

In Our Community



Many Helping Hands MLK Day of Service

January 18, 2-5PM
(Kick-off at 2PM on City Hall steps)
Locations: Central Square, Cambridge Citywide Senior Center, City Hall, YWCA, and St. Peter's Church

Come volunteer at the 6th Annual Cambridge MLK Day of Service and honor Dr. Martin Luther King, Jr. Join us

for an afternoon of hands-on service projects that benefit thousands of Cambridge residents in need! Make fleece scarves and blankets for homeless children and adults.

Make Valentines for elders and veterans. Sort food, winter clothing, books and toiletries for people in need and more!

All ages welcome! Come for an hour or the entire afternoon. Don't come empty handed! Bring a can of food, a children's book or a gently used item of winter clothing.

You can come with family or friends or by yourself. Sign up at www.manyhelpinghands365.org/registration-mlk/

Come spend an afternoon making a difference in the lives of others.

Many people. Many needs. Many Helping Hands.

A special request: Do you know how to sew? Would you join the sewing team making blankets and scarves on MLK Day (or the week afterwards) for children, teens and adults who are homeless in Cambridge? Please call or email us.

More info: www.manyhelpinghands365.org/
manyhelpinghands365@gmail.com

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...In Our Community (continued)

Christmas Tree Pick-Up

DPW will offer curbside collection of holiday trees now through January 15, weather permitting. Trees will be recycled into mulch or compost. Remove all decorations and the stand. Place bare trees (no plastic bags) at the curb by 7AM on collection day or after 6PM the night before. Residents can also bring bare trees to the Recycling Center during open hours (Tues/Thurs 4-7:30PM and Sat 9AM-4PM) now through January 30.

Linnaean Street Community School Update

Winter Enrichment Program
Begins January 11, 2016 (accepting registrations now)

Advanced Learning Parent Advisory Group

January 20, 6:30-8PM | CRLS, Rm. 1401

- Meet with other parents to share experiences and offer mutual support.
- Learn how to support and extend your student's learning at home.
- Understand the mechanisms CPS has in place to support students with advanced learning needs.
- Join our parents-only email support list, to ask questions and share resources.
- Voice your concerns about issues affecting children with advanced learning needs in CPS.

Free Bike Workshops

Please RSVP to Jennifer at 617.349.4671 or jlawrence@cambridgema.gov.

Bicycle Maintenance Basics

January 7, 5:30-6:30PM
344 Broadway, 4th floor conference room

Learn about: the anatomy of the bike; removing wheels; fixing flats; chain maintenance; pre-ride check; seat height; portable tool kit; keeping your bike healthy with preventative bike maintenance

Beyond Maintenance Basics

January 7, 7-8PM
344 Broadway, 4th floor conference room
Learn about: basic repair tools; thoroughly cleaning and lubricating your bike; removing both wheels; completely changing a flat tire; pinpointing squeaks and rattles! removing pedals; adjusting front and rear brakes + derailleurs; dealing with a broken spoke

Winter Cycling Basics

January 13, 3:30-5PM
344 Broadway, 2nd floor conference room
Learn about: benefits of biking, including better personal



health, saved money, environmental benefits, and others; staying at a comfortable temperature no matter what the weather is like; route planning; locking; multi-modal commuting; staying dry and clean; using safety equipment, including helmet, lights, and reflective gear; rules of the road and staying safe while biking

Baby University

Baby U is an exciting program for families in Cambridge. To be eligible, parents must have children 3 years old or younger and live in the Riverside/Cambridgeport neighborhoods. Baby U will start on January 30th and there will be 13 weeks of workshops and playgroups, followed by a graduation. The sessions are Saturday mornings from 9:15AM-12:15PM. The workshops offer parent support and information. Topics include: brain development, reading to your child, positive discipline, managing stress and staying healthy. We also have weekly giveaways of children's toys, books and gift cards. Questions? Angela Conway: 617.349.6204 or babyu@cambridgema.gov.

Upcoming Events from Cambridge Parent Advisory Council on Special Education (C-PAC)

Sensory-Friendly Movie Series

Kung Fu Panda 3

January 30, 9AM (doors open at 8:30AM)

Apple Cinema Fresh Pond

Please join C-PAC at our welcoming and accepting, sensory-friendly movie matinees, sponsored by the CPS Office of Student Services. Movie tickets are FREE for Cambridge students with disabilities and their families. Reserve tickets online at www.cambridgepacse.org or contact Zuleka Queen-Postell at zqueen-postell@cpsd.us or 617.593.4402 for more information. C-PAC Monthly Business Meeting will be held after the movie.

Upcoming movies: February 27- *Norm of the North*; March 26- *Zootopia*; April 30- *The Jungle Book*; May 28- *Alice Through the Looking Glass*; June 17- *Finding Dory*

Workshops for Families and Staff of Children with Special Needs

Effective Communication

January 30, 1PM | Cambridge CityWide Senior Center
Presented by the Federation for Children With Special Needs

Upcoming workshops: February 9- Parenting Without Panic; March TBD- Language Based Learning Disability; April 2- Basic Rights

Free Parent Support Groups

-Fletcher Maynard Academy: 1st & 3rd Fridays at 10AM
-Graham & Parks School: 2nd & 4th Tuesdays at 6:30PM

Please contact Zuleka at 617.593.4402 to join a group.