

November 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 Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Computer by appt (CR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS)	3 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)	4 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Jewelry (RR) 9:00am: Massage by appt (WC) 10:00am: Tea with TA (Cafe) 10:00am: Fun with Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	5 9:00am: Tai Chi (FS) 9:30am: Foot Care by appt (WC) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	6 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Baystate Hospice Info Table 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Decorating (DR) 1:00pm: Healthy Bones (FS)
9 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer by appt (CR) 10:00am: Blood pressure ck (WC) 11:00am: Veterans Lunch (DR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS) 1:30pm: Watercolor pencil (AC)	10 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 11:00am: Lunch Bunch Trip 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	11 <div style="text-align: center;"> CENTER CLOSED Veterans Day! Thank you Veterans! </div>	12 9:00am: Tai Chi (FS) 9:30am: Foot Care by appt (WC) 9:30am: Dominos (AC) 10:30am: Friends Meeting (RR) 12:45pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	13 8:45am: Boomer Bootcamp (FS) 9:00am: Dental Hygiene (WC) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (CR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
16 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Computer by appt (CR) 10:00am: Peace of Mind (RR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS)	17 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:00am: Coffee with a Cop (Café) 10:30am: Gentle Yoga (FS) 1:00pm: Brown Bag pick up (CR) 1:00pm: Swing Your Partner (FS) 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) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 4:30pm: Council on Aging Mtg (CR)	19 9:00am: Tai Chi (FS) 9:30am: Foot Care by appt (WC) 9:30am: Dominos (RR) 10:00am: Sunshine Paint (AC) 10:15am: Meditation (CR) 12:00pm: Birthday Lunch (DR) 12:45pm: Mahjong (RR) 2:00pm: Writers BLK/Book Club 2:30pm: Active Yoga (FS)	20 8:45am: Boomer Bootcamp (FS) 9:00am: Holyoke Mall Trip 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Guidance by Li (RR) 1:30pm: Forget-Me-Not (CR)
23 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer/Blood Pressure 10:00am: Age-Friendly Home (RR) 1:00pm: Scrabble (Café) 1:00pm: Limitless Legends (CR) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS) 1:30pm: Watercolor pencil (AC)	24 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:30am: Gentle Yoga (FS) 11:00pm: Thanksgiving Lunch (DR) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	25 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Facial appt (WC) 10:30am: Thankful 4 U (Café) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: TED Talk (CR)	26 <div style="text-align: center;"> CENTER CLOSED Happy Thanksgiving! </div>	27 <div style="text-align: center;"> CENTER CLOSED Happy Thanksgiving! </div>
30 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer by appt (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)	<div style="text-align: center;"> Tuesday evening activities? see page 10! </div>	<div style="text-align: center;"> Senator Oliveira November 12th - 10:30am ~ Representative Saunders November 16th - 10:30am </div>	<div style="text-align: center;"> AC=Arts & Crafts CR=Conference Room DR=Dining Room FS=Fitness studio GR=Great Room RR=Game Room WC=Wellness Center </div>	

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mac & cheese Stewed tomatoes	3 Kielbasa Lazy periogi Beet salad	4 Potato crunch fish Tater tots Coleslaw	5 Ranch chicken Augratin potatoes Vegetable	6 Cold cut grinder Chips Pickles
9 VETERANS DAY LUNCH Meatloaf Mashed potatoes Vegetable	10 Veggie burger Lettuce & tomato Sweet potato fries	11 CENTER CLOSED Veterans Day! Thank you Veterans!	12 Crab cake Wild rice Vegetable	13 Chicken patty sandwich Lettuce & tomato Macaroni salad
16 Baked cod Scalloped potatoes Vegetable	17 Stuffed sausage peppers, onion, mushrooms & cheese Steak fries	18 LUNCH & LEARN Hot dog Baked beans Cucumber salad	19 BIRTHDAY LUNCH Chicken picatta Rice pilaf Vegetable	20 Taco salad (vegetarian option)
23 Pork & apple stew Biscuit	24 THANKSGIVING LUNCH Turkey and all the fixings!	25 Pepperoni pizza Side salad (vegetarian option)	26 CENTER CLOSED Happy Thanksgiving!	27 CENTER CLOSED Happy Thanksgiving!
30 Meat Chili Baked potato	<div> <div>PLEASE remember to put your name in your coat and be sure to <u>hang it up</u>. It is a tripping hazard for our dining room crew. Thank you!</div> <div>  </div> <div>Due to the high volume of lunch participants, we are unable to accommodate personal preferences or substitutions. We will do our best to accommodate allergy-related requests when possible (for example, removing cheese), but we cannot accommodate every allergy. Please review the posted menu and consider your individual dietary needs before signing up for lunch. Thank you for your understanding!</div> </div> <div data-kind="ghost"></div> <div data-kind="ghost"></div> <div data-kind="ghost"></div>			

