

April – Weekly Class Schedule

H: Hybrid • IP: In-person • V: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Qi Gong (V) 9:00 – 9:45</p> <p>Computer Lab (IP) 9:00 – 5:00</p> <p>Tech Help (IP) 9:00 – 11:00</p> <p>ESOL/Chinese (IP) 9:30 – 10:30</p> <p>Strong and Stretched (IP) 11:00 – 12:00</p> <p>ART Class (V) 1:00 – 3:00</p> <p>Ballroom Dancing (IP) 1:00 – 2:00</p> <p>Portrait Drawing Class 3:00-4:30 (IP)</p> <p>Line Dancing (H) 6:00 – 7:00</p> <p>Spanish (V) 6:45 – 8:00</p>	<p>Computer Lab (IP) 9:00 – 4:00</p> <p>Mat Yoga (IP) 10:00 – 11:00</p> <p>Balance Chi Kung (IP) 11:30 -12:30</p> <p>Board and Card Games (IP) 1:00 – 3:00</p> <p>Tech Help (IP) 1:00 - 4:00</p> <p>Zumba Gold (IP) 1:30 - 2:30</p>	<p>Chinese Singers and Chinese Folk Dancing (IP) 9:00 – 12:00</p> <p>Music Instrument Lessons (IP) 9:00-10:00</p> <p>Computer Lab (IP) 9:00 – 4:00</p> <p>ESOL (CLC) (IP) 9:30 – 11:45</p> <p>Flamenco Tango (V) 10:00 – 11:00</p> <p>Chorus (IP) 10:30-11:30</p> <p>Chair Exercise (V) 11:00 – 11:45</p> <p>Crafts and Social Group (IP) 1:00 – 3:00</p> <p>Strong and Stretched (V) 1:30 – 2:30</p>	<p>Meditation (V) 9:00 – 9:45</p> <p>Zumba Gold (IP) 9:00-10:00</p> <p>Computer Lab (IP) 9:00 – 4:00</p> <p>ESOL (CLC) Conversation Class (IP) 10:00 – 11:00</p> <p>Haitian Elder Group Meeting (IP) 10:30 –3:00</p> <p>Chair Exercise (V) 10:45 –11:30</p> <p>Tai Chi (IP) 11:00 – 12:00</p> <p>Intro to Theatre (IP) 1:30-2:30</p>	<p>Qi Gong (V) 9:00 – 9:45</p> <p>Computer Lab (IP) 9:00 – 11:00</p> <p>Flamenco Dance (H) 10:00 – 11:00</p> <p>Clay Class (IP) 10:00 – 11:30</p> <p>Cardio and Yoga for Heart Health (V) 11:00 – 12:00</p> <p>Ping Pong — Beginners (IP) 8:30 – 9:30</p> <p>Ping Pong — Experienced (IP) 9:30 – 10:30</p>

April – Special Events Calendar

H: Hybrid • IP: In-person • V: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5 Clay Class (IP) 10:00 – 11:30
8 Print Making Workshop 1:00 - 5:00 (IP) MA National Federation of the Blind -Cambridge Chapter (IP) 6:00 – 7:30	9 COA Board Meeting (V) 9:30-11:00 ESOL Intermediate: 10:00-12:00 (IP) Women’s Group 1:00-2:00 (IP) Red Sox Opening Day Celebration 2:00 (IP)	10 Veterans & Friends Support Group 1:00-2:00 (IP)	11 Book Group 12:00- 1:00 (H) Bilingual Story Telling Series: The Mother Mount Legend 1:00-2:00 (IP)	12 Meditation and Mandala 10:00-11:00 (IP) Clay Class (IP) 10:00 – 11:30
15 Patriot’s Day Senior Center Closed	16 Men’s Group 10:00-11:30 (IP)	17 Mass Senior Action Drop-in information table 10:00-1:00 (IP) Safety Awareness 1:00-2:00 (IP)	18 Boch Center-Wang Theatre Tour and lunch at Cheesecake Factory 9:30-2:30 (IP)	19 Mass Senior Action Council Somerville/ Cambridge Chapter Meeting 10:00-11:30 (IP)
22 Spanish Fun Lessons 9:30-11:00 (IP) Medication Take Back Event 1:00-3:00 (IP)	23 Film and Discussion 1:00-4:00 (IP) Movie: <i>The Color Purple</i>	24 Getting to know You: Art, Movement, Story Sharing 1:00-2:00 (IP)	25 Cambridge Consumers Council Drop-in Information 11:00- 12:30 (IP) Affordable Connectivity Program Presentation 1:30- 2:30 (IP)	26
29 Spanish Fun Lessons 9:30-11:00 (IP) Dinner and Bingo 4:00-6:00 (IP)	30 SOL Intermediate: 10:00-12:00 (IP) LGBTQ+ Film Series 10:00-12:30 (IP) <i>The Adventures of Priscilla</i> Lunch and Learn: Coming Out, Becoming Ourselves: Stories from the Daughters of Bilitis 12:00-1:30 (IP)			

April 2024— North Cambridge Senior Center

2050 Massachusetts Avenue, Cambridge, MA 02140 617-349-6320 •

Open Monday, through Friday 8:30 - 5:00 Hot Dine-and-Stay lunches are served Monday – Friday, 11:30 – 12:30 Suggested donation of \$3 for seniors aged 60 years and older

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Acrylic Painting (IP) 9:30 - 12:00	Strength Building (IP) 9:30-10:30	Zumba Gold (IP) 9:30 -10:30	Watercolors 9:30– 11:30 (IP)	Bridge (IP) 10:00 - 12:00
Dominoes (IP) 10:30- 11:30	Strong and Stretched (IP) 11:30- 12:30	Watercolors 9:30– 11:30 (V)	Dancing for Balance (H) 1:30 – 2:30	Whist (IP) 11:30 - 2:00
Dancing for Balance (H) 1:00 – 2:00	Tai Chi (IP) 1:00 – 2:30	Chair Yoga (IP) 12:00 – 1:00	Gentle Mat Yoga (IP) 3:00 – 4:15	
Gentle Mat Yoga (H) 3:30 – 4:30	Chair Yoga (H) 3:00– 4:00	Tai Chi - Self Led (IP) 1:00 – 2:30		
		Mindfulness Meditation (IP)		

April 2024 – NC Happenings and Special Events

***To register for classes/programs, unless specifically noted otherwise, please call 617-349-6320.**

NEW! Strong and Stretched Tuesdays 11:30 - 12:30

This one-hour class is designed to offer a perfect blend of core-strengthening exercises and gentle stretching routines. Using stretch bands and weights, you'll enhance flexibility while building stability in an interesting, innovative way!

NEW! Tai Chi Tuesdays 1:30 – 2:30

This instructor-led Tai Chi class is open to all individuals to learn this ancient martial art. With flowing, slow movements, it enhances balance, flexibility, and inner peace. Many find it beneficial as it promotes physical well-being and mental clarity.

Mindfulness Meditation Wednesdays 3:00-4:00

Join this class to discover peace and calm through easy, guided mindfulness meditations. Reduce stress, improve focus, and boost well-being while connecting with others. A simple, enjoyable way to enhance your daily life. No experience is necessary; includes Q&A.

Watercolors Wednesday Virtual / Thursdays In-Person 9:30– 11:30

Learn methods and techniques used to create watercolor art in this self-paced, instructor-led class. Participants responsible for their own watercolor painting supplies. This class will be held on Zoom on Wednesdays and In-Person on Thursday.

Ethiopian Elders Tuesday, April 9, and April 23 10:00-11:30

Every other Tuesday Yemi Kibret of CEOC will lead the Ethiopian Elders Group. This group