



# WAYLAND C.O.A. NEWS

OPPORTUNITIES, INFORMATION AND OUTREACH FOR WAYLAND RESIDENTS  
**JANUARY 2012**

**The Wayland C.O.A., 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**

## “WARM UP WEDNESDAY” LUNCHEONS, January 11 & 25, \$2, Noon.

Join us on the second and fourth Wednesday at noon for our “warm up” lunches (the winter version of Summer’s “Cool Off Wednesdays”). MENU: Jan. 11 -Pizza Buffet; Jan. 25 - Quiche Buffet). Warm Up Wednesdays are made possible by a grant from the Friends of Wayland COA.



## JOANN KUNZ TO PURSUE HER “FIELD OF DREAMS” Tuesday, Jan. 17, 11:30am -1 pm Open House (Casual drop in)

Long time COA Co-Director, JoAnn Kunz will retire in January - come wish her well as we give her a baseball themed send-off at the COA! She loves Fenway! Stop by and enjoy our version of Yawkey Way at the COA. Have a hot dog, popcorn, play a little baseball (Wii Gaming System) and “WAVE” her good bye as we thank her for 10 years of service to the Town of Wayland. Be sure to sign our guest book. *Reservations appreciated.*

## MINI BROWN BAG: Art Matters presents “IMPRESSIONISM” Wed., January 18, Noon, \$5. Selectmen’s Meeting Room

Join us as Beth Chariton of “Art Matters” discusses The Impressionists, painters of light, painters of nature, and painters of human nature, changed the way the whole world looked at art. Like a stone dropped into a still pond, the ripples from this revolutionary style of painting spread out, influencing a whole new generation of artists. Join us for a close look at many of the paintings that moved the world into the modern era. Appetizer, dessert and beverage provided -just bring a sandwich.

## NORTH SHORE ACAPPELLA at TCAN (The Center for the Arts in Natick), Fri., Jan. 20, 8pm

Recently seen on NBC’s “The Sing Off”, North Shore Acappella has entertained and excited thousands of listeners throughout the Boston area for 30 years. Call to reserve a ticket; go on your own or ride our van. (See p. 4)

## Massachusetts Dept. of Revenue to discuss: STATE CIRCUIT BREAKER and PROPERTY TAX RELIEF, Wed., Jan. 25, 1pm

Although “Circuit Breaker” could refer to an electrical term, in this particular case, it is a name for a property tax credit from the Commonwealth of Massachusetts to qualified individuals. And...unlike most communities, the Town of Wayland will MATCH that state tax credit dollar for dollar..making it doubly advantageous for residents to come and learn more. Who is eligible? What new state initiatives are on the legislative horizon? Mark your calendars for this informative presentation. The speaker will start at 1pm following our Warm Up Wednesday Luncheon at noon.

### Website:

www.wayland.ma.us

### Co-Directors:

JoAnn Kunz (M, T, W)  
Julie Secord (W, Th, F)

### 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. Counselors: (see p. 8)

Kara Harvey  
Kathleen Woehrling

### Property Tax Work-Off

### Coordinator:

Lillian Mills (Tues. am)

### Wayland Veteran’s Agent (Wed. am):

John Turchinetz 508-358-3787

C.O.A. Board - See p. 5

Friends of the C.O.A., Inc - See p. 5

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## Health & Wellness Programs

### PODIATRY CLINIC

Dr. Cooper's next Podiatry Clinic is on **Monday, Jan. 30**. 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 Worriss of the Wellness Alliance, \$28/4 weeks, Hearing Room. Next session: Jan. 4, 11, 18 & 25.**

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 Jan. 13, 20, 27 and Feb. 3. \$25/4 wks. All classes are on Fridays, 11:00-12:00 in the Hearing Room.**

Leslie Worriss 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, endurance and maintain your independence.

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



### 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 8 am to 9:30 am. 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**  
**4 sessions in Jan. , \$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

### 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.

### COMPUTER CLASSES

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

### 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.** New participants always welcome.

### PREPARATIONS BEGIN FOR THE 25th ANNIVERSARY OF CHILDREN'S HOLIDAY SHOPPE

Our 25th Children's Holiday Shoppe will be held in December of 2012. We are in need of:

- \* Holiday Gift Bags
- \* Bubble wrap (no peanuts)
- \* New gift items
- \* Hand-crafted gift items
- \* Residents willing to coordinate a workshop for a specific project that could be sold as a gift

For additional info. call the COA.



**PLEASE NOTE:**

**MAHJONG** is on hiatus until Spring. Join us then.

### Highlights from 2011



(Above) Fox News Chief Meteorologist Kevin Lemanowicz was the kick-off speaker for the highly successful Fall "Brown Bag" series.

Friends of the Wayland COA hosted 2nd Annual Wayland's Iron Chef at Sandy Burr Country Club:



Better Balance and other health/wellness classes were well attended:



Check our calendar for diversified programs. Hope you will join us 2012. Happy New Year!

### COA COFFEE, CONVERSATIONS & CONNECTIONS.



**Mondays, 2pm.**

**January 9, 23 & 30**

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 week; come when you can, enjoy good conversation and meet new (and old) friends.

### WATERCOLOR CLASS:

**Instructor: Cecilia Sharma**

**\$85 (7-wk session); call the COA to sign up for the next session.**

**Location: Wayland Art Center**

**\*\*Wednesdays (OPEN STUDIO)**

**10am-12:30pm**

**\*\*Fridays (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).

### LOOKING AHEAD (dates to be announced):

- **WALT WHITMAN** poetry series with actor and education Stephen Collins
- **SPRING BROWN BAG SERIES** returns: over lunch, enjoy an interesting presentation followed by a roundtable discussion.
- **"A NEW LOOK FOR THE NEW YEAR"** Volunteers needed to help us to develop a 'spa' series with professionals to discuss the tricks we might all like to know about hair, makeup, skin/nail care, and clothing. If interested, please contact COA director Julie Secord.

# Wayland on the Move

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

## **NORTH SHORE ACAPPELLA at TCAN (The Center for the Arts in Natick), Friday, Jan. 20, 8 pm. \$20.**

Recently seen on NBC's "The Sing Off", North Shore Acappella has entertained and excited thousands of listeners throughout the Boston area for 30 years, adding an experienced blend of harmony, rhythm and tempo to songs from the 40's right up through today. Call the COA early to reserve a ticket, as tickets are being held for the COA for a limited time only. Come on your own or ride the van; limited seats on the van. If you have never been to TCAN, you're in for a treat - enjoy live music in a renovated fire house in downtown Natick.

## **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](http://bso.org) or by phone at 888-266-1200 - then call us to reserve a van seat.**

► **EVENING** rehearsals are January 4, 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 3 remaining evening rehearsals is \$60.

► **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.

~ *Van seating is limited ~ please reserve your seat early!*~

## **GROCERY, SHOPPING, & OTHER TRIPS:**



The van has a limited number of seats; call early to reserve a spot. Unless otherwise indicated, the van driver will pick up/drop off people at their homes for all trips.

*Wayland residents only*

### **TRIPS :**

**Monday, January 9:** Trip to Market Basket. Pick ups to start at 8:45, return by 12:30.

**Monday January 23:** Trip to Stop and Shop in Natick. Pick ups to start at 8:45, return by 12:30.

**Wednesday Warm Up Lunches:** Rides to lunches on **Wed. Jan. 11** and **Wed. Jan. 25**. Pickups to start at 11:15, Return by 12:30.

If you would like to stay on the 25th for the Property Tax Relief Program, let us know and we will arrange for transportation home after the presentation.

## **FYI**

**Timely information on important subjects**

### **SHINE help during Open Enrollment**

Our dedicated SHINE volunteers saw 95 individuals from October to December to assist seniors and their families with signing up on the new Medicare plans. At an average savings of \$525 per person, the SHINE counselors saved the seniors of Wayland over \$50,000.

**Please note: For people who enrolled in First Health Part D Value, please be aware that you need to buy your medications at WalMart, Walgreen's or Target.**

### **Circuit Breaker Tax Program**

The Circuit Breaker program is a property tax relief program for persons 65 and older whose property taxes (or 25% of rent) exceed 10% of their annual income. If you meet certain requirements, you may be eligible for the refundable tax credit now and for the past 3 years even if you did not file Mass. State income tax forms. The maximum credit you may receive for tax year 2011 is \$980. Your income cannot exceed \$52,000 if single, \$65,000 if filing head of household and \$78,000 if filing married filing jointly. The assessed value of your home cannot exceed \$729,000. You must file a form CB with the state. Our AARP volunteer tax preparers can assist you or your own tax preparer can help as well. **The Town of Wayland matches your credit. You must apply through the Assessors office.**

**AARP Income Tax Preparers** will be back in February to assist low and moderate income seniors with their federal and state tax returns. This is a free service. Appointments are required and can be made starting in February.

## WAYLAND COUNCIL ON AGING

The Wayland COA provides programs and outreach services to seniors and their advocates to enhance the 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 **January 3** at 7pm, Town Building. The Board always welcomes comments and suggestions.

## 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 MEMBERS:** 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

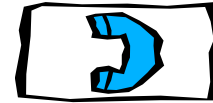
Meetings held the first and third Tuesday of each month at 1pm. This is an independent club; dues are \$5 per year to offset program expenditures.

## GOLDEN TONES

This group of seniors from Wayland and surrounding towns gives 50+ performances. Rehearsals at the Senior Center on most **Tuesday mornings, 10:15-11:45**. Newcomers and observers welcome. For info., contact Artistic Director **Deborah Marion** at **508-318-6318**. Find them on the web at [www.goldentones.org](http://www.goldentones.org)



## From the Outreach Desk



### Do you need help with the high cost of heating your home?

If you have limited income, you may be eligible for help with your home heating bill this winter. Known commonly as 'Fuel Assistance', the *Low Income Home Energy Assistance Program (LIHEAP)* provides eligible households with assistance in paying a portion of their winter heating bills. Participants may also receive a discount on electricity and basic telephone service.

LIHEAP Fuel assistance is administered through SMOC in Framingham. This program provides a one time per heating season benefit and runs from November 1st through the April 2012. Eligibility is based on household gross annual income, which must fall below \$31,218 for a household of one or \$40,824 for a household of two.

Our Outreach Coordinator is available to help you with your application and to look for other financial assistance programs that may be a resource for you. Wayland residents may complete the required in-person interview and application here at the Council on Aging or at SMOC. An appointment is required and a home visit may be arranged for seniors who are homebound.

Households that do not meet the income guidelines for the LIHEAP Fuel Assistance may be eligible for a one-time benefit of up to \$275 through application to the Salvation Army, *Good Neighbor Energy Fund*. Applications for the Good Neighbor fund are processed over the phone with the Canton office at 1-339-502-5900.

**To learn more about these programs, please call the COA at 508-358-2990 and speak with Sue Hatton.**

## Volunteer Corner

### Another successful Holiday Shoppe!

Our 24th Annual Children's Holiday Shoppe was a wonderful event. Despite the rain, the children came with shopping lists in hand and left with wrapped gifts for their family and friends. This event simply could not have happened without the help of an army of volunteers. The crafters worked for months creating and assembling gifts; Kathy Hodge worked her magic with store coupons to purchase crafting supplies and gift items; Wayland residents donated beads and came to the COA to create unique jewelry under the guidance of jeweler Norma Radoff; Senior Club members and volunteers came in the day before and the day of the Shoppe to help with set up, selling, and wrapping the *many* gifts the children purchased.

The COA staff extends their thanks to all these volunteers who made this day possible; we hope they got as much joy as we did witnessing the proud, happy faces of the young shoppers.

- *Maureen DeJong, Volunteer Coordinator*  
[mdejong@wayland.ma.us](mailto:mdejong@wayland.ma.us); 508-358-2990

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p>2</p> <p><b>HAPPY NEW YEAR!</b></p> <p>COA CLOSED</p>	<p>3</p> <p>9:15 Nuggets rehearsal+          10:30 GT's rehearsal+          10:00 Lois' Fit for Future          1:00 Scrabble          1:00 Senior Club</p> <p>7:00 COA Board meeting</p>	<p>4</p> <p>10:00 -12:30 Watercolor Class - WAC          10:30-11:30 Tai Chi          1:00 Chair Yoga</p>	<p>5</p> <p>10:00 Lois Fit For Future          12:20 Bridge</p>	<p>6</p> <p>10:00 -12:30 Watercolor Class –WAC*          10:45 Better Balance (4)</p>
<p>9</p> <p><i>Van Trip to Market Basket</i></p> <p>2:00 COA Connections</p>	<p>10</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>2:15 – Sen. Ross's Aide</p>	<p>11</p> <p>10:00 -12:30 Watercolor          10:30-11:30 Tai Chi          Class –WAC*          12:00 Warm Up Wed. Lunch          1:00 – Chair Yoga</p>	<p>12</p> <p>10:00 Lois' Fit for Future          10:00 Legal Clinic          12:20 Bridge</p>	<p>13</p> <p>10:00 -12:30 Watercolor Class –WAC*          11:00 Better Balance (1)          12:30 Movie: Midnight in Paris</p>
<p>16</p> <p><b>MARTIN LUTHER KING DAY</b></p> <p>COA CLOSED</p>	<p>17</p> <p>9:15 Nuggets rehearsal+ *          10:30 GT's rehearsal+ *          10:00 <b>NO</b> Lois Fit for Future          10:45 Blood pressure          11:30 Open House for JoAnn          1:00 Scrabble          1:00 Senior Club</p> <p><i>*rehearsals not at COA</i></p>	<p>18</p> <p>10:00 -12:30 Watercolor Class –WAC*          10:30-11:30 Tai Chi          12:00 Mini Brown Bag - Impressionism          1:00 – Chair Yoga          1:30 - Crafters</p>	<p>19</p> <p>10:00 NO Lois' Fit for Future          12:20 Bridge</p>	<p>20</p> <p>10:00 -12:30 Watercolor Class –WAC*          11:00 Better Balance (2)</p> <p>8:00 - North Shore Acappella at TCAN</p>

	<i>today - check GT schedule</i>		
<p>23</p> <p>Van Trip to Stop &amp; Shop</p> <p>2:00 COA Connections</p>	<p>24</p> <p>9:15 Nuggets rehearsal + 10:30 GT rehearsal+ 10:00 Lois' Fit for Future 1:00 Scrabble 1:00 Genealogy</p>	<p>25</p> <p>10:00 -12:30 Watercolor Class -WAC* 10:30-11:30 Tai Chi 12:00 Warm Up Wed. Lunch 1:00 Circuit Breaker &amp; Prop. Tax Relief Presentation 1:00 Chair Yoga</p>	<p>26</p> <p>10:00 Lois' Fit for Future 12:20 Bridge</p> <p>27</p> <p>10:00 -12:30 Watercolor Class -WAC* 11:00 Better Balance (3) 12:30 Move: Moneyball</p>

# JANUARY 2012

<p>30</p> <p>8:30 Podiatry Clinic</p> <p>2:00 COA Connections</p>	<p>31</p> <p>9:15 Nuggets rehearsal+ 10:30 GT's rehearsal+ 10:00 Lois Fit for Future 1:00 Scrabble</p>	<p>Legend:</p> <p>WAC* = Wayland Arts Center GT = Golden Tones + GT schedule subject to change; check the GT calendar</p> <p>For information or to sign up for a class or event, call the COA at 508-358-2990. For transpor - tation options, please see p. 9 of this newsletter.</p>	<p>Please note that if Wayland schools are closed due to inclement weather, all COA programs and services (including home delivered meals) are also cancelled.</p>
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## 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 Senior Center 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 to schedule a free, 20 minute app't. Clinics are held in a private consultation area. The next clinic is Jan. 12.

**SHINE** (Serving Health Information Needs of Elders). Free counseling for all your health insurance concerns. Our SHINE Counselors are **Kara Harvey** and **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 each 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.

### Transportation to Town Elections/Meetings

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

### Health Services

#### **WAYLAND FREE BLOOD PRESSURE**

**CLINICS:** See **page 2** for information on clinics.

### In-Home Services:

**Friendly Caller Program** –Volunteers provide a daily (Mon.– Fri.) phone call to home-bound 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 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 personnel 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 to the box. Free installation with a one-time fee to purchase the box. Call the Fire Dept. at 508-358-7951 and ask for the duty officer.

Concerned? About abusive behaviors: elder abuse; bullying; abusive dating relationships; family violence. Help is available in the MetroWest area. Visit: [www.domesticviolenceroundtable.org](http://www.domesticviolenceroundtable.org).

## **EZ REFERRAL SHEET -Transportation Choices in 2012**

### **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. **Visit [www.mwrta.com](http://www.mwrta.com) for more information**

**WHAT:** A 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 6:30pm

**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 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.

**VAN DESCRIPTION:** A white, handicapped accessible van with signage: **Busy Bee Transportation.**

### **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 Page 4 of the monthly C.O.A. newsletter for dates and details. It's important to call early to reserve a seat on this 9-passenger van.

### **MEDICAL TAXI VOUCHER PROGRAM** **(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 Council on Aging** including exercise classes, SHINE and legal appointments and medical seminars.

**WHEN:** Weekdays, Mon-Fri, from 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 each way.**

**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 office or by mailing a check to the COA. (A single voucher worth \$5 of meter time may be purchased for \$3).

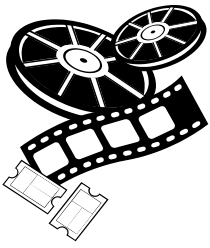
**TIPS:** This is a personalized service and a driver gratuity IS expected.

#### **F.I.S.H. (Friends In Service Helping):**

F.I.S.H. is a VOLUNTEER organization of drivers and schedulers that assists Wayland residents of any age who have exhausted all options in trying to find transportation to *medical appointments* or 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.

A suggested donation of \$5.00 for local rides and \$10.00 for rides to Boston is appreciated; donations can be sent to: F.I.S.H., c/o Wayland Council on Aging, 41 Cochituate Road, Wayland, MA 01778.

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



# 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.

Friday, Jan. 13 **MIDNIGHT IN PARIS**, Owen Wilson, Rachel McAdams and Kathy Bates. PG-13, 94min. Directed by Woody Allen. A romantic comedy about a family traveling to Paris for business. The engaged daughter and her fiance are of the illusion that a life different from theirs would be much better. Their exposure to Paris, and love for a city, will change their lives. (Great reviews. Rated "93" on the Rottentomatoes.com tomatometer.)

Friday, Jan. 27 **MONEYBALL**, Brad Pitt, Jonah Hill, PG-13, 2hr6min. Based on a true story of the 2002 Oakland Athletic baseball team who were led by general manager Billy Beane (Brad Pitt) to an excellent season despite having the lowest payroll in the major leagues. Beane is forced to reinvent his team on a tight budget and teams up with an Ivy League grad, introducing statistics and mathematical analysis to evaluate players. Beane starts to recruit bargain players that the scouts had labeled "flawed" but have the ability to get on base, score runs and win games...a system that challenges old school traditions.(Great reviews. Rated "95" on the tomatometer at Rottentomatoes.com.)



## Over 800 gifts wrapped at the COA's 24th Annual Children's Holiday Shoppe on Dec. 7th!

Despite the rainy weather, children lined up for the 2:30pm opening. COA volunteers work throughout the year to prepare for this event. Parents wait in the "cafe" while their children shop for the perfect gift with the help of holiday elves! Children excitedly return to their parents with their wrapped surprises. Gifts are priced for a child's budget. Proceeds of the Children's Holiday Shoppe benefit the Holiday Shoppe Community Fund which makes awards to Wayland non-profit organizations. It's a win-win!

~ To find out how you can help us get ready for our 25th year, see p. 3 ~

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