



Human
Service
Programs



Newslines

Cambridge Council on Aging Newsletter



September 2026

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Newslines

September 2026

Hello Friends,

Recently, I had the simple pleasure of watching a group of young children playing together. What struck me was how naturally they moved between activities, welcomed one another into their games, and made room for new ideas and new friends. There was no formal invitation, no complicated process, just a willingness to include one another.

Watching them reminded me that inclusion can be both simple and powerful.

This is an important lesson for our Senior Centers. Each person who walks through our doors brings a lifetime of experiences, talents, traditions, perspectives, and stories. Our Centers are at their best when those differences are not only respected but celebrated.

Inclusion means making space for the person attending a program for the first time, as well as the person who has been coming for years. It means noticing when someone is sitting alone and offering a warm hello. It means

creating programs and activities where people of different backgrounds, abilities, interests, and life experiences can connect.

Perhaps most importantly, inclusion means recognizing that everyone has something to contribute.

Our Senior Centers are more than a place for programs and services. They are a community, places where friendships are formed, stories are shared, laughter is heard, and people can feel connected.

September is Senior Center month. As I watched those children play, I was reminded that creating an inclusive community does not always require something grand. Sometimes, it begins with something as simple as making room for one more person.

Let us continue to make that room—for everyone.

Happy September!

Warm Regards,
Susan P. Pacheco
Executive Director

SHINE News

Fall is in the air and time to review your Annual Medicare Notice of Coverage (ANOC). The ANOC is mailed to you by your health insurance plan and provides important information regarding covered benefits, changes in benefits, premiums and copayments that will be effective January 1.

The ANOC is a good reminder for you to review your insurance costs and coverage and prepare to make any plan changes during Annual Medicare Open Enrollment October 1 – December 15.

The Medicare Planfinder at www.Medicare.gov is also a wonderful way to compare plans and pricing during Medicare open enrollment. The website will include all plan information including providers and is available to beneficiaries on October 15.

Through the Planfinder, users can enroll in Medicare Advantage or Part D, compare all available plans, view plan summary documents and review drug formularies. People who wish to speak with a SHINE counselor during Annual Open Enrollment should contact the COA to schedule an appointment towards the end of September.

SHINE is a free program of Minuteman Senior Services funded in part by Executive Office of Aging & Independence designed to provide unbiased health insurance information to Medicare beneficiaries of all ages. To schedule a SHINE appointment, contact the Council on Aging.

Changes with the MBTA Senior Pass Program

The Cambridge Senior Center assists with applications for the Senior Charlie Card. To apply, please schedule an in-person appointment, which is available Monday through Thursday during business hours. Contact Outreach Case Manager Dee Cannon to make an appointment at 617-349-6060.

Please be aware that new requirements will take effect on September 1st. To enroll in the MBTA Senior Pass program at the Senior Center all participants must now have an email account and be able to access it. This is necessary to receive your MBTA Senior Charlie Card by mail. If you do not have an email account you will need to visit the Charlie Service Center located in downtown Boston.

The address for the downtown location is:

Charlie Service Center
296 Washington St
Boston, MA 02108

Walk-in hours are Tuesday through Friday, from 8:30 am to 5:00 pm.

BE ADVISED:

This screenshoted social media post is a scam. HLC warns constituents to be aware of scams and online accounts pretending to provide benefits from the Massachusetts Home Energy Assistance Program (HEAP) and other HLC programs.



Lunch

- Lunch hours will be 11:30 am –12:30 pm, Monday - Thursday. Cambridge residents can come in for lunch between 11:30 am -12:15 pm, and the suggested donation for lunch is \$3.00.
- After 12:15pm, lunch will be opened to non-Cambridge residents, but they are not guaranteed the same meal that was on the menu for that day, and the meal cost is \$5.00.

Lunch Questions:

617-349-6220

Cambridge Council on Aging classes and events are open to Older Adults ages 60 and older.

If registration is required, please call COA at:

617-349-6220



Class Descriptions

806 Cambridge Senior Center
NC North Cambridge
Russell Youth Community Center (RYCC)

Art Class 806

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.

Acrylic Painting NC

This instructor led acrylic painting class uses step by step methods and techniques to create acrylic artwork. Students learn in a supportive environment. All skill levels are welcome! All supplies are included.

Balance and Chi Kung 806

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.

Chair Exercise 806

Combining stretching, strengthening, cardio, balance, mobility, and flexibility (and some fun music!), this class is great for the whole body and brain. Take things at your own pace from a seated or standing position

Crafts and Social Group 806

This is a self-led crafting and social group, where crafters work on beading, crocheting, knitting and more. No experience needed. You may come for the craft or just come to connect with others. Participants bring their own crafts supplies.

Dancing for Balance NC

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. All fitness levels welcome!

Chair Yoga 806 NC

This Chair Yoga class is a gentle, accessible fitness class that adapts traditional yoga poses using a chair for seated or supported standing exercises. Ideal for all levels, it improves flexibility, strength, balance, and reduces stress through mindful movements. All fitness levels welcome!

Documentary Photography NC

Unlock your creative potential with our Documentary Photography Class. We dive into taking the best possible image you can take with your smartphone. Open to all skill levels. Smartphone is required. This class will help with and improve your image editing. All skill levels are welcome.

ESOL Intermediate Conversation and Reading Class 806

An Intermediate / High-Intermediate conversation and reading class. The class will meet in-person twice a month and will receive a selected reading with vocabulary support via email and will use this reading as part of our next in-person class.

English for Speakers of Other Languages (ESOL) NC

Beginning and Intermediate English for Seniors Conversation, vocabulary, basic grammar with Stephen Wu from the Cambridge Community Learning Center (CLC).

Gentle Mat Yoga NC

In this gentle, one-hour class, we practice the basic elements of yoga. Including standing, sitting and lying down postures.

Class Descriptions

This class is appropriate for adults that are comfortable moving from floor to standing with minimal support. Modifications available to participants. All fitness levels welcome!

Flamenco Dance Class 806

This class teaches the various rhythms of different Palos (genres) of flamenco. You will learn coordination of footwork, body, arms, and finger movements.

Introduction to Acting 806

This class explores improvisation for the theatre, using acting exercises and theatre games. We will discover ways of creating a character, using voice and movement, and scene study. This class is an ongoing workshop, with an optional performance for invited guests at the conclusion of each series. Join us on a journey of discovery; explore your creativity and hone your acting skills! No prior acting experience necessary.

Introduction to Theatre 806

This is an interactive class where we will read from the play, act out scenes, analyze characters and the plot. No prior theatre experience necessary.

Line Dancing 806

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.

Mahjong NC

This American version of Mahjong involves players taking and discarding tiles to create a complete hand, with the winner scoring points based on their tiles after a set number of hands. More advanced

players are preferred but all levels of skill are welcome.

Mat Yoga 806

Looking for an hour of self-renewal? Mat Yoga includes 30 minutes of floor postures which allow the spine to be relaxed and non-weight bearing. The class is taught at a moderate level. One goal is to provide asanas for all major muscle groups. Other goals are to improve balance, release tension and access grounded serenity.

Music Classes: Instrument and Chorus 806

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.

Instrument (Individual or Small Group Lessons) 806

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.

Portrait Drawing Class 806 RYCC

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. Prior experience is not necessary for this class.

Continued page 14

Weekly Class Calendar

Cambridge Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday	Key
Qi Gong 9:00 – 9:45 am Computer Lab 9:00 – 4 pm ESOL/ Chinese 9:30 – 10:30 am Tech Help 10:00 – 11:00 am Strong and Stretched 11:00 - 12:00 pm Art Class 1:00 – 2:00pm Ballroom Dancing 1:00 – 3:00 pm Tech Help 1:00 – 3:00 pm Intro to Theatre 1:30 – 2:30pm Portrait Drawing Class 3:00 – 5:00 pm Line dancing 5:00 - 6:00 pm Spanish 6:15 – 7:30 pm	Computer Lab 9:00 – 4:00 pm Mat Yoga 10:00 – 11:00 am Balance Art and Chi Kung 11:30 am – 12:30 pm Board and Card Games 1:00 – 3:00 pm Zumba Gold 1:00 – 1:45 pm Tech Help 1:00 – 4:00 pm Chair Exercise 2:00 – 2:45 pm	Chinese Singers and Chinese Folk Dancing 9:00 – 12 pm Music Instrument Lessons 9:00 – 10:00 am ESOL/ Cambridge Community Learning Center (CLC) 9:30 – 11:45 am Computer Lab 9:00 – 4:00 pm Flamenco Tango 10:00 – 11:00 am Chorus 10:30 – 11:30 am Crafts and Social Group 1:00 – 3:00 pm	Computer Lab 9:00 – 4:00 pm Zumba Gold 9:00 – 9:45 am Spanish For Beginners class 10:00 – 11:30 am Yoga for Better Balance 11:00 – 12:00 pm Tai Chi 11:00 – 12:00 pm Introduction to Acting 1:30 – 3:00 pm	Ping Pong Beginners 8:30 – 9:30 am Qi Gong 9:00 – 9:45 am Computer Lab 9:00 – 11:00 am Flamenco Dance 10:00 – 11:00 am Ping Pong Experienced 9:30 – 10:30 am	Virtual In Person Hybrid In Person Location Cambridge Senior Center 806 Massachusetts Ave, Cambridge MA 02139 Special Events, Holidays, and Class Cancellations Monday September 7 Labor Day Holiday.

Special Events Calendar

September 2026

Cambridge Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday	Key
	1 LGBTQ+ Film Series Movie: <i>Pride</i> 10:00 - 12:30	2 Blood Pressure Clinic and HEAL 1:00 - 2:00	3 Senior Home Improvement Education 10:00 - 11:00 Billiards League - Cambridge at Lexington 11:00 Town Meeting 12:30 - 1:00	4	Virtual In Person Hybrid In Person Location Cambridge Senior Center 806 Massachusetts Ave, Cambridge MA 02139 Hours: Monday 8:30 am - 8:00 pm Tuesday Wednesday Thursday 8:30 am - 5:00 pm Friday 8:30 am -12:00 pm Holidays, and Class Cancellations
7 Labor Day Holiday	8 Walking Group 9:00 - 10:00 COA Board Meeting 9:30 - 11:00 ESOL Intermediate 10:00 - 12:00	9 Veterans and Friends Support Group 1:00 - 2:00	10 Digital Skills Workshop: What is a QR Code? 10:00 - 11:00 Book Group 12:00 -1:00 Billiards League - Cambridge at Bedford 11:00 Quilting Workshop 1:00 - 3:00	11 Meditation and Mandala 10:00 - 11:00	
14 Tai Chi Paradigm 1:30 - 2:30 Music Jam Session 4:30 – 6:30 MA National Federation of the Blind - Cambridge Chapter 6:00 – 7:30	15 Walking Group 9:00 - 10:00 Women’s Group Outing to Castle Island 10:00 - 1:30 Men’s Group 10:00 – 11:30 Bangladesh Social Group 1:00 – 3:00	16 Safety Awareness 1:00 - 2:00	17 Cambridge Boat Club Brunch 9:00 - 12:00 Digital Skills Workshop: Intro to YouTube 10:00 - 11:00 Billiards League - Waltham at Cambridge 11:00 Quilting Workshop 1:00 - 3:00	18	
21 Age Café 10:00 – 11:00	22 Walking Group 9:00 - 10:00 ESOL Intermediate 10:00 - 12:00 Bingo 1:00 – 3:00 Film and Discussion 1:00 - 3:30 Movie: <i>Michael</i>	23	24 Senior Home Improvement Education 10:00 - 11:00 Digital Skills Workshop: iPhone Basics 10:00 - 11:00 Billiards League - Cambridge at Newton 11:00 Quilting Workshop 1:00 - 3:00	25	
28 Mass Senior Action Meeting 11:00 – 12:30 History Cambridge Dialogue Dinner 6:00 – 7:45	29 Walking Group 9:00 - 10:00	30			

Tech Help: Smartphone Q & A: Basics

Mondays, 10:00 - 11:00 and 1:00 - 3:00
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.**

Introduction to Theatre

Mondays, 1:30 - 2:30
“Pera Palas,” by Sinan Unel, is a hauntingly beautiful look at family conflict, cultural differences, and the hopes, dreams, and desires that we all share.
Set in the same hotel room, at the Pera Palas hotel in Istanbul, during three different decades of the 20th century,
In this play, Sinan Unel reveals himself to be one of those rare playwrights who explores thought-provoking ideas, while at the same time crafting a story about characters for whom we care deeply.

Introduction to Acting

Thursdays, 1:30 - 3:00
In this class, we will explore improvisation for the theatre, using acting exercises and theatre games. We will discover ways of creating a character, using voice and movement, and we will delve into scene study, exploring characters and rehearsing scenes from published plays. Come join us on a journey of discovery; explore your creativity and hone your acting skills! **Registration is Required**

Walking Group for Older Adults

Tuesdays, September 8, 15, 22 and 29, 9:00 - 10:00
Meeting location: North Cambridge Senior Center 2050 Mass. Avenue Join us for our Walking Group series, a guided set of weekly walks designed to encourage movement, connection, and exploration. Each walk follows a beginner-friendly pace and features routes that highlight local parks, neighborhoods, and scenic paths. This walking series is free and open to the public ages 60+. Registration is suggested but not required

LGBTQ+ Film Series

Tuesday, September 1, 10:00 - 12:30
Pride (1h.59 mi, 2014)
Based on the true story of Lesbians and Gays Support the Miners (LGSM) during the 1984–85 UK miners’ strike, it follows queer activists who journey from London to Wales to support mining families—an uplifting tale of solidarity, humor, and social change

Blood Pressure Clinic and Healthy Eating Active Living (HEAL)

Wednesday, September 2, 1:00 - 2:00
Blood Pressure Screening – Every First Wednesday of The Month
Cambridge Public Health nurses will hold monthly drop-in Blood Pressure screenings on the first Wednesday of every month. If you are getting your blood pressure checked, please wear loose-fitting clothing or a short-sleeved shirt.
Healthy Eating Active Living
The Healthy Eating Active Living unit (HEAL) of the Cambridge Public Health Department strives to create an environment that encourages all in Cambridge to eat healthy

and be physically active in their everyday lives. We believe that everyone in Cambridge should have access to healthy food and opportunities to be active, and that these should be safe and affordable, while reflecting the rich diversity of our city.

Senior Home Improvement Education Mini-Series for Cambridge Homeowners

Thursday, September 3, and 24, 10:00 - 11:00
Join Jennifer Jonassaint from Homeowner’s Rehab for a Senior Home education mini-series. **Home Improvement Topic Examples**
How to look for and shop for quality home products that last
How to create a financial future home needs assessment.

Town Meeting and Birthday Celebration

Thursday, September 3, 12:30 - 1:00
We want to hear from you! This is an opportunity to come together and share information and ideas with Senior Center Staff. We will celebrate September birthdays with cake.

Quilting for Beginners Workshop

Thursdays, September 10, 17, 24 1:00 - 3:00
Join us for a workshop series to make a small, quilted potholder or trivet. Using the ‘assembly line” quilting method, you will plan, cut, and sew a quilt using our sewing machines. The workshop includes step-by-step guidance from a local quilter and sewist. Supplies - fabric, thread, batting and sewing machines will be provided. Some experience with a sewing machine is required. Fabric and supplies are provided. **Registration is required and space is limited.**

ESOL Intermediate Conversation & Reading Class.

Tuesday, September 8 and 22, 10:00 - 12:00
An Intermediate/ High-Intermediate Conversation and Reading Class will meet in-person twice a month. 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.

Veterans and Friends Support

Group Wednesday September 9, 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. 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, September 10, 12:00 - 1:00
Mother Mary Comes to Me, by Arundhati Roy.
Roy’s first work of memoir, this is a soaring account, both intimate and inspiring, of how the author became the person and writer she is, shaped by circumstance, but above all by her complex relationship to the extraordinary, singular mother she describes as ‘my shelter and my storm’. CD, Digital Audiobook, eBook.

806 Special Events continued

Tai Chi Paradigm

Monday, September 14, 1:30 - 2:30
With Sifu Mynor Diaz

The “Tai Chi Paradigm” program is a training system that incorporates a distinct set of exercises and concepts of spatial patterns. The “Tai Chi Paradigm” program was developed to maintain, improve, and prevent age-related degeneration of neuro-muscular motor skills.

The practice of Tai Chi has evolved into a self-healing art, particularly after research placed it, as an evidence-based practice intervention in PTSD, Neurological Conditions, Osteoarthritis, and Hypertension while also beneficial in fall prevention and improving cognitive performance.

Next session begins October 5 through December 28. Registration will open on September 14 at 1:00 p.m. Cost is \$36 for the twelve-week series.

Music Jam Sessions

Monday, September 14, 4:30 – 6:30

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 answer yes to these questions, then we have the jam session for you. Saxophonist Bobby Tynes will once again host the sessions with his group of amazing musicians who will provide the rhythm section of your dreams. You will enjoy making music with these musicians. Their music inspires all to keep coming back for more! So, bring your voice, drumsticks, guitar, percussion, your horns, harmonicas and most importantly your love of playing music with others.

Men’s Group

Tuesday, September 15, 10:00 - 11:30
Join us for Men’s Group meeting. Light refreshments will be served.

For more information, please contact: Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

Brunch at the Cambridge Boat Club

Thursday, September 17, 9:00 - 12:00

Join us for brunch at the Cambridge Boat Club and enjoy a presentation about the history of diners.

Ticket cost is \$5.00 for school bus transportation.

Activity level: Walking moderate distances, standing, climbing stairs, sitting for extended periods of time.

Age Café

Community Conversations about Aging

Monday, September 21, 10:00 – 11:00 am

Join us for coffee, conversation and connection. Stop by this drop-in session as we talk about what really matters – purpose, identity, connection, and the beauty of growing older. Come share your voice. Join the conversation facilitated by Mary Kowalczyk, Manager, Mental & Behavioral Health Promotion, Cambridge Public Health Department and Susan Pacheco, Executive Director, Cambridge Council on Aging.

Age Café will continue to meet monthly on the following Mondays at 10:00 a.m.

- October 19
- November 16
- December 21

Film and Discussion

Tuesday, September 22, 1:00 - 3:30
Movie: Michael

Pre-screening Listening Party 🎵 at 12:45

The 2026 biopic “Michael” tells the story of Michael Jackson, the King of Pop, focusing on both his rise to fame and his complex personal life. The film explores his journey starting from childhood as a member of the Jackson 5 in the 1960s to his iconic achievements as a solo artist. It highlights significant moments such as the release of the album “Thriller” and his groundbreaking Bad World Tour in the late 1980s.

The 2026 Michael Jackson biopic, Michael, is officially rated PG-13 by the MPAA for (some thematic material, language, and smoking)

For more information, please contact: Vincent McCarthy 617-349-6220 or vmccarthy@cambridgema.gov

History Cambridge, Dialogue Dinner

Monday, September 28, 6:00 – 7:45 Join us for a unique and memorable evening where we foster deeper connection and build a sense of community around a shared theme. This is not your typical dinner party. All conversations are directed to the entire group, not one-on-one dialogues with those seated next to you. We will gather at a single table, face-to-face, to make new connections and think about your role in the community in a new way.

Registration required, space is limited.

New Digital Skills Workshops

Thursdays, 10:00 – 11:00

- September 10 – What is a QR Code Learn what QR codes are, how they work, and practice scanning them with your phone.
- September 17 – Introduction to YouTube Explore how to search for videos, adjust captions, and safely enjoy educational content.
- September 24 – iPhone Basics Get comfortable with your iPhone – buttons, gestures, settings, making calls, and sending messages.

Save the Date!

Hip Hop Dance Class

Returns on Monday, October 5, 9:30 – 10:30

Low Impact Fitness Class

Begins Wednesday, October 7, 1:00 – 1:45

Spanish 806 NC

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. All are welcome!

Strong and Stretched 806 NC RYCC

A 45-minute class starting with a cardio warm up, strengthening exercises using hand weights (try soup cans/water bottles if attending a virtual class) or resistance bands, and muscle conditioning to reinforce good posture. The class ends with deep yoga stretches.

Tai Chi 806 NC RYCC

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. There is an emphasis on Tai Chi walking, to help improve balance. All fitness levels welcome!

Tango Flamenco Dance Class 806

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, festive feeling and taste. All are welcome to enjoy the Flamenco experience.

Tech-Help: Smartphone Q&A: Basics 806

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

Watercolor Painting NC

Learn Methods and techniques used to create watercolor art in this self-paced, instructor-led class. Participants responsible for their own watercolor painting supplies. All skill levels are welcome!

Whist Card Game NC

Whist is a classic 4-player, partnership trick-taking card game using a 52-card deck where partners sit opposite each other to win the most tricks. It is a precursor to Bridge. All skill levels are welcome!

Yoga for Better Balance 806

This class provides opportunities to improve balance standing and seated on mats or chairs. The focus is to be present in our bodies as we stretch and strengthen stabilizing muscle groups.

Zumba Gold 806 RYCC

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.

Thursday

- Tai Chi
9:00 - 10:00 am
- Portrait Drawing
10:00 - 11:30 am
- Yoga
10:30 - 11:30 am

Friday

- Dance
9:00 - 10:00 am
- Strong and Stretched
10:30 - 11:30 am

Key

In Person

In Person Location

Russell Youth and Community Center
680 Huron Ave,
Cambridge MA 02138
Second Floor!

Programming will resume on Thursday, September 17th

Coming in October: Brain Health and Fitness!

Are you having more difficulty remembering names and appointments, staying focused, and finding your keys? Our Brain Health and Fitness program may be just what you're looking for. This program includes 4 weekly sessions each 2 hours in length. Information will be provided about how the changes that often occur during normal aging compare with those changes that suggest need for greater concern. In addition, we'll discuss and practice strategies that can help you function more efficiently, as well as lifestyle choices that can delay or even possibly prevent more serious changes. You'll have an opportunity to assess how well you're caring for your brain now and identify lifestyle changes that could help

you maintain and even improve this going forward. New topics and information will be discussed each week so participating in every session is strongly encouraged. This program will be facilitated by Dr. Peggy Crawford and is scheduled to start on Tuesday October 6 and end on Tuesday October 27 from 10:00 AM – 12 Noon at the Russell Youth and Community Center. Class size is limited to 15. Registration is required. Please contact Nate Drew at 617-349-6060 or ndrew@cambridgema.gov

Weekly Class Calendar

North Cambridge
Senior Center
2050 Massachusetts Ave,
Cambridge MA 02140

North Cambridge Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday	Key
Meditation 9:00 - 9:30 am Acrylic Painting 9:30 - 12:00 pm Dominoes 10:30 to 11:30am Dancing for Balance 1:00 – 2:00 pm Game Time 2:00 - 4:00 pm Gentle Mat Yoga 3:30 - 4:30 pm	ESOL 9:45 - 10:45 am Strong and Stretched 11:45 - 12:45 pm Tai Chi 1:30 - 2:30 pm Chair Yoga 3:00 - 4:00 pm	Chair Yoga 12:00 - 1:00 pm Intermediate Mahjong 2:00 - 4:00 pm Spanish Class 9:30 – 11:30 am	Beginners Mahjong 9:00 – 11:00 am Watercolors 9:30 – 11:30 am Dancing for Balance 1:30 - 2:30 pm Intermediate Improv 1:30 - 3:30 pm Gentle Mat Yoga 3:00 - 4:15 pm	Open Studio Acrylic Painting 10:00 - 12:30 pm Whist 11:30 – 2:30 pm Documentary Photography 3:00 – 4:30 pm	In Person Hybrid Spanish Class Returning 9/17 9:30 – 11:30am Hours Monday - Friday 8:30am - 5:00pm Contact 617-349-6320

One-on-One Technology Help for older adults (Drop-in or by appointment) Tuesdays 2:30 to 3:30pm
Need help with your technology? If you have a cellphone, tablet, or laptop and are looking for assistance such as troubleshooting simple issues, downloading and using apps, configuring email and security, or logging into your MyChart or Social Security account, we can help. Drop in on Tuesdays between 2:30 and 3:30pm or call the North Cambridge Senior Center at 617-349-6320 to arrange an appointment.

Acrylic Painting Open Studio Fridays 10:00 to 12:30pm \$5.00 per session
Unleash your creativity in a relaxed, self-directed painting session! You'll have full access to a canvas, acrylic paints, and brushes, allowing you to explore your own ideas and style at your own pace. An instructor will be present to offer guidance, answer questions, and share tips whenever you need a little extra support—perfect for both beginners looking to gain confidence and experienced artists wanting a dedicated time to create. All skill levels are welcome!

Ethiopian Hour 9:30 am to 12:00 pm Tuesdays (Every other week) September 8 and 22 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 and is here to uplift and empower participants. Whether it's English classes, an enjoyable activity, or a listening ear.

Crystal Singing Bowls Sound Practice (Sound Bath) Wednesday, September 9, 1:30 – 2:15pm
Crystal singing bowls sound practice (sound bath) helps return the cells through sympathetic resonance, shifting them from dis-ease back onto harmony by activating the parasympathetic nervous system. In other words, resetting your nervous system. This practice uses the soothing vibrations and tones of quartz crystal bowls to promote relaxation, meditation, and energetic balance. The calming sounds can help reduce stress, quiet the mind, and create a peaceful environment for healing, reflection, and deep rest. Please sign up at the North Cambridge Senior Center. Space is limited.

Medicine Takeback Day at the North Cambridge Senior Center Monday, September 14, 1:00 – 3:00pm
Do you have unused or expired prescription medications in your home? Dispose of them the safe way! On Monday, September 14th from 1:00 to 3:00pm, stop by the North Cambridge Senior Center to dispose of prescription medications, Over-the-counter medications, vitamins, supplements and solid medications during Medication Takeback Day. Please note, medical sharps, liquids, creams, ointments, sprays and inhalers will NOT be accepted.

Cartoons and Discussion Series September 16, 23, and 30 Wednesdays, 1:00 - 2:30pm
Join us for a three-part cartoon series as we watch and discuss cartoons and animation from the 1920s, 30s, 40s, 50s and 60s. The series will start with Cartoons in the 20s and 30s on September 16. On September 23, we will be watching and discussing cartoons from the 40s and end the series on September 30 with cartoons from the 1950s and 60s. This will be a great opportunity to spend some time strolling down memory lane and reminiscing about many of the cartoons of the past.

Friday NCSC Monthly Coffee Friday, September 25, 9:00 to 10:00am
“Health and Wellness Open Discussion”
The September North Cambridge Senior Center (NCSC) Friday morning monthly coffee presentation, we will be having an open discussion on health and wellness. An open discussion on health and wellness can help us share ideas and provides an opportunity to learn more about our health and wellness and things we can do to take better care of ourselves as we age. Talking openly makes it easier to ask basic questions, learn and support one another. This will be a great opportunity to get more information and to ask questions. Coffee and Tea will be provided.

Walking Group for Older Adults Tuesdays, September 8, 15, 22, and 29, 9:00 - 10:00am
Join us for our Walking Group series, a guided set of weekly walks designed to encourage movement, connection, and exploration. Each walk follows a beginner-friendly pace and features routes that highlight local parks, neighborhoods, and scenic paths. This walking series is free and open to the public ages 60+. Registration is suggested but not required.



**CITY OF
CAMBRIDGE**

Human
Service
Program

Cambridge Council on Aging

806 Massachusetts Avenue
Cambridge, MA 02139



Cambridge City Council

Sumbul Siddiqui, Mayor
Burhan Azeem, Vice Mayor
Ayah A. Al-Zubi
Timothy R. Flaherty
Marc C. McGovern
Patricia M. Nolan
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