

# NOVEMBER 2017

# 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

Many people are asking me about the process of building a New Senior Center. I wish it was an easy answer. All I can do is try to update you on the process each month.

As of writing this, we are currently waiting for the Board of Selectmen to approve a request made by the Senior Center Building Committee (SCBC) to have a special Town Meeting in January 2018. The SCBC is seeking to have a contingent appropriation article for \$9.8 million for the construction of a new Senior Center. This would cover the construction of a new Senior Center and everything that goes along with that. Because the article is asking for a debt exclusion, the residents will need to vote as to whether or not they support this project.

A vote at Town Meeting needs to happen within 90 days of the Annual Town Election. If the Town Meeting members vote "yes", the SCBC will then request a ballot question for the March 2018 election.

November is a month to be thankful. I am so thankful for all the support during this process from all of you, the COA, the SCBC, and especially my staff.

Thank you to all the veterans who allow us to be part of this great community.

*Jodi Lepre*

## SPECIAL LUNCHES

### Veterans Day Lunch

Thursday, November 9  
at 11:00 a.m.

Roger Tincknell will entertain us in the Dining Room. His show, *This Land is Your Land*, is filled with patriotic songs.

### Birthday Lunch

Wednesday, November 15  
at 11:30 a.m.

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

### Thanksgiving Lunch

Tuesday, November 21  
at 11:00 a.m.

Laurie Festa performs her one hour show in the Dining Room. Her show is followed with a traditional Thanksgiving lunch with all the fixings.

# 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 ask the nurse a question.

## HEARING CLINIC

### Deb Stroetzel: Tuesday, November 28

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, November 22

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

## FRIENDS OF THE LUDLOW SENIOR CENTER

### Wednesday, November 8, 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.

## COUNCIL ON AGING BOARD MEETING

### Wednesday, November 15, 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.

## BROWN BAG PROGRAM

### Tuesday, November 21, from \*2:30 p.m. - 4 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. \*Please note the time change for November's pick-up.\*

## STATE SENATOR LESSER OFFICE HOURS

### Thursday, November 9, 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.

## MEN'S BREAKFAST CLUB

### Friday, November 17, at 8:30 a.m. in Ludlow

Breakfasts are held on the last Friday of every month. Sites alternate between Ludlow and Wilbraham. Stanley Boyko will share memories and pictures about Enfield, MA where he grew up. Construction of the Quabbin Reservoir forced him to move.

## TRIAD

### Wednesday, November 22, 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, November 22, at 10:30 a.m.

Veterans Agent Eric Segundo will be holding office hours at the center for all veterans' issues.

# SENIOR CENTER TRIPS

Sign-up with Sarah beginning November 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

November 16

Cost: \$2.00

Departure: 9:30 a.m.

We'll start at Walmart, take a break for lunch, and end with Dollar Tree. Lunch is not included in the price of the trip. **The Snow date for trip is November 22.**

## Some Notes Regarding Trips

- After the first day of sign-ups, the trip book is located at the Front Desk. **If you need to sign-up, cancel or check your status on the wait list for a trip, contact the Front Desk.**
- In cases of bad weather, we will most likely wait until the morning of a trip to determine if it is safe enough to go. In these cases, a member of the Senior Center will call those on the trip list to let them know the trip has been cancelled.
- A quick reminder of the rules while riding the van: You must wear your seatbelt and remain in your seat when the van is in motion. You may not eat or drink in the van.

## Lunch Bunch: Grapevine Grill

November 29

Cost: \$2.00

Departure: 11:00 a.m.

We're heading to Belchertown to try some fresh Italian and Mediterranean style food. Menu's are at the Front Desk. **The Snow date for this trip is November 30.**

# 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, November 6

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.** Ceramics  
**9 a.m.** TRX Fusion  
**9 a.m.** Quilting  
**10 a.m.** Bean Bag  
 Baseball  
**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  
**9 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.** LGSC Bingo

## Thursday

**8 a.m.** Fitness Room  
**9 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  
**9 a.m.** TRX Fusion  
**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

Ithaca

(PG, 96 Min)

November 6

Starring: Meg Ryan. With his older brother off to war, fourteen-year-old telegram messenger Homer Macauley comes of age in the summer of 1942. (IMDB)

Wizard Of Lies

(NR, 133 Min)

November 13

Starring: Robert De Niro. A chronicle of Bernie Madoff's Ponzi scheme, which defrauded his clients of billions of dollars. (IMDB)

Gifted

(PG-13, 101 Min)

November 20

Starring: Chris Evans. Frank, a single man raising his child-prodigy niece Mary, is drawn into a custody battle with his mother. (IMDB)

Maudie

(PG-13, 115 Min)

November 27

Starring: Sally Hawkins. An arthritic Nova Scotia woman works as a housekeeper, while she hones her skills as an artist and eventually becomes a beloved figure in the community. (IMDB)

## CLASSIC MOVIES

My Favorite Brunette

(1947, 85 Min)

November 2

Starring: Bob Hope. Shortly before his execution in San Quentin, amateur sleuth and baby photographer Ronnie Jackson, tells reporters how he got there. (IMDB)

The Men

(1950, 85 Min)

November 9

Starring: Marlon Brando. A paralyzed war vet tries to adjust to the world without the use of his limbs. (IMDB)

The Amazing Adventure

(1936, 63 Min)

November 16

Starring: Cary Grant. A bored millionaire wagers his doctor that he can support himself at a working-class job for one year without touching his inheritance. (IMDB)

Mystery Movie

(?, ? Min)

November 30

Starring: We don't know. As of print, we're waiting for our new batch of movies. Join us for a surprise movie.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>When you wear your coat to the Senior Center please make sure your name is somewhere on your coat. It's as simple as writing your name on a piece of paper and putting in your coat pocket.</b></p>				
<p><b>6</b> 12:30 p.m. Eastfield Mall, Or Stop &amp; Shop Trip 1:15 p.m. Movie: Ithaca (PG, 96 Min)</p>	<p><b>7</b> 9:45 a.m. Puppet Class 1 p.m. Decorating Group</p>	<p><b>1</b> 8 a.m. Trip Sign-ups</p>	<p><b>2</b> 1:15 p.m. Classic Movie: My Favorite Brunette (85 Min)</p>	<p><b>3</b> 11:15 a.m. Horse Races</p>
<p><b>13</b> 1:15 p.m. Movie: Wizard Of Lies (NR, 133 Min)</p>	<p><b>14 LUNCH &amp; LEARN</b> 9:45 a.m. Puppet Class 10 a.m. Caregiver Support Group 12:00 Lunch &amp; Learn: Ludlow CARES Coalition</p>	<p><b>8</b> 9:30 a.m. Jewelry Class 10 a.m. Friends Meeting 2 p.m. Trivia</p>	<p><b>9 VETERANS DAY LUNCH</b> 10:30 a.m. State Senator Lesser Office Hours 11 a.m. Roger Tinknell Performs In The Dining Room 1:15 p.m. Classic Movie: The Men (85 Min)</p>	<p><b>10</b> <b>CLOSED FOR HOLIDAY</b></p>
<p><b>20</b> 1:15 p.m. Movie: Gifted (PG-13, 101 Min)</p>	<p><b>21 THANKSGIVING LUNCH</b> 9:45 a.m. Puppet Class 11 a.m. Laurie Festa Performs In The Dining Room 2:30 p.m. Brown Bag</p>	<p><b>15 BIRTHDAY LUNCH</b> 10:30 a.m. New Senior Center Update 11:30 a.m. Chorus Performs 4:30 p.m. COA Board Meeting</p>	<p><b>16</b> 9:30 a.m. Ware Walmart Trip 1:15 p.m. Classic Movie: The Amazing Adventure (63 Min)</p>	<p><b>17</b> 8:30 a.m. Men's Breakfast In Ludlow: Stanley Boyko: Enfield &amp; The Quabbin Reservoir 1:30 Book Club</p>
<p><b>27</b> 1:15 p.m. Movie: Maudie (PG-13, 115 Min)</p>	<p><b>28</b> 9:45 a.m. Puppet Class 1 p.m. Hearing Appointments 1:30 p.m. RMV Near Me</p>	<p><b>22</b> 8:15 a.m. Facials 10 a.m. TRIAD 10:30 a.m. Veterans Agent Office Hours</p>	<p><b>23</b> <b>CLOSED FOR HOLIDAY</b></p>	<p><b>24</b> <b>CLOSED FOR HOLIDAY</b></p>
<p><b>27</b> 1:15 p.m. Movie: Maudie (PG-13, 115 Min)</p>	<p><b>29</b> 11 a.m. Lunch Bunch Trip</p>	<p><b>29</b> 11 a.m. Lunch Bunch Trip</p>	<p><b>30</b> 1:15 p.m. Classic Movie: Surprise Movie</p>	<p>Looking for more to do? Our continuing activities are listed on page 4.</p>

# NOVEMBER LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>When you wear your coat to the Senior Center please make sure your name is somewhere on your coat. It's as simple as writing your name on a piece of paper and putting in your coat pocket.</p>				
<p><b>6</b> Stuffed Cabbage Buttered Noodles</p>	<p><b>7</b> Crab Cakes Tater Tots Coleslaw</p>	<p><b>1</b> Hamburger Chow Mein</p>	<p><b>2</b> Eggplant Parmesan Penne Pasta Salad</p>	<p><b>3</b> Monte Cristo "Must Go" Soup</p>
<p><b>13</b> Cowboy Burger French Fries</p>	<p><b>14</b> Chef Salad</p>	<p><b>8</b> Pizza Salad</p>	<p><b>9 VETERANS DAY LUNCH</b> Meatloaf Mashed Potatoes Glazed Carrots</p>	<p><b>10</b> <b>CLOSED FOR HOLIDAY</b></p>
<p><b>20</b> Spaghetti &amp; Meat Sauce</p>	<p><b>21 THANKSGIVING LUNCH</b> Turkey With All The Fixings</p>	<p><b>15 BIRTHDAY LUNCH</b> Chicken Marsala Egg Noodles Vegetable Medley</p>	<p><b>16</b> Baked Cod Rice Pilaf Mixed Vegetables</p>	<p><b>17</b> Vegetable Lasagna Garlic Bread</p>
<p><b>27</b> Lazy Chicken Pot Pie With A Biscuit</p>	<p><b>28</b> Salmon Boat Rice Pilaf Corn</p>	<p><b>22</b> Shrimp Poppers Seasoned Fries Coleslaw</p>	<p><b>23</b> <b>CLOSED FOR HOLIDAY</b></p>	<p><b>24</b> <b>CLOSED FOR HOLIDAY</b></p>
<p><b>29</b> Chicken Caesar Salad</p>	<p><b>29</b> Chicken Caesar Salad</p>	<p><b>30</b> Swedish Meatballs Over Egg Noodles</p>	<p>Looking for more to do? Our continuing activities are listed on page 4.</p>	

# SPECIAL EVENTS

## Horse Races

Friday, November 3, 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.

## Puppets Are Coming! You Are Invited To Join

Tuesdays, starting November 7, at 9:45 a.m.

Join Janice Grimaldi on Tuesday mornings to build a simple string-puppet. Jan has marionette –making experience and is offering her help. The process is simple and in three or four sessions, you will have your puppet done. You will learn how to use it too! The group is limited to twelve. Please sign-up at the front desk.

## Decorating Group

Tuesday, November 7, 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 months.

## Jewelry with Sandy Merrill

Wednesday, November 8, 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.

## Trivia

Wednesday, November 8, at 2:00 p.m.

We’re back to our original type of trivia. We’ll break into teams and answer questions ranging from current events to visual puzzles.

## Caregiver Support Group

Tuesday, November 14, from 10:00 a.m. - 11:30 a.m.

Our caregiver support group meets the second Tuesday of each month. This group is open to all caregivers. It is a place to connect, vent, grieve, laugh, and cry. Caregiving can be rewarding, but also extremely difficult. Join us and know you are not alone. Signing up is appreciated, but not mandatory.

## Lunch & Learn: Addiction Can Be Seen In Various Ways

Wednesday, November 14, at Noon.

Learn about the various ways addiction shows. The discussion is led by Elinor Kelliher, MD, member of the Board of Health and Angela Kramer, RN, MS, Ludlow Board of Health Nurse. Both are members of Ludlow CARES Coalition, a diverse community-wise organization united in providing opportunities to create a healthy environment that allows our youth to be successful.

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.**

## New Senior Center Update

Wednesday, November 15, at 10:30 a.m.

Join Jodi Zepke in the lounge as she shares updates on the progress of a potential new Senior Center.

## RMV Near Me

Tuesday, November 28, 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 such for identification cards, licenses, and registrations. Contact Sarah Gmeiner for information.

## TRX Fusion

Tuesdays & Fridays at 9:00 a.m.

Call for the next session’s dates. 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](http://www.TRXtraining.com).

## Brown Bag Program

Brown Bag program provides a free bag of healthy groceries to eligible seniors once a month at local senior centers and community organizations. The food items are specifically selected to meet seniors' special dietary requirements and to help them stay healthy and active.

The Brown Bag program is for people older than 55, who meet certain income guidelines. If you qualify for SSI, Medicaid, Fuel Assistance, Veteran's Aid or have a documented disability for which you receive SSDI, you probably qualify to receive Brown Bag monthly groceries.

For more information and an application, contact Debbie Johnson.

## Open Enrollment

### Health/Prescription Insurance Enrollment Period

October 15 – December 7

Each year you can make changes to your Medicare Advantage or Medicare prescription coverage for the following year. Starting October 15 through December 7, you will have a chance to change your coverage for 2018. All changes will take effect on January 1, 2018. You will be receiving paperwork in the mail from your current health/prescription coverage. It is very important you read these letters and understand the information they contain so you can make an educated decision, if you want to change your coverage or keep the one you are have.

During the enrollment period you can do the following:

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare Prescription Drug Plan to another Medicare Prescription Drug Plan.
- Drop your Medicare prescription drug coverage completely.

**If you have questions or would like to change your insurance, our SHINE representative (Serving the Health Information Needs of Everyone) is at the Ludlow Senior Center on Wednesdays.**

**Call 583-3564 to schedule an appointment.**



# 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, November 15

## ○ Items Needed:

Coffee  
Decaf Coffee  
1 Ounce Chip Bags

## DONATIONS RECEIVED:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Olga Lozyniak - Paper Goods, Coffee, Candy
- Maria DeCondio - Paper Goods
- Audrey Consolmango - Movie Snacks
- Marie Matera - Movie Snacks
- Mary Ann Genza - Movie Snacks
- Dorothy Iellamo
- Edna White
- Helen Paroline
- United Way
- LHS Class of 1965 (BF)
- Mary Hart - Coffee

## DONATIONS RECEIVED IN MEMORY OF:

### Peter Pouloupoulos:

Harley & Miriam Stone  
Edna White

### Myrtle Savoie:

Helen Grabowski (BF)  
Sylvia Ouellette (BF)

## FLOWERS RECEIVED IN MEMORY OF:

Candido Rodrigues

## 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

## 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

## Ludlow Senior Center



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Ludlow, MA 01056

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COA@Ludlow.ma.us

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### 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

Frank Krzanik

Diane Goncalves

Sheena Santolini

Janice Grimaldi

## PUPPETS ARE COMING! YOU ARE INVITED TO JOIN

Tuesdays, starting November 7, at 9:45 a.m.

Join Janice Grimaldi on Tuesday mornings to build a simple string-puppet. Jan has marionette-making experience and is offering her help. The process is simple and in three or four sessions, you will have your puppet done. You will learn how to use it too! The group is limited to twelve. Please sign-up at the front desk.

### 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.