

# 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](http://www.cambridgema.gov/DHSP2)



February, 2012

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*Let the MBTA Know What You Think About Their Proposed Fare Increases*

**MBTA Public Hearing:  
Wednesday February 29  
6:00-8:00 p.m.  
Cambridge Citywide  
Senior Center  
806 Massachusetts Avenue  
Cambridge (in Central  
Square- directly across from  
City Hall.)**

**FIT FOR LIFE**  
A program of the Men's Health League is recruiting for the 2012 season.  
Thursday evenings 5:30-6:30 p.m. starting in February  
Please contact Derek Arledge to register at 617 665-3686 or

## Best Wishes to COA Office Manager Patricia Johnson on Her Retirement

When we found out that Pat Johnson received two kayaks for Christmas we should have realized that something was up. How could someone not want to have lots of time to venture out on to Nantucket Sound this coming Spring?

Well, Pat, who has been a part of the city for 18 years, is retiring. Pat came to DHSP as the Human Resources manager, and later moved to the Council on Aging. We have enjoyed working with her for many years. Pat is the person in charge of all the COA's fiscal and administrative issues. She works tirelessly to make sure bills get processed in time, that the monthly NEWSLINES gets to print and distributed, etc. Pat also is the person who manages the bookings of all the after-hours use of the Senior Center space. This is a juggling feat, often like being a wedding planner, trying to make sure everyone gets the room they want, the right number of tables, and is happy. Pat looks forward to spending more time with her family, especially her granddaughters, in addition to her kayaking, traveling, book reading, volunteering, exercising, and much more. Pat has a great zest for life. We are happy we have had the chance to share in that and wish her all the best!



(Pat on the left in photo, at recent Talent Show)

## Healthy Mind, Healthy Heart

Be positive. Your attitude in times of stress may affect your heart's health.

When adversity stares you in the face, give it a big smile. New research suggests that maintaining a positive outlook during stressful times can optimize not only your emotional wellbeing, but also your cardiovascular health.

In a study presented at an annual convention of the American Psychological Society, researchers at the University of Michigan (UM) examined the ability of highly resilient people -- those who react flexibly and resourcefully to stimuli -- to recover quickly from stressful events. They gave nearly 60 participants only one minute to prepare a speech on a randomly assigned topic, leading them to believe beforehand that they would also have to deliver their speeches on videotape for later peer evaluation. No speeches were actually given, but the researchers monitored participants' blood pressure and other cardiovascular responses throughout the speechwriting period and for five minutes afterward.

Those who were more highly resilient not only appraised the task as less threatening than their counterparts, but also experienced faster cardiovascular recovery times. Through the experience of positive emotions these individuals are able to 'bounce back' quickly from a negative, stressful experience.

By Alison Calabia, published in Psychology Today. Submitted by Lisa Castagna, Council on Aging



## Happy Heart Month

### NEWSLINES SUBSCRIPTION FORM

If you would like to have the Newslines mailed to your home: Send a check or money order for \$6.00 made out to the Cambridge Council on Aging, 806 Mass. Ave. Cambridge, Ma 02139  
Attn: Cambridge Council on Aging

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone number (      ) \_\_\_\_\_

## February 2012 Happening at the Citywide Senior Center

### Town Meeting

**Thursday, February 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 meet with Senior Center participants to share information, address concerns around issues in the senior center, or issues affecting seniors in the community.

### Men's Breakfast

**Friday, February 3, 9:00-10:00**

The first Friday of each month, the Kitchen staff prepares 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.

### Health & Wellness Lecture

**Topic: High Blood Pressure/High Cholesterol**

**Thursday, February 9, 1:00-2:00**

Has your doctor prescribed medication for you or spoken to you about high blood pressure or high cholesterol? Find out why it is important to keep your blood pressure and cholesterol under control and the simple steps you can take to help keep them that way. This is a continuation of workshops on medication and medication safety offered by faculty from the Massachusetts College of Pharmacy and Health Sciences. This program is free and open to the public.

### Ladies Breakfast

**Friday, February 10, 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.

### Book Club & Tea

**Monday, February 13, 3:00-3:30**

Book: *The Post Mistress* by Sarah Blake *The Postmistress* is a tale of two worlds-one shattered by violence, the other willfully naïve-and of two women whose job is to deliver the news, yet who find themselves unable to do so. Through their eyes, and the eyes of everyday people caught in history's tide, it examines how stories are told, and how the fact of war is borne even through everyday life. (Amazon). If you have not read the book come and enjoy the discussion. Program is free and open to seniors 60+.

### Dr. Conant's Lunch Chat

**Tuesday, February 14, 12:00-1:00**

The Doctor is in the house! **Loring Conant, MD**, is a Senior Associate in Medicine. A graduate of Harvard College and Tufts University School of Medicine, Dr. Conant visits the Citywide Senior Center monthly to share health information and or to answer questions. Bring your lunch and join us. This program is free and open to seniors 60+.

### Valentine's Day Party

**Thursday, February 16, 12:30-3:00**

**Entertainment by Gordon B. Bowman Band**

Tickets \$4.00 and must be purchased in advance. Come for good food and great entertainment. For more information call 617-349-6060.

### Black History Celebration Remembering Prince Hall

**February 23, 1:00-2:30**

Program presented by City of Cambridge, Councilor E. Denise Simmons. October 20, 2008, the City of Cambridge, MA unanimously passed a resolution proclaiming Prince Hall a Founding Father of this Nation; to be given the same credence and respect as those who have been formally given this title. Prince Hall justly is deserving of this honor due to his civil and social activism practices at the dawn of the forming of this country during the Revolutionary War Period. Join us as we revisit the life of Prince Hall. Program is free and open to the public.

## FEBRUARY 2012

**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 1-3 Beano 1:30-3:00 Painting 1:30-3:30 Computer Lab 1:00:4:30 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 Lab 9- 12 Chair Yoga 10-11 ESOL IV 10:30-12:00 Latino Elders 10:00-11:30 Computer Lab 1:00-4:30 Classic Movie 1-3:15 Beano 1:30-3 Food Pantry 2:00-4:00	Chinese ESL 8:30-9:30 Computer Classes 10:00-11:30 (Limited open lab access) Bowling 9:00-12 Noon Chinese Singers 9:00-11:30 Better Balance 10:00-10:50 Tai Chi Level I 11:00-12:00 Crafts/Social 1:00-3:00 Computer Lab 1:00-4:30 Beano 1:30 – 3:00 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 1:30-3:30 <b>**Deadline for Monday Night                      Dinner &amp; Transportation                      Reservations is                      Thursday at 2:00 p.m.</b>	Qi Gong 9:00-10:00 Computer Lab 9-12 ESOL Chinese 9:00-10:30 Open Art Studio 9:00-11:00 Simplified Qi Gong & Tai Chi 10:00-11:00 Computer Lab 12-2:00 <b>Senior Center closes at                      3:00 pm</b>	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 <b>Senior Center closes at                      1:00 pm</b>

### SPECIAL EVENTS & ACTIVITES AT OUR CENTER FEBRUARY 2012

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Bowling 9:00-12:00  Jewelry Making Class 1:00-3:00 (\$3.00per class)	2 Town Meeting 12:00-1:00 Birthday Party 1:00-2:00pm	3 Men's Breakfast 9:00-10:00 Food Served until 9:30	4
6 Afternoon Tea 3:00-3:30  	7 Men's Pizza & Movie 10:30-1:00  Senior Safety Group 12:30-1:30pm	8 Bowling 9:00-12:00 Blood Pressure Screening 12:30-1:00 Public Health Nurses (Kitchen Classroom)	9 Health & Wellness Talk 1:00-2:00 Topic: High Blood Pressure/High Cholesterol – presented by Mass College of Pharmacy	10 Ladies' Breakfast 9:00-10:00 Food Served until 9:30	
13 Book Club & Tea Book: The Postmistress by Sarah Blake 3:00-3:30  Sweetheart Dinner 4:00-6:00 Tickets \$2.00 Sign up in Kitchen	14 Dr. Conant's Chat 12:00-1:00  	15 Bowling 9:00-12:00 Jewelry Making Class 1:00-3:00 (\$3.00per class)  	16 Valentine's Party Entertainment by Gordon B. Bowman Band 12:30-3:00 (\$4.00 ticket must be purchased in advance) No Exercise Class	17 Chinese Elder Meeting 10:45-12:00	18
20 Presidents Day Breakfast and Lunch Only All Programming Cancelled Senior Center closes at 1:00	21 Men's Pizza & Movie 10:30-1:00  	22 Bowling 9:00-12:00  	23 Black History Celebration: Remembering Prince Hall  1:00-2:30		
27 Dinner & Bingo 4:00-6:00 (Dinner served until 5:00)	28 Books on Review 12:30-1:00 Blood Pressure Screening 2:30 3:00 (Windsor House)				

**NORTH CAMBRIDGE SENIOR CENTER 617-349-6320**  
**DAILY EVENTS AT OUR CENTER ☯ ☯ ☯ February 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 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 & ACTIVITIES AT OUR CENTER ☯ February 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
		<b>1</b> <b>Movie:</b> <u><b>Lemon Drop Kid</b></u> <b>2:30-4</b>	<b>2</b> <b>Safety Awareness</b> <b>12:30-1:30</b>	<b>3</b> <b>Men's Breakfast @ 806 9-10 a.m.</b> <b>Food Served until 9:30</b> <b>*Reservation required</b> <b>Zumba Gold 9:30 – 10:30 \$3</b> <b>Design Valentines Day Cards</b> <b>10:45-11:45</b>
<b>6</b> <b>Open Forum</b> <b>12:15-1:00</b>	<b>7</b> <b>Coffee &amp; Conversation</b> <b>Discuss Monday's Night's</b> <b>Chronicle</b> <b>10:45-11:30 a.m.</b>	<b>8</b> <b>Birthday Tea</b> <b>2:30-3:30</b>	<b>9</b>	<b>10</b> <b>Ladies Breakfast @ 806</b> <b>9:00-10:00</b> <b>Food Served until 9:30</b> <b>*Registration Required</b>
<b>13</b>	<b>14</b> <b>Valentine's Day Tea</b> <b>12:30-2</b> <b>Needle Crafts cancelled</b> <b>1-3:00 p.m.</b>	<b>15</b> <b>Movie:</b> <u><b>Just Friends</b></u> <b>2:30-4</b>	<b>16</b>	<b>17</b> 
<b>20</b> <b>Holiday Center Closed</b>	<b>21</b> <b>Coffee &amp; Conversation</b> <b>Discuss Monday's Night's</b> <b>Chronicle</b> <b>10:45-11:30 a.m.</b>	<b>22</b> <b>Movie:</b> <u><b>Larry Crowne</b></u> <b>2:30-4</b>	<b>23</b> <b>Day Trip to</b> <b>Christmas Tree Shop</b> <b>(Assembly Sq)</b> <b>Lunch @ 99</b> <b>9:30-2</b> <b>*Reservation Required</b>	<b>24</b> 
<b>27</b>	<b>28</b> <b>Black History Celebration</b> <b>10:45-11:45</b>	<b>29</b> <b>Movie:</b> <u><b>Leap Year</b></u> <b>2:30-4</b>	<b>*Registration is Required</b>	

**FEBRUARY 2012**

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



**All classes begin again in March 2012. Internet Basics ONLY in February, 2012.**

**Register for March 2012 classes 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.**

**The Computer Room is closed on Holidays and when Cambridge Schools are closed. **Ice? Snow?** Call first. 617-349-6060.**

**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. Classes resume in March 2012.**

**Geoff Kotowski will be teaching Internet Basics in February 2012.**

**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.**

To see the monthly Computer Room Calendar, type Council on Aging in the Search Box on [www.cambridgema.gov](http://www.cambridgema.gov).

Select #1 on the COA page, select NEWSLINES in the left frame, Select COMPUTER ROOM CALENDAR.

**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.**

M1/30	T 1/31	W2/1	Th 2/2	F 2/3	S2/4
Computer Lab 10:00-12:00 Harry Chung 1:00-4:30 David Anderson	Computer Lab 9:00-12:00 12:00-4:30	Internet Basics 10:00-11:30 Geoff Kotowski Computer Lab 1:00- 4:30	Computer Lab 9:00-12:00 Joseph Carparco 1:00-4:00 Alan Davis	Computer Lab 9:00-12:00 12:00-4:30	Maurice Anderson 9:30-11:30
M 2/6	T 2/7	W 2/8	TH 2/9	F 2/10	S 2/11
Computer Lab 10:00-12:00 Harry Chung 1:00-4:30 David Anderson	Computer Lab 9:00-12:00 12:00-4:30	Internet Basics 10:00-11:30 Geoff Kotowski Computer Lab 1:00- 4:30	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:00 Alan Davis	Computer Lab 9:00-12:00 12:00-4:30	Computer Lab 9:30-11:30  Maurice Anderson
M 2/13	T 2/14	W 2/15	TH 2/16	F 2/17	S 2/18
Computer Lab 10:00-12:00 Harry Chung 1:00-4:30 David Anderson	Computer Lab 9:00-12:00 12:00-4:30 	Internet Basics 10:00-11;30 Geoff Kotowski Computer Lab 1:00- 4:30	Computer Lab 9:00-12:00 Josseph Caparco 1:00-4:00 Alan Davis	Computer Lab 9:00-12:00 12:00-4:30	Computer Lab 9:30-11:30  Maurice Anderson
M 2/20	T 2/21	W 2/22	TH 2/23	F 2/24	S 2/25
Presidents' Day. The Senior Center Is closed.	Computer Lab 9:00-12:00 12:00-4:30	Internet Basics 10:00-11;30 Geoff Kotowski Computer Lab 1:00- 4:30	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:00 Alan Davis	Computer Lab 9:00-12:00 12:00-4:30	Computer Lab 9:30-11:30  Maurice Anderson
March	Already	W March	TH Already	F 3/2	S 3/3
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 TBA 1:00-4:00 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

**Cambridge Citywide Senior Center  
806 Massachusetts Avenue  
Cambridge MA 02139 To register; Call 617-349-6060 EX 6045**



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**North Cambridge Senior Center Assistant**

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**North Cambridge Senior Center**

**Meal Site Director**

Eliza Wiesner

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806 Massachusetts Avenue  
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