



Newslines

*The Newsletter of the
Cambridge Council on Aging (COA)*

January 2025

806 Massachusetts Avenue, Cambridge, MA 02139

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

Dear Seniors:

So, this is where I bow out, until the new year, not fully, but as much as I can. Less news; social media; emails; and any "heavy lifts". Slow down and catch my breath. There are less than 2 weeks left of the year, and I am finding myself saying where has the year gone? When a significant milestone occurs during the year, it is hard to remember anything before that and all that follows mostly seems insignificant. My brother's passing this past September has been a definitive marker in my 2024 timeline.

There are a lot of emotions to sort and a new path forward to chart.

This is true for our country as well. November marked a significant election. There are a lot of emotions to sort out as well and we as citizens of this country and the world need to chart our path forward.

As I chart my path, I want to choose kindness, connection and community.

Choosing to surround myself with people who will stand with me.

I want to focus on what makes me happy. Where I can do my best.

I pray for joy.

A new year comes with new possibilities and new opportunities for healing, change and hope. Now look ahead. Think about the best way you can move forward; the best path you can chart for yourself. Remember, moving forward

does not mean forgetting. All that happens stays with you and because of those experiences, I believe places you where you should be.

On behalf of the Council on Aging staff, I wish you all a wonderful, happy, and healthy new year!



Warm Regards,

Susan P. Pacheco
Executive Director

Information and Referral

Door2Door by SCM News

We are piloting a weekly shuttle to the Target store at 180 Somerville Avenue in Somerville on Mondays starting in December 2024 on a trial basis for seniors and persons with disabilities residing in Cambridge.

Riders may call our reservations department at 617-625-1191 and press 2 for reservations between the hours of 9 AM and 1:30 PM Mondays through Fridays excluding holidays two weeks to two business days in advance. The Target Shuttle will take up to ten people to the store by 11:15 to 11:30 AM picking up between 10 and 11 AM. The van will return at 1 PM to return folks to their homes. Rides will be booked on a first-come, first-served basis. Shoppers can bring three bags, boxes or other items each. Drivers will assist folks with their purchases to the door of their building.

We are also piloting an 'early morning' medical service starting in December 2024 on a trial basis for seniors and persons with disabilities residing in Cambridge. Riders may call our reservations department at 617-625-1191 and press 2 for reservations between the hours of 9 AM and 1:30 PM Mondays through Fridays excluding holidays two weeks to two business days in advance. Medical rides will be available from 7 AM to 8:30 AM on a first-come, first-served basis Mondays through Fridays excluding holidays. Space is limited. Please be patient as kinks may arise in a new service.

January Mall Shopping

In the month of November we will be offering a Mall Shopping Group that will take place at Arsenal Yards in Watertown. 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 this shopping group will be:
Tuesday, January 7

Wednesday, January 15

Tuesday, January 21

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

Home pick up is available upon request. Please specify if you want home pick up while making reservation.

On Tuesday 1/7 & 1/21 home pick up is available in North & West Cambridge

On Wednesday 1/15 home pick up available in Central Square and East Cambridge

Please contact Vincent McCarthy
vmccarthy@cambridgema.gov 617-349-6216

January 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.

Lunch

- Hot Dine-and-Stay lunches are served Monday – Thursday, 11:30 – 12:15 Lunch reservations should be made 2 business days in advance. Please call 617-349-6047 to make your reservation. Lunches are available for a suggested donation of \$3 for seniors aged 60 years and older



January 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

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

The Piano Lesson by August Wilson
Set in 1936, "The Piano Lesson" is the fourth in playwright August Wilson's 10-play 20th century cycle, exploring the African American experience.

In the hauntingly beautiful language that characterizes all of August Wilson's plays, he examines the meaning of a family's heritage and legacy; is it right to part with your physical inheritance, one that has been passed down generation after generation, to transform a family's future? What connects us to our ancestors? How do we maintain that connection, honor those who came before us, and still move forward?

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.

Veterans and Friends Support Group
Wednesday January 8, 1:00-2:00 PM

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

Book Group
Thursday, January 9, 12:00 - 1:00pm
On Pluto: Inside the Mind of Alzheimer's by Greg O'Brien.

For close to ten years, writer Greg O'Brien, diagnosed with Early-Onset Alzheimer's, has chronicled its progression as an embedded reporter inside the mind of this monster of a disease. Taking detailed notes and working off cognitive reserve, O'Brien offers an illuminating blueprint of strategies, faith, and humor needed to fight this disease, a day-to-day focus on living with Alzheimer's, not dying with it. Also available in ebook

Acrylic Painting Workshop
Wednesdays, January 15, 22 and 29
9:30-12:00

Join us for a 3-week, beginner-friendly acrylic painting workshop and unleash your creativity! Painting is a perfect way to get your hands messy and your mind inspired. The 3-week workshop includes step by step guidance from a local artist, use of all painting supplies (canvas, paints, brushes), and fun music to get the vibes flowing. You will leave with your very own masterpiece(s)! Acrylic paint can stain, so please wear old clothing.

- **Registration is required and space is limited.**
- **Cost is \$15.00 for the 3-week workshop and includes supplies.**

Motown Dance Party
Thursday, January 16, 1:00 -3 :00
Join us for a fun filled afternoon with DJ Owen Howell and dance with your friends. Registration is required and ticket cost is \$5.00.
Refreshments will be served.

Bingo and Breakfast
Friday, January 17, 9:00 - 11:00
Hot Breakfast served: 9am - 10:30am
Bingo games: 9:30 - 11am
Registration is required.
Breakfast cost \$5.00.
Please register by Thursday January 9th.

Men's Group
Tuesday, January 28, 10:00-11:30am
Join us for January's Men's Group gathering. Light refreshments will be served. . Please contact Vincent McCarthy at vmccarthy@cambridgema.gov

Indoor Armchair Forest Bathing
– An Introduction to Shinrin Yoku
3-month Series
Tuesdays, January 21, February 18, March 18 10:00 – 11:30
Join us for a 3-month, gentle introduction to the practice of Shinrin Yoku, aka "forest bathing," from the comfort of the Cambridge Senior Center. Together we'll hear about the practice of forest bathing which is about using our senses to experience the natural world around us. There will be some guided exercises and participants will be invited to share their experiences of connecting to nature. At the conclusion of the 3-month indoor series, we will continue the series outdoors and connect with Cambridge's green spaces with guided outdoor walks

Film and Discussion
Tuesday, January 21 1:00 - 3:30
Movie: Will and Harper
When actor Will Ferrell finds out his close friend of 30 years is coming out as a trans woman, the two decide to embark on a cross-country road trip to process this new stage of their relationship in an intimate portrait of friendship and transition. Rated R for adult language.
For more information, please contact Vincent McCarthy at vmccarthy@cambridgema.gov

Town Meeting
Wednesday, January 29
1:00 - 2:00
We want to hear from you! This is an opportunity to come together and share information and ideas with Senior Center Staff.

January – Weekly Class Schedule

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	Meditation (V) 9:00 – 9:45	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	Computer Lab (IP) 9:00 – 4:00	Computer Lab (IP) 9:00 – 11:00
Tech Help (IP) 9:00 – 11:00	Balance Chi Kung (IP) 11:30 – 12:30	Computer Lab (IP) 9:00 – 4:00	Zumba Gold (IP) 9:00 – 9:45	Flamenco Dance (H) 10:00 – 11:00
ESOL/Chinese (IP) 9:30 – 10:30	Board and Card Games (IP) 1:00 – 3:00	Flamenco Tango (V) 10:00 – 11:00	Tai Chi (IP) 11:00 – 12:00	Ping Pong — Beginners (IP) 8:30 – 9:30
Spanish Fun Lessons (IP) 9:30-11:00	Tech Help (IP) 1:00 - 4:00	Chorus (IP) 10:30-11:30		Ping Pong — Experienced (IP) 9:30 – 10:30
Strong and Stretched (IP) 11:00 – 12:00		Chair Exercise (V) 11:15 – 12:00		Yoga for Better Balance (IP) 10:30 – 11:30
Art Class 1:00-2:00 (V)		Tech Help (IP) 1:00 - 2:00		
Ballroom Dancing (IP) 1:00 – 3:00		Crafts and Social Group (IP) 1:00 – 3:00		
Intro to Theatre (IP) 1:30-2:30		Strong and Stretched (V) 1:30 – 2:30		
Zumba Gold (IP) 2:30- 3:15				
Portrait Drawing Class 3:00-5:00 (IP)				
Line Dancing (H) 6:00 – 7:00				
Spanish (V) 6:45 – 8:00				

January – Special Events Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 New Year's Day Senior Center Closed	2	3
6	7	8 ESOL Canceled Veterans & Friends Support Group 1:00-2:00 (IP)	9 Book Group 12:00- 1:00 (H)	10 Meditation and Mandala 10:00-11:00 (IP)
13 National Federation of the Blind 6:00 - 7:30	14 COA Board Meeting 9:30-11:00 (V)	15 ESOL Canceled Acrylic painting workshop 9:30-12:00 (IP) Safety Awareness 1:00-2:00 (IP)	16 Motown Dance Party 1:00-3:00 (IP)	17 Bingo and Breakfast
20 Martin Luther King Day Holiday Senior Center Closed	21 Men's Group 10:00-11:30 (IP) Indoor Armchair Forest Bathing – An Introduction to Shinrin Yoku 10:00-11:30 (IP) Film and Discussion 1:00-3:30 (IP) Movie: <i>Will & Harper</i>	22 ESOL Canceled Chinese Lunar New Year Celebration 9:00-12:00 Acrylic painting workshop 9:30-12:00 (IP)	23 Cambridge Consumers Council Drop-in Information 11:00- 12:30 (IP)	24
27 Mass Senior Action Council Somerville/ Cambridge Chapter Meeting 10:00-11:30 (IP)	28	29 ESOL Canceled Acrylic painting workshop 9:30-12:00 (IP) Town Meeting 1:00-2:00 (IP)	30	31

January 2025 – Weekly Class Descriptions

Art / Watercolor Painting

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 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.

Cardio and Yoga for Heart Health

A 45-minute class starting with 20 minutes of East/West Cardio followed by 25 minutes of in-depth Yoga poses.

Chair Exercise

This class is designed to exercise at one's own pace, including seated, standing and stretch exercises.

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.

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.

English for Speakers of Other Languages (ESOL)

Beginning and Intermediate English for Seniors Conversation, vocabulary, basic grammar with Sandy Middleton, Cambridge Community Learning Center (CLC) ESOL teacher.

Flamenco 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 and festive feeling and taste and is also an essential rhythm for all.

Flamenco Dance

This is a class for all, with or without any kind of physical limitation and have the option of dancing sitting on the chair if needed. So that each of you will discover your flamenco with your style.

Gentle Mat Yoga

In this gentle, one-hour class, we practice the basic elements of yoga. Including standing, seated and lying down postures. This class is appropriate for adults comfortable moving from floor to standing with minimal support. Modifications available to participants.

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.

Line Dancing

Easy to learn and fun to dance. This class will teach you the basics of line dancing as well as the newer and more established line dances being done. Have fun, learn new dances and making new friends.

Meditation

This is a 45-minute class, including a talk and meditation to encourage a peaceful and positive way of looking at life, and to reduce stress. The class is appropriate for beginners as well as experienced meditators. After class, there is an optional 15 minutes for questions.

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: 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.

Qi Gong

A movement practice from Chinese breath and martial arts traditions. Exercise movements include sitting and standing and are gentle and accessible to all participants. We follow a simple peer led routine.

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.

Strength Building

A muscle conditioning class focusing on high repetitions with light or no weight. You will need to be able to stand for a good portion of class, have a chair, a portion of empty wall space you can lean against, a bit of floor space to move in, any of the above mentioned props, sneakers, and water.

Strong and Stretched

A 45-minute class starting with a cardio warm up, strengthening exercises using hand weights (try soup cans/water bottles) or Thera bands for resistance. Muscle conditioning reinforces good posture and class ends with deep Yoga stretches.

Tai Chi

Tai Chi arm and leg movements of the Yang Style Long Form are taught. There is an emphasis on Tai Chi walking, to help improve balance.

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.

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.

January 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	Watercolors 9:30 - 11:30 (IP)	Watercolors 9:30 - 11:30 (V)	Whist (IP) 11:30-2:30
Dominoes (IP) 10:30- 11:30	Zumba Gold (IP) 10:30-11:15	ESOL (IP) 10:30- 11:30	Dancing for Balance (H) 1:30 – 2:30	Documentary Photography 3:00 -4:30 (IP)
Dancing for Balance (H) 1:00 – 2:00	Strong and Stretched (IP) 11:30- 12:30	Chair Yoga (IP) 12:00– 1:00	Gentle Mat Yoga (IP) 3:00 – 4:15	
Mindful Movement 2:15 - 3:15 (IP)	Tai Chi (IP) 1:30 – 2:30	Mindfulness Meditation 3:00– 4:00		
Gentle Mat Yoga (IP) 3:30 – 4:30	Chair Yoga (IP) 3:00– 4:00			

January 2025 – NC Happenings and Special Events

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

Mindful Movement

Mondays 2:15PM – 3:15PM

Join our Mindful Movement Class for a relaxing, gentle way to improve balance, coordination, and mental focus. This gentle and enjoyable practice combines rhythmic exercises with expressive gestures, promoting balance, flexibility, and overall well-being. This class uses slow, flowing movements designed especially for seniors to move, reduce stress, and connect with others in a supportive setting!

Mindfulness Meditation

Wednesdays 3PM – 4PM

Join this class to discover peace and calm through easy, guided mindfulness meditations. Reduce stress, improve focus, and boost well-being while connecting with others. A simple,

enjoyable way to enhance your daily life. No experience is necessary; includes Q&A.

Documentary Photography

Fridays 3:00pm – 4:30pm

Unlock your creative potential with our Documentary Photography Class! Every week, we'll 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.

Telling Our Stories, Sharing Our Lives

Tuesdays beginning January 14th 2PM – 3PM

Join Sarah Boyer, author of "In Our Own Words: Stories of North Cambridge" to share the stories of our lives in the '50s, '60s, '70s and beyond. Each one of us has many stories to tell about our long and meaningful lives. Let's get together and share these memories with each other in a welcoming space every Tuesday for the month Of January. Hot chocolate, coffee and light snacks will be served.

Holiday Reception

Thursday, January 16th 12PM - 1 PM

Join us as we celebrate the holiday season and welcome the New Year in with good music and great food! We will have a spread of delicious hors d'oeuvres and specialty sandwiches from Pemberton's! Limited Seating. Preregistration required.

Cost \$5.

The Inti Raymi Festival: A celebration of the Andean New Year

Thursday, January 16th 1PM-2PM

The Inti Raymi history dates to the start of Tawantinsuyu, the Quechua term for the Inca Empire. The festival celebrated the return of the sun (Inti) during the winter solstice, and the connection of the Sapa Inca with his people.

TRIP: Lunch & Shopping Trip

Friday, January 17th 11:30AM-2:30PM

Join us as we head to Malden for Lunch at the Flaming Grill Buffet! Afterwards there will be time to shop at nearby Dollar Tree and 99 Asian Store! Lunch on your own. Preregistration required. Cost \$15 for transportation and Buffet. Limited availability.

TRIP: Fogg Art Museum

Friday, January 31st 10AM-1:30PM

Join us on this quick trip as we head to the Fogg Art Museum! Lunch on your own. Limited in-person registration. Cost is \$5 for transportation.

Cambridge City Council

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

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

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Lily Owyang
Eva Paddock
Beverly Sealey

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Newsletters

Lisa Castagna, Sanaa Mohamed,
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