

# September 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
<b>1</b>  <b>CENTER CLOSED</b> (Labor Day)	<b>2</b> 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)	<b>3</b> 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Jewelry (RR) 10:00am: Tea with TA (Café) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC)	<b>4</b> 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 2:00pm: Writers Block (AC) 2:30pm: Active Yoga (FS)	<b>5</b> 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: Fishing Club (CR) 1:00pm: Decorating 1:00pm: Healthy Bones (FS)
<b>8</b> 9:00am: Knitting (AC) 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)	<b>9</b> 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)	<b>10</b> 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:00am: Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: <b>NO</b> Healthy Bones (FS) 1:00pm: Paraffin wax (AC) 1:00pm: Dominos (AC)	<b>11</b> 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 10:30pm: Friends Meeting (AC) 12:45pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	<b>12</b> 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:30am: Pizza, Pizza! (Café) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
<b>15</b> 9:00am: Flu shots (WC) 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 1:00pm: Scrabble (Café) 1:00pm: Dementia Friend Training 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	<b>16</b> 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: Brown Bag pick up (RR) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)	<b>17</b> 8:45am: Zumba Gold (FS) 9:00am: Mobile Dental (WC) 9:00am: Ceramics (AC) 9:30am: Big E Trip 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC) 4:30pm: COA Meeting (CR)	<b>18</b> 8:45am: Foot Care appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 10:30am: Rock Painting (AC) 12:45pm: Mahjong (RR) 2:00pm: Writers Block (AC) 2:30pm: Active Yoga (FS)	<b>19</b> 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:30am: Home Care Choices (RR) 1:00pm: Guidance by Li (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
<b>22</b> 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 12:00pm: Flu shots (WC) 1:00pm: Scrabble (Café) 1:00pm: Limitless Legends (CR) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)	<b>23</b> 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) 5:30pm: Compass & Anchor	<b>24</b> 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC)/ <b>Facials</b> 10:00am: Opera (CR) 10:30am: Healthy Bones (FS) 12:00pm: Lunch & Learn 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC)	<b>25</b> 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: Sunshine Painting (AC) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:30pm: Active Yoga (FS) <b>10:30am: Home Mod Program</b>	<b>26</b> 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: TED Talk (CR) 10:00am: Blood Pressure CK (WC) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:30pm: Forget Me Not (CR)
<b>29</b> 8:45am: Foot Care (WC) 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Joint Health (RR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	<b>30</b> 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) 4:00pm: Meet the Rotary Club	<b>TUESDAY EVENING ACTIVITIES SEE PAGE 10!</b>	Senator Oliveira ~ <u><b>NO</b> September hour</u>  Representative Saunders~ <u>September 15th, 10:30am</u>	<b>FS = Fitness Studio</b> <b>AC = Arts &amp; Crafts</b> <b>CR = Conference Room</b> <b>GR = Great Room</b> <b>RR = Game Room</b> <b>WC = Wellness Center</b> <b>BR = Billiards Room</b> <b>SO = Small Office</b>

# September 2025 Lunch Menu

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

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>CENTER CLOSED</b> (Labor Day)	<b>2</b>  Shrimp scampi Linguini Mixed vegetables	<b>3</b>  Meatball grinder Steak fries	<b>4</b>  Chef salad	<b>5</b>  Roasted vegetable pizza Caesar salad
<b>8</b>  Chicken, ziti & broccoli Garlic knot	<b>9</b>  Seafood casserole White rice Vegetable	<b>10</b>  Strawberry spinach salad Grilled chicken	<b>11</b>  Rustic Hobo beef & potato bake  (New recipe)	<b>12</b>  Stuffed shells Side salad
<b>15</b>  Crab cake Roasted sweet potatoes Power salad	<b>16</b>  Ranch chicken Baked potato Vegetable	<b>17</b>  Lemon ricotta pasta with spinach Bread stick  (New recipe)	<b>18</b> <b>Birthday Lunch</b>  Breaded pork chop Rice pilaf Carrots	<b>19</b>  French toast bake Breakfast sausage
<b>22</b>  Chicken patty sandwich Lettuce & tomato Tater tots	<b>23</b>  Kielbasa Lazy pierogi Beet salad	<b>24</b> <b>Lunch &amp; Learn</b>  Shepherd's pie Corn bread	<b>25</b>  Fish & chips Cole slaw	<b>26</b>  Loaded Big E baked potato Day! Must-go soup
<b>29</b>  American chop suey Biscuit	<b>30</b>  Mushroom Swiss burger Onion rings	<i><b>Chris is trying out some new recipes so please be sure to let her know what you think!</b></i>	<div> <i><b>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. Thanks so much!</b></i> </div>	