



# WAYLAND COA NEWS


Opportunities, Information and Outreach for Wayland Residents

**MAY 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**

## MAY HIGHLIGHTS

|  | Pg. |
|--|-----|
| <ul style="list-style-type: none"> <li>⊗ <b>Great Courses DVD Lecture Series. Every Monday, 1pm</b><br/> <b>MAY: EVERYDAY ENGINEERING: Understanding the Marvels of Daily Life:</b> residential construction, telecommunications, power and more.</li> </ul>   | 5   |
| <ul style="list-style-type: none"> <li>⊗ <b>BarnRaising.Org to present “PLANNING FOR RETIREMENT” Workshop, Thursday, May 4, 5:30pm,</b> Pre-registration required. Sandwiches/ Beverages Provided. No charge. For more info, see p. 3</li> </ul>   | 3   |
| <ul style="list-style-type: none"> <li>⊗ <b>FLORAL ARRANGEMENT WORKSHOP, May 4, 10am</b><br/>           Wayland Garden Club invites Wayland residents to this special hands-on arrangement class. Priority given to first-time participants. By reservation.</li> </ul>                                    |     |
| <ul style="list-style-type: none"> <li>⊗ <b>MEDICATION TAKE BACK with WAYLAND POLICE at COA</b><br/>           Wed., 5/10, 11:30am-Noon. Dispose of unwanted or expired medications.</li> </ul>  | 4   |
| <ul style="list-style-type: none"> <li>⊗ <b>COA PIZZA CAFÉ Wed., May 10th, Noon, \$3,</b><br/>           Note: The café will be held on the <b>second Wednesday</b> for this month only. Reservations required.</li> </ul>   | 4   |
| <ul style="list-style-type: none"> <li>⊗ <b>PRIVATE NUTRITION COUNSELING, May 11,</b> By appointment. No charge. Currently waitlisted.</li> </ul>  |     |
| <ul style="list-style-type: none"> <li>⊗ <b>HAPPINESS is a WARM PUPPY May 16, 1:30pm</b><br/> <b>The Canine –Human Bond</b> with journalist Susan Wagner.</li> </ul>   | 3   |
| <ul style="list-style-type: none"> <li>⊗ <b>Wayland Police Association hosts SENIOR BREAKFAST at Wayland High School,</b> Saturday, May 20, 9am with special guest Middlesex District Attorney Marian Ryan. No charge. Reservations requested.</li> </ul>  | 4   |
|  <ul style="list-style-type: none"> <li><b>CELEBRATING 50th ANNIVERSARY of the '67</b><br/> <b>“IMPOSSIBLE DREAM” RED SOX, Wed, May 24 at 1:30pm</b><br/>           with author/RED SOX historian Herb Crehan</li> </ul> | 3   |

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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 Kwarta

**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!

## JUNE PREVIEW

- ◆ **COA's Summer Outdoor Concert Series** starts Thursday June 15, 7pm-8pm , 5 weeks. All ages welcome. Bring chairs if outside. Inside if rainy. P. 5
- ◆ **Property Tax Work-Off** applications available June 1.Return by 6/30. p.5
- ◆ **Taxi Ticket and Fit Bucks** will change color with the fiscal year in July. Either trade in your old tickets for new ones or request reimbursement.
- ◆ **En Plein-Air** watercolor class at Garden in the Woods, Wed. June 28 10:30am-1pm 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/<br>Thurs | \$3/class-FIT<br>BUCKS ONLY                 | Every Tue &Th                       | 10-11am        | Large Hearing Room                         |
| <b>ZUMBA*</b>   | Wed            | \$3/class-FIT<br>BUCKS ONLY                 | Every Wed.                          | 10:30-11:30 am | Town Bldg. Gym<br>(No Class May 3)         |
| <b>THERA-TUBE*</b>                                    | Wed            | \$3/class-FIT<br>BUCKS ONLY                 | Every Wed.                          | 9:15-10:15 am  | Large Hearing Room<br>(May 3 class in COA) |
| <b>TAI CHI</b>  | Wed            | Pay by month: \$25<br>Pay by class: \$8     | Every Wed. (5)                      | 11-12 noon     | Large Hearing Room<br>(May 3 class in COA) |
| <b>BETTER BALANCE</b>                                 | Wed            | \$14  | May 3 and 10<br>No class 5/17,24,31 | 1-2 pm         | Large Hearing Room<br>(May 3 class in COA) |
| <b>PILATES—Pay by the month (open to non-seniors)</b> | Tu/Th          | \$50 for Tues Class<br>\$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 Worris 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

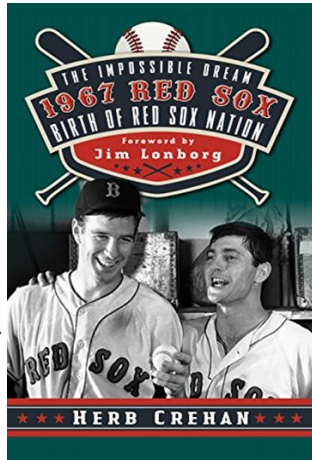
### CELEBRATING THE 50TH ANNIVERSARY OF THE IMPOSSIBLE DREAM 1967 RED SOX

**Wednesday, May 24, 1:30pm**  
with author- Red Sox historian **HERB CREHAN**

The 1967 Boston Red Sox were 100:1 underdogs to win the American League Pennant—and most experts even thought that was generous. And yet the Impossible Dream team defied all odds and clinched the AL Pennant on the last day of the 1967 season.

Herb Crehan has interviewed 21 members of this Impossible Dream team—also known as “The Cardiac Kids”—plus Manager Dick Williams and Coach Bobby Doer.

As a long time feature writer for the Red Sox, Herb Crehan has had unprecedented access to these iconic players. He loves to tell the inside story of how the 1967 Red Sox built the foundation of Red Sox Nation.



Don't miss this fascinating program. No charge but reservations appreciated.

**HEALTHCARE PROXY DAY—TBA in May**  
Intake forms from Metrowest Legal Services will be available May 1st for those needing a healthcare proxy or Power of Attorney created. MWLS will create a document based on the info provided. The attorney will then meet you at the COA to clarify any concerns and sign the document to take home.

### HAPPINESS IS A WARM PUPPY: THE CANINE HUMAN BOND\*

Presented by journalist, Susan Wagner  
Tuesday, May 16, 1:30pm

Dogs are believed to be the first thing domesticated by man—before any plant, before any other animal. Archeological evidence clearly shows ties of affection binding man to dog more than 12,000 years ago.

After discussing the dog's sense of smell, hearing and sight, learn about the recent studies by Japanese animal behaviorist Takefumi Kikusui who found that levels of oxytocin (the hormone believed to be responsible for mother-infant bonding in humans) rises markedly in both dogs and their owners when they interact.

The presentation will fascinate you with visuals as well as little known facts. No charge but reservations appreciated.

*\*Susan Wagner presented this paper at the Social Science Club of Newton. Perhaps such a club should be in Wayland.*

### BARNRAISING for SENIORS

**A Free Retirement Planning Program**

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

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

Barnraising.org, founded by Wayland's Dr. Dana Aaron, offers a free, highly interactive and unique four-hour program designed to help individuals 50 and over plan for retirement. The program includes presentations and activities to help you identify goals and obstacles, and pairs participants to help each other explore retirement topics. Working together in a group setting and individually offers Barnraising participants a useful network for exploring the future. Barnraising.org is a 501(c)(3) non-profit organization, featured on NPR's “Marketplace.” No Charge, sandwiches and drinks provided.

## 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, May 15, 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

### EN PLEIN AIR WATERCOLOR CLASS

At Garden In The Woods  
with Award Winning Artist Cecilia Sharma  
Wed., June 28, 10:30am –1pm  
\$35 (includes admission fee to NE Wildflower Society)  
Instruction and demonstration. Call COA to register.

*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.

**This month only, the Café will be on the SECOND**

**Wednesday: May 10, Noon**

*Next Month ..it is back to 1st Wed*

**Wednesday, June 7, 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, May 10, 11:30am-Noon**

Wayland Police Department will be at the COA to collect unwanted or expired medications and sharps. No pre-registration needed to drop off medications.

### '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.

### Wayland Police Association hosts SENIOR BREAKFAST with Guest Speaker Middlesex District Attorney Marian Ryan

**Sat., May 20, 9am Wayland High School Cafeteria**

Enjoy breakfast at Wayland High with the Police and representatives from the Middlesex District Attorney's office. The District Attorney has launched a Senior Protection Seminar to promote safety and avoid being the victim of a crime. Learn to avoid scams and identify illegal fraud operations. Don't miss this event. No charge but reservations needed. Call COA or email Detective Chris Cohen at [ccohen@wayland.ma.us](mailto:ccohen@wayland.ma.us)

### **TAX WORK-OFF PROGRAM for FY18**

(July 2017 –March 2018)

### INFORMATIONAL COFFEE

Monday, June 5, 10:30am

Would you like to earn money to offset your property taxes by helping a Town Department on various projects? Come join us for coffee on Monday, June 5 at 10:30am to learn about the program and the opportunities available.

Tax work-off applications will be available starting June 1, 2017 at the COA office. Applications need to be turned in to COA on or before 6/30 at noon to be entered into the July lottery. Applications received after that date will be processed in order received.

\*The IRS considers Tax Work-Off participants temporary part-time employees and subject to Federal and Medicare deductions.

\***For VETERANS VALOR ACT** info, contact the Wayland Assessors Office, 508-358-3788.

### GRANDPARENTS NETWORKING GROUP

**Tuesday, May 9, 10am-11:30am**

*2nd floor Small Conference Room,  
Town Building.*

*No charge, 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 facilitated by Dr. Dossie Kahn, Youth & Family Services.



## More MAY Programs

### GREAT COURSES Video Lecture Series for May: EVERYDAY ENGINEERING: UNDERSTANDING THE MARVELS OF DAILY LIFE

**Mondays: May 1, 8, 15, 22 at 1pm**  
(No Lecture Mon., May 29 due to holiday)  
No Charge / No Reservations.

LECTURER: West Point Professor Stephen Ressler, award-winning civil engineer and widely honored leader in engineering education.

“Everyday Engineering” investigates power plants, dams, aqueducts, railroads, communication satellites, home energy efficiency, simple machines around the house, recycling, and more. No background in science or engineering is needed to follow this riveting presentation about the underlying simplicity of the complex systems that enhance our lives. See familiar things with new eyes through this fascinating field guide to everyday technology.



### 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; Carol Glick; Nancy Leifer; Becky Patterson; Ellen Scult; Denise Yurkofsky. 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: Tues., May 2, 8am**



COA's Free Annual Summer  
**OUTDOOR CONCERT SERIES**  
**JUNE 15—JULY 13, 7pm-8pm**  
**EVERY Thursday for 5 Weeks**  
*Town Building Courtyard*

*Bring a chair or blanket. Rain location: Large Hearing Room*

♫ **June 15: The Infractions**  
*Motown, Pop and Swing*

♫ **June 22: Studio Two—The Beatles Tribute**  
*The Beatles' early years*

#### Special thanks to our sponsors:

- ♥ Alkon & Levine, P.C
- ♥ Traditions of Wayland
- ♥ The Village Bank
- ♥ Bret Leifer, Professional Numismatist
- ♥ Middlesex Savings Bank

### 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.

### COMMUNITY NEWS

- ◆ **GOLDEN TONES CHORUS and Natick High School Choir** celebrate **ARTWEEK-BOSTON** on **Fri, May 5, 6:30pm** at the Common Street Spiritual Center, 13 Common St., Natick, MA. Come enjoy this free intergenerational program.
- ◆ **ANNUAL BIRD WALK, Sat., May 6, 8am** (Rain date: Sat. 5/13) Local Birder John Hine will lead a leisurely morning bird walk-1.5-2hr. To register, see Conservation website.
- ◆ **SVNH present ANNUAL SPRING CONCERT, Sat, May 6, 3pm** at **Wayland Middle School Auditorium**. Enjoy the String Orchestra, Swing Band, Woodwind Choir and Concert band playing Tchaikovsky's **SLEEPING BEAUTY** plus classic swing pieces like "Ain't Misbehavin'", theme from Star Wars and more! No charge

### 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., June 14, 7pm**



## From the Outreach Desk

### Need Help With Prescription Drug Costs? Prescription Advantage May Be Your Answer!

Prescription Advantage is a state-run program which helps members pay for their prescription drugs. It may lower your drug co-pays and also allows you to join or change your Medicare drug plan or Medicare Advantage plan. Eligibility is based on *income only* and there is *no asset limit!* **Who can join?**

If you are a **Massachusetts resident, eligible for Medicare**, and are:

⇒ 65 years or older with an annual income at or less than \$60,300 for a single person  
or \$81,200 for a married couple

OR

⇒ Under 65 years and disabled, with an annual income at or less than \$22,673 for a single person  
or \$30,531 for a married couple.

There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$36,180 for a single person and \$48,720 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes. If interested in applying, you may call Prescription Advantage to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org).

*For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers are available by appointment and offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call the COA at 508-358-2990. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3.*

## Volunteer Corner

As I write this today, tax season has just ended. Phew! It is always good to have that behind us.

Here at the COA, we are acutely aware of how much work goes into tax season because we schedule appointments with our wonderful volunteer tax preparers. These incredible volunteers, trained and supported by the AARP Foundation, meet individually with clients beginning in February, right up to the tax-day deadline, to help them prepare their taxes. This year, our four tax preparers met with more than 100 clients.

We are so grateful to Carole Bauer, Peg Norwood, Mary Clare Siegel, and Betty Wei for the time and expertise they donated to our community. Volunteerism comes in many forms, and these women contribute in unique and important ways to the wellbeing of the people we serve.

Next year, call us in early February if you need a tax appointment. Our wonderful volunteers will be happy to help you.

Warmly,  
*Ann Gordon*

## SERVICES AVAILABLE AT THE SENIOR CENTER

*In addition to our many programs, we offer a variety of ongoing services to provide assistance to older adults. For information about any of the services described below, call the COA at 508-358-2990.*

⇒ **Information and Referral**—Our Outreach Coordinator, Sue Hatton, provides free information about a wide variety of resources, benefits programs and services available for older adults and their families. Please call 508-358-2990.

⇒ **Fuel Assistance**—Fuel assistance is a LIHEAP (Low Income Home Energy Assistance Program), administered through SMOC. COA is a local intake site. Contact Outreach Coordinator Sue Hatton for further information. Program runs from Nov-April.

⇒ **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 assist elders at home with small jobs such as changing a light bulb or smoke alarm battery. The volunteer service is free—you pay only for needed supplies.

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

⇒ **File of Life**—Free! These small magnetic folders attach to your refrigerator and list your pertinent medical information, doctors, emergency contacts, etc. This data 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*.

⇒ **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.

⇒ **Meals On Wheels** are provided through the *Elder Nutrition Program* at BayPath Elder Services. For more information please call BayPath at 508-573-7200. Meals are delivered to participants M-F.

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

⇒ **Free Legal Clinic**—Denise Yurkofsky, an elder law attorney, is available to discuss legal issues. Call the COA to schedule a free, confidential 20-minute appointment. Call COA for appointment.

⇒ **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.

⇒ **Lock boxes**—Allow access to your home in the event you call 911 Emergency for help and cannot get to the door. Store a house key in a small locked box that is secured to your house in an inconspicuous place. Only Wayland rescue personnel have access. 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.

### Other Helpful Resources:

- ☎ ***BayPath Elder Services: 508-573-7200***
- ☎ ***Domestic Violence Roundtable: 877-785-2020***
- ☎ ***Elder Abuse Hotline: 1-800-922-2275***
- ☎ ***Springwell Protective Services: 617-926-4100***
- ☎ ***MA Exec. Office of Elder Affairs: 1-800-243-4636***
- ☎ ***Medicare: 1-800-633-4227***
- ☎ ***MetroWest Legal Services: 508-620-1830***
- ☎ ***MWRTA General: 508-935-2222***
- ☎ ***MWRTA: Dial A Ride: 508-820-4650***
- ☎ ***Social Security--Waltham: 1-800-772-1213***
- ☎ ***State Senator Richard Ross: 617-7-722-1555***
- ☎ ***Representative Carmine Gentile: 617-722-2014***
- ☎ ***Representative Alice Peisch: 617-722-2070***
- ☎ ***Wayland Community Fund: 508-358-3624***
- ☎ ***Wayland Council on Aging (COA) 508-358-2990***
- ☎ ***Wayland Housing Authority: 508-655-6310***



## COA Transportation Choices

### IMPORTANT INFO on TAXI VOUCHERS

- ⇒ Current orange Taxi Vouchers have an expiration date of June 30, 2017.
- ⇒ Refunds and/or exchanges for new vouchers will be available starting in June.

### 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.

### MAY

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

**Sunday, 5/7: SoWa Art Walk and Tour: Last Call . Registration deadline 5/3.** Depart COA at 10 am. Return by 4pm., \$15 for transportation.

**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. You will have time after the tour to visit the grounds. We will then head to John Brewers Tavern for lunch (on your own, please bring cash if possible.)

**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 guided tour. 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.

### SHOP-AROUND SHUTTLE

**Mondays, May 8 & 22**

**FREE but Reservations are Required**

**The Shop-Around Shuttle will be on hiatus for the summer. It will return in the fall. In the meantime we would love to hear your suggestions regarding future shopping trips.**

### JUNE

**Monday, 6/5: Market Basket & Marshall's:** Depart COA at 9:15 am. Return by 1:30 pm. N/C. Home pickups available by request.

**Thursday, 6/8: Addison Gallery in Andover with lunch at the Andover Inn.** Depart COA at 9:15. Return at 2:00 pm. Cost : \$10 ( does not include lunch). The Addison Gallery's collection of American art is one of the most comprehensive in the world, including more than 17,000 objects spanning the 18th century to the present. We will begin with a tour of the new exhibit on Frank Stella Prints. Following that you will have time on your own to see the rest of the museum. We will then walk across the street to the Andover Inn for lunch.

**Tuesday, 6/13: Kimball Farms in Westford:** Depart COA at 10:00 am. Return at 2:00 pm. Cost: \$10 for transportation only. In addition to serving over 50 rich and creamy ice cream flavors, Kimballs offers a variety of activities to enjoy. The Country Store is filled with unique gifts. The Cafe serves delicious baked treats along with a variety of coffee and tea. The Outdoor Grill & Seafood Shack is famous for its lobster rolls, grilled burgers and sumptuous seafood. Visitors can also play Mini-Golf or take a swing in the Grand Slam Batting Cages. It also offers an 86-station Driving Range and 9-hole Pitch & Putt golf.

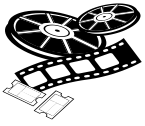
**Wednesday, 6/21: Tall Ships: Now On Wait List.**

### COMING SOON

**Thursday, 8/3: Paw Sox Senior Silver Day in Pawtucket.** \$30 includes transportation, reserved seats, and \$7 of ballpark credit.

**Tuesday, 10/17: Simon Pearce Glassblowing, King Arthur Fall Foliage Trip with Queechee Gorge.** Cost: \$119 includes lunch at the famous Mill restaurant.

**COA TRIP POLICY:** Registration for Wayland residents will be 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. For non-residents, checks received before the 15<sup>th</sup> of the month will be processed on the 15<sup>th</sup> using a lottery system. Due to advance 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, May 5

#### LION (2016) PG-13, Drama, 2hr

Five-year-old Saroo gets lost on a train which takes him thousands of kilometers across India, away from home and family. Saroo must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. Twenty-five years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and return to his first home.

### Friday, May 26

#### THE FOUNDER (2017) PG-13, 113 Min.

THE FOUNDER features the true story of how Ray Kroc (Michael Keaton), a struggling salesman from Illinois, met Mac and Dick McDonald, who were running a burger operation in 1950s Southern California. Kroc was impressed by the brothers' speedy system of making the food and saw franchise potential.

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

***Emergency Supply Kits: Make sure that you and the people that count on you are ready for emergency at home, at school and at work***

‘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

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