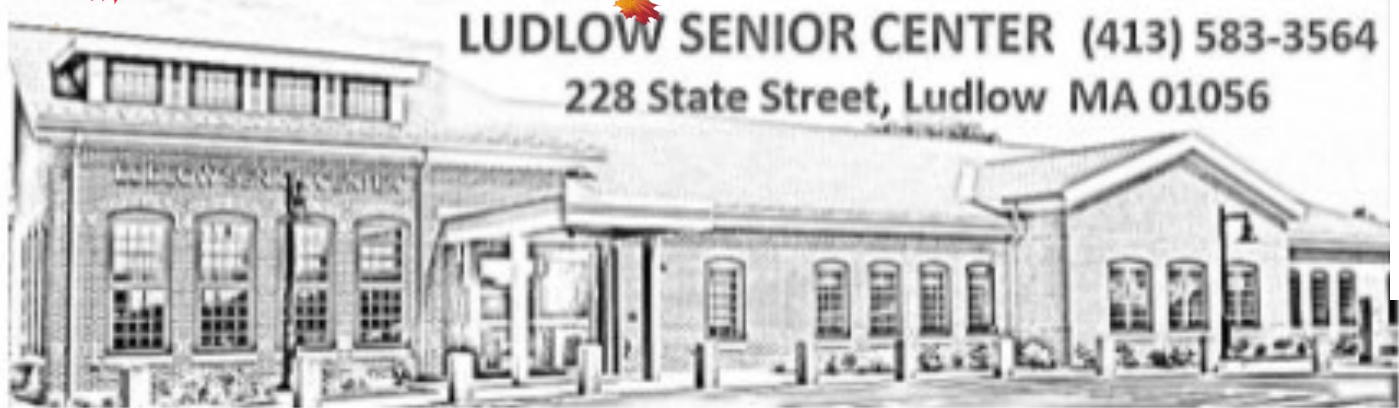


THE SENIOR SCENE ~ SEPTEMBER



SPECIAL EVENTS IN SEPTEMBER...

PARAFFIN WAX HAND TREATMENT

Wednesday, September 10th 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!**

FLU SHOT CLINICS

Monday, September 15th ~ 9:00am-1:00pm

Monday, September 22nd ~ 12:00pm-3:00pm

It is that time of year again! Come let Angela from the Health Department give you your free flu shot. It is the easiest way to hopefully keep you from getting the flu this winter. ***Sign up is required*** (Please wear a short sleeved shirt)

DEMENTIA FRIENDS CHAMPION TRAINING

Monday, September 15th ~ 1:00pm-2:30pm

Become a Dementia Friend Champion! In just one hour, this **free** training will help you better understand dementia and discover simple, meaningful ways to support individuals living with Alzheimer's or dementia, as well as the caregivers who care for them. Jodi Wynglarz from Trinity Health will present this valuable training. ***Registration is required***

ROCK PAINTING WITH KIM

Thursday, September 18th at 10:30am

Rock painting is a fun way to create art! There is no painting experience needed. Come and have some fun and create your own art. This class is FREE and all supplies will be provided. Space is limited. **Sign up begins September 2nd at 8:00am.**

HOME CARE CHOICES

Friday, September 19th at 10:00 am

Join Enhabit Home Health for a presentation on skilled home care (insurance covered) versus private duty home care. Understand the differences and ask questions. ***Registration appreciated***

CAREGIVERS COMPASS & ANCHOR PROGRAM

Tuesday, September 23rd at 5:30pm

The **Compass & Anchor Initiative** is a free program designed to support caregivers of those with Alzheimer's, dementia, or memory challenges through education, group support, and valuable resources.

Join us for a special presentation with **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!

***Please register for this session.** Care available for care partner.
(Grant program supported by Massachusetts Councils on Aging)

INS AND OUTS OF THE HOME MODIFICATION LOAN PROGRAM

Thursday, September 25th at 10:30am

In this workshop, you will learn about the Home Modification Loan Program application process and program details. This program will be via Zoom therefore you can register at www.Valleycdc.org/events to watch from home. Please register at the Front Desk to watch at the Senior Center. ***Registration required***

JOINTS AND JOINT REPAIR WITH ORTHO MA

Monday, September 29th at 10:00am

Join us for an informative and engaging talk with the providers from Ortho MA. They will share expert insight into how our joints work, common causes of joint pain, and the latest options for joint repair. Whether you are curious about preventative care, treatment choices, or simply want to better understand how to keep your joints moving comfortably, this session will be packed with valuable information. ***Please register for the workshop***

SAVE THE DATE! COMING IN OCTOBER...

SENIORSTRONG CELEBRATION HEALTH FAIR

Friday, October 17th More info to come in October's newsletter!

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 at the Café. Come by and visit. The Café is open until 11:00am daily.

PIZZA, PIZZA!

Friday, September 12th at 10:30am

Did you know there is a National Pepperoni Pizza and a National Cheese Pizza Day in September? Who knew! Stop by the Café and have a English muffin pizza with us. We are reliving our youth! What will it be? Cheese or pepperoni?

THE HYDRATION STATION IS OPEN! SEPTEMBER IS NATIONAL FRUIT PUNCH MONTH SO WE WILL BE FEATURING FRUIT PUNCH! IT WILL BE AVAILBLE IN THE CORNER CAFÉ DAILY. STOP IN AND QUENCH YOUR THIRST!

Newsletter....The cost of having the newsletter mailed to you is \$9.00 per year. Or if we have your e-mail address, you will receive it in you 'inbox' each month for **FREE!**

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

DON'T BE SCAMMED!

SCAMMERS ARE GETTING MORE AND MORE CREATIVE. THEY PREY ON THOSE THAT BELIEVE THEM AND THEY INSTILL FEAR IN YOU UNTIL THEY GET WHAT THEY WANT!

We recently had one of our own members get scammed. She received an email claiming to be the 'fraud department' from her bank. The email said to click on a link and she did. She was instructed to withdraw money from the bank and deposit it in a Bitcoin machine here in town. She realizes this all sounds "dumb" and cannot believe she fell for it but they also preyed on her and made her fearful that something was really wrong at her bank. PLEASE, if you get an email or a phone call claiming to be from your bank, ignore the email and hang up the phone and contact your bank directly. A bank or credit card company would NEVER have you withdraw money and deposit it in a Bitcoin machine or ask you to buy gift cards, take a picture of them and send to someone. Again, these people are good and won't stop until they get what they want. Don't respond and come see us if you are unsure. Also, if you don't know a number calling you, don't answer it. AI can record your voice and use it against you. Please be sure your voice mail is set up on your phone and your mailbox empty so that if it is a legitimate phone call, they can leave you a message. And one last thing, if you do get scammed, please tell someone! Telling someone is the BEST thing you can do!

SEPTEMBER TRIP:

BIG E DAY!

Wednesday, September 17th at 9:30am

If you love the Big E but don't want to drive to West Springfield, this is the trip for you! Van is \$2.00 and eating and drinking are on your own. **Sign up begins September 2nd 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. 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, September 8th and 22nd 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, September 3rd 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, September 3rd 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 IS BACK!

Wednesdays, September 10th and 24th 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!

THE WRITERS BLOCK

Thursdays, September 4th and 18th 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!

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

Monday, September 8th 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

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!

PAINTING WITH SUNSHINE VILLAGE

Thursday, September 25th 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, September 25th at 2:00pm

***My Incredible Journey: A Memoir* by Katherine Johnson**

Oct: *Merchants of Virtue: Book 1 of the Huduenot Chronicles* by Paul CR Monk

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

DECORATING COMMITTEE

Friday, September 5th 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, September 5th at 1:00pm

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

TED TALK HOUR

Friday, September 26th at 10:30am (different day/time)

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

TRIVIA ~ SEE YOU NEXT MONTH OR JOIN US 9/9 AT 5:00PM

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! Check out page 10 for evening information.

QUILTING GROUP

Tuesdays at 9:00am

Come create and show off your masterpiece, learn a new technique or simply enjoy time with friends.

CRIBBAGE

Tuesdays at 10:00am

Come play this game that involves grouping cards to create points which move you further along on the Cribbage board.

BINGO

Tuesdays at 1:30pm

Try your luck at this fun game of chance! Join us!

CERAMICS

Wednesdays~9:00am, Fridays~1:00pm

You can bring your own piece or buy one here. Help is available as well as access to the kiln. Cost of the class is free thanks to the Friends!

DOMINOS

Thursdays at 9:30am and Wednesdays at 1:00pm (NEW!)

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 (NO PM CLASS ON 9/10)

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, September 11th 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, September 17th 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 **New time

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

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 (NO September hours)

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, September 15th 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)

BIRTHDAY LUNCH!

Thursday, September 18th at
12noon



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

LUNCH & LEARN ~ BLUE CROSS BLUE SHIELD

**"MEDICARE SUPPLEMENT PLANS OR MEDICARE ADVANTAGE PLANS?
WHICH IS BEST FOR ME?"**

Wednesday, September 24th at 12noon

Open Enrollment begins in October and it's always a good idea to reevaluate your choices each year. Circumstances change - and so can your health plan. While we won't delve into Blue Cross Blue Shield plan details, you will leave with a clear understanding of which type of Medicare plan best fits your needs. During this presentation, we'll cover Original Medicare, the differences between Medicare Supplement and Medicare Advantage plans, and prescription drug coverage. We'll also present real-life case studies and provide resources to help you make decisions.

Registration for Lunch & Learn is required

MOVIES...

September 2 5:00pm & September 3 1:00pm
Picnic 1956 PG

A handsome drifter stumbles into a small Kansas town during the Labor Day celebration to look up an old college chum ends up igniting emotions and turmoil amongst the normally peaceful and complacent townsfolk. 113 min

***September 9 4:45pm & September 10 1:00pm**
Days of Wine and Roses 1962 18+

Jack Lemmon and Lee Remick are unforgettable in Blake Edwards' searing, bittersweet study of an alcoholic couple on the rocks. 117 min

**Sept 16 5:00pm &
Sept 17 1:00pm**
Pillow Talk 1959
PG-13

In their first romantic comedy together, Doris Day and Rock Hudson are utterly charming as an uptight interior decorator and an amorous playboy who are forced to share a party line. 102 min

***September 23 4:45pm &
September 24 1:00pm**
The Light Between Oceans
2016 PG-13

When a lifeboat bearing precious cargo washes ashore, a lighthouse keeper (Michael Fassbender) and his wife (Alicia Vikander) face a dilemma that will engulf their world, and that of a stranger (Rachel Weisz), in a love story about a fateful choice. 132 min



****Early Start time**

**THERE IS NO MOVIE ON
SEPTEMBER 30TH!**

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 blue)
- Identification
- Proof of all income in your household
- Copy of oil, gas, 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.

BROWN BAG PROGRAM
Tuesday, September 16th ~
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 16th between 1:00pm and 5:00pm. Thank you!**



SHINE PROGRAM
By appointment only

The SHINE (Serving the Health Insurance Needs of Everyone) Program provides free health insurance information and counseling to all Massachusetts residents with Medicare and their caregivers.

People **who have Medicare** can meet with a counselor to learn about benefits and options available. A counselor will review programs that help people with limited income to pay for health care costs. Open enrollment begins October 15th.

Call 583-3564 to make an appointment with our SHINE counselor!



SUPPORT...

LIMITLESS LEGENDS

Monday, September 22nd 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 are to calm the mind, increase relaxation, reduce stress, control pain, reduce insomnia, and lower blood pressure. **Registration appreciated.**

GUIDANCE BY LI

Comfort and Support After Loss

Friday, September 19th at 1:00pm

Tuesday, September 9th 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

THE FORGET-ME-NOT CIRCLE

Friday, September 26th 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, September 17th 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, September 24th 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.

October appts are available beginning September 2nd

MASSAGE IS BACK!

Wednesday, October 1st 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 September appointments begin September 2nd 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 September 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.

DONATIONS HAVE BEEN MADE:

In memory of James O'Connell:

- Frank & Patti Krzanik
- Gilbert Myette

In memory of Joan Duchesne:

- Don Duchesne

General donations:

- Richard Trembley
- David & Patches Dupuis

FRIENDS NEWS...

- **Annual Meeting:** September 11th is the Friends Annual Meeting when we will be electing officers. The terms for our five current officers are expiring this year. Come cast your vote for the next 2 years!
- **Stop & Shop Bloomin' 4 Good Program:** The Friends have been selected once again as a non-profit partner in the Bloomin' Program for the month of September. Please visit the Boston Road Stop & Shop and if you purchase a bouquet of flower Bloomin' flowers, the Friends will receive \$1.00.
- **Save the Date!** Friday, October 17th, the Friends will be having a Bingo Fundraiser hosted by Raymour & Flanigan at their 665 Boston Road store. \$10 admission for a night of Bingo and fun! **More details to come!**
- **Boutique news:** Seasons are changing and we are NOW accepting Fall/Winter items. We welcome your donations of clothing, jewelry, accessories and home goods. NEW or LIKE NEW condition only please. It takes time to sort and price so your donation may not be in the Boutique immediately. Please hold your holiday décor items until October and leave all donations at the front desk. Thank you!

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, September 11th at
10:30am**



Beer & Wine Tasting Fundraiser!

Friday, September 26th 6:00pm-8:00pm

Our Lady of Fatima Parish

Beer & Wine tasting, finger foods, soft drinks, door prize and more!
Tickets are \$20 for seniors and \$25 for all others. Basket raffle too!
Proceeds support the Friends and Our Lady of Fatima Parish.



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

MEET THE LUDLOW ROTARY CLUB

Tuesday, September 30th ~4:00pm—6:00pm

What is the Rotary Club? Rotary clubs are international service organizations that focus on humanitarian service, promoting high ethical standards, and advancing goodwill and peace. Rotary clubs achieve this through local and international service projects, aiming to make a positive impact on communities and the world. Stop by the Senior Center for a Meet & Greet reception with Ludlow Rotary members. Learn what they are all about and how you can help out! No need to register, just stop by!

Deliver to:

*Caregivers Compass & Anchor Program Presents
Tuesday, September 23rd at 5:30pm
See page 1 for info*

TUESDAY EVENING ACTIVITIES ...

EVENING JEWELRY

Tuesday, September 2nd 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

TRIVIA

Tuesday, September 9th at 5:00pm

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

GUIDANCE BY LI COMFORT AND GRIEF SUPPORT

Tuesday, September 9th 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~

SOUPER SUPPER

Tuesday, September 16th ~ 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!

CREATIVE CORNER WITH TAMMY

Tuesday, September 16th OR 23rd at 4:00pm

Join Tammy for a class to create a floating tea cup floral arrangement. Cost is \$5.00. *Sign-up required beginning September 2nd.*

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 September movies and start times!

***THERE IS NO MOVIE ON
SEPTEMBER 30TH***