



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

DECEMBER 2018

HIGHLIGHTS	Pg
THE GREAT COURSES DVD LECTURES Mondays, 1pm, Dec. 3, 10, 17 ZOOLOGY: UNDERSTANDING THE ANIMAL WORLD (CC)	6
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MEDICARE OPEN ENROLLMENT CONCLUDES , Dec 7 Individual consultations are available by appointment; call now to schedule.	
IT'S NOT TOO LATE FOR A FLU SHOT. Call the Wayland Health Dept. to get yours: 508-358-3617. Home visits are available if needed.	

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.

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

West Suburban Veterans

Services District 781-489-7509

Sarada Kalpee, Director

@ Wayland Tues. 9am-

4pm 781-850-5504

BayPath Meals on Wheels:

508-573-7200



~ COMING IN THE NEW YEAR ~

Watch for more information in our January newsletter!

- ♦ **A DOCTOR'S PERSPECTIVE ON THE U.S. HEALTH CARE SYSTEM**
Tues. Jan. 15, 1:30pm, with Dr. Edward Hoffer
- ♦ **COA PIZZA Café** Wed., Jan 2, noon. \$3, Reservations required.
- ♦ **AGING IN WAYLAND** A Community Discussion, Wed., Jan 2, 1:15pm
- ♦ **UNDERSTANDING THE SCHOOL BUDGET** Wed. Jan. 9, 1:30pm

Find us on 

The Wayland COA is on Facebook! Follow us for updates, photos, and more. Tell your family members!

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

Fitness Programs

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 am 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, 2pm, Large Hearing Room
December fee: \$21 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, 10:30am **NO CLASS ON WED, DEC 26**

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., 10am, Large Hearing Room
NO CLASS DEC 25
\$3 per class, FITBUCKS only*
Aerobic exercise to music; includes stretching, toning and weights. Lois Leav, instructor.

Thera-Tube

Wednesdays 9:15am; *Class held in the gym on Dec 19;*
NO CLASS ON WED. DEC. 26
Large 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 - New Schedule

Mondays & Wednesdays at 9:30am

Note different meeting locations:

- * Mondays: meet 9:30 at the COA
- * Wednesdays: meet 9:30 at the Rail Trail

Walking is great exercise! Join this group to walk with others for up to an hour.

Better Balance

Wednesdays, 1:00 pm, Large Hearing Room
December fee:: \$21 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.

What's Happening at the COA?

COA HOLIDAY LUNCHEON



Wed., Dec. 12, Noon
with Shane Wood Jazz Band

Reservations, please. \$9.

The holidays are a wonderful time to gather with old friends — or new friends-in-the-making — over a festive meal. Join us for conversation and camaraderie, as well as a tasty holiday luncheon with delicious desserts, fun door prizes and entertaining live music. Back by popular demand, the Shane Wood Jazz Band will feature seasonal favorites and toe-tapping tunes!

Come celebrate the holiday season among friends. Reservations required to join the fun. \$9.



LINCOLN BELL RINGERS

Wed., Dec 19, 10:30am
Serving coffee starting at 10am

Reservations, please



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. 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. Through the year members participate in workshops and festivals in addition to their busy concert schedule. Please join us for this annual favorite.



Please join us for coffee and refreshments before the concert starting at 10am!

PROPERTY TAX RELIEF PRESENTATION

Presented by the Assessors Department

Wednesday, Dec. 5, 10:30am

Join us for an overview of the various property tax exemptions (including Veterans, Legally Blind, Elderly, etc.). Learn more about Property Tax Deferral, Circuit Breaker match, the Valor Act for Veterans and additional sources of relief, presented by Bruce Morgan, Director of Assessing for Wayland. The COA will also discuss the Senior Property Tax Work-Off program. There will be ample time for Q&A. Information brochures also available.

For Your Convenience

SHOPPING TRIPS

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



Monday, December 10

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, December 17

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.

BLOOD PRESSURE CHECK

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



PODIATRY CLINIC: Monday, December 3

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 visit.

Education/Social Programs

31st ANNUAL CHILDREN'S HOLIDAY SHOPPE

Monday, Dec. 3, 3:30—5:30pm

This beloved Wayland tradition invites children in grades K-5 to shop for holiday gifts with the help of teenage "elves" while their adults wait out of sight. Thanks to our crafters who prepared gift items and all our sellers and wrappers. If you'd like to help, please call Ann Gordon at 508-358-2990. Happy Holidays!



GETTING AROUND USING UBER & LYFT

Tuesday, December 4, 1:00pm



Are you looking for ways to save on transportation costs but travel further? Do you want to keep healthy and active in your community? Curious how rideshare (using Uber/Lyft) can work for you? Join this 90-minute session and get introduced to ride-share. We will answer common concerns and questions, and offer help downloading apps.

Presenter: Jane Gould, PhD, is the author of "Aging in Suburbia," a book about transportation choices and future mobility. She is trained as a transportation planner and has more than fifteen years of experience developing change-agent campaigns for transit and public agencies. She keeps an interactive blog on technology, *Dear Smartphone*, and has been an active trainer for rideshare and on-demand mobility since 2016.



Sample the varieties at the
**1st WEDNESDAY
COA Pizza Buffet Café**

Wed., December 5, Noon ~ \$3

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

MENU: Pizza buffet, salad, dessert, beverage.

Cheese-free and gluten-free pizza are always available.

Next Month's Café will be: Wed, Jan. 2

A generous grant from the Friends of Wayland Council on Aging funds this ongoing program.



MEDICATION TAKE-BACK

Wed., December 5, 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 NETWORKING GROUP

Meets on the 2nd Tuesday of each month.
Tues. Dec. 11, 10:30am-noon



*2nd floor Small Conference Room,
Town Building. No charge, No reservations.*

Join us in a facilitated discussion about these uniquely rewarding and sometimes challenging relationships. 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 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 techniques and fascinating stories from the past.

**Bridge
Thursdays, 12:30pm**

Arrive by 12:30 to be included in table rotation. For advanced or high-intermediate players.



Additional Items of Interest

UNDERSTANDING THE SCHOOL BUDGET



Wednesday, Jan. 9, 1:30pm

Reading, writing, 'rithmetic....What does it cost to educate Wayland students? Would you like to know more about the budget for Wayland Public Schools?

Join Administration and School Committee representatives to discuss the FY2020 budget. There will be time for Q&A after the presentation.

ADVANCED WATERCOLORS with CECILIA SHARMA

Fridays, 9:00-11:30am at COA

Cost: \$125

Current session: Oct. 26, Nov 2 & 30, Dec. 7, 14, 21

Pre-registration and pre-payment required.



JOIN OUR WALKING CLUB

Mondays & Wednesdays, 9:30 am

Walking just two days a week can greatly improve your overall health and walking with a group is great fun.

- ♦ Mondays: meet at the COA at 9:30am.
- ♦ Wednesdays: meet at 9:30am at the new Rail Trail near the library.
- ♦ The group walks for up to an hour. If the weather is poor, we will walk at the mall and meet in front of Dunkin Donuts.
- ♦ Please note: we will not be walking on 12/24 & 12/31



THE VOLUNTEER SPIRIT



The holiday season brings out the best in people. It's a time for thinking about others, including our family members, friends, and neighbors.

Our kind and dedicated COA volunteers serve their Wayland neighbors year-round by delivering meals, giving rides to medical appointments, making sure our newsletter gets mailed, making small repairs in people's homes, and helping us manage and loan our medical equipment. They make a difference every day, in every season, and we are so grateful.

If you have time to give during the holidays, why not check in with neighbors who live alone or who might need a little extra holiday cheer? A friendly hello, a short visit, a plate of cookies or an offer to help will lift their spirits and yours. Happy Holidays!

Warmly,
Ann Gordon

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.

Tuesday, Dec 4, 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 second Wednesday at 7pm.

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

Wednesday, Dec. 12 at 7pm

Interested in Volunteering?

Volunteering is good for body and soul, and good for our community. If you have a little or a lot of time, if you can use a phone or drive a car, put stickers on newsletters or change someone's light-bulb, we have a role for you. Join our friendly crew of warm and wonderful volunteers. We can also tell you about other opportunities in the area that might interest you.

Join our team! Call 508-358-2990



Education/Social Programs (cont.)

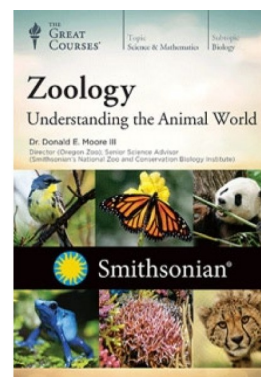
The Great Courses DVD Lecture Series

MONDAYS at 1pm (except Dec. 24 and Dec. 31)

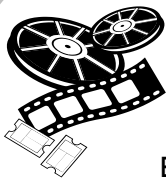
Closed Captioning (CC)

DECEMBER: ZOOLOGY: UNDERSTANDING THE ANIMAL WORLD

Enjoy this introduction to the fundamentals of zoology through the eyes of a trained zoologist, Dr. Donald E. Moore, III, director of the Oregon Zoo and senior science advisor at the Smithsonian's National Zoo. Get up close to a breathtaking variety of animal species: crocodiles, birds of prey, lions, dolphins, giant pandas, elephants, and more. See exclusive footage from zoos, research parks, and animals in their natural habitats, as well as interviews with other Smithsonian scientists. See the hidden world of animals in a way no textbook can reveal. Video is close captioned.



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, December 14: **CRAZY RICH ASIANS (2018)**, PG-13, Comedy, 120 minutes

Crazy Rich Asians follows native New Yorker Rachel Chu as she accompanies her longtime boyfriend, Nick Young, to his best friend's wedding in Singapore. Excited about visiting Asia for the first time, Rachel discovers that Nick has neglected to mention that he is the scion of one of the country's wealthiest families and one of its most sought-after bachelors. Being on Nick's arm puts a target on Rachel's back, with jealous socialites and Nick's own disapproving mother taking aim.

Friday, December 28: **CHRISTOPHER ROBIN (2018)** PG, Action, Adventure, and Comedy

In the heartwarming live action adventure "Disney's Christopher Robin," the young boy who loved embarking on adventures in the Hundred Acre Wood with a band of spirited and loveable stuffed animals, has grown up and lost his way. At a particularly despairing moment, he is surprised to find himself face to face with his old friend Pooh. Together, they embark upon a journey to find Pooh's missing friends and to recapture the joy that Christopher Robin left behind in childhood. While undertaking this adventure, he learns to spread that sense of wonder to his own children.

DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Walking Club 1:00 Video Lecture: ZOOLOGY 2:00 Tai Chi Paradigm 2:30 Connections <i>Podiatry - by appointment</i> <i>Holiday Shoppe</i>	4 9:15 NO GT Nuggets 10:15 NO GT Rehearsal 10:00 Lois' F4F 12:30 Getting around using UBER and LIFT	5 9:15 Thera-Tube 9:30 Walking Club 10:30 Prop. Tax Pres. 10:30 Zumba 11:30 Med. Take-Back 12:00 COA Café (RR) 1:00 Better Balance	6 9:30 Walking Club 10:00 Lois' F4F 12:30 Advanced Bridge	7 9:00 Watercolor Class
10 9:30 Walking Club 1:00 Video Lecture: ZOOLOGY 2:00 Tai Chi Paradigm 2:30 Connections <i>Shop Around Shuttle (RR)</i>	11 9:15 NO GT Nuggets 10:15 NO GT Rehearsal 10:00 Lois' F4F 10:30 Grandparents 1:00 Genealogy	12 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 12:00 Holiday Luncheon (RR) 1:00 Better Balance	13 10:00 Lois' F4F 12:30 Advanced Bridge	14 9:00 Watercolor Class 12:30 MOVIE: CRAZY RICH ASIANS
17 9:30 Walking Club 1:00 Video Lecture: ZOOLOGY 2:00 Tai Chi Paradigm 2:30 Connections <i>Market Basket Trip (RR)</i>	18 9:15 NO GT Nuggets 10:15 NO GT Rehearsal 10:00 Lois' F4F	19 9:15 Thera-Tube (Gym) 9:30 Walking Club 10:30 Zumba 10:00 Coffee hour 10:30 Lincoln Bell Ringers 1:00 Better Balance	20 10:00 Lois' F4F (COA) 12:30 Advanced Bridge	21 9:00 Watercolor Class
24 Town Building closes at noon Happy Holidays	25 HOLIDAY TOWN BUILDING IS CLOSED	26 9:15 NO Thera-Tube 9:30 Walking Club 10:30 NO Zumba 1:00 NO Better Balance	27 10:00 Lois' F4F (COA) 12:30 Advanced Bridge	28 12:30 MOVIE: CHRISTOPHER ROBIN
31 Town Building closes at noon Happy Holidays	Jan 1, 2019 HOLIDAY TOWN BUILDING IS CLOSED	Jan 2, 2019 9:15 Theratube 9:30 Walking Club 10:30 Zumba 11:30 Med. Take-Back 12:00 COA Café (RR) 1:00 Better Balance 1:30 Aging in Wayland	Jan 3, 2019 10:00 Lois' F4F (COA) 12:30 Advanced Bridge <i>Legal Clinic-by appt.</i>	Jan 4, 2019
RR: Reservations required GT: Golden Tones F4F: Fit For the Future				

Ongoing Services Available at the COA

For information about any of the services described below, 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, Community Health Nurse, 508 358-3617.

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 the wait list. Not compatible with hard wired units.

Transportation Options with the COA

MVRTA Dial-a-Ride: Leisure and medical travel for Wayland residents 65+, or disabled of any age. \$2, \$3 or \$5 each way depending on destination. Pre-register with MVRTA 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 on your day of travel.

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: 508-358-3474 to make ride requests.

Shopping Trips: See p. 3 for details about free monthly trips for grocery shopping and errands.

News You Can Use

SMOC FUEL ASSISTANCE PROGRAM IS NOW ACCEPTING APPLICATIONS



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 assistance for eligible households. Income limits apply. For inquiries and help submitting an application, call Outreach Coordinator Sue Hatton at 508-358-2990.

A Home-Delivered Christmas Dinner Tuesday, December 25



Would you enjoy having a warm holiday meal delivered to you by a friendly neighbor on Christmas Day? Please call the COA to sign up for the Christmas meal program through the Good Shepherd Parish.

Volunteers prepare and deliver hundreds of holiday meals and lots of good cheer. Meals arrive around noon, warm and ready to eat. Many volunteers will be happy to visit for a while. There is no charge.

Questions? Interested? Want to sign up?
Call the COA at 508-358-2990

Would You Welcome A Holiday Surprise?

During the holidays, individuals and community groups often contact the COA to ask if they can distribute small holiday gifts or other tokens of holiday cheer to Wayland seniors through us.



If you would like to receive such a gift, let us know. We are compiling a confidential list of Wayland residents who would welcome the possibility of a little extra holiday surprise,

This needn't be about financial need; sometimes we all need a little extra holiday cheer! To get on the list, call Outreach Coordinator Sue Hatton at 508-358-2990.



Wayland Depot Looking for Holiday Volunteers

This Wayland treasure is fun and bustling during the holidays, and could use some extra hands. If you have a couple of hours to give to this non-profit, charitable gift shop, call the Wayland Depot at 508-358-5386.



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. 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 (select Council on Aging)

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 Food Pantry: 617-694-6137

Social Security: 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: 508-358-2990

Wayland Housing Authority: 508-655-6310



Wayland on the Move



CALENDAR OF UPCOMING OUTINGS

DECEMBER

Tuesday, 12/18: Vaillancourt Folk Art. Depart COA at 9:15am. Return at 2:00pm. Cost: \$20 for tour and transportation. Vaillancourt Chalkware is a fine art collectible that is hand painted in the Sutton, MA studios. The tour includes a behind-the-scenes journey from the pouring technique to the hand painting, antiquing, and signing of each piece. Also included is a walk through the Vaillancourt Folk Art Museum, which displays one of the largest collections of antique confectionery moulds and a history of gift giver folklore from various countries. The tour concludes in the retail gallery where you can revel in the decorations and enjoy shopping chalkware, hand-blown Polish ornaments and much more.

Thursday, 12/27: Empresses of China's Forbidden City at the Peabody Essex Museum. Depart COA at 9:30am. Return at 4pm. Cost: \$30 for admission and transportation. This exhibition is the first to explore the role of empresses in shaping China's last dynasty- the Qing dynasty - from 1644 to 1912. Nearly 200 spectacular objects from the Palace Museum tell the little-known stories of how imperial women influenced court politics, art and religion. Explore sumptuous treasures from the Palace Museum that tell the little-known stories of empresses whose contributions had remained largely silent — until now. There are several other special exhibits and of course a vast permanent collection. The atrium café is available for lunch and there are many local restaurants within walking distance.

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 if your spot is filled.

SHOP-AROUND SHUTTLE & MARKET BASKET/MARSHALLS TRIP



We've moved this information to page 3!

JANUARY

Thursday, 1/10: Boston Symphony Open Rehearsal. Depart COA at 9:15am. Return approx. 1:30pm. The cost is \$15.00 for transportation to each concert. The last two concerts are February 7 and May 2. Riders must purchase their own Boston Symphony tickets:

Box office 888-266-1200: WWW.BSO.ORG

Thursday, 1/24: Flora in Winter at the Worcester Art Museum. Depart COA at 9:15am. Return at 2:00. Cost: \$30 for transportation and admission. Leave the winter cold outside and treat yourself to color and fragrance during WAM's annual floral extravaganza — when the entire Museum blooms with flower arrangements inspired by works of art. The region's top floral designers interpret paintings, sculpture, and other works with imaginative arrangements that both dazzle and delight! There is a museum café available for lunch.

Thursday, 1/31 NEW DATE: Telephone Museum & Lunch in Waltham: Depart COA at 10:00am. Return at 2:00pm. Cost: \$12 for transportation, admission and tour. Discover Telephone History in the Greater Boston Area where the telephone was invented! View one of the first telephones ever made here in Boston by Charles Williams Jr. The Telephone Museum fosters enthusiasm for engineering by leveraging America's remarkable telephone history with educational programs that compare modern day telecommunications to vintage technology. Following the museum, we will head to a local restaurant for lunch.

FEBRUARY

Tuesday, 2/5: Plumbing Museum & lunch in Watertown. Depart COA at 9:15am. Return by 2:00pm. Cost: \$10. The historic atmosphere of The Plumbing Museum features many items that date back to the eighteenth century. Visitors travel through history and see the development of piping technology through the decades. We will have a tour of the museum followed by time to explore on your own. Following the museum, we will head to a local restaurant for lunch (on your own).

Thursday, 2/7: Boston Symphony Open Rehearsal. Depart COA at 9:15. Return by 1:30 pm. See above on 1/10 for more information.

It's Great To Have Friends!

The Council On Aging salutes the Friends of the Wayland Council On Aging, Inc., for coordinating and hosting another very fun and successful fundraiser, this year at the Weston Golf Club.

Thank you to all the guests who attended the event, who bid on or won generous auction items, and the many sponsors represented in the program booklet. Special thanks to the Daddios who delighted the crowd with great music and a traveling microphone allowing everyone to feel like a star!

The Friends of the Wayland COA is a 501c3 organization that raises funds to support the work of the COA, including health and wellness programs, educational presentations, exercise classes, trips and social events, as well as equipment and future planning for new, more accommodating space.



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.*

The Wayland COA News

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