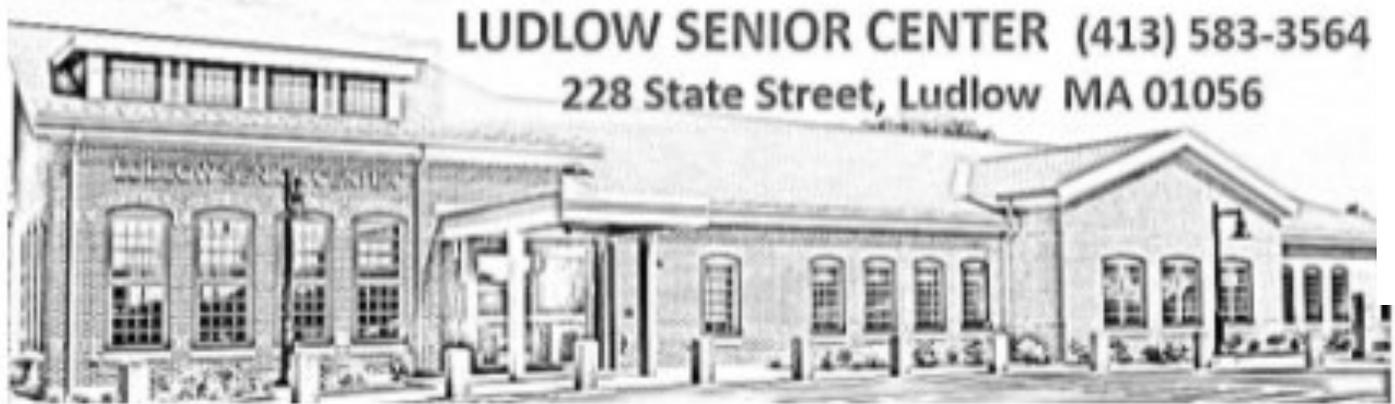


THE SENIOR SCENE ~ OCTOBER 2022



Jammin with Jodi...

It is time to start working on the budget for next year. What many folks don't know is that our budget is really small and our general expenses basically consist of nutrition and vehicle expenses. We are extremely lucky to have support from the State as well which pays for many classes, supplies and most of what isn't covered in the Town budget. I don't need to tell you that the cost of food has skyrocketed. I am doing my best to keep our lunch cost at \$2.00, but I need your help. And it comes down to the little things. Please take only one dessert at lunch. If you touch it, it is yours. We can't take it back and give you something else. If you don't like what is for dessert, simply pass on it. We do our best to use up what we have on hand and not waste anything. Please put clean placemats on the counter and PLEASE remember to cancel if you can't join us. No-shows are still happening and are the biggest waste of resources. Just a reminder that lunch might change a bit from the menu. We are still having difficulty getting certain items. Remember that we are so lucky to have our lunch program. The meals are delicious and affordable.

Tuesday nights are continuing and this month we are adding movies (see page 7) and a presentation on the Galapagos Islands! We are still working on more staff and instructors for more classes. The exercise room, art studio, game room and billiards room are all open too. Feel free to stop by!

This newsletter is PACKED this month! We have so much going on and there is something for everyone! We have an Oktoberfest concert, legal information Lunch and Learn, 2 flu shot clinics, trips and a Halloween celebration. Need your walker fixed? We have that too. Please see page 2 for information on smoke detectors and Sand for Seniors. I am so proud of our staff that bring you all these programs! Thank you to the volunteers that help out too. We could not do it without you! *"No act of kindness, no matter how small, is ever wasted"*. ~Aesop

Jodi Lepke

RED RIBBON WEEK!

Monday, October 24th at 10:00am

As part of Red Ribbon Week, Angela Kramer from the Board of Health will be here to present on **"Proper Disposal of Medications"**.

What Is Red Ribbon Week? It is an ideal way for people and communities to unite and take a visible stand against drugs.

Show your personal commitment to a drug-free lifestyle through the symbol of the Red Ribbon, October 23 - 31st. Join us for this presentation to learn more!

FLU SHOT CLINICS!

Wed, October 5th: 12:30pm-3:30pm
Wed, October 12th: 8:30am-12:00pm

We are partnering with Walgreens Pharmacy for 2 flu shot clinics. They will be administering the Influenza—high dose for those 65 and older. Be sure to bring your Medicare/ Insurance card and wear a short sleeved shirt. You must book an appointment by calling 583-3564. You will be given a time slot. Please do not arrive early! Thank you for your understanding!

Walgreens Trusted since 1901™

LOUIS & CLARK INFORMATION & TUNE UP CLINIC

Thursday, October 6th: 9:00am-11:00am
Join L&C for cider, donuts and information on how they can help you.

Thursday, October 27th: 10:00am-11:00am

Give your walker, cane or wheelchair the TLC it needs to work more efficiently. Louis & Clark will provide free tune ups and adjustments to your assistive device unless new parts are needed. Feel free to bring in more than one device.

Louis & Clark
Medical Supply

Get to Know The Ludlow Senior Center

The Staff

Executive Director

Jodi Zepke
jzepke@ludlow.ma.us

Program Coordinator

Heather Jolicoeur
hjolicoeur@ludlow.ma.us

Activities Director

Maria Ardolino
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Outreach Coordinator

Debbie Johnson
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Receptionist

Naomi White

Clerk

Deb Borecki

Cook

Christine Toelken

Maintenance

Jorge Fialho

Dispatcher

David Snyder

Van Drivers

Jack Alves
John Garcia



What is a Senior Center?

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

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

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

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

Council on Aging Board

Diane Peacey- Chair

Janice Grimaldi- Vice Chair

Karen Martin- Secretary

John DaCruz- Treasurer

Fred Lafayette- Member

Rosalind Forti- Member

Fernando Barroso- Member

Kara Ribeiro- Member

Helen Grabowski- Member

Frank Krzanik- Member

Debbie Johnson- Member

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

Dignity ~ Independence ~ Inclusion

COA Board Spotlight—Diane Peacey, Chair

Diane joined the Council on Aging in September 2018 and became the Chairman in September, 2021. Diane is a registered nurse who has actively practiced for nearly fifty years. Most recently, she retired from the Department of Veterans Affairs in Leeds, Massachusetts after being employed there for 30 years. Diane volunteers at the Senior Center taking blood pressures and at the Immunization Clinics sponsored by the Ludlow Board of Health. She has been actively involved in the Glasgowlands Scottish Festival held annually at Look Park in Northampton and coordinates the Pipe and Drum competitions.

Diane has lived in Ludlow for most of her life and has siblings and many nieces and nephews in the area. She enjoys gardening and other outdoor activities and can be found walking at the Ludlow Reservoir almost every day. Thank you Diane for

An Ounce of Prevention...

October is a great time to start getting your home ready for the hard days of winter. It's important to check furnaces, fire places, and wood stoves for problems now rather than later when technicians are too busy.

October is fire safety month and a good time to change the batteries in your smoke detectors. The Ludlow Fire Department is offering free smoke & carbon monoxide detectors to qualifying homes in Ludlow during the month of October. You can call them at 583-8332 ext. 2310 to see if your home qualifies.

It's also time to sign up for Sand For Seniors. This program is a collaboration with People's Bank, Ludlow Fire Department and the Senior Center to ensure seniors have a bucket of sand for the winter to help with slippery walks and driveways. Ludlow residents can call the Center and sign up starting October 3rd. Sand delivery will begin in early December.

Though none of us would wish away this wonderful weather, we never know what New England weather has in store for us!

Heather

ACTIVITIES...

LUNCH BUNCH TRIP!

Monday, October 24th Van Leaves at 11:15am

Enjoy a van ride to lunch Crêpes Tea House in West Springfield. **Registration is required. *Sign ups begin October 3rd* Cost is \$2.00 for the van. Lunch is on your own.**

WATERCOLOR PENCIL CLASS

Mondays, October 3rd and 17th at 2:00pm

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

Space is limited so please sign up for this activity.

TEA WITH THE TA

Wednesday, October 5th at 10:00am

Stop by the Café and enjoy a cup of tea with Town Administrator, Marc Strange. It is a good opportunity to meet him and talk about your praise and concerns in Town.

OPERA APPRECIATION

Every other Wednesday: October 12th & 26th 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.

FISHING CLUB

Thursday, October 6th at 1:00pm

Going fishing? Come to the meeting first. New and seasoned members welcome.

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.

BILLIARDS

Mondays, Tuesdays, & Thursdays at 12:30pm

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

SCRABBLE

Mondays at 1:00pm

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

PITCH

Mondays at 1:15pm

Whether you are an old pro or new to the game, join us in the Game Room for many friendly hands of Pitch!

QUILTING GROUP

Tuesdays at 9:00am

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

CRIBBAGE

Tuesdays at 10:00am

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

OCTOBER CRAFT WITH SUNSHINE VILLAGE

Thursdays, October 20th at 10:00am

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

TED TALK HOUR

Wednesday, October 12th at 1:00pm

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

Pre-registration is appreciated.

BOOK CLUB

Thursday, October 27th at 2:00pm

The Violin Conspiracy by Brendan Slocumb
November - *The Love of My Life* by Rosie Walsh



TRIVIA

Fridays, October 7th and 21st at 10:30 am

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!

JEWELRY CLASS

Friday, October 14th at 9:30am-11:00am **day change**

Come and create your own jewelry! \$3 plus the cost of supplies

QUILT SHOP HOP TRIP

Friday, October 14th: van leaves at 8:30am

Calling all quilters! Join us for a trip to 4-5 local quilt shops. Bring a lunch! Van is \$2. Sign ups begin October 3rd.

BINGO

Tuesdays at 1:30pm

Try your luck at this fun game of chance! Prize Bingo on the 18th!
(NO BINGO on OCTOBER 11th)

GARDEN CLUB

Wednesdays, 8:00am –10:00am with Rain Days on Fridays

New members always welcome to come help keep the Ludlow Senior Center beautiful. Bring your gloves, cutters, and green thumb!

CERAMICS

Wednesdays at 9:00am and Fridays at 1:00pm

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

DOMINOS

Thursdays at 9:30am

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

MAHJONG

Thursdays at 1:00pm

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

CORN HOLE!

Fridays at 10:00am

Enjoy a fun game of Corn Hole on the Corner Café Patio! We will keep playing until it is too cold. Great way to spend a fall morning!

EXERCISE...

EXERCISE ROOM

Monday—Friday 8:00am—3:00pm

Fitness Room Instruction Wednesdays 8-10am by Appointment

The exercise room contains treadmills, recumbent bikes and an elliptical. You must have your medical provider sign a new medical form prior to utilizing the equipment. There is a \$10 lifetime fee. If you paid it at the old building, you are all set.

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

WALKING CLUB

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

Now meeting in the rear of the parking lot of the new building. It is a great way to start your day, meet new friends, and get some exercise! Join us and enjoy the spring air! New members always welcome.

BOOMER BOOTCAMP

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

Have fun while using weights and light aerobic exercise to increase tone and endurance. Thanks to a generous donation to the Friends of Ludlow Senior Center from The Joseph and Anna Dias Family Foundation designated for exercise programs we are able to offer this class for \$1 or punch from your punch card.

Sign ups are required for Boomer Bootcamp

Please call ASAP and cancel if you cannot make class so that someone else can enjoy class! Thank you!

LINE DANCING

Tuesdays at 9:00am

Learn how to line dance while having fun! This class is FREE of charge thanks to a grant from the Office of Elder Affairs.

MEETINGS...

DECORATING COMMITTEE MEETING

Tuesday, October 4th 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. New members always welcome.

COUNCIL ON AGING BOARD MEETING

Wednesday, October 19th 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. The COA Board is also seeking a new member. Please see Jodi if you are interested in becoming a COA member. Come see what the COA is all about!

GENTLE YOGA

Tuesdays at 10:30am

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

DANCE! DANCE! DANCE!

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 and demonstration will be given. Partners, singles, and line dancers welcome. Free on behalf of a grant from the Office of Elder Affairs.

ZUMBA GOLD

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

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

TAI CHI

Thursdays at 9:00am

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

ULTRA BEGINNER LINE DANCING

Thursdays, October 6th and 13th at 10:00am

This beginner class is a start up class to learn the basic line dancing moves. This class is FREE of charge thanks to a grant from the Office of Elder Affairs.

ACTIVE YOGA ~ Dawn is Back!

Thursdays at 2:30pm

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

VETERANS' SERVICES

Wednesday, October 5th at 10:00am

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

Registration is appreciated

FRIENDS OF THE LUDLOW SENIOR CENTER

Thursday, October 13th at 10:30am

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

SENATOR LESSER'S OFFICE

Thursday, October 13th at 10:30am

Feel free to stop and talk with Jennifer Metsch about topics you feel are important to your community.

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>3 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 12:30pm:Billiards Travel League 1:00pm:Scrabble (Café) 1:15pm: Pitch (RR) 2:00pm:Watercolor Pencils (AC) 2:30pm:Zumba Gold (FS)</p> <p>10</p> <p>CENTER CLOSED</p>	<p>4 9:00am: Quilting/Line Dancing 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm:Billiards Round Robin 12:30pm: Blood Pressure CK (WC) 1:00pm: Dancel (FS) 1:00pm: Decorating 1:30: Bingo</p> <p>11 9:00am: Quilting/Line Dancing 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm:Billiards Round Robin 12:30pm: Blood Pressure CK (WC) 1:00pm: Dancel (FS) 2:00pm: Oktoberfest Concert! 5:30pm: Galapagos Island Pres.</p> <p>18 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm Billiards Round Robin 12:30pm: Blood Pressure (WC) 1:00pm: Dancel (FS) Brown Bag 1:30pm: PRIZE BINGO! (GR)</p> <p>25 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (GR) 10:30am: Gentle Yoga (FS) 12:30pm:Billiards Round Robin 12:30pm: Blood Pressure CK (WC) 1:00pm: Dancel (FS) 1:30pm: Bingo (GR)</p> <p>24 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 10:00am: Red Ribbon Talk 11:15am: Lunch Bunch 12:30pm:Billiards Travel League 1pm:Scrabble 1:15pm: Pitch (RR) 2:00pm:Watercolor Pencils (AC) 2:30pm:Zumba Gold (FS)</p> <p>31 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 12:30pm:Billiards Travel League 1:00pm:Scrabble (Café) 1:15pm: Pitch (RR) 1:30pm: Forget Me Not Café (CR) 2:30pm: Zumba Gold (FS)</p>	<p>5 8:00am: Gardening 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 10:00am: Tea with TA (Café) 10:00am: Veterans Affairs 12:30pm: Flu shot clinic 1:00pm: Movie: Labor Day(RR)</p> <p>12 8:00am:Gardening 8:30am: Flu shot clinic 9:00am Ceramics (AC) 10:00am: Zumba Gold (FS) 10:00am Opera (CR) 1:00pm: Movie: DOG (RR) 1:00pm: TED Talk Hour</p> <p>19 8:00am: Gardening 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 1:00pm: Movie: Queen Bees (RR) 12:30 Hearing Clinic (WC) 4:30pm: COA Meeting (CR)</p> <p>26 8:00am: Facials (WC) 8:00am: Gardening 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 10:00am Opera (CR) Noon: Lunch & Learn 1:00pm: Movie: Cry Macho (RR)</p>	<p>6 9:00am: Tai Chi/Louis&Clark 9:30am: Dominos (RR) 10:00am Beginner Line Dance (FS) 12:30pm Billiards Round Robin 1:00pm: Mahjong (RR) 1:00pm: Fishing Meeting (CR) 2:30pm: Active Yoga (FS)</p> <p>13 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: Beginner Line Dance (FS) 10:30am: Senator Lesser Office 10:30am: Friends Mtg (AC) 12:30pm:Billiards Round Robin 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p> <p>20 8:30am: Foot Care by Appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: October Craft (AC) 12:30pm Billiards Round Robin 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p> <p>27 8:30: Foot Care by Appt (WC) 9:30am: Dominos (RR) 10:00am: Louis&Clark 12:30pm:Billiards Round Robin 1:00pm: Tai Chi (FS) 1:00pm: Mahjong (RR) 2:00pm: Book Club (RR) 2:30pm: Active Yoga (FS)</p>	<p>7 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp (FS) 10:00am: Corn Hole 10:00am: Blood Pressure CK (WC) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC)</p> <p>14 8:30am Quilt Shop Hop 8:45am:Boomer Bootcamp (FS) 9:30am: Jewelry (RR) 10:00am:Boomer Bootcamp (FS) 10:00am: Corn Hole 10:00am: Blood Pressure CK (WC) 1:00pm: Ceramics (AC) 1:00pm: Guidance By Li (RR)</p> <p>21 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp (FS) 10:00am: Corn Hole 10:00am: Blood Pressure CK (WC) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Guidance By Li (RR)</p> <p>28 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp (FS) 10:00am: Corn Hole 10:00am: Blood Pressure CK (WC) 1:00pm: Ceramics (AC)</p>	<p>FS = Fitness Studio AC = Arts & Crafts CR = Conference Room GR = Great Room RR = Game Room WC = Wellness Center</p> <p>Tuesdays Center open until 7pm! Movies Start at 5pm</p> <p>Fitness Room Instruction is available to learn how to use the equipment on Wednesdays 8-10am. Call for an appointment.</p>

October 2022 Lunch Menu

Ludlow Senior Center

(413) 583-3564

www.ludlow.ma.us

Page 6

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Parmesan Sandwich Power Salad	4 Potato Crunch Fish Garden Rice Vegetable	5 Taco Salad	6 Lazy Chicken Pot Pie	7 Macaroni and Cheese Stewed Tomatoes
10 CENTER CLOSED (Columbus Day)	11 German Skillet with Mustard Cream Sauce German Red Cabbage (Oktoberfest concert at 2pm)	12 Chef Salad	13 Birthday Lunch! Chicken Picatta Roasted Potatoes Carrots	14 Beef Stew Biscuit
17 Ham Steak Mashed Sweet Potato Brussel Sprouts	18 Stuffed Pepper Buttered Egg Noodles	19 Seafood Casserole White Rice Mixed Vegetable	20 Eggplant Parmesan Over Spaghetti Garlic Bread	21 Hot Dogs and Beans
24 Cowboy Burger Tater Tots	25 Shrimp and Vegetable Primavera Roll	26 Shepherd's Pie	27 Pork and Apple Stew	28 Egg Salad, Mac Salad and 3 Bean Salad Plate
31 Halloween Lunch! Eerie Eyeballs Over Nightcrawler Noodles	Thank you to all who donated fresh vegetables to the kitchen this summer! It was really appreciated!		We are still having many no shows! Please, PLEASE remember to call and cancel. There is voicemail after hours.	

FUN LUNCHES...

Birthday Lunch!

Thursday, October 13th **

Calling all October Birthdays! Join us Thursday, Oct 13th for our monthly Birthday lunch. Let us know your birthday is in October and lunch is on us! (**date change)



Lunch & Learn

Wednesday, October 26th

Attorney Sarah Pascal will be here for an Elder Law presentation on the importance of wills, real estate transfers upon death, and the probate process.

Reservations required

Halloween Lunch!

Monday, October 31st

Join us for our annual Halloween lunch. Be sure to dress up for the Costume Contest beginning at 11:30am. You might win a prize!



MOVIES...

Oct. 4th at 5:00pm & Oct. 5th at 1:00pm

Labor Day

PG-13 111min

An escaped convict (Josh Brolin) kidnaps a depressed, single mother (Kate Winslet), who has a 13 year old son and falls in love in a weekend.

Oct. 11th at 5:00pm & Oct. 12th at 1:00pm

DOG

PG-13 101 min

Army Ranger Briggs, (Channing Tatum), had to escort, Lulu an army dog, to his handlers military funeral. On their road trip, they drive each other crazy, break laws and learn about how to handle life outside the military.



Oct. 18th at 5:00pm & Oct. 19th at 1:00pm

Queen Bees

PG-13 101 min

A start-studded romantic comedy, Ellen Burstyn & Ann-Margret, An independent older woman moves into a retirement community, where she befriends the mean girls and finds happiness again.

Oct. 25th at 5:00pm & Oct. 26th at 1:00pm

Cry Macho

PG-13+ 103 min

Starring Clint Eastwood, a former rodeo star finds redemption, after he accepts a job bringing a man's son home and away from his alcoholic mother in Mexico.

Movies on Tuesday evenings and Wednesday afternoons.

WELLNESS...

BLOOD PRESSURE CHECKS AND FILE OF LIFE

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

***New day & time ~ Friday mornings 10am-11:30am!**

Get your blood pressure checked and update your File of Life or complete a new one for you. A File of Life is a document with your medical information for emergency personnel just in case you are not able to provide it in an emergency. Update it for 2022!

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

FOOT CARE WITH ANGELA KRAMER, RN, BOH

Thursdays by Appointment **

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



****Sign ups for October appointments**

begin October 3rd. **Appointments in October will be Tuesdays, October 4th and 11th and Thursdays, October 20th and 27th. Appointments will be 8:30-11:30am.**

HEARING CLINIC WITH HERITAGE HEARING CARE

Wednesday, October 19th 12:30pm-3:00pm

Having your hearing checked is not scary. October is protect your hearing month. Schedule your free hearing screening. Do you need your hearing aids checked, cleaned or need new batteries? New batteries are available also. Learn about hearing loss too. Call the Center for an appointment beginning October 3rd.

Masks and registration are required.

FACIALS WITH DIANE

Diane Neill: Wednesday, October 26th

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



November appointments are available beginning October 3rd

SUPPORT...

GUIDANCE BY LI

Comfort and Support After Loss

Friday, October 14th at 1:00pm

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

Owner and Founder of Guidance By Li, Liane Smola, will join us monthly to discuss topics such as the nature of grief, managing difficult emotions, self-care, remembering the person who has passed, coping with the stress of change, handling special occasions, reaching out for support, and sharing ideas how to support others in your life who also may be faced with grief.

Share the story of your lost loved one and receive soft guidance and support for your continued grief journey.

Please register for this session

Sponsored by the Executive Office of Elder Affairs

FORGET- ME-NOT CAFÉ

Welcoming Place for People with Memory Challenges and their Care Partner

Monday, October 31st at 1:30pm

A calm and welcoming meeting place where those with memory challenges and their caregivers can enjoy a change of scene and routine. Meet other care partners, learn about resources and experience respite and renewal in your role of caregiver.

Each month we will enjoy pleasant activities to improve senses and evoke good memories and create unique conversations.

This program is supported by a grant from WestMass ElderCare and the Older Americans Act.

Please register both caregiver and loved one

AARP TAX-AIDE PROGRAM VOLUNTEER OPPORTUNITY

AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation and assistance service. Please volunteer as a Tax Counselor and work with area residents in preparing their tax returns. Basic computer skills and some experience in filing your own tax returns are helpful, along with a willingness

to make a one day per week time commitment during our 10-week tax season. Hands-on training is provided in the classroom, and we have experienced Counselors to assist at all sites. Please consider whether you, or someone you know, might be willing to help this year. Please fill out an application

to become a part of this invaluable team at:

www.aarpfoundation.org/TaxaideVolunteer.

Training will be done this Fall.

OUTREACH...

FUEL ASSISTANCE INFORMATION

Valley Opportunity Council has begun to accept Fuel Assistance applications. Please bring the following information with you to your appointment: Social Security benefit letter, pension information, electric, gas, oil, water, sewer, house insurance, and house tax bills for 2022.

Remember fuel assistance does not begin until November, and you have until March 2023 to file.

Please call 583-3564 to book an appointment. Please remember there is **NO DROPPING OFF** of paperwork. You **MUST** have an appointment. You will be responsible for mailing in your application to VOC. Unfortunately we can only accommodate Ludlow residents that are 60 and over. Thank you for your understanding.



OPEN ENROLLMENT

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you will start to receive information from your health plan and/or prescription plan. Please save this information regarding changes in your plan for 2023.

- The Open Enrollment Period is from October 15th- December 7th. Your coverage will begin on January 1, 2023.
- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that does not offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that does not offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare drug plan to another Medicare drug plan.
- Drop your Medicare prescription drug coverage completely.

Our SHINE counselor can help you understand your plan changes, as well as other options you may have.

Our SHINE counselor offers free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call 583-3564.

BROWN BAG PROGRAM

Tuesday, October 18th 1:00-3:00pm

Offered through the Food Bank of Western Massachusetts, Brown Bag helps those older than 55, who meet income guidelines. Pickup is the third Tuesday of each month.

Call the Center for more information and application.

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.

The **Boutique** is open Monday thru Friday
9:00am –1:00pm
(closed for lunch 12-12:30).

Donations are accepted at the front desk. Please bring in items of excellent condition. We ask you keep the donation under two grocery bags per month.

Donations and purchases will help support the Friends of the Ludlow Senior Center which goes towards funding programs, activities and more!

Thank you!



By searching "Ludlow Senior Center"

DONATIONS HAVE BEEN MADE:

In memory of Mitchell Kupiec:

- Helen & James O'Connell

In memory of John Chmura:

- Betty Harackiewicz

In memory of Emma Grimes:

- Noonan Energy Corp
- David & Audrey Antosz

Building Fund:

- Sam and Marlene Trahan

Friends of the Ludlow Senior Center

Kathy Green, President

Margaret Hinkley, Vice President

Stephanie Tyburski, Treasurer

Debbie Thompson, Secretary

Jackie Doyle, Assistant Treasurer

Thank you Carla Roberts for all your hard work last year!



The next Friends Meeting is
Thursday, October 13th at 10:30am
in the Arts & Crafts Room.
New and returning members are always
welcome! Come and see what the
Friends are up to!

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)

Thank you to the families that think of us when requesting memorial contributions. Please know we appreciate this and are pleased that the memory of your loved one will live on at the Ludlow Senior Center.



THE SENIOR SCENE

LUDLOW SENIOR CENTER ~ 228 STATE ST, LUDLOW, MA

PLACE
STAMP
HERE

Look for Coffee with a Cop on Thursday, October 3rd!



Oktoberfest!



Tuesday, October 11th at 2:00pm

Join us on the back lawn (weather permitting) for a concert by the *Happy Five Oompah Band*! Enjoy some German songs on a beautiful fall day! Please bring a chair!

Sponsored by the Friends of the Ludlow Senior Center

Video Tour of the Galapagos Island

Tuesday, October 11th at 5:30pm

Join our Center travel experts as they take you on a visual tour of their trip to the Galapagos Islands.

~Movies every Tuesday evening too! See page 7.~



Corner Café Happenings...

"Coffee with a Cause"

Monday, October 17th

October is Breast Cancer Awareness Month. Wear your pink and join us in the Café for coffee and goodies. All donations will be donated to Breast Cancer Research.

"Free for All Fridays"

Every Friday

Coffee, tea and treats are FREE!
Feel free to bring in something to share!

Extended Hours!

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