

MARCH 2020

THE SENIOR SCENE

Ludlow Senior Center

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37 Chestnut Street
Ludlow, MA 01056

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Website:

www.ludlow.ma.us

Fax Number:

(413) 583-5658

Office Hours:

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

JAMMIN' WITH JODI

MARCH!!!!!! I feel like everyone gets a bounce in their step because Spring is right around the corner! Although this winter has been pretty great. Just take a drive down State Street and see what is happening in the mild weather. 😊

We always find that in March and April the incidents of scams become more prevalent but do you really know how to spot a scam? Have you had someone on social media start talking to you or get a strange text? With it being tax season, Census time and an election year, how do you know which calls are real? PLEASE join us on March 12th for an important **Lunch and Learn** with Det. David Kornacki of the LPD on how scammers know so much information about you and how they get you to tell them information. Learn how to protect yourself from thieves. Det. Kornacki will return on March 27th at 10:30am for informal conversations and private conversations if needed.

Just a reminder the 2020 US Census will begin this month. You will receive a letter inviting you to participate. We will have Census Help hours on March 24th and 26th. You can come by with your letter and we can help you complete the Census. I cannot express enough how important the 2020 US Census is so be sure to complete it!

Thanks in advance!

Be sure to read through the entire newsletter because March is crazy busy!

Happy Spring!

Jodi Zepke

FRIENDS OF THE LUDLOW SENIOR CENTER BUILDING COMMITTEE FUNDRAISERS

Pizzeria Uno's Dough Rai\$er March 9 to March 15*

All week lunch and dinner at Uno's Dough Rai\$er Fundraiser on Boston Road will help support the Friends Building Fund. Present our voucher and The Friends will get up to 20% of the sales.

*Please note date change from previous save the date ads

EST. 1943
UNO
PIZZERIA & GRILL

EAT, DRINK & RAISE MONEY!

COME SUPPORT A DOUGH RAISER TO BENEFIT

Friends of Ludlow Senior Center - Building Fund Committee

DATE:
March 9-15, 2020

VALID AT:
Uno Pizzeria & Grill
1722 Boston Rd Springfield
(413)543-6600

UNO® will donate up to 20% of your check

DINE-IN OR TAKEOUT!

Please present this certificate at the time of payment to have up to 20% of your check's value, excluding tax and tip, donated to the organization above. Not to be used with other coupons or discounts. Tickets are not to be distributed in the restaurant or within the perimeter of the parking area. Valid only for the date listed above.

unodoughraisers.com

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, March 31

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, March 26 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, March 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. Always the fourth Wednesday of the month.

MEETINGS & SUPPORT GROUPS

CAREGIVER SUPPORT GROUP

Tuesday, March 10, 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, March 11, 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, March 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, March 17, from 2p.m. - 3:30 p.m. *Time Change

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, March 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, March 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 and help us plan our first National Night Out in 2020!

VETERANS AGENT OFFICE HOURS

Wednesday, March 25, 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, March 27, at 8:30 a.m. in Ludlow

Breakfasts are held on the last Friday of every OTHER month in Ludlow only. Wilbraham will no longer be offering this event due to a lack of participation. Pre-registration is appreciated but not necessary.

Messages from the Staff:

The topic for March has to do with the Lounge and the refreshments that are provided to go with your coffee. First, we would like you to know that it IS NOT the responsibility of our cook to provide something if we do not have donated items to offer. We rely upon the generosity of others in this regard. If any of you would like to bring in items to SHARE with everyone in the Lounge, it would be appreciated. If you could let Carla know if you are planning to bring something in, even better. Preparing the lunches each day is time consuming and to expect lounge refreshments on top of that is asking too much. Thank you for understanding if there are days when we do not have refreshments to offer.

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.

LUNCH BUNCH TRIP

Monday, March 9

Cost: \$2.00

Departure: 11:30 a.m.

Join Maria to support the Friends by having lunch at Pizzeria Uno on Boston Road. Cost of lunch is on your own. There will be a copy of the menu at the front desk.

Smith College Flower Show

Monday, March 16

Cost: \$2.00 (van)

Departure: 9:00 a.m.

Join Maria to visit the flower show at Smith College. Cost of the show is \$5.00 (suggested donation by college) and lunch is on your own.

LEE OUTLETS SHOPPING TRIP

Monday, March 30

Cost: \$2.00

Departure: 9:00 a.m.

Join Maria to go shopping at the Lee Outlets. If you have never been there, it involves a lot of outdoor walking. Your lunch (in the food court) and shopping costs are on your own.

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**

Weekly Shopping Trips

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
3p.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

MARCH MOVIE SCHEDULE

Ford vs. Ferrari

(PG-13, 152 Min*)

*Starts at 12:30 p.m.

March 2

American automotive designer Carroll Shelby and British race car driver Ken Miles are tasked with building a revolutionary vehicle for Ford that will defeat the Ferrari racing team.

Harriet

(PG-13, 125 Min)

March 9

A biographical film about the abolitionist Harriet Tubman, who was an escaped slave and led many escapees to freedom through the Underground Railroad.

A Beautiful Day In

The Neighborhood

(PG, 109 Min)

March 16

Tom Hanks stars as Fred Rogers, aka Mr. Rogers of children's television fame. In 1998, an investigative journalist is assigned by Esquire magazine to write a profile about Rogers.

Jo Jo Rabbit

(PG-13, 108 Min)

March 23

A lonely German boy, who is a member of the Hitler Youth movement, discovers that his single mother is hiding a Jewish girl in the attic of their house. This makes him examine his beliefs.

Jumanji:

The Next Level

(PG-13, 123 Min)

March 30

In Jumanji: The Next Level, the gang is back but the game has changed. As they return to rescue one of their own they find that nothing is as they expect.

CLASSIC MOVIES

The Great St. Louis Bank

Robbery

March 5

(89 Min)

A pair of career criminals and a local youth plan and rehearse the robbery of a Missouri bank. The late Steve McQueen stars as the local boy.

Are We There Yet?

March 12

(95 Min)

Hoping to impress an attractive young divorcee (portrayed by Nia Long), a man (Ice Cube) takes her two mischievous children on a disastrous road trip.

Banjo Hackett

March 19

(100 Min)

From a TV movie, the plot finds an 1880's horse trader trying to help his orphan nephew find his Arabian horse, which was stolen by a bounty hunter.

Shall We Dance

March 26


(119 Min)

In a 2004 comedy, Richard Gere is a married Chicago lawyer, who takes dance lessons from a beautiful woman (Jennifer Lopez), who he first saw through a window.

Monday	Tuesday	Wednesday	Thursday	Friday
2 12:45 p.m. Movie: FORD VS FERRARI PG-13 152 min.	3 10 a.m. Fishing Club	4 1 p.m. Garden Club 2 p.m. Trivia	5 1:15 p.m. Classic Movie: THE GREAT ST. LOUIS BANK ROBBERY 89 min	6 OREO COOKIE DAY 10:30 a.m. Samples in Lounge 10:30 a.m. Mass EDP Info Table 11:15 a.m. Horse Races
9 11:30 a.m. Lunch Bunch Trip departs to Uno's 1:15 p.m. Movie: HARRIET PG-13 125 min.	10 10 a.m. Caregiver Support Group 1 p.m. FREE Paraffin Wax Hand Treatments	11 SPEAKERS BUREAU 10 a.m. Friends Meeting 1:30 p.m. Judges Bill Rooney and Michael Callan	12 LUNCH & LEARN 10:30 a.m. State Senator Lesser Office Hour Noon Detective David Kornacki presents Scams 1:15 p.m. Classic Movie: ARE WE THERE YET? 95 min	13 11:15 a.m. Bean Bag Baseball 1:30 p.m. Book Club Meeting "THE GIRL IN THE ICE" by Robert Brzynda
<h2>Pizzaria Uno's Dough Raiser for Friends</h2>				
16 9 a.m. Flower Show trip departs 1:15 p.m. Movie: A BEAUTIFUL DAY IN THE NEIGHBORHOOD PG 109 min.	17 ST. PATRICK'S LUNCH 11 a.m. Sarah the Fiddler performs for St. Patrick's Day 2 p.m. Brown Bag* Time change	18 BIRTHDAY LUNCH 10:30 a.m. New Senior Center Update 1:15 p.m. FREE Craft Class 4:30 p.m. COA Board Meeting	19 1:15 p.m. Classic Movie: BANJO HACKETT 100 min	20 10:30 a.m. "Coffee Hour" with Louis & Clark
23 1:15 p.m. Movie: JO JO RABBIT PG-13 108 min.	24 10:30 "Coffee Hour" MMWEC Safety Presentation 1-3 p.m. Census Help	25 8:15 Facial Appts 9:30 a.m. Jewelry Class 10 a.m. TRIAD meeting 10:30 a.m. Veterans Agent Office Hour	26 9:30-11:30 a.m. Census Help 10 a.m. Drop-In Nurse 1:15 p.m. Classic Movie: SHALL WE DANCE 119 min	27 8:30 a.m. Men's Breakfast In Ludlow 10:30 a.m. "Coffee Hour" with Detective David Kornacki 1:30 p.m. Book Club Meeting
30 9 a.m. Lee Outlets Trip Departs 1:15 p.m. Movie: JUMANJI PG-13 123 min.	31 10:30 a.m. Ted Talk Hour 1:15 p.m. Hearing Appts	Just a reminder the 2020 US Census will begin this month. You will receive a letter inviting you to participate. We will have Census Help hours on March 24 th and 26 th . You can come by with your letter and we can help you complete the 2020 US Census.		

MARCH LUNCH CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cowboy Burgers Tater Tots	3 Asian Chicken Salad	4 Kielbasa & Sauerkraut Egg Noodles	5 Lazy Turkey Pot Pie	6 Veggie Burger Sweet Potato Fries
9 Grilled Cheese Tomato Soup Chips	10 Ravioli Primavera Garlic Bread	11 Hot Dogs & Beans	12 LUNCH & LEARN Stuffed Peppers Egg Noodles	13 Walnut Crusted Salmon Rice Peas
16 Seafood Salad Croissant With Salad	17 ST PATRICK'S DAY Corned Beef & Cabbage	18 BIRTHDAY LUNCH Chicken Louisa Mashed Potatoes Green Beans	19 American Chop Suey	20 Veggie Frittata Roasted Potatoes
23 Beef & Broccoli Over Rice Eggroll	24 Breaded Pork Chop Baked Potato Corn	25 Taco Salad Corn Bread	26 Chicken Bianco (Lemon Sauce/Mushrooms & Onions) Noodles	27 Fish & Chips Coleslaw
30 Macaroni & Cheese Stewed Tomatoes	31 BBQ Chicken Thighs Potato Salad Carrots	 <p>Welcome Back UMass Nursing Students! UMass Nursing Students will be at the Center on Wednesday's for the next two months. Be sure to stop by their room to introduce yourself and see what they'll be doing while at the Senior Center.</p>		

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 again in March! Sign up today! Bring a FRIEND!

Fishing Club

Tuesday, March 3, at 10:00 a.m.

The Fishing Club has started their meetings again. Learn more about fishing, tackle and lures through articles and videos. Then pick a destination and try out what you have learned. New members are welcome. No experience necessary.

Garden Club

Wednesday, March 4, at 1:00 p.m.

Spring is just around the corner and it's almost time to start gardening. Join Frank Krzanik and others to learn more about gardens. New members are always welcome. Green thumbs are appreciated but not necessary.

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 March and it's FREE! Register today.

Group Trivia

Wednesday, March 4, at 2:00 p.m. *Date change

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

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!!

Mass EDP Information Table

Friday, March 6, at 10:30 a.m.

Persons with vision and/or hearing disabilities may qualify for a free telephone. Stop and talk with Marguerite Szczawinski to find out if you qualify or pick up information for someone you know.

National Oreo Cookie Day in Lounge

Friday, March 6, at 10:30 a.m.

It's National Oreo Cookie Day. How many flavors have you tried?

Horse Races

Friday, March 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.

FREE Paraffin Wax Hand Treatments

Tuesday, March 10, 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.

Book Club

Friday, March 13 & 27 at 1:30 p.m.

Book club book for March is THE GIRL IN THE ICE by Robert Bryndza. New members are welcome to join us anytime.

New Senior Center Update

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

Join Director Jodi Zepke in the lounge, as she shares updates about the building of our new Senior Center. Things are becoming very REAL as the new building grows!

FREE Craft Class

Wednesday, March 18, at 1:15 p.m.

Be sure to sign up to join 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 at the front desk.

"Coffee Hour" Louis & Clark Medical Supply

Tuesday, March 20, at 10:30 a.m.

Diane Cordeiro from Louis & Clark presents an overview of medical supply, equipment and clinical services offered.

"Coffee Hour" MMWEC Safety Presentation

Tuesday, March 24, at 10:30 a.m.

MMWEC is the leading provider of public power services in Massachusetts. Join us for a presentation filled with door prizes and lots of information on how to stay safe around natural gas and electricity.

Jewelry Class

Wednesday, March 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, the class fills quickly.

"Coffee Hour" with Detective David Kornacki, LPD

Friday, March 27 at 10:30 a.m.

Detective Kornacki is here to provide answers about identity safety and scams. Hackers are always coming up with new ways to fool people into giving them valuable information. Be aware.

"TED TALK" Hour

Tuesday, March 31, at 10:30 p.m.

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. Pre-registration is appreciated but not necessary.

SPECIAL LUNCHES

Lunch & Learn

Thursday, March 12

at Noon

Join us to hear Detective David Kornacki of the Ludlow Police Dept. provide important information about protecting your identity and avoiding being the victim of a scam. You don't want to miss this valuable presentation! Sign Up today.

St. Patrick's Day Lunch

Tuesday, March 17

at 11:00 a.m.

Join us to hear Sarah The Fiddler perform for St. Patrick's Day. Then sit back and enjoy your traditional Irish meal of Corned Beef and Cabbage. Sign up today.

(Funded by a Ludlow Cultural Council Grant)

Birthday Lunch

Wednesday, March 18

at 11:30 a.m.

Those born in March 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.

OUTREACH AWARENESS

DO YOU HAVE MEDICARE AND NEED TO CHANGE PLANS?

Did you change your Medicare or Medicare Advantage plan last fall?
Were your prescription **costs much higher** than expected?
Are your **bills much higher** than anticipated? **Don't be trapped** into paying more than you should!

Please know that Medicare has acknowledged that some people may have "made the wrong plan choice because of inaccurate information from the new Plan Finder website". They advise you to **call 1-800-MEDICARE (1-800-633-4227)** and explain your situation. The Call Center representatives can help you *throughout the year* with options for **making changes**.

If you would like to **research your options** before making that call, you can **talk with a SHINE counselor by calling 1-800-243-4636** or your town's senior center.

Social Security Phone Scam with a Twist

The Inspector General is warning seniors that **scammers are not only calling and pretending to be government employees** ...threatening legal action and demanding money or gift cards!! They are now **sending fake documents** by email to convince you to do what they ask ...some documents even **look like official Social Security letterhead!**

Social Security does not send official reports by email;
Social Security will never threaten you with arrest or other legal action over a fine or fee;
Social Security will never ask for a payment by gift card, cash or wire transfer.

The Social Security Administration will send you a letter by MAIL if there is an issue with your Social Security account.

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](https://www.facebook.com/FriendsoftheLudlowSrCenter)

General Donations Received:

- Coffee Crew
- Fitness Room
- Alice's Boutique
- Edith Tipton - coffee
- Peggy Bernard - napkins
- Elizabeth Gondek - party napkins
- Bill & Mary Sarad - coffee
- Amy St. Peter - craft supplies
- Janice Sheaff (BF)
- Nowak Funeral Home (BF)
- Sandra Demos (BF)
- Big Y/ Bag Promo (BF)
- M&M William Sarad (BF)
- Lynn Connolly

BF Donations Received In HONOR of:

Margaret Bernard:

Brian Bernard

Barbara Green:

From her daughters

BF Donations Received In Memory of:

Louis Giovannetti:

M&M Thomas Hanlon

Charles Norman Bourdeau:

Sandra Kane

Nira Flatley

Eva Tyburski:

Theresa Detka

Stephanie Tyburski

Anna Santos

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

BF Donations Received In Memory of:

Shirley Postel:

Janet Lavigne

Steve McDaniel

Ella Holbrook

Joe Teixeira &

Kim Kudym

Lil Batista

Theresa Detka

Etta Brockney

Stephanie Tyburski

M&M Charles Milroy

Helen Reynolds:

Ella Holbrook

Theresa Detka

Etta Brockney

Audrey

Consolmagno:

Ella Holbrook

Nancy McGuill

Catherine Kennedy

Beverly Feicha

Elena Caldeira

Nancy Pauze

Theresa Boyle

Phyllis Thomas:

Barbara Green

Tina Vicencio:

M&M Jose Valadas

Botelho Family

Claire Natario

Sandra Silva

Tom Fernandes

Stanley Kareta:

Etta Brockney

Cecile Sagan:

Paul Hughes &

Darlene Lyko

Jerry & Phyllis

Cennamo

Dorothy Haviland

Carol Pack

Patricia Brien &

Family

Sylvia Ouellette

FRIENDS OF THE LUDLOW SENIOR CENTER

BUILDING COMMITTEE FUNDRAISERS

Ludlow Elks Pasta Supper

April 1, 2020

Don't forget to attend the Ludlow Elks Lodge #2448 at 69 Chapin Street on Wednesday, April 1st and bring the attached coupon for the Friends of the Ludlow Senior Center. They are donating \$1 from your meal cost to the Friends if you turn in this coupon for us.

I SUPPORT THE FRIENDS OF THE LUDLOW SENIOR CENTER

Thank you for donating \$1.00 of my meal cost to their organization.

Ludlow Elks Pasta Supper April 1, 2020

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 March:

Lunch & Learn:

Ludlow Police Department
Detective David Kornacki
presents:

“Don’t Be Fooled”
Thursday, March 12

Starting at Noon

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

Join Detective David Kornacki of the Ludlow Police Dept. and learn how not to be victimized on social media by thieves, ways scammers trick you and how to protect yourself and recognize potential dangers. Sign Up today.

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.