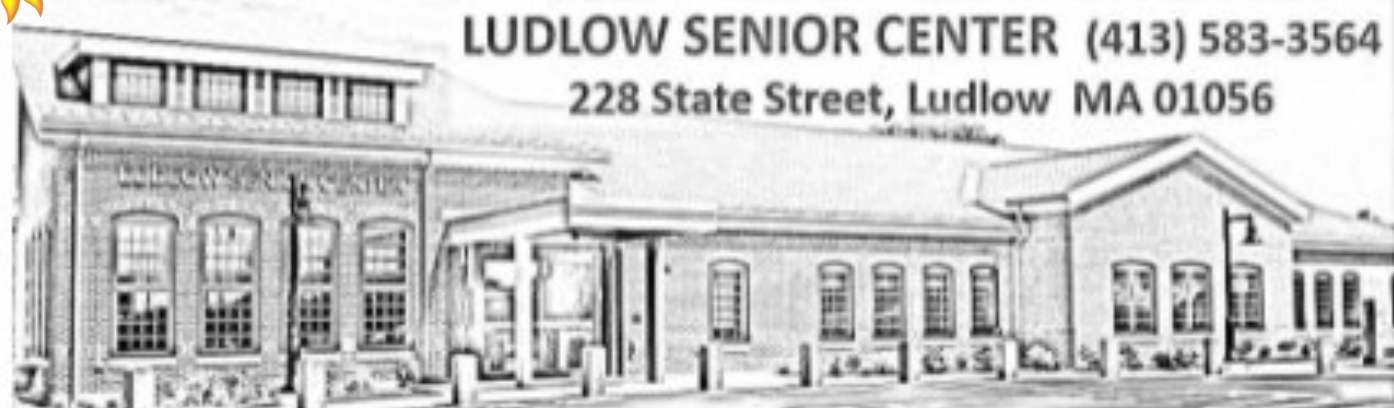




THE SENIOR SCENE ~ AUGUST 2025



LUDLOW SENIOR CENTER (413) 583-3564
228 State Street, Ludlow MA 01056

Jammin with Jodi....

It is going to be a very sad month at the Ludlow Senior Center. On Friday, August 8th, Debbie Johnson, Outreach Coordinator, is retiring. On Friday, August 15th, Dave Snyder, Dispatcher, will once again be leaving us. Unfortunately he has to. Both of these people are such an important part of our staff, and they are going to be very hard to replace and missed beyond words! This means we will be very short staffed for awhile. Those of you that use transportation, please bear with us as we work on a replacement for Dave. We will be doing our best to keep transportation running smoothly, but without an extra driver, transportation may be a bit bumpy some days. Please understand that we are doing the best we can and we will get you to where you need to go. As for Outreach, we are also working on resources and will assist you as best we can. We are working on getting both positions posted. I guess bottom line...please have some patience with us! There is a

SPECIAL EVENTS...

FARMERS MARKET COUPONS DISTRIBUTION

Wednesday, August 6th ~ 10:00am-12:00pm

The Department of Agricultural Resources is providing \$25 coupons to eligible older adults for the purchase of fresh fruits and vegetables from local farmers. Questions? 413-538-9020

Eligibility requirements:

- Must be at least 60 years of age or older
- Income requirements: monthly income below \$2413 for 1 person and below \$3152 for person household.
- Only 1 set of coupons per person
- **Distribution is first-come, first-served basis**
- Photo ID is required

KODIAK CARVING DEMONSTRATION

Friday, August 8th on the patio

Kodiak Carving will be here to demonstrate and carve a keepsake for the Senior Center. Stop by and watch the magic. This is supported by the Friends of the Ludlow Senior Center, and they will have table in the Corner Café beginning at 10:00am. Stop by and see what the Friends are all about! *Carving supported by the Friends of the Ludlow Senior Center.*

lot happening in the long, hot month of August so be sure to read the newsletter thoroughly! We are going to have some fun at lunch too. Keep your eyes open for trivia, games, fun and prizes so we hope you will join us for lunch in August. Keep cool with us! And Deb and Dave, be sure to visit! We love you both!!! Xoxo

Jodi Lepke

Let's Celebrate Debbie Johnson!

Tuesday, August 5th

4:00pm-6:00pm

Ludlow Senior Center

Stop by and wish Debbie well in her retirement!

The van will also be available.

"BEING DISCHARGED? NOW WHAT?"

Monday, August 11th at 10:00am

Join Shiloh Angels Homes Care for an informative presentation on what happens when you are discharged from the hospital to rehabilitation or rehabilitation to home with VNA services: what are the steps involved and how to navigate the system. This is information we should all know. **Registration appreciated.**

UNITED HEALTHCARE INFORMATION TABLE

Friday, August 15th at 10:00am

Stop by the Corner Café and learn about United Healthcare plans and what they have to offer. A representative will be here to answer all of your questions! Stop by!

THE PENSION ACTION CENTER

Thursday, August 29th at 10:00am

The Pension Action Center (PAC) is a free legal organization dedicated to preserving pension and retirement benefits for workers and their families. Please join PAC Director, Tyler Compton for a presentation on your pension and 401 (k) rights, how to protect your benefits and how to find out if you qualify for retirement benefits. **Registration appreciated.**

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

Merrill Shepard

Clerk

Deb Borecki

Cook

Christine Toelken

Maintenance

Dennis Frodema

Dispatcher

David Snyder

Van Drivers

Jack Alves
John Garcia
Mike Lebel

Activity Assistant

Tammy Laselle



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

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!~

NATIONAL ROOT BEER FLOAT DAY Monday, August 18th at 10:30am

Legend has it that the root beer float started in the 1890s with Frank. J. Wisner. Wisner found himself staring at nearby Cow Mountain one night, and its snowy peak looked like a spoonful of vanilla ice cream. He started serving root beer with vanilla ice cream. Sounds good to us! Stop by the Café and enjoy a yummy root beer float!



Thank you to everyone that filled out the Corner Café survey. Watch for some new items over the next few months! We will also have bottled water and orange juice available for purchase.

THE HYDRATION STATION IS OPEN! FRUIT & HERB INFUSED WATER WILL BE AVAILABLE IN THE CORNER CAFÉ DAILY. STOP IN AND QUENCH YOUR THIRST!
REMEMBER TO BRING YOUR OWN REFILLABLE WATER BOTTLE.

Newsletter....The cost of having the newsletter mailed to you is \$9.00 per year. Or if we have your e-mail address, you will receive it in you 'inbox' each month for **FREE!**

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

WELCOME MERRILL!

Merrill grew up in East Longmeadow and now resides in Ludlow with her fiancé, Craig, and their beloved cat, Gracie.

With 20 years of experience between the restaurant industry and various iterations of customer service and retail, Merrill has recently completed her Bachelor of Science in Health Service Administration with Bay Path University and found herself very much drawn to the idea of working in service of her local, older adult population. Most recently, she was happily employed with the engagement department of a nearby assisted living facility.

Merrill's longtime passion for music fills much of her free time, as she enjoys the pursuit of her professional hobby as an acoustic musician on weekends. When she and Craig are not out for a long walk around their neighborhood or off on a motorcycle ride through the wilds of Western Mass and surrounding states, she can often be found performing, solo, in local bars and restaurants with her guitar, a substantial list of acoustic covers and some original works, as well!

Merrill is very much enjoying her administrative role with Ludlow's Council on Aging and looks forward to continuing to get to know the members of the Senior Center better as time goes on!

AUGUST TRIP:

Forest Park Farmers Market Tuesday, August 12th at 1:00pm

We will be taking a trip to Forest Park in Springfield for the weekly Farmers Market. This will be a free trip, but preference will be given those that do not drive. (rain or shine)

Sign up begins August 1st at 8:00am



FILE OF LIFE

Do you have a completed **File of Life** in your home and in your purse or wallet? If the answer is no, please stop by the Center and pick them up. These documents are so important in an emergency. If you are at the Center and don't feel good, it gives us and EMTs the information we need to get you medical help. The one in your home goes on the fridge. Medical personnel know where to look for it. If you do have a File of Life, please be sure to update it regularly. Need help with it? Just stop by and see staff. A File of Life is your best friend in an emergency!



ACTIVITIES...

WATERCOLOR PENCIL CLASS

Mondays, August 11th and 25th 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.**

GARDEN CLUB

Wednesdays at 8:00am

Calling all gardeners (no experience necessary). We are looking for a few good people to help out with our grounds. Weeding, pruning and keeping things alive...if this interests you, please see Heather!

JEWELRY CLASS

Wednesday, August 6th 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, August 6th 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.

FISHING CLUB

Wednesday, August 6th at 1:00pm

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

TED TALK HOUR

Wednesday, August 27th at 1:00pm

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

WEEKLY ACTIVITIES...

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.

COMPUTER HELP

Mondays in August 4, 11, 18 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 required**

BILLIARDS

9 Ball on Mondays: 12:30pm-4:00pm; **Round Robin** on Tuesdays: 12:30pm-4:00pm and Wednesdays 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!

OPERA APPRECIATION ~ RETURNS IN SEPTEMBER

THE WRITERS BLOCK

Thursdays, August 7th and 21st 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, August 28th 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, August 28th at 2:00pm

***The Light Between Oceans* by M L Stedman**

Sept: ***My Incredible Journey: A Memoir* by Katherine Johnson**

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

DECORATING COMMITTEE

Friday, August 1st 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.

TRIVIA

Friday, August 22nd 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!

CHAIR VOLLEYBALL WILL CONTINUE THIS SUMMER AT THE HUBBARD MEMORIAL LIBRARY...THURSDAYS AT 1:30PM.

QUILTING GROUP

Tuesdays at 9:00am

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

CRIBBAGE

Tuesdays at 10:00am

Come play this game that involves grouping cards to create points which move you further along on the Cribbage board.

BINGO

Tuesdays at 1:30pm

Try your luck at this fun game of chance! Join us!

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 12:45pm

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

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

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, August 14th 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, August 20th 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 8:45am **New time

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

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 (NO August hours)

Thursday, September 11th at 10:30am in the Corner Café

Stop by and discuss items that are important to you.

REPRESENTATIVE SAUNDERS OFFICE HOUR

Monday, August 18th at 10:30am in the Corner Café

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

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

SPECIAL LUNCHES...

(ENTERTAINMENT GERSOUSLY SPONSORED BY THE FRIENDS OF THE LUDOW SENIOR CENTER)

DJ LUIS' LUAU!

Thursday, August 14th at 11:00am

By request DJ Luis will be here to play all your Luau favorites including Caribbean, Steel Drum and Jimmy Buffet. Flip Flops and tropical flowered attire is encouraged!

Lunch reservation required



LUNCH & LEARN ~ BRAIN HEALTH & POWER!

Wednesday, August 20th at 12noon

Ed Walters-Zucco, RN of Arbors Assisted Living Communities and a dementia specialist, will be here to discuss the different activities and small changes we can do in our lives that will help improve brain function. Changes can be made at any age as it doesn't matter how old we are. He will also discuss brain healthy foods and how changes in our diets can help keep our minds sharp. You don't want to miss Ed's presentation!

Registration for Lunch & Learn required

BIRTHDAY LUNCH!

Thursday, August 21st at 12noon

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

Reservation required



MOVIES...

August 6 1:00pm (NO movie August 5)

Parenthood 1989 PG

The Buckman family wrestles with their comedic and complex relationships with their parents and children in this Ron Howard comedy. 122 min

August 12 5:00pm & August 13 1:00pm

My Mother Jane 2025

In her feature film directorial debut, Emmy®-winning actress Mariska Hargitay delves into her mother Jayne Mansfield's story for the first time – searching for the mother she never knew almost six decades after the Hollywood legend's tragic death. 105 min



August 19 5:00pm & August 20 1:00pm

The Fire Inside 2024 PG-13

Claressa Shields becomes the first American woman to win a gold medal only to learn that not all dreams are created equal. 109 min

August 26 5:00pm & August 27 1:00pm

The Burglar 1957 PG

A gang of burglars pilfers a valuable necklace from a fake spiritualist and go into hiding. Starring Jane Mansfield. 90 min

Thank you to everyone who has donated snacks for the movies!

OUTREACH...

Beginning in August, we will no longer have an Outreach Coordinator. Debbie Johnson is retiring, and it is going to take a bit of time to hire a new person and get them trained on all things older adult. We ask for your patience. Please rely on family and friends to help with applications. We will do the best we can to help, and we realize that Fuel Assistance and Open Enrollment begin in the Fall. Again, we will do our best to help. Please do not wait until the last minute to contact us with any concerns. Below are some resources that may help. We also have a list resources here at the Center.

- Access Care Partners (home care) - 413-538-9020
- Ludlow Housing Authority—413-589-7272
- Ludlow Health Department—413-583-5600 x-1271
- 413cares.org (list of Western Mass resources)
- Sheriffs Depart. TRIAD (medical equipment) - 413-858-0060
- Medicare Office—1-800-633-4227
- Social Security—1-800-772-1213
- Valley Opportunity Council (fuel assistance) - 413-552-1554
- SHINE Regional Office— 1-800-243-4636
- Elder Abuse Hotline— 1-800-922-2275

Again, thank you for your patience and understanding!

BROWN BAG PROGRAM

Tuesday, August 19th ~ 1:00pm-5:00pm

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. Bags need to be picked up on the 19th between 1:00pm and 5:00pm. Thank you!**



SHINE PROGRAM
Thursdays by appointment

The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay for health care costs. Call 583-3564 to make an appointment with our SHINE counselor!

SUPPORT...

LIMITLESS LEGENDS

Monday, August 25th 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

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.**

GUIDANCE BY LI

Comfort and Support After Loss

Friday, August 15th at 1:00pm

Tuesday, August 12th 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

THE FORGET-ME-NOT CIRCLE

Friday, August 29th 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

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 CHECK & 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, August 13th 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.

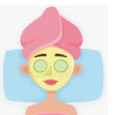
- Dental cleaning of your own teeth is \$75 and includes removal of plaque, tartar and other debris from the patient's teeth with autoclavable instruments.
- Dental cleaning with dentures is \$30 includes inspection and cleaning of dentures.
- Fluoride treatment is also available for \$25.
- If you have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

FACIALS WITH DIANE

Wednesday, August 27th 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.

*** September appts are available beginning September 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 August**

appointments begin August 1st. We know appointments fill up quick. Please add your name to the wait list if you are unable to book an appointment.



FOOTCARE

REIKI

Fridays in August 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.

SEEKING MUSICIANS

A Wilbraham based band is looking for new members. They are all over age 70, meet once a month and have no desire to play out. If you play an instrument or like to sing mostly blues and rock (open to all genres), they would love to hear from you! Please

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 Patricia Stagnaro:

- Lorraine Parent

General donations:

- Brooke Lynes
- Nancy Zolty

FESTA SENIOR ADMISSION TICKET

Thursday, August 28th only

The Friends will be offering a \$5.00 admission ticket for August 28th ONLY. The ticket will include admission to Festa, free parking, a Festa goodie bag and more! Tickets will be on sale in the Café on Tuesday and Thursday mornings in August. Supports general fund.

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, August 14th at
10:30am**

FRIENDS NEWS...

- **Annual Meeting:** Please mark your calendars, September 11th is the Friends Annual Meeting when we will be electing officers. The terms for our five current officers are expiring this year. Come cast your vote for the next 2 years!
- **Looking for Volunteers:** Our Annual Festa Parking Fundraiser is Labor Day weekend. We need able-bodied volunteers to work a shift or 2 to help park cars in our parking lot. Sign-up sheets are on the Friends bulletin board across from the Boutique or at the Front Desk. Proceeds to go the Friends' Scholarship Program.
- **Boutique news:** We welcome your donations of clothing, jewelry, accessories and home goods. NEW or LIKE NEW condition only please. It takes time to sort and price so your donation may not be in the Boutique immediately. Please leave all donations at the front desk. Thank you!



LUDLOW HISTORY PROJECT

The Friends of the Ludlow Senior Center are currently working on an exciting new project to bring a bit of Ludlow's history to The Center! We are in search of old photos and newspapers from the 1900s. Of special interest are Ludlow Registers from 1970s and 1980s (the publisher had a flood and archives were lost) and photos of businesses in town over the last 125 years (It's OK if there are people in the photos).

If you have any of these items you'd like to share, please leave your contact information with the Front Desk. We would also love to talk with anyone with a long family history in town. Leave a message at the Front Desk and Pam or Kathy will contact you. Thank you in advance!

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

NEWS FROM TOWN HALL....We are pleased to announce the hiring of a new Treasurer-Collector, Ryan McNutt who would like to remind everyone that Property Taxes are due August 1st.

The Celebrate Ludlow Committee, together with the **"Light Up Ludlow"** subcommittee, invites you to attend a meeting on Tuesday, August 12, 2025 at 6:00pm in the Town Hall Selectboard's Conference room. Help us with a new annual holiday tree lighting tradition the Sunday after Thanksgiving. All welcome!

Deliver to:

TUESDAY EVENING ACTIVITIES ...

GUIDANCE BY LI COMFORT AND GRIEF SUPPORT

Tuesday, August 12th 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!

~Generously supported by Ludlow Funeral Home~

TRIVIA

Tuesday, August 12th 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!

TACO TUESDAY IS BACK!

Tuesday, August 19th ~ 4:30pm-5:30pm

The Corner Café will be open serving tacos this month! Chicken and beef street tacos will be served and 2 for \$3.00. Stop in and give them a try (not spicy)! Soup will be back next month.



CREATIVE CORNER WITH TAMMY

Tuesday, August 26th at 4:00pm

Join Tammy for a class to learn ways to decorate and repurpose Oui yogurt jars. Cost is \$5.00. ***Sign-up required beginning August 1st.***

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!**

MOVIES

Every Tuesday

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

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.