

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

Welcome to the Ludlow Senior Center

Don't let winter keep you away from the Ludlow Senior Center! Gather with friends in the Center's beautiful dining room and enjoy a delicious lunch complete with coffee, tea, and dessert. To join us, just call 413-583-3564 a day in advance to reserve your spot (Call Friday for Monday lunch).

Don't miss out on what's happening. Pick up our monthly Newsletter at the Center or share your email with us to have it delivered straight to your inbox. You can also explore programs, find important forms, and learn more about what a Senior Center has to offer at ludlow.ma.us/coa/. And for the latest news and photos, be sure to "like" the Ludlow Senior Center on Facebook!

As the days grow colder, we look forward to sharing warm meals, great programs, and good company with you. Please note that if the Ludlow schools are closed or have a delay due to inclement weather, the Center will be closed or have a delayed opening. Be sure to check News 22 or 40 for delays or closings.

Activities Calendar:
*Please register in advance for items with**

Thursday, January 8
9 a.m. Tai Chi
9:30 a.m. Dominos
10:15 a.m. Mindful Meditation*
10:30 a.m. Friends of the Center Meeting
10:30 a.m. Sen. Oliveira Office Hour
12:45 pm. Mahjong
1:30 p.m. Ray of Elvis Concert
2 p.m. Writers Block
2:30 p.m. Active Yoga

Friday, January 9
8:45 a.m. Boomer Bootcamp*
9 a.m. Reiki by Appointment*
10 a.m. Boomer Bootcamp*
10 a.m. Blook Pressure Checks
10 a.m. Shiloh Angels Home Care Info
1 p.m. Ceramics
1 p.m. Health Bones & Balance*
1 p.m. Decorating Committee Meeting

Monday, January 12
9 a.m. Knitting
9:30 a.m. Boomer Bootcamp*
10 a.m. Computer Help
10 a.m. Post Crossing w/Michael Engel*
1 p.m. Scrabble
1:15 p.m. Pitch
1:30 p.m. Watercolor Pencil Class*

2:30 p.m. Zumba Gold
Tuesday, January 13
9 a.m. Quilting
9 a.m. Line Dancing
10 a.m. Cribbage
10:30 a.m. Gentle Yoga
10:30 a.m. National Pie Day Treats
1 p.m. Western Dance Class
1:30 p.m. Bingo
Evening Activities Return in Feb.

Wednesday, January 14
8:45 a.m. Zumba Gold
9 a.m. Ceramics
9 a.m. Mobile Dental Clinic by Appointment*
10:30 a.m. Healthy Bones & Balance*
12 p.m. Lunch & Learn*
1 p.m. Dominos
1 p.m. Movie: *King of the Wilderness* (2018)
1 p.m. Healthy Bones & Balance*

Thursday, January 15
9 a.m. Tai Chi
9:30 a.m. Dominos
10 a.m. Life of MLK Talk*
10:15 a.m. Mindful Meditation
12:45 pm. Mahjong
1:30 p.m. Soap Making Fun*
2:30 p.m. Active Yoga

*PLEASE register for Boomer Boot Camp, Healthy Bones & Balance, Foot Care, and other programs as noted by calling 583-3564

Daily Events:
Café: Monday – Friday 8-11 a.m.
Exercise Room: Monday - Friday 8 a.m. – 3:30 p.m. Open until 6:30 p.m. on Tuesday.
Walking Club: Monday – Friday 7 a.m. and 8 a.m., leaving from the parking lot.

Menu:
Thursday, January 8: Lazy Pot Pie
Friday, January 9: Stuffed Cabbage/ Buttered Egg Noodles
Monday, January 12: Hot Dog/Roll/ Baked Beans/Cucumber Salad
Tuesday, January 13: Cobb Salad
Wednesday, January 14: Lasagna Rollette/Caesar Salad/Garlic Knot
Thursday, January 15: Taco Nachos
Friday, January 16: Shrimp Scampi/ Linguini/Green Beans

Reserve a delicious \$2 lunch by calling a day ahead. all on Friday to reserve lunch on Monday.
For allergy concerns, call the Senior Center to inquire about ingredients at 413-583-3564.

OBITUARIES

James Almeida, 78

LUDLOW – James Almeida, 78, of Ludlow, passed away peacefully in the comfort of his home on Dec. 29, 2025 surrounded by his loving family. He was born in Ludlow on Nov. 16, 1947 to the late Antonio and Sophie (Pasierb) Almeida and was a graduate of Ludlow High School.

Jim was a Veteran of the United States Air Force with over 38 years of military service. He proudly served during the Vietnam and Iraq wars. He retired as a Chief Master Sergeant from the 104th Fighter Wing, Barnes Air National Guard Base, Westfield, Massachusetts. Jim was an active member of its Alumni Association. Jim worked as a Federal Quality Assurance Inspector with the Defense Contract Management Agency (DCMA) until his retirement.

He will be remembered for his love of tinkering on anything mechanical, wood-working, target shooting, and collecting...; but above

all, his greatest enjoyment came from spending time with his family.

James was a devoted father to his four sons Jeffrey Almeida and his wife Kelly of Belchertown, Brian Almeida of Ludlow, David Almeida of Springfield, and Douglas Almeida and his wife Sheri of Westfield; the loving brother of Dorothy Davis and her husband Bill of Ludlow, Patti Beauregard and late husband Fred of Ludlow, and Mark Almeida and his wife Lonnie of Enfield; a cherished grandfather to Emma, Madison, Andrew, Tucker, and Christopher Almeida; along with many nieces, nephews, cousins, and extended family members. Jim was also predeceased by his former wife Liz (Titus) Almeida.

Visiting hours for James will be held on Wednesday, Jan. 7 from 5 p.m. to 7 p.m. at Ludlow Funeral Home. Funeral services are on Thursday, Jan. 8 with visitation from 11:15 a.m. to 12:15 p.m. at the funeral



DEATH NOTICES

**James Almeida, 78
Died Dec. 29, 2025**

Visitation: Jan. 7, 5 to 7 p.m.
Jan. 8. 11:15 a.m. to 12:15 p.m.
Committal Mass.
Veterans Cemetery,
Jan. 8, 2 p.m.
Ludlow Funeral Home

Alice P. (Trett) Mannix

Died Dec. 28, 2025
Services Jan. 5, 2026
Ludlow Funeral Home

home concluding with a funeral home chapel service and followed by procession to Massachusetts Veterans Memorial Cemetery for a 2 p.m. committal with Military Honors.

In lieu of flowers, donations in James' memory can be made to the Ludlow Veterans' Assistance Fund c/o Ludlow Veterans' Services 488 Chapin Street, Ludlow, MA 01056 or the Wounded Warrior Project.

Alice P. (Trett) Mannix, 78

LUDLOW – Alice P. (Trett) Mannix, 78, of Ludlow, passed away peacefully on Dec. 28, 2025 with her loving family by her side. Born in Dayton, OH, she was the beloved daughter of Charles and Florence (Gagnon) Trett. Alice lived most of her life in Ludlow where she worked as an educator for 28 years at Baird Middle School, from where she retired. She will be remembered as an avid line dancer, music lover, and collector of all things mermaid related, which was an extension of her love for the beach. Most of all, she will be remembered for her love and devotion to her family.

Alice was the beloved wife of 60 years to Brian M. Mannix; a devoted mother to Michael B. Mannix and wife Eve of La Selva Beach, CA, and Shannon A. Mannix and spouse Tracey, of North Brookfield; a loving grandmother to Bayla Mae and Ashlyn; a dear sister to Charles Trett and wife Pamela, of Fryeburg, ME, Florence Ferraro and late husband Robert, of Lorain, OH, and the late Carlene Kulig; and also leaves many nieces, nephews, extended family members and dear



friends, including Michael Leigh Alves.

Visiting hours for Alice were held on Sunday, Jan. 4. Funeral services were on Monday, Jan. 5 from Ludlow Funeral Home with Liturgy of

Christian Burial in St. Elizabeth Parish followed by burial in Island Pond Cemetery. In lieu of flowers, donations may be made in Alice's memory to Baystate Home Health Hospice c/o Baystate Health Organization (www.baystatehealth.org).

LEGALS

**Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Hampden Probate and Family Court
50 State Street
Springfield, MA 01103
(413)748-7758
Docket No. HD25P2684EA
Estate of:
Mildred C Zalewski
Date of Death: 12/10/2005
CITATION ON PETITION**

FOR FORMAL ADJUDICATION

To all interested persons:
A Petition for Formal Probate of Will has been filed by Vincent F Stanek of Warren, MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 01/27/2026. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE

A Personal Representative appointed under the MUPC in an unsupervised administra-

tion is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Barbara M Hyland, First Justice of this Court.

Date: December 30, 2025

Rosemary A Saccomani,
Register of Probate
01/07/2026

**Town of Ludlow
Massachusetts
LEGAL NOTICE**

The Select Board opened the Warrant on December 16, 2025, for the May 11, 2026, Annual Town Meeting held at 7:30 p.m. at Ludlow High School. All Articles should be submitted to the Select Board's Office, 488 Chapin Street, Ludlow, MA no later than Friday, April 3, 2026, at 12:00 p.m. The Select Board will close the Warrant on Tuesday, April 21, 2026, at their regular meeting.

Manuel Silva, Chairperson
Select Board
01/07, 01/14/2026

FINANCE COMMITTEE

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earlier, the increases that we saw were related to contractual obligations. There were some non-wage expenses that increased over the last year, but the explanations were there, the departments and managers explained it was about dues, memberships, and other items that had to go up. We did see there were some attempts to right size

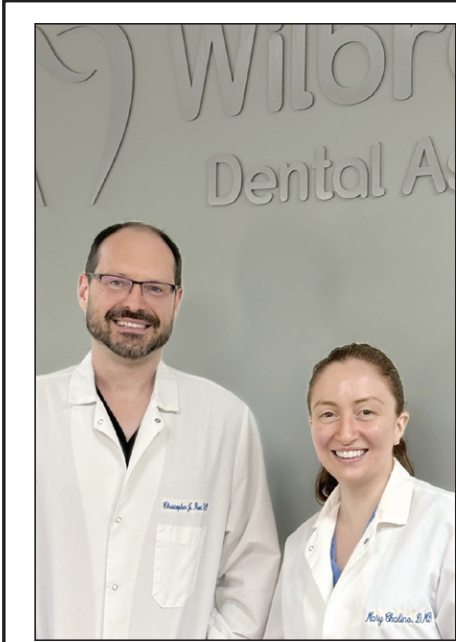
the staffing in the correct JDs and roles they were in; it was good dialogue back and forth. All in all, the budgets are lean, there's not a lot there that can be cut. But for those items that went up, there were explanations that were given by the department managers so certainly appreciate the time spent. I learned a lot and I certainly appreciated everybody putting up with all of our questions," ended Mullin.



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Best Wishes **TO YOUR AND YOURS FOR A WONDERFUL HOLIDAY SEASON.**

Hours:
Mon., Tues., Wed. 8-5
Thurs. 12-8

**70 Post Office Park
Suite 7006
Wilbraham, MA 01095**

www.wilbrahamdentalassociates.com

413-279-2016

Dr. Christopher J. Root, DMD MAGD
Dr. Mary Danko, DMD

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