



Newsline

The Newsletter of the Cambridge Council on Aging (COA)

March 2024

806 Massachusetts Avenue, Cambridge, MA 02139

617-349-6220 • www.cambridgema.gov/CouncilOnAging

Dear Seniors:

I know the world feels shaky these days but let this be a small reminder that there is beauty in it – and you do not have to look far to find it. It may be right in front of you. There is also so much beauty in giving yourself a break. Take a moment to take it in; to smile, to feel all the feelings.

Recently when I was at my parents' home, my dad was looking through his collection of vinyl records. A collection aged 55+ years! It is a collection of Portuguese Fado. For those not familiar with this music, it is a recognized symbol of Portugal. One description of Fado states: "it is immune to language barriers and guides all who hear it by feeling, a feeling that is found in every word and in every chord of the Portuguese guitar." It is a unique genre of music – one feels the heartbreak, the longing for someone who left, the burden of daily life, etc.

As my dad placed one of his records on the turntable and the music began to fill

the room, I was instantly transported to my childhood. These sounds filled my house as a child. It was not a Sunday afternoon, unless my dad played his records. At times, I was often annoyed because I did not really get the melancholy sound. I wanted

more upbeat music. But as with so many other things as we age, I grew a deep appreciation for the music. On this particular present-day afternoon, sitting with my dad, I listened to the guitar chords and to the meaning of the lyrics. It was so special. There was such beauty, and I did not need to look very far. It was right in front of me during an ordinary afternoon.

Thank you for allowing me to share this with all of you. Allow yourself to take in the moment; to smile and to feel all the feelings.

Happy Spring!

Warm Regards,
Susan P. Pacheco



Information and Referral

NEW in 2024! Medicare Savings Program eliminates asset test making more beneficiaries now eligible

The Medicare Savings Programs can help people with limited incomes pay for Medicare Part B premiums--currently \$174.70 a month; out of pocket Medicare A and B costs such as coinsurance and annual deductibles; Part D premiums; and the prescription drug annual deductible (\$545 in 2024).

Individuals earning \$2309 - \$2552 monthly and married couples earning \$3123 - \$3451 qualify for the Medicare Savings Programs and as of March 1, 2024, the asset test has been eliminated. So, if you are within the income range and previously ineligible for MSP due to assets now is a good time to meet with your SHINE counselor to learn more. SHINE counselors are state certified experts in Medicare providing free and impartial information. To schedule an appointment please call the Council on Aging.

Federal Internet Discount Program Ending

The Affordable Connectivity Program, a broadband internet discount program funded by Congress and administered by the FCC, is discontinuing.

Many MA residents will know this program as the LifeLine Program.

The program stopped accepting applications on February 7, 2024, and the estimated last month of discounted service is April.

The Massachusetts Health Aging Collaborative (MHAC) has prepared a one-page description of the [Affordable Connectivity Program winddown](#)

What can be done to assist older adults who may lose access to affordable service?

MA broadband customers should be encouraged to contact their service providers to learn if they have provider-specific discount programs.

Free Wi-Fi is available at many senior centers and public libraries—encourage visitors to take advantage of this access.

- Cellphones can be used as internet hotspots for tablets, laptops, and computers (with data limitations).

- Learn if your community has a municipal broadband system, and, if not, support efforts to create one.

- Read about [MA digital equity resources](#) on the MA Healthy Aging Collaborative's website. Encourage residents to contact their [local legislators](#) to let them know how they are affected and ask for their ideas on improved internet equity.

Take Care

"Take Care" is a virtual informational group for caregivers facilitated by Vincent McCarthy, Director of Client Services, Cambridge Council on Aging and Liz Aguilo, LICSW, Director Paine Senior Services.

The goal of the meetings is to provide practical information and suggestions about meeting the needs of the person receiving care as well as the needs of the caregiver. Participants will learn about available resources in the Cambridge/Boston area, navigating the various care systems, including medical and legal systems, and more!

"Take Care" will meet for 6 weeks via zoom from 12-12:50 on Thursdays, starting March 7, 2024 and ending April 11, 2024

To register: Contact Vincent McCarthy at the Cambridge Council on Aging, 617-349-6220,

March 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



March 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 Tuesdays, 1:00- 4:00**

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.**

**Consumer Protection Week with the
Cambridge Consumers Council: Information
and Tabling Event**

Tuesday, March 5, 11:30-12:30

Town Meeting

Wednesday, March 6, 1:00-2:00

We want to hear from you. This is an opportunity to come together and share information and ideas with Senior Center Staff.

**Springtime Crafts & Lunch with Neville Place
Thursday, March 7, 12:00-3:00**

Join us for a ceramic painting class and lunch. All materials are provided. **Registration is required.**

Hand building with Clay

Friday March 8, 15, 22, 29 10:00-11:30

Come learn to create pottery! In this hand building class, we'll create with clay using just our hands, simple tools, and forms. Classes will cover basic construction methods (including slab, pinch, and coil), along with surface decorations, firing, and glazing. Group instruction will focus on beginners.

Meditation and Mandala

Friday, March 8, 10:00-11:00

Mandalas are used in many cultures for

meditation and contemplation. Music and a quiet atmosphere will allow group members to relax and get centered as they fill in the outlines of paper Mandalas with colored markers. All materials will be provided.

ESOL Conversation & Reading Class

Tuesday March 12 and 26, 10:00-12:00

An Intermediate/ High-Intermediate Conversation and Reading Class will meet in-person twice a month, every 2nd and 4th Tuesday.

Celebrating March Nutrition Month

Nutrition Myths: Fact or Fiction

Tuesday, March 12, 11:00-11:30

Join us for lunch and meet Somerville Cambridge Elder Services Nutrition Staff. Free food samples, gifts, recipes, and grocery card raffle.

Women's Group

Tuesday, March 12, 1:00-2:00

Welcome to the women's group. Humorous or serious, it's great to share our stories. Let's talk!

**Community Safety Department CARE Team
Presentation Tuesday, March 12 2:00-3:30**

The Community Safety Department has a mission is to provide residents with an alternative police response that will prioritize issues of mental and behavioral health in some of our most vulnerable communities. Refreshments will be served.

Veterans and Friends Support Group

Wednesday March 13, 1:00-2:00

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

Book Group

Thursday, March 14 , 11:45-1:00

War: How Conflict Shaped Us by Margaret MacMillan. 2020

The instinct to fight may be innate in human nature, but war—organized violence—comes with organized society. War has shaped humanity's history, its social and political institutions, its values, and ideas.

Bilingual Story Telling: Thursday, March 14,

1:00-2:00 The Copihue Flower Legend

La Leyenda de la Flor del Copihue

We will travel South to Chile and learn about the beautiful legend of their national flower. This tale from the Mapuche land, tells the origin of Copihue, a flower symbol of friendship, happiness, and gratitude.

Men's Group Tuesday, March 19, 10:00-11:30

Come join the Men's Group for our March gathering. Light refreshments will be served. For more information, please contact: Vincent McCarthy vmccarthy@cambridgema.gov

Burlington Mall Trip

Wednesday, March 20 10:30-3:45

Registration is required. Cost is \$5.00 for transportation. Shopping and Lunch is on your own.

Safety Awareness

Wednesday, March 20, 1:00-2:00

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. Refreshments will be served.

Celebrating Women's History Month

Author Talk with Jean Duffy: Soccer

Grannies Thursday, March 21, 1:00-2:00

Soccer Grannies: The South African Women Who Inspire the World

Soccer Grannies tells the story of strength and resiliency help them face life's challenges

with dignity, humor, and hope. They teach the rest of us that age, gender, and expectations cannot define an athlete. Join us to hear how Jean found soccer later in life, and wrote a book! Signed copies of the book will be for sale. All proceeds donated to the South African Soccer Grannies.

Bingo Breakfast Monday, March 25, (IP)

9:00-11:00 Registration required Cost \$5.00 for breakfast only

LGBTQ+ Film Series

Tuesday, March 26, 10:00-12:30

Movie: *Who I Am Not (2023)*

Intersex, Documentary

A deeply personal look into the lives of two intersex people who, just like the rest of us, are trying to figure out where they belong in this world. Sharon-Rose Khumalo, a beauty queen who suffers an identity crisis after finding out she's intersex, and Dimakatso Sebidi, a male-presenting intersex activist, For additional information, please contact Phoebe Hallahan, LGBTQ+ Programming Leader at phallahan@cambridgema.gov

Film and Discussion

Tuesday, March 26, 1:00-3:00

Movie: *Barbie*

The film stars Margot Robbie as the title character and Ryan Gosling as Ken and follows the pair on a journey of self-discovery through both Barbieland and the real world following an existential crisis.

For more information, please contact: Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

Spring Painting Class

Wednesday, March 27, 1:00-3:00 (IP)

In honor of Punxsutawney Phil's prediction of an early spring, we will paint a lovely flower filled window box. No prior painting experience needed. Registration required. Cost is \$5.00

March – Weekly Class Schedule

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

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

March Special Events Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Clay Class Canceled
4	5 Cambridge Consumer's Council Drop-in Information table 11:00-12:30 (IP)	6 Town Meeting 1:00-2:00 (IP)	7 Springtime Craft & Lunch with Neville Place 12:00-3:00 (IP)	8 Meditation and Mandala 10:00-11:00 (IP)
11 MA National Federation of the Blind -Cambridge Chapter (IP) 6:00 – 7:30	12 COA Board Meeting (V) 9:30-11:00 ESOL Intermediate: 10:00-12:00 (IP) Nutrition Talk 11:00-11:30 (IP) Women's Group 1:00-2:00 (IP) Community Safety Team Presentation 2:00-3:30 (IP)	13 Veterans & Friends Support Group 1:00-2:00 (IP)	14 Book Group 11:45- 1:00 (H) Bilingual Story Telling Series: The Copihue Flower Legend 1:00-2:00 (IP) Chair Exercise Canceled	15 Mass Senior Action Council Somerville/ Cambridge Chapter Meeting 10:00-11:30 (IP)
18	19 Men's Group 10:00-11:30 (IP)	20 Mass Senior Action Drop-in information table 10:00-1:00 (IP) Burlington Mall Trip 10:30-3:45 Safety Awareness 1:00-2:00 (IP)	21 Author Talk with Jean Duffy: Soccer Grannies 1:00 - 2:00 (IP)	22
25 Bingo Breakfast 9:00-11:00 (IP)	26 LGBTQ+ Film Series 10:00-12:30 (IP) Movie: <i>Who I Am</i> <i>Not</i> ESOL Intermediate: 10:00-12:00 (IP) Film and Discussion 1:00-3:30 (IP) Movie: <i>Barbie</i>	27 Spring Paint Party 1:00-3:00 (IP)	28	29

March 2024 – Weekly Class Descriptions

Art / Watercolor Painting

Learn art techniques, with an emphasis on drawing and watercolor painting, in this beginner-friendly, instructor-led class. Participants are encouraged to use whatever art materials they have on hand.

Balance Chi Kung

Learn basic Tai Chi principles with gentle, slow repetitive movements of Chi Kung. Over time, this may increase balance, and encourages you to find a way to allow your body to move in a relaxed way. The class begins and ends with meditation.

Cardio and Yoga for Heart Health

A 45-minute class starting with 20 minutes of East/West Cardio followed by 25 minutes of in-depth Yoga poses.

Chair Exercise

This class is designed to exercise at one's own pace, including seated, standing and stretch exercises.

Dancing for Balance

This fun, friendly dance class is suited for all fitness levels. You will learn basic steps geared towards improving one's balance. Seated warm up and cool down exercises are performed.

English for Speakers of Other Languages (ESOL)

Beginning and Intermediate English for Seniors Conversation, vocabulary, basic grammar with Sandy Middleton, Cambridge Community Learning Center (CLC) ESOL teacher.

Flamenco Tango

Flamenco class provides in-depth expertise on learning the rhythm of clapping hands, singing, and dancing at the same time. Tango has an energetic and festive feeling and taste and is also an essential rhythm for all.

Flamenco Dance

This is a class for all, with or without any kind of physical limitation and have the option of dancing sitting on the chair if needed. So that each of you will discover your flamenco with your style.

Gentle Mat Yoga

In this gentle, one-hour class, we practice the basic elements of yoga. Including standing, seated and lying down postures. This class is appropriate for adults comfortable moving from floor to standing with minimal support. Modifications available to participants.

Line Dancing

Easy to learn and fun to dance. This class will teach you the basics of line dancing as well as the newer and more established line dances being done. Have fun, learn new dances and making new friends.

Meditation

This is a 45-minute class, including a talk and meditation to encourage a peaceful and positive way of looking at life, and to reduce stress. The class is appropriate for beginners as well as experienced meditators. After class, there is an optional 15 minutes for questions.

Qi Gong

A movement practice from Chinese breath and martial arts traditions. Exercise movements include sitting and standing and are gentle and accessible to all participants. We follow a simple peer led routine.

Spanish

This class reviews and updates students about the Spanish Grammar that permits students to formulate sentences and paragraphs of information for understanding, responding, and conversing in the Spanish language.

Strength Building

A muscle conditioning class focusing on high repetitions with light or no weight. You will need to be able to stand for a good portion of class, have a chair, a portion of empty wall space you can lean against, a bit of floor space to move in, any of the above mentioned props, sneakers, and water.

Strong and Stretched

A 45-minute class starting with a cardio warm up, strengthening exercises using hand weights (try soup cans/water bottles) or Thera bands for resistance. Muscle conditioning reinforces good posture and class ends with deep Yoga stretches.

Tai Chi

Tai Chi arm and leg movements of the Yang Style Long Form are taught. There is an emphasis on Tai Chi walking, to help improve balance.

Watercolor Painting

Learn Methods and techniques used to create watercolor art in this self-paced, instructor-led class. Participants responsible for their own watercolor painting supplies.

Zumba Gold

This is a low impact, easy to follow, 45-min Latin inspired dance class. This class is appropriate for adults of all fitness levels and participants can go at their own pace.

March 2024— North Cambridge Senior Center

2050 Massachusetts Avenue, Cambridge, MA 02140 617-349-6320 •

Open Monday, through Friday 8:30 - 5:00 Hot Dine-and-Stay lunches are served

Monday – Friday, 11:30 – 12:15 Suggested donation of \$3 for seniors aged 60 years and older

Weekly Class Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday
Acrylic Painting (IP) 9:30 - 12:00	Strength Building (IP) 9:30- 10:30	Zumba Gold (IP) 9:30 -10:30 Watercolors 9:30– 11:30 (V)	Watercolors 9:30– 11:30 (IP)	Bridge (IP) 10:00 - 12:00
Dominoes (IP) 10:30- 11:30	Yoga & Resistance Bands (IP) 11:30- 12:30	Chair Yoga (IP) 12:00 – 1:00 Tai Chi - Self Led (IP) 1:00 – 2:30	Dancing for Balance (H) 1:30 – 2:30	Whist (IP) 11:30 - 2:00
Dancing for Balance (H) 1:00 – 2:00		Mindfulness Meditation (IP) 3:00 4:00	Gentle Mat Yoga (IP) 3:00 – 4:15	
Gentle Mat Yoga (H) 3:30 – 4:30	Chair Yoga (H) 3:00– 4:00			

March 2024 – NC Happenings and Special Events

***To register for classes/programs, unless specifically noted otherwise, please call 617-349-6320.**

Ethiopian Elders

Tuesday, March 12 and March 26 10:00-12:00

Every other Tuesday Yemi Kibret of CEOC will lead the Ethiopian Elders Group. This group provides support and resources for fellow Ethiopians in our community. Whether it's connecting you with essential resources, offering a listening ear, or sharing valuable advice, this group is here to uplift and empower. All are welcome and encouraged to join.

Tuesday Tea Time

Tuesday, March 12, 2:00 – 3:00

Join us for an afternoon filled with delightful conversations as we sip on a variety of teas, indulge in sweet treats, and enjoy the company of others! Don't miss out on the chance to win our perfume raffle! Preregistration required. Cost \$5.

St. Patrick's Day Party

Tuesday, March 14, 11:30 – 1:00

Celebrate St. Patrick's Day in style! Join us for a festive lunch with traditional music and hearty Irish fare. Don your green attire, raise a toast, and revel in the lively atmosphere. Pre-registration required. Cost \$5.

Watercolors Wednesday Virtual / Thursdays In-Person 9:30– 11:30

Learn methods and techniques used to create watercolor art in this self-paced, instructor-led class. Participants responsible for their own watercolor painting supplies This class will be held on Zoom Wednesdays and In-Person on Thursdays.

Acrylic Workshop - Van Gogh's Starry Night Friday, March 15 and 22, 9:30– 12:00

This workshop offers a unique opportunity to unleash your artistic potential, with a focus on recreating the iconic "Starry Night" masterpiece. Discover the secrets behind Van Gogh's painting as our skilled instructor provides insights into brushwork, color

North Cambridge Continued

blending, and texture creation. Whether you're a novice or experienced artist, our workshop inspires and elevates your artistic prowess.

Preregistration required. Cost \$10.

TRIP: Flaming Grill Buffet

Friday, March 29, 11:00 - 1:30

Join us as we head to Malden for Lunch at the Flaming Grill Buffet! Afterwards there will be time to shop at nearby Dollar Tree and 99 Asian Store, an Asian grocery store with live seafood! Pre-registration required. Lunch on your own. Cost \$5 for transportation.

Coming Soon!

TRIP: New England Aquarium

Friday, April 12, 10:30 - 2:00

Join us as we explore the mesmerizing marine life at the New England Aquarium! Marvel at graceful sea turtles, playful penguins, and mysterious rays. Cost \$10 for Transportation & Admission. Preregistration required. Lunch on your own.

Photography Workshop

April and May

Fridays 1:00-3:00

Embark on a visual storytelling journey with our documentary photography class beginning every other Friday in April and May 2024. Capture compelling narratives through the lens, guided by a seasoned photographer. Each class we will explore techniques, storytelling principles, and engage in thoughtful group discussion of each assignment. Each class may extend up to 3 hours and students will be required to bring their own Smartphone with use of camera. Preregistration required.

TRIP: Lunch and Longfellow House Tour

Friday, May 3, 12:00-3:30

Join us on a quick local trip to Celebrity Pizza, known for their Ice cream selection, and the Longfellow House Washington's Headquarters National Historic Site. We will take a one-hour tour to explore the rich history of this site. Cost \$5 for Transportation & Tour. Lunch or Ice Cream on your own.

TRIP: Kellys Roast Beef and Revere Beach

Friday, May 31, 11:00-2:30

Embark on a quick day trip to Revere Beach for a taste of the iconic Kelly's Roast Beef. Savor their legendary roast beef sandwiches with the backdrop of the sun and sand. A perfect escape with a flavorful excursion by the sea. Cost \$5 for Transportation. Lunch on your own.

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CouncilOnAging

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