

December 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			

December 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, December 2 and 16 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.



Cambridge Council on Aging Programming for Older Adults at Russell Youth and Community Center

The Cambridge Council on Aging is excited to offer classes for Cambridge residents age 60 and older at the Russell Youth and Community Center this fall!

Dates: Thursdays and Fridays, November 6, 2025 – January 16, 2026

Location: Russell Youth and Community Center, 680 Huron Ave., 2nd Floor

Schedule:

	Thursday	Friday
9 – 10 a.m.	Tai Chi	Dance
10 – 11:30 a.m.	Portrait Drawing	Origami
10:30 – 11:30 a.m.	Yoga	

Older adults are also invited to enjoy community connection in the building’s common area during programming hours, from 9 a.m. – 12 p.m.

Registration required. Please register through MySeniorCenter. If you do not have an account, please contact the Council on Aging at 617-349-6220.

For more information about Council on Aging offerings, visit
www.cambridgema.gov/CouncilOnAging