


MARCH 2025 Activities Calendar *(Tuesday Nights ~ see pg. 10)*

Ludlow Senior Center

(413) 583-3564

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Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Music Class (RR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)	4 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 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 9:00am: Jewelry (RR) 10:00am: Tea with TA (Café) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	6 8:45am: Foot Care appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: Africa Tour (RR) 10:15am: Meditation (CR) 1:00pm: Mahjong (RR) 2:30pm: Active Yoga (FS)	7 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Griswold Home Care 10:00am: Boomer Bootcamp(FS) 10:00am: Blood Pressure CK (WC) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00PM: Decorating Group
10 9:00am: Knitting (AC) 9:00am: Bulb Show trip 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 10:30am: Shamrock Shake-Café 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)	11 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)	12 9:00am: Ceramics (AC) 9:00am: Mobile Dental (WC) 10:00am: Opera (CR) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 11:30am: Lunch Bunch Trip 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS)	13 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 10:30am: Friends Meeting (AC) 1:00pm: Mahjong (RR) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)	14 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp(FS) 10:00am: Blood Pressure CK (WC) 10:00am: Walker tune up/wash 10:00am: Encompass Presents 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
17 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)	18 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)	19 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 4:30pm: COA Meeting (CR)	20 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 1:00pm: Mahjong (RR) 1:30pm: A & D Friendly ses. 1 (CR) 2:30pm: Active Yoga (FS)	21 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 (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)
24 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:00pm: Limitless Legends (CR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)	25 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) 1:00pm: Slime making (AC) 1:30pm: Bingo (GR)	26 9:00am: Facials by appt (WC) 9:00am: Ceramics (AC) 9:00am: Zumba Gold (FS) 10:00am: Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: TED Talk hour (CR)	27 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:00am: Sunshine Paint (AC) 10:15am: Meditation (CR) 1:00pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:00pm: Writers Block (AC) 2:30pm: Active Yoga (FS)	28 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki (SO) 10:00am: Boomer Bootcamp(FS) 10:00am: Blood Pressure CK (WC) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:30pm: Forget Me Not (CR)
31 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)	<p style="text-align: center;">TUESDAY EVENING ACTIVITIES SEE PAGE 10!</p>	<p><i>FS = Fitness Studio AC = Arts & Crafts CR = Conference Room GR = Great Room RR = Game Room WC = Wellness Center BR = Billiards Room SO = Small Office</i></p>	Senator Oliveira Office Hours March 13th at 10:30am ~ Representative Saunders March 17th at 10:30am	

MARCH 2025 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
3 Hot dog with roll Baked beans Cole slaw	4 Mardi Gras Lunch Jambalaya Corn bread	5 Ash Wednesday Seafood salad Croissant Chips & pickle	6 Cobb salad	7 Veggie burger Lettuce & tomato Sweet potato fries
10 Chicken parmesan Pasta Green beans	11 Ham & broccoli casserole	12 Turkey Waldorf salad plate	13 Meatball grinder Steak fries	14 Fish taco Black beans and rice
17 St. Patrick's Day Corned beef and cabbage!	18 Ziti with marinara Garlic bread	19 Stuffed sausage with onions, peppers, mushrooms and cheese Tater tots	20 Birthday Lunch Salisbury steak Mashed potatoes Mixed vegetable	21 Vegetable pizza Caesar salad
24 Chicken Louisa White rice Broccoli	25 Meatloaf Au gratin potatoes Carrots Biscuit	26 BLT grinder Chips Pickles	27 Vegetable chili Small baked potato	28 BBQ salmon Wild rice Mixed vegetable
31 Rueban casserole Side salad		Please remember to cancel your reservation before 10:00am or you will be counted as a NO-SHOW . NO-SHOWS will now be charged \$5.00 a day.		