

NEW

GENERATION



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

DEC 2018/JAN 2019



Vincent Stigliani & Maynard Daisy Girl Scout Troop

The View from Here

The Maynard Council on Aging would like to send a special Thank You to the Maynard Daisy Girl Scout Troop, led by Amy Bombardier, for the wonderful service they provided on Veteran's Day. These 5 and 6 year old girls identified "helping others" as the thing they most wanted to accomplish this year. Well, they certainly did that! On Sunday, Veteran's Day, the Daisies showed up at Maynard Veteran Vincent Stigliani's house and raked and bagged all the leaves in his yard. When he returned from participating in the Maynard Veteran's Day Parade, he had a wonderful surprise awaiting him. Thank you again to the Daisies for their impressive community service!

We're more than lucky to have Rebecca Reber join us. Rebecca teaches our Chair Yoga Class (Wednesdays) and a new class, Stretch 'n Flex, on Tuesdays. In January Rebecca's leading Ageless Grace – a brain health fitness program focusing on the longevity of mind and body. These movements can be performed in a chair so all can join in. The class will be occurring on Mondays, starting January 7, from 10:30 to 11:15. Anticipate making a commitment to attending each week. Speaking of commitments (and New Year's Resolutions), Rebecca's mother, who is in her 90's, should inspire us all!

Happy Holidays and here's to a wonderful New Year!

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center



What's Happening in Maynard?

In my opinion, we moved too quickly from fall foliage into snow this year, but now we have so much to look forward to in December. Up first is the Holiday Sip & Stroll on December 1st starting at 6:00pm, complete with a tree lighting, window displays and live music. Please come downtown to check out the scene. The very next weekend on December 8th is both the Jingle All The Way 5k race at 8:30am followed by the annual Christmas Parade at 5:00pm in the evening. That weekend is also marked for the annual WAVM Beacon Santa Telethon from December 7-9th. More information on any of these activities can be received by contacting the Board of Selectmen/Town Administrator's Office (978-897-1351).

I want to be sure to thank everyone who attended and supported the Veterans Day parade this past November. I have the same feeling of gratitude towards everyone who participated in the recent mid-term elections. According to the Town Clerk, Maynard had 70% overall voter turnout! As a veteran, it means so much to see such great dedication from you, the public, and our friends, families and neighbors. I feel truly humbled to witness the civic participation of the Maynard townspeople, and I'm grateful to work for such a selfless community.

In light of the great voter turnout, perhaps now is a good time to encourage volunteerism in the town's official boards and committees. We have a number of vacancies that need enthusiastic folks to help with their vital work for the town, such as the Conservation Commission and the Board of Assessors. For information on what groups have vacant appointments and what those groups do, please contact my office (978-897-1351) or the Town Clerk's Office (978-897-1300).

I wish everyone a happy holidays and safe travels, and I look forward to seeing you out in town this winter!

Best Regards,

Greg Johnson

Town Administrator | gjohnson@townofmaynard.net
978-897-1375

A Donation to the COA Gift Fund was made in Memory of:

Alphonse Micciche
From The Micciche & Murray families

Council On Aging Board Meetings

The Council on Aging Board meetings are held the 3rd Tuesday of the month at 9:00 a.m. (December 18 & January 15) 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

December & January Luncheons

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

Entertainment
by The Golden
Tones

(Sponsored by Rep.
Kate Hogan)

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

January Luncheon

Thursday, January 10 • Noon

Pot Roast, Mashed Potatoes
Vegetable & Salad, Rolls & Dessert

\$8.00 Pay at the door

Deadline to sign up is January 2 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.

Ageless Grace for Brain Health Fitness!

Starting Mon., Jan. 7 • 10:30 - 11:15

Do we get old because we stop playing or stop
playing because we are old?

Ageless Grace is a timeless fitness program for your body and brain! The program consists of 21 simple tools for life-long comfort. Performed in a chair, these organic and easy to follow movements focus on healthy longevity of mind and body by focusing on different anti-aging techniques, E.G. joint mobility, spinal flexibility, right-left brain coordination, bone density, muscle mass, cognitive function, balance confidence and of course, playfulness! The classes include:

21 Simple Tools for Lifelong Comfort and Ease

Exercise Tool #1 Juicy Joints	Exercise Tool #8 Body Math	Exercise Tool #16 B-R-E-A-T-H-E Out Loud!
Exercise Tool #2 Dive In!	Exercise Tool #9 Gentle Geometry	Exercise Tool #17 Grab Bag
Exercise Tool #3 Spelling "B" (for Body)	Exercise Tool #10 Rockin' Rockettes	Exercise Tool #18 Shake It Up, Baby!
Exercise Tool #4 Front Row Orchestra	Exercise Tool #11 Spaghetti Spine	Exercise Tool #19 Team Fit
Exercise Tool #5 Zoo-ology	Exercise Tool #12 Express Yourself!	Exercise Tool #20 Get Down, Get Up!
Exercise Tool #6 Try Chi	Exercise Tool #14 Saving Face	Exercise Tool #21 Dance Party!
Exercise Tool #7 Yo Baby!	Exercise Tool #15 Balancing Act	

Rebecca Reber is our Chair Yoga and Stretch 'n Flex instructor and will be teaching the course. Must Sign Up!

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.

Snow Days

The Maynard Council on Aging's programs will be cancelled when the Maynard Public Schools have a cancellation. See page 9 for COA policy when the Maynard Public Schools have a delay. The COA offices will be open but please do not come to the COA without calling first due to weather and safe access issues (Please see page 10). Please call the COA for updates – you may not always receive a robo call but the office voicemail will have current information. WBZ (Channel 4) will have info regarding cancellations & delays.



Snow Day Van Service

The Council on Aging van does not provide service when the Maynard Public Schools have a cancellation. If the schools have a delay, or winter weather is expected, riders will receive a call the day/night before with an update about the next day.



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, Dec. 15th from 5 – 7 p.m.

Gallery hours are Wed-Sat, 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 and like us on Facebook.

Come join the art scene in Maynard!

MONOTYPE GUILD OF NEW ENGLAND
Board Members Past & Present,
ArtSpace Maynard, Maynard, MA

Dedicated to the Unique Print



6 Bridges Gallery

FINE ART AND CRAFT

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

EXHIBITS



Holiday Market

*Extended hours
through December 23*



"Abandoned"
Photography by
Rebecca Skinner

*January 2 – 26, 2019
Reception TBA*

77 Main Street, Maynard
6BridgesGallery.com • 978.897.3825

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.



WAVM

Beacon Santa Telethon

HELP SPREAD HOLIDAY CHEER
DECEMBER 7TH - 9TH

Watch  live

8 COMCAST
28 VERIZON
WAVM.ORG

Listen  live

91.7 FM
WAVM.ORG

DONATE

WAVM.org/Telethon

LEARN
MORE



@WAVMProductions

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

The Maynard Business Alliance's Seventh Annual



Holiday Sip & Stroll

Saturday, December 1st from 6:00-8:30 p.m.



Lighting in Memorial Park at 6 p.m. with Board of Selectmen Chairman Chris DiSilva and State Representative Kate Hogan. See Santa Ride by in a Fire Truck!!!

Then Take a Stroll Around Town to Enjoy:

- "A Hot Chocolate House" at Be the Love Yoga (82 Main St.)
- Caroling by the St. Bridget's Parish Choir & the MHS Madrigals
- Visit Santa Claus at Berkshire Hathaway HomeServices (58 Main St.) Refreshments & Candy Canes for the Kids
- **Open Table:** Vote for Your Favorite Holiday Window & Enjoy the Sounds of the MHS Wind Ensemble Led by Patricia Gately (33 Main St.)
- Holiday Store Specials & Light Refreshments
- Gift Wrapping at Middlesex Savings Bank (17 Nason St.)

OTHER HAPPENINGS THIS WEEKEND

Annual ArtSpace HOLIDAY SALE Fri. 5-8 / Sat. 10-5 / Sun. 12-5

maynardbusinessalliance.org



The Randall Library Friends Present Their Adventures In Food And Travel Series Tea Travels Through India And Sri Lanka

Sunday, January 13 • 2:00 pm
Randall Library, 19 Crescent Street, Stow

Join Danielle Beaudette, Certified Tea Instructor, as she discusses her travel experiences in the tropical tea lands of Sri Lanka and India. Learn about the tea leaf from harvest to production, as well as the amazing people who cultivate the leaf. Danielle will share picturesque views of their landscape. There will also be an opportunity to sip teas harvested directly from these tea estates.



Free and open to the public; please register at the Randall Library at 978-897-8572 or at <https://www.stow-ma.gov/recreation-department/pages/recreation>

Brought to you by the Randall Library Friends Irwin Memorial Fund and co-sponsored by the Town of Stow Recreation Department. Learn more about this series at <https://www.stow-ma.gov/randall-library>



THANK YOU!

If you've been reading our newsletter then you have seen the wonderful historical, educational, and thought-provoking programs and movies that we are packing into our schedule each month. If you stop by during one of these events you will see a room filled to capacity with friends, old and new, enjoying a meal and watching these programs together. You may think Pat has done a wonderful job planning these programs, but the true credit and thanks go to Sally Thurston and Jeremy Robichaud who have worked tirelessly to make sure our seniors get the best programs available. Their knowledge, ideas, research, and ability to acquire these wonderful programs exactly when we need them have been outstanding, and so much appreciated! Next time you are at the Maynard Public Library, please take a moment to thank them. They are wonderful assets to our community! Thanks Sally and Jeremy!



Local History Resources at the Maynard Library

Tuesday, December 18th @ 7pm

Roosevelt Room, Maynard Public Library
Interested in Maynard history and want to learn more about what's in our Local History Collection and where to find more?

Come to our 45 minute workshop and we'll get you started and show you the best places to start your research and learn more about the great history of Maynard!

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



Get Started with Gmail!

Tuesday, January 29th @ 7pm

Want to make the most out of your Gmail account? See why Gmail is the most popular e-mail service on the web and learn a variety of tips and tricks to become an expert user!

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

Please register at www.maynardpubliclibrary.org or call the Reference Desk at 978-897-1010 x103.

ALL EVENTS HELD AT MAYNARD PUBLIC LIBRARY

Monthly Events - December

Relaxation For A Good Night's Sleep

Monday, December 17 • 10:00 a.m.

During this monthly sleep workshop, Jean Popovic 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. No experience necessary.

Holiday Movies

"Elf"

Wednesday, December 12th • 11:00 a.m.

Please join us as we get in the Christmas spirit with this fantasy comedy film starring Will Ferrell and James Caan. Once upon a time, on Christmas Eve, an orphan baby crawled into Santa's sack of gifts and was taken to the North Pole and raised with the elves. When he realizes he doesn't fit in with the other elves, he begins to search for his real dad in New York City, spreading comical Christmas cheer along the way. Pizza will be available to purchase for lunch. Popcorn, dessert, and drinks will be provided. Sign-ups are required.

"It's a Wonderful Life"

Friday, December 21st • 11:00 a.m.

This American Christmas classic, starring James Stewart, Donna Reed, Lionel Barrymore and Henry Travers, is considered one of the greatest films ever made. An angel, Clarence, is sent from Heaven to help a desperately frustrated, suicidal, Bedford Falls businessman, George Bailey, who has given up his own dreams in order to help others. Clarence shows George what life would have been like if he had never existed. Produced and directed by Frank Capra, this film is sure to entertain over and over again. Join us for a cup of hot chowder as we share some holiday cheer. Sign-ups are required.



Senior Watercolor Class Paintings of Maynard's Doors for Secretary of State's Senior Art Show

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

Indian Hill Music

Thursday, December 20th • 11:00 a.m.

This program, Classic to Contemporary: Flute and Guitar, features Eileen Yarrison playing the flute and Jonathan Hurley on the guitar. Join us for this wonderful performance. Complimentary coffee, tea and cookies will be served. The concert is free.



Amory Maynard House by Pat Olson

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.

STRETCH N' FLEX - TUESDAYS - 9:30 a.m.

Increase both strength and flexibility while connecting breath to movement. Start on mats with gentle stretches, moving to your feet with warm up exercises and finishing on the mat using blocks and straps.

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.

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.

CHAIR YOGA - WEDNESDAYS - 9:30 a.m.

Stretch, twist and lengthen your bodies through a series of easy to follow repetitive movements. Most of the class occurs seated but there are some standing exercises using the chair as a prop and for our balance. The hour session ends in a relaxing Savasana.

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.

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
MEETINGS
DEC. 18 &
JAN. 15**

Bingo

Wed., December 19th
11:00 a.m.

Keep Well Clinic

Wed., December 19th
12:30 p.m.

Maynard Council on Aging – 2 Hour Delays

When the Maynard Public Schools have a delay these classes/activities will be automatically cancelled:

Monday: Zumba Toning, Brains & Balance or Ageless Grace

Tuesday: Drop-In and Stretch & Flex

Wednesday: Zumba and Chair Yoga

Thursday: Yoga (9:30 class – may come to the 10:30 class)

Friday: Watercolor Class, Zumba and Kings in the Corner

Please call before coming in for classes starting after 10:00.

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.

DECEMBER 11 MARKET BASKET

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

JANUARY 8 MARKET BASKET

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

DECEMBER 18 WALMART

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

JANUARY 22 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.

Monthly Events - January

SPECIAL 2 MOVIE EVENT MAMMA MIA!

Wednesdays, January 9th and 23rd • 11 a.m.

First, January 9th, we will watch Mamma Mia! the movie. Sophie has just one wish to make her wedding perfect: to have her father walk her down the aisle. Now she just has to find out who he is.....Next, January 23rd, we will watch Mamma Mia! Here We Go Again. Ten years later we are invited back to the magical Greek island of Kalokairi in a musical sequel based on the songs of ABBA. We have extended songs and scenes in our enhanced sing-along editions, so bring your singing voice and join us for this feel-good experience! We will be serving a hot lunch with each movie so.....Sign-ups are required for this program.

Indian Hill Music

Thursday, January 17th • 11 a.m.

French Inspirations: Wind Trio is the title of this musical program. It will feature Hazel Malcolmson on the bassoon, Catherine Weinfield-Zell on the oboe, and Constantine Finehouse playing the piano. Complimentary coffee, tea and cookies will be served. The concert is free.

NEW FRIDAY SERIES

How We Got To Now

Fridays, January 4th, 11th, 18th, and 25th

11:30 a.m.

Join best-selling author Steven Johnson to discover extraordinary stories behind six remarkable ideas that made modern life possible, the unsung heroes who brought them about, and the unexpected and bizarre consequences each of the innovations triggered. Explore the history and power of these great ideas: Clean, Time, Glass, Light, Cold, and Sound. We will serve a light lunch. Sign-ups are required by the Wednesday before each program.

ST. PATRICK'S LUNCH AND SHOW

Tuesday, March 19th • 9 a.m. to 5 p.m.

Join us as we travel to the Aqua Turf Club in Connecticut for a wonderful St. Patrick's Day celebration. We'll have a delicious traditional Irish luncheon followed by old Irish Celtic folklore and music with Pdraig Allen and The Mclean Avenue Band. Cost: \$90. per person.

Bingo

Wed., January 16th

11:00 a.m.

CareOne Presents

Returns in February

Keep Well Clinic

Wed., January 16th

12:30 p.m.

Nashoba Nursing and Hospice

Returns in February

Nashoba Nursing Service & Hospice

Providing Home Health, Palliative & Hospice Care

24 hours/day—7 days/week



978-425-6675 or 800-698-3307

www.nashoba.org

3 Patterson Road, Shirley, MA 01464

Your Community, Your Choice, Since 1931

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.

Maynard Food Pantry

Serving Maynard since 1992

The purpose of the Maynard Food Pantry is to provide food assistance to any individual or family in need. The Maynard Food Pantry serves residents of Maynard, Acton, Stow and Sudbury. Maynard Shoppers are welcome to shop two times/month and out-of-town residents are welcome to shop one time monthly. The Maynard Food Pantry also provides Thanksgiving and Holiday dinner baskets for our shoppers.

Hours of Operation

The Maynard Food Pantry is open Mondays from 10:00 a.m. to Noon.

On some holidays that fall on Mondays, we will be open the next day.

2018 Monday Holiday List

January 15th: Martin Luther King Day we will be OPEN

Directions

82 Main Street, Maynard, MA
978-764-5279

Parking is on River Street (a one way street accessible from Main Street and across from Open Table). Look for the "Maynard Food Pantry Parking" sign.



Everyone is invited to Open Table's weekly community meal. Come dine with and get to know your neighbors. We have a couple special dinners coming up in Maynard at our 33 Main Street location.

December 18: Holiday Meal with hearty, warm pot roast and mashed potatoes.

January 8: Breakfast for Dinner. Back by popular demand. Indulge in breakfast goodies in the pm.

The Open Table Dinners and Pantry in Maynard include:

Pantry on Monday from 3:00 to 6:30 p.m., Senior Citizen Pantry and Grab-and-Go lunch on Tuesday from 1:00 to 3:00 p.m., Dinner on Tuesday from 5:00 to 7:00 p.m., and Pantry on Thursday from 3:00 to 6:30 p.m. New guests can come to the pantry on these days and will be assigned an appointment for future visits.

The **Maynard Madrigals** will be visiting Open Table to sing for the seniors on **Tuesday, December 18th** during pantry service.

There is a Community Dinner in Concord at First Parish Church, 20 Lexington Road in Concord on Thursday evenings, 4:45 - 6:30 pm. Doors open at 4:45, dinner is served at 5:30. All are welcome.

HOLIDAY CLOSINGS: Open Table will be closed from December 24 until January 3. Open Table will also be closed on January 21 for Martin Luther King Day. When the pantry is closed on Monday, pantry appointments are honored on the following Tuesday and there is no Tuesday dinner.

Need help paying for heat this winter? You are not alone. We can help with FUEL Assistance!

Fuel Assistance helps thousands of local families with home heating bills each year. Many people do not realize they are eligible for support.

Call SMOC FUEL to schedule an appointment at 508-620-2342!

Visit us at: <http://smoc.org/smoc-fuel-assistance.php>

Call SMOC Weatherization at 508-620-2312 for an energy audit! You may qualify for no-cost home energy audit & efficiency improvements (i.e. Insulation, appliance replacement, etc.)

# Household Members	Yearly Gross Income Limit
1	35,510
2	46,437
3	57,363
4	68,289
5	79,215

To qualify for the program, your household income must be below the yearly income limits. (Subject to change)

The program runs from November 1st through April 30th.

Please Welcome Your New Friends of Maynard Seniors Officers & Board Of Directors For 2019

We elected at our Annual Meeting on November 8, 2018 a new slate of officers:

Peg Brown – President Barbara Blankenship – Vice President
Linda Cetrone – Treasurer Diane Wasiuk – Secretary

Directors – Deb Roussell, Blaine DeFreitas, Helen Micciche, Mary Ann Bassett
Alternate Directors – Loretta West, Joan Bernhardt

The board looks forward to continuing our mission: we seek to enhance the well-being of senior citizens by providing financial and operational support for the programs and services of the Maynard Senior Center. The Friends hopes to increase community awareness of the needs of Maynard's seniors through our activities, fundraising events, and volunteer activities.



From left to right: Friends Board of Directors: Helen Micciche, Peg Brown (President), Linda Cetrone (Treasurer), Barbara Blankenship (Vice-President), Deb Roussell, Blaine DeFreitas, Loretta West (alternate), Mary Ann Bassett, Joan Bernhardt (alternate) and Diane Wasiuk (Secretary)

It's Here! The Long-Awaited And Exciting New Edition Of MAYNARDOPOLY!!

The Friends of Maynard Seniors has produced a beautiful new edition of the board game MAYNARDOPOLY. The game features some new (and some old) business and personal sponsors plus a vintage historical look for your playing pleasure.

Maynard has thus supported three versions of this classic board game. The Game of Maynard was produced by the Rotary Club in 1984. A second edition of the game was sponsored by WAVM students in 2004. Our newest third edition celebrates Maynard's upcoming 150th birthday.

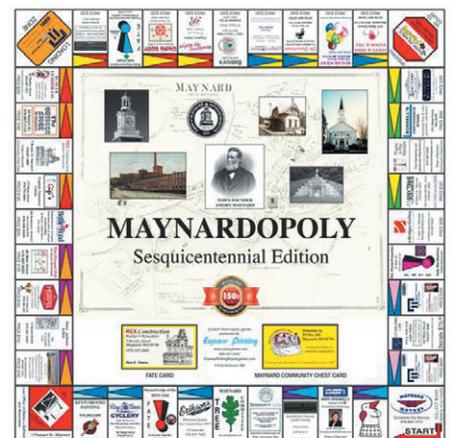
MAYNARDOPOLY, Sesquicentennial edition, can be purchased at the Maynard Senior Center, 50 Brown Street, for \$25 (cash or check, please). Other locations include The Paper Store, Battle Road Brew House, and the Flower Pot. Or call any of the Friends of Maynard Seniors board members. Need it delivered?

Email us at: friendsofmaynardseniors@gmail.com for more information.

Questions? Give the COA a call at 978-897-1009.

May Boardwalk and Park Place be yours!

Peg Brown, President | Friends of Maynard Seniors



FRIENDS OF MAYNARD SENIORS

Meet and Greet Social

Join us for our second Annual Meet and Greet Social at the Maynard Golf Course, 50 Brown Street on January 25, 2019 from 5 to 7pm. Members, prospective members, the board of directors, and guests are cordially invited. Light refreshments will be served. Cash bar available.

Individual membership at \$15 helps support our goals and mission to support Maynard seniors. Sign up at the event or call for information.

195 Main Street
Maynard MA 01754

Phone: 978-897-1009
Email: friendsofmaynardseniors@gmail.com

IT'S TIME TO RENEW YOUR ANNUAL DUES!

FRIENDS OF MAYNARD SENIORS, Inc.*

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

See us on Facebook!



\$15

ANNUAL DUES:

\$15 INDIVIDUAL

\$30 COUPLES

\$50 SUPPORTER

\$75 BUSINESS or
CORPORATE

Name _____

Address _____

Email _____

Phone _____

Additional Donation _____

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

** We are a 501(c)(3) charitable organization.*



REP. KATE HOGAN'S SENIOR NEWS DECEMBER 2018

A season of light and giving

Dear Friends,

We all know how one small word can transform how we think about the holidays. So, what if instead of simply being the season of giving, it was the season of giving back? I know that the holidays can be a particularly challenging season for so many reasons. I also know that service is at the center of our community: it's vital to who we are. This community-minded spirit inspires me as a lawmaker.

That's why this December I want to issue a gentle challenge to our community: how can you be a source of light for others this holiday season? Retirement can

be a powerful time to share your talents and make a difference in our community. It's been a privilege to talk with seniors in Maynard about how they found time in retirement to serve on local boards and volunteer their expertise and time. They tell me that volunteering as a senior isn't just an opportunity for service, but an opportunity to learn and connect.

I have found that even in life's fullness we can make time for new traditions. How about this giving season beginning a new holiday tradition of volunteerism? Share an hour, a laugh, a meal. Your talents are the light someone needs right now, in our own community. Feeling inspired? Here are some organizations doing great work in our town:

Open Table: Providing nutritious food and community since 1989, Open Table runs weekly dinners and a Maynard food pantry to anyone in need of a hand-up. With only one full-time and four part-time staff members, volunteers are the lynchpin of their day-to-day operations. Visit www.opentable.org/volunteer or email volunteer@opentable.org to learn more about how you can get involved.

Maynard Community Chest: Run entirely by volunteers, the Maynard Community Chest works to support a network of seventeen local nonprofit organizations providing a broad range of essential human services. Their work truly makes a difference in the lives of those in our town. Lend your hands, time, and skills to a cause you care about. Visit their website at maynardchest.org/volunteer or email their volunteer coordinator at info@maynardchest.org.

Boys and Girls Club of Assabet Valley: The Boys and Girls Club of Assabet Valley fosters a safe space for young people to learn, connect, and grow. They are always looking for more volunteers who enjoy working with and supporting kids. Learn more about their programs and opportunities by emailing lynch@bgcav.org or visiting their website at www.bgcav.org.

Hogan's Office Hours

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

In addition to Rep. Hogan's office hours, her staff is available in the District Office at Maynard Town Hall, 195 Main Street, on Mondays from 10 a.m. to 3 p.m. (Closed Holiday Mondays)

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

Fine Arts Theatre Place

COMING SOON TO FINE ARTS THEATRE PLACE

Mary Poppins

COMING DECEMBER 19TH

Starring Emily Blunt & Dick Van Dyke

The mysterious Mary Poppins returns to Depression-era London to visit Jane and her brother Michael, now a father of three, and helps them rediscover the joy they knew as children.

Mart Queen of Scots

COMING IN DECEMBER 7TH

Starring Margot Robbie & Saoirse Ronan

Mary Stuart's attempt to overthrow her cousin Elizabeth I, Queen of England, finds her condemned to years of imprisonment before facing execution.

Welcome to Marwen

COMING DECEMBER 21ST

Starring Steve Carelle & Janelle Monae

A victim of a brutal attack finds a unique and beautiful therapeutic outlet to help him through his recovery process.

On the Basis of Sex

COMING IN JANUARY

Starring Kristen Bell & Gal Gadot

The story of Ruth Bader Ginsburg, her struggles for equal rights and what she had to overcome in order to become a U.S. Supreme Court Justice.

\$3.00

Merry Movie Classics

Join Fine Arts Theatre Place As We Celebrate The Holiday Season With Some Of Hollywood's Greatest Hits!

- 12.2- White Christmas (1954) NR @4:30pm
- 12.6- It's A Wonderful Life (1946) PG @7:30pm
- 12.9- Home Alone (1990) PG @1:30pm
- 12.13- Home Alone (1990) PG @7:30pm
- 12.16- Elf (2003) NR @1:30pm
- 12.20- Elf (2003) NR @7:30pm
- 12.23- The Polar Express (2004) G @1:30pm
- 12.24- The Polar Express (2004) G @1:30pm

**A Portion of All Proceeds Will Be
Donated to a Local Charity!**



FINE ARTS THEATRE PLACE

19 SUMMER STREET, MAYNARD MA 01754

www.fineartstheatreplace.com

(978) 298-5626

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