

MONTHLY CALENDAR



Mayor
Brian A. DePeña

THE CENTER

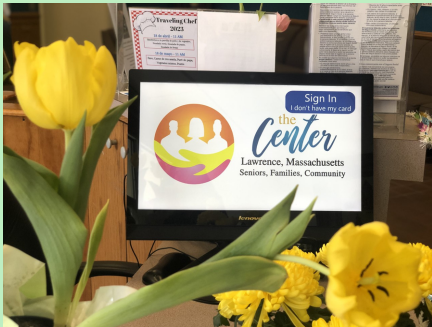
155 Haverhill St.
Lawrence, MA 01840
978-620-3550

NEW Hours:

Monday, Wednesday, Thursday
8:00am - 4:00pm

Tuesday - 8:00am-6:30pm
Friday - 8:00am-1:00pm

Welcome



The Lawrence Senior Center, also referred to as The Center, shines as a vibrant and welcoming hub in the community. It is a place where seniors gather to enjoy a mix of tailored services and festive events that celebrate their wisdom, cater to their unique needs, and foster independence and companionship.

Martha Velez

Health & Human Services Director
mvelez@cityoflawrence.com

Martha Holt

Program Administrator
mholt@cityoflawrence.com

MARCH 2024

In March we celebrate & honor

Women, Culture and Learning

MARCH 8TH

International Women's Day
2024 theme is 'Inspire
Inclusion'

When we inspire others to understand and value women's inclusion, we forge a better world. So, collectively, let's forge a more inclusive world for women.



MARCH 12TH

Citizenship classes in Spanish begin.
Register now



MARCH 23RD



The Easter Bunny is coming to The Center!

MARCH 26TH

Diabetes Alert Day.

MARCH 27TH

Easter Bake Sale! All sales help support the center's activities.



MARCH 28TH

New

Alzheimer Support Group.



Call us at 978-620-3550 for more information



Activities and events for adults 55 years and older

March 6:

1:00pm-3:30pm: Special Bingo-
\$5.00 p/ticket

March 8:

9am-11am: International Women's Day
Breakfast

Registration required

March 13:

9:30am-12:00pm: Yard Sale - **\$10/table**
Registration required

10am-12pm: National Grid -
Connect to Caring

March 14:

9:30am - 10:00am
St. Patrick's green breakfast treats after
morning exercise

5pm-6pm: **Somos Fuerte (Spanish)**
Breast Cancer Support Group

March 20:

1:00pm-3:30pm: Special Bingo-
\$5.00 p/ticket

March 23:

11:00am-2:00pm: Easter Bunny is coming
to The Center

March 26:

9:30am-11:00am: Diabetes Alert Day

11:00am-12:30pm: Traveling Chef
\$3.00 p/ticket

5pm-6pm: **Somos Fuerte (Spanish)**
Breast Cancer Support Group

March 27:

9:30am-12:00pm: Yard Sale - **\$10/table**
Registration required

9:30am-12:00pm: Easter Bake Sale

March 28:

1pm-2pm: Alzheimer Support Group

Please note that our Breast Cancer Support group is for Spanish speakers only. If you are interested in having an English-speaking breast cancer support group, please contact Martha Holt at 978-620-3553.

For further program information, call us at 978-620-3550.



WEEKLY EXERCISE AND ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Exercise w/Lyn 8:30am-9:30am	Exercise w/Queen 8:30am-9:30am	Exercise w/Tracie 8:30am-9:30am	Exercise w/Queen 8:30am-9:30am	Exercise w/Tracie 8:30am-9:30am
Pool Hall 8am-3:30pm	Pool Hall 8am-6:00pm	Pool Hall 8am-3:30pm	Pool Hall 8am-3:30pm	Pool Hall 8am-12:30pm
Domino 8:00am-3:30pm	Domino 8:00am-6:00pm	Domino 8:00am-3:30pm	Domino 8:00am-3:30pm	Domino 8:00am-12:30pm
Charla c/Isabel from Northeast Recovery Learning Community 9:30am-11:00am	Spanish Citizenship Class w/Nestor 9:00am-11:00am	Spanish Citizenship Class w/Bellanira 9:00am-11:00am	Spanish Citizenship Class w/Ramona 9:00am-11:00am	
	Fun & Games w/Dulce 9:30am-10:30am	Arts and Crafts 10am-11:30am	Respresentative Pavel Payano Office Hours 10:00am-12:0pm	Fun & Games w/Dulce 9:30am-10:30am
Lunch 11:30am	Lunch 11:30am	Lunch 11:30am	Lunch 11:30am	Lunch 11:30am

EVENING EXERCISE CLASSES FOR ONLY \$1.00

****No evening exercised class on March 26th****

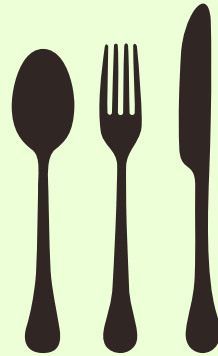
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Caribbean Rhythm c/Ramon 5:30p-6:30p	ZUMBA c/Dolis 5:30p-6:30p	Caribbean Rhythm c/Ramon 5:30p-6:30p	ZUMBA c/Dolis 5:30p-6:30p



WHAT'S HAPPENING!

Eat, Play & Make Money\$\$

It's
**Time to
Eat!**



MONDAY - FRIDAY - 11:30AM

Registration required. Call 978-620-3550 ext.3552 to register. Lunch is provided daily at 11:30am by AgeSpan. A \$2 donation is requested.

Special Bingo



COME PLAY, EAT & MAKE
NEW FRIENDS!

We'll have Raffles & more!

Dates:

Wednesday, March 6 & 20

Wednesday, April 3 & 17

NEED EXTRA CASH?

Have a YARDSALE !

\$10



\$10

Dates:

Wednesday, March 13 & 27

Wednesday, April 10 y 24

WANT TO VOLUNTEER?



**Do you have a hobby that you love?
Come share it with us! We have
opportunities to teach knitting/crochet,
sewing, arts and crafts, or any other
interest you have.
We need you!**

Reasons to volunteer with us:

- Meet new people and make friends.
- Learn new skills or share existing ones
- Positively impact the community.

**We need
ESL Instructors
too!**



Senior Tax Work-off Program

Ask us about the Senior Tax
Work-off Program for older
adults age 60 and older.

For more information call Martha Holt at 978-620-3553.