

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

Activities Director

Maria Ardolino
Mardolino@ludlow.ma.us

Outreach Coordinator

Debbie Johnson
Djohnson@ludlow.ma.us

Activities Assistant

Tammy LaSelle
Tlaselle@ludlow.ma.us

Administrative Assistant

Merrill Shepard

Clerk

Deb Borecki
Dborecki@ludlow.ma.us

Dispatcher

David Snyder
dsnyder@ludlow.ma.us

Van Drivers

Jack Alves
John Garcia
Mike Lebel

Nutrition Manager

Christine Toelken

Maintenance

Dennis Frodema

What is a Senior Center?

Senior Centers exist to help aging adults enjoy the company of their peers and participate in activities that are healthy, engaging and fun.

Recognized and funded through the Older Americans Act, (OAA) as a community focal point,

Senior Centers have become one of the most widely used services within the Aging Services Network.

Senior Centers aren't just a place for great programs and activities. Many Centers such as the Ludlow Senior Center also offer volunteer opportunities, provide outreach programs such as Fuel Assistance, SHINE services, Brown Bag, congregate lunches and offer exercise programs, recreational programs, and other programs to further help older adults within our communities age in place.

There are approximately 10,000 **Senior Centers** in the United States which serve more than one million older adults every day. Visit us or one of the surrounding communities today!

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Questions?

Call us Monday through Friday
8am—4pm and until 7pm on Tuesdays.

Or leave us a message after hours.

We will call you back.

Thank you!