

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 April 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.

October Mall Walking

In the month of October we will be offering an indoor Mall Walking Group that will take place at Arsenal Yards in Watertown. The group will leave from the Senior Center in Central Square at 10:30am and will return to the Senior Center at 1:00pm.

The dates for this indoor walking group will be:

Tuesday, October 8

Wednesday, October 16

Tuesday, October 22

Reservations are required two business days in advance. Please call the Transportation Office at 617-349-7254.

Home pick up is available upon request.

Please specify if you want home pick up while making reservation.

On Tuesday 10/8 & 10/22 home pick up is available in North & West Cambridge

On Wednesday 10/16 home pick up available in Central Square and East Cambridge

Please contact Vincent McCarthy

vmccarthy@cambridgema.gov 617-349-6216

if you have any questions.

Long-Term Care Ombudsman Presentation Monday October 21, 6pm-7pm

Please join us for a Long-Term Care Ombudsman Program presentation presented by Jillian O'Brien, Long-Term Care Ombudsman Program Director at Greater Lynn Senior Services Inc. "A Long-Term Care Ombudsman is an advocate for residents in long term care facilities. Ombudsmen offer a way for residents and their loved ones to voice their complaints and have their concerns addressed so that residents can live their lives with dignity and respect." We hope to see you there so you can learn about this program!

Medication Takeback Day

Monday October 28, 1:00-3:00 (IP)

The Cambridge Public Health Department (CPHD), Cambridge Police Department, and Cambridge Council on Aging are hosting a Medication Takeback Event. Personnel will be available on-site in the lobby to accept unwanted or unused prescriptions, over-the-counter meds, and vitamins. Sharps and liquids will NOT be accepted.

October 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



October 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
Wednesdays, 1:00-2:00

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.

Empowered Caregiver Series with the Alzheimer's Association

Thursday, October 3, 10, 17 and 24
11:00 – 12:00pm

Caring for someone living with dementia brings a unique set of challenges and rewards. Learn to navigate the responsibilities of middle and late-stage caregiving in this education program.

Topics in the program include:

- » Building foundations of caregiving.
- » Supporting independence.
- » Communicating effectively.
- » Responding to dementia-related behaviors.
- » Exploring care and support services.

Register in advance with Courtney Johnson
courtney.johnson@eldercare.org
617-628-2601 ext 3168

Music Jam Session

Monday, October 7, 4:30-6:30pm

ESOL Conversation & Reading Class

Tuesday October 8, 10:00-12:00 pm

An Intermediate/ High-Intermediate Conversation and Reading Class will meet in-person twice a month, every 2nd and 4th Tuesday. On the 1st and 3rd Tuesdays,

you will receive a selected reading with vocabulary support. We will use this reading as part of our next in-person class. Class is canceled on October 15 and 22.

LGBTQ+ Film Series

Tuesday, October 8, 10:00-12:30

Movie: *Professor Marston + The Wonder Women* American biographical drama film about American psychologist William Moulton Marston, who created the fictional character Wonder Woman.

For additional information, please contact Phoebe Hallahan, LGBTQ+ Programming Leader at phallahan@cambridgema.gov or 617-349-9177

Veterans and Friends Support Group

Wednesday October 9, 1:00-2:00 PM

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. The focus will be on promoting self-care, wellness, and peer support. For more information, please contact Dee Cannon at dcannon@cambridgema.gov

Book Group

Thursday, October 10, 12:00 - 1:00pm

***The Book of Lost Friends* by Lisa Wingate**

This tale begins in the aftermath of Reconstruction, when three young women set off from Louisiana to Texas as unwilling companions on perilous quests: Lavinia, the pampered heir to a now-destitute plantation; Juneau Jane, her illegitimate free-born Creole half-sister; and Hannie, Lavinia's former slave.

Men's Group

Tuesday, October 15, 10:00-11:30am

Please join us. Light refreshments will be served. . Please contact Vincent McCarthy at vmccarthy@cambridgema.gov

Fall 2024 Flu and COVID Vaccine Clinic

Wednesday October 16, 10 – 2pm

During the month of October, the Cambridge Public Health Department will be offering COVID-19 and flu vaccines to adults and children who live in Cambridge. Everyone 6 months and older should get flu and COVID-19 vaccines this fall. Registration is encouraged and will be open in October. Bring your insurance card if you have one. We recommend wearing layers as it makes it faster and easier to administer vaccines in the arm. Medical staff will be available to speak with anyone who has vaccine questions or concerns.

The Antidote to "getting old" wisdom purpose and creativity Presentation

Thursday, October 17, 1:00-2:00pm

In this presentation, we'll examine the contradiction in the commonly-held belief that we want a long life, but we don't want to "get old." We'll look at examples of how people find a "good life" in even when living with the real challenges of older age: limitations, loss, illness. The presentation will also provide practices that help people move from avoidance or denial of "being old" towards more satisfaction with their long life. The presenter Marie Clouqueur, LICSW is a therapist in the Geriatric Psychiatry Outpatient Clinic at McLean Hospital and leads the clinic's dementia caregiver program.

Billiard's dedication ceremony for Jack Harney on Thursday Oct 17

Halloween Bingo and Continental Breakfast

Monday October 21, 9am – 11am

Continental Breakfast: 9am-10:30am

Bingo: 9:30-11am

Menu: bagels and cream cheese, muffins, croissants, yogurt parfait, coffee, tea and juice. Registration is required. Ticket cost \$5.00. Please register by October 15.

Women's Social Group

Monday, October 21, 12:30-2:00pm

Join us for the new Women's Social Group meeting. We will laugh, share ideas and enjoy each other's company. For more information, please contact Alicia Johnson at 617-349-6220 or aliciaj@cambridgema.gov

Film and Discussion

Tuesday, October 22, 1:00 - 3:30

Movie: *Rescued by Ruby* State trooper Dan dreams of joining the K-9 Search & Rescue team, but no one will give him the chance. Shelter dog Ruby dreams of having a home. For more information, please contact: vmccarthy@cambridgema.gov 617-349-6220

Senior Home Education Mini-Series

Thursday, October 17, 24, 10:00am-11:00

Join Jennifer Jonassaint from Homeowners Rehab for a Senior Home education mini-series. Each session will run 60 minutes on the second and fourth Thursday of the month, from October thru December 2024.

Topics in October:

How to set up my annual home maintenance schedule

How to interview and vet safe and skilled contractors to prevent scams for success

Senior Center Anniversary Party

Thursday October 31 12:30-3:00pm (IP)

Join us as we celebrate our 29th Anniversary with a catered lunch and music provided by DJ Owen Howell. Registration is required. Space is limited. Ticket cost \$10 .

October – Weekly Class Schedule

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--------------------------------------|---|
| Qi Gong (V) 9:00 – 9:45 | Computer Lab (IP) 9:00 – 4:00 | Chinese Singers and Chinese Folk Dancing (IP) 9:00 – 12:00 | Meditation (V) 9:00 – 9:45 | Qi Gong (V) 9:00 – 9:45 |
| Computer Lab (IP) 9:00 – 5:00 | Mat Yoga (IP) 10:00 – 11:00 | Music Instrument Lessons (IP) 9:00-10:00 | Computer Lab (IP) 9:00 – 4:00 | Computer Lab (IP) 9:00 – 11:00 |
| Tech Help (IP) 9:00 – 11:00 | Balance Chi Kung (IP) 11:30 – 12:30 | Computer Lab (IP) 9:00 – 4:00 | Zumba Gold (IP) 9:00 – 9:45 | Flamenco Dance (H) 10:00 – 11:00 |
| ESOL/Chinese (IP) 9:30 – 10:30 | Zumba Gold (IP) 1:00 - 1:45 | ESOL (CLC) (IP) 9:30 – 11:45 | Tai Chi (IP) 11:00 – 12:00 | Ping Pong — Beginners (IP) 8:30 – 9:30 |
| Spanish Fun Lessons (IP) 9:30-11:00 | Board and Card Games (IP) 1:00 – 3:00 | Flamenco Tango (V) 10:00 – 11:00 | Low Impact Fitness 1:00-1:45 (IP) | Ping Pong — Experienced (IP) 9:30 – 10:30 |
| Strong and Stretched (IP) 11:00 – 12:00 | Tech Help (IP) 1:00 - 4:00 | Chorus (IP) 10:30-11:30 | | Yoga for Better Balance (IP) 10:30 – 11:30 |
| Art Class 1:00-200 (V) | Chair Exercise 2:00-2:45 (IP) | Chair Exercise (V) 11:15 – 12:00 | | |
| Ballroom Dancing (IP) 1:00 – 3:00 | | Tech Help (IP) 1:00 - 2:00 | | |
| Intro to Theatre (IP) 1:30-2:30 | | Crafts and Social Group (IP) 1:00 – 3:00 | | |
| Portrait Drawing Class 3:00-5:00 (IP) | | Strong and Stretched (V) 1:30 – 2:30 | | |
| Line Dancing (H) 6:00 – 7:00 | | | | |
| Spanish (V) 6:45 – 8:00 | | | | |

October Special Events Calendar

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| | 1 | 2 | 3 Empowered Caregiver Series 11:00 – 12:00 (IP) | 4 Yoga for Better Balance (IP) Cancelled |
| 7 Strong and Stretched Canceled Music Jam Session 4:30-6:30 | 8 COA Board Meeting 9:30-11:00 (V) ESOL Intermediate: 10:00-12:00 (IP) LGBTQ+ Film Series 10:00-12:30 (IP) Movie: <i>Professor Marston and The Wonder Women</i> Mat Yoga Cancelled | 9 Veterans & Friends Support Group 1:00-2:00 (IP) Strong and Stretched Cancelled | 10 Book Group 11:45- 1:00 (H) Empowered Caregiver Series 11:00 – 12:00 (IP) | 11 Meditation and Mandala (IP) Yoga for Better Balance Cancelled |
| 14 Indigenous Peoples Day Holiday Senior Center Closed | 15 Men’s Group 10:00-11:30 (IP) ESOL Intermediate: Cancelled Mat Yoga Cancelled | 16 Flu and COVID Vaccine Clinic 10:00-2:00 (IP) Strong & Stretched Canceled Safety Awareness 1:00-2:00 (IP) Music Lessons and Chorus Canceled. | 17 Cambridge Consumers Council Drop-In Information Table 11:00-12:30 The antidote to “getting old” wisdom purpose and creativity 1:00-2:00 (IP) | 18 Yoga for Better Balance (IP) Cancelled |
| 21 Women’s Social Group 12:30-2:30(IP) Halloween Bingo and Continental Breakfast 9:00- 11:00 (IP) Intro to ballroom dancing workshop 3:30-4:30 (IP) Presentation long term care Ombudsman 6:00-7:00 (IP) | 22 ESOL Intermediate: Cancelled Film and discussion 1:00-3:30 (IP) Movie: <i>Rescued by Ruby</i> | 23 Meeting 11:30-1:00 (IP) | 24 Empowered Caregiver Series 11:00 – 12:00 (IP) 31 Senior Center 29th Anniversary | 27 |
| 28 Mass Senior Action Council Meeting | 28 Continued 11:30-1:00 (IP) | 28 Continued Medication Takeback Day | Party 12:30-3:00 (IP) | |

October 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.

Chorus

Experience the joys of singing, regardless of how "good" your voices are. We'll pick songs based on whether people like them and will work on 10–12 songs at a time. Songs can be of any genre or era.

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.

Instrument (Individual or Small Group Lessons)

Here is your chance to learn to play an instrument — even if you have never played one before! Or dust off the instrument you used to play and give it a new life.

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.

Low - Impact Fitness

This class is designed for people of all levels to strengthen the muscles, the heart, and the brain, all while having fun and moving to great music. Prepare to sweat as we use our own body weight as well as light hand weights, and some low-impact cardio. Come as you are and take everything at your own pace, and you will feel the benefits in mind and body!

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.