

SEPTEMBER ACTIVITIES CALENDAR

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

EVERYDAY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>New Policy: If you are a “no-show” to lunch more than once during the month, you will be billed for NOT cancelling your reservation. Please cancel by 9 a.m. each morning.</p>				
<p>4</p> <p>CLOSED FOR HOLIDAY</p>	<p>5</p> <p>1:00 Decorating Group 4:00 - 7:00 Ceramics 5:00 Movie: Miss Slone (R, 129 Min)</p>	<p>6</p> <p>9:00 Lupa Zoo Trip</p>	<p>7</p> <p>10:00 Drop-In Nurse 1:15 “Must See” Movie: Room Service (78 Min)</p>	<p>8</p> <p>11:15 Horse Races 1:30 Book Club</p>
<p>11</p> <p>12:30 Eastfield Mall And Stop & Shop Trip 1:15 Movie Matinee: Before I Fall (PG-13, 99 Min)</p>	<p>12</p> <p>9:00 TRX Fusion 10:00 - 11:30 Caregiver Support Group 4:00 - 7:00 Ceramics 5:00 Movie: Before I Fall</p>	<p>13</p> <p>10:00 Friends Meeting 2:00 Trivia</p>	<p>14</p> <p>9:30 Ware Walmart Trip 10:00 Drop-In Nurse 10:30 Senator Lesser Office Hours 1:15 “Must See” Movie: The Story Of Vernon And Irene Castle (93 Min)</p>	<p>15</p> <p>9:00 TRX Fusion</p>
<p>18</p> <p>1:15 Movie Matinee: Going In Style (PG-13, 96 Min)</p>	<p>19</p> <p>9:00 TRX Fusion 9:30 Big E Trip 1:00 - 3 Brown Bag 4:00 - 7:00 Ceramics 5:00 Movie: Going In Style 5:00 Volleyball begins</p>	<p>20 BIRTHDAY LUNCH</p> <p>11:30 Chorus Performs 4:30 COA Board Meeting</p>	<p>21 LUNCH & LEARN</p> <p>10:00 Drop-In Nurse 12:00 L&L Stanley Boyko: Enfield & The Quabbin Reservoir 1:15 “Must See” Movie: At The Circus (87 Min)</p>	<p>22</p> <p>NO TRX Fusion 1:30 Book Club</p>
<p>25</p> <p>1:15 Movie Matinee: Snatched (R, 90 Min) 1:30 - 3:30 RMV Near Me</p>	<p>26 OUTDOOR CONCERT</p> <p>9:00 TRX Fusion Noon Kat Kennedy Performs 1:00 Hearing Appts 4:00 - 7:00 Ceramics 5:00 Movie: Snatched</p>	<p>27</p> <p>8:15 Facials 9:30 Jewelry Class 10:00 TRIAD 10:30 Veterans Agent Office Hours</p>	<p>28</p> <p>10:00 Drop-In Nurse 11:00 Lunch Bunch Trip 1:15 “Must See” Movie: His Girl Friday (92 Min)</p>	<p>29</p> <p>8:30 Men’s Breakfast In Ludlow 9:00 TRX Fusion</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