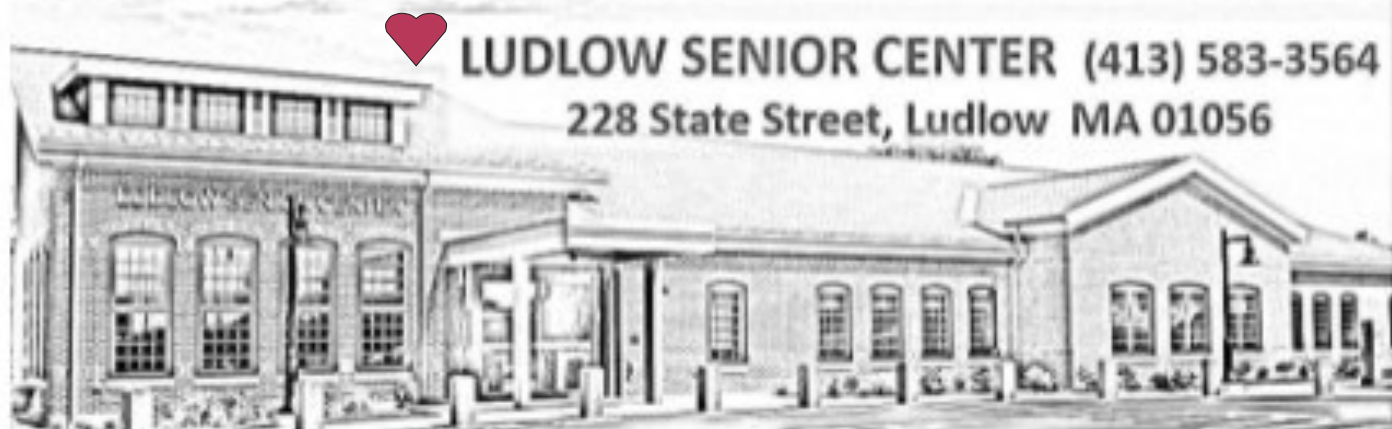


THE SENIOR SCENE ~ FEBRUARY 2025



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

SPECIAL EVENTS...

MASSACHUSETTS MUNICIPAL WHOLESAL ELEC TRIC COMPANY (MMWEC)

Wednesday, February 5th ~ 10:00am-11:00am

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!

Sign- up appreciated

NATIONAL WEAR RED DAY

Friday, February 7th all day

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.

HAVE A HEALTHY HEART

Friday, February 21st at 10:00am

Angela Kramer from the Ludlow Health Department will be here to present on keeping our hearts healthy. She will cover managing your blood pressure and discuss cholesterol, healthy eating and others ways to keep our heart healthy and strong. ***Sign up appreciated***

BE OUR FRIEND!

Friday, February 21st in the Café

Stop by the Café to learn how to help the Center by joining the Friends of the Ludlow Senior Center. Representatives from the Friends will be here to answer questions and provide information on becoming a Friend!

ART WALL ~ ARTISTS WANTED!

Each month, we feature an artist in the exercise hallway and their beautiful work is on display all month. We would love to show your work. Simply call the Center and sign up for a month.

Jammin' with Jodi...

How is it that it is already February?? I love to think of it as a short month getting us closer to Spring! Read the entire newsletter because once again, we have a lot happening at the Center!

In February, we are really trying to educate all about the Friends of the Ludlow Senior Center. I think sometimes people are confused by who the

Friends are and what they do. The Friends are a 501 3c non-profit organization that raises funds to support the Senior Center. The Senior Center's general fund for FY25 is \$107,800. That is it. We have one of the largest departments with one of the lowest budgets. Most of that (\$91,000) is for our nutrition program and fuel for the vans. Any program, activity, event and even some supplies are supported by the Friends of the Ludlow Senior Center, State Formula Grant or volunteers. The Friends subsidize our exercise programs so that they are affordable for all. They pay for most of the entertainment, party supplies and desserts for special occasions. The Friends pay for the fertilization of our lawn, shredding events and part of not one, but two Center vans! By being part of the Friends, you get to help create, organize and participate in some really fun activities that support the Center. Please stop by and visit the Friends on February 21st in the Café.

See what they are all about and learn how you can be part of this fun organization!

The staff and I would like to thank everyone who thought of us during the holidays. Thank you all for the cards, well wishes, treats and tokens. We all appreciate you and look forward to the year ahead! Remember that it is LOVE month so show some love when visiting the Center this month!

♥ Jodi Lepke

Send a Valentine message to someone you love, appreciate, or to someone who needs a smile. Give your messages to Heather and it will be displayed on the screen in the Corner Café!

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: February 19th at 4:30pm

FEBRUARY TRIPS:

LUNCH BUNCH ~ MASSE'S AMERICAN BISTRO

Tuesday, February 11th at 11:00am

Calling seafood lovers! We are headed to Masse's in Chicopee. They have recently renovated so we are going to check it out! Van is \$2.00 and lunch is on your own. *Sign up begins February 3rd at 8:00am.



ERIC CARLE MUSEUM

Wednesday, February 19th at 9:00am

Join us as we take a trip to Amherst for a private tour of the beautiful Eric Carle Museum of Picture Book Art! We will then stop for lunch at Atkins. Museum is \$8.00, \$2.00 for the van and lunch is on your own. *Sign up begins February 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!!!



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!~

SUPER BOWL FUN!

Friday, February 7th at 10:30am

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



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!

DON'T FORGET TO SCAN

Please remember to scan in to the kiosk with your Senior Center pink card each time you enter the Center. This helps us track programs and interests and helps us secure funding. If you forget your card, no worries, we will help you sign in without it!

Ludlow
Senior Center

ACTIVITIES...

WATERCOLOR PENCIL CLASS

Mondays, February 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 February ~ 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, February 12th at 9:00am

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 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, February 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!

TED TALK HOUR

Wednesday, February 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!

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.

THE WRITERS BLOCK

Thursdays, February 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, February 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, February 27th at 2:00pm

Angle of Repose by Wallace Stegner

March: *Code Name: Lise* by Larry Loftis

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

DECORATING COMMITTEE

Friday, February 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

RETURNS IN MARCH!

CHAIR VOLLEYBALL...

The Hubbard Memorial Library is hosting Chair Volleyball each week! Join them on **Thursdays at 1:30pm** 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!

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!

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.

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 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

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, February 13h at 10:30am

The Friends play a 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, February 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 on 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, February 13th at 10:30am in the Corner Café

Stop by and discuss items that are important to you.

REPRESENTATIVE SAUNDERS OFFICE HOUR

Monday, February 24th 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!


FEBRUARY 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
3 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Music Class (RR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	4 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)	5 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:00am: Tea with TA (Café) 10:00am: MMWEC Presents (RR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:30pm: Healthy Bones (FS)	6 8:45am: Foot Care appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	7 8:45am: Boomer Bootcamp (FS) 9:00am: Fitness Advisor by appt 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Magic (Café) 1:00pm: Decorating Group (AC)
10 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Music Class (RR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)	11 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 11:00am: Lunch Bunch 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)	12 9:00am: Jewelry (RR) 9:00am: Ceramics (AC) 9:00am: Mobile Dental (WC) 10:00am: Opera (CR) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	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)	14 8:45am: Boomer Bootcamp (FS) 9:00am: Fitness Advisor by appt 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Magic (Café)
17 CENTER CLOSED (Presidents' Day)	18 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Brown Bag pick up (RR) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)	19 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 9:00am: Eric Cartle Museum 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 4:30pm: COA Meeting (CR)	20 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:30pm: Hearing by appt (AC) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	21 8:45am: Boomer Bootcamp (FS) 9:00am: Fitness Advisor by appt 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 1:00pm: Guidance by Li (RR) 1:00pm: Ceramics (AC) 1:00pm: Magic (Café) 1:00pm: Healthy Bones (FS)
24 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Music Class (RR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:00pm: Limitless Legends (CR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)	25 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)	26 9:00am: Facials by appt (WC) 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:00am: Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: TED Talk hour (CR)	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)	28 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki (SO) 9:00am: Fitness Advisor by appt 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Magic (Café) 1:30pm: Forget Me Not (CR)
FS = Fitness Studio AC = Arts & Crafts CR = Conference Room GR = Great Room SO = small RR = Game Room office WC = Wellness Center BR= Billiards Room			Friday the 7th continued: <ul style="list-style-type: none"> Wear Red Day—Café Superbowl snacks—Café @ 10:30am 	Friday the 21st continued: <ul style="list-style-type: none"> Be Our Friend—Café Healthy Heart Presentation @10:00am

FEBRUARY 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 Stuffed Shells Side salad	4 Kielbasa Lazy pierogi Beet salad	5 Cowboy burger Macaroni salad Sweet potato fries	6 Rueban casserole Side salad	7 Eggplant parmesan Pasta Garlic bread
10 Walnut-crusted salmon Wild rice Green beans	11 Taco Salad	12 Lunch & Learn! Beef stroganoff Egg noodles Carrots	13 Vegetable chili Corn bread	14 Valentine's Lunch! Stuffed pork chop Scalloped potatoes Mixed vegetables
17 CENTER CLOSED (Presidents' Day)	18 Macaroni & cheese Stewed tomatoes	19 Crab cake Tater tots 3 bean salad	20 Birthday Lunch! Ranch chicken Au gratin potatoes Broccoli	21 Loaded baked potato Must-go soup
24 Shepherd's pie Biscuit	25 Chicken patty sandwich Lettuce & tomato Fries & pickle	26 Spaghetti with meat sauce Garlic bread	27 Southwest chicken salad	28 Baked cod Rice pilaf Peas
<div style="border: 2px solid black; padding: 5px;"> <p>NO SHOWS = If you are a no show more than once, you will be billed \$5.00 for the lunches you have missed and will not be able to sign up for more lunches until the bill is paid. Please cancel if you cannot make it!! Thank you!</p> </div>				<p>Coming March 4th... Mardi Gras Celebration!</p> 

SPECIAL LUNCHES...

VALENTINE'S DAY LUNCH!

Friday, February 14th at 11:00am

Come celebrate LOVE day with us! Tre' Johnson will be here to entertain us! Tre' has been singing for over 40 years and is a singer in a band, Downtown 6. We are excited



to have Tre' join us for L-O-V-E Day! Remember, you are never too old for love! ***Reservation required***

~Sponsored by the Friends of the Ludlow Senior Center~

BIRTHDAY LUNCH!

Thursday, February 20th 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***



LUNCH & LEARN ~ AARP

ADAPTING & TRANSITIONING AS WE AGE
Wednesday, February 12th at 12noon

This presentation is about how we can best navigate constant change so that we can continue to enjoy our lives and our loved ones. We will discuss the importance of developing a personal management system that may make you feel more secure and comfortable and have more time and energy to deal with the numerous aspects of rapid change in your life.

Reservation required

(Please be sure to sign up for "lunch & learn").



MOVIES...

February 4 4:45pm* & February 5 1:00pm
Maria 2024 R

The film stars Angelina Jolie as legendary opera singer Maria Callas and follows the seven days before her death in 1977 Paris, as she reflects on her life and career. 123 min

February 11 4:45pm* & February 12 1:00pm
Office and A Gentleman 1982 R

Loner Zack Mayo (Richard Gere) enters Officer Candidate School to become a Navy pilot and in thirteen torturous weeks he learns the importance of discipline, love and friendship. 124 min

February 18 5:00pm & February 19 1:00pm
Martha 2024 R

This documentary film explores Martha Stewart's life from her teenage years to her status as America's first self-made female billionaire. The film includes interviews with Stewart and people close to her. 113 min

February 25 4:45pm* & February 26 1:00pm
Cabaret 1972 PG

"Cabaret," a musical that tells the story of a nightclub in Berlin during the rise of fascism. The leading lady, Sally Bowles played by Liza Minnelli, is a performer at the Kit Kat Club and often performs provocative and bawdy songs and becomes part of a love triangle. 123 min

OUTREACH...

Are you 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 and more. Here are some examples of nutrition assistance programs. Contact the Center to make an appointment with Debbie at 413-583-3564 or e-mail outreach@ludlow.ma.us for more information.

SNAP:

INCOME GUIDELINES:

1 person household—\$2,510.00
2-person household—\$3,407.00
If your monthly gross income is below these limits, you may qualify and there is no asset test. SNAP provides a monthly supplement for purchasing nutritious food. Participants must complete an application and meet

monthly income guidelines.

Brown Bag:

INCOME GUIDELINES:

1 person household—\$2,510.00
2-person household—\$3,407.00
Households that participate in the following programs also meet the income requirement for the Brown Bag: SNAP (formerly Food Stamps), Medicaid (MassHealth), Supplemental Security Income (SSI), Fuel Assistance or Veteran's Aid. All individuals must also meet the age requirement to participate in the Brown Bag program.

Brown Bag is a free bag of groceries once a month in conjunction with the Food Bank of Western MA. Participants must be 55 or older and meet monthly income guidelines.

BROWN BAG PROGRAM

Tuesday, February 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 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.**



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, February 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, February 21st at 1:00pm

Tuesday, February 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, February 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

Fridays at 10:00am ONLY (TUESDAY BLOOD PRESSURES WILL RETURN IN MARCH)

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, February 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.

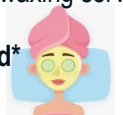
- Dental cleaning of your own teeth is \$75 and includes removal of plaque, tartar and other debris from the patient's teeth with autoclavable instruments.
- Dental cleaning with dentures is \$30 includes inspection and cleaning of dentures.
- Fluoride treatment is also available for \$25.
- If you have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

FACIALS WITH DIANE

Wednesday, February 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 February 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 February appointments begin February 3rd** (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, February 20th by appointment

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 February 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.

DONATIONS HAVE BEEN MADE:

In memory of Dolores Supernaw:

- Karen & Debbie Ordynowicz
- Susan Gavin
- George & Valerie Goncalves
- Thomas & Cynthia Rodrigues
- Gretchen Van Emburgh
- Donna Kendall
- William & Pamela Prophet
- Josephine Dimauro
- The Nolan Family
- Miriam Stone
- Monica Cabral

- Mary Esteves
- Sandy & Dave Lombard

In memory of Raymond Serrenho:

- Lynne & Alan Wallace

In memory of Lawrence Andre, Marilyn Charwick and Richard Fijal:

- Janice & Don Grimaldi

General donations:

- Richard & Dianne Rodricks
- Richard Trembley
- Derek DeBarge

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 13th at
10:30am**



FRIENDS NEWS...

- The Friends goal for 2025 is to get more people involved in our organization, our fundraisers and other events. We welcome your suggestions for Friends events or ideas how we can be of more service to the Center. On February 21st, the Friends will be in the Café serving coffee and snacks. We'll also be sharing information about our Organization and answer any questions you might have. Any older adult is welcome to join The Friends of the Ludlow Senior Center. There are no fees or dues, just a desire to help us provide services to the Center!
- January raffle calendars: Raffle winners are posted on the Friends bulletin board across from the Boutique and on the Friends Facebook page. Congrats winners!
- Friends Scholarship Program: The Friends scholarship program has returned for 2025. We are offering three scholarships to high school seniors who reside in Ludlow. Eligibility and applications are available at the Center's front desk, the Ludlow high school guidance office, on the Friends Facebook page and on the Friends website: www.friendsofludlowseniorcenter.com.
- Boutique info: Please double check the condition of your items before donating. Thanks!

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...

- 2025 Census: Reminder to return your 2025 Annual Town Census form!
- 2025 Annual Town Election, March 24, 2025: The last day to register to vote is March 14, 2025. Vote by Mail applications are available for all registered voters on the town website or at the Town Clerk's office. The last day to request a vote by mail application is March 17.

Deliver to:

TUESDAY EVENINGS

EVENING JEWELRY

Tuesday, February 11th at 4:30pm-6:30pm

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

CREATIVE CORNER WITH TAMMY!

Returns in March!

"SOUPER" SUPPER TUESDAY

Tuesday, February 25th ~ 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 February movies and start times!**

TRIVIA!

Tuesday, February 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!

GUIDANCE BY LI COMFORT AND GRIEF SUPPORT

Tuesday, February 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!