

**NEW**

**GENERATION**



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

**NOVEMBER 2018**



**Nanri Tenney, Nancy Hale and Sybil Borders – Mindfulness Walk on the Assabet Rail Trail**

## The View from Here

We'll miss you Andrew! Many thank you's can be said for all you did to bring the COA out of the bowels of the Mill into a view of the golf course - you won't be forgotten for putting Maynard's seniors' needs into the community's consciousness. Each of us will hold special memories – Diane Wasiuk still remembers how you helped clean up after a Concord Circle luncheon "he's a Prince!" Or Roy Helender's appreciation for his "sense of humor." Nayer remembers the first time she met him "a handsome man who asked me how can I (Andrew) help you when I asked him the same."



Andrew visits the Senior Watercolor Class



Andrew receives instruction on becoming a card shark

I'll always remember his philosophy of "anything's possible – go ahead and try to make it happen." Good luck in Pepperell – they'll soon know how lucky they are!

Take your time as you peruse this newsletter. **Life Care Center of Acton** is sponsoring light luncheon to go with a presentation on Living with COPD at home. **CareOne of Concord** will be exploring self-management strategies for arthritis and osteoarthritis. **Stretch & Flex** starts on November 13. We have a **new Friday series** to get you out of the house and walking some of Britain's historic landscapes. Get ready for **special senior concerts** with the Fowler & High School Bands. Pick up a ticket for the **Commonwealth Ballet's** The Nutcracker. And more!

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

## What's Happening in Maynard?

I imagine like many of you, Fall is my favorite season. Not just for its colors and cooler weather, but especially for its events. There's little downtime in Maynard during this season: from Maynard Fest and Octoberfest, to downtown trick-or-treating and the Veterans Day observations, continuing through the holiday season. There's so much to look forward to, both traditional and new!

You might notice the shiny new bicycles at the entrance to Mill & Main. This "bike-sharing" program is sponsored by Mill & Main in Maynard and other sponsors in Acton, and provides rentable bikes to the public. There are also racks at the South Acton Train Station and in West Acton, in the hopes that commuters, visitors and enthusiasts take advantage of the rail trail and a more recreational alternative to automobiles.

Another addition this Fall were the pumpkins in front of town hall in late October. We added a little more fun to our frontage at town hall, and encouraged residents to submit their jack-o-lanterns, all in the spirit of some friendly-spooky fun. We hope to continue to support the town's character in similar ways in the future, so please let us know of your ideas.

Maynard comes together as a community in so many ways, beyond these seasonal events. As such, I'm looking forward to assisting the Sesquicentennial Planning Committee leading up to the 2021 celebration, and I encourage everyone's involvement however you can. In that vein, the town's departments will continue to support strengthening bonds between neighbors, families and friends, both through scheduled occasions and in planning for the future.

Sincerely,

**Greg Johnson**

Town Administrator | [gjohnson@townofmaynard.net](mailto:gjohnson@townofmaynard.net)  
978-897-1375



## Council On Aging Board Meetings

The Council on Aging Board meetings are held the 3rd Tuesday of the month at 9:00 a.m. (November 20) 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.

# Highlights of Upcoming Events

## November & December Luncheons

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

### 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**

### December Luncheon

**FRIDAY, December 14 • Noon**

Turkey & Stuffing, Mashed Potatoes  
& Vegetable, Rolls & Dessert

**\$8.00 Pay at the door**

**Deadline to sign up is December 5 by noon**

**Entertainment  
by The Golden  
Tones**

**(Sponsored by Rep.  
Kate Hogan)**

**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.**

**PLEASE NOTE:** the December & January newsletters will be a "double" newsletter in mailboxes December 1st due to Action Unlimited's holiday schedule. February's newsletter will be in mailboxes January 26.

**The Council on Aging will be closed:  
Mon., Nov. 12 in Observance of Veterans Day  
Thurs. & Fri., Nov. 22 & 23 for Thanksgiving**

### New Class! Stretch & Flex

**Starts Tue., Nov. 13 • 9:30 - 10:15**

Join Rebecca Reber (our Chair Yoga instructor) and increase both strength and flexibility while connecting the breath to movement. This three part 45 min class will start on mats with gentle stretches, moving to your feet with some exercises that will warm-up the full body and finish back on the mat for final stretches along the way using blocks and straps to assist in getting the most out of each movement. You may bring your own mat or use one at the COA. Class size is limited due to space. Must sign up!

### Living with COPD at Home

**Wednesday, November 7**

**Light lunch at 11:30 • Presentation to follow**

Join Robin Cappuccino, Respiratory Therapist from Life Care Center of Acton, for a lecture on how to cope with the effects of COPD and maintain your ideal level of comfort in your own home. Must sign up!



### A Salem Cross Christmas

**Wed., Dec. 5th • 9:30 a.m. - 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.

### CareOne Presents

**Arthritis Self-Management**

**November 15 • 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. Must sign up by November 12th.

### 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.



## “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.

**Oct. 17th to Nov. 23rd • 11 a.m. - 3 p.m.**

## CALL TO MAYNARD ARTISTS

**“Only from Maynard” Show**

**January 16 through February 22, 2019**

**Opening Reception January 19, 2019 from 5 to 7 pm.**

**Confirmation Form Due Date: November 14, 2018 by 5 pm.**

Once again, ArtSpace would like to invite artists who live in Maynard or have studios in Maynard to submit work for an exhibition at ArtSpace Gallery from January 16 to February 22, 2019.

- Artists may submit 2 pieces, no larger than 40" x 40" with the understanding that only one may be displayed. We will accept work in all media except video and works by students. This will not be a juried show.
- All work to hang on the wall must have a secure wire on the back. No toothed hangers. No “frameless” frames with exposed glass edges. Any special hanging instruction must be supplied by the artist.
- To be included in the exhibition, please send the Confirmation Form found on the ArtSpace website at [www.artspacemaynard.com](http://www.artspacemaynard.com) to our address at 63 Summer Street, Maynard, MA 01754. You may also send a 300 dpi jpeg image, 1200 pixels at largest side, for publicity purposes to our email address at: [artspacemaynard@gmail.com](mailto:artspacemaynard@gmail.com)
- Delivery Dates to the ArtSpace Office: January 8 to 11 between the hours of 10 am to 4 pm.
- An ArtSpace Gallery Consignment Agreement Form found on the website must be filled out and signed upon delivery of the artwork.
- Artists are asked to provide a beverage or snack for the Opening Reception on January 19th.
- A postcard will be printed and artists may request up to 25 postcards for their own mailings. An email version will also be provided.
- ArtSpace will promote this show via Social and Local Media.

## “Dedicated to the Unique Print”

For over 30 years the Monotype Guild of New England, a national nonprofit organization run by volunteers, has been dedicated to the exploration and promotion of the “unique” print. This exhibit celebrates the work of several monotype artists that have dedicated themselves to this medium and to our organization as past and present board members. Founded in 1985 by a group of New England printmakers, membership in the Monotype Guild of New England is open to all artists working in the medium. At present we have over 250 artist members from all over the United States. The Guild promotes the medium through exhibitions, workshops, lectures and other programming. MGNE has curated over 100 print exhibitions since its inception.

Exhibiting Artists: John Avakian, Linda Batchelor, Wendy Converse, Joanne Cornell, Ila Cox, Susan Denniston, Joanne Desmond, Diane Francis, Alice Nicholson Galick, Joan Hausrath, Kate Higley, Amy Kaufman, Carolyn Letvin, Carol MacDonald, Alice Merlone, Bonnie Mineo, Barbara Nachmias-Kedesdy, Martha Paynter, Jan Powell, Sara David Ringler, Marilyn Sherman, Rebecca Leopoldina Torres, Amy Schupler Veaner, Andrea Warner, Joyce Zavorskas

**December 5th – January 11th**

**“Mini” ArtSpace Artists’ Open Studios:**

**Saturday, December 15th from 4 – 6 p.m.**

**Opening Reception: Saturday, December 15th from 5 – 7 p.m.**



## 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  
*thru November 10*



#### Holiday Market

Giftable works by  
our members and  
guest artists  
*Extended hours in  
Nov. and Dec.*

77 Main Street, Maynard

6BridgesGallery.com • 978.897.3825

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

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

# WAVM

Beacon Santa Telethon

HELP SPREAD HOLIDAY CHEER  
**DECEMBER 7TH - 9TH**

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28 VERIZON  
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WAVM.org | 978-897-5213  
1 Tiger Dr, Maynard MA

## Sounds Of Stow Presents Dramatic Oratorio "Samson"

Sounds of Stow Chorus & Orchestra is beginning its 40th Anniversary Season with a presentation of Handel's oratorio "Samson" on November 18 at 2pm at the Hale School in Stow, MA, under the baton of Barbara Jones, Artistic Director. There will be a Silent Auction following the concert.

Handel's version of the Biblical story takes place on the last day of the Israelite leader Samson's imprisonment by the enemy Philistines, after his strength and sight have been treacherously stolen from him. It intricately explores the turmoil of that day in his interactions with the deceitful Dalila; his grieving father and mother; and his loyal friends, until the climax when he enters and destroys the Philistine temple. The performance will feature a full orchestra and several renowned soloists, who are supported in their roles by exuberant choruses representing the Philistines and the Israelites.

For further information, visit [www.soundsofstow.org](http://www.soundsofstow.org), email [info@soundsofstow.org](mailto:info@soundsofstow.org), or call 978-707-9887. Tickets are available on the website, at the door, and through any chorus member. Sounds of Stow is supported in part by the Massachusetts Cultural Council as administered by the local cultural councils of Stow, Acton-Boxborough, Bolton, and Hudson.



## Farewell, My Friends

This month's column will be my last as your Assistant Town Administrator. I've accepted a position in Pepperell, Massachusetts, and will begin serving as their Town Administrator in early November.

I have enjoyed serving the people of Maynard for nearly five years. As readers of this column know, I cherish the passion and energy of the town. Maynardians know who they are and what they hope their community will become. For someone in my profession, having an engaged citizenry helps make the job worthwhile. While sometimes those passionate and energetic folks can create a stressful experience, it is far better than the opposite. Show me a disengaged citizenry and I'll show you a dying community.

Maynard is not dying. In fact, it is the envy of the region for the exciting accomplishments it has achieved in the recent past. For example, the opening of the Rail Trail; Maynard Crossing, a 58 acre mixed use development; and new investments and growing companies at Mill & Main. In the near future there will be exciting new commercial investment downtown (Emerson Hospital Urgent Care and new apartments, condos, and retail options along Main Street. In 2019 we should complete a new Master Plan which will guide Maynard into its next phase. There are dozens of projects bubbling along in the background, too. We are a Green Community, a Complete Streets proponent, and a TreeCity USA town. Each of these designations requires effort and a commitment from the Town and the community. Many towns are involved in some of these initiatives. Maynard's involvement in so many of them is evidence of the strength of the community as a whole. Have I mentioned the library, COA, or Cultural District? Did you know we have a community theatre, several art galleries, and at least 70 art studios? Have you heard of Maynard Rocks, the Litter League, or the Friends of Film?

As I write this, I have just returned from a ribbon cutting for a bike share program, Zagster, which has a corral of bikes at Mill & Main. For a small fee, folks can rent a bike for exercise, commuting, or sightseeing. Take one for a spin. Check out the rail trail, hike in the refuge. Come to the schools and join the BRIDGES program, watch local sports, and tune in to WAVM. There is evidence everywhere of wonderful things throughout the town.

It is about time to celebrate these achievements. Well, a group of folks have already started planning for the Town's 150th anniversary year beginning in 2020 and continuing through 2021, so that time is coming soon. If you are not aware of all these things, don't fret. There is so much happening in this town that it is hard to keep up.

I will miss Maynard and its people in many ways. Working here has been a tremendous experience and I have grown professionally and personally. The community is inclusive, which I value, and cherishes its unique characteristics and idiosyncrasies. That is a favorite word of mine, by the way. We all have them and it is like you are about to say 'idiot' and 'crazy' and then you don't say either.

Co-workers, committee members, business owners, and residents, I will not forget you or the terrific things I have learned here.

Thank you.

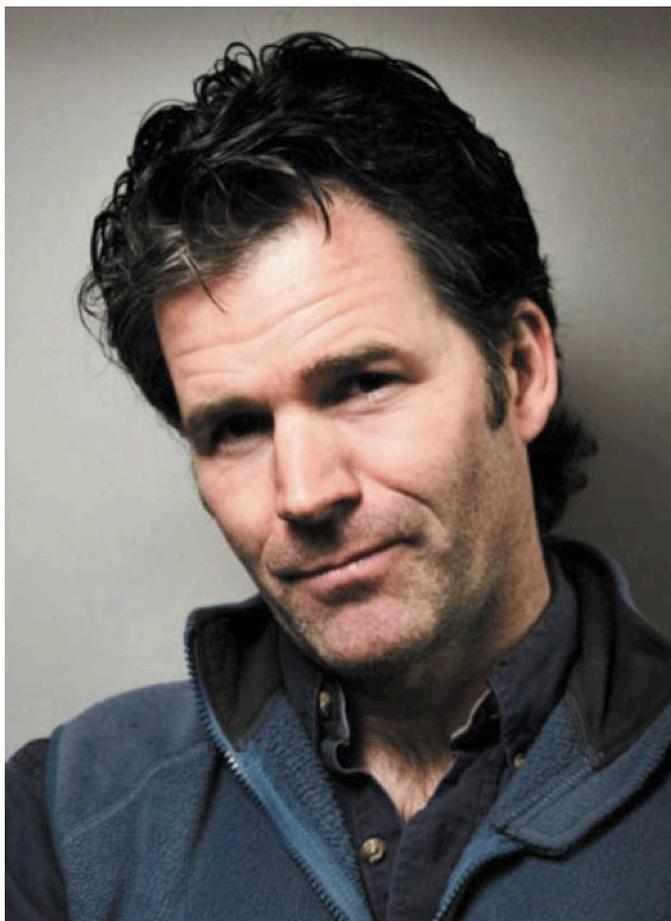
**Andrew Scribner-MacLean**

Assistant Town Administrator



Maybe you've noticed more birds showing up in your backyard after our recent nor'easters which produced heavy rain and strong winds. Large groups of Robins you thought had headed south, dozens of Juncos or House Finches instead of a handful. Others you couldn't identify. During migration, whether spring or fall, stormy weather and strong headwinds can cause birds to weary and "fall out" - stopping unexpectedly in their journey. These can be monumental occasions with thousands of unexpected visitors or a species being out of its normal range. Several species of ducks filled the Fort Meadow Reservoir in Marlborough during the storm on 10/27 and disappeared the next day when the weather cleared. I paid a visit to the Westborough Wildlife Management Area after this storm and discovered a Common Redpoll - a boreal forest bird. For those of you devoted to bird watching your bird feeders, I highly recommend you check out Cornell Lab of Ornithology's Project FeederWatch project. It begins on November 7 (you can start anytime - continues into April) and is part of their Citizen Science program. Each month I'll share an update on all things birds and insert a picture for you to identify. Happy Bird Watching!

**AMY**



## An Evening with Andre Dubus III

Wednesday, November 14 • 7:00 pm

Andre Dubus returns to the Maynard Library to speak about his first novel in a decade, *Gone So Long*. Dubus's previous books include *House of Sand and Fog* (a #1 New York Times bestseller and finalist for the National Book Award), and *Townie*, winner of an American Academy of Arts and Letters Award in Literature.

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)

## Salary And Benefits Negotiation Workshop

Tuesday, November 20th • 7pm

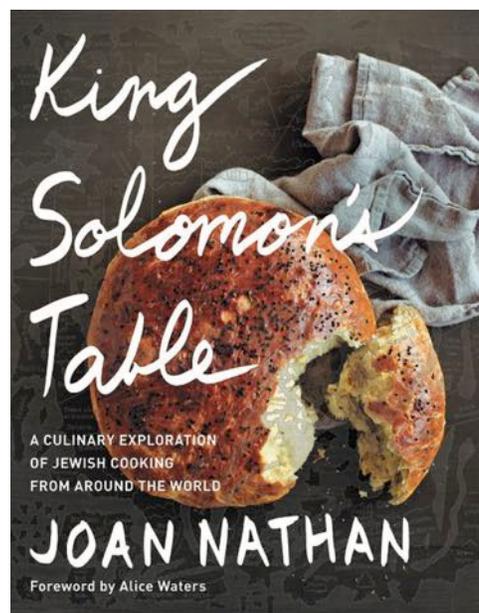
Maynard Public Library  
77 Nason Street

Please sign up at the Ref Desk or  
[www.maynardpubliclibrary.org](http://www.maynardpubliclibrary.org)

For many individuals, discussing compensation with employers is a risky and uncomfortable endeavor, yet it is imperative that people have the necessary tools to advocate for themselves. Is the salary commensurate with your market value? Can allowances be made with respect to additional vacation time and increased stock options? We will discuss strategies to help bolster confidence and gain knowledge as it relates to business negotiations.

This is a group discussion where everyone's experiences and opinions are welcomed.

ALL EVENTS HELD AT MAYNARD PUBLIC LIBRARY



## December Cookbook Club

Monday, December 3 • 12:00 noon

In December, we will embark on a culinary exploration of Jewish cooking from around the world with Joan Nathan, the queen of American Jewish cooking, and her book *King Solomon's Table*.

Borrow a cookbook at the Circulation Desk, select a recipe and prepare it for the potluck lunch on the 3rd.

Drinks and place settings provided.

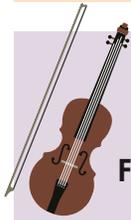
Sponsored by the Friends of the Maynard Library.

# Monthly Events

## Sleep More Soundly!

Monday, November 19 • 10:00 a.m.

During this monthly sleep workshop, Jean Popovich will guide us through gentle yoga stretches and lead a short meditation. We will discuss nutritional and lifestyle habits to help us sleep through the night.



## Winter Concerts

Fowler School

Friday, December 7th at 11:30 a.m.

Maynard High School

Monday, December 17th at 12 noon

The band students of the Maynard Public Schools, along with their Director, Mr. Kevin Kozik, invite you to two special winter concerts performed just for Maynard seniors. On December 7th, the Fowler band students will perform "stolen gems" which will include songs related to espionage and transcriptions of magnificent classical works. On December 17th, the Maynard High School band students will perform "water music", a collection of contemporary wind band literature. Please join your friends for these wonderful concerts. Transportation will be provided. The concerts are free.



## The Men Who Built America

Fridays, November 2nd and 9th • 11:30 a.m.

Our continuing series focuses on the lives of Cornelius Vanderbilt, John D. Rockefeller, Andrew Carnegie, J.P. Morgan, Thomas Edison and Henry Ford. This docudrama reveals the significance of these individuals and how their industrial innovations and business empires revolutionized modern society. Join us as we meet the titans who forged the foundation of modern America and created the American 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.

## NEW FRIDAY SERIES

### Walking Through History

Fridays, November 16th and 30th • 11:30 a.m.

Our new Friday series brings us "across the pond" to stroll through Britain's remarkable history with comedy icon Sir Tony Robinson. This four-part series embarks on spectacular walks through some of Britain's most historic landscapes. Tony reveals the history, art, and beauty of England, Scotland, and Wales and the hidden stories that ordinary walkers and ramblers might otherwise miss. Sign-ups are required by the Wednesday before each program.

## The Nutcracker

Friday, December 7th • 7:00 p.m.

Share the merriment of the holiday season as the accomplished dancers of the Commonwealth Ballet and guest artists frolic, battle and dance through Clara's holiday dream. Join the family party set before a magical tree and enjoy the laughter, magic, and wonder of this holiday classic accompanied by the beloved Tchaikovsky score. This fully staged production is sure to captivate, entertain, and get us in the holiday spirit. Tickets and transportation are free. Limit: 8

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, November 15th • 11:00 a.m.

The Atlas Piano Trio is featured in this wonderful program. You will hear Gary Capozziello on violin, Ignacy Gaydamovich on cello, and Cihan Yucel on piano. It's sure to be an enjoyable performance. Complimentary coffee, tea and cookies will be served. The concert is free.



Kings & Queens in the Corner!

# 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  
NOV. 20**

### **Bingo**

Wed., November 21st  
11:00 a.m.

### **Keep Well Clinic**

Wed., November 21st  
12:30 p.m.

### **Pizza and a Movie | *Dragonfly***

Wednesday, November 28th • 11:00 a.m.

This supernatural, fantasy film stars Kevin Costner as Dr. Joe Darrow. He and his wife, Emily, are doctors in a Chicago hospital. Seven months pregnant, Emily travels to Venezuela on a Red Cross mission. Emily's passion for dragonflies becomes more and more symbolic as the story unfolds, and Dr. Joe Darrow begins to get messages through his patients' near-death experiences. 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

### 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.

### NOVEMBER 13 MARKET BASKET

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

### NOVEMBER 20 WALMART

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

### Contact CrossTown Connect to make a reservation for:

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

## Council On Aging Van

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

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

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

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

## Inclement Weather & Safety Concerns at the Maynard COA during Winter Months

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

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

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

## Greetings from the Maynard Historical Society #7 (November 2018)

Welcome to the next Maynard Historical puzzle. This is the 7th 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.

This is one of several photographs we have from an unknown event at Alumni Field, tentatively dated to the 1960s. Based on the dress and the trees it appears to have been held in the early Spring. It may be difficult to read but the young, and quite bored, tricycle owner has a sign on his trike "DRAGALONG DOLSON". If you can identify the event or any of the people in this photograph (or any of the others in the series) please contact us.



**Unknown Event at Alumni Field (MHS 2018.302)**

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

**<http://collection.maynardhistory.org/items/show/6307>**

(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 Nov 2018".

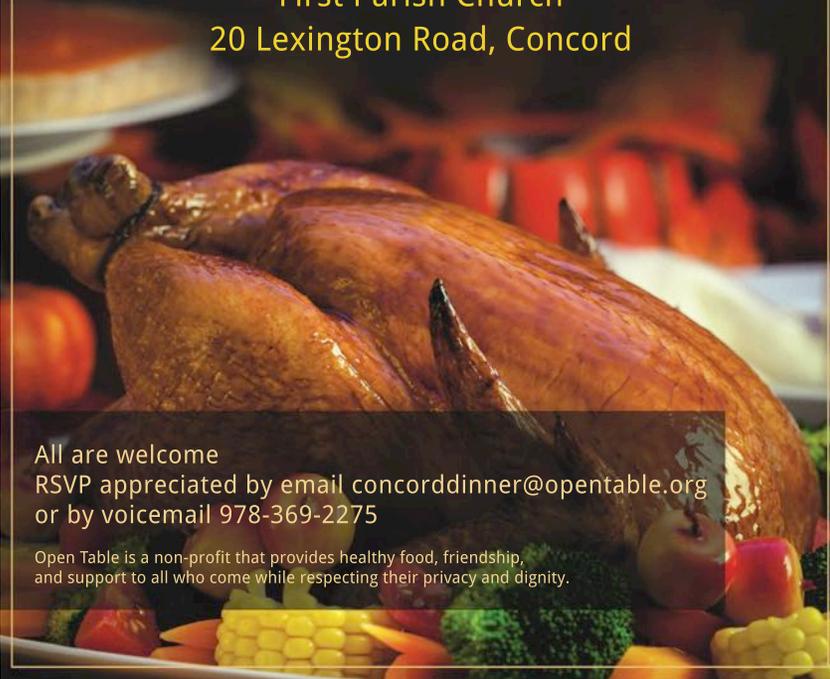
**Send anything you know about any of these photographs to: [davebets@mac.com](mailto:davebets@mac.com)**

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

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

Open Table invites you to  
join us for our 29<sup>th</sup> annual  
*Thanksgiving Dinner*  
**Thursday, November 15, 2018**

Doors open at 4:45 - Dinner served at 5:30  
First Parish Church  
20 Lexington Road, Concord



All are welcome  
RSVP appreciated by email [concorddinner@opentable.org](mailto:concorddinner@opentable.org)  
or by voicemail 978-369-2275

Open Table is a non-profit that provides healthy food, friendship,  
and support to all who come while respecting their privacy and dignity.

On Tuesday, November 6, Open Table will celebrate autumn with a harvest dinner featuring produce from Gaining Ground, an organic farm in Concord that donates fresh produce to our food pantry. The final menu will depend on what is available that week but the current plan is Beef stew with a selection of butternut squash, carrots, apples, and other fall produce. What we know for sure is that it will be delicious.

- Dinner at 6
- Open Table in Maynard - 33 Main Street
- Open To All
- Come and bring friends

Reminder that the community dinner in Concord offers 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.

# 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

# Greeting From Friends of Maynard Seniors

The word “tabling” means to postpone consideration of an idea or an issue at a meeting. Synonyms include: delay, defer, sideline, and so forth. Today, however, “tabling” has a whole new meaning. Tabling, as a verb, can also refer to a group of people or an organization who gather together to set up an informational table, usually as part of a larger event. It will take some time to radically different definition of the word “tabling”, but adaptation is the way we learn and grow.

Tabling is a very personal way to attract and recruit new people to an organization or a cause; it provides an opportunity to share ideas face-to-face. The basic idea is to set up a table and provide literature and discussion. You can inform and educate people about your group, or simply raise awareness of your existence, goals, and role in the community. In our case, the Friends of Maynard Seniors, Inc. have already “tabled” twice this year and we had a lot of fun doing so! Our organization participated in the Maynard Farmer’s Market in June and again at Maynard Fest in September.

Watch for us at the next town-wide event. We are sure to be smiling at you from behind a colorful tee shirt and leaflet table. Stop by to say hello and learn all about the Friends of Maynard Seniors. Better yet, join us as a member and support our senior community in Maynard!



**Friends at the Maynard Fest**



**Friends at the Farmers Market**

**Peg Brown** | President, Friends of Maynard Seniors



David Coughlin  
Life Care Center of Acton



Art from COA Watercolor Class



Sandra Martucci



Nancy Whiting

**Friends of Maynard Seniors Craft Fair**

# Join Us! Friends of Maynard Seniors, Inc.

**We promote fundraising events to support programs and services of the Maynard Senior Center.**

*Could We Call on You to Volunteer an Hour or Two for Occasional Friends of Maynard Seniors Activities or Events?*

- Press releases or other social media
- Event setup, planning, or promotion
- Other

***See us on Facebook!***



# \$15

## **ANNUAL DUES CATEGORIES:**

**\$15 INDIVIDUAL**

**\$30 COUPLES**

**\$50 SUPPORTER**

**\$75 BUSINESS or CORPORATE MEMBER**

Name (s): \_\_\_\_\_  
\_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Alternate Email \_\_\_\_\_

Phone \_\_\_\_\_

Additional Donation \_\_\_\_\_

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

Membership dues and donations are fully tax deductible.



## REP. KATE HOGAN'S SENIOR NEWS OCTOBER 2018

### Honoring the Bravery at the Heart of our Communities

Dear Friends,

Nearly one hundred years ago, peace came at the eleventh hour of the eleventh day of the eleventh month. What began as Armistice Day – a declaration of the end of World War I and the beginning of an era of peace – became Veterans Day, tasked with honoring the bravery of the Veterans of the Great War and those who followed in their footsteps. We know too well that there would be more generations of Veterans, a reminder of the hard-won nature of peace,

and the courage from which it's borne.

Every November, it is critically important to me that I take time to reflect on the service and sacrifice of our Veterans and participate in our local Veterans Day events. I am moved by how our towns come together to honor this bravery at the heart of our communities. Many of us grew up hearing stories of this bravery and the extraordinary courage of those who seemed so ordinary on the outside – our grandparents, our siblings, our neighbors, and teachers. I want to talk about this bravery, and how it drives my work as a legislator.

I'm proud to be a lawmaker in a state that leads by example in its commitment to doing right by all of those who have sacrificed and served for our country. The Commonwealth provides the most comprehensive services for Veterans and their families in the country; I want to highlight important legislation signed into law during the 190th legislative session that expands and enhances these programs.

This past summer, Governor Baker signed into law a bill I was honored to support: the BRAVE Act, which will strengthen support for job training, increase accessibility to health care, and provide a real estate credit for surviving parents or guardians. It is also marked in its recognition of the bravery of the mothers and wives of Veterans, with the declaration of two Gold Star Days in their honor.

To help connect Veterans and their families to financial, housing, and medical support, among many other programs and opportunities, please reach out to the Veteran Agent for the town of Maynard, Wayne Stanley at (978) 897-1361 – or contact my office.

This is our responsibility – as government officials, as citizens, as communities – to honor the courage on which our freedoms our built, this Veteran's Day, and every day. Reach out to the Veterans in your life and learn from their stories; there is extraordinary bravery among us.

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### Hogan's Office Hours

Hudson Office Hours: Thursday, November 29th from 6 to 7 p.m. at the Hudson Public Library, 3 Washington Street, Hudson

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)



# COMING SOON TO FINE ARTS THEATRE PLACE

## Bohemian Rhapsody

COMING NOVEMBER 2ND

*Starring Rami Malek & Joseph Mazzello*

A chronicle of the years leading up to Queen's legendary appearance at the Live Aid (1985) concert.

## The Grinch

COMING NOVEMBER 9TH

*Starring Rashida Jones & Benedict Cumberbatch*

A grumpy Grinch plots to ruin Christmas for the village of Whoville.

## Fantastic Beasts 2

COMING NOVEMBER 16TH

*Starring Eddie Redmayne & Katherine Waterston*

The second installment of the "Fantastic Beasts" series set in J.K. Rowling's Wizarding World featuring the adventures of magizoologist Newt Scamander.

## Ralph Breaks the Internet

COMING NOVEMBER 21ST

*Starring Kristen Bell & Gal Gadot*

Six years after the events of "Wreck-It Ralph", Ralph and Vanellope, now friends, discover a wi-fi router in their arcade, leading them into a new adventure.



# Gift Baskets



Date Night Pack- \$25

2 Movie Passes

2 Snack Passes

2 Candies

(\$40.50 Value)

Family Fun Pack- \$50

5 Movie Passes

5 Snack Passes

5 Candies

(\$103.75 Value)

VIP PACK- \$100

12 MOVIE PASSES

12 SNACK PASSES

12 CANDIES

(\$249 VALUE)



Makes a great gift or a holiday treat for  
the whole family!

FINE ARTS THEATRE PLACE

19 SUMMER STREET, MAYNARD MA 01754

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!