

North Cambridge Senior Center Daily Events at Our Center December 2016

Lunch Served Monday - Wednesday - Friday 11:30am - 12:15pm Reservations Required \$2.00 Donation

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Club 10:20-12:00 Please call by 9:00 am to confirm. Spanish Class 11:00-12:00 Bingo 1:00-3:00	Computer Instructor 10:00-1:00 Needle Crafts 1:00-3:00 Yoga 2 3:00 -4:00	Guided Meditation and Reiki 9:00 – 10:00 Computer Instructor 10:00-1:00 Qi Gong Arm Chair Exercise 10:30-11:30 WOW 12:30-2:00 Strength Building 2:30-3:30	Watercolors 9:30-11:00 Computer Instructor 10:00-1:00 Dancing for Balance 1:30-2:30 Yoga 3:00- 4:00	Zumba 9:30-10:30 Cards 10:30-12:30 SHINE 10:30 -2:30 (By appointment only) Whist 12:30-3:30

Special Events & Activites at North Cambridge

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

			1	2
5 Open Forum 12:15-1:15 3rd Cycle of Participatory Budget Voting	6	7	8	9
12 Clase Espanola Gratis Free Spanish Class every Monday beginning at 11am	13 Holiday Card Design and Craft 9:30-10:30	14 Birthday Tea 12:15 WOW Group Presentation 1:00 Managing the Holidays with Roberta Robinson	15 Day Trip to Assembly Row Bus departs at 10:00 and will Return at 2:30. Registration required Cost is \$2.00 Safety Awareness 12:00	16
19 Podiatrist 10:00-2:00 Computer lab closed From 8:30-2:00	20 Holiday Luncheon 12:00-2:00 Classical guitarist Dan Shugrue Registration required Cost is \$3.00	21	22	23 Christmas Holiday Senior Center Closed
26 Christmas Holiday Senior Center Closed	27	28	29 Watercolors class cancelled	30