



Newsletters

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

July 2024

806 Massachusetts Avenue, Cambridge, MA 02139

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

Dear Seniors:

Hydrangeas! Hydrangeas! And more Hydrangeas! It is hydrangea season. This flower really makes me think of my ancestral homeland – Azores, Portugal. The Azorean islands have an abundance of hydrangeas. Highways and roads well-traveled as well as walking trails, are lined as far as the eye can see with exquisite hydrangea plants with hues of blue and white. Throughout most of my life, I never experienced viewing hydrangeas in the States and could only enjoy them when I visited the Azores. But now – they are everywhere – and I am so enjoying them! I am, to put it simply, quite obsessed with these blooms. I am even more pleased that the hydrangea plant my husband and I so lovingly planted in our yard more than 20 years ago, is bursting with blooms. It is the first time! Why this year? We do not know. Nothing different has been done. We marvel at its beauty. My son has also joined the hydrangea admiration society or perhaps he is just playing along with me.



Almost daily, he texts me photos of random hydrangea plants he encounters on his travels. And I do the same.

Finding these flowers and enjoying their beauty has become a self-care of sorts. It makes me feel good. Mindfully, seeking these flowers is an activity that brings me joy. It seems simple but if it works – I am sticking to it.

Perhaps you may find my note this month to you a bit simple, but I can assure you that there is much to it. I would appreciate hearing your thoughts. Please email me at spacheco@cambridgema.gov or call me at 617-349-6220. Or perhaps you would like to meet me by this lovely hydrangea plant located on the roof deck of the Cambridge Senior Center? I would love to welcome you. Wishing you all a wonderful, joyous and healthy summer! Stay safe!

Warm Regards,

Susan P. Pacheco
Executive Director

Information and Referral

NEW in 2024! Medicare Savings Program eliminates asset test making more beneficiaries now eligible

The Medicare Savings Programs can help people with limited incomes pay for Medicare Part B premiums--currently \$174.70 a month; out of pocket Medicare A and B costs such as coinsurance and annual deductibles; Part D premiums; and the prescription drug annual deductible (\$545 in 2024).

Individuals earning \$2309 - \$2552 monthly and married couples earning \$3123 - \$3451 qualify for the Medicare Savings Programs and as of April 1, 2024, the asset test has been eliminated. So, if you are within the income range and previously ineligible for MSP due to assets now is a good time to meet with your SHINE counselor to learn more. SHINE counselors are state certified experts in Medicare providing free and impartial information. To schedule an appointment please call the Council on Aging.

Federal Internet Discount Program Ending

The Affordable Connectivity Program, a broadband internet discount program funded by Congress and administered by the FCC, is discontinuing.

Many MA residents will know this program as the LifeLine Program.

The program stopped accepting applications on February 7, 2024, and the estimated last month of discounted service is May.

The Massachusetts Health Aging Collaborative (MHAC) has prepared a one-page description of the [**Affordable Connectivity Program winddown**](#)

2024 Farmers Market Coupons coming soon for Older Adults

The Somerville-Cambridge Elder Services (SCES) Nutrition program is distributing free farmers' market coupons for eligible older adults in July. Available through the Massachusetts Department of Agriculture. Eligible participants will receive a coupon booklet worth \$50 to use to purchase fresh fruits and vegetables at area farmers' markets. Applicants must be Cambridge or Somerville residents, aged 60 or older or disabled and living in elderly housing with a congregate meal program, and meet income guidelines. To receive coupons, monthly income must be at or below:

Household of 1 - \$1,985

Household of 2 - \$2,694

Household of 3 - \$3,385

Household of 4- \$4,085

Income is self-declared, do not bring proof of income. Coupon booklets are limited to one per person, while supplies last. Booklets must be picked up in person. Identification with proof of address and date of birth is required to receive the coupons. If someone cannot come to a distribution site, they can send someone with a proxy form.

Coupon Distribution at the Cambridge Senior Center is tentatively planned for: July 19, 9:00am – 11:30am, Dining Room, at 806 Mass Ave, in Cambridge.

Contact the SCES Nutrition Department for more information on a proxy form and the farmers' market program at 617-628-2601. SCES is an equal opportunity provider.

July 2024 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

Transportation

- The fully accessible Council on Aging Shuttle Bus can transport you to and from the Senior Center at 806 Mass Ave!
- Please call 617-349-6220 for more information.



July 2024 – 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 AM

Tuesdays, 1:00- 4:00 PM

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.**

Music Jam Sessions

Monday July 8th, 4:30-6:30PM

Saxophonist Bobby Tynes will once again host the sessions 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.

Charlesgate Yacht Club Trip

Tuesday, July 9, 10:00-2:00

Join the Cambridge Senior Center on a trip to the Charlesgate Yacht Club. We will enjoy a beautiful, narrated boat ride down the Charles River, followed by a delicious lunch. Registration is by lottery

Trip lottery opens on June 17th and closes on June 28th. Notifications will be made on July 1st. There is a \$5.00 fee for school bus transportation
Activity level: Walking moderate distances, standing, climbing stairs, maneuvering on the boat and dock independently.\$5.00 transportation cost.

ESOL Intermediate Conversation & Reading Class
Tuesday July 9 and 23, 10:00 - 12:00

An Intermediate/ High-Intermediate Conversation and Reading Class. 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.

Aging and Thriving

Wednesday July 10th, 1:00 - 2:30

Session 4: we will discuss changes people have made or want to make as well as how they have managed any obstacles and challenges along the way.

Veterans and Friends Support Group

Wednesday July 10th, 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

Designing Your Retirement: Your Path to a Healthy, Happy, Fulfilling Retirement

Thursday, July 11th, 12:00-2:00

In this comprehensive workshop, Dr. Hayward Zwerling, shares his unique methodology to help you optimize your retirement years. With Dr. Zwerling's roadmap, you'll: **Maximize Your Health:** Learn evidence-based strategies to maintain and improve your physical and mental health as you age. **Find Purpose and Meaning:** Discover how to cultivate a sense of purpose and fulfillment in retirement. **Build Strong Social Connections:** Learn why social connections are essential for a fulfilling retirement and how to cultivate and maintain meaningful relationships in your later years. **Navigate Life Transitions:** Retirement often comes with significant life changes, Dr. Zwerling

July – Special Events Calendar

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

provides guidance on how to navigate these transitions with resilience and grace. This lecture will not discuss the financial aspects of retirement.

[Book Group](#)

Thursday, July 11th 12:00 - 1:00 PM

An Immense World: How Animal Senses Reveal the Hidden Realms Around Us by Ed Yong.

The Earth teems with sights and textures, sounds and vibrations, smells and tastes, electric and magnetic fields. This book reveals the world as it is truly perceived by other animals. We meet people with unusual senses, from women who can make out extra colors to blind individuals who can navigate using reflected echoes like bats. Also available: ebook, audiobook

[Meditation and Mandala](#)

Friday, July 12th, 10:00 – 11:00AM

Mandala is the Sanskrit word for sacred circle. Mandalas are used in many cultures for meditation and contemplation. The group will start with a brief guided meditation and then individuals will have the opportunity to color at their own pace.

[Bingo and Dinner](#)

Monday, July 15th, 4:00-6:00 PM

Bingo played 3:30-4:30 pm

Dinner Served 4:30-5:30 pm

Registration required.

Register by Monday July 8th.

[Men's Group](#)

Tuesday, July 16th, 10:00-11:30 AM

Day Trip to Castle Island 10am – 1:30pm

Registration Required by Friday, July 12th

New Members Welcome!

For more information, please contact: Vincent

McCarthy at 617-349-6220 or

vmccarthy@cambridgema.gov

[Rhode Island Lighthouse and Newport Harbor](#)

Cruise Wednesday, July 17, 10:00-5:30

This 90-minute cruise showcases some of Rhode

Island's most beautiful Lighthouses. Our captain will take you throughout Narragansett Bay bringing you up close and personal to these historic landmarks; this truly is a one-of-a-kind cruise that you will remember forever. The Rhode Island Lighthouses you will see along the way as well as their factual information, don't forget to bring your camera and binoculars!

Activity Level: Walking long distances; standing; climbing stairs; sitting for extended periods of time; maneuvering on a boat and dock independently.

[Bilingual Story Telling](#)

Thursday, July 18, 1:00-2:00

Series: summer

Song of the Chirimia

La Música de la Chirimía

This is a beautiful Guatemalan folktale that tells the story of the "chirimia", whose music is sweeter even than that of the birds. The protagonists are a Mayan princess and a young man whose love for her sends him on a quest for the purest song in the woods

[Senior Police Academy](#)

Tuesday, July 23 and Thursday, July 25, 10:00 AM-2:00 PM

The CPD Senior Academy is a unique opportunity for seniors in our community to engage with law enforcement professionals, learn about policing practices, and gain insights into public safety initiatives.

[Film and Discussion](#)

Tuesday, July 23, 1:00 - 3:30

Movie: Bob Marley: One Love

Bob Marley : One Love (2024) - The story of how reggae icon Bob Marley overcame adversity, and the journey behind his revolutionary music.

For more information, please contact:

Vincent McCarthy at 617-349-6220 or

vmccarthy@cambridgema.gov

July – Weekly Class Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Qi Gong (V) 9:00 – 9:45AM</p> <p>Computer Lab (IP) 9:00AM – 5:00 PM</p> <p>Tech Help (IP) 9:00 – 11:00AM</p> <p>ESOL/Chinese (IP) 9:30 – 10:30 AM</p> <p>Spanish fun Lessons (IP) 9:30 – 11:00 AM</p> <p>Strong and Stretched (IP) 11:00 – 12:00PM</p> <p>ART Class (V) 1:00 – 2:00PM</p> <p>Ballroom Dancing (IP) 1:00 – 3:00PM</p> <p>Portrait Drawing Class 3:00-5:00PM (IP)</p> <p>Line Dancing (H) 6:00 – 7:00 PM</p> <p>Spanish (V) 6:45 – 8:00 PM</p>	<p>Computer Lab (IP) 9:00 – 4:00 PM</p> <p>Mat Yoga (IP) 10:00 – 11:00AM</p> <p>Balance Chi Kung 11:30AM -12:30PM (IP)</p> <p>Board and Card Games (IP) 1:00 – 3:00PM</p> <p>Tech Help (IP) 1:00 - 4:00PM</p>	<p>Chinese Singers and Chinese Folk Dancing (IP) 9:00 AM – 12:00PM</p> <p>Music Instrument Lessons (IP) 9:00-10:00AM</p> <p>Computer Lab (IP) 9:00 – 4:00PM</p> <p>ESOL (CLC) (IP) 9:30 – 11:45 AM</p> <p>Flamenco Tango (V) 10:00 – 11:00AM</p> <p>Chorus (IP) 10:30-11:30AM</p> <p>Crafts and Social Group (IP) 1:00 – 3:00 PM</p> <p>Strong and Stretched (V) 1:30 – 2:30 PM</p>	<p>Meditation (V) 9:00 – 9:45 AM</p> <p>Zumba Gold (IP) 9:00-10:00 AM</p> <p>Computer Lab (IP) 9:00 – 4:00PM</p> <p>ESOL (CLC) Conversation Class (IP) 10:00 – 11:00</p> <p>Tai Chi (IP) 11:00AM – 12:00PM</p> <p>Intro to Theatre (IP) 1:30-2:30 PM</p>	<p>Qi Gong (V) 9:00 – 9:45 AM</p> <p>Computer Lab (IP) 9:00 – 11:00AM</p> <p>Flamenco Dance (H) 10:00 – 11:00AM</p> <p>Ping Pong — Beginners (IP) 8:30 – 9:30AM</p> <p>Ping Pong — Experienced (IP) 9:30 – 10:30 AM</p> <p>Cardio and Yoga for Heart Health (V) 11:00 –12:00PM</p>

July Special Events Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Zumba Gold Canceled	3 Chair exercise canceled	4 Independence Day – Senior Center Closed	5
8 Spanish Fun Lessons 9:30-11:00 (IP) Music Jam Session (IP) 4:30-6:30 MA National Federation of the Blind -Cambridge Chapter (IP) 6:00 – 7:30	9 Zumba Gold Canceled Charlesgate Yacht Club Trip 10:00-1:45 (IP) ESOL Intermediate: 10:00-12:00 (IP)	10 Veterans & Friends Support Group 1:00-2:00 (IP) Aging and Thriving Follow Up Discussion 1:00-2:30 (IP) Chair exercise canceled	11 Book Group 12:00- 1:00 (H) Chair exercise canceled Designing Your Retirement 12:00-2:00 (IP) Zumba Gold Canceled	12 Meditation and Mandala 10:00-11:00 (IP)
15 Spanish Fun Lessons 9:30-11:00 (IP) Mass Senior Action Council Chapter Meeting 11:30-1:00 (IP) Music Jam Session (IP) 4:30-6:30 Bingo and Dinner 3:30-5:30 (IP)	16 Men’s Group 10:00-11:30 (IP) Zumba Gold Canceled Balance Chi Kung Canceled	17 Rhode Island Lighthouse and Newport Harbor Cruise 10:00-5:30 (IP) Chair exercise canceled	18 Zumba Gold Canceled Tai Chi Canceled Bilingual Story Telling Series: Song of the Chirimia 1:00-2:00 (IP)	19 Flamenco Dance canceled ¹
22 Spanish Fun Lessons 9:30-11:00 (IP)	23 Balance Chi Kung Canceled Zumba Gold Canceled Senior Police Academy 10:00-2:00 ESOL Intermediate: 10:00-12:00 (IP) Film and discussion 1:00-3:30 (IP) Movie: Bob Marley: One Love	24 Chair exercise Canceled Flamenco Tango Canceled Senior Police Academy 10:00-2:00	25 Zumba Gold Canceled Senior Police Academy 10:00-2:00 Tai Chi Canceled Cambridge Consumers Council Drop In Information Table 1:00-12:30	26 Flamenco Dance canceled
29 Spanish Fun Lessons 9:30-11:00 (IP)	30 Balance Chi Kung Canceled Zumba Gold Canceled	31 Chair exercise Canceled		

July 2024 – 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 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.

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.

July 2024– 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
<p>Acrylic Painting (IP) 9:30 - 12:00</p> <p>Dominoes (IP) 10:30- 11:30</p> <p>Dancing for Balance (H) 1:00 – 2:00</p>	<p>Strong and Stretched (IP) 11:30- 12:30</p> <p>Tai Chi (IP) 1:30 – 2:30</p>	<p>Watercolors 9:30– 11:30 (V)</p>	<p>Watercolors 9:30– 11:30 (IP)</p> <p>Dancing for Balance (H) 1:30 – 2:30</p>	<p>Whist (IP) 12:30 - 3:00</p>

July 2024 – NC Happenings and Special Events

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

Meet and Greet: Mini Therapy Horse Thursday, July 11th, 10:00-11:00 AM

We are excited to announce that Lifting Spirits Miniature Therapy Horses will be visiting our senior center on July 11th! These gentle, affectionate animals are known for bringing immense joy and comfort. Their visit promises to spark smiles, laughter, and meaningful connections. Limited availability. Preregistration is strongly encouraged.

TRIP: Salem Willows & Walmart Friday, July 12th 10:00 AM-2:00 PM

Join us on our trip to Salem Willows for a fun day at the park, followed by a quick stop at Walmart for shopping. Enjoy the waterfront, games, and food. Cost \$5 for Transportation. Limited availability. Preregistration and payment required.

TRIP: Revere Beach Friday, July 19th 10:30AM-1:30PM

Join us for a delightful day trip to Revere Beach! We'll be heading to the renowned Revere Beach Sandcastle Contest, where you'll marvel at the incredible sand sculptures created by talented artists from around the world. Enjoy the sun, sand, and a fun-filled day with friends from the senior center. Don't miss this opportunity for a memorable outing! Sign up today!

TRIP: Charlesgate Yacht Club Thursday, July 25th 9:30AM-2:30PM

Join us for an exciting trip to the Charlesgate Yacht Club on July 25th! We'll enjoy a scenic boat tour of the Charles River, followed by a delightful lunch. Cost \$5 for Transportation. Limited availability. Preregistration and payment required.

**TRIP: Boston Duck Boat Tour & Castle Island
Friday, July 26th 10:30AM-3:30PM**

Embark on an adventurous day trip around Boston as we tour Boston by land and sea! We will first head to Castle Island for a taste of the iconic Sullivan's. After lunch and sightseeing we will depart back to Boston and join the Boston Duck boat Tour to get a closer view of Boston. This is a trip that requires the ability to climb stairs and maneuver in tight spaces on a duck boat. Lunch on your own. Limited availability. Cost \$20.

Summer Pizza Party

Wednesday, July 31st 11:30AM – 12:30PM

Join us for some good food, music, and company! Our menu will feature a classic Caesar salad, Pizza from Armando's in Huron Village and delicious cannoli for dessert. Preregistration required. Cost \$7.

Cancelations

- Eurythmy is cancelled beginning July 5th until August 16th.
- Tai Chi is canceled beginning July 23rd until August 20th
- Gentle Mat Yoga and Chair Yoga will be canceled from June 17th through August 4th. Classes will be held remotely from August 5th through September 2nd. Classes will resume in person on September 3rd.
- Zumba Gold and Strength Building will be canceled in July and August.
Watercolors will be canceled in August through September 19th

Cambridge City Council

E. Denise Simmons, Mayor
Marc C. McGovern, Vice Mayor
Burhan Azeem
Patricia M. Nolan
Joan F. Pickett
Sumbul Siddiqui
Paul F. Toner
Jivan G. Sobrinho-Wheeler
Ayesha M. Wilson

City Administration

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

Council on Aging (COA) Board

Jennifer Chisholm
Kathy L. Dalton
Mary DeCoursey
Pearl Hines
Lily Owyang
Eva J. Paddock
Beverly Sealey

**Our appreciation to the Executive
Office of Elder Affairs for funds
to support this publication**

COA Program and Staff

Executive Director

Susan Pacheco

Social Services

Vincent McCarthy,
Director of Client Services
Maryellen McEleney,
Information and Referral
Dee Cannon,
Outreach Case Manager

Administrative Assistant

Lisa Castagna
Julie King, COA Assistant

Receptionists

Gilma Best, Rosalind Brown, Matara
Malone, and Jean K. Tanous

Elder Haitian Program

Hermide Mercier

Computer Instructor

Pamela Howard

Bus Driver

Jimmy Baez

Cambridge Senior Center

Director

Alicia Johnson

Activities

Arline McGrady, Activities and
Volunteer Coordinator
Adam Leith, Assistant
Sanaa Mohamed, Assistant

Facility

Desi Powell Sr., Facility Manager
Dave Kanode, Custodian

Meals Program

Lei Shen , Food Service Manager
Robert Carrara, Food Service
Assistant

North Cambridge Senior Center

Director

Geoffrey Kotowski
Geoffrey Coughlin, Receptionist
Marybeth Joyce, Assistant
Edith Watson, Food Service
Coordinator

Newslines

Lisa Castagna, Sanaa Mohamed,
and Susan Pacheco

Cambridge Council on Aging

806 Massachusetts Avenue
Cambridge, MA 02139

