

# APRIL 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](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.

## APRIL SHOWERS Bring MAYFLOWERS



## March HIGHLIGHTS!



Celebrated International Women's Day



Spread a little St. Patrick's Day "Lucky Charm"



Diabetes Alert Day with LGH



Let the game begin! Domino Tournament

**Interested in a Nutrition Check-Up?**

On **April 23rd from 9am - 11am**, **AgeSpan** will be offering a session on healthy nutrition for older adults at The Center on. Participants will undergo a nutrition screening and consult with a nutrition professional. Proper nutrition can help prevent age-related illnesses.

Call us at 978-620-3550 for more information



# April



## Activities and events for adults 55 years and older

### April 3:

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

### April 10:

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

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

### April 11:

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

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

### April 12:

**9:30am - 11:00am**  
Breakfast with Mayor  
(after morning exercise)

**April 15: Patriots Day Holiday**  
**(CENTER CLOSED)**

### April 17:

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

### April 18:

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

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

### April 23:

**10:00am-11:00am**  
Elder Fraud Workshop

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

### April 24:

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

### April 26:

**9:30am - 11:00am**  
Breakfast with Mayor  
(after morning exercise)

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 April 15th\*\***

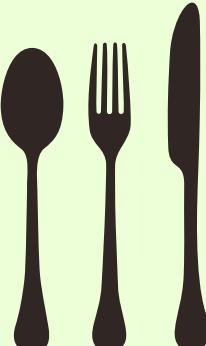
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Caribbean Rhythm c/Ramon</b> 5:30p-6:30p	<b>ZUMBA c/Dolis</b> 5:30p-6:30p	<b>Caribbean Rhythm c/Ramon</b> 5:30p-6:30p	<b>ZUMBA c/Dolis</b> 5:30p-6:30p

**LET'S GET Moving**

# 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, April 3 & 17  
Wednesday, May 1, 15 & 29**

## NEED EXTRA CASH?

**Have a YARDSALE !**

**\$10**  **\$10**

**Dates:**

**Wednesday, April 10 y 24  
Wednesday, May 8 & 22**

# 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.