

February 2023 Activities Calendar

Ludlow Senior Center

(413) 583-3564

www.ludlow.ma.us

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Water Color Pencils will return in March!</p>	<p>Tuesday Night Movies! Movies start at 5:00pm! Building is open until 7:00pm on Tuesdays!</p>	<p>1 9:00am: Ceramics (AC) 10:00am: Tea with the TA (Café) 10:00am: Zumba Gold (FS) 1:00pm: <i>Lilies of the Field</i> (RR) 1:00pm: Cornhole (FS)</p>	<p>2 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: Craft (AC) 12:30pm: Billiards Round Robin 1:00pm: Mahjong (RR) 1:00pm: Foot Care (WC) 2:30pm Active Yoga (FS)</p>	<p>3  National Wear Red Day 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 10:00am: Blood Pressure CK (WC) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Magic (CR)</p>
<p>6 9:00am: Knitting (AC) 10:00am Computer Drop In (CR) 10:00am:Boomer Bootcamp (FS) 12:30pm:Billiards Travel League 1:00pm:Scrabble (Café) 1:15pm: Pitch (RR) 1:30pm: Trip to Dollar Tree 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/ VETS agent 12:30pm:Billiards Round Robin 12:30pm: Blood Pressure CK (WC) 1:00pm: Western Dance!Decorate 1:30pm Bingo (GR)</p>	<p>8 9:00am: Ceramics (AC) 10:00am: Opera (CR) 10:00am: Zumba Gold (FS) 12:00pm: Lunch & Learn 1:00pm: <i>Father of the Bride</i>(RR) 1:00pm: Cornhole (FS)</p>	<p>9 8:30am:Foot Care by Appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:30am: Friends Mtg (AC) 12:30pm: Billiards Round Robin 12:30pm: Hearing Clinic (WC) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p>	<p>10 8:45am:Boomer Bootcamp (FS) 9:30am: Jewelry (RR)**date change 10:00am: Superbowl Snacks! (Café) 10:00am:Boomer Bootcamp(FS) 10:00am: Blood Pressure CK (WC) 1:00pm: Ceramics (AC) 1:00pm: Magic (CR)</p>
<p>13 9:00am: Knitting (AC) 10:00am: Computer Drop In (CR) 10:00am:Boomer Bootcamp (FS) 12:30pm:Billiards Travel League 1:00pm:Scrabble(Café) 1:15pm: Pitch (RR) 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 Billiards Round Robin 12:30pm: Blood Pressure (WC) 1:00pm: Western Dance (FS) BINGO CANCELLED</p>	<p>15 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 10:00am: Caregiver Coffee Hour 1:00pm: <i>Lost Valentine</i> (RR) 1:00pm: Cornhole (FS) 1:00pm: TED Talk (CR) 4:30pm: COA Meeting (CR)</p>	<p>16 8:30am: Foot Care by Appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: Craft (AC) 12:30pm: Billiards Round Robin 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p>	<p>17 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 10:00am: Blood Pressure CK (WC) 10:30am: Trivia (RR) 1:00pm: Guidance by Li (RR) 1:00pm: Ceramics (AC) 1:00pm: Magic (CR)</p>
<p>20 CENTER CLOSED</p>	<p>21 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:30am: Gentle Yoga (FS) 12:30pm:Billiards Round Robin 12:30pm: Blood Pressure CK (WC) 1:00pm: Brown Bag 1:00pm: Western Dance! 1:30pm: Bingo (GR)</p>	<p>22 8:00: Facials (WC) 9:00am: Ceramics (AC) 9:30am:Heart Healthy Eat(RR) 10:00am: Opera (CR) 10:00am: Zumba Gold (FS) 11:00am: Lunch Bunch Trip 12:50pm: <i>She Said</i> (RR) 1:00pm: Cornhole (FS)</p>	<p>23 8:30am: Foot Care by appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 12:30pm: Billiards Round Robin 1:00pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:30pm: Active Yoga (FS)</p>	<p>24 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 10:00am: Blood Pressure CK (WC) 1:00pm: Ceramics (AC) 1:00pm: Magic (CR)</p>
<p>27 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 10:00am: Computer Drop In (CR) 12:30pm:Billiards Travel League 1:00pm:Scrabble(Café) 1:15pm: Pitch (RR) 1:30pm: Forget Me Not Café (CR) 2:30pm:Zumba Gold (FS)</p>	<p>28 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:30am: Gentle Yoga (FS) 12:30pm:Billiards Round Robin 12:30pm: Blood Pressure CK (WC) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)</p>		<p>New Office Hours: Senator Oliveira— Thursday Feb 9th at 10:30am Representative Saunders— Tuesday Feb 28th at 10:00am</p>	<p>FS = Fitness Studio AC = Arts & Crafts CR = Conference Room GR = Great Room RR = Game Room WC = Wellness Center</p>

February 2023 Lunch Menu


Food Allergy Concerns? Call the Center to ask about our menu items and ingredients!

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Hot Dog and beans Cole slaw	2 American chop suey	3 Asian chicken salad (contains nuts)
6 Pancake and sausage casserole Hash brown	7 Swedish meatballs Egg noodles carrots	8 Lunch & Learn Veggie pizza Side salad	9 Chicken salad plate Must go soup	10 Cowboy burger Chips Pickle
13 Eggplant parmesan Over pasta roll	14 Valentine's Day Lunch  Ranch chicken Au gratin potatoes Mixed vegetable	15 Ham and broccoli casserole	16 BBQ riblet sandwich Tater tots Corn	17 Open faced turkey Mashed potatoes Green beans
20 CENTER CLOSED	21 Kielbasa Lazy pierogi	22 Ash Wednesday Seafood Newberg over Rice Peas	23 Birthday Lunch Stuffed shells Caesar salad	24 Fish & Chips 3 bean salad
27 Hamburg Chow Mein Vegetable	28 Cobb salad	<i>We are still having so many no shows! Please, PLEASE remember to call and cancel. There is voicemail after hours.</i>	Just a reminder to PLEASE <u>hang up your coats</u> on the hooks or in the coat rooms. The carts have a tough time getting through and we don't want anyone to trip. Please be sure your name is in your coat pocket and on your umbrella. Thank you!	