



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

**APRIL 2017**

**The Wayland Council on Aging, 41 Cochituate Road, Wayland, MA 01778**  
**Ph: 508-358-2990 Fax: 508-358-7175 www.wayland.ma.us**  
**Office Hours: Mon., 8am-7pm; Tues-Thurs, 8am-4pm; Fri, 8am-12:30pm**

**Program Registration:**  
**Mon 9-6; Tues-Thurs**  
**9-3:30; Fri 9-Noon**

APRIL HIGHLIGHTS	Pg.
⊗ <b>MEDICATION TAKE BACK with WAYLAND POLICE at COA</b> Wed., 4/5, 11:30am-Noon. Dispose of unwanted or expired medications.	4
⊗ <b>COA PIZZA CAFÉ</b> Wed., April 5, Noon, \$3, Reservations required.	4
⊗ <b>APRIL VIDEO LECTURE SERIES ~ Every Monday</b> <b>WONDERS OF OUR NATIONAL PARKS: GEOLOGY OF NORTH AMERICA</b> (a partnership of Great Courses and National Geographic) Every Monday at 1pm, No Charge. Starts April 3 ( Close captioned )	5
⊗ <b>LEGAL CHECK UP</b> Presentation with Elder Law Attorney, Denise Yurkofsky: “What is an estate plan and why does everyone need one?” April 19, 10:30am	4
⊗ <b>CHARLIE CARDS EVENT</b> Friday Morning Apr. 21, `10am-Noon MWRTA Charlie Cards are compatible with the MBTA Charlie Cards. Bring a photo ID verifying your age of 65 or more and receive your Senior Charlie card at the COA qualifying you for reduced travel rates.	3
⊗ <b>DONATIONS OF GLASS, STONE and WOODEN BEADS</b> appreciated for our jewelry workshops. Broken or jewelry pieces no longer worn also appreciated. Your donations will be creatively worked into new jewelry pieces by participants learning jeweler’s techniques. Participants then share their skills to create boxed jewelry for the Children’s Holiday Shoppe.	
⊗ <b>Wayland ‘SHOP AROUND SHUTTLE’</b> In-town errands to do? Consider this free Monday shuttle with home pick ups. Mondays, April 10 & 24. No charge but Reservations are required. Call COA: 508-358-2990	10
⊗ <b>DRIVE-THRU ELECTRONICS RECYCLING: CANCELLED!</b> Please request flyer at COA for most cost effective options for disposal	
⊗ <b>FAVORITE SPACES ~ MEMORABLE PLACES</b> Photo Gallery and Presentation—Rescheduled to SUNDAY, APRIL 30, 2pm, COA/Town Building, see p. 4	3

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**CALENDAR** pp 6/7

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**TRAVEL & COA VAN** p10

**MOVIES** p12

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**Director:** Julie Secord, M-F

**Office Coordinator:**  
Nancy Greenwood, M-F

**Outreach Coordinator :**  
Sue Hatton, M-F

**Project Coordinator :**  
Shawna Levine, M-W

**Volunteer Coordinator:**  
Ann Gordon, T-Th

**BayPath Home Delivered Meals:** 508-573-7200

**S.H.I.N.E. Counselors**  
Kathleen Woehrling  
Penny Wilson

**Property Tax Work-Off**  
Becky Patterson  
Wednesday 9-11am

**COA WayCam Liaison:**  
Joanne Kwartta

**West Suburban Veterans Services District**

**Sarada Kalpee, Director**  
Tuesday 9am-4pm  
Selectmen’s Office  
781-850-5504  
Regional VA Office  
781-489-7509

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Find us on 

The Wayland COA is on Facebook! Follow us for updates, photos, and more. Tell your family members!

### Coming in May

BarnRaising.Org to present “**PLANNING FOR RETIREMENT**” **Workshop**,  
Thursday, May 4, 5:30pm, Pre-registration required. Sandwiches/ Beverages  
Provided. No charge. For more info, see p.3

**PRIVATE NUTRITION COUNSELING**, May 11, No charge., See p. 5

## Health & Wellness Programs

Please bring a water bottle to all classes



### Fitness Classes at a Glance

	DAY	FEE	DATES	TIME	LOCATION
<b>FIT FOR THE FUTURE*</b>	Tues/ Thurs	\$3/class-FIT BUCKS ONLY	Every Tue & Th	10-11am	Large Hearing Room
<b>ZUMBA*</b>	Wed	\$3/class-FIT BUCKS ONLY	Every Wed. <b>NO class 4/19</b>	10:30-11:30 am	Town Bldg. Gym
<b>TAI CHI</b>	Wed	Pay by month: \$20 Pay by class: \$8	Every Wed. (4)	11-12 noon	Large Hearing Room
<b>THERA-TUBE*</b>	Wed	\$3/class-FIT BUCKS ONLY	Every Wed.	9:15-10:15 am	Large Hearing Room
<b>BETTER BALANCE</b>	Wed	\$28.00	Every Wed.	1-2 pm	Large Hearing Room
<b>PILATES—Pay by the month (open to non-seniors)</b>	Tu/Th	\$40 for Tues Class \$40 for Thurs Class	Every Tue/Th	7-8am	Large Hearing Room



**“TRY IT” POLICY:** When trying any of our **on-going** exercise programs, your first class is **FREE!**

**\*NOTE:** FIT BUCKS are required to pay for all Drop In classes.

**Please stop by the COA to purchase FIT BUCKS—\$3 per ticket or bundle of 5 tickets for \$15.**

**Lois’ FIT FOR THE FUTURE** Tuesday and Thursdays, 10am-11am, \$3/class. Pay only when you attend. Instructor: Lois Leav. Aerobic exercise to music, includes stretching, toning and weights. Mar 16 class in COA

**ZUMBA** Wednesdays, 10:30am-11:30am, Town Building Gym, \$3/class. Pay only when you attend. Instructor: Ellen Cohen-Kaplan, CPT, OTR. A cardio fitness class to Latin music.

**TAI CHI for STRESS REDUCTION** Wednesdays, 11am-Noon, pay by the month (see chart) or pay only when you attend at a cost of \$8/class. Learn modified Tai Chi to build strength and balance, reduce blood pressure and reduce pain. Develop sense of peace through a focused mind and body awareness. Instructor: Robin Natanel is a Certified Instructor of White Crane Taoists at Harmonious Dragon Tai Chi/Qui Gong School, Berne, Switzerland

**THERA-TUBE** Instructor: Ellen Cohen-Kaplan, Certified Personal Trainer, OTR. Resistance bands with handles to increase range of motion and strength. Bands are light and easy to use for people of all abilities. Learn to use the bands safely and effectively at home and on the go.

**BETTER BALANCE** Wednesdays, 1 pm. Develop strategies to prevent falls and maintain independence. Learn breathing and relaxation techniques. Instructor: Leslie Worriss of the Wellness Alliance. Great for beginners looking for a change from their usual routine. Pay by the month (see chart above).

**RISE AND SHINE PILATES** A Tuesday and a Thursday Session. Sign up for either or both. 7am– 8am. Pay by the month. Pre-register—Restricted class size. Non-Seniors welcome. Instructor: Lisa Carusone, NASM-CPT. Total body conditioning for core strength and flexibility; builds strength and flexibility.

#### **Fitness opportunities available to people over 60 (no membership required) at The LONGFELLOW CLUB**

- ⇒ Water Exercise Classes at both Longfellow Natick and Wayland. Certified instructors. \$60/ 6 week session.  
*For pool classes at either location, please call Longfellow at 508-397-4069.*
- ⇒ PICKLEBALL at Wayland Longfellow Mon, Thurs, Fri, Noon-1:30pm, Non Members \$10  
*For Pickleball information, please call Wayland Longfellow at 508-358-7355.*

## New happenings at the COA

### MWRTA to issue Reduced Fare SENIOR CHARLIE CARDS Wayland COA Friday, April 21, 10am-Noon



Want an easy way to get a Charlie Card that will qualify those 65 and older for a senior MBTA discount? Bring a photo ID verifying your age to the Wayland COA on Friday morning, Apr. 21, 2017, 10am-Noon and complete an application to receive your senior Charlie Card Pass. A photographic ID will be created while you wait. There is no charge for the card. Charlie Cards are a convenient and a less costly way to ride the local MWRTA or MBTA system (e.g., Riverside into Boston). Although Charlie Cards are available regularly at the MWRTA office in Framingham, this Wayland opportunity is offered by the MWRTA Outreach Program.

The MWRTA Charlie Cards are compatible with the MBTA Charlie Cards. Seniors (65+) with a Senior Charlie Card may ride local buses for 85 cents, subways for \$1.10, inner express buses for \$2.50, and outer express buses for \$3.50. Seniors may also travel on commuter rail or ferry services for 50 percent off the regular full fare.

Upon arrival at the COA, you will be given an MWRTA application to complete. After completing the form, you will be given a number. When your number is called, take your completed form and ID to the table for processing, then on to the camera station. In just minutes, your Charlie Card is ready!

### FAVORITE SPACES ~ MEMORABLE PLACES NEW DATE & NEW LOCATION

*Rescheduled to Sun, Apr. 30 due to Feb. snowstorm*

A photo exhibit of stunning local scenes and a presentation on noted Wayland photographers.

**Sunday, April 30, 2017  
2:00—4:00 pm, Wayland COA  
Town Building**



At 2pm the photo gallery will open in the COA featuring photographs from some very talented Wayland photographers— younger, older, amateur and professional. The photos showcase the beauty of Wayland. Also included in the exhibit will be select photos from the Historical Society's collection.

At 2:30pm Jane Sciacca will present a program on noted Wayland photographers. No charge. Refreshments will be served. This event is sponsored by the Wayland Historical Society and the Wayland Council on Aging.

### BARNRAISING for SENIORS

**A Free Retirement Planning Program**

**Thursday evening, May 4, 5:30-9:45**

**“People Helping People” Pre-register Now**

Barnraising.org is coming back to Wayland—where it was created more than ten years ago. This time it is focused on helping individuals 50 and over to plan for retirement. Facilitator: Dr. Dana Aaron  
Barnraising includes initial intake, one-on-one assistance, research partners seminar and the signature Barn Raising Event. Barnraising.org is a 501(c)(3) organization. It has been the feature of 14 newspapers as well as NPR's "Marketplace." No Charge.

## Additional Health Programs

### BLOOD PRESSURE CHECK



Arrange for a free Blood Pressure Check by calling the Wayland Health Department: 508-358-3617

### PODIATRY CLINIC

**The next Podiatry Clinic is Monday, April 24, 2017**

- For an appointment, call the COA at 508-358-2990.
- Cost is **\$30.00**. Checks payable to Dr. Cooper.
- Please make out your check **before** your appointment.



Note: Many health insurance plans reimburse for fitness classes held at the COA. Contact your plan's Membership Services Dept. to check their policy. The COA will provide you with payment histories if needed.

## Education/Social Programs

Sample the varieties at the

**1st WEDNESDAY**

**COA PIZZA BUFFET CAFÉ**

**Noon, \$3**



Reservations required by noon on the Monday preceding the Café

MENU: PIZZA BUFFET, Salad, Dessert, Beverage

A no-cheese pizza option is always available.

**Wednesday, April 5, Noon**

*And Next Month on...*

**Wednesday, May 10, Noon**

*This on-going program is made possible by a generous grant from the Friends of Wayland Council on Aging*

*And before the Pizza Café ....come to*

**MEDICATION TAKE-BACK**

**Wednesday, April 5, 11:30am-Noon**

Wayland Police Department will be at the COA to collect unwanted or expired medications and sharps.

### Home Delivered EASTER Meals

Once again, volunteers from the Parish of the Good Shepherd will deliver a home-cooked Easter Dinner to Wayland residents who will be home alone or otherwise unable to participate in a holiday meal. There is no charge. Meals are delivered warm and ready to eat around noon on Sun, April 16. Call COA 508-358-2990

### 'DROP IN' PROGRAMS

*No reservations are needed for these activities.*

*Stop by and join in. New participants welcome.*

◇ **COA CONNECTIONS:**

**Mondays, 2:30pm**

Connect with others, enjoy good conversation and meet new friends. This informal group, facilitated by Wayland resident Irma Bloom, is for everyone. Come when you can.

◇ **GENEALOGY:**

**2nd and 4th Tuesdays, 1:00pm**

Share in great conversations, research techniques and fascinating stories from the past.

◇ **BRIDGE:**

**Thursdays, 12:00pm**

Players need to arrive by **Noon** to be included in table rotation. This group is for advanced or HIGH intermediate players.

### **LEGAL CHECK-UP PRESENTATION**

Wednesday, April 19, 10:30am

Presenter: Elder Law Attorney, Denise Yurkofsky

What is an Estate Plan and why does everyone need one? It is not just for the elderly, the wealthy or those concerned about estate taxes. Come and understand the importance of each document in a simple estate plan—a will, durable power of attorney, healthcare proxy, living will, homestead declaration and a trust. Learn how they can be helpful to most people in the event of incapacity and at death. Understand the importance of making sure the titling on your assets and beneficiary designations are consistent with your plan. Presentation will also address the probate process, estate taxes, risks of joint ownership and basic long term care planning. N/C but reservations appreciated.

### **Library to Explore SoWa**



**WAYLAND  
READS**

As part of the *Wayland Reads* Program, the Wayland Library is offering a tour of SoWa Art & Design district in

Boston's South End during its annual Art Walk.

Explore the neighborhood described in *The Art Forger*. For more info, see the Library website.

### **NEED TRANSPORTATION to SoWa on May 7?**

The COA will provide van transportation to SoWa Art & Design district on Sunday, May 7 for those wishing to attend the Library's event. Depart from the Town Building parking lot at 10am. Leave SoWa district at 3pm, return to Wayland by 4pm. The cost is \$15 and pre-paid registration is required by 5/2. For questions on transportation only, call the COA office, 508-358-2990. For questions on SoWa tour, contact the Library.

### **GRANDPARENTS NETWORKING GROUP**

**Tuesday, April 11, 2017**

**10am-11:30am**

*2nd floor Small Conference Room, Town Building. No cost, No reservations.*



*Group meets on the 2nd Tuesday of each month.*

Join us in a facilitated discussion about these unique relationships that can be both richly rewarding and sometimes challenging. Share resource ideas.

Bring a friend. This is a casual gathering.

Discussion Facilitator: Dr. Dossie Kahn, Y&F Service

## More April Programs

### APRIL VIDEO LECTURE SERIES:

#### WONDERS OF OUR NATIONAL PARKS: GEOLOGY OF NORTH AMERICA

A partnership of Great Courses & National Geographic

Every Monday at 1pm

No Charge / No Reservations.

Starts April 3 (No lecture on Apr. 17, Patriots Day)



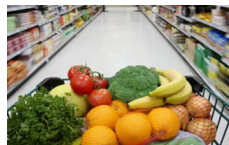
Discover how a glacier is like a candy bar. Chart the geology of a continental collision that raised mountains. Learn the story of the Grand Canyon - a geological saga of deposition and erosion that started 1.7 billion years ago. Exploring National Parks across the U.S., you'll learn about our nation's most cherished landscapes, ancient ecosystems, extinct species, and the history of life on Earth. Video is close captioned.

Although only 3 Mondays in April, this dvd series will be available on a loan basis in May for those who wish to continue experiencing this extraordinary series.

### PRIVATE NUTRITION COUNSELING at COA

BayPath Registered Dietitian: Traci Robidoux  
Thursday, May 11, Appointments start at 9:30am

Trying to gain weight? Trying to lose weight?  
Not sure what food items to avoid or make sure you eat? For a free, 45-minute private appointment with a Registered Dietitian, call the COA office at 508-358-2990.



### COMMUNITY NEWS

#### ANNUAL BIRD WALK, Sat., May 6, 8am

(Rain date: Sat. 5/13 at 8am)

Local Birder John Hine will lead a leisurely morning bird walk (1.5-2hr) at a Wayland Conservation land area to be determined. Enjoy spring bird migration as we search for newly arrived migrants typical of early May ...Baltimore Orioles, Bobolinks, Rose-Breasted Grosbeaks, Yellow Warblers and more. Check Wayland Conservation website "programs and events" for sign-up, meeting place and more.



**GOLDEN TONES CHORUS** and Natick High School Adv. Choir celebrate **ARTWEEK-BOSTON** on Fri, May 5, 6:30pm at the Common Street Spiritual Center, 13 Common St., Natick, MA for a free, interactive, intergenerational and inspirational program.



### WAYLAND COUNCIL ON AGING

The Wayland COA provides programs and outreach services to and on behalf of seniors to enhance quality of life and promote independent living. We are committed to creating a welcoming environment that values dignity, tolerance, respect, appreciation of diversity and positive regard for all members of our community.

#### BOARD MEMBERS:

Betsy Soule, Chair; Bill Sterling, Vice Chair; Mary Antes, Clerk; Evelyn Ekmejian; Nancy Leifer; Becky Patterson; Ellen Scult; Denise Yurkofsky; Carol Glick.

Meetings are held the 1st Tues. of each month at 8am in the Town Building. Meetings are subject to change; check town calendar.

#### Next Meeting:

Tuesday, Apr. 4, 2017 at 8am

### FRIENDS OF THE WAYLAND COA, INC.

A 501(c)3 dedicated to the support of COA programs, services, and equipment that cannot be financed through the COA's town budget due to limited line item allocation.

#### FRIENDS BOARD:

Betsy Willard, President;  
Jane Capasso, VP; Mary Kelly, Treasurer; Mary Antes, Clerk; Janie Belive; Steve Correia; Kara Harvey; Wade Larson; Nancy Leifer; Patty MacNeil, Sue Pope.

### PROPERTY TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets bi-monthly on the second Wednesday at 7pm.

**MEMBERS:** Rebecca MacGregor, Chair; Ann Gilbert, Clerk; Pauline DiCesare; Steve Colella; Joan Bradford; Linwood Bradford.

Next Meeting: Wed., April 12, 7pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>APRIL</h1>		<b>LEGEND:</b> <i>GT: Golden Tones</i> <i>F4F: Fit for the Future</i> <i>WAC: Wayl. Art Ctr.</i> <i>L@NSC: Longfellow</i>	⇒ Wayland Town Meeting starts Sunday April 2 ⇒ Shop Around Shuttle on April 10 & 24 Reservations Required Check it out!	
<b>3</b> 1:00 Video Lecture 2:30: Connections  <i>Trip to Market Basket</i>	<b>4</b> 7:00 AM Pilates 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F  <i>Trip to Regis College</i>	<b>5</b> 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 11:30 Medication Take Back 12:00 Pizza Café 1:00 Better Balance	<b>6</b> 7:00 AM Pilates 10:00 Lois' F4F 12:00 Bridge (Advanced Players)  <i>Legal Clinic- by appointment</i>	<b>7</b> Watercolor at WAC  <i>12:30 Movie: Queen of Katwe</i>
<b>10</b> 1:00 Video Lecture 2:30: Connections  <i>Shop-Around-Shuttle</i>	<b>11</b> 7:00 AM Pilates 9:15 GT Nuggets 10:15 Golden Tones 10:00 Grandparents 10:00 Lois' F4F 1:00 Genealogy	<b>12</b> 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance	<b>13</b> 7:00 AM Pilates 10:00 Lois' F4F-COA 12:00 Bridge (Advanced Players)	<b>14</b> Watercolor at WAC
<b>17</b>  Patriots Day Holiday	<b>18</b> 7:00 AM Pilates 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F <i>Trip to JFK library</i>	<b>19</b> 9:15 Thera-Tube 10:30 <i>No Zumba</i> 10:30 Legal Checkup 11:00 Tai Chi 1:00 Better Balance	<b>20</b> 7:00 AM Pilates 10:00 Lois' F4F 12:00 Bridge (Advanced Players)  <i>Trip to Symphony</i>	<b>21</b> No Watercolor this week. 10:00 MWRTA Charlie Card Event
<b>24</b> 1:00 Video Lecture 2:30 Connections  <i>Podiatry- by appointment</i>  <i>Shop-Around-Shuttle</i>	<b>25</b> 7:00 AM Pilates 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F 1:00 Genealogy	<b>26</b> 9:15 Thera-Tube COA 10:30 Zumba 11:00 Tai Chi (COA) 1:00 <i>Better Balance</i> COA	<b>27</b> 7am Pilates 10am Lois F4F (COA ) 12:00 Bridge (Advanced Players)	<b>28</b> Watercolor at WAC  12:30 Movie <i>Hidden Figures</i>  <i>Saturday: Trip to Art in Bloom at the MFA</i>

## From the Outreach Desk

A few reminders...

⇒ **Last Call for Fuel Assistance:**

The SMOC Fuel assistance program will come to a close for this season on April 30, 2016. Eligible households that have not yet applied still have a few weeks to submit. If your gross annual income falls below \$32,618 for a household with one person or \$42,654 for a household of two then this program is worth exploring. An 'in person interview' is required for first-time applicants and this can take place at the COA.

If you have any questions about this program, please call the COA at 508-358-2990 and speak with Sue Hatton.



⇒ **Wayland "Town Match" to the Circuit Breaker Tax Credit**

*If you qualified for the Circuit Breaker Tax Credit on your 2016 Massachusetts Tax return, there is an excellent chance that you will also qualify for the Wayland CB Town Match.*

Wayland is one of the few towns in Massachusetts offering a 'match' to the Massachusetts Circuit Breaker Credit (a credit available on your Massachusetts Income Tax return). Simply stated, the town match is an easy-to-access, dollar-for-dollar match to the CB credit you may receive through your state tax return. In order to request the Town Match, you must submit an application to Wayland Assessor's Department. The application must include a copy of your Massachusetts Income Tax Return attached. *Qualifications and deadlines apply.*

For any questions regarding the Wayland "CB Town Match" please contact the Wayland Assessing Department or the COA. For questions regarding your MA Income Tax Return, please speak with your tax preparer.

## Volunteer Corner

Today I got a phone call from a very grateful Wayland woman who had received help from a COA volunteer. She had high praise for the gentleman from our Fix-It program who came to fix her wobbly table. "He went above and beyond," she said. "It's an old table, and it was not as easy to fix as I had thought. He was determined to do the job, and he could not have been nicer about it. He should be your volunteer of the year."

I routinely hear from people who are grateful for the help and kindness they receive from our volunteers. This delights me, but doesn't surprise me. The desire to be helpful is why people volunteer, and kindness is always part of the package.

If you're the volunteering sort, I'd love to tell you about our volunteer opportunities. And if you're in need of a volunteer, whether it is for a small fix-it job, or a ride to a medical appointment or a home-delivered meal, just call us. That's why we're here.

Warmly,  
*Ann Gordon*

## 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 COA. 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 a wide variety of resources and services available for older adults and their families. Please call with any questions or concerns: 508-358-2990.

**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 - 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. See our calendar for the next Legal Clinic dates.

**SHINE**—Serving Health Insurance Needs of Everyone on Medicare. Trained volunteers provide free counseling for all your health insurance concerns. Our SHINE Counselors are Kathleen Woehrling and Penny Wilson. Call COA for appointment.

### **State Senator Richard Ross:**

Constituents interested in discussing a concern should contact his office at 617-722-1555.

### ⇒ Health Services

**Free BLOOD PRESSURE check by Wayland Health Department.** By appointment. Call Ruth Mori, Community Health Nurse, 508 358-3617.

### ⇒ Meals on Wheels

For information on the *Meals On Wheels* program, please call BayPath Elder Services at **508-573-7200**. Meals are delivered to program participants M-F.

### ⇒ 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. Advanced reservations are required. Call the COA at 508-358-2990 for a ride reservation with at least 48-hour notice.

### ⇒ In-Home Services

**Friendly Caller Program**—Volunteers provide a friendly phone call to homebound residents who may benefit from a caring conversation.

**In-Home Fix-It Program**—Our volunteer handy-people will assist elders at home with small jobs such as changing a light bulb or smoke alarm battery. The service is free—you pay only for needed supplies.

**File of Life**—Free! These small magnetic folders attach to your refrigerator and list your pertinent medical information, doctors, emergency contacts, etc. This information can be invaluable to emergency personnel. Call the COA office today to get one—it could save your life! Folders are provided courtesy of *The Friends of the Wayland Council on Aging*.

**Medical Equipment Loan Closet**—On Tue. and Thurs. the COA accepts donations of new or gently used medical equipment (including shower chairs, transfer benches, commodes, walkers, canes, wheel-chairs, transport chairs). To borrow equipment, call the COA office 508-358-2990.

**Lock boxes**—Allow 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 Dept. at **508-358-7951**.

**Elders At Risk in Weather Emergencies**—Seniors with specialized medical equipment or physical limitations that may put them at risk during severe storms or power outages can be included on this list. As resources allow, emergency personnel will call to make sure everything is OK. Call the COA to register and we will forward to Public Safety.

**Smoke and CO Detectors**—As time and supplies are available, Wayland Firefighters will come install free smoke and CO detectors and provide fire safety training to Wayland Seniors. Call the COA to place your name on this 'wait list only' program. 508-358-2990.

**Concerned about abusive behaviors: elder abuse, bullying, abusive dating relationships, family violence? Help is available in the MetroWest area. Call 877-785-2020 or Visit [www.domesticviolenceroundtable.org](http://www.domesticviolenceroundtable.org)**



## COA Transportation Choices

### IMPORTANT INFO on TAXI VOUCHERS

- ⇒ JFK Medical Taxi Vouchers are now ORANGE.
- ⇒ Expired Blue JFK Medical Taxi Vouchers may no longer be used.

### MWRTA “DIAL-A-RIDE”

**WHO:** All Wayland residents 65 years of age or older, and 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:** Mon.-Fri., 7am – last pickup at 6:30pm.

**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 A RIDE:** 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

**VAN DESCRIPTION:** A white, handicapped-accessible van signed: **MWRTA-Kiessling.**

### MEDICAL TAXI VOUCHERS

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

**Call JFK 508-653-4500.**

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

**WHEN:** Taxis avail. 7 days/week , 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 and must be paid in cash, not with a voucher.

### F.I.S.H. (Friends In Service Helping) For medical rides only

FISH is a VOLUNTEER organization that offers rides to Wayland residents of any age who have exhausted all options for transportation to local *medical appointments*. (Some drivers are available to travel to Boston.)

Riders pay tolls and parking fees. Donations are not expected, but those who wish to donate should make checks out to the *Town of Wayland*.

To request a ride: 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.

# Wayland on the Move

## CALENDAR OF UPCOMING OUTINGS

For additional information, please contact the COA or stop by the office and pick up flyers.

### APRIL

**Monday, 4/3: Market Basket & Marshall's:** Depart COA at 9:15 am. Return by 1:30 pm. N/C. Home pickups available by request.

**Tuesday, 4/4: Metamorphosis: The Art of Nancy Schon at Regis College.** Depart COA at 10:00 am. Return at 1:30 pm. Cost: \$3 for transportation. Visit this student-curated exhibit featuring never-before seen artwork of renowned artist, Nancy Schon, Sculptor of *Make Way for Ducklings*. We will then head to the Villa for lunch (on your own).

**Tuesday, 4/18: JFK Library and lunch:** Depart COA at 9:30 am. Return by 3:30 pm. Cost: \$22 for transportation and admission. The John F. Kennedy Presidential Library and Museum is having a year-long celebration to honor the 100th anniversary of the birth of JFK. You will have the opportunity to visit both the permanent and special exhibits. After visiting the museum, we will have lunch (on your own) at Amhreens restaurant .

**Thursday, 4/20: Boston Symphony Rehearsal:** Depart COA at 9:00 am. Return by 1:30 pm. \$15 for transportation for each concert. Remaining date: May 4. Riders must purchase their own Boston Symphony tickets: **Box office 888-266-1200** [WWW.BSO.ORG](http://WWW.BSO.ORG).

**Saturday, 4/29: Art in Bloom at the MFA:** Depart COA at 9:15 am. Return by 4:00 pm. Cost: \$30 for admission and transportation. Join us for this exuberant spring festival of fine art and floral design. Garden clubs and designers from across New England create floral arrangements inspired by the MFA's works of art.

### SHOP-AROUND SHUTTLE

⇒ **Mondays, April 10 & 24**

⇒ **Mondays, May 8 & 22**

#### **FREE but Reservations are Required**

Home pick-ups begin at 10 and the return trip will begin at noon. Stops include the library, Stop & Shop, Panera and CVS. Reservations are required.

### MAY

**Thursday, 5/4: Boston Symphony Rehearsal:** Depart COA at 9:00 am. Return by 1:30 pm. \$15 for transportation for each concert. Riders must purchase their own Boston Symphony tickets: **Box office 888-266-1200** [WWW.BSO.ORG](http://WWW.BSO.ORG).

**Tuesday, 5/9: Gore Place in Waltham and lunch.** Depart COA at 9:30 am. Return by 2:00 pm. Cost: \$15 for tour and transportation. Gore Place is the 1806 country estate of Christopher and Rebecca Gore. It is a unique community resource that tells the story of early 19th century American life. We will enjoy a guided tour of the mansion including views of the Great Stairs, Great Hall, Withdrawing Room, Breakfast Room, Billiard Room, Gentlemen's Sitting Room, Servant, and Family Chambers. You will have time after the tour to visit the grounds. We will then head to John Brewers Tavern for lunch (on your own).

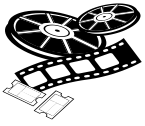
**Tuesday, 5/16: ICA Boston.** Depart COA at 9:00am. Return at 2:00 pm. Cost: \$22 for admission, tour and transportation. Experience dynamic exhibits in a breathtaking waterfront setting at the Institute of Contemporary Art. We will begin our visit with a tour with a trained guide. You will then have time at the museum on your own to view additional exhibits, visit the ICA store or have lunch at the Water Café. Those wishing to have lunch elsewhere in the Seaport District will have the option of taking the van to a central location in the Seaport District.

### JUNE

**Wednesday, 6/21: Tall Ships 2017:** In June Boston will welcome crews and cadets from across the world as an official port of the Rendez-Vous 2017 Tall Ships Regatta. Join Best of Times Travel in experiencing the wonder and excitement as you sail through Boston Harbor to view the ships from the best vantage point – the water! Cost: \$95 for transportation, luncheon, entertainment & cruise. Choice of chicken or fish for lunch. Checks payable to Best of Times. **Please note: We have only a few spaces left. If you are interested, please sign up ASAP.**

### COA TRIP POLICY

Registration for Wayland residents will open as soon as the trip is advertised. Those from other communities may register on the 15<sup>th</sup> of the month. Payment is required at the time of registration. Register in person or send in a check made out to the Town of Wayland, specifying the trip you are registering for. Due to financial commitments, refunds will only be given if the vacancy is filled



## FRIDAY “After Hours” MOVIE MATINEE

Showtime: 12:30 pm, Wayland C.O.A. Bring a friend, and/or bring your lunch.

ENJOY self-serve popcorn and cold drinks from our “Hospitality Cart” — it’s all complimentary!

Friday, April 7 **QUEEN OF KATWE** (2016), PG, 2hr4min, Biography/Drama/Sport

Living in the slum of Katwe in Kampala, Uganda, is a constant struggle for 10-year-old Phiona (Madina Nalwanga) and her family. Her world changes one day when she meets Robert Katende (David Oyelowo), a missionary who teaches children how to play chess. Phiona becomes fascinated with the game and soon becomes a top player under Katende's guidance. Her success in local competitions and tournaments opens the door to a bright future and a golden chance to escape from a life of poverty

Friday, April 28 **HIDDEN FIGURES** (2017) PG, 2hr7min, Drama

The incredible untold story of Katherine G. Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe), brilliant African-American women working at NASA, who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race, and galvanized the world. The visionary trio crossed all gender and race lines to inspire generations to dream big.

### *Do 1 Thing: Your Goal for April*

*“Have an emergency food supply that will meet the needs of your household for three days without outside help “*

‘Do 1 Thing’ is a web-based twelve-month preparedness program that focuses on a different area of emergency preparedness each month, and provides a range of preparedness options for each topic. Every month has a low or no-cost option to become better prepared. They suggest a choice of three things you can do, then you choose one. You can jump in at anytime. For more information visit [www.do1thing.com](http://www.do1thing.com). If you would like a print copy of the monthly tip sheets, please stop by the COA or give us a call.

#### **The Wayland COA News**

*A monthly publication from*  
Wayland Council on Aging  
41 Cochituate Road  
Wayland MA 01778  
**[www.wayland.ma.us](http://www.wayland.ma.us)**

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