

November – Weekly Class Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday
Qi Gong (V) 9:00 – 9:45	Computer Lab (IP) 9:00 – 4:00	Chinese Singers and Chinese Folk Dancing (IP) 9:00 – 12:00	Meditation (V) 9:00 – 9:45	Qi Gong (V) 9:00 – 9:45
Computer Lab (IP) 9:00 – 5:00	Mat Yoga (IP) 10:00 – 11:00	Music Instrument Lessons (IP) 9:00-10:00	Computer Lab (IP) 9:00 – 4:00	Computer Lab (IP) 9:00 – 11:00
Tech Help (IP) 9:00 – 11:00	Balance Chi Kung (IP) 11:30 – 12:30	Computer Lab (IP) 9:00 – 4:00	Zumba Gold (IP) 9:00 – 9:45	Flamenco Dance (H) 10:00 – 11:00
ESOL/Chinese (IP) 9:30 – 10:30	Zumba Gold (IP) 1:00 - 1:45	ESOL (CLC) (IP) 9:30 – 11:45	Tai Chi (IP) 11:00 – 12:00	Ping Pong — Beginners (IP) 8:30 – 9:30
Spanish Fun Lessons (IP) 9:30-11:00	Board and Card Games (IP) 1:00 – 3:00	Flamenco Tango (V) 10:00 – 11:00	Low Impact Fitness 1:00-1:45 (IP)	Ping Pong — Experienced (IP) 9:30 – 10:30
Strong and Stretched (IP) 11:00 – 12:00	Tech Help (IP) 1:00 - 4:00	Chorus (IP) 10:30-11:30	Yoga for Better Balance (IP) 10:30 – 11:30	
Art Class 1:00-2:00 (V)	Chair Exercise 2:00-2:45 (IP)	Chair Exercise (V) 11:15 – 12:00		
Ballroom Dancing (IP) 1:00 – 3:00		Tech Help (IP) 1:00 - 2:00		
Intro to Theatre (IP) 1:30-2:30		Crafts and Social Group (IP) 1:00 – 3:00		
Portrait Drawing Class 3:00-5:00 (IP)		Strong and Stretched (V) 1:30 – 2:30		
Line Dancing (H) 6:00 – 7:00				
Spanish (V) 6:45 – 8:00				

November Special Events Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
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4 Intro to ballroom dancing workshop 3:30-4:30 (IP) Music Jam Session 4:30-6:30	5 ESOL Intermediate: 10:00-12:00 (IP)	6 Chair Exercise Cancelled	7 Low Impact Fitness Canceled	8 Meditation and Mandala 10:00-11:00 (IP)
11 Veteran's Day Senior Center Closed	12 COA Board Meeting 9:30-11:00 (V) LGBTQ+ Film Series 10:00-12:30 (IP) Movie: <i>Grandma</i> ESOL Intermediate: Cancelled	13 Veterans & Friends Support Group 1:00-2:00 (IP) Sleep and Aging Presentation 2:00-3:00 (IP)	14 Mini-series for Housing 10:00-11:00 (IP) Book Group 11:45- 1:00 (H)	15
18 Women's Social Group 12:30-2:30(IP) Intro to ballroom dancing workshop 3:30-4:30 (IP) MIT Ribotones performance 6 - 7 (IP)	19 Men's Group 10:00-11:30 (IP) ESOL Intermediate: Cancelled	20 Safety Awareness 1:00-2:00 (IP)	21 Meals Program "Thanksgiving Lunch" 11:30 - 12:15 (IP) Mini-series for Housing 10:00-11:00 (IP)	22
25 Bingo and Breakfast 9:00- 11:00 (IP) Mass Senior Action Council Meeting 11:30-1:00 (IP) Intro to ballroom dancing workshop 3:30-4:30 (IP)	26 ESOL Intermediate: Cancelled Film and discussion 1:00-3:30 (IP) Movie: <i>Still</i> Chair Exercise Canceled	27 ESL (CLC) Canceled	28 Thanksgiving Holiday Senior Center Closed	29 Thanksgiving Holiday Senior Center Closed

November 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

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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)	Whist (IP) 11:30-2:30
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	Documentary Photography 3:00 -4:30 (IP)
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	
Mindful Movement 2:15 - 3:15 (IP)	Tai Chi (IP) 1:30 – 2:30	Mindfulness Meditation 3:00– 4:00		
Gentle Mat Yoga (IP) 3:30 – 4:30	Chair Yoga (IP) 3:00– 4:00			

November 2024 – NC Happenings and Special Events

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

Mindful Movement

Mondays 2:15PM – 3:15PM

Join our Mindful Movement Class for a relaxing, gentle way to improve balance, coordination, and mental focus. This gentle and enjoyable practice combines rhythmic exercises with expressive gestures, promoting balance, flexibility, and overall well-being. This class uses slow, flowing movements designed especially for seniors to move, reduce stress, and connect with others in a supportive setting!

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

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.

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.

Art Quilting

Wednesdays November 6th, 13th, and 20th

Come to this three-part Mini Art Quilt Workshop! Fabric collage, using fabric glue, no sewing necessary (unless desired)

Create whimsical flowers, houses or anything you want. Frame it and hang it up or give it as a gift! Participants are expected to attend all three classes. Cost is \$5 for materials and frame. Limited seating. Preregistration required.

Day of the Dead Taco Luncheon

Thursday, November 7th 12PM-1PM

Join us as we celebrate this Mexican Holiday with food from a local favorite, Anna's Taqueria! Storytelling Presentation to follow at 1PM. Limited seating. Preregistration required. Cost \$5 for food.

I Remember Abuelito: A Day of the Dead Story

Recuerdo a Abuelito: Una Historia de Dia de Muertos

Thursday, November 7th 1PM-2PM

This Mexican holiday is a celebration when families welcome back the souls of their deceased relatives for a brief reunion that includes food, drink and celebration. In this story a young girl prepares to honor her beloved grandfather.

TRIP: American Heritage Museum

Friday, November 8th 9:30AM-3:30PM

Join us for a fascinating day trip to the American Heritage Museum! Explore exhibits featuring military vehicles, aircraft, and history from World War I to present day. After the tour, we'll head to the town of Hudson where we will have lunch on our own. Don't miss this unique experience—reserve your spot today! Cost is \$15 for museum tour and transportation.

Drawing with Watercolor Pencils

Beginning every Wednesday, November 13th 10:00am– 12:00pm

Join Drawing with Watercolor Pencils, a fun and relaxing six- part class where you'll explore the versatility of watercolor pencils. Learn techniques for blending colors, creating textures, and adding vibrant watercolor effects to your artwork. Whether

you're a beginner or have some experience, this class offers a supportive space to develop your skills. Pre-registration and six-week commitment are required. Cost is \$10.00 for class and materials payable upon registration.

TRIP: Thanksgiving Lunch at Jimmy's Steer House

Tuesday, November 19th 11:30AM-1:30PM

Join us as we celebrate all that we are thankful for during lunch at Jimmy's Steer House! Limited in-person registration. Cost is \$20 and includes transportation, entrée and non-alcoholic beverage of choice.

TRIP: Lunch & Shopping Trip

Friday, November 22th 10AM-1:30PM

Join us on this quick trip as we head to Burlington for lunch and light shopping! Stores include DSW, Market Basket, HMART, Joanne Fabrics, Five Guys and the Chateau Restaurant. Lunch on your own. Limited in-person registration. Cost is \$5 for transportation.