


APRIL 2025 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>Senator Oliveira Office Hours April 10th at 10:30am</p> <p>~</p> <p>Representative Saunders April 28th at 10:30am</p>	<p>1 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures (WC) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)</p>	<p>2 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 9:00am: Jewelry (RR) 10:00am: Tea with TA (Café) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: NO Healthy Bones (FS)</p>	<p>3 8:45am: Foot Care appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p>	<p>4 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:30am: Opening Day (Café) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00PM: Decorating Group</p>
<p>7 9:00am: Knitting (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)</p>	<p>8 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures (WC) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)</p>	<p>9 9:00am: Ceramics (AC) 9:00am: Mobile Dental (WC) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)</p>	<p>10 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 10:30am: Friends Meeting (AC) 1:00pm: Mahjong (RR) 1:00pm: Fishing Club (AC) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)</p>	<p>11 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)</p>
<p>14 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Passover Taste (Café) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)</p>	<p>15 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures (WC) 1:00pm: Brown Bag pick up (RR) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)</p>	<p>16 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:00am: Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 4:30pm: COA Meeting (CR)</p>	<p>17 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p>	<p>18 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) 1:00pm: Guidance by Li (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)</p>
<p>21</p> <p>Center Closed (Patriot's Day)</p>	<p>22 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures (WC) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)</p>	<p>23 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) 1:30pm: TED Talk (CR)</p>	<p>24 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: Sunshine Paint (AC) 10:15am: Meditation (CR) 11:00am: Lunch Bunch trip 1:00pm: Mahjong (RR) 2:00pm: Book Club/Writers Block 2:30pm: Active Yoga (FS)</p>	<p>25 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:00am: MediMinder Info Table 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:30pm: Forget Me Not (CR)</p>
<p>28 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer/ DIABETES 1:00pm: Scrabble (Café) 1:00pm: Limitless Legends (CR) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencil (AC) 2:30pm: Zumba Gold (FS)</p>	<p>29 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures (WC) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)</p>	<p>30 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:00am: Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:30pm: A&D Friendly Ses. #2</p>		
				<p>FS = Fitness Studio AC = Arts & Crafts CR = Conference Room GR = Great Room RR = Game Room WC = Wellness Center BR = Billiards Room SO = Small Office</p>

APRIL 2025 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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<p><i>Please remember to cancel your reservation before 10:00am or you will be counted as a NO-SHOW. NO-SHOWS will now be charged \$5.00 a day.</i></p>	<p>1</p> <p>Lazy turkey pot pie</p>	<p>2</p> <p>Beef stew Corn bread</p>	<p>3</p> <p>Mac & cheese Stewed tomatoes</p>	<p>4</p> <p>Seafood casserole White rice Caesar salad</p>
<p>7</p> <p>Kielbasa, sauerkraut and potatoes</p>	<p>8</p> <p>Hamburg chow mein Rice Vegetables</p>	<p>9</p> <p>Chef salad</p>	<p>10 Birthday Lunch</p> <p>Chicken marsala Scalloped potatoes Green beans</p>	<p>11</p> <p>Pasta primavera Garlic bread</p>
<p>14</p> <p>BBQ riblet Sweet potato fries 3 bean salad</p>	<p>15</p> <p>Chicken patty sandwich Lettuce & tomato Steak fries</p>	<p>16</p> <p>American chop suey Side salad</p>	<p>17 Easter Lunch</p> <p>Ham dinner Au gratin potatoes Carrots</p>	<p>18</p> <p>Fish & chips Cole slaw</p>
<p>21</p> <p>Center Closed (Patriot's Day)</p>	<p>22</p> <p>Swedish meatballs Egg noodles Vegetable</p>	<p>23 Lunch & Learn</p> <p>Sweet & sour chicken Rice Egg roll</p>	<p>24</p> <p>Taco salad</p>	<p>25</p> <p>Open hot turkey sandwich Mashed potatoes Mixed vegetable</p>
<p>28</p> <p>Stuffed shells Vegetable</p>	<p>29</p> <p>Sloppy joe Tater tots</p>	<p>30</p> <p>Corn chowder Tuna finger sandwich Chips</p>		