

# Programs and Services of Living Well Network

- Access to all Agassiz Baldwin Community (ABC) Events
- Bocce Tournaments
- Computer Lounge & Classes
- *Living Well Guide*
- Movie Nights
- Neighborhood Walks
- Snow Removal
- Yoga



# Living Well Network

## Volunteer Opportunities

- Cook with kids
- Create a workshop
- Help in the Computer Lounge
- Help ABC with:
  - Mailings/copying
  - Gallery sitting
  - Reception
- Take part in LWN planning

## Become a Member!

All proceeds from membership fees will extend the hours of the Living Well Network Coordinator, providing more programs and more computer lounge hours!

### Membership through December 2012 only \$75 or \$100 per couple

(tax deductible membership/donation)

#### Membership Benefits:

- **Computer Lounge** open sessions and classes
- Low cost, at home **computer consultations**
- Early registration for **Snow Removal Program**
- Free admission to **LWN Movie Night** events
- Sunrise to sunset **access to our backyard** and enjoy:
  - Free WiFi
  - Relaxed seating
  - Access to bocce court/sports equipment
- Special spring LWN **Reception**
- **10% discount** on all Maud Morgan Arts Classes
- Personal **support** in using the *Living Well* guide

More Information can be found on our website at [www.agassiz.org/living-well](http://www.agassiz.org/living-well) or contact us at 617-349-6287 x 10, [psinclair@agassiz.org](mailto:psinclair@agassiz.org)



**Living Well Network**  
A program of Agassiz Baldwin Community  
20 Sacramento Street  
Cambridge MA 02138

## Agassiz Baldwin Living Well Network Fall 2011 MEMBERSHIP PROGRAM



Cambridge Historical Society Neighborhood Walk

**The Living Well Network** was created to support community life among Cambridge folks over 50 years of age. Many events, programs and services are free, and all have been developed with input from interested people through meetings and surveys. New members are welcome to get active and join in the process.



Agassiz Baldwin  
Community