

THE SENIOR SCENE - NOVEMBER 2026

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



Special Events...

Baystate Hospice Information Table

Friday, November 6th at 10:00am

Stop by Corner Café and visit with Baystate Hospice. They will be here with information about their program and answer any questions you may have.

Peace of Mind

Beers & Story Funeral Homes

Monday, November 16th at 10:00am

Please join us for a friendly and informative conversation about advance funeral planning. Kate Davignon of Beers & Story Funeral Homes will share helpful information about planning ahead, what to consider when making your funeral arrangements, and how having your wishes in place can provide peace of mind for you and your loved ones. Bring your questions! We welcome an open conversation about funeral services and planning.

Please register for this workshop

Coffee with a Cop

Tuesday, November 17th at 10:00am

Join us for a relaxed morning of coffee, conversation and community! Meet *Chief Brennan* from the Ludlow Police Department, ask questions, share concerns and get to know about the people who help keep our community safe. It's a great opportunity to connect and enjoy a friendly chat.

Stop by the Corner Café and say hi!

Make Your Home Age-Friendly

Monday, November 23rd at 10:00am

Stay independent at home! Discover creative ideas, from simple solutions to smart home renovations, to help you stay safe, comfortable, and independent at home. Learn what works, what doesn't and why. Jackie Dobson of Designs for Easy Living will discuss funding opportunities of up to \$50,000 and whether you may qualify!

Please register for this workshop.

**SENIOR WORK ABATEMENT PROGRAM
APPLICATIONS ARE NOW AVAILABLE FOR 2027 AT
THE SENIOR CENTER FRONT DESK.**

Thanksgiving Lunch Sign-ups ~ PLEASE READ!

Our special lunches are very popular, so we need to separate sign-ups for Thanksgiving Lunch again.

Please see below:

- TUESDAY, November 3rd beginning at **9:00am**, **Ludlow residents** may sign up for Thanksgiving lunch.
- WEDNESDAY, November 4th beginning at **9:00am**, **all others** may sign-up for Thanksgiving lunch.
- You may sign-up yourself and ONE other person (*must be Ludlow resident on the 3rd*).

We know this is a difficult adjustment and we do our best to accommodate as many people as possible.

Thank you for your understanding!

Jammin' with Jodi...

Hey all! It has been a while! The newsletter has been so packed, there has been no room for me. You will notice the newsletter looks a bit different, and it is a work in progress. We can no longer use Publisher, so we are now using Canva and it has been a learning curve for me to say the least!

The holidays are almost here so it is always a busy time of year. Please pay attention to the special lunch sign-up dates. Also, on the 1st of the month, please call only call at 8:00am for activities that state "sign-up begins on November 2nd at 8:00am." For all other activities, you can sign up now. The phones ring off the hook so just trying to cut down on the number of calls.

Thank you to our Veterans for your sacrifice and from all the staff at the Center, Happy Thanksgiving!

-Jodi

Save the Date.....

Earls & Pearls Christmas Show!

Thursday, December 3rd at 1:30pm



Get into the holiday spirit with the fabulous Earls & Pearls Christmas Show! Enjoy a festive performance filled with holiday music, seasonal cheer and plenty of entertainment. It's the perfect way to celebrate the season! Don't miss this merry holiday treat! No sign-up necessary.

Get to know the Ludlow Senior Center...

The Staff

EXECUTIVE DIRECTOR Jodi Zepke jzepke@ludlow.ma.us	CLERK Deb Borecki
ASSISTANT DIRECTOR Heather Jolicoeur hjolicoeur@ludlow.ma.us	COOK Christine Toelken
OUTREACH COORDINATOR Sheila Rubin srubin@ludlow.ma.us	MAINTENANCE Dennis Frodema
ACTIVITIES DIRECTOR Maria Ardolino activity@ludlow.ma.us	DISPATCHER Jack Alves
ADMINISTRATIVE ASSISTANT Merrill Shepard	DRIVERS Tom Godek John Garcia Mike Lebel
ACTIVITY ASSISTANT Lorrie Bobé	

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

CORNER CAFÉ FUN...

Café hours: 8:00am - 11:00am

THE HYDRATION STATION IS CLOSED UNTIL THE SPRING. PLEASE USE THE WATER FOUNTAINS LOCATED IN EACH HALLWAY. REMEMBER TO BRING A REFILLABLE WATER BOTTLE. ... & DON'T FORGET TO ENJOY A BEAUTIFUL FALL MORNING OR AFTERNOON ON OUR PATIOS!

Thankful for YOU! 🍊

Wednesday, November 25th at 10:30 AM

Join us in the Corner Café for apple cider and pumpkin muffins as we celebrate the spirit of Thanksgiving and reflect on all we have to be thankful for. We're grateful for our wonderful Senior Center community and look forward to sharing a little holiday warmth with YOU!

November Trips...

Lunch Bunch ~ Country Diner

Tuesday, November 10th at 11:00am

We are trying this again and we are heading to Enfield to visit a great diner! They have a large menu featuring breakfast and lunch. Make sure you are hungry! Van is \$2.00 and meal is on your own.



Holyoke Mall

Friday, November 20th at 9:00am

Get your holiday shopping started! We are heading to Holyoke Mall featuring Target, Macy's and more! Van is \$2.00 and shopping is on your own.

Trips sign-up begin November 2nd at 8:00am

Council on Aging Board

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

LUDLOW COUNCIL ON AGING

Mission: The Ludlow Council on Aging was created by Town of Ludlow By-Laws to act as an advocate for town citizens over 55 years old, those with disabilities, and their families and caregivers, ensuring that they are represented before the town leadership, the Senior Center Director and the greater community. The Council works to identify the changing needs of this population and advises on policy making and program design. We focus on optimizing independence and quality of life, both physically and emotionally, in a way that is accessible to all.
Dignity ~ Independence ~Inclusion

FITNESS CLASS SIGN-UPS ~ PLEASE READ!

We understand that registering for popular classes, especially Boomer Bootcamp and Healthy Bones, can be frustrating. On Thursdays at 9:00am and 1:00pm, our phones ring nonstop and classes are often full within just a few minutes. Our fitness studio can safely accommodate only 30 participants and opening registration at the same time each week gives everyone an equal opportunity to secure a spot. Please know that our staff does their very best to answer every call and process registrations fairly. With more than 100 calls coming in within a matter of minutes, mistakes can happen. We ask for your patience and kindness if you are unable to sign up for a class or are wait-listed. If you get the voice mail when you call, PLEASE leave a detailed message, hang up and then DO NOT call back. The message is time-stamped so calling back jams the phones even more.

Quick reminder that we want to make sure everybody has a fair opportunity to join these classes. When registration opens, you may sign-up yourself and your spouse/household member. For others, we ask that they call and register themselves. Thank you for helping us keep registration fair and giving everyone an equal opportunity to participate. We appreciate your continued patience and understanding!



Activities...

WATERCOLOR PENCIL CLASS

Mondays, November 9th & 23rd at 1:30pm

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 for this activity.**

JEWELRY CLASS

Wednesday, November 4th ~ 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, November 4th at 10:00am

Stop by the Café and enjoy a cup of tea with Interim 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!

FUN WITH OPERA!

Wednesdays, November 4th & 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!

TED TALK HOUR

Wednesday, November 25th at 1:00pm

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

THE WRITERS BLOCK

Thursday, November 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 and join us!

PAINTING WITH SUNSHINE VILLAGE

Thursday, November 19th 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!*

BOOK CLUB

Thursday, November 19th at 2:00pm

***The Long Flight Home* by Alan Hlad**

Dec: *The Soulmate* by Sally Hepworth

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

TRIVIA

Fridays, November 6th & 20th 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!

DECORATING COMMITTEE

Friday, November 6th 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!



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 November

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!

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

REGISTRATION REQUIRED CLASSES...

BOOMER BOOTCAMP

Mondays at 9:30am & Fridays at 8:45am & 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, November 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 2nd Thursday of each month to find out what you can do to help!

COUNCIL ON AGING BOARD MEETING

Wednesday, November 18th 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 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!**

LOCAL POLITICIAN OFFICE HOURS...

SENATOR OLIVEIRA

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

Stop by to discuss items that are important to you.

REPRESENTATIVE SAUNDERS

Monday, November 16th at 10:30am in the Corner Cafe

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

November 2026 Activities Calendar

(Tuesday Nights ~ see page 10!)

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Computer by appt (CR) 1:00pm: Scrabble (Cafe) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS)	3 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	4 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Jewelry (RR) 9:00am: Massage by appt (WC) 10:00am: Tea with TA (Cafe) 10:00am: Fun with Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	5 9:00am: Tai Chi (FS) 9:30am: Foot Care by appt (WC) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	6 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Baystate Hospice Info Table 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Decorating (DR) 1:00pm: Healthy Bones (FS)
9 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer by appt (CR) 10:00am: Blood pressure ck (WC) 11:00am: Veterans Lunch (DR) 1:00pm: Scrabble (Cafe) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS) 1:30pm: Watercolor pencil (AC)	10 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 11:00am: Lunch Bunch Trip 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	11 CENTER CLOSED Veterans Day! Thank you Veterans!	12 9:00am: Tai Chi (FS) 9:30am: Foot Care by appt (WC) 9:30am: Dominos (AC) 10:30am: Friends Meeting (RR) 12:45pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	13 8:45am: Boomer Bootcamp (FS) 9:00am: Dental Hygiene (WC) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (CR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
16 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Computer by appt (CR) 10:00am: Peace of Mind (RR) 1:00pm: Scrabble (Cafe) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS)	17 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:00am: Coffe with a Cop (Cafe) 10:30am: Gentle Yoga (FS) 1:00pm: Brown Bag pick up (CR) 1:00pm: Swing Your Partner (FS) 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) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 4:30pm: Council on Aging Mtg (CR)	19 9:00am: Tai Chi (FS) 9:30am: Foot Care by appt (WC) 9:30am: Dominos (RR) 10:00am: Sunshine Paint (AC) 10:15am: Meditation (CR) 12:00pm: Birthday Lunch (DR) 12:45pm: Mahjong (RR) 2:00pm: Writers BLK/Book Club 2:30pm: Active Yoga (FS)	20 8:45am: Boomer Bootcamp (FS) 9:00am: Holyoke Mall Trip 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Guidance by Li (RR) 1:30pm: Forget-Me-Not (CR)
23 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer/Blood Pressure 10:00am: Age-Friendly Home (RR) 1:00pm: Scrabble (Cafe) 1:00pm: Limitless Legends (CR) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS) 1:30pm: Watercolor pencil (AC)	24 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:30am: Gentle Yoga (FS) 11:00pm: Thanksgiving Lunch (DR) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	25 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Facial appt (WC) 10:30am: Thankful 4 U (Cafe) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: TED Talk (CR)	26 CENTER CLOSED Happy Thanksgiving!	27 CENTER CLOSED Happy Thanksgiving!
30 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer by appt (CR) 10:00am: Blood pressure ck (WC) 1:00pm: Scrabble (Cafe) 1:00pm: Limitless Legends (CR) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS)	Tuesday evening activities? see page 10!	Senator Oliveira November 12th - 10:30am ~ Representative Saunders November 16th - 10:30am	AC=Arts & Crafts CR=Conference Room DR=Dining Room FS=Fitness studio GR=Great Room RR=Game Room WC=Wellness Center	

November 2026 LUNCH MENU

Food Allergy Concerns? Call to ask about the ingredients!

Ludlow Senior Center

(413) 583-3564

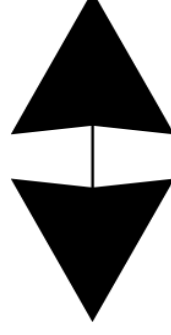
www.ludlow.ma.us

Page 6

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mac & cheese Stewed tomatoes	3 Kielbasa Lazy perioqi Beet salad	4 Potato crunch fish Tater tots Coleslaw	5 Ranch chicken Augratin potatoes Vegetable	6 Cold cut grinder Chips Pickles
9 VETERANS DAY LUNCH Meatloaf Mashed potatoes Vegetable	10 Veggie burger Lettuce & tomato Sweet potato fries	11 CENTER CLOSED Veterans Day! Thank you Veterans!	12 Crab cake Wild rice Vegetable	13 Chicken patty sandwich Lettuce & tomato Macaroni salad
16 Baked cod Scalloped potatoes Vegetable	17 Stuffed sausage peppers, onion, mushrooms & cheese Steak fries	18 LUNCH & LEARN Hot dog Baked beans Cucumber salad	19 BIRTHDAY LUNCH Chicken picatta Rice pilaf Vegetable	20 Taco salad (vegetarian option)
23 Pork & apple stew Biscuit	24 THANKSGIVING LUNCH Turkey and all the fixings!	25 Pepperoni pizza Side salad (vegetarian option)	26 CENTER CLOSED Happy Thanksgiving!	27 CENTER CLOSED Happy Thanksgiving!

30
Meat Chili
Baked potato

PLEASE remember to put your name in your coat and be sure to hang it up. It is a tripping hazard for our dining room crew. Thank you!



Due to the high volume of lunch participants, we are unable to accommodate personal preferences or substitutions. We will do our best to accommodate allergy-related requests when possible (for example, removing cheese), but we cannot accommodate every allergy. Please review the posted menu and consider your individual dietary needs before signing up for lunch. Thank you for your understanding!

Special Lunches...

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

VETERANS DAY LUNCH!

Monday, November 9th at 11:00am

Join us as we celebrate our Veterans! Dave Colucci will be here to entertain us with some classics and patriotic songs along with some words from our Veterans Office. Let us know you are a Veteran and lunch is on us in appreciation of your service.

Reservations required



NOVEMBER BIRTHDAY LUNCH!

Thursday, November 19th at 12:00pm

Join us for our monthly Birthday lunch! Let us know if your birthday is in November and lunch is on us!

Reservation required



THANKSGIVING FEAST!

Tuesday, November 24th at 11:00am

We all have so much to be thankful for so join us for our annual Thanksgiving Day Feast! Turkey and all the fixings will be served along with entertainment by

Musically Married.

Reservation required



***PLEASE SEE FRONT PAGE FOR SIGN-UP DETAILS! ***

Movies...

November 3rd, 5:00pm

& November 4th, 1:00pm

"The Shell Seekers" 1989 PG

A reclusive British matron of comfortable means suffers a heart attack. Based on a book by Rosamunde Pilcher with the same name. Starring Angela Lansbury. (98 min)

November 10th, 4:30pm

"The Man Who Shot Liberty Valance" 1962 PG

An idealistic lawyer (Stewart) travels to a rough frontier town and crosses paths with a vicious outlaw named Liberty Valance (Lee Marvin) alongside a rugged local rancher (John Wayne). (123 min)

November 17th, 5:00pm

& November 18th, 1:00pm

"Animals" 2026 R

A mayoral candidate and his wife take desperate steps to raise their son's ransom. However, their extreme choices expose dark secrets that threaten to ruin them. (106 min)

November 24th, 4:30pm

& November 25th, 1:00pm

"Hamnet"

Hamnet tells the powerful story of love and loss that inspired the creation of Shakespeare's timeless masterpiece, Hamlet. (125 min)



BROWN BAG PROGRAM

Tuesday, November 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 application and further info. Bags must be picked up on the 17th between 1:00pm and 5:00pm.** Thank you!

Outreach...

FUEL ASSISTANCE UPDATE

Valley Opportunity Council (VOC) has been sending out **renewal 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 **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 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, November 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 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

Thursdays in November 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, November 20th at 1:00pm

Losing a loved one can present some of life's hardest challenges. While it is inevitable that we all face loss, society has not done a great job of teaching us how to work through all of the emotions that are associated with grief. Owner and Founder of "Guidance By Li," Liane Smola, joins us monthly to discuss topics such as the nature of grief, managing difficult emotions, self-care, remembering the person who has passed, coping with the stress of change, handling special occasions, reaching out for support and sharing ideas how to support others in your life who also are faced with grief. Share the story of your lost loved one and receive soft guidance and support for your continuing journey through grief. ***Please register for this session***

Sponsored by the Executive Office of Aging & Independence

THE FORGET-ME-NOT CIRCLE

Friday, November 20th at 1:30pm

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

Please register both caregiver and loved one

NOTARY SERVICE

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

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

Wellness...

BLOOD PRESSURE CHECK & FILE OF LIFE

Mondays and 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, November 4th & December 2nd

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, November 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 also available. Appointments are required.

December appointments available November 2nd

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!

November appointments available November 2nd at 8:00am.

MOBILE DENTAL HYGIENE SERVICES OF WESTERN MASS

FRIDAY, November 13th 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, tartar 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 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, November 12th at 10:30am

FRIENDS' COMFORT & CARE CLOSET

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

DONATIONS HAVE BEEN MADE:

In memory of Maria Bellucci:

- Lawrence & Carmelina Bellucci & Family
- Benta & Joe Alves
- Anna Kozicki
- Jamison Hedin
- Western Mass Pioneers
- Jeri Humphries



In memory of Armand Quesnel:

- Gilbert Myette

In honor of Family Veterans:

- Janice Sheaff

General donation:

- Richard Trembley
- Dan Archambault

ANNUAL FUNDRAISER

JANUARY

RAFFLE CALENDARS!

On sale starting
Thanksgiving Lunch

Nov 24th thru year-end

Same price, same prizes!

\$10 per ticket

31 chances to win!

Great Gift
Great Stocking Stuffer!



Proceeds go to The Friends' General Fund

JANUARY 2025															
				1	2	3	4								
5	6	7		\$250	\$50	\$50	\$50								
\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50								
12	13	14	15	16	17	18									
\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10								
19	20	21	22	23	24	25	26								
\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10								
27	28	29	30	31											
\$50	\$50	\$50	\$50	\$50											

CARD NUMBER: _____

One winning number will be drawn at lunch every weekday in January. The first drawing will be on Jan. 1, 2025 and will include winners for Jan. 1 and 2. Subsequent drawings will be held on the following Mondays. Winners will be notified by mail or by phone. Prizes will be sent via check to the address on the winning card.

CARD NUMBER: _____

Name: _____

Address: _____

Phone: _____

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 ~ "Navigating Solo Aging"

Wednesday, November 18th at 12:00pm

Join us for an informative Lunch & Learn with *Hampden Post Acute* as we explore the challenges and opportunities of aging independently. Learn valuable tips on planning for the future, managing healthcare and finances, building a strong support network and accessing community resources to age safely and confidently.

****Reservation for LUNCH & LEARN required****

Deliver To:

Tuesday Evening Activities...

QUILTING BASICS

Tuesdays, November 10th & 24th 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

Tuesday, November 10th at 5:00pm

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 HAPPY HOUR ~ Recipe Exchange

Tuesday, November 17th at 5:00pm

Let's celebrate the season of giving by sharing our favorite recipes! Bring a beloved recipe to exchange with the group, and if you're feeling inspired, prepare a dish for everyone to sample. In the spirit of Thanksgiving, let's gather, share and break bread together! ****Please register for this session.****

SOUPER SUPPER

Tuesday, November 3rd ~ 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 here or to go!

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!

MOVIES

Every Tuesday evening at 5:00pm

We show everything from oldies to new releases - and we have snacks too! See page 7 for November 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!