

(Tuesday Nights ~ see pg. 10)

Ludlow Senior Center

(413) 583-3564

www.ludlow.ma.us

Page 5

Monday	Tuesday	Wednesday	Thursday	Friday
<u>July 10th, 10:30am</u> Senator Oliveira <u>July 21st, 10:30am</u> Representative Saunders	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)	2 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:00am: Africa Visual Tour (RR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	3 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 1:00pm: Mahjong (RR) 1:00pm: Fishing (CR) 2:30pm: Active Yoga (FS)	4 <div style="text-align: center;"> CENTER CLOSED (July 4th!) </div>
7 8:45am: Foot Care appts (WC) 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Slow Strollers 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	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)	9 9:00am: Mobile Dental (WC) 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:00am: Tea with TA (Café) 10:00am: Ludlow Power Choice 10:30am: Healthy Bones (FS) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	10 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 10:30pm: Friends Meeting (AC) 1:00pm: Mahjong (RR) 2:00pm: Writers Block (AC) 2:30pm: Active Yoga (FS)	11 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp(FS) 10:00am: Blood Pressure CK (WC) 10:30am: Slow Strollers 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm : Decorating 1:00pm: Healthy Bones (FS)
14 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Slow Strollers 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)	15 9:00am: Quilting (AC) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures (WC) 1:00pm: Brown Bag pick up (RR) 1:30pm: Bingo (GR) (No dance classes today)	16 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 10:30am: Ice Cream & Sprinkles 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 4:30pm: COA Meeting (CR)	17 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)	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: Slow Strollers 1:00pm: Guidance by Li (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
21 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Advanced Care Plan 10:30am: Slow Strollers 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	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)	23 8:00am: Facials by appt (WC) 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	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) 1:00pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:00pm: Writers Block (AC) 2:30pm: Active Yoga (FS)	25 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp(FS) 10:00am: Blood Pressure CK (WC) 10:00am: Job Seekers Info (Café) 10:30am: Trivia (RR) 10:30am: Slow Strollers 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
28 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:30am: PACE Talk/Slow Stroll 1:00pm: Scrabble (Café) 1:00pm: Limitless Legends (CR) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)	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)	30 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: TED Talk (CR)	31 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)	FS = Fitness Studio AC = Arts & Crafts CR = Conference Room GR = Great Room RR = Game Room WC = Wellness Center BR = Billiards Room SO = Small Office

JULY 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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Page 6

Monday	Tuesday	Wednesday	Thursday	Friday
30 Chicken patty sandwich Lettuce & tomato Steak fries	1 Shepherd's Pie Biscuit	2 Potato crunch fish Rice pilaf vegetable	3 4th of July Lunch Vegetable & chicken kabob Orzo salad	4 CENTER CLOSED (Happy 4th!)
7 BBQ riblet Sweet pot fries Corn	8 Cobb salad	9 Lunch & Learn American chop suey Garlic bread	10 Seafood Newberg White rice Mixed vegetable	11 Roasted vegetable pizza Apple & carrot salad
14 Turkey Waldorf salad plate Roll	15 Beef stew Corn bread	16 BLT grinder Chips Pickle	17 Birthday Lunch Cheese lasagna Rolette Side salad Garlic knot	18 Loaded nachos!
21 Stuffed sausage Onions, peppers, mushrooms Tater tots	22 Salmon burger with arugula & sauce Pasta salad	23 Vegetable frittata Hash brown Biscuit	24 Salisbury steak Roasted potatoes Vegetable	25 Cheese tortellini pepperoni pizza casserole Caesar salad (new recipe)
28 Chicken parmesan Pasta Vegetable	29 Vegetable stir fry Rice Egg roll	30 Bacon bleu burger Lettuce & tomato Steak fries	31 Stuffed pork chop Scalloped potatoes vegetable	Please remember to cancel your reservation before <u>10:00am</u> or you will be counted as a NO-SHOW. NO-SHOWS will be charged \$5.00 a day.