

October 2026 Activities Calendar (Tuesday Nights ~ see page 10!)

Ludlow Senior Center

(413) 583-3564

www.ludlow.ma.us

Page 5

Monday	Tuesday	Wednesday	Thursday	Friday
Senator Oliveira ~ <u>October 8th at 10:30am</u> Representative Saunders~ <u>October 19th at 10:30am</u>	TUESDAY EVENING ACTIVITIES SEE PAGE 10!	<i>AC = Arts & Crafts Room CR = Conference Room DR = Dining Room FS = Fitness Studio GR = Great Room RR = Game Room WC = Wellness Center</i>	1 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation Connect. (CR) 12:45pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	2 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Decorating (DR) 1:00pm: Healthy Bones (FS)
5 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS)	6 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 9:30am: Park Hill Orchard Trip 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	7 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Jewelry (RR) 10:00am: Massage (WC) 10:00am: Fun with Opera (CR) 10:00am: Tea with TA (Café) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	8 9:00am: Tai Chi (FS) 9:30am: Dominos (AC) 10:15am: Meditation Connect. (CR) 10:30am: Friends Meeting (RR) 12:45pm: Mahjong (RR) 1:00pm: Paint with Trish (AC) 2:30pm: Active Yoga (FS)	9 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Fallon Health (Café) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
12 CENTER CLOSED <i>Columbus Day</i>	13 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)	14 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Dental Hygiene (WC) 10:30am: Healthy Bones (FS) 10:30am: Apple crisp (Café) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:30pm: UFOs & Bigfoot (GR) 4:30pm: COA Meeting (CR)	15 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation Connect. (CR) 12:00pm: Birthday lunch (DR) 12:45pm: Mahjong (RR) 1:30pm: Ghost craft (AC) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)	16 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: Spfld Water&Sewer(RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Guidance by Li (RR)
19 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: What is AI? (RR) 10:00am: Blood pressure ck (WC) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS) 1:30pm: Watercolor pencil (AC)	20 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:30am: Gentle Yoga (FS) 1:00pm: Swing Your Partner (FS) 1:00pm: Brown Bag pick up (CR) 1:30pm: Bingo (GR)	21 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:00am: Fun with Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	22 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: Sunshine Paint (AC) 10:15am: Meditation Connect. (CR) 12:45pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:30pm: Active Yoga (FS)	23 Wear It Pink Day! 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Forget Me Not (RR)
26 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Ready, Set, Fall! (RR) 10:00am: Blood pressure ck (WC) 1:00pm: Scrabble (Café) 1:00pm: Limitless Legends (CR) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS) 1:30pm: Watercolor pencil (AC)	27 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)	28 8:45am: Zumba Gold (FS) 9:00am: Facial appt (WC) 9:00am: Ceramics (AC) 10:30am: Healthy Bones (FS) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:30pm: TED Talk (CR)	29 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation Connect. (CR) 11:00am: Lunch Bunch 12:45pm: Mahjong (RR) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)	30 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 11:00am: Halloween Lunch (DR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)

October 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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Page 6

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<i>GERMS! Fall is in the air, and that means cold and flu season is right around the corner! Please help us keep everyone healthy by not sharing food at lunch. You never know who may be carrying germs. If you can't finish your lunch, please leave it rather than sharing it with someone else. Thank you for helping us keep our Senior Center healthy!</i>		 It is coat season so please be sure that your name is in your coat. Simply put a piece of paper with your name in the pocket. Please hang up your coat too. Thanks!	1 Sweet & sour chicken Rice Asian vegetables	2 Swedish meatballs Egg noodles Vegetable
5 Roasted shrimp On Caesar salad Pita chips (vegetarian optional)	6 Chicken parmesan Pasta Roll	7 Bacon Bleu burger Chips Pickle	8 Ham & broccoli casserole Biscuit	9 Loaded nachos (taco beef, lettuce, tomatoes, cheese & olives) (vegetarian optional)
12 CENTER CLOSED <i>Columbus Day</i>	13 BBQ riblet Sweet potato fries 3 bean salad	14 Cobb salad (vegetarian optional)	15 Birthday Lunch! Salisbury steak Mashed potatoes Vegetable	16 Ziti with garlic and broccoli Breadstick
19 Seafood salad plate With power salad Roll	20 Vegetarian chili Corn bread	21 Spinach & artichoke baked chicken Rice pilaf Vegetable	22 Turkey bacon ranch wrap Tater tots	23 American chop suey Side salad
26 Vegetable frittata Roasted potatoes	27 Beef stew Hawaiian roll	28 Fish taco Corn slaw Black beans & rice	29 Turkey waldorf salad Croissant Seasoned fries	30 Halloween Lunch! Lasagna rollette Caesar salad Garlic knot