

CAMBRIDGE AT HOME

Serving Arlington, Belmont, Cambridge, Somerville and Watertown

APRIL 2017

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We want to send a warm welcome to the newest members of CAH:

Webb & Jeff Brown
Watertown

Richard Land
Belmont



Welcome Maggi Kenney, our Lesley work study student, pursuing a B.S. in Expressive Arts Therapy.

CAH EMBRACES MIND, BODY & SPIRIT

As a member of the Cambridge at Home community, we value your personal wellness and are committed to helping you stay healthier, more active and more confident in your abilities to enjoy life to the fullest. No matter your current health status, we believe that nourishing the mind, body, and spirit can contribute to your overall wellbeing. We have and will continue to develop programs that contribute to a holistic approach to aging in place. This month we have several activities that we hope you will participate in:



CAH members enjoy a walk along the Charles River in Watertown last spring.

Walking Outside - A recent study by the Harvard School of Public Health concluded that women who spend more time outside and in green spaces live longer than those who don't. Spending time in nature increases physical activity and opportunity for social engagement, and improves bodily functions and mood. Who knew a little sun and fresh air would be so good for you?! Join us on **April 18th** to find out!

Meditation - Aging is partly a process of diminishing, closing down and loss. Meditation is a natural "counter to aging" practice, as it teaches openness to diminishing, rather than resistance to it. On **April 24th**, CAH member Joel Baehr, psychotherapist and spiritual teacher, will talk to members about the benefits and practice of meditation. If there is enough interest, we will have regular meditation sessions for members.

Exercise Open House - We all know that exercise is key to healthy aging. In addition to CAH's weekly exercise classes at Evolve, we have partnered with Wellbridge Athletic Club to offer members a complimentary week at their facility starting on **April 10th**. See page 4 for details.

In the coming months we hope to have programs for members to learn about and participate in Tai Chi, acupuncture, and "The Conservation Project."

WELCOMING CAH'S NEW BOARD MEMBER



We are pleased to welcome Webb Brown as the newest CAH Board member. Webb brings years of experience in library science, school admissions and hospice work to CAH. She received her Master of Divinity from the Episcopal Divinity School and has worked as a chaplain at Hospice of Cambridge (now VNA Care Hospice), which operates the de Rham Hospice House, the first hospice residence in MA.

Webb currently engages in Grief Counseling and is Co-Chair of The Pastoral Care Committee at Christ Church, Episcopal, Cambridge. She is also a member of the Social Justice Committee and Altar Guild at Christ Church. Webb lives in Watertown with her husband, Jeff, and enjoys spending time with their two adult children and three grandchildren.

BIRTHDAY CELEBRATION



CAH members happily gathered on a snowy day in March to celebrate member Jim Finke's 90th birthday!
From left to right: Chris, Mimi, Sally, Jim & Suzanne.

MEMBERS TOUR VILNA SHUL



Members enjoyed touring the Vilna Shul back in February. From left to right: Jane, Emily, Brian, Abby, Catherine & Deb.

April 2017

REGISTRATION IS REQUIRED FOR ALL EVENTS
617-864-1715

SUN	MON	TUE	WED	THU	FRI	SAT	
Grocery Shopping - Door-to-door transportation to local supermarkets such as Whole Foods, Trader Joe's, Star Market & Market Basket. Our driver will help carry your groceries! Advanced registration required. Exercise - Classes take place at Evolve Fitness, 52 New Street, Cambridge.						Arlington/Belmont Shopping 9 am I	
2	Innocence Project 11 am Cambridge Shopping 11 am - 1 pm Yoga 2 - 3 pm	3	4	5	6	7	8
9	Complimentary week at Wellbridge starts Cambridge Shopping 11 am - 1 pm Yoga 2 - 3 pm <i>Passover begins at sundown</i>	10	11	12	13	14	15
16	Patriots' Day Office Closed Cambridge Shopping 11 am - 1 pm Yoga 2 - 3 pm Tipple 5 - 6 pm	17	18	19	20	21	22
23	Barbara's Potluck 11am L&L: Meditation 11am Cambridge Shopping 11 am - 1 pm Yoga 2 - 3 pm	24	25	26	27	28	29

APRIL EVENTS

Monday, April 3, 11:00 am

The Power of Investigative Journalism, CAH Office



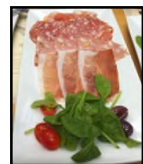
Wrongful convictions undermine the legitimacy of our criminal justice system. Common case “glitches” such as eyewitness misidentification, faulty forensics, false confessions and bad lawyering will be explored with Tate Herbert, Assistant Editor at the Schuster Institute for Investigative Journalism at Brandeis University. Learn about the Justice Brandeis Law Project and the investigative journalism techniques they use to examine possible miscarriages of criminal justice. *Free and open to CAH members and guests. Limited to 25.*

Wednesday, April 5 and Tuesday, April 25, 6:00 - 7:30 pm CAH Supper, 360 Mount Auburn Street, Cambridge

Join CAH members for a 3-course dinner in the private dining room at The Cambridge Homes. *Nonrefundable fee of \$15 per person. Open to CAH members only. Limited to 10.*

Thursday, April 6, 6:00 pm

Dinner at Trattoria Pulcinella, 147 Huron Ave., Cambridge



Enjoy an Italian dinner with CAH members Liz and Maureen! RSVP to Liz at least 2 days in advance at lizgz@aol.com or 617-491-0880. *Dinner is self pay and limited to 8.*

Wednesday, April 12, 10:30 - 11:30 am

Volunteer Meeting, CAH Office

New volunteers are invited to learn about the different opportunities to support CAH members.

Monday, April 17, 5:00 pm - 6:00 pm

Tipple at Legal Sea Foods, 20 University Rd, Cambridge

On the 3rd Monday of every month, CAH members gather at Legals for drinks, appetizers and lively conversation. *Nonrefundable fee of \$20 in advance. Open to CAH members only.*

Thursday, April 13, 10:30 am - 1:00 pm

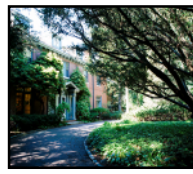
Rafael Soriano: The Artist as Mystic, McMullen Museum



How often do we get to see Cuban artists in Boston? Join our docent-led tour of the new Rafael Soriano exhibit featuring more than 90 paintings, pastels, and drawings. Soriano (1920-2015) is considered a superb colorist, a painter of geometric abstractions, and among the leading avant-garde artists from Cuba. *\$15/person covers roundtrip transportation and tour. Limited to 10.*

Tuesday, April 18, 10:30 am - 12:00 pm

Local Walk: Habitat Wildlife Sanctuary 10 Juniper Road, Belmont



Join us as we look for signs of spring along the gentle trails of Habitat, a beautiful and somewhat hidden, Mass Audubon sanctuary in Belmont. Highlights include evergreen forests, meadows, ponds, a Georgian-style mansion and beautiful formal gardens. Meet in Habitat's parking lot at 10:30 am for an hour-long stroll. If you need a ride to Habitat, call Suzanne at the CAH office. Carpooling will be available for a limited number of people. *Free and open to CAH members and guests.*

Tuesday, April 18, 2:00 pm

Biography Group, CAH Office

The Biography Group meets monthly for a lively discussion about a book (TBD). If interested, contact the office.

Wednesday, April 19, 11:00 am

Lunch & Learn: Rescues, Spotting Dangers on Board Ships, and Counter-Terrorism



Ever wonder about how the Coast Guard responds to “Mayday” calls from ships at sea or boats in the harbor? What constitutes a safety or security problem onboard container ships, freighters or tankers? Or how security breaches and suspicious incidents are handled? Join

CAH member Steve Salmon, who was (and still is!) a member of the U.S. Coast Guard Auxiliary, the volunteer, civilian arm of the Coast Guard, to learn more about his responsibilities and hear stories from Steve's many years of service. *Free and open to CAH members and guests.*

Thursday, April 20, 10:30 am - 3:00 pm

Botticelli & Matisse, Museum of Fine Arts, Boston



Join CAH members to see **Botticelli and the Search for the Divine**, the largest display of Sandro Botticelli's work in the U.S., exploring changes in the artist's style and subject matter, and **Matisse in the Studio**, the first major international exhibition to examine the importance of Henri Matisse's personal collection of objects. After freely exploring the exhibitions, we will meet for lunch at the New American Café at 1 pm (pay on your own). *Nonrefundable fee of \$15 for CAH members covers roundtrip transportation only - meet at Apple Cinemas at 10:30 am. The MFA admission fee for non MFA members is \$23/senior. Open to CAH members and guests.* 3



APRIL EVENTS CONTINUED

Sunday, April 23, 11:00 am - 1:00 pm Spring Potluck Brunch at Barbara's



Join CAH Executive Director, Barbara Selwyn, for a potluck in her Watertown loft. Barbara's last potluck in November was a big hit - nearly 20 members wined, dined and got to know each other. When calling the office to RSVP, please let us know what you'd like to bring and we will let you know Barbara's address. *Free and open to CAH members only. Limited to 20.*

Monday, April 24, 11:00 am Meditation for Staying Young, Open & Resilient, CAH Office



Meditation is the practice of being mindful and fully present in the moment. Meditation is said to be a natural "counter to aging" practice, because it teaches openness to the diminishing, rather than resisting to it. It is a way to stay young, open, joyful, and resilient in the face of loss. CAH member and practicing meditation teacher, Joel Baehr, will talk to members about the benefits meditation can have on one's mind, body and spirit. *Free and open to CAH members only. Limited to 15.*

Thursday, April 27, 12:00 pm Buffet Lunch at Changsho, 1712 Massachusetts Ave., Camb.

Join members for an all you can eat Chinese buffet lunch. RSVP to Liz at least 2 days in advance at lizgz@aol.com or 617-491-0880. Buffet is \$15/person (self pay).

2017 Board of Trustees

Shippin Page, President

Webb Brown

Liz Goodfellow Zagoroff

John Grace

Richard Joslin

Jay Lorsch

Kristin Mortimer

Tina Olton

Helene Quinn

Franklin Reece

Staff

Barbara Selwyn - Executive Director

Suzanne Styffe - Member Services Manager

2017 INFORMATION SESSIONS

Invite a friend or neighbor to hear about the benefits of being a CAH member.

Tuesday, April 18 - 11:00 am

Tuesday, May 16 - 11:00 am

Call to reserve your space today!

617-864-1715

COMPLIMENTARY WEEK AT WELLBRIDGE

If you have been thinking about joining a health club, CAH & Wellbridge Athletic Club in Harvard Square are inviting members for a free week of membership from

April 10th - 14th.



athletic club
WELLBRIDGE

Options include:

- A complimentary fitness assessment with a certified wellness trainer
- Access to a heated indoor pool and Jacuzzi
- Weight training and cardio rooms with a wide variety of exercise equipment
- Over 50 complimentary group classes per week including Water Aerobics, Forever Fit, Yoga, and more
- Easy to reach by public transportation & validated parking available

This exclusive benefit is available to CAH members only. If you decide to join the club, Wellbridge will waive their joining fee and offer \$20 off their monthly fee. Call 617-864-1715 for more information.

CAMBRIDGE AT HOME

545 CONCORD AVENUE, SUITE 104
CAMBRIDGE, MA 02138