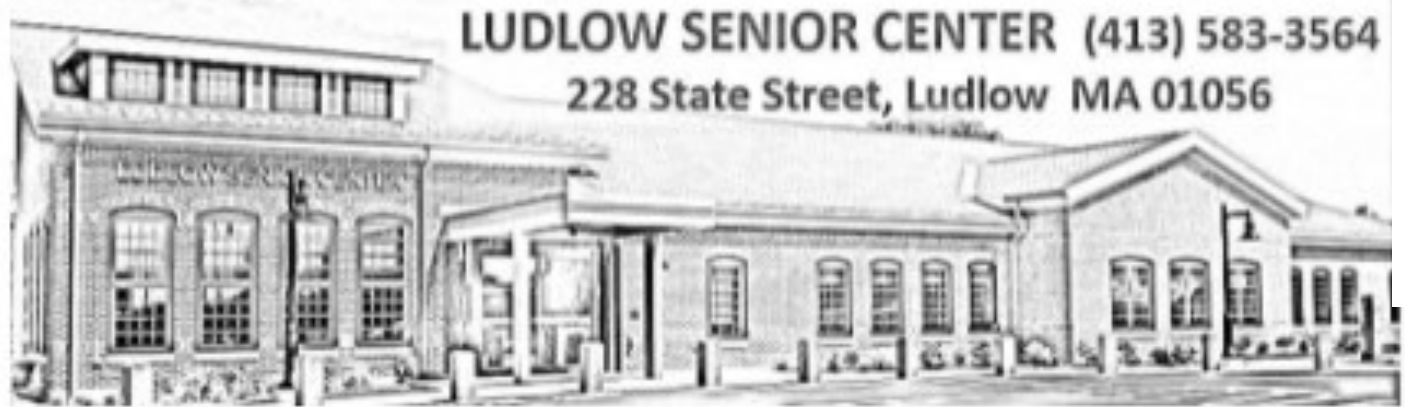


# THE SENIOR SCENE ~ OCTOBER 2023



Hi all! I find this time of year a bit tough mentally. Summer is over, the days are shorter and the trees lose their leaves. We are very fortunate for some new programs to help tackle the slide into the winter blues. We are saying "Be a better YOU In October". Please see the class descriptions below and take advantage of the FREE programs.

I also want to remind everyone that it is a good time to replace and get a new File of Life. If you do not have a File of Life in your wallet, please pick one up at the Front Desk. This little piece of paper is so helpful in an emergency. We have had a few incidents lately and people do not have a File of Life with them. Stop by and pick up a new File of Life today!

Calling all area artists! We have a gallery wall being installed in the next few weeks. We are so very excited to showcase area artists work. If you are interested, please see Jodi.

The Center will be **CLOSING AT 1:00pm ON WEDNESDAY, OCTOBER 18th!** The staff has a training that afternoon. We are sorry for the inconvenience and please plan accordingly.

It is coat season. Be sure to put your name in your coat and please hang it up on a hook or in the coat room during lunch. Please don't leave them on the back of your chair. It is a trip hazard. Enjoy the crisp weather!

*Jodi Zepke*

## Be a better YOU in October!

**We have added new programs to better the mind and body! Check them out!**

### **BETTER TOGETHER**

**Mondays, October 2nd & 16th at 1:00pm**

Do you have feelings of sadness, anxiety, stress, hopelessness, and feel undervalued? These feelings can take a toll on your spirit and well-being. Inspired by our *Time for You* program, **Better Together** is led by Liane Smola. Join others as she helps you learn to recognize and reduce negative feelings in order to increase your happiness.

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

Sponsored by the Executive Office of Elder Affairs

### **MINDFUL MEDITATION**

**Tuesdays at 10:00am**

If you have ever been interested in mindfulness and meditation, this class is for you. The benefits of mindful meditation are calming the mind, increase relaxation, reduce stress, control pain, reduce insomnia, and lower blood pressure. Join Les Carpenter for meditation followed by Q&A. This class is FREE so give it a try!

### **FITNESS ADVISOR**

**Fridays, 8:30am to 11:30am**

We will have retired personal trainer, Les Carpenter here to offer any guidance or answer questions regarding exercise or equipment and will help to design an exercise program that works for you. Call the Center or visit the Front Desk to **schedule your appointment** with Les. Medical form required for use of the exercise room and equipment. This service is FREE!

### **AGELESS GRACE®**

**Fridays, October 6, 13, 20 and 27 at 2:15pm**

Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain and simultaneously addresses all 21 physical skills needed for lifelong optimal function. Join Mary-Anne Schelb from JGS Lifecare Campus of Care as she guides you through a music and movement journey to improve your physical as well as cognitive health. This class is FREE. **Registration is required for each session.**

# Get to Know The Ludlow Senior Center

## The Staff

### Executive Director

Jodi Zepke  
jzepke@ludlow.ma.us

### Program Coordinator

Heather Jolicoeur  
hjolicoeur@ludlow.ma.us

### Activities Director

Maria Ardolino  
activity@ludlow.ma.us

### Outreach Coordinator

Debbie Johnson  
outreach@ludlow.ma.us

### Receptionist

Naomi White

### Clerk

Deb Borecki

### Cook

Christine Toelken

### Maintenance

Jorge Fialho

### Dispatcher

Gary Spear

### Van Drivers

Jack Alves  
John Garcia  
Mike Lebel

### Activity Assistant

Tammy Laselle



## Council on Aging Board

Diane Peacey- Chair

Fernando Barroso- Vice Chair

Karen Martin- Secretary

John DaCruz- Treasurer

Bob Mishol- Member

Rosalind Forti- Member

Kara Ribeiro- Member

Helen Grabowski- Member

Frank Krzanik- Member

Debbie Johnson- Member

Bob Radowski- Member

## STAFF SPOTLIGHT: GARY E SPEAR, DISPATCHER

Gary was born & raised in Springfield. His family owned the Costume Closet for over 50 years. Gary trained & traveled with the Ringling Bros & Barnum & Bailey Circus. After starting the Spear Specialty Shoe Co, Spears became the biggest name in performing footwear. In 2000, Spears Shoes made almost 100 pairs of shoes for the movie, "The Grinch", with Jim Carey. Gary was a member of the local Shriners for over 30 years, performing, producing & directing with the Melha Shrine circus clowns.

Gary's other jobs include managing his brother Glen's pawnshop and working for the local distributorship for Tupperware at the Mills building here in Ludlow.

Gary has many hobbies including riding unicycles, magic, juggling & practicing Qigong exercises. Gary is very handy with woodworking & mechanical abilities and as we already know, is no stranger in the kitchen!

Gary lives in Monson with his wife. Together they have 5 daughters and 2 new grandbabies.

*Welcome Gary!*

## OCTOBER TRIPS... (SIGN UPS BEGIN OCTOBER 2ND)

### WRENTHAM OUTLETS

**Monday, October 16th at 9:00am**

Get a jump on your holiday shopping and join us for a trip to the Wrentham Outlets. Van is \$2.00 and shopping is on your own. **Sign up is required.**

### LUNCH BUNCH— LEENA'S PLACE, BELCHERTOWN

**Monday, October 23rd at 11:00am**

Come have lunch while enjoying the beautiful foliage view on the golf course! Van is \$2.00 and lunch is on your own.

**Sign up is required.**

## CAFÉ FUN...

**ENJOY THE HYDRATION STATION! FRUIT & HERB INFUSED WATER WILL BE AVAILBLE IN THE CORNER CAFÉ DAILY.**

**STOP IN AND QUENCH YOUR THRIST! (LAST MONTH!)**

*REMEMBER TO BRING A REFILLABLE WATER BOTTLE.*

### National Caramel Apple Day

**Monday, October 30th at 10:30am**

Join us at the Corner Café as we make "lazy" caramel apples!

Apples, caramel and lots of toppings!

YUM!



**Residences at Mill 8 – New Loft Apartments Coming 2024.** Winn Development is proud to bring a second new residential. address to Ludlow, MA!

The Residences at Mill 8 are currently under construction for a 2024 move-in date. This exciting new community is designed for age 55+ and will feature 95 new apartments plus a host of amenities designed for everyone. Resident amenity spaces include multiple lounges, fitness center and fitness classroom, a game room and work from home spaces.

The selection process for the apartments will be done as a lottery, like Mill 10. If you are interested in applying for Mill 8, we have a form to be filled out. Once the applications are available, an application will be mailed to you if you are on the list. Mill 8 interest forms are at the Front Desk.

# ACTIVITIES...

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## **WATERCOLOR PENCIL CLASS**

**Monday, October 16th and 30th at 1:30pm**

Get creative while working on the same project as everyone else with water color pencils. Supplies and materials are provided. Give something new a try! **Space is limited so please sign up for this activity.**

## **JEWELRY CLASS**

**Wednesday, October 4th ~ 9:30am-11:00am**

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

## **TEA WITH THE TA**

**Wednesday, October 4th at 10:00am**

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

## **OPERA APPRECIATION**

**Wednesday, October 11th & 25th at 10:00am**

Experience Opera as a dramatic story told through song. It is considered by many to be the most complete art form, combining all of the elements of art, words, & music. Come and learn a new art!

## **TED TALK HOUR**

**Wednesday, October 25th at 1:00pm**

After watching a short TED Talk video, Jodi will lead the group through interesting and spirited discussion. Come check it out!

# WEEKLY ACTIVITIES...

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## **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.

## **BILLIARDS**

The Billiards schedule has recently changed. Open Billiards is every morning, 8:00-12noon. If you would like information about afternoon Billiards, please see Jodi or Maria.

## **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!

## **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 create points which move you further along on the Cribbage board.

## **OCTOBER CRAFTS WITH SUNSHINE VILLAGE**

**Thursday, October 5th and 19th at 10:00am**

Join Sunshine Village to create a beautiful craft and painting. This activity is limited to the first 10 people to sign up.

## **THE WRITERS BLOCK (NEW CLASS!)**

**Thursday, October 5th and 19th at 1:00pm**

Use your words! This class will explore creative writing and journaling, both great ways to improve your mental health, mood, and boosts memory! Be sure to register for this new class!

## **FISHING CLUB**

**Thursday, October 5th at 1:00pm**

Want to go fishing? Come to a meeting first! New and seasoned members welcome. This will be the last meeting until Spring.

## **BOOK CLUB**

**Thursday, October 26th at 2:00pm**

*Paris* by Edmond Rutherford

November: *Pachinko* by Min Jin Lee

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

## **TRIVIA**

**Fridays, October 6th and 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!

## **Louis & Clark and Home Helpers Information**

**Thursday, October 26th ~ 10:30AM-11:30AM**

Stop by and visit their table in the Café and see what services they offer and how they can help you. Enjoy cider and donuts too!

## **BINGO**

**Tuesdays at 1:30pm**

Try your luck at this fun game of chance!

## **Garden Club**

**Wednesdays at 8:00am or Rain Days on Fridays at 8:00am**

Green thumbs not required. Join the Garden club if you'd like to help keep the landscape around the Center looking as good as it does.

## **CERAMICS**

**Wednesdays~9:00am, Fridays~1:00pm**

You can bring your own piece or buy one here. Help is available as well as access to the kiln. Cost of the class is free thanks to the Friends!

## **DOMINOS**

**Thursdays at 9:30am**

Join us for a game of Mexican Train! No experience necessary.

## **MAHJONG**

**Thursdays at 1:00pm**

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

## **MAGIC CLASS**

**Fridays at 1:00pm**

Come and learn a trick or two! No experience necessary.



# EXERCISE...

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

## EXERCISE ROOM

**Monday—Friday 8:00am—3:00pm**

***Fitness Room Instruction Wednesdays 8-10am 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. If you paid it at the old building, you are all set.

**PLEASE NOTE ...YOU MUST BRING CLEAN SNEAKERS TO USE THE FITNESS EQUIPMENT**

## WALKING CLUB

**Monday-Friday 7:00am and 8:00am**

Now meeting in the parking lot of the new building. It is a great way to start your day, meet new friends, and get some exercise! Join us and enjoy the Fall air! New members welcome.

## BOOMER BOOTCAMP

**Mondays at 10:00am & 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.

***\*Sign ups are required for Boomer Bootcamp\****

***Please do NOT be a NO SHOW. Call and cancel. We also ask that you don't sneak into class. There is a capacity limit so be sure that you are signed up.***

## ZUMBA GOLD

**Mondays at 2:30pm & Wednesdays at 9:00am**

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.

## LINE DANCING

**Tuesdays at 9:00am**

Learn how to line dance while having fun! \$1.00 donation welcome!

# MEETINGS...

## VETERANS SERVICES

**Thursday, October 19th at 10:00am**

Meet with Eric Segundo, Director of Veterans Services, to discuss any issues concerning benefits and/or services. **Registration is appreciated.**

## FRIENDS OF THE LUDLOW SENIOR CENTER

**Thursday, October 12th at 10:30am**

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

## SENATOR OLIVEIRA OFFICE HOUR

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

Stop by and discuss items that are important to you.

## 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.

## WESTERN DANCE LESSONS

**Tuesdays at 1:00pm**

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

## HEALTHY BONES & BALANCE \*REGISTRATION REQUIRED\*

**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 is Required!**

## TAI CHI

**Thursdays at 9:00am**

Come join in 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.

We are looking for a few good people that are willing to be trained to teach **Healthy Bones and Balance**. The class is very popular and we really need another instructor or two.

Please see Maria if you are interested.

We have added a 3rd class on Wednesday afternoons too!

## COUNCIL ON AGING BOARD MEETING

**Wednesday, October 18th at 4:30pm**

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

## REPRESENTATIVE SAUNDERS OFFICE HOUR

**Monday, October 16th at 10:30am in the Corner Café**

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

*Both the Senator and Representative can speak with you about what is happening at the State or local level. Stop by either office hours and have your questions answered.*

# SPECIAL LUNCHES...

**LUNCH & LEARN~ "DO YOU HAVE THE RIGHT TYPE OF MEDICARE COVERAGE?"**  
**Blue Cross Blue Shield of Massachusetts**  
**Wednesday, October 4th at noon**

If you already have a Medigap plan or are looking to find a plan for the first time, you want to be sure you have the right coverage. This seminar explains all your health insurance options, including the rules for Medicare, so you can be confident you're making the right choices.  
**(Open enrollment begins October 15th)**  
**\*\*RESERVATIONS ARE REQUIRED.\*\***

**BIRTHDAY LUNCH!**  
**Thursday, October 19th at 12noon**

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



**Reservations required!**

**HALLOWEEN LUNCH!**  
**Tuesday, October 31st beginning at 11:30am**

Join us for our annual Halloween lunch. Be sure to dress up for the Costume Contest beginning at 11:30am. Scariest, most creative and best couple ...you just might win a prize! Spooky lunch to be served at Noon! Make your reservation today!



# MOVIES...

**October 3 at 5:00pm**  
**October 4 at 1:00pm**

***Love Again 2023 PG-13***

After the loss of her fiancé, Mira Ray sends a series of romantic texts to his old cellphone number, not realizing it was reassigned to journalist Rob Burns. Rob becomes captivated by the honesty of her words in the beautifully constructed texts. When he's assigned to write a profile of superstar Celine Dion, he enlists her help to figure out how to meet Mira in person -- and win her heart. 104 min

**October 10 at 5:00 pm**  
**October 11 at 1:00pm**

***Senior Moment PG-13***

After drag racing his vintage convertible around Palm Springs, Calif., a retired NASA test pilot loses his license. Forced to take public transportation, he meets Caroline and learns to navigate love and life again. 92 min

**October 17 at 5:00pm**  
***Book Club 2018 PG-13***

As requested: Four friends' lives are turned upside down when their book club tackles the infamous "50 Shades of Grey." From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter. 103min



**October 24 at 5:00pm**  
**October 25 at 1:00pm**  
***Kandahar 2023 R***

An undercover CIA operative, Gerard Butler, gets stuck in hostile territory in Afghanistan after his mission is exposed. Accompanied by his translator, he must fight enemy combatants as he tries to reach an extraction point in Kandahar. 119 min

# WELLNESS...

**BLOOD PRESSURE CHECKS AND FILE OF LIFE**  
**Tuesday afternoons from 12:30pm-2:00pm**  
**Friday mornings 10:00am-11:30am**

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.

<b>FILE OF LIFE</b>	
Name:	_____
Address:	_____
Doctor:	Phone: _____
<b>EMERGENCY CONTACTS</b>	
Name:	Phone: _____
Name:	Phone: _____
Address:	_____

**FOOT CARE WITH ANGELA KRAMER, RN, BOH**  
**Thursdays by Appointment**

Pedicures are \$20 and comprise of a foot soak and nail trim (no polish). Appointments are required and can be made by calling the Center. Diabetics are required to provide a note from their doctor before foot care can be given.



**\*\*Sign ups for October appointments begin October 2nd. \*\***  
**(We know appointments fill up quick. Please add your name to the wait list if you are unable to book an appointment.)**

**HEARING CLINIC WITH HERITAGE HEARING CARE**  
**Thursday, October 26th ~ 12:30pm-3:00pm**

Having your hearing checked is important. Schedule your free hearing screening. Do you need your hearing aides checked, cleaned or need new batteries? Learn about hearing loss too.  
**Call the Center for an appointment beginning October 2nd.**

**FACIALS WITH DIANE**  
**Diane Neill: Wednesday, October 25th**

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

**\*November appointments are available beginning October 2nd.\***



# SUPPORT...

## GUIDANCE BY LI

Comfort and Support After Loss  
**Friday, October 20th at 1:00pm**

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

Owner and Founder of Guidance By Li, Liane Smola, will join 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 continued grief journey.

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

Sponsored by the Executive Office of Elder Affairs

## THE FORGET-ME-NOT CIRCLE Friday, October 27th at 1:30pm

This month we will be discussing housing options and the differences in each option. This presentation is part of our Forget-Me-Not Circle which is a welcome meeting place where those with memory challenges and their caregivers meet with peers to share resources and have open and honest conversations about caring for a loved one with memory challenges.

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

Are you an older adult (60+) looking to make connections with other LGBTQ+ folks?

## Rainbow Social Club

The RSC is proud to offer gatherings to bring our community of LGBTQ+ older adults together! Meetings are open to LGBTQ+ older adults (60+), younger partners and friends.

Find out more by visiting [wmeldcare.org/lgbtq](http://wmeldcare.org/lgbtq) and join the mailing list by emailing [RainbowSocialClub@wmeldercare.org](mailto:RainbowSocialClub@wmeldercare.org).

### October Events:

**Tuesday, October 3rd in Amherst at 10:00am**~ Check out the Amherst coffee hour! No format. No agenda. Just community!

**Wednesday, October 4th in Holyoke at 4:00pm**~In collaboration with the Holyoke Council on Aging, the Rainbow Social Club will gather for an early dinner provided by the Holyoke COA kitchen. Please RSVP to [RainbowSocialClub@wmeldercare.org](mailto:RainbowSocialClub@wmeldercare.org).

**Wednesday, October 11th in Belchertown at 10:00am**~Check out the social coffee hour—a space to sip coffee and chat with LGBTQ+ neighbors.

**Thursday, October 19th in S. Hadley at 10:30am**~If you cannot make the other coffee hours, here is your chance to meet your neighbors in S. Hadley!

# OUTREACH...

## BROWN BAG PROGRAM

**Tuesday, October 17th 1:00-3:00pm**

Offered through the Food Bank of Western Massachusetts, Brown Bag helps those older than 55 who meet income guidelines. Pickup is the 3rd Tuesday of each month. **Call the Center for more information and application.**



The Food Bank  
of Western Massachusetts

Bag delivery is also available for those that cannot pick up their bag. Please call the Center if you need to have your bag delivered.

## OPEN ENROLLMENT BEGINS OCTOBER 15TH!

If you have a Medicare Prescription Plan or a Medicare Advantage Plan (HMO, PPO), you will begin to receive information from your health and prescription plan providers. Please read and save this information regarding changes to your plan in 2024.

- Open enrollment is October 15-December 7 and coverage begins January 1, 2024.
- You can change from original Medicare to a Medicare Advantage Plan and vice versa.
- You can switch from one Medicare Advantage Plan to another and to one that may or may not offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one prescription plan to another.
- Discontinue your Medicare prescription plan completely.

We know this sounds confusing but we can try and help you understand your plan changes, as well as other options available to you. To schedule an appointment, please call 583-3564. Appointments are limited. The regional office can be reached at 413-750-2893.

## FUEL ASSISTANCE

If you have received your BLUE recertification application, it is very important that you bring the following paperwork, which pertains to your household, to your appointment in order for the application to be complete:

- Blue Recertification application
- Proof of all income in your household
- A complete copy of your most recent electric bill.

If you received a letter asking for additional information such as, proof of citizenship, proof of rent or other documents and you have not sent them to Valley Opportunity Council, these documents can be submitted along with your recertification.

As of this writing, I still have not received applications for new applicants. I should be getting them by the 3<sup>rd</sup> week in October.

Remember fuel assistance starts November 1, 2023, till April 30 2024. There is still plenty of time to sign up. For more information or to schedule an appointment call (413) 583-3564. You must have an appointment. Do NOT drop off paperwork.



# 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.

## DONATIONS HAVE BEEN MADE:

### In memory of Joan Coyne:

- Etta Brockney
- Stephan & Michelle Roth
- Irene & Jack Leandro

### In memory of Fred Lafayette:

- Diane Goncalves

### In memory of Sally Surprenant:

- Jeannette Nolan
- The Carr Family

### In memory of Richard Reopel:

- Jeannette Nolan

### In memory of Nancy McGill:

- Sandra Demos

### In memory of Jeffery Coelho:

- Dottie & Arthur Day

### In memory of Terri Mikaelian:

- Willie Ostrowski & Joe Adamczyk

### In memory of Joseph Tomlin Jr.:

- Janice & Donald Grimaldi

### General Donations:

- Judy Hope-Klessig
- Richard Trembley
- Calvin & Diane Warner

## Friends of the Ludlow Senior Center:

Kathy Green, President

Margaret Hinkley, Vice President

Stephanie Tyburski, Treasurer

Debbie Thompson, Secretary

Jackie Doyle, Assistant Treasurer

### Next meeting:

Thursday, October 12th at 10:30am.

All welcome!



## Friends News:

- Visit us at our Quilt Sale at the LCC's Community Market ~ September 30th and October 1st, 11:00am-3:00pm at the Ludlow Gazebo.
- Thank you for all the great Boutique donations! The Boutique is a wonderful source of revenue for us. Reminder that all items must be in new or like-new condition and can be donated at the Front Desk. We are now accepting Fall and Winter items. Please hold your Summer items until Spring. Thanks!



**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

Phone (413) 583-3564

The 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

**PLEASE BE ADVISED**...The Center will be closing at 1:00pm on Wednesday, October 18th for Staff Training. Sorry for the inconvenience and be sure to plan accordingly. Thank you!

**Message from the DPW**.....If you are experiencing a sewer backup or slow draining pipe, please contact the DPW during normal business hours Monday - Friday 8:30 a.m. to 4:30 p.m. at (413)583-5625. For issues after hours, please contact the Ludlow Police Department (413)583-8305. Thank you from the Department of Public Works.

## TUESDAY EVENINGS ...

### **EVENING JEWELRY RETURNS NEXT MONTH!**

#### **MOVIES!**

**Every Tuesday at 5:00pm**

We show everything from the oldies to new releases! See page 7 for October's movies!

#### **POWER PUMP EXERCISE CLASS!**

**Every Tuesday at 5:30pm**

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!**

#### **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!

#### **CREATIVE CORNER WITH TAMMY!**

**Tuesdays, October 17th and 24th at 4:30pm (time change)**

Join Tammy as she has 2 different wreath projects this month. The 17th will be a rag wreath and the 24th will be a floral fall wreath. Each class is \$5.00 and sign ups begin October 2nd. Samples of both wreaths will be on display in the lobby.

#### **TRIVIA!**

**Tuesday, October 17th 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!

#### **CENTER TRANSPORTATION**

**Tuesdays, 4:00pm-7:00pm**

Transportation is available to and from the Center on Tuesday evenings. A 24 hour notice is required.