



Newslines

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

December 2023

806 Massachusetts Avenue, Cambridge, MA 02139

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

Dear Seniors:

I hope you had a great Thanksgiving. I hope you also find yourself feeling or maybe attempting to be joyful, peaceful, and grateful. I hope you noticed I slipped in "or maybe attempting" because if you do not, that is ok too. Just take a moment to breathe. Everything will still be there awaiting you.

Just as this note for all of you, I had paused, taken a breath, and there it was still waiting for me to finish.

It is hard most days. Most days my soul is heavy when I start the day and what the day will bring seems uncertain. It always makes me think of all the places in my life that I want to feel control over. The illusion of certainty makes me feel safe, in a world of uncertainty.

Here we are now in a new holiday season. We are approaching a new year. As we enter the last month of this year with all its triumphs and trials and all the heartache and happiness, I am reflecting about letting go of fear and anxiety. That will be hard, but I will try to do so and live in the new moment. Think about it. It is a new moment. It certainly is not where I was this time last year. How could it be? Too much has happened this past year.

If it were the same, that would mean that nothing would have impacted me this past year – good or bad.

On behalf of the Council on Aging staff, I wish you all a wonderful and joyous holiday season.

Warm Regards,
Susan P. Pacheco
Executive Director

"Do what you can to show you care about others, and you will make our world a better place."

Rosalynn Carter



Information and Referral

SHINE Program

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

REAL ID Deadline Extended

BOSTON – The Massachusetts Registry of Motor Vehicles (RMV) is alerting the public the U.S. Department of Homeland Security (DHS) has extended the REAL ID full enforcement date from May 3, 2023 to May 7, 2025. Beginning May 7, 2025, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or identification card, or another TSA-acceptable form of identification, for domestic air travel and to enter certain federal facilities

The fee for renewing a non-commercial standard or REAL ID license is \$50, while the fee for upgrading to a standard or REAL ID card is \$25.

December 2023 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



December 2023 – Happenings and Special Events

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

Hand building with Clay

Friday December 1, 8 and 15, 10:00-11:30

Come learn to create pottery! In this hand building class, we'll create with clay using just our hands, simple tools, and forms. Classes will cover basic construction methods (including slab, pinch, and coil), along with surface decorations, firing, and glazing. Group instruction will focus on beginners; more experienced potters may pursue independent projects.

*Tech-Help: Smartphone Q&A: Basics

Mondays December 4, 11 and 18, 9:00-11:00 Tuesdays December 5, 12, 19 and 26, 1:00- 4:00

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.

Portrait Drawing Class

Mondays, December 4, 11 and 18 3:00-4:30

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, with focuses on fundamentals such as how to sharpen a pencil, draw straight lines, measure proportions with accuracy, make a 9-point value scale, understand the light logic, see the light and shadow shapes, the middle tones, and how to render the forms from big to small. The class will include explanations of human head anatomy, facial planes as well as important bony markers on the human head. Students will be guided at their individual pace and needs. A short

demonstration will be given in each class. No Prior drawing experience necessary for this class.

Lions, Tigers, and Bulldogs? An Unofficial guide to the Legends and lore of the Ivy League

Tuesday December 5, 10:30-11:30

In this live presentation, Ivy League alumnus and professional writer and educator Matt Robinson will discuss his book, and the lessons he learned while writing and publishing it. Light refreshments will be served.

Town Meeting

Wednesday December 6, 1:00-2:30

This is an opportunity to come together and share information and ideas with Senior Center staff. Such as, what programs and activities would you like to see offered at the Senior Center? Your opinion matters to us! If you complete a survey during the Town Meeting, you will be entered into a raffle to win a \$50 gift card to Market Basket. A total of three Market Basket gift cards will be raffled at the end of the meeting.

Music Instrument Lessons

Wednesdays, December 6, 13, 20 and 27, 9:00-10:15

Music Instruction for 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 new life. Lessons times are approximate: 9:00-9:45 Piano; 9:45-10:00 Playing by ear and music theory; 10:00-10:15 guitar and ukelele.

Chorus Wednesdays, December 6, 13, 20 and 27, 10:30-11:30

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.

La Noche Buena: A story of Christmas Eve traditions in Latin America

Una historia de tradiciones de noche buena en Latino América

Thursday December 7, 1:00-2:00

This is a fun way to learn about the main civilizations and cultures in the Americas Through the stories, the audience will travel the continent in a series that includes different regions and traditions. This program is designed for those who practice Spanish or for those who want to learn.

Light refreshments will be served.

Breakfast and Bingo

Monday December 11, 9:00-11:00

Breakfast served from 9:00-9:45

Bingo played from 10:00-11:00

Registration is required, cost is \$5.00

ESOL Conversation & Reading Class

Tuesday December 5, 12, 10:00-12:00

An Intermediate/ High-Intermediate Conversation and Reading Class will meet in-person twice a month, every 2nd and 4th Tuesday. On the 1st and 3rd Tuesdays, you will receive a selected reading with vocabulary support. We will use this reading as part of our next in-person class.

Women's Group

Tuesday, December 12, 1:00-2:00

Welcome to the women's group.

Humorous or serious, it's great to share our stories. Let's talk!

Veterans and Friends Support Group

Wednesday December 13, 1:00-2:00

This group is a place where veterans and non-veterans can come to check in, share stories. **For more information, please contact**

Dee Cannon at dcannon@cambridgema.gov

Arts & Crafts: Decoupage Snowflake Mason Jar

Wednesday December 13, 1:00-3:00

Join us as we create a one-of-a-kind decoupage snowflake mason jar vase. This is an easy craft and no prior crafting experience is necessary. All materials provided.

Registration is required, cost is \$5.00

Book Group

Thursday, December 14, 11:45-1:00

Yellow Bird by Sierra Crane Murdoch Oil, Murder, and a Woman's Search for Justice in Indian Country

When Lissa Yellow Bird was released from prison in 2009, she found her home, the Fort Berthold Indian Reservation in North Dakota, transformed by the Bakken oil boom. Lissa learned that a young white oil worker had disappeared from his reservation worksite; she hunts for clues to his disappearance.

Holiday Brunch

Thursday December 14, 10:00-11:30

Brunch will include a bagel bar; yogurt parfait station, assorted pastries and more.

Registration is required, cost is \$5.00

Men's Group

Tuesday, December 19, 10:00-11:30

Come join the Men's Group for our December gathering. Light refreshments will be served.

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

Safety Awareness

Wednesday, December 20, 1:00-2:00

This will be an opportunity for seniors to meet with the newest members of the Cambridge Police Community Outreach Team and to learn about all the ways that the Cambridge Police work to keep our seniors safe.

Light refreshments will be served.

December – 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	Zumba Gold (IP) 9:00-10:00	Computer Lab (IP) 9:00 – 11:00
Tech Help (IP) 9:00 – 11:00	Balance Chi Kung (IP) 11:30 -12:30	Computer Lab (IP) 9:00 – 4:00	Computer Lab (IP) 9:00 – 4:00	Flamenco Dance (H) 10:00 – 11:00
ESOL/Chinese (IP) 9:30 – 10:30	Zumba Gold (IP) 1:30 - 2:30	ESOL (CLC) (IP) 9:30 – 11:45	ESOL (CLC) Conversation Class (IP) 10 – 11	Clay Class (IP) 10:00 – 11:30
Strong and Stretched (IP) 11:00 – 12:00	Board and Card Games (IP) 1:00 – 3:00	Flamenco Tango (V) 10:00 – 11:00	Haitian Elder Group Meeting (IP) 10:30 – 3:00	Cardio and Yoga for Heart Health (V) 11:00 – 12:00
Ballroom Dancing (IP) 1:00 – 3:00	Tech Help (IP) 1:00 - 4:00	Chorus (IP) 10:30-11:30	Chair Exercise (V) 10:45 – 11:30	Ping Pong — Beginners (IP) 8:30 – 9:30
Bingo (IP) 1:00 – 3:00		Chair Exercise (V) 11:00 – 12:00	Tai Chi (IP) 11:00 – 12:00	Ping Pong — Experienced (IP) 9:30 – 10:30
Portrait Drawing Class 3:00-4:30 (IP)		Crafts and Social Group (IP) 1:00 – 3:00	Intro to Theatre (IP) 1:30-2:30	
Line Dancing (H) 6:00 – 7:00		Strong and Stretched (V) 1:30 – 2:30		
Spanish (V) 6:30 – 7:45				

December Special Events Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Clay Class 10:00-11:30 (IP)
4	5 An unofficial guide to the Legends and Lore of the Ivy League Presentation 10:30-11:30 (IP)	6 Town Meeting 1:00-2:30 pm (IP)	7 Bilingual Story Telling Series: Holidays in Latin America 1:00-2:00 (IP)	8 Meditation and Mandala 10:00-11:00 (IP) Clay Class 10:00-11:30 (IP)
11 MA National Federation of the Blind -Cambridge Chapter (IP) 6:00 – 7:30	12 COA Board Meeting (V) 9:30-11:00 ESOL Intermediate: 10:00-12:00 (IP) Women’s Group 1:00-2:00 (IP)	13 Veteran’s & Friends Support Group 1:00-2:00 (IP) Arts & Crafts Decoupage Snowflake Mason Jar 1:00-3:00 (IP)	14 Holiday Brunch 10:00-11:30 (IP) Book Group 11:45- 1:00 (H)	15 Mass Senior Action Council Cambridge Chapter Meeting 10:00-11:30 (IP) Clay Class 10:00-11:30 (IP)
18	19 Men’s Group 10:00-11:30 (IP)	20 Mass Senior Action Drop-in information table 10:00-1:00 (IP) Safety Awareness 1:00-2:00 (IP)	21	22 Christmas Holiday Senior Center Closed
25 Christmas Holiday Senior Center Closed	26 ESOL Intermediate Cancelled	27	28 Cambridge Consumers Council Drop-in Information table 11:00-12:30 (IP)	29

December 2023 – 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.

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 Colleen Brennan, 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.

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. 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.

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.

December 2023— 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 – 12:15 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) 9:30-10:30	Zumba Gold (IP) 9:30- 10:30	Dancing for Balance (H) 1:30 – 2:30	Bridge (IP) 10:00 - 12:00
Dominoes (IP) 10:30- 11:30	Yoga & Resistance Bands (IP) 11:30- 12:30	Chair Yoga (V) 12:00 – 1:00	Gentle Mat Yoga (IP) 3:00 – 4:15	Whist (IP) 11:30 - 2:00
Dancing for Balance (H) 1:00 – 2:00				
Gentle Mat Yoga (H) 3:30 – 4:30	Chair Yoga (H) 3:00– 4:00			

December 2023 – NC Happenings and Special Events

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

Yoga and Resistance Bands Tuesdays, 12:30 - 1:30

This one hour, in-person class teaches you how to use resistance bands in variations of yoga poses and non-traditional movements! Build strength in an interesting, innovative way!

Bridge Now on Fridays 10:00 12:00

Join our group for friendly bridge games every Friday after Whist. It's a great way to meet new friends, exercise your brain, and enjoy some quality time.

Mindfulness Meditation December 6, 3:00-4:30

Join this class to discover peace and calm through easy, guided mindfulness meditations. Reduce stress, improve focus, and boost well-being while connecting with others. A simple,

enjoyable way to enhance your daily life. No experience is necessary; includes Q&A.

Information Seminar with Cat Companions Wednesday, December 6, 12:00-12:30

Join us after lunch as we welcome Cat Companions, a fantastic organization passionate about feline companionship. They will share insights into their mission and the seamless process of adopting adorable emotional support cats. Don't miss this opportunity to learn about welcoming a furry friend into your home!!

Nutrition Talk: Nutrition Myths—Fact or Fiction Monday, December 11, 10:00- 3:00

Uncover the truth behind common nutritional beliefs in our engaging talk "Myths: Fact or Fiction". Are carbs the enemy, or a crucial source of energy? Can superfoods really transform your health? Our guest speaker from Somerville/Cambridge Elder Services, Andrea Svartstrom, MS, RD, LDN will demystify these myths. Light snacks and refreshments provided.

North Cambridge Continued

Holiday Reception with Live Entertainment Tuesday, December 19, 11:30 - 1:30

Join us as we celebrate the holiday season and welcome the New Year in with Special Guest Jan Marie! We will have a spread of delicious hors d'oeuvres, specialty sandwiches from Pemberton's and more! Limited Seating. Preregistration required. Cost \$5.

Focus Group: Newsletters and Flyers Monday, December 18, 12:00 - 1:00

Join us for a one hour focus group designed to gather ideas, understand barriers and find solutions. This month we will be looking at our Flyers and Newsletters to better understand how we can meet the needs of participants. Join us after lunch for dessert, coffee, and tea. Registration Required. Limited Seating.

TRIP: New England Aquarium Friday, December 8, & Friday, January 26th, 2024 10:00- 3:00

Join us on and dive into a world of wonder as you explore the mesmerizing marine life at the New England Aquarium! Marvel at graceful sea turtles, playful penguins, and mysterious sharks. Don't miss out on this aquatic experience! Cost \$10 for Transportation & Admission. Lunch on your own \$15-20.

Class Cancellations

Tai Chi will be cancelled during December

Watercolors will be cancelled during December and resume January 18

Gentle Mat Yoga will be canceled December 26, 28 and the 1st of January

Chair Yoga will be canceled December 26 & 27

Cambridge City Council

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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

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Ellen Semonoff, Assistant City
Manager for Human Services

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Beverly Sealey

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Newslines

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Cambridge Council on Aging

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