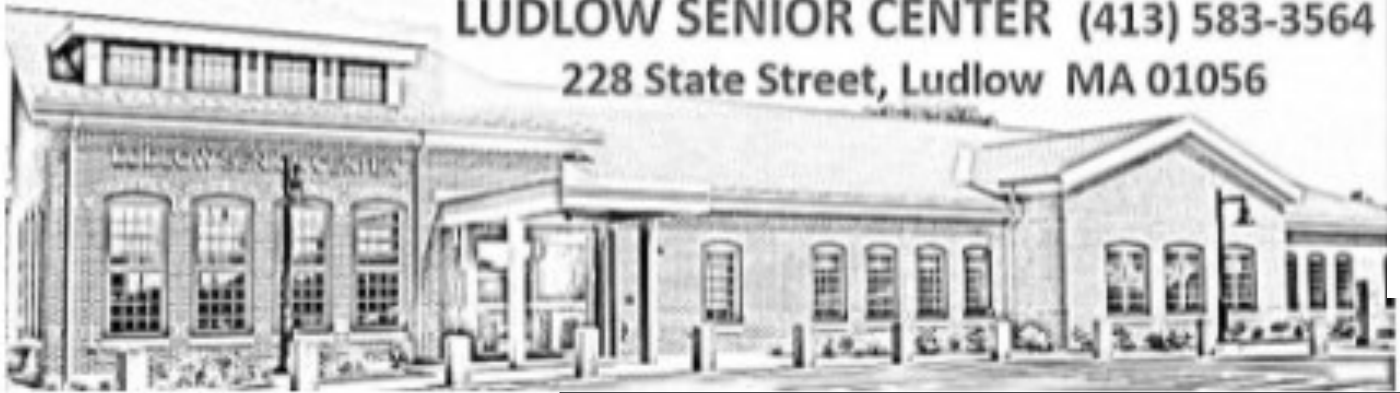


# THE SENIOR SCENE ~ JANUARY 2025

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



## SPECIAL EVENTS...

### TIE-DYE TOTE BAG

**Thursday, January 9th at 1:00pm**

Back by popular demand, come and tie-dye a tote bag and enjoy the afternoon with friends!

We will set up in the craft room and tie-dye away! Free class! Space is limited. **Registration required beginning January 2nd..**



### THE FABULOUS 50S MUSIC APPRECIATION **Mondays ~ 10:30am-11:30am beginning January 13th for 6-weeks**

Grab your saddle shoes and take a trip back to one of the most influential times in music history! Join local musician and instructor Katrina DeVona as we journey through the first chapters of what would become the Rock n' Roll Revolution. Buddy Holly, Ray Charles, Chubby Checker, and the "King of Rock n' Roll" himself – Elvis Presley! These classes will explore the stories that influenced a generation of music pioneers while enjoying chart toppers from the 1950s that we still know and love today. Dancing and singing along is encouraged! **Sign up required.**

**Generously supported by The Friends of the  
Ludlow Senior Center.**

### RIVERSIDE REPTILES EDUCATION CENTER **Wednesday, January 29th at 1:30pm**

In honor of the Chinese New Year, Year of the Snake, join us as Riverside Reptiles Education Center of Enfield educates us on reptiles and amphibians.

Explore the wonderful world of reptiles and amphibians! What makes a reptile different from an amphibian? What characteristics make each unique? You will stare into the eyes of a huge frog and touch a giant python! **Sign up is appreciated!**



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

The beginning of every new year, brings with it the promise of change, renewed energy and the ability to recreate your story. Sometimes life can feel a bit heavy and we have felt that through out the Center lately. The holidays can do a number on you (and your waste line) but the holidays are over and it is time to lighten up and breathe again.

If your New Years resolution is to exercise more, we have 13 exercise and dance classes each week to get your body moving plus an exercise room and fitness advisor. Struggling with self-care? We have meditation, Reiki, facials, foot care, Guidance by Li (just to name a few) and a new program called Limitless Legends. We have many different art opportunities such as Watercolor pencil, ceramics and Writers Block. There is also volunteering to keep you busy and a bustling Senior

Center to fill up your day. We have friends you have yet to meet as well as neighbors you grew up with. We have the cheapest and best lunch in Town as well as some pretty good coffee in the morning for just \$.50. Struggling with making ends meet? We have help with that too along with insurance help, tax preparation and information and referral services. In other words, the Ludlow Senior Center has so much to offer and if you haven't been by to visit us lately, come by and say hi! We are working on some new classes and activities over the next few months and we are excited for what 2025 has in store! Thank you for being a part of the Center and we look forward to seeing you throughout 2025!

Happy New Year!

*Jodi Lepke*

### 2025 AARP Tax Assistance

Beginning in February, AARP Tax Assistance will return to the Ludlow Senior Center. The AARP Tax Aide program is a no-cost service with emphasis on helping older adults who have a **low to moderate income** and relatively **simple tax returns**. All taxes will be filed electronically.

There will be no paper tax returns.

**Beginning on Wednesday, January 15th AFTER 9:00am, those wishing to schedule an appointment can call the Senior Center at 413-583-3564. All tax appointment calls will automatically go to a voicemail. Calls will be returned in the order they are received. You will also have to pick up a tax packet at the Senior Center after January 21st. Packets will not be mailed.**



**THANK YOU TO OUR AARP VOLUNTEERS!**

# Get to Know The Ludlow Senior Center

## The Staff

### Executive Director

Jodi Zepke  
jzepke@ludlow.ma.us

### Assistant Director

Heather Jolicoeur  
hjolicoeur@ludlow.ma.us

### Outreach Coordinator

Debbie Johnson  
outreach@ludlow.ma.us

### Activities Director

Maria Ardolino  
activity@ludlow.ma.us

### Administrative Assistant

Mick Barr

### Clerk

Deb Borecki

### Cook

Christine Toelken

### Maintenance

Dennis Frodema

### Dispatcher

David Snyder

### Van Drivers

Jack Alves  
John Garcia  
Mike Lebel

### Activity Assistant

Tammy Laselle



## Council on Aging Board

Diane Peacey- Chair

Bob Mishol- Vice Chair

Karen Martin- Secretary

John DaCruz- Treasurer

Fernando Barroso- Member

Rosalind Forti- Member

Kara Ribeiro- Member

Helen Grabowski- Member

Debbie Johnson- Member

Bob Radowski- Member

Debbie Potter- Member

## BE OUR FRIEND!

The Friends of the Ludlow Senior Center are seeking new members! The mission of the Friends is to financially assist the Ludlow Senior Center by seeking donations, corporate gifts and engaging in fundraising efforts. Funds are used to provide services which improve the quality of life for older adults. The Friends support the Senior Center in so many ways. They supplement fitness classes, pay for entertainment, helped purchase the new van and anything else that is needed for the Center. Do you like to have fun while helping the Center and others? Are you creative and want to try new things to raise funds for the Center? The Friends group is for you! The Friends meet the 2nd Thursday of the month and would love for you to join. **Next meeting is Thursday, January 9th at 10:30am.**

**JOIN US!**

## JANUARY TRIPS:

**LUNCH BUNCH ~ KRAZY JAKE'S**  
**Wednesday, January 8th at 11:00am**

We are going to skip on over to Wilbraham and visit the Krazy Jake's Restaurant. Van is \$2.00 and lunch is on your own. **Sign ups begin January 2nd at 8:00am.**

**WALMART IN SOUTH WINDSOR, CT**  
**Tuesday, January 14th at 9:30am**

We are headed down 91 to South Windsor to the Super Walmart. It is a big one! The van is \$2.00 and shopping is on your own. Note: we will NOT be stopping for lunch. **Sign up begins January 2nd at 8:00am.**



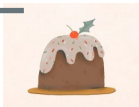
## CAFÉ FUN...

**FREE FOR ALL FRIDAYS!** ~ Every Friday we offer **FREE** coffee in the Corner Café but do you know what goes great with coffee?...a yummy goody. Feel free to bring in some goodies to share in the Café on Fridays. We give Chris a breakfast break on Fridays and we would love for others to help out with goodies. Thanks in advance!  
~Thank you to all that have donated goodies on Fridays!~

## NATIONAL FRUITCAKE TOSS DAY!

**Thursday, January 23rd at 10:30am**

Who knew there was such a day? Join us to see how far you can throw a fruitcake. Prizes for the farthest throw! Stick around for a slice of fruitcake too....if you dare!



## INTAKE FORMS ~ HAVE YOU MOVED?

Have you had a change in your address? Moved to Mill 8? Have you gotten rid of your landline? Or has your emergency contact information changed? Please let us know and fill out a new intake form. We have had some incidents lately where we have had incorrect information. In an emergency, it is imperative that we have correct information. If you have e-mail, let us know and you will receive the newsletter and other announcements right to your inbox!

## DON'T FORGET TO SCAN

Please remember to scan in at the kiosk with your Senior Center pink card each time you enter the Center. 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!



## PARKING LOT ETIQUETTE AND HONESTY

So there is nothing worse than pulling into a full parking lot and someone is taking up 2 spots. Oh wait, having your car hit in a parking lot is worse! This is a public parking lot therefore you are parking at your own risk but if you by accident tap a car in the parking lot, please come and tell us. There have been a few cars that have been hit in the parking lot lately. Sometimes the cameras catch it, sometimes they don't. If you hit a car and don't tell someone and we find it on the cameras, we will get the police involved. Do the right thing and tell us if you have an accident! Also, please be sure you are parking appropriately in 1 spot! Thank you!!!



# ACTIVITIES...

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## **WATERCOLOR PENCIL CLASS**

**Mondays, January 6th 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 HELP**

**Mondays in November ~ 10:00am-11:00am**

Jeri is back for weekly technology help. Whether it is your phone, tablet or computer, Jeri will be here to help! **Sign up is appreciated.**

## **DECORATING COMMITTEE**

**Tuesday, January 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, January 8th at 9:00am**

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, January 8th 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, January 15th 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 enjoy something new!

# 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: 12:00pm-4:00pm; **Round Robin** on Tuesdays and Wednesdays: 12:30pm-4:00pm and Thursdays 12:00pm-4:00pm; **open play**: Monday—Friday mornings, and 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!

## **QUILTING GROUP**

**Tuesdays at 9:00am**

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

## **TED TALK HOUR**

**Wednesday, January 29th at 1:00pm**

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

## **THE WRITERS BLOCK**

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

Use your words! This class will explore creative writing and journaling, both great ways to improve your mental health and mood, and to boost memory! Drop ins welcome! Try a new class and join us!

## **PAINTING WITH SUNSHINE VILLAGE**

**Thursday, January 23rd at 10:00am**

Join Sunshine Village to create a beautiful painting. These activities are limited to the first 10 people to sign up. **Free activity!**

## **BOOK CLUB**

**Thursday, FEBRUARY 27th at 2:00pm**

**Angle of Repose by Wallace Stegner**

March: **Code Name: Lise by Larry Loftis**

The Book Club will **not meet in January** to give everyone an opportunity to finish December's book. If you love to read and have conversations about books, this group is for you! New members always welcome!

## **TRIVIA**

**Fridays, January 10th and 24th 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!

**ART WALL ~ ALL MONTH LONG!** Each month, we host an artist in the exercise hallway and their beautiful work is on display all month. Be sure to stop and check it out. In January, we will be displaying the works of Mike Lunsford! Thank you Bob Radowski for December!

## **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!

## **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 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.\**

**PLEASE remember to cancel your class reservation if you cannot attend class. Every class has a wait list so please be courteous and cancel your reservation. Frequent no-shows will not be able to sign up for classes for a period of time. **PLEASE BRING CLEAN SNEAKERS!** IF THE FLOORS AND MACHINES GET RUINED, PRICES FOR CLASSES WILL GO UP. **BRING CLEAN SNEAKERS WITH YOU!****

## 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!

## EXERCISE ROOM

**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!**

### **FITNESS ADVISOR BY APPOINTMENT**

**Fridays, 9:00am-11:00am**

Retired personal trainer, Les Carpenter is here to offer any guidance or answer questions regarding exercise or equipment and will help to design an exercise program that works for you.

## 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, January 9th at 10:30am**

The Friends play a 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!

### **COUNCIL ON AGING BOARD MEETING**

**Wednesday, January 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.

## DROP-IN CLASSES....

### **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.

### **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.

### **TAI CHI**

**Thursdays at 9:00am** *Sponsored by Lifecare every other week*

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.

## 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!**

### **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 on line, swing, and couples dancing. Partners, singles, and line dancers are welcome. \$1.00 donation is appreciated. **Please bring clean shoes!**

### **SENATOR OLIVEIRA OFFICE HOUR**

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

Stop by and discuss items that are important to you.

### **REPRESENTATIVE SAUNDERS OFFICE HOUR**

**Monday, January 27th 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!*

# SUPPORT...

## LIMITLESS LEGENDS ~ \*NEW PROGRAM\*

**Monday, January 27th 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, 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 Elder Affairs

## GUIDANCE BY LI

Comfort and Support After Loss

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

**Tuesday, January 14th at 5:45pm**

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, 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 continued grief journey.

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

Sponsored by the Executive Office of Elder Affairs

## THE FORGET-ME-NOT CIRCLE

**Friday, January 24th at 1:30pm**

Are you a caregiver struggling with caring for a loved one with memory challenges? You are welcome to join us for 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\***

## MINDFUL MEDITATION

**Thursdays at 10:15am**

If you have ever been interested in mindfulness and meditation, this class is for you. The benefits of mindful meditation are to calm the mind, increase relaxation, reduce stress, control pain, reduce insomnia, and lower blood pressure. **Registration appreciated.**

## NOTARY SERVICE

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

If you need something notarized, call ahead or visit the front desk. There is no charge for this service.

# WELLNESS...

## BLOOD PRESSURE CHECKS AND FILE OF LIFE

**Fridays at 10:00am ONLY (TUESDAY BLOOD PRESSURES WILL RETURN IN MARCH)**

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.

## MOBILE DENTAL HYGIENE SERVICES OF WESTERN MASS

**Wednesday, FEBRUARY 12th by appointment (NO January)**

## FACIALS WITH DIANE

**Wednesday January 22nd by appointment**

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.

**February appointments are available beginning January 2nd\***

## 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 January appointments begin January 2nd\*\* (We know appointments fill up quick. Please add your name to the wait list if you are unable to book an appointment.)**

## HEARING CLINIC WITH HERITAGE HEARING RETURNS IN FEBRUARY!

## REIKI

**Fridays in January by appointment**

Darcy Bachicha from *Peace Within* is offering 30 minute Reiki sessions for \$20. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. If you have wondered about Reiki, now is your chance to give it a try.

## BROWN BAG PROGRAM

**Tuesday, January 21st ~ 1:00pm-3:00pm**

Offered through the Food Bank of Western Massachusetts, Brown Bag helps those older than 55 who meet income guidelines. Pickup is the 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. **Bags need to be picked up on the 21st between 1:00pm and 3:00pm. We cannot hold bags. Thank you!**



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

# SPECIAL LUNCHES...

## LUNCH & LEARN ~ FUNERAL CONSUMERS ALLIANCE

Wednesday, January 15th at 12noon

Planning for one's final arrangements can be a daunting task if you aren't sure of your rights or know where to find a trusted source for unbiased information. In our talk we will cover the FTC's Funeral Rule regulations that outline what funeral homes are required to give you, and what to expect when selecting their service options. We will also cover many options currently available in Massachusetts such as immediate burial, direct cremation, green burial, blue burial and anatomical donation. We hope to have an informal and open discussion on those topics that you are just *dying* to ask. **Registration required.**

# MOVIES...

January 7 5:00pm &  
January 8 1:00pm

## Find Me Falling 2024 PG 14

After a failed comeback album, rock star John Allman escapes to a dreamy Mediterranean island, only to discover that his new cliffside home has an unfortunate notoriety that attracts unwanted visitors and an old flame. 93 min

January 14 4:45pm &  
January 15 12:50pm

## It Ends with Us 2024 R

Lily has a painful past, and embarks on a new life in Boston and opens her own flower shop. After falling in love with Ryle, Lily begins to see sides of him that remind her of her dangerous father. With the support of her friends and allies, Lily must find her own strength to break the pattern or the pattern will break her. 129 min **\*early start time\***

## BIRTHDAY LUNCH!

Thursday, January 16th at 12noon

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

**\*Reservation required\***



## AFTER LUNCH PERFORMANCE...

## SINGER ASHLY CRUZ

Wednesday, January 22nd at 1:30pm

Ashly Cruz has performed her International Cabaret Show all over the world. She blends Broadway, French, Spanish and popular songs performed cabaret style. We are thrilled to have her one-of-a-kind cabaret show here at the Ludlow Senior Center!

*Generously sponsored by the Friends of the Ludlow Senior Center*



# OUTREACH...

## FUEL ASSISTANCE

It is very important that you bring ALL the following paperwork to your appointment in order for the application to be complete:

- YELLOW Recertification application if applicable
- Identification with picture
- Social security card or birth certificate
- Proof of all income in your household
- Copy of oil, gas, electric bill (source of heating)
- A complete copy of most recent electric bill and phone bill
- Copy of house tax bill if own your home

Remember Fuel Assistance starts November 1, 2024, till April 30, 2025. There is still plenty of time to sign up and it is NOT first come, first served.

For more information or to schedule an appointment call (413) 583-3564. **\*\*You must have an appointment. Please DO NOT drop off paperwork and you will be responsible for mailing your own application.\*\***



January 21 5:00pm &  
January 22 1:00pm

## Hillbilly Elegy 2020 R

A modern exploration of the American Dream and three generations of an Appalachian family as told by its youngest member, a Yale Law student forced to return to his hometown. 117 min



January 28 4:45pm &  
January 29 12:50pm

## The Six Triple Eight 2024 PG 13

During WWII, the only US Women's Army Corps unit of color stationed overseas takes on an impossible mission in Tyler Perry's drama based on a true story. 129 min **\*early start\***

## SHINE PROGRAM

The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay for health care costs. Call 583-3564 to make an appointment with our SHINE counselor!

## 2025 SOCIAL SECURITY BENEFIT LETTER

In December you should have received your Social Security benefit letter for 2025. Please put this letter in a safe place. If you ever have to apply for any benefits, you need this letter as proof of income. Also, if you changed insurances during Open Enrollment, be on the look out for your new insurance cards.

Just a reminder that Outreach Coordinator, Debbie Johnson is here to help you with any benefit question and can help you apply for and provide information on: SNAP (food stamps), Fuel Assistance, housing assistance and in-home care resources. Please call to make an appointment with Debbie should you need any help navigating life after 60. 413-583-3564.

# 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 Lawrence Andre:

- Jim & Sandy Goodreau
- Judy Conners
- Barbara Green
- Thank you to the Andre Family for sharing the lovely flowers with the Center.

### General donations:

- Country Bank
- Kapinos-Mazur Funeral Home (BF)
- Richard Trembley
- Thomas & Irene Fidalgo
- David Secco

## 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, January 9th at  
10:30am



## Friends News...

Happy New Year! It's a new year and The Friends are hoping to get more people involved in our organization this year. There will be opportunities to get involved in our fundraisers and other activities. We would like your suggestions for activities or ideas how we can be of more service to The Center. Come to our January meeting and hear about the plans for 2025 and/or offer your ideas or suggestions. Any senior is welcome to join the Friends. There are no fees, no dues; just a desire to help us provide services to The Center.

- *January Raffle Calendar...*we thank everyone who purchased tickets for our annual raffle calendar fundraiser. Winners will be picked daily during lunch starting January 2nd. Winners will be posted on the Friends board.
- *Friends Scholarship Program...*we are happy to announce The Friends scholarship program will be returning for 2025. Last year was our 1st year offering several scholarships to high school seniors that reside in Ludlow. Eligibility and applications will be available in February at the Front Desk, LHS guidance office, on Facebook and at the Friends website: [www.friendsofludlowseniorcenter.com](http://www.friendsofludlowseniorcenter.com). Stay tuned!
- *Boutique news...*We are accepting winter clothing and accessories. We can no longer accept holiday décor. Please be sure donations are **new or like new condition**. All donations are accepted at the Front Desk. Please do not bring them directly to the Boutique. Thanks!

**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**

**From the Clerk's Office:** CENSUS – The Ludlow Annual Town Census will be mailed in January. Please update the information for all individuals who reside in your household, including children. Please sign and respond within ten (10) days, even if no changes are made. Warning: Failure to respond to this mailing shall result in removal from the active voting list and may result in removal from the voter registration rolls.

Deliver to:

## TUESDAY EVENINGS

### **EVENING JEWELRY**

**Tuesday, January 7th at 4:30pm-6:30pm**

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

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

**Tuesday, January 28th at 4:00pm**

Join Tammy for a class to create a snowman craft. Cost is \$5.00. Unfortunately there will be no class in February. **Registration required beginning January 2nd.**

### **“SOUPER” SUPPER TUESDAY**

**Tuesday, January 28th ~ 4:30pm-6:00pm**

The Corner Café will be open serving soup and a roll for \$2.00! Stop in and enjoy a nice hot bowl of soup or take it home!

### **MOVIES!**

**Every Tuesday at 5:00pm**

We show everything from the oldies to new releases! And snacks too! **See page 7 for January's movies!**

### **TRIVIA!**

**Tuesday, January 14th 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!

### **GUIDANCE BY LI COMFORT AND GRIEF SUPPORT**

**Tuesday, January 14th at 5:45pm**

Are you still employed and dealing with grief from the loss of a loved one and cannot make the daytime group? Liane Smola is bringing her comfort and grief support to a monthly Tuesday evening to discuss topics such as the nature of grief, managing difficult emotions, self-care, remembering the person who has passed, coping with the stress and sharing ideas how to support others in your life who also are faced with grief. **JOIN US!**

### **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 mat!**

### **CENTER TRANSPORTATION**

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

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

### **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!