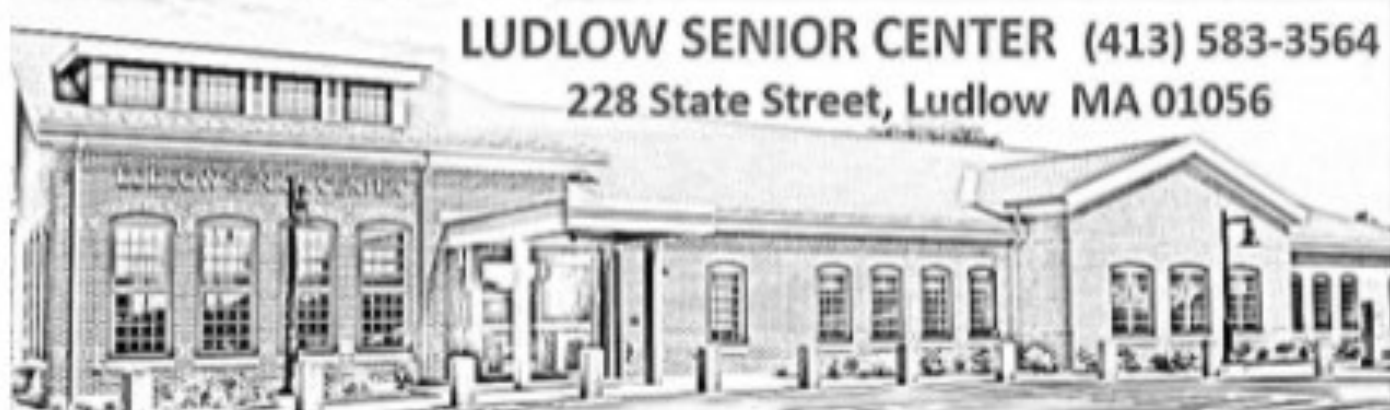


# THE SENIOR SCENE ~ FEBRUARY 2024



Hey all,

Have you ever noticed how February is the longest short month?? Everyone has been sick, Christmas decorations are gone, everything is brown and we are all just sitting around waiting for Spring. Well this February is **Fun Filled February** at the Ludlow Senior Center! Throughout the month we will have pop-up games, Massachusetts trivia and raffles. There will be no rhyme or reason when activities will take place so keep your eyes and ears open! The month will fly by and then we can *really* think about Spring's arrival.

Please be sure to read the entire newsletter, not just the menu. I hear all the time "I didn't know about this and that" and I always say "it is in the newsletter!" We spend a lot of time getting all of our information, activities and events to fit in 10 pages. There are always new events and educational opportunities each month and we don't want you to miss anything so read the whole newsletter. All events and activities tell you whether or not you need to sign up and if there is a particular date to sign up. We understand many activities fill up quickly. ALWAYS put your name on the wait list. People cancel all the time as things come up, people get sick or they simply cannot make it. On the flip side, if you sign up for an event please cancel ASAP if you cannot make it! Happy Valentine's Day and remember love is not just romantic but a gesture that make people feel special so make someone's day!

*Jodi Lepke*

## **LUNCH PARTICIPANTS—PLEASE READ!**

It has been brought to our attention that people standing or sitting in the hallway is a safety hazard and we must change how people wait for lunch. The wall is also getting ruined by people leaning against it. Beginning Monday, February 5th, the Lunch Room will open at 11:00am. You may begin standing in line at 10:45am. Please try not to lean against the wall. If you arrive at the Center early in anticipation of lunch, please visit the Café and have a coffee with friends or check out one of our morning classes. There are plenty of seats through out the Center for you to sit, socialize and maybe make a new friend. The Game Room is always open so please visit that room if you need a seat near the Lunch Room. There are always plenty of seats in the Lunch Room so everyone will have a seat at lunch. Thank you for your understanding and making the Center a safe place for all!

## **NEW WELLNESS SERVICE...**

### **MOBILE DENTAL HYGIENE SERVICES OF WESTERN MASS MANDA DAY, RDH**

Manda Day will be here on **Wednesday, February 14th** 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 with own teeth is \$75 and includes removal of plaque, tarter and other debris from the patent'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.
- Hardship? Please see Jodi.

# Get to Know The Ludlow Senior Center

## The Staff

### Executive Director

Jodi Zepke  
jzepke@ludlow.ma.us

### Program Coordinator

Heather Jolicoeur  
hjolicoeur@ludlow.ma.us

### Activities Director

Maria Ardolino  
activity@ludlow.ma.us

### Outreach Coordinator

Debbie Johnson  
outreach@ludlow.ma.us

### Receptionist

Naomi White

### Clerk

Deb Borecki

### Cook

Christine Toelken

### Maintenance

Jorge Fialho

### Dispatcher

Gary Spear

### Van Drivers

Jack Alves  
John Garcia  
Mike Lebel

### Activity Assistant

Tammy Laselle

*For more information about Senior Centers, go to [www.ludlow.ma.us](http://www.ludlow.ma.us) and click on COA/Ludlow Senior Center.*



## Council on Aging Board

Diane Peacey- Chair

Fernando Barroso- Vice Chair

Karen Martin- Secretary

John DaCruz- Treasurer

Bob Mishol- Member

Rosalind Forti- Member

Kara Ribeiro- Member

Helen Grabowski- Member

Debbie Johnson- Member

Bob Radowski- Member

Debbie Potter- Member

**COA BOARD SPOTLIGHT:** This month we are spotlighting newly elected, Debbie Potter. Deb grew up in Ludlow and attended Ludlow Public Schools. She also went to Westfield State College (now University). Deb started her volunteer work here at the Center after retiring as a para educator from the Ludlow Public School system. Deb jumped at the opportunity to serve on the COA board so she could help support the staff, Center, and all the activities and programs we provide. Deb enjoys attending many of the fitness programs, educational events, and other activities. Deb lives in Ludlow with her husband, Glen. They have 2 daughters and 4 "awesome" grandchildren. Be sure to say hi to Deb as she is the Tuesday morning Greeter!

## CAFÉ FUN...

### HELPING HANDS HOMECARE

**Thursday, February 1st ~ 10:00am-11:00am**

Helping Hands will be in the Café with information about the services they offer. Stop by, say hello and kick off February with a treat too!

### NATIONAL WEAR RED DAY

**Friday, February 2nd ~ 8:00am-11:00am**

National Wear Red Day is a day in February when people wear red to show their support for the awareness of heart disease. Please wear red, enjoy Free for All Friday in the Café and make a donation for Wear Red Day! All donations will support the American Heart Association.

### SUPER BOWL FUN

**Friday, February 9th at 10:30am**

We do not know who is playing in the big game yet but join us for some Super Bowl snacks and take a chance on a square. No football knowledge necessary!

### EXCEL HOMECARE

**Wednesday, February 28th ~ 10:00am-11:00am**

Excel will be in the Café with information about services they offer. Stop by, say hello and maybe enjoy a pastry too!



**Winter Weather is HERE! Please use the crosswalks to and from your car. Also, delays and closures will be posted on Channels 22, 40 and Facebook. Clean foot wear is required for all exercise classes! Thank you!**

## FEBRUARY TRIPS...

### LUNCH BUNCH ~ TAO'S ASIAN CUISINE

**Friday, February 23rd ~ van leaves 11:30am**

The van is heading to East Longmeadow to enjoy lunch at Tao's Asian Cuisine. Yum! The van is \$2.00 and lunch is on your own. **Reservations are required and begin February 1st.**

### NEW ENGLAND AIR MUSEUM

**Thursday, February 29th ~ van leaves 9:00am**

Where are our plane enthusiasts? Join us for a trip to the NE Air Museum to see its collection including aircraft ranging from early flying to supersonic jets as well as engines and other pieces of flight-related equipment. The van is \$2.00 and admission is \$18. **Sign up required and begins February 1st.**



## MANY MANY THANKS!

THE FRIENDS OF THE LUDLOW SENIOR CENTER PROVIDE US WITH MUCH NEEDED SUPPORT FOR ACTIVITIES, ENTERTAINMENT, SUPPLIES, AND MUCH MORE. THEY EVEN PROVIDED EVERY BITE OF YUMMY DESSERT FOR THANKSGIVING, CHRISTMAS, NEW YEARS LUNCHEES AND FOR THE COOKIES SERVED BEFORE THE TRIP TO BRIGHT NIGHTS! THANKS FRIENDS! !

THE STAFF WOULD LIKE TO EXTEND HEARTFELT THANKS TO EVERYONE WHO TOOK THE TIME TO SEND US CARDS, OFFER WELL WISHES AND PROVIDED OFFICE TREATS. WE CERTAINLY FEEL LIKE PART OF YOUR FAMILY!



# ACTIVITIES...

## **WATERCOLOR PENCIL CLASS**

**Monday, February 12th and 26th 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.**

## **JEWELRY CLASS**

**Wednesday, February 7th ~ 9:30am-11:00am**

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, February 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.

## **OPERA APPRECIATION**

**Wednesday, February 7th and 21st 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 learn a new art form!

## **TED TALK HOUR**

**Wednesday, February 28th at 1:00pm**

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

# 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: 12:30pm-4:00pm; Round Robin on Tuesdays: 12:30pm-4:00pm and Thursdays 12noon-4:00pm; open play: Monday—Friday mornings and Wednesday and Friday all day.

## **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!

## **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.

## **FEBRUARY PAINTING WITH SUNSHINE VILLAGE**

**Thursday, February 22nd at 10:00am**

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

## **THE WRITERS BLOCK**

**Thursdays, February 8th & 22nd at 2:00pm \*\*New time\*\***

Use your words! This class will explore creative writing and journaling, both great ways to improve your mental health, mood, and boost memory! Be sure to register for this class!

## **BOOK CLUB**

**Thursday, February 22nd at 2:00pm**

***The Lost Ravioli Recipe of Hoboken NJ*** by Laura Sheonone

March: *The Housemaid* by Freda McFadden

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

## **TRIVIA**

**Friday, February 2nd 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!

**Chair Volleyball!** We know many of you loved it at the old building and unfortunately we aren't able to play here at the new building but the Hubbard Memorial Library is hosting it. Join them on **Thursdays at 1:00pm at the Hubbard Memorial Library.**

Come and have some fun and get a bit of exercise too! Sign up by calling 413-583-3408 or simply walk in! All welcome!

## **BINGO**

**Tuesdays at 1:30pm**

Try your luck at this fun game of chance!

## **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!

## **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!

## **MAGIC CLASS**

**Fridays at 1:00pm**

Come and learn a trick or two in the Corner Café!

No experience necessary.



# EXERCISE...

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

## EXERCISE ROOM

**Monday—Friday 8:00am—3:00pm**

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

The exercise room contains treadmills, recumbent bikes, and an elliptical. ***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 NOTE ...YOU MUST BRING CLEAN SNEAKERS TO USE THE FITNESS EQUIPMENT. WINTER IS HERE SO HELP US PROTECT THE EQUIPMENT.**

## WALKING CLUB

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

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

## BOOMER BOOTCAMP (BRING CLEAN SNEAKERS!)

**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. **\*\*NEW TIME**

**\*Sign-ups are required for Boomer Bootcamp\***

***Please do NOT be a NO SHOW. Call and cancel. We also ask that you don't sneak into class. There is a capacity limit so be sure that you are signed up.***

## ZUMBA GOLD (BRING CLEAN SNEAKERS!)

**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.

## LINE DANCING (BRING CLEAN SHOES!)

**Tuesdays at 9:00am**

Learn how to line dance while having fun! \$1.00 donation is welcome!

# MEETINGS...

## VETERANS SERVICES

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

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

## FRIENDS OF THE LUDLOW SENIOR CENTER

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

The Friends play a very 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.

## SENATOR OLIVEIRA OFFICE HOUR

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

Stop by and discuss items that are important to you.

## 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.

## WESTERN DANCE LESSONS (PLEASE BRING CLEAN SHOES)

**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.

## HEALTHY BONES & BALANCE \*REGISTRATION REQUIRED\*

**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 is Required! Clean shoes please!**

## TAI CHI (PLEASE BRING CLEAN SHOES)

**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 and clean shoes!** \$2 or punch from your punch card per class.

**Healthy Bones and Balance is now on Ludlow Community television, channel 192 on Tuesdays at 3:00pm and Thursdays at 9:00am. You can also watch it on-demand. Let Maria know if you need the link. Now there is no excuse not to exercise and these classes are for all ability levels!**

## COUNCIL ON AGING BOARD MEETING

**Wednesday, February 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.

## REPRESENTATIVE SAUNDERS OFFICE HOUR

**Monday, February 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...

## YEAR OF THE DRAGON, CHINESE NEW YEAR!

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

After lunch at 1:30pm, Lisa Fan will be here to entertain us and celebrate the Year of the Dragon.

Her performance will include different styles of authentic Chinese dances like folk dances of Ribbon, Umbrella, Fan dances, Ancient dance of Han Dynasty, Ethnic dances of Mongolian and Uyghur. Also includes beautiful singing by renowned baritone soloist Mr. Chai-lun Yueh, in Chinese, English and other languages. You don't want to miss this!

## VALENTINE'S DAY LUNCH!

**Wednesday, February 14th at 11:00am**

Come celebrate LOVE day with us! Tony Rarus will be here to entertain us with his sultry voice and help us feel the love! We have had many couples meet at the Center. You

are never too old for love!

**\*Reservation required\***



## BIRTHDAY LUNCH!

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

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

**\*Reservation required\***



# MOVIES...

**February 6 5:00pm**

**February 7 1:00pm**

***Enter the Dragon 1973 R***

Recruited by an intelligence agency, a martial arts student participates in a brutal tournament in an attempt to gather enough evidence to convict an international drug-trafficker.

Bruce Lee

99 min

**February 13 5:00pm**

**February 14 1:00pm**

***Sabrina 1954 R***

It's hard to beat a film starring Humphrey Bogart and Audrey Hepburn. A playboy becomes interested in the daughter of his family's chauffeur, but it's his more serious brother who would be the better man for her. 109 min

**February 20 5:00pm**

**February 21 1:00pm**

***The Man Who Shot Liberty Valance NR 1622***

A star-studded cast, including John Wayne and James Stewart, explores themes of the Old West, including lawlessness and the clash between civilization and the frontier. Lee Marvin portrays Liberty Valance, a notorious outlaw. 118 min

**February 27 5:00pm**

**February 28 1:00pm**

***Pure Country 1992 PG***

Featuring country music star George Strait in his acting debut, this movie follows a jaded country singer as he searches for his musical roots and true love 112 min



# WELLNESS...

## BLOOD PRESSURE CHECKS AND FILE OF LIFE

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

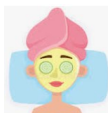
**Friday mornings 10:00am-11:30am**

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.

## FACIALS WITH DIANE

**Wednesday, February 28th 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 appointments are available beginning February 1st\***



## REIKI

**Fridays 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.

## HEARING CLINIC WITH HERITAGE HEARING

**Thursday, February 15th ~ 12:30pm-3:00pm**

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.**



## 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 February appointments begin February 1st\*\***(We know appointments fill up quick.

**Please add your name to the wait list if you are unable to book an appointment.)**



# SUPPORT...

## BETTER TOGETHER

**Monday, February 5th & Tuesday, February 20th at 1:00pm**  
**(date change)**

Do you have feelings of sadness, anxiety, stress, hopelessness, and feel undervalued? These feelings can take a toll on your spirit and well-being. Inspired by our *Time for You* program, **Better Together** is led by Liane Smola. Join others as she helps you learn to recognize and reduce negative feelings in order to increase your happiness.

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

**Sponsored by the Executive Office of Elder Affairs**

## GUIDANCE BY LI

Comfort and Support After Loss

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

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

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

## THE FORGET-ME-NOT CIRCLE

**Friday, February 23rd at 1:30pm**

Are you a caregiver struggling with caring for a loved one with memory challenges? Start the new year off right and join us for **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\***

## BROWN BAG PROGRAM

**Tuesday, February 20th 1:00-3:00pm**

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

Bag delivery is also available for those that cannot pick up their bag. Please call the Center if you need to have your bag delivered.



# OUTREACH...

Struggling to make ends meet? The Outreach Office is your resource center for information on a variety of services, assistance programs, home health care, alternative living options, insurance information, etc., here are some examples of financial assistance programs.

Contact Debbie @ 583-3564 or email [outreach@ludlow.ma.us](mailto:outreach@ludlow.ma.us) for information.

## SNAP

Income Guidelines (per month):

1 person household -\$2,430. 2person household -\$3,287.

Provides a monthly supplement for purchasing nutritious food. Participants must complete an application and meet monthly income guidelines.

## Fuel Assistance

Income Guidelines (per year):

1 Person Household - \$45,392. 2 Person Household -\$59,359.

Fuel Assistance helps pay a portion of eligible households' home heating bills during the winter season. All eligible homeowners and renters, including households whose cost of heat is included in the rent, can apply for fuel assistance. HEARTWAP - A year-round program that serves Fuel Assistance-eligible households with heating system repair, replacement, and maintenance services. Weatherization Assistance Program - A year-round program that serves Fuel Assistance eligible households with air sealing, attic/sidewall insulation, weatherstripping, and weatherization related repairs.

## Help Paying Medicare Costs

Income Guidelines: Call for gross income amounts, Income limits change each year on March 1.

If you are a Massachusetts resident of Medicare with limited income and assets, you may qualify for help paying your Medicare costs. MassHealth offers Medicare Savings Programs, also known as MassHealth Buy-In (MHBI) to help with these costs.

A Medicare Savings Program can help pay some out-of-pocket costs, including:

- Your monthly Medicare Part B premium
- Prescription drug costs through the Part D Extra Help program, which you automatically qualify for with a Medicare Savings Program
- In certain cases, your out-of-pocket Part A and Part B costs, such as coinsurance and deductibles.

## Rainbow Social Club

The RSC is proud to offer gatherings to bring our community of LGBTQ+ older adults together! Meetings are open to LGBTQ+ older adults (60+), younger partners and friends.

Find out more and a list of February's events by visiting [www.wmeldcare.org/lgbtq](http://www.wmeldcare.org/lgbtq) and join the mailing list by emailing [RainbowSocialClub@wmeldercare.org](mailto:RainbowSocialClub@wmeldercare.org).



# 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.

## DONATIONS HAVE BEEN MADE:

### In memory of George "Buddy" Adams:

- Betty Adams

### In memory of Kimberly Steigmeyer:

- Eleanor Duquette & Family

### In memory of Joan Coyne:

- Barbara & Peter Ciempa

### In memory of Diane Brouillard:

- Leonard & Mary Gagnon

### In memory of Julie Perrault:

- Kathleen & Steven Perry
- Frances Bednarczyk
- Kelli & Daniel Barrieau

### General donation:

- Walter Shaw to thank the staff for all they do for our Seniors.

## 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, February 8th at 10:30am

All welcome!

## NEW! Friends Scholarship Program:

We are happy to announce The Friends' new scholarship program designed for 2024 high school seniors that reside in Ludlow.

Three awards are eligible. Eligibility and applications are available at the Center's front desk, at the Ludlow High School guidance office and at the Friends website:

[https://](https://www.friendsofludlowseniorcenter.com)

[www.friendsofludlowseniorcenter.com](https://www.friendsofludlowseniorcenter.com).

Thank you for continued support of the Boutique! We are no longer accepting holiday items. Please hang on to them for next year. Please also hang on to Summer items until Spring. Thank you 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

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**

## **LUNCH & LEARN ~MASSACHUSETTS MUNICIPAL WHOLESALE ELECTRIC COMPANY (MMWEC)**

**Wednesday, February 7th at 12noon** ~ MMWEC is the leading provider of public power services in MA.

This presentation will be filled with information on how to stay safe around natural gas, electricity and lithium batteries.

There are sure to be door prizes too! **\*Reservation required\***

**From the Clerk's Office**...Early Voting for the Presidential Primary starts Saturday, February 24, 2024 from 9:00am to 3:00pm and February 26, 2024 through March 1, 2024 during normal working hours. Early voting will take place in the Town Clerk's office on the 2<sup>nd</sup> Floor at 488 Chapin St, Ludlow.

**From the DPW**...Reminder that the West Street Bridge will remain closed for at least 6 more weeks for repair. Please seek alternative routes.

## **TUESDAY EVENINGS ...**

### **"SOUPER" SUPPER TUESDAY**

**Tuesday, February 13th, 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 with you!

### **MOVIES!**

**Every Tuesday at 5:00pm**

We show everything from the oldies to new releases! See page 7 for February's movies!

### **POWER PUMP EXERCISE CLASS!**

**Every Tuesday at 5:30pm**

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!**

### **CREATIVE CORNER WITH TAMMY!**

Tammy's Creative Corner craft classes will return in March. Keep an eye on March's newsletter to see what you will create next!

### **TRIVIA!**

**Tuesday, February 20th 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!

### **EVENING JEWELRY—RETURNS IN APRIL**

Jewelry is also the 1st Wednesday of the month at 9:30am so please join us then to make beautiful jewelry.

### **CENTER TRANSPORTATION**

**Tuesdays, 4:00pm-7:00pm**

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