

AUGUST ACTIVITIES CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch is served at noon. We appreciate it if you check in at the nutrition table 10 to 15 minutes before we serve.		1 8 a.m. Trip Signups	2 10 a.m. Chair Exercise Video 11:45 a.m. Lion King Trip 1 p.m. Cribbage 1:15 p.m. Classic Movie: Carefree (83 Min, 1938)	3 9:30 a.m. Make a Mask 11:15 p.m. Horse Races
6 12:30 p.m. Eastfield Mall, Or Stop & Shop Trip 10 a.m. Chair Exercise Video 1:15 p.m. Movie: Chappaquiddick (PG-13, 101 Min)	7 1 p.m. Decorating Group 5 p.m. Evening Movie: Chappaquiddick 5 p.m. Evening Yoga	8 10 a.m. Friends Meeting 2 p.m. Trivia	9 8:15 a.m. Beach Trip 10 a.m. Chair Exercise Video 10:30 a.m. State Senator Lesser Office Hours 1 p.m. Cribbage 1:15 p.m. Classic Movie: Bombers B-52 (106 Min, 1957)	10 S'MORES DAY 10:30 a.m. S'mores in the Lounge 1:30 p.m. Book Club
13 10 a.m. Chair Exercise Video 1:15 p.m. Movie: Finding Your Feet (PG-13, 111 Min)	14 10 a.m. Caregiver Support Group 1 p.m. Farmers Market Trip 5 p.m. Evening Movie: Finding Your Feet 5 p.m. Evening Yoga	15 BIRTHDAY LUNCH 10:30 a.m. New Senior Center Update 11:30 Chorus Performs 4:30 p.m. COA Board Meeting	16 10 a.m. Chair Exercise Video 1 p.m. Cribbage 1:15 p.m. Classic Movie: Roberta (106 Min, 1935)	17 9:30 a.m. Make a Mask 10:00 a.m. Memory Café 1 p.m. Ice Cream Social
20 Last day to register for Senior Games Billiards Tournament 10 a.m. Chair Exercise Video 1:15 p.m. Movie: I Feel Pretty (PG-13, 110 Min)	21 OUTSIDE CONCERT Noon A Ray Of Elvis Performs 1 p.m. Brown Bag 5 p.m. Evening Movie: I Feel Pretty 5 p.m. Evening Yoga 5:30 p.m. Jewelry Class	22 8:15 a.m. Facials 9:30 a.m. Jewelry Class 10:30 a.m. Estate Planning 10:30 a.m. Veterans Agent Office Hours	23 10 a.m. Chair Exercise Video 11:30 a.m. Magic During Lunch 1 p.m. Cribbage 1:15 p.m. Classic Movie: The Man With The Golden Arm (119 Min, 1955)	24 1:30 p.m. Book Club
27 8:30 a.m. Senior Games 10 a.m. Chair Exercise Video 1:15 p.m. Movie: The Leisure Seeker (R, 112 Min)	28 8:30 a.m. Senior Games 1 p.m. Hearing Appointments 5 p.m. Evening Movie: The Leisure Seeker 5 p.m. Evening Yoga	29 8:30 a.m. Senior Games 1:30 p.m. - 3:30 p.m. RMV Near Me	30 9:15 Meditation Class Ends 10 a.m. Chair Exercise Video 1 p.m. Cribbage 1:15 p.m. Classic Movie: The Miracle Season (PG, 101 Min)	31 TRAIL MIX DAY 10:30 a.m. Make Your Own Trail Mix in the Lounge 8:30 a.m. Men's Breakfast In Wilbraham