

NEW

GENERATION



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

SEPTEMBER 2018



Margit Kohl & Marge Mallinson

The View from Here

Last Saturday the COA's Zumba class (led by Rita Vazquez-Torres, our Zumba instructor extraordinaire) welcomed in September by rocking the Maynard Farmers Market. All ages jumped in to follow the aerobic dance moves to the latest and greatest music (Pitbull, meet Tina Turner & Aretha) with the youngest (age 2?) stealing the show. The COA's Zumba Gold and Zumba Toning classes performed creative choreography infused with their own special style while wearing Zumba-sweg t-shirts. Rita teaches Monday, Wednesday and Friday, 9:00 a.m. each day, at the COA. Cost per class: \$2.00. How can you beat this! (these classes are taught so all levels of experience can jump in or even sit).

The COA sponsored what looks to become an annual trip. Our Gloucester Lobster Cruise set sail on a very hot and sunny day with some very enthusiastic seniors. The group enjoyed a scenic cruise around Gloucester Harbor, with interesting narration about the sights and history, as they enjoyed a sumptuous lobster buffet. The beautiful weather, salty sea breezes, great music, tropical cocktails, and a breaching whale in the distance made this a memorable trip for all who attended.

This month's calendar is jam packed with a variety of important presentations that can't be missed! From the 4th Annual Senior Health & Safety Expo on September 22 at the Fowler Middle School to CareOne's Kindness Rocks rock painting workshop to protecting yourself from Medicare fraud, we have so many informative and fun programs to sign up for. Learn how to relax for a good night's sleep, try our new Chair Yoga class, or join us for Broadway Musicals. There's certainly something for everyone.

It's going to be a fall full of fun with a Foxwoods trip in October followed by a holiday trip to the Salem Cross Inn and Bright Nights Christmas light display in December. Please join us!

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

Council On Aging Board Meetings

The Council on Aging Board meetings are held the 3rd Tuesday of the month at 9:00 a.m. (September 18) at the Maynard Council on Aging & Senior Center. This meeting is an open meeting – come one and come all! It's a great opportunity to hear what's currently happening at the Senior Center and what's on the horizon.

Assabet River Rail Trail

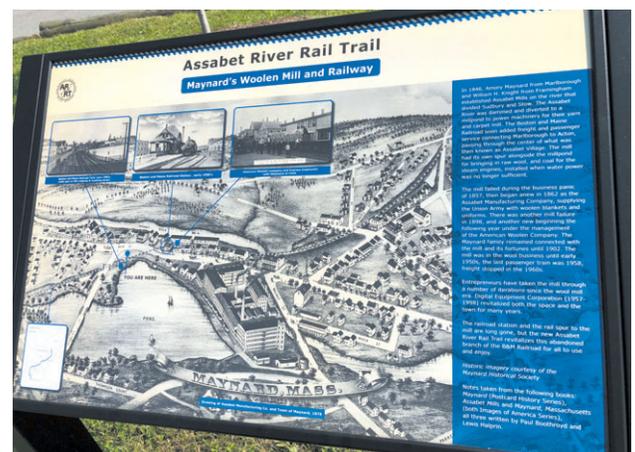
The Assabet River Rail Trail's official opening was celebrated a few weeks ago by state and local officials, neighbors and families, bike enthusiasts and media representatives. It was a hot Friday afternoon, but cake, refreshments and speeches kept the crowd appeased. The event was held at the South Acton commuter train station, and marked another important step in connecting Maynard to the recreational and economic opportunities of the region. I attended with my wife and toddler, who showed off her pink tricycle and flowered helmet for her adoring audience. I look forward riding my own bike to commute to work at Town Hall once the weather cools.

Even before its official ribbon cutting, the trail has been providing a means for family fun and community education. This afternoon I stopped to read the historical marker on the trail across from Ray and Sons Cycle and Ski shop on Main Street. The marker's map shows the original rail road, and overlays the bike path for reference. The marker also includes historical pictures, and I enjoyed imagining the scene as it was in the early days of the mill. As cyclists rolled by, I was aware of the connection between Maynard's past, present and future: workers from the mill strolled down the path on their lunch break; families with carriages and kids on training wheels made their way home; neighbors stretched their legs and got some fresh air. What I saw in the photographs and on the bike path is that while the clothes and hairstyles have changed, Maynard's vibrant character, pride and family bonds are just as strong as ever.

I plan to be a regular on the path, downtown, and in the neighborhoods, so I can continue to witness Maynard's beauty and progress. And I hope to see you out there from time to time, connecting with Maynard's past and travelling towards its future.

Sincerely,

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



Highlights of Upcoming Events

September & October Luncheons

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

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

October Luncheon

Thursday, October 11 • Noon

Stuffed Chicken Breast, Butternut Squash
Roasted Potatoes, Salad, Rolls, Dessert

\$8.00 Pay at the door

Deadline to sign up is October 3 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.

CareOne Presents

THE KINDNESS ROCK PROJECT

September 20 • 12:30

The Kindness Rock Project was started by Megan Murphy in 2016 who wrote "You've got this" on a rock and left it on a beach on Cape Cod. After a friend found it, she started leaving more rocks with inspirational messages behind.

Join Karen Halloran, Community Liaison for CareOne. We will be painting rocks for the project. Take one home and leave one. All materials will be provided. Light lunch will be served. Must sign up!

Foxwoods Fun with Fox Tours!

Wednesday, October 24

\$30.00 per person

Festival Buffet or \$10.00 food voucher

& \$10.00 Casino Slot Play

Depart from the Elks 8:00 a.m.

Return home 5:30 p.m.

Chair Yoga

Starts September 19th

Wednesdays • 9:30 - 10:30

In this class you will stretch, twist and lengthen your bodies through a series of easy to follow repetitive movements. Rebecca will combine this with inhales and exhales as we work with props to get the most out of every movement. There are some standing exercises using the chair as a prop and for our balance. The hour session will end in a relaxing Savasana. This class is for beginners to more experienced yogis as any type of movement is wonderful. Come and have fun while enjoying the benefits of movement. Rebecca Reber has been practicing yoga for over 15 years.

Class is limited to 15 participants who must sign up!

\$2.00 per class/\$20.00 for 10 weeks.

(Brains & Balance can be combined with Chair Yoga for a discounted rate of \$30.00). First class is free.

Brains & Balance Returns! Fall Session

Mondays • 11:00 a.m. - 12:00 p.m.

Starts Monday, September 17 at 11:15

(11:00 after September 24)

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. Work on developing your "core" to maintain balance, increase overall strength and prevent falls.

\$25.00 for the 10 week program.

Brains & Balance can be combined with Chair Yoga for a discounted rate of \$30.00.

First class is free.



Opening Reception with Artists Talk on Saturday, September 8, from 5:00 p.m. to 7:00 p.m.

Open Studios Musical Performances:

Workingman's Duo, Saturday, September 29, from 5:15 p.m. to 6:00 p.m.

Berit Strong, Sunday, September 30, from 5:15 p.m. to 6:00 p.m.

Sponsored by Middlesex Savings Bank



Judith Jaffe
"Disguise"



Denise Shea
"Cocktail"



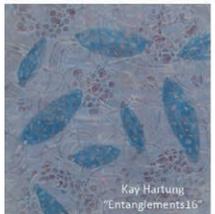
Joyce McIlilton Dwyer
"Old Road in Fall"



Owen Murphy
"Arcade Oracle, Foot Fetish #127"



Brent Mathison
"Sudbury River, Concord, MA"



Kay Hartung
"Entanglements 16"



Carole McNamee



Mica Knapp



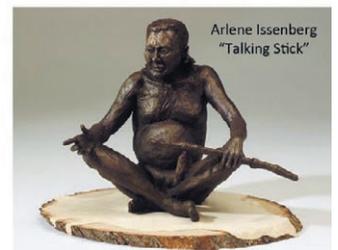
Whitney Heavey
"Magic Hour"



Samantha Linnane
"Clearing Skies Over 111"



Marilyn Jenney
"Curious Fawn"



Arlene Issenberg
"Talking Stick"



Wendy Oltsik

ArtSpace Maynard
63 Summer Street, Maynard, MA 01754
978.897.9828
www.artspacemaynard.com

ArtSpace Artists Group Show

September 5 – October 12
Wednesdays – Saturdays, 11:00 a.m. to 3:00 p.m.

4th Annual Senior Health & Safety Expo

Saturday, September 22 • 9:00 – 12:00

Fowler Middle School Gym, 3 Tiger Dr., Maynard

Sponsored by the Maynard Council on Aging & the Maynard Fire & Police Depts.

Fire Safety & Fall Prevention, Emergency Preparedness Demonstration, Home Safety Assessment Visits, Emergency Database Applications, File of Life, House Numbers & Knox Boxes, CPR instruction, Blood Pressure Checks, Brain Healthy Nutrition, Latest in Medication Management, New and Exciting LifeLine Products

SEASONAL FLU CLINIC

For Maynard Senior Residents

Tuesday - September 18th
10:30am - 11:30am

Council on Aging at Maynard Golf Course

VACCINES ARE FREE!

Please be sure to bring your insurance card with you to the clinic

Note: We DO NOT offer High-Dose Vaccines



Clinics hosted by the Board of Health and staffed by Emerson Hospital Home Care



Concord River Cruise

Wednesday, September 26th • 4 p.m.

Relax while cruising on the Concord and Sudbury Rivers aboard a pontoon boat. View the homes of the 1800's and nature at its best. Watch for turtles, blue herons, geese, ducks and other wildlife along the river banks. Enjoy Fairhaven Bay, where Thoreau and Hawthorne spent time composing their renowned writings. Cruise to the Old North Bridge where the shot heard around the world was fired. Following our one hour cruise we will enjoy dinner at The 99 Restaurant. Cost of dinner is up to the individual. Van cost: \$3.00. Due to limited space on the boat, this trip will be done by lottery. Please let us know if you are interested in going.

A SALEM CROSS CHRISTMAS

Wednesday, December 5th • 9:30 a.m. to 7 p.m.

Join us for this special Christmas trip to Salem Cross Inn for a delicious four course luncheon, Christmas music, and the holiday ambiance of the beautifully decorated inn. We will visit Saint Joseph's Abbey Gift Shop, Yankee Candle Shop's Bavarian Christmas Village, and Bright Nights, New England's most elaborate light display. Tour Cost: \$80.00 per person. Payment is due when you sign up.

Bridges: Growing Together Returns to the Fowler Middle School for its Fourth Year!

The Bridges Growing Together program is starting its fourth year at the Fowler Middle School in Maynard. The program brings together older adult volunteers and 4th grade students to explore different aspects of their own life stories through interactive discussions and exercises. The students take the lead in activities about family histories, cultural experiences and growing older. Session titles include "Schools Then and Now," "Ethnicities, Heirlooms, and Traditions," and "Learning From Each Other." Starting in October every Thursday for six weeks, from 10:00 to 11:00 a.m., you'll be building important relationships with four or five excited students eager to share their life experiences and learn about yours. You'll witness the exceptional talent of the Fowler 4th grade teachers who make the Maynard community proud. As a volunteer you'll participate in an activity the teachers and students have prepared – there is no additional preparation required for volunteers. Please call Amy Loveless, the director of the Maynard Council on Aging at (978) 897-1009.





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



Maynard Fest is Sept 29, which is also the final Farmers' Market of the 2018 season.
 The Market will run its regular 9-1 hours in the Mill Pond parking lot location.

Category	September 8	September 15	September 22	September 29
Periodic Vendors	The Bake Shoppe Pony Shack Cider House	Joni's Cannolis	The Bake Shoppe Pony Shack Cider House Nashoba Valley Extract Co	
Artisans	Julie James Woodworking The Empty Nest	Jennifer's Handmade Soaps • Iona Enamel Arts	Shane Parsons Woodcraf Everything Alpaca, NH	Brookfield Candle Co MOCA Naturals - Mary
Music	Ralph DeFlorio	Paul Driscoll • Dan & Faith	Vira	
Community Table(s)	Maynard Anti-Racism Alliance Maynard Girl Scouts	Sudbury Valley Trustees DCF Foster Care	ArtSpace Maynard	
Special Activities		groovyhome - Nan		

26th Annual Maynard Fest

The 26th Annual Maynard Fest is slated for Saturday, September 29th, from 9:00 a.m. to 3:30 pm. Celebrating community, commerce, and culture for over a quarter century, this free festival includes over 110 vendors (including 40 nonprofit organizations), free entertainment in Memorial Park, dozens of special promotions and sidewalk sales, and delicious fest food including sausage, pulled pork, Thai, and Indian. In conjunction with the Fest, the Maynard Farmers' Market will be open in the Mill Pond Lot from 9 a.m. to 1 p.m., ArtSpace Maynard hosts its Open Studios from 12:00 p.m. to 5 p.m., The Boys and Girls Club hosts a Wellness Fair at CVS, and the Fire Department showcases an Emergency Operations Center between the Pleasant Café and the former Walgreens. Additionally, The Friends of the Maynard Public Library host their fantastic semi-annual Used Book Sale on both Saturday and Sunday. The day is topped off with an Oktoberfest and Fireworks at Battle Road Brewery. For more information, check out the Maynard Fest FB, call 978.568.0360, or email info@assabetvalleychamber.org.



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

77 Main Street, Maynard
6Bridges.Gallery • 978.897.3825

Seniors Rock the Farmers Market with Zumba Gold!



Greg Johnson,
Amy Loveless &
Rita Vazquez-Torres



Gloucester Lobster Cruise!



Monthly Events

Protect Yourself From Medicare Fraud!

Monday, September 17 • 10:00 a.m.

Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year? Come meet Pat McMillan, a representative of the Massachusetts Senior Medicare Patrol Program (MA SMP), and participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse.

Relaxation for a Good Night's Sleep with Jean Popovic

Monday, September 24 • 10:00 a.m.

In part two of this series, you will learn more 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.

Kitchen and Home Safety

Thursday, September 27, 12:30 p.m.

Light lunch at 12:00

Join Whitney Roher, OT, from Nashoba Nursing Service & Hospice, for a presentation on safe kitchen strategies for bending and reaching including organizational tools for efficiency and fall prevention. Home safety strategies include modified techniques for low vision, impaired balance and mobility issues. Demonstrations will include equipment and real life scenarios will be discussed. Light lunch will be offered before the presentation begins.

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.

Indian Hill Music

Thursday, September 20th • 11:00 a.m.

This program, Sounds of America: Violin and Piano, showcases Angel Valchinov on violin and Keun Young Sun on the piano. Complimentary coffee, tea and cookies will be served. Concert is free. Van cost: \$3.00

Pizza and a Movie OKLAHOMA!

Wednesday, September 12th • 11:30 a.m.

Oklahoma! is a 1955 musical film based on the 1943 stage musical Oklahoma! Set in Oklahoma Territory, and starring Gordon MacRae and Shirley Jones, it tells the story of a farm girl and her courtship by two rival suitors. Music by Rodgers and Hammerstein. In 2007, Oklahoma! was selected for preservation in the United States National Film Registry by the Library of Congress as being "culturally, historically, or aesthetically significant". Pizza will be available to purchase for lunch. Popcorn and drinks provided. Sign-ups are required.

SOUTH PACIFIC

Friday, October 5th • 11:30 a.m.

South Pacific is a 1958 American romantic musical film based on the Rodgers and Hammerstein musical of the same name, was based on James A. Michener's short-story collection Tales of the South Pacific. This film was nominated for three Academy Awards. Pizza will be available to purchase for lunch. Popcorn and drinks provided. Sign-ups are required.

BROADWAY MUSICALS

Fridays, September 7th, 14th, 21st, and 28th

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.

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.

**COA
BOARD
MEETING
SEPT. 18**

Bingo

Wednesday, September 19th
11:00 a.m.

Keep Well Clinic

Wednesday, September 19th
12:30 p.m.

Pizza and a Movie

Wednesday, September 26th • 11:30 a.m.

Nebraska

Nominated for six Academy Awards, Nebraska is a comedy-drama starring Bruce Dern, Will Forte, June Squibb and Bob Odenkirk. The film follows an elderly Montana resident and his son attempting to claim a million-dollar sweepstakes prize on a long trip to Nebraska. Pizza will be available to purchase for lunch. Popcorn and drinks will be provided. Sign-ups are required.

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.

SEPTEMBER 11 MARKET BASKET

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

SEPTEMBER 25 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!

St. Patrick's Aqua Turf Trip

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.



We're looking for artists, crafters, bakers and any others who would like an opportunity to display your talents and promote your services – join us!

Friends of Maynard Seniors Craft Faire

Saturday, October 27, 9:00 to 3:00

Maynard Elks Club

Reserve Your Space by October 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

Greetings from the Maynard Historical Society #5 (September 2018)

Welcome to the next Maynard Historical puzzle. This is the 5th 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 a car wash in the 1960s or 70s. So far nobody has identified any of the people in the photograph. We did receive a correction on the car which we hurriedly identified as a VW Bug - it is a Porsche 356 Cabriolet (thanks to Ronnie Sandler). This marks the first time we haven't had our readers solve an unidentified photograph in a matter of days!

We're going to roll the time machine back a few decades with this month's mystery photograph. We believe it was taken in the 1930s or 40s based on clothing and hair styles. We have tentatively identified the location as a building at Vose's Pond. Decorations at the top point to a dance of some sort. However, the stray ping pong paddle lends an air of mystery to whatever this adult event was! As always we are looking for names, dates or related stories.



Celebration at Vose's Park (MHS 2015.28)

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

<http://collection.maynardhistory.org/items/show/5022>

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

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

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



Photo from 1922.

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



Get Started with Microsoft Excel!

Tuesday, September 25 • 7pm

Maynard Public Library • 77 Nason St

Learn the basics of spreadsheets with this Excel beginner class! Excel is absolutely essential in any office and also has many useful at-home applications!

Master navigating around and between worksheets, inserting data, performing quick calculations, creating charts, and much more!

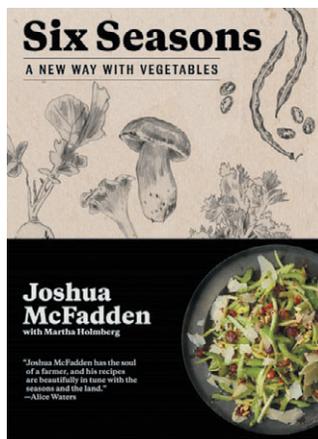
(While not mandatory, feel free to bring a laptop to follow along if possible.)

**Please register at the Reference Desk
or call 978-897-1010 x103**

September Cookbook Club

Monday, September 17 • 12 noon

Maynard Public Library • 77 Nason St



In September, we will enjoy the bounties of late summer with fresh produce from the Farmers' Market using the cookbook *Six Seasons* by Joshua McFadden, winner of a James Beard Award.

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 17th.

Drinks and place settings provided.

Sponsored by the Friends of the Maynard Library.

Fall Used Book Sale!

Maynard Public Library • 77 Nason St

Sat, Sept 29, 10:00 – 4:00 • Sun. Sept 30, 12:00 – 3:00

Thousands of books for kids, teens and adults! Shop for fiction, romance, mysteries, science fiction, classics, biographies, cookbooks, self-help, travel, histories, gardening and more. Most books are \$2 or less!

Please, no donations between Sept 4 and Oct 2. Thank you!

Sponsored by the Friends Of The Maynard Library

ACME Theater

Members of the Friends of the Maynard Library are invited to attend the dress rehearsals of performances at ACME Theater. Cost is \$5 which goes to support the library. The season starts with the dress rehearsal of *Love, Sex and the IRS* on Sept 19 and we ask attendees to be in their seats by 7:45 for an 8 pm show. Nonmembers can join the Friends at the door that night and attend the show as their first benefit.

Jon Trachtman and Leslie Arthur are out of work musicians who room together in New York City. To save money, Jon has been filing tax returns listing the pair as married. The day of reckoning comes when the Internal Revenue Service informs the "couple" they're going to be investigated. This hilarious, classic farce is a cross between *I Love Lucy* and *Some Like it Hot!*



Assessing Department

Seniors, It is that time of year to file your application for exemptions for your real estate taxes. There are several exemptions available to property owners who qualify with asset and income requirements along with age and ownership of property here in Maynard. There is the Blind exemption and the Disabled Veterans exemptions as well. To inquire about the available exemptions and requirements please contact the Assessing Department at Town Hall. Our number is 978-897-1304 and our email is mharrold@townofmaynard.net or amarrama@townofmaynard.net.

Medicare Open Enrollment

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to understand and save this information: it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand your plan changes as well as other options you may have. Call now to discuss your insurance questions, schedule your SHINE phone or face-to-face appointment, or learn about group meetings during the Open Enrollment from October 15 through December 7th!

REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!

You can call your local Senior Center or call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. If you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

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 _____



REP. KATE HOGAN'S SENIOR NEWS SEPTEMBER 2018

New Law Supports Residents Living With Alzheimer's And Their Families

A bill was passed this session that will provide families more and better resources in the fight against Alzheimer's disease.

As Chair of the Committee on Public Health, I recognize the tremendous toll of Alzheimer's disease and other dementias on our families and communities. Advocates say that there are more than 130,000 individuals living with Alzheimer's disease in the state of Massachusetts today – and more than

330,000 caregivers supporting them. This heartbreaking and cruel disease is part of the story of too many families. Yet, there are gaps in the state's ability to meet the sensitive needs of these patients and their families.

This month, the Governor signed, An act relative to Alzheimer's and related dementias in the Commonwealth into law. The landmark legislation – the first policy of its kind – calls for more rigorous training in the diagnosis and treatment of Alzheimer's for all doctors, physician assistants, and nurses. Throughout each step of their treatment, patients can now expect care that is highly-tailored for best practices in memory loss – from their greeting in the waiting room to the instructions in the X-Ray lab.

This movement began with the powerful advocacy of a woman experiencing her husband's fight against Alzheimer's. Doctors agree that early diagnosis is critical to a patient's quality of life but his diagnosis was elusive. He also frequently interacted with medical professionals who had not had sufficient training in working with patients with dementias. Shaped by her advocacy and experience, the Alzheimer's law contains provisions critical to supporting families in their efforts to help loved ones.

To families living with the daily reality of Alzheimer's – know that you are not alone. Please reach out to our office if you or a loved one needs assistance connecting to resources. I will continue to share news and information as this bill becomes policy in the Commonwealth.

Hogan's Office Hours

Maynard Office Hours: Thursday, September 13th from 6 to 7 p.m. at the Maynard Public Library, 77 Nason Street, Maynard
Bolton Office Hours: Wednesday, October 3rd from 6 to 7 p.m. at the Bolton Public Library, 738 Main Street, Bolton

Please bring any questions, ideas, or concerns you may have. If you are unable to attend Office Hours, please call the State House at 617-722-2130 to schedule an appointment with me. 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



COMING SOON TO FINE ARTS THEATRE PLACE

Lo And Behold

COMING SEPTEMBER 11TH & 12TH

Starring Elon Musk & Lawrence Krauss

Werner Herzog's exploration of the Internet and the connected world.

Unbroken: Path to Redemption

COMING SEPTEMBER 14TH

Starring Samuel Hunt & Merrit Patterson

When the war ended, his battle began. Based on Laura Hillenbrand's bestselling book, UNBROKEN: PATH TO REDEMPTION begins where Unbroken ends, sharing the next amazing chapter of Olympian and World War II hero Louis Zamperini's powerful true story of forgiveness, redemption, and amazing grace.

White Boy Rick

COMING SEPTEMBER 14TH

Starring Matthew McConaughey & Eddie Marsen

The story of teenager Richard Wershe Jr., who became an undercover informant for the FBI during the 1980s and was ultimately arrested for drug-trafficking and sentenced to life in prison.

Smallfoot

COMING SEPTEMBER 28TH

Starring Zendaya & Channing Tatum

A yeti named Migo is convinced that a human only is known as the "Small Foot" is real and has to prove to his tribe that it does exist with the help of Meechee and the S.E.S - Smallfoot Evidentiary Society.



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