

May 2024 Programs – Registration Information

806 Massachusetts Avenue, Cambridge, MA 02139 617-349-6220

Open Monday 8:30 -8:00, Tuesday through Thursday 8:30 - 5:00, Friday 8:30 - 12:00

Classes and Special Events

- Participants must be aged 60 years and older. Priority will be given to Cambridge residents.
Classes and special events are either **In-person, Virtual** (online), or **Hybrid** (combination of in-person and virtual).
- In-person classes and special events are held at 806 and/or 2050 Massachusetts Avenue, Cambridge, MA.
- Virtual classes and special events are offered via Zoom. Participants will receive a Zoom email invitation directly from the instructor prior to the start of each class or event.
- To register, unless specified otherwise, call COA at 617-349-6220. COA reserves the right to limit the number of participants per the instructors' request.

Lunch

- Hot Dine-and-Stay lunches are served Monday – Thursday, 11:30 – 12:15
Lunch reservations should be made 2 business days in advance. Please call 617-349-6047 to make your reservation. Lunches are available for a suggested donation of \$3 for seniors aged 60 years and older

Transportation

- The fully accessible Council on Aging Shuttle Bus can transport you to and from the Senior Center at 806 Mass Ave!
- Please call 617-349-6220 for more information.



May 2024 – Happenings and Special Events

*To register for classes/programs, unless specifically noted otherwise, please call the COA @ 617-349-6220.

***Tech-Help: Smartphone Q&A: Basics**
Mondays, 9:00-11:00 AM
Tuesdays, 1:00- 4:00 PM

Staff will be available to answer common questions about your wireless devices, laptops, and applications such as Zoom and Facebook. **Please call to register for an appointment.**

Spanish Fun Program:
Beginner level Spanish Lessons
Monday's ~ May 6th thru June 24th
9:30 -11:00 AM

This Spanish Basics program is a beginner-level class. Students will begin to develop confidence talking, reading, and writing in Spanish. Students will complete a project at the end of the session.

Veterans and Friends Support Group
Wednesday May 8th 1:00-2:00 PM

This group is a place where veterans and non-veterans can come to check in, share stories, discuss life experiences, socialize, and discuss military culture in a nonjudgmental space. The focus will be on promoting self-care, wellness, and peer support.

For more information, please contact Dee Cannon at dcannon@cambridgema.gov

Book Group
Thursday, May, 9th 12:00 - 1:00 PM
The Psychology of Optimal Experience by Mihaly Csikszentmihaly

Documents a set of scientific discoveries about human nature that illuminate the life experiences of all persons; a profound and pathbreaking book. Also available: ebook, dvd.

Bilingual Story Telling Series:
The Real Cinco de Mayo Story
Thursday May 9th, 1:00 - 2:00 PM
The Real Cinco de Mayo Story,
La Verdadera Historia del Cinco de Mayo
Cinco de Mayo! Is this the date when Mexico celebrates independence? Learn the true history behind the often-misunderstood holiday... What does Cinco de Mayo mean to Mexicans and to the US? When did the celebration start?

ESOL Conversation & Reading Class
Tuesday May 14th, 10:00-12:00 PM
An Intermediate/ High-Intermediate Conversation and Reading Class. On the 1st and 3rd Tuesdays, you will receive a selected reading with vocabulary support. We will use this reading as part of our next in-person class. Classes are canceled on May 21st and May 28th.

Women's Group
Tuesday May 14th, 1:00-2:00 PM

Welcome to the women's group. As we navigate through our later years, it's often helpful to bounce our feelings and ideas off each other in a safe and supportive place. Humorous or serious, it's great to share our stories. Let's talk!

Safety Awareness
Wednesday, May 15th, 1:00-2:00 PM

This will be an opportunity for seniors to meet the Cambridge Police Community Outreach Team and to learn about all the ways that they work to keep our seniors safe. Light refreshments will be served.

Aging And Thriving Program
Wednesday, May 15th, 22nd and 29th
1:00-2:30 PM (IP)

"Aging and Thriving: While Aging is a Given,

Thriving is an Option” is a 4-part program presented by Clinical Psychologist, Peggy Crawford, PhD. The sessions will be held on Wednesdays from 1 to 2:30 on May 15th, 22nd and 29th with a fourth session on Wednesday, July 10th.

Session 1: Will focus on the many changes associated with aging, what we can do to be as healthy as possible, and how flying solo can affect our experience.

Session 2: We will discuss how thriving can continue as we age, and the ingredients needed to support this ongoing growth.

Session 3: Will focus on how thriving involves making changes that can be both beneficial and challenging. 6 weeks later during. Session 4, We will discuss changes people have made or want to make as well as how they have managed any obstacles and challenges along the way. Throughout the program there will be time and opportunity for sharing ideas, examples, and resources as well as asking questions.

Cooking Demo with Neville Place
Thursday, May 16th, 1:00-2:00 PM (IP)

Nutritional cooking for brain health
Join us for a cooking demonstration with the chef from Neville Place, focusing on nutritional cooking for brain health. The recipe will be shared, and food samples given.

Men’s Group
Tuesday, May 21st, 10:00-11:30 AM

Please join us. Light refreshments will be served. For more information, please contact: Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

Bingo and Dinner
Monday, May 20th, 4:00-6:00 PM

Bingo played 4 –5 pm Dinner Served 5 – 5:45 pm . Registration required.
Please register by Tuesday, May 14
Dinner \$5.00 Bingo \$1.00 per card.

Nutrition check-up
Food, Health, and Nutrition Event
Tuesday, May 21st, 10:30-11:30 AM (IP)
Guest Lecture: Healthy Nutrition for older adults keeping Malnutrition at bay.
Nutrition screening questionnaire
Raffle for Participants Giveaways.
Lunch will be served at 11:30am.
Call 617-349-6047 by May 19 to make a lunch reservation.

Film and Discussion
Tuesday, May 28th 1:00-3:30 PM
Movie: *American Fiction (Rated R)*
Cord Jefferson’s hilarious directorial debut, which confronts our culture’s obsession with reducing people to outrageous stereotypes. For more information, please contact: Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

LGBTQ+ Film Series
Tuesday, May 28th, 10:00-12:30 PM
Movie: *The Inspection (2022, Rated R)*
POC, Marines.
Ellis French enlists in the Marine Corps and ends up at boot camp on Parris Island, South Carolina. He initially meets the physical requirements but is not as successful in disguising his sexual orientation For additional information, please contact Phoebe Hallahan, LGBTQ+ Programming Leader at phallahan@cambridgema.gov or 617-349-9177

Massachusetts Bar Association
2024 Elder Law Education Program
Thursday, May 30, 1:30 - 2:30 PM (IP)
For more information, please contact: Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

Save the Date:
Wednesday, June 5, 10:00 - 11:00 AM
Mini Therapy Horse Visit

May – Weekly Class Schedule

H: Hybrid • IP: In-person • V: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Qi Gong (V) 9:00 – 9:45AM</p> <p>Computer Lab (IP) 9:00AM – 5:00 PM</p> <p>Tech Help (IP) 9:00 – 11:00AM</p> <p>ESOL/Chinese (IP) 9:30 – 10:30 AM</p> <p>Strong and Stretched (IP) 11:00 – 12:00PM</p> <p>ART Class (V) 1:00 – 3:00PM</p> <p>Ballroom Dancing (IP) 1:00 – 3:00PM</p> <p>Portrait Drawing Class 3:00-5:00PM (IP)</p> <p>Line Dancing (H) 6:00 – 7:00 PM</p> <p>Spanish (V) 6:45 – 8:00 PM</p>	<p>Computer Lab (IP) 9:00 – 4:00 PM</p> <p>Mat Yoga (IP) 10:00 – 11:00AM</p> <p>Balance Chi Kung 11:30AM -12:30PM (IP)</p> <p>Board and Card Games (IP) 1:00 – 3:00PM</p> <p>Tech Help (IP) 1:00 - 4:00PM</p> <p>Zumba Gold (IP) 1:30 - 2:30PM</p>	<p>Chinese Singers and Chinese Folk Dancing (IP) 9:00 AM – 12:00PM</p> <p>Music Instrument Lessons (IP) 9:00-10:00AM</p> <p>Computer Lab (IP) 9:00 – 4:00PM</p> <p>ESOL (CLC) (IP) 9:30 – 11:45 AM</p> <p>Flamenco Tango (V) 10:00 – 11:00AM</p> <p>Chorus (IP) 10:30-11:30AM</p> <p>Chair Exercise (V) 11:00 – 11:45AM</p> <p>Crafts and Social Group (IP) 1:00 – 3:00 PM</p> <p>Strong and Stretched (V) 1:30 – 2:30 PM</p>	<p>Meditation (V) 9:00 – 9:45 AM</p> <p>Zumba Gold (IP) 9:00-10:00 AM</p> <p>Computer Lab (IP) 9:00 – 4:00PM</p> <p>ESOL (CLC) Conversation Class (IP) 10:00 – 11:00</p> <p>Haitian Elder Group Meeting (IP) 10:30 –3:00</p> <p>Tai Chi (IP) 11:00AM – 12:00PM</p> <p>Intro to Theatre (IP) 1:30-2:30 PM</p>	<p>Qi Gong (V) 9:00 – 9:45 AM</p> <p>Computer Lab (IP) 9:00 – 11:00AM</p> <p>Flamenco Dance (H) 10:00 – 11:00AM</p> <p>Ping Pong — Beginners (IP) 8:30 – 9:30</p> <p>Ping Pong — Experienced (IP) 9:30 – 10:30</p> <p>Cardio and Yoga for Heart Health (V) 11:00AM – 12:00PM</p>

May – Special Events Calendar

H: Hybrid • IP: In-person • V: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Chair Exercise Canceled	3
6 Spanish Fun Lessons 9:30-11:00 (IP)	7	8 Veterans & Friends Support Group 1:00-2:00 (IP)	9 Chair Exercise Canceled Book Group 12:00- 1:00 (H) Bilingual Story Telling Series: The Real Cinco de Mayo Story 1:00-2:00 (IP)	10 Meditation and Mandala 10:00-11:00 (IP)
13 Spanish Fun Lessons 9:30-11:00 (IP) MA National Federation of the Blind -Cambridge Chapter (IP) 6:00 – 7:30	14 COA Board Meeting (V) 9:30-11:00 ESOL Intermediate: 10:00-12:00 (IP) Women’s Group 1:00-2:00 (IP)	15 Mass Senior Action Drop-in information table 10:00-1:00 (IP) Safety Awareness 1:00-2:00 (IP) Aging and Thriving 1:00-2:30 (IP)	16 Chair Exercise Canceled Cooking Demo with Neville Place 1:00-2:00 (IP)	17 Mass Senior Action Council Somerville/ Cambridge Chapter Meeting 10:00-11:30 (IP)
20 Spanish Fun Lessons 9:30-11:00 (IP) Bingo and Dinner 4:00-6:00 (IP)	21 ESOL Intermediate Canceled Men’s Group 10:00-11:30 (IP) Nutrition Checkup 10:30-11:30 (IP)	22 Aging and Thriving 1:00-2:30 (IP)	23 Meditation & Chair Exercise Canceled Cambridge Consumers Council Drop-in Information 11:00- 12:30 (IP)	24
27 Memorial Day Holiday – Senior Center Closed	28 ESOL Intermediate: Canceled LGBTQ+ Film Series 10:00-12:30 (IP) Movie: <i>The Inspection</i> Film and Discussion 1:00-3:30 (IP) Movie: <i>American Fiction</i>	29 Aging and Thriving 1:00-2:30 (IP)	30 Meditation Canceled Chair Exercise Canceled Elder Law Attorney presentation 1:30-2:30 (IP)	31 Save the Date: Wednesday, June 5, 10:00 - 11:00 Mini Therapy Horse Visit