





# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## DECEMBER 2017

**The Wayland Council on Aging, 41 Cochituate Road, Wayland, MA 01778**  
**Ph: 508-358-2990 Fax: 508-358-7175 [www.wayland.ma.us](http://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**

DECEMBER HIGHLIGHTS		Pg.	
♦ Great Courses DVD Lecture Series. Every Monday, 1pm	DECEMBER: GUIDE TO BIRDING IN NORTH AMERICA	5	HEALTH/ WELLNESS p 2
♦ 30TH ANNUAL CHILDREN'S HOLIDAY SHOPPE Mon, Dec. 4, 2017, 3:30-5:30pm, Enter at large hearing room Many volunteers make it all possible. If you'd like to help, please call the COA.		3	EDUCATION/ARTS p 3
♦ MEDICATION TAKE BACK with WAYLAND POLICE at COA Wed., 12/6, 11:30am-Noon. Dispose of unwanted or expired medications.		4	CALENDAR p6
♦ COA PIZZA CAFÉ Wed., December 6, Noon, \$3, Reservations req'd		4	TRANSPORTATION AND SERVICES pp 8-9
♦ USING SOLAR ENERGY FOR ELECTRICITY AND HOT WATER Thursday, Dec. 7, 10am. Reservations required.			TRAVEL & COA VAN p10
♦ VETERANS APPRECIATION DINNER, Fri, Dec. 8,		4	MOVIES p12
♦ SHOP-AROUND SHUTTLE: Dec. 11th Advance Reservations req'd.		10	*****
♦  HOLIDAY LUNCHEON with Singer/Saxophonist Brian Kane, Wed. Dec. 13, \$9, Reservations required. Menu: Chicken Piccata with sides and delicious desserts.		3	Director: Julie Secord, M-F
♦ HOLIDAY CONCERT WITH THE LINCOLN BELL RINGERS, Wednesday, Dec. 20 No charge, Reservations required.		3	Office Coordinator: Nancy Greenwood, M-F

### COMING IN THE NEW YEAR

**1st Wednesday Pizza Café in JANUARY will be on Wednesday, Jan 3 at Noon** (with Medication Take Back 11:30am-Noon \*Bring expired or no longer taken meds to the COA for collection by Wayland Police Dept.)

**Ready to try something new in 2018?**

⇒ **INTRO to DUPLICATE BRIDGE, More info p. 3**  
Starts Thursday, Jan. 18, 2018, 6:30pm-9:00pm

⇒ **ARCHERY-one of the world's oldest Olympic sports, More info p. 4**  
Starts Fri, Jan.19, 2:45pm-3:45pm Town Building Gym,  
\$96 for the 4-week session. Register by 1/11

**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 <i>No class Dec 26 &amp; 28</i>	10-11am	Large Hearing Room
<b>ZUMBA*</b>	Wed	\$3/class-FIT BUCKS ONLY	Every Wed. <i>No class Dec 27</i>	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</b>	Wed	Pay by month: \$20 Pay by class: \$8	Every Wed.	11-12 noon	Large Hearing Room
<b>BETTER BALANCE</b>	Wed	\$21	Every Wed. Dec 6, 13, 20 <i>No class Dec 27</i>	1-2 pm	Large Hearing Room



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

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

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

**Lois’ FIT FOR THE FUTURE** Tuesday and Thursdays, 10am-11am, \$3/class. Pay only when you attend. Instructor: Lois Leav. Aerobic exercise to music, includes stretching, toning and weights. No class Dec 26 & 28

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

**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).



**Interested in something new? We will be offering an Archery class in January.**

ARCHERY is a sport for all and is one of the world’s oldest Olympic sports.

Starts Fri, Jan.19, 2:45pm-3:45pm in the Town Building Gym, \$96, 4 week session. More info p. 4  
Enjoy the excitement of shooting while practicing skills and fundamental aspects of the sport. Register by 1/11

## New happenings at the COA

### USING SOLAR ENERGY FOR ELECTRICITY AND HOT WATER

Thursday, Dec. 7, 10:00am

Have you ever wondered how technology captures solar energy and converts it into something useful, like electricity or hot water for your home? Come learn about the science, the economics, and the importance of switching to this renewable energy source. Wayland resident Kaat Vander Straeten, solar coach for the Solarize Lincoln-Sudbury-Wayland program, will answer your questions. Reservations req'd, no charge.

*For those who are interested in more detail and what it could mean for their own home, Kaat will stay on and explain more about Solarize and financial incentives.*



### LINCOLN HANDBELL RINGERS HOLIDAY CONCERT and COFFEE HOUR

Wed., Dec. 20 at 11am

The bell-ringers are back! Join us for this favorite seasonal offering featuring the Lincoln Handbell Ringers performing with a four-octave set of bells. Through the year members participate in workshops and festivals in addition to their busy concert schedule. This accomplished group is under the direction of Diane Burke, who always adds to the enjoyment of the performance by sharing historical tidbits and trivia about the various songs. Join us for this annual favorite.



### INTRODUCTION TO DUPLICATE BRIDGE

Starts Thursday, January 18, 6:30pm

This game is ACBL-sanctioned and awards Masterpoints to winners. It is restricted to players who hold from 0-20 Master points. Experienced bridge players who are comfortable with bidding and play but do not have Master points are welcome to play. Sign up is required for each weekly game as only full tables will be played. At the end of the bidding, play and scoring of EACH individual hand, the instructor will discuss the bidding, the play and the results. Eight to ten hands will be played each evening and the evening will wrap up before 9pm. The cost is \$5 per evening.

*About the instructor: Jim Culhane is an American Contract Bridge League Certified Bridge Teacher, Club Director and elected board member for the Central Massachusetts Bridge Association (Unit 113). He is an ACBL-ranked Bronze Life Master and writer on their website. Jim has 25 years of experience as a Corporate Trainer.*

### HOLIDAY LUNCHEON

with Saxophonist Brian Kane  
Featuring seasonal favorites and toe-tapping tunes!

Wed., Dec. 13 at Noon

**Reservations required:  
\$9 per person**

Join us for a chicken piccata luncheon, delicious desserts, door prizes and the multi-talented singer/saxophonist Brian Kane and his wide selection of holiday and everyday favorites. Come celebrate the holiday season among friends. Reservations required to join the fun. \$9.



### 29th CHILDREN'S HOLIDAY SHOPPE

Mon. Dec. 4, 3:30pm — 5:30pm

Town Building Gym, K - Grade 5

Bring your grandchildren! Middle School and High School Elves will help them shop. **Volunteers needed to help at the 14 wrapping stations—one-hour shifts available. Call the COA to sign up.**

## 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, January 8, 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.



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

## Education/Social Programs

*Sample the varieties at the*  
**1st WEDNESDAY**  
**COA PIZZA BUFFET CAFÉ**  
**Wed., December 6th, 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.

**1st Wednesday Pizza Café in JANUARY**  
**will be Wednesday, Jan 3 at Noon**

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

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

### MEDICATION TAKE-BACK

**Wednesday, Dec 6, 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; \$125 for 6-week session.  
 Current session ends Friday, Dec 15th, new session dates will be available in January.

### '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 Noon to be included in table rotation. This group is for advanced or HIGH intermediate players.

### Home Delivered CHRISTMAS DINNER



Volunteers from the Parish of the Good Shepherd will continue their tradition of delivering

home-cooked Christmas Dinners to Wayland residents who will be home alone or otherwise unable to participate in a holiday meal.

There is no charge.

- ✧ Meals are delivered warm and ready to eat around noon on the holiday (Monday, December 25th).
- ✧ If you would like to have a meal delivered to you please call the COA at 508-358-2990 and we will forward your name to the program.

### APPRECIATION DINNER FOR VETERANS and their FAMILIES

Friday, Dec. 8, 6pm

The Knights of Columbus Council No 16156 and the Good Shepherd Parish are showing their appreciation to the men and women in the Armed Forces who are serving or have served our Country. Veterans and their families are invited to be guests at St. Zepherin's Parish Center, 99 Main Street on Fri., Dec. 8 for a pasta dinner at 6pm.

**Reservations are required by Sunday, December 3.**

**Call 508 650 0299 or email James Lawrence-Archer, Deputy Grand Knight at [jamesarcherkofo@gmail.com](mailto:jamesarcherkofo@gmail.com)**

### INDOOR ARCHERY \$96, 4 weeks

Starts Friday, Jan. 19, 2:45pm-3:45pm

Enjoy the excitement of shooting while practicing skills and fundamental aspects of the shot process. Archery is a sport for all. Pre-paid registration is required. *For more info, see flyer or call COA.* Offered by "On The Mark Archery" in Town Bldg Gym



### GRANDPARENTS NETWORKING GROUP

Tuesday, Dec 12

**10:30 am-noon—NEW TIME**

*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.





## Education/Social Programs, *continued*

DVD Great Courses December Lecture Series:

### THE NATIONAL GEOGRAPHIC GUIDE TO BIRDING IN NORTH AMERICA

Mondays at 1:00 pm on Dec 4, 11, and 18th



Birds have often held a special fascination for humanity. Venerated as deities and powerful symbols in the mythology of ancient Egypt, China, the Maya, and other cultures, through the millennia birds have remained mysterious, magnetic, and irresistible. In the 18th and 19th centuries, naturalists traveled the earth in search of the most

resplendent avian species, and the advent of science has only increased interest in the amazingly varied world of birds. Today this fascination continues in the modern activity of birding, a passionate and well organized pursuit for people around the world.

Course instructor is Professor James Currie, a lifelong birding enthusiast and one of the most recognizable faces in birding in North America. He holds a bachelor's degree in African Languages and a master's degree in Sustainable Environmental Management.

### WAYLAND COMMUNITY HOLIDAY OPEN HOUSE

When: Sun., Dec. 3, 2-5pm



**GROUT HEARD HOUSE:** Explore this treasured museum with historically-appropriate decorations by the Wayland Garden Club and holiday tree decorations by the Wayland Girl Scouts on the theme of "How Does Your Garden Grow?" Refreshments.



**THE WAYLAND DEPOT:** Handcrafted gifts and holiday items for sale. Refreshments.



**THE WAYLAND LIBRARY:** Family sing-along with David Polansky 3-3:45 and Arts Wayland Holiday Small Works Show and Sale.



**CAROLING on the steps of the FIRST PARISH CHURCH** at 4:30pm with the Sudbury Valley New Horizons Band. Refreshments (cocoa and cookies) provided inside by the youth of the church.

### NEWSLETTER MAILING LIST UPDATE

Please call the COA if your name or address have changed, or if you do not yet receive this newsletter and would like to.

**For our out-of-town friends,** we are happy to send you our newsletter for a yearly subscription fee of \$10. Please send your check for 2018 to the COA by December 15, made payable to the Town of Wayland, and note that it is for the newsletter.

### WAYLAND COUNCIL ON AGING

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

#### BOARD MEMBERS:

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

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

**Next Meeting: Tues. Dec. 12, 8 AM**

### FRIENDS OF THE WAYLAND COA, INC.

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

#### FRIENDS BOARD:

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

### PROPERTY TAX RELIEF COMMITTEE

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

**MEMBERS:** Joan and Linwood Bradford, Co-Chairs;

Ann Gilbert, Clerk; Pauline DiCesare; and Steve Colella;

**Next Meeting: Wed., Dec. 13, 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div>DECEMBER</div> </div>			<b>LEGEND:</b> <i>GT: Golden Tones</i> <i>F4F: Fit for the Future</i> <i>WAC: Wayl. Art Ctr.</i>	<b>1</b> 10:00 Watercolor-WAC :
<b>4</b> 1:00 Video Lecture Great Courses: Birding in North America 2:15: Connections 3:30-5:30 Children's Holiday Shoppe <i>Trip to Market Basket</i>	<b>5</b> 10:00 Lois' F4F	<b>6</b> 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 11:30 Med. take back 12:00 COA Café 1:00 Better Balance	<b>7</b> 10:00 Lois' F4F 10:00 Solar Energy For Electric & Hot Water 12:30 Bridge (Advanced Players)	<b>8</b> 10:00 Watercolor-WAC 12:30pm Movie: Lost in Paris 6:00 Veteran's appreciation dinner. <i>Trip to Holiday Pops</i>
<b>11</b> 1:00 Video Lecture: Birding in North America 2:15: Connections <i>Shop Around Shuttle</i>	<b>12</b> 10:00 Lois' F4F 1:00 Genealogy 10:30 Grandparents	<b>13</b> 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 12:00 Holiday Luncheon 1:00 Better Balance	<b>14</b> 10:00 Lois' F4F 12:30 Bridge (Advanced Players) <i>Legal Clinic- by appointment only</i>	<b>15</b> 10:00 Watercolor-WAC
<b>18</b> 1:00 Video Lecture Great Courses: Birding in North America 2:15Connections	<b>19</b> 10:00 Lois' F4F <i>Trip to MIT Museum</i>	<b>20</b> 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance 10:30 Holiday Bell Ringers	<b>21</b> 10:00 Lois' F4F 12:30 Bridge (Advanced Players)	<b>22</b>
<b>25</b> <i>Holiday</i>  <i>Town Building Closed</i>	<b>26</b> 10:00 No Lois' F4F 1:00 Genealogy	<b>27</b> 9:15 Thera-Tube 10:30 NO Zumba 11:00 Tai Chi 1:00 NO Better Balance today <i>Trip to RISD Museum</i>	<b>28</b> 10:00 No Lois' F4F 12:30 Bridge (Advanced Players)	<b>29</b> 12:30pm Movie VICTORIA and ABDUL

## From the Outreach Desk

### Resources for Help with Heating Bills this Winter

Households with limited income may be eligible for help with home heating bills this winter. Known commonly as ‘Fuel Assistance,’ the *Low Income Home Energy Assistance Program (LIHEAP)* provides eligible applicants with assistance in paying a portion of their winter heating bills. Participants may also receive a discount on electricity.

- \* The LIHEAP Fuel Assistance program is administered through SMOC in Framingham and program provides a one-time per heating season benefit and runs from November 1, 2017 through the April 2018.
- \* Eligibility is based on total gross annual income for an entire household, which must fall below \$34,380 for a household of one or \$44,958 for a household of two.
- \* Application requires an in person interview and the submission of income and other documentation. Wayland residents may complete this process 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. Please call Sue Hatton with any questions, 508-358-2990.

Households that do not meet the income guidelines for this particular program may instead be eligible for a one-time benefit of up to \$300 through application to the Salvation Army, *Good Neighbor Energy Fund*. This fund is available to any Massachusetts resident who, because of temporary financial difficulty cannot meet a month’s energy expense and is not eligible for state or federal energy assistance.

- \* Applications for the Good Neighbor fund are processed over the phone with the Salvation Army’s Canton office at 1-339-502-5900.

## Volunteer Corner

It is always gift-giving season here at the COA. But the gifts aren’t the kind you can wrap.

Our COA volunteers give gifts of kindness all year long. Some deliver meals, arrange or drive residents to medical appointments, and make small repairs in people’s homes, generously offering the gift of attention and support. Others label this newsletter each month so we can mail it to you, lending their helping hands and giving their time. Many hard-working “elves” make our beloved Holiday Shoppe possible each year with their gifts of expertise, labor and love.

We are so grateful to our big-hearted team of volunteers who give, and give, and give some more. We wish them, and all those they serve, a wonderful holiday season.

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:** 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 new 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 or stop by the office and pick up flyers.

### DECEMBER

**Monday, 12/4: Market Basket & Marshalls:** Depart COA at 9:15 am. Return by 1:30 pm. N/C. Wayland Residents only. Home pickups available by request.

**Friday, 12/8: Holiday Pops at Symphony Hall in Boston:** \$139 includes motor coach transportation, lunch at the Venezia Restaurant and the matinee show. Now on wait list.

**Tuesday, 12/19: MIT Museum.** Depart COA at 9:00am. Return by 2:00 pm. Cost: \$15 for transportation and admission. Explore exhibitions on science, technology, and current research from architecture to underwater robots. Discover high-tech objects, research prototypes, intriguing scientific instruments, historic photographs, amazing holograms, and ingenious kinetic sculptures. *The Robots and Beyond* exhibit shares the results of decades of Artificial Intelligence innovation at MIT. The gallery displays several new robots including Mabu, a 'robot-coach' designed to help patients with challenges related to chronic disease management by conversing with them daily and communicating information directly to their health care providers. Lunch at an area restaurant will follow the visit.

**Wednesday, 12/27: Rhode Island School of Design Museum:** Depart COA at 9:00 am. Return by 4:00 pm. Cost: \$27 for transportation and admission (self – guided tour). The RISD Museum houses about 100,000 objects ranging from ancient art to work by contemporary artists and designers from across the globe. Special exhibits include: *Lines of Thought: Drawing from Michelangelo to Now from the British Museum* and *Designing Traditions: Student Explorations in the Asian Textile Collection*. We will stop for lunch on the way home. There is a café on site for snacks and beverages.

**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.

### JANUARY

**Thursday, 1/11: Winslow Homer and England at the Worcester Art Museum:** Depart COA at 9:00. Return at 2:00. Cost: \$28 for admission, tour and transportation. This exhibition *Coming Away: Winslow Homer and England* explores the artist's time in Cullercoats, England, in 1881 and 1882 and features the most comprehensive group of oils made during or emerging directly from Homer's time abroad. Shown alongside comparative paintings by English artists, these works complicate our understanding of Homer's art as purely American in subject and style. Following the tour, you may have time to visit other museum exhibits and/or have lunch at the café.

**Wednesday, 1/17: Weston Observatory.** Depart COA at 10:00. Return by 1:00. Cost: \$5.00. Weston Observatory is a geophysical research and science education center of the Department of Earth and Environmental Sciences at Boston College. The Observatory, which has been recording earthquakes since the 1930s, monitors earthquakes around the world, with emphasis on the northeastern U.S., disseminates information pertinent to seismic events that are recorded, and is a center for education and public outreach about earthquakes and related phenomena. You will have a tour of the facility and will participate in a seminar on how to prepare for an earthquake or other emergency.

### FEBRUARY

**Monday, 2/5: Market Basket & Marshalls:** Depart COA at 9:15 am. Return by 1:30 pm. N/C. Wayland Residents only. Home pickups available by request.

**Thursday, 2/8: Boston Symphony Open Rehearsal.** Depart COA at 9:00 am. Return by 1:30 pm. The cost is \$15 for transportation. The last concert is March 29.

### SHOP-AROUND SHUTTLE

The Shop-Around Shuttle is a great way to get your around-town errands done. Think about trying it as winter approaches.

- ♦ Due to the holidays, 12/11 will be the only date in December.
- ♦ January dates are 1/8 & 1/22.
- ♦ February dates are 2/12 & 2/26.



## 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, Dec. 8 LOST IN PARIS (2017) Rating: NR, Genre: Art House & International; Comedy; 83 min**

Fiona is a Canadian librarian who flies to Paris and discovers that her 88-year-old aunt is missing. As Fiona scours the city looking for her, she encounters Dom, a friendly but annoying tramp who won't leave her alone. In a world where comedy has gone raunchy, we'll always have *Paris*— which has seldom been funnier or more charming than as seen through burlesque duo Abel and Gordon's eyes.

**Friday, Dec. 29 VICTORIA and ABDUL(2017), PG-13, Drama, 1 hour 52 min**

The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's (Judi Dench) remarkable rule. When Abdul Karim, a young clerk, travels from India to participate in the Queen's Golden Jubilee, he is surprised to find favor with the Queen herself. As the Queen questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance with a loyalty to one another that her household and inner circle all attempt to destroy.

### SPACE CHALLENGES FOR COA

Space challenges at the Town Building continue to impact the delivery of programs and services at the Council On Aging. The COA appreciates your understanding and flexibility whereas so many of our programs had to be relocated or canceled outright this Fall when other departments needed the large group areas. On a positive note, although our COA computer lab space was needed for a Town office, we are pleased to now have use of Hearing Room 3, near the Town Gym. This room also opens into the Large Hearing Room and will serve as an additional COA conference room and small classroom.

#### The Wayland COA News

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Wayland Council on Aging  
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