

# THE SENIOR SCENE ~ MAY 2026



## SPECIAL EVENTS IN MAY...

### THE ART OF CARD MAKING

**Thursday, May 7th at 1:00pm**

Irene Robinson returns to teach you how to make 3 pre-designed, beautiful, handmade cards for you to share with your family and friends. Space is limited. **\*Sign ups begin May 1st at 8:00am.\***

### BRACELETS WITH THE GIRL SCOUTS

**Friday, May 8th at 1:30pm**

Join local a group of local Girl Scouts for a fun afternoon of making Kumihimo bracelets, traditional Japanese braided cord using embroidery floss. The girls will show you step by step how to make these fun bracelets! Space is limited. **\*Sign ups begin May 1st at 8:00am.\***

### PARKINSON'S BASICS: WHAT EVERYONE SHOULD KNOW

**Monday, May 11th at 10:00am (Please sign-up)**

Stefany Scliopou from the *Parkinson's Foundation* will lead a program that offers an introduction and basic overview of Parkinson's disease (PD). PD varies from person to person and changes over time. Discover its causes, common symptoms and available treatments. *Sponsored by The Reserve at East Longmeadow.*

### LOVE THE SKIN YOU'RE IN!

**Tuesday, May 12th at 10:00am**

Erica Silk, PA-C from *Stratum Dermatology*, will be here to present on skin care. She will talk about sun safety, products for maturing skin and skin cancer and what to look for. As we age, we need to love our skin even more! Join us for this informative session! **\*Please sign-up for this session.\***

### ANNE FRANK—A LIFE TO REMEMBER

#### PERFORMED BY SHERYL FAYE

**Thursday, May 14th at 1:30pm**

A story of perseverance, hope and love. Anne Frank was born in Frankfurt, Germany, and later moved with her family to Amsterdam to escape Nazi rule. In July 1942, as persecution intensified, the family went into hiding in a secret annex. During this time, Anne recorded her thoughts, fears, and hopes in her now-famous diary. This program begins on July 6, 1942, offering a glimpse into daily life in hiding and sharing a powerful story of perseverance, hope, and love leaving us all with a stronger message. **\*Please sign-up for this program.\*** *Thank you Ludlow Cultural Council!*

### GREAT PHONE PROGRAM WITH MASS EDP

**Friday, May 15th at 10:00am in the Cafe**

Stop by and visit with Marguerite from *Mass EDP* and learn about the phones they have to offer and if you are eligible. They are currently offering the 16E iPhone that is customized for disabilities. They also offer a limited supply of land line phones for those who still have land lines. (*Massachusetts Equipment Distribution Program*)

### BE PREPARED: STROKE SIGNS, RESPONSE AND RECOVERY

**Monday, May 18th at 10:00am**

A presentation by *Hampden Post Acute*, will highlight key warning signs, emphasize the importance of rapid response and provide practical education on prevention and recovery to support improved outcomes. Join us for this informative presentation.

**\*Please register for this event.\***

### NOSTALGIC MUSIC WITH TOM CALLINAN

**Thursday, May 21st at 1:30pm**

Help us celebrate America's 250th with toe tapping, historical music with Tom Callinan. Tom is a folk singer, songwriter and multi-instrument artist. He loves popular songs of yesteryear, belting out sea songs, telling all sorts of stories and so much more. Join us for an afternoon of music and stories! **\*Please register for this event\***

### CORNHOLE ON THE LAWN

**Friday, May 29th at 10:30am**

The weather is finally nice as Spring is upon us so let's enjoy a morning out on the lawn and play a friendly game of Cornhole. Never played before? No worries, we will show you! Just stop on by!

### SAVE THE DATE....

#### AUTHOR MELVA MICHAELIAN ~ "THANKS FOR THE MEMORIES"

**Friday, June 12th at 10:00am**

After decades of penning romance and mystery novels, author Melva Michaelian found herself facing the challenge of helping her husband cope with Alzheimer's disease. In her recent book, *Thanks for the Memories*, she relates how she found a community of support and learned to navigate the pits and peaks of being a caregiver. She will discuss how knowledge, patience, and humor got her successfully through the experience. We have her book to borrow!

# 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

Sheila Rubin  
srubin@ludlow.ma.us

### Activities Director

Maria Ardolino  
activity@ludlow.ma.us

### 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 Bobe

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

## CORNER CAFÉ FUN...

### NATIONAL EAT YOUR VEGETABLES DAY!

**Wednesday, May 27th at 10:30am**

Yes there is such a day! Join us in the Corner Café for a healthy treat...a little vegetable platter with some dip! Can't eat veggies without dip! Just stop on by!



## ATTENTION VOLUNTEERS!

Are you volunteering but not logging your hours on the kiosk? If we don't have hours logged for you, you will not be invited to the Volunteer Recognition. The Volunteer Recognition is for those that complete 20 hours of volunteering for the Senior Center in a calendar year. Interested in volunteering or don't know how to log your hours, please see Heather. **Volunteer Recognition is May 28th!**

## INTAKE FORMS ~ PLEASE UPDATE!

Have you recently changed your address? Disconnected your landline? Updated your emergency contact information? If so, please let us know by filling out a new intake form. We've had a few situations recently where outdated information caused complications. In an emergency, having accurate details is absolutely essential. Also, if you have an email address, please share it with us—you'll receive our newsletter and other important updates directly in your inbox!



Like us on Facebook and never miss a thing!

**Newsletter**....The cost of having the newsletter mailed to you is \$9.00 per year. Or, if we have your e-mail address, you will receive it in your 'inbox' each month for FREE!

## Council on Aging Board

Diane Peacey- Chair

Bob Mishol- Vice Chair

Karen Martin- Secretary

Open seat- Treasurer

Fernando Barroso- Member

Rosalind Forti- Member

Kara Ribeiro- Member

Helen Grabowski- Member

John DaCruz- Member

Bob Radowski-Member

Debbie Potter- Member

Member wanted!

## Our New Staff!!!

Lorrie Bobé, a longtime Westfield resident, recently moved to Ludlow with a friend and their senior rescue dog. After retiring from a 39-year career with the Department of Youth Services, she's excited to continue helping others and begin a rewarding second career at the Center.

Tom Godek, originally from Bondsville, settled in Ludlow with his wife, Lisa, 35 years ago. A former higher education teacher who still coaches football, Tom was drawn to the Center's strong sense of community as he begins his semi-retirement. They have two children.

Welcome to the TEAM Lorrie and Tom!!

## MAY TRIPS:

### LUNCH BUNCH ~ ROYAL BUFFET & GRILL—CHICOPEE

**Friday, May 15th at 11:30am**

We are headed by request to the Royal Buffet "Where traditional Chinese dishes are expertly crafted with a modern touch". Van is \$2.00 and lunch is on your own. **\*Sign up begins May 1 at 8:00am.**



### OLD DEERFIELD MUSEUM

**Wednesday, May 20th at 9:00am**

The museum dedicated to the heritage and preservation of Deerfield, Massachusetts, and history of the Connecticut River Valley. Its historic houses, museums and programs provide visitors with an understanding of New England's historic villages and countryside. The van is \$2.00, museum is \$20 and lunch is on your own.

**\*Sign up begins May 1st at 8:00am.\***

## HANDICAP PARKING

We've recently received several questions about handicap parking and the possibility of adding more spaces. Our building was constructed in compliance with ADA standards and currently provides more handicap parking spaces than required. If you have a handicap placard, please be sure it is clearly visible when parked. Please note that there is a fine for parking in a handicap space without a valid placard. We also ask that all vehicles park within designated spaces. Areas marked with diagonal white lines are not parking spots—they are access aisles designed to accommodate handicap vans. As a reminder, street parking is available, and some spaces are located close to the building. Thank you for your cooperation!



Thank you for using the crosswalks coming to and from the Center! No one needs to get run over!



# ACTIVITIES...

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## FISHING CLUB

**Monday, May 4th at 1:00pm**

The Fishing Club is a great way to relax, connect with others and enjoy the outdoors. Whether you're an experienced angler or just curious about giving it a try, all are welcome to join. The group shares tips, favorite local fishing spots and plenty of stories!

## WATERCOLOR PENCIL CLASS

**Mondays, May 4th and 18th 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, May 6th at 9:00am~11:30am**

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

## TEA WITH THE TA

**Wednesday, May 6th 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.

## FUN WITH OPERA!

**Wednesday, May 13th 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! *Last class until Fall!*

# 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.

## COMPUTER HELP

**Mondays in May at 10:00am**

Jeri will be here on Mondays to help you whether it is your phone, tablet or computer. **Appointment required.**

## 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!

## TED TALK HOUR

**Wednesday, May 27th at 1:00pm**

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

## THE WRITERS BLOCK

**Thursdays, May 14th and 28th 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!

## PAINTING WITH SUNSHINE VILLAGE

**Thursday, May 21st 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, May 28th at 2:00pm**

*The Two-Family House* by Lynda Cohen Loigman

June: *The Handmaid's Tale* by Margaret Atwood

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

## DECORATING COMMITTEE

**Friday, May 1st 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!

## TRIVIA

**Fridays, May 8th and 22nd 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!

## 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! **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.\**

## CLEAN SNEAKERS PLEASE!

We often hear people say their sneakers are clean—but if you've walked from your car to the Center, they're not! Sand and salt get tracked in easily. Please remember to bring **clean indoor sneakers** to help keep our floors safe and tidy. Thank you!

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 may 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 (NO CLASS ON 5/13 AT 1:00PM)**

**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—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!**

## PLEASE BE ADVISED!

The Exercise Room will be **CLOSED** on May 8th, 11th and 12th for maintenance and cleaning. The machines are being serviced, cleaned as well as the room itself. Thank you in advance for your understanding!

# 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, May 14th 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, May 13th 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....

### **ZUMBA GOLD**

**Mondays at 2:30pm & 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.

### **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** (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.

## 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! NEW!**

**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!**

## **SENATOR OLIVEIRA OFFICE HOUR**

**Thursday, May 14th at 10:30am in the Corner Café**

Stop by and discuss items that are important to you.

## **REPRESENTATIVE SAUNDERS OFFICE HOUR**

**Monday, May 18th at 10:30am in the Corner Café**

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

# May 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
<p><b>TP OF THE TONGUE</b></p> <p><b>Mondays, May 4th, 11th and 18th</b> at 1:30pm</p> <p>Registration was required.</p> <p>In Conference Room.</p>	<p><b>TUESDAY EVENING ACTIVITIES</b></p> <p><b>SEE PAGE 10!</b></p>	<p>Senator Oliveira ~</p> <p>May 14th at 10:30am</p> <p>Representative Saunders ~</p> <p>May 18th at 10:30am</p>	<p><b>AC = Arts &amp; Crafts</b>  <b>CR = Conference Room</b>  <b>FS = Fitness Studio</b>  <b>GR = Great Room</b>  <b>RR = Game Room</b>  <b>SO = Small Office</b></p>	<p><b>1</b></p> <p>8:45am: Boomer Bootcamp (FS)            9:00am: Reiki by appt (SO)            10:00am: Boomer Bootcamp (FS)            10:00am: Blood pressure ck (WC)            1:00pm: Ceramics (AC)            1:00pm: Healthy Bones (FS)            1:00pm: Decorating Comm (RR)</p>
<p><b>4</b></p> <p>9:00am: Knitting Club (AC)            9:30am: Boomer Bootcamp (FS)            10:00am: Computer Help (CR)            10:00am: Blood pressure ck (WC)            1:00pm: Scrabble (Café)            1:00pm: Fishing Club (RR)            1:15pm: Pitch (GR)            1:30pm: Watercolor Pencils (AC)            2:30pm: Zumba Gold (FS)</p>	<p><b>5</b></p> <p>9:00am: Quilting (AC)            9:00am: Line Dancing (FS)            10:00am: Cribbage (RR)            10:30am: Gentle Yoga (FS)            1:00pm: Swing Your Partner (FS)            1:30pm: Bingo (GR)</p>	<p><b>6</b></p> <p>8:45am: Zumba Gold (FS)            9:00am: Ceramics (AC)            9:00am: Jewelry (RR)            10:00am: Tea with the TA (Café)            10:30am: Massage by appt (WC)            10:30am: Healthy Bones (FS)            12:00pm: Lunch &amp; Learn (GR)            1:00pm: Movie (RR)            1:00pm: Healthy Bones (FS)</p>	<p><b>7</b></p> <p>9:00am: Tai Chi (FS)            9:30am: Dominos (RR)            10:15am: Meditation (CR)            12:45pm: Mahjong (RR)  <b>1:00pm: Art of Card Making (AC)</b>            2:30pm: Active Yoga (FS)</p>	<p><b>8</b></p> <p>8:45am: Boomer Bootcamp (FS)            9:00am: Reiki by appt (SO)            10:00am: Boomer Bootcamp (FS)            10:00am: Blood pressure ck (WC)            10:30am: Trivia (RR)            1:00pm: Ceramics (AC)            1:00pm: Healthy Bones (FS)  <b>1:30pm: Girl Scouts (RR)</b></p>
<p><b>11</b></p> <p>9:00am: Knitting Club (AC)            9:30am: Boomer Bootcamp (FS)            10:00am: Computer Help (CR)            10:00am: Blood pressure ck (WC)  <b>10:00am: Parkinson's Talk (RR)</b>            1:00pm: Scrabble (Café)            1:15pm: Pitch (GR)            2:30pm: Zumba Gold (FS)</p>	<p><b>12</b></p> <p>9:00am: Quilting (AC)            9:00am: Line Dancing (FS)            10:00am: Cribbage (CR)  <b>10:00am: Love the Skin (RR)</b>            10:30am: Gentle Yoga (FS)            1:00pm: Swing Your Partner (FS)            1:30pm: Bingo (GR)</p>	<p><b>13</b></p> <p>8:45am: Zumba Gold (FS)            9:00am: Ceramics (AC)            9:00am: Dental Hygiene (WC)            10:00am: Fun with Opera (CR)            10:30am: Healthy Bones (FS)            1:00pm: Movie (RR)            1:00pm: NO Healthy Bones            4:30pm: CDA Meeting (CR)</p>	<p><b>14</b></p> <p>9:00am: Tai Chi (FS)            9:30am: Dominos (RR)            10:15am: Meditation (CR)            10:30am: Friends Meeting (AC)            12:45pm: Mahjong (RR)  <b>1:30pm: Anne Frank Story (GR)</b>            2:00pm: Writers Block (AC)            2:30pm: Active Yoga (FS)</p>	<p><b>15</b></p> <p>8:45am: Boomer Bootcamp (FS)            9:00am: Reiki by appt (SO)            10:00am: Boomer Bootcamp (FS)            10:00am: Blood pressure ck (WC)  <b>10:00am: Mass EDP (Café)</b>  <b>11:30am: Lunch Bunch Trip</b>            1:00pm: Guidance by Li (RR)            1:00pm: Ceramics (AC)            1:00pm: Healthy Bones (FS)</p>
<p><b>18</b></p> <p>9:00am: Knitting Club (AC)            9:30am: Boomer Bootcamp (FS)            10:00am: Computer Help (CR)            10:00am: Blood pressure ck (WC)  <b>10:00am: Stroke Signs (RR)</b>            1:00pm: Scrabble (Café)            1:15pm: Pitch (GR)            1:30pm: Watercolor Pencils (AC)            2:30pm: Zumba Gold (FS)</p>	<p><b>19</b></p> <p>9:00am: Quilting (AC)            9:00am: Line Dancing (FS)            10:00am: Cribbage (CR)            10:30am: Gentle Yoga (FS)            1:00pm: Brown Bag pick up (CR)            1:00pm: Swing Your Partner (FS)            1:30pm: Bingo (GR)</p>	<p><b>20</b></p> <p>8:45am: Zumba Gold (FS)            9:00am: Ceramics (AC)  <b>9:00am: Old Deerfield Trip</b>            10:30am: Healthy Bones (FS)            1:00pm: Movie (RR)            1:00pm: Healthy Bones (FS)</p>	<p><b>21</b></p> <p>9:00am: Tai Chi (FS)            9:30am: Dominos (AC)            10:00am: Sunshine Paint (AC)            10:15am: Meditation (CR)            12:45pm: Mahjong (RR)  <b>1:30pm: Nostalgic Music (GR)</b>            2:30pm: Active Yoga (FS)</p>	<p><b>22</b></p> <p>8:45am: Boomer Bootcamp (FS)            9:00am: Reiki by appt (SO)            10:00am: Boomer Bootcamp (FS)            10:00am: Blood pressure ck (WC)            10:30am: Trivia (RR)            1:00pm: Ceramics (AC)            1:00pm: Healthy Bones (FS)</p>
<p><b>25</b></p> <p>CENTER CLOSED (Memorial Day)</p>	<p><b>26</b></p> <p>9:00am: Quilting (AC)            9:00am: Line Dancing (FS)            10:00am: Cribbage (RR)            10:30am: Gentle Yoga (FS)            1:00pm: Swing Your Partner (FS)            1:00pm: Limitless Legends (CR)            1:30pm: Bingo (GR)</p>	<p><b>27</b></p> <p>8:45am: Zumba Gold (FS)            9:00am: Ceramics (AC)            9:00am: Facials by appt (WC)            10:30am: Healthy Bones (FS)  <b>10:30am: Veggie Day (Café)</b>            1:00pm: Movie (RR)            1:00pm: Healthy Bones (FS)            1:00pm: TED Talk (CR)</p>	<p><b>28</b></p> <p>9:00am: Tai Chi (FS)            9:30am: Dominos (RR)            10:15am: Meditation (CR)            12:45pm: Mahjong (RR)            2:00pm: Writers Block (CR)            2:00pm: Book Club (CR)            2:30pm: Active Yoga (FS)</p>	<p><b>29</b></p> <p>8:45am: Boomer Bootcamp (FS)            9:00am: Reiki by appt (SO)            10:00am: Boomer Bootcamp (FS)            10:00am: Blood pressure ck (WC)  <b>10:30am: Comhole on the Lawn</b>            1:00pm: Ceramics (AC)            1:00pm: Healthy Bones (FS)</p>

# May 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

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Have you notice many new diners at lunch lately? We have had an influx of people coming to the Center and most of them sign up for lunch as soon as they see our enticing menu of \$2 lunches! When you see someone new coming through the dining room doors, introduce yourself, ask them if they'd like to sit with you, and make a new or many new friends!</p>	<p><b>Have a favorite dish that you haven't seen on the menu? Just let Chris know. Menu planning is tough sometimes so input is welcome!!</b></p>		<p><b>1</b></p> <p>Cheese Pizza Side salad</p>	
<p><b>4</b></p> <p>Hog dog &amp; roll Baked beans Cole slaw</p>	<p><b>5</b></p> <p>Taco Salad (Cinco de Mayo)</p>	<p><b>6</b></p> <p>Lunch &amp; Learn</p> <p>Stuffed Shells Side salad</p>	<p><b>7</b></p> <p>Seafood salad Croissant Orzo salad</p>	<p><b>8</b></p> <p><b>Mother's Day Lunch</b></p> <p>Ranch Chicken Au gratin potatoes Carrots</p>
<p><b>11</b></p> <p>Chicken &amp; vegetable primavera over pasta Roll</p>	<p><b>12</b></p> <p>Stuffed cabbage Caesar salad</p>	<p><b>13</b></p> <p>Sauage grinder Onions, peppers and cheese Tater tots</p>	<p><b>14</b></p> <p>Fish tacos Black beans &amp; rice Corn slaw</p>	<p><b>15</b></p> <p>Cobb salad</p>
<p><b>18</b></p> <p>Vegetable frittata Roasted potatoes</p>	<p><b>19</b></p> <p>American chop suey Garlic knot</p>	<p><b>20</b></p> <p><b>Birthday Lunch</b></p> <p>Baked cod Rice pilaf Mixed vegetable</p>	<p><b>21</b></p> <p>Ham &amp; broccoli casserole Biscuit</p>	<p><b>22</b></p> <p><b>Memorial Day Lunch</b></p> <p>Pot roast Mashed potatoes Green beans</p> 
<p><b>25</b></p> <p>CENTER CLOSED (Memorial Day)</p>	<p><b>26</b></p> <p>Chicken patty sandwich Lettuce &amp; tomato Chips &amp; pickle</p>	<p><b>27</b></p> <p>Swedish meatballs Egg noodles Vegetable</p>	<p><b>28</b></p> <p>Chef salad</p>	<p><b>29</b></p> <p>Macaroni &amp; cheese Stewed tomatoes</p>

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

## MOTHER'S DAY LUNCH

Friday, May 8th at 11:00am

Moms, step-moms, fur-moms, sisters, aunts and all women, join us for a celebration of **YOU** and how special we all are! *Freddy Marion* will be here to entertain us beginning at 11:00am.



**\*Reservations required.\***

## BIRTHDAY LUNCH

Wednesday, May 20th at 12noon

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



**\*Reservation required\***

## MEMORIAL DAY LUNCH

Friday, May 22nd at 11:30am

Memorial Day is a day of remembrance and reflection of who we are because of the sacrifice of others. Join us and Eric Segundo, Ludlow's Veterans Agent as we pay tribute to all who have sacrificed for our freedom.



**\*Reservations required\***

*Lunch is on us for our Veterans.*

## MOVIES...

May 5th @ 4:30pm & May 6th @ 1:00pm

### Secretariat 2026 PG-13

Behind every legend lies an impossible dream. Witness the spectacular journey of an incredible horse named Secretariat and the moving story of his unlikely owner, a housewife who risked everything to make him a champion. 123 min

May 12th @ 5:00pm & May 13th @ 1:00pm

### Mother's Day 2016 PG

Jennifer Aniston, Kate Hudson, Julia Roberts and Jason Sudeikis star in this romantic comedy about a group of strong, loving and wildly imperfect women who are about to prove the power of the maternal bond. 112 min

May 19th @ 5:00pm & May 20th @ 1:00pm

### Eleanor the Great 2025 PG-13

In Eleanor The Great, troublesome 94-year-old Eleanor Morgenstein, who after a devastating loss, tells a tale that takes on a dangerous life of its own. Scarlett Johansson's directorial debut is a comically poignant exploration of how the stories we hear become the stories we tell. 98 min.

May 26th @ 5:00pm & May 27th @ 1:00pm

### Memorial Day 2012 PG-13

This drama/war film is centered on 13-year-old Kyle Vogel, who finds his grandfather Bud's World War II footlocker on Memorial Day 1993. Bud, an 82nd Airborne veteran, shares stories behind three items, with scenes flashing back to WWII while paralleling Kyle's future combat experiences in Iraq in 2005. 104 min.

### **ART WALL ~ ARTISTS WANTED!**

Each month, we feature an artist in the exercise hallway and their beautiful work is on display all month. We would love to show your work. Simply call the Center and sign up for a month.

## OUTREACH...

### Your Voice, Your Choice: Planning Ahead Matters

#### What Is a Health Care Proxy?

A health care proxy is someone you trust to make medical decisions for you if you're unable to speak for yourself.

This person can:

- Follow your wishes—not their own
- Speak on your behalf with doctors
- Help ensure your voice is heard, even in an emergency

#### Why It Matters?

Life is unpredictable. Having a health care proxy in place gives you peace of mind and helps your loved ones avoid difficult decisions during stressful times.

If you'd like more information, step-by-step instructions or the form, please see Sheila or to make an appointment with Sheila, please call 583-3564 or stop at the Front Desk.



### BROWN BAG PROGRAM

Tuesday, May 19th ~ 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 19th between 1:00pm and 5:00pm. Thank you!**

### SHINE PROGRAM

by appointment



The **SHINE (Serving the Health Insurance Needs of Everyone)** Program offers **free health insurance information and counseling** to all Massachusetts residents with Medicare and their caregivers. If you have Medicare, you can meet with a SHINE counselor to review your benefits, explore your coverage options and learn about programs that may help lower your health care costs—especially if you have limited income. To apply for Medicare, please visit [www.medicare.gov](http://www.medicare.gov). To schedule an appointment with one of our SHINE counselors, call **583-3564**.

# SUPPORT...

## LIMITLESS LEGENDS

**Tuesday, May 26th at 1:00pm \*\*date change\*\***

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 Aging & Independence**

## 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 include calming the mind, increasing relaxation, reducing stress, controlling pain, reducing insomnia and lowering blood pressure.

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

## GUIDANCE BY LI

Comfort and Support After Loss

**Friday, May 15th 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 your journey through grief.

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

**Sponsored by the Executive Office of Aging & Independence**

**THE FORGET-ME-NOT CIRCLE (WITH GUEST MELISSA HUDSON)**

**Friday, May 22nd 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 welcoming 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\***

## 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.

**\*\*Please note new day and time!\*\***

## TARGET POINT MASSAGE THERAPY

**Wednesday, May 6th and June 3rd 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, May 13th 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, May 27th 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.

**\*June appointments available May 1st\***

## \*\*FOOT CARE UPDATE\*\*

**By Appointment with Caitlin Hertz, RN**

Foot Care Program Update! We're happy to share that, through our partnership with the Health Department, Caitlin will continue to provide Foot Care services with us until at least June! To help support the program, there will be a small fee adjustment. Beginning in May, Ludlow residents will be charged \$30 per visit and non-residents will be charged \$60 per visit.

We appreciate your understanding!

## REIKI

**Fridays in May 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.

# 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, Assistant Treasurer

### Next meeting:

**Thursday, May 14th**  
**at 10:30am**  
**All welcome!**



## DONATIONS HAVE BEEN MADE:

### In memory of Richard Marceau:

- Dianne Marceau

### In memory of Ruth Pancotti:

- Monica Cabral
- Etta Brockney
- Larry & Mary Gagnon
- Virginia Cretella

### In memory of Lisa Salamon:

- Monica Cabral

### General donations:

- Dolores Douville
- Richard Trembley
- Elaine Allen
- Stop & Shop

**Bingo Night**  
 at Raymour & Flanigan  
**Friday**  
**May 8, 2026**  
**5:30 PM**  
 \$10 Entry fee  
 Refreshments included  
 Raffles are extra

Sponsored by:  
 The Friends of the Ludlow Senior Center  
**Raymour & Flanigan**  
 FURNITURE MATTRESSES  
 665 Boston Rd  
 Springfield, MA

**PROSHRED SECURITY**  
**COMMUNITY SHRED DAY**  
**FREE DONATIONS ACCEPTED**  
**SAT MAY 9 9-11AM**  
**LUDLOW SENIOR CENTER**  
**228 STATE ST LUDLOW, MA**

**SPONSORED BY**  
 The Friends of the Ludlow Senior Center

**SECURE DOCUMENT SHREDDING**  
 BANK STATEMENTS  
 TAX DOCUMENTS  
 MEDICAL RECORDS  
 PERSONAL INFORMATION  
**LIMIT 3 BOXES PER CAR**

## FRIENDS NEWS:

- The Boutique is in need of Spring and Summer donations. Please be sure donations are clean and in new or like-new condition. We accept women's clothing, décor, jewelry and accessories. Thank you for your donations!
- Thank you to all of our shoppers! We appreciate your support!

**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

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

PLACE  
STAMP  
HERE

## LUNCH & LEARN ~ DECLUTTERING & DOWNSIZING ~ Wednesday, May 6th at 12:00pm

Join us for a workshop about downsizing and decluttering your home. Where do I start? What do I do with my stuff? Cristina Marques of Caring Transitions and Realtor, Laura Kuhnel of Coldwell Banker Realty, will walk through each step of the downsizing and decluttering process in a fun, interactive workshop and answer all of your questions. **\*Registration for Lunch & Learn is required\***



Deliver to:



**HELP...** Tuesday evenings are struggling so we need your help! We need to know what you would like to see at the Center on Tuesday evenings. A different fitness class? Some type of learning workshop? Other ideas? We have tried a few things that haven't been popular so we really want to bring activities that YOU will enjoy. You can drop off your suggestions at the Front Desk or email us at [coa@ludlow.ma.us](mailto:coa@ludlow.ma.us). We aren't interested in what you think other people might want, we want to know what YOU want and what you will attend! Thank you in advance!!!!

## TUESDAY EVENING ACTIVITIES ...

### TRIVIA RETURNS!

#### Tuesday, May 21st 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!

### SOUPER SUPPER

#### Tuesday, May 26th ~ 4:30pm– 5:30pm

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



### 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!**

### 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 May movies!**