

Cambridge at Home

Helping residents of Arlington, Belmont, Cambridge, Somerville & Watertown age in place with confidence and peace of mind.

October 2017



CAH members enjoying the ferry ride to the Peabody Essex Museum in Salem.

We want to send a warm welcome to our newest members!

James & Sydney Fingold
Cambridge

Lee Pierce
Cambridge

Barbara Sweet & Allen Davis
Cambridge

Edda and Alan Dyson
Cambridge

Carolyn Wood
Cambridge

Cambridge at Home to Celebrate 10th Anniversary



Plan on joining us on **Thursday, December 14th** for a celebratory luncheon at Nubar Restaurant in the Sheraton Commander Hotel, just outside of Harvard Square. A formal invitation will be mailed in early November. There is so much to celebrate, so make sure to mark your calendar.

New CAH Book Group

Interested in joining a book club? A new CAH sponsored book club is forming! We will be reading a wide variety of books, chosen according to our members' interests, but our first book will be "Until the Iris Bloom" written by CAH member Tina Olton. (Don't miss her Lunch and Learn presentation on October 18. She will discuss how she came to write the story and the book's themes, which have to do with aging!)

The frequency and timing of our meetings will be discussed at an organizational meeting at the CAH office in November (date to be determined). If you have questions or would like to be added to an email list, email member Virginia Vaughan at vvaughan@hamilton.edu or call the office at 617-864-1715.

Calling All Opera Lovers

A new CAH group is forming for members who are interested in going to the opera. If interested in any of the upcoming performances, contact Liz Goodfellow at lizgz@aol.com and/or Anne Grace at aegrace710@gmail.com.

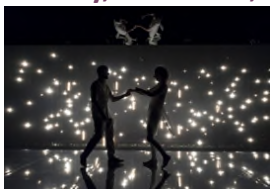
Upcoming performances: Boston Lyric Opera presents *Tosca*, matinees on October 15 and 22. Odyssey Opera opens the season with *Donizetti*, October 26 and 28. Save the date for *Opera Bites*, cabaret style, at Longy on Sunday afternoon November 12.

October Events

Unless otherwise indicated, please sign up for all activities by calling the office - 617-864-1715.

*Note: All guided walks are free and open to CAH members and guests. T & lunch are self pay.

Central Square Theater Presents: *Constellations* Sunday, October 1, 2 PM



Experience a mesmerizing and romantic story, or stories, where every moment, or word, could change the direction of a relationship forever \$32/ticket in

advance. **1 ticket left!** Pre-show lunch at Le Meridien Hotel (20 Sidney Street).

Walk: Mount Auburn Cemetery 580 Mount Auburn Street, Cambridge Tuesday, October 3, 1:30 – 3 PM



As fall foliage season arrives, we'll walk around our local arboretum and focus on some of the most distinctive and unusual trees in the collection. Walking distance:

2 miles. Meet at Visitor's Center.

Supper at The Cambridge Homes
360 Mount Auburn Street, Cambridge
Tuesday, Oct. 3 and Wednesday, Oct. 18, 6 – 7:30 pm
Don't miss the best deal in town! Just \$15 gets you a 3-course meal, wine, and conversation with fellow members. \$15/person in advance. Open to CAH members only.

Buffet at Changsho, 1712 Mass. Ave., Cambridge Thursday, October 5, 12 PM

All you can eat Chinese buffet ... here we come! Buffet is \$15/person (self pay). RSVP to Liz Goodfellow at lizgz@aol.com or 617-491-0880.

Tipple at Legal Sea Foods in Harvard Square Monday, October 9, 5 – 6:30 PM

Nothing beats grabbing a drink and appetizer with good company. Join us! \$20/person in advance. Open to CAH members only.

Walk: Harborwalk to JFK Library Tuesday, October 10, 10:30 AM – 2:30 PM



Meet downstairs at the Harvard T station ticketing machines to take the T to the JFK stop. From there we'll walk along the

paved Harborwalk that looks out at South Boston and downtown. We will stop at the Library for a light lunch before either taking the free van or walking back to the subway. Walking distance: 2 miles.

Botswana's Wildlife Jewels: The Big Five and the Okavango Delta Tuesday, October 10, 5 – 7 PM



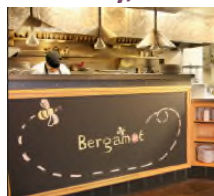
Game viewing in the Okavango Delta is special. Join Cambridge's inveterate traveler, Harry Pratt, and his nature-loving wife, Frances, as they visit five camps in the Delta, each with its

distinctive land and waterscape. Share outstanding views of "The Big Five" (the lion, leopard, rhinoceros, elephant and Cape buffalo), along with wild dogs, sable antelope and a rich bird life. Viewers are in for an exceptional evening devoted exclusively to wildlife. No previous knowledge of Africa is required – only a keen interest in nature and adventure! This event will be held in a member's home. Call the office for location. Refreshments will be served. Free and open to CAH members only. Limited to 25.

Volunteer Meeting, CAH Office Wednesday, October 11, 10:30 AM

Each month CAH volunteers meet to share their experiences, concerns and questions when it comes to volunteering. Interested in volunteering? Call the office!

Dinner at Bergamot, 118 Beacon Street, Somerville Thursday, October 12, 5:30 PM



Join fellow members for "Inventive American plates based on seasonal ingredients in an airy, upscale setting." RSVP to Liz Goodfellow at lizgz@aol.com or 617-491-0880.

Open to CAH members only. Limited to 12.

Biography Group, CAH Office**Tuesday, October 17, 2 PM**

This month we will discuss *Penelope Fitzgerald: A Life*, by Hermione Lee. The group is currently closed.

Walk: Frederick Law Olmsted's Boston Fens**Tuesday, October 17, 10:30 AM – 2 PM**

We'll explore "the wooded paths along the meandering creek," with its many "gardens, thickets and open glades." Light lunch to follow at nearby restaurant. Meet downstairs at the Harvard T station

ticketing machines. Walking distance: 2 miles.

Lunch & Learn: An Inside Look at the New Novel,***Until the Iris Bloom*, by Tina Olton, CAH Office****Wednesday, October 18, 11 AM**

Tidy Bourbon is a 92-year-old who, despite cognitive challenges, is hoping to live out her remaining days as an independent woman. Unfortunately, her tenant and care provider is arrested and thrown into jail, leaving Tidy to fill the void. A social worker and "the bums down the street" take interest in her vulnerability, and her independence is thus challenged.

"An intimate examination of the challenges of aging, anchored by a memorable heroine of indomitable pride and courage." - *Kirkus Reviews*.

CAH member, Tina Olton, will share how her experiences as a counselor and advocate for seniors in California led her to write this story. Bring along a light lunch for post-talk conversation. Free and open to CAH members only. Limited to 20.

Nutrition and Bone Health: The Calcium Conundrum**Thursday, October 19, 11 AM****Cambridge Public Library, 449 Broadway**

Dr. Kyla Shea, researcher at Tuft's University's Human Nutrition Research Center on Aging, will share insight into recent findings about the relationship

between calcium supplements and bone health. Free and open to CAH members and guests.

Walk: The Head of the Charles Regatta**Sunday, October 22, 1:30 – 3:30 PM**

We'll circle the paths along both banks of the Charles River between the Eliot and Western Avenue Bridges to observe this grand, unfolding regatta, full of rowers from hundreds of

colleges and clubs from around the world. Meet in Brattle Square at the entrance to the JFK walkway. Bring along family, friends and grandchildren to check out this spectacular event!

Altered States at Houghton Library**Tuesday, October 24, 11 AM**

The search for something beyond the ordinary experience – for transcendence – has preoccupied humankind for millennia. Religion, the occult, philosophy, music, endorphins, ecstasy: various paths have been taken in the hope of achieving it. This exhibition celebrates

the late Julio Mario Santo Domingo's quest to document the history of this search through rare books, manuscripts, photographs, posters, print, comics and ephemera. We will explore the exhibition freely before heading over to Grafton Street for lunch.

Walk: Boston's Freedom Trail**Tuesday, October 31 (Boo!), 10:30 AM – 2 PM**

We'll follow the route that links the city's Revolutionary sites, from Boston Common to the top of Copp's Hill Burying Ground in Charlestown. After we'll enjoy a light lunch at the famous Union Oyster House. Meet downstairs at the Harvard T station ticketing machines. Walking distance: 2.5 miles.

November Event***The Pirates of Penzance*****Presented by the Harvard-Radcliffe Gilbert & Sullivan Players at Agassiz Theater****Saturday, November 4 at 2 PM**

Join us for our annual tradition of attending the Harvard-Radcliffe Gilbert & Sullivan Players' fall performance! CAH has reserved 12 balcony seats. Tickets are \$15/person in advance. Call the office by October 14 to reserve your ticket!

October 2017 Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Oct 1 2p Constellations	2 11 Shopping	3 10:30 Walk: MAC 6p Supper	4 11 Shopping 2p Stretch	5 12p Lunch at Changsho	6 11 Shopping 11 Movement	7
8	9 *Office Closed Columbus/Indigenous Peoples' Day 11 Shopping 5p Tipple	10 10:30 Walk: Harborwalk 5p Botswana's Wildlife	11 10:30 Volunteer Meeting 11 Shopping 2p Stretch	12 5:30p Bergamot Dinner	13 11 Shopping 11 Movement	14
15	16 11 Shopping	17 10:30 Walk: Boston Fens 2p Biography	18 11 Shopping 11 L&L: Author Talk 2p Stretch 6p Supper	19 11 Nutrition & Bone Health	20 11 Shopping 11 Movement	21
22 1:30p Walk: Regatta	23 11 Shopping	24 11 Houghton Library 11 Open House	25 11 Shopping 2p Stretch	26	27 11 Shopping 11 Movement	28
29	30 11 Shopping	31 10:30 Walk: Freedom Trail	Nov 1 11 Shopping 2p Stretch	2	3 11 Shopping 11 Movement	4 2p Gilbert & Sullivan's

Grocery Shopping - Our driver will help carry your groceries! Advanced registration required.

Exercise - Classes take place at Evolve Fitness, 52 New Street, Cambridge.

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