

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...

Often in life we need a little support. Sometimes we need to vent, laugh, cry or just simply realize that we are not alone, especially when caring for a loved one. I am a huge advocate for support. I would not have gotten through my difficult years without my support group. I actually led it for a while. It is ok to reach out for support and you will be so happy you did! **You are not alone.**

At the Senior Center we recognize that there are many caregivers out there that could really benefit from a **General Caregiver Support Group**. We have a facilitator and are hoping to have the group once a month. If this is a group you are interested in, 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 😊

Shifting gears....let's talk about volunteering. Our Volunteer Recognition is this month for all those that volunteered in 2016. PLEASE remember that if you help out in any way for the Center to add your name and hours to the volunteer list located in the hallway. We have so many amazing volunteers it is impossible to keep track of every person's contribution without the volunteer list. We also rely on those hours and numbers for the State annual report, grant funding, and obviously for recognition. Any questions, please see Jodi. We appreciate all that you do! We could not run the Senior Center without all of our awesome volunteers! THANK YOU!!!!

And remember.....**SENIORSTRONG!!!!**

~Jodi

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, June 27th

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: Mondays

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, June 28th

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

Wednesday, June 28th at 10:00 a.m.

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

Wednesday, June 28th at 10:30 a.m.

Veterans Agent Eric Segundo will be holding office hours at the Center for all interested in Veterans issues.

BROWN BAG PROGRAM

Tuesday, June 20th 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, June 14th 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, June 21th 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, June 8th 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, June 30th at 8:30 a.m. in Wilbraham

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

SPECIAL LUNCHES

Father's Day Lunch

Friday, June 16th
at 11:00 a.m.

We have a surprise performer for our Father's Day lunch! Make your reservations today so you don't miss out on this awesome entertainer's music!

Birthday Lunch

Wednesday, June 21st
at 11:30 a.m.

Listen to the chorus perform in the Dining Room. Those born in June have their meal on the house. Simply tell us when you sign-up for lunch!

Concert In The Park

Tuesday, June 27th
at Noon

Dave Colucci's back and ready for a fun time! Concerts in the park are free and all are welcome to join us at the gazebo in the park. Lunch will be handed out in the Center lobby around 11:30 a.m.

4th Of July Lunch

Friday, June 30th
at 11:00 a.m.

We're celebrating the 4th earlier than normal at the Center! Join us for James Michael debut performance at the Center!



SENIOR CENTER TRIPS

...Well this isn't what you were expecting...With so many members of staff on vacation throughout the month we're unable to find any days for trips! We'll resume our awesome and fun trips in July.

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, June 5th

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.

REGISTRATION (413) 583 - 3564

Why Register for Programs?

○ We can put enough chairs out to include everyone

○ We order enough food and supplies

○ If we must cancel an activity, we can call to let you know

○ We have your emergency contacts

○ We will call if you do not show up to check on you

Many programs fill quickly. Please register for the wait list as we often are able to include those on the wait list.

KNITTING GROUP

Monday
9:00 a.m. - 12:00 p.m.
Cost: Free

This fun, social group creates projects either for themselves or to donate to charities. If you have always wanted to learn to knit or crochet this is the group for you!

QUILTING GROUP

Tuesday
9:00 a.m. - 11:30 a.m.
Cost: Free

Learn the art of quilting with the help of some of our expert quilters. You are responsible for all supplies needed in the creation of your quilt.

COLORING CLUB

Friday
1:00 p.m. - 4:00 p.m.
Cost: Free

Coloring has been shown to reduce stress and increase calmness. We provide adult level coloring pages, colored pencils and relaxing music, but feel free to bring your own supplies. Just drop-in, no registration is required.

DONORS 9-BALL ROUND ROBIN BILLIARDS

Monday
12:30 p.m.
Cost: \$10.00 a year

This group is limited to those who are donors of the Billiards Room. The group uses BCA rules of the house.

ROUND ROBIN BILLIARDS

Tuesday
12:30 p.m.
Cost: \$10.00 a year

Stop by the Billiards Room for competitive yet friendly pool. BCA rules of the house. Player rating and accumulative points.

WOMEN'S BILLIARDS

Thursday
9:30 a.m. - 11:30 a.m.
Cost: \$10.00 a year

No previous experience is necessary for this group. Learn to play in the company of a fun and laid back group.

DONORS 8-BALL ROUND ROBIN BILLIARDS

Thursday
12:30 p.m.
Cost: \$10.00 a year

This group is limited to those who are donors of the Billiards Room. BCA rules of the house. Player rating and accumulative points.

***Partially funded by MA Executive Office of Elder Affairs**

REGISTRATION (413) 583 - 3564

YMCA's BOOMER BOOT CAMP

Monday, Wednesday, Friday

10:00 a.m. - 11:00 a.m.

Cost: \$3.50 Paid to instructor

The Aerobics class increases your heart rate while the weight training class works to improve your muscle strength, bone density, balance, and flexibility. The class is suitable for all ages and abilities and will challenge each fitness level. Punch cards are available for purchase through the YMCA instructors.

*TRX FUSION

Tuesday, Friday - **New session starts June 27th**

9:00 a.m. - 10:00 a.m.

Cost: \$30.00 for 10 sessions

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

*TAI CHI

Thursday

9:00 a.m. - 9:45 a.m.

Cost: Free

This exercise offers slow, flowing movements to help improve concentration, coordination, flexibility and balance while relaxing the mind.

*SELF CARE YOGA

Thursday - **New session starts June 8th**

10:00 a.m. - 10:45 a.m.

Cost: \$39.00 for 13 sessions or
\$5.00 drop-in rate

Explore the ways to improve your balance, strength and flexibility through Yoga posture. 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 as well as continuing students.

LUNCH & LEARN: USEFUL INFORMATION WHILE YOU DINE

Estate Planning 101

Presented by Gove Law Office

Thursday, June 8th at Noon

No matter who you are, or what your net worth might be, you should have an estate plan. Lawyers from Gove Law Office in Ludlow will talk about different aspects of estate planning ranging from durable powers of attorneys to enacting smart and efficient asset protection.

Are You Safe Against Cyber-Attacks?

Presented by Home Instead Senior Care

Thursday, June 15th at Noon

You are online more than ever before. But with the internet comes safety risks. Encouraging cyber safety practice can go a long way toward protecting your identity and sensitive personal information.

This presentation will enable you to: identify the top online scams against seniors, recognize what might make you vulnerable, and understand best practices to better protect yourself and your loved ones.

Lunch & Learn participants are served lunch from our kitchen before regular diners and eat during the presentation.

You MUST register for Lunch & Learn at the Front Desk or by calling 583 - 3564 in order to attend the event.

JUNE ACTIVITIES CALENDAR

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

EVERYDAY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday	Monday
The Senior Center will be <u>closed</u> Monday, July 3rd & Tuesday, July 4th					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
5 12:30 Eastfield Mall And Stop & Shop Trip 1:15 Movie Matinee: La La Land (PG-13, 128 Min)	6 1:00 Decorating Group 4:00 - 7:00 Ceramics 5:00 Movie: La La Land	7 1:15 Presentation Of Matt's Cruise On The Rhine River	8 LUNCH & LEARN 10:00 Drop-In Nurse 10:30 Sen. Lesser Hours Noon Lunch & Learn: Estate Planning 101	9 1:30 Book Club	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
12 1:15 Movie Matinee: Split (PG-13, 117 Min)	13 4:00 - 7:00 Ceramics 5:00 Movie: Split	14 10:00 Friends Meeting 2:00 Trivia	15 LUNCH & LEARN 10:00 Drop-In Nurse Noon Lunch & Learn: Are You Safe Against Cyber-Attacks? 1:15 "Must See" Movie: The Tender Trap (111 Min)	16 FATHER'S DAY LUNCH 11:00 Concert In Dining Room	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
19 1:15 Movie Matinee: Hidden Figures (PG, 127 Min)	20 1:00 - 3:00 Brown Bag 4:00 - 7:00 Ceramics 5:00 Movie: Hidden Figures	21 BIRTHDAY LUNCH 10:30 New Senior Center Update 11:30 Chorus Performs 4:30 COA Board Meeting	22 10:00 Drop-In Nurse 1:30 - 3:00 RMV Near Me	23 1:30 Book Club	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
26 1:15 Movie Matinee: The Founder (PG-13, 115 Min)	27 CONCERT IN THE PARK 9:00 TRX Fusion Noon Dave Colucci Performs In Park 1:00 Hearing Appts 4:00 - 7:00 Ceramics 5:00 Movie: The Founder 5:30 Evening Jewelry	28 8:15 Facials Appts 9:30 Jewelry Class 10:00 TRIAD 10:30 Veterans Agent Office Hours	29 10:00 Drop-In Nurse 1:15 "Must See" Movie: Shall We Dance (109 Min)	30 4TH OF JULY LUNCH 8:30 Men's Breakfast In Wilbraham 9:00 TRX Fusion 11:00 Concert In Dining Room	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

JUNE LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
The Senior Center will be <u>closed</u> Monday, July 3rd & Tuesday, July 4th				
<i>*Kathy is on vacation June 12 - 16 so be nice to her temp cook*</i>				
5 Hamburg Chow Mein Over Mashed Potatoes	6 Baked Ziti With Sausage Garlic Bread	7 Oriental Chicken Salad	1 Seafood Newburg Over Rice	2 Hot Dog Baked Beans Tater Tots
12 Chicken Patty Sandwich Lettuce & Tomato French Fries	13 Taco Salad	14 Baked Fish Rice Pilaf Mixed Vegetable	8 LUNCH & LEARN Stuffed Pork Chops Sweet Potato Green Beans	9 1/2 Turkey Reuben Must-Go Soup
19 Macaroni & Cheese Stewed Tomatoes	20 Pulled Pork Cole Slaw French Fries	21 BIRTHDAY LUNCH Baked Ham Au Gratin Potatoes Baby Carrots	15 LUNCH & LEARN Lasagna Small Tossed Salad	16 FATHER'S DAY LUNCH Jodi's Meatloaf Mashed Potatoes Carrots
26 Chicken Salad Plate Orzo Salad Cucumber Salad	27 CONCERT IN THE PARK Turkey & Cheese Grinder With Chips	22 Ranch Baked Chicken Squash Casserole Rice	29 Liver & Onions Mashed Potatoes Mixed Vegetable	23 Ham & Pickle Croissant Must-Go Soup
28 Reuben Casserole Sweet Potato Fries	28 Reuben Casserole Sweet Potato Fries	30 4TH OF JULY LUNCH Cowboy Burger Pasta Salad Corn On The Cob	29 Liver & Onions Mashed Potatoes Mixed Vegetable	30 4TH OF JULY LUNCH Cowboy Burger Pasta Salad Corn On The Cob

SPECIAL EVENTS

Horse Races

Friday, June 2nd at 11:15 a.m.

Join us in the Dining Room for a game of chance. Pick your favorite horse and if you win, pick a prize from our recently stocked prize table.

Decorating Group

Tuesday, June 6th at 1:00 p.m.

Do you like decorating large Dining Rooms or creating center pieces? If you answered “yes” join us for our meeting as we pick colors and plan for the upcoming months.

Presentation of Matt’s Cruise on the Rhine River

Wednesday, June 7th at 1:15 p.m.

Join Matt in the Lounge as he shares pictures from his recent cruise on the Rhine River.

Trivia

Wednesday, June 14th 2:00 p.m.

Join us for categories ranging from current events to cooking!

New Senior Center Update

Wednesday, June 21st at 10:30 a.m.

Join Jodi in the Lounge as she shares updates on the new Senior Center process.

RMV Near Me

Thursday, June 22nd 1:30 - 3:30 p.m.

The Ludlow Senior Center staff provides five of the most common transactions at the Senior Center. For additional information, contact the Senior Center.

Evening Jewelry

Tuesday, June 27th at 5:30 p.m.

Come and create your own jewelry! The class is \$3.00 plus the cost of your supplies. Please pre-register.

Jewelry with Sandy Merrill

Wednesday, June 28th 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.

JUNE MOVIE SCHEDULE

La La Land
(PG-13, 128 Min)
June 5th & 6th

A jazz pianist falls for an aspiring actress in Los Angeles. Starring Ryan Gosling & Emma Stone.
(IMDB)

Split
(PG-13, 117 Min)
June 12th & 13th

Three girls are kidnapped by a man with a diagnosed 23 distinct personalities. They must try to escape before the apparent emergence of a frightful new 24th. Starring James McAvoy. (IMDB)

Hidden Figures
(PG, 127 Min)
June 19th & 20th

A team of African-American women provide NASA with important mathematical data needed to launch the program's first successful space missions. Starring Octavia Spencer, Taraji Henson & Janelle Monae.

The Founder
(PG-13, 115 Min)
June 26th & 27th

This is the true story of how Ray Kroc met Mac and Dick McDonald. Kroc was impressed by the brothers' system of making the food and saw franchise potential. Starring Michael Keaton & Nick Offerman. (IMDB)

“MUST SEE”
MOVIES

Anchors Aweigh
(140 Min)
June 1st

The Tender Trap
(111 Min)
June 15th

Shall We Dance
(109 Min)
June 29th

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, June 21st

○ Items Needed:

Coffee
Decaf Coffee

DONATIONS RECEIVED:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Elizabeth Gondek - Coffee
- Susan Piwowarczyk - Coffee
- Olga Lozyniak - Coffee
- Henry & Dot Zanetti - Coffee
- Tax Donation
- Dot Iellamo

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

DONATIONS RECEIVED IN MEMORY OF:

Michelle Joann Smith:
Doris Nichols (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 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 Senior Center



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Ludlow, MA 01056

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COA@Ludlow.ma.us

○ **Fax:**

(413) 583 - 5658

○ **Website:**

Ludlow.ma.us

○ **Office Hours:**

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

Ludlow Council on Aging

○ **Chairman:**

○ **Vice Chairman:**

Diane Goncalves

○ **Secretary:**

Lucille Carneiro

○ **Treasurer:**

Helen Grabowski

○ **Members:**

Nancy Pauze
John DaCruz
Albert LeMay
Walter Stewart
Rosalind Forti
Frank Krzanik
Fred Lafayette

GENERAL CAREGIVER SUPPORT GROUP

We have a facilitator and are hoping to have the group once a month. If this is a group you are interested in, 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.

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.