

# MARCH 2019

# THE SENIOR SCENE

## Ludlow Senior Center

### Inside this issue:

Wellness & Support	2
Transportation	3
Movie Schedule	4
Special Events	7
Special Lunches	8
Outreach Announcement	8
Friends Information	9

### 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

Ever wonder what goes into building a new Senior Center?

Join us on the 3<sup>rd</sup> Wednesday of the month at 10:30am in the Lounge for a project update. Also, the Senior Center Building Committee meets regularly and these are open meetings and we encourage all to attend. The agenda is posted outside the administrative offices. It is an exciting time!

The land has been purchased, the architect has been hired and we are working on a design. We have a very tight timeline and budget therefore we have some challenges ahead. It will be a relief when the shovel goes in the ground and our dream becomes a reality!

Happy Spring!

*Jodi Lepke*



## Friends of the Ludlow Senior Center Chosen by Big Y for COMMUNITY BAG PROGRAM in March

Every Community Bag sold in MARCH at the Ludlow Big Y store will generate a \$1 donation for the Friends of the Ludlow Senior Center. This money will benefit the Friends Building Fund.

The bags cost \$2.49 each and \$1.00 of this cost is donated to the Friends through the Giving Tag attached to the bag. You can find the Community Bag on the reusable bag rack at the store. The bag rack will have a sign that lets their customers know that the Friends are the benefiting non-profit for the month of March.

Thanking you in advance for your support.

# 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, March 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

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, March 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, March 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, March 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, March 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, March 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

### Wednesday, March 20, 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, March 27, 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, March 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, March 29, at 8:30 a.m. in Ludlow

Breakfasts are held on the last Friday of every month. Sites shift between Ludlow and Wilbraham. Pre-registration is appreciated but

## Kristin's Corner

### Kristin's Corner

It's almost SPRING!!!!

I am very excited about all the new Activities coming your way as we "spring" forward into new beginnings. You asked for it? You got it! I am so pleased to have found you a Line Dance instructor, which we had an overwhelming request for. Classes will be held on Wednesday afternoons.

I want to remind everyone, that if an activity requires a "sign up" to PLEASE do so. We buy the materials based on these numbers and to avoid overspending. I still have a few suggestions that I am looking into, but don't forget to swing by my Office if you have an idea!

I am also looking for a volunteer to help with Friday afternoon Chair Volleyball. If you are interested in volunteering come see me!!

Let's MARCH into some new beginnings with positivity and thoughtfulness.

~Kristin

## 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:	<b>\$.50</b>
To other Ludlow locations:	<b>\$.75</b>

### Monthly Shopping Trips

#### Eastfield Mall, or Stop & Shop

Monday, March 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.** Billiards  
 Traveling League  
**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  
**10 a.m.** Move-N-Groove with Kristin  
**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  
**8:30 a.m.** Ceramics  
**8:30 a.m.** Women's  
 Billiards  
**9 a.m.** Tai Chi  
**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  
**1:30 p.m.** Mahjong

## MARCH MOVIE SCHEDULE

### The Wife

(Rated R, 100 Min)

March 4

The Wife interweaves the story of a couple's youthful passion and ambition with a portrait of a marriage thirty plus years later, with a lifetime's shared compromises.

### Robin Hood

(Rated PG-13, 116 Min)

March 11

Robin of Loxley is a ravaged veteran trained from the ground-up by his Moorish commander Little John to become the legendary Robin Hood.

### Instant Family

(Rated PG-13, 117 Min)

March 18

Pete and Ellie must learn the ropes of instant parenthood when they bring in three foster children. Inspired by a true story.

### Can You Ever Forgive Me

(Rated R, 106 Min)

March 25

Lee Israel, the best-selling celebrity biographer made her living in the 1970's and 80's by profiling famous people. Unable to get published, she turns to her loyal friend Jack.

## CLASSIC MOVIES

### Gentlemen's Agreement

March 7

A journalist moves to New York City and takes on a high-profile assignment about anti-Semitism. In pretending to be a Jew, he experiences bigotry first hand.

### The French Connection

March 14

New York Detective "Popeye" Doyle and his partner chase a French heroin smuggler.

### The Sound of Music Part 1

March 21

A tuneful, heartwarming story, it is based on the real life story of the Von Trapp Family singers.

### The Sound of Music Part 2

March 28

The story continues.

# MARCH ACTIVITIES CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daylight Saving Time begins on March 10th. Don't forget to change your clocks one hour ahead. Please keep your eyes out for our April newsletter for Tuesday evening events.</p>				
<p><b>4</b> 12:30 p.m. Eastfield Mall, Or Stop &amp; Shop Trip 1 p.m. Billiards Travel League 1:15 p.m. Movie: <b>The Wife</b> Rated R 100 min</p>	<p><b>5</b> 1 p.m. Decorating Group</p>	<p><b>6 POPCORN DAY</b> 10:30 a.m. Fresh popped popcorn samples in Lounge 1:15 p.m. Line Dancing -New</p>	<p><b>7</b> 1:15 p.m. Classic Movie: <b>Gentlemen's Agreement</b> 118 min</p>	<p><b>1</b> 11:15 a.m. Horse Races 1:30 p.m. Mahjong *New*</p>
<p><b>11</b> 1 p.m. Billiards Travel League 1:15 p.m. Movie: <b>Robin Hood</b> Rated PG-13 116 min</p>	<p><b>12</b> 10 a.m. Caregiver Support Group 1:30 p.m. Paraffin Wax Hand Treatments</p>	<p><b>13</b> 10 a.m. Friends Meeting 1:15 p.m. Line Dancing -New 2 p.m. Trivia</p>	<p><b>14</b> 10:30 a.m. "Coffee Talk" with State Senator Lesser 1:15 p.m. Classic Movie: <b>The French Connection</b> 106 min</p>	<p><b>15 ST PATRICK'S LUNCH</b> 11 a.m. Billy Egan performs 1:30 p.m. Mahjong *New*</p>
<p><b>18</b> 1 p.m. Billiards Travel League 1:15 p.m. Movie: <b>Instant Family</b> Rated PG-13 117 min</p>	<p><b>19</b> 1 p.m. Brown Bag</p>	<p><b>20 BIRTHDAY LUNCH</b> 10:30 a.m. Senior Center Update 11:30 a.m. Choral Performs 1:15 p.m. Line Dancing -New 4:30 p.m. COA Board Meeting</p>	<p><b>21</b> 10:30 a.m. "Coffee Talk" with MMWEC about safety 1:15 p.m. Classic Movie: <b>The Sound of Music - Part 1</b> Rated G 87 min</p>	<p><b>22</b> 1:30 p.m. Book Club 1:30 p.m. Mahjong *New*</p>
<p><b>25</b> 1 p.m. Billiards Travel League 1:15 p.m. Movie <b>Can You Ever Forgive Me</b> Rated R 106 min</p>	<p><b>26</b> 1 p.m. Hearing Appointments</p>	<p><b>27</b> 8:15 a.m. Facials 9:30 a.m. Jewelry Class 10 a.m. TRIAD 10:30 a.m. Veterans Agent Office Hours 1:15 p.m. Line Dancing -New</p>	<p><b>28</b> 1:15 p.m. Classic Movie: <b>The Sound of Music - Part 2</b> Rated G 87 min</p>	<p><b>29</b> 8:30 a.m. Men's Breakfast In Ludlow 1:30 p.m. Mahjong *New*</p>

# MARCH LUNCH CALENDAR

Ludlow Senior Center • (413) 583-3564 • [www.ludlow.ma.us](http://www.ludlow.ma.us)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We are still having many "no shows" daily for lunch. If you are a "no show" more than twice in a month, you will be billed. Please call and cancel your reservation by 9 a.m. if you are not able to join us. Thank you.</p>				
<p><b>4</b> American Chop Suey</p>	<p><b>5</b> Liver &amp; Onions Mashed Potatoes Mixed Vegetables</p>	<p><b>6 ASH WEDNESDAY</b> Salmon Boat Rice Peas</p>	<p><b>7</b> Chicken Fajita Salad</p>	<p><b>1</b> Pizza Salad</p>
<p><b>11</b> Chicken Sorento Egg Noodles Broccoli</p>	<p><b>12</b> Crispy Fish French Fries Coleslaw</p>	<p><b>13</b> Beef Stew Biscuit</p>	<p><b>14</b> Chicken Patty Sandwich with Lettuce and Tomato French Fries</p>	<p><b>15 ST PATRICK'S LUNCH</b> Corned Beef &amp; Cabbage</p>
<p><b>18</b> Macaroni &amp; Cheese Stewed Tomatoes</p>	<p><b>19</b> Cobb Salad</p>	<p><b>20 BIRTHDAY LUNCH</b> Stuffed Pork Chop Sweet Potatoes Green Beans</p>	<p><b>21</b> Cold Cut Grinder Must Go Soup</p>	<p><b>22</b> Baked Haddock Rice Pilaf Carrots</p>
<p><b>25</b> Kielbasa Lazy Pierogi</p>	<p><b>26</b> Spaghetti &amp; Meatballs</p>	<p><b>27</b> Hot Dogs &amp; Beans</p>	<p><b>28</b> BBQ Chicken Corn Potato Salad</p>	<p><b>29</b> Veggie Frittata Roasted Potatoes</p>

# SPECIAL EVENTS

## Horse Races

Friday, March 1, 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.

## \*NEW \* MAHJONG

FRIDAYS, starting March 1, at 1:30 p.m.

Join Lorraine Martins and learn how to play this popular tile game. No experience necessary. (See Page 8 for details)

## Decorating Group

Tuesday, March 5, 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.

## Popcorn Day

Wednesday, March 6, at 10:30 a.m.

Come to the Lounge and sample fresh popped popcorn.

## Women's Billiards

THURSDAYS, starting March 7, at 8:30 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. Don't be shy! Join us.

## Book Club

Friday, March 8th & 22nd, at 1:30 p.m.

Our March read is *Mr. Penumbra's 24-hour Bookstore* by Robin Sloane. This is the author's first novel.

## Caregiver Support Group

Tuesday, March 12, at 10:00 a.m.

This group meets the second Tuesday of each month. The group is open to all caregivers. Find out how others are coping. Signing up is appreciated, but not mandatory.

## FREE Paraffin Wax Hand Treatments

Tuesday, March 12, at 1:30 p.m.

You must sign up at the front desk. Come to the Lounge at 1:30 p.m. for this free treatment that will make your hands feel wonderful.

## Trivia

Wednesday, March 13, at 2:00 p.m.

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

## New Senior Center Update

Wednesday, March 20, 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, March 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.



"IN THE MOMENT" the Nursing students were here handing out important information about the Flu and Shingles!

Check it out and say Hi!!

(Wednesday, February 21st)

The nursing students are here on Wednesdays.

Stop into the Wellness Clinic and say hello.

# SPECIAL LUNCHES

## St. Patrick's Day Lunch

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

Join us to hear Billy Egan perform many favorite Irish tunes in honor of the holiday. Then sit back and enjoy the delicious traditional corned beef and cabbage lunch. Be sure to sign up early because this is definitely one of our most popular holidays.

## Birthday Lunch

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

Those born in March will have their meal on us. Simply tell us it's your birthday when you sign up for lunch. Then sit back and enjoy your Free lunch and the special performance by our very own choral group.

# OTHER ANNOUNCEMENTS

## LINE DANCING!

(You asked for it, we got it!)

Lynn Connolly has been teaching Dance and Fitness for more than 30 years! She will be teaching Beginner Line Dancing at the Ludlow Senior Center, starting this month! We will be offering an 8 week session for ONLY \$24.00. If you want to just drop in to a class, your cost is \$5.00 per class. Lynn will be offering ALL genres of music for this Line Dancing Class! Come join the fun and sign UP at the Front desk!! Classes start March 6, and run every Wednesday (unless the back room is closed) from 1:15pm-2:00pm.

## MAHJONG

Lorraine Martins will be teaching and monitoring the game of Mahjong, starting the first Friday in March and running consecutively every Friday at 1:30pm-3:00pm.

Mahjong is a game that originated in China. It is commonly played by four players (with some three-player variations found in South Korea and Japan).

The game is played with a set of 144 tiles based on Chinese characters and symbols, although some regional variations use a different number of tiles.

## File of Life

If you have a File of Life, it is a good idea to check over the information that is filled in and be sure nothing has changed. It is important, in the case of an emergency, that the information is accurate. If you need a new one or if you do not have a File of Life and would like one, they are available at the Ludlow Senior Center. Our Drop-In Nurse on Thursday mornings can help to fill them in. Please bring information regarding medications, insurances, doctors and emergency contacts with you if you require help filling them in.



# 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  
1 Ounce Plain Chip Bags  
Individually Wrapped Candy

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Mr. & Mr. Brian Bernard
- Anna Kozicki - Coffee
- Peggy Bernard - Napkins
- Maria Matera - Snacks
- Jan Sheaff - Coffee
- Tax Donations
- Mr. & Mrs. Glenn Monteiro (BF)

## DONATIONS RECEIVED IN MEMORY OF:

### Richard Garand:

Sylvia Ouellette (BF)  
Miriam Stone

### Brian Quensel:

Gilbert Myette

### Dorothea Zanetti:

Sylvia Ouellette (BF)  
Gilbert Myette  
Stephanie Tyburski  
Miriam Stone

Donations for the

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

## Thank You!

The Friends of the Ludlow Senior Center would like to say "thank you" to everyone who helped in making our 'Valentine's Day breakfast a success.

Whether you were a volunteer or someone who came out to support our fundraiser, it was greatly appreciated.

*Your "Friends"*

## 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:**

www.ludlow.ma.us

**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 Peacy

## Special for March:

State Senator Eric Lesser -  
"Coffee Talk"

Thursday, March 14th  
At 10:30 a.m. in the Lounge

State Senator Eric Lesser will answer any questions you may have. Pre-registration is appreciated but not necessary.

MMWEC's - Ray Gouley  
"Coffee Talk"

Thursday, March 21st  
At 10:30 a.m. in the Lounge

Rep. Ray Gouley, from MMWEC will give a presentation on home natural gas and electrical safety. Door prizes. Pre-registration is appreciated.

### 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

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
- Kristin Burgess, 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.