

**AUGUST CITYWIDE SENIOR CENTER, 806 MASSACHUSETTS AVENUE, CAMBRIDGE, MA. 02139 617-349-6060**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1.</b> Qi Gong 9-10 Cards, Board Games 9-11:30 Clay Sculpture 10-12 Senior Singers 10-11:30 Classic Movie 1-3 Beano 1:30-3</p>	<p><b>2.</b>  Chair Yoga 10-11 Latino Group 1-2 Movie 1:15-3:15</p>	<p><b>3. Swing Into Summer</b>  <b>Harvard Picnic</b> <b>Harvard Yards 11-2</b> <b>Tickets Required</b> <b>Rain Date August 4</b></p>	<p><b>4.</b> Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11 <b>Town Meeting 12-1</b> <b>Birthday Party 1-2</b>  Sr. Advisory Committee 1:30-3</p>	<p><b>5.</b> Qi Gong 9-10 ESL Chinese 9-10:30 Strength Building 10-11 Chinese Movie 10-12 <b>Cooking with Julie 1-2</b> Ballroom Dancing 1-3 Beano 1:30-3</p>
<p><b>8.</b> Qi Gong 9-10 Cards, Board Games 9-11:30 Clay Sculpture 10-12 Classic Movie 1-3 Beano 1:30-3</p>	<p><b>9.</b> Chair Yoga 10-11 <b>Book Review 12:45-1:15</b> Latino Group 1-2 African American Seniors 1-2:30 Movie 1:15-3:15</p>	<p><b>10. Walking Club Day Trip</b> <b>Ogunquit Maine 9-6</b> Chinese/English Singers 9-12 Crafts/Social Club 1-3 Beano 1:30-3</p>	<p><b>11.</b> Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11  <b>Ice Cream Social 1-2</b></p>	<p><b>12.</b> Qi Gong 9-10 ESL Chinese 9-10:30 Strength Building 10-11 Chinese Movie 10-12 Ballroom Dancing 1-3 Afternoon Tea 1-2 Beano 1:30-3</p>
<p><b>15.</b> Qi Gong 9-10 Cards, Board Games 9-11:30 Clay Sculpture 10-12 Classic Movie 1-3 Beano 1:30-3</p>	<p><b>16.</b> Chair Yoga 10-11 Latino Group 1-2 Movie 1:15-3:15</p>	<p><b>17. Men's Breakfast 9-10</b> <b>Meal Served until 9:30</b> Walking Club Castle Island 9-12 Chinese/English Singers 9-12 Crafts/Social Club 1-3 Beano 1:30-3</p>	<p><b>18.</b> Grandet An Aksion 9-2 <b>Day Trip Lake Winnepesaukee</b> <b>Luncheon Crusie 8:30-6</b> Ceramics 9:30-12 Exercise Class 10-11</p>	<p><b>19.</b> Qi Gong 9-10 ESL Chinese 9-10:30 Strength Building 10-11 Chinese Elder Meeting 11:15-12:15 Ballroom Dancing 1-3 Beano 1:30-3</p>
<p><b>22.</b> Qi Gong 9-10 Cards, Board Games 9-11:30 Clay Sculpture 10-12 Classic Movie 1-3 Beano 1:30-3</p>	<p><b>23.</b> Chair Yoga 10-11 Latino Group 1-2 African American Seniors 1-2:30 Movie 1:15-3:15</p>	<p><b>24.</b> Walking Club Castle Island 9-12 Chinese/English Singers 9-12 Crafts/Social Club 1-3 Beano 1:30-3</p>	<p><b>25.</b> Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11 <b>Afternoon Tea 1-2</b></p>	<p><b>26.</b> Qi Gong 9-10 ESL Chinese 9-10:30 Strength Building 10-11 Chinese Movie 10-12 Ballroom Dancing 1-3 Beano 1:30-3</p>
<p><b>29.</b> Qi Gong 9-10 Cards, Board Games 9-11:30 Clay Sculpture 10-12 Classic Movie 1-3 Beano 1:30-3</p>	<p><b>30.</b> Chair Yoga 10-11 Latino Group 1-2 Movie 1:15-3:15</p>	<p><b>31.</b> Walking Club Castle Island 9-12 Chinese/English Singers 9-12 Crafts/Social Club 1-3 Beano 1:30-3</p>	<p><b>Saturday Schedule</b> <b>Breakfast 8:30-9:30</b> <b>Billiards 8:30-1</b> <b>Computer Lab 9:30-11:30</b> <b>Yoga 10-11</b> <b>Lunch 11:30-12:15</b></p>	<p> <b>Gentle Chair Yoga</b> <b>Tuesdays &amp; Saturdays</b> <b>10-11 a.m. \$2</b></p>

To sign up for lunch call one day in advance (617) 349-6060. Lunch time is from 11:30 a.m.-12:45 p.m. The suggested donation is \$1.50  
**Food Pantry Hours Tuesdays & Thursdays 12-2 p.m. Visit our new Pantry Location in the basement of Citywide Senior Center.**  
 Tickets for Food Pantry Distributed 11:00 A.M.