November 2026

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

Dear Members and Friends,

We're fast approaching the holiday season (wait...wasn't it just August and 95 degrees?)! All of us at Cambridge Neighbors wish you a very happy Thanksgiving, whatever that looks like for you.

For some of us, the holidays are not quite like a Norman Rockwell painting. While this time of year can bring joy and cherished traditions, it can also remind us of what—or who—is missing from our lives. The loss of loved ones, distance from family and friends, or challenges that make it harder to get out and about can make the season feel especially difficult.

You're not alone in feeling this way. Loneliness and social isolation are real challenges for many older adults, and the emphasis on togetherness during the holidays can make those feelings more pronounced.

Why the Holidays Can Be Difficult

- **Missing loved ones:** Grief can feel especially intense when familiar family traditions have changed or spouses, relatives, and friends are no longer with us.
- **Health and mobility challenges:** Health concerns or limited transportation can make it harder to attend gatherings or participate in activities outside the home.
- **Distance from family and friends:** When loved ones live far away, opportunities for in-person connection may be limited.
- **The impact of isolation:** Feeling disconnected from others can affect both emotional and physical well-being. Meaningful social connections are important at every stage of life.

Small Ways to Find Comfort and Connection

There's no single right way to celebrate the holidays. The goal is to find what feels meaningful and comforting to you.

- **Create your own traditions.** Let go of expectations and focus on what brings you joy or peace. Enjoy a favorite meal, light a candle in memory of someone special, or settle in with a beloved holiday movie.
- **Give the day some structure.** Plan something to look forward to, whether it's a walk, a good book, a favorite recipe, or time spent looking through family photographs.
- **Reach out to someone.** A phone call, video chat, or simple message can help bridge the distance between friends and family. You might also reach out to someone who could appreciate hearing from you.
- **Find opportunities for connection.** Local senior centers, community organizations, faith communities, and virtual gatherings offer ways to meet others and feel part of something larger.
- **Allow yourself to feel what you feel.** You don't have to be cheerful simply because it's the holiday season. It's okay to miss someone, to celebrate differently, or to keep things simple.

PROGRAM HIGHLIGHTS

Please contact the office to register for all events.
Kindly remember to **arrive on time** for programs
and let us know if your plans change.

Estate Planning, Asset Protection & MassHealth: What you Need to Know"
Thurs., 11/5 | 11:00am | Zoom
Come join us to learn about Estate Planning, Asset Protection & MassHealth, on this informative Zoom educational Seminar. Ron will discuss some of MassHealth benefit programs that help keep people at home with support as well as how to protect assets and avoid probate. Presenter: Ron Kearns, Elder Law Attorney

Charles River Museum of Industry and Innovation
Fri., 11/6 | 10:15am| Senior Tickets: $5
154 Moody St., Waltham, MA 02453
The Charles River Museum of Industry & Innovation spotlights America's industrial history to encourage and inspire future innovation, by creating engaging experiences that highlight the many fascinating technical and business innovations that have taken place in this region and continue to change the world. We will coordinate carpooling.

Navigating Essential Tremor: Who We Are and How the IETF Can Help
Mon., 11/9 | 11:00am| Zoom
Join us for an informative session with the International Essential Tremor Foundation (IETF) to learn more about the Essential Tremor (ET). While there is currently no known cause ET, a wide variety of effective treatment options exist. This presentation will introduce the IETF and highlight the extensive resources available to support patients, doctors, and caregivers alike. Presenter: Patrick McCartney, ED of IETF

Movement & Meditation Class
Tues., 11/10 & 11/17 | 12:00pm | CN Office | Women only
545 Concord Ave., Suite 104, Cambridge, MA 02138
In this 45 minute class we will practice taming and training the mind through guided meditation, simple seated stretches, and breathing exercises. Beginners are welcome!

Life Transition Binder
Thurs., 11/12 | 3:00pm | CN Office
545 Concord Ave., Suite 104, Cambridge, MA 02138
A life transition binder is an organizational tool where you can incorporate all your important life details into one resource with 8 tabs (Personal, Property, Financial, Investment, Insurance, Medical, Services and Other). The binder has 3 functions - it supports you while you age, a reminder of what you have and where it is. It is the resource that family or friends can turn to if you experience a medical event and need assistance and it is the resource your family will utilize to settle your estate. Presenter: Sandra Batra, creator of the Life Transition Binder

Dinner: Himalayan Kitchen
Thurs., 11/12 | 5:30pm | Self-pay
40 Bow St., Somerville, MA 02143
Nepalese & Indian fusion, self-pay cash. Metered street parking, 0.2 mile walk from #109 bus stop from Harvard Square to Somerville Ave. at Union Square.

Mount Auburn Cemetery "Walk & Talk"
Tues., 11/17 | 11:30am | Mount Auburn Cemetery
Meet at 11:30am on the new plaza by the front gate.
November! Back to Standard time so we're going to winter hours – meeting now at 11:30. The cooking and baking holidays of November and December are coming up, so we'll walk, talk, and visit some of the 5 cooking/baking related notables I know of who are buried at Mount Auburn. (No, Julia Child is not one of them!).

Biography Book Club
Tues., 11/17 | 2:00pm | Zoom
"Chasing Beauty: The Life of Isabella Stewart Gardner" by Natalie Dykstra
Born to a prominent NY family in 1840, "Belle" joined a Boston Brahmin clan when she married John Lowell Gardner. The author captures her dynamism, intrepidness, creativity and singular achievements.

Understanding Alzheimer's Disease: Recognizing the Signs and Supporting Brain Health
Wed., 11/18 | 10:30am | Zoom
Part of a workshop series given by the Cambridge Health Alliance, this presentation introduces Alzheimer's disease, common warning signs, risk factors, and the differences between normal aging and dementia. Participants will also learn ways to promote brain health and discover resources available for individuals and caregivers.

Iberian Voyage: From Barcelona to Lisbon in May 2022
Thurs., 11/19 | 11:00am | CN Office | Hybrid***
545 Concord Ave., Suite 104, Cambridge, MA 02138
Beginning in Barcelona, the voyage will circle Spain's Iberian peninsula, stopping along the way in Valencia, Cartagena, Malaga, Gibraltar Strait, Seville, Cordoba, and in Lisbon. A native of Turkey, Zeren Earls has degrees in psychology from Duke University and education from Antioch College. Following retirement, her life-long curiosity about different cultures led her to travel world-wide, sharing her experiences through articles and books. She contributed to art and travel sections of the digital cultural magazine Berkshire Fine Arts until 2022 at which time she moved to The Cambridge Homes, where she shares her travels through monthly PowerPoint presentations.

Member Spotlight: Mary-Anne Morrison |Co-sponsored by the Exploring Diversity Group
Thurs., 11/19 | 4:00pm | CN Office | Hybrid***
545 Concord Ave., Suite 104, Cambridge, MA 02138
Last March several Cambridge Neighbors members visited the Kelly Collection of African American Art at the Locke Gallery in Harvard Square where we saw an exhibition exploring the history of the Harlem Renaissance and its continuing artistic legacy. Mary-Anne Morrison will discuss the lives and works of four artists: Jacob Lawrence and his wife, Barbadian-born Gwendolyn Knight; and William Henry Johnson and his wife, Danish-born Holcha Krake. Lawrence and Johnson's works are widely recognized and associated with the Harlem Renaissance and its continuing legacy. Knight and Krake's art remains far less familiar. Using examples of their works, Mary-Anne will share their individual stories and explain how each of these two couples supported, influenced and enriched one another's creative lives despite living in a society that undervalued the work of Black artists, women artists and, in Johnson and Krake's case, frequently viewed interracial marriage with hostility.

Walking at Charlestown Naval Yard
Mon., 11/23 | 11:30am | Optional self-pay lunch at Cmelatte Cafe
Meet at Harvard Red Line downstairs by ticket machines at 10:40am.
We'll head by subway and bus to view the 3 giant sculptures in an outdoor art exhibit called "The Bridge of Joy", an exhibit presented by Navy Yard Garden & Art featuring 3 very large, playful, imaginative bronze works by Gillie and Marc. Afterwards, we can enjoy Naval Shipyard Park with the Massachusetts Korean War Veterans memorial and the Navy Yard complex and its lovely gardens before heading home.

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

NOVEMBER'S PROGRAMS

MON	TUES	WED	THURS	FRI	SAT
2	**3**	**4**	**5**	**6**	**7**
Coffee and Conversation: Cafe Zing 10:30am		**Women's Group** 11:00am	**Estate Planning** 11:00am	**Charles River Museum** 10:15am **Meditation** 1:00pm	
9	**10**	**11**	**12**	**13**	**14**
Navigating Essential Tremor 11:00am **Tipple** 5:00pm	**Movement & Meditation** 12:00pm	**CN CLOSED**	**Life Transition Binder** 3:00pm **Dinner: Himalayan Kitchen** 5:30pm	**Meditation** 1:00pm **Let's Talk** 2:00pm	
16	**17**	**18**	**19**	**20**	**21**
New Member Orientation* 11:00am	**Mount Auburn Cemetery "Walk & Talk"** 11:30am **Movement & Meditation** 12:00pm **Biography Book Club** 2:00pm	**Understanding Alzheimer's** 10:30am **Men's Group** 2:00 pm **Youville Dinner** 5:45pm	**Iberian Voyage*** 11:00am **LGBTQ+ Group** 1:00pm **Member Spotlight: Mary-Anne Morrison*** 4:00 pm	**Lunch: Patou** 12:30pm	
23	**24**	**25**	**26**	**27**	**28**
Walking at Charlestown Naval Yard 11:30am **Tipple** 5:00pm		**CN CLOSED** 1:00-5:00pm	**CN CLOSED**	**CN CLOSED**	
30					
					NOTE: In-person events are listed in **black**, * for hybrid; Zoom events are listed in blue.

Coffee & Conversation: Cafe Zing 11/2 | 10:30am | Self-pay
25 White St., Cambridge, MA 02140
Group Leader: Petra Hesse
Women's Group 11/4 | 11:00am | CN Office (4th floor)
New members welcome! Group Leader: Anne Harrington
Estate Planning, Asset Protection & MassHealth: What you Need to Know" 11/5 | 11:00am | Zoom
See page 2 for more info. Presenter: Ron Kearns
Charles River Museum of Industry and Innovation 11/6 | 10:15am | Senior tickets: $5 | 154 Moody St., Waltham, MA 02453
See page 2 for more info. Group Leader: Bill Barnert
Meditation 11/6 | 1:00pm | Zoom Group Leader: Nancy Barcelo
Navigating Essential Tremor: Who We Are and How the IETF Can Help 11/9 | 11:00am | Zoom
See page 2 for more info. Presenter: Patrick McCartney
Tipple 11/9 | 5:00pm | Nubar | Self-pay
16 Garden St., Cambridge, MA 02138
Wine and appetizers. Group Leader: Nancy Carlson
Movement & Meditation 11/10 | 12:00pm | CN Office | Women only
545 Concord Ave., Suite 104, Cambridge, MA 02138
See page 2 for more info. Group Leader: Barbara Lynne
Life Transition Binder 11/12 | 3:00pm | CN Office
545 Concord Ave., Suite 104, Cambridge, MA 02138
See page 2 for more info. Presenter: Sandra Batra
Dinner: Himalayan Kitchen 11/12 | 5:30pm | Self-pay
40 Bow St., Somerville, MA 02143
Cash only! Group Leader: Carol Lorente
Meditation 11/13 | 1:00pm | Zoom Group Leader: Nancy Barcelo
Let's Talk 11/13 | 2:00pm | Zoom
Group Leaders: Micki Seligson & Barbara Bund
New Member Orientation 11/16 | 11:00am | CN Office | Hybrid***
Presenters: Carol Lorente and Megan Lower

Mount Auburn Cemetery "Walk & Talk" 11/17 | 11:30am | Mt. Auburn Cemetery | 580 Mt. Auburn St., Cambridge, MA 02138
See page 2 for more info. Group Leader: Susan Murray
Movement & Meditation 11/17 | 12:00pm | CN Office
545 Concord Ave., Suite 104, Cambridge, MA 02138
Group Leader: Barbara Lynne
Biography Book Club 11/17 | 2:00pm | Zoom
New members welcome! *See page 2 for this month's book*.
Understanding Alzheimer's Disease: Recognizing the Signs and and Supporting Brain Health 11/18 | 10:30am | Zoom
See page 2 for more info. Presenter: CHA
Men's Group 11/18 | 2:00pm | CN Office
New members always welcome! Group Leader: J.B. Maxwell
Youville Dinner 11/18 | 5:45pm | Youville House
1573 Cambridge St., Cambridge, MA 02138
Repeat visitors welcome and encouraged! A lovely way to just be together.
Iberian Voyage: From Barcelona to Lisbon 11/19 | 11:00am | CN Office | Hybrid* | 545 Concord Ave., Suite 104, Cambridge, MA 02138**
See page 2 for more info. Presenter: Zeren Earls
LGBTQ+ 11/19 | 1:00pm | Page and Leaf
1815 Mass. Ave., Cambridge, MA 02140 Group Leader: Estelle Disch
Member Spotlight: Mary-Anne Morrison 11/19 | 4:00pm | CN Office | Hybrid* | 545 Concord Ave., Suite 104, Cambridge, MA 02138**
See page 2 for more info. Co-hosted with Exploring Diversity.
Lunch: Patou 11/20 | 12:30pm | Self-pay
69 Leonard St., Belmont, MA 02478
Group Leader: Bill Barnert
Walking at Charlestown Naval Yard 11/23 | 11:30am
1st Ave. and 3rd St., Charlestown, MA 02129
See page 2 for more info. Group Leader: Susan Murray
Tipple 11/23 | 5:00pm | Nubar | Self-pay
16 Garden St., Cambridge, MA 02138
Wine and appetizers. Group Leader: Nancy Carlson

A Reminder from Cambridge Neighbors

At Cambridge Neighbors, we believe that connection and a sense of belonging matter throughout the year—not just during the holidays. Sometimes, knowing that someone is there to listen, lend a hand, or share a conversation can make all the difference.

As you move through the holiday season, consider reaching out to a friend, inviting someone for a walk or cup of coffee, or accepting an invitation yourself. Small gestures can create meaningful connections.

And if the holidays feel difficult this year, please remember that you don't have to navigate them alone. **A little kindness, a listening ear, and a sense of community can go a long way.**

If you are alone on Thanksgiving and would like to join other Cambridge Neighbors for a Thanksgiving lunch or dinner at a local restaurant, let us know and we can work to arrange that (if enough people are interested). Please RSVP by 11/6 or sooner.

We wish you a Thanksgiving filled with whatever brings you comfort, connection, and joy.

The Cambridge Neighbors Staff

Cambridge Neighbors
545 Concord Avenue, Suite 104
Cambridge, MA 02138

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