


February 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 (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (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) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)	4 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)	5 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: MedMinder Info (Café) 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) 10:30am: Super Bowl Fun (Café) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Decorating Comm (RR)
9 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:00am: Hospice Talk (RR) 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: Western Dance (FS) 1:30pm: Bingo (GR)	11 8:45am: Zumba Gold (FS) 9:00am: Dental Hygiene (WC) 9:00am: Jewelry (RR) 9:00am: Ceramics (AC) 9:30am: Shaker Bowl Trip 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) 10:15am: Craft with Kim (AC) 10:30am: Friends Meeting (AC) 12:45pm: Mahjong (RR) 1:00pm: Noodle Hockey (FS) 2:30pm: Active Yoga (FS)	13 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 9:00am: Ice Sculpturer (Patio) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
16 CENTER CLOSED (Presidents' Day)	17 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Western Dance (FS) 1:00pm: Brown Bag pick up (RR) 1:30pm: Bingo (GR)	18 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:00am: Fun with Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC) 1:30pm: Heart Health CareOne 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) 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: TED Talk (CR) 11:30am: Lunch Bunch Trip 1:00pm: Guidance by Li (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
23 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:00am: Women of Togo (RR) 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: Western Dance (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) 9:30am: Foot Care by appt (WC) 10:00am: Sunshine Paint (AC) 10:00am: MMWEC Talk (RR) 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: Author S. Howell (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones 1:30pm: Forget Me Not (CR)
AC = Arts & Crafts CR = Conference Room FS = Fitness Studio GR = Great Room RR = Game Room SO = Small Office WC = Wellness Center	TUESDAY EVENING ACTIVITIES SEE PAGE 10!	Good Morning Wednesdays! Breakfast in the Corner Café 8:30am-9:30am See page 2 for details!	Senator Oliveira ~ <u>February 12th, 10:30am</u> Representative Saunders~ <u>February 23rd, 10:30am</u>	

February 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 Sweet & sour chicken White rice Asian vegetables	3 Meatball grinder Side salad	4 Shepherd's pie Roll	5 BBQ salmon Rice pilaf Vegetable	6 Veggie pizza Pasta salad
9 Kielbasa Sauerkraut Potatoes	10 Turkey Waldorf salad on a croissant Tater tots	11 Ham & broccoli casserole Biscuit	12 Vegetarian chili Corn bread	13 Valentine's Lunch! Ranch chicken Au gratin potatoes Peas
16 CENTER CLOSED (Presidents' Day)	17 Fat Tuesday! Cajun crab cake Wild rice Glazed carrots	18 Potato crunch fish Scalloped potatoes Green beans	19 Birthday Lunch! Salisbury steak Mashed potatoes Mixed vegetable	20 Tuna finger sandwich Chips Corn chowder
23 Ziti with meat sauce Garlic knot	24 Mushroom-Swiss burger Onion rings	25 Lunch & Learn Taco salad	26 Chicken gyro on a pita Steak fries	27 Stuffed shells Caesar salad
We do our best to accommodate requests due to allergies. If you have questions about ingredients talk to Chris ahead of time. Some of our meals and desserts contain tree nuts. It's best to ask if you are unsure.				

February Fun! Come to
lunch more than 10 times in
February and your name
will be entered into a draw-
ing for a great raffle prize!