



# CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

## March 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, March 6, 2:00 – 3:30 pm**

**Malt Whisky Tasting, CN Office**



With four superior expressions, we will explore the flavor delights of classic elegance. CN member Dick Land has more than fifty

years experience, having visited many distilleries, consulting locally, and has discussed flavor science with professionals. Join us for conversation about the history of whisky and the friendly warmth of a dram.

\$15/person in advance covers tasting and refreshments.

Open to members only. Limited to 12.

**Wednesday, March 7 and**

**Tuesday, March 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, March 8, 11:00 am – 12:00 pm**

**Move It or Lose It: Eating to Keep Your Body Strong, Cambridge Public Library, 449 Broadway**



Join Roger Fielding, Ph.D., Director of the Nutrition, Exercise, Physiology and Sarcopenia Lab at the JM USDA Human Nutrition Center

on Aging at Tufts University, one of the country's top researchers on the condition of muscle loss known as sarcopenia, to learn tips to build muscle strength through exercise and the right mix of protein and other food sources. This program is free and open to the public.

**Monday, March 12, 5:00 – 6:30 pm**

**Tipple at Legal Sea Foods, Harvard Square**

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

**Tuesday March 13, 1:00 – 3:00 pm**

**Choosing YOUR WAY in Aging – Session 2**

(This program is currently full. To RSVP for the next session, contact Susie White – [susie@smithwhite.net](mailto: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 share this process with fellow members. Free and open to members only.

Cambridge Neighbors | 545 Concord Avenue, Suite 104 | Cambridge, MA 02138  
617-864-1715 | [www.cambridgenighbors.org](http://www.cambridgenighbors.org) | [info@cambridgenighbors.org](mailto:info@cambridgenighbors.org)

**Wednesday, March 14, 5:30 pm**

**Dinner at Les Sablons, 2 Bennet Street, Cambridge**



Join us at Les Sablons, “Where Julia Child would eat now.” – Boston Globe. Modern French food in the old MBTA building.

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

**Thursday, March 15, 11:00 am**

**Lunch & Learn: Fantasy Architectures: Sculptural Boxes by Jay Rogers, CN Office**



When CN volunteer Jay Rogers isn't making friendly visits or helping members with odd jobs, he spends his time designing and building miniature architectural

sculptures. Since becoming a full-time artist/boxmaker in 1985, Jay has made thousands of sculptural boxes that draw you into a fantasy world of arches,

passageways, mirrored piazzas, stairwells and sunken pools. His current work focuses on the psychological realm of architecture, inspired by the art of M.C.

Escher, Piranesi, Breugel and others. Jay will talk about his work and bring along a few of his sculptural boxes for members to explore. Free and open to CN members only. Limited to 12.

**Tuesday, March 20, 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.

**Tuesday, March 20, 2:00 pm**

**Biography Group, CN Office**

This month we will discuss “The Grimke Sisters from South Carolina,” by Gerda Lerner. This group is closed.

**Thursday, March 22, 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.

**Thursday, March 22, 12:30 – 1:30 pm**

**Book Group, CN Office**



Join us for our discussion of “The Art Forger,” by B. A. Shapiro, a fictionalized story of the infamous Gardner Museum art heist. Free and open to members.

**Friday, March 23, 10:30 am**

**Local Walk: Fresh Pond Reservoir**



We will celebrate the return of spring with a walk around Fresh Pond. Meet outside the lobby of the Cambridge Neighbors office – 545

Concord Avenue. After our walk, we will have coffee in the office. Free and open to members and guests.

**Wednesday, March 28, 11:00 am**

**The Ins and Out of Assisted Living, CN Office**

Wondering about the process of moving into assisted living? Curious about what to look for on a tour/visit? Join us for a talk by Helene Quinn, Executive Director, and Linda Powell, Resident Care Director, of The Cambridge Homes, to learn how the process works and how to decide which community is best for you. Free and open to members only. Limited to 20.

**Friday, March 30, 10:30 am**

**Local Walk: Mount Auburn Cemetery**



Join us as we walk and enjoy the first signs of spring in the nation's first arboretum. Meet at the Visitor's Center just inside the gate. Free

and open to members only.

# March 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 Whisky Tasting 2 pm	7 Shopping 11 am Stretch Class 2 - 3 pm Supper 6 pm	8 Nutrition & Exercise Lecture 11 am	9 Shopping 11 am Movement Class 11 am – 12 pm	10
11 Daylight Savings Time Begins	12 Shopping 11 am Tipple 5 – 6:30 pm	13 Your Way 1 – 3 pm	14 Volunteer Meeting 10:30 am Shopping 11 am Stretch Class 2 - 3 pm Dinner at Les Sablons 5:30 pm	15 L&L: Sculptural Boxes 11 am	16 Shopping 11 am Movement Class 11 am – 12 pm	17
18	19 Shopping 11 am	20 Spring Begins! Changsho Lunch 12 pm Bio Group 2 pm Supper 6 pm	21 Shopping 11 am Stretch Class 2 - 3 pm	22 Meditation 10 am Book Group 12:30 pm	23 Walk 10:30 am Shopping 11 am Movement Class 11 am – 12 pm	24
25	26 Shopping 11 am	27	28 Assisted Living Talk 11 am Shopping 11 am Stretch Class 2 - 3 pm	29	30 Walk 10:30 am Shopping 11 am Movement Class 11 am – 12 pm	31

## 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.**

## Nutrition & Healthy Aging Series

In addition to our lecture, “Move It or Lose It: Eating to Keep Your Body Strong,” on March 8<sup>th</sup> at 11:00 am, we invite you to join us at our next two talks about nutrition and healthy aging.

### Thursday, April 12 – Fruits & Vegetables: What’s Not to Love?



Make fresh and frozen fruits and vegetables the foundation for a heart-healthy approach to eating. Join Alice Lichtenstein, D.Sc, Director of the Cardiovascular Nutrition Lab at the JM USDA Human Nutrition Center on Aging at Tufts University, to learn about the top fruits and vegetables that reduce the risk of heart disease.

### Thursday, May 10 – Eat Your Vitamins: Finding Them in Food and Supplements



It’s easier than you think to fill your plate with vitamin-rich foods and become less dependent on vitamin pills and supplements. Join Sarah Booth, Ph.D., Interim Center Director and head of the Vitamin K Lab at the JM USDA Human Nutrition Center on Aging at Tufts University, to learn tips on consuming vitamins through food.

All programs are free/open to the public and begin at 11:00 am at the Cambridge Public Library Lecture Hall – 449 Broadway, Cambridge. Metered parking is available on the street or in the library’s underground garage.

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