

**SEPTEMBER 2020**

# **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:**

www.ludlow.ma.us

**Fax Number:**

(413) 583-5658

**Office Hours:**

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

If you get a voicemail  
please leave a  
message and we will  
be happy to get back  
to you.

### **Jammin' with Jodi...**

Man oh man...it has been a long 6 months! We have learned a lot, stumbled a lot and preserved a lot! I am very proud of the staff for pitching in, taking charge and just being here day in and day out even when they don't need to be. Thanks all!

There is a lot of information in this months newsletter. Some changes and additions so please be sure that you read carefully. We have special "stop by" events on September 16th and 23rd. We would love to see more people for these events! So be sure to stop by, say hi and enjoy the treats!

We would REALLY love some feedback about the Zoom programs, Grab and Go and outdoor programs. We are also trying to get a sense of what people's needs are going into the colder months. Please e-mail me (jzepke@ludlow.ma.us), call me or drop me a note when picking up lunch or the mail. I appreciate all of the feedback. As always we miss you, stay healthy and continue to watch out for each other.

~Jodi

## **HAPPY RETIREMENT MATT!!!**

Many of you know Matt Pszeniczny as the guy that books your van ride at the Center. Matt has been part of the Senior Center long before I began my career here. He was the liaison to the Council on Aging for the Board of Selectmen for many years. When he retired from his career, Matt was a volunteer here at the Center. He worked in the kitchen (we won't talk about the time he almost burnt it down) and drove the van (or mention the time he took out the awning) when needed. The opportunity to join the staff became available in 2008 and Matt came out of retirement. Matt drove the van until 2014 when he moved to the position as Dispatcher. He was also the tour guide to new visitors.

Many people do not know that Matt was the driving force behind the new building. He did a tremendous amount of research, created questionnaires and visited many other buildings. The information he provided helped us work toward the goal of a new building. I will forever be grateful for all of his work.

The entire staff will miss you Matt! We will miss your presence in the back office, scaring you when you don't hear us and keeping us up on current events. I know we will forget to call Big Y and screw up the sheets at some point but it will remind us of you. You better bring the puppy in to visit and we wish you the very best in retirement! Relax, enjoy and be well Matt! Xoxo ~Jodi, Deb J, Deb B, Maria, Naomi, Jorge, Jack, John, Carla and Donna.

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

# SEPTEMBER GRAB AND GO LUNCH MENU

Sept 1: Kielbasa and lazy pierogi  
Sept 3: Crab cakes and sweet potato fries

Sept 8: Lazy chicken pot pie  
Sept 10: Stuffed pepper

Sept 15: Stuffed pork chop (Birthday lunch!)  
Sept 17: Cobb Salad

Sept 22: Chicken parmesan  
Sept 24: Fish and chips (Mask Day)  
Sept 29: Ham and broccoli casserole

## **\*NEW PICK UP TIME - 11:30am—12:30pm\***

Please remember you must be 60+, drive up to receive your meal and make reservations 24 hours in advance.

Offered on Tuesdays and Thursdays

and the cost is \$2.00. Thank you for your understanding.

If you would like to pay for the whole month, it is \$18 per person and checks can be made out to Ludlow Council on Aging.

## OUTDOOR SENIOR SERIES

**What it is:** We have begun to offer different classes outside. We are offering Tai Chi, Boomer Bootcamp, “Tea for 10” hour and Yoga. Each class will be in the park adjacent to the Senior Center. Class times have changed for September. Please check each class. There is no charge for these classes thanks to Elder Affairs!

### How it works:

- 10-20 slots per class (depending on the class) due to State regulations.
- Everyone will be spaced 6-8 feet apart depending on activity. Please maintain this distance.
- You **MUST** sign up by calling the Center at 583-3564. No drop ins will be allowed.
- You must wear a mask until you are at your spot. You will **NOT** exercise with a mask on.
- Please bring all equipment you may need.
- **Please be sure to bring water!**
- If it rains, class will be cancelled.

### **“Tea for 10” - Monday, September 14 and 28 at 10:00am**

Come for one hour light discussion group. It has been a while since we have seen each other so let’s catch up! Led by Center staff. Individual iced tea will be provided.

### **Tai Chi - Thursdays at 9:00 a.m. - Weekly\*\***

Carol will lead you in a one-hour practice of exercise using slow, flowing movements to improve concentration, coordination, and balance while relaxing the mind.

**\*\*Please note day change for Tai Chi and time change for the other classes.\*\***

### **Boomer Bootcamp— Wednesdays at 10:00am - Weekly**

Join Victoria in the park for aerobic exercise and a light weight work out. Class will be 1 hour and will be modified depending on the weather. You can bring your own equipment and PLEASE bring water! \*\*

### **Yoga - Fridays at 10:00am - Weekly\*\***

Charleen from the YMCA, gets us moving our bodies in a safe calming way on a chair, mat or towel. It is also a great way to catch up with all the Yoga buddies and see new faces. **Bring your own mat.**

# CONNECT WITH THE SENIOR CENTER FROM YOUR HOME

If you do not have a device and want to call in and just use your phone  
Call 1 (929) 205 - 6099 and use the meeting ID and password.

## CURRENT WEEKLY SCHEDULE

### **ZOOM Coffee with Friends and Guest Tuesday 9:30 a.m. - 10:10 a.m.**

Meeting ID: 884 9624 1487 Password: 550029  
We miss seeing our friends so join us for virtual coffee.  
Guests this month include Jake Olivera on the 8th and Chip Harrington on the 22nd. Both are running for State Representative. This will be a good opportunity to learn about each candidate and ask questions.

### **ZOOM Bingo - Tuesday 2:00 p.m.**

Meeting ID: 837 6101 2789 Password: 801534  
We can mail, email or hand you your own BINGO card.  
Lots of fun and laughs!

### **ZOOM Chair Yoga with Lisa - Wednesday 4:30 pm**

Meeting ID: 823 0145 4132 Password: 032079  
Lisa, a popular teacher at the center, gets us moving our bodies in a safe calming way on a chair, mat or towel. It is also a great way to catch up with all Yoga buddies and see new faces. All are welcome.

### **ZOOM Trivia - Friday 11:00 a.m. - 12:00 p.m.**

Meeting ID: 811 1761 2769 Password: 585540  
Join us for a game of multiple choice trivia. Lot of laughs are had in this just for fun game.

## Ludlow Senior Center Walking Group

This group does a social distance walk every day Mon-Fri at 8:00am. They meet at the entrance to the Riverwalk. All are welcome! Get out for some exercise, fresh air and see familiar faces and/or make new friends! Give us a call if you need more information.  
583-3564

## ZOOM EVENTS IN AUGUST

### **ZOOM Update with Jodi and virtual tour Wednesday, Sept 9th at 10:30am**

Meeting ID: 899 5764 9284 Password: 367421  
Join Jodi as she takes us on a virtual tour of the new building! She will show us around and answer your questions about the new building and current building.

### **BlueCross BlueShield presents "Medicare 101" Thursday, Sept 10th at 1:00 p.m.**

Meeting ID: 842 0025 8307 Password: 691034  
Understanding the basics of Medicare and the time line of enrolling and finding additional assistance.

### **"Wheel of Fortune"**

#### **Monday, Sept 14th at 1:00 p.m.**

Meeting ID: 859 9648 1090 Password: 764055  
Just like on TV, Play Wheel of Fortune and laugh with us.

### **"Scattergories" with Bay Path University, Occupational Therapy Department**

#### **Thursday, Sept 17th at 1:00 p.m.**

Meeting ID: 880 7479 8018 Password: 183056  
Alexis Ferioli Morin, Scattgories and laugh with us.

### **Book Club - "The Guest List" by Lucy Foley Thursday, Sept 24th at 2:00 p.m.**

Meeting ID: 882 4088 4418 Password: 444456  
An online book discussion about "The Guest List" by Lucy



# WEEKLY EMAIL UPDATES

Maria sends weekly updates with links to our on-line zoom classes. Please email Maria at [activity@ludlow.ma.us](mailto:activity@ludlow.ma.us) so she can add you to the email list!

## BROWN BAG FOOD PROGRAM

**What it is:** Brown Bag is a program that provides a free bag of healthy groceries to eligible seniors once a month. The food items are specifically selected to meet special dietary requirements to help one stay healthy and active.

**Eligibility:** The Brown Bag program is for people over the age of 55 who meet certain income guidelines. If you qualify for SSI, Medicaid, Fuel Assistance, Veteran's Aid or have a documented disability for which you receive SSDI, you may qualify to receive Brown Bag monthly groceries.

**Apply:** You can simply call the Senior Center at 583-3564 and speak with Debbie or call the Food Bank at 413-247-9738. The application is also available at [www.foodbankma.org](http://www.foodbankma.org).

This is a great program especially with times being tough. Please take advantage of programs you may qualify for. Monthly pick up is the 3rd Tuesday of the month 1:00pm-3:00pm. The next Brown Bag pick up is **Tuesday, September 15th from 1:00pm-3:00pm.**

## THANK YOU EOEA....

I want to take a moment to thank the Office of Elder Affairs! All of our exercise programs, some supplies for Grab and Go and many COVID expenses were paid for with our Formula Grant allocation over the past few months. This grant allows us to supplement many of our programs, pay for a staff member and assist with the daily function of the Center. This grant is based on the CENSUS this is why it is so important to complete your CENSUS. Thank you Elder Affairs and Massachusetts Councils on Aging for supplying us with so much information and helping us work through this crazy time! It doesn't go unrecognized!  
THANK YOU ALL!

## FUEL ASSISTANCE...

Fuel Assistance begins in November and we know many of you have received your renewal application. We ask that if you have family that can assist you with the application to please ask them for help. Debbie is here, can answer questions over the phone and will have LIMITED OUTDOOR appointments beginning in September. We are limiting the appointments to those that truly need help with the application. Please read your application and try to complete it yourself. They have simplified the application this year. We have NOT received new applications so at this time we are only assisting renewals. Appointments will begin September 9th on Wednesday and Friday mornings **BY APPOINTMENT ONLY.**  
NO DROP INS PLEASE! 583-3564 for those that REALLY need help.  
Thank you for your understanding!!!

# ATTENTION GRAB AND GO!.....

Thank you everyone for adjusting to the change in pick up time. It has helped out the kitchen tremendously. Please continue to pay attention and breathe deep while in line. If you reserved a meal, we will have one for you so don't stress if someone cuts in front of you.

Many ask how long we will have Grab and Go and I am here to tell you until we can have lunch together inside, we will continue Grab and Go. I am trying to expand to another day but easier said than done. Staff is still at 50% and I am down 2 staff members and no volunteers but we will find a way to expand. Eventually we will move to the new building as well but no worries, we will make sure everyone knows when that will be. So for the time being...enjoy lunch! Stay tuned.

*Is there a meal you would like to see on the menu? Let us know! Menu planning is hard and we would love some input!! Let us know in the pick up line. Thank you!*

## National Hot Mulled Cider Day!

Come by the Center on Wednesday, September 16th between 11:00am-12:00pm as we celebrate hot mulled cider and cider



donuts! Fall is coming and this is a perfect pairing! We will be out front safely serving and waiting for you!

## The Brown Bag Program

Tuesday, September 15th—1:00pm—3:00pm

This monthly program provides shelf stable foods from the Food Bank of Western MA. Bags are put together at the Senior Center and are available for pick up or delivery the 3rd Tuesday of every month. Pick up is at the back door. If you think this program could help contact Debbie at 583-3564.

## National Ice Cream Cone Day!



Stop by the Center on Wednesday, September 23rd between 1:00pm –2:00pm for an ice cream cone! We will be out front safely scooping! What will it be vanilla or chocolate? Sprinkles?

## Grab and Go fun lunches:

~Tuesday, September 15th is our monthly Birthday Lunch. Let us know your birthday is in September and lunch is on us along with some other special treats!

~Thursday, September 24th is Mask Day! On Tuesday the 22nd we will hand out a craft kit to make a mask during Grab & Go (please only take one if you are interested). If you make the mask and WEAR it to Grab & Go on the 24th, we will have a special prize for you! Have some fun with us!

# CHANNEL 192 SCHEDULE...

We are working with Mike Hill and Ludlow Cable Access to bring more programs into your home. The following is a schedule of programs for the month of September on channel 192. We would love your feedback on the schedule and the programs so let us know what you think!

## Monday:

9am—Moving & Grooving  
3pm—Yoga

## Tuesday:

9am—Chair Yoga  
3pm—Today's Hot Topic! (Cooking class, Legal Matters, AARP HomeFit, Better Business Bureau presentation)

## Wednesday:

9am—Tai Chi  
3pm—Zumba

## Thursday:

9am—Today's Hot Topic! (Cooking class, Legal Matters, AARP HomeFit, Better Business Bureau presentation)  
3pm—Chair Yoga

## Friday:

9am—Boomer Boot Camp

## Saturday:

9am—Chair Yoga

## GRAB AND GO FUN!!!



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 Senior Center in writing. Thank you!

# 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.

**Support Your Friends! Check out our Facebook Page:**

<https://www.facebook.com/FriendsoftheLudlowSrCenter>

Donations have been received in memory of the following friends...

**Vincent Harackiewicz:**

- M/M James Budrewicz

**Fran Guerra:**

- Karen Randall

**Elizabeth Aniolowski:**

- Nira Flatley
- Janet Reynolds
- Joann Silverman
- M/M Paul Sideleau
- Theresa Mikalian
- M/M Theodore Wegrzyn
- Barbara Green
- Linda Scibelli
- M/M Robert Talaga
- M/M Richard Ollari

**Rose Fernandes:**

- Gloria Perreira
- Deborah Querios
- M/M Gino Del Buono
- M/M Paul Joao
- M/M Amandio Fernandes

**Theresa Gregoire:**

- M/M Glenn Potter

**Charles Milroy:**

- Wendy Cook
- Margaret Hinkley
- Queiroga/Condon Family
- Debbie Potter
- Cynthia Goodreau
- Dan & Krysten Beaven
- Fran Gregoire
- Terry Codding

- Rose Fernandes and Family
- Amelia McMeans
- M/M Antonio Roxo
- M/M Luis Magalhaes
- LAF Organization

**New Building Donations:**

- Daughters (Toni Marie & Elena) of Tony & Elena Mendes
- Harvey Fontaine
- Jake Hanecak
- Jeanne Boyer

## 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

## ~New Building Update~



The new building construction continues! The walls are all sheet rocked. The back side has been painted and they have started painting inside. HVAC and other utilities are working away. The patios and sidewalks have been pored and they are working on the parking lot which will be paved in September. Landscaping will begin this month as well. Jodi will be doing a ZOOM virtual tour on Wednesday, September 9th at 10:30am. Tune in and see the new building! 228 State Street...we are coming!

# THE SENIOR SCENE

37 CHESTNUT ST, LUDLOW, MA

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:**

Fred Lafayette

**Vice Chairman:**

open

**Secretary:**

Kara Ribeiro

**Treasurer:**

Helen Grabowski

**Members:**

Nancy Pauze

John DaCruz

Rosalind Forti

Sheena Santolini

Janice Grimaldi

Diane Peacey

Frank Krzanik

Debbie Johnson

Borrowed from Google...

“Conversations are not cancelled. Relationships are not cancelled. Reading is not cancelled. Self-care is not cancelled. Music is not cancelled. LOVE is not cancelled. May we lean into the good stuff that remains.” #inthistgether

## THE FUTURE...

It has been over 6 months since this whole COVID thing started. I wish I could say that we had a clear plan ahead. Senior Centers are not even on the Governor's plan. I can say I am pretty certain that we will not be able to open our doors until 2021. The bright side is that we will be in our new building by then. We are going to continue outdoor programming through October. We will then end programs for the time being. We need to pack and get ready to move. We will continue to have ZOOM classes but we are also working with cable access to bring more programming to channel 191. (Please see the schedule inside). Transportation will continue on Mondays, Wednesdays and Fridays and Grab and Go meals will continue on Tuesdays and Thursdays. It is our hope that by January we will have a plan in place to open our doors. It sure is quiet around here and we miss everyone more than you know. I even miss you all fighting over chairs in the dining room and the chitter chatter that filled our halls. We will continue to be in the office daily to answer your calls. Call if you need anything at all. We have an ipad lending program, food pantry, we can arrange for books from our library and can hopefully answer any of your questions or concerns. JUST CALL US!

If you have any personal belongings in the building, please let us know. We are cleaning out and will discard any left over items beginning in October so please call if you have anything here and we will arrange to get it to you. Thank you for your patience and understanding over the last 6 months. We have learned a lot and have preserved with ZOOM, outdoor programming and Grab and Go. It isn't perfect but we are still the Ludlow Senior Center and SeniorStrong!!

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