

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

February 2020 Events Calendar

Saturday, February 1, 12:15 — 2:30pm

South Station History Tour

The free South Station tour is a lively hour-long walk through the 20th century, glimpsing into the railroad past and peeking into its future. Points of discussion include: geography of the area, architecture, history of the railroad, and historic events that “shaped the railroad and South Station Terminal in particular.”



“The tour covers three levels of South Station, accessed via escalator and elevator. Comfortable walking shoes recommended.”

Following the tour is an optional stop at the South Street Diner, 178 Kneeland St., about a 5 minute walk, for self-pay refreshments and a chance to relax and socialize with fellow members. We will meet outside the ticket machines at the Harvard subway station at 12:15pm to arrive in time for the 1pm tour which meets inside the station (Summer Street entrance) at the tour sign near the souvenir counter. Free. Call or email the office to sign up.

Mondays, February 3, 10, & 24, 2:00pm – 3:00pm

Handwork Group (Formerly Knitting Group) , CN Office

The CN Knitting Group is changing to be more inclusive to those who have other sorts of sewing and craft projects. Bring your projects to work on with fellow CN members. Call or email the office to sign up.

Wednesday, Feb. 5 & Tuesday, Feb. 18, 6:00 – 7:30pm

Suppers at The Cambridge Homes (TCH)

360 Mt. Auburn St., Cambridge

Join us for a delicious, three-course meal with wine in the private dining room of The Cambridge Homes. **\$20** per person. Spaces are limited. Call or email the office to sign up.



Monday, February 10, 5:00pm – 6:30pm

Tipple at Legal’s, Charles Sq., Cambridge

Wine and snack event for members. A great way to meet other CN Members! **Appetizers are served at 5:00pm.** \$20 per person. **This will be the only Tipple outing offered this month.** Call or email the office to sign up.



Tuesday, February 11, 12:00pm – 2:00pm

Delectation! Cambridge location (Snow day Wednesday, February 12)

Are you a solo ager and not eating as well as you should? Or perhaps you and your partner are tired of making the same old dishes. Good nutrition is important at any age - and often something we skimp on when we've become tired of cooking for ourselves. *Consider joining Delectation!*



A monthly program designed to help you as well as some of your fellow CN members eat well and with some variety.

The Concept: coming together socially while sharing a dish with others. Bring your Tupperware and leave with several additional meals to take home. The meeting location is a kitchen setting in a Cambridge home. This first gathering has a theme of *Soups & Breads*. Call the office for more information and/or to sign up.

Thursday, February 13, 10:30am — 11:30am,

2nd Thursdays with Neighbors, CN Office

True Stories about Love - Sharing Circle w/ Nancy Webber

In honor of Valentine's Day, we are celebrating stories about our ancestors and mentors. Come share a 3 to 5 minute story about an ancestor or mentor that has changed your life.

Sharing stories about our lives brings connection and often fun discoveries. Please practice your story at home with a 3 to 5 minute time limit and speak from the heart. Afterwards, we'll enjoy some Valentine cookies and punch.

Join Nancy Webber, exercise and mindfulness instructor, and Kit Hayes, founder of Life Work Design, and contributing author of: *Live Smart After 50: The Expert's Guide to Life Planning in Uncertain Times*. Call or email the office to sign up.

Monday, February 20, 1:00pm

Photography Group, JWR home



The Photography Group meetings will continue. Topics include sharing tips, hints and guidelines for making your photographs more interesting and eye catching. Open to CN members. Join us for a lively exchange and the opportunity to improve your photographic captures. Call or email the office to sign up.

Crossword Club, CN Office

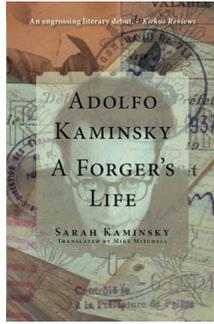
The Crossword Club will not be meeting over the next couple of months. It will resume in the spring if interest is expressed by enough members.

Tuesday, February 18, 2:00pm – 3:30pm
Biography Book Group, CN Office

***A Forger's Life* by Sarah Kaminsky**

Sarah Kaminsky takes readers through her father Adolfo Kaminsky's perilous and clandestine career as a forger for the French Resistance and numerous other freedom movements of the twentieth century. Recruited as a young Jewish teenager for his knowledge of dyes, Kaminsky became the primary forger for the French Resistance during the Nazi occupation of Paris.

Then, as a professional photographer, Kaminsky spent the next twenty-five years clandestinely producing thousands of counterfeit documents for immigrants, exiles, underground political operatives, and pacifists across the globe. Kaminsky kept his past cloaked in secrecy well into his eighties, until his daughter convinced him to share the details of the life-threatening work he did on behalf of people fighting for justice and peace throughout the world. Open to new members provided you have read the book by meeting time. Call or email the office to sign up.



Wednesday, February 19, 10:30am +
Cyrus E. Dallin Art Museum Tour
611 Massachusetts Ave., Arlington

Come enjoy a docent-led tour of The Cyrus E. Dallin Museum and experience the art of this great American sculptor and 40+-year resident of Arlington. Cyrus Dallin (1861-1944) created the iconic sculptures *Appeal to the Great Spirit* in front of the Museum of Fine Arts, Boston, and *Paul Revere* in Boston's North End as well as the Town of Arlington's *The Menotomy Hunter* and the *Robbins Memorial Flagstaff*. Both are within a quick walk from the museum so, weather permitting, we plan to view them following the tour. An optional self-pay lunch at either Not Your Average Joe's or Pasha Turkish & Mediterranean Cuisine (depending on group preference) following the tour.



\$10 cash fee at the door. Meet at the Museum at 10:15 for the 10:30 tour. There is a municipal parking lot (50¢/hour) behind the museum and the no. 67, 77, 79, 350 buses all stop near the museum. To travel together on the 77 bus, meet at the Harvard Station ticketing machines at 9:50am. Call or email the office to sign up.

Thursday, February 20, 11:00am – 12:15pm
Caregiver Support Group, CN Office

Held on the fourth Thursday of every month, this Caregiver Support Group, led by Ted Aransky of Always Here Home Care, has been designed to provide a safe gathering space for those caring for partners or family members contending with dementia, disability, or illness. Care partners need care, and this gathering offers emotional, educational, and social support to those partners. Please contact the CN office with questions or to sign up.

Facilitator of the group, Ted Aransky has worked for the past 17 years exclusively with older adults in a variety of roles and settings and is now VP of Operations for Always Here Home Care. He has a Bachelor's degree in exercise physiology and a Master's degree in Health, concentrating on geriatric health and Gerontology. He is also a nationally certified Geriatric Care Manager and Certified Dementia Practitioner.

Tuesday, February 25, 1:30pm—3:00pm
***Navigating the Home HealthCare System*, CN Office**

If you have considered home health care either as a way for you or a loved one to remain in your own home for as long as possible, or for continuing care and recovery following a hospitalization, then this program is for you. Guest speaker Ilona O'Connor will fill us in on the advantages of home health care and help us to navigate the landscape. She will guide us through the types of assistance such services provide, costs and insurance, considerations in selecting a service, and what to expect in terms of care and support. She will also cover Medicare guidelines.



Ilona O'Connor trained as a registered nurse at SUNY Farmingdale. She worked in the inner city for 34 years, providing home health care services as a staff nurse at the Visiting Nurse Association of Boston. She is currently on the Board of the Foundation for Active Compassion. In addition she presents leadership/teambuilding workshops for businesses and non-profit organizations. Call or email the office to sign up.

Thursday, February 27, 5:30pm—7:00pm
Restaurant Dinner Outing

This month's restaurant location will be chosen and announced soon.

Reminder: Tech Assistance is Free with Your Cambridge Neighbors' Full Service Membership.

We just ran a feature article in our December newsletter about our caring, and highly competent tech volunteers who are available to help with your computer and other high tech needs— but it bears repeating! Haijing Hao, Bill Walker, and Peg Lopata are at your service. Please call the CN office if you could use their help.

"My computer crashed and I was beside myself. I contacted CN for help and they sent me Bill Walker, a volunteer who provides tech assistance to CN members. He was great! He came to my home within 24 hours and fixed my computer problem. As a CN member, I very much appreciate this and their many other valuable services." - Mimi Grosser

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 South Station Tour 12:15pm
2	3	4	5	6	7	8
	Handworks Group 2:00 – 3:00pm	Program Meeting 10:00am	STRETCH CLASS 2pm –3pm TCH Supper 6:00 – 7:30 pm		MOVEMENT CLASS 11am– 12pm	
9	10	11	12	13	14	15
	Handworks Group 2:00 – 3:00pm Tipple at Legal Seafood 5:00pm- 6:30pm	Volunteer Meeting 11:00am Delectation! 12:00pm— 2:00pm	STRETCH CLASS 2pm –3pm	Nancy Webber True Stories about Love 10:30am—11:30am	MOVEMENT CLASS 11am– 12pm 	
16	17	18	19	20	21	22
	President's Day Office Closed Photo Group 1:00pm 	Bio Book Group 2:00 – 3:30 pm TCH Supper 6:00 – 7:30 pm	Cyrus Dallin Museum 10:30 STRETCH CLASS 2pm –3pm	Caregiver Support Group 11:00am – 12:15pm	MOVEMENT CLASS 11am– 12pm	
23	24	25	26	27	28	29
	Handworks Group 2:00 – 3:00 pm	Navigating the Home HealthCare Landscape 1:30pm—3:00pm	STRETCH CLASS 2pm –3pm	Restaurant TBD 5:30pm—7:00pm	MOVEMENT CLASS 11am– 12pm	 LEAP DAY

Cambridge Neighbors' "Movers and Shakers" Help Keep Our Members Fit



CN membership offers so many ways to lead a fulfilling and healthy life, not the least of which is through our team of Certified Exercise Instructors, Sergio Venci and Susanne Liebich who, for several years now, have been leading two weekly groups: Wednesday's Core & Strength and Friday's Movement for Rhythm, Balance, & Core, both of which are held at Evolve Fitness in Cambridge. Because it's January—and baby, it's cold outside—our classes offer members a

chance to move and feel energized in a warm and cozy environment. If you haven't tried it, please do – **it's free with membership!**

"I initially signed up for this class simply to accompany my husband whom I thought could benefit from movement instruction. It is so much more. I look forward to it every Friday."

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"Susanne Liebich, the instructor, is extremely talented and a wonderful teacher. She also happens to have an infectious, positive personality and delights us all. Everyone leaves the class smiling. I find it is therapeutic for caregivers, like me, which is something I never anticipated." CT, CN member



Susanne Liebich

The Movement for Rhythm, Balance & Core class taught on Fridays by Suzanne integrates dance, Pilates, yoga and mindful movement to enhance flexibility, agility, mobility, stability, strength, balance and body awareness. "This type of movement also stimulates new neurotransmitters (neuroplasticity) in the brain, helping to keep our minds active and responsive. Class is suitable for any and all fitness levels and can be modified to suit the needs of the individual. "I have been teaching students at CN for over 5 years and absolutely enjoy their enthusiasm and dedication to learning new ways to exercise, dance and move their bodies. We have a wonderful community!"



Sergio Venci

Instructor **Sergio Venci's** goal is to promote a balance of flexibility and strength. "My main focus is to challenge the mem-

bers to move in all different plains of motion. There is also a strong emphasis on coordination and balance which contributes to an overall improvement of our daily activities."

Cambridge Neighbor member Nancy Webber has shared her skills several times hosting sessions at the CN Office. Her Flex and Stretch classes allow participants to experience the many ways they can exercise at home and elsewhere without using equipment.



Nancy Webber

In addition, we have recently added Nancy to our "Vetted Vendor" list of service providers. If going to the gym is not your "cup of tea", Nancy, who has been teaching exercise and yoga to people over 60 since 2005 for the Harvard, MA Council on Aging, offers private and semi-private lessons in the privacy of one's own home. If you have had the opportunity to experience any of Nancy's recent workshops at the CN office, you will know she offers a lighthearted, safe and supported brand of exercise.

Nancy has also begun generously offering 20 minute phone consultations for Cambridge Neighbors members. Please contact the office for more information.

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CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

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Cambridge, MA 02138

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February 2020 Event Calendar