



**Cambridge Citywide Senior
Center
MONTHLY TOWN
MEETING
THURSDAY April 2, 2009
12:00 noon to 1:00 p.m.**

Our Town Meeting is a meeting of the Citywide Senior Center community. We come together to discuss and sometimes decide upon issues that pertain to the senior center and the operation of the senior center. It is also during our Monthly Town Meeting that the staff of the Council on Aging and Senior Center disseminates important information that is of interest to Senior Citizens.

Come with your questions and suggestions for improving programs and services in the City of Cambridge and the Citywide Senior Center. All are invited. The Town Meeting usually takes place the first Thursday of each month.

For more information call 617-349-6060.

Location: Walter Milne Ballroom
Cambridge Citywide Senior Center
806 Massachusetts Avenue
Cambridge, MA 02139

****Following Town Meetings will be a monthly Birthday Party from 1:15-2:00 P.M.*

If it is your Birthday month, come and celebrate with us. Serving cake and ice cream to all who attend.

The Men's Breakfast



&

Ladies Breakfast Club
Ladies Breakfast Club



FRIDAY APRIL 3, 2009

WE ARE HOSTING A LADIES AND MEN'S
BREAKFAST CLUB

YOU MUST SIGN UP IN ADVANCE.

SIGN UP AT THE FRONT DESK.

MEAL SERVED FROM 9:00-9:30 A.M.

LOCATION: WALTER MILNE BALLROOM

Citywide Senior Center

806 Massachusetts Avenue

Cambridge, MA 02139

(617) 349-6060



***We apologize
for any
inconvenience.***

***Chair Yoga
has been
cancelled***

Saturday April 4, 2009

“Senior Safety”

Tuesday, April 7TH
2009

12:30p.m. - 1:30p.m.

Location

Ballroom

Citywide Senior Center
806 Massachusetts Avenue
Cambridge, MA 02139
(617) 349-6060

The Men's Group

MOVIE & PIZZA

FREE

Tuesday April 7, 2009

&

Tuesday April 21, 2009

SHOWING TIMES: 10:30 A.M. – 1:00 P.M.

Movie and Pizza will be shown every 1st and 3rd
Tuesday of each month. You must attend the
movie in order to have pizza!

Sign-Up form is available at the front desk.

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Blood Pressure Screening

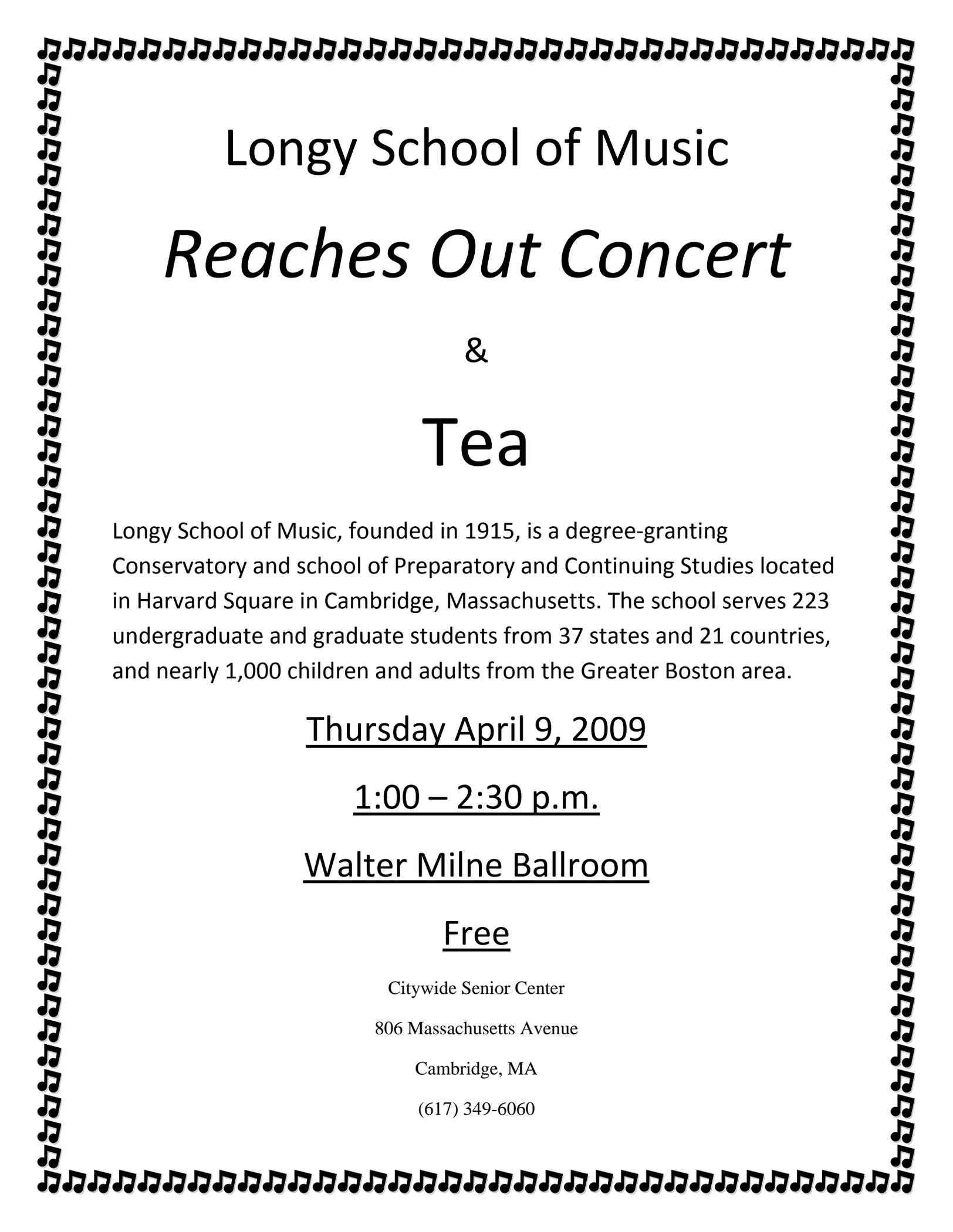


Wednesday April 8, 2009
12:30- 1:30 p.m.

(Second Floor #221)

Tuesday April 21, 2009
2:30-3:00p.m.

Windsor House
(Basement Level)



Longy School of Music

Reaches Out Concert

&

Tea

Longy School of Music, founded in 1915, is a degree-granting Conservatory and school of Preparatory and Continuing Studies located in Harvard Square in Cambridge, Massachusetts. The school serves 223 undergraduate and graduate students from 37 states and 21 countries, and nearly 1,000 children and adults from the Greater Boston area.

Thursday April 9, 2009

1:00 – 2:30 p.m.

Walter Milne Ballroom

Free

Citywide Senior Center

806 Massachusetts Avenue

Cambridge, MA

(617) 349-6060



Lesley University is eager to support the elders of its local community through this Bookmaking workshop.

Program Begins: Wednesday March 25, 2009

TIME: 1:30 – 3:30 p.m.

- 6-week-long bookmaking activity for senior citizens
- Teaches participants a new technique that incorporates a wide variety of materials including but not limited to recycled paper, ribbon, candy wrapper foil, coins, strips of tree bark, seashells, etc.
- For this hands-on, eco-friendly project, participants are encouraged to experiment and use their own styles. No prior experience is necessary, and materials will be provided.
- Free workshop
- Upon completion, participants will leave with a one-of-a-kind creation that can be filled with family photographs, sketches, or personal journal entries.

The workshop leaders will be:

- Young Song, Ph.D.: Artist; Faculty, Creative Arts in Learning Division, Lesley University
- Jo Ann Gammel, Ed.D.: Faculty, Adult Learning Division, Lesley University
- Kyle Brown, Master's Degree Candidate, Creative Arts in Learning Division, Graduate School of Arts and Social Sciences, Lesley University

Registration is required:

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African-American Seniors

The group meets once a month to celebrate African American culture and history. There is information sharing of current events, activities and programs taking place in the African-American community. Guest speakers are invited to speak on a wide array of topics from the Harlem Renaissance to Black Cinema as told through the eyes and works of American's earliest Black film makers and many other topics that are of interest to seniors of African Descent. For more information ask to speak to Emma Watkins. Group meets once a month on Fridays 10:45a.m.-12:00 p.m. Please check our Newslines for dates.

OUR NEXT DATE AND TIME WILL BE:

April 17, 2009

Cost: Free

BRUNCH WILL BE AVAILABLE

Cambridge Senior Center
806 Massachusetts Avenue
Cambridge, MA 02139
(617) 349-6060

Join us for
an afternoon at the movies!

Enter the minds of compulsive “packrats” of all ages through this short documentary film about **HOARDING**. City Councillor Henrietta Davis will facilitate a discussion following the film.

“STUFFED”



Thursday, April 23

1:00 p.m.

Cambridge Citywide Senior Center

806 Massachusetts Avenue, Cambridge

Plus... Yummy movie snacks!

Contact: Susan Pacheco

Tel 617.349.6224

spacheco@cambridgema.gov

This event is sponsored by the Council on Aging and the Cambridge Public Health Department.

Luncheon Trip

Cambridge Senior Center
806 Massachusetts Avenue
Cambridge, Ma 02139
(617) 349-6060

TEXAS ROADHOUSE

Thursday April 30, 2009

3:00pm – 6:00 P.M.

Cost: \$2:00 for transportation

Tickets available at the front desk

The cost for lunch is on your own.

Seating available for 18 seniors