Newslines

The Newsletter of the Cambridge Council on Aging
806 Massachusetts Ave., Cambridge, MA 02139
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North Cambridge Senior Center 617.349.6320
July 2014 www.cambridgema.gov/DHSP

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Dear Seniors:
Lemonade; watermelon; BBQs; flip flops; Adirondack chairs; soaring temperatures – all of these are images of summer! After such a long winter and *so-so* spring, I'm welcoming summer and want to savor every moment of this season. I always enjoy the longer days and the more carefree attitude I embrace. I also enjoy connecting with neighbors that were rarely seen during winter because we all hibernate during those cold winter days. Most of all I look forward to summer vacation. This year, my family and I are travelling to the island of São Miguel in Azores, Portugal. It has been a few years since we have visited my family's native land. We are very much looking forward to it. It is always wonderful to have the opportunity to get away. It helps you to refresh and look at things through a new lens. Even if you are not travelling across the ocean, I hope that you all find a special place that you can go to and refresh. Whether it is a day trip in the New England area or a nature walk through Mt. Auburn, enjoy! Here's to summer!
Warm Regards,
Susan P. Pacheco

A Perfect Day at Mt. Auburn

We were lucky to have perfect weather after the merry-go-round we've been on!!
A group of 12 seniors along with Arline and myself went for more of a nature walk than a bird walk. We did see and hear a fair number of birds but with the leaves now on the trees they were very hard to see. Our list included: Red- winged blackbird, Common Grackle, Baltimore Oriole, American Goldfinch, Double-crested cormorant, mallard ducks, red-tailed hawk, chimney swifts, Northern Flicker, White-breasted nuthatch, American Robin, and Yellow Warbler.
We started at Willow Pond and walked the circumference. There were turtles, frogs, butterflies and amazing trees. One of the most impressive was an ancient species of Dawn Redwood. The beech trees are also wonderful – If you get a chance to stand under a large weeping beech, you can notice the light, the dappled shade, the peace.
Our driver took us up to the highest point in the cemetery: the Washington Tower. The view from the hill is amazing with the Boston skyline in the distance, the treetops near us, and above the tower. We did not attempt to go up. It does have stairs but is a very steep walk to the top. While there, Arline suddenly spied a hawk which landed not far from us to grab its prey, then flew up into a tree where it was harassed by other birds, including another Baltimore oriole.
We then went to Auburn Lake – another beautiful spot with a small stone bridge and many azalea and rhododendron. We also took a look at Isabella Stewart Gardner's final resting place.
There is so much to see and we never have enough time – it left us eager to return.

Liz Seelman, COA Outreach Case Manager

Photo Courtesy of
Rebecca Evans

SNAP (food stamp) Application Assistance!!

The Greater Boston Food Bank is excited to announce that they have established a SNAP Outreach Program. **Tuesday's in July from 12:30pm– 2:00pm and Thursday's in July from 10:00am – 12:00pm at the Cambridge Citywide Senior Center (806 Massachusetts Ave)** Brittany Mangini, a SNAP Application Assistance counselor will be available to **assist elders and persons with disabilities with the application process and following up with the Department of Transitional Assistance**.

There have been some changes that have occurred around eligibility for this benefit, for example **if you are a person over the age of 60 and have a gross monthly income of less than $1945** you qualify for food benefits **(the gross income limitation for a 2 person household with a person over the age of 60 is $2,622 per month)**. So even if you've applied before or don't think you're eligible stop by anyway! **Brittany is available to discuss the eligibility requirements, assist with submitting the application, answer any questions you might have and help you with follow up to make sure you get the benefits you deserve**.

For additional information contact **Brittany Mangini at 617-431-8341 or bmangini@gbfb.org** or stop by the **Cambridge Citywide Senior Center** to speak to her in person. Brittany is also available to do a **private screening** over the phone please call her for more details.

The Greater Boston FOOD BANK

***NEWSLINES SUBCRIPTION 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 Mass. Ave. Cambridge, MA 02139 Attn: **Cambridge Council on Aging**

Name: _____

Address: _____

City: _____ **State:** _____ **Zip Code** _____

Phone number ( ) _____

July 2014 Happenings at the Citywide Senior Center

Summer 8-Weeks Beginner's Zumba Class
Tuesdays, July 1, 8, 15, 22,
August 5, 12 & 19 1:00-2:00

Zumba combines Latin and International music for a fun and effective workout. Come join the fun. Cost: $3.00 class.

Castle Island Walking Club & Fishing
Wednesdays, July 2 & 9, 9:00 - 12 noon

It is said that Castle Island is a place where the past, present and future collide. It is one of the treasures of Boston, come and join us as we walk around this beautiful bay. Cost: $4.00 for school bus transportation.

Books on Review
Tuesday, July 8, 1:00-2:00

Join us as Outreach Librarian, Carole Feeney Withrow visits the Senior Center to entice us with previews of some new books along with interesting stories about the book or author. This is a free event open to seniors 60+.

Jewelry Class
Wednesday, July 9 & 23, 1:30-3:00

In this class you will learn how to make your own Jewelry or gifts for others. Everything needed to get started is available. Cost: $ 3.00 class plus materials.

Health & Wellness Talk
Thursday, July 10, 1:00-2:00

Topic: Summer Safety
Summer is a time for enjoying the great outdoors! Unfortunately, the summer sunshine, the UV rays and heat also can bring a few dangers, especially for seniors, including sunburn, eye damage, dehydration, heat exhaustion and more. Learn some helpful hints on how to stay safe while enjoying the season. Lecture presented by Roberta Robinson

Cooking New Zealand Style with Chef Richard
Tuesday, July 15, 11:30-1:00

Cooking New Zealand Style! Come and join DHSP's Richard Slater as he cooks up a taste of the New Zealand summer, right here at the Senior Center. From Corn Fritters to BBQ skewers to unique salads, come and enjoy not only the tastes of New Zealand, the Jewel of the South Pacific, but also find out about this beautiful country as Richard shares his story growing up in Aotearoa – Land of the Long White Cloud. Cost: $2.00 Preregistration required.

Gourmet Pizza Cooking Class
Wednesday, July 16, 11:30-1:00

In this pizza demonstration we will discover gourmet taste with a few simple ingredients and store bought dough. Pizza doesn't have to ooze cheese and sauce to be tasty. Skip the cardboard box and make your own perfect pie. Sample provided. Cost $2.00 Preregistration required.

Walking Club outing to Revere Beach Sand Sculpture Festival Friday, July 18, 9:00-1:00

Join the Senior Center as we visit Revere Beach Sand Sculpting Festival, the annual contest where sand sculptures are rated for the most creative and most original work of art. This is a not to be missed field trip. Sign up required. Cost: $4.00 transportation

Day Trip to Lake Winnipesaukee, N.H.
Wednesday, July 23, 8:00 am – 6:00 pm

Day Trip to Lake Winnipesaukee, Weirs Beach New Hampshire. This is a full day trip. Senior Participants are invited to enter a lottery drawing for a free lunch and boat cruise. This trip is sponsored by the Fresh Pond Trust. Cruise and Lunch are free; Motor Coach Transportation cost $25.00. Due to limited space tickets will be available on a lottery basis. If you are interested in this trip, please submit your Lottery Form located @ the front desk Tuesday July 10th. You will be notified by telephone if you have won. You will be required to submit an Emergency Trip form located at the front desk along with your payment by Tuesday July 18. This trip is a Moderate Activity Level:
PARTICIPANTS MUST BE ABLE TO CARRY A BUFFET TRAY, CLIMB A FLIGHT OF STAIRS, REMAIN STANDING FOR UP TO ONE HOUR, AND MUST BE ABLE TO MANUEVER AROUND ON A BOAT INDEPENDENTLY.

Book Group & Tea
Thursday, July 24 1:00-2:00

Book: Hotel on the Corner of Bitter & Sweet by Jamie Ford.

www.cambridgema.gov/DHSP/COA

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

JULY 2014

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. $2.00 donation **Lunch:** Reservations Required $2.00 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 Senior Singers 10:00-11:30 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 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 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 Chinese Singers 10:00-11:30 Better Balance 10:00-10:50 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	Grandet An Aksion 9:00-2:00 Computer Lab 9:00-12:00 Meditation 9:00-9:45 Ceramics 9:30-12:00 Noon 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 p.m.**	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 Clay Sculpture/Open Studio 9:00-11:30 Computer Lab 12:00-2:00 **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 JULY 2014

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 **Summer 8 Week Beginner's Zumba Class** 1:00-2:00 **NO ESOL**	**2** **Castle Island Walking Club & Fishing** 9:00-12:00 Weather permitting. *School bus transportation $4.00.*	**3** **Town Meeting** 12:00-1:00 **Birthday Party** 1:00-2:00	**4** **HOLIDAY SENIOR CENTER CLOSED**	**5**
7 **Afternoon Tea on the Patio** 3:00-3:30	**8** **Zumba** 1:00-2:00 **Books On Review** 1:00-2:00 **NO ESOL**	**9** **Castle Island Walking Club & Fishing** 9:00-12:00 Weather permitting. *School bus transportation $4.00.* **Jewelry Class** 1:30-3:00	**10** **Health & Wellness Talk** **Summer Safety with Roberta Robinson** 1:00-2:00	**11**	**12**
14 **Afternoon Tea on the Patio** 3:00-3:30	**15** **Cooking New Zealand Style with Richard Slater** 11:30-1:00 Preregistration required Cost:$2.00 **Zumba** 1:00-2:00 **NO ESOL**	**16** **Gourmet Pizza Cooking Class.** 11:30-1:00 Preregistration required Cost: $2.00	**17** **4th Of July** **Ice Cream Social** 1:00-2:00 Ticket required $2.00	**18** **Walking Club – Revere Beach Sand Sculpting Festival** 9:00-1:00 $4.00 Transportation	**19**
21 **Cell Phone Drop-in Hours** 10:00-12:00 **Dinner & Bingo** 4:00-6:00 Dinner: 4:00 Bingo 4:30	**22** **Summer - Ladies & Men's Breakfast** 9:00-10:00 **Zumba** 1:00-2:00 **NO ESOL**	**23** **Lake Winnipesaukee Trip** Cruise Mt. Washington 8:00 AM – 6:00 PM COST: $25.00 per person ticket required Trip Includes: Motor Coach Transportation & meal **Jewelry Class** 1:30-3:00	**24** **Book Group & Tea** 1:00-2:00 Book: *Hotel on the Corner of Bitter & Sweet* by Jamie Ford	**25** **Friday's Brunch** 8:30 –11:15 Sign up required Cost: $2:00	**26** ***Save the Date, Patio Party August 4, 5:00-7:00 Tickets go on sale July 21***
28 **Dinner & Bingo** 4:00-6:00 Dinner 4:00 Bingo 4:30	**29** **ESOL Begins** **Zumba** 1:00-2:00	**30 MAYOR'S HARVARD LUNCHEON** **All Classes Cancelled**	**31** **Big Screen Movie:** *Saving Mr. Banks* 1:00-3:00 Refreshments		

NORTH CAMBRIDGE SENIOR CENTER 617-349-6320 www.cambridgema.gov/DHSP/COA

DAILY EVENTS AT OUR CENTER ☙ ☙ ☙ July 2014

Lunch Served Monday –Friday 11:30a.m. 12:15 p.m. Reservations Required $2.00 Donation

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Club 10:20-12:00 **(Please call by 9am to confirm)** Spanish Class 11:00-12:00 Lunch 11:30-12:15 Bingo 1:00-3:00	Strength Building **(on summer break)** Lunch 11:30-12:15 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 **(on summer break)** Movie 12:30- 2:30	Watercolors **(moved to Tuesdays for July)** Lunch 11:30-12:15 Yoga 3:00- 4:00	Zumba **(on summer break)** Lunch 11:30-12:15 Whist 1:00-3:00

SPECIAL EVENTS & ACTIVITES AT OUR CENTER ☙ July 2014

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1 	2 **Movie: (Comedy) PG13** ***Gambit*** **Starring Cameron Diaz** **1Hr 29Min**	3 	4 **Center closed** **Happy 4th of July**
7 **Open Forum** **12:15pm-1:15pm**	8 **WATERCOLORS CLASS** **9:30AM-11:00AM**	9 **Birthday Tea 12:30pm** 	10 	11
14 **SCES BBQ** **11:30am** **Please call Lillian to make a reservation** **617-349-6324**	15 **WATERCOLORS CLASS** **9:30AM-11:00AM**	16 **Movie: (Drama) PG13** ***SON of GOD*** **Starring Diogo Morgado and Roma Downey** **2Hrs 18Min**	17 **Summer Luncheon** **12:00pm-1:30pm** **Sponsored by Cadbury Commons** **Registration is Required**	18
21 **Clase Espanola Gratis (Free Spanish Class every Monday Starting at 11am)**	22 **WATERCOLORS CLASS** **9:30AM-11:00AM**	23 **Movie: (Comedy) PG13** ***The Guilt Trip*** **Starring Barbara Streisand and Seth Rogen** **1Hr 35Min**	24 **Day Trip to Georges Island** **Bus leaves at 9:00am** **And Returns at 4:00pm** **Cost is $13.00 Includes transportation & ferry ticket** **Lunch is on your own**	25
28 	29 **WATERCOLORS CLASS** **9:30AM-11:00AM**	30 **Harvard Picnic** **(All Programming is cancelled)**	31 **Lunch at Changsho** **Join us for lunch with the option to walk or take the MBTA** **11:30am-1:30pm**	

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www.cambridgema.gov/DHSP/COA

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