



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

December, 2011

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Save the Date

Saturday December 3
North Cambridge Senior Center
Holiday Bazaar 10-2.

Dear NEWSLINES Readers,

A Chance to talk to MBTA Representatives:

I hope you will attend an important meeting at the Citywide Senior Center, 806 Mass. Ave., on Thursday, December 8th at 12:00 p.m.

Representatives from the MBTA will be here and you can share any concerns you have about train and bus transportation and about the need for more bus shelters.

If you cannot attend but want us to pass your question or concern to the MBTA, you can call our Transportation line at 617-349-6055 and leave your recorded message there.

Support Group Available for People Caring for Those with Alzheimer's or other Dementia.

Where: Windsor House
806 Mass Ave.
Cambridge

When: 5:00PM-6:30PM

First and Third Wednesdays of each month

Please call: Mary Costello 617-491-1815

*Happy Holidays,
Eileen Ginnetty
Director, Cambridge Council on Aging*



Happy Sixteenth Anniversary Cambridge Senior Center!

Scenes from the celebration enjoyed by many



Photos by Lisa Castagna



“Talking with Dolores”

Monday, December 5, 2011
@ 1:00 p.m.

Cambridge Senior Center
806 Massachusetts Avenue
Cambridge, MA

“Talking with Dolores” a film of a one-act play puts focus on elder depression and isolation. “Talking with Dolores” was written by Dee O’Connor, a 1976 graduate of Westfield State College who also has a PhD in public policy and aging, to raise awareness about elder isolation, depression and suicide. “Talking with Dolores” is billed as a “one-act play about aging, life-and-death choices, and saving room for dessert.” *The play tackles serious issues, but it is also funny.* This film is meant to initiate discussion about important issues that people often find difficult to talk about.

Immediately following the film, there will be a discussion facilitated by: Jennelle Liljestrand, Social Work Intern at Seasons Hospice & Palliative Care, Newton.

Light refreshments will be served.

Registration is not required for this event but would be appreciated. Space is limited. Please contact Susan Pacheco at 617-349-6220 or at spacheco@cambridgema.gov to register or for further information.



Shakespeare



Menotomy Weatherization Assistance Program
Beat the cold weather rush and insulate now!
Stay **WARMER** and **SAVE** on Energy Costs

Menotomy Weatherization Assistance Program serves **eligible** homeowners and tenants twelve months a year at **no cost** to them with air sealing, insulation and more. Heating system tune-ups and repairs may be done when needed. All contractors are licensed and insured. The program oversees the entire project from the initial audit through the final quality control inspections after the work has been completed.

Please take advantage of our program. Contact us now and beat the rush.

For additional information and guidelines please call **781-316-3436** or visit http://www.town.arlington.ma.us/Public_Documents/ArlingtonMA_Planning/weatherization/index

Household income guidelines – SSI and TAFDC recipients make any household eligible

Household Size	Maximum Household Income
1	\$31,218.00
2	\$40,824.00
3	\$50,429.00
4	\$60,035.00
5	\$69,641.00
6	\$79,246.00
7	\$81,047.00
8	\$82,848.00

Senior Center Participant Published

Several articles written by Dr. Merrill Goldwyn, Professor Emeritus, were recently reprinted with extensive editorial commentary in Literature Criticism From 1400 to 1800: Critical Discussion of the Works of Fifteenth, Sixteenth, Seventeenth, and Eighteenth Century Novelists, Poets, Playwrights, Philosophers, and Other Creative Writers.

The articles deal with the life and works of Thomas Churchyard, soldier-courtier-poet who was a contemporary of Shakespeare and was well known in his own time. Dr. Goldwyn specialized in the literature of the age of Shakespeare, and has frequently taught Shakespeare on the college level.

December 2011 Happenings at the Citywide Senior Center

Men's & Ladies Holiday Breakfast

Friday, December 2, 9:00 – 10:00

You are invited to the Men's & Ladies Holiday Breakfast. Come join us as the Senior Center jump start the holiday, have a delicious breakfast and holiday cheer. This is a free event for Seniors 60+. Pre-registration required. For more information call 617-349-6060.

Movie: Talking With Dolores

Monday, December 5, 1:00-3:00

A one act play about aging, life and death choices and elder depression. Free and public invited.

Men's Pizza & Movie

Tuesdays, December 6 and December 20: 10:30-1:00

Join the Men as they get together the first and third Tuesday of each month to watch a movie and share Pizza. Free Program for men 60+.

Dr. Conant's Lunchtime Chat

Tuesday, December 6, 1:00-2:00

Dr. Conant will stop in the Citywide Senior Center for his monthly visit. So bring your lunch and join us. The Doctor always has interesting news from the medical front to share with us as well as answer your medical questions. Program is free and open to seniors 60 +

MBTA Representative's Meeting with Seniors

Thursday, December 8, 12:00-1:00

Jeremy Mendelson, a senior transportation planner with The MBTA, will visit with seniors in a meeting requested by Councilor Simmons, to address some issues of importance to seniors such as a shelter at the bus stop located at the corner of Brookline and Erie Streets. For more information call 617-349-6060.

Citywide Kwanzaa Celebration

Saturday, December 10, 4:00-6:00

Kwanzaa is a celebration of family, community and culture. Although a celebration of African-American culture, the principles of Kwanzaa are applicable to all. The Cambridge Senior Center will be attending the Annual Kwanzaa Program at the King School

located on Putnam Avenue. This program is free and open to the public. For more information call 617-349-6060.

Discover the Mysteries of the Cosmos

Tuesday, December 13, 1:00-2:00

This is an on- going lecture series, Astronomer Greg Snyder will continue to describe the fantastic processes that occur in the Universe we live in. We have examined the Big Bang Theory, reviewed the phenomenal images captured by the Hubble, discussed dark matter, dark energy, black holes, and more. This is an excellent opportunity to expand your knowledge and exercise the intellect. Program is free and open to the public.

Citywide Senior Center Holiday Party

Thursday, December 15, 12:30-3:00

Jimmy's in the house! Now it's a Party! Get your holiday off to a Gala start, join us for good food and good entertainment by DJ, Jimmy Caserta, tickets \$4.00 in advance. Call 617-349-6060 for more information

Ornament Making Class

Thursday, December 22, 1:00-2:00

Is it a book or is it a holiday ornament? This workshop will teach you to use a simple origami fold-based bookmaking technique with pretty paper and a little glue. The end product is a multi-colored foil star. Pre-registration required. Limited to 15 people. \$2.00 material fee. Register at reception desk. Hot Coca & Cookies will be served.

Big Screen Movie – THE TOURIST

Thursday, December 29, 1:00-3:00 Come check out

"The Tourist" American tourist Frank (Johnny Depp) meets a mysterious beauty (Angelina Jolie) who drags him into a dangerous world of intrigue and espionage while traveling through Europe. Movie is free. Popcorn & Candy will be served.

December 2011

Citywide Senior Center Holiday Schedule

Friday, December 23,
Senior Center Open
8:30 am – 12:00 noon

Saturday, December 24
Senior Center Closed

Monday, December 26
Senior Center Closed

Monday, January 2, 2012
Senior Center Closed

HAPPY HOLIDAYS from the Staff of the Council on Aging and Senior Centers!!!

DECEMBER 2011

Breakfast Served Monday –Thursday 8:30 a.m. to 9:45 a.m. Fridays 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.
Fridays 11:00 a.m. -11:30 a.m. Saturday 11:30-12:15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qi Gong 9:00-10:00 Computer Lab 10:00-12 Noon Senior Singers 10-11:30 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 Reservations Required Line Dancing 6:00-7:00 Spanish 6:30-7:45	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	Computer Classes 9:00 – 12:00 (Limited open lab access) Chinese Singers 9:00-11:30 Better Balance 9:30-10:30 Tai Chi Level I 10:30-12:00 Crafts/Social 1:00-3:00 Beano 1:30 – 3:00 Computer Lab 1:00-4:30 Tai Chi Level II 2:00-3:00	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 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 & ACTIVITES AT OUR CENTER DECEMBER 2011

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Town Meeting 12:00 – 1:00 pm Birthday Party 1:00-2:00 pm	2 Ladies & Men’s Holiday Breakfast 9:00-10:00 (Food served until 9:30) Reservation required*	3
5 Movie: <u>Talking with Dolores</u> 1:00-3:00 Pizza & Holiday Movie* 4:00-6:00	6 Men’s Pizza & Movie* 10:30-1:00 Dr. Conant’s Lunchtime Chat 12:00-1:00 Senior Safety 1:00-1:30	7 Bowling* 9:00-12:00	8 MBTA Representative's Meeting with Seniors 12:00 – 1:00 pm	9	10 Citywide Kwanzaa Celebration @ King School Putnam Ave.4:00-6:00pm 
12 No Book Club & Tea	13 Mysteries of the Cosmos 1:00-2:00	14 Bowling* 9:00-12:00 Blood Pressure Screening 12:30-1:00 Public Health Nurses (Kitchen Classroom)	15 Holiday Party Entertainment by: <i>Jimmy Caserta</i> 12:30-3:00 (\$4 ticket in advance)* No Exercise Class	16 Chinese Elder Meeting 10:45-12:00noon	17
19 No Senior Singers Holiday Buffet Dinner & Party* 4:00-6:00pm	20 Men’s Pizza & Movie* 10:30-1:00	21 Bowling* 9:00-12:00	22 Ornament Making Class* 1:00-2:00 (w/Hot Cocoa & Cookies)	23 Center Open For Breakfast and lunch 8:30 a.m.-12:00 Noon	24 Christmas Holiday Senior Center Closed 
26 Christmas Holiday Senior Center Closed	27 Blood Pressure Screening 2:30-3:00 (Windsor House) No ESOL No Books On Review	28 No Bowling*	29 Big Screen Movie: <u>The Tourist</u> 1:00-3:00 (w/popcorn & candy)	30	31 (Reservations, Sign-up, or fee required*)

NORTH CAMBRIDGE SENIOR CENTER 617-349-6320
DAILY EVENTS AT OUR CENTER ☪ ☪ ☪ December 2011

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 Spanish Class 11:00-12:00 Lunch 11:30-12:15 Bingo 1:00-3:00	Strength Building 9:30-10:30 Lunch 11:30-12:15 Needle Crafts 1:00-3:00	Arm Chair Exercise 10:30-11:30 Lunch 11:30-12:15 WOW 1-2 Movie 2:30-4:30	Watercolors 9:30-11 Lunch 11:30-12:15	Zumba Gold 9:30 – 10:30 Lunch 11:30-12:15 Whist 1:00-3:00

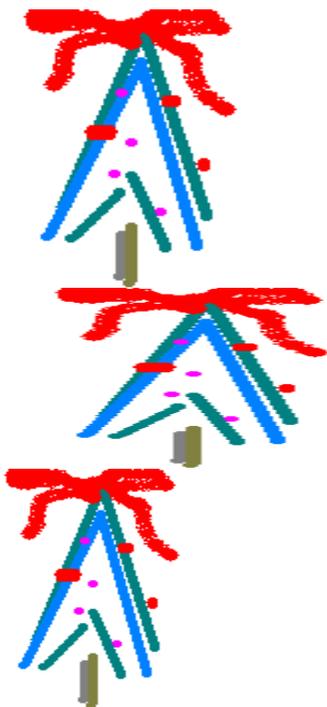
SPECIAL EVENTS & ACTIVITES AT OUR CENTER ☪ December 2011

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	Saturday
	Rgistration is Required		1 Morning of Beauty At Somerville High Registration required 8:45 a.m. Safety Awareness 12:30-1:30	2 Ladies & Men's Breakfast @ 806 9:00-10:00 Food Served until 9:30 (Reservations required)* Zumba Gold 9:30 – 10:30 \$3 per person	3 Holiday Bazaar 10:00 a.m.- 2:00 p.m. 
5 Open Forum 12:15-1:00	6 Holiday Party 12pm – 2pm registration required*	7 Movie 2:30-4:30 <u>It's A Wonderful Life</u> Jimmy Stewart	8 Museum of Science trip 9am – 1pm Registration required*	9	
12 Low Vision Support Group 10-12	13	14 Movie 2:30-4:30 <u>The Preacher's Wife</u> Denzel Washington & Whitney Houston	15	16	
19	20	21 Movie 2:30-4:30 <u>Pirates of the Caribbean:</u> <u>Stranger Tides</u> Johnny Depp & Penelope Cruz	22	23 Holiday Center Closed 	
26 Holiday Center Closed 	27	28 Movie 2:30-4:30 <u>Just Friends</u> Ryan Reynolds	29	30	

DECEMBER 2011

Register for a class at the
Cambridge Citywide Senior Center
806 Massachusetts Avenue Cambridge, Mass 02139 617-349-6060 x6045



Register Now
for a class at the
Cambridge Citywide
Senior Center.

Call 617-349-6060 ex 6045
Or

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

Our popular Computer Classes
(a series of four classes) begin
each month. Is your typing
rusty? MAVIS BEACON will
show you asdf ;lkj and so much
more. Ask a friendly
knowledgeable monitor how to
get started.

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

NEW

Make Greeting cards for the Holidays or
for a birthday. We will use PUBLISHER,
and can use images from PAINT, CLIP
ART, GOOGLE, and your picture taken
with a digital camera. Register now and
avoid the rush. Some typing skills and
Computer Basics are strongly
recommended

**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.**

Select www.cambridgema.gov> Click on CITY DEPARTMENTS

Human Service Programs

Seniors (right frame) >Citywide Senior Center >NEWSLINES

Scroll down the left frame to the Computer Room Monthly Calendar>Click

**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.**

M	T 11/29	W 11/30	Th 12/1	F 12/2	S 12/3
Computer Lab 10:00-12:00 Harry Chung 1:00-4:30 David Anderson	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:15 Alan Davis	Computer Lab 9:00-1:00 Eve Flochild Computer Lab 12:00-2:00 Eve/Gail Low	Maurice Anderson 9:30-11:30
M 12/4	T 12/5	W 12/6	TH 12/7	F 12/8	S 12/9
Computer Lab 10:00-12:00 Harry Chung 1:00-4:30 David Anderson	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:15 Alan Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 12:00-2:00 Eve/Gail Low	Computer Lab 9:30-11:30 Maurice Anderson
M 12/12	T 12/13	W 12/14	TH 12/15	F 12/16	S 12/17
Computer Lab 10:00-12:00 Harry Chung 1:00-4:30 David Anderson	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:15 Alan Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 12:00-2:00 Eve/Gail Low	Computer Lab 9:30-11:30 Maurice Anderson
M 12/19	T 12/20	W 12/21	TH 12/22	F 12/23	S 12/24
Computer Lab 10:00-12:00 Harry Chung 1:00-4:30 David Anderson	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:15 Alan Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 12:00-2:00 Eve/Gail Low	Computer Room is closed.
M 12/26	T 12/27	W 12/28	TH 12/29	F 12/30	S 12/31
Computer Room is closed,	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:30 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:15 Alan Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 12:00-2:00 Eve/Gail Low	Computer Lab 9:30-11:30 Maurice Anderson HAPPY HEALTHY 2012

**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
Cambridge, MA 02139