

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

February 2018 Events Calendar

Registration is required for all events, exercise classes and grocery shopping.

Please call the office at 617-864-1715 unless otherwise indicated in the event description.

Tuesday, February 6, 12:00 pm

Buffet Lunch at Changsho, 1712 Mass Ave., Camb.



Join us for a Chinese buffet lunch. \$15/person. RSVP to Liz at lizgzhp10@gmail.com / 617-491-0880. Open to members & guests.

Wednesday, February 7 and

Tuesday, February 20, 6:00 – 7:30 pm

Supper at TCH – 360 Mt. Auburn St., Cambridge

Join us for a three-course meal at The Cambridge Homes. \$15/person in advance. Open to members only. Limited to 10.

Thursday, February 8, 10:00 – 11:00 am

Meditation, CN Office



Join us for our monthly meditation session with CN member and meditation teacher, Joel Baehr. Free and open to members only.

Sunday, February 11, 3:00 pm

Sunday Afternoon Story Hour: The Blanket Story



Come hear how two lawyers, John Grace and his late wife, Carolyn, left the law, moved to an island in Maine, and started making blankets

by hand and selling them at craft shows around the

country. We'll gather at the home of John and Anne Grace in Belmont to hear the story, talk about weaving as a cottage industry and see John's 24 harness loom on which he now weaves bedside rugs from wool raised and spun in Maine. Light refreshments will be served. Free and open to members only. Limited to 12. Call the office for location.

Monday, February 12, 5:00 – 6:30 pm

Tipple at Legal Sea Foods

Tipple is a monthly gathering where members meet over wine and appetizers at Legal Sea Foods in Harvard Sq. Join us! \$20/person in advance. Open to members only.

Wednesday, February 14, 11:30 am - 12:30 pm

Valentine's Day Celebration, CN Office



Following our volunteer meeting, we will have goodies to celebrate Valentine's Day. Come meet our volunteers and fellow members! Free and open to members only. Limited to 20.

Tuesday, February 20, 2:00 pm

Biography Group, CN Office

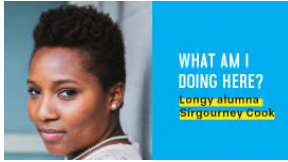
This month we will discuss "The Woman Behind the New Deal," by Kristin Downey. This group is closed. A new book group has just started. Call the office if interested in joining.

Cambridge Neighbors | 545 Concord Avenue, Suite 104 | Cambridge, MA 02138
617-864-1715 | www.cambridgeneighbors.org | info@cambridgeneighbors.org

Tuesday, February 20, 7:30 pm

Longy Event: What Am I Doing Here?

Pickman Concert Hall, 27 Garden St., Camb.



A singer’s quest to seek meaning and purpose. From a childhood immersed in gospel, to singing backup for international pop star Jennifer Hudson, Longy alumna Sirgourney Cook takes us on a journey that ultimately leads her home—balancing her love of gospel, God, and classical music. Admission is free, but a \$20 donation is suggested. Tickets are required, so rsvp with the office.

Thursday, February 22, 11:00 am

Sleep: A Third Of Your Life, CN Office



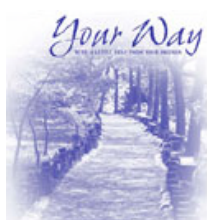
Join us for a presentation by Dr. Jo Solet, member of the Division of Sleep Medicine at Harvard Medical School and Department of Medicine at Cambridge Health Alliance,

to take a tour of the mysteries of sleep. We will discover how sleep is structured, how it changes as we age, what health risks relate to insufficient sleep, what influences our sleep and how we might improve it. This evidence-based program will enhance our respect for sleep as a critical pillar of health. Free and open to members only. Limited to 20.

Friday, February 23, 1:00 – 3:00 pm

Choosing YOUR WAY in Aging, CN Office

(This program is currently full. Please contact member Susie White to be put on the waitlist for the next session – susie@smithwhite.net or 617-797-3666.)



This program will provide an opportunity for you to get information and start the conversation to stay in charge of your end-of-life issues and choices. Four Cambridge

Neighbors members - Webb Brown, Tina Olton, Anne St. Goar and Susie White - have been using YOUR WAY, and will facilitate the program. The

group will share this process with fellow members. Free and open to CN members only.

Wednesday, February 28, 1:00 pm

Steering Clear at 60+:

Tips for Safe Driving As We Age, CN Office



Join Debra Kerrigan, Senior Occupational Therapist at Newton-Wellesley Hospital, for an interactive presentation about the age-

related changes that can impact a person’s driving ability. Learn tips on what you can do to reduce driving risks and continue to drive safely. Free and open to members only. Limited to 20.

Tuesday, February 27, 5:30 pm

Dinner at Black Sheep, 350 Main St., Cambridge



In The Kendall Hotel, former Engine 7 Firehouse, the “black sheep” of the Cambridge Fire Department. Simple menu, local ingredients.

Dinner is self-pay. RSVP to Liz at lizgzhp10@gmail.com or 617-491-0880.

Spring 2018 Nutrition & Healthy Aging Series!

We are excited to announce our spring line up of nutrition and healthy aging talks with Tufts University’s Human Nutrition Research Center on Aging and the Cambridge Public Library!

March 8 - Nutrition and Physical Activity
Roger Fielding, Ph.d

April 12 - Heart Health
Alice Lichtenstein, D.Sc.

May 10 – Vitamins and Supplements
Sarah Booth, Ph.D.

All lectures begin at 11 am and will take place at the Cambridge Public Library’s Main Lecture Hall – 449 Broadway. Programs are free and open to the public.

February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Shopping 11 am Movement Class 11 am – 12 pm	3
4	5 Shopping 11 am	6 Changsho Lunch 12 pm	7 Shopping 11 am Stretch Class 2 - 3 pm Supper 6 pm	8 Meditation 10 am	9 Shopping 11 am Movement Class 11 am – 12 pm	10
11 Blanket Story 3 pm	12 Shopping 11 am Tipple 5 – 6:30 pm	13	14 Volunteer Meeting 10:30 am V Day Celebration 11:30 am Shopping 11 am Stretch Class 2 - 3 pm	15	16 Shopping 11 am Movement Class 11 am – 12 pm	17
18	19 Office Closed Presidents' Day Shopping 11 am	20 Bio Group 2 pm Supper 6 pm Longy Music Event 7:30 pm	21 Shopping 11 am Stretch Class 2 - 3 pm	22 Sleep: A Third of Your Life 11 am	23 Shopping 11 am Movement Class 11 am – 12 pm Your Way 1 pm	24
25	26 Shopping 11 am	27 Dinner at Black Sheep 5:30 pm	28 Shopping 11 am Safe Driving 1 pm Stretch Class 2 - 3 pm			

Grocery Shopping

Shopping is available on Mondays, Wednesdays and Fridays for members. Our driver will pick you up, drive you to a local supermarket, stay on site, drive you home and carry your bags into the house.

- Please be mindful of the driver's time and limit your shopping to 5 bags.

Exercise Classes

Wednesday and Friday exercise classes take place at Evolve Fitness – 52 New Street, Cambridge.

Please call the office to sign up for all events, exercise classes and shopping - 617-864-1715.

January Trip to the MFA



CAH members enjoyed a lovely trip to the MFA in January.

Interested in Scrabble, bridge or going to the opera? Call the office and we will connect you with other members with similar interests.

Our newsletter schedule has changed. We will continue to publish our event calendar each month. Full 8 page newsletters will be published quarterly. We will also continue to send email updates each Friday.

Local Events of Interest

Thursday Morning Talks

Holy Trinity Armenian Church - 145 Brattle Street
Bouillon: 10:15 am, Talks: 11:00 am

Feb. 1 – Addicted to Reform: A 12-Step Program to Rescue Public Education, John Merrow

Feb. 8 – Topic TBA, Paula Johnson

Feb. 15 – What Works: Gender Equality by Design, Iris Bohnet

Feb. 22 – Windfall: How the New Energy Abundance Upends Global Politics and Strengthens America's Power, Meghan O'Sullivan

Tickets are \$20 and may be purchased at the door. For more info email thursdaymorningtalks@gmail.com.

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