



NOVEMBER 2021

THE SENIOR SCENE

LUDLOW SENIOR CENTER—228 STATE STREET, LUDLOW, MA 01056

Jammin with Jodi...

I have to make it short and sweet this month as this newsletter is PACKED! Be sure to read through it carefully! Beginning Monday, November 1st, we will lift the mask mandate once again. Please know this can change at anytime. If you are more comfortable wearing a mask, please continue to do so! I hope that you can join us Friday the 5th for our Ribbon Cutting! The ceremony begins at 1:30pm. Please read page 2 for some “reminders and information”. Sometimes we all need reminders and speaking of trying to remember things, check out the new support programs on page 2. We are expanding our programs and I am very excited for the many support programs beginning this month. The Center will be closed November 11 and 12 and also November 25 and 26 for Thanksgiving. We are excited to offer Thanksgiving Lunch to both indoor dining and Grab and Go. Please see the menu page for more information and remember to sign up early and for only ONE of the Thanksgiving lunches. Volleyball is back and “Sand for Seniors” returns; see page 8. The famous “Friends Calendar Raffle” is returning for January 2022 so be sure to purchase your calendar. Thank you Veterans and hope to see you on November 9th. I am so thankful for ALL OF YOU!!! Happy Thanksgiving! ~Jodi

Ludlow Senior Center

The Center is open to the public, Monday-Friday
8:00am-4:00pm.

Phone Number:

(413) 583-3564

Email Address:

COA@Ludlow.ma.us

Website:

www.ludlow.ma.us

Executive Director:

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Activities Director :

Maria Ardolino

activity@ludlow.ma.us

Deb Borecki –Clerk

Jack Alves-Driver

John Garcia-Driver

Naomi White-Receptionist

Jorge Fialho-Maintenance

David Snyder—Dispatcher

Christine Toelken—Cook



REMINDERS AND INFORMATION...

- There will be no lunch served on Friday, November 5th as we prepare for the Ribbon Cutting that afternoon. Sorry for the inconvenience
- Van riders...winter is coming. Please wait indoor for your van ride and remember there is a 30 minute window for rides. Schedules have gotten extremely busy so please be patient for your ride.
- COATS and jackets....please make sure your name is on your coat or in your pocket. We ask that you hang up your coat in the coat area in the Dining Room at lunch so servers don't trip on your coat.
- The Senior Center will be closed on November 11th, 12th, 25th and 26th. Please be sure to book your appointments accordingly as there will be no van service on those days.
- With winter coming, if you participant in an exercise class or in the exercise room, please bring clean sneakers with you and change your shoes once you arrive. The floors and machines thank you!
- Please remember to sign in when you enter the building and to register for ALL activities that day. Much of our funding relies on numbers so we want to be sure we have accurate participant numbers. If you do not have a PINK card for signing in, see the Front Desk.
- PINK cards.. we issue cards after you come more than once to the Center. You do NOT need a card to visit. Just be sure to sign in on the "sign in sheet". If you have a card from another Center, we can activate it for Ludlow and there is no need for another card on your keychain.
- We will be offering Thanksgiving lunch on November 23rd INDOOR and the 24th for GRAB and GO. We ask that you make reservations before November 18. **NO** reservations will be accepted after the 18th. You may sign up for only **ONE** of the luncheons. The kitchen is going to overwhelmed but we want to be sure everyone can participate in our Turkey Lunch! Questions...give us a call!
- You may have noticed that the half door to the office is closed. If you need to enter the office area, please check with the Front Desk first. Thank you for your understanding.
- Many have asked about the Boutique...we will be working over the next month or so to get the space organized and "ready for business".
- I think that is enough for now! Thanks for reading and following directions! If you read it all, tell Jodi "I READ IT". :)

MEETINGS AND SUPPORT

TIP OF THE TONGUE
 UCLA Memory Training Program
Tuesdays, November 16th, 23rd, 30th
and December 7th
1:00pm-3:00pm

Can't remember where you parked? Forgot why you walked into the room? Word stuck on the tip of your tongue? Join Heather, Jodi, and Maria for four brain-stimulating, fun-filled sessions you will learn about developing good memory habits and techniques to improve your memory.

Methods are based on research and proven to be beneficial long-term. You must attend all four sessions for optimal results!

Space is limited. Don't forget to register early!



GUIDANCE BY LI
 Comfort and Support After Loss
Friday, November 19th 1:00-2:00pm

Losing a loved one can be one of life's hardest challenges. While it is inevitable that we all face loss, society has not done a great job teaching us how to work through all of the emotions that are associated with grief.

Owner and Founder of Guidance By Li, Liane Smola, will join us monthly to discuss topics such as the nature of grief, managing difficult emotions, self-care, remember the person who has passed, coping with the stress of change, handling special occasions, reaching out for support, and sharing ideas how to support others in your life who also may be faced with grief.

Share the story of your lost loved one and receive soft guidance and support for your continued grief journey.

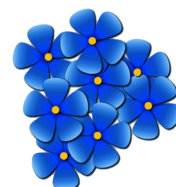
Please register for this session
 Sponsored by the Executive Office of Elder Affairs

FORGET ME-NOT CAFÉ
Monday, November 29th
1:30-2:30pm

A calm and welcoming meeting place where those with memory challenges and their caregivers can enjoy a change of scene and routine. Meet other care partners and learn about resources and experience respite and renewal in your role of caregiver.

Each month we will enjoy pleasant activities to improve senses and evoke good memories. This program is supported by a grant from WestMass ElderCare and the Older Americans Act.

Please register for the session with your loved one



MEETINGS & SUPPORT CONTINUED

DECORATING COMMITTEE

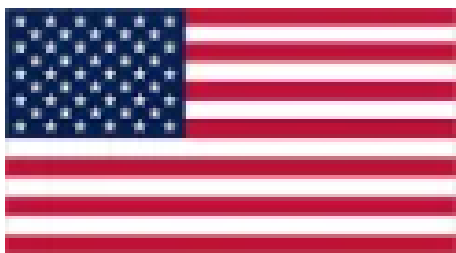
Tuesday, November 2nd at 1:00pm

Do you enjoy decorating large areas and dining rooms or creating center pieces? If so, join us as we plan for upcoming events. New members always welcome.

VETERANS' SERVICES

Tuesday, November 9th at 10:00-11:30am

Meet with Eric Segundo, Director of Veteran's Services, to discuss any issues concerning benefits and/or services. At 11:30am, Eric will be making a presentation in the Dining Room to honor our fallen military service men and women followed by the Pledge of Allegiance. Be sure to sign up for lunch. Veterans' lunch is on us. Thank you for your service.



WELLNESS SERVICES

The Ludlow Council on Aging is not responsible for last minute cancellations by these providers

BLOOD PRESSURE CHECKS AND FILE OF LIFE

Tuesday afternoon from 12:30pm-2:00pm

Christine is here to check your blood pressure and to update your File of Life or complete a new one for you. A File of Life is a document with your medical information for emergency personnel just in case you are not able to provide it in an emergency.



FRIENDS OF THE LUDLOW SENIOR CENTER

Wednesday, November 10th at 1:30pm

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.

COUNCIL ON AGING BOARD MEETING

Wednesday, November 17th at 4:30pm

Held the third Wednesday of every month, this meeting is open to the public. Come and see what the COA is all about!

THE BEST WAY TO FIND YOURSELF
IS TO LOSE YOURSELF
IN THE SERVICE OF OTHERS.
GANDHI

MASSAGE THERAPY

Meaghan Murphy: Mondays, November 8 and 22

Enjoy a 30 minute massage for just \$25. Appointments are required. At this time, appointments are limited to once per month; you can be put on the waiting list for the other date. Please wear a mask to your appointment.

Sign ups for November begin November 1st

FACIALS WITH DIANE

Diane Neill: Wednesday, November 24th

Diane Neill, MA licensed esthetician, provides facials and additional skin care services starting at \$35. Light therapy and waxing services available.

Appointments are required

INDOOR ACTIVITY INFORMATION...

Garden Club

Mondays at 8:00am

Calling all people who are interested in gardening! You do not have to have a green thumb to join. New members are always welcome.

Knitting Group

Mondays at 9:00am

Join the knitting group to learn to knit, get help with your project and start your week with good friends and a lot of laughs!

Pitch

Mondays at 1:15pm

Join us in the Game room for some exciting games of Pitch!

Quilting

Tuesdays at 9:00am

Come to create a beautiful masterpiece, learn a new technique or simply enjoy time with friends!

Bingo

Tuesdays at 1:30pm

Try your luck at this fun game of chance.

Ceramics

Wednesdays at 9:00am and Fridays at 1:00pm

Bring your own pieces to paint or restore. Mike will be available to help and has new pieces for purchase. The kiln is working!

Dominos

Thursdays at 10:00am

Join us for a friendly game of Mexican Train! No experience necessary.

Mahjong

Thursdays at 1:00pm

Come join us for a fun and lively game of Mahjong. No experience necessary!

Jewelry Class

Wednesday, November 3rd - 9:30am-11:00am

Jewelry returns! Come and create your own jewelry. The class is \$3.00, plus the cost of your supplies.

Cranberry Bog Day

Thursday, November 4th -10:00am-11:00am

Enjoy a refreshing cranberry juice cocktail and a cranberry/orange/walnut muffin in the Café to celebrate our State berry.

Ribbon Cutting and Ceremony

November 5th-1:00pm—3:00pm

Ribbon Cutting Ceremony and Open House for the New Ludlow Senior Center with live music! All are welcome.

Opera Group

Wednesdays, November 10th and 24th at 10:00am

This is a great way to learn about the stories and music that make up the genre of Opera.

Fall Craft with Sunshine Village

Wednesday, November 17th at 1:00pm

Be sure to register for this fun event and create a fall craft with our friends from Sunshine Village.

Book Club

Thursday November 18th at 2:00pm

Little Disasters by Sarah Vaughan

A stay-at-home mother of three, Jess is battling postpartum depression when she lands in the hospital with her 10-month-old daughter. The baby's injuries leave authorities, as well as Jess's friends and family, wondering if Jess herself could have harmed her baby.

Upcoming books...

December—*The Newcomer* by Mary Kay Andrews

January—*Every Last Fear* by Alex Finlay

February—*The Unwilling* by John Hart

NEW MEMBERS ALWAYS WELCOME!

Trivia

Friday, November 19th at 10:30am

Join Kathy Green as we break into teams to answer questions ranging from current events to geography and history. New players are always welcome!

"How can I get a newsletter?"

You can contact the Center and we will mail it to you for \$7.00 a year. Provide us with your e-mail address and we will e-mail it to you for FREE or you can also stop by the Center. Please 'like' Ludlow Senior Center on Facebook!

BROWN BAG PROGRAM

Tuesday, November 16 from 1:00pm-3:00pm

Offered through the Food Bank of Western Massachusetts, Brown Bag helps those older than 55, who meet income guidelines. Pickup is the third Tuesday of each month.

Call the Center for more information and application.



EXERCISE

Exercise Room

Monday—Friday 8:00am—3:00pm

The exercise room contains treadmills, recumbent bikes and an elliptical. You must have your medical provider sign a new medical form prior to utilizing the equipment. There is a \$10 lifetime fee. If you paid it in the old building, you are all set.

Walking Club

Monday-Friday 7, 8, & 9:00am

Now meeting in the rear of the parking lot of the new building. It is a great way to start your day, meet new friends, and get some exercise! Join us! New members always welcome.

Boomer Bootcamp

Mondays at 10:00am & Fridays at 8:45 and then 10:00 am

Have fun while using weights and light aerobic exercise to increase tone and endurance. Thanks to a generous donation to the Friends of Ludlow Senior Center from The Joseph and Anna Dias Family Foundation designated for exercise programs we are able to offer this class for \$1 per class or a punch from your punch card.

Sign ups are required for Boomer Bootcamp



OUTREACH AWARENESS

Line Dancing Class

Tuesdays at 9:15 am

Lynn Connolly provides instructions and music for this fun and active class! **Free Class!**

Yoga

Tuesdays at 10:30 am

Yoga is a great way to loosen joints and improve flexibility and strength. Each class is \$1 or a punch on your card

Please bring your own mat.

Belly Dancing

Wednesdays at 1:30pm

This is a beginners class which includes core moves, combinations and isolations which set the dance apart from other dance forms. Each class will begin with exercises to warm up and stretch and end with a cool down of slow movements. No experience necessary! **FREE** of charge thanks to a grant from the Executive Office of Elder Affairs.

Tai Chi

Thursdays at 9:00 am

This class leads you through exercises of slow, flowing movements to help improve concentration, coordination, flexibility and balance while relaxing the mind. **Free Class!**

FUEL ASSISTANCE APPLICATIONS 2021 – 2022

Fuel Assistance starts November 1, 2021 and you can apply through April 2022

- Application assistance will be by **Appointment only on Wednesdays and Thursdays.**
- Appointments will only be made for **residents of Ludlow 60 years and older.**
- Please do not drop off any applications or paperwork at the receptionist desk for Debbie.
- Everyone must have an appointment. Drop ins will not be accommodated. Thank you for your understanding!

It is very important that you bring all of the following paperwork, which pertains to your household, to your appointment in order for the application to be complete:

- **ID** – Social security card or Birth Certificate or Driver's license,
- **Proof of fixed income:** Social Security, pension, IRA, annuity.
- If working – **4 consecutive pay stubs prior to application date.**
- **Unemployment** – **most recent 4-week period** check stubs.
- 2021 heating bill
- 2021 electric bill
- 2021 water/sewer bill
- If renting – landlord name, address and telephone number
- 2021 Tax Bill or House Insurance Bill

To make an appointment to complete your Fuel Assistance, please call 583-3564.

OUTREACH CONTINUED...

It's that time of year! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you will start to receive information from your health plan and or prescription plan. Please read and save this information regarding changes in your plan for 2022.

During Medicare Open Enrollment (October 15 - December 7), you may:

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare drug plan to another Medicare drug plan.
- Drop your Medicare prescription drug coverage completely.

Our SHINE counselor can help you understand your plan changes, as well as other options you may have. Our SHINE counselor offers free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call 583-3564. This program is by appointment only.

SPECIAL ANNOUNCEMENTS

Volleyball is Baaaaaaaaaack!

A group meets every Tuesday and Thursday evening at the East Street School in Ludlow 5:30-8pm
Call Maria for more information!



Wearing a Coat or Jacket to the Center?

Stay warm when you visit us but please be sure to put your name on a slip of paper in your coat pocket. This way we will know whose is whose!

There are many coat racks and hangers throughout the new building for your convenience. Please be sure to hang your coat up in the Dining Room so that no one trips while serving lunch. Thanks!




SAND FOR SENIORS

People's Bank and the Ludlow Fire Department will be sponsoring "Sand For Seniors" this year. If you would like a pail of sand for your walkway this winter, call the Center by **November 18th** to sign up for this helpful program. Buckets will be delivered the beginning of December.



WINTER STORM CLOSINGS

 If the Ludlow Schools are closed or delayed, the Ludlow Senior Center is also closed or delayed. Be sure to check channels 22 or 40 before you leave to come to the Center when there is bad weather. In the case of a delay, any activities that were scheduled during the delayed opening time frame will be cancelled.

FRIENDS OF THE LUDLOW SENIOR CENTER

Who are "The Friends"?

We are an IRS 501c3 nonprofit organization created in 1984. Our goal is to financially assist the Ludlow Senior Center by raising funds which are used to supplement programs at the Center for our community.

Friends of the Ludlow Senior Center meets every second Wednesday of the month at 1:30pm.. Next meeting: Nov 10th

Donations have been made in the memory of the following Friends:

Eleanor Boczon:

- Etta Brockney
- East Street School
- Ella Hollbrook
- Mary Hart
- Susan Jessmer
- Sylvia Ouellette
- Miriam Stone

Sandra Sweeney:

- Eleanor Duquette

Café Donations

- Michael Barrus
- Janice Hoffman

We received \$18 from the Big Y Community Bag Program and a very generous anonymous donation!

Thank you!

Friends January 2022 Calendar Fundraiser Calendars on Sale 11/23—12/30/2021

\$10 for 31 chances to win!

Proceeds go to the Friends General Fund.

In November, Friends of the Ludlow Senior Center will receive \$1 for every \$10.99 Bloomin' 4 Good Bouquet purchased at the Boston Road Stop & Shop in Springfield. Be sure to look for the bouquet with the red circle sticker!



HELP US FIGHT HUNGER!

Many thanks go to **People's Bank** for their generous contribution to the building fund and to our new Corner Café!

Thank you to **JGS Lifecare** for sponsoring the unveiling of the Corner Café!

2022 JANUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			29	30	31 Holiday	1 \$250
2 \$50	3 \$50	4 \$50	5 \$50	6 \$50	7 \$50	8 \$50
9 \$50	10 \$50	11 \$50	12 \$50	13 \$50	14 \$50	15 \$100
16 \$50	17 \$50	18 \$50	19 \$50	20 \$50	21 \$50	22 \$50
23 \$50	24 \$50	25 \$50	26 \$50	27 \$50	28 \$50	29 \$50
30 \$50	31 \$250					

DONATION to the "FRIENDS OF THE LUDLOW SENIOR CENTER"

Donation from _____

Address _____

(Circle one) Contribution in Memory / Honor of: _____

Send acknowledgement to (kindly indicate name, address & relationship): _____

Donation Amount _____ Check here to remain anonymous _____

Please make check payable to:

Friends of the Ludlow Senior Center

228 State Street, Ludlow MA 01056

Phone (413) 583-3564

The Friends are a non-profit 501(c)(3)

Thank you to the families that think of us when requesting memorial contributions. Please know we appreciate this and are pleased that the memory of your loved one will live on at the Ludlow Senior Center.

THE SENIOR SCENE

228 STATE ST, LUDLOW, MA 01056

PLACE
STAMP
HERE

Phone Number:

(413) 583-3564

NEW Address:

228 State Street
Ludlow, MA 01056

Email Address:

COA@Ludlow.ma.us

Website:

www.ludlow.ma.us

Fax Number:

(413) 583-5658

**Council on Aging
members:**

Chairman:

Janice Grimaldi
Diane Peacey

Secretary:

Karen Martin

Treasurer:

John DaCruz

Members:

Fred Lafayette
Rosalind Forti
Sheena Santolini
Kara Ribeiro
Helen Grabowski
Frank Krzanik
Debbie Johnson

**This is the perfect time
of year to change your
smoke detector batteries!**

Change your clocks...



Change your batteries!

GRAB AND GO LUNCH PROGRAM

Wednesdays, 11:30am-12:15pm

Grab and Go will continue on Wednesdays through the end of the year.
Reminder to be sure that you call in your reservation at
least 24 hours in advance.
Call 583-3564 for reservations or more information.

JUST ANOTHER FRIENDLY REMINDER!!!!

PARKING LOT SAFETY

•PLEASE ALWAYS USE THE CROSSWALKS!

- Watch for others walking to and from their cars.
- **Always use the sidewalks and crosswalks.**
- Look both ways when crossing in front of the building.
- Bump stops are something new for us, please be careful not to trip over these.
- On Grab and Go days, please follow the directions of our parking attendants.

