


August 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 ~ NO August hour <u>August 18th, 10:30am</u> Representative Saunders</p>	<p>TUESDAY EVENING ACTIVITIES SEE PAGE 10!</p>	<p><i>FS = Fitness Studio AC = Arts & Crafts CR = Conference Room GR = Great Room RR = Game Room WC = Wellness Center BR = Billiards Room SO = Small Office</i></p>		<p>1 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 : Decorating 1:00pm: Healthy Bones (FS)</p>
<p>4 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)</p>	<p>5 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) 4:00pm: Deb J Farewell Party!</p>	<p>6 9:00am: Jewelry 9:00am: Ceramics (AC) 8:45am: Zumba Gold (FS) 10:00am: Farmers Market CPN 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm Fishing Club (CR)</p>	<p>7 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 2:00pm: Writers Block (AC) 2:30pm: Active Yoga (FS)</p>	<p>8 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Kodiak Carving (patio) 10:00am: Friends Info table (Café) 10:00am: Boomer Bootcamp(FS) 10:00am: Blood Pressure CK (WC) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)</p>
<p>11 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:00am: "Being Discharged" 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 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 Pressures (WC) 1:00pm: Western Dance (FS) 1:00pm: Farmers Market Trip 1:30pm: Bingo (GR)</p>	<p>13 9:00am: Mobile Dental (WC) 9:00am: Ceramics (AC) 8:45am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)</p>	<p>14 8:45am: Foot Care appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 10:30pm: Friends Meeting (AC) 12:45pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p>	<p>15 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: United Healthcare Info 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 1:00pm: Guidance by Li (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)</p>
<p>18 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Root Beer Floats 1:00pm: Scrabble (Café) 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 Pressures (WC) 1:00pm: Brown Bag pick up (RR) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)</p>	<p>20 9:00am: Ceramics (AC) 8:45am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 12:00pm: Lunch & Learn 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 4:30pm: COA Meeting (CR)</p>	<p>21 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 2:00pm: Writers Block (AC) 2:30pm: Active Yoga (FS)</p>	<p>22 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: Ceramics (AC) 1:00pm: Healthy Bones (FS)</p>
<p>25 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 1:00pm: Scrabble (Café) 1:00pm: Limitless Legends (CR) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)</p>	<p>26 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>27 8:00am: Facials by appt (WC) 9:00am: Ceramics (AC) 8:45am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: TED Talk (CR)</p>	<p>28 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 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>29 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: PAC Presentation 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 (CR)</p>

August 2025 Lunch Menu

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

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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 be charged \$5.00 a day.</i></p>	<p><i>Thank you to everyone for helping out with our dining room dilemma. It is working out great and it is so nice to see you all sit and chat and not rushing to clean up. Please continue to be clean and kind. We really appreciate your help!!! Thank you volunteers for the extra clean-up!</i></p>		<p><u>August Raffle!</u> If you attend lunch at least 10 days in August, your name will be entered into a raffle for a great prize!</p>	<p>1 Baked Cod Scalloped Potatoes Vegetable</p>
<p>4 Eggplant Parm Ziti Garlic Bread</p>	<p>5 Lazy Turkey Pot Pie</p>	<p>6 Mac & Cheese Stewed Tomatoes</p>	<p>7 Big Mac Salad (McD Favorite in a salad form!)</p>	<p>8 Hot Dog/Roll Baked Beans Cucumber Salad</p>
<p>11 Chicken Marsala Scalloped Potatoes Veggies</p>	<p>12 Swedish Meatballs Egg Noodles Green Beans</p>	<p>13 Fish Taco Black Beans/Rice Corn Slaw</p>	<p>14 <u>DJ Luis' Luau</u> Sweet & Sour Chicken White Rice Asian Vegetable</p>	<p>15 Fruit Salad and Cottage Cheese Plate</p>
<p>18 Sloppy Joe Power Salad</p>	<p>19 Southwest Salad With Chicken</p>	<p>20 <u>Lunch & Learn</u> Stuffed Pepper Buttered Egg Noodles</p>	<p>21 <u>Birthday Lunch</u> Pot Roast Mashed Potatoes Mixed Vegetable</p>	<p>22 Ham Dinner Broccoli Casserole Side Salad</p>
<p>25 BBQ Salmon Rice Pilaf Vegetable</p>	<p>26 Loaded Tater Tots!</p>	<p>27 Cold Cut Grinder Chips Pickle</p>	<p>28 Vegetable Lasagna Side Salad</p>	<p>29 Cowboy Burger Sweet Potato Fries</p>