Dear Seniors,

Please allow me to share a story. My husband recently went on a fishing trip with a coworker. He had never in his life gone fishing. I did not think at the time he told me that fishing and my husband just do not go together. And sure enough, I was right. He called me a few hours into the fishing excursion and told me just that. Fishing is slow and meditative; it is meant to be calming and a way to relax. All things that my anxiety filled husband could benefit from, but he just cannot slow himself down to practice these techniques.

Why have I chosen this story to share? Mostly due to some observations of human behavior as we return to “normal” following pandemic living. I have been observing the hurry of most people once again. Traffic is picking up once again and horns are beginning to sound off, if a driver does not jump as soon as the light turns green. If one is in line, I have seen a level of impatience. A side comment, “they should hire more sales associates, baristas or postal clerks”. The other day, I said, to anyone caring to listen: “isn’t it great to be the 2nd in line. Just a few months ago, the line would be going out onto the sidewalk and we would be spaced 6 feet apart”. To my amazement, the people around me smiled and we started chit chatting. That felt great and I also noticed a shift in facial expressions on the two postal clerks working the counter, perhaps not feeling so frazzled having to serve all those in line, since we were engaged in conversation and not staring at them.

My hope for the post pandemic world, is that we continue to practice the patience we had to have during pandemic living. Would it really be that difficult? I think the life lessons learned during this past year plus, served me well. I enjoy bumping into people and starting up chatter. A grin or smile is good also and now that most are mask less – it is even greater and makes a difference.

So, I say to you what I said to my husband, take a pause. Do not be in such a hurry. Take in the moment you are in now. Look around and even if you are not in the best of places, conjure up that good place in your mind. Bring it forth – it just may bring down that anxiety and the wait in line, may not seem so long. And in case you are wondering, the fishing expedition was bountiful. A good dinner was had by all!

Happy 4th everyone! Enjoy these summer months. Be safe and well!

Regards,

Susan P. Pacheco
Healthy Aging & Cycling in Cambridge

Summer Fridays: Group Ride Series

Fridays beginning June 25, 2021
8:15 – 9:00 AM (meet), 9:00 AM (start rolling)
Meeting point sent via email

All are welcome, although this slow roll group ride series caters to older adults. Rides will gradually increase in mileage, while maintaining a relaxing pace. Beginning with off-street paths, rides will focus on improving comfortability on-bike as well as introduce navigating the city by bicycle.

Interested, but not ready to get on your bicycle? Bring coffee and join us 8:15 – 9:00 AM pre-ride for a bicycle-centered Meet 'N' Greet!

This fitness class series is intended to be the third unit of a 3-unit Healthy Aging and Cycling in Cambridge program.

Unit 1: Power Pedal Fitness Classes
Unit 2: On-Bike Skills Clinic
Unit 3: Urban Cycling: from bike paths to on-street riding – bicycling for transportation

Click Here to Sign up

or email aphilson@cambridgema.gov
PROGRAM OVERVIEW
Teens from the Mayor's Summer Youth Employment Program (MSYEP) Lift Up through Mind, Body, and Soul and older adults from Cambridge will gather once a week via Zoom to discuss poetry that is relevant to both age groups. After a lively discussion that focuses on personal responses to a poem, we’ll do some reflective and creative writing. This program is for poetry enthusiasts and skeptics alike.

BENEFITS FOR PARTICIPANTS
- Helps participants feel connected to their community
- Shifts the way teens view seniors and vice versa
- Offers novel way to explore poetry

TESTIMONIALS
- “I've been a part of Partners in Rhyme for the past eight years. The teens are engaging and it’s so interesting to hear their thoughts on the topics we discuss.” – Adult participant
- “Patti brings interesting, topical and stimulating material, and she is an excellent facilitator. I don’t know a better program for sparking camaraderie and creativity. I sign up whenever it is offered.” -- Adult participant
- “One of the best experiences I have ever had in the classroom.” – English Department Chair, CCHS
- “It was remarkable to watch the quick, easy and emotionally intense bonding between the generations.” – Freshman English Teacher, CCHS
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
Tues, 12-2pm; Thurs 11am-1pm

East End House
105 Spring St., 617-876-4444
Tues & Fri 1pm

Margaret Fuller Neighborhood House
71 Cherry St., 617-547-4680
W, 4-6:30pm; Th, 2-5pm
F, 9am-12pm, Sa, 10am-1pm

Project Manna
146 Hampshire St., 617-868-4853
3rd Sat of the Month 8am (while supplies last)

St. Paul Parish
29 Mt. Auburn St., 617-491-8400
Saturday 10am-12pm

Cambridge Community Center
5 Callender St., 617-547-6811
Tues-Fri 1pm-3pm

Helping Hand Food Pantry
364 Rindge Ave., 617-547-4070
2nd & 4th Sat of the Month 11am-1pm

St. Paul AME Church
85 Bishop Allen Dr., 617-661-1110
Weds 3-5pm; Thurs 12-2pm

Salvation Army
402 Mass Ave., 617-547-3400
Mon-Fri, by appointment only
(Must be resident of Cambridge, Somerville, or Arlington)

Food For Free Home Delivery Program

Food For Free’s 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 617-684-1854 or visit bit.ly/2UBoGSx

For additional 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.

If you have any updated information to provide for this flyer, please send an email to cambridgeinmotion@challiance.org
To view this flyer online, please visit: bit.ly/3bjPg8x
Cambridge Food Resource Guide

Free 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.*

Faith Kitchen
311 Broadway, 617-354-0414
2nd & last Tuesday of the month
6:30pm

St. Peter's Church Common Care
13 Sellers St., 617-547-7788
2nd & 4th Sat of the month (Sept-June)
4:30pm-5:30pm

Salvation Army
402 Mass Ave., 617-547-3400
Every day
11:30am & 12:00pm

Loaves & Fishes Meal Program
35 Magazine St., 617-491-1474
Saturday
5:30pm

Tuesday Meals at First Parish
3 Church St., 617-876-7772
Tuesday
4-6:30pm

Harvard Sq. Churches Meal Program
0 Garden St., 617-966-6217
Thursday
4-5:30pm

The Friday Café
11 Garden St., 617-547-2724
Fri, 1:00pm-3:00pm
Mon, Wed, Sat 4:00-6:30pm

Material Aid & Advocacy Program (MAAP)
5 Longfellow Park (meals available to those currently experiencing homelessness)
Tues & Thurs
9am-3pm

Hope Fellowship Church
16 Beech St., 617-868-3261 (meals available to those currently experiencing homelessness)
Tues, 4:30-5:30pm
Sun, 4-5:30pm

Project Manna
146 Hampshire St., 617-868-4853
Monday
1:30pm (while supplies last)

Project Uplift
874 Main St., 617-864-6600
Thursday
5-6pm

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

Somerville-Cambridge Elder Services (SCES) offers a variety of nutrition and meal services, including **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/3bJPg8x*
Information & Referral

Caregiver Support Group
If you are a caregiver and have question about Caregiver Support, there is help available. To learn more about Caregiver Support resources please contact 617-349-6220.
Vincent McCarthy vmccarthy@cambridgema.gov or Maryellen McEleney mmceleney@cambridgema.gov

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.
SHINE is a service of Minuteman Senior Services funded, in part, by Administration for Community Living, the Cummings Foundation and local support of individual donors.
July 2021 Happenings at the Cambridge Council on Aging

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

Flamenco Dance Class
Fridays, July 2, 9, 10:00-11:00
This 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.
*Special flamenco items are not required. Please join the class with comfortable clothes, water bottle and chair.

Gentle Morning Jive Dance Class
Tuesdays, July 6, 13, 20 and 27, 10:00-11:00
Wake up your body, mind and soul with stretching, strengthening and dancing -- all from home! Music from the 1930’s - present day will keep us energized throughout our workout which draws 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.

Online Tech-Help via Zoom
Smartphone Q&A: Basics
Tuesdays, Tuesdays, July 6, 13, 20 and 27, 12:30-1:30
Geoff & Pam will be available via zoom to answer common questions about your wireless devices, laptops and applications such as Zoom and Facebook. To register, e-mail Geoff at gkotowski@cambridgema.gov

Partners in Rhyme program
Tuesdays July 6, 13, 20, 27, and Tuesdays August 3, 10 2:00-3:00
Partners in Rhyme, an intergenerational poetry program, is looking for seniors to join its virtual summer program. Get to know local teens from the Mayor’s Summer Youth Employment Program as you explore poetry in a fun and approachable way.

Flamenco spring season workshop - Tango flamenco
Wednesdays, July 7, 10:00-11:00
The first flamenco workshop - spring season. This 8-week workshop provides in-depth expertise on learning the rhythm with clapping hands, singing, and dancing at the same time. Tango is one of my favorite flamenco dances, it has an energetic and festive feeling and taste and is also an essential rhythm for all.

Book Group/Read and Tell
Thursday July 8, 12:00-1:00
Readers aren’t able to all read the same book - so instead the book discussion has become a “share what you have been reading meeting”. Any member who wants to share with - the title, author, sometimes a brief summary of the book and a review, i.e. if you enjoyed reading it.

Health & Wellness Presentation
Thursday, July 8, 1:00-2:00
We will also be making a Simple Lentil Soup.

Bingo
Monday, July 19 and 26, 4:00-5:00
The Council on Aging will provide you with a Bingo Card and game sheet, they will be sending it to your address by mail. To register or for more information please contact Julie King at 617-349-6042 or jking@cambridgema.gov
Intermediate Mat Yoga: Intermediate Mat Yoga will be designed to cater to those more experienced yogis who are interested in more vigor and challenge.

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 thirty-minute guided meditation class, with focus on breath work. Aimed at reducing one’s overall stress.

Move, Groove and Embody Rhythm Dance: Accompanied by recorded traditional West African and African rooted rhythmically stressed music.

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.
### JULY 2021 Cambridge Council on Aging Virtual Programming Schedule

Online classes will be offered through Zoom. Priority will be given to Cambridge Seniors.

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

**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.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>Qi Gong 9:00-9:45</td>
<td>ESOL II (By email only)</td>
<td>ESOL (CLC) 10:00-11:00</td>
<td>Meditation 9:00-10:00</td>
<td>Qi Gong 9:00-9:45</td>
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<tr>
<td>Cultura Latina 11:00-11:45</td>
<td>ESOL IV (By email only)</td>
<td>Balance – Chi Kung 10:00-11:00</td>
<td>Watercolor Painting 9:30-11:30</td>
<td>Zumba Gold 9:30-10:30</td>
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<tr>
<td>Strong and Stretched 11:00-12:00</td>
<td>Strength Building 9:30-10:15</td>
<td>Flamenco spring season workshop - Tango</td>
<td>Chair Exercise 11:00-12:00</td>
<td>Flamenco Dance 10:00-11:00</td>
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<td>Dancing for Balance 1:00-2:00</td>
<td>Gentle Morning Jive Dance 10:00-11:00</td>
<td>flamenco 10:00-11:00</td>
<td>Haitian Elder Group Meeting 11:00-12:00</td>
<td>Cardio + Yoga 11:00-12:00</td>
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<td>Watercolor Painting 1:00-2:00</td>
<td>Balance – Chi Kung 11:00-12:00</td>
<td>Chair Exercise 11:00-12:00</td>
<td>Dancing for Balance 1:30-2:30</td>
<td>Cultura Latina 12:30-1:15</td>
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<td>Gentle Mat Yoga 3:30-4:30</td>
<td>Tech Help 12:30-1:30</td>
<td>Chair Yoga 12:00-1:00</td>
<td>Strong and Stretched 1:30-2:30</td>
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<td>Line Dancing 6:00-7:00</td>
<td>Zumba Gold 1:30-2:30</td>
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<td>Spanish 6:30-7:45</td>
<td>Chair Yoga 3:00-4:00</td>
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### Special Events & Activities

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<tr>
<th>5 Independence Day Holiday</th>
<th>6 Partners in Rhyme program 2:00-3:00</th>
<th>7</th>
<th>8 Watercolor Painting Cancelled Book Group 12:00-1:00</th>
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<tbody>
<tr>
<td></td>
<td>13 Partners in Rhyme program 2:00-3:00</td>
<td>14 Flamenco spring season workshop - Tango</td>
<td>Health &amp; Wellness Talk 1:00-2:00 with Roberta Robinson</td>
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<td>flamenco 10:00-11:00</td>
<td>Topic: Inflammation</td>
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<td>12</td>
<td>15</td>
<td>16 Flamenco Dance 10:00-11:00 Cancelled</td>
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<td>19 Monday night Bingo with Julie 4:00-5:00</td>
<td>20 Partners in Rhyme program 2:00-3:00</td>
<td>21 Flamenco spring season workshop - Tango</td>
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<td>23 Flamenco Dance 10:00-11:00 Cancelled</td>
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<td>flamenco 10:00-11:00</td>
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<td>26 Monday night Bingo with Julie 4:00-5:00</td>
<td>27 Tech Help 12:30-1:30</td>
<td>28 Flamenco spring season workshop - Tango</td>
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<td>30 Flamenco Dance 10:00-11:00 Cancelled</td>
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<td>Alone Together – Film &amp; Discussion 1:00-2:00</td>
<td>flamenco 10:00-11:00</td>
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<td></td>
<td>Partners in Rhyme program 2:00-3:00</td>
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Cambridge City Council
Sumbul Siddiqui, Mayor
Alanna M. Mallon, Vice Mayor
Dennis J. Carlone,
Marc C. McGovern,
Patricia M. Nolan,
E. Denise Simmons,
Jivan Sobrinho-Wheeler,
Timothy J. Toomey, Jr.,
Quinton Y. Zondervan

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

Cambridge Friends
Katherine A. Rafferty, President
Gisela Margotta, Treasurer
Ruby Pierce Donohue

Council On Aging Board
Daniel Burrousso
Lois Carra, Ph.D.
Jennifer Chisholm
JoAnn Haas
Pearl Hines
Lily Owyang
Eva Paddock
Beverly C. Sealey

Program and Staff
Executive Director
Susan Pacheco

Social Services
Vincent McCarthy,
Director of Client Services
Maryellen McElney,
Information & Referral
Elizabeth Seelman,
Outreach Case Manager

Administrative Assistant
Lisa Castagna

Food Service
Julianne King, Manager
Isaiah Renwick-Banks, Assistant

Food Pantry
Geoffrey Kotowski, Coordinator

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

Facility
Desi Powell Sr., Facility Manager
Jonathan Pedro, Custodian

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.

Cartoons Connecting Communities
“I was just drawing cartoons and I made a character with triangle arms and legs and was very inspired by it. It looked like a funny marionette.

I decided to dive even further into the world of marionettes and I thought about just how they always have their strings caught and always have something going wrong.

And then Mondays am I right? came along because it is the perfectly annoying thing to say in a bad situation.”

Brennan L. CSUS 7th Grade Scholar

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