

# October 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) 9:30-10:15	Watercolors 9:30– 11:30 (V)	Watercolors 9:30– 11:30 (IP)	Eurythmy (IP) 10:30 - 11:30
Dominoes (IP) 10:30- 11:30	Zumba Gold (IP) 10:30-11:15	ESOL (IP) 10:30- 11:30	Dancing for Balance (H) 1:30 – 2:30	Whist (IP) 11:30-2:30
Dancing for Balance (H) 1:00 – 2:00	Strong and Stretched (IP) 11:30- 12:30	Chair Yoga (IP) 12:00– 1:00	Gentle Mat Yoga (IP) 3:00 – 4:15	Documentary Photography 3:00 -4:30
Gentle Mat Yoga (IP) 3:30 – 4:30	Tai Chi (IP) 1:30 – 2:30			
	Chair Yoga (IP) 3:00– 4:00			

## October 2024 – NC Happenings and Special Events

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

### ESOL

**Wednesdays 10:30am – 11:30 am**

We're offering a special ESOL (English for Speakers of Other Languages) class for members our community! This class is designed to help you improve your English skills in a supportive and welcoming environment. Whether you're a beginner or looking to enhance your language abilities, join us to learn, practice, and connect with others.

### Zumba Gold

**Tuesdays 10:30 am - 11:15am**

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.

### Watercolors

**Thursdays 9:30 am – 11:30am**

Join us every Thursday to enjoy and explore the art of watercolors! Unleash your creativity, learn new techniques, and enjoy a relaxing, social environment. No experience necessary—just bring your supplies!

### Eurythmy

**Fridays 10:30 am – 11:30 am**

This gentle and enjoyable practice 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.

### Documentary Photography

**Fridays 3:00pm – 4:30pm**

Unlock your creative potential with our Documentary Photography Class! Every week, we'll dive into taking the best possible image you can take with your Smartphone. Open to all skill levels. Smartphone is required. This class will help with and improve your image editing.

### **Life Transition Workshop: Creating your own Binder**

**Tuesdays October 1st & 8th**

**1:00pm – 2:30pm**

Join our four-part workshop to create your own Life Binder to take home. We will discuss and gather important documents, medical information, and personal wishes into one place. Waitlist is open. Cost is \$5 for Life Binder.

### **Meet a Mini Therapy Horse**

**Wednesday October 9th, 10:00 – 11:00 am**

Meet and interact with a therapy horse from Lifting Spirits Miniature Therapy Horses. Join us and learn more about the mini horses and the many ways therapy horses can bring joy to people of all ages.

### **Chair Yoga in Amharic**

**Wednesday October 2nd 16th and 30th**

**12:00pm-1:00pm**

Join us for a special Chair Yoga session with an Amharic interpreter! This gentle and accessible yoga class is perfect for all levels, offering the benefits of yoga from a seated position. This class will be held in Amharic and English. Beginners are welcome!

### **TRIP: Walmart and Lunch**

**Friday, October 11th 10:00am-3:00pm**

Join us as we head to Walmart for early holiday shopping! Afterwards, we will stop for lunch at Jimmy's Steer House! Limited in-person registration. Cost: \$20 for Lunch and transportation.

### **TRIP: Salem Cross Inn and Brookfield Orchards**

**Wednesday, October 16th 10:00am-5:00pm**

Join us for a day trip to the Salem Cross Inn of North Brookfield where we will have a delicious farm fresh meal and enjoy the beautiful scenery. Afterwards, we will continue to enjoy the foliage at Brookfield

Orchards! Preregistration required. Cost \$25/\$50 Depending on Income.

### **Getting to know You: Using Art, Movement and Story Sharing with Tarsha & Sudip** **Wednesday, October 16th 1:00PM-2:30pm**

What is your name? What does it mean? How many different names have you used in your life? Through conversation, art, movement and writing we will explore getting to know ourselves and our neighbor. Sign up today!

### **TRIP: Harvard Arboretum Tour**

**Friday, October 18th**

**9:15am-3:00pm**

Join us as we embark on a 90-minute tour through Harvard's 281-acre Arboretum! Afterwards, we will stop for lunch at the Watertown Mall and Arsenal Yards. Moderate walking can be expected. Lunch on your own. Limited in-person registration. Cost: \$5 for transportation and tour.

### **Coming Soon!**

### **Drawing with Watercolor Pencils**

**Beginning every Wednesday, November 13th**  
**10:00am– 12:00pm**

Join Drawing with Watercolor Pencils, a fun and relaxing six- part class where you'll explore the versatility of watercolor pencils. Learn techniques for blending colors, creating textures, and adding vibrant watercolor effects to your artwork. Whether you're a beginner or have some experience, this class offers a supportive space to develop your skills. Pre-registration and six-week commitment are required. Cost is \$10.00 for class and materials payable upon registration.