



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

July, 2012

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Calendars centerfold

Greetings,

The North Cambridge Senior Center is organizing its "Lunch on the Avenue" again this year. It includes a walk to a neighborhood restaurant for lunch. The program provides exercise out in the fresh air, the chance to meet new friends, support of our local restaurants and a good meal. July is a Thai lunch.

We send our warm thanks to Mr. Randy Slaughter of the Fresh Pond Trust, with whose generous support we are able to plan several outings this summer, including a July trip to Lake Winnepesaukee for a boat ride and luncheon. Check inside pages of this edition for more details. Enjoy!

***Eileen Ginnetty
Council on Aging Director***

Our appreciation to the Executive Office of Elder Affairs for funds to support this publication.

As spring ends and summer approaches us, let us take this time to thank all the people who diligently volunteer their time and effort to produce this wonderful Newslines. We would like to thank the faithful volunteers who continue to assist with collating this letter each and every month. Our thanks to our Cambridge Print Shop staff for their speed with the printing and mailing of this publication. We thank you Laura Habermann for monthly delivery. Thanks to our staff who contribute all the material in our letter. Lastly, a special thanks to our coeditors who expedite their approvals to meet our deadlines.

Wishing you a great summer from all our Newslines Family



JULY 2012 Happenings at the Cambridge Citywide Senior Center

Men's Breakfast

Friday, July 6, 9:00 am-10:00 am

Ready for a good breakfast and fun? The Men's breakfast is the best bargain in town. Enjoy scrumptious food along with a good time, and it's all complimentary. This program is free to men 60 and older but sign-up is required. See first floor receptionist.

4th Of July Celebration Patio Party

Monday, July 9, 5:00-8:00 pm

D.J. Owens Howell will have the Patio rocking. The Patio is beautiful this time of year. We will have a delicious buffet dinner prepared by Julie King and her food service staff. Good food, good music, beautiful setting, fun loving seniors and all for \$4.00. Tickets are available at the first floor receptionist desk.

Lily S. Owyang Book Reading – Chasing Memory

Thursday, July 12, 1:00-2:00 pm

The author, having exhibited genuine pianistic talent as a young girl, emigrated with her brother and widowed mother from China to attend the Juilliard School in New York. In this collection of personal essays, she reflects upon the complex relationship with her mother and how the dual Chinese-American identity has affected her personal and professional life. Program is free and open to the public.

Ladies Breakfast – 50's & 60's Music Theme

Friday, July 13, 9:00-10:00 am

The food service staff cordially invites you to join us for our monthly complimentary Ladies' Breakfast as you groove to music from the 50's & 60's. Sign-up is required. See first floor receptionist. Call 617-349-6060 for more information.

Outing to Lake Winnepesaukee

Thursday, July 19, 8:00 am - 6:00 pm

We will travel by Motor Coach to Weirs Beach where we will board the Mt. Washington boat. We will be treated to lunch and a scenic tour of Lake Winnepesaukee. This trip is offered to Seniors 60+. Participants will be selected by Lottery. There is a \$10.00 Transportation Fee for trip participants. You can enter the lottery at the first floor receptionist desk. Call 617-349-6060 for more information.

Juice for Life – The Benefits of Cucumbers

Friday, July 20 11:00 am -12:00 pm

Whether consumed or applied to your body cucumbers are good for you. They are great in salads or good when applied to the skin. Come and sample cucumber juice and other juiced veggies. \$1.00 per person.

Country & Western Line Dance for GLBT Seniors and Friends

Monday, July 23, 5:00-8:00 pm

The evening will start with dinner country and western style, and then dance teacher, Art Sullivan will have you doing the boot scootin' boogie all across the dance floor. Dinner 5:00-6:00 (food served until 5:30), Dancing 6:00-8:00 Cost \$4.00 Registration in advance required. For more information call 617-349-6060.

Health and Wellness Presentation

Thursday, July 26, 1:00-2:30 pm

Topic: How to Manage Stress with Meditation. Presented by Roberta Robinson. Free Program for seniors 60+.

Mysteries of the Cosmos

Tuesday, July 31 1:00-2:00 pm

Join us for a lecture on the ever changing Cosmos. Greg Snyder, a Harvard Astronomer will present a lecture exploring the known and the unknown about the Cosmos. This is a wonderful way to spend time expanding the mind. Program is free and open to the public.

Wireless Education Class
Basic Introduction to Wireless Service
July 24, 2012
1:00-2:00 PM

Corey Pilz, Consumer Information Specialist from the City of Cambridge's Consumers' Council will be conducting this informative session. The goals of the class will be as follows:

- **Basic introduction to wireless service** - what it is; how it is measured; understanding data and how it is used/measured
- **Understanding service plans** - what types of service plans are available including Lifeline Support Service Plans (Safelink, Assurance, etc); pros and cons of such plans; how to choose the right plan, carrier and device; monitoring usage and adjusting plans as necessary
- **Consumer rights and Privacy** - understanding how to read a wireless bill; what are the privacy risks for wireless users; how to keep personal information private
- **Managing and Using Wireless Devices** - basic functions of the phone (on, off, charging); text messaging; address books; data usage; other.

This class is limited to 20 people. Pre-registration is required. Registration form is located at the front desk. This will ensure that staff is able to provide one-on-one attention at the conclusion for those who require it, especially with troubleshooting devices. **Please remember to bring your wireless device to the session!**

Citywide Senior Center
806 Massachusetts Avenue
Cambridge, MA 02139
(617) 349-6060



JULY 2012

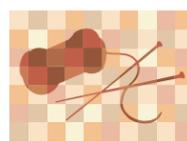
806 Massachusetts Avenue
Cambridge, MA 02139 617-349-6060

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 11:30-12:15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qi Gong 9:00-10:00 AM Computer Lab 10:00-12:00 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 (Reservation Required) Line Dancing 6:00-7:00 Spanish 6:30-7:45	Computer Classes 9- 12 (Limited open lab access) Chair Yoga 10:00-11:00 Latino Elders 10:00-11:30 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 AM Chinese EOSL 8:30 – 9:30 AM 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 Reservation is Thursday at 2:00 p.m.	Qi Gong 9:00-10:00 Computer Classes 9:00-12:00 (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 & ACTIVITES AT OUR CENTER JUNE 2012

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Afternoon Tea 3:00-3:30	3 ESOL Summer Break	4 4 th OF JULY HOLIDAY Breakfast and Lunch Only! All Programming Cancelled. Senior Center closes at 1:00	5 Town Meeting 12:00-1:00 Birthday Party 1:00-2:00	6 <u>Men's Breakfast</u> registration required 9:00-10:00 (Food served until 9:30)	7
9 <u>4th of July Celebration</u> <u>Patio Party</u> 5pm-8pm \$4 ticket must be purchased in advance	10 ESOL Summer Break Senior Safety 12:30 – 1:30	11 <u>Walking Club 9:00-12:00</u> <u>Jewelry Class (5 week class)</u> 1:00-3:00 Cost: \$3 per class plus <u>additional materials fee (inquire</u> <u>within)</u>	12 <u>Book Reading : Chasing</u> <u>Memory</u> Presented by Lily S. Owyang 1:00-2:00pm (Serving Strawberry Shortcake dessert)	13 <u>Ladies Breakfast</u> <u>Playing 50's & 60's Music</u> 9:00-10:00 (Food served until 9:30)	14
16 Afternoon Tea 3:00-3:30 	17 ESOL Summer Break <u>Big Screen Movie</u> Movie: We Bought A Zoo 1:00-3:00	18 <u>Walking Club 9:00-12:00</u> <u>Jewelry Class</u> 1:00-3:00 Cost: \$3 per class plus <u>additional materials fee (inquire</u> <u>within)</u>	19 <u>Lake Winnepesaukee Trip</u> Cruise Mt. Washington 8:00 AM – 6:00 PM COST: \$10.00 per person, ticket required <u>Trip Includes:</u> Boat fee, Motor Coach Transportation & meal	20 <u>Juice for Life (NEW)</u> 11:00-12:00 Sample Freshly Juiced Cucumber Juice!! <i>Learn about</i> <i>the coolant effects of cucumber</i> <i>juice</i> \$1.00 per person	21
23 Afternoon Tea 3:00-3:30 <u>GLBT Country Western Line</u> <u>Dance& Dinner</u> Dinner 5-6pm Dance 6-8 pm Cost: \$4.00 (ticket must be purchased in advance)	24 ESOL Summer Break <u>Wireless Education Class</u> Basic introduction to wireless service 1:00-2:00	25 <u>Walking Club 9:00-12:00</u> <u>Jewelry Class</u> 1:00-3:00 Cost: \$3 per class plus <u>additional materials fee (inquire</u> <u>within)</u>	26 <u>Health and Wellness Lecture</u> Topic: How To Manage Stress with Meditation. By Roberta Robinson (CHA) 1:00-2:30	27 <u>Chinese Elder Meeting</u> 10:45 – 12:00 <u>African American Meeting</u> 10:45 – 12:00	28
30 <u>Afternoon Tea 3:00-3:30</u> Dinner & Bingo 4:00 -4:30 Bingo starts @ 4:30	31 Cell phone Q's & A's 10:00-12:00 <u>Mysteries of the Cosmos</u> 1:00-2:00 <u>Books on Review</u> 1:00-2:00 <u>Blood Pressure</u> 2:30-3:00 (<i>Windsor House</i>) ESOL Classes resume				

NORTH CAMBRIDGE SENIOR CENTER 617-349-6320

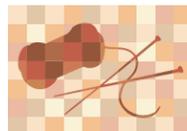
DAILY EVENTS AT OUR CENTER ☯ ☯ ☯ July 2012

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	Strength Building 9:30-10:30 Computer Tutor 10:45 -12:45 Lunch 11:30-12:15 Needle Crafts 1:00-3:00 Balance & Strength Training 3pm – 4pm	Arm Chair Exercise 10:30-11:30 Lunch 11:30-12:15 Movie 12:30-2:30	Artists Workshop 9:30-11 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 ☯ July 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 Open Forum 12:15pm – 1:15pm	3	4 Holiday	5 	6
9 	10	11 Birthday Tea 12:30pm – 1:30pm Local Author Jean Mason presents: <u>The View From #410</u> 1:30pm – 2:30 pm to be followed by discussion on co-housing.	12 Card Design (Birthdays and Special Occasions) 10:30 – 11:30 am	13
16	17 Intergenerational Trip to DeCordova Museum Registration required	18 11:15 am – 12:30 pm <u>Lunch on the Ave</u> Rod Dee Thai Registration required <u>The Vow</u> – PG 13 104 min.	19 Day Trip to Gloucester 9:30am – 3:30 pm Registration required	20
23	24 Calzone & Salad Luncheon \$5	25 Movie: <u>Joyful Noise</u> Queen Latifa & Dolly Parton PG – 13 118 min.	26 	27
30	31 			

jULY 2012

Register for a Computer 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 **COOL** bright and
beautiful
location on the **THIRD** floor of
the Center.**

**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.**

**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.**

**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.**

**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.

COMPUTER ROOM CALENDAR FOR JULY 2012

M 6/2	T 6/3	W 6/4	TH 6/5	F 6/6	S 6/7
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 Room is closed. It's INDEPENDENCE DAY!	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:00 Allen Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 11:30-2:00 Eve/Gail Low	Maurice Anderson 9:30-11:30
M 6/9	T 6/10	W 6/11	TH 6/12	F 6/13	S 6/14
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 1:00-4:00 Allen Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 11:30-2:00 Eve/Gail Low	Computer Lab 9:30-11:30 Maurice Anderson
M 6/16	T 6/17	W 7/12	TH 6/19	F 6/20	S 6/21
. 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 1:00-4:00 Allen Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 11:30-2:00 Eve/Gail Low	Computer Lab 9:30-11:30 Maurice Anderson
M 6/23	T 6/24	W 6/25	TH 6/26	F 6/27	S 6/28
. Computer Lab 10:00-12:00 Harry Chung 1:00-4:40 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 1:00-4:00 Allen Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 11:30-2:00 Eve/Gail Low	Computer Lab 9:30-11:30 Maurice Anderson
M 6/30	T 6/31	W 7/1	TH 7/2	F 7/3	7/4
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 1:00-4:30 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:30 Eve Flochild AUGUST	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:00 Allen Davis ALREADY	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 11:30-2:00 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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Cambridge Council on Aging
806 Massachusetts Avenue
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