

Cambridge Council on Aging Virtual Programming Schedule

Online classes will be offered through Zoom during the Safer at Home Advisory. Participants must be 60 years of age or older, and priority will be given to Cambridge residents. The Council on Aging reserves the right to impose a class size limitation per the instructor's request.

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Qi Gong 9:00-9:45</p> <p style="text-align: center;">Cultura Latina 11:00-11:40</p> <p style="text-align: center;">Strong & Stretched 11:00-12:00</p> <p style="text-align: center;">Dancing for Balance 1:00-2:00</p> <p style="text-align: center;">Art Class 1:00-2:00</p> <p style="text-align: center;">Gentle Mat Yoga 3:30-4:30</p> <p style="text-align: center;">Line Dancing 6:00-7:00</p> <p style="text-align: center;">Spanish 6:30-7:45</p>	<p style="text-align: center;">Strength Building Class 9:30-10:15</p> <p style="text-align: center;">Move, Groove Dance class 10:00-11:00</p> <p style="text-align: center;">Balance Chi Kung 11:00-12:00</p> <p style="text-align: center;">Intermediate Mat Yoga Class 1:00-2:00</p> <p style="text-align: center;">Zumba Gold 1:30-2:30</p> <p style="text-align: center;">Chair Yoga 3:00-4:00</p>	<p style="text-align: center;">Balance Chi Kung 10:00-11:00</p> <p style="text-align: center;">Chair Exercise 11:15-12:15</p> <p style="text-align: center;">Chair Yoga 12:00-1:00</p> <p style="text-align: center;">Strong & Stretched 1:30-2:30</p>	<p style="text-align: center;">Meditation 9:00-9:40</p> <p style="text-align: center;">Chair Exercise 10:00-11:00</p> <p style="text-align: center;">Dancing for Balance 1:30-2:30</p> <p style="text-align: center;">Gentle Mat Yoga 3:00-4:15</p>	<p style="text-align: center;">Qi Gong 9:00-9:45</p> <p style="text-align: center;">Zumba Gold 9:30-10:30</p> <p style="text-align: center;">Flamenco Dance Class 10:00-11:00</p> <p style="text-align: center;">Cardio and Yoga for Heart Health 11:00-12:00</p> <p style="text-align: center;">Cultura Latina 12:30-1:15</p>

Class Descriptions

Art Class: 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.

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 are made to meet the needs of all participants.

Line Dancing Class: 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 enjoy the (virtual) company of others. A great class to make new friends.

Meditation: This is a thirty-minute guided meditation class, with focus on breath work. Aimed at reducing one's overall stress.

Move, Groove and Embody Rhythm Dance Class: Accompanied by recorded traditional West African and African rooted rhythmically stressed music.

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 routine designed by teacher Sylvia Chen and is now peer led by Cathy Hoffman and support teacher Jamine Lee.

Spanish Class: 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.

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.

Intermediate Mat Yoga Class: Intermediate Mat Yoga will be designed to cater to those more experienced yogis who are interested in more vigor and challenge. This class will include downward facing dog, plank, full sun salutations, squats, kneeling postures, and pranayama (breathing exercises) to name a few.

Flamenco Dance Class: This 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.

Strength Building Class: A muscle conditioning class focusing on high repetitions with light or no weight. Utilizing what you have available at home, dumbbells, an unopened can or a water bottle, a resistance band, or just your own body weight, we will work all the major muscle groups. The class begins with a low impact warmup, leading to the strength portion, and ending with simple stretches for all the muscles we worked. You will need to be able to stand for a good portion of class, have a chair, a portion of wall space you can lean against with nothing on the walls, a bit of floor space to move in, any of the above mentioned props, sneakers, and water.