

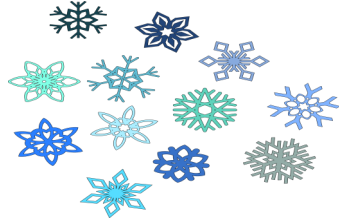
# January 2026 Activities Calendar *(Tuesday Nights ~ see you in February!)*

Ludlow Senior Center

(413) 583-3564

www.ludlow.ma.us

Page 5

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>FS = Fitness Studio AC = Arts &amp; Crafts CR = Conference Room GR = Great Room RR = Game Room WC = Wellness Center BR = Billiards Room SO = Small Office</i></p>	<p><i>We have had A LOT of not-shows for classes. Please remember to cancel if you can't make your class! There are always waiting lists. Thanks!</i></p>		<p>1</p> <p><b>CENTER CLOSED</b> (Happy New Year!)</p>	<p>2</p> <p><b>CENTER CLOSED</b> (Happy New Year again!)</p>
<p><b>5</b> 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>	<p><b>6</b> 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 9:00am: Foot Care (WC) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)</p>	<p><b>7</b> 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Jewelry (RR) 10:00am: Tea w/ TA (Café) <span style="border: 1px solid black; padding: 2px;">Massage appts</span> 10:00am: Opera Fun (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC)</p>	<p><b>8</b> 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 10:30am: Friends Mtg (AC) 12:45pm: Mahjong (RR) 1:30pm: <b>Ray of Elvis Concert</b>(GR) 2:00pm: Writers Block (CR) 2:30pm: Active Yoga (FS)</p>	<p><b>9</b> 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) <b>10:00am: Shiloh Angels (Café)</b> 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS) 1:00pm: Decorating Mtg</p>
<p><b>12</b> 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) <b>10:00am: Post-crossing (RR)</b> 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)</p>	<p><b>13</b> 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) <b>10:30am: Pie Day! (Café)</b> 1:00pm: Western Dance (FS) 1:30pm: Bingo (GR)</p>	<p><b>14</b> 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Dental Hygiene (WC) 10:30am: Healthy Bones (FS) 12:00pm: Lunch &amp; Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC)</p>	<p><b>15</b> 9:00am: Tai Chi (FS) 9:30am: Dominos (CR) <b>10:00am: MLK Talk (RR)</b> 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) <b>1:30pm: Soap-making (AC)</b> 2:30pm: Active Yoga (FS)</p>	<p><b>16</b> 8:45am: Boomer Bootcamp(FS) 9:00am: Reiki by appt (SO) 9:00am: Foot Care (WC) 10:30am: Trivia (RR) 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 1:00pm: Guidance by Li (CR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)</p>
<p><b>19</b></p> <p><b>CENTER CLOSED</b> (Martin Luther King Day)</p>	<p><b>20</b> 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Western Dance (FS) 1:00pm: Brown Bag Pick up (RR) 1:30pm: Bingo (GR)</p>	<p><b>21</b> 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:00am: Opera Fun (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC) 4:30pm: COA Meeting (CR)</p>	<p><b>22</b> 9:00am: Tai Chi (FS) 9:00am: Foot Care (WC) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 2:00pm: Writers Block (AC) 2:00pm: Book Club (CR) 2:30pm: Active Yoga (FS)</p>	<p><b>23</b> 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) <b>10:00am: Arthritis Talk (RR)</b> 10:00am: Boomer Bootcamp (FS) 10:00am: Blood Pressure CK (WC) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)</p>
<p><b>26</b> 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Computer Help (CR) <b>11:30am: Lunch Bunch</b> 1:00pm: Limitless Legends (CR) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)</p>	<p><b>27</b> 9:00am: Quilting (AC) 9:00am: Line Dancing (FS) 9:00am: Foot Care (WC) 10:00am: Cribbage (RR) 10:30am: Gentle Yoga (FS) 1:00pm: Western Dance (FS) 1:00pm: Paraffin wax (AC) 1:30pm: Bingo (GR)</p>	<p><b>28</b> 8:15am: Facials (WC) 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC) 1:00pm: TED Talk (CR)</p>	<p><b>29</b> 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) <b>1:00pm: Card Making (AC)</b> 2:30pm: Active Yoga (FS)</p>	<p><b>30</b> 8:45am: Boomer Bootcamp 9:00am: Reiki by appt (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)</p>

# January 2026 Lunch Menu


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

Ludlow Senior Center

(413) 583-3564

\*24 hour notice required\*

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Hey all! Please remember that creamers, butter and condiments are meant to be shared. Please only take ONE condiment and PLEASE do not take extras home! Thanks!</p>		<p>Lunch cost is \$2.00! Best \$2.00 you will spend!</p>	<p>1 <b>CENTER CLOSED</b></p>	<p>2 <b>CENTER CLOSED</b></p>
<p>5 Macaroni &amp; cheese Stewed tomatoes</p>	<p>6 Hamburg chow mein White rice Asian vegetables</p>	<p>7 Baked cod Scalloped potatoes Green beans</p>	<p>8 Lazy turkey pot pie  (Ray of Elvis at 1:30pm)</p>	<p>9 Stuffed cabbage Buttered egg noodles</p>
<p>12 Hot dog with roll Baked beans Cucumber salad</p>	<p>13 Cobb salad</p>	<p>14 <b>Lunch &amp; Learn</b> Lasagna rollette Caesar salad Garlic knot</p>	<p>15 Taco nachos  (new one!)</p>	<p>16 Shrimp scampi Linguini Green beans</p>
<p>19 <b>CENTER CLOSED</b>  Martin Luther King Jr. Day <small>I HAVE A DREAM</small></p>	<p>20 BBQ riblet Sweet potato fries Corn</p>	<p>21 Beef stew Corn bread</p>	<p>22 <b>Birthday Lunch</b> Chicken Louisa Rice Carrots</p>	<p>23 Blueberry French toast casserole Breakfast sausage</p>
<p>26 KFC Bowl (popcorn chicken, mashed potatoes, corn, gravy &amp; cheese)</p>	<p>27 Seafood Newberg Rice Mixed vegetables</p>	<p>28 Loaded baked potato Must-go soup</p>	<p>29 Sausage grinder Onions &amp; peppers Mac salad</p>	<p>30 Chef salad</p>

