

# June 2024 – Happenings and Special Events

**\*To register for classes/programs, unless specifically noted otherwise, please call the COA @ 617-349-6220.**

**\*Tech-Help: Smartphone Q&A: Basics**

**Mondays, 9:00-11:00 AM**

**Tuesdays, 1:00- 4:00 PM**

Staff will be available to answer common questions about your wireless devices, laptops, and applications such as Zoom and Facebook. **Please call to register for an appointment.**

**Spanish Fun Program:**

**Beginner level Spanish Lessons**

**Monday's ~ June 3 thru June 24th**

**9:30 -11:00 AM**

This Spanish Basics program is a beginner-level class. Students will begin to develop confidence talking, reading, and writing in Spanish. Students will complete a project at the end of the session.

**Meet a Mini Therapy Horse**

**Wednesday, June 5th, 10:00-11:00**

You will be able to meet and interact with a therapy horse from Lifting Spirits Miniature Therapy Horses.

Therapy horses can bring joy to people of all ages.

**Town Meeting**

**Wednesday, June 5th, 1:00-2:00**

We want to hear from you. This is an opportunity to come together and share information and ideas with Senior Center Staff.

**Music Jam Sessions**

**Mondays June 10th, 17th, 24th, 4:30-6:30PM**

Saxophonist Bobby Tynes will once again host the sessions with his group of amazing musicians who will provide the rhythm section of your dreams. You will enjoy making music with these musicians. Their music inspires all to keep coming

back for more! So, bring your voice, drumsticks, guitar, percussion, your horns, harmonicas and most importantly your love of playing music with others.

**ESOL Conversation & Reading Class**

**Tuesday June 11th and 25th, 10:00-12:00 PM**

**An Intermediate/ High-Intermediate Conversation and Reading Class. On the 1st and 3rd Tuesdays, you will receive a selected reading with vocabulary support. We will use this reading as part of our next in-person class. Class is canceled June 4th.**

**Women's Group**

**Tuesday June 11th, 1:00-2:00 PM**

Welcome to the women's group. As we navigate through our later years, it's often helpful to bounce our feelings and ideas off each other in a safe and supportive place. Humorous or serious, it's great to share our stories. Let's talk!

**Veterans and Friends Support Group**

**Wednesday June 12th 1:00-2:00 PM**

This group is a place where veterans and non-veterans can come to check in, share stories, discuss life experiences, socialize, and discuss military culture in a nonjudgmental space. The focus will be on promoting self-care, wellness, and peer support.

For more information, please contact Dee Cannon at [dcannon@cambridgema.gov](mailto:dcannon@cambridgema.gov)

**Wrentham Village Premium Outlets and Lunch at Cracker barrel ~ Day Trip**

**Thursday, June 13, 10:00-5:00**

Come and enjoy a day of exploring and shopping at the Wrentham Village Premium Outlets after a nice lunch at Cracker barrel.

Cost \$20.00 for motorcoach transportation only. Lunch on your own.

Trip Lottery Notifications will be made on June 3rd.

### Book Group

Thursday, June 13th 12:00 - 1:00 PM

#### ***Transcendent Kingdom by Yaa Gyasi***

A novel about faith, science, religion, and family that tells the deeply moving portrait of a family of Ghanaian immigrants ravaged by depression and addiction and grief, narrated by a fifth-year candidate in neuroscience at Stanford school of medicine studying the neural circuits of reward seeking behavior in mice. Also available: All formats

### Men's Group

Tuesday, June 18th, 10:00-11:30 AM

Please join us for a Patio party. We will be joined by Geoffrey Kotowski, North Cambridge Senior Center Director, to learn about programs and activities happening there. Light refreshments will be served. For more information, please contact: Vincent McCarthy at 617-349-6220 or [vmccarthy@cambridgema.gov](mailto:vmccarthy@cambridgema.gov)

### Meditation and Mandala

Friday, June 14th, 10:00 – 11:00AM

Mandala is the Sanskrit word for sacred circle. Mandalas are used in many cultures for meditation and contemplation. The group will start with a brief guided meditation and then individuals will have the opportunity to color at their own pace.

### Bingo and Dinner

Monday, June 17th, 4:00-6:00 PM

Bingo played 4 –5 pm Dinner Served 5 – 5:45 pm .  
Registration required.

Please register by Tuesday, May 14

Dinner \$5.00 Bingo \$1.00 per card.

### Rock and Roll Bingo With Neville Place

Thursday, June 20th, 12:00-2:00 (IP)

Do you enjoy 80's music? Join us for a fun afternoon of Rock & Roll bingo and lunch with Neville Place. Registration is required.

### Pizza and Pride Double Feature:

#### LGBTQ+ Film Series

Tuesday, June 25, 10:00-12:00

#### **Movie: *The Half of It***

A shy, introverted, Chinese-American, straight-A student finds herself helping the school jock woo the girl they both secretly love. In the process, each teaches the other about the nature of love as they find connection in the most unlikely of places. For additional information, please contact Phoebe Hallahan, LGBTQ+ Programming Leader at [phallahan@cambridgema.gov](mailto:phallahan@cambridgema.gov) or 617-349-9177

#### **Film and Discussion**

Tuesday, June 25, 1:00 - 3:30PM

#### **Movie: NYAD**

The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida

For more information, please contact: Vincent McCarthy at 617-349-6220 or [vmccarthy@cambridgema.gov](mailto:vmccarthy@cambridgema.gov)

### Arts & Crafts: Paint a lighthouse flowerpot

Tuesday, June 25th, 1:00-3:00

Join us and paint a lighthouse flowerpot. Registration is required, cost is \$5.00

### Rockport and Richardson Farm Trip

Thursday, June 27th, 10:00-4:45

Join us for an afternoon in Rockport, where you can visit local shops, eat lunch, or enjoy the ocean view. Followed by a visit to Richardson's Ice Cream. Cost \$20.00 for motorcoach transportation only. Lunch and ice cream is on your own. Trip lottery opens on Monday June 3, 2024 and ends on Friday June 14, 2024. Notifications will be made on Monday June 17th,

#### **Save the date:**

**Day trip: Charlesgate Yacht Club July 9th**

**Day trip: Rhode Island lighthouse and Newport Harbor cruise July 17th**

# June – Weekly Class Schedule

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

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

# June – Special Events Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> Spanish Fun Lessons 9:30-11:00 (IP)</p>	<p><b>4</b></p>	<p><b>5</b> Mini Therapy Horse visit 10:00-11:00 (IP) Towne Meeting 1:00-2:00 (IP)</p>	<p><b>6</b> Meditation Canceled</p>	<p><b>7</b></p>
<p><b>10</b> Spanish Fun Lessons 9:30-11:00 (IP) Music Jam Session (IP) 4:30-6:30 MA National Federation of the Blind -Cambridge Chapter (IP) 6:00 – 7:30</p>	<p><b>11</b> COA Board Meeting 9:30-11:00 (V)  Women’s Group 1:00-2:00 (IP)</p>	<p><b>12</b> World Elder Abuse Awareness Day tabling event with SCES 1:00-1:00  Veterans &amp; Friends Support Group 1:00-2:00 (IP)</p>	<p><b>13</b> Meditation Canceled  Book Group 12:00- 1:00 (H)  Wrentham Village Trip 10:00-5:00</p>	<p><b>14</b> Meditation and Mandala 10:00-11:00 (IP)</p>
<p><b>17</b> Spanish Fun Lessons 9:30-11:00 (IP) Mass Senior Action Council Chapter Meeting 11:30-1:00 (IP) Music Jam Session (IP) 4:30-6:30 Bingo and Dinner (IP) 4:00-6:00</p>	<p><b>18</b> Men’s Group 10:00-11:30 (IP)  Long-Term Care Ombudsman presentation 10:00-11:00 (IP)</p>	<p><b>19</b>  <b>Juneteenth Holiday – Senior Center Closed</b></p>	<p><b>20</b> Rock and Roll Bingo with Neville Place 12:00-2:00</p>	<p><b>21</b> <b>Save the Date:</b> Charlesgate Yacht Club Trip Tuesday July 9th.  Rhode Island Lighthouse and Newport Harbor cruise Wednesday July 17th.</p>
<p><b>24</b> Spanish Fun Lessons 9:30-11:00 (IP)  Music Jam Session (IP) 4:30-6:30</p>	<p><b>25</b> ESOL Intermediate: 10:00-12:00 (IP) LGBTQ+ Film Series 10:00-12:30 (IP) Movie: <i>The Half of It</i> Film and Discussion 1:00-3:30 (IP) Movie: <i>NYAD</i></p>	<p><b>26</b> Chair Exercise and Flamenco Tango Canceled  Savvy Caregiver Program 10:00-12:00 (IP)</p>	<p><b>27</b> Rockport Trip 10:00-4:45 Cambridge Consumers Council Drop-in Information 11:00- 12:30 (IP) Chair Exercise and Zumba Canceled</p>	<p><b>28</b> Flamenco Dance Canceled</p>

# June 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

Weekly Class Schedule H: Hybrid • IP: In-person • V: Virtual

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

## June 2024 – NC Happenings and Special Events

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### NEW! Tai Chi

Tuesdays 1:30 – 2:30 PM

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.

### Eurythmy

Fridays 10:30 – 11:30 AM

This gentle and enjoyable practice combines rhythmic exercises with expressive gestures, promoting balance, flexibility, and overall well-being. No dance experience is required – Eurythmy is about embracing the joy of moving in harmony with yourself.

### Ethiopian Elders

Tuesday, June 4th & June 18th

10:00-11:30 AM

Every other Tuesday Yemi Kibret of CEOC will lead the Ethiopian Elders Group. This group provides support and resources for fellow Ethiopians in our community. This group is here to uplift and empower. All are welcome and encouraged to join.

### TRIP: Lunch and Longfellow House Tour

Friday, June 7th 11:30AM-2:30PM

Join us on a quick local trip to Celebrity Pizza, known for their Ice cream selection, and the Longfellow House Washington’s Headquarters National Historic Site. We will take a one-hour tour to explore the rich history of this site. Cost \$5 for Transportation & Tour. Lunch or Ice Cream on your own.

## Getting to know You: Using Art, Movement and Story Sharing with Tarsha & Sudip

Wednesday, June 13th 1:00 PM-3:00 PM

What is your name? What does it mean? How many different names have you used in your life? Through conversation, art, movement and writing we will explore getting to know ourselves and our neighbors. Sign up today!

## TRIP: Boston Duck Boat Tour & Castle Island

Friday, June 14th and July 26th

10:30AM-3:30PM

Embark on an adventurous day trip around Boston as we tour Boston by land and sea! We will first head to Castle Island for a taste of the iconic Sullivan's. After lunch and sightseeing we will depart back to Boston and join the Boston Duck boat Tour to get a closer view of Boston. This is a trip that requires the ability to climb stairs and maneuver in tight spaces on a duck boat. Lunch on your own. Limited availability. Cost \$20.

## Art Quilt Workshop

Friday, June 14th, 21st & 29th 1:00PM – 3:00PM

Join our Quilt Art Workshop for a fun and creative experience! Perfect for both beginners and experienced quilters, you will learn how to use color, texture, and patterns to create beautiful quilts. By the end, you'll have your own art quilt and new skills to take home. All materials are included, and no experience is needed. Sign up today and enjoy quilting with us!

## Farm Tour

Friday, June 21st 9:30AM-2:30PM

Join us for an exciting day trip to the Harvard Alpaca Ranch followed by lunch at Kimball Farms! Our adventure begins with an up-close and personal tour of the alpaca farm where you will get to meet and interact with these adorable animals and learn about their care and lifestyle. Afterwards, we'll head to Kimball Farms for a delicious lunch and

their famous homemade ice cream. Cost \$10 for Transportation and Tour. Lunch on your own. Limited availability. Preregistration and payment required.

## TRIP: Castle Island

Friday, June 28th 10:30AM-1:30PM

Embark on a quick day trip to Castle Island for a taste of the iconic Sullivan's at Castle Island and great views of Boston. Savor their legendary hot dogs and fried seafood next to Boston Harbor. Cost \$5 for Transportation. Lunch on your own. Limited availability. Preregistration required

## Cancelations

- Mindfulness Meditation is canceled in June.
- Eurthemy is cancelled for the month of July.
- Tai Chi is canceled for the month of August.
- Gentle Mat Yoga and Chair Yoga will be canceled from June 17th through August 4th. Classes will be held remotely from August 5th through September 2nd. Classes will resume in person on September 3rd.
- Zumba Gold and Strength Building will be canceled in July and August.
- Watercolors will be canceled June 6th through June 13th.
- Watercolors will be canceled in August through September 19.