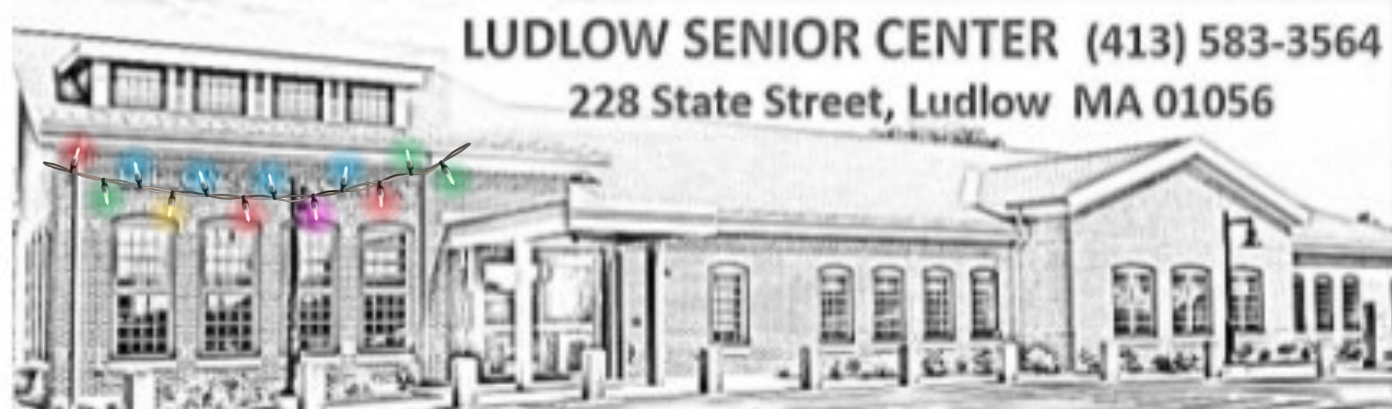


THE SENIOR SCENE ~ DECEMBER 2025



SPECIAL EVENTS IN DECEMBER...

PAINTING WITH TRISH PILON

Monday, December 8th at 1:00pm

Artist Trish Pilon with *Creative Roots Studio* will return for a winter birch tree painting workshop. Join her as she takes you step by step to create a birch trees scene with cardinals using acrylic paints. Space is limited and **sign up required beginning Dec 1st at 8:00am**

INTRO TO SOUP MAKING AND SPICES

Thursday, December 11th at 1:30pm

Join Jodi and learn about basic soup making and which spices and herbs to jazz up your meals. Everyone has holiday leftovers, don't let them go to waste. Make soup! **Sign-up begins Dec 1st at 8:00am.**

INCLEMENT WEATHER PREPAREDNESS

Friday, December 12th at 10:00am

Join CareOne at Redstone's Director of Rehab Services for information on staying safe and "walking like a duck" during the winter months. Snow and ice can be scary but come learn practical tips for staying safe this winter! **Sign up appreciated.**

HERITAGE "POPS" ORCHESTRA

Monday, December 15th at 1:30pm

We are excited to have this 20 piece band with vocals here to perform holiday favorites and sounds of the big band era.

No sign up necessary. Just come join us for sounds of the season!

MAKE YOUR OWN FESTIVE SEASONINGS

Tuesday, December 16th at 1:00pm

Join us for a merry afternoon filled with tea, cookies, creativity and handmade holiday spice blends for festive drinks, baked goods or comfort dishes. Stir up the season! Space is limited. **Sign up Required beginning Dec 1st at 8:00am.**

FUNNY SWEATER CONTEST (SPONSORED BY NURSE ADVOCATES, LLC)

Thursday, December 18th at 12noon

Wear your best, brightest and funniest sweater to the Birthday Lunch on the 18th! Prizes for the best sweaters. We know you all have some good ones so put them on and show them off!



CHRISTMAS HOLIDAY LUNCH SIGN UPS ~ PLEASE READ!

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

Please see below:

**~Wednesday, December 3rd beginning at 9:00am,
Ludlow residents may sign up for Christmas lunch.**

**~Thursday, December 4th at 9:00am, all others may sign up
for Christmas lunch.**

**~You may sign up yourself and ONE other person.
(They must be a Ludlow resident on the 3rd.)**

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

SENIOR CENTER HOLIDAY SCHEDULE:

*Dec 24: Closing at 11:30am *Dec 31: Closing at 11:30am
*Dec 25: Closed *Jan 1: Closed
*Dec 26: Closed *Jan 2 : Closed

Jammin with Jodi...

It has been a while since I've been able to write as we have been at maximum capacity in the newsletter. I cannot believe it is the end of the year already! It has been a great year and we are heading into 2026 full steam ahead with some exciting stuff on the horizon. Sadly, Tammy, our amazing Activities Assistant retired in November. She will be missed more than she knows. Happy Retirement Tammy! We welcomed Patrick Griffin as our new full-time Van Driver in November as well. Give Pat a wave when you see him driving around town! As we wait for a new Outreach Coordinator, please remember that we are here to help with your outreach needs. Whether it is SNAP, Fuel Assistance or just need some resources, we are here to help—just give us a call! The holidays can be hard. Please know we are here to listen and offer a hug. We can also help with resources during these hard times. Please reach out!! Happy Holidays all! *Jodi Lepke*

Get to Know The Ludlow Senior Center

The Staff

Executive Director

Jodi Zepke
jzepke@ludlow.ma.us

Assistant Director

Heather Jolicoeur
hjolicoeur@ludlow.ma.us

Outreach Coordinator

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

Activities Director

Maria Ardolino
activity@ludlow.ma.us

Administrative Assistant

Merrill Shepard

Clerk

Deb Borecki

Cook

Christine Toelken

Maintenance

Dennis Frodema

Dispatcher

Jack Alves

Van Drivers

Patrick Griffin
John Garcia
Mike Lebel



Activity Assistant

Coming soon..

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!

SAY WHAT NOW?

Hear a juicy bit of gossip that sounds too good to be true or a little wonky? We all love a good story, however, if you hear something not quite right, please ask staff for the real 411!

POTATO PANCAKES!!

Wednesday, December 17th at 10:30am

Don't miss this annual tradition! Join us as we celebrate Chanukah with Jodi's famous latkes, with sour cream and applesauce too! No need to sign up, just stop by the Café!



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, December 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!**



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.



DECEMBER TRIPS:

CHICOPEE SENIOR CENTER CRAFT FAIR

Friday, December 5th ~ van leaving at 9:30am

We are going to skip over to Chicopee for their Friends craft fair. There will be over 60 vendors! Get some holiday shopping done! **Sign up begins December 1st at 8:00am.**

LUNCH BUNCH ~ RED LION INN

Monday, December 8th~ van leaving at 10:30am

We are headed west to Stockbridge in the Berkshires to have lunch at the iconic Red Lion Inn. Stockbridge is a beautiful town and surely will be dressed for the holidays. Van is \$2.00 and lunch is on your own. **Sign up begins December 1st at 8:00am.**

ENFIELD COMMONS & TARGET

Friday, December 12th ~ van leaves at 9:30am

We are shopping the day away in Enfield. Enfield Commons has Marshalls, Michaels, Old Navy, Barnes & Nobles, Ulta and more. We will then stop at Target. Van is \$2.00 and shopping is on your own. **Sign-up begins December 1st at 8:00am.**

INCLEMENT WEATHER!

Winter is here! Just a reminder that if the Ludlow Public Schools are closed, the Senior Center is CLOSED. If the schools have a 1 hour delay, the Center will open at 9:00am. Please watch TV40 and Facebook for closures and delays!

ACTIVITIES...

WATERCOLOR PENCIL CLASS

Mondays, December 1st and 15th 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.**

PARAFFIN WAX HAND TREATMENT

Monday, December 22nd at 1:00pm

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

JEWELRY CLASS

Wednesday, December 3rd at 9:00am~11:30am

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

TEA WITH THE TA

Wednesday, December 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

Wednesdays, December 3rd and 17th at 10:00am

Experience Opera as a dramatic story told through song. Considered by many to be the most complete art form, opera combines all of the elements of art, words & music. Come and enjoy something new!

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

WEEKLY ACTIVITIES...

KNITTING CLUB

Mondays at 9:00am

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

COMPUTER HELP

Mondays in December at 10:00am

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

BILLIARDS

Travel League 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

Wednesday, December 17th at 1:00pm

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

THE WRITERS BLOCK

Thursday, December 4th and 18th at 2:00pm

Use your words! By exploring creative writing and journaling, this class is a great way to boost your mental health, mood and memory! Drop ins welcome. Try a new class and join us!

PAINTING WITH SUNSHINE VILLAGE

Thursday, December 18th 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, December 18th at 2:00pm

Long Bright River by Liz Moore

Jan: The Berry Pickers by Amanda Peters

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

DECORATING COMMITTEE

Friday, December 7th 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.

TRIVIA

Friday, December 19th 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, December 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, December 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

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, December 11th at 10:30am in the Corner Café

Stop by and discuss items that are important to you.

REPRESENTATIVE SAUNDERS OFFICE HOUR

Monday, December 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, December 18th at 12noon

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

Reservation required



CHRISTMAS HOLIDAY LUNCH!

Tuesday, December 23rd at 11:00am

The most joyful time of the year! Join us for our annual Christmas Holiday lunch! Willie Nininger and Jan Scruggs will be here to entertain us with our favorite holiday tunes followed by a delicious lunch! Might be a surprise if you are on the "nice list" too!



Reservations required
See front page

NEW YEAR'S EVE LUNCH!

Tuesday, December 30th at 11:00am

New Years Eve (sort of)??? We can't believe it either. Where did 2025 go?! Wear your Sunday best and join us as Mass Conn-Fusion fills the dining room with their jazz tunes as we welcome in 2026!

Reservations required



MOVIES...

December 2~5:00pm & December 3~1:00pm

Merry Little Ex-Mas 2025

Recently divorced Kate (Alicia Silverstone) is determined to pull off one last, perfect, family holiday before selling her beloved home. But when her ex-husband Everett (Oliver Hudson) shows up with his younger, picture-perfect new girlfriend, Kate's holiday dream spirals into chaos. Expect comedy, heart, and plenty of holiday drama! 91 min

December 9~5:00pm & December 10~1:00pm

Meet Me in St. Louis 1944

A classic, romantic, musical comedy that focuses on four sisters on the cusp of the 1904 St. Louis World's Fair. The film spotlights the sisters' education in the ways of the world, learning about life and love, courtesy of the boy next door. 108 min

December 16~5:00pm & December 17~1:00pm

A Christmas Carol 1951

The 1951 adaptation of Charles Dickens' timeless classic is perhaps the most faithful film version -- and Alastair Sim's performance as Scrooge is not to be missed. 86 min

December 23~4:45pm

Christmas in Connecticut 1945

A food writer who has lied about being the perfect housewife must try to cover her deception when both her boss and a returning war hero invite themselves to her home for a traditional family Christmas. 101 min

December 30~4:30pm

The Apartment 1960

An insurance worker lends out his apartment to company executives for their extramarital affairs in the hopes of a promotion, but a romance of his own blossoms and complications ensue. 122 min

OUTREACH...

OUTREACH NEWS:

- We will continue to assist with Fuel Assistance applications, SNAP applications and other applications
- If you have not had a MassSave Energy Audit, please consider this FREE service. It is a MA initiative that provides residents with energy-saving resources, no-cost energy assessment rebates and incentives for upgrades such as insulation and windows. www.MassSave.com for more information.
- **PLEASE** be sure to save your **2026 Social Security award letter**. This letter is very important if you are applying for any type of benefits. Please save it in a safe spot.
- We will be interviewing soon for a new Outreach Coordinator. Thank you to Heather for stepping up to the plate with Fuel Assistance applications.
- Please remember that we simply help with applications. We do not know when you will receive your benefits. With the Government shut-down, benefits will be delayed. We understand it is a tough time, please reach out to Jodi or Heather for additional help. All conversations are confidential.

SHINE PROGRAM

Thursdays by appointment after 12/8/25

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. To apply for Medicare, please visit www.medicare.gov. Call 583-3564 to make an appointment with our SHINE counselors!

A HUGE thank you to Michele Chmura and Ann Bracchi for the hundreds of older adults they've helped during open enrollment. They are volunteers who basically lived here the months of October and November. THANK YOU Michele and Ann!!

Reminder...Senior Work Abatement Program applications are due by December 31st to the Selectboard's Office. They are available at the Front Desk.



SUPPORT...

LIMITLESS LEGENDS

Monday, December 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 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, December 19th at 1:00pm

Tuesday, December 9th 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

Sponsored by the Executive Office of Aging & Independence and Ludlow Funeral Home

THE FORGET-ME-NOT CIRCLE

Returns in JANUARY

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

Please register both caregiver and loved one

NOTARY SERVICE

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

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

WELLNESS...

BLOOD PRESSURE CHECK & FILE OF LIFE

Tuesdays 12:30pm-1:30pm & Fridays at 10:00am-11:00am

Get your blood pressure checked and update your File of Life or complete a new one. A File of Life is a document with your medical information for emergency personnel just in case you are not able to provide it in an emergency.

MOBILE DENTAL HYGIENE SERVICES OF WESTERN MASS

Wednesday, December 10th 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

FACIALS RETURN IN JANUARY

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.

January appointments are now available

MASSAGE THERAPY

Wednesday, December 3rd by appointment

We are excited that massage therapy has returned 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

by Appointment

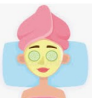
In the month of December, we have a new foot care nurse that will be filling in. Pedicures are still \$20 but may be a bit different than what you are used to.

Appointments are very limited and we are doing the best we can to continue offering foot care. **An appointment is required and sign-ups begin Monday, December 1st at 8:00am.**

REIKI

Fridays in December 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 John Cameron:

- Debbie Thompson
- Marie Willette
- Beverly Tokarz
- Naomi White

In memory of Margaret Lavoie-Fuller:

- Gilbert Myette

In memory of Esther Brown:

- Martha Napierski

In memory of Marilyn Peczka:

- Stanley Peczka

General donations:

- Richard Trembley

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, December 11th
at 10:30am
All welcome!**



Boutique News:



Thank you for all the great items donated to the Boutique. Keep the great items coming! And thanks to all our shoppers. Reminder that we are no longer accepting men's clothing. We are accepting: women's clothing, jewelry, accessories and home décor items in NEW or LIK-NEW condition only please! Happy Holidays from all of us in the Boutique!

ANNUAL FUNDRAISER

JANUARY RAFFLE CALENDARS!

**On sale starting
Thanksgiving Lunch
Nov 25th thru year-end**

**Same price, same prizes!
\$10 per ticket
31 chances to win!**

**Great Gift
Great Stocking Stuffer!**



Proceeds go to The Friends' General Fund

JANUARY 2025												
1	2	3	4	5	6	7	8	9	10	11	12	13
\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10
\$12	\$13	\$14	\$15	\$16	\$17	\$18	\$19	\$20	\$21	\$22	\$23	\$24
\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10
\$14	\$15	\$16	\$17	\$18	\$19	\$20	\$21	\$22	\$23	\$24	\$25	\$26
\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10	\$10
\$28	\$29	\$30	\$31	\$32	\$33	\$34	\$35	\$36	\$37	\$38	\$39	\$40
\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50	\$50

CARD NUMBER: _____
One winning number will be drawn every week in January. The first drawing will be on Jan. 2, 2025 and will include winners for Jan. 5 through Jan. 11. Subsequent drawings will be held on the following Mondays: Jan. 14, 19, 24, 29, and 31. Please send one check to the address on the back of the card.

CARD NAME: _____
Name: _____
Address: _____
Phone: _____

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

PLACE
STAMP
HERE

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

LUNCH & LEARN ~ ARETA ODIAH, 22NEWS

Wednesday, December 10th, 2025 at 12noon



Join us for a presentation by 22News reporter Areta Odiah. She will be speaking about her entry into journalism. Learn about her background, education and the internship opportunities that led to an on-air reporting job. Ask all the questions you've been wanting to ask about tv, and don't miss the behind the scenes videos and photos of a "the day-to-day" in the life. You won't want to miss it! **Reservations for Lunch & Learn required.**

Deliver to:

TUESDAY EVENING ACTIVITIES ...

PLEASE BE ADVISED... THERE WILL BE **NO** TUESDAY EVENING ACTIVITIES IN JANUARY. WE WILL SEE YOU IN FEBRUARY. SORRY FOR ANY INCONVIENCE.

GUIDANCE BY LI COMFORT AND GRIEF SUPPORT

Tuesday, December 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~

BRIGHT NIGHTS TRIP!

Tuesday, December 9th at 4:00pm

Join us to see the lights in Forest Park. Enjoy hot chocolate and cookies before we go. Vans leave at 4:30pm. **Sign up required and begins December 1st at 8:00am. Thank you to the Friends!**

TRIVIA ~ RETURNS SOON!

SOUPER SUPPER HOLIDAY STYLE!

Tuesday, December 23rd ~ 4:30pm-5:30pm

The Corner Café will be open serving soup and a roll for \$2.00! Stop in and enjoy a nice hot bowl of soup or take it home!

POWER PUMP EXERCISE CLASS

Every Tuesday at 4:30pm

The energy never stops with this unique blend of cardio and strength workout. Many different modalities are incorporated in this workout, including cardio drills. Class is \$2.00 or a punch on your punch card. **Bring your mat!**

MOVIES

Every Tuesday

We show everything from the oldies to new releases! And we have snacks too! **See page 7 for December 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!