

Cambridge Council on Aging Virtual Programming Schedule

Online classes will be offered through Zoom during the Safer at Home Advisory. Participants must be 60 years of age or older, and priority will be given to Cambridge residents. The Council on Aging reserves the right to impose a class size limitation per the instructors' request.

To sign up, call the Cambridge Council on Aging at 617-349-6220

Participants will receive a Zoom email invitation directly from the instructor prior to the start of each class.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cultura Latina 11:00 - 11:40am</p> <p>Strength Training 11:00am - 12:00pm</p> <p>Dancing for Balance 1:00 - 2:00pm</p> <p>Watercolor Painting 1:00 - 3:00pm</p> <p>Gentle Mat Yoga 3:30 - 4:30pm</p> <p>Line Dancing 6:00 - 7:00pm</p> <p>Spanish 6:00 - 7:45pm</p>	<p>Balance Chi Kung 11:00am - 12:00pm</p> <p>Zumba Gold 1:30 - 2:30pm</p> <p>Chair Yoga 3:00 - 4:00pm</p>	<p>Balance Chi Kung 10:00 - 11:00am</p> <p>Chair Yoga 12:00 - 1:00pm</p> <p>Yoga and Flexible Strength 1:30 - 2:30pm</p>	<p>Meditation 9:00 - 9:30am</p> <p>Watercolor Painting 9:30 - 11:00am</p> <p>Chair Exercise 10:00 - 10:45am</p> <p>Dancing for Balance 1:30 - 2:30pm</p> <p>Gentle Mat Yoga 3:00 - 4:15pm</p>	<p>Zumba Gold 9:30 - 10:30am</p> <p>Cardio Yoga for Heart Health 11:00 - 11:40am</p>



Department of
Human Service Programs

Cambridge Council on Aging

Virtual Programming Schedule

Class Descriptions

Strength Training: Strength building movements are performed with resistance bands. This class is appropriate for all fitness levels and modifications are made to meet the needs of all participants.

Dancing for Balance: This fun, friendly dance class is suited for all fitness levels. You will learn basic steps geared towards improving one's balance. Seated warm up and cool down exercises are performed.

Watercolor Painting: Learn methods and techniques used to create watercolor art in this self-paced, instructor-led class. Participants responsible for their own watercolor painting supplies.

Gentle Mat Yoga: In this gentle, one-hour class, we practice the basic elements of yoga. Including standing, seated and lying down postures. This class is appropriate for adults comfortable moving from floor to standing with minimal support. Modifications are made to meet the needs of all participants.

Line Dancing: In this class, you will learn dances such as the Hully Gully, Country Western, Electric Slide and more.

Spanish Class: Interested in learning another language? Join this introductory Spanish class.

Zumba Gold: This is a low impact, easy to follow, one-hour Latin inspired dance class. This class is appropriate for adults of all fitness levels and participants can go at their own pace.

Balance Chi Kung: Learn basic Tai Chi principles with gentle, slow repetitive movements of Chi Kung. Over time, this may increase balance, and encourages you to find a way to allow your body to move in a relaxed way. Class begins and ends with meditation.

Chair Yoga: In this gentle one-hour class, we practice the basic elements of yoga, including breathing and movement. A chair is used for seated and standing support. This class is designed for those new to yoga as well as those who enjoy a supported practice. Modifications are offered to meet the needs of all participants.

Yoga and Flexible Strength: A gentle seated yoga class, with occasional standing. Focusing on core strength, breath work, and the mind/body connection.

Meditation: This is a thirty-minute guided meditation class, with focus on breath work. Aimed at reducing one's overall stress.

Chair Exercise: This class is designed to exercise at one's own pace, including seated, standing and stretch exercises.