

VETERANS' & SERVICEMEMBERS' APPRECIATION WEEK



November 6th to November 11th, 2017

cambridgema.gov/vet

617-349-4760



Sponsored by The City of Cambridge, Department of Veterans' Services

Veterans, Servicemembers, Dependents,
and Survivors are invited to join us for:

- Food & Refreshments
- Restorative Therapy
- Acupuncture
- Guided Meditation
- Artwork Demonstrations
- Fitness & Nutrition Tips
- Health Checkups
- Giveaways
- Veterans Day Observance
- A Legion Luncheon
- Warrior Storytelling
- A Town Hall Discussion



Six Days

Monday 11/6/2017 through Saturday 11/11/2017

Five Locations

Veterans' Life & Recreation Center
51 Inman Street, 2nd Floor, Cambridge

730 Tavern, Kitchen & Patio
730 Massachusetts Ave, Cambridge

Cambridge Cemetery
76 Coolidge Ave, Cambridge

American Legion - Marsh Post #442
5 Greenough Blvd, Cambridge

Cambridge Public Library (Main Branch) *
449 Broadway, Cambridge

* Library services will be closed and inaccessible during our event for Veterans Day

Location:

Veterans' Life & Recreation Center
51 Inman Street, 2nd Floor, Cambridge

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Mon 11/6 Benefits & Buffet

2:30PM - 8:00PM

For this day, we will have food and refreshments. Additionally, there will be fitness and nutrition specialists from Always Strong Fitness available for a short presentation. Join us to kick off the week's festivities and benefit from a personalized one-on-one nutrition consultation.

Tue 11/7 Art Demonstration &

1:00PM - 4:00PM Entertainment

Kenneth Headley, Cambridge Veteran and local artist, will offer a demonstration of his wood burning and painting technique. Paul Brymer, Cambridge Veteran and local artist, will offer insight into his unique photography techniques. Join us as we celebrate artistic expression, and observe the power of storytelling.

Wed 11/8 Guided Meditation &

1:00PM - 4:00PM Acupuncture

Members from Meditation as Medicine will join us again this year to provide guided meditation sessions for veterans. This group has veterans on staff and are uniquely experienced with navigating individuals with PTS challenges through the meditation process. Our acupuncturist from Community Acupuncture will be present to apply acupuncture and instruction to our veteran attendees.

Thu 11/9 Acupuncture, Flu Shots &

1:00PM - 4:00PM Blood Pressure Checks

Join our acupuncturist from Community Acupuncture and take advantage of available flu shots and blood pressure checks provided by medical professionals from local city health departments.

	6 Monday	7 Tuesday	8 Wednesday
Noon			
1 PM		1:00PM to 4:00PM	1:00PM to 4:00PM
2 PM		Art Demonstration	Guided Meditation & Acupuncture
3 PM	2:30PM to 8:00PM Benefits & Buffet (Food & Drink with fitness & nutrition tips)		
4 PM	<i>Location: VLRC</i>	<i>Location: VLRC</i>	<i>Location: VLRC</i>
5 PM			
6 PM			
7 PM			

Fri 11/10 Social Meet-up
2:00PM - 6:00PM 730 Tavern, Kitchen & Patio

730 Tavern, Kitchen & Patio will host veterans, their dependents and survivors to gather as a community with one free non-alcoholic beverage and 50% off appetizers.

9 Thursday	10 Friday	11 Saturday	
		11:00AM to 12:00PM Veterans Day Observance <i>Loc: Cambridge Cemetery</i>	
		12:00PM to 1:00PM Legion Luncheon <i>Loc: Legion Marsh Post</i>	
1:00PM to 4:00PM Acupuncture, Flu Shots, & Blood- pressure Check <i>Location: VLRC</i>		Veterans Day	<i>Shuttle Service</i>
	2:00PM to 6:00PM Social Meet-up (50% off appetizers and One Free non- alcoholic beverage) <i>Location: 730 Tavern, Kitchen & Patio</i>	1:00PM to 1:30 PM Reception 1:30PM to 4:00 PM Town Hall Main Event <i>Location: Cambridge Public Library (main branch) *</i>	
		<small>* Library services will be closed and inaccessible during our event for Veterans Day</small>	

Sat 11/11 Veterans Day
 11:00AM - 4:00PM Three Locations (below)

- 11:00AM to 12:00PM Veterans Day Observance—Cambridge Cemetery
- 12:00PM to 1:00PM Luncheon at the Legion—Marsh Post #442
- 1:00PM to 1:30PM Town Hall *Reception*—Cambridge Public Library
- 1:30PM to 4:30PM Town Hall *Event*—Cambridge Public Library

VETERANS DAY TOWN HALL

Saturday, November 11th, 2017

Reception

1:00 P M - 1:30 P M

Main Event

1:30 P M - 4:30 P M

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A community forum where veterans from all generations will recount their experiences of service to their country for an audience of their neighbors. Come hear their stories and share in the history of service that makes our country possible.

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Cambridge Public Library - Main Branch *

449 Broadway, Cambridge, MA

Info: 617.349.4760 – veterans@cambridgema.gov

* Library services will be closed and inaccessible during our event for Veterans Day



Throughout history and all over the world, communities have welcomed their warriors home after fighting, with the opportunity to share their experiences with their neighbors. This year, Cambridge will hold a Veterans Day Town Hall to establish a greater connection between our veterans and the friends and neighbors whom they served. In the tradition of warrior storytelling, we invite our veterans from all eras to come and share their experience of service. We invite the community to listen, to learn, and to show their appreciation.

Dept. of Veteran Services
51 Inman St, 2nd Floor
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