



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

SEPTEMBER 2005

CAMBRIDGE SENIORS ENJOY HARVARD PICNIC AUGUST 3, 2005

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SAVE THE DATES

THURSDAY 9-15

THURSDAY 9-22

1PM-4PM

MBTA PASS

REGISTRATION/REPLACEMENT

*Our appreciation to the Executive
Office of Elder Affairs for funds to
support our Newslines publication.*



Photo Courtesy of LeRoy Cragwell

**Medicare Modernization Act
Medicare Part D – Prescription Drug Coverage Updates**

The Cambridge Council On Aging SHINE program can be reached at
(617) 349-6220 weekdays 8:30 a.m. to 5:00 p.m.



MEDICARE - WHAT WE KNOW TO DATE

1. Save the Date
November 3, 2005 Presentation Pre-registration Information
2. "Mailings" from:
 - Social Security & CMS (Medicare) about "Extra Help" low-income benefits
 - MassHealth benefits if you also have Medicare
 - Prescription Advantage
3. Prescription Advantage Enrollment Reminder & News Flash
4. Prescription Drug Discount Card
New 2005 Income guidelines / Enrollment Reminder
5. SCAM Alerts – Identify Theft
6. Retiree Health Plans and open enrollment
7. SHINE Appointments / Community Presentations
8. Financial Assistance for Prescription Drugs: Patient Assistance Programs & Prescription Discount Programs.
9. SHINE Resources & Fact Sheets



SAVE THE DATE & TIME(S)
***"Medicare Modernization Act:
What We Know to Date:***

Medicare Part D - The Prescription Drug Benefit

Date: Thursday November 3, 2005
Where: Cambridge Citywide Senior Center
806 Massachusetts Avenue - Cambridge, MA

1:00 p.m. –3:00 p.m.
Milne Ballroom
Registration & Lunch
Begin at 11:30 a.m.

PRE-REGISTRATION IS REQUIRED

LIMITED TRANSPORTATION WILL BE PROVIDED. Daytime session only.

OR

6:00 p.m. to 8:00 p.m.
Milne Ballroom

Registration begins at 5:30 p.m.

PRE-REGISTRATION IS REQUIRED

Presentations will focus on topics such as:

- An overview of Medicare and how the "NEW" Part D fits in
- Choosing a Part D plan.
- Changes to Prescription Advantage, Medicare Supplement Plans, and Medicare HMO's currently offered in Massachusetts
- Medicare Part D and low-income assistance. Francine Kollias from Social Security will discuss the role of Social Security and will be available to assist with applications.
- Beneficiary Rights under Part D – Donna McCormick from the Medicare Advocacy Project will discuss resources and action steps available to consumers if they have difficulty filling prescriptions

This topic will be covered in the evening session by SHINE.

Who Should Attend:

- Anyone enrolled in Medicare parts A and B
- Anyone enrolled in Medicare parts A and B who are also enrolled in MassHealth, Free Care, Medicare supplement plan, Medicare HMO, and Prescription Advantage
- Caregivers, Family, Friends, Social Service Providers.

Pre-registration is required:
Contact Caryn Eichenbaum 617-349-6215 or by e-mail at ceichenbaum@cambridgema.gov.

Please include name, phone number, address, session time, and number of people.

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“MAILINGS”

Social Security is sending letters with an application to beneficiaries explaining the financial benefits they **may** be eligible for under the new Medicare Prescription Drug Program. If you think you qualify and have not yet received an application, or would like assistance completing an application contact SHINE or Social Security (800) 772-1213

CMS (Medicare) is sending out letters to beneficiaries who are automatically eligible for the Low-Income Savings benefit or extra help. Individuals will be automatically enrolled in a Part D prescription drug plan

Mass Health is sending out letters to beneficiaries who are also enrolled in Medicare. You are considered to be “dual-eligible” for insurance benefits. These letters explain that as of January 1, 2006 Mass Health is no longer covering your prescription drug benefits and that you will be automatically enrolled in a Part D prescription drug plan.

Those automatically enrolled in a Part D prescription drug plan will have a choice to change plans that better meet their needs.

Prescription Advantage (PA) is requiring all members who qualify for the low-income subsidy / extra help to do so. A reminder letter was mailed August 9, 2005 explaining the steps to take.

If you are in PA payment Category 1 or Category 2, and you meet the extra help asset guidelines you must complete the Social Security Application for extra help. You need to mail back to PA two letters.

- The first letter is from Social Security and acts as a receipt that they received your application.
- The second letter from Social Security is an approval / denial letter.

If you are in PA payment Categories 1 and 2, and you know you have more assets than listed below, you must call PA and complete pages 2 and 6 of the Social Security application.

Income Guidelines:
\$11,500 individual \$23,000 couple.

When sending information to Prescription Advantage send it attention “OUTREACH Dept”.

Prescription Advantage may also be contacting members by telephone as a reminder and to inquire if they need assistance completing the applications and forms.

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Prescription Advantage (PA)

Enrollment Reminder for the following categories:

- Under age 65 and meet income, disability and employment guidelines.
- Age 65 to day before 66th birthday.
- 66 or older - 6 months from:
 - Moving to Massachusetts
 - Involuntarily lost health care coverage – including MassHealth – Medicaid.

News Flash:

Medicare Part D News Flash: PA has received permission to auto-enroll all members in a Medicare Drug Plan. This will be a random selection process. Alert: PA members will need to make sure that the plan they are assigned to meets all their prescription Drug Needs. You can change plans prior to January 1, 2006.

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Medicare Endorsed Discount Cards & the Transitional Assistance Benefit

2005 Reminder if you plan to enroll in Medicare and think you are eligible for the Transitional Assistance benefit do not delay enrollment. It usually takes 2-3 weeks to process your application.

Transitional Assistance Benefits are pro-rated in 2005 based on when you enroll.

2005 Income and Benefit Amounts

Single	\$1,077/month	\$12,919 / year
Couple	\$1,444/month	\$17,320/ year

July 1, - September 30, 2005	\$300
October 1, - December 31, 2005	\$150

SHINE can assist with choosing a card that covers your medication needs, and with applying for the Transitional Assistance benefit.

Medicare Modernization Act Medicare Part D – Prescription Drug Coverage Updates

The Cambridge Council On Aging SHINE program can be reached at
(617) 349-6220 weekdays 8:30 a.m. to 5:00 p.m.



SCAM ALERTS & Identity Theft

Portions from: Quick Facts About Medicare Prescription Drug Coverage and Protecting Your Personal Information. cms pub No. 11147 July 2005

Keep all personal information, such as your Medicare Number, Social Security Number, Bank Account, Credit Card, and Debit Card information safe

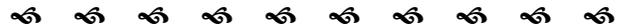
Here are some rules from Medicare to help protect you. Medicare Prescription Drug Plans:

- ✓ Can not begin marketing their products until October 1, 2005
- ✓ Can not begin enrolling people with Medicare until November 15, 2005
- ✓ Will have this “Medicare Approved” seal on their materials.

- ✓ Cannot ask for payment over the web. The plan must send you a bill if you enroll over the web.

CMS (Medicare) will investigate any complaints made by beneficiaries and other organizations.

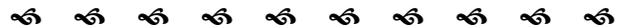
Contact SHINE or MEDICARE (800) 633-4227 if you have concerns about a recent contact.



Retiree Benefits

Many companies / employers have not made final decisions about how the Medicare Part D will impact retiree health insurance benefits for 2006 and beyond. Your benefits department should be contacting you by November 15, 2005 informing you of your options.

If you receive letters from your employer focusing on Prescription Drug Changes for 2005 or for 2006 and it is confusing, please do not hesitate to contact SHINE.



SHINE Appointments / Community Presentations

People really working with Medicare:

- ✓ Can not come to your home uninvited
- ✓ Can not endorse any Medicare-related product, but they can call you about their plan
- ✓ Can not enroll you in a drug plan or ask you to pay for a drug plan over the telephone, unless you are adding prescription drug coverage to a Medicare Advantage Plan (HMO) or other Medicare Health Plan you already have
- ✓ Must comply with the National Do-Not-Call Registry
- ✓ Must honor “do not call again” requests
- ✓ Must abide by federal and state calling hours
- ✓ SHINE and other local organizations of your choosing may help you enroll over the telephone
- ✓ Can not send unsolicited e-mails

SHINE Appointments are available at both Senior Centers. Please contact Caryn Eichenbaum at 617-349-6220 ext 6215 or e-mail her at ceichenbaum@cambridgema.gov. Appointments are available from 9:00 a.m. to 3:30 p.m. Walk-ins are welcome, however it is encouraged to call first.

Community presentations are available. Please contact Caryn Eichenbaum or Susan Pacheco at 617-349-6220. Audience of 5 or more Cambridge Residents is required.

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Financial Assistance for Prescription Drugs: Patient Assistance Programs & Prescription Discount Programs.

MassMedLine™ is a public-private partnership of the Commonwealth of Massachusetts Executive Office of Elder Affairs and the Massachusetts College of Pharmacy & Health Sciences Health Education and Resource Center. The Center's mission is to provide medication education to healthcare providers and patients.

- Information about programs sponsored by the pharmaceutical industry that provide free, low cost or discounted medications.
- Will complete applications for you.
- Information, on various insurance programs, through case management specialists
- Information about private organizations providing discounts on medications including Medicare approved Discount Plans
- Guidance with Enrollment in the Medicare Transitional Assistance benefit
- Clinical information from licensed pharmacists providing medication counseling.
- Will work with your health care provider to lower the cost of your prescription medication as much as possible.
- Will follow up with you to make sure you are using the medication correctly and to monitor for possible drug interaction.

Important information to have on hand when working with MassMedLine:

- Social Security Number
- Doctor's name and telephone number
- Prescription Medication information- name of medication, dosage, and how often taken.
- Income and insurance information

MassMedline contact information:

1-866-633-1617
1-866-1617 TTY/TDD
8:00 a.m. to 6:00 p.m. Monday to Friday

www.massmedline.com

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SHINE Resources & Fact Sheets Medicare Prescription Drug Bill Information (Medicare Part D)

The State SHINE program has created fact sheets and tip sheets that are available to the public.

If interested in any of the titles below, please contact SHINE at (800) AGE-INFO. Information is also available from the web site at www.medicareoutreach.org

[Getting Ready for Part D \(a timeline of events\)](#)

[An overview of Part D Medicare Prescription Drug Coverage \(SHINE FS #22\)](#)

[Medicare Part D Prescription Drug Coverage Begins January 1, 2006 - What should you do to get ready? \(SHINE FS #23\)](#)

[How the new Medicare Prescription Drug Coverage will Affect Someone on Mass Health \(Medicaid\) \(SHINE FS #24\)](#)

[How the new Medicare Prescription Drug Coverage will Affect Someone in a Medicare Assistance Program \(QMB, SLMB, QI\) or on SSI \(without Medicaid\) \(SHINE FS #25\)](#)

[Specific information about Medicare Prescription Drug Coverage depending on the kind of Medicare insurance you currently have](#)

[Determining if you are eligible for extra financial help for your Medicare Prescription Drug Benefit.](#)

SEPTEMBER CITYWIDE SENIOR CENTER, 806 MASSACHUSETTS AVENUE, CAMBRIDGE, MA. 02139 617-349-6060

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 <p>Gentle Chair Yoga Tuesdays & Saturdays 10-11 a.m. \$2</p>	<p>Saturday Schedule Breakfast 8:30-9:30 Billiards 8:30-1 Computer Lab 9:30-11:30 Yoga 10-11 Lunch 11:30-12:15</p>	<p>Like our Newlines? Want to volunteer some time each month to help fold??? Call Arline McGrady 617-349-6060 One hour makes the difference that COUNTS!!!</p>	<p>1. Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11 Town Meeting 12-1 Birthday Party 1-2  Senior Advisory Committee 1:30-3</p>	<p>2. Qi Gong 9-10 ESL Chinese 9-10:30 Awareness/Movement 9:30-10:30 Strength Building 10-11 Chinese Movie 10-12 Cooking with Julie 1-2 Ballroom Dancing 1-3 Beano 1:30-3</p>
<p>5. Happy Labor Day From <i>The Cambridge Council On Aging</i> September 5 Open 8:30-1 Breakfast & Lunch will be Served</p>	<p>6. Chair Yoga 10-11 Senior Safety 12:30-1:30 Latino Group 1-2 Movie 1:15-3:15</p>	<p>7. Qi Gong 9-10 Walking Club 9-12 Chinese/English Singers 9:30-11 Tai Chi Level I –12-1 Crafts/Social Club 1-3 Tai Chi Level II- 1:15-2:15 Beano 1:30-3</p>	<p>8. Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11 All in the Same Boat Stories of East Cambridge with Sarah Boyer, Cambridge Historical Commission 1-3</p>	<p>9. Qi Gong 9-10 ESL Chinese 9-10:30 Awareness/Movement 9:30-10:30 Strength Building 10-11 Chinese Movie 10-12 Ballroom Dancing 1-3 Afternoon Tea 1-2 Beano 1:30-3</p>
<p>12. Qi Gong 9-10 Cards, Board Games 9-11:30 Clay Sculpture 10-12 Classic Movie 1-3 MSAC Chapter Mtg 1-2 Beano 1:30-3</p>	<p>13. ESL-II 9:30-10:30 Chair Yoga 10-11 ESL-IV 10:30-12 Lunchtime Chat with Dr. Conant 12-1 Latino Group 1-2 African American Seniors 1-2:30 Blood Pressure Screening 1-2 Movie 1:15-3:15</p>	<p>14. Qi Gong 9-10 Walking Club 9-12 Chinese/English Singers 9:30-11 Men’s Breakfast 9-11 Food Served until 9:30 Tai Chi Level I –12-1 Crafts/Social Club 1-3 Tai Chi Level II- 1:15-2:15 Beano 1:30-3</p>	<p>15. Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11 MBTA Pass Registration and Exchange 1-4</p>	<p>16. Qi Gong 9-10 ESL Chinese 9-10:30 Awareness/Movement 9:30-10:30 Strength Building 10-11 Chinese Elder Meeting 11:15-12:15 Ballroom Dancing 1-3 Beano 1:30-3</p>
<p>19. Qi Gong 9-10 Cards, Board Games 9-11:30 Clay Sculpture 10-12 Classic Movie 1-3 Beano 1:30-3</p>	<p>20. ESL II 9:30-10:30 Chair Yoga 10-11 ESL-IV 10:30-12 Book Review 12:45-1:15 Latino Group 1-2 Movie 1:15-3:15</p>	<p>21. Qi Gong 9-10 Walking Club 9-12 Chinese/English Singers 9:30-11 Tai Chi Level I –12-1 Crafts/Social Club 1-3 Walking Club Celebration 12:30-2:30 Tai Chi Level II- 1:15-2:15 Beano 1:30-3</p>	<p>22. Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11 MBTA Pass Registration and Exchange 1-4</p>	<p>23. Qi Gong 9-10 ESL Chinese 9-10:30 Strength Building 10-11 Chinese Movie 10-12 Ballroom Dancing 1-3 Afternoon Tea 1-2 Beano 1:30-3</p>
<p>26. Qi Gong 9-10 Cards, Board Games 9-11:30 Clay Sculpture 10-12 Senior Singers 10-11:30 Classic Movie 1-3 Painting 1:30-3:30 Beano 1:30-3</p>	<p>27. ESL-II 9:30-10:30 Chair Yoga 10-11 ESL-IV 10:30-12 Latino Group 1-2 African American Seniors 1-2:30 Movie 1:15-3:15 Blood Pressure Screening 2:30-3</p>	<p>28. Qi Gong 9-10 Walking Club 9-12 Chinese/English Singers 9:30-11 Tai Chi Level I –12-1 Crafts/Social Club 1-3 Tai Chi Level II- 1:15-2:15 Beano 1:30-3</p>	<p>29 Grandet An Aksion 9-2 Ceramics 9:30-12 Exercise Class 10-11  “Oldies But Goodies” Luncheon 12:30-3</p>	<p>30. Qi Gong 9-10 ESL Chinese 9-10:30 Strength Building 10-11 Chinese Movie 10-12 Ballroom Dancing 1-3 Beano 1:30-3</p>

September 2005
NORTH CAMBRIDGE SENIOR CENTER
2050 Massachusetts Ave., Cambridge
Telephone (617) 349-6320

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Senior Advisory Committee Rae Hamilton Daphne Luscap Diana Moscardini Ellie Stevenson	Drop by and say hello to our New Director, Vincent McCarthy	1. Bridge 9-12 Walnut St. Group 10-1 Lunch 11:30-12:30 Yoga 3-4	2. Line Dancing 10:30-11:30 Lunch 11:30-12:30 Whist 1:00-4:00
5. Labor Day Holiday Center Closed	6. Bridge 9-12 COA Social Services 10-2 Lunch 11:30-12:30 Quilting 1:00 – 3:00 Crochet/ knitting 1:00-3:00	7. Stretch/Exercise 11-12 Lunch 11:30-12:30 WOW 12:30-2 Movie 2-3:30	8. Bridge 9-12 Walnut St. Group 10-1 Lunch 11:30-12:30 Yoga 3-4	9. Line Dancing 10:30-11:30 Meadow Glenn Mall 10:30-1:30 Lunch 11:30-12:30 Whist 1:00-4:00
12. Book Review 9:45-10:15 Walking Club 10-1 Vision Group 10-12 Spanish Class 11-12 Lunch 11:30-12:30 Open Forum 12-1 Bingo 1-3:30	13. Bridge 9-12 North Shore Mall Trip & Richardson's 9:30-3 COA Social Services 10-2 Lunch 11:30-12:30 Quilting 1:00 – 3:00 Crochet/ knitting 1:00-3:00	14. Stretch/Exercise 11-12 Lunch 11:30-12:30 WOW 12:30-2 Birthday Party 2:15	15. Bridge 9-11 Walnut St. Group 10-1 Lunch 11:30-12:30 Yoga 3-4	16. Pet Therapy Day 9-4 Line Dancing 10:30-11:30 Lunch 11:30-12:30 Whist 1:00-4:00
19. Podiatrist 10-1 Appointment Needed Walking Club 10-12 Spanish Class 11-12 Lunch 11:30-12:30 Bingo 1-3:30	20. Bridge 9-12 COA Social Services 10-2 Lunch 11:30-12:30 Quilting 1:00 – 3:00 Crochet/ knitting 1:00-3:00 Advisory Council 3-4	21 Rep. Alice Wolf Office Hours 9:30-10:30 Stretch/Exercise 11-12 Lunch 11:30-12:30 WOW 12:30-2 Movie 2-3:30	22. Bridge 9-11 Walnut St. Group 10-1 Lunch 11:30-12:30 Yoga 3-4	23. Cape Cod Scenic Railroad Trip 8:30-6 Line Dancing 10:30-11:30 Lunch 11:30-12:30 Whist 1:00-4:00
26. Walking Club 10-12 Spanish Class 11-12 Lunch 11:30-12:30 Bingo 1-3:30	27. Bridge 9-12 COA Social Services 10-2 Lunch 11:30-12:30 Quilting 1:00 – 3:00 Crochet/ knitting 1:00-3:00	28. Stretch/Exercise 11-12 Lunch 11:30-12:30 WOW 12:30-2 Movie 2-3:30	29. Bridge 9-11 Walnut St. Group 10-1 Lunch 11:30-12:30 Yoga 304	30. Line Dancing 10:30-11:30 Lunch 11:30-12:30 Whist 1:00-4:00

To sign up for lunch, call one day in advance 617-349-6320. Lunch hour is from 11:30am-12:30. The suggested donation is \$1.50



SEPTEMBER EVENTS AT OUR CENTERS

THE CITYWIDE SENIOR CENTER
806 Mass Ave., Cambridge
(617) 349-6060

THE NORTH CAMBRIDGE SENIOR
2050 Mass Ave., Cambridge
(617) 349-6320

www.cambridgema.gov/dhsp2

Thursday September 1	Town Meeting 12-1 Birthday Party 1-2 Sr Advisory Cmt. 1:30-3	Monday September 5	Holiday Labor Day Closed
Friday September 2	Cooking with Julie 1-2	Tuesdays Sept 6, 13, 20 & 27	Social Services
Thursday September 8	<u>All in the Same Boat</u> Stories of East Cambridge With Sarah Boyer 1-3	Friday September 9	Meadow Glenn Mall Trip 10:30-1:30
Tuesday September 13	Lunchtime Chat with Dr. Conant 12-1 Blood Pressure Screening 1-2	Monday September 12	Book Review 9:45-10:15 Vision Group 10-12 Open Forum 12-1
Wednesday September 14	Men's Breakfast 9-10 Food Served until 9:30	Tuesday September 13	North Shore Mall Lunch, Shop, Richardson's Ice Cream 9:30-3
Thursdays September 15 & 22	MBTA Pass Registration/Exchange 1-4	Wednesday September 14	Birthday Party
Tuesday September 20	Book Review 12:45-1:15	Friday September 16	Pet Therapy Day 9-4
Wednesday September 21	Walking Club Celebration 12:30-2:30	Wednesday September 21	Rep. Alice Wolf Office Hours 9:30-10:30
Thursday September 29	Oldies But Goodies Luncheon 12:30-3	Friday September 23	Cape Code Scenic Railroad Trip 8:30-6





**Caring, Coping and
Laughter Amongst the Tears
Practical Tips for
Caregivers and
Professionals**

You are invited to our annual program sponsored by the Cambridge Somerville Alzheimer's Partnership.

Dr. Paul Raia, Director of Family Support and Patient Care, Alzheimer's Association, will moderate a panel presentation.

Presenters will be:

Alice McCarter, New Communities, Support Group Coordinator
Maureen Harty, Paine Social Services Home Care,

Ilene White, RN, Program Director at Sancta Maria, Windsor House Adult Day Health

Toni Meddaugh, Program Director of the Special Care Unit at Neville Place Assisted Living

“Laughter and Tears” will present options available for caregivers and professionals making decisions for people with Alzheimer's.

The program will be held Thursday November 3, 2005 3:30pm – 5:00 pm, at the VNA Assisted Living 259 Lowell Street, Somerville. Refreshments will be provided. Parking is available but carpooling is encouraged. The program is free.

Please register by October 21. For more information and to register **contact Liz Seelman at (617) 349-6055.**



**Ask Liz
Save the Date**

**NEW MBTA PASSES
Thursday, September 15th
Thursday, September 22nd
1PM – 4PM**

This month we will be hosting the MBTA as they explain and replace the old Senior T passes. Due to the changes happening in the way fares are collected, the entire mass transit fare system will be changing. On Thursday, September 15th and Thursday September 22nd, from 1PM – 4PM, the MBTA will be here with photographic equipment to replace your senior ID's with a Senior/T.A.P. Temporary Permit that you'll use until your new ID arrives in the mail. It will take about 6 – 8 weeks. T.A.P. stands for "Transportation Access Pass". This program will be for seniors 65 years and older and customers with disabilities who have a current T.A.P. By the end of the year, about 40% of all T stations will feature new service enhancements and station upgrades.

Seniors may exchange their existing ID or sign-up for the first time. Persons with disabilities with current T.A.P. IDs may exchange as well; first time T.A.P. applicants may pick up an application to start the replacement process.

You can also swap your current ID for a new one at the Downtown Crossing Station/Chauncey Concourse at the Senior/T.A.P. ID Replacement Center,

Monday through Friday, 8:30AM – 5:00PM.

If you don't have a current Senior or T.A.P. ID you can go to the Back Bay Office for Transportation Access, Monday through Friday, 8:30AM – 5:00PM.



Forum on Caring for Elders With Hearing Loss To Be Held in Somerville

Somerville-Cambridge Elder Services will host a forum on Caring for Elders With Hearing Loss September 19, 2005 from 6:00 to 8:00 PM. A light supper will be served. The forum is designed to offer caregivers information and strategies for effectively dealing with issues related to hearing loss.

The forum will be presented by staff from the Massachusetts Commission for the Deaf and Hard of Hearing and will include information on how hearing loss impacts caregiving, communication strategies and technology for people with hearing loss.

Pre-registration is required. To register, call Somerville-Cambridge Elder Services at 617-628-2601 ext. 3151 or email info@eldercare.org.



Cambridge Citywide Senior Center Celebrates Tenth Anniversary

In October 2005, the Cambridge Citywide Senior Center will celebrate ten years in its location at 806 Massachusetts Ave. If you have not visited us please do. We are located in the heart of Central Square, directly across the street from Cambridge City Hall and next to the Post Office. The Citywide Senior Center is housed in a beautifully rehabbed four-story building providing a wonderful setting for Seniors to come together for socialization, recreational and educational activities. The atmosphere of the Senior Center is one of high energy and enthusiasm. Here we offer an array of classes, trips, educational programs and much more. Below is a sampling of the programs offered.

Exercise and Fitness

If you made a resolution to start exercising, the Citywide Senior Center offers the following exercise and fitness classes: **QiQong, senior stretch, strength building; senior aerobics, chair yoga; tai chi for the mature body; Line Dancing; Awareness through Movement and the Walking Club.**

Health and Wellness

Come and join us for a **Lunch time Chat with the Doctor** or attend **Health and Wellness lectures** on a wide array of health topics or have your **blood pressure** taken. In the fall receive your **free flu** shot.

Adult Education Computers

The Citywide Senior Center has a state of the art computer lab, which offers **beginners and intermediate computer class** and **advanced**

classes to help you learn how to use that **digital camera**. Come surf the **Internet** or set up a free **email** account. **Open Lab** time is also available.

ESOL Classes

(English for Speakers of Other Languages) for beginners as well as advanced students.

Book Review

This group meets monthly and a local librarian facilitates book discussions.

Ethnic and Cultural Groups

The Cambridge Citywide Senior Center is comprised of a diverse group of seniors. We promote the groups coming together to celebrate and share. The Groups are African-American Seniors, Asian Seniors, Haitian Seniors, Russian Seniors, and Spanish Speaking Seniors.

Men's Club

Men's Club provides an opportunity for men to come together for activities, programming for men, a monthly Men's Breakfast, and day trips.

Meals Program

Enjoy a delicious **breakfast or lunch** prepared on site at the Citywide Senior Center. The suggested donation is \$1 for breakfast and \$1.50 for lunch.

Arts and Crafts

Ceramics, Clay Sculpture, painting and water colors classes

Music

Senior Chorus and Asian-American Seniors Beano

Volunteer opportunities

Volunteers are the heart of our Senior Center, and we welcome volunteers.

If you want more information or would like a tour of the Senior Center, call the Citywide Senior Center at 617-349-6060.



Cambridge Council on Aging
806 Massachusetts Avenue
Cambridge, MA 02139

Voice (617) 349-6220 TTY (617) 349-6050 Fax (617) 349-6054
<http://www.cambridgema.gov/DHSP/coa.cfm>

Thank you for contacting the Cambridge Council On Aging (CCOA), and for your interest in *Newslines*. *Newslines* lists upcoming monthly events and daily activities at both Senior Centers, important news briefs from staff, and helps seniors stay connected to important issues and concerns within the Cambridge Community as well as within the Commonwealth.

Free *Newslines* are available at the following locations:

Cambridge Citywide Senior Center
Reception Desk
806 Massachusetts Avenue
Weekdays 8:30 a.m. – 5:00 p.m.
Weekends & Holidays 8:30 a.m. - 1:00 p.m.

North Cambridge Senior Center
Reception Desk
2050 Massachusetts Avenue
Weekdays 8:30 a.m. to 5:00 p.m.

Library Branches*

Cambridge Health Alliance Health Clinics*

Senior Citizen's Housing Buildings through the Cambridge Housing Authority*

Please see building coordinator and or office manager. Most issues are located in community rooms.

*New issues are available between the last and first week of each month.

Yearly subscriptions of 12 issues are available for \$6.00.

- ❖ Please complete the form below.
- ❖ Include \$6.00 check to Cambridge Council On Aging.
- ❖ Mail to:

Newslines
Cambridge Council On Aging
806 Mass Avenue
Cambridge, MA 02139

Name: _____
Subscriber - Recipient

Address: _____

City: _____ State: _____ Zip Code: _____

Phone number (_____) _____

Subscription Type (Please Check) New Renewal Gift

Gift From: _____ Phone Number (_____) _____



CAMBRIDGE CITY COUNCIL

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Marjorie C. Decker, Vice Mayor
Henrietta Davis
Anthony D. Galluccio
David P. Maher
Brian Murphy
Kenneth E. Reeves
E. Denise Simmons
Timothy J. Toomey, Jr.

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Robert W. Healy
City Manager
Richard C. Rossi
Deputy City Manager
Ellen Semonoff,
Assistant City Manager
Department of Human
Service Programs

COUNCIL ON AGING BOARD

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