

THE SENIOR SCENE ~ APRIL 2026

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



SPECIAL EVENTS IN APRIL...

BEGINNER MAHJONG

Tuesdays, April 7th, 14th, 21st & 28th at 1:00pm

Are you curious about Mahjong? This beginners class will teach you the basics, from tiles to gameplay, in a fun and relaxed setting. No experience needed—just come and learn!

WALKER ACCESS

Friday, April 3rd at 10:00am

Join *Walker Access* for an informative and practical session on improving safety and accessibility in your home. Learn about helpful solutions like ramps, stairlifts, grab bars and other mobility upgrades designed to support independence and reduce the risk of falls. After the presentation, stay for a FREE device tune-up clinic for your mobility equipment—and don't miss the *walker wash* to clean off that winter dirt!

FISHING CLUB IS BACK!

Monday, April 6th 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!

RECLAIM YOUR HANDS! DON'T LET PAIN HOLD YOU BACK!

Thursday, April 9th at 10:00am (rescheduled from March)

Join us for an engaging and informative presentation with *Powerback Rehabilitation To You* and Certified Hand Specialist Jillian Senecal. If you experience hand pain, stiffness, weakness or simply want to keep your hands healthy, this program is for you. This interactive session will cover common upper hand pain and aches, practical arthritis management strategies, and orthosis and brace options designed to provide support and improve function.

Please register for this session again

SPRING TEA CRAFT

Tuesday, April 14th at 1:00pm

Calling teatotalers! Join us for an afternoon designing your own loose-leaf tea blends. Explore authentic true teas, assorted herbal teas and fragrant botanicals to create personalized blends that reflect your taste, mood or intention. **Registration begins April 1st at 8:00am**

BEHAVIORAL HEALTH HELP LINE

Friday, April 17th at 10:00am

The Behavioral Health Help Line (BHHL) connects individuals and families across Massachusetts to a full range of mental health and substance use services, including outpatient, urgent and crisis care. Available 24/7, 365 days a year, the BHHL provides immediate access to a trained mental health professional who can guide you through next steps—whether that's finding local providers, scheduling appointments or understanding your care options. Services are offered in over 200 languages and NO insurance is required. Come and learn about these valuable services and how they can help you or a family member. **Please register for this session**

BACKYARD BENEFITS: THE HEALING PLANTS AROUND YOU

Tuesday, April 21st at 10:00am

Discover the hidden potential growing right in your own backyard! Salli Greene from *Alternatives for Health* will present an engaging talk on the herbs and wild plants you may already have in your garden—many without even realizing it—and their potential health benefits. From familiar favorites like dandelions and primrose to lesser-known varieties, you'll learn how these plants can be safely and practically used to support your well-being. **Please register for this session**

BABY GOAT SNUGGLES

Wednesday, April 22nd at 10:00am

Get ready for the sweetest experience you didn't know you needed! Come watch baby goats from Cloverbrook Farm hop, bounce and zoom around like tiny bundles of happiness. After playtime, snuggle, hold and gently pet these adorable little friends. Did you know holding a baby goat can help reduce your heart rate and boost your mood? It is nature's way of helping you relax and feel happier! Stop by and let these baby goats add some extra joy to your day!

TIP OF THE TONGUE—UCLA Memory Training Program

Mondays, April 27th, May 4th, 11th & 18th at 1:30pm

Can't remember where you parked? Forgot why you walked into the room? Word stuck on the tip of your tongue? Join Heather and Maria for four brain-stimulating, fun-filled sessions where you will learn about developing good memory habits and techniques to improve your memory. Methods are based on research and proven to be beneficial long-term. You must attend all four sessions for optimal results! **Space is limited. Don't forget to register early!**

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

Van Drivers

Tom Godek
John Garcia
Mike Lebel



Activity Assistant

Lorrie Bobe

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

CORNER CAFÉ FUN...

NATIONAL PEANUT BUTTER & JELLY DAY!

Thursday, April 2nd at 10:30am

Join us in the Corner Café as we celebrate a classic food favorite! We will be serving the classic peanut butter & jelly sandwich on white bread. Grape, strawberry or raspberry jelly? YUM! Stop on by!



ATTENTION VOLUNTEERS!

Are you **volunteering** but not logging your hours on the kiosk? If we don't have hours logged for you, you will not be invited to the Volunteer Recognition. The Volunteer Recognition is for those that complete 20 hours of volunteering for the Senior Center in a calendar year. Interested in volunteering or don't know how to log your hours, please see Heather. Thanks!

INTAKE FORMS ~ PLEASE UPDATE!

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!



Like us on Facebook and never miss a thing!

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

VOLUNTEER OPPORTUNITIES

We're looking for a few good people to help out at the Senior Center! Are you an early riser who enjoys a little fresh air and movement to start the day? We're seeking friendly, enthusiastic volunteers to lead a morning Walking Group around 8:00am—no experience or heavy lifting required, just a willingness to get things started! Our Garden Club is also welcoming new members. If you have a green thumb (or would like to grow one!), be sure to check out page 3 for more details. Love playing bridge? We're looking for someone who can help others learn and enjoy the game as a Bridge facilitator. If any of these opportunities sound like a good fit for you, please see Heather—we'd love to have you involved!

APRIL TRIP:

QUILTING TRIP

Friday, April 10th at 9:00am

Calling all quilters! Join us for a day of fabric shop hopping. We will visit 3 different shops and stop for lunch. The van is \$2.00 and shopping and lunch are on your own. *Sign up begins April 1st at 8:00am.*



LUNCH BUNCH ~ VILLA ROSE RESTAURANT

Wednesday, April 15th at 11:30am

We are sticking around Town and going to lunch at the Villa Rose to support the Friends of the Ludlow Senior Center. Lunch not your thing? Swing by and have dinner there and support the Friends! Van is \$2.00 and lunch is on your own. *Sign up begins April 1st 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 for using the crosswalks coming to and from the Center! No one needs to get run over!



ACTIVITIES...

WATERCOLOR PENCIL CLASS

Mondays, April 13th and 27th 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.**

TED TALK HOUR

Tuesday, April 28th at 10:30am

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!

Wednesdays, April 1st, 15th, & 29th 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!

TEA WITH THE TA

Wednesday, April 1st at 10:00am

Stop by the Café and enjoy a cup of tea with Town Administrator, Marc Strange. This informal conversation is a great way to talk to Marc and get to know what is happening in Ludlow.

JEWELRY CLASS

Wednesday, April 8th 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.

GARDEN CLUB IS BACK! ~ Beginning Wednesday, April 22nd ~ Do you love gardening (ok, weeding) and want to help keep the Center looking beautiful? We could use your help. The Garden Club meets Wednesdays beginning at 8:00am. They weed, cut and mulch and it is a great way to get outside on a beautiful morning! Please see Heather if interested in helping!

THE WRITERS BLOCK

Thursdays, April 2nd, 16th and 30th 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, April 23rd 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, April 23rd at 2:00pm

***Keeping Lucy* by TG Greenwood**

May: The Two-Family House by Lynda Cohen Loigman

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

DECORATING COMMITTEE

Friday, April 3rd 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!

TRIVIA

Friday, April 10th 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!

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 April 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!

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! **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

Wednesdays at 1:00pm and 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.

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 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, April 9th 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, April 15th at 4:30pm

Held the 3rd Wednesday of every month, this meeting is open to the public. This is an advisory Board that helps set policies and procedures of the Center. If you have questions about how things

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!**

SWING YOUR PARTNER! NEW!

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!**

SENATOR OLIVEIRA OFFICE HOUR

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

Stop by and discuss items that are important to you.

REPRESENTATIVE SAUNDERS OFFICE HOUR

Please call the Center for April's date

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)

EASTER LUNCH!

Thursday, April 2nd beginning at 11:00am

Join us for our annual Easter lunch with entertainment by Richie Mitnik and a delicious lunch

prepared by Chris! We might have a hopping guest too! ***Reservation Required***



BIRTHDAY LUNCH!

Thursday, April 16th at 12noon

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

Reservation required



LUNCH & LEARN ~

LUDLOW FIRE DEPARTMENT

Wednesday, April 25th at 12:00pm

Join Chief Pease, Deputy Chief Lavoie and Captain Ellison for an informative and engaging overview of the fire department.

Learn how the department operates, gain insight into their day-to-day responsibilities and receive important fire safety tips to help keep you and your household safe. ***Reservation**

for Lunch & Learn required*



MOVIES...

March 31st @ 4:30pm & April 1st @ 1:00pm
Song Sung Blue 2025 PG-13

Based on a true story, Mike and Claire are two down-on-their-luck musicians who prove that it's never too late to find love and follow your dreams. They form a Neil Diamond tribute band called

Lightning and Thunder, rising from dive bar gigs to unexpected hometown stardom. When tragedy strikes, their love and passion give them the strength to overcome hardships and inspire everyone around them. 134 min.

April 7th @ 5:00pm & April 8th @ 1:00pm
Soul on Fire 2025 PG

Facing unimaginable odds, a boy who survives severe burns goes on to transform his past into a message of hope and resilience in this heartfelt biopic. 112 min

April 14th @ 5:00pm & April 15th @ 1:00pm
Walk in the Sun 1945 PG

During the Allied invasion of Italy, the film stars Dana Andrews, one of the officers leading an attack on a farmhouse in the Italian countryside which functions as a German stronghold. One of the best WWII films, it combines documentary-like sequences with a sharp awareness of the isolation of each soldier in the midst of battle. 117 min

April 21st @ 5:00pm & April 22nd @ 1:00pm
Arthur the King PG-13

Ten days, 435 miles, one unbreakable bond - this is the true story of adventure racer Michael Light (Mark Wahlberg) and Arthur, a street dog who changes Michael's life forever. 107 min

April 28th @ 5:00pm & April 29th @ 1:00pm
The Best You Can 2025 R

Stan Olszewski, (Kevin Bacon) a security guard foils a home robbery attempt at Cynthia Rand's residence. A charged friendship develops starting with late-night humorous texts. Their deepening bond shakes up both their lives. 103 min

OUTREACH...

Your Voice, Your Choice: Planning Ahead Matters

What Is a Health Care Proxy?

A health care proxy is someone you trust to make medical decisions for you if you're unable to speak for yourself.

This person can:

- Follow your wishes—not their own
- Speak on your behalf with doctors
- Help ensure your voice is heard, even in an emergency

Why It Matters?

Life is unpredictable. Having a health care proxy in place gives you peace of mind and helps your loved ones avoid difficult decisions during stressful times.

If you'd like more information, step-by-step instructions or the form, please see Sheila or to make an appointment with Sheila, please call 583-3564 or stop at the Front Desk.



BROWN BAG PROGRAM

Tuesday, April 21st ~ 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 21st between 1:00pm and 5:00pm. Thank you!**

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, April 27th 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.

****Please register for these sessions****

GUIDANCE BY LI

Comfort and Support After Loss

Friday, April 17th at 1:00pm

Tuesday, April 14th 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 (WITH GUEST LAURA LAVOIE)

Friday, April 24th at 1:30pm

Are you a caregiver struggling with caring for a loved one with memory challenges? You are welcome to join us for our **Forget-Me-Not Circle**, which is a welcoming 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

****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.

*****Please note new day and time!***

TARGET POINT MASSAGE THERAPY

Wednesday, April 1st and May 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.

MOBILE DENTAL HYGIENE SERVICES OF WESTERN MASS

Wednesday, April 8th by appointment

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

- Dental cleaning 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, April 22nd 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.

May appointments available April 1st

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 April, Ludlow residents will be charged \$30 per visit and non-residents will be charged \$60 per visit.

We appreciate your understanding!

REIKI

Fridays in April 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, April 9th
at 10:30am
All welcome!



PRO SHRED
SECURE SHREDDING

COMMUNITY SHRED DAY
FREE
SOBRIETY ACCEPTED

SAT MAY 9 9-11AM

LUDLOW SENIOR CENTER
 228 STATE ST
 LUDLOW, MA

SECURE DOCUMENT SHREDDING
 BANK STATEMENTS
 TAX DOCUMENTS
 MEDICAL RECORDS
 PERSONAL INFORMATION
LIMIT 3 BOXES PER CAR

DONATIONS HAVE BEEN MADE:

In memory of Ruth Pancotti:

- Michel & Donna Plourde
- Debbie Thompson
- Matt & Joan Pszeniczny
- Clovia Enos
- Martin & Sue Getchell
- Edith Tipton
- Beth Croteau
- Miriam Stone

Ed & Jackie Doyle

- Jeannette Nolan
- Dorothy Majka
- Darlene Murphy
- Theresa Detka
- Beverly Zull
- Bobby & Lois Sokolowski
- Marie Willette
- Mary Ann Ross

- Ben & Chris Davis
- Anna Kozicki
- Jim & Paula Rickson
- Robert Mishol
- Gilbert Myette
- Sylvia Ouellette
- Barbara Green
- The Schaeffer Family

In memory of Esther Brown:

- Anonymous

In memory of Kathy Garand:

- Beverly Zull

In memory of Joan Duchesne:

- Don Duchesne

In memory of Larry Cloutier:

- Miriam Stone

In honor of the Costa Family:

- Darlene Costa

General Donations:

- Richard Trembley
- Larry Lavigne
- Sheila Marois

JOIN THE FRIENDS AT THE
Villa Rose Restaurant
 1428 Center Street, Ludlow

Dine in or Take out
Fundraiser
 TO BENEFIT THE
 The Friends of the Ludlow Senior Center

Wednesday April 15
 12-9 PM

20% of your meal will be donated back to the Friends (Alcohol excluded)

Bingo Night
 at Raymour & Flanigan

Friday
May 8, 2026
5:30 PM

\$10 Entry fee
 Refreshments included
 Raffles are extra

Sponsored by:
Raymour & Flanigan
 FURNITURE MATTRESSES
 665 Boston Rd
 Springfield, MA

FRIENDS NEWS:

- The Sock Hop scheduled for April 17th has been postponed until Fall.
- The Boutique is in need of Spring and Summer donations. Please be sure donations are clean and in new or like-new condition. We accept women's clothing, décor, jewelry and accessories. Thank you for your donations!

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

COMPASS & ANCHOR PROGRAM ~ LAURA LAVOIE ~ Thursdays, April 9th & April 16th at 1:30pm

Laura returns for a public education presentation! Laura will show you hand over hand techniques to become more of a care partner than a caregiver. Using your guidance and their muscle memory, both of you will be stronger and more successful in this journey together. Whether you have just received a diagnosis, are noticing early signs that something may be changing or are further along in your caregiving journey, this free program is for you and for anyone who is involved with caring for someone with Alzheimer's and dementia. This is part of our Compass & Anchor Program sponsored by MCOA. ***Registration required***

Deliver to:

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 and have FUN!

TUESDAY EVENING ACTIVITIES ...

STUCK IN THE MIDDLE ~ MELISSA HUDSON

Tuesday, April 7th at 5:00pm

Melissa Hudson from *Chronically Well Counseling* will host an interactive session on caregiver stress. The discussion will cover the challenges of the "sandwich generation," supporting loved ones with dementia or physical limitations, and coping with anticipatory grief. ***Please register for this session***

GUIDANCE BY LI COMFORT AND GRIEF SUPPORT

Tuesday, April 14th 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! Unfortunately, this group will be ending and May will be the last meeting. ~Generously supported by Ludlow Funeral Home~

Don't forget the Center is open on Tuesday evenings! The billiards room, exercise room and craft room are all open. It is light out later now, so come on by!

TRIVIA RETURNS!

Tuesday, April 21st at 5:00pm

If you love Friday trivia, you will love Tuesday nights too! Teams will work together to answer questions from pop culture, history, science and so much more! If you know a little bit about everything, you will love playing!

TACO TUESDAY!

Tuesday, April 28th ~ 4:30pm- 5:30pm

The Corner Café will be open serving street tacos! The cost is 2 for \$3.00 and beef and chicken will be available! Stop in and enjoy Taco Tuesday with us! Hopefully we won't get snowed out!

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 at 5:00pm

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