

# THE SENIOR SCENE ~ SEPTEMBER 2026

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

## SPECIAL EVENTS IN SEPTEMBER...

### ASCEND HOSPICE INFORMATION TABLE

Friday, September 4th at 9:30am

Stop by the Corner Café and meet a representative from Ascend Hospice, who offer a holistic and individualized approach to hospice care. Enjoy cider and donuts and gain valuable information.

### CLEAN WHEELS, HEALTHY FEELS!

Thursday, September 10th at 10:00am

Excel Nursing & Homecare Services will be here with their **Sanitation Station!** This convenient service helps keep walkers, wheelchairs, scooters, and other mobility equipment clean and safe. Regular cleaning helps reduce the spread of germs and keeps high-touch surfaces fresh, helping create a healthier environment for our members and staff. It will also help increase the lifespan of your device. No need to sign up, just stop by!

### FLU SHOT CLINICS

Monday, September 14th ~ 9:00am-1:00pm

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

It is that time of year again! Come let the Health Department give you your **free** flu shot. It is the easiest way to hopefully keep you from getting the flu this winter. Please wear a short sleeved shirt and bring your health insurance cards and information.

**\*Sign up is required\***



"Like" us on Facebook  
and never miss a thing!

### THE ART OF CARD-MAKING

Thursday, September 17th at 1:00pm

Irene Robinson is back with another fun card-making class! Join her and get a jump start on your holiday cards while creating beautiful handmade cards to share with family and friends. Space is limited.

**\*Sign-ups begin September 1st at 8:00am.\***

### 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 413-583-3564 by **September 30th** to sign up for this helpful program. Buckets for new participants to the program will be delivered in October. If you are a returning participant, your bucket will be refilled in October as well.  
(Please do not discard your bucket from last year.)



### SENIOR BILLIARDS LEAGUE

Mondays ~ 12:30pm-4:00pm

**Rack 'em up!** Our Pool League begins September 14th and meets every Monday from 12:30-4:00pm. We play **8-Ball** and welcome players of all skill levels—even if you've never played and would like to learn! The league includes 12 teams from six Centers: Ludlow, Chicopee, Agawam, Hampden, East Longmeadow and Wilbraham.

By joining a team, you'll have the opportunity to play at all six centers. There is no fee—just come ready to play, learn and enjoy a fun afternoon with friends! Want more info?

Contact Steve Avonti at 413-612-4064



## SENIORSTRONG CELEBRATION 3.0!

Friday, September 25th ~ 10:00am-1:00pm



Back by popular demand for its' 3rd year, 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 exhibitors, 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

Sheila Rubin  
srubin@ludlow.ma.us

### Activities Director

Maria Ardolino  
activity@ludlow.ma.us

### Administrative Assistant

Merrill Shepard

### Clerk

Deb Borecki

### Cook

Christine Toelken

### Maintenance

Dennis Frodema

### Dispatcher

Jack Alves

### Van Drivers

Tom Godek  
John Garcia  
Mike Lebel



### Activity Assistant

Lorrie Bobé

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

## CORNER CAFÉ FUN... CAFÉ HOURS 8:00AM-11:00AM

THE HYDRATION STATION IS OPEN! LEMONADE AND FRUITED WATER WILL BE AVAILBLE IN THE CORNER CAFÉ. STOP IN AND QUENCH YOUR THIRST! REMEMBER TO BRING YOUR OWN REFILLABLE WATER BOTTLE.

*DON'T FORGET TO ENJOY A BEAUTIFUL FALL MORNING ON OUR PATIOS!*

## LAZY CARAMEL APPLE DAY

**Thursday, September 24th at 10:30am**

Yup, we made up our own day! Nothing says autumn like apples and what goes with apples? Caramel.... and all the yummy toppings! Stop by the Corner Café for this delicious treat!



## SEPTEMBER TRIPS.....

### LUNCH BUNCH – COUNTRY DINER

**Friday, September 11th at 11:00am**

Everyone loves diner food! We are headed to Enfield to visit a great one! They have a great menu featuring breakfast and lunch. Van is \$2.00 and lunch is on your own.

### BIG E DAY!

**Wednesday, September 30th 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, drinking and admission are on you.

**\*Trips sign-up begin Tuesday, September 1st at 8:00am\***

## Council on Aging Board

Diane Peacey- Chair

Bob Mishol- Vice Chair

Karen Martin- Secretary

Fernando Barroso- Treasurer

Rosalind Forti- Member

Kara Ribeiro- Member

Helen Grabowski- Member

John DaCruz- Member

Bob Radowski- Member

Debbie Potter- Member

Phil Tierney- Member

## LUDLOW COUNCIL ON AGING

**Mission:** The Ludlow Council on Aging was created by Town of Ludlow By-Laws to act as an advocate for town citizens over 55 years old, those with disabilities, and their families and caregivers, ensuring that they are represented before the town leadership, the Senior Center Director and the greater community. The Council works to identify the changing needs of this population and advises on policy making and program design. We focus on optimizing independence and quality of life, both physically and emotionally, in a way that is accessible to all.

Dignity ~ Independence ~Inclusion

## FITNESS CLASS SIGN-UPS ~ PLEASE READ!

We understand that registering for popular classes, especially Boomer Bootcamp and Healthy Bones, can sometimes be frustrating. On Thursdays at 9:00am and 1:00pm, our phones ring nonstop, and classes are often full within just a few minutes. Our fitness studio can safely accommodate only 30 participants, and opening registration at the same time each week gives everyone an equal opportunity to secure a spot. Please know that our staff does their very best to answer every call and process registrations fairly.

With more than 100 calls coming in within a matter of minutes, mistakes can happen. We ask for your patience and kindness if you are unable to sign up for a class or are wait listed. If you get the voice mail when you call, **PLEASE** leave a detailed message, hang up and then **DO NOT call** right back. The message is time-stamped and calling back only jams the phones even more.

We often hear "just add another class". We wish it was that easy. We need to secure an instructor, fit it into our schedule and figure out how to pay for it. No classes at the Senior Center are paid for using tax-payer money. We have many activities going on at once and we must schedule for all, not just the exercise classes. We have made some changes internally with class sign-ups and it seems to be helping. It will never be perfect but we are doing the best we can. Just a reminder that we have 13 exercise classes each week (52 each month) so if you are unable to get into your desired class, please consider trying a different one. You never know, you may love a new class! Thank you for your continued patience and understanding!



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



# ACTIVITIES...

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## FISHING CLUB

**Monday, September 14th at 1:00pm**

The Fishing Club is a great way to relax, connect with others and enjoy the outdoors. Whether you're an experienced angler or just curious about giving it a try, all are welcome to join. The group shares tips, favorite local fishing spots and plenty of stories!

## WATERCOLOR PENCIL CLASS

**Mondays, September 14th & 28th at 1:30pm**

Get creative while working on the same project as everyone else using watercolor pencils. All supplies are provided—just bring your curiosity and try something new! ***\*Please sign up for this activity.***

## JEWELRY CLASS

**Wednesday, September 2nd ~ 9:00am~11:00am**

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

## TEA WITH THE TA

**Wednesday, September 2nd 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.

## FUN WITH OPERA! IS BACK!

**Wednesdays, September 9th & 23rd at 10:00am**

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

# 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

**Sometimes in September at 10:00am**

Jeri will be on vacation so we are trying to have students help you with your phone, tablet or computer. **Please call the Center.**

## BILLIARDS

**9-Ball** on Mondays: 12:30pm-4:00pm; **Round Robin** on Tuesdays: 12:30pm-4:00pm, Wednesdays and

Thursdays 12:00pm-4:00pm; **open play**: Monday—Friday mornings, Friday all day and Tuesday evenings until 7:00pm. Interested in billiards? Just stop by the room and chat with the players.

## SCRABBLE

**Mondays at 1:00pm**

Love letters? Come have fun playing Scrabble. Show off your vocabulary or learn a few new words!

## PITCH

**Mondays at 1:15pm**

Whether you are an old pro or new to the game, come and join us for many fun & friendly hands of Pitch! All welcome!

## TED TALK HOUR

**See you in October**

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

## THE WRITERS BLOCK

**Thursdays, September 10th and 24th at 2:00pm**

Use your words! Explore creative writing and journaling in this uplifting class designed to boost mental health, mood and memory. Drop ins welcome. Try a new class and join us!

## PAINTING WITH SUNSHINE VILLAGE

**Thursday, September 24th 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 24th at 2:00pm**

***The Thirteenth Tale* by Diane Setterfield**

**Oct: *Hamnet* by Maggie O'Farrell**

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

## DECORATING COMMITTEE

**Friday, September 4th at 1:00pm**

Come help us decorate the dining room and discuss decorations and center pieces for our big lunches. New members welcome as we need help preparing for large lunches!

## TRIVIA

**Friday, September 11th 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 for **FRIENDLY** games of bingo! **NO** snacks please!

## CERAMICS

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

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

## DOMINOS

**Thursdays at 9:30am**

Join us for a game of Mexican Train! No experience necessary.

## MAHJONG

**Thursdays at 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 are unable to attend. Most classes have a waitlist and your cancellation allows someone else to join. As a reminder, frequent no-shows will result in a temporary suspension from signing up for classes. Thank you for being considerate!

## REGISTRATION REQUIRED CLASSES...

### BOOMER BOOTCAMP

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

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

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

### HEALTHY BONES & BALANCE

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

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

## 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!**

### SWING YOUR PARTNER!

**Tuesdays at 1:00pm**

Grab a partner (or come alone) and join our Couples Western Dance Class! Learn fun basics like two-step and swing in a relaxed, friendly setting. Come ready to dance! Now is your chance to learn and have fun! \$1.00 donation is appreciated. **Please bring clean shoes!**

# 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 10th at 10:30am**

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

### COUNCIL ON AGING BOARD MEETING

**Wednesday, September 16th 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....

### FLEXIBILITY, BALANCE & CORE

**Mondays at 1:30pm**

Improve your flexibility, balance, and core strength in this fun and supportive class. These exercises can help prevent injuries, improve posture, and make everyday movements easier by increasing your awareness of how your body moves and stays balanced. **Please bring a mat!**

**Class is NOW \$2.00 or a punch from your punch card.**

### 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.

### ZUMBA GOLD

**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.

### 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.

## EXERCISE ROOM—SEE BELOW!

**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!**

### SENATOR OLIVEIRA OFFICE HOUR

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

Stop by and discuss items that are important to you.

### REPRESENTATIVE SAUNDERS OFFICE HOUR

**See you in October**

Stop by and ask questions about topics that are important to you. (Rep Saunders will be present in November)

# SPECIAL LUNCHES...

(ENTERTAINMENT GENEROUSLY SPONSORED BY THE FRIENDS OF THE LUDLOW SENIOR CENTER)

## SEPTEMBER BIRTHDAY LUNCH

Thursday, September 17th 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 ~

GET THE MOST FROM YOUR DOCTOR'S VISIT  
Wednesday, September 23rd at 12:00pm

Ever wonder why your doctor asks certain questions or approaches your appointment in a particular way? Learn more about what happens behind the scenes and how your doctor's training and thought process can help you get the most out of your visit. Paul Blomerth, DC of Ludlow Chiropractic Office will help you get the most out of your next doctor's visit.

**\*Registration for Lunch & Learn is required.\***

## MOVIES...

September 1st @ 5:00pm & September 2nd @ 1:00pm

**Ordinary Angels 2024 PG**

A struggling hairdresser finds a renewed sense of purpose when she meets a widowed father working hard to care for his two daughters. With his youngest critically ill and waiting for a liver transplant, the fierce woman single-handedly rallies an entire community to help. 118 min

September 8th @ 5:00pm & September 9th @ 1:00pm

**102 Minutes that Changed America 2008**

Discover rarely seen and heard archives that document the 102 minutes between the first attack on the World Trade Center to the collapse of the second tower. 98 min

September 15th @ 5:00pm & September 16th @ 1:00pm

**The Beekeeper 2024 R**

After a kindhearted woman is scammed out of her life savings, her former secret agent friend, Adam Clay, sets out on a relentless mission for justice. What begins as a personal vendetta soon becomes a fight against a powerful criminal organization. 105 min.

September 22nd @ 5:00pm & September 23rd @ 1:00pm

**The Sunshine Boys 1975 PG**

Two aging vaudeville comedians (George Burns and Walter Matthau) who haven't spoken in years are brought together for one last television performance. Their reunion is filled with old grudges, hilarious bickering, and plenty of laughs. 111 min

September 29th @ 5:00pm & September 30th @ 1:00pm

**The Unlikely Pilgrimage of Harold Fry**

When Harold Fry learns that his old friend Queenie is dying, he sets out to mail her a letter—but instead keeps walking, beginning a 700-kilometer journey to see her one last time. Along the way, Harold discovers unexpected friendships, memories, and a renewed sense of purpose. 108 min

## OUTREACH...

### FUEL ASSISTANCE UPDATE

Valley Opportunity Council (VOC) will begin sending out **renewal** applications in September, starting with households that heat with deliverable fuels such as oil, propane or wood. New applications begin October 1st. Fuel Assistance begins on November 1st and you can apply until April 30th. With last winter being so cold, please do not wait until the last minute to apply. We encourage you to complete your renewal application once you receive it. The application is pretty straight forward but if you need assistance, please call the Center at 413-583-3564 to make an appointment with Sheila.

You must be **60 and a Ludlow resident**. Please do not just drop off paperwork. You can also email Sheila at [srubin@ludlow.ma.us](mailto:srubin@ludlow.ma.us).

check out for more info:  
[www.Mass.gov-HEAP-Portal](http://www.Mass.gov-HEAP-Portal)



### SHINE PROGRAM by appointment

The **SHINE (Serving the Health Insurance Needs of Everyone)** Program offers **free health insurance information and counseling** to all Massachusetts residents with Medicare and their caregivers. If you have Medicare, you can meet with a SHINE counselor to review your benefits, explore your coverage options and learn about programs that might help lower your health care costs—especially if you have limited income. To apply for Medicare, please visit [www.medicare.gov](http://www.medicare.gov). To schedule an appointment with one of our SHINE counselors, call **583-3564**.



### BROWN BAG PROGRAM

Tuesday, September 15th ~ 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 15th between 1:00pm and 5:00pm. Thank you!**



## ATTENTION BROWN BAG RECIPIENTS.....

Bank of Western Massachusetts has requested that all current Brown Bag recipients complete an updated registration form. If you did not receive a new form at your last pick up, please see Sheila or Merrill for a new one and please be sure to return it. Thank you!

# SUPPORT...

## LIMITLESS LEGENDS

**Monday, September 28th 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 and 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

## MEDITATION & MINDFUL CONNECTION

**Thursdays in September at 10:15am (begins 9/10)**

Take some time to relax, reflect and connect. Each session includes guided meditation, followed by an inspiring reading or video and open conversation. Share your thoughts, explore new ideas and enjoy meaningful discussion in a welcoming and supportive setting. No meditation experience necessary, everyone is welcome!

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

## GUIDANCE BY LI

Comfort and Support After Loss

**Friday, September 18th at 1:00pm**

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 journey through grief.

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

Sponsored by the Executive Office of Aging & Independence

## THE FORGET-ME-NOT CIRCLE

**Friday, September 25th at 1:30pm**

If you are caring for a loved one with memory challenges you are welcome to join us for our **Forget-Me-Not Circle**, a welcoming meeting place where those with memory changes and their caregivers have open, honest conversations about caring for a loved one with memory challenges.

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

## NOTARY SERVICE

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

There is no charge for this service. Call ahead or stop by the front desk. Please bring your own witness if necessary.

# WELLNESS...

## BLOOD PRESSURE CHECK & FILE OF LIFE

**\*Fridays (only in Sept) 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.



## TARGET POINT MASSAGE THERAPY

**Wednesdays, September 2 & October 7 by appointment**

Gina Welch will be providing chair and table massages. Gina focuses on one target, helping to loosen the tightest muscles. Have a sore shoulder or neck? Give Gina a try! Cost is \$20 for 15 minutes. Call to book your appointment.

## MOBILE DENTAL HYGIENE SERVICES OF WESTERN MASS

**Wednesday, September 9th 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 23rd at 8:15am**

Diane Neill, MA Licensed Esthetician, provides facials and additional skin care services starting at \$35. Light therapy and waxing services are available. Appointments are required.

**\*October appointments available September 1st\***



FOOTCARE

## FOOT CARE

**By Appointment with Caitlin Hertz, RN**

We're happy to share that Caitlin will continue to provide Foot Care services at the Senior Center. With the help of the Friends, Ludlow residents will continue to be charged \$30 per visit. Non-residents will be charged \$60 per visit. We appreciate your understanding and thankful that Caitlin will continue to provide this service!

**\*September appointments available beginning Sept 1st at 8am.**

## 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**. **PLEASE** be sure to select each activity you are coming in for. 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.



# 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, Asst Treasurer

### Next meeting:

**Thursday, September 10th  
at 10:30am  
All welcome!**



## DONATIONS HAVE BEEN MADE:

### In memory of Ralph Zepke:

- Mary & Bill Sarad
- Wally & Karla Provost

### Donation to the Comfort & Care Closet:

- Anonymous

### General donation:

- Richard Trembley
- Daniel Archambault
- Larry Lavigne

## Thank you to all of our Festa parking volunteers!!!!

## BOUTIQUE NEWS:

- Beginning September 1st, we will accept fall and winter items. Please no more summer items at this time.
- We accept women's clothes, jewelry, accessories and home décor.
- **NO** Christmas cards please!
- All items should be in new or like-new condition. Rule of thumb for donations: "would you gift it to a friend?"
- Donated items should be brought to the Front Desk and not the Boutique. Items are sorted twice a week, priced and then placed in the Boutique.
- ***Thank you to all of our donors, shoppers and volunteers!***



### FRIENDS' COMFORT & CARE CLOSET

The Friends' have recently created the **Friends' Comfort & Care Closet** thanks to the generosity of a donor. If you are currently receiving SNAP benefits and are *having difficulty making ends meet*, you are eligible to receive items from the **Friends' Comfort & Care Closet**. Items include everyday essential items such as toilet paper, toothpaste, bars of soap, deodorant, dish soap and laundry detergent. Items are packaged upon request and one (1) request per month per household will be accommodated. You must be a Ludlow resident and bring proof of SNAP benefits/EBT card when you come to pick up your bag. Program is confidential and reviewed on a case by case basis. If you have any questions or to schedule pick-up, please see Jodi or Sheila.

**WE APPRECIATE EACH AND EVERYONE WHO MAKES A DONATION TO THE FRIENDS OF THE LUDLOW SENIOR CENTER. PLEASE BE SURE TO CUT OUT AND USE THE FORM BELOW TO ENSURE WE GET ALL OF THE INFORMATION NECESSARY TO RECOGNIZE YOUR DONATION.**

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

Donation from: \_\_\_\_\_

Address \_\_\_\_\_

(Circle one) Contribution in Memory / Honor of: \_\_\_\_\_

Send acknowledgement to (kindly indicate name, address & relationship): \_\_\_\_\_

Donation Amount: \_\_\_\_\_

Check here to remain anonymous: \_\_\_\_\_

Please make check payable to:

**Friends of the Ludlow Senior Center**

228 State Street

Ludlow, MA 01056

Friends are a non-profit 501(c)(3)

Please fill in all information



# THE SENIOR SCENE

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

PLACE  
STAMP  
HERE



## LSC OKTOBERFEST!

Roll out the barrel and grab your dancing shoes! Join us on **Tuesday, September 29th from 4:00pm to 6:00pm** for an authentic Bavarian afternoon right here at the Ludlow Senior Center. We are bringing the sounds of Munich to State Street with the **Oompa Meisters Brass Band** playing all your favorite traditional brass tunes, New Orleans street music and patriotic favorites. Tickets are **\$20 per person** and include live entertainment and classic Bavarian fair. Dust off your lederhosen, invite your peers and get ready to toast to autumn! Space is limited for this special event. Please stop by the front desk to purchase your ticket!

*~Supported by the Friends of the Ludlow Senior Center~*

Deliver to:

## TUESDAY EVENING ACTIVITIES ...

### EVENING JEWELRY

**Tuesday, September 1st at 4:00pm-6:00pm**

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

### QUILTING BASICS

**Tuesdays, September 8th & 22nd at 5:00pm**

Learn the basics of making a quilt from start to finish: everything from necessary tools and patterns to fabric selection, cutting, piecing and more! Any **adult aged** quilter/sewist welcome at any time and will be able to progress through the steps needed to complete a quilt.

*\*Please register for these classes.\**

### LORRIE'S HAPPY HOUR \*\*NEW PROGRAM\*\*

**Tuesday, September 8th at 5:00pm**

Relax and enjoy the simple pleasure of reading aloud! We'll share short stories, poems and lighthearted articles together. Bring a favorite reading to share or simply sit back and enjoy. No preparation required! *\*Please register for this session.\**

### EVENING TRIVIA

**Tuesday, September 15th 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, September 22nd ~ 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!

### HOW TO FIND A JOB IN 2026

**Tuesday, September 22nd at 5:00pm**

If you are thinking about going back to work after retiring, losing a job or wishing to shift careers, this workshop is for you! Join **50+ Job Seekers** for an overview of resumes, searching for work and interviewing. *\*Please register for this workshop.\**

### MOVIES

**Every Tuesday evening at 5:00pm**

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

### 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 own mat please!**

