



CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

May 2018 Events Calendar

Tuesday, May 1, 11:00 am – 12:00 pm
Conducting Health Research Online, CN Office



CN member Deb Jameson is a retired medical librarian from MGH who worked in the consumer health library, cancer resource room, and with

individuals and families to help patients better understand their diagnoses and treatment plans. Deb will help members look for answers on reliable websites such as MedlinePlus and PubMed and will share resources to help you take charge of your health care. Free and open to members only.

Wednesday, May 2 and
Thursday, May 10, 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.

Thursday, May 3, 11:00 am
Inventur – Art in Germany, 1943-55
Harvard Art Museums – 32 Quincy St., Cambridge



Join us for a self-guided tour of *Inventur*, which examines the highly charged artistic landscape in Germany from the mid-1940s to mid-1950s. More than 160 works showcase a time when Germans were forced to acknowledge and reckon with the atrocities of World

War II and the Holocaust. After viewing the exhibition, the group will meet in the café at 12 pm for a light lunch (self-pay). Admission is free for Cambridge residents and \$13/senior for non-residents.

Friday, May 4, 10:30 am – 2:00 pm
Adventure Walk: Back Bay & Public Garden



We'll meet downstairs at the Harvard T Station ticket machines to take the subway to Charles Street. From there we'll walk

along the Charles River Esplanade to the Hatch Shell, and then over the Arthur Fiedler foot-bridge and through the blossoms and ponds of Boston's Public Garden before continuing to Copley Square and the B.P.L. At the library we'll enjoy a light lunch in the Map Room before going downstairs to check out the new WGBH studio where Jim Braude should be holding forth. From there we'll head home by subway.

Wednesday, May 9, 1:00 – 3:00 pm
Choosing YOUR WAY in Aging – Session 3
This program will provide an opportunity for you to get information and start the conversation about 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 their process. [To RSVP contact Susie White – susie@smithwhite.net or 617-797-3666.](mailto:rsvp_contact_Susie_White@susie@smithwhite.net)

Thursday, May 10, 11:00 am – 12:00 pm
Eat Your Vitamins: Finding Them in Food & Supplements, Cambridge Public Library, 449 Broadway



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., Center Director and head of the Vitamin K Lab at the JM USDA Human Nutrition Center on

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Aging at Tufts University, to learn tips on consuming vitamins through food. Free and open to the public.

Friday, May 11, 10:30 am - 2:30 pm

Adventure Walk: North End Harborwalk



Meet at the Harvard T Station ticket machines to take the subway to North Station. From there we'll follow along the water's edge by the North End skating rink and playfields, and continue out and around Battery Wharf and Lewis Wharf before crossing Christopher Columbus Park to Long Wharf. There we'll stop for a light lunch before heading back via subway to Harvard Square.

Monday, May 14, 10:00 – 11:00 am

The Future of Alewife Reservation, CN Office



New member Ellen Mass, who performs environmental stewardship and educational work at Alewife Reservation, will share history and information about the past, present and future status of the area and prep us for our guided walk the following week on May 21. This unique watershed area is in our own backyard and at the lowest sea level in Cambridge. Free and open to CN members only.

Monday, May 14, 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, May 15, 11:00 am – 12:00 pm

Elder Scams – Stay Informed & Protected, CN Office



Join Ken Tingle and Jim Tierney from Belmont Savings Bank to learn about current scams targeted to older people and how to

protect you and your finances. Free and open to members only. Limited to 15.

Tuesday, May 15, 2:00 pm

Biography Group, CN Office

This month we will discuss “Louise Agassiz: Creator of American Science,” by Christoph Irmischer.

Tuesday, May 15, 5:30 pm

Dinner at Posto, 187 Elm Street, Somerville



Join us at Posto, a modern spot for Neapolitan wood-fired pizzas, handmade pastas, craft cocktails and wines. Dinner is self-pay. Call Liz to RSVP - lizgzhp10@gmail.com or 617-491-0880.

Thursday, May 17, 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.

Friday, May 18, 10:30 am - 2:30 pm

Adventure Walk: Arnold Arboretum, Jamaica Plain



Visit the blooming lilacs in Harvard's Arnold Arboretum. Meet at the Harvard T Station ticket machines to travel to Forest Hills Station. From there we'll walk to the Forest Hills gate that enters the arboretum grounds near Bussey Hill Road, where there starts a stretch of nearly 400 plants of nearly 179 different kinds of lilacs. After criss-crossing the grounds we'll return to near Forest Hills Station to enjoy a light lunch before taking the subway home.

Monday, May 21, 11:00 am – 12:30 pm

Alewife Reservation Nature Walk



The Alewife Reservation is a sprawling urban forest with hundreds of species, including hawks, coyotes, beavers, snapping turtles, and more, and paths for walking, running and

recreation. New member Ellen Mass will guide us through this unique natural resource. Meet in front of the passenger pick up area at Alewife. Bring along a brown bag lunch to enjoy. Restrooms are available in the Fuse building. Free and open to members only.

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Health Research 11 am	2 Shopping 11 am Stretch Class 2 - 3 pm Supper 6 pm	3 Inventur – Art in Germany 11 am	4 Walk 10:30 am Open House @ CN Office 10:30 am Shopping 11 am Movement Class 11 am – 12 pm	5
6	7 Shopping 11 am Open House @ Belmont Library 1:30 pm	8	9 Volunteer Meeting 10:30 am Shopping 11 am Your Way 1 – 3 pm Stretch Class 2 - 3 pm	10 Nutrition Lecture 11 am Supper 6 pm	11 Walk 10:30 am Shopping 11 am Movement Class 11 am – 12 pm	12
13	14 Future of Alewife Reservation 10 am Shopping 11 am Tipple 5 – 6:30 pm	15 Elder Scams 11 am Bio Group 2 pm Dinner at Posto 5:30 pm	16 Shopping 11 am Stretch Class 2 - 3 pm	17 Meditation 10 am	18 Walk 10:30 am Open House @ Arlington Library 10:30 am Shopping 11 am Movement Class 11 am – 12 pm	19
20	21 Shopping 11 am Alewife Guided Walk 11 am	22	23 Travel Club 10 am Shopping 11 am Stretch Class 2 - 3 pm	24 Book Group 11:30 am Your Way 1:30 – 3:30 pm	25 Walk 10:30 am Shopping 11 am Movement Class 11 am – 12 pm	26
27	28 Memorial Day Office Closed No Shopping	29	30 Shopping 11 am Stretch Class 2 - 3 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.

Registration is required for all events, grocery shopping and exercise classes. Call the office to sign up unless otherwise indicated in the event description - 617-864-1715.

May Events Continued

Wednesday, May 23, 10:00 – 11:00 am
Travel Club, CN Office

The CN Travel Club is discussing possible trips to Western and Eastern Europe, the Middle East, Africa, Alaska and Canada. Join our meeting if you'd like to know more or join the fun! Free/open to members.

Thursday, May 24, 11:30 am – 12:30 pm
Book Group, CN Office

Email Virginia for May's book selection –
vaughan@hamilton.edu. Free/open to members.

Thursday, May 24, 1:30 – 3:30 pm
Choosing YOUR WAY in Aging – Session 4

This program will provide an opportunity for you to get information and start the conversation about your end-of-life issues and choices. To rsvp, contact Susie White – susie@smithwhite.net or 617-797-3666.

Friday, May 25, 10:30 am - 12:00 pm.
Local Walk: Mount Auburn Cemetery/Arboretum



Join us as we walk and enjoy the increasing spring buds and blossoms on flowers, plants and trees. Meet at the Visitor's Center just inside the gate.



Members gather in front of Longfellow House before their "Cambridge in the Revolution" walk in April.

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