

# CAMBRIDGE NEIGHBORS

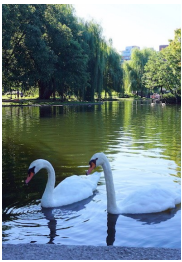
ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

## June 2019 Events Calendar

**Monday, June 3, 10:30am - 1:00pm**

### **Explorer Walk. Boston Public Gardens and Boston Public Library**

From Charles Street T station we'll walk along the Esplanade to the Hatch Shell, cross over the Arthur Fiedler foot bridge to Beacon Street and then over to the blossoms of the Public Gardens. After checking on the swans, we'll make our way up Commonwealth Ave. Mall to Copley Square to the Boston Public Library. We'll go for a light lunch in the Map Room before heading home by the T. Walking distance approx. 2 miles. Meet at Harvard T (downstairs) at 10:30am.



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**Monday, June 3, 10:00am - 11:00am**

### **Meditation with Joel Baehr, CN Office**

Join CN Member, Joel Baehr, in "natural meditation." All members welcome, regardless of previous experience.



**Mondays, June 3, 10 & 24, 2pm - 3pm;**

### **June 17, 1:30pm - 2:30pm Knitting Group, CN Office**

The CN Knitting Group meets every Monday. Join us for conversation and tips as you work on your projects.

**Tuesday, June 4 & Wednesday, June 19, 6 - 7:30pm**

### **Suppers at The Cambridge Homes (TCH) 360 Mt. Auburn St., Cambridge**

Join us for a three-course meal with wine in the private dining room at The Cambridge Homes.

\$15/person in advance. CN Members only.

Call/email the office to reserve your spot.

(Due to the popularity of this event, you can preference your first choice, and be put on a waiting list for the other date if you'd like.)



**Thursday, June 6, 11:45am**

### **Private Tour of Boston Opera House 539 Washington Street, Boston**

Meet downstairs at the Harvard T station by the ticket machines at 11:00 am. We will travel together on the Red Line to Downtown Crossing to arrive at the



Opera House box office by 11:45 am. Ticket for Historical tour is \$17 per person payable to CN in advance.

See the restoration that brought beauty and elegance back to this century-old theater. The Boston Opera House is

among the world's finest examples of vaudeville-era opulence and quality detailing. It is the only surviving work in Boston by distinguished American theater architect, Thomas Lamb.

The one hour historical guided tour is a wonderful education opportunity that encompasses historical and architectural highlights including the grand lobby areas and the majestic auditorium. Learn about how the theater operates today and what it takes to put on a modern day production. Following the tour, you can decide to join the group for an optional pay-on-your own lunch nearby.

**Monday, June 10, 10:30am - 1:00pm**

### **Explorer Walk, Upper Charles River, Watertown**

Unlike the lower Charles River with its formal riverbanks bracketed by parkways, the upper river is a narrow, winding body of water running along rustic woodlands with ample wildlife. We'll walk the shaded pathway from Watertown Square along the

North bank of the river to Bridge Street. There we'll cross to the South bank and return to our start point. Meet at the Watertown Square bus turnaround at 10:30

am. (Bus #71 which leaves Harvard Sq. at 10:10am fits our schedule.) Walking distance approx. 2 miles.



**June 10, 5:00pm - 6:30pm**

### **Tipple at Legal Seafood**

Wine and snack event for members.

Please call the office to reserve your space. \$20 per person.



**Thursday, June 13, 10:30am - 11:30am**

**Second Thursdays with Neighbors: "CUBA" with CN member Nancy Barcelo, CN Office - 4th Fl. Conference**

Join us for an informal conversation and presentation about Cuba from the perspective of a first time visitor, CN Member Nancy Barcelo. Nancy plans to share what she feels is just the beginning of her understanding of this complex and beautiful country, having read some of its history and fictional writings, as well as having visited Cuba. Others who have been to Cuba are encouraged to come and add to the discussion. Please call or email the office to register.



**Thursday, June 13, 11:00am - 12:00 noon**  
**Info-Session, CN Office**

CN is hosting an info-session for potential new members. If you have neighbors or friends who might like to learn about CN, please tell them to join us. They should contact the office (info@cambridgenighbors.org or 617-864-1715) with questions or to confirm attendance.

**Monday, June 17, 10:30am - 1:30pm**

**Explorer Walk, Boston University Central Campus and Charles River Esplanade**

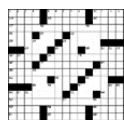


Present day BU is a private research university with roots dating back to the early nineteenth century. We'll begin by walking the central campus from Kenmore Sq. to near the BU Bridge. We'll walk down Bay State Rd. along

beautifully restored brownstone mansions to the open space of BU Beach, and then up some broad steps to Marsh Plaza, the setting for Marsh Chapel and the M. L. King Memorial. Then on again to the Esplanade. From there we'll walk back to Mass. Ave. for a light lunch at the modest Corner Tavern before popping on the #1 bus back to Harvard Square. Meet downstairs in the Harvard T station by the ticket booths to take the T to Kenmore Sq. Walking distance about 2.5 miles.

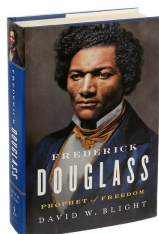
**Tuesday, June 18, 10:00am - 11:00am**  
**Crossword Club, CN Office**

Under the guidance of crossword guru, Steve Salmon, you'll work to solve challenging word puzzles. The group reviews previously distributed puzzles to discuss challenge areas and strategies for solving. Then Steve will distribute new puzzles. Free and open to members only.



**Tuesday, June 18, 2:00pm - 3:30pm**  
**Biography Group, CN Office**

Join us for a discussion on *Frederick Douglass, Prophet of Freedom* by David W. Blight. Considered a prophet of Freedom, Frederick Douglass became a political abolitionist, a Republican, and



eventually a Lincoln supporter. By the Civil War and during Reconstruction, Douglass became the most famed and widely travelled orator in the nation. Winner of the Pulitzer Prize in History and the Lincoln Prize for outstanding work about the Civil War. Open to new members, provided you have read the book by meeting time.

**Thursday, June 20, 10:15am - 11:30am**

**A Guided One-hour Tour of iconic Longfellow House/ Washington's Hdqtrs., 105 Brattle St., Cambridge**

Built by John Vassal. Jr. in 1774, during the first year of the American Revolution, the house was occupied by George and Martha Washington, and for forty-five years in the 19th century, was the home of Henry Wadsworth Longfellow. We will start by gathering at the Visitor's Center at the back of the property. After the tour, we'll stroll through the adjacent



manicured garden. The house is considered "generally handicapped accessible w/elevator" but the only parking on-site is handicapped. *Non-Cambridge residents should try to find nearby metered parking.* **Event is free**, but count is limited.

**Monday, June 24, 8:45am - 4:00pm**

**Explorer Walk, Spectacle Island in Boston Harbor**

Join us to venture out to the National Park Services' Spectacle Island in the center of Boston Harbor. After the ferry delivers us from Long Wharf to the island's dock with its adjacent Visitor Center and Café, most of us will walk the accessible main walkway which gradually circles up the main drumlin, giving 360 degree views of the harbor, South Boston, the Blue Hills, downtown Boston, and the surrounding islands and boating activity. After the walk we'll head to the snack bar to eat and relax before taking the 2:30 return ferry. Meet at the Harvard T station ticket machines at 8:45am. Roundtrip ferry ticket: \$14.95. Subway and lunch, pay on your own.



**Monday, June 24, 5:00pm - 6:30pm**  
**Tipple at Nubar**

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

**Tuesday, June 25 - 11:00am - 12:00pm**  
**Tufts Nutrition Talk: "Eat for your Eyes"**  
**Cambridge Pub. Library, 499 Broadway**

Please join us for the third installment of this season's Tufts University Jean Mayer USDA Human Nutrition Research Center on Aging lecture series, entitled, "Eat for Your Eyes." Dr. Sheldon Rowan will discuss how aging increases your risk for many eye diseases like macular degeneration, cataracts, and glaucoma, but how eating healthy with plenty of fruits and vegetables reduces the risk. We promise you will learn a few things!



# June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
	Meditation 10am-11am Explorer Walk 10:30am - 1:00pm Knitting Grp, 2-3	Program Mtng 10:30 - 12:00 pm TCH Supper 6 - 7:30 pm	Stretch Class 2 - 3 pm	Boston Opera Private Tour 11:45am	Movement Class 11 am - 12 pm	
9	10	11	12	13	14	15
	Explorer Walk 10:30 - 1:00pm Knitting Group, 2 - 3 pm Tipple at Legals 5 - 6:30 pm	Volunteer Meeting 11:00 am -12:30pm	Stretch Class 2 - 3 pm	2 <sup>nd</sup> Thursdays with Neighbors: Nancy Barcello Cuba 10:30- 11:30am CN Office, 4th Floor  CN Open House 11:00 am CN Office	Movement Class 11 am - 12 pm	
16	17	18	19	20	21	22
	Explorer Walk 10:30-1:30pm Knitting Group, 1:30 - 2:30 pm	Crossword Club 10-11 am Biography Book Group 2 - 3:30 pm	Stretch Class 2 - 3 pm  TCH Supper 6 - 7:30 pm	Longfellow Tour 10:15am - 11:30am	Movement Class 11 am - 12 pm	
23	24	25	26	27	28	29
	Explorer Walk 8:45am - 4:00pm Knitting Group, 2 - 3 pm Tipple at Nubar 5 - 6:30 pm	Tufts Nutrition Series: 11 am Cambridge Public Library	Stretch Class 2 - 3 pm	Care Giver Support Group 11 am - 12:15pm Restaurant Dinner: Orleans Restaurant 5:30pm—7pm	Movement Class 11 am - 12 pm	



## Thursday, June 27, 11:00am - 12:15pm Care Givers Support Group

Held on the fourth Thursday of every month, this Care Giver Support Group has been designed to provide a safe gathering space for those caring for partners or family members contending with dementia, disability, illness, or simply a body in more rapid decline than yours. Care partners need care—and this gathering offers emotional, educational, and social support to those partners.



**Facilitator Ted Aransky** from *Always Here Home Care*, has worked for the past 17 years exclusively with older adults in a variety of roles and settings including, Corporate Director of Fitness and Wellness with Hebrew Senior Life, a Geriatric Care Manager with Overlook CARE, and now VP of Operations

for Always Here Home Care. He is a nationally certified Geriatric Care Manager and Certified Dementia Practitioner.

Participants will be provided with:

- Stress Management Techniques and Exercises
- Dementia Disease Education and Resource Utilization
- Practical Strategies for Dealing with Challenging Behaviors
- Emotional Support via Open Dialogue and Shared Experiences

Please contact the CN office with questions or to sign up.

## Thursday, June 27, 5:30pm - 7:00pm

### Dinner at Orleans, 65 Holland St., Somerville

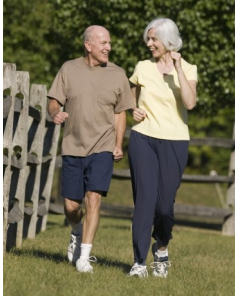
Orleans is a casual, contemporary restaurant located in Davis Sq., Somerville within walking distance of the Red Line featuring seasonal menus and a burger-of-the-week. There is a coin/card parking lot across the street. Dinner is self-pay. Limit is 12.



## Key to Independence: Keep Moving!

On Tuesday, April 23<sup>rd</sup>, Dr. Kieran Reid from the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, delivered a compelling presentation on the importance of exercise. By now, we all know that exercise is critical to our overall health, **but did you know:**

- Physical activity is the only established proven intervention that will affect your decline in mobility.
- Studies have shown that exercise not only improves physical mobility but also cognitive functioning (147 trial drugs have failed to address dementia).
  - There is a clear difference in the number of falls experienced by people who engage in physical activity and those who don't.
  - Gait speed is the new vital sign! Walking speed across a short distance is telling. It's a powerful predictor of life expectancy.



**What's the simple answer?** It's walking, lower extremity strength training with ankle weights, flexibility and balance training. For those of you who are unaware, Cambridge Neighbors offers a complimentary, twice-a-week exercise program

that includes flexibility and balance training, delivered by professional instructors at Evolve Fitness in Cambridge. We also offer Monday group walks with our erudite volunteer leader, Dick Joslin! He makes the walks fun and informative! Check out the calendar or call the office for more information.



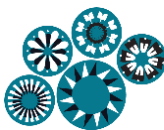
On May 9, Jane Walker Richmond (standing), a Cambridge Neighbor member and avid photographer, lent her skills and experience to teach members how to digitize their photos.

### 2019 Board of Directors

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Jay Lorsch  
Brian Merrick  
Kristin Mortimer  
Tina Olton  
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