

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

December 2019 Events Calendar

Mondays, December 2, 9, 30, 2:00pm – 3:00pm
December 16, 1:30pm – 2:30pm (No meeting on 12/23)
Handwork Group (Formerly Knitting Group), CN Office

The CN Knitting Group is changing to be more inclusive to those who have other sorts of sewing and craft projects. Bring your projects to work on with fellow CN members. The group meets every Monday. Please call or email the office to sign up.

Wednesday, December 4, 10:30am
MFA, "Viewpoints" Photography Exhibit
Boston, MA

Join Jane Walker Richmond and the CN Photography Group for this self-guided tour of 150 of the most iconic, enduring, and powerful images of the 20th Century from the collection of Howard Greenberg. Attendees will watch a videoed interview of Greenberg elaborating about the images and how he came to acquire them. Meet in the museum lobby at 10:30am. After the tour, there will be the option of joining the group for a light, pay-on-your-own lunch. Museum admission is \$23.00. Some libraries offer passes. Please call or email the office to sign up.



Sunday, December 8, 3:00pm – 4:30pm
"A Celebration of Christmas"
Concert performed by the
St. Paul's Choir School
St. Paul's Church,
29 Mt. Auburn St., Cambridge

Join us for a beautiful music performance performed by this renowned boys' choir, helping you to get into the spirit of Christmas. Tickets are \$25.00 and are limited. Attendees will meet in a designated place before the concert. Please call or email the office to sign up.



Monday, December 9, 5:00pm – 6:30pm
Tipple at Legal's, Charles Sq., Cambridge

Wine and snack event for members. A great way to meet other CN Members! Please call the office to reserve your space. **Appetizers 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, December 10, 2:00pm – 3:00pm
Gentle Afternoon Exercise for Arthritis
with Nancy Webber, CN Office



It is known that people living with arthritis often work four times harder during activities of daily living. Come try these careful exercises to help reduce joint pain and stiffness and increase circulation.

Workshop taught by Arthritis Foundation "Walk with Ease" leader and CN Member, Nancy Webber. Nancy is a veteran exercise instructor and lives with osteoarthritis. She has been working with people over 60 since 2005. Call or email the office to sign up.

Tuesday, December 10, 6:00 – 7:30pm
Suppers at The Cambridge Homes (TCH)
360 Mt. Auburn St., Cambridge



Join us for a delicious, three-course meal with wine in the private dining room of The Cambridge Homes. **\$20 per person. This will be the only TCH Supper offered this month.** Spaces are limited. Please call or email the office to sign up.

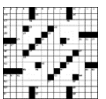
Thursday, Dec. 12, 12:00pm – 2:00pm
Cambridge Neighbors' Holiday Gala
Sheraton Commander Hotel, 16 Garden St., Camb.



We hope to see you at this year's Cambridge Neighbors Annual Holiday Gala at the Sheraton Commander Hotel Main Ballroom in Cambridge on December 12th! It promises to be a lovely, festive, and well-attended event. Cost is \$45 per person.

If you are a current member and haven't received an invitation, please email or call the office. **Deadline for reserving a spot is Wednesday, December 4th.** Looking forward to seeing you there!

Tuesday, December 17, 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. Call or email the office to sign up.

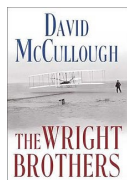
Tuesday, December 17, 2:00pm – 3:30pm
Biography Book Group, CN Office
The Wright Brothers by David McCullough

We had to postpone the gathering to discuss this book in August,

***Reminder to all members: If you sign up to attend a program and decide that you can not attend, please notify the CN office so that we won't expect you, and can take you off the list. Thank you.**

so we'll try again. McCullough, who is one of the best storytellers among historians, does a great job of giving the details of the Wrights' upbringing, the riveting details of their experiments with powered flight, and describes how they rose to world fame after their flight. A NYT Non-Fiction Best Seller.

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



Wednesday, December 18, 1:00 – 2:30pm

Avoiding Scams and Fraud, CN Office

Older citizens are all too often the victims of telephone and internet schemes to defraud or to commit identity theft. Officer Daniel Buroso, of the Cambridge Police Department, will make us aware of some of these schemes, give tips for how to recognize them, and guidance for what to do if – and when – faced with such a situation. He'll also be happy to answer questions. This information is essential for all of, regardless of where we live. You don't have to live in Cambridge to come to this program. Officer Buroso welcomes all comers. Call or email the office to sign up.



Thursday, December 19, 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.

Continued...

Facilitator of the group, Ted Aransky has worked for the past 17 years exclusively with older adults in a variety of roles and settings and is now VP of Operations for Always Here Home Care. He has a

Bachelor's degree in exercise physiology and a Master's degree in Health, concentrating on geriatric health and Gerontology. He is also a nationally certified Geriatric Care Manager and Certified Dementia Practitioner.



Holiday Walk: Beacon Hill, Boston Common, & City Hall Plaza

Friday, December 20, 10:30am – 2:30pm

We'll start by walking by the bustling, small shops on Charles Street and then up Beacon Hill by the decorated houses, yards, lamp posts around Louisburg Square and along Chestnut Street. Then we'll cross down to the Common, to the skaters on the Frog Pond and the giant, decorated tree. We'll continue over to City Hall Plaza where the annual "Boston Winter Market" will be going on. For a light lunch we'll again head to the Union Oyster House before piling back on the T and heading home. Meet downstairs at Harvard Square T station. Estimated walking distance: 2 miles. Please call or email the office to sign up.



Monday, December 23, 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.

Monday, December 23, 5:00pm - 6:30pm

Tipple at Nubar, Sheraton Commander Hotel 16 Garden St., Cambridge



Wine and snack event for members. A great way to meet other CN Members! **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.) Please call or email the office to sign up.

Thank You

Thank you to our supporters!



On behalf of all of us who are the Cambridge Neighbors' community - members, staff, board, sponsors, and volunteers - we extend our sincerest thanks to those of you who have kindly broadened your commitment to the mission of our organization by contributing a financial gift. Given that membership fees cover only approximately 65% of our budget, we would simply not be able to fulfill our mission if it were not for the generosity of our donors. We firmly believe that supporting older adults as they navigate the challenges of later life is a critical mission. **CN is a unique model where all of us who are involved are committed to helping older adults stay in their homes and communities for as long as they are able – with caring personal attention and varied opportunities to connect and thrive.**

Please help us continue to do this important work. If you haven't yet given, please consider doing so. You can donate online by going to our website at www.cambridgeighbors.org and clicking the Donate link. We can't do it without you!

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Cambridge Trust Company
True Home Improvements
People Fit

December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Handworks Group 2:00 – 3:00pm	Program Meeting 10:00am	MFA w/ Jane Walker Richmond “Visions” photo exhibit 10:30am STRETCH CLASS 2pm – 3pm		MOVEMENT CLASS 11am– 12pm	
8	9	10	11	12	13	14
Christmas Concert 3:00pm	Handworks Group 2:00 – 3:00pm Tipple at Legal’s 5:00pm- 6:30pm	Nancy Webber Arthritis 2:00-3:00pm TCH Supper 6:00 – 7:30 pm	STRETCH CLASS 2pm – 3pm	HOLIDAY GALA 12:00 Noon	MOVEMENT CLASS 11am– 12pm	
15	16	17	18	19	20	21
	Handworks Group 1:30pm – 2:30pm	Crossword Club 10-11 am Bio Book Group 2 – 3:30 pm	Avoiding Scams and Fraud 1:00pm—2:30pm STRETCH CLASS 2pm – 3pm	Caregiver Support Group 11:00am – 12:15pm	Holiday Walk 10:30am-2:30pm MOVEMENT CLASS 11am– 12pm	
22	23	24	25	26	27	28
Happy Hanukkah 	Meditation 10-11 Tipple at Nubar 5:00pm - 6:30 pm		Merry Christmas 	Happy Kwanzaa 	MOVEMENT CLASS 11am– 12pm	
CN Office closed from 1:00pm 12/24 through 12/26.						
29	30	31	January 1			
	Handworks Group 2:00 – 3:00 pm	New Year’s Eve	New Year’s Day			
Closed from 1:00pm 1/31 thru 1/1.						



Dear Members,

It’s that time of year when we reflect on that for which we are grateful. It’s an opportunity to put things in perspective and appreciate what we have, rather than grumble about what we’re missing. Sometimes not easy! I hope that Cambridge Neighbors comes to mind when listing those things which add value to life. We hope that we make your lives a little easier, more fun, and stimulating.

As the “new-ish” executive director, I am grateful to be a part of this wonderful organization. It’s a pleasure to get to know you and work with our terrific volunteers, staff and board. I especially appreciate the unique and caring community that is Cambridge Neighbors - there is a special sense of belonging and support that hopefully provides you with some comfort and joy.

Wishing you and your families the very best of holidays,

Jan Latorre-Stiller, Executive Director

Tech Assistance

Do you know that Cambridge Neighbors offers free technical assistance?

"My computer crashed and I was beside myself. I contacted CN for help and they sent me Bill Walker, a volunteer who provides tech assistance to CN members. He was great! He came to my home within 24 hours and fixed my problem. As a CN member, I very much appreciate this and their many other valuable services." Mimi Grosser

Sound familiar? Well, never fear, help is on the way via our three FABULOUSLY talented technical volunteers, Hao Hajing, Peg Lapoto, and Bill Walker. Free technical assistance is one of the many features of CN membership. And our volunteers love to help! Bill Walker says, **"My experience as a CN volunteer has been more rewarding than I ever expected. Meeting new people, helping them with tech issues, hearing their stories and telling my own has enriched my life in many ways. Everyone I've met has been so kind and appreciative and I look forward to many years of being involved with this great organization."**

Contact our office if you could use their help!



Hao Hajing



Peg Lopata



Bill Walker



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Executive Director

Meghan Maloney
Assistant Director



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

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