



WAYLAND COA NEWS

OPPORTUNITIES, INFORMATION AND OUTREACH FOR WAYLAND RESIDENTS

FEBRUARY 2012

**The Wayland Council on Aging, 41 Cochituate Road, MA 01778
Ph: 508-358-2990 Fax: 508-358-7175**

**Hours: Monday, 9am-6:30pm
Tuesday-Thursday, 9am-3pm/Friday, 9am-12:30pm**

JEWELRY MAKING CLASS, Monday, Feb. 13, 10:00-Noon, FREE.

Wayland Jeweler Norma Radoff will offer this class for Wayland residents on designing and crafting earrings; participants will take home a finished product. Class size is restricted so please make your reservation early.

\$2 WARM UP WEDNESDAY LUNCHEONS CONTINUE!

Wednesday, FEBRUARY 8 at Noon (Pizza Buffet), Reservations req'd.

Wednesday, FEBRUARY 29 at Noon (Quiche Buffet), Reservations req'd.

Luncheons made possible by a grant from the Friends of the Wayland COA.

SPECIAL PROGRAMS following Wednesday luncheons:

1) On Feb. 8, join us at 1pm: **Popular author and Wayland resident, Juliette Fay**, will share her process of **creating a novel**.

Author of *Shelter Me, Deep Down True* and soon to be published *The Shortest Way Home*, Juliette will speak about her novel in progress, a piece of historical fiction set in 1919.



2) On February 29, 1pm showing of the **MOVIE: LEAP YEAR** (see p. 12)

A Musical Valentine Luncheon with THE SILVERLEAF JAZZ BAND

Wednesday, February 15, Noon, \$7.00, Large Hearing Room, Reservations required. Good friends, great music, catered luncheon...could there be a better way to celebrate Valentine's Day? Enjoy our Red and White Valentine Luncheon menu: Stuffed Shells, Meatballs, Garden Salad, Garlic Bread, and a special Dessert Buffet. Whether you're toe tapping or dancing, the Dixieland music will make this a special celebration. Reservations from Wayland residents through Tuesday, Feb 7, then open to all.

VOKES THEATER FREE DRESS REHEARSAL: "The Cripple of Inishmaan," Wednesday, Feb. 29, 8:00pm Showtime, doors open at 7:30pm. This is a free open dress rehearsals for seniors; first come, first seated (no reservations required).

MARCH HIGHLIGHTS:

***WAYLAND COMMUNITY POOL "OPEN HOUSE" and AQUA FIT CLASS, Thurs., March 8, 9:30am-10:30am, FREE. See p. 2.**



IT'S TIME FOR THE COA's ANNUAL WEARING O' THE GREEN! *Monday, March 12, 2012 at Noon

*Where: Trinitarian Congregational Church, 53 Cochituate Rd. (adjacent to Wayland Town Building) *Make your reservations early. Our **ST. PATRICK'S DAY CELEBRATION** includes

the popular **GLENSHANE IRISH DUO** and a Corned Beef and Cabbage dinner. When you make your reservation, please choose: **Green Ticket: COMPLETE LUNCHEON** (catered by JJ McKay's), **DOOR PRIZES...** and **ALL ALL ENTERTAINMENT: \$8.00 OR White Ticket: Free Admission** to the 1pm Glenshane Irish Duo performance only. (This musical program is sponsored by the Wayland Cultural Council.) See page 3 for more info.

Website:

www.wayland.ma.us

Director:

Julie Secord

Administrative Assistant (M-F):

Nancy Mandeville

Outreach Coordinator (M-F):

Sue Hatton

Volunteer Coordinator (M, W, F):

Maureen DeJong

BayPath Home Delivered Meals

(requests & changes)
508-573-7200

S.H.I.N.E. Counselor

Kathleen Woehrling

Property Tax Work-Off

Coordinator:

Lillian Mills (Tues. am)

Wayland Veteran's Agent

(Wed. am):

John Turchinetz 508-358-3787

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Health & Wellness Programs

PODIATRY CLINIC

Dr. Cooper's next Podiatry Clinic is on **Monday, March 26**. Appointments are required; please call the COA to sign up. The cost is **\$30.00**, payable to Dr. Cooper. **Please make out your check BEFORE you see the doctor.**

GENTLE CHAIR YOGA

Wednesdays 1-2pm with Leslie Worris of the Wellness Alliance, \$28/4 weeks, Hearing Room.

Next session meets Feb. 1, 8, 15, & 22 (with the following session starting on Feb. 29th).

This is a "Can Do" class for beginners, those with injuries or anyone living with special challenges such as limited mobility or recent surgery. Explore a variety of Yoga poses, both sitting and standing but with chair assist. Increase flexibility and strength.

BETTER BALANCE

"Independent and Upright Living" Next 4-week session will be Feb. 10, 24, March 2 & 9 (no class Feb. 17) ; \$25/4 wks. All classes are on Fridays, 11:00-12:00 in the Hearing Room.

Leslie Worris of the Wellness Alliance teaches strategies to avoid and prevent falls. Have fun while learning to improve your balance and increase strength. Using balls, bands, weights and incorporating yoga and tai chi, improve your posture, flexibility, mobility, stability, breath, and endurance and maintain your independence.

Pre-registration required, no less than one week before classes start.



WAYLAND COMMUNITY POOL "OPEN HOUSE" and AQUA FIT CLASS, Thurs., March 8, 9:30am-10:30am, FREE (call COA to make a reservation).

Whether you choose to simply "tour" this wonderful community facility or if you want to get wet and experience anaqua fit class, join us!

If you haven't had a chance to check out this amazing addition to our community, do so. It's convenient and affordable. Special pro-rated membership rates for seniors this spring. Whether you enjoy an open lap swim or prefer a structured class, there is something for everyone.

WAYLAND FREE BLOOD PRESSURE CLINICS

The Wayland **BOARD OF HEALTH** sponsors local free blood pressure clinics:

Senior Center: 3rd Tuesday of the month, 10:45-11:15 am

Cochituate Village Apartments (106 Main St.): The Board of Health nurse typically holds clinics on the 3rd Wednesday of every month from 10:30 - 11:00 am. The schedule does vary, so call the BOH (508-358-3617) to confirm the date and time.

* Anyone needing a blood pressure measurement who is unable to make it to a clinic may call the Board of Health Nurse, Ruth Mori, for an appointment (508-358-3617)

PARMENTER HEALTH SERVICES also sponsors a weekly clinic as a community service, held every Wednesday at Parmenter (266 Cochituate Road) from 8am to 9:30am. Blood pressure measurements and blood glucose screenings are available.

For further information, contact Parmenter Health Services at 508-358-3000.

TAI CHI FOR STRESS REDUCTION

Every Wednesday, 10:30-11:30am Certified Instructor: Robin Natanel 5 sessions in February, \$25 (or \$8.00/class if not pre-registered.)

Learn to use the Tai Chi form to increase your physical balance and "sense" of balance. Tai Chi allows you to physically, mentally and emotionally feel YOUR flow aligning with the flow of nature. The class begins with music and meditation, some Qi Qong breathing techniques, temple exercises for flexible joints and strength, then the Tai Chi form itself.

Class adapts to the participant's individual needs. Tai Chi can lower blood pressure, improve balance and reduce pain.

*** Tai Chi is open to non-seniors***

LOIS' FIT FOR THE FUTURE Tuesdays and Thursdays, 10 - 11am, Hearing Room, \$2/class

Stretching, toning, Aerobics fitness and weight work done to music. No pre-registration required; pay only when you attend. (Note: Instructor cannot make change; please try to bring exact payment.)

Education/Creative Arts Programs

New Location for COA's WEARING O' THE GREEN!

Our St. Patrick's Day celebration will be held at Trinitarian Congregational Church. We have relocated this event to a larger venue for easier parking, but we still encourage guests to car pool as parking is not unlimited. The church is at 53 Cochituate Rd.; next to the Wayland Town Building, same side of the street. Reservations are required. Please indicate if you wish to purchase a **Green Ticket (\$8.00)** for the full dinner from JJMcKays, door prizes, and more, or if you would like to attend the 1pm musical performance only (no charge). The Glenshane Irish Duo has been made possible by a grant from Wayland Cultural Council through the Massachusetts Cultural Council.

SCRABBLE CLUB

Tuesdays, 1pm Drop in. New players welcome!

CONTRACT BRIDGE

Thursdays, 12:20pm sharp.

As this game involves several tables of players, it is important that everyone be timely. Players who arrive late cannot be guaranteed a seat.

GENEALOGY

If you are interested in research techniques and the study of family ancestry and history, join this group that **meets in the Senior Center on the second and fourth Tuesday at 1pm.**

SPECIAL PROGRAMS: WHAT'S IN YOUR ATTIC?

What's in your attic, basement, or scrapbook that tells a story of Wayland life in years past? Do you have a menu from the Mansion Inn or Seiler's Ten Acres? Do you have a school yearbook or your football uniform... maybe photos of different forms of transportation or depictions of rural life in Wayland?

In April, the Wayland Historical Society and the COA will be offering a special opportunity to see treasures from Wayland's past. In addition to a formal presentation of pieces from the Grout Heard collection, there will be exhibit tables of memorabilia from resident collections.

If you have something you could share, please call Carol Repose (Wayland Historical Society) at **508-653-0768** or contact Julie Secord (Council On Aging) at **508-358-2990** to describe what you would be able to loan us for exhibit on the day of the event. We will provide signage with a description of your piece. It will be displayed under a clear vinyl protector.

To plan for the exhibit tables and categorize the pieces of memorabilia, let us know as soon as possible what you might have in your attic, basement, or scrap book that would share memories of "the way it was." Already we have the original Martin Cerel sales brochures and photos of the 1950s Daymon Farms housing development off Rte. 30. Please help us to make this an amazing adventure into yesteryear!

COA COFFEE, CONVERSATIONS & CONNECTIONS.

**Mondays, 2:00 pm
February 6, 13 & 27.**

This new group, facilitated by Wayland resident Irma Bloom, is for everyone—newcomers and long-time residents alike. You do not have to come to every meeting to part of this group; come when you can, enjoy good conversation and meet new (and old) friends.

WATERCOLOR CLASS:

**Instructor: Cecilia Sharma
\$85 (7 week session); call the COA to sign up for the next session.**

**Location: Wayland Art Center
Wed. (OPEN STUDIO)

10am-12:30pm

****Fri. (INT/ADVANCED)**

10am-12:30pm

Explore color and technique while receiving individualized instruction from an award winning instructor. Classes are held at the Wayland Art Center (adjacent to the Cochituate Fire Station on East Plain St. and Rte. 27).

COMPUTER CLASSES

Please contact the COA office if you are interested in taking a class or receiving private instruction on the computer.

MAHJONG



On hiatus until Spring.

Wayland on the Move

Trips both near and far
Call the COA for information or to sign up

TRANSPORTATION to BOSTON SYMPHONY ORCHESTRA OPEN REHEARSALS

Please note that we are providing *transportation only* and that **concert goers must purchase their own rehearsal tickets - online at bso.org or by phone at 888-266-1200 - then call us to reserve a van seat.**

- ▶ Remaining EVENING rehearsals are March 21 and April 18. All rehearsals start at 7:30 pm; the van leaves the Town Building at 5:15. The cost of transportation for the 2 remaining evening rehearsals is \$40.
- ▶ Remaining MORNING rehearsals are Feb. 2 and April 26. Rehearsals begin at 10:30am; the van leaves the Town Building at 8:30am. The cost of transportation for the 2 remaining morning rehearsals is \$40.



February is COA Food Drive Month for the Parmenter Food Pantry

Please bring in any items you would like to donate and place them in the decorated box at the COA. Needed items include canned fruits, vegetables and soups. Also needed is cereal, tea, pasta, pasta sauce, canned tuna, peanut butter, paper goods (including toilet paper and paper towels). Thank you for sharing and caring.

GROCERY, SHOPPING & OTHER TRIPS:

The van has a limited number of seats, so these trips are for Wayland residents only. Call early to reserve a spot. Unless otherwise indicated, the van driver will pick up/drop off people at their homes for all trips.

TRIPS:

Monday, February 6: **MARKET BASKET in Ashland.**
Wednesday, February 15: **Transportation to/from VALENTINE LUNCHEON.**
Tuesday, March 7, **Transportation to the polls for the MA State Primary Election.**



FYI

Timely information on
important subjects

INCOME TAX HELP

It's that time of year again when our AARP Income Tax volunteers will be available to help low- to moderate-income seniors with the completion of their federal and state income tax returns. Appointments will be scheduled from early February through early April.

You must call the COA to make an appointment for your taxes.

SECOND ANNUAL COA "Drive Through" FREE* RECYCLING EVENT

**Wed., April 18, 3:30-6pm,
Wayland Town Building
Parking LOT**

For seniors who are downsizing or just spring cleaning, take advantage of this opportunity. CRT Recycling will have their trucks in our Parking Lot ready to receive appliances, phones, CPUs, speakers, keyboards, DVD players, stereos, air conditioners, and even lawn mowers and snow blowers (if all oil and gasoline has been drained out). A comprehensive list is available at the COA and will appear in the March newsletter.

Most items may be recycled FREE of charge...with the exception being televisions under 27" in a plastic casing (\$12 each), 27" or larger televisions with a plastic casing and all wood casing TVs (\$20). Projections TVs \$25. Computer monitors \$3. Seniors may pay by cash or check on the day of the event.

For additional info, call the COA
Office 508-359-2990.

WAYLAND COUNCIL ON AGING

The Wayland COA provides programs and outreach services to seniors and their advocates to enhance quality of life.

BOARD MEMBERS: Betsy Soule, Chair; Bill Sterling; Vice Chair; Mary Antes, Clerk; Evelyn Ekmejian; Harriet Onello; Elizabeth Willard; Denise Yurkofsky; Bill Zellen, Carol Martin. The next meeting is February 7, 7pm, Town Building. Comments and suggestions welcome.

FRIENDS OF THE WAYLAND C.O.A., INC.

The Friends of Wayland COA is a 501c3 dedicated to the support of COA programs, services, and equipment which cannot be financed through the Wayland Town budget due to limited line item allocation.

BOARD: Jane Capasso, President; Sue Pope/Betsy Willard, Vice President; Mary Kelly, Treasurer; Denise Yurkofsky, Clerk; Mary Antes; Dave D'Orlando, Steve Correia; Patty MacNeil, Sonja Strong.

THE SENIOR CLUB

Meetings held the first and third Tuesday of each month at 1pm. This is an independent club; dues are \$5 per year.

GOLDEN TONES

This group of seniors from Wayland and surrounding towns gives 50+ performances. Rehearsals at the Senior Center on most **Tuesdays, 10:15-11:45am**. Newcomers and observers welcome. Contact Artistic Director **Deborah Marion** at **508-318-6318**, web: www.goldentones.org

From the Outreach Desk

Choosing a Healthier Lifestyle

February is “heart health” month—a great time to remember the many things that can be done to keep your own heart in shape. *The COA offers a variety of health and fitness classes for people of all ages and fitness levels (see our offerings on page 2). Come and try one out!*

- ♥ Don't smoke! *Make an agreement with yourself to quit and seek information and support programs from your healthcare professional*
- ♥ Have your blood pressure checked regularly *(see our monthly clinic information on page 2).*
- ♥ Be more physically active- *Regular physical activity reduces your risk of heart attack and stroke and makes your heart stronger. Pick activities that are fun, suit your needs and that you can do year-round. Check with your doctor before you start if you've been inactive for a long time.*
- ♥ Have regular medical checkups. *(If you have any questions regarding access to medical care, please come for a SHINE appointment).*
- ♥ Take your medicine, if needed, to control high blood pressure, high cholesterol, or diabetes.

...And remember, what's good for the heart is good for the brain! The healthy choices listed above will also help you stay alert and keep your memory strong.

Volunteer Corner

COA to offer Volunteer Opportunity Clearinghouse for Wayland Seniors.

Whether you're newly retired, between jobs, or are just looking for a rewarding volunteer opportunity, come check out our new Volunteer Opportunity “Clearinghouse” at the COA. Opportunities will be catalogued in an accessible notebook, but people can also email or call me to ask about current opportunities, which include:

Administrative Assistant for the Wayland Economic Development Committee; Nursing Home Advocates for BayPath Elder Services; Healthy Aging Instructors (training provided through Springwell); and various opportunities with the Wayland COA.

Hope to see you!

Maureen DeJong, Volunteer Coordinator
mdejong@wayland.ma.us; 508-358-2990

MONDAY

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

FEBRUARY 2012

<p>Trip to Market Basket</p> <p>1:00 SHINE</p> <p>2:00 COA Connections</p>	<p>6</p> <p>9:15 Nuggets rehearsal +</p> <p>10:30 GT's rehearsal +</p> <p>10:00 Lois' Fit for Future</p> <p>1:00 Scrabble</p> <p>1:00 Senior Club</p> <p>7:00 COA Board Meeting</p>	<p>13</p> <p>10:00 Jewelry Workshop with Norma Radoff</p> <p>2:00 COA Connections</p>	<p>1</p> <p>10:00 -12:30 Watercolor Class - WAC</p> <p>10:30-11:30 Tai Chi-Senior Center</p> <p>1:00 – Chair Yoga (1)</p>	<p>8</p> <p>10:30-11:30 Tai Chi</p> <p>10:00 -12:30 Watercolor Class –WAC*</p> <p>12:00 Warm Up Wednesday luncheon</p> <p>1:00 Author Juliette Fay</p> <p>1:00 – Chair Yoga (2)</p>	<p>15</p> <p>10:00 -12:30 Watercolor Class –WAC*</p> <p>10:30-11:30 Tai Chi</p> <p>12:00 Valentine's Day Luncheon</p> <p>1:00 – Chair Yoga (3)</p>	<p>2</p> <p>10:00 Lois Fit For Future-Senior Center</p> <p>10:00 Legal Clinic</p> <p>12:20 Bridge</p>	<p>9</p> <p>10:00 Lois' Fit for Future</p> <p>12:20 Bridge</p>	<p>16</p> <p>10:00 Lois' Fit for Future</p> <p>12:20 Bridge</p>	<p>3</p> <p>10:00 -12:30 Watercolor Class –WAC*</p> <p>11:00 Better Balance (4)</p>	<p>10</p> <p>10:00 -12:30 Watercolor Class –WAC*</p> <p>11:00 Better Balance (1)</p> <p>12:30 Movie: CRAZY, STUPID LOVE</p>	<p>17</p> <p>10:00 -12:30 Watercolor Class –WAC*</p> <p>11:00 NO Better Balance</p>
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<p>20</p> <p>Presidents' Day COA Closed</p>	<p>21</p> <p>9:15 Nuggets rehearsal + 10:30 GT rehearsal+ 10:00 Lois' Fit for Future 1:00 Scrabble 1:00 Senior Club</p>	<p>22</p> <p>10:00 -12:30 Watercolor Class -WAC* 10:30-11:30 Tai Chi 1:00 Chair Yoga (4)</p>	<p>23</p> <p>10:00 Legal Clinic 10:00 Lois' Fit for Future 12:20 Bridge</p>	<p>24</p> <p>10:00 -12:30 Watercolor Class -WAC* 11:00 Better Balance (2) 12:30 Movie: DOLPHIN TALE</p>
<p>27</p> <p>1:00 SHINE 2:00 COA Connections</p>	<p>28</p> <p>9:15 Nuggets rehearsal+ 10:30 GT's rehearsal+ 10:00 Lois Fit for Future 1:00 Scrabble 1:00 Genealogy</p>	<p>29</p> <p>10:00-12:30 Watercolor Class-WAC* 10:30-11:30 Tai Chi 12:00 Warm Up Wednesday luncheon 1:00 Movie: Leap Day 1:00 Chair Yoga (1) <i>Free evening dress rehearsal at Vokes Theater</i></p>	<p>Legend: WAC* = Wayland Arts Center GT = Golden Tones + GT schedule subject to change; check the GT calendar For information or to sign up for a class or event, call the COA at 508-358-2990. For transportation options, please see page 9 of this newsletter.</p>	<p>February is COA FOOD DRIVE MONTH FOR THE PARMENTER FOOD PANTRY.</p>  <p>Please bring in any non- perishable items you would like to donate and place them in the decorated box at the COA.</p>



SERVICES AVAILABLE AT THE SENIOR CENTER

In addition to our many programs, we offer a variety of services to provide assistance to older adults in their homes and at the Senior Center. For information about any of the services described below, call the Wayland COA at 508-358-2990 (unless otherwise indicated).

Information and Assistance

Information and Referral—Our Outreach Coordinator, **Sue Hatton**, provides free information about resources and services for older adults and their families in Wayland. We have lists of providers for help at home, housing, finances, nutrition, crisis intervention, caregiver support, and other services. Office and home visits can be scheduled.

Fuel Assistance—Wayland Council On Aging is the Fuel Assistance agent for the Town. Fuel assistance is a LIHEAP (Low Income Home Energy Assistance Program) administered through SMOC. Contact Outreach Coordinator Sue Hatton for further information. Program runs from November through April.

Free Legal Clinic—**Denise Yurkofsky**, an elder law attorney, is available to discuss legal issues. Call the COA to schedule a free, 20-minute appointment. Legal clinics are held in a private consultation area. The next clinic date is February 23rd.

SHINE (SERVING HEALTH INFORMATION NEEDS OF ELDERS)

Free counseling for all your health insurance concerns. Our SHINE Counselors is **Kathleen Woehrling**; call **508-358-2990** for an appointment.

State Senator Richard Ross's office hours:

Senator Ross's aide will be here the 2nd Tuesday of every other month from 2:15-3:00. Anyone is welcome to come and speak to his aide.

Nutrition by Bay Path

For information on the **Meals On Wheels** program, please call the Bay Path office at **508-573-7200**. Home Delivered Meals are delivered to qualified residents on week days.

Town Elections/Meetings Services

Transportation to every Town Election and to all sessions of the annual Spring and Fall Town Meeting is provided by the COA. Reservations can be made by calling the COA at 508-358-2990.

Health Services

WAYLAND FREE BLOOD PRESSURE

CLINICS: See page 2 for information.

In-Home Services:

Friendly Caller Program—Volunteers provide a daily (Mon.-Fri.) friendly phone call to homebound residents who benefit from a caring conversation.

In-Home Fix-It Program—Our volunteer handy-people will assist elders at home with small jobs, i.e., changing a light bulb, fixing a drippy faucet, or releasing stubborn storm windows. The service is free—you pay only for needed supplies.

Elders At Risk in Weather Emergencies—Seniors with medical equipment or physical limitations that may put them at risk during severe storms or power outages can be included in this program. As the need arises, emergency personnel will check to make sure everything is OK.

File of Life—Free! These small magnetic folders attach to your refrigerator and list medical needs, medications, doctors, and emergency contacts and are invaluable to emergency personnel. Available at the COA office. Ask for yours today—it could save your life! *Thanks to The Friends of the Wayland Council on Aging for purchasing new folders and inserts!*

Lock boxes—Allows access to your home in the event you call Emergency for help and cannot get to the door. A house key is stored in a small locked box that is secured to your house in an inconspicuous place; only Wayland Rescue personnel have access. Free installation with a one-time fee to purchase the box. Call the Wayland Fire Department at **508-358-7951**.

Concerned about abusive behaviors: elder abuse, bullying, abusive dating relationships, family violence? Help is available in the MetroWest area. Visit: www.domesticviolenceroundtable.org.

EZ REFERRAL SHEET — Transportation Choices

MWRTA TRANSPORTATION



“Dial-A-Ride” (A curb-to-curb service)

WHO: All Wayland residents 65 years of age or older and/or disabled of any age. Note: You must be pre-registered with MWRTA to schedule a ride. For registration forms, call the MWRTA at 508-820-4650 or the Wayland COA at 508-358-2990.

WHAT: Handicapped accessible, shared ride van providing curb-to-curb transportation, on an “as available” basis throughout the MetroWest community. Rides may be for shopping, leisure, work, and/or medical appointments

WHEN: Monday-Friday, 7am–last pick up at 6:30.

WHERE: Travel anywhere within the MWRTA communities Ashland, Framingham, Holliston, Hopkinton, Marlboro, Natick, Sherborn, Southborough, Sudbury, Wayland, and Weston. **\$2 each way. ALSO, to Woodland MBTA station. \$3**

EXTENDED SERVICES FOR MEDICAL RIDES ONLY: Berlin, Dover, Hudson, Lincoln, Maynard, Medfield, Medway, Milford, Millis, Needham, Newton, Northborough, Shrewsbury, Stow, Upton, Waltham, Wellesley, Westborough, and Emerson Hospital in Concord. **\$3 each way.** Boston, Worcester, Brookline, Jamaica Plain (VA Hospital only). **\$5 each way.**

TO SCHEDULE AN APPOINTMENT: Call MWRTA “Dial-A-Ride” 508-820-4650, Mon.-Fri., 8am-4pm, no more than two weeks—and no less than 48 hours—**prior to your ride.**

PAYMENT: Upon registration you will establish a fare account with the MWRTA; accounts are automatically debited on the day of your ride.

COA VAN TRANSPORTATION:

The COA Van makes monthly trips to a local grocery store, as well as ‘around town’ trips for errands. The Van also does day trips to local museums, orchards, and other areas of interest. See p. 4 of this newsletter for dates and details. It’s important to call early to reserve a seat on this 9-passenger van.

MEDICAL TAXI VOUCHER

(Call JFK 508-653-4500)

WHO: All Wayland seniors (60+ years of age) and/or disabled of any age.

WHAT: A discounted taxi ride for **medical appointments only and medically related activities at the COA** including exercise classes, SHINE and legal appointments and medical seminars.

WHEN: Weekdays, M-F, 6:30am to 10pm.

WHERE: Wherever you need to go for your medical appointment. Multiple vouchers may be used.

Taxi rides to Boston hospitals are fixed rate—\$60 in meter time each way—using medical taxi voucher tickets brings your cost down to \$36.

COST: A book of tickets worth \$25 of meter time can be purchased for \$15.00 (each book has 5 tickets and each ticket is worth \$5.00 of meter time.) Taxi voucher books are available at the COA or by mailing a check to the COA. (A single voucher worth \$5 of meter time may be purchased for \$3).

NOTE: A taxi driver gratuity IS expected. Due to the rising cost of fuel, there is now a fuel service charge of \$2 or less.

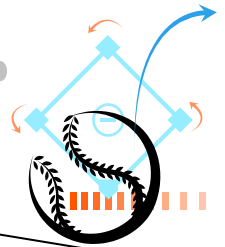
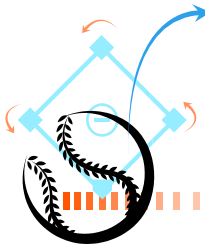
F.I.S.H. (Friends In Service Helping)

F.I.S.H. is a VOLUNTEER organization that assists Wayland residents of any age who have exhausted all options in trying to find transportation to *medical appointments*. FISH is also beneficial to those individuals who need a companion to assist them to a medical office. FISH provides rides to area medical appointments; some drivers are available to travel to Boston. (Riders are responsible for any tolls or parking expenses.) To make an appointment: Call 508-358-3474 at least ONE WEEK AHEAD of your appointment date. You will reach the FISH ANSWERING MACHINE. Please leave your NAME, ADDRESS, PHONE NUMBER, DATE, TIME, and LOCATION of appointment.) A telephone volunteer will call to confirm your request and make every effort to find an available driver.

~ **Volunteer drivers always welcome!** ~
Call the COA if you’re interested.

A fond farewell...

Residents and town employees join together for a baseball themed send off for retiring COA Co-Director, JoAnn Kunz.



JoAnn wrapping up her paperwork!



Wally grabs a photo op with his fans!



Julie Secord presents a going away gift.

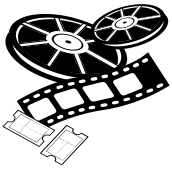


Popcorn and hotdogs for all!



Wally lends a hand to our volunteer crew!





FRIDAY MOVIE MATINEE

Showtime: 12:30pm, Wayland C.O.A. ENJOY self-serve popcorn, and cold drinks from our "Hospitality Cart" —it's all complimentary! Bring a friend, and/or bring your lunch.

Fri., Feb. 10 **CRAZY, STUPID LOVE**, PG-13, 1hr 58min; Drama/Romance/Comedy with Steve Carell, Ryan Gosling, Emma Stone, Julianne Moore. Nominated for a Golden Globe Award, a middle-aged husband's life changes dramatically when his wife asks for a divorce. He seeks to rediscover his manhood with the help of a new-found friend, learning to pick up girls at bars. Reviews say *Crazy Stupid Love* is a "crazy, smart film." "If you're hungry for a romantic comedy that's entertaining and doesn't insult your intelligence, here it is."

Fri., Feb. 24 **DOLPHIN TALE** (2011), PG, 1hr 52min, Drama with Harry Connick Jr., Ashley Judd, Kris Kristofferson. Inspired by the true story of a brave dolphin and the strangers who banded together to save her life. "Winter" gets caught in a crab trap, severely damaging her tail. It will take the expertise of a marine biologist, the ingenuity of a prosthetics doctor, and the devotion of a young boy to bring about a groundbreaking miracle - a miracle that might not only save "Winter" but could also help scores of people around the world.

Special Wednesday Movie, February 29, 1pm (following Warm-Up Wednesday Luncheon):

LEAP YEAR (2010), PG, Comedy/Romance, 1hr37min, Amy Adams, Matthew Goode, John Lithgow; Anna Brady plans to travel to Dublin, Ireland, to propose to her boyfriend Jeremy on February 29, Leap Day, because, according to Irish tradition, a man who receives a marriage proposal on a leap day must accept it.

A REMINDER:

**WAYLAND TOWN BUILDING OFFICE HOURS are Monday–8:00am to 7:00pm,
Tuesday to Thursday–8:00am to 4:00pm, Friday–8:00am to 12:30pm.**

The COA has received permission to stay open later on Movie Matinee Fridays but is otherwise closed for business on Fridays after 12:30pm. Any messages left on the COA voicemail will be returned on Monday morning.

The Wayland C.O.A. News

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