

JUNE 2019

THE SENIOR SCENE

Ludlow Senior Center

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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

So often people will say to me , "I don't want to bother you. You are so busy." I am here to say "PLEASE BOTHER ME." It is no secret that I have a lot on my plate and at times I am super stressed but it has also made me take a step back and remember what is important. YOU ARE IMPORTANT! You are what matters to me.

My goal has always been to improve the lives of older adults. Some days I make good on that and other, I fail miserably! But there are also the days that I am not sure how things are going unless you tell me.

If you have a problem, concern, want to brag or simply need an ear, my door is open. I want to listen and I want to hear you so please come bother me.

As of the writing of this, we have interviewed for the Activities Director position and will hopefully have the new person on board soon. In the meantime we still have a lot going on! Come visit and please bother me. 😊

Jodi Lepke

QUESTIONS ON CANNABIS ANSWERED BY NETA



Mark your calendar for **Tuesday, June 4 at 10:00 a.m.** when Mikayla Bell from NETA (New England Treatment Access) will be at the Center to answer all your questions. Come and learn the different ways cannabis and CBD oil is being used to help people deal with pain, appetite loss, anxiety, depression, epilepsy, and so much more. Mikayla will explain the different products and how they are used. There are lotions, tinctures, oils, and edibles just to name a few. Find out the difference between medical and recreational cannabis. Mikayla will answer all your questions in a professional manner. Pre-registration is appreciated but not necessary to attend. Call 583-3564 or sign up at the front desk.

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 doctor before a pedicure can be given. **Pedicures prices increased to \$15 as of May 1st** per the Board of Health. 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 25

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, June 26

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. Always the fourth Wednesday of the month.

MEETINGS & SUPPORT GROUPS

CAREGIVER SUPPORT GROUP

Tuesday, June 11, 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 12, 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 13, 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 18, 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, June 19, 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, June 26, at 10 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 and help us plan our first National Night Out.

VETERANS AGENT OFFICE HOURS

Wednesday, June 26, 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 28, at 8:30 a.m. in Wilbraham

Breakfasts are held on the last Friday of every month. Sites shift between Ludlow and Wilbraham. Pre-registration is appreciated but not necessary.

Activities Corner

Activities Corner

~Another new activity will start in June, A GARDENING CLUB! Join Frank Krzanik and others to discuss gardening topics. Check out Page 7 for more details.

~On Tuesday, June 18th from 9 am to noon, Margaruite Szczawinki from Mass EDP will have an information table outside the Dining Room regarding specialized telephones. Be sure to stop and say hello and ask for your free information.

~Our last free line dancing class will be on Wednesday, June 19th. Then Lynn Connolly will be off for the summer. We look forward to having her back in September.

~Thursday, June 27th is our last Tai Chi class before summer. They too will be back in September.

IMPORTANT TRANSPORTATION INFORMATION!

During the week of June 20 to June 24, our lift van will be in the shop for necessary repairs. We will not have a wheelchair van available. Our transportation service will be VERY LIMITED with only one van running. Please plan accordingly. Thank you for your understanding.

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 3

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. Billiards
 Traveling League
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
3p.m. Yoga

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
1:15 p.m. Line Dancing

Thursday

8 a.m. Fitness Room
8:00 a.m. Open Billiards
8:30 a.m. Ceramics
9 a.m. Tai Chi
10 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 p.m. Cribbage
1:15 p.m. Classic Movie
1:30 p.m. Mahjong

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
1:30 p.m. Mahjong

JUNE MOVIE SCHEDULE

Holmes & Watson

(PG-13, 93 Min)

June 3

Starring Will Ferrell and John C. Reilly. Detective Sherlock Holmes and Dr. John Watson investigate a murder at England's Buckingham Palace.

The Upside

(PG-13, 126 Min)

June 10

Starring Bryan Cranston, Kevin Hart and Nicole Kidman. A comedy about a wealthy handicapped man and an unemployed man hired to be his caretaker.

Five Feet Apart

(PG-13, 135 Min)

June 17

Starring Cole Sprouse and Haley Lu Richardson. Two fibrocystic patients fall in love, though hospital rules require them to stay five feet apart.

Isn't It Romantic

(PG-13, 88 Min)

June 24

Starring Rebel Wilson. An industrious New York architect, who is cynical about love, finds herself starring in a real romantic comedy in an alternate universe.

CLASSIC MOVIES

Crash

June 6

(R, 115 Min)

Racial and social tensions are the focal point of intertwined stories set in Los Angeles. With Don Cheadle, Sandra Bullock and Matt Dillon.

The Great Debaters

June 13

(PG-13, 126 Min)

Set in 1930's Texas. Mel Tolson (Denzel Washington) inspires students at a predominantly black college to start a debate team and seek national honors.

Mona Lisa Smile

June 20

(PG-13, 117 Min)

In 1953, an art history professor challenges her female students to reexamine women's traditional roles. Starring Julia Roberts, Kirsten Dunst and Julia Stiles.

Old Dogs

June 27

(PG, 98 Min)

Two friends and business partners are led by unusual circumstances to be the temporary guardians of seven-year-old twins. With John Travolta, Kelly Preston and Robin Williams.

JUNE 2019 ACTIVITIES CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 12:30 p.m. Eastfield Mall, Or Stop & Shop Trip 1 p.m. Billiards Travel League 1:15 p.m. Movie: HOLMES & WATSON (PG-13, 93 M)	4 10 a.m. Speakers Bureau NETA Answers Questions on Cannabis 11 a.m. Fishing Club Meeting 1 p.m. Decorating Group	5 9 a.m. SHINE appts 10 a.m. Garden Club *NEW*	6 1:15 p.m. Classic Movie: CRASH (R, 115 M)	7 11:15 a.m. Horse Races
10 12:30 p.m. Eastfield Mall, Or Stop & Shop Trip 1 p.m. Billiards Travel League 1:15 p.m. Movie: THE UPSIDE (PG-13, 126 M)	11 10 a.m. Caregiver Support Group 1:15 p.m. Free Paraffin Wax Hand Treatment	12 9 a.m. SHINE appts 10 a.m. Friends Meeting 2 p.m. Trivia (Volunteer Rec Tonight)	13 10:30 a.m. State Senator Lesser Office Hour 1:15 p.m. Classic Movie: THE GREAT DEBATERS (PG-13, 126 M)	14 FATHERS DAY LUNCH 11 a.m. - Janice Dompke performs for luncheon 1:30 p.m. Book Club
17 1 p.m. Billiards Travel League 1:15 p.m. Movie: FIVE FEET APART (PG-13, 135 M)	18 9 a.m. - Mass EDP Info Table 1 p.m. Brown Bag	19 BIRTHDAY LUNCH 9 a.m. SHINE appts 10:30 a.m. New Center Update 11:30 Chorus Performs 1:15 p.m. LAST Line Dancing 4:30 p.m. COA Board Meeting	20 LUNCH & LEARN Noon L&L: Carol Curdo on "Aging & Vision Loss" 1:15 p.m. Classic Movie: MONA LISA SMILE (PG-13, 117 M)	21
24 1 p.m. Billiards Travel League 1:15 p.m. Movie: ISN'T IT ROMANTIC (PG-13, 88 M)	25 10 a.m. "Coffee Talk" with MA Registry of Deeds on the Homestead Act 1 p.m. Hearing Appointments	26 8:15 a.m. Facials 9 a.m. SHINE appts 9:30 a.m. Jewelry Class 10 a.m. TRIAD 10:30 a.m. Vets Agent appts 1:30 p.m. Acrylic Art Class	27 9 a.m. Last Tai Chi Class 1 p.m. Cribbage 1:15 p.m. Classic Movie: OLD DOGS (PG-13, 88 M)	28 8:30 a.m. Men's Breakfast In Wilbraham 1:30 p.m. Book Club

**Don't wait for the perfect moment.
Take the moment and make it perfect.**

JUNE 2019 LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Caesar Salad	4 Baked Cod Rice Pilaf Harvard Beets	5 Kielbasa Lazy Pierogi	6 Veggie Frittata Scalloped Potatoes	7 Chicken Parmesan With Pasta
10 Sausage & Pepper Grinder French Fries	11 Chicken Marsala Egg Noodles Broccoli	12 Crab Cakes Roasted Potatoes Coleslaw	13 Pizza Cucumber Salad	14 FATHERS DAY LUNCH Meatloaf Mashed Potatoes Glazed Carrots
17 Crispy Fish Tater Tots Coleslaw	18 Meat Lasagna Small Salad	19 BIRTHDAY LUNCH Roast Pork Stuffing Sweet Potatoes	20 LUNCH & LEARN Asian Chicken Salad	21 Ham & Pickle on a Roll Corn Chowder
24 Cheese Burger Potato Salad	25 Cobb Salad	26 Mild Chili 1/2 Baked Potato Corn Bread	27 Vegetable Primavera Over Pasta	28 Baked Salmon Rice Peas

Our cook, Donna, is on vacation from June 7 to 14. We hope she has a wonderful vacation.

Jodi is cooking while she is away, so please be patient with us/her as we are doing our best while short staffed.

SPECIAL EVENTS

Fishing Club

Tuesday, June 4, at 11:00 a.m.

The Fishing Club has been to a few different spots so far and are still looking for others that might like to join them. If you are interested, please come to the June meeting and find out more.

Decorating Group

Tuesday, June 4, 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 upcoming events.

FREE Line Dancing

Wednesdays at 1:15 p.m.

Lynn Connolly continues this FREE 8 week session of Beginner Line Dancing until June 19th. Then she is off for the summer and will return in September.

New Gardening Club

Wednesday, June 5, at 10:00 a.m.

Calling all people who are interested in gardening, whether you have a green thumb or not. Frank Krzanik (and others) are looking to form a group to discuss gardening topics.

Women's Billiards

Thursdays at 10 a.m.

Calling all women who love to play pool or have always wanted to learn how. Room is for **WOMEN ONLY** on Thursday mornings from 10 to 11 a.m.. Carla will teach for this one hour class.

Horse Races

Friday, June 7, 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.

FREE Paraffin Wax Hand Treatments

Tuesday, June 11, at 1:15 p.m.

Come to the Lounge at 1:15 p.m. for this free treatment that will make your hands feel wonderful. Sign up at the front desk.

Trivia

Wednesday, June 12, at 2:00 p.m.

Join Carla and break into teams to answer questions ranging from current events to visual puzzles. New players are always welcome to join.

Book Club

Friday, June 14 & June 28, at 1:30 p.m.

Our June read is *Educated* by Tara Westover.

Mass EDP Information Table

Tuesday, June 18 at 9 a.m. to 1 p.m.

Persons with vision and/or hearing disabilities may qualify for a free telephone. Stop and talk with Marguerite Szczawinski to find out if you qualify or pick up information for someone you know.

"Coffee Talk" with Hamden County Registry of Deeds - Cheryl Coakley-Rivera, Esq.

Tuesday, June 25, at 10:00 a.m.

The Hampden County Registry will host an outreach program to inform the public about the Homestead Act and the Consumer Notification System (CNS). Receive a FREE COPY of your DEED! Pre-registration is appreciated but not necessary.

New Senior Center Update *Date Change*

Wednesday, June 26, at 10:30 a.m.

Join Director Jodi Zepke in the lounge, as she shares updates on the progress of the new senior center. She is more than happy to answer any questions you may have.

Jewelry Class

Wednesday, June 26, 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.

Free Acrylic Art Class

Wednesday, June 26, at 1:30 p.m.

You do need to pre-register for this free paint class so we can be sure to have enough supplies on hand. Make an acrylic art canvas in just one class. Fun and so easy anyone can create a masterpiece.

SPECIAL LUNCHES

Father's Day Lunch

Friday, June 14

at 11:00 a.m.

Join us as we show appreciation for all the dad's out there with a delicious meal and music provided by Tony Rarus. Be sure to sign up early for this special occasion.

Birthday Lunch

Wednesday, June 19

at 11:30 a.m.

Those born in June will have their meal on us. Simply tell us it's your birthday when you sign up for lunch, sit back and enjoy your Free lunch and choral group performance.

Lunch & Learn

Thursday, June 20

at noon.

You must pre-register for this event.

Carol Curdo, Program Director from the Massachusetts Association of the Blind and Visually Impaired will present "AGING AND VISION LOSS".
(More details on back page).

OUTREACH AWARENESS

SHINE Program

(Serving the Health Insurance Needs of Everyone)

The SHINE Program provides free health insurance information, counseling and assistance to all Massachusetts residents with Medicare and their caregivers.

People who have Medicare or are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to help pay for health care costs.

A SHINE counselor is trained and certified by the Massachusetts Executive Office of Elder Affairs in the various options available to Medicare beneficiaries - including Medicare Parts A & B, Medicare Advantage, Medicare prescription drug coverage (Part D), Medigap, Prescription Advantage, MassHealth, and other programs that help people with limited resources pay for health care costs.

The Ludlow Senior Center offers appointments with a SHINE counselor on Wednesday mornings. You can also visit or call the main SHINE office which is located at the Raymond A. Jordan Senior Center, 1476 Roosevelt Avenue, Springfield, MA 01109. The SHINE office direct number is (413) 750-2893. Many local senior centers offer appointments as well, if a Wednesday morning appointment doesn't work for you.

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.

Items Needed:

Napkins
Coffee/Decaf Coffee
Individually Wrapped Candy

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Edith Tipton - Coffee
- Audrey Consolmagno- Snacks
- Susan Piwowarczyk - Coffee & Napkins
- Cyber Grants, LLC
- Mr. & Mrs. Ralph Banas (BF)

DONATIONS RECEIVED IN MEMORY OF:

Jean Kososki:

Miriam Stone

Victor Petrolati:

Viola Petrolati (BF)

Irene Frischer:

Mr. & Mrs. Stanley Kareta (BF)

Richard Garand:

Claire Bachand (BF)

Janet Case:

Claire Bachand (BF)

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

Ermina Marques:

Julieta & Emil Hoeckh
Eileen & Robert Robar
Lidia Craven
Lionel & Susan Ribeiro
Jacqueline Kolodziey

William Kolodziey:

Mr. & Mrs. Charles Milroy (BF)

In Honor of Lonnie Cavin:

Nancy Cavin (BF)

Jose Lopes:

Mr. & Mrs. Ralph Banas (BF)

FLOWERS RECEIVED IN MEMORY OF:

Richard Kolodziey

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

PLACE
STAMP
HERE

Phone Number:

(413) 583-3564

Address:

37 Chestnut Street
Ludlow, MA 01056

Email Address:

COA@Ludlow.ma.us

Website:

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Fax Number:

(413) 583-5658

Chairman:

Fred Lafayette

Vice Chairman:

Frank Krzanik

Secretary:

Lucille Carneiro

Treasurer:

Helen Grabowski

Members:

Nancy Pauze

John DaCruz

Rosalind Forti

Sheena Santolini

Janice Grimaldi

Kara Ribeiro

Diane Peacey

Special for June:

Lunch & Learn

Thursday, June 20th

Starting at Noon

**“Aging and Vision Loss” with
Carol Curdo, Program Director
MA Assoc. of the Blind and
Visually Impaired**

You must pre-register for this event.

Vision is a complex sense involving the ability to see contrast, detail, and the location of objects in the environment. Although the eye usually changes with age, these are natural changes and are correctable. Learn more about the healthy aging eye. Changes caused by age-related diseases are not correctable. The fastest growing population with vision loss is elders.

Center Hours

Monday - Friday 8:00 a.m. - 4:00 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

Mon - Thur 8 - 4 Fri 8 - 3:30

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
- , Activities Director
- Donna Haluch-LaRose, 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.