



Newsline

The Newsletter of the Cambridge Council on Aging (COA)

May 2025

806 Massachusetts Avenue, Cambridge, MA 02139

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

Dear Seniors:

Last month I invited you to come along with me on my morning walk. This month I am once again inviting you to join me. I recently had the opportunity to join a group of participants from the COA participating in our program: Connecting with Cambridge's Green Spaces – A guided mindfulness walk at Mt. Auburn Cemetery with Stefanie Haug.

I had been undecided about joining. The morning was overcast and feeling perhaps better to stay at my desk and take care of items needing attention. But I decided to do the walk. I arrived at Mt. Auburn Cemetery and met Stefanie for the first time. We had corresponded via email, but I had never had the opportunity to meet her in person. She led the group of 15 through the Cemetery. Before doing so, she led a round of introductions and a mindfulness activity. It was an opportunity to ground us all and prepare us for the walk.

As we walked through the exceptional beauty of the landscape, we were also very aware of those buried on this sacred land. Stefanie continued to lead us through silently but also encouraged us to touch the trees; experience the smells; view the architecture; see and hear the urban wildlife, while always paying reverence to where

we were. It was also amazing that walking through this urban sanctuary, all the noises of the busy street at the outer edge were silenced.

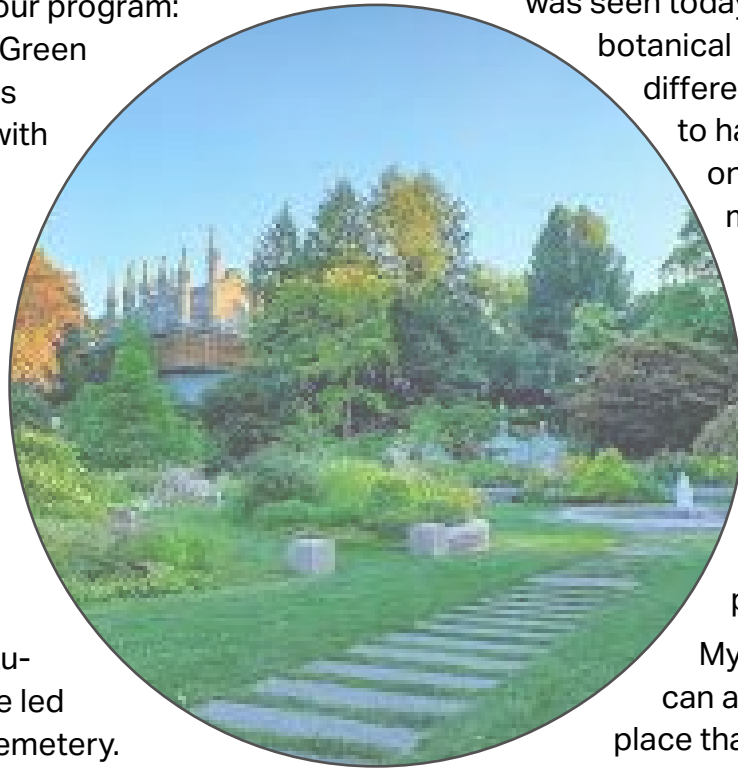
When we completed the walk, we did a closing and discussed returning in a month ~ as what was seen today in regard to the botanical beauty would be different. I am so grateful to have joined this group on that overcast morning. If you are wondering, it never rained, and the sun made its appearance. It was truly wonderful to have the opportunity to cancel out the noise for that short period of time.

My wish is that you can also find that special place that can cancel out the noise. We need to find those moments more and more. Have a safe and wonderful month of May.

Warm Regards,

Susan P. Pacheco

Executive Director



Information and Referral

May Mall Shopping

In the month of April we will be offering a Mall Shopping Group that will take place at Arsenal Yards in Watertown. The group will leave from the Senior Center in Central Square at 10:30am and will return to the Senior Center at 1:00pm.

The dates for this shopping group will be:

Wednesday, May 7

Wednesday, May 14

Tuesday, May 20

Wednesday, May 28

Reservations are required two business days in advance. Please call the Transportation Office at 617-349-7254.

Home pick up is available upon request. Please specify if you want home pick up while making reservation.

On 5/7 & 5/14 home pick up is available in Central Square and East Cambridge

On 5/20 & 5/28 home pick up available in North & West Cambridge

Please contact Vincent McCarthy

vmccarthy@cambridgema.gov

617-349-6216

Cambridge Public Library Film

Screening: *The Age of Love*

Presented in partnership with the Cambridge Council on Aging and the Living Well Network

Thursday, May 15, 2025, at 4:00 PM

Please join us for this free screening about the playful and poignant adventures of thirty seniors who attend a first-of-its-kind Speed Dating event for 70- to 90-year-olds. A virtual Q&A with Director Steven Loring will follow.

Cambridge Main Library

449 Broadway

Cambridge, MA 02138



May 2025 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 one week in advance. To reserve your lunch, please call 617-349-6047 or see the front desk receptionist.
- Lunches are available for a suggested donation of \$3 for adults aged 60 years and older. Your lunch reservation will be held until 12:05 on the day that you reserved your lunch.
- A cold sandwich meal will be provided to anyone who does not have a lunch reservation. A cold vegetarian meal is available upon request.



May 2025 – Happenings and Special Events

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

***Tech-Help: Smartphone Q&A: Basics**
Mondays, 9:00-11:00 Tuesdays, 1:00- 4:00
Wednesdays, 1:00-2:00pm

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.**

Introduction to Theatre
Mondays, 1:30 – 2:30pm *The Cry of the Reed by Sinan Unel* A play that addresses topics both timeless and timely, “The Cry of the Reed” by Sinan Unel revolves around a journalist, covering unrest in the Middle East, who is detained by a group of insurgents. When they offer her the opportunity to make a phone call, she chooses to call her mother, from whom she has been estranged for over 10 years. Her mother is a scholar of the Sufi poet, Rumi, and is in Turkey, organizing a festival to celebrate the poet’s work. The play, while it explores the fragile, often fraught, sometimes volatile relationships between mothers and daughters against a background of conflict in the Middle East, is infused with the grace and beauty of Rumi’s poetry and Sufi tradition. Among the questions it raises are, what determines the divide between “them” and “us,” and how do we make our way through life, keeping our compassion intact?
This is an interactive class where we will read from the play, act out scenes, analyze characters and the plot. No prior theatre experience necessary.

Senior Home Education Mini-Series
Thursday, May 1 and 22, , 10:00 - 11:00am

Join Jennifer Jonassaint from Homeowner’s Rehab for a Senior Home education mini-series.
Home Improvement Topic Examples
How to look for and shop for quality home products that last
How to create a financial future home needs assessment

Town Meeting and Birthday Celebration
Thursday, May 1, 12:30 - 1:00pm
We want to hear from you! This is an opportunity to come together and share information and ideas with Senior Center Staff. We will celebrate April and May Birthdays with cake.

Music Jam Session
Monday, May 5, 4:30 - 6:30pm
The Cambridge Senior Center and the Cambridge Public Health Department are presenting a music jam session series this spring on select Mondays. Saxophonist Bobby Tynes will once again host the sessions with his group of amazing musicians who will provide the rhythm section of your dreams. You will enjoy making music with these musicians. Their music inspires all to keep coming back for more! So, bring your voice, drumsticks, guitar, percussion, your horns, harmonicas and most importantly your love of playing music with others.

ESOL Intermediate Conversation & Reading Class Tuesday May 6, 20, 10:00 -12:00 pm
An Intermediate/ High-Intermediate Conversation and Reading Class will meet in-person twice a month. 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.

Blood Pressure Screening & Healthy Eating Active Living (HEAL)
Wednesday, May 7 1:00 - 2:00pm
Cambridge Public Health nurses will hold monthly drop-in Blood Pressure screenings on the first Wednesday of every month. If you are getting your blood pressure checked, please wear loose-fitting clothing or a short-sleeved shirt.
The **Healthy Eating Active Living** unit (HEAL) of the Cambridge Public Health Department strives to create an environment that encourages all in Cambridge to eat healthy and be physically active in their everyday lives

Advanced Music Theory – 3 Week Series
Wednesdays May 7, 21 and 28 1:00 – 2:00pm
For guitar and piano players. For those people wanting to learn more about chords and chord families and playing accompaniment, whether to another instrument or your own or another singer. Guitar players should know some chords and be able to change them relatively well. It is helpful if piano players can play chords, but I can also teach them how to do this if they don’t. Participants will learn to accompany Oren on fiddle tunes and at least one other song. This is a chance to advance your music knowledge and go in exciting new directions!

Technology Sessions and skills Workshop – Artificial Intelligence
Thursday, May 8, 10:00-11:00 am
What is AI? Everyone is talking about it but is it really good or bad? In this collaborative workshop, we talk about AI and how you can make use of it.

Book Group
Thursday, May 8, 12:00 - 1:00pm
Elon Musk, by Walter Isaacson. 2023.
An astonishing intimate story of the most fascinating and controversial innovator of our era.

Paper Engineering Card Making
Thursday, May 8, 1:00 - 4:00pm
In this 3-hour workshop, you’ll learn to make creative Pop-Up cards with artist Tamar Etingen. An easy to learn, versatile technique. All materials provided. Registration is Required, cost is \$5.00
Vegetable Gardeners Unite!
Cambridge City Growers – Urban Gardening
Monday, May 12, 12:00 - 1:00pm
If you are a former or current vegetable gardener OR if you’ve always wanted to try growing your own fresh veggies, join Cambridge City Growers to hear how some neighbors are growing in the city, even without access to land. Gardening is a way to connect with fellow gardeners, experience the outdoors in a low-stress way, grow something you’ll and boost mental health. Share your interest in gardening, hear about the “urban farming” movement, and discover what you can contribute to the community.

LGBTQ+ Film Series
Tuesday, May 13, 10:00 - 12:00pm
Movie: *The Imitation Game* (2014)(PG-13)
– Biopic, Thriller, WWII In 1951, police investigate the mathematician Alan Turing after an apparent home break-in. During his interrogation, Turing talks of his work at Bletchley Park during WWII.
For more information, please contact Phoebe Hallahan at 617-349-9177 or phallahan@cambridgema.gov

Veterans and Friends Support Group
Wednesday May 14, 1:00 - 2:00
This group is 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 at dcannon@cambridgema.gov

May 2025 – 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 | Computer Lab (IP) 9:00 – 4:00 | 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 | Zumba Gold (IP) 9:00 – 9:45 | Flamenco Dance (H) 10:00 – 11:00 |
| ESOL/Chinese (IP) 9:30 – 10:30 | Board and Card Games (IP) 1:00 – 3:00 | ESOL (CLC) (IP) 9:30 – 11:45 | Tai Chi (IP) 11:00 – 12:00 | Ping Pong — Beginners (IP) 8:30 – 9:30 |
| Spanish Fun Lessons (IP) 9:30-11:00 | Tech Help (IP) 1:00 - 4:00 | | | Ping Pong — Experienced (IP) 9:30 – 10:30 |
| Strong and Stretched (IP) 11:00 – 12:00 | Zumba Gold (IP) 1:00-1:45 | Flamenco Tango (V) 10:00 – 11:00 | | Yoga for Better Balance (IP) 10:30 – 11:30 |
| Art Class 1:00-2:00 (V) | Chair Exercise (IP) 2:00-2:45 | Chorus (IP) 10:30-11:30 | | |
| Ballroom Dancing (IP) 1:00 – 3:00 | | Chair Exercise (V) 11:15 – 12:00 | | |
| Intro to Theatre (IP) 1:30-2:30 | | Tech Help (IP) 1:00 - 2:00 | | |
| Portrait Drawing Class 3:00-5:00 (IP) | | Crafts and Social Group (IP) 1:00 – 3:00 | | |
| Line Dancing (H) 6:00 – 7:00 | | Strong and Stretched (V) 1:30 – 2:30 | | |
| Spanish (V) 6:45 – 8:00 | | | | |

May 2025 – Special Events Calendar

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
| | | | 1 Senior Home Education mini-series (IP)10:00-11:00 Super 8 Ball Bedford @ Cambridge 11:00-12:30 Town Meeting 12:30 | 2 Yoga for Better Balance Canceled |
| 5 Strong and Stretched Canceled Music Jam Session 4:30-6:30 (IP) | 6 Mat Yoga Canceled ESOL ntermediate: 10:00-12:00 (IP) | 7 Blood pressure screenings 1:00-2:00 (IP) Advanced Music Theory 1:00 – 2:00 | 8 Tech Access Program ~ Presentation about Artificial intelligence 10:00 – 11:00 (IP) Super 8 Ball Lexington @ Cambridge 11:00-12:30 Book Group 12:00- 1:00 (H) Paper Engineering Card Making 1:00-4:00 (IP) | 9 Meditation and Mandala 10:00-11:00 (IP)) |
| 12 City Growers Urban Planting 12:00 – 1:00 (IP) MA National Federation of the Blind -Cambridge Chapter (IP) 6:00 – 7:30 | 13 COA Board Meeting 9:30-11:00 (V) LGBTQ+ Film Series 10:00-12:00 (IP) Movie: <i>The Imitation Game</i> | 14 Veterans & Friends Support Group 1:00-2:00 (IP) | 15 Super 8 Ball Newton @ Cambridge 11:00-12:30 True Story Theater Performance 1:00-2:30 (IP) | 16 |
| 19 Mass Senior Action Meeting 11:00 – 12:30 (IP) Women’s Social Group 12:30 – 2:00 (IP) | 20 ESOL Intermediate 10:00-12:00 (IP) Men’s Group 10:00-11:30 (IP) Connecting with Cambridges Green Spaces - Outdoor Walk 10:00-11:30 (IP) | 21 Safety Awareness 1:00-2:00 (IP) Advanced Music Theory 1:00 – 2:00 (IP) | 22 Senior Home Education mini-series (IP) 10:00-11:00 Cambridge Consumers Council Drop-in Information 11:00- 12:30 (IP) Super 8 Ball Cambridge @ Waltham11:00-12:30 | 23 |
| 26 Memorial Day Holiday | 27 Film and discussion 1:00-3:30 (IP) Movie: <i>A Complete Unknown</i> | 28 Advanced Music Theory 1:00 – 2:00 (IP) | 29 Memorial Day Brunch on the Deck 1:00 - 2:30 (IP) | 30 |

May 2025 – Happenings and Special Events

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True Story Theater Performance Thursday, May 15, 1:00 - 2:30 pm

True Story Theatre is a non-profit theatre company offering improvisational performances.

Women’s Social Group Monday, May 19, 12:30 - 2:00pm

Join us this month for the Women’s Social Group meeting. We will laugh, share ideas and enjoy each other’s company. For more information, please contact Alicia Johnson at 617-349-6220 or aliciaj@cambridgema.gov

Men’s Group Tuesday, May 20, 10:00-11:30am

We are pleased that Kristin Bell from Somerville Cambridge Elder Services will be joining us to host Music Trivia!. For more information, please contact: Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

Mindful Nature Experience Tuesday, May 20, 10:00 – 11:30am

Join us as we now take our mindful nature experience from the Senior Center outdoors and around Cambridge. We will be meeting at Fresh Pond Reservation where we can “walk the talk” of experiencing nature with all of our senses while taking a gentle stroll with frequent pauses to sit, reflect and share.

- Participants should be comfortable walking leisurely on paved paths and possibly a small hill for less than 1 mile.
 - The pace and paths can be adapted to the group’s needs and interests.
- Please note that there are some benches

scattered along the way, and that bathroom facilities are at the Water Treatment Plant/ Ranger’s Station at the main building where our walk starts and ends. We will meet under the water treatment center’s clock tower facing the water. **Transportation will be provided from the Cambridge Senior Center, or you can meet us there. Registration is required.**

Film and Discussion Tuesday, May 27, 1:00 - 3:30pm

Movie: *A Complete Unknown*
In 1961, an unknown 19- year old Bob Dylan arrives in New York City with his guitar and forges relationships with musical icons on his meteoric rise, culminating in a groundbreaking performance that reverberates around the world. For more information, please contact: Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

Memorial Day Brunch on the Deck Thursday, May 29, 1:00 - 2:30 pm

Join us for a late brunch on the deck as we commemorate Memorial Day. **Registration is required, cost is \$5.00.**

The month of May ~ Mental Health Awareness
Join us as we explore Mental Health. Mental Health Wellness is no easy journey to navigate. It impacts all races, genders, ages and crosses all socio-economic classes. There is a vast array of mental health conditions. We see it in ourselves, family, friends, neighbors and that stranger on the street. How do we identify different conditions and possible treatments? How can we de-stigmatize mental health? We are all impacted. We are not all ok. We are not alone. The COA will present two opportunities to learn and connect.

True Story Theater presents: Exploring Mental Health and Searching for Effective Support in our Older Adult Community Thursday, May 15, 1:00 pm – 2:30 pm

Registration is not required. All are welcome, older adults, caregivers, and younger family and friends.

Thursday, June 26, 1:00 pm – 2:30 pm Book discussion: You Are Not Alone – The NAMI Guide to Navigating Mental Health by Ken Duckworth, MD.
Discussion facilitated by Susan Pacheco, Executive Director and Maryellen McEleney, Information & Referral Specialist/SHINE Counselor.
Registration IS required. Limited copies of the book are available.
Please contact Susan Pacheco @ 617-349-6220 or spacheco@cambridgema.gov.

Location for both events:
**Cambridge Senior Center
806 Massachusetts Avenue,
Cambridge**

May 2025 – 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 – 12:30 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 Dominoes (IP) 10:30- 11:30 Dancing for Balance (H) 1:00 – 2:00 Mindful Movement 2:15 - 3:15 (IP) Gentle Mat Yoga (IP) 3:30 – 4:30 | Strength Building (IP) 9:30-10:15 Zumba Gold (IP) 10:30-11:15 Strong and Stretched (IP) 11:30- 12:30 Tai Chi (IP) 1:30 – 2:30 Chair Yoga (IP) 3:00– 4:00 | Watercolors 9:30 - 11:30 (V) Spanish Class 9:30 - 11:00 (IP) ESOL (IP) 10:30- 11:30 Chair Yoga (IP) 12:00– 1:00 | Watercolors 9:30 - 11:30 (IP) Dancing for Balance (H) 1:30 – 2:30 Gentle Mat Yoga (IP) 3:00 – 4:15 | Meditation (IP) 9:15- 10:15 Whist (IP) 11:30-2:30 Documentary Photography 3:00 -4:30 (IP) |

May 2025 – NC Happenings and Special Events

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

Weekend Meditation Fridays 9:15am-10:15am

Start your weekend with a sense of calm and clarity! Join us every Friday morning for a guided meditation session designed to help you unwind, refocus, and prepare for the days ahead. Breathe deeply, re-lease stress, and enter the weekend feeling refreshed and balanced.

TRIP: Castle Island Friday, May 2nd 11am-2:30pm

Join us for a wonderful day at Castle Island! Our documentary photography class will be capturing stunning photos for their projects, and all are welcome to join in and explore the art of photography. Whether you want to take photos, stroll along the waterfront, or grab a bite at Sullivan’s, this trip offers something for everyone. Cost: \$5 for transportation. Waitlist available.

**Mother’s Day Brunch
Monday, May 12th 10AM-11:30AM**
Celebrate Mother’s Day with a lovely Brunch at the North Cambridge Senior Center! Enjoy a delicious meal catered by Pemberton Farms, surrounded by friends, laughter, and appreciation. Cost is \$5. Registration is required.

Bilingual Storytelling: The Cinco De Mayo Story Thursday, May 15th 1pm-2pm
Join us for a special bilingual storytelling event that explores the true history and meaning behind Cinco de Mayo, a holiday often misunderstood in the U.S. Learn about the bravery, culture, and legacy behind this important day through engaging stories told in English and Spanish.

**TRIP: Spring Trip to the Harvard Arboretum
Friday, May 16th 9:30am–2pm**
Join us for a spring trip to the Harvard Arboretum to see the beautiful lilacs in bloom! Enjoy a guided tour led by a knowledgeable

docent, exploring beautiful seasonal blooms and landscapes. After the tour, we’ll head to a local restaurant for lunch. Cost: \$5 for tour and transportation.

**Breakfast Walk: Andy’s
Tuesday, May 20th 9am-10am**
Join us for a leisurely walk to Andy’s Diner, where we’ll enjoy a delicious meal together. Cost is \$10 for Meal and Coffee.

**Annual Spring BBQ
Thursday, May 22nd 12pm – 1:30pm**
Join us for our annual Spring BBQ and celebrate the joy of May with our BBQ! Join us for a sizzling afternoon filled with mouthwatering grilled delights, refreshing drinks, and lively music and conversations! Cost is \$5. Registration is required.

**TRIP: Explore Gloucester & Sail on the Thomas Lannon Schooner!
Friday, May 23rd 10am-3:30pm**
Join us for a scenic day in Gloucester! Spend the afternoon enjoying lunch on your own, exploring the charming village, and taking in the coastal sights. Afterwards, we will set sail on a 1.5-hour excursion aboard the historic Thomas Lannon Schooner, a 65-foot sailboat built by the captain himself! Experience the beauty of Gloucester’s shoreline from the water. Cost is \$20 for transportation and sailing excursion.

**TRIP: Titanic: The Exhibition
Friday, May 30th 10:30am-3pm**
Join us for a fascinating trip to the Titanic: The Exhibition in Boston! Step back in time with real artifacts, recreated ship interiors, and personal stories of passengers. This immersive experience brings history to life. After the exhibition, we’ll enjoy lunch on our own at a nearby restaurant. Don’t miss this unforgettable journey! Cost \$20 for admission and transportation.

Coming Soon!

**TRIP: Castle Island Picnic
Friday, June 6th 11AM-3:30PM**
Join us for our Annual June Picnic at Castle Island! Enjoy ocean breezes, beautiful views, and great company. We’ll gather for a relaxing afternoon and a delicious picnic lunch of assorted sandwiches catered by Pemberton Farms. A perfect way to welcome summer—bring your walking shoes and your appetite! RSVP now! Cost: \$7 for transportation and Picnic.

Cambridge City Council

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Office of Aging & Independence for
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Cambridge Council on Aging

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MA 02139

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Susan Pacheco



www.cambridgema.gov/

[CouncilOnAging](#) 617-349-6220