

September 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
Senator Oliveira ~ <u>September 10th at 10:30am</u> Representative Saunders~ <u>See you in October</u>	1 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)	2 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Jewelry (RR) 10:00am: Massage by appt (WC) 10:00am: Tea with the TA (Café) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	3 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 12:45pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	4 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 9:30am: Ascend Hospice Table 1:00pm: Ceramics (AC) 1:00pm: Decorating (DR) 1:00pm: Healthy Bones (FS)
7 CENTER CLOSED Labor Day	8 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)	9 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: Healthy Bones (FS)	10 9:00am: Tai Chi (FS) 9:30am: Dominos (AC) 10:00am: Sanitation Station (AC) 10:15: Meditation Connection (CR) 10:30am: Friends Meeting (RR) 12:45pm: Mahjong (RR) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)	11 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:30am: Trivia (RR) 11:30am: Lunch Bunch Trip 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
14 9:00am: Knitting Club (AC) 9:00am: Flu Shots by appt (WC) 9:30am: Boomer Bootcamp (FS) 1:00pm: Scrabble (Café) 1:00pm: Fishing Club (CR) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS) 1:30pm: Watercolor pencil (AC)	15 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)	16 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 4:30pm: COA Meeting (CR)	17 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15: Meditation Connection (CR) 12:00pm: Birthday lunch (DR) 12:45pm: Mahjong (RR) 1:00pm: Card making (AC) 2:30pm: Active Yoga (FS)	18 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: Guidance by Li (RR)
21 CENTER CLOSED Staff Training	22 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (CR) 10:30am: Gentle Yoga (FS) 12:00pm: Flu Shots by appt (WC) 1:00pm: Swing Your Partner (FS) 1:30pm: Bingo (GR)	23 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Facial appt (WC) 10:00am: Opera (CR) 10:30am: Healthy Bones (FS) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	24 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: Sunshine Paint (AC) 10:15: Meditation Connection (CR) 10:30am: Lazy Caramel apples 12:45pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)	25 8:45am: Boomer Bootcamp (FS) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood pressure ck (WC) 10:00am: SeniorStrong Event (GR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Forget Me Not (RR)
28 9:00am: Knitting Club (AC) 9:30am: Boomer Bootcamp (FS) 1:00pm: Scrabble (Café) 1:00pm: Limitless Legends (CR) 1:15pm: Pitch (GR) 1:30pm: Flex & Core (FS) 1:30pm: Watercolor pencil (AC)	29 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) 4:00pm: Oktoberfest! (GR)	30 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:30am: Big E Trip 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	AC = Arts & Crafts Room CR = Conference Room DR = Dining Room FS = Fitness Studio GR = Great Room RR = Game Room WC = Wellness Center	TUESDAY EVENING ACTIVITIES SEE PAGE 10!

September 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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Monday	Tuesday	Wednesday	Thursday	Friday
<i>Just a reminder that cancelations after 10:00am are considered "no-shows". Please be sure to cancel your lunch reservation before 10:00am. Thank you!!!</i>	1 Eggplant parmesan Pasta Garlic bread	2 Marinated chicken leg Rice pilaf Vegetable	3 Chef salad	4 Potato crunch fish Tater tots Power salad
7 CENTER CLOSED <i>Labor Day</i>	8 KFC Bowl (popcorn chicken, mashed potatoes, corn, gravy and cheese)	9 Kielbasa& kraut Pierogis	10 Blueberry stuffed French toast bake Breakfast sausage	11 Open faced pulled pork sandwich Cole slaw Sweet potato fries
14 Beef & Broccoli White rice Egg roll	15 Strawberry spinach salad topped with chicken Bread stick	16 BBQ salmon Scalloped potatoes Vegetable	17 Birthday Lunch! Cheese manicotti Caesar salad	18 Loaded Big E baked potato day Must—go soup
21 CENTER CLOSED <i>Staff Training</i>	22 Corn chowder Chicken salad finger sandwich Chips	23 Lunch & Learn Big Mac salad	24 Lazy chicken pot pie	25 SeniorStrong Event Cheese pizza Side salad
28 Open faced turkey sandwich Mashed potatoes Vegetable	29 Seafood casserole Over rice Vegetable	30 Chili cheese dog Steak fries	<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>	