

Newslines

The Newsletter of the Cambridge Council on Aging (COA)

December 2025

806 Massachusetts Avenue, Cambridge, MA 02139

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



Dear Seniors:

I am writing to you this month from the island of São Miguel, Azores, Portugal. My husband and I have travelled to the island following the death of my father-in-law. We are gathered with my husband's mother, siblings, nieces and nephews and many other

family and friends, to mourn and celebrate the life of this man.

It was extremely difficult to arrive at my husband's family home and not see this incredible man waiting at the front door for us. He was never one to pick us up at the airport, but you knew he would be there at the door waiting for us. An empty front door

greeted us. However, the days following were met with countless individuals sharing stories and wonderful, humorous memories of him. That comforted all of us.

Spending time in the quaint village of Maia is both a place of all things modern but with a touch of old. The most beautiful of all are the church bells that wake me each morning and that I hear throughout the day. Every hour the bells toll, as well as each scheduled church

service. The bells also toll for any residents of the village that pass away. There is a sequence of bells tolling twice for a female and thrice for a male. During my time here, the bells rang thrice one morning. Then on the village's social media

page, the obituary for the man who had passed away. As I said earlier, the modern and the old interconnected. An interesting custom ~ but my conclusion, no one is forgotten.

We will soon be returning home. Different people than we were when we left. Our hearts are full in having been able to travel and be with our entire family.



During this season of light, on behalf of the Council on Aging/Senior Center staff, I wish you all a wonderful holiday season. Hoping that the new year brings peace, joy and good health.

Warm Regards,
Susan P. Pacheco
Executive Director

Information and Referral

December Mall Shopping

In the month of December we will be offering a Mall Shopping Group that will take place at South Bay Center, Boston. The group will leave from the Senior Center in Central Square at 10:30am and will return to the Senior Center at 1:00pm.

The dates for Mall shopping are:

Wednesday,, December 10th

Wednesday, December 17th

Reservations are required two business days in advance. Please call the Transportation Office at 617-349-7254 to make a reservation.

If you need additional information please contact Vincent McCarthy vmccarthy@cambridgema.gov (617) 349-6216

December 2025 Programs – Registration Information

806 Massachusetts Avenue, Cambridge, MA 02139 617-349-6220

Open Monday 8:30 -8:00, Tuesday through Thursday 8:30 - 5:00, Friday 8:30 - 12:00

Classes and Special Events

Participants must be aged 60 years and older. Priority will be given to Cambridge residents. Classes and special events are either **In-person, Virtual** (online), or **Hybrid** (combination of in-person and virtual).

- In-person classes and special events are held at 806 and/or 2050 Massachusetts Avenue, Cambridge, MA.
- Virtual classes and special events are offered via Zoom. Participants will receive a Zoom email invitation directly from the instructor prior to the start of each class or event.
- To register, unless specified otherwise, call COA at 617-349-6220. COA reserves the right to limit the number of participants per the instructors' request.

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Lunch

- Hot Dine-and-Stay lunches are served Hi Monday – Thursday, 11:30 – 12:15
- Lunch reservations should be made one week in advance. To reserve your lunch, please call 617-349-6047 or see the front desk receptionist.
- Lunches are available for a suggested donation of \$3 for adults aged 60 years and older. Your lunch reservation will be held until 12:05 on the day that you reserved your lunch.
- A cold sandwich meal will be provided to anyone who does not have a lunch reservation. A cold vegetarian meal is available upon request.



December 2025 – Happenings and Special Events

***To register for classes/programs, unless specifically noted otherwise, please call the COA @ 617-349-6220.**

***Tech-Help: Smartphone Q&A: Basics**
Mondays, 9:00-11:00 Tuesdays, 1:00- 4:00
Wednesdays, 1:00-2:00
Thursdays, 9:00-12:00

Staff will be available to answer common questions about your wireless devices, laptops, and applications such as Zoom and Facebook. **Please call to register for an appointment.**

Introduction to Theatre

Mondays, 1:30 – 2:30

GUNPLAY: A Play About America by Frank Higgins “Gunplay” is a darkly comic satire about the role of firearms in world history and gun culture in the United States. Exploring the mythos surrounding guns in the U.S., i.e., “guns keep you safe” and juxtaposing it with actual events and statistics, “Gunplay” reveals the irony of gun culture versus gun reality. Statistics versus mythology, in all its absurdity This is an interactive class where we will read from the play, act out scenes, analyze characters and the plot. No prior theatre experience necessary.

Fabric Painting Workshop Series

Mondays, December 1, 8 and 15 12:00 - 2:00

Creative Colorful creations on fabric with Phyllis Wadlington. Discover your creative side, working with different fabrics. Explore the possibilities of what can be painted on fabric. Other than painting we will use some other techniques like applique, embroidery, patchwork, beading and more. Be sure to wear clothing you can get paint on. Registration is required for each session. Cost is \$5.00 per class.

LGBTQ+ Film Series

Tuesday, December 2, 10:00 - 12:30

Film: Dallas Buyers Club 1hr 57mi, Rated R, 2013) In 1985 Dallas, electrician and hustler Ron Woodroof works around the system to help AIDS patients get the medication they need after he is diagnosed with the disease.

Senior Home Education Mini-Series for Cambridge Homeowners

Thursday, December 4, 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, December 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 December birthdays with cake.

Quilting for Beginners Workshop

Thursdays, December 4, 11 and 18, 1:00 - 3:00

Join us and learn to make a small, quilted potholder or trivet. Using the ‘assembly line’ quilting method, you will plan, cut, and sew a quilt using our sewing machines. The workshop includes step-by-step guidance from a local quilter and sewist. Supplies - fabric, thread, batting and sewing machines will be provided. Some experience with a sewing machine is required. Fabric and supplies are provided. Registration is required and space is limited.

Introduction to Acting 8-Week Workshop Series

Registration is full

Thursdays, December 4 through Jan 15, 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!

Music Jam Session

Monday, December 8, 4:30 - 6:30

Saxophonist Bobby Tynes will host the Music Jam Session 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.

ESOL Intermediate Conversation & Reading Class

Tuesday December 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.

Veterans and Friends Support Group

Wednesday, December 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

Senior Center Art Show

Wednesday, December 10, 1:00 - 3:00

You are invited to attend our Artist Showcase, featuring the creative works of our participants in our Art and craft classes. Please join us celebrating the artists and their work. Light refreshments will be served.

Tech Access Program (TAP) Workshop Presented in Portuguese

Thursday, November 13, 10:00 - 11:00.

Join us for our Workshop on Avoiding Scams! This workshop will educate you on how to avoid scams, how to protect yourself online, and what to do if you are a victim of a scam. We’ll teach you the skills you need so you can recognize and avoid email, text, and phone scams. ***This workshop will be presented in Portuguese.***

Book Group

Thursday, December 11, 12:00 - 1:00

A Fine Balance, by Rohinton Mistry. 1997. 603p. This magnificent novel captures elements of India in an unnamed city by the sea in 1975. The government has declared a State of Emergency, in whose upheavals four strangers will be thrust together, forced to share one apartment and an uncertain future. Also available: Large Print, CD, Digital Audiobook, eBook.

Women’s Group

Monday, December 15, 12:30 - 1:30

Wear your Ugly Sweater as we close out the year with laughter, light snacks, and holiday cheer. please contact Alicia Johnson at 617-349-6220 or aliciaj@cambridgema.gov

December 2025 – Weekly Classes

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

December – Special Events Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
Qi Gong (V) 9:00 – 9:45	Computer Lab (IP) 9:00 – 4:00	Chinese Singers and Chinese Folk Dancing (IP) 9:00 – 12:00	Computer Lab (IP) 9:00 – 4:00	Qi Gong (V) 9:00 – 9:45
Computer Lab (IP) 9:00 – 5:00	Mat Yoga (IP) 10:00 – 11:00	Music Instrument Lessons (IP) 9:00-10:00	Zumba Gold (IP) 9:00 – 9:45	Computer Lab (IP) 9:00 – 11:00
Tech Help (IP) 9:00 – 11:00	Balance art and Chi Kung (IP) 11:30 – 12:30	Computer Lab (IP) 9:00 – 4:00	Tech Help (IP) 9:00 – 12:00	Flamenco Dance (H) 10:00 – 11:00
ESOL/Chinese (IP) 9:30 – 10:30	Board and Card Games (IP) 1:00 – 3:00	ESOL (CLC) (IP) 9:30 – 11:45	Spanish For Beginners class (IP) 10:00 - 11:30	Ping Pong — Beginners (IP) 8:30 – 9:30
Strong and Stretched (IP) 11:00 – 12:00	Tech Help (IP) 1:00 - 4:00	Flamenco Tango (V) 10:00 – 11:00	Tai Chi (IP) 11:00 – 12:00	Ping Pong — Experienced (IP) 9:30 – 10:30
Art Class 1:00-200 (V)	Zumba Gold (IP) 1:00-1:45	Chorus (IP) 10:30-11:30	Introduction to Acting (IP) 1:30-3:00	Yoga for Better Balance (IP) 10:30 – 11:30
Ballroom Dancing (IP) 1:00 – 3:00	Chair Exercise (IP) 2:00-2:45	Chair Exercise (V) 11:15 – 12:00		
Intro to Theatre (IP) 1:30-2:30		Tech Help (IP) 1:00 - 2:00		
Portrait Drawing Class 3:00-5:00 (IP)		Crafts and Social Group (IP) 1:00 – 3:00		
Line Dancing (H) 6:00 – 7:00		Strong and Stretched (V) 1:30 – 2:30		
Spanish (IP) 6:15 – 7:30				

Monday	Tuesday	Wednesday	Thursday	Friday
1 Fabric Painting 12:00-2:00 (IP)	2 LGBTQ+ Film Series 10:00 – 12:30 (IP) Movie: Dallas Buyers Club	3 Blood Pressure Clinic 1:00-2:00 (IP)	4 Senior Home Education mini-series 10:00-11:00 (IP) Town Meeting 12:30-1:00 Quilting Workshop 1:00 – 3:00 (IP)	5
8 Fabric Painting 12:00-2:00 (IP) Music Jam Session 4:30-6:00 (IP)	9 COA Board Meeting 9:30 - 11:00 (V) ESOL Intermediate: 10:00 - 12:00 (IP)	10 Veterans & Friends Support Group 1:00-2:00 (IP) Senior Center Art Show 1:00 - 3:00 (IP)	11 Tech Access Program (TAP) (IP) Scam Workshop in Portuguese 10–11:00 Book Group 12:00 - 1:00 (H) Quilting Workshop 1:00 – 3:00 (IP)	12 Meditation and Mandala 10:00-11:00 (IP))
15 Fabric Painting 12:00-2:00 (IP)	16 Men’s Group 10:00 - 11:30 (IP)	17 Safety Awareness 1:00-2:00 (IP)	18 Holiday Desserts 12:30 - 1:30 (IP) Quilting Workshop 1:00 – 3:00 (IP)	19
Women’s Group 12:30 – 1:30 (IP)	Bangladesh Social Group 1:00 - 3:00 (IP)			
22 Mass Senior Action Meeting 11:00-12:30 (IP)	23 ESOL Intermediate: 10:00-12:00 (IP)) Film and Discussion 1:00-3:30 (IP) Movie: A Street Cat Named Bob	24 Christmas Holiday Senior Center Closed	25 Christmas Holiday Senior Center Closed	26
29	30	31		

Men's Group

Tuesday, December 16 10:00 - 11:30

Dress to Impress this month. Light refreshments will be served. For more information, please contact: Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

Holiday Desserts

Thursday, December 18, 12:30 - 1:30

Join us and sample holiday inspired refreshments.

**Mass Senion Action Council Cambridge/
Somerville Chapter Meeting Monday,
December 22, 11:00 – 12:30**

Film and Discussion

Tuesday, December 23 1:00 - 3:30

Movie: ***A Street Cat Named Bob***

Not Rated 2016 · Drama/Action · 1h 43m

Based on the international best selling book.

The true feel good story of how James Bowen, a busker and recovering drug addict, had his life transformed when he met a stray ginger cat.

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

December 2025 – North Cambridge Senior Center

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

Open Monday, through Friday 8:30 - 5:00 Hot Dine-and-Stay lunches are served Monday – Friday,

11:30 – 12:30 Suggested donation of \$3 for seniors aged 60 years and older

Weekly Class Schedule H: Hybrid • IP: In-person • V: Virtual

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

December 2025 – NC Happenings and Special Events

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

Strong and Stretched Tuesdays 11:30 – 12:30pm

A 60-minute class starting with a cardio warm up, strengthening exercises using hand weights or Thera bands for resistance. Muscle conditioning reinforces good posture

Tai Chi Tuesdays 1:30pm – 2:30pm

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.

Ethiopian Hour Tuesdays, December 2 and 16 10:00-12:00 pm

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. Whether it's English classes during school season, there is knitting and crochet or an interpreter for yoga classes. We offer a listening ear, and share valuable advice. This group is here to uplift and empower.



Cambridge Council on Aging

Programming for Older Adults at Russell Youth and Community Center

The Cambridge Council on Aging is excited to offer classes for Cambridge residents age 60 and older at the Russell Youth and Community Center this fall!

Dates: Thursdays and Fridays, November 6, 2025 – January 16, 2026

Location: Russell Youth and Community Center, 680 Huron Ave., 2nd Floor

Schedule:

	Thursday	Friday
9 – 10 a.m.	Tai Chi	Dance
10 – 11:30 a.m.	Portrait Drawing	Origami
10:30 – 11:30 a.m.	Yoga	

Older adults are also invited to enjoy community connection in the building's common area during programming hours, from 9 a.m. – 12 p.m.

Registration required. Please register through MySeniorCenter.

If you do not have an account, please contact the Council on Aging at 617-349-6220.

For more information about Council on Aging offerings, visit
www.cambridgema.gov/CouncilOnAging

Cambridge City Council

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Marc C. McGovern, Vice Mayor
Burhan Azeem
Patricia M. Nolan
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Jivan G. Sobrinho-Wheeler
Paul F. Toner
Ayesha M. Wilson
Cathy Zusy

City Administration

Yi-An Huang, City Manager
Ellen Semonoff, Assistant City Manager
for Human Services

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Debra Mandel
Lily Owyang
Eva Paddock
Beverly Sealey
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Office of Aging & Independence for
funds to support this publication**

Cambridge Council on Aging

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Bus Driver

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Cambridge Senior Center

Director

Alicia Johnson

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Nate Drew, Program Service Assistant
Adam Leith, Assistant
Sanaa Mohamed, Assistant

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Cat Kagann, Assistant

North Cambridge Senior Center

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Newslines

Lisa Castagna, Sanaa Mohamed, and
Susan Pacheco



www.cambridgema.gov/

[CouncilOnAging](#) 617-349-6220