



August 2026

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

Program Spotlight

We are deeply grateful to the dedicated volunteers who have led our monthly Exploring Diversity Program for nearly five years. In a recent conversation with several of the program's founding members, I



Maria Martinez, a renowned American Indian artist of the twentieth century

was struck by the profound impact it has had—not only in deepening participants' understanding of the inequities experienced by marginalized communities, but also in honoring individuals who have challenged the systems that perpetuate racism.

Board member and longtime participant Emily Flax, along with Cambridge Neighbors member and former board member Webb Brown, one of the program's facilitators, reflected on the group's evolution. What began as an effort to provide anti-racism training gradually shifted toward educational programming that highlights the histories, experiences, and contributions of marginalized communities and individuals whose voices have been overlooked.

Over the years, the group has presented a wide range of thoughtful and engaging programs, including presentations featuring the Reverend Liz Walker, Maria Martinez (pictured), and the Red Dress Project¹. These programs have fostered meaningful dialogue, increased awareness, and strengthened connections with diverse communities. Cambridge Neighbors member and former sociology professor Estelle Disch, who joined the group more recently, shared her personal motivation for participating and reflected on her previous work promoting diversity and inclusion in academic settings. She also spoke about the group's ongoing commitment to supporting people of color and addressing issues of social justice and educational inequity.

Emily emphasized that anti-racism is an ongoing journey of learning, self-reflection, and growth. She noted the importance of recognizing our own biases, remaining open to new perspectives, and continuing to engage in conversations that help build a more just and inclusive community. If you are interested in attending a program of the Exploring Diversity Group, please contact the office.

Warm Regards, Jan Latorre-Stiller

¹ The Red Dress project, conceived by British artist Kirstie Macleod, provides an artistic platform for individuals, particularly women, and communities around the world, many of whom are vulnerable and/or live in poverty, to tell their stories through embroidery.

Heat Safety Reminder for Our Outdoor Programming

If you're joining us for an outdoor program, please take a few precautions to stay safe in the heat:

- Bring and drink plenty of water.
- Wear lightweight clothing, a hat, and sunscreen.
- Seek shade when possible.
- If you feel dizzy, weak, or unwell, let a program leader know right away.
- If you have a health condition that may be affected by high temperatures, please use your best judgment about attending.

Your health and safety come first. We look forward to seeing you when it's safe and comfortable to do so.

PROGRAM HIGHLIGHTS

Please contact the office to register for all events.

Women's Group

**Wed., 8/5 | 11:00am | Danehy Park
99 Sherman St., Cambridge, MA 02138**

Bring your own lunch! We will try again to have our summer picnic, weather permitting. Please be on the lookout for emails from the group leader regarding location. In case of rain or extreme heat, we will meet at the 4th floor conference room at Cambridge Neighbors.

Charles River Esplanade Walk

Wed., 8/12 | 10:30am | Optional self-pay lunch | Charles River Esplanade (Harvard Bridge to Longfellow Bridge)

Meet at the #1 Bus stop opposite Eastern Bank at 10:20 to take the 10:31 bus.

Meet in Harvard Square at 10:20am at the #1 Bus-stop, opposite Eastern Bank (fka Cambridge Trust Co.), to take the 10:31am bus across the river. We'll disembark at the first stop on the other side of Harvard Bridge and then walk to the foot-bridge leading to the Esplanade. The landscaped riverbank park is a lovely place to walk. We'll pass by the Hatch Shell and the sail-boat docks and, nearing Longfellow Bridge, we'll take the soaring foot-bridge to the Charles/MGH station for a return to Harvard Square.

Optional self-pay lunch before returning to Cambridge. Walking distance about 2 miles. Please register with the office so you can be contacted about any weather-related cancellation or rescheduling. Make sure to bring your water bottle!

New Member Orientation

Thurs., 8/13 | 11:00am | CN Office | Hybrid*
545 Concord Ave., Suite 104, Cambridge, MA 02138**

Just recently became a member? We'd love to help you make the most of your membership! Join longtime members Carol Lorente and Megan Lower for an informative orientation as they walk you through the many benefits of membership, share helpful tips, and answer any questions you may have.

Whether you're brand new or simply looking to learn more, this is a great opportunity to get connected and feel at home in our community. Questions are encouraged.

Lunch: Gufo

**Fri., 8/14 | 12:30pm | Self-pay
660 Cambridge St., Cambridge, MA 02141**

Italian food, metered street parking, municipal lot accessed from Warren Street, 69 bus from Harvard Square.

Biography Book Club

**Tues., 8/18 | 2:00pm | Zoom
August: "Anthony Hopkins" by Anthony Hopkins**

In this powerful memoir, he describes growing up in a tough Welsh steel town, being told he wouldn't succeed in life, but turning it around after seeing the play *Hamlet* and catching the acting bug.

New Bedford

**Thurs., 8/20 | 12:00pm | Ferry tickets: \$25.25
18 Johnny Cake Hill, New Bedford, MA 02740**

Meet at the New Bedford Whaling Museum at 11:45am.

Visit New Bedford and the New Bedford Whaling Museum. A free entry, and free tour by a docent of the museum collection at 12:00pm and lunch following at the Moby Dick Brewing in New Bedford at 1:30pm. Take the train, MBTA or drive, parking in the New Bedford Elm Street Garage. Uber from train, walk, or drive. Anna Whitcomb currently has space to pick up four people at the train station. Make sure to stay hydrated!

**Concert in the Courtyard: Broadway Vocalist James Michael
Sat., 8/22 | 2:30pm | Sunrise Senior Living | Free
1395 Massachusetts Ave., Arlington, MA 02476**

Enjoy another lovely concert in the courtyard! Join other Cambridge Neighbors to trek over to Arlington for a beautiful afternoon with Broadway vocalist James Michael. Parking is available on either side of the community or on the street. The one next to Walgreens has more openings.

Mt. Auburn Cemetery "Walk & Talk"

**Tues., 8/25 | 10:30am
580 Mt. Auburn St., Cambridge, MA 02138**

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

We'll start with a visit to the Sphinx in honor of its August 1872 arrival at Mount Auburn. From there, we have lots of options, including just wandering or doing a USA250 tour, visiting 'residents' who participated in the Boston Tea Party and/or served in the Revolutionary War. Please register with the office so you can be contacted about any weather-related cancellation or rescheduling. Make sure to bring your water bottle!

AUGUST'S PROGRAMS

MON	TUES	WED	THURS	FRI	SAT
					1
NOTE: In-person events are listed in black ; Zoom events are listed in blue .					
3	4	5	6	7	8
	Coffee and Conversation: Roasted Granola 10:30 am	Women's Group 11:00am			
10	11	12	13	14	15
Tipple 5:00pm		Charles River Esplanade Walk 10:30am	New Member Orientation 11:00am	Lunch: Gufo 12:30pm Let's Talk 2:00pm	
17	18	19	20	21	22
	Biography Book Club 2:00pm	Dinner: Acitron 6:00pm	New Bedford 12:00pm	Meditation 1:00pm	Concert in the Courtyard 2:30pm
24	25	26	27	28	29
Tipple 5:00pm	Mount Auburn Cemetery "Walk & Talk" 10:30am Youville Dinner 5:45pm	Men's Group 2:00 pm	LGBTQ+ Group 1:00pm		

Coffee and Conversation: Roasted Granola 8/4 | 10:30am

1364 Massachusetts Ave., Arlington, MA 02476

Group Leader: Petra Hesse

Women's Group 8/5 | 11:00 am | Danehy Park

See page 2 for more details. Group Leader: Anne Harrington

Tipple 8/10 | 5:00pm | Nubar | Self-pay | Limited spaces

16 Garden St., Cambridge 02138

Wine and appetizers. Group Leader: Nancy Carlson

Charles River Esplanade Walk 8/12 | 10:30am | Optional self-pay lunch | Charles River Esplanade

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

New Member Orientation 8/13 | 11:00am | CN Office | Hybrid***

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

Learn more about your membership! Leaders: Carol Lorente & Megan Lower

Lunch: Gufo 8/14 | 12:00pm | Self-pay

660 Cambridge St., Cambridge 02141

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

Let's Talk 8/14 | 2:00pm | Zoom

Next August date TBD at the meeting. Group Leaders: Lotte Bailyn & Micki Seligson

Biography Book Club 8/18 | 2:00 pm | Zoom

All are welcome! See page 2 for this month's book.

Dinner: Acitron 8/19 | 6:00pm | Self-pay

473 Massachusetts Ave., Arlington 02474

Group Leader: Kathy Gallery

New Bedford 8/20 | 12:00pm | Self-pay

See page 2 for full description. Group Leader: Anna Whitcomb

Meditation 8/21 | 1:00pm | Zoom

New members welcome! Group Leader: Nancy Barcelo

Concert in the Courtyard 8/22 | 2:30pm | Sunrise Senior Living

1395 Massachusetts Ave., Arlington, MA 02476

See page 2 for full description. Group Leader: TBD

Tipple 8/24 | 5:00pm | Nubar | Self-pay | Limited spaces

16 Garden St., Cambridge 02138

Wine and appetizers. Group Leader: Nancy Carlson

Mount Auburn Cemetery "Walk & Talk" 8/25 | 10:30am

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

Youville Dinner 8/25 | 5:45pm | Youville House | Limited spaces

1573 Cambridge St., Cambridge, MA 02138

Group Leader: Helene Quinn

Men's Group 8/26 | 2:00pm | CN Office (4th floor)

545 Concord Ave., Cambridge, MA 02138

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

LGBTQ+ Group 8/27 | 1:00pm | Page and Leaf

1815 Massachusetts Ave., Cambridge, MA 02140

New members always welcome! Group Leader: Estelle Disch

Thank you to our Volunteer Callers!

A heartfelt thank you to our wonderful team of volunteer callers—Terry Dash, Estelle Disch, Kathy Gallery, Jan Kinasewich, Carol Lorente, Megan Lower, and Robin Urquhart—who recently reached out to our members as part of our semiannual check-in.

These calls are an important way for us to stay connected. Our volunteers say hello, update member information when needed, and gather valuable feedback, suggestions, and ideas. We were delighted that more than half of our member households responded.

When asked what they value most about Cambridge Neighbors, many members highlighted the friendships and sense of community fostered through our in-person and Zoom programs. Others expressed appreciation for our trusted vendor referrals and the volunteer-provided rides that help them remain independent. Several members gave special recognition to the Let's Talk discussion group and to our dedicated tech volunteer, Bill Walker, for the special support they provide.

We also heard from members who don't regularly participate in programs but are grateful to belong to Cambridge Neighbors, knowing they have a caring community and practical support to rely on as their needs change over time.

Members shared thoughtful ideas for future programming, including additional music programs (something our Program Committee is already exploring), a bereavement support group, fitness and nutrition offerings, a French conversation group, and regular open houses every two or three months to help members get to know one another.

We are grateful to everyone who took the time to share their thoughts. Your feedback helps shape our programs and services, and we'll keep you updated as we put your ideas into action.

2026 Board of Directors

Liz Aguilo
Claudia Albert
Lotte Bailyn
Nancy Carlson
Emily Flax
Judy Lindamood
Janet Littell
Tom Novak
Helene Quinn
Ling Ling Smith
Bill Walker

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Assistant Director

Sarah Hershberger
Bookkeeper

Cambridge Neighbors
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Cambridge, MA 02138