

February 2026

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

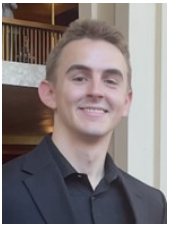
A community of neighbors helping aging adults lead independent and engaged lives

Dear Members and Friends,

February is a month of meaningful observances — from Black History Month, which celebrates African American history and contributions, to American Heart Month. It is also the month of love, with Valentine's Day reminding us to cherish those closest to our hearts. At Cambridge Neighbors, that always includes our wonderful volunteers. This past year we have been fortunate to welcome many new community residents into our volunteer corps, including Connie and Max. Connie will serve as a friendly visitor and lend a hand with friendly visiting, organizing, grocery shopping, and errands, while Max, who has a background in computer technology, will provide support with tech needs.

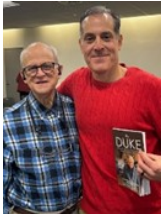


"I chose to volunteer at Cambridge Neighbors because the mission of the organization aligns perfectly with my core values. Having grown up in the Midwest, I've seen the importance of neighbors helping neighbors and know first-hand the impact on the quality of life for someone in need when a person extends a simple act of kindness." **Connie Garrison**



"As a new member of the Cambridge community, I was looking for a meaningful way to get involved and give back. I joined Cambridge Neighbors to support others while putting my experience in IT to good use, helping bridge gaps and making everyday technology more accessible. I'm thrilled to be able to work with this organization as a tech volunteer for the members of Cambridge Neighbors. I loved being able to see my grandparents live comfortably in their homes as they aged, with assistance and visits from friends and family members. I look forward to building relationships with the members of Cambridge Neighbors and being able to help out in all the little ways that will hopefully make a difference to them, like it did for my grandparents."

- **Max Chapin**



J.B. and Scott (R)

Cambridge Neighbors and the Robbins Library join forces

Cambridge Neighbors was pleased to cosponsor an Author Talk with Scott Kerman, featuring a discussion of his latest book, *The Duke*, a tribute to former Massachusetts Governor Michael Dukakis.

Mr. Kerman provided an entertaining and unique perspective on Governor Dukakis through humor and personal reflection, exploring the unexpected moments that arise when a political leader and comedian share a kitchen. Attendees gained fresh insight into the life and character of a presidential candidate, three-term Governor of Massachusetts, community role model, advocate for rail travel, and outspoken opponent of littering.

A special thank you to member, J.B. Maxwell, who made this event possible.

It takes a Village

Some of you may know that Cambridge Neighbors is part of the Village-to-Village Network. The term Village was first adopted in 2002 by Beacon Hill Village, the nation's first Village. Today, there are 32 Villages in Massachusetts and more than 300 nationwide. The name reflects the well-known idea that it takes a village—in this case, to support and honor our elder neighbors.

Message from Barbara Sullivan, President of the Village-to-Village Network.

"I would like to take a moment to thank all those who belong to, volunteer for, work for, work with, help run, or network with Villages across the United States, Canada, and Australia. The Village concept is stronger than ever. (continued on back page).

PROGRAM HIGHLIGHTS

Please contact the office to register for all events.

Spanish Conversation Group

Tues., 2/3 | 3:15pm | 61 Shattuck Road, Watertown (CN Member's Home: Nancy Barcelo)

This group is for members with basic Spanish who want to improve their fluency through conversation on topics of interest. Activities may include discussions, debates, role-playing, and games based on participant preferences.

Medical Aid in Dying(MAID) Talk

Tues., 2/10 | 1:00pm | Zoom

Medical Aid in Dying (MAID) is not available to people in MA so anyone choosing that option needs to go to Switzerland or one of the two states that allow non-residents to use their MAID services (Vermont or Oregon). CN member Estelle Disch, along with her friend Peggy Barrett, accompanied a friend who chose to die in Switzerland because of Alzheimer's disease with the help of the organization Dignitas. Kristine Grimes accompanied a MA resident who died by choice in Vermont because of intense pain caused by cancer. Estelle, Peggy, and Kristine will describe logistics and requirements for those facing this kind of decision. There will be time for Q and A.

Indoor Walk at MIT

Weds., 2/11 | 2:00pm | MIT

We'll meet just inside the main doors at 77 Mass Ave. at 2pm. (The #1 bus from Harvard and Central stops right across the street at 84 Mass Ave.)

We're walking indoors again for February, with another walk through MIT's Infinite Corridor and its many connected halls. What route this month?

Event leader: Bill Barnert

The Magic Lab: Boston's Open Mic Magic Show

Thurs., 2/12 | 7:30pm | Self-Pay | Tickets: \$15.00 | The Foundry 101 Rogers St, Cambridge, 02142

The Magic Lab is a show where local magicians test out their newest material - welcome to Boston's only open-mic style magic show! The Magic Lab is a monthly magic show at the Foundry in Kendall Square, Cambridge. Every month features five different incredible performers, experimenting with brand new magic! Be the first to see local acts, as well as guest stars from near and far.

Event leader: Bill Barnert

Armenian Museum

**Fri., 2/13 | 1:00 pm | Self Pay | Seniors \$5.00
65 Main Street, Watertown**

Transportation options include the #71 bus from Harvard to Watertown Square or the #70 bus to either Waltham Center or Marketplace Drive from Central Square (Green St. at Magazine St.).

If driving, there's a metered Municipal lot behind the Museum & CVS on Church Street. Please contact CN for carpooling options.

The Museum has the largest and most diverse collection of Armenian objects outside the Republic of Armenia including Urartian artifacts, medieval manuscripts, Kutahya ceramics, textiles, liturgical objects and contemporary art.

An optional lunch at noon before visiting the Museum will be at Demo's, 64 Mt. Auburn Street, which is a 0.2 mile walk from the Museum.

Group Leader: Carol Lorente

Bio Book Club

Tues., 2/17 | 2:00pm | Zoom

February: "Lovely One" by Kentanji Brown Jackson

Title stemming from the translation of her first and middle names, the Supreme Court justice's memoir 'of family and the challenges of growing up in Black America. Group Leader: Monica Bennett

Moakley Courthouse

**Wed., 2/18 | 11:00 am | Free | Moakley Courthouse
1 Courthouse Way Boston, 02210**

We'll meet at the ticket booths at the Harvard Square MBTA Red line station at 10:00, transfer at South Station to the Silver Line which has a Courthouse stop several blocks from our destination.

Moakley Courthouse is the Federal Courthouse for the U.S. Court of Appeals & the US District Court for MA, and houses the US Marshal Service and a number of agencies under the jurisdiction of the Dept. of Homeland Security. We'll learn the history and significance of conflict resolution in the judicial branch.

****A photo ID is required.**

Optional lunch after the 1 hour tour at the Harbor Cafe in the Courthouse (card or cash only).

Group Leader: Carol Lorente

Heart Health

**Fri., 2/20 | 1:00pm | **Hybrid | CN Office
545 Concord Ave, Suite 104 Cambridge 02138**

This presentation will provide you with information about your heart, how it works, and the importance of keeping it healthy. This provided includes statistics on heart disease and the basics of how your heart works.

The presenter is Marie McCune, BSN,RN, SCRNP (Specialty in Stroke Care), CCN (Critical Care Nursing specialty).

Marie has been a critical care nurse with a specialty in stroke care at Mount Auburn Hospital for over 15 years.

Stay or Go: Accessory Dwelling Units 101

Tues., 2/24 | 1:00pm | Zoom

In this presentation, the topics covered include basic information on the types of ADUs, the estimated costs, why you may want to consider building an ADU and information on how to get started on an ADU.

Our presenter, Bob Van Meter is a senior advisor and consultant to the Boston-based Jewish Alliance for Law and Social Action (JALSA), working to activate communities for more inclusive housing policies.

Mount Auburn Cemetery "Walk and Talk"

**Weds., 2/25 | 12:30pm | Mount Auburn Cemetery
580 Mount Auburn St., Cambridge, MA 02138**

In the Winter, we meet at 12:30pm outside the Visitor Center

Mount Auburn Cemetery is beautiful and inviting in all seasons. Our winter meeting time is 12:30pm. Join us for our relaxed monthly walk-and-talk outing.

Group Leader: Susan Murray

Exploring Diversity

Thurs., 2/26 | 4:00pm | Zoom

Discussion of Climate Activism and Learning from Indigenous wisdom will be the focus topics for this month. Oil and Honey: The Education of an Unlikely Activist (2013) is Bill McKibben's memoir that explores activism, responsibility and hope in the fight against climate change. As an Indigenous scientist Robin Wall Kimmerer harvests Serviceberries along side the birds and she considers the ethic of reciprocity that lies at the heart of a service vs transactional economy.

FEBRUARY'S PROGRAMS

MON	TUES	WED	THURS	FRI	SAT
2	3	4	5	6	7
Tipple 5:00pm	Spanish Conversation Group 3:15pm	Women's Group 11:00am		Meditation 1:00pm	NOTE: In-person events are listed in black ; Zoom events are listed in blue
9	10	11	12	13	14
	MAID Talk 1:00pm	Indoor MIT Walk 2:00pm	Magic Lab 7:30pm	Armenian Museum 1:00pm	
				Let's Talk 2:00pm	
16	17	18	19	20	21
CN CLOSED	Bio Book Club 2:00 pm	Moakley Courthouse 11:00am		Heart Health 1:00pm Info Session 3:00pm Dinner: Ravello's 6:00pm	
Tipple 5:00pm					
23	24	25	26	27	28
	Stay or Go: Adjacent Dwelling Units 101 1:00 pm	Walk and Talk 12:30 pm Men's Group 2:00 pm	LGBTQ Group 1:00pm Exploring Diversity 4:00 pm	Meditation 1:00pm Let's Talk 2:00pm	

Tipple | 2/2 | 2/16 | 5:00pm | Nubar | Limited spaces

16 Garden St., Cambridge 02138

Wine and appetizers. Self-pay. Event leader: Nancy Carlson

Spanish Conversation Group | 2/3 | 3:15pm | 61 Shattuck Rd, Watertown (CN Member's Home: Nancy Barcelo)

Group Leader: Robin Urquhart

Women's Group | 2/4 | 11:00am | CN Office (4th floor)

New members welcome! Group leader: Anne Harrington

Meditation | 2/6 | 2/27 | 1:00pm | Zoom

New members welcome! Group leader: Nancy Barcelo

Medical Aid in Dying(MAID) Talk

Tues., 2/10 | 1:00pm | Zoom

Indoor MIT Walk | 2/11 | 2:00pm | Event Leader: Bill Barnert

See page 2 for full description.

The Magic Lab: Boston's Open Mic Magic Show

Thurs., | 2/12 | 7:30pm | Self-Pay | Tickets: \$15.00 | The Foundry

101 Rogers St, Cambridge, 02142 | Event Leader: Bill Barnert

See page 2 for full description.

Armenian Museum

Fri., 2/13 | 1:00 pm | Self Pay | Seniors \$5.00

65 Main Street, Watertown | Event Leader: Carol Lorente

See page 2 for full description.

Let's Talk | 2/13 | 2/27 | 2:00pm | Zoom

Online discussion on the challenges and opportunities of the aging journey.

Group leaders: Lotte Bailyn & Micki Seligson

Bio Book Club | 2/17 | 2:00pm | Zoom

See page 2 for full description.

Moakley Courthouse

Wed., 2/18 | 11:00 am | Free | Moakley Courthouse

1 Courthouse Way Boston, 02210 | Event Leader: Carol Lorente

See page 2 for full description.

Heart Health

Fri., 2/20 | 1:00pm | **Hybrid | CN Office

545 Concord Ave, Suite 104 Cambridge 02138

See page 2 full description.

Info Session | 2/20 | 3:00pm | CN Office |

545 Concord Ave, Suite 104, Cambridge 02138

Tell your friends about CN! For prospective members only.

Dinner: Ravellos | 2/20 | 6:00pm | Self-Pay |

Group Leader: Kathy Gallery

(136 Belmont St, Watertown, MA 02472 (Street Parking Available))

Stay or Go: Adjacent Dwelling Units | 2/24 | 1:00pm | Zoom

See page 2 for full description.

Mount Auburn Cemetery "Walk and Talk"

Weds., 2/25 | 12:30pm | Mount Auburn Cemetery

580 Mount Auburn St., Cambridge, MA 02138 |

Group Leader: Susan Murray

Men's Group 2/25 | 2:00pm | CN Office (4th floor)

New members welcome! Group leader: JB Maxwell.

LGBTQ+ Group 2/26 | 1:00pm | Café Zing

25 White St, Cambridge, MA 02140 | Event Leader: Estelle Disch

Exploring Diversity 2/26 | 4:00pm | Zoom

See page 2 for full description.

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

Your hard work and actions are helping thousands of older individuals today and are building a better tomorrow for those who will follow us. Many unsung heroes work every day to make Villages so essential to so many."

Barbara goes on to note that the Village-to-Village Network's Board's work has focused on four key areas:

- increasing awareness of the Village model among policymakers and the general public;
- developing organizational infrastructure;
- collecting data to demonstrate the value of the Village model; and
- helping to launch new Villages while supporting existing ones as they grow to meet new challenges and attract volunteers, members, and board leadership.

She adds, "We are expanding our webinar programming and want to include your voice in these efforts. One of the greatest resources of the Village Movement is us and our lived experience. The perspectives of Villagers and Village leaders are tremendously powerful, and we look forward to lifting those voices in the coming year."

Interested in including your voice? Let us know your thoughts and we will gladly send them along.

Stay warm, engaged, and hopeful,

Jan Latorre-Stiller, Executive Director

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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Cambridge Neighbors

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Cambridge, MA 02138

