

**CITY OF  
CAMBRIDGE**

**DHSP**  
Human  
Service  
Programs



# Newslines

Cambridge Council on Aging Newsletter



**April 2026**

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# Newslines

## April 2026

### Hello Friends,

April is here and with it comes longer days, warmer sunshine, and those first bright signs of spring popping up all around us – but as I look out the window snow flurries are falling. Oh well, it is sunny and the little extra sunshine does wonders for my mood.

Just as spring pops up there are other things that just pop up and provide bright sunshine. Please allow me to share. My beloved brother Jimmy died in 2024. For those who have been here for a while know of our special bond. For all who have lost loved ones, you know there are quiet moments of grief. There are days as if it quietly taps your shoulder or whispers in your ear.

On one such morning, I heard the reply, “let me see if she is available”. It was someone asking to say hello to me. To my surprise it was someone who knew my brother. He comes by from time to time. He is someone who knew

my brother in a way I did not. Their connection was formed during medical treatments. Their connection is shaped by those shared moments and that shared community. I lived through that experience but not in the same manner. When he does stop by to say hello, it feels like a small and unexpected gift.

We exchange few words, a smile, a hug and through this simple acknowledgement, my brother feels close again. I tell him that I am so pleased to see him healthy and thriving. He sends his regards to my parents and leaves. I am left feeling such comfort. This person, simply by showing up, brightened my day.

Wishing you all sunny days and hoping that brightness walks up to you, smiles, and says hello.

Warm Regards,  
Susan P. Pacheco  
Executive Director

## SAVE THE DATE

### Resilience Through Reading

Thursday, May 21, 2026

1:00 – 2:00 PM

In difficult times, when the world feels uncertain or overwhelming, many of us search for something steady to hold onto. Sometimes, that comfort can be found in the simple act of opening a book. Books can remind us that we are not alone. It gives us a place to rest, reflect, and recharge. There is also comfort in the rhythm of reading itself—the turning of pages, the quiet moments of focus, the opportunity to slow down. In a fast-moving world, reading invites us to pause; to breathe, to process and to begin again. For some of us, resilience comes from learning something new or from revisiting a well-loved story. Reading reminds us that even in the hardest moments, growth is still possible and the turning of those pages helps us to turn toward hope once again. Does this resonate with you? If so, join us for a discussion. A sampling of selected books: *The Hill We Climb* and *Call Us What We Carry* by Amanda Gorman; *Gospel of Freedom* by Jonathan Rieder; *Atlas of the Heart* by Brené Brown. Or share a favorite reading; poem or song of yours. Discussion facilitated by Susan Pacheco, Executive Director and Maryellen McEleney, Information & Referral Specialist/SHINE Counselor. Registration IS required. Limited copies of the selected books are available.

Please contact Susan Pacheco @ 617-349-6220 or [spacheco@cambridgema.gov](mailto:spacheco@cambridgema.gov)

## Benefits of Meditation

Regular meditation can offer a wide range of mental, emotional, and physical health benefits, most of which can be felt with just a few minutes of daily practice. Some benefits may include reduced stress & anxiety, improved mood & cognitive flexibility, and enhanced memory. The Council on Aging currently offers two regular opportunities for meditation.

### Meditation & Stretch with Chris : Monday 9am – 9:30am.

North Cambridge Senior Center,  
2050 Mass Ave.

Join Chris Kowaleski each Monday morning starting at 9am for thirty minutes of guided meditation and gentle stretching. This is a great way to relax and start the week!

### Meditation & Mandala : 2nd Friday of each month 10am – 11am Cambridge Senior Center, 806 Mass Ave

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

This group starts with a 5 minute guided meditation and then participants will have an opportunity to color at their own pace. 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. If you have any questions or would like additional information please contact Director of Client Services, Vincent McCarthy. [vmccarthy@cambridgema.gov](mailto:vmccarthy@cambridgema.gov)

## Lunch

- Lunch hours will be 11:30am – 12:30pm, Monday - Thursday. Cambridge residents can come in for lunch between 11:30am -12:15pm, 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

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.

## Balance and Chi Kung

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

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

## Chorus

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.

## Crafts and Social Group

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.

## ESOL Intermediate Conversation and Reading Class

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.

## Flamenco Dance Class

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

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

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

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.

## Mat Yoga

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

# Class Descriptions

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

### Instrument (Individual or Small Group Lessons)

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

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: on basic vocabulary, greetings, and phrases for everyday interactions. This class will be relaxed, interactive, and fun! Join us if you are interested in learning the basics of the beautiful Spanish language and learning about the culture of some of the countries where Spanish is spoken.

## Spanish Class

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.

## Strong and Stretched

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.

## Tango Flamenco Dance Class

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, by creating art with your own flamenco style.

## Tai Chi

This class teaches Tai Chi arm and leg movements of the yang style long form. There is a strong emphasis on Tai Chi walking, which has been known to improve balance.

## Tech-Help: Smartphone Q&A: Basics

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

## Yoga for Better Balance

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. The objective is to increase our self-confidence and joy standing and moving.

## Zumba Gold

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.

**Continued pg 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 am – 4 pm</li> <li><b>Tech Help</b> 9:00– 11:00 am</li> <li><b>ESOL/ Chinese</b> 9:30 – 10:30 am</li> <li><b>Strong and Stretched</b> 11:00 -12:00 pm</li> <li><b>Ballroom Dancing</b> 1:00 – 3:00 pm</li> <li><b>Intro to Theatre</b> 1:00 – 2:30pm</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 am – 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 w</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 am – 12 pm</li> <li><b>Music Instrument Lessons</b> 9:00 – 10:00 am</li> <li><b>ESOL/ Cambridge Community Learning Center (CLC)</b> 9:30 – 11:45 am</li> <li><b>Flamenco Tango</b> 10:00 – 11:00 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> 1:00 – 4:00 pm</li> <li><b>Zumba Gold</b> 9:00 – 10:00 am</li> <li><b>Tech Help</b> 9:00 – 12:00 pm</li> <li><b>Chair Exercise</b> 10:00 – 11:00am</li> <li><b>Spanish For Beginners class</b> 10:00 – 11:30</li> <li><b>Tai Chi</b> 11:00 am – 12:00 pm</li> <li><b>Introduction to Acting</b> 1:30 – 3:00pm</li> </ul>	<ul style="list-style-type: none"> <li><b>Qi Gong</b> 9 – 9:45 am</li> <li><b>Computer Lab</b> 9 – 11 am</li> <li><b>Flamenco Dance</b> 10:00– 11:00 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>	<p><b>Legend:</b></p> <ul style="list-style-type: none"> <li><span style="display:inline-block; width:20px; height:10px; background-color:darkblue;"></span> <b>Virtual</b></li> <li><span style="display:inline-block; width:20px; height:10px; background-color:lightblue;"></span> <b>In Person</b></li> <li><span style="display:inline-block; width:20px; height:10px; background-color:yellow;"></span> <b>Hybrid</b></li> </ul> <p><b>In Person Location</b></p> <p>Cambridge Senior Center 806 Massachusetts Ave, Cambridge MA 02139</p> <p><b>Special Events, Holidays, and Class Cancellations</b></p> <p>Monday, April 20 • Patriot's Day</p> <p>Holiday: Senior Center closed</p>

# Special Events

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

# Cambridge Senior Center

## Tech Help: Smartphone Q & A: Basics

**Mondays, 9:00 - 11:00**

**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**

***Gem of the Ocean***. by: August Willson.

Set in 1904, "Gem of the Ocean" was Wilson's last play, although it begins his 20th century cycle of plays, in which he explores the African American experience through every decade, from the 1900's to the 1990's. Among the many questions that Wilson explores in "Gem of the Ocean" are, how much of our ancestors' trauma can we carry and still move forward? When is it too late to remedy our mistakes and become the human beings we were meant to be -- the ones we wish to be? As in all his plays, Wilson's elegant language and powerful imagery render a deeply moving story of loss, redemption, and forgiveness.

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

**Wednesday, April 1, 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, April 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

## Town Meeting and Birthday Celebration

**Thursday, April 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 April birthdays with cake.

## Music Jam Session

**Mondays, April 6, May 4 and June 1, 2026  
4:30 - 6:30**

Are you over the age of 60? 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 answered 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.

## LGBTQ+ Film Series

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

**Sisi & I (2hr 12mi, 2023)**

After an elaborate application process, Empress Elisabeth hires Countess Irma as her new lady-in-waiting and takes her to her summer residence on Corfu. As the two women become closer there, this soon leads to tensions back in Vienna.

## "Feeling Right" Creative Dance Workshop Series with Black History in Action Cambridge

**Tuesday, April 7, 10:00 - 12:00**

Instructed by Kristen Duffy Young The Cambridge Council on Aging and Black History in Action, Cambridge invites older adults to participate in a free creative dance community workshop, where you will use the body as a tool of self-expressive communication. Creative dance is form of contemporary, expressive movement that focuses on creativity and self-expression in community. It encourages individuals of all ages and abilities to explore movements through improvisation, imagination and emotion, using the body as a tool for communication.

## Veterans and Friends Support Group

**Wednesday April 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)

## Introduction to Acting

**This is an 8-week workshop**

**Thursdays, from April 9 through May 28  
1:30 - 2:30**

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, culminating in a performance (optional) for invited guests. Come join us on a journey of discovery; explore your creativity and hone your acting skills!

## Book Group

**Thursday, April 9, 12:00 - 1:00**

***Absolution***, by Alice McDermott. 2024.

Two American women, Tricia and Charlene, live in Saigon in 1963 while exploring their roles as "helpmeets" to their husbands amidst the early years of the Vietnam War.

**806 Special Events Continued pg 16**

# Special Events Calendar

# 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>Senior Home Improvement Education</b> 10:00 - 11:00  <b>Town Meeting</b> 12:30 - 1:00  <b>Quilting Workshop</b> 1:00 - 3:00	<b>3</b>	 <b>Virtual</b>  <b>In Person</b>  <b>Hybrid</b>
<b>6</b>  <b>Music Jam Session</b> 4:30 - 6:30  <b>Line Dancing</b> 5:00 - 6:00	<b>7</b>  <b>LGBTQ+ Film Series</b> 10:00 - 12:30  <b>Feeling Right Creative Dance Workshop</b> 10:00 - 12:00	<b>8</b>  <b>Veterans and Friends Support Group</b> 1:00 - 2:00	<b>9</b>  <b>Book Group</b> 11:45 - 1:00  <b>Quilting Workshop</b> 1:00 - 3:00	<b>10</b>  <b>Meditation and Mandala</b> 10:00 - 11:00	<b>In Person Location</b> <b>Cambridge Senior Center</b> 806 Massachusetts Ave, Cambridge MA 02139
<b>13</b>  <b>MA National Federation of the Blind - Cambridge Chapter</b> 6:00 - 7:30	<b>14</b>  <b>COA Board Meeting</b> 9:30 - 11:00am  <b>The Connection Between Pain and Memory</b> 10:00 - 11:00 am	<b>15</b>  <b>Safety Awareness</b> 1:00 - 2:00	<b>16</b>  <b>Quilting Workshop</b> 1:00 - 3:00	<b>17</b>	<b>Holidays, and Class Cancellations</b> Monday, April 20 Patriot's Day Holiday Senior Center closed April 14, 21 ESOL Intermediate Canceled April 21 Mat Yoga and Chair Exercise Canceled April 22 ESOL (CLC) Canceled April 23 Spanish For Beginners Canceled April 24 Yoga for Better Balance Canceled April 29 Music Instrument and Chorus Canceled
<b>20</b> <b>Patriot's Day</b> Senior Center closed	<b>21</b>  <b>Men's Group</b> Flaming Grill Trip 11:00 - 1:30 pm  <b>Bangladesh Social Group</b> 1:00 - 3:00 pm	<b>22</b>	<b>23</b>  <b>Senior Home Improvement Education</b> 10:00 - 11:00  <b>Quilting Workshop</b> 1:00 - 3:00	<b>24</b>	
<b>27</b>  <b>Medication Take back</b> 1:00 - 3:00 pm	<b>28</b>  <b>Women's Group</b> 10 - 11 am  <b>Film and Discussion</b> Movie: <i>Fatherhood</i> 1:00 - 3:30	<b>29</b>	<b>30</b>		

# Weekly Class Calendar

North Cambridge  
Senior Center  
2050 Massachusetts Ave,  
Cambridge MA 02140

# North Cambridge Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday	Key
<ul style="list-style-type: none"> <li><b>Meditation</b> 9:00- 9:30 am</li> <li><b>Acrylic Painting</b> 9:30 - 12:00 pm</li> <li><b>Dancing for Balance</b> 1:00 - 2:00 pm</li> <li><b>Game Time</b> 2:00 - 4:00 pm</li> <li><b>Gentle Mat Yoga</b> 3:30 - 4:30 pm</li> </ul>	<ul style="list-style-type: none"> <li><b>Strength Building</b> 9:30 - 10:15 am</li> <li><b>ESOL</b> 10:00 - 11:00 am</li> <li><b>Strong and Stretched</b> 11:30 - 12:30 pm</li> <li><b>Tai Chi</b> 1:30 - 2:30 pm</li> <li><b>Chair Yoga</b> 3:00 - 4:00 pm</li> </ul>	<ul style="list-style-type: none"> <li><b>Spanish Class</b> 9:30 - 11:30 am</li> <li><b>Chair Yoga</b> 12:00 - 1:00 pm</li> <li><b>Mahjong</b> 2:00 - 4:00 pm</li> </ul>	<ul style="list-style-type: none"> <li><b>Watercolors</b> 9:30 - 11:30 am</li> <li><b>Fiber Arts</b> 11:00 - 1:00pm</li> <li><b>Dancing for Balance</b> 1:30 - 2:30 pm</li> <li><b>Gentle Mat Yoga</b> 3:00 - 4:15 pm</li> </ul>	<ul style="list-style-type: none"> <li><b>Open Studio Acrylic Painting</b> 10:00 - 12:30 pm</li> <li><b>Whist</b> 11:30 - 2:30 pm</li> <li><b>Documentary Photography</b> 3:00 - 4:30 pm</li> </ul>	<ul style="list-style-type: none"> <li><b>In Person</b> (Blue bar)</li> <li><b>Hybrid</b> (Yellow bar)</li> <li><b>Contact</b> 617-349-6320 617-349-6220</li> <li><b>Hours</b> Monday - Friday 8:30 am - 5 pm</li> </ul>

## Meditation and Stretch with Chris

**Mondays 9:00 to 9:30am**

Looking for a way to start your week? Join Chris Kowaleski each Monday morning starting at 9:00am for thirty minutes of guided meditation and gentle stretching. This will be a great way to relax and start the week. Great for all levels.

## Game Time!

**Mondays 2:00pm to 4:00pm**

Have a game you want to play? Scrabble, Backgammon, Dominos, Board Games, Cards or want to put together a Jig Saw puzzle? Come on down with your games to the North Cambridge Senior Center on Mondays from 2:00 to 4:00 and have some fun. Rumor has it, the Director likes to join in.

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

**Tuesdays (Every other week) April 7 and 21**

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.

## (New) Poetry Workshop

**Wednesday, April 1, 8, 22 and 29  
11:00 to 12:00pm**

Join us this April for a 4-session poetry workshop. 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.

## (New) Fiber Arts (Drop-in)

**Thursdays 11:00 to 1:00pm**

Looking for a place to work on your Fiber Arts project? Join us at the North Cambridge Senior Center on Thursdays from 11:00 to 1:00pm starting April 2nd for this drop-in, self-led time and work on your project. Whether it's knitting, crocheting, sewing or any other fiber arts craft you might be working on, enjoy each other's company and have fun. All are welcome.

## (New) Acrylic Painting, Self-Directed Open Studio

**Fridays 10:00 to 12:30pm  
Cost = \$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 experienced 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!

## Movie and Popcorn

**Wednesday, April 8th starting at 1:30pm**

**"Thelma"** Thelma Post is a 93-year-old grandmother who loses \$10,000 to a con artist on the phone. With help from a friend and his motorized scooter, she soon embarks on a treacherous journey across Los Angeles to reclaim what was taken from her.

## Friday NCSC Monthly Coffee

**Friday, April 17th from 9:00am to 10:00am**

This month for our Monthly North Cambridge Senior Center Friday morning coffee presentation, we welcome Cambridge Senior Center Director Alicia Johnson. Alicia will talk about the Cambridge Senior Center located at 806 Massachusetts Ave and what the main Senior Center here in Cambridge has to offer. This will be a great time to ask questions and gain information. Coffee, Tea and some morning treats will be provided.

## Taste of Indian Vegetarian Home cooking Demonstration "Homestyle Chana Masala"

**Wednesday, April 29th from 1:30 to 3:00pm**

Join Sandhya Rege Nadkarni for this cooking class demonstration where we will explore techniques and spices to create Homestyle Chana Masala, a protein rich dish made with chickpeas that are gently simmered in a fragrant tomato-onion sauce with a balanced blend of spices. In addition, we will learn to make fluffy Basmati Rice and roast crunchy Papadum. There will be time to discuss and sample our creations! Sign-up required by April 24th. 617-349-6320 Cost = \$5.00

# Class Descriptions continued

## Dancing for Balance

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

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!

## Gentle Mat Yoga

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

## Tai Chi

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!

## Spanish

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!

## English for Speakers of Other Languages (ESOL)

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

## Documentary Photography

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.

## Acrylic Painting

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.

## Watercolor Painting

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

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. The last card dealt determines the trump suit, and the goal is to score points by winning more than 6 tricks per round. It is a precursor to Bridge. All skill levels are welcome!

# Class Descriptions continued

## Mahjong

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.



# 806 Special Events continued

## The Connection Between Pain and Memory

**Tuesday, April 14, 10:00 - 11:00**

Join us for an engaging talk with Dr. Dumichel Harley from Massachusetts General Hospital. Dr. Harley will offer a clear approachable look at the connection between pain and memory-why they're more closely linked than we often realize and what this means for everyday life. We'll explore practical strategies for supporting brain health and share helpful resources.

## Men's Group

**Tuesday, April 21, 11:00 - 1:30**

The Men's Group will be going on a lunch trip to the Flaming Grill in Malden! The buffet is \$13.99 plus tax & tip. (beverages extra) We will receive individual checks. We will depart the Cambridge Senior Center: 11 am and will return to the Senior Center by 1:30 pm. Registration required by Thursday, April 9.

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

## Bingo

**Friday April 24**

**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.

## Medication Take Back Event

**Monday, April 27, 1:00 - 3:00**

## Women's Group

**Tuesday, April 28, 10:00 - 11:00**

Join the Women's Group for a presentation about Oral Health with the Cambridge Public Health Department. Light refreshments served.

## ESOL Intermediate Conversation & Reading Class.

**Tuesday, April 28, 10:00 - 12:00**

Class is canceled on Tuesday April 14 and 21 An Intermediate/ High-Intermediate Conversation and Reading Class will meet in person. You will also receive a selected reading with vocabulary support. We will use this reading as part of our next in-person class.

## Film and Discussion - Celebrating Black Films

**Tuesday, April 28, 1:00 - 3:30**

Movie: *Fatherhood*

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*

# Russell Youth and Community Center

## Thursday

### Tai Chi

9 - 10 am

### Portrait Drawing

10:30 - 11:30 am

### Yoga

10:30 - 11:30 am

## Friday

### Dance

9:00 - 10:00 am

### Knitting Group

10:30 - 11:30 am

### Indoor Walking

10:30 - 11:30 am

## Key

 In Person

## In Person Location

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

**Second Floor!**

## Special Events, Holidays, and Class Cancellations

These classes will be held  
Thursdays and Fridays  
now through May 29,  
2026.

Classes will not be held  
at Russell the week of  
April 20

## Cambridge Council on Aging

806 Massachusetts Avenue  
Cambridge, MA 02139



### Cambridge City Council

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Joseph Corazzini, Assistant City  
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**Our appreciation to the  
Executive Office of Elder  
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#### Elder Haitian Program

Hermide Mercier

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#### Newslines

Lisa Castagna, Sanaa Mohamed,  
and Susan Pacheco



617-349-6220

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

### Cambridge Senior Center

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