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## Middlesex Senior Cohousing Newsletter

### December 2020



*Middlesex Senior Cohousing - Building the first 55+ cohousing community in New England!*

**Learn about our Project!**

Next Information Session:  
**December 15 at 6 pm EST**

Join us for this Zoom event where we will give an overview of Middlesex Senior Cohousing: our vision, project, and timeline. Explore the membership process and get answers to your questions!

[Click to Register](#)

**About Middlesex Senior Cohousing**

## Re-imagining the Holidays: We started with a Thanksgiving Buffet.



*Thanksgiving in the Garage*

At 3:30 pm on Thanksgiving Day, a group of community members (Diane, Priscilla, Brenda and Tom, Barbara and Mike) brought Thanksgiving dishes to Brenda and Tom's garage and placed them on a festively-decorated table inside. We took many pictures of each other and then, safely distanced and thoroughly masked, scooped portions of each dish into our individual containers. A few more photos, then departure for home. At 5 pm, the entire community met on Zoom to toast the holiday and our growing community.



*A toast to us all at 5pm Thanksgiving Day*

## What else is happening in our community?

The MSC calendar is filled every day with planning meetings. The Friday Happy Hour continues. A relatively new social group meets Sunday afternoons to work on various fabric-based projects, while chatting (mostly) about food.

The group welcomes anyone who wants to work on a project while engaging in light conversation.





*Judy works diligently on her Fibonacci spiral knitting project—a sock.*

## Inspirational Read

### **Eightysomethings**

One of our members recently attended a virtual lecture by Katherine Esty on how to age well into our eighties. She is the author of the book

*Eightysomethings*, which contains interviews with over 100 eighty-somethings about the paths their lives have taken. Here's a link to her homepage, which lists local events (virtual) and contains her blog:

<https://www.katharineesty.com>



Best Selling Author. Expert on Aging Well & Family Dynamics.

# Katharine Esty, PhD

ABOUT

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## EIGHTYSOMETHINGS

A Practical Guide to Letting Go,  
Aging Well, and Finding Unexpected Happiness

Amazon

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IndieBound



## EIGHTYSOMETHINGS

A Practical Guide to Letting Go,  
Aging Well, and Finding  
Unexpected Happiness

KATHARINE ESTY, PhD

THE MUST-READ GUIDE FOR THE UNCHARTED  
TERRITORY OF EIGHTY AND BEYOND



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Screenshot

## Meet Alan O'Hashi

### **True Stories of an Aging Dogooder: How Cohousing can Bridge Cultural Divides** by Alan O'Hashi

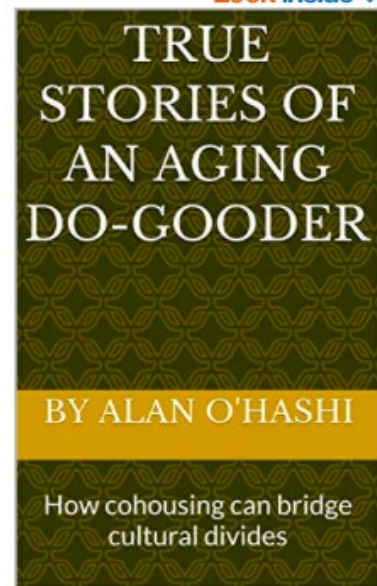
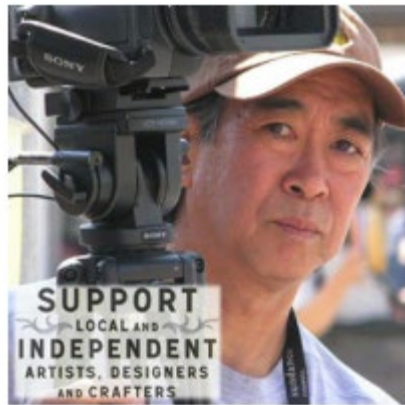
In his newly published book, Alan O'Hashi, a member of Silver Sage Village, a senior cohousing community in Boulder, CO, writes about efforts in his community to bridge cultural and social divisions. O'Hashi, who is Japanese-American, was the first non-white person in his co-housing community. The book is on Amazon now. Free if you have Amazon Prime!

*Alan O'Hashi is the current Board President of the Cohousing Association of the United States.*

### **Aging Gratefully - The Power of Community, Traditions and Health.**

Alan O'Hashi's 3-part video series on

cohousing can be streamed here:  
(click on photo)



Middlesex Senior Cohousing & Hager Homestead, 541 School Street, Belmont, MA 02478

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