



Newslines

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

February 2025

806 Massachusetts Avenue, Cambridge, MA 02139

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

Dear Seniors:

What a year it has been! Wait...is it only February? Yes, it is.

The ravaging fires engulfing Los Angeles have sadly taken lives, burned acres of land, destroyed homes and people's livelihoods. The devastation is immense. It is a tragedy that has impacted us all as a nation.

Such a tragedy has made many, including me, examine what I deem important, if I needed to evacuate my home. Important identity documents (birth certificates; passports; immigration documents); medications; cash/credit card; phone & charger BUT then there are the sentimental items. That made me pause. How very difficult to decide. I listed a few very sentimental/irreplaceable items and then expressed massive gratitude that I had the privilege of being able to plan this out sitting in my comfy home. Hoping and praying that I would never have to execute such a plan.

From fires to the political scene. I have been thinking, like many of you I suspect, about this past election, Inauguration and cabinet appointments. I cannot seem to not think about it; enter discussions about it and I hope and pray that good decisions will be made.

As we navigate a time of transition in our

nation, I recognize that many of us may be feeling uncertain, anxious, or even divided. Regardless of our individual political views or personal feelings, the Council on Aging and Senior Centers are committed to supporting our older adult residents. We are committed to making our Senior Centers a welcoming place for all. Fostering a community of respect and dignity for all our older adults seeking informational resources, benefits assistance, fitness, recreation, arts, music, cultural and so much more. We are and will continue to be the safe place that so many have come to know.

All the above is overwhelming. When the feeling of overwhelm takes over me, I attempt to underwhelm myself, by taking a deep breath. Taking one thought at a time. One task at a time. One day at a time.

None of us knows what the future has in store, but the Council on Aging and Senior Centers will continue to support the older adults of our community.

Warm Regards,

Susan P. Pacheco

Executive Director

Information and Referral

Governor Healey Officially Renames Executive Office of Elder Affairs to “Executive Office of Aging & Independence”

On Thursday, January 9th, Governor Maura Healey signed legislation to rename the Executive Office of Elder Affairs to the Executive Office of Aging & Independence to better represent and reflect the values of older adults in Massachusetts. Renaming the agency reduces negative images around aging, normalizes aging as a natural process, and recognizes that older adults value independence and self-determination, while emphasizing that the Healey-Driscoll Administration is here to support residents as they age.

February Mall Shopping

In the month of February we will be offering a Mall Shopping Group that will take place at Arsenal Yards in Watertown. The group will leave from the Senior Center in Central Square at 10:30am and will return to the Senior Center at 1:00pm.

The dates for this shopping group will be:
Tuesday, February 4

Wednesday, February 12

Tuesday, February 18

Reservations are required two business days in advance. Please call the Transportation Office at 617-349-7254.

Home pick up is available upon request.

Please specify if you want home pick up while making reservation.

On Tuesday 2/4 & 2/18 home pick up is available in North & West Cambridge

On Wednesday 2/12 home pick up available in Central Square and East Cambridge

Please contact Vincent McCarthy

vmccarthy@cambridgema.gov

617-349-6216

Share Your Experience with Computer and Internet Access: Take the Massachusetts Statewide Digital Equity Survey!

Please take a brief survey to share your experience with computer and internet access! Your feedback will shape future funding and policy decisions at the state and City level. Our goal is to help more Cambridge residents get reliable and affordable internet service.

The survey does not require participants to share their name or contact information.

It will ask you:

- If you need help using computers and the internet
- What you need access to computers and the internet for
- Which device or devices you use to access the internet
- How much you pay and can afford for internet service

To take the survey, you can visit camb.ma/desurvey or scan the QR code.



The last day to take the survey is February 24, 2025.

February 2025 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



February 2025 – 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 Tuesdays, 1:00- 4:00
Wednesdays, 1:00-2:00

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.

Introduction to Theatre
Mondays, 1:30 – 2:30pm

"Pru Payne" by Steven Drukman is a witty, erudite, exhilarating, and deeply moving portrait of a brilliant woman struggling with dementia. As a formidable critic and public intellectual, Prudence Payne has gone toe to toe with some of the most illustrious writers and artists of the 20th century, and when we first meet her, she is accepting an award for a lifetime of enriching the conversation. **This is an interactive class where we will read from the play, act out scenes, analyze characters and the plot. No prior theatre experience necessary.**

Navigating Loss: Grief Has Its Season Group
Mondays, February 3rd, March 3rd, April 7th
1:00 – 2:00pm

In this informal conversational group We will also share resources, coping strategies, and personal experiences around loss. Conversations will be facilitated by Susan Pacheco and Vincent McCarthy, Registration is encouraged, but all are welcome. For more information, please contact Vincent McCarthy at vmccarthy@cambridgema.gov or call 617-349-6216.

Power Pedal Fitness Class
Tuesdays and Thursdays 9:00-10:00m
February 4th thru March 27th
Part one of the Healthy Aging Cycling Series

Ease into biking with preparatory exercise and strength building classes:

Upper body strength building

- Series of exercises using light weights (no heavier than 5 lbs.)

- Standing, seated, and floor exercises.

Full body calisthenics

- Standing, seated, and floor exercises.

- Improve balance.

- Build torso and limb strength.

Classes are designed for ages 60+, moving at an easy pace, with breaks between sets.

Acrylic Painting Workshop (\$15)
Wednesdays, February 5, 12 and 19
9:30-12:00pm

Join us for a 3-week, beginner-friendly acrylic painting workshop and unleash your creativity! Painting is a perfect way to get your hands messy and your mind inspired.

The workshop includes step by step guidance from a local artist, use of all painting supplies (canvas, paints, brushes), and fun music to get the vibes flowing. You will leave with your very own masterpiece(s)! Acrylic paint can stain, so please wear old clothing. **Registration is required and space is limited. Cost is \$15.00 for the 3-week workshop and includes supplies.**

Senior Home Education Mini-Series
Thursday, February 6 and 27, 10:00 -11:00

Join Jennifer Jonassaint from Homeowner's Rehab for a Senior Home education mini-series. **Home Improvement Topic Examples**
How to look for and shop for quality home products that last
How to create a financial future home needs assessment

LGBTQ+ Film Series

Tuesday, February 11, 10:00-12:30pm

Movie: **Firebird** (Rated: R, 1hr 54 min)

Set in the Soviet Air Force during the Cold War, it tells the true story of forbidden love between a private and a fighter pilot.

For additional information, please contact Phoebe Hallahan, LGBTQ+ Programming Leader at phallahan@cambridgema.gov or 617-349-9177

Veterans and Friends Support Group
Wednesday February 12, 1:00-2:00 pm

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. For more information, please contact Dee Cannon at dcannon@cambridgema.gov

Book Group

Thursday, February 13, 12:00 - 1:00pm

Foster by Claire Keegan . A small girl is sent to live with foster parents on a farm in rural Ireland. She finds a warmth and affection she has not known before and slowly begins to blossom in their care. And when a secret is revealed, she realizes how fragile her idyll is.

Men's Group

Tuesday, February 18, 10:00-11:30am

Join us for February's Men's Group gathering. Light refreshments will be served. .

Indoor Armchair Forest Bathing
– An Introduction to Shinrin Yoku

Tuesday February 18, 10:00 – 11:30am

Join us for a gentle introduction to the practice of Shinrin Yoku, aka "forest bathing," from the comfort of the Cambridge Senior Center. Together we'll hear about the practice of forest bathing which is about using our senses to experience the natural world around us. There will be some guided exercises and participants will be invited to

share their experiences of connecting to nature. At the conclusion of the indoor series, we will continue the series outdoors and connect with Cambridge's green spaces with guided outdoor walks

Beginner Music Theory – 3 Week Series
Wednesdays February 19 thru March 5
1:00 – 2:00pm

Have you wondered about that mysterious field called "music theory?" Have you heard of "scales, keys, notes and chords" and not been sure of what they are?

In this course, I will start you on the road to understanding some of the language and principles of music. Registration is required and space is limited.

Film and Discussion

Tuesday, February 25 1:00 - 3:30pm

Movie: **Pride**

Pride is a drama film released in 2007, set in 1970s Philadelphia. Based on a true story, the film stars Terrence Howard as an inner-city swimming coach who helps his young team members discover their inner strength and determination to succeed.

For more information, please contact Vincent McCarthy at vmccarthy@cambridgema.gov

Building Healthy Habits: The Art and Science of Setting Goals.

Wednesday, February 26, 1:00 - 2:00pm

Ready to refresh your New Year's resolutions? Certified Health and Wellness Coach Julia Sullivan will talk about the psychology of changing habits, and some easy ways you can get started and build on your progress. You'll also have the opportunity to sign up for a free 15-minute, one-on-one health and wellness coaching sessions at the Senior Center

Red Cross - Emergency Preparedness Training
Thursday, February 27, 1 -2:00pm
Hosted by the American Red Cross.

February – Weekly Class Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday
Qi Gong (V) 9:00 – 9:45	Computer Lab (IP) 9:00 – 4:00	Chinese Singers and Chinese Folk Dancing (IP) 9:00 – 12:00	Meditation (V) 9:00 – 9:45	Qi Gong (V) 9:00 – 9:45
Computer Lab (IP) 9:00 – 5:00	Mat Yoga (IP) 10:00 – 11:00	Music Instrument Lessons (IP) 9:00-10:00	Computer Lab (IP) 9:00 – 4:00	Computer Lab (IP) 9:00 – 11:00
Tech Help (IP) 9:00 – 11:00	Balance Chi Kung (IP) 11:30 – 12:30	ESOL (CLC) (IP) 9:30 – 11:45	Zumba Gold (IP) 9:00 – 9:45	Flamenco Dance (H) 10:00 – 11:00
ESOL/Chinese (IP) 9:30 – 10:30	Board and Card Games (IP) 1:00 – 3:00	Computer Lab (IP) 9:00 – 4:00	Tai Chi (IP) 11:00 – 12:00	Ping Pong — Beginners (IP) 8:30 – 9:30
Spanish Fun Lessons (IP) 9:30-11:00	Tech Help (IP) 1:00 - 4:00	ESOL (CLC) (IP) 9:30 – 11:45		Ping Pong — Experienced (IP) 9:30 – 10:30
Strong and Stretched (IP) 11:00 – 12:00		Flamenco Tango (V) 10:00 – 11:00		Yoga for Better Balance (IP) 10:30 – 11:30
Art Class 1:00-2:00 (V)		Chorus (IP) 10:30-11:30		
Ballroom Dancing (IP) 1:00 – 3:00		Chair Exercise (V) 11:15 – 12:00		
Intro to Theatre (IP) 1:30-2:30		Tech Help (IP) 1:00 - 2:00		
Zumba Gold (IP) 2:30- 3:15		Crafts and Social Group (IP) 1:00 – 3:00		
Portrait Drawing Class 3:00-5:00 (IP)		Strong and Stretched (V) 1:30 – 2:30		
Line Dancing (H) 6:00 – 7:00				
Spanish (V) 6:45 – 8:00				

February – Special Events Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Navigating Loss Conversational Group 1:00-2:00 (IP)	4 Power Pedal 9:00-10:00 (H)	5 Acrylic painting workshop 9:30-12:00 (IP)	6 Power Pedal 9:00-10:00 (H) Home Education Mini-Series 10:00-11:00 (IP)	7
10 MA National Federation of the Blind -Cambridge Chapter (IP) 6:00 – 7:30	11 Power Pedal 9:00-10:00 (H) COA Board Meeting 9:30-11:00 (V) ESOL Intermediate 10:00-12:00 (IP) LGBTQ+ Film Series 10:00-12:00 (IP) Movie: <i>Firebird</i>	12 Acrylic painting workshop 9:30-12:00 (IP) Veterans & Friends Support Group 1:00-2:00 (IP)	13 Power Pedal 9:00-10:00 (H) Book Group 12:00- 1:00 (H)	14 Meditation and Mandala 10:00-11:00 (IP))
17 Presidents Day Holiday Senior Center Closed	18 Power Pedal 9:00-10:00 (H) Men's Group 10:00-11:30 (IP) Indoor Armchair Forest Bathing – An Introduction to Shinrin Yoku 10:00-11:30 (IP)	19 Acrylic painting workshop 9:30-12:00 (IP) Safety Awareness 1:00-2:00 (IP) Begining Music Theory 1 -2:00 (IP)	20 Power Pedal 9:00-10:00 (H)	21
24 Mass Senior Action Council Somerville/ Cambridge Chapter Meeting 11:30 - 1:00 (IP)	25 Power Pedal 9:00-10:00 (H) ESOL Intermediate 10:00-12:00 (IP) Film and Discussion 1:00-3:30 (IP) Movie: <i>Pride</i>	26 ESOL Beginners (CLC) Returns (IP) 9:30 – 11:45 Building Health Habits 1:00-2:00 (IP) Begining Music Theory 1:00-2:00 (IP)	27 Power Pedal 9:00-10:00 (H) Home Education Mini-Series 10:00-11:00 (IP) Cambridge Consumers Council Drop-in Information 11:00- 12:30 (IP) Red Cross Presentation 1:00-2:00 (IP)	28

February 2025 – 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.

Chorus

Experience the joys of singing, regardless of how "good" your voices are. We'll pick songs based on whether people like them and will work on 10–12 songs at a time. Songs can be of any genre or era.

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.

Instrument (Individual or Small Group Lessons)

Here is your chance to learn to play an instrument — even if you have never played one before! Or dust off the instrument you used to play and give it a new life.

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.

Portrait Drawing Class

Students will learn how to approach a human portrait drawing from start to finish. This class teaches realistic methods of portrait drawing by copying a photograph of a portrait and focuses on fundamentals: how to sharpen a pencil; draw straight lines; measure proportions with accuracy; make a 9-point value scale; understand the logic of light, light and shadow shapes and middle tones; and how to render the forms, big and small.

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.

Yoga for Better Balance

This class provides opportunities to improve balance standing and seated on mats or chairs. The focus is to be present in our bodies as we stretch and strengthen stabilizing muscle groups. The objective is to increase our self-confidence and joy standing and moving.

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.

February 2025 – 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
Acrylic Painting (IP) 9:30 - 12:00	Strength Building (IP) 9:30-10:15	Watercolors 9:30 - 11:30 (V)	Watercolors 9:30 - 11:30 (IP)	Whist (IP) 11:30-2:30
Dominoes (IP) 10:30- 11:30	Zumba Gold (IP) 10:30-11:15	Spanish Class 9:30 - 11:30 (IP)	Dancing for Balance (H) 1:30 – 2:30	Documentary Photography 3:00 -4:30 (IP)
Dancing for Balance (H) 1:00 – 2:00	Strong and Stretched (IP) 11:30- 12:30	ESOL (IP) 10:30- 11:30	Gentle Mat Yoga (IP) 3:00 – 4:15	
Mindful Movement 2:15 - 3:15 (IP)	Tai Chi (IP) 1:30 – 2:30	Chair Yoga (IP) 12:00– 1:00		
Gentle Mat Yoga (IP) 3:30 – 4:30	Chair Yoga (IP) 3:00– 4:00	Mindfulness Meditation (IP) 3:00– 4:00		

February 2025 – NC Happenings and Special Events

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

Mindful Movement Mondays 2:15pm – 3:15pm

Join our Mindful Movement Class for a relaxing, gentle way to improve balance, coordination, and mental focus. This gentle and enjoyable practice combines rhythmic exercises with expressive gestures, promoting balance, flexibility, and overall well-being. This class uses slow, flowing movements designed especially for seniors to move, reduce stress, and connect with others in a supportive setting!

Documentary Photography Fridays 3:00pm – 4:30pm

Unlock your creative potential with our Documentary Photography Class! Every week, we'll dive into taking the best possible image you can take with your Smartphone. Open to all

skill levels. Smartphone is required. This class will help with and improve your image editing.

Spanish Class Every Wednesday beginning February 5th 9:30am – 11am

Join our new Spanish class for beginners! Learn basic vocabulary, simple phrases, and essential grammar in a fun, friendly environment. Whether you're looking to travel, connect with others, or try something new, this class is the perfect starting point. No prior experience needed—just bring your enthusiasm to learn!

COLLAGE AND SCRAPBOOKING Every Thursday beginning February 13th 10am – 12pm

Engage in the art of Collage and Scrapbooking! Students will create art using patterned paper, illustrations from magazines and catalogs, stickers, rubber stamps, colored pencils and markers, and any other appropriate material.

We invite students to bring their own photos and mementos to create a story or make up a story with other material brought to class. Although not required, students should bring scissors and a glue stick to class. Limited availability. Cost \$5.

TRIP: Burlington Mall Friday, February 14th 10am-1:30pm

Join us for a quick trip to Burlington Mall! Shop your favorite stores, enjoy some browsing, and treat yourself to lunch at one of the many dining options. Lunch on your own. Cost: \$5 for transportation.

Documentary Photography Open Gallery Friday, February 14th 3:30pm-4:30pm

Join us for an inspiring showcase of storytelling through the lens of our Documentary Photography Class! The participants proudly present their work, capturing the essence of everyday life in Cambridge and beyond. This open gallery celebrates their journey in documenting the unique moments, people, and places that make our community vibrant.

Bilingual Storytelling: Why the Sea Cries? Thursday, February 20th 1pm-2pm

Have you ever asked you why the sea sounds like it is crying? Join us and discover the reason—through this story of a Brazilian Cinderella who has a “unique” sister that helps her through difficult times, helping her to find their real love and prince.

Meet the Author: Jean Duffy of The Soccer Grannies in South Africa Wednesday, February 26th 1pm – 2pm

Join author Jean Duffy for a captivating presentation featuring photos, storytelling, and a documentary excerpt from Alive and Kicking: The Soccer Grannies in South Africa. Discover the inspiring journey of these remarkable women as they break boundaries through soccer. This talk includes a Q&A

session. Coffee, tea, and light snacks will be served.

CANCELLATIONS

Strength Training and Zumba will be cancelled on Tuesday, February 25th and April 8th.

COMING SOON!

TRIP: Lunch & Shopping Trip Friday, March 21st 11am-3pm

Shop for great deals on clothing, home goods, and more at TJ Maxx in Waltham. Then, enjoy a tasty meal at Grassfields Restaurant, known for its cozy atmosphere and delicious food. Preregistration required. Cost \$20 for transportation and Meal which includes a non-acholic beverage and entrée of choice. Limited availability.

Bilingual Storytelling: The Copihue Flower Legend

Thursday, March 20th 1pm-2pm

We will travel South to Chile and learn about the beautiful legend of their national flower. This tale from the Mapuche land, tells the origin of the Copihue flower, a symbol of friendship, happiness and gratitude.

Movie and Discussion: Help! March

Time and Date TBD

Join us for a screening of Help, another classic Beatles movie, followed by a discussion led Candy Leonard, Cambridge resident and author of Beatleness: How the Beatles and Their Fans Remade the World. This is an opportunity to share memories of The Beatles and explore their impact with fellow Beatles fans! Pizza and refreshments will be provided. Preregistration encouraged. Space is limited.

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**Our appreciation to the Executive
Office of Aging & Independence
for funds to support this
publication**

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Newslines

Lisa Castagna, Sanaa Mohamed,
and Susan Pacheco