

## 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 2024

APRIL SHOWERS  
Bring  
MAY FLOWERS



## 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>Pool Hall</b> 8am-3:30pm  <b>Domino</b> 8:00am-3:30pm  <b>Charla c/Isabel</b> from Northeast Recovery Learning Community 9:30am-11:00am   <b>Lunch</b> 11:30am	<b>Exercise w/Queen</b> 8:30am-9:30am  <b>Pool Hall</b> 8am-6:00pm  <b>Domino</b> 8:00am-6:00pm  <b>Spanish Citizenship Class w/Nestor</b> 9:00am-11:00am  <b>Fun &amp; Games w/Dulce</b> 9:30am-10:30am  <b>Lunch</b> 11:30am	<b>Exercise w/Tracie</b> 8:30am-9:30am  <b>Pool Hall</b> 8am-3:30pm  <b>Domino</b> 8:00am-3:30pm  <b>Spanish Citizenship Class w/Bellanira</b> 9:00am-11:00am  <b>Arts and Crafts</b> 10am-11:30am  <b>Lunch</b> 11:30am	<b>Exercise w/Queen</b> 8:30am-9:30am  <b>Pool Hall</b> 8am-3:30pm  <b>Domino</b> 8:00am-3:30pm  <b>Spanish Citizenship Class w/Ramona</b> 9:00am-11:00am  <b>Respresentative Pavel Payano</b> Office Hours 10:00am-12:0pm  <b>Lunch</b> 11:30am	<b>Exercise w/Tracie</b> 8:30am-9:30am  <b>Pool Hall</b> 8am-12:30pm  <b>Domino</b> 8:00am-12:30pm  <b>Fun &amp; Games w/Dulce</b> 9:30am-10:30am  <b>Lunch</b> 11:30am

### EVENING EXERCISE CLASSES FOR ONLY \$1.00

**\*\*No evening exercised class on April 15th\*\***

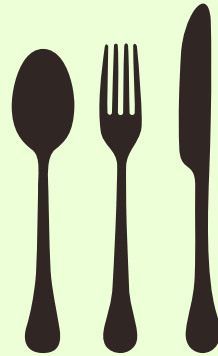
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Caribbean Rhythm c/Ramon</b>  5:30p-6:30p	<b>ZUMBA c/Dolis</b> 5:30p-6:30p	<b>Caribbean Rhythm c/Ramon</b>  5:30p-6:30p	<b>ZUMBA c/Dolis</b> 5:30p-6:30p



# 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, 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.**