

June 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 DR = Dining Room</p>	<p>1 8:00am: Gardening 9:00am: Ceramics (AC) 9:30am: Jewelry (AC) 10:00am: Tea with TA 10:00am: Zumba Gold (FS) 1:00pm: The Secret (RR) 1:30pm: Belly Dancing (FS)</p>	<p>2 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: Beginner Tai Chi (FS) 1:00pm: Mahjong (RR) 1:00pm: Foot Care by Appt (WC) 1:00pm: Fishing Meeting (CR) 2:30pm: Active Yoga (FS)</p>	<p>3 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC)</p>
<p>69:00am: Knitting (AC) 10:00am: Massage 10:00am:Boomer Bootcamp (FS) 1:00pm:Scrabble (RR) 1:15pm: Pitch (GR) 2:00pm: Watercolor (AC) 2:30pm:Zumba Gold (FS)</p>	<p>7 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Dance! (FS) 1:30pm: Bingo (GR) 1pm: Decorating</p>	<p>8 8:00am: Gardening 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 1:00pm: The Tender Bar(RR) 1:00pm: June Flower Craft (AC) 1:30pm: Belly Dancing (FS)</p>	<p>9 8:30am: Foot Care by Appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:30am: Friends Mtg; Sen Lesser 11:15am: Lunch Bunch 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p>	<p>10 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 10:00am: Railroad History(RR) 1:00pm: Ceramics (AC)</p>
<p>13 9:00am: Knitting (AC) 10:00am: Massage (WC) 10:00am:Boomer Bootcamp (FS) 1:00pm:Scrabble (RR) 1:15pm: Pitch (GR) 2:30pm:Zumba Gold (FS)</p>	<p>14 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure (WC) 1:00pm: Dance! (FS) 1:30pm: Bingo (GR)</p>	<p>15 8:00am: Gardening 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 10:30am: Strawberry Shortcake! 1:00pm: Joe Bell (RR) 1:30pm: Belly Dancing (FS) 4:30pm: COA meeting</p>	<p>16 8:30am: Foot Care by Appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: TED Talk (CR) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p>	<p>17 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 11:00am: Joe Pereira Music(DR) 1:00pm: Ceramics (AC) 1:00pm: Guidance By Li (RR)</p>
<p>20 CENTER CLOSED</p>	<p>21 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Veteran's Services 10:00am: Cribbage (RR); Smoothies!! 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Dance! (FS) 1:00pm: Brown Bag 1:30 Prize Bingo</p>	<p>22 8:00am: Gardening 8:15am: Facials by Appt (WC) 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 1:00pm: Fisherman's Friend(RR) 1:00pm: June Craft Painting (AC) 1:30pm: Belly Dancing (FS)</p>	<p>23 8:30: Foot Care by Appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 1:00pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:30pm: Active Yoga (FS)</p>	<p>24 8:45am:Boomer Bootcamp 10:00am:Boomer Bootcamp(FS) 10:30am: Trivia (RR) 11:15am: Lunch Bunch 1:00pm: Ceramics (AC)</p>
<p>27 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 1:00pm:Scrabble (RR) 1:15pm: Pitch (GR) 1:30pm Forget Me Not Café (CR) 2:00pm: Watercolor (AC) 2:30pm:Zumba Gold (FS)</p>	<p>28 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Dance! (FS) 1:30pm: Bingo (GR)</p>	<p>29 8:00am: Gardening 8:15am: Facials by appt 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 1:00pm: Marry Me (RR) 1:30pm: Belly Dancing (FS)</p>	<p>30 8:30: Foot Care by Appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p>	<p>Everyday: ~Café: 8am-11am ~Exercise Room: 8am-3pm ~Walking Group: 7am & 8am ~Billiards: 8am - 3pm</p>