Dear Seniors:

It never stops, does it? I feel as if each month when I sit down to write to you, more news abruptly stops me in my tracks. I know I have said previously in this space, the importance of taking care of oneself. Put your phone down and rest when you need to and shut down those news channels, to give both your brain and heart a chance to recover. Look for an ally that you can speak to and listen without judgement.

I often look to my childhood hero: Mr. Fred Rogers, for guidance and feel-good inspiration. I will leave you with this quote: “Confronting our feelings and giving them appropriate expression always takes strength, not weakness. It takes strength to acknowledge our anger, and sometimes more strength yet to curb the aggressive urges anger may bring and to channel them into nonviolent outlets. It takes strength to face our sadness and to grieve and to let our grief and our anger flow in tears when they need to. It takes strength to talk about our feelings and to reach out for help and comfort when we need it.” ~ Fred Rogers

Please stay well!

Warm Regards,
Susan P. Pacheco
Executive Director
Community Meals

Hours and location information may change, and programs may have eligibility restrictions. We suggest confirming all details with programs directly. Please note that to-go bag meals will replace sit-down meals at most locations until further notice. All meals are free unless otherwise noted.

<table>
<thead>
<tr>
<th>Faith Lutheran Church/Faith Kitchen</th>
<th>Food Not Bombs</th>
</tr>
</thead>
<tbody>
<tr>
<td>311 Broadway, 617-354-0414</td>
<td>1 Central Sq. (Carl Barron Plaza)</td>
</tr>
<tr>
<td>2nd &amp; last Tues of the month, 6:30pm</td>
<td>Saturday, 12-4pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Salvation Army</th>
<th>First Korean Church/Loaves &amp; Fishes Meal Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>402 Mass Ave., 617-547-3400</td>
<td>35 Magazine St., 617-491-1474</td>
</tr>
<tr>
<td>Every day, 11:30am &amp; 12:00pm</td>
<td>Saturday, 5:30pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Harvard Square Churches Meal Program</th>
<th>Material Aid &amp; Advocacy Program (MAAP)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 Garden St., 617-966-6217</td>
<td>5 Longfellow Park</td>
</tr>
<tr>
<td>Thursday, 4-5:30pm</td>
<td>Tues &amp; Thurs, 9am-3pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Mass Ave Baptist Church/Project Manna</th>
<th>First Church Cambridge/The Friday Café</th>
</tr>
</thead>
<tbody>
<tr>
<td>146 Hampshire St., 617-868-4853</td>
<td>11 Garden St., 617-547-2724</td>
</tr>
<tr>
<td>Monday, 1:30-2:30pm</td>
<td>Fri: 12-3pm; Weds: 4-6:30pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Solutions At Work</th>
<th>The Outdoor Church</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Central Sq. (Carl Barron Plaza), 617-401-5335</td>
<td>Outdoors at Porter Sq. T Station</td>
</tr>
<tr>
<td>Mon-Fri, 4-5pm</td>
<td>Sunday (following church service), 9-10:30am</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Hope Fellowship Church*</th>
<th>Tuesday Meals at First Parish</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 Beech St., 617-868-3261</td>
<td>3 Church St., 617-876-7772</td>
</tr>
<tr>
<td>Tues &amp; Sun, 5-6pm</td>
<td>Tuesday, 4-6:30pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Citywide Senior Center</th>
<th>St. Peter's Church/CommonCare</th>
</tr>
</thead>
<tbody>
<tr>
<td>806 Mass Ave, 617-349-6042</td>
<td>13 Sellers St., 617-547-7788</td>
</tr>
<tr>
<td>Mon-Thurs, 11:30am-12:15</td>
<td>2nd &amp; 4th Sat of the month (Sept-June only), 4:30-5:30pm</td>
</tr>
<tr>
<td>Must make reservation by phone by 11am day prior</td>
<td>(dates occasionally vary)</td>
</tr>
<tr>
<td>Suggested donation of $3</td>
<td></td>
</tr>
</tbody>
</table>

* For people currently experiencing homelessness

Somerville-Cambridge Elder Services (SCES) offers a variety of nutrition and meal services, including congregate meals and Meals on Wheels home delivery for adults ages 60+. For more information, please visit bit.ly/2Qs3kVB or call 617-628-2601.

If you have any updated information to provide for this guide, please email: cambridgeinmotion@challiance.org
To view this flyer online, please visit: bit.ly/cambfoodguide
**Cambridge Food Resource Guide**

### Food Pantries

*Hours and location information may change, and programs may have eligibility restrictions. We suggest confirming all details with programs directly.*

<table>
<thead>
<tr>
<th>Food Pantries</th>
<th>Hours and Location Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cambridge Economic Opportunity Committee (CEOC)</strong>&lt;br&gt;11 Inman St., 617-868-2900</td>
<td>Tuesday 12-2p; Thursday 11am-1pm</td>
</tr>
<tr>
<td><strong>St. James Episcopal Church/Helping Hand Food Pantry</strong>&lt;br&gt;1991 Mass Ave, 617-547-4070</td>
<td>2nd &amp; 4th Saturday of the month, 9-11am</td>
</tr>
<tr>
<td><strong>East End House</strong></td>
<td>105 Spring St., 617-876-4444&lt;br&gt;Tuesday &amp; Friday, 1pm</td>
</tr>
<tr>
<td><strong>Cambridge Community Center</strong></td>
<td>5 Callender St., 617-547-6811&lt;br&gt;Tuesday through Friday, 1-3pm</td>
</tr>
<tr>
<td><strong>Margaret Fuller Neighborhood House</strong></td>
<td>71 Cherry St., 617-547-4680&lt;br&gt;Wednesday 4-6:30pm; Thursday 2-5pm; Friday 9am-12pm; Saturday 10am-1pm</td>
</tr>
<tr>
<td><strong>Mass Ave Baptist Church/Project Manna</strong></td>
<td>146 Hampshire St., 617-868-4853&lt;br&gt;3rd Saturday of the month, 8am (while supplies last)</td>
</tr>
<tr>
<td><strong>St. Paul Parish</strong></td>
<td>29 Mt. Auburn St., 617-491-8400&lt;br&gt;Saturday, 10am-12pm</td>
</tr>
<tr>
<td><strong>St. Paul AME Church/Elnora Yard Food Pantry</strong></td>
<td>85 Bishop Allen Dr., 617-661-1110&lt;br&gt;Wednesday 3-5pm; Thursday 12-2pm</td>
</tr>
<tr>
<td><strong>Salvation Army</strong></td>
<td>402 Mass Ave., 617-547-3400&lt;br&gt;Monday, Wednesday, Friday 11am-1pm (Also available Monday-Friday by appointment)</td>
</tr>
</tbody>
</table>

### Food For Free Healthy Eats Home Delivery Program

Food For Free’s Healthy Eats Home Delivery program brings grocery boxes to the homes of qualifying, low-income Cambridge residents who are unable to access traditional food pantries due to illness or disability and do not have relatives or caretakers who are able to assist with groceries. Applicants under 80 years old must provide a medical referral explaining disability or impairment that prevents access to local food pantries and lack of a caretaker who can go to a food pantry on their behalf. Participants will not be enrolled without a medical note. To apply, please call 617-273-0817 or visit bit.ly/2UBoGSx

### SNAP, WIC & More

For more information about SNAP, WIC or other food assistance resources, please contact Project Bread at 800-645-8333, or the Cambridge Economic Opportunity Committee (CEOC) at 617-868-2900.

To learn more about using SNAP, SNAP Match, or HIP at Cambridge farmers markets, please visit: [bit.ly/SNAPMatch](https://bit.ly/SNAPMatch)

For more information about stores that accept SNAP or WIC in Cambridge, please visit: [bit.ly/CambSNAPstores](https://bit.ly/CambSNAPstores)

*If you have any updated information to provide for this flyer, please send an email to cambridgeinmotion@challiance.org
To view this flyer online, please visit: bit.ly/cambfoodguide*
Information & Referral

**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.

**KEEP YOUR COOL IN THE HEAT**

Hot weather can place a dangerous strain on your body, especially on your heart. Heat stress can cause many medical problems. Taking a few precautionary steps against heat stress and learning what resources will be available in the event of a heat wave can mean a more comfortable and safer summer.

Temperatures above 90 degrees, especially when combined with high humidity place a strain on your body. Your chances of getting sick in hot weather are increased by a weak or damaged heart, hypertension, circulatory problems, diabetes, a previous stroke, infection or fever, diarrhea, alcohol consumption, skin disease or sunburn, or being overweight.

Certain prescription drugs can make you much more vulnerable to the heat. If you take medicine for high blood pressure, nervousness, depression, poor circulation or sleeping check with your doctor or pharmacist for advice.

During hot weather, most people feel uncomfortable, and may notice a lack of energy or loss of appetite. These are mild signs, and unless they last a long time, there is no need to be alarmed. Take steps to cool down and you avoid more serious affects of the heat.

However, if you or someone you know experiences any of the following serious signs, bathe with cool water and seek medical advice immediately: dizziness, rapid heartbeat, diarrhea, nausea, throbbing headache, dry skin (no sweating), chest pain, great weakness, and mental changes, breathing problems or cramps.

The Cambridge Council on Aging will serve as the main number for individuals to call for information and assistance in the event of a heat emergency. A staff person will provide information on preventive steps to avoid heat stress and coordinate with available community resources to link you with the assistance you need.

The Cambridge Senior Center, 806 Mass. Ave. and the North Cambridge Senior Center, 2050 Massachusetts Ave. will operate as ‘cool shelters’ where Cambridge elders are welcome to come and cool off. The Cambridge Senior Center is open Monday 8:30 a.m. – 8:00 p.m., Tuesday – Thursday 8:30 a.m. – 5:00 p.m., and Friday 8:30 – Noon. The North Cambridge Senior Center is currently open only on Mondays 11:30 a.m. – 5:00 p.m. and Fridays 11:30 a.m. – 3:00 p.m. To see if a formal heat emergency has been declared, please contact the Council on Aging at 617-349-6220. If you are a senior, who is low income, and who does not have a fan, and has difficulty affording one, please call and ask for Vincent, Dee or Maryellen at 617-349-6220. (Seniors, who have received a fan within the last 3 years, will be ineligible, unless circumstances deem it necessary).
Cambridge Council on Aging  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.

**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 utilizing what you have available at home. 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 & 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.
July 2022 Happenings at the Cambridge Council on Aging
To register for classes/programs, unless specifically noted otherwise, please call the COA @ 617-349-6220.

*PHOTOGRAPHY CLASS
Thursday, July 7, 14 and 21, 10:00-11:30
We will learn about photography and help you take control of your camera, finally!
We will learn about technical features of the camera as well as how to compose photographs.

Charlesgate Yacht Club Trip
Monday, July 11, 10:00-2:00
We are invited to the Charlesgate Yacht club for a delicious lunch and a cruise down the Charles River.
Registration is required.
$5.00 transportation cost.

*Tech-Help: Smartphone Q&A: Basics
Mondays July 11, 18 and 25, 9:00-11:00
Tuesdays July 5, 12, 19 and 26, 1:00- 4:00
Fridays July 1, 8, 15, 22 and 29, 9:00-11:00
Staff will be available to answer common questions about your wireless devices, laptops, and applications such as Zoom and Facebook.
Please call to register 617-349-6220

Senior Jam Sessions
Monday, July 11 and 25, 4:00-6:00
Are you over the age of 60? Do you play an instrument or sing? Have you been looking for an opportunity to get together with other musicians and jam on your favorite tunes? If you answered yes to these questions then we have the jam session for you.

Book Group
Thursday, July 14, 11:45-1:00

*Health & Wellness Discussion
Thursday July 14, 1:00-2:00
With Roberta Robinson from CHA.
Topic: Happy for No Reason what does this mean? How do we get there? Everyone wants to be happy or happier, right?
Please join me as we explore this topic and discover techniques to help us get there and stay there.

BBQ Party
Monday, July 18, 11:30-12:15

Men’s Group
Tuesday, July 19, 10:00-11:30
Come join the Men’s Group, light refreshments will be served.
This in-person event will take place at The Cambridge Senior Center in our 2nd floor Kitchen Classroom. For more information or to register for this event, please contact Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

In-person Arts and Crafts Class “Paint Party”
Thursday, July 21, 1:00-3:00
Cost: $5.00 per person and includes all materials.
Registration is required and space is limited.

Film and Discussion
Tuesday, July 26, 1:00-3:00
Movie: Joe Bell (2020), rated R
This will be our first in person meeting of Film & Discussion since 2/2020.
The true story of an Oregonian father who pays tribute to his gay teenage son, Jadin, by embarking on a self-reflective walk across America to speak to heartland citizens about the real and terrifying costs of bullying. This group will meet in the Arts & Crafts room on the 2nd floor.

Patio Party
Thursday, July 28, 12:30-3:00
Entertainment by DJ. Owen Howell
Come and have fun with Music food and the company of your friends on our patio for the first party on our patio this summer.
Ticket cost $7.00 space is limited.

In-Person Classes/Programs schedule for the Cambridge Senior Center at 806 Massachusetts Ave.:
*Strong and Stretched on Mondays, 11:00-12:00
*Cultura Latina Mondays, 11:00-12:00
*Bingo on Mondays, 1:00-3:00.
*Line Dancing on Mondays, 6:00-7:00 “Hybrid”
*Meditation on Tuesdays, 9:00-10:00
*Gentle Morning Jive Tuesdays, 10:00-11:00
*Zumba Gold on Tuesdays, 1:30-2:30
*Chinese Singers & Chinese Folk Dancing Wednesdays, 9:00-12:00
*ESOL (CLC) on Wednesdays, 9:45-12:00
*Tai- Chi Thursdays, 11:00-12:00
*PHOTOGRAPHY CLASS Thursdays, 10:00-11:30
*Flamenco Dance Fridays, 10:00-11:00 “Hybrid”
3:30 p.m. to 4:30 p.m.
**North Cambridge Senior Center  Daily Events at Our Center July 2022**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>*Dancing for Balance 1:00-2:00 Hybrid</td>
<td>Strength Building 9:30-10:30 Virtual</td>
<td>Chair Yoga 12:00-1:00 Virtual</td>
<td>Watercolors 9:30-11:30 Virtual</td>
<td>Zumba 9:30-10:30 Virtual</td>
</tr>
<tr>
<td>Gentle Mat Yoga 3:30-4:30 Virtual</td>
<td>Chair Yoga 3:00-4:00 Virtual</td>
<td></td>
<td>Dancing for Balance 1:30-2:30 Virtual</td>
<td>*Whist 12:30-2:30 In-Person</td>
</tr>
</tbody>
</table>

**Special Events & Activities at North Cambridge**

<table>
<thead>
<tr>
<th>4 Independence Day Holiday 5</th>
<th>6</th>
<th>7</th>
<th>8</th>
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<tbody>
<tr>
<td>Senior Center Closed 11 12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>Gentle Mat Yoga Cancelled 18 19</td>
<td>20</td>
<td>21</td>
<td>22</td>
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<td>25</td>
<td>26</td>
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In-Person Classes/Programs schedule for the North Cambridge Senior Center at 2050 Massachusetts Ave.:
- *Dancing for Balance Class on Mondays “Hybrid” 1:00 to 2:00
### July 2022 Cambridge Council on Aging

**Monday Through Thursday** Hot Dine-and-stay lunches served 11:30 - 12:15. Cold Grab & Go Lunch option available.

Lunch Reservations should be made 2 business days in advance. Please call 617-349-6047 to make your reservation. The lunchs are available for a suggested $3 donation for Seniors 60+.

Online classes are currently offered via Zoom. Participants must be 60+, 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.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td>Qi Gong 9:00-9:45 Virtual Computer Lab &amp; Tech Help 9:00-11:00 Gentle Morning Jive 10:00-11:00 Virtual *Cultura Latina 11:00-12:00 *Strong and Stretched 11:00-12:00 Watercolor Painting 1:00-2:00 Virtual *Ballroom Dancing 1:00-3:00 *Bingo 1:00-3:00 Computer Lab 2:00-4:00 *Line Dancing 6:00-7:00 Hybrid Spanish 6:30-7:45 Virtual</td>
<td>ESOL II (By email only) ESOL IV (By email only) *Meditation 9:00-10:00 *Gentle Morning Jive 10:00-11:00 Balance – Chi Kung 11:00-12:00 Virtual Computer Lab &amp; Tech Help 1:00-4:00 *Board and Card Games 1:00-3:00 Computer Lab 1:00-4:00 *Zumba Gold 1:30-2:30</td>
<td>*Chinese Singers &amp; Chinese Folk Dancing 9:00-12:00 *ESOL (CLC) 9:45-12:00 Flamenco - Tango 10:00-11:00 Virtual Chair Exercise 11:00-12:00 Virtual Computer Lab 11:00-3:00 *Crafts &amp; Social Group 1:00-3:00 Strong and Stretched 1:30-2:30 Virtual</td>
<td>Meditation 9:00-9:45 Virtual Chair Exercise 10:00-11:00 Virtual Haitian Elder Group Meeting 11:00-2:00 *Tai-Chi 11:00-12:00 Computer Lab 1:00-4:00</td>
<td>Qi Gong 9:00-9:45 Virtual Computer Lab &amp; Tech Help 9:00-11:00 *Flamenco Dance 10:00-11:00 Hybrid Cardio + Yoga 11:00-12:00 Virtual</td>
</tr>
</tbody>
</table>

### Special Events & Activities

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<tbody>
<tr>
<td>Independence Day Holiday Senior Center Closed</td>
<td>Zumba Gold Canceled Gentle Morning Jive Canceled</td>
<td>Chair Exercise canceled Strong and Stretched canceled Crafts &amp; Social Group 1:00-3:00</td>
<td>Photography Class 10:00-11:30 Haitian Elder Group Meeting 10:00-3:30</td>
<td>Cardio + Yoga canceled</td>
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<tr>
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<tbody>
<tr>
<td>Charlesgate Yacht Club Trip 10:00-2:00 Ticket cost $5.00 Senior Jam Sessions 4:00-6:00</td>
<td>Chair Exercise canceled Strong and Stretched canceled Crafts &amp; Social Group 1:00-3:00</td>
<td>Veterans and Friends Support Group 1:00-2:00</td>
<td>Photography Class 10:00-11:30 Book Group 11:45-1:00 Health &amp; Wellness Talk 1:00-2:00 with Roberta Robinson Topic: Happy for No Reason</td>
<td>Veterans and Friends Support Group 1:00-2:00</td>
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</tr>
</thead>
<tbody>
<tr>
<td>BBQ Party 11:30-12:15</td>
<td>Men’s Group 10:00-11:30</td>
<td>Strong and Stretched canceled</td>
<td>Photography Class 10:00-11:30 Art and Craft Paint Party 1:00-3:00</td>
<td>Cardio + Yoga canceled</td>
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<tr>
<th>25</th>
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<th>29</th>
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</thead>
<tbody>
<tr>
<td>Senior Jam Sessions 4:00-6:00</td>
<td>Film and Discussion 1:00-3:30 Movie: Joe Bill</td>
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<td></td>
<td>Cambridge Consumers Council Information Table 11:00-12:30 Patio Party 12:30-3:00 Ticket cost $7.00 Entertainment by DJ. Owen Howell</td>
</tr>
</tbody>
</table>
Cambridge City Council
Sumbul Siddiqui, Mayor
Alanna M. Mallon, Vice Mayor
Burhan Azeem
Dennis J. Carlone,
Marc C. McGovern,
Patricia M. Nolan,
E. Denise Simmons,
Paul F. Toner
Quinton Y. Zondervan

City Administration
Louis DePasquale,
City Manager
Ellen Semonoff,
Assistant City Manager for Human Services

Council On Aging Board
Stephanie Becker-Stone
James M. Bennett
Lois Carra
Jennifer Chisholm
Kathy L. Dalton
Mary DeCourcy
Pearl Hines
Lily Owyang
Eva J. Paddock
Beverly Sealey

Council On Aging Program and Staff
Executive Director
Susan Pacheco
Social Services
Vincent McCarthy,
Director of Client Services
Maryellen McElaney,
Information & Referral
Dwan Cannon,
Outreach Case Manager

Administrative Assistant
Lisa Castagna
Julie King,
COA Assistant
Receptionists
Rosalind Brown
Matara Malone
Jean K. Tanous

Elder Haitian Program
Hermide Mercier
Computer Instructor
Pamela Howard

Newslines
Lisa Castagna
Sanaa Mohamed
Susan Pacheco

Cambridge Senior Center
Alicia Johnson, Director
Activities
Arline McGrady,
Activities & Volunteer Coordinator
Adam Leith, Assistant
Sanaa Mohamed, Assistant

Facility
Desi Powell Sr., Facility Manager
Hang Tang, Custodian

Food Service
Isaiah Renwick-Banks, Assistant

Food Pantry
Geoffrey Kotowski, Coordinator

North Cambridge Senior Center
Joan Mahoney, Meal Site Director
Geoffrey Coughlin, Receptionist
Marybeth Joyce, Assistant

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

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