

April 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
<p>Senator Oliveira ~ <u>April 9th at 10:30am</u></p> <p>Representative Saunders~ <u>Call for date</u></p>	<p>TUESDAY EVENING ACTIVITIES SEE PAGE 10!</p>	<p>1 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 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)</p>	<p>2 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 10:30am: Peanut Butter & Jelly! 12:45pm: Mahjong (RR) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)</p>	<p>3 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp(FS) 10:00am: Blood pressure ck (WC) 10:00am: Walker Access 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Decorating Comm (RR)</p>
<p>6 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:00am: Blood pressure ck (WC) 1:00pm: Scrabble (Café) 1:00pm: Fishing Club (CR) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)</p>	<p>7 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 9:30am: Foot Care by appt (WC) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Beginner Mahjong (RR) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)</p>	<p>8 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Dental Hygiene (WC) 9:00am: Jewelry (RR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC)</p>	<p>9 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am:Reclaim Your Hands(RR) 10:15am: Meditation (CR) 10:30am: Friends Meeting (AC) 12:45pm: Mahjong (RR) 1:30pm: Laura Lavoie (CR) 2:30pm: Active Yoga (FS)</p>	<p>10 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 9:00am: Quilt Trip 10:00am: Boomer Bootcamp(FS) 10:00am: Blood pressure ck (WC) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)</p>
<p>13 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:00am: Blood pressure ck (WC) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)</p>	<p>14 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Beginner Mahjong (RR) 1:00pm: Spring Tea Craft (AC) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)</p>	<p>15 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:00am Fun with Opera (CR) 10:30am: Healthy Bones (FS) 11:30am: Lunch Bunch Trip 1:00pm: Movie (RR) 1:00pm: Healthy Bones/Dominos 4:30pm: COA Meeting (CR)</p>	<p>16 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 1:30pm: Laura Lavoie (CR) 2:00pm: Writers Block (AC) 2:30pm: Active Yoga (FS)</p>	<p>17 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Behavioral Health (RR) 1:00pm: Guidance by Li (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)</p>
<p>20</p> <p>CENTER CLOSED (Patriot's Day)</p>	<p>21 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 1pm: Dance 10:00am: Cribbage (CR) 10:00am: Healing Plants (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Brown Bag pick up (RR) 1:00pm: Beginner Mahjong (AC) 1:30pm: Bingo (GR)</p>	<p>22 8:45am: Zumba Gold (FS) 9:00am: Facials by appt (WC) 9:00am: Ceramics (AC) 10:00am: Goat Snuggles (AC) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC)</p>	<p>23 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)</p>	<p>24 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki (SO) 10:00am: Boomer Bootcamp(FS) 10:00am: Blood pressure ck (WC) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:30pm: Forget Me Not (RR)</p>
<p>27 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:00am: Blood pressure ck (WC) 1:00pm:Scrabble/Limitless Lgds 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 1:30pm: Tip of the Tongue (CR) 2:30pm: Zumba Gold (FS)</p>	<p>28 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 9:30am: Foot Care by appt (WC) 10:00am: Cribbage (RR) 10:30am: TED Talk (CR) 10:30am: Gentle Yoga (FS) 1:00pm: Beginner Mahjong (RR) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)</p>	<p>29 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:00am: Fun with Opera (CR) 10:30am: Healthy Bones (FS) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC)</p>	<p>30 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)</p>	<p>AC = Arts & Crafts CR = Conference Room FS = Fitness Studio GR = Great Room RR = Game Room SO = Small Office WC=Wellness Center</p>

April 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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<p>So hey... how does it feel when someone isn't very nice to you? Or when you walk into a place and get an unfriendly vibe? It doesn't feel very good. So let's try to do better for one another. Please do not save seats at lunch and remember to welcome people to your table. If there isn't a bum in the seat, it's available. Let's keep the atmosphere friendly and inclusive for everyone! Thanks!</p>		<p>1 Sloppy Joe Tater tots</p>	<p>2 Easter Lunch! Ham dinner Mashed sweet potatoes Green beans</p>	<p>3 Potato crunch fish Scalloped potatoes Power salad</p>
<p>6 Sweet & sour chicken Rice Asian vegetables</p>	<p>7 Cheese tortellini pizza bake Garlic bread</p>	<p>8 Rueban casserole 3 bean salad</p>	<p>9 Southwest chicken salad</p>	<p>10 Loaded baked potato Must-go soup</p>
<p>13 Taco Nachos</p>	<p>14 Bean & vegetable White chili Corn bread</p>	<p>15 Beef stroganoff Egg noodles Vegetable</p>	<p>16 Birthday Lunch! Chicken cordon bleu Au gratin potatoes Vegetable</p>	<p>17 Pulled pork sandwich Cole slaw Sweet pot fries</p>
<p>20 CENTER CLOSED (Patriots Day)</p>	<p>21 Cheese manicotti side salad</p>	<p>22 Kielbasa Lazy pierogi Beet salad</p>	<p>23 Beef & broccoli Rice Egg roll</p>	<p>24 Tuna salad plate</p>
<p>27 Seafood casserole Over rice Mixed vegetable</p>	<p>28 Grilled chicken Caesar salad</p>	<p>29 Lunch & Learn Shepherd's pie Cucumber salad</p>	<p>30 BLT grinder Chips Pickle</p>	