

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

October 2019 Events Calendar

PLEASE NOTE: Starting in October, Explorer Walks have been moved to Fridays.

NEW **Thursdays, October 3, 17, 31, 11:00am – 12:30pm**

Bereavement Support Group , CN Office

The experience of grief and loss after the death of a loved one is very normal. Although there is no blueprint for going through loss and the grief process, there are common denominators most persons experience after a loved one's death. These will be discussed with helpful hints and suggestions for navigating grief.



Led by CN member Webb Brown, a retired Hospice Chaplain who has led Bereavement Support Groups for 25 years. (Sessions will continue in November and into the first week of December.) Call or email the office to sign up. Call Webb with questions: 617-923-0057.

Thursday, October 3, 2:00pm – 3:00pm, CN Office

Estate Planning & Elder Law 101: Nuts and Bolts of Estate Planning to Preserve Your Assets.



Join Attorney Rachel McCaw from *Gosselin Law* as she presents an overview of basic estate planning documents, types of trusts, asset preservation techniques, long-term-care and incapacity planning and methods to avoid or minimize estate and gift taxes. This program will discuss Wills and Advance Directives, as well as asset protection and preservation techniques. Please call or email the office to sign up.

Friday, October 4, Explorer Walk, 10:45am – 4:30pm

Ferry Trip and Walk Around George's Island (Fort Warren) in Boston Harbor

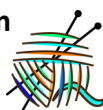
From Harvard Sq. T, we'll go by subway to Long Wharf and board the 12:00pm, 50-minute ferry to George's Island which boasts the huge, granite Fort Warren. There are facilities and snacks available on the boat and on the island. We'll explore the land and have lunch before returning on the 4:00pm ferry. Ferry round-trip: \$14.95. Lunch: pay on your own. Walking distance will vary by the individual, approx. 1-2 miles. Please call or email to sign up.

Mondays, October 7 and 28, 2:00pm – 3:00pm

October 21, 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. Please call or email the office to sign up.



Wed., Oct. 9 & Tues. Oct. 22, 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. **\$20** per person. **(Please note the increase in price.)** CN Members only. (Due to the popularity of this event, you can preference your first choice, and be put on a wait list for the second date.) Please call or email the office to sign up.

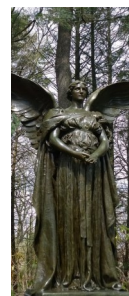
Thursday, October 10, 10:30am – 11:30am, CN Office
Second Thursdays with Neighbors

Disaster Preparedness: For Seniors by Seniors



CN member Liz Blumenthal, volunteer with The American Red Cross' emergency preparedness program will be presenting *Be Red Cross Ready — Disaster Preparedness Program for Seniors*. She will cover the three basic points of **Make a Kit, Have a Plan, Be Informed**, and also focus on needs unique to an older population such as medical issues, disabilities, contacts, and service animals. You will come away with a workbook of helpful information, worksheets, and a sample disaster preparedness kit list. Please call or email the office to sign up.

Friday, October 11, Explorer Walk, 10:30am – 3:00pm
Historic Forest Hills Cemetery, Jamaica Plain



Founded ten years after Mount Auburn, Forest Hills was similarly developed to be a beautiful, rural cemetery. Handsomely maintained, it's also notable for several sculptural masterpieces. After circling Lake Hibiscus, we will return the way we came, stopping for a light lunch at the Dogwood Cafe (pay on your own) just adjacent to the Forest Hills T-station. Approx. 2 miles of walking. Meet downstairs at the Harvard Square T station. Please call or email the office to sign up.

Please Note: The CN Office will be closed on Columbus (Indigenous People) Day, Monday October 14

Monday, October 14 & 28, 5:00pm – 6:30pm

Tipple at Legal Seafood, Charles Square, Camb. (14th) & at Nubar, Sheraton Commander Hotel, Camb. (28th)

Wine and snack event for members. A great way to meet other CN Members! Please call the office to reserve your space. **Snacks are served at 5:00pm.** \$20 per person. (Due to the popularity of Tipple events, you can preference your first choice, and be put on a waiting list for the other date.) Call or email the office to sign up.

Tuesday, October 15, 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. Such challenges are said to be a great for cognitive stimulation. Free and open to members only. Please call or email the office to sign up.

Tuesday, October 15, 11:00am – 12:00pm

Tufts Nutrition Series: Gut Microbiota in Health and Disease. Cambridge Public Library, 499 Broadway

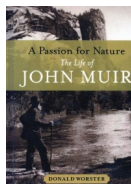
Join us for the second installment of this season's series with Dr. Jimmy Crott, scientist at at Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University. Please call or email the office to sign up.

Tuesday, October 15, 2:00pm – 3:30pm

Biography Book Group, CN Office

A Passion for Nature -The Life of John Muir by Donald Worster

Open to new members, provided you have read the book by meeting time. Please call or email the office to sign up.



Thursday, October 17, 2:00pm – 3:30pm

Aileen Gerhardt: Patient Safety — Staying Safe at the Hospital and Beyond, CN Office

The best way to stay safe as a patient is to know what to expect and what to do to receive safe care. Aileen's presentation discusses simple actions and details that can make a difference for a safe stay and safe treatment. Ailene Gerhardt is an independent Board-Certified Patient Advocate. Please call/email the office to sign up.

Friday, October 18, 1:00pm – 2:30pm

Information Session—CN Office

Please encourage interested friends or family members to attend and have them call or email the office to sign up.

Saturday, October 19, 12:00pm - 1:30pm

Head of the Charles Pot-luck Party, Camb.

CN Member, Tom Rodes is hosting his HOTC party again this year—this time it's a potluck. Come enjoy good food and fellowship to kick-off the races. Call or email the office to sign up & for directions by Friday, October 11.



Sunday, Oct. 20, Explorer Walk, 10:30am – 12:30pm

Head of the Charles Regatta, Cambridge

The annual regatta involves rowers from hundreds of schools and clubs from around the world. During the races, we will walk around and observe it from paths on both sides of the river. Meet at the entrance to the JFKennedy Walkway in Brattle Square (at the intersection of Mount Auburn and Eliot Streets.) Bring along family and friends to check out this spectacular event. Approx. 2 miles of walking. Call or email the CN office to sign up.

Monday, October 21, 10:00am – 11:00am

Meditation with Joel Baehr, CN Office

Join CN Member, Joel Baehr, in "natural meditation." All members welcome. Please call or email the CN office to sign up.



Tuesday, October 22, 11:45am – 3:00pm

**Movies—Museum of Science, 1 Science Park, Boston
Adventure Mugar Omni Theater IMAX films: "Great Barrier Reef" and "National Parks Adventure"**

Come for an afternoon of matinee movies projected onto the museum's five-story-tall IMAX® Dome screen -wrapping audiences in larger-than-life images. First we'll explore the great outdoors of Yosemite, Yellowstone, the Everglades, and the Redwoods in "National Parks Adventure." Later, we'll enjoy "Great Barrier Reef" exploring one of the Seven Wonders of the World and the planet's largest living structure. Both are illuminated with immersive giant-screen cinematography. Each film is 50 minutes. Between shows, get a self-pay lunch at the museum's Riverview Café. Admission is \$9 per movie. Meet at Apple Cinemas for an 11:00am carpool or meet at the Museum Welcome Desk at 11:45am. Please call or email the office to sign up and indicate travel preference.



Wednesday, October 23, 1:30pm – 3:00pm

Photography Group Organizational Meeting, CN Office

CN member Jane Walker Richmond is a photographer who enjoys sharing her talent and knowledge of photography while learning from others. In that spirit, she invites you to join her in establishing a Cambridge Neighbors Photography Group. No matter your level of proficiency or the type of camera you use, all are welcome.

Join us for this initial organizational meeting.

Please call or email the office to sign up or call Jane directly at (781) 795-2412.



Thursday, October 24, 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, or illness. Care partners need care—and this gathering offers emotional, educational, and social support to those partners. Please call or email the office to sign up.

Thursday, October 24, 5:30 – 7:00pm

Dinner at Gran Gusto Trattoria, 90 Sherman St., Camb.

Join us this month at Gran Gusto Trattoria for authentic Italian cuisine from Northern and Southern Italy. The menu changes seasonally and there is a large selection of affordable wines. Dinner is self-pay. Space is limited. Please call or email the office to sign up.

Friday, October 25, Expl. Walk, 10:30am – 2:00pm

Commonwealth Ave. Mall Sculptures, Back Bay



Commonwealth Avenue was inspired by the boulevards of Europe and is enlivened with sculpture and landscaping. The statues, one or two on each block, were installed from 1865 to 2003— the most recent being the Boston's Women's Memorial. We'll begin by taking the number 1 bus up Mass. Ave. from Harvard's Johnston Gate opposite Church St. At the end of the walk at the Public Gardens, we'll walk back to the Boston Public Library for a light lunch before returning by subway to Harvard Square. Call or email the office to sign up.

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Program Meeting 10:00am	STRETCH CLASS 2pm – 3pm	Bereavement Support Group 11:00 am – 12:30pm Estate Planning/ Elder Law 2:00pm-3:00pm	Explorer Walk 10:45am-4:30pm MOVEMENT CLASS 11am– 12pm	
6	7	8	9	10	11	12
	Knitting Group 2:00 – 3:00pm	Volunteer Meeting 11:00 am	STRETCH CLASS 2pm – 3pm TCH Supper 6:00 – 7:30 pm	2nd Thursdays with Neighbors: Disaster Preparedness 10:30am - 11:30am	Explorer Walk 10:30am - 3:00pm MOVEMENT CLASS 11am– 12pm	
13	14	15	16	17	18	19
	OFFICE CLOSED Columbus Day Tipple at Legal's 5:00pm- 6:30pm	Crossword Club 10-11 am Tufts Nutrition 11:00am – 12:00pm Bio Book Group 2 – 3:30 pm	STRETCH CLASS 2pm – 3pm	Bereavement Support Group 11:00 am – 12:30pm Presentation: Patient Safety 2:00pm—3:30pm	MOVEMENT CLASS 11am– 12pm CN Info Session 1:00pm– 2:30pm	HOTC Potluck 12:00pm—1:30pm
20	21	22	23	24	25	26
HOTC Explorer Walk 10:30am - 12:30pm	Meditation 10-11 Knitting Group, 1:30pm – 2:30pm	Movies Museum of Science 11:45 – 3:00pm TCH Supper 6:00 – 7:30 pm	Photography Group Meeting 1:30pm–3:00pm STRETCH CLASS 2pm – 3pm	Caregiver Support Group 11:00am - 12:15pm Gran Gusto Restaurant Dinner 5:30- 7:00pm	Explorer Walk 10:30am-2:00pm MOVEMENT CLASS 11am– 12pm	
27	28	29	30	31		
Blue Bikes 11:00am	Knitting Group 2:00 – 3:00 pm Tipple at Nubar 5:00pm - 6:30 pm	MIT Age Lab 11:00am – 12:30pm	STRETCH CLASS 2pm – 3pm	Bereavement Support Group 11:00 am – 12:30pm		

Sunday, October 27, 11:00am

Fall Bike Ride on Memorial Drive

Meeting at the BLUEbikes kiosk next to the Charles Hotel on Bennett St., Harvard Sq. **Helmets are not provided, and recommended.**

Taking advantage of Memorial Drive being closed, join fellow CN members and enjoy a bike ride along the Charles. For \$10, get an Adventure Pass for 24 hours of access and keep a bike out for up to 2 hours. A bike can be taken from any kiosk within the BLUEbike system and returned to another. **Be sure to bring either credit card or ATM card for payment at kiosk.** Enjoy a self-pay lunch in Harvard Square afterwards if you wish. Please call or email the CN office to sign up. **It is the sole responsibility of the participant to determine his/her level of bike handling ability and whether or not our cycling program is suitable for him/her.**

Tuesday, October 29, 11:00am - 12:30pm

MIT Age Lab, CN Office

We'll learn about the MIT AgeLab: who they are, what they do, the things they are researching, and the various ways they engage the community in their work. We'll also meet AGNES (*Age Gain Now Empathy System*) – a suit designed to simulate some of the physical challenges associated with aging—which will be demonstrated.

Our guides will be Taylor Patskanick, LCSW, MPH and Lexi Balmuth, BS. Taylor's research explores generational and age demographic trends across domains such as housing and transportation, with a particular focus on intergenerational engagement. Lexi's interests focus on the factors that promote individuals' social and emotional wellbeing throughout the aging process. Please call or email the CN office to sign up.



Save the Date!

Gilbert & Sullivan's

HMS Pinafore

Sunday November 10
2:00pm

Sunday performance of
this comic opera in two acts.

Agassiz Theater

5 James St.

Cambridge.

Reserve seats at \$10.00.

A dozen tickets will be
pre-purchased by CN.

Please call or email the CN
office to express interest in
attending.

Save the Date!

Live in HD

Madam Butterfly

Saturday, November 16
12:55pm

AMC Burlington Theater
20 South Ave., Burlington

Saturday performance of
Madam Butterfly.

The transmission is one of
the Met's award-winning
Live in HD series.

Reserve seats at \$15.00.

Ten tickets have been
pre-purchased by CN.

Please call or email the CN
office to express interest in
attending.

Save the Date!

Cambridge Neighbors
will host its annual

Holiday Gala

Thursday, December 12
from
12:00pm – 2:00pm
at the
Sheraton Commander
Hotel in Cambridge.

Last year's event
was a resounding
success – don't miss
it this year!

Great News!

In order to make
Cambridge Neighbors
membership affordable
for everyone, we are
happy to announce that
starting with October
Membership renewals,
you have the choice to
pay for your membership
through an **automatic
monthly installment
credit card charge.**

Please review our new
membership application
and renewal applications
for more information on
the levels of membership
and what the charge.
would be monthly.



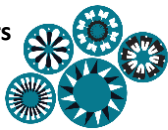
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October 2019 Event Calendar