

# August 2022 Activities Calendar

Ludlow Senior Center

(413) 583-3564

www.ludlow.ma.us

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 10:00am Computer Class (CR) 1:00pm:Scrabble (RR) 1:15pm: Pitch (GR) 2:30pm:Zumba Gold (FS)	<b>2</b> 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Dance! (FS) 1pm: Decorating / <b>1:30 Bingo</b>	<b>3</b> 8:00am: Gardening 9:00am: Ceramics (AC) 9:30am: Jewelry (AC) 10:00am: <b>Tea with the TA</b> 10:00am: Zumba Gold (FS) 1:00pm: <i>Blackbird</i> (RR)	<b>4</b> 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 1:00pm: Foot Care by Appt (WC) 1:00pm: Mahjong (RR) 1:00pm: Fishing Meeting (CR) 2:30pm: Active Yoga (FS)	<b>5</b> 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp (FS) <b>10:00am: Blood Pressure CK (WC)</b> 10:00am: Cornhole on the lawn 10:30am: Trivia (RR) 1:00pm: Ceramics (AC)
<b>8</b> 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 10:00am Computer Class (CR) 1:00pm:Scrabble (RR) 1:15pm: Pitch (GR) 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 Pressure CK (WC) 1:00pm: Dance! (FS) 1:30pm: Bingo (GR)	<b>10</b> 8:00am: Gardening 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 10:00am: Veteran's Services <b>11:00am: Luau w/ Jose Paulo</b> 1:00pm: <i>Fathers&amp;Daughters</i> (RR)	<b>11</b> 8:30pm: Foot Care by Appt(WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:30am: Friends Mtg (AC) 1:00pm: Mahjong (RR) <b>1:30pm: Colorful Clarinets (GR)</b> 2:30pm: Active Yoga (FS)	<b>12</b> 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp (FS) <b>10:00am: Blood Pressure CK (WC)</b> 10:00am: Cornhole on the lawn 11:15am: Lunch Bunch 1:00pm: Ceramics (AC)
<b>15</b> 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 10:00am Computer Class (CR) 1:00pm:Scrabble (RR) 1:15pm: Pitch (GR) 2:00pm:Watercolor Pencils (AC) 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 Pressure (WC) 1:00pm: Dance! (FS) 1:00pm: Brown Bag 1:30pm: PRIZE BINGO! (GR)	<b>17</b> 8:00am: Gardening 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) <b>10:30am: Root Beer Floats</b> 1:00pm Savvy Caregiver (CR) 1:00pm: <i>Life Itself</i> (RR) 4:30pm: COA Meeting (CR)	<b>18</b> 8:30am: Foot Care by Appt 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: August Craft (AC) 10:00am: TED Talk (CR) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	<b>19</b> 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp( FS) <b>10:00am: Blood Pressure CK (WC)</b> 10:00am: Cornhole on the lawn 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Guidance By Li (RR)
<b>22</b> <b>CENTER            CLOSED            (Staff training)</b>	<b>23</b> 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Dance! (FS) 1:30pm: Bingo (GR)	<b>24</b> 8:00am: Gardening 9:00am: Ceramics (AC) 9:00am: Facials by appt (WC) 10:00am: Zumba Gold (FS) <b>12:00pm Lunch &amp; Learn (GR)</b> 1:00pm Savvy Caregiver (CR) 1:00pm: <i>The Ultimate Life</i> (RR)	<b>25</b> 8:30: Foot Care by Appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: August Paint Craft (AC) 12:30: Hearing Clinic (WC) 1:00pm: Mahjong (RR) 2:00pm: Book Club/ <b>2:30: Yoga</b>	<b>26</b> 8:45am:Boomer Bootcamp (FS) 10:00am:Boomer Bootcamp (FS) <b>10:00am: Blood Pressure CK (WC)</b> 10:00am: Cornhole on the lawn 10:00am: Iceland Tour (RR) 1:00pm: Ceramics (AC)
<b>29</b> 9:00am: Knitting (AC) 10:00am:Boomer Bootcamp (FS) 1:00pm:Scrabble (RR) 1:15pm: Pitch (GR) 1:30pm: Forget Me Not Café (CR) 2:00pm:Watercolor/ <b>2:30 Zumba</b>	<b>30</b> 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 12:30pm: Blood Pressure CK (WC) 1:00pm: Dance! (FS) 1:30pm: Bingo (GR)	<b>31</b> 8:00am: Gardening 9:00am: Ceramics (AC) 10:00am: Zumba Gold (FS) 1:00pm Savvy Caregiver (CR) 1:00pm: <i>Must Love Dogs</i> (RR)	<i>Fitness Room Instruction is available to learn how to use the equipment on Wednesdays 8-10am. Call for an appointment.</i>	
<b>FS = Fitness Studio            AC = Arts &amp; Crafts            CR = Conference Room            GR = Great Room            RR = Game Room            WC = Wellness Center</b>				

# August 2022 Lunch Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Potato Crunch Fish French Fries Cole Slaw	<b>2</b> Strawberry Spinach Salad with Grilled Chicken Roll	<b>3</b> Salisbury Steak Au Gratin Potatoes Broccoli	<b>4</b> Eggplant Parmesan over Pasta Garlic Bread	<b>5</b> Cheeseburger Lettuce and Tomato Tater Tots
<b>8</b> Veggie Pizza Small Salad	<b>9</b> Taco Salad	<b>10</b> <b>Luau!</b> Ham Dinner Sweet Potato Peas	<b>11</b> Swedish Meatballs Egg Noodles Green Beans	<b>12</b> Loaded Baked Potato Must-go-soup
<b>15</b> Lazy Turkey Pot Pie	<b>16</b> Crab Cake Onion Rings Apple Slaw	<b>17</b> Sausage Grinder With Onions and Peppers Chips	<b>18</b> <b>Birthday Lunch!</b> Stuffed Chicken Scalloped Potatoes Carrots	<b>19</b> Mac and Cheese Stewed Tomatoes
<b>22</b> <b>CENTER            CLOSED</b> (staff training)	<b>23</b> Chef Salad	<b>24</b> Chicken Patty Sandwich Lettuce and Tomato Cucumber Salad	<b>25</b> Lazy Pierogi Kielbasa Beet Salad	<b>26</b> Vegetable Frittata Roasted Potatoes
<b>29</b> Spaghetti and Meatballs	<b>30</b> Fruit Salad and Cottage Cheese Plate	<b>31</b> Hot dog and Beans	Lunch is served at Noon. Please be seated by 11:45am. We cannot guarantee your meal if you arrive late. Lunch is \$2. Please call a day ahead to make your lunch reservation(s). (Call Friday for Monday) No substitutions can be given. Please report any allergies. Please do not save seats ~ all are welcome!	