

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

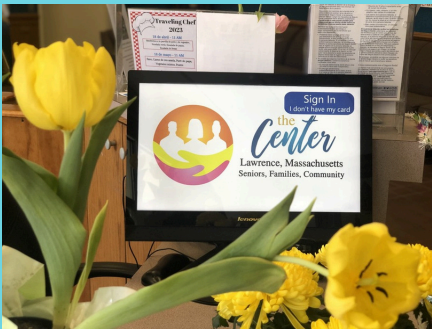
Tuesday - 8:00am-6:30pm

Friday - 8:00am-1:00pm

Martha Velez

Health & Human Services Director
mvelez@cityoflawrence.com

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.

AUGUST 2024



August is for...

hot summer days, so
remember to drink lots of
water and use sunscreen!



JULY HIGHLIGHTS!



July 4th Fireworks
Celebration



Ice cream social with
State Rep Frank Moran

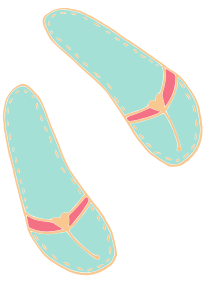


Boat House Trip

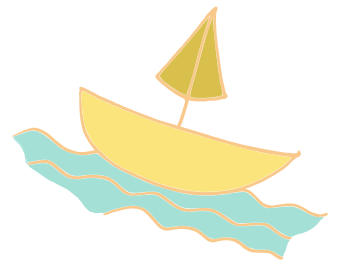
WHAT'S HAPPENING IN AUGUST!

- 8/14& 8/28
TAI CHI CLASSES
- 8/20
TRAVELING CHEF
BOAT HOUSE BBQ
- 8/27
FOXWOODS CASINO

CALL US AT 978-620-3550 FOR MORE INFORMATION



AUGUST



ACTIVITIES AND EVENTS FOR ADULTS 55 YEARS AND OLDER

**August 7: 8:00am-2:00pm:
Farmers Market coupon distribution**

**August 8 : 5:00pm-6:00pm: Somos Fuerte (Spanish)
Breast Cancer Support Group**

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

**11:30am-12:30pm: Lunch Special from the kitchen
\$3 p/ticket**

**August 14:
8:30am-930am Tai Chi Class

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

**August 20:
11:00am-3:30pm:
Traveling Chef- Boat House BBQ
\$5p/ticket**

**August 21: Yard Sale
10:100am-12:00pm
\$10 p/table. Requires registration**

**August 22-: Crime Reporting Safety Tips
10:00am-11:30am**

**August 23:
9:00am-10:00am: Breakfast with the Mayor

11:30am-12:30pm: Lunch Special from the kitchen
\$3 p/ticket**

**August 27:
Foxwoods Casino Field Trip
\$40 p/ticket Registration required

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

**August 28;
8:30am-930am Tai Chi Class

1:00pm-3:30pm: Special Bingo
\$5.00p/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 call 978-620-3550.

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 Pool Hall 8am-3:30pm Domino 8:00am-3:30pm Lunch 11:30am	Exercise w/Queen 8:30am-9:30am Pool Hall 8am-6:00pm Domino 8:00am-6:00pm Spanish Citizenship Class w/Nestor 9:30am-11:30am Lunch 11:30am	Exercise w/Tracie 8:30am-9:30am Pool Hall 8am-3:30pm Domino 8:00am-3:30pm Spanish Citizenship Class w/Bellanira 9:30am-11:30am Arts and Crafts 10am-11:30am Lunch 11:30am	Exercise w/Queen 8:30am-9:30am Pool Hall 8am-3:30pm Domino 8:00am-3:30pm Spanish Citizenship Class w/Ramona 9:30am-11:30am Representative Pavel Payano Office Hours 10:00am-12:0pm Lunch 11:30am	Exercise w/Tracie 8:30am-9:30am Pool Hall 8am-12:30pm Domino 8:00am-12:30pm Fun & Games w/Dulce 9:30am-10:30am Lunch 11:30am

EVENING EXERCISE CLASSES FOR ONLY \$1.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Let's GET MOVING
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	



TAI CHI CLASS

FOR ADULTS
55 YRS+

Twice a month on Wednesdays

AUGUST 14TH & 28TH

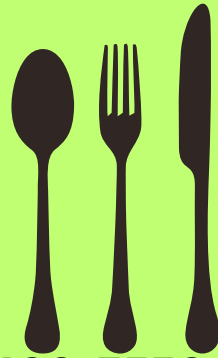
8:30AM-9:15AM

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, August 14 & 28
Wednesday, September 18**

NEED EXTRA CASH?

Have a YARDSALE !

\$10



\$10

Dates:

**Wednesday, August 21
Wednesday, September 4 & 25**

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 978-620-3550.