

February – 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	ESOL (CLC) (IP) 9:30 – 11:45	Zumba Gold (IP) 9:00 – 9:45	Flamenco Dance (H) 10:00 – 11:00
ESOL/Chinese (IP) 9:30 – 10:30	Board and Card Games (IP) 1:00 – 3:00	Computer Lab (IP) 9:00 – 4:00	Tai Chi (IP) 11:00 – 12:00	Ping Pong — Beginners (IP) 8:30 – 9:30
Spanish Fun Lessons (IP) 9:30-11:00	Tech Help (IP) 1:00 - 4:00	ESOL (CLC) (IP) 9:30 – 11:45		Ping Pong — Experienced (IP) 9:30 – 10:30
Strong and Stretched (IP) 11:00 – 12:00		Flamenco Tango (V) 10:00 – 11:00		Yoga for Better Balance (IP) 10:30 – 11:30
Art Class 1:00-2:00 (V)		Chorus (IP) 10:30-11:30		
Ballroom Dancing (IP) 1:00 – 3:00		Chair Exercise (V) 11:15 – 12:00		
Intro to Theatre (IP) 1:30-2:30		Tech Help (IP) 1:00 - 2:00		
Zumba Gold (IP) 2:30- 3:15		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				

February – Special Events Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Navigating Loss Conversational Group 1:00-2:00 (IP)	4 Power Pedal 9:00-10:00 (H)	5 Acrylic painting workshop 9:30-12:00 (IP)	6 Power Pedal 9:00-10:00 (H) Home Education Mini-Series 10:00-11:00 (IP)	7
10 MA National Federation of the Blind -Cambridge Chapter (IP) 6:00 – 7:30	11 Power Pedal 9:00-10:00 (H) COA Board Meeting 9:30-11:00 (V) ESOL Intermediate 10:00-12:00 (IP) LGBTQ+ Film Series 10:00-12:00 (IP) Movie: <i>Firebird</i>	12 Acrylic painting workshop 9:30-12:00 (IP) Veterans & Friends Support Group 1:00-2:00 (IP)	13 Power Pedal 9:00-10:00 (H) Book Group 12:00- 1:00 (H)	14 Meditation and Mandala 10:00-11:00 (IP))
17 Presidents Day Holiday Senior Center Closed	18 Power Pedal 9:00-10:00 (H) Men's Group 10:00-11:30 (IP) Indoor Armchair Forest Bathing – An Introduction to Shinrin Yoku 10:00-11:30 (IP)	19 Acrylic painting workshop 9:30-12:00 (IP) Safety Awareness 1:00-2:00 (IP) Begining Music Theory 1 -2:00 (IP)	20 Power Pedal 9:00-10:00 (H)	21
24 Mass Senior Action Council Somerville/ Cambridge Chapter Meeting 11:30 - 1:00 (IP)	25 Power Pedal 9:00-10:00 (H) ESOL Intermediate 10:00-12:00 (IP) Film and Discussion 1:00-3:30 (IP) Movie: <i>Pride</i>	26 ESOL Beginners (CLC) Returns (IP) 9:30 – 11:45 Building Health Habits 1:00-2:00 (IP) Begining Music Theory 1:00-2:00 (IP)	27 Power Pedal 9:00-10:00 (H) Home Education Mini-Series 10:00-11:00 (IP) Cambridge Consumers Council Drop-in Information 11:00- 12:30 (IP) Red Cross Presentation 1:00-2:00 (IP)	28

February 2025 – 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)	Whist (IP) 11:30-2:30
Dominoes (IP) 10:30- 11:30	Zumba Gold (IP) 10:30-11:15	Spanish Class 9:30 - 11:30 (IP)	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	ESOL (IP) 10:30- 11:30	Gentle Mat Yoga (IP) 3:00 – 4:15	
Mindful Movement 2:15 - 3:15 (IP)	Tai Chi (IP) 1:30 – 2:30	Chair Yoga (IP) 12:00– 1:00		
Gentle Mat Yoga (IP) 3:30 – 4:30	Chair Yoga (IP) 3:00– 4:00	Mindfulness Meditation (IP) 3:00– 4:00		

February 2025 – 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!

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.

Spanish Class Every Wednesday beginning February 5th 9:30am – 11am

Join our new Spanish class for beginners! Learn basic vocabulary, simple phrases, and essential grammar in a fun, friendly environment. Whether you're looking to travel, connect with others, or try something new, this class is the perfect starting point. No prior experience needed—just bring your enthusiasm to learn!

COLLAGE AND SCRAPBOOKING Every Thursday beginning February 13th 10am – 12pm

Engage in the art of Collage and Scrapbooking! Students will create art using patterned paper, illustrations from magazines and catalogs, stickers, rubber stamps, colored pencils and markers, and any other appropriate material.

We invite students to bring their own photos and mementos to create a story or make up a story with other material brought to class. Although not required, students should bring scissors and a glue stick to class. Limited availability. Cost \$5.

TRIP: Burlington Mall Friday, February 14th 10am-1:30pm

Join us for a quick trip to Burlington Mall! Shop your favorite stores, enjoy some browsing, and treat yourself to lunch at one of the many dining options. Lunch on your own. Cost: \$5 for transportation.

Documentary Photography Open Gallery Friday, February 14th 3:30pm-4:30pm

Join us for an inspiring showcase of storytelling through the lens of our Documentary Photography Class! The participants proudly present their work, capturing the essence of everyday life in Cambridge and beyond. This open gallery celebrates their journey in documenting the unique moments, people, and places that make our community vibrant.

Bilingual Storytelling: Why the Sea Cries? Thursday, February 20th 1pm-2pm

Have you ever asked you why the sea sounds like it is crying? Join us and discover the reason—through this story of a Brazilian Cinderella who has a “unique” sister that helps her through difficult times, helping her to find their real love and prince.

Meet the Author: Jean Duffy of The Soccer Grannies in South Africa Wednesday, February 26th 1pm – 2pm

Join author Jean Duffy for a captivating presentation featuring photos, storytelling, and a documentary excerpt from Alive and Kicking: The Soccer Grannies in South Africa. Discover the inspiring journey of these remarkable women as they break boundaries through soccer. This talk includes a Q&A

session. Coffee, tea, and light snacks will be served.

CANCELLATIONS

Strength Training and Zumba will be cancelled on Tuesday, February 25th and April 8th.

COMING SOON!

TRIP: Lunch & Shopping Trip Friday, March 21st 11am-3pm

Shop for great deals on clothing, home goods, and more at TJ Maxx in Waltham. Then, enjoy a tasty meal at Grassfields Restaurant, known for its cozy atmosphere and delicious food. Preregistration required. Cost \$20 for transportation and Meal which includes a non-acholic beverage and entrée of choice. Limited availability.

Bilingual Storytelling: The Copihue Flower Legend

Thursday, March 20th 1pm-2pm

We will travel South to Chile and learn about the beautiful legend of their national flower. This tale from the Mapuche land, tells the origin of the Copihue flower, a symbol of friendship, happiness and gratitude.

Movie and Discussion: Help! March

Time and Date TBD

Join us for a screening of Help, another classic Beatles movie, followed by a discussion led Candy Leonard, Cambridge resident and author of Beatleness: How the Beatles and Their Fans Remade the World. This is an opportunity to share memories of The Beatles and explore their impact with fellow Beatles fans! Pizza and refreshments will be provided. Preregistration encouraged. Space is limited.