THE SENIOR SCENE - DECEMBER 2026

LUDLOW SENIOR CENTER (413)583-3564
228 STATE STREET, LUDLOW, MA 01056



Special Events...

EARLS & PEARLS HOLIDAY SHOW
Thursday, December 3rd at 1:30pm

Get into the holiday spirit for the afternoon with the fabulous ***Earls & Pearls*** Holiday Show! Enjoy a festive performance filled with holiday music, seasonal cheer and plenty of entertainment. It's the perfect way to celebrate the season! ***Drop in event!***

CORNERSTONE CAREGIVING INFORMATION TABLE
Friday, December 4th at 10:00am

Stop by the Corner Café and visit with ***Cornerstone Caregiving*** who provides non-medical in-home senior care to residents living in Hampden and Hampshire County. Cornerstone Caregiving focuses on non-medical, daily living assistance that allows seniors and individuals with special needs to remain at home.

DON'T GET SCROOGED!
Friday, December 11th at 10:00am

The holidays are prime time for scammers. Join us for a special workshop with Stan from Go Geeks designed to help older adults spot common seasonal traps—including fake package delivery texts, bogus charity appeals and gift card schemes. Learn practical tips to protect your wallet and personal information this season. ***Please register for this workshop***

TAKE CHARGE OF YOUR HEALTH!
Monday, December 14th at 10:00am

Wellpoint Health Solutions will be here to talk about their Chronic Care Management (CCM) Program. Do you have two or more chronic conditions, such as diabetes, high blood pressure, high cholesterol, or weight concerns? You may qualify for Medicare-covered support from registered dietitians and health coaches to help make healthy lifestyle changes and better manage your health between doctor visits. Eligible Medicare and Medicare Advantage members may receive these services at no additional cost! Bring your questions too!

Please register for this workshop

FUNNY SWEATER CONTEST
Thursday, December 17th at 12:00pm

Wear your best, brightest and funniest sweater to the Birthday Lunch on the 17th! Prizes for the best sweaters. We know you all have some good ones so put them on and show them off!

Christmas Lunch Sign-ups – PLEASE READ!

Our special lunches are very popular, so we need separate sign-ups for Christmas Lunch again. Please see below:

- **TUESDAY, December 1st** beginning at **9:00am**, **Ludlow residents** may sign up for Thanksgiving lunch.
- **WEDNESDAY, December 2nd** beginning at **9:00am**, **all others** may sign up for Thanksgiving lunch.
- **You may sign up yourself and ONE other person** *(must be a Ludlow resident on the 1st).*

We know this is a difficult adjustment and we do our best to accommodate as many people as possible. Thank you for your understanding!

SENIOR CENTER HOLIDAY SCHEDULE:

Dec 24th : Center closes at 11:30am
Dec 25th : Center Closed
Dec 31st : Center closes at 11:30am
Jan 1st : Center Closed
Center reopens Monday, January 4th at 8:00am

THE ART OF CARD MAKING RETURNS
Thursday, December 17th at 1:00pm

Join Irene for a fun, creative card-making class! Learn how to create beautiful folded cards and a unique calendar card to share or keep for yourself.

Sign-up required beginning December 1st at 8:00am

MAKE YOUR OWN FESTIVE SEASONINGS
Tuesday, December 22nd at 1:00pm

Join us for a merry afternoon filled with tea, cookies, creativity and handmade holiday spice blends for festive drinks, baked goods or comfort dishes. Stir up the season! Space is limited.

Sign up required for this class

PARAFFIN WAX HAND TREATMENT
Tuesday, December 29th at 1:00pm

Treat your hands to a little TLC! Enjoy a warm paraffin wax treatment designed to soften and moisturize dry skin while leaving your hands feeling smooth, refreshed and relaxed. It's a wonderful way to pamper yourself!

Sign up for your appointment today!

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
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

DRIVERS
Tom Godek
John Garcia
Mike Lebel

ACTIVITY ASSISTANT
Lorrie Bobé

CENTER HOURS: MONDAY-FRIDAY 8:00AM-4:00PM; UNTIL 7:00PM ON TUESDAYS

Council on Aging Board

Chair
Diane Peacey
Vice Chair
Bob Mishol
Secretary
Karen Martin
Treasurer
Fernando Barroso
Member
Rosalind Forti
Member
Phil Tierney
Member
Kara Ribeiro
Member
John DaCruz
Member
Bob Radowski
Member
Debbie Potter
Member
Open seat

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

INCLEMENT WEATHER POLICY

Winter is here! Just a reminder that if the Ludlow Public Schools are closed, the Senior Center is CLOSED. If the schools have a 1 hour delay, the Center will open at 9:00am. If the schools are delayed 2 hours, the Center will open at 10:00am. Please watch TV40, 22News and Facebook for Senior Center closures and delays especially when weather is bad!

AARP TAX PREPARATION INFORMATION

AARP will once again be completing tax returns for 2026. We will begin booking appointments in **JANUARY**. Please be sure to read **January's** newsletter for more information.

Happy Holidays from the Staff at Ludlow Senior Center!

As we celebrate this holiday season, we recognize that while this time of year is joyful for many, it can also be difficult or lonely for others. Let's be mindful of those around us, lead with compassion and remember that a little kindness can make a big difference. Please bring a little extra patience, understanding and kindness to the Center each day. Wishing everyone a happy, healthy, and peaceful holiday season!

Corner Café Fun...

Corner Café hours: 8:00am - 11:00am

Thank you everyone who contributes to ***Free for All Friday***! Don't know what that is? Stop by on a Friday morning and enjoy coffee and goodies for FREE! Great way to get out of the house and meet up with friends or meet new ones!

POTATO PANCAKES!!

Tuesday, December 8th at 10:30am



Don't miss this annual tradition! Join us as we celebrate Hanukkah with Jodi's famous latkes, with sour cream and applesauce too! No need to sign up, just stop by the Corner Café!

MILK & COOKIES!

Wednesday, December 16th at 10:30am



Nothing says holiday comfort quite like milk and cookies! Join us for a sweet morning of good company, delicious cookies and a little nostalgia. Come relax, share some laughs, and enjoy a simple treat with friends. We can't wait to see you at the Corner Café!



December Trips...

Lunch Bunch ~ Publick House

Tuesday, December 8th at 11:00am

We are headed to the historic Publick House in Sturbridge for a holiday inspired lunch with good old-fashioned home-cooked food and the perfect ambiance. Lunch is on your own and the van is $2.00.

LUNCH BUNCH sign-up begin December 1st at 8:00am

TARGET/HOBBY LOBBY EXPRESS!

Wednesdays, December 9th & 16th at 1:00pm

The van will be heading to ***Springfield Crossing*** so you can get some holiday shopping done. The van will leave the Center at 12:45pm, drop you off by Target and then return at 3:00pm to pick you up. ***Sign up at the Front Desk***

Activities...

WATERCOLOR PENCIL CLASS
Mondays, December 7th & 21st at 1:00pm *time change*
Get creative with watercolor pencils while working on the same project as everyone else. All supplies are provided—just bring your curiosity to try something new! ***Please sign up***

JEWELRY CLASS
Wednesday, December 2nd ~ 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, December 2nd at 10:00am
Stop by the Café and enjoy a cup of tea with Town Administrator, Carrie Ribeiro. This informal conversation is a great opportunity to talk with Carrie and get to know her and what is happening in Ludlow! ***Stop by and say hi!***

FUN WITH OPERA!
Wednesdays, December 2nd & 16th 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!

TED TALK HOUR
Wednesday, December 30th at 1:00pm
After watching a short TED Talk, Jodi will lead a lively and engaging group discussion. Come check it out! ***Join us!***

PAINTING WITH SUNSHINE VILLAGE
Thursday, December 17th at 10:00am
Join Sunshine Village and create a beautiful painting! These activities are limited to the first 10 people to sign up. Free activity!

THE WRITERS BLOCK
Thursday, December 17th 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!

BOOK CLUB
Thursday, December 17th at 2:00pm
***The Soulmate* by Sally Hepworth**
***Jan book: Symphony of Secrets* by Brendan Slocumb**
If you love to read and have conversations about books, this group is for you! New members always welcome!

DECORATING COMMITTEE
Friday, December 4th at 1:00pm
Come and discuss decorations and center pieces for our big lunches and help us decorate the dining room. New members welcome as we always need help preparing for large lunches!

TRIVIA
Friday, December 18th 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! Drop in activity!







Weekly Activities...

KNITTING CLUB
Mondays at 9:00am
Join the knitting group! Get help with your project and start your week with good friends and lots of laughs! Join us!

COMPUTER HELP
Mondays in December
Jeri is back to help you whether it is your phone, tablet or computer. Ludlow student, Sadie, is also available on Tuesday afternoon.***Appointment required***

BILLIARDS
9-Ball: Mondays: 12:30pm - 4:00pm;
Round Robin: Tuesdays: 12:30pm - 4:00pm; Wednesdays & Thursdays: 12:00pm - 4:00pm; **Open play:** Monday - Thursday mornings, Friday all day & Tuesday evenings until 7:00pm. Interested? Just stop by the room and chat with the players.

SCRABBLE
Mondays at 1:00pm
Love letters and words? Come have fun playing Scrabble! Show off your vocabulary or learn a few new words! Drop in!

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 crafting 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 a few 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. *FREE CLASS* 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 grant funded, volunteer driven or supplemented by the Friends.

REMINDER to please bring **clean sneakers**! You will **not** be allowed in the Fitness Studio without clean sneakers. If you are walking across the parking lot with sneakers on, you will not be allowed in the room unless you have a clean pair. The salt and sand ruins the floor. Thank you for understanding!

REGISTRATION REQUIRED CLASSES...

BOOMER BOOTCAMP

Mondays at 9:30am & Fridays at 8:45am & 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 & 1pm and Fridays at 1pm

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

DANCE CLASSES... (DROP-IN)

LINE DANCING

Tuesdays at 9:00am

Have fun learning the latest line 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, December 10th at 10:30am

The Friends play an important role at the Ludlow Senior Center by financially supporting services and activities. Stop in on the 2nd Thursday of each month to find out what you can do to help!

COUNCIL ON AGING BOARD MEETING

Wednesday, December 16th at 4:30pm

Held the 3rd Wednesday of every month, this advisory Board helps set the 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 - it is open to the public!

DROP IN CLASSES...

FLEXIBILITY, BALANCE & CORE

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 $2.00 or a punch from your punch card.

GENTLE YOGA

Tuesdays at 10:30am

This tranquil practice incorporates the principles of Hatha Yoga, combining 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

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.***

TAI CHI

Thursdays at 9:00am

(last class of the month is a sword demo)
Come and be led through a series 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 a flow of poses and postures with emphasis on body awareness, alignment and coordination of breath with movement. **Please bring your own mat.**
$2 or punch from your punch card per class.

EXERCISE ROOM — SEE BELOW!

Monday - Thursday, 8am - 3:45pm *(3:15pm Fridays)*
Fitness Room Instruction:
Wednesdays 8:00am - 10:00am ***by appointment***

The exercise room contains treadmills, recumbent bikes and an elliptical. ***PLEASE remember that you must have your medical provider sign a medical form prior to utilizing the equipment.*** There is a $10, lifetime fee. **PLEASE BRING CLEAN SNEAKERS!** You will NOT be able to use the equipment without clean shoes!

LOCAL POLITICIAN OFFICE HOURS...

SENATOR OLIVEIRA

Thursday, December 10th 10:30am in the Corner Café

Stop by to discuss items that are important to you.

REPRESENTATIVE SAUNDERS

Monday, December 21st at 10:30am in the Corner Café

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

Special Lunches...

(Entertainment generously sponsored by the Friends of the Ludlow Senior Center)

DECEMBER BIRTHDAY LUNCH!

Thursday, December 17th at 12:00pm





Join us for our monthly Birthday lunch! Let us know if your birthday is in December and lunch is on us! Don't forget your fun sweater too! ***Reservation required***

CHRISTMAS HOLIDAY LUNCH!

Wednesday, December 23rd at 11:00am

The most joyful time of the year! Join us for our annual Christmas Holiday lunch! *Eric Bascom and Ed Brainerd duo* will be here to entertain us with our favorite jazz holiday tunes followed by a delicious lunch! Might be a surprise if you are on the "nice list" too! ***Reservations required. See front page for sign-up information***







NEW YEAR'S EVE LUNCH!

Wednesday, December 30th at 11:00am

New Years Eve (sort of)??? We can't believe it either. Where did 2026 go?! Wear your Sunday best and join us as *Dave Brinnell* fills the dining room with sing a-long songs as we welcome in 2027! ***Reservations required***

Movies...

December 1st @ 5:00pm & December 2nd @ 1:00pm

Love the Coopers 2015 PG

A chaotic family reunion leads to a joyful rediscovery of family bonds and the magic of love in this sparkling, all-star comedy. (104 min)

December 8th @ 4:30pm & December 9th @ 1:00pm

Christmas with the Cranks 2004 PG

Tim Allen and Jamie Lee Curtis try to skip Christmas for a Caribbean cruise, only to face hilarious chaos when their daughter makes a surprise Christmas Eve visit. (98 min)

December 15th @ 5:00pm & December 16th @ 1:00pm

A Dogs Perfect Christmas 2026 PG-14

When an unexpected emergency turns a family's holiday upside down, their basset hound brings a little hope, love and Christmas magic. A heartwarming story about family, friendship and the bond we share with our furry friends! (101 min)

December 22nd @ 4:30pm & December 23rd @ 1:00pm

Miracle on 34th Street 1947 PG

A department store Santa is out to prove he's the real Claus in this spirited 1947 holiday classic. (96 min)

December 29th @ 5:00pm & December 30th @ 1:00pm

"The Age of Adaline" 2015 PG

After a miraculous 1937 accident leaves her permanently 29 years old, a solitary woman spends eight decades running from her past until a new romance threatens to expose her secret and forces her to choose between eternal safety and true love. (107 min)

BROWN BAG PROGRAM

The Food Bank of Western Massachusetts

Tuesday, December 15th ~ 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 application and further info. Bags must be be picked up on the 15th between 1:00pm and 5:00pm. Thank you!

Outreach...

FUEL ASSISTANCE UPDATE

Valley Opportunity Council (VOC)is accepting applications starting with households that heat with deliverable fuels such as oil, propane or wood. New applications are now being accepted. Fuel Assistance begins November 1st and you can apply until April 30th. Please do not wait until the last minute to apply. The renewal application is fairly simple, and we encourage you to complete it on your own when you receive it but if you need assistance, please call the Center at 413-583-3564 to make an appointment with Sheila. You must be 60+ and a Ludlow resident.

Please do not drop off paperwork. You need an appointment.

You can also email Sheila at srubin@ludlow.ma.us.

For more info: www.Mass.gov-HEAP-Portal

SHINE

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 **413-583-3564**.

SOCIAL SECURITY AWARD LETTER

You should be receiving your Social Security Award letter in the mail. PLEASE be sure you **save this letter** and put it in a safe place. If you apply for any benefits, you will need this letter.

NEED TO MEET WITH OUR OUTREACH COORDINATOR?

We're happy to help! Please call ahead to schedule an appointment with our Outreach Coordinator, Sheila Rubin, so she can give you the time and attention you deserve. We kindly ask that you **not stop by without an appointment** or drop off paperwork. Call 583-3564 to book an appointment. Thank you for helping us serve everyone as best we can!

Support...

LIMITLESS LEGENDS

Monday, December 28th 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 compassionate, non-judgmental 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

MEDITATION & MINDFUL CONNECTION

December 10, 17, 24, 31 at 10:15am

Take some time to relax, reflect and connect. Each session includes guided meditation, followed by an inspiring reading or video and open conversation. Share your thoughts, explore new ideas and enjoy meaningful discussion in a welcoming and supportive setting. No meditation experience necessary- everyone is welcome! ***Please register for these sessions.***

GUIDANCE BY LI

Comfort and Support After Loss

Friday, December 11th at 1:00pm *(date change)*

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

THE FORGET-ME-NOT CIRCLE

See you in January

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 care partners have open, honest conversations about caring for a loved one with memory challenges.

Please register both care partner and loved one

As always, if you need assistance with a loved one with memory changes, please reach out to Heather at 413-583-3564.

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 yourself.

TARGET POINT MASSAGE THERAPY

Wednesdays, December 2nd & January 6th

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.

FACIALS WITH DIANE

Wednesday, December 23rd at 8:15am

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

***January appointments available December 1st ***



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 are thankful that Caitlin will continue to provide this service!

December appointments available December 1st at 8:00am.

MOBILE DENTAL HYGIENE SERVICES OF WESTERN MASS

Wednesday, December 9th by appointment

Manda Day, RDH, will be here to provide dental services including blood pressure screening, dental screening, oral cancer screening, dental education, teeth cleaning & polishing and denture cleaning & inspection.



- Dental cleaning of your own teeth is $75: includes removal of plaque, tarter and other debris with autoclavable instruments.
- Dental cleaning with dentures is $30: includes inspection and cleaning.
- Fluoride treatment is also available for $25.
- If you have MassHealth, treatment is free.

Call 413-583-3564 to book an appointment.

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** for which you are coming in. This helps us to 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, Asst Treasurer

Next Meeting:

Thursday, December 10th at 10:30am

Come and see what the Friends are all about and be entered into a raffle at the meeting!

DONATIONS HAVE BEEN MADE:

In memory of Maria Bellucci:
- Judi & Jeri Humphries

In memory of Maria Ganhao:
- Don & Darlene Gerard
- Isabel Cabrera
- Mabilia & Philip Attanasio Jr.
- Gloria & Nuno Faria
- Darlene Gerandi

In memory of Helen Grabowski:
- Deb Thompson
- Rosalind Forti
- Elaine & Julian

General Donation:
- Richard Trembley

Boutique News:

Keep those great donations coming and stop in to do some holiday shopping! Reminder that all items need to be in NEW or LIKE NEW condition only please. Happy Holidays from all us in the Boutique!

HOLIDAY JEWELRY SALE!

Thursday, December 3rd ~10:30am-1:30pm

Stop by the Arts & Crafts room and browse a great selection of necklaces, bracelets, earrings and more! In celebration of our Earls and Pearls Holiday Show, enjoy special pricing on all pearl jewelry! Shop before lunch or before the concert and find something special!

CAVIN CARES FUND

The Cavin Cares Fund has been created by the Friends of the Ludlow Senior Center in memory of Nancy Cavin who generously supported the Friends. It was her wish that her generosity could be utilized to help older adults in need. The Cavin Cares Fund provides limited financial assistance to Ludlow residents 60 years or older experiencing temporary hardship or emergency situations that impact their health, safety or well-being. Assistance is based on demonstrated need, income, availability of funds and eligibility criteria established by the Center and the Friends. All requests are reviewed confidentially. Examples of assistance may include but not limited to: utility bill, medications, medical equipment, car repairs and food assistance. This fund is intended as a one-time assistant to help during short-term emergencies. If you or someone you know may benefit from this support, applications are available at the front desk.



WE APPRECIATE EACH AND EVERY ONE 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 ~ *ACCESS CARE PARTNERS*

Wednesday, December 9th at 12:00pm

Not Sure Where to Turn for Help? Join Maryann Linnehan of Access Care Partners (ACP) for a Lunch & Learn about the many resources and services available to you and your loved ones. Learn how ACP's knowledgeable Community Resource Specialists can help you navigate your options and find the support you need. Even if you don't need help today, it's good to know where to turn when the time comes! ***Please register for Lunch & Learn***

Deliver To:

Tuesday Evening Activities...

QUILTING BASICS

Tuesdays, December 8th & 22nd 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 is welcome at any time and will be able to progress through the steps needed to complete a quilt. ***Please register for these classes.***

EVENING TRIVIA

See you in the Spring!

If you love Friday trivia, you will love Tuesday nights too! Teams 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! Join us!



LORRIE'S HOLIDAY HAPPY HOUR

Tuesday, December 15th at 5:00pm

Get creative and spread some holiday cheer! Join us for a fun, hands-on bow-making class where we'll learn how to create beautiful bows perfect for gift wrapping, decorating and adding a festive touch to the season.

Please register for this session.

SLIDER SUPPER

Tuesday, December 15th ~ 4:30pm-5:30pm

Slide into the holidays at The Corner Café. We will be serving cheeseburgers sliders and chips for $3.00! Stop in, have supper and enjoy some laughs with friends!

POWER PUMP EXERCISE CLASS

Every Tuesday at 4:30pm

The energy never stops! Blending cardio drills and strength training, many different modalities are incorporated into this unique workout. Class is $2.00 or a punch on your punch card.

Bring your own mat please and CLEAN sneakers!

MOVIES

Every Tuesday evening at 5:00pm

We show everything from oldies to new releases - and we have snacks too! See page 7 for December movies and start times!

VOLLEYBALL AT EAST STREET SCHOOL

Every Tuesday & Thursday ~ 5:30pm-8:00pm

Join us for some fun games of volleyball! Lots of laughs and great exercise! no experience necessary just come learn a new sport!