

January 2023 – Weekly Class Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday
Qi Gong (V) 9 – 9:45 a.m.	ESOL II <i>By email only</i>	Chinese Singers and Chinese Folk Dancing (IP) 9 a.m. – 12 p.m.	Meditation (V) 9 – 9:45 a.m.	Qi Gong (V) 9 – 9:45 a.m.
Computer Lab (IP) 9 a.m. – 4 p.m.	ESOL IV <i>By email only</i>	Computer Lab (IP) 9 a.m. – 4 p.m.	Computer Lab (IP) 9 – 4 p.m.	Computer Lab (IP) 9 – 11 a.m.
Tech Help (IP) 9 – 11 a.m.	Computer Lab (IP) 9 a.m. – 4 p.m.	ESOL (CLC) (IP) 9:45 – 12 p.m.	Chair Exercise (V) 10 – 11 a.m.	Flamenco Dance (H) 10 – 11 a.m.
ESOL/Chinese (IP) 9:30 – 10:30 a.m.	Mat Yoga (IP) 10 – 11 a.m.	Flamenco Tango (V) 10 – 11 a.m.	Haitian Elder Group Meeting 11 a.m. – 2 p.m.	Cardio and Yoga for Heart Health (V) 11 a.m. – 12 p.m.
Cultura Latina (IP) On Hiatus	Balance Chi Kung (V) 11 a.m. – 12 p.m.	Chair Exercise (V) 11 a.m. – 12 p.m.	Tai Chi (IP) 11 a.m. – 12 p.m.	Ping Pong — Beginners (IP) 8:30 – 9:30 a.m.
Strong and Stretched (IP) 11 a.m. – 12 p.m.	Board and Card Games (IP) 1 – 3 p.m.	ESOL Conversation Class (IP) 1 – 2 p.m.	ESOL Conversation Class (IP) 1 – 2 p.m.	Ping Pong — Experienced (IP) 9:30 – 10:30 a.m.
Watercolor Painting (V) 1 – 2 p.m.	Tech Help (IP)	Crafts and Social Group (IP) 1 – 3 p.m.	Zumba 3:30-4:30 (IP)	
Ballroom Dancing (IP) 1 – 3 p.m.	Zumba Gold (IP) 1:30 – 2:30 p.m.	Strong and Stretched (V) 1:30 – 2:30 p.m.		
Bingo (IP) 1 – 3 p.m.				
Line Dancing (H) 6 – 7 p.m.				
Spanish (V) 6:30 – 7:45 p.m.				

January Special Events Calendar

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Monday	Tuesday	Wednesday	Thursday	Friday
2 New Year's Holiday Senior Center Closed	3	4	5 Introduction to Theatre 1:30-2:30 (IP)	6
9 MA National Federation of the Blind -Cambridge Chapter (IP) 6:00 – 7:30	10 COA Board Meeting (V) 9:30-11:00 Woman's Group 1:00-2:00 (IP)	11 Veterans and Friends Support Group 1:00-2:00 (IP) LGBT+ Programming Ideas drop-in hours 9:30-11:30 (IP)	12 Photography class 11:00-12:00 (IP) Introduction to Theatre 1:30-2:30 (IP)	13 Meditation and Mandala 10:00-11:00 (IP)
16 Martin Luther King Jr. Birthday Senior Center closed	17 Men's Group 10 – 11:30(IP)	18 Safety Awareness 1:00-2:00 (IP) LGBT+ Programming Ideas drop-in hours 9:30-11:30 (IP)	19 Book Group 11:45-1:00 (H) Introduction to Theatre 1:30-2:30 (IP)	20 Mass Senior Action Council Cambridge Chapter Meeting (IP) 10:00-11:30
23	24 Film and Discussion (IP) Movie: <i>Mack & Rita</i> 1 – 4:00	25 LGBT+ Programming Ideas drop-in hours 9:30-11:30 (IP)	26 Cambridge Consumers Council (IP) 11 – 12:30. Photography class 11:00-12:00 (IP) Lunch and Learn "The House We Lived In" 12:00-2:00 Introduction to Theatre 1:30-2:30	27
30	31			

January 2023— North Cambridge Senior Center

2050 Massachusetts Avenue, Cambridge, MA 02140

617-349-6230 • 617-349-6220

Open Mondays 11:30 a.m. – 5 p.m. • Fridays 11:30 a.m. – 3 p.m.

Weekly Class Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday
Dancing for Balance (H) 1 – 2 p.m. Gentle Mat Yoga (V) 3:30 – 4:30 p.m.	Strength Building (V) 9:30 – 10:30 a.m. Chair Yoga (V) 3 – 4 p.m.	Chair Yoga (V) 12 – 1 p.m.	Watercolors (V) 9:30 – 11:30 a.m. Dancing for Balance (V) 1:30 – 2:30 p.m. Gentle Mat Yoga (V) 3 – 4:15 p.m.	Zumba (V) 9:30 – 10:30 p.m. Whist (IP) 12:30 – 2:30 p.m.

Special Events, Holidays, and Class Cancellations

Monday, Martin Luther King Jr. Birthday

Holiday: North Cambridge Senior Center closed