


October 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
<p><i>FS = Fitness Studio</i> <i>AC = Arts & Crafts</i> <i>CR = Conference Room</i> <i>GR = Great Room</i> <i>RR = Game Room</i> <i>WC = Wellness Center</i> <i>BR = Billiards Room</i> <i>SO = Small Office</i></p>	<p>TUESDAY EVENING ACTIVITIES SEE PAGE 10!</p>	<p>1 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Jewelry (RR) 10:00am: Tea with TA (Café) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC)</p>	<p>2 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 2:00pm: Writers Block (AC) 2:30pm: Active Yoga (FS)</p>	<p>3 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: Boomer Bootcamp(FS) 10:00am: Blood Pressure CK (WC) 1:00pm: Ceramics (AC) 1:00pm : Decorating Comm. 1:00pm: Healthy Bones (FS) 1:00pm: Fishing Club (CR)</p>
<p>6 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)</p>	<p>7 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) 2:30pm: Computer Help (CR) 5:30pm: Compass & Anchor (GR)</p>	<p>8 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Dental Hygiene Appts 10:00am: Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC)</p>	<p>9 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 10:30pm: Friends Meeting (AC) 10:30am: Sen. Oliveira office 12:45pm: Mahjong (RR) 1:00pm: Learn to Paint (AC) 2:30pm: Active Yoga (FS)</p>	<p>10 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 9:00am: Quilting Trip 10:00am: Boomer Bootcamp(FS) 10:00am: Blood Pressure CK (WC) 10:30am: Trivia (RR) 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)</p>
<p>Center Closed (Columbus Day)</p>	<p>14 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) 2:30pm: Computer Help (CR)</p>	<p>15 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:30am: Healthy Bones (FS) 12:00pm: Lunch & Learn (GR) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC) 4:30pm: COA Meeting (CR)</p>	<p>16 8:45am: Foot Care appt (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 2:00pm: Writers Block (AC) 2:30pm: Active Yoga (FS)</p>	<p>17 Wear It Pink Day! 8:45am: Boomer Bootcamp (FS) 9:00am: Reiki by appt (SO) 10:00am: SeniorStrong Celebrate 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>20 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Spiritual Medium (RR) 10:30am: Rep. Saunders office 1:00pm: Scrabble (Café) 1:15pm: Pitch (GR) 1:30pm: Watercolor Pencils (AC) 2:30pm: Zumba Gold (FS)</p>	<p>21 9:00am: Quilting (AC) <i>10:30am:</i> 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)/2:30 comp help</p>	<p>22 8:15am: Facial appts (WC) 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 10:00am: Opera (CR) 10:30am: Healthy Bones (FS) 1:00pm: Movie (RR) 1:00pm: Healthy Bones (FS) 1:00pm: Dominos (AC)</p>	<p>23 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 2:00pm: Book Club (CR) 2:30pm: Active Yoga (FS)</p>	<p>24 8:45am: Boomer Bootcamp (FS) 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>
<p>27 9:00am: Knitting (AC) 9:30am: Boomer Bootcamp (FS) 10:00am: Better w/ Money (RR) 1:00pm: Scrabble (Café) 1:00pm: Limitless Legends (CR) 1:00pm: Paraffin Wax (AC) 1:15pm: Pitch (GR) 2:30pm: Zumba Gold (FS)</p>	<p>28 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) 2:30pm: Computer Help (CR)</p>	<p>29 8:45am: Zumba Gold (FS) 9:00am: Ceramics (AC) 9:00am: Massage appts (WC) 10:30am: Healthy Bones (FS) 11:00am: Lunch Bunch Trip 1:00pm: Movie (RR)/Dominos(AC) 1:00pm: Healthy Bones (FS) 1:00pm: TED Talk (CR)</p>	<p>30 8:45am: Foot Care appts (WC) 9:00am: Tai Chi (FS) 9:30am: Dominos (RR) 10:15am: Meditation (CR) 12:45pm: Mahjong (RR) 1:30pm: Gothic Ghost Tales (GR) 2:00pm: Writers Block (AC) 2:30pm: Active Yoga (FS)</p>	<p>31 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) 11:00am: Monster Mash! 1:00pm: Ceramics (AC) 1:00pm: Healthy Bones (FS)</p>

October 2025 Lunch Menu

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

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<p><i>Please remember to put your name in or on your <u>coat</u> and PLEASE <u>hang it up</u>. It is a trip hazard for the kitchen helpers.</i></p>		<p>1 Cobb salad</p>	<p>2 Chili cheese dog Steak fries (new menu item)</p>	<p>3 Tuna salad finger sandwich Chips Corn chowder</p>
<p>6 BBQ riblet Sweet potato fries Cole slaw</p>	<p>7 Beef & broccoli Rice Egg role</p>	<p>8 Lazy turkey pot pie Biscuit</p>	<p>9 Baked cod Scalloped potatoes Vegetable</p>	<p>10 Vegetarian chili Corn bread</p>
<p>13 CENTER CLOSED (Columbus Day)</p>	<p>14 Pork & apple stew Biscuit</p>	<p>15 Lunch & Learn Sweet & sour chicken White rice Asian vegetables</p>	<p>16 Birthday Lunch! Salisbury steak Au gratin potatoes Vegetable</p>	<p>17 SeniorStrong Day! Stuffed sausage Onions, peppers, mushrooms Pasta salad</p>
<p>20 Eggplant parmesan Pasta Roll</p>	<p>21 Seafood salad on a croissant Lettuce & tomato Chips</p>	<p>22 Chicken piccata Egg noodles Vegetable</p>	<p>23 Ham & broccoli casserole Side salad</p>	<p>24 Loaded pulled pork tater tots 3 bean salad</p>
<p>27 Chicken gyro in a pita French fries (new recipe)</p>	<p>28 Mac & cheese Stewed tomatoes</p>	<p>29 Meatloaf Mashed potatoes Vegetable</p>	<p>30 Brown sugar pineapple ham bake over rice (new recipe)</p>	<p>31 Monster Mash! Eerie eyeballs over nightcrawler noodles Garlic brain</p>