

Cambridge City-Wide Senior Center

806 Massachusetts Avenue

This Center is open to all Cambridge seniors ages 60 and over six days a week. It offers drop-in services, meals, a food pantry and a wide range of educational and recreational programs, such as Computers, Line Dancing, Ceramics, Senior Chorus, Art, Bingo and more. The center has library area, pool tables, and space to relax and talk with friends.

Hours are as follows:

Mondays 8:30am-8:00pm

Tuesdays thru Thursdays
8:30am-5:00pm

Friday 8:30am-3:00pm

Saturdays and holidays 8:30am-1:00pm

For more information, please contact
Emma Watkins at 617-349-6060

North Cambridge Senior Center

2050 Massachusetts Avenue

This Center is open to all Cambridge seniors ages 60 and over. A wide range of educational and recreational programs are offered daily. Hot lunches are served, and special events are held regularly.

Hours are as follows:

Monday thru Friday
8:30am-5:00pm

For more information, please contact
Alicia Johnson at 617-349-6320

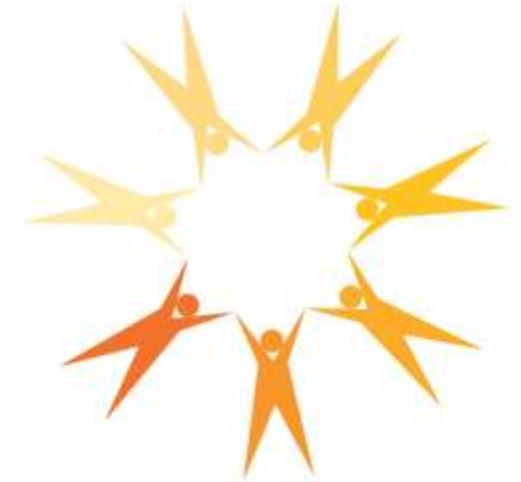
Cambridge Council on Aging

Our Mission:

To promote and safeguard the health and independence of senior.

To advocate for seniors, to provide social services, activities and recreational options to enhance the lives of seniors.

Cambridge Council on Aging



Department of Human Service Programs

806 Massachusetts Avenue
Cambridge, MA 02139

Tel: 617-349-6220

TTY/TDD: 617-349-6050

Fax: 617-349-6054

www.cambridgema.gov/DHSP

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The Council on Aging offers a wide range of social services and is committed to meeting the needs of seniors.

Information & Referral

Answering questions or concerns regarding any programs, services or issues related to the elderly.

Case Management/Public Benefits Counseling

Council on Aging case management/outreach department allows short-term follow up to elders who need assistance in navigating the elder care system.

Housing Assistance

Services available to seniors seeking affordable housing, including; advocacy, listings of available housing and help with forms, interviews and landlords. For more information, please call 617-349-6340.

YMCA Passes

Thanks to the generous support of the Friends of the Cambridge Council on Aging, the Council on Aging has a *limited* supply of YMCA membership passes, available to Cambridge residents 60 and older for daily use.

Newslines

Subscribe to the Council on Aging monthly Newsletter for \$6.00 a year. For more information, please contact **Lisa Castagna** at 617-349-6220

Transportation

Door to Door transportation is available for medical trips locally and to Boston. Transportation for grocery shopping is also available for those unable to use public transportation.

Call **SCM Transportation, Inc.** at 617-625-1191 for reservations. For additional transportation resources and information regarding the Council on Aging's Senior Center Shuttle Bus, please call 617-349-6055.

Home Safety Programs

The *File of Life* kit holds vital personal and medical information for use in emergencies.

Enhanced 911 is available in Cambridge. An alert form is available to notify 911 of disabilities that impede phone communication.

Postal Carrier Alert Program

is a collaboration between the Council on Aging and the US Postal Service.

SHINE Health Insurance Counseling

Counseling on Medicare, Medicaid, Medigap, MassHealth, Commonwealth Care and HMO's.

Trash/Recycling & Snow Exemptions

These programs are a collaboration between the Council on Aging, the Cambridge Commission for Persons with Disabilities and the Cambridge Department of Public Works. These programs have disability requirements, as well as income eligibility guidelines.

Discount Programs

Taxi Coupons: Cambridge residents 60 and over or disabled are eligible for reduced taxi fares.

Buylines: Cambridge residents 60 and over or disabled are eligible for merchant discounts; free parking in supervised municipal lots.

** for residents 60+, please call the Council on Aging*

** for residents under age 60 and disabled, please call*

The Cambridge Commission For Persons with Disabilities
at 617-349-4692

For more information regarding the available programs or services listed, please contact the Council on Aging staff below:

Nikisha Glasgow
Vincent McCarthy
Liz Seelman

617-349-6220