



July 2026

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

Dear Members and Friends,

It's summer! I hope the warmer, sunnier days (or at least we hope they'll be sunnier) bring you many moments of respite, peace, and renewal.

In these times, many of us are finding joy and comfort wherever we can. The challenges facing our communities, our country, and the world can feel relentless and increasingly worrisome. Yet small moments of beauty, connection, and perspective can help sustain us.

I recently came across this lovely poem – its message resonated deeply with me. I hope you find it as meaningful and uplifting as I did.

The Peace of Wild Things

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.

Wendell Berry

Good news!



We are the proud and grateful recipients of a multi-year grant from the Cummings Foundation that will enable us to hire a part-time staff person dedicated to attending to our most vulnerable members. This new capacity represents a meaningful step forward in deepening our outreach, improving follow-up, and strengthening the safety net that allows older adults in our communities to remain independent at home. While Cambridge Neighbors has always been committed to providing practical assistance and social connection, this grant will allow us to be even more proactive in identifying members who may be at risk of isolation or who require additional support.

Fun in the sun (and shade)!

Once again, members, Webb and Jeff Brown, were the delightful hosts of their annual backyard party. We can't thank them enough for offering their home, gorgeous gardens, and warm hospitality to those in attendance. It was wonderful to witness all sorts of connections being made.

Stay hopeful!

Jan Latorre-Stiller, Executive Director



PROGRAM HIGHLIGHTS

Please contact the office to register for all events.

The Gates of Harvard Yard Walk

Wed., 7/8 | 10:30am | Optional self-pay lunch | Johnston Gate entrance of Harvard Yard, Cambridge, MA 02138

Meet at Johnston Gate entrance to Harvard Yard at 10:30.

The perimeter fence around Harvard Yard, the oldest part of the Harvard University campus, includes a series of 25 gates. The earliest of them, Johnston Gate, appeared in 1889; the most recent (which replaces an earlier gate) was completed in 2020. We'll view mostly from the outside but will occasionally enter Harvard Yard to check out an interior view. About $\frac{2}{3}$ to $\frac{3}{4}$ mile around the Yard with lots of stops. Johnston Gate is opposite First Parish in Cambridge (the Unitarian church) by the traffic lights where Church Street enters Mass Ave/Peabody Street. Following our gate-viewing is an optional self-pay lunch at one of the nearby eateries.

Lunch: Sumi House

359 Huron Ave., Cambridge, MA 02138

Thurs., 7/9 | 12:00pm | Self-pay

Sushi, sashimi, ramen, noodles. Metered street parking for non-Cambridge residents, #75 bus from Harvard Square.

Cambridge PorchFest

Sat., 7/11 | 12:00pm

Meet at corner Massachusetts Ave. and Pearl St. (Central Square MBTA and bus stop).

Explore Cambridge's 2nd Annual PorchFest with other Cambridge Neighbors.

The final schedule of the 2026 PorchFest has not been published yet, but here is some information about last year's events to give you a sense of what to expect:

"Last year, the inaugural year of Cambridge PorchFest, more than 80 performers wowed crowds at 25 locations across the Cambridgeport neighborhood. The "stages" were neighborhood driveways, porches, yards and parks. Performers were young and old, amateur and professional, playing rock, rap, jazz, and so much more - all joining together in this FREE event to celebrate music and community." Make sure to wear your walking shoes!

Georges Island

Thurs., 7/16 | 8:45am | Ferry tickets: \$25.25

Meet at the ticket machines at the Harvard Square Red Line Station at 8:45am or at Boston Long Wharf at 9:40am.

Purchase a ferry ticket in advance for the boat leaving at 10:00, which for seniors is \$25.25 either at bostonharborislands.org/ferry-tickets/ or (617) 227-4321.

Food & beverages are available on the boat but not the island, so bringing food and water is recommended.

Depending on preferences, people can leave either on the 1:00pm or 3:00pm boat back. The ferry takes 45 minutes. We will either walk to Long Wharf from South Station (0.7 miles) or take the Red Line to Park Station, the Green Line to Government Station, and then the Blue Line to the Aquarium, which is at Long Wharf.

Biography Book Club

Tues., 7/21 | 2:00pm | Zoom

July: "Rough Sleepers" by Tracy Kidder

The Dean at Harvard Medical School suggested that Jim O'Connell take a year after he graduated to set up a program to care for the homeless population in Boston. It became his 30 year lifelong calling.

Charles River Cruise

Wed., 7/22 | 12:00pm | CambridgeSide Mall

100 CambridgeSide Pl., Cambridge, MA 02141

Meet in front of the canal ticket office by 11:30 am.

Enjoy a 70-minute, narrated sightseeing tour along the Charles River. Sights include Beacon Hill, Esplanade Park, Back Bay, Boston University, M.I.T., Harvard, and countless sailboats and rowers! The cruise will be handicap accessible and a full bar available. The ticket booth and boat departure are located outside the doors at the canal side of the CambridgeSide Mall. Boats will depart from Lechmere Canal at noon. Parking is available at the mall. Carpooling is encouraged.

Concert in the Courtyard

Sat., 7/25 | 2:30pm | Sunrise Senior Living | Free

1395 Massachusetts Ave., Arlington, MA 02476

Join Sunrise Senior Living with other Cambridge Neighbors for a lovely summer concert by the Dan Fox Quartet Jazz Band. More details to come.

Mt. Auburn Cemetery "Walk & Talk"

Tues., 7/28 | 10:30am

580 Mt. Auburn St., Cambridge, MA 02138

Meet at 10:30 by the benches in front of Story Chapel.

We'll walk the always beautiful, always welcoming grounds of Mount Auburn, enjoying the flora and fauna and the companionship of fellow Cambridge Neighbors. It's summer, so remember your hat and water bottle. Meet at 10:30 by the benches in front of Story Chapel. Please be sure to register with the office so you can be contacted should we need to cancel or reschedule due to weather.

JULY'S PROGRAMS

MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4
NOTE: In-person events are listed in black ; Zoom events are listed in blue .		Women's Group 11:00am		CN Closed	
6	7	8	9	10	11
Tipple 5:00pm		Gates of Harvard Yard Walk 10:30am	Lunch: Sumi House 12:00pm	Meditation 1:00pm Let's Talk 2:00pm	Cambridge PorchFest 12:00pm
13	14	15	16	17	18
		Dinner: Prep Neighborhood Kitchen 6:00pm	Boston Harbor Ferry Tour: Georges Island 8:45am		
20	21	22	23	24	25
Tipple 5:00pm	Biography Book Club 2:00pm Spanish Conversation Group 2:30pm	Charles River Cruise 12:00pm	LGBTQ+ Group 1:00pm	Meditation 1:00pm Let's Talk 2:00pm	Concert in the Courtyard 2:30pm
27	28	29	30	31	
	Mount Auburn Cemetery "Walk & Talk" 10:30am Youville Dinner 5:45pm	Coffee and Conversation: Cafe Zing 11:00 am Men's Group 2:00 pm			

Women's Group 7/1 | 11:00 am | Picnic in the Park
Details will be provided for members.

Group Leader: Anne Harrington

Tipple 7/6 | 5:00pm | Nubar | Self-pay | Limited spaces
16 Garden St., Cambridge 02138

Wine and appetizers. Group Leader: Nancy Carlson

Gates of Harvard Yard Walk 7/8 | 10:30am | Optional self-pay lunch | Johnston Gate entrance to Harvard Yard, Cambridge, MA 02138

See page 2 for full description. Group Leader: Susan Murray

Lunch: Sumi House 7/9 | 12:00pm | Self-pay
359 Huron Ave., Cambridge 02138

See page 2 for more info. Group Leader: Carol Lorente

Meditation 7/10 | 1:00pm | Zoom

New members welcome! Group Leader: Nancy Barcelo

Let's Talk 7/10 | 2:00pm | Zoom | *TBD (may not meet in July)

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

Cambridge PorchFest 7/11 | 12:00pm | Central Square MBTA
See page 2 for full description. Group Leader: Petra Hesse

Dinner: Prep Neighborhood Kitchen 7/15 | 6:00pm | Self-pay
1367 Massachusetts Ave., Arlington 02476

Group Leader: Kathy Gallery

Boston Harbor Ferry Tour: Georges Island 7/16 | 8:45am | Self-pay | Ferry ticket: \$25.25

See page 2 for full description. Group Leader: Carol Lorente

Tipple 7/20 | 5:00pm | Nubar | Self-pay | Limited spaces
16 Garden St., Cambridge 02138

Wine and appetizers. Group Leader: Nancy Carlson

Biography Book Club 7/21 | 2:00 pm | Zoom

All are welcome! See page 2 for full description.

Spanish Conversation Group 7/21 | 2:30pm

14 Maple St., Watertown, MA 02472

Group Leader: Robin Urquhart

Charles River Cruise 7/22 | 12:00pm | Limited spaces

100 CambridgeSide Pl., Cambridge, MA 02141

See page 2 for full description. Group Leader: Anne Harrington

LGBTQ+ Group 7/23 | 1:00pm | Cafe Zing

25 White St., Porter Square Mall, Cambridge, MA 02140

New members always welcome! Group Leader: Estelle Disch

Meditation 7/24 | 1:00pm | Zoom

New members welcome! Group Leader: Nancy Barcelo

Let's Talk 7/24 | 2:00pm | Zoom | *TBD (may not meet in July)

Group Leaders: Lotte Bailyn & Micki Seligson

Concert in the Courtyard 7/25 | 2:30pm | Sunrise Senior Living

1395 Massachusetts Ave., Arlington, MA 02476

See page 2 for full description. Group Leader: TBD

Mount Auburn Cemetery "Walk & Talk" 7/28 | 10:30am

See page 2 for full description. Group Leader: Susan Murray

Youville Dinner 7/28 | 5:45pm | Youville House | Limited spaces

1573 Cambridge St., Cambridge, MA 02138

Group Leader: Helene Quinn

Coffee and Conversation: Cafe Zing 7/29 | 11:00am

25 White St., Porter Square Mall, Cambridge, MA 02140

Group Leader: Estelle Disch

Men's Group 7/29 | 2:00pm | CN Office (4th floor)

545 Concord Ave., Suite 104, Cambridge, MA 02138

New members welcome! Group Leader: J.B. Maxwell

Welcome to our newest volunteers



Graham Herceg Assignment: Technology

"My mom volunteered with meals on wheels when I was a kid, and she would frequently bring my siblings and me along to deliver meals. Even as a kid, it was clear that small visits and gestures like that could have a large impact and provided the opportunity to connect with people in our community we might otherwise not have. I am excited to once again connect with my neighbors and help solve whatever tech problems they may have!"



Aroshi Rahnema Assignment: Technology

Hi, my name is Aroshi! I graduated from Wellesley College in 2025 with a B.A. in Cognitive and Linguistic Sciences and am currently preparing for Speech-Language Pathology grad school. I became a volunteer because I want to gain more experience with older neighbors, as they are a population I want to serve in the future. I also had wonderful experiences volunteering when I was in high school at the Santa Maria Nursing Facility, and I would love to continue interacting with my older neighbors and sharing conversations and stories.



Lanier Smythe Assignments: Driver, Grocery Shopping, Gardening, Organizing

Although I've never lived in Cambridge, I lived for 24 years in Belmont and have now lived in Somerville for another 24 years, so I've not been far from Cambridge. I'm pleased to be able to help on occasion with various tasks.

2026 Board of Directors

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Nancy Carlson
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