

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

January 2012

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Calendars centerfold

Save the Date:
Thursday January 12
Over the Counter Medications
1:00-2:00 p.m.

Citywide Senior Center
North Cambridge Senior Center
Closed Monday, January 2, 2012



Weather Forecast

When Cambridge Public Schools are closed due to snow conditions, the Cambridge Senior Centers are open for meals and drop-in only. Classes are cancelled and our Senior Shuttle bus does not operate.

If you have questions on a snowy day about our hours of operation or classes, call **617-349-6060** to find out more information.



*Happy New Year
From the Cambridge Council on Aging,
Citywide and North Cambridge Senior Centers*

*Here's to health and happiness!
A toast to the New Year!
Peace and joy to all of us!
Prosperity and cheer!
Years come and go, some bad, some good.
New years provide the space,
Each to fill with what one would,
Windows onto grace.
Years come and go, yet still we toast
Each one, for each one seems
As though it were a new-found coast,
Rich with hope and dreams.*

(by Nicholas Gordon)

Mall Destinations 2012

January 2012	Arsenal/ Watertown Malls
February 2012	Cambridgeside Galleria
March 2012	Assembly Square Mall
April 2012	Meadow Glen Mall
May 2012	Arsenal/ Watertown Malls
June 2012	Cambridgeside Galleria
July 2012	Assembly Square Mall
August 2012	Meadow Glen Mall
September 2012	Arsenal/ Watertown Malls
October 2012	Cambridgeside Galleria
November 2012	Assembly Square Mall
December 2012	Meadow Glen Mall

Listed below is a brief description of what stores are at the individual malls.

Not all the stores are listed just the major ones.

Please call Laura the COA driver if you have any questions 617-349-6047

Arsenal Mall

Marshalls
Gap Outlet
Old Navy
Food Court & Restaurants

Watertown Mall

Best Buy
Target
Registry of Motor Vehicles
Food Court
Old Country Buffet

Cambridgeside Galleria

Best Buy
Food Court
Sears
Macy's
CVS

Assembly Square Mall

Christmas Tree Shops
Kmart
Bed Bath & Beyond
T J Maxx & Home Goods
Staples
A.C. Moore
Sports Authority

Meadow Glen Mall

Kohl's
Marshalls
Old Country Buffet
Food Court & Restaurants

January 2012 Happenings at the Citywide Senior Center

Men's Pizza & Movie

Tuesdays, January 3 and January 17 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+.

Jewelry Making Class

Wednesdays, January 4 and January 18 1:00-3:00

The Jewelry Making orientation is Wednesday, January 4. The orientation is free and is for students that want to learn the craft of jewelry making. Additional classes are \$3.00 per class. Pre-registration is required and class size is limited to 10.

Dr. Conant's Lunchtime Chat

Tuesday, January 10, 12:00-1:00

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 being there to answer your medical questions. Program is free and open to seniors 60 +

Martin Luther King Celebration

Tuesday, January 10, 1:00-2:30

October 16, 2011 the official dedication of the Martin Luther King, Jr. Memorial took place in Washington, D.C. The memorial is a long-awaited monument to the slain civil rights leader. The King Memorial is the first memorial for an African-American and sits on the northwest corner of the Tidal Basin. It is surrounded by memorials to former presidents. You are invited to join us as we, via Video, watch excerpts from this historic occasion. This program is free and open to the public.

Health & Wellness Presentation: Over the Counter Medications

Thursday, January 12, 1:00-2:00

A Continuing series 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. For more information call Angela Owens at 617-349-6060.

Discover the Mysteries of the Cosmos

Tuesday, January 17, 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 Dance Party

Thursday, January 19, 12:30-3:00

Our monthly theme party for January is Dance, Dance, Dance!!! Break out your dancing shoes and join us. Entertainment by D.J. Owen Howell. Join us for good food and good entertainment. Now it's a Party! Tickets \$4.00 in advance. Call 617-349-6060 for more information.

Big Screen Movie: Invictus

Tuesday, January 24, 1:00-3:00

Nelson Mandela, in his first term as the South African President, initiates a unique venture to unite the apartheid-torn land: enlist the national rugby team on a mission to win the 1995 Rugby World Cup. (Internet) Movie is free and popcorn and candy will be served.

A Celebration of the Arts - Art Show

Thursday, January 26, 1:00-3:00

The Senior Center offers classes in painting, clay sculpture and ceramics. The students will have a reception to showcase their works. You are invited to join us. Free program and the public are invited.

Books on Review

Tuesday, January 31, 12:30-1:00

Librarian Carol Feeney Withrow always captivates the imagination as she showcases books both best sellers as well as some of the classics. Come revisit the joy of reading. Some books are available for borrowing.

CAMBRIDGE CITYWIDE SENIOR CENTER DAILY EVENTS AT OUR CENTER JANUARY 2012	806 Massachusetts Avenue Cambridge, MA 02139 617-349-6060
Breakfast Served <u>Monday –Thursday</u> 8:30 a.m. to 9:45 a.m. <u>Fridays</u> 8:30 a.m. – 9:30 a.m. \$1.00 donation Lunch: Reservations Required \$1.50 Donation-Served <u>Monday –Thursday</u> 11:30a.m.-12:45 p.m. <u>Fridays</u> 11:00 a.m. -11:30 a.m.	

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 1:30-3:00 Ballroom Dance 1-3 Beano 1:30-3:00 Painting 1:30-3:30 Computer Lab 1:30:4:30 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 Classes 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 12-2	Computer Classes 9:00 – 12:00 (Limited open lab access) Bowling 9:00-12 Noon Better Balance 9:30-10:30 Chinese Singers 9:45-11:30 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 **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 Qong & Tai chi 10:00-11:00 Computer Lab 12-2:00 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 JANUARY 2012

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 NEW YEAR'S HOLIDAY Senior Center Closed 	3 Men's Pizza & Movie 10:30-1:00 Senior Safety Group 12:30-1:30	4 Bowling 9:00-12:00 Jewelry Making Class Orientation 1:00-3:00	5 Town Meeting 12-1 pm Birthday Party 1-2 pm 	6 Men's Breakfast 9:00-10:00 Food Served until 9:30	7
9 Afternoon Tea 3:00-3:30 Book Group 3:00-3:30 Book: Dreams of Joy by Lisa See Movie & Pizza 4:00-6:00	10 Dr. Conant's Chat 12:00-1:00 Martin Luther King Celebration 1:00-2:30	11 Bowling 9:00-12:00 Blood Pressure Screening 12:30-1:0 Public Health Nurses (Kitchen Classroom)	12 Health & Wellness Talk Topic: Over the Counter Medications 1:00-2:00	13 Ladies' Breakfast 9:00-10:00 Food Served until 9:30	14
16 MLK HOLIDAY Breakfast and Lunch only All programming and classes cancelled. Senior Center closes at 1:00 pm	17 Men's Pizza & Movie 10:30-1:00 Mysteries of the Cosmos 1:00-2:00	18 Bowling 9:00-12:00 Jewelry Making Class 1:00-3:00 (\$3.00per class)	19 Dance Party Entertainment by DJ Owen Howell 12:30-3:00 (\$4.00 ticket must be purchased in advance) No Exercise Class	20	21
23 Dinner & Bingo 4-6 Dinner 4:00-4:30 Bingo 4:30-6:00	24 Big Screen Movie 1:00-3:00 Movie: Invictus	25 Bowling 9:00-12:00	26 A Celebration of the Arts Art Show 1:00-3:00	27 African-American Seniors 10:45-12:00	28
30 Chinese New Year's Party 10:00-2:00 pm (Ticket required in advance) Afternoon Tea 3:00-3:30	31 Book 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 ☯ ☯ ☯ January 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 ☯ January 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
2 Happy New Year Center Closed	3	4 Movie: <u>The Lemon Drop Kid</u> 1951 with Bob Hope 2:30-4:30	5 Safety Awareness 12:30-1:30	6 Men's Breakfast @ 806 9:00-10:00 Food Served until 9:30 *Reservations Required Zumba Gold 9:30 – 10:30 \$3 per person
9 Open Forum 12:15-1:00	10	11 Birthday Tea 2:30-3:30	12	13 Ladies Breakfast @ 806 9:00-10:00 Food Served until 9:30 *Registration Required
16 Closed Martin Luther King, Jr. Holiday	17	18 Movie: <u>The Help</u> 2:30-4:30	19 Pasta Luncheon 12-1:30 *Registration Required	20
23	24	25 Movie: <u>Water for Elephants</u> 2:30-4:30	26 Day trip Wegman's Food Market Northboro, MA *Registration Required	27
30	31	*Registration is Required.		

JANUARY 2012

Register for a class at the
Cambridge Citywide Senior Center
806 Massachusetts Avenue Cambridge, Mass 02139 617-349-6060 x3045

**A HAPPY
NEW YEAR**

**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.**

**PLEASE NOTE:
The Computer Room is closed
when Cambridge Schools are
closed.**

**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.**

To see the monthly Computer Room Calendar, select START>Internet Explorer>type
www.cambridgema.gov> in the Search Box, type: seniors+newsletters>SEARCH>scroll
down the left frame, click on Computer Room Calendar.

JANUARY 2012

Register for a class at the
Cambridge Citywide Senior Center
806 Massachusetts Avenue Cambridge, Mass 02139 617-349-6060 x3045

M 1/2	T 1/3	W 1/4	TH 1/5	F 1/6	S 1/7
The 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 1:00-4:30 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 1/9	T 1/19	W 1/11	TH 1/12	F 1/13	S 114
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 1:00-4:30 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 1/16	T 1/17	W 1/18	TH 1/19	F 1/20	S 1/21
Happy Birthday Martin. Rest in Peace. 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 1:00-4:30 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 1/23	T 1/24	W 1/25	TH 1/26	F 1/27	S 1/28
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 1:00-4:30 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 1/29	T 1/31	W 2/1	TH 2/2	F 2/3	S 2/4
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 1:00-4:30 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

To see the monthly Computer Room Calendar, select START>Internet Explorer>type www.cambridgema.gov> in the Search Box, type: seniors+newsletters>SEARCH>scroll down the left frame, click on Computer Room Calendar.



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Cambridge Council on Aging
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