

MAY 2024

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

Martha Velez

Health & Human Services Director
mvelez@cityoflawrence.com

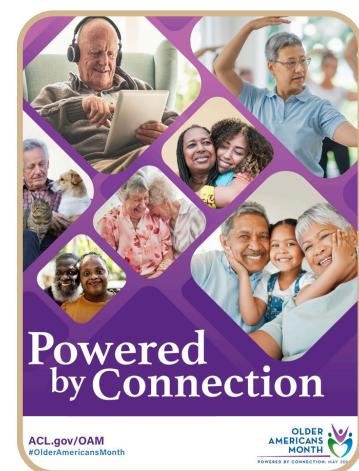
Martha Holt

Program Administrator
mholt@cityoflawrence.com

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.



May is for celebrating Older Americans

The theme this year is **Powered by Connection**, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

April HIGHLIGHTS!



Breakfast with Mayor Brian De Peña



Fraud & Scams Workshop w/ LPD

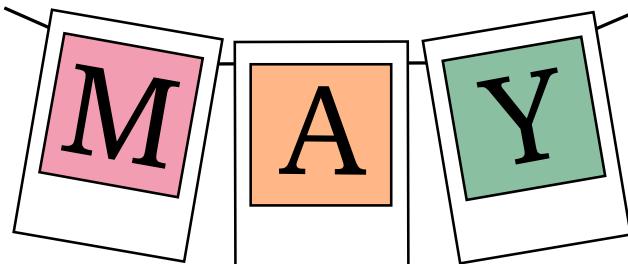


Tax Educational Clinic w/NLA

Come connect, have fun and socialize with others!

- **5/7:**
Asian Heritage Festival
- **5/10:**
Mother's Day Luncheon
- **5/22:**
Elder Self-Defense Workshop

Call us at 978-620-3550 for more information



Activities and events for adults 55 years and older

May 1:

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

May 7:

11:00am-1:00pm: Asian Heritage Festival

May 8:

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

10:00am-12:00pm: National Grid -
Connect to Caring

May 9:

5:00pm-6:00pm: **Somos Fuerte**
(Spanish)
Breast Cancer Support Group

May 10:

9:00am-10:00am: Breakfast w/the Mayor
followed by Mother's Day Luncheon
Registration required

May 14:

10:00am-11:30am:
Veteran's Coffee Social

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

May 15:

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

May 22:

10:00am-11:00am
Elder Self-Defense Workshop

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

May 23:

1:00pm-2:00pm: Alzheimer Support Group

May 24:

9:00am-10:00am: Breakfast
w/Mayor De Peña

11:30-12:30pm: Lunch Special from the
kitchen

May 27: CENTER CLOSED
MEMORIAL DAY HOLIDAY

May 28:

5:00pm-6:00pm: **Somos Fuerte**
(Spanish)
Breast Cancer Support Group

May 29:

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

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 9:30am-11:30am	Spanish Citizenship Class w/Bellanira 9:30am-11:30am	Spanish Citizenship Class w/Ramona 9:30am-11:30am	
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

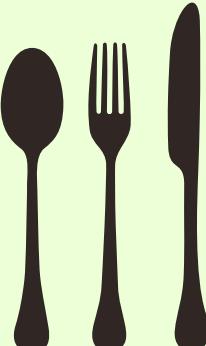
EVENING EXERCISE CLASSES FOR ONLY \$1.00

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, May 1, 15 & 29
Wednesday, June 12 & 26

NEED EXTRA CASH?

Have a YARDSALE !



Dates:
Wednesday, May 8 & 22
Wednesday, June 5 y 19

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.