



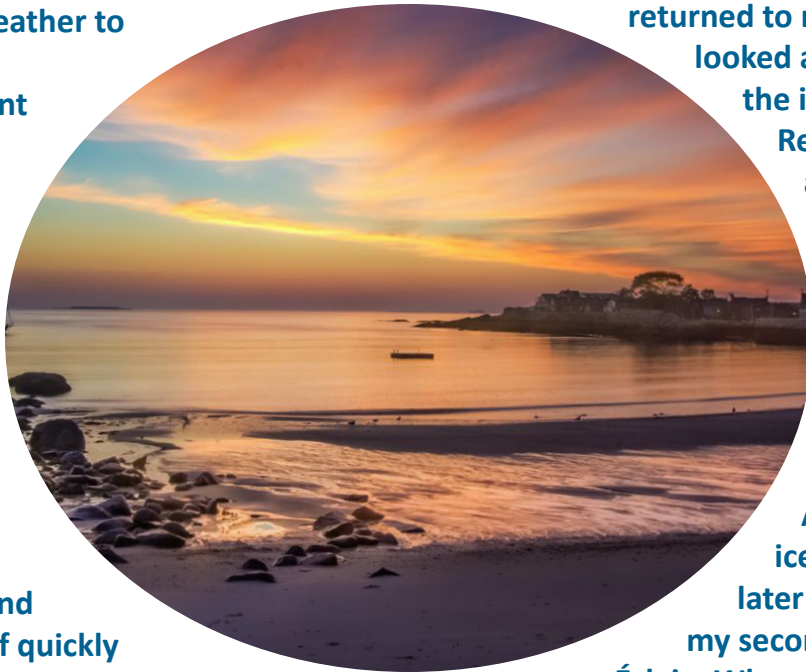
Newslines

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

August 2022 <http://www.cambridgema.gov/DHSP/COA>

Dear Seniors:

This is the time of year I love the most. I know the weather has been unbearably hot, but still there is nothing like summertime for me. Some activities/meetings take a break and others have a slower pace. Schedules are often lighter, and one can take a bit of a breather to appreciate the summer. Let me take you to a recent trip I made to one of my favorite beaches. Each summer since before my children were born, I make my way to this beach. It is truly a special spot; small and serene. It has also become a favored spot for them as well. On this day, I sat on the sand, listening to the sound of the ocean. I felt myself quickly surrendering to the calmness of my surroundings. Letting all stressors and worries go. I looked around and saw young children building sandcastles and collecting seashells. Parents looking relaxed but always with the watchful eye on their children. As I sat there, a flood of memories came crashing over me, like the crashing ocean waves. My children, both adults now. My childhood – which seems like yesterday – but not. I was lost in those memories when an all too familiar sound from my childhood filled the air. Children started screaming with glee. Can you guess it? Yes, the ice cream truck.



As I saw parents take their children and purchase an ice cream, I too, decided to join in the revelry of ice cream. It was a toss up for me, as my two favorites were still part of the selection. I decided to get the Hoodsie cup with the chocolate swirl.

As I sat back down in my lounge chair, and returned to my state of reflection, I looked around and inventoried the ice creams bought.

Regardless the selection, all were being totally enjoyed.

The day continued much in the same way. The day was perfect. The beauty, peace and simplicity of the day was priceless.

And guess what? The ice cream truck returned later in the day, and I got my second favorite – Chocolate

Éclair. Why not? The first one to celebrate the past and the second, to honor the present.

I hope you find some time this summer to relax, reflect and refuel. I believe we all certainly deserve that for all the emotional and physical energy spent this year on various issues and concerns.

Warm Regards,
Susan P. Pacheco
Executive Director

Cambridge Food Resource Guide

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.

Faith Lutheran Church/Faith Kitchen 311 Broadway, 617-354-0414 2 nd & last Tues of the month, 6:30pm	Food Not Bombs 1 Central Sq. (Carl Barron Plaza) Saturday, 12-4pm
Salvation Army 402 Mass Ave., 617-547-3400 Every day, 11:30am & 12:00pm	First Korean Church/Loaves & Fishes Meal Program 35 Magazine St., 617-491-1474 Saturday, 5:30pm
Harvard Square Churches Meal Program 0 Garden St., 617-966-6217 Thursday, 4-5:30pm	Material Aid & Advocacy Program (MAAP)* 5 Longfellow Park Tues & Thurs, 9am-3pm
Mass Ave Baptist Church/Project Manna 146 Hampshire St., 617-868-4853 Monday, 1:30-2:30pm	First Church Cambridge/The Friday Café 11 Garden St., 617-547-2724 Fri: 12-3pm; Weds: 4-6:30pm
Solutions At Work 1 Central Sq. (Carl Barron Plaza), 617-401-5335 Mon-Fri, 4-5pm	The Outdoor Church Outdoors at Porter Sq. T Station Sunday (following church service), 9-10:30am
Hope Fellowship Church* 16 Beech St., 617-868-3261 Tues & Sun, 5-6pm	Tuesday Meals at First Parish 3 Church St., 617-876-7772 Tuesday, 4-6:30pm
Citywide Senior Center 806 Mass Ave, 617-349-6042 Mon-Thurs, 11:30am-12:15 Must make reservation by phone by 11am day prior Suggested donation of \$3	St. Peter's Church/CommonCare 13 Sellers St., 617-547-7788 2 nd & 4 th Sat of the month (Sept-June only), 4:30-5:30pm (dates occasionally vary)

* 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.

Cambridge Economic Opportunity Committee (CEOC) 11 Inman St., 617-868-2900 Tuesday 12-2p; Thursday 11am-1pm	Cambridge Economic Opportunity Committee (CEOC) 266B Rindge Ave., 617-686-2900 Monday & Wednesday, 2-6pm
St. James Episcopal Church/Helping Hand Food Pantry 1991 Mass Ave, 617-547-4070 2 nd & 4 th Saturday of the month, 9-11am	Mass Ave Baptist Church/Project Manna 146 Hampshire St., 617-868-4853 3 rd Saturday of the month, 8am (while supplies last)
East End House 105 Spring St., 617-876-4444 Tuesday & Friday, 1pm	St. Paul Parish 29 Mt. Auburn St., 617-491-8400 Saturday, 10am-12pm
Cambridge Community Center 5 Callender St., 617-547-6811 Tuesday through Friday, 1-3pm	St. Paul AME Church/Elnora Yard Food Pantry 85 Bishop Allen Dr., 617-661-1110 Wednesday 3-5pm; Thursday 12-2pm
Margaret Fuller Neighborhood House 71 Cherry St., 617-547-4680 Wednesday 4-6:30pm; Thursday 2-5pm; Friday 9am-12pm; Saturday 10am-1pm	Salvation Army 402 Mass Ave., 617-547-3400 Monday, Wednesday, Friday 11am-1pm (Also available Monday-Friday by appointment)

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

For more information about **stores that accept SNAP or WIC in Cambridge**, please visit: bit.ly/CambSNAPstores

If you have any updated information to provide for this flyer, please send an email to cambridgeinmotion@challiance.org
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Information & Referral



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)

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.



COST SAVINGS Strategies TIP #1 from SHINE

Did you know that the **Medicare Savings Plans** can help you pay for Medicare premiums and make you eligible for BIG SAVINGS on your prescriptions? Check these current 2022 numbers. If you have Medicare and your income and assets are similar to those below, you might qualify!

Medicare Savings Plans	Gross Monthly Income Limit	Asset Limit*	Application to use	Benefits
MassHealth Senior Buy-In (QMB)	\$1,473 (individual) \$1,984 (couple)	\$16,800 (individual) \$25,200 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs
MassHealth Buy-In (SLMB, QI-1)	\$1,869 (individual) \$2,518 (couple)	\$16,800 (individual) \$25,200 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Pays Medicare B premium & full extra help with prescription costs

* Primary residence and one vehicle are not counted

If you have any questions about these programs, contact a SHINE counselor or outreach worker at your COA or MassOptions at (1-800-243-4636). You can apply any time and reap big savings!

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.

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.

English for Speakers of Other Languages: Beginning and Intermediate English for Seniors Conversation, vocabulary, basic grammar with Colleen Brennan, 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 Morning Jive: Wake up your body, mind, and soul with stretching, strengthening, and dancing -- all from home! Music from disciplines such as yoga, Pilates, tap, jazz, West African, modern and ballet dance. No dance experience necessary. Movements will be demonstrated from a seated position but can be modified to be done while standing.

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.

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.

August 2022 Happenings at the Cambridge Council on Aging

To register for classes/programs, unless specifically noted otherwise, please call the COA @ 617-349-6220.

*Tech-Help: Smartphone Q&A: Basics

Mondays August 1, 8, 15, 22 and 29, 9:00-11:00

Tuesdays August 2, 9, 16, 23 and 30, 1:00- 4:00

Fridays August 5, 12, 19 and 26, 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*

Music Jam Sessions

Mondays, August 8 and 15, 4:00-6:00

The Cambridge Senior center and the Cambridge Public Health Department are presenting a music jam session series this summer on select Mondays beginning at 4:00 p.m. Hosting the sessions will be Cambridge native and saxophonist Bobby Tynes and his amazing all-star rhythm section featuring Frank Wilcon's on keys, Sergio Bellotti on drums and Wes Wirth on the bass. So, bring your voice, drumsticks, guitar, percussion, your horns, harmonicas and most importantly your love of playing music with others. No registration required to attend.

Veterans and Friends Support Group

Wednesday August 10 1:00-2:00

This group will be 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. The focus will be on promoting self-care, wellness, and peer support. For more information, please contact Dee Cannon dcannon@cambridgema.gov

Health & Wellness Discussion

Thursday August 11, 1:00-2:00

With Roberta Robinson from Cambridge Health Alliance. Topic: Stress Management

In a world where we are bombarded by crises, tragedies, losses, and health issues, it can be commonplace to live in a constant state of stress. Stress is a threat to our well-being, and it is essential to manage our stress levels.

What can we do to keep our stress levels at bay? Let's discuss.

Men's Group

Tuesday, August 16, 10:00-11:30

Come join the Men's Group for our August 16th

gathering. Light refreshments will be served.

For more information or to register, please contact

Vincent McCarthy vmccarthy@cambridgema.gov

Ice Cream Social

Thursday, August 18th 1:00-2:00

In the summer there is nothing quite like Ice Cream. Come in and get your treat, socialize, and enjoy this year's Ice Cream Social. Cost: \$3.00 Limited tickets available.

Film and Discussion

Tuesday, August 23, 1:00-3:00

Movie: King Richard

Based on the true story that will inspire the world, King Richard follows the journey of Richard Williams, an undeterred father instrumental in raising two of the most extraordinarily gifted athletes of all time, who will end up changing the sport of tennis forever.

This group will meet in the Arts & Crafts room on the 2nd floor.

Rock Port Trip

Thursday, August 25th 9:15-3:00

Join us for an afternoon in Rockport, where you can visit local shops, eat lunch, or enjoy the ocean view. Registration is required and space is limited. Coach bus transportation Cost: \$25.00 Lunch is on your own.

Activity Level: Walking on uneven terrain. Limited outdoor seating!

Save the Date:

BBQ Lunch

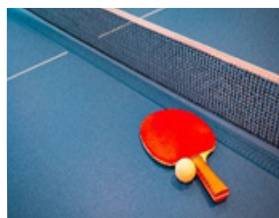
Thursday, September 1st 12:30-1:30

Join us on our patio for a BBQ lunch. Registration is required, Cost \$5.00

Spirit of Boston Cruise

Thursday, September 22 9:15 -2:20

Join us on the Spirit of Boston Cruise Limited tickets, registration required. Ticket cost: \$63.00 Includes: School bus transportation, cruise, and a lunch buffet.



Ping Pong

Do you enjoy playing Ping Pong? Gather your friends for a game.

North Cambridge Senior Center Daily Events at Our Center August 2022

2050 Massachusetts Avenue. 617-349-6230 617-349-6220 Open Monday's 11:30 -5:00pm Friday's 11:30pm-3:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
*Dancing for Balance 1:00-2:00 Hybrid Gentle Mat Yoga 3:30-4:30 Virtual	Strength Building 9:30-10:30 Virtual Chair Yoga 3:00-4:00 Virtual	Chair Yoga 12:00-1:00 Virtual	Watercolors 9:30-11:30 Virtual Dancing for Balance 1:30-2:30 Virtual Gentle Mat Yoga 3:00- 4:15 Virtual	Zumba 9:30-10:30 Virtual *Whist 12:30-2:30 In-Person

Special Events & Activities at North Cambridge

1	2	3	4 Watercolors Canceled	5 Zumba Canceled
8	9 Strength Building Canceled	10	11 Watercolors Canceled	12 Zumba Canceled
15	16 Strength Building Canceled	17	18 Watercolors Canceled	19 Zumba Canceled
22	23 Strength Building Canceled	24	25 Watercolors Canceled	26 Zumba Canceled
29	30 Strength Building Canceled	31		



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

*Whist card games on Fridays 12:30-2:30.



August 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 lunches 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.

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.

The Council on Aging reserves the right to impose a class size limitation per the instructors' request.

Monday	Tuesday	Wednesday	Thursday	Friday
Qi Gong 9:00-9:45 Virtual Computer Lab & 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	ESOL II (By email only) ESOL IV (By email only) *Meditation 9:00-10:00 *Computer Lab 9:00-12:00 *Gentle Morning Jive 10:00-11:00 Balance – Chi Kung 11:00-12:00 Virtual Computer Lab & Tech Help 1:00-4:00 *Board and Card Games 1:00-3:00 *Zumba Gold 1:30-2:30	*Chinese Singers & Chinese Folk Dancing 9:00-12:00 Flamenco - Tango 10:00-11:00 Virtual Chair Exercise 11:00-12:00 Virtual Computer Lab 11:00-3:00 *Crafts & Social Group 1:00-3:00 Strong and Stretched 1:30-2:30 Virtual	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	Qi Gong 9:00-9:45 Virtual Computer Lab & Tech Help 9:00-11:00 *Flamenco Dance 10:00-11:00 Hybrid Cardio + Yoga 11:00-12:00 Virtual
Special Events & Activities * In -person @ 806 Mass Ave.				
1	2 Balance – Chi Kung Cancelled	3 Flamenco- Tango Canceled. Crafts & Social Group 1:00-3:00	4 Tai-Chi Cancelled Haitian Elder Group Meeting 11:00-2:00	5 Flamenco Canceled.
8 Music Jam Session 4:00-6:00	9 Balance – Chi Kung Cancelled	10 Veteran's & Friends Support Group 1:00-2:00	11 Tai-Chi Cancelled Health & Wellness Talk 1:00-2:00 with Roberta Robinson Topic: Stress Management	12
15 Music Jam Session 4:00-6:00	16 Balance – Chi Kung Cancelled Men's Group 10:00-11:30	17	18 Tai-Chi Cancelled Ice Cream Social 1:00-2:00 Ticket cost \$3.00	19
22	23 Balance – Chi Kung Cancelled Film and Discussion 1:00-3:30 Movie: King Richard	24	25 Tai-Chi Cancelled Cambridge Consumers Council Information Table 11:00-12:30 Rock Port Trip 9:15-3:00 Ticket cost \$25.00	26
29	30 Balance – Chi Kung Cancelled Gentle Morning Jive Cancelled	31		SAVE THE DATE Thursday, September 22, 2022 SPIRIT OF BOSTON CRUISE, REGISTRATION REQUIRED. TICKET COST: \$63.00

Cambridge City Council

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Alanna M. Mallon, Vice Mayor
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Marc C. McGovern,
Patricia M. Nolan,
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Ellen Semonoff,
Assistant City Manager for
Human Services

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Dee Cannon,
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Administrative Assistant

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Rosalind Brown Matara Malone
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Elder Haitian Program

Hermide Mercier

Computer Instructor

Pamela Howard

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Susan Pacheco

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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

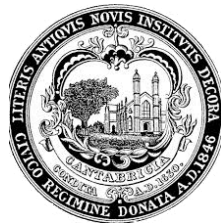
Geoffrey Kotowski, Coordinator

North Cambridge Senior Center

Geoffrey Coughlin, Receptionist
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