

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

Ludlow Senior Center

(413) 583-3564

www.ludlow.ma.us

Page 5

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:00am: Blood pressure ck (WC) 1:00pm: Fishing Club (CR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS)	4 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	5 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Jewelry (RR) 10:00am: Massage by appt (WC) 10:00am: Tea with the TA (Café) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones	6 9:00am: Tai Chi (FS) 9:30am: Dominos (AC) 12:45pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	7 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Health Department Table 10:30am: Trivia (GR) 1:00pm: Ceramics (AC) 1:00pm: Decorating (DR) 1:00pm: Healthy Bones (FS)
10 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:00am: Blood pressure ck (WC) 10:00am: James Taylor (RR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 1:30pm: Flex & Core (FS)	11 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	12 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Dental Hygiene (WC) 10:30am: Healthy Bones (FS) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	13 9:00am: Tai Chi (FS) 9:00am: Old Sturbridge Trip 9:30am: Dominos (CR) 10:30am: Friends Meeting (AC) 12:45pm: Mahjong (RR) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)	14 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Medicare Fraud (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
17 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:00am: Blood pressure ck (WC) 10:00am: Wound Care (RR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS)	18 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:30am: Gentle Yoga (FS) 1:00pm: Brown Bag pick up (CR) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	19 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:30am: Healthy Bones (FS) 10:30am: Fruit Kabobs (café) 1:00pm: Movie (RR) 1:00pm: Healthy Bones 4:30pm: COA Meeting (CR)	20 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 12:00pm: Birthday lunch (DR) 12:45pm: Mahjong (RR) 1:00pm: Paper Flowers (AC) 2:30pm: Active Yoga (FS)	21 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Blue Zones (GR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Guidance by Li (RR)
24 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: Limitless Legends (CR) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 1:30pm: Flex & Core (FS)	25 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:30am: Gentle Yoga (FS) 11:30am: Lunch Bunch Trip 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	26 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Facial appt (WC) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: TED Talk (CR)	27 9:00am: Tai Chi (FS) 9:30am: Dominos (AC) 10:00am: Sunshine Paint (AC) 12:45pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)	28 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Dave Sady (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Forget Me Not (RR)
31 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: Limitless Legends (CR) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS) 1:30pm: Strawberry Shortcake	TUESDAY EVENING ACTIVITIES SEE PAGE 10!	Senator Oliveira ~ <u>August 13th at 10:30am</u> Representative Saunders~ <u>August 17th at 10:30am</u>	AC = Arts & Crafts Room CR = Conference Room DR = Dining Room FS = Fitness Studio GR = Great Room RR = Game Room WC = Wellness Center	

August 2026 Lunch Menu

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

Ludlow Senior Center

(413) 583-3564

24 hour notice required

www.ludlow.ma.us

Page 6

Monday	Tuesday	Wednesday	Thursday	Friday
3 Pepperoni cheese tortellini pizza bake Garlic knot	4 Cobb salad	5 Cold cut grinder Chips Pickle	6 American chop suey Caesar salad	7 Roasted vegetable pizza Power salad
10 Chicken noodle casserole Biscuit	11 Sloppy joe Steak fries	12 Lunch & Learn Stuffed sausage Onions, mushrooms & peppers Cucumber salad	13 Spinach artichoke baked chicken Rice pilaf Vegetable	14 Fruit salad & cottage cheese plate
17 Taco salad	18 Baked cod Scalloped potatoes Carrots	19 Vegetable frittata Roasted potatoes	20 Birthday Lunch! Baked ham Roasted sweet potatoes Peas	21 Chicken patty sandwich Lettuce & tomato Pasta salad
24 Turkey bacon ranch wrap Tater tots	25 Rueban casserole Vegetable	26 Summer shrimp salad roll Chips Pickle	27 Hamburger Chow Mein Rice Asian vegetables	28 Macaroni & cheese Stewed tomatoes
31 Cowboy burger Sweet potato fries	When you bring your own lunch, please refrain from taking a dessert. They are pre-counted for those that signed up for lunch.	We do our best to accommodate requests due to allergies . Some of our meals and desserts contain tree nuts. It's best to ask if you are unsure.	Have you notice many new diners at lunch lately? We have had an influx of new people coming to the Center and most of them sign up for lunch as soon as they see our enticing menu of \$2 lunches! When you see someone new coming through the dining room doors, introduce yourself, ask them if they'd like to sit with you, and make a new or many new friends! Be like Al and say 'HELLO!'.	