

April 2019 Daily Events at Cambridge Citywide Senior Center

Breakfast Served Monday – Thursday 8:30am to 9:30am Lunch Served Monday –Thursday 11:30am to 12:30pm Friday Meal 9:00am - 11:15am

Monday Dinner 5:00pm - 6:00pm reservation required \$2.00 Donation for all meals

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qi Gong 9:00-9:45 Computer Lab 9:00- 12:00 Cultura Latina 10:30-11:30 Strength Training Class 11:00-12:00 Movie 1:00-3:00 Ballroom Dance 1:00-3:00 Watercolor Painting 1:00-3:00 Computer Lab 1:00-4:00 Bingo 1:15-3:00 Dinner 5:00-6:00 Line Dancing 6:00-7:00 Spanish 6:30-7:45	ESOL II 9:30-10:30 Computer Lab 9:00 - 12:00 Chair Yoga - beginning April 23 10:00-11:00 ESOL IV 10:30-12:00 Computer Lab 1:00-4:00 Zumba Gold 1:30-2:30 Bingo 1:30-3:00 Food Pantry 2:00-4:00	Chinese Folk Dancing 8:30 -9:30 Chinese ESOL 8:30 – 9:30 Computer Lab 9:00 – 12:00 ESOL (CLC) 9:30-11:30 Chinese Singers 9:30-11:30 Better Balance 10:00-11:00 Tai Chi Level II at 11:00-12:00 Crafts & Social Group 1:00-3:00 Computer Lab 1:00-3:00 Strength Training Class 1:30-2:30 Bingo 1:30-3:00 Facebook Class 2:00-3:00	Grandet An Aksion 9:00-3:00 Computer Lab 9:00-12:00 Meditation with Catherine 9:00-10:00 Chair Yoga 10:00-11:00 Exercise Class 10:00-11:00 Food Pantry 12:00-2:00 ESOL Conversation 1:00-2:00 Computer Lab 3:00-4:45 **Deadline for Monday Night Dinner & Transportation Reservations is Thursday at 2:00pm.	Friday Meal 9:00 - 11:15 Qi Gong 9:00-9:45 Computer Lab 9:00 –12:00 Hand Building with Clay 9:30-11:30 Simplified Qi Gong Tai Chi 10:00-11:00 Computer Lab 12:00-1:00 Council on Aging closes at 12:00pm. Senior Center closes at 1:50 pm.	Seasonal Saturday Closure February 9 - May 4

SPECIAL EVENTS & ACTIVITIES AT OUR CENTER

Please note - Course & Program cancellations are posted at the reception desk as soon as possible.

1 Gardening class 9:00 -9:15 Tech Help 9:00-10:00	2 Men's Group 10:30-11:30 Coffee & Conversation Building Your Wellness Toolbox Canceled for month of April	3 Gardening class 9:00 -9:15 Jewelry Class 1:00-3:00	4 Super 8 Ball Arlington @ Cambridge 11:00-12:30 Town meeting & Birthday Party 12:00-1:00	5 Gardening class 9:00 -9:15 The Art of Dancing class 11:00-12:30	6 Senior Center Closed
8 Gardening class 9:00 -9:15 Tech Help 9:00-10:00 H.O.W. Coffee time 10:30 – 12:00 The Cambridge Chapter of the National Federation of the Blind 5:30 7:30	9 COA Board Meeting 9:30-11:00 Lunch & Learn with Sally DeFazio Ph.D. NASA Bubble Boy 12:30-1:30 Red Sox Opening Day 2:00 Drop in lounge Ticket cost: \$2.00	10 Gardening class 9:00 -9:15 Blood Pressure 12:30-1:00 (Public Health Nurse)	11 Super 8 Ball Lexington @ Cambridge 11:00-12:30 Book Group 11:15-12:00 Book: Kindred by: Octavia Butler Health & Wellness Talk 1:00-2:00 Topic: Cancer Awareness	12 Gardening class 9:00 -9:15 The Art of Dancing class 11:00-12:30	13 Senior Center Closed
15 Patriots Day Holiday Senior Center Closed	16 Men's Group 10:30-11:30 Special Guest Speaker Albert Pless, Program Manager, Men's Health League	17 Gardening class 9:00 -9:15 ESOL (CLC) Canceled Jewelry Class 1:00-3:00 Restaurant Trip to Asgard 11:15-1:00 Ticket \$2.00 for transportation	18 Meditation with Catherine 9:00-10:00 Exercise Class 10:00-11:00 Super 8 Ball Bedford @ Cambridge 11:00-12:30 Movie: Mamma Mia! Here We Go Again 1:00-3:00 ESOL Conversation Canceled	19 Gardening class 9:00 9:15 Simplified Qi Gong Tai Chi 10:00-11:00 Memory Café 10:00-12:00 MSAC Chapter Meeting 11:30-1:00 The Art of Dancing at the Dance Complex 11:00-12:30	20 Senior Center Closed
22 Gardening class 9:00 -9:15 Tech Help 9:00-10:00	23 Books on review by Janet Borron, Cambridge Librarian 12:30-1:15 Senior Safety Group 12:30-1:15 Film and Discussion 12:45-3:15 Movie: On the Basis of Sex Blood Pressure 2:30-3:00 (Windsor House)	24 Gardening class 9:00 -9:15	25 Meditation with Catherine 9:00-10:00 Exercise Class 10:00-11:00 Super 8 Ball Cambridge @ Waltham 11:00-12:30 50's Party 12:30-3:00 Entertainment by DJ Rich DiMare Ticket cost: \$5.00 must be purchased in advance.	26 Gardening class 9:00 -9:15 Meditation and Mandala 11:00-12:00 The Art of Dancing class 11:00-12:30 Simplified Qi Gong Tai Chi 10:00-11:00	27 Senior Center Closed
29 Gardening class 9:00 -9:15 Tech Help 9:00-10:00 Cambridge Volunteer Clearing House Workshop 5:30-7:00	30				