

JUNE ACTIVITIES CALENDAR

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

EVERYDAY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The Senior Center will be <u>closed</u> Monday, July 3rd & Tuesday, July 4th</p>			<p>1 10:00 Drop-In Nurse 1:15 "Must See" Movie: Anchors Aweigh (140 Min)</p>	<p>2 9:00 TRX Fusion 11:15 Horse Races</p>
<p>5 12:30 Eastfield Mall And Stop & Shop Trip 1:15 Movie Matinee: La La Land (PG-13, 128 Min)</p>	<p>6 1:00 Decorating Group 4:00 - 7:00 Ceramics 5:00 Movie: La La Land</p>	<p>7 1:15 Presentation Of Matt's Cruise On The Rhine River</p>	<p>8 LUNCH & LEARN 10:00 Drop-In Nurse 10:30 Sen. Lesser Hours Noon Lunch & Learn: Estate Planning 101</p>	<p>9 1:30 Book Club</p>
<p>12 1:15 Movie Matinee: Split (PG-13, 117 Min)</p>	<p>13 4:00 - 7:00 Ceramics 5:00 Movie: Split</p>	<p>14 10:00 Friends Meeting 2:00 Trivia</p>	<p>15 LUNCH & LEARN 10:00 Drop-In Nurse Noon Lunch & Learn: Are You Safe Against Cyber-Attacks? 1:15 "Must See" Movie: The Tender Trap (111 Min)</p>	<p>16 FATHER'S DAY LUNCH 11:00 Concert In Dining Room</p>
<p>19 1:15 Movie Matinee: Hidden Figures (PG, 127 Min)</p>	<p>20 1:00 - 3:00 Brown Bag 4:00 - 7:00 Ceramics 5:00 Movie: Hidden Figures</p>	<p>21 BIRTHDAY LUNCH 10:30 New Senior Center Update 11:30 Chorus Performs 4:30 COA Board Meeting</p>	<p>22 10:00 Drop-In Nurse 1:30 - 3:00 RMV Near Me</p>	<p>23 1:30 Book Club</p>
<p>26 1:15 Movie Matinee: The Founder (PG-13, 115 Min)</p>	<p>27 CONCERT IN THE PARK 9:00 TRX Fusion Noon Dave Colucci Performs In Park 1:00 Hearing Appts 4:00 - 7:00 Ceramics 5:00 Movie: The Founder 5:30 Evening Jewelry</p>	<p>28 8:15 Facials Appts 9:30 Jewelry Class 10:00 TRIAD 10:30 Veterans Agent Office Hours</p>	<p>29 10:00 Drop-In Nurse 1:15 "Must See" Movie: Shall We Dance (109 Min)</p>	<p>30 4TH OF JULY LUNCH 8:30 Men's Breakfast In Wilbraham 9:00 TRX Fusion 11:00 Concert In Dining Room</p>

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