

THE SENIOR SCENE ~ AUGUST 2026

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



SPECIAL EVENTS IN AUGUST...

HEALTH DEPARTMENT INFORMATION TABLE

Friday, August 7th at 10:00am

Stop by the Corner Café and visit with the Ludlow Health Department. The Ludlow Health Department assesses and addresses the needs of the community in order to help protect and improve the health and quality of life of residents and visitors. The Health Department protects not only the public's health but the environment and natural resources. Stop by with any questions and say hello!

THE MUSIC OF JAMES TAYLOR

Monday, August 10th at 10:00am

Enjoy a fascinating look at the life and music of legendary singer-songwriter and Massachusetts resident James Taylor, presented by Eric Bascom with live guitar and vocals. Explore Taylor's journey from his childhood in North Carolina and summers on Martha's Vineyard to his rise as a folk musician, his first album on Apple Records, and his lasting influence on American music. Along the way, Eric will perform many of James Taylor's best-loved songs.

Registration required.

PROTECT YOURSELF FROM MEDICARE FRAUD

Friday, August 14th at 10:00am

Come meet Gina Kelly from the Massachusetts Senior Medicare Patrol (SMP) Program and participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. This **free** informational workshop will provide you with the tools to become a more informed and engaged health care consumer, by better understanding the importance of protecting your Medicare number, and important steps to take if you become a victim of Medicare fraud or other scams. ***Registration required.***

HEALTHY SKIN, HEALTHY AGING: UNDERSTANDING WOUND CARE

Monday, August 17th at 10:00am

As you age, you become more susceptible to a variety of wounds including diabetic foot ulcers, venous ulcers, and pressure wounds. Meet members from NEWCare, New England Wound Care, and learn how to prevent, treat and manage acute and chronic wounds. We'll also discuss helpful tips for ostomy management. Please bring your questions! ***Please register***

PAPER FLOWER WORKSHOP

Thursday, August 20th at 1:00pm

Join us for a fun and creative afternoon making beautiful paper flowers! All flower pieces have been pre-cut using a Cricut machine, and you'll receive guidance to assemble them with a hot glue gun. No experience is needed. By the end of the class, you'll have a colorful bouquet of 4-6 handmade flowers to brighten your home!

***Registration required beginning August 3rd at 8:00am**

THE BLUE ZONES

Friday, August 21st at 10:00am

Discover the secrets of the world's Blue Zones. Regions where people consistently live longer, healthier, and more fulfilling lives. This engaging presentation explores the common lifestyle habits that contribute to exceptional longevity, including nutrition, movement, purpose, social connection, and stress management. You'll leave with practical, evidence-based strategies that can be incorporated into everyday life to support healthy aging and overall well-being. Whether you're planning for the future or simply looking to improve your quality of life, this session offers inspiration and actionable tips for living your healthiest life.

*** Please register for this workshop.***

DRONE BASICS: LAWS, SAFETY & ARIEL PHOTOGRAPHY

Friday, August 28th at 10:00am

Join Dave Sady and learn how drones are changing the way they work and more. This presentation covers FAA drone certification, drone laws, airspace rules, public safety uses, and concludes with a beautiful aerial video and photo presentation.

Please Register.

STRAWBERRY SHORTCAKE WITH CAREONE

Monday, August 31st at 1:30pm

CareOne is back with another tasty treat! Weather permitting, they will be serving on the back patio. No sign-up necessary, just stop on by!



"Like" us on Facebook and never miss a thing!

Get to Know The Ludlow Senior Center

The Staff

Executive Director

Jodi Zepke
jzepke@ludlow.ma.us

Assistant Director

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hjolicoeur@ludlow.ma.us

Outreach Coordinator

Sheila Rubin
srubin@ludlow.ma.us

Activities Director

Maria Ardolino
activity@ludlow.ma.us

Administrative Assistant

Merrill Shepard

Clerk

Deb Borecki

Cook

Christine Toelken

Maintenance

Dennis Frodema

Dispatcher

Jack Alves

Van Drivers

Tom Godek
John Garcia
Mike Lebel



Activity Assistant

Lorrie Bobé

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

CORNER CAFÉ FUN... CAFÉ HOURS 8:00AM-11:00AM

THE HYDRATION STATION IS OPEN! LEMONADE AND FRUITED WATER WILL BE AVAILABLE IN THE CORNER CAFÉ. STOP IN AND QUENCH YOUR THIRST! REMEMBER TO BRING YOUR OWN REFILLABLE WATER BOTTLE.

Want to feel like you are on vacation or just need a quiet place to read and relax? Visit our patios! The front patio is a great place to have coffee and watch the world go by. It is shaded most of the day, too! The back patio is quiet and tranquil. Grab a comfy chair or a rocker and enjoy the peace and quiet. There is a new sail to provide coverage from the sun. Read, nap or visit with friends. Both spaces are a wonderful addition to the Center! Try them out!

FLAVORS OF SUMMER

Wednesday, August 19th at 10:30am

Swing by the Corner Café and enjoy the flavors of summer with a fresh fruit kabob! Summer will soon be coming to an end so let's hang on to it as long as possible!

AUGUST TRIPS.....

OLD STURBRIDGE VILLAGE

Thursday, August 13th at 9:00am

We are heading back in time and visiting Old Sturbridge Village as we celebrate 250 years of America! The cost is \$25.00 plus \$2.00 for the van.



LUNCH BUNCH ~ THE GRILLE @ WCC

Tuesday, August 25th at 11:30am

We are heading over the bridge to the Wilbraham Country Club for lunch at The Grille. Have lunch on the covered patio or inside the

Council on Aging Board

Diane Peacey- Chair

Bob Mishol- Vice Chair

Karen Martin- Secretary

Fernando Barroso- Treasurer

Rosalind Forti- Member

Kara Ribeiro- Member

Helen Grabowski- Member

John DaCruz- Member

Bob Radowski- Member

Debbie Potter- Member

Phil Tierney- 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 55 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

FITNESS CLASS SIGN-UPS ~ PLEASE READ!

We understand that registering for popular classes, especially Boomer Bootcamp and Healthy Bones, can sometimes be frustrating. On Thursdays at 9:00am and 1:00pm, our phones ring nonstop, and classes are often full within just a few minutes. Our fitness studio can safely accommodate only 30 participants, and opening registration at the same time each week gives everyone an equal opportunity to secure a spot. Please know that our staff does their very best to answer every call and process registrations fairly.

With more than 100 calls coming in within a matter of minutes, mistakes can happen. We ask for your patience and kindness if you are unable to sign up for a class or are wait listed. If you get the voice mail when you call, **PLEASE** leave a detailed message, hang up and then **DO NOT call** right back. The message is time-stamped and calling back only jams the phones even more.

We often hear "just add another class". We wish it was that easy. We need to secure an instructor, fit it into our schedule and figure out how to pay for it. No classes at the Senior Center are paid for using tax-payer money. We have many activities going on at once and we must schedule for all, not just the exercise classes. We have made some changes internally with class sign-ups and it seems to be helping. It will never be perfect but we are doing the best we can. Just a reminder that we have 13 exercise classes each week (52 each month) so if you are unable to get into your desired class, please consider trying a different one. You never know, you may love a new class! Thank you for your continued patience and understanding!



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



ACTIVITIES...

FISHING CLUB

Monday, August 3rd at 1:00pm

The Fishing Club is a great way to relax, connect with others and enjoy the outdoors. Whether you're an experienced angler or just curious about giving it a try, all are welcome to join. The group shares tips, favorite local fishing spots and plenty of stories!

WATERCOLOR PENCIL CLASS

Mondays, August 10th & 24th at 1:30pm

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

JEWELRY CLASS

Wednesday, August 5th ~ 9:00am~11:00am

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

TEA WITH THE TA

Wednesday, August 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.

TED TALK HOUR

Wednesday, August 26th at 1:00pm

After watching a short TED Talk, Jodi will lead a lively and engaging group discussion. Come check it out! Sign up appreciated.

FUN WITH OPERA! ~ SEE YOU IN SEPTEMBER!

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.

COMPUTER HELP

Mondays in August at 10:00am

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

BILLIARDS

9-Ball on Mondays: 12:30pm-4:00pm; **Round Robin** on Tuesdays: 12:30pm-4:00pm, Wednesdays and

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

SCRABBLE

Mondays at 1:00pm

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

PITCH

Mondays at 1:15pm

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

THE WRITERS BLOCK

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

Use your words! Explore creative writing and journaling in this uplifting class designed to boost mental health, mood and memory. Drop ins welcome. Try a new class and join us!

PAINTING WITH SUNSHINE VILLAGE

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

The Shell Seekers by Rosamunde Pilcher

Sept: *The Thirteenth Tale* by Diane Setterfield

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

TRIVIA

Friday, August 7th 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!

DECORATING COMMITTEE

Friday, August 7th at 1:00pm

Come help us decorate the dining room and discuss decorations and center pieces for our big lunches. New members welcome as we need help preparing for large lunches!

Newsletter....*The cost of having the newsletter mailed to you is \$9.00 per year. Or, if we have your e-mail address, you will receive it in your 'inbox' each month for FREE!*

QUILTING GROUP

Tuesdays at 9:00am

Come create and show off your masterpiece, learn a new technique or simply enjoy time with friends.

CRIBBAGE

Tuesdays at 10:00am

Come play this game that involves grouping cards to accrue points which move you further along on the Cribbage board.

BINGO

Tuesdays at 1:30pm

Try your luck at this fun game of chance! Join us for **FRIENDLY** games of bingo! **NO** snacks please!

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 12:45pm

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

EXERCISE...

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

Please remember to **cancel** your class reservation if you are unable to attend. Most classes have a waitlist and your cancellation allows someone else to join. As a reminder, frequent no-shows will result in a temporary suspension from signing up for classes. Thank you for being considerate!

REGISTRATION REQUIRED CLASSES...

BOOMER BOOTCAMP

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

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

Registration required Please bring clean sneakers!

HEALTHY BONES & BALANCE

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

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

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!**

SWING YOUR PARTNER!

Tuesdays at 1:00pm

Grab a partner (or come alone) and join our Couples Western Dance Class! Learn fun basics like two-step and swing in a relaxed, friendly setting. Come ready to dance! Now is your chance to learn and have fun! \$1.00 donation is appreciated. **Please bring clean shoes!**

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, August 13th at 10:30am

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

COUNCIL ON AGING BOARD MEETING

Wednesday, August 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....

FLEXIBILITY, BALANCE & CORE **NEW CLASS**

Mondays at 1:30pm

Improve your flexibility, balance, and core strength in this fun and supportive class. These exercises can help prevent injuries, improve posture, and make everyday movements easier by increasing your awareness of how your body moves and stays balanced. **Please bring a mat!**

Class is NOW \$2.00 or a punch from your punch card.

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.

ZUMBA GOLD

Wednesday at 8:45am

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

TAI CHI

Thursdays at 9:00am (last class of the month is a sword demo)

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

ACTIVE YOGA

Thursdays at 2:30pm

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

EXERCISE ROOM—SEE BELOW!

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!**

SENATOR OLIVEIRA OFFICE HOUR

Thursday, August 13th at 10:30am in the Corner Café

Stop by and discuss items that are important to you.

REPRESENTATIVE SAUNDERS OFFICE HOUR

Monday, August 17th at 10:30am in the Corner Café

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

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

AUGUST LUNCH & LEARN ~

EDUCATION AGAINST SENIOR EXPLOITATION (E.A.S.E.)

Wednesday, August 12th at 12:00pm

Learn how to protect yourself from scams and financial exploitation. Presented by Assistant District Attorney Nina Vivenzio from Hampden District Attorney Anthony Gulluni's Office, this program will cover the latest telephone, mail, internet, and door-to-door scams. You'll learn practical tips and information to help recognize warning signs and avoid becoming a victim. Information you don't want to miss!

Registration for Lunch & Learn required.

AUGUST BIRTHDAY LUNCH

Thursday, August 20th at 12noon

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

Reservation required



3RD ANNUAL SENIORSTRONG HEALTH AND EXHIBITOR FAIR COMING IN SEPTEMBER!

Join your friends and neighbors for this community event featuring exhibitors from a wide range of local businesses and partnerships. Hope to see you there!

MOVIES... (**Early start time!)

August 4th @ 5:00pm & August 5th @ 1:00pm

The Old Man and the Sea 1958 PG

Ernest Hemingway's Pulitzer Prize story about a fisherman's pursuit of an elusive marlin with Spencer Tracy in a monumental performance. 86 min

August 11th @ 5:00pm & August 12th @ 1:00pm

Bad Education 2020 16+

A respected Long Island school superintendent (Hugh Jackman) and his assistant (Allison Janney) turn up in a massive embezzlement scheme. Based on a true story. 108 min

August 18th @ 5:00pm & August 19th @ 1:00pm

August Rush 2007 PG

August is a young eleven-year-old boy who makes a living as a street musician under the guardianship of a mysterious stranger. An orphan by accident, he will try to use his exceptional musical talent to finally find his parents. 114 min

August 25th @ 5:00pm & August 26th @ 1:00pm

Best Friends 1982 16+

Academy Award winner Goldie Hawn stars with Burt Reynolds in this romantic comedy about a pair of successful Hollywood screenwriters who write, live and love together. Now, after years of cohabitation, the urge to marry strikes the two Best Friends. But things suddenly change for the worse after the wedding when the newlyweds meet each other's families. Now can husband and wife find a way to save their marriage? 108 min

ATTENTION BROWN BAG RECIPIENTS.....

The Food Bank of Western Massachusetts has requested that all current Brown Bag recipients complete an updated registration form. If you did not receive a new form at your last pick up, please see Sheila or Merrill for a new one and please be sure to return it.

Thank you!



OUTREACH...

SNAP BENEFITS

SNAP (Supplemental Nutrition Assistance Program) helps eligible individuals and families purchase healthy food and groceries. Benefits are provided monthly through an Electronic Benefit Transfer (EBT) card that can be used at participating grocery stores, farmers markets, and other approved retailers.

Need help with SNAP? Sheila can assist with:

- [New SNAP applications
- [Existing SNAP cases and questions
- [SNAP renewals and recertification
- [Updating information and reporting changes
- [Understanding eligibility requirements and benefits

If you or someone you know may qualify for SNAP, assistance is available to help navigate the application process and ensure benefits continue without interruption. Make an appointment with Sheila today. 413-583-3564.

SHINE PROGRAM by appointment



The SHINE (Serving the Health Insurance Needs of Everyone) Program offers **free health insurance information and counseling** to all Massachusetts residents with Medicare and their caregivers. If you have Medicare, you can meet with a SHINE counselor to review your benefits, explore your coverage options and learn about programs that might help lower your health care costs—especially if you have limited income. To apply for Medicare, please visit www.medicare.gov. To schedule an appointment with one of our SHINE counselors, call **583-3564**.

BROWN BAG PROGRAM

Tuesday, August 18th ~ 1:00pm-5:00pm

Offered through the Food Bank of Western Massachusetts, Brown Bag helps those 55 and older who meet income guidelines. Pickup is the 3rd Tuesday of each month. **Call the Center for more information and application. Bags need to be picked up on the 18th between 1:00pm and 5:00pm. Thank you!**

SUPPORT...

LIMITLESS LEGENDS

Monday, August 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 and seek support & greater connection. *Limitless Legends* encourages meaningful interactions and connections within our community in a non-judgmental, compassionate space while having a whole lot of fun. A monthly calendar of local events will also be distributed at each session.

****Please register for this session****

Sponsored by the Executive Office of Aging & Independence

MINDFUL MEDITATION

See you in September

GUIDANCE BY LI

Comfort and Support After Loss

Friday, August 21st at 1:00pm

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

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

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

****Please register for this session****

Sponsored by the Executive Office of Aging & Independence

COMPASS AND ANCHOR PROGRAM

If you are caring for someone with memory or brain changes, the Compass & Anchor Program offers supportive tools to help increase safety and peace of mind for caregivers and care partners. Available resources include Apple AirTags/cards, caregiver cameras, and more.

For information, call or stop by the Center and ask for Heather. *This program is supported by a grant from MCOA and the Executive office of Aging & Independence*

THE FORGET-ME-NOT CIRCLE

Friday, August 28th at 1:30pm

If you are caring for a loved one with memory challenges you are welcome to join us for our **Forget-Me-Not Circle**, a welcoming meeting place where those with memory changes and their caregivers have open, honest conversations about caring for a loved one with memory challenges.

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

NOTARY SERVICE

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

There is no charge for this service. Call ahead or stop by the front desk. Please bring your own witness if necessary.

WELLNESS...

BLOOD PRESSURE CHECK & FILE OF LIFE

Mondays & Fridays at 10:00am-11:00am

Get your blood pressure checked and update your File of Life or complete a new one. A File of Life is a document with your medical information for emergency personnel just in case you are not able to provide it in an emergency.



TARGET POINT MASSAGE THERAPY

Wednesdays, August 5 & September 2 by appointment

Gina Welch will be providing chair and table massages. Gina focuses on one target, helping to loosen the tightest muscles. Have a sore shoulder or neck? Give Gina a try! Cost is \$20 for 15 minutes. Call to book your appointment.

MOBILE DENTAL HYGIENE SERVICES OF WESTERN MASS

Wednesday, August 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, August 26th at 8:15am

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

****September appointments available August 3rd****



FOOTCARE

FOOT CARE

By Appointment with Caitlin Hertz, RN

We're happy to share that Caitlin will continue to provide Foot Care services at the Senior Center. With the help of the Friends, Ludlow residents will continue to be charged \$30 per visit. Non-residents will be charged \$60 per visit. We appreciate your understanding and thankful that Caitlin will continue to provide this service!

August appointments available beginning August 3rd at 8am.

DON'T FORGET TO SCAN!

Please remember to scan in to the kiosk with your pink Senior Center card **each time you enter the Center**. **PLEASE** be sure to select each activity you are coming in for. 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.



FRIENDS OF THE LUDLOW SENIOR CENTER

Who are "The Friends"?

We are an IRS 501c3 nonprofit organization created in 1984. Our goal is to financially assist the Ludlow Senior Center by raising funds which are used to supplement programs at the Center for our community.

Friends of the Ludlow Senior Center:

Pam Hayes, President
Janice Grimaldi, Vice President
Debbie Potter, Secretary
Jackie Doyle, Treasurer
Debbie Thompson, Assistant Treasurer

Next meeting:

**Thursday, August 13th
at 10:30am
All welcome!**



DONATIONS HAVE BEEN MADE:

In memory of Dorothy Mikaelian:

- Margaret Bernard

In memory of Normand Bourdeau:

- Virginia Bourdeau

General donation:

- Richard Trembley



BOUTIQUE NEWS:

Be sure to stop into the Boutique in August for special sales on summer items. We will begin accepting Fall and Winter items in September. Thank you to everyone who donates, those that shop and to our Boutique staff who are there every weekday morning! Remember that the Boutique is 100% profit and it the Friends' biggest fundraiser!



SENIOR FESTA TICKETS AVAILABLE!

The Friends' are once again offering a special **Senior FESTA Admission Ticket** for **Thursday, September 3rd only** and for our seniors, not the general public. \$5.00 will get you free admission to FESTA, free parking in our lot, a FESTA goodie bag, and more. All for just \$5.00! Tickets will be on sale in the Café Tuesday and Thursday mornings or get your ticket at the front desk starting in August. Proceeds go to The Friends' General Fund.

FESTA PARKING VOLUNTEERS NEEDED!

The Friends are looking for volunteers to help with FESTA parking on Friday, September 4th thru Sunday, September 6th. Sign-up sheets are available on The Friends' bulletin board across from The Boutique. When signing up, please check the times that you are available.

Volunteers should be able-bodied, as this role requires a significant amount of walking while directing and parking vehicles.

The proceeds from FESTA parking help fund The Friends' annual college scholarship program for Ludlow students. For more information, contact Kathy Ouimette at 413-244-0371.

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

DONATION TO THE FRIENDS OF THE LUDLOW SENIOR CENTER

Donation from: _____

Address _____

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

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

Donation Amount: _____

Check here to remain anonymous: _____

Please make check payable to:

Friends of the Ludlow Senior Center

228 State Street

Ludlow, MA 01056

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

Please fill in all information



THE SENIOR SCENE

PLACE
STAMP
HERE

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

FRIENDS' COMFORT & CARE CLOSET

The Friends' have recently created the **Friends' Comfort & Care Closet** thank you to the generosity of a donor. If you are currently receiving SNAP benefits and are *having difficulty making ends meet*, you are eligible to receive items from the **Friends' Comfort & Care Closet**. Items include everyday essential items such as toilet paper, toothpaste, bars of soap, deodorant, dish soap and laundry detergent. Items are packaged upon request and one (1) request per month per household will be accommodated. You must be a Ludlow resident and bring proof of SNAP benefits/EBT card when you come to pick up your bag. Program is confidential and reviewed on a case by case basis. If you have any questions or to schedule pick-up, please see Jodi or Sheila.

Deliver to:

TUESDAY EVENING ACTIVITIES ...

EVENING JEWELRY

Tuesday, August 4th at 4:00pm-6:00pm

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

TACO TUESDAY!

Tuesday, August 11th ~ 4:30pm-5:30pm

It's Taco Tuesday at the Corner Café! Stop by and enjoy delicious beef or chicken street tacos—2 for just \$3. Bring your appetite, grab a seat with friends and enjoy a tasty supper!

QUILTING BASICS **NEW PROGRAM**

Tuesdays, August 11th & 25th at 5:00pm

Learn the basics of making a quilt from start to finish: everything from necessary tools and patterns to fabric selection, cutting, piecing and more! Any **adult aged** quilter/sewist welcome at any time and will be able to progress through the steps needed to complete a quilt.

****Please register for these classes.****

TRIVIA!

Tuesday, August 11th 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!

LORRIE'S HAPPY HOUR **NEW PROGRAM**

Tuesday, August 18th at 5:00pm

Join Lorrie for a fun evening creating colorful pipe cleaner flowers! This is Lorrie's debut craft session, so come show your support, get creative and enjoy a relaxing night with friends.

****Registration required beginning August 3rd at 8:00am.***

MOVIES

Every Tuesday evening at 5:00pm

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

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 own mat please!**

