

# Cambridge Senior Center (806 Mass. Ave.)

## GETTING TO KNOW YOU

Using Art, Movement and Story Sharing  
With Tarsha and Sudip

**Wednesday, April 24, 2024**

**1:00 p.m. - 2:00 p.m.**



What is your name? What does it mean? How many different names have you used in your life? For example, my friends call me Tarsha. My family calls me Denise or Nessie. I have also been called mother, sister, aunt, cousin, teacher. And my newest name is grandmother.

All these names have a different story. These names take place in different settings or places. Names for anyone show where you have been, what have you seen. Come share your story. We will start off with what does your name mean. Where does your name come from?

Through conversation, art, movement and writing we will explore getting to know ourselves and our neighbor.



[www.cambridgema.gov/councilonaging](http://www.cambridgema.gov/councilonaging)

**This Program is for Ages 60+  
Cambridge Senior Center  
806 Mass. Ave.  
Cambridge, Ma 02139**