



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

APRIL 2019

Planning Ahead

Come to our Vendor Expo!

Wednesday, April 17, 2:30—6:00 p.m.

Wayland High School Commons

How can technology help seniors live more safely at home? What are some transportation options for non-drivers? What services can provide support at home? Is home renovation or moving the best choice?

Bring your questions to our *Aging in Wayland Vendor Expo*, where you can explore the products and services of more than 30 vendors who can help support community members as they grow older.

Best Buy and other technology vendors will demonstrate smart-home devices that support safety and facilitate easy communication with family and friends.

In-home service providers will include organizations focusing on health and wellness, nutrition, down-sizing, and move management. Representatives from co-housing groups and legal services will also be there. (See p. 12 for a partial list of vendors who will be at the Expo.)

Whether you are looking ahead toward your own “golden years,” or helping a family member or friend, you’ll find lots to learn and think about at the Expo, and plenty of materials to bring home to read and follow up on.

Enjoy live music and light refreshments while you explore the resources available. And don’t miss our top-of-the-hour free raffles. Join us for a fun and fact-filled look at *Aging in Wayland*!



HIGHLIGHTS

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AARP TAX PREPARATION concludes this month. Currently on wait list for appt's.	

COMING NEXT MONTH

VINTAGE FASHION SHOW, Wed., May 8
FLORAL WORKSHOP, Thursday, May 9
MEDICARE FRAUD, Wed., May 22
DELVENA PRESENTS ISABELLA, Thu., May 23
GREAT COURSES: Comparative Economics
COA PIZZA CAFÉ Wed, May 1, noon, \$3,
Reservations required

The Wayland Council on Aging 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.

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

What's Happening at the COA?

NEW THIS SPRING! THURSDAY MORNING SCRABBLE!

Starting Thursday, April 4, 10:00am, COA

Do you enjoy Scrabble, or want to learn? Would you enjoy playing with new or old friends? Word games are a great source of fun and mental stimulation. No reservations needed, just stop by for a game or two!



NEW! FRIDAY MORNING OPEN STUDIO WORKSHOP

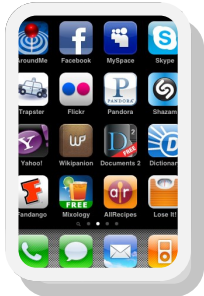
Fridays April 5, 12, 19, 26,
9:00—11:00am



Bring your art or craft to the COA on Friday mornings for a time of creativity and camaraderie. Are you a knitter, painter, jewelry maker, quilter, scrapbooker, or simply a creative soul? Join together for inspiration and conversation with others who love to create. We'll supply the coffee, you bring the creativity!

BEST iPHONE APPS Thursday, Apr. 4 1:30—2:30pm, COA

There are so many available apps, but which ones are really useful, particularly for older adults? Learn about using your iPhone for mobile banking, recording your stories for your family, tracking flights, and so much more. M.J. Wright from the Wayland Library will also share the ones she uses all the time! Please come to class with your iPhone and knowledge of your user ID (email address) and password associated with your iPhone.



Pre-registration for this class is required, as class size is limited. Please call us at 508-358-2990.

FLORAL WORKSHOP With the Wayland Garden Club Thursday, May 9, 10:30am, COA

The Wayland Garden Club invites Wayland residents to a FREE floral workshop. Create a take-home arrangement! Bring clippers if you have them and a box to carry your arrangement home. We'll supply the rest.



Enrollment is open through Friday, April 12 for Wayland residents who have never attended a floral workshop at the COA. Starting Tuesday, April 16, any Wayland resident may register for the remaining seats. This class is a popular offering and goes to waitlist quickly. Call us at 508-358-2990.

What Are You Thinking? Take Our Community Survey



As part of our year-long *Aging in Wayland* initiative, we are conducting a survey to identify residents' concerns and needs as they think about growing older.

Take the survey online at:
<https://www.surveymonkey.com/r/AginginWayland>.

Paper copies will also be available at the COA.

We want input from Wayland residents of all ages. Whether you are a Gen X, a Baby Boomer or one of the Greatest Generation, we want to hear from you. Are you or a family member thinking about how or whether to stay in your home as your needs change? We want to know your questions and concerns. The survey will be available from April 3—May 15. Let us hear from you!

DELVENA THEATRE COMPANY PRESENTS: ISABELLA

Thursday, May 23
1:30 PM
Large Hearing Room



Step back in time and meet Isabella Steward Gardner, the famed founder of the Gardner Museum in Boston. Learn about her life, charm, friends, travels, stylish taste and unconventional behavior. Starring Fran Baron and Lynne Moulton, this is an informative and entertaining presentation. Q&A after performance. Refreshments will be served.



This performance is supported in part by a grant from the Wayland Cultural Council, which is supported by the Massachusetts Cultural Council, a state agency.

What's Happening at the COA?



1st WEDNESDAY COA Pizza Buffet Café Wed., April 3, Noon ~ \$3

Reservations are required by noon on the Monday preceding the Café.

MENU: Pizza buffet, salad, dessert, beverage. Cheese-free and gluten-free available with advanced request.

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

Next Month's Café: Wed, May 1

MEDICATION TAKE-BACK

Wed., April 3, 11:30am to Noon

Each month before our PIZZA CAFÉ the Wayland Police Department collects unwanted or expired medications at the COA. 11:30am-Noon. *No pre-registration needed.*



GRANDPARENTS GROUP

Meets on the 2nd Tuesday of each month.

Tues. April 9, 10:30am-noon

2nd floor Small Conference Room, Town Building.

No charge, No reservations.

Join us to talk about these uniquely rewarding and sometimes challenging relationships. Share resource ideas. Bring a friend. Facilitated by Dr. Dossie Kahn, Youth & Family Services. New members welcome.

ONGOING '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 new friends and enjoy good conversation. This informal group, led by Wayland resident Irma Bloom, is for everyone. Come when you can.



Genealogy

2nd and 4th Tuesdays, 1:00pm

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



THURSDAY AFTERNOON BRIDGE is on Spring hiatus. To be notified when the group returns, please call the COA Office.

LEGAL CHECK UP Denise Yurkofsky, Elder Law Attorney Wednesday, April 24, 2019 10:30am, COA



Does your Executor or Personal Representative know where your original signed documents are stored? If you have a safe deposit box, is anyone else listed as an owner? Do you have a list of passwords and user names for your online accounts? Do you know what a MOLST form is?

Join us for an overview of estate planning and related documents including your will, durable power of attorney, health care proxy, living will, HIPAA authorization, trusts, homestead declaration and more. Learn about probate, when estate taxes are owed and the repercussions of not having an estate plan to protect your loved ones. Don't miss this informative discussion with Q&A following. Reservations required, call 508-358-2990.

VINTAGE FASHION SHOW Wednesday, May 8, 1:30 pm Large Hearing Room



Do you remember what you wore in the 50's and 60's? Do you miss those fashions? Come join us for a fabulous vintage fashion show. Michelle Tocci, owner of *It's Vintage*, will present fashions from the 30's – 70's with a focus on the 50's. Enjoy light refreshments as the models come down the "runway."

Ms. Tocci has had a long-time passion for vintage clothing, which she loves to collect and wear. When people remark on her classic look, she happily replies, "Thanks! *It's Vintage!*"

Protect Yourself From MEDICARE FRAUD! Wednesday, May 22, 10:30am, COA

Fraudulent Medicare claims total \$60 billion each year! Join us for a discussion on how to prevent, detect and report healthcare errors, fraud and abuse. This workshop will provide you with the tools to become a more informed and engaged healthcare consumer. This event is presented by the Massachusetts Senior Medicare Patrol (SMP) Program.

Fitness Programs

Our selection of fitness classes is listed below. Please check each listing for this month's schedule.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am Walking Club 2pm Tai Chi Paradigm	10am Fit for the Future	9:15am Thera-Tube 9:30am Walking Club 10:30am Zumba 1:00pm Better Balance	10am Fit for the Future	Get active in your own favorite way!

Tai Chi Paradigm

Mondays, 2 pm, Large Hearing Room
April fee: **\$28**. Pay by the month
Gentle exercise designed to reinforce posture, balance and fundamental movement.
Lucien Zoll, Sr. Instructor, Master Calvin Chin Academy

Bring your water bottle!



Zumba

Wednesdays, 10:30 am; **NO class** on April 17
Town Building Gym
\$3 per class, FITBUCKS only*
Join this fun cardio class and dance your way to fitness with Latin music.



Lois' Fit for the Future

Tues. and Thurs., 10 am, Large Hearing Room
NO CLASS Tuesday, April 23
\$3 per class, FITBUCKS only*
Aerobic exercise to music; includes stretching, toning and weights. Lois Leav, instructor.

Thera-Tube

Wednesdays 9:15 am
Lg Hearing Room; \$3 per class, FITBUCKS only*
Work with resistance bands with handles to increase range of motion and strength. Bands are easy to use for people of all abilities. Learn to use them safely in class and at home, Ellen Cohen-Kaplan, Certified Personal Trainer, OTR, Instructor.

Walking Club

Mondays & Wednesdays at 9:30 am
Walking is great exercise! Join this group to walk with others for up to an hour. In April we resume walking outdoors!

- Mondays, meet at COA
- Wednesdays, meet at Rail Trail by the Library

In inclement weather, meet at the Natick Mall by Dunkin Donuts

Better Balance

Wednesdays, 1:00 pm, Large Hearing Room
April fee: **\$28**. Pay by the month

Develop strategies to prevent falls and maintain independence. Learn breathing and relaxation techniques. Instructor: Leslie Worris of the Wellness Alliance. Great for beginners!

***FITBUCKS** are required for all drop-in classes. Buy your FITBUCKS at the COA: \$3 each or \$15 for a book of five.

TRY-IT! Not sure? Take advantage of our TRY-IT policy: Your first class is free. Go ahead, try it!

INSURANCE COVERAGE: Call your insurer to see if your plan reimburses for fitness classes. Many do. We can provide your payment history.

For Your Convenience

SHOPPING TRIPS

Monday, April 8: SHOP-AROUND SHUTTLE:

Run your Wayland errands with us on the 2nd Monday of each month. Home pick-ups begin at 10am. Stops include Stop & Shop, Wayland Public Library, Panera and CVS. No charge.



Monday, April 22: MARKET BASKET AND MARSHALLS:

Join our monthly shopping trip. Leaves COA at 9:30am, or arrange for a home pick-up. Return by 1:30pm. No charge.

Call the COA at 508-358-2990 in advance to reserve your spot.

TOWN ELECTION: TUESDAY APRIL 23

TOWN MEETING: BEGINS 7PM, MONDAY, APRIL 29

Mon.—Wed., 7pm, April 29, 30, May 1; Sun. May 5, 1pm, if nec.



Transportation is available for Wayland residents age 60+ for all elections and for each night of Town Meeting.



Reservations are required and must be made at least 48 business-hours in advance of the election and Town Meeting. To make a reservation for a ride, call the COA at 508-358-2990

PODIATRY CLINIC: Mon., April 1

Call the COA at 508-358-2990 for an appointment. Please make out your check for \$30.00 to Dr. Cooper **before** your visit.



BLOOD PRESSURE CHECK, by appointment

Arrange for a free blood pressure check by calling the Wayland Health Dept. at 508-358-3617.



THE VOLUNTEER SPIRIT



Spring is finally on its way, and I know we are all glad about that. I want to give a special shout-out to all our intrepid volunteers who — like postal workers — didn't let winter weather interfere with their appointed rounds. Whether they were delivering meals, or delivering people to medical appointments, making home repairs or coming to the COA to help label our newsletter for mailing, they did what needed to be done in snow, rain and cold. We are very grateful for their service and their can-do spirit, and we wish them and you a warm and wonderful spring!

Warmly,
Ann Gordon

WAYLAND COUNCIL ON AGING STAFF

Director: Julie Secord, M-F

Office Coordinator: Nancy Greenwood, M-F

Outreach Coordinator: Sue Hatton, M-F

Project Coordinator: Shawna Levine, M-Th

Volunteer Coordinator: Ann Gordon, T-Th

S.H.I.N.E. Counselors: Penny Wilson,
Kathleen Woehrling

WAYLAND COUNCIL ON AGING BOARD

Betsy Soule, Chair; Bill Sterling, Vice Chair; Mary Antes, Clerk; Evelyn Ekmejian; Carol Glick; Nancy Leifer; Becky Patterson; Ellen Scult; Denise Yurkofsky. Board meetings are held on the 1st Tues. of each month at 8am in the Town Building. See Town calendar to confirm, as dates may change.

Next Meeting: Tues., April 2, 8am

FRIENDS OF THE WAYLAND COA, INC.

A 501(c)3 that supports COA programs, services, and equipment that cannot be financed through the COA's town budget.

FRIENDS BOARD: Sue Pope and Nancy Leifer, Co-Presidents; Kara Harvey, VP; John Shaw, Treasurer and Webmaster; Mary Antes, Clerk; Janie Belive; Steve Correia; Judy Larson; Patty MacNeil; Betsy Willard.

PROPERTY TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets every other month on the third Wednesday at 9am.

MEMBERS: Joan and Linwood Bradford, Co-Chairs; Ann Gilbert, Clerk; Pauline DiCesare; Steve Colella

Next Meeting: Wed. April 10, 9am

West Suburban Veterans Services District

781-489-7509

Sarada Kalpee, Director
@ Wayland on Tues. 9am—4pm
781-850-5504

Education/Social Programs (cont.)

The Great Courses DVD Lecture Series

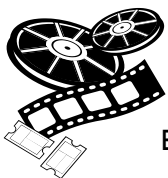
MONDAYS at 1pm (April 1, 8, 22, 29) Closed Captioning (CC)
COMPARING ECONOMIC SYSTEMS

All of the tradeoffs in competing economic systems—capitalism, socialism, and communism—are controversial. These systems and ideologies have undeniably shaped the way people view both the world today and modern history. But where does capitalism begin and socialism end? In short, it's about choice and compromise.



Capitalism and socialism turn on the major societal issues of education, healthcare, social services, and taxation. And they raise civil liberties tradeoffs that weigh individual freedom against the social safety net and collective security. Because economics focuses on these pocketbook issues, many people believe the field is simply about money when, in reality, money is merely a means to an end. Economics is really about people and their lives, and societies have been in pursuit of the ideal system for centuries. Come learn more about this fascinating and timely topic!

The Monday DVD lecture series topics typically change monthly. Enjoy a sampling of lectures by prominent professors.



FRIDAY “After Hours” MOVIE MATINEE

Showtime: 12:30 pm, Wayland COA. 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 5: **BECOMING ASTRID (2018) Drama, 123 minutes**

Becoming Astrid pays tribute to a beloved character's creator with a biopic that proves the story behind the scenes is just as timelessly engaging. The story follows Astrid Lindgren, who later went on to write the Pippi Longstocking series, from her life as a teenager through her adult life challenges. In spite of her struggles, Astrid emerges with a newfound courage that will later form the foundation of a vast and beloved body of work.

Friday, April 26: **MARY POPPINS RETURNS (2018) PG , Musical, 130 minutes**

Directed and produced by Rob Marshall, "Mary Poppins Returns" stars Lin-Manuel Miranda and Emily Mortimer with Colin Firth and Meryl Streep. In the story, Michael and Jane are now grown up, with Michael, his three children and their housekeeper, Ellen, living on Cherry Tree Lane. After Michael suffers a personal loss, the enigmatic nanny Mary Poppins re-enters the lives of the Banks family, and, along with the optimistic street lamplighter Jack, uses her unique magical skills to help the family rediscover the joy and wonder missing in their lives.

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Walking Club 1:00 Video Lecture: Comparative Economics 2:00 Tai Chi Paradigm 2:30 Connections <i>Podiatry Clinic by appt.</i>	2 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F	3 9:15 Thera-Tube:GYM 9:30 Walking Club 10:30 Zumba : GYM 11:30 Med. Take-Back 12:00 COA Café 1:00 Better Balance : GYM today only	4 10:00 Scrabble 10:00 Lois' F4F 12:30 NO Advanced Bridge (on hiatus) 1:30 iPhone Apps	5 9:00 Open Studio Art & Craft 12:30 MOVIE: BECOMING ASTRID
8 9:30 Walking Club 1:00 Video Lecture: Comparative Economics 2:00 Tai Chi Paradigm 2:30 Connections <i>Shop Around Shuttle</i>	9 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 10:30 Grandparents 1:00 Genealogy <i>Trip to Orchard House</i>	10 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 1:00 Better Balance	11 10:00 Scrabble 10:00 Lois' F4F 12:30 NO Advanced Bridge (on hiatus)	12 9:00 Open Studio Art & Craft
15 HOLIDAY TOWN BUILDING CLOSED	16 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 	17 9:15 Thera-Tube 9:30 Walking Club 10:30 NO Zumba 1:00 Better Balance 2:30-6:30 COA Aging in Wayland Vendor Fair at Wayland High School	18 10:00 Scrabble 10:00 Lois' F4F 12:30 NO Advanced Bridge (on hiatus) <i>Trip to Gardner Museum</i> 	19 9:00 Open Studio Art & Craft
22 9:30 Walking Club 1:00 Video Lecture: Comparative Economics 2:00 Tai Chi Paradigm 2:30 Connections <i>Market Basket Trip</i>	23 ELECTION DAY: NO PROGRAMS 9:15 NO GT Nuggets 10:15 NO GT Rehearsal 10:00 NO Lois' F4F 1:00 NO Genealogy	24 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 10:30 Legal Checkup 1:00 Better Balance	25 10:00 Scrabble 10:00 Lois' F4F 12:30 NO Advanced Bridge (on hiatus)	26 9:00 Open Studio Art & Craft 12:30 MOVIE: MARY POPPINS RETURNS
29 9:30 Walking Club 1:00 Video Lecture: Comparative Economics 2:00 Tai Chi Paradigm 2:30 Connections	30 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F	MAY 1 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 11:30 Med. Take-Back 12:00 COA Café 1:00 Better Bal. (COA)	MAY 2 10:00 Lois' F4F (COA) 12:30 NO Advanced Bridge (on hiatus)	MAY 3
GT: Golden Tones F4F: Fit For the Future				

Ongoing Services Available at the COA

FOR INFORMATION ABOUT ANY OF THE SE SERVICES, CALL THE COA AT 508-358-2990.

Information and Referral Outreach Coordinator Sue Hatton provides free information on a wide range of resources, benefits and services for older adults and families.

Fuel Assistance (LIHEAP), The Low Income Home Energy Assistance Program, administered by SMOC, runs Nov-April. COA is a local intake site. Call us for details.

In-Home Fix-It Program Our volunteers help seniors at home with small jobs such as changing a light bulb. It's free—pay only for supplies.

Medical Equipment Loan Closet The COA accepts donations of new or gently used medical equipment (e.g., shower chairs, commodes, walkers, canes, wheelchairs). For a short term-loan, call us.

File of Life Free! These small magnetic folders attach to your refrigerator and list your pertinent medical information for emergency personnel. Call us to get yours, thanks to The Friends of the Wayland COA.

Town Elections/Meetings Services Transportation to every Town Election and to all sessions of Spring and Fall Town Meeting is provided by the COA. Call us at 508-358-2990 at least 48 business hours in advance.

Meals On Wheels are provided M—F through BayPath Elder Services, 508-573-7200.

Free Blood Pressure Check by Wayland Health Department. By appointment. Call Ruth Mori,

Free Legal Consult Call the COA for a free, 20-minute appointment with elder law attorney Denise Yurkofsky.

SHINE (Serving Health Insurance Needs of Everyone on Medicare) Skilled volunteers provide free counseling about health insurance. Call COA for appointment.

Property Tax Work-Off: Wayland residents age 60+ provide valuable service to town departments while earning a limited sum to help offset their property tax. Applications are available beginning June 1 of each year. Work must be completed by the end of the following March.

Lock Boxes Allow Emergency Personnel access to your home in the event you call 911 but cannot get to the door to let them in. Store a key in a small locked box that is secured to your house in an inconspicuous place. For details, call the Wayland Fire Dept. at 508-358-7951.

Way-Secure A voluntary program of the Wayland Fire Department invites residents with special medical needs and/or considerations to provide critical information for first responders through a secure registry. Free, confidential and secure. For more information contact WFD at 508-358-6910 or COA 508-358-2990.

Smoke and CO Detectors This 'wait list only' program promotes fire safety for Wayland Seniors. Firefighters come to your home and provide education on proper location and maintenance of your smoke and CO detectors. As needed, they replace old units with newer 10 year-battery style. Call the COA to place your name on

OTHER HELPFUL RESOURCES

BayPath Elder Services: 508-573-7200

Caregiving Resources: www.caregivingmetrowest.org

Domestic Violence Hotline: 1-877-785-2020 or visit www.domesticviolenceroundtable.org

Elder Abuse Hotline: 1-800-922-2275

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

Parmenter Foundation Food Pantry: 508-358-3001

Social Security: 1-800-772-1213

State Senator Rebecca Rausch: 617-722-1555

Representative Carmine Gentile: 617-722-2014

Representative Alice Peisch: 617-722-2070

Wayland Community Fund: 508-358-3624

Wayland Council on Aging: 508-358-2990

Wayland Housing Authority: 508-655-6310

News You Can Use

Home-Delivered Easter Dinner Sunday, April 21



Would you enjoy having a warm holiday meal delivered to you on Easter Sunday? Call the COA to sign up for the Easter meal program run by the Good Shepherd Parish of Wayland.

Parish volunteers prepare and deliver hundreds of holiday meals and lots of good cheer. Meals arrive around noon, warm and ready to eat, for no charge. To sign up, please call the COA: 508-358-2990 or Judy Kokinda at 508-655-9141.

SMOC FUEL ASSISTANCE PROGRAM ACCEPTING APPLICATIONS UNTIL APRIL 30



Designed to assist households with lower incomes afford the cost of winter heating bills, LIHEAP (*Low Income Home and Energy Assistance Program*) provides some financial help for eligible households. Income limits apply. For inquiries and help submitting an application, call Outreach Coordinator Sue Hatton at 508-358-2990. Gross income limits: 1-person household: \$35,510. 2-person household: \$46,437

Health Department: Shingles Vaccine Coming

The Health Dept. will have sporadic access to two-dose SHINGRIX vaccine for residents aged 65 and older during 2019. This will require a co-pay equal to the cost of one dose (approx. \$130) payable at the first dose. WAIT LIST applications are available at the [Health Dept. website](#), library, COA or Health Dept. When doses arrive, names on the wait list will be randomly drawn, and residents notified. Financial assistance may be available.

ALZHEIMERS CAREGIVER SUPPORT GROUP

2nd Wed. of Each Month, 1:30—3:00 p.m.
Beginning MAY 8, 2018

At Carriage House at Lee's Farm
134 Boston Post Rd, Wayland

Are you the primary caregiver for someone with Alzheimer's or another form of dementia? Do you feel isolated, overwhelmed, or simply not understood by friends and family? Then perhaps being part of a support group is for you. Organized by Michael Abend from Extended Family of Wayland. For more information, call him at 508-318-4885.

TRANSPORTATION OPTIONS WITH THE COA

MWRTA Dial-a-Ride: Offers leisure and/or medical travel for Wayland residents 65+, or disabled of any age. \$2, \$3 or \$5 each way depending on destination. Pre-register with MWRTA and get details by calling 508-820-4650. Registered riders must make reservations at least 48 business hours in advance of travel date.

MEDICAL TAXI VOUCHERS: For Waylanders 60+ or disabled of any age. Offers discounted taxi fare for medical appointments or medically-related activities at the COA. Administered through JFK Transportation, this option requires the advanced purchase of discount vouchers. Discount is 40% off metered fare. Total cost will vary based on miles traveled. Boston travel is charged a flat rate cost: \$36 each way, all other travel is based on the meter. Tips expected in cash. Purchase vouchers in advance at the COA. Schedule taxi rides directly through JFK 508-653-4500.

FISH: Friends in Service Helping, a volunteer group, provides rides to medical appointments for Waylanders who have no other way of getting there. One week notice needed. Call FISH: 508-358-FISH (3474) to make ride requests.

SHOPPING TRIPS: See p. 5 for details about free monthly trips for grocery shopping and errands.



Stay up to date on all the exciting COA happenings! The COA News is available free of charge to Wayland residents age 60 and older. Call the COA at 508-358-2990 to get on our mailing list. Subscriptions for those outside Wayland are \$10. View the newsletter any time on our website: www.wayland.ma.us (select Council on Aging). To cancel your mailed subscription, please call us.



Wayland on the Move



CALENDAR OF UPCOMING OUTINGS

APRIL

Tuesday, 4/9: Orchard House in Concord. Depart COA at 9:30. Return by 2:00 pm. \$17 for transportation, admission, and tour. Experience the historic home of the extraordinary Alcott family where Louisa May Alcott wrote and set ***Little Women***. A guided tour of Orchard House introduces visitors to the family members themselves, the household items that held meaning to them, their individual and collective achievements and lasting impact, as well as their influence on characters in the beloved novel, ***Little Women***. Following the visit to Orchard House, we will have lunch at the Colonial Inn in Concord (on your own).

Thursday, 4/18: Botticelli: Heroines & Heroes at the Isabella Stewart Gardner Museum. Depart COA at 10:30am. Return at 4:00 pm. Cost: \$30 for admission, tour and transportation. In 1894, Isabella Stewart Gardner bought the *Story of Lucretia*, bringing the first Botticelli to America. *Heroines & Heroes* reunites *Lucretia* with its companion *Virginia*, a pair of paintings conceived for the Vespucci family palace in Florence. Together with additional extraordinary loans from Europe and the United States, this exhibition invites you to explore Botticelli's revolutionary narratives, as he reinvented ancient Roman and early Christian heroines and heroes as Renaissance role models. Contemporary interpretations by award-winning graphic novelist Karl Stevens forge connections between past and present, examining the legacy of these complex tales in our own era.

SHOP-AROUND SHUTTLE & MARKET BASKET/MARSHALLS TRIP

See details on page 5.



COA Trip Policy: Payment is required at the time of registration, either in person or by mail, with a check to *Town of Wayland*. Please indicate the trip you are registering for. Non-Wayland residents may register on the 15th of the month; checks received earlier will be held until the 15th. Refunds will be given only if your spot is filled.

MAY

Thursday, 5/2: Boston Symphony Open Rehearsal. Depart COA at 9:15am. Return by 1:30pm. \$15 for transportation only. Currently on wait list.

Tuesday, 5/14: Frida Kahlo and Arte Popular at the MFA. Depart COA at 9:15. Return at 2:00 pm. Cost: \$12 for transportation only. Senior rate of \$23 paid upon arrival. Following the recent acquisition of *Dos Mujeres (Salvadora y Herminia)* (1928), this is the MFA's first exhibition on Frida Kahlo. It tightly focuses on Kahlo's lasting engagements with arte popular, exploring how her passion for objects such as decorated ceramics, embroidered textiles, children's toys, and devotional retablo paintings shaped her own artistic practice. A selection of Kahlo's paintings is brought together with representative examples of arte popular. Bringing fresh attention to Kahlo as an ambitious, ever-evolving painter, this exhibition also opens broader discussions about the influences of anonymous folk artists on famed modern painters. There are several options for lunch at the Museum and nearby.

Tuesday, 5/21: Art Latin America: Against the Survey at the Davis Museum in Wellesley. Depart COA at 10:45. Return at 1:30. Cost: \$15 for admission, tour, and transportation. We will have a guided tour of this special exhibit which highlights the Davis Museum's extensive and diverse collection of "Latin American Art," formed over the past twenty years. *Art Latin America* features some 150 works of art by 99 artists (about a third of them women) from twelve countries, including twenty-five born in the United States: Among the artists in the show are Ansel Adams, Olga Albizu, Lola Álvarez Bravo, Francis Alÿs, Gunther Gerzso, José Clemente Orozco, Roberto Matta, Ana Mendieta, Liliana Porter, Alice Rahon, and Grete Stern. Following the tour, you will have time to tour the rest of the museum.

Summer 2019

Rockport, Newburyport, Boston, Salem.... Where would you like to go? We are starting to plan trips for the summer and would love to hear your ideas. Please call the COA at 508-358-2990 with your suggestions.

**What Will You Learn At Our
AGING IN WAYLAND VENDOR EXPO?
Wednesday, April 17, 2:30—6:00pm
Wayland High School Commons**



We are excited to host a wide array of service and product providers at the Expo. Here is just a partial list of organizations that will be available to you:

- ◆ Extended Family (home care)
- ◆ Harvey Home Modifications
- ◆ Home Helpers
- ◆ MRC Home Modification Loan Program
- ◆ Best Buy (smart home technology)
- ◆ Seniors Helping Seniors (home care)
- ◆ MetroWest Eldercare Management
- ◆ MWRTA
- ◆ Aging Life Care Association
- ◆ Baypath Elder Services
- ◆ MetroWest Legal Services
- ◆ Middlesex Senior Co-Housing
- ◆ New Roots (downsizing and move management)
- ◆ Livindi (home monitoring and communication)
- ◆ TRIPPS/Uber & Lyft (transportation)
- ◆ Wayland Housing Authority (senior housing)

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