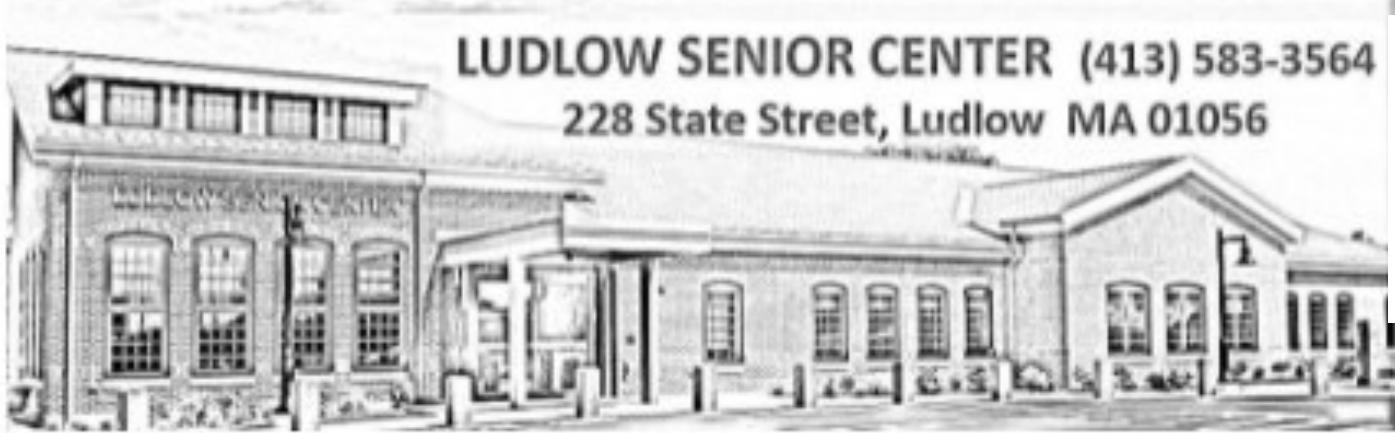


THE SENIOR SCENE ~ FEBRUARY 2026

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



SPECIAL EVENTS IN FEBRUARY...

MedMinder Info Table

Thursday, February 5th at 10:00am

MedMinder makes a tray with pre-sorted cups of medication that insert directly into the Medminder pill dispenser. Stop by and see how MedMinder can help you or a loved one with medications!

COMPASSUS HOSPICE

Monday, February 9th at 10:00am

Learn how Compassus supports individuals and families with compassionate, home-based care. Join us for an informative session on hospice care, how they can help you and your family and have all of your questions answered. ***Sign-up appreciated***

CRAFT WITH KIM

Thursday, February 12th at 10:15am

Come and paint a Valentine themed 5x7 canvas. Class is free and all supplies provided. ***Sign up begins February 2nd at 8:00am***

HEART HEALTH WITH CAREONE

Wednesday, February 18th at 1:30pm

Please join CareOne for an informative talk about a Heart Healthy lifestyle. They will be discussing exercises, recipes and heart healthy lifestyle choices. They will be providing Heart Healthy snacks too! ***Sign-up appreciated***

WOMEN OF TOGO: ART, CULTURE AND CRAFT

Monday, February 23rd at 10:00am

Karina Dise, BBA, M.Ed. in Special Education, of the nonprofit organization AfriKque Limited, will present the artwork and talents of women from Togo, the African country they support. The program will include a slideshow presentation and a variety of handcrafted products created by these women, offering insight into their culture and skills. ***Sign-up appreciated***

NOODLE HOCKEY

Thursday, February 12th at 1:00pm

In honor of the Winter Olympic Games, join us for a fun afternoon of noodle hockey. Come and see what it is all about! No experience necessary just bring your fun and Olympic spirit. Just show up!

MASSACHUSETTS MUNICIPAL WHOLESALE ELECTRIC COMPANY

Thursday, February 26th at 10:00am

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.

Sign- up appreciated

LOCAL AUTHOR SANDY HOWELL

Friday, February 27th at 10:00am

In her newest novel, *Izzy the Reluctant Spy*, 69-year-old widow Izzy Franklin leaves her quiet farm life to go undercover online to help her friend catch "Krappy Karl," a con artist who swindled her. Navigating the racy world of senior dating sites, Izzy faces danger and unexpected romance while hunting the grifter with help from friends. Sandy will talk about the book and what it takes to write one. ***Sign-up appreciated***

CANCELLATION POLICY UPDATE

Lately, we've had several no-shows for double and single wellness sessions. Beginning February 2nd, if you do not attend your appointment or cancel at least 24 hours in advance, you will be charged for the session. You will not be able to sign up again until the fee is paid. Thank you for your understanding and cooperation!

SAVE THE DATE...

Sarah the Fiddler!

Monday, March 2nd at 1:30pm

From the moment her bow touches the strings, Sarah's passion for music is evident. Combining her influences of classical, bluegrass and Celtic music, she creates a unique style and sound. Join us for an afternoon of wonderful music!

INCLEMENT WEATHER!

Please watch TV40, TV22 and Facebook for closures and delays! We follow the Ludlow Public Schools .

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

Sheila Rubin—Welcome!!!
outreach@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

The search is on
John Garcia
Mike Lebel



Activity Assistant

Coming soon...

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

CORNER CAFÉ FUN...

GOOD MORNING WEDNESDAYS!

Wednesdays in February 8:30am—9:30am

We are trying something new at the Corner Café just for February. Join us on Wednesday mornings for breakfast! Each week we will serve a different breakfast for \$3.00. Come and try it out!

- ~February 4th: Scrambled eggs & bacon
- ~February 11th: Pancakes & sausage
- ~February 18th: French toast & home fries
- ~February 25th: Poached eggs on ham and toast



SUPER BOWL FUN!

Friday, February 6th at 10:30am

The Patriots are Super Bowl bound! Celebrate with us—enjoy snacks, buy a square or two and wear your Patriots gear to share the team spirit. Football fan or not, all are welcome!

INTAKE FORMS ~ HAS YOUR INFO CHANGED?

Have you recently changed your address? Disconnected your landline? Updated your emergency contact information? If so, please let us know by filling out a new intake form. We've had a few situations recently where outdated information caused complications. In an emergency, having accurate details is absolutely essential. Also, if you have an email address, please share it with us—you'll receive our newsletter and other important updates directly in your inbox!

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!

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

Welcome Sheila Rubin, Outreach Coordinator

Sheila is a dedicated Ludlow resident who moved to town eight years ago for the schools and quickly found a community she loves. She is a Bay Path University graduate (Class of 2012) and has recently been accepted into the Social Work program at Westfield State University, reflecting her commitment to learning and serving others.

With years of experience in social services, Sheila is passionate about community outreach, advocacy, and supporting individuals and families—especially seniors—so they can remain safe and independent at home. Outside of work, she is a proud mom who cheers on the Ludlow Cheerleaders and enjoys reading, crafting, traveling, and spending time with her family.

FEBRUARY TRIP:



SHAKER BOWL!

Wednesday, February 11th at 9:30am

Come and enjoy a morning of bowling! Try something new and have some fun! Van is \$2.00 and bowling and shoe rental are on your own *Sign-up begins February 2nd at 8:00am*

LUNCH BUNCH ~ REDSTONE PASTA COMPANY

Friday, February 20th at 11:30am

We are heading back to a favorite; Redstone Pasta Company in East Longmeadow. Enjoy a delicious lunch with friends! Van is \$2.00 and lunch is on your own. *Sign up begins February 2nd at 8:00am.*

FIRST OF THE MONTH PHONE CALLS...

We know the first of the month can be frustrating when you're trying to sign up for classes, trips or foot care. Our phone system simply can't keep up with the high volume of calls that come in all at once.

If you reach any voicemail, please leave a message and do not call back. Hanging up and retrying only creates more delays. Rest assured—if you leave a message, we will receive it, and we will return your call. We often have over 100 calls to return, so we truly appreciate your patience while we work through them.

Thank you in advance for your understanding!



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



ACTIVITIES...

WATERCOLOR PENCIL CLASS

Mondays, February 9th and 23rd 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.**

PARAFFIN WAX HAND TREATMENT

Tuesday, February 24th at 1:00pm

Are your hands dry and achy? We have just the thing for you! Paraffin wax helps soothe aches, pains and dry skin. Your hands will love you especially with the dry, cold air. **Sign up** for you appointment today!

TEA WITH THE TA

Wednesday, February 4th 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.

FUN WITH OPERA!

Wednesdays, February 4th and 18th at 10:00am

Explore the art of opera in a fun, easygoing class filled with stories, music clips, and interactive moments. Learn what makes opera exciting and expressive—no experience needed, just curiosity and a sense of fun! Stop by and learn something new!

JEWELRY CLASS

Wednesday, February 11th at 9:00am~11:30am

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

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 February at 10:00am

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

BILLIARDS

Travel League 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

Thursday, February 5th and 19th 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 in the new year and join us!

PAINTING WITH SUNSHINE VILLAGE

Thursday, February 26th 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 26th at 2:00pm

The Berry Pickers by Amanda Peters

Feb: *Darling Girls* by Sally Hep-forth

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

DECORATING COMMITTEE

Friday, February 6th at 1:00pm

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

TRIVIA

Friday, February 13th 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!

TED TALK HOUR

Friday, February 20th at 10:00am (day change)

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

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!

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 and Wednesdays at 1:00pm

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.

CLEAN SNEAKERS PLEASE!

We often hear people say their sneakers are clean—but if you've walked from your car to the Center, they're not! Sand and salt get tracked in easily. Please remember to bring **clean indoor sneakers** to help keep our floors safe and tidy. Thank you!

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 may 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!

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

Retired personal trainer, Les Carpenter is here to offer any guidance or answer questions regarding exercise or equipment and will help to design an exercise program that works for you. Call the front desk for information.

MEETINGS...

VETERANS SERVICES

Eric Segundo, Veterans agent, can be reached at 413-707-5050 and the office is located at 487 Holyoke Street in Ludlow.

FRIENDS OF THE LUDLOW SENIOR CENTER

Thursday, February 12th at 10:30am

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

COUNCIL ON AGING BOARD MEETING

Wednesday, February 18th 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 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.

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 (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.

DANCE CLASSES (DROP-IN)...

LINE DANCING

Tuesdays at 9:00am

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

WESTERN DANCE LESSONS

Tuesdays at 1:00pm

If you love to dance, this is for you! There will be multiple forms of dancing to one song at a time. Instruction or line, swing, and couples dancing. Partners, singles, and line dancers are welcome. \$1.00 donation is appreciated. **Please bring clean shoes!**

SENATOR OLIVEIRA OFFICE HOUR

Thursday, February 12th at 10:30am in the Corner Café

Stop by and discuss items that are important to you.

REPRESENTATIVE SAUNDERS OFFICE HOUR

Monday, February 23rd 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 2026 Activities Calendar (Tuesday Nights ~ see page 10!)

Ludlow Senior Center (413) 583-3564

Page 5
www.ludlow.ma.us

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	3 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)	4 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:00am: Tea with TA (Café) 10:00am: Message by appt (WC) 10:00am: Fun with Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC)	5 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: MediMinder Info (Café)	6 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CR (WC) 10:30am: Super Bowl Fun (Café) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Decorating Comm (RR)
9 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:00am: Hospice Talk (RR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)	10 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)	11 8:45am: Zumba Gold (FS) 9:00am: Dental Hygiene (WC) 9:00am: Jewelry (RR) 9:00am: Ceramics (AC) 9:30am: Shaker Bowl Trip 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC)	12 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 9:30am: Foot Care appts (WC) 10:15am: Meditation (CR) 10:15am: Craft with Kim (AC) 10:30am: Friends Meeting (AC) 12:45pm: Mahjong (RR) 1:00pm: Noodle Hockey (FS) 2:30pm: Active Yoga (FS)	13 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CR (WC) 10:30am: TED Talk (CR) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
16 CENTER CLOSED (President's Day)		17 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Western Dance (FS) 1:00pm: Brown Bag pick up (RR) 1:30pm: Bingo (GR)	18 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:00am: Fun with Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC) 1:30pm: Heart Health CareOne 4:30pm: COA Meeting (CR)	19 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 9:30am: Foot Care appts (WC) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)
23 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:00am: Women of Togo (RR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencil (AC) 2:30pm: Zumba Gold (FS)	24 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Western Dance (FS) 1:00pm: Paraffin wax (AC) 1:30pm: Bingo (GR)	25 9:00am: Facials by appt (WC) 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC)	26 9:00am: Tai Chi (FS) 9:30am: Dominos (AC) 9:30am: Foot Care by appt (WC) 10:00am: Sunshine Paint (AC) 10:00am: MindEC Talk (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:30pm: Active Yoga (FS)	27 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CR (WC) 10:10am: Author S. Howell (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:30pm: Forget Me Not (CR)
		TUESDAY EVENING ACTIVITIES SEE PAGE 10!	Good Morning Wednesdays! Breakfast in the Corner Café 8:30am-9:30am See page 2 for details!	Senator Oliveira ~ February 12th, 10:30am Representative Saunders~ February 23rd, 10:30am



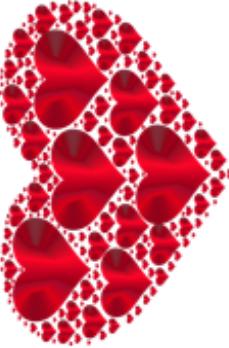
AC = Arts & Crafts
CR = Conference Room
FS = Fitness Studio
GR = Great Room
SO = Small Office
WG = Wellness Center

February 2026 Lunch Menu

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

Ludlow Senior Center (413) 583-3564

www.ludlow.ma.us **Page 6**

		24 hour notice required				
		Monday	Tuesday	Wednesday	Thursday	Friday
2	Sweet & sour chicken White rice Asian vegetables	3 Meatball grinder Side salad	4 Shepherd's pie Roll	5 BBQ salmon Rice pilaf Vegetable	6 Veggie pizza Pasta salad	
9	Kielbasa Sauerkraut Potatoes	10 Turkey Waldorf salad on a croissant Tater tots	11 Ham & broccoli casserole Biscuit	12 Vegetarian chili Corn bread	13 Valentine's Lunch! Ranch chicken Au gratin potatoes Peas	
16	CENTER CLOSED (Presidents' Day)		17 Fat Tuesday!	18 Cajun crab cake Wild rice Glazed carrots	19 Birthday Lunch! Salisbury steak Mashed potatoes Mixed vegetable	20 Tuna finger sandwich Chips Corn chowder
23	Ziti with meat sauce Garlic knot	24 Mushroom-Swiss burger Onion rings	25 Lunch & Learn	26 Chicken gyro on a pita Steak fries	27 Stuffed shells Caesar salad	
						
						
						<p>February Fun! Come to lunch more than 10 times in February and your name will be entered into a drawing for a great raffle prize!</p>
						<p>We do our best to accommodate requests due to allergies. If you have questions about ingredients talk to Chris ahead of time. Some of our meals and desserts contain tree nuts. It's best to ask if you are unsure.</p>

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

VALENTINE'S DAY LUNCH!

Friday, February 13th at 11:00am

Come celebrate LOVE day with us! Atoa Ripley will be here to entertain us with romantic favorites and classic love songs everyone knows and loves. Remember, you are never too old for love! Be sure to stop by the Café and watch Bill from Modern Ice create a beautiful ice sculpture.

Reservation required



MARDI GRAS CELEBRATION!

Tuesday, February 17th at 11:00am

Come celebrate Fat Tuesday with us!



Dance away with DJ Jose Paulo as he plays your favorite tunes! Enjoy a Mardi Gras inspired lunch as well! What will you give up for lent??

Reservation required

BIRTHDAY LUNCH!

Thursday, February 19th at 12noon

Calling all February Birthdays! Join us for our monthly Birthday lunch. Let us know if

your birthday is in February and lunch is on us!



Reservation required

MOVIES...

February 3rd @ 5:00pm & February 4th @ 1:00pm

Blue Moon 2025 R

Blue Moon (2025) is a Richard Linklater film that follows Broadway lyricist Lorenz Hart over one night in 1943, as he grapples with loneliness, fading fame, and his fractured partnership with Richard Rodgers on the opening night of *Oklahoma!* Starring Ethan Hawke, Margaret Qualley, Andrew Scott and Bobby Cannavale. 100 min

February 10th @ 5:00pm & February 11th @ 1:00pm

The Roses 2025 R

Life seems easy for a picture-perfect couple. But behind the façade of their supposed ideal marriage, a storm is brewing. Soon, a tinderbox of fierce competition and hidden resentment ignites in this wonderfully wry, dark comedy. Modern-day "War of the Roses." 106 min

February 17th @ 5:00pm & February 18th @ 1:00pm

Train Dreams 2025 PG-13

Follow logger Robert Grainier in the early 20th-century Pacific Northwest as he builds railroads, finds love and family, then loses them in a devastating wildfire. Left isolated and haunted by grief, he drifts through a changing America, briefly touched by hope through a mysterious "wolf girl," before settling into quiet acceptance of his solitude. 103 min

February 24th @ 5:00pm & February 25th @ 1:00pm

Sentimental Value 2025 R

Actress Nora reconnects with her estranged filmmaker father after her mother's death. When she refuses a role in his comeback film, he casts a Hollywood star instead, forcing Nora and her sister Agnes, to confront family trauma, grief and the way art reshapes memory. 124 min **some subtitles*

BROWN BAG PROGRAM

Tuesday, February 17th ~ 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 17th between 1:00pm and 5:00pm. Thank you!*

OUTREACH...

Outreach assistance is available by appointment to help with:

- MassHealth & SNAP applications
- Housing applications
- Retirement or Medicare benefit applications
- Fuel Assistant application deadline April 30, 2026

Appointments available: Monday, Wednesday, & Friday

Just because a service isn't listed doesn't mean Sheila can't help! Please call with any questions, Sheila is happy to assist with all your needs.

MEDICARE SAVINGS PROGRAM (MSP)

MSP helps people with limited income and resources pay for some or all of their Medicare costs, like premiums, deductibles and coinsurance. If your monthly income is less than \$2935 (\$3966 for 2 person) and you have Medicare, you may qualify. Assets are no longer counted. Please call 413-583-3564 for more information or an appointment to help complete the application.

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 may 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!



SUPPORT...

LIMITLESS LEGENDS

Monday, February 23rd 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

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 include calming the mind, increasing relaxation, reducing stress, controlling pain, reducing insomnia and lowering blood pressure.

Registration appreciated.

GUIDANCE BY LI

Comfort and Support After Loss

Friday, February 20th at 1:00pm

Tuesday, February 10th at 5:45pm

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 your journey through grief.

Please register for these sessions

Sponsored by the Executive Office of Aging & Independence and Ludlow Funeral Home

THE FORGET-ME-NOT CIRCLE

Friday, February 27th 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

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

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. *Tuesdays will return in the Spring.*

TARGET POINT MASSAGE THERAPY

Wednesday, February 4th 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 20 minutes. Call to book your appointment.

MOBILE DENTAL HYGIENE SERVICES OF WESTERN MASS

Wednesday, February 11th 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, tarter 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 25th 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.

March appointments available February 2nd

FOOT CARE UPDATE

by Appointment with Caitlin Hertz, RN

Foot Care Program Update! We're happy to share that, through our partnership with the Health Department, Caitlin will continue to provide Foot Care services with us until at least June!

To help support the program, there will be a small fee adjustment. Beginning in February, Ludlow residents will be charged \$30 per visit and non-residents will be charged \$60 per visit.

We appreciate your understanding!

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.

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, February 12th
at 10:30am



DONATIONS HAVE BEEN MADE:

General donations:

- Richard Trembley
- Susan Boucher
- Orranat Martel—Thank you staff and volunteers
- Angeline & Greg Scoorens—In honor of Jeannette Veroneau, Betty Colby, James & Sandy Goodreau
- Brian & Christina Bernard—In honor of Margaret Bernard
- Mike & Mary Stahlberg—In honor of Kathy Green & Bob Radowski

In memory of Jules St. Pierre:

- Larry Talbot
- Jeannette Nolan

In memory of Maria Rodrigues:

- Jeannette Nolan

In memory of Esther Brown:

- Harold Brown

Congrats to our calendar Winners!



BOUTIQUE NEWS:

We are in need of inventory! We are beginning to accept spring and summer items. We need greeting cards (NO Christmas cards), women's clothes, accessories and jewelry. Items must be new or like-new condition and donation can be brought to the Front Desk please. Please remember that items do not appear in the Boutique immediately. They are sorted and priced which may take several days. Thank you for shopping!

SAVE THE DATE:

- April 15th—Villa Rose fundraiser—20% of bill comes to the Friends
- April 17th—Sock Hop at the Polish Club
- May 8th—Bingo at Raymour & Flannagan
- May 9th—Shred event

MORE INFORMATION TO COME!

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

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

PLACE
STAMP
HERE

LUNCH & LEARN ~ BIG Y'S DIETITIAN KATHY JORDAN PRESENTS **CHOLESTEROL COUNTDOWN** **Wednesday, February 25th at 12:00pm**

Join Kathy as she discusses which foods, nutrients and lifestyle habits maintain heart healthy cholesterol levels. You will also learn: what the cholesterol numbers and ratios mean, which foods and nutrients help lower the "bad" LDL cholesterol and keep your heart healthy and which nutrition and lifestyle habits help raise the "good" HDL cholesterol. Take care of your heart in Heart Month!

Lunch & Learn reservation required

Deliver to:

HELP SHAPE THE FUTURE OF LUDLOW... We invite you to participate in a brief survey available at the front desk. Your feedback will help the Planning Board focus on the issues most important to residents as we update Ludlow's zoning bylaws. Completed surveys may be returned to the Center or to the Planning Office at Town Hall. Please return your survey by **Friday, February 13th**.

TUESDAY EVENING ACTIVITIES ...

GUIDANCE BY LI COMFORT AND GRIEF SUPPORT

Tuesday, February 10th 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!
~Generously supported by Ludlow Funeral Home~

SOUPER SUPPER

Tuesday, February 17th ~ 4:30pm– 5:30pm

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!

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!

TECH HELP ~ NEW PROGRAM!

Tuesdays, February 17th & 24th ~ 4:00pm-6:00pm

Lorissa and Brady from Ludlow High School will be here for weekly tech support. Whether it is your phone, tablet or computer, they will be here to help! **Appointment required.**

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!**

MOVIES

Every Tuesday evening

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

TRIVIA RETURNS SOON!