries a rich old man but also seduces his son and his company foreman. (IMDB)

The Big Store
 (1941, 83 Min)
 June 28

Starring: The Marx Brothers. A detective is hired to protect the life of a singer, who has recently inherited a department store, from the store's crooked manager. (IMDB)

Monday	Tuesday	Wednesday	Thursday	Friday
Tuesday night programming is back! Join us every Tuesday until 7:30 p.m.				
4 LOUNGE GRAND REVEAL 10 a.m. Lounge Grand Reveal 10 a.m. - Noon FREE MySenior Card Replacement 12:30 p.m. Eastfield Mall, Or Stop & Shop Trip 1:15 p.m. Movie: All The Money In The World (R, 132 Min)	5 CHEESE DAY 10 a.m. - Noon FREE MySenior Card Replacement 10:30 a.m. Cheese Samples 1 p.m. Decorating Group 4 p.m. Ceramics 5 p.m. Movie: All The Money In The World	6 CONCERT IN THE PARK 10 a.m. - Noon FREE MySenior Card Replacement Noon: Concert Outside at the Gazebo	7 LUNCH & LEARN 10 a.m. - Noon FREE MySenior Card Replacement Noon: Lunch & Learn: Big Y Pharmacy Talks Diabetes 1:15 p.m. Classic Movie: Algiers (95 Min)	1 8 a.m. Trip Signups
11 10 a.m. - Noon FREE MySenior Card Replacement 1:15 p.m. Movie: Fifty Shades Freed (R, 105 Min)	12 JERKY DAY 10 a.m. - Noon FREE MySenior Card Replacement 10 a.m. Caregiver Support Group 10:30 a.m. Jerky Samples in the Lounge 4 p.m. Ceramics 5 p.m. Movie: Fifty Shades Freed	13 10 a.m. - Noon FREE MySenior Card Replacement 10 a.m. Friends Meeting 2 p.m. Trivia in the Meeting Room	14 9:40 a.m. Big Y "Living With Diabetes" Tour 10 a.m. - Noon FREE MySenior Card Replacement 10:30 a.m. State Senator Lesser Office Hours 1:15 p.m. Classic Movie: Go West (80 Min)	15 FATHER'S DAY LUNCH 10 a.m. - Noon FREE MySenior Card Replacement 10 a.m. Memory Café 11 a.m. Performance in the Dining Room
18 1:15 p.m. Movie: Downsizing (R, 135 Min)	19 1 p.m. Brown Bag 4 p.m. Ceramics 5 p.m. Movie: Downsizing	20 BIRTHDAY LUNCH 10:30 a.m. New Senior Center Update 11:30 a.m. Chorus Performs	21 9 a.m. Klem's Trip 1:15 p.m. Classic Movie: Strange Woman (100 Min)	22 1 p.m. Ice Cream Social 1:30 p.m. Book Club
25 1:15 p.m. Movie: Murder On The Orient Express (PG-13, 104 Min) 1:30 p.m. - 3:30 p.m. RMV Near Me	26 1 p.m. Hearing Appointments 4 p.m. Ceramics 5 p.m. Movie: Murder On The Orient Express 5:30 p.m. Jewelry Class	27 8:15 a.m. Facials 9:30 a.m. Jewelry Class 10 a.m. TRIAD 10:30 a.m. Veterans Agent Office Hours 10:30 a.m. Make Slime in the Lounge	28 9 a.m. Trip to CT Trolley Museum 1:15 p.m. Classic Movie: The Big Store (83 Min)	29 8:30 a.m. Men's Breakfast In Wilbraham

JUNE LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Did you lose or misplace your scan card and don't want to pay the \$5.00 for a new one? Well you are in luck.</p> <p><u>June 4 – June 15 10:00 a.m. – noon, you can get a new card for FREE.</u></p>				
<p>4 Lazy Chicken Pot Pie Biscuit</p>	<p>5 Taco Salad</p>	<p>6 CONCERT IN THE PARK Sliced Turkey & Cheese on a Roll Chips</p>	<p>7 LUNCH & LEARN Baked Cod Rice Green Beans</p>	<p>1 LOUNGE GRAND REVEAL Tuna Melt "Must Go" Soup</p>
<p>11 Hamburg Chow Mein Over Mashed Potatoes</p>	<p>12 Chicken Craisin Salad Orzo Salad</p>	<p>13 Roast Turkey Sweet Potatoes Green Bean Casserole</p>	<p>14 Baked Ziti & Sausage</p>	<p>8 Chicken Parmesan Ziti Salad</p>
<p>18 Spaghetti & Meat Sauce</p>	<p>19 Crab Cakes Sweet Potato Fries Cole Slaw</p>	<p>20 BIRTHDAY LUNCH Stuffed Chicken Breast Rice Pilaf Vegetable Medley</p>	<p>21 Cowboy Burger French Fries</p>	<p>15 FATHER'S DAY LUNCH Roast Pork Mashed Potatoes Harvard Beets</p>
<p>25 Chicken Marsala Egg Noodles Vegetable</p>	<p>26 Fruit Salad Cottage Cheese</p>	<p>27 Veggie Stir Fry Rice</p>	<p>28 Fish & Chips Cole Slaw</p>	<p>22 Kielbasa Lazy Pierogies</p>
				<p>29 Stuffed Pork Chops Roasted Potatoes Vegetable</p>

SPECIAL EVENTS

Cheese Day

Tuesday, June 5, at 10:30 a.m.

National Cheese Day is Monday, June 4th, but we're running a day late. Cheese is produced from the pressed curds of milk. The milk can come from cows, goats, or sheep. We're celebrating by sampling cheeses from Gouda to Gorgonzola in the lounge.

Decorating Group

Tuesday, June 5, at 1 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.

Evening Ceramics

Tuesdays at 4 p.m. beginning June 5

Work on your ceramics projects until 7:00 p.m.

Lunch & Learn

Thursday, June 7, at Noon

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

Horse Races

Friday, June 8, 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.

Jerky Day

Tuesday, June 12, at 10:30 a.m.

National Jerky Day was created to celebrate dried meat snacks. A pound of meat will weigh only about four ounces once it's made into jerky. We'll have samples of different jerky flavors in the lounge to celebrate.

Trivia

Wednesday, June 13, at 2 p.m.

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

New Senior Center Update

Wednesday, June 20, at 10:30 a.m.

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

Ice Cream Social

Friday, June 22, at 1 p.m.

Vanilla, Chocolate, and Strawberry! After lunch we're serving ice cream sundaes to help beat the summer heat. No need to sign-up, just join us after lunch in the dining room.

RMV Near Me

Monday, June 25, 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, June 26, at 5:30 p.m. &

Wednesday, June 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.

Make Slime in the Lounge

Wednesday, June 27, at 10:30 a.m.

Stop by the lounge to make a batch of slime. We'll turn glue, paint, water and Borax into a fun blob of slime you can play with at home.

Tai Chi is taking a break for the summer. The last class for the season is June 21. Tai Chi will resume its regular schedule starting September 6.

Massachusetts REAL & Standard ID Cards

For people who do not have a Massachusetts driver's license, the RMV can issue an identification card. The Massachusetts ID looks similar to a driver's license. However, it does not extend any driving privileges. ID cards are official forms of identity, signature, and age that are accepted in the Commonwealth. Many Massachusetts residents may not need a REAL ID. Remember, you don't need a REAL ID until October 2020. Standard ID and REAL ID cards cost the same, \$25.00. Now comes the question, do you need a REAL ID or a regular ID?

What is a REAL ID?

- A REAL ID is a Federal Security Standard for IDs that was created in 2005 as a result of increased federal security measures, after the September 11, 2001 terrorist attacks.
- A REAL ID has been available since March 26, 2018. However, you will not need a REAL ID until October 2020. If you have an active passport and don't mind carrying it, you will never need a REAL ID.
- After October 2020, you will need either a passport or REAL ID when you fly in the U.S. or enter certain federal buildings.

A REAL ID:

- ✓ CANNOT be processed online – you must visit an RMV Service Center or AAA members can visit an AAA branch if not a first-time applicant
- ✓ Proof of U.S. citizenship or lawful presence required
- ✓ Is a valid driver's license or identification card
- ✓ Is valid for up to 5 years or length of stay in the U.S.
- ✓ CAN be used to board a plane in the U.S. or enter federal buildings after October 2020
- ✓ Is an acceptable form of identification for federal purposes

A Standard ID:

- ✓ CAN potentially be processed online
- ✓ Proof of U.S. citizenship or lawful presence required
- ✓ Is a valid driver's license or identification card
- ✓ Is valid for up to 5 years, or length of stay in the U.S.
- ✓ CANNOT be used to board a plane in the U.S. or enter federal buildings after October 2020
- ✓ Is an unacceptable form of identification for federal purposes

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, June 20

○ Items Needed:

Coffee
Decaf Coffee
1 Ounce Chip Bags

DONATIONS RECEIVED:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Tax Donations
- Albina Zamora – coffee
- Eunice Pellerin – napkins
- Sylvia Ouellette – coffee & candy
- Audrey Consolmagno – chips
- Marcia Hobbs – coffee
- Janice Sheaff – coffee & tea
- Inga Golash – coffee
- Dorothy Iellamo
- Joan Day
- Polish American Citizens Club
- Eleanor Gagne
- Anonymous
- Doris Nichols (Building Fund)
- Mary & Bill Sarad – coffee & chips
- Alfredo Correia - chips

DONATIONS RECEIVED IN MEMORY OF:

Mary Hope:

Jean & Lisa Witherell
Mary & Gino Sorcinelli
Linda Leveille
Amelia Nunes
Angelina Fiore
Judith Hope-Klessig
Jacqueline Drapeau
Fran Prescott (Building Fund)

Tillie Dube:

Joan Methot (Building Fund)

FLOWERS RECEIVED IN MEMORY OF:

Eugeniusz Skoczylas

Allan Vantangoli

Florence Mathias

Alda Grimes

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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COA@Ludlow.ma.us

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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

Rosalind Forti

Diane Goncalves

Sheena Santolini

Janice Grimaldi

MEMORY CAFÉ - FRIDAY, JUNE 15 AT 10: 00 A.M.

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. Also welcome are those at any stage of Alzheimer's. Care partners can include spouses, children, friends, and professional caregivers. Cafés are a place to talk with others who understand what you are going through, and to leave behind limitations and 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
- 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.