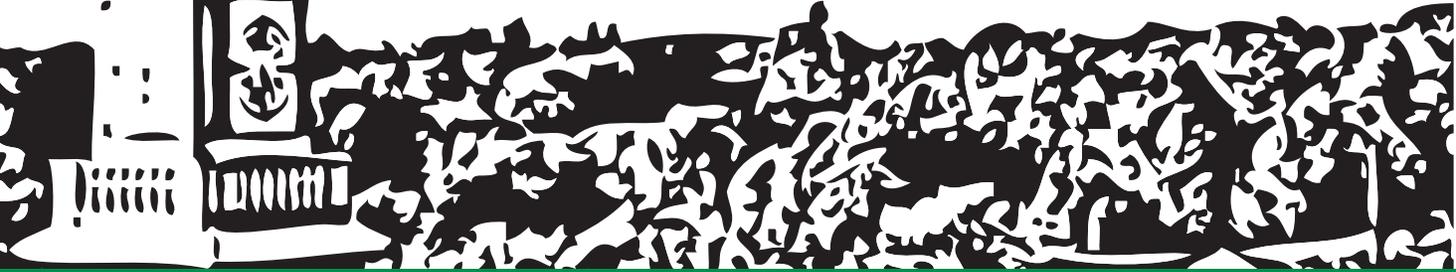


# NEW GENERATION



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

**MARCH 2020**



Mary Anne Carey and Deb Roussell prepare to make their paper maché bowls



## The View from Here

Mary Anne Carey and Deb Roussel (cover photo) enjoyed creating strips of paper (tear vertically for even strips!) as they (and a group of 16 others) prepared their paper mache bowls for painting. The Friends of Maynard Seniors sponsored a workshop with Bee Brahm, a talented local artist, who has been practicing the art of and craft of paper mache bowls for almost 30 years. In April's issue you'll have an opportunity to look at photos of the before and after experiences as well as the final products from finding the artist within.



Just a reminder that Emerson Hospital's Auxiliary is sponsoring a presentation on the mind-body connection and the impact on our health on Monday, March 16 at 10 am at the Maynard Elks. Light breakfast refreshments will be offered. I can't encourage you enough to join us. Please call the COA to sign up!

Our Zumba Gold Toning class has moved to Fridays at 9:30. Whatever ideas you've had in the past when you hear "Zumba", I encourage you to stop by to observe this class and consider how it might be of benefit to your physical and mental health. Low to moderate strength training exercises are performed at a slower pace for a total body workout. Join a group of enthusiastic participants, a great instructor and go at your own pace!

~ **Amy Loveless**

Director, Maynard Council on Aging & Senior Center

## Hustle and Bustle in the Middle of Winter

Without so much snow being piled up this year, I almost overlook that we are in the middle of winter in New England. With family obligations and work commitments, I can be surprised how fast the year is progressing and we move through this winter season. Town Hall is just as busy as ever, including getting a few new people on board.

On the bottom floor of Town Hall you'll find the Office of Municipal Services (OMS) and our new Department Assistant Joanna Bilotta. OMS is where you can go for help with so many community and business subjects, like building permits, food and health inspections, town planning, and conservation affairs, so Joanna will have her hands full!

Town Clerk Michelle Jenkins welcomes a partner in her office with the addition of Karen Fay as our new Assistant Town Clerk. Karen will be quickly learning the procedures of Maynard's Town Clerk's Office as we move into this year's election season.

Speaking of elections, on March 3rd, the Town Clerk's Office will be open for election business only in support of the Presidential Primary that Tuesday. 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/)

As opposed to new personnel, the town also said good-bye when Administrative Assistant Nancy Brooks finished her last day with the Maynard Fire Department. Nancy worked for the town for 30 years, and we'll miss her friendly presence, professionalism and laughter.

I've also set up two new working groups of a Tree Committee and a Sustainability Committee to advise myself and town staff in our execution of town plans such as the soon to be ratified Master Plan, the Open Space and Recreation Plan, and strategies to address energy efficiency and climate change response.

Be sure to "save the date" on April 19th from 2-4pm at the Sanctuary on Main Street to celebrate the kick-off of the town's 150th anniversary celebrations. We'll be displaying a time-capsule, listening to music, and scoping out antique cars.

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. (March 17th), 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

## April & May Luncheons

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

### 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

### May Luncheon

Thursday, May 14th • Noon

Roast Pork with Gravy, Roasted Potatoes,  
Green Beans, Salad, Rolls & Dessert

**\$8.00 Pay at the door**

Deadline to sign up is April 29

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, 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.

## Making the Mind-Body Connection

Monday, March 16 • 10 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**

## 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!



## A Look at Life's Transitions

Wednesday, March 25th • 1 p.m.

As we age, changes to our health, mobility, relationships and participation in favorite activities can cause a sense of loss when we're not able to do what we did in the past. Join Lucia Camera, Bereavement Coordinator for Nashoba Nursing Service & Hospice, for a discussion on life's transitions and learning from them.



## 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.

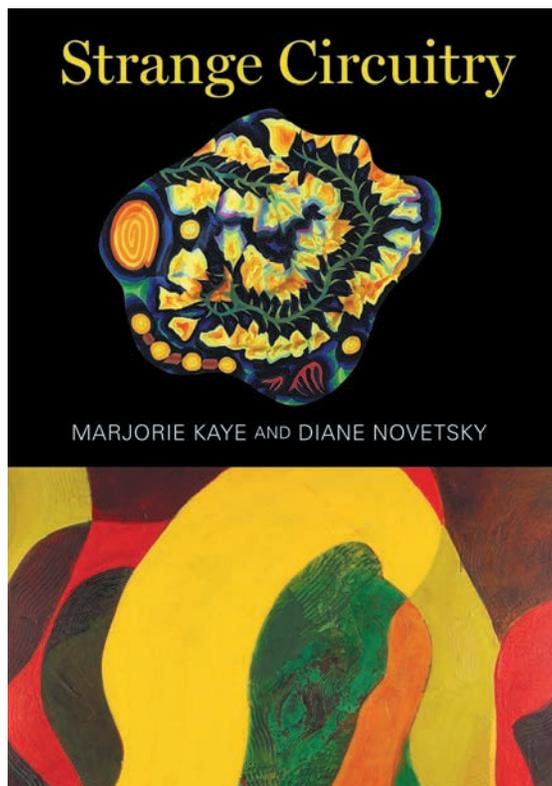
Boston painters Diane Novetsky & Marjorie Kaye will feature recent paintings of organic forms pulsating in a universe of bold color, high energy and vibrant sensuality at ArtSpace Maynard. These mid-career artists share a common vision that mines the opposition of contradictory forces; stillness vs. 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, 6–8 pm



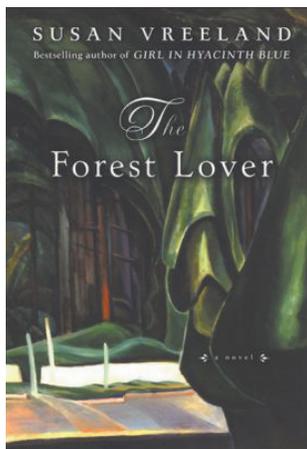
### OBSOLETE MILITARY STRUCTURES

Photographs by Roy DiTosti

March 3 – April 11  
Reception: March 7, 7–9 pm

77 Main Street, Maynard  
6BridgesGallery.com • 978.897.3825

## Maynard Council On Aging Book Group



### ***The Forest Lover* by Susan Vreeland** **Tuesday, April 7th • 1-3 p.m.**

In her acclaimed novels, Susan Vreeland has drawn portraits of painting and life that are as dazzling as their artistic subjects. In *The Forest Lover*, she traces the courageous life and career of Canadian painter Emily Carr, who blazed a path for modern women artists.

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!

**Maynard Senior Center**  
**50 Brown Street**

SAVE THE DATE!

40TH

APRIL 23, 2020

## ANNUAL SENIOR CONFERENCE

Hosted by State Senator Jamie Eldridge

**8am - 2pm**

Assabet Valley Regional Technical  
High School  
215 Fitchburg St. Marlborough

**DON'T MISS OUT ON THE FUN!**

Workshops, Entertainment, Exhibits,



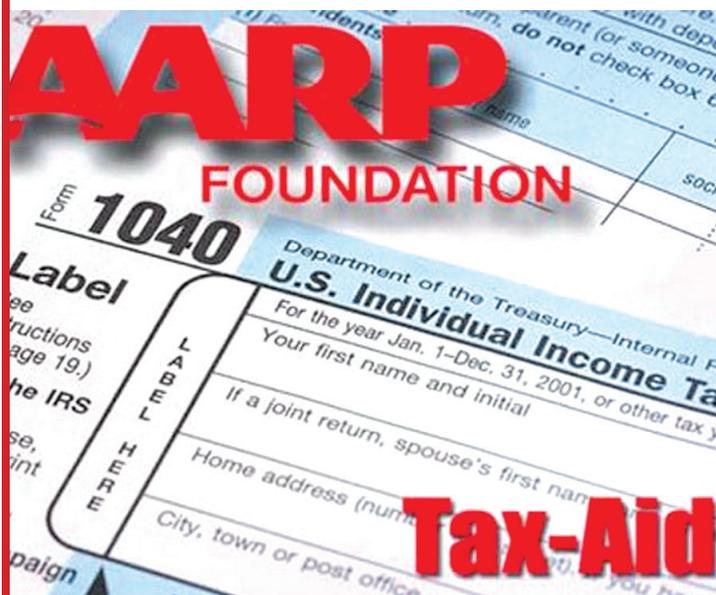
Prizes, and Speakers



**FREE**  
Coffee, Donuts,  
& Lunch



For more information contact my Legislative Aide, at  
(617)722-1120 or [Immaculate.Nyaigoti@masenate.gov](mailto:Immaculate.Nyaigoti@masenate.gov)



## 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 to set up an appointment.

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



# COMMUNITY INFORMATION FAIR

Wednesday, March 18th • 7-8:30 p.m.

Meet Representatives from Community Organizations  
and Town Committees

Learn about events, services, membership and volunteer opportunities  
from 30+ local groups.

Find organizations that need your participation,  
your help and your support.

Discover how to stay informed about community events.

Win raffle prizes!

Sponsored by The Friends of the Maynard Library



Get Started with **GMail!**

**Tuesday, March 24th • 7 p.m.**

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

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



Get on the Cloud with **Google Drive!**

**Tuesday, March 31st • 7 p.m.**

Learn how to create, store, and collaborate on  
documents, spreadsheets, presentations, and more on  
Google's free adaptation of Microsoft Office.

*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.

## Maynard Public Library "Feel Good" Film Series

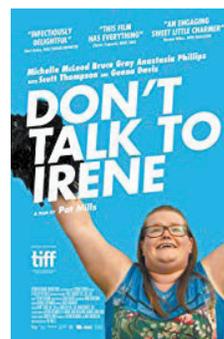


**Hearts  
Beat Loud**

Tuesday, March 17th • 7 p.m.

**Hunt for the  
Wilderpeople**

Tuesday, April 14th • 7 p.m.



**Don't Talk  
To Irene**

Tuesday, May 12th • 7 p.m.

It's been a long winter... Let's watch some movies  
with uplifting messages that are thoughtful and  
will definitely leave you smiling as the credits roll!

*Light refreshments provided.*

**ALL EVENTS HELD AT MAYNARD PUBLIC LIBRARY**

## March Cookbook Club

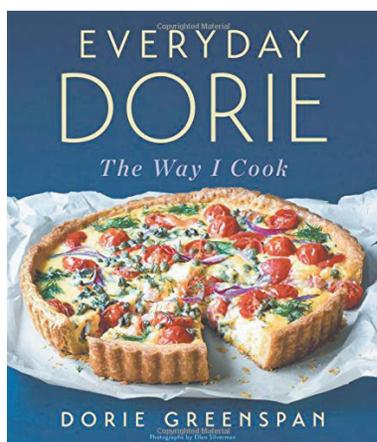
Monday, March 16 • Noon

In March, we'll cook from the James Beard Finalist cookbook *Everyday Dorie* by the incomparable Dorie Greenspan. These are practical recipes with common ingredients that are simple enough for weekdays, but fancy enough for company.

Borrow a cookbook at the Circulation Desk, select a recipe, and prepare your dish for the potluck lunch on the 16th.

Drinks and place settings provided.

Sponsored by the Friends of the Maynard Library.



## A Celebration of the Life and Work of Elizabeth Bishop



Presented by

Lloyd Schwartz  
author of  
*Elizabeth Bishop:  
Prose, Poems, and Letters*

Megan Marshall  
author of  
*Elizabeth Bishop:  
A Miracle for Breakfast*

**Thursday, March 19 • 7 p.m.**

"The most famous poet you never heard of," Worcester poet Elizabeth Bishop is the winner of the Pulitzer Prize, the National Book award, and the National Book Critics Circle award and many other awards.

Lloyd Schwartz (poet, retired professor and Pulitzer Prize winner) and Megan Marshall (Professor of English and Pulitzer Prize winning author) will discuss Bishop's life and poetry.

Books by the presenters and Bishop will be available courtesy of Porter Square Books.

## Sandra A. Miller



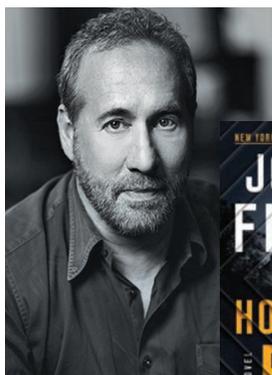
author of the memoir:  
**TROVE**

*A Woman's Search for Truth  
and Buried Treasure*

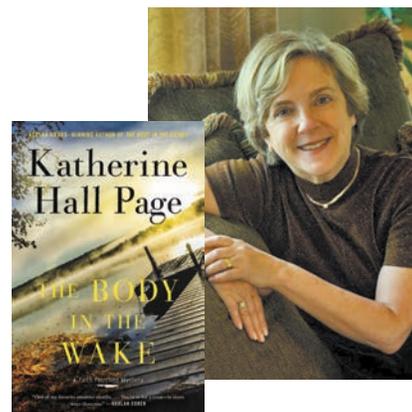
**Thursday, March 26 • 7 p.m.**

Free and Open to All  
Light refreshment served  
Books for the signing provided  
by Porter Square Books

## Celebrate with us!



Joseph Finder celebrates the release of his latest thriller in the Nick Heller series  
*House on Fire*



Katherine Hall Page celebrates her 25th book in the Faith Fairchild series  
*The Body in the Wake*

**Wednesday, April 1st • 7 p.m.**

Refreshments from Faith's recipes - books for the signing  
from Porter Square Books

**ALL EVENTS HELD AT MAYNARD PUBLIC LIBRARY**

# March 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.

### 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.

## Movie and Dessert

### Never Too Late

**Tuesday, March 17th at 1 p.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. Special St. Patrick's Day treats will be served. This is the second showing of this film for those who were unable to attend the first one.

## Bingo

**Wed., March 18th**

**11:00 a.m.**

## Keep Well Clinic

**Wed., March 18th**

**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

**March 6th & March 20 • 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.

### Earth: One Amazing Day

**March 27th • 11:30 a.m.**

Earth: One Amazing Day is an astonishing journey revealing the awesome power of the natural world. Over the course of one single day, we track the sun from the highest mountains to the remotest islands, from exotic jungles to urban jungles. Astounding breakthroughs in filmmaking technology bring you up close and personal with a cast of unforgettable characters.

### Rick Steves' Europe: A Symphonic Journey

**April 3rd • 11:30 a.m.**

Usually you'll find Rick Steves touring the great destinations of Europe. Just as travel broadens one's perspectives, so can music. In this hour-long concert special, Rick teams up with the Cascade Symphony Orchestra on a musical tour that begins in the US, then touches down in seven different European countries. For each stop, Rick paints the cultural context in words, and then the orchestra plays stirring anthems — Strauss in Austria, Wagner in Germany, Smetana in the Czech Republic, Verdi in Italy, Elgar in England, Grieg in Norway, Berlioz in France — each accompanied by glorious video footage.

### Rick Steves' European Easter

**April 10th • 11:30 a.m.**

Rick Steves, America's expert on Europe, explores the rich traditions, celebrations, and history behind some of Europe's most colorful and charming Easter celebrations. Rick examines "Easter Through the Ages," including the Biblical story of Easter and the pagan and secular traditions that have shaped the Easter celebrations of today. He compares the beliefs of Eastern and Western Orthodox traditions, and shows how holidays are uniquely celebrated across cities and countries. Rick Steves' European Easter is a delightful way to understand Easter heritage from a multicultural perspective.

# CALENDAR

## **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.

## **TAI CHI – MONDAYS – 12:30 p.m.**

## **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.

## **MINDFULNESS WITH LISA – THURSDAYS – 9:30 a.m.**

This class blends mindfulness practices with body awareness movements. Learn and laugh your way to being more present in your life.

## **KINGS IN THE CORNER SOCIAL CLUB – FRIDAYS – 9:00 a.m.**

## **ZUMBA GOLD TONING – FRIDAYS – 9:30 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.

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

**Monday:** Stretch & Flex

**Tuesday:** Chair Yoga, Line Dancing & Drop In

**Wednesday:** Zumba Gold

**Thursday:** Mindfulness with Lisa

**Friday:** Watercolor Class, Kings in the Corner  
and Zumba Gold Toning

## PLEASE NOTE CHANGES TO DAYS & TIMES OF SHOPPING TRIPS!

# 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.

**March 5 • April 2**  
MARKET BASKET

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

**March 19 • April 16**  
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.

## Transportation Resources

**I'm Looking for Transportation:** Transportation services are available across Massachusetts for seniors, people with disabilities, veterans, commuters, and others. [www.mass.gov/im-looking-for-transportation](http://www.mass.gov/im-looking-for-transportation)

### THE RIDE

Eligibility Center

(617) 337-2727, (617) 222-5123

TTY: (617) 222-5415

Wheelchair accessible rides and those with disabilities who qualify. [mbta.com/accessibility/the-ride](http://mbta.com/accessibility/the-ride)

**Senior Charlie Card:** People 65 and older are eligible for reduced MBTA fares with a Senior CharlieCard. These cards are valid for 8 years. [www.mbta.com/fares/reduced/senior-charliecard](http://www.mbta.com/fares/reduced/senior-charliecard)

**Maynard/Acton Commuter Shuttle:** The shuttle runs between downtown Maynard and the South Acton Commuter Rail station. [www.townofmaynard-ma.gov/shuttle/](http://www.townofmaynard-ma.gov/shuttle/)

# Friends of Maynard Seniors

As I am writing this, the MySeniorCenter system purchased by the Friends of Maynard Seniors for the Council on Aging is being configured. By the time you read this, it should be up and running. Looking forward to learning how to use it!

The Friends will be participating in the Maynard Community Information Fair sponsored by the Friends of the Maynard Public Library on Wednesday, March 18th from 7:00 – 8:30 pm at the Library. In case you haven't seen anything about this it is "to help local organizations get the word out about their services, volunteer opportunities and special events AND help community members find organizations that they can get involved in" (see page 6 for more details). We will have volunteer signup sheets looking for help on a one-time basis or for help on standing committees. Please stop by and say hello and think about ways you may want to help the Friends of Maynard Seniors in supporting the Council on Aging and all of the great work that they do. If you are unable to attend the Fair and would like to talk about volunteer opportunities please email me at [mbassett48@gmail.com](mailto:mbassett48@gmail.com) or leave your contact info with Amy or Pat at the Senior Center and we will get in touch.

On March 26th from 11-12 we will be sponsoring How to Rise From A Fall at the Senior Center. It is being led by physical therapist Ali Cronin. Please call the Senior Center at 978-897-1009 to register as space is limited.

Please consider renewing or taking out a new membership or making a donation to the Friends of Maynard Seniors. Doing so helps us support additional programs and equipment for the Council on Aging and therefor all seniors in town! Our next Board of Directors meeting is Thursday March 12th, 2:00 pm at the Senior Center. All are welcome to attend.

**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.*



## 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 p.m., dinner is served at 6:00 p.m. Our Concord Community Dinner is held at First Parish Church, 20 Lexington Road in Concord, on Thursday evenings from 4:45 p.m. to 6:00 p.m. Doors open at 4:45 p.m. and dinner is served at 5:30 p.m. All are welcome!

Pantry hours:

Tuesdays and Thursdays from 3:00 p.m. to 6:30 p.m.

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

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

## 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

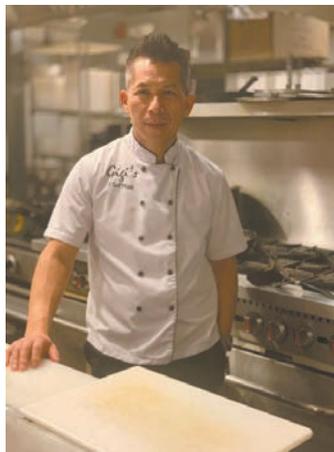
Parking is on River Street (a one way street accessible from Main Street and across from Open Table). Look for the "Maynard Food Pantry Parking" sign.

## Monday, March 9

Open Table Community Dinner welcomes back owner and Head Chef of Gigi's Restaurant in Maynard.

Phan Ngyun will be preparing specialties from his restaurant.

Join us for another one of his incredible meals.



**Doors open 5:00 p.m.**

**Dinner served 6:00 p.m.**

The Open Table dinner is open to everyone. Come mingle with neighbors. Enjoy a night out. Donations accepted but not required.



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)

# Stand Up! Be Counted!



## Did You Know?

### **Census data is confidential.**

- Your personal information is protected by law and is never released to any other local, state, or federal agencies (Title 13 of the U.S. Code.) Your individual Census responses will not affect your tax status or your insurance premiums.
- The Census Bureau will never ask for your Social Security number, bank account number, or money of any kind.

### **Census data affects your community.**

- Census data determines federal funding to Medicare and Medicaid, MassHealth, Children's Health Insurance Program, and several Health Center programs.
- The data collected by the U.S. Census will determine your political representation for the next 10 years at the local, state, and federal levels.

### **Responding to the Census is easy.**

- You can respond to the U.S. Census online and over the phone in 13 languages, or wait for the paper form to be delivered to you.

**Learn More: [2020census.gov](https://www.2020census.gov)**



**William Francis Galvin**  
Secretary of the Commonwealth  
Massachusetts 2020 Census Liaison

For more information:  
[www.ma2020census.org](https://www.ma2020census.org)  
1-833-MA1-2020 (1-833-621-2020)  
[ma2020census@sec.state.ma.us](mailto:ma2020census@sec.state.ma.us)

Scan to read more  
on how census  
affects your  
community.





# AVOID SCAMS

The U.S. Census will **NEVER** ask you for:



Your Social Security number.



Your bank account or credit card numbers.



Money or donations.



**William Francis Galvin**  
Secretary of the Commonwealth  
Massachusetts 2020 Census Liaison

For more information:  
[www.ma2020census.org](http://www.ma2020census.org)  
1-833-MA1-2020 (1-833-621-2020)  
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## REP. KATE HOGAN'S SENIOR NEWS MARCH 2020

### *Senior Fire Safety Starts with You*

I want to talk with you this month about senior fire safety. It is an issue that is of critical importance to me as both your state representative and neighbor, which is why I have been at the forefront of establishing and strengthening state fire safety education programs for our senior population in particular.

When our region experienced a spate of house fires in 2013, I worked with state and local officials to establish a fire safety education program for seniors. Run by the Department of Fire Services, the initiative is called Senior SAFE – or Senior Awareness of Fire Safety – and it connects local fire departments to grants in support of senior fire safety outreach. Senior SAFE is modeled after the state’s student fire safety program, which has brought real-world prevention strategies to classrooms across the Commonwealth – and effectively reduced youth fire deaths to zero.

The education model the Senior SAFE program has built out, and the pipeline of state resources it has established, are vital to prevention efforts here in Maynard. At the heart of the program’s success in our community is partnership -- between local and state officials, but also between the Maynard Council on Aging (COA) and the Fire Department.

This year, I was proud to once again help bring \$2,348 in Senior SAFE grant funding to Maynard to support continued collaboration between the COA and Fire Department on high-quality fire safety programming for seniors. This grant helps to fund a host of resources and workshops, from home safety visits to a Senior Health Fair. Be sure to stay tuned to the COA newsletter in the coming months, where the Fire Department will be providing strategies for prevention, detection, and response, as well as information on upcoming sessions at the COA on a range of fire safety topics.

When public safety officers from the Maynard Fire Department stop by the COA, it is clear that Maynard’s finest are invested in the health and safety of our seniors – committed to working with you to promote a message of empowerment and prevention, rather than fear. The bottom line: small changes can make a big difference when it comes to lowering your risk of a house fire. From the COA to the State House, let’s keep working together to ensure every senior has access to that know-how – and the support to put it into action.

**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!

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### Hogan’s Office Hours

**Stow Office Hours:** Friday, March 20th from 10 to 11 a.m. at the Vintage Café, 246 Main Street

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.

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**Proudly represents Bolton, Hudson, Maynard, and Stow**

**State House,** Room 130, Boston, MA, 02133 / Phone 617-722-2130

**District Office:** Maynard Town Hall, 195 Main Street, Maynard, MA

**District Office Hours:** Mondays and Thursdays, 10AM-3PM

**By appointment:** Call 617-722-2130 or email [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov)

**FINE ARTS THEATRE PLACE**  
COMING SOON TO

**COMING MARCH 6**

## **EMMA**

*Starring Anya Taylor-Joy, Johnny Flynn*

**In 1800s England, a well meaning but selfish young woman meddles in the love lives of her friends.**

**COMING MARCH 6**

## **ONWARD**

*Starring Tom Hollad, Chris Pratt*

**Set in a suburban fantasy world, two teenage elf brothers embark on a quest to discover if there is still magic out there.**

**COMING MARCH 10 & 11**

## **BLOW-UP**

*Starring David Hemmings, Vanessa Redgrave*

**In 1800s England, a well meaning but selfish young woman meddles in a mod London photographer finds something very suspicious in the shots he has taken of a mysterious beauty in a desolate park.**

**COMING MARCH 20**

## **A QUIET PLACE 2**

*Starring John Krasinski, Emily Blunt*

**Following the events at home, the Abbott family now face the terrors of the outside world. Forced to venture into the unknown, they realize the creatures that hunt by sound are not the only threats lurking beyond the sand path.**

**COMING MARCH 27**

## **MULAN**

*Starring Donnie Yen, Jet Li, Gong Li*

**A young Chinese maiden disguises herself as a male warrior in order to save her father. A live-action feature film based on Disney's 'Mulan.'**

**COMING APRIL 14 & 15**

## **TWELVE ANGRY MEN**

*Starring Henry Fonda, Lee J Cobb*

**A jury holdout attempts to prevent a miscarriage of justice by forcing his colleagues to reconsider the evidence.**

fineartstheatreplace.com | 978-298-5626



19 Summer Street, Maynard, MA 01754