

# October 2023– North Cambridge Senior Center

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

Open Monday, through Friday 8:30 - 5:00

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) 9:30-10:30	Zumba Gold (IP) 9:30- 10:30	Watercolors (H) 9:30 – 11:30	Whist (IP) 11:30 - 2:00
Dominoes (IP) 10:30- 11:30	Yoga & Resistance Bands (IP) 12:30- 1:30	Chair Yoga (IP) 12:00 – 1:00.	Dancing for Balance (H) 1:30 – 2:30	
Dancing for Balance (H) 1:00 – 2:00			Gentle Mat Yoga (IP) 3:00 – 4:15	
Gentle Mat Yoga (H) 3:30 – 4:30	Chair Yoga (H) 3:00– 4:00.			

## October 2023 – NC Happenings and Special Events

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

### Dominoes For Beginners Mondays 10:30 - 11:30

Embark on the delightful journey of dominoes in our beginners’ class! Learn the basics, strategies, and the joy of connecting tiles while having fun with fellow enthusiasts. Let the games begin! Lunch to follow.

### Yoga and Resistance Bands Tuesdays, 12:30 - 1:30

This one hour, in-person class teaches you how to use resistance bands in variations of yoga poses and non-traditional movements! Build strength in an interesting, innovative way!

### Zumba Gold Now on Wednesdays, 9:30- 10:30

This is a low impact, easy to follow, 45-min Latin inspired dance class. This class is appropriate for adults of all fitness levels and participants can go at their own pace.

### Topsfield Fair

**Monday, October 2 9:30-4:30**

Council on Aging trip to the Topsfield Fair with bus pick up from both Senior Centers. Bus departure from the North Cambridge Senior Center 9:45 Cost is \$25 per person, includes motorcoach transportation and Fair admission tickets.

### Acrylic Painting for Beginners Workshop Mondays, October 2, 9, 16, 23, 30 9:30- 12:00

Indulge in the joy of acrylic painting as we learn the basics and fundamentals of acrylic painting. This is a 2 and one half-hour, six-part series for those who are interested in the acrylic medium. Each class participants will take home a masterpiece of their very own! All supplies and materials are included. Lunch will follow. Cost is \$5 per session.

# October 2023 – North Cambridge Continued

### Stroke Prevention Session

**Tuesday, October 17 12:30- 1:30**

Stroke Awareness is key to prevention. Learn about what a stroke is and the different types of strokes. What are the warning signs? Information on the importance of knowing what to do if you or someone you love is having a stroke will be presented. This presentation is by Marie McCune the Stroke Nurse Coordinator at Mount Auburn Hospital

### Fall Foliage Trip to Arnold Arboretum with Lunch at the Flamming Buffet and Grill Friday October 20 10:00 - 3:00

Join us as we embark on a 90-minute walking tour given by thoughtful docents who will lead you through their 281-acre Arboretum! Afterwards, we will stop for lunch where you can choose to eat at Flaming Grill & Buffet, Wingstop or The Crab Shack. **Cost: \$5 for transportation. Lunch on your own \$15-\$30.**

### Grand Re-Opening Lunch! Harrow’s Chicken Pies

**Wednesday, October 25 12:00 – 1:30**

Join us as we celebrate the full opening and return of the North Cambridge Senior Center with live entertainment! We will celebrate with Harrow’s Chicken Pies, wonderful sides, and dessert! We are back after a long three years! **Seating Is limited and Pre-registration is required. Cost: \$8.**

### Coming Soon!

**Shopping trip at the Burlington Mall**

**Cost: \$5 for Transportation. Lunch on your own.**

### TRIP: JFK Museum with Lunch at South Bay Date: Friday, November 17 10:00 - 3:00

Join us as we head to the John F. Kennedy Presidential Library and Museum. A fantastic museum dedicated to the memory of our nation’s thirty-fifth president and to all those who through the art of politics seek a new and better world! Afterwards, we will explore South Bay Shopping Plaza where we will shop and eat. Cost \$10 for Transportation & Admission. Lunch on your own \$15-20