



Newslines

**The Newsletter of the
Cambridge Council on Aging (COA)**

March 2025

806 Massachusetts Avenue, Cambridge, MA 02139

617-349-6220 • www.cambridgema.gov/CouncilOnAging

Dear Seniors:

Here I am again with another installment of "a view from my window" ~ specifically the tree. I have shared 3 seasonal photos of the tree from my window but had not yet shared a winter scene. This is the tree following the recent weekend snowstorm. It was a beautiful morning. The snow had stopped falling; the roofs were topped with the fresh snow and the tree stood there in majestic splendor. Coffee in hand I looked across the yards, taking in the view, wondering if this would be the last storm of the season.

But then I remembered that pesky Punxsutawney Phil (PP)! PP saw its shadow AND that means 6 more weeks of winter!

Still, I focused on the beautiful tree. There was snow stuck to the branches, and it glistened in the sunlight. I also saw something I had not noticed prior to this morning. Leaves. Many leaves had not fallen. They remained, despite the wind and the 2 previous storms. They hung on tightly. I cannot help but think that those leaves are a metaphor for how many of us

are feeling lately: hanging on. Sigh...

Regardless that PP predicted 6 more weeks of winter, for my own mental health, I am thinking of spring and March 20th is the 1st day of spring! The days are starting to

get longer. Soon young daffodils and tulip shoots will be

peaking their way through

the soil. The idea of this

brightens my spirit. A

walk around my neighborhood will be met

with a warmer sun and

budding blooms. But

for now, that walk is still

met with a cold blast and

dormant plantings. Soon I

tell myself. Today, no matter

if you are having the greatest or

the worst day, or maybe an all-around

ok day, I hope that you sit back and take in

the view from your window.

Here's to a not so long and dreary month of

March! Happy Spring!

Warm Regards,

Susan P. Pacheco

Executive Director



Information and Referral

Governor Healey Officially Renames Executive Office of Elder Affairs to “Executive Office of Aging & Independence”

On Thursday, January 9th, Governor Maura Healey signed legislation to rename the Executive Office of Elder Affairs to the Executive Office of Aging & Independence to better represent and reflect the values of older adults in Massachusetts. Renaming the agency reduces negative images around aging, normalizes aging as a natural process, and recognizes that older adults value independence and self-determination, while emphasizing that the Healey-Driscoll Administration is here to support residents as they age.

March Mall Shopping

In the month of March we will be offering a Mall Shopping Group that will take place at Arsenal Yards in Watertown. The group will leave from the Senior Center in Central Square at 10:30am and will return to the Senior Center at 1:00pm.

The dates for this shopping group will be:

Tuesday, March 4

Wednesday, March 12

Tuesday, March 18

Reservations are required two business days in advance. Please call the Transportation Office at 617-349-7254.

Home pick up is available upon request.

Please specify if you want home pick up while making reservation.

On Tuesday 3/4 & 3/18 home pick up is available in North & West Cambridge

On Wednesday 3/12 home pick up available in Central Square and East Cambridge

Please contact Vincent McCarthy

vmccarthy@cambridgema.gov

617-349-6216

Cambridge Resident Bike Lottery

Live in Cambridge, Massachusetts and need a bicycle?

This winter, the city is launching the Cambridge Resident Bike Lottery Program. By applying to this program, income-eligible residents will have a chance for a voucher to buy a new bicycle from a participating bike shop.

- Applicants can apply for a pedal bike, e-bike, or an e-cargo bike.
- Residents with a chronic disability can apply for a customized adaptive bicycle or electric wheelchair attachment.

Who is eligible to apply for this program?

Cambridge residents

Age: 16+ for pedal bikes;

18+ for e-bikes

Income:

Proof of participation in government benefits programs such as WIC, SNAP, MassHealth, Section 8, etc. OR

Proof of income below 65% of area median income for household size.

Residents who are selected to through a random lottery to receive a voucher for a bicycle. In addition, they will also receive a \$150 voucher toward bike accessories and a \$100 voucher toward bicycle maintenance.

- To receive the latest updates and be notified when applications are open:

<https://www.cambridgema.gov/Departments/communitydevelopment/cambridgebicycleaccessprograms>

March 2025 Programs – Registration Information

806 Massachusetts Avenue, Cambridge, MA 02139 617-349-6220

Open Monday 8:30 -8:00, Tuesday through Thursday 8:30 - 5:00, Friday 8:30 - 12:00

Classes and Special Events

- Participants must be aged 60 years and older. Priority will be given to Cambridge residents. Classes and special events are either **In-person, Virtual (online), or Hybrid (combination of in-person and virtual)**.
- In-person classes and special events are held at 806 and/or 2050 Massachusetts Avenue, Cambridge, MA.
- Virtual classes and special events are offered via Zoom. Participants will receive a Zoom email invitation directly from the instructor prior to the start of each class or event.
- To register, unless specified otherwise, call COA at 617-349-6220. COA reserves the right to limit the number of participants per the instructors' request.

Lunch

- Hot Dine-and-Stay lunches are served Monday – Thursday, 11:30 – 12:15 Lunch reservations should be made 2 business days in advance. Please call 617-349-6047 to make your reservation. Lunches are available for a suggested donation of \$3 for seniors aged 60 years and older



March 2025 – Happenings and Special Events

***To register for classes/programs, unless specifically noted otherwise, please call the COA @ 617-349-6220.**

***Tech-Help: Smartphone Q&A: Basics**
Mondays, 9:00-11:00 Tuesdays, 1:00- 4:00
Wednesdays, 1:00-2:00pm

Staff will be available to answer common questions about your wireless devices, laptops, and applications such as Zoom and Facebook.

Please call to register for an appointment.

Introduction to Theatre
Mondays, 1:30 – 2:30pm

John Logan's play, "Red" is a portrait of the Abstract Expressionist, Mark Rothko. The play explores the tension between achieving commercial success and maintaining one's artistic principles, as well as the philosophical dichotomy between intellectual formalism and ecstatic expression, and the generational clash between artists who were once new and those who are new now.

This is an interactive class where we will read from the play, act out scenes, analyze characters and the plot. No prior theatre experience necessary.

Navigating Loss: Grief Has Its Season Group
Mondays, March 3rd, April 7th 1:00 – 2:00pm

In this informal conversational group, we will also share resources, coping strategies, and personal experiences around loss. Conversations will be facilitated by Susan Pacheco and Vincent McCarthy, Registration is encouraged, but all are welcome.

Power Pedal Fitness Class
Tuesdays and Thursdays 9:00-10:00am
March 4 thru March 27
Part one of the Healthy Aging Cycling Series

Ease into biking with preparatory exercise and strength building classes:

Upper body strength building

- Series of exercises using light weights (no heavier than 5 lbs.)
- Standing, seated, and floor exercises.

Full body calisthenics

- Standing, seated, and floor exercises.
- Improve balance.
- Build torso and limb strength.

Classes are designed for ages 60+, moving at an easy pace, with breaks between sets.

Blood Pressure Screening & Healthy Eating Active Living (HEAL)

Wednesday, March 5 1:00 - 2:00pm

Cambridge Public Health nurses will hold monthly drop-in Blood Pressure screenings on the first Wednesday of every month. If you are getting your blood pressure checked, please wear loose-fitting clothing or a short-sleeved shirt.

The Healthy Eating Active Living unit (HEAL) of the Cambridge Public Health Department strives to create an environment that encourages all in Cambridge to eat healthy and be physically active in their everyday lives

Senior Home Education Mini-Series

Thursday, March 6 and 27, 10:00 - 11:00am

Join Jennifer Jonassaint from Homeowner's Rehab for a Senior Home education mini-series.

Home Improvement Topic Examples

□ How to look for and shop for quality home products that last

□ How to create a financial future home needs assessment

Town Meeting and Birthday Celebration

Thursday, March 6, 12:30 - 1:00

We want to hear from you! This is an opportunity to come together and share

information and ideas with Senior Center Staff. We will celebrate February and March birthdays with cake.

Music Jam Session

Monday, March 10, 4:30 - 6:30

The Cambridge Senior Center and the Cambridge Public Health Department are presenting a music jam session series this spring on select Mondays with saxophonist Bobby Tynes.

ESOL Intermediate Conversation & Reading Class Tuesday March 11, 25, 10:00 - 12:00

An Intermediate/ High-Intermediate Conversation and Reading Class will meet in-person twice a month.

LGBTQ+ Film Series

Tuesday, March 11, 10:00-12:30pm

Movie: **Drive Away Dolls** (rated R, 1hr 24min, 2024). Two lesbian best friends on a road trip who become involved in a criminal scheme. For additional information, please contact Phoebe Hallahan, LGBTQ+ Programming Leader at phallahan@cambridgema.gov or 617-349-9177

Veterans and Friends Support Group

Wednesday March 12, 1:00-2:00 pm

This group is a place where veterans and non-veterans can come to check in, share stories, discuss life experiences, socialize, and discuss military culture in a nonjudgmental space.

Scams Workshop

Thursday, March 13, 10:00 - 11:00

This workshop will educate you on how to avoid scams, how to protect yourself online, and what to do if you are a victim of a scam. We'll teach you the skills you need in recognizing and avoiding common scams, including, phone, text, email, and online fraud.

Book Group

Thursday, March 13, 12:00 - 1:00pm

***These Precious Days*, by Ann Patchett**

Meditation and Mandala

Friday, March 14 10:00 – 11:00

We will start with a brief guided meditation and then individuals will have an opportunity to color mandalas at their own pace.

Women's Social Group

Monday, March 17, 12:30 - 2:00

Join us for March's Women's Social Group meeting. We will laugh, share ideas and enjoy each other's company.

Men's Group

Tuesday, March 18, 10:00-11:30am

Join us for March's Men's Group gathering. Light refreshments will be served. .

Indoor Mindful Nature Experience

– An Introduction to Shinrin Yoku

Tuesday March 18, 10:00 – 11:30am

Together we'll hear about the practice of Shinrin Yoku, aka "forest bathing," which is about using our senses to experience the natural world around us.

Celebrate March Nutrition Month

Tuesday, March 18, 11:00 - 11:30

Celebrate Nutrition Month with a lunch & learn, Food Safety Bingo and prizes. To make a lunch reservation, call 617-349-6047.

Family Feud - Live

Thursday, March 20, 1:00 - 3:00

Join us for a fun afternoon playing Family Feud live. We will play in teams and test our knowledge on pop culture. Registration is required. Light refreshments will be served.

Continued on page 11

March – Weekly Class Schedule

H: Hybrid • IP: In-person • V: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
Qi Gong (V) 9:00 – 9:45	Computer Lab (IP) 9:00 – 4:00	Chinese Singers and Chinese Folk Dancing (IP) 9:00 – 12:00	Meditation (V) 9:00 – 9:45	Qi Gong (V) 9:00 – 9:45
Computer Lab (IP) 9:00 – 5:00	Mat Yoga (IP) 10:00 – 11:00	Music Instrument Lessons (IP) 9:00-10:00	Computer Lab (IP) 9:00 – 4:00	Computer Lab (IP) 9:00 – 11:00
Tech Help (IP) 9:00 – 11:00	Balance Chi Kung (IP) 11:30 – 12:30	Computer Lab (IP) 9:00 – 4:00	Zumba Gold (IP) 9:00 – 9:45	Flamenco Dance (H) 10:00 – 11:00
ESOL/Chinese (IP) 9:30 – 10:30	Board and Card Games (IP) 1:00 – 3:00	ESOL (CLC) (IP) 9:30 – 11:45	Tai Chi (IP) 11:00 – 12:00	Ping Pong — Beginners (IP) 8:30 – 9:30
Spanish Fun Lessons (IP) 9:30-11:00	Tech Help (IP) 1:00 - 4:00	Flamenco Tango (V) 10:00 – 11:00		Ping Pong — Experienced (IP) 9:30 – 10:30
Strong and Stretched (IP) 11:00 – 12:00		Chorus (IP) 10:30-11:30	Yoga for Better Balance (IP) 10:30 – 11:30	
Art Class 1:00-2:00 (V)		Chair Exercise (V) 11:15 – 12:00		
Ballroom Dancing (IP) 1:00 – 3:00		Tech Help (IP) 1:00 - 2:00		
Intro to Theatre (IP) 1:30-2:30		Crafts and Social Group (IP) 1:00 – 3:00		
Zumba Gold (IP) 2:30- 3:15		Strong and Stretched (V) 1:30 – 2:30		
Portrait Drawing Class 3:00-5:00 (IP)				
Line Dancing (H) 6:00 – 7:00				
Spanish (V) 6:45 – 8:00				

March – Special Events Calendar

H: Hybrid • IP: In-person • V: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
3 Navigating Loss Conversational Group 1:00-2:00 (IP)	4 Power Pedal 9:00-10:00 (H)	5 Beginning Music theory 1:00-2:00 (IP) Blood Pressure screenings 1:00-2:00 (IP)	6 Power Pedal 9:00-10:00 (H) Town meeting 12:30-1:00(IP)	7
10 Music Jam Session 4:30-6:30 (IP)	11 Power Pedal 9:00-10:00 (H) COA Board Meeting 9:30-11:00 (V) ESOL Intermediate 10:00-12:00 (IP) LGBTQ+ Film Series 10:00-12:00 (IP) Movie:	12 Veterans & Friends Support Group 1:00-2:00 (IP)	13 Power Pedal 9:00-10:00 (H) Scams Workshop 10:00-11:00 (IP) Book Group 12:00- 1:00 (H)	14 Meditation and Mandala 10:00-11:00 (IP)
17 Women’s Social Group 12:30-2:00 (IP)	18 Power Pedal 9:00-10:00 (H) Men’s Group 10:00-11:30 (IP) Mindful Nature Experience 10:00-11:30 (IP) Nutrition Month Presentation 11:00-11:30 (IP)	19 Safety Awareness 1:00-2:00 (IP)	20 Power Pedal 9:00-10:00 (H) Family Feud - Live 1:00-3:00 (IP)	21
24 Mass Senior Action Council Somerville/ Cambridge Chapter Meeting 11:30 - 1:00 (IP) Like Water for Chocolate 12:00-1:00 (IP)	25 Power Pedal 9:00-10:00 (H) ESOL Intermediate 10:00-12:00 (IP) Film and Discussion 1:00-3:30 (IP) Movie: Here	26	27 Power Pedal 9:00-10:00 (H) Cambridge Consumers Council Drop-in Information 11:00- 12:30 (IP) Welcome Spring Party 12:30-2:30 (IP)	28
31 Nutrition Clinic 10:00-2:00 (IP) Phillis Wheatly Ben Franklin Play 1:00-3:00 (IP)				

March 2025 – Weekly Class Descriptions

Art / Watercolor Painting

Learn art techniques, with an emphasis on drawing and watercolor painting, in this beginner-friendly, instructor-led class. Participants are encouraged to use whatever art materials they have on hand.

Balance Chi Kung

Learn basic Tai Chi principles with gentle, slow repetitive movements of Chi Kung. Over time, this may increase balance, and encourages you to find a way to allow your body to move in a relaxed way. The class begins and ends with meditation.

Cardio and Yoga for Heart Health

A 45-minute class starting with 20 minutes of East/West Cardio followed by 25 minutes of in-depth Yoga poses.

Chair Exercise

This class is designed to exercise at one's own pace, including seated, standing and stretch exercises.

Chorus

Experience the joys of singing, regardless of how "good" your voices are. We'll pick songs based on whether people like them and will work on 10–12 songs at a time. Songs can be of any genre or era.

Dancing for Balance

This fun, friendly dance class is suited for all fitness levels. You will learn basic steps geared towards improving one's balance. Seated warm up and cool down exercises are performed.

English for Speakers of Other Languages (ESOL)

Beginning and Intermediate English for Seniors Conversation, vocabulary, basic grammar with Sandy Middleton, Cambridge Community Learning Center (CLC) ESOL teacher.

Flamenco Tango

Flamenco class provides in-depth expertise on learning the rhythm of clapping hands, singing, and dancing at the same time. Tango has an energetic and festive feeling and taste and is also an essential rhythm for all.

Flamenco Dance

This is a class for all, with or without any kind of physical limitation and have the option of dancing sitting on the chair if needed. So that each of you will discover your flamenco with your style.

Gentle Mat Yoga

In this gentle, one-hour class, we practice the basic elements of yoga. Including standing, seated and lying down postures. This class is appropriate for adults comfortable moving from floor to standing with minimal support. Modifications available to participants.

Instrument (Individual or Small Group Lessons)

Here is your chance to learn to play an instrument — even if you have never played one before! Or dust off the instrument you used to play and give it a new life.

Line Dancing

Easy to learn and fun to dance. This class will teach you the basics of line dancing as well as the newer and more established line dances being done. Have fun, learn new dances and making new friends.

Meditation

This is a 45-minute class, including a talk and meditation to encourage a peaceful and positive way of looking at life, and to reduce stress. The class is appropriate for beginners as well as experienced meditators. After class, there is an optional 15 minutes for questions.

Portrait Drawing Class

Students will learn how to approach a human portrait drawing from start to finish. This class teaches realistic methods of portrait drawing by copying a photograph of a portrait and focuses on fundamentals: how to sharpen a pencil; draw straight lines; measure proportions with accuracy; make a 9-point value scale; understand the logic of light, light and shadow shapes and middle tones; and how to render the forms, big and small.

Qi Gong

A movement practice from Chinese breath and martial arts traditions. Exercise movements include sitting and standing and are gentle and accessible to all participants. We follow a simple peer led routine.

Spanish

This class reviews and updates students about the Spanish Grammar that permits students to formulate sentences and paragraphs of information for understanding, responding, and conversing in the Spanish language.

Strength Building

A muscle conditioning class focusing on high repetitions with light or no weight. You will need to be able to stand for a good portion of class, have a chair, a portion of empty wall space you can lean against, a bit of floor space to move in, any of the above mentioned props, sneakers, and water.

Strong and Stretched

A 45-minute class starting with a cardio warm up, strengthening exercises using hand weights (try soup cans/water bottles) or Thera bands for resistance. Muscle conditioning reinforces good posture and class ends with deep Yoga stretches.

Tai Chi

Tai Chi arm and leg movements of the Yang Style Long Form are taught. There is an emphasis on Tai Chi walking, to help improve balance.

Watercolor Painting

Learn Methods and techniques used to create watercolor art in this self-paced, instructor-led class. Participants responsible for their own watercolor painting supplies.

Yoga for Better Balance

This class provides opportunities to improve balance standing and seated on mats or chairs. The focus is to be present in our bodies as we stretch and strengthen stabilizing muscle groups. The objective is to increase our self-confidence and joy standing and moving.

Zumba Gold

This is a low impact, easy to follow, 45-min Latin inspired dance class. This class is appropriate for adults of all fitness levels and participants can go at their own pace.

March 2025 – North Cambridge Senior Center

2050 Massachusetts Avenue, Cambridge, MA 02140 617-349-6320 •

Open Monday, through Friday 8:30 - 5:00 Hot Dine-and-Stay lunches are served Monday – Friday,

11:30 – 12:30 Suggested donation of \$3 for seniors aged 60 years and older

Weekly Class Schedule H: Hybrid • IP: In-person • V: Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
Acrylic Painting (IP) 9:30 - 12:00	Strength Building (IP) 9:30-10:15	Watercolors 9:30 - 11:30 (V)	Watercolors 9:30 - 11:30 (IP)	Whist (IP) 11:30-2:30
Dominoes (IP) 10:30- 11:30	Zumba Gold (IP) 10:30-11:15	Spanish Class 9:30 - 11:00 (IP)	Dancing for Balance (H) 1:30 – 2:30	Documentary Photography 3:00 -4:30 (IP)
Dancing for Balance (H) 1:00 – 2:00	Strong and Stretched (IP) 11:30- 12:30	ESOL (IP) 10:30- 11:30	Gentle Mat Yoga (IP) 3:00 – 4:15	
Mindful Movement 2:15 - 3:15 (IP)	Tai Chi (IP) 1:30 – 2:30	Chair Yoga (IP) 12:00– 1:00		
Gentle Mat Yoga (IP) 3:30 – 4:30	Chair Yoga (IP) 3:00– 4:00			

March 2025 – NC Happenings and Special Events

***To register for classes/programs, unless specifically noted otherwise, please call 617-349-6320.**

COLLAGE AND SCRAPBOOKING

Thursdays beginning March 13 10 – 12pm

Engage in the art of Collage and Scrapbooking! We will create art using patterned paper, illustrations from magazines and catalogs, stickers, rubber stamps, colored pencils and markers, and any other appropriate material. You are invited to bring your own photos and mementos to create a story or make up a story. Although not required, students should bring scissors and a glue stick to class. Limited availability. Cost \$5.

Whist & Pizza!

Friday, March 14 12 – 2:30pm

Join us for a fun evening of delicious pizza and a lively game of whist! Whether you're a seasoned player or new to the game, all are welcome. Enjoy great company, good food, and friendly

competition. Preregistration encouraged.

Create Your Own Song with SUNO!

Wednesday, March 19 3:30pm – 4:30pm

Join SUNO staff for a hands-on music workshop where participants will craft their own songs using SUNO's innovative AI-powered app. Explore melodies, lyrics, and rhythms. No musical experience is needed, just bring your creativity and enthusiasm for a fun and inspiring musical experience! Preregistration encouraged. Space is limited.

Bilingual Storytelling: The Copihue Flower Legend

Thursday, March 20 1-2pm

We will travel South to Chile and learn about the beautiful legend of their national flower. This tale from the Mapuche Land tells the origin of the Copihue flower, a symbol of friendship, happiness and gratitude.

TRIP: Lunch & Shopping

Friday, March 21 11am-3pm

Shop for great deals at TJ Maxx in Waltham. Then, enjoy a tasty meal at Grassfields Restaurant, known for its cozy atmosphere and delicious and delicious food. Preregistration required. Cost \$20 for transportation and Meal which includes a non-acholic beverage and entrée of choice. Limited availability.

Cambridge Water Department Tour

Tuesday, March 25 9:45am-12pm

Join us for a tour of the Cambridge Water Department's Purification Facility and discover how our city's drinking water is treated and maintained. This behind-the-scenes look at the purification process is both educational and fascinating. After the tour, we'll enjoy a quick stop for coffee & donuts. Cost is \$5 for transportation, coffee & donuts.

Film and Discussion: Help!

Tuesday, March 25 9:45am-12pm

Join us for a screening of Help, another classic Beatles movie, followed by a discussion led Candy Leonard, Cambridge resident and author of Beatleness: How the Beatles and Their Fans Remade the World. This is an opportunity to share memories of The Beatles and explore their impact with fellow Beatles fans! Pizza and refreshments will be provided. Preregistration encouraged. Space is limited.

CANCELLATIONS

Strength Training and Zumba will be cancelled on Tuesday, March 25 and April 8. Dancing for Balance will be Virtual only on Thursday, March 20. No Mindful Movement Monday, March 10th. No Thai Chi Tuesday, March 11th.

806 Mass Ave Happenings and Special Events Continued from page 5

Film and Discussion

Tuesday, March 25 1:00 - 3:30pm

Movie: Here "The story covers the events of a single plot of land and its inhabitants, spanning from the distant past to the 21st century."

Like Water for Chocolate – An Interactive Story Monday March 24, 12:00 - 1:00

La Hora del Lonchecito

Grandma Angela used to receive her beloved grandchildren in her house for tea time, called "Lonchecito" in Peru, a light meal in the evening, since the main one is lunch. Join us and after the story, you will learn to prepare: Triples: delicious sandwiches, and grandma's tea. Registration is required.

Welcome Spring Party

Thursday, March 27, 12:30 - 2:00

Come celebrate the beginning of Spring and enjoy lunch and music with your friends. We will enjoy a meal of roasted chicken, brown rice, vegetables and dessert. *Vegetarian lunch option is available upon request. Registration is required. Ticket cost \$5.00.

Meet with a registered dietician from Somerville-Cambridge Elder Services Monday, March 31, 10:00 – 2:00

Do you have nutrition questions? Learn about eating a lower sodium diet, get more information about fiber and carbohydrates, or discuss how to eat more healthfully. To setup a free one-on-one consultation with SCES' dietician, call 617-628-2601, extension 3054. Registration is required, space is limited.

In Celebration of Women's History Month A Revolutionary Encounter in London ~A Conversation between Phillis Wheatley and Benjamin Franklin ~ Play

Monday, March 31, 1:00 - 3:00

This well-researched drama, which uses the words of both figures as much as possible, is an imagination of their historic meeting, unfolding in real-time 252 years after it took place. Written and Directed by Debbie Wiess. Featuring Local Actors, Cathryn Philippe and Josiah George.

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