

## 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> 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

**LET'S GET**  
**Moving**

NEW!

# TAI CHI CLASS

FOR ADULTS  
55 YRS+

Twice a month on Wednesdays

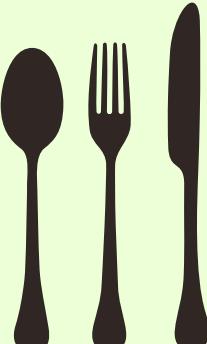
JUNE 12TH & 26TH  
8:30AM-9:30AM



# WHAT'S HAPPENING!

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

# It's Time to Eat!



**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!

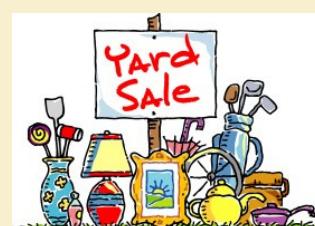
We'll have Raffles & more!



## Dates:

**Wednesday, 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 at 978-620-3553.