

# THE SENIOR SCENE ~ OCTOBER 2025



## SPECIAL EVENTS IN OCTOBER...

### LEARN TO PAINT WITH TRISH PILON

**Thursday, October 9th at 1:00pm**

Our Artist of the Month will be here to teach a painting class with watercolors and markers. Come and create a floral fall bouquet painting! Space is limited and **sign up required**.

### WHAT IS SPIRITUAL MEDIUMSHIP?

**Monday, October 20th at 10:00am**

Jacqueline Engel, local writer, author and spiritual medium, will be here to give a talk on what mediumship is, differentiate between other psychic abilities and explain how a medium communicates with the spirit world. **Sign up appreciated.**

### HOW TO BE BETTER WITH MONEY~MONEY MANAGEMENT

**Monday, October 27th at 10:00am**

Do you need help organizing bills, record keeping or creating a budget? Access Care Partners' Money Management Program is a FREE service that facilitates an independent lifestyle and helps with practical tips to make your budget go further. Also learn easy strategies to help you save, spend wisely and reduce stress around finances. **Sign up appreciated.**

### PARAFFIN WAX HAND TREATMENT

**Monday, October 27th at 1:00pm**

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

### GOTHIC GHOST TALES BY CANDLELIGHT

**Thursday, October 30th at 1:30pm**

Rita Parisi from Waterfall Productions will present *Gothic Ghost Tales by Candlelight*. This atmospheric theatrical event (not a reading) brings to life a haunting trio of ghost stories by renowned authors Agatha Christie, Rose Macaulay, and Virginia Layefsky. Each tale is steeped in suspense, psychological mystery, and the uncanny—designed to chill the spine and stir the imagination, all illuminated by the flicker of candlelight. **Sign-up appreciated.**

### CAREGIVERS COMPASS & ANCHOR PROGRAM

**Tuesday, October 7th at 5:30pm**

This is the second public education session by **Laura Lavoie from *Our Dementia Life***, who 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 did not have to attend the first session in order to attend the second and this is not a repeat of the first session.

**REGISTRATION IS REQUIRED**



## SENIORSTRONG CELEBRATION 2.0!

**Friday, October 17th ~ 10:00am-1:00pm**

Back by popular demand, come by the Center to celebrate everything we do and those who help make it happen. From those who provide direct service to older adults in our community to those who partner and help from afar powering our connections, come visit and meet representatives, explore the services they provide and learn how we can help you! There will be over 20 vendors, snacks and raffles. Stop by and help us celebrate all that Senior Centers do!!



# 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 (Congrats Jack!)

### Van Drivers

Jack Alves  
John Garcia  
Mike Lebel



### Activity Assistant

Tammy Laselle

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

## CAFÉ FUN...

**FREE FOR ALL FRIDAYS!** ~ Every Friday we offer **FREE** coffee in the Corner Café but do you know what goes great with coffee?...a yummy goody! Feel free to bring in some goodies to share in the Café on Fridays. We give Chris a breakfast break on Fridays and we would love for others to help out with goodies. ~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!

### WEAR IT PINK DAY! ~ Friday, October 17th

**Wear It Pink Day** is an annual event that encourages people to wear pink to show support for breast cancer awareness and research. The event aims to raise funds, educate, and inspire people to fight breast cancer. We will be collecting donations in the Café during Free for All Friday to support the American Breast Cancer Society. Be sure to wear your PINK!



### NATIONAL APPLE DAY ~ Tuesday, October 21st at 10:30am

Help us celebrate National Apple Day by enjoying some warm apple crisp in the Corner Café. Nothing says Autumn like apple crisp! Grab an apple too!



**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, October 21st ~**

**1:00pm-5:00pm**

Offered through the Food Bank of Western Massachusetts, Brown Bag helps those 55 and older who meet income guidelines.

Pickup is the 3rd Tuesday of each month. **Call the Center for more information and application. Bags need to be picked up on the 21st between 1:00pm and 5:00pm. Thank you!**



The Food Bank  
of Western Massachusetts

### DON'T FORGET TO SCAN!

Ludlow  
Senior Center

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.

### OCTOBER TRIPS:

#### QUILTING TRIP

**Friday, October 10th at 9:00am**

Calling all quilters! Join us for a day for fabric shop hopping. We will visit 3 different shops and stop for lunch. The van is \$2.00 and shopping and lunch are on your own. Sign up begins October 1st at 8:00am.



#### LUNCH BUNCH RETURNS! ~ OLIVE GARDEN

**Wednesday, October 29th at 11:00am**

We are heading to West Side for lunch at the Olive Garden by request. The van is \$2.00 and lunch is on your own. Sign up begins October 1st 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...

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## **WATERCOLOR PENCIL CLASS**

**Mondays, October 6th and 20th 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**

**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!

## **JEWELRY CLASS**

**Wednesday, October 1st 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, October 1st 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, October 8th and 22nd 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, October 29th 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...

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## **KNITTING CLUB**

**Mondays at 9:00am**

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

## **COMPUTER HELP**

**Tuesdays ~ 2:30-3:30pm**

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**

## **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**

**Thursdays, October 2nd, 16th and 30th 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**

**RETURNS IN NOVEMBER**

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, October 23rd at 2:00pm**

**Curdle Creek by Yvonne Battle-Felton**

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

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

## **DECORATING COMMITTEE**

**Friday, October 3rd at 1:00pm**

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

## **FISHING CLUB**

**Friday, October 3rd at 1:00pm**

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

## **TRIVIA**

**Fridays, October 10th and 31st at 10:30am**

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

## **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, October 9th at 10:30am**

The Friends play an important role at the Ludlow Senior Center by financially supporting services and activities. Stop in on the second Thursday of each month and find out what you can do to help!

## **COUNCIL ON AGING BOARD MEETING**

**Wednesday, October 15th at 4:30pm**

Held the 3rd Wednesday of every month, this meeting is open to the public. This is an advisory Board that helps set policies and procedures of the Center. If you have questions about how things are done at the Center, please feel free to attend a meeting.

## **DROP-IN CLASSES....**

### **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. \$1.00 donation is appreciated. **Please bring clean shoes!**

## **SENATOR OLIVEIRA OFFICE HOUR**

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

Stop by and discuss items that are important to you.

## **REPRESENTATIVE SAUNDERS OFFICE HOUR**

**Monday, October 20th 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)

## LUNCH & LEARN ~ LEAVING YOUR LEGACY

**Wednesday, October 15th at 12:00pm**

Planning for your "future" is a humble and kind initiative to take for your family in preparation for when they will need the most help. Kate Davignon of Beers & Story Funeral Home will provide general information (applicable to most funeral homes) for how to prepare funeral arrangements and how to take a proactive approach to challenges your families may face.

**\*Reservations required for Lunch & Learn.\***



## **BIRTHDAY LUNCH!**

**Thursday, October 16th at 12noon**

Calling all October Birthdays!

Join us for our monthly

Birthday lunch.

Let us know if your birthday is in October and lunch is on us!

**\*Reservation required\***



## **MONSTER MASH!**

**Friday, October 31st at 11:00am**

Join us for our annual Halloween bash.

DJ Louie will be here to spin some monster mash tunes! Be sure to dress up and dance the day away. There may even be a prize or two for the Best Dressed.

We will be serving a ghoulish good lunch too!

**\*Reservation required\***



## MOVIES...

**October 1~1:00pm**

**All is Lost 2013 PG-13**

Academy Award winner Robert Redford "gives a solo tour-de-force in this awards-caliber adventure" (NY Post) about one man's battle for survival against the elements on the open sea. 93 min

**\*October 7~4:45pm & October 8~1:00pm**

**The Thursday Murder Club 2025 PG 13**

Four retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real "whodunit" on their hands. 120 min **\*early start time\***

**Oct 14~5:00pm &**

**Oct 15~1:00pm**

**Greyhound 2020**

**1959 PG-13**

In a thrilling WWII story, Captain Ernest

Krause's, (Tom Hanks)

first time captaining a submarine, leads a

convoy of 37 ships on a treacherous mission.

Based on a true story.

91 min

**October 21~5:00pm & October 22~1:00pm**

**The Pickup 2025 R**

A routine cash pickup takes a wild turn when mismatched armored truck drivers, Russell (Eddie Murphy) and Travis (Pete Davidson), are ambushed by ruthless criminals led by savvy mastermind Zoe. As chaos erupts, the unlikely duo must navigate danger, clashing personalities and one very bad day that keeps spiraling out of control. 96 min

**October 28~5:00pm & October 29~1:00pm**

**The Old Man & the GUN 2018 PG-13**

The Old Man & the Gun tells the mostly true story of bank robber, Forrest Tucker (Robert Redford), who escaped prison at age 70, yet refused to retire from his chosen profession. 93 min

## OUTREACH...

### FUEL ASSISTANCE RECERTIFICATION

If you have received your recertification application, it is very important that you bring ALL the following paperwork to your appointment in order for the application to be complete:

- Recertification application (light green)
- Identification
- Proof of all income in your household
- Copy of oil, gas or electric bill (source of heating)
- A complete copy of your most recent electric bill.
- Copy of water, sewer bill

**We still have not received applications for new applicants.**

Remember Fuel Assistance starts November 1, 2025 and ends April 30, 2026. There is still plenty of time to sign up 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 BEGINS!

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.

We know this sounds confusing but our SHINE counselor can help you understand your plan changes, as well as all the other options available to you. SHINE offers free, confidential counseling on all aspects of Medicare and related health insurance programs.

To schedule an appointment with SHINE, please call 583-3564.



# SUPPORT...

## LIMITLESS LEGENDS

**Monday, October 27th at 1:00pm**

Join Liane Smola of "Guidance By Li", to learn how to challenge negative thoughts, focus on strengths, embrace new experiences, stay active, seek support & greater connection. *Limitless Legends* encourages meaningful interactions and connections within our community in a non-judgmental, compassionate space, while having a whole lot of fun. A monthly calendar of local events will also be distributed at each session.

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

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

## MINDFUL MEDITATION

**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, October 17th at 1:00pm**

**Tuesday, October 14th 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\***

## THE FORGET-ME-NOT CIRCLE

**Friday, October 24th 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**

If you need something notarized, call ahead or visit the front desk. There is no charge for this service.

# 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, October 8th by appointment**

Manda Day, RDH will be here by appointment to provide dental services. Services include blood pressure screening, dental screening, oral cancer screening, dental education, teeth cleaning, polishing, denture cleaning and inspection.

- Dental cleaning of your own teeth is \$75 and includes removal of plaque, tartar and other debris from the patient's teeth with autoclavable instruments.
- Dental cleaning with dentures is \$30 includes inspection and cleaning of dentures.
- Fluoride treatment is also available for \$25.
- If you have MassHealth, treatment is free.
- Call 583-3564 to book an appointment.

## FACIALS WITH DIANE

**Wednesday, October 22nd 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.

**\*November appts are available beginning October 1st\***

## MASSAGE IS BACK!

**Wednesday, October 29th 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

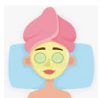
**Thursdays by Appointment**

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 October appointments begin October 1st at 8:00am. 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 October 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, October 9th at  
10:30am**



## DONATIONS HAVE BEEN MADE:

### In memory of Betty Adams:

- Edie Tipton

### In memory of Karl Tower:

- Gerri Tower

### In memory of Walter Webb:

- Maddie Webb for Walter's 93rd birthday

### General Donation:

- Richard Tremblay

***A special thank you to the late Lonnie and Nancy Cavin for remembering The Center with a very generous gift.***

### In memory of Karen Ordynowicz:

- Anonymous donors
- Mary Esteves
- Sandy & Dave Lombardi
- Janet Thyberg
- Bob Radowski & Kathy Green
- Mr. & Mrs. Chester Kecki
- Ailen Ordynowicz
- Richard Ordynowicz
- Pat Charbonneau
- Helene Pilon
- Christine Bak
- Blanche Warner
- Deborah Ordynowicz

## FRIENDS NEWS...

- Next meeting is Thursday, October 9th at 10:30am. All welcome and come meet our new officers!
- Visit our table at Ludlow's ***Falling into Fun*** event on **Saturday, October 4th** from 11:00am to 6:00pm. We will be selling jewelry and blankets and providing information about the Friends and all that we do.
- Friday evening, **October 17th**, the Friends is having a **Prize Bingo Fundraiser** hosted by Raymour & Flanigan at their 665 Boston Road store. \$10 admission at the door for cards for all 8 games, light snacks and soft drinks. Additional cards and raffle tickets may be purchased that night.
- Looking for a unique gift? In October, the Friends will be taking orders for lovely, 100% bird-consumable feeders. We will receive a portion of the proceeds from each item. There are flowers, hearts, bees and more. They will be delivered the week before Thanksgiving. Watch the Friends Facebook page and bulletin board for more details and order information.

**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**

## PARKING LOT SAFETY

Please be careful and watch where you are walking in the parking lot. We have had a few falls lately in the parking lot. Please be careful of the bump stops which keep cars from parking on the sidewalks. Also, if you have a fender bender, please TELL SOMEONE. There is nothing worse than your car being hit and the person taking off. Please be courteous and tell us if you have an accident in the parking lot. Thank you!

Deliver to:

## TUESDAY EVENING ACTIVITIES ...

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

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

**Tuesday, October 14th at 5:45pm**

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

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

**Tuesday, October 21st at 4:00pm**

Join Tammy for a class to create a crushed can hanging fall arrangement. Cost is \$5.00. \*Sign-up required beginning October 1st.\*

#### **TRIVIA**

**Tuesday, October 21st at 5:00pm**

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

#### **SOUPER SUPPER**

**Tuesday, October 14th and 28th ~ 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 October 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!

#### **CAREGIVERS COMPASS & ANCHOR PROGRAM EVENT**

**Tuesday, October 7th 5:30pm**

**See page 1 for more information.**