

Cambridge Senior Town Meeting  
 Saturday, October 2, 2004  
 Citywide Senior Center, 806 Massachusetts Avenue

Program

9:00 am _ 9:30 am 9:30 am – 10:00 am	Early Check-in and Pre-Registration <b>Official Registration and Coffee</b>
10:00 am _ 10:15 10:15 am – 10:30 am	<b>Greeting from City Officials</b> <b>Keynote Speaker</b>
10:40 am – 11:20 am	<b>Breakout: Workshops</b> Workshop 1: Active for Life: Staying Physically Fit for Life Workshop 2: Prescription Access Coverage: Choices & Changes Workshop 3: Positive Aging: Coping Well with Growing Older Workshop 4: Transportation Options in Cambridge Workshop 5: Activities and Social Events @ our Senior Centers
11:30 am – 12:00 noon	<b>Lunch:</b> Box lunches will be provided to all registered participants
12:15 pm – 2:00 pm	<b>Report back from workshops and “Seniors Speak Out”</b> Invited Panelists: Cambridge City Councilors and other City Officials

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**Registration Form**

(Event is free of charge but **REGISTRATION IS REQUIRED** as space is limited.)

**Senior Town Meeting** Saturday, October 2, 2004     Registration Deadline: 9/24/04

Please return registration form to:

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

**Or to register:**  
 by telephone – 617-349-6055  
 by email - [coarecep@cambridgema.gov](mailto:coarecep@cambridgema.gov)

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

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

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

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

Please indicate workshop choices:

**LIMITED transportation is available, if you otherwise  
 are not able to attend. Please indicate if transportation is  
 required:**            \_\_\_\_\_ yes            \_\_\_\_\_ no.

Workshop Session (10:40 a.m. – 11:20 a.m.) <i>Indicate Workshop #1-5</i>
1 <sup>st</sup> choice:
2 <sup>nd</sup> choice:

**BOX    LUNCH PREFERENCES**  
 Check one: [ ] Non – Vegetarian    [ ] Vegetarian