



Newslines

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

June 2024

806 Massachusetts Avenue, Cambridge, MA 02139

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

Dear Seniors:

The start of summer is upon us. It is an opportunity to slow down the pace. Of course, summer also means rising temperatures. For me summer is the best! I love the heat, not necessarily the humidity. But summer just allows me to enjoy more outdoor space. Yards, decks, sidewalk dining, parks, beaches and so many other outdoor spaces. For some it does offer the opportunity to connect with family and friends from afar. Summer offers the opportunity for easier and more navigable travel.

Connecting with family and friends is important. Connection with others is critical to both our mental and physical health. I want to share two recent experiences. The first being a wonderful start to summer barbecue hosted by the North Cambridge Senior Center and Cambridge Housing Authority. It was wonderful to see faces that I had not seen for some time and meet new people for the first time. Everyone was enjoying the good food, music, and most importantly each other's company. The event was full of high and positive energy.

The second experience was my attendance during the Cambridge Senior Center's Chorus class. I was truly moved

by the beautiful music emanating from the room. How wonderful it was to be an observer and as soon as someone shared the music sheet, a participant. Not sure how beautiful the music sounded once I joined!

The point of the experiences is to illustrate the profound value of meaningful connections. These connections are not just about preventing loneliness and isolation; they also contribute to a sense of belonging. Being engaged in social events or classes can help to reduce stress. Being connected through relationships can enhance our overall well-being. Important to note, the month of May was Older Americans Month, and this year's theme was Powered by Connection. Just because the month of May has passed does not mean we should not continue to celebrate Older Americans AND we should continue to be Powered by Connection.

I hope to see you at one of our many events and programs hosted at our Senior Centers this month.

Happy June! Welcome back summer!

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.

Long Term Care Ombuds Presentation Tuesday, June 18 10:00 – 11:00

Please join us with speaker Jillian O'Brien, Long-Term Care Ombudsman Program Director, at Greater Lynn Senior Services Inc., for a presentation on the Long-Term Care Ombudsman Program and Residents' Rights Bingo! The bingo game is played like regular bingo but includes information on federal residents' rights requirements. "A Long-Term Care Ombudsman is an advocate for residents in long term care facilities.

June 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.



June 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 ~ June 3 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.

Meet a Mini Therapy Horse

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

You will be able to meet and interact with a therapy horse from Lifting Spirits Miniature Therapy Horses.

Therapy horses can bring joy to people of all ages.

Town Meeting

Wednesday, June 5th, 1:00-2:00

We want to hear from you. This is an opportunity to come together and share information and ideas with Senior Center Staff.

Music Jam Sessions

Mondays June 10th, 17th, 24th, 4:30-6:30PM

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.

ESOL Conversation & Reading Class

Tuesday June 11th and 25th, 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. Class is canceled June 4th.

Women's Group

Tuesday June 11th, 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!

Veterans and Friends Support Group

Wednesday June 12th 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

Wrentham Village Premium Outlets and Lunch at Cracker barrel ~ Day Trip

Thursday, June 13, 10:00-5:00

Come and enjoy a day of exploring and shopping at the Wrentham Village Premium Outlets after a nice lunch at Cracker barrel.

Cost \$20.00 for motorcoach transportation only. Lunch on your own.

Trip Lottery Notifications will be made on June 3rd.

Book Group

Thursday, June 13th 12:00 - 1:00 PM

Transcendent Kingdom by Yaa Gyasi

A novel about faith, science, religion, and family that tells the deeply moving portrait of a family of Ghanaian immigrants ravaged by depression and addiction and grief, narrated by a fifth-year candidate in neuroscience at Stanford school of medicine studying the neural circuits of reward seeking behavior in mice. Also available: All formats

Men's Group

Tuesday, June 18th, 10:00-11:30 AM

Please join us for a Patio party. We will be joined by Geoffrey Kotowski, North Cambridge Senior Center Director, to learn about programs and activities happening there Light refreshments will be served. For more information, please contact: Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

Meditation and Mandala

Friday, June 14th, 10:00 – 11:00AM

Mandala is the Sanskrit word for sacred circle. Mandalas are used in many cultures for meditation and contemplation. The group will start with a brief guided meditation and then individuals will have the opportunity to color at their own pace.

Bingo and Dinner

Monday, June 17th, 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.

Rock and Roll Bingo With Neville Place

Thursday, June 20th, 12:00-2:00 (IP)

Do you enjoy 80's music? Join us for a fun afternoon of Rock & Roll bingo and lunch with Neville Place. Registration is required.

Pizza and Pride Double Feature:

LGBTQ+ Film Series

Tuesday, June 25, 10:00-12:00

Movie: *The Half of It*

A shy, introverted, Chinese-American, straight-A student finds herself helping the school jock woo the girl they both secretly love. In the process, each teaches the other about the nature of love as they find connection in the most unlikely of places. For additional information, please contact Phoebe Hallahan, LGBTQ+ Programming Leader at phallahan@cambridgema.gov or 617-349-9177

Film and Discussion

Tuesday, June 25, 1:00 - 3:30PM

Movie: NYAD

The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida

For more information, please contact: Vincent McCarthy at 617-349-6220 or vmccarthy@cambridgema.gov

Arts & Crafts: Paint a lighthouse flowerpot

Tuesday, June 25th, 1:00-3:00

Join us and paint a lighthouse flowerpot. Registration is required, cost is \$5.00

Rockport and Richardson Farm Trip

Thursday, June 27th, 10:00-4:45

Join us for an afternoon in Rockport, where you can visit local shops, eat lunch, or enjoy the ocean view. Followed by a visit to Richardson's Ice Cream. Cost \$20.00 for motorcoach transportation only. Lunch and ice cream is on your own. Trip lottery opens on Monday June 3, 2024 and ends on Friday June 14, 2024 Notifications will be made on Monday June 17th,

Save the date:

Day trip: Charlesgate Yacht Club July 9th

Day trip: Rhode Island lighthouse and Newport Harbor cruise July 17th

June – 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 – 2:00PM</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) 1:00 - 2:00PM</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 – 9:30AM</p> <p>Ping Pong — Experienced (IP) 9:30 – 10:30 AM</p> <p>Cardio and Yoga for Heart Health (V) 11:00 –12:00PM</p>

June – Special Events Calendar

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Spanish Fun Lessons 9:30-11:00 (IP)</p>	<p>4</p>	<p>5 Mini Therapy Horse visit 10:00-11:00 (IP) Towne Meeting 1:00-2:00 (IP)</p>	<p>6 Meditation Canceled</p>	<p>7</p>
<p>10 Spanish Fun Lessons 9:30-11:00 (IP) Music Jam Session (IP) 4:30-6:30 MA National Federation of the Blind -Cambridge Chapter (IP) 6:00 – 7:30</p>	<p>11 COA Board Meeting 9:30-11:00 (V) Women’s Group 1:00-2:00 (IP)</p>	<p>12 World Elder Abuse Awareness Day tabling event with SCES 1:00-1:00 Veterans & Friends Support Group 1:00-2:00 (IP)</p>	<p>13 Meditation Canceled Book Group 12:00- 1:00 (H) Wrentham Village Trip 10:00-5:00</p>	<p>14 Meditation and Mandala 10:00-11:00 (IP)</p>
<p>17 Spanish Fun Lessons 9:30-11:00 (IP) Mass Senior Action Council Chapter Meeting 11:30-1:00 (IP) Music Jam Session (IP) 4:30-6:30 Bingo and Dinner (IP) 4:00-6:00</p>	<p>18 Men’s Group 10:00-11:30 (IP) Long-Term Care Ombudsman presentation 10:00-11:00 (IP)</p>	<p>19 Juneteenth Holiday – Senior Center Closed</p>	<p>20 Rock and Roll Bingo with Neville Place 12:00-2:00</p>	<p>21 Save the Date: Charlesgate Yacht Club Trip Tuesday July 9th. Rhode Island Lighthouse and Newport Harbor cruise Wednesday July 17th.</p>
<p>24 Spanish Fun Lessons 9:30-11:00 (IP) Music Jam Session (IP) 4:30-6:30</p>	<p>25 ESOL Intermediate: 10:00-12:00 (IP) LGBTQ+ Film Series 10:00-12:30 (IP) Movie: <i>The Half of It</i> Film and Discussion 1:00-3:30 (IP) Movie: <i>NYAD</i></p>	<p>26 Chair Exercise and Flamenco Tango Canceled Savvy Caregiver Program 10:00-12:00 (IP)</p>	<p>27 Rockport Trip 10:00-4:45 Cambridge Consumers Council Drop-in Information 11:00- 12:30 (IP) Chair Exercise and Zumba Canceled</p>	<p>28 Flamenco Dance Canceled</p>

June 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.

June 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) 9:30-10:15	Watercolors 9:30– 11:30 (V) Chair Yoga (IP) 12:00 – 1:00	Watercolors 9:30– 11:30 (IP)	Eurythmy (IP) 10:30 - 11:30
Dominoes (IP) 10:30- 11:30	Zumba Gold (IP) 10:30-11:15	Mindfulness Meditation (IP) 3:00 4:00	Dancing for Balance (H) 1:30 – 2:30	Whist (IP) 12:30 - 3:00
Dancing for Balance (H) 1:00 – 2:00	Strong and Stretched (IP) 11:30- 12:30		Gentle Mat Yoga (IP) 3:00 – 4:15	
Gentle Mat Yoga (H) 3:30 – 4:30	Tai Chi (IP) 1:30 – 2:30			
	Chair Yoga (H) 3:00– 4:00			

June 2024 – NC Happenings and Special Events

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

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.

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, June 4th & June 18th

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.

TRIP: Lunch and Longfellow House Tour

Friday, June 7th 11:30AM-2:30PM

Join us on a quick local trip to Celebrity Pizza, known for their Ice cream selection, and the Longfellow House Washington’s Headquarters National Historic Site. We will take a one-hour tour to explore the rich history of this site. Cost \$5 for Transportation & Tour. Lunch or Ice Cream on your own.

Getting to know You: Using Art, Movement and Story Sharing with Tarsha & Sudip

Wednesday, June 13th 1:00 PM-3:00 PM

What is your name? What does it mean? How many different names have you used in your life? Through conversation, art, movement and writing we will explore getting to know ourselves and our neighbors. Sign up today!

TRIP: Boston Duck Boat Tour & Castle Island

Friday, June 14th and July 26th

10:30AM-3:30PM

Embark on an adventurous day trip around Boston as we tour Boston by land and sea! We will first head to Castle Island for a taste of the iconic Sullivan's. After lunch and sightseeing we will depart back to Boston and join the Boston Duck boat Tour to get a closer view of Boston. This is a trip that requires the ability to climb stairs and maneuver in tight spaces on a duck boat. Lunch on your own. Limited availability. Cost \$20.

Art Quilt Workshop

Friday, June 14th, 21st & 29th 1:00PM – 3:00PM

Join our Quilt Art Workshop for a fun and creative experience! Perfect for both beginners and experienced quilters, you will learn how to use color, texture, and patterns to create beautiful quilts. By the end, you'll have your own art quilt and new skills to take home. All materials are included, and no experience is needed. Sign up today and enjoy quilting with us!

Farm Tour

Friday, June 21st 9:30AM-2:30PM

Join us for an exciting day trip to the Harvard Alpaca Ranch followed by lunch at Kimball Farms! Our adventure begins with an up-close and personal tour of the alpaca farm where you will get to meet and interact with these adorable animals and learn about their care and lifestyle. Afterwards, we'll head to Kimball Farms for a delicious lunch and

their famous homemade ice cream. Cost \$10 for Transportation and Tour. Lunch on your own. Limited availability. Preregistration and payment required.

TRIP: Castle Island

Friday, June 28th 10:30AM-1:30PM

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. Preregistration required

Cancelations

- Mindfulness Meditation is canceled in June.
- Eurthemy is cancelled for the month of July.
- Tai Chi is canceled for the month of August.
- 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 on September 3rd.
- Zumba Gold and Strength Building will be canceled in July and August.
- Watercolors will be canceled June 6th through June 13th.
- Watercolors will be canceled in August through September 19.

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Newslines

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