CAMBRIDGE CITYWIDE SENIOR CENTER DAILY EVENTS AT OUR CENTER 617-349-6060

MARCH 2014

806 Massachusetts Avenue
Cambridge, MA 02139 617-349-6060
www.cambridgema.gov/DHSP/COA

Breakfast Served Monday –Thursday 8:30 a.m. to 9:45 a.m. Friday 8:30 a.m. – 9:30 a.m. $1.00 donation
Lunch: Reservations Required $1.50 Donation-
Served Monday –Thursday 11:30a.m.-12:45 p.m. Friday 11:00 a.m. -11:30 a.m. Saturday 11:30-12:15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qi Gong 9:00-10:00 Computer Lab 10:00-12:00 Clay Sculpture 10:00-12:00 Strength Building 10:30-11:30 Movie 1:00-3:00 Ballroom Dance 1:00-3:00 Computer Lab 1:00-4:00 Beano 1:30-3:00 Painting 1:30-3:30 Dinner 5:00-6:00 (Reservation Required) Line Dancing 6:00-7:00 Spanish 6:30-7:45	ESOL II 9:30-10:30 Computer Lab 9:00 – 12:00 Chair Yoga 10:00-11:00 Latino Elders 10:00-11:30 ESOL IV 10:30-12:00 Women's Club 1100-12:00 Computer Lab 1:00-4:30 Classic Movie 1:00-3:15 Beano 1:30-3:00 Food Pantry 2:00-4:00	Chinese Folk Dancing 8:30 -9:30 Chinese EOSL 8:30 – 9:30 Computer Lab 9:00 – 12:00 ESOL (CLC) 9:30-11:00 Chinese Singers 10:00-11:30 Better Balance 10:00-10:50 Tai Chi Level 1 11:00-12:00 Crafts/Social 1:00-3:00 Beano 1:30 – 3:00 Computer Lab 1:00-4:30 Tai Chi Level II 2:00-3:15	Grandet An Aksion 9:00-2:00 Computer Lab 9:00-12:00 Ceramics 9:30-12:00 Noon Meditation with Catherine 9:00-9:45 Exercise Class 10:00-11:00 Food Pantry 12:00-2:00 Computer Lab 1:00-4:30 ****Deadline for Monday Night Dinner & Transportation Reservations is Thursday at 2:00 p.m.**	Qi Gong 9:00-10:00 Computer Lab 9:00 – 12:00 ESOL Chinese 9:00-10:30 Simplified Qi Gong – Tai Chi 10:00-11:00 Computer Lab 12:00-2:00 **Council on Aging closes at 12:00 pm.** **Senior Center closes at 3:00 pm.**	Breakfast 8:30 – 9:30 Computer Lab 9:30-11:15 Chair Yoga 10:00-11:00 Lunch 11:30 –12:15 Reservations required for lunch **Senior Center Closes at 1:00 pm.**

SPECIAL EVENTS & ACTIVITES AT OUR CENTER MARCH 2014

Please note - Course & Program cancellations are posted at the reception desk as soon as possible.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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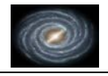
3 **Afternoon Tea** 3:00-3:30 	**4** **Senior Safety Meeting** 12:30-1:30 **Mysteries of the Cosmos** 1:30-2:30 	**5** **The City of Cambridge Honors LeRoy Cragwell** 1:00 pm Location: Cambridge Public Library – RSVP required **Senior Pool League** Cambridge @ Billerica 1:00 pm	**6** **Town Meeting** 12:00-12:30 **Birthday Party** 12:30-1:00 **First Thursday Writing Class** 1:30-2:30 **International Women's Day with True Story Theater "*Friendship knows No Boundaries*"** 1:30-3:00	**7** **Ladies Breakfast 9:00-10:00** **Food Served until 9:30** *Sign up in advance* **Reminiscence Group** 12:00 – 1:30 (Limited transportation available)	**8** **Central Square Post Office** Free Public Shredding 10:00-2:00
10 **Dinner & Bingo** 4:00-6:00 Dinner 4:00 – Bingo 4:30 Remember to change the batteries in your smoke alarms and carbon monoxide detectors	**11** **Men's Breakfast** 9:00-10:00 **Men's Support Group** 10:00-12:00 **Dr. Conant's Lunchtime Chat** 12:00-1:00 **Workshop – *Book of Friends*** 1:00-3:00	**12** **Blood Pressure** 12:30-1:00 (Public Health Nurses) **Jewelry Class** 1:30-3:00	**13** **Health and Wellness Talk *Healthy Recipes*** 1:00-2:00 **Senior Pool League** Cambridge @ Chelmsford 1:00 pm	**14** **Reminiscence Group** 12:00 – 1:30 (Limited transportation available)	**15**
17 **Cooking Class** 1:00-3:00 **Taste of Thai** Cost: $2.00 (sign up required)	**18** **Health and Wellness Talk** MASS College of Pharmacy (FASCO) Topic: Heart Burn/GERD 1:00-2:30	**19** 	**20** **St. Patrick's Day Party** **Entertainment by D.J. Jimmy Caserta** 12:30-3:00 Ticket required. Cost: $4.00 **Senior Pool League** Tewksbury @ Cambridge 1:00 	**21** **Reminiscence Group** 12:00 – 1:30 (Limited transportation available)	**22**
24 Dinner & Bingo 4:00-6:00 Dinner 4:00 – Bingo 4:30 Reservations Required **31** **Afternoon Tea** 1:00-3:00	**25** **Men's Support Group** 10:00-12:00 **Books on Review** 1:00-1:30 ***Book of Friends* Reception** 1:00-2:00	**26** **Jewelry Class** 1:30-3:00 **Senior Pool League** Cambridge @ Woburn 1:00 pm 	**27** **Rheumatoid Arthritis Education Program** Lunch Provided 12:30-3:00 Pre-registration Required	**28 Reminiscence Group** 12:00 – 1:30 (Limited transportation available) **Restaurant Week** Lunch Out 11:00-1:00	**29**