

October Special Events Calendar

H: Hybrid • IP: In-person • V: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3 Empowered Caregiver Series 11:00 – 12:00 (IP)	4 Yoga for Better Balance (IP) Cancelled
7 Strong and Stretched Canceled Music Jam Session 4:30-6:30	8 COA Board Meeting 9:30-11:00 (V) ESOL Intermediate: 10:00-12:00 (IP) LGBTQ+ Film Series 10:00-12:30 (IP) Movie: <i>Professor Marston and The Wonder Women</i> Mat Yoga Cancelled	9 Veterans & Friends Support Group 1:00-2:00 (IP) Strong and Stretched Cancelled	10 Book Group 11:45- 1:00 (H) Empowered Caregiver Series 11:00 – 12:00 (IP)	11 Meditation and Mandala (IP) Yoga for Better Balance Cancelled
14 Indigenous Peoples Day Holiday Senior Center Closed	15 Men’s Group 10:00-11:30 (IP) ESOL Intermediate: Cancelled Mat Yoga Cancelled	16 Flu and COVID Vaccine Clinic 10:00-2:00 (IP) Strong & Stretched Canceled Safety Awareness 1:00-2:00 (IP) Music Lessons and Chorus Canceled.	17 Cambridge Consumers Council Drop-In Information Table 11:00-12:30 The antidote to “getting old” wisdom purpose and creativity 1:00-2:00 (IP)	18 Yoga for Better Balance (IP) Cancelled
21 Women’s Social Group 12:30-2:30(IP) Halloween Bingo and Continental Breakfast 9:00- 11:00 (IP) Intro to ballroom dancing workshop 3:30-4:30 (IP) Presentation long term care Ombudsman 6:00-7:00 (IP)	22 ESOL Intermediate: Cancelled Film and discussion 1:00-3:30 (IP) Movie: <i>Rescued by Ruby</i>	23 Meeting 11:30-1:00 (IP)	24 Empowered Caregiver Series 11:00 – 12:00 (IP) 31 Senior Center 29th Anniversary	27
28 Mass Senior Action Council Meeting	28 Continued 11:30-1:00 (IP)	28 Continued Medication Takeback Day	Party 12:30-3:00 (IP)	

October 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) 9:30-10:15	Watercolors 9:30– 11:30 (V)	Watercolors 9:30– 11:30 (IP)	Eurythmy (IP) 10:30 - 11:30
Dominoes (IP) 10:30- 11:30	Zumba Gold (IP) 10:30-11:15	ESOL (IP) 10:30- 11:30	Dancing for Balance (H) 1:30 – 2:30	Whist (IP) 11:30-2:30
Dancing for Balance (H) 1:00 – 2:00	Strong and Stretched (IP) 11:30- 12:30	Chair Yoga (IP) 12:00– 1:00	Gentle Mat Yoga (IP) 3:00 – 4:15	Documentary Photography 3:00 -4:30
Gentle Mat Yoga (IP) 3:30 – 4:30	Tai Chi (IP) 1:30 – 2:30			
	Chair Yoga (IP) 3:00– 4:00			

October 2024 – NC Happenings and Special Events

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

ESOL

Wednesdays 10:30am – 11:30 am

We're offering a special ESOL (English for Speakers of Other Languages) class for members our community! This class is designed to help you improve your English skills in a supportive and welcoming environment. Whether you're a beginner or looking to enhance your language abilities, join us to learn, practice, and connect with others.

Zumba Gold

Tuesdays 10:30 am - 11:15am

This is a low impact, easy to follow, 45-min Latin inspired dance class. This class is appropriate for adults of all fitness levels and participants can go at their own pace.

Watercolors

Thursdays 9:30 am – 11:30am

Join us every Thursday to enjoy and explore the art of watercolors! Unleash your creativity, learn new techniques, and enjoy a relaxing, social environment. No experience necessary—just bring your supplies!

Eurythmy

Fridays 10:30 am – 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.

Documentary Photography

Fridays 3:00pm – 4:30pm

Unlock your creative potential with our Documentary Photography Class! Every week, we'll dive into taking the best possible image you can take with your Smartphone. Open to all skill levels. Smartphone is required. This class will help with and improve your image editing.