



Newslines

The Newsletter of the Cambridge Council on Aging

806 Massachusetts Ave., Cambridge, MA 02139

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North Cambridge Senior Center (617) 349-6320

www.cambridgema.gov/DHSP2

September, 2011

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Congratulations to Geoffrey Kotowski who is our new Senior Center Food Pantry Coordinator. For the last three years Geoffrey has been employed as the Food Pantry Assistant and most recently he has filled in as the Interim Food Pantry Coordinator.

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



Annual Harvard Picnic



**SENIORS CELEBRATE SUMMER IN THE CITY
At the Harvard Yard Picnic, August 3**

Photos courtesy of Lisa Castagna

A Note from the Council on Aging Director, Eileen Ginnetty

National Falls Prevention Day is Friday September 23rd

The Cambridge Council on Aging is partnering with the Cambridge Health Alliance, Somerville Cambridge Elder Services and the Visiting Nurse Association, to work with seniors in the community around **falls prevention**.

Some of the causes of falls include:

- Hazards in the home (scatter rugs, electrical cords that may trip you up)
- Medication-related problems. (if someone is taking several medications those drugs can interfere with one another and cause physical changes which may result in a fall.)
- Changes in vision

What Supports Are Available To Help?

A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This program, which meets once a week for 8 weeks in various community settings, is free of charge. Transportation to the class is available.

You might want to consider signing up for A Matter of Balance if you:

- have fallen in the past
- have not fallen but are concerned about falls
- are interested in improving balance, flexibility and strength

Also, a variety of Exercise, Stretch, Movement and Relaxation Classes are offered at the city's Senior Centers, including traditional Yoga, Chair Yoga, Tai Chi for Better Balance, and a simplified Yoga class with attention to Breathing. Classes meet weekly and have a nominal fee (\$2-\$3 per session.)

*For more information about the Senior Center classes contact **the Cambridge Citywide Senior Center, 806 Mass. Ave. (617-349-6060) and the North Cambridge Senior Center, 2050 Mass Ave. (617-349-6320.)***

*For more information about A Matter of Balance and other upcoming community falls prevention classes contact **Eliza Wiesner at Somerville-Cambridge Elder Services (617-628-2601 x 3108)***

Join us on Mondays and Tuesdays for a free movie on our new 46" flat screen television. Our Tuesday selections for the month focus on great Denzel Washington films.

Tuesday, September 6: Remember the Titans

Monday, September 12: The King's Speech

Tuesday, September 13: Antwone Fisher

Monday, September 19: Despicable Me

Tuesday, September 20: The Great Debaters

Mon., September 26: Murder on the Orient Express

Tuesday, September 27: The Preacher's Wife

September 2011 Happenings at the Citywide Senior Center

Men's Pizza & Movie

Tuesdays, September 6 and September 20 Time 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. **Movie** September 6: *The Social Network* and September 20: *The Fugitive*. Free Program for men 60+.

Better Balance Class

Wednesdays beginning September 7, 9:30-10:30

If you are concerned about your balance and mobility, this class provides a supportive environment in which to develop body awareness and improve lower body strength. By using a set of gently movements derived from Tai Chi principle. The teacher, Jai Wilson, is a certified Wu Style Tai Chi instructor, specializing in older adult movement. For class fee or more information call 617-349-6060 and ask for Arline McGrady.

Tai Chi Level 1

Wednesdays, beginning September 7, 10:30-12:00

When we hear the expression "use it or lose it", we might think of keeping our bodies active. In Tai Chi, the "it" includes both mind and body. Studies show that seniors not only get many health benefits from Tai Chi, but mental alertness increases also. You will learn a series of slow, flowing, therapeutic movements called a "Form", letting the mind gently direct the body. This class is taught by Jai Wilson. For class fee or more information call 617-349-6060 and ask for Arline McGrady.

Trip to Kennebunkport, Maine

Thursday, September 8, 9:00 – 6:30 pm

Motor coach tour of Kennebunkport with a local step-on-guide to view many point of interest. Lunch at the Kennebunkport Inn, shopping and more. Pre-registration and payment required. Participants selected by raffle. Call 617-349-6060 for more information.

Dr. Conant's Lunchtime Chat

Tuesday, September 13, 12:00-1:00

Bring your lunch and join the Doctor as he answers your questions. The atmosphere is relaxed and this is a wonderful opportunity to have a dialogue with a Doctor that is committed to making sure that everyone is heard and gets their questions answered.

"Seniors Got Talent"

Thursday, September 15, 1:00-3:00

The Citywide Senior Center is sponsoring a fantastic Talent Show for Seniors 60+. What's your talent? Singing, dancing, comedy, magic acts, skits, beauty contest, the spoken word? Well bring it on because there will be a very nice prize for the winner as well as a 2nd and 3rd place prize. Talent entry forms are available at the first floor receptionist desk of the Citywide Senior Center. For more information call 617-349-6060.

Mysteries of the Cosmos

Tuesday, September 20, 1:00-2:00

Join us as we welcome our lecturer, Greg Snyder of Harvard University Department of Astronomy. We will continue to explore the fantastic workings of our universe. In August we explored some of "The Mysteries of Planet Earth" and the impact of global warming on climate change. The subjects covered are always interesting and thought provoking. This program is free and open to the public.

Joey B-Bop's Live Tribute to Elvis & 50's Legends

Luncheon Party, September 22, 12:30-3:00

Come prepared to be entertained by a Master of the Oldies. Hears songs by artists such as Elvis, Sinatra, Dion, Bobby Darin, Neil Diamond and more. Come for an afternoon of "Vegas" style entertainment. Tickets to this event are \$4.00 and must be purchased in advance.



Do you know your landline telephone shut-off protection rights?

Most people take the telephone for granted, but it still serves as one of the most essential communication devices providing access to family, friends, doctors and emergency services. Given the difficult economic times, it is important to know your rights regarding telephone service suspension to prevent any wrongful interruptions in service. It is important to note that these protections only apply to *landline telephones and not cellular telephones*! Shut-off protection does also not apply to companies that use Voice Over Internet Protocol (V.O.I.P) phone service—such as Comcast.

In Massachusetts, telecommunication companies must follow certain laws and provide service to households that qualify for shutoff protection in these special situations:

- **Households in which everyone is 65 years of age or older.** Companies must establish procedures to identify households in which all members are 65 or older. To protect yourself, contact your telecommunications company and notify them that everyone in your household is 65 or older.
- **Households with a financial hardship where someone has a serious illness.** You will need to forward a doctor's note directly to the phone company each month. Shutoff protection is limited to 90 days.
- **Households facing a personal emergency where not having a phone would put the household at risk.** You must explain your emergency and financial hardship. Shutoff protection is limited to 30 days.

Shut-off protection does not prevent telephone bills from accruing. Households remain responsible for paying their telephone bills even if the telephone company cannot shut off service for a period of time. Failure to pay telephone bills can contribute to bad credit. Therefore, it is best to contact your service provider in an attempt to arrange reasonable payment plans.

If you are having trouble contacting your telecommunications company, or have any further questions about shut-off protection rights, please contact Corey R. Pilz, Consumer Information Specialist, at **(617) 349-6150** or consumer@cambridgema.gov.



Happenings @ North Cambridge Senior Center
2050 Mass. Avenue, Cambridge

**Social Security Office to Begin Closing at
3:30 p.m. Daily**

Effective August 15, 2011, Social Security offices will be open to the public Monday through Friday from 9:00 a.m. to 3:30 p.m. – a reduction of 30 minutes each weekday. The early closure is due to congressional budget cuts.

Most Social Security services do not require a visit to an office. For example, anyone wishing to apply for benefits, sign up for direct deposit, replace a Medicare card, obtain a proof of income letter or inform Social Security of a change of address or telephone number may do so at www.socialsecurity.gov or by dialing toll-free number 1-800-772-1213.*****



Medicare Open Enrollment

This year, Medicare Open Enrollment will begin October 15th and will end on December 7th.

The Cambridge Council on Aging will conduct “Changes in Medicare” a forum on October 20, 2011 from 1:00 p.m. – 3:00 p.m. to discuss the upcoming changes for 2012. For more information call 617-349-6220 and ask for Alicia Johnson.



Free Spanish Classes

Come join the Spanish language classes at the North Cambridge Senior Center on Mondays from 11:00 a.m. – 12:00 Noon. Learn Spanish conversation and have fun doing it. We are a small group and our teacher, Daphne Luscap, a native of Panama, teaches us correct pronunciations and verbal tenses so we learn to speak the language properly. Join us for a class and see for yourself what a great class we have. Everyone is welcome. Air conditioned in the warm weather, and best of all, class is FREE! Hope to see you soon in class.

For further questions, call 617-349-6320.



WOW on Wednesdays 1:00 – 2:00 p.m.

If you are looking for a weight support group, why not come to one of our meetings to see if this is what you would like. We offer nutrition information, weight loss tips, and much more. This group is called WOW... Watch Our Weight. We meet regularly on Wednesdays from 1:00 p.m.-2:00 p.m. We are very informal, but get results. For more information call 617-349-6320.

SEPTEMBER 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. 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 1:00-3:00 Computer Lab 1:00-4:30 Beano 1:30-3:00 Painting 1:30-3:30 TOPS 2:00 – 2:45 Dinner 5:00-6:00 Reservations Required Line Dancing 6:00-7:00	ESOL II 9:30-10:30 Computer Classes 9-12 (Limited open lab access) Chair Yoga 10:00-11:00 Latino Elders 10:00-11:30 ESOL IV 10:30-12:00 Computer Lab 1:00-4:30 Classic Movie 1:00-3:15 Beano 1:30-3:00 Food Pantry 2:00-4:00	Computer Classes 9:00 – 12:00 (Limited open lab access) Chinese Singers 9:00-11:30 Better Balance 9:30-10:30 Tai Chi Level I 10:30-12:00 Crafts/Social 1:00-3:00 Beano 1:30 – 3:00 Computer Lab 1:00-4:30 Tai Chi Level II 2:00-3:00	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 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 Gong –Tai Chi 10:00-11:00 Computer Lab 12:00-2:00 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 SEPTEMBER 2011

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Town Meeting 12:00 – 1:00 pm Birthday Party 1:00-2:00 pm	2 *Men’s Breakfast 9:00-10:00 (Food served until 9:30)	3
5 LABOR DAY HOLIDAY <i>Breakfast and Lunch only. All programming cancelled.</i> Senior Center Closes at 1:00pm	6 Men’s Pizza & Movie Movie: The Social Network 10:30-1:00	7 *Walking Club 9:00-12:00 *Fall Session begins: <i>Tai Chi Level I & II</i> New Exercise Program begins: Better Balance 9:30-10:00 Matter of Balance “Falls Prevention Program” 12:30-3:00	8 *Trip to Kennebunkport, ME 9:00-6:30 (Pre-registration and Payment) Participants selected by raffle.	9 *Ladies’ Breakfast 9:00-10:00 (Food served until 9:30)	10
12 *Pizza & Movie 4:00-6:00 Movie: Viva Las Vegas	13 Dr. Conant’s Lunchtime Chat 12:00-1:00 Big Screen Movie Jumping the Broom - Uptown meets Downtown 1:00-3:00	14 *Walking Club 9:00-12:00 Blood Pressure Screening 12:30-1:00 Public Health Nurses (Kitchen Classroom)	15 *Seniors Got Talent Talent Show 1:00-3:00 (Applications available @ 1 st floor reception desk)	16 Chinese Elder Meeting 10:45-12:00noon	17
19 *Ol’ School Daze Supper 4:00-6:00	20 Men’s Pizza & Movie Movie: The Fugitive 10:30-1:00 Mysteries of the Cosmos 1:00-2:00	21 *Walking Club 9:00-12:00	22 *Joey B-Bop’s Live Tribute to Elvis & 50’s Legends Luncheon Party 12:30-3:00 (\$4.00 ticket in advance)	23 African-American Seniors 10:30-11:30	24
26 *Bingo & Dinner 4:30 – 6:00 Dinner served until 5:00 (Reservation required)	27 Blood Pressure Screening 2:30-3:00 (Windsor House)	28 *Walking Club 9:00-12:00	29 Big Screen Movie Movie: The King’s Speech 1:00-3:00 (w/popcorn & candy)	30 (* Reservations, Sign-up, or fee required)	

NORTH CAMBRIDGE SENIOR CENTER 617-349-6320
DAILY EVENTS AT OUR CENTER ☯ ☯ ☯ September 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 Yoga 2:45-3:45	Lunch 11:30-12:15 Whist 1:00-3:00

SPECIAL EVENTS & ACTIVITES AT OUR CENTER ☯ ☯ ☯ September 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
	<u>Sr. Advisory Committee</u> Abney Bourne, Chris Callanan, Joyce Frith, Rae Hamilton, Helen Kale, Ellie Stevenson, Betty White	Movie & Popcorn 2:30 – 4:30	1 	2 Men's Breakfast @ 806 9:00-10:00 Food Served until 9:30 (Reservations required)*
5 Holiday Center Closed	6 10:30 Presentation on <u>Cambridge Consumers' Council</u> Light refreshments <u>Open Forum 12:15 -1:00</u>	7 Movie & Popcorn 2:30-4:30	8	9 Ladies Breakfast @ 806 9:00-10:00 Food Served until 9:30 (Reservations required)*
12	13 <u>STRENGTH BUILDING</u> Starts 9:30 – 10:30	14 <u>WOW STARTS</u> 1-2 <u>BIRTHDAY TEA</u> 2:30-4:30	15 <u>WATERCOLORS STARTS</u> 9:30-11 Safety Awareness 1-2	16 
19  SCES BBQ 11-12:30 Registration required*	20 Strength Building 9:30 – 10:30 Luncheon Walk to Flatbread Pizza Co. Davis, Square Leave 2050 @ 11:45 a.m Registration required* Sr Advisory Cmt 3-4	21 Movie & Popcorn 2:30-4:30	22 Walmart & Kelly's in Revere 9:30am – 2:30pm* Watercolors 9:30 – 11	23 
26	27 Strength Building 9:30 – 10:30	28 Movie & Popcorn 2:30pm – 4:30pm	29 Watercolors 9:30 - 11	30 *Rgistration is Required

SEPTEMBER 2011

Register for a class at the
Cambridge Citywide Senior Center
806 Massachusetts Avenue Cambridge, Mass 02139 617-349-6060 EX 6045

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Register
for one of our popular
Computer classes
at the
**CAMBRIDGE CITYWIDE
SENIOR CENTER.**
Call 617-349-6060-ex:6045
or leave your name and
phone # with a friendly
monitor. Our 10 computers
are available to Seniors for
classes and computing
6 days a week.
**MAVIS BEACON
TEACHES TYPING** is
available on each computer
Classes begin each month.

REGISTER NOW.

**COMPUTER BASICS In 4
consecutive classes, (each class is
1½ hours,) make the mouse your
friend, type a letter, 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 or
for a birthday. We will use PUBLISHER,
and can use images from PAINT, CLIP
ART, GOOGLE, and include 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.**

SEPTEMBER 2011

M 8/29	T 8/30	W 8/31	Th 9/1	F 9/2	S 9/
Computer Lab 10:00-12:00 Harry Chung 1:00-4:15 David Anderson	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:15 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:15 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:15 Alan Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 1:00-2:00 Gail Low	Maurice Anderson 9:30-11:30
M 9/5	T 9/6	W 9/7	TH 9/8	F 9/8	S 9/10
Celebrate Labor Day Take it easy. Computer Room is Closed.	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:15-4:15 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:15- 4:15 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:15 Alan Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 1:00-2:00 Gail Low	Computer Lab 9:30-11:30 Maurice Anderson
M 9/2	T 9/13	W 9/14	TH 9/15	F 9/16	S 9/17
Computer Lab 10:00-12:00 Harry Chung 1:00-4:15 David Anderson	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:15 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:15 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:15 Alan Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 1:00-2:00 Gail Low	Computer Lab 9:30-11:30 Maurice Anderson
M 9/19	T 9/20	W 9/21	TH 9/22	F 9/23	S 9/24
Computer Lab 10:00-12:00 Harry Chung 1:00-4:15 David Anderson	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:15 Eve Flochild	Computer Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00- 4:15 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:15 Alan Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 1:00-2:00 Gail Low	Computer Lab 9:30-11:30 Maurice Anderson
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Computer Lab 10:00-12:00 Harry Chung 1:00-4:15 David Anderson	Internet Basics 9:00-10:30 10:30-12:00 Eve Flochild Computer Lab 1:00-4:15 Eve Flochild	Computer Basics 9:15-10:30 10:30-12:15 Eve Flochild Computer Lab 1:00- 4:15 Eve Flochild	Computer Lab 9:00-12:00 Joseph Caparco 1:00-4:15 Alan Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 1:00-2:00 Gail Low	Computer Lab 9:30-11:30 Maurice Anderson



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Marybeth Joyce

North Cambridge Senior Center

Meal Site Director

Eliza Wiesner

Cambridge Council on Aging
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