

## 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

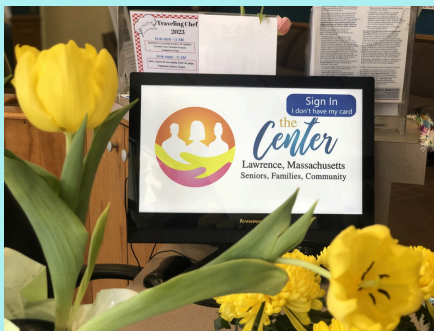
#### Martha Velez

Health & Human Services Director  
[mvelez@cityoflawrence.com](mailto:mvelez@cityoflawrence.com)

#### Martha Holt

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

# JUNE 2024



## June brings warm weather & summer fun!

### FUN FACT

June gets its name from Juno, the Roman goddess of youth and protection. Her name (Latin *Iūnō*) comes from the word for "young" (*Iuuen*), which relates to vital energy and fertility.

## May HIGHLIGHTS!



**Celebrated Asian  
Heritage with some  
Tai chi**



**Mistry Rain in  
Jiangnan Dance**



**Elder Self-Defense  
Workshop**

## What's happening in June!

- **6/12 & 6/26** **NEW**  
**Tai Chi Classes**
- **6/18:**  
**Trash to Treasure  
Fashion Fiesta**
- **6/11 & 6/27:**  
**Aroma de Cafe**

Call us at 978-620-3550 for more information



## Activities and events for adults 55 years and older

### June 4:

**3:00pm-6:00pm:** Father's Day Celebration-  
**Campagnone Park**

### June 5:

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

### June 7:

**9:00am-10:00am:** Breakfast  
with the Mayor

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

### June 8:

**1:00-5:00pm:** HEAL Lawrence  
**Renters Insurance Event**

### June 11:

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

**1:00-2:30pm:** Aroma De Cafe  
Caregiver's Group

### June 12:

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

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

### June 13:

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

### June 18:

**1:00p-3:00pm**  
Trash to Treasure Fashion Fiesta

### June 19:

**JUNETEENTH HOLIDAY - THE CENTER  
CLOSED**

### June 20:

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

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

### June 21:

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

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

### June 25:

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

### June 26:

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

### June 27:

**1:00-2:30pm:** Aroma De Cafe  
Caregiver's 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> 9:30am-11:30am	<b>Spanish Citizenship Class w/Bellanira</b> 9:30am-11:30am	<b>Spanish Citizenship Class w/Ramona</b> 9:30am-11:30am	
	<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

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








NEW!

# TAI CHI CLASS

FOR ADULTS  
55 YRS+

Twice a month on Wednesdays

JUNE 12TH & 26TH  
8:30AM-9:30AM

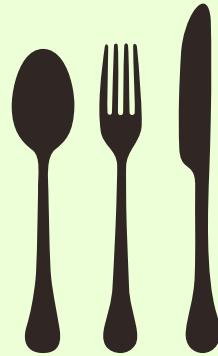




# WHAT'S HAPPENING!

## 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!



**\$5**

**\$5**

### Dates:

**Wednesday, June 12 & 26  
Wednesday, July 10, 24 & 31**

## NEED EXTRA CASH?

**Have a YARDSALE !**

**\$10**



**\$10**

### Dates:

**Wednesday, June 5  
Wednesday, July 3 & 17**

# 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 al 978-620-3553.**