



NOVEMBER 2021 ACTIVITIES CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:00am: Garden Club 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 1:15pm: Pitch (RR)	2 9:00am: Quilting (AC) 9:15am: Line Dancing (FS) 10:30am: Yoga (FS) 12:30pm: Blood Pressure CK 1:00pm: Decorating Group (CR) 1:30pm: Bingo (GR)	3 9:00am: Ceramics (AC) 9:30am: Jewelry Class (CR) 1:00pm:My Life My Health (CR) 1:30pm: Belly Dancing (FS)	4 9:00am: Tai Chi (FS) 10:00am: Cranberry Day (Café) 10:00am: Dominos (CR) 1:00pm: Mahjong (RR)	5 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 1:00pm: Ribbon Cutting and Ceremony
8 8:00am: Garden Club 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 10:00am: Massage by Appointment (WC) 1:15pm: Pitch (RR)	9 9:00am: Quilting (AC) 9:15am: Line Dancing (FS) 10:00am: Veteran Services 10:30am: Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:30pm: Bingo (GR)	10 9:00am: Ceramics (AC) 10:00am: Opera Group (CR) 1:30pm: Belly Dancing (FS) 1:30pm: Friends Meeting (GR)	11 CENTER CLOSED 	12 CENTER CLOSED
15 8:00am: Garden Club 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 1:15pm: Pitch (RR)	16 9:00am: Quilting (AC) 9:15am: Line Dancing (FS) 10:30am: Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Brown Bag Pick up 1:00pm: Tip of the Tongue (CR) 1:30pm: Bingo (GR)	17 9:00am: Ceramics (AC) 1:00pm: Fall Craft (AC) 1:30pm: Belly Dancing (FS) 4:30pm: COA Meeting (CR)	18 9:00am: Tai Chi (FS) 10:00am: Dominos (CR) 1:00pm: Mahjong (RR) 2:00pm: Book Club (CR)	19 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Guidance By Li (CR)
22 8:00am: Garden Club 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 10:00am: Massage by Appointment (WC) 1:15pm: Pitch (RR)	23 9:00am: Quilting (AC) 9:15am: Line Dancing (FS) 10:30am: Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Tip of the Tongue (CR) 1:30pm: Bingo (GR)	24 9:00am: Facials by Appt (WC) 9:00am: Ceramics (AC) 10:00am: Opera Group (CR) 1:30pm: Belly Dancing (FS)	25 CENTER CLOSED 	26 CENTER CLOSED
29 8:00am: Garden Club 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 1:15pm: Pitch (RR) 1:30pm: Forget Me-Not Café CR	30 9:00am: Quilting (AC) 9:15am: Line Dancing (FS) 10:30am: Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Tip of the Tongue (CR) 1:30pm: Bingo (GR)	Everyday: ~Café 8am-11am ~Exercise Room 8am-3pm ~Walking Group 7, 8, 9am ~Billiards 8am-3pm	AC= Arts+Crafts Room CR=Conference Room FS=Fitness Studio* GR=Great Room RR=Game Room WC= Wellness Center	*All Fitness Classes are in the Fitness Studio.