

NEW

GENERATION



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

JULY 2019



Margit Kohl

The View from Here

In preparation for our Cape Cod Canal Cruise, Andy Mitzcavitch gave a dynamic presentation on how the Cape was formed from a geological perspective. Complete with maps and diagrams, Andy gave us a picture of the past, present and future changes to the development of the Cape. Thanks so much, Andy!



Nashoba Nursing Service & Hospice's Pet Peace of Mind program "re-homed" a cat who's owner had just passed. Joanne Lane welcomed Savannah into her home and a love match was made!

Thanks to our substitute van drivers, Mark Tomyl and Andrea Adams, seniors have been visiting Tower Botanical Gardens. Admission is free on Thursdays, from 3:00 to 9:00 p.m. for the months of July and August. Margit Kohl graces our cover – see page 13 for more photos.

Friends of Maynard Senior's President Peg Brown offers important information about the growing population of Maynard's seniors and how this interfaces with Maynard's Master Plan. See page 11. For more information about Maynard's Master Plan visit <http://maynardmp.com/>.

Once again, we're expecting another wonderful month of "something-for-everyone" programs. The COA van offers door to door transportation (see page 10 for info about transportation) and coming to the COA is free! Hope to see you soon!

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

Character

Every July, the nation celebrates its character of independence. As we consider the courage of our forefathers that rebelled against the imposition of uniformity by a foreign crown, we should remark on modern examples within Maynard of individualism and unique character.

I had the pleasure of attending the recent naming of the new queen bee at the town's beehive meadow behind Art Space on Summer Street. The meadow is also a monarch butterfly waystation. As you walk down the new sidewalk along Summer Street, I hope you take a few extra minutes to walk behind the old school and witness the hard work of the volunteers and artists that made the meadow come to life this season.

The meadow is a perfect example of the unique character of Maynard. It is an initiative of residents that worked with local officials and town departments to make their colorful dream of a beehive meadow within an urban environment become a reality. It reminds me of the murals and artistic displays at the Murphy-Snyder building, Art Walk, Maynard Fest, the Trail of Flowers and so many others. I'm excited to support these initiatives and very much look forward to working with residents on future projects that celebrate Maynard's character.



The town's character reflects its community of individuals, each with their own unique styles and aspirations. Maynard's beloved character is only possible through its residents' inclusivity, tolerance, and welcoming of individuality. I've been with the town for nearly a year, and have proudly observed that while there may be incidents of intolerance or periods of challenging cooperation within the community, these are momentary tests that are overcome by the strength of Maynard's character. My vision for the character of Town Hall is one in which town staff and I endeavor to provide a local bureaucracy of trustworthiness, stability and professionalism that allow the town's character to flourish.

Sincerely,

Greg Johnson

Town Administrator | gjohnson@townofmaynard.net

Highlights of Upcoming Events

July & August Luncheons

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

July Luncheon

Thursday, July 11 • Noon

Fish - Baked or Fried,
Fries & Coleslaw, Dessert

\$8.00 Pay at the door

Deadline to sign up is July 3rd by noon

August Luncheon

Thursday, August 8 • Noon

Barbeque Chicken, Potato Salad, Baked Beans
Green Salad, Corn Bread, Dessert

\$8.00 Pay at the door

Deadline to sign up is July 31st by noon

Please remember to sign up for the luncheon by the date listed above ~ we need to give the caterer a count. If you need to cancel please do so by the dates listed above.

Claudia's Cool Caper

Monday, July 15th and Wednesday, July 31st

9:30 a.m.

What to do on a hot summer day?

Let Claudia's van take you away!

Will you shop, or eat, or simply unwind?

You'll enjoy this trip; it's one of a kind!

Please bring money for shopping and lunch,

Join Maynard seniors, the best of the bunch!

(Claudia Stewart is our lively summer substitute van driver ☺)

Trip cost: \$3.00 Limit: 12

Mark's Magical Mystery Tour

Monday, July 29th • 9:30 a.m.

Sit back, relax, and let the day unfold as Mark takes you to surprise locations with beautiful scenery. Enjoy the camaraderie on the van chatting with friends. Try to guess which restaurant awaits you for lunch. Let's kick-off summer with some fun! Cost of lunch is the responsibility of the individual. Trip cost: \$3. Limit: 12.



Ready for another adventure?

Join us for:

Narragansett Lighthouse Cruise

Thursday, September 5th

On Thursday, September 5th, the day will start with a delicious luncheon at the Quonset Point Officer's Club in Kingstown, Rhode Island. After lunch we'll be boarding the Millennium Ferry for a narrated Narragansett Bay Lighthouse tour including ten beautiful lighthouses and a visit to the Newport Harbor. We'll cruise under the breathtaking Jamestown and Newport bridges, past mansions, historic Fort Adams and many other famous Rhode Island sights. Cost is \$90.00. Please contact the Maynard COA at (978) 897-1009 to sign up. Preference will be given to Maynard seniors.

ArtSpace Maynard Presents
"ArtSpace Outdoors 2019"

featuring the sculpture of seven talented artists situated on the spacious grounds of ArtSpace.

Exhibiting artists include:

CASSIE DOYON

KEVIN DUFFY

SHAWN FARRELL

CORTNI FRECHA

R. DOUGLASS RICE

ERIC ZELLER

BERNIE ZUBROWSKI

ArtSpace Outdoors 2019

4th Annual Exhibit of Outdoor Sculpture

April 20 – October 15, 2019



The Gallery is closed July & August.

The ArtSpace Gallery is located at
63 Summer Street in Maynard and 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!



6 Bridges Gallery

FINE ART AND CRAFT

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

Through the Surface

4th Annual Juried Exhibit

July 9 – August 17, 2019

Reception: July 13, 7:00–9:00 pm

77 Main Street, Maynard
6BridgesGallery.com • 978.897.3825

"Play/ Toy"

The "Play/Toy" Painting Project was inspired by a gift of stuffed animals to Sandy Wilensky, instructor of the Maynard Council on Aging's Senior Watercolor class, to be used as painting subjects. This led to the seniors being teamed up with Green Meadow students for artistic interpretations. The children chose meaningful toys for their acrylic on canvas paintings and the seniors chose from the toys selected by the children for their watercolor paintings.

This project has culminated in a show of 21 pairs of "Play/Toy" paintings that can be viewed in the Roosevelt Room at the Maynard Library from July 10-August 30. A reception will be held on Wednesday, August 28 from 6:00 to 7:00 p.m. This will be an exciting opportunity for the senior watercolor painters and second grade acrylic painters to meet each other.

Maynard COA painting instructor Sandy Wilensky teamed up with Susan Arcelay, Green Meadow art teacher, and Deb Holly's class of second grade students to complete this rewarding project.



Vivian Kallio



2019 Vendors

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

Periodic: Burro Tails Farm Succulent Arrangements, The Compulsive Baker, Joni's Cannolis, Pony Shack Cider

Our third decade of food and fun all season long!

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

Maynard Farmers' Market

June 29 - Sept 28 • Saturdays 9am – 1pm

Mill Pond parking lot, Main St • MaynardFarmersMarket.com



July At The Farmer's Market

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

Category	July 6	July 13	July 20	July 27
Periodic Vendors	Joni's Cannolis	The Compulsive Baker Pony Shack Cider House	The Compulsive Baker	The Compulsive Baker Pony Shack Cider House
Artisans	Brookfield Candle Co. Iona Enamel Arts	Halstead Farm Pottery Nourish Shakti	Jennifer's Handmade Soaps Julie James Woodworking	Bumbleroot Design Everything Alpaca
Music			Ralph DeFlorio	Maynard Public School Jazz
Community Table(s)	Assabet River Rail Trail	Sudbury Valley Trustees	Fans of Film @ Fine Arts Theater Place	ACME Theatre
Kids Activity	Drumlin Farm	Kids Artisan Day	Be the Love Yoga	Miss Trisha's Dance
Special Activities		10am Chef's Day Out: Orange Door Kitchen prepares Craft Mocktails	groovyhome	



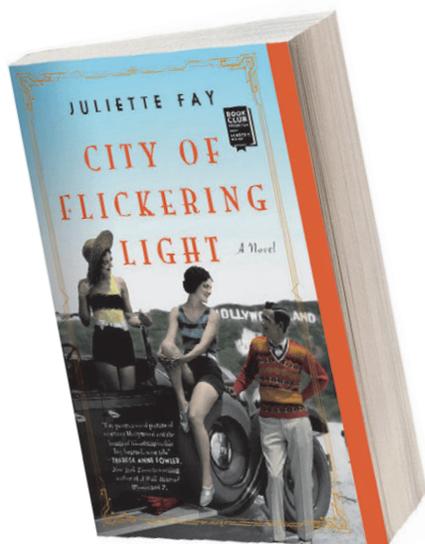
Join **Juliette Fay**, author of *City of Flickering Light*, as she guides us through a tour of Hollywood in its earliest days and introduces the silent film stars who made history

TUESDAY, July 23 at 7 pm

Maynard Library
77 Nason Street

Free and open to all
Light refreshments will be served

Books for the signing from Porter
Square Books



Seniors please call the Council on Aging if you would like a ride to the performance



Clea Simon

World Enough - rock 'n' roll noir
Cross my Path - Black & Care feline mystery
Feat on Four Paws - Pru Marlowe Pet Noir

Mystery Night

Wednesday, July 10 • 7pm

Join Clea Simon, Kate Flora and Connie Johnson Hambley - experienced mystery authors - as they demonstrate how a mystery might be created using clues you provide! And as if that's not enough - DEATH will be accompanied by dessert.

Books for the signing provided by Porter Square



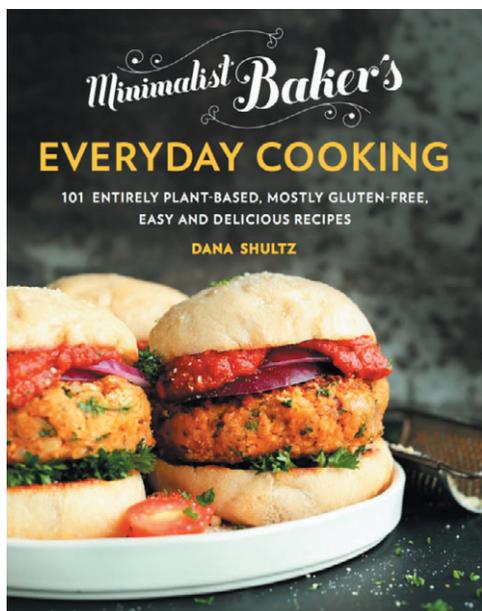
Kate Flora

A Child Shall Lead Them - Joe Burgess series
Schooled in Death - Thea Kozak series



Connie
Johnson
Hambley

A Trilogy:
The Charity
The Troubles
The Wake



July Cookbook Club

Monday, July 15 • 12:00 Noon

Summer time and the cooking is easy! We'll go quick and easy with *Minimalist Baker's Everyday Cooking: 101 Entirely Plant-Based, Mostly Gluten-Free Easy and Delicious Recipes* by blogger Dana Shultz. 10 ingredients, 1 plan and 30 minutes for a vegan meal!

Borrow a cookbook at the Circulation Desk, select a recipe, shop at Farmers' Market and prepare your dish for the potluck lunch on the 15th.

Drinks and place settings provided.

Sponsored by the Friends of the Maynard Library.

ALL EVENTS HELD AT MAYNARD PUBLIC LIBRARY

Monthly Events

Stretch & Flex

Mondays at 10:30 a.m.

Stretching is one of the most neglected health components. This class will use blocks, straps and our chairs to get the most out of flexing, toning and stretching our bodies. We will increase range of motion, promote circulation and improve strength and flexibility. All are welcome!

Pizza and a Movie

"First Man"

Wednesday, July 10th • 11 a.m.

This movie entertains us with a look at the life of 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. Starring Ryan Gosling and directed by Damien Chazelle, this film is rated PG13. Pizza will be available to purchase for lunch. Snacks, drinks and dessert will be provided.

"The Martian"

Wednesday, July 24th • 11 a.m.

During a manned mission to Mars, Astronaut Mark Watney is presumed dead after a fierce storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet. With only meager supplies, he must draw upon his ingenuity, wit and spirit to subsist and find a way to signal to Earth that he is alive. Rated: PG13. Pizza will be available to purchase for lunch. Snacks, drinks and dessert will be provided.

Tower Hill

Thursday, July 25th • 3 p.m.

Please join us for a beautiful evening at Tower Hill Botanic Garden. Stroll through the gardens, sit and meditate, and be amazed by thousands of beautiful blooming flowers. You will enjoy a plethora of seasonally interesting plants, trees, foliage and miles of walkable, wooded trails! Visit the Farmer and the Fork for a snack, or bring your own to eat while relaxing in the gardens. Trip cost is \$3.00 Limit: 8. Preference will be given to those who have not attended previous Tower Hill trips.

JOIN US FOR SPACE-THEMED PROGRAMS THIS MONTH

**SIGN-UPS ARE REQUIRED FOR
ALL PROGRAMS • Limit: 25**

400 YEARS OF THE TELESCOPE

Friday, July 12th • 11:30 a.m.

400 Years of the Telescope: A Journey of Science, Technology and Thought is an American documentary film directed by Kris Koenig. It chronicles the history of the telescope from the time of Galileo. Featuring interviews with leading astrophysicists and cosmologists from around the world, who explain concepts ranging from Galileo's first use of the telescope to view the moons of Jupiter, this film shows us the latest discoveries in space. Learn new ideas about life on other planets and dark energy, a mysterious vacuum energy that is accelerating the expansion of the universe.

LAST MAN ON THE MOON

Friday, July 19th • 11:30 a.m.

When Apollo astronaut Eugene Cernan stepped off the moon in 1972 he left his footprints and his daughter's initials in the lunar dust. Only now, forty years later, is he ready to share his epic but deeply personal story. Cernan's burning ambition carried him to the spectacular and hazardous environment of space and to the moon. But there was a heavy price to pay for the fame and privilege that followed. As his wife famously remarked, 'If you think going to the moon is hard, try staying at home.' 'The Last Man on the Moon' combines rare archive material and unprecedented access to present an iconic historical character on the big screen.

THE FARTHEST: VOYAGER IN SPACE

Friday, July 26th • 11:30 a.m.

Launched in 1977, NASA's epic Voyager missions revolutionized our understanding of Jupiter, Saturn, Uranus, Neptune and their spectacular moons and rings. In 2012, Voyager 1 left our solar system and ushered humanity into the interstellar age. This documentary includes photographs taken by the twin spacecraft.

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.

TAI CHI - MONDAYS - 12:30 p.m.

STRETCH & FLEX - MONDAYS - 10:30 a.m.

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

DROP-IN CENTER - TUESDAYS - 9:00 a.m. - 11:00 a.m.

CHAIR YOGA - TUESDAYS - 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.

LINE DANCING - TUESDAYS 9:30 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.

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.

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.

**NO COA
BOARD
MEETING
IN JULY
& AUG.**

Bingo

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

Keep Well Clinic

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



Hand
painted by
Marjorie Glencross

Maynard Council on Aging Trips

COA OUTINGS

SCHEDULED SHOPPING TRIPS

Mon - Thur
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.

July 9 MARKET BASKET

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



July 30 WALMART

Walmart. Pick-ups start at 3:00 p.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.



Maynard Seniors Matter

Maynard seniors comprise about 25% of the town's population. That equates to approximately 2,500 seniors! Who knew? Maynard's population is growing but our senior population, percentage-wise, is growing even faster. Projections indicate that seniors in town will number over 30% of the population in a few short years. A recent "Hopes and Dreams" brain-storming meeting by board members of the Friends of Maynard Seniors named space issues at the Senior Center as our primary concern. The town opened the current Senior Center on January 22, 2015 as a temporary site; four years later we have already outgrown the facility. Classroom space is limited and exercise space is cramped and limited.

Maynard's Master Plan, which is in the final phase of development, offers hope to seniors for a larger facility. A 2018 working draft, a copy of the Visions and Goals, and the Master Plan Recommendations all address the issue:

Public Facilities and Services – PFS5:

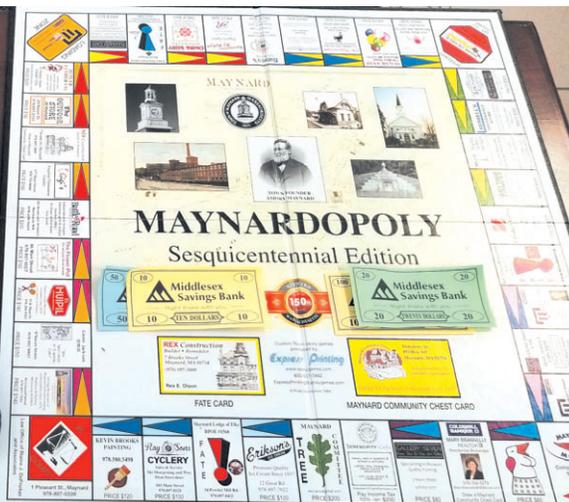
Support expanded services for the Town's senior population and provide the appropriate facilities to accommodate them.

- a. Evaluate the demand for increased shuttle service to support an aging population.
- b. Determine if current facility and programming will meet the future needs of senior population by developing a plan for the Senior Center and its related services.

Looking forward, the Friends of Maynard Seniors are ready to help provide expanded programming for all ages of seniors, from 60-90+ years of age. Exercise equipment for "active" seniors would be well received and will provide an additional health component to the Senior Center. Our fundraising efforts will help expand the work of the COA budget by assisting with supplies, equipment, and other needs. But frankly, in order to equip, supply, and provide, we need a lot more space!

Maynard Seniors Matter. Let's rally 'round the flagpole and work together to develop a plan for more space and services for our valued seniors.

Peg Brown | President, Friends of Maynard Seniors, Inc.



Sesquicentennial t-shirts available at Middlesex Savings Bank (17 Nason Street, Maynard) and will be at the Maynard Farmers Market July & 20th, August and September. Kids sizes now available!

Maynardopoly is available at the Council on Aging, The Paper Store and the Flower Pot (Main Street).



Community Dinners & Pantry

Join us for our Community Dinner at our 33 Main Street location in Maynard on Monday evenings, 5:00 to 7:00 p.m. Doors open at 5:00, dinner served at 6:00. Our Concord Community Dinner is at First Parish Church, 20 Lexington Road in Concord on Thursday evenings, 4:45 p.m. to 6:30 p.m. Doors open at 4:45, dinner is served at 5:30. All are welcome!

Pantry Hours:

Tuesdays, 3:00 to 6:30 p.m.

Thursdays, 3:00 to 6:30 p.m.

Pantry service is available for seniors only (55 years and older) on Tuesday afternoons (12:45 to 3:00) by appointment.

Pantry shopping is available by appointment; please contact us (info@opentable.org) for more information or to schedule an appointment.

Open Table Special Dinners

Every fourth Thursday of the month will see a specialty dinner at our First Parish Concord location. June is "something fishy"; July will be (appropriately) BBQ. Check our Facebook page or website for details closer to each date.

Open Table will be closed the week of July 4 at all locations.

REMINDER THAT THERE WILL BE NO DINNERS IN CONCORD IN AUGUST BUT WE INVITE OUR GUESTS TO JOIN US ON MONDAYS AT THE LOCATION IN MAYNARD - Dinner served at 6 pm.

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.

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.

Directions: 82 Main Street, Maynard, MA 01754
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.



GUEST TABLE



AT FIRST PARISH

Free Community Dinner at First Parish Church in Stow (353 Great Road) - Guest Table holds monthly dinner first Friday of the month from 5:30 - 6:30 pm. Everyone welcome and there is no charge but donations are gratefully accepted. Doors open at 5pm. Email fpcguesttable@fpc-stow-acton.org or call 978-897-8149 for more information. Guest Table is made possible from grants from Stow Community Chest, Acton Boxborough United Way, and private donations.



Join Today or Renew Your Annual Dues!

FRIENDS OF MAYNARD SENIORS, Inc.*

We support programs and services for the Maynard Senior Center and are a 501(c)(3) charitable organization. Checks payable to: Friends of Maynard Seniors, Inc., 195 Main Street, Maynard MA 01754

See us on Facebook!



\$15

ANNUAL DUES:

\$15 INDIVIDUAL

\$30 COUPLES

\$50 SUPPORTER

\$75 BUSINESS or CORPORATE

Name _____

Address _____

Email _____

Phone _____

Additional Donation _____

New? Renewal? Date _____

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



Emerson Family Medicine, Maynard

Emerson Family Medicine, Maynard is now open and providing care for the whole family. Enjoy access to a single medical practice that delivers a holistic approach to primary care. Our expert Family Medicine specialists are trained to care for individuals of all ages, from newborns to elders.

Emerson Medical at Maynard
21 Main Street, Maynard
(in the former Walgreens)

To schedule an appointment,
call: 978-318-1870

Learn more at Emersonhospital.org



DRS. BROWN AND GOUJIL ARE ON THE ACTIVE MEDICAL STAFF AT EMERSON HOSPITAL.

FILE OF LIFE	
KEEP INFORMATION UP TO DATE !! <i>Review At Least Every Six Months !</i>	
MEDICAL DATA REVIEWED AS OF	MO. YR.
Name: _____	Sex: _____
Address: _____	M F
Doctor: _____	Phone #: _____
Preferred Hospital: _____	
EMERGENCY CONTACTS	
Name: _____	Phone #: _____
Address: _____	
Name: _____	Phone #: _____

Your latest medical information – including allergies, medications, contact persons and more – all in one safe place. Recognized and Endorsed by Hospitals, EMTs, COAs, TRIAD's, Municipal, Medical, Senior Citizen Organizations, Police, Sheriff's, and Fire Departments. Please contact the Council on Aging if you would like one mailed or stop by and pick one up!

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 JULY 2019

Rep. Hogan's 2019 Memorial Day Remarks

To all our Veterans here today, a grateful Commonwealth thanks you for your service and your sacrifice. On this Memorial Day, I am thinking of the 75th Anniversary of D-Day. As Andy Rooney said so well: "If you think the world is selfish and rotten, go to the cemetery overlooking Omaha Beach. See what one group of men did for another group on D-Day, June 6, 1944."

On June 6, 1944, allied forces invaded northern France by landing on the beaches of Normandy, code-named "Utah," "Omaha," "Gold," "Juno" and "Sword." This was the largest seaborne invasion in history and the beginning of the end of WWII. Nearly 2,500 Americans died on the beaches on D-Day

Then, now and forever, these young men remain the essence of all that is great about our country. It is their lives we grieve and their decency, courage, and bravery we honor today. This is what we remember and will never forget. We cannot separate the story of American freedom from the story of American sacrifice.

At 18, 19, and 20 years old these soldiers – still boys, really - arrived in places with far-away sounding names. They carried a gun and a knapsack and a profound sense of what was at stake – nothing less than freedom as we knew it. As we remember the 75th anniversary of D-Day and the invasion of Normandy, let us honor what is most remarkable about these stories: they are not just about our freedoms. They are about that defining character of America – fighting for freedom and liberty wherever it is threatened.

Today, across Europe, and Asia, and North Africa, individuals who do not know the names of our fathers, grandfathers or brothers – do know, and live, in freedom. These far-away places are where a small American flag placed before an austere white gravestone is the measure of what was sacrificed for their freedoms. At American military cemeteries across the globe, people pay tribute to these heroes from places with far-away sounding names. Places like Massachusetts.

Many of you have visited these American military cemeteries overseas or seen photographs. The stark tribute of thousands of white crosses in fields ringed by trees, at the edges of a city, and along the Atlantic Coast. These cemeteries are living memories of the profound human toll of this sacrifice – fighting for the universal ideal of freedom very far from home.

This 75th anniversary of D-Day, we can be sure that the residents in Sicily and Cambridge and Normandy will remember our fallen heroes. Let us join them today in remembering the valor and bravery with which our fallen fought for the freedoms of others.

We must appreciate that to be American today – 75 years after our troops faced down fire at Normandy in one of the darkest periods of modern history – is to know that freedom grows and is protected when it is shared.

The United States of America has always been willing to fight for our freedoms and the freedoms of people around the world. On this Memorial Day, let us commit to a town, a Commonwealth, and a country worthy of these heroes.

—Rep. Hogan shared these remarks during Memorial Day ceremonies in Bolton, Hudson, Maynard, and Stow

Hogan's Office Hours

Office Hours will be by appointment during the months of July and August. Please contact my office at 617-722-2199 to schedule an appointment.

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

COMING SOON TO FINE ARTS THEATRE PLACE

Spiderman: Far From Home

COMING JULY 2

Starring Tom Holland & Jake Gyllenhaal

Following the events of Avengers: Endgame, Spider-Man must step up to take on new threats in a world that has changed forever.

The Lion King

COMING JULY 19

Starring Donald Glover & James Earl Jones

(Live Action Adaptation)

After the murder of his father, a young lion prince flees his kingdom only to learn the true meaning of responsibility and bravery.

Garden of the Finzi-Continis

COMING JULY 9 & 10

Starring Dominique Sanda & Lino Capolicchio

Mussolini's Italy, late 1930s: the Finzi-Contini are one of the leading wealthy Jewish families. Their adult children gather friends for tennis and parties at their lovely grounds, with the rest of the world at bay, while politics close in.

Once Upon A Time in Hollywood

COMING JULY 26

Starring Leonardo DiCaprio, Margot Robbie & Brad Pitt

A faded television actor and his stunt double strive to achieve fame and success in the film industry during the final years of Hollywood's Golden Age in 1969 Los Angeles.



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