

JANUARY 2022 ACTIVITIES CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 1:15pm: Pitch (RR)	4 9:00am: Quilting (AC) 9:15am: Line Dancing (FS) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Swing Dancing (FS) 1:00pm: Decorating Meeting 1:30pm: Bingo (GR)	5 9:00am: Ceramics (AC) 9:30am: Jewelry Class (CR)	6 9:00am: Tai Chi (FS) 10:00am: Dominos (RR) 1:00pm: Mahjong (RR) 1:30pm: Foot Care by Appt (WC)	7 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 10:30am: Trivia (RR) 1:00pm: Ceramics
10 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 1:15pm: Pitch (RR) Massage by Appointment	11 9:00am: Quilting (AC) 9:15am: Line Dancing (FS) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Swing Dancing (FS) 1:30pm: Bingo with PRIZE! ** (GR)	12 9:00am: Ceramics (AC) 10:00am: Opera (CR) 10:00am: Veterans' Services	13 8:30am: Foot Care by Appt 9:00am: Tai Chi (FS) 10:00am: Dominos (RR) 10:30am: Friends Mtg (CR) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	14 <u>EXERCISE ROOM CLOSED</u> 8:45am:Boomer Bootcamp (FS) 9:00am: Bagel Day (Café) 10:00am:Boomer Bootcamp(FS) 1:00pm: Ceramics
17 <p style="text-align: center;">CENTER CLOSED</p> <p><u>(EXERCISE ROOM CLOSED ON THE 18th and 19th)</u></p>	18 9:00am: Quilting (AC) 9:15am: Line Dancing (FS) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Swing Dancing (FS) 1:00pm: Brown Bag Pick up 1:30pm: Bingo (GR)	19 <u>EXERCISE ROOM CLOSED</u> 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 1:00pm: January Craft (AC) 4:30pm: COA Meeting (CR)	20 8:30am: Foot Care by Appt 9:00am: Tai Chi (FS) 10:00am: Dominos (RR) 10:00am: Meet the Author (CR) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	21 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Guidance By Li (CR)
24 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 1:15pm: Pitch (RR) Massage by Appointment	25 9:00am: Quilting (AC) 9:15am: Line Dancing (FS) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Swing Dancing (FS) 1:30pm: Bingo (GR)	26 9:00am: Ceramics (AC) 10:00am: Opera (CR) 10:00am: Zumba Gold (FS) 1:30pm: Tip of the Tongue (CR) Facials by Appointment (WC)	27 8:30am: Foot Care by Appt 9:00am: Tai Chi (FS) 10:00am: Dominos (RR) 10:00am: TED Talk (CR) 1:00pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:30pm: Active Yoga (FS)	28 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 1:00pm: Ceramics (AC)
31 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 1:15pm: Pitch (RR) 1:30pm:Forget Me Not Café (AC) 2:00pm: Water Color Pencil (AC)	** Bingo on January 11th will have a special prize sponsored by Chicopee Rehabilitation! You won't want to miss out!!		<u>Everyday:</u> ~Café 8am-11am ~Exercise Room 8am-3pm ~Walking Group 7am & 8am ~Billiards 8am - 3pm	