



Newslines

The Newsletter of the Cambridge Council on Aging
806 Massachusetts Ave., Cambridge, MA 02139
Office 617.349.6220 Senior Center 617.349.6060
North Cambridge Senior Center 617.349.6320
January 2015 www.cambridgema.gov/DHSP

Dear Seniors:

Happy New Year! It is unbelievable that we are heralding in a New Year! As we usher in the New Year, many of us follow certain traditions. Most ring in the New Year with blowing of horns along with a toast of champagne or placing money in a pocket to usher good fortune in the New Year. Growing up in my large Portuguese family, the main tradition that was followed, were the children seeking blessings for the New Year from their elders. Children would receive the blessing along with a sweet and/or coins. My cousins and I all looked forward to that monetary gift. Of course now, I cherish the blessings that my grandparents, parents, aunts and uncles bestowed upon me more. Whatever the tradition, we all seek a fresh start in January.

Speaking of fresh start, you will notice some changes in Newslines. Lisa Castagna, COA Administrative Assistant, has been hard at work redesigning the Newslines and creating the COA logo. You will notice the layout is different and most importantly the calendar of activities. We hope that you will find it clearer and easier to find the information you are seeking. It is a work in progress. Thank you Lisa for all the time you have invested in this project!

On behalf of all the staff at the COA and Senior Centers, wishing you all a Happy New Year!

Warm Regards,
Susan P. Pacheco

Many Helping Hands Cambridge MLK Day of Service

Monday January 19 2-5 pm

Join hundreds of other volunteers in hands on service projects that will touch the lives of thousands in need in Cambridge.

Come make fleece scarves and blankets for homeless children, teens and adults, make Valentines for shut-in elders and veterans, make activity kits for kids waiting in hospital emergency rooms, make bookmarks for children and adults in literacy programs, sort donated food, children's books and winter clothing for people in need in our community.

All ages welcome!

Come for an hour or the entire afternoon.

Don't come empty handed! Bring a can of food, a children's book or a gently used item of winter clothing.

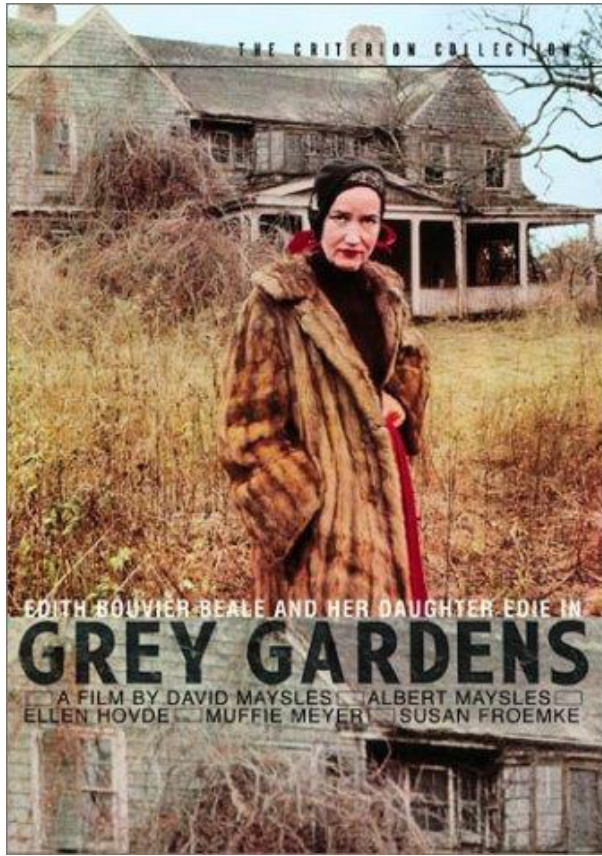
All projects take place in Central Square, Cambridge at the Citywide Senior Center, City Hall, the YWCA and St. Peter's Church.

Do you like to sew? Would you be willing to help sew blankets and scarves for homeless children, teens and adults - either on MLK Day at the Senior Center or finishing up during the week of January 19? Please call or email us.

More information at <http://www.manyhelpinghands365.org> or email lori@manyhelpinghands365.org or call Lori Lander at 617-388-4656



INFORMATION & REFERRAL



Saturday, January 10
9:30 a.m. – 12 Noon
Cambridge Senior Center
806 Massachusetts Ave., Cambridge

Please join us for the screening of this film, followed by a facilitated discussion. This film and discussion will cover several important mental health issues. Grey Gardens is a film about a mother and daughter living an isolated life on Long Island. Advance reservations are not required but would be appreciated. Please call Liz Seelman at 617-349-6220 or eseelman@cambridgema.gov. Light refreshments will be served.

Citywide Senior Center Happenings

January 2015

Senior Safety Group

Tuesday, January 6, 12:30-1:30

This is your opportunity to meet with the Cambridge Community Police Officers. Senior citizens have public safety concerns which differ from other segments of the population.

“Road To Mental Health Recovery” A Family Perspective

Thursday, January 8, 1:00-2:30

Please join us for this important presentation. We will hear personal stories about supporting family members with a mental health and/or substance use condition and learn about local resources for family members. If you would like more information about this presentation please contact Vincent McCarthy at 617-349-6220.

New Year Men’s & Ladies Breakfast

Friday, January 9, 9:00-9:30

Jump start the New Year by having Breakfast on us! Men & Ladies are invited to a delicious breakfast and conversation. Program is free to seniors 60 +

Men’s Support Group

Tuesday, January 13 & 27, 10:00-12:00

The Men’s Group continues to meet every 2nd and 4th Tuesday. The group starts with meditation which science has shown to have many health benefits. Lunch will be served to members of the group. To register call 617-349-6060.

Mysteries of the Cosmos

Tuesday, January 13, 1:30-2:30

TOPIC: Exoplanets The first planet orbiting another star like the Sun was discovered in 1995. In the twenty years since, astronomers have found 1500 exoplanets, and the hunt is on for planets that resemble our own Earth. Lecture will cover how we detect these distant worlds, and we’ll take a tour of some of the strangest planetary systems that have been discovered. Free and open to the public.

Health & Wellness Talk

Thursday, January 15, 1:00-2:00

Topic: New Year’s Resolution with Roberta Robinson
New Year’s Resolution why we make them..... and why we break them. It has been customary to make New Year’s resolutions to begin the new year and start it off the “right” way but so many times we miss the mark. Come learn why. Program is free and open to the public.

Books on Review

Tuesday, January 20, 1:00-2:00

Librarian Carole Feeney Withrow always captivate the imagination as she showcase books both best sellers as well as some of the classics. Come revisit the joy of reading. Some books are available for borrowing. Please note Carole is retiring.

Cooking with Richard “Chef Kiwi”

Wednesday, January 21, 11:30-1:00

With the weather outside getting colder, come and enjoy a meal of soups, salads and breads – nice and warm for a cold January day. Richard “Chef Kiwi” from DHSP will be cooking up some soul warming soups. Come and learn how to make 3 very simple, tasty soups that you will easily be able to recreate yourself. Space is limited, so sign up quick. Cost: \$2.00

Senior Center’s Dance Party

Thursday, January 22, 1:00-3:00

It’s a Party! Get your dancing shoes ready! DJ Owen Howell will be in the house spinning some tunes Golden oldies and some hip shaking new grooves. You don’t want to miss this one. Tickets are \$4.00 and must be purchased in advance.

Health & Wellness Talk

Tuesday, January 27, 1:00-2:30

Mass College of Pharmacy FASCO (Faculty and Student Community Outreach) will present a health & wellness lecture. The program is free and open to the public. Topic: TBA

Big Screen Movie

Thursday, January 29, 1:00-3:00

Movie: *Captain Phillips* The film is inspired by the true story of the 2009 Maersk Alabama hijacking, an incident during which merchant mariner Captain Richard Phillips was taken hostage by pirates in the Indian Ocean. Free Program for seniors 60+

SPECIAL EVENTS & ACTIVITES AT NORTH CAMBRIDGE

Please note – Trips and Walking-Club are subject to weather.

Course & Program cancellations are posted at the reception desk as soon as possible.

All trip sign up & special event registrations begin at Open Forum

How to Beat the Winter Blues

With

Roberta Robinson

Winter weather can keep us in-the days are shorter.....the nights are longer & we can experience a “letdown” after the Holiday Season which can lead to a case of “Winter Blues”.

Join us to see how to beat the Blues.

January 20th

11:00 AM



***NEWSLINES SUBSCRIPTION FORM** *If you would like to have the Newslines mailed to your home:

Send a check or money order for \$6.00 made out to the Cambridge Council on Aging,

806 Massachusetts Avenue Cambridge, MA 02139

Attn: Cambridge Council on Aging

Name: _____

Address: _____

City: _____ State: _____ Zip Code _____

Phone number () _____

North Cambridge Senior Center

Daily Events at Our Center JANUARY 2014

Lunch Served Monday - Friday 11:30am - 12:15pm Reservations Required \$2.00 Donation

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Club 10:00 - 12:00 Please call by 9:00 am to confirm Spanish Class 11:00 - 12:00 Bingo 1:00 - 3:00	Strength Building 9:00 - 10:30 Computer Instructor 10:00 - 12:00 Needle Crafts 1:00 - 3:00	Intro to Meditation 9:00 - 10:00 Computer Instructor 10:00-12:00 Arm Chair Exercise 10:30-11:30 WOW 12:30-2:00 Movie 2:30- 4:30	Watercolors 9:30-11:00 Lunch 11:30-12:15 Yoga 3:00- 4:00	Zumba 9:30-10:30 Cards 10:30-12:30 Lunch 11:30-12:15 Whist 12:30-3:30
			1 Holiday Senior Center Closed	2
5 Open Forum 12:15 -1:15	6	7 Movie: And So It Goes PG13 Starring Michael Douglas and Diane Keaton 1Hr 34Min	8	9
12 Clase Espanola Gratis Free Spanish Class every Monday Starting at 11:00	13	14 Birthday Tea 2:30	15 Group Lunch at Andy's Diner 12:00-1:30 Registration is Required	16
19 Holiday Senior Center Closed	20 Beating the Winter Blues With Roberta Robinson 11:00 -12:00 Registration is Required Brunch will be served	21 Movie: Magic in the Moonlight PG13 Starring Emma Stone 1Hr 37Min	22	23
26	27 Winter Luncheon 12:00 -2:00 Registration is Required Cost is \$3.00 Per Person	28 Blood Pressure Screening 12:15 -1:00 Movie: Winter's Tale PG13 Starring Colin Farrell 1Hr 58Min	29	30

January 2015 DAILY EVENTS AT CAMBRIDGE CITYWIDE SENIOR CENTER

Breakfast Served Monday –Thursday 8:30 a.m. to 9:45 a.m. Friday 8:30 a.m. – 9:30 a.m. \$2.00 donation

Lunch: Reservations Required Served Monday –Thursday 11:30a.m.-12:45 p.m. Friday 11:00 a.m. -11:30 a.m. Saturday 11:30 a.m. -12:15 p.m. \$2.00 Donation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qi Gong 9:00-10:00 Computer Lab 9:00- 12:00 Movie 1:00-3:00 Ballroom Dance 1:00-3:00 Computer Lab 1:00-4:30 Bingo 1:30-3:00 Painting 1:00-3:00 Dinner 5:00-6:00 (Reservation Required) Line Dancing 6:00-7:00 Spanish 6:30-7:45	ESOL II 9:30-10:30 Computer Lab 9:00 – 12:00 (Limited open lab access) Chair Yoga 10:00-11:00 Latino Elders 10:00-11:30 Women’s Club 11:00-12:00 ESOL IV 10:30-12:00 Computer Lab 1:00-4:00 Classic Movie 1:00-3:15 Bingo 1:30-3:00 Food Pantry 2:00-4:00	Chinese Folk Dancing 8:30 -9:30 Chinese EOSL 8:30 – 9:30 Computer Lab 9:00 – 12:00 Chinese Singers 9:30-11:30 Better Balance 10:00-10:50 Tai Chi Level I 11:00-12:00 Crafts & Social Group 1:00-3:00 Bingo 1:30 – 3:00 Computer Lab 1:00-4:30 Tai Chi Level II 2:00-3:15	Grandet An Aksion 9:00-2:00 Computer Lab 9:00-12:00 Ceramics 9:30-12:00 Meditation with Catherine 9:00-9:45 Exercise Class 10:00-11:00 Food Pantry 12:00-2:00 Computer Lab 1:00-4:30 *Deadline for Monday Night Dinner & Transportation Reservations is Thursday at 2:00 pm.	Qi Gong 9:00-10:00 Computer Lab 9:00 – 12:00 ESOL Chinese 9:00-10:30 Pottery Open Art Class 9:00-11:30 Simplified Qi Gong Tai Chi 10:00-11:00 Computer Lab 1:00-2:00 **Council on Aging closes at 12:00 pm. Senior Center closes at 3:00 pm.	Breakfast 8:30 – 9:30 Computer Lab 9:30-11:15 Chair Yoga 10:00-11:00 Lunch 11:30 –12:15 Reservations required for lunch ***Senior Center Closes at 1:00 pm.

SPECIAL EVENTS & ACTIVITES AT OUR CENTER

Please note - Course & Program cancellations are posted at the reception desk as soon as possible.

			1 HOLIDAY SENIOR CENTER CLOSED	2	3
5 Afternoon Tea 3:00-3:30	6 Senior Safety Group 12:30-1:30	7	8 “Road to Mental Health Recovery” A Family Perspective 1:00-2:30	9 New Years Men’s & Ladies Breakfast 9:00-9:30	10 Documentary Film <i>Gray Gardens</i> 9:30-12:00
12 Dinner & Bingo 4:00-6:00	13 Men’s Support Group 10:00-12:00 Mysteries of the Cosmos 1:30-2:30 Topic: Exoplanets	14 Blood Pressure 12:30-1:00 (Public Health Nurses) Jewelry Class 1:30-3:00	15 Health & Wellness Talk 1:00-2:00 New Year’s Resolution with Roberta Robinson	16	17
19 HOLIDAY SENIOR CENTER CLOSED	20 Books on review 1:00-2:00	21 Cooking with Richard, “Chef Kiwi” 11:30-1:00	22 Senior Center Dance Party 1:00-3:00 Entertainment by DJ Owen Howell	23	24
26 Dinner & Bingo 4:00-6:00	27 Men’s Support Group 10:00-12:00 Health & Wellness Talk by Mass College of Pharmacy 1:00-2:30 Blood Pressure 3:30-4:00 @ Windsor House	28 Jewelry Class 1:30-3:00	29 Big Screen Movie: <i>Captain Phillips</i> 1:00-3:00	30 Brunch 8:30-11:00	31

Cambridge City Council

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 Dennis Benzan, Vice Mayor
 Dennis Carlone
 Leland Cheung
 Craig A. Kelley
 Nadeem Mazen
 Marc McGovern
 E. Denise Simmons
 Timothy J. Toomey, Jr.

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 City Manager
 Lisa C. Peterson,
 Deputy City Manager
 Ellen Semonoff,
 Assistant City Manager
 Department of Human
 Service Programs

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 Gisela Margotta, Treasurer
 Norman Mclver
 Mary Jane Nottonson
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 Benjamin Horner
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 Jeanne Ryde
 Carole Feeney Withrow

Program and Staff**Executive Director**

Susan Pacheco

Social Services

Vincent McCarthy,
 Director of Client Services
 Elizabeth Seelman, Case Manager
 Nikisha Glasgow,
 Information and Referral

Administrative Assistant

Lisa Castagna

Receptionists

Rosalind Brown
 Sanaa Mohamed
 Jessica Mowatt

Senior Aides

Myrna Rivera
 Anne Robinson
 Tin Chee Wong

Elder Haitian Program

Hermide Mercier

Bus Driver

Laura Habermann

Computer Instructor

Pamela Howard

Newsletters

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 Sanaa Mohamed
 Susan Pacheco

Citywide Senior Center

Emma Watkins, Director

Activities

Arline McGrady, Activities &
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 Betty Paige, Assistant

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Julianne King, Manager
 Sanctora Cooper, Assistant Manager
 Timothy Jenkins, Assistant
 Gail Low, Assistant

Food Pantry

Geoffrey Kotowski, Coordinator
 Miguel Perez Ruiz, Assistant

Week-End Activities

Gail Low, Coordinator

Facility Manager

Donn Hockman

North Cambridge Senior Center

Alicia Johnson, Director
 Lillian Crayton, Meal Site Director
 Marybeth Joyce, Assistant
 Margaret Murray, Receptionist

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Cambridge Council on Aging
806 Massachusetts Avenue
Cambridge, MA 02139

