



Human  
Service  
Programs

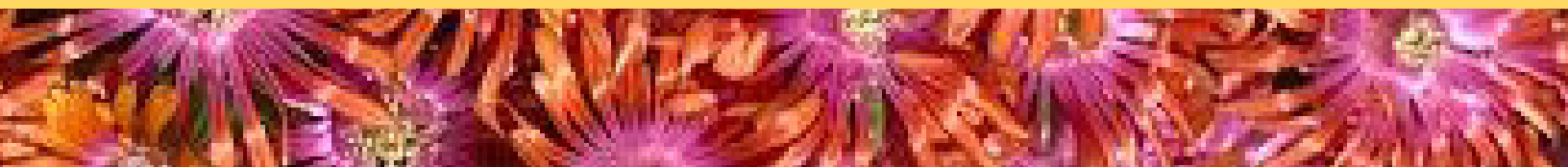


# Newslines

Cambridge Council on Aging Newsletter



**June 2026**



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## Cambridge Senior Center

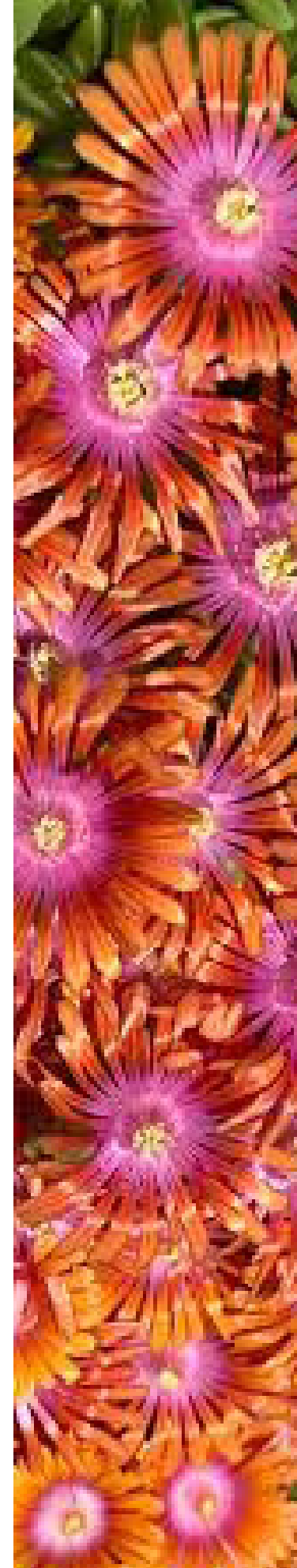
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# Newslines

## June 2026

### Hello Friends,

As we step into June, I am trying to do so with gratitude and renewed energy. June brings longer days, lighter moments, and a sense of possibility. However, I find myself struggling. The days have been hard. Many in my circle are dealing with some very difficult things, especially health. I find myself struggling, as all I can do is be present to listen and support in whatever way I can.

Let me try to return to the sentiment of gratitude and renewed energy. Even amongst the struggles there are many things to be grateful for and be energized by.

Thank you to everyone who joined our recent Age Café and Reading Through Resilience Group gatherings—your presence, your stories, and your spirit continue to brighten our Senior Center community.

The conversations we shared remind me of the strength that comes from connection and the resilience we build together. Each conversation reminded me of

the power of shared stories and collective resilience. Thank you for showing up with openness, curiosity, and heart. Your participation continues to shape these spaces at the Senior Centers into something truly special. Please join Age Café on June 15 and July 20 for more conversation and connection.

May this new month inspire fresh perspectives, meaningful interactions, and opportunities to grow—individually and collectively.

I look forward to all that June will bring and hope to continue to step into gratitude. Here is to longer, sun filled days and lighter moments.

Warm Regards,  
Susan P. Pacheco  
Executive Director

## Advisory: Registry Alerts Public About Text Scam

For immediate release:  
May 20, 2026

Fraudulent message has “marmv” in the URL and requests payment. This text should be deleted. BOSTON - The Massachusetts Department of Transportation Registry of Motor Vehicles (RMV) is alerting the public of a new text message scam which tells recipients they owe money for driving infractions and that the recipient must immediately visit a fraudulent website to make payment that is due. Everyone should be suspicious of texts that tell the recipient it is urgent to act and make payments, as the RMV does not send people text messages requesting payment. This new scam fraudulently claims to represent the RMV and even has in the payment URL letters that would lead a person to think the text was from the Massachusetts RMV.

## Client Services will be offering monthly Summer Hours in North Cambridge beginning on Friday, June 26th

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.

We will not be able to accept walk-in SHINE appointments but can make a future appointment for you.

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

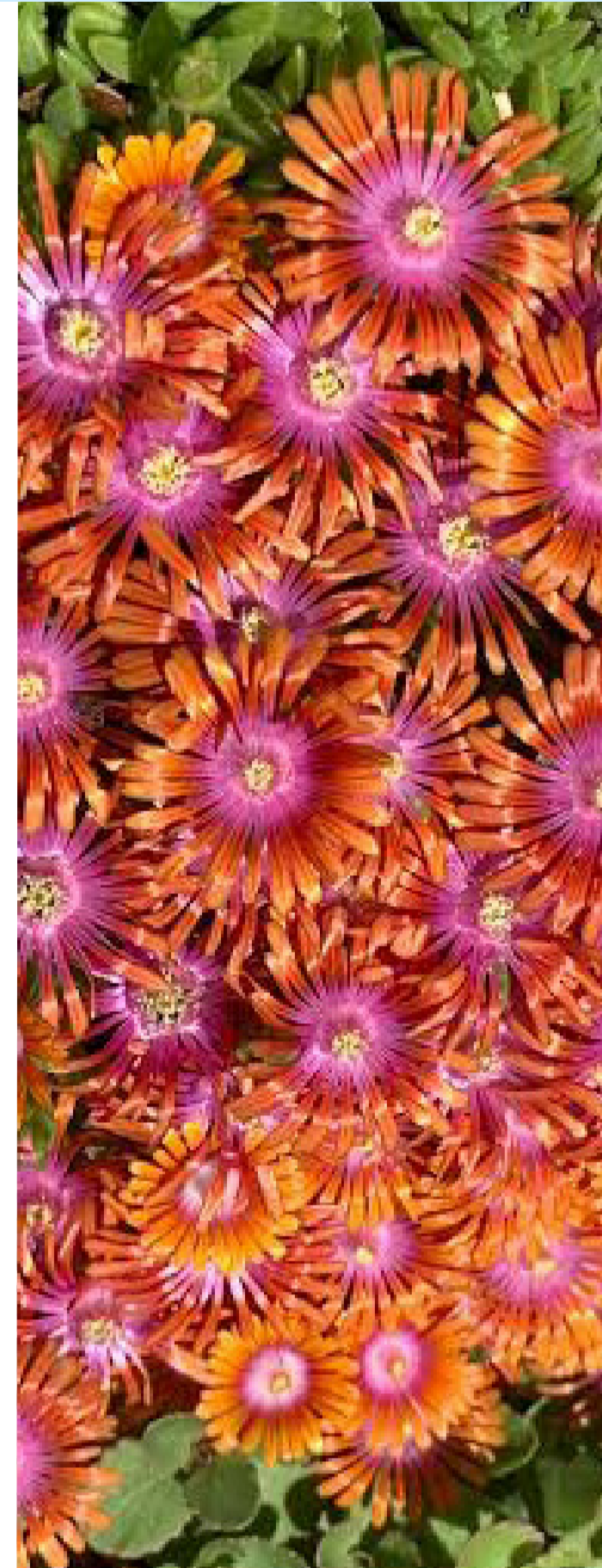
## Lunch

- 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"> <li>■ <b>Qi Gong</b> 9:00am – 9:45 am</li> <li>■ <b>Computer Lab</b> 9:00am – 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>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> 9:00am – 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 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> 9:00 – 4:00 pm</li> <li>■ <b>Zumba Gold</b> 9:00 – 9:45 am</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 am – 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>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> <span style="display: inline-block; width: 20px; height: 10px; background-color: #003366; margin-right: 5px;"></span> <b>Virtual</b>  <span style="display: inline-block; width: 20px; height: 10px; background-color: #0099cc; margin-right: 5px;"></span> <b>In Person</b>  <span style="display: inline-block; width: 20px; height: 10px; background-color: #ffcc00; margin-right: 5px;"></span> <b>Hybrid</b> </p> <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><b>Friday, June 19</b></p> <p><b>Juneteenth Holiday</b></p> <p><b>Senior Center Closed</b></p>

# Special Events Calendar

## June

# Cambridge Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday	Key
<p><b>1</b></p> <ul style="list-style-type: none"> <li><b>Hip Hop Dance class</b> 9:30 - 10:30</li> <li><b>Music Jam Session</b> 4:30 - 6:30</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li><b>Walking Group</b> 9:00 – 10:00</li> <li><b>LGBTQ+ Film Series</b> <i>The Adventures of Priscilla: Queen of the Desert</i> 10:00 - 12:30</li> </ul>	<p><b>3</b></p> <ul style="list-style-type: none"> <li><b>Blood Pressure Clinic and HEAL</b> 1:00 - 2:00</li> <li><b>Music Theory</b> 1:00 - 2:00</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li><b>Computer Lab Meet Up: Face Book Basics</b> 10:00 - 11:00</li> <li><b>Senior Home Improvement Education</b> 10:00 - 11:00</li> <li><b>Town Meeting</b> 12:30 - 1:00</li> <li><b>Quilting Workshop</b> 1:00 - 3:00</li> <li><b>Astronomy and Space Highlights with John Sheff</b> 2:00 - 3:00</li> </ul>	<p><b>5</b></p>	<p><b>Key</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:blue;"></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><b>Cambridge Senior Center</b> 806 Massachusetts Ave, Cambridge MA 02139</p> <p><b>Holidays, and Class Cancellations</b></p> <p>June 11 Spanish Class Canceled</p> <p>Friday, June 19 Juneteenth Holiday Senior Center Closed</p> <p>June 24 and 26 Flamenco Dance Canceled</p>
<p><b>8</b></p> <ul style="list-style-type: none"> <li><b>Hip Hop Dance class</b> 9:30 - 10:30</li> <li><b>MA National Federation of the Blind - Cambridge Chapter</b> 6:00 – 7:30</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li><b>Walking Group</b> 9:00 – 10:00</li> <li><b>COA Board Meeting</b> 9:30 - 11:00</li> <li><b>Every Age, Every Stage: LGBTQ+ Health Discussion</b> 10:00 - 11:00</li> <li><b>ESOL Intermediate</b> 10:00 - 12:00</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li><b>Veterans and Friends Support Group</b> 1:00 - 2:00</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li><b>Day Trip to Rockport</b> 9:30 - 4:00</li> <li><b>Book Group</b> 12:00 -1:00</li> <li><b>Quilting Workshop</b> 1:00 - 3:00</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li><b>Father’s Day Gathering</b> 9:30 - 10:30</li> <li><b>Meditation and Mandala</b> 10:00 - 11:00</li> </ul>	
<p><b>15</b></p> <ul style="list-style-type: none"> <li><b>Hip Hop Dance class</b> 9:30 - 10:30</li> <li><b>Age Café</b> 10:00 - 11:00</li> <li><b>Women’s Group</b> 12:30 -1:30</li> <li><b>World Cup Watch Party</b> 12:00</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li><b>Walking Group</b> 9:00 – 10:00</li> <li><b>Men’s Group</b> 10:00 – 11:30</li> <li><b>Bangladesh Social Group</b> 1:00 – 3:00</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li><b>Safety Awareness</b> 1:00 - 2:00</li> <li><b>World Cup Watch Party</b> 1:00</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li><b>Quilting Workshop</b> 1:00 - 3:00</li> <li><b>Bingo</b> 1:00 - 3:00</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li><b>Juneteenth Holiday</b></li> </ul>	
<p><b>22</b></p> <ul style="list-style-type: none"> <li><b>Mass Senior Action Meeting</b> 11:00 – 12:30</li> <li><b>World cup Watch Party Portugal v. Play-off winner</b> 1:00</li> </ul>	<p><b>23</b></p> <ul style="list-style-type: none"> <li><b>Walking Group</b> 9:00 – 10:00</li> <li><b>ESOL Intermediate</b> 10:00 - 12:00</li> <li><b>Film and Discussion</b> 10:00 – 1:30 Movie: <i>Bohemian Rhapsody</i></li> </ul>	<p><b>24</b></p>	<p><b>25</b></p> <ul style="list-style-type: none"> <li><b>Senior Home Improvement Education</b> 10:00 - 11:00</li> <li><b>Volunteer Appreciation Luncheon</b> 1:00 - 2:30</li> </ul>	<p><b>26</b></p>	
<p><b>29</b></p>	<p><b>30</b></p> <ul style="list-style-type: none"> <li><b>Walking Group</b> 9:00 – 10:00</li> </ul>				

# 806 Special Events

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

# Cambridge Senior Center

## Tech Help: Smartphone Q & A: Basics

**Mondays, 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.

## Hip Hop Dance class

**Mondays, June 1 - 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

**Monday, 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, June 2, 10:00 - 12:30**

***The Adventures of Priscilla: Queen of the Desert (1hr 44mi, Rated R 1994)***

When drag queen Anthony (Hugo Weaving) agrees to take his act on the road, he invites fellow cross-dresser Adam (Guy Pearce) and trans Bernadette (Terence Stamp) to come along. In their colorful bus, named Priscilla, the three performers travel across the Australian desert performing for enthusiastic crowds and homophobic locals. But when the

other two performers learn the truth about why Anthony took the job, it threatens their act and their friendship.

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

**Wednesday, June 3, 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.

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

**Thursday, June 4 and 25, 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

**Thursday, June 4, 10:00 - 11:00**

**Facebook Basics**

Question & Answer Facebook session, stay connected with family and friends.

## Town Meeting and Birthday Celebration

**Thursday, June 4, 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 June birthdays with cake.

## Solar System Series with John Sheff Astronomy and Space Highlights

**Thursday, June 4, 2:00 - 3:00**

A lot of important developments in space exploration are scheduled to happen this year. In 2026, humans returned to the vicinity of the Moon for the first time in 54 years! Private companies will be launching missions to refuel in space, land on the Moon, and put commercial space stations in orbit. Meanwhile, China is preparing to return the first samples from Mars and to land its own human crews at the South Pole of the Moon. Whatever happens, it's going to be an exciting year!

## 806 Special Events Continued pg 15

# Weekly Class Calendar

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

# North Cambridge Senior Center

## 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**  
3:30 - 4:30 pm

## Tuesday

- **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

## Wednesday

- **Spanish Class**  
9:30 - 11:30 am
- **Chair Yoga**  
12:00 - 1:00 pm
- **Mahjong**  
2:00 - 4:00 pm

## Thursday

- **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

## 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**

**Contact**  
617-349-6320  
617-349-6220

**Hours**  
Monday - Friday 8:30 am - 5 pm

### 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)

**June 2, 16 and 30** 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 enjoyable

activity, listening ear and share valuable advice.

### Movie and Popcorn

**Wednesday, June 17 starting at 1:15pm**  
"Project Hail Mary" Science teacher Ryland Grace wakes up on a spaceship with no recollection of who he is or how he got there. As his memory slowly returns, he soon discovers he must solve the riddle behind a mysterious substance that's causing the sun to die out. As details of the mission unravel, he calls on his scientific training and sheer ingenuity -- but he may not have to do it alone.



### Father's Day Celebration

**Wednesday, June 24 1:30 to 3:00pm**  
Celebrate dad and other father figures in your life with Afternoon Root Beer Floats and snacks at the North Cambridge Senior Center. Guests can enjoy delicious root beer float, chips, and a variety of other snacks as we celebrate Father's

Day. Please sign up at the North Cambridge Senior Center or by calling at 617-349-6320 (Sign-up is required).

### Friday NCSC Monthly Coffee Friday, June 26 from 9:00 to 10:00am

"Exercise" and older adults  
The June North Cambridge Senior Center (NCSC) Friday morning coffee presentation, we will continue our older adult health series as we discuss "Exercise for Older Adults". NCSC Director Chris will talk about exercising for older adults, why it matters and will demonstrate simple exercises that you can do at home. 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.

### 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. An experienced instructor will be present to offer guidance, answer questions, and share tips whenever you need a little extra support. All skill levels are welcome!

# 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

## ESOL Intermediate Conversation & Reading Class.

**Tuesday, June 9 and 23, 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.

## Every Age, Every Stage: LGBTQ Health

**Tuesday, June 9, 10:00 - 11:00**

Join us for an engaging talk with Rae Chavies from Massachusetts General Hospital. We'll explore LGBTQ+ health across the lifespan, with a focus on identity, historical influences, community resilience, and caregiving. Rae will share practical strategies for advocating for yourself, navigating healthcare systems, and accessing support. Refreshments provided.

## Veterans and Friends Support Group Wednesday June 10, 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)

## Day Trip to Rockport

**Thursday, June 11, 9:30 - 4:00**

Enjoy the day with your friends at Rockport. Tickets cost \$20.00 for motorcoach

transportation only.

Pick up from Cambridge Senior Center at 806 Mass. Ave., 9:30 am.

Pick up from North Cambridge Senior Center at 2050 Mass. Ave., 10:00 am  
Drop off at North Cambridge Senior Center at 2050 Mass. Ave 3:30 pm

Drop off Cambridge Senior Center at 806 Mass. Ave 4:00 pm

Activity Level:

Walking on uneven ground; standing; climbing bus stairs; Limited outdoor seating. Registration is required and tickets must be purchased in advance.

## Book Group

**Thursday, June 11, 12:00 - 1:00**

***The Razor's Edge***, by W. Somerset Maugham  
A novel about Larry Darrell, a young American pilot who, traumatized by World War I, rejects materialism to seek spiritual meaning, traveling from Paris to India in a quest for enlightenment.

## Introduction to Acting

**This is an 8-week workshop**

**Thursdays, June 11 - July 30 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. Come join us on a journey of discovery; explore your creativity and hone your acting skills!

## Father's Day Gathering

**Friday, June 12, 9:30 - 10:30**

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

# 806 Special Events continued

## Age Café

**Mondays, June 15 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, 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.

## World Cup Watch Party in June

The world's biggest sporting event is happening right here in the United States! Join us for a World Cup watch party at the Cambridge Senior Center to celebrate soccer around the world. Who will take home the trophy?

**June 15**

12:00 p.m. Spain v. Cape Verde

3:00 p.m. Belgium v. Egypt

**June 17**

1:00 p.m. Portugal v. DR Congo

**June 22**

1:00 p.m. Portugal v. Play-off winner

## Men's Group

**Tuesday, June 16, 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)

## June Film and Discussion

**Celebrating Pride Month**

**Tuesday, June 23, 10:00 - 1:30**

Movie: **Bohemian Rhapsody**

Freddie Mercury -- the lead singer of Queen -- defies stereotypes and convention to become a beloved entertainer; the band's popular songs lead to Queen's rise in the 1970s; after leaving the group to pursue a solo career, Mercury reunites with Queen for the benefit concert Live Aid -- resulting in one of the most memorable performances in rock 'n' roll.

For more information, please contact:

Vincent McCarthy 617-349-6220 or

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

## 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:**

- 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](mailto:transportation@cambridgema.gov) or  
call 617-349-4600

- Council on Aging: Alicia Johnson  
[aliciaj@cambridgema.gov](mailto:aliciaj@cambridgema.gov) or 617-349-6220

# 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**

## Special Events, Holidays, and Class Cancellations

### Walking Group for Older Adults

**Tuesdays, June 2, 9, 16, 23 and 30**

**9:00 - 10:00**

**Meeting location: Russell Youth and Community Center 680 Huron Avenue**

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.

## 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

#### Executive Director

Susan Pacheco

#### Social Services

Vincent McCarthy,  
Director of Client Services  
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  
Volunteer Coordinator  
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)