



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
October 2018 <http://www.cambridgema.gov/DHSP/COA>

Dear Seniors:

During the summer, I came home one day and in the pile of mail I spotted a white post card, with a blue stripe and the Massachusetts seal. You know what I am referencing – Jury Summons. Most people I know cringe at the sight. I on the other hand was hoping that it bore my name on it. Strange as it sounds, I have been wanting to be summonsed and serve. I have only been summonsed one other time in my life and didn't make it out of the Jury Assembly Room. This time it was different. I was summonsed and did juror service for a week. My children teased me relentlessly, "Mom's dream come true." "Cross that one off your bucket list." My summons date was for September 11th. I appeared at the courthouse as others did that morning. We were greeted by the court officers; given information about the day; watched a video about juror service and then greeted by a judge. As I sat there, I couldn't help but think of the 17th anniversary of 9/11. I thought about that there still exist in many parts of the world, a very archaic and often very brutal legal system. In the United States, however divided we may be on current issues, we do have a justice system. Serving on that jury, I feel

as though I played a role in preserving that system. Summons me again – in 3 years!

On a work-related note, October is the Cambridge Senior Center's month of celebration. This month we celebrate our 23rd Anniversary! I still cannot believe that we opened our doors 23 years ago! The countless people that have come through to participate in our programs. The programs that we have hosted; created; re-booted; etc. are so many and diverse. The community that we have built inside these walls is just as diverse. There



are just so many wonderful things that I could list. Recently, I had the pleasure of joining two such great events at the Center. The Clay-Makers Show and The Art of Dancing Class. These are two recent additions to our programming. The pieces of clay sculpture that were created and show cased were works of art. I

could not get over the creativity and tremendous talent of the group. Following the showcase, The Art of Dancing Class performed. Incredible rhythm and stamina among this group; I even joined in and could not keep up with them! I mention these programs because that day several seniors came to me and simply said: "Thank you, thank you, for offering these great activities." All I could say in response: "thank you, thank you, for coming and being part of the Center community." At the end of the day, all these programs can be offered, but if the seniors don't come, the Center is just a building. Happy October and Happy Anniversary to ALL OF US!

Warm Regards,
Susan P. Pacheco

Information & Referral

H.O.W. Coffee time

Monday, October 15, 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 inspections
- Being a good neighbor/tenant
- Setting limits with guests

Wellness Recovery Action Plan

Wednesdays, October 17, 24, and 31 from 1:15-2:15
An 8-week class, called the Wellness Recovery Action Plan (WRAP), will begin in October at the Cambridge Senior Center. This plan increases higher levels of wellness, stability and quality of life. We share our hopes, dreams and wellness tools. We redesign our lives to show where we want to be. You develop a plan to assist you in having the kind of life you want. We work together to achieve this. This plan says that we are the experts on ourselves! Everything shared is CONFIDENTIAL. Classes will continue through December 12th. Funding for this is made possible through MA Dept. of Mental Health and MA Executive Office of Elder Affairs' EMHOT (Elder Mental Health Outreach Team) Grant. For further information, please contact Marina Colonas at: mcolonas@hotmail.com

Cambridge Police Scam Alert

Phone and Internet scams are occurring more frequently. Unfortunately, caller IDs may or may not show a real number. Scammers often use Caller ID "spoofing" to make it look like a legitimate number. The following frauds dominate:
A new Medicare notice arrives: Important Benefits Notice – Immediate Action to avoid penalties. Phone number is required. Check the return address carefully – this looks official but is NOT from Medicare!!
The IRS tax scam – someone calls claiming to be a federal agent with the IRS. This person usually knows a lot about you. They will claim you owe money in back taxes and that if you don't pay the fees you will be arrested. The IRS does NOT contact individuals via telephone for owed taxes. Also, no government agency or police department will demand to be paid in gift cards of any kind. The IRS will never threaten to immediately arrest you.
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.

(Scam Alert continued)

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. Similar scare tactics are used for utility companies/agent with immigration/vacation rental. 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.

Memory Café

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

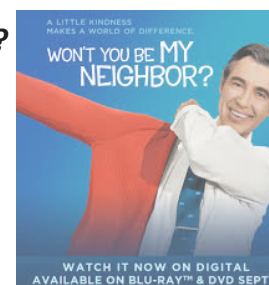
Join us for the Cambridge Connections Memory Café! Café activities in upcoming months will include cooking demonstrations and music. Memory cafés are social gatherings for people with memory loss or forgetfulness and their care partners, family, or friends in a safe and inclusive space that features conversation, activities, and light refreshments. 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. The Memory Café is a joint venture between Somerville-Cambridge Elder Services and the Cambridge Council on Aging.

Film and Discussion

Tuesday, October 23, 12:45-3:30

Movie: *Won't you be my Neighbor?*

A documentary that takes an intimate look at America's favorite neighbor: Mister Fred Rogers. A portrait of a man whom we all think we know, this emotional and moving film takes us beyond the zip-up cardigans and the land of make-believe, and into the heart of a creative genius who inspired generations of children with compassion, kindness and limitless imagination.



Estate Planning Presentation

Tuesday, October 30, 1:00-2:00

Atty. Clarence Richardson will be presenting the basics of estate planning. He will cover the most common estate planning documents such as Wills, Trust, Health Care Proxies, Powers of Attorney and Living Wills. Atty. Richardson will discuss how these documents work and why you need them.

October 2018 Happenings at the Citywide Senior Center

Strength Training Class

Mondays, October 1, 15, 22 & 29 11:00-12:00

Strength training makes you stronger and fitter. It also protects bone health and muscle mass. Cost: \$3.00 per class.

Building Your Wellness Toolbox

Tuesdays, October 2 & 9, 12:30-1:30

This women's group will focus on skill building and education around the topics of stress reduction, pain relief, mindfulness, management of medications, relations and more!

Public Art Tour

Wednesday, October 4, 10:30 – 11:30

Graffiti Alley, Potluck Mural & Dana Park

Join us for this guided bus tour of three public art spaces in Cambridge. Lillian Hsu and Hilary Zelson from the Cambridge Arts Council will lead this tour as we view and learn the history of "Graffiti Alley" and the "Potluck" mural, both located in Central Square.

The bus will depart from 806 Mass Ave at 10:30.

Please contact Vincent McCarthy

vmccarthy@cambridgema.gov 617-349-6220

Town Meeting & Birthday Party

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

Join us as we share information about what's new at the Senior Center.

Lunch and Learn

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

Guest: Councilor E. Denise Simmons

Presentation of her personal story as well as her community's story and her love of photography.

Seats are limited. Must have ticket to enter.

Introduction to Orienteering Workshop

Wednesday, October 10, 1:00-2:00

Join us for an introduction to orienteering, the sport of navigating your own way with a map. No experience with maps is necessary, and those who already love maps will learn something new, too!

This session will act as a preparation for future events in local parks and forests.

Book Group

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

Book: *Our Souls at Night* by Kent Haruf. A spare yet eloquent, bittersweet yet inspiring story of a man and a

woman who, in advanced age, come together to wrestle with the events of their lives and their hopes for the imminent future.

Health and Wellness

Thursday, October 11, 1:00 – 2:00

Topic: Hearing Loss and the "importance of screening for nasal disorders when people have sleep apnea and also on the evolving therapies.

Presentation by: Dr Ayesha Khalid a specialist in Ear, Nose & Throat for CHA.

Trip: The Quabbin Foliage Tour

Tuesday, October 16, 8:00-5:30

Tickets \$50.00 Must be purchased in advance

Tour Includes: Delicious four course Salem Cross

Luncheon, Native Guide Tour of Quabbin Reservoir,

Brookfield Orchards visit and more. New members are always welcome.

Senior Center Anniversary Party

Thursday, October 18, 12:30-3:00

Ticket \$6.00 and must be purchased in advance.

Entertainment by Bobby Justin and his Band.

The Art Exhibit

Monday, October 22, 1:00-3:00

Join us on for a celebration of art, brought to you by the Painting and Clay Classes. The exhibition will feature works in ceramics and watercolors by our talented artists. Light refreshments will be served.

BBQ Dinner on the Patio

Monday, October 22, 4:30-6:00

Yes, we will have a BBQ in the back-parking lot. Geoff and the kitchen staff will be manning the grill. Don't miss out – get your ticket early.

Ticket \$8.00 must be purchased in advance. Space Limited.

Books on Review

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

Librarian Janet Borron will be here with a selection of books that she will review.

Senior Safety Group

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

Community Police Officers will stop in for a visit. Share information about what is happening in the community and answer your questions.

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

Beginning October 1st, Dancing for Balance Class, Zumba Class, and all 3 Yoga classes will move to the Jefferson Park Community Room, 1 Jackson Place.

Participants will still need to check in for the class inside the senior center, before heading over to the community room.

Odyssey Cruise Thursday, October 11th cost is \$20.00, and registration is required. The bus will depart the North Cambridge Senior Center at 10 and will return by 3:30. Space is limited.

SAVE THE DATE
Thursday, December 6th
2:00 Matinée *It's a Wonderful Life*
The North Cambridge Senior Center will see the play *It's a Wonderful Life* at the Greater Boston Stage Company (Formerly the Stoneham Theatre). Total cost is \$34.00 for ticket and transportation. Registration will begin Monday November 5th at Open Forum

Happenings at the Citywide Senior Center continued

Movies at the Senior Center
For the month of October, we will be showing movies from the *"Good Witch Series"* Check the Newslines calendar for times and dates.

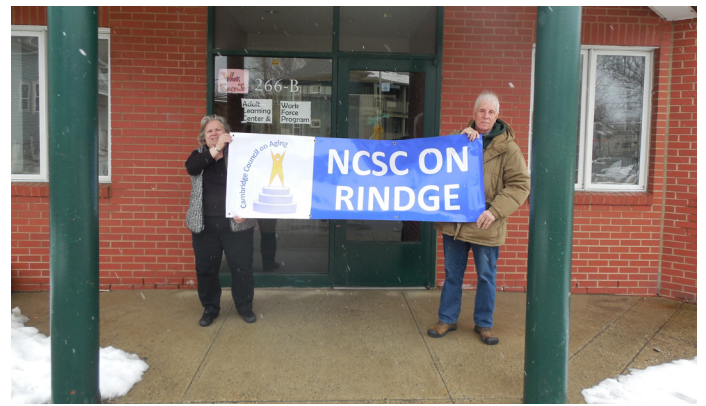
***NEWSLINES SUBSCRIPTION FORM *** If you would like to have the Newslines mailed to your home: Send a check or money order for \$6.00 made out to the Cambridge COA

Name: _____

Address: _____

City: _____ State: _____ Zip Code _____

Phone number (_____) _____



Bird Watching Trip
Wednesday, October 24, 9:00-11:00

Join us on an inspirational walk in Mt. Auburn – the nation's first park-like cemetery. Weather permitting. Ticket cost \$2.00 for transportation

Health and Wellness
Thursday, October 25, 1:00-2:00

The Massachusetts College of Pharmacy, Faculty and Student Community Outreach Presentation: Over-the-counter medications for gastrointestinal issues.

Meditation and Mandala
Friday, October 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.

Lynda.com Class
Monday, October 29, 11:00-12:00

Lynda.com is an on-line training provider with over 5,700 comprehensive courses and over 180,000 videos covering business, software, technology, and creative skills. Come and learn how to set up an account and access for free using your Cambridge Public Library card. Sign up in Library required. Space is limited.

Halloween Party
Monday, October 29, 5:00-6:00

Ticket \$5.00 Must be Purchased in advance.

North Cambridge Senior Center Daily Events at Our Center October 2018

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	2	3	4	5
8 Indigenous Peoples Day Senior Center Closed	9	10 Birthday Tea 12:15 Apple cider and Halloween cupcakes	11 Odyssey Cruise \$20.00 Bus Departs at 10am and Returns 3:30pm Registration is Required	12 Podiatrist 10:00-2:00 Please call Dr. Dwyer directly for an appointment 781-335-8811
15	16	17	18	19
22	23	24	25	26
29	30	31 Happy Halloween 12:15 Join us for some baked goods from our local Farmers Market		

October 2018 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 Saturday Meal 9:00-11:30am

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 10:00-11:00 Intro to the Worldwide Web 10:00-11:00 ESOL IV 10:30-12:00 Women’s Club 11:00-11:45 Computer Lab 1:00-4:00 Classic Movie 1:00-3:15 Bingo 1:15-3:00 Zumba Gold 1:30-2:30 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 Chinese Singers 9:30-11:30 Better Balance at 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 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 Exercise Class 10:00-11:00 Food Pantry 12:00-2:00 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 Friday Tech. Help 10:00 -11:00 Computer Lab 12:00-1:00 Council on Aging closes at 12:00pm. Senior Center closes at 1:50 pm.	Saturday Meal 9:00 - 11:30 Computer Lab 9:30-11:15 Chair Yoga 10:00-11:00 Senior Center closes at 12:50pm

SPECIAL EVENTS & ACTIVITIES AT OUR CENTER

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

1 Monday Tech Help 2:00-3:00 Classic Movie 1:00-3:15 <i>The Good Witch</i>	2 Men’s Group 10:30-11:30 Building Your Wellness Toolbox 12:30-1:30 Classic Movie 1:00-3:15 <i>The Good Witch’s Garden</i>	3 Public Art Tour 10:30-11:30 Jewelry Class 1:00-3:00	4 Super 8 Ball Cambridge@ Newton 11:00-12:30	5 The Art of Dancing class 11:00-12:00	6
8 Indigenous Peoples Day Senior Center Closed	9 COA Board Meeting 9:30-11:00 Building Your Wellness Toolbox 12:30-1:30 Lunch and Learn 12:30-1:30 With Former Mayor Denise Simmons. Advance registration required.	10 Blood Pressure 12:30-1:00 (Public Health Nurse) Orienteering Workshop 1:00-2:00	11 Super 8 Ball Arlington@ Cambridge 11:00-12:30 Book Group 11:15-12:00 Book: <i>Our Souls at Night</i> by Kent Haruf Health & Wellness Talk 1:00-2:00 Dr. Ayesha Khalid Topic: Hearing Loss	12 The Art of Dancing class 11:00-12:00	13
15 Housing Occupancy Wellness 10:30-12:00 Classic Movie 1:00-3:15 <i>The Good Witch’s Gift</i> The Cambridge Chapter of the National Federation for the Blind 5:30 -7:30	16 Men’s Group 10:30-11:30 Special guest, Albert Pless Classic Movie 1:00-3:15 <i>The Good Witch’s Family</i> Trip: The Quabbin Foliage Tour 8:00-5:30 Advance Ticket \$50.00	17 Jewelry Class 1:00-3:00	18 Super 8 Ball Lexington @ Cambridge 11:00-12:30 Anniversary Party Entertainment by Bobby Justin and his Band 12:30-3:00 Ticket \$6.00 must be purchased in advance. All Classes and Food Pantry are Cancelled	19 Memory Café 10:00-12:00 The Art of Dancing class 11:00-12:00 MSAC Chapter Meeting 11:30-1:00	20
22 The Art Exhibit 1:00-3:00 Monday Tech Help 2:00-3:00 BBQ Dinner on the Patio 4:30-6:00 Ticket \$8.00 Must be Purchased in advance. Limited space.	23 Books on review 12:30-1:15 Senior Safety Group 12:30-1:15 Film and Discussion 12:45-3:00 Movie: <i>Won’t You Be My Neighbor</i> Blood Pressure 2:30-3:00 (Windsor House)	24 Bird Watching Trip 9:00-11:00 Ticket \$2.00 for transportation. Weather permitting. Better Balance Cancelled	25 Super 8 Ball Bedford@ Cambridge 11:00-12:30 Health & Wellness Talk 1:00-2:00 The Massachusetts College of Pharmacy (FASCO) will present a talk on over-the-counter medications for gastrointestinal issues.	26 Meditation and Mandala 11:00-12:00 The Art of Dancing class 11:00-12:00	27
29 Lynda.com class 11:00-12:00 Classic Movie 1:00-3:15 <i>The Good Witch’s Charm</i> Monday Tech Help 2:00-3:00 Halloween Party Ticket \$5.00 Must be Purchased in advance.	30 Estate Planning Attorney presentation 1:00-2:00 Classic Movie 1:00-3:15 <i>The Good Witch’s Destiny</i>	31			

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 Joan Mahoney, Meal Site Director
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Our appreciation to the
 Executive Office of Elder Affairs
 for funds to support this publication.

