CITY OF CAMBRIDGE | Human Service Programs

Newslines

Cambridge Council on Aging Newsletter



November 2026



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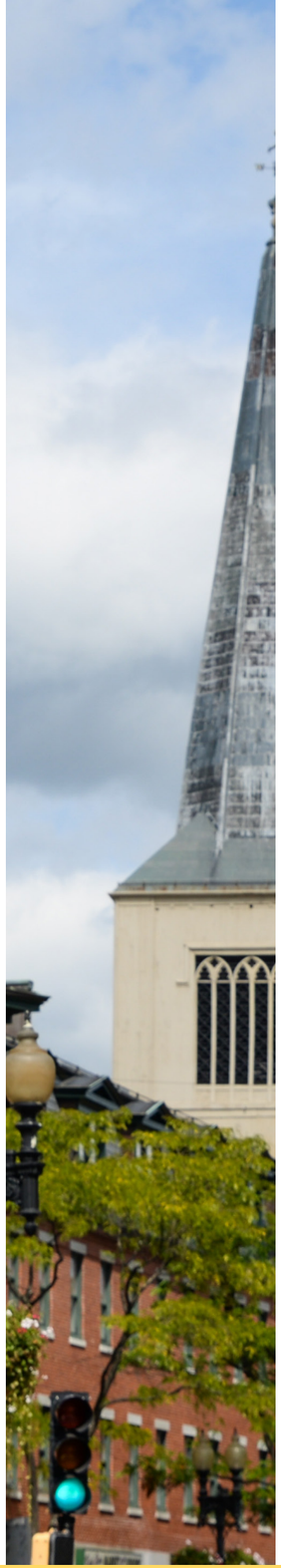
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Newslines
November 2026

Hello Friends,
Here we are entering the month of November. I cannot believe it!
I have just returned from attending our annual conference. It is a meaningful opportunity to step away from the everyday responsibilities of work and take time to do what the season asks us to do: reflect, renew, and connect.
While our work at the COA/ Senior Centers is rewarding, it also requires a great deal of energy, compassion, and commitment. Sometimes, stepping away is not only helpful but necessary.
The conference provided an opportunity to reconnect with colleagues from across the state, exchange ideas, share experiences, and learn from one another. It was a reminder that although our communities may have different needs, we share a common purpose: helping older adults remain connected, engaged, and supported.
I was also reminded of the importance of self-care. Taking time for quiet reflection, meditation, and early morning walks allowed me to slow down, clear my mind, and return to my work with renewed energy. Caring for ourselves helps us be more present and attentive to the people who depend on us.
At the Senior Centers, where relationships and connection are at the heart of what we do, that renewal matters.
As November arrives, we also take time to recognize Veterans Day and express our gratitude to the men and women who have served our country.
Thanksgiving offers another opportunity to pause and reflect on what we are grateful for. In our Centers, gratitude can be found in the friendships formed over a shared meal, the laughter in a program, or the simple comfort of knowing someone cares.
As we enter this season of remembrance and gratitude, may we all find time to reconnect with others, appreciate the small moments that bring us joy, and recognize the importance of caring for ourselves and one another. These connections are what make our community stronger.

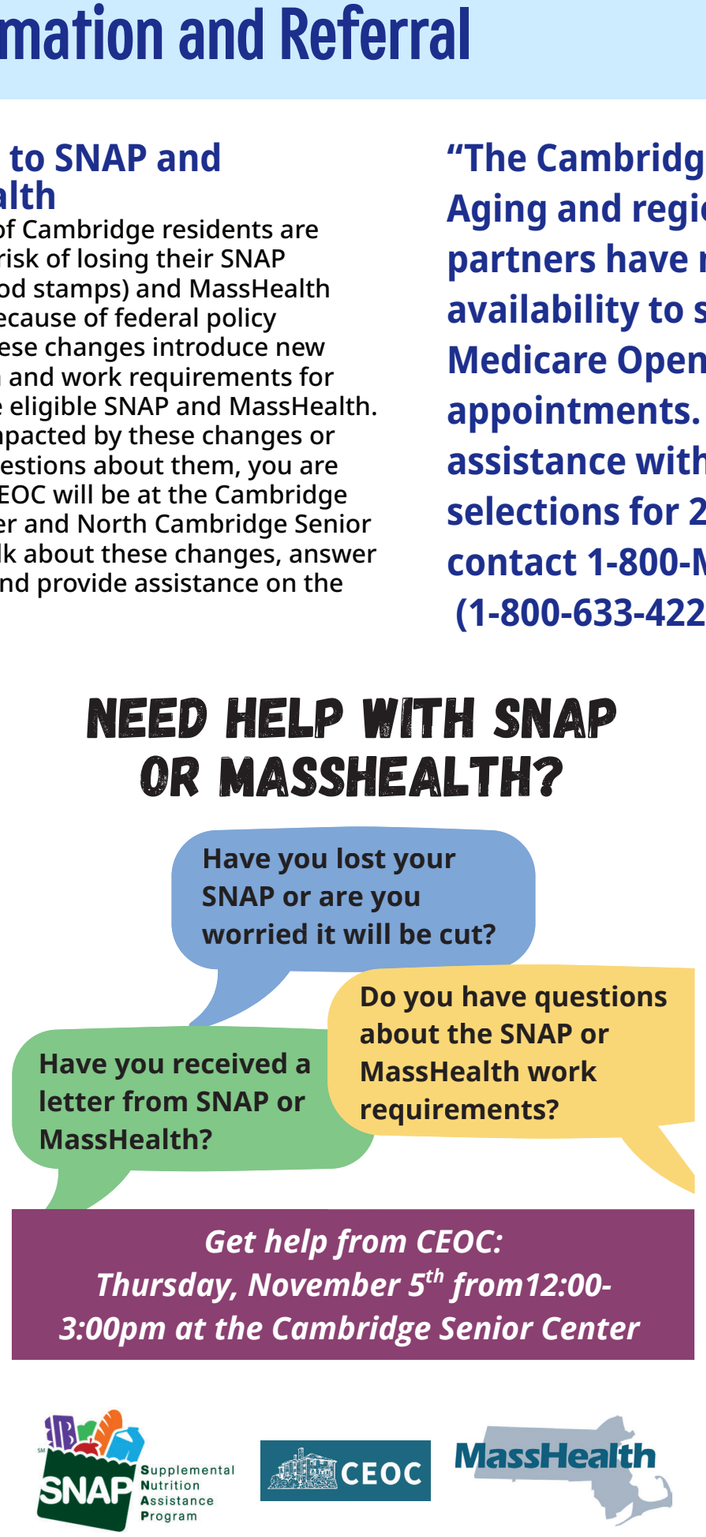
Warm Regards,
Susan P. Pacheco
Executive Director

Information and Referral

Changes to SNAP and MassHealth

Thousands of Cambridge residents are losing or at risk of losing their SNAP (formerly food stamps) and MassHealth insurance because of federal policy changes. These changes introduce new immigration and work requirements for people to be eligible SNAP and MassHealth. If you are impacted by these changes or you have questions about them, you are not alone! CEOC will be at the Cambridge Senior Center and North Cambridge Senior Center to talk about these changes, answer questions, and provide assistance on the spot.

"The Cambridge Council on Aging and regional SHINE partners have no further availability to schedule Medicare Open Enrollment appointments. If you need assistance with Medicare plan selections for 2027, please contact 1-800-MEDICARE (1-800-633-4227)."



Monthly Program Registration Information

Lunch

- Lunch is served Monday - Thursday 11:30 am –12:30 pm
- Cambridge residents receive lunch reservation priority. Lunch reservations are held until 12:05 pm, and the suggested donation is $3.00.
- After 12:05 pm, lunch will be opened to Cambridge residents without a lunch reservation and non-Cambridge residents.
- Meal cost for non-Cambridge residents is $5.00 on Monday and Wednesday and $6.75 on Tuesday and Thursday. Menu meal not guaranteed.
- Vegetarian meal available upon request
- Lunch reservations can be made one business day in advance by calling the Lunch Reservation phone line 617-349-6047.

Lunch Questions:

617-349-6220

Cambridge Council on Aging classes and events are open to Older Adults ages 60 and older.

If registration is required, please call COA at:

617-349-6220



Class Descriptions

806 Cambridge Senior Center
NC North Cambridge
Russell Youth Community Center (RYCC)

Art Class 806

Learn art techniques, with an emphasis on drawing and watercolor painting, in this beginner-friendly, instructor-led class. Participants are encouraged to use whatever art materials they have on hand.

Acrylic Painting NC

This instructor led acrylic painting class uses step by step methods and techniques to create acrylic artwork. Students learn in a supportive environment. All skill levels are welcome! All supplies are included.

Balance and Chi Kung 806

Learn basic Tai Chi principles with gentle, slow repetitive movements of Chi Kung. Over time, this may increase balance, and encourages you to find a way to allow your body to move in a relaxed way. The class begins and ends with meditation.

Chair Exercise 806

Combining stretching, strengthening, cardio, balance, mobility, and flexibility (and some fun music!), this class is great for the whole body and brain. Take things at your own pace from a seated or standing position

Crafts and Social Group 806

This is a self-led crafting and social group, where crafters work on beading, crocheting, knitting and more. No experience needed. You may come for the craft or just come to connect with others. Participants bring their own crafts supplies.

Dancing for Balance NC

This fun, friendly dance class is suited for all fitness levels. You will learn basic steps geared towards improving one's balance. Seated warm up and cool down exercises are performed. All fitness levels welcome!

Chair Yoga 806 NC

This Chair Yoga class is a gentle, accessible fitness class that adapts traditional yoga poses using a chair for seated or supported standing exercises. Ideal for all levels, it improves flexibility, strength, balance, and reduces stress through mindful movements. All fitness levels welcome!

Documentary Photography NC

Unlock your creative potential with our Documentary Photography Class. We dive into taking the best possible image you can take with your smartphone. Open to all skill levels. Smartphone is required. This class will help with and improve your image editing. All skill levels are welcome.

ESOL Intermediate Conversation and Reading Class 806

An Intermediate / High-Intermediate conversation and reading class.
The class will meet in-person twice a month and will receive a selected reading with vocabulary support via email and will use this reading as part of our next in-person class.

English for Speakers of Other Languages (ESOL) NC

Beginning and Intermediate English for Seniors Conversation, vocabulary, basic grammar with Stephen Wu from the Cambridge Community Learning Center (CLC).

Gentle Mat Yoga NC

In this gentle, one-hour class, we practice the basic elements of yoga. Including standing, sitting and lying down postures.

Class Descriptions

This class is appropriate for adults that are comfortable moving from floor to standing with minimal support. Modifications available to participants. All fitness levels welcome!

Flamenco Dance Class 806

This class teaches the various rhythms of different Palos (genres) of flamenco. You will learn coordination of footwork, body, arms, and finger movements.

Introduction to Acting 806

This class explores improvisation for the theatre, using acting exercises and theatre games. We will discover ways of creating a character, using voice and movement, and scene study. This class is an ongoing workshop, with an optional performance for invited guests at the conclusion of each series. Join us on a journey of discovery; explore your creativity and hone your acting skills! No prior acting experience necessary.

Introduction to Theatre 806

This is an interactive class where we will read from the play, act out scenes, analyze characters and the plot. No prior theatre experience necessary.

Line Dancing 806

Easy to learn and fun to dance! This class will teach you the basics of line dancing as well as newer and more established line dances. Have fun, learn new dances, and enjoy the company of others. A great class to make new friends.

Mahjong NC

This American version of Mahjong involves players taking and discarding tiles to create a complete hand, with the winner scoring points based on their tiles after a set number of hands. More advanced players are preferred but all levels of skill are welcome.

Mat Yoga 806

Looking for an hour of self-renewal? Mat Yoga includes 30 minutes of floor postures which allow the spine to be relaxed and non-weight bearing. The class is taught at a moderate level. One goal is to provide asanas for all major muscle groups. Other goals are to improve balance, release tension and access grounded serenity.

Music Classes: Instrument and Chorus 806

Experience the joys of singing, regardless of how "good" your voices are. We'll pick songs based on whether people like them and will work on 10–12 songs at a time. Songs can be of any genre or era.

Instrument (Individual or Small Group Lessons) 806

Here is your chance to learn to play an instrument — even if you have never played one before! Or dust off the instrument you used to play and give it a new life.

Portrait Drawing Class 806 RYCC

Students will learn how to approach a human portrait drawing from start to finish. This class teaches realistic methods of portrait drawing by copying a photograph of a portrait and focuses on fundamentals: how to sharpen a pencil; draw straight lines; measure proportions with accuracy; make a 9-point value scale; understand the logic of light, light and shadow shapes and middle tones; and how to render the forms, big and small. Prior experience is not necessary for this class.

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Weekly Class Calendar

Cambridge Senior Center

Monday

- **Qi Gong**
  9:00 – 9:45 am
- **Computer Lab**
  9:00 – 4 pm
- **ESOL/ Chinese**
  9:30 – 10:30 am
- **Hip Hop Dance class**
  9:30 – 10:30 am
- **Tech Help**
  10:00 – 11:00 am
- **Strong and Stretched**
  11:00 - 12:00 pm
- **Art Class**
  1:00 – 2:00 pm
- **Ballroom Dancing**
  1:00 – 3:00 pm
- **Tech Help**
  1:00 – 3:00 pm
- **Intro to Theatre**
  1:30 – 2:30pm
- **Portrait Drawing Class**
  3:00 – 5:00 pm
- **Line dancing**
  5:00 - 6:00 pm
- **Spanish**
  6:15 – 7:30 pm

Tuesday

- **Computer Lab**
  9:00 – 4:00 pm
- **Mat Yoga**
  10:00 – 11:00 am
- **Balance Art and Chi Kung**
  11:30 am – 12:30 pm
- **Board and Card Games**
  1:00 – 3:00 pm
- **Zumba Gold**
  1:00 – 1:45 pm
- **Tech Help**
  1:00 – 4:00 pm
- **Chair Exercise**
  2:00 – 2:45 pm

Wednesday

- **Chinese Singers and Chinese Folk Dancing**
  9:00 – 12 pm
- **Music Instrument Lessons**
  9:00 – 10:00 am
- **ESOL/ Cambridge Community Learning Center (CLC)**
  9:30 – 11:45 am
- **Computer Lab**
  9:00 – 4:00 pm
- **Flamenco Tango**
  10:00 – 11:00 am
- **Chorus**
  10:30 – 11:30 am
- **Low Impact Fitness**
  1:00 – 1:45 pm
- **Crafts and Social Group**
  1:00 – 3:00 pm

Thursday

- **Computer Lab**
  9:00 – 4:00 pm
- **Zumba Gold**
  9:00 – 9:45 am
- **Spanish For Beginners class**
  9:30 – 10:30 am
- **Spanish For Advanced Beginners class**
  10:30 – 11:30 am
- **Yoga for Better Balance**
  11:00 – 12:00 pm
- **Tai Chi**
  11:00 – 12:00 pm
- **Introduction to Acting**
  1:30 – 3:00 pm

Friday

- **Ping Pong Beginners**
  8:30 – 9:30 am
- **Qi Gong**
  9:00 – 9:45 am
- **Computer Lab**
  9:00 – 11:00 am
- **Flamenco Dance**
  10:00 – 11:00 am
- **Ping Pong Experienced**
  9:30 – 10:30 am

Key

Virtual

In Person

Hybrid

In Person Location

Cambridge Senior Center
806 Massachusetts Ave,
Cambridge MA 02139

Special Events, Holidays, and Class Cancellations

October 12, Indigenous Peoples' Day Senior Center Closed.

Special Events Calendar November 2026 Cambridge Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Tai Chi Paradigm** 1:30 - 2:30 **Music Jam Session** 4:30 – 6:30	**3** **LGBTQ+ Film Series** Movie: **KiKi** 10:00 - 12:30	**4** **Bingo** 1:00 - 3:00	**5** **Senior Home Improvement Education** 10:00 - 11:00 **Town Meeting** 12:30 - 1:00 **Strength Building with Chris** 1:00 -2:15 **Quilting Workshop** 1:00 - 3:00	**6**
9 **Tai Chi Paradigm** 1:30 - 2:30	**10** **COA Board Meeting** 9:30 - 11:00	**11** **Veterans Day Holiday**	**12** **Book Group** 12:00 -1:00 **Yoga and Yoga philosophy with Alicia** 1:00 – 2:15 **Quilting Workshop** 1:00 - 3:00	**13** **Meditation and Mandala** 10:00 - 11:00
16 **Age Café** 10:00 – 11:00 **Women's Group** 12:30 - 1:30 **Tai Chi Paradigm** 1:30 - 2:30 **MIT Ribotones Performance** 6:00 – 7:00	**17** **Men's Group** 10:00 – 11:30 **ESOL Intermediate** 10:00 - 12:00	**18** **Thanksgiving Luncheon** 12:00 - 1:30	**19** **Quilting Workshop** 1:00 - 3:00 **Meditation and Mandala with Vincent** 1:00 – 2:15	**20**
23 **Mass Senior Action Meeting** 1:30 - 2:30 **Tai Chi Paradigm** 1:30 - 2:30	**24** **Film and Discussion** 1:00 - 3:30 Movie:*The Great Escaper* **Pre-screening listening party** 12:45	**25**	**26** **Senior Centers Closed Thanksgiving**	**27** **Senior Centers Closed Day after Thanksgiving**
30 **Tai Chi Paradigm** 1:30 - 2:30 **Navigating Loss - Grief has its Season 2:00 – 3:00**				

Key

- **Virtual**
- **In Person**
- **Hybrid**

In Person Location

Cambridge Senior Center
806 Massachusetts Ave,
Cambridge MA 02139 **Hours:**
Monday 8:30 am - 8;00 pm
Tuesday Wednesday Thursday
8:30 am - 5:00 pm
Friday 8:30 am -12:00 pm

Holidays, and Class Cancellations

Balance Art and Chi Kung Canceled Tuesday, November 3

Tai Chi Canceled on Thursday, November 5.

Zumba Gold Canceled on Thursday, November 5.

Veterans Day Holiday Wednesday November 11 Senior Center Closed.

Strong & Stretched Canceled on Monday, November 16.

Thursday and Friday November 26 and 27 Thanksgiving Holiday Senior Center Closed.

806 Special Events

Cambridge Senior Center
806 Massachusetts Ave,
Cambridge MA 02139

Tech Help: Smartphone Q & A: Basics

Mondays,10:00 – 11:00 and 1:00 - 3:00
Tuesdays, 1:00 - 4:00
Staff will be available to answer common questions about your wireless devices, laptops, and applications such as Zoom and Facebook. **Please call to register for an appointment.**

Introduction to Theatre

Mondays, 1:30 - 2:30
"Pera Palas," by Sinan Unel, is a hauntingly beautiful look at family conflict, cultural differences, and the hopes, dreams, and desires that we all share.
Set in the same hotel room, at the Pera Palas hotel in Istanbul, during three different decades of the 20th century,
In this play, Sinan Unel reveals himself to be one of those rare playwrights who explores thought-provoking ideas, while at the same time crafting a story about characters for whom we care deeply.

Introduction to Acting

Thursdays, 1:30 - 3:00
In this class, we will explore improvisation for the theatre, using acting exercises and theatre games. We will discover ways of creating a character, using voice and movement, and we will delve into scene study, exploring characters and rehearsing scenes from published plays. Come join us on a journey of discovery; explore your creativity and hone your acting skills!

Tai Chi Paradigm

Mondays,November 2, 9, 16, 23 and 30 – December 7, 14, 21 and 28
1:30 - 2:30 With Sifu Mynor Diaz
The "Tai Chi Paradigm" program is a training system that incorporates a distinct set of exercises and concepts of spatial patterns.
The "Tai Chi Paradigm" program was developed to maintain, improve, and prevent age-related degeneration of neuro-muscular motor skills.
The practice of Tai Chi has evolved into a self-healing art, particularly after research placed it, as an evidence-based practice intervention in PTSD, Neurological Conditions, Osteoarthritis, and Hypertension while also beneficial in fall prevention and improving cognitive performance.
Registration is full
Cost is $36 for the twelve-week series.

Music Jam Session

Mondays, November 2, and December 7, 4:30 – 6:30
Do you play an instrument or sing? Have you been looking for an opportunity to get together with other musicians and jam on your favorite tunes? If you answer yes to these questions, then we have the jam session for you. Saxophonist Bobby Tynes will once again host the sessions with his group of amazing musicians who will provide the rhythm section of your dreams. You will enjoy making music with these musicians. Their music inspires all to keep coming back for more! So, bring your voice, drumsticks, guitar, percussion, your horns, harmonicas and most importantly your love of playing music with others.

LGBTQ+ Film Series

Tuesday, November 3, 10:00 - 12:30
***KiK*i (1h.34 mi, 2016)**
A vibrant portrait of queer and trans youth of color in New York City's ballroom scene. It highlights chosen family, artistic expression, and activism, offering an affirming and culturally rich snapshot of modern LGBTQ life.

Cambridge Senior Center

Senior Home Improvement Education Mini-Series for Cambridge Homeowners

Thursday, November 5, 10:00 - 11:00
Join Jennifer Jonassaint from Homeowner's Rehab for a Senior Home education mini-series. **Home Improvement Topic Examples**
How to look for and shop for quality home products that last
How to create a financial future home needs assessment.

Town Meeting and Birthday Celebration

Thursday, November 5, 12:30 - 1:00
We want to hear from you! This is an opportunity to come together and share information and ideas with Senior Center Staff. We will celebrate November birthdays with cake.

Digital Skills Workshops: November 2026

Thursdays November 5, 12, 19, 10:00 - 11:00
- **November 5** – Introduction to Podcasts & Online Audio: Learn to use free apps like Spotify, Apple Podcasts, or YouTube to search for your favorite hobbies or history shows, subscribe and manage controls.
- **November 12** – Staying Connected with Video Calls: Answers to your questions, practice joining meetings, muting/unmuting your microphone, using your camera, and chat box on Zoom, also using FaceTime, and Google Meet.
- **November 19** – Navigating Maps & Google Maps: digital maps to get turn-by-turn directions, check the bus or train and discover nearby businesses.
- **November 26 – Thanksgiving**

Wellness Workshop Series

Thursdays November 5, 12, 19, 1:00 – 2:15pm
Join Chris, Alicia and Vincent for a three – part wellness workshop series on practicing self-care
Strength – Movement – Mindfulness
- **November 5 – Strength**

Strength Building with Chris
- **November 12 – Movement**

Yoga and Yoga philosophy with Alicia
- **November 19 – Mindfulness**

Meditation and Mandala with Vincent
Registration is required and space is limited.
You can register for one or all three workshops.

ESOL Intermediate Conversation & Reading Class

Tuesday, November 17, 10:00 - 12:00
An Intermediate/ High-Intermediate Conversation and Reading Class. A reading will be emailed on November 10 and class will meet in-person on November 17.

Quilting for Beginners Workshop

Thursdays, November 5, 12 and 19
Join us for a workshop series to make a small, quilted potholder or trivet. Using the 'assembly line" quilting method, you will plan, cut, and sew a quilt using our sewing machines. The workshop includes step-by-step guidance from a local quilter and sewist. Supplies - fabric, thread, batting and sewing machines will be provided. Some experience with a sewing machine is required. Fabric and supplies are provided. **Registration is required and space is limited.**

806 Special Events continued

Book Group

Thursday, November 12, 12:00 - 1:00
***How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen*, by David Brooks.**
A guide to fostering deeper human connection by learning to truly see and understand others. It offers practical advice on listening, asking better questions, being present, and why these skills are crucial for building meaningful relationships in a fragmented world. Also available: Large Print, CD, Digital Audiobook, eBook..

Age Café

Community Conversations about Aging
Monday November 16, 10:00 – 11:00
Join us for coffee, conversation and connection. Stop by this drop-in session as we talk about what really matters – purpose, identity, connection, and the beauty of growing older. Come share your voice.
Join the conversation facilitated by Mary Kowalczuk, Manager, Mental & Behavioral Health Promotion, Cambridge Public Health Department and Susan Pacheco, Executive Director, Cambridge Council on Aging.
Age Café will continue to meet monthly on the following Monday at 10:00 a.m.

- **December 21**

Women's Group

Monday, November 16, 12:30 - 1:30
Join us for our monthly Women's Group meeting. We will laugh, share ideas and enjoy each other's company.

MIT Ribotones Concert Performance

Monday, November 16, 6:00 – 7:00
Join us for an evening concert performance given by the MIT Ribotones.

Men's Group

Tuesday, November 17, 10:00 - 11:30
Breakfast at Andy's Diner
This month the Men's Group will go out for breakfast together at Andy's Diner in North Cambridge. We will meet at the Cambridge Senior Center at 806 Mass Ave at 9:30am. Transportation to Andy's will be provided. Space is limited and registration is required.
Please register by Tuesday, November 10th
To register, or for more information, please contact: Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

Thanksgiving Luncheon

Wednesday November 18, 12:00 - 1:30
Join us and your friends for a traditional Thanksgiving lunch.
Registration is required

Film and Discussion

Movie: *The Great Escaper*
Tuesday, November 24, 1:00 - 3:30
Pre-screening listening party of 40's era music at 12:45
Based on the true story of 90 year old Royal Navy veteran Bernard Jordan, The Great Escaper follows his determined "escape" from a care home to attend the 70th anniversary D Day commemorations in Normandy, France. Starring Michael Caine and Glenda Jackson.
Running time – 1 hr. 36 min
Rated PG-13 due to occasional adult language & themes, and brief wartime flashbacks
If you have any questions or would like more information, please contact:
Vincent McCarthy 617-349-6220 or vmccarthy@cambridgema.gov

Navigating Loss – Grief has its Season

Monday, November 30, 2:00 – 3:00
For In this informal conversational group, we will explore grief and how it impacts our lives.
We will also share resources, coping strategies and personal experiences around loss.
This 3-part in person series will be facilitated by Susan Pacheco, Executive Director, Cambridge COA and Vincent McCarthy, Director of Client Services, Cambridge COA.
The group will meet at the Cambridge Senior Center 806 Mass Ave., Cambridge. Registration is encouraged, but all are welcome. To register, or for more information, please contact Vincent McCarthy at vmccarthy@cambridgema.gov or call 617-349-6216
Navigating Loss- Grief has its season, will continue to meet monthly on the following Mondays in December at 2:00 December 7 and 14

Happening at the Cambridge Public Library Optics of Aging

Thursday, November 12 | 4:00 - 6:00
at Cambridge Public Library, 449 Broadway
Join usfor a screening of Optics of Aging. A Q&A with the director, Michelle Le Brun, will follow the screening.
In this film, stereotypes of ageism dissolve as the beauty of aging is revealed through five elders who have shaped the culture and political landscape of Rhode Island and beyond. Their voices take flight against the backdrop of archival imagery that captures the vision of an earlier time of vast sociocultural change.
Presented in partnership with the Cambridge Council on Aging, the Living Well Network, and Paine Senior Services.
Registration is requested but not required. To register, call 617-349-4041, or www.cambridgepl.libcal.com

Class Details continued

806 Cambridge Senior Center
NC North Cambridge
RYCC Russell Youth Center

Spanish 806 NC
This class reviews and updates students about the Spanish Grammar that permits students to formulate sentences and paragraphs of information for understanding, responding, and conversing in the Spanish language. All are welcome!

Strong and Stretched 806 NC RYCC
A 45-minute class starting with a cardio warm up, strengthening exercises using hand weights (try soup cans/water bottles if attending a virtual class) or resistance bands, and muscle conditioning to reinforce good posture. The class ends with deep yoga stretches.

Tai Chi 806 NC RYCC
This instructor-led Tai Chi class is open to all individuals to learn this ancient martial art. With flowing, slow movements, it enhances balance, flexibility, and inner peace. Many find it beneficial as it promotes physical well-being and mental clarity. There is an emphasis on Tai Chi walking, to help improve balance. All fitness levels welcome!

Tango Flamenco Dance Class 806
Tango flamenco class provides in-depth expertise on learning the rhythm of clapping hands, singing, and dancing at the same time. Tango has an energetic, festive feeling and taste. All are welcome to enjoy the Flamenco experience.

Tech-Help: Smartphone Q&A: Basics 806
Staff will be available to answer common questions about your wireless devices, laptops, and applications such as Zoom and Facebook.

Watercolor Painting NC
Learn Methods and techniques used to create watercolor art in this self-paced, instructor-led class. Participants responsible for their own watercolor painting supplies. All skill levels are welcome!

Whist Card Game NC
Whist is a classic 4-player, partnership trick-taking card game using a 52-card deck where partners sit opposite each other to win the most tricks. It is a precursor to Bridge. All skill levels are welcome!

Yoga for Better Balance 806
This class provides opportunities to improve balance standing and seated on mats or chairs. The focus is to be present in our bodies as we stretch and strengthen stabilizing muscle groups.

Zumba Gold 806
This is a low impact, easy to follow, 45-min Latin inspired dance class. This class is appropriate for adults of all fitness levels and participants can go at their own pace.

Russell Youth and Community Center

Thursday
- **Tai Chi**
  9:00 - 10:00 am
- **Portrait Drawing**
  10:00 - 11:30 am
- **Yoga**
  10:30 - 11:30 am

Friday
- **Dance**
  9:00 - 10:00 am
- **Strong and Stretched**
  10:30 - 11:30 am
- **Knitting Group**
  (Drop-in through 12:00 pm)

Strong & Stretched Canceled on Friday, November 13.

Key
In Person

In Person Location
Russell Youth and Community Center
680 Huron Ave,
Cambridge MA 02138

Second Floor!



Portrait Drawing with Charcoal and White Chalk on Toned Paper
Students will learn portrait drawing using charcoal and white chalk on toned paper. They will continue to explore facial proportions, anatomy, and the relationship between light and shadow. Using charcoal and white chalk to create a range of light and shadow values. The class will include demonstrations, step-by-step drawing practice, and individual guidance. Students will also have opportunity to sketch Old Master portraits at Fogg Museum and apply what they learn to their own drawings.
Prior experience is not necessary for this class.

Weekly Class Calendar

North Cambridge Senior Center
2050 Massachusetts Ave,
Cambridge MA 02140

North Cambridge Senior Center

Monday

- **Meditation**
  9:00 - 9:30 am
- **Acrylic Painting**
  9:30 - 12:00 am
- **Dominoes** 10:30 to 11:30 am
- **Dancing for Balance**
  1:00 – 2:00 pm
- **Game Time** 1:00 – 4:00 pm
- **Gentle Mat Yoga**
  3:30 - 4:30 pm

Tuesday

- **Strength Building**
  9:30 – 10:15 am
- **ESOL** 9:45 - 10:45 am
- **Strong and Stretched**
  11:45 - 12:45 pm
- **Tai Chi** 1:30 - 2:30 pm
- **Tech Help** 2:30 - 3:30 pm
- **Chair Yoga** 3:00 - 4:00 pm

Wednesday

- **Spanish Class**
  9:30 – 11:00 am
- **Chair Yoga**
  12:00 - 1:00 pm
- **Intermediate /Open Play Mahjong**
  1:00 - 4:00 pm

Thursday

- **Beginners Mahjong**
  9:00 – 11:00 am
- **Watercolors** 9:30 – 11:30 am
- **Strength with Chris**
  12:00 - 12:45 pm
- **Dancing for Balance**
  1:30 - 2:30 pm
- **Intermediate Improv**
  1:30 - 3:30 pm
- **Gentle Mat Yoga**
  3:00 - 4:15 pm

Friday

- **Open Studio Acrylic Painting**
  10:00 - 12:30 pm
- **Whist**
  11:30 – 2:30 pm
- **Documentary Photography**
  3:00 – 4:30 pm

Key

In Person

Hybrid

Hours
Monday - Friday 8:30am - 5:00pm
Contact 617-349-6320

Meditation and Stretch with Chris

Mondays 9:00 to 9:30am Looking for a way to start your week? Join the North Cambridge Senior Center Director Chris Kowaleski each Monday morning starting at 9:00am for thirty minutes of guided meditation and gentle stretching. This will be a great way to relax and start the week. Great for all levels.

Acrylic Painting and Open Studio

Mondays 9:30- 12:00pm and Fridays 10:00 - 12:30pm $5.00 per session
Unleash your creativity in a relaxed, self-directed painting session! You'll have full access to a canvas, acrylic paints, and brushes, allowing you to explore your own ideas and style at your own pace. An instructor will be present to offer guidance, answer questions, and share tips whenever you need a little extra support—perfect for both beginners looking to gain confidence and experienced artists wanting a dedicated time to create. All skill levels are welcome!

One-on-One Technology Help for older adults (Drop-in or by appointment) Tuesdays 2:30 to 3:30pm

Need help with your technology? If you have a cellphone, tablet, or laptop and are looking for assistance such as troubleshooting simple issues, downloading and using apps, configuring email and security, or logging into your MyChart or Social Security account, we can help. Drop in on Tuesdays between 2:30 and 3:30pm or call 617-349-6320 to arrange an appointment.

Ethiopian Hour 9:30 am to 12:00 pm

Tuesdays (Every other week)
November 3 and 17
Every other Tuesday, Yemi Kibret of CEOC will lead the Ethiopian Elders Group. This group provides support and resources for fellow Ethiopians in our community and is here to uplift and empower participants. Whether it's English classes, an enjoyable activity,we offer a listening ear and share valuable advice.

Strength with Chris

Thursdays 12:00 – 12:45pm
(No Class on 11/26)
Join Chris for a strength exercise class on Thursday from 12:00 to 12:45pm each week. The class is designed to exercise at one's own pace and includes seated and standing stretch, weight and balance exercises. For more information, please call (617) 349-6320.

SNAP/Mass Health Session and Presentation

Friday, November 6, 9:30 – 11:00am
Thousands of Cambridge residents are losing or at risk of losing their SNAP and MassHealth insurance because of federal policy changes. CEOC will be at the North Cambridge Senior Center to talk about these changes, answer questions, and provide assistance on the spot.
Please see page 2

Creative Writing (New)

Thursday, November 12 & 19, 12:00 to 1:00pm
Jump Start Your Creative Writing! Have you thought about writing fiction, your memoir, an essay, or trying your hand at poetry but didn't know how to start? In this 2-session class, we will read and discuss examples of creative writing, and then spend time writing in class, responding to time-tested prompts such as "I remember," writing about the place (or places) you have lived, nature, and inspiration drawn from their own photos or art works. Students can share their writing if they feel comfortable doing so. We will have fun!

Crystal Singing Bowls Sound Practice

Friday, November 13, 1:00 – 1:45pm
Crystal singing bowls sound practice (sound bath) helps return the cells through sympathetic resonance, shifting them from dis-ease back onto harmony by activating the parasympathetic nervous system. In other words, resetting your nervous system. This practice uses the soothing vibrations and tones of quartz crystal bowls to promote relaxation, meditation, and energetic balance. The calming sounds can help reduce stress, quiet the mind, and create a peaceful environment for healing, reflection, and deep rest. Please sign up at the North Cambridge Senior Center. Space is limited.

Cambridge Healthy Smiles Program

Wednesday, November 18, 1:15 to 2:15pm
Join the CPHD Cambridge Healthy Smiles Program presentation to learn about dental health concerns as a senior and get advice on maintaining oral health as you age. Learn helpful tips for maintaining a healthy smile, preventing common oral health problems, and understanding the importance of regular dental care. The staff are available to take blood pressure and have oral health resources available. The presentation will feature bingo with a prize to be won! Please call the NCSC at 617-349-6320 to sign up or sign up in person.

CITY OF CAMBRIDGE | Human Service Program

Cambridge Council on Aging
806 Massachusetts Avenue
Cambridge, MA 02139

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