



Cambridge Senior Center (806 Mass. Ave.)

Fitness Classes



Ping Pong Table Schedule

Fridays, 8:30 – 9:30 a.m. : Beginners

Fridays, 9:30 – 10:30 a.m. : Experienced Players

If you are interested in learning how to play Ping Pong or enjoy playing, join one of the workshops. A volunteer will be available to play with you and demonstrate the elements and rules of the game. No partner is required.

The Ping Pong table is available for use during the Senior Center's regular hours of operation.

Always consult your physician before beginning any exercise program.

For more information, call the Council on Aging at 617-349-6220.



This program is for ages 60 years and older.

Cambridge Senior Center

806 Massachusetts Avenue, Cambridge, MA 02139

www.cambridgema.gov/CouncilOnAging • 617-349-6220