

# CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

## May 2019 Events Calendar

### Monday, May 6, 10:00am – 2:00pm Explorer Walk: Along Battle Road at the Minuteman National Park, Concord

We were rained out last month, so let's try again. Join us as we soldier on their march from Boston to Concord. We'll begin by seeing a brief video at Park Service Visitors Center. Then, while walking the restored, dirt-paved road, we'll pass historic houses, taverns, farm fields and wetlands to the spot where Brits pulled Paul Revere from his horse. After the walk, we'll drive to nearby Lexington Common where we'll briefly walk around the Green and then enjoy a light lunch at Via Lago (self-pay). Approximately 2½ miles. Free and open to members and guests. Meet at Apple Cinemas to carpool. Willing to drive? Please let the office know. Please call or email the CN office to confirm.



### Mondays, May 6, & 20, 2:00pm – 3:00pm; May 13, 1:30pm – 2:30pm Knitting Group, CN Office



The CN Knitting Group meets every Monday. Please join members for conversation and tips as you work on your projects.

### Tuesday, May 7 & Wednesday, May 29, 6 – 7:30 pm Suppers at The Cambridge Homes (TCH) 360 Mt. Auburn St., Cambridge

Join us for a three-course meal with wine in the private dining room at The Cambridge Homes. \$15/person in advance. CN Members only. Call/email the office to reserve your spot. (Due the popularity of this event, we ask that you sign up for just one dinner per month.)

### Thursday, May 9, 10:30am – 11:30 am Second Thursdays with Neighbors: Jane Walker Richmond's guide to digitizing memories, CN Office

Now you can digitize all those great, old photographs you have tucked in a box in the back of your closet with the help of Jane Walker Richmond, photographer and

CN member. Jane will present the saving of files to a thumb drive or a CD. You will come away with ideas you can use for organizing and saving your own memories. After the program, you can schedule a time to meet with Jane at her home to create your own digital memory file. She will scan the pictures or other mementos you have selected (number of items not to exceed 175) and work with you to prepare a thumb drive (or CD) file reflecting how you want your images organized. The only cost will be to reimburse Jane for materials, such as the thumb drive. Free and open to members only.

### Monday, May 13, 10:30am – 2:00 pm Explorer Walk: Minuteman Path, Cambridge to Arlington Heights



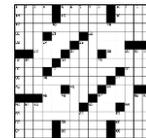
Hopefully the weather will cooperate this time! Meet at Alewife Station in front of Bertucci's to start our walk. We'll follow the paved Minuteman Pedestrian/Bike Path from the station around Spy Pond to

Arlington Center and onto Arlington Heights. On the way back, we'll walk down to Mass. Ave., take a light lunch at a bakery cafe (self-pay), before busing back. Approximately 2½ miles. Free and open to members and guests. Call or email the CN office to RSVP.

### Monday, May 13, 5:00 – 6:30 pm Tipple at Legal Seafoods, Charles Hotel, Harvard Sq.

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

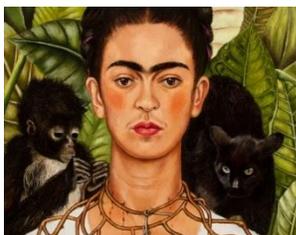
### Tuesday, May 14, 2:00 pm Crossword Club, CN office



Under the guidance of crossword guru, Steve Salmon, we will work to solve challenging word puzzles. The group reviews previously distributed puzzles to discuss challenge areas and strategies for solving. Then Steve distributes and we review new puzzles. Free and open to members only.

**Thursday, May 16, 10:00am – 2:00pm**  
**Museum of Fine Arts: Kahlo and Arte Popular**  
**465 Huntington Ave. Boston**  
**Exhibit in Lane Galleries 332/334**

Like many artists in Mexico City's vibrant intellectual circles, Frida Kahlo (1907–1954) avidly collected traditional Mexican folk art—*arte popular*—as a celebration of Mexican national culture. Following the recent acquisition of *Dos Mujeres* (1928), this is the MFA's first exhibition on Frida Kahlo. It tightly focuses on Kahlo's lasting engagements with *arte popular*, exploring how her passion for objects such as decorated ceramics, embroidered textiles, children's toys, and devotional retablo paintings shaped her own artistic practice.



Following the exhibit viewing, we will have an optional lunch (self-pay) at the museum, either at the New American Café or the Garden Cafeteria.

Museum admission is: free to museum members; \$23 for non-member seniors (65+). The MFA museum passes from local public libraries admits up to 2 people for \$10 per person.

When you contact the office to register, please indicate if you wish to carpool from Apple Cinemas, either as a passenger or a driver, or if you will get to the Museum on your own. Carpoolers will meet at Apple Cinemas at 10 am. For all: meet at 10:45 in the lobby at the Museum's Huntington Avenue entrance. (Note to carpoolers: please bring cash to pay your share of the parking fee, estimated to be between \$3-\$7.)

**Thursday May 16, 11:00 am – 12:30pm**  
**Info-Session, CN Office**

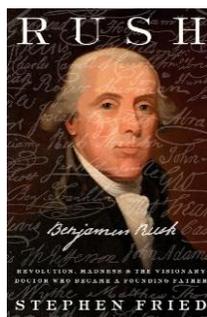
CN is hosting an info-session for potential new members from Arlington, Belmont, Cambridge, Somerville and Watertown. **If you have neighbors or friends who might like to learn about CN and all that we offer, please tell them to join us!** They should contact the office ([info@cambridgeneighbors.org](mailto:info@cambridgeneighbors.org) or 617-864-1715) with questions and/or to confirm attendance.

**Monday, May 20, 10:30 am – noon**  
**Explorer Walk: Mount Auburn Cemetery**

As everything is emerging, we will take a Spring walk to tour through the new high-tech greenhouses. Meet at the

Visitors' Center just inside the gate. Approximately two miles. Free and open to members and guests.

**Tuesday, May 21, 2:00pm – 3:30 pm**  
**Biography Book Group, CN Office**



Join us for a discussion of *Benjamin Rush* by Stephen Fried. One of the youngest signatories of the Declaration of Independence, Benjamin Rush was a visionary. Rush grew into an internationally renowned writer, reformer, and medical pioneer who touched virtually every page in the story of the nation's founding. He was

Benjamin Franklin's protégé, the editor of *Common Sense*, and George Washington's Surgeon General. A vocal opponent of slavery and prejudice by race, religion or gender as well as a champion of public education, his convictions threatened his name and his career, time and again. Open to new members, provided you have read the book.

**Thursday, May 23, 10:30 am – 12:00 noon**  
**Memoir Writing Workshop with Kendall Dudley, CN Office**

Ready, Set, Write! Kendall Dudley, MA, has lead life-story writing, art journaling, and life-design programs in the greater Boston area for 25 years and has received numerous Mass Cultural Council grants for his work. In this workshop, under his guidance, you'll record the essentials of your life story in minutes and then create a framework for adding the rest. You'll work with titles, chapters, photos, colors, and images. You can then get together over the spring and summer to work on adding form to your story, discovering the forgotten pieces and making sense of the whole. Once you start, you'll become a traveler in your own story and won't be able to stop. Contact Cambridge Neighbors to reserve your spot!



**Thursday, May 23, 5:30pm – 7:00pm**  
**Monthly Restaurant Dinner at Gran Gusto Trattoria**  
**90 Sherman St., Cambridge, MA**

For our monthly restaurant dinners, we try to rotate from town to town. Join us this month at Gran Gusto Trattoria for authentic Italian cuisine from Northern and Southern Italy. The menu changes seasonally and there is a large selection of affordable wines. Dinner is self-pay. Limit is 14. Please call or email CN office to confirm. If you need to cancel, contact the office so others can be invited.

# May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Stretch Class 2 - 3 pm	2	3 Movement Class 11 am – 12 pm	4
5	6 Explorer Walk 10:00 Knitting Group, 2 – 3 pm	7 TCH Supper 6 – 7:30 pm	8 Stretch Class 2 - 3 pm	9 2 <sup>nd</sup> Thursdays with Neighbors: Jane Walker Richmond Digitizing Memories 10:30-11:30	10 Movement Class 11 am – 12 pm	11
12	13 Explorer Walk 10:30 Knitting Group, 2 – 3 pm Tipple at Legals 5 - 6:30 pm	14 Volunteer Meeting 11:00 am – 12:30 pm Crossword Club 2 pm	15 Stretch Class 2 - 3 pm	16 MFA: Frida Kahlo, 10:00 am CN Open House 11:00 am – 12:30 pm	17 Movement Class 11 am – 12 pm	18
19	20 Explorer Walk 10:30 Knitting Group, 1:30 – 2:30	21 Biography Book Group 2 – 3:30 pm	22 Stretch Class 2 - 3 pm	23 Memoir Writing: Kendall Dudley, 10:30 - Noon Rest. Dinner: Gran Gusto Trattoria 5:30 – 7 pm	24 Movement Class 11 am – 12 pm	25
	27 Memorial Day Office Closed	28 Tufts Nutrition Series: Fiber Matters! 11 am, CPL	29 Stretch Class 2 - 3 pm TCH Supper 6 – 7:30 pm	30 Native Plants: Jean Devine 2:00 pm	31	

**Tuesday, May 28, 11:00am -12:00pm, Cambridge Pub. Library  
Tufts Nutrition Series, second of three talks: “Fiber Matters!”**

Dietary fiber – think grains, beans, fruit, veggies and nuts – is an important part of a healthy diet. The right amount of fiber in your diet helps reduce cholesterol, controls weight, lowers risk of some cancers and can reduce inflammation. Come hear Nicola McKeown, Ph.D., from the Tufts Jean Mayer USDA Human Nutrition Research Center on Aging present the latest research on dietary fiber and healthy aging at the Cambridge Public Library. Contact CN to confirm your attendance.

**Thursday, May 30, 2:00pm Native-plants: *Saving the planet starts in own backyards* by Jean Devine, CN Office**

Come hear how important and easy it is to incorporate perennial, pollinator-friendly native plants into your garden. Native plants help restore biodiversity and because of their deep roots, they also absorb rainwater and sequester carbon. Jean is Co-founder for Meadow-scaping for Biodiversity, ([www.meadowmaking.org](http://www.meadowmaking.org)), an outdoor environmental education program that teaches youth, 7 – 19, how to restore biodiversity and become good environmental citizens.

## Coming in June...



### **Boston Opera House – Private Tour** **Thursday, June 6, 12:00-1:00 pm** **539 Washington Street, Boston**

Join CN Members for a special tour of this historical masterpiece!

View the majestic architecture of this historic building and learn all about the in-house operations and how the crew uses the space to mount a modern-day opera.

## **WELCOME, Meghan Maloney!**

Meghan, our new Assistant Director, comes to us with a long history of advocating for older adults, a cause for which she has had a passion since her young-adulthood. Meghan first spearheaded community involvement in her former town to help local elders feel better connected with the community in which they resided. She then saw the need for special classes to be taught to elders who were unfamiliar with desktop computers and launched a special introductory class for those 60 years-old and over, teaching the class for five years.

More recently, Meghan has worked in the areas of Development and Fundraising for two local nursing facilities, working hard to improve the lives of those who reside there. She is currently studying Non-profit Management at Harvard University and is excited to be included in Cambridge Neighbors' efforts to better the opportunities and lifestyles of older adults in our community.



Meghan will be overseeing member services, programs and events, and communications. We are so pleased to have her on board.

We are so grateful to Jean Devine who not only worked hard to provide the support we needed while we were searching for our next staff member, but did a fabulous job in training Meghan so that she is off to a great start. Thank you, Jean! Welcome, Meghan.

### **2019 Board of Directors**

Ann Baehr  
Webb Brown  
Emily Flax  
John Grace  
Richard Joslin  
Jay Lorsch  
Brian Merrick  
Kristin Mortimer  
Tina Olton  
Helene Quinn  
Connor Regan  
Kenneth Tingle  
Virginia Vaughan  
Peter White  
Janet Whitla

### **Staff**

Jan Latorre-Stiller  
*Executive Director*

Meghan Maloney  
Assistant Director

Barbara Selwyn  
*Membership & Marketing Director*



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**Cambridge, MA 02138**

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