



March 2025

CAMBRIDGE NEIGHBORS

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

Dear Members and Friends,

Despite being muddy, unpredictable (weather wise), and devoid of any major holidays, March does redeem itself by giving us the first day of spring, and, for many, a chance to catch up with our movie viewing in time for the Oscars. Once again, Cambridge Neighbors member—documentary filmmaker and Instructor of Film and Screenwriting at Harvard Summer School—Susan Steinberg Woll, generously offers her assessment of last year's films as well as where to view them—many of which are contenders for Oscar Awards this month.

Warm wishes,
Jan Latorre-Stiller, *Executive Director*

10 Feature Film for Your Consideration, Susan Steinberg Woll

POLITICAL & SOCIAL JUSTICE FILMS

I'm Still Here — A brilliant, devastating Brazilian film about the military dictatorship in 1971. The lead actress should win best actress Oscar. (Apple TV; on Netflix summer 2025)

No Other Land — A documentary film made by Israelis and Palestinians about the strife in Gaza. A great joint collaboration. It should win best documentary. (Apple TV)

The Nickel Boys — Adapted from the novel by Colson Whitehead, this film about racial injustice in the America South in the 1960s, is shot from the protagonists' point of view. Nominated for the 'Best Picture Oscar', it is wonderful, but not for everyone. (Apple TV; Youtube)

BIOGRAPHICAL & AUTOBIOGRAPHICAL PORTRAIT FILMS

A Real Pain — Jesse Eisenberg has written a film about pilgrimages to Holocaust sites that draws on some of his own life-thinking and neuroses. (Hulu; Apple TV; Google Play)

A Complete Unknown — Bob Dylan's rise to fame without compromise at the Newport Folk Festival in the 60s. (Amazon Prime; Apple TV)

The Apprentice — An interesting fictional portrait of the young Donald Trump. (Amazon Prime; Apple TV)

The Bike Riders — Based on a book of still photos and interviews of a 1960s bike gang, this film says it all about power and social "pecking orders." (Amazon Prime, Youtube; Fandago)

AGING & THE ROAD LIFE TAKES YOU ON

Close Your Eyes — A Spanish film that tells us you can start your life one way and end it another. Your young self can be quite different from your old self. (Amazon Prime; Google Play)

The Room Next Door — A woman with terminal cancer seeks a friend's help with ending her life on her own terms. (Amazon Prime)

Janet Planet — A young girl witnesses her mother's life choices—and makes a decision about her own. (Hulu; Amazon Prime)

SEXUAL EXPLORATIONS

Babygirl — Nicole Kidman stars in an outstanding portrayal of a successful businesswoman and wife who risks everything for a sexual relationship. (Youtube; Apple TV; Amazon Prime; Fandago, Google Play)

Queer — Daniel Craig, the most recent James Bond, stars in this surreal adaptation of William Burroughs' novel about gay life. But then, William Burroughs' life was surreal. (Youtube; Amazon Prime)

And how about some simple fun and animation? Check out Hit Man, Flow, Robot Dreams, or Inside Out 2.

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.

Women's Group

Wed., 3/5 | 11:00am | CN office | New members welcome!
545 Concord Ave., 4th fl. Conference Room, Cambridge 02138

Meet with other women of Cambridge Neighbors on the first Wednesday of each month to get to know one another better. Following each meeting, women are encouraged to join for lunch at Summer Shack, located near the Alewife T station. Event leader: Marianne Iacuzio

Tech Tuesday: Using Voice Memos

Tues., 3/11 | 11:00am | CN office
545 Concord Ave., Suite 104, Cambridge 02138

Join Beth Luchner, long-time tech instructor for seniors, as she teaches us all about using voice memos and the Reminders app. Note: This class is for Apple users only.

Stay or Go: Live Well, Age Well

Tues., 3/11 | 1:00pm | Zoom

This month's speaker will be Erin DiCarlo, founder of Dovetail Companies—a company dedicated to empowering older adults through education and expert guidance. *This program will be part one of a three-part miniseries.*

This program is designed to help you make small, meaningful shifts that enhance your well-being and quality of life as you age. Through expert guidance and practical strategies, this program seeks to empower you to prioritize your health, mindset, and daily habits—ensuring you continue to thrive. With simple, sustainable changes, you can live your best life with confidence and vitality.

Strokes: Signs & Symptoms, Prevention, and What To Do in an Emergency

Wed., 3/12 | 1:00pm | Zoom

Stroke awareness is the key to prevention. This program, presented by Marie McCune—RN, Stroke Nurse Coordinator at Mt. Auburn Hospital—will teach you what a stroke is and the different types of strokes. What are the warning signs? Information on the importance of knowing what to do if you or someone you love is having a stroke will be talked about. You will also learn about risk factors for strokes and how you may be able to improve your overall health to lower your risk of having a stroke. Q&A period will be provided at the end of the program.

Mapparium Outing

Thurs., 3/13 | 11:00am | Back Bay | \$6 | Self-pay
Exact meeting time and location to come...

Join to visit the iconic Mapparium globe and other exhibits located inside the Christian Science Center. Members may choose to have lunch at the nearby Pressed Café following the outing. *More information to come.* Event leader: Bill Barnert

Explorer Walk: Mount Auburn Cemetery

Mon., 3/17 | 10:30am | Mount Auburn Cemetery
580 Mt Auburn St., Cambridge 02138

Let's look for signs of spring as we walk-and-talk with fellow CN members along Mount Auburn Cemetery's avenues and paths. Please join us! We'll meet outside the Visitor Center at 10:30am. Event leader: Susan Murray

Memoir Writing: Find Your Story

Wed., 3/19 | 10:00am-12:00pm | CN Office
545 Concord Ave., Suite 104, Cambridge 02138

Everyone has a story worth telling. Find yours. Through writing prompts and sensory sparks, members will craft detailed, personal stories. Writers should bring a notebook, tablet, or laptop to write on.

This program will be run by CCAE instructor Danielle Monroe. CCAE has graciously offered this program at no charge to CN members, and offers us their regular programs at a 10% discounted rate.

"Attaining Stillness"

Tues., 3/25 | 4/1 | 4/8 | 1:00pm | CN Office
545 Concord Ave., Suite 104, Cambridge 02138

In this three-week series, you will learn and practice simple breathing exercises—based on yogic tradition—to bring about relaxation of the body and mind. This will be combined with basic meditation instruction and guidance. All practice is done while seated. Beginners welcome! Instructor: Barbara Lynne

Explorer Walk: "The Embrace"

Thurs., 3/27 | 10:30am | Boston Common

Meet downstairs at the Harvard T station at 10:30am

We'll amble through the Common, passing by the skaters (if there's ice!) at the Frog Pond and looking for signs of spring as we head to the Public Garden to check out the "Make Way for Ducklings" sculpture. Then we'll return to the Common to view "The Embrace", a sculpture honoring Martin Luther King Jr. and his wife Coretta Scott King. Optional self-pay lunch nearby following the walk. Event leader: Susan Murray

Exploring Diversity

Thurs., 3/27 | 4:00pm | Zoom

Join us for an opportunity to learn about two impactful historical Black members of Cambridge in the 1880s:

Harriet Jacobs was a former slave, a published author, and abolitionist who lived in Cambridge. Her story and her fight for freedom will be explained, including discussion of her book, *Incidents in the Life of a Slave Girl*, *Written by Herself* and a short video.

Mary Walker was a former slave, an abolitionist, and contributed significant efforts to the women's suffrage movement. We will discuss her story as well as the property she and her family would eventually own—now home to the Cambridge Center for Adult Education. Event leaders: Emily Flax & Anna Whitcomb

New Member Orientation

Fri., 3/28 | 11:00am-12:30pm | CN Office
545 Concord Ave., Suite 104, Cambridge 02138

New to Cambridge Neighbors? Already a member but want a refresher on what CN can offer? Join two members as they talk you through the ins and outs of the organization from a member's perspective. Time for Q&A will be provided. Event leaders: Megan Lower & Claudia Albert

THIS MONTH'S PROGRAMS

MON	TUES	WED	THURS	FRI
NOTE: In-person events are listed in black ; Zoom events are listed in blue	4	5	6	7
		Women's Group 11:00am		Meditation 1:00pm
10	11	12	13	14
	Tech Tuesday 11:00am			
Tipple 5:00pm	Stay or Go 1:00pm	Stroke Awareness 1:00pm	Mapparium 11:00am	Let's Talk 2:00pm
17	18	19	20	21
Explorer Walk: Mt. Auburn Cemetery 10:30am	Coffee & Conversation 11:00am Bio Book Club 1:30pm	Memoir Writing 10:00am-12:00pm	Lunch: Changsho 12:00pm	Meditation 1:00pm Info Session 3:00pm
24	25	26	27	28
LGBTQ+ Meetup 4:00pm Tipple 5:00pm	"Attaining Stillness" 1:00pm	"Single & Mingle" 11:00am Men's Group 2:30pm	Explorer Walk: "The Embrace" 10:30am Exploring Diversity 4:00pm	New Member Orientation 11:00am-12:30pm
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Dinner: Zomsa 6:00pm				

Women's Group 3/5 | 11:00am | CN Office
See page 2 for full description.

Meditation 3/7 | 3/21 | 1:00pm | Zoom
Event leader: Nancy Barcelo

Tipple 3/10 | 3/24 | 5:00pm | Nubar | *Limited spaces*
16 Garden St., Cambridge 02138
Wine and appetizers. Event leader: Nancy Carlson

Tech Tuesday 3/11 | 11:00am | CN Office
See page 2 for full description.

Stay or Go: Live Well, Age Well 3/11 | 1:00pm | Zoom
See page 2 for full description.

Stroke Awareness 3/12 | 1:00pm | Zoom
See page 2 for full description.

Mapparium 3/13 | 1:00pm | Back Bay
See page 2 for full description.

Let's Talk 3/14 | 2:00pm | Zoom
Online discussion on the challenges and opportunities of the aging journey. Event leaders: Lotte Bailyn & Micki Seligson

Explorer Walk: Mt. Auburn Cemetery 3/17 | 10:30am
See page 2 for full description.

Coffee & Conversation: Kickstand Café 3/18 | 11:00am
594 Massachusetts Ave, Arlington 02476 (parking lot available)
Join for coffee at Kickstand Café! Rescheduled from Feb.

Bio Book Club 3/18 | 1:30pm | CN Office
This month's discussion: *The Revolutionary: Samuel Adams* by

Stacey Schiff. Event leader: Mary Alice Stanton

Memoir Writing 3/19 | 10:00am-12:00pm | CN Office
See page 2 for full description.

Lunch: Changsho 3/20 | 12:00pm | Self-pay
1712 Mass Ave, Cambridge 02138 (parking lot available)

Info Session 3/21 | 3:00pm | Hybrid
Tell your friends about CN! For prospective members only.

LGBTQ+ Group Meetup 3/24 | 4:00pm | Café Zing
25 White St, Cambridge, MA 02140
New members welcome! Event leader: Estelle Disch

"Attaining Stillness" 3/25 | 1:00pm | CN Office
See page 2 for full description.

"Single & Mingle" 3/26 | 11:00am | Self-pay | Street parking
1230 Massachusetts Ave, Cambridge, MA 02138
Join other single CN members for brunch at The Friendly Toast.

Men's Group 3/26 | 2:30pm | CN Office
Event leader: JB Maxwell.

Explorer Walk: "The Embrace" 3/27 | 10:30am
See page 2 for full description.

Exploring Diversity 3/27 | 4:00pm | Zoom
See page 2 for full description

New Member Orientation 3/28 | 11:00am | CN Office
See page 2 for full description.

Dinner: Zomsa 3/31 | 6:00pm | Self-pay
434 Mass Ave, Arlington 02474 (parking lot behind restaurant)

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

Adult Education in Cambridge and Surrounding Areas

Lifelong learning can have many benefits. Research suggests that learning new things can enhance memory, improve problem-solving skills, and make the mind more resilient to stress and anxiety. Cambridge Neighbors offers a variety of monthly educational programs related to aging, health, culture, and more, but wants you to know about other lifetime learning programs in the area. Happy learning!

Town	Program	Location	Contact
Arlington	Arlington Community Education	Arlington High School 869 Mass Ave. Arlington, MA 02476	781-316-3568 communityed@arlington.k12.ma.us
Arlington Community Education is completely supported by tuition received from courses. ACE provides affordable education and enrichment opportunities for children and adults from Arlington and surrounding communities.			
Cambridge	Cambridge Center for Adult Education (CCAЕ)	42 Brattle St. and 56 Brattle St. Cambridge, MA 02138	617-547-6789
CCAЕ provides hands-on multidisciplinary educational classes, from art and cooking, to theater and life & wellness, to languages and literature. <u>CCAЕ offers CN members a 10% discount for all Adult Education courses.</u>			
Watertown	Watertown Adult & Community Education	50 Columbia St. Watertown, MA 02472	617-926-7764
Watertown Adult and Community Education offers a variety of local, in-person courses for adults. A catalog of offerings is available twice annually, with Spring/Summer and Fall/Winter offerings.			
Medford	Tufts University Osher Lifelong Learning Institute	80 George Street Medford, MA 02155	617-627-2000
Just outside of our service area, the Tufts University Osher Lifelong Learning Institute seeks to engage the minds and foster the wellbeing of intellectually curious adult learners 50+ through a wide variety of membership engagement opportunities.			

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Cambridge Neighbors

545 Concord Avenue, Suite 104
Cambridge, MA 02138