


July 2022 Activities Calendar

Ludlow Senior Center

(413) 583-3564

www.ludlow.ma.us

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Fitness Room Instruction is available to learn how to use the equipment on Wednesdays 8-10am. Call for an appointment.</i></p>	<p>FS = Fitness Studio AC = Arts & Crafts CR = Conference Room GR = Great Room RR = Game Room WC = Wellness Center</p>	<p>Thank you to Chicopee Rehab for their continued Prize Bag Bingo!</p>		<p>1 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 10:00am Cornhole 11:00 Ethel Lee and Ritchie M. 1:00pm: Ceramics (AC)</p>
<p>4</p>  <p>Center Closed</p>	<p>5 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Dance! (FS) 1:30pm: Bingo (GR) 1pm: Decorating</p>	<p>6 8:00am: Gardening 9:00am: Ceramics (AC) 9:30am: Jewelry (AC) 10:00am: Zumba Gold (FS) 1:00pm: <i>The Secret</i> (RR)</p>	<p>7 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 11:15am: Lunch Bunch 1:00pm: Foot Care by Appt (WC) 1:00pm: Mahjong (RR) 1:00pm: Fishing Meeting (CR) 2:30pm: Active Yoga (FS)</p>	<p>8 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 10:00am Cornhole 10:30am: Trivia (RR) 1:00pm: Ceramics (AC)</p>
<p>11 9:00am: Knitting (AC) 10:00am: Massage (WC) 10:00am:Boomer Bootcamp (FS) 10:00am Computer Class (CR) 1:00pm:Scrabble (RR) 1:15pm: Pitch (GR) 2:00pm:Watercolor 2:30pm:Zumba Gold (FS)</p>	<p>12 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure (WC) 1:00pm: Dance! (FS) 1:30pm: Bingo (GR)</p>	<p>13 8:00am: Gardening 9:00am: Ceramics (AC) 10:00am: Tea with the TA (Café) 10:00am: Zumba Gold (FS) 1:00pm: <i>27 Dresses</i> (RR)</p>	<p>14 8:30am: Foot Care by Appt 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:30am: Senator Lesser (Café) 10:30am: Friends Mtg; (AC) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p>	<p>15 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 10:00am Cornhole 1:00pm: Ceramics (AC) 1:00pm: Guidance By Li (RR)</p>
<p>18 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 10:00am Computer Class (CR) 1:00pm:Scrabble (RR) 1:15pm: Pitch (GR) 2:30pm:Zumba Gold (FS)</p>	<p>19 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Dance! (FS) 1:00pm: Brown Bag 1:30pm: Bingo</p>	<p>20 8:00am: Gardening 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 1:00pm: <i>The Lost City</i> (RR) 1:30pm: Pastel Workshop (AC) 4:30pm: COA Meeting (CR)</p>	<p>21 8:30: Foot Care by Appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: July Paint Craft (AC) 1:00pm: Mahjong (RR) 1:00-3:30pm: Hearing Clinic (WC) 2:00pm: Book Club (CR) 2:30pm: Active Yoga (FS)</p>	<p>22 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 10:00am Cornhole 10:30am: Trivia (RR) 1:00pm: Ceramics (AC)</p>
<p>25 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 10:00am Computer Class (CR) 1:00pm:Scrabble (RR) 1:15pm: Pitch (GR) 1:30pm Forget Me Not Café (CR) 2pm: Watercolors 2:30pm: Zumba</p>	<p>26 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Dance! (FS) 1:30pm: PRIZE BINGO (GR)</p>	<p>27 8:00am: Gardening 8:15am: Facials by appt (WC) 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) Noon: Lunch & Learn 1:00pm: <i>Sahara</i> (RR)</p>	<p>28 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am July Craft (AC) 10:00am: TED Talk Hour (CR) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p>	<p>29 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp(FS) 10:00am Cornhole 10:00am "The Falls" talk (RR) 1:00pm: Ceramics (AC)</p>

July 2022 Lunch Menu

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<p>There will be <u>NO LUNCH SERVED</u> on July 7th and 8th. There is a lack of staff. Feel free to bring your own. We are sorry for the inconvenience!</p>		<p>Lunch is served at Noon. Please be seated by 11:45am. We cannot guarantee your meal if you arrive late. Lunch is \$2. Please call a day ahead to make your lunch reservation(s). (Call Friday for Monday) No substitutions can be given. Please report any allergies. Please do not save seats ~ all are welcome!</p>		<p>1 4th of July Lunch! Cowboy Burger Picnic Salads</p>
<p>4</p>  <p>Center Closed</p>	<p>5</p> <p>BBQ Rib Sandwich Sweet Potato Fries Cole Slaw</p>	<p>6</p> <p>Ham and Broccoli Casserole</p>	<p>7</p> <p>NO LUNCH SERVED</p>	<p>8</p> <p>NO LUNCH SERVED</p>
<p>11</p> <p>Ziti Sausage Bake</p>	<p>12</p> <p>Breaded Pork Chops Rice Pilaf Carrots</p>	<p>13</p> <p>Cobb Salad</p>	<p>14</p> <p>Stuffed Shells Caesar Salad</p>	<p>15</p> <p>Baked Cod Baked Potato Veggies</p>
<p>18</p> <p>Beef stroganoff Egg noodles Broccoli</p>	<p>19</p> <p>Vegetable Stir Fry White Rice</p>	<p>20</p> <p>Tuna Salad plate</p>	<p>21 Birthday Lunch!</p> <p>Meatloaf Mashed Potato Veggie</p>	<p>22</p> <p>Stuffed French Toast Bake Breakfast Sausage</p>
<p>25</p> <p>Sweet and sour chicken Brown rice vegetables</p>	<p>26</p> <p>Walnut crusted salmon Scalloped potatoes Green beans</p>	<p>27 Lunch & Learn</p> <p>American Chop suey Garlic bread</p>	<p>28</p> <p>Chicken Marsala Egg Noodles Mixed Veg</p>	<p>29</p> <p>Shepherd's Pie Biscuit</p>