

November 2025 – Weekly Classes

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

Monday	Tuesday	Wednesday	Thursday	Friday
Qi Gong (V) 9:00 – 9:45	Computer Lab (IP) 9:00 – 4:00	Chinese Singers and Chinese Folk Dancing (IP) 9:00 – 12:00	Computer Lab (IP) 9:00 – 4:00	Qi Gong (V) 9:00 – 9:45
Computer Lab (IP) 9:00 – 5:00	Mat Yoga (IP)10:00 – 11:00	Music Instrument Lessons (IP) 9:00-10:00	Zumba Gold (IP) 9:00 – 9:45	Computer Lab (IP) 9:00 – 11:00
Tech Help (IP) 9:00 – 11:00	Balance Chi Kung (IP) 11:30 – 12:30	Computer Lab (IP) 9:00 – 4:00	Spanish For Beginners class 10:00 - 11:30 (IP)	Flamenco Dance (H) 10:00 – 11:00
ESOL/Chinese (IP) 9:30 – 10:30	Board and Card Games (IP)	ESOL (CLC) (IP) 9:30 – 11:45	Tai Chi (IP) 11:00 – 12:00	Ping Pong — Beginners (IP) 8:30 – 9:30
Strong and Stretched (IP) 11:00 – 12:00	Tech Help (IP) 1:00 - 4:00	Flamenco Tango (V) 10:00 – 11:00	Introduction to Acting (IP) 1:30-3:00	Ping Pong — Experienced (IP) 9:30 – 10:30
Art Class 1:00-200 (V)	Zumba Gold (IP) 1:00-1:45	Chorus (IP) 10:30-11:30		Yoga for Better Balance (IP) 10:30 – 11:30
Ballroom Dancing (IP) 1:00 – 3:00	Chair Exercise (IP) 2:00-2:45	Chair Exercise (V) 11:15 – 12:00		
Intro to Theatre (IP) 1:30-2:30		Tech Help (IP) 1:00 - 2:00		
Portrait Drawing Class 3:00-5:00 (IP)		Crafts and Social Group (IP) 1:00 – 3:00		
Line Dancing (H) 6:00 – 7:00		Strong and Stretched (V) 1:30 – 2:30		
Spanish (IP) 6:15 – 7:30				

November – Special Events Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Tai Chi Paradigm 1:30 – 2:30 (IP)	4 LGBTQ+ Film Series 10:00 – 12:30 (IP) Movie: <i>My Old Ass</i> (R)	5 Advanced Music Theory 1:00-2:00 (IP)	6 Super 8 Ball Lexington at Cambridge 11:00-12:30 Town Meeting 12:30-1:00 Quilting Workshop 1:00 – 3:00 (IP)	7
10 Fabric Painting 12:00-2:00 (IP) Tai Chi Paradigm 1:30 – 2:30 (IP) Music Jam Session 4:30-6:00 (IP) MA National Federation of the Blind -Cambridge (IP) Chapter 6:00 -7:30	11 Veterans Day Holiday	12 Veterans & Friends Support Group 1:00-2:00 (IP)	13 Tech Access Program (TAP) (IP) workshop in Spanish10–11:00 Book Group 12:00 - 1:00 (H) Introduction to Acting 1:30-3:00 (IP)	14 Meditation and Mandala 10:00-11:00 (IP))
17 Fabric Painting 12:00-2:00 (IP) Women’s Group 12:30 – 1:30 (IP) Tai Chi Paradigm 1:30 – 2:30 (IP)	18 Men’s Group 10:00 - 11:30 (IP) Bangladesh Social Group 1:00 - 3:00 (IP)	19 Safety Awareness 1:00-2:00 (IP) Advanced Music Theory 1:00-2:00 (IP)	20 Thanksgiving Luncheon 12:30-3:00 (IP) Quilting Workshop 1:00 – 3:00 (IP) Introduction to Acting 1:30-3:00 (IP)	21
24 Mass Senior Action Meeting 11:00-12:30 (IP) Fabric Painting 12:00-2:00 (IP) Tai Chi Paradigm 1:30 – 2:30 (IP)	25 ESOL Intermediate: 10:00-12:00 (IP)) Film and Discussion 1:00-3:30 (IP) Movie: <i>War Horse</i>	26 Advanced Music Theory 1:00-2:00 (IP)	27 Thanksgiving Holiday	28 Thanksgiving Holiday. SAVE THE DATE: Art Show on December 10th 1:00-3:00 (IP)

November 2025 – 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 ESOL (IP)	Spanish Class 9:30 - 11:00 (IP)	Watercolors 9:30 - 11:30	Whist (IP) 11:30-2:30
Dominoes (IP) 10:30- 11:30	9:30- 10:30 Strong and Stretched (IP)	Chair Yoga (IP) 12:00– 1:00	Dancing for Balance (H) 1:30 – 2:30	Documentary Photography 3:00 - 4:30
Dancing for Balance (H) 1:00 – 2:00	11:30- 12:30 Tai Chi (IP) 1:30 – 2:30		Gentle Mat Yoga (IP) 3:00 – 4:15	
Gentle Mat Yoga (IP) 3:30 – 4:30	Chair Yoga (IP) 3:00– 4:00			

November 2025 – NC Happenings and Special Events

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

Strong and Stretched

Tuesdays 11:30 – 12:30pm

A 60-minute class starting with a cardio warm up, strengthening exercises using hand weights or Thera bands for resistance. Muscle conditioning reinforces good posture

Tai Chi

Tuesdays 1:30pm – 2:30pm

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.

Ethiopian Hour

Tuesdays, November 4 and 18

10:00-12:00 pm

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. Whether it’s English classes during school season, there is knitting and crochet or an interpreter for yoga classes. We offer a listening ear, and share valuable advice. This group is here to uplift and empower.

Srength Building Canceled 11/25