

FEBRUARY 2020

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:

www.ludlow.ma.us

Fax Number:

(413) 583-5658

Office Hours:

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

JAMMIN' WITH JODI

The Census is coming!!!!

As you all know the 2020 US Census is going to begin. In March you will receive a letter inviting you to participate in the Census. If you miss this letter, don't worry they will send others. I cannot stress how IMPORTANT the Census is...to us and the rest of the Town. Our State funding is based on the Census and right now we receive funds based on the 2010 Census. We all know the population is growing older and it is so important to be counted. The Census does NOT ask personal questions and they do NOT share your information. It is strictly for numbers. In March we will have Census events where you can bring your letter in and we will help you complete the questionnaire. Again, PLEASE do not ignore the Census. It is the law to be counted and we are here to help! The Census is also looking for workers so if you are interested in a job you can check out their website www.2020census.org/jobs or see Jodi. Thank you for your attention to this matter! Our State funding relies on it.

Speaking of jobs, the Board of Selectmen is seeking applicants for vacancies for Election Officers to work during elections. It is a compensated position. If you are interested you can see Jodi or inquire with the Board of Selectmen.

As usual we have a busy, short month ahead. We will be closed Monday, February 17th for Presidents' Day and on Friday, February 28th for staff training. Thanks for reading and we hope to see you soon!

Jodi Zepke

FRIENDS OF THE LUDLOW SENIOR CENTER BUILDING COMMITTEE FUNDRAISERS SAVE THE DATES FOR:

Feb 15 - Murder Mystery at Tony & Penny's \$35.00 dinner & show

Week of March 16 - all week lunch and dinner Uno's Dough Rai\$er Fundraiser on Boston Road. Present our voucher (will be available in March) and The Friends will get up to 20% of the sales.

April 1 - Elk's Spaghetti Dinner - The Friends receive \$1.00 from every ticket.

April 5 - "Bonus Bag" Bingo - PAV Club - Doors open at 2 p.m. Bingo starts at 3 p.m. Cost is \$25 which includes your bingo cards for all games and a door prize ticket. More info to follow.

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 \$15.00 for Ludlow residents and \$20.00 for non-residents. Diabetics are required to provide a note from their doctor before a pedicure can be given. Appointments are required. They may be made by calling the center.

HEARING CLINIC

Deb Stroetzel: Tuesday, February 25

Deb Stroetzel, MA, CCC-A, provides answers to questions you have regarding your hearing. Appointments are required and are held on the last Tuesday of every month. They may be made by calling the center.

DROP-IN WITH A NURSE (4TH THURSDAY ONLY)

Thursday, February 27 from 10 a.m. to 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.

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, February 26

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. Always the fourth Wednesday of the month.

MEETINGS & SUPPORT GROUPS

CAREGIVER SUPPORT GROUP

Tuesday, February 11, 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, February 12, 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, February 13, 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, February 18, 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, February 19, 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, February 26, 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 and help us plan our first National Night Out in 2020!

VETERANS AGENT OFFICE HOURS

Wednesday, February 26, 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, February 28, 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.

Messages from the Staff:

Thank you to everyone who has been reading this message every month and following our requests. You help to make our jobs so much easier! The new year has started with many of us wearing a heavy heart. Unfortunately we have lost too many friends in a short period of time. Please know that the staff is here for anyone who needs us. While we grieve too we are still around to give support to those who need us. Whether it is a shoulder to cry on or an ear to listen with, we are here. And always remember, sharing fond memories with others can bring joy and not just tears. They would want you to remember them with smiles.

The Senior Center Staff

SENIOR CENTER TRIPS

Sign Up beginning February 3 at 8 a.m. by calling Maria at 583-3564.

You may sign up yourself and your spouse. You may not sign up a friend or relative.

BUTTERFLY CONSERVATORY & GARDEN

Wednesday, February 5

Cost: \$2.00 (van)

Departure: 9:30 a.m.

Join Maria to visit the Butterfly Conservatory in South Deerfield.. Admission is \$12.50 for over 62. Lunch will be at their cafe. Admission and lunch costs are on your own. There is no menu available to preview and you CANNOT bring your own bag lunch.

LUNCH BUNCH TRIP

Thursday, February 13

Cost: \$2.00

Departure: 10:45 a.m.

Join Maria to have lunch at the Munich Haus in Chicopee. There will be a copy of the menu at the Front Desk. Cost of the trip does not include lunch.

TARGET AT HAMPSHIRE MALL

Friday, February 21

Cost: \$2.00

Departure: 9:30 a.m.

Join Maria to go shopping at the Hampshire Mall Target store. Then you will have lunch at Applebee's. Your lunch and shopping costs are on your own. A copy of the menu will be at the Front Desk.

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, February 3

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
1 p.m. Billiards Traveling
 League
1 p.m. Pitch
1:15 p.m. Movie

Tuesday

8 a.m. Fitness Room
8:30 a.m. Pedicure Appts
8:30 a.m. Ceramics
9 a.m. Quilting
10 a.m. Dance Fitness
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
3 p.m. Yoga

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
12:30 p.m. Co-Ed
 Billiards
1 p.m. Pitch
1:15 p.m. Line
 Dancing

Thursday

8 a.m. Fitness Room
8 a.m. Open Billiards
8:30 a.m. Ceramics
9 a.m. Tai Chi
10 a.m. Women's Billiards
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
1 p.m. Mahjong

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
1 p.m. Mahjong

FEBRUARY MOVIE SCHEDULE

JUDY
 (PG-13, 118 Min)
 February 3

Starring Renee Zellweger, as the late and legendary Judy Garland. The film follows the arrival in London in the winter of 1968 of Garland, who is preparing for a series of sold-out concerts.

Overcomer
 (PG, 119 Min)
 February 10

A high school coach reluctantly agrees to take over the cross-country team, in a sport he does not even like. But his attitude soon changes.

Angel has Fallen
 (R, 121 Min)
 February 24

This action thriller follows a United States Secret Service agent as he tries to clear his name, after being framed for an attack on the U.S. president.

CLASSIC MOVIES

Gomer Pyle USMC
 February 6
 (95 Min)

Season 1, 3 Episodes
 Starring Jim Nabors
 7. Nobody loves a Sergeant
 8. Gomer and the Dragon Lady
 9. Survival of the Fattest

Believe In Me
 February 13
 (106 Min)

A 2006 drama, shot in New Mexico. A young high-school coach wants to build a successful boys basketball program in a small Oklahoma town. But he is relegated to coaching the girls program, after crossing the path of the powerful school superintendent. (Based on a true story)

Gomer Pyle USMC
 February 20
 (95 Min)

Season 1, 3 Episodes
 Starring Jim Nabors
 10. A Date for the Colonel's Daughter
 11. They Shall Not Pass
 12. Sergeant Carter, Marine Babysitter

The Aviator (1985)
 February 27
 (97 Min)

The original 1985 version of this film stars the late Christopher Reeve. The plot follows the biography of the late Howard Hughes, the wealthy industrialist, airplane designer and developer, and man about world.

FEBRUARY ACTIVITIES CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The Ludlow Senior Center Fishing Group will resume their meetings starting in March. They will hold their monthly meetings on the first Tuesday of each month at 10 a.m., (March 3rd) New members are encouraged to join them. No fishing experience is necessary. Please give your name and phone number at the front desk.</p>				
<p>3 12:30 p.m. Eastfield Mall, Or Stop & Shop Trip 1:15 p.m. Movie: JUDY PG-13 118 min.</p>	<p>4 10 a.m. Fishing Group Meeting 1 p.m. Decorating Group</p>	<p>5 9:30 a.m. Butterfly Museum Trip departs</p>	<p>6 FROZEN YOGURT DAY 10:30 a.m. Frozen Yogurt Samples in the Lounge 1:15 p.m. Classic Movie: GOMER PYLE, USMC Season 1, 3 episodes 95 min</p>	<p>7 11:15 a.m. Horse Races</p>
<p>10 "COFFEE TALK" 10 a.m. "Coffee Talk" with Kristina Mullin, The Food Bank 1:15 p.m. Movie: THE OVERCOMER PG 119 min.</p>	<p>11 LUNCH & LEARN 10 a.m. Caregiver Support Group Noon: L&L: Funeral Consumer Alliance presents "What to Know before you Go" 1 p.m. FREE Paraffin Wax Hand Treatment</p>	<p>12 10 a.m. Friends Meeting 2 p.m. Trivia</p>	<p>13 10:30 a.m. State Senator Lesser Office Hour 10:45 a.m. Lunch Bunch Trip departs to Munich Haus 1:15 p.m. Classic Movie: BELIEVE IN ME PG 106 min</p>	<p>14 VALENTINE'S LUNCH 11 a.m. Charlie Lask performs 1:30 p.m. Book Club: A WOMAN IS NO MAN by Etiaf Rum</p>
<p>17 HOLIDAY CENTER CLOSED</p>	<p>18 1 p.m. Ted Talk Hour* 1 p.m. Brown Bag 1 p.m. FaceBook set-up with Kathy Green *Afternoon only for February</p>	<p>19 BIRTHDAY LUNCH 10:30 a.m. New Senior Center Update 1:15 p.m. FREE Grandparent and Grandchild Craft Class 4:30 p.m. COA Board Mtg</p>	<p>20 11:30 a.m. "When We Were Young" with Maria 1:15 p.m. Classic Movie: GOMER PYLE, USMC Season 1, 3 episodes 95 min</p>	<p>21 9:30 a.m. Target & Applebee's in Hadley trip departs</p>
<p>24 TORTILLA CHIP DAY 10:30 a.m. Tortilla samples in the Lounge sponsored by Fallon Health 1:15 p.m. Movie: ANGEL HAS FALLEN R 121 min.</p>	<p>25 MARDI GRAS LUNCH 11 a.m. Sandra Wittman performs 1:15 p.m. Hearing Appts</p>	<p>26 "COFFEE TALK" 8:15 a.m. Facial Appts 9 a.m. Jewelry Class 10 a.m. "Coffee Talk" Library Overview with Patrick McGowan, Director</p>	<p>27 1:15 p.m. Classic Movie: THE AVIATOR (1985) PG 97 min</p>	<p>28 STAFF TRAINING DAY 8:30 a.m. Men's Breakfast In WILBRAHAM LUDLOW SENIOR CENTER CLOSED TODAY</p>

FEBRUARY LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>“WHEN WE WERE YOUNG” It was suggested that many of you would like to show others how good looking you were in your younger years. Maria will be collecting pictures from anyone who wants to participate in this activity. From February 3 to February 14, 2020, you may submit <u>ONE</u> picture from your past to Maria. We will copy the picture and return the original to you. Then on Thursday, February 20th we will display all pictures and have you will try to guess who they are!</p>				
3 Tuna Salad Plate	4 Beef Enchilada Rice Corn Bread	5 Eggplant Parmesan Over Ziti Garlic Bread	6 Chicken Sorento Mashed Potatoes Mixed Vegetables	7 Pizza Side Salad
10 Meatball Grinder Fries	11 LUNCH & LEARN Beef Stew with a Biscuit	12 BBQ Turkey Burger Lettuce & Tomato Sweet Potato Fries	13 Vegetable Lasagna Garlic Bread	14 VALENTINE'S LUNCH Chicken Piccata Rice Broccoli
17 HOLIDAY CENTER CLOSED	18 Baked Cod Rice Carrots	19 BIRTHDAY LUNCH Meatloaf Mashed Potatoes Green Beans	20 Turkey Bacon Ranch Wrap Macaroni Salad	21 Ham & Broccoli Casserole
24 Stuffed Shells Garlic Bread	25 MARDI GRAS LUNCH 26 Chicken, Shrimp & Sausage Jambalaya Rice & Vegetable	26 Chef Salad	27 Vegetable Chili Baked Potato	28 <u>STAFF TRAINING DAY</u> LUDLOW SENIOR CENTER CLOSED TODAY

SPECIAL EVENTS

Dance Fitness: Retro Dance Fit

Tuesdays at 10:00 a.m.

Instructor Lynn Connelly continues her Dance Fitness class. Be sure to check out her class called Retro Dance Fit. FREE in February! Sign up today! Bring a FRIEND!

Decorating Group

Tuesday, February 4, at 1:00 p.m.

Do you enjoy decorating large dining rooms or creating center pieces? Then join us as we plan for the upcoming events.

Co-Ed Billiards

Wednesdays at 1:00 p.m.

Calling all billiards players!! Join us for a friendly game of co-ed Round Robin billiards. Sign up at the front desk.

FREE Line Dancing Class

Wednesdays at 1:15 p.m.

Lynn Connolly teaches Line Dancing and her new session continues in February and it's FREE! Register today.

Women's Billiards

Thursdays at 10 a.m.

Calling all women who love to play pool or have always wanted to learn how. This is for fun only, not competition. Room is open to all players during this time.

Choral Group

Thursdays at 1 p.m.

The Choral Group is looking for new members who just love to sing. No special talent is required. Just come and have fun!!

National Frozen Yogurt Day

Thursday, February 6, at 10:30 a.m.

It's National Frozen Yogurt day. What flavor of yogurt do you like best? Samples in the Lounge.

Horse Races

Friday, February 7, 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.

"Coffee Talk" with Kristina Mullin from

The Food Bank of Western Massachusetts

Monday, February 10, at 10:00 a.m.

Kristina Mullin will talk with us about Nutrition and Wellness. Discussion will include how to achieve and maintain a healthy lifestyle, just to name a few. Sign up early as space is limited.

FREE Paraffin Wax Hand Treatments

Tuesday, February 11, at 1:00 p.m.

Give your hands a treatment by signing up for a FREE Paraffin Wax treatment. Held on the 2nd Tuesday of every month during 2020.

Group Trivia

Wednesday, February 12, at 2:00 p.m.

Join Carla & Maria and break into teams to answer questions ranging from current events to visual puzzles. New players are always welcome.

Book Club

Friday, February 14th at 1:30 p.m. (Center closed on 28th)

Book club is back and our read is A WOMAN IS NO MAN by Etaf Rum.. New members are welcome to join us anytime.

"TED TALK" Hour

Tuesday, February 18, at 1:00 p.m.* Feb only for afternoon

Join Jodi for this new discussion group. "Ted Talk" is the latest way to have discussions about everything from current events to everyday life situations. The first session was a hit! Pre-registration is appreciated but not necessary. (Scheduling required afternoon session for Feb only)

New Senior Center Update

Wednesday, February 19, at 10:30 a.m.

Join Director Jodi Zepke in the lounge, as she shares updates about the building of our new Senior Center. She is always more than happy to answer any questions you may have.

FREE Grandparent & Grandchild Craft Class

Wednesday, February 19, at 1:15 p.m.

Be sure to sign up to bring your grandchild during school vacation to our next FREE Craft Class. We want to be sure that we have enough supplies on hand. Maria will have a picture or sample to show you.

National Tortilla Chip Day

Monday, February 24, at 10:30 a.m.

It's National Tortilla Chip day. What flavor of chip is your favorite? Samples in the Lounge. **Sponsored by Fallon Health.**

"FACEBOOK" Set-Up with Kathy Green

Tuesday, February 25, starting at 1:00 p.m.

Kathy will have appts. available for people who are interested in setting Facebook up on their PC or phones. You must have internet access and an established e-mail address for her to help you. Sign up at the front desk. Then you can follow the Senior Center and Friends group right on Facebook!

Jewelry Class

Wednesday, February 26, 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, the class fills quickly.

"Coffee Talk" with Patrick McGowan, Director of Hubbard Memorial Library

Wednesday, February 26, at 10:00 a.m.

Patrick McGowan, Director of Hubbard Memorial Library is here to give you an overview of what is available at our town library. Sign up at the front desk.

SPECIAL LUNCHES

Valentine's Day Lunch

Friday, February 14

at 11:00 a.m.

Join us at 11 a.m. to entertainer Charlie Lask perform his Neil Diamond tribute in honor of Valentine's day. Then sit back and enjoy a delicious lunch. Be sure to sign up today.

Birthday Lunch

Wednesday, February 19

at 11:30 a.m.

Those born in February will have their meal on us. Simply tell us it's your birthday when you sign up for lunch, sit back and enjoy your FREE lunch.

Mardi Gras Lunch

Tuesday, February 25

at 11:00 a.m.

Join us for our Mardi Gras celebration with background music performed by Sandra Wittman. Be sure to wear your masks and beads! Sign up today.

OUTREACH AWARENESS

TAKE PART IN THE 2020 CENSUS * FILL OUT AND RETURN YOUR CENSUS FORM

The Questions on the 2020 Census The 2020 Census is easy. The questions are simple. There are 7 questions:

- **How many people are living or staying at your home on April 1, 2020.** This will help us count the entire U.S. population and ensure that we count people according to where they live on Census Day.
- **Whether the home is owned or rented.** This will help us produce statistics about homeownership and renting. The rates of homeownership serve as one indicator of the nation's economy. They also help in administering housing programs and informing planning decisions.
- **About the sex of each person in your home.** This allows us to create statistics about males and females, which can be used in planning and funding government programs. This data can also be used to enforce laws, regulations, and policies against discrimination.
- **About the age of each person in your home.** The U.S. Census Bureau creates statistics to better understand the size and characteristics of different age groups. Agencies use this data to plan and fund government programs that support specific age groups, including children and older adults.
- **About the race of each person in your home.** This allows us to create statistics about race and to provide other statistics by racial groups. This data helps federal agencies monitor compliance with anti discrimination provisions, such as those in the Voting Rights Act and the Civil Rights Act.
- **About whether a person in your home is of Hispanic, Latino, or Spanish origin.** These responses help create statistics about this ethnic group. This is needed by federal agencies to monitor compliance with antidiscrimination provisions, such as those in the Voting Rights Act and the Civil Rights Act.
- **About the relationship of each person in your home.** This allows the Census Bureau to create estimates about families, households, and other groups. Relationship data is used in planning and funding government programs that support families, including people raising children alone.

Governments, businesses, communities, and nonprofits all rely on the data that these questions produce to make critical decisions.

The Census Will Never Ask Certain Questions: During the 2020 Census, the Census Bureau will never ask you for:

~ Your Social Security number. ~ Money or donations. ~ Anything on behalf of a political party. ~ Your bank or credit card account numbers.

If someone claiming to be from the Census Bureau contacts you via email or phone and asks you for one of these things, it's a scam, and you should not cooperate.

Want to lower your Medicare costs?

On **January 1, 2020** the income and asset limits for the Medicare Savings Programs increased. If you qualify, these programs will pay your Part B premium and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one). In addition, you will automatically receive Extra Help, a program that will lower your Medicare Part D premium and co-pays. To learn more and to request an application, contact MassHealth at: **1-800-841-2900** or **TTY at: 1-800-497-4648**. Shine can also assist you with the application process. Call us to make an appointment.

Applications are also available on-line at: <https://tinyurl.com/MassMSP>

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.

Items Needed:

Napkins
Movie Snacks
Individually Wrapped Candy
Coffee (Reg/Decaf)
Tea Bags
Art Paint Brushes

Support Your Friends!
Check out our Facebook Page:
<https://www.facebook.com/FriendsoftheLudlowSrCenter>

General Donations Received:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Bill & Mary Sarad - snacks & coffee
- Peggy Bernard - napkins
- Eleanor Boczon - snacks & napkins
- Frank Krzanik - napkins
- Edith Tipton - coffee
- Donna Andre - craft supplies
- Kathy Green - craft supplies
- Claire Bachand (BF)
- Network for Good (BF)
- M&M Michael Grissom (BF)
- M&M Donald Grimaldi (BF)
- Beverly Feicha (BF)
- Olga Lozyniak (BF)

Donations Received In Memory of:

Charles Bourdeau:

Janet Reynolds (BF)

Louis Giovannetti:

M&M Thomas Hanlon (BF)

Lucille Carneiro:

M&M Anthony Pietrowski (BF)

Donations for the

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

Donations Received In Memory of:

Shirley Postel:

Janet Reynolds (BF)
Helen Duquette (BF)
Frank Krzanik & Patti DeTomas (BF)
M&M Anthony Pietrowski (BF)
M&M Robert Vangaasbeck (BF)
Deborah Thompson (BF)
M&M Al Ricardi (BF)
Naomi White (BF)
Ruth Pancotti (BF)
Sylvia Ouellette (BF)
M&M Martin Getchell (BF)
Clovia Enos (BF)
Miriam Stone (BF)

Ida Abdo:

Helen Duquette (BF)
Harvey Fontaine (BF)

Audrey Consolmagno:

M&M Anthony Pietrowski (BF)
Miriam Stone (BF)

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 Building Fund*

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

THE SENIOR SCENE

PLACE
STAMP
HERE

Phone Number:

(413) 583-3564

Address:

37 Chestnut Street
Ludlow, MA 01056

Email Address:

COA@Ludlow.ma.us

Website:

www.ludlow.ma.us

Fax Number:

(413) 583-5658

Chairman:

Frank Krzanik

Vice Chairman:

Fred Lafayette

Secretary:

Kara Ribeiro

Treasurer:

Helen Grabowski

Members:

Nancy Pauze

John DaCruz

Rosalind Forti

Sheena Santolini

Janice Grimaldi

Diane Peacey

Special for February:

Lunch & Learn:

The Funeral Consumers Alliance
of Western Massachusetts

Sandy Ward presents:

“What To Know Before You Go”

Tuesday, February 11

Starting at Noon

You **MUST** pre-register for this event.

Discuss how to plan ahead for a dignified yet affordable end-of-life service, how to deal with the funeral industry, what the consumer should know about the Federal Trade Commission's Funeral Rule and other funeral related laws.

Center Hours

Monday - Friday 8:00 a.m. - 4:00 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 - 3:45 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
- Maria Ardolino, Activities Director
- Donna Haluch-LaRose, 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.