



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
September 2019 <http://www.cambridgema.gov/DHSP/COA>

Dear Seniors,

I write this note to you on a crisp August night. As I sat down at my computer, I paused and decided to get a sweatshirt. Dare I say it: "I'm a bit chilled." When I put the sweatshirt on, I immediately felt the comfort I needed and was ready to take on the task at hand – writing this note to all of you. Summer is winding down and I'm not ready. I love summer and it always seems so short and each year shorter than the prior years. I started the summer yearning for the longer, warmer and sun filled days. I needed this summer as a way of recharging my mind, body and spirit. That I achieved. I've had the most restful summer that I have experienced in quite some time. When those around you are feeling and doing well, you too feel well.

I also enjoyed a great summer with my children, who much to my dismay are ADULTS! We had great family outings and much time was spent reminiscing about random childhood memories.

My favorite moment this summer was while we sat on the shore of our favorite New England beach. The stories of memories that my children shared, came as quickly as each wave crashed against us. I sat there listening, smiling and so many times laughing. I couldn't believe the stories they were sharing. At one point, they turned to each other (as if I wasn't there) and stated "we had a great childhood. Good times! Good times!" I think at

about.

I'll hold onto that beautiful day on the beach as I prepare my son for his second year of school. All is ready for the move back and there is excitement and anxiety for the new year. As a student he will have to get back into the routine of classes and assignments. As a family we will have to adjust to his absence once again. Maybe that sweatshirt will have the power to comfort me during those early days of his absence? I think I'll keep it handy!



I hope all of you had a great summer and are ready to embrace autumn. Please do come by and visit us at the Senior Centers.

We look forward to seeing you!

Warm Regards,
Susan P. Pacheco

that moment my heart exploded! How many times, as a parent, do you wonder if you are getting it right? I learned that day that it had not been the big trips that made the most profound memories for my children. It had been simple outings and experiences that they were reminiscing

Information & Referral

4th Annual Senior Service Provider Fair @ the Cambridge Senior Center 806 Mass. Ave. Thursday, September 5, 11:00-2:00

This event is designed to bring together various service providers under one roof to meet with Cambridge seniors, inform them about the multitude of services available to them, and to make this informational exchange as convenient as possible.

For more information contact Councilor Simmons @ 617-349-4205 or @ dsimmons@cambridgema.gov

H.O.W. Coffee time

Monday, September 9, 10:30 – 12:00

You are invited to join the Housing Occupancy Wellness Coffee Time Discussion Group.

Caregiver Support Group

Monday, September 16, 1:00– 2:30

This group is open to anyone who is providing care for a loved one. The group will take place on the third Monday of each month.

If you are interested in participating in this group, or have questions about caregiver support, please contact Vincent McCarthy vmccarthy@cambridgema.gov or Maryellen McEleney mmceleney@cambridgema.gov 617-349-6220

Healing and Feeling: Support Through Loss

Wednesday, September 18, 1:30–2:30

Betsy Simmons, Holistic Health Educator & Interfaith Minister, will facilitate this ongoing monthly group. This will be a safe place to reflect on our losses, including separation from, or death of, a loved one, or witnessing the end of a loved one's life. The group will reflect on and share experiences of grief and loss and explore simple meditations, poetry and rituals to begin healing. Self-care, listening and support are the foundation of this group. For more information please contact Vincent McCarthy at vmccarthy@cambridgema.gov or 617-349-6220

Thursday, September 19, 1:00

The Cambridge Council on Aging Presents: **AGING WITH WISDOM**. Please join us as author Olivia Ames Hoblitzelle speaks about her book. Olivia's talk offers new perspectives on aging and inspiration for potentially the most meaningful chapter of our lives. How do we find meaning and beauty in aging? How do we respond to living in an age-phobic culture? Join Olivia for a talk and slideshow, followed by discussion

and book signing. For more information, please contact Susan Pacheco at 617-349-6220 or spacheco@cambridgema.gov.

Memory Café

Friday, September 20, 10:00-12:00

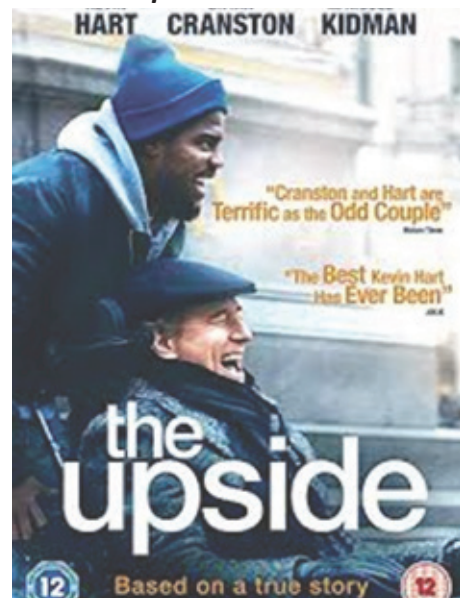
Join us for the Cambridge Connections Memory Café! Cambridge Connections is held the third Friday of every month. For more information about the Cambridge Connections Memory Café or to register, call Maryellen at 617-349-6220 or mmceleney@cambridgema.gov

Registration is requested, but not required. Anyone who requires personal care assistance must be accompanied by a care partner.

Film and Discussion

Tuesday, September 24, 12:45-3:15

Movie: *The Upside*



Despite coming from two different worlds, an unlikely friendship starts to blossom as Dell and Phillip rediscover the joy of living life to the fullest. Inspired by a true story.

Meditation and Mandala

Friday, September 27, 10:00-11:00

Music and a quiet atmosphere will allow group members to relax and get "centered" as they fill in the outlines of paper Mandalas with colored gel pens. The group will start with a brief guided meditation and then individuals will have an opportunity to color at their own pace. Adult coloring has recently gained popularity to reduce stress and as a means of relaxation.

September 2019 Happenings at the Citywide Senior Center

Monday, September 2, 2019

Labor Day Holiday Senior Center Closed

Men's Group

Tuesday, September 3, 10:30-11:30

Coffee, Conversation and light refreshments.

Town Meeting Cancelled Thursday September 5

Super 8 Ball Home Games 11:00-12:30

Thursdays September 5, 19, October 19, October 31, November 7.

Lobster Dinner

Monday, September 9, 4:30-6:30

Ticket cost: \$20.00 and must be purchased in advance.

Bollywood Dance Class

Tuesdays, September 10, 17 & 24, 2019 10:00-11:00

In this class you will learn how to dance the vibrant dance styles of India paired with energetic music and colorful costumes. Come prepared to have fun, shake your shoulders and swing your hips to this contagious fusion style of dance. Class \$3.00

A Matter of Balance (In Chinese Language)

Wednesdays, September 4 & 11

A Matter of Balance is a structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels.

Special Meditation

Thursdays, September 5, 12, 19 & 26 9:00-10:00

Meditation reduces stress and there are many other health benefits to meditation. Class is \$3.00

Chair Exercise Class

Thursdays, September 5, 12, 19 & 26 10:00-10:45

Looking for a class that gives you a more vigorous work out. Chair exercises have multiple benefits: Improved strength and muscle tone; Improved range of motion; Better cardiovascular fitness and circulation; Better cognitive function. Cost: Free

First Thursday Writing Class

Thursday, September 5, 2:00-3:00

We write to put our thoughts and feelings into words, but it is also the case that writing can lead us to a better understanding of what we want to say. First Thursday Writing Group is intended as a positive, encouraging

circle of people who want to write.

Lunch and Learn

Tuesday, September 10, 12:30-1:30

Topic: The Nile River, Presenter by Archaeologist Hisham Hegazy. Registration required. Space is limited.

Book Group

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

Book: **Small Island by Andrea Levy**. Small Island tells the story of post-war Caribbean migration through four narrators.

Health and Wellness Talk

Thursday, September 12, 1:00-2:00

Topic: Anxiety presented by Dr. Jason Strauss, Geriatric Psychiatrist. Cost: Free

BBQ Party on the Patio

Monday, September 16, 5:00-7:00

Ticket cost: \$10.00 and must be purchased in advance
Entertainment by guest: Zev Dickstein

Men's Group

Tuesday, September 17, 10:00-3:00

Miniature Golf Day Trip Pre-registration required.

Evergreen Chorus Concert

Wednesday, September 18, 9:30-12:30

Trip: Atlantic City Boys Live in Concert

Wednesday, September 18,

Live concert at Danvers port Yacht Club. Ticket cost: \$92.00 and includes coach transportation, Lunch and show. Ticket must be purchased in advance.

Restaurant Trip to The Flaming Grill

Wednesday, September 25, 11:00- 1:00

Ticket \$2.00 for transportation, Lunch on your own.

Dance Party

Thursday, September 26, 12:30-3:00

Entertainment by D.J. Vincent J. Caserta Ticket cost: \$7.00 must be purchased.

SAVE THE DATE – NEW PROGRAM

THE Senior Center Writers Café

First Saturday (October 5, 10:00 am – 11:30)

Will feature writings of senior writers in the community. In this informal café setting, writers share their writing by reading samples to a small group of enthusiastic listeners and writers.

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

North Cambridge Senior Center Class Descriptions

Gentle Mat Yoga:

Mondays 3:30-4:30 and Thursdays 3:00-4:00

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 who are comfortable moving from floor to standing with minimal support. Modifications are offered to meet the needs of all participants.

Chair Yoga: Tuesdays 3:00-4:00

In this gentle one-hour class, we practice the basic elements of Yoga, including breathing and movement. A chair is used for seated and standing support. This class is designed for those new to Yoga as well as those who enjoy a supported practice. Modifications are offered to meet the needs of all participants.

Strength Building: Tuesdays 9:30-10:30

In this gentle, seated, one-hour class, strength building movements are performed using resistance bands, small hand weights and ankle weights. This class is appropriate for all fitness levels and modifications are offered to meet the needs of all participants. Equipment is provided, and participants can choose the resistance band or weight that is most comfortable.

Guided Meditation and Breath-work: Wednesdays 9:00-10:00

In this class, the instructor will call upon the two-part basic elements of meditation and breath. Mindfulness is part of the meditation guidance, the two elements of which are being in the moment and being aware of your personal state.

***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 () _____



The class is concluded with a brief discussion.

Chi Gong Arm Chair Exercise: Wednesdays 10:30-11:30

This gentle, seated one-hour class utilizes the principles of the ancient art of Tibetan Chi Gong. Chi Gong has long been used to help bring the body and mind into balance and harmony. It uses a series of postures that include upper body movements and focused breathing. Modifications are offered to meet the needs of all participants.

Watercolors: Thursdays 9:30-11:30

Experience the creativity of watercolor painting. This class is open to all levels of experience and is led by a local NOCA artist. This is a self-paced watercolor class and participants will need to bring their own supplies. For a list of supplies, please call the North Cambridge Senior Center at 617-349-6320.

Zumba Gold: Fridays 9:30-10:30

This is a low impact, one hour, easy to follow, Latin inspired dance class. This class is appropriate for adults of all fitness levels and participants are able to go at their own pace.

Like us on FaceBook!
<https://www.facebook.com/CambridgeCOA/>

North Cambridge Senior Center Daily Events at Our Center September 2019

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 Conversational Class 11:00-12:00 Dancing for Balance 1:00-2:00 Bingo 1:00-3:00 Gentle Mat Yoga 3:30-4:30	Strength Building 9:30-10:30 Hand Crafters Group 11:00-1:00 (Knit, Quilt, Crochet, Needle point) Chair Yoga 3:00-4:00	Guided Meditation and Breath-work 9:00-10:00 Qi Gong Arm Chair Exercise 10:30-11:30 Chair Yoga 12:00-1:00 Mah Jongg 1:30-3:30	Watercolors 9:30-11:30 Dancing for Balance 1:30-2:30 Gentle Mat Yoga 3:00- 4:15	Zumba 9:30-10:30 Whist or Bridge Lessons 10:30-11:30 Whist 12:30-3:30 Bridge 1:00-3:00

Special Events & Activities at North Cambridge

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

2 Labor Day Senior Center Closed	3 Open Forum 12:15	4	5	6
9	10 Strength Building Class Returns 9:30-10:30	11 Birthday Tea 12:15 Mah Jongg Begins 1:30-3:30	12	13 Zumba Gold Returns 9:30-10:30
16	17	18	19 Watercolors Class Returns 9:30-11:30	20
23 Seasonal Pie's and Tarts dessert tasting with iced tea 12:15-12:45 \$2.00 per person registration required	24	25	26 Day Trip to Lake Winnepesaukee 7:45am-6:30pm \$45.00 per person/registration required Includes motor coach transportation Scenic buffet lunch cruise	27
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September 2019 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 9:00-11:45am

\$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 Ballroom Dance 1:00-3:00 Watercolor Painting 1:00-3:00 Computer Lab 1:00-4:00 Bingo 1:15-3:00 Line Dancing 6:00-7:00 Spanish 6:30-7:45	ESOL II 9:30-10:30 Computer Lab 9:00 - 12:00 ESOL IV 10:30-12:00 Computer Lab 1:00-4:00 Zumba Gold 1:30-2:30 Bingo 1:30-3:00 Food Pantry 2:00-4:00 Chinese Fashion Dance 3:00-4:30	Chinese Folk Dancing 8:30 -9:30 Chinese ESOL 8:30 – 9:30 Computer Lab 9:00 – 12:00 ESOL (CLC) 9:30-11:30 Chinese Singers 9:30-11:30 Better Balance 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 Yoga and Flexible Strength 1:30-2:30 Bingo 1:30-3:00 Facebook Class 2:00-3:00	Grandet An Aksion 9:00-3:00 Special Meditation 9:00-10:00 Computer Lab 9:00-12:00 Chair Exercise 10:00- 10:45 Food Pantry 12:00-2:00 ESOL Conversation 1:00-2:00 Computer Lab 3:00-4:45	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 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.

2 Labor Day Holiday Senior Center Closed	3 Men's Group 10:30-11:30	4 A Matter of Balance in Chinese Language 11:00-12:00 Jewelry Class 1:00-3:00	5 Senior Service Providers Informational Fair 11:00-2:00 Super 8 Ball Arlington @ Cambridge 11:00-12:30 First Thursday Writing Class 2:00-3:00	6	7 Save the date The first Saturday on October 5th A New program Writer's Café 10:00-11:00
9 Lobster Dinner 5:00-7:00 Ticket cost: \$20.00 and must be purchased in advance.	10 COA Board Meeting 9:30-11:00 Bollywood dance class 10:00-11:00 Lunch and Learn with Archaeologist Hisham Hegazy "The Nile River" 12:30-1:30	11 A Matter of Balance in Chinese Language 11:00-12:00 Blood Pressure 12:30-1:00 (Public Health Nurse)	12 Super 8 Ball Waltham @ Cambridge 11:00-12:30 Book Group 11:15-12:00 Book: Small Island, by: Andrea Levy. Health & Wellness Talk 1:00-2:00 with Dr. Jason Strauss, Geriatric Psychiatrist Topic: Anxiety.	13	14
16 BBQ Party on the Patio 5:00-7:00 Ticket cost: \$10.00 and must be purchased in advance. The Cambridge Chapter of the National Federation for the Blind 5:30 7:30	17 Bollywood dance class 10:00-11:00 Men's Group Day Trip 10:00 -3:00 Preregistration required Books on review by Janet Borron, Cambridge Librarian12:30-1:15	18 Evergreen Chorus 9:30-12:30 Jewelry Class 1:00-3:00 Trip: Atlantic City Boys Live in concert at Danvers port Yacht Club Ticket Cost: \$92 Includes coach transportation, Lunch and show.	19 Super 8 Ball Cambridge @ Lexington 11:00-12:30 Author Talk 1:00-2:00 Aging with Wisdom with Olivia Ames Hoblitzelle	20 Memory Café 10:00-12:00 MSAC Chapter Meeting 11:30-1:00	21
23 LGBT+ & Friends Conversation & Dinner 4:30 -6:30 For more information, please call Vincent McCarthy @ 617-349-6220	24 Bollywood dance class 10:00-11:00 Senior Safety Group 12:30-1:15 Film and Discussion 12:45-3:15 Movie: <i>The Upside</i> Blood Pressure 2:30-3:00 (Windsor House)	25 Restaurant Trip to Flaming Grill 11:00-1:00 Ticket \$2.00 for transportation	26 Super 8 Ball Cambridge @ Bedford 11:00-12:30 Dance Party 12:30-3:00 Entertainment by D.J. Vincent J. Caserta Ticket cost: \$7.00 must be purchased in advance.	27 Meditation and Mandala 10:00-11:00	28 Like us on FaceBook! https://www.facebook.com/CambridgeCOA/
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