

May 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><u>TIP OF THE TONGUE</u></p> <p>Mondays, May 4th, 11th and 18th at 1:30pm</p> <p>Registration was required.</p> <p>In Conference Room.</p>	<p>TUESDAY EVENING ACTIVITIES</p> <p>SEE PAGE 10!</p>	<p>Senator Oliveira ~ <u>May 14th at 10:30am</u></p> <p>Representative Saunders~ <u>May 18th at 10:30am</u></p>	<p><i>AC = Arts & Crafts</i> <i>CR = Conference Room</i> <i>FS = Fitness Studio</i> <i>GR = Great Room</i> <i>RR = Game Room</i> <i>SO = Small Office</i></p>	<p>1</p> <p>8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp(FS) 10:00am: Blood pressure ck (WC) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Decorating Comm (RR)</p>
<p>4 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: Fishing Club (RR) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)</p>	<p>5 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>6 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Jewelry (RR) 10:00am: Tea with the TA (Café) 10:00am: Massage by appt (WC) 10:30am: Healthy Bones (FS) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)</p>	<p>7 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 1:00pm: Art of Card Making (AC) 2:30pm: Active Yoga (FS)</p>	<p>8 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp(FS) 10:00am: Blood pressure ck (WC) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:30pm: Girl Scouts (RR)</p>
<p>11 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:00am: Blood pressure ck (WC) 10:00am: Parkinson's Talk (RR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)</p>	<p>12 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:00am: Love the Skin (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)</p>	<p>13 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Dental Hygiene (WC) 10:00am: Fun with Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: NO Healthy Bones 4:30pm: COA Meeting (CR)</p>	<p>14 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 10:30am: Friends Meeting (AC) 12:45pm: Mahjong (RR) 1:30pm: Anne Frank Story (GR) 2:00pm: Writers Block (AC) 2:30pm: Active Yoga (FS)</p>	<p>15 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Mass EDP (Café) 11:30am: Lunch Bunch Trip 1:00pm: Guidance by Li (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)</p>
<p>18 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:00am: Blood pressure ck (WC) 10:00am: Stroke Signs (RR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)</p>	<p>19 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)</p>	<p>20 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Old Deerfield Trip 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)</p>	<p>21 9:00am: Tai Chi (FS) 9:30am: Dominos (AC) 10:00am: Sunshine Paint (AC) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 1:30pm: Nostalgic Music (GR) 2:30pm: Active Yoga (FS)</p>	<p>22 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp(FS) 10:00am: Blood pressure ck (WC) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:30pm: Forget Me Not (RR)</p>
<p>25</p> <p>CENTER CLOSED (Memorial Day)</p>	<p>26 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Swing Your Partner (FS) 1:00pm: Limitless Legends (CR) 1:30pm: Bingo (GR)</p>	<p>27 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Facials by appt (WC) 10:30am: Healthy Bones (FS) 10:30am: Veggie Day (Café) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: TED Talk (CR)</p>	<p>28 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 2:00pm: Writers Block (CR) 2:00pm: Book Club (CR) 2:30pm: Active Yoga (FS)</p>	<p>29 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp(FS) 10:00am: Blood pressure ck (WC) 10:30am: Cornhole on the Lawn 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)</p>

May 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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<p>Have you notice many new diners at lunch lately? We have had an influx of 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!</p>		<p>Have a favorite dish that you haven't seen on the menu? Just let Chris know. Menu planning is tough sometimes so input is welcome!!</p>		<p>1 Cheese Pizza Side salad</p>
<p>4 Hog dog & roll Baked beans Cole slaw</p>	<p>5 Taco Salad (Cinco de Mayo)</p>	<p>6 Lunch & Learn Stuffed Shells Side salad</p>	<p>7 Seafood salad Croissant Orzo salad</p>	<p>8 Mother's Day Lunch Ranch Chicken Au gratin potatoes Carrots</p>
<p>11 Chicken & vegetable primavera over pasta Roll</p>	<p>12 Stuffed cabbage Caesar salad</p>	<p>13 Sauage grinder Onions, peppers and cheese Tater tots</p>	<p>14 Fish tacos Black beans & rice Corn slaw</p>	<p>15 Cobb salad</p>
<p>18 Vegetable frittata Roasted potatoes</p>	<p>19 American chop suey Garlic knot</p>	<p>20 Birthday Lunch Baked cod Rice pilaf Mixed vegetable</p>	<p>21 Ham & broccoli casserole Biscuit</p>	<p>22 Memorial Day Lunch Pot roast Mashed potatoes Green beans</p> 
<p>25 CENTER CLOSED (Memorial Day)</p>	<p>26 Chicken patty sandwich Lettuce & tomato Chips & pickle</p>	<p>27 Swedish meatballs Egg noodles Vegetable</p>	<p>28 Chef salad</p>	<p>29 Macaroni & cheese Stewed tomatoes</p>