

# North Cambridge Senior Center

## Daily Events at Our Center February 2014

Lunch Served Monday - Friday 11:30am - 12:15pm Reservations Required \$2.00 Donation

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Club 10:00 - 12:00 Please call by 9:00 am to confirm Spanish Class 11:00 - 12:00 Bingo 1:00 -3:00	Strength Building 9:00 -10:30 Needle Crafts 1:00 - 3:00	Intro to Meditation 9:00 – 10:00 Arm Chair Exercise 10:30-11:30 WOW 12:30-2:00 Movie 2:30- 4:30	Watercolors 9:30-11:00 Lunch 11:30-12:15 Dancing for Balance 1:30-2:30 Yoga 3:00- 4:00	Zumba 9:30-10:30 Cards 10:30-12:30 Lunch 11:30-12:15 Whist 12:30-3:30
2 Groundhog Day!  Open Forum 12:15-1:15	3 Strength Training Cancelled  Valentine's Day Card Design 11:00-12:30	4 Movie: Drama The Good Lie PG-13 1Hr 50Min Starring: Reese Witherspoon	5  Dancing for Balance Returns 1:30-2:30	6  Zumba Cancelled
9 Podiatrist 10:00-2:00 (Computer lab closed during this time)	10 Black History Month On this day in 1964 the US House of Representatives passed the Civil Rights Act of 1964	11 Birthday Tea & Valentine's Day Dessert 2:30	12 Safety Awareness 12:00-1:00	13 Did You Know? Today is National Eat Italian Food Day! Mangiare
16 <b>President's Day Senior Center Closed</b>	17 Mardi Gras Party 12:00-2:00 Registration Required \$3.00 per Person	18 Movie: Drama The Identical PG 1Hr 47 Min Starring: Ray Liotta	19 Chinese New Year  Wishing you luck in the year of the Sheep	20 Like playing cards?  Try Whist! Every Friday at 12:30
23 <b>Clase Espanola Gratis Free Spanish Class every Monday starting at 11:00</b>	24 Afternoon Tea of Remembrance 12:00-1:00 Join us and share your thoughts and memories of those we lost in the past year	25 Blood Pressure Screening 12:15-1:00  Movie: Drama Classic Agnes of God PG 131Hr 38Min	26 Day Trip to the Orchard House in Concord followed by lunch at the Concord Inn Bus Departs 10:30 -3:30 Registration is Required Cost is \$10 per person Lunch is on your own	27  Only 21 Days left before Spring Begins