

AUGUST ACTIVITIES CALENDAR

Ludlow Senior Center • (413) 583-3564 • www.ludlow.ma.us

EVERYDAY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:00 Trip Sign-ups 9:00 TRX Fusion 4:00 - 7:00 Ceramics 5:00 Movie: Beauty & The Beast (123 Min)	2 11:15 Horse Races	3 10:00 Drop-In Nurse 1:15 "Must See" Movie: Follow Me, Boys! (131 Min)	4 9:00 TRX Fusion
7 12:30 Eastfield Mall And Stop & Shop Trip 1:15 Movie Matinee: Their Finest (R, 117 Min)	8 9:00 TRX Fusion 9:45 Puppet Class 4:00 - 7:00 Ceramics 5:00 Movie: Their Finest	9 10:00 Friends Meeting 2:00 Trivia	10 8:30 Beach Trip 10:00 Drop-In Nurse 10:30 Senator Lesser Office Hours 1:15 "Must See" Movie: Waitress (108 Min)	11 GRASSROOTS KICKOFF 9:00 TRX Fusion 1:00 Grassroots Kickoff Event In Park 1:30 Book Club
14 1:15 Movie Matinee: The Circle (PG-13, 110 Min)	15 9:45 Puppet Class 1:00 - 3 Brown Bag 4:00 - 7:00 Ceramics 5:00 Movie: The Circle	16 BIRTHDAY LUNCH 10:30 New Senior Center Update 4:30 COA Board Meeting	17 10:00 Drop-In Nurse 1:00 Farmer's Market Trip 1:15 "Must See" Movie: Coal Miner's Daughter (125 Min)	18 12:45 Ice Cream Social
21 1:15 Movie Matinee: The Zookeeper's Wife (PG-13, 126 Min) 1:30 - 3:30 Solar Eclipse Viewing	22 9:45 Puppet Class 4:00 - 7:00 Ceramics 5:00 Movie: The Zookeeper's Wife 5:30 Evening Jewelry	23 8:15 Facials 9:30 Jewelry Class 11:15 Lunch Bunch Trip	24 OUTSIDE CONCERT 10:00 Drop-In Nurse Noon Janice Dompke Performs 1:15 "Must See" Movie: Soap Dish (96 Min)	25 8:30 Men's Breakfast In Wilbraham 1:30 Book Club
28 1:15 Movie Matinee: A United Kingdom (PG, 110 Min)	29 9:45 Puppet Class 1:00 Hearing Appts 4:00 - 7:00 Ceramics 5:00 Movie: A United Kingdom	30 1:30 - 3:30 RMV Near Me	31 10:00 Drop-In Nurse 12:00 Lunch & Learn: Planning For Medicare 1:15 "Must See" Movie: The Face Of Love (92 Min)	

Monday

8-4 Fitness Room
 9-12 Knitting
 9:30 Massage Appointments
 10-11 YMCA Boomer Boot Camp
 10-11 Dominos
 12:00 Lunch
 12:30 Donors 9-Ball Round Robin Billiards
 1:00 Pitch

Tuesday

8-4 Fitness Room
 8-11:30 Ceramics
 8:30 Pedicure Appts
 9-11:30 Quilting
 10:00 Bean Bag Baseball
 12:00 Lunch
 12:30 Round Robin Billiards
 1:00 Bingo
 1:00 Bridge
 1:00 Blood Pressure

Wednesday

8-4 Fitness Room
 8-4 Open Billiards
 8-11:30 Ceramics
 10-11 YMCA Boomer Boot Camp
 12:00 Lunch
 1:00 Pitch
 1:00 LGSC Bingo

Thursday

8-4 Fitness Room
 8-11:30 Ceramics
 9-9:45 Tai Chi
 9:30 Women's Billiards
 10-11 Yoga
 12:00 Lunch
 12:30 Donors 8-Ball Round Robin Billiards
 1-2 Choral Group

Friday

8-4 Fitness Room
 8-4 Open Billiards
 10-11 YMCA Boomer Boot Camp
 12:00 Lunch
 1:00 Coloring Club
 1:00 Cribbage
 1:15 Chair Volleyball