

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

February 2019 Event Calendar

Monday, February 4, 1:00–2:00 pm
Meditation with Joel Baehr, CN Office



After a brief hiatus, our monthly meditation sessions are back! CN member and teacher, Joel Baehr, will lead "natural meditation," a Tibetan way of meditation

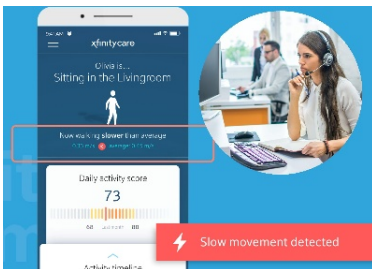
that is grounded in our ordinary capacity for openness and love. All members welcome, regardless of previous experience with meditation.

**Wednesday, February 6 and
Tuesday, February 19, 6:00–7:30 pm**
**Supper at The Cambridge Homes
360 Mt. Auburn Street, Cambridge**



Join us for a three-course meal served with wine in a private dining room. Members only. Call or email the office to sign up. \$15/person in advance.

Thursday, February 7, 10:30–11:30 am
**Technology for Safety and Wellbeing at Home,
CN Office**



Healthcare technology expert, Sumit Nagpal, will discuss independent living as we age and present an innovative service being developed by a

company that you may already have in your home—Comcast. In this interactive session, Sumit will describe what he is developing and seek your feedback about how valuable this type of technology would be for our members. Free and open to members only.

Please register for all events: 617-864-1715
or info@cambridgenighbors.org

Monday, February 11, 5:00–6:30 pm
**Tipple at Legal Sea Foods, Charles Hotel,
Harvard Square**



If it isn't fresh, it isn't Legal!™

Tipple is a monthly gathering where members meet over wine and appetizers at Legal Sea Foods. Call or email the office to reserve your space. \$20/person.

Thursday, February 14, 10:30 am–12:00 noon
**Second Thursdays with Neighbors:
Valentine's Day Party, CN Office,
4th Floor Conference Room**



A Valentine's Day coffee time potluck! Bring a morning coffee treat to share with your Cambridge Neighbors friends—things like banana bread, tea sandwiches, fruit or cookies. Finger foods recommended. We

will provide coffee, water and sparkling cider.

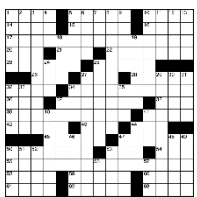
Drop your coat off at the CN office and then head up to the top floor. Turn left as you exit the elevator and find the conference room down the hall on the right. Members only.

To register:

- Call the CN office to sign up.
- Let us know if you are able to bring something and what it is.
- **Please note:** in consideration of those with dietary restrictions, please include a label with all ingredients listed.

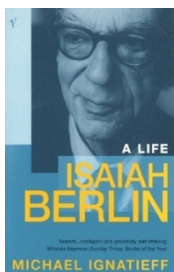
February 2019 Events Continued

**Tuesday, February 19, 10:00–11:00 am,
Crossword Club, CN Office**



Under the guidance of CN member and crossword guru, Steve Salmon, we will work to solve challenging word puzzles. We will review the two puzzles previously distributed and discuss any problems encountered, as well as techniques to solve them, and then move on to slightly harder puzzles. Free and open to members only.

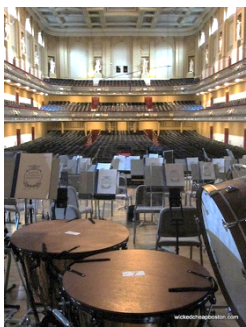
**Tuesday, February 19, 2:00–3:00 pm
Biography Group, CN Office**



In February, we will discuss *Isaiah Berlin: A Life*, by Michael Ignatieff. Born in Riga, Latvia, in 1909, Berlin was a witness to the rise and fall of the Soviet Union. When he died in 1997, he was hailed as the most important liberal philosopher of his time. This work represents a ten-year collaboration between Berlin and

biographer Ignatieff. The biography group is open to new members. Please call the office to sign up.

**Thursday, February 21, 10:00 am–2:00 pm
Private Tour of Boston Symphony Hall
301 Massachusetts Avenue, Boston
(Meet at Apple Cinemas at 10:00 am)**



Join us for a behind-the-scenes tour of America's premier concert hall. Experienced members of the Boston Symphony Association of Volunteers unfold the history and traditions of the Boston Symphony Orchestra—including its musicians, conductors and supporters—and the hall. Tours include viewing public spaces in Symphony Hall, as well as select behind-the-scenes areas when available. Following the tour, we will decide whether to have lunch nearby or head back in the taxis.

Cost for the tour is \$12/person and round-trip taxi fare from Apple Cinemas is \$18/person, including tip. Both amounts payable to Cambridge Neighbors in advance. You can also choose to meet the group at Symphony Hall for the 10:30 am tour.

**Thursday, February 21, 11:00 am–12:00 noon
Open House, CN Office**



If you know anyone interested in learning more about Cambridge Neighbors, please let them know about our next open house in February. We will give a comprehensive overview of programs and services, allowing plenty of time for questions. Attendees should call the office to register.

**Monday, February 25, 5:00–6:30 pm
Tipple at Nubar, 16 Garden St, Harvard Square**



Join us as we gather over wine and appetizers at Nubar at the Sheraton Commander Hotel. Call the office to reserve your space. \$20/person.

**Thursday, February 28, 5:30–7:00 pm
Monthly Restaurant Dinner at Viale
502 Massachusetts Avenue, Cambridge**




Monthly restaurant dinners are back by popular demand! We will rotate towns in alphabetical order and pick a new or favorite restaurant to enjoy. Restaurants are chosen for their food and wine offerings, as well as an atmosphere conducive to chatting and the ability to pay separately. This month, we are revisiting a favorite Italian restaurant in Central Square, Cambridge, Viale. Call the office to sign up.

CN Interest Group Updates

- **Knitting Group:** The knitting group had its first organizing meeting on Monday, January 28. A regular meeting time and place will be announced in our Friday afternoon email.
- **Bridge Group:** The Bridge Group leader will be meeting with a Bridge teacher early this month to determine rates and availability. After that, an organizing meeting will be arranged for all interested members.

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Meditation 1 – 2 pm	5 Program Committee Meeting 10:30 am	6 Stretch Class 2 – 3 pm TCH Supper 6 – 7:30 pm	7 Tech for Safety & Wellbeing at Home 10:30 am	8 Movement Class 11 am – 12 pm	9
10	11 Tipple at Legals 5 – 6:30 pm	12 Volunteer Meeting 10:30 am	13 Stretch Class 2 – 3 pm	14 2nd Thursdays with Neighbors: Valentine's Day Potluck  10:30 am – 12 pm	15 Movement Class 11 am – 12 pm	16
17	18 Office Closed Presidents' Day	19 Crossword Club 10 – 11 am Bio Group 2 – 3 pm TCH Supper 6 – 7:30 pm	20 Stretch Class 2 – 3 pm	21 Boston Symphony Hall Tour 10:00 am Open House 11 – noon	22 Movement Class 11 am – 12 pm	23
24	25 Tipple at Nubar 5 – 6:30 pm	26	27 Stretch Class 2 – 3 pm	28 Restaurant Dinner: Viale 5:30 – 7 pm		

Grocery Shopping

A volunteer driver will pick you up, drive you to a local supermarket, stay on site, drive you home and carry your bags into the house.

- Please call the office a few days in advance to arrange a volunteer driver.
- We appreciate your being mindful of the driver's time, limiting your shopping to 5 bags.

Exercise Classes

Wednesday (stretch) and Friday (movement) exercise classes take place at Evolve Fitness – 52 New Street, Cambridge.

- Registration is no longer required for exercise classes.

Connections: Creating a Network of Support

Diane Leone is a long-time member of Cambridge Neighbors who has generously volunteered her time providing members with rides to important medical appointments, often going out of her way to do so. The tables turned this past fall when Diane experienced her own serious health issue. She was faced with having to figure out how to travel from Cambridge to Bedford at 7 am the day of her surgery and where to keep her car while she was hospitalized and in rehab for several weeks.

Diane is not someone who asks for much, but when other members heard of her predicament, they came forward to help. One fellow member drove her to her 7 am appointment and another offered to keep her car while she was gone. Someone picked her up from rehab and drove her home. As a recipient of this much-needed assistance, Diane was overwhelmed.

"I felt they saved my life," she said. "I was stunned and amazed at their wonderful gestures of support." And she learned a lot about receiving. "It was a good experience for me to know that others can be so giving. I am still feeling the warm feelings. They are 'angels' who helped me get through a difficult period."

Welcome to our newest volunteer



Claire MacMurray has recently joined CN as a volunteer. If she looks a bit on the younger side, that's because she is! She just finished her undergraduate degree and is working at a local biotech company.

Claire has a keen interest in working with our members. She wants to help with errands, organizing or providing companionship. Welcome, Claire, and thank you!

Men's Group: Call for Members

Cambridge Neighbors is exploring a Men's Group, which has been successful in other Village organizations as a great way for our male members to get together and socialize. If you would be interested in participating, please call or email to be added to our list.

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