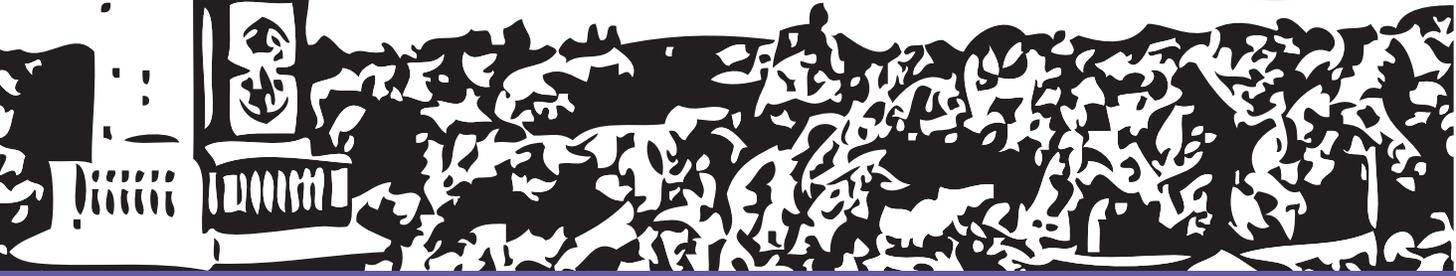


# NEW

# GENERATION



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

OCTOBER 2018



Angie Flannery (COA Board member), Carleen Kibbe (Middlesex Savings Bank staff)  
Paula Copley (COA Board member), Greg Johnson (Maynard Town Administrator)  
and Linda Cetrone (Friends of Maynard Seniors Board member)

## The View from Here

What a beautiful backyard Maynard has! On Sunday I stopped by Ferjulian's for juicy apples and roasted pistachios to accompany me on a bird watching expedition through the Assabet River Wildlife Refuge. Searching for fall migrants, especially warblers who have faded to shades of muted olive green and browns, proved successful to my great joy. (If you happened to walk by and witness my loud "pishing" – which sounds like an agitated Titmouse – forgive me not noticing anything but the darting birds in the treetops). For those of you who relish the fall colors painting forests yellow, red and orange, the change in seasons brings the departure of spring migrants who delighted us with their yellows, oranges and reds. (snow and ice will bring waterfowl in need of open water – I'll be on the coast in 20 degree weather in a few months).

First, many thanks to Martha from the South Bridge Boat House for sponsoring our Concord River cruise. See page 7 for some photos of a glorious time! (thanks to Eileen Palmacci for capturing these images).

Thank you too, to **Whitney Rohrer, OT, of Nashoba Nursing Service & Hospice**, for her informative presentation on Kitchen and Home Safety – many of us found the demonstrations of devices gave us new ideas to make the everyday a bit easier. We enjoyed a light lunch of tasty rollups too! Each month Nashoba will be sponsoring a presentation on a diverse range of topics – from Shower/Bath Safety to Introduction to Reiki.

Due to popular demand, **Jean Popovich** will be returning on a monthly basis to help us rejuvenate with guided visualizations to bring us calm during our hectic days and productive sleep at night. **Nanri Tenney** will lead us on a mindful walk on the Rail Trail for a meditative morning start. **Rebecca Reber's Yoga for Everyone** is a general yoga class which teaches easy movements whether sitting or standing along with a focus on breathing. I highly recommend all three!

Be sure to stop by the Friends of Maynard Seniors' Craft Faire on October 27 (9:00 to 3:00 at the Elks) for the handiwork of artistic crafters and delicious baked goods.

Happy Peeping!

~ **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. (October 16) 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.

## What's Happening in Maynard?

Take a walk, ride, or drive around Maynard and it is easy to see a lot of new things coming along. Here are some updates:

**Maynard Commons**, the development at 129 Parker Street, now has 'vertical' construction occurring. By this time next year, folks will be living on the property. The congregate living building is also underway and we expect to begin seeing the retail pads taking shape later this fall.

On August 10th, the Maynard-Acton portion of the **Assabet River Rail Trail** officially opened with a ribbon cutting in Acton. Last week, the final segment, at the lower end of Brown Street, was paved. There are still a handful of 'punch list' items, but pedestrians and bicyclists can now enjoy the entire length of the trail. A local group is planning to plant flower bulbs in various locations, creating a '**Trail of Flowers**' along the route.

Our **downtown** continues to evolve with new development poised to occur from Summer and Main all the way to Town Hall. In the coming year, these changes will bring investment and spending to the area. In addition, the Town is investing in the downtown directly with a variety of projects improving safety and accessibility. This is best embodied with the **Naylor Court** sidewalk improvement from Main Street down into the central parking area and circling around toward the electric charging stations. Later this fall, a **ramp** will be installed on the opposite side of the parking area near the former parking deck and leading up to Nason Street and the Veteran's Park. Construction of a **new bandstand** is already underway for the park, too.

On September 17th, a public meeting was held at the High School with more than 100 people in attendance. The topic was the proposed development of **Powder Mill Place**, a proposed 254-unit apartment complex located across Town lines in Maynard and Acton. The project is not yet permitted but Selectmen in both towns are considering their endorsement for the project. Details of the project are available on the town website.

These are just a few of the exciting things happening in town. If you'd like to learn more, check our website, call, or email questions to me.

Sincerely,

**Andrew Scribner-MacLean**

Assistant Town Administrator

# Highlights of Upcoming Events

## October & November Luncheons

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

### 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**

### November Luncheon

**Thursday, November 8 • Noon**

Ham, Au Gratin Potatoes, Vegetable  
Salad, Rolls, Dessert

**\$8.00 Pay at the door**

**Deadline to sign up is October 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.

## CareOne Presents

### Arthritis Self Management

**October 18 • 12:30**

Arthritis describes more than 100 conditions that affect the joints or tissues around the joint. The most common form of arthritis in the United States is osteoarthritis. Other types of arthritis include gout, fibromyalgia, and rheumatoid arthritis. Properly managing your arthritis can help to decrease pain, improve function, stay productive, and lower health care costs. Self-management is what you do day-to-day to manage your condition and stay healthy. Practice proven self-management strategies to reduce arthritis pain so you can pursue the activities that are important to you. Join us to learn what you can do to manage your arthritis. Light lunch will be served. Must sign up!

For Maynard Seniors — Free Special Event

## Mindful Walking On The Assabet River Rail Trail

**October 15 • 10:00 - 11:00 am**

Meet at the Ice House Landing  
Rail Trail parking lot,  
38 Winter Street, Maynard, MA 01754

Nanri will lead the group on a mindful walk on the Assabet River Rail Trail near the Maynard / Stow line. The essence of this class is to reset your rhythms and start your day fresh! Breath in, enjoy the morning sounds of nature, and hear happy birds. The trail is paved and smooth enough for walkers and wheelchairs.

Facilitated by Nanri Tenney: Artist, Graphic Designer, Art and Yoga teacher, Mindful Nature Guide & Climate Activist.

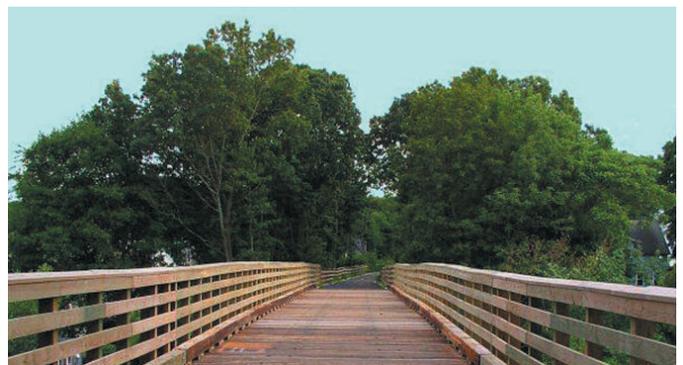
The class is free but please register in advance with the Maynard Council on Aging at (978) 897-1009.

## 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.



<http://www.arrtinc.org>



## “Waste Not”

“Waste Not,” a group exhibition with artists Lorraine Sullivan, Anne Plaisance, Stephen Martin, and Kim Triedman, delves into the growing subculture of salvage art – its relevance, its range, its outer limits. In so doing, it examines the fundamental questions of what is art, how do we as a society ascribe value, and what are the costs of a throwaway society.

**October 17th to November 23rd from 11 a.m. to 3 p.m.**

**“Mini” ArtSpace Artists’ Open Studios: Saturday, October 20th from 4 – 6 p.m.**

**Opening Reception: Saturday, October 20th from 5 – 7 p.m.**

Gallery hours are Wednesdays-Saturdays, 11 a.m. to 3 p.m.

**Come join the art scene in Maynard!**

The ArtSpace Gallery, located at 63 Summer Street in Maynard, is free to the public and is wheelchair accessible.

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

# Friends of Maynard Seniors Craft Faire

The Friends of Maynard Seniors will host a Craft Faire on Saturday, October 27 from 9:00am to 3:00pm at the Maynard Elks Club, 34 Powder Mill Road. The fair will feature an array of vendors, including displays of handmade gifts, Christmas ornaments and nutcrackers, baked goods, raffle baskets, and the sale of Friends of Maynard tee shirts. Mark your calendars and we'll see you there!



**Friends of Maynard Seniors Craft Faire**  
**Saturday, October 27, 9:00 to 3:00 • Maynard Elks Club**  
**\$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**



## Starting Your Genealogy with Ancestry Library Edition

Tuesday, October 30th @ 7pm  
 Roosevelt Room, Maynard Public Library

Learn search tips and techniques to view the incredible collection of content available on the web's best resource for genealogy. This e-resource is always available free at the library!

(While not mandatory, feel free to bring a laptop to follow along with)

Please register at the library's Reference Desk or online at [www.maynardpubliclibrary.org](http://www.maynardpubliclibrary.org)

## Free English Conversation Circles At The Maynard Public Library

**Beginner/Intermediate Level**

**Wednesdays 5:30-7pm** (Begins Oct 3rd)

Taught by Lee Regal. Lee is an English teacher who concentrates on both English fluency in business and in daily living to support English language learners in the Boston area and in Metrowest.

**Intermediate Level**

**Thursdays 5:30-6:30pm** (Begins Sept 13th)

Taught by Jeff Loeb. ESL certified and formerly with the Hudson-Maynard Adult Learning Center.

Are you new to studying English? Do you want to practice your speaking and listening and develop more confidence in speaking English with others? In a Conversation Circle you can talk about daily life, ideas, books, movies, travel or food, science, parenting, hobbies, or the news, etc. In this group you can learn to comfortably speak English about topics in everyday English. You can also practice your pronunciation and add words to your everyday vocabulary by practicing your skills in a friendly environment.

No registration is required and levels are welcome! Please contact the library Reference Desk with any questions at 978-897-1010 x103.



## Now Open Late Wednesdays!

We are pleased to announce that beginning October 3rd, the Maynard Public Library will be open on Wednesdays from 10am-9pm. The change will allow the library to offer more evening programs and will free up meeting rooms for Maynard civic groups. We hope you'll join us!



## 6 Bridges Gallery

FINE ART AND CRAFT

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

### EXHIBITS



## At the Still Point

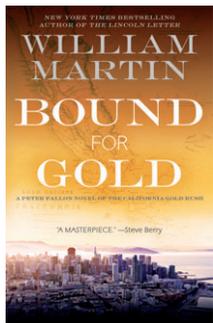
**Linda DeStefano Brown**

**Véronique Latimer**  
**Sue Kim Lucchini**

October 2 –  
 November 10

**Reception:**  
 Oct. 20 7:00–9:00 pm

77 Main Street, Maynard  
[6BridgesGallery.com](http://6BridgesGallery.com) • 978.897.3825



Maynard Public Library  
Welcomes  
**New York Times  
Bestselling Author  
William Martin**

**Thursday, October 18  
7:00 pm**

"Epic in scale, eloquent in execution, Bound for Gold is a pure delight. The great Forty-Niner gold rush comes to vivid life in William Martin's skillful, suspenseful, and original retelling, and its resonance into the present is nothing short of mesmerizing." John Lescroart, New York Times bestselling author.

Free and open to all. Refreshments will be served. Books available for purchase and signing courtesy of Porter Square Books.

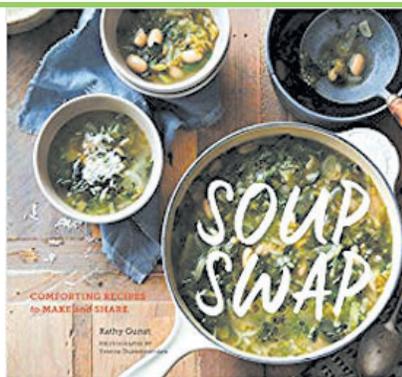
Maynard Public Library  
77 Nason Street • 978-897-1010  
[www.maynardpubliclibrary.org](http://www.maynardpubliclibrary.org)



**Lunchtime Jazz Concert  
With Mary Crowe  
& Evelyn Harris**  
Performing Cabaret from 1920 to 2018

**Friday, October 26 • 12:00 pm**  
Maynard Public Library

## Concord River Cruise



## October Cookbook Club

**Monday, October 15 • 12:00 noon**

In October, we will welcome fall with delicious soups from Soup Swap by Kathy Gunst. Please note that Gunst will visit the library on Thurs, Nov 1 at 7 pm.

Borrow a cookbook at the Circulation Desk, select a recipe and prepare it for the potluck lunch on the 15th. We're recommending that you prepare a half soup recipe or choose a side dish for variety.

Drinks and place settings provided.

Sponsored by the Friends of the Maynard Library.

# Monthly Events

## Yoga For Everyone!

Wednesdays • 9:30 a.m.

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.

**Must sign up! \$2.00 per class/\$20.00 for 10 weeks.**

## Relaxation for a Good Night's Sleep with Jean Popovic

Monday, October 29 • 10:00 a.m.

Rejuvenate through guided meditations and practice tips to help you sleep deeply and leave you feeling refreshed in the morning. This class started as a two-part series, but so many have asked for it to continue, so they can practice the techniques, that Jean has agreed to teach monthly. This ongoing class can be joined at any time. 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.

## Shower and Bathroom Safety

Thursday, October 25, 12:30 p.m.

Light lunch at 12:00 p.m.

Join Whitney Rohrer, OT, from Nashoba Nursing Service & Hospice, for a presentation on appropriate selection and use of tub/shower chairs and raised toilet seats to increase safety and ease with self-care tasks. Environmental factors such as safe flooring and grab bar placement, and shower set up will also be addressed. Use of long handled or adaptive equipment for dressing and bathing will be demonstrated/shown.

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.

## 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.**

## Indian Hill Music

Thursday, October 18th • 11:00 a.m.

Songs of the 1920's are highlighted in this wonderful program. Featuring Eric Baldwin on guitar and banjo, Ginny Briggs on vocals, Justin Meyer on bass, and Jurek Glod on drums, it's sure to be an enjoyable performance. Complimentary coffee, tea and cookies will be served. Concert is free.

## NEW PROGRAM

### The Men Who Built America

Fridays, Oct. 12th, & 19th • 11:30 a.m.

Fridays, Nov. 2nd, 9th, 16th & 30th • 11:30 a.m.

This fabulous series focuses on the lives of Cornelius Vanderbilt, John D. Rockefeller, Andrew Carnegie, J.P. Morgan, Thomas Edison and Henry Ford. This docudrama was originally broadcast on the History Channel, both in the United States and in the UK, and reveals the significance of these individuals and how their industrial innovations and business empires revolutionized modern society. Cornelius Vanderbilt grew from a steamboat entrepreneur to the head of a railroad empire. Rockefeller founded Standard Oil then expanded his wealth by diverting his business from railroads to new innovations. Carnegie built his empire around steel, and Thomas Edison the electric light. Heated rivalries, ruthless tactics, and serious competition make this time in the history of our country truly exciting. As the 19th century comes to a close, the titans of industry must try to work together to stop a new threat in politician William Jennings Bryan, who threatens to dissolve monopolies in America. Join us as we meet the titans who forged the foundation of modern America and created the America Dream. *The Men Who Built America* is the story of a nation at the crossroads, decaying from the inside after the Civil War, and the people who helped turn it into the greatest economic and technological superpower the world had ever seen. **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  
OCT. 16**

### **Bingo**

Wed., October 17th  
11:00 a.m.

### **Keep Well Clinic**

Wed., October 17th  
12:30 p.m.

### **Pizza and a Movie | *Wonder***

Wednesday, October 31st • 11:00 a.m.

Based on the New York Times bestseller, *Wonder* tells the incredibly inspiring and heartwarming story of August Pullman. Born with facial differences that, up until now, have prevented him from going to a mainstream school, Auggie, whose favorite holiday is Halloween, enters the fifth grade. As his family, new classmates, and community struggle to discover compassion and acceptance, Auggie's extraordinary journey will prove that you can't blend in when you were born to stand out. This comedy-drama stars Julia Roberts, Owen Wilson, and Jacob Tremblay. 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.

### OCTOBER 16 MARKET BASKET

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

### OCTOBER 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.

### 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.



**ANGELA MARRAMA**

Town of Maynard Chief Assessor

Dear 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.

## Is Your Medicare Plan Still Right For You?

Is your Medicare Plan still right for you? Medicare plans can change every year. Your health can too. Prior to Open Enrollment (October 15 – December 7), you will receive an Annual Notice of Change from your current plan. This is an important notice – please read it!

Come to this presentation to learn how to review your options regarding affordability, prescription coverage and other benefits.

**Wednesday, October 24 at 11:00 a.m. at the Maynard Council on Aging.**  
**Please RSVP by calling (978) 897-1009.**



[www.minutemansenior.org](http://www.minutemansenior.org) • Toll Free (888) 222-6171



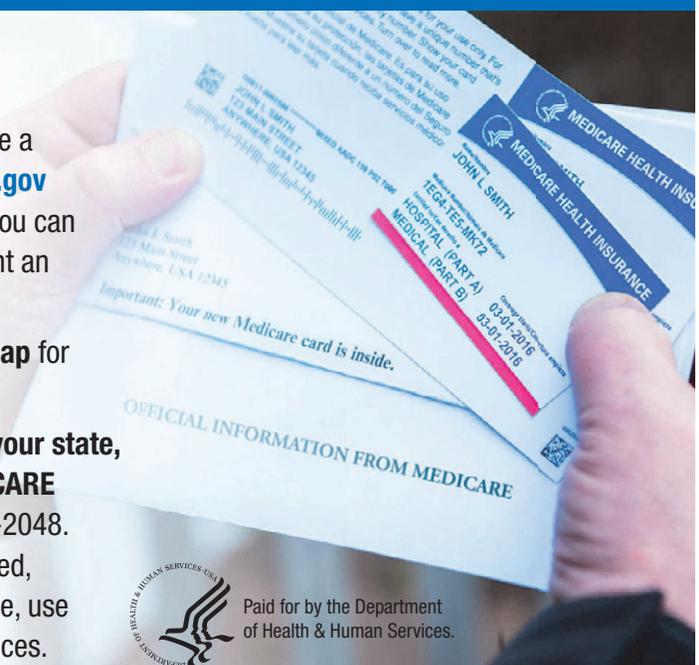
## Still Waiting for Your New Card?

It could be on the way. Here's how to check:

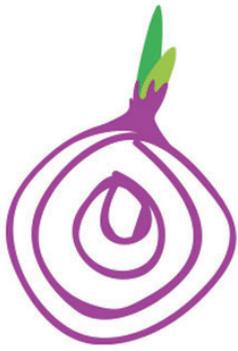
- **Sign in to your [MyMedicare.gov](http://MyMedicare.gov) account and see when your card is mailed.** If you don't have a [MyMedicare.gov](http://MyMedicare.gov) account yet, visit [MyMedicare.gov](http://MyMedicare.gov) to create one. Once your new card has mailed, you can sign in to see your new Medicare Number or print an official copy of your new card.
- **Visit [Medicare.gov/NewCard](http://Medicare.gov/NewCard) and check the map for the status of card mailings in your state.**

**If the map shows that mailing is completed in your state, and you don't have your card, call 1-800-MEDICARE (1-800-633-4227).** TTY users can call 1-877-486-2048.

There might be a problem that needs to be corrected, like updating your mailing address. In the meantime, use your current Medicare card to get health care services.



Paid for by the Department of Health & Human Services.



# OPEN TABLE

FRESH FOOD. HEALTHY COMMUNITY.

On Tuesday, October 30 at Open Table in Maynard you can experience a bit of the Middle East with fun music, decorations and an authentic Persian meal prepared and donated by members of the local Persian business community. The meal will include roasted Persian chicken with dried cherries and saffron rice, homemade soup and carrot cake. The doors open at 5 and the meal service will begin at 6. The community dinner is open to everyone and we hope you will join us.



Reminder that the community dinner in Concord has resumed after its August hiatus with delicious dinners every Thursday night. Dinner is served at 5:30 at First Parish Church on Lexington Road and everyone is invited.

Dinners and pantry in Maynard continue on their regular schedule. Pantry on Monday, Senior Citizen Pantry and grab and go lunch on Tuesday, dinner on Tuesday and Pantry on Thursday. New guests can come to the pantry on these days and will be assigned an appointment for future visits.

Volunteers are welcome - we are looking for servers and head cooks for Concord on Thursdays and for individuals able to lift 40 lbs to unload the truck on Monday and Thursday.

## 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 \_\_\_\_\_

## Greetings from the Maynard Historical Society #6 (October 2018)

Welcome to the next Maynard Historical puzzle. This is the 6th 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 party, possibly in the 1930s or 40s at Vose's Pond. So far, this photo remains a mystery!

We think this month's image will be a bit easier... How old were you in 1954? If you were between, say, 6 - 18 years old and you took a swimming class at Lake Boon, there's a good chance you are in this photograph (or one of the others we have). This is one of TEN images we have from swim classes taught at Hansen's Beach on Lake Boon. We've identified only a handful of people in just one of the images. We've estimated the date based on a few people we've identified, but don't have it nailed down yet. Perhaps you can help?



**Town Swimming at Hansen's Beach, Lake Boon (MHS 2018.305)**

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

**<http://collection.maynardhistory.org/items/show/6310>**

(click on the photo thumbnail in the sidebar for large version and zoom into the details to see faces better, etc.)

To see other photographs in this series, visit the item above and then click on the tag: "COA Newsletter Oct 2018".

**Send anything you know about the photograph to: [davebets@mac.com](mailto:davebets@mac.com)**

**And learn more about the upcoming Sesquicentennial at: <http://maynard150.org>**

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



# Minuteman

SENIOR SERVICES

**HOME CARE** Services for people who need assistance so they may continue to live independently at home.

**CARE MANAGEMENT** In home assessment, service coordination and decision support to help seniors and disabled adults accomplish activities of daily living and help caregivers manage their responsibilities. Free for those who qualify, available to others on a private pay basis.

**MINUTEMAN BY YOUR SIDE** Private pay care management option available to seniors and disabled adults of all ages to coordinate in home services, support transitions from hospital or rehab to home, assist with relocation and support individuals and caregivers in a wide variety of ways.

**CAREGIVER SUPPORT** Support and services to help caregivers maintain their commitment to caring for a loved one.

**SENIOR NUTRITION** The Meals on Wheels (MOW) program delivers lunch to homebound seniors. Those who are not homebound can gather at community dining centers and socialize over a nutritious meal.

**SHINE – HEALTH BENEFITS COUNSELING** Free health insurance information, counseling and assistance to Massachusetts residents with Medicare.

**LEGAL SERVICES** Free civil legal services through the Senior Citizens Law Project (SCLP) for eligible residents age 60 or older.

**ELDER PROTECTIVE SERVICES** Allegations of abuse, financial exploitation, neglect or self neglect are investigated. Minuteman Senior Services

26 Crosby Drive • Bedford, MA 01730 • (781) 272-7177 • (888) 222-6171 (toll free)  
MassRelay: 711 or 1-800-439-2370 (TTY/ASC11)

**800-Age-Info, a joint project of the Massachusetts Executive Office of Elder Affairs and Mass Home Care, can provide service outside of Minuteman's hours as follows:**

**Monday-Friday 5pm - 8pm or Saturdays 9am-1pm (1-800-AGE-INFO)**

**Website: [www.800AgeInfo.com](http://www.800AgeInfo.com)**

# 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 OCTOBER 2018

Happy autumn, friends! It's an especially wonderful time of year to be from our area – the cider is fresh at our local orchards, the leaves are changing color, and Tom Brady is throwing touchdowns. These cherished fall rituals also come with cooler weather. That's why this time of year I like to reach out to the seniors in my district about state programs that can help with heating costs to keep you and your family warm, safe, and healthy this winter.

**Low Income Home Energy Assistance Program (LIHEAP)** – Whether you own or rent a home, LIHEAP helps low-income individuals and seniors pay their heating bills during the winter. Last year, Massachusetts LIHEAP helped over 180,000 households.

You must meet certain income requirements in order to be eligible for fuel assistance, and this year's income requirements will be available later this fall. The Maynard Council on Aging (COA) will coordinate your application and facilitate a preliminary eligibility check, connecting you with the South Middlesex Opportunity Council for heating benefits. Please reach out to the Maynard Council on Aging to set up an appointment to begin the process.

**Weatherization:** Weatherizing your home can be crucial to keeping the heat in and the cold out. The Low Income Weatherization Assistance Program (WAP) complements fuel assistance by providing no-cost home energy services. Licensed private sector weatherization contractors provide the work – such as floor, wall, and pipe insulation – with no cost to the resident. You can receive WAP services if you are eligible for LIHEAP or if someone in your household receives SSI or TAFDC. Please call the Massachusetts HEATLINE toll-free at 1-800-632-8175 or reach out to your COA with questions.

**MassSave:** MassSave offers Massachusetts homeowners and renters energy tips and information about free home energy assessments, energy-saving products, as well as loans, rebates, and other incentives for energy-saving home improvements. Low-income residents may qualify for programs to help manage energy costs. For more information, please visit [www.MassSave.com](http://www.MassSave.com).

The bottom line: if you are concerned about being able to pay your heating bills this winter, please reach out to your Council on Aging or my office to be connected to the state resources that can help.

At the State House this fall, I will continue to work for legislation that supports what makes us proud to call this area home – the beauty of our natural resources, our heritage of family farms, our innovation and rich traditions.

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### Hogan's Office Hours

Bolton Office Hours: Wednesday, October 3rd from 6 to 7 p.m. at the Bolton Public Library, 738 Main Street, Bolton

Stow Office Hours: Tuesday, October 23rd from 6 to 7 p.m. at the Randall Public Library, 19 Crescent Street, Stow

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)

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**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](mailto:Kate.Hogan@mahouse.gov)

# Fine Arts Theatre Place

## COMING SOON TO FINE ARTS THEATRE PLACE

### A Star Is Born

COMING OCTOBER 5TH

*Starring Bradley Cooper & Lady Gaga*

A musician helps a young singer and actress find fame, even as age and alcoholism send his own career into a downward spiral.

### First Man

COMING OCTOBER 12TH

*Starring Ryan Gosling & Claire Foy*

A look at the life of the astronaut, Neil Armstrong, and the legendary space mission that led him to become the first man to walk on the Moon on July 20, 1969.

### Moulin Rouge

COMING OCTOBER 9TH & 10TH

*Starring Jose Ferrer & Zsa Zsa Gabor*

Fictional account of French artist Henri de Toulouse-Lautrec.

### Halloween

COMING OCTOBER 19TH

*Starring Jamie Lee Curtis & Judy Greer*

Laurie Strode comes to her final confrontation with Michael Myers, the masked figure who has haunted her since she narrowly escaped his killing spree on Halloween night four decades ago.

## FRIGHT NIGHT FILMS

10/4 – Wait Until Dark (1967) @7:30

10/11 – Young Frankenstein (1974) @7:30

10/18 – The Shining (1980) @7:30

10/25 – Hocus Pocus (1993) @7:30

10/31 – Halloween (1978) @7:30

  
  
  
  
Tickets  
Just \$3!

FINE ARTS THEATRE PLACE

19 SUMMER STREET, MAYNARD MA 01754

[www.fineartstheatreplace.com](http://www.fineartstheatreplace.com)

(978) 298-5626

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