



Newslines

The Newsletter of the Cambridge Council on Aging
806 Massachusetts Ave., Cambridge, MA 02139
Office 617.349.6220

July 2022 <http://www.cambridgema.gov/DHSP/COA>

Dear Seniors:

It never stops, does it? I feel as if each month when I sit down to write to you, more news abruptly stops me in my tracks.

I know I have said previously in this space, the importance of taking care of oneself. Put your phone down and rest when you need to and shut down those news channels, to give both your brain and heart a chance to recover. Look for an ally that you can speak to and listen without judgement.

I often look to my childhood hero: Mr. Fred Rogers, for guidance and feel-good inspiration. I will leave you with this quote: "Confronting our feelings and giving them appropriate expression always takes strength, not weakness. It takes strength to acknowledge our anger, and sometimes more strength yet to curb the aggressive urges anger may bring and to channel them into nonviolent outlets. It takes strength to face our sadness and to grieve and to let our grief and our anger flow in tears when they need to. It takes strength to talk about our feelings and to reach out for help and comfort when we need it." ~ Fred Rogers
Please stay well!



Warm Regards,
Susan P. Pacheco
Executive Director

Cambridge Food Resource Guide

Community Meals

Hours and location information may change, and programs may have eligibility restrictions. We suggest confirming all details with programs directly. Please note that to-go bag meals will replace sit-down meals at most locations until further notice. All meals are free unless otherwise noted.

Faith Lutheran Church/Faith Kitchen 311 Broadway, 617-354-0414 2 nd & last Tues of the month, 6:30pm	Food Not Bombs 1 Central Sq. (Carl Barron Plaza) Saturday, 12-4pm
Salvation Army 402 Mass Ave., 617-547-3400 Every day, 11:30am & 12:00pm	First Korean Church/Loaves & Fishes Meal Program 35 Magazine St., 617-491-1474 Saturday, 5:30pm
Harvard Square Churches Meal Program 0 Garden St., 617-966-6217 Thursday, 4-5:30pm	Material Aid & Advocacy Program (MAAP)* 5 Longfellow Park Tues & Thurs, 9am-3pm
Mass Ave Baptist Church/Project Manna 146 Hampshire St., 617-868-4853 Monday, 1:30-2:30pm	First Church Cambridge/The Friday Café 11 Garden St., 617-547-2724 Fri: 12-3pm; Weds: 4-6:30pm
Solutions At Work 1 Central Sq. (Carl Barron Plaza), 617-401-5335 Mon-Fri, 4-5pm	The Outdoor Church Outdoors at Porter Sq. T Station Sunday (following church service), 9-10:30am
Hope Fellowship Church* 16 Beech St., 617-868-3261 Tues & Sun, 5-6pm	Tuesday Meals at First Parish 3 Church St., 617-876-7772 Tuesday, 4-6:30pm
Citywide Senior Center 806 Mass Ave, 617-349-6042 Mon-Thurs, 11:30am-12:15 Must make reservation by phone by 11am day prior Suggested donation of \$3	St. Peter's Church/CommonCare 13 Sellers St., 617-547-7788 2 nd & 4 th Sat of the month (Sept-June only), 4:30-5:30pm (dates occasionally vary)

* For people currently experiencing homelessness

Somerville-Cambridge Elder Services (SCES) offers a variety of nutrition and meal services, including **congregate meals** and **Meals on Wheels** home delivery for adults ages 60+. For more information, please visit bit.ly/2Qs3kVB or call 617-628-2601.

If you have any updated information to provide for this guide, please email: cambridgeinmotion@challiance.org
 To view this flyer online, please visit: bit.ly/cambfoodguide



Cambridge Food Resource Guide

Food Pantries

Hours and location information may change, and programs may have eligibility restrictions. We suggest confirming all details with programs directly.

Cambridge Economic Opportunity Committee (CEOC) 11 Inman St., 617-868-2900 Tuesday 12-2p; Thursday 11am-1pm	Cambridge Economic Opportunity Committee (CEOC) 266B Rindge Ave., 617-686-2900 Monday & Wednesday, 2-6pm
St. James Episcopal Church/Helping Hand Food Pantry 1991 Mass Ave, 617-547-4070 2 nd & 4 th Saturday of the month, 9-11am	Mass Ave Baptist Church/Project Manna 146 Hampshire St., 617-868-4853 3 rd Saturday of the month, 8am (while supplies last)
East End House 105 Spring St., 617-876-4444 Tuesday & Friday, 1pm	St. Paul Parish 29 Mt. Auburn St., 617-491-8400 Saturday, 10am-12pm
Cambridge Community Center 5 Callender St., 617-547-6811 Tuesday through Friday, 1-3pm	St. Paul AME Church/Elnora Yard Food Pantry 85 Bishop Allen Dr., 617-661-1110 Wednesday 3-5pm; Thursday 12-2pm
Margaret Fuller Neighborhood House 71 Cherry St., 617-547-4680 Wednesday 4-6:30pm; Thursday 2-5pm; Friday 9am-12pm; Saturday 10am-1pm	Salvation Army 402 Mass Ave., 617-547-3400 Monday, Wednesday, Friday 11am-1pm (Also available Monday-Friday by appointment)

Food For Free Healthy Eats Home Delivery Program

Food For Free's Healthy Eats Home Delivery program brings grocery boxes to the homes of qualifying, low-income Cambridge residents who are unable to access traditional food pantries due to illness or disability and do not have relatives or caretakers who are able to assist with groceries. Applicants under 80 years old must provide a medical referral explaining disability or impairment that prevents access to local food pantries and lack of a caretaker who can go to a food pantry on their behalf. Participants will not be enrolled without a medical note. To apply, please call 617-273-0817 or visit bit.ly/2UBoGSx

SNAP, WIC & More

For more information about **SNAP, WIC or other food assistance resources**, please contact Project Bread at 800-645-8333, or the Cambridge Economic Opportunity Committee (CEOC) at 617-868-2900.

To learn more about using **SNAP, SNAP Match, or HIP at Cambridge farmers markets**, please visit: bit.ly/SNAPMatch

For more information about **stores that accept SNAP or WIC in Cambridge**, please visit: bit.ly/CambSNAPstores

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Information & Referral

SHINE Program

Are you new to Medicare? Are you turning 65 soon, or losing employer-based health insurance coverage? The SHINE program can help you understand your Medicare health insurance coverage options. For more information, please call the Council on Aging at 617-349-6220.



KEEP YOUR COOL IN THE HEAT

Hot weather can place a dangerous strain on your body, especially on your heart. Heat stress can cause many medical problems. Taking a few precautionary steps against heat stress and learning what resources will be available in the event of a heat wave can mean a more comfortable and safer summer.

Temperatures above 90 degrees, especially when combined with high humidity place a strain on your body. Your chances of getting sick in hot weather are increased by a weak or damaged heart, hypertension, circulatory problems, diabetes, a previous stroke, infection or fever, diarrhea, alcohol consumption, skin disease or sunburn, or being overweight.

Certain prescription drugs can make you much more vulnerable to the heat. If you take medicine for high blood pressure, nervousness, depression, poor circulation or sleeping check with your doctor or pharmacist for advice.

During hot weather, most people feel uncomfortable, and may notice a lack of energy or loss of appetite. These are mild signs, and unless they last a long time, there is no need to be alarmed. Take steps to cool down and you avoid more serious affects of the heat.

However, if you or someone you know experiences any of the following serious signs, bathe with cool water and seek medical advice immediately: dizziness, rapid heartbeat, diarrhea, nausea, throbbing headache, dry skin (no sweating), chest pain, great weakness, and mental changes, breathing problems or cramps.

The Cambridge Council on Aging will serve as the main number for individuals to call for information and assistance in the event of a heat emergency. A staff person will provide information on preventive steps to avoid heat stress and coordinate with available community resources to link you with the assistance you need.

The Cambridge Senior Center, 806 Mass. Ave. and the North Cambridge Senior Center, 2050 Massachusetts Ave. will operate as 'cool shelters' where Cambridge elders are welcome to come and cool off. The Cambridge Senior Center is open Monday 8:30 a.m. – 8:00 p.m., Tuesday – Thursday 8:30 a.m. – 5:00 p.m., and Friday 8:30 – Noon. The North Cambridge Senior Center is currently open only on Mondays 11:30 a.m. – 5:00 p.m. and Fridays 11:30 a.m. – 3:00 p.m. To see if a formal heat emergency has been declared, please contact the Council on Aging at 617-349-6220. If you are a senior, who is low income, and who does not have a fan, and has difficulty affording one, please call and ask for Vincent, Dee or Maryellen at 617-349-6220. (Seniors, who have received a fan within the last 3 years, will be ineligible, unless circumstances deem it necessary).

Cambridge Council on Aging 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.

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: Beginning and Intermediate English for Seniors Conversation, vocabulary, basic grammar with Colleen Brennan, 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 Morning Jive: Wake up your body, mind, and soul with stretching, strengthening, and dancing -- all from home! Music from disciplines such as yoga, Pilates, tap, jazz, West African, modern and ballet dance. No dance experience necessary. Movements will be demonstrated from a seated position but can be modified to be done while standing.

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.

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.

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 utilizing what you have available at home. 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.

Strong & Stretched: A 45-minute class starting with a cardio warm up, strengthening exercises using hand weights (try soup cans/water bottles) or Thera bands for resistance. Muscle conditioning reinforces good posture and class ends with deep Yoga stretches.

Watercolor Painting: Learn Methods and techniques used to create watercolor art in this self-paced, instructor-led class. Participants responsible for their own watercolor painting supplies.

Zumba Gold: This is a low impact, easy to follow, 45-min Latin inspired dance class. This class is appropriate for adults of all fitness levels and participants can go at their own pace.

July 2022 Happenings at the Cambridge Council on Aging

To register for classes/programs, unless specifically noted otherwise, please call the COA @ 617-349-6220.

*PHOTOGRAPHY CLASS

Thursday, July 7, 14 and 21, 10:00-11:30

We will learn about photography and help you take control of your camera, finally!

We will learn about technical features of the camera as well as how to compose photographs.

Charlesgate Yacht Club Trip

Monday, July 11, 10:00-2:00

We are invited to the Charlesgate Yacht club for a delicious lunch and a cruise down the Charles River.

Registration is required.

\$5.00 transportation cost.

*Tech-Help: Smartphone Q&A: Basics

Mondays July 11, 18 and 25, 9:00-11:00

Tuesdays July 5, 12, 19 and 26, 1:00- 4:00

Fridays July 1, 8, 15, 22 and 29, 9:00-11:00

Staff will be available to answer common questions about your wireless devices, laptops, and applications such as Zoom and Facebook.

Please call to register 617-349-6220

Senior Jam Sessions

Monday, July 11 and 25, 4:00-6:00

Are you over the age of 60? Do you play an instrument or sing? Have you been looking for an opportunity to get together with other musicians and jam on your favorite tunes? If you answered yes to these questions then we have the jam session for you.

Book Group

Thursday, July 14, 11:45-1:00

*Health & Wellness Discussion

Thursday July 14, 1:00-2:00

With Roberta Robinson from CHA.

Topic: Happy for No Reason what does this mean? How do we get there? Everyone wants to be happy or happier, right?

Please join me as we explore this topic and discover techniques to help us get there and stay there.

BBQ Party

Monday, July 18, 11:30-12:15

Men's Group

Tuesday, July 19, 10:00-11:30

Come join the Men's Group, light refreshments will be served.

This in-person event will take place at The Cambridge Senior Center in our 2nd floor Kitchen Classroom. For more information or to register for this event, please contact Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

In-person Arts and Crafts Class "Paint Party"

Thursday, July 21, 1:00-3:00

Cost: \$5.00 per person and includes all materials.

Registration is required and space is limited.

Film and Discussion

Tuesday, July 26, 1:00-3:00

Movie: *Joe Bell (2020)*, rated R

This will be our first in person meeting of Film & Discussion since 2/2020.

The true story of an Oregonian father who pays tribute to his gay teenage son, Jadin, by embarking on a self-reflective walk across America to speak to heartland citizens about the real and terrifying costs of bullying. This group will meet in the Arts & Crafts room on the 2nd floor.

Patio Party

Thursday, July 28, 12:30-3:00

Entertainment by DJ. Owen Howell

Come and have fun with Music food and the company of your friends on our patio for the first party on our patio this summer.

Ticket cost \$7.00 space is limited.

In-Person Classes/Programs schedule for the Cambridge Senior Center at 806 Massachusetts Ave.:

*Strong and Stretched on Mondays, 11:00-12:00

* Cultura Latina Mondays, 11:00-12:00

* Bingo on Mondays, 1:00-3:00.

*Line Dancing on Mondays, 6:00-7:00 "Hybrid"

*Meditation on Tuesdays, 9:00-10:00

*Gentle Morning Jive Tuesdays, 10:00-11:00

*Zumba Gold on Tuesdays, 1:30-2:30

*Chinese Singers & Chinese Folk Dancing Wednesdays, 9:00-12:00

*ESOL (CLC) on Wednesdays, 9:45-12:00

*Tai- Chi Thursdays, 11:00-12:00

*PHOTOGRAPHY CLASS Thursdays, 10:00-11:30

*Flamenco Dance Fridays, 10:00-11:00 "Hybrid"
3:30 p.m. to 4:30 p.m.

North Cambridge Senior Center Daily Events at Our Center July 2022

2050 Massachusetts Avenue. 617-349-6230 617-349-6220

Monday	Tuesday	Wednesday	Thursday	Friday
*Dancing for Balance 1:00-2:00 Hybrid	Strength Building 9:30-10:30 Virtual	Chair Yoga 12:00-1:00 Virtual	Watercolors 9:30-11:30 Virtual	Zumba 9:30-10:30 Virtual
Gentle Mat Yoga 3:30-4:30 Virtual	Chair Yoga 3:00-4:00 Virtual		Dancing for Balance 1:30-2:30 Virtual	*Whist 12:30-2:30 In-Person
			Gentle Mat Yoga 3:00- 4:15 Virtual	

Special Events & Activities at North Cambridge

				1
4 Independence Day Holiday Senior Center Closed	5	6	7	8
11	12	13	14	15
18 Gentle Mat Yoga Cancelled	19	20	21	22
25	26	27	28	29



In-Person Classes/Programs schedule for the North Cambridge Senior Center at 2050 Massachusetts Ave.:

*Dancing for Balance Class on Mondays "Hybrid"
1:00 to 2:00

*Whist card games on Fridays 12:30-2:30.



July 2022 Cambridge Council on Aging

Monday Through Thursday Hot Dine-and-stay lunches served 11:30 - 12:15. Cold Grab & Go Lunch option available.

Lunch Reservations should be made 2 business days in advance. Please call 617-349-6047 to make your reservation. The lunches are available for a suggested \$3 donation for Seniors 60+.

Online classes are currently offered via Zoom. Participants must be 60+, and priority will be given to Cambridge residents.

To sign up, call the Cambridge Council on Aging at 617-349-6220. Participants will receive a Zoom email invitation directly from the instructor prior to the start of each class.

The Council on Aging reserves the right to impose a class size limitation per the instructors' request.

Monday		Tuesday		Wednesday		Thursday		Friday		
QI Gong 9:00-9:45 Virtual Computer Lab & Tech Help 9:00-11:00 Gentle Morning Jive 10:00-11:00 Virtual *Cultura Latina 11:00-12:00 *Strong and Stretched 11:00-12:00 Watercolor Painting 1:00-2:00 Virtual *Ballroom Dancing 1:00-3:00 *Bingo 1:00-3:00 Computer Lab 2:00-4:00 *Line Dancing 6:00-7:00 Hybrid Spanish 6:30-7:45 Virtual	ESOL II (By email only) ESOL IV (By email only) *Meditation 9:00-10:00 *Gentle Morning Jive 10:00-11:00 Balance – Chi Kung 11:00-12:00 Virtual Computer Lab & Tech Help 1:00-4:00 *Board and Card Games 1:00-3:00 Computer Lab 1:00-4:00 *Zumba Gold 1:30-2:30	*Chinese Singers & Chinese Folk Dancing 9:00-12:00 *ESOL (CLC) 9:45-12:00 Flamenco - Tango 10:00-11:00 Virtual Chair Exercise 11:00-12:00 Virtual Computer Lab 11:00-3:00 *Crafts & Social Group 1:00-3:00 Strong and Stretched 1:30-2:30 Virtual	Meditation 9:00-9:45 Virtual Chair Exercise 10:00-11:00 Virtual Haitian Elder Group Meeting 11:00-2:00 *Tai-Chi 11:00-12:00 Computer Lab 1:00-4:00	QI Gong 9:00-9:45 Virtual Computer Lab & Tech Help 9:00-11:00 *Flamenco Dance 10:00-11:00 Hybrid Cardio + Yoga 11:00-12:00 Virtual						
Special Events & Activities * In-person @ 806 Mass Ave.										
4 Independence Day Holiday Senior Center Closed	5 Zumba Gold Canceled Gentle Morning Jive Canceled	6 Chair Exercise canceled Strong and Stretched canceled Crafts & Social Group 1:00-3:00	7 Photography Class 10:00-11:30 Haitian Elder Group Meeting 10:00-3:30	8 Cardio + Yoga canceled	1	11 Charlesgate Yacht Club Trip 10:00-2:00 Ticket cost \$5.00 Senior Jam Sessions 4:00-6:00	12 Veterans and Friends Support Group 1:00-2:00	13 Veterans and Friends Support Group 1:00-2:00	14 Photography Class 10:00-11:30 Book Group 11:45-1:00 Health & Wellness Talk 1:00-2:00 with Roberta Robinson Topic: Happy for No Reason	15
18 BBQ Party 11:30-12:15	19 Men's Group 10:00-11:30	20 Strong and Stretched canceled	21 Photography Class 10:00-11:30 Art and Craft Paint Party 1:00-3:00	22 Cardio + Yoga canceled	22	25 Senior Jam Sessions 4:00-6:00	26 Film and Discussion 1:00-3:30 Movie: Joe Bill	27 Film and Discussion 1:00-3:30 Movie: Joe Bill	28 Cambridge Consumers Council Information Table 11:00-12:30 Patio Party 12:30-3:00 Ticket cost \$7.00 Entertainment by DJ. Owen Howell	29

Cambridge City Council

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Patricia M. Nolan,
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Newslines

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Activities & Volunteer Coordinator
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Food Pantry

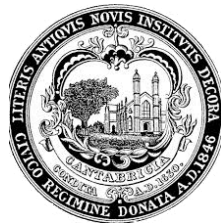
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