

March 2026 Activities Calendar *(Tuesday Nights ~ see page 10!)*

Ludlow Senior Center

(413) 583-3564

www.ludlow.ma.us

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Monday	Tuesday	Wednesday	Thursday	Friday	
2 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Sarah the Fiddler (GR) 2:30pm: Zumba Gold (FS)	3 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:30pm: Bingo (GR)	4 8:45am: Zumba Gold (FS) 9:00am: Ceramics/ <i>Jewelry</i> 10:00am: Tea with TA (Café) 10:00am: Massage by appt (WC) 10:00am: Fun with Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC)	5 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)	6 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp(FS) 10:00am: Blood Pressure CK (WC) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Decorating Comm (RR)	
9 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)	10 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Flower Show Trip 1:30pm: Bingo (GR)	11 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:30am: Foot Care appts (WC) 10:00am: Reclaim Your Hands! 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC)	12 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 9:30am: Foot Care appts (WC) 10:15am: Meditation (CR) 10:30am: Friends Meeting (AC) 12:45pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	13 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp(FS) 10:00am: Blood Pressure CK (WC) 10:30am: Trivia (RR) 11:30am: Chew with the Chief 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)	
16 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Shamrock Shakes! 1:00pm: Scrabble (Café) 1:00pm: Paint with Trish (AC) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	17 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Brown Bag pick up (RR) 1:30pm: Bingo (GR)	18 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Dental Hygiene (WC) 10:00am Fun with Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos/ TED Talk 4:30pm: COA Meeting (CR)	19 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 9:30am: Foot Care appts (WC) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 1:00pm: Art of Cardmaking (AC) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)	20 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:00am: Ask the ACO (AC) 1:00pm: Guidance by Li (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)	
23 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 1:00pm: Scrabble (Café) 1:00pm: Limitless Legends (CR) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencil (AC) 2:30pm: Zumba Gold (FS)	24 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Paraffin wax (AC) 1:30pm: Bingo (GR)	25 9:00am: Facials by appt (WC) 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC)	26 9:00am: Tai Chi (FS) 9:30am: Dominos (AC) 10:00am: Sunshine Paint (AC) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:30pm: Active Yoga (FS)	27 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki (SO) 10:00am: Boomer Bootcamp(FS) 10:00am: Blood Pressure CK (WC) 10:00am:Age and Dementia Friendly Celebration! 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones 1:30pm: Forgot Me Not	
30 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 11:30am: Lunch Bunch Trip 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	31 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:30pm: Bingo (GR) 5:30pm: Laura Lavoie (CR)	TUESDAY EVENING ACTIVITIES SEE PAGE 10!			Senator Oliveira ~ <u>March 12th, 10:30am</u> Representative Saunders~ <u>March 16th, 10:30am</u>
AC = Arts & Crafts CR = Conference Room FS = Fitness Studio GR = Great Room RR = Game Room SO = Small Office WC=Wellness Center					

March 2026 Lunch Menu

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

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24 hour notice required

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Monday	Tuesday	Wednesday	Thursday	Friday
2 KFC bowl (popcorn chicken, mashed pot, corn, cheese, gravy)	3 Pork & apple stew Biscuit	4 Meatloaf Mashed sweet potatoes Green beans	5 Chicken patty sandwich Lettuce & tomato Tater tots	6 Mac & cheese Stewed tomatoes
9 Big mac salad	10 Seafood Newburg White rice Mixed vegetable	11 Vegetable frittata Roasted potatoes	12 Swedish meatballs Egg noodles Vegetable	13 Veggie burger Special sauce Lettuce & tomato 3 bean salad
16 Chicken & vegetable primavera over pasta Roll	17 St. Patrick's Day! Corned beef and cabbage dinner!	18 Asian chicken salad (contains almonds)	19 Birthday Lunch! Cowboy burger Pasta salad	20 Baked cod Scalloped potato Vegetable
23 Chili cheese dog Steak fries	24 Cobb salad	25 Lunch & Learn Cold cut grinder Chips Pickle	26 Open hot turkey sandwich Mashed potatoes Glazed carrots	27 Eggplant parmesan over pasta Bread stick
30 Vegetable lasagna Caesar salad	31 Chicken marsala Jasmine rice Vegetable	This is a friendly reminder that we require 24-hour notice for all lunch reservations. If you are calling after hours, please feel free to leave a message on our voicemail with your reservation details, and we will be happy to add you to the list. If you find that you are unable to attend, we kindly ask that you call and cancel your reservation as soon as possible. Cancellations may also be left on the voicemail. Thanks!		