

CAMBRIDGE AT HOME

Helping residents of Arlington, Belmont, Cambridge, Somerville and Watertown age in place with confidence and peace of mind.

DECEMBER 2017

CAH Walks: A Great Way to Exercise & Socialize



Have you been on a CAH walk yet this year? If not, we encourage you to come along for our last walk of the season—December 8 at 10:30. Walks are a great way to get out of the house, meet other people and of course, exercise.

CAH members had a great time walking along Boston's Freedom Trail in October. They were greeted by a U.S. Park Ranger at Faneuil Park, who gave a quick and interesting history lesson. The group then headed to the Union Oyster House, where the clam chowder was perfect for the crisp day. We hope to see you on December 8 for our Holiday Walk!

Happy Holidays!



We wish you a warm and joyful holiday season. We hope to see many of you at our 10th Anniversary Celebration and Holiday Luncheon on December 14.



Office Closings

Friday December 22
Office Closes at Noon

Monday, December 25 &
Tuesday December 26
Office Closed

National Village Conference Update




The National Village Conference in Baltimore was jam packed with great information about how Villages are operating today. Highlights included using technology to streamline Village operations, addressing loneliness, clothing for elders, and more. Join us on December 7 to hear more about the conference and how CAH will implement some of the ideas shared.

[December Events and Activities —>](#)

December 2017

PLEASE RSVP FOR ALL EVENTS AS SOON AS POSSIBLE - 617-864-1715

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>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.</p> <p>Exercise - Classes take place at Evolve Fitness, 52 New Street, Cambridge.</p>						
	Shopping 11 am - 1 pm	Supper 6 - 7:30 pm	Shopping 11 am - 1 pm Stretch 2 - 3 pm	Village Conference Update 10:30 am	Holiday Walk 10:30 am Shopping 11 am - 1 pm Movement & Balance 11 am - 12 pm	CAH Open House 11 am
3	4	5	6	7	8	9
Violin Recital 3 pm	Shopping 11 am - 1 pm Tippie 5 - 6:30 pm	Biography Group 2 pm HANUKKAH BEGINS AT SUNDOWN	Volunteer Meeting 10:30 am Shopping 11 am - 1 pm Stretch 2 - 3 pm	CAH 10th Anniversary Celebration & Holiday Luncheon 12 pm	Meditation 10 am Shopping 11 am - 1 pm Movement & Balance 11 am - 12 pm	
10	11	12	13	14	15	16
MIT Chorus 4 pm	Shopping 11 am - 1 pm	Ether Dome Tour 12:30 pm	Shopping 11 am - 1 pm Stretch 2 - 3 pm Supper 6 - 7:30 pm		OFFICE CLOSURES AT NOON Shopping 11 am - 1 pm Movement & Balance 11 am - 12 pm	
17	18	19	20	21	22	23
24	CHRISTMAS DAY OFFICE CLOSED No Shopping	OFFICE CLOSED	Shopping 11 am - 1 pm Stretch 2 - 3 pm		NO MOVEMENT Shopping 11 am - 1 pm	
31	25	26	27	28	29	30

DECEMBER EVENTS & ACTIVITIES

Tuesday, Dec. 5 and Wednesday, Dec. 20, 6 – 7:30 PM Supper at The Cambridge Homes, 360 Mt Auburn St.

Join us for a 3-course meal, wine, and conversation with fellow members. \$15/person in advance. Open to CAH members only. Limited to 10.

Thursday, December 7, 10:30 AM - 12:00 PM National Village Conference Highlights

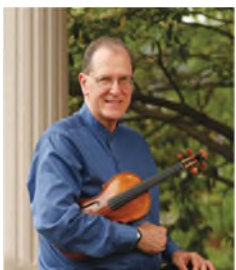
Last month CAH Board Co-President, Liz Goodfellow, and Executive Director, Barbara Selwyn, went to the National Village Conference in Baltimore and learned a great deal about what's happening with the movement. Join us on 12/7 to learn more about Village trends, opportunities and ideas for the future. Free and open to CAH members only. Limited to 20.

Friday, December 8, 10:30 am - 2:30 pm Holiday Walk: Beacon Hill, Boston Common, City Hall



We'll start by walking by the bustling, small shops on Charles Street, and then continue 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 by the giant, decorated tree and the skaters at Frog Pond. We'll continue over to City Hall Plaza where the annual, festive "Boston Winter" will be going on with its holiday shopping market. For a light lunch we'll check out the variety of food vendors there before piling back on to the T and heading home. Meet downstairs at Harvard Square T station. Estimated walking distance: 2 miles.

Sunday, December 10, 3:00 PM Violin Recital at Member's Home



Join us for an exclusive recital by CAH member and violinist, Chris Teal. The program will include a diverse selection of movements from the Sonatas and Partitas of J. S. Bach for solo violin, including the great Chaconne. The one-hour program will also feature favorite short works for violin and piano including Kreisler, Mozart, and others. Chris was Professor of Violin at Vanderbilt University and first violinist of the Blair String Quartet for more than forty years; he joined Cambridge at Home last year. This event will take place in a member's home in Cambridge—call the office for address. Free and open to CAH members only.

Monday, December 11, 5 – 6:30 PM Tipple at Legal Sea Foods in Harvard Square



If it isn't fresh, it isn't Legal!

Nothing beats grabbing a drink and appetizer with good company. Join us! \$20/person in advance. Open to CAH members only.

Tuesday, December 12, 2 PM Biography Group, CAH Office

This month we will discuss *Never Caught*, by Erica Armstrong. The group is currently closed.

Wednesday, December 13, 10:30 AM Volunteer Meeting, CAH Office

Each month CAH volunteers meet to share their experiences, concerns and questions when it comes to volunteering. Interested in volunteering? Call the office!

Thursday, December 14, 12:00 - 2:00 PM CAH 10th Anniversary Celebration and Holiday Lunch, Nubar Restaurant, 16 Garden Street



CAH is 10 years old and going strong! Join us for a festive celebration to honor our founding trustees and the progress we have made over the last 10 years. \$25/person includes

wine, appetizer, entrée (burger, lemon chicken or squash risotto), dessert, and great conversation with the CAH community - founding trustees, current trustees, members, volunteers, staff and community partners. There is a parking lot next to the restaurant. If you have not yet RSVP'd, please do so immediately—we are almost at capacity.

Friday, December 15, 10 - 11 AM Meditation with Joel Baehr, CAH Office



Join us for our monthly meditation session. Free and open to CAH members only.



DECEMBER PROGRAMS CONTINUED

Sunday, December 17, 4:00 PM

MIT Community Chorus - 5 free tickets available!

Kresge Auditorium, 48 Mass. Ave., Cambridge



Join the Cambridge Community Chorus for their fall concert, Handel's Judas Maccabeus. We have 5 free tickets to give away (\$25 value). First come first served.

Tuesday, December 19, 12:30 PM

Tour of MGH's Ether Dome & Russell Museum



MGH's surgical amphitheater, now known as the Ether Dome, held the first public surgery using anesthetic in 1846. Between 1821 and 1868, more than 8,000 operations were performed in the Ether Dome. Today visitors can explore the unique architecture and a small collection of artifacts, including an oil painting of the famous first surgery, an Egyptian mummy and early surgical tools. Join us for a guided tour of this great institution. \$10 in advance covers roundtrip taxi. Meet at Apple Cinemas promptly at 12:30 pm for our 1 pm tour. Limited to 10.

JANUARY PROGRAMS

Save the date for these upcoming programs in the New Year!

January 5

New Member Coffee & Bagels

January 14

The Tenors Sing Out

January 25

New Book Group Meeting

2017 Board of Trustees

Webb Brown

Emily Flax

Liz Goodfellow Zagoroff

John Grace

Richard Joslin

Jay Lorsch

Kristin Mortimer

Tina Olton

Shippen Page

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