

# CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

## March 2019 Event Calendar

**Fridays, March 1, 8, 15, 22 & 29, 10:00–10:30 am**  
**Stroll in the Park, Danehy Park, New Street Entrance**



Danehy Park Strolls are back, now on *Fridays*! Join members for leisurely walks through Danehy Park in Cambridge. Parking is available in the New Street parking lot. These walks will last 30 minutes or so. Afterward, you can head right over to Evolve Fitness (a short walk away) for the 11:00 am Movment class taught by Susanne Liebich. Free and open to members and guests.

**Monday, March 4, 1:00–2:00 pm**  
**Meditation with Joel Baehr, CN Office**



CN member and teacher, Joel Baehr, will lead "natural meditation," a Tibetan way of meditation that is grounded in our ordinary capacity for openness and

love. All members welcome, regardless of previous experience with meditation.

**Tuesday, March 5, 1:00–2:30 pm**  
**Demystifying Genealogical Research, CN Office**



Ever wondered how to start building your family tree with online resources? Intrigued, but uncertain how to proceed? Cambridge Neighbors member, Steven Krich, will demystify using ancestry.com for your genealogy research. With help from an audience volunteer, he'll show us how easy it is to trace a family back through multiple generations. Steve will also comment on DNA family research.

Please register for all events: 617-864-1715 or [info@cambridgenighbors.org](mailto:info@cambridgenighbors.org)

**Tuesday, March 5 and**  
**Wednesday, March 20, 6:00–7:30 pm**  
**Supper at The Cambridge Homes**  
**360 Mount Auburn Street, Cambridge**



Join us for a three-course meal served with wine in a private dining room. Members only. Call or email the office to sign up. \$15/person in advance.

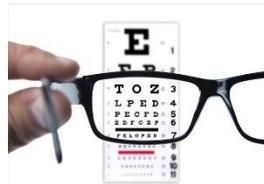
**Monday, March 11, 5:00–6:30 pm**  
**Tipple at Legal Sea Foods, Charles Hotel,**  
**Harvard Square**



*If it isn't fresh, it isn't Legal!*®

Tipple is a monthly gathering where members meet over wine and appetizers at Legal Sea Foods. Call or email the office to reserve your space. \$20/person.

**Thursday, March 14, 10:30 am–12:00 noon**  
**Second Thursdays with Neighbors:**  
**Vision Loss Presentation, CN Office**



CN member, Nancy Carlson, will present an informative program on various aspects of vision loss that we may experience as we age.

Topics will include:

- What is assessed in an eye exam (visual acuity, refraction, ocular health, binocularity);
- Common eye problems in the elderly (dry eye, cataracts, glaucoma, macular degeneration);
- Low vision evaluations and low vision solutions.

***Vision Loss Presentation continued next page ...***

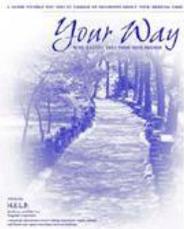
## March 2019 Events Continued

### **Vision Loss Presentation, continued:**

Nancy is Professor Emeritus at the New England College of Optometry, a Fellow of the American Academy of Optometry and an Academy Diplomate in Optometric Education. She will be joined by her friend and former colleague, Dr. Richard Jamara.

Dr. Jamara is also a retired professor from NECO, a Fellow of the American Academy of Optometry and an Academy Diplomate in Low Vision. He has worked with geriatric patients with vision loss and is a specialist in low vision rehabilitation--the specialty that provides patients with better visual function when glasses alone are not enough.

### **Thursday, March 14, 1:30–3:30 pm, Aging Your way, CN Office**



A popular program led by CN members Tina Olton, Susie White, Webb Brown and Anne St. Goar, the Aging Your Way program introduces the concept of staying in charge of your medical care and other important matters

concerning end of life issues and choices.

To RSVP, please contact Susie White:  
[susie@smithwhite.net](mailto:susie@smithwhite.net) or 617-797-3666.

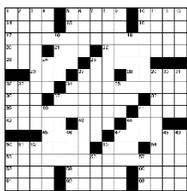
### **Monday, March 18, 10:30 am–1:00 pm, Explorer Walk: Fresh Pond Reservoir**



We will celebrate the return of Spring with a walk on the beautifully maintained path around Fresh Pond. Meet outside the lobby of the

Cambridge Neighbors office, 545 Concord Avenue. After our two-mile walk, we will have coffee in the office. Free and open to members and guests.

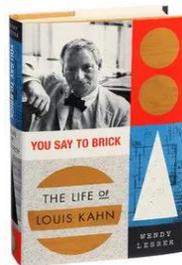
### **Tuesday, March 19, 10:00–11:00 am, Crossword Club, CN Office**



Under the guidance of CN member and crossword guru, Steve Salmon, we will work to solve challenging word puzzles. We will review the two puzzles previously distributed and discuss any problems encountered,

as well as techniques to solve them, and then move on to slightly harder puzzles. Free and open to members only.

### **Tuesday, March 19, 2:00–3:00 pm Biography Group, CN Office**



In March, we will discuss *You Say to Brick: The Life of Louis Kahn* by Wendy Lesser. Multiple award-winning biography of the genius behind some of the twentieth century's most celebrated architecture. Open to new members provided you have read the book.

### **Monday, March 25, 10:30 am–1:00 pm, Explorer Walk: Mount Auburn Cemetery**



Join us as we walk and enjoy the first blossoms of Spring in America's oldest arboretum. Meet at the Visitor's Center, just inside the main gate. Walking distance about two miles. Free and open to members and guests.

### **Monday, March 25, 5:00–6:30 pm Tipple at Nubar, 16 Garden St, Harvard Square**



Join us as we gather over wine and appetizers at Nubar at the Sheraton Commander Hotel. Call the office to reserve your space. \$20/person.

### **Thursday, March 28, 5:30–7:00 pm Monthly Restaurant Dinner at Bergamot 118 Beacon Street, Somerville**



Monthly restaurant dinners rotate among the five CN towns in alphabetical order. Restaurants are chosen for their food and wine offerings, as well as an atmosphere conducive to chatting and the ability to pay separately. This month, we will go to Bergamot, an upscale American restaurant featuring seasonal ingredients. Call the office to sign up.

### **Sunday, March 31, 2:00 pm Harvard-Radcliffe Gilbert & Sullivan Players: The Gondoliers Agassiz Theater, 5 James Street, Cambridge**



This comic opera follows two gondoliers, Marco and Giuseppe, who have believed they are brothers their entire lives. Shock ensues when it is revealed that one is heir to a throne. \$10/person in advance.

# March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Meditation 1 – 2 pm Knitting Group 2 – 3 pm	5 Program Meeting 10:30 am – 12 pm CN Open House 11 – 12 pm Genealogical Research 1 – 2:30 pm TCH Supper 6 – 7:30 pm	6 Stretch Class 2 – 3 pm	7 New Member Coffee 11 am – 12 pm	8 Stroll in the Park 10:00 am Movement Class 11 am – 12 pm	9
10	11 Knitting Group 2 – 3 pm Tipple at Legals 5 – 6:30 pm	12 Volunteer Meeting 11:00 am – 12:30 pm	13 Stretch Class 2 – 3 pm	14 2nd Thursdays with Neighbors: Vision Loss 10:30 am – 12 pm Aging Your Way 1:30 – 3:30 pm	15 Stroll in the Park 10:00 am Movement Class 11 am – 12 pm	16
17	18 Walk: Fresh Pond 10:30 am Knitting Group 2 – 3 pm	19 Crossword Club 10 – 11 am Bio Group 2 – 3 pm	20 Stretch Class 2 – 3 pm TCH Supper 6 – 7:30 pm	21	22 Stroll in the Park 10:00 am Movement Class 11 am – 12 pm	23
24	25 Walk: Mt Auburn 10:30 am Knitting Group 2 – 3 pm Tipple at Nubar 5 – 6:30 pm	26	27 Stretch Class 2 – 3 pm	28 Restaurant Dinner: Bergamot 5:30 – 7 pm	29 Stroll in the Park 10:00 am Movement Class 11 am – 12 pm	30
31 Gilbert & Sullivan 2 pm						

## Grocery Shopping

A volunteer 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 call the office a few days in advance to arrange a volunteer driver.
- We appreciate your being mindful of the driver's time, limiting your shopping to 5 bags.

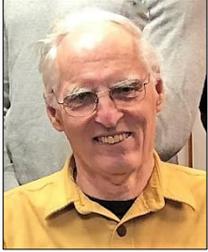
## Exercise Classes

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

- Registration is no longer required for exercise classes.

## Connections: Meditation with Neighbors

Our monthly meditation sessions are back! CN member and teacher, Joel Baehr, leads "natural meditation," a Tibetan way of meditation that is grounded in our ordinary capacity for openness and love. Here is what member and long-time participant in Joel's group, John Grace, has to say about his experience:



"Meditation with Joel Baehr is a treat for the soul and the psyche. We meditate and we talk about what it's like: how it helps us relax and be in touch with the world as it is and ourselves as we are; how to be present in our lives and less entangled by our passions.

Sometimes it's very practical. Instead of rage and urge for revenge when someone cuts us off in traffic, we come to realize it's our own anger that's a big part of what bothers us. Without excusing or forgiving the behavior, we can just decide to let it go, recover our equanimity and move on with our lives. Whether or not you've tried meditation before, do consider coming to meditation with Joel Baehr. You'll be glad you did."

-- John Grace

## New Co-Tenants at CN Office

In January, Cambridge Neighbors welcomed a new co-tenant to our office space, Yrobot, Inc. Yrobot is an early stage wearable robotics company that is building an assistive walking device to improve the mobility of elders and stroke patients.

The company is founded by Harvard and MIT researchers with years of experience researching and developing wearable robotic technology. Founder, Ye Ding, and Senior Engineer, Kevin Shadle, aim to build more effective, affordable and light-weight wearable devices to provide elders and stroke patients with extra muscle strength, allowing them to walk easier, faster and farther. Please say hello to Ye and Kevin the next time you are at the office!



### 2019 Board of Directors

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545 Concord Avenue, Suite 104  
Cambridge, MA 02138

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