

May 2022 Activities Calendar

Ludlow Senior Center

(413) 583-3564

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Page 5

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 10:00am: Computer Class (CR) 1:00pm:Scrabble (RR) 1:15pm: Pitch (GR) 2:30pm:Zumba Gold (FS)	3 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: Country Dancing (FS) 1:00pm: Decorating Committee (RR) 1:30pm: Bingo (GR)	4 8:00am: Gardening 9:00am: Ceramics (AC) 9:30am: Jewelry (AC) 10:00am: Opera (CR) 10:00am: Zumba Gold (FS) 1:00pm: Coda (RR) 1:30pm: Belly Dancing (FS) 1:30pm: Craft Fill a Bag	5 9:00am: Tai Chi (FS) 10:00am: Beginner Tai Chi (FS) 10:00am: Dominos (RR) 10:30am: Taste of Cinco de Mayo 1:00pm: Mahjong (RR)/Foot Care 1:00pm: Fishing (CR) 2:30pm: Active Yoga (FS) Foot Care by Appt (WC)	6 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 10:30am: Trivia (RR) 11:00am Richie Mitnick music 1:00pm: Ceramics (AC)
9 9:00am: Knitting (AC) 10:00am: Massage/ Computers 10:00am:Boomer Bootcamp (FS) 1:00pm:Scrabble (RR) 1:15pm: Pitch (GR) 2:00pm: Watercolor 2:30pm:Zumba Gold (FS)	10 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: Country Dancing (FS) 1:30pm: Bingo (GR)	11 8:00am: Gardening 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 1:00pm: Eyes of Tammy Faye (RR) 1:30pm: Belly Dancing (FS)	12 8:30am: Foot Care by Appt 9:00am: Tai Chi (FS) 10:00am: Dominos (RR) 10:30am: Friends Mtg (AC) 11:15am: Lunch Bunch 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	13 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 1:00pm: Ceramics (AC)
16 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 10:00am: Computer Class (CR) 1:00pm:Scrabble (RR) 1:15pm: Pitch (GR) 2:30pm:Zumba Gold (FS)	17 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:00am: Veteran's Services Office Hour 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure (WC) 1:00-3:00: Brown Bag pick up 1:00pm: Country Dancing (FS) 1:30: Bingo	18 8:00am: Gardening 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 10:00am: Opera (CR) 1:00pm: Belfast (RR) 1:00pm: Shredding Event 1:30pm: Belly Dancing (FS) 4:30pm: COA meeting	19 Foot Care Cancelled 9:00am: Tai Chi (FS) 10:00am: Dominos (RR) 10:00am: TED Talk (CR) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	20 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC)
23 9:00am: Knitting (AC) 10:00am: Massage/ Computers 10:00am:Boomer Bootcamp (FS) 1:00pm:Scrabble (RR) 1:15pm: Pitch (GR) 1:30pm: Memory Cafe 2:00pm: Watercolor 2:30pm:Zumba Gold (FS)	24 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: Country Dancing (FS) 1:30pm: PRIZE BINGO (GR)	25 8:00am: Gardening 8:15am: Facials by appt 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 1:00pm: Spencer (RR) 1:00pm: May Craft Painting (AC) 1:30pm: Belly Dancing (FS)	26 8:30: Foot Care by Appt (WC) 9:00am: Tai Chi (FS) 10:00am: Dominos (RR) 1:00pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:30pm: Active Yoga (FS)	27 8:45am:Boomer Bootcamp 10:00am:Boomer Bootcamp(FS) 11:00am:David Colucci Music 1:00pm: Ceramics (AC) 1:00pm: Guidance By Li (RR)
30 CENTER CLOSED Memorial Day Observance	31 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: Country Dancing (FS) 1:30pm: Bingo (GR)	<i>Fitness Room Instruction is available to learn how to use the equipment on Wednesdays 8-10am. Call for an appointment.</i>	FS = Fitness Studio AC = Arts & Crafts CR = Conference Room GR = Great Room RR = Game Room WC = Wellness Center DR = Dining Room	Everyday: ~Café: 8am-11am ~Exercise Room: 8am-3pm ~Walking Group: 7am & 8am ~Billiards: 8am - 3pm

MAY 2022 Lunch Menu

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Page 6

Monday	Tuesday	Wednesday	Thursday	Friday
2 Fish and chips Cole slaw	3 Ham and broccoli Casserole	4 <u>Grab and Go:</u> Kielbasa Lazy pierogi	5 Stuffed shells Small Caesar salad	6 Mother's Day Lunch! Chicken marsala White rice Mixed vegetable
9 Beef stroganoff Egg noodles Green beans	10 Tuna salad plate	11 <u>Grab and Go:</u> Chicken patty sandwich	12 Vegetable chili Baked potato	13 Pizza Small salad
16 Baked cod Rice pilaf Broccoli	17 Spaghetti and meatballs Garlic bread	18 <u>Grab and Go:</u> Chef Salad	19 Birthday Lunch! Stuffed pork chop Scalloped potatoes Mixed vegetable	20 Shepherd's pie Corn bread
23 Macaroni and cheese Stewed tomatoes	24 Open faced BBQ pulled pork sandwich Sweet potato fried	25 FINAL <u>Grab and Go:</u> Meatloaf	26 Seafood salad on a croissant Tater tots	27 Memorial Day Lunch! BBQ chicken Corn Potato salad
30 CENTER CLOSED	31 Cobb Salad Dinner roll	REMINDERS from Chris' Kitchen... ~This is the last month of Grab and Go. I hope to see you inside for our delicious lunches! ~PLEASE be sure to cancel your lunch reservation if you cannot join us! Unfortunately if you pre-pay and do not show up, you will not be credited for that day. Thank you for your help and understanding!		