

# MARCH 2018

# 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:

Ludlow.ma.us

### ○ Fax Number:

(413) 583-5658

### ○ Office Hours:

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

## JAMMIN' WITH JODI

As I am writing this it is sooooo beautiful out and reminds me that (thankfully) Spring is right around the corner. There has been so much stress lately and I cannot wait for April.

Thank you for your patience with the flood damage. Unfortunately, I have no idea when it will be fixed. We miss the lounge and our offices, and I am hopeful that all will be fixed soon. I know it is crowded in the hall and I appreciate everyone's patience.

This is one of those months when I have no idea what to say. My mind is elsewhere and I am sorry. I can tell you that it is once again a busy month with St. Patrick's Day and Easter!

A reminder about our Memory Café. We haven't had much response. It really is a wonderful program and we hope that if you and a loved one are struggling with a memory issues, you will join us. Please call me for more information at 583-3564. Also, Tuesday night programming will begin Tuesday, April 3.

One more thing...have you noticed that all coats look alike? With a few more months of wearing coats, please take a moment and put your name in your coat. You can simply write your name on a piece of paper and put it in the pocket. It makes life easier when someone takes home the wrong coat. Thank you!!!

*Jodi Lepke*

## SPECIAL LUNCHES

### St. Patrick's Lunch

Friday, March 16  
at 11:00 a.m.

Willie Nininger returns for an amazing performance filled with all your favorite Irish tunes. Wear all the green you've got!

### Birthday Lunch

Wednesday, March 21  
at 11:30 a.m.

Those born in March have their meal on us. Simply tell us it's your birthday when you sign up for lunch.

### Easter Lunch

Thursday, March 29  
at 11:00 a.m.

Join us in the Dining Room for a great performance to celebrate Easter. Be on the lookout for Easter eggs hidden throughout the Dining Room.

# 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 27

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, March 28

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

## STATE SENATOR LESSER OFFICE HOURS

### Thursday, March 8, 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.

## CAREGIVER SUPPORT GROUP

### Tuesday, March 13, 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 14, 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.

## BROWN BAG PROGRAM

### Tuesday, March 20, from 1 p.m. - 3 p.m.

Offered through the Food Bank of MA, 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 21, 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 28, 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, March 28, 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 30, at 8:30 a.m. in Ludlow

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

# SENIOR CENTER TRIPS

Sign up with Sarah beginning March 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.

## Ware Walmart

March 6

Cost: \$2.00

Departure: 9:30 a.m.

We'll start at Walmart, take a break for lunch at the Dairy Bar, and end up at Dollar Tree. Lunch is not included in the trip price.

The snow date is March 7.

## Lunch Bunch: Hannah Divines

March 15

Cost: \$2.00

Departure: 11:15 a.m.

Hannah Divines, in Ware, offer's traditional American cuisine with a modern flare. They say we will delight in the flavor experience of their classic dishes. Lunch is not included in the trip price.

The snow date is March 19.

## Magic Wings Butterfly Conservatory

March 28

Cost: \$15.00

Departure: 9:30 a.m.

Start spring out right with a trip to see some butterflies in Deerfield. Lunch will be at the Magic Wings food court. Lunch is not included in the trip price.

The snow date is April 4.

# 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, March 5

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

## MARCH MOVIE SCHEDULE

**Victoria & Abdul**  
 (PG-13, 111 Min)  
 March 5

Starring: Judi Dench, Ali  
 Fazal. Queen Victoria  
 strikes up an unlikely  
 friendship with a young  
 Indian clerk named Abdul  
 Karim. (IMDB)

**Thank You For Your Service**  
 (R, 109 Min)  
 March 12

Starring: Miles Teller. A  
 group of U.S. soldiers  
 returning from Iraq struggle  
 to integrate back into family  
 and civilian life. (IMDB)

**Goodbye Christopher Robin**  
 (PG, 107 Min)  
 March 19

Starring: Domhnall  
 Gleeson. A behind-the-  
 scenes look at the life of  
 author A.A. Milne and the  
 creation of the Winnie the  
 Pooh stories. (IMDB)

**Three Billboards Outside  
 Ebbing, Missouri**  
 (R, 115 Min)  
 March 26

Starring: Frances  
 McDormand. A mother  
 personally challenges the  
 local authorities to solve her  
 daughter's murder. (IMDB)

## CLASSIC MOVIES

**Made For Each Other**  
 (1939, 85 Min)  
 March 1

Starring: James  
 Stewart. A young  
 lawyer meets and falls  
 in love with a stranger.  
 They wed the next day.  
 (IMDB)

**Phantom Rancher**  
 (1940, 61 Min)  
 March 8

Starring: Dorothy  
 Short. A cowboy puts  
 on a black mas and  
 black outfit to fight a  
 gang of land grabbing  
 crooks. (IMDB)

**Nothing Sacred**  
 (1937, 75 Min)  
 March 15

Starring: Carole  
 Lombard. A woman  
 meets a reporter  
 looking for a story so  
 she feigns sickness for  
 her own profit. (IMDB)

**Broadway To Cheyenne**  
 (1932, 60 Min)  
 March 22

Starring: Rex Bell. A  
 cowboy detective goes  
 up against a gang of  
 big-city thugs trying to  
 set up a protection  
 racket. (IMDB)

**Stagecoach To Denver**  
 (1946, 56 Min)  
 March 29

Starring: Robert Blake.  
 Red Ryder exposes a  
 land survey hoax. (IMDB)

# MARCH ACTIVITIES CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b> 12:30 p.m. Eastfield Mall, Or Stop & Shop Trip 1:15 p.m. Movie: Victoria & Abdul (PG-13, 111 Min)	<b>6</b> 9:30 a.m. Ware Walmart Trip 1 p.m. Decorating Group	<b>7</b> 9 a.m. UMass Nursing Students	<b>1</b> 8 a.m. Trip Signups 1:15 p.m. Classic Movie: Made For Each Other (85 Min)	<b>2</b> 9 a.m. AARP Tax Appts 11:15 a.m. Horse Races
<b>12</b> 1:15 p.m. Movie: Thank You For Your Service (R, 109 Min)	<b>13</b> 10 a.m. Caregiver Support Group	<b>14</b> 10 a.m. Friends Meeting 2 p.m. Trivia	<b>8</b> 10:30 a.m. State Senator Lesser Office Hours 1:15 p.m. Classic Movie: Phantom Rancher (61 Min)	<b>9</b> 9 a.m. AARP Tax Appts 1:30 p.m. Book Club
<b>19</b> 1:15 p.m. Movie: Goodbye Christopher Robin (PG, 107 Min)	<b>20</b> 1 p.m. Brown Bag	<b>21 BIRTHDAY LUNCH</b> 9 a.m. UMass Nursing Students 10:30 a.m. New Senior Center Update 11:30 a.m. Chorus Performs in the Dining Room 4:30 p.m. COA Board Meeting	<b>15</b> 11:15 a.m. Lunch Bunch Trip 1:15 p.m. Classic Movie: Nothing Sacred (75 Min)	<b>16 ST. PATRICK'S LUNCH</b> 9 a.m. AARP Tax Appts 10 a.m. Memory Café 11 a.m. Willie Nininger Performs in the Dining Room
<b>26</b> 1:15 p.m. Movie: Three Billboards Outside Ebbing, Missouri (R, 115 Min)	<b>27</b> 1 p.m. Hearing Appointments 1:30 p.m. RMV Near Me	<b>28</b> 8:15 a.m. Facials 9 a.m. UMass Nursing Students 9:30 a.m. Magic Wings Trip 9:30 a.m. Jewelry Class 10 a.m. TRIAD 10:30 a.m. Veterans Agent Office Hours	<b>22</b> 10:00 a.m. New Yoga Session Starts 10:30 a.m. MMWEC Safety Presentation 1:15 p.m. Classic Movie: Broadway to Cheyenne (60 Min)	<b>23</b> 9 a.m. AARP Tax Appts 1:30 p.m. Book Club
<b>26</b> 1:15 p.m. Movie: Three Billboards Outside Ebbing, Missouri (R, 115 Min)	<b>27</b> 1 p.m. Hearing Appointments 1:30 p.m. RMV Near Me	<b>28</b> 8:15 a.m. Facials 9 a.m. UMass Nursing Students 9:30 a.m. Magic Wings Trip 9:30 a.m. Jewelry Class 10 a.m. TRIAD 10:30 a.m. Veterans Agent Office Hours	<b>29 EASTER LUNCH</b> 11 a.m. Entertainer Performs in the Dining Room 1:15 p.m. Classic Movie: Stagecoach To Denver (56 Min)	<b>30</b> 9 a.m. AARP Tax Appts 8:30 a.m. Men's Breakfast In Ludlow

# MARCH LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Pork & Apple Stew	<b>2</b> Tuna Noodle Casserole
<b>5</b> Dijon Pork Chops White Rice Broccoli	<b>6</b> Chicken Caesar Salad	<b>7</b> Pizza Cucumber Salad	<b>8</b> Hamburg Chow Mein Over Mashed Potatoes	<b>9</b> Baked Stuffed Shells Salad
<b>12</b> Shepherd's Pie	<b>13</b> Crab Cake Sweet Fries Coleslaw	<b>14</b> Sausage Grinder Onions & Peppers Sun Chips	<b>15</b> Ham & Broccoli Casserole	<b>16 ST. PATRICK'S LUNCH</b> Corned Beef & Cabbage Potatoes Carrots
<b>19</b> Shrimp Poppers French Fries Coleslaw	<b>20</b> Cobb Salad	<b>21 BIRTHDAY LUNCH</b> Stuffed Chicken Breast Party Potatoes Glazed Carrots	<b>22</b> Baked Ziti Garlic Bread	<b>23</b> Vegetable Stir Fry Fried Rice
<b>26</b> Lazy Chicken Pot Pie Biscuit	<b>27</b> Swedish Meatballs Over Egg Noodles	<b>28</b> Chicken Parmesan Ziti	<b>29 EASTER LUNCH</b> Baked Ham Scallop Potatoes Harvard Beets	<b>30</b> Tuna Melt Tater Tots

# SPECIAL EVENTS

## Horse Races

Friday, March 2, 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.

## Decorating Group

Tuesday, March 6, 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.

## UMass Nursing Students

Wednesday, March 7, starting at 9 a.m.

UMass Nursing Students will be at the Center on Wednesday's for the next two months. This year we have five students pursuing their 2<sup>nd</sup> bachelor's in nursing. Stop by their room to introduce yourself and see what they'll be up to while at the senior center.

## Trivia

Wednesday, March 14, at 2 p.m.

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

## New Senior Center Update

Wednesday, March 21, at 10:30 a.m.

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

## MMWEC Safety Presentation

Thursday, March 22, at 10:30 a.m.

MMWEC is the leading provider of public power services in Massachusetts. Join us for a presentation filled with door prizes and lots of information on how to stay safe around natural gas and electricity.

## New Yoga Session Starts Thursday, March 22

Thursdays, 10 a.m. - 10:45 a.m.

Cost: \$39 for 13 sessions or \$5 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 and continuing students.

## RMV Near Me

Tuesday, March 27, 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. **The RMV has extended the length of time a customer can use a license photo from 9 years to 14 years. In addition, customers will be eligible to renew their licenses or ID cards online for two consecutive renewal periods.** Please note you must renew at the RMV if you are 75 or older.

## Jewelry with Sandy Merrill

Wednesday, March 28, 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.

Our evening programming will begin Tuesday, April 3. Events and weekly activities will be announced in our April newsletter and on our Facebook page.



## You're Getting A New Medicare Card!

### Cards will be mailed between April 2018 - April 2019

Between April 2018 - April 2019, Social Security numbers will be removed from Medicare cards and each person will be mailed a new card. This will help keep your information more secure and help protect your identity.

You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

### Here's how you can get ready:

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at [sss.gov/myaccount](http://sss.gov/myaccount) or 1-800-722-1213. TTY users can call 1-800-325-0778.
- Beware of anyone who contacts you about your new Medicare card. The government will never ask you to give personal or private information to get your new Medicare Number and card.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

# FUEL ASSISTANCE APPLICATIONS FOR 2018

Fuel assistance started November 1, 2017 and you can apply through April 2018.

Application assistance will be by **APPOINTMENT ONLY** on Monday, Wednesday, and Thursday.

Appointments will only be made for residents of Ludlow who are age 60 or older.

If you have any questions, or wish to make an appointment with Debbie, call 583-3564.

You must bring **all** the following paperwork to your appointment in order for your application to be completed and ready to be mailed:

- **Proof of Fixed Income:** Social Security, pension, IRA, annuity.
- If working – **4 consecutive pay stubs prior to your application date.**
- **Unemployment – most recent 4 week period** check stubs.
- 2017 heating bill. The **complete bill** showing the account number is needed.
- 2017 electric bill. The **complete bill** showing the account number is needed.
- 2017 telephone bill. The **complete bill** showing the account number is needed.
- 2017 sewer/water bill **OR** tax bill **OR** house insurance bill.
- If renting – landlord name, address and telephone number.



# 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, March 21

## ○ Items Needed:

Coffee  
Decaf Coffee  
1 Ounce Chip Bags

## DONATIONS RECEIVED:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Tina Vicencio – napkins
- Anonymous
- Maria DeCondio
- Monday Pitch Players
- Larry Andre
- Irene Ribeiro

## DONATIONS RECEIVED IN MEMORY OF:

### Fernando (Nundy) Batista:

Gilbert Myette (BF)  
Teresa Finkel (BF)  
Charles & Lynda Milroy (BF)  
Stephen & Bernadette DeLullo (BF)  
Martin & Cynthia Bobowiec (BF)  
A. Perez Construction, Inc. (BF)  
Mr. & Mrs. Leo Bergeron (BF)  
Susan B. Gavin (BF)  
Patricia Stagnaro (BF)  
Mary Ann Henriques (BF)  
Mr. & Mrs. William Kolodziey, Jr. (BF)  
Christine Wurszt (BF)  
Anonymous (BF)  
Mr. & Mrs. Ronald Szarlan (BF)  
Susan Jessmer (BF)  
Mr. & Mrs. Stanley Kareta (BF)  
Table #6 (BF)  
Naomi White (BF)  
Alice Burek (BF)  
Mr. & Mrs. Lawrence Auffrey (BF)  
Mr. & Mrs. Richard Axiotis (BF)  
The Bessette Family (BF)  
Joan & Richard Burkot (BF)  
Agustino Calheno and Family (BF)  
Mrs. Lillian Chenier (BF)  
Mrs. Tanya Crisostomo (BF)  
Manuel DaCruz (BF)  
Antonio DaCruz (BF)  
Millie Dias (BF)

Mrs. Pauline Dias (BF)  
Mrs. Mary Celeste Evangelista (BF)  
Mr. & Mrs. Todd Fillion (BF)  
Jose Fonseca (BF)  
Mr. & Mrs. Gary Gebo (BF)  
Mr. & Mrs. Daniel Goncalves (BF)  
Mr. & Mrs. Gil Goncalves (BF)  
Mr. & Mrs. Manuel Goncalves (BF)  
Miguel Goncalves (BF)  
Michael Gubola (BF)  
Mrs. Maria Helin (BF)  
Cathy Hall & Manny Batista (BF)  
Mr. & Mrs. William Kolodziey (BF)  
Mr. & Mrs. Charles Laramée (BF)  
Alicino Martins (BF)  
Rose Mavra (BF)  
Mr. & Mrs. Jack Pio (BF)  
Olimpio Santos (BF)  
Mr. & Mrs. Mitchell Sasur (BF)  
Mr. & Mrs. Antonio Tavares (BF)  
Mr. & Mrs. Joseph Testori (BF)  
Mrs. Beverly Tokarz

### Peter Poulopoulos:

Anonymous

### Raymond Evans:

Anonymous

## FLOWERS RECEIVED IN MEMORY OF:

Victor Petrolati

Debra Fugatt

Melissa Moorhouse

## 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](http://smile.amazon.com)

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

# THE SENIOR SCENE

Ludlow Senior Center



## LUDLOW SENIOR CENTER'S MEMORY CAFE

○ 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

### Ludlow Council on Aging

○ Chairman:

Fred Lafayette

○ Vice Chairman:

Frank Krzanik

○ Secretary:

Lucille Carneiro

○ Treasurer:

Helen Grabowski

○ Members:

Nancy Pauze

John DaCruz

Albert LeMay

Rosalind Forti

Diane Goncalves

Sheena Santolini

Janice Grimaldi

### FRIDAY, MARCH 16 AT 10:00 A.M. - THE THIRD FRIDAY OF EVERY MONTH.

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 strive for an atmosphere that's more like a coffee house than a clinical program. 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.

April- 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
- 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.**