



# Newslines

## *The Newsletter of the Cambridge Council on Aging (COA)*

**June 2025**

806 Massachusetts Avenue, Cambridge, MA 02139

617-349-6220 • [www.cambridgema.gov/CouncilOnAging](http://www.cambridgema.gov/CouncilOnAging)

Dear Seniors:

I am writing this note to you on Memorial Day. Today we pause. We remember the brave souls who gave everything in service. Their sacrifice echoes in the quiet moments – in flags placed gently in the ground, in the stories that our shared, and in the freedoms, we carry forward. What a perfect day to walk through the cemetery that is often my morning walk. I see a woman tending carefully to a grave and placing a red, white and blue floral arrangement. I say good morning and stand with her. It is her husband's grave. He served in the US Army and passed away less than 2 years ago. She visits his grave often. She asks me who I am visiting. I reply, I guess everyone. I enjoy the beauty of this cemetery. The history; the headstones; the calmness; the cordiality of all those walking through and I love seeing the birdwatchers. She loved my answer. She thanked me for stopping. I honored her husband's service, and I whispered to her ~ thank you.

How often do you do what I just wrote in the previous paragraph? Stop and stand with a total stranger. Admittedly, I do not do it often, but did so that day. It is easy to do so, if we do not forget to look up and around.

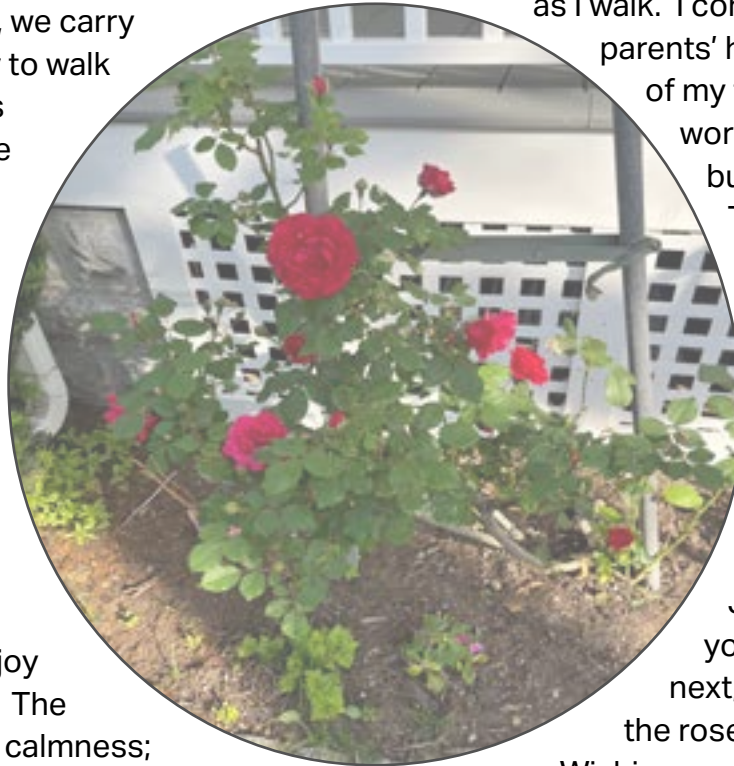
It is important to step outside, breathe deeply, and simply be in the world. The sky, the breeze, the rustle of leaves – its all quietly waiting to remind us of the wonder around us. We spend so much time tethered to screens and schedules. On this day, I continue to look around

as I walk. I continue my walk to my parents' house and notice one of my favorite things in the world ~ roses. The rose bushes were in bloom!

These rose bushes have been blooming for 50+ years. Some years they are late bloomers. Other years they peak early. Regardless, blooming roses signal the month of June for me. I am sure you can guess what I did next, I stopped and smelled the roses! 😊

Wishing you all a great month of June and wonderful start to the summer!

Warm Regards,  
Susan P. Pacheco  
Executive Director



# Information and Referral

## June Mall Shopping

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

The dates for Mall shopping are:

Wednesday, June 4

Wednesday, June 11

Tuesday, June 16

Wednesday, June 25

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

Home pick up is available upon request.

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

On 5/7 & 5/14 home pick up is available in Central Square and East Cambridge

On 5/20 & 5/28 home pick up available in North & West Cambridge

Please contact Vincent McCarthy

[vmccarthy@cambridgema.gov](mailto:vmccarthy@cambridgema.gov)

617-349-6216

# June 2025 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 one week in advance. To reserve your lunch, please call 617-349-6047 or see the front desk receptionist.
- Lunches are available for a suggested donation of \$3 for adults aged 60 years and older. Your lunch reservation will be held until 12:05 on the day that you reserved your lunch.
- A cold sandwich meal will be provided to anyone who does not have a lunch reservation. A cold vegetarian meal is available upon request.





# June 2025 – Happenings and Special Events

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

**\*Tech-Help: Smartphone Q&A: Basics**  
**Mondays, 9:00-11:00 Tuesdays, 1:00- 4:00**  
**Wednesdays, 1:00-2:00pm**

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 – 2:30pm** *The Cry of the Reed by Sinan Unel* A play that addresses topics both timeless and timely, “The Cry of the Reed” by Sinan Unel revolves around a journalist, covering unrest in the Middle East, who is detained by a group of insurgents. When they offer her the opportunity to make a phone call, she chooses to call her mother, from whom she has been estranged for over 10 years. Her mother is a scholar of the Sufi poet, Rumi, and is in Turkey, organizing a festival to celebrate the poet’s work. The play, while it explores the fragile, often fraught, sometimes volatile relationships between mothers and daughters against a background of conflict in the Middle East, is infused with the grace and beauty of Rumi’s poetry and Sufi tradition. Among the questions it raises are, what determines the divide between “them” and “us,” and how do we make our way through life, keeping our compassion intact?  
**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.**

**Red Sox Game Day event**  
**Wednesday, June 4, 1:00 - 4:00pm**  
Come join us for an afternoon of fun watching the Boston Red Sox on our TV in the drop-in lounge.  
We will serve hot dogs, popcorn, pretzels, ice cream and cold sodas.  
Registration is required and cost is \$5.00 for a food ticket.

**Blood Pressure Screening & Healthy Eating Active Living (HEAL)**  
**Wednesday, June 4 1:00 - 2:00pm**  
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.  
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

**Senior Home Education Mini-Series**  
**Thursday, June 5 and 26, , 10:00 - 11:00am**  
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, June 5, 12:30 - 1:00pm**  
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 June Birthdays with cake.

**Music Jam Session**  
**Monday, June 9, 4:30 - 6:30pm**  
The Cambridge Senior Center and the Cambridge Public Health Department are presenting a music jam session series this spring on select Mondays.  
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.

**Learning Together ~ Viewing PBS Documentary Juneteenth: Faith & Freedom**  
**Tuesday June 10, 10:00 – 11:00 am**  
“A journey to Texas reveals the history and resilient hope of the Juneteenth Holiday.” Refreshments will be served.

**ESOL Intermediate Conversation & Reading**  
**Tuesday June 10 and 24, 10:00 -12:00 pm**  
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 June 11, 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](mailto:dcannon@cambridgema.gov)

**Technology Sessions and skills Workshop – Creating a Social Security Account**  
**Thursday, June 12, 10:00-11:00 am**  
Confused about how to create a Social Security online account? This workshop will take you step-by-step through the process of setting up an online account. Please Note: while we will explain how to create an online account, we will not be helping you apply for and collect Social Security.

**Book Group**  
**Thursday, June 12, 12:00 - 1:00pm**  
*While Justice Sleeps* by Stacey Abrams.  
At the US Supreme Court, a young law clerk finds herself embroiled in a shocking mystery.

**Bingo & Tea with a British Twist**  
**Thursday, June 12, 1:30 - 3:00**  
Come and enjoy an afternoon playing bingo with a British twist and stay for a relaxing cup of tea.  
We will be sampling different varieties of tea. Join us and pick a favorite flavor.  
Registration is required.  
Bingo is \$1.00 per card

**Women’s Group**  
**Monday, June 16, 12:30 - 2:00pm**  
Join us this month for the Women’s Social Group meeting. We will laugh, share ideas and enjoy each other’s company.

**Connecting with Cambridge’s Green Spaces, Guided Mindful Nature Walk with Stefanie Haug**  
**Tuesday, June 17, 10:00 – 11:30am**  
Join us as we take our mindful nature experience from the Senior Center outdoors and around Cambridge. We will walk around Mount Auburn Cemetery where we can “walk the talk” of experiencing nature with all of our senses while taking a gentle stroll with frequent pauses to sit, reflect and share.

June 2025 – Weekly Class Schedule

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

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

June 2025 – Special Events Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b> Bangladesh Social Group 1:00-3:00 (IP)	<b>4</b> Blood pressure screenings 1:00-2:00 (IP)  Red Sox Game day event 1:00 4:00 (IP)	<b>5</b> Meditation Canceled Senior Home Education mini-series (IP)10:00-11:00	<b>6</b>
<b>9</b> Music Jam Session 4:30-6:30 (IP) MA National Federation of the Blind -Cambridge Chapter (IP) 6:00 – 7:30	<b>10</b> COA Board Meeting 9:30-11:00 (V) Viewing PBS Documentary – Juneteenth: Faith & Freedom 10:00- 11:00 (IP) ESOL ntermediate: 10:00-12:00 (IP)	<b>11</b> Veterans & Friends Support Group 1:00-2:00 (IP)	<b>12</b> Meditation Canceled Tech Access Program Setting Up a Social Security Account 10:00 – 11:00 (IP) Book Group 12:00- 1:00 (H) Bingo and Tea 1:00-3:00 (IP)	<b>13</b> Meditation and Mandala 10:00- 11:00 (IP))
<b>16</b> Women’s Social Group 12:30 – 2:00 (IP)	<b>17</b> Men’s Group 10:00-11:30 (IP) Connecting with Cambridges Green Spaces - Outdoor Walk 10:00-11:30 Bangladesh Social Group 1:00-3:00 (IP)	<b>18</b> Foster Clambake Day Trip 8:00 - 5:00 (IP)  Safety Awareness 1:00-2:00 (IP)	<b>19</b> <b>Juneteenth Senior Center Closed</b>	<b>20</b>
<b>23</b> Mass Senior Action Meeting 11:00 – 12:30 (IP)	<b>24</b> ESOL Intermediate 10:00-12:00 (IP) LGBTQ+ Film Series 10:00-12:00 (IP) Movie: <b><i>Everything Everywhere All at Once</i></b> Film and discussion 1:00-3:30 (IP) Movie: <b><i>A Nice Indian Boy</i></b>	<b>25</b>  Elder Law Presentation 1:00-2:00 (IP)	<b>26</b> Zumba Canceled Senior Home Education mini-series (IP) 10:00-11:00  Cambridge Consumers Council Drop-in Information 11:00- 12:30 (IP)  Book Discussion: <b><i>You Are Not Alone</i></b> 1:00-2:00 (IP)	<b>27</b>
<b>30</b>				



- Participants should be comfortable walking leisurely for about 1 mile.
  - The pace and paths can be adapted to the group's needs and interests.
  - Limited bench seating available
  - Bathroom facilities located at the Visitor Center at the main entrance
- Registration is required.**  
**Transportation available the Cambridge Senior Center, or you can meet us there.**

Continued from Page 5

### Men's Group

**Tuesday, June 17, 10:00-11:30am**

Join us for June's Men's Group meeting. Light refreshments will be served.  
 For more information, please contact:  
 Vincent McCarthy at 617-349-6220 or [vmccarthy@cambridgema.gov](mailto:vmccarthy@cambridgema.gov)  
 June 2025 — Happenings and Special Events

### FOSTER'S Clambake York, Maine Trip

**Wednesday, June 18, 8:00 – 5:00pm**

Join us for a day trip to Foster's Clam Bake. Lunch will include New England clam chowder, steamed clams and mussels, corn on the cob, roasted red potatoes and onions, rolls, butter hot drawn butter and blueberry crumb cake. Hot coffee, tea, iced tea and lemonade are also included with all meals. Hickory BBQ Chicken or vegetarian Polenta Meals options ARE SUBSTITUTE CHOICES FOR LOBSTER. We will stop at York Beach and Stonewall Kitchen.  
 Trip cost is based on income:  
 If your income is less than \$2,096 per month – Your ticket cost is \$25.00.  
 If your income is more than \$2,096 per month – Your ticket cost is \$50.00.  
 Please call for information.

### Film and Discussion Double Feature

**Tuesday, June 24, 10:00 - 3:30pm**  
**LGBTQ+ Film Series 10:00 - 12:00pm**  
 Movie: *Everything Everywhere All at Once* (2022)(R) – Comedy, Drama,  
 Evelyn Quan Wang, a Chinese American immigrant who, while audited by the IRS, discovers that she must connect with parallel universe versions of herself to prevent a powerful being from destroying the multiverse.  
 For additional information, please contact Phoebe Hallahan, LGBTQ+ Programming Leader at [phallahan@cambridgema.gov](mailto:phallahan@cambridgema.gov) or 617-349-9177  
 Movie: *A Nice Indian Boy* 1:00 - 3:30pm  
 For more information, please contact: Vincent McCarthy at 617-349-6220 or [vmccarthy@cambridgema.gov](mailto:vmccarthy@cambridgema.gov)

### Massachusetts Bar Association 2025 Elder Law Education Program

**Wednesday, June 25 1:00-2:00**

Do you have a Will, Durable Power of Attorney, Health Care Proxy or HIPAA Authorization in place? Do you know what those documents are? Come on down and learn how to avoid a crisis for your family. Don't delay getting your most crucial estate planning documents in place.  
 Join us when Attorney Shani Rea Collymore will be presenting on the basics of estate planning  
 For more information, please contact: Vincent McCarthy at 617-349-6220 or [vmccarthy@cambridgema.gov](mailto:vmccarthy@cambridgema.gov)

**Book discussion: You Are Not Alone – The NAMI Guide to Navigating Mental Health by Ken Duckworth, MD.**  
**Thursday, June 26, 1:00 pm – 2:30 pm**  
 Discussion facilitated by Susan Pacheco, Executive Director and Maryellen McEleney, Information & Referral Specialist/SHINE Counselor. Registration IS required. Limited

copies of the book are available.  
 Please contact Susan Pacheco @ 617-349-6220 or [spacheco@cambridgema.gov](mailto:spacheco@cambridgema.gov).

### June is Pride Month!!

### Pride Happenings

**Sunday, June 8th 11am – 2pm.**

Cambridge City Hall, 795 Mass Ave  
 Join the Office of Mayor E. Denise Simmons and the Cambridge LGBTQ+ Commission for the 36th Annual Cambridge Pride!  
 Honor the past, present, and future of LGBTQ+ community in Cambridge!

**Saturday, June 14th @ 11am**

March with Somerville Cambridge Elder Services in the Boston Pride Parade! For more information call Somerville Cambridge Elder Services at 617-628-2601



## CAMBRIDGE PRIDE

### Still Here, Still Proud!

Cambridge City Hall | 795 Mass Ave  
 Sunday, June 8, 2025  
 11:00am-2:00pm

Free!



Live Performances  
 Activities for Families  
 Community Resources  
 Taco Bar + Ice Cream Truck  
 Queer History Exhibit



**Tuesday, June 24th 10am – 3pm**

Pride Double Feature

Cambridge Senior Center, 806 Mass Ave  
 10am – *Everything Everywhere All at Once*  
 1pm – *A Nice Indian Boy*

For more information contact Vincent McCarthy ([vmccarthy@cambridgema.gov](mailto:vmccarthy@cambridgema.gov)) 617-349-6216

# June 2025 – 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 Dominoes (IP) 10:30- 11:30 Dancing for Balance (H) 1:00 – 2:00 Mindful Movement 2:15 - 3:15 (IP) Gentle Mat Yoga (IP) 3:30 – 4:30	Strength Building (IP) 9:30-10:15 Zumba Gold (IP) 10:30-11:15 Strong and Stretched (IP) 11:30- 12:30 Tai Chi (IP) 1:30 – 2:30 Chair Yoga (IP) 3:00– 4:00	Watercolors 9:30 - 11:30 (V)  Spanish Class 9:30 - 11:00 (IP)  ESOL (IP) 10:30- 11:30  Chair Yoga (IP) 12:00– 1:00	Watercolors 9:30 - 11:30 (IP)  Dancing for Balance (H) 1:30 – 2:30  Gentle Mat Yoga (IP) 3:00 – 4:15	Meditation (IP) 9:15- 10:15  Whist (IP) 11:30-2:30  Documentary Photography 3:00 -4:30 (IP)

# June 2025 – NC Happenings and Special Events

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

## Weekend Meditation Fridays 9:15am-10:15am

Start your weekend with a sense of calm and clarity! Join us every Friday morning for a guided meditation session designed to help you unwind, refocus, and prepare for the days ahead. Breathe deeply, re-lease stress, and enter the weekend feeling refreshed and balanced.

## Bilingual Storytelling: Song of the Chirimia La Música de la Chirimía June 12th 1pm-2pm

Join us for a special bilingual retelling of a Guatemalan folktale about a young man who tries to win the hand of a Mayan princess by making his song as sweet as that of the birds

## TRIP: Explore Gloucester & Sail on the Thomas Lannon Schooner! Friday, June 20th 10am-3:30pm

Join us for a scenic day in Gloucester! Spend the afternoon enjoying lunch on your own, exploring the charming village, and taking in the coastal sights. Afterwards, we will set sail on a 1.5-hour excursion aboard the historic Thomas Lannon Schooner, a 65-foot sailboat built by the captain himself! Experience the beauty of Gloucester’s shoreline from the water. Cost is \$20 for transportation and sailing excursion.

## CANCELATIONS:

Documentary Photography—Fridays

- Canceled on June 6th
- Canceled August 1 and 8t  
Chair Yoga & Gentle Mat Yoga—  
Mondays, Tuesdays, Wednesdays, Thursdays  
Canceled starting Thursday June 12th  
resumes Tuesday September 2nd.  
Spanish and the ESOL class will end on  
WednesdayJune 11th

Zumba Gold & Strength Training—Tuesdays

- Canceled starting Tuesday, June 17
- Resume Tuesday, September 9th

Strong and Stretched—Tuesdays

- Canceled the weeks of: July 21–27  
& August 18–24 All other weeks remain  
scheduled

Tai Chi-- Tuesdays

- Canceled from Monday, July 28
- Resumes Tuesday, September 2nd

Watercolors—Thursdays

- Canceled for July and Augusto  
Resumes Thursday, September 11th

## **Cambridge City Council**

E. Denise Simmons, Mayor  
Marc C. McGovern, Vice Mayor  
Burhan Azeem  
Patricia M. Nolan  
Sumbul Siddiqui  
Jivan G. Sobrinho-Wheeler  
Paul F. Toner  
Ayesha M. Wilson  
Cathy Zusy

## **City Administration**

Yi-An Huang, City Manager  
Ellen Semonoff, Assistant City Manager  
for Human Services

## **Council on Aging (COA) Board**

Harriet Ahouse  
Mary DeCoursey  
Pearl Hines  
Debra Mandel  
Lily Owyang  
Eva Paddock  
Beverly Sealey  
Joumathe Theodore

**Our appreciation to the Executive  
Office of Aging & Independence for  
funds to support this publication**

## **Cambridge Council on Aging**

806 Massachusetts Avenue Cambridge,  
MA 02139

## **COA Program and Staff**

### **Executive Director**

Susan Pacheco

### **Social Services**

Vincent McCarthy,  
Director of Client Services  
Maryellen McEleney,  
Information and Referral  
Dee Cannon,  
Outreach Case Manager

### **Administrative Assistant**

Lisa Castagna  
Jean Dade, COA Office Aide  
Julie King, COA Assistant

### **Receptionists**

Gilma Best, Rosalind Brown,  
and Matara Malone

### **Computer Instructor**

Pamela Howard

### **Bus Driver**

Jimmy Baez

## **Cambridge Senior Center**

### **Director**

Alicia Johnson

### **Activities**

Arline McGrady, Activities and  
Volunteer Coordinator  
Adam Leith, Assistant  
Sanaa Mohamed, Assistant

### **Facility**

Desi Powell Sr., Facility Manager  
Dave Kanode, Custodian

### **Food Service**

Lei Shen , Food Service Manager  
Carlos Alfaro,  
Assistant Food Service Manager  
Cat Kagann, Assistant

## **North Cambridge Senior Center**

Geoffrey Coughlin, Receptionist  
Marybeth Joyce, Assistant

### **Newslines**

Lisa Castagna, Sanaa Mohamed, and  
Susan Pacheco



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

[CouncilOnAging](#) 617-349-6220