

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 www.cambridgema.gov/DHSP

December 2013

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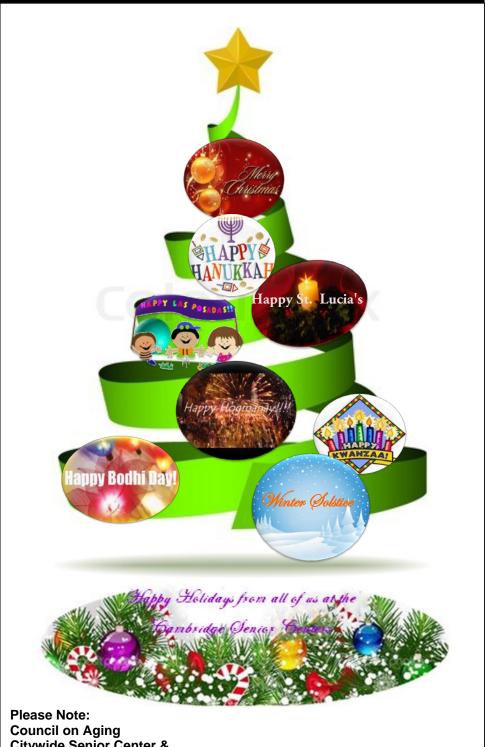
Dear Seniors:

I am very pleased to announce that Alicia Johnson, formerly COA Information & Referral Specialist/SHINE Counselor has accepted the position of Director of the North Cambridge Senior Center. She transitioned into her new role as of November 4th. This of course leaves a large void in the social services department. Vincent McCarthy and I have started the transition plan. We hope to fill her former position in the coming months.

As I look at the calendar, it is a week before Thanksgiving and I say to myself and "so it begins..." We all get caught up in the idyllic images of movies that show the perfect holiday and then we drive ourselves crazy to achieve it. In reality, no one will notice that you didn't get to something on your list. So, give yourself a break. That is my intention this year. Now let's see if I follow my own advice! Wishing you all a Happy, Healthy and Wonderful Holiday

Warm Regards, Susan P. Pacheco **Executive Director**

Season!



Citywide Senior Center & North Cambridge Senior Center Closed December 24th & 25th

As I complete the transition into my new role with the Council on Aging, I would like to congratulate Alicia Johnson on her appointment as Director of The North Cambridge Senior Center. I would also like to thank Alicia, Marybeth Joyce, Margaret Murray, Jackie Neel, Susan Pacheco and all those who have provided extra support to the center over the last few months.

I came to The North Cambridge Senior Center in August of 2005 and have enjoyed being part of the community. "2050" is a special place and I will miss you all very much. I am enjoying serving the community in my new capacity.

Please drop by and say hello when you are in Central Square.

Sincerely,

Vincent McCarthy
Director of Client Services



Secondhand Smoke Harms your Neighbors

Did you know that smoking in your apartment may result in secondhand smoke harming your neighbors? Even if you smoke with the window open, smoke travels under doors, through cracks in the walls and ceilings, and through the ventilation system. Secondhand smoke contains more than 7,000 chemicals, and 250 of these are harmful. Secondhand smoke causes about 3,000 cases of lung cancer in non-smokers every year, and breathing secondhand smoke on a daily basis doubles the risk of having a heart attack

There is no safe level of secondhand smoke. If you smoke, <u>always step outside</u>.

For help to quit smoking call the Massachusetts Smokers' Helpline at 1-800-784-8669 or if you are a patient of Cambridge Health Alliance, call our Tobacco Treatment Program at 617-591-6922.



December 2013 Happenings at the Citywide Senior Center

www.cambridgema.gov/dhsp/coa

Dr. Conant Lunchtime Chat Tuesday, December 3, 12:00-1:00

Dr. Loring Conant joins us for his monthly Lunch time chat Tuesday, December 3rd at 12 noon. Bring your lunch and join us as Dr. Conant answers questions from the audience about health issues and medical concerns of our community

Chinese Evergreen Choir & Concert Wednesday, December 4, 10:00-12:00

The Asian-American Chorus is a wonderful blend of voices combining the best of the east and west. We will sing traditional Chinese favorites and folk songs along with American spirituals and hymns. Concert is free and open to the public.

First Thursdays Writing Group Thursday, December 5, 1:30-2:30

Let's get together to write, to share the memories. The writers in this small group hope to produce one new story every 4 weeks. No previous writing experience needed. Come join us first Thursday of every month. Group leader: Lily Owyang.

Pre-Kwanzaa Celebration Saturday, December 7, 4:00-6:00

The King Neighborhood Council and Community School in collaboration with "The Art of Black Dance & Music" celebrates the 40th Annual Kwanzaa Celebration. Program is free and open to the public.

Workshop for Men Tuesdays, December 10, 10:00-12:00

The Men's Group continues to meet every 2nd and 4th Tuesday. This week's guest will be Steve Vesce, Director of the Veterans Service Department. Lunch will be served to members of the group. To register please call 617-349-6060.

Mysteries of the Cosmos Tuesday, December 10, 1:30-2:30

We've come a long way since the days when people thought the Sun revolved around the Earth, not the other way around! But why did people think that, anyway, and what changed their minds? Join us to learn how our current understanding of the solar system evolved, from the early Earth-centered models, to how the planets got their names, to the recent demotion of Pluto from the planetary clubhouse. Program is free and open to the public.

Health & Wellness Talk Thursday, December 12, 1:00-2:00

Topic: Falls & Fragility with Dr. John Brusch of the Cambridge Health Alliance. Dr. Brusch is leading the effort to bring together the Cambridge Health Alliance with community-based agencies to work on a fall prevention campaign.

Ladies & Men Holiday Breakfast Friday, December 13, 9:00-10:30

Advanced registration required. **Cost**: Free to seniors 60+.

Cell phone & Wireless Q&A Monday, December 16, Drop-in hours 10-12:00

Do you have questions about your cell phone? Do you want us to look at your bill? Do you want Safe Link information? Any other questions? Don't hesitate to drop in.

Health & Wellness Talk Tuesday, December 17, 1:00-2:30

Steve Satin, Exercise Physiologist will present a program of simple exercises you can do in your home to help increase your strength and maintain/build strong bones and joints. Topic includes safe and effective exercises even if you have heart disease, diabetes, arthritis, joint and/or back pain.

Tasty Soups & Salad Cooking Class Wednesday, December 18, 11:30-1:00

Come join us for an afternoon lunch as we prepare a wonderful soup and salad. We will enjoy two different soups that are easy and quick to make. Come learn how these soups can accompany bread, a salad, or become part of a larger meal. Limited to 15 participants. Advanced registration required. **Cost**: \$2.00

Holiday Party & Luncheon Thursday, December 19, 12:30-3:00

Join us as we celebrate the magic of the Holiday Season with festive food, dancing, singing and live entertainment by *The Gordon Bowman Band* Cost: \$4.00 ticket must be purchased in advance.

Red Cross Blood Drive Tuesday, December 31, 9:00-2:00

While many of us are on vacation, the need for blood remains constant. The American Red Cross will be conducting a Blood Drive at the Citywide Senior Center. The Red Cross thanks you for your support.

CAMBRIDGE CITYWIDE SENIOR CENTER DAILY EVENTS AT OUR CENTER 617-349-6060

DECEMBER 2013

806 Massachusetts Avenue
Cambridge, MA 02139 617-349-6060
www.cambridgema.gov/dhsp/coa

Breakfast Served Monday – Thursday 8:30 a.m. to 9:45 a.m. Friday 8:30 a.m. – 9:30 a.m. \$1.00 Donation Lunch: Reservations Required \$1.50 Donation Served Monday – Thursday 11:30a.m. - 12:45 p.m. Friday 11:00 a.m. - 11:30 a.m. Saturday 11:30-12:15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qi Gong 9:00-10:00 Computer Lab 10:00-12:00 Clay Sculpture 10:00-12:00 Strength Building 10:30-11:30 Movie 1:00-3:00 Ballroom Dance 1:00-3:00 Computer Lab 1:00-4:30 Beano 1:30-3:00 Painting 1:30-3:30	omputer Lab 10:00-12:00 lay Sculpture 10:00-12:00 trength Building 0:30-11:30 lovie 1:00-3:00 allroom Dance 1:00-3:00 omputer Lab 1:00-4:30 eano 1:30-3:00 ainting 1:30-3:30 inner 5:00-6:00 Reservation Required) ine Dancing 6:00-7:00 Computer Classes 9:00 – 12:00 (Limited open lab access) Chair Yoga 10:00-11:00 Latino Elders 10:00-11:30 ESOL IV 10:30-12:00 Computer Lab 1:00-4:30 Classic Movie 1:00-3:15 Beano 1:30-3:00 Food Pantry 2:00-4:00	Chinese Folk Dancing 8:30 -9:30 Chinese EOSL 8:30 - 9:30 Computer Classes 9:00 - 12:00 (Limited open lab access) ESOL (CLC) 9:30-11:00 Chinese Singers 10:00-11:30 Better Balance 10:00-10:50	Grandet An Aksion 9:00-2:00 Computer Lab 9:00-12:00 Ceramics 9:30-12:00 Noon 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	Qi Gong 9:00-10:00 Computer Classes 9:00 – 12:00 (Limited open lab access) ESOL Chinese 9:00-10:30 Simplified Qi Gong – Tai Chi 10:00-11:00 Computer Lab 12:00-2:00	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
Dinner 5:00-6:00 (Reservation Required) Line Dancing 6:00-7:00 Spanish 6:30-7:45		Tai Chi Level 1 11:00-12:00 Crafts/Social 1:00-3:00 Beano 1:30 – 3:00 Computer Lab 1:00-4:30 Tai Chi Level II 2:00-3:15	**Deadline for Monday Night Dinner & Transportation Reservations is Thursday at 2:00 p.m.	Council on Aging closes at 12:00 pm. Senior Center closes at 3:00 pm.	Senior Center Closes at 1:00 pm.

SPECIAL EVENTS & <u>ACTIVITES</u> AT OUR CENTER DECEMBER 2013

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

Monday		Wednesday	Thursday	Friday	Saturday
,	Tuesday	vveuriesday	Thursday	Ź	Saturday
Afternoon Tea 3:00-3:30	Dr. Conant's Lunchtime Chat 12:00-1:00	Chinese Evergreen Choir & Concert 10:00-12:00 Jewelry Class 1:30-3:00	Town Meeting 12:00-1:00 Birthday Party 1:00-2:00 First Thursday Writing Class 1:30-2:30	An Adventure in Native American Pottery 9:00-11:30	Pre-Kwanzaa Celebration 4:00-6:00 Presented by King Neighborhood Council and Community School
9 Book Group & Tea 3:00-3:30 Book: The Color of Water Dinner & Bingo 4:00-6:00 Dinner 4:00 Bingo 4:30 Reservation required	10 Men's Support Group 10:00- 12:00 Guest: Steve Vesce, Veterans Service Dept. Mysteries of the Cosmos 1:30-2:30 Topic: Discovering the Solar System: Eclipses to Epicycles	11 No Tai Chi Class Blood Pressure 12:30-1:00 Public Health Nurses Jewelry Class 1:30-3:00	12 Health & Wellness Talk Topic: Falls & Fragility with Dr. John Brusch 1:00-2:00	13 Ladies & Men's Holiday Breakfast 9:00-10:30 Food Served until 9:30 Sign up in advance	14
16 Cell phones & Wireless Q&A Drop-in hours 10:00-12:00 Hot Chocolate & Cookies 3:00-3:30	17 Health & Wellness Talk Topic: 5 Simple Exercises to Increase your Strength Today 1:00-2:30 Presented by Steve Satin of Strength to Live	18 Tasty Soups Cooking Class 11:30-1:00 Space Limited – sign up required	19 Holiday Party & Luncheon 12:30-3:00 (meal served until 1:15) Cost: \$4.00 ticket must be purchased in advance. Entertainment by The Gordon Bowman Band No Exercise Class	20	21
No Painting Class No Bingo	HOLIDAY SENIOR CENTER CLOSED	25 HOLIDAY SENIOR CENTER CLOSED	26 Movie 1:00 pm No Exercise Class No Ceramics Class	No Simplified Qi Gong Class	28 No Chair Yoga Class
30 Blood Pressure 2:30-3:00 Windsor House No Painting Class	31 Red Cross Blood Drive 9:00-2:00 No Chair Yoga	1 New Year's Day SENIOR CENTER CLOSED			

Lunch Served Monday – Friday 11:30a.m. 12:15 p.m. Reservations Required \$1.50 Donation

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Club 10:20-12:00 Spanish Class 11:00-12:00 Lunch 11:30-12:15 Bingo 1:00-3:00	Lunch 11:30-12:15 Strength Building 9:30 – 10:30 Needle Crafts 1:00-3:00	Intro to Meditation 9:00 – 10:00 Arm Chair Exercise 10:30-11:30 Lunch 11:30-12:15 WOW 1pm – 2pm 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 Lunch 11:30-12:15 Whist 1:00-3:00

SPECIAL EVENTS & ACTIVITES AT OUR CENTER © December 2013

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 & special event registrations begin at Open Forum

Monday	Tuesday	Wednesday	Thursday	Friday
Open Forum 12:15pm-1:15pm	3	4 Movie: Comedy/Drama Rated R The Heat: 2Hours Sandra Bullock & Melissa McCarthy	5	6
9	Caroling 3:30pm-4:30pm Fitzgerald Community Schools Girls Group	Blood Pressure Screening 12:15pm-1:00pm Birthday Tea 2:30pm	12 Day Trip Museum of Fine Arts 9:30am-2:30pm Safety Awareness 12:30pm-1:30pm	13
16 Clase de español	Holiday Party 12:00pm-2:00pm Sign up required \$3.00 per ticket Needle Crafts Cancelled	Movie:(Biography/Drama) PG 13 The Last Ride: 1Hr 42Min A Story of Hank Williams	19	20
23	Holiday Center Closed	Holiday Center Closed	Watercolors Cancelled	27
30	31			

DECEMBER 2013

Register for a class at the Cambridge Citywide Senior Center 806 Massachusetts Avenue Cambridge, Mass 02139 617-349-6060 x6045



Dear Santa:
I am retiring from the
Computer Room and the
Citywide Senior Center on
December 31, 2013.
Santa please! send the Senior
Center a senior-loving instructor
who is patient, courteous, and
likes FACEBOOK. Happy,
healthy 2014 to all. Eve Flochild

<u>Facebook</u> returns in January 2014. Register @ the Front Desk.

Another favorite carole:
Ask for earphones.
www.youtube.com
Star of Wonder-The Roches

COMPUTER BASICS In 4 consecutive classes, (each class is 1½ hours,) make the mouse your friend, type, insert a graphic, save, print, and make labels. Classes are \$12.00 for the series. Please pay in full at the first class.

INTERNET BASICS In 4 consecutive classes, (each class is 1½ hours) create an e-mail account, e-mail your friends, and dive the World Wide Web Computer Basics is highly recommended. Classes are \$12.00 for the series. Please pay in full at the first class.

A LOOK AT EXCEL. In 4 consecutive classes, (each class is 1½ hours) we will create a simple worksheet, use simple formulae, and create a chart. Excel is a very deep spreadsheet program. This is just a "look". Basic Computer Skills are essential. Classes are \$12 for the series. Please pay in full at the first class.

Do you have a DIGITAL CAMERA? Bring it to the Computer Room (don't forget the instruction booklet and the cable) take a picture, and print it using our USB port. Call first, please. Your images can be used in a letter or sent as an attachment to an e-mail.

Read the Computer Room Calendar in NEWSLINES on a computer in the Computer Room. Select the INTERNET EXPLORER icon, scroll through our HOMEPAGE, click on the NEWSLINES link. The calendar is included in the NEWSLINES

Our popular Computer Classes begin again every month. Register for the Basics. Classes are \$12.00 for the series of four classes, payable at the first class. It's fun and easy when you know how.

	1	T			
M 12/2	T 12/3	W 12/4	TH 12/5	F 12/6	S 12/7
Computer Lab 10:00-12:00 Harry Chung	Internet Basics 9:00-10:30 10:30-12:00	Computer Basics 9:00-10:30 10:30-12:00	Computer Lab 9:00-12:00 Joseph Caparco	Computer Lab 9:00-2:00 Computer Basics	Computer Lab 9:30-11:30
1:00-3:00 David Anderson 3:00-4:30 Geoff Kotowski	Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	1:00-4:30 Allen Davis	10:00-11:30 Eve Flochild	Maurice Ande rson
M 12/9	T 12/10	W 12/11	TH 12/12	F 12/13	S 12/14
Computer Lab 10:00-12:00 Harry Chung	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco	Computer Lab 9:00-2:00 Computer Basics	Computer Lab 9:30-11:30
1:00-3:00 David Anderson 3:00-4:40 Geoff Kotowski	Computer Lab 1:00- 4:30 Eve Flochild	Computer Lab 1:00- 4:30 Eve Flochild	1:00-4:30 Allen Davis	10:00-11:30 Eve Flochild	Maurice Anderson
M 12/16	T 12/17	W 12/18	TH 12/19	F 12/20	S 12/21
Computer Lab 10:00-12:00 Harry Chung 1:00-3:00 David Anderson 3:00-4:40 Geoff Kotowski	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:30 Allen Davis	Computer Lab 9:00-2:00 Computer Basics 10:00-11:30 Eve Flochild	Computer Lab 9:30-11:30 Maurice Anderson
M 12/23	T 12/24	W 12/25	TH 12/26	F 12/27	S 12/28
Computer Lab 10:00-12:00 Harry Chung 1:00-3:00 David Anderson 3:00-4:30 Geoff Kotowski	Senior Center and the Computer Room are closed. Happy holidays.	Senior Center and the Computer Room are closed. Happy holidays.	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:30 Allen Davis	Computer Lab 9:00-2:00 Computer Basics 10:00-11:30 Eve Flochild	Computer Lab 9:30-11:30 Maurice Anderson
M 12/30 Computer Lab 10:00-12:00 Harry Chung 1:00-3:00 David Anderson 3:00-4:30 Geoff Kotowski	T 12/31 Internet Basics 9:00-12:00 Eve Flochild 1:00-4:30 Eve Flochild	W1/1/2014 Happy, healthy New Year 2014	TH 1/2/2014 Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:30 Allen Davis	F 1/3/2014 TBA	S 1/4/2014 Computer Lab 9:30-11:30 Maurice Anderson

Cambridge Citywide Senior Center 806 Massachusetts Avenue Cambridge MA 02139 To register; Call 617-349-6060 EX 6045



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Newslines

Lisa Castagna Sanaa Mohamed Susan Pacheco

Our appreciation to the Executive Office of Elder Affairs for funds to support this publication.

www.cambridgema.gov/DHSP/COA

Citywide Senior Center

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Food Service Manager

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Guerlyne Pierre

Cambridge Council on Aging 806 Massachusetts Avenue Cambridge, MA 02139