

# THE SENIOR SCENE ~ JUNE 2022

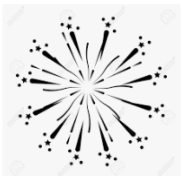


*Jammin with Jodi...*

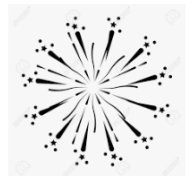
June is our 1 year mark of being completely open. Kind of crazy that a year has already gone by! We continue to evolve as a Center and bring new programs, events and trying to accommodate everyone's needs. We are hoping you will let Maria know if you are interested in outdoor games, canasta or more advanced exercise classes. The lawn is in great shape this year so we can utilize the outdoor space. We have cornhole boards on order and we also have a bocci set. Just let us know if you are interested. We are also working on an expanded evening hour schedule. Are you interested in coming to the Center in the evening? If so what programs or activities are you interested in? Please let me know. It is really hard to plan programming without input, especially evening hours. We are hoping to add an Activities Assistant and evening Van Driver to our staff over the next few months.

Please remember that we are now serving lunch 5 days a week indoor in the Dining Room. As with everything else these days, we are having difficulty getting certain items and products for the kitchen. There will be days where we have to change the menu. We will try and let everyone know in advance but there are days product literally comes in an hour before lunch. Also the cost of food these days is outrageous and I am sure I don't need to tell everyone that. We are doing our best to conserve resources and supplies. Please, please remember to cancel your reservation if you cannot join us for lunch. I hear the grumblings about coffee at lunch. We supply coffee to each table and we understand there are days that your table may drink all the coffee. Please check with a neighboring table to see if they have leftover coffee. I cannot believe how much coffee we waste daily. Coffee is expensive. If we want to keep our lunch cost low, we need to conserve. Thank you in advance for your help and understanding. Finally, thank you all for the 20 year recognition, especially Senator Lesser's Office and Representative Olivera's Office and my staff who I could not get through a single day without. THANK YOU!

*Jodi Lepore*



**BOUTIQUE GRAND OPENING!**  
**Monday, June 6th!**



There has been more excitement and buzz around the Boutique opening than there was for our new building to open!  
Now that we are approaching the grand opening date, please note:

**Donations will be accepted at the front desk.** Please limit your donations to one or two bags of goods in excellent condition and only donate once a month. Books for the Library should be newer releases in good condition (and again brought to the front desk) and please only 12 or less at a time. There is almost no storage for the Boutique so please understand anything we can't use in the Boutique might end up in the dumpster. With this in mind, if you know of a place that will absolutely use your donation, please consider donating to them first.

# 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

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

Open seat- 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

### John Garcia ~ Van Driver (The Tall One)

John has been with the Ludlow Senior Center for six years as a part-time van driver.

John has lived his whole life in Ludlow so he really knows his way around town.

John enjoys driving seniors to their appointments and of course here to the Center.

Being raised in a Portuguese home, John especially enjoys communicating with and helping the Portuguese Seniors who travel with him.

John recently revealed his advanced carpenter skills while constructing the raised vegetable gardens. Without his help, the gardens might still be in the boxes!!

John lives with his wife Melissa, son Justin, and two dogs Cinnamon & Roxie.

# JUNE ACTIVITIES...

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## Scrabble

**Mondays at 1:00pm**

Love letters? Come have fun playing Scrabble. Show off your vocabulary or learn a few new words!

## Cribbage

**Tuesdays at 10:00am**

By popular demand! Come play this game that involves grouping cards to create points which move you further along on the Cribbage board. Let Maria know if you are willing to be a game leader.

## Jewelry Class

**Wednesday, June 1st, 9:30am-11:00am**

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

## June Craft with Sunshine Village

**Wednesdays, June 8th and June 22nd, 1p.m.**

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

## TED TALK Hour

**Thursday, June 16th at 10:00am**

TED Talk is a great way to create discussions about everything from current events to everyday life situations. Jodi will lead discussions after the group watches a short TED Talk video.  
**Pre-registration is appreciated**

## Book Club

**Thursday, June 23rd at 2:00pm**

*The Rent Collector* by Cameron Wright

July: *Beheld* by Tara Shea Nesbit  
NEW MEMBERS ALWAYS WELCOME!

## History of Wilbraham & Ludlow Railroads

**Friday, June 10th, 10:00am (please register)**

Ted Malysz will provide a historical overview of how the railroads shaped Wilbraham & Ludlow. Enjoy Ted's slideshow as he explains how railroads operated and how they expanded with the country.

## Trivia

**Fridays, June 3rd and 24th 10:30am**

Join Kathy as we break into teams to answer questions ranging from current events to geography and history. If you love trivia, you will really enjoy this!

## Lunch Bunch!

**Friday, June 24th, 11:15am**

Join Maria on the van to go to lunch at Casa Vallarta in Springfield. This is a Mexican restaurant with NO American food choices. You can take your own car and meet us there too, just let Maria know. **Registration is required.**  
**Cost is \$2.00 for the van. Lunch is on your own.**

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## WEEKLY ACTIVITIES

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### 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.

### Pitch

**Mondays at 1:15pm**

Join us in the Game Room for many exciting games of Pitch!

### Watercolor Pencil Class

**Mondays, June 6th and 27th, 2:00pm:**

Kim Lawler will show you how to color a new project each session.  
**Space is limited so please sign up for this activity.**

### Quilting

**Tuesdays at 9:00am**

Come create and show off your masterpiece, learn a new technique or simply enjoy time with friends.

### Bingo

**Tuesdays at 1:30pm**

Try your luck at this fun game of chance! Prize Bingo on the 21st!

### 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. Mike is available to help and will put your creation in the kiln. Cost of the class is free except for what your order.

### Dominos

**Thursdays at 9:30am (new time)**

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

### Mahjong

**Thursdays at 1:00pm**

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

### Fishing Club Returns

**Thursday, June 2nd at 1:00pm**

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

**Senator Lesser's Office—Thursday, June 9th 10:30-11:30am**

Jennifer Metsch from Senator Lesser's office will be visiting the Center. Feel free to stop and talk with Jennifer about topics you feel are important to your community.

# EXERCISE...

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## 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 NEW 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 8:45 and at 10:00 am**

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!***

## Line Dancing Class

**Tuesdays at 9:00am**

Lynn Connolly provides instructions and music for this fun and active class! This class is free of charge due to a grant from the Office of Elder Affairs.

# MEETINGS...

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## DECORATING COMMITTEE

**Tuesday, June 7th 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.

## VETERANS' SERVICES

**Tuesday, June 21st at 10:00am**

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

## Gentle Yoga

**Tuesdays at 10:30 am**

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 to music that focuses on balance, range of motion, and coordination. \$1 or punch from your punch card per class.

**\*NEW CLASS ADDED\***

## Belly Dancing

**Wednesdays at 1:30pm**

Jolene will be here for the month of June to teach this beginners class which includes core moves, combinations and isolations. No experience necessary. This class is **FREE** of charge thanks to a grant from the Office of Elder Affairs.

## Tai Chi

**Thursdays at 9:00 am**

This class leads you through exercises of slow, flowing movements to help improve concentration, coordination, flexibility and balance while relaxing the mind. **Free Class! A Beginner's session is available on June 2ud at 10:00am with Kim Lawler.**

## 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, June 9th 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.

## COUNCIL ON AGING BOARD MEETING

**Wednesday, June 15th at 4:30pm**

Held the third Wednesday of every month, this meeting is open to the public. Come see what the COA is all about!



# June 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 AC = Arts &amp; Crafts CR = Conference Room GR = Great Room RR = Game Room WC = Wellness Center DR = Dining Room</p>	<p>1 8:00am: Gardening 9:00am: Ceramics (AC) 9:30am: Jewelry (AC) 10:00am: Tea with TA 10:00am: Zumba Gold (FS) 1:00pm: <b>The Secret</b> (RR) 1:30pm: Belly Dancing (FS)</p>	<p>2 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) <b>10:00am: Beginner Tai Chi (FS)</b> 1:00pm: Mahjong (RR) 1:00pm: Foot Care by Appt (WG) <b>1:00pm: Fishing Meeting (CR)</b> 2:30pm: Active Yoga (FS)</p>	<p><b>3</b> 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC)</p>
<p><b>69:</b>00am: Knitting (AC) 10:00am: Massage 10:00am:Boomer Bootcamp (FS) 1:00pm:Scrabble (RR) 1:15pm: Pitch (GR) 2:00pm: Watercolor (AC) 2:30pm:Zumba Gold (FS)</p>	<p><b>7</b> 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Dancel (FS) 1:30pm: Bingo (GR) <b>1pm: Decorating</b></p>	<p><b>8</b> 8:00am: Gardening 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 1:00pm: <b>The Tender Bar</b>(RR) 1:00pm: June Flower Craft (AC) 1:30pm: Belly Dancing (FS)</p>	<p><b>9</b> 8:30am: Foot Care by Appt (WG) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:30am: Friends Mtg; Sen Lesser 11:15am: Lunch Bunch 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p>	<p><b>10</b> 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) <b>10:00am: Railroad History(RR)</b> 1:00pm: Ceramics (AC)</p>
<p><b>13</b> 9:00am: Knitting (AC) 10:00am: Massage (WC) 10:00am:Boomer Bootcamp (FS) 1:00pm:Scrabble (RR) 1:15pm: Pitch (GR) 2:30pm:Zumba Gold (FS)</p>	<p><b>14</b> 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure (WG) 1:00pm: Dancel (FS) 1:30pm: Bingo (GR)</p>	<p><b>15</b> 8:00am: Gardening 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 10:30am: Strawberry Shortcake! 1:00pm: <b>Joe Bell</b> (RR) 1:30pm: Belly Dancing (FS) 4:30pm: COA meeting</p>	<p><b>16</b> 8:30am: Foot Care by Appt (WG) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: TED Talk (CR) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p>	<p><b>17</b> 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 11:00am: Joe Pereira Music(DR) 1:00pm: Ceramics (AC) 1:00pm: Guidance By Li (RR)</p>
<p><b>20</b> <b>CENTER CLOSED</b></p>	<p><b>21</b> 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Veteran's Services 10:00am: Cribbage (RR); Smoothies!! 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Dancel (FS) 1:00pm: Brown Bag <b>1:30 Prize Bingo</b></p>	<p><b>22</b> 8:00am: Gardening 8:15am: Facials by Appt (WG) 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 1:00pm: <b>Fisherman's Friend</b>(RR) 1:00pm: June Craft Painting (AC) 1:30pm: Belly Dancing (FS)</p>	<p><b>23</b> 8:30: Foot Care by Appt (WG) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 1:00pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:30pm: Active Yoga (FS)</p>	<p><b>24</b> 8:45am:Boomer Bootcamp 10:00am:Boomer Bootcamp(FS) 10:30am: Trivia (RR) 11:15am: Lunch Bunch 1:00pm: Ceramics (AC)</p>
<p><b>27</b> 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 1:00pm:Scrabble (RR) 1:15pm: Pitch (GR) 1:30pm Forget Me Not Café (CR) 2:00pm: Watercolor (AC) 2:30pm:Zumba Gold (FS)</p>	<p><b>28</b> 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Dancel (FS) 1:30pm: Bingo (GR)</p>	<p><b>29</b> 8:00am: Gardening 8:15am: Facials by appt 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 1:00pm: <b>Marry Me</b> (RR) 1:30pm: Belly Dancing (FS)</p>	<p><b>30</b> 8:30: Foot Care by Appt (WG) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p>	<p><b>Everyday:</b> ~Café: 8am-11am ~Exercise Room: 8am-3pm ~Walking Group: 7am &amp; 8am ~Billiards: 8am - 3pm</p>

# June 2022 Lunch Menu

Ludlow Senior Center

(413) 583-3564

[www.ludlow.ma.us](http://www.ludlow.ma.us)

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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) No substitutions can be given. Please do not save seats ~ all are welcome!</p>	<p><b>1</b> Sausage Grinder Onions and Peppers French Fries</p>	<p><b>2</b> American Chop Suey</p>	<p><b>3</b> Baked Salmon Rice Pilaf Vegetable</p>	
<p><b>6</b> Hot Dogs and Beans</p>	<p><b>7</b> Seafood Casserole White Rice Broccoli</p>	<p><b>8</b> Open Faced Turkey Sandwich Mashed Potatoes Green Beans</p>	<p><b>9</b> Asian Chicken Salad (contains almonds)</p>	<p><b>10</b> Pasta Primavera</p>
<p><b>13</b> Vegetable Frittata Roasted Potatoes</p>	<p><b>14</b> Reuban Casserole</p>	<p><b>15</b> Lazy Turkey Pot Pie</p>	<p><b>16</b> Taco Salad</p>	<p><b>17 Father's Day Lunch!</b> Chicken Parmesan Over Pasta</p>
<p><b>20</b> CENTER CLOSED</p>	<p><b>21</b> Chef Salad</p>	<p><b>22</b> Fish and Chips Cole slaw</p>	<p><b>23 Birthday Lunch!</b> Salisbury Steak Scalloped Potatoes Carrots</p>	<p><b>24</b> BLT Grinder Macaroni Salad</p>
<p><b>27</b> Chicken Patty Sandwich Tater Tots</p>	<p><b>28</b> Stuffed Cabbage Buttered Egg Noodles</p>	<p><b>29</b> Fruit Salad and Cottage Cheese Plate</p>	<p><b>30</b> Shrimp Scampi Vegetable</p>	<p><b>1 4th of July Lunch!</b> Cowboy Burger Picnic Salads</p>



# FUN LUNCHES...

## Father's Day Lunch

Friday, June 17th

For all Dads, Grand Dads, and those who take care of others!

Entertainment by Joe Pereira will begin at 11:00am.



## Birthday Lunch!

Thursday, June 23th



Calling all June Birthdays! Join us Thursday June 23rd, for our monthly Birthday lunch. Let us know your birthday is in June and lunch is on us!

Huge round of applause to Memory Lane who generously donated their talents to entertain us during our Easter Lunch.



# WELLNESS...

BLOOD PRESSURE CHECKS AND FILE OF LIFE

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

Christine is here to check your blood pressure, 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:	

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 June appointments begin June 1st\***



MASSAGE THERAPY

Meaghan Murphy: Mondays, June 6th and 13th

Enjoy a 30 minute massage for just \$25. Appointments are required. At this time, appointments are limited to once per month. Please wear a mask to your appointment.

**\*Sign ups for June appointments begin June 1st\***



FACIALS WITH DIANE

Diane Neill: Wednesday, June 22nd

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

**\*July appointments are available beginning July 1st\***

# OUTREACH...



Veteran's Food Security Resource at the Eastfield Mall

Springfield Empowerment Center: Tuesday-Thursday 12pm-5pm

The purpose of the Empowerment Center is to provide well-balanced, shelf-stable food to help alleviate food and nutritional insecurity for Veterans, active-duty Military and their families.

This service is free of charge to Military, Veterans and their families.

Open Tuesday, Wednesday, and Thursday 12:00pm - 5:00pm

Eastfield Mall (Near the Old Navy Store)

1655 Boston Road  
Springfield, MA 01129

**To make a reservation. Please visit [www.mmsfi.org/empowerment-centers](http://www.mmsfi.org/empowerment-centers)**

# SUPPORT...

## GUIDANCE BY LI

Comfort and Support After Loss

**Friday, June 17, 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\***

Sponsored by the Executive Office of Elder Affairs

## FORGET- ME-NOT CAFÉ

Welcoming Place for People with Memory Challenges and their Care Partner

**Monday, June 27th, 1:30-3:00pm**

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.

## BROWN BAG PROGRAM

**Tuesday, June 21st 1:00pm-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.***



# MOVIES...

**June 1st at 1:00pm**

***The Secret*** 107min PG  
Katie Holmes is an industrious widow and mother when a secret-carrying man enters her life..

**June 8th at 1:00pm**

***The Tender Bar*** 103 min R  
Ben Affleck ~ Based on real events, this movie derives from a memoir of a writer's 1970's childhood.

**June 15th at 1:00pm**

***Joe Bell*** 93 mins R  
Mark Wahlberg stars in the true story of a father who walks across America to pay homage to his gay son by talking against bullying.

**June 22 at 1:00pm**

***Fisherman's Friends*** 111 mins PG-13  
A tale of 10 British fishermen, who record a hit album of sea shanties

**June 29th at 1:00pm**

***Marry Me*** 112 mins PG-13  
Jennifer Lopez is a pop superstar who marries a total stranger after learning her fiancé is a cheat.



Many thanks to Bill and Mary Sarad for the yummy movie snacks!

# New Additions...

## Bike Rack

Please make use of our newly installed bike rack! It's in the front of the building to the left of the front door. Pull alongside of the circular rack and be sure to lock your bike while you are visiting!



## Bulletin Boards

We are putting the finishing touches on the logistics of the bulletin boards. If you would like something posted, please check with Jodi first.

## Corner Café Menu Board

Check out the daily offerings and prices for beverages and food sold in the Corner Café.

~Remember ~

Smiles are always free!



## Vegetable/Herb Raised Gardens

The raised gardens are assembled, weather proofed and are ready for planting. Join the Garden Club on Wednesday mornings if you are interested in helping grow fresh produce!



# 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.

### In memory of Rose Boucher:

Anonymous donor

### In memory of Tom Donnelly:

Miriam Stone

Thank you to everyone who came by to support our shredding event. And thank you to those who made donations to defray the cost. We also thank those that purchased charity bags at Big Y Fresh Acres during the month of May!

The next Friends Meeting is **Thursday, June 9th at 10:30am.** New and returning members always welcome! Come and see what the Friends are up to!

## DONATIONS HAVE BEEN MADE:

### In memory of Edna White:

Helen Duquette  
Janet Reynolds  
Linda and Gary Kelly  
Betty Harackiewicz  
Dianne Taylor Roy & Family  
Miriam Stone  
Judy Hatch  
Ella Holbrook  
Theresa Detka  
Bob and Kathy (Green) Radowski  
Dianne and Rich Ollari

### In memory of Salvatore Mancuso:

Matthew Pereira

### In memory of Michael Wagenbach:

The Gagnon, Cullian & Page Families  
Kathleen Wanat

### In memory of Kevin, Ed and Anna:

Cynthia Dahlke

### In memory of Edward Majka:

Sr Center Former Walking Club

### In memory of Joesph Wurszt:

Stanley and Irene Wurszt

### In memory of Bill Johnson:

Sr Center former Walking Club  
Susan Piwowarczyk  
Theodore and Rita Zember  
Janice Sheaff  
Wayne and Cindy Goodreau  
Matt and Joan Pszeniczny  
Kathleen Garand  
Anna Kozicki  
Rose Barbieri  
Sandi Dolley  
Maria Ganhao  
Betty Harackiewicz  
Mary Ellen Kornacki  
Eleanor Duquette  
Lorraine and Alan Sagan  
Dianne Cybulski  
Francine and Richard Rusiecki  
Charles and Rosemarie Laramee  
East Auto Service  
Simon and Diolinda Santos  
Carol Dupuis

A generous donation was made to the General Fund by the Senior Strong Trivia Team!

## 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

Save the Date: July 4th Luncheon! Friday, July 1st!

### Corner Café Happenings!.....

~ *National Strawberry Shortcake Day!* ~ Join us on Wednesday, June 15th in the Café at 10:30am for strawberry shortcake. YUM!!!

~ *Sunrise Smoothies* ~ Tuesday, June 21st is the longest day of the year so let's start the day with a delicious smoothly! Heather will start serving at 10:00am!

~Don't forget the patio is open so enjoy your coffee out in the fresh summer air !



Thank you to Luso Federal Credit Union for the Mother's and Father's Day Gifts!



### "Tea with the TA" in the Café

Wednesday, June 1st at 10:00am

Stop by the Café and meet our new Town Administrator, Marc Strange. It is a good opportunity to meet him and talk about your praise and concerns in Town.

Thank you to everyone who brings in sweet treats to the café and especially to Sam and Marlene Trahan who generously donated a large amount of tea and coffee!



### Hydration Station!

Daily, during Café hours, we will have ice water or fruit infused water to help you stay hydrated during the upcoming hot days of summer! We encourage you to bring a reusable cup or water bottle to help us conserve resources.