



THE SENIOR SCENE ~ JUNE 2026

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



SPECIAL EVENTS IN JUNE...

MENS HEALTH MATTERS

Thursday, June 4th at 10:00am

Celebrate Men's Health Month with an engaging wellness presentation led by HomeCare Hands Registered Nurse Educator, Stephanie. Learn more about healthy aging, staying active and supporting overall health and independence throughout the aging process.

Please register for this workshop.

COLOR CLICKS: DIGITAL PAINT-BY-NUMBER FUN

Thursdays, June 4th & 11th at 1:30pm

Have fun with technology as Maria and Heather show you how to click your way through a color-coded picture. Attendance for this class is both days. No experience needed. Technology and stylus supplied. *Please register for these classes.*

EARLS AND PEARLS CONCERT

Wednesday, June 10th at 1:30pm

Join us outside for our first outdoor concert of the season! **Earls and Pearls** is a group of vocalists from the Dane Kane Singers and sing a collection of popular songs that expand decades. We will have a tent and chairs but feel free to bring your own chair. *No sign-up needed.*

Thank you Ludlow Cultural Council!



PREPARING FOR TOMORROW TODAY

Thursday, June 11th at 10:00am

Join us for an informative workshop with attorneys Mary Powers and Sean Powers, on healthcare proxies, wills, estate planning and long term care. Learn how to protect your wishes, plan for the future and gain peace of mind for yourself and your loved ones.

Please register for this workshop.

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. Melva will discuss how knowledge, patience and humor got her successfully through the experience. *Please register for this session.*

"Kindness is the ability to know what the right thing to do is and having the courage to do it." ~ RA Salvatore

ICE CREAM SOCIAL WITH CAREONE

Monday, June 15th at 1:00pm

Summer vibes = ice cream! Join us on the back patio for an ice cream social sponsored by CareOne. No sign-up necessary just stop on by the back patio!

STRIKE A POSE!

Monday, June 22nd beginning at 9:00am

Remember Glamour Shots? We're bringing the Senior Center's version to life! When was the last time you had a beautiful photo taken of just you? Now is your chance. Enjoy a little pampering with hair touch-ups, a little bit of make-up and photos with a professional photographer. Leave feeling glamorous! *Sign-up required.*

UNITED HEALTH CARE INFORMATION TABLE

Thursday, June 25th at 10:00am

Stop by and visit United Health Care's table and see what new programs they have to offer and have any questions answered. They will be in the Café. Stop by!

A USERS GUIDE TO SAFER COMPUTING

Friday, June 26th at 10:00am

Join us for this important computer security class with **POST Computer Systems**. Learn how to surf the internet safely, create strong passwords and how to know if your computer has been compromised. You will also learn about social engineering and how to spot a fake email. *Please register for this workshop.*

LUNCH & LEARN ~ BRAIN HEALTH

Wednesday, June 17th at 12:00pm

Join us for an informative and engaging presentation with Ed Walters-Zucco, Chief Clinical Officer at The Arbors Assisted Living.

Ed will discuss brain health, memory-related concerns, normal aging, dementia and the different types of forgetfulness people may experience. You'll also learn practical tips to help keep your brain healthy and sharp. If you haven't had the chance to hear Ed do this presentation you won't want to miss!

You must register for **Lunch & Learn if you would like to attend this presentation.**

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 Bobé

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

CORNER CAFÉ FUN...

THE HYDRATION STATION RETURNS! LEMONADE AND FRUITED WATER WILL BE AVAILABLE IN THE CORNER CAFÉ. STOP IN AND QUENCH YOUR THIRST! REASONABLE DRINK REQUESTS TAKEN!
REMEMBER TO BRING YOUR OWN REFILLABLE WATER BOTTLE.

NATIONAL STRAWBERRY SHORTCAKE DAY! Tuesday, June 23rd at 10:30am

Join us on the back patio (weather permitting) for strawberry shortcake! Nothing says summer like this yummy treat! No registration needed.
Come and enjoy!



CALLS FROM THE SENIOR CENTER

I am going to try and explain this the best I can. When the Senior Center calls you, unfortunately our phone number shows up as SPAM. If we need to get in touch with you, we always leave a message. It is important that your voicemail is set up and your voicemail box is not full. If we send a robo call, it will show up as the Senior Center (413-583-3564). If you see this number please answer it or if you miss the call, please LISTEN to your voicemail before calling us back. Our phone rings off the hook after sending a robo call. Please just listen to the message. Thank you!!!



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!

LUDLOW COUNCIL ON AGING

Mission: The Ludlow Council on Aging was created by Town of Ludlow By-Laws to act as an advocate for town citizens over 55 years old, those with disabilities, and their families and caregivers, ensuring that they are represented before the town leadership, the Senior Center Director and the greater community. The Council works to identify the changing needs of this population and advises on policy making and program design. We focus on optimizing independence and quality of life, both physically and emotionally, in a way that is accessible to all.

Dignity ~ Independence ~Inclusion

New member needed. See Jodi if interested.

JUNE TRIPS:



MONKEY MAYHEM MINI-GOLF AT SONNY'S PLACE Tuesday, June 9th leaving at 12:30pm

We are headed to Somers, CT for an afternoon of mini-golf. Get outside, have some fun and a little exercise too! Van is \$2.00, golf is \$14.00 and ice cream is on your own.
Sign-up begins June 1st at 8:00am.

LUNCH BUNCH ~ THE BOATHOUSE Wednesday, June 24th at 11:00am

We are heading to S. Hadley to dine at The Boathouse. Located at Brunelle's Marina along the CT River, the Boathouse features authentic seafood and new American cuisine. The van is \$2.00 and lunch is on your own. **Sign-up begins June 1st at 8:00am.**

PARKING, PARKING, PARKING!

Just a friendly reminder—**PLEASE** be sure you are parking properly in the parking lot. Your vehicle should be parked between the white lines. Parking can be very limited on busy days, and we need every available space. Recently, we have noticed more vehicles not parked correctly, which can make it difficult for others to park safely and may increase the chance of accidents. Before coming into the building, please take a quick moment to make sure your car is properly positioned in the space. Thank you!



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



ACTIVITIES...

FISHING CLUB

Gone Fishin'! See you in July!

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, June 8th and 22nd 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, June 3rd 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, June 3rd 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.

TED TALK HOUR

Wednesday, June 24th 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.

FUN WITH OPERA! ~ SEE YOU IN SEPTEMBER!

WEEKLY ACTIVITIES...

KNITTING CLUB

Mondays at 9:00am

Join the knitting group to get help with your project and start your week with good friends and a lot of laughs.

COMPUTER HELP

Mondays in June 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!

THE WRITERS BLOCK

Thursdays, June 11th and 25th 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, June 25th 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, June 25th at 2:00pm

The Handmaid's Tale by Margaret Atwood

July: *The Shell Seekers* by Rosamunde Pilcher (2 month book)

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

CORNHOLE ON THE LAWN

Fridays in June at 10:00am

Join us for some friendly games of cornhole out on the lawn. No experience necessary, just come have some fun! Drop in activity.

DECORATING COMMITTEE

Friday, June 5th 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 ~ See you in July!

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 for **FRIENDLY** games of bingo! **NO** snacks please!

CERAMICS

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

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

DOMINOS

Thursdays at 9:30am

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

MAHJONG

Thursdays at 12:45pm

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

EXERCISE...

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

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 will result in a temporary suspension from signing up for classes. Thank you for being considerate!

REGISTRATION REQUIRED CLASSES...

BOOMER BOOTCAMP

Mondays at 9:30am & Fridays at 8:45am and 10:00am

Have fun while using weights and light aerobic exercise to increase tone and endurance. \$2 or punch from your punch card.

Registration required Please bring clean sneakers!

HEALTHY BONES & BALANCE (NO CLASS 6/3 @1PM)

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!

ON-LINE SIGN-UPS FOR BOOT CAMP ARE COMING !

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!**

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, June 11th 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, June 17th 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 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!

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, June 11th at 10:30am in the Corner Café

Stop by and discuss items that are important to you.

REPRESENTATIVE SAUNDERS OFFICE HOUR

Monday, June 15th at 10:30am in the Corner Café

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

June 2026 Activities Calendar

(Tuesday Nights ~ see page 10!)

Ludlow Senior Center (413) 583-3564

www.ludlow.ma.us

Page 5

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 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) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)</p>	<p>2 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>3 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Jewelry (RR) 10:00am: Massage by appt (WC) 10:00am: Tea with the TA (Café) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: NO Healthy Bones</p>	<p>4 9:00am: Tai Chi (FS) 9:30am: Dominos (AC) 10:00am: Mens Health (RR) 12:45pm: Mahjong (RR) 1:30pm: Color Clicks (AC) 2:30pm: Active Yoga (FS)</p>	<p>5 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Corn Hole (Front Patio) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Decorating Cornn (RR)</p>
<p>8 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: NO Computer Help 10:00am: Blood pressure ck (WC) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)</p>	<p>9 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Mini-golf Trip 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)</p>	<p>10 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Dental Hygiene (WC) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:30pm: Earls & Pearls Concert</p>	<p>11 9:00am: Tai Chi (FS) 9:30am: Dominos (CR) 10:00pm: Legal Check-up (RR) 10:30am: Friends Meeting (AC) 12:45pm: Mahjong (RR) 1:30pm: Color Clicks (AC) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)</p>	<p>12 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Corn Hole (Front Patio) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Author Meha Michaelian 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)</p>
<p>15 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: Ice Cream Social (patio) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)</p>	<p>16 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (GR) 10:30am: Gentle Yoga (FS) 1:00pm: Brown Bag pick up (CR) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)</p>	<p>17 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:30am: Healthy Bones (FS) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones 4:30pm: COA Meeting (CR)</p>	<p>18 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 11:00am: Father's Day lunch (DR) 12:45pm: Mahjong (RR) 1:00pm: Guidance by Li (RR) 2:30pm: Active Yoga (FS)</p>	<p>19 CENTER CLOSED (Juneteenth Holiday)</p>
<p>22 9:00am: Strike a Pose 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: Limitless Legends (CR) 1:15pm: Pitch (GR) <i>1:30watercolor</i> 2:30pm: Zumba Gold (FS)</p>	<p>23 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (GR) 10:30am: Strawberry Shortcake 1:00pm: Gentle Yoga (FS) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)</p>	<p>24 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Facial appt (WC) 10:30am: Healthy Bones (FS) 11:00am: Lunch Bunch Trip 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: TED Talk (CR)</p>	<p>25 9:00am: Tai Chi (FS) 9:30am: Dominos (AC) 10:00am: Sunshine Paint (AC) 10:00am: UnitedHealthCare (Café) 12:00pm: Birthday Lunch (DR) 12:45pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:00pm: Writers Block (AC) 2:30pm: Active Yoga (FS)</p>	<p>26 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Bootcamp/Corn Hole 10:00am: Blood pressure ck (WC) 10:00am: Computer Safety (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:30pm: Forget Me Not (RR)</p>
<p>29 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) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)</p>	<p>30 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>4th of July Lunch! ~ July 1st at 11:00am with The Boomers!</p> 	<p>TUESDAY EVENING ACTIVITIES SEE PAGE 10!</p>	<p>Senator Oliveira ~ <u>June 11th at 10:30am</u> Representative Saunders ~ <u>June 15th at 10:30am</u></p>

June 2026 Lunch Menu

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Eggplant parmesan over pasta Garlic bread	2 Hamburg chow mein White rice Eggroll	3 Chicken parm grinder Side salad	4 Garlic herb baked pollock Roasted sweet potatoes Mixed vegetable	5 Peperoni pizza Caesar salad
8 BBQ riblet Sweet potato fries Cucumber salad	9 Shrimp scampi Linguini Broccoli	10 Fruit salad & cottage cheese plate	11 Turkey Waldorf salad Macaroni salad Roll (contains nuts)	12 Vegetable lasagna Power salad (may contain nuts/seeds)
15 Big Mac salad	16 Walnut crusted salmon Rice pilaf Peas (contains nuts)	17 Lunch & Learn KFC Bowl (popcorn chicken, corn, mashed potatoes, gravy, cheese)	18 Father's Day Lunch Meatloaf Scalloped potatoes Carrots	19 CENTER CLOSED (Juneteenth Holiday)
22 Tuna noodle casserole Corn bread	23 Loaded baked potato Must-go soup	24 Lazy turkey pot pie	25 Birthday Lunch Stuffed pork chops Au gratin potatoes Mixed vegetable	26 Blueberry French toast bake Breakfast sausage
29 Potato crunch fish Wild rice Vegetable	30 Strawberry spinach salad with chicken Roll	1 July 4th Lunch Cheeseburger Lettuce & tomato Potato salad	NO LUNCH SERVED (KITCHEN CLEANING)	CENTER CLOSED (Happy 4th!)

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

FATHER'S DAY LUNCH!

Thursday, June 18th at 11:00am
Dads, step-dads, fur-dads, brothers uncles and all men, join us for a celebration of YOU and how special we all are! *Charisma Live J Duo* will be here to entertain us beginning at 11:00am. Wear your dancing shoes and be ready to sing along!



Reservations required.

MAY & JUNE BIRTHDAY LUNCH

Thursday, June 25th at 12noon
Calling all May and June Birthdays! Join us for our monthly Birthday lunch. Let us know if your birthday is in May or June and lunch is on us!



Reservation required

4TH OF JULY LUNCH!

Wednesday, July 1st at 11:00am

Come and celebrate Independence Day at the Senior Center!
The Boomers will be here to entertain us beginning at 11:00am playing good-time, party-pop and rock favorites from the 60s to today. Dance, sit and smile! *Reservations required.*



(There will be no lunch served on the July 2nd and the Center is CLOSED on July 3rd.)

MOVIES...

June 2nd @ 4:30pm & June 3rd @ 1:00pm
Remarkably Bight Creatures 2026 PG-13

Based on the best selling book, the story follows Tova, a grieving widow in her 70s who works at an aquarium, and Marcellus, a remarkably intelligent, curmudgeonly giant Pacific octopus who helps her uncover what happened to her son. 113 min

June 9th @ 5:00pm & June 10th @ 1:00pm
Sarah's Oil 2026 PG

An African American girl born in the early 1900s believes there is oil beneath the land she's allotted and her faith is proven right. But as oil sharks close in, she must turn to her family and some wildcatters to maintain control of her land. 103 min

June 16th @ 5:00pm & June 17th @ 1:00pm
Melania 2026 PG

MELANIA offers unprecedented access to the 20 days before the 2025 Presidential Inauguration-through the First Lady's eyes. Step inside Melania Trump's world as she orchestrates inauguration plans, navigates the White House transition, and moves her family back to Washington. Featuring exclusive footage of critical meetings, private conversations, and never-before-seen environments. 104 min

June 23rd @ 5:00pm & June 24th @ 1:00pm
Solo Mio 2026 PG-13

Left heartbroken in Rome after a wedding disaster, a stranded groom finds his ruined honeymoon transformed by a determined local and a few meddling travelers-proving that sometimes heart-break is only the beginning. 103 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...

SHEILA'S CORNER...

As your Outreach Coordinator, my role is to support older adults and families by helping connect them with resources and encouraging planning for future needs before situations become urgent, such as applying for senior housing. Many housing programs and senior living communities have lengthy waitlists, which is why I encourage older adults to explore their options and apply early, even if housing is not currently needed. Planning ahead can help make future transitions smoother and far less stressful.

To better accommodate community members and caregivers, I will also be available one Tuesday evening each month for appointments and assistance.

To make an appointment with Sheila, please call 413-583-3564. Sheila is also available by e-mail at srubin@ludlow.ma.us



BROWN BAG PROGRAM

Tuesday, June 16th ~ 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 16th 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 June help lower your health care costs—especially if you have limited income. To apply for Medicare, please visit www.medicare.gov. To schedule an appointment with one of our SHINE counselors, call 583-3564.

SUPPORT...

LIMITLESS LEGENDS

Monday, June 22nd 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 Aging & Independence

MINDFUL MEDITATION

See you in August!

GUIDANCE BY LI

Comfort and Support After Loss

THURSDAY, June 18th at 11:00am

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

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

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

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

Sponsored by the Executive Office of Aging & Independence

COMPASS AND ANCHOR PROGRAM

If you are caring for someone with memory or brain changes, the Compass & Anchor Program offers supportive tools to help increase safety and peace of mind for caregivers and care partners. Available resources include Apple AirTags/cards, caregiver cameras, and more.

For information, call or stop by the Center and ask for Heather.

This program is supported by a grant from MCOA and the Executive office of Aging & Independence

THE FORGET-ME-NOT CIRCLE

Friday, June 26th at 1:30pm

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

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

NOTARY SERVICE

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

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

WELLNESS...

BLOOD PRESSURE CHECK & FILE OF LIFE

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

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

TARGET POINT MASSAGE THERAPY

Wednesdays, June 3rd and July 1st 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, June 10th 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, June 24th 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.

****July appointments available June 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. Ludlow residents will be charged \$30 per visit and non-residents will be charged \$60 per visit. We appreciate your understanding!

REIKI

Fridays in June 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, June 11th
at 10:30am
All welcome!



DONATIONS HAVE BEEN MADE:

- | | | |
|------------------------------------|------------------------------------|--------------------------|
| <u>In memory of Ruth Pancotti:</u> | <u>In memory of Alan Vautrain:</u> | <u>General donation:</u> |
| • Glenn & Deb Potter | • Anonymous | • Richard Trembley |

CHICKEN PARMESAN LUNCHEON

BINGO WIN PRIZES!

Presented by
Friends of Ludlow Senior Center
 &
The Festa Committee

\$20 per person
 INCLUDES LUNCH & 3 GAMES OF BINGO
 Additional bingo cards can be purchased

WATCH THE FRIENDS' FACEBOOK PAGE AND BULLETIN BOARD FOR TICKET DETAILS

Our Lady of Fatima Church Hall
 438 Winsor St., Ludlow

Friday June 19, 2026

Doors Open at **12pm**
 Lunch Served at **12:30pm**
 Bingo Starts at **1:30pm**

FRIENDS NEWS:

- We are very happy to announce the winners of The Friends' 2026 Scholarship awards; congratulations **Katherine Anselmo and Larissa Wright!** All of our applicants are very impressive and we thank them for submitting an application. Congrats Class of 2026!
- Thank you all who attended and supported the Raymour & Flanigan Bingo fundraiser and the Shred Event!
- The Friends' were chosen to be the recipient of the Stop & Shop Bloomin' 4 Good Program in June. The Friends will receive \$1.00 from every Bloomin' 4 Good bouquet sold at the Boston Road store. Thank you Stop & Shop!
- Where does the time go?! It is the Friends' Boutique 4th Anniversary Sale! Please visit the Boutique in June as there will be special pricing and a weekly raffle prize. No purchase necessary. Just stop in to register.
- In keeping with "where does the time go?" theme...we will be featuring discounted watches all month. A generous donor has donated over 40+ watches, all brand new, which will be specially priced for our June sale!
- The Boutique is accepting Summer clothing, home décor, accessories and jewelry. Please be sure items are new or like-new condition. Thank you!
- Thank you to all of our donors and shoppers!



WE APPRECIATE EACH AND EVERYONE WHO MAKES A DONATION TO THE FRIENDS OF THE LUDLOW SENIOR CENTER. PLEASE BE SURE TO CUT OUT AND USE THE FORM BELOW TO ENSURE WE GET ALL OF THE INFORMATION NECESSARY TO RECOGNIZE YOUR DONATION.

DONATION TO THE FRIENDS OF THE LUDLOW SENIOR CENTER

Donation from _____

Address _____

(Circle one) Contribution in Memory / Honor of: _____

Send acknowledgement to (kindly indicate name, address & relationship): _____

Donation Amount _____

Check here to remain anonymous _____

Please make check payable to:

Friends of the Ludlow Senior Center
 228 State Street
 Ludlow, MA 01056
 Friends are a non-profit 501(c)(3)

Please fill in all information



THE SENIOR SCENE

PLACE
STAMP
HERE

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

HUBBARD MEMORIAL LIBRARY EVENT! ~ LENNY ZARCONE SINGS! ~ WEDNESDAY, JUNE 17TH AT 3:00PM

Stop by the Hubbard Memorial library and be entertained by Lenny Zarcone! Lenny is a singer of the Frank Sinatra Songbook along with a rich variety of other music genres from the 40s/50s/60s/70s/ and a little from the 80's too. For more information, 413-583-3408.

Deliver to:

TUESDAY EVENING ACTIVITIES ...

EVENING JEWELRY IS BACK!

Tuesday, June 2nd at 4:00pm-6:00pm

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

"HOW TO FIND A JOB IN 2026"

Tuesday, June 9th at 5:00pm

If you are thinking about going back to work after retiring, losing a job or wishing to shift careers, this workshop is for you! Join **50+ Job Seekers** for an overview of resumes, searching for work and interviewing. **Please register for this workshop.*

HOT DIGGITY DOG TUESDAY!

Tuesday, June 23rd ~ 4:30pm- 5:30pm

The Corner Café will be open serving a hot dog and bag of chips for \$2.00! Who doesn't love a hot dog? Stop in and enjoy!



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 June movies!**

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!**

TRIVIA!

See you in July!

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!