



Newslines

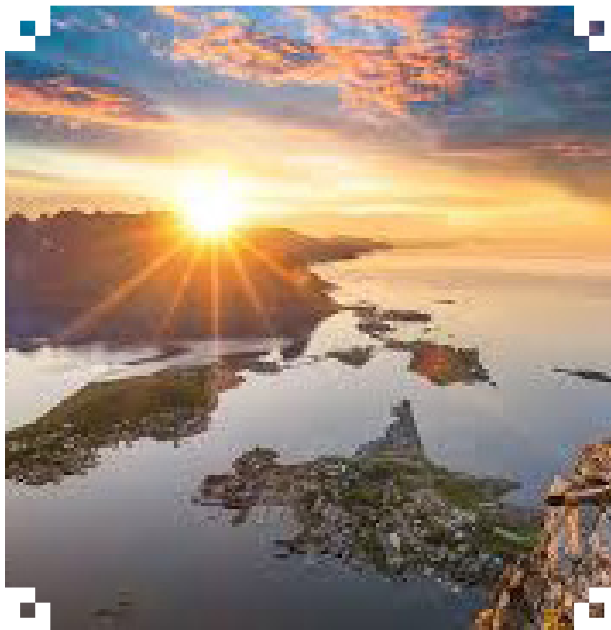
The Newsletter of the Cambridge Council on Aging
806 Massachusetts Ave., Cambridge, MA 02139
Office 617.349.6220 Senior Center 617.349.6060
North Cambridge Senior Center 617.349.6320
January 2020 <http://www.cambridgema.gov/DHSP/COA>

Dear Seniors,

I recently read a challenge on a social media post, "List one good thing daily and place it in a jar or container. At the end of the year you can read all the good that has happened to you throughout the year." I am going to challenge myself to do this. I will not do it daily but will reflect on a weekly basis. I will document one good thing that I experienced at week's end. And just as I did at the beginning of this note, I am sure to have many more wonderful moments than not." – January 2019

That was my challenge to myself at the start of the New Year 2019. As I write this, in less than two weeks, we will be ringing in 2020. Did I meet my 2019 challenge? In all honesty, somewhat. I didn't document a good thing each week. I started to, but journaling has never been my forte, so therefore I abandoned that very quickly. But what I did do and continue to do so, is a record mentally on the good things. There were many difficult life events this year, but all

the good ones, truly outweighed the bad. I think that is how I, and am sure others, learn to cope. One can't easily get over a difficult time, but one moves to acceptance, in order to go forward. And going forward is where we must go. The New Year will bring changes for the COA. It is with deep regret that I share the news that Emma Watkins, Cambridge Senior Center Director, will be leaving her position after approximately 24 years of service. I say with deep regret, but at the same time am thrilled for Emma. She is retiring and by doing so, she will have more time to spend with



her grandchildren, to travel and do all the things on her bucket list. It has

been a privilege for me to have worked with Emma during her tenure as Senior Center Director. During her tenure, so much has been accomplished: various fitness classes; educational programs; trips and so many other programs and activities. All of this she has done beautifully and as she stated in her letter to me, "enabling the retired residents of Cambridge, an opportunity to live their best life." I hope you will join me in extending best wishes to Emma for her retirement and wish her 'an opportunity to live her best life'.

On behalf of the Council on Aging and Senior Centers' staff, I wish all of you a joyous, healthy and peaceful New Year! All the best for 2020!

Warm Regards,
Susan P. Pacheco

Information & Referral

Council on Aging and Senior Centers' Inclement Weather Policy

When Cambridge schools are closed due to weather, scheduled programs/activities at the Senior Centers are cancelled and the Senior Shuttle bus does not operate. The Council on Aging (COA) offices and Centers will be open for drop-in. The Centers and COA offices are closed ONLY if the City Manager declares an emergency. Also, if the weather is bad but schools are open, please call ahead to make sure your program/activity is scheduled.

Caregiver Support Group

Monday, January 27, 1:00– 2:30 (3rd Mondays)

This group is open to anyone who is providing care for a loved one. If you are interested in participating in this group, or have questions about caregiver support, please contact Vincent McCarthy vmccarthy@cambridgema.gov or Maryellen McEleney mmceleney@cambridgema.gov 617-349-6220

Memory Café

Friday January 17, 10:00-12:00 (3rd Fridays)

Join us for the Cambridge Connections Memory Café! For more information or to register, call Maryellen at 617-349-6220 or mmceleney@cambridgema.gov Registration is requested, but not required. Anyone who requires personal care assistance must be accompanied by a care partner.

LGBT+ & Friends Conversation & Dinner

Monday, January 27, 4:30 – 6:30

The Council on Aging's monthly LGBT+ social event. Pre-registration is required. For more information, or to register, please contact Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

Meditation and Mandala (4th Fridays)

Friday January 24, 10:00-11:00

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 gel pens. The group will start with a brief guided meditation and then individuals will have an opportunity to color at their own pace.

Film and Discussion

Tuesday, January 28, 12:45-3:15

Movie: *Brian Banks*

Starring Aldis Hodge and Sherri Shepherd

The inspirational true story of Brian Banks, an all-American high school football star who finds his life upended when he's wrongly convicted of a crime he didn't commit.



Cambridge Police Scam Alert

Phone and internet scams are occurring more frequently.

A relative has been involved in an accident. The caller knows a lot about the "victim". They will threaten to hurt the person or to let them go to jail if money/cash cards are not sent immediately. People have fallen for this because it is a relative/grandchild – but they never call the child's parents, or the child directly to check it out! Use common sense. Remember, you NEVER need to send payments/cash cards/gift cards.

If you receive any of these suspicious calls, contact the Cambridge Police Department at 617-349-3300.

Anne Robinson Retires

Our 3rd floor Senior Aide, Anne, has been with us for many years. She recently decided to retire. We will all miss her presence – always on the ball, calm, and patient. She befriended many of our participants. Everyone wishes her well!!

January 2020 Happenings at the Citywide Senior Center

Town Meeting & Birthday Party
Thursday, January 2, 12:00-1:00

Thursday Writing Class

Thursdays, January 2, 9, 16, 1:00-2:00

Class Instructor Eva Paddock is a long time Cambridge resident and retired elementary school teacher. She is one of the founding members of a writing group which has been meeting for twenty years and is still going strong. She is enjoying leading the new Thursday Writing Group of 6 sessions

Turkey Dinner Monday January 6, 4:00-6:00

Please come and enjoy dinner with your friends. Advanced sign up is required as space is limited. please see kitchen staff for more information.

Men's Group

Tuesday, January 7, 10:30-11:30

Coffee & Conversation. Drop ins always welcome!

Balance Class

Wednesdays January 8, 15, 22 10:00-11:00

This class melds movement and meditation. It combines sitting and standing meditation with traditional chi kung and a more vigorous movement called "Drumming the Chi." Students are encouraged to go at their own pace. Instructor, Tarsha Stache Class \$3.00

Tai Chi 1

Wednesday, January 8, 15, 22, 11:00-12:00

Come and check out the new Tai Chi class. Instructor, Tarsha Stache. Class \$3.00

Book Group

Thursday, January 9, 11:15-12:00

Book: *The Marriage of Opposites* by Alice Hoffman is a beautifully atmospheric work of historical fiction set in the 19th century on the tropical island of St. Thomas.

Substance Use Issues in Older Adults & "Med Take Back" Thursday, January 9, 1:00-3:00

Opportunity to return medications that you are no longer taking.

The Art of Dance

Fridays, 10, 17, 24 & 31, 10:00-11:00 Class \$3.00

The fantastic dance teachers from the Dance Complex are returning. Come and start the New Year Dancing.

Celebrating Dr. Martin Luther King

Thursday, January 16, 1:00-3:00

Movie: *Central Park Five*

A notorious crime—the rape of a jogger in Central Park in 1989—is revisited in this painful, angry, scrupulously reported story of race, injustice and media frenzy. Guest Narrator, Muna Kangsen

Men's Group

Tuesday, January 21, 10:30-11:30

Introduction to Meditation

Please join us as Meditation Instructor John Mercuri-Dooley leads us in this introduction to meditation.

Books on Review

Tuesday, January 21, 12:30-1:15

Cambridge Librarian Janet Borron will review a selection of books that are available for take out with a library card.

Health & Wellness Talk

Thursday, January 23, 1:00-2:00

Topic: Building resilience instead of resolutions.

Facilitated by Roberta Robinson of the Cambridge Health Alliance.

Chinese New Year's Party

Wednesday, January 29, 10:00 - 2:00

Sign up required. Ticket \$7.00

The Chamber Music Group

Thursday, January 30, 1:00-2:00

Performance by the Cambridge Rindge and Latin High School

Coming this Spring!

Do you like to sing or play a musical instrument? Do you have a favorite song that you would like to share with us? Are you interested in meeting other musicians who would like to form a Senior Center Band? Everyone is welcome to participate. You do not need to be a professional to be part of this. Just get those fingers moving, voices warmed up and instruments dusted off and join us. Stay tuned for more details in the February Newslines.

Special Events & Activities at North Cambridge

Please note – Trips and Walking Club are subject to weather. Course & program cancellations are posted at the reception desk

North Cambridge Senior Center Class Descriptions

Gentle Mat Yoga:

Mondays 3:30-4:30 and Thursdays 3:00-4:00

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 who are comfortable moving from floor to standing with minimal support. Modifications are offered to meet the needs of all participants.

Chair Yoga: Tuesdays 3:00-4:00

In this gentle one-hour class, we practice the basic elements of Yoga, including breathing and movement. A chair is used for seated and standing support. This class is designed for those new to Yoga as well as those who enjoy a supported practice. Modifications are offered to meet the needs of all participants.

Strength Building: Tuesdays 9:30-10:30

In this gentle, seated, one-hour class, strength building movements are performed using resistance bands, small hand weights and ankle weights. This class is appropriate for all fitness levels and modifications are offered to meet the needs of all participants. Equipment is provided, and participants can choose the resistance band or weight that is most comfortable.

Guided Meditation and Breath-work: Wednesdays 9:00-10:00

In this class, the instructor will call upon the two-part basic elements of meditation and breath. Mindfulness is part of the meditation guidance, the two elements of which are being in the moment and being aware of your personal state.

***NEWSLINES SUBSCRIPTION FORM *** If you would like to

have the Newslines mailed to your home: Send a check or money order for \$6.00 made out to the Cambridge COA

Name: _____

Address: _____

City: _____ State: _____ Zip Code _____

Phone number () _____



Chi Gong Arm Chair Exercise: Wednesdays 10:30-11:30

This gentle, seated one-hour class utilizes the principles of the ancient art of Tibetan Chi Gong. Chi Gong has long been used to help bring the body and mind into balance and harmony. It uses a series of postures that include upper body movements and focused breathing. Modifications are offered to meet the needs of all participants.

Watercolors: Thursdays 9:30-11:30

Experience the creativity of watercolor painting. This class is open to all levels of experience and is led by a local NOCA artist. This is a self-paced watercolor class and participants will need to bring their own supplies. For a list of supplies, please call the North Cambridge Senior Center at 617-349-6320.

Zumba Gold: Fridays 9:30-10:30

This is a low impact, one hour, easy to follow, Latin inspired dance class. This class is appropriate for adults of all fitness levels and participants are able to go at their own pace.

Like us on FaceBook!

<https://www.facebook.com/CambridgeCOA/>

North Cambridge Senior Center Daily Events at Our Center January 2020

Lunch Served Monday - Wednesday - Friday 11:30am - 12:15pm Reservations Required \$ 3.00 Donation

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Club 10:20-12:00 Please call by 9:00 am to confirm Spanish Conversational Class 11:00-12:00 Dancing for Balance 1:00-2:00 Bingo 1:00-3:00 Gentle Mat Yoga 3:30-4:30	Strength Building 9:30-10:30 Hand Crafters Group 11:00-1:00 (Knit, Quilt, Crochet, Needle point) Chair Yoga 3:00-4:00	Guided Meditation and Breath-work 9:00-10:00 Qi Gong Arm Chair Exercise 10:30-11:30 Chair Yoga 12:00-1:00 Mah Jongg 1:30-3:30	Watercolors 9:30-11:30 Dancing for Balance 1:30-2:30 Gentle Mat Yoga 3:00- 4:15	Zumba 9:30-10:30 Whist or Bridge Lessons 10:30-11:30 Whist 12:30-3:30 Bridge 1:00-3:00

Special Events & Activities at North Cambridge

Course & Program cancellations are posted at the reception desk as soon as possible.

		1 New Year's Day Senior Center Closed	2 Watercolors Class Cancelled	3
6 Open Forum 12:15 Joined by Brandon Gibbs from Mass Senior Action Council	7	8	9 Watercolors Class Cancelled	10
13	14 Bingo with deli sandwich lunch 11:00-1:30 Cost is \$3.00 for lunch only Registration is required	15	16	17
20 Martin Luther King Jr Day Senior Center Closed	21	22	23	24
27	28	29	30	31

January 2020 Daily Events at Cambridge Citywide Senior Center

Breakfast Served Monday – Thursday 8:30am to 9:30am Lunch Served Monday –Thursday 11:30am to 12:30pm Friday Meal 9:00am - 11:15am \$3.00 Donation for all meals

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qi Gong 9:00-9:45 Computer Lab 9:00- 12:00 Cultura Latina 10:30-11:30 Strength Training Class 11:00-12:00 Ballroom Dance Music by request 1:00-3:00 Watercolor Painting 1:00-3:00 Computer Lab 1:00-4:00 Bingo 1:15-3:00 Line Dancing 6:00-7:00 Spanish 6:30-7:45	ESOL II 9:30-10:30 Computer Lab 9:00 - 12:00 Chair Yoga 10:00-11:00 ESOL IV 10:30-12:00 Computer Lab 1:00-4:00 Zumba Gold 1:30-2:30 Bingo 1:30-3:00 Food Pantry 2:00-4:00 Chinese Fashion Dance 3:00-4:30	Chinese Folk Dancing 8:30 -9:30 Chinese ESOL 8:30 - 9:30 Computer Lab 9:00 - 12:00 ESOL(CLC) 9:45-12:00 Chinese Singers 9:30-11:30 Balance 10:00-11:00 Tai Chi I 11:00-12:00 Crafts & Social Group 1:00-3:00 Computer Lab 1:00-3:00 Tech Help 1:00-2:00 Yoga and Flexible Strength 1:30-2:30 Bingo 1:30-3:00 Facebook Class 2:00-3:00	Grandet An Aksion 9:00-3:00 Special Meditation 9:00-10:00 Computer Lab 9:00-12:00 Chair Exercise 10:00- 10:45 Food Pantry 12:00-2:00 Computer Lab 3:00-4:45	Friday Meal 9:00 - 11:15 Qi Gong 9:00-9:45 Computer Lab 9:00 –12:00 Hand Building with Clay 9:30-11:30 Computer Lab 12:00-1:00 Council on Aging closes at 12:00pm. Senior Center closes at 1:50 pm.	Senior Center closed on Saturdays start January 4 through March 28

SPECIAL EVENTS & ACTIVITIES AT OUR CENTER

Please note - Course & Program cancellations are posted at the reception desk as soon as possible.

		1 New Year's Holiday Senior Center Closed	2 Town meeting & Birthday Party 12:00-1:00 Thursday Writing Class 1:00-2:00	3	4
6 New Year's Dinner 4:00-6:00	7 Chair Yoga 10:00-11:00 Men's Group 10:30-11:30 Coffee & Conversation.	8 Tea, Fun and Games 10:00-11:30 Blood Pressure 12:30-1:00 (Public Health Nurse)	9 Book Group 11:15-12:00 Book: Marriage of Opposites by Alice Hoffman Substance Use Issues in Older Adults "Med Take Back" 1:00-3:00 Thursday Writing Class 1:00-2:00	10 The Art of Dance 10:00-11:30	11
13 The Cambridge Chapter of the National Federation for the Blind 5:30- 7:30	14 COA Board Meeting 9:30-11:00 Chair Yoga 10:00-11:00	15 Tea, Fun and Games 10:00-11:30 Jewelry Class 1:00-3:00	16 Celebrating Dr. King's Birthday 1:00-3:00 Movie: Central Park Five Thursday Writing Class 1:00-2:00	17 The Art of Dance 10:00-11:30 Memory Café 10:00-12:00 MSAC Chapter Meeting 11:30-1:00	18
20 Martin Luther King Jr's Birthday Senior Center Closed	21 Chair Yoga 10:00-11:00 Men's Group 10:30-11:30 Introduction to Meditation Please join us as Meditation Instructor John Mercuri- Dooley leads us in this introduction to meditation.	22 Tea, Fun and Games 10:00-11:30 Healing and Feeling: Support Through Loss 1:30-2:30	23 Health & Wellness Talk 1:00-2:00 building resilience instead of resolutions with Roberta Robinson. Thursday Writing Class 1:00-2:00	24 The Art of Dance 10:00-11:30 Meditation and Mandala 10:00-11:00	25
27 LGBT+ & Friends Conversation & Dinner 4:30-6:30	28 Chair Yoga 10:00-11:00 Film and Discussion 12:45-3:15 Movie: Brian Banks	29 Tea, Fun and Games 10:00-11:30 Chinese New Year's party 10:00 -2:00 Bingo Cancelled.	30 The Chamber Music Groups 1:00-2:00	31 The Art of Dance 10:00-11:30 The Writer's Café Fridays 10:30 – 11:30	

Cambridge City Council

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