

November 2023 Activities Calendar (Tuesday Nights ~ see pg. 10)

Ludlow Senior Center

(413) 583-3564

www.ludlow.ma.us

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>November 9th, 10:30am</u> Senator Oliveira</p> <p><u>November 20th, 10:30am</u> Representative Saunders</p>	<p>FS = Fitness Studio AC = Arts & Crafts CR = Conference Room GR = Great Room RR = Game Room WC = Wellness Center BR= Billiards Room</p>	<p>1 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 9:30am: Jewelry (RR) 10:00am: Tea with TA (Café) 10:30am: Healthy Bones (FS) 1:00pm: Movie/Healthy Bones</p>	<p>2 8:30am: Foot Care by appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 1:00pm: Mahjong (RR) 1:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)</p>	<p>3 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp(FS) 10:00am: Blood Pressure CK (WC) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Magic (Café)</p>
<p>6 9:00am: Knitting (AC) 10:00am: Boomer Bootcamp (FS) 10:00am: Computer help (RR) 10:00am: Library Resources 1:00pm: Better Together (CR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)</p>	<p>7 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:00am: Meditation (CR) 10:30: Staff Chili Cookoff! (Café) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)</p>	<p>8 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:00am: Opera (CR) 10:30am: Healthy Bones (FS) 12:30pm: Hearing Clinic (WC) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:30pm: Art in Victorian Era</p>	<p>9 8:30am: Foot Care by appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:30am: Friends Meeting (AC) 11:00am: Veterans Agent 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p>	<p>10 CENTER CLOSED THANK YOU VETERANS!</p>
<p>13 9:00am: Knitting (AC) 10:00am: Computer help (RR) 10:00am: Library Resources 10:00am: Boomer Bootcamp (FS) 1:00pm: Scrabble (Café) 1:30pm: Watercolor Pencil (AC) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)</p>	<p>14 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:00am: Meditation (CR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure (WC) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)</p>	<p>15 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 9:30am: Food Bank presents 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 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: Veterans Agent/Tune Up 10:00am: Sunshine Paint (AC) 1:00pm: Mahjong (RR) 1:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)</p>	<p>17 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp(FS) 10:00am: BP CK /Coffee w/ a Cop 10:30am: Trivia (RR) 1:00pm: Guidance by Li (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Magic/ 1:30 ForgetMeNot</p>
<p>20 8:30am: Foot Care by appt (WC) 9:00am: Knitting (AC) 10:00: Computer help (RR) 10:00am: Boomer Bootcamp (FS) 1:00pm: Scrabble (Café) 1:00pm: Better Together (CR) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)</p>	<p>21 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:00am: Meditation (CR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Brown Bag Pick Up (RR) 1:00pm: Western Dance (FS) BINGO CANCELLED TODAY</p>	<p>22 8:00am: Facials by appt (WC) 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)</p>	<p>23 Happy Thanksgiving! Tell us what you are grateful for!</p>	<p>24 CENTER CLOSED</p>
<p>27 9:00am: Knitting (AC) 10:00am: Computer help (RR) 10:00am: Boomer Bootcamp (FS) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencil (AC) 2:30pm: Zumba Gold (FS)</p>	<p>28 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:00am: Meditation (CR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure (WC) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)</p>	<p>29 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:00am: Opera (CR) 10:30am: Healthy Bones (FS) Noon: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)</p>	<p>30 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: Sunshine Paint (AC) 1:00pm: Mahjong (RR) 1:00pm: Writers Block (AC) 2:00pm: Book Club (CR) 2:30pm: Active Yoga (FS)</p>	<p>Fitness Advisory: Every Friday, 8:30am-11:30am. Please sign up at the Front Desk.</p>

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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!		1 Stuffed Shells Caesar salad	2 BBQ salmon Rice pilaf Vegetable	3 Terry turkey burger Sweet potato fries Pineapple ring
6 Kielbasa Lazy pierogi Beet salad	7 Roasted veggie pizza Power salad	8 Loaded baked potato (cheese, bacon, broccoli) Must go soup	9 Veterans lunch! Chicken parmesan over pasta Roll	10 CLOSED Thank you Veterans!
13 Shephard's pie Biscuit	14 Ham & broccoli casserole Side salad	15 Beef stroganoff Egg noodles Vegetable	16 Birthday lunch! Baked cod Scalloped potato Mixed vegetable	17 Cobb Salad
20 Mild chili Corn bread	21 Thanksgiving lunch! Turkey dinner with all the fixin's!	22 American chop suey Garlic bread	23 CENTER CLOSED Happy Thanksgiving!	24 CENTER CLOSED Happy Thanksgiving!
27 Chicken pot pie	28 Stuffed peppers Buttered egg noodles	29 Cheeseburger Lettuce & tomato Potato salad	30 Asian chicken salad (contains almonds)	PLEASE SEE FRONT PAGE FOR THANKSGIVING LUNCH RESERVATIONS!