

CAMBRIDGE NEIGHBORS

ARLINGTON BELMONT CAMBRIDGE SOMERVILLE WATERTOWN

September 2018 Programs

Wednesday, September 5 and 26, 6:00 – 7:30 pm
Supper at TCH – 360 Mt. Auburn St., Cambridge
Join us for a three-course meal in the private dining room at The Cambridge Homes. \$15/person in advance. Open to members only.

Friday, September 7, 10:30 am – 3:00 pm
Explorers Walk: East Boston & ICA's Watershed



We'll take the T to Maverick Square and walk along the harbor shoreline to the landscaped Piers Park, which overlooks downtown Boston. In the adjacent Marina, we'll visit "Watershed," the Institute of Contemporary Art's newly opened art gallery housed in a former warehouse. After seeing their initial exhibit, we'll go across the street to KO Pies, an Australian café, for a light lunch (pay on your own). Afterwards we'll continue on the Harborwalk and share a water-taxi to cross the harbor to South Station. Meet downstairs at the main Harvard T ticketing machines at 10:30 am. Walking distance approx. 2.5 miles. Water taxi charge is \$12/each. Watershed Gallery admission is free.

Tuesday, September 11, 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.

Friday, September 14, 10:30 am – 2:30 pm
Explorers Walk: Southwest Corridor & South End



Meet at Harvard Square at the Johnston Gate (opposite Church Street) to take the No. 1 bus up Mass. Ave.

Cambridge Neighbors Launches 2nd Nutrition & Healthy Aging Series



We are thrilled to announce that we are continuing our partnership with Tufts University's Human Nutrition Research Center on Aging and the Cambridge Public Library. Join us for three informative lectures about nutrition and healthy aging to the community this fall!

The Right Foods at the Right Times
Thursday, September 13 – 11:00 am

Join Larry Parnell, Ph.D. to learn how to choose foods that support your natural circadian rhythm and allow your body clock to tell you when you should be timing your meals, exercise and sleep.

Feeding Your Immune System
Thursday, October 11 – 11:00 am

Join Dayong Wu, M.D., Ph. D., to learn how nutrition can help your immune system fight off infections, colds and flu, and build a strong defense against inflammatory conditions such as chronic pain, diabetes, rheumatoid arthritis and allergies.

Food for Thought
Thursday, November 8 – 11:00 am

What you eat affects how your brain functions and can influence mood disorders. Join Barbara Shukitt-Hale, Ph.D. to learn how fruits and vegetables high in antioxidants can slow the progression of age-related neurological diseases.

All lectures will take place in the Lecture Hall of the Cambridge Public Library – 449 Broadway. Free and open to the public!

Cambridge Neighbors | 545 Concord Avenue, Suite 104 | Cambridge, MA 02138
617-864-1715 | cambridgenighbors.org | info@cambridgenighbors.org

In Back Bay we will walk from Mass. Ave. up the landscaped park detouring through Rutland Square and Union Park before concluding at Dartmouth Street in Copley Square. There we'll share a light lunch before returning home on the subway. *Walking distance approx. 2.5 miles*

**Monday, September 17 & 24, 10:30 – 11:00 am
Stroll in the Park, Danehy Park, New St. Entrance**



Join fellow members for leisurely walks through Danehy Park, a 50-acre green space with incredible views. Ample parking is available in the New Street

parking lot. Walks are 30 minutes. Free and open to members and guests.

**Tuesday, September 18, 2:00 pm
Biography Group, CN Office**

We'll discuss "Grant," by Ron Chernow. This group is closed.

**Thursday, September 20, 10:00 – 11:00 am
Meditation, CN Office**

Join us for our monthly meditation session with CN member and Buddhist teacher, Joel Baehr. Free and open to members only.

**Thursday, September 20, 5:30 pm
Dinner at Tryst, 689 Mass. Ave., Arlington**

Join us for dinner at Tryst, a popular bistro offering New American plates. Dinner is self-pay. Contact Liz to sign up - lizgzhp10@gmail.com or 617-491-0880.

**Friday, September 21, 10:30 am – 2:30 pm
Explorers Walk: Harborwalk to Commonwealth Museum**



We'll take the redline from Harvard to JFK/UMASS. From there we'll walk along the Harbor across from South Boston with the downtown

skyline behind. At the end of Columbia Point we'll go briefly into the Museum to see copies of the

Declaration of Independence and Massachusetts Constitution. Then we'll go to the nearby JFK Library for lunch. Walkers can visit the Library or take the free bus back to the T-station, and others may choose to walk back along the bay. Meet downstairs at the main Harvard T station ticketing machines. Total walking distance: approx. 2 miles.

**Monday, September 24, 5:00 – 6:30 pm
Tipple at Nubar, 16 Garden Street, Cambridge**

Tipple is so popular that we've decided to do it twice a month! Join us as we gather at Nubar. \$20/person in advance. Open to members only. Limited to 16.

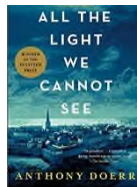
**Tuesday, September 25, 11:00 am – 12:00 pm
Understanding & Coping with Hearing Loss, CN Office**



It's surprising how few people really understand what hearing loss is, including people with hearing loss. Might you, or someone you know, be in denial? CN member, Carol Agate, was in denial for 40 years. She was a

founding member of the Santa Monica, CA, chapter of the Hearing Loss Association of America and now belongs to the Boston chapter, working to spread the word about what can be done about hearing loss, and why hearing aids aren't enough. Carol will share information about hearing loss and resources that can benefit all of us as we age. Free and open to CN members only. Limited to 20.

**Thursday, September 27, 12:30 – 1:30 pm
Book Group, CN Office**



Join us for our discussion of "All the Light We Cannot See," by Anthony Doerr. Free & open to members.

**Friday, September 28, 10:30 am – 12:00 pm
Local Walk: Mount Auburn Cemetery**



Meet in front of the Visitor's Center for an end of summer stroll. Walking distance approx. 2 miles.

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Labor Day Office Closed No Shopping	4	5 Shopping 11 am Stretch Class 2 – 3 pm Supper 6 pm	6	7 Walk: East Boston & ICA 10:30 am Movement Class 11 am – 12 pm Shopping 11 am	8
9 Rosh Hashanah begins at sundown	10 Shopping 11 am Rosh Hashanah	11 Volunteer Meeting 11 am Tipple at Legals* 5 – 6:30 pm	12 Shopping 11 am Stretch Class 2 – 3 pm	13 Nutrition & Healthy Aging: Food & Circadian Rhythms 11 am	14 Walk: Southwest Corridor 10:30 am Movement Class 11 am – 12 pm Shopping 11 am	15
16	17 Stroll in the Park 10:30 am Shopping 11 am	18 Bio Group 2 pm Yom Kippur begins at sundown	19 Shopping 11 am Stretch Class 2 – 3 pm Yom Kippur	20 Meditation 10 am Dinner at Tryst 5:30 pm	21 Walk: Harborwalk 10:30 am Movement Class 11 am – 12 pm Shopping 11 am	22
23	24 Stroll in the Park 10:30 am Shopping 11 am Tipple at Nubar 5 – 6:30 pm	25 Hearing Loss Presentation 11 am	26 Shopping 11 am Stretch Class 2 – 3 pm Supper 6 pm	27 Book Group 12:30 pm	28 Walk: Mount Auburn Cemetery 10:30 am Movement Class 11 am – 12 pm Shopping 11 am	29
30						

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

There will be no exercise classes in August. Classes will resume in September.

Registration is required for all events and grocery shopping. Call or email the office to sign up unless otherwise indicated in the event description - 617-864-1715 / info@cambridgeighbors.org

*In observance of Rosh Hashanah, we have rescheduled Tipple at Legal Sea Foods from Monday, September 10th to Tuesday, September 11th at 5:00 pm.

October Preview

Photography Class – Back by Popular Demand!



CN member, Jane Walker Richmond, will be leading another photography series in October. Jane has spent over 45 years in the photography

industry as a photographer, teacher and manager of camera and photofinishing stores. All three sessions will take place at Jane's home in Somerville.

October Class Schedule

Tuesday, October 2, 10 am – 12 pm

Jane will share tips on how to improve your photography.

Tuesday, October 9, 10 am – 12 pm

Putting the tips learned in the 1st class into practice in Jane's garden.

Tuesday, October 16, 10 am – 12 pm

Photos will be reviewed and discussed.

Call the office to sign up!

August Event Recap



Members had a great time touring the Gropius House in Lincoln in August. After the tour, the group drove to the deCordova Sculpture Park & Museum for lunch.

Fall 2018 Open Houses

Help Cambridge Neighbors grow by inviting a friend or neighbor to one of our information sessions.

Monday, September 17 - 10:30 am

Tuesday, October 2 - 10:30 am

Tuesday, October 30 - 10:30 am

Thursday, November 15 - 1:00 pm

Monday, December 3 - 10:30 am

All Open Houses take place in our office – 545 Concord Avenue, Suite 104, Cambridge.

Call the office to sign up!

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September 2018 Event Calendar

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