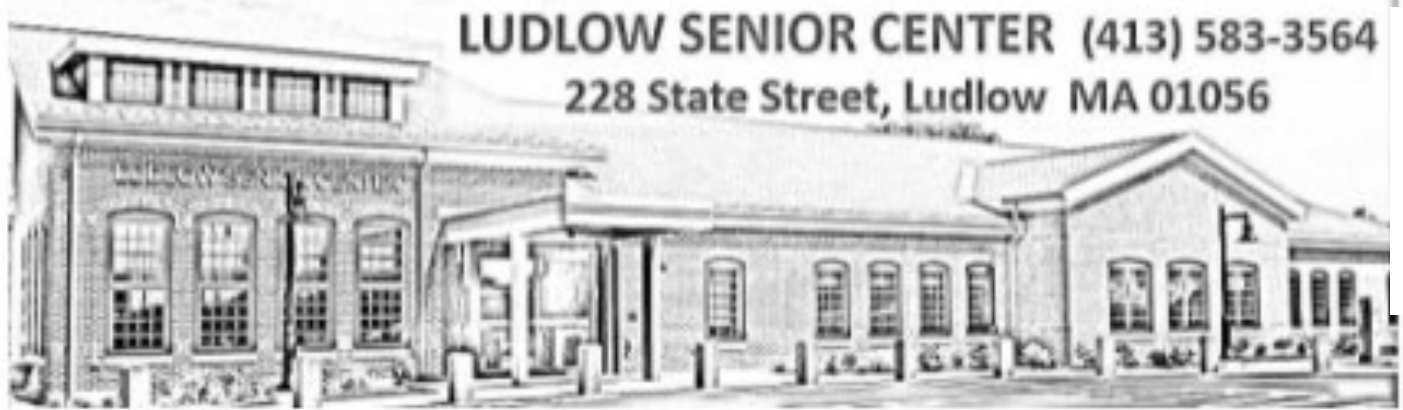


THE SENIOR SCENE ~ MARCH 2025



SPECIAL EVENTS...

AFRICA! ~ A VISUAL TOUR

Thursday, March 6th at 10:00am

Join our Senior Center travel experts as they take you on a visual tour of Africa. Come and learn about Africa and see amazing pictures! ***Sign up appreciated***

"FINDING THE BEST CARE AGENCY FOR ME" ~ GRISWOLD HOME CARE PRESENTS

Friday, March 7th at 10:00am

What is home care and when do I or a loved one need it? What are the right questions to ask? This presentation will cover these questions and will hopefully start a conversation with loved ones.

Sign up appreciated

WALKER/WHEELCHAIR TUNE-UP CLINIC AND WASH

Friday, March 14th at 10:00am to 12:00noon

Keith Walker from Walker Home Works will be here to tune up your device. Do you need a tightening or an adjustment, come see Keith. We will also be having a Walker Wash and will clean up your device. Drop in!

"STEP STRONG. LIVE LONG" ~ ENCOMPASS HEALTH

Friday, March 14th at 10:00am

Celebrate Patient Safety Week with Encompass Health Rehabilitation Hospital. Come learn what can cause a fall, how prevent falls from happening and how to make your home safe. There will also be a demonstration of equipment that you can utilize in your home to increase independence. ***Sign up appreciated***

NATIONAL SLIME DAY

Tuesday, March 25th at 1:00pm

We know that slime is usually made and played with by kids and hated by parents but it is also good exercise for your hands! Come and join Jodi as we make slime! No experience necessary! Space limited. ***Sign up begins March 3rd at 8:00am***



Cancel, Cancel, Cancel! Just a reminder to **CANCEL** lunch and/or exercise classes! Just today there were 5 people that didn't show up for Healthy Bones and Balance. For those of you that take that class, you know how hard it is to get in. There is ALWAYS a waiting list. Please have courtesy for your fellow participants and cancel if you cannot make a class. There is voice mail after hours that you can leave a message on and most of you have a cell phone. Cancelling 5 minutes before class is not fair either. If you call and cancel lunch because you are not coming in at all, please be sure to cancel all your activities that day. Most times the person answering the phone doesn't know what other activities or classes you take. We also understand that waiting lists are not fun but always put your name on the waitlist. We know activities fill up very quickly the first of the month, especially trips and foot care. Add your name to the waitlist as people do cancel all the time.

March is here which means Spring is right around the corner and the days are longer! We have a lot going on as usual and we hope to see you soon!

Jodi Zepke

AGE & DEMENTIA FRIENDLY LUDLOW

Join the Age & Dementia Friendly Ludlow planning committee at one or two listening sessions. The sessions will be a brief presentation on community resources and spaces that contribute to healthy aging in Ludlow. Your feedback will help create a Community Assessment and Action Plan for making Ludlow an Age & Dementia Friendly Community. **Free ice cream will be provided by Berkshire Bank and Peoples Bank. *Please register for these sessions.***

Session 1

March 20th, 2025

1:30pm-3:00pm

Topics will include housing, Aging in Place, accessibility, walkability, and public spaces.

Ice Cream provided by Berkshire Bank

Session 2

April 30th, 2025

1:30pm-3:00pm

Topics will include health, transportation services, public safety, and social connections.

Ice Cream provided by Peoples Bank.

Get to Know The Ludlow Senior Center

The Staff

Executive Director

Jodi Zepke
jzepke@ludlow.ma.us

Assistant Director

Heather Jolicoeur
hjolicoeur@ludlow.ma.us

Outreach Coordinator

Debbie Johnson
outreach@ludlow.ma.us

Activities Director

Maria Ardolino
activity@ludlow.ma.us

Administrative Assistant

Mick Barr

Clerk

Deb Borecki

Cook

Christine Toelken

Maintenance

Dennis Frodema

Dispatcher

David Snyder

Van Drivers

Jack Alves
John Garcia
Mike Lebel

Activity Assistant

Tammy Laselle



Council on Aging Board

Diane Peacey- Chair

Bob Mishol- Vice Chair

Karen Martin- Secretary

John DaCruz- Treasurer

Fernando Barroso- Member

Rosalind Forti- Member

Kara Ribeiro- Member

Helen Grabowski- Member

Debbie Johnson- Member

Bob Radowski- Member

Debbie Potter- Member

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 **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

Next meeting: March 19th at 4:30pm

CAFÉ FUN...

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

~Thank you to all that have donated goodies on Fridays!~

SHAMROCK SHAKES

Monday, March 10th at 10:30am

Join us in the Café for a delicious minty treat...shamrock shake! You don't have to go to McDonald's, you can have a homemade one right here!



INTAKE FORMS ~ HAVE YOU MOVED?

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

ATTENTION VOLUNTEERS!

Please remember to log your hours on the kiosk at the Front Desk. If you do not know how to do that, please ask. It is very important to have accurate volunteer hours. If you complete and logged at least 20 hours of volunteering for the Center in a year, you will also be invited to the annual Volunteer Recognition. Interested in volunteering? Please see Heather for more information.

MARCH TRIP:

SMITH COLLEGE BULB SHOW

Monday, March 10th at 9:00am

Welcome Spring with a trip to the Botanic Garden at Smith College for their annual bulb show. Cost is \$5.00 and \$2.00 for the van.

*Sign up begins March 3rd at 8:00am

LUNCH BUNCH ~ OUTBACK STEAKHOUSE

Wednesday, March 12th at 11:30am

"Outback Steakhouse, the home of juicy steaks, spirited drinks and Aussie hospitality." The Lunch Bunch is heading to West Springfield to visit the Outback. If steak is your thing, be sure to sign up!

*Sign up begins March 3rd at 8:00am.



PARKING LOT ETIQUETTE AND HONESTY

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



ACTIVITIES...

WATERCOLOR PENCIL CLASS

Mondays, March 10th and 24th at 1:30pm

Get creative while working on the same project as everyone else with watercolor pencils. Supplies and materials are provided. Give something new a try! **Please sign up for this activity.**

COMPUTER HELP

Mondays in March ~ 10:00am-11:00am

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

JEWELRY CLASS

Wednesday, March 5th at 9:00am~11:30am

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

TEA WITH THE TA

Wednesday, March 5th at 10:00am

Stop by the Café and enjoy a cup of tea with Town Administrator, Marc Strange. This informal conversation is a great way to talk to Marc and get to know what is happening in Ludlow.

OPERA APPRECIATION

Wednesdays, March 12th and 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. Come and enjoy something new!

**Reminder: Ticket payment of \$138.50 is due at the March 12th class for La Boheme on June 1st. (\$50 bus fee due in April)*

TED TALK HOUR

Wednesday, March 26th at 1:00pm

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

THE WRITERS BLOCK

Thursdays, March 13th and 27th at 2:00pm

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

PAINTING WITH SUNSHINE VILLAGE

Thursday, March 27th 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, March 27th at 2:00pm

Code Name: Lise by Larry Loftis

April: *Northwoods* by Amy Pease

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

DECORATING COMMITTEE

Friday, March 7th at 1:00pm **NEW DATE**

Do you enjoy decorating large areas and dining rooms or creating centerpieces? If so, join us as we plan for upcoming events.

TRIVIA

Friday, March 21st 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!

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

Travel League on Mondays: 12:00pm-4:00pm; **Round Robin** on Tuesdays and Wednesdays: 12:30pm-4:00pm and Thursdays 12:00pm-4:00pm; **open play:** Monday—Friday mornings, and Friday all day and Tuesday evenings until 7:00pm. Interested in billiards? Just stop by the room and chat with the players.

SCRABBLE

Mondays at 1:00pm

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

PITCH

Mondays at 1:15pm

Whether you are an old pro or new to the game, come and join us for many fun & friendly hands of Pitch! All welcome!

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.

BINGO

Tuesdays at 1:30pm

Try your luck at this fun game of chance!

CERAMICS

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

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

DOMINOS

Thursdays at 9:30am

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

MAHJONG

Thursdays at 1:00pm

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

Newsletter....*The cost of stamps has gone up again therefore the cost of having the newsletter mailed to you will be \$9.00 per year.*

EXERCISE...

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

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

REGISTRATION REQUIRED CLASSES...

BOOMER BOOTCAMP

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

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

Registration required Please bring clean sneakers!

HEALTHY BONES & BALANCE

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

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

EXERCISE ROOM

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

Fitness Room Instruction Wednesdays 8am-10am by Appt

The exercise room contains treadmills, recumbent bikes, and an elliptical. **PLEASE remember that you must have your medical provider sign a medical form prior to utilizing the equipment.**

There is a \$10 lifetime fee. If you paid it at the old building, you are all set. **PLEASE BRING CLEAN SNEAKERS!**

FITNESS ADVISOR

Fridays 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, March 13th 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, March 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.

DROP-IN CLASSES....

ZUMBA GOLD

Mondays at 2:30pm & Wednesdays at 9:00am

A modified Zumba class for active older adults with easy-to-follow choreography that focuses on balance, range of motion, and coordination. \$2 or punch from your punch card per class.

GENTLE YOGA

Tuesdays at 10:30am

This gentle practice incorporates the principles of Hatha Yoga and provides approaches of slow, gentle movements with breathing, mindfulness, and stress release. **Please bring your own mat.** \$2 or punch from your punch card per class.

TAI CHI

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

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

ACTIVE YOGA

Thursdays at 2:30pm

This class provides poses and a flow of postures with emphasis on body awareness, alignment, and coordination of breath and movement. **Please bring your own mat.** \$2 or punch from your punch card per class.

DANCE CLASSES (DROP-IN)...

LINE DANCING

Tuesdays at 9:00am

Learn how to line dance while having fun! Learn the latest dances. \$1.00 donation. **Please bring clean shoes!**

WESTERN DANCE LESSONS

Tuesdays at 1:00pm

If you love to dance, this is for you! There will be multiple forms of dancing to one song at a time. Instruction 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, March 13th at 10:30am in the Corner Café

Stop by and discuss items that are important to you.

REPRESENTATIVE SAUNDERS OFFICE HOUR

Monday, March 17th 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!

MARCH 2025 Activities Calendar

(Tuesday Nights ~ see pg. 10)

Ludlow Senior Center

(413) 583-3564

www.ludlow.ma.us

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Monday	Tuesday	Wednesday	Thursday	Friday	
<p>3 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Music Class (RR) 1:00pm: Scrabble (Cafe) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)</p>	<p>4 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Chrbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures (WC) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)</p>	<p>5 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 9:00am: Jewelry (RR) 10:00am: Tea with TA (Cafe) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)</p>	<p>6 8:45am: Foot Care appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: Africa Tour (RR) 10:15am: Meditation (CR) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p>	<p>7 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Griswold Home Care 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00PM: Decorating Group</p>	
<p>10 9:00am: Knitting (AC) 9:30am: Bulb Show trip 10:00am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Shamrock Shake-Cafe 1:00pm: Scrabble (Cafe) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)</p>	<p>11 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Chrbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures (WC) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)</p>	<p>12 9:00am: Ceramics (AC) 9:00am: Mobile Dental (WC) 10:00am: Opera (GR) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 11:30am: Lunch Bunch Trip 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)</p>	<p>13 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 10:30am: Friends Meeting (AC) 1:00pm: Mahjong (RR) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)</p>	<p>14 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:00am: Walker tune up/wash 10:00am: Encompass Presents 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)</p>	
<p>17 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 1:00pm: Scrabble (Cafe) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)</p>	<p>18 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Chrbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures (WC) 1:00pm: Brown Bag pick up (RR) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)</p>	<p>19 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 4:30pm: COA Meeting (CR)</p>	<p>20 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 1:00pm: Mahjong (RR) 1:30pm: A & D Friendly ses. 1 (CR) 2:30pm: Active Yoga (FS)</p>	<p>21 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:30am: Trivia (RR) 1:00pm: Guidance by Li (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)</p>	
<p>24 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 1:00pm: Scrabble (Cafe) 1:15pm: Pitch (GR) 1:00pm: Limitless Legends (CR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)</p>	<p>25 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Chrbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures (WC) 1:00pm: Western Dance (FS) 1:00pm: Slime making (AC) 1:30pm: Bingo (GR)</p>	<p>26 9:00am: Facials by appt (WC) 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:00am: Opera (GR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: TED Talk hour (CR)</p>	<p>27 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: Sunshine Paint (AC) 10:15am: Meditation (CR) 1:00pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:00pm: Writers Block (AC) 2:30pm: Active Yoga (FS)</p>	<p>28 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Healthy Bones (FS) 1:30pm: Forget Me Not (CR)</p>	
<p>31 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 1:00pm: Scrabble (Cafe) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)</p>	<p>TUESDAY EVENING ACTIVITIES SEE PAGE 10!</p>				<p>FS = Fitness Studio AC = Arts & Crafts CR = Conference Room GR = Great Room RR = Game Room WC = Wellness Center BR = Billiards Room SO = Small Office</p>



MARCH 2025 Lunch Menu

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


Ludlow Senior Center

(413) 583-3564

(24 hour notice required)

www.ludlow.ma.us

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Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot dog with roll Baked beans Cole slaw	4 Mardi Gras Lunch Jambalaya Corn bread	5 Ash Wednesday Seafood salad Croissant Chips & pickle	6 Cobb salad	7 Veggie burger Lettuce & tomato Sweet potato fries
10 Chicken parmesan Pasta Green beans	11 Ham & broccoli casserole	12 Turkey Waldorf salad plate	13 Meatball grinder Steak fries	14 Fish taco Black beans and rice
17 St. Patrick's Day Corned beef and cabbage!	18 Ziti with marinara Garlic bread	19 Stuffed sausage with onions, peppers, mushrooms and cheese Tater tots	20 Birthday Lunch Salisbury steak Mashed potatoes Mixed vegetable	21 Vegetable pizza Caesar salad
24 Chicken Louisa White rice Broccoli	25 Meatloaf Au gratin potatoes Carrots Biscuit	26 BLT grinder Chips Pickles	27 Vegetable chili Small baked potato	28 BBQ salmon Wild rice Mixed vegetable
31 Rueban casserole Side salad		Please remember to cancel your reservation before <u>10:00am</u> or you will be counted as a NO-SHOW . NO-SHOWS will now be charged \$5.00 a day.		

SPECIAL LUNCHES... (ENTERTAINMENT GERSOUSLY SPONSORED BY THE FRIENDS OF THE LUDOW SENIOR CENTER)

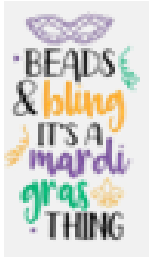
MARDI GRAS LUNCH!

Tuesday, March 4th at 11:00am

Come celebrate Fat Tuesday with us!

Enjoy entertainment by Mass Conn-Fusion, a blues and jazz trio! Enjoy a Mardi Gras inspired lunch as well! What will you give up for lent??

Reservation required



ST. PATRICK'S DAY LUNCH!

Monday, March 17th at 11:00am

Wear your green and come celebrate the greatest holiday of the year...St. Patrick's Day! Corned beef and cabbage are on the menu and entertainment by David Giardina who will be signing all the St. Pat's tunes! ***Reservation required***



BIRTHDAY LUNCH!

Thursday, March 20th at 12noon

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



MOVIES...

March 4 4:45pm* &

March 5 1:00pm

Pain Hustlers 2024 R*

Pain Hustlers is a 2023 crime drama film about a pharmaceutical saleswoman who joins a criminal conspiracy. 124 min

* = **early start time**

March 11 4:45pm* &

March 12 1:00pm

The Miracle Club PG-13*

Set in 1967 Ireland, this heartwarming film follows the story of three generations of women, who's lives are intertwined, go on a pilgrimage to the sacred French town of Lourdes, the place of miracles. Each women has her own reason for going but they all realize they may already have their own miracle waiting for them at home. 90 min

March 18 5:00pm &

March 19 1:00pm

You Gotta Believe 2024 PG

Based on the inspiring true story of one Texas baseball team's incredible journey from division underdog to a record-breaking showdown in the Little League World Series. 113 min



March 25 5:00pm &

March 26 1:00pm

Megan Leavy 2017 PG-13

Based on the true life story of a young Marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq. 116 min

OUTREACH...

WestMass ElderCare Rebrands as Access Care Partners

After 50 years of service to older adults, individuals with disabilities, and caregivers in Western Massachusetts, WestMass ElderCare is now **Access Care Partners**. The new name reflects the organization's growth and its commitment to inclusive, person-centered care. The rebranding process was shaped by input from staff, community partners, and those they serve, ensuring the new name reflects the organization's mission and values. Through conversations and feedback sessions, Access Care Partners identified a name that embodies its role in connecting people with the care and resource they need. With a redesigned website at www.accesscarepartners.org, the organization offers enhanced accessibility and resources to support its mission of breaking down barriers to care and fostering healthy, fulfilling lives. Services such as home care, meals, and care management continue under its role as an Area Agency on Aging (AAA) and an Aging Services Access Point (ASAP). "This name reflects who we are today and where we're headed," said Roseann Martoccia, Executive Director. "Our dedication to compassionate, expert support remains unchanged." For more information, visit www.accesscarepartners.org or call 413-537-9020.



BROWN BAG PROGRAM

Tuesday, March 18th ~ 1:00pm-3:00pm

Offered through the Food Bank of Western Massachusetts, Brown Bag helps those older than 55 who meet income guidelines. Pickup is the 3rd Tuesday of each month. **Call the Center for more information and application.**

Bag delivery is also available for those that are homebound and cannot pick up their bag. Please call the Center if you need to have your bag delivered. **Bags need to be picked up on the 18th between 1:00pm and 3:00pm. We cannot hold bags. Thank you!**



Winter Weather is HERE!

Please use the crosswalks to and from your car. Also, delays and closures will be posted on Channel 22 and Facebook. Clean foot wear is required for ALL exercise! The floor and machines thank you!



SUPPORT...

LIMITLESS LEGENDS ~ *NEW PROGRAM*

Monday, March 24th 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

GUIDANCE BY LI

Comfort and Support After Loss

Friday, March 21st at 1:00pm

Tuesday, March 11th at 5:45pm

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

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

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

Please register for these sessions

Sponsored by the Executive Office of Aging & Independence

THE FORGET-ME-NOT CIRCLE

Friday, March 28th at 1:30pm

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

Please register both caregiver and loved one

MINDFUL MEDITATION

Thursdays at 10:15am

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

NOTARY SERVICE

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

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

WELLNESS...

BLOOD PRESSURE CHECKS AND FILE OF LIFE

Tuesdays at 12:30pm & Fridays at 10:00am

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.

MOBILE DENTAL HYGIENE SERVICES OF WESTERN MASS

Wednesday, March 12th 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.

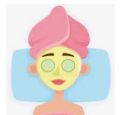
- Dental cleaning of your own teeth is \$75 and includes removal of plaque, tartar and other debris from the patient's teeth with autoclavable instruments.
- Dental cleaning with dentures is \$30 includes inspection and cleaning of dentures.
- Fluoride treatment is also available for \$25.
- If you have MassHealth, treatment is free.
- Call 583-3564 to book an appointment.

FACIALS WITH DIANE

Wednesday, March 26th by appointment

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

March appts are available beginning March 3rd*



FOOT CARE WITH ANGELA KRAMER, RN, BOH

Thursdays by Appointment

Pedicures are \$20 and comprise of a foot soak and nail trim (no polish). Appointments are required and can be made by calling the Center. Diabetics are required to provide a note from their doctor before foot care can be given. ****Sign ups for March appointments begin March 3rd** (We know appointments fill up quick. Please add your name to the wait list if you are unable to book an appointment.)**



FOOTCARE

HEARING CLINIC WITH HERITAGE HEARING

*****RETURNS IN MAY*****

Having your hearing checked is important. Schedule your free hearing screening. Do you need your hearing aides checked, cleaned or need new batteries? Learn about hearing loss too. **Call the Center for an appointment.**



REIKI

Fridays in March 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:

Kathy Green, President
 Margaret Hinkley, Vice President
 Stephanie Tyburski, Treasurer
 Debbie Thompson, Secretary
 Jackie Doyle, Assistant Treasurer

Next meeting:

**Thursday, March 13th at
 10:30am**



DONATIONS HAVE BEEN MADE:

In memory of Reno Mariani:

- The Talbot Family

In memory of Jolene Dias Pollard:

- Kathy Reilly

In memory of Phyllis Casagrande:

- Beatrice Jorge

In memory of Diane St. Amand:

- Monica Cabral

In memory of John Evans:

- Lynne & Alan Wallace

In memory of Matt Nardi:

- Lynne & Alan Wallace

In memory of Marilyn Charwick:

- Frank Krzanik & Pat Detomas

In memory of Lizzie McEwan & Anne Martin:

- Robert Murty

In memory of Lil Batista:

- Janis Santos
- Beatrice Jorge
- Jeanette Nolan
- Etta Brockney

In memory of Dolores Supernaw:

- Joan & Matt Pszeniczny
- Clayton & Janet Sydia
- Beatrice Jorge
- Etta Brockney
- Jackie & Joe Jablonski

General Donations:

- Walter Shaw in honor of the staff
- Patricia Elhers in honor of the staff
- Francelina Verissimo
- Richard Trembley

Friends News...

- The Friends' goal for 2025 is to get more people involved in our organization. There are opportunities to get involved in our fundraisers and other activities. We welcome your suggestions for activities or ideas how we can be of more service to the Center. Any older adult is welcome to join the Friends. There are no fees or dues, just a desire to help us provide services to the Center.
- The Friends' Scholarship Program is now accepting applications from high school seniors that reside in Ludlow. Applications are due April 4, 2025. For more information, please visit www.friendsofludlowseniorcenter.com.

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

DONATION TO THE FRIENDS OF THE LUDLOW SENIOR CENTER

Donation from _____

Address _____

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

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

Donation Amount _____ Check here to remain anonymous _____

Please make check payable to:

Friends of the Ludlow Senior Center

228 State Street, Ludlow MA 01056

Phone (413) 583-3564

The Friends are a non-profit 501(c)(3)

Please fill in all information



THE SENIOR SCENE

PLACE
STAMP
HERE

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

FROM THE CLERK'S OFFICE~ Ludlow Dog License Reminder

LUDLOW – Dog licenses expired March 31st. All residents are required to license their dogs annually. Licenses are available in the Town Clerk's office during normal business hours. You must have a valid rabies certificate to renew or obtain a new license. \$15 Neutered/spayed dogs; \$20 for Not Spayed/Neutered. There will be a \$10 late fee starting July 1st. If you have any questions, please contact the Town Clerk's office 413-583-5600 ext. 1 or email clerk@ludlow.ma.us.

Deliver to:

TUESDAY EVENING ACTIVITIES ...

EVENING JEWELRY ~ RETURNS IN MAY

CREATIVE CORNER WITH TAMMY!

Tuesday, March 11th at 4:00pm

Join Tammy for a class to create a St. Patrick's Day gnome. Cost is \$5.00. *Registration required beginning March 3rd.*

"SOUPER" SUPPER TUESDAY

Tuesday, March 18th ~ 4:30pm-6:00pm

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

MOVIES!

Every Tuesday

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

TRIVIA!

Tuesday, March 18th at 5:00pm

If you love Friday trivia, you will love Tuesday nights too! Teams will work together to answer questions from pop culture, history, science and so much more! If you know a little bit about everything, you will love playing!

Don't forget the Center is open on Tuesday evenings! The billiards room, exercise room and craft room are all open. It is light out later now, so come on by!

GUIDANCE BY LI COMFORT AND GRIEF SUPPORT

Tuesday, March 11th at 5:45pm

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

POWER PUMP EXERCISE CLASS!

Every Tuesday at 4:30pm

The energy never stops with this unique blend of cardio and strength workout. Many different modalities are incorporated in this workout, including cardio drills. Class is \$2.00 or a punch on your punch card. Bring your mat!

CENTER TRANSPORTATION

Tuesdays, 4:00pm-7:00pm

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

VOLLEYBALL AT EAST STREET SCHOOL

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

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