

September 2022 Activities Calendar

Ludlow Senior Center

(413) 583-3564

www.ludlow.ma.us

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Fitness Room Instruction is available to learn how to use the equipment on Wednesdays 8-10am. Call for an appointment.</i></p>	<p>FS = Fitness Studio AC = Arts & Crafts CR = Conference Room GR = Great Room RR = Game Room WC = Wellness Center</p>		<p>1 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 12:30pm Billiards Round Robin 1:00pm: Foot Care by Appt (WC) 1:00pm: Mahjong (RR) 1:00pm: Fishing Meeting (CR) 2:30pm: Active Yoga (FS)</p>	<p>2 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:00am: Cornhole on the lawn 1:00pm: Ceramics (AC)</p>
<p>5</p> <p>CENTER CLOSED</p> <p>Labor Day!</p>	<p>6 9:00am: Quilting/Line Dancing 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm:Billiards Round Robin 12:30pm: Blood Pressure CK (WC) 1:00pm: Dance! (FS) 1:00pm: Decorating 1:30: Bingo</p>	<p>7Gardening 9:00 Ceramics (AC) 10:00am: Zumba Gold (FS) 10:00am: Veteran's Services 10:00am: Tea with the TA 11:00am: Lunch Bunch 1:00pm Savvy Caregiver (CR) 1:00pm:POMS</p>	<p>8 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:30am: Senator Lesser Office 10:30am: Friends Mtg (AC) 12:30pm:Billiards Round Robin 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p>	<p>9 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:00am: Cornhole on the lawn 10:30am: Trivia 1:00pm: Ceramics (AC)</p>
<p>12 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 12:30pm:Billiards Travel League 1:00pm:Scrabble (Café) 1:15pm: Pitch (RR) 2:00pm:Watercolor Pencils (AC) 2:30pm:Zumba Gold (FS)</p>	<p>13 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm Billiards Round Robin 12:30pm: Blood Pressure (WC) 1:00pm: Dance! (FS) 1:30pm: PRIZE BINGO! (GR)</p>	<p>14 8:00am: Gardening 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 10:00am Opera (CR) 12:00pm : Lunch and Learn 1:00pm Savvy Caregiver (CR) 1:00pm: <i>Under the Tuscan Sun</i></p>	<p>15 8:30am: Foot Care by Appt 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: September Craft (AC) 12:30pm Billiards Round Robin 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p>	<p>168:45am:Boomer Bootcamp (FS) 9:00am: Carfit (Outside) 9:30am: Jewelry (RR) 10:00am:Boomer Bootcamp(FS) 10:00am: Blood Pressure CK (WC) 10:00am: Cornhole on the lawn 1:00pm: Ceramics (AC) 1:00pm: Guidance By Li (RR)</p>
<p>19 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 12:30pm:Billiards Travel League 1:00pm:Scrabble (Café) 1:15pm: Pitch (RR) 2:30pm:Zumba Gold (FS)</p>	<p>20 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:30am: Gentle Yoga (FS) 12:30pm:Billiards Round Robin 12:30pm: Blood Pressure CK (WC) 1:00pm: Brown Bag 1:00pm: Dance! 1:30Bingo (GR)</p>	<p>21 8:00am: Gardening 9:00am: Ceramics (AC) 9:00am: Facials by appt (WC) 10:00am: Zumba Gold (FS) 1:00pm Savvy Caregiver (CR) 1:00pm: <i>And So it Goes</i> 4:30pm: COA Meeting (CR)</p>	<p>22 8:30: Foot Care by Appt (WC) 9:30am: Dominos (RR) 10:00am: TED Talk (CR) 12:30: Hearing Clinic (WC) 12:30pm:Billiards Round Robin 1:00pm: Tai Chi (FS) 1:00pm: Mahjong (RR) 2:00pm: Book Club/ 2:30: Yoga</p>	<p>23 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:00am: Cornhole on the lawn 1:00pm: Ceramics (AC)</p>
<p>26 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 12:30pm:Billiards Travel League 1:00pm:Scrabble (Café) 1:15pm: Pitch (RR) 1:30pm: Forget Me Not Café (CR) 2:00pm:Watercolor /2:30 Zumba</p>	<p>27 9:00am: Quilting/Line Dancing 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm:Billiards Round Robin 12:30pm: Blood Pressure CK (WC) 1:00pm: Dance! (FS) 1:30pm: Bingo (GR)</p>	<p>28 8:00am: Gardening 9:00am: Ceramics (AC) 9:00am: Facials by appt (WC) 10:00am: Zumba Gold (FS) 10:00am: Opera (CR) 1:00pm Savvy Caregiver (CR) 1:00pm: <i>The Bucket List</i></p>	<p>29 9:00am: Big E 8:30: Foot Care by Appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: Sept Paint Craft (AC) 12:30pm:Billiards Round Robin 1:00pm: Mahjong/2:30: Yoga</p>	<p>30 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:00am: Cornhole on the lawn 1:00pm: Ceramics (AC)</p>

September 2022 Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch is served at Noon. Please be seated by 11:45am. We cannot guarantee your meal if you arrive late. Lunch is \$2. Please call a day ahead to make your lunch reservation(s). (Call Friday for Monday) No substitutions can be given. Please report any allergies. Please do not save seats ~ all are welcome!</p>		<p><i>All of our servers work hard everyday to make sure everyone receives their meal. And they are all volunteers! Be sure to thank them!</i></p>	<p>1 Ranch Chicken Rice Pilaf Mixed Vegetables</p>	<p>2 Tuna Salad Plate</p>
<p>5 CENTER CLOSED LABOR DAY</p>	<p>6 BLT Grinders Tater Tots</p>	<p>7 Breaded Pork Chop Au Gratin Potatoes Carrots</p>	<p>8 American Chop Suey Garlic Bread</p>	<p>9 Sweet and Sour Chicken White Rice Peas</p>
<p>12 Stuffed Shells Caesar Salad</p>	<p>13 Cobb Salad</p>	<p>14 Reuban Casserole Roasted Potatoes</p>	<p>15 Birthday Lunch! Salisbury Steak Mashed Potatoes Vegetable</p>	<p>16 Stuffed French Toast Casserole Breakfast Sausage</p>
<p>19 Baked Cod Garden Rice Green Casserole</p>	<p>20 Pepperoni Pizza Small Salad</p>	<p>21 Asian Chicken Salad</p>	<p>22 Ham and Broccoli Casserole Biscuit</p>	<p>23 Vegetable Chili Baked Potato</p>
<p>26 Baked Salmon Rice Pilaf Broccoli</p>	<p>27 Turkey Waldorf Salad Plate</p>	<p>28 Hamburger Chow Mein Mixed Vegetables</p>	<p>29 BBQ Riblet Sandwich Fries Cole Slaw</p>	<p>30 Meat Lasagna Small Salad</p>