



Human
Service
Programs



Newslines

Cambridge Council on Aging Newsletter



May 2026

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Newslines

May 2026

Hello Friends,

I often share with you my walks and will do so again in this note. Recently, I walked through my neighborhood with my son. There was something quietly meaningful about walking together through our neighborhood. It is a place we have both known for years. The same streets, sidewalks, trees, houses, but today felt different. The ordinary had been reshaped by time.

When he was younger, the walk was shorter and often with the playground as the destination. A small hand in mine, I chose the route, set the pace, and carried the responsibility. This time he suggested a somewhat different route, and he insisted on walking closest to the street. Curious, I asked him why, “you are older now, if I get hit by a car, impact on me will be less than on you, as you are older.” Ok. He may be right. Onward. This time, we walked side by side – two adults sharing space, conversation, without urgency or expectation.

We talked about everyday things and bigger things too, work, hopes, uncertainty, what the future might hold. There were

pauses that did not need to be filled, a comfort in simply being together. I noticed how he sees the world now, how his thoughts have deepened, how his independence has taken shape. It is both humbling and awe-inspiring to witness.

At moments, I caught glimpses of the boy he once was—in a laugh, a familiar expression—but mostly, I saw the man he has become. There is such quiet gratitude in that.

We stopped for coffee. As we walked home, I felt a sense of fullness. Not because anything extraordinary had happened, but because something simple had been honored. Time together. Presence. The understanding that while life continues to move forward, there are moments when you can walk alongside each other and truly see how far you have both come.

I am hoping that the month of May be good for all of you. Let us take some time to honor two special days this month: Mother’s Day and Memorial Day

Warm Regards,
Susan P. Pacheco
Executive Director

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 not required but appreciated. Limited copies of the selected books are available.

Please contact Susan Pacheco
@ 617-349-6220 or
spacheco@cambridgema.gov

Medicare Information Replacement Medicare Cards

Approximately 1.3 million Medicare beneficiaries are being reissued new Medicare Beneficiary Identifier (MBI) numbers with an effective date of April 14, 2026. These new cards were mailed out in March 2026 to protect beneficiaries against fraud.

If you receive a new card, here are a few things to do:

- **Verify the Letter:** Ensure the letter is from an official source, such as CMS or the Department of Health and Human Services. Legitimate mail will include instructions on when the new number becomes effective.
- **Update Your Providers:** You must give the new number to your doctors, pharmacists, and insurance companies immediately. Using the old, deactivated number can cause claims to be rejected.
- **Destroy the Old Card:** Once the new card is active, safely shred your old paper card to prevent anyone from finding and using the old number.
- **Watch for Scams:** Medicare will never call you to “verify” or “activate” a new card. If someone calls asking for your new or old MBI, it is a scam; just hang up. If you suspect a Medicare scam, contact your local SMP program.

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 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"> ■ Qi Gong 9:00 – 9:45 am ■ Computer Lab 9:00 am – 4 pm ■ Tech Help 9:00– 11:00 am ■ ESOL/ Chinese 9:30 – 10:30 am ■ Strong and Stretched 11:00 -12:00 pm ■ Ballroom Dancing 1:00 – 3:00 pm ■ Intro to Theatre 1:00 – 2:30pm ■ Portrait Drawing Class 3:00 – 5:00 pm ■ Line Dancing 5:00 – 6:00 pm ■ Spanish 6:15 – 7:30 pm 	<ul style="list-style-type: none"> ■ Computer Lab 9:00 am – 4:00 pm ■ Mat Yoga 10:00 – 11:00 am ■ Balance Art and Chi Kung 11:30 am – 12:30 pm ■ Board and Card Games 1:00 – 3:00 pm ■ Zumba Gold w 1:00 – 1:45 pm ■ Tech Help 1:00 – 4:00 pm ■ Chair Exercise 2:00 – 2:45 pm 	<ul style="list-style-type: none"> ■ Chinese Singers and Chinese Folk Dancing 9 am – 12 pm ■ Music Instrument Lessons 9:00 – 10:00 am ■ ESOL/ Cambridge Community Learning Center (CLC) 9:30 – 11:45 am ■ Flamenco Tango 10:00 – 11:00 am ■ Chorus 10:30 – 11:30 am ■ Computer Lab 9:00 – 4:00 pm ■ Crafts and Social Group 1:00 – 3:00 pm ■ Strong and Stretched 1:30 – 2:30 pm 	<ul style="list-style-type: none"> ■ Computer Lab 1:00 – 4:00 pm ■ Zumba Gold 9:00 – 9:45 am ■ Tech Help 9:00 – 12:00 pm ■ Chair Exercise 10:00 – 11:00 am ■ Spanish For Beginners class 10:00 – 11:30 am ■ Tai Chi 11:00 am – 12:00 pm ■ Introduction to Acting 1:30 – 3:00 pm 	<ul style="list-style-type: none"> ■ Qi Gong 9 – 9:45 am ■ Computer Lab 9 – 11 am ■ Flamenco Dance 10:00– 11:00 am ■ Ping Pong Beginners 8:30 – 9:30 am ■ Ping Pong Experienced 9:30 – 10:30 am ■ Yoga for Better Balance 10:30 – 11:30 am 	<p> Virtual In Person Hybrid </p> <p>In Person Location</p> <p>Cambridge Senior Center 806 Massachusetts Ave, Cambridge MA 02139</p> <p>Special Events, Holidays, and Class Cancellations</p> <p>Monday May 25 • Memorial Day Senior Center closed</p>

Special Events Calendar

Cambridge Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday	Key
				1	
<p>4</p> <ul style="list-style-type: none"> Hip Hop Dance class 9:30 - 10:30 Music Jam Session 4:30 - 6:30 	<p>5</p> <ul style="list-style-type: none"> Walking Group 9:00 - 10:00 LGBTQ+ Film Series <i>Infamous</i> 10:00 - 12:30 	<p>6</p> <ul style="list-style-type: none"> Blood Pressure Clinic and HEAL 1:00 - 2:00 	<p>7</p> <ul style="list-style-type: none"> Brain Improvement games 10:00 - 11:00 Senior Home Improvement Education 10:00 - 11:00 Town Meeting 12:30 - 1:00 Quilting Workshop 1:00 - 3:00 	<p>8</p> <ul style="list-style-type: none"> Mother's Day Gathering 9:30 - 10:30 Meditation and Mandala 10:00 - 11:00 	<p>Key</p> <ul style="list-style-type: none"> Virtual In Person Hybrid <p>In Person Location</p> <p>Cambridge Senior Center 806 Massachusetts Ave, Cambridge MA 02139</p> <p>Holidays, and Class Cancellations</p> <p>Monday, May 25 Memorial Day Senior Center closed</p> <p>May 6 Music Instrument Lessons & Chorus Canceled</p>
<p>11</p> <ul style="list-style-type: none"> Hip Hop Dance class 9:30 - 10:30 MA National Federation of the Blind - Cambridge Chapter 6:00 - 7:30 	<p>12</p> <ul style="list-style-type: none"> Walking Group 9:00 - 10:00 COA Board Meeting 9:30 - 11:00 May Flowers Bingo 9:30am - 11am 	<p>13</p> <ul style="list-style-type: none"> Veterans and Friends Support Group 1:00 - 2:00 	<p>14</p> <ul style="list-style-type: none"> Book Group 12:00 - 1:00 Quilting Workshop 1:00 - 3:00 Grandparents Raising Grandchildren Group 1:00 - 2:00 	<p>9</p>	
<p>18</p> <ul style="list-style-type: none"> Hip Hop Dance class 9:30 - 10:30 Age Café 10:00 - 11:00 Winslow Homer Play 1:00-2:30 	<p>19</p> <ul style="list-style-type: none"> Walking Group 9:00 - 10:00 Men's Group 11:00 - 1:30 Bangladesh Social Group 1:00 - 3:00 	<p>20</p> <ul style="list-style-type: none"> Safety Awareness 1:00 - 2:00 Music Theory 1:00 - 2:00 	<p>21</p> <ul style="list-style-type: none"> Quilting Workshop 1:00 - 3:00 Resilience Through Reading 1:00 - 2:30 	<p>22</p>	
<p>25</p> <p>Memorial Day Holiday</p>	<p>26</p> <ul style="list-style-type: none"> Walking Group 9:00 - 10:00 ESOL Intermediate 10:00 - 12:00 Film and Discussion 1:00 - 3:30 Movie: <i>Blinded by Light</i> 	<p>27</p> <ul style="list-style-type: none"> Music Theory 1:00 - 2:00 Elder Law Attorney Presentation 1:00 - 2:00 	<p>28</p> <ul style="list-style-type: none"> Senior Home Improvement Education 10:00 - 11:00 Understanding Anxiety Cycles 1:00 - 2:00 	<p>29</p>	

806 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. The main character in "Gem of the Ocean" is Aunt Ester (ancestor), the 285-year-old matriarch who is the keeper of the memories and history of Black Americans from the Middle Passage to the present.

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?

Hip Hop Dance class

Mondays, May 4 - June 15, 9:30 - 10:30

This class uses hip hop to help build stamina and coordination. Combining simple choreography and moving to various beats is a great way to get your heart rate up while learning basic steps. It's also a fantastic way to stay active and social. Absolutely no experience is required, only a desire to move

and have FUN. Please remember a water bottle, wear active clothing, sneakers, and hair pulled back. Participants are welcome to work from a chair if necessary.

Music Jam Session

Mondays, May 4 and June 1, 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? 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. So, bring your voice, drumsticks, guitar, percussion, your horns, harmonicas and most importantly your love of playing music with others.

LGBTQ+ Film Series

Tuesday, May 5 10:00 - 12:30

Infamous

In Kansas, with childhood friend Harper Lee (Sandra Bullock), author Truman Capote (Toby Jones) developed an intense and complex relationship with convicted killer Perry Smith (Daniel Craig) while researching what would become one of his greatest works, *In Cold Blood*.

Walking Group for Older Adults

Tuesdays, May 5, 12, 19 and 26, 9:00 - 10:00

Join us for our Walking Group series, a guided set of weekly walks designed to encourage movement, connection, and exploration. Each walk follows a beginner-friendly pace and features routes that highlight local parks, neighborhoods, and scenic paths.

This walking series is free and open to the

public ages 60+. Registration is suggested but not required.

Blood Pressure Clinic and Healthy Eating Active Living (HEAL)

Wednesday, May 6, 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.

Computer Lab Meetup

Brain Improvement Games

Thursday, May 7, 10:00 - 11:00

Master your tech savvy, one Thursday at a time! Join us every First Thursday of the month to boost your digital skills, keep your brain sharp, and stay connected with your community.

Brain Improvement Games

Keep your memory and focus sharp! We will explore apps and learn how to find free cognitive games that are designed to boost memory and focus. Bring your smartphone, tablet, or laptop. All are welcome—no experience required!

Senior Home Improvement Education Mini-Series for Cambridge Homeowners

Thursday, May 7 and 28 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, May 7, 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 May birthdays with cake.

Mother's Day Gathering

Friday, May 8, 9:30 - 10:30

Join us in celebrating Mother's Day. Registration is required; refreshments are provided.

May Flowers Bingo

Tuesday, May 12, 9:30 - 11:00

Join us for a fun and engaging Mother's Day Bingo celebration hosted by Margaret Fuller House! This special event is designed to bring the community together through connection, laughter, and a friendly game of Bingo.

ESOL Intermediate Conversation & Reading Class.

Tuesday, May 12 and 26, 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 pg 15

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

Meditation and Stretch with Chris

Mondays 9:00 to 9:30 am

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 2:00 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 9:30 am to 12:00 pm

Tuesdays (Every other week) May 5 and 19

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.

Mother's Day Tea

Friday, May 8 1:00 to 2:30pm

Celebrate mom, grandma, and the other mother figures in your life with Afternoon Tea at the North Cambridge Senior Center. Guests can sip an assortment of teas and taste a variety of treats as we celebrate Mother's Day. Please sign up at the North Cambridge Senior Center or by calling at 617-349-6320. Sign-up is required.

Movie and Popcorn

Wednesday, May 13 starting at 1:30pm

"Mamma Mia!" Donna, an independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends.

Meanwhile, Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day.



Friday NCSC Monthly Coffee

Friday, May 15 from 9:00am to 10:00am

"Sarcopenia" and older adults
This month for our Monthly at our North Cambridge Senior Center (NCSC) Friday morning coffee presentation join Director Chris Kowaleski as he discusses "Sarcopenia". Chris will talk about what Sarcopenia is, why it matters to older adults and what can we do about it? Coffee, Tea and some morning treats will be provided.

(New) One-on-One Technology Help for Older Adults

Mondays 2:30pm 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, how to check email or how to log into your MyChart account, we can help. If you would like to make an appointment for in person tech help, call the North Cambridge Senior Center at 617-349-6320.

(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!

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.

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!

Veterans and Friends Support

Group Wednesday May 13, 1:00 - 2:00

For more information, please contact: Dee Cannon at dcannon@cambridgema.gov

Book Group

Thursday, May 14, 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.

Quilting Group

Quilt unveiling and reception

Thursday, May 14, 1:30 - 2:00

Join the Quilting Group crafters as they unveil their community quilting project. The unveiling will be held in the drop-in lounge. Light refreshments will be provided.

Grandparents Group

Thursday, May 14, 1:00 - 2:00

You're Invited! Grandparents Raising

Grandchildren Open House.

Join us for an afternoon of connection, conversation, and community support. This open house is designed for grandparents who are navigating the unique joys and challenges of raising grandchildren. Learn about local resources, meet others on a similar journey, and feel encouraged. Discussion facilitated by Susan Pacheco and Nina Cohen. For more information, please contact Susan Pacheco 617-349-6220 or spacheco@cambridgema.gov

Age Café

**Mondays, May 18th, June 15th and July 20
10:00 - 11:00**

You're invited to Age Café: Community Conversations That Matter. Join us as we talk about purpose, identity, connection, and the beauty of growing older. Come share your voice. Facilitated by Mary Kowalczyk, Manager, Mental & Behavioral Health Promotion, Cambridge Public Health Department and Susan Pacheco.

First Light at Ten Pound Island A Play about Artist Homer Winslow

Monday, May 18, 1:00 - 2:30

For A play about artist Winslow Homer, written and directed by Debbie Wiess. In summer 1880, Winslow Homer returned to Gloucester, MA to paint. It would be a most productive period with Homer creating over 100 watercolors and drawings of local views. After a staged reading of the 30-minute 3-character two-scene play, there will be a discussion/Q&A followed by a reception.

806 Special Events continued

Music Theory

Wednesday, May 20, 27 and June 3,
1:00 - 2:00

Have you been curious about all the musical terms you hear thrown about and don't know what they mean? Do you want to know how somebody can possibly play a guitar and sing a song? This is music theory! This 3-week course, intended for total beginners, is your chance to become familiar with the building blocks of music. Come and try it out.

Film and Discussion

Tuesday, May 26, 1:00 - 3:30

Movie: *Blinded by the Light* (PG-13)

For more information, please contact:

Vincent McCarthy 617-349-6220 or

vmccarthy@cambridgema.gov

Massachusetts Bar Association Elder Law Education Program

Wednesday, May 27, 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.

Attorney Shani Rea Collymore will be presenting the basics of estate planning. If you have any questions or need additional information, please contact Vincent McCarthy 617-349-6220 or

vmccarthy@cambridgema.gov

Understanding Anxiety Cycles

Thursday, May 28, 1:00 - 2:00

Join us for an engaging talk with Malena Price from Massachusetts General Hospital.

Malena will look at how anxiety cycles work,

including how our thoughts, feelings, and physical sensations can reinforce one another. Together, we will explore simple, evidence-based strategies to respond to anxiety with greater awareness and resources to support continued practice.

Healthy Aging Cycling Series

We invite adults ages 55+ to ride in a friendly, low-stress environment. Beginning on shared-use paths, the series helps participants strengthen bike handling skills, increase comfort, and gain confidence navigating city streets. Rides move at an easy pace, with dedicated social time before each outing to foster conversation and connection. A Bluebikes rental can be provided for the duration of the ride depending on bike availability at the nearest Bluebikes station. **Please remember to bring your own helmet. Registration is Required to Participate. To register, [fill out this form](#)**

Meeting locations and times:

- May 14th 3:15 - 5 p.m. Revival Café
125 Cambridge Park Drive
- May 21st 3:15 - 5 p.m. Flour Bakery
40 Erie Street
- June 11th 3:15 - 5 p.m. Tatte Bakery
305 Assembly Row, Somerville
- June 18th 3:15 - 5 p.m. Sofra Bakery
1 Belmont Street
- June 25th 3:15 - 5 p.m. Café Beatrice
100 N First Street

Questions? Email or Call

• Department of Transportation
transportation@cambridgema.gov or
call 617-349-4600

• Council on Aging: Alicia Johnson
aliciaj@cambridgema.gov or 617-349-6220

Russell Youth and Community Center

Thursday

Tai Chi

9 - 10 am

Portrait Drawing

10:00 - 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.

Cambridge Council on Aging

806 Massachusetts Avenue
Cambridge, MA 02139



Cambridge City Council

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Burhan Azeem, Vice Mayor
Ayah A. Al-Zubi
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617-349-6220

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