


# SEPTEMBER 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> 9:00am: Ceramics (AC) 1:30pm: Belly Dancing (FS)	<b>2</b> 9:00am: Tai Chi (FS) 10:00am: Dominos (CR) 1:00pm: Mahjong (RR)	<b>3</b> 8:45am: Boomer Boot Camp 9:00am: Ceramics (AC) 10:00am:Boomer Boot Camp 10:30am: Trivia (CR)
<b>6</b> <b>CENTER CLOSED</b>  	<b>7</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>8</b> 9:00am: Ceramics (AC) 1:30pm: Belly Dancing (FS) 1:30pm: Friends Meeting(GR)	<b>9</b> 9:00am: Tai Chi (FS) 10:00am: Dominos (CR) 10:30am: Senator Lesser 1:00pm: Mahjong (RR)	<b>10</b> 8:45am:Advance Boot Camp 9:00am: Ceramics (AC) 10:00am:Boomer Boot Camp
<b>13</b> 8:00am: Garden Club 9:00am: Knitting (AC) <b>9:00am: Flu Clinic Drive-Thru</b> 10:00am: Massage (by appt) 10:00am: Boomer Boot Camp (FS) 1:15pm: Pitch (RR) 1:30pm: Watercolor Pencils (AC)	<b>14</b> 9:00am: Quilting (AC) 9:15am: Line Dancing (FS) 10:30am: Yoga (FS) 12:30pm: Blood Pressure CK 1:30pm: Bingo (GR)	<b>15</b> 9:00am: Ceramics (AC) 1:30pm: Belly Dancing (FS) 4:30pm: COA Meeting (CR)	<b>16</b> 9:00am: Tai Chi (FS) 10:00am: Dominos (CR) 12:00pm: Birthday Lunch (LR) 1:00pm: Mahjong (RR)	<b>17</b> 8:45am:Advance Boot Camp 9:00am: Ceramics (AC) 10:00am:Boomer Boot Camp 10:30am: Trivia (CR)
<b>20</b> 8:00am: Garden Club 9:00am: Knitting (AC) 9:30am: Equipment Tune-ups 10:00am:Boomer Boot Camp(FS) 1:15pm: Pitch (RR) 1:30pm: Watercolor Pencils (AC)	<b>21</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>22</b> 9:00am: Ceramics (AC) 2:00pm: Sarah the Fiddler (back patio and lawn)	<b>23</b> 9:00am: Tai Chi (FS) 10:00am: Dominos (CR) 1:00pm: Mahjong (RR) 2:00pm: Book Club (CR)	<b>24</b> 8:45am:Advance Boot Camp 9:00am: Ceramics (AC) 10:00am:Boomer Boot Camp
<b>27</b> 8:00am: Garden Club 9:00am: Knitting (AC) 10:00am: Boomer Boot Camp (FS) 10:00am: Massage (by appt) 10:00am: Tea for 10ish (CR) 1:15pm: Pitch (RR) 1:30pm: Watercolor Pencils (AC)	<b>28</b> 9:00am: Quilting (AC) 9:15am: Line Dancing (FS) 10:30am: Yoga (FS) 12:30pm: Blood Pressure CK 1:30pm: Bingo (GR)	<b>29</b> 9:00am: Facials (by appt) 9:00am: Ceramics (AC) 1:00pm:My Life My Health(CR)	<b>30</b> 9:00am: Tai Chi (FS) 10:00am: Dominos (CR) 1:00pm: Mahjong (RR)	*All Fitness Classes are in the Fitness Studio.