



Human  
Service  
Programs



# Newslines

Cambridge Council on Aging Newsletter



July 2026

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# Newslines

## July 2026

### Hello Friends,

As I have in the past, I invite you to join me on a recent walk, this time through the Boston Public Library. I had a scheduled meeting at the library and realized I had not been there in several years. I arrived early for the opportunity to look around. It offered more than an appreciation of architecture, literature, and history—it provided a glimpse into the vibrant spirit of a city welcoming the world. The city was indeed welcoming the world, as it hosted the World Cup Events. As I wandered through the library's halls, past its courtyard and quiet reading rooms, I could sense an energy that extended far beyond its walls.

This summer the city feels especially unique. With the world soccer event drawing visitors from across the globe, the city is alive with new voices, languages, and traditions. Everywhere, there are signs of connection and celebration. Families, students, and travelers gather in public spaces, sharing stories and experiences while proudly supporting their teams.

Inside the library, as I sat in the courtyard, I people watched and did what many others were doing, I took out my book and

read. There was such a palpable sense of calmness among all of us present in the magnificent courtyard.

Stepping outside, the streets surrounding the library were bustling with activity. Soccer jerseys from countries around the world added color to the crowd, and residents appeared eager to welcome guests and share their city. Restaurants, cafés, and public spaces buzzed with excitement as people came together around a common love of sport.

The Boston Public Library stands as a symbol of openness, learning, and community. During this international moment, it also serves as a reflection of us. We can embrace diversity and celebrate human connection. This walk left me feeling optimistic.

The presence of international visitors has enriched so many, even those who do not know a thing about soccer, reminding us that shared experiences can bring people together in meaningful and lasting ways.

BTW – I saw a few kilts and heard a bagpipe or two playing. If you know, you know...

Best wishes for a great July!

Warm Regards,  
Susan P. Pacheco  
Executive Director

## SHINE News

### *Expanding Affordable Access to Innovative but Costly Weight Loss Treatments for Seniors*

Starting July 1, the Centers for Medicare and Medicaid Services are capping costs of all formulations of Wegovy, Zepbound, and Foundayo to \$50 for people who have a BMI of 35 and above for the treatment of weight loss. To qualify, Medicare beneficiaries must be enrolled in a Part D or Medicare Advantage Plan and receive physician authorization. The Medicare GLP-I Bridge pilot is a demonstration project that will operate through December 2027. This is excellent news for people who would like to use GLP-1 treatments in addition to other lifestyle changes to achieve a healthier weight. To find out if you qualify, please check with your primary care provider.

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.

## Men's Group

The Cambridge Council on Aging's Men's Group meets on the 3rd Tuesday of each month from 10am - 11:30am. This group has been meeting for many years and we are always happy to welcome new members! It is an informal gathering where we enjoy coffee and conversation and have the opportunity to build community. We rarely follow a specific agenda and usually allow the conversation to develop naturally. The group is facilitated by Outreach Case Manager,

Dee Cannon, and Client Services Director Vincent McCarthy. We want to extend a big thank you to Kristin Bell, Community Support Services Specialist, at Somerville Cambridge Elder Services. Kristin has been a long time supporter of our group and lead us in a fantastic game of trivia at our June gathering. Our Men's Group is an in person meeting that takes place in the 2nd floor Kitchen Classroom at The Cambridge Senior Center, 806 Massachusetts Avenue and is for those 60 and older. Please join us!! For more information please contact Vincent McCarthy at 617-349-6216 or [vmccarthy@cambridgema.gov](mailto:vmccarthy@cambridgema.gov)

The Council on Aging also has a monthly Women's Group that meets on the 3rd Monday of each month from 12:30pm - 1:30pm. For more information please reach out to Senior Center Director, Alicia Johnson, at [aliciaj@cambridgema.gov](mailto:aliciaj@cambridgema.gov) or 617-349-6060



Kristin Bell, Somerville Cambridge Elder Services, and Dee Cannon, COA Outreach Case Manager, with members of the Men's Group

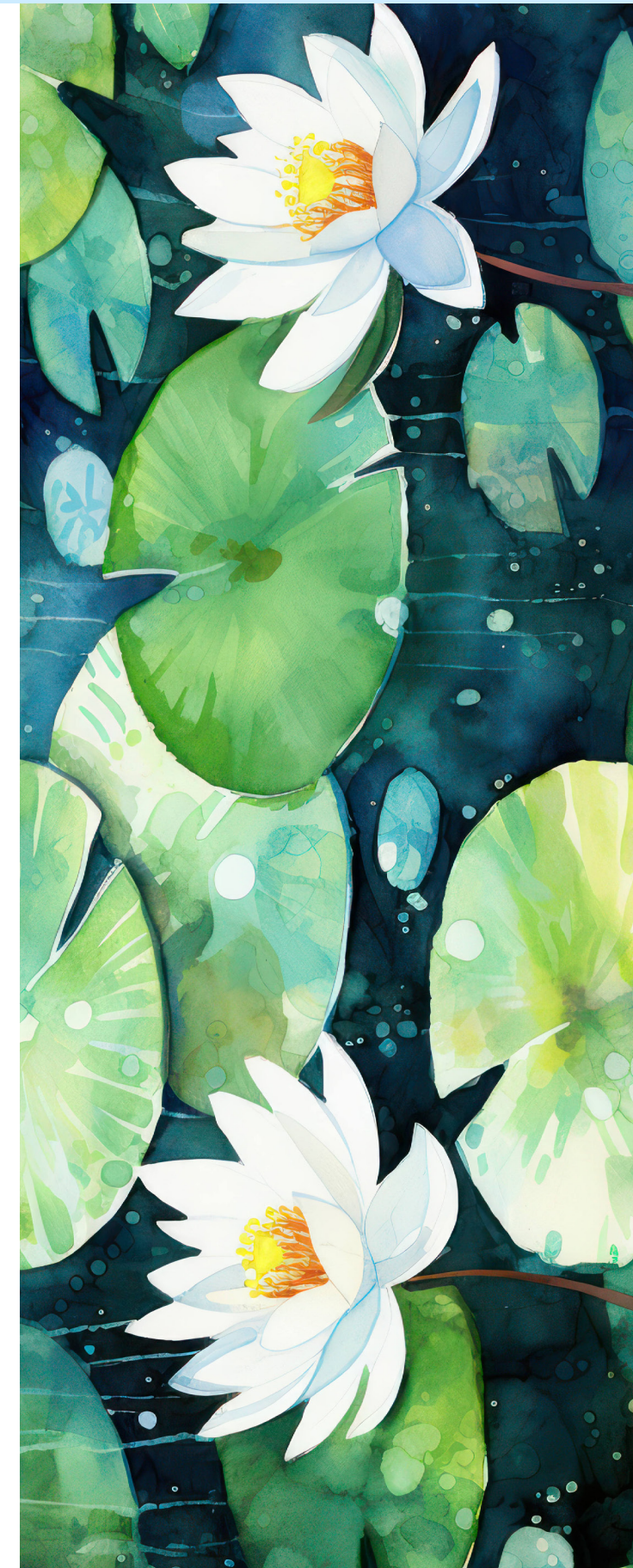
## Lunch

- 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

## 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

## 806 Cambridge Senior Center

## NC North Cambridge

## RYCC Russell Youth Center

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.

## Continued page 14

# Weekly Class Calendar

Cambridge Senior Center  
806 Massachusetts Ave,  
Cambridge MA 02139













































# Cambridge Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday	Key
<ul style="list-style-type: none"> <li>■ <b>Qi Gong</b> 9:00 – 9:45 am</li> <li>■ <b>Computer Lab</b> 9:00 – 4 pm</li> <li>■ <b>ESOL/ Chinese</b> 9:30 – 10:30 am</li> <li>■ <b>Tech Help</b> 10:00 – 11:00 am</li> <li>■ <b>Strong and Stretched</b> 11:00 - 12:00 pm</li> <li>■ <b>Art Class</b> 1:00 – 2:00pm</li> <li>■ <b>Intro to Theatre</b> 1:00 – 2:30pm</li> <li>■ <b>Ballroom Dancing</b> 1:00 – 3:00 pm</li> <li>■ <b>Tech Help</b> 1:00 – 3:00 pm</li> <li>■ <b>Portrait Drawing Class</b> 3:00 – 5:00 pm</li> <li>■ <b>Line dancing</b> 5:00 - 6:00 pm</li> <li>■ <b>Spanish</b> 6:15 – 7:30 pm</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Computer Lab</b> 9:00 – 4:00 pm</li> <li>■ <b>Mat Yoga</b> 10:00 – 11:00 am</li> <li>■ <b>Balance Art and Chi Kung</b> 11:30 am – 12:30 pm</li> <li>■ <b>Board and Card Games</b> 1:00 – 3:00 pm</li> <li>■ <b>Zumba Gold</b> 1:00 – 1:45 pm</li> <li>■ <b>Tech Help</b> 1:00 – 4:00 pm</li> <li>■ <b>Chair Exercise</b> 2:00 – 2:45 pm</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Chinese Singers and Chinese Folk Dancing</b> 9:00 – 12 pm</li> <li>■ <b>Music Instrument Lessons</b> 9:00 – 10:00 am</li> <li>■ <b>Chorus</b> 10:30 – 11:30 am</li> <li>■ <b>Computer Lab</b> 9:00 – 4:00 pm</li> <li>■ <b>Crafts and Social Group</b> 1:00 – 3:00 pm</li> <li>■ <b>Strong and Stretched</b> 1:30 – 2:30 pm</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Computer Lab</b> 9:00 – 4:00 pm</li> <li>■ <b>Tech Help</b> 9:00 – 12:00 pm</li> <li>■ <b>Chair Exercise</b> 10:00 – 11:00 am</li> <li>■ <b>Spanish For Beginners class</b> 10:00 – 11:30 am</li> <li>■ <b>Tai Chi</b> 11:00 – 12:00 pm</li> <li>■ <b>Introduction to Acting</b> 1:30 – 3:00 pm</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Qi Gong</b> 9:00 – 9:45 am</li> <li>■ <b>Computer Lab</b> 9:00 – 11 am</li> <li>■ <b>Ping Pong Beginners</b> 8:30 – 9:30 am</li> <li>■ <b>Ping Pong Experienced</b> 9:30 – 10:30 am</li> <li>■ <b>Yoga for Better Balance</b> 10:30 – 11:30 am</li> </ul>	<ul style="list-style-type: none"> <li>■ <b>Virtual</b></li> <li>■ <b>In Person</b></li> <li>■ <b>Hybrid</b></li> </ul> <p><b>In Person Location</b></p> <p><b>Cambridge Senior Center</b> 806 Massachusetts Ave, Cambridge MA 02139</p> <p><b>Special Events, Holidays, and Class Cancellations</b></p> <p>Mark your calendars for our Summer Series:</p> <p>July 2: Sending Attachments</p>

# Special Events Calendar

# July

# Cambridge Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday	Key
		<b>1</b>  <b>Blood Pressure Clinic and HEAL</b> 1:00 - 2:00	<b>2</b>  <b>Computer Lab Meet Up: Sending Attachments</b> 10:00 - 11:00  <b>Senior Home Improvement Education</b> 10:00 - 11:00  <b>Town Meeting</b> 12:30 - 1:00  <b>Solar System Series Ambassador Events: The Summer Sky</b> 2:00 - 3:00	<b>3</b>  <b>Independence Day Holiday</b>  Senior Center Closed	 <b>Virtual</b>  <b>In Person</b>  <b>Hybrid</b>  <b>In Person Location</b>  <b>Cambridge Senior Center</b> 806 Massachusetts Ave, Cambridge MA 02139  <b>Holidays, and Class Cancellations</b>  <b>Friday, July 3rd</b> <b>Independence Day Holiday</b> Senior Center Closed  Mark your calendars for our Summer Series: July 2: Sending Attachments Aug 6: Scanning QR Codes Class cancellations: ESOL/Cambridge Community Learning Center  On Summer Break •Flamenco Tango and Flamenco Dance classes are canceled from June 24 – August 5th. •Thursday's Zumba Gold Canceled from July 2nd - August 27th. •Spanish class canceled July 2nd. •Zumba Gold canceled on Tuesday July 7th and 21st. •Chair Exercise Canceled on Tuesday July 7 and 21st •Tai Chi Paradigm Canceled on July 27.
<b>6</b>  <b>Tai Chi Paradigm</b> 1:30 - 2:30  <b>International Soccer Watch Party Round of 16</b> at 3:00	<b>7</b>  <b>LGBTQ+ Film Series</b> <i>The Watermelon Woman</i> 10:00 - 12:30  <b>International Soccer Watch Party Round of 16</b> at 12:00	<b>8</b>  <b>Acrylic Painting Workshop Series</b> 9:30 - 12:00  <b>Veterans and Friends Support Group</b> 1:00 - 2:00	<b>9</b>  <b>The Art of Dununs</b> 9:00 - 10:30  <b>Book Group</b> 12:00 - 1:00  <b>Quilting Workshop</b> 1:00 - 3:00	<b>10</b>  <b>Meditation and Mandala</b> 10:00 - 11:00	
<b>13</b>  <b>Tai Chi Paradigm</b> 1:30 - 2:30	<b>14</b>  <b>Walking Over Pain Presentation</b> 10:00 - 11:00  <b>ESOL Intermediate</b> 10:00 - 12:00  <b>AARP Presentation and Trivia Game</b> 12:30 - 1:30  <b>International Soccer Watch Party Semi-final</b> 3:00	<b>15</b>  <b>Spirit of Boston Tall Ships Day Trip</b> 8:30 - 2:00  <b>Acrylic Painting Workshop Series</b> 9:30 - 12:00  <b>Safety Awareness</b> 1:00 - 2:00  <b>International Soccer Watch Party Semi-final</b> 3:00	<b>16</b>  <b>The Art of Dununs</b> 9:00 - 10:30	<b>17</b>	
<b>20</b>  <b>Tai Chi Paradigm</b> 1:30 - 2:30  <b>Age Café</b> 10:00 - 11:00  <b>Women's Group</b> 12:30 - 1:30	<b>21</b>  <b>Men's Group</b> 10:00 - 11:30  <b>250th Independence Day Party</b> 1:00 - 3:00  <b>Bangladesh Social Group</b> 1:00 - 3:00	<b>22</b>  <b>Acrylic Painting Workshop Series</b> 9:30 - 12:00	<b>23</b>  <b>The Art of Dununs</b> 9:00 - 10:30  <b>Senior Home Improvement Education</b> 10:00 - 11:00  <b>Bingo</b> 1:00 - 3:00	<b>24</b>	
<b>27</b>	<b>28</b>  <b>ESOL Intermediate</b> 10:00 - 12:00  <b>Film and Discussion</b> 1:00 - 3:30 Movie: <i>Top Gun Maverick</i>	<b>29</b>  <b>Acrylic Painting Workshop Series</b> 9:30 - 12:00	<b>30</b>  <b>The Art of Dununs</b> 9:00 - 10:30  <b>Quilting Workshop</b> 1:00 - 3:00	<b>31</b>	

# 806 Special Events

**Cambridge Senior Center**  
806 Massachusetts Ave,  
Cambridge MA 02139

# Cambridge Senior Center

## Tech Help: Smartphone Q & A: Basics

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

**Tuesdays, 1:00 - 4:00**

**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**

***A View From the Bridge by Arthur Miller.***

*A View From the Bridge* is a Greek tragedy, transposed to 1950's Red Hook, Brooklyn, in which Eddie Carbone, a longshoreman, struggles with his feelings for the niece that he and his wife, Beatrice, have raised. As Catherine nears the age of 18, Eddie finds his love for her and desire to protect her becoming something more -- something he cannot control or even acknowledge to himself. When he agrees to smuggle two young men from Beatrice's family in Sicily into the country and give them a place to stay while they find work, the tenderness that develops between Catherine and one of them pushes Eddie to the brink of sanity. The lawyer, Alfieri, to whom Eddie turns for advice on how to combat the situation, tells him that no law exists to serve his purpose. When Eddie leaves, Alfieri says, "There are times when you want to spread an alarm, but nothing has happened...I could see every step coming, like a dark figure walking down a hall toward a certain door." There are no villains in Miller's play, only a man, waging a losing battle against his darkest impulses.

## Blood Pressure Clinic and Healthy Eating Active Living (HEAL)

**Wednesday, July 1, 1:00 - 2:00**

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.

## Solar System Series with John Sheff The Summer Sky

**Thursday, July 2, 2:00 - 3:00**

The return of warmer weather inevitably means that we will be spending more time outdoors -- some of it under night skies. This can provide us with fresh opportunities to enjoy and appreciate the Universe -- yes, even under city skies! And while light pollution and tall buildings in the city may obscure much of what we can see in the sky, there are still a surprising number of objects that you can see from urban areas -- even without a telescope! Come learn and explore the planets, stars, and constellations we can see after dark.

## Senior Home Improvement Education Mini-Series for Cambridge Homeowners

**Thursday, July 2 and 23, 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.

## Computer Lab Meetup

**Sending Attachments**

**Thursday, July 2, 10:00 - 11:00**

A hands-on workshop to learn about the "Paperclip" icon. Learn exactly how to send photos and documents via **Email or Text Message.**

## Town Meeting and Birthday Celebration

**Thursday, July 2, 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 July birthdays with cake.

## Quilting for Beginners Workshop

**Thursdays, July 2, 9, 16 and 23, 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.

## Tai Chi Paradigm with Sifu Mynor Diaz

**Mondays, July 6 - September 14, 1:30 - 2:30**  
**Class is canceled on July 27.**

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.**

## LGBTQ+ Film Series

**Tuesday, July 7, 10:00 - 12:30**

**The Watermelon Woman (1hr 30mi, 1996)**

The first feature film directed by a Black lesbian, it stars Dunye as Cheryl, a young Black lesbian working a day job in a video store while trying to make a film about Fae Richards, a Black actress from the 1930s known for playing the stereotypical "mammy" roles relegated to Black actresses during the period.

## 806 Special Events Continued page 15

# Weekly Class Calendar

**North Cambridge Senior Center**  
2050 Massachusetts Ave,  
Cambridge MA 02140

# North Cambridge Senior Center

**Hours**  
Monday - Friday 8:30 am - 5 pm  
**Contact**  
617-349-6320

## Monday

- **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**  
3:00 - 4:00 pm

## Tuesday

- **ESOL**  
10:00 - 11:00 am
- **Strong and Stretched**  
11:30 - 12:30 pm
- **Tai Chi** 1:30 - 2:30 pm

## Wednesday

- **Chair Yoga**  
12:00 - 1:00 pm
- **Intermediate Mahjong**  
2:00 - 4:00 pm

## Thursday

- **Beginners Mahjong**  
9:00 - 11:00 am
- **Strong and Stretched**  
12:00 - 1:00 pm
- **Dancing for Balance**  
1:30 - 2:30 pm
- **Qi Gong**  
3:00 - 4:00 pm

## Friday

- **Open Studio Acrylic Painting**  
10:00 - 12:30 pm
- **Whist**  
11:30 - 2:30 pm
- **Documentary Photography**  
3:00 - 4:30 pm

## Key

**In Person**

**Hybrid**

Please note: Spanish class will resume on Wednesday, September 9th from 9:30 to 11:00 am. For the Months of July and August, the Strong and Stretch class will be offered on Tuesdays 11:30 - 12:30 pm and on Thursdays 12:00 - 1:00 pm.

### 4th of July Celebration Ice Cream Social

**Friday, July 10, 1:00 - 2:30pm**  
Join us for an afternoon of fun and ice cream as we celebrate summer and the 4th of July. Please call or sign up in person.

### (New) Qi Gong with Maria

**Thursdays, July 9 to August 13, 3:00 - 4:00pm**  
You've heard of line dancing? Like the electric slide, or the macarena? This version of Qi Gong is like that, but the movements are chosen to activate the slow twitch muscles. It builds balance. It opens the chakras like yoga and has the benefits of sitting meditation. It can calm the mind and offer a feeling of spirituality. Great for all levels and abilities. We would love for you to join us for this new summer class.

### Ethiopian Hour 9:30 am to 12:00 pm

**Tuesdays (Every other week)**  
**July 14 and 28** 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.

### Movie and Pizza

**Wednesday, July 22 starting at 1:15pm**  
**"Enola Holmes"** When Enola Holmes, Sherlock Holmes' sister, discovers her mother is missing, she endeavors to find her, becoming a super-sleuth in her own right as she outwits her famous brother and unravels a dangerous conspiracy.



### (New) Poetry Workshop

**Tuesday, July 14, 21, 28, August 11, 18, 25, 12:30 - 1:30 pm**  
Join us for a 6-session poetry workshop starting July 14th. This workshop will use time-tested prompts to engage participants with talking about and writing poetry. Participants will write poems about the place (or places) they have lived, nature, and poems prompted by looking at visual art (ekphrastic poems). Beginners and advanced writers are welcome. Please call the North Cambridge Senior Center for more information and to sign up.

### (New) Sidewalk Chalk Workshop

**July 15 to August 26 (No class on August 5)**  
**Wednesdays 9:30am to 11:30am**  
Join us for this fun, hands-on artistic experience where participants learn the basics of the art of sidewalk chalk. Learn basic techniques like color blending and shading. All abilities are welcome for this fun summer workshop. Please call North Cambridge Senior Center for more information and to sign up.

### Friday NCSC Monthly Coffee

**Friday, July 31, 9:00 to 10:00am**  
**Eating for One**  
The July North Cambridge Senior Center (NCSC) Friday morning coffee presentation, we will be discussing "Eating for One". NCSC Director Chris will talk about Eating for One and go over basic older adult nutrition followed by open discussion time. Coffee and Tea will be provided.

### 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.

### Charlesgate Yacht Club Trip

**Thursday, July 23, 10:00 - 2:00pm**  
We are invited to the Charlesgate Yacht Club for a cruise down the Charles River and a delicious lunch. Registration is required in person at the North Cambridge Senior Center by July 16th. Cost is \$5.00 due at sign up. Please sign up by July 16th.

### Client Services Monthly Office Hours at the NCSC

Members of the Council on Aging's Client Services Team will be offering summer hours at the North Cambridge Senior Center from 8:30am - 12pm on the last Friday of the month for June, July & August. Client Services can assist with all types of Information & Referral questions and connect you with helpful local resources.

# Class Descriptions continued

## 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.

## 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

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 NC

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.

# 806 Special Events continued

## International Soccer Watch Party

Monday July 6, 3:00 p.m. Round of 16

Tuesday, July 7, 12:00 p.m. Round of 16

Tuesday, July 14, 3:00 p.m. Semi-Final

Wednesday, July 15 3:00 p.m. Semi-Final

The world's biggest sporting event is happening right here in the United States! Join us for an International Soccer watch party and a celebration of soccer around the world. Who will take home the trophy?

## Acrylic Painting

Wednesday's, July 8 - 29, 9:30 - 12:00

You're invited to Join us for a four-week session with a fun and welcoming step-by-step acrylic painting class designed for all skill levels. We will learn a new design every one to two weeks, that is broken down into easy-to-follow steps, making it perfect for beginners and experienced painters alike. Whether you're trying painting for the first time or simply looking for a relaxing and creative activity, all are welcome to enjoy a supportive, social, and enjoyable artistic experience. **Advance registration required. Cost is \$20.00.**

## Introduction to Acting

Thursdays, 1:30 - 2:30

**This is an 8-week workshop Current session continues through July 30**

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!

## Veterans and Friends Support Group Wednesday July 8, 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)

## The Art of Dununs

Thursdays, July 9 - August 27, 9:00 - 10:30

By Chibuzo Dunun

Come and listen to the story of the drum and learn how to play the Dunun, a family of West African drums. **Registration is Full**

## Book Group

Thursday, July 9, 12:00 - 1:00

***They Can't Kill Us Until They Kill Us: Essays, by Hanif Abdurraqib.***

Using music and pop culture as a lens to explore race, grief, love, and the Black experience in America, Abdurraqib blends personal narrative with cultural criticism explaining how art as well as cultural moments shape identity and community in an age of fear and confusion.

## ESOL Intermediate Conversation & Reading Class.

Tuesday, July 14 and 28, 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

# 806 Special Events continued

## Walking Over Pain

Tuesday, July 14, 10:00 - 11:00

**The impact of activity in our daily lives**

Join us for an engaging talk with Dr. Dumichel Harley from the Massachusetts General Hospital. Dr. Harley will explore the connection between movement and pain and share insights of how practical forms of activity like walking can support overall well-being at any stage of life.

## AARP Community Event

Tuesday, July 14, 12:30 - 1:30

Join AARP for a free community event to learn why Social Security matters at the ballot box this year. Play "jeoPARODY" - AARP's Social Security trivia game. Ice cream will be served.

## Spirit of Boston Tall Ships Trip

Wednesday, July 15, 8:30 - 2:00

**Cruise and a Lunch Buffet. Trip Is Full**

Activity level: Walking moderate distances, standing, climbing stairs, maneuvering on the dock and boat independently.

## Age Café

Monday, July 20, 10:00 - 11:00

You're invited to Age Café: Community Conversations That Matter, the last session of a 3-part series exploring aging, connection, and community. Conversation facilitated by Mary Kowalczyk, Manager, Mental & Behavioral Health Promotion, Cambridge Public Health Department and Susan Pacheco, Executive Director, Cambridge Council on Aging. Join us at the table, as we talk about what really matters - purpose, identity, connection, and the beauty of growing older. Come share your voice.

## Women's Group

Monday, July 20, 12:30 - 1:30

Join us for our monthly Women's Group meeting. We will laugh, share ideas and enjoy each other's company while enjoying ice cream.

## Independence Day Party 250th Anniversary Celebration

Tuesday, July 21, 1:00 - 3:00

You are invited to the celebration of the 250th anniversaries of the Declaration of Independence of the United States.

Lunch will include:

- Burgers
- Potato Salad
- Garden Salad
- Dessert
- Beverages
- Vegetarian meal option available upon request.

Registration required, ticket cost \$5.00.

## Men's Group

Tuesday, July 21, 10:00 - 11:30

Join us for Men's Group meeting. For more information, please contact: Vincent McCarthy at 617-349-6220 or [vmccarthy@cambridgema.gov](mailto:vmccarthy@cambridgema.gov)

## Film and Discussion

Tuesday, July 28, 1:00 - 3:30

**Movie: Top Gun Maverick**

Top Gun Maverick (2022) is a summer blockbuster that follows naval aviator Pete "Maverick" Mitchell, played by Tom Cruise. In this film, Maverick returns to the TOP GUN academy to mentor a select group of young graduates for a challenging and high-stakes mission. Among them is the son of his late crewmate, Goose. The movie explores themes such as camaraderie and teamwork,

# Russell Youth and Community Center

Thursday

Friday

Key

 In Person

**In Person Location**

**Russell Youth and Community Center**  
680 Huron Ave,  
Cambridge MA 02138

**Programming will resume on  
Thursday, September 17th**

the importance of human skill over advanced technology, and the concepts of forgiveness and resolving guilt.

For more information, please contact: Vincent McCarthy 617-349-6220 or [vmccarthy@cambridgema.gov](mailto:vmccarthy@cambridgema.gov)

## Save the Date!

**Mystic Seaport Museum Day Trip With Yankee Tours**

Wednesday, August 12, 9:30 - 7:00

Trip Includes: Motorcoach transportation with Yankee Tours, complete luncheon at the Steak Loft located at Olde Mystic Village.

Admission to Mystic Seaport Museum including a one-hour highlight tour led by knowledgeable Museum educator 30-minute cruise aboard Sabino. Built in 1908,

one of the Museum's four National Historic Landmark vessels.

**Trip Lottery: Opens on Monday, July 13 and ends on Friday, July 24, 2026.**

**Trip Lottery Notifications will be made by Monday, July 27, 2026**

Ticket price is based on your household income:

If your income is less than \$3,325 per month - Your ticket cost is \$50.00.

If your income is more than \$3,325 per month - Your ticket cost is \$75.00.

**A limited number of tickets are available at full cost of \$150.00, for anyone choosing to secure their space on this trip. Full payment is required at time of registration and must be a Cambridge resident.**

## 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  
E. Denise Simmons  
Jivan G. Sobrinho-Wheeler  
Cathy Zusy

### City Administration

Yi-An Huang, City Manager  
Joseph Corazzini, 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

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### COA Program and Staff

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Susan Pacheco

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Maryellen McEleney,  
Information & Referral  
Dee Cannon,  
Outreach Case Manager

#### Administrative Assistant

Lisa Castagna  
Julie King, COA Assistant

#### Receptionists

Rosalind Brown  
Matara Malone

#### Computer Instructor

Pamela Howard

#### Bus Driver

Jimmy Baez

### Cambridge Senior Center

#### Director

Alicia Johnson

#### Activities

Arline McGrady, Activities and  
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Nate Drew,  
Program Service Assistant  
Cat Kagann, Assistant  
Adam Leith, Assistant  
Sanaa Mohamed, Assistant

#### Facility

Desi Powell Sr., Facility Manager  
Dave Kanode, Custodian

#### Food Service

Ian Lavallee,  
Food Service Manager  
Carlos Alfaro,  
Assistant Food Service Manager

### North Cambridge Senior Center

#### Director

Christopher Kowaleski  
Marybeth Joyce, Assistant



617-349-6220

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