

## 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](mailto:mvelez@cityoflawrence.com)

**Martha Holt**

Program Administrator  
[mholt@cityoflawrence.com](mailto: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



Alzheimer Support Group.



Call us at 978-620-3550 for more information



# MARCH



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

### EVENING EXERCISE CLASSES FOR ONLY \$1.00

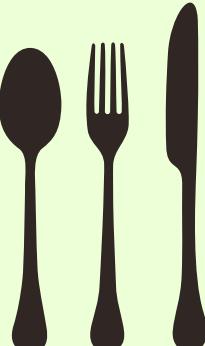
**\*\*No evening exercise class on March 26th\*\***

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

# WHAT'S HAPPENING!

# **Eat, Play & Make Money\$\$**

# It's Time to Eat!



**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.