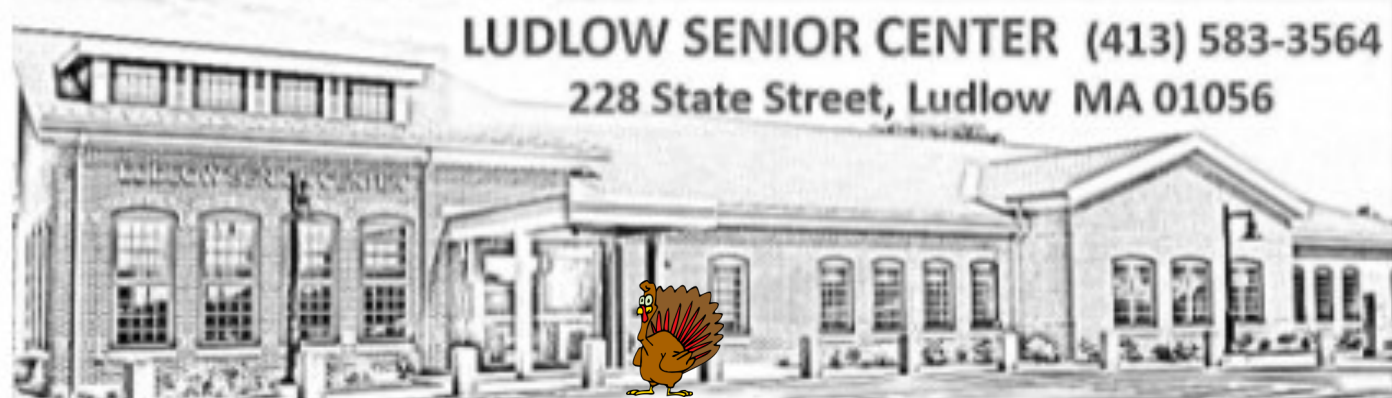


# THE SENIOR SCENE ~ NOVEMBER 2025



## SPECIAL EVENTS IN NOVEMBER...

### **THIS BUSINESS OF FIGHTING: A HUMAN FACE ON WORLD WAR II**

**Wednesday, November 5th at 1:30pm**

When storyteller/historian Arnie Pritchard inherited his father, Anton Pritchard's (Tony) army footlocker, he discovered hundreds of letters from Tony's service in World War II and with the United Nations' refugee program. From these, Arnie created *This Business of Fighting*—the story of a young soldier facing fear, leadership, and the brutal realities of war. Questions and discussion will follow. Join us for what is to be a very moving and powerful story.

**\*Sign up appreciated\***

### **BAKING TOGETHER**

**Thursday, November 6th at 1:30pm**

Come and bake with CareOne Redstone! Together, we'll create homemade pumpkin chocolate chip bread to share with our family and friends while connecting over flour, sugar and friendship.

**\*Sign up required beginning November 3rd at 8:00am\***

### **ELECTIONS 101 WITH TOWN CLERK KIM BATISTA**

**Friday, November 7th at 10:30am**

Ludlow's Town Clerk, Kim Batista, will be here to talk about the election process, mail in ballots and any other questions you may have. This is a good opportunity to make sure that you are voting correctly. **\*Sign up appreciated\***

### **PVTA BASICS ~ PIONEER VALLEY TRANSIT AUTHORITY**

**Friday, November 14th at 10:30am**

Join the PVTA for a presentation overviewing the use of the fixed bus routes and para transit services. They will also explain the process of setting up an account to use the vans, scheduling trips, how to use the buses to get around and how to contact Customer Service. This is a great service to remain active and independent!

**\*Sign up appreciated\***

### **NATIONAL MEMORY SCREENING PROGRAM**

**Monday, November 17th ~ 9:00-11:30am**

Memory screenings make sense for anyone concerned about memory loss, have noticed changes or may be at risk due to family history or anyone who would like to know their memory baseline. The screening is just a few short questions. **\*Appointment required\***

### **THE ART OF CARD MAKING**

**Thursday, November 20th at 1:00pm**

Join Irene Robinson as she teaches you how to make 3 pre-designed, beautiful, handmade cards for the holidays. Space is limited. **\*Sign ups begin November 3rd at 8:00am.\***

### **LAURA LAVOIE FROM *Our Dementia Life*, Returns!**

**Thursday, November 20th at 1:30pm**

Laura returns for a public education presentation! Laura will share practical tools to help you navigate caregiving. Whether you have just received a diagnosis, are noticing early signs that something may be changing or are further along in your caregiving journey, this free program is for you and for anyone who is involved with caring for someone with Alzheimer's and dementia. You do not have to have attended the first sessions in order to attend and this is not a repeat of the other sessions. This is part of our Compass & Anchor Program. **\*Registration required\***

**SENIOR WORK ABATEMENT PROGRAM APPLICATIONS AND  
TRASH BILL ABATEMENT APPLICATIONS ARE NOW AVAILABLE AT  
THE SENIOR CENTER**

### **THANKSGIVING LUNCH SIGN UPS ~ PLEASE READ!**

Our special lunches have been so popular, we need to have separate sign ups for our Thanksgiving Lunch this year.

Please see below:

**~WEDNESDAY, November 5th beginning at 9:00am,  
Ludlow residents may sign up for Thanksgiving lunch.**

**~Thursday, November 6th at 9:00am, all others may sign  
up for Thanksgiving lunch.**

**~You may sign up yourself and ONE other person.**

We know this is a difficult adjustment and we do our best to accommodate as many people as possible.

Thank you for your understanding.

# 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

Coming soon...  
outreach@ludlow.ma.us

### Activities Director

Maria Ardolino  
activity@ludlow.ma.us

### Administrative Assistant

Merrill Shepard

### Clerk

Deb Borecki

### Cook

Christine Toelken

### Maintenance

Dennis Frodema

### Dispatcher

Jack Alves

### Van Drivers

Patrick Griffin  
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. ~Thank you to all that have donated goodies on Fridays!~ Big thank you to Pat Tomlin who bakes every single week. Thanks Pat!**

### CORNER CAFÉ NEWS:

Orange juice and bottled water are now available for purchase at the Café! As always coffee and tea are \$.50 and we have been introducing some new baked goods and fruit. Come by and visit! The Café is open until 11:00am daily. The Hydration Station will return in the Spring!

### THANKFUL FOR YOU!

**Wednesday, November 26th at 10:30am**

Join us in the Café for apple cider and pumpkin muffins and let's chat about what we are thankful for and celebrate the true meaning of Thanksgiving!



## DON'T FORGET TO SCAN!

Please remember to scan in to the kiosk with your pink Senior Center card **each time you enter the Center**. This helps us track programs and interests and helps us secure funding. If you forget your card, no worries! We will help you sign in without it. Replacing a card is \$5.00. If your card is falling apart, we will replace it for free.

**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

## BROWN BAG PROGRAM

**Tuesday, November 18th ~**

**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 18th between 1:00pm and 5:00pm. Thank you!**



The Food Bank  
of Western Massachusetts

## SAND FOR SENIORS

People's Bank and the Ludlow Fire Department will be sponsoring "**Sand For Seniors**" again, this year. If you would like a bucket of sand for your walkway this winter, call the Center at 583-3564 by **November 26th** to sign up for this helpful program. Buckets will be delivered in December.



## NOVEMBER TRIPS:

### LUNCH BUNCH ~ TOKYO ASIAN FUSION

**Tuesday, November 18th at 11:30am**

We are headed to Tokyo in Springfield to experience HIBACHI. If you choose not to have hibachi, you are welcome to sit at your own table. The van is \$2.00 and lunch is on your own.

**\*Sign up begins November 3rd at 8:00am.**

### WALMART IN SOUTH WINDSOR

**Friday, November 21st at 9:00am**

Get a jump on your holiday shopping! We are traveling to South Windsor to a great Walmart store. Van is \$2.00 and shopping is on your own. **\*Sign up begins November 3rd at 8:00am.**



## FILE OF LIFE

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



# ACTIVITIES...

## **WATERCOLOR PENCIL CLASS**

**Mondays, November 3rd and 17th at 1:30pm**

Get creative while working on the same project as everyone else with watercolor pencils. Supplies and materials are provided. Give something new a try! **Please sign up for this activity.**

## **GARDEN CLUB**

*Thank you to our amazing gardeners for all their hard work keeping our grounds and gardens looking beautiful!*

## **JEWELRY CLASS**

**Wednesday, November 5th 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, November 12th 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, November 5th and 19th 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**

**RETURNS IN DECEMBER**

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 11/10, 11/17, 11/24 at 10:00am**

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

## **BILLIARDS**

**Travel League is BACK** 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**

**Thursday, November 13th 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, November 20th 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, November 20th at 2:00pm**

**The Road to Tender Hearts by Annie Hartness**

Dec: **Long Bright River by Liz Moore**

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

## **DECORATING COMMITTEE**

**Friday, November 7th at 1:00pm**

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

## **FISHING CLUB ~ RETURNS IN THE SPRING**

## **TRIVIA**

**Friday, November 21st at 10:30am**

Teams will work together to answer trivia questions from pop culture, history, science and more! If you know a little about everything, you will love playing trivia!

**CHAIR VOLLEYBALL CONTINUES AT THE HUBBARD  
MEMORIAL LIBRARY EVERY THURSDAY AT 1:30PM.  
JOIN THE FUN!!**

## **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.\**

**PLEASE remember to cancel your class reservation if you cannot attend class. Every class has a wait list so please be courteous and cancel your reservation. Frequent no-shows will not be able to sign up for classes for a period of time. **PLEASE BRING CLEAN SNEAKERS!** IF THE FLOORS AND MACHINES GET RUINED, PRICES FOR CLASSES WILL GO UP. **BRING CLEAN SNEAKERS WITH YOU!****

## **REGISTRATION REQUIRED CLASSES...**

### **BOOMER BOOTCAMP**

**Mondays at 9:30am & Fridays at 8:45am and 10:00am**

Have fun while using weights and light aerobic exercise to increase tone and endurance. \$2 or punch from your punch card.

**\*Registration required\*** Please bring clean sneakers!

### **HEALTHY BONES & BALANCE**

**Wednesdays at 10:30am & 1:00pm & Fridays at 1:00pm**

HBB is an evidence based fitness class that incorporates exercise balls and weights. HBB is designed to help increase mobility, strength, balance, and flexibility. **Class is FREE** thanks to RSVP of Pioneer Valley. **\*Registration required\*** Clean sneakers!

## **EXERCISE ROOM**

**Monday—Friday 8:00am—3:45pm (3:15pm on Fridays)**

**Fitness Room Instruction Wednesdays 8am-10am by Appt**

The exercise room contains treadmills, recumbent bikes and an elliptical. ***PLEASE remember that you must have your medical provider sign a medical form prior to utilizing the equipment.***

There is a \$10 lifetime fee. If you paid it at the old building, you are all set. **PLEASE BRING CLEAN SNEAKERS!**

### **FITNESS ADVISOR**

**By appointment**

Retired personal trainer, Les Carpenter is here to offer any guidance or answer questions regarding exercise or equipment and will help to design an exercise program that works for you. Call the front desk for information.

# MEETINGS...

## **VETERANS SERVICES**

Eric Segundo, Veterans agent, can be reached at 413-707-5050 and the office is located at 487 Holyoke Street in Ludlow.

## **FRIENDS OF THE LUDLOW SENIOR CENTER**

**Thursday, November 13th 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, November 19th 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**

**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.

## **SENATOR OLIVEIRA OFFICE HOUR**

**Thursday, November 13th at 10:30am in the Corner Café**

Stop by and discuss items that are important to you.

## **REPRESENTATIVE SAUNDERS OFFICE HOUR**

**Monday, November 17th 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 LUDLOW SENIOR CENTER)

## VETERANS DAY LUNCH!

**Monday, November 10th at 11:00am**

Join us as we celebrate our Veterans! Bill Benson will be here to entertain us with early folk classics and patriotic songs along with some words from our Veterans

Agent, Eric Segundo. Let us know you are a Veteran and lunch is on us in appreciation of your service.

**\*Reservations required\***



## BIRTHDAY LUNCH!

**Thursday, November 20th at**

**12noon**

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

**\*Reservation required\***



## THANKSGIVING FEAST!

**Tuesday, November 25th at**

**11:00am**

We all have so much to be thankful for so join us for our annual Thanksgiving Day Feast! Turkey and all the fixings will be served along with entertainment by **Memory Lane**.

**PLEASE SEE FRONT PAGE FOR SIGN UP DETAILS!**

**\*Reservations required\***



## MOVIES...

**November 4 ~5:00pm & November 5 ~1:00pm**

***Baby Boom (1987 PG-13)***

Diane Keaton shines as a driven career woman who finds her life turned upside down when she "inherits" a baby. A semi-satiric fantasy unfurls as she loses both her job and her yuppie boyfriend and moves with baby to a deeply picturesque Vermont house. 111 min

**November 12 ~1:00pm**

***They Were Expandable (1945 18+)***

Lt. "Rusty" Ryan (John Wayne), Lt. Brickley and the 3rd Motor Torpedo Boat Squadron of the U.S. Navy get the go-ahead for action in the Philippines after the bombing of Pearl Harbor sends the U.S. into war. While the torpedo crew are originally ordered to patrol and stand by, an air raid by Japanese forces offers the squadron their first chance at action. 134 min

**November 18 ~5:00pm & November 19 ~1:00pm**

***The Woman in Cabin 10 (2025 R)***

While on a luxury cruise for an assignment, a journalist witnesses a passenger tossed overboard late one night, only to be told that she must have dreamed it, as all passengers are accounted for. Despite not being believed by anyone onboard, she continues to look for answers, putting her own life in danger. 92 min

**November 25 ~5:00pm & November 26 ~1:00pm**

***Plane, Trains and Automobiles (1987 PG R)***

Classic comedy about a stuffy man, (Steve Martin) who shares transportation with a perky salesman, (John Candy) on the way to Chicago for Thanksgiving. Great holiday classic! 86 min.

## OUTREACH...

### FUEL ASSISTANCE RECERTIFICATION

Fuel Assistance is very tricky this year. PLEASE read carefully...

When you book an appointment to complete a Fuel Assistance application, you will be given a list of all the paperwork you need to bring. If you do not have ALL of the paperwork requested, we cannot complete your application. We cannot use any information from the past. Also, we all know (as of writing this) there is a Government shut-down. This affects Fuel Assistance. This will delay any payments for your heating source.

Please remember Fuel Assistance starts November 1, 2025 (delayed) and ends April 30, 2026. There is plenty of time to apply and it is NOT first come, first served.

For more information or to schedule an appointment call (413) 583-3564. **You must have an appointment. Please DO NOT drop off paperwork. At this time, appointments are for those aged 60 and over and are LUDLOW residents.**



Valley Opportunity Council can be reached at 413-552-1554 if you have questions or concerns with Fuel Assistance.

### OPEN ENROLLMENT

If you have a Medicare Prescription Plan or a Medicare Advantage Plan (HMO, PPO), you will receive information from your health and prescription plan providers.

Please read and save this information regarding changes to your plan for 2025.

- Open enrollment is October 15 through December 7 and your new coverage will begin January 1, 2026.
- You can change from original Medicare to a Medicare Advantage Plan and vice versa.
- You can switch from one Medicare Advantage Plan to another.
- Change your Medicare Prescription Drug Plan.
- Join a Medicare Prescription Drug Plan.
- Switch from one prescription plan to another.
- Change your Medicare supplement.

**All of our SHINE appointments are filled at this time for open enrollment. You can call the Regional SHINE office at 413-750-2893 or 1-800-Medicare (800-633-4227) for assistance with open enrollment questions and sign-up. Please remember that you must be signed up for Medicare to make a SHINE appointment.**



# SUPPORT...

## LIMITLESS LEGENDS

**Monday, November 24th 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, November 21st at 1:00pm**

**Tuesday evening returns in December**

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\***

## THE FORGET-ME-NOT CIRCLE

**THURSDAY, November 20th at 1:30pm**

Are you a caregiver struggling with caring for a loved one with memory challenges? You are welcome to join us for our **Forget-Me-Not Circle** which is a welcome meeting place where those with memory challenges and their caregivers meet with peers to share resources and have open and honest conversations about caring for a loved one with memory challenges.

**\*Please register both caregiver and loved one\***

## NOTARY SERVICE

**Monday thru Friday 9:00am-3:00pm**

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

**Tuesdays 12:30pm-1:30pm & 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.

## MOBILE DENTAL HYGIENE SERVICES OF WESTERN MASS

**Wednesday, November 12th 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.

## HEARING CLINIC WITH HERITAGE HEARING RETURNS!

**Wednesday, November 12th by appointment**

Having your hearing checked is important. Schedule your free hearing screening. Do you need your hearing aides checked, cleaned or need new batteries? Learn about hearing loss too.

**Call the Center for an appointment.**

## FACIALS WITH DIANE ~ WILL RETURN IN JANUARY

**\*JANUARY appts are available beginning November 3rd\***

## MASSAGE THERAPY

**Wednesdays, Nov. 19th & Dec. 3rd by appointment**

We are excited that massage therapy is returning to the Center. Gina Welch will be providing chair and table massages. Cost is \$20 for 15 minutes. Call to book your appointment.

## 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 November appointments begin November 3rd at 8:00am.**

## REIKI

**Fridays in November 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.





## 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.



The Friends  
Ludlow Senior Center

- Richard Trembley



- Anonymous donor

***Proceeds go to The Friends' General Fund***

| JANUARY 2025 |      |      |       |      |      |      |      |      |      |
|--------------|------|------|-------|------|------|------|------|------|------|
|              |      |      | 2     | 2    | 3    |      |      |      |      |
|              |      |      | \$250 | \$50 | \$0  | \$0  |      |      |      |
| 5            | 6    | 7    | 8     | 9    | 10   |      |      |      |      |
| \$50         | \$50 | \$50 | \$50  | \$50 | \$50 | \$50 | \$0  | \$0  | \$0  |
| 12           | 13   | 14   | 15    | 16   | 17   |      |      |      |      |
| \$50         | \$50 | \$50 | \$150 | \$50 | \$50 | \$50 | \$0  | \$0  | \$0  |
| 18           | 19   | 20   | 21    | 22   | 23   | 24   | 25   | 26   | 27   |
| \$50         | \$50 | \$50 | \$50  | \$50 | \$50 | \$50 | \$50 | \$50 | \$50 |
| 28           | 29   | 30   | 31    |      |      |      |      |      |      |
| \$50         | \$50 | \$50 | \$50  |      |      |      |      |      |      |

CARD NUMBER: \_\_\_\_\_

One winning number will be drawn each month every weekday in January. The first drawing will be on Jan. 2, 2025 and will include winners for Jan. 1 and 2. The drawing will be held the following Monday.

Weekend winners will be drawn on the following Monday.

Winners of all prizes will be sent via check to the address on the winning card.

CARD NUMBER: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Please fill in all information



# THE SENIOR SCENE

PLACE  
STAMP  
HERE

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

## LUNCH & LEARN ~ *DON'T TAKE THE BAIT!*: RECOGNIZING AND AVOIDING SCAMS

Wednesday, November 19th at 12noon

Join Country Bank for an informative presentation, *Don't Take the Bait!* Scammers have gotten smarter so learn how to detect a scam, learn about the tricks scammers use, trending scams and how to protect yourself. Scammers have moved to digital platforms so learn how to distinguish real email from fraudulent email and real phone calls from false ones. The holidays are fast approaching and scammers use the holidays to trick and bait you. Don't take the bait! **\*Registration for Lunch & Learn required\***

Deliver to:

## TUESDAY EVENING ACTIVITIES ...

### **EVENING JEWELRY~ RETURNS SOON!**

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

#### **RETURNS IN DECEMBER**

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, November 18th at 4:00pm**

Join Tammy for a class to create a poinsettia wall hanging .Cost is \$5.00. **\*Sign-up required beginning November 3rd.\***

### **TRIVIA**

**Tuesday, November 18th 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, November 23rd ~ 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**

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

### **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!

Is there a program or activity you would like to see offered on a Tuesday evening? Let us know!!!