



Newsline

The Newsletter of the Cambridge Council on Aging (COA)

April 2024

806 Massachusetts Avenue, Cambridge, MA 02139

617-349-6220 • www.cambridgema.gov/CouncilOnAging

Dear Seniors:

I think spring is trying to reclaim its space! Never mind...it is cloudy again.

As I sit at my desk, the sunlight shines on my computer keys, warming my hands. I began hearing the faint sound of birds chirping in a nearby tree outside. I longed to open the windows, but just because the calendar stated that spring had arrived, the temperature was still far too cold! Soon I told myself.

Today's mood. Started off a bit heavy. But the ending is a bit lighter because I believe tomorrow brings the promise of renewal.

It happens to be one of those days, that nothing on the list gets checked off. I suspect many of you know what I mean. The day begins with priority tasks, but all is derailed with unexpected requests and issues that need to be addressed (not necessarily emergencies) but need to be addressed sooner than later. So, I pause this writing several times. Respond to what is needed and then get back to it. My mind starts thinking: "what am I doing wrong that nothing on the list is getting checked off?" This self doubt is not going to help me in getting the work done. I get up and decide I need a snack. Food to me is the answer. In this case, it was inspirational. I reach for a clementine. This clementine had a

sticker: "You're Golden". The simplicity of this statement. I know it seems too easy that this simple statement on the sticker could quickly change my mood and thought process. But on that day, it was enough. I believe that is what

we need to seek each day. These simple affirmations can feed our mind and spirit. There is a quiet, comforting peace that comes with the realization that you are doing your best and affirming the work you are doing. That the varied tasks that you are doing are causing impact.

A side note, that was the only clementine with a sticker.

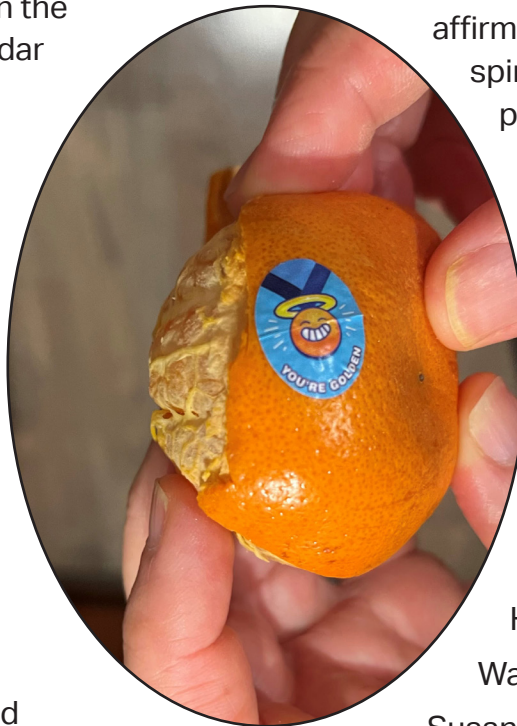
I want you all to say to yourself: "You're Golden".

Happy April and Happy Spring!

Warm Regards,

Susan P. Pacheco

Executive Director



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.

Federal Internet Discount Program Ending

The Affordable Connectivity Program, a broadband internet discount program funded by Congress and administered by the FCC, is discontinuing.

Many MA residents will know this program as the LifeLine Program.

The program stopped accepting applications on February 7, 2024, and the estimated last month of discounted service is April.

The Massachusetts Health Aging Collaborative (MHAC) has prepared a one-page description of the [**Affordable Connectivity Program winddown**](#)

What can be done to assist older adults who may lose access to affordable service?

MA broadband customers should be encouraged to contact their service providers to learn if they have provider-specific discount programs.

Free Wi-Fi is available at many senior centers and public libraries—encourage visitors to take advantage of this access.

- Cellphones can be used as internet hotspots for tablets, laptops, and computers (with data limitations).
- Learn if your community has a municipal broadband system, and, if not, support efforts to create one.
- Read about [**MA digital equity resources**](#) on the MA Healthy Aging Collaborative's website. Encourage residents to contact their [**local legislators**](#) to let them know how they are affected and ask for their ideas on improved internet equity.

Affordable Connectivity Program Presentation Thursday, April 25, 1:30- 2:30

"Please join representatives from the Massachusetts Department of Telecommunications and Cable's ("DTC") Consumer Division to discuss the wind-down of the federal Affordable Connectivity Program and options that may be available to help reduce the cost of service. DTC staff will also provide tips to help you stay connected, including an overview of the Lifeline benefit program that connects eligible households to discounted communications services. Most importantly, we will be available to answer your questions concerning telecommunications and cable matters!

April 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



April 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
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.**

Print Making Workshop
Monday, April 8, 1:00 – 5:00

Artist / teacher, Tamar Etingen presents A four-hour workshop with all materials and tools provided. Gelatin Plate is a non-toxic, low tech and inexpensive printmaking technique, which requires no press. It is a very spontaneous, adaptable, and accessible medium. Luminous, multi layered monoprints can be created. No prior printmaking experience required. Space is limited. Cost \$10.00.

ESOL Conversation & Reading Class
Tuesday April 9 and 30, 10:00-12:00
An Intermediate/ High-Intermediate Conversation and Reading Class will meet in-person twice a month, every 2nd and 4th Tuesday.

Women's Group
Tuesday, April 9, 1:00-2:00
Welcome to the women's group. Humorous or serious, it's great to share our stories. Let's talk!

Red Sox Opening Day Celebration
Tuesday, April 9, 2:00 – 3:00
Join us in the drop-in lounge as we watch the Red Sox opening day at Fenway Park.

Enjoy a hot dog, popcorn, pretzel, and a cold drink. **We will watch the game on television. Registration is required. Ticket cost \$5.00**

Veterans and Friends Support Group
Wednesday April 10, 1:00-2:00
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. For more information, please contact Dee Cannon at dcannon@cambridgema.gov

Book Group
Thursday, April 11, 12:00 - 1:00
The Vanishing Half by Brit Bennett
Identical twin sisters grow up in a small southern black community and run away at age 16 in search of better lives. Ten years later, one sister lives with her black daughter in the same southern town she once tried to escape. Far away, the other secretly passes for white, and her white husband knows nothing of her past. Separated by so many miles and just as many lies, the fates of the twins remain intertwined.

Bilingual Story Telling Series:
The Mother Mount Legend
Thursday April 11, 1:00 - 2:00
La Leyenda de la Madre Monte It is a story deeply rooted in the oral tradition of the Colombian Amazon and part of the eastern plains. Madre Monte is commonly represented as a beautiful and strong woman, half woman, and half mountain; dressed in leaves and green moss, whose face cannot be seen. She is the protector of Nature.

Men's Group Tuesday, April 16, 10:00-11:30
Trivia with Kristin Bell
Back by popular demand! Kristin Bell, Somerville Cambridge Elder Services, will be

here to lead us in a discussion of general trivia including sports, movies and more! Please join us. Light refreshments will be served. For more information, please contact: Vincent McCarthy vmccarthy@cambridgema.gov

Safety Awareness

Wednesday, April 17, 1:00-2:00

This will be an opportunity for seniors to meet the Cambridge Police Community Outreach Team and to learn about all the ways that they work to keep our seniors safe. Light refreshments will be served.

Boch Center - Wang Theatre Walking Tour and lunch at the Cheesecake Factory

Thursday, April 18, 9:30-2:30

Join us on a walking tour of the Boch Center-Wang theatre. Followed by lunch at the Cheesecake Factory. Activity level: Walking moderate distances; climbing stairs. Ticket cost \$10.00, includes transportation and tour admission. Lunch is on your own.

Spanish Fun Program:

Beginner Level Spanish Lessons

Monday's ~ April 22 - June 24, 9:30 - 11:00

This Spanish Basics program is a beginner-level class. Students will begin to develop confidence talking, reading, and writing in Spanish. Students will complete a project at the end of the session.

Prescription Drug Take Back Event

Monday, April 22, 1:00 – 3:00

Dispose of your medications safely on Medication Takeback Day. The Cambridge Public Health Department (CPHD), the Cambridge Police Department, and the Council on Aging are coming together to host a special medication "Takeback" event in the Cambridge Senior Center lobby. ***Sharps and liquids will NOT be accepted.***

Film and Discussion

Tuesday, April 23, 1:00-4:00

Movie: *The Color Purple* 2023

The Color Purple tells the story of Celie, an African American woman dealing with the hardships of living with an abusive husband and living in the American South during the early 1900's. This film is a musical drama based on the 1982 novel of the same name. For more information, please contact: Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

Getting to know You: Using Art, Movement and Story Sharing with Tarsha & Sudip

Wednesday, April 24, 1:00-2:00 (IP)

What is your name? What does it mean? How many different names have you used in your life? Through conversation, art, movement and writing we will explore getting to know ourselves and our neighbor.

LGBTQ+ Film Series

Tuesday, April 30, 10:00-12:30

The Adventures of Priscilla, Queen of the Desert (1994, Rated R) Drag, Transgender

A road-comedy film that follows two drag queens and a transgender woman as they journey across the Australian Outback from Sydney to Alice Springs in a tour bus that they have named "Priscilla". For additional information, please contact Phoebe Hallahan, LGBTQ+ Programming Leader at phallahan@cambridgema.gov or 617-349-9177

Lunch and Learn: Coming Out, Becoming Ourselves: Stories from the Boston Daughters of Bilitis. Tuesday, April 30, 12:00 - 1:30

Join author Sarah Boyer and others in celebrating the publication of her new book. For more than 30 years, DOB was a safe place for lesbians to come together, love women, and fight for their rights. **Registration is required, a light lunch will be served**

April – Weekly Class Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Qi Gong (V) 9:00 – 9:45</p> <p>Computer Lab (IP) 9:00 – 5:00</p> <p>Tech Help (IP) 9:00 – 11:00</p> <p>ESOL/Chinese (IP) 9:30 – 10:30</p> <p>Strong and Stretched (IP) 11:00 – 12:00</p> <p>ART Class (V) 1:00 – 3:00</p> <p>Ballroom Dancing (IP) 1:00 – 2:00</p> <p>Portrait Drawing Class 3:00-4:30 (IP)</p> <p>Line Dancing (H) 6:00 – 7:00</p> <p>Spanish (V) 6:45 – 8:00</p>	<p>Computer Lab (IP) 9:00 – 4:00</p> <p>Mat Yoga (IP) 10:00 – 11:00</p> <p>Balance Chi Kung (IP) 11:30 -12:30</p> <p>Board and Card Games (IP) 1:00 – 3:00</p> <p>Tech Help (IP) 1:00 - 4:00</p> <p>Zumba Gold (IP) 1:30 - 2:30</p>	<p>Chinese Singers and Chinese Folk Dancing (IP) 9:00 – 12:00</p> <p>Music Instrument Lessons (IP) 9:00-10:00</p> <p>Computer Lab (IP) 9:00 – 4:00</p> <p>ESOL (CLC) (IP) 9:30 – 11:45</p> <p>Flamenco Tango (V) 10:00 – 11:00</p> <p>Chorus (IP) 10:30-11:30</p> <p>Chair Exercise (V) 11:00 – 11:45</p> <p>Crafts and Social Group (IP) 1:00 – 3:00</p> <p>Strong and Stretched (V) 1:30 – 2:30</p>	<p>Meditation (V) 9:00 – 9:45</p> <p>Zumba Gold (IP) 9:00-10:00</p> <p>Computer Lab (IP) 9:00 – 4:00</p> <p>ESOL (CLC) Conversation Class (IP) 10:00 – 11:00</p> <p>Haitian Elder Group Meeting (IP) 10:30 –3:00</p> <p>Chair Exercise (V) 10:45 –11:30</p> <p>Tai Chi (IP) 11:00 – 12:00</p> <p>Intro to Theatre (IP) 1:30-2:30</p>	<p>Qi Gong (V) 9:00 – 9:45</p> <p>Computer Lab (IP) 9:00 – 11:00</p> <p>Flamenco Dance (H) 10:00 – 11:00</p> <p>Clay Class (IP) 10:00 – 11:30</p> <p>Cardio and Yoga for Heart Health (V) 11:00 – 12:00</p> <p>Ping Pong — Beginners (IP) 8:30 – 9:30</p> <p>Ping Pong — Experienced (IP) 9:30 – 10:30</p>

April – Special Events Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5 Clay Class (IP) 10:00 – 11:30
8 Print Making Workshop 1:00 - 5:00 (IP) MA National Federation of the Blind -Cambridge Chapter (IP) 6:00 – 7:30	9 COA Board Meeting (V) 9:30-11:00 ESOL Intermediate: 10:00-12:00 (IP) Women's Group 1:00-2:00 (IP) Red Sox Opening Day Celebration 2:00 (IP)	10 Veterans & Friends Support Group 1:00-2:00 (IP)	11 Book Group 12:00- 1:00 (H) Bilingual Story Telling Series: The Mother Mount Legend 1:00-2:00 (IP)	12 Meditation and Mandala 10:00-11:00 (IP) Clay Class (IP) 10:00 – 11:30
15 Patriot's Day Senior Center Closed	16 Men's Group 10:00-11:30 (IP)	17 Mass Senior Action Drop-in information table 10:00-1:00 (IP) Safety Awareness 1:00-2:00 (IP)	18 Boch Center-Wang Theatre Tour and lunch at Cheesecake Factory 9:30-2:30 (IP)	19 Mass Senior Action Council Somerville/ Cambridge Chapter Meeting 10:00-11:30 (IP)
22 Spanish Fun Lessons 9:30-11:00 (IP) Medication Take Back Event 1:00-3:00 (IP)	23 Film and Discussion 1:00-4:00 (IP) Movie: <i>The Color Purple</i>	24 Getting to know You: Art, Movement, Story Sharing 1:00-2:00 (IP)	25 Cambridge Consumers Council Drop-in Information 11:00- 12:30 (IP) Affordable Connectivity Program Presentation 1:30- 2:30 (IP)	26
29 Spanish Fun Lessons 9:30-11:00 (IP) Dinner and Bingo 4:00-6:00 (IP)	30 SOL Intermediate: 10:00-12:00 (IP) LGBTQ+ Film Series 10:00-12:30 (IP) <i>The Adventures of Priscilla</i> Lunch and Learn: Coming Out, Becoming Ourselves: Stories from the Daughters of Bilitis 12:00-1:30 (IP)			

April 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.

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.

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. 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 and 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.

Tai Chi

Tai Chi arm and leg movements of the Yang Style Long Form are taught. There is an emphasis on Tai Chi walking, to help improve balance.

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.

April 2024— North Cambridge Senior Center

2050 Massachusetts Avenue, Cambridge, MA 02140 617-349-6320 •

Open Monday, through Friday 8:30 - 5:00 Hot Dine-and-Stay lunches are served Monday – Friday,

11:30 – 12:30 Suggested donation of \$3 for seniors aged 60 years and older

Weekly Class Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday
Acrylic Painting (IP) 9:30 - 12:00	Strength Building (IP) 9:30- 10:30	Zumba Gold (IP) 9:30 -10:30 Watercolors 9:30– 11:30 (V)	Watercolors 9:30– 11:30 (IP)	Bridge (IP) 10:00 - 12:00
Dominoes (IP) 10:30- 11:30	Strong and Stretched (IP) 11:30- 12:30	Chair Yoga (IP) 12:00 – 1:00	Dancing for Balance (H) 1:30 – 2:30	Whist (IP) 11:30 - 2:00
Dancing for Balance (H) 1:00 – 2:00	Tai Chi (IP) 1:00 – 2:30	Tai Chi - Self Led (IP) 1:00 – 2:30		
Gentle Mat Yoga (H) 3:30 – 4:30	Chair Yoga (H) 3:00– 4:00	Mindfulness Meditation (IP)	Gentle Mat Yoga (IP) 3:00 – 4:15	

April 2024 – NC Happenings and Special Events

***To register for classes/programs, unless specifically noted otherwise, please call 617-349-6320.**

NEW! Strong and Stretched **Tuesdays 11:30 - 12:30**

This one-hour class is designed to offer a perfect blend of core-strengthening exercises and gentle stretching routines. Using stretch bands and weights, you'll enhance flexibility while building stability in an interesting, innovative way!

NEW! Tai Chi **Tuesdays 1:30 – 2:30**

This instructor-led Tai Chi class is open to all individuals to learn this ancient martial art. With flowing, slow movements, it enhances balance, flexibility, and inner peace. Many find it beneficial as it promotes physical well-being and mental clarity.

Mindfulness Meditation **Wednesdays 3:00-4:00**

Join this class to discover peace and calm through easy, guided mindfulness meditations. Reduce stress, improve focus, and boost well-being while connecting with others. A simple, enjoyable way to enhance your daily life. No experience is necessary; includes Q&A.

Watercolors **Wednesday Virtual / Thursdays In-Person** **9:30– 11:30**

Learn methods and techniques used to create watercolor art in this self-paced, instructor-led class. Participants responsible for their own watercolor painting supplies. This class will be held on Zoom on Wednesdays and In-Person on Thursday.

Ethiopian Elders **Tuesday, April 9, and April 23 10:00-11:30** Every other Tuesday Yemi Kibret of CEOC will lead the Ethiopian Elders Group. This group

provides support and resources for fellow Ethiopians in our community. This group is here to uplift and empower. All are welcome and encouraged to join.

TRIP: New England Aquarium

Friday, April 12, 10:30-2:00

Join us as we explore the mesmerizing marine life at the New England Aquarium! Marvel at graceful sea turtles, playful penguins, and mysterious sharks. Lunch on your own. Cost \$10 for Transportation & Admission. Preregistration required.

Spring Luncheon

Wednesday, April 17, 12:00 – 1:30

Join us as we welcome spring with good food, music, and company! Our menu will feature a crisp arugula and goat cheese salad, a specialty sandwich from Pemberton's and a delicious mixed berry shortcake for dessert. Preregistration required. Cost \$7

Photography Workshop

Friday April 19, 1:00-3:00

Embark on a visual storytelling journey with our documentary photography class beginning every other Friday starting April 19th. Capture compelling narratives through the lens, guided by a seasoned photographer. Each class we will explore techniques, storytelling principles, and engage in thoughtful group discussion of each assignment. Each class may extend up to 3 hours and students will be required to bring their own Smartphone with use of camera.

Dental Presentation

Monday April 22, 12:00-1:00

Join Mellissa Martins, Dental Hygienist with the Cambridge Public Health Department, as we discuss dental and oral health. Learn which dentists are accepting new patients who carry MassHealth Insurance.

Trip: Sacco's Bowl Haven & Pizza **Wednesday April 24, 10:00-12:00**

Come join us on a quick bowling trip to Sacco's Bowl Haven! Whether you're a pro bowler or just looking for a good time, you're welcome to join and meet new friends! Bring your appetite, we will indulge in some pizza as well! Cost \$5 for transportation, bowling, and Pizza.

Spring Tea Party

Wednesday, April 24, 2:00 – 3:00

Join us for an afternoon of delightful conversations as we sip on a variety of teas, indulge in sweet treats, and enjoy the company of others! Preregistration required. Cost is \$7.

NEW! Introduction to Eurythmy

Beginning Friday, April 26, 10:30– 11:30

Join us in this gentle and enjoyable practice that combines rhythmic exercises with expressive gestures, promoting balance, flexibility, and overall well-being. No dance experience is required – Eurythmy is about embracing the joy of moving in harmony with yourself.

Focus Group: Mass Ave Planning Study

Tuesday, April 30, 11:30 – 1:00

Join us for an engaging series of focus group conversations tailored to those who frequent the Senior Center or reside along Mass Ave. Your insights are invaluable as we embark on the Mass Ave Planning Study. Enjoy a complimentary lunch as we discuss ways to enhance community spaces and make Mass Ave a more welcoming and thriving place to be. Your input shapes our future! Preregistration is required. Lunch begins at 11:30 and the Focus Group begins at 12:00.

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Cambridge Council on Aging

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[www.cambridgema.gov/](http://www.cambridgema.gov/CouncilOnAging)

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