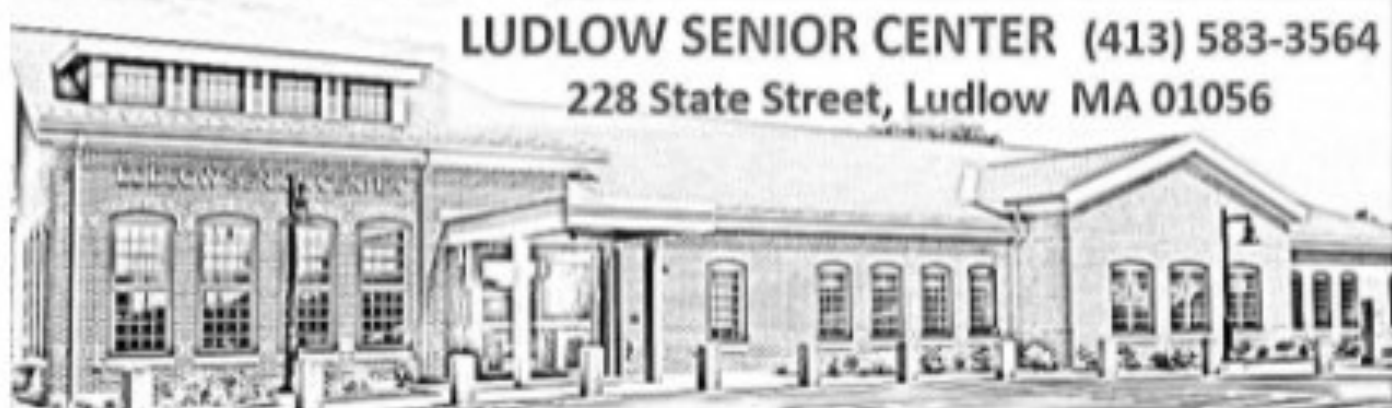




# THE SENIOR SCENE ~ MAY 2025



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

*Jammin' with Jodi ...*

May is Older Americans Month and the purpose is to acknowledge the contributions of older Americans to their communities and the nation. It seems fitting that our Volunteer Recognition falls in May as well. In 2024, our volunteers provided over 15,500 hours of volunteering. That is equivalent to over \$161,000 or about 3 full-time positions. I will say that we could not run our Center without our dedicated volunteers. Thank you to each and every volunteer for your time, service and loyalty to the Ludlow Senior Center. Each one of you plays a vital role in keeping our Center running smoothly. We hope to see many of our volunteers on May 21st for our Annual Volunteer Recognition.

**Thank you volunteers!!!**

Keep your eyes open in the hallway by the Dining Room. We have some fun planned for the wall. We want to create a place for creativity, kindness and some fun! Be sure to check the wall each week during the month of May! May is packed with events and activities so be sure to read the newsletter carefully. Happy Mother's Day and thank you to those that sacrificed for our freedom! *Jodi Lepore*

## SPECIAL EVENTS...

### MEMORIAL DAY PARADE MEETING

**Tuesday, May 6th at 10:00am**

The Senior Center will be participating in the Memorial Day parade and we are looking for people to walk/ride with us. If you are interested, please attend this meeting so we know how many people we have to participate. Thank you!

### PARAFFIN WAX HAND TREATMENT

**Thursday, May 8th beginning at 1:00pm**

Come let your hands have a little bit of pampering.

Paraffin wax is made of saturated hydrocarbons and is used to soften hands and cuticles. It can also provide some relief to sore joints and muscles. **Sign up for your time slot at the Front Desk!**



### INTRODUCTION TO THE WORLD OF AI (ARTIFICIAL INTELLIGENCE)

**Monday, May 12th at 10:00am & 1:00pm**

Join us for an engaging introduction to artificial intelligence, presented by Stan Prager of Go Geeks. You'll be surprised to learn just how much AI is already woven into our daily lives—and how

much more there is to explore. Whether you're a tech enthusiast or just curious about the future, this talk is sure to open your eyes to the incredible world of AI!

**There will be 2 identical sessions so be sure to sign up for 1 of them!**



*GoGeeks!*

### TOM'S WOODEN PENS

**Tuesday, May 13th all day**

Tom Gibeau will be on the back patio demonstrating how to make wooden pens. Watch as Tom takes a piece of wood and make it into a beautiful pen. No sign up just **stop by the back patio!**

### RUTH BADER GINSBURG—"I DISSENT"

**PERFORMED BY SHERYL FAYE**

**Thursday, May 15th at 1:30pm**

Ruth Bader Ginsberg was an American lawyer and jurist who served as an associate justice of the Supreme Court of the United States from 1993 until her death in 2020. Ruth championed fairness and equality and objected to different expectations for men and women. She launched The Women's Rights Project and was a leading voice for gender equality, women's interests and civil rights and liberties.

Ruth stood out because she was not afraid to dissent, disapprove and disagree with unfairness and inequality. This show is the inspiring story of how she changed her life—and ours. **Please sign-up.**

*Thank you Ludlow Cultural Council!*

### MOBILITY & ACCESSIBILITY SOLUTIONS IN YOUR HOME

**Friday, May 16th at 10:00am**

Please join Keith and Nate from Walker Access for a presentation on home safety improvements, stair lifts and wheelchair ramps for your home to help with mobility and accessibility. This is valuable information to keep you in your home safely. **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

Debbie Johnson  
outreach@ludlow.ma.us

### Activities Director

Maria Ardolino  
activity@ludlow.ma.us

### Administrative Assistant

Mick Barr

### Clerk

Deb Borecki

### Cook

Christine Toelken

### Maintenance

Dennis Frodema

### Dispatcher

David Snyder

### Van Drivers

Jack Alves  
John Garcia  
Mike Lebel

### Activity Assistant

Tammy Laselle



## Council on Aging Board

Diane Peacey- Chair

Bob Mishol- Vice Chair

Karen Martin- Secretary

John DaCruz- Treasurer

Fernando Barroso- Member

Rosalind Forti- Member

Kara Ribeiro- Member

Helen Grabowski- Member

Debbie Johnson- Member

Bob Radowski- Member

Debbie Potter- Member

## Ludlow Council on Aging

**Mission:** The Ludlow Council on Aging was created by Town of Ludlow By-Laws to act as an advocate for town citizens over **60 years** old, those with disabilities, and their families and caregivers, ensuring that they are represented before the town leadership, the Senior Center Director and the greater community. The Council works to identify the changing needs of this population and advises on policy making and program design. We focus on optimizing independence and quality of life, both physically and emotionally, in a way that is accessible to all.

Dignity ~ Independence ~ Inclusion

Next meeting: May 14th at 4:30pm

## MAY TRIPS:

### LUNCH BUNCH ~ YARDE TAVERN

Monday, May 19th at 11:00am

We are headed to Enfield to the Yarde Tavern. Enjoy some all American fare with your friends! **Sign up begins May 1st at 8:00am.**



### BERKSHIRE BOTANICAL GARDENS

Thursday, May 29th at 9:00am

We are heading to Stockbridge, MA to the Berkshire Botanical Gardens. Enjoy a day of roaming (trails and lots of walking) in their 24 acres of gardens that feature dozens of unique garden spaces and explore many mixed border gardens, a herb garden, a rock garden, raised bed vegetable gardens and much more. Tickets are \$16.00 and \$2.00 for the van. Bring a bagged lunch. **\*Sign up begins May 1st at 8:00am.**

## PARKING LOT ETIQUETTE AND HONESTY

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

## 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!~**

## CINCO DE MAYO!

Monday, May 5th at 10:30am

Cinco de Mayo is an annual celebration held on May 5th to celebrate Mexico's victory over the Second French Empire at the Battle of Puebla in 1862. Join us in the Café for chips, salsa and guacamole to celebrate Cinco de Mayo!



## INTAKE FORMS ~ HAVE YOU MOVED?

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

## ATTENTION VOLUNTEERS!

The Annual Volunteer Recognition will be May 21, 2025 at 5:30pm. If you volunteered more than 20 hours for the Senior Center in 2024, you should receive an invitation. If you do not receive an invitation and think you should, please see Heather. Just a reminder that if you are volunteering, you need to input your hours on the kiosk at the Front Desk. See Heather with any questions.

# ACTIVITIES...

## **WATERCOLOR PENCIL CLASS**

**Mondays, May 5th and 19th 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.**

## **FISHING CLUB**

**Monday, May 19th at 1:00pm**

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

## **JEWELRY CLASS**

**Wednesday, May 7th 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, May 7th at 10:00am**

Stop by the Café and enjoy a cup of tea with Town Administrator, Marc Strange. This informal conversation is a great way to talk to Marc and get to know what is happening in Ludlow.

## **OPERA APPRECIATION**

**Wednesdays, May 14th and 28th at 10:00am**

Experience Opera as a dramatic story told through song. It is considered by many to be the most complete art form, combining all of the elements of art, words & music. Come and enjoy something new!

## **TED TALK HOUR**

**Wednesday, May 28th at 1:00pm**

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

# WEEKLY ACTIVITIES...

## **KNITTING CLUB**

**Mondays at 9:00am**

Join the knitting group to get help with your project and start your week with good friends and a lot of laughs.

## **COMPUTER HELP**

**Mondays in May~ 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!

## **THE WRITERS BLOCK**

**Thursdays, May 8th and 22nd 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, May 22nd 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, May 22nd at 2:00pm**

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

June: *Remarkably Bright Creatures* by Shelby Van Pelt

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

## **DECORATING COMMITTEE**

**Friday, May 2nd at 1:00pm**

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

## **TRIVIA**

**Friday, May 30th 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!

## **GARDEN CLUB**

**Wednesdays at 8:00am**

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

## **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!

## **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, May 15th at 10:30am \*NOTE DATE\***

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, May 14th at 4:30pm \*NOTE DATE\***

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, May 8th at 10:30am in the Corner Café**

Stop by and discuss items that are important to you.

## **REPRESENTATIVE SAUNDERS OFFICE HOUR**

**Monday, May 19th 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!*

# MAY 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
<p><i>FS = Fitness Studio</i>  <i>AC = Arts &amp; Crafts</i>  <i>CR = Conference Room</i>  <i>GR = Great Room</i>  <i>RR = Game Room</i>  <i>WC = Wellness Center</i>  <i>BR = Billiards Room</i>  <i>SO = Small Office</i></p>	<p><b>TUESDAY EVENING ACTIVITIES</b>  <b>SEE PAGE 10!</b></p>	<p>*Senator Oliveira Office Hours  May 8th at 10:30am  *Representative Saunders  May 19th at 10:30am  <b>Garden Club</b>  <b>Wednesdays at 8:00am</b></p>	<p><b>1</b>  8:45am: Foot Care appt (WC)  9:00am: Tai Chi (FS)  9:30am: Dominos (RR)  10:15am: Meditation (CR)  1:00pm: Mahjong (RR)  2:30pm: Active Yoga (FS)</p>	<p><b>2</b>  8:45am: Boomer Bootcamp (FS)  9:00am: Reiki by appt (SO)  10:00am: Boomer Bootcamp (FS)  10:00am: Blood Pressure CK (WC)  1:00pm: Ceramics (AC)  1:00pm: Healthy Bones (FS)  1:00pm: Decorating Group</p>
<p><b>5</b>  9:00am: Knitting (AC)  9:30am: Boomer Bootcamp (FS)  10:00am: Computer Help (CR)  10:30am: <b>Cinco de Mayo (Café)</b>  1:00pm: Scrabble (Café)  1:15pm: Pitch (GR)  1:30pm: Watercolor Pencils (AC)  2:30pm: Zumba Gold (FS)</p>	<p><b>6</b>  9:00am: Quilting (AC)  9:00am: Line Dancing (FS)  10:00am: Cribbage (RR)  10:00am: <b>Parade Meeting (CR)</b>  10:30am: Gentle Yoga (FS)  12:30pm: Blood Pressures (WC)  1:00pm: Western Dance (FS)  1:30pm: Bingo (GR)</p>	<p><b>7</b>  9:00am: Ceramics (AC)  9:00am: Jewelry (RR)  10:00am: Tea with TA (Café)  9:00am: Zumba Gold (FS)  10:30am: Healthy Bones (FS)  1:00pm: Movie (RR)  1:00pm: Healthy Bones (FS)</p>	<p><b>8</b>  8:45am: Foot Care appts (WC)  9:00am: Tai Chi (FS)  9:30am: Dominos (RR)  10:15am: Meditation (CR)  1:00pm: Mahjong (RR)  1:00pm: <b>Paraffin wax (AC)</b>  2:00pm: Writers Block (CR)  2:30pm: Active Yoga (FS)</p>	<p><b>9</b>  8:45am: Boomer Bootcamp (FS)  9:00am: Reiki by appt (SO)  10:00am: Boomer Bootcamp (FS)  10:00am: Blood Pressure CK (WC)  1:00pm: Ceramics (AC)  1:00pm: Healthy Bones (FS)</p>
<p><b>12</b> 8:45am: Foot Care by appt  9:00am: Knitting (AC)  9:30am: Boomer Bootcamp (FS)  10:00am: Computer Help (CR)  10:00am: <b>World of AI (RR)</b>  1:00pm: Scrabble (Café)  1:00pm: <b>World of AI (RR)</b>  1:15pm: Pitch (GR)  2:30pm: Zumba Gold (FS)</p>	<p><b>13</b>  <b>Tom's Wooden Pens (patio)</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)</p>	<p><b>14</b>  9:00am: Mobile Dental (WC)  9:00am: Ceramics (AC)  9:00am: Zumba Gold (FS)  10:00am: Opera (CR)  10:30am: Healthy Bones (FS)  1:00pm: Movie (RR)  1:00pm: Healthy Bones (FS)  4:30pm: COA Meeting (CR)</p>	<p><b>15</b>  9:00am: Tai Chi (FS)  9:30am: Dominos (RR)  10:15am: Meditation (CR)  10:30am: Friends Meeting (AC)  1:00pm: Mahjong (RR)  1:30pm: <b>Ginsberg "I Dissent" (GR)</b>  2:30pm: Active Yoga (FS)</p>	<p><b>16</b>  8:45am: Boomer Bootcamp (FS)  9:00am: Reiki by appt (SO)  10:00am: Boomer Bootcamp (FS)  10:00am: Blood Pressure CK (WC)  10:00am: <b>Walker Access (RR)</b>  1:00pm: Guidance by Li (RR)  1:00pm: Ceramics (AC)  1:00pm: Healthy Bones (FS)</p>
<p><b>19</b> 9:00am: Knitting (AC)  9:30am: Boomer Bootcamp (FS)  10:00am: Computer Help (CR)  11:00am: Lunch Bunch  1:00pm: Scrabble (Café)  1:00pm: Fishing Club (CR)  1:15pm: Pitch (GR)  1:30pm: Watercolor Pencils (AC)  2:30pm: Zumba Gold (FS)</p>	<p><b>20</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: Brown Bag pick up (RR)  1:00pm: Western Dance (FS)  1:30pm: Bingo (GR)</p>	<p><b>21</b>  9:00am: Ceramics (AC)  9:00am: Zumba Gold (FS)  10:30am: Healthy Bones (FS)  1:00pm: Movie (RR)  1:00pm: Healthy Bones (FS)  5:30pm: <i>Volunteer Recognition</i></p>	<p><b>22</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) &amp; Learn  2:00pm: Writers Block (AC)  2:30pm: Active Yoga (FS)</p>	<p><b>23</b>  8:45am: Boomer Bootcamp (FS)  9:00am: Reiki (SO)  10:00am: Boomer Bootcamp (FS)  10:00am: Blood Pressure CK (WC)  1:00pm: Ceramics (AC)  1:00pm: Healthy Bones (FS)</p>
<p><b>26</b>  <b>CENTER CLOSED</b></p>	<p><b>27</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)  1:00pm: <b>Limitless Legends (CR)</b>  1:30pm: Bingo (GR)</p>	<p><b>28</b> 9:00am: Facials by appt (WC)  9:00am: Ceramics (AC)  9:00am: Zumba Gold (FS)  10:00am: Opera (CR)  10:30am: Healthy Bones (FS)  1:00pm: Movie (RR)  1:00pm: Healthy Bones (FS)  1:00pm: TED Talk hour (CR)</p>	<p><b>29</b>  8:45am: Foot Care appts  9:00am: <b>Botanical Gardens Trip</b>  9:00am: Tai Chi (FS)  9:30am: Dominos (RR)  10:15am: Meditation (CR)  1:00pm: Mahjong (RR)  2:30pm: Active Yoga (FS)</p>	<p><b>30</b> 8:45am: Boomer Bootcamp (FS)  9:00am: Reiki (SO)  10:00am: Boomer Bootcamp (FS)  10:00am: Blood Pressure CK (WC)  10:30am: Trivia (RR)  1:00pm: Ceramics (AC)  1:00pm: Healthy Bones (FS)  1:30pm: Forget Me Not (CR)</p>



# MAY 2025 Lunch Menu

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

Ludlow Senior Center

(413) 583-3564

(24 hour notice required)

www.ludlow.ma.us

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Please remember to cancel your reservation before 10:00am or you will be counted as a NO-SHOW. NO-SHOWS will now be charged \$5.00 a day.</i></p>			<p>1 Salisbury Steak Mashed potatoes Carrots</p>	<p>2 Pepperoni pizza Side salad</p>
<p>5 Chicken fajita salad</p>	<p>6 Pasta with marinara sauce Vegetable</p>	<p>7 Hot dog with roll Baked beans Cole slaw</p>	<p>8 Shepherd's Pie Biscuit</p>	<p>9 <b>Mother's Day Lunch</b> Ranch Chicken Au gratin potatoes Broccoli</p>
<p>12 Baked salmon Power salad Roll</p>	<p>13 Hamburger Lettuce &amp; tomato Steak fries</p>	<p>14 <b>Birthday Lunch</b> Breaded pork chop Rice pilaf Mixed vegetable</p>	<p>15 Cobb salad</p>	<p>16 Vegetable lasagna Garlic bread</p>
<p>19 Seafood salad with Potato and 3 bean salads</p>	<p>20 Sausage grinder Onion &amp; peppers Tater tots</p>	<p>21 Vegetarian chili Corn bread</p>	<p>22 <b>Lunch &amp; Learn</b> Stuffed pepper Buttered egg noodles</p>	<p>23 <b>Memorial Day Lunch</b> BBQ chicken thigh Pasta salad</p>
<p>26 <b>CENTER CLOSED</b></p>	<p>27 Shrimp scampi Linguini Vegetable</p>	<p>28 Asian chicken salad</p>	<p>29 Ham &amp; broccoli casserole Biscuit</p>	<p>30 Loaded baked potato Must-go soup</p>

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

## MOTHER'S DAY LUNCH

Friday, May 9th at 11:00am

Moms, step-moms, fur-moms, sisters, aunts and all women, join us for a celebration of YOU and how special we all are! *Memory Lane* will be here to entertain us beginning at 11:00am.



**\*Reservations required.\***

## BIRTHDAY LUNCH!

WEDNESDAY, May 14th at 12noon

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

**\*Reservation required\***



## MEMORIAL DAY LUNCH

Friday, May 23rd at 11:30am

Memorial Day is a day of remembrance and reflection of who we are because of the sacrifice of others. Join us and Eric Segundo, Ludlow's Veterans Agent as we pay tribute to all who have sacrificed for our freedom. If you have old flags, please bring them to give to Eric for proper disposal.

**\*Reservations required\***

*Lunch is on us for Veterans.*



## MOVIES...

May 6 4:45pm \* &  
May 7 1:00pm

***The Life List 2025 PG-13***

A young woman embarks on a journey of self-discovery, working through a list of goals she wrote as a teenager, at the request of her late mother. As she navigates the messy process of her second coming-of-age, she confronts her grief while finding the courage to live fully again. 125 min

**\* Early start time**



May 13 5:00pm &  
May 14 1:00pm  
***Joy 2024 PG13***

Three trailblazers: a young nurse, a visionary scientist and an innovative surgeon face opposition from the church, state, media, and medical establishment in their pursuit of the world's first 'test tube baby', Louise Joy Brown. 115 min

May 20 5:00pm &  
May 21 1:00pm  
***Flight Risk 2025 R***

A U.S. marshal boards a small plane to transfer a government witness to New York. As they cross the Alaskan wilderness, tensions start to rise as not everyone on the flight is who they appear to be. A suspense thriller directed by Mel Gibson and starring Mark Wahlberg, Michelle Dockery, and Topher Grace. 91min

May 27 5:00pm &  
May 28 1:00pm

***Scoop***

***2017 PG-13***

In 2010, a photographer snaps a picture of Prince Andrew with financier Jeffrey Epstein. Nine years later the prince has some tough questions to answer. 102min

## OUTREACH...

### WHAT IS A REAL ID?

A REAL ID is an enhanced version of a driver's license or Mass ID that meets Federal Security Standard for IDs. Beginning **May 7, 2025**, individuals 18 and older will need a REAL ID driver's license or ID card or another ID such as a valid passport, to board domestic flights or enter certain federal facilities.

- How do I know if my current ID is a REAL ID? *There is a star in the upper right corner of your current ID if it is a REAL ID.*
- Do I need to update my current license or MA ID right away? *If you are planning to travel by plane and do not have a valid passport or REAL ID, then you will need to update your current ID. Please note that TSA will not accept a temporary paper REAL ID.*
- How much will it cost to update my current license? *The fee to upgrade is \$25 and you can do this at any time, not just during the renewal process. It will cost \$50 at the time of renewal.*
- How do I upgrade my current ID? *You need to make an appointment at an RMV Service Center or, if you're an AAA member, at an AAA branch. You will need at least 4 identity documents. Please visit <https://www.mass.gov/orgs/massachusetts-registry-of-motor-vehicles> for more information.*
- Please call or visit the Senior Center for assistance with or questions about the REAL ID process.

### **BROWN BAG PROGRAM**

**Tuesday, May 20th ~ 1:00pm-3:00pm**

Offered through the Food Bank of Western Massachusetts, Brown Bag helps those older than 55 who meet income guidelines. Pickup is the 3rd Tuesday of each month. ***Call the Center for more information and application.***

Bag delivery is also available for those that are homebound and cannot pick up their bag. Please call the Center if you need to have your bag delivered. **Bags need to be picked up on the 20th between 1:00pm and 3:00pm. We cannot hold bags.**  
**Thank you!**



### **CLEAN SNEAKERS PLEASE!**

We hear all the time that people think their sneakers are clean. If you walk from your car to the Center, your sneakers are not clean. They have sand and salt on them. **PLEASE** bring clean sneakers with you and change them when you get here. The sand and salt ruins the wood floor and damages the fitness machines. If we notice you have not changed your shoes, you will not be able to participate in classes or use the machines. Thank you!



# SUPPORT...

## LIMITLESS LEGENDS

**TUESDAY, May 27th at 1:00pm (Note date)**

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, May 16th at 1:00pm**

**Tuesday, May 13th at 5:45pm**

Losing a loved one can be one of life's hardest challenges. While it is inevitable that we all face loss, society has not done a great job teaching us how to work through all of the emotions that are associated with grief.

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

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

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

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

## THE FORGET-ME-NOT CIRCLE

**Friday, May 30th 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, May 14th 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, May 28th 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.

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



## FOOT CARE WITH ANGELA KRAMER, RN, BOH

**Thursdays by Appointment**

Pedicures are \$20 and comprise of a foot soak and nail trim (no polish). Appointments are required and can be made by calling the Center. Diabetics are required to provide a note from their doctor before foot care can be given. **\*\*Sign ups for May appointments begin May 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 May 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.

## VOLUNTEER 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, May 15th at 10:30am**  
**All welcome!**



## DONATIONS HAVE BEEN MADE:

### In memory of Rita Batista:

- Jean Wetherell
- Judith Hope-Klessig
- Gilbert Myette
- Maria Helin
- Betty Socha
- Darlene & Glenn Monteiro

### In memory of John Gaudreau:

- Janice & Don Grimaldi
- Gilbert Myette

### In memory of Sharon Desautels Cormier:

- Gilbert Myette

### In memory of Richard Marceau:

- Dianne Marceau

### In memory of Normand Bourdeau:

- Virginia Bourdeau

### In memory of Danny & Irene Hite:

- Brian & Mark Hite

### General donations:

- Richard Trembley
- Alfred Murdock, Jr.
- Sheila Morais (Thanks AARP tax prep!)

## Friends News...

- **NEW—Quilt Raffle:** Our Quilting Group has donated a beautiful 6'x 6' quilt to the Friends which will be raffled off at June's Birthday lunch. Tickets are \$5.00 each and will be available at the Friends' Table at the Town Tag Sale on May 17th at the high school. They will also be available at The Center on various days in May and June. Watch our Facebook page and the Friends' bulletin board for other opportunities to purchase tickets at the Center.
- **Scholarship:** The Friends Scholarship Program received 17 applications. Watch our Facebook page and the Center's newsletter for the award recipients.
- **Annual Shred Event:** Saturday, May 17th will be our annual event. Pro-Shred will be in the Center parking lot 9:00am-11:00am. This is a FREE, drive-thru event open to the public. See details on our Facebook page.
- **Volunteers wanted:** Looking for volunteers for the Town Tag sale and Shredding Event. Sign-ups are located on the Friends bulletin board located across from the Boutique.
- **Donations:** Please be sure donations for the Boutique are NEW or LIKE-NEW condition. All donations to the Front Desk please...not the Boutique. Thank you!

**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**

**LUNCH & LEARN ~COURT HOUSE 101 ~ JUDGE DAVID PARADIS**

**Thursday, May 22nd at 12:00pm**

Learn about the importance of an impartial and independent judiciary directly from a judge who addresses a variety of challenging matters presented to the courts every day. Judge Paradis will touch on estate planning as well to be sure you have your affairs in order. **\*Registration for Lunch & Learn required\***

Deliver to:

## TUESDAY EVENING ACTIVITIES ...

### **"TACO TUESDAY"**

**Tuesday, May 6th ~ 4:30pm-6:00pm (or until gone)**

In honor of Cinco de Mayo, The Corner Café will be open serving tacos this month! Chicken and beef street tacos will be served and will be 2 for \$3.00. Stop in and give them a try! Soup will be back next month.

### **EVENING JEWELRY**

**Tuesday, May 6th 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.

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

**Tuesday, May 20th at 4:00pm**

Join Tammy for a class to create your own multi-media collage canvas. Cost is \$5.00. **\*Sign-up required beginning May 1st.\***

### **TRIVIA!**

**Tuesday, May 20th at 5:00pm**

If you love Friday trivia, you will love Tuesday nights too! Teams will work together to answer questions from pop culture, history, science and so much more! If you know a little bit about everything, you will love playing!

### **MOVIES!**

**Every Tuesday**

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

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

**Tuesday, May 13th at 5:45pm**

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

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

**Every Tuesday at 4:30pm**

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

### **CENTER TRANSPORTATION**

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

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

### **VOLLEYBALL AT EAST STREET SCHOOL**

**Every Tuesday and Thursday at 5:30pm-8:00pm**

Returns in September!