


# OCTOBER 2021 ACTIVITIES CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Everyday:</b> ~Café 8am-11am ~Exercise Room 8am-3pm ~Walking Group 7, 8, 9am <b>Billiards Senior Travel League:</b> Mondays 12-3:30pm	AC= Arts+Crafts Room CR=Conference Room FS=Fitness Studio* GR=Great Room RR=Game Room			<b>1</b> 8:45am: Boomer Boot Camp 10:00am:Boomer Boot Camp 10:30am: Trivia (RR) 1:00pm: Ceramics (AC)
<b>4</b> 8:00am: Garden Club 9:00am: Knitting (AC) 10:00am:Boomer Boot Camp(FS) 1:15pm: Pitch (RR) 1:30pm: Watercolor Pencils (AC)	<b>5</b> 9:00am: Quilting (AC) 9:15am: Line Dancing (FS) 10:30am: Yoga (FS) 12:30pm: Blood Pressure CK 1:00pm: Decorating Committee 1:30pm: Bingo (GR)	<b>6</b> 9:00am: Ceramics (AC) 10:00am:Coffee with a Cop 1:00pm:My Life My Health (CR) 1:30pm: Belly Dancing	<b>7</b> 9:00am: Tai Chi (FS) 10:00am: Dominos (CR) 10:00am: Frappe Day 11:15am Belly Dancing show 10:30am: Senator Lesser 1:00pm: Mahjong (RR)	<b>8</b> 8:45am:Advance Boot Camp 10:00am:Boomer Boot Camp 1:00pm: Ceramics (AC)
<b>11</b> <b>CLOSED</b> 	<b>12</b> 9:00am: Quilting (AC) 9:15am: Line Dancing (FS) 10:30am: Yoga (FS) 12:30pm: Blood Pressure CK 1:30pm: Bingo (GR)	<b>13</b> 8:30am: Café Unveiling 9:00am: Ceramics (AC) 10:00am: Veteran Services 1:00pm:My Life My Health (CR) 1:00pm: Belly Dancing 1:30pm: Friends Meeting (GR)	<b>14</b> 9:00am: Tai Chi (FS) 10:00am: Dominos (CR) 10-12:30pm: Drive thru Flu Clinic 1:00pm: Mahjong (RR)	<b>15</b> 8:45am:Advance Boot Camp 10:00am:Boomer Boot Camp 10:30am: Trivia (RR) 1:00pm: Ceramics (AC)
<b>18</b> 8:00am: Garden Club 9:00am: Knitting (AC) 10:00am:Boomer Boot Camp(FS) 1:15pm: Pitch (RR) 1:30pm: Watercolor Pencils (AC)	<b>19</b> 9:00am: Quilting (AC) 9:15am: Line Dancing (FS) 10:30am: Yoga (FS) 12:30pm: Blood Pressure CK 1:00pm: Brown Bag Pick up 1:30pm: Bingo (GR)	<b>20</b> 8:30-11:15: Wellness Fair 9:00am: Ceramics (AC) 10:00am: Opera Group 10:00am: Massage (by appt) 1:00pm:My Life My Health (CR) 1:00pm: Belly Dancing 4:30pm: COA Meeting (CR)	<b>21</b> 9:00am: Tai Chi (FS) 10:00am: Dominos (CR) 12:00pm: Birthday Lunch (LR) 1:00pm: Mahjong (RR) 2:00pm: Book Club (CR)	<b>22</b> 8:45am:Advance Boot Camp 10:00am:Boomer Boot Camp 1:00pm: Ceramics (AC)
<b>25</b> 8:00am: Garden Club 9:00am: Knitting (AC) 10:00am:Boomer Boot Camp(FS) 10:00am: Massage (by appt) 1:15pm: Pitch (RR) 1:30pm: Watercolor Pencils (AC)	<b>26</b> 9:00am: Quilting (AC) 9:15am: Line Dancing (FS) 10:30am: Yoga (FS) 12:30pm: Blood Pressure CK 1:30pm: Bingo (GR)	<b>27</b> 9:00am: Facials (by appt) 9:00am: Ceramics (AC) 1:00pm:My Life My Health (CR) 1:00pm: Belly Dancing 2:00pm: Witchcraft Presentation`	<b>28</b> 9:00am: Tai Chi (FS) 10:00am: Dominos (CR) 1:00pm: Mahjong (RR)	<b>29</b> 8:45am:Advance Boot Camp 10:00am:Boomer Boot Camp 11:00pm: Halloween lunch and costume contest! 1:00pm: Ceramics (AC)