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 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 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 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
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 Councillor 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

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.

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.
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 workout. 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.

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/](https://www.facebook.com/CambridgeCOA/)

*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 (____) ___________________________
<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>Walking Club 10:20-12:00</td>
<td>Strength Building 9:30-10:30</td>
<td>Guided Meditation and Breath-work 9:00-10:00</td>
<td>Watercolors 9:30-11:30</td>
<td>Zumba 9:30-10:30</td>
</tr>
<tr>
<td>Please call by 9:00 am to confirm</td>
<td>Hand Crafters Group 11:00-1:00</td>
<td>Qi Gong Arm Chair Exercise 10:30-11:30</td>
<td>Dancing for Balance 1:30-2:30</td>
<td>Whist or Bridge Lessons 10:30-11:30</td>
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<tr>
<td>Spanish Conversational Class 11:00</td>
<td>(Knit, Quilt, Crochet, Needle point)</td>
<td>Chair Yoga 12:00-1:00</td>
<td>Gentle Mat Yoga 3:00-4:15</td>
<td>Whist 12:30-3:30</td>
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<tr>
<td>Dancing for Balance 1:00-2:00</td>
<td>Chair Yoga 3:00-4:00</td>
<td>Mah Jongg 1:30-3:30</td>
<td>Mah Jongg 1:30-3:30</td>
<td>Bridge 1:00-3:00</td>
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<td>Bingo 1:00-3:00</td>
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<tr>
<td>Gentle Mat Yoga 3:30-4:30</td>
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</table>

**Special Events & Activities at North Cambridge**

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

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

| 30                                |                             |                                             |                                             |                                              |
## 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**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Saturday</th>
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<tbody>
<tr>
<td>Qi Gong 9:00-9:45</td>
<td>ESOL II 9:30-10:30</td>
<td>Chinese Folk Dancing 8:30-9:30</td>
<td>Grandet An Aksion 9:00-3:00</td>
<td>Friday Meal 9:00 - 11:15</td>
<td>Saturday Meal 9:00 - 11:30</td>
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<td>Computer Lab 9:00 - 12:00</td>
<td>Computer Lab 9:00 - 12:00</td>
<td>Chinese ESOL 8:30 – 9:30</td>
<td>Special Meditation 9:00-10:00</td>
<td>Qi Gong 9:00-9:45</td>
<td>Computer Lab 9:30-11:15</td>
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<td>Cultura Latina 10:30-11:30</td>
<td>Computer Lab 10:30-12:00</td>
<td>Computer Lab 9:00 – 12:00</td>
<td>Computer Lab 9:00-12:00</td>
<td>Computer Lab 9:00 – 12:00</td>
<td>Chair Yoga 10:00- 11:00</td>
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<tr>
<td>Strength Training Class 11:00-12:00</td>
<td>Computer Lab 1:00-4:00</td>
<td>ESL (CLC) 9:30-11:30</td>
<td>Chair Exercise 10:00- 10:45</td>
<td>Hand Building with Clay 9:30-11:30</td>
<td>Council on Aging closes at 12:00pm.</td>
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<tr>
<td>Ballroom Dance 1:00-3:00</td>
<td>Zumba Gold 1:30-2:30</td>
<td>Chinese Singers 9:30-11:30</td>
<td>Food Pantry 12:00-2:00</td>
<td>Computer Lab 12:00-1:00</td>
<td>Senior Center closes at 12:50pm</td>
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<td>Watercolor Painting 1:00-3:00</td>
<td>Bingo 1:30-3:00</td>
<td>Better Balance 10:00-11:00</td>
<td>ESL Conversation 1:00-2:00</td>
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<tr>
<td>Computer Lab 1:00-4:00</td>
<td>Food Pantry 2:00-4:00</td>
<td>Tai Chi Level II at 11:00-12:00</td>
<td>Computer Lab 3:00-4:45</td>
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<tr>
<td>Bingo 1:15-3:00</td>
<td>Chinese Fashion Dance 3:00-4:30</td>
<td>Crafts &amp; Social Group 1:00-3:00</td>
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<td>Line Dancing 6:00-7:00</td>
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<td>Computer Lab 1:00-3:00</td>
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<tr>
<td>Spanish 6:30-7:45</td>
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<td>Yoga and Flexible Strength 1:30-2:30</td>
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<td>Bingo 1:30-3:00</td>
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<td></td>
<td>Facebook Class 2:00-3:00</td>
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### Special Events & Activities at Our Center

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>2</td>
<td>Labor Day Holiday Senior Center Closed</td>
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<tr>
<td>3</td>
<td>Men’s Group 10:30-11:30</td>
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<tr>
<td>4</td>
<td>A Matter of Balance in Chinese Language 11:00-12:00</td>
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<tr>
<td>5</td>
<td>Senior Service Providers Informational Fair 11:00-2:00</td>
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<tr>
<td>6</td>
<td>Super 8 Ball Arlington @ Cambridge 11:00-12:30</td>
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<tr>
<td>7</td>
<td>First Thursday Writing Class 2:00-3:00</td>
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<tr>
<td>9</td>
<td>Lobster Dinner 5:00-7:00</td>
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<tr>
<td>10</td>
<td>COA Board Meeting 9:30-11:00</td>
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<tr>
<td>11</td>
<td>Bollywood dance class 10:00-11:00</td>
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<tr>
<td>12</td>
<td>Lunch and Learn with Archaeologist Hisham Hegazy &quot;The Nile River&quot; 12:30-1:30</td>
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<tr>
<td>13</td>
<td>A Matter of Balance in Chinese Language 11:00-12:00</td>
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<tr>
<td>14</td>
<td>Blood Pressure 12:30-1:00 (Public Health Nurse)</td>
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<tr>
<td>15</td>
<td>Super 8 Ball Waltham @ Cambridge 11:00-12:30</td>
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<td>16</td>
<td>Book Group 11:15-12:00</td>
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<tr>
<td>18</td>
<td>Health &amp; Wellness Talk 1:00-2:00 with Dr. Jason Strauss, Geriatric Psychiatrist</td>
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<td>19</td>
<td>Topic: Anxiety.</td>
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<tr>
<td>20</td>
<td>Lunch and Learn with Archaeologist Hisham Hegazy &quot;The Nile River&quot; 12:30-1:30</td>
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<tr>
<td>21</td>
<td>Bollywood dance class 10:00-11:00</td>
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<td>22</td>
<td>Senior Safety Group 12:30-1:15</td>
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<td>23</td>
<td>Dance Party 12:30-3:00</td>
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<tr>
<td>24</td>
<td>Entertainment by D.J. Vincent J. Caserta</td>
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<tr>
<td>25</td>
<td>Ticket cost: $7.00 must be purchased in advance.</td>
</tr>
</tbody>
</table>

For more information, please call Vincent McCarthy @ 617-349-6220

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Craig A. Kelley,
Alanna M. Mallon,
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E. Denise Simmons,
Timothy J. Toomey, Jr.,
Quinton Y. Zondervan.

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City Manager
Lisa C. Peterson,
Deputy City Manager
Ellen Semonoff,
Assistant City Manager for
Human Services

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Susan Pacheco

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

Administrative Assistant
Lisa Castagna

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Rosalind Brown  Miguel Perez Ruiz
Jean K. Tanous

Senior Aides
Myrna Rivera
Anne Robinson

Elder Haitian Program
Hermide Mercier

Bus Driver
Laura Habermann

Computer Instructor
Pamela Howard

Newselines
Lisa Castagna
Sanaa Mohamed
Susan Pacheco

Citywide Senior Center
Emma Watkins, Director

Activities
Arline McGrady,
Activities & Volunteer Coordinator
Adam Leith, Assistant
Sanaa Mohamed, Assistant

Food Service
Julianne King, Manager
Sanctora Cooper, Assistant Manager
Anita DeJesus, Assistant
Isaiah Renwick-Banks, Assistant

Food Pantry
Geoffrey Kotowski, Coordinator
Michael Terry, Assistant

Week-End Activities
Rosalind Brown
Miguel Perez Ruiz
Jean K. Tanous

North Cambridge Senior Center
Alicia Johnson, Director
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.