



THE SENIOR SCENE ~ OCTOBER 2026

LUDLOW SENIOR CENTER (413) 583-3564
228 State Street, Ludlow MA 01056



SPECIAL EVENTS IN OCTOBER...

PAINTING WITH TRISH

Thursday, October 8th at 1:00pm

Trish Pilon with *Creative Roots Studio* will be here to help you create a watercolor painting using layering and mixing of colors to create a beautiful fall door with foliage and a variety of pumpkins.

Registration required beginning October 1st at 8:00am



FALLON HEALTH INFORMATION TABLE

Friday, October 9th at 10:00am

Fallon Health will be here to market their Medicare Advantage Special needs plan, NaviCare. NaviCare is a health plan for people 65+ who have Medicare Parts A & B and Mass Health Standard. It combines Medicare and MassHealth benefits, including prescription drug coverage, into one plan. Stop by and learn about this program, to see if you qualify and ask any other questions!

INTERDIMENSIONAL: UFOs, BIGFOOT & THE UNEXPLAINED!

Wednesday, October 14th at 1:30pm

Join author and TV personality *Ronny LeBlanc* for a fascinating look at some of the world's greatest mysteries, including UFOs, Bigfoot, mysterious lights, orbs and eyewitness encounters. Drawing from his books, research, television investigations and personal experiences, Ronny explores whether these unexplained phenomena might be connected. Could there be a bigger picture hiding in plain sight?

Come hear what Ronny has discovered!

Please register for this event

HALLOWEEN GHOST CRAFT

Thursday, October 15th at 1:30pm

Join Maria and Jodi and create a cute, spooky ghost lamp. We have no idea how this will come out but we should have a few laughs along the way! Class is FREE! ***Registration required beginning**

October 1st at 8:00am*

PLEASE UPDATE YOUR INFORMATION!

Please let us know if you have had any changes to your address, phone number or emergency contacts. We've had MANY situations recently where outdated information caused complications. In an emergency, having accurate details is absolutely essential. Please be sure we have your up to date information!

WATER YOU WAITING FOR? COME LEARN!

Friday, October 16th at 10:00am



The Springfield Water and Sewer Commission will be joining us to provide updates on progress at the new West Parish Water Treatment Plant, as well as upgrades underway at the Springfield Regional Wastewater Treatment Facility on Bondi's Island. Staff will also share helpful information on household water tips for customers, how to sign up for the Commission's alert system and how to apply for our customer assistance programs, including our senior discount.

Please register for this workshop

WHAT IS AI? ~ TECH TIPS WITH ANTONIO

Monday, October 19th at 10:00am

AI (Artificial Intelligence) is technology that learns, adapts, and performs tasks in ways that mimic human thinking. It already shapes our daily lives by personalizing experiences and simplifying everyday routines. Join us for a PowerPoint presentation and live demonstration to explore how AI works — and how you can use it confidently.

Please register for this workshop.

WEAR IT PINK DAY!

Friday, October 23rd



Wear It Pink Day is an annual event that encourages people to wear pink to show support for breast cancer awareness and research. The event aims to raise funds, educate, and inspire people to fight breast cancer. We will be collecting donations in the Café during Free for All Friday to support the American Breast Cancer Society. Be sure to wear your PINK!

READY, SET, FALL SAFELY!

Monday, October 26th at 10:00am

Join Jared Lauziere, PT, DPT, of *Fyzical Therapy & Balance Center of Wilbraham* for an informative program on fall risk prevention and safe falling techniques. Learn simple strategies to help reduce your risk of falls and what to do if you do fall. The program will also include a hands-on falling practice session using a safety mat.

Please register for this workshop.



Get to Know The Ludlow Senior Center

The Staff

Executive Director

Jodi Zepke
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Assistant Director

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Maria Ardolino
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Administrative Assistant

Merrill Shepard

Clerk

Deb Borecki

Cook

Christine Toelken

Maintenance

Dennis Frodema

Dispatcher

Jack Alves

Van Drivers

Tom Godek
John Garcia
Mike Lebel



Activity Assistant

Lorrie Bobé

CENTER HOURS: MONDAY-FRIDAY 8AM-4PM; UNTIL 7PM ON TUESDAYS

CORNER CAFÉ FUN... CAFÉ HOURS 8:00AM-11:00AM

THE HYDRATION STATION WILL RETURN NEXT SUMMER.

DON'T FORGET TO ENJOY A BEAUTIFUL FALL MORNING ON OUR PATIOS!

APPLE CRISP DAY

Wednesday, October 14th at 10:30am

National Apple Day is in the month of October and we are going to celebrate it with some yummy, warm apple crisp! Join us in the Corner Café for this delicious Fall treat! No need to sign up. Just stop on by!



SAND FOR SENIORS PARTICIPANTS:

If you signed up for a bucket of sand, buckets will be delivered or refilled the week of October 26th. *Thank you Ludlow Fire Department and People's Bank!*

OCTOBER TRIPS.....

PARK HILL ORCHARD

Tuesday, October 6th at 9:30am

We will be visiting Park Hill Orchard for apple picking and Art in the Orchard which is a walking sculpture trail that winds through their productive fruit gardens. The self-guided trail is about a half-mile long. Van is \$2.00 and orchard is on your own.



LUNCH BUNCH – THE GRAPEVINE GRILLE

Thursday, October 29th at 11:00am

We are headed to Belchertown for a repeat visit to the Grapevine Grille. They have American fare in a casual setting with a big menu! Van is \$2.00 and lunch is on your own.

****Trips sign-up begin Thursday, October 1st at 8:00am****

Council on Aging Board

Diane Peacey- Chair

Bob Mishol- Vice Chair

Karen Martin- Secretary

Fernando Barroso- Treasurer

Rosalind Forti- Member

Kara Ribeiro- Member

Helen Grabowski- Member

John DaCruz- Member

Bob Radowski- Member

Debbie Potter- Member

Phil Tierney- Member

LUDLOW COUNCIL ON AGING

Mission: The Ludlow Council on Aging was created by Town of Ludlow By-Laws to act as an advocate for town citizens over 55 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

FITNESS CLASS SIGN-UPS ~ IT IS GETTING BETTER!

We understand that registering for popular classes, especially Boomer Bootcamp and Healthy Bones, can sometimes be frustrating. On Thursdays at 9:00am and 1:00pm, our phones ring nonstop, and classes are often full within just a few minutes. Our fitness studio can safely accommodate only 30 participants, and opening registration at the same time each week gives everyone an equal opportunity to secure a spot. Please know that our staff does their very best to answer every call and process registrations fairly.

With more than 100 calls coming in within a matter of minutes, mistakes can happen. We ask for your patience and kindness if you are unable to sign up for a class or are wait listed. If you get the voice mail when you call, **PLEASE** leave a detailed message, hang up and then **DO NOT call** right back. The message is time-stamped and calling back only jams the phones even more.

It is getting better! Thank you for your continued patience and understanding!

FROM THE HUBBARD MEMORIAL LIBRARY...

Did you know the Hubbard Memorial Library has many adult programs being offered? October programs include: Chair yoga, Basic Seed Saving, Bats of Massachusetts, and Please DO Eat the Daisies. Please visit the library website for more information and to register for Fall programs.

www.hubbardmemoriallibrary.org or call 413-583-3408.

Thank you for using the crosswalks coming to and from the Center! No one needs to get run over! Please watch your step so you do not trip!



ACTIVITIES...

FISHING CLUB ~ SEE YOU IN THE SPRING!

WATERCOLOR PENCIL CLASS

Mondays, October 19th & 26th at 1:30pm

Get creative while working on the same project as everyone else using watercolor pencils. All supplies are provided—just bring your curiosity and try something new! **Please sign up for this activity.*

JEWELRY CLASS

Wednesday, October 7th ~ 9:00am~11:00am

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

TEA WITH THE TA

Wednesday, October 7th at 10:00am

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

FUN WITH OPERA!

Wednesdays, October 7th & 21st at 10:00am

Explore the art of opera in a fun, easygoing class filled with stories, music clips, and interactive moments. Learn what makes opera exciting and expressive—no experience needed, just curiosity and a sense of fun! Stop by and learn something new!

TED TALK HOUR

Wednesday, October 28th at 1:30pm

After watching a short TED Talk, Jodi will lead a lively and engaging group discussion. Come check it out! **Sign up appreciated.*

WEEKLY ACTIVITIES...

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.

COMPUTER HELP

Sometimes in October at 10:00am

Jeri will be on vacation so we are trying to have students help you with your phone, tablet or computer. **Please call the Center.**

BILLIARDS

9-Ball on Mondays: 12:30pm-4:00pm; **Round Robin** on Tuesdays: 12:30pm-4:00pm, Wednesdays and Thursdays 12:00pm-4:00pm; **open play:** Monday—Friday mornings, Friday all day and Tuesday evenings until 7:00pm. Interested in billiards? Just stop by the room and chat with the players.

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! All welcome!

THE WRITERS BLOCK

Thursdays, October 15th and 29th at 2:00pm

Use your words! Explore creative writing and journaling in this uplifting class designed to boost mental health, mood and memory. Drop ins welcome. Try a new class and join us! **Sign up appreciated.*

PAINTING WITH SUNSHINE VILLAGE

Thursday, October 22nd at 10:00am

Join Sunshine Village to create a beautiful painting. This activity is limited to the first 10 people so sign up today! . *Free activity!*

BOOK CLUB

Thursday, October 22nd at 2:00pm

Hamnet by Maggie O'Farrell

Nov: *The Long Flight Home* by Alan Hlad

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

TRIVIA

Friday, October 2nd 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!

DECORATING COMMITTEE

Friday, October 2nd at 1:00pm

Come help us decorate the dining room and discuss decorations and center pieces for our big lunches. New members welcome as we need help preparing for large lunches!

Do we have your cell phone number?? We are going to be sending text message reminders but we need to make sure we have your cell number. If you are not sure, please stop at the Front Desk and check with Merrill. Thanks!

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 accrue points which move you further along on the Cribbage board.

BINGO

Tuesdays at 1:30pm

Try your luck at this fun game of chance! Join us for **FRIENDLY** games of bingo! **NO** snacks please!

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!

DOMINOS

Thursdays at 9:30am

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

MAHJONG

Thursdays at 12:45pm

Come join us for a lively game of Mahjong. New players welcome!

EXERCISE...

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

Please remember to **cancel** your class reservation if you are unable to attend. Most classes have a waitlist and your cancellation allows someone else to join. As a reminder, frequent no-shows will result in a temporary suspension from signing up for classes. Thank you for being considerate!

REGISTRATION REQUIRED CLASSES...

BOOMER BOOTCAMP

Mondays at 9:30am & 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.

Registration required Please bring clean sneakers!

HEALTHY BONES & BALANCE

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 required*** Clean sneakers!

DANCE CLASSES (DROP-IN)...

LINE DANCING

Tuesdays at 9:00am

Learn how to line dance while having fun! Learn the latest dances. \$1.00 donation. **Please bring clean shoes!**

SWING YOUR PARTNER!

Tuesdays at 1:00pm

Grab a partner (or come alone) and join our Couples Western Dance Class! Learn fun basics like two-step and swing in a relaxed, friendly setting. Come ready to dance! Now is your chance to learn and have fun! \$1.00 donation is appreciated. **Please bring clean shoes!**

MEETINGS...

VETERANS SERVICES

Eric Segundo, Veterans agent, can be reached at 413-707-5050 and the office is located at 487 Holyoke Street in Ludlow.

FRIENDS OF THE LUDLOW SENIOR CENTER

Thursday, October 8th at 10:30am

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

COUNCIL ON AGING BOARD MEETING

Wednesday, October 14th at 4:30pm *DATE CHANGE*

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.

DROP-IN CLASSES....

FLEXIBILITY, BALANCE & CORE

Mondays at 1:30pm

Improve your flexibility, balance, and core strength in this fun and supportive class. These exercises can help prevent injuries, improve posture, and make everyday movements easier by increasing your awareness of how your body moves and stays balanced. **Please bring a mat!**

Class is \$2.00 or a punch from your punch card.

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.

ZUMBA GOLD

Wednesdays at 8:45am

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.

TAI CHI

Thursdays at 9:00am (last class of the month is a sword demo)

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.

EXERCISE ROOM—SEE BELOW!

Monday—Friday 8:00am—3:45pm (3:15pm on Fridays)

Fitness Room Instruction Wednesdays 8am-10am by Appt

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 BRING CLEAN SNEAKERS!**

SENATOR OLIVEIRA OFFICE HOUR

Thursday, October 8th at 10:30am in the Corner Café

Stop by and discuss items that are important to you.

REPRESENTATIVE SAUNDERS OFFICE HOUR

Monday, October 19th at 10:30am in the Corner Café

Stop by and ask questions about topics that are important to you. (Rep Saunders will be present in November)

October 2026 Activities Calendar

(Tuesday Nights ~ see page 10!)

Ludlow Senior Center (413) 583-3564

www.ludlow.ma.us

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Monday	Tuesday	Wednesday	Thursday	Friday
Senator Oliveira ~ October 8th at 10:30am Representative Saunders~ October 19th at 10:30am	TUESDAY EVENING ACTIVITIES SEE PAGE 10!	AC = Arts & Crafts Room CR = Conference Room DR = Dining Room FS = Fitness Studio GR = Great Room RR = Game Room WC = Wellness Center	1 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation Connect. (CR) 12:45pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	2 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Decorating (DR) 1:00pm: Healthy Bones (FS)
5 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 1:00pm: Scrabble (Cafe) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS)	6 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 9:30am: Park Hill Orchard Trip 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	7 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Jewelry (RR) 10:00am: Massage (WC) 10:00am: Fun with Opera (CR) 10:00am: Tea with TA (Cafe) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	8 9:00am: Tai Chi (FS) 9:30am: Dominos (AC) 10:15am: Meditation Connect. (CR) 10:30am: Friends Meeting (RR) 12:45pm: Mahjong (RR) 1:00pm: Paint with Trish (AC) 2:30pm: Active Yoga (FS)	9 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Fallon Health (Cafe) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
12 CENTER CLOSED Columbus Day	13 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:30am: Gentle Yoga (FS) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	14 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Dental Hygiene (WC) 10:30am: Healthy Bones (FS) 10:30am: Apple crisp (Cafe) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:30pm: UFOs & Bigfoot (GR) 4:30pm: COA Meeting (CR)	15 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation Connect. (CR) 12:00pm: Birthday lunch (DR) 12:45pm: Mahjong (RR) 1:30pm: Ghost craft (AC) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)	16 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Spfld Water & Sewer (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Guidance by Li (RR)
19 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: What is AI? (RR) 10:00am: Blood pressure ck (WC) 1:00pm: Scrabble (Cafe) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS) 1:30pm: Watercolor pencil (AC)	20 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:30am: Gentle Yoga (FS) 1:00pm: Swing Your Partner (FS) 1:00pm: Brown Bag pick up (CR) 1:30pm: Bingo (GR)	21 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:00am: Fun with Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	22 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: Sunshine Paint (AC) 10:15am: Meditation Connect. (CR) 12:45pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:30pm: Active Yoga (FS)	23 Wear It Pink Day! 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Forget Me Not (RR)
26 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Ready, Set, Fall! (RR) 10:00am: Blood pressure ck (WC) 1:00pm: Scrabble (Cafe) 1:00pm: Limitless Legends (CR) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS) 1:30pm: Watercolor pencil (AC)	27 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:30am: Gentle Yoga (FS) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	28 8:45am: Zumba Gold (FS) 9:00am: Facial appt (WC) 9:00am: Ceramics (AC) 10:30am: Healthy Bones (FS) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:30pm: TED Talk (CR)	29 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation Connect. (CR) 11:00am: Lunch Bunch 12:45pm: Mahjong (RR) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)	30 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 11:00am: Halloween Lunch (DR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)

October 2026 Lunch Menu

Food Allergy Concerns? Call the Center to ask about our menu items and ingredients!

Ludlow Senior Center (413) 583-3564 *24 hour notice required* www.ludlow.ma.us Page 6

Monday	Tuesday	Wednesday	Thursday	Friday
GERMS! Fall is in the air, and that means cold and flu season is right around the corner! Please help us keep everyone healthy by not sharing food at lunch. You never know who may be carrying germs. If you can't finish your lunch, please leave it rather than sharing it with someone else. Thank you for helping us keep our Senior Center healthy!	It is coat season so please be sure that your name is in your coat. Simply put a piece of paper with your name in the pocket. Please hang up your coat too. Thanks! 	1 Sweet & sour chicken Rice Asian vegetables	2 Swedish meatballs Egg noodles Vegetable	
5 Roasted shrimp On Caesar salad Pita chips (vegetarian optional)	6 Chicken parmesan Pasta Roll	7 Bacon Bleu burger Chips Pickle	8 Ham & broccoli casserole Biscuit	9 Loaded nachos (taco beef, lettuce, tomatoes, cheese & olives) (vegetarian optional)
12 CENTER CLOSED Columbus Day	13 BBQ riblet Sweet potato fries 3 bean salad	14 Cobb salad (vegetarian optional)	15 Birthday Lunch! Salisbury steak Mashed potatoes Vegetable	16 Ziti with garlic and broccoli Breadstick
19 Seafood salad plate With power salad Roll	20 Vegetarian chili Corn bread	21 Spinach & artichoke baked chicken Rice pilaf Vegetable	22 Turkey bacon ranch wrap Tater tots	23 American chop suey Side salad
26 Vegetable frittata Roasted potatoes	27 Beef stew Hawaiian roll	28 Fish taco Corn slaw Black beans & rice	29 Turkey waldorf salad Croissant Seasoned fries	30 Halloween Lunch! Lasagna rollette Caesar salad Garlic knot

SPECIAL LUNCHES... (ENTERTAINMENT GENEROUSLY SPONSORED BY THE FRIENDS OF THE LUDLOW SENIOR CENTER)

OCTOBER BIRTHDAY LUNCH

Thursday, October 15th at
12noon

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

Reservation required



LUNCH & LEARN ~ STAY SAFE & SAVVY DURING HOLIDAYS

Wednesday, October 28th at 12:00pm

Lieutenant Detective Sean Knox from LPD will be joining us for a special Lunch & Learn with helpful tips to keep you and your loved ones safe throughout the holiday season! From navigating busy parking lots and shopping in stores to protecting your home while you're away, Lt. Knox will cover everyday safety situations and share practical advice you can use at home, out shopping or wherever the holidays take you.

Come enjoy lunch (\$2.00), learn something new and head into the holiday season feeling a little more prepared and a lot more confident! You never know which tip might help you or someone you love!

Reservations for Lunch & Learn are required



HALLOWEEN LUNCH

Friday, October 30th at
11:00am

Join us for our annual Halloween bash! Jose Paulo will be here to spin some monster mash tunes!

Be sure to dress up and dance the day away. There may even be a prize or two for the Best Dressed.

We will be serving a ghoulish good lunch too!

Reservation required



MOVIES...

October 6th @ 5:00pm & October 7th @ 1:00pm

The Coat of Many Colors 2015 GP

Discover the magic and warmth of Dolly Parton's Coat of Many Colors, based on the inspiring story of living legend Dolly Parton's remarkable upbringing in rural Tennessee. 84 min

October 13th @ 5:00pm & October 14th @ 1:00pm

The Best Little Whorehouse in Texas 1982 PG

The Best Little Whorehouse in Texas documents in rousing song and dance a new Texas Legend. The story is about the proprietress of a brothel and her lover, the local Sheriff, who fight to keep the house open after it's targeted by a moral crusader. 104 min

October 20th @ 5:00pm & October 21st @ 1:00pm

9 to 5 1980 PG

Three female office workers team up to get revenge on their sexist, mean-spirited boss. 105min

October 27th @ 5:00pm & October 28th @ 1:00pm

Practical Magic 1998 PG

Superstars Sandra Bullock and Nicole Kidman heat up the small screen as these "bewitching" sisters use their hereditary gift of magic to overcome obstacles in discovering true love. 99 min

OUTREACH...

FUEL ASSISTANCE UPDATE

Valley Opportunity Council (VOC) has begun sending out **renewal** applications, starting with households that heat with deliverable fuels such as oil, propane or wood. New applications begin October 1st. Fuel Assistance begins on November 1st and you can apply until April 30th. With last winter being so cold, please do not wait until the last minute to apply. We encourage you to complete your renewal application once you receive it. The application is pretty straight forward but if you need assistance, please call the Center at 413-583-3564 to make an appointment with Sheila. You must be **60+ and a Ludlow resident**. Please do not just drop off paperwork. You can also email Sheila at srubin@ludlow.ma.us. For more info, check out : www.Mass.gov-HEAP-Portal

BROWN BAG PROGRAM

Tuesday, October 20th ~ 1:00pm-5:00pm

Offered through the Food Bank of Western Massachusetts, Brown Bag helps those 55 and older who meet income guidelines. Pickup is the 3rd Tuesday of each month. **Call the Center for more information and application. Bags need to be picked up on the 20th between 1:00pm and 5:00pm. Thank you!**

OPEN ENROLLMENT BEGINS!

If you have a Medicare Prescription Plan or a Medicare Advantage Plan (HMO, PPO), you will receive information from your health and prescription plan providers.

Please read and save this information regarding changes to your plan for 2027.

- Open enrollment is October 15 through December 7 and your new coverage will begin January 1, 2027.
- You can change from original Medicare to a Medicare Advantage Plan and vice versa.
- You can switch from one Medicare Advantage Plan to another.
- Change your Medicare Prescription Drug Plan.
- Join a Medicare Prescription Drug Plan.
- Switch from one prescription plan to another.
- Change your Medicare supplement.



We know this sounds confusing but our SHINE counselors can help you understand your plan changes, as well as all the other options available to you. SHINE offers free, confidential counseling on all aspects of Medicare and related health insurance programs.

To schedule an appointment with SHINE, please call 413-583-3564.

SUPPORT...

LIMITLESS LEGENDS

Monday, October 26th at 1:00pm

Join Liane Smola of "Guidance By Li" to learn how to challenge negative thoughts, focus on strengths, embrace new experiences, stay active and seek support & greater connection. *Limitless Legends* encourages meaningful interactions and connections within our community in a non-judgmental, compassionate space while having a whole lot of fun. A monthly calendar of local events will also be distributed at each session.

****Please register for this session****

Sponsored by the Executive Office of Aging & Independence

MEDITATION & MINDFUL CONNECTION

Thursdays in October at 10:15am

Take some time to relax, reflect and connect. Each session includes guided meditation, followed by an inspiring reading or video and open conversation. Share your thoughts, explore new ideas and enjoy meaningful discussion in a welcoming and supportive setting. No meditation experience necessary, everyone is welcome!

****Please register for these sessions.****

GUIDANCE BY LI

Comfort and Support After Loss

Friday, October 16th at 1:00pm

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

Owner and Founder of "Guidance By Li," Liane Smola, joins 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 continuing journey through grief.

****Please register for this session****

Sponsored by the Executive Office of Aging & Independence

THE FORGET-ME-NOT CIRCLE

Friday, October 23rd at 1:30pm

If you are caring for a loved one with memory challenges you are welcome to join us for our **Forget-Me-Not Circle**, a welcoming meeting place where those with memory changes and their caregivers have open, honest conversations about caring for a loved one with memory challenges.

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

NOTARY SERVICE

Monday thru Friday 9:00am-3:00pm

There is no charge for this service. Call ahead or stop by the front desk. Please bring your own witness if necessary.

WELLNESS...

BLOOD PRESSURE CHECK & FILE OF LIFE

Mondays & Fridays at 10:00am-11:00am

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.



TARGET POINT MASSAGE THERAPY

Wednesdays, October 7 & November 4 by appointment

Gina Welch will be providing chair and table massages. Gina focuses on one target, helping to loosen the tightest muscles. Have a sore shoulder or neck? Give Gina a try! Cost is \$20 for 15 minutes. Call to book your appointment.

MOBILE DENTAL HYGIENE SERVICES OF WESTERN MASS

Wednesday, October 14th by appointment

Manda Day, RDH will be here by appointment to provide dental services. Services include blood pressure screening, dental screening, oral cancer screening, dental education, teeth cleaning, polishing, denture cleaning and inspection.



- Dental cleaning of your own teeth is \$75 and includes removal of plaque, tartar and other debris from the patient's teeth with autoclavable instruments.
- Dental cleaning with dentures is \$30 includes inspection and cleaning of dentures.
- Fluoride treatment is also available for \$25.
- If you have MassHealth, treatment is free.
- Call 583-3564 to book an appointment.

FACIALS WITH DIANE

Wednesday, October 28th at 8:15am

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.

****November appointments available October 1st****



FOOTCARE

FOOT CARE

By Appointment with Caitlin Hertz, RN

We're happy to share that Caitlin will continue to provide Foot Care services at the Senior Center. With the help of the Friends, Ludlow residents will continue to be charged \$30 per visit. Non-residents will be charged \$60 per visit. We appreciate your understanding and thankful that Caitlin will continue to provide this service!

****October appointments available beginning Oct 1st at 8am.***

DON'T FORGET TO SCAN!

Please remember to scan in to the kiosk with your pink Senior Center card **each time you enter the Center**. **PLEASE** be sure to select each activity you are coming in for. This helps us track programs and interests and helps us secure funding. If you forget your card, no worries! We will help you sign in without it.

Ludlow
Senior Center

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:

Pam Hayes, President
Janice Grimaldi, Vice President
Debbie Potter, Secretary
Jackie Doyle, Treasurer
Debbie Thompson, Asst Treasurer

Next meeting:

Thursday, October 8th
at 10:30am
All welcome!



DONATIONS HAVE BEEN MADE:

In memory of Roberta Lafayette:

- Joanne & Bruce Fenney
- Gilbert Myette

In memory of Esther Brown:

- Hal Brown

Comfort & Care:

- Anonymous

General Donations:

- Richard Trembley
- Pledging Foundation
- Richard Ruest

BOUTIQUE NEWS:

- Beginning October 1st, we will now accept fall and winter items. Please no more summer items at this time.
- We accept women's clothes, jewelry, accessories and home décor.
- **NO** Christmas cards please!
- All items should be in new or like-new condition. Rule of thumb for donations: "would you gift it to a friend?"
- Donated items should be brought to the Front Desk and not the Boutique. Items are sorted twice a week, priced and then placed in the Boutique.
- **Thank you to all of our donors, shoppers and volunteers!**



FRIENDS' COMFORT & CARE CLOSET

The Friends' have recently created the **Friends' Comfort & Care Closet** thanks to the generosity of a donor. If you are currently receiving SNAP benefits and are *having difficulty making ends meet*, you are eligible to receive items from the **Friends' Comfort & Care Closet**. Items include everyday essential items such as toilet paper, toothpaste, bars of soap, deodorant, dish soap and laundry detergent. Items are packaged upon request and one (1) request per month per household will be accommodated. You must be a Ludlow resident and bring proof of SNAP benefits/EBT card when you come to pick up your bag. Program is confidential and reviewed on a case by case basis. If you have any questions or to schedule pick-up, please see Jodi or Sheila.

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

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

CAVIN CARES FUND ~ The Cavin Cares Fund has been created by the Friends of the Ludlow Senior Center in memory of Nancy Cavin who generously supported the Friends. It was her wish that her generosity could be utilized to help older adults in need. The Cavin Cares Fund provides limited financial assistance to **Ludlow residents 60 years or older** experiencing temporary hardship or emergency situations that impact their health, safety or well-being. Assistance is based on demonstrated need, income, availability of funds and eligibility criteria established by the Center and the Friends. All requests are reviewed confidentially. Examples of assistance may include but not limited to: utility bill, medications, medical equipment, car repairs and food assistance. This fund is intended as a **one-time** assistance to help during short-term emergencies. If you or someone you know may benefit from this support, applications are available at the front desk.

Deliver to:

TUESDAY EVENING ACTIVITIES ...

EVENING JEWELRY

Tuesday, October 6th at 4:00pm-6:00pm

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

MEATBALL MANIA!

Tuesday, October 13th ~ 4:30pm- 5:30pm

Back by popular demand, The Corner Café will be open serving a meatball grinder for \$2.00! Stop in and have supper with us!

EVENING TRIVIA

Tuesday, October 13th 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! Join us!

QUILTING BASICS

Tuesdays, October 13th & 27th at 5:00pm

Learn the basics of making a quilt from start to finish: everything from necessary tools and patterns to fabric selection, cutting, piecing and more! Any **adult aged** quilter/sewist welcome at any time and will be able to progress through the steps needed to complete a quilt.

Please register for these classes.

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!

LORRIE'S HAPPY HOUR **NEW PROGRAM**

Tuesday, October 20th at 5:00pm

Join Lorrie for a fun evening of spooky music, creativity and fall scents! Enjoy Halloween-inspired tunes while crafting your own magical, fall-scented sachet to take home. It's the perfect way to celebrate the season with friends! **Please register for this session.*

INTERVIEWING USING THE S.T.A.R. METHOD

Tuesday, October 27th at 5:00pm

Using the STAR method for answering interview questions with confident authenticity will help you in your next interview for any position. We'll show you how to use AI to help. Join 50+ Job Seekers, Eric Elmendorf for a master class in the best practices for the modern interview. **Please register for this workshop.*

POWER PUMP EXERCISE CLASS

Every Tuesday at 4:30pm

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 own mat please!

MOVIES

Every Tuesday evening at 5:00pm

We show everything from the oldies to new releases! And we have snacks too! **See page 7 for October movies and start times!**

