

# THE SENIOR SCENE ~ MARCH 2023



*Jammin with Jodi.....*

Let's talk about money! I thought I would take the opportunity to explain our budget and how things are paid for at the Senior Center. Our budget is broken down in to two parts, Personnel Services and General Expenses. The General Expenses pays for nutrition costs, transportation costs, WestMass Eldercare and some supplies. The General Expenses for FY23 is \$87,800. A new building did not mean a bigger budget. No class or activity is paid for by the Town budget. Basically all other costs are paid for by grants, donations, volunteers or the Friends of the Senior Center. We currently have 4 grants: the Formula Grant from the State, Title III grant which is Federal, Behavioral Health Grant and a grant that paid for the iPads for our computer classes. All of our exercise classes are either grant funded, volunteer driven or a generous donation from the Dias Foundation. People will ask us to "just add another exercise class". To add another class is roughly \$200 a month. We are paying out \$1400 a month right now and take in roughly \$560 in punch cards. Classes are \$1.00. When the Dias Foundation donation is exhausted, we have to either reduce the number of classes, increase the price of classes or find another grant. Please be sure you are paying the \$1.00 for class or have your card punched. That money is going back into the program. There is no money in the Town budget for classes. When people throw out drinking cups in the Dining Room, I don't have the money to buy new ones. When people do not show up for lunch, we are not out just \$2.00. We are out the price of the food, the paper goods and cleaning supplies because we still have to wash all the dishes on the table. I am trying so hard to keep lunch at \$2.00. We had 18 no-shows for our Valentine's lunch. We had a waiting list. **PLEASE** cancel your lunch reservation if you are not going to come!! 18 people missed out on a wonderful luncheon because 18 people didn't call and cancel. The same thing happens with Boomer Bootcamp. There is always a waiting list, so, if you do not call and cancel, someone is not getting into class that we are paying for. We are so very fortunate that we have the support that we do. I am so proud of all that we have to offer at a minimal cost. We all need to do our part to conserve our resources so that we can keep the cost minimal. Thank you to all that visit us daily and help make this one of the busiest Centers around!

*Jodi Zepke*

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## ***Keep Calm and Drum on!***

Being a caregiver for someone with Alzheimer's or other dementia-related conditions is extremely stressful, exhausting, and frustrating. Having Alzheimer's or other dementia-related conditions is also stressful, exhausting, and frustrating. In order to help caregivers and those with Alzheimer's, the Ludlow Senior Center offers the Forget-Me-Not Café which is a calm and welcoming meeting place where those with memory challenges and their caregivers can experience a change of scenery and routine while enjoying pleasant activities to improve senses and evoke good memories and conversations.

Starting March 31st at 1:30pm, the Forget-Me-Not Café will feature a drum circle. A drum circle is a beautiful way to provide a communal experience while also increasing feelings of confidence by creating meaningful sound in the moment. There is no rehearsal; there are no mistakes. A drum circle only allows success for each of the participants. If you would like to participate, please sign up early as space is limited. ***You must sign up with the person you are caring for.***

*Heather*

***~Also starting in March: For those 60 and older, we now have free Notary Services at the Ludlow Senior Center~***

# Get to Know The Ludlow Senior Center

## The Staff

### Executive Director

Jodi Zepke  
jzepke@ludlow.ma.us

### Program Coordinator

Heather Jolicoeur  
hjolicoeur@ludlow.ma.us

### Activities Director

Maria Ardolino  
activity@ludlow.ma.us

### Outreach Coordinator

Debbie Johnson  
outreach@ludlow.ma.us

### Receptionist

Naomi White

### Clerk

Deb Borecki

### Cook

Christine Toelken

### Maintenance

Jorge Fialho

### Dispatcher

David Snyder

### Van Drivers

Jack Alves  
John Garcia and Mike Lebel

### Activity Asst.

Tammy Laselle



## What is a Senior Center?

**Senior Centers** exist to help aging adults enjoy the company of their peers and participate in activities that are healthy, engaging and fun.

Recognized and funded through the Older Americans Act, (OAA) as a community focal point, **Senior Centers** have become one of the most widely used services within the Aging Services Network.

**Senior Centers** aren't just a place for great programs and activities. Many Centers such as the Ludlow Senior Center also offer volunteer opportunities, provide outreach programs such as Fuel Assistance, SHINE services, Brown Bag, indoor and Grab and Go meals, and offer exercise programs, recreational programs, and other programs to further help older adults within our communities age in place.

There are approximately 10,000 **Senior Centers** in the United States which serve more than one million older adults every day. Visit us or one of the surrounding communities today!

## Council on Aging Board

Diane Peacey- Chair

Janice Grimaldi- Vice Chair

Karen Martin- Secretary

John DaCruz- Treasurer

Open Seat- Member

Rosalind Forti- Member

Fernando Barroso- Member

Kara Ribeiro- Member

Helen Grabowski- Member

Frank Krzanik- Member

Debbie Johnson- Member

**Mission:** The Ludlow Council on Aging was created by Town of Ludlow By-Laws to act as an advocate for town citizens over **60 years** old, those with disabilities, and their families and caregivers, ensuring that they are represented before the town leadership, the Senior Center Director and the greater community. The Council works to identify the changing needs of this population and advises on policy making and program design. We focus on optimizing independence and quality of life, both physically and emotionally, in a way that is accessible to all.

Dignity ~ Independence ~ Inclusion

## New Staff Spotlight— Tammy Laselle

Give Tammy a warm welcome to the Senior Center! Tammy is our new part-time Activities Assistant. You will notice Tammy working both in the morning and on Tuesday evenings and hopefully, also on Thursday evenings soon.

Tammy recently retired after dedicating her 45 year career as a Registered Nurse to the care and well-being of seniors. She has worked in a nursing home, assisted living facility, and adult day care.

Tammy's focus in this new position is to expand evening programming with activities of interest to the seniors who come to the center. Please submit suggestions for evening programs in the box located in the lobby. Though she can't promise to fulfill all requests, Tammy is hoping to find new ideas to implement that will bring us together for a fun and engaging evening.

Tammy resides in Springfield with her husband, Rick, of 26 years, and her 2 fur babies rescued from Tennessee, mini poodles Bailey and Trixie.



**Winter Weather is HERE!**  
**Please use the crosswalks to and from your car.** Also, delays and closures will be posted on channels 22 and 40. Clean foot wear is required for all exercise classes!

Thank you!

## MARCH TRIPS..... (Sign-ups begin March 1st)

### Lunch Bunch~ Max Burger

Wednesday, March 8th at 11:30am

This month we will travel to Longmeadow to Max Burger for lunch. Van is \$2.00 and lunch is on your own.

### Smith College Bulb Show

Monday, March 13th at 9:00am

Welcome Spring with a trip to the Botanic Garden at Smith College for their annual bulb show. Cost is \$5.00 and \$2.00 for the van.

# ACTIVITIES...

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## COMPUTER HELP DROP IN

Mondays at 10:00am

Drop in on Mondays with your computer/phone questions. We will be happy to help! Please register in advance!

## WATERCOLOR PENCIL CLASS

Monday, March 6th and 20th at 1:30pm

Get creative while working on the same project as everyone else with water color pencils. Supplies and materials are provided.

**Space is limited so please sign up for this activity.**

## DECORATING COMMITTEE

Tuesday, March 7th at 1:00pm

Do you enjoy decorating large areas and dining rooms or creating centerpieces? If so, join us as we plan for upcoming events.

## JEWELRY CLASS

Wednesday, March 1st ~9:30am-11:00am

Come and create your own jewelry! Sandy will help you create beautiful jewelry. Class is \$3 plus the cost of supplies

## TEA WITH THE TA

Wednesday, March 1st at 10:00am

Stop by the Café and enjoy a cup of tea with Town Administrator, Marc Strange. It is a good opportunity to meet him and talk about your praise and concerns in Town. Special guest, Linda Collette to talk about the 250th celebration!

# WEEKLY ACTIVITIES...

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## KNITTING CLUB

Mondays at 9:00am

Join the knitting group to get help with your project and start your week with good friends and a lot of laughs.

## BILLIARDS

Mondays, Tuesdays, & Thursdays at 12:30pm

Travel League meets Mondays. 8 Ball Round Robin on Tuesdays and Thursdays. Open billiards every morning. All welcome!

## SCRABBLE

Mondays at 1:00pm

Love letters? Come have fun playing Scrabble. Show off your vocabulary or learn a few new words!

## PITCH

Mondays at 1:15pm

Whether you are an old pro or new to the game, come and join us for many fun, friendly hands of Pitch!

## QUILTING GROUP

Tuesdays at 9:00am

Come create and show off your masterpiece, learn a new technique or simply enjoy time with friends.

## CRIBBAGE

Tuesdays at 10:00am

Come play this game that involves grouping cards to create points which move you further along on the Cribbage board.

## OPERA APPRECIATION

Wednesday, March 8th and 22nd 10:00am

Experience Opera as a dramatic story told through song. It is considered by many to be the most complete art form, combining all of the elements of art, words, & music.

## TED TALK HOUR

Wednesday, March 22nd at 1:00pm

After watching a short TED Talk video, Jodi will lead the group through interesting and spirited discussion.

## MARCH CRAFTS WITH SUNSHINE VILLAGE

Thursday, March 16th and 30th at 10:00am

Join Sunshine Village to create a beautiful craft and painting. This activity is limited to the first 10 people to sign up.

## BOOK CLUB

Thursday, March 23rd at 2:00pm

*Florence Adler Swims Forever* by Rachel Beanland

April's Book: *Ask Me Again Tomorrow* by Olympia Dukakis

If you love to read and have a conversation about books, this group is for you! New members always welcome!

## NATIONAL SLOPPY JOE DAY

Thursday, March 23rd at 10:30am

Who knew there was such a thing? Join us in the Café for a sloppy joe slider and learn the history of this yummy sandwich.

## TRIVIA

Friday, March 10th at 10:30am

Teams will work together to answer trivia questions from pop culture, history, science, and more! If you know a little about everything, you will love playing

## BINGO

Tuesdays at 1:30pm

Try your luck at this fun game of chance!

## CORNHOLE

Wednesdays at 1:00pm

Join us inside on Wednesday afternoons for a couple of games of Cornhole in the Fitness Studio.

## CERAMICS

Tuesdays~3:30pm, Wednesdays~9:00am, Fridays~1:00pm

You can bring your own piece or order one from us. Help is available as well as access to the kiln. Cost of the class is free except for what your order.

## DOMINOS

Thursdays at 9:30am

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

## MAHJONG

Thursdays at 1:00pm

Come join us for a lively game of Mahjong. Not sure what it is? Come check it out! New players welcome!

## MAGIC CLASS

Fridays at 1:00pm

Come and learn a trick or two! No experience necessary.



# EXERCISE...

## EXERCISE ROOM

**Monday—Friday 8:00am—3:00pm**

***Fitness Room Instruction Wednesdays 8-10am by Appointment***

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 at the old building, you are all set.

**PLEASE NOTE ... YOU MUST BRING CLEAN SNEAKERS WITH YOU TO USE THE EQUIPMENT!**

## WALKING CLUB

**Monday-Friday 7:00am and 8:00am**

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 and enjoy the chilly air! New members always welcome.

## BOOMER BOOTCAMP

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

Have fun while using weights and light aerobic exercise to increase tone and endurance. \$1 or punch from your punch card.

***\*Sign ups are required for Boomer Bootcamp\****

***Please call ASAP and cancel if you cannot make class so that someone else can enjoy class! We have many NO SHOWS, so PLEASE cancel if you can't come. Thank you!***

## LINE DANCING

**Tuesdays at 9:00am**

Learn how to line dance while having fun!

## GENTLE YOGA

**Tuesdays at 10:30am**

This gentle practice incorporates the principles of Hatha Yoga and provides approaches of slow, gentle movements with breathing, mindfulness, and stress release. **Please bring your own mat.** \$1 or punch from your punch card per class.

## WESTERN DANCE LESSONS

**Tuesdays at 1:00pm**

If you love to dance, this is for you! There will be multiple forms of dancing to one song at a time. Instruction for line, swing and couples dancing. Partners, singles, and line dancers welcome.

## ZUMBA GOLD

**Mondays at 2:30pm & Wednesdays at 10:00am**

A modified Zumba class for active older adults with easy-to-follow choreography that focuses on balance, range of motion, and coordination. \$1 or punch from your punch card per class.

## TAI CHI

**Thursdays at 9:00am**

Come join in this class where you are led through exercises of slow, flowing movements to help improve concentration, coordination, flexibility and balance while relaxing the mind. **Free Class!**

## ACTIVE YOGA

**Thursdays at 2:30pm**

This class provides poses and a flow of postures with emphasis on body awareness, alignment and coordination of breath and movement. **Please bring your own mat.** \$1 or punch from your punch card per class.

**\*All of our exercise classes are either grant funded, volunteer driven, or donation based with generous funding from the Dias Foundation.**

# MEETINGS...



## VETERANS SERVICES

**Tuesday, March 7th at 10:30am**

Meet with Eric Segundo, Director of Veterans Services, to discuss any issues concerning benefits and/or services.

**Registration is appreciated**

## FRIENDS OF THE LUDLOW SENIOR CENTER

**Thursday, March 9th at 10:30am**

The Friends play a very important role at the Ludlow Senior Center by financially supporting services and activities. Stop in the second Thursday of each month and find out what you can do to help.

## SENATOR OLIVEIRA OFFICE HOUR

**Thursday, March 9th: 10:30am-11:30am**

Stop by and meet with Jennifer from Senator Oliveira's office to discuss topics that you feel are important to the community.

## COUNCIL ON AGING BOARD MEETING

**Wednesday, March 15th at 4:30pm**

Held the 3rd Wednesday of every month, this meeting is open to the public. This is an advisory Board that helps set policies and procedures of the Center. If you have questions about how things are done at the Center, please feel free to attend a meeting. Come see what the COA is all about!

**The COA Board is seeking 2 new members and an alternate member. Please see Jodi if you are interested in becoming part of the Council on Aging.**

## REPRESENTATIVE SAUNDERS OFFICE HOUR

**Tuesday, March 28th at 10:00am-11:00am**

Stop by and meet with Jeremy Patenaude from Rep. Saunders' office to discuss topics you feel are important to the community.

# SPECIAL LUNCHES...

## Lunch and Learn

Wednesday, March 15th at noon

BCBS of MA presents

*Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me?*

See page 10 for more information.



## St. Patrick's Day Lunch

Friday, March 17th at 11:00am

Join us on St. Patrick's Day for some awesome entertainment that begins at 11:00am

followed by a good ol' corned beef and cabbage dinner. Reservations required and seating is limited.

## Birthday Lunch!

Thursday, March 23rd at noon\*\*

Calling all March Birthdays! Join us for our monthly Birthday lunch. Let us know your birthday is in March and lunch is on us!

(\*\*date change\*\*)



# MOVIES...

Feb 28 at 5:00pm & March 1 at 1:00pm

***Jerry and Marge go Large 2022*** R Rated

This true story follows a long married couple as they use lottery winnings to bring new life to their small town.  
96 minutes

March 7 at 5:00pm & March 8 at 1:00pm

***Lamborghini*** R Rated

This is the true life story of Ferruccio Lamborghini, founder of the Lamborghini Auto Company. Starring Frank Grillo, Miro Sorvino & Gabriel Byrne.  
97 minutes

March 14 at 5:00pm & March 15 at 1:00pm

***Brooklyn*** PG-13

In this drama, three different characters collide in Brooklyn, where their hope, need, and thirst take them on a life altering journey.  
111 minutes.



March 21 at 5:00pm & March 22 at 12:50pm

***Maltese Falcon*** 1941

Humphrey Bogart stars as detective Sam Spade of San Francisco. Sam meets a beautiful woman and then troubles follows him. Based on the 1930 novel by Dashiell Hammett.  
100 minutes.

March 28 at 5:00pm & March 29 at 1:00pm

***Ticket to Paradise***

PG-13 A man and his ex-wife race to stop their daughter from marrying a seaweed farmer. As they desperately try to sabotage the wedding, the bickering duo soon find themselves rekindling old feelings that once made them happy together.  
104 minutes

# WELLNESS...

## **BLOOD PRESSURE CHECKS AND FILE OF LIFE**

**Tuesday afternoons from 12:30pm-2:00pm**

**Friday mornings 10:00am-11:30am**

Get your blood pressure checked and update your File of Life or complete a new one. 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. Update it for 2023!

FILE OF LIFE	
Name:	
Address:	
Doctor:	Phone:
EMERGENCY CONTACTS	
Name:	Phone:
Name:	Phone:
Address:	

## **FOOT CARE WITH ANGELA KRAMER, RN, BOH**

**Thursdays by Appointment**

Pedicures are \$20 and comprise a foot soak and nail trim (no polish). Appointments are required and can be made by calling the Center. Diabetics are required to provide a note from their doctor before foot care can be given. A mask is required at your appointment.

**\*\*Sign ups for March appointments begin March 1st. (We know appointments fill up quick. Please add your name to the wait list if you are unable to book an appointment.)**



**FOOTCARE**

## **COOKING FOR 1 OR 2**

**Wednesday, March 8th at 9:30am**

Meredith Starr from the Foodbank of Western Mass will help us to prepare meals for 1 or 2 people and learn about nutrition, MyPlate, and reading nutrition labels. Limited to 15 participants so be sure to register for this free program.

## **HEARING CLINIC WITH HERITAGE HEARING CARE**

**Thursday, March 30th ~ 12:30pm-3:00pm**

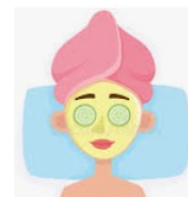
Having your hearing checked is important. Schedule your free hearing screening. Do you need your hearing aids checked, cleaned or need new batteries? New batteries are available also. Learn about hearing loss too. Call the Center for an appointment beginning March 1st. **Masks and registration are required.**

## **FACIALS WITH DIANE**

**Diane Neill: Wednesday, March 22nd**

Diane Neill, MA Licensed Esthetician, provides facials and additional skin care services starting at \$35. Light therapy and waxing services available. Appointments are required.

**\*April appointments are available beginning March 1st.**



# SUPPORT...

## GUIDANCE BY LI

Comfort and Support After Loss

**Friday, March 17th at 1:00pm**

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, remembering 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

## CAREGIVER COFFEE HOUR

**Wednesday, March 15th at 10:00am**

Are you a caregiver and want to connect with other caregivers for conversation, resource sharing and to not feel so alone? Join us for an informal coffee hour to meet, chat and share ideas.

Registration not necessary. Just drop in!

## TUESDAY EXTENDED HOURS!

The Center is open on Tuesday evenings until 7:00pm. The Exercise Room is open (as long as we have your MD paperwork) and there is open studio in the Arts and Crafts Room. The Game Room and Billiards rooms are open as well! As always, if you have suggestions for an evening program or event, please let us know!!! It is hard to add programming if we are not sure what people want.

Thanks in advance!

## SLIDESHOW TRIP THROUGH IRELAND!

**Tuesday, March 7th at 5:00pm**

Join our Center travel experts, Bob and Kathy, as they present a slideshow of their recent trip to Ireland. Nothing says St. Patrick's Day like a trip to Ireland!

## TUESDAY EVENING TRIVIA

**Tuesday, March 14th at 5:00pm**

Teams will work together to answer trivia questions from pop culture, history, science, and more! If you know a little about everything, you will love playing trivia!

## TUESDAY NIGHT MOVIES

**Every Tuesday at 5:00pm**

See page 7 for this month's movies and descriptions.

**The van is available until 6:30pm on Tuesdays. Come to the Center, go to the store or make a later appointment. As always a 24 hour notice is required. Call Dave 583-3564.**

# OUTREACH...

## LUDLOW AMBULANCE EMERGENCY SERVICE SUBSCRIPTION

Applications for 2023 are now available. The subscription charge is \$50.00 and covers all members of your household. As a subscriber, your insurance company will be billed for the emergency ambulance transport which is usually 70% of the total charge and you will not be billed for the unpaid balance. The charge for a basic emergency ambulance transport is \$1350.00 plus mileage. The \$50.00 subscription fee is a really good investment. Applications are available at the Ludlow Fire Department and Ludlow Senior Center. For more information, please call the Fire Department at 413-583-8332.

## MASSHEALTH ELIGIBILITY REDETERMINATION

During COVID, MassHealth established protections that prevented members' coverage from ending. MassHealth will return to its annual renewal processes starting **April 1. Please note that all MassHealth members will need to renew their health coverage.**

If MassHealth has enough information to confirm your eligibility, your coverage will be renewed automatically. If they cannot verify your eligibility automatically, they will send a renewal form in a blue envelope to the mailing address they have on file. If you are on MassHealth, please keep an eye out for the BLUE envelope. You will have to complete the renewal application and return it to MassHealth. If you receive the blue envelope and need assistance, please call the Center for an appointment to help with the paperwork. Applications will be mailed out beginning in April.

## SNAP BENEFITS

If you are receiving SNAP benefits, you have been receiving SNAP Emergency Allotments since March 2020. Massachusetts elected to utilize this temporary benefit program that was made available under the Families First Coronavirus Relief Act. These extra payments have been added to your EBT card at the beginning of each month. Recent action by the federal government (through the Congressional Consolidated Appropriations Act 2023), ends the extra COVID SNAP benefits as of February 2023. This means that you will receive your last COVID SNAP payment on March 2, 2023. Any questions or concerns, please call the Center and set up an appointment with Debbie Johnson, Outreach Coordinator.

## BROWN BAG PROGRAM

**Tuesday, March 21st 1:00-3:00pm**

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.**

Bag delivery is also available for those that cannot pick up their bag. Please call the Center if you need to have your bag delivered.



# 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:

Kathy Green, President  
Margaret Hinkley, Vice President  
Stephanie Tyburski, Treasurer  
Debbie Thompson, Secretary  
Jackie Doyle, Assistant Treasurer

### Next meeting:

Thursday, March 9th at 10:30am.  
All welcome!

Coming in May...

### Shredding Event! Saturday, May 6th

Start collecting your old, outdated paperwork. More info to come!

## DONATIONS HAVE BEEN MADE:

In memory of Edmund Nolan:  
Joanne Gastiglione and Gary Minks

In memory of Robert Bardon:  
Teddy Bear Pools

In Memory of Thomas Dillon:  
Jeannette Veroneau

In memory of Richard Moskal:  
Senior Center Building Committee

Thank you donation in honor of our hard-working Center volunteers:  
Walter Shaw



Thank you to Stop 'N Shop on Boston Rd. for their support of The Friends. For the month of March we will receive \$1 from every "Bloomin' 4 Good" flower bouquet sold in the Boston Rd. store.



In memory of Frederick Lafayette:  
Janice and Donald Grimaldi  
Tyler Equipment Corporation  
Carolyn and Wayne Wilson  
Garand Family – Kathy, Richard Jr & Kim  
Louise Boissy  
Joe, Nancy, Stephen, Tyler Bouchard  
Kaitlin Littleton  
Gordon and Barbara Cockcroft  
Marianne McCauley  
Nancy Sousa  
Andrea LaPlace  
Frank and Nancy Krzanik  
Beverly Feicha  
John and Carol Bobbin  
Christopher Bolek  
Barbara Bolek  
David and Amy Costa  
Senior Center Building Committee

MANY THANKS to everyone who donates merchandise to the Boutique AND for all of our shoppers! We are taking men and women's clothing, jewelry and other accessories and home décor items. In new or excellent condition only please. 100% of profits support programs at the Center.

**WE APPRECIATE EACH AND EVERYONE WHO MAKES A DONATION TO THE FRIENDS OF THE LUDLOW SENIOR CENTER. PLEASE BE SURE TO CUT OUT AND USE THE FORM BELOW TO ENSURE WE GET ALL OF THE INFORMATION NECESSARY TO RECOGNIZE YOUR DONATION.**

## 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)

Please fill in all information





# THE SENIOR SCENE

PLACE  
STAMP  
HERE

**LUDLOW SENIOR CENTER ~ 228 STATE ST, LUDLOW, MA 01056**

**Lunch & Learn ~ Wednesday, March 15th at Noon**

### **Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me?**

These are the #1 questions most people have when deciding on the coverage that is best for them. This presentation will discuss the differences between Medicare Supplement and Medicare Advantage plans, show real life case studies and provide resources to help in the decision process. This presentation is great for people new to Medicare and for existing Medicare members that will have the option to make changes to their plan during the Medicare Advantage open enrollment period from January 1<sup>st</sup> through March 31<sup>st</sup>. RESERVATIONS REQUIRED.

Please watch WWLP TV 22, Western Mass News 40 or Facebook for weather related delays and closures. We follow the school closures. If the schools are closed for weather, the Center is also closed.

## **SPECIAL ENTERTAINMENT...**

### **The Do Re Mi Chorus**

**Wednesday, March 1st ~ 2:00pm-3:00pm**

The Do Re Mi Chorus is a group of energetic, fun-loving singers from the Westfield Senior Center. Under the direction of Catherine Berry and accompanied by Camilla Crick, these 25+ members have grown into a harmonious chorus with one simple mission—to bring joy to others through their music. After a 3-year hiatus due to the pandemic, they are back even stronger, ready to entertain others with a new program of Broadway songs, including favorites like Hello Dolly, The Impossible Dream, Whistle a Happy Tune, and more. This variety of songs promises to have you smiling, swaying to the beat, and maybe even joining in to sing!

### **Bluebird Acres Independent Living Community**

**Thursday, March 30th at 10:00am**

Stop by the Café and learn about Bluebird Acres and enjoy some snacks as the Red Sox play in their home opener!



### **WOMEN of '76**

**Wednesday, March 29th at 1:30pm**

Rita Parisi from Waterfall Productions will portray five extraordinary women who witnessed the American Revolution first hand and in some cases, **CHANGED** the course of the American Revolution. Join us for this exciting performance!

*Thank you to the Ludlow Cultural Council*

### **SAVE THE DATE.....**

Baystate Trauma presents an injury prevention initiative lecture series:

### **“Keepin’ Steady”**

This is a 5-week lecture series. Lectures include Medication tips, Acute Brain injury, Advance directives and more! Series begins on

**Wednesday, April 12th at 1:00pm.**

More info in April’s newsletter!