

THE SENIOR SCENE ~ SEPTEMBER 2022



Jammin with Jodi...

September is National Senior Center Month. We never take time to actually pat ourselves on the back for all that we do. Senior Centers are NOT what they were even 10 years ago. The 10,000 Senior Centers in communities and neighborhoods across the country provide access to information, opportunities, and support to improve the lives of people in their communities as they age. Senior Centers have evolved since their beginning in the 1940s, through their inclusion in the Older American's Act in 1973, and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well. We provide so many opportunities to live well through exercise, education, nutrition and human connections. We link people with services that they need and assist families when difficult decisions need to be made. We have over 45 different activities and programs each month. We try to bring different programs for a 40-year age range. That is not easy to do. We are constantly researching new and innovative activities to bring to the Center. I have heard Senior Centers be described as a place for "old people to play bingo". If you believe that, then you need to come and visit. That is so far from the truth!!! As we celebrate the Center in the month of September, we have SeniorStrong lawn signs if you would like one for your yard. Just stop by the Senior Center, and we will give you one. I am so proud of the Center that we built and, thanks to all of you, it is the amazing place that it is!

We are also excited to begin extended hours. Beginning Tuesday, September 13th, we will be open on Tuesday evenings until 7:00pm. See the back page for more information. We are still working on programming so please have patience. We would love your input on evening activities, so please share your thoughts with us. Happy Fall, although I am holding on to summer as long as I can!!

Jodi Lepke

"Alone We Can Do So Little, Together We Can Do So Much" ~ Helen Keller

According to **AARP**, volunteering improves health by strengthening the body, improving mood, and lessening stress for those who give their time to help others. 96% of volunteers report their service enriches their sense of purpose in life.

After a year of learning the different aspects of my job as Program Coordinator, I have been gifted the role as Volunteer Coordinator. I will be recruiting, training, scheduling and supporting volunteers. This is a role I am very familiar with since I had the opportunity to work with volunteers in my previous job.

Over the years, I have volunteered for my town's basketball program, different school based committees, yearly Earth Day activities and more. I too find my sense of purpose is enriched by helping others. There have been times when I extended myself too much and had to cut back. I have learned it is better to say no to a volunteer opportunity that doesn't fit my schedule, so I can say yes to smaller opportunities that also suit my interests.

The Ludlow Senior Center depends on the help of over 130 volunteers who work in the Café, boutique, dining room, as activity moderators, greeters, and more. Some work just a few hours per week while others give us their time every day.

If you would like to volunteer at the Center, call or stop by, and I will be happy to talk to you about the current openings.

Heather

Get to Know The Ludlow Senior Center

The Staff

Executive Director

Jodi Zepke
jzepke@ludlow.ma.us

Program Coordinator

Heather Jolicoeur
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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

David Snyder

Van Drivers

Jack Alves
John Garcia

Friends of the Ludlow Senior Center

Kathy Green, President

Margaret Hinkley, Vice President

Stephanie Tyburski, Treasurer

Carla Roberts, Secretary

Jackie Doyle, Assistant Treasurer

What is a Senior Center?

Senior Centers exist to help aging adults enjoy the company of their peers and participate in activities that are healthy, engaging and fun.

Recognized and funded through the Older Americans Act, (OAA) as a community focal point, **Senior Centers** have become one of the most widely used services within the Aging Services Network.

Senior Centers aren't just a place for great programs and activities. Many Centers such as the Ludlow Senior Center also offer volunteer opportunities, provide outreach for programs such as Fuel Assistance, SHINE services, Brown Bag, indoor and Grab and Go meals, exercise programs, recreational programs, and other programs to further help older adults within our communities age in place.

There are approximately 10,000 **Senior Centers** in the United States which serve more than one million older adults every day. Visit us or one of the surrounding communities today!

Council on Aging Board

Diane Peacey- Chair

Janice Grimaldi- Vice Chair

Karen Martin- Secretary

John DaCruz- Treasurer

Fred Lafayette- Member

Rosalind Forti- Member

Fernando Barossa- Member

Kara Ribeiro- Member

Helen Grabowski- Member

Frank Krzanik- Member

Debbie Johnson- Member



Mission: The Ludlow Council on Aging was created by Town of Ludlow By-Laws to act as an advocate for town citizens over 60 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

Staff Spotlight

Heather Jolicoeur ~ Program Coordinator

Heather has just finished her first year here at the Center. She came to us after working at Greater Springfield Senior Services starting in 1994, where she found her niche working with older adults.

Previously, Heather worked a few different jobs including working in pediatrics and even doing time at the Ludlow Jail as an Emergency Medical Technician.

Heather was raised on a farm in Wilbraham & spent many years showing cows, sheep, and rabbits at the Ludlow Grange Fair.

As Program Coordinator, Heather brings in health and wellness programs including memory care, bereavement, and technology. You can find Heather performing a variety of tasks around the building including cleaning those toilets!!

Heather lives in Hampden with her husband and three children. She absolutely loves to share pictures of her dog, Ruth.

SEPTEMBER ACTIVITIES...

WATERCOLOR PENCIL CLASS

Mondays, September 12th and 26th at 2:00pm

Get creative while working on the same project as everyone else with water color pencils. Supplies and materials are provided.

Space is limited so please sign up for this activity.

TEA WITH THE TA

Wednesday, September 7th at 10:00am

Stop by the Café and enjoy a cup of tea with Town Administrator, Marc Strange. It is a good opportunity to meet him and talk about your praise and concerns in Town.

OPERA APPRECIATION

Every other Wednesday: September 14th & 28th 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.

FISHING CLUB

Thursday, September 1st at 1:00pm

Going fishing? Come to the meeting first. New and seasoned members welcome.

SEPTEMBER CRAFTS WITH SUNSHINE VILLAGE

Thursdays, September 15th & 29th 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.

WEEKLY ACTIVITIES...

Knitting Group

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

Mondays, Tuesdays, & Thursdays at 12:30pm

Travel League meets Mondays. 8 Ball Round Robin on Tuesdays and Thursdays.

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-3:15pm

Whether you are an old pro or new to the game, join us in the Game Room for many friendly hands of Pitch!

Quilting

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.

BIRTHDAY LUNCH!

Thursday, September 15th

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

TED TALK HOUR

Thursday, September 22nd at 10:00am

After watching a short TED Talk video, Jodi will lead the group through interesting and spirited discussion.

Pre-registration is appreciated.

BOOK CLUB

Thursday, September 22nd at 2:00pm

The Rose Code by Kate Quinn

October - *The Pilot's Daughter* by Audrey J. Cole

New readers always welcome!



Trivia

Friday, September 9th at 10:30 am

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!

JEWELRY CLASS (DATE CHANGE)

Friday, September 16th at 9:30am-11:00am

Come and create your own jewelry! \$3 plus the cost of supplies.

Bingo

Tuesdays at 1:30pm

Try your luck at this fun game of chance! Prize Bingo on the 13th!

Gardening Club

Wednesdays, 8:00am -10:00am with Rain Days on Fridays

New members always welcome to come help keep the Ludlow Senior Center beautiful. Bring your gloves, cutters, and green thumb!

Ceramics

Wednesdays at 9:00am and Fridays at 1:00pm

You can bring your own piece or order one from us. Help is available as well as access to the kiln. Cost of the class is free except for what your order.

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!

Corn Hole!

Fridays at 10:00am

Enjoy a fun game of Corn Hole on the Corner Café Patio!

EXERCISE...

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. You must have your medical provider sign a new 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 WITH YOU TO USE THE EQUIPMENT!

WALKING CLUB

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

Now meeting in the rear of 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 spring air! New members always 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. Thanks to a generous donation to the Friends of Ludlow Senior Center from The Joseph and Anna Dias Family Foundation designated for exercise programs we are able to offer this class for \$1 or punch from your punch card.

Sign ups are required for Boomer Bootcamp

Please call ASAP and cancel if you cannot make class so that someone else can enjoy class! Thank you!

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***Do you have an old punch card from the old building? You can turn it in for the new punch cards. If you have 4 classes left on your old card, you can turn it in for 12 new classes. See the Front Desk for more information.***

# MEETINGS...

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## DECORATING COMMITTEE MEETING

**Tuesday, September 6th at 1:00pm**

Do you enjoy decorating large areas and dining rooms or creating centerpieces? If so, join us as we plan for upcoming events. New members always welcome.

## COUNCIL ON AGING BOARD MEETING

**Wednesday, September 21st 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. The COA Board is also seeking a new member. Please see Jodi if you are interested in becoming a COA member. Come see what the COA is all about!

## LINE DANCING

**Tuesdays at 9:00am**

Learn how to line dance while having fun! This class is FREE of charge thanks to a grant from the Office of Elder Affairs.

## 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.** \$1 or punch from your punch card per class.

## DANCE! DANCE! DANCE!

**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 and demonstration will be given. Partners, singles, and line dancers welcome. Free on behalf of a grant from the Office of Elder Affairs.

## ZUMBA GOLD

**Mondays at 2:30pm & Wednesdays at 10:00am**

A modified Zumba class for active older adults with easy-to-follow choreography that focuses on balance, range of motion, and coordination. \$1 or punch from your punch card per class.

## 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 (Intermediate Practice)

**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.** \$1 or punch from your punch card per class.

## FRIENDS OF THE LUDLOW SENIOR CENTER

**Thursday, September 8th 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 LESSER'S OFFICE

**Thursday, September 8th at 10:30am**

Feel free to stop and talk with Jennifer Metsch about topics you feel are important to your community.

## VETERANS' SERVICES

**Wednesday, September 7th at 10:00am**

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



# September 2022 Activities Calendar

Ludlow Senior Center (413) 583-3564

www.ludlow.ma.us

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| Monday                                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                                                                         | Thursday                                                                                                                                                                                                                                                       | Friday                                                                                                                                                                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><i>Fitness Room Instruction is available to learn how to use the equipment on Wednesdays 8-10am. Call for an appointment.</i></p>                                                                                                         | <p>FS = Fitness Studio<br/>AC = Arts &amp; Crafts<br/>CR = Conference Room<br/>GR = Great Room<br/>RR = Game Room<br/>WC = Wellness Center</p>                                                                                                                      |                                                                                                                                                                                                                                   | <p><b>1</b> 9:00am: Tai Chi (FS)<br/>9:30am: Dominos (RR)<br/>12:30pm Billiards Round Robin<br/>1:00pm: Foot Care by Appt (WC)<br/>1:00pm: Mahjong (RR)<br/>1:00pm: Fishing Meeting (CR)<br/>2:30pm: Active Yoga (FS)</p>                                      | <p><b>2</b><br/>8:45am:Boomer Bootcamp (FS)<br/>10:00am:Boomer Bootcamp (FS)<br/>10:00am: Blood Pressure CK (WC)<br/>10:00am: Cornhole on the lawn<br/>1:00pm: Ceramics (AC)</p>                                                                                                  |
| <p><b>5</b><br/><b>CENTER CLOSED Labor Day!</b></p>                                                                                                                                                                                          | <p><b>6</b> 9:00am: Quilting/Line Dancing<br/>10:00am: Cribbage (RR)<br/>10:30am: Gentle Yoga (FS)<br/>12:30pm: Billiards Round Robin<br/>12:30pm: Blood Pressure CK (WC)<br/>1:00pm: Dancel (FS)<br/>1:00pm: Decorating <b>1:30: Bingo</b></p>                     | <p><b>7</b> Gardening 9:00 Ceramics (AC)<br/>10:00am: Zumba Gold (FS)<br/>10:00am: Veteran's Services<br/>10:00am: Tea with the TA<br/>11:00am: Lunch Bunch<br/>1:00pm Savvy Caregiver (CR)<br/>1:00pm: POMS</p>                  | <p><b>8</b> 9:00am: Tai Chi (FS)<br/>9:30am: Dominos (RR)<br/>10:30am: Senator Lesser Office<br/>10:30am: Friends Mtg (AC)<br/>12:30pm: Billiards Round Robin<br/>1:00pm: Mahjong (RR)<br/>2:30pm: Active Yoga (FS)</p>                                        | <p><b>9</b><br/>8:45am:Boomer Bootcamp (FS)<br/>10:00am:Boomer Bootcamp (FS)<br/>10:00am: Blood Pressure CK (WC)<br/>10:00am: Cornhole on the lawn<br/>10:30am: Trivia<br/>1:00pm: Ceramics (AC)</p>                                                                              |
| <p><b>12</b><br/>9:00am: Knitting (AC)<br/>10:00am:Boomer Bootcamp (FS)<br/>12:30pm: Billiards Travel League<br/>1:00pm: Scrabble (Café)<br/>1:15pm: Pitch (RR)<br/>2:00pm: Watercolor Pencils (AC)<br/>2:30pm: Zumba Gold (FS)</p>          | <p><b>13</b> 9:00am: Quilting (AC)<br/>9:00am: Line Dancing (FS)<br/>10:00am: Cribbage (RR)<br/>10:30am: Gentle Yoga (FS)<br/>12:30pm: Billiards Round Robin<br/>12:30pm: Blood Pressure (WC)<br/>1:00pm: Dancel (FS)<br/>1:30pm: PRIZE BINGO! (GR)</p>             | <p><b>14</b><br/>8:00am: Gardening<br/>9:00am: Ceramics (AC)<br/>10:00am: Zumba Gold (FS)<br/>10:00am <b>Opera</b> (CR)<br/>12:00pm : Lunch and Learn<br/>1:00pm Savvy Caregiver (CR)<br/>1:00pm: <i>Under the Tuscan Sun</i></p> | <p><b>15</b><br/>8:30am: Foot Care by Appt<br/>9:00am: Tai Chi (FS)<br/>9:30am: Dominos (RR)<br/>10:00am: September Craft (AC)<br/>12:30pm Billiards Round Robin<br/>1:00pm: Mahjong (RR)<br/>2:30pm: Active Yoga (FS)</p>                                     | <p><b>16</b> 8:45am:Boomer Bootcamp (FS)<br/><b>9:00am: Carfit (Outside)</b><br/><b>9:30am: Jewelry (RR)</b><br/>10:00am:Boomer Bootcamp (FS)<br/>10:00am: Blood Pressure CK (WC)<br/>10:00am: Cornhole on the lawn<br/>1:00pm: Ceramics (AC)<br/>1:00pm: Guidance By Li (RR)</p> |
| <p><b>19</b><br/>9:00am: Knitting (AC)<br/>10:00am:Boomer Bootcamp (FS)<br/>12:30pm: Billiards Travel League<br/>1:00pm: Scrabble (Café)<br/>1:15pm: Pitch (RR)<br/>2:30pm: Zumba Gold (FS)</p>                                              | <p><b>20</b> 9:00am: Quilting (AC)<br/>9:00am: Line Dancing (FS)<br/>10:00am: Cribbage (CR)<br/>10:30am: Gentle Yoga (FS)<br/>12:30pm: Billiards Round Robin<br/>12:30pm: Blood Pressure CK (WC)<br/>1:00pm: Brown Bag<br/>1:00pm: Dancel <b>1:30Bingo (GR)</b></p> | <p><b>21</b> 8:00am: Gardening<br/>9:00am: Ceramics (AC)<br/>9:00am: Facials by appt (WC)<br/>10:00am: Zumba Gold (FS)<br/>1:00pm Savvy Caregiver (CR)<br/>1:00pm: <i>And So it Goes</i><br/>4:30pm: COA Meeting (CR)</p>         | <p><b>22</b> 8:30: Foot Care by Appt (WC)<br/>9:30am: Dominos (RR)<br/>10:00am: TED Talk (CR)<br/>12:30: Hearing Clinic (WC)<br/>12:30pm: Billiards Round Robin<br/>1:00pm: Tai Chi (FS)<br/>1:00pm: Mahjong (RR)<br/>2:00pm: Book Club/ <b>2:30: Yoga</b></p> | <p><b>23</b><br/>8:45am:Boomer Bootcamp (FS)<br/>10:00am:Boomer Bootcamp (FS)<br/>10:00am: Blood Pressure CK (WC)<br/>10:00am: Cornhole on the lawn<br/>1:00pm: Ceramics (AC)</p>                                                                                                 |
| <p><b>26</b> 9:00am: Knitting (AC)<br/>10:00am:Boomer Bootcamp (FS)<br/>12:30pm: Billiards Travel League<br/>1:00pm: Scrabble (Café)<br/>1:15pm: Pitch (RR)<br/>1:30pm: Forget Me Not Café (CR)<br/>2:00pm: Watercolor <b>2:30 Zumba</b></p> | <p><b>27</b> 9:00am: Quilting/Line Dancing<br/>10:00am: Cribbage (RR)<br/>10:30am: Gentle Yoga (FS)<br/>12:30pm: Billiards Round Robin<br/>12:30pm: Blood Pressure CK (WC)<br/>1:00pm: Dancel (FS)<br/>1:30pm: Bingo (GR)</p>                                       | <p><b>28</b> 8:00am: Gardening<br/>9:00am: Ceramics (AC)<br/>9:00am: Facials by appt (WC)<br/>10:00am: Zumba Gold (FS)<br/>10:00am: <b>Opera</b> (CR)<br/>1:00pm Savvy Caregiver (CR)<br/>1:00pm: <i>The Bucket List</i></p>      | <p><b>29</b> 9:00am: Big E<br/>8:30: Foot Care by Appt (WC)<br/>9:00am: Tai Chi (FS)<br/>9:30am: Dominos (RR)<br/>10:00am: Sept Paint Craft (AC)<br/>12:30pm: Billiards Round Robin<br/>1:00pm: Mahjong/ <b>2:30: Yoga</b></p>                                 | <p><b>30</b><br/>8:45am:Boomer Bootcamp (FS)<br/>10:00am:Boomer Bootcamp (FS)<br/>10:00am: Blood Pressure CK (WC)<br/>10:00am: Cornhole on the lawn<br/>1:00pm: Ceramics (AC)</p>                                                                                                 |

# September 2022 Lunch Menu

Ludlow Senior Center

(413) 583-3564

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| Monday                                                                                                                                                                                                                                                                                                                       | Tuesday                                          | Wednesday                                                            | Thursday                                                                                      | Friday                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| <p>Lunch is served at Noon. Please be seated by 11:45am. We cannot guarantee your meal if you arrive late. Lunch is \$2. Please call a day ahead to make your lunch reservation(s). (Call Friday for Monday)<br/>No substitutions can be given. Please report any allergies. Please do not save seats ~ all are welcome!</p> | <p><b>6</b> BLT Grinders<br/>Tater Tots</p>      | <p><b>7</b> Breaded Pork Chop<br/>Au Gratin Potatoes<br/>Carrots</p> | <p><b>1</b> Ranch Chicken<br/>Rice Pilaf<br/>Mixed Vegetables</p>                             | <p><b>2</b> Tuna Salad Plate</p>                                          |
| <p><b>5</b> CENTER CLOSED<br/>LABOR DAY</p>                                                                                                                                                                                                                                                                                  | <p><b>6</b> BLT Grinders<br/>Tater Tots</p>      | <p><b>7</b> Breaded Pork Chop<br/>Au Gratin Potatoes<br/>Carrots</p> | <p><b>8</b> American Chop Suey<br/>Garlic Bread</p>                                           | <p><b>9</b> Sweet and Sour Chicken<br/>White Rice<br/>Peas</p>            |
| <p><b>12</b> Stuffed Shells<br/>Caesar Salad</p>                                                                                                                                                                                                                                                                             | <p><b>13</b> Cobb Salad</p>                      | <p><b>14</b> Reuban Casserole<br/>Roasted Potatoes</p>               | <p><b>15</b> <b>BirthDay Lunch!</b><br/>Salisbury Steak<br/>Mashed Potatoes<br/>Vegetable</p> | <p><b>16</b> Stuffed French Toast<br/>Casserole<br/>Breakfast Sausage</p> |
| <p><b>19</b> Baked Cod<br/>Garden Rice<br/>Green Casserole</p>                                                                                                                                                                                                                                                               | <p><b>20</b> Pepperoni Pizza<br/>Small Salad</p> | <p><b>21</b> Asian Chicken Salad</p>                                 | <p><b>22</b> Ham and Broccoli<br/>Casserole<br/>Biscuit</p>                                   | <p><b>23</b> Vegetable Chili<br/>Baked Potato</p>                         |
| <p><b>26</b> Baked Salmon<br/>Rice Pilaf<br/>Broccoli</p>                                                                                                                                                                                                                                                                    | <p><b>27</b> Turkey Waldorf Salad<br/>Plate</p>  | <p><b>28</b> Hamburger Chow Mein<br/>Mixed Vegetables</p>            | <p><b>29</b> BBQ Riblet Sandwich<br/>Fries<br/>Cole Slaw</p>                                  | <p><b>30</b> Meat Lasagna<br/>Small Salad</p>                             |

# TRIPS... (SIGN UPS BEGIN SEPT. 1\*)

## LUNCH BUNCH!

**Wednesday, September 7th at 11:00am**

Join us as we visit the Dollar Store & Ichiban in East Longmeadow for some Asian cuisine. Van is \$2 and lunch is on your own.

**\*Registration Required**

## BIG E TRIP!

**Thursday, September 29th at 9:00am**

Join us as we take on the Big E for a day. Van is \$2 and admission is on your own.

**\*We know this is going to be a popular trip. We ask that you submit your name by September 19th and we are going to draw names. It is the only fair way to do this.\***

## LUNCH & LEARN Wednesday, September 14th at Noon

*Your Priorities, Your Care:  
4 Questions to Identify Your  
Personal Goals for Care*

Josephine Gallagher from Beacon Hospice, Amedisys will help you:

Spark a conversation with your family and loved ones, become an expert when talking to your doctor, make your priorities clear with a known diagnosis.

# MOVIES...

**September 7th at 1:00pm**

## POMS

91min PG-13

Diane Keaton Stars as a cancer patient, who enters a residential community where she is persuaded to join a cheerleading club.

**September 14th at 1:00pm**

## Under the Tuscan Sun

112 min PG-13

A depressed divorcee impulsively buys a villa in rural Italy. Starring Diane Lane

*Thank you to the Trahan's and Sarad's for the generous donation of snacks for the movies!*



**September 21st at 1:00pm**

## And So it Goes

93 min PG 13

An unpopular real estate agent wants to sell one last house and retire, but is shocked to learn he has a granddaughter by his estranged son.

**September 28th at 1:00pm**

## The Bucket List

97 min PG-13

Jack Nicholson and Morgan Freeman star as sick men, who want to fulfill their "bucket list" before dying in this comedy.



# WELLNESS...

## BLOOD PRESSURE CHECKS AND FILE OF LIFE

**Tuesday afternoons from 12:30pm-2:00pm**

**\*New day & time ~ Friday mornings 10am-11:30am!**

Get your blood pressure checked and update your File of Life or complete a new one for you. 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. Update it for 2022!

| FILE OF LIFE       |        |
|--------------------|--------|
| Name:              |        |
| Address:           |        |
| Doctor:            | Phone: |
| EMERGENCY CONTACTS |        |
| Name:              | Phone: |
| Address:           |        |
| Name:              | Phone: |
| Address:           |        |

**MESSAGE THERAPY.....**we are working to find a new Massage Therapist so hopefully this service will return soon! Thank you Meaghan for your years of service! You will be missed!

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

Foot Care has returned. Pedicures are \$20 and comprise 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 doctors before foot care can be given. A mask is required at your appointment.



**\*Sign ups for September appointments begin September 1st.**

## FACIALS WITH DIANE

**Diane Neill: Wednesday, September 28th**

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



**\*October appointments are available beginning September 1st\***



# SUPPORT...

## GUIDANCE BY LI

Comfort and Support After Loss

**Friday, September 16th 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 may be 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\***

## FORGET- ME-NOT CAFÉ

Welcoming Place for People with Memory Challenges and their Care Partner

**Monday, September 26 at 1:30pm**

A calm and welcoming meeting place where those with memory challenges and their caregivers can enjoy a change of scene and routine. Meet other care partners, learn about resources and experience respite and renewal in your role of caregiver.

Each month we will enjoy pleasant activities to improve senses and evoke good memories and create unique conversations.

This program is supported by a grant from WestMass ElderCare and the Older Americans Act.

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

## AARP TAX-AIDE PROGRAM VOLUNTEER OPPORTUNITY

AARP Foundation Tax-Aide is the nation's largest volunteer-run tax preparation and assistance service. Please volunteer as a Tax Counselor and work with area residents in preparing their tax returns. Basic computer skills and some experience in filing your own tax returns are helpful, along with a willingness to make a one day per week time commitment during our 10-week tax season. Hands-on training is provided in the classroom, and we have experienced Counselors to assist at all sites. Please consider whether you, or someone you know, might be willing to help this year. Please fill out an application to become a part of this invaluable team at:

[www.aarpfoundation.org/TaxaideVolunteer](http://www.aarpfoundation.org/TaxaideVolunteer).

**Training will be done this Fall.**

# OUTREACH...



alzheimer's association®

The Alzheimer's Association has a 24/7 helpline available around the clock, 365 days a year. Through this FREE service, specialists and master's-level clinicians offer confidential support and information to people living with the disease, caregivers, families and the public. People can call with questions, for emotional support, in crisis situations or even just to speak with a compassionate listener.

## 24/7 Helpline

800-272-3900

[www.alz.org/MANH](http://www.alz.org/MANH)

## FUEL ASSISTANCE INFORMATION

Valley Opportunity Council will begin to send out recertification. I would like to remind you to start gathering your information that will be necessary for your recertification. This includes Social Security benefit letter, pension information, electric, gas, oil, water, sewer, house insurance, and house tax bills for 2022.

If you are interested in applying for the fuel assistance program for the first time, I have not received new applications yet but hope to this month.

Remember fuel assistance does not begin until November, and you have until March 2023 to file. **Recertification** appointments will begin September.

Please call 583-3564 to book an appointment. Please remember there is **NO DROPPING OFF** of paperwork. You **MUST** have an appointment. You will be responsible for mailing in your application to VOC. Unfortunately I can only accommodate Ludlow residents that are 60 and over. Thank you for your understanding.

~Debbie



## **BROWN BAG PROGRAM**

**Tuesday, September 20th 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 third Tuesday of each month.

**Call the Center for more information and application.**



# 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.



The **Boutique** is open Monday thru Friday 9a.m. -1p.m.

(closed for lunch 12-12:30).

Donations are accepted at the front desk. Please bring in items in excellent condition.

We ask you keep the donation under two grocery bags per month. Donations and purchases will help support the Friends of the Ludlow Senior Center which goes towards funding programs, activities and more!

*Thank you!*



## DONATIONS HAVE BEEN MADE:

### In memory of Bill Johnson:

- Magdalena Webb

### In memory of Walter Webb:

- Magdalena Webb

### In memory of Ludlow Senior Center

#### Choral Members:

- Magdalena Webb

### In memory of Ed Nolan:

- Dolores Supernaw

### In memory of Emma Grimes:

- Paul Hastay
- Nancy Hazelton
- Fausto & Maria Marta
- Miriam Stone
- Ella Holbrook
- Alina Morey
- Mary & Leonard Gagnon
- John & Marilou Pirog
- Timothy Mulhern

### In memory of Cecilia Boland:

- John Boland

The next Friends Meeting is **Thursday, September 8th at 10:30am** in the Arts & Crafts Room.

During this meeting **we will be electing new officers for the next year.**

*Come and have your vote counted!*

New and returning members are always welcome! Come and see what the Friends are up to!

**By searching "Ludlow Senior Center"**

## 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)

Thank you to the families that think of us when requesting memorial contributions. Please know we appreciate this and are pleased that the memory of your loved one will live on at the Ludlow Senior Center.



# THE SENIOR SCENE

PLACE  
STAMP  
HERE

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

*September is National Senior Center Month! We have Ludlow SeniorStrong lawns signs. If you would like one for your yard to celebrate the Senior Center, you can pick one up at the Center!*

**Corner Café Happenings!.....**

- ~Don't forget the patio will remain open while the weather is still nice!
- ~Free for All and Corn Hole every Friday on the Corner Café Patio!
- ~Join us in the Corner Café for breakfast treats such as fruit bowls, egg scrambles, danish, and much much more! Soup in the Cafe will be on the menu in September too!

### Extended Hours!

Beginning **Tuesday, September 13th**, the Center will be open on Tuesday evenings until 7:00pm. We are still working on programming and more staff, but the building will be open. The Exercise Room will be open (as long as we have your MD paperwork) and there will be open studio in the Arts and Crafts Room. Transportation is not yet available and we hope to add transportation, an additional day and programming in the coming months. As always, if you have a suggestions for an evening program or event, please let us know!!! It is hard to add programming if we are not sure what people want. Thanks in advance!

### CarFit Checkup

**Friday, September 16th beginning at 9:00am**

**CarFit** is a FREE, interactive and educational program that teaches participants how to make their personal vehicle "fit" them to increase safety and mobility when they hit the road. During a session, they will review 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints You will also learn how to use and adjust your safety devices. This is NOT a driving test or mechanical inspection! Each session about 20 minutes. Sign up today!!  
Reservation required.



**Thank you all for the donations of coffee for the  
Corner Café:**

**Bonnie Fonseca  
Elaine & Peter Karalakas  
Sam & Marlene Trahan  
Diane Busiere**