



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
December 2017 <http://www.cambridgema.gov/DHSP/COA>

Dear Seniors:

We all have those days that we feel “blah” and a bit overwhelmed by life events. I recently was having one of those mornings. Wasn’t feeling so great and feeling a bit stretched with various projects. That particular morning I had someone coming in to meet with me about hosting a potential program at the Senior Center. When she arrived, she first made it a point to comment on my monthly newsletter articles. I am always so humbled by people who take the time to comment and tell me that they enjoy reading it each month. I am fortunate to have a platform each month to share what I’m thinking. We had quite an enjoyable meeting. Discussed various things; laughed a lot and we still managed to discuss our original agenda item. When she left, I felt great! I felt better and inspired – after all I had a new program to launch! (I think earlier I said I was feeling a bit stretched with various projects?) Oh well, it’s all good. When she left, I told her she was what I needed that particular morning. The day then progressed with its various ups and downs. Later in the day I was visited by another wonderful woman. She had wanted to come and

discuss something I had written about in a previous article. It was a delight to speak to her as well. When she left, I told her that she and the other woman were the perfect bookends to my day! I was particularly struck by the kindness of these two women. I was deeply touched that they wanted to connect with me and they invited me into their good space. It is important to me when I meet someone who feeds me

into your good space. It just may make someone’s “blah” day become a “ha ha” day.

I also wanted to share with you a wonderful fundraising effort we are undertaking. The North Cambridge Senior Center has provided a venue for local painters to experiment and grow for many years – and now those painters are giving back through a new calendar of collected works. On sale now at both Senior Centers for **\$10 is the “Four Seasons Calendar”**

featuring paintings by members of the North Cambridge Senior Center Watercolor Class. There are more than a dozen contributors. Some of the artists have been painting their entire lives, others learned

later in life when they opted to attend this class. Each drawing is unique. The calendar showcases the talents of this incredible group. Please consider supporting COA/Senior Center programming by purchasing a calendar.

On behalf of the COA and Senior Centers, I wish you all a wonderful holiday season!
Warm Regards,
Susan P. Pacheco



spiritually, emotionally, physically, and mentally. I was reminded once again of the good people that exist in this world. Who are doing great things or even simple things but have impact on others.

During this holiday season, make a choice and connect with someone. Share a story or a thought. Communicate and welcome someone

Information & Referral

Join your neighbors, Senior Center participants, senior service providers and new Cambridge Police Commissioner Branville Bard for coffee and conversation on Thursday, December 7th at 1:00 p.m. at the Cambridge Senior Center located at 806 Massachusetts Avenue, Cambridge. This event represents a unique opportunity for interested individuals to informally meet with the new Police Commissioner and other police personnel to discuss community issues, address questions, build relationships and, of course, share in some good refreshments. Come share with Commissioner Bard issues that are impacting the Cambridge Senior Community. For more information please contact Susan Pacheco at 617-349-6220 or at spacheco@cambridgema.gov.



Door2Door Transportation 617-625-1191

Residents of Cambridge who have a disability or are 60 years or older can call for door-to-door rides for local non-emergency medical appointments and for weekly trips to the grocery store. Door2Door Transportation by SCM accepts reservations on a first-come, first-served basis beginning two weeks in advance and spanning to as little as two business days in advance. Door2Door provides regular weekly transportation for grocery shopping. Call Door2Door to find out what day of the week they will be in your neighborhood.

Non-emergency medical transportation is provided to Cambridge and surrounding communities and to most hospitals and other medical destinations in Boston and Brookline.

The suggested voluntary donation for each one-way ride ranges between \$2 for a local ride and \$4 for a ride to or from Boston or the Lahey Clinic in Burlington.

Memory Café

Friday, December 15, 10:00-12:00

Please join us at the Cambridge Connections Memory Café for a festive holiday sing-a-long! Enjoy the spirit of the season among friends and refreshments.

Memory cafés are social gatherings for people with memory loss or forgetfulness and their care partners, family, or friends in a safe and inclusive space that features conversation, activities, and light refreshments. 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 617-349-6215 or mmceleney@cambridgema.gov.

Registration is requested, but not required. Anyone who requires personal care assistance must be accompanied by a care partner. The memory café is a joint venture between Somerville-Cambridge Elder Services and the Cambridge Council on Aging.

Film & Discussion

December 26, 12:45-3:15

Movie: *The Straight Story*

The Straight Story chronicles a trip made by 73-year-old Alvin Straight from Laurens, Iowa, to Mt. Zion, Wisconsin, in 1994 while riding a lawn mower. The man undertook his strange journey to mend his relationship with his ill, estranged, 75-year-old brother Lyle.

MBTA Senior Pass

617-222-3200

Bus, Subway, and Ferry

Seniors (65+) must have a Senior CharlieCard in order to receive the reduced fare on the bus, subway, or ferry. Senior CharlieCards can be requested at the CharlieCard Store located in Downtown Crossing or at a Senior CharlieCard Event. You must present a picture ID for age verification.

The Cambridge Senior Center usually has two CharlieCard events per year. The next event is planned for **Tuesday, February 13th from 12 – 2:30pm.**

The Senior CharlieCard rates are as follows:

Bus – 70 cents per ride

Train - \$1.10 per ride

Ferry & Commuter Rail – 50% off

December 2017 Happenings at the Citywide Senior Center

Mandarin Chinese Language Class

Monday, December 4, 11 & 18

10:00-11:00 Introductory Mandarin Chinese Classes.

Men's Group

Tuesday, December 5, 10:30 – 11:30

Community Service Project

Join the Men's Group as we assemble gift bags that will be distributed to Cambridge residents in need.

Senior Safety Group

Tuesday, December 5, 12:30-1:15

Come and join your community police officer and find out the latest news of what is happening in your neighborhood.

Jewelry Class

Wednesday, December 6 & 20 1:00-3:00

Jewelry making is an art. Students in this class are making beautiful jewelry. Class is taught by a professional Jewelry maker. Class fee: \$3.00 plus cost of materials.

Facebook Class

Wednesdays, December 6, 13, 20 & 27 2:00-3:00

Follow the Senior Center happenings on Facebook. This class will guide you through the process of creating your own face book page.

Town Meeting & Birthday Party

Thursday, December 7, 12:00-1:00

Make Your Voice Heard: Vote in Participatory Budgeting December 2-8, 2017!

Michelle Monsegur is our guest for the December Town Meeting to discuss the Participatory Budget. From December 2-8, Cambridge residents age 12 and older will be able to vote for their favorite Participatory Budgeting (PB) projects to decide how to spend \$800,000 on capital projects to improve the community. Voters will be able to choose up to 5 of the 20 projects on the PB ballot. You can vote online at pb.cambridgema.gov or at voting events around town or the Citywide Senior Center: Thursday December 7 from 12-2pm (806 Mass. Avenue). For a full list of voting events, please visit pb.cambridgema.gov or contact the Cambridge Budget Office at (617) 349-4270 or pb@cambridgema.gov.

The Town Meeting is followed by our monthly Birthday Party. Come and celebrate with us.

First Thursday Writing Class

Thursday, December 7, 1:00-2:00

Do you have a story to tell? Take the first step and join the First Thursday Writing Class. This is a free writing class taught by Lilly Owyang. (Submissions in this issue)

Ugly Sweater Breakfast and Bingo

Friday December 8, 9:00-11:30

Breakfast 9:00-10:00, Bingo 10:00-11:30. We will be having an Ugly Sweater contest so come prepared. Reservation is required.

Book Group

Thursday, December 14, 11:15-12:00

Book: *The Beet Queen* by Louise Erdrich

A tale of sexual obsession, jealousy and unstinting love, over 40 years, starting in 1932 when a mother abandons her daughter and her two brothers at a circus by flying off with an aviator.

Senior Center Holiday Party

Thursday, December 14, 12:30-3:00

Kick off the holiday season by partying with us. Good food, entertainment by D.J. Vincent J. Caserto. Ticket cost: \$5.00 must be purchased in advance.

Men's Group

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

Join us for our Annual Holiday Brunch Buffet. Feel free to "Dress to Impress".

Books on Review

Tuesday, December 19, 12:30-1:15

Librarian Janet Borron will be here with a selection of books that she will review and will allow you to check out books that interest you. Bring your library card or sign up for a card.

Men's & Ladies' Breakfast

Thursday December 21, 9:00-10:00

Breakfast served 9:00 to 9:30 am.

Sign up in Dining room.

Health and Wellness Talk

Thursday, December 21, 1:00-2:00

Topic "Holiday Eating" Presentation by Roberta Robinson, Director of Geriatric Outreach for Cambridge Health Alliance.

Holiday Closing

The Cambridge Senior Center will be closed

Friday, December 22, Saturday, December 23 and Monday, December 25.

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



First Thursday Writing Group 2017

A Circular Story by Neena Wahi

Before I go to sleep
I make sure my phone is next to my bed.
I do not want to disturb people
by unexpected phone calls.
I get these calls in the middle of the night.
My old friend from Raleigh calls.
Her calls seem senseless. She feels on the
verge
of suicide, or something, she says.
I wonder why she thinks
her calls do any good.
The calls disturb my rest and my morning.
Each time the bells rings in the middle of the
night,
I answer it. I wonder why she calls.

Tamia's Words by Marquita Lawrence

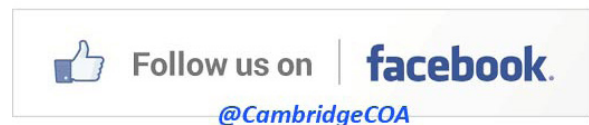
We are living in a haunted apartment, Nana.
I'm serious, Tamia says.
I hear things falling and funny sounds.
Shh! Hear that?
I didn't hear anything.
My hearing isn't as it used to be.
My granddaughter is 16 and I am 72 years
old.
I'm glad my ears are blocked these days
to quite a few sounds.

The Dowry Circle By Jayashiree Anthiyir

What does the world know about the
dowry?
Some people may know it as money
the bride brings to a marriage.
Many girls I know bring the dowry to a
marriage while
Their parents suffer a lifetime of debt.
One woman brought one kilogram of
gold with her.

In certain South Indian communities,
The fear of girls not marrying often
drive parents
to provide girls with dowries.

What do you do about dowries in the
USA?



***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 () _____

North Cambridge Senior Center Daily Events at Our Center December 2017

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 Class 11:00-12:00 Bingo 1:00-3:00 Gentle Mat Yoga 3:30-4:30	Gentle Mat Yoga 3:00-4:00	Guided Meditation and Reiki 9:00 – 10:00 Qi Gong Arm Chair Exercise 10:30-11:30 WOW 1:00-2:00 Building Strong Bones 2:30-3:30	Watercolors 9:30-11:30 Dancing for Balance 1:30-2:30 Chair Yoga 3:00- 4:00	Zumba 9:30-10:30 Cards 10:30-12:30 Whist or Bridge Lessons 10:30-11:30 Whist 12:30-3:30

Special Events & Activities at North Cambridge

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

				1 Whist or Bridge Lessons 10:45-11:30
4 Open Forum 12:00 and Participatory Budget Voting	5	6 WOW Group Presentation 1:00 Healthy Eating With Roberta Robinson	7	8 Whist or Bridge Lessons 10:45-11:30
11	12	13 Birthday Tea 12:00	14 Safety Awareness 12:00	15 Whist or Bridge Lessons 10:45-11:30
18	19 Holiday Party 12:00-1:30 Registration is required Cost is \$3.00 per person	20	21	22 Christmas Holiday Senior Center Closed
25 Christmas Holiday Senior Center Closed	26	27	28	29 Whist or Bridge Lessons 10:45-11:30

December 2017 Daily Events at Cambridge Citywide Senior Center

Breakfast Served Monday – Saturday 8:30am to 9:30am Lunch Served Monday –Thursday 11:30am to 12:30pm Friday Brunch 9:00am -11:15am

Saturday 11:30am -12:00pm \$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 Movie 1:00-3:00 Ballroom Dance 1:00-3:00 Computer Lab 1:00-4:00 Watercolor Painting 1:00-3:30 Bingo 1:15-3:00 Dinner 5:00-6:00 (Reservation Required) Line Dancing 6:00-7:00 Spanish 6:30-7:45	ESOL II 9:30-10:30 Computer Lab 9:00 – 12:00 Chair Yoga 10:00-11:00 ESOL IV 10:30-12:00 Women’s Club 11:00-11:45 Prevent Diabetes T2 program (Closed Enrollment) 12:30-1:30 Computer Lab 1:00-4:45 Classic Movie 1:00-3:15 Bingo 1:15-3:00 Zumba Gold 1:30-2:30 Food Pantry 2:00-4:00	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 Tai Chi Practice (Closed Enrollment) 11:00-12:30 Crafts & Social Group 1:00-3:00 Bingo 1:15-3:00 Computer Lab 1:00-3:00	Grandet An Aksion 9:00-3:00 Computer Lab 9:00-12:00 Meditation with Catherine 9:00-10:00 Exercise Class 10:15-11:15 Food Pantry 12:00-2:00 Computer Lab 3:00-4:45 **Deadline for Monday Night Dinner & Transportation Reservations is Thursday at 2:00pm.	Qi Gong 9:00-9:45 Computer Lab 9:00 –1:00 Pottery Open Art Class 9:00-11:30 Simplified Qi-Gong Tai Chi 10:00-11:00 Council on Aging closes at 12:00pm. Senior Center closes at 2:50 pm.	Breakfast 8:30 – 9:30 Computer Lab 9:30-11:15 Chair Yoga 10:00-11:00 Lunch 11:30 –12:00 Reservations required for lunch 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.

				1 Brunch 9:00 -11:15	2
4 Mandarin Chinese class 10:00-11:00 Monday Tech Help 2:00-3:00 Bingo cancelled	5 Men’s Group 10:30-11:30 Senior Community Service Project Safety Group Party 12:30-1:15	6 Jewelry Class 1:00-3:00 Facebook Class 2:00-3:00	7 Town meeting & Birthday Party 12:00-1:00 Guest Speaker Michelle Monsegur Coffee and Conversation with Cambridge Police Commissioner Branville Bard 1:00-3:00 First Thursday Writing Class 1:00-2:00	8 Ugly Sweater Breakfast and Bingo Breakfast, 9:00 -10:00 Bingo. 10:00-11:30	
11 Mandarin Chinese class 10:00-11:00 Monday Tech Help 2:00-3:00	12 COA Board Meeting 9:30-11:00 Bingo 9:30- 11:00 Poinsettia Party 1:00- 3:00 Entertainment, light refreshments and Poinsetta raffle Afternoon Bingo Cancelled	13 Blood Pressure 12:30-1:00 (Public Health Nurse) Facebook Class 2:00-3:00	14 Book Group 11:15-12:00 <i>The Beet Queen</i> by Louise Erdrich. Holiday Party 12:30-3:00 Entertainment by D.J. Vincent J. Caserto Ticket cost: \$5.00 must be purchased in advance.	15 Brunch 9:00 -11:15 Memory Café 10:00-12:00 Festive holiday sing-a-long	16
18 Mandarin Chinese class 10:00-11:00 Monday Tech Help 2:00-3:00	19 Men’s Group 10:00-11:30 Annual Holiday Brunch Books on review by Janet Borron, Cambridge Librarian 12:30-1:15	20 Restaurant Trip to Bertucci’s 11:00-1:00 Ticket \$2.00 for transportation, Lunch on your own. Jewelry Class 1:00-3:00 Facebook Class 2:00-3:00 Tai Chi Cancelled	21 Men’s & Ladies’ Breakfast 9:00-9:30 Health & Wellness Talk 1:00-2:00 Topic: Holiday Eating	22 Christmas Holiday Senior Center Closed	23 Christmas Holiday Senior Center Closed
25 Christmas Holiday Senior Center Closed	26 Film and Discussion 12:45-3:15 Movie: <i>The Straight Story</i> Blood Pressure 2:30-3:00 (Windsor House) ESOL Cancelled	27 Facebook Class 2:00-3:00 Tai Chi Cancelled	28 Holiday Movie 1:00-3:00 Hot Chocolate and Cookies will be served.	29 Brunch 9:00 -11:15	30

Cambridge City Council

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 Jan Devereux
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 Lisa C. Peterson,
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Cambridge Council on Aging
 806 Massachusetts Avenue
 Cambridge, MA 02139

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Susan Pacheco

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 Director of Client Services
 Maryellen McEleney,
 Information & Referral
 Elizabeth Seelman,
 Outreach Case Manager

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 Jessica Mowatt Jean K. Tanous

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Newslines

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 Nisa Chamblin, Assistant
 Sanaa Mohamed, Assistant

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 Sanctora Cooper, Assistant Manager
 Dvonte Cooper, Assistant
 Anita DeJesus, Assistant
 Isaiah Renwick-Banks, Assistant

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Geoffrey Kotowski, Coordinator
 Michael Terry, Assistant

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 Miguel Perez Ruiz

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 Joan Mahoney, Meal Site Director
 Geoffrey Coughlin, Receptionist
 Marybeth Joyce, Assistant

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