

# March 2023 Activities Calendar

Ludlow Senior Center

(413) 583-3564

www.ludlow.ma.us

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>New Office Hours:</b>                      Senator Oliveira—                      Thursday the 9th at 10:30am                      Representative Saunders—                      Tuesday the 28th at 10:00am</p>	<p><b>Tuesday Nights!</b>  <b>Movies start at 5:00pm!</b>  <b>Building is open until 7:00pm on Tuesdays!</b>  <b>See page 8 for evening activities!</b></p>	<p><b>1</b>                      9:00am: Ceramics (AC)                      9:30am: Jewelry (RR)                      10:00am: Tea with the TA (Café)                      10:00am: Zumba Gold (FS)                      1:00pm: <i>Jerry &amp; Marge Go Large</i>                      1:00pm: Cornhole (FS)  <b>2:00pm:Do Re Mi Concert(DR)</b></p>	<p><b>2</b>                      9:00am: Tai Chi (FS)                      9:30am: Dominos (RR)                      12:30pm:Billiards Round Robin                      1:00pm: Mahjong (RR)                      1:00pm: Foot Care (WC)                      2:30pm Active Yoga (FS)</p>	<p><b>3</b>                      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><b>6</b> 9:00am: Knitting (AC)                      10:00am Computer Drop In (CR)                      10:00am:Boomer Bootcamp (FS)                      12:30pm:Billiards Travel League                      1:00pm:Scrabble (Café)                      1:30pm: <b>Watercolor Pencil</b> (AC)                      1:15pm: Pitch (RR)                      2:30pm:Zumba Gold (FS)</p>	<p><b>7</b> 9:00am: Quilting (AC)                      9:00am: Line Dancing (FS)                      10:00am: Cribbage (RR)                      10:30am: Gentle Yoga/ <b>VETS agent</b>                      12:30pm:Billiards Round Robin                      12:30pm: Blood Pressure CK (WC)                      1:00pm: Western Dance/<b>Decorate</b>                      1:30pm Bingo (GR)</p>	<p><b>8</b>                      9:00am: Ceramics (AC)                      9:30am: <b>Cooking for 1 or 2</b>                      10:00am: Opera (CR)                      10:00am: Zumba Gold (FS)                      11:30am: Lunch Bunch trip                      1:00pm: <i>Lamborghini</i> (RR)                      1:00pm: Cornhole (FS)</p>	<p><b>9</b>                      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                      1:00pm: Mahjong (RR)                      2:30pm: Active Yoga (FS)</p>	<p><b>10</b>                      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><b>13</b>                      9:00am: Knitting (AC)                      9:00am: Bulb Show Trip                      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><b>14</b> 8:30am: <b>Foot Care appt</b> (WC)                      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)                      1:00pm: Bingo (GR)</p>	<p><b>15</b>                      9:00am: Ceramics (AC)                      10:00am: Zumba Gold (FS)                      10:00am: <b>Caregiver Coffee</b> (CR)                      12:00pm: Lunch &amp; Learn                      1:00pm: <i>Brooklyn</i> (RR)                      1:00pm: Cornhole (FS)                      4:30pm: COA Meeting (CR)</p>	<p><b>16</b>                      8:30am: <b>NO Foot Care today</b>                      9:00am: Tai Chi (FS)                      9:30am: Dominos (RR)                      10:00am: Sunshine Craft (AC)                      12:30pm: Billiards Round Robin                      1:00pm: Mahjong (RR)                      2:30pm: Active Yoga (FS)</p>	<p><b>17</b>                      8:45am:Boomer Bootcamp (FS)                      10:00am:Boomer Bootcamp( FS)                      10:00am: Blood Pressure CK (WC)                      1:00pm: Guidance by Li (RR)                      1:00pm: Ceramics (AC)                      1:00pm: Magic (CR)</p>
<p><b>20</b>                      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: <b>Watercolor Pencil</b> (AC)                      2:30pm:Zumba Gold (FS)</p>	<p><b>21</b> 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><b>22</b>                      8:00: Facials (WC)                      9:00am: Ceramics (AC)                      10:00am: Opera (CR)                      10:00am: Zumba Gold (FS)                      1:00pm: <i>Maltese Falcon</i> (RR)                      1:00pm: Cornhole (FS)                      1:00pm: TED Talk (CR)</p>	<p><b>23</b>                      8:30am: Foot Care by appt (WC)                      9:00am: Tai Chi (FS)                      9:30am: Dominos (RR)                      10:30am: <b>Sloppy Joes</b> (Café)                      12:30pm: Billiards Round Robin                      1:00pm: Mahjong (RR)                      2:00pm: Book Club (CR)                      2:30pm: Active Yoga (FS)</p>	<p><b>24</b>                      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><b>27</b> 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)                      2:30pm:Zumba Gold (FS)</p>	<p><b>28</b> 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 CK (WC)                      1:00pm: Western Dance (FS)                      1:30pm: Bingo (GR)</p>	<p><b>29</b>                      9:00am: Ceramics (AC)                      10:00am: Zumba Gold (FS)                      1:00pm: <i>Ticket to Paradise</i> (RR)                      1:00pm: Cornhole (FS)  <b>1:30pm: Women of '76 performance</b></p>	<p><b>30</b> 8:30am: Foot Care by appt (WC)                      9:00am: Tai Chi (FS)                      10:00am: Craft / <b>Opening Day</b>                      9:30am: Dominos (RR)                      12:30pm: Billiards                      12:30pm: Hearing Clinic (WC)                      1:00pm: Mahjong (RR)                      2:30pm: Active Yoga (FS)</p>	<p><b>31</b>                      8:45am:Boomer Bootcamp (FS)                      10:00am:Boomer Bootcamp( FS)                      10:00am: Blood Pressure CK (WC)                      1:00pm: Ceramics (AC)                      1:00pm: Magic (CR)  <b>1:30pm: Forget Me Not Café (RR)</b></p>

# March 2023 Lunch Menu

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

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<p><b><i>We are still having so many no shows! Please, PLEASE remember to call and cancel. Leave a voicemail after hours.</i></b></p>	<p><i>Don't forget to "spring" ahead on Saturday, March 11th! Daylight savings time begins.</i></p>	<p><b>1</b></p> <p>Beef stew Biscuit</p>	<p><b>2</b></p> <p>Spaghetti with Marinara sauce Garlic bread</p>	<p><b>3</b></p> <p>Baked salmon Rice pilaf vegetable</p>
<p><b>6</b></p> <p>Turkey Tetrazzini Broccoli</p>	<p><b>7</b></p> <p>French toast Casserole Breakfast sausage</p>	<p><b>8</b></p> <p>Stuffed cabbage Buttered egg noodles</p>	<p><b>9</b></p> <p>Chicken patty sandwich Lettuce &amp; tomato Fries</p>	<p><b>10</b></p> <p>Macaroni and cheese Stewed tomatoes</p>
<p><b>13</b></p> <p>Shephard's pie Biscuit</p>	<p><b>14</b></p> <p>Chicken, ziti and broccoli Roll</p>	<p><b>15 Lunch &amp; Learn</b></p> <p>Vegetable chili Corn bread</p>	<p><b>16</b></p> <p>Taco salad</p>	<p><b>17 ST. PATRICK'S DAY!</b></p> <p>Good ol' Corned beef dinner!</p>
<p><b>20</b></p> <p>Meat lasagna Power salad</p>	<p><b>21</b></p> <p>Open faced pulled pork sandwich Sweet potato fries</p>	<p><b>22</b></p> <p>Loaded baked potato Must-go soup</p>	<p><b>23 Birthday lunch</b></p> <p>Stuffed chicken breast Seasoned rice Mixed vegetable</p>	<p><b>24</b></p> <p>Crab cakes Cole slaw Roasted potatoes</p>
<p><b>27</b></p> <p>Meatball grinder Pasta salad</p>	<p><b>28</b></p> <p>Chef salad</p>	<p><b>29</b></p> <p>Chicken marsala Egg noodles Carrots</p>	<p><b>30</b></p> <p>Cheeseburger Lettuce &amp; tomato Tater tots</p>	<p><b>31</b></p> <p>Vegetable frittata Hash brown</p>