

May 2024 – North Cambridge Senior Center

2050 Massachusetts Avenue, Cambridge, MA 02140 617-349-6320 •

Open Monday, through Friday 8:30 - 5:00 Hot Dine-and-Stay lunches are served Monday – Friday, 11:30 – 12:30 Suggested donation of \$3 for seniors aged 60 years and older

Weekly Class Schedule H: Hybrid • IP: In-person • V: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
Acrylic Painting (IP) 9:30 - 12:00	Strength Building (IP) 9:30-10:30	Zumba Gold (IP) 9:30 -10:30	Watercolors 9:30– 11:30 (IP)	Eurythmy (IP) 10:30 - 11:30
Dominoes (IP) 10:30- 11:30	Strong and Stretched (IP) 11:30- 12:30	Watercolors 9:30– 11:30 (V)	Dancing for Balance (H) 1:30 – 2:30	Whist (IP) 12:30 - 3:00
Dancing for Balance (H) 1:00 – 2:00	Tai Chi (IP) 1:30 – 2:30	Chair Yoga (IP) 12:00 – 1:00	Gentle Mat Yoga (IP) 3:00 – 4:15	
Gentle Mat Yoga (H) 3:30 – 4:30	Chair Yoga (H) 3:00– 4:00	Mindfulness Meditation (IP) 3:00 4:00		

May 2024 – NC Happenings and Special Events

***To register for classes/programs, unless specifically noted otherwise, please call 617-349-6320.**

NEW! Strong and Stretched Tuesdays 11:30 - 12:30 PM

This one-hour class is designed to offer a perfect blend of core-strengthening exercises and gentle stretching routines. Using stretch bands, you'll enhance flexibility while building stability in an interesting, innovative way!

NEW! Tai Chi Tuesdays 1:30 – 2:30 PM

This instructor-led Tai Chi class is open to all individuals to learn this ancient martial art. With flowing, slow movements, it enhances balance, flexibility, and inner peace. Many find it beneficial as it promotes physical well-being and mental clarity.

Mindfulness Meditation May 8th and May 29th

Wednesdays 3:00-4:00 PM

Join this class to discover peace and calm through easy, guided mindfulness meditations. Reduce stress, improve focus, and boost well-being while connecting with others. A simple, enjoyable way to enhance your daily life. No experience is necessary; includes Q&A.

New Class! Introduction to Eurythmy Fridays 10:30 – 11:30 AM

This gentle and enjoyable practice combines rhythmic exercises with expressive gestures, promoting balance, flexibility, and overall well-being. No dance experience is required – Eurythmy is about embracing the joy of moving in harmony with yourself.

Ethiopian Elders

Tuesday, May 7th & May 21st 10:00-11:30 AM

Every other Tuesday Yemi Kibret of CEOC will lead the Ethiopian Elders Group. This group provides support and resources for fellow Ethiopians in our community. This group is here

to uplift and empower. All are welcome and encouraged to join.

Photography Workshop

Friday May 3rd, 17th & 31st 1:00-3:00 PM

Capture compelling narratives through the lens, guided by a seasoned photographer. Each class we will explore techniques, storytelling principles, and engage in thoughtful group discussion of each assignment. Each class may extend up to 3 hours and students will be required to bring their own Smartphone with use of camera.

TRIP: Castle Island

Friday, May 10th & 17th 10:30 AM-1:30 PM

Embark on a quick day trip to Castle Island for a taste of the iconic Sullivan's at Castle Island and great views of Boston. Savor their legendary hot dogs and fried seafood next to Boston Harbor. Cost \$5 for Transportation. Lunch on your own. Limited availability.

Mother's Day Tea Party—Paint and Sip

Wednesday, May 15th 2:00 PM-3:00 PM

Join us for a special Mother's Day Tea Party! Treat yourself to sweet and savory treats as we sip on a variety of teas and enjoy great conversations! Don't miss out on the chance to paint a beautiful spring flower with the assistance of our acrylic instructor! Preregistration required. Cost \$5.

SCES Nutrition Screening

Thursday, May 23rd 10:30 AM-11:30PM

Discover valuable insights on healthy eating habits, personalized advice through a screening questionnaire, engaging presentations, and access to essential nutrition information. Take the first step towards a healthier lifestyle with our supportive community. Don't miss out! Lunch to follow.

Spring BBQ

Friday, May 24th 11:30 AM -- 1:30 PM

Celebrate the joy of May with our spring BBQ! Join us for a sizzling afternoon filled with mouthwatering grilled delights, refreshing drinks, and lively conversations. Save the date and let's BBQ!

Preregistration required. Cost \$5

Designing Your Retirement: Your Path to a Healthy, Happy, and Fulfilling Retirement featuring Hayward Zwerling, M.D

Thursday May 30th 5:30 -6:30 PM

Have you considered how to optimize your life during retirement? Or thought, what can I do to ensure I have a happy, healthy, and fulfilling retirement? After studying over 60 scientific publications and gathering insights from numerous experts and his patients, Dr. Zwerling developed the Designing Your Retirement methodology—a roadmap to a better retirement.

TRIP: Kellys Roast Beef and Revere Beach Friday, May 31st 11AM-2:30 PM

Embark on a quick day trip to Revere Beach for a taste of the iconic Kelly's Roast Beef. Savor their legendary roast beef sandwiches with the backdrop of the sun and sand. A perfect escape with a flavorful excursion by the sea. Cost \$5 for Transportation. Lunch on your own.

Cancelations

- Zumba Gold will be canceled on May 8
- Mindfulness Meditation is canceled in June.
- Mindfulness Meditation will be instructor led on May 8th and May 29th.
- Gentle Mat Yoga and Chair Yoga will be canceled from June 17th through August 4th. Classes will be held remotely from August 5th through September 2nd. Classes will resume in person September 3rd.
- Zumba Gold and Strength Building will be canceled in July and August.
- Watercolors will be canceled in August through September 19.