

Cambridge Council on Aging 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.

Chair Yoga:

Basic of elements of Yoga. Including breathing and movement. A chair is used for seated and standing support. This class is designed for those new to Yoga as well as those who enjoy a supported practice. Modifications are offered to meet the needs of all participants.

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: Beginning and Intermediate English for Seniors Conversation, vocabulary, basic grammar with Colleen Brennan, 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 utilizing what you have available at home. 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 & 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.

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.

December 2022 Cambridge Council on Aging

Monday Through Thursday Hot Dine-and-stay lunches served 11:30 - 12:15. Cold Grab & Go Lunch option available. Lunch Reservations should be made 2 business days in advance. Please call 617-349-6047 to make your reservation. The lunches are available for a suggested \$3 donation for Seniors 60+. Online classes are currently offered via Zoom. Participants must be 60+, with priority to Cambridge residents. To sign up, call the Cambridge Council on Aging at 617-349-6220. Participants will receive a Zoom email invitation directly from the instructor prior to the start of each class. The Council on Aging reserves the right to impose a class size limitation

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Qi Gong 9:00-9:45 Virtual *Computer Lab 9:00-4:00 *Tech Help 9:00-11:00 *ESOL/ Chinese 9:30-10:30 *Cultura Latina 11:00-12:00 *Strong and Stretched 11:00-12:00 Watercolor Painting 1:00-2:00 Virtual *Ballroom Dancing 1:00-3:00 *Bingo 1:00-3:00 *Line Dancing 6:00-7:00 Hybrid Spanish 6:30-7:45 Virtual</p>	<p>ESOL II (By email only) ESOL IV (By email only) *Computer Lab 9:00-4:00 *Matt Yoga 10:00-11:00 Balance – Chi Kung 11:00-12:00 Virtual *Tech Help 1:00-4:00 *Board and Card Games 1:00-3:00 *Zumba Gold 1:30- 2:30</p>	<p>*Chinese Singers & Chinese Folk Dancing 9:00-12:00 *ESOL (CLC) 9:45-12:00 *Computer Lab 9:00-4:00 Flamenco - Tango 10:00-11:00 Virtual Chair Exercise 11:00-12:00 Virtual *Crafts & Social Group 1:00-3:00 Strong and Stretched 1:30-2:30 Virtual</p>	<p>Meditation 9:00-9:45 Virtual *Computer Lab 9:00-4:00 Chair Exercise 10:00-11:00 Virtual Haitian Elder Group Meeting 11:00-2:00 *Tai-Chi 11:00-12:00 *ESOL Conversation Class 1:00-2:00 *Zumba Gold 3:30- 4:30</p>	<p>Qi Gong 9:00-9:45 Virtual *Computer Lab 9:00-11:00 Flamenco Dance 10:00-11:00 Hybrid Cardio + Yoga 11:00-12:00 Virtual *Ping Pong Beginners 8:30-9:30 *Ping Pong Experienced 9:30-10:30</p>
<p>Special Events & Activities * In -person @ 806 Mass Ave. Virtual Activities</p>				
			<p>1 Photography class 11:00-12:00 Intro to Theatre 1:30-2:30 Zumba Gold Canceled</p>	<p>4</p>
<p>5</p>	<p>6</p>	<p>7</p>	<p>8 Photography class 11:00-12:00 Book Group 11:45-1:00 Hybrid Intro to Theatre 1:30-2:30</p>	<p>9 Meditation and Mandala 9:30-10:30</p>
<p>12 MA National Federation of the Blind Cambridge Chapter 6:00 – 7:30</p>	<p>13 COA Board of Directors Meeting 9:30- 11:00 Holiday Brunch 10:00-11:30 Men’s Group 10:00-11:30 Women’s Group 1:00-2:00</p>	<p>14 Veteran’s & Friends Support Group 1:00-2:00 Holiday Ceramic Painting Event 1:00-2:00</p>	<p>15 Photography class 11:00-12:00 Intro to Theatre 1:30-2:30</p>	<p>16 Mass Senior Action Chapter Meeting 10:00-11:30</p>
<p>19</p>	<p>20</p>	<p>21 Safety Awareness 1:00-2:00</p>	<p>22 Cambridge Consumers Council Information Table 11:00-12:30 Intro to Theatre 1:30-2:30</p>	<p>23 Day Before Christmas Holiday Senior Center Closed</p>
<p>26 Day after Christmas Holiday Senior Center Closed</p>	<p>27 Film and discussion 1:00-3:30 Movie: Here Today Zumba Gold Canceled</p>	<p>28 Chair Exercise Canceled Strong & Stretched Canceled</p>	<p>29 Chair Exercise Canceled</p>	<p>30</p>

North Cambridge Senior Center December 2022

2050 Massachusetts Avenue. 617-349-6230 617-349-6220 Open Monday's 11:30 -5:00pm Friday's 11:30 -3:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Watercolors CANCELLED Dancing for Balance 1:30-2:30 Virtual Gentle Mat Yoga 3:00- 4:15 Virtual	2 Zumba CANCELLED Whist 12:30-2:30 In-Person
5 Dancing for Balance 1:00-2:00 Hybrid Gentle Mat Yoga 3:30-4:30 Virtual	6 Strength Building 9:30-10:30 Virtual Chair Yoga 3:00-4:00 Virtual	7 Chair Yoga 12:00-1:00 Virtual	8 Watercolors CANCELLED Dancing for Balance 1:30-2:30 Virtual Gentle Mat Yoga 3:00- 4:15 Virtual	9 Zumba 9:30-10:30 Virtual Whist 12:30-2:30 In-Person
12 Dancing for Balance 1:00-2:00 Hybrid Gentle Mat Yoga 3:30-4:30 Virtual	13 Strength Building 9:30-10:30 Virtual Chair Yoga 3:00-4:00 Virtual	14 Chair Yoga 12:00-1:00 Virtual	15 Watercolors CANCELLED Dancing for Balance 1:30-2:30 Virtual Gentle Mat Yoga 3:00- 4:15 Virtual	16 Zumba 9:30-10:30 Virtual Whist 12:30-2:30 In-Person
19 Dancing for Balance 1:00-2:00 Hybrid Gentle Mat Yoga 3:30-4:30 Virtual	20 Strength Building 9:30-10:30 Virtual Chair Yoga 3:00-4:00 Virtual	21 Chair Yoga 12:00-1:00 Virtual	22 Watercolors CANCELLED Dancing for Balance 1:30-2:30 Virtual Gentle Mat Yoga 3:00- 4:15 Virtual	23 Day Before Christmas Senior Center Closed
26 Day after Christmas Holiday Senior Center Closed	27 Strength Building 9:30-10:30 Virtual Chair Yoga 3:00-4:00 Virtual	28 Chair Yoga 12:00-1:00 Virtual	29 Watercolors CANCELLED Dancing for Balance 1:30-2:30 Virtual Gentle Mat Yoga 3:00- 4:15 Virtual	30 Zumba 9:30-10:30 Virtual Whist 12:30-2:30 In-Person