

Newslines



The Newsletter of the Cambridge Council on Aging (COA)

February 2026

806 Massachusetts Avenue, Cambridge, MA 02139

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

Dear Seniors:

It is about 10:00 in the evening and I am so past the deadline for this article. I am completely depleted and uninspired about what to write. It seems that each month the overall theme of my note to all of you is the same, but one that is hard to steer from. I decided to sit on the sofa and just scroll through social media (which is usually a bad thing). In this case, it was my inspiration: American

Singer, Lady Gaga, singing Mr. Rogers' Neighborhood Theme Song: Won't You Be My Neighbor? I instantly felt uplifted and inspired, as well as nostalgic.

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.' To this day, especially in times of 'disaster', I remember my mother's words, and I am always comforted by realizing that there are still so many helpers-so many caring people in this world". ~ Fred Rogers

It can be so easy right now to feel helpless. To feel hopeless. To feel upset, uneasy, and frustrated with what is happening. But so often when these feelings overwhelm me, I turn to my childhood hero ~ Mr. Rogers. I remember a simpler time in my life, tuning in for that special

TV show, having him come through the door singing, changing his shoes and changing into a cardigan sweater. But I know that I cannot return to that simpler time, but I can recognize my feelings and those around me.

There is a collective heaviness so many of us seem to be carrying right now. Add the harsh recent weather and it can all feel like a bit too much.



All that is happening has reminded me how important it is to slow down, prioritize what truly matters, and allow ourselves moments of rest. Stepping back from the noise, the news and even our daily responsibilities from time to time and give us space to recharge, reflect, and find our center again. It is ok to do that. Let us grant ourselves permission.

Let us try to remain hopeful. Let us take the advice of Mr. Rogers and his mother and keep looking for the helpers. You will know there is hope.

Warm Regards,
Susan P. Pacheco
Executive Director

Information and Referral

Helpful Numbers for Cambridge Older Adults

Cambridge Council on Aging

617-349-6220

North Cambridge Senior Center

617-349-6320

Mayor's Office

617-349-4321

Somerville Cambridge Elder Services

617-628-2601

Cambridge Fuel Assistance

617-349-6252

Veterans' Service

617-349-4761

Commission for Persons with Disabilities

617-349-4692

Cambridge Housing Authority

617-864-3020

Cambridge Public Library

617-349-4040

COA 2026 ~ Your opinion matters!

COMING SOON...An invitation to participate in a Satisfaction Survey. A survey is not what many want to participate in, but we need your help. Your feedback will help us create even more meaningful and enjoyable opportunities for Cambridge Older Adults.

The survey and more information will be available in February.



February 2026 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.

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Lunch

- Hot Dine-and-Stay lunches are served Hi 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.



February 2026 – 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, 1:00-2:00

Thursdays, 9:00-12:00

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

GUNPLAY: A Play About America by Frank

Higgins "Gunplay" is a darkly comic satire about the role of firearms in world history and gun culture in the United States. Exploring the mythos surrounding guns in the U.S., i.e., "guns keep you safe" and juxtaposing it with actual events and statistics, "Gunplay" reveals the irony of gun culture versus gun reality. Statistics versus mythology, in all its absurdity. 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.

Journey to Hope

Group Wellness Class With CEOC

This group will meet for 5 sessions

Mondays, February 2 - March 9, 9:30 - 12:00

Journey to Hope is free, personalized help in a supportive group environment where you'll learn wellness skills to manage stress, connect to social support, learn self-care, and more to reach a happier, healthier you!

For more information, please email

jth@ceoccambridge.org or call

617-868-2900 X 328

Tai Chi Paradigm

Mondays, February 2, 9, 23, 1:30 – 2:30

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. Registration is full.

ESOL Intermediate Conversation & Reading Class.

Tuesday February 3, 10 and 24 10:00 -

12:00 An Intermediate/ High-Intermediate Conversation and Reading Class that will meet in-person and receive a selected reading with vocabulary support. We will use this reading as part of our next in-person class.

LGBTQ+ Film Series

Tuesday, February 3, 10:00 - 12:30

Film: The Wedding Banquet

(1 hour, 42 minutes, Rated R, 2025)

Hoping to stay in the country, a gay man proposes a green card marriage to a female friend in exchange for paying for her IVF treatment. However, things soon get complicated when his grandmother surprises them with plans for an extravagant Korean wedding banquet.

Senior Home Education Mini-Series for Cambridge Homeowners

Thursday, February 5 and 26, 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, February 5 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 February's birthdays with cake.

Quilting for Beginners Workshop

Thursdays, February 5, 12, 19, 1:00 - 3:00

Join us and learn 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.

Introduction to Acting

8-Week Workshop Series

Thursdays, February 5 through March 26, 1:00 - 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, culminating in a performance (optional) for invited guests. Come join us on a journey of discovery; explore your creativity and hone your acting

skills! Space is Limited, Registration is Required.

Veterans and Friends Support Group

Wednesday, February 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

Book Group

Thursday, February 12, 12:00 - 1:00

Voting for 2026 - 2027 reading selections and Librarians Choice of Novella if time allows.

Meditation and Mandala

Friday, February 13, 10:00 - 11:00

Mandala is the Sanskrit word for sacred circle. Mandalas are used in many cultures for meditation and contemplation. Music and a quiet atmosphere will allow group members to relax and get centered as they fill in the outlines of paper Mandalas with colored markers. All materials will be provided. The group will start with a brief guided meditation and then individuals will have an opportunity to color at their own pace. Adult coloring has recently gained popularity to reduce stress and as a means of relaxation.

Men's Group

Tuesday, February 17, 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

February 2026 – Weekly Classes

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	Computer Lab (IP) 9:00 – 4:00	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	Zumba Gold (IP) 9:00 – 9:45	Computer Lab (IP) 9:00 – 11:00
Tech Help (IP) 9:00 – 11:00	Balance art and Chi Kung (IP) 11:30 – 12:30	Computer Lab (IP)	Tech Help (IP) 9:00 – 12:00	Flamenco Dance (H) 10:00 – 11:00
ESOL/Chinese (IP) 9:30 – 10:30	Board and Card Games (IP) 1:00 – 3:00	9:00 – 4:00	Spanish For Beginners class 10:00 - 11:30 (IP)	Ping Pong — Beginners (IP) 8:30 – 9:30
Strong and Stretched (IP) 11:00 – 12:00	Tech Help (IP) 1:00 - 4:00	Flamenco Tango (V) 10:00 – 11:00	Tai Chi (IP) 11:00 – 12:00	Ping Pong — Experienced (IP) 9:30 – 10:30
Art Class 1:00-200 (V)	Zumba Gold (IP) 1:00-1:45	Chorus (IP) 10:30-11:30	Introduction to Acting (IP) 1:30-3:00	Yoga for Better Balance (IP) 10:30 – 11:30
Ballroom Dancing (IP) 1:00 – 3:00	Chair Exercise (IP) 2:00-2:45	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 (IP) 6:15 – 7:30				

February – Special Events Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Journey to Hope Group wellness 9:30-12:00 (IP) Tai Chi Paradigm 1:30-2:30 (IP)	3 LGBTQ+ Film Series <i>The Wedding Banquet</i> 10:00 – 12:30 (IP) ESOL Intermediate: 10:00 - 12:00 (IP)	4 Blood Pressure Clinics 1:00-2:00 (IP)	5 Town Meeting 12:30 - 1:00 (IP) Senior Home Education Mini- Series 10:00-11:00 (IP) Quilting Workshop 1:00-3:00(IP)	6
9 Journey to Hope Group wellness 9:30-12:00 (IP) Tai Chi Paradigm 1:30-2:30(IP) MA National Federation of the Blind -Cambridge Chapter 6:00 – 7:30 (IP)	10 COA Board Meeting 9:30 - 11:00 (V) ESOL Intermediate: 10:00 - 12:00 (IP)	11 Chinese Lunar New Year Celebration 9:00 - 12:00 Veterans & Friends Support Group 1:00-2:00 (IP)	12 Tech Access Program (TAP) Tik Tok for Beginners 10:00-11:00 (IP) Book Group 12:00 - 1:00 (H) Quilting Workshop 1:00 – 3:00 (IP)	13 Meditation and Mandala 10:00- 11:00 (IP))
16 Presidents Day Holiday	17 Men's Group 10:00 - 11:30 (IP) Trip to the Foundry 10:30 -3:00 Bangladesh Social Group 1:00 - 3:00 (IP) Zumba Gold and Chair Exercise Canceled	18 Safety Awareness 1:00-2:00 (IP) Chair Exercise (V) Canceled	19 Quilting Workshop 1:00 – 3:00 (IP)	20 Bingo 9:30-11:00 (IP)
23 Journey to Hope Group wellness 9:30-12:00 (IP) Tai Chi Paradigm 1:30-2:30 (IP) Mass Senior Action Meeting 11:00 – 12:30 (IP)	24 ESOL Intermediate: 10:00 - 12:00 (IP) Film and discussion 1:00 - 3:30 (IP)Movie: <i>Fatherhood</i> Zumba Gold and Chair Exercise Canceled	25	26 Senior Home Education mini-series 10:00-11:00 (IP) Sarasa Ensemble Baroque Musical Performance 1:00 – 2:00	27

Day Trip to the Foundry Festival

Tuesday, February 17, 10:30 -3:00

Limited seats available on the Senior Center's bus. Advance Registration is Required for transportation.

The Foundry Festival is open to all, and you can visit on your own.

Bingo

Friday February 20th 9:30 – 11:00 am

No sign up necessary. We will start selling cards at 9:00 am. First game starts at 9:30 am
No person shall be able to play bingo after the start of the 2nd game. Charge is \$1.00 per card

We use cardboard cards, please bring in your bingo chips.

Film and Discussion Celebrating Black Films

Tuesday, February 24, 1:00 - 3:30

Movie: *Fatherhood*

For Matt is a devoted dad who suddenly finds himself raising his daughter, Maddy, on his own after the passing of his wife, who dies just a day after Maddy's birth. As he navigates his grief and learns to cope, he receives support from family and friends. His experiences are inspired by Matthew Logelin's true story, detailed in the memoir "Two Kisses for Maddy: A Memoir of Loss & Love." Running time: 1 hour and 49 minutes
Rated PG-13 (For strong language and suggestive material) For more information, please contact: Dwan Cannon 617-349-6220 or dcannon@cambridgema.gov

Sarasa Music - Ensemble Performance around Baroque Music

Thursday, February 26, 1:00 – 2:00

Join us for an afternoon ensemble performance by Sarasa Musicians. Featuring delectable work from 17th century Bologna, by Isabella Leonarda, Cazzati, Arresti, Gabrielli, Bononcini, Torelli, Piccinini, Ferrari & Montalbano.



Human
Service
Programs



February 2026 – Russell Youth and Community Center

680 Huron Ave., 2nd Floor, Cambridge, MA 02138 617-349-6220 •

Thursdays and Fridays 9:00 - 11:30

Program Schedule (February 5 – May 29, 2026)

	Thursday	Friday
9:00-10:00	TaiChi	Dance
10:00-11:30	PortraitDrawing	Knitting Group (drop-in through 12:00)
10:30-11:30	Yoga	Indoor Walking (drop-in through 12:00)

All classes are held on the 2nd floor of the Russell Youth and Community Center. Older adults are also invited to enjoy the Center's Common Area on Thursdays and Fridays from 9 a.m. – 12 p.m.

How to Register

All classes at Russell are for Cambridge residents who are members of the Cambridge Council on Aging. Classes are drop-in and do not require registration. To register with the Council on Aging, please call 617-349-6220.

February 2026 – North Cambridge Senior Center

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

Open Monday, through Friday 8:30 - 5:00

Weekly Class Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday
Acrylic Painting (IP) 9:30 - 12:00	Strength Building (IP) 9:30-10:15 ESOL (IP) 9:30- 10:30 Strong and Stretched (IP) 11:30- 12:30 Tai Chi (IP) 1:30 – 2:30	Spanish Class 9:30 - 11:00 (IP) Chair Yoga (IP) 12:00– 1:00 Mahjong (IP) 2:00– 4:00	Watercolors 9:30 - 11:30 Dancing for Balance (H) 1:30 – 2:30 Gentle Mat Yoga (IP) 3:00 – 4:15	Whist (IP) 11:30-2:30 Documentary Photography 3:00 - 4:30
Dominoes (IP) 10:30- 11:30				
Dancing for Balance (H) 1:00 – 2:00				
Gentle Mat Yoga (IP) 3:30 – 4:30	Chair Yoga (IP) 3:00– 4:00			

February 2026 – NC Happenings and Special Events

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

Coffee or Tea with the New North Cambridge Senior Center Director

Friday, February 6th from 9:00-10:00am
Join Chris Kowaleski the new North Cambridge Senior Center Director for Coffee or Tea to start your morning. This will be a great time to chat, share ideas and get to know the new Director.

Valentine's Day Tea Wednesday

February 11th from 1:30pm to 3:00pm

Join us for an afternoon of Tea and Sweets as we celebrate Valentine's Day. Please call to sign up. Space is limited.

Movie and Popcorn Wednesday February 18th starting at 1:30pm

Julie and Julia

Frustrated with a soul-killing job, New Yorker Julie Powell (Amy Adams) embarks on a daring

project: she vows to prepare all 524 recipes in Julia Childs' landmark cookbook, "Mastering the Art of French Cooking." Intertwined with Julie's story is the true tale of how Julia Child (Meryl Streep) herself conquered French cuisine with passion, fearlessness, and plenty of butter.



NC Happenings and Special Events continued:

Ethiopian Hour (ESOL)

Returns on Tuesday, February 24th from 9:30am to 10:30am

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 during the school season or an interpreter for yoga classes, we offer a listening ear and share valuable advice. All are welcome and encouraged to join!

Please stay tuned and continue to check issues of Newslines and emails for updates as we continue to update programs and offers here at the North Cambridge Senior Center

Thank you!

We are saddened to announce that Somerville Cambridge Elder services has made the difficult decision to stop congregate meal services at the North Cambridge Senior Center located at 2050 Massachusetts Avenue, Cambridge. The last day of meal services was on Friday, January 30th, 2026. All other location will continue to host congregate meal services. Please don't hesitate to reach out to the North Cambridge Senior Center at 617-349-6320 with any questions regarding this change. Thank you!

Cambridge City Council

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

City Administration

Yi-An Huang, City Manager
Joseph Corazzini, Assistant City Manager for Human Services

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Newslines

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