



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

October, 2011

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Save the Dates

Changes in Medicare Forum
Thursday, October 20, 2011
1:00 – 3:00

**Cambridge Home Owners
Taxpayer Assistance Schedule**

North Cambridge Senior Center
2050 Massachusetts Avenue
Tuesday, October 25
10:00 a.m. – 12:00 Noon

Citywide Senior Center
806 Massachusetts Avenue
Thursday, November 10
10:00 a.m.-12:00 Noon

Wishing everyone a happy and
healthy fall, and
Happy 16th Anniversary
to the Citywide Senior Center.

Eileen Ginnetty
Cambridge Council on Aging



Autumn Leaves

Leaves are nature's food factories. Plants take water from the ground through their roots. They take a gas called carbon dioxide from the air. Plants use sunlight to turn water and carbon dioxide into oxygen and glucose. Oxygen is a gas in the air that we need to breathe. Plants use glucose as food for energy and as a building block for growing. The way plants turn water and carbon dioxide into oxygen and sugar is called photosynthesis. That means "putting together with light." As summer ends and autumn comes, the days get shorter and shorter. This is how the trees "know" to begin getting ready for winter. During winter, there is not enough light or water for photosynthesis. The trees will rest, and live off the food they stored during the summer.

The bright reds and purples we see in leaves are made mostly in the fall. In some trees, like maples, glucose is trapped in the leaves after photosynthesis stops. Sunlight and the cool nights of autumn cause the leaves turn this glucose into a red color. The brown color of trees like oaks is made from wastes left in the leaves.

It is the combination of all these things that make the beautiful fall foliage colors we enjoy each year

From sciencemadesimple.com submitted by *Lisa Castagna*

**October 2011 Happenings at the
Citywide Senior Center**

**Citywide Senior Center Celebrates 16th Anniversary
Thursday, October 27, 2011 12:30-3:00 ***

We are celebrating our 16th Anniversary in a few weeks. How quickly the time passes. It seems like only yesterday we were bringing in the furniture and putting the finishing touches on the Senior Center in anticipation of our "Grand Opening". We are 16 years older and are still growing our options of programs and services for seniors. The Council on Aging is the parent organization of the Citywide Senior Center and offers a variety of benefits and services for Cambridge residents age 60 and over such as Information and Referral services and Social Services. The Senior Center is an integral part of the City of Cambridge. Located in the heart of Central Square and is visited by thousands of people each year. The Senior Center is a vibrant center that offers a wide selection of exercise classes, health and wellness classes, ethnic and social groups, trips, parties, meals prepared on site, a senior food pantry and more. We will celebrate the 16th Anniversary with a Gala Party with entertainment by Singer Bobby Justin. Reservations required. Tickets are \$5.00

My Life, My Health

6 Tuesdays: October 4 & 18, 25, November 1, 8, and 15, 1:00-2:00

My Life, My Health is a six week FREE Workshop offered to adults who are living with, or caring for, someone with one or more persistent health conditions. This Chronic Disease Self-Management Program was developed by researchers at Stanford University Medical Center and has been proven to help people learn strategies and make choices about their treatment. Registration is required. To register or for more information contact: Somerville-Cambridge Elder Services, 617-628-2601, x3151. Refreshment provided. Transportation available. Registration Deadline: October 1st.

Men's Pizza & Movie

Tuesdays October 4 and October 18, 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 is for men 60+. Please sign up in advance at first floor receptionist desk.

Town Meeting

Thursday, October 6, 1011 12:00-1:00

It is during our Monthly Town Meeting that the staff of the Council on Aging and Senior Center disseminates important information that is of interest to Senior Citizens. You are invited to come with your questions and suggestions for improving programs and services in the City of Cambridge and the Citywide Senior Center. All are invited.

Kamishibai Workshop

Fridays, October 7 & 21, 10:00-11:00

Kamishibai is an old form of storytelling from Japan. It first appeared on the streets of Japan in the 1920's and was the most popular form of entertainment for children until television appeared in the 1950's. Come learn how to create your own Kamishibai. You may call Arline McGrady at 617-349-6060 for more information. The workshop will be taught by Yumi Izuyama and Jane Manley. Program cost: Cost of materials. Registration required.

Health & Wellness Talk: Overview of Medication

Safety by Dr. Amato, Thursday, October 13, 1:00-2:00

The Lecture on Medication Safety will be presented by Dr. Mary Amato, Associate Professor of Massachusetts College of Pharmacy and Health Sciences. Staff from MCPHS will present a series of lectures over the next several months. The dates and topics are listed below:

Thursday, October 13th from 1pm-2pm - **Overview of Medication Safety – Dr. Amato**

Thursday, November 10th from 1pm-2pm - **How to Prevent Medication Errors – Dr. Cheng**

Thursday, December 8th from 1pm-2pm - **Over-the-Counter Products – Dr. John** These programs are free and open to the public.

Mysteries of the Cosmos

Tuesday, October 18, 1:00-2:00

Greg Snyder, Harvard Astronomer is back with his intriguing and thought provoking lectures on the Cosmos and planet earth. Program is free and open to the public.

Changes in Medicare Forum

Thursday, October 20, 1:00-3:00

Please join the Cambridge Council on Aging for our annual "Changes in Medicare" Forum. To register for the forum, please contact Alicia Johnson at 617-349-6215. Light refreshments will be served.

Book Talk Topic: Seniors Who Are Making A Difference
Carole Feeney Withrow from the library will be reviewing books by or about busy, active and productive seniors.

We are celebrating our 16th Anniversary in a few weeks. How quickly the time passes. It seems like only yesterday we were bringing in the furniture and putting the finishing touches on the Senior Center in anticipation of our "Grand Opening". We are 16 years older and are still growing our options of programs and services for seniors. The Council on Aging is the parent organization of the Citywide Senior Center and offers a variety of benefits and services for Cambridge residents age 60 and over such as Information and Referral services and Social Service. The Senior Center is an integral part of the City of Cambridge. Located in the heart of Central Square and is visited by thousands of people each year. The Senior Center is a vibrant center that offers a wide selection of exercise classes, health and wellness classes, ethnic and social groups, trips, parties, meals prepared on site, a senior food pantry and more. We will celebrate the 16th Anniversary with a Gala Party with entertainment by Singer Bobby Justin. Reservations required. Tickets are \$5.00

The Low Vision Support Group

The Low Vision Support Group is sponsored by the Massachusetts Association for the Blind and Visually Impaired and will meet on Monday, October 21, from 10 am to noon at the North Cambridge Senior Center, 2050 Massachusetts Avenue. This group is for individuals who are losing their vision and would like to learn from and listen to others' experiences. For more information, please call Laurie Werle, (800) 852-3029

Homeowner's Rehab (HRI) *Liz Seelman*

For the past three years I have been a member of the Advisory Board at HRI. Part of my job there is to hear the details of a client's application for help with building repairs and/or renovation. This is done with numbered codes so the confidentiality of the clients is not breached.

Because many older home owners have lived in their homes for many years, they frequently have paid off their mortgage but now are on limited fixed incomes. Loans are offered at no cost (pay off when home is sold) or very low cost. HRI also oversees the project and hires contractors to do the work.

It is amazing to hear about the struggles seniors face. Some are in very poor health, have lost loved ones, or care for adult children with problems. Going to a bank is a confusing prospect – often the rates are very high and the explanations of what is happening are less than ideal. At HRI someone comes to your home to walk you through the process. People are so relieved to find an agency that is trustworthy and can help with

otherwise impossible repairs. It is a privilege to consult on these cases and after reviewing the facts make a decision that you know will often change a person's life for the better. HRI also offers help with energy improvements and mortgage loan modifications.

Call HRI at 617-868-4858 and ask for Jennifer.

Computers For Seniors at Cambridge Community Television

Are you looking for an opportunity to have one-on-one help to brush up on your computer skills? CCTV welcomes you to use our computer lab to do just that!

Every Monday from 10am-12pm our computer lab is staffed by a friendly, patient and knowledgeable volunteer here to support seniors in their use of computers. We offer support from the basics of becoming familiar and comfortable with computers to more advanced things like using email, websites like Facebook, scanning photos, using digital cameras, and more.

We have recently moved to a new location in the heart of Central Square, just a short walk from the Red Line at 438 Massachusetts Ave.

For more information, please call Nicole at 617.401.4007



OCTOBER 2011

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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qi Gong 9:00-10:00 Computer Lab 10:00-12 Noon Senior Singers 10:00-11:30 Clay Sculpture 10:00-12:00 Movie 1:00-3:00 Ballroom Dance 1:00-3:00 Beano 1:30-3:00 Painting 1:30-3:30 TOPS 2:00 – 2:45 Computer Lab 1:00-4:30 Dinner 5:00-6:00 Reservations Required Line Dancing 6:00-7:00 Spanish Class 6:30-7:45	ESOL II 9:30-10:30 Computer Classes 9:00-12 (Limited open lab access) Chair Yoga 10:00-11:00 ESOL IV 10:30-12:00 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	Computer Classes 9:00 – 12 (Limited open lab access) Chinese Singers 9:00-11:30 Better Balance 9:30-10:30 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 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 9:00-12 (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 10-11 Lunch 11:30 – 12:15 Reservations required for lunch Senior Center closes at 1:00 pm

SPECIAL EVENTS & ACTIVITES AT OUR CENTER OCTOBER 2011

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3. Pizza & Movie Hocus Pocus w/ Bette Midler 4-6 Afternoon Tea 3:30-4:00	4. Men's Pizza & Movie 10:30-1 My Life, My Health Chronic Disease Self Management Program 1:00-2:00	5. Walking Club 9:00-12:00	6. Town Meeting 12:00-1:00 Birthday Party 1-2:00	7. Men's Breakfast 9:00-10:00 (Food Served until 9:30) *Kamishibai Workshop 10-11:00	1
10 COLUMBUS HOLIDAY Breakfast and Lunch only. All programming cancelled. Senior Center Closes at 1:00pm	11	12 Walking Club 9:00-12:00 Senior Flu Clinic 1-3 p.m (For seniors only. You must bring your health insurance card.) Better Balance & Tai Chi Class cancelled	13 Health & Wellness Talk Overview of Medication Safety – Dr. Amato 1:00-2:00	14 Ladies Breakfast 9:00-10:00 (Food Served until 9:30)	15
17 Book Club & Tea Book: WAR by Junger 3:00-3:30 Bingo & Dinner 4:00-6:00	18 Men's Pizza & Movie 10:30-1:00 Dr. Conant's Lunchtime Chat 12:00-1:00 My Life, My Health 1:00- 2:00 Mysteries of the Cosmos 1:00-2:00	19 Walking Club Banquet 11:00-1:30 (Invitation only)	20 Changes in Medicare Forum 1:00-3:00	21 *Kamishibai Workshop 10:00-11:00 Chinese Elder Meeting 10:45-12:00	22
24 Anniversary Week Tea & Cookies 3:30-4:00 31 *Halloween Party & Dinner 4:00-6:00	25 My Life, My Health 1- 2:00 Books On Review 1:00-2:00 Blood Pressure 2:30 – 3:00 (Windsor House)	26	27 *Sweet 16 ~ Senior Center Anniversary Party 12:30-3:00 (\$5.00 ticket in advance)	28 African-American Seniors 10:30-11:30	29

NORTH CAMBRIDGE SENIOR CENTER 617-349-6320
DAILY EVENTS AT OUR CENTER ☯ ☯ ☯ October 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 ☯ October 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 Open Forum 12:15 -1:00	4	5 WOW Cancelled Senior Flu Shot Clinic (For seniors only. You must bring your health insurance card.) 2-4:30 p.m.	6 Charles River Cruise & Shopping @ the Galleria 9-2:30 Registration required* Safety Awareness 1 -2	7 Men's Breakfast @ 806 9:00-10:00 Food Served until 9:30 (Reservations required)* Zumba Gold 9:30 – 10:30 \$3 per person
10 Holiday Center Closed	11 Halloween Card Design 9:30 – 10:30am	12 Birthday Tea 2:30 – 3:30	13 Odyssey Lunch Cruise Registration Required* \$15 Bus leaves at 10am	14 Ladies Breakfast @ 806 9:00-10:00 Food Served until 9:30 (Reservations required)*
17 Low Vision Group 10 - 12	18 Senior Advisory Meeting 3 - 4	19 Movie & Popcorn Far From Heaven Starring Julianne Moore 2:30 – 4:30	20	21 
24	25 Taxpayer Assistance 10-12:00 Noon	26 Blood Pressure Screening 12:30-1:15 The Witches of Eastwick 2:30 – 4:30	27 Luncheon Walk Passage To India Registration required* Leave 2050 @ 11:45	28 
31		<u>Sr. Advisory Committee</u> Abney Bourne, Chris Callanan, Joyce Frith, Rae Hamilton, Helen Kale, Ellie Stevenson, Betty White		*Rgistration is Required

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

OCTOBER 2011

**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
and beautiful
location
on the THIRD Floor
of the Center.**

**Our popular Computer Classes
(a series of four classes) begin
each month. Is your typing
rusty? MAVIS BEACON will
show you asdf ;lkj and so much
more. Ask a friendly
knowledgeable monitor how to
get started.**

**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 or
for a birthday. We will use PUBLISHER,
and can use 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> 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.**

			OCTOBER 2011	ALREADY?	S 10/1
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 1:00-4:15 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 10/3	T 10/4	W 10/5	TH 10/6	F 10/7	S 10/8
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 1:00-4:15 Alan Davis	Computer Basics 10:00-11:30 Eve Flochild Computer Lab 12:00-2:00 Eve/Gail	Computer Lab 9:30-11:30 Maurice Anderson
M 10/10	T 10/11	W 10/12	TH 10/13	F 10/14	S 10/15
Columbus Day 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 1:00-4:15 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 10/17	T 10/18	W 10/19	TH 10/20	F 10/21	S 10/22
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 1:00-4:15 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 10/24	T 10/25	W10/26	TH 10/27	F10/28	S 10/29
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 1:00-4:15 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 10/30 see above	T 10/31 see above				

**Cambridge Citywide Senior Center
806 Massachusetts Avenue
Cambridge MA 02139 To register; Call 617-349-6060**



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North Cambridge Senior Center Assistant

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North Cambridge Senior Center

Meal Site Director

Eliza Wiesner

Cambridge Council on Aging
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Cambridge, MA 02139