



August 2024

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN
A community of neighbors helping aging adults lead independent and engaged lives

Dear Members and Friends,

Summer is the time we look forward to outside activities and events. However, with the unprecedented number of 90°+ days during the season, it's uncomfortable (and for some, even dangerous) to be outdoors for any length of time.

There are other ways to remain active despite these obstacles. We've compiled a list of exercise programs that take place at the Arlington, Belmont, Cambridge, Somerville, and Watertown Senior Centers that give you the opportunity to remain active without the risk. Thank you, Claudia Albert, for your research. You can also check out your local library as they offer many and varied exercise programs as well.

Warmly, Jan Latorre-Stiller, *Executive Director*

Town	Location	Phone	Website (current offerings)	Requirements	Cost	Parking Availability
Arlington	27 Maple Street	781-316-3400	https://www.arlingtonma.gov/departments/health-human-services/council-on-aging Click on Senior Newsletter	Residency <u>not</u> required; need to get free scan card	\$3/class	Off-street parking
Belmont	266 Beech Street	617-993-2970	https://www.beechstreetcenter.org/publications.html	Residency <u>not</u> required; 1hr orientation required	Monthly non-resident charge: \$10-50	Off-street parking
Cambridge	806 Mass Ave. (Main Center, 3 rd Floor) 2050 Mass Ave. (Auxiliary, 1 st Floor)	617-349-6220	https://www.cambridgema.gov/Departments/humanserviceprograms/COA/seniorcenter806massave Click on classes page	Residency <u>not</u> required; need to get free scan card	No cost	On street parking (both locations)
Somerville	167 Holland St. Center Ralph & Jenny Center	617-625-6600 Ext. 2300	https://www.somervillema.gov/departments/health-and-human-services/council-aging Click on Health and Wellness Activities	Residency <u>not</u> required	No cost	Limited parking
Watertown	31 Marshall Street	617-972-6490 Ext. 2	https://watertown-ma.gov/296/Newsletters	Residency <u>not</u> required	\$3/class	Off-street parking



PROGRAM HIGHLIGHTS: Please be aware of possible health risks in attending in-person events. Unless otherwise noted, **please call/email the office to register for an event.**

Explorer Walk: Mount Auburn Cemetery
Thurs., 8/8 | 10:00am | Mount Auburn Cemetery
580 Mt Auburn St, Cambridge, MA 02138

Let's walk-and-talk and practice the art of noticing. There is so much to notice at Mount Auburn: plants from ground cover to trees; wildlife of all sorts (We saw a ground hog on our last walk there!); and the many memorials. It's a great place to be outdoors with friends. We'll meet at 10:00am again to avoid the hottest part of the day. Event leader: Susan Murray

MIT Museum Tour

Wed., 8/14 | 10:15am | \$15 | Self-pay | Kendall Square Gambrill Center, 314 Main St, Cambridge, MA 02142

Join other Cambridge Neighbors members on a 45-minute introductory tour of the MIT Museum. Learn about the collection, MIT museum history, and get your questions answered by the museum's experts.

The tour begins at 11:00am and operates on a first-come-first-served basis. We will meet downstairs at the Harvard T station by the ticketing booths at 10:15am to ride two stops to Kendall/MIT. Tickets are \$15 each and can be purchased upon arrival. Event leader: Claudia Albert

Explorer Walk: Harvard's Museum of the Ancient Near East

Mon., 8/19 | 11:00am | Free admission | Harvard Yard 6 Divinity Ave, Cambridge, MA 02138

Meet at the Johnston Gate to Harvard Yard (by the traffic lights at Church Street and opposite First Parish in Cambridge Church) at 11 a.m. It's about a 10-minute walk to the museum through Harvard Yard and by the chemistry buildings. *For those who prefer not to walk, meet the group at 11:15 at the entrance to the museum.*

We'll visit the Harvard Museum of the Ancient Near East (frequently known as The Semitic Museum). The museum houses Harvard University's collections of Near Eastern archaeological artifacts - over 40,000 items, including pottery, cylinder seals, sculpture, coins and cuneiform tablets. Many are from museum-sponsored excavations in Israel, Jordan, Iraq, Egypt, Cyprus, and Tunisia. Current exhibits are "Mediterranean Marketplaces: Connecting the Ancient World"; "From the Nile to the Euphrates: Creating the Semitic Museum"; "Recreating the Throne of Egyptian Queen Hetepheres"; and "From Stone to Silicone: Recasting Mesopotamian Monuments". Optional self-pay lunch together following the museum visit. Event leader: Susan Murray

Road Scholar Presentation

Wed., 8/21 | 1:00pm | Zoom

Join Lynn Loud, a Road Scholar volunteer, as she



presents to us a brief summary of the travel opportunities through Road Scholar, with a heavy focus on domestic travel. She will touch on special interest adventures (arts and crafts, music, cooking, pickleball, golf, etc.) as well as give information

on grants that are available — one in particular that gives caregivers of a dependent loved one a much needed break. **Road Scholar is a not-for-profit travel program used by over 1 million travelers every year visiting almost every nation in the world.**

Lynn Loud, a Road Scholar ambassador, is a retired school teacher originally from New Jersey and New York. She is 71 years young, and has traveled with Road Scholar on 11, going on 12 adventures.

"I love the fact that [Road Scholar] is a non-profit; they are safe, organized, fun, and that they center their adventures around learning." -Lynn

COMING NEXT MONTH: WOMEN'S GROUP!

Wed., 9/4 | 11:00am | CN conference room 545 Concord Ave. Suite 104, Cambridge 02138

Starting in September we are excited to offer a monthly in-person Women's Group! The group will meet the first Wednesday of each month at 11:00am in the Cambridge Neighbors office conference room and will be facilitated by CN member and volunteer, Marianne Iacuzio. The group will be discussion-based and member-led. Marianne, a retired clinical social worker, has extensive experience organizing and leading groups. Join us for our first meeting on Wed., September 4th at 11:00am to meet other women, brainstorm discussion topics, and see if the group may be the right fit for you.

Please note, due to limited space in the conference room, attendance for this group event will be limited. If you are interested in participating, we encourage you to reach out to the office sooner rather than later. **Signup through the Cambridge Neighbors office.**

IMPORTANT:

As Cambridge Neighbors pre-pays for many of the outings we offer, it is important that we have an accurate headcount of members planning to participate. Due to an increase in last-minute cancellations, we regret we feel we must establish the following cancellation policy. **If you cancel within 48 hours of a paid event you will be charged the full amount.** Exceptions, of course, will be made for any health/medical issues that come up last minute. Thank you for your understanding!

THIS MONTH'S PROGRAMS

MON	TUES	WED	THURS	FRI
			1	2
5	6	7	8	9
				Meditation 1:00pm
	Dinner: Zomsa 6:00pm		Explorer Walk 10:00am	Let's Talk 2:00pm
12	13	14	15	16
Tipple 5:00pm		MIT Museum Tour 10:15am	Coffee & Conversation: Ovenbird Café 11:00am	
19	20	21	22	23
Explorer Walk 11:00am		Road Scholar Presentation 1:00pm	Lunch: Savino's 12:00pm	Meditation 1:00pm
26	27	28	29	30
LGBTQ+ Meetup 4:00pm Tipple 5:00pm	Conversational French 11:00am	Men's Group 2:30pm	"Single & Mingle" 6:00pm	

Restaurant Outings Self-pay | Limited Spaces

Dinner: 8/6 | 6:00pm | Zomsa (Arlington) | parking avail.

Lunch: 8/22 | 12:00pm | Savino's (Belmont) | street parking

Explorer Walk 8/8 | 10:00am | Mount Auburn Cemetery
See page 2 for full description

Meditation 8/9 | 8/23 | 1:00pm | Zoom

Event leader: Nancy Barcelo

Let's Talk 8/9 | 2:00pm | Zoom

Online discussion on the challenges and opportunities of the aging journey. Event leaders: Lotte Bailyn & Micki Seligson

Tipple 8/12 | 8/26 | 5:00pm | Nubar | Limited spaces
16 Garden Street, Cambridge. Join members for wine, appetizers & good conversation. Event leader: Nancy Carlson

MIT Museum Tour 8/14 | 10:15am | Kendall Square
See page 2 for full description

Coffee & Conversation 8/15 | 11:00am | Belmont | Self-pay
105 Trapelo Rd, Belmont, MA 02478

Join other CN members for coffee and conversation this month at Ovenbird Café.

Explorer Walk 8/19 | 11:00am | Harvard Yard
See page 2 for full description

Road Scholar Presentation 8/21 | 1:00pm | Zoom
See page 2 for full description

LGBTQ+ Group Meetup 8/26 | 4:00pm | Porter Square
5 White St, Cambridge, MA 02140

Discuss issues specific to the intersection of aging and being part of the LGBTQ+ community. Event leader: Estelle Disch

Conversational French 8/27 | 11:00am | CN Office
Event leader: Carmen Arnold. **New members encouraged!**

Men's Group 8/28 | 2:30pm | CN Office | Event leader:
Michael McCormack. **New members encouraged!**

"Single and Mingle" 8/29 | 6:00pm | Fresh Pond Mall
168 Alewife Brook Pkwy, Cambridge 02138

Get a chance to meet with other single members of Cambridge Neighbors over drinks outside at the Fresh Pond Beer Garden this month. **This event is for single members only!**

SUMMER SCHEDULE NOTES

The following groups will not meet in August:
Exploring Diversity & Biography Book Club

The online **Should I Stay or Should I Go?** series hosted by Kate Granigan will resume in September.

Tech Tuesday with volunteer Beth Luchner will resume in September



Cambridge Neighbors Member Passing

We remember Rolf Goetze, noting his recent passing, and offer our condolences to his family and friends.

Please call/email the office to register for all events.

AUGUST IS NATIONAL BLACK BUSINESS MONTH, AN ANNUAL CELEBRATION RECOGNIZING BLACK ENTREPRENEURS AND THEIR CONTRIBUTIONS TO AMERICA’S ECONOMY.



The **CAMBRIDGE NEIGHBORS DIVERSITY, EQUITY AND INCLUSION GROUP** is dedicated to planning programs to create a heightened awareness of the issue of race for all of us at Cambridge Neighbors. One program focused on the implications of the intractable racial wealth gap — not only for those who have suffered for decades under gross disparities in income, housing policies, educational opportunities and support structures, but for all of us. To follow up on that discussion in a concrete way, the committee shares the names of local black-owned businesses. Here’s the list:

CAMBRIDGE	Sheger Café & Ethiopian Restaurant www.shegercafeandethiopianrestaurant.business.site/
Great Eastern Trading Company www.greateasternvintage.com	Asmara Restaurant www.asmararestaurantboston.com
Full Moon Botanica www.the-full-moon-botanica.myshopify.com	Black Sheep Bagel www.blacksheepbagelcafe.com
Jamaica Mi Hungry www.jamaicamihungry.com	Charlie Allen Renovations www.charlie-allen.com
Made Organics www.made-organics.com	Coast Café www.coastsoulcafe.com
New Chapter Home Improvement www.newchapterhi.com	Comfort Kitchen www.comfortkitchenbos.com
La Fabrica Restaurant www.lafabricacentral.com	Muqueca Restaurant www.muquecarestaurant.net
Fresh Pond Tea Company www.freshpondtea.com	Oggi Gourmet www.oggigourmet.com
Crimson Bikes www.crimsonbikes.com	The Little Crepe Café www.littlecrepecafe.com
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SOMERVILLE	
Highland Creole Cuisine www.highlandcreolecuisine.com	Sunrise Caribbean Cuisine www.sunrisecuisine.biz/
Serenity Wellness Massage www.serenitywellnessmassage.com	Detour Construction www.detourconstruction.com

2024 Board of Directors

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Cambridge Neighbors

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