

JULY ACTIVITIES CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 8 a.m. Trip Signups 12:30 p.m. Eastfield Mall, Or Stop & Shop Trip 1:15 p.m. Movie: Forever My Girl (PG, 108 Min)</p>	<p>3 4TH OF JULY LUNCH 11 a.m. Eric Gulbrandsen Entertains in the Dining Room 5 p.m. Movie: Forever My Girl FAREWELL TO SARAH</p>	<p>4 CLOSED FOR HOLIDAY</p>	<p>5 LUNCH & LEARN 9:15 a.m. Meditation Class Begins 10 a.m. New Yoga Session Begins 10:30 a.m. Strawberry Short Cakes 12 p.m. Lunch & Learn: Big Y Pharmacy Discusses Hypertension 1:15 p.m. Classic Movie: A Farewell To Arms (78 Min)</p>	<p>6 11:15 a.m. Horse Races</p>
<p>9 1:15 p.m. Movie: Red Sparrow (R, 140 Min)</p>	<p>10 GREENHOUSE OPEN HOUSE 9 a.m. - 11:30 a.m. Greenhouse Open House & Plant Sale 10 a.m. Caregiver Support Group 11 a.m. Piano Performance 5 p.m. Movie: Red Sparrow 5 p.m. New Yoga Session Begins</p>	<p>11 OUTSIDE CONCERT 10 a.m. Friends Meeting 12 p.m. Kat Kennedy Performs in the Park 2 p.m. Trivia</p>	<p>12 9:15 a.m. Meditation Class 10:30 a.m. State Senator Lesser Office Hours 11 a.m. Piano Performance 1 p.m. Cribbage Begins 1:15 p.m. Classic Movie: Dean Martin Variety Show (60 Min)</p>	<p>13 1:30 p.m. Book Club</p>
<p>16 10 a.m. Chair Exercise Begins 1:15 p.m. Movie: The 15:17 To Paris (R, 135 Min)</p>	<p>17 HOT DOG DAY 10:30 a.m. Hot Dogs in the Lounge 1 p.m. Brown Bag 1:15 p.m. "I Pagliacci" Opera Screening 5 p.m. Movie: The 15:17 To Paris 5 p.m. Evening Yoga</p>	<p>18 BIRTHDAY LUNCH 10:30 a.m. New Senior Center Update 11:30 Chorus Performs 4:30 p.m. COA Board Meeting</p>	<p>19 9:15 a.m. Meditation Class 9:30 Ware Walmart Trip 10 a.m. Chair Exercise 1 p.m. Cribbage 1:15 p.m. Classic Movie: Meet John Doe (123 Min)</p>	<p>20 10:00 a.m. Memory Cafe</p>
<p>23 10 a.m. Chair Exercise 1:15 p.m. Movie: Love, Simon (PG-13, 104 Min) 1:30 p.m. - 3:30 p.m. RMV Near Me</p>	<p>24 11:30 a.m. Baseball Trip 5 p.m. Movie: Love, Simon 5 p.m. Evening Yoga 5:30 p.m. Evening Jewelry</p>	<p>25 FRIENDS FUNDRAISER AT VILLA ROSE 8:15 a.m. Facials 9:30 a.m. Jewelry Class 11:30 a.m. Lunch Bunch Trip</p>	<p>26 9:15 a.m. Meditation Class 10 a.m. Chair Exercise 1 p.m. Cribbage 1:15 p.m. Classic Movie: Dean Martin Variety Show (60 Min)</p>	<p>27 8:30 a.m. Men's Breakfast In Ludlow 1:30 p.m. Book Club</p>
<p>30 10 a.m. Chair Exercise 1:15 p.m. Movie: I Can Only Imagine (PG-13, 104 Min)</p>	<p>31 1 p.m. Hearing Appointments 5 p.m. Movie: I Can Only Imagine 5 p.m. Evening Yoga</p>	<p>Lunch is served at Noon. We appreciate it if you check in at the nutrition table 10 to 15 minutes before we serve.</p>		