

NOVEMBER 2018

THE SENIOR SCENE

Ludlow Senior Center

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(413) 583-5658

Office Hours:

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

JAMMIN' WITH JODI

We always try to have a smiling face and an upbeat attitude every day at the Senior Center. We all know that some days are better than others. Well this past month it has been really hard to smile and be positive. It started with the resignation of our cook, Kathy Lofland. We all miss Kathy and I hope that we find her replacement real soon. Then the coffee pot decided to kick the bucket. We are trying to have it fixed...easier said than done and they are quite expensive. And then the van decided it no longer want to run and decided to call it quits too. I have no idea when we will have a new van as it is not fixable. When it rains, it pours!

Another thing we never talk about is the loss of our friends. This past month we have lost so many friends here at the Ludlow Senior Center and my heart hurts. We know it is going to happen but this past month it has been really hard. Please take a moment in November and tell a friend, neighbor, loved one or even someone you don't really know how thankful you are to have them in your life. You never know what tomorrow will bring. Thank you to all of you for your support and patience as we try to get everything fixed and get back to a full staff. Thank you, Veterans, for all that you have done and to those friends we have lost, may you rest in peace.

Jodi Zepke

Special for November:

Lunch & Learn: "Taking Care of Your Knees"

Tuesday, November 6th
Starting at Noon

Sign up to hear Tom Bianco, PT teach you about things you can be doing to take care of your knees.

You must pre-register to attend.

"Coffee Talk" with Fire Chief Ryan Pease

Thursday, November 15th
At 10:30 a.m. in the Lounge

Come have coffee with Chief Pease. Our fire Chief is a wealth of information, he will be bringing some of his hard-working firemen/ first responders. Come meet, ask questions, and hear about a great program already established in Ludlow.

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, November 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

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, November 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

CAREGIVER SUPPORT GROUP

Tuesday, November 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, November 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.

STATE SENATOR LESSER OFFICE HOURS

Thursday, November 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.

BROWN BAG PROGRAM

WEDNESDAY, November 21, 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. **Note Change**

COUNCIL ON AGING BOARD MEETING

Wednesday, November 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, November 28, 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.

VETERANS AGENT OFFICE HOURS

Wednesday, November 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, November 30, 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 not necessary.

SENIOR CENTER TRIPS

NO TRIPS SCHEDULED FOR NOVEMBER

Due to major problems with one of our vans, the Ludlow Senior Center will not be scheduling any activity related trips for some time.

Thank you for 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, November 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
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

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 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 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

NOVEMBER MOVIE SCHEDULE

Mama Mia 2

(Rated PG-13, 114 Min)

November 5

A woman grapples with running her mother's villa while also expecting her first child and worries that she won't be able to handle everything on her own, so she enlists two of her mother's friends for assurance, help and guidance.

The Spy That Dumped Me

(Rated R, 116 Min)

November 19

Audrey discovers her awful ex Drew is secretly a spy when he shows up at her door with deadly assassins on his tail. Now a target as well, she and her best friend Morgan must go on the run across Europe.

Benched

(Not Rated, 111 Min)

November 26

Two coaches - one who only cares about winning, and one who just wants the kids to have fun, and not be afraid of losing - take on the task of preparing a team of benchwarmers. Though their methods and views clash, they work together to inspire the kids to be a winning team.

CLASSIC MOVIES

East of Eden

(118 Min)

November 1

Starring: James Dean and Burl Ives. The son of a California farmer feels that his father cares only about his brother.

GI Blues

(104 min)

November 8

Starring: Elvis Presley. A soldier stationed in West Germany plans to open a nightclub when he gets out of the service.

A Streetcar Named Desire

(127 Min)

November 15

Starring: Marlon Brando and Vivian Leigh. A troubled former schoolteacher moves in with her sister and husband.

Man With the Golden Arm

(118 Min)

November 29

Starring: Frank Sinatra, Eleanor Parker and Kim Novak. A drummer out of detox thinks he has kicked the habit and wants to get on with a big band career.

NOVEMBER ACTIVITIES CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5 NATIONAL DONUT DAY 10:30 a.m. National Donut Day samples in Lounge 12:30 p.m. Eastfield Mall, Or Stop & Shop Trip 1:15 p.m. Movie: Mama Mia 2 Rated PG-13 114 minutes</p>	<p>6 10:00 a.m. Move-N-Groove 12 p.m. Lunch & Learn: Tom Bianco, PT "Taking care of your knees" 1 p.m. Decorating Group 3:00 p.m. **New Yoga Class</p>	<p>7 1:00 p.m. FREE Paraffin Wax Hand Treatments</p>	<p>1 10:00 a.m. Opera: Carmen 1 11:30 a.m. Magic with Lendini 1:15 p.m. Classic Movie: East of Eden 118 minutes.</p>	<p>2 9:30 a.m. Matter of Balance 11:15 a.m. Horse Races 1:15 p.m. Movie: Grace & Frankie Rated R</p>
<p>12 CLOSED FOR HOLIDAY</p>	<p>13 10 a.m. Caregiver Support Group 10:00 a.m. Move-N-Groove 3:00 p.m. **New Yoga Class</p>	<p>14 BIRTHDAY LUNCH 10 a.m. Friends Meeting 11:30 Chorus Performs 2 p.m. Trivia</p>	<p>15 10:30 a.m. "Coffee Talk" with Fire Chief Ryan Pease 1:15 p.m. Classic Movie: Streetcar Named Desire 127 minutes</p>	<p>16 10:00 a.m. Memory Café 1:15 p.m. Movie: Grace & Frankie Rated R</p>
<p>19 1:15 p.m. Movie: The Spy That Dumped Me Rated R 116 minutes 1:30 p.m. RMV Near Me</p>	<p>20 THANKSGIVING LUNCH 11 a.m. Tony Rarus Performs 3:00 p.m. **New Yoga Class (NO BROWN BAG TODAY)</p>	<p>21 10:30 a.m. New Senior Center Update 1 p.m. Brown Bag with Girl Scouts 4:30 p.m. COA Board Meeting</p>	<p>22 CLOSED FOR HOLIDAY</p>	<p>23 CLOSED FOR HOLIDAY</p>
<p>26 10:30 a.m. Decorate and Fill a Snowman Jar 1:15 p.m. Movie: Benched NR 111 minutes</p>	<p>27 10:00 a.m. Move-N-Groove 1 p.m. Hearing Appointments 3:00 p.m. **New Yoga Class</p>	<p>28 8:15 a.m. Facials 9:30 a.m. Jewelry Class 10 a.m. TRIAD 10:30 a.m. Veterans Agent Office Hours</p>	<p>29 1:15 p.m. Classic Movie: Man With the Golden Arm 118 minutes</p>	<p>30 8:30 a.m. Men's Breakfast In Ludlow 1:15 p.m. Movie: Grace & Frankie Rated R</p>

NOVEMBER LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Tuna Salad Plate	2 Pizza "Must Go" Soup
5 Cowboy Burgers French Fries	6 LUNCH & LEARN Lasagna Small Salad	7 Lemon Chicken Butternut Squash Green Beans	8 Crab Cakes Sweet Potato Fries Coleslaw	9 VETERANS DAY LUNCH Meatloaf Mashed Potatoes Mixed Vegetables
12 CLOSED FOR HOLIDAY	13 Cobb Salad	14 BIRTHDAY LUNCH Baked Haddock Rice Broccoli Casserole	15 Veal Parmesan Over Pasta Garlic Bread	16 Egg Salad on a Croissant Tomato Soup
19 Pasta with Marinara Sauce	20 THANKSGIVING LUNCH Turkey with all the Fixings	21 Salmon Boat Rice Pilaf Peas	22 CLOSED FOR HOLIDAY	23 CLOSED FOR HOLIDAY
26 Salisbury Steak Mashed Potatoes Carrots	27 Vegetable Frittata Roasted Potatoes	28 Stuffed Peppers Buttered Egg Noodles	29 Turkey Waldorf Salad Plate	30 Chicken Marsala over Rice Broccoli

SPECIAL EVENTS

Opera: Carmen (In 2 Parts)

Thursday, November 1 & November 8th at 10:00 a.m.

Join Janice Grimaldi for this very popular Opera, being shown in two parts.

Table Magic with Lendini

Thursday, November 1, at 11:30 a.m.

Our very own Lendini (Lenny Nadeau) perform magic as he travels table to table just before lunch. Can you figure out how he does it??

Horse Races

Friday, November 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.

National Donut Day

Monday, November 5, at 10:30 a.m.

Join us in the Lounge and sample different kinds of donuts. Will we have your favorite??

Decorating Group

Tuesday, November 6, 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 Paraffin Wax Hand Treatments

Wednesday, November 7, at 1:00 p.m.

Sign-up at the front desk for a paraffin wax hand treatment. Then come to the Lounge at 1:00 p.m. for this free treatment that will make your hands feel wonderful.

Caregiver Support Group

Tuesday, November 13, 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.

Trivia

Wednesday, November 14, 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.

Memory Cafe

Friday, November 16, at 10:00 a.m.

A memory café is a social gathering for individuals living with dementia and their care partners. Contact Director Jodi Zepke for more information and to register.

RMV Near Me

Monday, November 19, 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.

New Senior Center Update

Wednesday, November 21, 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.

Brown Bag with Girl Scouts

Wednesday, November 21, at 1:00 p.m.

Brown Bag pick-up is a day later this month due to the holiday luncheon. Girl Scouts will be helping us today.

Decorate & Fill a Snowman Jar

Monday, November 26, at 10:30 a.m.

Join us in the lounge to create this fun project for the holiday.

Jewelry Class

Wednesday, November 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.

SPECIAL LUNCHES

Veterans Day Lunch

Friday, November 9
at 11:15 a.m.

Our Veterans Ceremony will include *Pipes and Drums of the Worcester Police* before our Veterans Agent Eric Segundo speaks to us about the importance of Veterans Day.

Birthday Lunch

Wednesday, November 14
at 11:30 a.m.

Those born in November will 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. Please note the date change for November.

Thanksgiving Lunch

Tuesday, November 20
at 11:00 a.m.

Be sure to sign up early. Then join us to hear Tony Rarus perform before we enjoy a delicious holiday meal. Please remember no saving seats and the Dining Room doors open at 10:30 a.m.

OUTREACH ANNOUNCEMENT

TRIAD - Who they are and what they do

We have been asked many times this past month, "What is TRIAD?" So, let us explain. TRIADs are collaborative partnerships involving law enforcement, fire/medical personnel, county government and public safety, senior service providers, hospitals, senior clubs and organizations, and the senior residents themselves. TRIAD is not an acronym. The term refers to the three founding organizations of Triad: AARP, the International Association of Chiefs of Police (IACP), and the National Sheriffs' Association (NSA). Come check out a meeting and see what it's all about and how it can benefit you!

New Yoga Class Begins Tuesdays at 3:00 p.m.

Starting on Tuesday, November 6th.

**Cost: \$5.00 Drop-In Fee or
purchase your Yoga punch card at the front desk for \$39.00
(13 classes) can be used for any of the Yoga classes we offer.**

Register today!

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, November 14

Items Needed:

Coffee
 Decaf Coffee
 1 Ounce Plain Chip Bags
 Individually Wrapped Candy

Special thanks to everyone who helped to make our Beer & Wine Tasting event such a huge success. Your support was greatly appreciated!

The Friends of the Ludlow Senior Center

DONATIONS RECEIVED:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Terry Mikaelian - Candy.
- Inga Golash - Coffee
- Mary & Bill Sarad - Coffee & Snacks
- Anna Kozicki - Movie Snacks
- Mary Hart - Coffee
- Elaine Podadowski - Coffee
- Lisa Janulewicz - Dominos
- Susan Costa - Coffee
- Erika Desautels - Coffee
- Anonymous
- Country Bank
- Theresa Detka
- Eleanor Bozcon (BF)
- Inga Golash (BF)
- Quilt Sale (BF)
- Plant Sale (BF)
- Josh Carpenter (BF)

DONATIONS RECEIVED IN MEMORY OF:

Michael Ottomaniello:

Paul & Catherine Gatesman
 Rita Griffin
 Shirley Warren
 Ken & Marie Maillot
 Nicholas Ottomaniello
 Rebeccah Syczygiel - Big Y
 Mr. & Mrs. Leonard Gagnon (BF)

Millie Dias:

Rita Griffin

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

DONATIONS RECEIVED IN MEMORY OF:

Harley Stone:

Janet Reynolds
 Stephanie Tyburski
 Lisa Salamon (BF)
 Beverly Feicha (BF)
 Mr. & Mrs. Henry Zanetti (BF)
 Deb Thompson (BF)
 Olga Lozyniak (BF)
 Lonnie & Nancy Cavin (BF)
 Janice Sheaff (BF)
 Linda Leveille (BF)

Stella Cristina:

Janet Reynolds

William Lopes:

Etta Brockney, Barbara Green, Joan Methot, Elizabeth Aniolowski, Harvey Fontaine, Ida Abdow, & Ellie Rusinowski-Table 6 (BF)

Joanne Martin:

Nira Flatley (BF)

Helen Rodrigues:

Beatrice Jorge

Bo Melas:

Janet Reynolds

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 \$ _____ Used For: * _____

Check Here if you would prefer to remain anonymous *New Building Fund - General Need - Other

*If no area is specified monies will be designated for general need

Please make check payable to: **Friends of the Ludlow Senior Center** 37 Chestnut Street, Ludlow MA, 01056

THE SENIOR SCENE

PLACE
STAMP
HERE

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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

KRISTIN'S CORNER

Hello November!!! I am excited to say that the Move N Groove will be continuing! We have a great group of Move-N-Groovers coming weekly! Yoga will be continuing throughout the winter months, check out the calendar for the day and time. Punch cards for Yoga are available at the front desk for \$39.

We are very blessed to be in cooperation with the Ludlow Public School system, and their Life Skills Program. You might see some young people around working on some projects, make sure you say Hello! The Girl Scout Troop, had an amazing time playing volleyball and getting to know all of you! PLEASE sign up to be a pen pal! I need some volunteers! Come see me if you can help me out!

I am working on making trip sign ups a fair process, and available to all. Come January we will be implementing new methods of signing up. Be sure to read the trip page in future newsletters. However, the changes will not go into effect until we have another van.

This month I challenge you everyday to think of something you are thankful for, I'll start, I am thankful for all of YOU!

~Kristin, Activities Director

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
- 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.