

NEW GENERATION



MAYNARD COUNCIL ON AGING & SENIOR CENTER
50 BROWN ST., MAYNARD, MA 01754 • 978-897-1009

JANUARY 2018



**Friends of Maynard Seniors Board of Directors (from left to right)
Helen Micciche, Barbara Blankenship (Secretary), Linda Cetrone (Treasurer), Bill Duggan,
Deb Russell (Vice President), Peg Brown (President), Blaine DeFreitas and Diane Wasiuk**

The View from Here

Even with my Fitbit reminding me every fifteen minutes before the hour and my cell phone alarm sounding a cheery call to get up and move, I've found the best prompt is the view of our fluffy friends on the deck railing outside the COA's windows, looking onto the golf course. As an avid birder and grateful COA director I experience no joy quite like what I get to feel every day as the "regulars" arrive first thing: Downy Woodpeckers, Chickadees, Titmice and House Finches as well as Nayer, Dave, Jane and Maryanne. There's something really special about starting each day with excited and enthusiastic conversations, both indoors and out, as the feeder is filled and coffee is made.

The railing is close enough to witness exactly how a sunflower seed is cracked open (what a laborious process!) or drilling them out of the ice. Below, Juncos, Mourning Doves, a single Song Sparrow and a Chipping Sparrow (an unusual late departure) move between the cover of the shrubs and golf carts. Whether knitting, computing or playing cards there's always a delight just feet away. This week we were honored to have a juvenile Red-Bellied Woodpecker, who has become a celebrity of sorts, feeding and fluffing just below the railing. No doubt it will be painted along with dozens of other birds in the watercolor class – reminders of the beauty of all seasons, even with temperatures in the teens.

Speaking of the cold weather inhibiting the urge to fulfill New Year resolutions to get up and move, I wouldn't be doing my job if I didn't invite you to join in one of our Zumba Toning or Zumba Gold classes. Monday, Wednesday and Friday, at 9:00 a.m., Rita Vazquez-Torres teaches a class sure to start your day off right, with a workout for all levels in a warm and social place. We're fortunate to be able to create more space in the function hall with its sound system rocking the room. Don't miss the gym – come join the fun! Classes are \$2.00. Wow!

Many thanks to Rep. Hogan for sponsoring the Golden Tones for the December luncheon and the Girl Scout Troop 62472 for the decorative fridge magnets. Happy New Year and Happy Bird Watching!

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

Happy New Year!

This year, Maynard will begin work on its first Master Plan since the early 1990s. Overdue for sure, this process should capture what Maynard hopes to become through the middle of the 21st century. To do so, our changing community will need to reflect on what we like, what we would like to change, and what we wish to become.

Significant commercial development is already coming to Maynard in 2018 and will become a cornerstone of our economic development for years to come. This includes the 58-acre, mixed-use Maynard Crossing project that is already underway on Parker Street, as well as new additions up and down Main Street representing significant investments in retail, services, and housing. Some of these projects will be completed in 2018, others will take a little longer, but the new investments are coming. Maynard continues to be a place that developers and investors are looking toward which is good news for the community.

We are also looking forward to the official opening of the Assabet Valley Rail Trail (April/May 2018) and a full season of river adventure through the use of the kayak launch at Ice House Landing. These and other cultural and recreational opportunities in town – the wildlife refuge, the golf course, and our various parks – are assets that the Town will use more each year.

The Town also faces important financial challenges. Some of these will be offset by the development referenced above but will also require community-wide decisions regarding spending priorities. While sometimes painful to consider, making these decisions will make our community stronger.

We have this and so much more to celebrate in Maynard in the coming year, and I am looking forward to the exciting days ahead.

Andrew Scribner-MacLean

Maynard Asst. Town Administrator

ascribner@townofmaynard.net • 978 897-1375

**A donation was made to the
Council on Aging Gift Fund in honor of:**

Amy Loveless & Pat Kozik

for their good natured and tireless work for the seniors

& Judy Burgess

who quietly works to make people's lives better and happier

By Dennis & Joanie Bernhardt

Highlights of Upcoming Events

January & February Luncheons

will be held at the Maynard Lodge of Elks, 34 Powdermill Road, Maynard

January Luncheon

Thursday, January 11 • Noon

Italian Sausages & Meatballs
Pasta & Garlic Bread & Salad
Brownie Sundaes

\$8.00 Pay at the door

Deadline to sign up is December 29 by noon

February Luncheon

Thursday, February 8 • Noon

Meatloaf with Gravy, Mashed Potatoes
Carrots, Salad, Corn Bread
Dessert

\$8.00 Pay at the door

Deadline to sign up is January 31 by noon

Please remember to sign up for the luncheon by the date listed above ~ we need to give Flo a count.
If you need to cancel please do so by the dates listed above.



Wednesday, January 17 • 11:00 a.m.

Win or Lose You're Bound to Have a Ball!
We're ready for new tchotchkes! (Bingo prizes)

Keep Well Clinic

Wednesday, January 17 • 12:30 p.m.

Stop by and check in with Judy Manning, RN,
from VNA CareNetwork. Have a blood
pressure reading as well as discussing
medications, changes in sleep patterns and
individual issues.

CareOne Presents

"Too Sweet to Eat?"

Thursday, January 18, 12:30 p.m.

Everything you need to know and
more about prediabetes.
Sign-up is required for this program.



Ann Mosca & Kevin Kozik

The Council on Aging and its Maynard seniors wish to send a heartfelt **THANK YOU** to the Fowler School Band Students of Grades 6, 7 and 8, and their Director, Mr. Kevin Kozik, for the wonderful winter concert on December 15th! How exciting it was for us to attend the *World Premiere* of *Tiger: The Shadow Hunter*, a work by Randall D. Standridge, which was commissioned by the Maynard Music Association for the students. Our highest accolades and thanks for a wonderful performance!

Maynard Senior Citizens Club

The Maynard Senior Citizens Club meets the first
Wednesday of the month at 1:00 at the Maynard
Lodge of Elks.



63 Summer Street, Maynard • 978-897-9828
 artspacemaynard@gmail.com
 www.artspacemaynard.com

Tradition and Irreverence: Exploring the American Diaspora

Wednesdays through Saturdays,
 January 17th through February 23rd
 "Mini" ArtSpace Artists' Open Studios:
 Saturday, January 27th from 4 – 6 p.m.

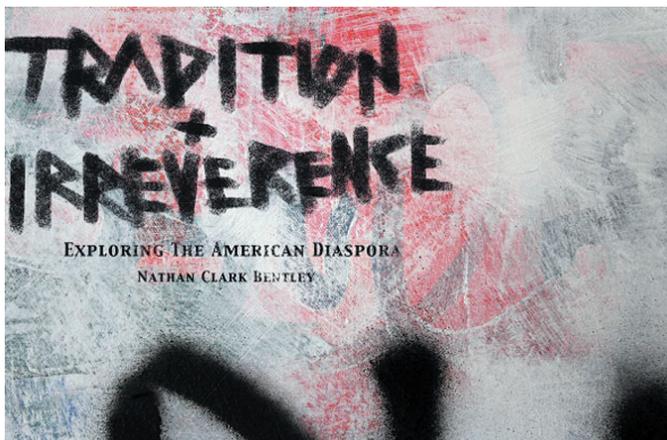
Opening Reception:
 Saturday, January 27th from 5 – 7 p.m.

Tradition and Irreverence: Exploring the American Diaspora examines the expanse of American Culture through both symbols and written language. By focusing on graffiti and our urban landscape, each piece searches for continuity between tradition and our prevailing cultural irreverences.

Gallery hours are
 Wednesdays-Saturdays, 11 a.m. to 3 p.m.
 The ArtSpace Gallery is free to the public
 and is wheelchair accessible.

For more information, please call
 (978) 897-9828 or go to
 www.artspacemaynard.com
 and like us on Facebook

Come join the art scene in Maynard!



Lunch at Venezia's Restaurant
 & the Holiday Boston Pops.



6 Bridges Gallery

FINE ART AND CRAFT

Gifts • Jewelry • Fiber • Cards • Photography
 Ceramics • And More

EXHIBITS



Habitat for Humanity Art Auction Fundraiser

"Home is Where the Art Is"

January 12 – February 3

Opening Reception Jan. 12, 4-7pm



Samantha Pasapane

"Precipice" – Large steel
 & mixed media sculpture

February 6 – March 3

Reception: February 17, 4-6pm

77 Main Street, Maynard
 6BridgesGallery.com • 978.897.3825

Friends of Maynard Seniors

JOIN
US

Join us for our exciting and first
Meet and Greet Social

When: 5-7:00pm - January 19, 2018

Where: Maynard Golf Course
50 Brown Street

What: Light refreshments served. Cash bar available.

Who: Members, prospective members, board members, and guests of the Friends of Maynard Seniors, Inc.

Individual membership will help support the goals and mission of the Friends of Maynard Seniors, Inc. Only \$15. Join us!

Sign up at the event or call 978-897-1009 for more information.

Join Us! Friends of Maynard Seniors, Inc.

We promote fundraising events and activities to help support programs and services at the Maynard Council on Aging.

***Can You Volunteer a Few Hours to Help
Launch Our New Organization?***

- Membership Coordination
- Volunteer Coordination
- Press Releases
- Social Media
- Email Coordinator
- Event Planning
- Event Promotion
- Refreshments
- Event Set-up
- Other

\$15

ANNUAL DUES

Payable to: Friends of
Maynard Seniors, Inc.,
195 Main St.,
Maynard MA 01754
978.897.1009

Membership dues and
donations are tax
deductible.

Name: _____

Address _____

Email (optional) _____

Phone (optional) _____



Twitter for Beginners Workshop

Tuesday, January 16th @ 7pm

Roosevelt Room, Maynard Public Library

Join us for our Twitter workshop, where we'll show you how to set up an account, find people and organizations to follow, and create a following for yourself or your business/organization!

*A basic knowledge of computers and online experience is required for this class.

While not mandatory, please bring a laptop to follow along if possible.

Please register online at the Reference Desk or online at www.maynardpubliclibrary.org



Senior Circuit Breaker Credit

Put up to \$1,070 in YOUR pocket!

You may Qualify if you:

- Are 65 or older on or before December 31, 2016
- Own or rent in Massachusetts as principal residence

Your total income does not exceed:

- | | |
|---|-----------|
| <input checked="" type="checkbox"/> Single | \$57,000 |
| <input checked="" type="checkbox"/> Married filing joint | \$86,000 |
| <input checked="" type="checkbox"/> Head of household | \$71,000 |
| <input checked="" type="checkbox"/> Your assessed real estate valuation does not exceed | \$720,000 |

How do I apply? To claim the Circuit Breaker Credit, you must file a Massachusetts state income tax return, even if you typically don't file a return—and—include Schedule CB, the Circuit Breaker Credit form. You can file your tax return for RREE using one of our free filing options at mass.gov/mafreefile. Or, you may download forms to be filled out at mass.gov/dor/forms.

Where can I get help for FREE to prepare my tax return and Schedule CB? If you need help, VITA (Volunteer Income Tax Assistance) helps low income and middle income people fill out tax returns for free. Call them at 1-800-906-9887. There are other options including AARP's Tax-Aide program and you can reach them at 1-888-227-7669. For more options check out the seniors webpage below.



For information check out mass.gov/dor/seniors

Massachusetts Department of Revenue

Monthly Events

Brains & Balance Returns! Winter Session

Mondays, 11:00 a.m. - 12:00 p.m.

Mon., Jan. 22 – Mon., Mar. 19
(no class Monday, February 19th)

Falls are the leading cause of hospitalization and long term care in the U.S. Researchers no longer believe that falling or losing mental capacity are inevitable parts of the aging process. The Brains & Balance program can help **prevent falls** from happening. Come and try out this **fantastic** new program. Discover how much fun balance training can be while you exercise your brain with specially designed "Train the Brain" drills. These drills are designed to improve your **memory, reasoning, conceptualization, language and problem solving skills**.

This class helps you **stay mentally sharp** and **improves your balance** to prevent falls.

Class size will be limited, \$25.00 for the 10 week program. Preference will be given to individuals who did not have a chance to participate in the fall session.

Indian Hill Concert

Thursday, January 18, 2018 • 11 a.m.

This performance showcases a classical and contemporary duo. The viola will be played by Amelia Hollander Ames and Elaine Rombola Aveni performs on the piano. Complimentary coffee, tea, and cookies will be available. Pick-ups start at 10 a.m. The concert is free. Van cost is \$5.00.

NEW PROGRAM!

The Wonders of the National Parks

Fridays, January 12th, 19th and 26th
Maynard Council on Aging • 11:30 a.m.

In January we will begin a wonderful program about The Wonders of the National Parks. Discover awe-inspiring natural landscapes and explore the geological histories and mysteries of our national parks with this National Geographic program. A light lunch will be provided. Sign-ups are required for those who wish to attend. Limit: 20. We would love to have you join us!

Pizza and a Movie

Wednesdays, January 10th and
January 24th • 11:00 a.m.

What could be better on a cold, winter afternoon than watching a movie with friends? One week we will watch a classic movie and the next week a contemporary one. Pizza will be available to purchase for lunch. Popcorn and drinks will be provided. Come have some fun with us!

Inclement Weather & Safety Concerns at the COA during Winter Months

With winter officially here there are some safety cautions to be aware of when attending classes and activities at the Council on Aging. Remember that when the Maynard schools close the COA is always closed and if there is a delay in the schools' opening the COA will always have a delay in opening. With any snowy and icy conditions the parking lot may not be plowed before the COA's scheduled time to open. (the COA's hours are 9:00 a.m. – 3:00 p.m.)

In addition to the parking lot sloping upward, the walkway to the COA has a steep incline before you get to the main stairs. We do have a railing on the right side of the walkway but with any inclement conditions (even when treated) the walkway may be of risk. As well the steps in the front of the building can be slippery (even when treated) – please use the railings on either side of the steps. At the front entrance melting and dripping water off the roof can be of concern as it can form a puddle which will freeze in certain conditions. Every attempt is made to treat slippery and icy areas but things will refreeze quickly in certain conditions. Orange cones will be put out when it isn't safe in certain areas including the walkway facing the golf course. The steps and walkway on the back side of the building facing the upper parking lot should never be used to enter the COA.

It is a priority of the COA to keep anyone entering the building safe. In addition, even when the schools are open you may receive a "robo-call" from the COA advising you access to the building is not safe and classes and activities will be cancelled. Always call the COA if you are not certain the COA is accessible and open. We're not able to include you in a "robo-call" without your phone number in our My Senior Center program – please call the COA and sign up.

CALENDAR

Z-GOLD TONING WITH RITA V. - MONDAYS - 9:00 a.m.

Rita's classes contain exercise with balls, weights and bands, standing or sitting for total body conditioning. Increase strength, range of movement, flexibility, balance and coordination. Format for this class allows you to participate at your own pace & ability.

KNITTING & CROCHETING CLUB - MONDAYS - 9:30 a.m.

Join us to learn, teach and hear a good "yarn!"

TAI CHI - MONDAYS - 12:30 p.m.

DROP-IN CENTER - TUESDAYS - 9:00 a.m. - 11:00 a.m.

YOGA WITH TERRY - TUESDAYS - 11:30 a.m.

Yoga provides an opportunity to decrease stress and can lessen chronic pain while improving your overall health and wellbeing with increased strength, flexibility, balance and body awareness. Breathe your way into a positive outlook on life.

ZUMBA GOLD - WEDNESDAYS - 9:00 a.m.

Zumba makes exercise fun! Strengthen your heart, improve your balance, posture and range of motion while moving to the steps of the cha-cha, salsa and merengue.

YOGA WITH LISA - THURSDAYS - 9:30 a.m.

This yoga class teaches yoga postures as a way to develop "mindfulness in motion". Learn how using your Breath brings calmness to your everyday life. Experience how improving balance and increasing strength unifies Body, Mind and Spirit.

ART/WATERCOLOR PAINTING - FRIDAYS - 8:30 a.m. - 10:30 a.m.

ZUMBA GOLD - FRIDAYS - 9:00 a.m.

KINGS IN THE CORNER SOCIAL CLUB - FRIDAYS - 9:00 a.m.

**COA
BOARD
MEETING
JAN. 16
9 a.m.**



Festival of Trees



Nutcracker Ballet (Commonwealth Ballet)

Maynard Council on Aging Trips

SCHEDULED SHOPPING TRIPS

**Mon & Wed
Stop & Shop in Acton**

**Monday
Trader Joe's in Acton**

**Friday
Shaw's in Stow**

One hour is allowed for shopping. Shoppers should call at least 2 days in advance to schedule their shopping times.

Note Change! Shaw's in Stow Now on Friday

COA OUTINGS

The COA will be offering transportation to Walmart and Market Basket on different days to accommodate the schedules of individuals who wish to go to one location and not the other. You may sign up to go to both. The transportation fee is \$3.00 per trip/day. Pickups start at 9:00. Continue to call the COA to signup. Limited to 8 per trip.

January 16 MARKET BASKET

Market Basket. Pick-ups start at 9:00 a.m. Van cost \$3.00.

January 23 WALMART

Walmart. Pick-ups start at 9:00 a.m. Van cost \$3.00.

Contact CrossTown Connect to make a reservation for:

- Medical Appointments
- Grocery shopping at Shaw's and Stop n Shop
- And other types of shopping such as CVS, Kmart, Trader Joe's, etc.

Council On Aging Van

To schedule the van call **CrossTown Connect: (978) 844-6809**

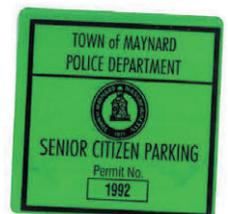
The Council on Aging van runs from **7:00 a.m. to 3:00 p.m.** and provides low cost transportation to local hospitals, doctors, dentists, health care providers, pharmacies, as well as banks, the post office and to the Senior Center on 50 Brown Street in Maynard.

Arrangements must be made one day in advance before 1:30 p.m. (it is best to call several days in advance). A donation of \$1 is requested each time you get on the van. Transportation to the COA is free! Anyone with weekly appointments (same time, same day) must arrange for a standing pickup. If you decide not to go you **MUST** notify the dispatch office.

Residents of Maynard, 60 years of age or older and handicapped persons of any age, may use the van. If the rider is handicapped in any way, please mention this when scheduling the pickup so any accommodations may be made in advance. Pickups may begin 15 minutes before the scheduled time to accommodate more than one passenger. The van will wait no longer than 5 minutes for a passenger to emerge at which time the driver will call the office to report the "no show" and leave for the next pickup. On very busy days the van can get behind schedule.

Senior Parking Stickers

The Town of Maynard has a Senior Parking Sticker program that allows residents who are 62 years old or older to park at any metered space free of charge for up to 2 hours. Residents interested in the program should bring their license and registration to the Maynard Police Station (197 Main St.) to be issued a sticker.



The Maynard COA & Senior Center Presents: President John F. Kennedy's Presidential Library & Venezia Restaurant February 22, 2018

Join your friends on this special tour featuring President John F. Kennedy. You'll arrive at the JFK Presidential Library, overlooking scenic Dorchester Bay, where you'll relive the powerful story of those most memorable Kennedy years.

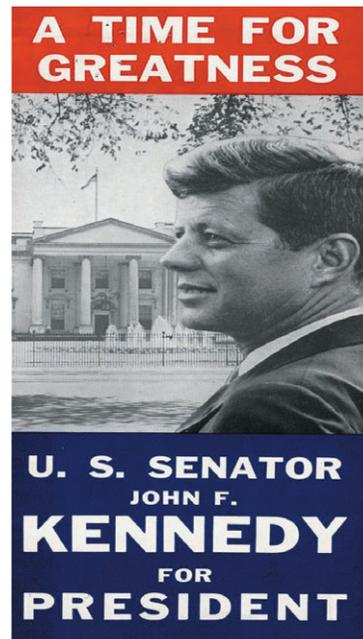
With three theaters, period settings, and two dramatic multimedia exhibits, you will enter the recreated world of the Kennedy Presidency for a "first-hand" experience of John F. Kennedy's life and legacy. The JFK Library's exhibit, 'The Making of a President' captures President Kennedy's inspiring 1960 Presidential Campaign in his eyes and narrated in his voice. Experience his optimism and wit and be inspired by the hope and idealism that captivated America. A special exhibition will show his life, begun just 100 years ago when he was born in Brookline, MA.

After your JFK Library tour, you'll travel over to Venezia Restaurant, one of Boston's finest, where you'll enjoy entrees including Baked Haddock, Chicken Parmesan or Steak Tips. Next your driver will tour the Boston Common and State House areas, including the Rose Kennedy Greenway. You'll return home at 5:00 p.m. after a great day in Boston!

Tour Includes: Admission to the JFK Presidential Library, delicious luncheon at the Venezia Restaurant, Boston Common & Rose Kennedy Greenway Tour.

Tour Cost: \$80.00 Per Person

Please Contact: The Maynard Council on Aging @ 978.897.1009 to sign up by January 22, 2018.



Maynard Council on Aging Day Trip Policies

- Day trips are open to Maynard seniors (60+). Seniors from outside of Maynard may request to be put on a waiting list.
- Please call the Council on Aging at (978) 897-1009 to make a reservation. Payment is due when you sign up.
- Make checks out to "Maynard Council on Aging" and drop off at the COA or mail to: Maynard Council on Aging, 195 Main Street, Maynard, MA, 01754. Make out a separate check for each trip.
- Refunds will only be given if a trip is cancelled by the COA. Trip insurance, purchased 60 days prior to departure, is available for an additional fee. Please contact Pat at the COA for the application. If you must cancel, you may sell your ticket to a senior on the waiting list.
- All trip participants must have an updated Maynard Senior Center Registration Form and emergency contact information on file at the COA.
- All attendees must bring a current copy of your "File of Life" card with them on the trip. "File of Life" cards are available at the COA.
- If a medical emergency arises on the trip, COA staff will procure medical assistance as needed, but cannot accompany seniors to the hospital. Transportation back to Maynard will be the responsibility of the individual.
- All trip attendees must attend each segment of the trip and stay with the group. No one will be allowed to stay behind on the bus.
- If you are not self-sufficient or have special needs, you must travel with a companion who can provide assistance to you. The COA staff or trip driver cannot be expected to provide assistance. Call the COA for details if you are unsure of the demands of a trip. The COA is unable to change the limitations of the travel company's service.
- Parking for all trips will be at the Maynard Lodge of Elks at 34 Powdermill Road, Maynard, MA unless otherwise noted.



Zumba Gold & Tai Chi

Join us for Zumba Gold! The most fun you'll ever have while exercising and keeping your New Year's Resolutions! Rita Vazquez-Torres rocks the Council on Aging with great music and great moves for total body conditioning. Classes are offered three days a week, \$2.00 donation per class.

Judy Walsh teaches a wonderful Tai Chi class during which you'll learn meditative movements for better balance and overall wellbeing.



Do You Want To Increase Your Physical Activity Using A Wearable Activity Tracker?

You may be eligible for our research study if you:

- Are 50-75 years old
- Own a smartphone
- Have never used an activity tracker

Our study asks you to use the Withings app on your smartphone and to complete 5 online surveys that will be emailed to you over a 6 month period.

Eligible participants will receive a WithingsActivité Pop tracker free of charge.

For more information or to check if you are eligible to enroll, please contact Lisa Gualtieri, PhD, ScM by phone at 617-636-0438 or by email at lisa.gualtieri@tufts.edu.



School of Medicine



Our home health professionals work as part of a multidisciplinary team, closely communicating with each other, the patient's referring physician, family members, as well as other caregivers. The multidisciplinary team consists of nursing staff, rehabilitation therapists, home health aides, and medical social services.

For more information, call 978-287-8300.



emersonhospital.org



Come to a Community Supper!

All are welcome! Bring friends and neighbors!

Every Tuesday, 5:30 at 33 Main St. in Maynard.

Every Thursday, 5:00 at First Parish Church in Concord.

**Pantry Hours: Mondays, 3:00 to 7:00, Tuesdays, 1:00 to 3:00 (Seniors Only),
Thursdays, 3:00 to 7:00**

We'd love to have you join us!

Maynard Food Pantry

Offering free food aid to local individuals and families in need since 1992



Open every Monday

(Tuesdays when Monday is a holiday)

10 am to noon

12 Bancroft St., Maynard

(off Parker Street, behind Coolidge Park)

The Maynard Food Pantry

P.O. Box 55 • Maynard, MA 01754

978-764-5279

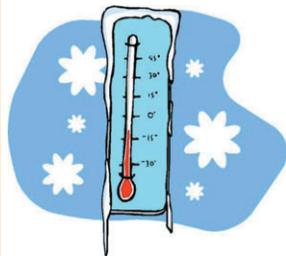
maynardfoodpantry.com

NEED HELP PAYING HEATING COST???

Help is Available!!! The Fuel Assistance Program helps income eligible households pay a portion of their heating costs. If your Gross Income falls within the limits shown below you may be eligible! You may also qualify for electricity discounts and weatherization programs!

Deadline to Apply is April 30, 2018

Household size	Maximum Gross Income
1	\$34,380
2	\$44,958
3	\$55,537
4	\$66,115
5	\$76,693
6	\$87,272
7	\$89,255



For More Information Contact Maynard Council on Aging to schedule an appointment with Pat Kozik at 978-897-1009



Coping With Loss Of A Loved One After An Illness

Are you mourning the loss of a loved one due to brief/chronic illness or unexpected circumstances?

This group will provide participants a safe place to explore and share their grief, make connections with others experiencing similar losses, and foster coping skills along the grief journey. Sessions will be led by Ms. Deborah Colgan, MA, M.Ed., LSW, of Care Dimensions.

When: **8 consecutive Thursdays, January 18 - March 8, 2018**

Where: **Donaldson Conference Room
John Cuming Building, 1st floor**

Time: **3:00 - 4:30 PM**

Cost: **Free (registration required). Space is limited.**

Advance registration is required by contacting Care Dimensions' Bertolon Center for Grief & Healing at 781-373-6530 or online at www.caredimensions.org
www.emersonhospital.org



Living Memorial

This form allows you to make a donation that will support and enhance the senior services in our Maynard community. The individual or families you have chosen to honor will be notified of your contribution.
Your support is needed and greatly appreciated.

I am enclosing \$ _____ In honor/memory of: _____

Send acknowledgement to: Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Make checks payable to: Maynard Council on Aging. Mail to: 195 Main St., Maynard, MA 01754



REP. KATE HOGAN'S SENIOR NEWS

JANUARY 2018

Helpful Winter Tips

Dear Friends,

Happy New Year! When the holiday season comes to a close, we often turn our thoughts to spring and hope for a mild winter in the meantime. Yet, with a couple months of cold weather ahead, I want to remind you of some everyday tips that can help ensure you stay safe this season.

At Home

- Heating is the second leading cause of home fires in the state. Keep yourself and your family safe this winter by protecting your home from heating fires. Find a detailed guide from the Department of Fire Services: bit.ly/2h1yAqP.
- Take steps to prepare before a winter storm hits, such as insulating windows and preparing for power outages. Find more suggestions from the Massachusetts Emergency Management Agency: bit.ly/2BaSzkM.
- Make sure all of the smoke and carbon monoxide alarms in your home are working.

Health & Wellness

- Icy, snowy roads and sidewalks make it easy to slip and fall. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear.
- Shoveling snow takes a toll on your body, and can often be dangerous. Before you pick up your shovel, review these helpful snow-removal techniques from AARP: bit.ly/2BTkK40.
- As people spend more time indoors, nutritional deficits – such as Vitamin D deficiency – can become a problem in the winter. Consuming foods that are packed with Vitamin D, such as salmon, yogurt, or orange juice can help counter this concern. Find more information about Vitamin D from AARP: bit.ly/2z23AIV.

Driving

- Consider getting your car serviced. Checking things like the oil, tires, battery, and wipers can make a big difference on winter roads.
- Check weather conditions before leaving the house and avoid driving during winter storms. If you are driving in any kind of winter weather, it's a good idea to slow down. Driving too fast in poor winter conditions, such as snow or black ice, reduces your tires' ability to grip the road.
- After a storm, and before driving, be sure to clear the snow and ice from your car completely.
- Find more winter driving tips from the Massachusetts Department of Transportation: bit.ly/2C3VVTL.

If you have any questions or concerns about any of the suggestions listed, please do not hesitate to contact my office at 617-722-2130. And, when in doubt, always reach out to your local fire or police department or Council on Aging for assistance.

- Maynard Fire Department: 978-897-1014
- Maynard Police Department: 978-897-1011
- Maynard Council on Aging: 978-897-1009

Hogan's Office Hours

District Office Hours will be held in Maynard on Thursday, January 11th from 6 - 7 p.m. at the Maynard Public Library, 77 Nason St. All questions, ideas, or concerns are welcome. If you are unable to attend office hours, call the State House at (617) 722-2130 to schedule an appointment. Staff is also available at the District Office on all Mondays from 10 a.m. to 3 p.m. (Closed Holiday Mondays)

Proudly represents Bolton, Hudson, Maynard, and Stow
State House, Room 130, Boston, MA, 02133 / Phone 617-722-2130
District Office: Maynard Town Hall, 195 Main Street, Maynard, MA
District Office Hours: Mondays and Thursdays, 10AM-3PM
By appointment: Call 617-722-2130 or email Kate.Hogan@mahouse.gov



COMING SOON TO FINE ARTS THEATRE PLACE

Three Billboards Outside Ebbing, Missouri

COMING JANUARY 5TH

Starring Frances McDormand & Woody Harrelson

A mother personally challenges the local authorities to solve her daughter's murder when they fail to catch the culprit.

The Post

COMING JANUARY 12TH

Starring Meryl Streep & Tom Hanks

A cover-up that spanned four U.S. Presidents pushed the country's first female newspaper publisher and a hard-driving editor to join an unprecedented battle between journalist and government.

The Lives of Others

COMING JANUARY 9TH & 10TH

Starring Ulrich Muhe & Martina Gedeck

In 1984 East Berlin, an agent of the secret police, conducting surveillance on a writer and his lover, finds himself becoming increasingly absorbed by their lives.

Paddington 2

COMING JANUARY 12TH

Starring Ben Whishaw & Hugh Grant

Paddington, now happily settled with the Brown family and a popular member of the local community, picks up a series of odd jobs to buy the perfect present for his Aunt Lucy's 100th birthday, only for the gift to be stolen.



*Wishing Everyone
Happy Holidays*



Bring this ad in for a free ticket with the purchase of any combo!*

*excludes kids combo, Some Restrictions May Apply

FINE ARTS THEATRE PLACE

19 SUMMER STREET, MAYNARD MA 01754

www.fineartstheatreplace.com

(978) 298-5626

Email us at info@fineartstheatreplace.com to join our mailing list, or visit us online or Facebook for weekly show times and special screenings!