

OCTOBER 2018

THE SENIOR SCENE

Ludlow Senior Center

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Office Hours:

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

JAMMIN' WITH JODI

The senior center's new activities director, Kristin M. Burgess, has moved around the country a lot and worn a variety of professional hats in her 45 years.

She said that she was hooked by the senior center's challenges and close-knit feeling. "I think that when I applied and came in for an interview, I wanted to try something (new)," she said. "It was the atmosphere of a family that made me feel compelled to be here."

Born in Quincy, she was raised in eastern Massachusetts, on Long Island and in the Berkshires. The moves were necessitated by her father's career as an executive with the Boy Scouts of America, she said.

She spent two years studying at Concordia University in Wisconsin, before launching a personal and professional path that led to two years in Florida, 12 years in Detroit and a return to the Berkshires. Along the way, she worked at a variety of positions, including as an emergency medical technician and medical assistant, a fitness instructor, and a part-time police officer in Hinsdale. Newly settled in Ludlow, Burgess, who is the mother of two grown children, said she has found the town nice and welcoming. She noted that her new community and career are both exciting.

"One (job) goal is to bring joy to other people," she said. "Also, I want to open people's minds to try new things." She said that she wants to bring new classes to the senior center's calendar, as well as new trips. "And I want to bridge the younger community with the older population," she said.

Burgess said that she wants the senior center's visitors to feel free to talk with her about anything. She said that she has seen some progress already with spreading joy. "People smile, when they see me," she noted. "That's a step in the right direction."

The above interview was written and submitted by Christopher Hamel.

Jodi Zepke

New & FREE In October...

MOVE - N - GROOVE

**TUESDAY MORNINGS
10:00 AM - 11:00 AM**

Sign Up for this FREE new exercise class taught by our Activities Director, Kristin. This class is appropriate for everyone regardless of your physical limitations. It is sure to be a lot of FUN!!

"A MATTER OF BALANCE" FREE WORKSHOP

**4 CLASSES ON FRIDAYS
STARTING OCTOBER 12TH
9:30 AM - 11:30 AM**

Many adults experience concerns about falling and restrict their activities. This workshop is an award-winning program designed to manage falls and increase activity levels. Limited space.

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, October 30

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, October 24

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, October 9, 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, October 10, 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, October 11, 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, October 16, 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, October 17, 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, October 24, 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, October 24, 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, October 19, 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. Please note date change for this month.

SENIOR CENTER TRIPS

Sign up beginning October 1 at 8 a.m. by calling Kristin at 583-3564.
You may sign up yourself and your spouse. You may not sign up a friend or relative.

Fall Foliage Trip

Thursday, October 11

Cost: \$2.00 Departure: 9:00 a.m.

Enjoy a nice ride through the Berkshires for the Fall Foliage sites. We'll stop at Dewey's restaurant before going home. Lunch is on your own.

Lunch Bunch: Red Rose Pizzeria

Thursday, October 18

Cost: \$2.00 Departure: 11:30 a.m.

Enjoy lunch at the Red Rose and then tour MGM to see all that it has to offer. **This is not a gambling trip.** We will be just walking through the Casino to check out the restaurants and entertainment areas. Lunch is on your own.

Quilting Trip

Friday, October 19

Cost: \$2.00 Departure: 8:10 a.m.

A trip for serious quilters only!! Join us as we visit 5 quilting stores on the Quilt Shop Hop Tour. We will NOT stop for lunch, but eat snacks provided at each quilt store.

- 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.

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, October 1

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
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

OCTOBER MOVIE SCHEDULE

Adrift

(PG-13, 99 Min)

October 1

Starring: Shailene Woodley and Sam Claflon. Based on a true story about a husband and wife sailing directly into a hurricane.

Tag

(R, 105 Min)

October 15

Starring: Jeremy Renner, Jon Hamm, Ed Helms, Jake Johnson & Hannibal Buress. Based on a true story about 5 friends and their 23 year game of tag.

The Miracle Season

(PG, 101 Min)

October 22

Starring: Helen Hunt. After a tragic death of a team member, a high school volleyball team must rally to win the state championship.

Rampage

(PG-13, 115 Min)

October 29

Starring: Dwayne Johnson. A primatologist with an unshakable bond with a rare albino silverback gorilla. A rogue genetic experiment gone awry changes the gorilla.

CLASSIC MOVIES

Cat on a Hot Tin Roof

Part 1 (1958, 72 Min)

October 4

Starring: Paul Newman & Elizabeth Taylor. Big Daddy (Burl Ives) wants to know why they haven't given him a grandchild during a visit on his 65th birthday.

Cat on a Hot Tin Roof

Part 2 (72 min)

October 11

Starring: Paul Newman, Elizabeth Taylor and Burl Ives. The story continues. (Because this movie was so long it was divided into two parts).

Rebel Without A Cause

(1955, 111 Min)

October 18

Starring: James Dean & Natalie Wood. A new kid in town, who is trying to start with a clean slate, falls for the town bully's girlfriend.

Hocus Pocus

(1993, 96 Min)

October 25

Starring: Bette Midler, Sarah Jessica Parker and Kathy Najimy. For Halloween! Two teens new to Salem, MA decide to explore an abandoned house.

OCTOBER ACTIVITIES CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 HOMEMADE COOKIE DAY 8 a.m. Trip Signups 10:30 a.m. Cookie Samples 12:30 p.m. Eastfield Mall, Or Stop & Shop Trip 1:15 p.m. Movie: Adrift (PG-13, 99 min)</p>	<p>2 10:00 a.m. Move-N-Groove 1 p.m. Decorating Group</p>	<p>3 NATIONAL COFFEE WITH A COP DAY 10:00 a.m. Chief Madera in Lounge</p>	<p>4 1:15 p.m. Classic Movie: Cat on a Hot Tin Roof - Part 1 (72 min)</p>	<p>5 DO SOMETHING NICE DAY (See page 7) 11:15 a.m. Horse Races 1:15 p.m. Girl Scouts Visit - Chair Volleyball 1:15 p.m. Movie: Grace & Frankie episodes (R)</p>
<p>8 CLOSED FOR HOLIDAY</p>	<p>9 10 a.m. Caregiver Support Group 10:00 a.m. Move-N-Groove</p>	<p>10 10 a.m. Friends Meeting 2 p.m. Trivia</p>	<p>11 9:30 a.m. Fall Foliage Trip 10:30 a.m. State Senator Lesser Office Hours 1:15 p.m. Classic Movie: Cat on a Hot Tin Roof - Part 2</p>	<p>12 9:30 a.m. Matter of Balance Workshop 1:30 p.m. Book Club <i>Senior-Strong Wine & Beer Tasting 5-8 pm at Ludlow Country Club</i></p>
<p>15 1:15 p.m. Movie: Tag (R, 105 min)</p>	<p>16 10:00 a.m. Move-N-Groove 1 p.m. Brown Bag</p>	<p>17 BIRTHDAY LUNCH 10:30 a.m. New Senior Center Update 11:30 Chorus Performs 4:30 p.m. COA Board Meeting</p>	<p>18 11:30 a.m. Lunch Bunch Trip 1:15 p.m. Classic Movie: Rebel Without A Cause (111 min)</p>	<p>19 8:10 a.m. Quilting Trip 8:30 a.m. Men's Breakfast In Wilbraham 9:30 a.m. Matter of Balance 10:00 a.m. Memory Café 1:15 p.m. Movie: Grace & Frankie episodes (R)</p>
<p>22 National Nut Day 10:30 a.m. Sample nuts in the Lounge 1:15 p.m. Movie: The Miracle Season (PG, 101 min) 1:30 p.m. RMV Near Me</p>	<p>23 OKTOBERFEST 11 a.m. Eddie C Performs 1 p.m. Hearing Appointments (NO Move-N-Groove today)</p>	<p>24 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>25 1:15 p.m. Classic Movie: Hocus Pocus (PG, 96 min)</p>	<p>26 9:30 a.m. Matter of Balance 1:30 p.m. Book Club</p>
<p>29 1:15 p.m. Movie: Rampage (PG-13, 115 min)</p>	<p>30 NATIONAL CANDY CORN DAY 10:00 a.m. Move-N-Groove 10:30 am. Samples in Lounge</p>	<p>31 HALLOWEEN 10:30 a.m. Cookie Decorating 11:30 a.m. Costume Contest</p>	<p>Sylvia Ouellette would like to extend a special thank you to everyone who supported the handmade Quilt and Craft fundraiser for the Friends Building Fund.</p>	

OCTOBER LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Louisa with Egg Noodles Corn	2 Crab Cakes Coleslaw French Fries	3 Sausage Grinders Onions & Peppers Sun Chips	4 Salisbury Streak Mashed Potatoes Vegetables	5 Carla's Meatball Soup Small Salad
8 CLOSED FOR HOLIDAY	9 Chicken Fajita Salad	10 Baked Cod Rice Pilaf Mixed Vegetables	11 BBQ Riblet on a Roll Tater Tots	12 Hamburg Chow Mein over Mashed Potatoes
15 Chili 1/2 Baked Potato Corn Bread	16 Chef Salad	17 BIRTHDAY LUNCH Stuffed Chicken Breast Scalloped Potatoes Green Beans	18 Spaghetti with Meat Balls	19 Tuna Melt "Must Go Soup"
22 Seafood Newburg over Rice	23 OKTOBERFEST Beer Braised Pork w/ Onions & Sauerkraut German Potato Salad	24 Baked Ranch Chicken Vegetable Small Salad	25 Potato Crunch Fish Sweet Potato Fries Three Bean Salad	26 Hot Dogs Baked Beans Brown Bread
29 Chicken Patty Sandwich with L&T French Fries	30 Stuffed Cabbage with Egg Noodles	31 HALLOWEEN BBQ Bat Wings Roasted Eyeballs Glazed Fingers	Please bear with us while we search for a new cook. Menu may change. Please check with the front desk when you sign up.	

SPECIAL EVENTS

Homemade Cookies Day

Monday, October 1, at 10:30 a.m.

Join us in the Lounge and sample some tasty homemade cookies..

Decorating Group

Tuesday, October 2, 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.

National Coffee with a Cop Day

Wednesday, October 3, at 10:00 a.m.

Stop by the Lounge to say hello to Police Chief Paul Madera. This is Ludlow's first time participating in this national event.

Do Something Nice Day

Friday, October 5

In the Lounge you will find a container with slips of paper. Once you take one, you are committed to doing whatever it asks you to do. Each suggestion will lead you to do something nice

Horse Races

Friday, October 5, 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.

Trivia

Tuesday, October 10, at 2:00 p.m.

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

Thursday Cribbage

Every Thursday at 1 p.m.
\$2.00 entry fee each week

Calling all cribbage players! If you enjoy playing cribbage and a little competition, this is the group for you.

New Senior Center Update

Wednesday, October 17, at 10:30 a.m.

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

National Nut Day

Monday, October 22, at 10:30 a.m.

Join us in the lounge and go nuts making up a mix of your favorite nuts.

RMV Near Me

Monday, October 22, 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.

Jewelry with Sandy Merrill

Wednesday, October 24, 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.

National Candy Corn Day

Tuesday, October 30, at 10:30 a.m.

Stop by the Lounge to pick up your pre-made baggie of Candy Corn and treat your sweet tooth to a sweet treat.

Halloween Cookie Decorating

Wednesday, October 31, at 10:30 a.m.

Located in the Lounge, turn your cookie into a pumpkin.

Halloween Costume Contest

Wednesday, October 31, at 11:30 a.m.

Dress to impress in your favorite Halloween costumes. Win a prize for MOST creative, MOST authentic, MOST scary and MOST silly.

SPECIAL LUNCHES

Birthday Lunch

Wednesday, October 17
at 11:30 a.m.

Those born in October 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.

Oktoberfest

Tuesday, October 23
at 11:00 a.m.

Join us and enjoy great music by one of our favorites, Eddie C. Then have a delicious German Cuisine lunch to finish off the celebration.

Halloween Lunch

Wednesday, October 31
at 11:30 a.m.

We'll start off with our Halloween Costume contest with prizes for special categories. After that enjoy a delicious meal. Don't be fooled by the menu!

OUTREACH ANNOUNCEMENT

SNAP for Seniors - New Information

The Massachusetts Food Stamp Program, now called the Supplemental Nutrition Assistance Program (SNAP) has been streamlined for seniors.

Most low-income households can apply for SNAP benefits. The maximum monthly income for a single senior is \$2020.00. There is no longer an asset limit.

The applicant must:

- Be a U.S. citizen or meet certain legal immigrant rules
- Live in Massachusetts
- Meet the SNAP income rules

You can apply on-line at www.mas.gov/snap-benefits-food-stamps or make an appointment with Debbie. It takes approximately twenty minutes for the application to be completed. You do not have to leave Ludlow.

Call today to make an appointment with Debbie at 583-3564. A 20-minute appointment could give you a way to supplement your food budget.

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, October 17

Items Needed:

Coffee
Decaf Coffee
1 Ounce Plain Chip Bags
Individually Wrapped Candy



DONATIONS RECEIVED:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Correia Family - Napkins, Chips, Coffee & Lounge snacks.
- Naomi White - Napkins
- Patti DeTomas & Frank Krzanik - Snacks
- Dorothy Iellamo
- Leonard Nadeau
- Janice Sheaff (BF)
- Quilt & Handmade Craft Sale (BF)
- John & Mary Mikaelian (BF)
- Jeanne Wilson - Movie snacks

DONATIONS RECEIVED IN MEMORY OF:

Lucy Talagz:

Elizabeth Aniolowski (BF)
Etta Brockney (BF)
Joan Methot (BF)
Harvey Fontaine (BF)
Eleanor Slosek (BF)
Barbara Green (BF)
Ida Abdow (BF)

Michael Ottomaniello:

Sylvia Ouellette
Danny Kenny
Harley & Miriam Stone
Ella Holbrook
Janice & Paul Mayberry
Sandra Dolley (BF)
Deborah Thompson (BF)
John & Elisha Ladue

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

DONATIONS RECEIVED IN MEMORY OF:

Millie Dias:

Rita Batista
Harley & Miriam Stone
Gilbert & Kelly Gonsalves
Etta Brockney
Barbara Green
Elizabeth Aniolowski
Joan Methot
Florence Shea
Ella Holbrook
Pauline Dias
Stephanie Tyburski
Dolores Goncalves (BF)
Theresa Detka (BF)
Emil & Julieta Hoeckh (BF)
Eleanor Duquette (BF)
Beverly Zull (BF)
Marcia Hobbs (BF)
Jack Gilroy (BF)
Patricia Taft (BF)
Stanley & Carole Kareta (BF)
Claire Bachand (BF)
Betty & Vinnie Harackiewicz (BF)
Mary Ann & Lawrence Lyons (BF)
Naomi White (BF)
Linda Leveille (BF)
Beatrice Jorge (BF)
Deborah Thompson (BF)
Nancy & Lonnie Cavin (BF)
Lois Morais (BF)

Wine & Beer Tasting - Friday, October 12th - 5 pm - 8 pm at Ludlow Country Club

On Friday, October 12th the Friends will sponsor a Wine & Beer Tasting fundraising event. Tickets are \$20 each and are available at the Front Desk at the Center. There will also be raffles and entertainment. Money raised is for the new Senior Center Building Fund.

THE SENIOR SCENE



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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

First things first, Thank you all for the warm welcome to this beautiful community! I have been enjoying getting to know each and every one of you. There are some exciting events on the calendar, and future calendars. I have been listening to all the suggestions and wishes that have come across my desk.

Move-N-Groove, is a new class that I am teaching. It is FREE!! The class will incorporate dance, strength, weights, and LOTS of fun! I ask that you approach this with an open mind. I have been teaching fitness for almost 15 years, and this class is "do-able" for all ability levels. I will be offering many options. My motto for the class is, "If you can move it, you can groove it!"

I have the Girls Scout Troop here in Ludlow coming to help out at the Senior Center once a month. They are earning their Silver Senior badge. We will be introducing a "Pen-Pal" program, as they would like to get to know you on a personal level through letters. There will be a sign up at the front desk if you are interested in being a pen pal. PLEASE help the girls earn their badge by volunteering for this. Happy October Friends! ~Kristin Burgess, 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

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

Senior Center Staff

- Jodi Zepke, Executive Director
- Carla Roberts, Program Coordinator
- Debbie Johnson, Outreach Coordinator
- Kristin Burgess, Activities Director
- Kathy LoFland, Cook
- Matt Pszeniczny, Dispatcher
- Joaquim Alves, Full Time Van Driver
- John Garcia, Part Time Van Driver
- Debra Borecki, Bookkeeper
- Jorge Fialho, Maintenance

The Ludlow Senior Center reserves the right to utilize photos or videos