

# CAMBRIDGE NEIGHBORS

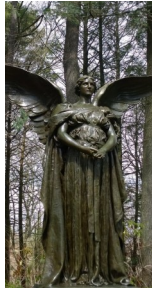
ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

## November 2019 Events Calendar

**Friday, November 1, 10:30 am – 3:00 pm**

### **Explorer Walk, Historic Forest Hills Cemetery**

We were rained out last month, so we're going to try again. Meet downstairs in the main Harvard Square T station by the ticket machines to travel to Forest Hills on the Orange Line. Near the Arnold Arboretum, Forest Hills was founded ten years after Mount Auburn Cemetery and was also to be developed as a rural cemetery and public park. Today, still beautifully maintained, it's also notable for several of its sculptural masterpieces. After circling around its Lake Hibiscus, we'll return and stop for a light lunch (pay on your own) at the Dogwood Café before taking the subway home. Approximately two miles of walking. Please call or email the office to sign up.



**Mondays, November 4 and 25, 2:00pm – 3:00pm**

**November 18, 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.



**Tues., Nov. 5 & Wed., Nov. 20, 6:00–7:30pm**

### **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 of The Cambridge Homes. \$20 per person. **(Please note the increase in price.)** (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.

**Wednesday, November 6, 10:30am – 2:00pm**

### **Society of Arts & Crafts: Kogei-Kyoto at**

**SA+C Boston: Contemporary Innovators**

**in Japanese Arts & Crafts, 100 Pier 4, Ste. 200, Boston**

Visit the Society of Arts & Crafts in Boston's Seaport to view this exhibition which includes the works of more than two dozen artists from Kyoto's Kogei crafts collective, Kogei-Kyoto. Both traditional pieces and innovative new works made with traditional methods are on display. This first Kogei group show in the US is part of a commemoration of Boston and Kyoto's 60 years as sister cities. There is no charge to attend.

Meet downstairs at the Harvard T ticketing machines at 10:30 to travel to the Society of Arts and Crafts by T plus a 7 minute walk to the gallery. Attend a self-pay lunch at close-by Brew Café before returning to Harvard Sq. Call or email the office to sign up.



**Thursday, Nov. 7, 10:30am – 11:30am**

### **Mount Auburn Kick-off (and Knee-off), CN Office**

As announced in our September newsletter, Cambridge Neighbors is pleased to announce its new relationship with Mount Auburn Hospital as they bring valuable health-related programming and services to our members. Please come to this intro-session to hear a bit about their Quimby Center and meet Kathleen Leahy, Geriatric Social Worker, who has offered to be a liaison to CN members. Then stay for the first discussion "Managing Joint and Knee Pain." Please call or email the office to sign up.



**Friday, November 8, 10:30 am – 12:30 pm**

### **Explorer Walk, Harvard Sq. & Harvard Business School**

Meet in front of the Harvard Coop and walk down the Kennedy Walkway to cross over the Anderson Bridge onto the manicured campus of the Harvard Business School. We'll head for the Moshe Safdie-designed chapel and then ramble around the campus over to Goody and Clancy's Chao Center and then to Bill Rawn's Tata Building. We'll then return over the Week's Footbridge and through the Harvard Houses back to Harvard Square. Approx. two miles. Please call or email the office to sign up.

**Sunday, November 10, 2:00pm – 4:00pm**

### **Violin & Piano Recital, Home of CN Member, Camb.**



Join us for an exclusive recital by CN Member and accomplished violinist, Chris Teal, with pianist Yukiko Shimazaki. Music will include pieces by Bach and Brahms. The concert will take place at a CN member's home in Cambridge. Space is limited. Please call or email the office to sign up and for directions.

**Please Note: The CN Office will be closed on Veterans Day, Monday November 11.**



**Mondays, Nov. 11 and 25, 5:00pm – 6:30pm**

### **Tipple at Legal Seafood (11th) Charles Square, Camb. & at Nubar (25th) Sheraton Commander Hotel, Camb.**

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, November 12, 11:00am – 12:00pm**

### **NUTRITION Tufts Nutrition Series: *On the Basis of Sex: Disparities in Nutrition, Research, & Healthcare.* Cambridge Public Library, 499 Broadway**

Join us for the third installment of this season's series *continued...*

with Jessie Ellis, Ph.D. candidate. Men and Women are not the same when it comes to nutrition and managing chronic disease—a reality the medical and research community is finally recognizing. Learn how this affects you so you can better manage your health. Please call or email the office to sign up.

### **Wednesday, November 13, 2:00pm – 4:00pm**

#### **Retirement Celebration for Barbara Selwyn**

Join fellow CN Members for an afternoon of celebration, honoring former CN Executive Director Barbara Selwyn for her time with Cambridge Neighbors and the many personal connections she made over the years.



If you'd like to speak or perform briefly at the event —poems, anecdotes, songs, tall tales, etc.—please inform Susan Murray.

Location: Cambridge Friends House, 5 Longfellow Park (near Harvard Sq.) Cost: \$15/person. Advance payment required. Please call or email the office to sign up. **For questions about the event or parking, please email Susan Murray at [slmurray228@gmail.com](mailto:slmurray228@gmail.com).** *Barbara will also be honored at the Holiday Gala in December.*

### **Thursday, November 14, 10:30am – 11:30am**

#### **2nd Thursdays with Neighbors, CN Office**

##### **"It's in Your Hands" with Nancy Webber**



Come try a gentle sequence of joint freeing exercises taught by exercise professional and new CN Member, Nancy Webber. Nancy will give extra attention to hands and shoulders with a bonus set of fun exercises for the face. The flowing movements are a great start or complement to an at home practice designed to potentially help lengthen your lifespan.

Nancy teaches for the Harvard Council on Aging, in Harvard, MA. She is a registered Yoga Alliance teacher, StrongWomenStrong-Bones instructor, and Arthritis Foundation Walk with Ease Leader. She has been working with people over 60 since 2005. Please call or email the office to sign up.



**PLEASE NOTE: the Bereavement Group sessions for November 14, 21, & December 5 have been suspended. Sessions may be considered again in the new year.**

### **Friday, November 15, 10:30 am - 2:30 pm**

#### **Explorer Walk, Boston's Freedom Trail**

We'll follow the route that links the City's Revolutionary War sites: from its start in the Boston Common to the top of Copp's Hill Burying Ground in Charlestown. On the way we'll stop for a light lunch at historic Union Oyster House (pay on your own). Meet downstairs at the main Harvard T station ticketing machines. Walking distance approximately two miles. Call or email the office to sign up.

### **Saturday, November 16, 12:55pm**

#### **Madama Butterfly**

##### **Burlington Theater, Burlington, MA**



Anthony Minghella's vividly cinematic staging returns to cinemas, featuring soprano Hui He in the devastating title role. Pier Giorgio Morandi conducts one of opera's most beautiful and heartbreaking scores. The transmission is one of the Met's award-winning *Live in HD* series. **This event is full. Please call the office if you have signed up and need to cancel.**

### **Sunday, November 17, 2:00 pm**

#### **Harvard-Radcliffe's Gilbert & Sullivan Players present:**

##### **H.M.S. Pinafore Agassiz Theatre, 5 James St. Cambridge**

Join us for our traditional annual visit to Harvard-Radcliffe's Gilbert & Sullivan Players fall semester performance. This year's performance is the rollicking classic, H.M.S. Pinafore. \$10 per ticket.

**4 tickets are still available.** Please call or email the office to sign up.

### **Monday, November 18, 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, November 19, 10:00am – 11:00am**

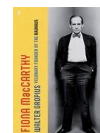
#### **Crossword Club, CN Office**

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, November 19, 2:00pm – 3:30pm**

#### **Biography Book Group, CN Office**

##### **Walter Gropius by Fiona MacCarthy**



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

### **Wednesday, November 20, 11:45am – 2:00pm**

#### **The Sound of My Soul: Frank Stewart's Life in Jazz – a photography exhibition at the Cooper Gallery 102 Mount Auburn St., Cambridge**



This retrospective is the first museum exhibition of Frank Stewart's jazz photography. It's curated by Ruth Fine who recently retired from the National Gallery of Art. More than 70 pieces are on

display, reflecting Stewart's on-stage and back-stage access including photos of such jazz legends and more recent stars as Miles Davis, Ellis Marsalis, Dianne Reeves, Cassandra Wilson, and Etienne Charles. Meet at the Information kiosk in Harvard Square at 11:45 to walk to the gallery. Option for a self-pay lunch afterwards. Gallery admission is free. Call or email the office to sign up.

### **Thursday, November 21, 11:00am – 12:15pm**

#### **Caregivers Support Group, CN Office**

The Caregiver 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.

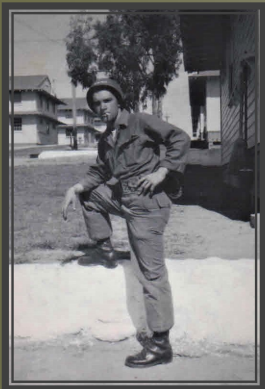


### **Friday, November 22, 10:30am – 12:30pm** **Explorer Walk, Mount Auburn Cemetery**

For our end-of-Fall walk around America's first arboretum/park/cemetery, we'll locate and examine the sites of four notables who are buried here: two famous women: Amy Lowell and Margaret Fuller, and two celebrated artists: Winslow Homer and Charles Dana Gibson. Meet in front of the Visitors Center for approximately two miles of walking. Please call or email the office to sign up.

# November 2019

| Sunday                                    | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday                       |
|---|---|--|---|--|--|--------------------------------|
|   |   |  |   |  | 1  | 2                              |
|   |   |  |   |  | Explorer Walk<br>10:30am-3:00pm<br><br>MOVEMENT<br>CLASS<br>11am- 12pm       |                                |
| 3   | 4   | 5  | 6   | 7  | 8  | 9                              |
|   | Knitting Group<br>2:00 – 3:00pm   | Program<br>Meeting 10:00am<br><br>TCH Supper<br>6:00 – 7:30 pm           | Society of Arts<br>and Crafts<br>10:30am—2:00pm<br><br>STRETCH CLASS<br>2pm –3pm            | Mount Auburn<br>Kick-off<br>10:30am—11:30am  | Explorer Walk<br>10:30am -<br>12:30pm<br><br>MOVEMENT<br>CLASS<br>11am- 12pm |                                |
| 10  | 11  | 12   | 13  | 14   | 15   | 16                             |
| Chris Teal<br>Violin<br>Concert<br>2:00pm | OFFICE CLOSED<br>Veterans Day<br><br>Tipple at Legal's<br>5:00pm- 6:30pm    | Volunteer<br>Meeting 11:00am<br><br>Tufts Nutrition<br>11:00am – 12:00pm | STRETCH CLASS<br>2pm –3pm<br><br>Barbara Selwyn<br>Retirement Party<br>2:00pm—4:00pm        | 2nd Thursdays<br>with Neighbors:<br>"It's in Your Hands"<br>10:30am - 11:30am  | Explorer Walk<br>10:30am-2:30pm<br><br>MOVEMENT<br>CLASS<br>11am- 12pm       | Madama<br>Butterfly<br>12:55pm |
| 17  | 18  | 19   | 20  | 21   | 22   | 23                             |
| HMS<br>Pinafore<br>2:00pm                 | Meditation 10-11<br><br>Knitting Group,<br>1:30pm – 2:30pm                  | Crossword Club<br>10-11 am<br><br>Bio Book Group<br>2 – 3:30 pm          | Cooper Gallery<br>11:45—2:00pm<br>STRETCH CLASS<br>2pm –3pm<br>TCH Supper<br>6:00 – 7:30 pm | Caregiver Support<br>Group<br>11:00am – 12:15pm  | Explorer Walk<br>10:30am-12:30pm<br><br>MOVEMENT<br>CLASS<br>11am- 12pm      |                                |
| 24  | 25  | 26   | 27  | 28   | 29   | 30                             |
|   | Knitting Group<br>2:00 – 3:00 pm<br><br>Tipple at Nubar<br>5:00pm - 6:30 pm | Veterans<br>Recognition<br><br>Activity and Time<br>TBA                  | NO<br>STRETCH CLASS   | THANKSGIVING<br><br>No Restaurant Outing-<br>Enjoy Thanksgiving Dinner! | NO<br>MOVEMENT<br>CLASS  |                                |
|   |   |  |   | CN Office closed. Happy Thanksgiving.  |  |                                |



**Honoring Our Veterans.** CN hopes to honor our many members who are veterans with a program in late November. Please let us know if you or your spouse is a veteran by calling the CN office at 617-864-1715 or email [meghan@cambridgeighbors.org](mailto:meghan@cambridgeighbors.org).

#### Private Steve Salmon

"During the Korean War, the U.S. still had a draft, although college deferments were available. In 1953, I transferred from a small college in Texas to the University of California at Berkeley, and the small college 'forgot' to send in my deferment papers. I was quickly drafted. Most of the men in my group of recruits ended up in the trenches of Korea—and some didn't come home. I was more fortunate. I had studied some languages in college, so they sent me to the Army Language School in Monterey, California. I was given a choice of learning Serbo-Croatian or Mandarin Chinese, but each required that I re-enlist for an additional year, so I declined. Then they wanted me to go to OCS (Officers Candidate School), which also required an additional year, but I declined that as well. I could type fast, so (more or less in desperation) they made me a company clerk. I was the Radar O'Riley of Company 6, Fort Ord, California."



# Solo Aging

In September, **Ailene Gerhardt**, an Independent Board Certified Patient Advocate, delivered a compelling presentation on the unique needs of “solo agers” to a group of 34 Cambridge Neighbors members and guests – one of our largest program audiences to date. Ailene’s talk focused on building health, community, and emotional support, (she did note that she considers Cambridge Neighbors a great resource for those living alone – providing great community, support, and reassurance.)



The presentation highlighted the challenge of making decisions and problem solving solution – which can sometimes be overwhelming when on one’s own. She noted that strategic thinking takes practice. In time, one is less likely to rush to the first solution, which may not necessarily be the best one in the long run. Going through a thoughtful problem-solving process and seeking and evaluating the advice of others, including professionals and friends, is wise. Timing is also important, as is researching the costs, considering the effects on one’s physical or emotional well-being, and making adjustments if things don’t work out.

If you would like the materials from this informative program, please email us at [info@cambridgenighbors.org](mailto:info@cambridgenighbors.org) and provide us with your name and email address.

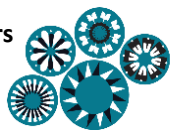
The Staff and Volunteers  
at  
Cambridge Neighbors  
wish you and yours  
a  
**Happy  
Thanksgiving!**



Invitations to this  
year’s  
*Holiday Gala*  
(Thursday, Dec. 12)  
should be  
arriving in your  
mailbox soon!

## 2019 Board of Directors

Ann Baehr  
Webb Brown  
Emily Flax  
John Grace  
Richard Joslin  
Jay Lorsch  
Brian Merrick  
Kristin Mortimer  
Tina Olton  
Helene Quinn  
Connor Regan  
Kenneth Tingle  
Virginia Vaughan  
Peter White  
Janet Whitla



## CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

**545 Concord Avenue, Suite 104  
Cambridge, MA 02138**

## Staff

Jan Latorre-Stiller  
*Executive Director*  
  
Meghan Maloney  
*Assistant Director*

## November 2019 Event Calendar