

# Cambridge Senior Town Meeting

*Positive Aging in the Cambridge Community  
Options for Healthy, Happy and Vibrant Living*  
806 Massachusetts Avenue

Saturday, April 30, 2011

## Program

|                       |   |
|-----------------------|---|
| 9:00 am - 9:30 am     | Registration and Continental Breakfast  |
| 9:45 am - 10:45 am    | First Workshop Session  |
| 11:00 am - 12 Noon    | Second Workshop Session   |
| 12:00 Noon - 12:30 pm | <b>Lunch:</b> Box lunches will be provided to all registered participants in the Milne Ballroom   |
| 12:30 - 1:30 pm       | <b>Speakout: Audience is invited to share comments, ideas, and questions to the panel.</b><br>Invited Panelists: Cambridge City Councilors and other City Officials |

### Workshops Offerings

**Preference given to Cambridge Seniors 60+**

**Workshop 1: Raising Your Energy Levels Back to Health:** Learn and practice ways to raise your energy (physically, mentally and spiritually.) Introduction of simple exercises in movement, breathing and meditation.

**Workshop 2: Falls Prevention:** Tips to avoid/reduce falls; an assessment of your risk of falling; resources available.

**Workshop 3: Cambridge Happenings:** Exploring available opportunities for participating in cultural and social events.

**Workshop 4: Shared Housing:** a facilitated, yet informal group discussion of shared housing ideas for people as they age in the Cambridge community.

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### Registration Form

*Senior Town Meeting* Saturday, April 30, 2011

**Registration Deadline: Friday, April 22, 2011**

Please send registration form to:

Cambridge Council on Aging  
Senior Town Meeting  
806 Massachusetts Avenue  
Cambridge, MA 02139

Please indicate workshop choices:

|  |
|--|
| Workshop Session I<br>(9:45 am -10:45 am.)<br><i>Indicate Workshop #1,2,3 or 4</i> |
| 1 <sup>st</sup> choice:  |
| 2 <sup>nd</sup> choice:  |

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

|  |
|--|
| Workshop Session II<br>(11:00 am - 12:00 pm.)<br><i>Indicate Workshop #1,2,3, or 4</i> |
| 1 <sup>st</sup> choice:  |
| 2 <sup>nd</sup> choice:  |

### BOX LUNCH PREFERENCES

[ ] Greek Wrap [ ] Turkey Wrap (select one)