



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

**APRIL 2018**

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

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

APRIL HIGHLIGHTS		Pg.
☼ <b>TAI CHI PARADIGM</b> with Calvin Chin Academy starts Mon., April 2		3
☼ <b>The Great Courses DVD Lecture Series Sampler. Every Monday, 1pm</b> <b>APRIL TOPIC:</b> <b>UNDERSTANDING IMPERIAL CHINA: Dynasties, Life and Culture.</b> <b>Inspired insightful DVD presentation by Professor Andrew Wilson of</b> <b>the U.S. Naval War College. Closed Captioning (CC)</b> <b>Starts Mon, 4/2 (No meeting April 16, Patriots Day, Town Building closed.)</b>		3
☼ <b>Important Date: Monday, April 2</b> LAST DAY to submit applications for Circuit Breaker Town Match and all statutory exemptions with the Assessor's Office.		
☼ <b>Wayland ANNUAL TOWN MEETING</b> starts Mon., Apr. 2, 7pm Wayland High School Field House. Transportation available. See Page 4,8		4
☼ <b>MEDICATION TAKE BACK with WAYLAND POLICE</b> at COA <b>Wed, 4/4, 11:30am-Noon.</b> Dispose of unwanted or expired medications.		4
☼ <b>COA PIZZA CAFÉ Wed., April 4, Noon, \$3, Reservations req'd.</b>		4
☼ <b>SHOP-AROUND SHUTTLE: April 9, Advance Reservation req.</b>		10
☼ <b>REGISTRATION WINDOW</b> for Wayland residents who have never participated in the <b>FLORAL WORKSHOP</b> closes TUES. APRIL 10. After that date, it is open enrollment for all Wayland residents. For further info on the FLORAL WORKSHOP scheduled for May 3, 2018 at 10am, see pg. 5.		5
☼ <b>LEGAL CHECK UP with Elder Law Attorney, Denise Yurkofsky</b> Wednesday, April 11, 2018, 1:30pm		5
☼ <b>MOVIE NIGHT</b> "The King and I" with Yul Brynner. Friday, Apr.13. 7pm COA. COA partners with the Sudbury Valley New Horizons Band to show a movie classic with wonderful music. No charge.		5
☼ <b>Intro to iPhones, iPads, Gmail -What's the Hoopla?</b> Apr 12,19, 26 at 10:30am No charge, reservations required.		3
<b>MAY HIGHLIGHTS:</b>		
⇒ Floral Workshop with Wayland Garden Club, Thursday, May 3, 10am Pre-registration required. Wayland residents only.		5
⇒ Mon., May 14, 'DOCUMENT DAY at the COA' for Healthcare Proxy Day and Power of Attorney. No charge. Meeting with attorney by appointment. For additional info, p4		4

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**TRANSPORTATION AND SERVICES** pp 8-9

**TRAVEL & COA VAN** p10

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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!

## Health & Wellness Programs

Please bring a  
water bottle to  
all classes



### Fitness Classes at a Glance

	DAY	FEE	DATES	TIME	LOCATION
<b>FIT FOR THE FUTURE*</b>	Tues/ Thurs	\$3/class-FIT BUCKS* ONLY	Tue & Th	10-11am	Large Hearing Room
<b>ZUMBA*</b>	Wed	\$3/class-FIT BUCKS* ONLY	Every Wed.	10:30-11:30 am	Town Bldg. Gym
<b>THERA-TUBE*</b>	Wed	\$3/class-FIT BUCKS*ONLY	Every Wed.	9:15-10:15 am	Large Hearing Room
<b>TAI CHI PARADIGM</b>	Mon.	April : \$28 4/2, 4/9/ 4/23, 4/30 (No class 4/16- Holiday)	Every Monday	2pm	Large Hearing Room
<b>BETTER BALANCE</b>	Wed	\$28	Every Wed.	1-2 pm	Large Hearing Room

*\*FIT BUCKS are required  
to pay for all Drop-In classes.*  
**Stop by the COA to purchase FIT BUCKS—  
\$3 per ticket or bundle of 5 tickets for \$15.**



**“TRY IT” POLICY:**  
**When trying any of our on-going exercise  
programs, your first class is FREE.**  
**Go ahead—try something new!**

**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.

**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.

**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.



**TAI CHI PARADIGM:** Gentle exercise designed to reinforce posture, balance and fundamental movement. Instructors: Lucien Zoll, Sr. Instructor. See p. 3

**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).



Note: Many health insurance plans reimburse for fitness classes held at the COA.

Contact your plan’s Membership Services Department to check their policy. The COA will provide you with payment histories if needed.

## New happenings at the COA

### iPhones, iPads, Gmail WHAT'S THE HOOPLA?

Thursday, April 12, 19, 26; 10:30-11:30am  
Selectmen's Meeting Room  
Reservations required; No charge

#### **April 12: An Introduction to the iPhone/iPad**

You have some experience with your iPhone/iPad, but feel like you might be missing out on some of the basics. Wayland Reference Librarian M.J. Wright can help you learn some of the most important functions of your iPhone or iPad.

#### **April 19: An Introduction to Gmail**

Many people have switched to Gmail from other types of email accounts. Find out from Wayland Reference Librarian M.J. Wright how to set up and use Gmail. You will learn how Gmail divides email into different categories so you don't get as much "junk mail" in your inbox. We will also take a brief look at Google Drive and its uses.

#### **April 26: What's all the Hoopla?**

It's quick, it's easy, and—since it's from the library—it's free! Hoopla lets you stream or download movies, CDs, ebooks, audiobooks, TV shows, and comics on any digital device you possess. Wayland Library Assistant Director Andy Moore will walk you through the features and show you how to use this fast-growing service. Bring your phone or tablet if you have one.

### THE TAI CHI PARADIGM

*Master Calvin Chin Academy*

“A modern approach to an antiquated way”

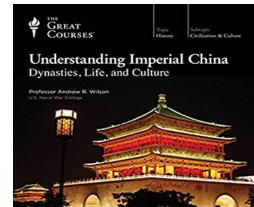
Mondays, 2-3pm, Large Hearing Rm  
Mindful meditation in motion. Appropriate for all abilities. Pay by the month (\$7/class): 4 Mondays in April=\$28) First class free. *(Belmont COA has successfully had Tai Chi Paradigm classes for 16 years!)*

### The Great Courses DVD Lecture Series UNDERSTANDING IMPERIAL CHINA:

#### Dynasties, Life, and Culture

Mondays, 1pm-2pm: April 2, 9, 23, 30

(No presentation on the holiday Apr. 16, Patriots Day)



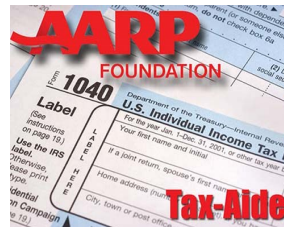
This is a brilliant and riveting alternate look at history, and a course unlike any other you'll find on China. **Understanding Imperial China: Dynasties, Life, and Culture** takes you to the heart of life during China's imperial dynasties, revealing the empire's historical unfolding through the lives of individual people of all walks of life, spanning the centuries from the empire's founding in 221 BCE to its dissolution in 1912. The inspired and detailed presentation of Professor Andrew R. Wilson of the U.S. Naval War College is vivid cultural history at its most compelling and insightful.

*The Monday DVD lecture series topics change each month. Enjoy a sampling of lectures by highly recognized presenters.*

### STILL NEED TO FILE YOUR TAX RETURN?

#### April 17th will soon be here

IRS-trained AARP volunteer tax preparers are available without charge to help low- and moderate-income seniors. Call the COA at 508-358-2990 to schedule your appointment for completion of your tax return.



Appointments will be held in Hearing Rm. 3. From the main parking lot, enter gym door on left. Turn right to enter hallway and follow the AARP signage to Hearing Room 3.

## Additional Health Programs



### BLOOD PRESSURE CHECK

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

### PODIATRY CLINIC: The next Podiatry Clinic is Monday, April 2, 2018

- 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.



## Education/Social Programs



Sample the varieties at the  
**1st WEDNESDAY**  
**COA PIZZA BUFFET CAFÉ**  
Wed., April 4, Noon, \$3

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

**MENU: PIZZA BUFFET**  
Salad, Dessert, Beverage

A no-cheese pizza option is always available.

(with Medication Take Back 11:30am-Noon)

**Join us next month on May 2**

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

**MEDICATION TAKE-BACK**  
**Wednesday, April 4, 11:30am-Noon**

On the FIRST WEDNESDAY of every month, in conjunction with the PIZZA CAFÉ, The Wayland Police Department will be at the COA to collect unwanted or expired medications and sharps 11:30am-Noon.

*No pre-registration needed to drop off medications.*

**Advanced WATERCOLORS w/ Cecilia Sharma**  
at the WAYLAND ART CENTER



Fridays, 10am-12:30pm

**Session now in progress, call for future dates.**  
*Pre-registration and pre-payment required.*

**GRANDPARENTS NETWORKING GROUP**

Tuesday, April 10

**10:30 am-noon**

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.



### 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 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, 12:30pm**

Players need to arrive by **12:30** to be included in table rotation. This group is for advanced or HIGH intermediate players.

### REMINDERS:

- \* **Transportation** is available to the polls and all sessions of Town Meeting but a 48-hour notice is required. Call the COA for reservations.
- \* **Annual Town Meeting (ATM) starts Monday, April 2, 7pm** and if additional days are needed the schedule will be 4/3, 4/5, 4/9
- \* **HEALTHCARE PROXY & POWER OF ATTY**  
MetroWest Legal Services will execute Health Care Proxy and Power of Attorney documents by appointment only at the COA on May 14. There is no charge.  
**How is it done?** Client in-take sheets will be available at the COA starting April 10 and must be completed and returned to the COA no later than May 1st. When picking up your intake sheets, you will schedule a 15 minute appointment to meet with the MWLS attorney at the COA on May 14. At your appointment, the attorney will review the document(s) with you and clarify any concerns before you sign. You will leave with a signed original plus copies of your document(s)



**Stay up to date on all the exciting COA happenings!** The COA NEWSLETTER is mailed free of charge to Wayland residents age 60 and older. If you would like to be added to our list, call the COA at 508-358-2990. If you live outside of Wayland, there is a \$10 annual mailing fee. View the newsletter any time on our website: [www.wayland.ma.us](http://www.wayland.ma.us) (Select Council on Aging)

## Education/Social Programs, *continued*

*It's movie night at the COA! Get your popcorn.*

### THE KING AND I

*starring Yul Brynner (received Academy Award), Rita Moreno, Deborah Kerr*

Friday, April 13 at 7pm, COA

From the Rodgers and Hammerstein Collection, join Diane Muffitt and members of the Sudbury Valley New Horizons Band for a showing of the 1956 film *The King and I* with Yul Brynner. Might we expect to hear musical selections from the *King and I* at our summer concert?

### LEGAL CHECK UP

Presenter: Denise Yurkofsky, Elder Law Attorney

Wednesday, April 11, 2018

1:30pm, COA

Questions to consider:

- ◆ Does your Executor or Personal Representative know where you are storing your original signed documents?
- ◆ If you have a safe deposit box, is anyone else listed as owner?
- ◆ Do you have a list of passwords and user names for your online accounts?
- ◆ Do you know what a MOLST form is?
- ◆ Have you checked the beneficiaries designated on your retirement account and life insurance lately?



Join us for an overview of estate planning and related documents including will, Durable Power of Attorney, Health Care Proxy, Living Will, HIPAA Authorization, Trusts, Homestead Declaration and more. Become more familiar with Probate, when Estate Taxes are owed and the repercussions of not having an Estate Plan. An Estate Plan will protect your loved ones and make the transition as easy as possible. Don't miss this informative discussion with Q&A following. Reservations appreciated.

### FLORAL WORKSHOP with the Wayland Garden Club

Thursday, May 3

10am, 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. Everything else is provided.

Wayland residents who have never attended a floral workshop should register no later than April 10th to be given priority. Starting Wednesday April 11, there will be open enrollment for all residents. This is a high demand class and goes to wait list quickly. Register early.

### 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.

**Tuesday, Apr. 3, 2018, 8am**

### FRIENDS OF THE WAYLAND COA, INC.

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

#### FRIENDS BOARD:

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

### PROPERTY TAX RELIEF COMMITTEE

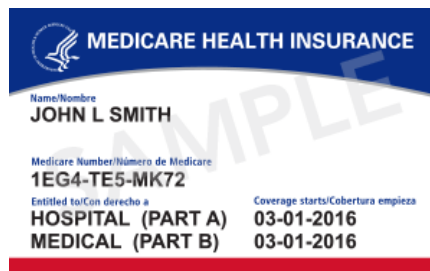
This Selectmen-appointed committee meets bi-monthly on the second Wednesday at 7pm.

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

**NEXT MEETING:** Wed., Apr. 11, 2018 at 7pm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:00 Video <b>2</b> Lecture Series: Imperial China 2:00 Tai Chi Paradigm 2:30: Connections <i>Podiatry-by appt.</i> <i>TOWN MEETING 7pm</i>	<b>3</b> 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F 10:30 Grandparents	<b>4</b> 9:15 Thera-Tube 10:30 Zumba 11:30 Med take-back 12:00 COA Café 1:00 Better Balance 1:30 Zentangle (Class 2 of 2)	<b>5</b> 10:00 Lois' F4F 12:30 Bridge (Advanced Players)	<b>6</b> 10:00 Watercolor 12:30 MOVIE: Goodbye Christopher Robin
<b>9</b> 1:00 Video Lecture Series: Imperial China 2:00 Tai Chi Paradigm 2:30: Connections  <i>Shop Around Shuttle</i>	<b>10</b> 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F 10:30 Grandparents 1:00 Genealogy	<b>11</b> 9:15 Thera-Tube 10:30 Zumba 1:00 Better Balance 1:30 Legal Check-Up (pre-registration)	<b>12</b> 10:00 Lois' F4F 10:30 iPad-iPhone 12:30 Bridge (Advanced Players)	<b>13</b> 10:00 Watercolor  7pm The King & I (Yul Brynner), COA
<b>16</b> Patriots Day HOLIDAY  Town Building CLOSED	<b>17</b> 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F	<b>18</b> 9:15 Thera-Tube 10:30 Zumba 1:00 Better Balance	<b>19</b> 10:00 Lois' F4F 12:30 Bridge (Advanced Players) 10:30 Intro to Gmail <i>Legal Clinic-by appt.</i> <i>Trip to Gardner Mus</i>	<b>20</b> 10:00 Watercolor  12:30:MOVIE: The Greatest Showman
<b>23</b> 1:00 Video Lecture Series: Imperial China 2:00 Tai Chi Paradigm 2:30: Connections <i>Trip to</i> <i>Market Basket and</i> <i>Marshalls</i>	<b>24</b> 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F 1:00 Genealogy	<b>25</b> 9:15 Thera-Tube 10:30 Zumba 1:00 Better Balance	<b>26</b> 10:00 Lois' F4F 10:30 What's the Hoopla-Library Data Streaming 12:30 Bridge (Advanced Players)	<b>27</b> 10:00 Watercolor  <i>Saturday, Apr. 28:</i> <i>Trip to Art in Bloom</i> <i>at MFA</i>
1:00 Video <b>30</b> Lecture Series: Imperial China 2:00 Tai Chi Paradigm 2:30 Connections	<div>APRIL</div>			<b>LEGEND:</b> <b>GT:</b> Golden Tones <b>F4F:</b> Fit for the Future <b>WAC:</b> Wayl. Art Ctr.

## From the Outreach Desk



### A word from SHINE...

### NEW MEDICARE CARDS ARE COMING!

- ♦ Medicare will mail new cards from April 2018 through April 2019. The mailings are being done by region and Massachusetts residents are not expected to begin getting new cards until after June 2018.
- ♦ To help prevent identity theft, new cards won't include Social Security numbers. Instead, each person will get a new unique Medicare Number.
- ♦ You don't need to do anything to get a new card, but you should make sure your mailing address is up to date. Visit [ssa.gov/myaccount](http://ssa.gov/myaccount) or call 1-800-772-1213 (TTY: 1-800-325-0778) to correct your mailing address, if updates are needed.
- ♦ Medicare will never call and ask for personal information before sending new cards, so don't share your Medicare Number or other personal information if someone calls and asks for it.

If you have any questions, trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call the Council on Aging. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

## Volunteer Corner

Well it looks like we've made it through another New England winter. Congratulations to us! Whether you love the winter landscapes or dream about moving to a warmer climate, welcome to April and the first hints of spring.

I want to offer a special shout-out to our Meals on Wheels and FISH volunteers, who continued to meet our community's needs in *almost* every weather condition through the winter. While we do shut down both Meals on Wheels and FISH when it is snowing hard, many volunteers trekked or drove through snowy conditions on plenty of winter days to deliver meals, or to deliver someone to a medical appointment.

Our volunteers are by nature dedicated and devoted, come rain or wind or snow. They bring warmth to their clients even in the midst of a very snowy winter.

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, for short term loans, 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 at least 48 hours in advance for a ride reservation.

⇒ **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 Consult** Elder law attorney Denise Yurkofsky is available to discuss legal issues. Call the COA to schedule a free, 20-minute appointment.

⇒ **SHINE (Serving Health Insurance Needs of Everyone on Medicare)** Trained volunteers provide free counseling about health insurance. 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 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.

⇒ **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** 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 Hotline:** 1-877-785-2020 or visit [www.domesticviolenceroundtable.org](http://www.domesticviolenceroundtable.org)

☎ **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:** 617-722-1555

☎ **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

- ⇒ Taxi Vouchers for the current fiscal year are now lime green.
- ⇒ Orange vouchers have expired and are no longer accepted by JFK.
- ⇒ If you have any questions, please call COA 508 358 2990 .

### 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 MWR-TA 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 either: **MWRTA-Kiessling** **MWRTA- DIAL A RIDE.**

### 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 -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. (Single vouchers worth \$5 of meter time may be purchased for \$3 each).

**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) Medical rides only

FISH is a VOLUNTEER organization that offers rides to Wayland residents of any age who have no other way to get to local *medical appointments*.

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.

**MWRTA: FIXED ROUTE BUSES:** Available to all ages. A network of buses operating 6 days/week and connecting to locations throughout the MetroWest area. Two routes run through south Wayland. Convenient travel to the Natick Mall, Sherwood Plaza, or other stops. Call 1-888-996-9782 or [www.mwrta.com](http://www.mwrta.com) for details.

# Wayland on the Move

## CALENDAR OF UPCOMING OUTINGS

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

### APRIL

**Thursday, 4/19: *Fra Angelico: Heaven on Earth* at the Isabella Stewart Gardner Museum.** Depart COA at 10:00 am. Return by 3:30 PM. Cost: \$27 for admission, guided tour, and transportation. This exhibition invites you to explore Fra Angelico's ground-breaking narrative art and immerse yourself in the material splendor of his craftsmanship. Lunch is available at the café.

**Monday, 4/23: Market Basket & Marshalls:** Depart COA at 9:15 am. Return by 1:30 pm. N/C.

**Saturday, 4/28: Art in Bloom at the Museum of Fine Arts.** Depart COA at 9:15 am. Return by 4:00 pm. Cost: \$30 for admission and transportation. MFA members pay \$12 for transportation only. Join us for this exuberant spring festival of fine art and floral design. Garden clubs and designers from across New England create floral arrangements inspired by the MFA's works of art. There is food available on site as well as nearby restaurants.

### 2018 Motor Coach Trips

We have many exciting motor coach trips planned for 2018. Sign-up is ongoing, but space is limited. Flyers are available at the COA or on our website.

**6/30-7/1: The Boston Red Sox vs. the New York Yankees in NYC plus Ellis and Liberty Islands.**

**7/26: Gloucester Harbor Cruise with lobster bake**

**8/22: *No Tell Motel* at the Newport Playhouse**

**9/21-9/23: Lake George Balloon Festival**

**10/3: Norman Rockwell Museum with lunch at the Red Lion Inn in Stockbridge**

**12/6: Holiday Pops at Symphony Hall**

### SHOP-AROUND SHUTTLE NEWS

Beginning in April, the Shop Around Shuttle will run monthly. Unless specified otherwise, it will be on the 2nd Monday of the month: next two dates: April 9 & May 7.

The Shop-Around Shuttle is a great way to get your around-town errands done. Stops include Stop & Shop, the library, Panera and CVS. Home pick-ups begin at 10am.

### MAY

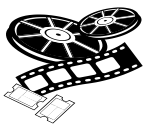
**Wednesday, 5/2: *Exit Laughing* at the Newport Playhouse.** Depart COA at 8:45. Return approx. 6 pm. After experiencing Newport's beautiful Ocean Drive, you're off to the Newport Playhouse and Cabaret restaurant. Here you will enjoy a great buffet, a wonderful play and a fun cabaret performance. Cost: \$90 includes sightseeing, admission to the Playhouse, buffet luncheon, motor coach transportation and driver gratuity. Insurance is available for \$10 at time of registration. Checks payable to Fox Tours.

**Thursday, 5/17: Harvard Square in Cambridge** Depart COA at 9:15 am, Return at 2:00 pm. Cost: \$10 for transportation only. Travel to Harvard Square where you will choose how to spend your day. Shop, dine at one of many restaurants or visit the Harvard Art museum ( \$13) featuring the Inventur exhibit or the Harvard Museum of Natural History featuring the glass flowers (\$10).

**Monday, 5/21: Market Basket & Marshalls:** Depart COA at 9:15 am. Return by 1:30 pm. N/C. Home pick ups available by request.

**Tuesday, 5/22: Arnold Arboretum:** Depart COA at 9:00 am. Return by 2:00 pm. Cost: \$20 for admission, tour and transportation. The Arnold Arboretum is a National Historic Landmark and one of the best preserved of Frederick Law Olmsted's landscapes. Occupying 281 acres, the Arboretum's living collection of trees, shrubs, and woody vines is recognized as one of the most comprehensive and best documented of its kind in the world. Explore the Arboretum's past, present, and future with this tour of special collections, seasonal highlights, Arboretum history, mission, and more. The tour will be on our van with a few stops and some walking. The tour runs rain or shine. We will stop for lunch on the way home.

**COA Trip Policy:** Registration for Wayland residents is open when the trip is advertised. 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. Non-residents may register on the 15th of the month. For non-residents, checks received before the 15<sup>th</sup> of the month will be processed on the 15<sup>th</sup>. Due to financial commitments, refunds will only be given if the vacancy is filled.



## 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 6 GOODBYE CHRISTOPHER ROBIN (2017) PG Drama

This is a rare glimpse into the relationship between beloved children's author A. A. Milne and his son, whose toys inspired the magical world of Winnie the Pooh. The enchanting tales bring comfort to England after the First World War. But with the eyes of the world on Christopher Robin, what will the cost be to the family?

### Friday, April 20 THE GREATEST SHOWMAN (2017) PG, 105 minutes , Drama, Musical

Inspired by the imagination of P.T. Barnum, the Greatest Showman is an original musical that celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation. Stars Hugh Jackman & Michelle Williams.

### A Tight Squeeze: ..and getting tighter

Our COA Conference Room, also known as Hearing Room 3 continues to be heavily used this month by AARP tax prep counselors and by our SHINE counselors. If you are visiting Hearing Room 3, use the main parking lot in the back and enter the glass doors by the gym. Space challenges at the Town Building will require additional creativity as the building undergoes frozen pipe/flood remediation this month. Some departments have been relocated. COA programs held in the Hearing Room the week of April 16th, may need to be relocated or canceled. Changes will be posted on our website –or call the COA. Thank you for your flexibility.

**OUR SNOW POLICY:** *If Wayland Public Schools are closed due to the weather, then all COA programs (including home delivered meals) are canceled for the day. If the Wayland Town Building is open, the COA office will be open for information and referral. Is an April snowstorm possible?*



### The Wayland COA News

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