

JULY ACTIVITIES CALENDAR

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

EVERYDAY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED FOR HOLIDAY	4 CLOSED FOR HOLIDAY	5 8:00 Trip Sign-ups	6 10:00 Drop-In Nurse 1:15 "Must See" Movie: Oklahoma! (G, 145 Min)	7 9:00 TRX Fusion
10 12:30 Eastfield Mall And Stop & Shop Trip 1:15 Movie Matinee: A Dog's Purpose (PG, 100 Min)	11 9:00 TRX Fusion 1:00 Decorating Group 4:00 - 7:00 Ceramics 5:00 Movie: A Dog's Purpose	12 10:00 Friends Meeting 2:00 Trivia	13 OUTSIDE CONCERT 10:00 Drop-In Nurse 10:30 Senator Lesser Office Hours Noon Johnny Cash & Loretta Lynn Perform	14 NO TRX CLASS 12:45 Ice Cream Social 1:30 Book Club
17 1:15 Movie Matinee: Fifty Shades Darker (R, 118 Min)	18 9:00 TRX Fusion 9:30 Holyoke Mall Trip 1:00 - 3 Brown Bag 4:00 - 7:00 Ceramics 5:00 Movie: Fifty Shades Darker	19 ANNIVERSARY/ BIRTHDAY LUNCH 10:30 New Senior Center Update 4:30 COA Board Meeting	20 10:00 Drop-In Nurse 10:30 Alzheimer's Association: Effective Communication Strategies 1:15 "Must See" Movie: What A Way To Go (111 Min)	21 9:00 TRX Fusion
24 1:15 Movie Matinee: The Shack (PG-13, 132 Min)	25 9:00 TRX Fusion 1:00 Hearing Appts 4:00 - 7:00 Ceramics 5:00 Movie: The Shack 5:30 Evening Jewelry	26 8:30 Facials 9:30 Jewelry Class 1:30 - 3:30 RMV Near Me	27 10:00 Drop-In Nurse 11:00 Lunch Bunch Trip	28 8:30 Men's Breakfast in Ludlow 9:00 TRX Fusion 1:30 Book Club
31 1:15 Movie Matinee: Beauty & The Beast (PG, 123 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