



Newslines

*The Newsletter of the
Cambridge Council on Aging (COA)*

May 2024

806 Massachusetts Avenue, Cambridge, MA 02139

617-349-6220 • www.cambridgema.gov/CouncilOnAging

Dear Seniors:

The tree from my window. It sounds as if I am about to compose a poem. I am not. What I am is thinking about what to write. I cannot think or write about all that is happening. It is all too distressing, confusing, and quite frankly disheartening. I decided then to write about the tree from my window.

Why the tree? Well, this tree I have seen from my window for the last 27 years. Each morning or each time I sit at my kitchen table for a meal, I see this tree. I witness the beauty of its seasonal changes. I marvel each spring when it goes from barren branches to green leaves almost overnight. This spring I seem to be more captivated by this tree. Was not sure why, but then I thought a bit longer.

As I said, this tree has been seen by me for 27 years and of course it is much older than that. There is something to be said for the constancy. I think that is what I am craving, amid the turmoil. Recently, a friend of Jewish faith, was having difficulty as Passover approached. She was



not sure if she would be observing, if she could do so, with all that was happening. I saw the distance in her eyes. I asked her if she wanted to share more, and I listened. I said to her that in my experience, it has been most important to grab

on to my faith when things have been difficult. On the 1st day of Passover, she texted me: "I am preparing for Passover now and definitely looking forward to finding comfort in the same traditions and familiarity of it."

That text said it all. The constancy and privilege of being able to sit each day peacefully and enjoy a meal viewing this tree is familiar and comfortable.

Thanks for allowing me to share this with you. Thank you for taking the time to read it and I am grateful to those of you who take the time each month to tell me how you appreciate my note. It means a lot! Happy May and Happy Spring!

Warm Regards,
Susan P. Pacheco
Executive Director

Information and Referral

NEW in 2024! Medicare Savings Program eliminates asset test making more beneficiaries now eligible

The Medicare Savings Programs can help people with limited incomes pay for Medicare Part B premiums--currently \$174.70 a month; out of pocket Medicare A and B costs such as coinsurance and annual deductibles; Part D premiums; and the prescription drug annual deductible (\$545 in 2024).

Individuals earning \$2309 - \$2552 monthly and married couples earning \$3123 - \$3451 qualify for the Medicare Savings Programs and as of April 1, 2024, the asset test has been eliminated. So, if you are within the income range and previously ineligible for MSP due to assets now is a good time to meet with your SHINE counselor to learn more. SHINE counselors are state certified experts in Medicare providing free and impartial information. To schedule an appointment please call the Council on Aging.

Federal Internet Discount Program Ending

The Affordable Connectivity Program, a broadband internet discount program funded by Congress and administered by the FCC, is discontinuing.

Many MA residents will know this program as the [LifeLine Program](#).

The program stopped accepting applications on February 7, 2024, and the estimated last month of discounted service is May.

The Massachusetts Health Aging Collaborative (MHAC) has prepared a one-page description of the [Affordable Connectivity Program winddown](#)

What can be done to assist older adults who may lose access to affordable service?

MA broadband customers should be encouraged to contact their service providers to learn if they have provider-specific discount programs.

Free Wi-Fi is available at many senior centers and public libraries—encourage visitors to take advantage of this access.

- Cellphones can be used as internet hotspots for tablets, laptops, and computers (with data limitations).
- Learn if your community has a municipal broadband system, and, if not, support efforts to create one.
- Read about [MA digital equity resources](#) on the MA Healthy Aging Collaborative's website. Encourage residents to contact their [local legislators](#) to let them know how they are affected and ask for their ideas on improved internet equity.

Massachusetts Bar Association 2024 Elder Law Education Program Thursday, May 30, 1:30 - 2:30PM (IP)

Do you have a Will, Durable Power of Attorney, Health Care Proxy or HIPAA Authorization in place? Do you know what those documents are? Come on down and learn how to avoid a crisis for your family. Don't delay getting your most crucial estate planning documents in place.

Attorney Shani Rea Collymore will be presenting on the basics of estate planning. For more information, please contact: Vincent McCarthy at 617-349-6220 or vmmcarthy@cambridgema.gov

May 2024 Programs – Registration Information

806 Massachusetts Avenue, Cambridge, MA 02139 617-349-6220

Open Monday 8:30 -8:00, Tuesday through Thursday 8:30 - 5:00, Friday 8:30 - 12:00

Classes and Special Events

- Participants must be aged 60 years and older. Priority will be given to Cambridge residents.
Classes and special events are either **In-person, Virtual** (online), or **Hybrid** (combination of in-person and virtual).
- In-person classes and special events are held at 806 and/or 2050 Massachusetts Avenue, Cambridge, MA.
- Virtual classes and special events are offered via Zoom. Participants will receive a Zoom email invitation directly from the instructor prior to the start of each class or event.
- To register, unless specified otherwise, call COA at 617-349-6220. COA reserves the right to limit the number of participants per the instructors' request.

Lunch

- Hot Dine-and-Stay lunches are served Monday – Thursday, 11:30 – 12:15
Lunch reservations should be made 2 business days in advance. Please call 617-349-6047 to make your reservation. Lunches are available for a suggested donation of \$3 for seniors aged 60 years and older

Transportation

- The fully accessible Council on Aging Shuttle Bus can transport you to and from the Senior Center at 806 Mass Ave!
- Please call 617-349-6220 for more information.



May 2024 – Happenings and Special Events

*To register for classes/programs, unless specifically noted otherwise, please call the COA @ 617-349-6220.

***Tech-Help: Smartphone Q&A: Basics**
Mondays, 9:00-11:00 AM
Tuesdays, 1:00- 4:00 PM

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.**

Spanish Fun Program:
Beginner level Spanish Lessons
Monday's ~ May 6th thru June 24th
9:30 -11:00 AM

This Spanish Basics program is a beginner-level class. Students will begin to develop confidence talking, reading, and writing in Spanish. Students will complete a project at the end of the session.

Veterans and Friends Support Group
Wednesday May 8th 1:00-2:00 PM

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

Book Group
Thursday, May, 9th 12:00 - 1:00 PM
The Psychology of Optimal Experience by Mihaly Csikszentmihaly

Documents a set of scientific discoveries about human nature that illuminate the life experiences of all persons; a profound and pathbreaking book. Also available: ebook, dvd.

Bilingual Story Telling Series:
The Real Cinco de Mayo Story
Thursday May 9th, 1:00 - 2:00 PM
The Real Cinco de Mayo Story,
La Verdadera Historia del Cinco de Mayo
Cinco de Mayo! Is this the date when Mexico celebrates independence? Learn the true history behind the often-misunderstood holiday... What does Cinco de Mayo mean to Mexicans and to the US? When did the celebration start?

ESOL Conversation & Reading Class
Tuesday May 14th, 10:00-12:00 PM
An Intermediate/ High-Intermediate Conversation and Reading Class. On the 1st and 3rd Tuesdays, you will receive a selected reading with vocabulary support. We will use this reading as part of our next in-person class. Classes are canceled on May 21st and May 28th.

Women's Group
Tuesday May 14th, 1:00-2:00 PM

Welcome to the women's group. As we navigate through our later years, it's often helpful to bounce our feelings and ideas off each other in a safe and supportive place. Humorous or serious, it's great to share our stories. Let's talk!

Safety Awareness
Wednesday, May 15th, 1:00-2:00 PM

This will be an opportunity for seniors to meet the Cambridge Police Community Outreach Team and to learn about all the ways that they work to keep our seniors safe. Light refreshments will be served.

Aging And Thriving Program
Wednesday, May 15th, 22nd and 29th

1:00-2:30 PM (IP)
"Aging and Thriving: While Aging is a Given,

Thriving is an Option” is a 4-part program presented by Clinical Psychologist, Peggy Crawford, PhD. The sessions will be held on Wednesdays from 1 to 2:30 on May 15th, 22nd and 29th with a fourth session on Wednesday, July 10th.

Session 1: Will focus on the many changes associated with aging, what we can do to be as healthy as possible, and how flying solo can affect our experience.

Session 2: We will discuss how thriving can continue as we age, and the ingredients needed to support this ongoing growth.

Session 3: Will focus on how thriving involves making changes that can be both beneficial and challenging. 6 weeks later during. Session 4, We will discuss changes people have made or want to make as well as how they have managed any obstacles and challenges along the way. Throughout the program there will be time and opportunity for sharing ideas, examples, and resources as well as asking questions.

Cooking Demo with Neville Place

Thursday, May 16th, 1:00-2:00 PM (IP)

Nutritional cooking for brain health
Join us for a cooking demonstration with the chef from Neville Place, focusing on nutritional cooking for brain health. The recipe will be shared, and food samples given.

Men’s Group

Tuesday, May 21st, 10:00-11:30 AM

Please join us. Light refreshments will be served. For more information, please contact: Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

Bingo and Dinner

Monday, May 20th, 4:00-6:00 PM

Bingo played 4 –5 pm Dinner Served 5 – 5:45 pm . Registration required.

Please register by Tuesday, May 14
Dinner \$5.00 Bingo \$1.00 per card.

Nutrition check-up

Food, Health, and Nutrition Event

Tuesday, May 21st, 10:30-11:30 AM (IP)

Guest Lecture: Healthy Nutrition for older adults keeping Malnutrition at bay.

Nutrition screening questionnaire

Raffle for Participants Giveaways.

Lunch will be served at 11:30am.

Call 617-349-6047 by May 19 to make a lunch reservation.

Film and Discussion

Tuesday, May 28th 1:00-3:30 PM

Movie: *American Fiction (Rated R)*

Cord Jefferson’s hilarious directorial debut, which confronts our culture’s obsession with reducing people to outrageous stereotypes.

For more information, please contact:

Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

LGBTQ+ Film Series

Tuesday, May 28th, 10:00-12:30 PM

Movie: *The Inspection (2022, Rated R)*
POC, Marines.

Ellis French enlists in the Marine Corps and ends up at boot camp on Parris Island, South Carolina. He initially meets the physical requirements but is not as successful in disguising his sexual orientation For additional information, please contact Phoebe Hallahan, LGBTQ+ Programming Leader at phallahan@cambridgema.gov or 617-349-9177

Massachusetts Bar Association

2024 Elder Law Education Program

Thursday, May 30, 1:30 - 2:30 PM (IP)

For more information, please contact:

Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

Save the Date:

Wednesday, June 5, 10:00 - 11:00 AM

Mini Therapy Horse Visit

May – Weekly Class Schedule

H: Hybrid • IP: In-person • V: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Qi Gong (V) 9:00 – 9:45AM</p> <p>Computer Lab (IP) 9:00AM – 5:00 PM</p> <p>Tech Help (IP) 9:00 – 11:00AM</p> <p>ESOL/Chinese (IP) 9:30 – 10:30 AM</p> <p>Strong and Stretched (IP) 11:00 – 12:00PM</p> <p>ART Class (V) 1:00 – 3:00PM</p> <p>Ballroom Dancing (IP) 1:00 – 3:00PM</p> <p>Portrait Drawing Class 3:00-5:00PM (IP)</p> <p>Line Dancing (H) 6:00 – 7:00 PM</p> <p>Spanish (V) 6:45 – 8:00 PM</p>	<p>Computer Lab (IP) 9:00 – 4:00 PM</p> <p>Mat Yoga (IP) 10:00 – 11:00AM</p> <p>Balance Chi Kung 11:30AM -12:30PM (IP)</p> <p>Board and Card Games (IP) 1:00 – 3:00PM</p> <p>Tech Help (IP) 1:00 - 4:00PM</p> <p>Zumba Gold (IP) 1:30 - 2:30PM</p>	<p>Chinese Singers and Chinese Folk Dancing (IP) 9:00 AM – 12:00PM</p> <p>Music Instrument Lessons (IP) 9:00-10:00AM</p> <p>Computer Lab (IP) 9:00 – 4:00PM</p> <p>ESOL (CLC) (IP) 9:30 – 11:45 AM</p> <p>Flamenco Tango (V) 10:00 – 11:00AM</p> <p>Chorus (IP) 10:30-11:30AM</p> <p>Chair Exercise (V) 11:00 – 11:45AM</p> <p>Crafts and Social Group (IP) 1:00 – 3:00 PM</p> <p>Strong and Stretched (V) 1:30 – 2:30 PM</p>	<p>Meditation (V) 9:00 – 9:45 AM</p> <p>Zumba Gold (IP) 9:00-10:00 AM</p> <p>Computer Lab (IP) 9:00 – 4:00PM</p> <p>ESOL (CLC) Conversation Class (IP) 10:00 – 11:00</p> <p>Haitian Elder Group Meeting (IP) 10:30 –3:00</p> <p>Tai Chi (IP) 11:00AM – 12:00PM</p> <p>Intro to Theatre (IP) 1:30-2:30 PM</p>	<p>Qi Gong (V) 9:00 – 9:45 AM</p> <p>Computer Lab (IP) 9:00 – 11:00AM</p> <p>Flamenco Dance (H) 10:00 – 11:00AM</p> <p>Ping Pong — Beginners (IP) 8:30 – 9:30</p> <p>Ping Pong — Experienced (IP) 9:30 – 10:30</p> <p>Cardio and Yoga for Heart Health (V) 11:00AM – 12:00PM</p>

May – Special Events Calendar

H: Hybrid • IP: In-person • V: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2 Chair Exercise Canceled	3
6 Spanish Fun Lessons 9:30-11:00 (IP)	7	8 Veterans & Friends Support Group 1:00-2:00 (IP)	9 Chair Exercise Canceled Book Group 12:00- 1:00 (H) Bilingual Story Telling Series: The Real Cinco de Mayo Story 1:00-2:00 (IP)	10 Meditation and Mandala 10:00-11:00 (IP)
13 Spanish Fun Lessons 9:30-11:00 (IP) MA National Federation of the Blind -Cambridge Chapter (IP) 6:00 – 7:30	14 COA Board Meeting (V) 9:30-11:00 ESOL Intermediate: 10:00-12:00 (IP) Women’s Group 1:00-2:00 (IP)	15 Mass Senior Action Drop-in information table 10:00-1:00 (IP) Safety Awareness 1:00-2:00 (IP) Aging and Thriving 1:00-2:30 (IP)	16 Chair Exercise Canceled Cooking Demo with Neville Place 1:00-2:00 (IP)	17 Mass Senior Action Council Somerville/ Cambridge Chapter Meeting 10:00-11:30 (IP)
20 Spanish Fun Lessons 9:30-11:00 (IP) Bingo and Dinner 4:00-6:00 (IP)	21 ESOL Intermediate Canceled Men’s Group 10:00-11:30 (IP) Nutrition Checkup 10:30-11:30 (IP)	22 Aging and Thriving 1:00-2:30 (IP)	23 Meditation & Chair Exercise Canceled Cambridge Consumers Council Drop-in Information 11:00- 12:30 (IP)	24
27 Memorial Day Holiday – Senior Center Closed	28 ESOL Intermediate: Canceled LGBTQ+ Film Series 10:00-12:30 (IP) Movie: <i>The Inspection</i> Film and Discussion 1:00-3:30 (IP) Movie: <i>American Fiction</i>	29 Aging and Thriving 1:00-2:30 (IP)	30 Meditation Canceled Chair Exercise Canceled Elder Law Attorney presentation 1:30-2:30 (IP)	31 Save the Date: Wednesday, June 5, 10:00 - 11:00 Mini Therapy Horse Visit

May 2024 – Weekly Class Descriptions

Art / Watercolor Painting

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.

Balance Chi Kung

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.

Cardio and Yoga for Heart Health

A 45-minute class starting with 20 minutes of East/West Cardio followed by 25 minutes of in-depth Yoga poses.

Chair Exercise

This class is designed to exercise at one's own pace, including seated, standing and stretch exercises.

Dancing for Balance

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.

English for Speakers of Other Languages (ESOL)

Beginning and Intermediate English for Seniors Conversation, vocabulary, basic grammar with Sandy Middleton, Cambridge Community Learning Center (CLC) ESOL teacher.

Flamenco 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 and festive feeling and taste and is also an essential rhythm for all.

Flamenco Dance

This is a class for all, with or without any kind of physical limitation and have the option of dancing sitting on the chair if needed. So that each of you will discover your flamenco with your style.

Gentle Mat Yoga

In this gentle, one-hour class, we practice the basic elements of yoga. Including standing, seated and lying down postures. This class is appropriate for adults comfortable moving from floor to standing with minimal support. Modifications available to participants.

Line Dancing

Easy to learn and fun to dance. This class will teach you the basics of line dancing as well as the newer and more established line dances being done. Have fun, learn new dances and making new friends.

Meditation

This is a 45-minute class, including a talk and meditation to encourage a peaceful and positive way of looking at life, and to reduce stress. The class is appropriate for beginners as well as experienced meditators. After class, there is an optional 15 minutes for questions.

Qi Gong

A movement practice from Chinese breath and martial arts traditions. Exercise movements include sitting and standing and are gentle and accessible to all participants. We follow a simple peer led routine.

Spanish

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.

Strength Building

A muscle conditioning class focusing on high repetitions with light or no weight. You will need to be able to stand for a good portion of class, have a chair, a portion of empty wall space you can lean against, a bit of floor space to move in, any of the above mentioned props, sneakers, and water.

Strong and Stretched

A 45-minute class starting with a cardio warm up, strengthening exercises using hand weights (try soup cans/water bottles) or Thera bands for resistance. Muscle conditioning reinforces good posture and class ends with deep Yoga stretches.

Tai Chi

Tai Chi arm and leg movements of the Yang Style Long Form are taught. There is an emphasis on Tai Chi walking, to help improve balance.

Watercolor Painting

Learn Methods and techniques used to create watercolor art in this self-paced, instructor-led class. Participants responsible for their own watercolor painting supplies.

Zumba Gold

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.

May 2024 – North Cambridge Senior Center

2050 Massachusetts Avenue, Cambridge, MA 02140 617-349-6320 •

Open Monday, through Friday 8:30 - 5:00 Hot Dine-and-Stay lunches are served Monday – Friday, 11:30 – 12:30 Suggested donation of \$3 for seniors aged 60 years and older

Weekly Class Schedule H: Hybrid • IP: In-person • V: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
Acrylic Painting (IP) 9:30 - 12:00	Strength Building (IP) 9:30-10:30	Zumba Gold (IP) 9:30 -10:30	Watercolors 9:30– 11:30 (IP)	Eurythmy (IP) 10:30 - 11:30
Dominoes (IP) 10:30- 11:30	Strong and Stretched (IP) 11:30- 12:30	Watercolors 9:30– 11:30 (V)	Dancing for Balance (H) 1:30 – 2:30	Whist (IP) 12:30 - 3:00
Dancing for Balance (H) 1:00 – 2:00	Tai Chi (IP) 1:30 – 2:30	Chair Yoga (IP) 12:00 – 1:00	Gentle Mat Yoga (IP) 3:00 – 4:15	
Gentle Mat Yoga (H) 3:30 – 4:30	Chair Yoga (H) 3:00– 4:00	Mindfulness Meditation (IP) 3:00 4:00		

May 2024 – NC Happenings and Special Events

***To register for classes/programs, unless specifically noted otherwise, please call 617-349-6320.**

NEW! Strong and Stretched Tuesdays 11:30 - 12:30 PM

This one-hour class is designed to offer a perfect blend of core-strengthening exercises and gentle stretching routines. Using stretch bands, you'll enhance flexibility while building stability in an interesting, innovative way!

NEW! Tai Chi Tuesdays 1:30 – 2:30 PM

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.

Mindfulness Meditation May 8th and May 29th

Wednesdays 3:00-4:00 PM

Join this class to discover peace and calm through easy, guided mindfulness meditations. Reduce stress, improve focus, and boost well-being while connecting with others. A simple, enjoyable way to enhance your daily life. No experience is necessary; includes Q&A.

New Class! Introduction to Eurythmy Fridays 10:30 – 11:30 AM

This gentle and enjoyable practice combines rhythmic exercises with expressive gestures, promoting balance, flexibility, and overall well-being. No dance experience is required – Eurythmy is about embracing the joy of moving in harmony with yourself.

Ethiopian Elders

Tuesday, May 7th & May 21st 10:00-11:30 AM

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. This group is here

to uplift and empower. All are welcome and encouraged to join.

Photography Workshop

Friday May 3rd, 17th & 31st 1:00-3:00 PM

Capture compelling narratives through the lens, guided by a seasoned photographer. Each class we will explore techniques, storytelling principles, and engage in thoughtful group discussion of each assignment. Each class may extend up to 3 hours and students will be required to bring their own Smartphone with use of camera.

TRIP: Castle Island

Friday, May 10th & 17th 10:30 AM-1:30 PM

Embark on a quick day trip to Castle Island for a taste of the iconic Sullivan's at Castle Island and great views of Boston. Savor their legendary hot dogs and fried seafood next to Boston Harbor. Cost \$5 for Transportation. Lunch on your own. Limited availability.

Mother's Day Tea Party—Paint and Sip

Wednesday, May 15th 2:00 PM-3:00 PM

Join us for a special Mother's Day Tea Party! Treat yourself to sweet and savory treats as we sip on a variety of teas and enjoy great conversations! Don't miss out on the chance to paint a beautiful spring flower with the assistance of our acrylic instructor! Preregistration required. Cost \$5.

SCES Nutrition Screening

Thursday, May 23rd 10:30 AM-11:30PM

Discover valuable insights on healthy eating habits, personalized advice through a screening questionnaire, engaging presentations, and access to essential nutrition information. Take the first step towards a healthier lifestyle with our supportive community. Don't miss out! Lunch to follow.

Spring BBQ

Friday, May 24th 11:30 AM -- 1:30 PM

Celebrate the joy of May with our spring BBQ! Join us for a sizzling afternoon filled with mouthwatering grilled delights, refreshing drinks, and lively conversations. Save the date and let's BBQ!

Preregistration required. Cost \$5

Designing Your Retirement: Your Path to a Healthy, Happy, and Fulfilling Retirement featuring Hayward Zwerling, M.D

Thursday May 30th 5:30 -6:30 PM

Have you considered how to optimize your life during retirement? Or thought, what can I do to ensure I have a happy, healthy, and fulfilling retirement? After studying over 60 scientific publications and gathering insights from numerous experts and his patients, Dr. Zwerling developed the Designing Your Retirement methodology—a roadmap to a better retirement.

TRIP: Kellys Roast Beef and Revere Beach

Friday, May 31st 11AM-2:30 PM

Embark on a quick day trip to Revere Beach for a taste of the iconic Kelly's Roast Beef. Savor their legendary roast beef sandwiches with the backdrop of the sun and sand. A perfect escape with a flavorful excursion by the sea. Cost \$5 for Transportation. Lunch on your own.

Cancelations

- Zumba Gold will be canceled on May 8
- Mindfulness Meditation is canceled in June.
- Mindfulness Meditation will be instructor led on May 8th and May 29th.
- Gentle Mat Yoga and Chair Yoga will be canceled from June 17th through August 4th. Classes will be held remotely from August 5th through September 2nd. Classes will resume in person September 3rd.
- Zumba Gold and Strength Building will be canceled in July and August.
- Watercolors will be canceled in August through September 19.

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Newslines

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