



November 2025

CAMBRIDGE NEIGHBORS

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

Dear Members and Friends,

"Volunteering is the ultimate exercise in democracy; when you volunteer, you vote every day about the kind of community you want to live in." -Author Unknown

Believe it or not, we are fast approaching the Thanksgiving holiday; the time of year we pause to give thanks for all that is good in our lives. Speaking of goodness, this is the month we shine a bright spotlight on those Cambridge Neighbors members and friends who so generously volunteer their time, skills, and hearts, to be of assistance to their neighbors. We appreciate you more than you know!



Meet our two newest volunteers, **Cynthia Corcoran** and **Carole Hirsch**.

Cynthia will be assisting in the office, and Carole will be helping members with transportation, errands, grocery shopping, and organizing.

"I decided to volunteer at Cambridge Neighbors because its vision of creating a community where people can gracefully age in place resonated strongly with me. I have seen first-hand the huge impact that I can have on my older relatives simply by helping them with Facebook or setting up a new laptop for them. It warms my heart to know that there are organizations like

Cambridge Neighbors that exist for old folks who might not have such a wide support network to

rely on." Cynthia is a writer working on science fiction novels, short stories, and a memoir.



"My husband and I are retired and in good health, for which I am extremely grateful. We have friends, but we have no children and a small family, and we often wonder how people who live alone or without family support manage when things get difficult due to age, infirmity, illness, etc. Cambridge Neighbors' M.O. really matches my lifestyle and erratic schedule, and it seems only right to help where and when I can, even in small ways.

One of the results of having no children/grandchildren is that since our parents passed away, we have had few responsibilities. Everyone needs responsibilities so we don't think only of ourselves. Thank you for the opportunity to be helpful." Carole Hirsch

Got a few hours a month? We are in need of volunteer drivers, technology volunteers and handymen.

Wishing you and yours a joyful Thanksgiving.

Jan Latorre-Stiller, Executive Director

SAVE THE DATE!

We are delighted to announce that this year's holiday get-together for Cambridge Neighbors' members and volunteers is scheduled for Thursday, December 11 from 4:00 to 6:00 p.m. at the Freepoint Hotel in Fresh Pond Cambridge. It's a familiar and lovely venue for our seasonal soirees.

PROGRAM HIGHLIGHTS

Please contact the office to register for all events.

Guided Tour of the DeCordova Sculpture Park

Sat., 11/1 | 12:45pm | \$14.00 or Free for Trustee of Reservation |
Optional self-pay lunch at 11:45am
51 Sandy Pond Road, Lincoln, 01773

The Sculpture Park is 30 acres of lawns, forests, fields, gardens & terraces. There are approximately 60 sculptures on display giving a cross section of how contemporary artists work outdoors. The tour starts at 1:00. It is highly recommended that you register beforehand: <https://thetrustees.org/event/442417/>. It is entirely outdoors and will run in sun and light precipitation. Tour starts in front of the Cafe/Gift Shop, lasts approximately 2 hours and includes hilly, uneven terrain.

With tour registration you can enter the grounds any time after the park opens at 10:00 am. There's the option of having lunch at your own expense before hand at the Twisted Tree Cafe (off the parking lot, next to the gift shop). You have the option of arriving at 11:45 for lunch or 12:45 for the tour.

Event Leader: Susan Murray

1:1 Caregiver Sessions

Mon., 11/3 | 11/17 | 10:30am-12:30pm | CN Office
545 Concord Ave. Suite 104, Cambridge 02138

As you enjoy the pleasures and weather the challenges of aging in place in your own home, there may be times when caregiving enters the equation.

Susan Strang will provide a comfortable space for problem solving and support. Susan is a retired social worker, former Director of Social Services at the Cambridge Hospital and Director of Case Management at New England Rehab Hospital.

Connection Cure with Julia Hotz

Tues., 11/4 | 1:00pm Zoom

Julia Hotz will share stories, science, and insights from her bestselling book, "The Connection Cure", on the radical ways "prescriptions" for what matters to us can transform our health and healthcare. Studies suggest social prescribing is not only effective for treating depression, ADHD, addiction, trauma, anxiety, chronic pain, dementia, and diabetes.

Julia Hotz manages mental health programs at the Solutions Journalism Network and advises Social Prescribing USA and Walk with a Doc.

Joint Walk with Beacon Hill Village: Walk the Two Neighborhoods of Fort Point Channel

Wed., 11/5 | 9:45am | Optional self-pay lunch

Meet at 9:45am downstairs at the Harvard Square T station

Beacon Hill Village invites us to join them for a fascinating walk through the two distinct neighborhoods of Boston's Fort Point Channel, one on each side of the channel. We'll look at the sorts of buildings, architecture, and activity in each, first from the downtown side and then from the other side of the Summer Street Bridge. Superficially they appear very different but there are similarities to be found. Intriguing and something to puzzle over! An optional lunch (self-pay) is planned in the Seaport for about noon. This is roughly a round-trip walk, beginning and ending in the greater South Station area.

Event leader: Susan Murray

Meet at 9:45am at the Harvard Square T station, downstairs by the ticket machines, to take the Red Line to South Station. Then it's about a 1 block walk to a small terrace with seating where we'll meet up with our BHV friends at 10:30.

Houghton Library: Edward Gorey Exhibit
Fri., 11/7 | 12:00pm | Free | 2 Kirkland St, Cambridge, MA 02138

Meet at noon at the #1 bus stop outside of Harvard Yard (across the street from Holyoke Street, Clover Restaurant, J. August)

Houghton is Harvard's primary rare books & manuscripts library including spaces devoted to Samuel Johnson, John Keats, Emily Dickinson & Amy Lowell. Tours begin at 2:00 in the Edison & Newman Rooms. The Edward Gorey (1925-2000, A.B. '50) exhibit immerses viewers in Gorey's inventive and comically dark creative universe.
Event leader: Carol Lorente

Stay or Go: What is Cost of Assisted Living?

Weds., 11/12 | 1:00pm | Zoom

Trying to figure out assisted living pricing can feel impossible. Between "levels," "bundles," and fine print, families are often left more confused than informed. In this 45-minute workshop, The Senior Living Ladies from 2Sisters Senior Living Advisors will cut through the jargon and explain the two real drivers of cost in plain English. You'll leave with practical tips, the right questions to ask when touring, and a simple one-page guide to help you compare options with clarity and confidence.

Member Spotlight: Susan Steinberg Woll

Mon., 11/17 | 1:00pm | CN Office | Hybrid Option
545 Concord Ave. Suite 104, Cambridge 02138

Susan Steinberg Woll, a documentary film maker and Instructor of film and screenwriting at the Harvard Summer School, will be highlighting films of interest that you may want to watch this winter, both those you may have missed - as well as films that are arriving this season. The Best Films List will be sent out to registered participants ahead of time and reading The Times list is not required. However, for movie lovers, it raises the following questions: How many films from the past 25 years have you seen? Do you agree with the Times choices? What are your favorite films from the 21st Century? Or from the 20th Century? Why? Bring your list of favorite films and your thoughts. We will discuss what is on our all-time favorite lists - And most importantly: Why? Also we will touch on what to look forward to in this year's film releases. Discover what's out there for you to watch during the winter months.

Empowerment in Your Later Years

Session 3 : Caregiver Resilience

Thurs., 11/20 | 2:00-3:00pm | Zoom

The last of a three-part series in partnership with the Cambridge Public Library and Paine Senior Services with speaker Cheryl Field, MSN, RN. Join us for a session tailored for all caregivers—whether you're in direct care, or caring for a loved one. Learn 5 tips for building resilience and managing the physical and psychosocial demands of caregiving. This session is designed just for you, whether you're new to caregiving or have years of experience. Build resilience, prevent burnout, and start healing. Bring a friend. Join the conversation. Let's grow stronger together

To register please visit cambridgepl.libcal.com or call 617-349-4041. A zoom link will be provided one hour before each session begins.

NOVEMBER'S PROGRAMS

MON	TUES	WED	THURS	FRI	SAT
NOTE: In-person events are listed in black ; Zoom events are listed in blue					1
					DeCordova Sculpture Park 12:45pm
3	4	5	6	7	8
1:1 Caregiver Session 10:30am	Connection Cure 1:00pm	Joint BHV Walk 9:45am Women's Group 11:00am	Coffee and Conversation 11:00am	Edward Gorey Exhibit 12:00pm	
10	11	12	13	14	15
Tipple 5:00pm	CN CLOSED	Stay or Go: 1:00pm		Meditation 1:00pm Let's Talk 2:00pm Info Session 3:00pm	
17	18	19	20	21	22
1:1 Caregiver Session 10:30am Member Spotlight 1:00 Dinner: 730 Kitchen and Patio 6:00pm	Bio Book Club 2:00pm	Men's Group 2:00pm	Empowerment in Years Later 2:00pm LGBTQ + Group 2:00pm Exploring Diversity 4:00pm	Meditation 1:00pm Lunch: Zomsa 12:00pm	
24	25	26	27	28	29
Tipple 5:00pm	Mount Auburn "Walk & Talk" 12:30pm		CN CLOSED	CN CLOSED	

Guided Tour of Decordova Sculpture Park | 11/1 | 1:00pm | DeCordova Museum | See page 2 for full description.
1:1 Caregiver Sessions | 11/3 | 11/17 | 10:30am - 12:30pm | CN Office (4th floor) | See page 2 for full description.
Connection Cure with Julia Hotz
 Tues., 11/4 | 1:00pm | Zoom | See page 2 for full description.
Joint Walk with Beacon Hill Village: Walk the Two Neighborhoods of Fort Point Channel
 Wed., 11/5 | 9:45am | Optional self-pay lunch | Event leader: Susan Murray
Women's Group 11/5 | 11:00am | CN Office (4th floor)
New members welcome! Group leader: Anne Harrington
Coffee & Conversation: Tatte Bakery | 11/6 | 11:00am | Self-Pay
495 Trapelo Rd, Belmont, MA 02478
 Enjoy coffee with other CN members. Street parking available.
Houghton Library: Edward Gorey Exhibit
 Fri., 11/7 | 12:00pm | Free | See page 2 for full description
Tipple 11/10 | 11/24 | 5:00pm | Nubar | *Limited spaces*
16 Garden St., Cambridge 02138
 Wine and appetizers. Self-pay. Event leader: Nancy Carlson
Stay or Go 11/12 | 1:00pm | Zoom
 See page 2 for full description.
Meditation 11/14 | 11/21 | 1:00pm | Zoom
New members welcome! Group leader: Nancy Barcelo
Let's Talk 11/14 | 2:00pm | Zoom
 Online discussion on the challenges and opportunities of the aging journey. Group leaders: Lotte Bailyn & Micki Seligson

Info Session 11/14 | 3:00pm | Hybrid
 Tell your friends about CN! For prospective members only!
Dinner: 730 Kitchen and Patio 11/17 | 6:00pm | Self-pay
730 Massachusetts Ave, Cambridge, MA 02139
 Join other CN members for dinner this month at 730 Kitchen and Patio for some delicious Gastropub eats. Street parking available.
Spanish Conversation Group- Date/Time in November (TBD)
 Group Leader: Robin Urquhart
Member Spotlight 11/17 | 1:00pm | Zoom | Hybrid
 See page 2 for full description.
Men's Group 11/19 | 2:00pm | CN Office (4th floor)
New members welcome! Group leader: JB Maxwell
Empowerment in Your Later Years 11/20 | 2:00-3:00pm | Zoom
 See page 2 for full description.
Exploring Diversity 11/20 | 4:00pm | Zoom
 See back page for full description.
LGBTQ+ Group 11/20 | 1:00pm | Café Zing
25 White St., Porter Square Mall
New members always welcome! Event leader: Estelle Disch
Lunch: Zomsa 11/21 | 12:00pm | Self-pay
434 Massachusetts Ave, Arlington, MA 02474
 Join other CN members for lunch this month at Zomsa serving Nepalese cuisine. Street parking.
Bio Book Club 11/18 | 2:00pm | Zoom
 See back page for full description.
Mount Auburn "Walk & Talk" 11/25 | 12:30pm
 See back page for full description.

Exploring Diversity

Thurs., 11/20 | 4:00pm | Zoom

This month's discussion: the Lewis and Clark expedition and "Reciprocity in the Natural World" by Robin Wall Kimmer. We will highlight how our medicinal and other areas of our lives have been enhanced by contributions. Program leader: Mary Alice Stanton

Bio Book Club

Tues., 11/18 | 2:00pm | Zoom

The Bio Book Club is looking for new members! Drop in and try us out anytime. Please suggest some biographies or memoirs that you have enjoyed and lead the discussion for our group. New regular members and occasional drop-ins welcome.

November: "Solito" by Javier Zamora (NYT Bestseller)

A young poet tells the inspiring story of his migration from El Salvador to the US at age 9 and his trek across the Arizona desert at 10.

December: "My Beloved World" by Sonia Sotomayer

In this memoir, she recounts her life from a Bronx, NY housing project, with an alcoholic father who died when she was 9, to becoming the first Hispanic and third woman appointed to the Supreme Court.

Mount Auburn "Walk and Talk"

Tues., 11/25 | 12:30pm | Mount Auburn Cemetery

580 Mount Auburn St., Cambridge, 02138

Join us to marvel at Mount Auburn's display of fall colors. As we walk and talk with our fellow Cambridge Neighbors, we will check out some of the 'What's in Bloom' listings for the week of our walk. Meet in front of the Visitor Center at 12:30pm. Event Leader: Susan Murray

Program Updates Women's Group

We graciously thank Marianne Iacuzio for leading the Women's Group. A member Anne Harrington will be leading the group starting in November for the rest of the year.

Anne Harrington has been a member of Cambridge Neighbors since September 2024 and currently lives in Watertown. Anne is an artist and avid traveler and nature lover. Her background includes teaching, writing, and consulting in the field of aging and long-term care.

2025 Board of Directors

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