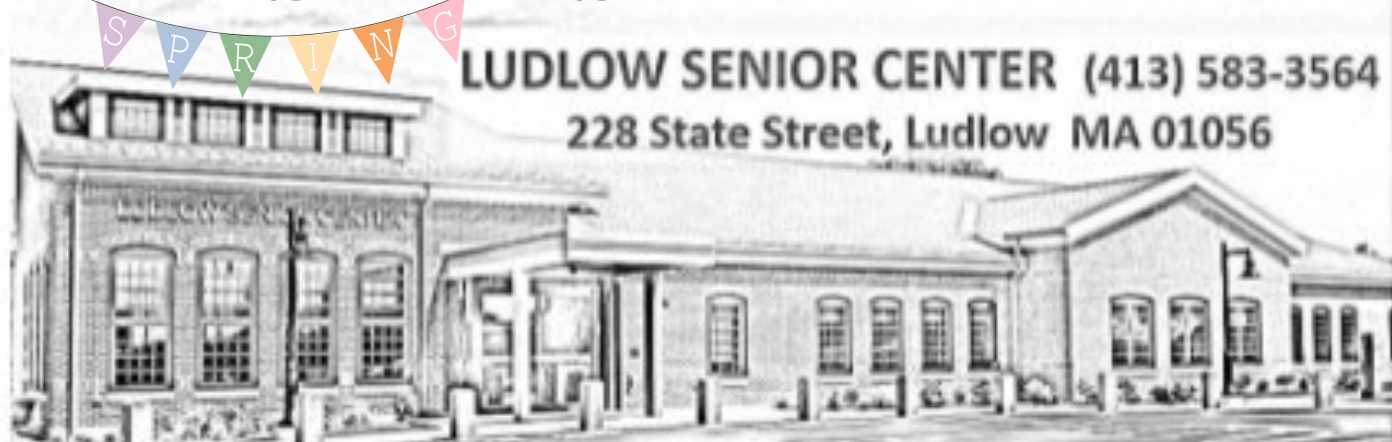


# THE SENIOR SCENE ~ APRIL 2025



## SPECIAL EVENTS...

### CELEBRATE PASSOVER!

**Monday, April 14th at 10:30am**

Just us in the Café for matzah, cream cheese and charoset! Learn about the meaning of Passover and traditions that are practiced.

### MEDIMINDER PHARMACY INFO TABLE

**Friday, April 25th at 10:00am**

Come and find out about MediMinder Pharmacy medication packaging options. From pill dispenser trays to blister packs to pill vials, they can answer your questions and help you pick what is right for you. They will be located in the Café.

### DIABETES WORKSHOP

**Monday, April 28th at 10:00am**

Pioneer Valley Health will be here with a workshop on Diabetes. The workshop will focus on prevention and management of the disease and underlying the importance of self care which will then lead to a better quality of life. **\*Registration appreciated\***

### CHAIR VOLLEYBALL...

The Hubbard Memorial Library is hosting Chair Volleyball each week! Join them on **Thursdays at 1:30pm** at the Hubbard Memorial Library. Come and have some fun and get a bit of exercise too! Sign up by calling 413-583-3408 or simply walk in! All welcome!

### CALLING ALL GARDNERS!!!!

It's that time of year again. The snow and ice are gone and buds and blooms are waking up. If you have a green thumb and a love for the outdoors, consider joining our Gardening Club. The gardeners prune, pick, fertilize, and do all the magic that gives us the best looking property in Ludlow! This year we plan on using the raised veggie beds again but would like to do something different with them. If you have any great ideas and would like to join the Garden Club please see Heather.



Springtime is always a time of renewal, rejuvenation, and rebirth. We hope everyone will take a deep breath, slow down, and bid farewell to winter blues. It is worth repeating, we work our hardest to accommodate all. We try and make everyone happy (which is impossible). Sometimes people forget what it takes for the staff to make each day happen. Do you realize it takes almost 2 months to make sure you have lunch each day? Planning begins more than a month before. The menu is created, food is ordered and sometimes products aren't available, which are delivered after hours and need to be put away; volunteers are scheduled and scheduled again. There is prepping, setting, and cooking. Desserts need to be prepared, coffee brewed, and the juggling act of making sure everything cooks at once and is hot coming out of the ovens. It is having volunteers deliver meals and clean up after, your dishes washed and put away, and tables washed. And then there is the figuring out how much to cook with just a day's notice. One day it might be 100 for lunch and others, 180+ for lunch. Ordering is always a guessing game. All of this and lunch is \$2.00. We are still committed to keeping it at \$2.00 for as long as we can. So yes, we are cracking down on no-shows, we ask you to take 1 condiment and we don't serve extra bread or crackers because, with food costs the way they are, we could never survive. Thank you, Chris and kitchen volunteers, for all that you do for us and for providing a delicious lunch daily! If you haven't had lunch here, you don't know what you are missing! It is worth the \$2.00 to give us a try!

*Jodi Lepke*

### AGE & DEMENTIA FRIENDLY LUDLOW

Join the Age & Dementia Friendly Ludlow planning committee at April's listening session. The session will be a brief presentation on community resources and spaces that contribute to healthy aging in Ludlow. Your feedback will help create a Community Assessment and Action Plan for making Ludlow an Age & Dementia Friendly Community. **Free ice cream will be provided by Peoples Bank.**

#### Session 2:

April 30th, 2025 ~ 1:30pm-3:00pm

Topics will include health, transportation services, public safety, and social connections.

**Thank you Peoples Bank for the ice cream!**

# Get to Know The Ludlow Senior Center

## The Staff

### Executive Director

Jodi Zepke  
jzepke@ludlow.ma.us

### Assistant Director

Heather Jolicoeur  
hjolicoeur@ludlow.ma.us

### Outreach Coordinator

Debbie Johnson  
outreach@ludlow.ma.us

### Activities Director

Maria Ardolino  
activity@ludlow.ma.us

### Administrative Assistant

Mick Barr

### Clerk

Deb Borecki

### Cook

Christine Toelken

### Maintenance

Dennis Frodema

### Dispatcher

David Snyder

### Van Drivers

Jack Alves  
John Garcia  
Mike Lebel

### Activity Assistant

Tammy Laselle



## Council on Aging Board

Diane Peacey- Chair

Bob Mishol- Vice Chair

Karen Martin- Secretary

John DaCruz- Treasurer

Fernando Barroso- Member

Rosalind Forti- Member

Kara Ribeiro- Member

Helen Grabowski- Member

Debbie Johnson- Member

Bob Radowski- Member

Debbie Potter- Member

### Ludlow Council on Aging

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

Next meeting: April 16th at 4:30pm

## CAFÉ FUN...

**FREE FOR ALL FRIDAYS!** ~ Every Friday we offer **FREE** coffee in the Corner Café but do you know what goes great with coffee?....a yummy goody. Feel free to bring in some goodies to share in the Café on Fridays. We give Chris a breakfast break on Fridays and we would love for others to help out with goodies. Thanks in advance!

~Thank you to all that have donated goodies on Fridays!~

### RED SOX OPENING DAY AT FENWAY!

**Friday, April 4th at 10:30am**

Nothing says Spring like the return of Red Sox games and baseball! Join us in the Café for some Opening Day snacks and hope the Red Sox will be good this year!



### INTAKE FORMS ~ HAVE YOU MOVED?

Have you had a change in your address? Moved to Mill 8? Have you gotten rid of your landline? Or has your emergency contact information changed? Please let us know and fill out a new intake form. We have had some incidents where we have had incorrect information. In an emergency, it is imperative that we have correct information. If you have e-mail, let us know and you will receive the newsletter and other announcements right to your inbox!

### ATTENTION VOLUNTEERS!

Please remember to log your hours on the kiosk at the Front Desk. If you do not know how to do that, please ask. It is very important to have accurate volunteer hours. If you complete and logged at least 20 hours of volunteering for the Center in a year, you will also be invited to the annual Volunteer Recognition. Interested in volunteering? Please see Heather for more information.

### APRIL TRIP:

#### LUNCH BUNCH ~ TABLES AT THE FARM

**Thursday, April 24th ~ 11:00am departure**

Tables by the Farm is a family-owned and operated breakfast and lunch cafe in Palmer, Ma. We are heading there to give it a try! Van is \$2.00 and lunch is on your own. **\*\*Sign up begins April 1st at 8:00am.**



### PARKING LOT ETIQUETTE AND HONESTY

So there is nothing worse than pulling into a full parking lot where someone is taking up 2 spots. Oh wait, having your car hit in a parking lot is worse! This is a public parking lot; therefore, you are parking at your own risk but, if you by accident tap a car in the parking lot, please come and tell us. There have been a few cars that have been hit in the parking lot lately. Sometimes the cameras catch it, sometimes they don't. If you hit a car and don't tell someone and we find it on the cameras, we will get the police involved. Do the right thing and tell us if you have an accident! Also, please be sure you are parking appropriately in 1 spot! Thank you!!!

**THANK YOU ALL FOR FOLLOWING PARKING LOT INSTRUCTIONS.**

**WE APPRECIATE IT. IF A SECTION SAYS "NO PARKING", PLEASE DO NOT PARK THERE. WE ARE TRYING TO LET THE GRASS GROW BACK. THANKS!**



# ACTIVITIES...

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## **WATERCOLOR PENCIL CLASS**

**Mondays, April 7th and 28th at 1:30pm**

Get creative while working on the same project as everyone else with watercolor pencils. Supplies and materials are provided. Give something new a try! **Please sign up for this activity.**

## **COMPUTER HELP**

**Mondays in April ~ 10:00am-11:00am**

Jeri is back for weekly technology help. Whether it is your phone, tablet or computer, Jeri will be here to help! **Sign up is appreciated.**

## **JEWELRY CLASS**

**Wednesday, April 2nd at 9:00am~11:30am**

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, April 2nd 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**

**Wednesdays, April 16th and 30th 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 enjoy something new!

## **TED TALK HOUR**

**Wednesday, April 23rd at 1:30pm \*Note start time\***

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**

**Travel League** on Mondays: 12:00pm-4:00pm; **Round Robin** on Tuesdays and Wednesdays: 12:30pm-4:00pm and Thursdays 12:00pm-4:00pm; **open play**: Monday—Friday mornings, and Friday all day and Tuesday evenings until 7:00pm. Interested in billiards? Just stop by the room and chat with the players.

## **SCRABBLE**

**Mondays at 1:00pm**

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

## **PITCH**

**Mondays at 1:15pm**

Whether you are an old pro or new to the game, come and join us for many fun & friendly hands of Pitch! All welcome!

## **QUILTING GROUP**

**Tuesdays at 9:00am**

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

## **FISHING CLUB RETURNS!**

**Thursday, April 10th at 1:00pm**

Want to go fishing or learn about area fishing holes? Come to a meeting! New and seasoned members welcome!

## **THE WRITERS BLOCK**

**Thursdays, April 10th and 24th at 2:00pm**

Use your words! This class will explore creative writing and journaling, both great ways to improve your mental health and mood, and to boost memory! Drop ins welcome! Try a new class and join us!

## **PAINTING WITH SUNSHINE VILLAGE**

**Thursday, April 24th at 10:00am**

Join Sunshine Village to create a beautiful painting. These activities are limited to the first 10 people to sign up. **Free activity!**

## **BOOK CLUB**

**Thursday, April 24th at 2:00pm**

**Northwoods by Amy Pease**

May: *The Lions of Fifth Avenue* by Fiona Davis

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

## **DECORATING COMMITTEE**

**Friday, April 4th at 1:00pm \*\*NEW DATE\*\***

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

## **TRIVIA**

**Friday, April 18th 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!

## **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.

## **BINGO**

**Tuesdays at 1:30pm**

Try your luck at this fun game of chance!

## **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!

**Newsletter....***The cost of stamps has gone up again therefore the cost of having the newsletter mailed to you will be \$9.00 per year.*



# EXERCISE...

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

**PLEASE remember to cancel your class reservation if you cannot attend class. Every class has a wait list so please be courteous and cancel your reservation. Frequent no-shows will not be able to sign up for classes for a period of time. **PLEASE BRING CLEAN SNEAKERS!** IF THE FLOORS AND MACHINES GET RUINED, PRICES FOR CLASSES WILL GO UP. **BRING CLEAN SNEAKERS WITH YOU!****

## **REGISTRATION REQUIRED CLASSES...**

### **BOOMER BOOTCAMP**

**Mondays at 9:30am & Fridays at 8:45am and 10:00am**

Have fun while using weights and light aerobic exercise to increase tone and endurance. \$2 or punch from your punch card.

**\*Registration required\*** Please bring clean sneakers!

### **HEALTHY BONES & BALANCE (NO CLASS 4/2 @1:00PM)**

**Wednesdays at 10:30am & 1:00pm & Fridays at 1:00pm**

HBB is an evidence based fitness class that incorporates exercise balls and weights. HBB is designed to help increase mobility, strength, balance, and flexibility. **Class is FREE** thanks to RSVP of Pioneer Valley. **\*Registration required\*** Clean sneakers!

## **EXERCISE ROOM**

**Monday—Friday 8:00am—3:45pm (3:15pm on Fridays)**

**Fitness Room Instruction Wednesdays 8am-10am by Appt**

The exercise room contains treadmills, recumbent bikes, and an elliptical. ***PLEASE remember that you must have your medical provider sign a medical form prior to utilizing the equipment.***

There is a \$10 lifetime fee. If you paid it at the old building, you are all set. **PLEASE BRING CLEAN SNEAKERS!**

### **FITNESS ADVISOR**

**By appointment**

Retired personal trainer, Les Carpenter is here to offer any guidance or answer questions regarding exercise or equipment and will help to design an exercise program that works for you. Call the front desk for information.

# MEETINGS...

## **VETERANS SERVICES**

Eric Segundo, Veterans agent, can be reached at 413-707-5050 and the office is located at 487 Holyoke Street in Ludlow.

## **FRIENDS OF THE LUDLOW SENIOR CENTER**

**Thursday, April 10th at 10:30am**

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

## **COUNCIL ON AGING BOARD MEETING**

**Wednesday, April 16th 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.

## **DROP-IN CLASSES....**

### **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.

### **GENTLE YOGA**

**Tuesdays at 10:30am**

This gentle practice incorporates the principles of Hatha Yoga and provides approaches of slow, gentle movements with breathing, mindfulness, and stress release. **Please bring your own mat.** \$2 or punch from your punch card per class.

### **TAI CHI**

**Thursdays at 9:00am** *Sponsored by Lifecare every other week*

Come join this class where you are led through exercises of slow, flowing movements to help improve concentration, coordination, flexibility, and balance while relaxing the mind. **Free Class!**

### **ACTIVE YOGA**

**Thursdays at 2:30pm**

This class provides poses and a flow of postures with emphasis on body awareness, alignment, and coordination of breath and movement. **Please bring your own mat.** \$2 or punch from your punch card per class.

## **DANCE CLASSES (DROP-IN)...**

### **LINE DANCING**

**Tuesdays at 9:00am**

Learn how to line dance while having fun! Learn the latest dances. \$1.00 donation. **Please bring clean shoes!**

### **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 on line, swing, and couples dancing. Partners, singles, and line dancers are welcome. \$1.00 donation is appreciated. **Please bring clean shoes!**

## **SENATOR OLIVEIRA OFFICE HOUR**

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

Stop by and discuss items that are important to you.

## **REPRESENTATIVE SAUNDERS OFFICE HOUR**

**Monday, April 28th 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!*

# SUPPORT...

## LIMITLESS LEGENDS

**Monday, April 28th at 1:00pm**

Join Liane Smola of Guidance By Li to learn how to challenge negative thoughts, focus on strengths, embrace new experiences, stay active, seek support & greater connection. *Limitless Legends* encourages meaningful interactions and connections within our community in a non-judgmental, compassionate space, while having a whole lot of fun. A monthly calendar of local events will also be distributed at each session.

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

**Sponsored by the Executive Office of Aging & Independence**

## GUIDANCE BY LI

Comfort and Support After Loss

**Friday, April 18th at 1:00pm**

**Tuesday, April 8th at 5:45pm**

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, joins us monthly to discuss topics such as the nature of grief, managing difficult emotions, self-care, remembering the person who has passed, coping with the stress of change, handling special occasions, reaching out for support, and sharing ideas how to support others in your life who also are faced with grief.

Share the story of your lost loved one and receive soft guidance and support for your continued grief journey.

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

**Sponsored by the Executive Office of Aging & Independence**

## THE FORGET-ME-NOT CIRCLE

**Friday, April 25th at 1:30pm**

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

## MINDFUL MEDITATION

**Thursdays at 10:15am**

If you have ever been interested in mindfulness and meditation, this class is for you. The benefits of mindful meditation are to calm the mind, increase relaxation, reduce stress, control pain, reduce insomnia, and lower blood pressure. **Registration appreciated.**

## NOTARY SERVICE

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

If you need something notarized, call ahead or visit the front desk. There is no charge for this service.

# WELLNESS...

## BLOOD PRESSURE CHECKS AND FILE OF LIFE

**Tuesdays at 12:30pm & Fridays at 10:00am**

Get your blood pressure checked and update your File of Life or complete a new one. A File of Life is a document with your medical information for emergency personnel just in case you are not able to provide it in an emergency.

## MOBILE DENTAL HYGIENE SERVICES OF WESTERN MASS

**Wednesday, April 9th by appointment**

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

- Dental cleaning of your own teeth is \$75 and includes removal of plaque, tartar and other debris from the patient's teeth with autoclavable instruments.
- Dental cleaning with dentures is \$30 includes inspection and cleaning of dentures.
- Fluoride treatment is also available for \$25.
- If you have MassHealth, treatment is free.
- Call 583-3564 to book an appointment.

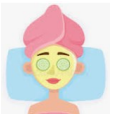
## FACIALS WITH DIANE

**Wednesday, April 23rd by appointment**

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

Appointments are required.

**May appts are available beginning April 1st\***



## 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 April appointments begin April 1st\*\* (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

**\*\*\*RETURNS IN MAY\*\*\***

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



## REIKI

**Fridays in April by appointment**

Darcy Bachicha from *Peace Within* is offering 30 minute Reiki sessions for \$20. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. If you have wondered about Reiki, now is your chance to give it a try.

# SPECIAL LUNCHES... (ENTERTAINMENT GERSOUSLY SPONSORED BY THE FRIENDS OF THE LUDOW SENIOR CENTER)

## BIRTHDAY LUNCH!

Thursday, April 10th at 12noon

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

**\*Reservation required\***



## EASTER LUNCH!

Thursday, April 17th beginning at 11:00am

Join us for our annual Easter lunch with entertainment by Memory Lane and a delicious lunch prepared by Chris! We might have a hopping guest too!

**\*Reservation Required\***



## LUNCH & LEARN ~

**THE 3 D'S AGAINST SCAMS & FRAUD**  
Wednesday, April 23rd at noon

***Detect. Deter. Defend.***

Scams, fraud and identify come in all forms. Now with Artificial Intelligence (AI), it's getting more complicated for consumers and easier for scammers. This workshop will give you the tools to detect, deter and defend against scams, fraud and identify theft and also a lesson on AI. Presented by Milagros Johnson, Local Consumer Program and Stan Prager, President of GoGeeks.

**\*Reservation Required\***

## MOVIES...

**April 1 5:00pm &**  
**April 2 1:00pm**  
**Juror #2 PG-13**

Juror #2 follows family man Justin Kemp who, while serving as a juror in a high-profile murder trial, finds himself struggling with a serious moral dilemma ... one he could use to sway the jury verdict and potentially convict or free the accused killer. 113 min

**April 8 4:45pm (early start)**  
**& April 9 1:00pm**  
**Conclave PG-13**

The Church's most powerful leaders have gathered from around the world, locked together in the Vatican halls. Tasked with running the covert process of selecting a new pope, Cardinal Lawrence finds himself at the center of a conspiracy and discovers a secret that could shake the very foundation of The Church. 120 min

**April 15 5:00pm &**  
**April 16 1:00pm**  
**Unfrosted PG-13**

In 1963 Michigan, business rivals Kellogg's and Post compete to create a cake that could change breakfast forever. This comedy stars Jerry Seinfeld, Melissa McCarthy, Jim Gaffigan, and Amy Schumer. 96 min

**April 22 5:00pm &**  
**April 23 1:00pm**  
**September 5 R**

This historical drama film focuses on the 1972 Munich Olympic hostage crisis from the perspective of the ABC Sports crew. The film highlights their transition from covering the Olympics to reporting on the hostage situation involving Israeli athletes, and showcases the intense and emotional experience of live broadcasting during a global tragedy. 95 Min

## OUTREACH...

### HOW TO PROTECT YOUR DTA SNAP AND CASH BENEFITS

Many people are having their SNAP (Food Stamps) benefits stolen. Your DTA benefits can be stolen through scams like skimming and phishing.

- Skimming is a type of theft where thieves put a device on a store's card-swiping machine to copy card information.
- Phishing is where thieves use texts or phone calls to get you to share confidential information about your identity or card information.

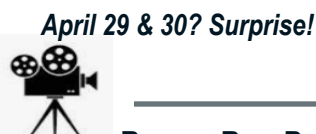
The information is then used to make fake EBT cards. These are used to steal money or SNAP from real accounts. Skimming can happen anywhere you swipe your EBT card.

To protect your benefits:

- Change your EBT card PIN before each time you get your DTA benefits.
- NEVER provide your personal, EBT card number or PIN number to unidentified callers, or to a link provided in a text or e-mail.

If you think your card and benefits have been stolen, tell DTA right away and change you PIN.

If you have any questions, need help changing your PIN or need help applying for SNAP (Food Stamps), please call and make an appointment with Debbie at 583-3564.



**April 29 & 30? Surprise!**

### **BROWN BAG PROGRAM**

**Tuesday, April 15th ~ 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 3rd Tuesday of each month. ***Call the Center for more information and application.***

Bag delivery is also available for those that are homebound and cannot pick up their bag. Please call the Center if you need to have your bag delivered. **Bags need to be picked up on the 15th between 1:00pm and 3:00pm. We cannot hold bags.**  
**Thank you!**



Spring Weather is HERE!

Please use the crosswalks to and from your car. Also, please remember **CLEAN foot wear is required for ALL exercise!** There is still salt and sand in the parking lot. The floors, machines and Dennis thank you!





# 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 Lil Batista:

- Beverly Tokarz

### In memory of Kenneth Gauthier:

- Janice & Donald Grimaldi

### In memory of David Socha:

- Gilbert Myette

### General Donations:

- Richard Trembley
- Philomenia Wajdula

## Friends News:

- 2025 is a transition year for the Friends of the Ludlow Senior Center. We appreciate our loyal members and would like to expand our membership. Any senior is welcome to join. There are no fees, no dues; just a desire to help us provide services to the Senior Center. There are opportunities to get involved in our fundraisers and other activities. Join us at our monthly meetings to learn more. Our April meeting is Thursday, April 10th at 10:30am in the Arts & Crafts Room.
- Get all of your old paperwork together! Our Annual Shredding Event is Saturday, May 17th. This annual event is in the Center parking lot 9:00am-11:00am. This is a FREE event and open to the public. Please see details on our Facebook page or on our website [www.friendsofludlowseniorcenter.com](http://www.friendsofludlowseniorcenter.com).
- Boutique Information...we are now accepting Spring and Summer clothing, jewelry, other accessories and home goods. Kindly remember that all items must be in NEW OR LIKE-NEW condition. All donations should be brought to the Front Desk and NOT brought to the Boutique directly. Thank you!

## 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, April 10th at  
10:30am**



**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**

**FROM THE DPW** ~ The Department of Public Works would like to notify the residents that the Compost Facility will be opening on Wednesday, April 2nd, weather permitting. The hours of operation are Wednesday - Saturday 8am to 2:50pm. A transfer station sticker is required to use the facility. You can get your sticker at the DPW Office located at 198 Sportsmens Road, Monday thru Friday 8am to 4pm.

Deliver to:

## TUESDAY EVENING ACTIVITIES ...

### **EVENING JEWELRY ~ RETURNS IN MAY**

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

Tuesday, April 8th at 4:00pm

Join Tammy for a class to create a Spring floral arrangement. Cost is \$5.00. \*Registration required beginning April 1st.\*

#### **"SOUPER" SUPPER TUESDAY**

Tuesday, April 22nd ~ 4:30pm-6:00pm

The Corner Café will be open serving soup and a roll for \$2.00! Stop in and enjoy a nice hot bowl of soup or take it home!

#### **TRIVIA!**

Tuesday, April 22nd 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!

#### **MOVIES!**

Every Tuesday

We show everything from the oldies to new releases! And snacks too! See page 7 for April movies and start times!

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

### **GUIDANCE BY LI COMFORT AND GRIEF SUPPORT**

Tuesday, April 8th at 5:45pm

Are you still employed and dealing with grief from the loss of a loved one and cannot make the daytime group? Liane Smola is bringing her comfort and grief support to a monthly Tuesday evening to discuss topics such as the nature of grief, managing difficult emotions, self-care, remembering the person who has passed, coping with the stress and sharing ideas how to support others in your life who also are faced with grief. JOIN US!

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

Every Tuesday at 4:30pm

The energy never stops with this unique blend of cardio and strength workout. Many different modalities are incorporated in this workout, including cardio drills. Class is \$2.00 or a punch on your punch card. **Bring your mat!**

### **CENTER TRANSPORTATION**

Tuesdays, 4:00pm-7:00pm

Transportation is available to and from the Center on Tuesday evenings. **24-hour** notice is required. Call the Center at 583-3564.

### **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!