

# THE SENIOR SCENE

## Ludlow Senior Center

—○ Phone Number:

(413) 583-3564

—○ Address:

37 Chestnut Street  
Ludlow, MA 01056

—○ Email Address:

COA@Ludlow.ma.us

—○ Website:

Ludlow.ma.us

—○ Office Hours:

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

—○ Inside this issue:

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## Caregiver Support Group

**Tuesday, September 12<sup>th</sup> 10:00 a.m. - 11:30 a.m.**

Our caregiver support group will meet the 2<sup>nd</sup> 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.

## Don't Ignore Your Medicare Mail!

It's that time of year! If you have a **Medicare Prescription Drug Plan** or a **Medicare Advantage Plan** (HMO, PPO), you will receive information from your plan by the end of September. Please **understand** and **save** this information regarding changes in your plan for 2018.

During Medicare Open Enrollment (**October 15 - December 7**), you may change your insurance plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call the Ludlow Senior Center at 583-3564. Be sure to bring your Medicare and insurance cards and complete list of your medications to your

## Outdoor Concert Series: Kat Kennedy

**Tuesday, September 26<sup>th</sup> at Noon**

Concerts in the park are free and all are welcome to join us at the gazebo in the park. Lunch, for those who sign-up, is handed out in the lobby. All concerts begin at noon.

# 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 and can 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, September 26<sup>th</sup>

Deb Stroetzel, MA, CCC-A, provides answers to questions you have regarding your hearing. Appointments are required and can 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 and can 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 on-site.

## FACIALS

### Diane Neill: Wednesday, September 27<sup>th</sup>

Diane Neill, MA licensed esthetician, provides facials and additional skin care services. A one hour facial starts at just \$30. Appointments are required and can be made by calling the Center.

# MEETINGS & SUPPORT GROUPS

## TRIAD

### Wednesday, September 27<sup>th</sup> at 10:00 a.m.

Held the 4<sup>th</sup> 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, September 27<sup>th</sup> at 10:30 a.m.

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

## BROWN BAG PROGRAM

### Tuesday, September 19<sup>th</sup> 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. Pick-up is the 3<sup>rd</sup> Tuesday of each month.

## FRIENDS OF THE LUDLOW SENIOR CENTER

### Wednesday, September 13<sup>th</sup> 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 2<sup>nd</sup> Wednesday of each month and find out what you can do to help.

## COUNCIL ON AGING BOARD MEETING

### Wednesday, September 20<sup>th</sup> at 4:30 p.m.

Held the 3<sup>rd</sup> Wednesday of every month, this meeting is open to the public unless there's an executive session.

## STATE SENATOR LESSER OFFICE HOURS

### Thursday, September 14<sup>th</sup> at 10:30 a.m.

Talk with State Senator Eric Lesser's District Director. Joel visits the Center the 2<sup>nd</sup> Thursday of each month.

## MEN'S BREAKFAST CLUB

### Friday, September 29<sup>th</sup> at 8:30 a.m. in Ludlow

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

# TRIPS

Sign-up with Sarah beginning September 1<sup>st</sup> 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.

## Lupa Zoo

Wednesday, September 6<sup>th</sup>

Cost: Free Departure: 9:00 a.m.

Enjoy a private tour of Lupa Zoo. The van makes stops around the zoo where you can get out and meet the animals. The zoo will accept donations for the visit.

You'll be back in time for lunch at the Center.

## Big E

Tuesday, September 19<sup>th</sup>

Cost: \$12.00 Departure: 9:30 a.m.

Enjoy a day at the Big E! Lunch and events are on your own. **Your payment must be turned in for your name to go on the trip list.**

## Ware Walmart & Dollar Tree

Thursday, September 14<sup>th</sup>

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.

## Surprise Lunch Bunch

Thursday, September 28<sup>th</sup>

Cost: \$2.00 Departure: 11:00 a.m.

Sarah knows where we're heading, but she's not telling.

The ride will be less than 45 minutes one way. The menu won't be too adventurous, so there will be something for everyone.

# 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, September 11<sup>th</sup>

Cost: \$2.00

Departure: 12:30 p.m. Return: 3:00 p.m.

When you make your reservation 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 include which stop you prefer.

# REGISTRATION (413) 583 - 3564

## Why Register for Programs?

—○ We can put enough chairs out to include everyone

—○ We order enough food and supplies

—○ If we must cancel an activity, we can call to let you know

—○ We have your emergency contacts

—○ We will call if you do not show up to check on you

Many programs fill quickly. Please register for the wait list as we often are able to include those on the wait list.

### KNITTING GROUP

Monday  
9:00 a.m. - 12:00 p.m.  
Cost: Free

This fun, social group creates projects either for themselves or to donate to charities. If you have always wanted to learn to knit or crochet this is the group for you!

### QUILTING GROUP

Tuesday  
9:00 a.m. - 11:30 a.m.  
Cost: Free

Learn the art of quilting with the help of some of our expert quilters. You are responsible for all supplies needed in the creation of your quilt.

### COLORING CLUB

Friday  
1:00 p.m. - 4:00 p.m.  
Cost: Free

Coloring has been shown to reduce stress and increase calmness. We provide adult level coloring pages, colored pencils and relaxing music, but feel free to bring your own supplies. Just drop-in, no registration is required.

### DONORS 9-BALL ROUND ROBIN BILLIARDS

Monday  
12:30 p.m.  
Cost: \$10.00 a year

This group is limited to those who are donors of the Billiards Room. The group uses BCA rules of the house.

### MEN'S ROUND ROBIN BILLIARDS

Tuesday  
12:30 p.m.  
Cost: \$10.00 a year

Stop by the Billiards Room for competitive yet friendly pool. BCA rules of the house. Player rating and accumulative points.

### WOMEN'S BILLIARDS

Thursday  
9:30 a.m. - 11:30 a.m.  
Cost: \$10.00 a year

No previous experience is necessary for this group. Learn to play in the company of a fun and laid back group.

### DONORS 8-BALL ROUND ROBIN BILLIARDS

Thursday  
12:30 p.m.  
Cost: \$10.00 a year

This group is limited to those who are donors of the Billiards Room. BCA rules of the house. Player rating and accumulative points.

**\*Partially funded by MA Executive Office of Elder Affairs**

# SEPTEMBER ACTIVITIES CALENDAR

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

## EVERYDAY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>New Policy:</b> If you are a “no-show” to lunch more than once during the month, you will be billed for NOT cancelling your reservation. Please cancel by 9 a.m. each morning.</p>				
<p><b>4</b> <b>CLOSED FOR HOLIDAY</b></p>	<p><b>5</b> 1:00 Decorating Group <b>4:00 - 7:00 Ceramics</b> <b>5:00 Movie: Miss Stone (R, 129 Min)</b></p>	<p><b>6</b> 9:00 Lupa Zoo Trip</p>	<p><b>7</b> 10:00 Drop-In Nurse 1:15 “Must See” Movie: Room Service (78 Min)</p>	<p><b>1</b> 8:00 Trip Sign-ups 9:00 TRX Fusion</p>
<p><b>11</b> 12:30 Eastfield Mall And Stop &amp; Shop Trip 1:15 Movie Matinee: Before I Fall (PG-13, 99 Min)</p>	<p><b>12</b> 9:00 TRX Fusion 10:00 - 11:30 Caregiver Support Group <b>4:00 - 7:00 Ceramics</b> <b>5:00 Movie: Before I Fall</b></p>	<p><b>13</b> 10:00 Friends Meeting 2:00 Trivia</p>	<p><b>14</b> 9:30 Ware Walmart Trip 10:00 Drop-In Nurse 10:30 Senator Lesser Office Hours 1:15 “Must See” Movie: The Story Of Vernon And Irene Castle (93 Min)</p>	<p><b>15</b> 9:00 TRX Fusion</p>
<p><b>18</b> 1:15 Movie Matinee: Going In Style (PG-13, 96 Min)</p>	<p><b>19</b> 9:00 TRX Fusion 9:30 Big E Trip 1:00 - 3 Brown Bag <b>4:00 - 7:00 Ceramics</b> <b>5:00 Movie: Going In Style</b> <b>5:00 Volleyball begins</b></p>	<p><b>20 BIRTHDAY LUNCH</b> 11:30 Chorus Performs <b>4:30 COA Board Meeting</b></p>	<p><b>21 LUNCH &amp; LEARN</b> 10:00 Drop-In Nurse 12:00 L&amp;L Stanley Boyko: Enfield &amp; The Quabbin Reservoir 1:15 “Must See” Movie: At The Circus (87 Min)</p>	<p><b>22</b> <b>NO TRX Fusion</b> 1:30 Book Club</p>
<p><b>25</b> 1:15 Movie Matinee: Snatched (R, 90 Min) 1:30 - 3:30 RMV Near Me</p>	<p><b>26 OUTDOOR CONCERT</b> 9:00 TRX Fusion Noon Kat Kennedy Performs 1:00 Hearing Appts <b>4:00 - 7:00 Ceramics</b> <b>5:00 Movie: Snatched</b></p>	<p><b>27</b> 8:15 Facials 9:30 Jewelry Class 10:00 TRIAD 10:30 Veterans Agent Office Hours</p>	<p><b>28</b> 10:00 Drop-In Nurse 11:00 Lunch Bunch Trip 1:15 “Must See” Movie: His Girl Friday (92 Min)</p>	<p><b>29</b> 8:30 Men’s Breakfast In Ludlow 9:00 TRX Fusion</p>

## Monday

8-4 Fitness Room  
9-12 Knitting  
9:30 Massage Appointments  
10-11 YMCA Boomer Boot Camp  
10-11 Dominos  
12:00 Lunch  
12:30 Donors 9-Ball Round Robin Billiards  
1:00 Pitch

## Tuesday

8-4 Fitness Room  
8-11:30 Ceramics  
8:30 Pedicure Appts  
9-11:30 Quilting  
10:00 Bean Bag Baseball  
12:00 Lunch  
12:30 Round Robin Billiards  
1:00 Bingo  
1:00 Bridge  
1:00 Blood Pressure

## Wednesday

8-4 Fitness Room  
8-4 Open Billiards  
8-11:30 Ceramics  
10-11 YMCA Boomer Boot Camp  
12:00 Lunch  
1:00 Pitch  
1:00 LGSC Bingo

## Thursday

8-4 Fitness Room  
8-11:30 Ceramics  
9-9:45 Tai Chi  
9:30 Women’s Billiards  
10-11 Yoga  
12:00 Lunch  
12:30 Donors 8-Ball Round Robin Billiards  
1-2 Choral Group

## Friday

8-4 Fitness Room  
8-4 Open Billiards  
10-11 YMCA Boomer Boot Camp  
12:00 Lunch  
1:00 Coloring Club  
1:00 Cribbage  
1:15 Chair Volleyball

# SEPTEMBER LUNCH CALENDAR

Ludlow Senior • (413) 583- • www.ludlow.m

**Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday**

**New Policy: If you are a “no-show” to lunch more than once during the month, you will be billed for NOT cancelling your reservation. Please cancel by 9 a.m. each morning.**

4	<b>CLOSED FOR HOLIDAY</b>	5	Cowboy Burger Potato Salad	6	Oriental Chicken Salad	7	Salmon Loaf 1/2 Baked Potato Mixed Vegetables	8	Chicken Parmesan Spaghetti
11	Shepherds Pie	12	Pizza Strawberry & Spinach Salad	13	Tuna Noodle Casserole	14	Chicken Cacciatore Over Rice	15	Taco Salad
18	Ham & Broccoli Casserole	19	Chicken Salad Plate Pasta Salad	20 <b>BIRTHDAY LUNCH</b>	Meatloaf Mashed Potatoes Buttered Carrots	21 <b>LUNCH &amp; LEARN</b>	Baked Ziti & Sausage Garlic Bread	22	Baked Stuffed French Toast Bacon
25	Beef Stew With A Biscuit	26 <b>OUTDOOR CONCERT</b>	Ham & Swiss Grinder Chips	27	Lemon Chicken Rice Pilaf Harvard Beets	28	Liver & Onions Mashed Potatoes Vegetables	29	Fish & Chips Coleslaw

# REGISTRATION (413) 583 - 3564

## YMCA's BOOMER BOOT CAMP

Monday, Wednesday, Friday

10:00 a.m. - 11:00 a.m.

Cost: \$3.50 Paid to instructor

The Aerobics class increases your heart rate while the weight training class works to improve your muscle strength, bone density, balance, and flexibility. The class is suitable for all ages and abilities and will challenge each fitness level. Punch cards are available for purchase through the YMCA instructors.

## \*TRX FUSION

Tuesday, Friday - **New session began August 22<sup>nd</sup>**

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

Cost: \$36.00 for 12 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](http://www.TRXtraining.com).

## \*TAI CHI

Thursday

9:00 a.m. - 9:45 a.m.

Cost: Free

This exercise offers slow, flowing movements to help improve concentration, coordination, flexibility and balance while relaxing the mind.

## \*SELF CARE YOGA

Thursday - **New session begins September 7<sup>th</sup>**

10:00 a.m. - 10:45 a.m.

Cost: \$39.00 for 13 sessions or  
\$5.00 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 as well as continuing students.

## VOLLEYBALL

Tuesday, Thursday

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. Players 55+ of any ability are encouraged to join the group.

## CHAIR VOLLEYBALL

Friday

1:15 p.m. - 2:30 p.m.

Cost: Free

Chair volleyball improves cardiovascular fitness, increases joint and overall flexibility, reduces stress...and is FUN! Teams sit while playing and use a beach ball. Great for people of all activity levels.

**\*Partially funded by MA Executive Office of Elder Affairs**

# SPECIAL EVENTS

## Decorating Group

Tuesday, September 5<sup>th</sup> at 1:00 p.m.

Do you like decorating large Dining Rooms or creating center pieces? If you answered "yes" join us for our meeting as we pick colors and plan for the upcoming months.

## Horse Races

Friday, September 8<sup>th</sup> at 11:15 a.m.

Join us in the Dining Room for a game of chance. Pick your favorite horse and if you win, pick a prize!

## Trivia

Wednesday, September 13<sup>th</sup> 2:00 p.m.

Join us for categories ranging from current events to cooking!

## RMV Near Me

Monday, September 25<sup>th</sup> 1:30 - 3:30 p.m.

The Ludlow Senior Center staff provides five of the most common transactions at the Senior Center. For additional information, contact the Senior Center.

## Jewelry with Sandy Merrill

Wednesday, September 27<sup>th</sup> 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.

## LUNCH & LEARN: USEFUL INFORMATION WHILE YOU DINE

### Thursday, September 21<sup>st</sup> at Noon

Stanley Boyko grew up in Enfield, MA. His family was forced to move when the Quabbin Reservoir was created. Stanley will share memories, pictures, and stories about the town he grew up in and what happened to his family and neighbors once their towns were taken and ultimately became part of the Quabbin Reservoir.

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.**

## SEPTEMBER MOVIE SCHEDULE

### Miss Sloane

(R, 129 Min)

September 5<sup>th</sup>

Elizabeth Sloane is the most sought after and formidable lobbyist in D.C. But when taking on the most powerful opponent of her career, she finds winning may come at too high a price. (IMDB)

### Before I Fall

(PG-13, 99 Min)

September 11<sup>th</sup> & 12<sup>th</sup>

Stuck reliving her last day over one inexplicable week, Sam untangles the mystery around her death and discovers everything she's losing. (IMDB)

### Going In Style

(PG-13, 96 Min)

September 18<sup>th</sup> & 19<sup>th</sup>

Desperate to pay the bills and come through for their loved ones, three lifelong pals embark on a daring bid to knock off the very bank that absconded with their money. (IMDB)

### Snatched

(R, 90 Min)

September 25<sup>th</sup> & 26<sup>th</sup>

When her boyfriend dumps her before their exotic vacation, a young woman persuades her mother to travel with her to paradise, with unexpected results. (IMDB)

### "MUST SEE" MOVIES

### Room Service

(78 Min)

September 7<sup>th</sup>

### The Story Of Vernon

And Irene Castle

(93 Min)

September 14<sup>th</sup>

### At The Circus

(87 Min)

September 21<sup>st</sup>

### His Girl Friday

(92 Min)

September 28<sup>th</sup>



# 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, September 20<sup>th</sup>

## ○ Items Needed:

Coffee  
Decaf Coffee  
1 Ounce Chip Bags

## DONATIONS RECEIVED:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Inga Golash - Coffee
- Terry - Coffee
- Marsha Hobbs - Coffee
- Anonymous - Coffee
- Sylvia Ouellette - Coffee
- Joe Giordano - Craft Jewelry
- Pitch League
- Jake Hanecak - Kitchen
- Virginia Bourdeau - Kitchen
- Pamela Palwan
- Diane Brouillard - Snacks
- Nancy & Lonnie Cavin (BF)
- Flowers in memory of Mary Pikul

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

## DONATIONS RECEIVED IN MEMORY OF:

### Bill Davenport:

Linda Finch (BF)

### Janice Savoie:

Alice L. Burke

### Jean Blanchard:

Pauline Dias

Millie Dias

### Diane Petit:

The Billiards Club at the Senior Center

## 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 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

\_\_\_\_\_

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



### ○ Address:

37 Chestnut Street  
Ludlow, MA 01056

### ○ Email Address:

COA@Ludlow.ma.us

### ○ Phone Number:

(413) 583 - 3564

### ○ Website:

Ludlow.ma.us

### ○ Office Hours:

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

### Ludlow Council on Aging

#### ○ Chairman:

Fred Lafayette

#### ○ Vice Chairman:

Frank Krzanik

#### ○ Secretary:

Lucille Carneiro

#### ○ Treasurer:

Helen Grabowski

#### ○ Members:

Nancy Pauze

John DaCruz

Albert LeMay

Walter Stewart

Rosalind Forti

Frank Krzanik

Diane Goncalves

Sheena Santolini

## VOLUNTEER OPPORTUNITIES!

**Bean Bag Baseball Score Keeper:** Keep score for a fast paced and fun game!

We play every week on Tuesday from 10:00 a.m. to around 11:30 a.m.

**Tablet and phone help:** Help people 1 on 1 with questions about their technology devices. You can set appointment times to fit your schedule!

**Please contact Carla if interested in either of these opportunities.**

### 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.**