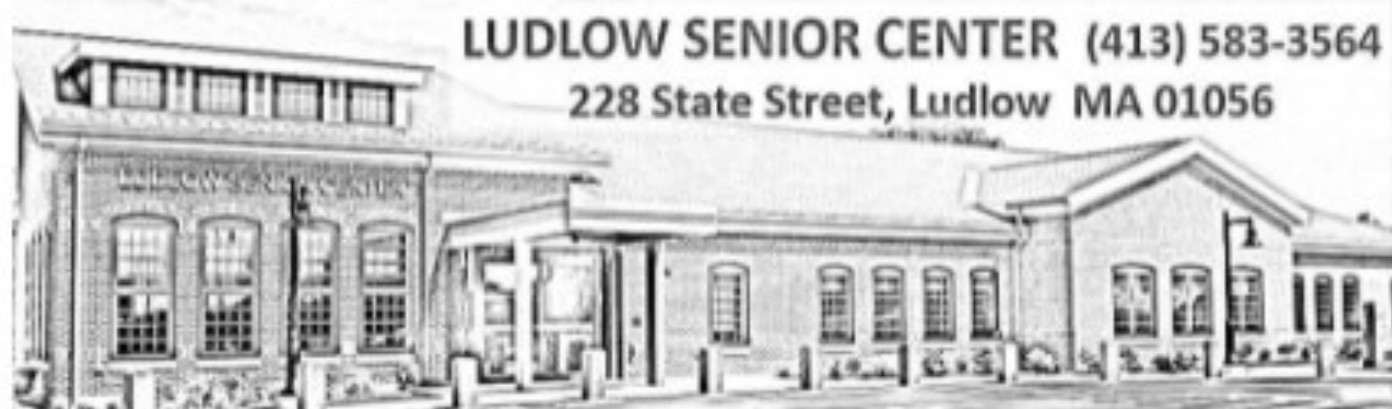


# THE SENIOR SCENE ~ JANUARY 2026



## SPECIAL EVENTS IN JANUARY...

### **A-RAY OF ELVIS IN CONCERT!**

**Thursday, January 8th at 1:30pm**

In honor of Elvis Presley's birthday, the legend, Ray Guillemette Jr., will be here to serenade and rock us with his tribute to the King of Rock 'n' Roll! Come and shake your hips with an afternoon of great music! No need to sign up! Thank you Ludlow Cultural Council for your support!

### **SHILOH ANGELS HOME CARE**

**Friday, January 9th—10:00am**

Shiloh Angels Home Care will have an information table set up in the Café. Stop by and learn about them, their services and how they can help you.

### **POST-CROSSING WITH MICHAEL ENGEL**

**Monday, January 12th at 10:00am**

Remember the joy of receiving a postcard from a traveling friend? **Post-crossing** brings that feeling back—connecting over 800,000 people in 100+ countries. It's a volunteer-run, nonprofit community with no ads, politics, or negativity. Learn how easy it is to join this amazing group and brighten your day. **\*Sign up appreciated\***

### **THE LIFE OF DR. MARTIN LUTHER KING**

**Thursday, January 15th at 10:00am**

Ayanna Crawford, a prominent community leader, educator and consultant in Springfield, will join us to speak about the life and times of Dr. Martin Luther King. We will explore his family history and background that turned him into the influential leader that he became to be. **\*Sign up appreciated\***

### **SOAP-MAKING FUN!**

**Thursday, January 15th at 1:30pm**

Join Maria and Jodi for an afternoon of soap-making! Since this is our first time trying it, there are bound to be some laughs along the way. Together, we'll explore the differences between shea butter and glycerin soap and create some sudsy masterpieces of our own. **\*Sign up begins January 5th at 8:00am.\***

### **LIVING WITH HIP AND KNEE ARTHRITIS**

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

Arthritis is a common chronic condition that affects your mobility and quality of life. Join Dr. Ben Snyder to hear about strategies to better live with arthritis, and keep arthritis from getting worse. He will review the background on arthritis, simple activities to do around your home, treatment recommendations, and answer any questions you may have. **\*Please sign up\***

### **THE ART OF CARD MAKING**

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

Back by popular demand, 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 January 5th at 8:00am.\***

## **2026 AARP Tax Assistance**

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

Beginning on **Wednesday, January 14th AFTER 9:00am**, those wishing to schedule an appointment can call the Senior Center at 413-583-3564. All tax appointment calls will automatically go to a voicemail. Calls will be returned in the order they are received. You will also have to pick up a tax paperwork packet at the Senior Center after January 23rd. Packets will not be mailed.

**THANK YOU TO OUR AARP**

**VOLUNTEERS!**



# Get to Know The Ludlow Senior Center

## The Staff

### Executive Director

Jodi Zepke  
jzepke@ludlow.ma.us

### Assistant Director

Heather Jolicoeur  
hjolicoeur@ludlow.ma.us

### Outreach Coordinator

Sheila Rubin—Welcome!!!  
outreach@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

The search is on  
John Garcia  
Mike Lebel



### Activity Assistant

Coming soon..

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

## CAFÉ FUN...

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

## NATIONAL PIE DAY!

**Tuesday, January 13th at 10:30am**

Who doesn't love pie?! Come and join us in the Café as we celebrate National Pie Day (which is Jan 23rd) with a piece of pie. What is your favorite? Apple? Chocolate cream? Stop by and see what yummy pie we have to share.



## FILE OF LIFE ~ NEW YEAR!

Do you have a completed **File of Life** in your home and in your purse or wallet? If the answer is no, please stop by the Center and pick them up. These documents are so important in an emergency. If you are at the Center and don't feel good, it gives us and EMTs the information we need to get you medical help. The one in your home goes on the fridge where medical personnel know where to look for it. If you do have a File of Life, please be sure to update it regularly. Need help with it? Just stop by and see staff. A File of Life is your best friend in an emergency! **It is a new year so be sure your File is updated!**



**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

John DaCruz— Treasurer

Fernando Barroso— Member

Rosalind Forti— Member

Kara Ribeiro— Member

Helen Grabowski— Member

Debbie Johnson— Member

Bob Radowski—Member

Debbie Potter— Member

## BROWN BAG PROGRAM

**Tuesday, January 20th ~**

**1:00pm-5:00pm**

Offered through the Food Bank of Western Massachusetts, Brown Bag helps those 55 and older who meet income guidelines.

Pickup is the 3rd Tuesday of each month. **Call the Center for more information and application. Bags need to be picked up on the 20th between 1:00pm and 4:00pm. Thank you!**



The Food Bank  
of Western Massachusetts

## INTAKE FORMS ~ HAS YOUR INFO CHANGED?

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!

## JANUARY TRIP:

**LUNCH BUNCH ~ THE LOCAL TABLE N TAP**

**Monday, January 26th at 11:30am**

January can be a tough month weather-wise so we are going to stick close to home and travel to Wilbraham and visit The Local. The van is \$2.00 and lunch is on your own. **\*Sign up begins January 5th at 8:00am.\***



## FIRST OF THE MONTH PHONE CALLS...

We know the first of the month can be frustrating when you're trying to sign up for classes, trips, or foot care. Our phone system simply can't keep up with the high volume of calls that come in all at once.

If you reach **any** voicemail, please **leave a message and do not call back**. Hanging up and retrying only creates more delays. Rest assured—if you leave a message, we **will** receive it, and we **will** return your call. We often have over 100 calls to return, so we truly appreciate your patience while we work through them. Thank you in advance for your understanding!



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

# ACTIVITIES...

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## **WATERCOLOR PENCIL CLASS**

**Mondays, January 12th and 26th at 1:30pm**

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

## **PARAFFIN WAX HAND TREATMENT**

**Tuesday, January 27th at 1:00pm**

Are your hands dry and achy? We have just the thing for you! Paraffin wax helps soothe aches, pains and dry skin. Your hands will love you especially with the dry, cold air. **Sign up** for your appointment today!

## **JEWELRY CLASS**

**Wednesday, January 7th 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, January 7th 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!**

**Wednesdays, January 7th and 21st at 10:00am**

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

# 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 January at 10:00am**

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

## **BILLIARDS**

**Travel League** 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, January 28th 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**

**Thursday, January 8th and 22nd 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 in the new year and join us!

## **PAINTING WITH SUNSHINE VILLAGE**

**See you in February!**

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, January 22nd at 2:00pm**

**The Berry Pickers** by Amanda Peters

Feb: *Darling Girls* by Sally Hep-forth

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

## **DECORATING COMMITTEE**

**Friday, January 9th 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.

## **TRIVIA**

**Friday, January 16th 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!

## **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 and Wednesdays at 1:00pm**

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**

**Wednesdays at 10:30am & 1:00pm & Fridays at 1:00pm**

HBB is an evidence based fitness class that incorporates exercise balls and weights. HBB is designed to help increase mobility, strength, balance, and flexibility. **Class is FREE** thanks to RSVP of Pioneer Valley. **\*Registration required\*** Clean sneakers!

## EXERCISE ROOM

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

**Fitness Room Instruction Wednesdays 8am-10am by Appt**

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

### **FITNESS ADVISOR**

#### **By appointment**

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

## MEETINGS...

### **VETERANS SERVICES**

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

### **FRIENDS OF THE LUDLOW SENIOR CENTER**

**Thursday, January 8th at 10:30am**

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

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

**Wednesday, January 21st 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!**

### **WESTERN DANCE LESSONS**

**Tuesdays at 1:00pm**

If you love to dance, this is for you! There will be multiple forms of dancing to one song at a time. Instruction or line, swing, and couples dancing. Partners, singles, and line dancers are welcome. \$1.00 donation is appreciated. **Please bring clean shoes!**

## **SENATOR OLIVEIRA OFFICE HOUR**

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

Stop by and discuss items that are important to you.

## **REPRESENTATIVE SAUNDERS OFFICE HOUR**

**Monday, January 26th at 10:30am in the Corner Café**

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

*Both the Senator and Representative can speak with you about what is happening at the State or local level. Stop by either office hours and have your questions answered!*

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

After lunch concert...

## A-RAY OF ELVIS IN CONCERT!

**Thursday, January 8th at 1:30pm**

"The legend shines through"...join for an afternoon of music from Elvis himself as we celebrate his birthday! The one and only Ray Guillemette will be here as Elvis and if you know, you know! No need to sign up just show up for a rockin' afternoon!



## LUNCH & LEARN ~ERC5 SENIOR ALLIANCE TEAM

### STEADY ON YOUR FEET

**Wednesday, January 14th at 12noon**

Join the Five Town Chamber of Commerce as a panel of experts provide valuable insights into keeping yourself safe at home, understanding insurance coverage related to falls and the resources available for rehabilitation and exercise. This workshop is designed to empower you and your family with the knowledge and resources needed to enhance safety and well-being.

**\*Lunch & Learn reservation required\***

## BIRTHDAY LUNCH!

**Thursday, January 22nd  
at 12noon**

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



## MOVIES...

**January 7th ~ 1:00pm**

**King Creole 1958 PG**

Elvis Presley stars as a troubled New Orleans teen who discovers his singing talent while working in a nightclub and must navigate crime, family conflict, and tough choices about his future. 111 min

**January 14th ~ 1:00pm**

**King of the Wilderness 2018 PG**

This is an HBO documentary that follows Martin Luther King, Jr. during the final years of his life, told through personal stories from those closest to him. 111 min

**January 21st ~ 1:00pm**

**Judy 2019 PG**

The showbiz legend, Judy Garland arrives in London to perform her final concerts. After working for 45 of her 47 years, she is haunted by memories of a childhood lost to Hollywood and longs to be back home with her kids. 119 min

**January 28th ~ 1:00pm**

**Some like it Hot 1959 PG**

In 1920s Chicago, two unemployed jazz musicians accidentally witness a deadly mob hit. Dressed up as women, they decide to go into hiding as members of an all-female traveling band on their way to Florida. They both fall in love with Sugar, the band's vocalist who dreams of marrying a billionaire. 116 min

### INCLEMENT WEATHER!

Winter is here! Just a reminder that if the Ludlow Public Schools are closed, the Senior Center is CLOSED. If the schools have a 1 hour delay, the Center will open at 9:00am. Please watch TV40, TV22 and Facebook for closures and delays!

## OUTREACH...

### OUTREACH NEWS:

- WE ARE VERY EXCITED TO HAVE SHEILA RUBIN JOIN OUR TEAM ON JANUARY 5TH AS OUR NEW OUTREACH COORDINATOR. WE ARE EASING HER INTO HER NEW ROLE AND GETTING HER ACQUAINTED WITH THE CENTER AND HOPE TO HAVE APPOINTMENTS WITH HER IN FEBRUARY. MEANWHILE, HEATHER AND JODI ARE HERE TO HELP!
- We will continue to assist with Fuel Assistance applications, SNAP applications and other applications
- If you have not had a MassSave Energy Audit, please consider this FREE service. It is a MA initiative that provides residents with energy-saving resources, no-cost energy assessment rebates and incentives for upgrades such as insulation and windows. [www.MassSave.com](http://www.MassSave.com) for more information.
- **PLEASE** be sure to save your **2026 Social Security award letter**. This letter is very important if you are applying for any type of benefits. Please save it in a safe spot.

### MEDICARE SAVINGS PROGRAM (MSP)

MSP helps people with limited income and resources, pay for some or all of their Medicare costs, like premiums, deductibles and coinsurance. If your monthly income is less than \$1585 (\$2135 for 2 person) and you have Medicare, you may qualify. Please call 413-583-3564 for more information or an appointment to help complete the application.

### 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

**Monday, January 26th at 1:00pm**

Join Liane Smola of "Guidance By Li" to learn how to challenge negative thoughts, focus on strengths, embrace new experiences, stay active, 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.

**Registration appreciated.**

## GUIDANCE BY LI

Comfort and Support After Loss

**Friday, January 16th at 1:00pm**

**Tuesday evening returns in February**

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 these sessions\***

**Sponsored by the Executive Office of Aging & Independence and Ludlow Funeral Home**

## THE FORGET-ME-NOT CIRCLE

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

Are you a caregiver struggling with caring for a loved one with memory challenges? You are welcome to join us for our **Forget-Me-Not Circle** which is a welcome meeting place where those with memory challenges and their caregivers meet with peers to share resources and have open and honest conversations about caring for a loved one with memory challenges.

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

## 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

**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. *Tuesdays will return in the Spring.*

## MOBILE DENTAL HYGIENE SERVICES OF WESTERN MASS

**Wednesday, January 14th by appointment**

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

- Dental cleaning of your own teeth is \$75 and includes removal of plaque, tarter 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, January 28th at 8:15am**

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

**\*February appointments available January 5th\***

## MASSAGE THERAPY

**Wednesdays, January 7th and February 4th by appointment**

We are excited that massage therapy has returned to the Center. Gina Welch will be providing chair and table massages. Cost is \$20 for 15 minutes. Call to book your appointment.

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

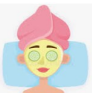
**by Appointment with Caitlin Hertz, RN**

Caitlin returns in January for foot care. Pedicures are still \$20 but may be a bit different than what you are used to. Appointments are limited and we are doing the best we can to continue offering foot care. **An appointment is required and sign-ups begin Monday, January 5th at 8:00am.**

## REIKI

**Fridays in January by appointment**

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





# 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, January 8th  
at 10:30am



## DONATIONS HAVE BEEN MADE:

### In memory of Esther Brown:

- Mirium Stone

### In memory of Joan Duchesne:

- Don Duchesne

### In memory/honor of Al & Shirley Ricardi:

- The Ricardi Family—Linda, Rene, Reno & Lori

### In memory of Antonio Marteleira Canoa:

- Susan Piwowarczyk

### In memory of Elizabeth "Lisa" Hetzel-Salamon:

- Mary Masses
- Mary Storm
- Larry Talbot
- Edie Tipton
- Inge Golash
- Mirium Stone
- Kay Calkins

### General Donations:

- Richard Trembley
- Estate of Nancy & Lonnie Cavin
- Raymour & Flanigan Boston Rd Store

**Congrats to our calendar Winners!**



Happy New Year from the staff at The Boutique! We had another great holiday season. Thank you for all the wonderful donations and, of course, we thank our shoppers! We are in need of donations to fill empty shelves. All items must be new or in like-new condition. We are still taking women's winter clothes, home décor, jewelry and accessories. Please bring all donations to the Front Desk. Thank you!



The Friends of the Ludlow Senior Center has been selected again as a nonprofit partner in the Stop & Shop Bloomin' 4 Good Program. We will receive \$1 for each specially marked Bloomin' 4 Good bouquet sold during the month of January 2026 at the Boston Rd Stop & Shop. Thank you Stop & Shop!



**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**

**FROM THE CLERK'S OFFICE...**2026 Annual Town Census – Annual Town Census forms will be mailed out soon. Please sign and return the annual town census form as soon as possible to the Town Clerk's office. State law requires that you be sent an annual street listing/census form. Failure to respond may remove you from the active voting list. Thank you!

Deliver to:

## TUESDAY EVENING ACTIVITIES ...

**PLEASE BE ADVISED...THERE WILL BE NO TUESDAY EVENING ACTIVITIES IN JANUARY. WE WILL SEE YOU IN FEBRUARY. SORRY FOR ANY INCONVINCE BUT WE NEED A BREAK!**

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

#### **See you in February!**

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

*~Generously supported by Ludlow Funeral Home~*

### **SOUPER SUPPER**

#### **See you in February!**

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

### **TRIVIA ~ RETURNS SOON!**

### **POWER PUMP EXERCISE CLASS**

#### **Every Tuesday at 4:30pm ~ SEE YOU IN FEBRUARY!**

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—SEE YOU IN FEBRUARY**

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

### **VOLLEYBALL AT EAST STREET SCHOOL— STILL ON!!**

#### **Every Tuesday and Thursday at 5:30pm-8:00pm**

Join us for a fun game of volleyball! Lots of laughs and great exercise! No experience necessary. Come learn a new sport!

**STILL PLAYING IN JANUARY!**