



Did you know that the Senior Community Center uses a database to track participation? It does!! It is super important that everyone scans into our system when in the facility. This helps us know who is attending programs and what programs folks like the most. It also helps us with funding when we apply for grants.

If you need a scan card, stop by the front desk.

There is an ONLINE version of this which allows participants to sign-up or remove themselves from programs. Each month the center offers trainings on how to use this site. Check with the monthly newsletter for dates and times of training.



Additional Seasonal Programs:

Veg Out-Nourishing the North Shore Farmers Market- *Summer and fall program.* Thursday 10:00 a.m. -12:00 p.m. Free.

Seasonal Bird Tours *offered throughout the year.*

Seasonal Walking Group

Information about Monthly and seasonal programs will be put in the bi-monthly newsletter!

The Newburyport Senior/Community Center has a full-time **Social Worker** that is available to assist with issues such as

- information & referral
- housing applications
- supportive programs

And more... For more information contact our Social Worker directly:

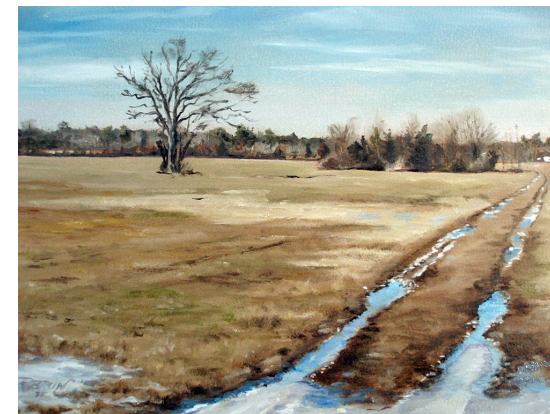
Ann Freeman 978-462-0430

Executive Director:

Sara Landry
978-462-0430-office
978-992-1346-cell

Newburyport Senior/Community Center

Educational and Wellness Programs Winter 2024



Painting by Rob Brun

331 High Street
Newburyport, Ma 01950

For more information contact:
Mary Kelly, Activities Director
978-462-0430

The Newburyport Senior / Community Center strives to provide age friendly fitness opportunities for our community.

Class Descriptions:

MG's Discussion Group: *Informal group of "townies" that meet to discuss ideas, solve problems or make comments in a social group setting.*

Emotional Support Great Danes: *a visit with support dogs, informally in the reception area.*

Coffee with the Cops: *Staff from the Newburyport Police Department stop by for an hour to answer your questions and engage in casual conversation.*

German Conversation Group: *Designed for anyone who speaks and understand the German language.*

Italian Conversation Group: *Designed for anyone who speaks and understand the Italian language.*

Spanish Conversation Group: *Designed for anyone who speaks and understand the Spanish language.*

Men's Coffee: *A men's social hour*
French Advanced Conversation: *Designed for anyone who speaks and understand the French language at a high level.*

French Beginner Conversation: *Designed for anyone who speaks and understand the French language, at the beginner/intermediate level*

News and Views: *Each week topics for discussion are suggested by the member and then voted on in order of the groups preference. Lots of lively and interesting conversations. All who enjoy discussing current events are welcome.*

Monday

MG's Discussion

Group: Monday 9:00-11:00 Free

German Conversation

Group: 3:00-4:00 Free

Italian Conversation

Group: 11:00-12:00 Free

Spanish Conversation

Group: 1:30-2:30 p.m. Free

Monthly Programs

Emotional Support

Great Danes: 4th Monday of the month 10:00-11:00 Free

Coffee With the Cops:

4th Monday of the month. 9:00 – 10:00 Free

Tuesday

Monthly Programs

Low Vision Support Group:

2nd Tuesday of every month- 9:00 -10:30 Free

Blood Pressure

Clinic: 2nd Tuesday of each month

Wednesday

Men's coffee

group: 9:00-10:00. Free. Dining Room

French Advanced Conversation

Group: 11:00-12:00 Free

French Beginner Conversation

Group: 10:00-11:00 Free

Thursday

Monthly Programs

Poetry & Pizza: 1st

Thursday of the Month. 1:00-3:00 Free

Cooking

Conversation: 2nd Thursday of the Month 1:00-3:00 \$5.00

Self-Help with Energy

Healing: 3rd Thursday of the Month 1:00 - 3:00 Free.

Seasonal Farmers Market.

Friday

News and Views:

10:00-12:00 free

Emotional Support

Golden Retrievers–

Weekly:

11:00-12:00 Free

Seasonal Bird Tours of local coastal and marsh lands.