

OCTOBER 2017

THE SENIOR SCENE

Ludlow Senior Center

○ Inside this issue:

Wellness & Support	2
Trips	3
Movie Schedule	4
Special Events	7
Outreach	8
Friends' Page	9
New TRX Session	10

○ 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

It is a new season and a new day at the Ludlow Senior Center. You will notice subtle changes to the newsletter and we have begun new programs.

Our main issue is trying to fit in all these programs. We have space constraints and lack of appropriate rooms for these programs. This is one of many reasons why we are trying to build a new Senior Center.

We are in the basement of a large, old building with very limited space. This space is not appropriate for an older adult.

We have many safety concerns, HVAC issues, and plumbing issues in a building that is held together with band-aids. Toilets don't flush. Windows don't open. There is no sunlight to be seen.

There are many expectations of Senior Centers these days from both a local and State level. We are struggling in this building to meet the needs of our current older adults. In this building we can't begin to prepare for the increase of seniors in the years to come.

We do amazing things in a building that is no longer adequate. If you have not been to our facility I invite you to come and see who we are, what we do, and the environment we work in. I do not expect everyone to support our project, but please educate yourself and know what we deal with on a daily basis.

We are a social service agency that changes lives, saves lives, and makes a difference for the older adults of Ludlow. We are SeniorStrong.

SPECIAL LUNCHES

Oktoberfest Lunch

Thursday, October 12
at 11:00 a.m.

Eddie C will entertain us in the Dining Room, before a German-inspired lunch.

Birthday Lunch

Wednesday, October 18
at 11:15 a.m.

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

Halloween Lunch

Tuesday, October 31
at 11:45 a.m.

Our theme this year is TV shows! Show up as your favorite TV character and enter our costume contest, just before lunch. The top prize is \$50!

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 10:00 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, October 31

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 1:00 p.m. - 2:00 p.m.

Blood pressure checks are provided by volunteers. Please call the center to verify a nurse is onsite.

FACIALS

Diane Neill: Wednesday, October 25

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, October 11, at 10:00 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 12, 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 17, from 1:00-3:00 p.m.

Offered through the Food Bank of MA, Brown Bag helps those over the age of 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 18, 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 25, 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, October 25, at 10:30 a.m.

Veterans Agent Eric Segundo will be holding office hours at the Center for all interested in Veterans' issues.

MEN'S BREAKFAST CLUB

Friday, October 27, at 8:30 a.m. in Wilbraham

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

SENIOR CENTER TRIPS

Sign-up with Sarah beginning October 2 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.

Wrentham Outlet Trip

Wednesday, October 4

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

Looking for some good deals? Join us for a day of shopping at the outlets. Lunch is not included in the price of the trip. Outlet maps are at the front desk.

Quilting Trip

Friday, October 20

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.

Foliage Trip

Monday, October 16

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

Check out the changing leaves on some back roads of Western Mass. We'll drive on route 66, 112, and possibly 9. We'll stop at some country stores and a place for lunch, before returning to the center.

Local Foliage Trip

Date dependent on peak foliage

Cost: FREE Departure: 1:15 p.m.

Matt Pszeniczny will do an hour tour of the greater Ludlow area. We will run the trip each day of the week of peak foliage. Sign-up at the front desk and we'll let you know the date of the trips, as soon as the trees start turning.

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, October 2

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

8:00 Fitness Room
9:00 Knitting
9:30 Massage
 Appointments
10:00 YMCA
 Boomer Boot Camp
10:00 Dominos
12:00 Lunch
12:30 Donors 9-Ball
 Round Robin Billiards
1:00 Pitch
1:15 Movie

Tuesday

8:00 Fitness Room
8:00 Ceramics
8:30 Pedicure Appts
9:00 TRX Fusion
9:00 Quilting
10:00 Bean Bag
 Baseball
12:00 Lunch
12:30 Men's Round
 Robin Billiards
1:00 Bingo
1:00 Bridge
1:00 Blood Pressure

Wednesday

8:00 Fitness Room
8:00 Open Billiards
8:00 Ceramics
9:30 Massage
 Appointments
10:00 YMCA
 Boomer Boot Camp
12:00 Lunch
1:00 Pitch
1:00 LGSC Bingo

Thursday

8:00 Fitness Room
8:00 Ceramics
9:00 Tai Chi
9:30 Women's
 Billiards
10:00 Drop-In Nurse
10-11 Yoga
12:00 Lunch
12:30 Donors 8-Ball
 Round Robin Billiards
1:00 Choral Group
1:15 Classic Movie

Friday

8:00 Fitness Room
8:00 Open Billiards
9:00 TRX Fusion
10:00 YMCA
 Boomer Boot Camp
12:00 Lunch
1:00 Coloring Club
1:00 Cribbage
1:15 Chair Volleyball

OCTOBER MOVIE SCHEDULE

The Last Word
 (R, 108 Min)
 October 2 & 3

When a woman decides to write her own obituary, a young journalist decides to verify the facts. (IMDB)

The House
 (R, 88 Min)
 October 10

A couple starts an illegal casino in their friend's house, to make their daughter's college money. (IMDB)

Megan Leavey
 (PG-13, 116 Min)
 October 16 & 17

A true life story of a Marine, whose bond with her military combat dog saved lives during their deployment in Iraq. (IMDB)

The Hero
 (R, 93 Min)
 October 23 & 24

An ailing movie star comes to terms with his past and mortality. (IMDB)

Everything, Everything
 (PG-13, 96 Min)
 October 30 & 31

A teenager who's spent her whole life confined to her home falls for the boy next door. (IMDB)

Thursday Classics:

Dean Martin Roasts
 (1976, 100 Min)
 October 5

Don Rickles serves as roast master for Dean Martin's own roast. Also featured are Foster Brooks, Ruth Buzzi, and Bob Hope. (IMDB)

Road To Hollywood
 (1947, 53 Min)
 October 12

A fictional story of Bing Crosby's rise to fame, using scenes from four early Crosby shorts to illustrate his fictional biography. (IMDB)

Charade
 (1963, 113 Min)
 October 19

Romance and suspense ensue in Paris, as a woman is pursued by several men who want a fortune her murdered husband had stolen. (IMDB)

Road To Bali
 (1952, 91 Min)
 October 26

Two unemployed show-biz pals accept treasure-diving work in Bali for a local princess, and they find treasure, love and trouble. (IMDB)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8:00 Trip Sign-ups 12:30 Eastfield Mall, And Stop & Shop Trip 1:15 Movie: The Last Word (R, 108 Min)</p>	<p>3 1:00 Decorating Group 4:00 - 7:00 Ceramics 5:00 Movie: The Last Word</p>	<p>4 9:00 Wrentham Outlet Trip</p>	<p>5 1:15 Classic Movie: Dean Martin Celebrity Roasts (100 Min)</p>	<p>6 9:00 TRX Fusion Session Ends 11:15 Horse Races</p>
<p>9 CLOSED FOR HOLIDAY</p>	<p>10 9:00 New TRX Fusion Session 10:00 - 11:30 Caregiver Support Group 4:00 - 7:00 Ceramics 5:00 Movie: The House (R, 88 Min)</p>	<p>11 9:00 - 3:00 Pen Turning Demonstrations 10:00 Friends Meeting 2:00 Trivia</p>	<p>12 OKTOBERFEST 10:00 State Senator Lesser Office Hours 11:00 "Eddie C" Entertains 1:15 Classic Movie: Road To Hollywood (53 Min)</p>	<p>13 1:15 Scarecrow Craft 1:30 Book Club</p>
<p>16 9:00 Foliage Trip 1:15 Movie: Megan Leavey (PG-13, 116 Min)</p>	<p>17 9:00 TRX Fusion 1:00 - 3:00, Brown Bag 4:00 - 7:00, Ceramics 5:00 Movie: Megan Leavey</p>	<p>18 BIRTHDAY LUNCH 10:30 New Senior Center Update 11:30 Chorus Performs 4:30 COA Board Meeting</p>	<p>19 1:15 Classic Movie: Charade (113 Min)</p>	<p>20 8:10 Quilt Shop Hop Trip</p>
<p>23 1:15 Movie: The Hero (R, 93 Min) 1:30 State Senator Lesser "Cider And Donuts" Tour 1:30 - 3:30 RMV Near Me</p>	<p>24 4:00 - 7:00 Ceramics 5:00 Movie: The Hero</p>	<p>25 8:15 Facials 9:30 Jewelry Class 10:00 TRIAD 10:30 Veterans Agent Office Hours</p>	<p>26 1:15 Classic Movie: Road To Bali (91 Min)</p>	<p>27 8:30 Men's Breakfast In Wilbraham 1:30 Book Club</p>
<p>30 1:15 Movie: Everything, Everything (PG-13, 96 Min)</p>	<p>31 HALLOWEEN LUNCH 1:00 Hearing Appts 4:00 - 7:00 Ceramics 5:00 Movie: Everything, Everything</p>			

OCTOBER LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Stuffed Peppers Buttered Noodles	3 Chicken A La King Mashed Potatoes	4 Ham & Cheese Frittata Sweet Potato Fries	5 Sweet Sausage Grinder Onions & Peppers Sun Chips	6 American Chop Suey
9 CLOSED FOR HOLIDAY	10 Chef Salad	11 Seafood Newburg Over Rice	12 OKTOBERFEST Knockwurst German Potato Salad Red Cabbage	13 Mild Chili Corn Bread
16 Sloppy Joe Tater Tots	17 Roast Turkey Sweet Potatoes Green Beans	18 BIRTHDAY LUNCH Stuffed Pork Chop Rice Pilaf Squash Casserole	19 Chicken Patty On A Roll Seasoned Fries	20 Marinated Tuna Salad On Mixed Greens
23 Reuben Casserole Roasted Potatoes	24 Cobb Salad	25 Meatloaf Mashed Potatoes Green Beans	26 BBQ Riblet Sandwich Onion Straws Coleslaw	27 Tuna Melt Cucumber Salad
30 Lasagna Garlic Bread	31 HALLOWEEN LUNCH BBQ Skeleton Legs Roasted Eyeballs Rotten Teeth			

SPECIAL EVENTS

Decorating Group

Tuesday, October 3, 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.

Horse Races

Friday, October 6, 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.

Caregiver Support Group

Tuesday, October 10, 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.

Pen Turning Demonstrations

Wednesday, October 11, 9:00 a.m. - 3:00 p.m.

Stop by the Wood Shop for the opportunity to watch pen's being made. Craftsman Tom Gibeau will demonstrate the art of making pens with a wood lathe. All the pens he creates during the day will be donated to the organization Turn For Troops, which donates pens to troops overseas.

Trivia

Wednesday, October 11, at 2:00 p.m.

This group plays different types of trivia games. We split the group into multiple teams and play for fun.

FREE Mini Scarecrow Craft

Friday, October 13, at 1:15 p.m.

10 spaces available. Sign-up at the Front Desk.

Join Kathy LoFland as she walks you through making her favorite Halloween craft. She'll bring the supplies, you bring the ideas. These mini scarecrows will make perfect decorations for inside or outside your house, just in time for Halloween.

New Senior Center Update

Wednesday, October 18, at 10:30 a.m.

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

State Senator Lesser's "Cider and Donuts" Tour

Monday, October 23, at 1:30 p.m.

Join Senator Eric Lesser for fall fun as he visits our Center. The Senator will bring Cider and Donuts to enjoy.

RMV Near Me

Monday, October 23, 1:30 - 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.

Jewelry with Sandy Merrill

Wednesday, October 25, 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.

Evening Volleyball

Mondays & Thursdays at 5:30 p.m.

Cost: \$20 for the season

Held at the East Street School, this group breaks into teams each session and plays a round robin style tournament. The group follows Ludlow school district scheduling.

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.

FUEL ASSISTANCE APPLICATIONS 2017-2018

Fuel assistance starts 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.

Please do not drop off any applications or paperwork at the front desk for Debbie Johnson.
You must make an appointment to meet with her.

The new maximum gross income levels are:

1 person \$34,380

2 people \$44,958

You may also apply for assistance, if your heat is included in your rent.

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 advance the welfare of senior citizens in the Town of Ludlow.

○ Next 50/50 Raffle:

Wednesday, October 18

○ Items Needed:

Coffee
Decaf Coffee
1 Ounce Chip Bags

DONATIONS RECEIVED:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Susan Piwowarczyk - Coffee
- Anonymous - Napkins
- Alesia Barbaro
- Dorothy Iellamo
- David Runshaw Granby
- Carpet & Vinyl
- Monday Pitch Players
- Neil Robbins
- Theresa Detka
- Harley & Miriam Stone
- Alice Martin (BF)
- St. Elizabeth's Church
- Center Street Cumberland Farms

DONATIONS RECEIVED IN MEMORY OF:

Everett (Slim) Marchiony:
Ludlow Billiards Club

Janice Savoie:
Lonnie & Nancy Cavin (BF)

Eva (Terry) Ericksberg:
Odette Nunes Turcott (BF)

FLOWERS RECEIVED IN MEMORY OF:

Doris Mendes

Paul Lopes

Maria Barroso

Mary L. DePonte

SeniorStrong Wine Tasting

October 27
5:00 p.m. - 8:00 p.m.

Ludlow Country
Club

There will be:
Wine, raffles, music

Come and support
a new Ludlow
Senior Center

Tickets available
at front desk

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.

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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

NEW TRX FUSION SESSION BEINGS OCT. 10

Tuesday & Friday

9:00 a.m. - 10:00 a.m.

Cost: \$18.00 for 6 sessions

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.

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.