

THE SENIOR SCENE ~ MAY 2024



SPECIAL EVENTS...

LOCAL AUTHOR, HANNA PERLSTEIN MARCUS

Monday, May 6th at 10:00am

Join Hanna Perlstein Marcus as she discusses *Sidonia's Seam Binding*, the last installment of the *Sidonia's Thread* series of books, which continues the true story of a mother and daughter who come to Springfield after the Holocaust and live a life of style. Learn how Hanna developed her true character, traced her mother Sidonia's lost Hungarian ancestry, and created an imagined reality for her mother as though she had never been born. There is no other tale quite like it! **Please register!**

NUTRITION CHECK-UP

Wednesday, May 8th at 10:00am

Join us to learn what contributes to malnutrition, its consequences and what to do about it! This session includes a three-question quiz to check your own nutrition status. Led by Tara Hammes, RD of the Massachusetts Councils on Aging, this lively session will share resources and ideas for next steps.

Please register for this workshop.

MEMOIRS OF AN ARABIAN PRINCESS FROM ZANZIBAR BY RITA PARISI

Wednesday, May 15th at 1:30pm

Rita Parisi created and stars in this fascinating performance about Salamah bint Said, 1844 Princess of Zanzibar where you will not only travel through history and different cultures and countries but will also transport your mind and heart of this beautiful princess who crossed so many borders. Thank you to the Ludlow Cultural Council. **Please register for this event.**

ANNUAL VOLUNTEER RECOGNITION

Wednesday, May 22nd

As a thank you for volunteering in **2023**, we will be holding our annual Volunteer Recognition. If you don't receive an invitation by May 10 and think you should have, please reach out to Heather. Thanks volunteers!

The Senior Center will be **CLOSED** on **May 13 and 27.**

"The Road to Retirement"

Tuesday evenings in May at 5:30pm

Four-part series for those looking to retire soon or who have just retired and are a bit lost on what to do. Each week we will have an expert discussing topics related to retiring. A series not to be missed.

Please REGISTER for each session.

Tuesday, May 7th: Medicare 101: Understanding Your Medicare Benefits and Options—Michele Chmura, SHINE representative. Topics include:

Medicare enrollment, drug coverage, how to avoid enrollment penalties, working after 65, and the difference between Medicare supplements vs. Medicare Advantage Plans.

Tuesday, May 14th: Taking Control of your Future: A Legal Checkup -

Atty. Gina Berry, Bacon & Wilson, PC

Learn about how to protect your home and assets, power of attorney and healthcare proxies, reverse mortgages, Homestead and Life Estates, and alternatives to nursing home care.

Tuesday, May 21st: Downsizing and "Stuff" -

Laura Kuhnel, licensed Realtor. When is the right time to sell? How to prepare your home for the market. Do you have equity in your home. What to do with all your "stuff"?

Tuesday, May 28th: Financial Planning for Retirement—Lisa Wegiel, Peoples Bank and Steve Lanier, Peoples Wealth Advisory Group—Come and find out several key areas of financial planning that may help you obtain a safe and secure retirement lifestyle.

PARADE NEWS...

The Ludlow Senior Center will be participating in the Ludlow 250th Parade on June 15th. Plans are underway and we hope to have a large contingency from the Senior Center. If you would like to walk and/or participate, please give your name and number to the Front Desk. Thank you!



Get to Know The Ludlow Senior Center

The Staff

Executive Director

Jodi Zepke
jzepke@ludlow.ma.us

Program Coordinator

Heather Jolicoeur
hjolicoeur@ludlow.ma.us

Activities Director

Maria Ardolino
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Outreach Coordinator

Debbie Johnson
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Receptionist

Naomi White

Clerk

Deb Borecki

Cook

Christine Toelken

Maintenance

Jorge Fialho

Dispatcher

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 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



SPOTLIGHT ON THE FRIENDS OF THE LUDLOW SENIOR CENTER BOARD OF DIRECTORS:

Stephanie Tyburski ~ Treasurer

Stephanie has been with the Ludlow Senior Center since 2011. She was minding her own business one day when a very pregnant Jodi pulled her aside and asked if she would be interested in filling in as Treasurer for the Friends Board. Stephanie works tirelessly as Treasurer and spends many days and hours per week painstakingly going over ledgers, bills, bank accounts, etc. When she isn't at the Center, she enjoys reading, trivia!, puzzles and old movies.

Stephanie is a lifelong resident of Indian Orchard.

Thank you Stephanie!

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 on Fridays. Thanks in advance!

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

ICE CREAM SOCIAL

Wednesday, May 29th at 10:30am

Come and check out the back patio with it's new furniture and enjoy a scoop of your favorite treat in a cone or bowl. The patio is open daily and a great place to sit and unwind!

MASSACHUSETTS EQUIPMENT DISTRIBUTION PROGRAM

Friday, May 31st, 10:00am-11:30am

A representative from Mass EDP will be here with information on the services they provide and how to access them. They will also have samples of new technology for those with vision and hearing impairments, from iPhones to caption phones. Stop by the Café and see what they have to offer.



May showers are here!!

Just a reminder to put your name on your **umbrella** and if it is wet, leave it closed in the vestibule. Just remember to take it home but only if it is yours!

MAY TRIP...

LUNCH BUNCH ~ DONAVAN'S

Thursday, May 9th leaving at 11:15am

Do you miss having Donovan's close by? This is your chance to visit their new location in Holyoke! Van is \$2.00 and lunch is on your own. **Sign up begins May 1st at 8:00am.**



INTAKE FORMS

Have you had a change in your address? 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!

HALLWAY HELP...

THANK YOU TO EVERYONE FOR NOT LINING UP FOR LUNCH BEFORE 10:45AM. I KNOW SOME PEOPLE ARE NOT HAPPY WITH THIS BUT IT IS THE FIRE CHIEF WHO ASKED US TO IMPOSE THE "RULE". PLEASE DO NOT BLOCK THE HALLWAY. IF YOU NEED TO STAND IN LINE, PLEASE STAND IN SINGLE FILE. AGAIN, THIS IS DIRECTION FROM THE FIRE CHIEF! IT IS A SAFETY HAZARD.

THANK YOU FOR YOUR COOPERATION!

Are you **volunteering** but not logging your hours on the kiosk? If we don't have hours logged for you, you will not be invited to the Volunteer Recognition. Interested in volunteering or don't know how to log your hours? See Heather. Thanks!

ACTIVITIES...

WATERCOLOR PENCIL CLASS

Monday, May 20th 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 ~ 10:00-11:00am

Trouble with your phone? Bring it in for computer help. Lap top or iPad questions...come to computer help! Sign up is appreciated.

DECORATING COMMITTEE

Tuesday, May 7th 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.

JEWELRY CLASS

Wednesday, May 1st ~ 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, May 1st 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, May 1st (last class until Fall)

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.

TED TALK HOUR

Wednesday, May 29th at 1:00pm

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

MAY PAINTING WITH SUNSHINE VILLAGE

Thursday, May 23rd 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, May 2nd, 16th and 30th at 2:00pm

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

FISHING CLUB

Thursday, May 23rd at 1:00pm

Want to go fishing or learn about area fishing holes? Come to a meeting! New and seasoned members welcome!

BOOK CLUB

Thursday, May 23rd at 2:00pm

***Hello Beautiful* by Ann Napolitano**

June: Findlay Donovan is Killing It by Elle Cosimano

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

TRIVIA

Friday, May 31st 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!

BINGO

Tuesdays at 1:30pm

Try your luck at this fun game of chance!

GARDEN CLUB

Wednesdays at 8:00am or Rain Days on Fridays at 8:00am

Green thumbs not required. Join the Garden club if you'd like to help keep the landscape around the Center looking as good as it does. The Club is always looking for more green thumbs!

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.

REGISTRATION REQUIRED CLASSES...

BOOMER BOOTCAMP (CLEAN SNEAKERS PLEASE!) 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

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***

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.

EXERCISE ROOM

Monday—Friday 8:00am—3:00pm

Fitness Room Instruction Wednesdays 8-10am 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 NOTE ...YOU MUST BRING CLEAN SNEAKERS TO USE THE FITNESS EQUIPMENT.**
PLEASE HELP US PROTECT THE EQUIPMENT.

FITNESS ADVISOR BY APPOINTMENT

Fridays, 9:00am-11:00am

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.

MEETINGS...

VETERANS SERVICES

Friday, May 24th at 11:00am

Eric will be here to meet with you concerning at Veteran issues or services. Eric will also be collecting old American flags to dispose.

FRIENDS OF THE LUDLOW SENIOR CENTER

Thursday, May 9th 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, May 9th at 10:30am in the Corner Café

Stop by and discuss items that are important to you.

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 and clean shoes!** \$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

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.

COUNCIL ON AGING BOARD MEETING

Wednesday, May 15th 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, May 20th 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...

MOTHER'S DAY LUNCH

Friday, May 10th at 11:00am

Moms, step-moms, fur-moms, sisters, aunts and all women, join us for a celebration of YOU and how special we all are! Joe Pereira will be here to entertain us beginning at 11:00am.



Reservations required.

BIRTHDAY LUNCH!

Thursday, May 16th at 12noon

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



MEMORIAL DAY LUNCH

Friday, May 24th at 11:30am

Memorial Day is a day of remembrance and reflection of who we are because of the sacrifice of others. Join us and Eric Segundo, Veterans Agent as we pay tribute to all who have sacrificed for our freedom. If you have old flags, please bring them to give to Eric for proper disposal.



Reservations required
Lunch is on us for Veterans

MOVIES...

April 30 5:00pm

May 1 1:00pm

Red Dust PG-13 1932

On a rubber plantation in French Indochina during monsoon season, plantation owner, Clark Gable, a prostitute, Jean Harlow, and the lovely dignified upper-class wife of an engineer, Mary Aster, are involved in a love triage.
82 min

May 7 5:00pm

May 8 1:00pm

Guilt Trip PG-13 2012

Starring, Barbara Streisand and Seth Rogan, an inventor of a new cleaning product. This film is a road comedy, headed from New Jersey to Las Vegas. Along the way they have fun adventures.
95 min

May 14 5:00pm

May 15 1:00pm

The Magnificent Seven PG-13 1960

Starring Yul Brenner, Charles Bronson, Steve McQueen, James Coburn, Eli Wallach and Horst Buchholz. is an American Western. It is the story of seven gun fighters hired by a poor Mexican farming community to drive away thieving bandits.
82 min

May 21 5:00pm

May 22 1:00pm

Taking Chance 2009

This tear-jerker starring Kevin Bacon, is a true story based on U.S. Marine Chance Phelps, who served in Operation Iraqi Freedom. Phelps was killed in Iraq, as the convoy he was escorting came under heavy fire.
77 min

May 28 5:00pm

May 29 1:00pm

Blackboard Jungle R 1955

A World War II veteran settles into a teaching position at a NYC boys school and soon realizes that the students are not only rowdy, but down right dangerous. Glenn Ford, Sidney Poitier and Vic Morrow. 115 min

OUTREACH...



The Food Bank
of Western Massachusetts

BROWN BAG PROGRAM

Tuesday, May 21st 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. **Bags need to be picked up on the 21st between 1:00pm and 3:00pm. We cannot hold bags. Thank you!**

SHINE PROGRAM

People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay for health care costs. Call 583-3564 to make an appointment with our SHINE counselor!

Get Help Paying Medicare Costs

Apply to the Medicare Savings program now to save up to \$3,000 a year on Medicare costs.

The Medicare Savings Program will pay for some or all of your Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, the Medicare Savings Program will pay for your Medicare Part B premiums, as well as lower your prescription costs.

If your income is at or below \$2,824 a month for singles, or \$3,833 per month if you are married, you qualify. As of March 1, 2024, there is no asset limit.

This is not an insurance plan.

If you have questions or would like to apply for the Medicare Savings Program call Debbie at 413-583-3564.

SUPPORT...

BETTER TOGETHER

Mondays, May 6th and 20th at 1:00pm

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, May 17th 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

Sponsored by the Executive Office of Elder Affairs

THE FORGET-ME-NOT CIRCLE

Friday, May 24th 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

Tuesdays at 10:30am

If you have ever been interested in mindfulness and meditation, this class is for you. The benefits of mindful meditation are calming 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

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.

MOBILE DENTAL HYGIENE SERVICES OF WESTERN MASS

Wednesday, May 8th by appointment

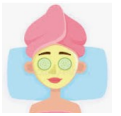
Manda Day, RDH will be here by appointment to provide dental services. Services include blood pressure screening, dental screening, oral cancer screening, dental education, teeth cleaning, polishing; denture cleaning and inspection.

- Dental cleaning with 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, May 22nd 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. ***June appointments are available beginning May 1st***



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 May appointments begin May 1st**(We know appointments fill up quick. Please add your name to the wait list if you are unable to book an appointment.)**



HEARING CLINIC WITH HERITAGE HEARING

Thursday, May 16th ~ 12:30pm-3:00pm

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



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.

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, May 9th at 10:30am
All welcome!



DONATIONS HAVE BEEN MADE:

In memory of Ezaura Nunes:

- Mary Coelho

In memory of Frank Bernini:

- Hyman Darling

In memory of Donald Cameron:

- Gilbert Myette

In memory of Michael Yu:

- Bonnie Fonseca

In memory of Bill Dearden:

- Geraldine Dearden

In memory of Norman Bourdeau:

- Virginia Bourdeau

In memory of Julie Perreault:

- John Boland & Florence LeBlanc
- Etta Brockney

In memory of Idalina Oliveira:

- Etta Brockney

In memory of Pat Taft:

- Carole Kareta
- Etta Brockney
- Beverly Zull
- Helen Grabowski
- Miriam Stone

General donations:

- Richard Tremblay
- Stanislaw & Marilyn Peczka
- Georgette Laios

COMING IN MAY

FREE Drive Thru

SHREDDING EVENT

Saturday, May 18

9:00 AM 'til 11:00 AM

**Ludlow Senior Center,
228 State St., Ludlow MA**

Limit 5 bags/paper-boxes per car



The Public is invited to securely dispose of private info



All shredded material will be recycled



Sponsored by The Friends of Ludlow Senior Center

Big Y in LUDLOW has chosen the Friends as their designated charity for the May Community Bag Program. The Friends will receive \$1 for every Community Giving Bag that is purchased in May. This is a good time to replace your old bags and support the Friends!



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 AND LEARN ~ “SNACKING: THE GOOD, THE BAD AND THE UGLY” presented by Kathy Jordan, Big Y Consulting Dietitian ~ Wednesday, May 22nd at 12:00pm ~ Did you know that not all snacking is bad for your health? Many of us don't pay attention to our snacking habits. Learn which types of snacking patterns and eating styles affect digestion, overall health and nutrition. ***Please register for this session.***

GET YOUR LIBRARY CARD! ~ Monday, May 20th, 9:30am to 10:30am ~ Olivia from the Hubbard Memorial Library will be here to help you get a library card. Drop by, get your card and learn all the ways you can use it! Please bring a photo ID.

TUESDAY EVENINGS ...

EVENING JEWELRY! ~ WILL BE BACK IN JUNE!

CREATIVE CORNER WITH TAMMY!

Tuesday, May 14th at 4:30pm

Join Tammy to make a forget me not arrangement. Cost is \$5.00.

Registration required beginning May 1st.

“SOUPER” SUPPER TUESDAY

Tuesday, May 28th, 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!

TRIVIA!

Tuesday, May 21st 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!

Play an instrument?
Please see Heather for a fun opportunity!

MOVIES!

Every Tuesday at 5:00pm

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

POWER PUMP EXERCISE CLASS!

Every Tuesday at 4:30pm

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

CENTER TRANSPORTATION

Tuesdays, 4:00pm-7:00pm

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

“THE ROAD TO RETIREMENT”

**4 PART SERIES ON GETTING READY TO RETIRE.
TUESDAYS, MAY 7, 14, 21 AND 28 AT 5:30PM. SEE
PAGE 1 FOR MORE INFORMATION!**