

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

July 2019 Events Calendar

Monday, July 1, 10:30am - 2:00pm

Explorer Walk: Minuteman Path, Cambridge to Arlington Heights

We've been rained out twice, but we'll try again. Meet at Alewife Station in front of Bertucci's to start our walk. We'll follow the paved Minuteman Pedestrian/Bike Path from the station, around Spy Pond to Arlington Center and then to Arlington Heights. On the way back we'll stop at Magic Bites for a light lunch (self-pay) before busing home. Approximately 2.5 miles walking.



Mondays, July 1, 8, & 22, 2pm - 3pm;

July 15 & 29, 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.



Monday, July 8, 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.

Monday, July 8, 10:30am - 3:00pm

Explorer Walk: Lechmere Station to Charlestown Navy Yard, and across the Harbor to Long Wharf



We'll meet at Harvard Sq. bus stop, opposite Cambridge Trust Bank, to take the #69 bus to Lechmere. From there we'll walk towards the Charles River and over the pedestrian bridge from North Point in Cambridge into Revere Park in Charlestown. We'll

continue on by the anchorage of the USS Constitution before entering the Navy Yard. There we'll visit the Museum with its mass of historical memorabilia, bookstore, facilities, etc. At the end of the pier, we'll board the harbor ferry (\$3.50). Upon arrival, we'll go to James Hook Lobster Shack (lunch on your own) before walking down the Rose Kennedy Greenway to take the subway home. Approximately 2.5 miles walking.

**Monday, July 8, 5:00pm - 6:30pm
and Monday July 22, 5:00 - 6:30pm**
Tipple at Legal Seafood

Charles Square, Cambridge

Wine and snack event for members. A great way to meet other CN Members! Please call the office to reserve your space. \$20 per person. (Due to the popularity of our Tipple events, you can preference your first choice, and be put on a waiting list for the other date if you'd like.)



Tuesday, July 9 & Wednesday, July 24, 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. Contact the office to reserve your spot. (Due to the popularity of this event, you can preference your first choice, and be put on a wait list for the other date if you'd like.)

PLEASE NOTE: There will be NO Evolve Fitness classes during the month of July. Classes will resume in August.

Thursday, July 11, 10:30am - 11:30am



Second Thursdays with Neighbors: Using UBER & Lyft Ride Services with CN Intern, Alina Gallupe. CN Office

Interested in going by *Uber* or *Lyft* instead of a taxi? Here's your chance to learn how to use the 'apps' for these ride services. Alina Gallupe, intern at Cambridge Neighbors, will show us how easy it is to download the smartphone apps for *Uber* and *Lyft*, set up an account, and summon a ride. Learn about the costs, making payments, and tipping options. Also, learn a bit about *GoGoGrandparent*, an alternative to using the app for those that may not own a smartphone, or any cell phone for that matter.

Monday, July 15, 10:30am - 1:00pm

Explorer Walk: Linear Path, from Alewife to Davis Sq.

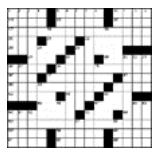
Meet in front of Bertucci's next to the Alewife station. The Linear Path is a shaded, paved, level walkway, built over the subway in 1985, linking the two major subway stops. In Davis Square we'll have a light lunch (pay on your own) at one of the bistros before heading back. Some may prefer to take the sub-

way home, others will walk back the way we came. Total walking distance about 1.5 miles each way.

Tuesday, July 16, 10:00am - 11:00am

Crossword Club, CN Office

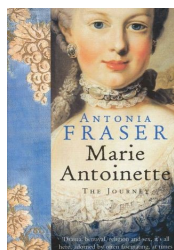
Under the guidance of CN member and crossword guru Steve Salmon, you'll work to solve challenging word puzzles. The group reviews previously distributed puzzles to discuss challenge areas and strategies for solving. Then Steve will distribute new puzzles. Free and open to members only.



Tuesday, July 16, 2:00pm - 3:30pm

Biography Book Group, CN Office

Join us for a discussion on Antonia Fraser's *Marie Antoinette, The Journey*. France's beleaguered queen, Marie Antoinette, wrongly accused of uttering the infamous "Let them eat cake," was the subject of ridicule and curiosity even before her death. She has since been the object of debate and speculation and the fascination so often accorded tragic figures in history. Open to new members, provided you have read the book by meeting time.



Thursday, July 18, 2:00pm - 3:30pm, CN Office

How will we live tomorrow? A cyclist's national conversation while pedaling through the lower 48 states.



After Cambridge resident Paul E. Fallon retired at the age 60, he



turned his love of cycling into a national conversation. During 2015-2016, Paul pedaled over 20,000 miles through the 48 contiguous states and asked everyone he met, 'How will we live tomorrow?' Hundreds of strangers offered him food and shelter; thousands more shared their thoughts about "tomorrow".

At ten miles per hour, Paul was a slow moving antidote to an election cycle that highlighted our national dissonance. Yet he found generosity among people of all persuasions and discovered the strength in asking a question rather than pretending to know the answers.

Paul will share stories from his adventure with CN Members, as well as his perspectives on how cycling and conversation are satisfying ways to bring us all together.

Sunday, July 21, 9:00am - 8:00pm

Trip to Tanglewood

Join some of your fellow CN members for an organized trip to Tanglewood for the BSO's concert performance of Gershwin & Stravinsky, featuring Andris Nelsons, conductor and Jean-Yves Thibaudet, piano. Package includes round-trip luxury motorcoach transportation from Park Street Station & Riverside Station and concert ticket - \$125. Meet at Apple Cinema to carpool to Riverside Station. **Call Nancy at Berkshire Tour Company 781-438-8620 to order your ticket and specify that you are with Cambridge Neighbors.**



Monday, July 22, 10:30am - 6:00pm, Explorer Walk Ferry to Salem's Peabody-Essex Museum & train home



Meet at the Harvard Square T-station by the ticket machines to head for Boston's Long Wharf to board the Salem Ferry. (\$23 one-way). After arriving in Salem, we'll take the free trolley to the Museum (admission

\$18) to see the current exhibition: "Passion for American Art, from the Carolyn and Peter Lynch Collection" which includes works by Childe Hassam, Martin Johnson Heade, Winslow Homer and John Singer Sargent. Following will be a brief lunch in the museum's atrium. Afterwards, we'll view "Double Happiness: a Celebration of Chinese Art," before walking six blocks to the Salem train station for a ride back to Boston's North Station (\$7.50 one-way) and then take the subway home.

Tuesday, July 23, 10:45am - 2:00pm

Museum of Fine Arts: Toulouse-Lautrec and the Stars of Paris Exhibit in Gund Gallery (LG31)

Explore Paris at the turn of the 20th century through evocative posters, prints, and paintings of Henri de Toulouse-Lautrec.

The exhibition is composed of thematic sections highlighting Lautrec's formal innovations, such as dramatic lighting effects and color combinations; the artistic and social landscapes of Paris, scenes of the city by day and by night; cafés, cabarets, and theaters; and celebrities of the age. The display also incorporates works by Lautrec's contemporaries. Option to stay afterwards and enjoy a pay-on-your-own lunch at the museum.



Museum admission is self-pay: free to museum members; \$23 for non-member seniors (65+). The MFA museum passes from local public libraries admits up to 2 people for \$10 per person. **When registering, please indicate if you wish to carpool from Apple Cinemas, as a passenger or a driver, or get to the Museum on your own. Those carpooling will meet at Apple Cinemas at 10 am. For all: meet at 10:45 in lobby at Museum's Huntington Avenue entrance. (Carpoolers: please bring cash for your share of parking fee in \$3-\$7 range.)**

Thursday, July 25, 11:00am - 12:15pm

Care Givers Support Group, CN Office

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

July 2019

PLEASE NOTE: EVOLVE FITNESS classes have been suspended for the month of July, due to the vacations of their instructors, and will resume to normal in August.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Explorer Walk 10:30am - 2:00pm Knitting Grp, 2-3	2 Program Mtng 10:30 - 12:00 pm	3 NO STRETCH CLASS TODAY	4 4th of July CN Office Closed 	5 NO MOVEMENT CLASS TODAY	6
7	8 Meditation 10-11 Explorer Walk 10:30am - 3:00pm Knitting Group, 2 - 3 pm Tipple at Legal's 5 - 6:30 pm	9 Volunteer Meeting 11:00 am -12:30pm TCH Supper 6 - 7:30 pm	10 NO STRETCH CLASS TODAY	11 2nd Thursdays with Neighbors: "Driving Alternatives- A lesson in UBER & LYFT " w/ Alina 10:30am- 11:30am	12 NO MOVEMENT CLASS TODAY	13
14	15 Explorer Walk 10:30am-1:00pm Knitting Group, 1:30 - 2:30 pm	16 Crossword Club 10-11 am Biography Book Group 2 - 3:30 pm	17 NO STRETCH CLASS TODAY	18 Cyclist Paul E. Fal- lon- "How will we live tomorrow?" presentation 2:00- 3:30pm	19 NO MOVEMENT CLASS TODAY	20
21 Tanglewood 9:00am - 8:00pm	22 Explorer Walk 10:30am - 6:00pm Knitting Group, 2 - 3 pm Tipple at Legal's 5 - 6:30 pm	23 MFA Trip: Toulouse Lautrec and the Stars of Paris exhibit 10:45-2:00pm	24 NO STRETCH CLASS TODAY TCH Supper 6 - 7:30 pm	25 Care Giver Support Group 11 am - 12:15pm Restaurant Dinner: Tosceno in Harvard Square 5:30pm-7pm	26 NO MOVEMENT CLASS TODAY	27
28	29 Explorer Walk 10:30am - 12:00pm Knitting Group, 1:30pm - 2:30 pm	30 Tour Old Schwamb Mill & Lunch at Thai e-sarn Cuisine 11:00am - 2:00pm	31 NO STRETCH CLASS TODAY			

Thursday, July 25, 5:30pm - 7:00pm

Dinner at Toscano, 52 Brattle St.

Harvard Square, Cambridge

Join fellow "neighbors" for a taste of Italy.

Tosceno pays homage to its Tuscan roots with menu selections and daily specials that bring together seasonal ingredients and rare imports. Dinner is self-pay. Limit is 12.



Monday, July 29, 10:30 am - 12:00 pm

Local Walk: Mount Auburn Cemetery

Meet in front of the Visitor's Center for a summer walk through the nation's first public arboretum. Walking distance approximately 2 miles.

Tuesday, July 30, 11:00am - 2:00pm

Tour of the Old Schwamb Mill 17 Mill Lane Arlington & Lunch at Thai e-sarn Cuisine, 1377 Mass Ave.

Enjoy an excursion to Arlington Heights where you may participate in a tour of the Old Schwamb Mill and/or a tasty Thai lunch. We will start with an 11:00am tour of the Old Schwamb Mill, a 19th century woodworking mill-museum which maintains its traditions and is the oldest picture frame mill in the country. It's listed in the National Register of Historic Places. Following the 60 minute tour, you may continue with a seven minute walk to Thai e-sarn Cuisine for a delicious Thai lunch; reservations are at 12:30. Following lunch, return by bus to Harvard Square. Indicate in RSVP: tour, lunch, or both and if coming by bus. \$5.00 CASH Mill admission and CASH lunch.

Connections: Sharing Cuba with Friends

Cambridge Neighbors member and supporter, Nancy Barcelo, likes to share. Honed by her many years as a Volunteer Coordinator for a local hospice program, she shares her experience and group facilitation skills by leading Cambridge Neighbors' monthly volunteer meetings. A gifted and enlightened communicator, Nancy has raised the level of discourse to an extent that participants arrive excited to both learn and—since Nancy encourages them to share their own experiences—teach. (So, CN volunteers, if you haven't been attending, we recommend you do!)



Nancy is also a talented photographer. She chose to share her recent travel experience to Cuba through our monthly

Second Thursdays with Neighbors program, where members and other “neighbors” are invited to share their personal experiences or particular expertise. Nancy’s beautiful photographs

and personal impressions merged to illustrate an intriguing and descriptive depiction of this interesting, and now-popular destination.

Photo courtesy of Nancy Barcelo



Attention CN Members:

For those CN members who seek volunteer rides for medical appointments, we ask that you try to make your appointments for between the hours of 10:00am and 2:00pm if possible, so as to allow our drivers to avoid rush hour.

Thank You!

2019 Board of Directors

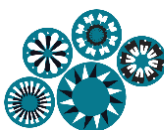
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545 Concord Avenue, Suite 104
Cambridge, MA 02138

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