

April 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) 9:30-10:30	Zumba Gold (IP) 9:30 -10:30	Watercolors 9:30– 11:30 (IP)	Bridge (IP) 10:00 - 12:00
Dominoes (IP) 10:30- 11:30	Strong and Stretched (IP) 11:30- 12:30	Watercolors 9:30– 11:30 (V)	Dancing for Balance (H) 1:30 – 2:30	Whist (IP) 11:30 - 2:00
Dancing for Balance (H) 1:00 – 2:00	Tai Chi (IP) 1:00 – 2:30	Chair Yoga (IP) 12:00 – 1:00	Gentle Mat Yoga (IP) 3:00 – 4:15	
Gentle Mat Yoga (H) 3:30 – 4:30	Chair Yoga (H) 3:00– 4:00	Tai Chi - Self Led (IP) 1:00 – 2:30		
		Mindfulness Meditation (IP)		

April 2024 – NC Happenings and Special Events

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

NEW! Strong and Stretched Tuesdays 11:30 - 12:30

This one-hour class is designed to offer a perfect blend of core-strengthening exercises and gentle stretching routines. Using stretch bands and weights, you'll enhance flexibility while building stability in an interesting, innovative way!

NEW! Tai Chi Tuesdays 1:30 – 2:30

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.

Mindfulness Meditation Wednesdays 3:00-4:00

Join this class to discover peace and calm through easy, guided mindfulness meditations. Reduce stress, improve focus, and boost well-being while connecting with others. A simple, enjoyable way to enhance your daily life. No experience is necessary; includes Q&A.

Watercolors Wednesday Virtual / Thursdays In-Person 9:30– 11:30

Learn methods and techniques used to create watercolor art in this self-paced, instructor-led class. Participants responsible for their own watercolor painting supplies. This class will be held on Zoom on Wednesdays and In-Person on Thursday.

Ethiopian Elders Tuesday, April 9, and April 23 10:00-11:30

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: New England Aquarium

Friday, April 12, 10:30-2:00

Join us as we explore the mesmerizing marine life at the New England Aquarium! Marvel at graceful sea turtles, playful penguins, and mysterious sharks. Lunch on your own.

Cost \$10 for Transportation & Admission.

Preregistration required.

Spring Luncheon

Wednesday, April 17, 12:00 – 1:30

Join us as we welcome spring with good food, music, and company! Our menu will feature a crisp arugula and goat cheese salad, a specialty sandwich from Pemberton's and a delicious mixed berry shortcake for dessert.

Preregistration required. Cost \$7

Photography Workshop

Friday April 19, 1:00-3:00

Embark on a visual storytelling journey with our documentary photography class beginning every other Friday starting April 19th. Capture compelling narratives through the lens, guided by a seasoned photographer. Each class we will explore techniques, storytelling principles, and engage in thoughtful group discussion of each assignment. Each class may extend up to 3 hours and students will be required to bring their own Smartphone with use of camera.

Dental Presentation

Monday April 22, 12:00-1:00

Join Mellissa Martins, Dental Hygienist with the Cambridge Public Health Department, as we discuss dental and oral health. Learn which dentists are accepting new patients who carry MassHealth Insurance.

Trip: Sacco's Bowl Haven & Pizza

Wednesday April 24, 10:00-12:00

Come join us on a quick bowling trip to Sacco's Bowl Haven! Whether you're a pro bowler or just looking for a good time, you're welcome to join and meet new friends! Bring your appetite, we will indulge in some pizza as well! **Cost \$5 for transportation, bowling, and Pizza.**

Spring Tea Party

Wednesday, April 24, 2:00 – 3:00

Join us for an afternoon of delightful conversations as we sip on a variety of teas, indulge in sweet treats, and enjoy the company of others! Preregistration required. **Cost is \$7.**

NEW! Introduction to Eurythmy Beginning

Friday, April 26, 10:30– 11:30

Join us in this gentle and enjoyable practice that 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.

Focus Group: Mass Ave Planning Study

Tuesday, April 30, 11:30 – 1:00

Join us for an engaging series of focus group conversations tailored to those who frequent the Senior Center or reside along Mass Ave. Your insights are invaluable as we embark on the Mass Ave Planning Study. Enjoy a complimentary lunch as we discuss ways to enhance community spaces and make Mass Ave a more welcoming and thriving place to be. Your input shapes our future!

Preregistration is required. Lunch begins at 11:30 and the Focus Group begins at 12:00.