

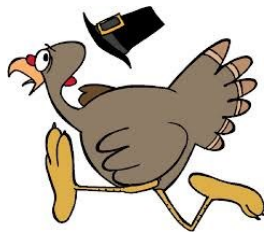
November 2025 Activities Calendar (Tuesday Nights ~ see pg. 10)

Ludlow Senior Center

(413) 583-3564

www.ludlow.ma.us

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Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)	4 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)	5 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Jewelry (RR) 10:00am: Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Dominos/Movie 1:00pm: Healthy Bones (FS) 1:30pm: World War II Story	6 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 1:30pm: Baking Together (DR) 2:30pm: Active Yoga (FS)	7 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:30am: Elections 101(CR) 1:00pm: Decorating Comm. (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
10 8:45am: Foot Care appts (WC) 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	11 CENTER CLOSED (Thank you Veterans!)	12 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Dental Hygiene Appts 10:00am: Tea with the TA 10:30am: Healthy Bones (FS) 12:30pm: Hearing Appts (WC) 1:00pm: Movie/Dominos 1:00pm: Healthy Bones (FS)	13 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 10:30pm: Friends Meeting (AC) 12:45pm: Mahjong (RR) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)	14 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:30am: PTVA Basics (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
17 9:00am: Knitting (AC) 9:00am: Memory screening 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)	18 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 11:30am: Lunch Bunch 12:30pm: Blood Pressures (WC) 1:00pm: Brown Bag pick up (RR) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)	19 8:45am: Zumba Gold (FS) 9:00am: Ceramics/Massage 10:00am: Opera (CR) 10:30am: Healthy Bones (FS) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC) 4:30pm: COA Meeting (CR)	20 8:45am: Foot Care appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 1:00pm: Card Making (AC) 1:30pm: Laura Lavoie/Forget Me Not 2:00pm: Book Club (CR) 2:30pm: Active Yoga (FS)	21 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 9:00am: Walmart Trip 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:30am: Trivia (CR) 1:00pm: Guidance by Li (CR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
24 8:15am: Facial appts (WC) 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 1:00pm: Scrabble (Café) 1:00pm: Limitless Legends (CR) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	25 8:45am: Foot Care appts (WC) 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)	26 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:30am: Healthy Bones (FS) 10:30am: Cider & Muffins (Café) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC)	27 	28 CENTER CLOSED (Happy Thanksgiving!)
FS = Fitness Studio AC = Arts & Crafts CR = Conference Room GR = Great Room RR = Game Room WC = Wellness Center BR = Billiards Room SO = Small Office	TUESDAY EVENING ACTIVITIES SEE PAGE 10!	Senator Oliveira ~ <u>November 13th, 10:00am</u> Representative Saunders~ <u>November 17th, 10:30am</u>	WINTER WEATHER ADVISORY..... If the Ludlow schools are CLOSED due to inclement weather, the Senior Center will be CLOSED. If the schools have a delay, the Center will also have a delay in opening. Please watch channel 40 for delays or it is also posted on our Facebook page.	

November 2025 Lunch Menu

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

Ludlow Senior Center

(413) 583-3564

24 hour notice required

www.ludlow.ma.us

Monday	Tuesday	Wednesday	Thursday	Friday
3 KFC Bowl (popcorn chicken, mashed potatoes, gravy, corn and cheese)	4 BBQ salmon Rice pilaf Vegetable	5 Beef stew Corn bread	6 Vegetable frittata Roasted potatoes	7 Pepperoni pizza Side salad
10 Veteran's Day Lunch Chicken parmesan over pasta Caesar salad	11 Center Closed (Thank you Veterans!)	12 Hamburg chow mien Rice Vegetable	13 Chef salad	14 Fish & chips Cole slaw
17 Stuffed shells Garlic bread	18 Rueban casserole 3 Bean salad	19 Lunch & Learn BLT grinder Tater tots	20 Birthday Lunch Chicken marsala Egg noodles Vegetable	21 Big Mac salad
24 Hot dog and beans Power salad	25 Thanksgiving Lunch Turkey and all the fixins'!	26 Chicken patty sandwich Lettuce & tomato Chips & pickle	27 Center Closed (Happy Thanksgiving!)	28 Center Closed
Cooler weather means more coats and jackets. Please put your name in your coat and even on a piece of paper in the pocket. Double check that you have the right coat before you leave the Center. PLEASE hang it up too. The servers thank you!! Thanks so much!			Please see page 1 for Thanksgiving lunch sign-up information!	