

**NEW**

**GENERATION**



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

**SEPTEMBER 2019**



**Marge Mallinson & Meg Robinson, RN of VNA CareNetwork**

## The View from Here

Last month we celebrated National Honey Bee Day with two very special programs. Lucia Camara, Bereavement Counselor from Nashoba Nursing Service & Hospice and bee keeper, gave a wonderful presentation about the medicinal history and healing properties of honey. I think I'm speaking for all of us who attended when I say Lucia's positive energy and enthusiasm had their own special properties which touched each of us.

Melissa Ljosa, keeper of the Maynard Honeybee Meadow, arrived with photos, frames with honey comb, beekeeping suits and samples of honey. We received a very thorough introduction to beekeeping infused with Melissa's obvious passion for her bees! A group of seniors enjoyed a "Breakfast & Bees" outing stopping first at Michael's Bridge Diner in Lancaster for a delicious breakfast and then a visit to the Maynard Honeybee Meadow for a personal tour by Melissa.

Jean Duggan invited our senior watercolor class to her home where the class enjoyed her flower gardens by painting outdoors ("plein air). Chimes tinkled, water fountains bubbled and small sounds came from the house wrens' nest providing delightful background music. The beautiful ambience contributed to some very beautiful artwork!

Meg Robinson, RN, (see cover) from VNA CareNetwork, provides nursing services for our monthly Keep Well Clinic. Soon after we opened our doors in 2015, a nurse stopped by from VNA CareNetwork to introduce herself and let us know of their community nursing services. Well, not just "a nurse," but Judy Manning, who I'd known for years in many other professional capacities. What a delightful reunion! Meg stepped in after Judy retired bringing warmth and a kind listening ear as well as excellent care. Meg's much loved – many thanks to VNA CareNetwork for their support!

### ~ Amy Loveless

Director, Maynard Council on Aging & Senior Center



Pat Olsen

## The "New Year"

Because the traditional academic year begins around the beginning of September, my subconscious believes the "new year" begins when I went back to school as a kid. Municipal government calendars are not that far off, as our fiscal year begins July 1st for accounting purposes. With Maynard's school-children headed back to class nowadays, I imagine I'm not alone in feeling that we're entering a "new year" nowadays.

There are a number of indicators of the "new year". The School Committee hired Mary Jane Rickson as Interim Superintendent to usher in the Maynard Public School District's fall opening. We read the report that Market Basket signed a lease agreement to move into the site at 129 Parker Street known as Maynard Crossing. The Board of Selectmen reformed a Capital Planning Committee to help address the long-term planning for the town's assets. On Main Street, Azucar Tapas Bar and The Sanctuary are open and add to the new wave of businesses downtown. Maybe most exciting: Maynard Fest is scheduled just around the corner on October 5th!

These are just a few of the recent signs of the "new year" in town, and I'm very much looking forward to seeing how this "year" unfolds for the community.

As a "new year's" resolution, I want to capture aspects of Maynard I hadn't noticed before. I took the picture below the other day in that spirit. Do you know where to find in town?

Sincerely,

### Greg Johnson

Town Administrator | [gjohnson@townofmaynard.net](mailto:gjohnson@townofmaynard.net)



## Council On Aging Board Meetings

The Council on Aging Board meetings are held the 3rd Tuesday of the month at 10:30 a.m. (September 17) 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

## September & October Luncheons

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

### September Luncheon

**Thursday, September 12 • Noon**

Meatloaf, Mashed Potatoes, Vegetable Salad, Rolls & Dessert

**\$8.00 Pay at the door**

**Deadline to sign up is September 4th by noon**

### October Luncheon

WITH SPECIAL ENTERTAINMENT

**Thursday, October 10 • Noon**

Chicken Cordon Bleu, Baked Potatoes  
Vegetable, Salad & Rolls, Dessert

**\$8.00 Pay at the door**

**Deadline to sign up is October 2nd 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.**

## Lunch with Live Music at St. John, Sudbury

**Tuesday, September 10 • 12:00 – 2:00 p.m.**

Come for a hot lunch, with live music provided by the New Magnolia Jazz Band, a Massachusetts band playing traditional New Orleans jazz. The band includes trumpets, reeds, low brass, and percussion. The luncheon will be held on Tuesday, September 10, at St. John Lutheran Church in Sudbury. Our menu will feature pot roast, roasted potatoes, green beans, and tossed salad.

Although St. John is now located in Sudbury, the church originated in Maynard in 1894 and is still deeply connected to the town of Maynard.

A suggested donation of \$8 is asked. To sign up, call the church office at 978-443-8350 before Tuesday, September 3. St. John is located at 16 Great Road in Sudbury.

## THE COA will be closed September 2 in observance of Labor Day

The Massachusetts Office of Consumer Affairs &  
Business Regulation Presents:

### On the Road with OCABR: Shopping 101

**Wednesday, September 25 • 10:00 a.m.**

Join the Office of Consumer Affairs and Business Regulation for a free and informative presentation on your shopping rights, including express & implied warranties, return policies, defective merchandise, pricing discrepancies, and shopping online or through the mail or television.

## Nashoba Nursing Service & Hospice Presents Cardio Health: Simple Steps to Improving Your Heart Health

**Thursday, September 26 • 12:30 p.m.**

According to statistics from the CDC, heart disease is the leading cause of death for both men and women in the United States. Prevention and treating contributing medical conditions are key to lowering your risk. Participants will learn about the anatomy of the heart, risk factors, life style changes and warning signs of heart attacks and strokes. A light lunch will be served at 12:00 p.m.

## Thrifty Shopping Trip

**Monday, September 16th • 9:00 a.m.**

Are you a shopper who loves a great deal? Are you looking to live a greener lifestyle? Please join us for a fun day shopping for bargains! We will start at Savers thrift store in Marlborough. Following Savers you can browse for deals in Ocean State Job Lot or poke through the clearance racks in Marshalls. Let's find some treasures! We will stop for lunch, cost on your own, before heading home. Pick-ups start at 9 a.m. Cost of trip: \$3. Limit: 8. Preference will be given to those who did not go on our previous Thrifty Shopping Trip.

# 2019 OPEN STUDIOS

**SATURDAY, SEPT. 28**, 12–5 pm

**SUNDAY, SEPT. 29**, 12–5 pm

---

**ARTSPACE GROUP EXHIBIT**

September 4 – October 11

---

**ARTISTS TALK & RECEPTION**

Saturday, Sept. 7, 5–7 pm

---

**GALLERY HOURS**

Wednesday – Saturday, 11 am – 3 pm

---

**MUSICAL PERFORMANCES**

**Workingman's Duo**

Saturday, Sept. 28, 5:15–6 pm

**Classical Guitarist and  
Gambist Berit Strong**

Sunday Sept. 29, 5:15–6 pm

---



SPONSORED BY



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](http://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

---

### Affinities

Works by the 6 Bridges Gallery artists



August 23 – October 5, 2019  
Reception: September 7, 7:00–9:00 pm

---

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

# Maynard Repair Café

Saturday, September 21 • 10:00 a.m. to 2:00 p.m.

Maynard High School Cafeteria, 1 Tiger Drive, Maynard

What do you do with a broken toaster or lamp? Or with a shirt or blouse with a seam that's ripped out? Toss it? No way! Bring them to the Maynard Repair Café hosted by the Rotary Club of Nashoba Valley.

Bring your items that need repair, and knowledgeable volunteers will help you try to fix them for free. The volunteers can work on items such as clean mendable clothing, knitted and crocheted items, lamps, small appliances, computers and other electronics, bikes, outdoor power equipment, toys and jewelry. They can also sharpen knives, scissors and garden tools. You only pay for needed parts. If you know what parts are needed, please get them ahead of time and bring them to the Repair Café to save time.

The Maynard Repair Café is also actively seeking volunteers for the event. Volunteers can help by being a "fixer" or by helping to host the event. To get more information, visit their Facebook page at: [www.facebook.com/MaynardRepairCafe](http://www.facebook.com/MaynardRepairCafe). For a calendar of local repair events in Massachusetts, go to this link: [www.boltonlocal.org/initiatives/repair-cafe](http://www.boltonlocal.org/initiatives/repair-cafe)

For more information, contact Ray Pfau at (978) 779-5545 or [ray.pfu@alum.mit.edu](mailto:ray.pfu@alum.mit.edu) or visit [www.nashobarotary.org](http://www.nashobarotary.org)



Dear Seniors,

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



## The 27th Annual Maynard Community Fest

The 27th Annual Maynard Community Fest is slated for Saturday, October 5th, from 9 a.m. to 3:30 p.m. Celebrating community, commerce and culture for over a quarter of a century, the Fest includes a sound stage in Memorial Park, dozens of sidewalk sales and special promotions from downtown organizations, a slew of nonprofit and artisan vendors, and a plethora of free or inexpensive activities for young and old, alike.

While we are still putting the final touches on the event, the Memorial Park Sound Stage will showcase local musicians including Keith Jacques, Mister Vic, the Maynard High School Jazz Ensemble, and the Mill Town Rounders. There's plenty of room in front of the stage, so bring a folding chair.

While favorite festival fare will be served, we encourage patrons to visit one of the fantastic downtown eateries. In addition to street food served by Café India, El Huipel, and Azucar, both The Pleasant Café and Amory's Tomb will host fresh air beer gardens.

Other confirmed activities to date include pumpkin painting at Berkshire Hathaway, the Boys and Girls Club Wellness Fair featuring baby goats (near Boston Bean), Alpacas in the park, complimentary popcorn with the police, tours of The Sanctuary, activities with the Maynard Fire Department in the Emerson Parking Lot, a Teddy Bear Clinic at Emerson Family Medicine, free swag and face painting at Middlesex Savings Bank, Rep. Hogan's RMV Booth, and the Revolving Museum's Poetry Mobile, hosted by the Maynard Cultural District.

We expect our complete brochure of activities to be published by September 10th. For more information, call 978.568.0360, email [info@assabetvalleychamber.org](mailto:info@assabetvalleychamber.org), or following the "Maynard Fest" Facebook page!



## Get Started with Microsoft Excel!

Tuesday, September 24th @ 7pm • At The Maynard Public Library

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

Master navigating around and between worksheets, inserting data, performing quick calculations, creating charts, and much more! (While not mandatory, feel free to bring a laptop to follow along if possible.)

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



## Maynard Farmers' Market

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

Mill Pond parking lot, Main St • [MaynardFarmersMarket.com](http://MaynardFarmersMarket.com)

### 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



## September At The Farmer's Market

The 2019 season ends on 9/28 so don't miss a single remaining 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.

Category	September 7th	September 14th	September 21st	September 28th
Periodic Vendors	Pony Shack Cider House	The Compulsive Baker	Pony Shack Cider House	
Artisans	The Empty Nest	Jennifer's Handmade Soaps Iona Enamel Arts	Crafts for a Cure Julie James Woodworking	Brookfield Candle Co Everything Alpaca
Music	Steve Robb	9am Ralph DeFlorio 11am Morgan Minsk	Vera	Paul Driscoll
Community Table(s)	Maynard Anti-Racism Alliance (MARA) Vegan Metrowest Network	Friends of Maynard Seniors NEADS World Class Service Dogs	Zachary St. John File of Life Eagle Scout Project	
Kids Activity	Jamtime	Dan the Hoop Man	Maynard Rocks painting with the Morgans	
Special Activities	Apple Pie Contest			



Watch Diane's  
new show  
**My Greek Table**  
on Public  
Television

Diane Kochilas

## My Greek Table

Authentic Flavors and Modern Home Cooking  
from My Kitchen to Yours



### September Cookbook Club

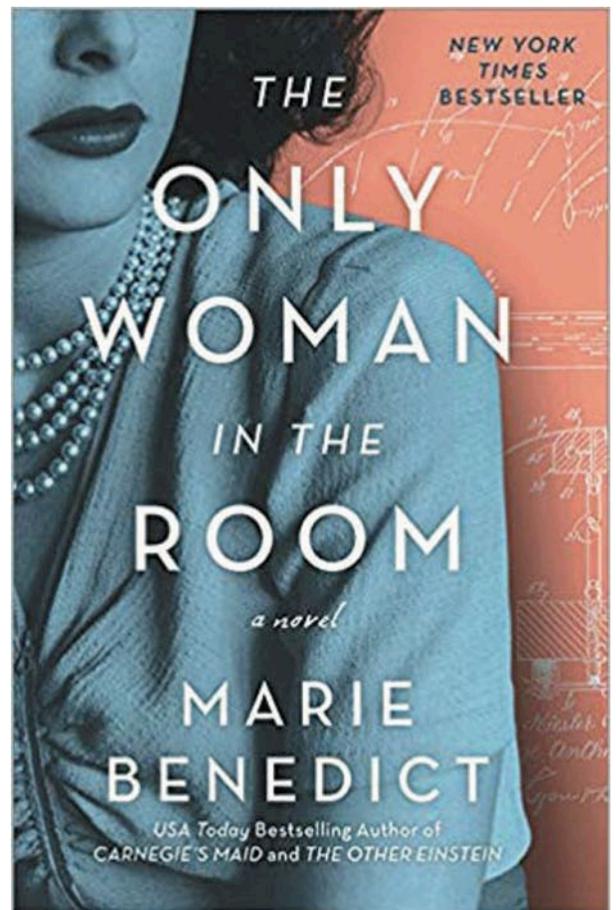
Monday, September 16 • 12:00 Noon

The Cookbook Club will explore recipes from *My Greek Table* by Diana Kochilas. Pick up a copy of the cookbook at the library, choose a recipe and bring your dish to share in a pot luck lunch.

Drinks and place settings provided.

Sponsored by the Friends of the Maynard Library.

Reminder that members of the Friends of the Maynard Library are invited to be part of the local theater scene by acting as a preview audience for the dress rehearsal of ACME Theater's season opening play *Eat the Runt* on Wednesday, September 18. Be in your seats by 7:45 p.m. The modest \$5.00 fee goes to support the Library. The ACME Theater is located at 61 Summer Street, Maynard.



On Tuesday, September 24 The Book Mill discussion group will be meeting at 7:00 p.m. in the Trustees Room of the Maynard Library to talk about *The Only Woman in the Room* by Marie Benedict. The group is open to all.

# MARK YOUR CALENDARS!

## The Fall Book Sale will be held on October 5 & 6

# JOIN US FOR ? THEMED PROGRAMS THIS MONTH

## September Movies

### The Upside

**Wednesday, September 11th • 11:00 a.m.**

Inspired by a true story, *The Upside* is a heartfelt comedy/drama about a recently paroled ex-convict, played by Kevin Hart, who strikes up an unusual and unlikely friendship with a paralyzed billionaire, played by Bryan Cranston. Rated PG13. Hot dogs will be available to purchase for lunch. Popcorn, drinks, and ice cream will be provided.

### POMS

**Thursday, September 19th • 11:00 a.m.**

*POMS* is an uplifting comedy about Martha (played by Diane Keaton), a woman who moves into a retirement community and starts a cheerleading squad with her fellow residents, Sheryl (Jacki Weaver), Olive (Pam Grier) and Alice (Rhea Perlman), proving that it's never too late to follow your dreams. Rated PG13. Pizza will be available to purchase for lunch. Drinks and dessert will be provided.

## Concord River Cruise

**Wednesday, September 18th • 4-5:15 p.m.**

Relax while cruising on the Concord and Sudbury Rivers. View homes from the 1800's and nature at its best. Watch for turtles, blue herons, geese, ducks and other wildlife along the river banks. We will cruise to Fairhaven Bay, where Thoreau and Hawthorne spent time composing their renowned writings, and to the Old North Bridge where the 'shot heard around the world' was fired. Trip cost: \$8. Limit: 14. Preference will be given to Maynard seniors who have not attended a previous Concord River Cruise. Please carpool if possible as van space will be limited. Following the cruise we will go out to dinner. Cost for dinner is your responsibility.

## Indian Hill Music

**Thursday, September 19th • 11:00 a.m.**

Join us for a trip to Indian Hill where we will hear Berit Strong on lute and classical guitar playing a tribute to Julian Bream. Please call the COA to reserve a seat at our table for this wonderful performance. Complimentary coffee, tea and cookies will be served. The concert is free.

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

### Idaho: An Aerial Tapestry

**Friday, September 6th • 11:30 a.m.**

Winner of a prestigious regional Edward R. Murrow Award, *Idaho: An Aerial Tapestry* follows the route of the mighty Snake River and other rivers on a journey across the entire state. You will see a breathtaking diversity of landscapes and geological extremes including rivers, plains, deserts, canyons, mountains, wilderness, rolling prairie, and big lakes. See Idaho like never before from the air!

### The Russian River: All Rivers

**Friday, September 13th • 11:30 a.m.**

*The Russian River: All Rivers – The Value of An American Watershed* explores the diverse forces which have come to shape one of California's iconic rivers, forces which impact rivers and watersheds throughout the world. It examines how the Russian River has been used, and what the consequences of that use have been. By looking at the effects of mining, logging, fishing, agriculture, diversion and development, the film conveys a historical perspective for the river's condition.

### Rivers of Life: The Mississippi

**Friday, September 20th • 11:30 a.m.**

The Mississippi River reaches far beyond the Deep South; its fingers stretch into nearly half of the USA. From the frozen north - where coyotes learn to fish in icy water - down through the nation's agricultural heart and then to the mysterious, steamy southern swamps where alligators still rule, the many faces of the Mississippi unite a nation. *Rivers of Life* reveals the extraordinary animals, epic landscapes, and remarkable people who live alongside this river.

### The Biggest Little Farm

**Friday, September 27th • 11:30 a.m.**

*The Biggest Little Farm* follows two dreamers and a dog on an odyssey to bring harmony to both their lives and the land. When the barking of their beloved dog Todd leads to an eviction notice from their tiny LA apartment, John and Molly Chester make a choice that takes them out of the city and onto 200 acres in the foothills of Ventura County. The land they've chosen, however, is utterly depleted of nutrients and suffering from a brutal drought. The film chronicles eight years of daunting work and outsize idealism as they attempt to create the utopia they seek.

# 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.**

**COA  
BOARD  
MEETING  
SEPT. 17**

### **Bingo**

Wed., Sept. 18th  
11:00 a.m.

### **Keep Well Clinic**

Wed., Sept. 18th  
12:30 p.m.



## Maynard Council on Aging Trips

### COA OUTINGS

### SCHEDULED SHOPPING TRIPS

**STOP & SHOP**  
Monday through Friday

**SHAW'S**  
Friday Only

One hour is allowed for shopping. Shoppers should call at least 2 days in advance to schedule their shopping times.

**September 5**  
**MARKET BASKET**

Pick-ups start at 1:00 a.m. Van cost \$3.00.

**September 19**  
**WALMART**

Pick-ups start at 1:00 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.

### The Maynard COA & Senior Center Presents! The 2019 Holiday Boston Pops

December 13, 2019

10:30 AM Depart from the Maynard Elks, 34 Powder Mill Road and join us for a dazzling, engaging performance by America's Orchestra and relish the elegance of historic Symphony Hall. Join the Boston Pops and the renowned Keith Lockhart in 2019 for a singularly sensational day of memorable music, so great that it 'Pops!' You'll first enjoy a delicious, full course luncheon at the Danversport Yacht Club. Then you'll drive along Boston Common to view the beautiful Christmas lights display before arriving at Symphony Hall where Keith Lockhart will be conducting the 4:00 PM matinee performance and Santa will be appearing as well! Enjoy the show from your First Balcony seats. You'll arrive home at approximately 7:00 PM after a great and memorable time with the Pops.



#### TOUR INCLUDES:

- Reserved First Balcony Seats: 4:00 PM Show • Delicious Luncheon at Danversport Yacht Club (Choose Entrée: \_\_\_Chicken Parmigian \_\_\_Baked Haddock)
  - Boston Common Sightseeing Tour • Luxury Silver Fox CD/DVD/WiFi Motor Coach
- TOUR COST: \$140.00 Per Person • Please Contact: The Maynard COA @ 978.897.1009

# What's Next? And When?

The Maynard Community Life Center Report was presented to the Board of Selectmen in March, 2013 by a nine-member appointed Community Life Center Committee. The committee was formed in response to a vote at Annual Town Meeting on May 16, 2011. The concept and request for the Community Center was to create a single facility "to support both the senior population needs and recreational activities for the residents of Maynard."

The Life Center Committee faced the challenge of providing recommendations based on two key facts: 1) The then current Senior Center was ineffective for programming needs and the growing population of our senior population, and 2) the increase in demand for recreational facilities, especially following the demolition of the town-owned Memorial Gym, was well supported by the majority of Maynard voters.

At the time of the report, the best identified facility to achieve a Community Life Center was the old Digital PK2 building located at 129 Parker Street. Sadly, that option was lost.

Fast forward to 2019. The Memorial Gym was never replaced. Plans for a Community Life Center were not advanced. The Selectmen addressed the most immediate needs of the senior population by temporarily relocating in 2015 the COA in a newly refurbished room at 50 Brown Street. The move was meant to be a stop-gap solution and is now very much undersized for our growing elder population. The COA is difficult to access (and hazardous in winter months), has no storage space, and lacks sufficient space to hold more than one activity at a time or conducting active fitness programs. We can do better!

The minutes, agendas, minutes, and the full Maynard Community Life Center Report can be found on our town website at: <https://www.townofmaynard-ma.gov/gov/committees/mclcc/>

Please take a look when you have a few minutes. It's a document that has largely disappeared from public view and yet its recommendations were – and remain - accurate and timely. It is time to revive the Community Life Center Committee. The project is dormant and many residents and seniors are still waiting and wondering....what's next, and when?

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

## Friends of the Maynard Seniors Board of Directors Meeting

September 12 & October 10 at 2:00 p.m.  
at the Maynard Public Library  
All are Welcome!

## Stop by the Community Table and Say Hello!

Friends of Maynard Seniors  
Will be at the Farmers Market  
September 14, 9:00 – 1:00

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



## 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. Check our Facebook page or website for details closer to each date.

## 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.

### Mt. Calvary Community Supper

Wednesdays, 4:45 – 6:00 p.m.  
Mt. Calvary Church,  
472 Mass Ave., Acton  
(978) 263-5156  
www.mtcalvaryacton.org  
communitysupper.org



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](mailto: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.

## Maynard Farmers' Market • Saturday, September 7th

### Apple Pie Contest

**Most Beautiful • Best Crust • Audience Favorite • Best Filling • Best Overall**

**Calling all bakers!** Bake your pie with **local** apples and deliver your pie in a disposable pan with a copy of your recipe to the **Maynard Farmers' Market Table** by 9:00AM. Entry form and \$10 for all entries is required. Pre-registration is welcome and encouraged! Email Alannah at [events@opentable.org](mailto:events@opentable.org)

**Are you a better taster than baker?** Come vote for the Audience Favorite category. Tasting cups will be available for a donation. Proceeds to support Open Table.

Visit the market every Saturday from 9AM to 1PM for artisan goods at the market in the **Mill Pond Parking Lot** on Main Street at Mill & Main (near the Sudbury St. intersection) in Maynard, MA.



The Council on Aging provides information and referral to a wide range of services, including not limited to: in home services, food and fuel assistance, health insurance counseling, transportation, housing, caregiver resources as well as other senior support services. We have a limited supply of durable medical equipment available for loan and appreciate donations! The Council on Aging's Senior Services Directory can be found on the Town website under Government and Council on Aging <https://www.townofmaynard-ma.gov/gov/departments/council-on-aging/>.

The Town of Maynard's Veterans Agent is Wayne Stanley. The Office of the Veterans Service Office (VSO) is located in the lower level of the Town Hall. The VSO's office hours are Tuesday nights from 6:00 p.m. to 8:00 p.m. or by appointment. To schedule an appointment with the VSO or to ask the VSO a question, please call (978) 897-1361 and leave a message. The VSO will return your call as soon as possible.



**26 Crosby Drive, Bedford, MA 01730**  
**(781) 272-7177 • (888) 222-6171 (toll free)**

**MassRelay: 711 or**  
**1-800-439-2370 (TTY/ASCII)**

<https://www.minutemansenior.org/>

It's time for your Medicare check-up! Medicare Open Enrollment is October 15, 2019 – December 7, 2019. This is your annual opportunity to review your health coverage, compare health plans, obtain premium and co-payment information and learn of any additional covered services and prescription plans. Join us on October 24 (11:00 a.m.) to hear about the changes with Prescription Advantage, Medicare and Medicare Advantage plans presented by a state certified SHINE counselor.

SHINE counselors are always available to meet with individual's onsite at the Council on Aging during scheduled hours. To make an appointment please call the Maynard Council on Aging at (978) 897-1009. SHINE can provide telephone counseling and in-home counseling as needed for those who are homebound or without transportation.

SHINE is a State Health Insurance Program (SHIP), and a program of Minuteman Senior Services, offering free health insurance counseling for Medicare beneficiaries of all ages through a network of state certified staff and volunteers. SHINE is partially funded by the federal Administration for Community Living with local funding provided by Lahey Health, Cummings Foundation, Dana Home Foundation, Acton-Boxborough United Way, Concord-Carlisle Community Chest, Maynard Community Chest, Stow Community Chest and private donations. For more information, please call 888-222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org)

## OVERVIEW OF SERVICES

<b>AGING INFORMATION CENTER</b>	information about a wide array of services
<b>CARE MANAGEMENT</b>	in home assessment & service coordination
<b>CAREGIVER SUPPORT</b>	helping caregivers & their loved ones
<b>ELDER PROTECTIVE SERVICES</b>	allegation of abuse & exploitation are investigated
<b>HEALTHY LIVING PROGRAMS</b>	classes for managing one's own health
<b>HOME CARE</b>	services providing assistance to able to continue to live at home
<b>LEGAL SERVICES</b>	free civil legal services
<b>MINUTEMAN BY YOUR SIDE</b>	private pay case management
<b>MONEY MANAGEMENT</b>	assistance with check writing, budgeting, bank errands
<b>NURSING HOME OMBUDSMAN</b>	advocacy for residents of nursing and rest homes
<b>OPTIONS COUNSELING</b>	short-term intervention about long-term care services
<b>SENIOR NUTRITION</b>	Meals on Wheels program delivers lunch to homebound seniors
<b>SHINE – HEALTH BENEFITS COUNSELING</b>	free health insurance counseling

# Fall 2019 Regional Workshops For Grandparents Raising Grandchildren

The Commission on the Status of Grandparents Raising Grandchildren will be convening workshops this fall throughout Massachusetts. Each workshop is approximately three hours long. A guest speaker will present at each workshop a topic important to relative caregivers. Each presentation will be followed by an information panel, which includes representatives from agencies who work with grandparents raising grandchildren and relative caregivers such as DTA, DCF, MassHealth, WIC, Elder Services, and more. Local community support providers will also be present.

GUEST SPEAKER  
**Ruth Bodian**

TOPIC  
**How Trauma Impacts  
Children & Families**

**September 17, 2019  
9:30 a.m. - 12:30 p.m.**

LOCATION:  
**Acton Senior Center  
30 Sudbury Road, Acton, MA**

Light refreshments and pastries will be provided

**Registration is required!**

To register please contact the Commission:  
**Colleen.pritoni@state.ma.us**

For the entire statewide  
schedule, please visit  
**www.massgrg.com**



## 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](http://Emersonhospital.org)



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

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!



## REP. KATE HOGAN'S SENIOR NEWS SEPTEMBER 2019

### Helping seniors get around town and into Boston

The familiar sight of the yellow school buses returning to their neighborhood routes in Maynard is not just a sure sign of fall: it is a hallmark of the central role transportation plays in all of our lives. Whether you are a student returning to Fowler School, or like me, continuing on your journey of lifelong learning, transportation matters. It is the foundation of how we make our economy and community accessible to residents of all ages and backgrounds.

That is why I championed strategic investment in local transit in the Fiscal Year 2020 (FY20) state budget, which was passed by the House and signed by the Governor last month. Read on for a snapshot of how this funding will help you

get around town and into Boston.

**Senior Transportation and Maynard Shuttle Service:** I was proud to secure \$100,000 in the state budget towards Maynard transportation that will benefit senior mobility in two distinct ways: strengthening the Maynard Council on Aging (COA) van service and continuing a popular shuttle service to the South Acton MBTA station.

**COA Van Service:** I will bet that you already have experienced first-hand the impact of the COA van service, which currently helps thousands of area seniors get to appointments, go to the grocery store, and access the senior center's many programs and resources. This infusion of state funding gives the COA the capability to continue reaching seniors with safe, efficient, and enjoyable rides. To schedule a ride, reach out to the CrossTown Connect dispatch office at (978) 844-6809. The van runs Monday through Friday from 7 a.m. to 3 p.m.

**Maynard Commuter Shuttle:** Have you tried the Maynard Shuttle to the South Acton MBTA station? Run by the towns of Maynard and Acton in coordination with CrossTown Connect, the Maynard Shuttle picks up residents at various locations throughout town – including the Maynard Golf Course/Senior Center – and drops them off at the MBTA station. The popular service is a targeted transit solution informed by my leadership of the 495/MetroWest Suburban Edge Community Commission. The Commission's recent report highlights the importance of facilitating first and last mile connections to help residents get to and from the train.

As seniors, I am sure you already know this finding is not just for commuters. In my office's recent survey of local transportation habits, Maynard seniors made resoundingly clear that they too value the ability to travel to Boston efficiently and affordably. The funding included in the state budget means the popular shuttle service that has seen its ridership steadily increase since its 2016 launch – and that currently connects more than 2,300 riders to the commuter rail – can continue thriving.

To learn more, visit the town of Maynard's website at: <https://www.townofmaynard-ma.gov/shuttle/>

---

### Hogan's Office Hours

Bolton Office Hours: Thursday, September 19th from 6 to 7 p.m. at the Bolton Public Library, 738 Main Street, Bolton

Maynard Office Hours: Thursday, October 10th from 6 to 7 p.m. at the Maynard Public Library, 77 Nason Street, Maynard

---

### 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

## COMING SEPTEMBER 6 IT: CHAPTER 2

*Starring Jessica Chastain & James McAvoy*  
In the sleepy town of Derry, the evil clown Pennywise returns 27 years later to torment the grown-up members of the Losers' Club, who have long since drifted apart from one another.

## COMING SEPTEMBER 20 DOWNTON ABBEY

*Starring Maggie Smith & Michelle Dockery*  
The continuing saga of the Crawley family and the servants who work for them in the English countryside in the early 20th century.

## SEPTEMBER 10th & 11th ONLY THE BEST YEARS OF OUR LIVES

*Starring Harold Russell & Dana Andrews*  
Fred, Al and Homer are three World War II veterans facing difficulties as they re-enter civilian life

## COMING SEPTEMBER 27 ABOMINABLE

*Starring Chloe Bennet*  
When teenage Yi encounters a young Yeti on the roof of her apartment building in Shanghai, she and her mischievous friend embark on an epic quest to reunite the magical creature with his family

END OF SUMMER SPECIAL!

**ADVERTISE YOUR  
BUSINESS WITH US  
FOR 50% OFF!**

**YOUR ONSCREEN ADS  
CAN BE VIEWED UP TO  
5,000 TIMES PER WEEK!**

*Regularly \$200/month, contact us now to lock in pricing for \$100/month through the end of 2019!*

## **PARTY WITH US!**

Book your child's birthday party now through the end of September and get \$50 off!

Contact us at  
[info@fineartstheatreplace.com](mailto:info@fineartstheatreplace.com)  
to book today!

19 Summer Street, Maynard, MA 01754 | [fineartstheatreplace.com](http://fineartstheatreplace.com) | 978-298-5626