

December 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
1 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)	2 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)	3 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Jewelry (RR) 10:00am: Massage Therapy (WC) 10:00am: Opera (CR) 10:00am: Tea with the TA 10:30am: Healthy Bones (FS) 1:00pm: Movie(RR)/Dominos (AC) 1:00pm: Healthy Bones (FS)	4 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)	5 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 9:30am: Craft Fair Trip 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 1:00pm: Decorating Committee 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
8 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Lunch Bunch 1:00pm: Scrabble (Café) 1:00pm: Paint w/ Trish (AC) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	9 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)	10 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Dental Hygiene Appts 10:30am: Healthy Bones (FS) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC)	11 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 10:30pm: Friends Meeting (AC) 10:30am: Sen. Oliveira Hour 12:45pm: Mahjong (RR) 1:30pm: Soup & Spices (DR) 2:30pm: Active Yoga (FS)	12 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 9:30am: Enfield Trip 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:00am: Inclement Weather (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
15 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Rep. Saunders Hour 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 1:30pm: Heritage Pops (GR) 2:30pm: Zumba Gold (FS)	16 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) 1:00pm: Festive Seasonings (AC) 1:30pm: Bingo (GR)	17 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:00am: Opera (CR) 10:30am: Latkes (Café) 10:30am: Healthy Bones (FS) 1:00pm: Healthy Bones/ MOVIE 1:00pm: Dominos (AC) 1:00pm: TED Talk (CR) 4:30pm: COA Meeting (CR)	18 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: Sunshine Paint (AC) 10:15am: Meditation (CR) 12:00pm: Funny Sweater Contest 12:45pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:00pm: Writers Block (AC) 2:30pm: Active Yoga (FS)	19 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 10:30am: Trivia (RR) 1:00pm: Guidance by Li (CR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
22 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 1:00pm: Scrabble (Café) 1:00pm: Limitless Legends (CR) 1:00pm: Paraffin Wax (AC) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	23 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)	24 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:30am: Healthy Bones (FS) Center Closes at 11:30am	25 CENTER CLOSED Merry Christmas! Closed on the 26th too!	26 CENTER CLOSED! 
29 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)	30 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressures 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)	31 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:30am: Healthy Bones (FS) Center Closes at 11:30am	1 CENTER CLOSED Happy New Year! Closed January 2nd too!	FS = Fitness Studio AC = Arts & Crafts CR = Conference Room GR = Great Room RR = Game Room WC = Wellness Center BR = Billiards Room SO = Small Office

December 2025 Lunch Menu

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

Ludlow Senior Center

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24 hour notice required

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Monday	Tuesday	Wednesday	Thursday	Friday
1 Corn chowder Tuna finger sandwich Onion rings	2 Cowboy burger Macaroni salad	3 Asian chicken salad (contains almonds)	4 Vegetable lasagna Bread stick	5 Kielbasa boil (kraut & potatoes)
8 Sloppy joe Sweet potato fries Cole slaw	9 Cheese tortellini pepperoni bake Garlic knot	10 Lunch & Learn Shepherd's pie Side salad	11 Cold cut grinder Chips Pickle	12 Vegetarian chili Baked potato
15 Pasta primavera Caesar salad	16 Jambalaya Rice Corn bread	17 Taco salad	18 Birthday Lunch Stuffed pork chop Scalloped potatoes Vegetable	19 Fish taco Corn slaw Rice & beans
22 American chop suey	23 Christmas Lunch Pot roast Mashed potatoes Glazed carrots	24 No lunch served Center closes at 11:30am	25 CENTER CLOSED Merry Christmas! Closed on the 26th too!	26 CENTER CLOSED 
29 Swedish meatballs Egg noodles Vegetable	30 New Year's Lunch Chicken Cordon Bleu Wild rice Mixed vegetable	31 No lunch served Center closes at 11:30am	1 CENTER CLOSED Happy New Year! Closed on January 2nd too!	Please see page 1 for Holiday lunch sign-up information!