



Happy 25th Anniversary

Cambridge Council

on Aging



Newslines

The Newsletter of the Cambridge Council on Aging
 806 Massachusetts Ave., Cambridge, MA 02139
 Office 617.349.6220

October 2020 <http://www.cambridgema.gov/DHSP/COA>

Dear Seniors,

I would like to share a story with you. At a recent staff meeting, I asked staff to share a good thing that they had experienced during the weekend. It was great to hear the various stories. When my turn came, I shared the following victory for both my husband and me. A grape vine that yielded bunches of grapes! The story behind this is the following. Three years ago, my husband wanted to start a grape vine. He had purchased six vines. Unfortunately, the 1st year three were not viable. The second year, two were lost, due to the invasion of various critters in our yard. Now year three, my husband



determined to save the remaining branch. He protected it with various screens and wires. It grew tall and strong and then to our amazement, various bunches of grapes began to appear. We have lovingly overseen it the last couple of months, wondering how the grapes would fare. Well, this past Sunday we harvested twenty bunches! We were overly excited! The careful cultivation

had yielded an abundant harvest. Sharing this story stirred memories among a couple of staff members, remembering fond memories of childhoods spent under their grandparents' grape arbor. The coolness and shadiness it provided on hot summer days. The beauty of those deep, purple bunches of grapes hanging above their heads. Our one grape vine is far from a vast grape arbor, but with continued care, we just may get there some day.

Why have I chosen this story to share? I chose it for many reasons, but it leads me to where we are this month. The month of October the Council on Aging (COA) celebrates the 25th Anniversary of the Cambridge Senior Center. On October 31, 1995, the newly built Center opened its doors to the older adult community of Cambridge. I had just been newly hired at the COA and expecting my first child. I was young embarking on two new roles, but all I simply knew was that I was eager to get started.

Fast forward to current day, and here I am as the Executive Director of this incredible department. Despite all that I have learned in these 25 years, I may be just as excited and curious as I was on that day of the Senior Center opening. I knew that the building was a structure, but it would serve as the home base for the delivery of so many critical and wonderful services. We celebrate the "building" but what we should be celebrating is what has been programmatically developed. The programs, activities and services provided,

created a community. Participants found a home and created friendships. That community was the foundation of our current ability to host our programs virtually during this unprecedented time. We are working diligently to continue to find opportunities for this community to be nourished and to grow. The doors to the building that we celebrate may be currently closed but



the programs are fully open, and we continue with the mission we had on that crisp October day, "creating a welcoming place for all". I invite you to join us in a virtual anniversary celebration on Thursday, October 15th at 1:00 p.m. On that day we will celebrate by having DJ: Owen Howell provide all your favorite music. It will be an opportunity for all of us to dance like nobody is watching (because remember you can shut the video off during Zoom). We ask you to call 617-349-6220 and we will provide you with a Zoom link invitation so that you can join us. It is not the celebration we had envisioned when we thought of our 25th Anniversary, but it will be fun!

So, just as my grape vine, with continued tending, will blossom and bear fruit. The Center will also continue to blossom and grow by the care and dedication of the staff and its participants.

Happy Anniversary to us all!!!
 Susan P. Pacheco

Information & Referral

Caregiver Support Group

If you are a caregiver and have question about Caregiver Support, there is help available. To learn more about Caregiver Support resources please contact 617-349-6220.

Vincent McCarthy vmccarthy@cambridgema.gov or Maryellen McEleney mmceleney@cambridgema.gov



Alone Together – Film & Discussion

Tuesday, October 27 at 1:00

Ted Talk – “*The Danger of a Single Story*”

Our lives, our cultures, are composed of many overlapping stories. Novelist Chimamanda Adichie tells the story of how she found her authentic cultural voice -- and warns that if we hear only a single story about another person or country, we risk a critical misunderstanding.

https://www.ted.com/talks/chimamanda_ngozi_adichie_the_danger_of_a_single_story?referrer=playlist-the_most_popular_talks_of_all#t-1116080

This is a new approach to our film & discussion group. We will all view a 20 minute Youtube video on our own prior to the meeting and then get together on Zoom to have a discussion about it.

If you would like to register for this month’s Film & Discussion please contact Vincent McCarthy at 617-349-6216 or vmccarthy@cambridgema.gov by Monday, October 26th and he will send you the Zoom invitation and discussion questions.

SHINE Program

Are you new to Medicare? Are you turning 65 soon, or losing employer-based health insurance coverage? The SHINE program can help you understand your Medicare health insurance coverage options. For more information, please call the Council on Aging at 617-349-6220.

SAVE THE DATE :

Thursday, November 19 at 12:00

Seven Steps to Managing Your Memory: What’s Normal, What’s Not, and What to Do About It

Based on his award-winning book, *Seven Steps to Managing Your Memory: What’s Normal, What’s Not, and What to Do About It*, Dr. Andrew Budson will explain how individuals can distinguish changes in memory due to Alzheimer’s versus normal aging, what medications, diets, and exercise regimes can help, and the best habits, strategies, and memory aids to use, in seven simple steps.

October 2020 Virtual Happenings at the Cambridge Council on Aging

“Conversation & Connection” with Susan Pacheco, Executive Director

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

Gather virtually at Susan’s kitchen table. Connect with others, as views are shared. Conversation has always been the best way of connecting. It often serves as a therapeutic tool. A conversation starter is provided, and the hope is that there is space and the encouragement to explore your own thoughts and feelings. Please bring your own coffee or tea! To register, call Susan at 617-349-6224 spacheco@cambridgema.gov.

Virtual Open Forum Town Meeting

Monday October 5, 12:15 -12:45

Please join us as we discuss upcoming special events, virtual classes and other new programming offered through the Council on Aging.

The virtual Open Forum Town Meeting is an opportunity to listen, ask questions and share ideas with Council on Aging staff. You are able to join the virtual meeting through Zoom or by calling directly from a telephone. For more information, please contact Alicia Johnson at 617-349-6220 or aliciaj@cambridgema.gov

Online Tech-Help via Zoom

Smartphone Q&A: Basics

Tuesday’s October 6, 13, 20 and 27 12:30- 1:30

Geoff & Pam will be available via zoom to answer common questions about your wireless devices, laptops and applications such as Zoom and Facebook.

To register, call The Council on Aging at 617-349-6220 or e-mail Geoff at gkotowski@cambridgema.gov

Book Group/Read and Tell

Thursday, October 8, 12:00-1:00

Readers aren’t able to all read the same book - so instead the book discussion has become a “share what you have been reading meeting”. Any member who wants to share with - the title, author, sometimes a brief summary of the book and a review, i.e. if they enjoyed reading it.

Health & Wellness Presentation

Thursday, October 8, 1:00-2:00

Topic: Healthy Eating. Let’s discuss how we can make it happen for us.



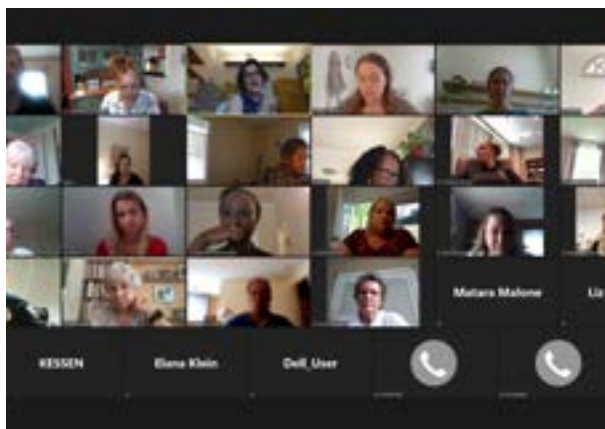
To sign up, call the Cambridge Council on Aging at 617-349-6220. Participants will receive a Zoom email invitation directly from the instructor prior to the start of each class.

Check out the last page for our new Word Search

Men’s Group Tuesday’s October 13, 20, 10:30- 11:30

Join the Men’s Group for our virtual meeting.

Please contact Vincent McCarthy at 617-349-6216 or vmccarthy@cambridgema.gov Monday, October 12th at 5pm and he will send you the Zoom invitation.



Thursday, October 15, 1:00-2:00

It’s our 25th Anniversary! Lets party together have some dance and laughter and enjoy the music with D.J. Owen Howell To register, call The Council on Aging at 617-349-6220



Intermediate Mat Yoga Class

Tuesdays, October 6, 13, 20 and 27 1:00-2:00

Intermediate Mat Yoga will be designed to cater to those more experienced yogis who are interested in more vigor and challenge. This class will include downward facing dog, plank, full sun salutations, squats, kneeling postures, and pranayama (breathing exercises) to name a few. Of course, there will be many options and modifications available as always and you will be encouraged to participate at a level that is appropriate for you.

If you have been yearning to delve deeper into yoga in a playful, open way, this could be a good choice for you!

Cambridge Council on Aging

Class Descriptions

Art Class: 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.

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 are made to meet the needs of all participants.

Line Dancing Class: 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 enjoy the (virtual) company of others. A great class to make new friends.

Meditation: This is a thirty-minute guided meditation class, with focus on breath work. Aimed at reducing one's overall stress.

Move, Groove and Embody Rhythm Dance Class: Accompanied by recorded traditional West African and African rooted rhythmically stressed music.

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 routine designed by teacher Sylvia Chen and is now peer led by Cathy Hoffman and support teacher Jamine Lee.

Spanish Class: 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.

Strong & 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.

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.

Intermediate Mat Yoga Class

Intermediate Mat Yoga will be designed to cater to those more experienced yogis who are interested in more vigor and challenge. This class will include downward facing dog, plank, full sun salutations, squats, kneeling postures, and pranayama (breathing exercises) to name a few. Of course, there will be many options and modifications available as always and you will be encouraged to participate at a level that is appropriate for you. If you have been yearning to delve deeper into yoga in a playful, open way, this could be a good choice for you!

Like us on FaceBook!

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

October 2020 Cambridge Council on Aging Virtual Programming Schedule
Online classes will be offered through Zoom during Safer at Home Advisory.
Participants must be 60 years of age or older, and priority will be given to Cambridge residents.
The Council on Aging reserves the right to impose a class size limitation per the instructors' request.
To sign up, call the Cambridge Council on Aging at 617-349-6220.
Participants will receive a Zoom email invitation directly from the instructor prior to the start of each class.

Monday	Tuesday	Wednesday	Thursday	Friday
Qi Gong 9:00-9:45 Cultura Latina 11:00-11:45 Strong and Stretched 11:00-12:00 Dancing for Balance 1:00-2:00 Watercolor Painting 1:00-2:00 Gentle Mat Yoga 3:30-4:30 Line Dancing 6:00-7:00 Spanish 6:30-7:45	ESOL IV (By email only) Balance – Chi Kung 11:00-12:00 Online Tech-Help 12:30-1:30 Zumba Gold 1:30-2:30 Intermediate Mat Yoga Class 1:00-2:00 Chair Yoga 3:00-4:00	Balance – Chi Kung 10:00-11:00 Chair Exercise 11:15-12:15 Chair Yoga 12:00-1:00 Strong and Stretched 1:30-2:30	Meditation 9:00-10:00 Watercolor Painting 9:30-11:00 Chair Exercise 10:00-11:00 Virtual Haitian Health and Wellness Talk 11:00-12:00 Dancing for Balance 1:30-2:30 Gentle Mat Yoga 3:00-4:15	Qi Gong 9:00-9:45 Zumba Gold 9:30-10:30 Cardio + Yoga 11:00-12:00 Cultura Latina 12:30-1:15
Special Events & Activities				
			1 Conversation & Connection with Susan Pacheco 12:00-1:00	2 Cardio & Yoga CANCELLED
5 Virtual Open Forum Meeting with Alicia Johnson 12:15-1:00	6 Online Tech-Help 12:30-1:30 Intermediate Mat Yoga Class 1:00-2:00	7	8 Book Group 12:00-1:00 Health & Wellness Talk 1:00-2:00 with Roberta Robinson Topic: Healthy Eating	9 Cardio & Yoga CANCELLED
12 Indigenous Peoples Day Holiday	13 Men's Group 10:30 -11:30 Intermediate Mat Yoga Class 1:00-2:00 Online Tech-Help 12:30-1:30	14	15 Virtual 25th Anniversary Dance Party 1:00 - 2:00	16 Cardio & Yoga CANCELLED
19	20 Men's Group 10:30- 11:30 Intermediate Mat Yoga Class 1:00-2:00 Online Tech-Help 12:30-1:30	21	22	23 Cardio & Yoga CANCELLED
26	27 Online Tech-Help 12:30-1:30 Intermediate Mat Yoga Class 1:00-2:00 Alone Together Film & Discussion 1:00 - 2:00	28	29 Virtual visit to the House of the Seven Gables 1:00-2:00	30

Cambridge City Council

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Marc C. McGovern,
Patricia M. Nolan,
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Jivan Sobrinho-Wheeler,
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Newslines

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Citywide Senior Center

Activities

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

Facility

Desi Powell Sr., Facility Manager
Robin Nichols, Custodian

Food Service

Julianne King, Manager
Anita DeJesus, Assistant
Isaiah Renwick-Banks, Assistant

Food Pantry

Geoffrey Kotowski, Coordinator
Michael Terry, Assistant

North Cambridge Senior Center

Alicia Johnson, Director
Joan Mahoney, Meal Site Director
Geoffrey Coughlin, Receptionist
Marybeth Joyce, Assistant

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Q N W E D I V S T W I E S A I O
X N G R R E T U N O Q A M F X
Q M I Y G O V E H I D I S A U O
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C L O W N F I S H T L I E V A R
C O I E Y M Y I D G I S H F I S
P R E U Q N A J D E I H P A O H

**October is that time of year
that ushers in cooler weather,
leaves falling from trees and
the seasonal color of orange**

**Can you find things that are
orange?**

**ORANGES GOLDFISH CARROTS
MARIGOLD ORANGUTANS
PUMPKINS APRICOTS TIGERS
CLOWNFISH**