

April 2024 – Happenings and Special Events

***To register for classes/programs, unless specifically noted otherwise, please call the COA @ 617-349-6220.**

***Tech-Help: Smartphone Q&A: Basics**
Mondays, 9:00-11:00 Tuesdays, 1:00- 4:00
Staff will be available to answer common questions about your wireless devices, laptops, and applications such as Zoom and Facebook. **Please call to register for an appointment.**

Print Making Workshop
Monday, April 8, 1:00 – 5:00

Artist / teacher, Tamar Etingen presents A four-hour workshop with all materials and tools provided. Gelatin Plate is a non-toxic, low tech and inexpensive printmaking technique, which requires no press. It is a very spontaneous, adaptable, and accessible medium. Luminous, multi layered monoprints can be created. No prior printmaking experience required. Space is limited.
Cost \$10.00.

ESOL Conversation & Reading Class
Tuesday April 12 and 26, 10:00-12:00

An Intermediate/ High-Intermediate Conversation and Reading Class will meet in-person twice a month, every 2nd and 4th Tuesday.

Women's Group
Tuesday, April 12, 1:00-2:00

Welcome to the women's group. Humorous or serious, it's great to share our stories. Let's talk!

Red Sox Opening Day Celebration
Tuesday, April 9, 2:00 – 3:00

Join us in the drop-in lounge as we watch the Red Sox opening day at Fenway Park.

Enjoy a hot dog, popcorn, pretzel, and a cold drink. We will watch the game on television. Registration is required. **Ticket cost \$5.00**

Veterans and Friends Support Group
Wednesday April 13, 1:00-2:00

This group is a place where veterans and non-veterans can come to check in, share stories, discuss life experiences, socialize, and discuss military culture in a nonjudgmental space. For more information, please contact Dee Cannon at dcannon@cambridgema.gov

Book Group
Thursday, April 11, 12:00 - 1:00

The Vanishing Half by Brit Bennett Identical twin sisters grow up in a small southern black community and run away at age 16 in search of better lives. Ten years later, one sister lives with her black daughter in the same southern town she once tried to escape. Far away, the other secretly passes for white, and her white husband knows nothing of her past. Separated by so many miles and just as many lies, the fates of the twins remain intertwined.

Bilingual Story Telling Series:
The Mother Mount Legend
Thursday April 11, 1:00 - 2:00

La Leyenda de la Madre Monte It is a story deeply rooted in the oral tradition of the Colombian Amazon and part of the eastern plains. Madre Monte is commonly represented as a beautiful and strong woman, half woman, and half mountain; dressed in leaves and green moss, whose face cannot be seen. She is the protector of Nature.

Men's Group Tuesday, April 16, 10:00-11:30

Trivia with Kristin Bell

Back by popular demand! Kristin Bell, Somerville Cambridge Elder Services, will be

here to lead us in a discussion of general trivia including sports, movies and more! Please join us. Light refreshments will be served. For more information, please contact: Vincent McCarthy vmccarthy@cambridgema.gov

Safety Awareness

Wednesday, April 20, 1:00-2:00

This will be an opportunity for seniors to meet the Cambridge Police Community Outreach Team and to learn about all the ways that they work to keep our seniors safe. Light refreshments will be served.

Boch Center - Wang Theatre Walking Tour and lunch at the Cheesecake Factory

Thursday, April 18, 9:30-2:30

Join us on a walking tour of the Boch Center-Wang theatre. Followed by lunch at the Cheesecake Factory. Activity level: Walking moderate distances; climbing stairs. **Ticket cost \$10.00, includes transportation and tour admission. Lunch is on your own.**

Spanish Fun Program:

Beginner Level Spanish Lessons Monday's ~ April 22 - June 24, 9:30 - 11:00

This Spanish Basics program is a beginner-level class. Students will begin to develop confidence talking, reading, and writing in Spanish. Students will complete a project at the end of the session.

Prescription Drug Take Back Event Monday, April 22, 1:00 – 3:00

Dispose of your medications safely on Medication Takeback Day. The Cambridge Public Health Department (CPHD), the Cambridge Police Department, and the Council on Aging are coming together to host a special medication "Takeback" event in the Cambridge Senior Center lobby. **Sharps and liquids will NOT be accepted.**

Film and Discussion

Tuesday, April 23, 1:00-4:00

Movie: *The Color Purple 2023*

The Color Purple tells the story of Celie, an African American woman dealing with the hardships of living with an abusive husband and living in the American South during the early 1900's. This film is a musical drama based on the 1982 novel of the same name. For more information, please contact: Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

Getting to know You: Using Art, Movement and Story Sharing with Tarsha & Sudip

Wednesday, April 24, 1:00-2:00 (IP)

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.

LGBTQ+ Film Series

Tuesday, April 30, 10:00-12:30

The Adventures of Priscilla, Queen of the Desert (1994, Rated R) Drag, Transgender A road-comedy film that follows two drag queens and a transgender woman as they journey across the Australian Outback from Sydney to Alice Springs in a tour bus that they have named "Priscilla". For additional information, please contact Phoebe Hallahan, LGBTQ+ Programming Leader at phallahan@cambridgema.gov or 617-349-9177

Lunch and Learn: Coming Out, Becoming Ourselves: Stories from the Boston Daughters of Bilitis. Tuesday, April 30, 12:00 - 1:30

Join author Sarah Boyer and others in celebrating the publication of her new book. For more than 30 years, DOB was a safe place for lesbians to come together, love women, and fight for their rights. **Registration is required, a light lunch will be served**

April – Weekly Class Schedule

H: Hybrid • IP: In-person • V: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Qi Gong (V) 9:00 – 9:45</p> <p>Computer Lab (IP) 9:00 – 5:00</p> <p>Tech Help (IP) 9:00 – 11:00</p> <p>ESOL/Chinese (IP) 9:30 – 10:30</p> <p>Strong and Stretched (IP) 11:00 – 12:00</p> <p>ART Class (V) 1:00 – 3:00</p> <p>Ballroom Dancing (IP) 1:00 – 2:00</p> <p>Portrait Drawing Class 3:00-4:30 (IP)</p> <p>Line Dancing (H) 6:00 – 7:00</p> <p>Spanish (V) 6:45 – 8:00</p>	<p>Computer Lab (IP) 9:00 – 4:00</p> <p>Mat Yoga (IP) 10:00 – 11:00</p> <p>Balance Chi Kung (IP) 11:30 -12:30</p> <p>Board and Card Games (IP) 1:00 – 3:00</p> <p>Tech Help (IP) 1:00 - 4:00</p> <p>Zumba Gold (IP) 1:30 - 2:30</p>	<p>Chinese Singers and Chinese Folk Dancing (IP) 9:00 – 12:00</p> <p>Music Instrument Lessons (IP) 9:00-10:00</p> <p>Computer Lab (IP) 9:00 – 4:00</p> <p>ESOL (CLC) (IP) 9:30 – 11:45</p> <p>Flamenco Tango (V) 10:00 – 11:00</p> <p>Chorus (IP) 10:30-11:30</p> <p>Chair Exercise (V) 11:00 – 11:45</p> <p>Crafts and Social Group (IP) 1:00 – 3:00</p> <p>Strong and Stretched (V) 1:30 – 2:30</p>	<p>Meditation (V) 9:00 – 9:45</p> <p>Zumba Gold (IP) 9:00-10:00</p> <p>Computer Lab (IP) 9:00 – 4:00</p> <p>ESOL (CLC) Conversation Class (IP) 10:00 – 11:00</p> <p>Haitian Elder Group Meeting (IP) 10:30 –3:00</p> <p>Chair Exercise (V) 10:45 –11:30</p> <p>Tai Chi (IP) 11:00 – 12:00</p> <p>Intro to Theatre (IP) 1:30-2:30</p>	<p>Qi Gong (V) 9:00 – 9:45</p> <p>Computer Lab (IP) 9:00 – 11:00</p> <p>Flamenco Dance (H) 10:00 – 11:00</p> <p>Clay Class (IP) 10:00 – 11:30</p> <p>Cardio and Yoga for Heart Health (V) 11:00 – 12:00</p> <p>Ping Pong — Beginners (IP) 8:30 – 9:30</p> <p>Ping Pong — Experienced (IP) 9:30 – 10:30</p>

April – Special Events Calendar

H: Hybrid • IP: In-person • V: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5 Clay Class (IP) 10:00 – 11:30
8 Print Making Workshop 1:00 - 5:00 (IP) MA National Federation of the Blind -Cambridge Chapter (IP) 6:00 – 7:30	9 COA Board Meeting (V) 9:30-11:00 ESOL Intermediate: 10:00-12:00 (IP) Women’s Group 1:00-2:00 (IP) Red Sox Opening Day Celebration 2:00 (IP)	10 Veterans & Friends Support Group 1:00-2:00 (IP)	11 Book Group 12:00- 1:00 (H) Bilingual Story Telling Series: The Mother Mount Legend 1:00-2:00 (IP)	12 Meditation and Mandala 10:00-11:00 (IP) Clay Class (IP) 10:00 – 11:30
15 Patriot’s Day Senior Center Closed	16 Men’s Group 10:00-11:30 (IP)	17 Mass Senior Action Drop-in information table 10:00-1:00 (IP) Safety Awareness 1:00-2:00 (IP)	18 Boch Center-Wang Theatre Tour and lunch at Cheesecake Factory 9:30-2:30 (IP)	19 Mass Senior Action Council Somerville/ Cambridge Chapter Meeting 10:00-11:30 (IP)
22 Spanish Fun Lessons 9:30-11:00 (IP) Medication Take Back Event 1:00-3:00 (IP)	23 Film and Discussion 1:00-4:00 (IP) Movie: <i>The Color Purple</i>	24 Getting to know You: Art, Movement, Story Sharing 1:00-2:00 (IP)	25 Cambridge Consumers Council Drop-in Information 11:00- 12:30 (IP) Affordable Connectivity Program Presentation 1:30- 2:30 (IP)	26
29 Spanish Fun Lessons 9:30-11:00 (IP) Dinner and Bingo 4:00-6:00 (IP)	30 ESOL Intermediate: 10:00-12:00 (IP) LGBTQ+ Film Series 10:00-12:30 (IP) Lunch and Learn: Coming Out, Becoming Ourselves: Stories from the Daughters of Bilitis 12:00-1:30 (IP)			

April 2024 – Weekly Class Descriptions

Art / Watercolor Painting

Learn art techniques, with an emphasis on drawing and watercolor painting, in this beginner-friendly, instructor-led class. Participants are encouraged to use whatever art materials they have on hand.

Balance Chi Kung

Learn basic Tai Chi principles with gentle, slow repetitive movements of Chi Kung. Over time, this may increase balance, and encourages you to find a way to allow your body to move in a relaxed way. The class begins and ends with meditation.

Cardio and Yoga for Heart Health

A 45-minute class starting with 20 minutes of East/West Cardio followed by 25 minutes of in-depth Yoga poses.

Chair Exercise

This class is designed to exercise at one's own pace, including seated, standing and stretch exercises.

Dancing for Balance

This fun, friendly dance class is suited for all fitness levels. You will learn basic steps geared towards improving one's balance. Seated warm up and cool down exercises are performed.

English for Speakers of Other Languages (ESOL)

Beginning and Intermediate English for Seniors Conversation, vocabulary, basic grammar with Sandy Middleton, Cambridge Community Learning Center (CLC) ESOL teacher.

Flamenco Tango

Flamenco class provides in-depth expertise on learning the rhythm of clapping hands, singing, and dancing at the same time. Tango has an energetic and festive feeling and taste and is also an essential rhythm for all.

Flamenco Dance

This is a class for all, with or without any kind of physical limitation and have the option of dancing sitting on the chair if needed. So that each of you will discover your flamenco with your style.

Gentle Mat Yoga

In this gentle, one-hour class, we practice the basic elements of yoga. Including standing, seated and lying down postures. This class is appropriate for adults comfortable moving from floor to standing with minimal support. Modifications available to participants.

Line Dancing

Easy to learn and fun to dance. This class will teach you the basics of line dancing as well as the newer and more established line dances being done. Have fun, learn new dances and making new friends.

Meditation

This is a 45-minute class, including a talk and meditation to encourage a peaceful and positive way of looking at life, and to reduce stress. The class is appropriate for beginners as well as experienced meditators. After class, there is an optional 15 minutes for questions.

Qi Gong

A movement practice from Chinese breath and martial arts traditions. Exercise movements include sitting and standing and are gentle and accessible to all participants. We follow a simple peer led routine.

Spanish

This class reviews and updates students about the Spanish Grammar that permits students to formulate sentences and paragraphs of information for understanding, responding, and conversing in the Spanish language.

Strength Building

A muscle conditioning class focusing on high repetitions with light or no weight. You will need to be able to stand for a good portion of class, have a chair, a portion of empty wall space you can lean against, a bit of floor space to move in, any of the above mentioned props, sneakers, and water.

Strong and Stretched

A 45-minute class starting with a cardio warm up, strengthening exercises using hand weights (try soup cans/water bottles) or Thera bands for resistance. Muscle conditioning reinforces good posture and class ends with deep Yoga stretches.

Tai Chi

Tai Chi arm and leg movements of the Yang Style Long Form are taught. There is an emphasis on Tai Chi walking, to help improve balance.

Watercolor Painting

Learn Methods and techniques used to create watercolor art in this self-paced, instructor-led class. Participants responsible for their own watercolor painting supplies.

Zumba Gold

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.