

# October 2023 – 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 October 2, 16, 23 and 30, 9 --11:00**  
**Tuesdays October 3, 10, 17, 24 and 31, 1:00- 4:00**

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.**

## **Topsfield Fair**

**Monday October 2, 9:30-4:30**

**Council on Aging trip to the Topsfield Fair with bus pick up from both Senior Centers.**

- **Bus departure from the North Cambridge Senior Center 9:45a.m.**

- **Bus departure from the Cambridge Senior Center 10:15a.m.**

**Cost is \$25 per person, includes motorcoach transportation and Fair admission tickets.**

**Music Instrument Lessons 9:00-10:00**

**Wednesdays, October 18 and 25, 9:00-10:00**

Music Instruction for 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 new life. Oren Rosenthal, the chorus director, will give individual or small group lessons to teach you the basics of ukulele, guitar, piano, fiddle, or recorder and show you how to practice so you make progress! If interested, sign up, and include what instrument you want to start/brush upon.

**Chorus Wednesdays, October 18 and 25 , 10:30 - 11:30**

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.

## **Women's Group**

**Tuesday, October 10, 1:00-2:00**

Welcome to the women's group.

As we navigate through our later years, it's often helpful to bounce our feelings and ideas off each other in a safe and supportive place. Humorous or serious, it's great to share our stories. Let's talk!

## **Veterans and Friends Support Group**

**Wednesday October 11, 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)**

## **Stroke Prevention Session**

**Thursday, October 12 1:00-2:00**

Stroke Awareness is key to prevention. Learn about what a stroke is and the different types of strokes. What are the warning signs? Information on the importance of knowing what to do if you or someone you love is having a stroke will be presented. This presentation is by Marie McCune the Stroke Nurse Coordinator at Mount Auburn Hospital.

## **Book Group**

**Thursday, October 12, 11:45-1:00**

***A Short History of Nearly Everything, by Bill Bryson.* The book is Bill Bryson's quest to**

understand everything that has happened from the Big Bang to the rise of civilization.

## **Meditation and Mandala**

**Friday October 13, 10:00-11:00**

Mandala is the Sanskrit word for sacred circle. Mandalas are used in many cultures for meditation and contemplation. Music and a quiet atmosphere will allow group members to relax and get centered as they fill in the outlines of paper Mandalas with colored markers. All materials will be provided. The group will start with a brief guided meditation.

## **Monday Night Bingo & Dinner**

**Monday October 16, 4:00-6:00**

Join us for an evening of Bingo and dinner- Ticket cost \$ 5.00. Registration required before October 11th

## **Men's Group**

**Tuesday, October 17, 10:00-11:30**

Come join the Men's Group for our October gathering. Light refreshments will be served. For more information, please contact: Vincent McCarthy [vmccarthy@cambridgema.gov](mailto:vmccarthy@cambridgema.gov)

## **Flu & Covid-19 Vaccination Clinic**

**Cambridge Public Health Department**

**Wednesday, October 18, 10:00-2:00**

**Senior Center Ballroom**

Please check CPHD's website to register for an appointment.

## **Safety Awareness**

**Wednesday, October 18, 1:00-2:00**

This will be an opportunity for seniors to meet with the newest members of the Cambridge Police Community Outreach Team and to learn about all the ways that the Cambridge Police work to keep our seniors safe.

**Light refreshments will be served.**

## **Film and Discussion**

**Tuesday, October 24, 1:00-3:00**

**Movie: *Still Alice***

'Still Alice starring Julianne Moore, is the story of an accomplished Harvard professor who is diagnosed with early-onset Alzheimer's disease, and it changes her life—and her relationship with her family and the world—forever. [vmccarthy@cambridgema.gov](mailto:vmccarthy@cambridgema.gov)

## **Cambridge Senior Center Celebrates**

**28 Years Anniversary Party**

**Thursday October 26, 12:30-3:00**

Join us for lunch and entertainment as we celebrate 28 years since the Senior Center opened. Entertainment by DJ Owen Howell. Ticket cost \$8.00, registration is required.

## **LGBTQ+ Film Series**

**Tuesday, October 31, 10:00-12:30**

Movie: ***Moonlight***

Moonlight is an American coming-of-age drama film written and directed by Barry Jenkins, based on Tarell Alvin McCraney's unpublished semi-autobiographical play For more information, please contact: Phoebe Hallahan, LGBTQ+ Programming Leader at [phallahan@cambridgema.gov](mailto:phallahan@cambridgema.gov) 617-349-9177

## **Save the Date:**

**Thursday November 2, 1:00-2:00**

**Bilingual Story Telling:**

**I remember Abuelito, A Day of the Dead Story.**

**RECUERDO A ABUELITO, UNA HISTORIA DE DÍA DE MUERTOS.**

This is a fun way to learn about the main civilizations and cultures in the Americas. Through the stories, the audience will travel the continent in a series that includes different regions and traditions. This program is designed for those who practice Spanish or for those who want to learn.

Registration is required, refreshments will be provided

# October – 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 – 4:00	Mat Yoga (IP) 10:00 – 11:00	<b>Music Instrument Lessons (IP)</b> 9:00-10:00	Zumba Gold (IP) 9:00-10:00	Computer Lab (IP) 9:00 – 11:00
Tech Help (IP) 9:00 – 11:00	Balance Chi Kung (V) 11:00 -12:00	<b>Computer Lab (IP)</b> 9:00 – 4:00	Computer Lab (IP) 9:00 – 4:00	Flamenco Dance (v) 10:00 – 11:00
ESOL/Chinese (IP) 9:30 – 10:30	Zumba Gold (IP) 1:30 - 2:30	<b>ESOL (CLC) (IP)</b> 9:30 – 11:45	ESOL (CLC) Conversation Class (IP) 10 – 11	Cardio and Yoga for Heart Health (V) 11:00 – 12:00
Strong and Stretched (IP) 11:00 – 12:00	Board and Card Games (IP) 1:00 – 3:00	Flamenco Tango (V) 10:00 – 11:00	Haitian Elder Group Meeting (IP) 10:30 – 3:00	Ping Pong — Beginners (IP) 8:30 – 9:30
Ballroom Dancing (IP) 1:00 – 3:00	Tech Help (IP) 1:00 - 4:00	<b>Chorus (IP)</b> 10:30-11:30	Tai Chi (IP) 11:00 – 12:00	Ping Pong — Experienced (IP) 9:30 – 10:30
Bingo (IP) 1:00 – 3:00		Chair Exercise (V) 11:00 – 12:00	Intro to Theatre (IP) 1:30-2:30	
Line Dancing (H) 6:00 – 7:00		Crafts and Social Group (IP) 1:00 – 3:00		
Spanish (V) 6:30 – 7:45		Strong and Stretched (V) 1:30 – 2:30		

# October Special Events Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Topsfield Fair Trip 9:30-4:30	<b>3</b> Zumba Gold Canceled	<b>4</b> Music, Chorus and Chair Exercise Canceled	<b>5</b> Super 8 Ball Cambridge @ Lexington 11:00-12:30	<b>6</b>
<b>9</b> Indigenous Peoples Day Center Closed	<b>10</b> COA Board Meeting (V) 9:30-11:00 ESOL Intermediate Canceled Women's Group 1:00-2:00 (IP) Zumba Gold Canceled	<b>11</b> Music, Chorus and Chair Exercise Canceled  Veteran's & Friends Support Group 1:00-2:00 (IP)	<b>12</b> Chair Exercise Canceled Super 8 Ball Cambridge @ Arlington 11:00-12:30 Book Group 11:45- 1:00 (H) Stroke prevention Session 1:00-2:00 (IP)	<b>13</b> Meditation and Mandala 10:00-11:00 (IP)
<b>16</b> Monday Night Bingo & Dinner 4:00-6:00 (IP)	<b>17</b> Men's Group 10:00-11:30 ESOL Intermediate Canceled	<b>18</b> Flu & Covid-19 Vaccination Clinic 10:00-2:00 (IP) Mass Senior Action drop-in information table 10:00-1:00 (IP) Safety Awareness 1:00-2:00 (IP)	<b>19</b> Super 8 Ball Newton @ Cambridge 11:00-12:30	<b>20</b> Mass Senior Action Council Cambridge Chapter Meeting 10:00-11:30 (IP)
<b>23</b>	<b>24</b> ESOL Intermediate Canceled  Film and Discussion 1:00-3:30 (IP) Movie: <i>Still Alice</i>	<b>25</b>	<b>26</b> Zumba Gold Canceled Super 8 Ball Cambridge @Waltham 11:00-12:30 28th Anniversary Party 12:30-3:00 (IP)	<b>27</b>
<b>30</b>	<b>31</b> LGBTQ+ Film Series 10:00-12:30 (IP) Movie: <i>Moonlight</i>			

## October 2023 – 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.

### 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 Colleen Brennan, 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.

### 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.

### 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.

### 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.

## October 2023– North Cambridge Senior Center

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

Open Monday, through Friday 8:30 - 5:00

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) 9:30-10:30	Zumba Gold (IP) 9:30- 10:30	Watercolors (H) 9:30 – 11:30	Whist (IP) 11:30 - 2:00
Dominoes (IP) 10:30- 11:30	Yoga & Resistance Bands (IP) 12:30- 1:30	Chair Yoga (IP) 12:00 – 1:00.	Dancing for Balance (H) 1:30 – 2:30	
Dancing for Balance (H) 1:00 – 2:00			Gentle Mat Yoga (IP) 3:00 – 4:15	
Gentle Mat Yoga (H) 3:30 – 4:30	Chair Yoga (H) 3:00– 4:00.			

## October 2023 – NC Happenings and Special Events

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### Dominoes For Beginners Mondays 10:30 - 11:30

Embark on the delightful journey of dominoes in our beginners' class! Learn the basics, strategies, and the joy of connecting tiles while having fun with fellow enthusiasts. Let the games begin! Lunch to follow.

### Yoga and Resistance Bands Tuesdays, 12:30 - 1:30

This one hour, in-person class teaches you how to use resistance bands in variations of yoga poses and non-traditional movements! Build strength in an interesting, innovative way!

### Zumba Gold Now on Wednesdays, 9:30- 10:30

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.

### Topsfield Fair

Monday, October 2 9:30-4:30

Council on Aging trip to the Topsfield Fair with bus pick up from both Senior Centers. Bus departure from the North Cambridge Senior Center 9:45 Cost is \$25 per person, includes motorcoach transportation and Fair admission tickets.

### Acrylic Painting for Beginners Workshop

Mondays, October 2, 9, 16, 23, 30 9:30- 12:00

Indulge in the joy of acrylic painting as we learn the basics and fundamentals of acrylic painting. This is a 2 and one half-hour, six-part series for those who are interested in the acrylic medium. Each class participants will take home a masterpiece of their very own! All supplies and materials are included. Lunch will follow. Cost is \$5 per session.

## October 2023 – North Cambridge Continued

### Stroke Prevention Session

Tuesday, October 17 12:30- 1:30

Stroke Awareness is key to prevention. Learn about what a stroke is and the different types of strokes. What are the warning signs? Information on the importance of knowing what to do if you or someone you love is having a stroke will be presented. This presentation is by Marie McCune the Stroke Nurse Coordinator at Mount Auburn Hospital

### Fall Foliage Trip to Arnold Arboretum with Lunch at the Flaming Buffet and Grill Friday October 20 10:00 - 3:00

Join us as we embark on a 90-minute walking tour given by thoughtful docents who will lead you through their 281-acre Arboretum! Afterwards, we will stop for lunch where you can choose to eat at Flaming Grill & Buffet, Wingstop or The Crab Shack. Cost: \$5 for transportation. Lunch on your own \$15-\$30.

### Grand Re-Opening Lunch!

Harrow's Chicken Pies

Wednesday, October 25 12:00 – 1:30

Join us as we celebrate the full opening and return of the North Cambridge Senior Center with live entertainment! We will celebrate with Harrow's Chicken Pies, wonderful sides, and dessert! We are back after a long three years! Seating is limited and Pre-registration is required. Cost: \$8.

### Coming Soon!

Shopping trip at the Burlington Mall

Cost: \$5 for Transportation. Lunch on your own.

TRIP: JFK Museum with Lunch at South Bay

Date: Friday, November 17 10:00 - 3:00

Join us as we head to the John F. Kennedy Presidential Library and Museum. A fantastic museum dedicated to the memory of our nation's thirty-fifth president and to all those who through the art of politics seek a new and better world! Afterwards, we will explore South Bay Shopping Plaza where we will shop and eat. Cost \$10 for Transportation & Admission. Lunch on your own \$15-20