

December 2016 DAILY EVENTS AT CAMBRIDGE CITYWIDE SENIOR CENTER

Breakfast Served Monday – Saturday 8:30 a.m. to 9:30 a.m. Lunch: Reservations Required. Served Monday –Thursday 11:30a.m.-12:45 p.m. Friday 11:00 a.m. -11:30 a.m.

Saturday 11:30 a.m. -12:15 p.m. \$2.00 Donation for all meals

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qi Gong 9:00-9:45 Computer Lab 9:00- 12:00 Senior Chorus 10:00 - 11:30 Cultura Latina 10:30-11:30 Movie 1:00-3:00 Ballroom Dance 1:00-3:00 Computer Lab 1:00-4:00 Bingo 1:15-3:00 Watercolor Painting 1:00-3:30 Dinner 5:00-6:00 (Reservation Required) 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 10:00-11:00 ESOL IV 10:30-12:00 Women’s Club 11:00-11:45 Computer Lab 1:00-4:30 Classic Movie 1:00-3:15 Bingo 1:15-3:00 Zumba Gold 1:30-2:30 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 10:00-10:50 Tai Chi Level 1 11:00-12:00 Crafts & Social Group 1:00-3:00 Bingo 1:15-3:00 Computer Lab 1:00-3:00 Tai Chi Level II 2:00-3:15	Grandet An Aksion 9:00-3:00 Computer Lab 9:00-12:00 Meditation with Catherine 9:00-10:00 Ceramics 9:30-12:00 Exercise Class 10:15-11:15 Food Pantry 12:00-2:00 Computer Lab 3:00-4:45 **Deadline for Monday Night Dinner & Transportation Reservations is Thursday at 2:00 pm.	Qi Gong 9:00-9:45 Computer Lab 9:00 –2:00 ESOL Chinese 9:00-10:30 Pottery Open Art Class 9:00-11:30 Simplified Qi-Gong Tai Chi 10:00-11:00 Friday Tech. Help 10:00 -11:00 Council on Aging closes at 12:00 pm. Senior Center closes at 2:50 pm.	Breakfast 8:30 – 9:30 Computer Lab 9:30-11:15 Chair Yoga 10:00-11:00 Lunch 11:30 –12:15 Reservations required for lunch Senior Center closes at 1:00 pm

SPECIAL EVENTS & ACTIVITIES AT OUR CENTER

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

Ballroom Dance Cancelled for the month of December.		Chinese Folk Dancing and Chinese Singers are Cancelled for the month of December.	1 Town meeting 12:00-1:00 & Birthday Party 1:00-1:30 First Thursday Writing Class 1:00-2:00	2	3
5 Senior Choir 10:00-11:30 Monday Tech Help 2:00-3:00	6 Men’s Group 10:00-12:00 Holiday Breakfast Senior Safety 12:30-1:15	7 Jewelry Class 1:00-3:00	8 Participatory Budget Vote 10:00-1:00 Book Group 11:15-12:00 Being Mortal by Atul Gawande Health & Wellness Talk 1:00-2:00 Thyroid with guest speaker Dr. Melanie Brunt	9 Men’s & Ladies Breakfast 9:00-9:30 Catherine’s Classes Cancelled	10
12 Senior Choir 10:00-11:30 Monday Tech Help 2:00-3:00	13 COA Board Meeting 9:30-11:00	14 Blood Pressure 12:30-1:00 (Public Health Nurse)	15 Holiday Party at Ryle’s Jazz Club 11:30-3:00 Entertainment by D.J. Owen Howell Ticket \$20.00 & must be purchased in advance Exercise Class Cancelled	16 Ugly Sweater Breakfast & Bingo 9:00-11:00	17
19 Cell Phone Wireless Q &A with Laura from Consumers’ Council 10:00-12:00 Senior Choir 10:00-11:30 Monday Tech Help 2:00-3:00	20 Men’s Group 10:00-12:00 Community Service Project Books on review 12:30-1:15	21 Restaurant Trip 11:00-1:00 Courthouse Seafood Restaurant Ticket \$2.00 for transportation, Lunch on your own. Jewelry Class 1:00-3:00	22 Holiday Brunch 9:00-12:30	23 Christmas Holiday Senior Center Closed	24 Christmas Holiday Senior Center Closed
26 Christmas Holiday Senior Center Closed	27 ESOL Cancelled Film and Discussion 1:00-3:30 Undertaking Betty Blood Pressure 2:30-3:00 (Windsor House)	28 ESOL (CLC) Cancelled	29 Holiday Big Screen Movie 1:00-3:00	30	31