

THE CAMBRIDGE LIFE



FREE & DISCOUNTED CITY PROGRAMS ISSUE

SPRING 2025

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Rodent
Control
Program

Safe and
Secure Car
Seats

Safe,
Clean
Water

Test.
Trust. Drink
Clean.

Fun & Free
Events for
Older Adults



In This Edition

03

Exclusive Programs
for Cambridge
Residents

04

Rodent Control
Program

06

Bridge to
College

08

Safe and
Secure Car
Seats

10

Uncover Your
Family's Past

11

Save on
Museums—
Reserve a Pass

12

Save Energy,
Save Money—
Get Support

13

Meet Kate
Thurman: Advocate
for Inclusion

14

Safe, Clean
Water

16

Turn Food
Waste Into
Clean Energy

18

Fun & Free
Events for
Older Adults

19

Additional
Free Programs

20

Leverage City's
Free Housing
Programs

21

Connect with
Parents Through
Baby University

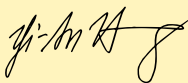
22

Multilingual
Highlights

Exclusive Programs for Cambridge Residents

Living in Cambridge comes with more than just access to top-tier education, diverse neighborhoods, and vibrant culture. The City of Cambridge proudly invests in and offers a robust selection of free and discounted programs designed to support residents' financial, educational, environmental, and recreational needs. Whether you're a student, older adult, renter, or homeowner, there's likely a program available to help improve your well-being and quality of life. **This latest issue of The Cambridge Life provides an overview of some valuable offerings residents -- new to the City to lifelong Cantabrigians -- should know about. Enjoy the issue!**

Yi-An Huang, City Manager



Rodent Control



The City's Inspectional Services Department encourages residents to take advantage of a free resource to help combat rodent problems—the Private Property Rodent Control Program. This program offers exterior rodent control services to residential properties with four or fewer units at no cost to property owners or tenants.

Launched in 2021, the program has already provided rodent control assistance to over 900 qualified properties. The initiative not only addresses immediate rodent infestations but also emphasizes education and prevention. According to David Power, Project Coordinator for Environmental Health, a key component of the program is ensuring that residents understand how to reduce conditions that attract rodents in the first place.

One of the primary factors contributing to rodent infestations in Cambridge is improper sanitation. Power emphasizes that residents must take responsibility for their trash and yards, as even one neglected property in a neighborhood can attract rodents. *"Everyone needs to take care of their trash and yards,"* Power said.

“

Launched in 2021, the program has already provided rodent control assistance to over 900 qualified properties”

"Managing curbside garbage, eliminating food sources, and maintaining clean outdoor spaces are critical steps in preventing infestation."

To provide effective rodent control services, the City of Cambridge partners with a licensed and insured pest control company. The program follows a structured process to ensure thorough inspections, professional treatment, and monitoring. Power explained that the process begins once an application is submitted and approved.

Combat Rodent Issues with Cambridge

Program



How the Program Works:

STEP 1: Initial Inspection

A city inspector visits the property to assess rodent activity and provide recommendations.

STEP 2: Pest Control Treatment

Within one to two weeks of the initial inspection, a contracted pest control company contacts the applicant to schedule service. The contractor then inspects the property, identifies problem areas, and applies appropriate treatments. Applicants can opt-in to non-rodenticide options.

STEP 3: Follow-Up Visits

The pest control company conducts three follow-up visits to monitor progress and reinforce treatment, if necessary.

STEP 4: Final Review

On the last visit, the contractor then removes any equipment used for rodent control, and a city inspector conducts a final property evaluation.

The City is considering a long-term feedback system in which they check in with program participants a year after treatment to assess the program's effectiveness and gather data on any potential recurring issues.

Rodent control is not just an individual responsibility—it requires a collective effort. By ensuring that all residents properly manage waste and maintain clean properties, entire neighborhoods can benefit from reduced rodent activity. Cambridge's Private Property Rodent Control Program is a valuable resource, but long-term success depends on continuous prevention and community cooperation.



For more information or to apply for the Private Property Rodent Control Program, residents can:

☎ **617-349-6100**,

✉ **rodents@cambridgema.gov** or

🌐 **www.cambridgema.gov/rodents**.

Taking action today can help create a cleaner, healthier environment for all.

Bridge to College

A Pathway to Higher Education Success

For adults interested in college and pursuing higher education, the Community Learning Center (CLC)'s Bridge to College Program offers a free opportunity to prepare for college-level coursework and earn college credits. This program is designed to help adult learners enhance their reading, writing, and math skills while also developing essential computer and study skills. By participating in this program, students gain the tools they need to transition to college and pursue their higher education goals.

To participate in the Bridge to College Program, students must meet specific eligibility criteria. Participants must have a high school diploma or a high school equivalency degree, possess a high level of English proficiency, and commit to attending evening classes regularly from September to June. The program is open to Cambridge residents, as well as individuals from select nearby cities.

Classes are held on **Mondays and Wednesdays from 6:15 to 9:15 p.m.**, both in-person and online. Given the rigorous nature of the coursework, students should have strong English grammar and vocabulary skills, as they

will be required to write five-paragraph essays regularly. The program features small class sizes, personalized tutoring support, and educational and career advising services to help students stay on track and succeed.

The Bridge to College Program is now recruiting for the 2025-2026 cohort, which begins in September. To apply, prospective students must attend an information session to determine if the program is a good fit for them. Following the session, applicants will have an interview with the program advisor to assess their clear desire and plan to go to college. They will also complete assessments in math, reading and writing to determine eligibility.

The CLC, a division of the City's Department of Human Service Programs, welcomes adult learners from all backgrounds. Many participants in the Bridge to College Program are immigrants who have not experienced the U.S. education system. This program provides them with valuable exposure to college-level work.

Ava Kiem, the Bridge to College advisor, has worked with the program for two years and plays a crucial role in guiding students through the transition



to college. She helps them apply to college and register for classes, while also conducting monthly check-ins to ensure their progress.

A key component of the Bridge to College Program is its strong support system. Students have access to free tutoring services and mentorship from former students who have successfully navigated the transition to college.

According to Kiem, the program has had a profound impact on students, helping them build confidence and articulate their aspirations. *"This program has helped many students gain self-confidence,"* Kiem shared. Now, these students can talk about their hopes and dreams and work toward making them a reality.

By providing a supportive and structured learning environment, the program empowers students to take charge of their future and embrace the opportunities that come with higher education.



To learn more and sign up for an information session,

🌐 www.cambridgema.gov/BridgeToCollege

☎ or call the CLC at **617-349-6363**

Cambridge Works serves Cambridge residents between the ages of 18-35 who have difficulty finding full-time jobs due to limited work experience, a gap in their work history, legal challenges, or personal issues. The program provides a 3-month, paid job placement, professional development classes, support from a case manager, and job search help.

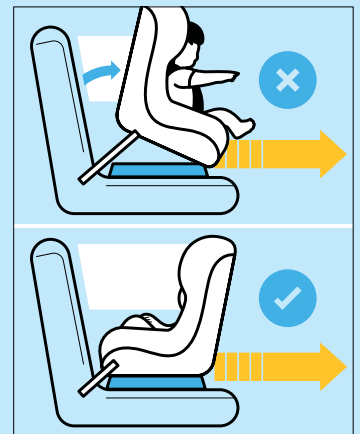
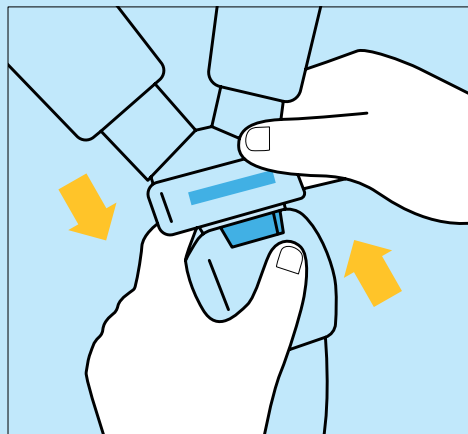
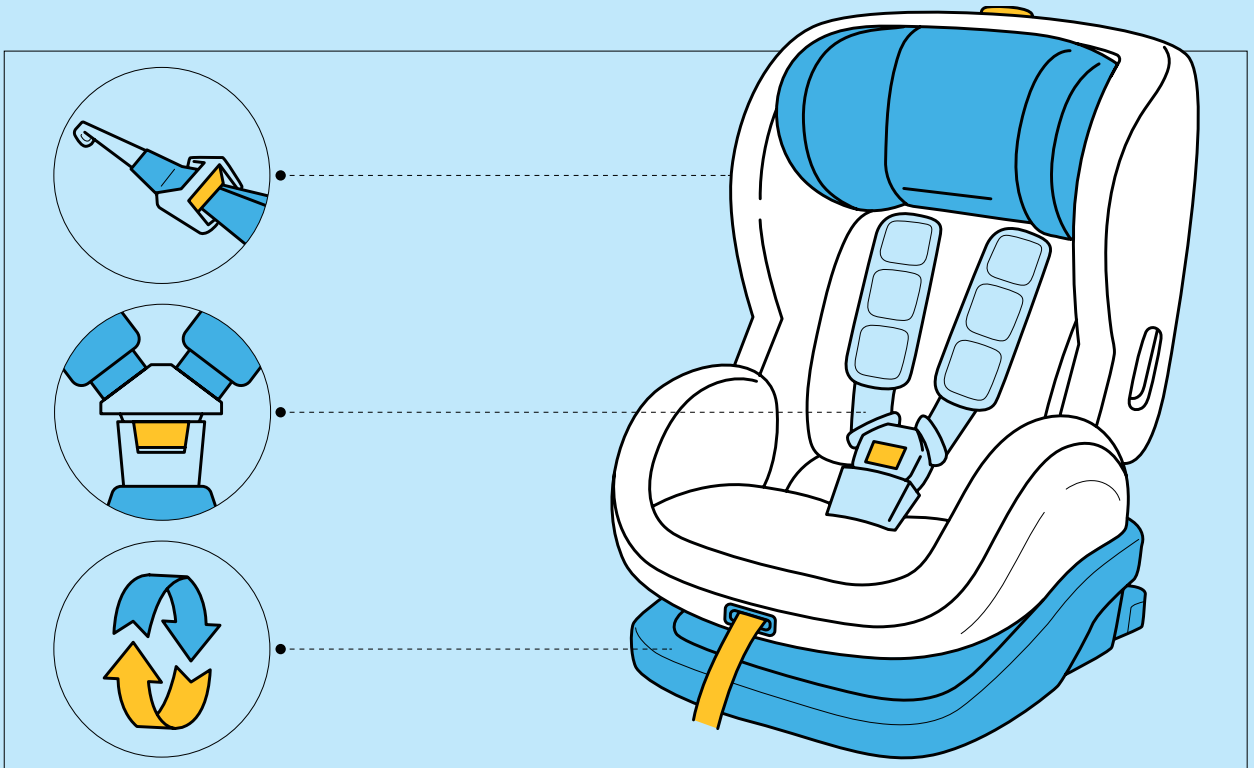
Cambridge Works is offered in the spring and the fall, but interested residents can complete an application any time of the year. Learn more: cambridgema.gov/CambridgeWorks

“ Before starting Cambridge Works, I felt lost after going through many job interviews that unfortunately didn’t go any further. The Cambridge Works program got me out of the rut I was stuck in and gave me purpose and motivation again.”

Cambridge Works graduate

Safe & Secure Car Seats

Made easy with free inspections and installs.



Wondering how to install a car seat for your child or if you've installed it correctly?

The Cambridge Police Department is here to help. They offer free child passenger safety training, where an officer will inspect and teach the proper installation of car seats to any Cambridge resident.

Proper car seat installation is crucial for keeping children safe on the road. The Cambridge Police Department is committed to providing this essential service to residents, ensuring that every child travels safely. If you're a parent or caregiver in Cambridge, take advantage of this free program to ensure your child's car seat is properly installed and secure.

Properly installing and inspecting car seats, booster seats, and seatbelts can significantly reduce the risk of serious injuries and fatalities. According to the Centers for Disease Control and Prevention (CDC), car seats can reduce injury risk by 71–82% in the event of a crash.

Not only are car seats essential for children's safety, but they are also required by law. Under Massachusetts law, any passenger under the age of eight must be secured in a child passenger restraint system unless they are over 57 inches tall. Violating this law can result in a fine of up to \$25.

Many parents and guardians have questions about car seats, and mistakes are common. Some of the most frequent errors include:



Using mirrors on rear-facing car seats:

While parents or guardians often place mirrors to keep an eye on their child, these can become dangerous in a crash.



Loose or tangled seatbelts:

A child's seatbelt should be snug and flat against their body, with no twists or slack.



Incorrect use of the LATCH system:

The LATCH (Lower Anchors and Tethers for Children) system should be properly secured from top to bottom, but straps often get twisted, reducing effectiveness.

Cambridge residents can schedule a car seat inspection by calling the Police Department's Child Safety Seat Installation team at (617) 349-3238. Once an appointment is made, Officer David Szeto, who has over 25 years of experience inspecting child car seats, will ensure the seat meets safety requirements and is correctly installed.

Szeto recalls a case where a properly installed car seat saved a child's life in a rear-end collision. The grateful father later thanked him for his help, underscoring the importance of car seat safety.

One of the biggest challenges parents or guardians face when purchasing a car seat is the cost. Car seats can be expensive, often costing hundreds of dollars. Officer William Macedo advises parents or guardians to stay within their budget when selecting a seat. While all car seats on the market meet safety standards, some offer additional comfort and extra features.


For parents or guardians who cannot afford a car seat, the Cambridge Police Department may have free car seats available. Szeto encourages families in need to reach out to see if a car seat can be provided.

Officers conducting these inspections receive specialized training from Safe Kids Worldwide, a nonprofit organization dedicated to child safety. With their expertise, they ensure that parents and guardians are equipped with the knowledge to keep their children secure.



For more information on car seat safety,

 www.cambridgema.gov/Departments/cambridgepolice/Services

 (617) 349-3238

Uncover Your Family's Past:

Genealogy Resources at the Cambridge Public Library

Have you ever wondered about your family's history? With the rise of DNA testing and a growing curiosity about ancestral roots, more people than ever are embarking on the journey of tracing their lineage. If your family has ties to Cambridge, the Cambridge Public Library offers an array of free genealogy resources to help you uncover your past and connect with the stories of those who came before you.

If you're searching for birth, marriage, or death records, the Cambridge City Clerk's Office is a great place to start. They maintain records dating back to 1630 and extending to 1848. Additionally, property records from 1630-1829 are available for research.

However, finding historical student records can be challenging. Despite this, there are still many avenues for uncovering valuable family history.

The library provides access to several key databases that can help researchers trace their family history, including:

- **The Historic Cambridge Newspaper Collection (1846-2015):**

A rich archive of local newspapers featuring articles, announcements, and obituaries.

- **City directories (1848-1972):**

These provide details on residents, businesses, government offices, and civic organizations.

- **Poll lists from 1904 and 1932-1947:**

Voter registration records for both men and women.

Another useful resource is the Cambridge city directories, which list residents and their occupations dating back to 1848. Additionally, the Cambridge City Clerk's Office maintains official records of marriages, births, and deaths, offering another avenue for tracing family lineage.

Many of these resources are available online, making it easier than ever to conduct research from anywhere.

The library also offers access to key genealogy databases, including:

- **Ancestry.com**
- **HeritageQuest**
- **African American Historical Records**
- **The Cambridge Chronicle Archives**

According to Senior Librarian Drew Griffin, the library's genealogy services exist for a simple yet profound purpose: *"to help people find their families."*

Whether you're just beginning your research or looking for deeper insights into your ancestry, the Cambridge Public Library is an invaluable resource for uncovering your family's history.



Visit the library today or explore its online resources to start your journey into the past.



Save on Museums— Reserve a Pass



Museums can be expensive, but they're also one of the most enriching and engaging ways to explore art, science, history, and culture. That's why the City of Cambridge is proud to support access to these spaces through the Cambridge Public Library's Museum Pass Program. Run by the Library's Adult Services Department, **the program offers a range of free or discounted passes to museums and cultural institutions across Massachusetts.**

Through this program, the City and the Library aim to remove financial barriers that may otherwise prevent residents from enjoying the many educational and cultural opportunities available throughout the region.

Emily Hurley, Manager of Adult Services at the Cambridge Public Library, emphasizes that this program is a key part of the Library's mission to increase access to knowledge and creativity for all.

This program is so important to the library because it fuels creativity, which is something Cambridge highly values. *"It gives people a less expensive way to learn more about art, culture, and idea,"* Hurley said. *"It's also a great activity if you're visiting the area or looking for a full-day outing with the kids."*

Whether you're planning a weekend outing with your family, entertaining out-of-town guests, or simply curious about the world around you, this program offers a more affordable way to discover some of the region's most beloved destinations.

Residents can reserve passes to the following museums and attractions:

- Boston Children's Museum
- Harvard Museum of Science and Culture
- How Do You See the World? Experience + Mapparium
- Institute of Contemporary Art
- Isabella Stewart Gardner Museum
- Museum of History
- Museum of Fine Arts, Boston
- Museum of Science
- New England Aquarium
- USS Constitution Museum
- Zoo New England (includes Franklin Park Zoo & Stone Zoo)

This lineup includes something for everyone—from hands-on science and sea life exhibits to fine art, history, and contemporary culture.

To take advantage of the program, you'll need a valid Minuteman Library Network card. Physical passes can be picked up at your selected Cambridge Public Library location, and some passes can be emailed directly to you. Temporary e-cards, however, cannot be used to reserve passes.



To reserve a pass, visit the Cambridge Public Library's Museum Pass webpage at:

🌐 <https://cambridgepl.libcal.com/passes>

Save Energy, Save Money— Get Support

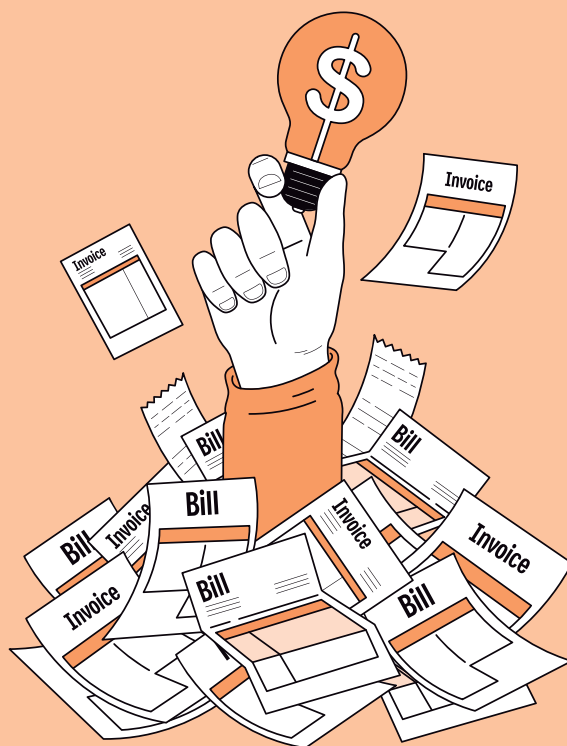
For the past few years, warming weather has meant milder winters in New England. But this past one was a throwback – with temperatures far colder than we’ve seen in a while. That, in part, caused home heating prices to rise sharply across the state. As more residents search for help with skyrocketing expenses, the City of Cambridge is proud to offer free, one-on-one assistance understanding bills, making homes more energy efficient, and lowering energy costs.

Residents just have to call one number: **the Cambridge Energy Helpline, 617-430-6230**. It connects callers to an adviser who explains the array of energy programs the City offers & supports.

"The Cambridge Energy Helpline offers an easy way to receive personalized support and find programs that are right for you," said Brad Pillen, a City of Cambridge Energy Engagement Associate Planner. *"Regardless of whether you rent or own your home, or what type of building you live in, if you pay a gas or electric bill, there is a program for you."*

The Helpline is a service offered by the Cambridge Office of Sustainability and supported by **All in Energy**, a nonprofit that works in more than 50 Massachusetts communities. Last year, Helpline advisers assisted more than 100 Cambridge residents who called in.

Many of those residents signed up for no-cost **Energy Bill Checkups** that verify enrollment in income-qualifying discount programs. Checkups also ensure residents are signed up for the **Cambridge Community Electricity (CCE) program**, which has saved customers \$36 million since it began in 2017*. Last year, Cambridge introduced a new lower-cost CCE option, Economy Green, that residents can join at any time.



Advisers put people who needed help paying heating bills in touch with the **Fuel Assistance program**. They also connected residents to **Community Solar**, which allows customers to lower their electricity costs by as much as 20% by buying into off-site solar energy systems to receive credits on their utility bills.

Renters, owners and landlords of single-family homes, apartments or condos took advantage of free **Home Energy Assessments** that offer customized advice about ways to save energy, including weatherization techniques. For those looking to install high-efficiency appliances and heating and cooling equipment, the City's Electrify Cambridge program helps residents figure out how to cover initial costs and provides financial assistance.

Cambridge's energy programs serve dual purposes: They improve families' health and welfare while also transitioning the community off of fossil fuels, which cause the greenhouse gasses that warm the planet. By giving residents the tools to help themselves and the world, the City hopes to ensure a better future for everyone, everywhere.

* (Note: the City can't guarantee future savings.)

Meet Kate Thurman: Advocate for Inclusion



As Deputy Director of the Cambridge Commission for Persons with Disabilities (CCPD) and Assistant Americans with Disabilities Act (ADA) Coordinator for the City of Cambridge, Kate Thurman is always interacting with people. That is what she loves most about her work.

In her role, Kate serves as an invaluable resource both for members of the disability community who are looking for guidance and referrals to services as well as for residents, business owners, and City employees striving to promote and foster a culture of accessibility and inclusion.

“

The interactions I have with other people are what fuel me”

“The interactions I have with other people are what fuel me,” Kate said. “I have met some of the most beautiful human beings through my job, whether they be constituents, who trust me with some of their most vulnerable moments, or my colleagues,

who are so incredibly dedicated to the humanity of our work and committed to continual growth both personally and collectively.”

While CCPD cannot provide direct services or individual advocacy to constituents, they play a vital role in providing information, connecting residents with services and other agencies, and informing them of their rights and legal protections against discrimination.

“We are here as a resource and encourage folks to reach out to us about any disability-related topic, and also, we’re eager to know how we can do things better, because we can always do things better,” Kate said.

With this July marking the 35th anniversary of the ADA, she notes that CCPD celebrates the progress that has been made, while remaining vigilant in their efforts to normalize disability. *“Virtually everyone who has the fortune of living long enough will experience disability at some point in their life, whether temporary or permanent. Accessibility benefits everybody,” Kate explained.*

“The most vital message I want to share is that we are here as a resource for people, and that includes not just residents; it includes business owners, employers, other departments, and City employees with or without disabilities.”

Safe, Clean Water.

When you turn on your faucet in Cambridge, you're receiving water that meets some of the highest quality standards in the country. Ensuring that water is clean, safe, and tastes delicious is no small task—it requires daily dedication, constant testing, and careful monitoring by the City's Water Department.

Water quality standards in the United States are governed by strict federal and state regulations. The Environmental Protection Agency (EPA) establishes national criteria to protect aquatic life, human health, and ensure drinking water is safe for everyone. States, including Massachusetts, can also develop their own standards or modify EPA recommendations to account for local conditions.

In Cambridge, ensuring the water's quality goes far beyond meeting basic standards—it's about exceeding expectations. *"It's like we're manufacturing a product, and in Cambridge, we want it to taste good,"* says Julie Greenwood-Torelli, Director of Water Operations.

Each week, the Cambridge Water Department tests samples from multiple locations throughout the City. They check pH levels, color, bacteria, and more. Total organic carbon (TOC) is tested monthly. Beyond these regular checks, Cambridge prioritizes proactive testing for emerging

contaminants, ensuring residents' health is protected even against newly discovered risks.

An example of this forward-thinking approach is Cambridge's monitoring of PFAS (per- and polyfluoroalkyl substances) chemicals that only began receiving widespread attention for their health risks around 2020. Cambridge, however, had already been testing for PFAS as early as 2019. *"We might oversample and it costs a bit more, but it's worth it to detect these emerging contaminants early,"* Greenwood-Torelli explains.

Maintaining Cambridge's excellent water quality isn't just about internal diligence—it's also about engaging with the public. The Water Department places a strong emphasis on education, offering free tours of the treatment plant and laboratory during the first week of every month. These tours provide residents, students, and community groups with a behind-the-scenes look at how Cambridge's drinking water is treated and monitored. The tours also help inspire the next generation of environmental and public health professionals.

In addition to public education, Department employees are required to take continuing education classes each year to maintain their professional licenses. This commitment to professional development ensures that staff stay

Free Water Testing Kits

1

Pick up a free tap water sampling kit at the Water Department



2

Read the instructions



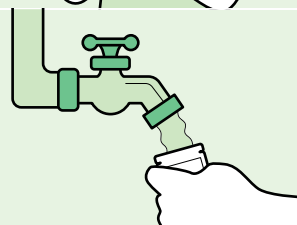
3

Fill out a brief form



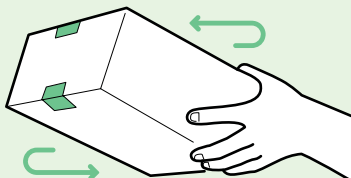
4

Fill the sample bottles according to instructions



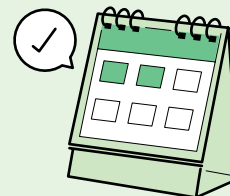
5

Return everything to the Water Department



6

We will get your results in approximately two weeks.



current with the latest water safety practices, technologies, and regulatory requirements.

For residents who want to test the water in their homes, the Cambridge Water Department offers free testing kits. Kits can be picked up at the Department's self-service desk and are designed to test for lead and copper—two elements that are particularly concerning for drinking water.

Taste and odor complaints are among the most common issues residents report. If you notice something unusual about your water, you are encouraged to contact the Water Department's lab directly at **617-349-4780** for assistance.

Transparency is a key value for Cambridge's Water Department. Every year, the Department publishes an Annual Water Quality Report, which provides detailed information about the quality of the City's drinking water, testing results, and any violations or necessary corrective actions.

Ultimately, the City of Cambridge's Water Department takes its mission seriously: delivering safe, clean, and great-tasting water to every resident. Their proactive approach to testing, swift response to potential issues, investment in technology, commitment to public education, and regular reporting demonstrate a deep dedication to public health.

When you pour a glass of water in Cambridge, you can feel confident knowing it represents not just careful science and rigorous standards—but also a community-wide commitment to safety, excellence, and trust.


Water & Sewer Discounts for Older Adults

Because of the impact the water and sewer rate increases may have on adults who are older, the City offers a Senior Discount Water/Sewer Program. All residents 65 years of age or older who own and occupy their one, two or three family home are eligible for a **15% discount** on water/sewer charges, as long as it does not exceed **\$90 per year**.



Apply now at:

 <https://camb.ma/watersewerapplication>

 **(617) 349-4220**

Turn Food Waste Into Clean Energy

Cambridge has been a leader in food waste diversion for decades. The City's journey began in the 1950s, when food scraps were collected and sent to the local landfill where pigs helped dispose of the waste. Since then, Cambridge's program has evolved into one of the most innovative and environmentally friendly initiatives in the region.

Today, the Department of Public Works (DPW) collects about 45 tons of food waste every week. The impact goes far beyond simple waste reduction: diverting food waste supports the City's climate goals, cuts costs, and even helps reduce rodent activity in neighborhoods.

"Curbside food waste separation is a win-win for the environment, residents, and businesses," says Michael Orr, Recycling Director at the Cambridge Department of Public Works.

Separating food waste from the trash plays a crucial role in Cambridge's climate efforts. **First**, food waste is separated out and contamination, like plastic or non-compostable materials, is removed. **Next**, the clean food waste is combined with organic waste and into an anaerobic digester. In the digester, natural bacteria break down the organic material, producing methane gas. The gas is captured and used to generate clean energy; energy not from fossil fuels.

The remaining solids after digestion aren't wasted either—they are turned into nutrient-rich fertilizer. This closed-loop system reduces dependence on fossil fuels and minimizes the environmental footprint of food waste, helping Cambridge build a more sustainable future.

Another significant benefit of composting is its contribution to public health. When food waste is separated and properly disposed of, it reduces the amount of edible material left in regular trash bins. This, in turn, decreases the likelihood of rodents being attracted to residential and commercial trash.

The Curbside Food Waste program is also cost-effective. Diverting food waste from traditional trash disposal reduces landfill costs and creates savings for both the City and participating businesses. With growing success, Cambridge's program has expanded to partner with all Cambridge Public Schools, many local pantries, and about 80 to 90 businesses. *"It saves money & helps the environment"* Orr explains.

Getting started in Cambridge is easy and free. **Residents can visit the DPW office or go to the DPW website: <https://www.cambridgema.gov/compost>** - to order a free kitchen bin, which comes with bin

“

*It saves money and
helps the environment,
so it's a win-win
for all”*

liners and a clear set of instructions on how to properly separate food waste.

If you're unsure whether your building participates in the City's curbside composting program, you can ask your landlord, or contact DPW. The City is also happy to reach out to landlords and property managers directly to help expand composting access.

One thing many people don't realize is how many items are accepted. Cambridge's program accepts all types of food waste—even rotten food—as well as dairy, meat, tea bags, paper towels (if they have food on them), and even crushed flowers. This wide range of acceptable materials makes it easy for residents to participate fully and make a bigger impact.

Businesses interested in partnering with the City's curbside program can email recycle@cambridgema.gov to learn more.

Cambridge's efforts are growing rapidly, and the City has big plans ahead. By making composting second nature for residents and businesses alike, Cambridge continues to lead by example—turning yesterday's leftovers into tomorrow's clean energy and a healthier, more sustainable community.



Fun & Free Events for Older Adults

Each week, the Council on Aging offers fun, informative and friendly activities for older adults. Residents can exercise, play games, learn new skills, speak a new language and build new relationships! To register for activities, please call the Council on Aging at 617-349-6220.

Find a sample of some of the classes that meet every week at the Cambridge Senior Centers at 806 Mass Ave and 2050 Mass Ave.



Line Dancing Class

Meets every **Monday 6 p.m. – 7 p.m.**

Cambridge Senior Center, 806
Massachusetts Avenue, Cambridge

Easy to learn and fun to dance!
This class will teach you the basics
of line dancing as well as newer
and more established line dances.

Have fun, learn new dances, and
enjoy the company of others.
A great class to make new friends.

Portrait Drawing Class

Meets every **Monday 3 p.m. – 5 p.m.**

Cambridge Senior Center, 806
Massachusetts Avenue, Cambridge

Students will learn how to
approach a human portrait
drawing from start to finish.

This class teaches realistic methods
of portrait drawing by copying
a photograph of a portrait and
focuses on fundamentals: how to
sharpen a pencil; draw straight
lines; measure proportions with
accuracy; make a 9-point value
scale; understand the logic of
light, light and shadow shapes and
middle tones; and how to render
the forms, big and small.



Meditation & Mandala

Meets the 2nd Friday of the month

10 a.m. – 11 a.m.

Cambridge Senior Center, 806
Massachusetts Avenue, Cambridge

Mandala is the Sanskrit word for sacred circle. Mandalas are used in many cultures for meditation and contemplation.

Music and a quiet atmosphere allow group members to relax and get centered as they fill in the outlines of paper Mandalas with colored markers. All are provided.

The group starts with a brief guided meditation and then individuals have an opportunity to color at their own pace.

ADDITIONAL FREE PROGRAMS

Alongside the events featured in this issue, the City of Cambridge offers even more free programs for all ages—ranging from arts and culture to outdoor activities and community events. Discover more at <https://www.cambridgema.gov/services>

Block Parties

It's easy to host block parties in Cambridge! There's no application fee and the City of Cambridge offers \$300 awards and free Play Streets kits to support your celebration.

Simply fill out a Block Party Permit and the Block Party Resources Request form to ensure your application is complete. Email blockparty@cambridgema.gov or call 617-349-4721 with any questions.

Free Hazardous Waste Collection Days

The City of Cambridge holds four Household Hazardous Waste Collection Days each year. They are for Cambridge residents only.

The next Collection Days will be on **Saturday, August 23 from 9 a.m. - 1 p.m.** (location TBD) and **Saturday, November 1 from 9 a.m. – 1 p.m. at 50 Mooney Street.**

Safely Get Rid of Your Old Medications

Drop unused medications (no liquids) 24 hours a day, seven days a week at the permanent drop box at the **Cambridge Police Department, 125 Sixth St.** The drop box is located in the **first floor lobby, near the Records Unit.**



Leverage City's Free Housing Programs

Affordable Housing Information Sessions

Learn about the City's Affordable Rental and Homeownership Programs at information sessions presented by the Housing Department.

The free information sessions are held remotely twice a month – most months – via Zoom. The first hour is a presentation on the City's affordable rental programs, while the second hour is a presentation on the City's affordable homeownership programs.

Participants can learn more about the eligibility requirements and application process for various Cambridge Rental and Homeownership Programs, including:

- **Inclusionary Housing Rental Program for studios, 1BR, 2BR, and 3BR units throughout Cambridge**
- **Homeownership Resale Pool**
- **First-Time Homebuyer Workshop**
- **HomeBridge**



To participate in these meetings, please visit:
🌐 www.cambridgema.gov/CDD/Calendar to access the registration links.



Need Help with Housing?

Get assistance with housing-related costs, including move-in and eviction prevention fees.

Contact Multi-Service Center at:
617-349-6047 or email:
sgray@cambridgema.gov.



Down Payment Assistance

The City of Cambridge offers down-payment and closing cost assistance to income-eligible first-time homebuyers purchasing a home in Cambridge. Buyers may be eligible for assistance of up to \$10,000 towards the purchase.

To learn more, contact:
homeownership@cambridgema.gov.

Connect with Parents Through Baby University

Baby University is an innovative, free family support program that serves Cambridge families who have children three years old and younger. The program provides parent education, playgroups, one-on-one visits, and beneficial community resources through workshops offered on Saturday mornings over a series of 14 weeks.

Baby U provides opportunities for parents to connect and learn more about important parenting topics like brain development, family literacy, and positive discipline, all while strengthening their parent/child relationship. Fathers and mothers participate together and separately, sharing their thoughts and learning from each other in small group settings.

Parents who complete the program then join the Baby U Alumni Association. This gives them access to the Center for Families' family fun events, workshops, and parent discussion groups that provide ongoing support and allow the program to maintain relationships with families.

Baby University is offered through the Department of Human Service Programs' Community Engagement and Family Support Division.



For more information, contact us at:

✉ BabyU@cambridgema.gov or

☎ (617) 349-6204



Multilingual Highlights

ENGLISH

Top Highlights in This Edition of The Cambridge Life

The City of Cambridge offers a robust selection of free and discounted programs designed to support residents' financial, educational, environmental, and recreational needs. Whether you're a student, older adult, renter, or homeowner, there's likely a program available to help improve your well-being and quality of life. This latest issue of Cambridge Life provides an overview of some valuable offerings you should know about.



Scan QR code for full edition

ARABIC

أبرز الموضوعات في هذه الطبعة من ذا كامبريدج لايف

تقدم مدينة كامبريدج مجموعة قوية من البرامج المجانية والمخفضة المصممة لدعم الاحتياجات المالية والتعليمية والبيئية والترفيهية للسكان. سواء كنت طالبًا أو شخصًا بالغًا أو مستأجرًا أو مالكًا لمنزل، فمن المحتمل أن يكون هناك برنامج متاح للمساعدة في تحسين رفاهيتك ونوعية حياتك. يقدم هذا العدد الأخير من CAMBRIDGE LIFE نظرة عامة على بعض العروض القيمة التي يجب أن تعرفها.



امسح رمز الاستجابة السريعة ضوئيًا للحصول على الإصدار الكامل

AMHARIC

በዚህ የካምብሪድ ህይወት እትም ውስጥ የቀረቡ ዋና ዋና ነጥቦች

የካምብሪድ ከተማ የነዋሪዎችን የገንዘብ፣ የትምህርት፣ የእካባቢ፣ እና የመዝናኛ ፍላጎቶችን ለማግኘት የተነደፉ በርካታ ምርጫ ያላቸው በነጻ እና በቅናሽ የሚቀርቡ ፕሮግራሞች አሏት። ተማሪ፣ ጎልማሳ፣ ተከፊይ፣ ወይም የቤት ባለቤት ቢሆኑም፣ ደህንነትዎን እና የእኗሪ ሁኔታዎን ለማሻሻል የሚያገዝ ፕሮግራም ሊኖር ይችላል። ይህ የ Cambridge Life የቅርብ ጊዜ እትም እርስዎ ማወቅ ስላለብዎት እንዲያው ጠቃሚ እቅርቦቶችን በተመለከተ አጠቃላይ እይታ ይሰጣል።



ለሙሉ እትም የQR ኮድን ያንሱ

BANGLA

The Cambridge Life-এর এই সংস্করণে টপ হাইলাইটগুলি

ক্যামব্রিজ শহর তার বাসিন্দাদের আর্থিক, শিক্ষাগত, পরিবেশগত এবং বিনোদনমূলক চাহিদাগুলি পূরণ করার জন্য বিনামূল্যে এবং ছাড়যুক্ত বিভিন্ন প্রোগ্রাম অফার করে। আপনি একজন শিক্ষার্থী, প্রবীণ ব্যক্তি, ভাড়াটে বা বাড়ির মালিক যা ই হোন না কেন, সম্ভবত আপনার সুস্থতা এবং জীবনযাত্রার মান উন্নত করতে সহায়তা করার জন্য একটি প্রোগ্রাম নিশ্চয়ই থাকবে। কেমব্রিজ লাইফের এই সাম্প্রতিক সংখ্যাটি কিছু মূল্যবান অফারের একটি সারসংক্ষেপ প্রদান করে যা আপনার জানা উচিত।



সম্পূর্ণ সংস্করণটি পেতে QR কোডটি স্ক্যান করুন



SPANISH

Lo más destacado de esta edición de The Cambridge Life

Cambridge ofrece varios programas gratuitos y accesibles diseñados para atender las necesidades económicas, educativas, medioambientales y recreativas de sus residentes. Con seguridad hay un programa pensado para mejorar tu bienestar si eres estudiante, adulto mayor, inquilino o propietario. Esta última edición de Cambridge Life ofrece recursos realmente útiles que debes conocer.



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CHINESE

本期《剑桥生活》内容提要

剑桥市提供一系列丰富的免费和折扣计划，旨在支持居民的经济、教育、环境和娱乐需求。无论您是学生、老年人、租户还是房主，都可能适合您的计划来帮助提高您的福祉和生活质量。本期《剑桥生活》概述了一些您应该了解的宝贵信息。



扫描二维码可获取完整版

HAITIAN CREOLE

Pwen Esansyèl nan Edisyon sa a: The Cambridge Life

Vil Cambridge la ofri yon gran varyete seleksyon pwogram ki gratis ki fet pou sipòte bezwen finansye, edikatif, anviwònman, ak lwazi rezidan yo. Kit ou se yon elèv, yon granmoun aje, yon lokatè, oswa yon pwopriyetè kay, ou gen anpil chans pou w jwenn yon pwogram ki disponib pou ede amelyore byennèt ou ak kalite lavi w. Dènye edisyon Cambridge Life sa a bay yon apèsi sou kèk òf ki enpotan ou ta dwe konnen.



Eskane kòd QR pou edisyon konplè a

Portuguese

Compromisso contínuo de Cambridge com a habitação acessível

O município de Cambridge oferece uma seleção robusta de programas gratuitos e com desconto concebidos para apoiar as necessidades financeiras, educativas, ambientais e recreativas dos residentes. Quer seja estudante, idoso, inquilino ou proprietário, é provável que haja um programa disponível para ajudar a melhorar o seu bem-estar e qualidade de vida. Esta última edição da Cambridge Life fornece uma visão geral de algumas ofertas valiosas que deve conhecer.



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THE CAMBRIDGE LIFE

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Cambridge, MA 02139 • 617-349-4300

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River Festival

Returns June 21, 2025

Join us for the Cambridge Arts River Festival along the banks of the Charles River in Cambridge, Massachusetts, on Saturday, June 21, 2025, from 11 a.m. - 6 p.m. Free admission.

Six Stages of Music, Theater, Dance and Poetry along Memorial Drive, between JFK Street and Western Avenue, curated by Global Arts Live, Liars & Believers, Passim, Cambridge Jazz Foundation.



City Dance Party

Central Square / Returns June 27, 2025

Join thousands of Cambridge residents and visitors who will gather on Massachusetts Avenue in front of Cambridge City Hall (795 Massachusetts Avenue) for the City's free Dance Party on Friday, June 27, from 5-11 p.m. For the third year in a row, the Dance Party will expand its footprint all the way to Prospect Street and one hour has been added on to extend the night.

This year's theme is Revolutionary Reunion 250, celebrating 250 Years of Revolution.



Multilingual Highlights Inside On Page 22-23



City Manager:
Yi-An Huang

Cambridge City Council:
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Vice Mayor Marc C. McGovern
Councillor Jivan Sobrinho-Wheeler

Councillor Burhan Azeem
Councillor Patricia M. Nolan
Councillor Sumbul Siddiqui
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