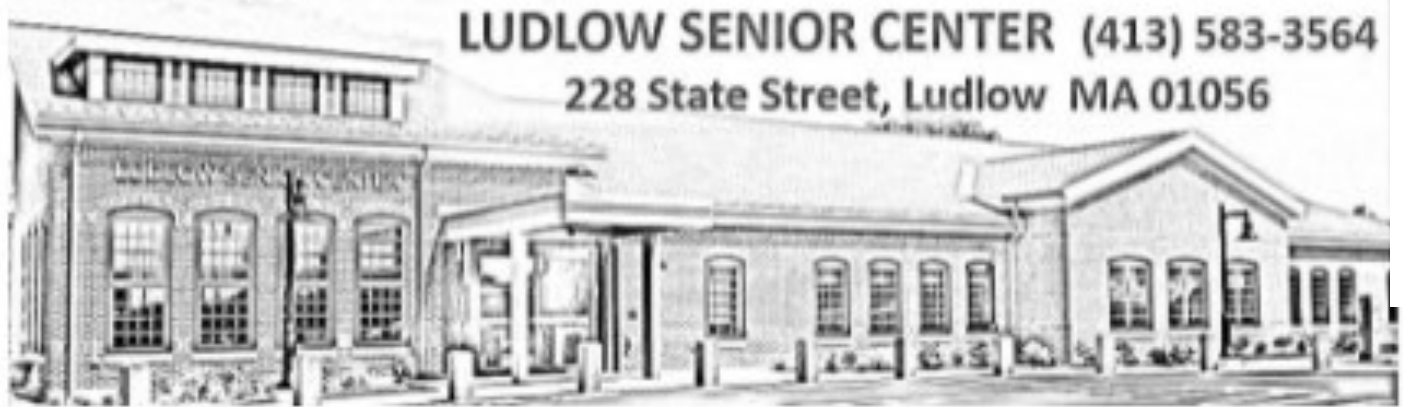


# THE SENIOR SCENE ~ NOVEMBER 2023



## **THANKSGIVING LUNCH SIGN UPS ~ PLEASE READ!**

Our special lunches have been so popular, we need to change the sign ups for our Thanksgiving Lunch this year. Please see below:

**~Thursday, November 2nd beginning at 9:00am,  
Ludlow residents may sign up for Thanksgiving lunch**

**~Friday, November 3rd at 9:00am, all others may sign up  
for Thanksgiving lunch.**

**~You may sign up yourself and ONE other person.**

We know this is a difficult adjustment and we do our best to accommodate as many people as possible.

Thank you for your understanding.

*“GRATITUDE makes sense for our past, brings peace for today and creates a vision for tomorrow.” Melody Beattie*

We have so much to be thankful for this year. The Center has been busier than ever, we have made many new friends and our activity calendar is packed each month. Please take the time to be thankful for all that you are and have. I thank each and everyone of you for being a part of our Center, especially my staff who go above and beyond each day! Couldn't do it without you! Thank you Veterans for all that you have sacrificed for our freedom. I feel that more than ever. The holidays are amongst us so please bear with us with our holiday meals and sign ups. We are doing our best to have as many seats as possible! Happy Veterans Day and Happy Thanksgiving!!

PS. Be sure to vote for my chili on the 7th! :) *Jodi Lepke*

## **NOVEMBER SPECIAL EVENTS .... (sign ups appreciated)**

**~Hubbard Library Information—Mondays, November 6th and 13th at 10:00am.** Join Olivia Eberli from the Hubbard Memorial Library as she teaches you all the resources available to you through the library's website. It is not just books anymore!

**~Arts of the Victorian Era—Wednesday, November 8th at 1:30pm.** The Victorian era in America was a period of extremely rapid economic growth. The increased wealth of Americans provided the resources for the growth of the arts. However, the extremely rapid growth led to problems and issues in American culture that still impact our artists and arts organizations today. Join us to discuss this fascinating period and its continued relevance today. Please join Guy McLaine, Director of the Westfield Athenaeum, for this fascinating presentation on the Arts of the Victorian Era!

**~Dairy & Beverage Choices and Injury Prevention—Wednesday, November 15th, 9:30am-11:30am.** Learn about the health benefits of adding dairy and smart beverage choices to your diet, tips to exercise safely and prevent injury, and learn to make healthy, budget-friendly recipes. Presented by Meredith Star from the Food Bank of Western Mass.

**~Louis & Clark Tune-up Clinic—Thursday, November 16, 10:00am-11:00am.** Do you have a walker or wheelchair that could use a little TLC or adjustment? Stop by and see the experts!

**Senior Center hours: Monday through Friday  
8:00am—4:00pm and until 7:00pm on Tuesdays!**

**COFFEE WITH A COP  
Friday, November 17th at 10:00am**

No agendas or speeches. Just a chance to ask questions, voice concerns and get to know Chief Valadas of the Ludlow Police Department.



## **SAND FOR SENIORS**

People's Bank and the Ludlow Fire Department will be sponsoring "Sand For Seniors" again this year. If you would like a pail of sand for your walkway this winter, call the Center at 583-3564 by **November 30th** to sign up for this helpful program.

Buckets will be delivered in December.



# 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

Gary Spear

### Van Drivers

Jack Alves  
John Garcia  
Mike Lebel

### Activity Assistant

Tammy Laselle



## Council on Aging Board

Diane Peacey- Chair

Fernando Barroso- Vice Chair

Karen Martin- Secretary

John DaCruz- Treasurer

Bob Mishol- Member

Rosalind Forti- Member

Kara Ribeiro- Member

Helen Grabowski- Member

Debbie Johnson- Member

Bob Radowski- Member

Open seat- Member

## COA BOARD SPOTLIGHT: FERNANDO BARROSO

Fernando was born in Portugal, is the oldest of 6 siblings, and immigrated to the US at 11 years old with his parents and 4 of his siblings. Fernando grew up in Ludlow and graduated from Ludlow High School in 1970. Afterward, he enlisted in the US Army, became a paratrooper, and served with the "Elite" 82nd Airborne Division.

Fernando worked for area textile mills in various management positions while attending night school. In 1984, he was hired by the U.S.P.S. and worked there for 30 years until his retirement. Fernando has a great passion for travel both domestic and international. He has visited many foreign countries and many of the US states and has more plans to travel to have a better understanding of our more distant neighbors.

Fernando is part of the Gardening Club, has been on the COA board for over a year, and also devotes his time to volunteering at the Veterans Center.

The Council on Aging has an open seat. If you are interested on being a part of the Council on Aging, please see Jodi. Join us for our meeting on November 15th to see what it is all about!

**Residences at Mill 8 – New Loft Apartments Coming 2024.** Winn Development is proud to bring a second new residential address to Ludlow, MA!

The Residences at Mill 8 are currently under construction for a 2024 move-in date. This exciting new community is designed for age 55+ and will feature 95 new apartments plus a host of amenities designed for everyone. Resident amenity spaces include multiple lounges, a fitness center and fitness classroom, a game room, and work-from-home spaces.

The selection process for the apartments will be done as a lottery, like Mill 10. If you are interested in applying for Mill 8, we have a form to be filled out. Once the applications are available, an application will be mailed to you if you are on the list.

Mill 8 interest forms are at the Front Desk.

For more information about Senior Centers, go to [www.ludlow.ma.us](http://www.ludlow.ma.us) and click on COA/Ludlow Senior Center.

## NOVEMBER TRIPS...SIGN UPS BEGIN NOVEMBER 1ST

### LUNCH BUNCH— CRACKER BARREL IN HOLYOKE

**Friday, November 3rd at 11:00am**

Cracker Barrel here we come! Enjoy lunch and visit the gift shop. Van is \$2.00 and lunch is on your own. **Sign up is required.**

### NATICK MALL

**Monday, November 13th at 9:00am**

Looking for shoppers to get a jump on your holiday shopping and join us for a trip to the Natick Mall. Van is \$2.00 and shopping is on your own. **Sign up is required.**

## CAFÉ FUN...

In honor of World Chili Day, join us on **Tuesday, November 7th at 10:30am** in the Corner Café for the *Ludlow Senior Center Staff Chili Cook-off!* Come and sample staff's chili and vote for your favorite! Bragging rights are on the line!

Be sure to vote  
for my chili!

*Heather*



A round of applause goes to the **Gardening Club** for another amazing season! They kept the landscaping all around the Center in full bloom for as long as possible. Blazing heat, rain, wind, and cold air didn't keep any of them away and we appreciate all their hard work!



# ACTIVITIES...

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## **WATERCOLOR PENCIL CLASS**

**Mondays, November 13th and 27th at 1:30pm**

Get creative while working on the same project as everyone else with watercolor pencils. Supplies and materials are provided. Give something new a try! **Please sign up for this activity.**

## **COMPUTER CLASSES ARE BACK!**

**MONDAYS 10:00-11:00am**

Trouble with your phone? Bring it in for computer help. Special classes on November 6th & 13th with Olivia from the Library. She will help you access library books, events, calendars, etc. on these two Mondays.

## **JEWELRY CLASS**

**Wednesday, November 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, November 1st at 10:00am**

Stop by the Café and enjoy a cup of tea with Town Administrator, Marc Strange. This informal conversation is a great way to talk to Marc and get to know what is happening in Ludlow.

## **OPERA APPRECIATION**

**Wednesdays, November 8th and 29th at 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. Come and learn a new art form!

## **TED TALK HOUR**

**Wednesday, November 15th at 1:00pm**

After watching a short TED Talk video, Jodi will lead the group through interesting and spirited discussion. Come check it out!

## **NOVEMBER CRAFTS WITH SUNSHINE VILLAGE**

**Thursdays, November 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.

## **THE WRITERS BLOCK (NEW CLASS!)**

**Thursdays, November 2nd, 16th and 30th at 1:00pm**

Use your words! This class will explore creative writing and journaling, both great ways to improve your mental health, mood, and boosts memory! Be sure to register for this new class!

## **BOOK CLUB**

**Thursday, November 30th at 2:00pm**

*Pachinko* by Min Jin Lee

December: *Untold Power; Fascinating Rise & Complex Legacy of First Lady Wilson* by Rebecca Boggs Roberts

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

## **TRIVIA**

**Friday, November 17th 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 trivia!

# 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**

Travel league on Mondays: 12:30pm-4:00pm; Round Robin on Tuesdays: 12:30pm-4:00pm and Thursdays 12noon-4:00pm; open play: Monday—Friday mornings and Wednesday and Friday all day.

## **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.

## **BINGO**

**Tuesdays at 1:30pm**

Try your luck at this fun game of chance!

**THERE IS NO BINGO ON 11/21.**

## **CERAMICS**

**Wednesdays~9:00am, Fridays~1:00pm**

You can bring your own piece or buy one here. Help is available as well as access to the kiln. Cost of the class is free thanks to the Friends!

***Friday November 10th at 1:00pm, there will be a lesson in ceramics to create your own ceramic wall hanging. You will paint a ceramic piece and then attach it to wood so you can hang it. Cost is \$5.00.***

## **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. New players welcome!

## **MAGIC CLASS**

**Fridays at 1:00pm**

Come and learn a trick or two in the Corner Café!

No experience necessary.



# EXERCISE...

*\*All of our exercise classes are either grant funded, volunteer driven, or supplemented by the Friends.\**

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## 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. ***PLEASE remember that you must have your medical provider sign a 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 TO USE THE FITNESS EQUIPMENT. WINTER IS COMING SO HELP US PROTECT THE EQUIPMENT.**

## WALKING CLUB

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

Now meeting in 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 Fall air! New members 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. \$2 or punch from your punch card.

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

***Please do NOT be a NO SHOW. Call and cancel. We also ask that you don't sneak into class. There is a capacity limit so be sure that you are signed up.***

## ZUMBA GOLD

**Mondays at 2:30pm & Wednesdays at 9:00am**

A modified Zumba class for active older adults with easy-to-follow choreography that focuses on balance, range of motion, and coordination. \$2 or punch from your punch card per class.

## LINE DANCING

**Tuesdays at 9:00am**

Learn how to line dance while having fun! \$1.00 donation is welcome!

# MEETINGS...

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## VETERANS SERVICES

**Thursday, November 9th at 11:00am**

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, November 9th at 10:30am**

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

## SENATOR OLIVEIRA OFFICE HOUR

**Thursday, November 9th at 10:30am in the Corner Café**

Stop by and discuss items that are important to you.

## 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.** \$2 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 or line, swing, and couples dancing. Partners, singles, and line dancers are welcome. \$1.00 donation is appreciated.

## HEALTHY BONES & BALANCE \*REGISTRATION REQUIRED\*

**Wednesdays at 10:30am & 1:00pm & Fridays at 1:00pm**

HBB is an evidence based fitness class that incorporates exercise balls and weights. HBB is designed to help increase mobility, strength, balance, and flexibility. **Class is FREE** thanks to RSVP of Pioneer Valley. **Registration is Required!**

## TAI CHI

**Thursdays at 9:00am**

Come join 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.** \$2 or punch from your punch card per class.

## FITNESS ADVISOR \*APPOINTMENT REQUIRED\*

**Fridays, 8:30am to 11:30am**

We will have retired personal trainer, Les Carpenter here to offer any guidance or answer questions regarding exercise or equipment and will help to design an exercise program that works for you. Call the Center or visit the Front Desk to **schedule your appointment.** This service is FREE!

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## COUNCIL ON AGING BOARD MEETING

**Wednesday, November 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.

## REPRESENTATIVE SAUNDERS OFFICE HOUR

**Monday, November 20th at 10:30am in the Corner Café**

Stop by and ask questions about topics that are important to you.

*Both the Senator and Representative can speak with you about what is happening at the State or local level. Stop by either office hours and have your questions answered.*

# SPECIAL LUNCHES...

## VETERANS DAY LUNCH!

Thursday, November 9th  
at 11:00am



Join us as we celebrate our Veterans! Joe Pereira will be here to entertain us with some patriotic songs along with some words from our Veterans Agent, Eric Segundo. Let us know you are a Veteran and lunch is on us in appreciation of your service.

**\*Reservations required\***

## BIRTHDAY LUNCH!

Thursday, November 16th at  
12noon

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

**\*Reservations required\***



## THANKSGIVING FEAST!

Tuesday, November 21st at  
11:00am

We all have so much to be thankful for so join us for our annual Thanksgiving Day Fest! Turkey and all the fixings will be served along with entertainment by Memory Lane.

**PLEASE SEE FRONT PAGE FOR SIGN UP DETAILS!**

**\*Reservations required\***



# MOVIES...

November 1:00pm

***The Sting 1973 PG***

With Paul Newman and Robert Redford in the lead roles, this classic film is set in 1936 and finds two grifters doing a con job on a mob boss. 129 min

November 7 5:00 pm

November 8 1:00pm

***Sam and Kate 2022 R***

The movie, featuring Jake Hoffman and Schuler Fisk in the title roles, respectively, sees four characters in a love triangle that forces them to confront their pasts. The cast includes Dustin Hoffman and Sissy Spacek. 90 min

November 14 5:00pm

November 15 1:00pm

***Last Vegas 2013***

Taking a break from their average lives, four friends toss a bachelor party in Las Vegas for their last single friend and confirmed bachelor Billy (Michael Douglas). The star-studded cast also includes Robert DeNiro and Morgan Freeman. 103min

November 21 4:45pm

November 22 12:45pm

***Daddy Long Legs***

**1955** Starring Fred Astaire and Leslie Caron, This musical-comedy also is a love story, in which a wealthy American benefactor sponsors a college education for a French orphan. Despite their age difference, the two eventually find romance. 127min

November 28 5:00pm

November 21:00pm

***Herself 2021 16+***

Inspired by a real friend of an Irish filmmaker Clare Dunne, the movie follows a young mother, who escapes an abusive husband, battles a damaged housing system and eventually builds her own home. 97min

# 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.

**MINDFUL MEDITATION**

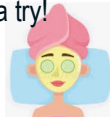
**Tuesdays at 10:00am**

If you have ever been interested in mindfulness and meditation, this class is for you. The benefits of mindful meditation are calming the mind, increasing relaxation, reducing stress, controlling pain, reducing insomnia, and lower blood pressure. Join Les Carpenter for meditation followed by Q&A. This class is FREE so give it a try!

**FACIALS WITH DIANE**

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

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



**HEARING CLINIC WITH HERITAGE HEARING**

**Wednesday, November 8th ~ 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? Learn about hearing loss too. **Call the Center for an appointment beginning Nov. 1st.**



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

**Thursdays by Appointment**

Pedicures are \$20 and comprise of 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.

**\*\*Sign ups for November appointments begin November 1st\*\***

**(We know appointments fill up quick. Please add your name to the wait list if you are unable to book an appointment.)**



# SUPPORT...

## BETTER TOGETHER

**Mondays, November 6th & 20th at 1:00pm**

Do you have feelings of sadness, anxiety, stress, hopelessness, and feel unvalued? These feelings can take a toll on your spirit and well-being. Inspired by our *Time for You* program, **Better Together** is led by Liane Smola. Join others as she helps you learn to recognize and reduce negative feelings in order to increase your happiness.

**\*Please register for these sessions\***

Sponsored by the Executive Office of Elder Affairs

## GUIDANCE BY LI

Comfort and Support After Loss

**Friday, November 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 are 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

## THE FORGET-ME-NOT CIRCLE

**Friday, November 17th at 1:30pm**

Jeannie Banas of O'Connell Homecare will be visiting us and presenting on how to handle the holidays when you have a loved one with a memory disorder. The challenges around family, holiday traditions and your new normal will be discussed. This presentation is part of our **Forget-Me-Not Circle** which is a welcome meeting place where those with memory challenges and their caregivers meet with peers to share resources and have open and honest conversations about caring for a loved one with memory challenges.

**\*Please register both caregiver and loved one\***

## SENIOR PROPERTY TAX ABATEMENT PROGRAM

The new applications for the Senior Property Tax Abatement Program 2024 are now available. They are available at the Center or on the Town's web site. Applications are due December 31st and must be returned to the Board of Selectmen's Office. If you have owned property for 10 consecutive years, are aged 62+ and can complete at least 53 hours of volunteer work in Town, this program might be for you! See Jodi for more information.

# OUTREACH...

## BROWN BAG PROGRAM

**Tuesday, November 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 3rd 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.

**The Food Bank**  
of Western Massachusetts

## OPEN ENROLLMENT HAS BEGUN

If you have a Medicare Prescription Plan or a Medicare Advantage Plan (HMO, PPO), you will begin to receive information from your health and prescription plan providers. Please read and save this information regarding changes to your plan in 2024.

- Open enrollment is October 15-December 7 and coverage begins January 1, 2024.
- You can change from original Medicare to a Medicare Advantage Plan and vice versa.
- You can switch from one Medicare Advantage Plan to another and to one that may or may not offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one prescription plan to another.

We know this sounds confusing but we can try and help you understand your plan changes, as well as other options available to you. To schedule an appointment, please call 583-3564. Appointments are **extremely limited**. The regional SHINE office can be reached at 413-750-2893. Please reach out to them for available SHINE appointments in surrounding communities.

## FUEL ASSISTANCE

If you have received your **BLUE** recertification application, it is very important that you bring the following paperwork, which pertains to your household, to your appointment in order for the application to be complete:

- Blue Recertification application
- Proof of all income in your household
- A complete copy of your most recent electric bill.

If you received a letter asking for additional information such as, proof of citizenship, proof of rent or other documents and you have not sent them to Valley Opportunity Council, these documents can be submitted along with your recertification.

As of this writing, I still have not received applications for new applicants. I should be getting them by the 3<sup>rd</sup> week in November.

Remember fuel assistance starts November 1, 2023, till April 30 2024. **There is still plenty of time to sign up.** For more information or to schedule an appointment call (413) 583-3564.

**\*You must have an appointment. Do NOT drop off paperwork.\***



# 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.

## DONATIONS HAVE BEEN MADE:

### In memory of Terri Mikaelian:

- Edie Tipton
- Jan Sheaff

### General Donations:

- Lorraine Parent
- Richard Trembley
- Beverly Tokarz
- Country Bank Annual Support



## FRIENDS NEWS...

### 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, November 9th at  
10:30am.**



- Many thanks to Stop & Shop on Boston Rd for their ongoing support of the Friends. For the month of November, The Friends will receive \$1 from the sale of both their community bag and Bloomin' 4 Good Bouquet. Stop and do your Thanksgiving shopping at the Boston Rd store and pick up a bag and bouquet!
- The long-awaited Memorial/Donor wall was installed in October and is causing an exciting buzz in the building. More information about the tree, memorial donations and the process of purchasing a leaf will be forthcoming. Please watch December's newsletter or our Facebook page for information as it becomes available.
- Many thanks to our Quilting Group for all the beautiful items donated for our October Quilt Sale. Thanks to everyone who helped sell tickets, worked the weekend, bought tickets and shopped the booth. This was another successful fundraiser for our general fund.
- Once again for the 2023 Holidays we are selling our January Raffle Calendar Cards. Cards are \$10 each and each provides 31 chances to win! Winners will be picked at lunch every weekday in January. Proceeds go to our newly created Friends' Scholarship Fund. Cards will be available for sale in the Corner Café daily from 10:00am-11:30am starting November 21st, the Thanksgiving lunch.
- We are now accepting Fall and Winter items including holiday items. Please hold your Summer items until Spring. Thank you to all our donors and shoppers! Remember....items must be in new or like-new condition.

***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:

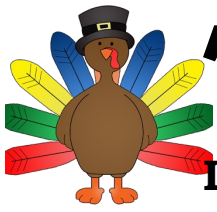
### **Friends of the Ludlow Senior Center**

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.... FRAUD AND SCAMS SEMINAR...November 29th at 12noon.**

Join Freedom Credit Union as they present on current scams affecting seniors, what signs to look for, how to protect yourself and what to do if you are a victim. You don't want to miss this seminar! **Registration for the Lunch & Learn is required.**

**Message from the DPW**.....If you are experiencing a sewer backup or slow draining pipe, please contact the DPW during normal business hours Monday - Friday 8:30 a.m. to 4:30 p.m. at (413)583-5625. For issues after hours, please contact the Ludlow Police Department (413)583-8305. Thank you from the Department of Public Works.

## TUESDAY EVENINGS ...

### **EVENING JEWELRY WILL RETURN SOON!!**

#### **MOVIES!**

#### **Every Tuesday at 5:00pm**

We show everything from the oldies to new releases! See page 7 for November's movies!

#### **POWER PUMP EXERCISE CLASS!**

#### **Every Tuesday at 5:30pm**

The energy never stops with this unique blend of cardio and strength workout. Many different modalities are incorporated in this workout, including cardio drills. Class is \$2.00 or a punch on your punch card. **Bring your mat!**

#### **VOLLEYBALL AT EAST STREET SCHOOL**

#### **Every Tuesday and Thursday at 5:30pm-8:00pm**

Join us for a fun game of volleyball! Lots of laughs and great exercise! No experience necessary. Come learn a new sport!

#### **CREATIVE CORNER WITH TAMMY!**

#### **Tuesdays, November 7th OR 14th at 4:30pm**

Join Tammy to create your own wall hanging using all kinds of art supplies. The only limitation is your imagination! Class cost is \$5.00. Class size is limited and registration is required beginning Nov. 1st.

#### **TRIVIA!**

#### **Tuesday, November 7th at 5:00pm**

If you love Friday trivia, you will love Tuesday nights too! Teams will work together to answer questions from pop culture, history, science and so much more! If you know a little bit about everything, you will love playing!

#### **CENTER TRANSPORTATION**

#### **Tuesdays, 4:00pm-7:00pm**

Transportation is available to and from the Center on Tuesday evenings. A 24 hour notice is required. Call Gary at 583-3564.