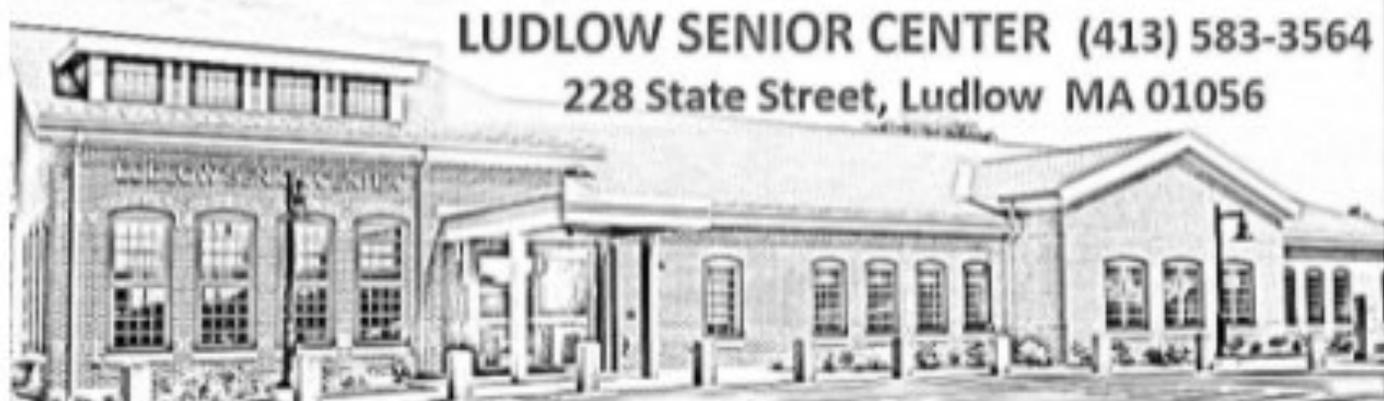


THE SENIOR SCENE ~ MARCH 2026



SPECIAL EVENTS IN MARCH...

SARAH THE FIDDLER!

Monday, March 2nd at 1:30pm

Join us for a lively afternoon with Sarah as she delights the audience with her fiddle and her one-of-a-kind style. Blending classical elegance, bluegrass energy, and Celtic charm, her music promises a performance that is both captivating and full of heart. Thank you Cultural Council and Friends! **No sign-up necessary!**

RECLAIM YOUR HANDS! DON'T LET PAIN HOLD YOU BACK!

Wednesday, March 11th at 10:00am

Join us for an engaging and informative presentation with *Powerback Rehabilitation To You* and Certified Hand Specialist Jillian Senecal. If you experience hand pain, stiffness, weakness or simply want to keep your hands healthy, this program is for you. This interactive session will cover common upper hand pain and aches, practical arthritis management strategies, and orthosis and brace options designed to provide support and improve function. ***Please sign-up for this session.**

CHEW WITH THE CHIEF

Friday, March 13th ~ 11:30am-12:30pm

Stop by or join us for lunch and have a meet and greet with the new Police Chief, Chief Brennan. Help us congratulate the Chief in his new role and ask questions you may have. **No sign-up necessary. Staying for lunch? Lunch reservation required.**

PAINTING WITH TRISH PILON

Monday, March 16th at 1:00pm

Artist Trish Pilon with *Creative Roots Studio* will return for a feather art painting workshop. Join her as she takes you step by step to create a beautiful painting using acrylic paints. Space is limited and **sign-up required**

CANCELLATION POLICY UPDATE

Lately, we've had several no-shows for wellness sessions. If you do not attend your appointment or cancel at least 24 hours in advance, you will be charged for the session. You will not be able to sign up again until the fee is paid. Thank you for your understanding and cooperation!

THE ART OF CARD MAKING

Thursday, March 19th at 1:00pm

Join Irene Robinson as she teaches you how to make Easter and calendar easel cards. Space is limited. ***Sign-ups begin March 2nd at 8:00am.***

ASK THE ACO (ANIMAL CONTROL OFFICER)

Friday, March 20th at 10:00am

Come by and meet Ludlow's Animal Control Officer, Octavia Anderson. If you ever see a lost cat or wondering how to handle a neighbor's barking dog, Octavia will answer all of your questions. She will also help you plan if you ever have an emergency and need care for your pet. Rozee, Octavia's therapy dog, will also be joining her! ***Please sign-up for this session.**

AGE & DEMENTIA FRIENDLY DESIGNATION CELEBRATION!

Friday, March 27th at 10:00 am

Join us as we proudly celebrate the Town of Ludlow's Age and Dementia Friendly Designation from AARP and Massachusetts Councils on Aging. This special recognition highlights our community's commitment to supporting residents of all ages and creating a welcoming, inclusive environment for everyone. Enjoy cake and coffee in the Corner Café while meeting members of the dedicated working group who helped make this important milestone possible. We are also excited to welcome the Ludlow Rotary Club, who will share an exciting announcement to help launch one of the first of many Age and Dementia Friendly Ludlow initiatives. Come celebrate this meaningful achievement and the bright future ahead for our community!



LAURA LAVOIE FROM *Our Dementia Life*, Returns!

Friday, March 27th at 1:30pm & Tuesday, March 31st at 5:30pm

Laura will share practical tools to help you navigate caregiving with confidence. Whether you're facing a new diagnosis, noticing early changes, or further along in supporting someone with Alzheimer's or dementia, this FREE program is for you. You do not need to have attended previous sessions, and this is not a repeat. Join us as part of our **Compass & Anchor Program. *Please sign-up!**

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

The search is on
John Garcia
Mike Lebel



Activity Assistant

Coming soon..

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

CORNER CAFÉ FUN...

SHAMROCK SHAKES

Monday, March 16 th at 10:30am

Join us in the Café for a delicious minty treat...a shamrock shake! You don't have to go to McDonald's, you can have a homemade one right here!



ATTENTION VOLUNTEERS!

Are you **volunteering** but not logging your hours on the kiosk? If we don't have hours logged for you, you will not be invited to the Volunteer Recognition. The Volunteer Recognition is for those that complete 20 hours of volunteering for the Senior Center in a calendar year. Interested in volunteering or don't know how to log your hours, please see Heather. Thanks!

INTAKE FORMS ~ HAS YOUR INFO CHANGED?

Have you recently changed your address? Disconnected your landline? 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!



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

John DaCruz- Treasurer

Fernando Barroso- Member

Rosalind Forti- Member

Kara Ribeiro- Member

Helen Grabowski- Member

Debbie Johnson- Member

Bob Radowski- Member

Debbie Potter- Member

Jammin' with Jodi...

I am sorry that I am unable to write a column each month as our newsletter is just packed with events, programs and activities. Please know that I always have an open door policy. I am always here to help, to listen and to field any feedback...good and bad. I hear people say "I don't want to bother you." No one is ever a bother and I welcome the distraction and escape from my office! Also the Council on Aging is also available on the 3rd Wednesday of the month at 4:30pm. This is an open meeting and anyone is welcome to attend. Thank you to all that make the Senior Center the place that it is. It has been almost 5 years and this place still amazes me each day. Lots going on this month as usual so read carefully!

Jodi Zepke

MARCH TRIP:

MT. HOLYOKE SPRING FLOWER SHOW

Tuesday, March 10th at 1:00pm

This beloved tradition draws thousands of visitors from near and far to enjoy the sights and smells of Spring in the final days of Winter. Thousands of vibrant tulips, cheery daffodils and fragrant hyacinths along with many other Spring blooms will be creatively displayed to delight all who visit. Van is \$2.00 and event is FREE. *Sign-up begins March 2nd at 8:00am*



LUNCH BUNCH ~ MURPHY'S PUB

Monday, March 30th at 11:30am

We are closing out the month of March with a lunch trip to Murphy's Pub and their Irish-inspired pub food in Agawam. The van is \$2.00 and lunch is on your own. *Sign up begins March 2nd at 8:00am.*

FIRST OF THE MONTH PHONE CALLS...

We know the first of the month can be frustrating when you're trying to sign up for classes, trips or foot care. Our phone system simply can't keep up with the high volume of calls that come in all at once. If you reach **any** voicemail, please **leave a message and do not call back**. Hanging up and retrying only creates more delays. Rest assured—if you leave a message, we **will** receive it, and we **will** return your call. We often have over 100 calls to return, so we truly appreciate your patience while we work through them.

Thank you in advance for your understanding!



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



ACTIVITIES...

WATERCOLOR PENCIL CLASS

Mondays, March 9th and 23rd 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.**

TEA WITH THE TA (WITH DEPARTMENT HEADS)

Wednesday, March 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. We are also hosting a Department Head meeting so stop by at 10:00am and meet the Department Heads in town!

PARAFFIN WAX HAND TREATMENT

Tuesday, March 24th at 1:00pm

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

FUN WITH OPERA!

Wednesdays, March 4th and 18th at 10:00am

Explore the art of opera in a fun, easygoing class filled with stories, music clips, and interactive moments. Learn what makes opera exciting and expressive—no experience needed, just curiosity and a sense of fun! Stop by and learn something new!

JEWELRY CLASS

Wednesday, March 4th at 9:00am~11:30am

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

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 March at 10:00am

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

BILLIARDS

Travel League 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!

TED TALK HOUR

Wednesday, March 18th at 1:00pm

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

THE WRITERS BLOCK

Thursdays, March 5th and 19th 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, March 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!**

BOOK CLUB

Thursday, March 26th at 2:00pm

***The Indigo Girl* by Natasha Boyd**

***April: Keeping Lucy* by TG Greenwood**

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

DECORATING COMMITTEE—HELP NEEDED!

Friday, March 6th 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!

TRIVIA

Friday, March 13th 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!

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!

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 and Wednesdays at 1:00pm

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.**

CLEAN SNEAKERS PLEASE!

We often hear people say their sneakers are clean—but if you've walked from your car to the Center, they're not! Sand and salt get tracked in easily. Please remember to bring **clean indoor sneakers** to help keep our floors safe and tidy. Thank you!

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 may 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!

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 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, March 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 to find out what you can do to help!

COUNCIL ON AGING BOARD MEETING

Wednesday, March 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 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.

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—SEE YOU IN APRIL!

ULTRA BEGINNER LINE DANCING

Tuesdays, March 10, 17, 24 & 31 at 1:00pm

Come and learn Line Dancing basics from the very first step and all the terminology. Now is your chance to learn and have fun! \$1.00 donation is appreciated. **Please bring clean shoes!**

SENATOR OLIVEIRA OFFICE HOUR

Thursday, March 12th at 10:30am in the Corner Café

Stop by and discuss items that are important to you.

REPRESENTATIVE SAUNDERS OFFICE HOUR

Monday, March 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!

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

ST. PATRICK'S DAY LUNCH!

Tuesday, March 17th at 11:00am

Wear your green and come celebrate the greatest holiday of the year...St. Patrick's Day! Corned beef and cabbage are on the menu and entertainment by *Shamrock Street*, a musical duo who have been performing Irish and American Standards together for over 30 years

Reservation required



BIRTHDAY LUNCH!

Thursday, March 19th at 12noon

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



Reservation required

LUNCH & LEARN

**Springfield No One Leaves
Wednesday, March 25th at 12:00pm**

Springfield No One Leaves (SNOL) is a member-led grassroots organization dedicated to fighting housing insecurity and economic injustice. Founded in 2010, SNOL defends against foreclosure and eviction and fights for housing injustice through direct action and community advocacy. This is important information for you, a friend or family member. ***Reservation for Lunch & Learn is required.**

MOVIES...

March 3rd @ 5:00pm & March 4th @ 1:00pm

Days of Thunder 1990 PG-13

Discovered by businessman Tim Daland, Cole is teamed with legendary crew chief and car-builder Harry Hogge to race for the Winston Cup at the Daytona 500. A crash nearly ends Cole's career and he must turn to a beautiful doctor to regain his nerve. 102 min

March 10th @ 5:00pm & March 11th @ 1:00pm

Secondhand Lions 2003 PG-13

This comedic and touching family film follows the adventures of a shy young boy who is sent to spend the summer with his eccentric uncles. Staring Robert Duvall. 109 min

March 17th @ 5:00pm & March 18th @ 1:00pm

4 Letters of Love 2025 PG-13

Nicholas and Isabel are torn apart by tragedy and family turmoil, but fate weaves their paths together in a sweeping tale of love and destiny in Ireland. Pierce Brosnan stars in this drama. 109 min

March 24th @ 5:00pm & March 25th @ 1:00pm

People We meet on Vacation 2025 PG-13

Free-spirited Poppy (Emily Bader) and routine-loving Alex (Tom Blyth) have been unlikely best friends for a decade, living in different cities but spending every summer vacation together. The careful balance of their friendship is put to the test when they begin to question what has been obvious to everyone else -- could they actually be the perfect romantic match? 117 min

March 31st @ 4:30pm & April 1st @ 1:00pm

Song Sung Blue 2025 PG-13

Based on a true story, Mike and Claire are two down-on-their-luck musicians who prove that it's never too late to find love and follow your dreams. They form a Neil Diamond tribute band called Lightning and Thunder, rising from dive bar gigs to unexpected hometown stardom. When tragedy strikes, their love and passion give them the strength to overcome hardships and inspire everyone around them. 134 min.

OUTREACH...

OUTREACH—MORE THAN YOU THINK!

Outreach Services are more than you might realize! My role is to help make complicated systems feel simpler and less overwhelming. If you've ever thought, "I'm not sure who to ask..." — start with me. I can assist with:

- Housing applications (including senior housing)
- Mass Health applications and renewals
- SNAP (food assistance) applications and recertifications
- Fuel assistance application
- General benefits questions and paperwork
- Referrals to trusted local and state resources

And that's just the beginning. If you have a concern, question, or paperwork that feels overwhelming — please don't hesitate to reach out. There is no question too small. To book an appointment with Sheila Rubin, please call 413-583-3564.



BROWN BAG PROGRAM

Tuesday, March 17th ~ 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 17th 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 may 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, March 23rd 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 include calming the mind, increasing relaxation, reducing stress, controlling pain, reducing insomnia and lowering blood pressure.

Registration appreciated.

GUIDANCE BY LI

Comfort and Support After Loss

Friday, March 20th at 1:00pm

Tuesday, March 10th at 5:45pm

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 your journey through grief.

Please register for these sessions

Sponsored by the Executive Office of Aging & Independence and Ludlow Funeral Home

THE FORGET-ME-NOT CIRCLE

Friday, March 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 welcoming 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

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

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.

Tuesdays will return in the Spring.

TARGET POINT MASSAGE THERAPY

Wednesday, March 4th 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, March 18th 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, March 25th 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.

April appointments available March 2nd

FOOT CARE UPDATE

By Appointment with Caitlin Hertz, RN

Foot Care Program Update! We're happy to share that, through our partnership with the Health Department, Caitlin will continue to provide Foot Care services with us until at least June! To help support the program, there will be a small fee adjustment. Beginning in March, Ludlow residents will be charged \$30 per visit and non-residents will be charged \$60 per visit.

We appreciate your understanding!

REIKI

Fridays in March 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.

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:

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

Next meeting:

**Thursday, March 12th
at 10:30am**



DONATIONS HAVE BEEN MADE:

In memory of David Dupuis:

- Matt Pszeniczny

In memory of Patricia Faulds:

- Christine Peabody

In memory of Dottie Day:

- Karen Bruni

In memory of Jeannine Dube:

- Gilbert Myette

General Donations:

- Alfred Murdock
- Joseph Welcz
- Richard Trembley
- Walter Shaw - In honor of the Staff

BOUTIQUE NEWS:

- We are in need of inventory! We are beginning to take Spring and Summer items. We appreciate women's clothing, jewelry, accessories and home décor.
- We need greeting cards but NO Christmas cards please!
- Please remember that items should be new or like-new condition.
- Donations can be brought to the Front Desk.
- Thank you to all of our shoppers and donors!



WE WOULD LOVE TO SEE SOME NEW FACES AND HEAR SOME FRESH IDEAS AT OUR NEXT FRIENDS MEETING, MARCH 12TH AT 10:30AM! WE HAVE A SURPRISE TOO!

SAVE THE DATE:

- April 15th—Villa Rose fundraiser—20% of bill comes to the Friends
- April 17th—Sock Hop at the Polish Club
- May 8th—Bingo at Raymour & Flannagan
- May 9th—Shred event

MORE INFORMATION TO COME!

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

LUDLOW SENIOR CENTER ~ 228 STATE ST, LUDLOW, MA 01056

PLACE
STAMP
HERE

FROM THE CLERK'S OFFICE... *Annual Town Election*, March 23, 2026 – If you are interested in voting by mail, please submit an application to the Town Clerk's office. Applications are located on the Town of Ludlow website under Town Clerk or located in the Town Clerk's office. **2026 Annual Town Census** – This is a reminder if you haven't returned your annual town census form to the Town Clerk's office to please do so. State law requires that you be sent an annual street listing/census form. Failure to respond may remove you from the active voting list. **Dog licenses** will expire March 31st. All residents are required to license their dogs annually. Question about any of this information can be directed to the Clerk's Office, 413-583-5600 ext. 1 or clerk@ludlow.ma.us.

Don't forget to
"spring ahead" on
March 8th! More
daylight!

Deliver to:

VOLLEYBALL AT EAST STREET SCHOOL ~ Every Tuesday and Thursday at 5:30pm-8:00pm

Join us for a fun game of volleyball! Lots of laughs and great exercise! No experience necessary. Come learn a new sport and have FUN!

TUESDAY EVENING ACTIVITIES ...

TACO TUESDAY!

Tuesday, March 3rd ~ 4:30pm– 5:30pm

The Corner Café will be open serving street tacos! The cost is 2 for \$3.00 and beef and chicken will be available! Stop in and enjoy Taco Tuesday with us!

GUIDANCE BY LI COMFORT AND GRIEF SUPPORT

Tuesday, March 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~

TECH HELP ~ NEW PROGRAM!

Tuesdays, March 17th & 24th ~ 4:00pm-6:00pm

Lorissa and Brady from Ludlow High School will be here for weekly tech support. Whether it is your phone, tablet or computer, they will be here to help! **Appointment required.**

TRIVIA RETURNS!

Tuesday, March 24th 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!

SOUPER SUPPER

Tuesday, March 31st ~ 4:30pm– 5:30pm

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!

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 evening at 5:00pm

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