



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

April 2019 <http://www.cambridgema.gov/DHSP/COA>

Dear Seniors:

Spring! There is a certain thrill that settles over me this time of year. Most days are still chilly, but the sun is growing stronger, and the days remain lighter longer. The change in the season is hard to miss.

Somedays we experience all four seasons in one day! That's New England!

At a recent meeting, our 'go around' question was:

"what is spring to you"? Answers

such as those mentioned above were said.

Other responses were: rain; mud;

tulips; dogs taking time to sniff the ground;

sitting outside. My answer was the slow awakening of

my street. One Saturday afternoon I was just returning from doing some errands and my young 3-year-old neighbor ran up to me yelling: "Miss Susan! Miss Susan! I haven't seen you! I thought you had

disappeared!" In truth, I and others had disappeared. Cold and shorter days do take us into hibernation. For a period, we hide in our homes. I use the time to read, to experiment with new recipes and also make favorite comfort foods, to watch beloved old movies and

of energy take over me. I start spring cleaning of my house as well as myself. The cobwebs are lifted and everything feels bright with possibility!

I don't think it matters how long the hibernation. What matters is the idea of rejuvenation. The senses are awake, taking in all the

blooming beauty. A

walk around the neighborhood is now a ritual.

Catching up with neighbors and

discussing plans for spring and

summer. We've all awakened!

Happy spring! I'm looking forward to the season.



enjoy a guilty pleasure of binge watching 'sit-coms'.

Now a little light breaks through, and you can feel a shift in the air. I feel that slight surge

Warm Regards,
Susan P. Pacheco

Information & Referral

H.O.W. Coffee time

Monday, April 8, 10:30 – 12:00

You are invited to join the Housing Occupancy Wellness Coffee Time Discussion Group. Discuss housing-related topics of interest to you:

- Property Manager/Landlord communications
- Preparing for apartment inspection
- Being a good neighbor/tenant
- Setting limits with guests
- Hearing from experts on special topics

Healing and Feeling:

Support Through Loss

Wednesday, April 10, 1:30–2:30

(Second Wednesday of every month)

The Cambridge Council on Aging is starting a new support group. Betsy Simmons, Holistic Health Educator & Interfaith Minister, will facilitate this ongoing monthly group. This will be a safe place to reflect on our losses, including separation from, or death of, a loved one, or witnessing the end of a loved one's life. The group will reflect on and share experiences of grief and loss and explore simple meditations, poetry and rituals to begin healing. Self-care, listening and support are the foundation of this group.

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

Memory Café

Friday, April 19, 10:00-12:00

Join us for the Cambridge Connections Memory Café! Cambridge Connections is held the third Friday of every month. For more information about the Cambridge Connections Memory Café or to register, call Maryellen at 617-349-6215 or mmceleney@cambridgema.gov Registration is requested, but not required. Anyone who requires personal care assistance must be accompanied by a care partner.

Film & Discussion

**Tuesday, April 22,
12:45-3:30**

On The Basis of Sex

The true story of Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as U.S. Supreme Court Associate Justice.



Meditation and Mandala

Friday, April 26, 11:00-12:00

Mandalas are used in meditation as a focal point, just as a mantra (a personal sound or word to quiet the mind). They are beautiful, symbolic visual aids representing wholeness and harmony with the universe.

Save the Date!

The Cambridge Council on Aging will offer a monthly Caregiver Support Group beginning in May at 806 Massachusetts Ave., Cambridge. This group will be open to anyone who is providing care for a loved one. The group will take place on the third Monday of each month from 1– 2:30 The first meeting is scheduled for Monday, May 20th.

If you are interested in learning more about this group, or have questions about caregiver support, please contact Vincent McCarthy vmccarthy@cambridgema.gov or Maryellen McElaney mmceleney@cambridgema.gov

8 Benefits Of Caregiver Support Groups

Research has shown that participating in caregiver support groups results in very real benefits that can significantly improve your quality of life.

Caregivers in support groups report 8 key benefits:

1. Feeling less lonely, isolated or judged;
2. Gaining a sense of empowerment and control;
3. Improving your coping skills;
4. Reducing distress, depression or anxiety and having lower rates of clinical depression;
5. Developing a clearer understanding of what to expect with your situation;
6. Getting practical advice or information about treatment options;
7. Improving your caregiving ability and giving better quality of life for the older adult;
8. Helping you keep your loved one at home longer.

April 2019 Happenings at the Citywide Senior Center

Men's Group

Tuesday, April 2, 10:30-11:30

Coffee & Conversation

Men's Group Social. Please join us for coffee, conversation and light refreshments

Art Class

Wednesdays, April 3, 10, 17 and 24 10:00-11:30

Super 8 Ball Schedule of Home Games

April 4, Arlington @ Cambridge

April 11, Lexington @ Cambridge

April 18, Bedford @ Cambridge

April 25, Cambridge @ Waltham

May 9, Cambridge @ Arlington

Town Meeting & Birthday Party

Thursday, April 4, 12:00-1:00

The Town Meeting is followed by our monthly Birthday Party. Come and celebrate with us.

Art of Dancing Class

Fridays, April 5, 12, 19 and 26 11:00-12:30

This dance class incorporates many modalities of movement and body awareness including meditation, yoga and modern jazz, flamenco and African diasporic dance. There is an emphasis on having fun and connecting with others. Program for people age 60+. \$3.00 per class.

Gardening Class Monday, Wednesday, Friday 9:00 -9:15

A simple class, free time that would include garden maintenance, planting and harvesting.

Lunch and Learn

Tuesday, April 9, 12:30-1:30

Topic: Studying the Real Boy in the Bubble at NASA'S Lunar Receiving Lab. Guest Speaker: Our Painting teacher, Sally DeFazio, Ph.D. will give a presentation about her time doing research as NASA, Houston, in the mid-1970's. She'll describe one of the projects she worked on, studying the young boy kept in an isolation chamber because of his lack of a functioning immune system, and will tell us about his connection to NASA. Ticket required. Limited to 20 people.

Red Sox Opening Day, Tuesday, April 9, 2:00

vs Toronto Blue Jays Drop in lounge Ticket cost: \$2.00 must be purchased in advance.

Book Group

Thursday, April 11, 11:15-12:00

Book: *Kindred* by: Octavia Butler

Kindred is a novel by American writer Octavia E. Butler that incorporates time travel and is modeled on slave narratives. First published in 1979, it is still widely popular. It has been frequently chosen as a text for community-wide reading programs and book groups.

Health & Wellness Presentation

Thursday, April 11, 1:00-2:00

Topic: Cancer Awareness

Breast Cancer Center Director, Dr Kelly Migliero and/or NP, Denise Iacoviello will join us to speak about the coordinated care at the Breast Cancer Center at the Cambridge Health Alliance, the types of patients seen, screening guidelines as they pertain to the older population and will provide pertinent information.

Men's Group

Tuesday, April 16, 10:30-11:30

Special Guest Speaker Albert Pless, Program Manager, Men's Health League, Cambridge Public Health Dept.

Restaurant Trip to Asgard

Wednesday, April 17, 11:15-1:00

Walking through the doors of The Asgard in Cambridge is like stepping into another time and place. Furnishings that are nearly two centuries old. Gaelic flags that hang from the ceilings and armor mounted on the walls gives the restaurant a vintage vibe... Transportation cost: \$2.00. Lunch on your own. Registration required.

Movie: *Mamma Mia! Here We Go Again*

Thursday, April 18, 1:00-3:00

Books on Review

Monday, April 23, 12:30-1:15

Librarian Janet Borron will be here with a selection of books that she will review and will allow you to check out books that interest you. Bring your library card or sign up for a card.

Senior Safety Group

Tuesday, April 23, 12:30-1:15

Come and join your community police officers.

50's Rock and Roll Party

Thursday, April 25, 12:30-3:00

Come Twist the afternoon away. Entertainment by D.J Rich DiMare Ticket cost: \$5.00 must be purchased in advance.

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 Reiki: Wednesdays 9:00-10:00

In this class, the instructor will call upon the two-part basic element of meditation and reiki. Mindfulness is part of the meditation guidance, the two elements of which are being in the

***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 (_____) _____



moment and being aware of your personal state. In reiki, the instructor will call upon the element of universal energy that contributes to healing. The instructor will practice laying on of healing hands (optional) and the class is concluded with a brief discussion.

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.

North Cambridge Senior Center Daily Events at Our Center April 2019

Lunch Served Monday - Wednesday - Friday 11:30am - 12:15pm Reservations Required \$2.00 Donation

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Club 10:20-12:00 Please call by 9:00 am to confirm Spanish Class 11:00-12:00 Dancing for Balance 1:00-2:00 HELD IN COMMUNITY ROOM Gentle Mat Yoga 3:30-4:30 HELD IN COMMUNITY ROOM Bingo 1:00-3:00 Rm 3	Strength Building Rm 1 9:30-10:30 Chair Yoga 3:00-4:00 HELD IN COMMUNITY ROOM	Guided Meditation and Reiki 9:00 – 10:00 Rm 1 Qi Gong Arm Chair Exercise 10:30-11:30 Rm 1	Watercolors 9:30-11:30 Rm 3 Dancing for Balance 1:30-2:30 HELD IN COMMUNITY ROOM Gentle Mat Yoga 3:00- 4:00 HELD IN COMMUNITY ROOM	Zumba 9:30-10:30 HELD IN COMMUNITY ROOM Whist or Bridge Lessons 10:30-11:30 Whist 12:30-3:30

Special Events & Activities at North Cambridge

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

1 Open Forum 12:15 And Birthday Tea	2 Strength Building Cancelled	3	4	5 Zumba Cancelled
8	9	10 Elder Fair 9-12 30 Washington St. Somerville, MA 02143	11 Watercolors Cancelled	12
15 Patriots Day Senior Center Closed	16	17	18 Spring Lunch Special 11:30 Registration is required Lunch provided by SCES	19 Podiatrist 10-2 Please call Dr. Dwyer directly for an appointment 781-335-8811
22 Earth Day Celebration 12:30 Join us for desserts and coffee	23	24	25	26
29	30			

April 2019 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

Monday Dinner 5:00pm - 6:00pm reservation required \$2.00 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 Movie 1:00-3:00 Ballroom Dance 1:00-3:00 Watercolor Painting 1:00-3:00 Computer Lab 1:00-4:00 Bingo 1:15-3:00 Dinner 5:00-6:00 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 - beginning April 23 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 Folk Dancing 8:30 -9:30 Chinese ESOL 8:30 – 9:30 Computer Lab 9:00 – 12:00 ESOL (CLC) 9:30-11:30 Chinese Singers 9:30-11:30 Better Balance 10:00-11:00 Tai Chi Level II at 11:00-12:00 Crafts & Social Group 1:00-3:00 Computer Lab 1:00-3:00 Strength Training Class 1:30-2:30 Bingo 1:30-3:00 Facebook Class 2:00-3:00	Grandet An Aksion 9:00-3:00 Computer Lab 9:00-12:00 Meditation with Catherine 9:00-10:00 Chair Yoga 10:00-11:00 Exercise Class 10:00-11:00 Food Pantry 12:00-2:00 ESOL Conversation 1:00-2:00 Computer Lab 3:00-4:45 **Deadline for Monday Night Dinner & Transportation Reservations is Thursday at 2:00pm.	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 Simplified Qi Gong Tai Chi 10:00-11:00 Computer Lab 12:00-1:00 Council on Aging closes at 12:00pm. Senior Center closes at 1:50 pm.	Seasonal Saturday Closure February 9 - May 4

SPECIAL EVENTS & ACTIVITIES AT OUR CENTER

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

1 Gardening class 9:00 -9:15 Tech Help 9:00-10:00	2 Men's Group 10:30-11:30 Coffee & Conversation Building Your Wellness Toolbox Canceled for month of April	3 Gardening class 9:00 -9:15 Jewelry Class 1:00-3:00	4 Super 8 Ball Arlington @ Cambridge 11:00-12:30 Town meeting & Birthday Party 12:00-1:00	5 Gardening class 9:00 -9:15 The Art of Dancing class 11:00-12:30	6 Senior Center Closed
8 Gardening class 9:00 -9:15 Tech Help 9:00-10:00 H.O.W. Coffee time 10:30 – 12:00 The Cambridge Chapter of the National Federation of the Blind 5:30 7:30	9 COA Board Meeting 9:30-11:00 Lunch & Learn with Sally DeFazio Ph.D. NASA Bubble Boy 12:30-1:30 Red Sox Opening Day 2:00 Drop in lounge Ticket cost: \$2.00	10 Gardening class 9:00 -9:15 Blood Pressure 12:30-1:00 (Public Health Nurse)	11 Super 8 Ball Lexington @ Cambridge 11:00-12:30 Book Group 11:15-12:00 Book: Kindred by: Octavia Butler Health & Wellness Talk 1:00-2:00 Topic: Cancer Awareness	12 Gardening class 9:00 -9:15 The Art of Dancing class 11:00-12:30	13 Senior Center Closed
15 Patriots Day Holiday Senior Center Closed	16 Men's Group 10:30-11:30 Special Guest Speaker Albert Pless, Program Manager, Men's Health League	17 Gardening class 9:00 -9:15 ESOL (CLC) Canceled Jewelry Class 1:00-3:00 Restaurant Trip to Asgard 11:15-1:00 Ticket \$2.00 for transportation	18 Meditation with Catherine 9:00-10:00 Exercise Class 10:00-11:00 Super 8 Ball Bedford @ Cambridge 11:00-12:30 Movie: Mamma Mia! Here We Go Again 1:00-3:00 ESOL Conversation Canceled	19 Gardening class 9:00 9:15 Simplified Qi Gong Tai Chi 10:00-11:00 Memory Café 10:00-12:00 MSAC Chapter Meeting 11:30-1:00 The Art of Dancing at the Dance Complex 11:00-12:30	20 Senior Center Closed
22 Gardening class 9:00 -9:15 Tech Help 9:00-10:00	23 Books on review by Janet Borron, Cambridge Librarian 12:30-1:15 Senior Safety Group 12:30-1:15 Film and Discussion 12:45-3:15 Movie: On the Basis of Sex Blood Pressure 2:30-3:00 (Windsor House)	24 Gardening class 9:00 -9:15	25 Meditation with Catherine 9:00-10:00 Exercise Class 10:00-11:00 Super 8 Ball Cambridge @ Waltham 11:00-12:30 50's Party 12:30-3:00 Entertainment by DJ Rich DiMare Ticket cost: \$5.00 must be purchased in advance.	26 Gardening class 9:00 -9:15 Meditation and Mandala 11:00-12:00 The Art of Dancing class 11:00-12:30 Simplified Qi Gong Tai Chi 10:00-11:00	27 Senior Center Closed
29 Gardening class 9:00 -9:15 Tech Help 9:00-10:00 Cambridge Volunteer Clearing House Workshop 5:30-7:00	30				

Cambridge City Council

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