

MAY 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 12:30 Eastfield Mall And Stop & Shop Trip 1:15 Movie Matinee: Lion (PG-13, 118 Min)	2 9:00 TRX Fusion 1:00 Decorating Group 4:00 - 7:00 Ceramics 5:00 Movie: Lion	3 3:00 Mindfulness Meditation	4 9:30 Senior Social Club 10:00 Drop-In Nurse 1:15 "Must See" Movie: The Big Trees (95 Min)	5 9:00 TRX Fusion
8 1:15 Movie Matinee: Moana (PG, 107 Min)	9 9:00 TRX Fusion Noon: Lunch & Learn - Know The 10 Signs 4:00 - 7:00 Ceramics 5:00 Movie: Moana	10 10:00 Friends Meeting 3:00 Mindfulness Meditation	11 9:30 Senior Social Club 10:00 Drop-In Nurse 10:30 Sen. Lesser Office Hours Noon: Lunch & Learn - Senior Medicare Patrol Program	12 MOTHER'S DAY LUNCH 11:00 Pierce Campbell Performs 1:30 Book Club
15 1:15 Movie Matinee: Collateral Beauty (PG-13, 94 Min)	16 9:30 Hadley Mall Trip 9:00 TRX Fusion 1:00 - 3 Brown Bag 4:00 - 7:00 Ceramics 5:00 Movie: Collateral Beauty	17 BIRTHDAY LUNCH 10:30 New Senior Center Update 11:30 Chorus Performs 3:00 Mindfulness Meditation 4:30 COA Board Meeting	18 9:30 Senior Social Club 10:00 Drop-In Nurse 1:15 "Must See" Movie: State Fair (100 Min)	19 CarFit Appointments
22 1:15 Movie Matinee: Jackie (R, 100 Min)	23 9:30 Pickity Place Trip 9:00 TRX Fusion 4:00 - 7:00 Ceramics 5:00 Movie: Jackie 5:30 Trivia	24 8:15 Facial Appts 9:30 Jewelry Class 10:00 TRIAD Coffee Hour 10:30 Vets Agent Hours 3:00 Mindfulness Meditation	25 9:30 Senior Social Club 10:00 Drop-In Nurse 1:30-3:30 RMV Near Me	26 MEMORIAL DAY LUNCH 8:30 Men's Breakfast In Ludlow 11:00 Surprise Performer 1:30 Book Club
29 CENTER CLOSED FOR MEMORIAL DAY Meet us at the Center at 7:30 a.m. or on Warren Street at 8:00 a.m.	30 9:00 TRX Fusion 1:00 Hearing Appts 4:00 - 7:00 Ceramics 5:00 Movie: Girl On The Train (R, 112 Min)	31 9:30 Mystery Trip 3:00 Mindfulness Meditation	<u>March with us in the Ludlow Memorial Day Parade!</u> The parade route is less than 2 miles long and we walk at a very leisurely pace. If you would like to walk part of the route and then ride in the van, that is no problem! Join us Monday, May 29 th . We'll meet at the Center by 7:30 a.m. If you want to join us see Debbie.	

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 Pedicures
 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