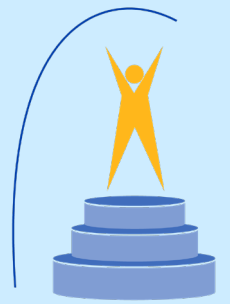




Human
Service
Programs



Newslines

Cambridge Council on Aging Newsletter



October 2026

Table of Contents

General

Welcome Message	1
Information and Referral	2
Program Registration Information	3
Class Descriptions	4

Cambridge Senior Center

Weekly Class Schedule	6
Special Events Calendar	8
Special Events	10

Russell Youth and Community Center

Weekly Class Schedule & Other Information	15
---	----

North Cambridge Senior Center

Weekly Class Schedule & Other Information	16
---	----

Newslines

October 2026

Hello Friends,
How is everyone? There is a lot happening and the noise of the news is quite overwhelming. This month I want to address an important part of our health – mental wellness. October is a time to recognize Depression Awareness Month and remind us that depression can affect people at any age, including older adults. While feeling sad from time to time is a normal part of life, depression is more than sadness. It can affect how someone feels, thinks, sleeps, eats, and connects with the world around them. For older adults, depression can sometimes be overlooked or mistaken for a normal part of aging. Life changes such as the loss of a loved one, retirement, changes in health, reduced mobility, or increased isolation can affect emotional well-being. Depression is not an inevitable part of getting older, and support is available. This October is also a special month for the Cambridge Senior Center as we celebrate our 31st anniversary. For 31 years, the Senior Center has been a place where older adults can find connection, friendship, support, and opportunities to stay active and engaged.

Our Senior Centers can play an important role in helping older adults maintain emotional wellness. A shared meal, exercise class, educational program, or simple conversation can reduce isolation and create a sense of belonging. Senior Centers also offer opportunities for staff to notice when someone may be struggling. A change in participation, appearance, mood, or social interaction can be a reason to check in, listen, and connect someone with appropriate resources. Most importantly, we can all help by making it easier to talk about mental health. Asking a friend, neighbor, or family member, “How are you really doing?” can open the door to a meaningful conversation. This October, let us celebrate our community while remembering that connection is part of wellness. By creating welcoming places where older adults feel seen, valued, and supported, our Senior Centers can help strengthen emotional health, reduce isolation, and remind older adults they are not alone.

Warm Regards,
Susan P. Pacheco
Executive Director

SHINE News

Fall Open Enrollment 2026
Medicare Open Enrollment begins on October 15th and continues through December 7th. During this annual period, current Medicare enrollees can review their coverage and make changes; any changes will go into effect on January 1, 2027. The Cambridge Council on Aging will begin scheduling Medicare Open Enrollment appointments for Cambridge residents through the SHINE line, (617) 349-6055, on October 13, 2026. Please note the following important details regarding the appointment process:

- Due to the limited number of SHINE counselors, we cannot guarantee that you will see a specific counselor, even if you make your appointment early.
- SHINE counselors will provide information about available options during open enrollment, but they will not choose a plan for you.
- Appointments are exclusively for matters related to open enrollment. Any other issues will require a separate appointment.
- Appointments are available by reservation only; walk-ins are not permitted.
- Each appointment is limited to one hour. A complete, updated medication list is required at each appointment.
- Appointments are strictly for the assigned individuals. We cannot provide SHINE counseling for anyone not present at the appointment.

- If you need to reschedule your appointment, please notify your assigned counselor at least 48 hours in advance. If you do not attend your scheduled appointment, we are unable to guarantee additional availability.

Changes with the MBTA Senior Pass Program

The Cambridge Senior Center assists with applications for the Senior Charlie Card. To apply, please schedule an in-person appointment, which is available Monday through Thursday during business hours. Contact Outreach Case Manager Dee Cannon to make an appointment at 617-349-6060.

Please be aware that new requirements will take effect on September 1st. To enroll in the MBTA Senior Pass program at the Senior Center all participants must now have an email account and be able to access it. This is necessary to receive your MBTA Senior Charlie Card by mail. If you do not have an email account you will need to visit the Charlie Service Center located in downtown Boston.

The address for the downtown location is:

Charlie Service Center
296 Washington St
Boston, MA 02108

Walk-in hours are Tuesday through Friday, from 8:30 am to 5:00 pm.

Lunch

- Lunch hours will be 11:30 am –12:30 pm, Monday - Thursday. Cambridge residents can come in for lunch between 11:30 am -12:15 pm, and the suggested donation for lunch is \$3.00.
- After 12:15pm, lunch will be opened to non-Cambridge residents, but they are not guaranteed the same meal that was on the menu for that day, and the meal cost is \$5.00 on Monday and Wednesday. \$6.75 on Tuesday and Thursday.

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.

Continued page 14

Weekly Class Calendar

Cambridge Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday	Key
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 Strong and Stretched 11:00 - 12:00 pm Art Class 1:00 – 2:00 pm Ballroom Dancing 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	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	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 Tech Help 1:00 – 4:00 pm	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	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	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

October 2026

Cambridge Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday	Key
			1 ■ Senior Home Improvement Education 10:00 - 11:00 ■ Billiards League - Arlington at Cambridge 11:00 ■ Town Meeting 12:30 - 1:00 ■ Quilting Workshop 1:00 - 3:00	2	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 Monday October 12, Indigenous Peoples' Day Senior Center Closed.
5 ■ Topsfield Fair Trip 9:45 – 4:00 ■ Tai Chi Paradigm 1:30 - 2:30 ■ Music Jam Session 4:30 – 6:30	6 ■ Walking Group 9:00 - 10:00 ■ LGBTQ+ Film Series Movie: <i>Lan Yu</i> 10:00 - 12:30	7	8 ■ Digital Skills Workshop: Cellphone Basics 10:00 - 11:00 ■ Book Group 12:00 -1:00 ■ Billiards League - Lexington at Cambridge 11:00 ■ Quilting Workshop 1:00 - 3:00	9 ■ Meditation and Mandala 10:00 - 11:00	
12 Indigenous Peoples' Day	13 ■ Walking Group 9:00 - 10:00 ■ COA Board Meeting 9:30 - 11:00	14 ■ Vaccine Clinic 9:00 – 1:00 ■ Veterans and Friends Support Group 1:00 - 2:00	15 ■ Digital Skills: Using your phone camera 10:00 - 11:00 ■ Billiards League - Waltham at Cambridge 11:00 ■ Quilting Workshop 1:00 - 3:00 ■ Scams by DA Marian Ryan 3:00 - 4:00	16	
19 ■ Age Café 10:00 – 11:00 ■ Women's Group 12:30 - 1:30	20 ■ Walking Group 9:00 - 10:00 ■ Men's Group 10:00 – 11:30 ■ Bangladesh Social Group 1:00 – 3:00 ■ Halloween Board Games 1:00 – 3:00	21 ■ Safety Awareness 1:00 - 2:00	22 ■ Senior Home Improvement Education 10:00 - 11:00 ■ Digital Skills Workshop: Texting & Messaging 10:00 - 11:00 ■ Billiards League - Cambridge at Waltham 11:00	23	
26 ■ Mass Senior Action Meeting 11:00 – 12:30 ■ Tai Chi Paradigm 1:30 - 2:30	27 ■ Walking Group 9:00 - 10:00 ■ F and D Listening Party 12:45 ■ Film and Discussion 1:00 - 3:30 Movie: <i>9 to 5</i>	28	29 ■ Digital Skills: Using a Flash Drive 10:00 - 11:00 ■ Billiards League - Newton at Cambridge 11:00 ■ Anniversary Party 12:30 - 2:30 ■ Quilting Workshop 1:00 - 3:00	30	

Tech Help: Smartphone Q & A: Basics

Tuesdays and Wednesdays, 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! Registration is Required

Digital Skills Workshops

- Thursdays, 10:00 – 11:00
- **October 8 - Cellphone Basics**
Q&A Bring your questions! We will discuss common issues and build confidence using your phone.
 - **October 15 - Using Your Camera on Your Phone**
Practice taking photos, viewing them, deleting them, and sharing safely with friends and family.
 - **October 22 - Texting & Messaging**
Sending messages, using voice typing, emojis...
 - **October 29 - Using a Flash Drive**
Learn how to save files to a flash drive and safely eject the device

Senior Home Improvement Education Mini-Series for Cambridge Homeowners

Thursday, October 1 and 22, , 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, October 1, 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 October birthdays with cake.

Quilting for Beginners Workshop

Thursdays, October 1, 8 and 15
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.

Tai Chi Paradigm

Monday, October 5 – December 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. Advance Registration is Required
Cost is \$36 for the twelve-week series.

Music Jam Session

Monday, October 5, 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.

Walking Group for Older Adults

Tuesdays, October 6, 13, 20 and 27
9:00 - 10:00
Meeting location: Cambridge Crossing, 3 North First Street.
Join us for our Walking Group series, a guided set of weekly walks designed to encourage movement, connection, and exploration. Each walk follows a beginner-friendly pace and features routes that highlight local parks, neighborhoods, and scenic paths. This walking series is free and open to the public ages 60+. Registration is suggested but not required

LGBTQ+ Film Series

Tuesday, October 6, 10:00 - 12:30
Lan Yu (1h 59 min, 2014)
Set in Beijing in the late 1980s and 1990s, it chronicles the turbulent, on-and-off romance between Chen Handong, a wealthy, closeted businessman, and Lan Yu, a financially struggling architecture student.

806 Special Events continued

Book Group

Thursday, October 8, 12:00 - 1:00
My Brilliant Friend, by Elena Ferrante
Ferrante's novel chronicles the complex, decades-long friendship between two women as they grow up in a poor neighborhood in Naples, Italy. Also available: Large Print, CD, Digital Audiobook, eBook, Playaway.

Cambridge Public Health Department Vaccine Clinic

Wednesday October 14, 9:00 – 1:00

Veterans and Friends Support Group **Wednesday October 14, 1:00 - 2:00**
This group is a place where veterans and non-veterans can come to check in, share stories, discuss life experiences, socialize, and discuss military culture in a nonjudgmental space. The focus will be on promoting self-care, wellness, and peer support.
For more information, please contact: Dee Cannon at dcannon@cambridgema.gov

Scams Targeting Older Adults Presented by DA Marian Ryan
Thursday, October 15, 3:00 – 4:00
Please join Middlesex District Attorney Marian Ryan to learn about common scams and schemes that target older adults and tips on ways to safeguard finances from financial exploitation. Light refreshments will be served.

Age Café
Community Conversations about Aging
Monday October 19, 10:00 – 11:00 am
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 Kowalczyk, 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 Mondays at 10:00 a.m.

- **November 16**
- **December 21**

Women's Group
Monday, October 19, 10:00 - 11:30 Join us for our monthly Women's Group meeting. We will laugh, share ideas and enjoy each other's company.

Men's Group
Tuesday, October 20, 10:00 - 11:30 Join us for Men's Group meeting. Light refreshments will be served.
For more information, please contact: Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

Film, Discussion and Listening Party **Movie: 9 to 5**
Tuesday, October 27, 12:45 - 3:30
Film and Discussion 1:00 – 3:30
Pre-screening Listening Party at 12:45
9 to 5 is a classic 1980 comedy about three working women who plot revenge against their sexist, egotistical boss and take over running their workplace. This film features Dolly Parton, Jane Fonda, Lily Tomlin & Dabney Coleman.
Running time – 1 hr. 50 min Rated PG
For more information, please contact: Vincent McCarthy 617-349-6220 or vmccarthy@cambridgema.gov

Senior Center Anniversary Party

Thursday, October 29, 12:30 - 2:30
For over three decades, we have had the honor of serving our Older Adults in the Cambridge community, and we would love for you to be part of this special celebration.
Please come and join us for a lunch party as we celebrate our 31st Anniversary.
Registration is Required, Ticket Cost \$5.00
Vegetarian Option Available Upon Request
Menu:

- Butternut Squash Soup
- Corn Fritters
- Roasted Chicken Thighs with Rosemary and Thyme Gravy
- Mashed Potatoes
- Roasted Brussel Sprouts
- Rolls and Butter

Dessert: Apple Crisp

Save The Date:

Thursdays November 5th, 12th, 19th 1:00 – 2:15 p.m.
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.

November Men's Group Day Trip
Tuesday, November 17th
Breakfast at Andy's Diner in North Cambridge followed by a visit to the Harvard Art Museum.

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.

Thursday	Friday
Tai Chi 9:00 - 10:00 am Portrait Drawing 10:00 - 11:30 am Yoga 10:30 - 11:30 am	Dance 9:00 - 10:00 am Strong and Stretched 10:30 - 11:30 am Knitting Group (Drop-in through 12:00 pm)

Key
 In Person

In Person Location

Russell Youth and Community Center
680 Huron Ave,
Cambridge MA 02138
Second Floor!



Brain Health and Fitness!

Are you having more difficulty remembering names and appointments, staying focused, and finding your keys? Our Brain Health and Fitness program may be just what you're looking for. This program includes 4 weekly sessions each 2 hours in length. Information will be provided about how the changes that often occur during normal aging compare with those changes that suggest need for greater concern. In addition, we'll discuss and practice strategies that can help you function more efficiently, as well as lifestyle choices that can delay or even possibly prevent more serious changes. You'll have an opportunity to assess how well you're caring for your brain now and identify lifestyle changes that could help you maintain and even improve this going forward. New topics and information will be discussed each week so participating in every

session is strongly encouraged. This program will be facilitated by Dr. Peggy Crawford and is scheduled to start on Tuesday October 6 and end on Tuesday October 27 from 10:00 AM – 12 Noon at the Russell Youth and Community Center. Class size is limited to 15. Registration is required. Please contact Nate Drew at 617-349-6060 or ndrew@cambridgema.gov

Weekly Class Calendar

North Cambridge
Senior Center
2050 Massachusetts Ave,
Cambridge MA 02140

North Cambridge Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday	Key
Meditation 9:00 - 9:30 am Acrylic Painting 9:30 - 12:00 am Dominoes 10:30 to 11:30am Dancing for Balance 1:00 – 2:00 pm Gentle Mat Yoga 3:30 - 4:30 pm	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	Chair Yoga 12:00 - 1:00 pm Intermediate /Open Play Mahjong 1:00 - 4:00 pm Spanish Class 9:30 – 11:00 am	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	Open Studio Acrylic Painting 10:00 - 12:30 pm Whist 11:30 – 2:30 pm Documentary Photography 3:00 – 4:30 pm	In Person Hybrid Hours Monday - Friday 8:30am - 5:00pm Contact 617-349-6320 Wednesday, 10/21 NCSC will be closing early at 3:00pm Thursday, 10/22 NCSC will be closing early at 4:00pm Friday, 10/23 NCSC will be closing early at 2:30pm

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 (No class on October 2, 5 and 9)

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)

October 6 and 20 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 October 22)

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.

Meet Your Neighbor Bingo

Friday, October 2, 11:00am

Join us for Bingo and get to know your neighbors! The Cambridge Peace Commission is hosting this event for Meet Your Neighbor Month, a nationwide initiative. Come mingle, chat, and fill in your bingo squares. There will be exciting raffle prizes and delicious food. Bring a friend or make a new one! Please RSVP by calling 617-349-6320 or sign up at the front desk.

Crystal Singing Bowls Sound Practice (Sound Bath)

Wednesday, October 14, 1:30 – 2:15pm
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.

Estate Planning Workshop

Thursday, October 15, 10:00 – 11:00am

Planning for Peace of Mind. Protect Your Loved Ones, Home, and Future. Do you have a plan in place to protect your family, home, and assets? Join Homeowners Rehabilitation, Inc. (HRI) for a FREE Estate Planning workshop and learn about wills, trusts, powers of attorney, health care proxies, and other important tools that can help you prepare for the future with confidence. Please RSVP by October 8th, calling 617-349-6320 or sign up at the front desk.

Halloween Sweet Treats Event

Friday, October 30, 1:00 - 2:00pm

Join us as we gather for a Halloween Sweet Treats Event as we celebrate Halloween at the North Cambridge Senior Center (NCSC). Hot chocolate, treats, spooky music and great company will be had. Costumes are welcome. Please RSVP at the NCSC or by phone at (617) 349-6320 by October 23rd. You won't want to miss this Halloween event and to see the North Cambridge Senior Center Director in his costume.



**CITY OF
CAMBRIDGE**

Human
Service
Program

Cambridge Council on Aging

806 Massachusetts Avenue
Cambridge, MA 02139



Cambridge City Council

Sumbul Siddiqui, Mayor
Burhan Azeem, Vice Mayor
Ayah A. Al-Zubi
Timothy R. Flaherty
Marc C. McGovern
Patricia M. Nolan
E. Denise Simmons
Jivan G. Sobrinho-Wheeler
Cathy Zusy

City Administration

Yi-An Huang, City Manager
Joseph Corazzini, Assistant City
Manager for Human Services

Council on Aging (COA) Board

Harriet Ahouse
Mary DeCoursey
Pearl Hines
Debra Mandel
Lily Owyang
Eva Paddock
Beverly Sealey
Joumathe Theodore

**Our appreciation to the
Executive Office of Aging &
Independence (AGE) for funds
to support this publication.**

COA Program and Staff

Executive Director

Susan Pacheco

Social Services

Vincent McCarthy,
Director of Client Services
Maryellen McEleney,
Information & Referral
Dee Cannon,
Outreach Case Manager

Administrative Assistant

Lisa Castagna
Julie King, COA Assistant

Receptionists

Rosalind Brown
Matara Malone

Computer Instructor

Pamela Howard

Bus Driver

Jimmy Baez

Cambridge Senior Center

Director

Alicia Johnson

Activities

Arline McGrady, Activities and
Volunteer Coordinator
Nate Drew,
Program Service Assistant
Cat Kagann, Assistant
Adam Leith, Assistant
Sanaa Mohamed, Assistant

Facility

Desi Powell Sr., Facility Manager
Dave Kanode, Custodian

Food Service

Ian Lavalley,
Food Service Manager
Carlos Alfaro,
Assistant Food Service Manager

North Cambridge Senior Center

Director

Christopher Kowaleski
Marybeth Joyce, Assistant



617-349-6220

www.cambridgema.gov/CouncilOnAging