



December 2025

CAMBRIDGE NEIGHBORS

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

Dear Members and Friends,

My brother recently underwent long-overdue knee replacement surgery. A widower who lives alone, he chose to recover without formal rehab services (he values his solitude) leaving him more vulnerable than he realized. Although his grown daughters live nearby, their busy lives made it hard for them to offer much help. Wanting to support him, I spent three days at his home in Leverett, MA, and he was deeply grateful.

During my visit, I learned that he had received incredible support from volunteers in the community: rides to multiple appointments, help with errands, prescription pickups, and even the installation of a wall-mounted TV so he'd be more comfortable during recovery. I was truly impressed.

So, this is my heartfelt thank-you to our sister village, Leverett Village, for being there for my brother. His experience reaffirmed how essential "villages" are for those who need caring support as they navigate the inevitable challenges that come with growing older.

Meet our newest volunteers!



We are delighted to have Jim join us as our newest handyman volunteer and Alexandria as a friendly visitor.

"I am happy to assist neighbors in need and have become fairly handy as the owner of a needy 113-year-old house. I hope my experience will benefit others." **Jim Simons**



"I'm a lifelong Cantabrigian attending Lesley University and hoping to apply for my MSW next year. Over the past eight years. I have come to realize that human relationships and social engagement are where I'm most passionate. I'd like to make changes for the greater good in my beloved Cambridge one conversation at a time." **Alexandria Long**

December 11th party

There is limited capacity for our Holiday Event at the Freepoint Hotel so let us know at your earliest convenience if you plan to attend. Looking forward to celebrating with you on Thursday, December 11th at 4:00 p.m.!

Wishing you and yours all the best this holiday season. Be hopeful.

Jan Latorre-Stiller, Executive Director



PROGRAM HIGHLIGHTS

Please contact the office to register for all events.

Fall Prevention with Dr. Franco Garcia

Tues., 12/2 | 11:00am | Zoom |

During this session, Dr. Franco Garcia will share how to identify risk factors and how to implement a prevention plan for falls. He will discuss improving strength and balance through exercise, managing medications, and conducting home safety checks.

Dr. Esteban Franco-Garcia is a Geriatric Medicine physician at Massachusetts General Hospital and an Assistant Professor of Medicine at Harvard Medical School.

Understanding AI: A Friendly Guide

Tues., 12/2 | 12:30pm | CN Office | Hybrid ***

545 Concord Ave, Suite 104, Cambridge 02138

Artificial intelligence is reshaping how we live, work, and learn. This session explains what AI is, how it works at a high level, and where you already use it, for example in voice assistants and personalized recommendations. We'll share real examples, discuss opportunities and risks, and show how AI can serve as a personal tutor.

Jenny Xie is the Founder and CEO of Allys, a voice AI outreach platform for community-based organizations.

Meditation and Relaxation for Women

Tues., 12/9 | 12/16 | 12/23 | 11:00-11:45am | CN Office

545 Concord Ave, Suite 104, Cambridge 02138

We will learn and practice guided Mindfulness meditation, breath awareness and simple breathing exercises, and seated yoga-informed stretches. We'll quiet the body and calm the mind and have a few laughs along the way!

MBTA Operations Command Control Center Tour

Thurs., 12/10 | 10:00am | Optional Self-Pay Lunch

45 High Street, Boston

*** You will need to bring a picture ID for Tour**

We'll meet at the ticket machines in the Harvard Square Red Line MBTA station at 9:15 am, and then take the Red Line to South Station. Optional lunch afterwards at High Street Place Food Hall, 100 High Street, Boston

Ever wondered what it takes to keep the MBTA running smoothly? Come for a behind-the-scenes tour of the MBTA OPERATIONS CONTROL CENTER (OCC). On this hour long guided tour, you'll witness how the OCC team manages everything from ensuring trains and buses stay on schedule to coordinating rapid responses to service disruptions.

Member Spotlight: Barclay Henderson

Mon., 12/29 | 11:00am | CN Office | Hybrid ***

545 Concord Ave, Suite 104, Cambridge 02138

Barclays Henderson, a renowned restaurateur founder, will share his insights on building a successful restaurant business—emphasizing community engagement, consistency, and genuine hospitality as the keys to long-term success.

Barclays Henderson was born in Cambridge. He attended Waseda University in Tokyo and then graduated from Dartmouth Business School. He owned his restaurant company which led to owning and operating 20 successful Benihana-style steak houses and Wendy's burger restaurants.

Candlepin Bowling: Sacco's Bowling Haven

Tues., 12/16 | 11:00am

45 Day St., Somerville 02144

Meet at Sacco's at 11am. It's a short walk from the Davis Square Red Line station to 45 Days Street. Detailed transportation directions given at time of registration

Whether you're a beginner at candlepin bowling or a veteran, join other CN members at Sacco's Bowl Haven in Davis Square this month for a fun time. Lane charges are \$39/hour and \$20/half hour (to be split among attendees, with up to 6 people per lane) and shoe rentals are \$4. Optional American Flatbread self-pay lunch (same venue) following the fun. Group Leader: Susan Murray

Holiday Walk at Dusk

Friday., 12/19 | 2:30pm

Meet downstairs at the Harvard T Station at 2:30pm

We'll begin by walking along Charles Street with its small bustling shops and then head up Beacon Hill to see the decorated houses, yards, and lamp posts of Louisburg Square. From there we'll head to the Boston Common to see the skaters on Frog Pond before heading over to the huge, lit Christmas tree.

If weather is not conducive to an outdoor walk, we'll take the T to the Prudential stop to wander the festive halls of The Prudential Center and Copley Place.

Group Leader: Susan Murray

Bio Book Club

Tues., 12/23 | 2:00pm | Zoom

The Bio Book Club open for new members!

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.

January: "The Duke" by Scott J. Kerman Humorist Scott Kerman has weekly conversations with his friend, Michal Dukakis, presidential candidate, three-time governor of Massachusetts, community role model and bane of litterers. Suggested by Men's Group. Books to borrow are in bookshelf at Cambridge Neighbors office. Please bring them back when you finish reading so we can all be prepared.

Mount Auburn Cemetery "Walk and Talk"

Tues., 12/29 | 12:30pm | Mount Auburn Cemetery

580 Mount Auburn St., Cambridge, MA 02138

The main roads at Mount Auburn are well maintained throughout the winter so we will be able to enjoy a December visit to this beautiful outdoor retreat.

Group Leader: Susan Murray

Important: All events with an asterisk (*) are hybrid, when registering please indicate whether you be in person or virtual**

DECEMBER'S PROGRAMS

MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6
	Fall Prevention with Dr. Esteban Garcia 11:00am	Women's Group 11:00am		Meditation 1:00pm	NOTE: In-person events are listed in black ; Zoom events are listed in blue
Tipple 5:00pm	Ai Workshop 12:30pm				
8	9	10	11	12	13
	Meditation and Relaxation 11:00am	MBTA Tour 10:00am	Holiday Party 4:00pm	Let's Talk 2:00pm Dinner: Barcino 6:00pm	
15	16	17	18	19	20
Tipple 5:00pm	Meditation and Relaxation 11:00am Sacco's Bowling 11:00am	Lunch: Empire Garden 11:30am Men's Group 2pm		Holiday Walk 2:30pm	
22	23	24	25	26	27
	Meditation and Relaxation 11:00am Bio Book Club 2:00pm		CN CLOSED		
29	30	31			
Member Spotlight 11:00am Mt. Auburn Walk & Talk 12:30pm					

Tipple | 12/1 | 12/15 | 5:00pm | Nubar | Limited spaces
16 Garden St., Cambridge 02138
Wine and appetizers. Self-pay. Event leader: Nancy Carlson
Fall Prevention | 12/2 | 11:00am
See page 2 for full description.

Ai Workshop | 12/2 | 12:30pm | CN Office | Hybrid ***
545 Concord Ave, Suite 104, Cambridge 02138
See page 2 for full description.

Women's Group | 12/3 | 11:00am | CN Office (4th floor)
New members welcome! Group leader: Anne Harrington
Meditation 12/5 | 1:00pm | Zoom

New members welcome! Group leader: Nancy Barcelo
Meditation and Relaxation | 12/9 | 12/16 | 12/23 | CN Office |
See page 2 for full description.

MBTA Command Tour | 12/10 | 10:00am |
See page 2 for full description. Event Leader: Carol Lorente
CN Holiday Party | 12/11 | 4:00pm
Freepoint Hotel, 220 Alewife Brook Pkwy, Cambridge, MA 02138

Let's Talk | 12/12 | 2:00pm | Zoom
Online discussion on the challenges and opportunities of the aging journey. Group leaders: Lotte Bailyn & Micki Seligson

Dinner: Barcino | 12/12 | 6:00pm | Self-pay |
47 Main Street, Watertown, MA 02472
Join CN members for delicious rustic Italian dishes. Street parking available

Spanish Conversation Group- Date/Time in December (TBD)
Group Leader: Robin Urquhart

Sacco Bowling | 12/16 | 11:00am
45 Day St., Somerville 02144

Lunch: Empire Garden 12/17 | 11:30am | Self-pay
690 Washington Street, Boston, MA 02111

Join other CN members for lunch this month at Empire Garden serving Dim Sum. Street parking available.

Men's Group 12/17 | 2:00pm | CN Office (4th floor)
New members welcome! Group leader: JB Maxwell.

Coffee and Conversation: The Roasted Granola Café 12/19 | 11:00am
1346 Massachusetts Ave Arlington, MA 02476

Enjoy coffee with other CN members. Street Parking Available

Holiday Walk at Dusk 12/19 | 2:30pm | Event leader: Susan Murray

LGBTQ+ Group-Date/Time in December (TBD)

New members always welcome! Event leader: Estelle Disc

Bio Book Club 12/23 | 2:00pm | Zoom

See page 2 for full description.

Member Spotlight 12/29 | 11:00am | CN Office | Hybrid ***
545 Concord Ave, Suite 104, Cambridge 02138
See page 2 for full description.

Mount Auburn "Walk & Talk" 12/29 | 12:30pm | Event leader: Susan Murray
See page 2 for full description.

We Appreciate Our Generous Donors!

As we go about our work at Cambridge Neighbors, we are continually reminded that much of what we accomplish—supporting those who choose to age in place—is made possible through the generosity of our financial supporters. We are deeply grateful for your decision to strengthen your commitment to Cambridge Neighbors with a financial contribution.

Because membership fees cover approximately 52% of our annual budget, support from donors is essential to sustaining our critical programs and services.

If you would like to join our community of supporters, please visit our website at <https://www.cambridgeneighbors.com> and click **DONATE** or make your donation by phone or mail to the CN office.

Thank you!

And a big thank you to the following sponsors for their generous support of this year’s Holiday Event.

Always Best Home Care, Neville Place, Somerville Cambridge Elder Services, The Cambridge Homes, and Youville Place.



Cambridge Neighbors Member Passing

We remember two former CN members Polly Chatfield and John Gibbs and offer our condolences to their families and friends.

2025 Board of Directors

- Liz Aguilo
- Claudia Albert
- Lotte Bailyn
- Nancy Carlson
- Emily Flax
- Jan Kinasewich
- Judy Lindamood
- Janet Littell
- Tom Novak
- Helene Quinn
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- Sarah Hershberger
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Cambridge Neighbors

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