

July 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	Strong and Stretched (IP) 11:30- 12:30	Ethiopian Hour 10:00-11:30 Biweekly	Dancing for Balance (H) 1:30 – 2:30	Mindful Movement (IP) 9:15- 10:15
Dominoes (IP) 10:30- 11:30	Tai Chi (IP) 1:30 – 2:30			Whist (IP) 11:30-2:30
Dancing for Balance (H) 1:00 – 2:00				
Meditation (IP) 2:15-3:15				

July 2025 – NC Happenings and Special Events

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

Mindfulness Meditation

Mondays 2:15-3:15pm

Join this class to discover peace and calm through easy, guided mindfulness meditations. Reduce stress, improve focus, and boost well-being while connecting with others. A simple, enjoyable way to enhance your daily life. No experience is necessary; includes Q&A.

Strong and Stretched

Tuesdays 11:30 – 12:30pm

A 60-minute class starting with a cardio warm up, strengthening exercises using hand weights or Thera bands for resistance. Muscle conditioning reinforces good posture

Tai Chi

Tuesdays 1:30pm – 2:30pm

This instructor-led Tai Chi class is open to all individuals to learn this ancient martial art.

With flowing, slow movements, it enhances balance, flexibility, and inner peace. Many find it beneficial as it promotes physical well-being and mental clarity.



Mindful Movement - Eurythmy

Fridays 9:15- 10:15AM

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.

Ethiopian Hour

Tuesdays, July 1st ,15th & 29th

10:00-11:30am

Every other Tuesday Yemi Kibret of CEOC will lead the Ethiopian Elders Group. This group provides support and resources for fellow Ethiopians in our community. Whether it's English classes during school season, there is knitting and crochet or an interpreter for yoga classes. We offer a listening ear, and share valuable advice. This group is here to uplift and empower.

CAMBRIDGE POLICE SENIOR ACADEMY

Tuesday, Wednesday, Thursday

July 15th,16th & 17th 10:00am-2:00pm

The Cambridge Police Senior Academy offers seniors in our community a unique opportunity to engage with law enforcement professionals and community partners, learn about policing practices, and gain insight into public safety initiatives. This comprehensive program is designed to foster positive relationships between seniors and the police department while providing valuable resources and education.

Register with Kessen Green

617-349-6009

kgreen@Cambridgepolice.org

Deadline to register is Monday July 7th

TRIP: Charlesgate Yacht Club

Thursday, July 24th 9:30am-2:30pm

Join us for an exciting trip to the Charlesgate Yacht Club on July 24th! We'll enjoy a scenic boat tour of the Charles River, followed by a delightful lunch. Cost \$5 for Transportation. Limited availability. Preregistration and payment required.

Summer Haitus:

Documentary Photography—Fridays

Paused August 1st and 8th

Chair Yoga & Gentle Mat Yoga—

Mondays, Tuesdays, Wednesdays, Thursdays

Paused starting Thursday June 12th

resumes Tuesday September 2nd.

Zumba Gold & Strength Training—Tuesdays

Paused started Tuesday, June 17th

Resume Tuesday, September 9th

Strong and Stretched—Tuesdays

Paused the weeks of: July 21st–27th

& August 18th–24th All other weeks remain

scheduled

Tai Chi-- Tuesdays

Paused from Monday, July 28th

Resumes Tuesday, September 2nd

Watercolors—Thursdays

Paused for July and August

Resumes Thursday, September 11th