



# THE SENIOR SCENE ~ JUNE 2025



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

## Happy June!

As I sit here and write this, it is cold and rainy and does not feel like Spring. I really hope June has much better weather! June is also the end of our fiscal year so I thought I would give you a brief overview of our budget at the Senior Center. Beginning July 1st, it is known as fiscal year (FY) 26. Our Town budget is broken down into 2 categories, Personal Services and General Expenses. Our Personal Services is staff salaries and is a total of \$568,000. General Expenses is \$114,500 and \$80,000 of that is for our Nutrition Program. All of our classes and activities are paid for with funds that are NOT part of the Town budget. We are fortunate that the State recognizes all of the hard work Senior Centers do and provides us with \$15 per older adult based on the 2020 census which is \$93,360. This is called the Formula Grant. Most of our Center expenses come out of these funds. The Friends of the Ludlow Senior Center are also a HUGE supporter of activities and programs at the Center. They supplement our exercise classes, pay for all entertainment and anything else that the grant does not cover. We could not survive without the Formula Grant or the Friends of the Ludlow Senior Center. Volunteers are also a vital part of our budget. Volunteers provide over 16,000 hours of service which equals 4 full-time employees. That is a huge cost savings to the Town and again, we would not survive without them. We are fortunate that the Town also recognizes all of our hard work but our budget is very small for a department of our size. We get creative to make every dollar stretch so that we can keep all of our services and classes free or low cost. Please see me if you have any questions about our budget. Happy Father's Day and Juneteenth! So many programs offered this month so be sure to read carefully so you don't miss a thing! Thank you for your continued support of the Ludlow Senior Center!

*Jodi Lopez*

## SPECIAL EVENTS...

### FCP LIVE-IN HOMECARE INFO TABLE

**Friday, June 6th at 10:00am**

Stop by and learn about FCP. They provide live-in non-medical home care and is an alternative to assisted living or long term care. Ask questions and learn about their services.

### INTRO TO SOUP MAKING AND SPICES

**Wednesday, June 11th at 1:30pm**

Join Jodi and learn about basic soup making and spices and herbs to jazz up your meals. **Sign-up begins June 2nd at 8:00am.**

### WHAT IS JUNETEENTH? FACTS, HISTORY AND LEGACY

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

Ayanna Crawford, staff Director for State Representative Orlando Ramos, will be presenting on Juneteenth. Why we celebrate Juneteenth, historical context and how we celebrate Juneteenth locally. She will also discuss the legislative journey that led to it becoming a federal holiday. Join us for this informative presentation. **Please sign up for this program.**



### TIMELESS BEAUTY: MAKEUP FOR MATURE WOMEN

**Tuesday, June 24th ~ 1:00pm-3:30pm**

Presented by Celebrity Makeup Artist, Joby Rogers, this 2.5 hour forum is the perfect place for mature women of all ages & experience, to learn how to create a make-up style that compliments their personal features & skin tone. We will explore products, tools and 'must haves' for your personal makeup collection. You will participate in 'hands-on' makeup demonstrations and leave knowing that with a little practice, you can perfect your personal appearance for all occasions. We encourage you to come make up free. You may also bring your own makeup. Both are encouraged, but neither are required. This FREE program requires registration and space is limited. **Sign-up begins June 2nd at 8:00am.**

### SPOTLIGHT ON DIABETES AWARENESS

**Monday, June 30th at 10:00am**

Angela Kramer will be presenting an overview on diabetes, covering key warning signs, the role of A1C testing, and the latest in medications—including GLP-1s. She'll also explore new technologies like continuous glucose monitors, how insurance may impact access, and steps for effective prevention and care.

**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

Soon

### 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!~

**We need your help!** During the month of June, we will be collecting feedback on the Café. What would you like to see, what do you never want to eat and what are your favorites? There will be a box and short questionnaire on the counter. If you visit the Café regularly, we would love your feedback and if you never visit, we would love to know why not. Thank you!!



**THE HYDRATION STATION RETURNS! 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.**

**NATIONAL STRAWBERRY SHORTCAKE DAY!**  
**Wednesday, June 25th at 10:30am**

Join us on the back patio (weather permitting) for strawberry shortcake! Nothing says summer like this yummy treat! No need to register, just come join us and enjoy!



## 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: June 18th at 4:30pm**

## JUNE TRIPS:

**LUNCH BUNCH ~ CLEMENZA'S BRICK OVEN PIZZA**  
**Tuesday, June 17th at 11:30am**

We are headed across the river to Westside to Clemenza's Brick Oven Pizza. They have a huge variety of specialty pizza so if you are a pizza lover, this trip is for you! Van is \$2.00 and lunch is on your own. **Sign up begins June 2nd at 8:00am.**

**EMILY DICKINSON MUSEUM TRIP**  
**Monday, June 9th at 9:00am**

The Emily Dickinson Museum is a historic house museum consisting of two houses: the Dickinson Homestead and the Evergreens. The Dickinson Homestead was the birthplace and home from 1855 to 1886 of 19th-century American poet Emily Dickinson, whose poems were discovered in her bedroom there after her death. Cost is \$21 as we will have a private tour and \$2.00 for the van. **Sign-up begins June 2nd at 8:00am.** (will stop for lunch too)

## 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 pieces of paper 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...

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## **WATERCOLOR PENCIL CLASS**

**Mondays, June 9th and 23rd 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.**

## **JEWELRY CLASS**

**Wednesday, June 4th 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, June 4th 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 ~ RETURNS IN SEPTEMBER\***

## **TED TALK HOUR**

**Wednesday, June 25th at 1:00pm**

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

## **THE WRITERS BLOCK**

**Thursdays, June 5th and 26th 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, June 26th 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!**

# 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.

## **COMPUTER HELP**

**Mondays in June~ 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!

## **BOOK CLUB**

**Thursday, June 26th at 2:00pm**

*Remarkably Bright Creatures* by Shelby Van Pelt

July: *The Lost Dresses of Italy* by M.A. McLaughlin

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

## **DECORATING COMMITTEE**

**Friday, June 6th at 1:00pm**

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

## **FISHING CLUB**

**Friday, June 13th at 1:00pm**

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

## **TRIVIA**

**Friday, June 20th 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!

## **SLOW STROLLERS CLUB \*NEW ACTIVITY\***

**Mondays and Fridays at 10:30am beginning in June**

Just because you are a little slower doesn't mean you can't get some exercise in! Join us as we take a slow stroll around the parking lot a time or 2. Great way to get a little exercise, fresh air and some vitamin D! No sign up necessary, just meet us out front! All welcome!

**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 1:00pm**

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**

**Fridays 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, June 12th 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, June 18th 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, June 12th at 10:30am in the Corner Café**

Stop by and discuss items that are important to you.

### **REPRESENTATIVE SAUNDERS OFFICE HOUR**

**Monday, June 16th 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!*

# JUNE 2025 Activities Calendar

(Tuesday Nights ~ see pg. 10)


Ludlow Senior Center (413) 583-3564

www.ludlow.ma.us

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Slow Strollers 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	<b>3</b> 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures (WC) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)	<b>4</b> 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 9:00am: Jewelry (RR) 10:00am: Tea with TA (Café) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	<b>5</b> 8:45am: Foot Care appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 1:00pm: Mahjong (RR) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)	<b>6</b> 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: <b>FCP HomeCare</b> Info-Cafe 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:30am: Slow Strollers 1:00pm: Ceramics/Decorating 1:00pm: Healthy Bones (FS)
<b>9</b> 9:00am: Knitting (AC) 9:00am: <b>Dickinson Museum Trip</b> 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Slow Strollers 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)	<b>10</b> 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures (WC) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)	<b>11</b> 9:00am: Mobile Dental (WC) 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) <b>1:30pm: Intro to Soup &amp; Spices</b>	<b>12</b> 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 10:30pm: Friends Meeting (AC) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	<b>13</b> 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:30am: Slow Strollers 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Fishing Club (CR)
<b>16</b> 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) <b>10:00am: What is Juneteenth?</b> 10:30am: Slow Strollers 1:00pm: Limitless Legends (CR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	<b>17</b> 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 11:30am: <b>Lunch Bunch Trip</b> 12:30pm: Blood Pressures (WC) 1:00pm: Brown Bag pick up (RR) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)	<b>18</b> 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 4:30pm: COA Meeting (CR)	<b>19</b>  <b>CENTER CLOSED (Juneteenth)</b>	
<b>23</b> 8:45am: Foot Care by Appt 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Slow Strollers 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)	<b>24</b> 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures (WC) 1:00pm: Western Dance (FS) <b>1:00pm: Timeless Beauty</b> (AC) 1:30pm: Bingo (GR)	<b>25</b> 8:00am: Facials by appt (WC) 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 10:30am: <b>Strawberry Shortcake</b> 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: TED Talk (CR)	<b>26</b> 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: Sunshine Paint (AC) 10:15am: Meditation (CR) 1:00pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:00pm: Writers Block (AC) 2:30pm: Active Yoga (FS)	
<b>30</b> 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:00am: <b>Diabetes Talk</b> (RR) 10:30am: Slow Strollers 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	<b>TUESDAY EVENING ACTIVITIES SEE PAGE 10!</b>		<b>27</b> 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:30am: Slow Strollers 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:30pm: Forget Me Not Circle (CR)	
			<b>Highlight....</b> <b>Road to Retirement:</b> <b>Planning for Medicare</b> <b>Tuesday, June 17th at 5:30pm</b>	

***Food Allergy Concerns? Call the Center to ask about our menu items and ingredients!***

Monday	Tuesday	Wednesday	Thursday	Friday
2 Lazy chicken pot pie with biscuit	3 Baked manicotti Garlic knot	4 Open faced pulled pork sandwich Sweet potato fries Cole slaw	5 Chef salad	6 Baked cod Roasted potatoes Power salad
9 Kielbasa Lazy pierogi Harvard Beets	10 Cheeseburger Lettuce & tomato Chips Pickle	11 <b>Lunch &amp; Leam</b> Macaroni & cheese Stewed tomatoes	12 Fruit salad & cottage cheese plate	13 <b>Father's Day Lunch</b> Meatloaf Mashed potatoes Carrots
16 Crab cake Onion rings Side salad	17 Meatball grinder Steak fries	18 <b>Birthday Lunch</b> Chicken piccata Rice Mixed vegetables	19 <b>CENTER CLOSED (Juneteenth)</b>	20 Tuna noodle casserole Corn bread
23 Beef & broccoli over rice Egg roll	24 Strawberry spinach salad with grilled chicken	25 Ziti Meat sauce Garlic bread	26 French toast casserole Breakfast sausage	27 Egg salad finger sandwich Must go soup Chips
30 Chicken patty sandwich Lettuce & tomato Pasta salad	<p><b>Please remember to cancel your reservation before <u>10:00am</u> or you will be counted as a NO-SHOW. NO-SHOWS will be charged \$5.00 a day.</b></p>			<p><i>Happy Father's Day!</i></p>



# SPECIAL LUNCHES...

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

## LUNCH & LEARN~

### STRONG BONES FOR LIFE

**Wednesday, June 11th at 12noon**

*Kathy Jordan, consulting Dietician for Big Y*

Join Kathy to learn which nutrition lifestyle choices protect bone health. She will explore issues that affect bones as we age, which foods and nutrients help maintain strong bones, how to protect lean body mass and pros and cons of dietary supplements.

**\*Registration for Lunch & Learn required\***

## FATHER'S DAY LUNCH!

**Friday, June 13th at 11:00am**

Dads, step-dads, fur-dads, brothers uncles and all men, join us for a celebration of YOU and how special we all are! Joe Kestebaum will be here to entertain us with folk music of the past beginning at 11:00am.

**\*Reservations required.\***



## BIRTHDAY LUNCH!

**Wednesday, June 18th at 12noon**

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

**\*Reservation required\***



# MOVIES...

**June 3 5:00pm &  
June 4 1:00pm**

***The Last Rifleman 2024*  
PG-13**

A WWII veteran escapes his care home and embarks on an arduous but inspirational journey to France to attend the 75th anniversary of the D-Day landings, finding the courage to face the ghosts of his past.  
95 min

**June 10 5:00pm &  
June 11 1:00pm**

***Nonnas 2025 PG13***

Based on a true story, Vince Vaughn stars as Joe Scaravella, 69, who opened the restaurant in 2007 as an homage to the Italian women who made him love cooking, his grandmother and mother, for whom the restaurant is named. The movie shows how Joe went from being a transportation worker to opening a restaurant with senior women as chefs. 112 min

**June 17 5:00pm &  
June 18 1:00pm**

***Woman of the Hour 2023 R***

An aspiring actress crosses paths with a prolific serial killer in '70s LA when they're cast on an episode of The Dating Game. Based on a true story.  
94min



**June 24 5:00pm &  
June 25 1:00pm**

***American Graffiti 1973 PG***

This nostalgic coming-of-age film is set in 1962 California. Following a group of teenagers on their last summer night before college, the film captures the spirit of youth, cruising culture, and rock 'n' roll. It's a heartfelt look at friendship, change, and the end of innocence. 110 min

# OUTREACH...

## What is the Medicare Savings Program?

Medicare Savings Programs (MSP) will pay for some or all Medicare premiums deductibles, copayments, and co-insurance. Depending on your income, MSP will pay for your Medicare Part A & B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. This is not an insurance plan. Who qualifies? Medicare Beneficiaries who meet the following income limits:

Single: \$2,935 per month

Married: \$3,966 per month

There is no asset limit.

For more information or to apply, please call 413-583-3564 to make an appointment with our SHINE volunteer.



## BROWN BAG PROGRAM

**Tuesday, June 17th ~ 12:00pm-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. Bags need to be picked up on the 17th between 1:00pm and 3:00pm. 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!

**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!*

# SUPPORT...

## LIMITLESS LEGENDS

**Monday, June 16th at 1:00pm (Note date change)**

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, June 20th at 1:00pm**

**Tuesday, June 10th 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 and Ludlow Funeral Home

## THE FORGET-ME-NOT CIRCLE

**Friday, June 27th 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, June 11th 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, June 25th 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.

**July appts are available beginning June 2nd\***



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



## REIKI

**Fridays in June 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.

## VOLUNTEERS NEEDED....

We are looking for one or two folks to facilitate and participate in our Walking Club. We would love to have someone who will walk and keep track of walkers and even do walks in other areas. If you like to walk and want to get involved, this could be the job for you!

Please see Heather if you are interested!



# 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.

## 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, June 12th at  
10:30am



## DONATIONS HAVE BEEN MADE:

### In memory of James O'Connell:

- Sam & Marlene Trahan

### General donations:

- David & Pajann Dupuis

## FRIENDS NEWS...

- **Quilt Raffle:** Our quilting group has donated a beautiful 6'x6' quilt to the Friends that will be raffled off at the June Birthday lunch (June 18th). Tickets are \$5 each or 3 for \$10. Tickets are available at the Center on various days in June or at the Front Desk.
- **Scholarship Award:** We are very happy to announce the winners of The Friends 2025 Scholarship awards... **Ava Gabriello** and **Jack Favata**. Congrats to both!
- **Boutique News:** 3rd Anniversary Sale!! That's right...3 years! Please visit The Friends Boutique in June for our 3rd Anniversary Sale. There will be special pricing on items thru the month. Also, a weekly raffle prize too, no purchase necessary. Stop in!

## BIG Y COMMUNITY GIVING BAG



Big Y in Ludlow has designated their June Community Giving Bag donations to The Friends of the Ludlow Senior Center. Please stop into the Ludlow store to upgrade your shopping bags and we will receive \$1.00 from every Giving bag sold in June.

Thank you to the Boston Road Stop & Shop for their donation from their Community Bag Program. We appreciate their continued support!



STOP & SHOP  
Community Bag Program



**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**



## **STARTING THE ROAD TO RETIREMENT: PLANNING FOR MEDICARE** **TUESDAY EVENING, June 17th at 5:30pm**



This presentation will be led by Brian Guagnini from Blue Cross Blue Shield of Massachusetts and Michele Chmura of SHINE. This presentation is geared towards individuals approaching Medicare Eligibility. The topics covered include health insurance information outside of employer sponsored coverage, such as an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans and programs available to early retirees such as COBRA. This is a great presentation for older adults who may still be working and looking to transition to Medicare and retirement. **Registration appreciated.**

**Deliver to:**

## **TUESDAY EVENING ACTIVITIES ...**

### **SOUPER SUPPER**

**Tuesday, June 3rd ~ 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!

### **EVENING JEWELRY**

**Tuesday, June 3rd at 4:30pm-6:30pm**

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

### **TRIVIA**

**Tuesday, June 10th 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!

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

**Tuesday, June 10th 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*

### **CREATIVE CORNER WITH TAMMY**

**Tuesday, June 17th at 4:00pm**

Join Tammy for a class to create a red white and blue floral arrangement. Cost is \$5.00. **\*Sign-up required beginning June 2nd.\***

### **HOT DIGGITY DOG TUESDAY!**

**Tuesday, June 24th ~ 4:30pm-5:30pm**

The Corner Café will be open and serving a hot dog and chips for \$2.00! And yes, complete with onions! Summer is here!

### **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! \*NO class on June 17th\***

### **MOVIES**

**Every Tuesday**

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

### **CENTER TRANSPORTATION**

**Tuesdays, 4:00pm-7:00pm**

Transportation is available to and from the Center on Tuesday