



Newslines

The Newsletter of the Cambridge Council on Aging
806 Massachusetts Ave., Cambridge, MA 02139
Office (617) 349-6220 Senior Center (617) 349-6060
North Cambridge Senior Center (617) 349-6320
www.cambridgema.gov/DHSP2

August, 2012

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Calendars centerfold

Greetings, Our Council on Aging Social Service staff work as part of an interagency group to support seniors who are experiencing mental health challenges. Sometimes people do have difficulty with feeling down or depressed, and seniors are no exception. If you or someone you know struggle with these feelings, there are many people available to talk to. There is help. It is important to talk with your Primary Care Doctor about any depression or sadness you might have. Also, you can always call our Council on Aging Social Service staff who will listen and help you connect with supports. All of their work is done in strict confidence. Below are a few resources you can use, and the staff at these places can refer you to many other supports. Don't hesitate to reach out. Call us.

I hope everyone is enjoying the summer.

*Eileen Ginnetty
Director, Cambridge Council on Aging*

*Cambridge Council on Aging
(617) 349-6220
Somerville-Cambridge Elder Services
(617) 628-2601
Paine Senior Services
(617) 864-2580
The Samaritans Hotline
(877) 870-4673*

The Cambridge Bicycle and Pedestrian Committees have developed a survey about transportation issues in the city. Copies of the survey can be picked up at the Senior Centers or you can complete an electronic version of the survey at:

<http://tinyurl.com/GettingAroundCambridge>

Summer Outings with the Senior Center:



In July Citywide Senior Center participants traveled to Lake Winnepesaukee

Photos by Angela Owens



While North Cambridge enjoyed a day in Gloucester!

Photos by Laura Habermann



August Happenings at the Citywide Senior Center

Town Meeting **Thursday, August 2, 12:00-1:00**

The first Thursday of each month at 12 noon everyone is invited to the Senior Center Town Meeting. This is the forum where the staff of the Council on Aging and the Senior Center meets with Senior Center participants to share information, address concerns around issues in the senior center or issues affecting seniors in the community.

The Town Meeting is always followed by the monthly Birthday Party. Everyone is invited.

Men's Breakfast **Friday, August 3, 9:00-10:00**

The first Friday of each month the Kitchen staff prepare a special breakfast with all the trimmings for the men. This is a wonderful opportunity for the men to socialize or discuss current events. This program is free to men 60+. Reservations are required. Call 617-349-6060 for more information.

Lily S. Owyang Book Reading – Chasing Memories, Monday, August 6, 3:00-3:30

Lily S. Owyang, author of a collection of essays, entitled Chasing Memories will be here to share more memories about the complex relationship with her mother and to encourage you to share your memories. We will share memories over tea and snacks. Program is free and open to the public,

Big Screen Movie **Thursday, August 9, 1:00 – 3:30**

Movie: Momma Mia is a fun musical romantic comedy starring Meryl Streep. To get us in the spirit of the movie we will be serving festive wedding refreshments. Program is free for seniors 60+.

Ladies Breakfast **Friday, August 11, 9:00-10:00**

Great way to start your day. Come into the Senior Center and enjoy a deliciously prepared breakfast with all the trimmings, enjoy a visit with your friends, or make new friends. You might even want to try one of the exercise programs. The breakfast is free to seniors 60+. Breakfast is served until 9:30. Reservations are required and can be made at the first floor reception desk.

Wireless Education Class **Thursday, August 16, 1:00 – 2:00**

Basic introduction to wireless service. Managing and using Wireless Devices – basic functions of the phone (on, off, charging); text messaging, address books, data usage. Preregistration required. You may register at the first floor reception desk or call 617-349-6060.

Cell Phone & Wireless Q's & A's **Tuesday, August 21, 10:00-12:00**

Having trouble turning up your call volume? Can't figure out how to access your voicemail? Need to learn how to send or check a text message? Join members from the Consumers Council staff for one-on-one troubleshooting with your cell phone. Remember to bring your wireless device to the drop-in hours! Program is first come, first serve.

Health and Wellness Lecture **Thursday, August 30, 12:30-2:30**

Topic: Rheumatoid Arthritis. Lecture presented by Dr. Toby Bates. Lunch is included with this lecture. Free/tickets & sign up in advance required. See first floor receptionist or call 617-349-6060. Space is limited. Program is sponsored by Abbott Laboratories.

Managing Diabetes Workshop for Men

The Cambridge Citywide Senior Center will be offering a series of workshops for men who want prevent type 2 diabetes, or who have type 2 diabetes and want to control it.

The workshops will cover topics such as diet and nutrition.



For more information or to register call 617-349-6060.

**Men of color especially encouraged to apply.
Must be at least 60 or older to participate.**

**Citywide Senior Center
806 Massachusetts Avenue
Cambridge, MA 02139**

**This program is made possible by a grant from the
Cambridge Public Health Commission**

AUGUST 2012

806 Massachusetts Avenue
Cambridge, MA 02139 617-349-6060

Breakfast Served Monday –Thursday 8:30 a.m. to 9:45 a.m. Friday 8:30 a.m. – 9:30 a.m. \$1.00 donation **Lunch:** Reservations Required \$1.50 Donation-Served Monday –Thursday 11:30a.m.-12:45 p.m. Friday 11:00 a.m. -11:30 a.m. Saturday 11:30a.m.-12:15p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qi Gong 9:00-10:00 Computer Lab 10:00-12 Noon Clay Sculpture 10:00-12:00 Movie 1:00-3:00 Ballroom Dance 1:00-3:00 Computer Lab 1:00-4:30 Beano 1:30-3:00 Painting 1:30-3:30 Dinner 5:00-6:00 (Reservation Required) Line Dancing 6:00-7:00 Spanish 6:30-7:45PM	ESOL II 9:30-10:30 Computer Classes 9- 12 (Limited open lab access) Chair Yoga 10:00-11:00 Latino Elders 10:00-11:30 ESOL IV 10:30-12:00 Computer Lab 1:00-4:30 Classic Movie 1:00-3:15 Beano 1:30-3:00 Food Pantry 2:00-4:00	Chinese Folk Dancing 8:30 -9:30 Chinese EOSL }no sessions Computer Classes 9:00 – 12:00 (Limited open lab access) Chinese Singers 10:00-11:30 Better Balance 10:00-10:50 Tai Chi Level 1 11:00-12:00 Crafts/Social 1:00-3:00 Beano 1:30 – 3:00 Computer Lab 1:00-4:30 Tai Chi Level II 2:00-3:15	Grandet An Aksion 9:00-2:00 Computer Lab 9:00-12:00 Ceramics 9:30-12:00 Noon Exercise Class 10:00-11:00 Food Pantry 12:00-2:00 Computer Lab 1:00-4:30 **Deadline for Monday Night Dinner & Transportation Reservations is Thursday at 2:00 p.m.	Qi Gong 9:00-10:00 Computer Classes 9-12 (Limited open lab access) ESOL Chinese 9:00-10:30 Open Art Studio 9:00-11:00 Simplified Qi Gong –Tai Chi 10:00-11:00 Computer Lab 12:00-2:00 Council on Aging closes 12:00 pm Senior Center closes at 3:00 pm	Breakfast 8:30 – 9:30 Computer Lab 9:30-11:15 Chair Yoga 10:00-11:00 Lunch 11:30 –12:15 Reservations required for lunch Senior Center Closes at 1:00 pm

SPECIAL EVENTS & ACTIVITIES AT OUR CENTER AUGUST 2012

Please note - Course & Program cancellations are posted at the reception desk as soon as possible.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <u>Harvard Luncheon</u> 10:00 – 3:00 All Classes & Programming cancelled	2 <u>Town Meeting</u> 12:00-1:00 Birthday Party 1:00-2:00	3 <u>Men's Breakfast</u> Registration required 9:00-10:00 (Food served until 9:30)	4
6 <u>Chasing Memories-Drop In Session, w/ Tea & Snacks</u> 3:00-3:30 	7 <u>Senior Safety</u> 12:30 – 1:30	8 <u>Rockport Trip</u> <u>Sponsored by The Walking Club</u> 9:00 – 4:30 \$20.00 ticket must be purchased in advance (meals & shopping on your own)	9 <u>Big Screen Movie:</u> MAMMA MIA! 1:00-3:30 w/ Festive Wedding refreshments	10 <u>Ladies Breakfast</u> 9:00-10:00 (Food served until 9:30) <u>JUICE FOR LIFE</u> 10:00-11:00 Sample Freshly Fruit Juice!! \$1.00 per person	11
13 <u>Dinner & Bingo</u> Dinner 4:00 -4:30 Bingo starts @ 4:30	14 <u>Remembering Elvis Tribute</u> Elvis Movie w/snacks 1:00-3:15	15 <u>Walking Club/Castle Island</u> 9:00-12:00 Jewelry Class 1:00-3:00	16 <u>Wireless Education Class</u> Basic introduction to Wireless service 1:00-2:00	17	18
20 <u>Afternoon Tea</u> 3:00-3:30 Line Dancing Cancelled	21 <u>Cell phone & Wireless Q's & A's</u> 10:00-12:00 <u>Books on Review</u> 1:00-2:00	22 <u>Walking Club/Castle Island</u> 9:00-12:00 Tai Chi Cancelled	23 <u>Ice Cream Social</u> 1:00-2:00 \$2.00 per ticket 	24 African American Meeting Cancelled	25
27 <u>Afternoon Tea</u> 3:00-3:30 <u>Dinner & Bingo</u> Dinner 4:00 -4:30 Bingo starts @ 4:30	28 <u>Mysteries of the Cosmos</u> 1:00-2:00 	29 <u>Walking Club/Castle Island</u> 9:00-12:00 <u>Jewelry Class</u> 1:00-3:00 Tai Chi Cancelled	30 <u>Rheumatoid Arthritis Presentation</u> By Dr. Toby Bates 12:30-2:30 <u>Lunch Included</u> Free/tickets & sign-up required Limited space available Sponsored by Abbott Laboratories	31	

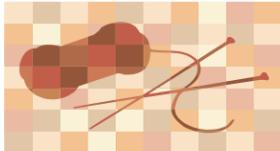
NORTH CAMBRIDGE SENIOR CENTER 617-349-6320
DAILY EVENTS AT OUR CENTER ☯ ☯ ☯ August 2012

Lunch Served Monday –Friday 11:30a.m. 12:15 p.m. Reservations Required \$1.50 Donation

Monday	Tuesday	Wednesday	Thursday	Friday
Walking Club 10:20-12:00 Spanish Class 11:00-12:00 Lunch 11:30-12:15 Bingo 1:00-3:00	Computer Tutor 10:45 -12:45 Lunch 11:30-12:15 Needle Crafts 1:00-3:00 Balance & Strength Training 3:00 – 4:00	Arm Chair Exercise 10:30-11:30 Lunch 11:30-12:15 Movie 12:30-2:30	Artists Workshop 9:30-11:00 Lunch 11:30-12:15 Yoga 3:00- 4:00	Lunch 11:30-12:15 Whist 1:00-3:00

SPECIAL EVENTS & ACTIVITIES AT OUR CENTER ☯ August 2012

Please note - Trips and Walking-Club are subject to weather. Course & Program cancellations are posted at the reception desk as soon as possible.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mayor's Picnic at Harvard Yard 10:00 – 3:00pm	2 	3
6 Open Forum 12:15pm – 1:15pm	7 	8 Blood Pressure Screening 12:15pm – 1:00pm Birthday Tea 12:30pm – 1:00pm Cambridge Public Health Presentation 1:00 – 1:45 How to protect yourself from insect borne illness	9 	10 
13 Low Vision Group 10:00am – 12:00pm	14	15 Movie 12:30pm <u>Salmon Fishing in the Yemen</u> PG 107min	16 Day Trip to Plymouth 9:30am – 4:00pm Registration required	17
20	21 No Strength & Balance	22 Movie 12:30pm <u>Big Miracle</u> with Drew Barrymore PG 107min	23 Ice Cream Social 12:30pm – 1:30pm Registration required No Yoga	24 
27	28 <u>Lunch on the Ave</u> Newtowne Grille 11:15 am – 12:30 pm Registration required	29 Movie 12:30pm <u>The Artist</u> (Silent Movie) PG13 141 min	30 No Yoga	31

AUGUST 2012
Register for a class at the
Cambridge Citywide Senior Center
806 Massachusetts Avenue Cambridge, Mass 02139 617-349-6060 EX 6045

AUGUST 2012

**Register Now
for a computer class at the
Cambridge Citywide
Senior Center.
Call 617-349-6060 EX 6045**

**Or
Leave your name with a Monitor
in our cool and beautiful
location on the THIRD Floor of
the Center.**

Q: What is an "app"?

**A: "app" means application,
a computer software program.
A "killer app" is an extremely
good program. For example,
e-mail was once considered the
Internet's killer app, SMS was
next, and now there are
thousands of "apps" for smart
phones.**

More...www.netlingo.com

**COMPUTER BASICS In 4
consecutive classes, (each class is
1½ hours,) make the mouse your
friend, type, insert a graphic,
save, print, and make labels.
Classes are \$12.00 for the series.
Please pay in full at the first
class.**

**MORE COMPUTER BASICS In 4
consecutive classes, (each class is 1½
hours,) you will copy/ paste, PAINT take
a look at PUBLISHER (templates for
greetings cards, newsletters, and more)
and take a look at EXCEL (a
spreadsheet program.) Classes are
\$12.00 for the series. Please pay in full at
the first class.**

**INTERNET BASICS In 4 consecutive
classes, (each class is 1½ hours) create an
e-mail account, e-mail your friends, and
dive the World Wide Web Computer
Basics is highly recommended. Classes
are \$12.00 for the series. Please pay in
full at the first class.**

**Do you have a DIGITAL CAMERA?
Bring it to the Computer Room (don't
forget the instruction booklet and the
cable) take a picture, and print it using
our USB port. Call first, please. Your
images can be used in a letter or sent as
an attachment to an e-mail.**

**Our popular Computer Classes begin again every month. Register for the Basics.
Classes are \$12.00 for the series of four classes, payable at the first class.
It's fun and easy when you know how.**

AUGUST 2012

M 7/30	T 7/31	W 8/1	Th 8/2	F 8/3	S 8/4
Computer Lab 10:00-12:00 Harry Chung 1:00-4:15 David Anderson	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:15 Eve Flochild	Harvard Picnic! Computer Room is closed.	Computer Lab 9:00-11:30 Joseph Caparco 1:00-4:15 Allen Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 1:00-2:00 Gail Low	Maurice Anderson 9:30-11:30
M 8/6	T 8/7	W 8/8	TH 8/9	F 8/10	S 8/11
Computer Lab 10:00-12:00 Harry Chung 1:00-3:00 David Anderson	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:15-4:15 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:15 Eve Flochild Computer Lab 1:15- 4:15 Eve Flochild	Computer Lab 9:00-11:30 Joseph Caparco 1:00-4:15 Allen Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 1:00-2:00 Gail Low	Computer Lab 9:30-11:30 Maurice Anderson
M 8/13	T 8/14	W 8/15	TH 8/16	F 8/17	S 8/18
Computer Lab 10:00-12:00 Harry Chung 1:00-3:00 David Anderson	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:15 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:15 Eve Flochild	Computer Lab 9:00-11:30 Joseph Caparco 1:00-4:15 Allen Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 1:00-2:00 Gail Low	Computer Lab 9:30-11:30 Maurice Anderson
M 8/19	T 8/20	W 8/21	TH 8/22	F 8/23	S 8/24
Computer Lab 10:00-12:00 Harry Chung 1:00-3:00 David Anderson	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:15 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:15 Eve Flochild	Computer Lab 9:00-11:30 Joseph Caparco 1:00-4:15 Allen Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 1:00-2:00 Gail Low	Computer Lab 9:30-11:30 Maurice Anderson
	M/8/27	T 8/28	W 8/29	TH 8/30	F 8/31
	Computer Lab 10:00-12:00 Harry Chung 1:00-3:00 David Anderson	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:15 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:15 Eve Flochild Computer Lab 1:15- 4:15 Eve Flochild	Computer Lab 9:00-11:30 Joseph Caparco 1:00-4:15 Allen Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 1:00-2:00 Gail Low

**Cambridge Citywide Senior Center
806 Massachusetts Avenue
Cambridge MA 02139 To register; Call 617-349-6060**



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Cambridge Council on Aging
806 Massachusetts Avenue
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