

# NEW GENERATION



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

**FEBRUARY 2020**



## The View from Here

With the Friends of Maynard Seniors' financial support, the Council on Aging is now the beneficiary of the MySeniorCenter software program with touchscreen sign in and many other useful features. MySeniorCenter creates the option of adding key swipes and online registration. Friends' memberships, donations and proceeds from special fundraising event made this happen. Thank you to all for supporting the Council on Aging!

The Council on Aging offered several excellent presentations and I'd like to acknowledge them. Anne Marie Lesniak Betley introduced aspects of Chinese Medicine which provoked us think of self care in many unique ways. Denise Mercury, nutritionist from Minuteman Senior Services, gave us guidelines for the new Nutrition Facts label and Lucia Camero, from Nashoba Nursing Service and Hospice, provided us with tips to help manage the effects of the "winter blues."

Emerson Hospital is sponsoring a presentation on the mind-body connection and the impact on our health. Light breakfast refreshments will be offered. I can't encourage you enough to join us. Please call the COA to sign up!

On the cover and below, are photos of participants in Rebecca Reber's chair yoga class. Rebecca is loved by all!

Take advantage of the warmer days for a walk around the block and listen for male cardinals starting their spring songs!

### ~ Amy Loveless

Director, Maynard Council on Aging & Senior Center



## Building Dreams

In addition to maintaining essential day-to-day public services, the submission of my Town Administrator's Recommended Budget for Fiscal Year 2021 (which starts July 1, 2020 through June 30, 2021) is meant to provide solutions to answer the demands for capital investments and support the goals of the town's policy-makers like the Board of Selectmen and School Committee. The town's Finance Director Mike Guzzo and I offer methods to fund the urgent needs listed on the capital plan, including the final stage of plans to construct a new fire station, make renovations to bathrooms for the schools, lease to own a new ambulance, and attempt to meet the critical needs for Maynard's city's-worth of infrastructure in water, sewer and roadways.

To read my budget message, check the Board of Selectmen's webpage at:

[www.townofmaynard-ma.gov/gov/board-of-selectmen/](http://www.townofmaynard-ma.gov/gov/board-of-selectmen/)

It's coming up to voting season again, and this year's early voting starts Monday, February 24 and continues through the week. The regular voting date for the Presidential Primary is March 3, 2020. You can check the Town Clerk's Election's webpage for more details:

[www.townofmaynard-ma.gov/gov/elections/](http://www.townofmaynard-ma.gov/gov/elections/)

The town switched to a new mass-notification platform for residents, businesses and visitors in Maynard. Be sure to sign up to receive your preferred method of information (text message, email, phone call):

[www.hyper-reach.com/mamaynardsignup.html](http://www.hyper-reach.com/mamaynardsignup.html)

Remember that I would include pictures of unique aspects of Maynard from time to time? Do you know where to find this month's?



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. (February 18th), at Town Hall in the Gianotis Room. 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

## March & April Luncheons

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

### March Luncheon

Friday, March 13 • Noon

Meatloaf, Mashed Potatoes, Peas, Salad & Dessert

**\$8.00 Pay at the door**

Deadline to sign up is February 26

Entertainment by Roger Tincknell

### April Luncheon

Thursday, April 9 • Noon

Chicken Parmesan, Pasta with Sauce

Salad, Garlic & Dessert

**\$8.00 Pay at the door**

Deadline to sign up is March 25

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.

## Making the Mind-Body Connection

Monday, March 16 • 10:00 a.m.

Maynard Elks Club

The connection between the mind and body has become an area of increasing medical interest over the past several years. Amanda Venti McLain will provide a brief history of mind-body medicine, explain the physiology of stress, its impact on health and the mounting scientific evidence to support the mind-body therapies. Light breakfast refreshments served – must sign up! Open to surrounding Councils on Aging.

*Program sponsored by Emerson Hospital*

## The COA will be closed: Monday, February 17 In observance of Presidents' Day

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

Wednesday, February 26, 10:30 a.m.

Rejuvenate through guided meditations and practice tips to help you sleep deeply and leave you feeling refreshed in the morning. Jean teaches yoga in Maynard and has been practicing the art of yoga for the past 15 years. She is also an Ayurveda Wellness Counselor and helps clients bring their bodies into balance through diet, yoga, and meditation.

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

Tuesday, February 11 • Noon to 2 p.m.

Come for a hot lunch, with live music provided by singer and song writer Dan Kirouac. The luncheon will be held on Tuesday, February 11, at St. John Lutheran Church in Sudbury. Our menu will feature meat loaf, mashed potatoes and gravy, vegetable medley, and tossed salad.

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

Tuesday, March 10 • Noon to 2 p.m.

Come for a hot lunch, with live music provided by Nancy Day – singer, songwriter, and entertainer. The luncheon will be held on Tuesday, March 10, at St. John Lutheran Church in Sudbury. Our menu will feature corned beef, cabbage, boiled potatoes, carrots, pearl onions, and turnip.

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

## Line Dancing!

Tuesdays • 9:30-10:30 a.m.

Come join us and see for yourself why so many already love this wonderful activity. With the fun it brings and its widespread cognitive, physical, and social benefits, your mind, body, and spirit will be so glad you did! As each dance uses foot patterns only, beginner dances can be learned within minutes. We'll groove to several dances each class and enjoy a large variety of uplifting music. Give it a try and join this welcoming community of music and movement!



## Painters Diane Novetsky & Marjorie Kaye Open Their Exhibition "Strange Circuitry"

Reception on March 7, 5-7 pm.

Exhibit runs from February 28th to April 3rd.

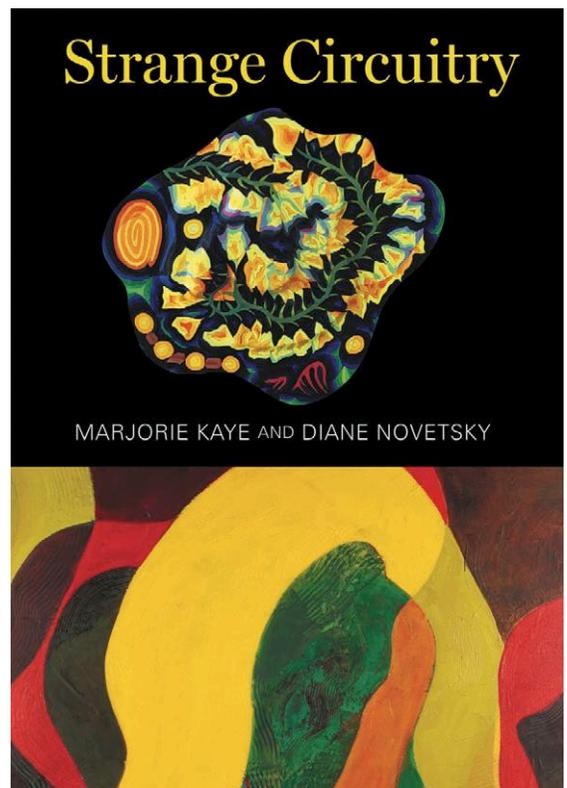
Boston painters Diane Novetsky & Marjorie Kaye will feature recent paintings of organic forms pulsating in a universe of bold color, high energy and vibrant sensuality at ArtSpace Maynard. These mid-career artists share a common vision that mines the opposition of contradictory forces; stillness vs. movement; chaos vs. order; and organic vs. geometric. They seek to create a dynamic bridge between the metaphysical and observed reality—envisioned as a yin-yang balance of polarity. "Our paintings explore a centrifugal movement of elements that form a central core. The use of color is visceral, saturated, and hypnotic; swirling with an energy that is both harmonic and dissonant," write the artists in a shared statement. "These formal attributes suggest a visionary world that is both life affirming and spiritual in its dimensions. Our work reaches for the sublime while being grounded in the beauty to be found in common experience."

Marjorie Kaye creates gouache paintings on shaped plywood. She begins her process by drawing a composition in pencil guided by the external shape of the plywood. Her completed work may reference both fauna and flora as well as allude to a micro universe of invisible elements: microbes, cells, fractals and mathematical circuits.

Diane Novetsky uses acrylic paints on primed, stretched canvas. Her paintings are process-driven and a composition is only arrived at over many stages of trial and error. Suggesting a mixture of biomorphic forms, her paintings are both strangely whimsical and voluptuous.

**Artspace Gallery hours are Wed – Sat, 11 am – 3 pm**

ArtSpace Maynard is located at 63 Summer Street in Maynard and is free to the public as well as 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



MARJORIE KAYE AND DIANE NOVETSKY

Marjorie Kaye "Force of Fire"

Gouache on Sculpted Plywood, 20"X21"X3", 2019

Diane Novetsky "The Far Reach"

Gouache on Bristol Mounted on Panel, 14"X11", 2019



## 6 Bridges Gallery

FINE ART AND CRAFT

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

## ArtSpark

6 artists explore connections with music, literature, performing arts and video.

January 28 – February 29

Reception on Feb. 8, 6–8pm



## OBSOLETE MILITARY STRUCTURES

Photographs by Roy DiTosti

March 3 – April 11

Reception: March 7, 7–9pm

77 Main Street, Maynard  
6BridgesGallery.com • 978.897.3825

***Hands-On Workshop—sponsored by the  
Friends of Maynard Seniors:***

## **Learn the Art and Craft of Paper Maché**

**Maynard Senior Center Event!  
50 Brown Street, Maynard**

**February 20 and February 27, 2020  
from 1-3:00pm**

Want to get your hands dirty? Perhaps make a beautiful bowl and dazzle your friends? Maybe even craft some gifts for a birthday surprise? This workshop is for you!



We will learn how to make paper maché items, starting with a simple bowl project. Bee will take us through the steps, one by one, from creating a shape to painting and preserving our works of art.

Have some laughs. Share the fun. Sign up soon (space is limited) and find your artistic inner self.

**space is limited to 20 participants. Sign up with Pat at the COA, 978-897-1009.**

### ***Who is Bee Brahm?***

Our paper maché instructor is Bee Brahm, a talented local artist who has been practicing the art and craft of paper maché for almost 30 years. She exhibits and sells her work during holiday art sales at Art Space in Maynard as well as her own Etsy site. From bowls to mobiles to free-standing sculpture—and cats! lots of cats—Bee is a master with glue, paper, paint, and design ideas. You will be inspired and energized by her enthusiasm!



PHOTO CREDIT: wickedlocal.com

## Maynard Council On Aging Book Group

Tuesday, March 3 • 1-3 p.m.

Maynard Senior Center, 50 Brown Street

*Heartburn* by Nora Ephron

Called "warm, witty and wise" by Harper's Bazaar, *Heartburn* is an autobiographical novel about the breakdown of Ephron's marriage to Carl Bernstein.

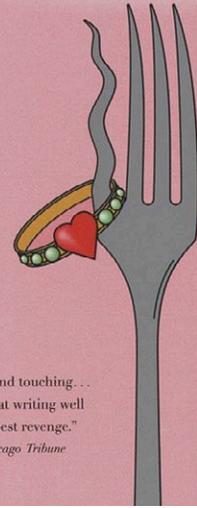
In addition to five novels, Nora Ephron is the Academy Award nominated author of the screenplays for *When Harry Met Sally*, *Sleepless in Seattle* and *Silkwood*.

Books available at the Maynard Public Library. Large print and audio versions available. Coffee, tea and cookies served. All are welcome. Bring ideas for other titles!

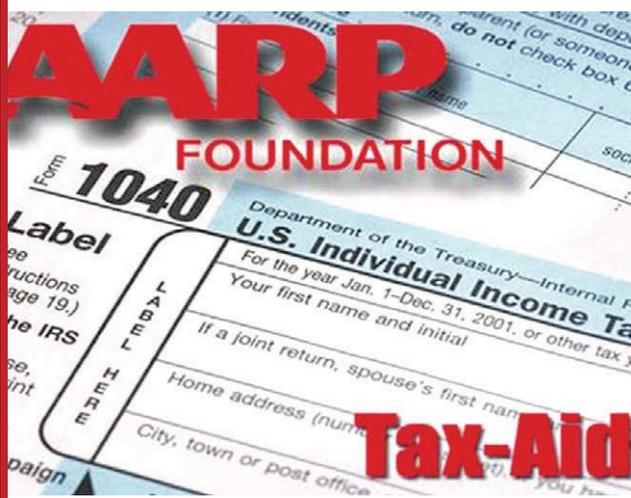
Next meeting: April 7 • *The Forest Lover* by Susan Vreeland

NORA EPHRON

## Heartburn



"Funny and touching...  
proof that writing well  
is the best revenge."  
—Chicago Tribune



## AARP Tax Aide Program

Get your taxes prepared for free at the Maynard Public Library as we host the AARP's Tax-Aide program. AARP Tax-Aide is the nation's largest free, volunteer-run tax preparation and assistance program. It serves low and middle income taxpayers with special attention to those ages 60 and older.

**Call Bill Cranshaw at 978-760-9146  
to set up an appointment.**

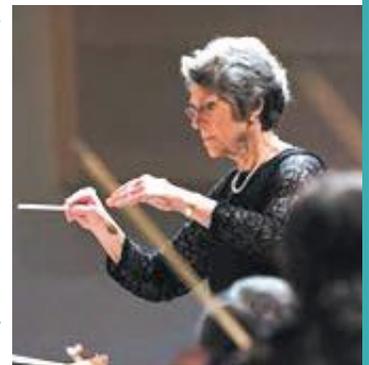
AARP volunteers are at the library the following days:  
Wednesdays (12pm-4pm) • Saturdays (10am-5pm)

## Sounds of Stow Presents Dvorák *Stabat Mater*

Sounds of Stow Chorus & Orchestra with Barbara Jones, Artistic Director, will present Antonin Dvorák's deeply emotional and poignant *Stabat Mater* on March 8, 2pm, at the Hale School in Stow, MA.

The *Stabat Mater* (composed 1877) begins with the Virgin Mary grieving the death of her son. The ten-movement, superbly constructed work moves from this intensely painful moment to a triumphant arrival "in paradiso" in one of the grandest and most vividly portrayed apotheoses in music. The work displays great variety and musical invention, moving "from reverence to anguish to ecstasy" (Jeffrey Gantz, *Boston Globe*).

The concert will feature a full orchestra and outstanding professional soloists: Dana Varga, soprano; Deborah Rentz-Moore, mezzo; Ray Bauwens, tenor; and Ulysses Thomas, baritone. Tickets are available online, at the door, and at Emma's Cafe in Stow. For more details and information, visit [www.soundsofstow.org](http://www.soundsofstow.org) or call 978-707-9887.



## February Evening Cookbook Club

Thursday, February 13 • 7:00 p.m.

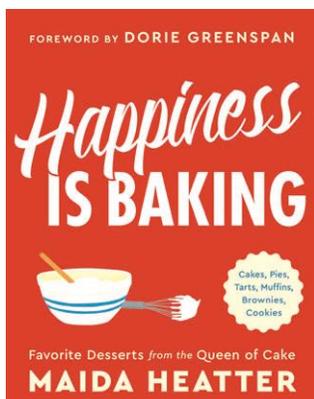
In February, we will celebrate Valentine's Day with our annual dessert buffet. Please note that this is an evening event. The Queen of Cake, Maida Heatter, has a cookbook that is a compilation of her favorite recipes for cakes, cookies, pies, tarts and muffins.

Borrow a cookbook at the Circulation Desk, select a recipe, and prepare your dish for the dessert buffet on the 13th.

Drinks and place settings provided.

Spouses and other valentines are most welcome!

Sponsored by the Friends of the Maynard Library.



## Google Calendar Workshop

Tuesday, February 25th • 7pm

Never forget an appointment again! Get yourself organized and synced with this 1 hour workshop. Join us as we learn how to create, maintain, and share an online calendar using one of Google's most useful tools!

Note: Please have a Google account already set up before attending. If possible, you are encouraged to bring a laptop to follow along.

Please register at [www.maynardpubliclibrary.org](http://www.maynardpubliclibrary.org) or call the Reference Desk at 978-897-1010 x103.

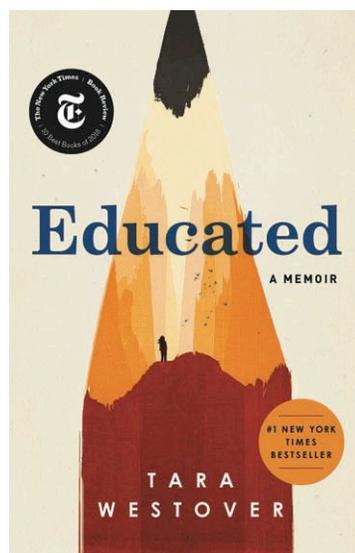
## Book Mill Reading Group

### Our February Book

*Educated: A Memoir* by Tara Westover

We meet next on  
February 25, 2020 at 7:00 PM  
Trustee Room at Maynard Public Library

Books available from the Library  
All Are Welcome



## Learn Ukulele with Julie

Tuesday, Feb. 18 at 7pm

This 90 minute program will include a short lesson, a Q&A and a strum-along of fun & easy songs.

To sign up, call the library at  
(978)897-1010 Ext. 103

- \*Program is for Adults and space limited to 25.
- \*Ukuleles are provided and sign up required.



**ALL EVENTS HELD AT MAYNARD PUBLIC LIBRARY**

# February Events

## Pizza and a Movie

Please join us for classic romance movies in February. Pizza will be available to purchase for lunch. Popcorn, drinks and dessert will be provided.

## Never Too Late

Friday, February 14th at 11:30 a.m.

Fifty-something Edith Lambert is thrilled to find out that she's going to have a baby. Her husband Harry, however, is less enthusiastic. Recreating their stage roles, Paul Ford and Maureen O'Sullivan portray unexpectedly expectant parents in a delightful 1965 film adaptation, filmed in Concord, of the hit Broadway comedy. Connie Stevens and Jim Hutton are their astonished daughter and son-in-law. It's Never Too Late to laugh...long and loud. Pizza will be available to purchase for lunch. Popcorn, drinks and dessert will be provided. Limit: 25.

## Yesterday

Wednesday, March 11th at 11:30 a.m.

Jack was just another struggling songwriter...but that was yesterday. After a mysterious blackout, Jack discovers he is the only person on earth who remembers The Beatles! This romantic rock 'n' roll comedy from Academy Award-winning director Danny Boyle stars Himesh Patel, Lily James and Ed Sheeran. Rated PG-13. Pizza will be available to purchase for lunch. Popcorn, drinks and dessert will be provided. Limit: 25.

## Bingo

Wed., February 19

11:00 a.m.

## Keep Well Clinic

Wed., February 19

12:30 p.m.

## Celebrate Maynard's 150th (Sesquicentennial) Anniversary!

Local historian David Mark has been charged with writing a town history and would like to interview anyone who worked at the woolen mill (ended in 1950).

Please contact him at: [damark51@gmail.com](mailto:damark51@gmail.com) or (508) 633-8061.

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

If you have signed up and are unable to attend, please call and let us know.

## FRIDAY SERIES

### Life From Above

February 21st, 28th and March 6th, 20th

11:30 a.m.

Cameras in space tell stories of life on our planet from a brand new perspective, revealing its incredible movements, colors, patterns and just how fast it is changing. Join us this month as we view Moving Planet, Colorful Planet, Patterned Planet and Changing Planet. This is our home, as we've never seen it before. Limit: 25.

## March Event



Physical Therapist Ali Cronin presents

## HOW TO RISE FROM A FALL

An interactive course for residents and their caregivers.

March 26, 2020, 11:00 AM - 12:00 PM

Maynard Senior Center

(Maynard Gold Course Building)

Please register at the Senior Center's front desk or by calling 978-897-1009. Space is limited.

# CALENDAR

## **Z-GOLD TONING - MONDAYS - 9:00 a.m.**

The class contains 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.**

Learn foot patterns, get a great low-impact workout for body and brain, and dance away the hour with the delights of music. Join the fun; your mind, body, and spirit will be so glad you did!

## **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.**

**WHEN THE MAYNARD SCHOOLS ISSUE A TWO HOUR DELAY,  
THESE CLASSES & ACTIVITIES WILL AUTOMATICALLY BE CANCELLED:**

**Monday:** Zumba Gold Toning and Stretch & Flex  
**Tuesday:** Chair Yoga, Line Dancing & Drop In  
**Wednesday:** Zumba Gold

**Thursday:** Yoga with Lisa  
**Friday:** Watercolor Class, Zumba Gold  
and Kings in the Corner

## Maynard Council on Aging Trips

### COA OUTINGS

#### SCHEDULED SHOPPING TRIPS

**STOP & SHOP**  
Monday through Thursday

**SHAW'S**  
Friday Only

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

**Feb 20 • March 5**  
MARKET BASKET

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

**Feb 6 • March 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, Rite Aid, banks, hair dressers, 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 2:00 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 all COA classes and activities are cancelled. The COA van service will also be cancelled. When there is a school delay early morning classes and activities at the COA will be cancelled – please see page 9. Early van reservations will be modified. Closures and delays are posted on TV channels 4, 5 and 7.

In addition, there may be times when the schools are open but you may receive a "robo-call" from the COA if re-freezing is occurring and classes and activities must be cancelled. Always call the COA before coming if you are unsure if classes are occurring. The COA answering machine will be updated. Please contact the COA to make sure you are our system so you receive a call.

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 and on both sides of the front steps – please use them! Every attempt is made to treat slippery and icy areas but refreeze can quickly happen in certain weather related conditions. Orange cones will be put out at the front entrance to avoid that area. The walkway facing the golf course should never be used to enter the COA in the winter.

It is a high priority of the Town to keep anyone entering the building safe. Always call the COA if you are not certain the COA is easily accessible and classes are occurring as scheduled. Please consider taking the COA van. It offers door-to-door service and is free when you come to the COA. And as well, you won't have to find a place to park on busy days at the COA.

# Friends of Maynard Seniors

I am writing this before we actually hold our 3rd Annual Meet & Greet. Hopefully you were able to attend, sample delicious homemade soups and see old and new friends. At the event the Friends of Maynard Seniors announced they will be purchasing the MySeniorCenter system for the Maynard Senior Center at the request of the Council on Aging Director, Amy Loveless. This system allows attendees to sign up for classes online, check in on the touchscreen or by scanning a keytag, and affords the Council on Aging information and statistics needed to continue to support seniors in Maynard. Wherever the Senior Center is located in the future, the MySeniorCenter system will follow allowing the COA to be poised to handle the expected increase in usage by the 25% of the town population classified as senior.

The Friends are also sponsoring a two part workshop, Learn the Art and Craft of Paper Mache, on Feb. 20 & 27 from 1:00 – 3:00 p.m., taught by local artist, Bee Brahm. Please take a minute to read the announcement and sign up if interested. It is sure to be popular!

This is what the Friends do - support the current and future needs of the Senior Center. Please consider renewing your membership or joining if you haven't yet to help in that support. Our meetings are the second Tuesday of the month at 2:00 in the Senior Center. Most months this is right after the COA luncheon. All are welcome!

**Mary Ann Bassett** | President | Friends of Maynard Seniors



## 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.*



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.

## Mt. Calvary Community Supper

Wednesdays, 5:00 – 6:00 p.m.

Mt. Calvary Church, 472 Mass Ave., Acton • (978) 263-5156  
[www.mtcalvaryacton.org](http://www.mtcalvaryacton.org) • [communitysupper.org](http://communitysupper.org)

## 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.



# Please join us for a Valentine's Day Senior Lunch

Wednesday, February 12th | Doors open at 11:30  
Lunch served at 12:00

Open Table - 33 Main Street, Maynard  
Suggested donation \$2

Open to the public from all areas. Come meet seniors from your neighborhood and beyond! Curious about what is in the Open Table building? Come peek at what is behind the beautifully decorated windows.

Lunch of Chicken Parmesean & Pasta (gluten free options available) provided by Papa Razzi restaurant in Concord! Come early for coffee and socializing.

Parking is available in the lot behind Open Table. Limited transportation will also be provided by Maynard Council on Aging.

Please RSVP by February 10th: Maynard Council on Aging 978-897-1009



# The Taste

The Maynard Education Foundation (MEF) is excited to host the  
**18th Annual The Taste on Sunday, March 1, 2020, 4 PM to 7 PM**

at the Maynard Lodge of Elks, 34 Powdermill Road, Maynard.

Restaurants will be serving appetizer, entrée and dessert delicacies from 4-6 PM

Entertainment will continue until 7 PM.

Every year, this is a "not to be missed" event, with the general public being encouraged to come and enjoy exceptional samples of food specialties from local food establishments in the Maynard, Acton, Stow, Concord, Hudson and Marlboro area. There will also be a cash bar, entertainment by the local sensation "Jae Mannion" and fabulous raffle/silent auction prizes.

Tickets are available in advance for \$30/adult, \$10 children ages 5-12 and free for children 4 and under by calling (978) 938-4262 or at Middlesex Savings Bank, 17 Nason Street, Maynard or by visiting any of the three Maynard public schools. Tickets may also be purchased by going to MEF's website [www.maynardeducation.org](http://www.maynardeducation.org). Tickets will be available on a first come first serve basis at the door for \$35/each.

All proceeds benefit MEF's grant programs for teachers, students, and administrators.

Being a Captain in the Maynard Fire Department bring lots of opportunities, one of them is working in the public education program and interacting with students and seniors in the community. My name is Captain Michael Parr and I coordinate the public education programs in the fire department. I have been with the Maynard Fire Department since 2014. Before working here I worked at Rivier University in Nashua doing ministry and have a degree in Theology from Saint Anselm College. The fire service is in the family though with my father having served for more than 30 years.

The department has consistently tried to improve by making every interaction a chance to educate the public on safety. If we break down it down, there are lessons on prevention, detection and response. This month we want to discuss our response. It is important to have no shame when it comes to calling us for assistance. One of our most prevalent calls is for individuals who fall and need assistance. Too often a situation that could be quickly rectified is actually prolonged because someone delayed requesting help. We have the staff and the tools to help. In fact, one of those tools is called a Knox Box. It is a lock box that can be placed on a residence and can hold keys to let in responders. The key to the Knox Box is only carried by responders. Summerhill Glen is one of our residential areas that makes great use of this system. But it is also available to other residents in town to own or lease during time of decreased mobility or concern for a loved one's safety at home. To learn more, please reach out to us at the fire department or check out the Knox Box at <https://www.knoxbox.com/>.

## MICHAEL PARR | CAPTAIN

Maynard Fire Department,  
1 Summer Street • Maynard, MA 01754  
[mparr@townofmaynard.net](mailto:mparr@townofmaynard.net) • 978-897-1014



## 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.

# Town Of Maynard Exemptions

## Exemption Clause 17D

### Seniors/ Surviving Spouses

- As of July 1st of the tax year, a surviving spouse or a minor with a parent deceased who owns and occupies the property as his/her domicile OR a person 70 years or over who has owned and occupied the property as his/her domicile for at least 10 years
- Asset qualification

#### *Documentation:*

Birth Certificates/ Evidence of domicile and occupancy/ Income tax return

### Exemption Clause 41C – Seniors

- An individual must be 65 years or older or joint owner with a spouse 65 years or older as of July 1st of the tax year
- An individual must own and occupy the subject property on July 1st of the tax year, in addition an individual must have been continuously domiciled in Massachusetts for the 10 years before the application and have owned and occupied the property or any other property in Massachusetts for 5 years.
- Asset and Income qualification

#### *Documentation:*

Birth Certificates/ Evidence of domicile and occupancy/ Income tax return

### Exemption Clause 41A - Tax Deferral

Unlike an exemption which discharges a tax obligation, Clause 41A permits a senior taxpayer to delay payment of property taxes.

A qualified applicant must enter into a written tax deferral and recovery agreement with the assessor who records a statement at the Registry of Deeds to continue the lien that exists on the property by laws to secure payment. Joint owners, remainder men and/or mortgagees must give prior written approval.

- 65 years or older as of July 1st of the tax year
- An applicant must have had a domicile in Massachusetts for ten consecutive years. The applicant must also be domiciled in the property that is the subject of the application.
- An applicant must have owned and occupied the subject property or other real property, in the commonwealth as a domicile for at least 5 years. The years do not have to be consecutive or for the same location.
- Income cannot exceed \$40,000

- A person who qualifies may defer payment of all or a portion of the taxes each year provided this amount does not exceed 50% of the value of the property. Interest on the deferred taxes accrues at 2% interest.
- The payment of taxes and accrued interest is due upon the sale of the property or the death of the taxpayer.

#### *Documentation:*

Birth Certificates/ Evidence of domicile and occupancy/ Income tax return

### Senior Work off Program

- Age 60 or older as of July 1st of the tax year
  - Owner of domicile
  - Work the necessary hours at minimum wage, for up to \$1,000 off tax bill
- Contact Council on Aging to arrange for work and once work is completed the recorded hours worked would be submitted to council on aging for processing.

### Community Preservation Act Low/Moderate Income Exemption

- Own and occupy the property as domicile as of January 1
- **Applicant and each co-owner must have household income for the calendar year before January 1** at or below the limit for that owner's household type and number of persons.
- Household Annual Gross income from all sources:
  - Includes wages, salaries and bonuses, public and private pensions, retirement income, Social Security, alimony, child support, interest and dividend income, net income from business, public assistance, disability and unemployment insurance, regular contributions/gifts from party outside the household. Includes income of all household members who were 18 or older and not full time students during calendar year.

**Deduct:** Dependents Allowance: number dependents on January 1st (not spouse) of \$300.00

**Deduct:** total out of pocket medical expenses of all household members for the calendar year exceeding 3% of household annual gross income along with health insurance premiums, payments to doctors, hospitals and other health care providers, diagnostic tests, prescription drugs, medical equipment or other expenses not paid or reimbursed by employers, public/private insurers or other third parties.

### Veterans:

- A veteran must have been a Massachusetts domiciliary for at least six months before entering the service OR have lived in Massachusetts for at least 5 years.
- A veteran, or if deceased, the veteran's surviving spouse or parent, must occupy the property as his or her domicile on July 1st of the tax year.
- A qualifying applicant must possess a sufficient ownership interest in the domicile as of July 1st of the tax year. This ownership requirement is satisfied if the person's ownership interest is worth at least an amount ranging from \$2,000 to \$10,000 depending on the exemption.

#### **Clause 22**

Veterans with a service connected disability of 10% or more as determined by the Veterans Administration or the branch of service from which separated. Veteran was awarded the Purple Heart. Gold Star mothers and fathers

#### **Clause 22A**

Veterans who lost, or had permanent loss of use of, one hand, foot or eye in the line of duty or were awarded Congressional Medal of Honor, Distinguished Service Cross, Navy Cross or Air Force Cross

#### **Clause 22B**

Veterans who lost or had permanent loss of use of, two hands, feet or eyes in the line of duty

#### **Clause 22C**

Veterans with 100% disability in the line of duty and whose domicile is specially adapted housing acquired with assistance from the Veterans Administration

#### **Clause 22D**

Surviving spouses of service members or guardsmen who died from injury or disease due to being in combat zone, or who are missing in action and presumed dead due to combat

#### **Clause 22E**

Veterans with 100% disability in the line of duty

#### Paraplegic Veterans

This exemption is available to veterans who are certified by the Veterans Administration as paraplegic and their surviving spouses.

### Exemption Clause 37A – Blind

- Applicants must submit a current certificate from the Commission for the Blind with each year's application.



## REP. KATE HOGAN'S SENIOR NEWS FEBRUARY 2020

As we turned the calendar page to 2020 last month, you likely saw across the evening news and morning headlines a flurry of discussion about this year's namesake: this is the year for seeing in 20/20. Look up synonyms for 20/20 vision and here is what you might find: Experience. Clear-sightedness. Clarity. It is important to me as your state representative to connect my senior constituents to the tools and resources they need to access state programs with, if not 20/20 vision, something not far from it – confidence.

As many of you embark on filing your annual tax returns, I wanted to outline key supports that can bring wisdom and foresight to what I know can be a challenging process. This newsletter is a one-stop shop for information on some of our community's most-accessed – and asked about – tax relief programs for seniors. Keep it on hand for 20/20 vision on cost savings and assistance that might be available to you.

**Senior Circuit Breaker Tax Credit:** If you rent or own your primary residence in the Commonwealth, you might be able to claim a substantial credit on your income taxes through a state relief program called the Senior Circuit Breaker Tax Credit. The credit is available to income-eligible seniors and it is based on the amount you pay in real estate taxes. Learn more: <https://www.mass.gov/how-to/apply-for-the-circuit-breaker-credit>

**65+ Tax Exemption:** This is another straightforward exemption for state residents over the age of 65. Simply enter the number of individuals in your household over the age of 65 on your tax form and you will be eligible for an exemption of up to \$700.

**Senior Property Tax Work-Off:** If you are interested in lending a hand in town, you might be eligible to participate in a program that exchanges volunteer hours for a property tax credit up to \$1,500. Since this is a popular program, be sure to contact the Maynard Council on Aging (COA) at (978) 897-1009 to see if new applications are available.

**Publication 554:** This booklet explains all the benefits available to seniors at the federal level. Call Rep. Hogan's District Director Karen Freker at (978) 897-1333 for a copy.

**Additional exemptions for Maynard seniors:** For more detailed information on the local exemptions that might be available to you based on your age, income, and residency, reach out to the Maynard Assessor's Office at (978) 897-1304.

### JOIN ME ON MARCH 13TH FOR MY ANNUAL ST. PATRICK'S DAY CELEBRATION!

This March 13th, I will host my 10th Annual St. Patrick's Day Celebration at the Maynard Country Club to support the work of The Boys & Girls Club of Assabet Valley. I hope to see you there – Erin Go Bragh!

Speaking of 20/20, here is a quick, but important tip for the year ahead: When signing and dating legal documents in 2020, be sure to write out the full year rather than using 20 as an abbreviation. Law enforcement recommend that this simple move is an important safeguard against potential fraud, since 20 can be easily changed to other years – 2/14/20, for example, becoming 2/14/2018. What does this mean for you? Instead of writing 2/14/20, write 2/14/2020 instead.

### Hogan's Office Hours

**Stow Office Hours:** Thursday, February 13th from 6 to 7 p.m. at the Randall Library, 19 Crescent Street, Stow

If you are unable to attend office hours, please call the State House at (617) 722-2199 to schedule an appointment. In addition to Rep. Hogan's office hours, staff is available at the District Office on Thursdays from 10 a.m. to 3 p.m.

**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 JANUARY 31st

## JUST MERCY

*Starring Michael B Jordan, Jamie Foxx*

World-renowned civil rights defense attorney Bryan Stevenson works to free a wrongly condemned death row prisoner.

COMING JANUARY 31

## 2020 OSCAR NOMINATED SHORT FILMS

All five short films in each of the three Oscar nominated short film categories: Animated, Documentary and Live Action

COMING FEBRUARY 7  
**BIRDS OF PREY**

*Starring Margot Robbie, Ewan McGregor*

After splitting with the Joker, Harley Quinn joins superheroes Black Canary, Huntress and Renee Montoya to save a young girl from an evil crime lord, Black Mask in Gotham City.

COMING FEBRUARY 14

## SONIC THE HEDGEHOG

*Starring James Marsden, Ben Schwartz*

Sonic tries to navigate the complexities of life on Earth with his newfound best friend -- a human named Tom Wachowski. They must soon join forces to prevent the evil Dr. Robotnik from capturing Sonic and using his powers for world domination.

*Fans of Film*

Celebrating the art of film-making by promoting independent, documentary, foreign, and classic films.

More Great Films

Our films start at 7:30 on the second Tuesday and Wednesday of each month. Tickets are \$7.

Mark your calendars for Fans of Film's ninth series!

Jan.-June, 2020

January 14 & 15  
**Seduced and Abandoned**  
*(Foreign Classic 1964)*

February 11 & 12  
**Man on Wire**  
*(Doc 2008)*

March 10 & 11  
**Blow-Up**  
*(Foreign, English-Language Classic 1966)*

April 14 & 15  
**Twelve Angry Men**  
*(Classic 1957)*

May 12 & 13  
**Wings of Desire**  
*(Foreign 1987)*

June 9 & 10  
**Secrets and Lies**  
*(Indie 1996)*

