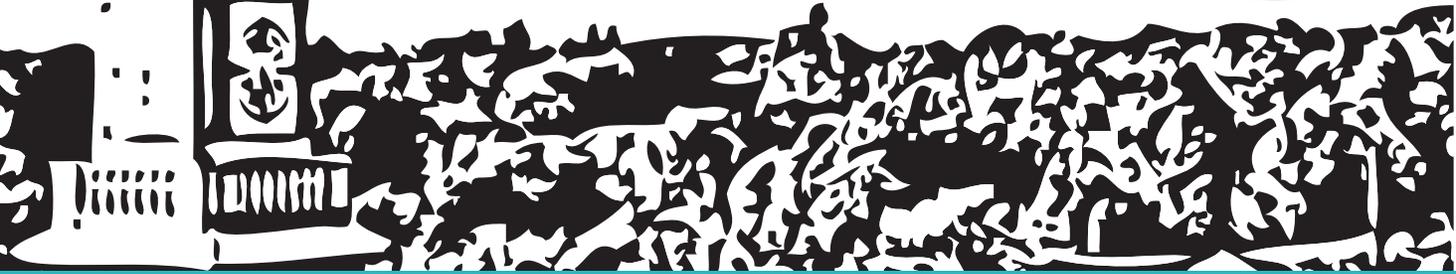


NEW

GENERATION



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

AUGUST 2018



Jean Duggan & Pat Olsen

The View from Here

Before my passion for bird watching took over my life, I was devoted to my gardens. I would create a new bed just to be able to add one more color scheme of daylilies or a “must have” hosta. Robins were frowned upon due to the dozens of divots in the lawn and served as a reminder to treat for grubs. The beginning of bird watching started when I won an eight port goldfinch feeder at the garden center and hung it right outside the window in the den. Each season brought new species and the pages of my first field guide received a check mark when a bird made a visit. Housebound with a winter storm provided great entertainment (and pictures) of the birds constant feedings to keep warm.

With this growing fascination came a change of heart towards the robins. Still exasperated with the roughed up grass I made more of an effort to understand their agendas. Over time they have become one of my favorite species. Robins function as the neighborhood watch for most of the other birds who understand these alerts/calls announcing a cat or another predator. Their songs provide the background for every other backyard bird. Their simple beauty (I love their eyes!) scurrying across yards or through the forest adds energy to my daily walks.

My admiration for the robins has reached new heights with the honor of a nest being built in the Rose of Sharon six feet away from one of my windows. Though I don't have quite the visual access I'd like, I'm impressed each day by the constant deliveries of worms. The parents never stop! Divots abound in my flower and hosta beds, and, of course, the lawn, but I'm thrilled to be providing good soil for fat, juicy worms. The male robin stands guard from the next door neighbor's roof and loudly scolds if another bird comes near. The baby robins give a high pitched sound (a chorus) when the parent arrives and suddenly all goes quiet when the feeding is done.

Robins may signal spring but I find them to be a reminder to embrace each day with the same exuberance they do.

Please join me in welcoming Greg Johnson, Maynard's new Town Administrator. We're hoping to have him join us at our August luncheon – you still have time to sign up!

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

Town Concert Series

Continuing a 72 year tradition of providing Maynard with free music performances the **Maynard Community Band** will be performing in Memorial Park on the following Wednesdays: August 8, 15, 22, 29. The concerts start around 7pm and finish up around 8:30pm. Please take a break and enjoy an evening in the park with your friends and neighbors.

The Maynard Council on Aging Welcomes Greg Johnson

On July 23, I began my service to Maynard as its new Town Administrator. I'm thrilled to be a part of this beautiful town, where my family enjoys frequenting Maynard's businesses, participating in downtown events, and forming enduring friendships.

Although not a native to Massachusetts, I've felt at home in this state because of my roots. My father grew up in Newton Lower Falls, and I spent summers of my youth staying with my grandmother in Natick. Additionally, many of my classmates at Norwich University hail from the Bay State. Thanks to my father's career in the Navy, I was raised in Yorktown, Virginia, and then had the opportunity to see the world after college in the Marine Corps. Upon marriage, my wife, Allison, and I moved to Watertown, Massachusetts, and I attended Brandeis University for graduate school in public policy, while my wife pursued her career in children's educational technology. From there, I worked in Mayor Menino's Office in Boston, and under two governors in the state house before moving to West Acton, starting my time with town government in Westford, and being appointed to Acton's Community Preservation Committee. My wife and I are now expecting our second child in mid-September, and we hope to continue to share in family activities in Maynard like the Halloween Parade, Art Walk, and the Farmers Market.



I feel sincerely humbled by the opportunity to be your Town Administrator. You, the residents, businesses, town and school officials, make up a remarkable, passionate community, whose dreams and aspirations I will strive to support. Thank you for welcoming me and my family into your community, and I hope to see you around town soon.

Sincerely,

Greg Johnson Town Administrator
gjohnson@townofmaynard.net • 978-897-1375

Highlights of Upcoming Events

August & September Luncheons

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

August Luncheon

Thursday, August 9 • Noon

Fish & Chips (fish fried or baked – your choice)
Coleslaw, Dessert

\$8.00 Pay at the door

Deadline to sign up is August 1 by noon

September Luncheon

Thursday, September 13 • Noon

Meatloaf, Baked Potato, Green Vegetable
Salad, Rolls, Dessert

\$8.00 Pay at the door

Deadline to sign up is September 5 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, August 15 • 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, August 15 • 12:30 p.m.

Stop by and check in with Meg Robinson, RN,
from VNA CareNetwork. Have a blood
pressure reading as well as discussing
medications and individual issues.

CareOne Presents

Thursday, August 16th, 12:30 p.m.

Ice Cream Social

Sign-up is required for this program. Limit: 25

TAKE ME OUT TO THE BALLGAME!

Red Sox vs. Cleveland Indians

Thursday, August 23rd, 1 p.m.

Why drive to Fenway Park when you can watch the game with friends? Wear your Red Sox gear and come to the Council on Aging for a fun afternoon watching the baseball game together! We will provide drinks, popcorn, peanuts and ice cream. Hot dogs can be purchased for \$1. Let's cheer on our favorite team! Sign-ups are required by August 16th. Van transportation will be provided home after the game.

The Maynard Council on Aging Presents! Annual Gloucester Lobster Cruise

August 29

Arrive in Gloucester via your luxury Silver Fox Coach and board the luxurious Beauport Princess Cruise ship for a delicious New England Clam Bake Buffet. As you enjoy your dinner the Captain will provide a narration about the sights you'll be viewing on your two and a half hour cruise. Gloucester Harbor offers breathtaking views and the Princess has large glass windows to view the sights. During the cruise jazz music will be playing to usher you onto the deck for a salty sea breeze. When the cruise returns you'll head over to Rockport for shopping and sightseeing. Cost is \$90.00 per person.

Please contact the
Council on Aging at (978) 897-1009

There will be a firm limit ongoing for sign-ups for all events. Movie & Pizza, CareOne Presents, The Friday Series, Indian Hill Concerts and any special programs **must be signed up for 3 days in advance** of the program. There is often a light lunch provided with these programs and we must have an accurate count of the number of individuals attending. The luncheons have very specific sign-up by dates so we can give a count to the caterer. If you need to cancel please try to do so two days in advance as well.

Plein Air With The Senior Watercolor Class



Judy Neergaard & Nayer Esmaili



Vivian Kallio



Holly Tognacci



Sybil Borders

ArtSpace Outdoors 2018

April 28 - October 14

Angiolillo
Cohn
Frecha
Hamilton
Musco

Reception
Sat. June 2nd 4-6pm

Artspace Maynard
63 Summer Street, Maynard, MA

artspacemaynard.com



6 Bridges Gallery

FINE ART AND CRAFT

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

EXHIBITS



Gail Erwin
"Ascent"

August 21 –
September 29

Reception:
September 8
7:00–9:00 pm

We'll be closed for maintenance Aug. 12–20.

77 Main Street, Maynard
6Bridges.Gallery • 978.897.3825

Mini Zumba Class

Saturday, September 1st • 9:15 a.m. • at the Maynard Farmers Market

The Friends of Maynard Seniors would like to demonstrate a "mini Zumba class". Participation is open to all! Wear comfortable clothing, athletic shoes, sunscreen (hat and sunglasses encouraged) and bring water. A warm-up, 5 songs and a cooldown will be featured, weather dependent. Songs range from easy to moderate and can be adjusted to any skill level. Be mindful of asphalt and encourage good posture and care when moving. Enjoy the music and let it move you!



Maynard Farmers' Market

June 30 - Sept 29 • Saturdays 9am – 1pm
Mill Pond parking lot, Main St • MaynardFarmersMarket.com

2018 Vendors

Weekly: Applefield Farm, Balance Rock Farm, Brigham Farms, Cookie Lady Treats, Giacomo's Gourmet Foods, Hudson Hives, Muddy Water Coffee Roasters

Periodic: The Bake Shoppe, Burro Tails Farm Succulent Arrangements, The Compulsive Baker, Joni's Cannolis, Nashoba Valley Extracts, Pony Shack Cider

Our third decade of food and fun all season long!

Farmers' Market senior & WIC coupons accepted
 local foods - artisans - special events - community info - kids activities
 weekly music series sponsored by Serendipity Cafe



August At The Farmer's Market

In addition to the weekly vendors you can visit each time you visit the Market, each week you'll also find a selection of our periodic vendors, two artisans, great musicians, a local community group and activities for the kids. New to the Market? Stop by Stop by the Community Information table and ask for a tour.

Category	August 4	August 11	August 18	August 25
Periodic Vendors	The Compulsive Baker Joni's Cannolis	The Bake Shoppe The Compulsive Baker Pony Shack Cider House Nashoba Valley Extracts	The Bake Shoppe	The Compulsive Baker Pony Shack Cider House
Artisans	Crafts for Cure - Diana	Jennifer's Handmade Soaps Reds - Denise	Brookfield Candle Co. (Karen)	MOCA Naturals - Mary Everything Alpaca, NH
Music	Grace O'Shea	The Hip Swayers*	Crosstracks*	Vira
Community Table(s)	Friends of Maynard Public Library Maynard Neighborhood Brigade	Assabet Village Coop DCF Foster Care	ACME Theater Maynard Cub Scouts	Assabet River Rail Trail
Kids Activity	Storytime w/ Mark Malcom	Kids' Artisan Day	Discovery Museums	Maynard Rocks
Special Activities	Friends Book Sale		groovyhome - Nan	Dr. Kay Sunakawa, Holistic Healing Ctr

*Appearing thanks to grants from the Maynard and Massachusetts Cultural Councils

Calling All Artists, Crafters, Bakers And The Like!



Maureen Casey & Sandra Martucci



Joan Meakin, Angie Flannery
& Anita Dolan



Nancy Hale



Joan Meakin

Friends of Maynard Seniors Craft Faire
Saturday, October 27, 9:00 to 3:00
Maynard Elks Club
Reserve Your Space by September 1st!
\$20.00 per table or table space

Name: _____

Address: _____

Phone/Email Address: _____

Type of Artwork, Craft or Service: _____

number of table(s): _____

of spaces to reserve _____

Special Needs such as location, outlets, etc.: _____

Make check payable to: Friends of Maynard Seniors
Mail to: 195 Main Street, Maynard, MA 01754
For more information contact: Diane Wasiuk at (978) 793-3733

Pack A Sandwich And Come Have Lunch With Elizabeth Berg

Wednesday, August 8 at Noon

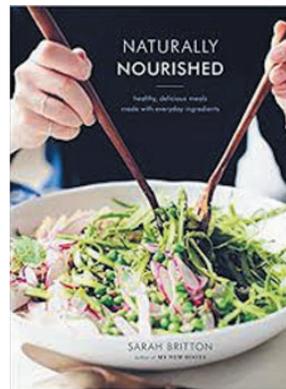
We'll provide the beverages and dessert!



August Cookbook Club Monday, August 20 at Noon

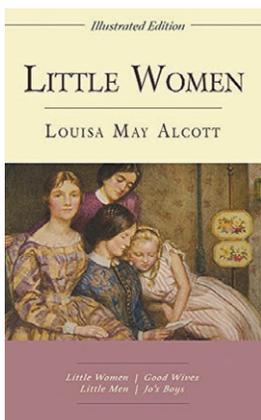
In August, we will enjoy the bounties of the season with fresh produce from the Farmers' Market using the cookbook *Naturally Nourished* by Sarah Britton.

Borrow a cookbook at the Circulation Desk, select a recipe, shop at the Farmers' Market on Saturday and prepare your dish for the potluck lunch on the 20th.



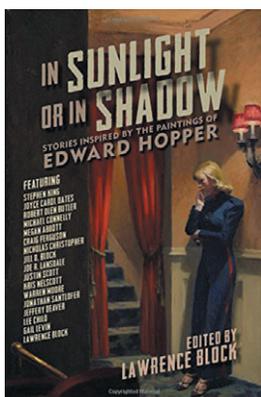
Drinks and place settings provided.

Sponsored by the Friends of the Maynard Library.



The Book Mill

The Book Mill, Maynard Library's book discussion group for adults, first met in October 1999. It meets monthly from January through June, and from August through November, typically on the last Tuesday of the month at 7:00 p.m. Over the years, the Book Mill has evolved into a thoughtful group with particular interest in reading about different cultures and creating reading lists that mix contemporary fiction, classics, and, occasionally, nonfiction. Meetings last under an hour and a half, although at times they spill over enthusiastically. Any reader who enjoys reading with a questioning mind, entertaining diverse perspectives, and sharing their thoughts is welcome to join us for one or many Book Mill meetings. To contact our facilitator, Jan, email janrosenberg708@gmail.com.



The reading selections for the rest of 2018 are shown below. Copies of the books will be available at the Circulation Desk for a month before the meeting.

Fall/Winter 2018 Book Mill Reading List:

- August 28, 2018 - *Little Women* (Louisa May Alcott)
- September 25, 2018 - *In Sunlight or In Shadows* (Lawrence Block)
- October 23, 2018 - *Evicted* (Matthew Desmond)
- November 27, 2018 - *The Sympathizer* (Viet Thanh Nguyen)
- December 13, 2018 - *The Ninth Hour* (Alice McDermott)

All Events Held at Maynard Public Library, 77 Nason Street

Monthly Events

Pizza and a Movie *Going in Style*

Wednesday, August 8th • 11:30 a.m.

This comedy follows a trio of lifelong friends, living in New York, who plan to rob a bank after their pensions are cancelled. Starring Morgan Freeman, Michael Caine, and Alan Arkin, *Going in Style* is sure to entertain! Pizza will be available to purchase for lunch. Popcorn and drinks will be provided. Sign-ups are required for this program.

Kimball Farm Lunch Trip

Monday, August 13th

Back by popular demand, we will travel to Kimball's in Lancaster for a delicious lunch and ice cream. This summer trip is always a good time with friends as we dine al fresco and then browse the country store. Van cost: \$3.00. Cost of meal is up to the individual. Pick-ups start at 10:30 a.m. Limit: 12

Online Safety & Skimming Devices

Wednesday, August 22, 12:00 p.m.

Light lunch at 11:30.

Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation, will present on online safety and skimming devices. Learn how to be safe online and how to protect yourself from scams and identity theft. Skimming devices are found at gas stations and ATMs and are able to steal your personal information. The presentation will include information about the Office of Consumer Affairs and Business Regulation and what they do.

ROUTE 66

Friday, August 3rd • 11:30 a.m.

Take a trip across the country and back in time and discover the America of years gone by on the historic Route 66. Called the Main Street of America, it linked east and west for nearly 60 memorable years and became part of our national folklore in the process. Immortalized in American pop culture in song and in literature, Route 66: The Marathon Tour is one ride you'll never forget! Please join us and "Get your kicks on Route 66!" Sign-ups are required by the Wednesday before each program. Light lunch provided.

Relaxation for a Good Night's Sleep with Jean Popovic

Monday, August 20, 10:00 a.m.

In this two part series, you will learn tips to help you sleep deeply and leave you feeling refreshed in the morning. Jean will help you rejuvenate by teaching you some simple guided meditations and yoga postures done in a chair. Jean teaches yoga in Maynard and has been practicing the art of yoga for the past 15 years. She is also an Ayurveda Wellness Counselor and helps clients bring their bodies into balance through diet, yoga, and meditation.

NEW PROGRAM!

BROADWAY MUSICALS

Fridays, August 10th, 17th, 24th, and 31st

11:30 a.m.

Please join us for a new series about the evolution of American musical theater. This fascinating course will cover the minstrel era, vaudeville, ragtime, revue, jazz and more. We will learn about many familiar musicals, such as *West Side Story*, *The King and I* and *The Sound of Music*, as well as hearing about some of the older, rarer recordings. Sign-ups are required by the Wednesday before each program.

There will be a firm limit ongoing for sign-ups for all events. Movie & Pizza, CareOne Presents, The Friday Series, Indian Hill Concerts and any special programs **must be signed up for 3 days in advance** of the program. There is often a light lunch provided with these programs and we must have an accurate count of the number of individuals attending. The luncheons have very specific sign-up by dates so we can give a count to the caterer. If you need to cancel please try to do so two days in advance as well.

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. AND 10:30 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.

**NO COA
BOARD
MEETINGS
IN JULY &
AUGUST**



Left: Monthly Visit from Maynard's Own! • Right: Margit Kohl, Marge Mallinson & Norma Hill

Maynard Council on Aging Trips

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 sign up. Limited to 8 per trip.

SCHEDULED SHOPPING TRIPS

Mon & Wed
Stop & Shop 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.

AUGUST 14 MARKET BASKET

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

AUGUST 21 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.

POLICY FOR TRIPS WITH FOX TOURS

We will require a File of Life and emergency contact information to be brought with you on all trips. You can pick up these documents at the COA.

Final payment for trips will be due 30 days prior to departure. No money will be returned after this point. If you find someone to replace you on the trip, they can take your spot and reimburse you.

If you would like to purchase a waiver to enable you to get your money refunded in the event that you cannot make the trip please call Pat at the COA for more information.

COMING SOON!

Foxwoods
on October 24

A Salem Cross Christmas
on December 5

More details as we get
closer to the dates

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.

Friends Of Maynard Seniors At The Maynard Farmers Market



Diane Wasiuk



Linda Cetrone, Peg Brown & Deb Roussel



Jane-Audrey Neuhauser & Deb Roussel



Join The Friends of Maynard Seniors, Inc.!

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

Name _____

Address _____

Email (optional) _____

Phone (optional) _____

Annual Dues are \$15.00

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

Membership dues and donations are tax deductible

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

Event Planning Event Set-up Event Promotion Other _____

ABOUT HABITAT FOR HUMANITY

Habitat for Humanity North Central Massachusetts is an independent affiliate of Habitat for Humanity International, serving 25 communities in the region since 1988.

We are a non-profit housing ministry that seeks to eliminate poverty housing and homelessness right here in Massachusetts through both new home building and critical home repair. Habitat for Humanity families are qualified with-out regard to age, sex, sexual preference, marital status, disability, race, religion or national origin.

A HAND UP FOR LOCAL FAMILIES

Habitat for Humanity NCM provides critical repairs with people, not for people. Homeowner families must meet four requirements to be considered for the program:

- Critical repairs relate to protecting the health and safety of occupants or solve critical weatherization problems.
- Families must have the ability to pay Habitat for Humanity NCM's 0% interest loan.
- Homeowners invest sweat equity of 8 hours per \$1,000 of loan amount.
- Family income falls between 30% and 60% of the area median income and other assets not available for project.



HOW CAN YOU HELP?

GIVE YOUR TIME: Schedule volunteer time with your friends, family, neighbors, colleagues, or church group. Corporate team building opportunities and sponsorships are another good way to help.

USE YOUR TALENT: Join a team of volunteers working together to help select families, fundraise, plan events, find repair sites, or work with faith communities.



CRITICAL REPAIR

Everyone deserves to live in safe, affordable homes. This can only happen with the hard work of volunteers, local businesses, and the community's own determination to make things better. The services of Critical Home Repair include new roofing, installing handicap ramps, weatherproofing, and external home repairs to make existing homes safe and energy efficient.

Apply for a critical home repair at: <http://ncmhabitat.org/critical-repair/>

CONTACT US!

201 Great Read, Suite 301 • Acton, MA 01720
Tel: 978-348-2749 • ncmhabitat.org

LEND YOUR INFLUENCE: Help spread the word about the Habitat mission to your community leaders, corporate contacts, construction professionals/suppliers, your congregation, your employer, or local organizations.

MAKE A DONATION: Your tax deductible gifts, new building materials, cash, stock, or bonds, are needed and always greatly appreciated!

Greetings from the Maynard Historical Society #4 (August 2018)

Welcome to the next Maynard Historical puzzle. This is the 4th installment in an ongoing series of Senior Center articles where we will discuss more about what we are doing at the Historical Society and how you can help.

Last month we featured a photograph of an unknown baseball team that was almost immediately identified by Steve Kulik (he was one of the players). A few days later Johnny Gudzinowicz sent us a copy of the Beacon article that identified the photograph as the 1968 MHS Baseball Team along with names of all of the players and coaches.

We feature another "summer" photograph for August. Taken in the 1960s or 1970s there is a lot of great details hiding in this image: a Sinclair gas station on Waltham Street, gas (leaded) at 34 CENTS a gallon, Samuels studio and a Flying A service station in the background.

Perhaps you know some of the girls at the car wash... maybe you were one of them! Maybe you owned that VW Bug! Whatever you can add to the story of this image is welcome (dates, names, who owned the car wash, etc.)



New Orbit Car Wash (MHS 2015.180)

To see a larger version of this photograph on your computer please visit:

<http://collection.maynardhistory.org/items/show/4740>

(click on the photo thumbnail in the sidebar for large version)

Send anything you know about the photograph to: davebets@mac.com

In September we'll have another unknown photograph for you to ponder.

Thank you, **Dave Griffin** | Maynard Historical Society



Photo from 1922.

Please contact
John Dora if you have
any information
(978) 897-8031



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.

**Maynard 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

Project Bread's FoodSource Hotline

What is the FoodSource Hotline?

Project Bread's FoodSource Hotline is an information and referral service designed to connect people in need with a variety of food resources in their local community. The bilingual staff, complemented by able interpreters, can assist callers in over 160 languages.

In response to the current high cost of food and fuel, Project Bread has expanded the FoodSource Hotline's hours of operation.

Expanded hours:

- Monday–Friday: 8 A.M. to 7 P.M.
- Saturday: 10 A.M. to 2 P.M.

FoodSource Hotline services

- Referrals to emergency food pantries and meal programs
- **Information about SNAP/food stamps**
- **Screening for SNAP eligibility**
- Information about free and reduced-price school and summer meal programs for children
- Information on meal sites and home-delivered meal programs
- Information on the Special Supplemental Nutrition Program for Women, Infants and Children (WIC)



CALL THE FOODSOURCE HOTLINE TODAY

1-800-645-8333 • TTY: 1-800-377-1292



REP. KATE HOGAN'S SENIOR NEWS AUGUST 2018

Joining the Age and Dementia Friendly Movement

I am proud of the towns in my district for their leadership in the state-wide "Age and Dementia Friendly" movement. The goal of the Age and Dementia Friendly initiative is to pave the way for more inclusive towns in which citizens of all ages can find community, and lead healthy, vibrant lives.

As an advocate for senior issues, I always have an eye towards legislation that can help the older adults in the communities I serve. Already this year, I have passed a bill to help those battling Alzheimer's in their family, called for grants to make the streets in

our towns better suited for pedestrians of all abilities, and delivered funding to organizations creating community while serving up nutritious meals to those needing a helping hand.

The Age and Dementia Friendly initiative brings together the Massachusetts Healthy Aging Collaborative, AARP, and Dementia Friendly Massachusetts to provide tools and essential data for advancing how our communities work for the young and the old. While every Age and Dementia Friendly town looks different, they all share a commitment to valuing the voices of their older residents. In the near future, you will have the opportunity to offer input on what resources would help you age successfully.

Of course, organizations in your town are already doing wonderful work for older adults and people living with dementia. The Hudson Shuttle and the Maynard Shuttle, for example, work with the regional transit authorities to improve transportation for all residents. To help keep those with dementia safe, the Hudson Police Department has a dementia-friendly register. Our Councils on Aging and senior service providers, Minuteman Senior Services, BayPath Elder Services, and Montachusett Home Care, continue to be a vital resource and source of community.

We can, however, do more to provide opportunities for older adults to remain active and engaged, and to ensure options for transportation and housing. Let's all get involved, from every corner of our communities, to make this area Age and Dementia Friendly.

Visit mahealthyagingcollaborative.org to learn more about the movement and stay tuned to news from your town hall and the senior center about how you can help.

I believe that initiatives to help older residents create the kinds of communities in which we all want to live: inclusive, accessible, and intergenerational. I hope you will join me.

Hogan's Office Hours

Office Hours will be by appointment-only during the month of August. If you would like to meet, or if you have any issues or concerns, please contact my office at 617-722-2130 to schedule an appointment.

In addition to Rep. Hogan's office hours, her staff is available in the District Office at Maynard Town Hall, 195 Main Street, on 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

Fine Arts Theatre Place

COMING SOON TO FINE ARTS THEATRE PLACE

Mission Impossible—Fallout

COMING JULY 27, 2018

Starring Tom Cruise & Rebecca Ferguson

Ethan Hunt and his IMF team, along with some familiar allies, race against time after a mission gone wrong.

Burnt By The Sun

COMING AUGUST 14 & 15 2018

Starring Nikita Mikhalkov & Ingeborga Dapkounaite

In the Soviet Union during the summer of 1936, Army commander Sergei Petrovich Kotov his wife, Marusia and his daughter, Nadya, are enjoying their family vacation. Marusia's lost love, Mitya missing for 13 years, suddenly shows up at her family's dacha. Although he's greeted warmly, Mitya has a secret agenda.

Christopher Robin

COMING AUGUST 3, 2018

Starring Ewan McGregor & Jim Cummin

Winnie-the-Pooh and friends reunite with old pal Christopher Robin -- now an adult.

BlacKkKlansman

COMING AUGUST 10, 2018

Starring John David Washington & Adam Driver

Its the early 1970s, and Ron Stallworth is the first African-American detective to serve in the Colorado Springs Police Department. Determined to make a name for himself, Stallworth bravely sets out on a dangerous mission: infiltrate and expose the Ku Klux Klan.



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FINE ARTS THEATRE PLACE

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