

(Tuesday Nights ~ see pg. 10)

Ludlow Senior Center

(413) 583-3564


www.ludlow.ma.us

Page 5

Monday	Tuesday	Wednesday	Thursday	Friday
2 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)	3 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 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 9:00am: Jewelry (RR) 10:00am: Tea with TA (Café) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	5 8:45am: Foot Care appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 1:00pm: 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: FCP HomeCare Info-Cafe 10:00am: Boomer Bootcamp(FS) 10:00am: Blood Pressure CK (WC) 10:30am: Slow Strollers 1:00pm: Ceramics/Decorating 1:00pm: Healthy Bones (FS)
9 9:00am: Knitting (AC) 9:00am: Dickinson Museum Trip 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)	10 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)	11 9:00am: Mobile Dental (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) 1:30pm: Intro to Soup & Spices	12 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) 2:30pm: Active Yoga (FS)	13 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: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Fishing Club (CR)
16 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:00am: What is Juneteenth? 10:30am: Slow Strollers 1:00pm: Limitless Legends (CR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	17 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 11:30am: Lunch Bunch Trip 12:30pm: Blood Pressures (WC) 1:00pm: Brown Bag pick up (RR) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)	18 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 4:30pm: COA Meeting (CR)	19 <div style="text-align: center;"> CENTER CLOSED (Juneteenth) </div>	20 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: Guidance by Li (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
23 8:45am: Foot Care by Appt 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)	24 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: Timeless Beauty (AC) 1:30pm: Bingo (GR)	25 8:00am: Facials by appt (WC) 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 10:30am: Strawberry Shortcake 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: TED Talk (CR)	26 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)	27 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: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:30pm Forget Me Not Circle (CR)
30 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:00am: Diabetes Talk (RR) 10:30am: Slow Strollers 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	<div style="text-align: center;"> <h2>TUESDAY EVENING ACTIVITIES SEE PAGE 10!</h2> </div>	<div style="text-align: center;"> <u>June 12th, 10:30am</u> Senator Oliveira <u>June 16th, 10:30am</u> Representative Saunders </div>	<i>FS = Fitness Studio</i> <i>AC = Arts & Crafts</i> <i>CR = Conference Room</i> <i>GR = Great Room</i> <i>RR = Game Room</i> <i>WC = Wellness Center</i> <i>BR = Billiards Room</i> <i>SO = Small Office</i>	<div style="text-align: center;"> Highlight.... Road to Retirement: Planning for Medicare Tuesday, June 17th at 5:30pm </div>

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

Page 6

Monday	Tuesday	Wednesday	Thursday	Friday
2 Lazy chicken pot pie with biscuit	3 Baked manicotti Garlic knot	4 Open faced pulled pork sandwich Sweet potato fries Cole slaw	5 Chef salad	6 Baked cod Roasted potatoes Power salad
9 Kielbasa Lazy pierogi Harvard Beets	10 Cheeseburger Lettuce & tomato Chips Pickle	11 Lunch & Learn Macaroni & cheese Stewed tomatoes	12 Fruit salad & cottage cheese plate	13 Father's Day Lunch Meatloaf Mashed potatoes Carrots
16 Crab cake Onion rings Side salad	17 Meatball grinder Steak fries	18 Birthday Lunch Chicken piccata Rice Mixed vegetables	19 CENTER CLOSED (Juneteenth)	20 Tuna noodle casserole Corn bread
23 Beef & broccoli over rice Egg roll	24 Strawberry spinach salad with grilled chicken	25 Ziti Meat sauce Garlic bread	26 French toast casserole Breakfast sausage	27 Egg salad finger sandwich Must go soup Chips
30 Chicken patty sandwich Lettuce & tomato Pasta salad		<i>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.</i>		<i>Happy Father's Day!</i>