



# 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)

November, 2011

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*Dear NEWSLINES Readers,*

*On Veterans Day, November 11, we keep in mind and thank in a special way the 1,900 Cambridge residents who are Veterans and have served out country bravely. Robert Stevens, the Director of Cambridge's Department of Veterans' Services (DVS), will present a Benefit Seminar for Veterans and surviving spouses on Thursday, November 3<sup>rd</sup>, from 1:00-3:00 p.m. at the Citywide Senior Center.*

*Also, a reminder that Medicare Part D Open Enrollment time frame (to enroll or change a Part D plan for medication coverage) is October 15<sup>th</sup> through December 7<sup>th</sup>.*

*If you have any questions call the Council on Aging at 617-349-6220 and ask to speak to our S.H.I.N.E. benefits counselor.*

*Eileen Ginnetty  
Director, Cambridge COA*



*Our appreciation to the Executive Office of Elder Affairs for funds to*

## The Thanksgiving Story

Most stories of Thanksgiving history start with the harvest celebration of the pilgrims and the Native Americans that took place in the autumn of 1621. Although they did have a three-day feast in celebration of a good harvest, and the local natives did participate, this "first thanksgiving" was not a holiday, simply a gathering. There is little evidence that this feast of thanks led directly to our modern Thanksgiving Day holiday. Thanksgiving can, however, be traced back to 1863 when President Abraham Lincoln became the first president to proclaim Thanksgiving Day. The holiday has been a fixture of late November ever since.

The Pilgrims set ground at Plymouth Rock on December 11, 1620. Their first winter was devastating. At the beginning of the following fall, they had lost 46 of the original 102 who sailed on the *Mayflower*. But the harvest of 1621 was a bountiful one. And the remaining colonists decided to celebrate with a feast - including 91 natives who had helped the Pilgrims survive their first year. It is believed that the Pilgrims would not have made it through the year without the help of the natives. The feast was more of a traditional English harvest festival than a true "thanksgiving" observance. It lasted three days.

Governor William Bradford sent "four men fowling" after wild ducks and geese. It is not certain that wild turkey was part of their feast. However, it is certain that they had venison. The term "turkey" was used by the Pilgrims to mean any sort of wild fowl.

Another modern staple at almost every Thanksgiving table is pumpkin pie. But it is unlikely that the first feast included that treat. The supply of flour had been long diminished, so there was no bread or pastries of any kind. However, they did eat boiled pumpkin, and they produced a type of fried bread from their corn crop. There was also no milk, cider, potatoes, or butter. There was no domestic cattle for dairy products, and the newly-discovered potato was still considered by many Europeans to be poisonous. But the feast did include fish, berries, watercress, lobster, dried fruit, clams, venison, and plums.

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Also available on the Web at [www.wilstar.com](http://www.wilstar.com)

submitted by Lisa Castagna, Cambridge, COA

**NOVEMBER 2011 HAPPENINGS AT THE  
CITYWIDE SENIOR CENTER**

**Citywide Senior Center Holiday Bazaar  
Wednesday, November 30, 2011, 10:00-2:00**

**The Senior Center is sponsoring a Holiday Bazaar.** There will be an assortment of wonderful things to buy. Baked goods, meatball subs, white elephant, hand made knit goods, raffles, gift baskets, and much more. The Holiday Bazaar will be held in the ballroom. Stop in and buy a few treasures also tell your friends about the sale. All proceeds from the sale will go to help defray the cost of trips requiring transportation.

**Benefits Seminar for Veterans and Surviving Spouses , Thursday, November 3, 2011 1-3:00**

Attention Veterans and surviving spouses, you may be eligible for financial/medical assistance through the Cambridge, Veterans Services. Bob Stevens, Director of Veterans Services for the City of Cambridge will be here to share information as well as to answer your questions. This program is free and open to the public. For more information call the Veteran's Services Department at 617-349-4761.

**Dr. Conant's Lunchtime Chat  
Tuesday, November 8, 2011 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 received his medical training in Rochester, New York and Boston, Massachusetts, and is board certified in Internal Medicine. And most recently has been a faculty member for an innovative course at the Harvard Medical School entitled "Living with Life-threatening Illness." Dr. Conant visits the Citywide Senior Center monthly to share health information and or to answer questions. This program is free for seniors 60+.

**Book Club  
Monday, November 14, 2011 3:00-3:30**

This month the Book Club is reading Major Pettigrew's Last Stand, by Helen Simonson; a classic tale of love at first sight. A fun read. You don't have to have read the book to participate in the discussion.

**Thanksgiving Celebration Thursday, November 17, 2011 12:30-3:00**

This month our theme party is a Thanksgiving Celebration. The holiday luncheon will be prepared by our very own kitchen staff and includes turkey with all the trimmings. We will be entertained by Andy Baer and his Jazz Ensemble. Bring your dancing shoes. Tickets are \$4.00 and must be purchased in advance at the first floor reception desk.

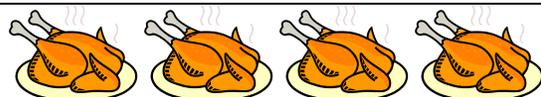
**Book Review, Tuesday, November 29, 2011  
1:00- 2:00**

Librarian Carol Withrow will be here with an assortment of books to critique. A limited number of books will be available to check out.

**My Life, My Health: Chronic Disease Self Management Program, Tuesdays November 1, 8 and 15, 1:00-2:00**

**My Life, My Health** , the chronic disease self management workshops continues. This workshop is offered to adults who are living with, or caring for, someone with one or more persistent health conditions. For more information contact: Somerville-Cambridge Elder Services 617-628-2601.

**Please note:  
Veterans Day, Thursday, November 11, we are open on a holiday schedule. The Senior Center will be open 8:30 am to 1:00 for meals and drop in.  
THANKSGIVING DAY – SENIOR CENTER CLOSED**



## November: Somerville Assembly Sq. Mall

## December: Medford Meadow Glen Mall

Cambridge Council On Aging  
806 Massachusetts Avenue  
Cambridge, MA 02139  
617-349-6220

### Mall Shopping Trip Schedule and information

Location	Contact Person	Telephone #	Time of Trip
<b><i>First Friday Of Each Month</i></b>			
2 Mt. Auburn St.	Ellen Kelly	617-497-1128	8:55 – 12:00
411 Franklin St.	Laura Habermann	617-349-6047	9:00 – 12:00
Manning Apt. 237 Franklin St.	Laura Habermann	617-349-6047	9:10 – 12:00
LBJ Apt. 150 Erie St.	Laura Habermann	617-349-6047	9:15 – 12:00
<b><i>Second Friday</i></b>			
Burns Apartments 30-50 Churchill Ave.	Diane Zagrodny	617-499-7108	9:10 – 12:00
North Cambridge Senior Center 2050 Mass. Ave.	Vincent McCarthy	617-349-6320	9:20 – 12:00
<b><i>Third Friday</i></b>			
JFK Apts. 55 Essex St.	Laura Habermann	617-349-6047	9:00 – 12:00
116 Norfolk Street	Liz Olson	617-547-3543 x22	9:05 – 12:00
Roosevelt Towers	JP Arena	617-520-6320	9:15 – 12:00
Inman Sq. Apts.	Laura Habermann	617-349-6047	9:20 – 12:00
<b><i>Fourth Friday</i></b>			
Parkside Place 700 Huron Avenue	Gert Dipietro Building Liaison	Laura Habermann 617-349-6047	9:00 – 12:00

The Cambridge Council on Aging operates the Mall Shopping Shuttle for Cambridge residents, 60 years of age or older. The Council requests a donation of \$1.25, per rider. All transportation requests should be made by the Tuesday before that mall shopping Friday. Please call 617-349-6047 to make a reservation. Please leave a message and the driver will call back to confirm your reservation. The five malls that the Council transports to are Arsenal Mall, Watertown Mall, Cambridgeside Galleria, Assembly Square Mall and Meadow Glen Mall (there is a set destination each month). \*\*Sorry there is no 4<sup>th</sup> Friday Mall Shopping in December due to the Holiday.

The Cambridge Council on Aging does not discriminate on the basis of disability. We will provide auxiliary aids and services, written materials in accessible formats, and responsible modifications in policies and procedures to qualified applicants and program participants upon request.



**NOVEMBER 2011**

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

**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. Saturdays 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 Computer Lab 1:00-4:30 Beano 1:30-3:00 Painting 1:30-3:00 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 10-11 Latino Group 10:00-11:30 ESOL IV 10:30-12:00 Computer Lab 1:00-4:30 Classic Movie 1-3:15 Beano 1:30-3:00 Food Pantry 2:00-4:00	Computer Classes 9:00 – 12:00 (Limited open lab access) <b>Bowling 9:00-12:00</b> Chinese Singers 9:00-11:00 Better Balance 9:30-10:30 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 9:30-12:00 Ceramics 9:30-12:00 Noon Exercise Class 10:00-11:00 Food Pantry 12:00-2:00 Computer Lab 1:30-4:30 <b>**Deadline for Monday Night                      Dinner &amp; Transportation                      Reservations is Thursday at                      2:00 p.m.</b>	Qi Gong 9:00-10:00 Computer Classes 9-12 (Limited open lab access) ESOL Chinese 9:00-10:30 Open Art Studio 9:00-11:00 Simplified Qi Qong and Tai Chi 10:00-11:00 and Breath 10-11 Computer Lab 12:00-2:00 <b>Senior Center closes at                      3:00 pm</b>	Breakfast 8:30 – 9:30 Computer Lab 9:30-11:15 Chair Yoga 10-11 Lunch 11:30 –12:15 Reservations required for lunch <b>Senior Center closes                      at 1:00 pm</b>

**SPECIAL EVENTS & ACTIVITES AT OUR CENTER NOVEMBER 2011**

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 Men's Pizza &amp; Movie                      10:30-1:00</b> <b>Senior Safety Group 12:30-1</b> <i>My Life, My Health</i> , Chronic Disease Self Management Program 1:00-2:00	<b>2</b>	<b>3</b> <b>Town Meeting &amp; Birthday                      Party 12:00 – 12:45</b>  <b>Benefits Seminar for Veterans                      &amp; Surviving Spouses 1:00-3:00</b>	<b>4</b> <b>Men's &amp; Ladies Breakfast                      9:00-10:00</b> (food served until 9:30)	<b>5</b> <b>Chair Yoga Cancelled</b>
<b>7 Afternoon Tea                      3:00-3:30</b> <b>Pizza &amp; Movie 4:00-                      6:00</b> <b>Movie: <u>The Walton's</u>                      Thanksgiving</b>	<b>8 Dr. Conant 12:00-1:00</b> <i>My Life, My Health</i> , Chronic Disease Self Management Program 1:00-2:00	<b>9 No Chinese singers                      No Beano                      (Election Count in Center)                      Blood Pressure (Public Health                      Nurses) 12:30-1:00</b>	<b>10</b> <b>Health &amp; Wellness Talk:                      How to Prevent Medication                      Errors 1:00-2:00</b>	<b>11</b> <b>VETERAN'S DAY</b> <i>Breakfast and Lunch only. All                      programming cancelled.                      Senior Center Closes at 1:00 pm</i>	<b>12</b>
<b>14</b> <b>Book Club &amp; Tea                      3:00-3:30</b> <i>Major Pettigrew's Last                      Stand</i> by Helen Simonson	<b>15</b> <i>My Life, My Health</i> , Chronic Disease Self Management Program 1:00-2:00 Mysteries of the Cosmos 1-2:00	<b>16</b>	<b>17 No Exercise Classes</b> Thanksgiving Celebration with Entertainment by Andy Baer and his Jazz Ensemble 12:30-3:00 (Tickets \$4.00 must be purchased in advance)	<b>18</b> <b>Chinese Elder Meeting                      10:45-12:00</b>	<b>19</b>
<b>21 Bingo &amp; Dinner                      4:30-6:00. Dinner                      served until 5:00</b>	<b>22 Big Screen Movie 1:00-                      3:00 Movie: <u>The Way We                      Were</u> with Barbara Streisand</b>	<b>23</b>	<b>24</b> <b>THANKSGIVING HOLIDAY –                      SENIOR CENTER CLOSED</b>	<b>25 Qi Qong/Tai Chi Cancelled                      10-11 a.m.</b> African American Seniors Meeting Cancelled.	<b>26</b> <b>Chair Yoga Cancelled</b>
<b>28 Afternoon Tea                      3:00-3:30</b>	<b>29 Books On Review 1-2                      Blood Pressure (Windsor                      House) 2:30-3:00</b>	<b>30 Tools for the Caregivers                      Toolbox 11-12:30***                      Senior Center Holiday                      Bazaar 10:00-2:00                      No Chinese Singers</b>	<b>*** Workshop free, but                      preregistration is required.                      RSVP 617-876-5376</b>		

**NORTH CAMBRIDGE SENIOR CENTER 617-349-6320**  
**DAILY EVENTS AT OUR CENTER ☯ ☯ ☯ November 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 ☯ November 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
3	1	2 <b>Blood Pressure Screening</b> 12:30-1:30 Movie <u>Planes, Traines and</u> <u>Automobiles</u> w/John Candy and Steve Martin 2:30-4:30	3 <b>Safety Awareness</b> 12:30-1:30	4 <b>Ladies &amp; Men's Breakfast @ 806</b> 9:00-10:00 Food Served until 9:30 (Reservations required)*
7 <b>Open Forum 12:15 -1:00</b>	8	9 <b>Birthday Tea</b> 2:30-4:30	10 <b>Trolley Tour with Cambridge</b> <b>Arts Council \$2</b> (Registration Required)*	11 <b>Holiday</b> <b>Center Closed</b>
14 <b>Low Vision Support</b> <b>Group</b> 10-12	15	16 <b>Movie</b> <u>Zookeeper</u> W/Kevin James 2:30-4:40	17 <b>Dessert Potluck Social</b> 12:30-1:30	18
21	22	23 <b>Movie</b> <u>Soul Surfer</u> The true story of teen surfer Bethany Hamilton 2:30-4:40	24  <b>Holiday</b> <b>Center Closed</b>	25 
28	29	30 <b>Movie</b> <u>The Adjustment Bureau</u> w/Matt Damon	<b>Save the Date</b> <b>Saturday December 3</b> <b>Holiday Fair</b> <b>10-2:00 p.m.</b>	<b>*Rgistration is Required</b>

November 2011  
Register for a class at the  
Cambridge Citywide Senior Center  
806 Massachusetts Avenue Cambridge, Mass 02139 617-349-6060 x6045



**These turkeys were strolling  
through a parking lot in  
Central Square.**

**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.**

**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.**

**NEW**

**Make Greeting cards for the Holidays.  
We will use PUBLISHER, and 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](http://www.cambridgema.gov)> Click on CITY DEPARTMENTS  
Human Service Programs  
Seniors (right frame) >Citywide Senior Center >NEWSLINES  
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November 2011  
 Register for a class at the  
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 806 Massachusetts Avenue Cambridge, Mass 02139 617-349-6060 x6045

	T 11/1	W 11/2	TH 11/3	F 11/4	S 11/5
<b>Computer Lab</b> <b>10:00-12:00</b> <b>Harry Chung</b> <b>1:00-4:30</b> <b>David Anderson</b>	<b>Internet Basics</b> <b>9:00-10:30</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00-4:30</b> <b>Eve Flochild</b>	<b>Computer Basics</b> <b>9:00-10:30</b> <b>Greeting Cards</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00- 4:30</b> <b>Eve Flochild</b>	<b>Computer Lab</b> <b>9:00-12:00</b> <b>Joseph Caparco</b> <b>1:00-4:15</b> <b>Alan Davis</b>	<b>Computer Lab</b> <b>9:00-1:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>12:00-2:00</b> <b>Eve/Gail Low</b>	<b>Maurice Anderson</b> <b>9:30-11:30</b>
M 11/7	T 11/8	W 11/9	TH 11/10	F 11/11	S 11/12
<b>Computer Lab</b> <b>10:00-12:00</b> <b>Harry Chung</b> <b>1:00-4:30</b> <b>David Anderson</b>	<b>Internet Basics</b> <b>9:00-10:30</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00-4:30</b> <b>Eve Flochild</b>	<b>Computer Basics</b> <b>9:00-10:30</b> <b>Greeting Cards</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00- 4:30</b> <b>Eve Flochild</b>	<b>Computer Lab</b> <b>9:00-12:00</b> <b>Joseph Caparco</b> <b>1:00-4:15</b> <b>Alan Davis</b>	<b>Computer Room</b> <b>is closed for</b> <b>Veterans Day</b>	<b>Computer Lab</b> <b>9:30-11:30</b>  <b>Maurice Anderson</b>
M 11/14	T 11/15	W 11/16	TH 11/17	F 11/18	S 11/19
<b>Computer Lab</b> <b>10:00-12:00</b> <b>Harry Chung</b> <b>1:00-4:30</b> <b>David Anderson</b>	<b>Internet Basics</b> <b>9:00-10:30</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00-4:30</b> <b>Eve Flochild</b>	<b>Computer Basics</b> <b>9:00-10:30</b> <b>Greeting Cards</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00- 4:30</b> <b>Eve Flochild</b>	<b>Computer Lab</b> <b>9:00-12:00</b> <b>Joseph Caparco</b> <b>1:00-4:15</b> <b>Alan Davis</b>	<b>Computer Basics</b> <b>10:00-11:30</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>12:00-2:00</b> <b>Eve/Gail Low</b>	<b>Computer Lab</b> <b>9:30-11:30</b>  <b>Maurice Anderson</b>
M 11/21	T 11/22	W 11/23	TH 11/24	F 11/25	S 11/26
<b>Computer Lab</b> <b>10:00-12:00</b> <b>Harry Chung</b> <b>1:00-4:30</b> <b>David Anderson</b>	<b>Internet Basics</b> <b>9:00-10:30</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00-4:30</b> <b>Eve Flochild</b>	<b>Computer Basics</b> <b>9:00-10:30</b> <b>Greeting Cards</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00- 4:30</b> <b>Eve Flochild</b>	<b>Thanksgiving</b> <b>Day.</b>  <b>Eat turkey.</b> <b>Eat pie.</b> <b>Take a nap!</b> <b>Computer Room</b> <b>is closed.</b>	<b>Computer Basics</b> <b>10:00-11:30</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>12:00-2:00</b> <b>Eve/Gail Low</b>	<b>Computer Lab</b> <b>9:30-11:30</b>  <b>Maurice Anderson</b>
M 11/28	T 11/29	W 11/30	December 2011	Already	S 12/3
<b>Computer Lab</b> <b>10:00-12:00</b> <b>Harry Chung</b> <b>1:00-4:30</b> <b>David Anderson</b>	<b>Internet Basics</b> <b>9:00-10:30</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00-4:30</b>	<b>Computer Basics</b> <b>9:00-10:30</b> <b>10:30-12:00</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>1:00- 4:30</b>	<b>Computer Lab</b> <b>9:00-12:00</b> <b>Joseph Caparco</b> <b>1:00-4:15</b> <b>Alan Davis</b>	<b>Computer Basics</b> <b>10:00-11:30</b> <b>Eve Flochild</b> <b>Computer Lab</b> <b>12:00-2:00</b>	<b>Computer Lab</b> <b>9:30-11:30</b>  <b>Maurice Anderson</b>

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                              RubyWoodbine

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Eileen Ginnetty, LCSW

**Social Services**

Susan Pacheco, Director of Client Services,  
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Alicia Johnson, Information & Referral  
Elizabeth Seelman, Case Manager

**Administrative Assistant**

Patricia A. Johnson

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Lisa Castagna, COA  
Margaret Murray, NCSC  
Betty Paige, Citywide

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Anne Robinson     Lorraine Wade

**Elder Haitian Program**

Hermide Mercier    Program Coordinator  
Dianante Desjardines Program Assistant

**Computer Instructor**

Eve Flochild

**Bus Driver**

Laura Habermann

**Asian Seniors Coordinator**

Judy Xue

**Newslines**

Lisa Castagna  
Eileen Ginnetty  
Patricia Johnson

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Emma Watkins, Director

**Activities & Volunteer Coordinator**

Arline McGrady

**Activities Assistant**

Angela Owens

**Food Service Manager**

Julianne King

**Assistant Food Service Manager**

Sanctora Cooper

**Meals Assistants**

Teiko Devin  
Gail Low  
Delia Machore

**Food Pantry Coordinator**

Geoffrey Kotowski

**Week-End Activities Coordinator**

Gail Low

**Men's Group Coordinator**

James E. Jones

**Facility Manager**

Donn Hockman  
Department of Public Works

**North Cambridge Senior Center**

Vincent McCarthy, Director

**North Cambridge Senior Center Assistant**

Marybeth Joyce

**North Cambridge Senior Center**

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