

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

November 2018 Event Calendar

Please register for all events - 617-864-1715 or info@cambridgeneighbors.org

Friday, November 2, 10:30 am - 3:00 pm Explorer Walk, Historic Forest Hills Cemetery



We were rained out last month, so we are going to try again. Meet downstairs in the main Harvard Square T station ticket machines to travel to Forest Hills. Near the

Arnold Arboretum, and founded ten years after Mount Auburn Cemetery, Forest Hills was developed to be a beautiful and historic rural park as well as a cemetery. After perusing the grounds we'll return close to Forest Hills Station to enjoy a light lunch before taking the subway home. Approx. 2 miles.

Monday, November 5, 11:00 am The Puzzle of Downsizing, CN Office



Join Jan Kinasewich & Kayla Crugnale from Compass Real Estate to learn about the various components of downsizing. The process begins with conversations about the current status of clients

and what their priorities and wishes are. Then, Jan & Kayla look at how to implement the transition, including organizing and disposing of belongings, identifying the next residential options, and clarifying how this will play out. Each case is different and they adapt their advice and support to work best with each individual. Free and open to CN members only. Limited to 15.

Wednesday, November 7 and
Tuesday, November 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.

Thursday, November 8 – 11:00 am – 12:00 pm Food for Thought: How Food Impacts Cognition Cambridge Public Library – 449 Broadway



Join Tufts researcher, Barbara Shukitt-Hale, Ph.D., to learn how nutrition affects brain functioning. Learn how fruits and vegetables high in antioxidants can slow the progression of age-related neurological diseases. Free and open to the public.

Friday, November 9, 10:30 am - 2:30 pm Explorer Walk, Tour of the Developing Seaport District



It's constantly in the news, so it's about time we checked out what they're developing in the Seaport district. We'll start by walking along the harbor and by the developments of a decade ago, such as the Federal Courthouse and the I.C.A. Then we'll look at the recently completed high-rise office and condominium buildings, and finally we'll visit the area, now cleared, that is planned to be public square and auto-free walkways. Afterwards we'll go for a light lunch at the little-known Courthouse cafeteria that overlooks Boston Harbor. Meet downstairs at the Harvard Square T Station at 10:30 by the ticket machines. Lunch is pay on your own. About 2.0 miles

Saturday, November 10, 2:00 pm Harvard-Radcliffe Gilbert & Sullivan Players present *Patience; or Bunthorne's Bride* Agassiz Theatre, 5 James Street, Cambridge



The HRG&SP's Fall 2018 production follows Bunthorne, a sham aesthetic poet, who is the apple of every maiden's eye. But he pines only for Patience, a milkmaid who dislikes his phony poetry and rejects his advances. When Patience reunites with Grosvenor, her childhood love and himself a poet, a fierce conflict arises between

November 2018 Events Continued

the two aesthetes, which turns the whole town on its head. *Patience; or Bunthorne's Bride* is a satire of aestheticism, of pretentiousness, of vanity and of sententiousness, and is the funniest of Gilbert and Sullivan's collaborations. Meet at 1:45 pm in the lobby of Agassiz Theatre. \$10/person in advance. Limited to 14.

Monday, November 12 & 26, 10:30 – 11:00 am Stroll in the Park, Danehy Park, New St. Entrance



Join fellow members for leisurely walks through Danehy Park in Cambridge. Parking is available in the New Street parking lot. These walks will last 30 minutes. Free and open to members and guests.

Monday, November 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!

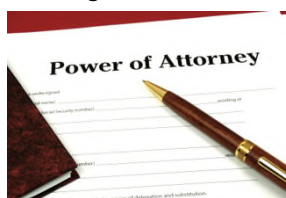
Tuesday, November 13, 2:00 pm Biography Group, CN Office

This month we will discuss "Yankee from Olympus – Justice Holmes and His Family," by Catherine Drinker Bowen. Group is closed.

Thursday, November 15, 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, November 15, 1:00 pm The Legal Side of End-of-Life Care, CN Office

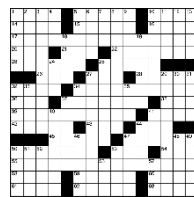


Join Kathy Miller & Doug Reynolds from The New Law Center, LLC, to learn about the important legal documents and issues that arise during end-of-

life planning. We will review the documents that are usually included in an estate plan: wills, trusts, durable powers of attorney, and health care proxies. There will be time for questions and discussion. Free and open to members only. Limited to 15.

Friday, November 16, 10:30 am - 2:30 pm
Explorer Walk, Spy Pond, Arlington & Alewife Brook
Meet in front of Bertucci's at Alewife Station. From there we'll walk westward along the Minuteman Trail through the woodlands bordering Arlington's Spy Pond and to Arlington Center. There we'll grab a light lunch and afterwards return by taking a Mass. Ave. bus to Alewife Brook Parkway. From there we'll walk on the trail, separated from the traffic by Alewife Brook, to our starting point at Alewife Station. Lunch is pay on your own. About 2.5 miles.

Tuesday, November 27, 10:00 – 11:00 am Crossword Club, CN Office



Come learn the fun (and beneficial mental exercise) of solving crossword puzzles. We'll learn a few solving techniques, start with easy "Monday" puzzles, and go from there! Coffee will be served. Free and open to CN members only. Limited to 10.

Thursday, November 29, 10:30 am Guided Tour of the Winslow Homer House, 661 Pleasant Street, Belmont



The 1853 Homer House was an important place in the life and art of Winslow Homer, a prominent American landscape painter and printmaker in the 19th century. The Homer House

is one of the finest examples of early residential Victorian design and is where the Winslows vacationed in the summer. The Belmont Woman's Club purchased the House in 1923 to save it from destruction and to preserve its value for future generations. Meet at the Homer House at 10:25 am for our 10:30 am tour.

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

Meet at the Visitor's Center just inside the main gate. With the leaves down, we'll visit Mount Auburn as it gets ready for winter. We'll visit a few places most visitors aren't aware of, such as the Homer family plot where artist Winslow Homer (1836-1910) is interred. (Some CN members may be visiting Homer's Belmont home the day before.) About 1.5 miles.

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Walk: Forest Hills 10:30 am Shopping 11 am Movement Class 11 am – 12 pm	3
4 Daylight Savings	5 Downsizing 11 am Shopping 11 am	6 Election Day VOTE!	7 Shopping 11 am Stretch Class 2 - 3 pm Supper 6 pm	8 Nutrition & Cognition 11 am	9 Walk: Seaport 10:30 am Shopping 11 am Movement Class 11 am – 12 pm	10 Gilbert & Sullivan 2 pm
11	12 Veteran's Day Office Closed Stroll in the Park 10:30 am Shopping 11 am Tipple at Legal 5 – 6:30 pm	13 Volunteer Meeting 11 am Bio Group 2 pm	14 Shopping 11 am Stretch Class 2 - 3 pm	15 Meditation 10 am Open House 11:30 am Legal Side of End of Life Care 1 pm	16 Walk: Spy Pond 10:30 am Shopping 11 am Movement Class 11 am – 12 pm	17
18	19 Shopping 11 am	20 Supper 6 pm	21 Office Closes 2 pm No Shopping No Exercise	22 Thanksgiving Day Office Closed	23 Office Closed No Shopping No Exercise	24
25	26 Shopping 11 am Stroll in the Park 10:30 am	27 Crossword Puzzles Group 10 am	28 Shopping 11 am Stretch Class 2 - 3 pm	29 Homer House Tour 10:30 am	30 Walk: Mt. Auburn 10:30 am Shopping 11 am Movement Class 11 am – 12 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.

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.

Annual Holiday Gala – Save the Date!



Tuesday, December 18

12:00 – 2:00 pm

**Sheraton Commander Hotel
George Washington Ballroom
16 Garden Street, Cambridge**

**Invitations will be mailed the first week of
November!**

Member Outreach Calls

Member outreach calls will continue throughout November. If a CN volunteer calls you and leaves a voicemail, kindly return their call. Thank you to everyone who has taken the time to answer our short survey! Your feedback is very helpful to the staff and board as we think about future services and programs.

2018 Board of Directors

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**Cambridge Neighbors
545 Concord Avenue, Suite 104
Cambridge, MA 02138**

Cards for Alzheimer's Original Cards by Sondra Miller, CN Member



Sondra Miller's son, Scott, was diagnosed with Alzheimer's at age 50. He is now 57. Sondra started designing cards as a distraction from her son's disease and to ease her insomnia. Each card is an artistic creation and no two are alike. They were designed with Alzheimer's in mind and represent the circles of life, where there is life, there is hope, and hope for a cure. Each card includes a symbol representing strength, wisdom, peace, longevity, success or harmony, qualities we wish for our loved ones and ourselves throughout the ordeal of Alzheimer's.

Sondra donates 100% of the proceeds to the Alzheimer's Association. Cards will be available for purchase at the CN office for \$6 each (cash only). Our wonderful office volunteers can assist you at the front desk.

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