

NOVEMBER ACTIVITIES CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 a.m. Opera: Carmen 1 11:30 a.m. Magic with Lendini 1:15 p.m. Classic Movie: East of Eden 118 minutes.	2 9:30 a.m. Matter of Balance 11:15 a.m. Horse Races 1:15 p.m. Movie: Grace & Frankie Rated R
5 NATIONAL DONUT DAY 10:30 a.m. National Donut Day samples in Lounge 12:30 p.m. Eastfield Mall, Or Stop & Shop Trip 1:15 p.m. Movie: Mama Mia 2 Rated PG-13 114 minutes	6 10:00 a.m. Move-N-Groove 12 p.m. Lunch & Learn: Tom Bianco, PT "Taking care of your knees" 1 p.m. Decorating Group 3:00 p.m. **New Yoga Class	7 1:00 p.m. FREE Paraffin Wax Hand Treatments	8 10:00 a.m. Opera: Carmen 2 10:30 a.m. State Senator Lesser Office Hours 1:15 p.m. Classic Movie: GI Blues 104 minutes	9 VETERANS DAY LUNCH 11:15 a.m. Veterans Ceremony 1:30 p.m. Book Club
12 CLOSED FOR HOLIDAY	13 10 a.m. Caregiver Support Group 10:00 a.m. Move-N-Groove 3:00 p.m. **New Yoga Class	14 BIRTHDAY LUNCH 10 a.m. Friends Meeting 11:30 Chorus Performs 2 p.m. Trivia	15 10:30 a.m. "Coffee Talk" with Fire Chief Ryan Pease 1:15 p.m. Classic Movie: Streetcar Named Desire 127 minutes	16 10:00 a.m. Memory Café 1:15 p.m. Movie: Grace & Frankie Rated R
19 1:15 p.m. Movie: The Spy That Dumped Me Rated R 116 minutes 1:30 p.m. RMV Near Me	20 THANKSGIVING LUNCH 11 a.m. Tony Rarus Performs 3:00 p.m. **New Yoga Class (NO BROWN BAG TODAY)	21 10:30 a.m. New Senior Center Update 1 p.m. Brown Bag with Girl Scouts 4:30 p.m. COA Board Meeting	22 CLOSED FOR HOLIDAY	23 CLOSED FOR HOLIDAY
26 10:30 a.m. Decorate and Fill a Snowman Jar 1:15 p.m. Movie: Benched NR 111 minutes	27 10:00 a.m. Move-N-Groove 1 p.m. Hearing Appointments 3:00 p.m. **New Yoga Class	28 8:15 a.m. Facials 9:30 a.m. Jewelry Class 10 a.m. TRIAD 10:30 a.m. Veterans Agent Office Hours	29 1:15 p.m. Classic Movie: Man With the Golden Arm 118 minutes	30 8:30 a.m. Men's Breakfast In Ludlow 1:15 p.m. Movie: Grace & Frankie Rated R