

July 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><i>AC = Arts & Crafts Room</i> <i>CR = Conference Room</i> <i>DR = Dining Room</i> <i>FS = Fitness Studio</i> <i>GR = Great Room</i> <i>RR = Game Room</i> <i>WC = Wellness Center</i></p>	<p>TUESDAY EVENING ACTIVITIES SEE PAGE 10!</p>	<p>1 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Jewelry (RR) 10:00am: Massage by appt (WC) 10:30am: Healthy Bones (FS) 11:00am: 4th of July Lunch 1:00pm: Movie (RR) 1:00pm: Healthy Bones</p>	<p>2 9:00am: Tai Chi (FS) 9:30am: Dominos (AC) 12:45pm: Mahjong (RR) 2:30pm: Active Yoga (FS)</p> <p style="text-align: center;">(NO lunch served)</p>	<p>3</p> <p style="text-align: center;">CENTER CLOSED (Happy 4th!)</p>
<p>6 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:00am: Blood pressure ck (WC) 10:00am: American Blues (RR) 1:00pm: Fishing Club (CR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC)</p>	<p>7 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Rondeau's Trip 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) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)</p>	<p>9 9:00am: Tai Chi (FS) 9:30am: Dominos (CR) 10:30am: Friends Meeting (AC) 12:45pm: Mahjong (RR) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)</p>	<p>10 8:45am: Boomer Bootcamp (FS) 9:00am: Farmers Market Coupons 10:00am: Boomer Bootcamp(FS) 10:00am: Corn Hole (Front Patio) 10:00am: Blood pressure ck (WC) 10:30am: Trivia (GR) 10:30am: Delaney's Market Table 1:00pm: Ceramics (AC)/Decorating 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: Flex & Core (FS)</p>	<p>14 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:30am: Gentle Yoga (FS) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)</p>	<p>15 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:00am: Tea with the TA (Café) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones 4:30pm: COA Meeting (CR)</p>	<p>16 9:00am: Tai Chi (FS) 9:30am: Foot care by appt (WC) 9:30am: Dominos (RR) 12:00pm: Birthday lunch (DR) 12:45pm: Mahjong (RR) 1:00pm: Art of Card Making (AC) 2:30pm: Active Yoga (FS)</p>	<p>17 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp(FS) 10:00am: Blood pressure ck (WC) 10:00am: Corn Hole (Front Patio) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Guidance by Li (RR)</p>
<p>20 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) 1:30pm: Flex & Core (FS)</p>	<p>21 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:30am: Gentle Yoga (FS) 10:30am: Pina Colada Day (Café) 1:00pm: Swing Your Partner (FS) 1:00pm: Brown Bag pick up (CR) 1:30pm: Bingo (GR)</p>	<p>22 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Facial appt (WC) 10:30am: Healthy Bones (FS) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:30pm: TED Talk (CR)</p>	<p>23 9:00am: Tai Chi (FS) 9:30am: Dominos (AC) 9:30am: Foot care by appt (WC) 10:00am: Sunshine Paint (AC) 10:15am: Sound Healing (FS) 12:45pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)</p>	<p>24 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Corn Hole (Front Patio) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)</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 (Café) 1:00pm: Limitless Legends (CR) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS)</p>	<p>28 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)</p>	<p>29 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:30pm: Dance Party! (GR)</p>	<p>30 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 9:30am: Foot care by appt (WC) 12:45pm: Mahjong (RR) 1:00pm: Paraffin wax (AC) 2:30pm: Active Yoga (FS)</p> <p style="text-align: center;"><u>National Share a Hug Day!!</u></p>	<p>31 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp(FS) 10:00am: Blood pressure ck (WC) 10:00am: Corn Hole (Front Patio) 10:30am: Trivia (GR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:30pm: Ben Franklin Show (GR) 1:30pm: Forget Me Not (RR)</p>

July 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
<p>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.</p>	 <p>If you have questions about ingredients, please talk to Chris ahead of time.</p>	<p>1 July 4th Lunch</p> <p>Cheeseburger Lettuce & tomato Potato salad</p>	<p>2 NO LUNCH SERVED</p>	<p>3 CENTER CLOSED (Happy 4th!)</p>
<p>6</p> <p>Sweet & sour chicken Rice Asian vegetables</p>	<p>7</p> <p>Pulled pork sandwich Cole slaw Tater tots</p>	<p>8</p> <p>Chef salad</p> <p>Vegetarian option</p>	<p>9</p> <p>Shepherd's pie Biscuit</p>	<p>10</p> <p>Stuffed shells Caesar salad</p>
<p>13</p> <p>Kielbasa Pierogi Sauerkraut</p>	<p>14</p> <p>Seafood Newberg Rice Green beans</p>	<p>15</p> <p>Hot dog with roll Baked beans Side salad</p> <p>(National Hot Dog Day!)</p>	<p>16 Birthday Lunch</p> <p>Chicken marsala Egg noodles Mixed vegetable</p>	<p>17</p> <p>Loaded nachos! (taco beef, lettuce, tomatoes, cheese and black olives)</p> <p>Vegetarian option</p>
<p>20</p> <p>Crabcake Sweet potato fries 3 bean salad</p>	<p>21</p> <p>Asian Chicken salad</p> <p>Vegetarian option</p>	<p>22 Lunch & Learn</p> <p>Turkey Tetrazzini Mixed vegetables</p>	<p>23</p> <p>Stuffed pepper Side salad</p>	<p>24</p> <p>Vegetable alfredo over pasta Bread stick</p>
<p>27</p> <p>Meat lasagna Garlic knot</p>	<p>28</p> <p>Vegetarian chili Corn bread</p>	<p>29</p> <p>Chicken Gyro plate Steak fries</p> <p>Dance party at 1:30pm!</p>	<p>30</p> <p>Salisbury steak Mashed potato Vegetable</p>	<p>31</p> <p>Seafood salad plate with macaroni salad Roll</p>