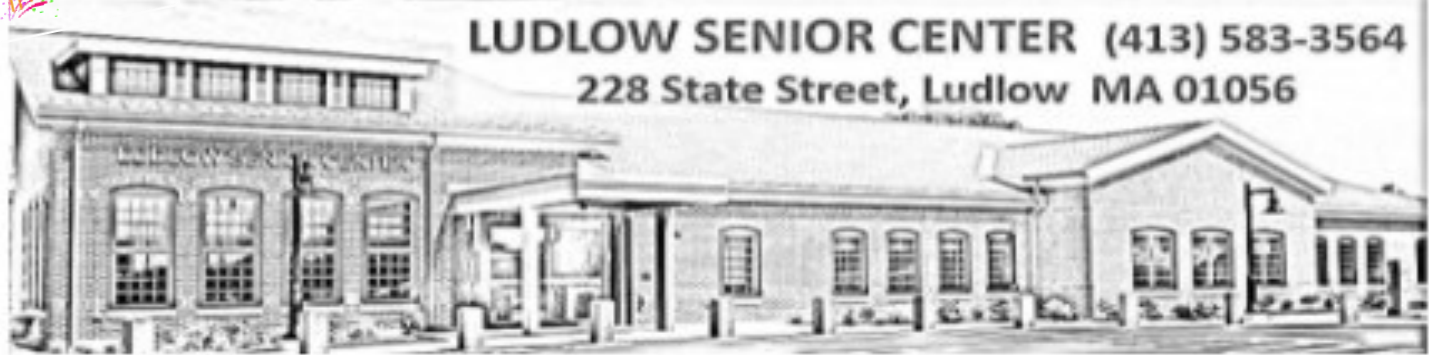




THE SENIOR SCENE ~ JULY 2026

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



SPECIAL EVENTS IN JULY...

THE HISTORY OF AMERICAN BLUES WITH ERIC BASCOM

Monday, July 6th at 10:00am

Come enjoy a morning of music and history with guitarist and singer Eric Bascom. Eric will share the story of American Blues music, from its early roots to the modern day. Through live performance and conversation, he will show how the blues shaped the music we love today, including jazz, rock'n'roll and Motown. Don't miss this fun journey through musical history! ***Registration required.**

DELANEY'S MARKET INFORMATION TABLE

Friday, July 10th at 10:30am

Did you know that Delaney's Market in Wilbraham has a new meal delivery service? They are introducing "Market Meal Plan" which offers 30+ meal options delivered to your home each week. Options also include 3 meals a week plan or 5 meals a week plan.

Stop by the Café for more information!

THE ART OF CARD MAKING

Thursday, July 16th at 1:00pm

Join Irene Robinson as she teaches you how to create fun in the sun and beach themed cards. Space is limited. ***Sign-ups begin**

July 1st at 8:00am.*

SOOTHING SOUND HEALING WITH MYSTIC WILLOW

Thursday, July 23rd at 10:15am

Sound healing uses gentle tones and vibrations from instruments like crystal bowls to help the body and mind slow down, release tension, and shift into a state of deep rest, relaxation, and inner calm—creating a peaceful space to unwind, reset, and restore balance. Enjoy an hour of peace and calm while sitting or lying on a yoga mat, absorbing the healing vibrations from instruments such as the quartz crystal bowls lead by Mike, a Mystic Willow practitioner. Please bring a yoga mat or towel to lay on during the program and a blanket to cover yourself up in. ***Registration required.**

PARAFFIN WAX HAND TREATMENT

Thursday, July 30th at 1:00pm

Are your hands dry and achy and do you want soft, summer hands? We have just the thing for you! Paraffin wax helps soothe aches, pains and dry skin. Your hands will love you especially for the summer months. ***Sign up** for your appointment today!

BENJAMIN FRANKLIN: BRITON TO AMERICAN

Friday, July 31st at 1:30pm

Michael Lepage plays Benjamin Franklin in an engaging program that explores the dramatic years of 1774–1776, when Benjamin Franklin broke with Great Britain and embraced the cause of American independence. Follow Franklin's journey from his appearance before the Privy Council in London over the Whately Letters affair to the signing of the Declaration of Independence, with fascinating stories and anecdotes woven throughout ***Please register***

CLASS REGISTRATION

The Ludlow Senior Center is fortunate to be as busy as we are—it means we're offering programs that people enjoy and value!

We understand that registering for popular classes, especially Boomer Bootcamp and Healthy Bones, can sometimes be frustrating. On Thursdays at 9:00am and 1:00pm, our phones ring nonstop, and classes are often full within just a few minutes. Our fitness studio can safely accommodate only 30 participants, and opening registration at the same time each week gives everyone an equal opportunity to secure a spot. Please know that our staff does their very best to answer every call and process registrations fairly. With more than 100 calls coming in within a matter of minutes, mistakes can happen. We ask for your patience and kindness if you are unable to sign up for a class or are wait listed. The staff is doing the best they can. We often hear "just add another class". We wish it was that easy. We need to secure an instructor, fit it into our schedule and figure out how to pay for it. We have many activities going on at once and we must schedule for all, not just the exercise classes.

Thanks to the support of the Friends of the Ludlow Senior Center, these exercise classes are offered at just \$2 per session, with **no** taxpayer funding used to support them. We are proud to offer 13 exercise classes each week—more than 50 classes every month—and encourage you to explore some of the many other fitness opportunities available. Many of which are free.

We would also like to remind everyone that the newsletter clearly indicates which programs require registration. If a program description does not state "Please Register," it is considered a drop-in activity. For programs that do require registration, please be sure to sign up. If a class is changed, postponed, or canceled, we can only notify participants who are officially registered. Thank you for your understanding, cooperation and continued support of the Ludlow Senior Center!

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

Sheila Rubin
srubin@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

Jack Alves

Van Drivers

Tom Godek
John Garcia
Mike Lebel



Activity Assistant

Lorrie Bobé

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

CORNER CAFÉ FUN...

THE HYDRATION STATION RETURNS! LEMONADE AND FRUITED WATER WILL BE AVAILABLE IN THE CORNER CAFÉ. STOP IN AND QUENCH YOUR THIRST! REASONABLE DRINK REQUESTS TAKEN!
REMEMBER TO BRING YOUR OWN REFILLABLE WATER BOTTLE.

NATIONAL PIÑA COLADA DAY

Tuesday, July 21st at 10:30am

Join us for a yummy piña colada in the Corner Café! And yes there really is National day for this delicious drink that says "summer vacation!" but right here at the Senior Center!



NATIONAL SHARE A HUG DAY! ~ THURSDAY, JULY 30TH!

CALLS FROM THE SENIOR CENTER

I am going to try and explain this the best I can. When the Senior Center calls you, unfortunately our phone number shows up as SPAM. If we need to get in touch with you, we always leave a message. **It is important that your voicemail is set up** and your voicemail box is not full. If we send a robo call, it will show up as the Senior Center (413-583-3564). If you see this number please answer it or if you miss the call, please LISTEN to your voicemail before calling us back. Our phone rings off the hook after sending a robo call. Please just listen to the message. Thank you!!!



Like us on Facebook and never miss a thing!

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 your 'inbox' each month for FREE!

Council on Aging Board

Diane Peacey- Chair

Bob Mishol- Vice Chair

Karen Martin- Secretary

Fernando Barroso- Treasurer

Rosalind Forti- Member

Kara Ribeiro- Member

Helen Grabowski- Member

John DaCruz- Member

Bob Radowski- Member

Debbie Potter- Member

Open seat- Member

Member wanted!

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 55 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

New member needed. See Jodi if interested.

JULY TRIP:

ALVIN RONDEAU'S DAIRY BAR

Tuesday, July 7th at 12:30pm

We are headed to Palmer to the popular drive-up on Route 32 that is best known for its homemade ice cream and has been around since 1940! ***Sign begins July 1st at 8:00am***



INTAKE FORMS ~ PLEASE UPDATE!

Have you recently changed your address? Disconnected your land-line? Updated your emergency contact information? If so, please let us know by filling out a new intake form. We've had a few situations recently where outdated information caused complications. In an emergency, having accurate details is absolutely essential. Also, if you have an email address, please share it with us—you'll receive our newsletter and other important updates directly in your inbox!

PARKING, PARKING, PARKING!

Just a friendly reminder—**PLEASE** be sure you are parking properly in the parking lot. Your vehicle should be parked between the white lines. Parking can be very limited on busy days, and we need every available space. Recently, we have noticed more vehicles not parked correctly, which can make it difficult for others to park safely and may increase the chance of accidents. Before coming into the building, please take a quick moment to make sure your car is properly positioned in the space. Thank you!



Thank you for using the crosswalks coming to and from the Center! No one needs to get run over!



ACTIVITIES...

FISHING CLUB

Monday, July 6th at 1:00pm

The Fishing Club is a great way to relax, connect with others and enjoy the outdoors. Whether you're an experienced angler or just curious about giving it a try, all are welcome to join. The group shares tips, favorite local fishing spots and plenty of stories!

WATERCOLOR PENCIL CLASS

Mondays, July 6th and 20th at 1:30pm

Get creative while working on the same project as everyone else using watercolor pencils. All supplies are provided—just bring your curiosity and try something new! **Please sign up for this activity.*

JEWELRY CLASS

Wednesday, July 1st ~ 9:00am~11:00am

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

TEA WITH THE TA

Wednesday, July 15th 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.

TED TALK HOUR

Wednesday, July 22nd at 1:30pm

After watching a short TED Talk, Jodi will lead a lively and engaging group discussion. Come check it out! Sign up appreciated.

FUN WITH OPERA! ~ SEE YOU IN SEPTEMBER!

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 July at 10:00am

Jeri will be here on Mondays to help you whether it is your phone, tablet or computer. **Appointment required.**

BILLIARDS

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

Thursdays 12:00pm-4:00pm; **open play:** Monday—Friday mornings, 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!

THE WRITERS BLOCK

Thursdays, July 9th and 23rd at 2:00pm

Use your words! Explore creative writing and journaling in this uplifting class designed to boost mental health, mood and memory. Drop ins welcome. Try a new class and join us!

PAINTING WITH SUNSHINE VILLAGE

Thursday, July 23rd 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, July 23rd at 2:00pm

The Shell Seekers by Rosamunde Pilcher (2 month book)
If you love to read and have conversations about books, this group is for you! New members always welcome!

CORNHOLE ON THE LAWN

Fridays in July at 10:00am

Join us for some friendly games of cornhole out on the lawn No experience necessary, just come have some fun! Drop in activity.

TRIVIA

Fridays, July 10th & 31st 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!

DECORATING COMMITTEE

Friday, July 10th at 1:00pm

Come help us decorate the dining room and discuss decorations and center pieces for our big lunches. New members welcome as we need help preparing for large lunches!

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 accrue 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 for **FRIENDLY** games of bingo! **NO** snacks please!

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 are unable to attend. Most classes have a waitlist and your cancellation allows someone else to join. As a reminder, frequent no-shows will result in a temporary suspension from signing up for classes. Thank you for being considerate!

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!

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!**

SWING YOUR PARTNER!

Tuesdays at 1:00pm

Grab a partner (or come alone) and join our Couples Western Dance Class! Learn fun basics like two-step and swing in a relaxed, friendly setting. Come ready to dance! Now is your chance to learn and have fun! \$1.00 donation is appreciated. **Please bring clean shoes!**

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, July 9th 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 to find out what you can do to help!

COUNCIL ON AGING BOARD MEETING

Wednesday, July 15th 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....

FLEXIBILITY, BALANCE & CORE **NEW CLASS**

Mondays beginning July 13th at 1:30pm

Improve your flexibility, balance, and core strength in this fun and supportive class. These exercises can help prevent injuries, improve posture, and make everyday movements easier by increasing your awareness of how your body moves and stays balanced. ***Class is FREE in July so give it a try!***

ZUMBA GOLD

Wednesday at 8:45am

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 (last class of the month is a sword demo)

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.

EXERCISE ROOM—SEE BELOW!

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!**

SENATOR OLIVEIRA OFFICE HOUR

Thursday, July 9th at 10:30am in the Corner Café

Stop by and discuss items that are important to you.

REPRESENTATIVE SAUNDERS OFFICE HOUR

Monday, July 20th at 10:30am in the Corner Café

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

SPECIAL LUNCHES... (ENTERTAINMENT GENEROUSLY SPONSORED BY THE FRIENDS OF THE LUDLOW SENIOR CENTER)

4TH OF JULY LUNCH!

Wednesday, July 1st at 11:00am

Come and celebrate Independence Day at the Senior Center!

The Boomers will be here to entertain us beginning at 11:00am playing good-time, party-pop and rock favorites from the 60s to today. Dance, sit and smile!

Reservations required.

(There will be no lunch served on the July 2nd and the Center is CLOSED on July 3rd.)



JULY BIRTHDAY LUNCH

Thursday, July 16th at 12noon

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

Reservation required



AFTER LUNCH...

SUMMER DANCE PARTY!

Wednesday, July 29th at 1:30pm

DJ Luis Dancing Machine will be in the house spinning your favorite songs! Come dance a summer afternoon away or sit and enjoy the music and watch DJ Luis' energy as he gets everyone on the dance floor!

No sign-up necessary!



MOVIES... (**Early start time!)

June 30th @ **4:30pm & July 1st @ 1:00pm

Glory 1989 R

Robert Gould Shaw leads the U.S. Civil War's first all-black volunteer company, fighting prejudices from both his own Union Army, and the Confederates. 122 min.

July 7th @ **4:30pm & July 8th @ 1:00pm

Voicemails for Isabelle 2026 PG

A young woman's hilariously confessional voicemails to her late sister are unknowingly redirected to a stranger, who begins to fall in love from afar. 118 min

July 14th @ **4:30pm & July 15th @ 1:00pm

Mr. Smith Goes to Washington 1939

A naive youth leader is appointed to fill a vacancy in the U.S. Senate. His idealistic plans promptly collide with corruption at home and subterfuge from his hero in Washington, but he tries to forge ahead despite attacks on his character. 129 min

July 21st @ 5:00pm & July 22nd @ 1:00pm

Larry Crowne 2011 PG-13

After losing his job, Larry Crowne returns to college for a fresh start, where he finds new friendships, unexpected opportunities, and a chance at romance with a disillusioned professor. 98 min

July 28th @ 5:00pm & July 29th @ 1:00pm

Dirty Dancing 1987 PG-13

Spending the summer at a Catskills resort with her family, Baby Houseman falls for dance instructor Johnny Castle. Through music, dance, and romance, she discovers confidence, independence, and the magic of first love. 105 min

OUTREACH...

FARMERS MARKET COUPONS DISTRIBUTION

Friday, July 10th ~ 9:00am-11:00am

The Department of Agricultural Resources is providing \$25.00 coupons to eligible older adults for the purchase of fresh fruits and vegetables from local farmers.

Eligibility requirements:

- Must be at least 60 years of age or older
- Income requirements: monthly income below \$2461 for 1 person and below \$3337 for a 2 person household.
- Only 1 set of coupons per person
- Distribution is first-come, first-served basis**
- Photo ID is required

Please contact Access Care Partners with any questions at 538-9020



BROWN BAG PROGRAM

Tuesday, July 21st ~ 1:00pm-5:00pm

Offered through the Food Bank of Western Massachusetts, Brown Bag helps those 55 and older 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 21st between 1:00pm and 5:00pm. Thank you!**

SHINE PROGRAM by appointment



The **SHINE (Serving the Health Insurance Needs of Everyone)** Program offers **free health insurance information and counseling** to all Massachusetts residents with Medicare and their caregivers. If you have Medicare, you can meet with a SHINE counselor to review your benefits, explore your coverage options and learn about programs that might help lower your health care costs—especially if you have limited income. To apply for Medicare, please visit www.medicare.gov. To schedule an appointment with one of our SHINE counselors, call **583-3564**.

SUPPORT...

LIMITLESS LEGENDS

Monday, July 27th 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

See you in August!

GUIDANCE BY LI

Comfort and Support After Loss

Friday, July 17th at 11:00am

Losing a loved one can present some of life's hardest challenges. While it is inevitable that we all face loss, society has not done a great job of 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 continuing journey through grief.

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

Sponsored by the Executive Office of Aging & Independence

COMPASS AND ANCHOR PROGRAM

If you are caring for someone with memory or brain changes, the Compass & Anchor Program offers supportive tools to help increase safety and peace of mind for caregivers and care partners. Available resources include Apple AirTags/cards, caregiver cameras, and more.

For information, call or stop by the Center and ask for Heather.

This program is supported by a grant from MCOA and the Executive office of Aging & Independence

THE FORGET-ME-NOT CIRCLE

Friday, July 31st at 1:30pm

If you are caring for a loved one with memory challenges you are welcome to join us for our **Forget-Me-Not Circle**, a welcoming meeting place where those with memory changes and their caregivers have open, 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

There is no charge for this service. Call ahead or stop by the front desk. Please bring your own witness if necessary.

WELLNESS...

BLOOD PRESSURE CHECK & FILE OF LIFE

Mondays & Fridays at 10:00am-11:00am

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.

TARGET POINT MASSAGE THERAPY

Wednesdays, July 1st and August 5th by appointment

Gina Welch will be providing chair and table massages. Gina focuses on one target, helping to loosen the tightest muscles. Have a sore shoulder or neck? Give Gina a try! Cost is \$20 for 15 minutes. Call to book your appointment.

MOBILE DENTAL HYGIENE SERVICES OF WESTERN MASS



Wednesday, July 8th 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, July 22nd at 8:15am

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.

****July appointments available July 1st****

FOOT CARE



By Appointment with Caitlin Hertz, RN

FOOTCARE

We're happy to share that Caitlin will continue to provide Foot Care services at the Senior Center. With the help of the Friends, Ludlow residents will continue to be charged \$30 per visit. Non-residents will be charged \$60 per visit. We appreciate your understanding and thankful that Caitlin will continue to provide this service!
July appointments are available beginning July 1st at 8:00am.

DON'T FORGET TO SCAN!

Please remember to scan in to the kiosk with your pink Senior Center card **each time you enter the Center**. **PLEASE** be sure to select each activity you are coming in for. This helps us track programs and interests and helps us secure funding. If you forget your card, no worries! We will help you sign in without it.



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 Esther Brown:

- Anonymous

In memory of Helen Ziencina-Slicer:

- Mindy & Dennis Fernandes

In memory of Florence (Goncalves) Shea:

- Gilbert Myette

General Donations:

- Fred Brown
- Richard Trembley
- Nancy Zolty
- Raymour & Flannigan

Friends of the Ludlow Senior Center:

Pam Hayes, President
 Janice Grimaldi, Vice President
 Debbie Potter, Secretary
 Jackie Doyle, Treasurer
 Debbie Thompson, Assistant Treasurer

FRIENDS NEWS:

- Thank you to all the participants and workers at the Bingo luncheon in June! We had a great turnout and fun for all.
- Thank you to everyone that shopped the Boutique Anniversary Sale! Thank you for your continued support, donations and purchases!
- The Boutique is still accepting Summer décor and clothing, accessories and jewelry. Please bring all donations to the Front Desk and be sure that items are clean and in new or like-new condition. Thanks!

Next meeting:

Thursday, July 9th
at 10:30am
All welcome!



Thank you Stop & Shop for your continued support from the Bloomin' 4 Good Program! The Friends was the program's June recipient.



FRIENDS COMFORT & CARE CLOSET

The Friends have recently created the **Friends Comfort & Care Closet** thank you to the generosity of a donor. If you are currently receiving SNAP benefits and are having difficulty making ends meet, you are eligible to receive items from the **Friends Comfort & Care Closet**. Items include everyday essential items such as toilet paper, paper towels, toothpaste, bars of soap, deodorant, dish soap and laundry detergent. Items are pre-packaged and one (1) bag per month per household will be available. You must be a Ludlow resident and bring proof of SNAP benefits/EBT card when you come to pick up your bag. If you have any questions or to schedule pick-up, please see Jodi or Sheila.

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

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

LUNCH & LEARN ~ UNDERSTANDING VASCULAR DISEASE ~ THE VASCULAR CARE GROUP
Wednesday, July 22nd at 12:00pm

Vascular disease is any condition that affects your network of blood vessels, which includes your arteries, veins, and lymph vessels. Think of it as a plumbing problem in your body where the pipes become blocked, narrowed, or weakened, making it hard for blood to flow smoothly. Join Michael White from *The Vascular Care Group* as he helps you understand risk factors and learn about symptoms of vascular disease. Gain valuable information regarding the many treatment options available, ask questions and leave with a better understanding of vascular disease. ***Reservation for Lunch & Learn is required.***

Deliver to:

TUESDAY EVENING ACTIVITIES ...

EVENING JEWELRY

Tuesday, JUNE 30th at 4:00pm-6:00pm

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

MEATBALL MANIA!

Tuesday, July 14th ~ 4:30pm-5:30pm

The Corner Café will be open serving meatball grinders for \$2.00! Stop in and enjoy!

QUILTING BASICS **NEW PROGRAM**

Tuesdays, July 14th & 28th at 5:00pm

Learn the basics of making a quilt from start to finish and everything from necessary tools and patterns to fabric selection, cutting, piecing and more! The first class will be assessing quilting ability, hand out a supply list and review the plans for the up coming classes. Any **adult aged** quilter/sewist welcome at any time and will be able to progress through the steps needed to complete a quilt. ***Please register for these classes.***

TRIVIA!

Tuesday, July 21st 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 evening at 4:30/5:00pm

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

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!**

