



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## DECEMBER 2019

### DECEMBER HOLIDAY EVENTS



#### HOLIDAY LUNCHEON

**Dec. 11, Noon, COA**

Our annual holiday lunch is always a favorite event. Join together with friends old and new to enjoy delicious food with sparkling décor, festive music, and the holiday spirit!

Holiday luncheon will include appetizers, assorted quiche, salad, decadent cake buffet, door prizes and more. Enjoy background music provided by special guests from the Wayland High School orchestra. Reservations please. \$8 per person.

#### LINCOLN BELL RINGERS

**Wed., Dec 18, 10:30am, COA**

Serving coffee starting at 10am

The bell-ringers are back! Join us for this popular seasonal event featuring the Lincoln Handbell Ringers performing with a four-octave set of bells. This accomplished group is under the direction of Diane Burke, whose historical tidbits and trivia about the music adds to the enjoyment. **Reservations please.**



#### 32nd Annual Children's Holiday Shoppe!

**Wednesday, Dec. 4, 3:30—5:30pm**

This beloved Wayland tradition **invites children in grades K-5 to shop** for family and friends with the help of teenage "elves" while their adults wait out of sight. **Bring your grandchildren!** Pre-K siblings will enjoy holiday videos and art supplies in the Large Hearing Room with their waiting families.

Many volunteers make it possible. Can you sell or wrap gifts? If you'd like to help, please stop by the COA, or contact Ann Gordon at 508-358-2990 or agordon@wayland.ma.us.



#### COMING IN THE NEW YEAR

- Vincent Van Gogh—an Art Matters Gallery Presentation Thursday, January 9, 1:30pm
- Vivra Chocolates, Wed., Jan. 29, 1:30pm (Snow Date: 1/30)
- February Fundraiser for Friends of Wayland COA at Russell's Garden Center! Saturday Feb. 8



### HIGHLIGHTS

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• GREAT COURSES: The Great Tours: Scientific Wonder of Birds. Mondays at 1:00pm (No Course 12/16)	6
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#### MISSED THE CLINICS? NEED A FLU SHOT?

Vaccine is still available. Call the Wayland Health Department to make arrangements: 508-358-3617



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

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

## What's Happening at the COA?

### VINCENT VAN GOGH

An "Art Matters" Gallery Presentation

**Thursday, January 9 at 1:30pm**

Large Hearing Room



Van Gogh's life is one of the most dramatic, romantic and tragic stories in all of art history. Van Gogh began to paint when he was 27 years old and never

took a formal lesson. He met the Impressionists in Paris and with their influence, and through trial and error, he impacted the world with his passion. His career only lasted about 10 years; he died at 37 years old.



**Reservations, please.**

Made possible by a generous grant from the Friends of Wayland COA Inc, a (501(c)(3) organization.  
[www.friendsofwaylandcoa.org](http://www.friendsofwaylandcoa.org)

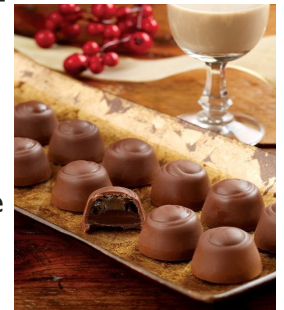
### A SWEET AFTERNOON: VIVRA CHOCOLATE WORKSHOP

Wednesday, January 29

1:30 pm

Come learn about chocolate-making from the bean to the finished bar or tasty treat. Award-winning chocolatiers and co-owners of Vivra Chocolate in Walpole will tell you all about how they make fine chocolates in the French tradition.

Paige and her husband Bob have been in the bakery and chocolate business for almost 20 years. They bring a "joie de vivre" to their work, creating fanciful and delicious blends. You will get plenty of tasting samples during this sweet afternoon presentation. **Reservations, please.**



**Snow date: January 30**



United States  
**Census  
2020**

### THE 2020 FEDERAL CENSUS STATISTICS DETERMINE WAYLAND COA'S ANNUAL GRANT FROM THE COMMONWEALTH OF MASSACHUSETTS FOR THE NEXT 10 YEARS! **PLEASE BE COUNTED!**

The U.S. Constitution requires a count — or census — of the nation's population every ten years. The census provides vital information used to help communities plan for a variety of resident needs including new roads, schools and emergency services. The results of the 2020 census will determine the grant amount that the Wayland COA receives from the Commonwealth. Your participation is vitally important to our ability to serve Wayland's seniors.

In 2020, new technology will make it easier than ever to respond to the census. For the first time, you will be able to respond online, by phone, as well as by mail. Watch for an official letter from the US Census Bureau. Are you a "snowbird" who seasonally lives at another address? Your information should be counted at the address where you live and sleep **most of the time**. **U.S. Census data is for statistical purposes only and your responses on the Census will not affect your property tax or insurance premiums.** All of your information is strictly confidential and will not be shared with any federal or state agency. **The Census Bureau will never ask for your full Social Security Number, bank accounts, or money of any kind.** For more Census information, you may call the Secretary of the Commonwealth's office at 1-833-MA1-2020.

*The COA carefully selects program topics and presenters. Speakers bring expertise as well as opinions; the COA does not necessarily endorse speakers' viewpoints. We invite audiences to use their own judgment as they listen and learn. In addition, while we appreciate the advertisers who support this newsletter, we do not endorse products or services.*

## What's Happening at the COA?



### 1st WEDNESDAY COA PIZZA BUFFET CAFÉ NO PIZZA CAFÉ IN DECEMBER

However, please join us Wed., Jan. 8  
to celebrate the New Year

Reservations are required by noon on the preceding Monday. **Menu:** Pizza buffet, salad, dessert, beverage. Cheese-free and gluten-free available with advanced request.

*Made possible by a generous grant from the Friends of Wayland COA, Inc.*

### CB Match and other Property Tax Relief Applications Now Available at Wayland Assessors Office

**Application Deadline April 1, 2020**

The Wayland Assessor's Department offers a variety of property tax relief options for eligible senior homeowners. All of these programs require application every year and have strict criteria and deadlines. Eligibility is different for each program and some highlights are listed below. For further details, interested individuals are encouraged to call the Assessor's Office at 508-358-3658.

**EXEMPTIONS:** Proof of income and assets required.

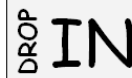
- Elderly Exemption: age 65+, income < \$20,000 single, \$30,000 married; assets < \$40,000 single, < \$50,000/ married.
  - Surviving spouse: no income restrictions, assets must be less than \$40,000
  - Military Veteran-disabled: must provide certificate of disability-10% or more- from the VA.
  - Blind: must have a current certificate from the MA Commission for the Blind.
- ⇒ **Property Tax Deferral:** age 65+, income under 40,000. No asset limits. MA residency requirements.
- ⇒ **Community Preservation Act (CPA) Exemption:** Removes the CPA surcharge based on income.
- ⇒ **Wayland Circuit Breaker Program (CB):** This town-adopted program may provide property tax relief to eligible homeowners who received the CB credit on their MA State Income Tax return.

#### OTHER PROGRAMS OF INTEREST:

- Property Tax Work Off (COA-sponsored): Application available in June, see details in our June news.
- Valor Act-Veteran's Tax Work Off (Assessor's-sponsored): Applications available July 1. For details: 508-358-3658.

### ONGOING 'DROP-IN' PROGRAMS

No reservations are needed for these activities.  
Stop by and join in. New participants welcome.



#### COA Connections Mondays, 2:30pm



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

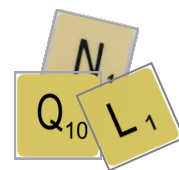


#### Genealogy 2nd and 4th Tuesdays, 1:00pm

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

#### Scrabble Thursdays, 10:00am

Build words and friendships over the Scrabble board.



### FRIDAY MORNING OPEN STUDIO ARTS & CRAFTS WORKSHOP Fridays, 9:30—11:30am

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



#### GRANDPARENTS GROUP

Meets on the 2nd Tuesday of each month.

**Tues., Dec. 10, 10:30am-noon**

2nd floor School Committee Room, Town Building.

No charge, No reservations.


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



## Fitness Programs

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

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

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

**DROP IN CLASSES:** No pre-registration needed, pay using **FITBUCKS\***

**Zumba:** Wednesdays, 10:15am, Town Building Gym  
Join this fun cardio class and dance your way to fitness with Latin music. Ellen Cohen-Kaplan, instructor.

**Lois' Fit for the Future:** Tues. & Thurs., 10am, Large Hearing Room. Aerobic exercise to music; includes stretching, toning and weights. Lois Leav, instructor.

**Thera-Tube:** Wed., 9am, Lg Hearing Room  
Work with resistance bands 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.

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



**Walking Club:**  
Mondays & Wednesdays at 9:30am  
Winter meet at Natick Mall  
**No fee or fitbucks needed.**

Walking is great exercise! Join this group to walk with others for up to an hour. The Walking Club has moved inside for the winter. Meet at the Natick Mall by Dunkin Donuts. New walkers always welcome. Call the COA with questions or to register.

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

**MONTHLY CLASSES:** Pre-registration is required, pay for full monthly sessions

**Tai Chi Paradigm:** Mondays, 2pm, Lg. Hg. Rm.

Dec. Pre-Pay: \$35 for 12/2, 9, 16, 23, 30

Or single class: \$10 ea.

Gentle exercise designed to reinforce posture, balance and fundamental movement.

Lucien Zoll, Sr. Instructor, Master Calvin Chin Academy

**Better Balance:** Wednesdays, 1pm, Lg. Hg. Rm.

Pay by the month. Dec. fee: \$ 21

Class meets on Dec. 4, 11, 18

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

## Additional Health Programs

**PODIATRY CLINIC: Mon., Dec. 2**

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

Cost will increase to \$35 in January, 2020



**BLOOD PRESSURE CHECK, by appointment**

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



## For Your Convenience

### SHOPPING TRIPS



#### Monday, December 9: SHOP-AROUND SHUTTLE

Run your Wayland errands with us normally 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 23: MARKET BASKET & MARSHALLS

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

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

### WAYLAND CENTER HOLIDAY OPEN HOUSE SUNDAY, DEC. 8, 2 - 5 P.M.



Join your friends and neighbors for this jolly holiday tradition!

**Grout Heard House:** Self-guided tours with docents available. Music, festive decorations by the Wayland Garden Club and tree decorations by the Girl Scouts. Refreshments. (Can't come Sunday? The House will be open for visitors Sat. Dec. 7, 2 - 4 p.m.)

**The Depot:** Handcrafted gifts and holiday items for sale. Open 12 - 5. Refreshments.

**The Wayland Library:** Family Holiday Sing-Along with David Polansky, 3 - 3:45 p.m. Refreshments.

**Arts Wayland:** Small Works Art Exhibit at the W Gallery, 57 Andrew Ave. Dec. 7 & 8, 12 - 5 p.m. Music, refreshments, gifts for sale.

**First Parish:** Caroling on the steps at 4:30 p.m. led by Maddie Sifantus with members of the Sudbury Valley New Horizons Band, led by Diane Muffitt. Refreshments inside.



### THE VOLUNTEER SPIRIT

A recent survey on loneliness revealed that one in three adults over age 45 is lonely. Senior adults are more likely to be isolated and may not have routine contact with many other people. These conditions contribute to loneliness.

Loneliness can be deeper during the holiday season, when we miss loved ones who are far away or who have passed away. The season of joy and love can feel joy-less to some.

The antidote to loneliness is human connection. We can all offer this "good medicine" to others, in small or large doses. It is a gift that is easy to give all year long, and especially during the holidays. Who do you know that would welcome this gift from you?

Warmly,  
*Ann Gordon*

### WAYLAND COUNCIL ON AGING STAFF

Director: Julie Secord, M-F

Office Coordinator: Nancy Greenwood, M-W

Outreach Coordinator: Sue Hatton, M-F

Project Coordinator: Shawna Levine, M-Th

Volunteer Coordinator: Ann Gordon, T-Th

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

### WAYLAND COUNCIL ON AGING BOARD

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

**Next Meeting:** Tues., Dec. 10, 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:** Janie Belive, President, Marie Winter, Vice President; John Shaw, Treasurer and Webmaster; Mary Antes, Clerk; Paul Abramson; Steve Correia; Judy Larson; Nancy Leifer; Patty MacNeil; Sue Pope; Betsy Willard.

### PROPERTY TAX RELIEF COMMITTEE

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

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

**Next Meeting:** Wed., Jan. 8, 9:30am

**West Suburban  
Veterans Services District**  
781-489-7509  
Sarada Kalpee, Director  
@ Wayland on Tues. 9am—4pm  
781-850-5504

## Education/Social Programs (cont.)

The Great Courses DVD Lecture Series

**MONDAYS at 1pm**

### **THE SCIENTIFIC WONDER OF BIRDS**

**Mondays, Dec. 2, 9, 23 and 30**

(Great Courses will not be held Dec. 16)

DROP  
IN



Birds are endlessly compelling and fascinating creatures. Millions of people around the world engage in the organized activity of birding, and countless more enjoy casually

watching our avian neighbors in their daily activities. But beyond what we can observe on the surface, birds are phenomenally interesting—and often extremely surprising—in their biology, physiology, aerodynamics, and their multifaceted behavioral adaptations.

*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.

Enjoy self-serve popcorn and cold drinks from our “Hospitality Cart” — it’s all complimentary!

#### **Friday, December 6: HONEYLAND**

(2019) Documentary, 85 minutes

A woman utilizes ancient beekeeping traditions to cultivate honey in the mountains of Macedonia. When a neighboring family tries to do the same, it becomes a source of tension as they disregard her wisdom and advice.


#### **Friday, Dec. 27: THE PEANUT BUTTER FALCON**

(2019) Action & Adventure Drama, PG13, 93 minutes

After running away from a residential nursing home to pursue his dream of becoming a pro wrestler, a man who has Down syndrome befriends an outlaw who becomes his coach and ally.

DROP  
IN

# DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:30 Walking Club 1:00 Video Lecture: <i>The Scientific Wonder of Birds</i> 2:00 Tai Chi Paradigm 2:30 Connections <i>Podiatry, by appt.</i>	<b>3</b> 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F <b>GT:</b> Golden Tones <b>F4F:</b> Fit For the Future	<b>4</b> 9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba 12:00 NO Pizza café 1:00 Better Balance Children's Hol. Shoppe	<b>5</b> 10:00 Scrabble 10:00 Lois' F4F (in COA)	<b>6</b> 9:30-11:30 Open Studio Art & Craft  12:30 MOVIE: HONEYLAND
<b>9</b> 9:30 Walking Club 1:00 Video Lecture: <i>The Scientific Wonder of Birds</i> 2:00 Tai Chi Paradigm 2:30 Connections  <i>Shop Around Shuttle</i>	<b>10</b> 9:15 NO GT Nuggets 10:15 NO GT Rehearsal 10:00 Lois' F4F 10:30 Grandparents 1:00 Genealogy  <i>Trip to Tower Hill</i>	<b>11</b> 9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba 12:00 Holiday Luncheon 1:00 Better Balance	<b>12</b> 10:00 Scrabble 10:00 Lois' F4F	<b>13</b> 9:30-11:30 Open Studio Art & Craft
<b>16</b> 9:30 Walking Club 1:00 NO Video Lecture 2:00 Tai Chi Paradigm 2:30 NO Connections  <i>Trip to Russo's</i>	<b>17</b> 9:15 NO GT Nuggets 10:15 NO GT Rehearsal 10:00 Lois' F4F	<b>18</b> 9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba 10:30: Lincoln Bell Ring-ers 1:00 Better Balance COA	<b>19</b> 10:00 Scrabble 10:00 Lois' F4F (in COA)	<b>20</b> 9:30-11:30 Open Studio Art & Craft
<b>23</b> 9:30 Walking Club 1:00 Video Lecture: <i>The Scientific Wonder of Birds</i> 2:00 Tai Chi Paradigm 2:30 Connections  <i>Trip to Market Basket</i>	<b>24</b> 9:15 NO GT Nuggets 10:15 NO GT Rehearsal 10:00 Lois' F4F 1:00 Genealogy	<b>25</b>  HOLIDAY  Town Building Closed	<b>26</b> 10:00 Scrabble 10:00 Lois' F4F	<b>27</b> 9:30-11:30 Open Studio Art & Craft  12:30 MOVIE: THE PEANUT BUTTER FALCON
<b>30</b> 9:30 Walking Club 1:00 Video Lecture: <i>The Scientific Wonder of Birds</i> 2:00 Tai Chi Paradigm 2:30 Connections	<b>31</b> 9:15 NO GT Nuggets 10:15 NO GT Rehearsal 10:00 Lois' F4F	<div>  <b>Happy New Year! 2020</b> </div> <div> <b>January 1, 2020</b>            HOLIDAY              Town Building            Closed         </div> <div> <b>January 2, 2020</b>    <i>Trip to Peabody Essex</i> </div> <div> <b>January 3, 2020</b> </div>		

## Ongoing Services Available at the COA

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

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

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

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

**Medical Equipment Loan Closet** The COA accepts donations of new or gently used medical equipment (shower chairs, walkers, canes, wheelchairs—no com-modes). Call ahead for all donations and requests. See p9.

**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.

## OTHER HELPFUL RESOURCES

**BayPath Elder Services:** 508-573-7200

**Caregiving Resources:** [www.caregivingmetrowest.org](http://www.caregivingmetrowest.org)

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

**Elder Abuse Hotline:** 1-800-922-2275

**MA Exec. Office of Elder Affairs:** 1-800-243-4636

**Medicare:** 1-800-633-4227

**MetroWest Legal Services:** 508-620-1830

**MWRTA General:** 508-935-2222

**MWRTA Dial A Ride:** 508-820-4650

**Parmenter Foundation Food Pantry:** 508-358-3001

**Social Security:** 1-800-772-1213

**State Senator Rebecca Rausch:** 617-722-1555

**Representative Carmine Gentile:** 617-722-2014

**Representative Alice Peisch:** 617-722-2070

**Wayland Community Fund:** 508-358-3624

**Wayland Council on Aging:** 508-358-2990

**Wayland Housing Authority:** 508-655-6310



## News You Can Use

### COULD YOU USE SOME HELP PAYING WINTER HEATING BILLS?



#### The SMOC FUEL ASSISTANCE program may be able to help.

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 qualified applicants with assistance in paying a portion of their winter heating bills.

Eligibility for this assistance is based on the total gross annual income for an entire household, which must fall below \$37,360 for a household of one or \$48,485 for a household of two.

The application process requires an in-person interview for all first-time participants. Supporting documents must be submitted and will include items such as lease or mortgage information, proof of all gross income, and copies of utility bills. Wayland residents may complete this process at the Council on Aging, or at SMOC in Framingham. An appointment is required. This is a very helpful program for all who qualify. Please call the COA with any questions.

### MEDICAL EQUIPMENT 'LOAN CLOSET' Please call ahead for all loans and donations



While our medical equipment loan program continues in popularity, the lack of an adequate storage location severely limits the quantity and variety of items we are able to store and loan.

If you have a donation to offer, please call the COA at 508-358-2990 to see whether or not we can accept it before coming in.



### A Home-Delivered Meal on Christmas Day Wednesday, December 25th

Would you enjoy having a warm holiday meal delivered to you by a friendly neighbor on Christmas Day?

A Christmas meal program is offered through the Good Shepherd Parish. Volunteers prepare and deliver hundreds of holiday meals to all in need of a warm meal and a friendly face. Meals arrive around noon, warm and ready to eat. Many of their volunteers will be happy to stay and visit for a while to help bring good cheer to your holiday. There is no charge. To sign up please call the COA: 508-358-2990 or Judy Kokinda at 508-655-9141.

## TRANSPORTATION OPTIONS WITH THE COA

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

**MEDICAL TAXI VOUCHERS:** For Waylanders 60+ or disabled of any age. Offers discounted taxi fare for medical appointments or medically-related activities at the COA. Administered through JFK Transportation, this option requires the advanced purchase of discount vouchers. Discount is 40% off metered fare. Total cost will vary based on miles traveled. Boston travel is charged a flat rate cost: \$42 each way, all other travel is based on the meter. Tips expected in cash. Buy vouchers in advance at the COA. Schedule rides directly through JFK 508-653-4500.

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

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



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



# Wayland on the Move



## CALENDAR OF UPCOMING OUTINGS

### DECEMBER

**Tuesday, 12/10: Winter Wonderland at Tower Hill Botanical Garden.** Depart COA at 9:15. Return by 2:00. Cost: \$20 for transportation and admission. Visitors can enjoy decorated indoor rooms and soak in the warmth of subtropical plants in the conservatories. The outdoor gardens and grounds provide opportunities for walks and hikes. The Farmer and the Fork café will offer seasonally inspired cuisine and delicious dessert offerings. You can even do some holiday shopping at the Garden Shop for nature-inspired gifts.

**Monday, 12/16: Russo's in Watertown.** Depart COA at 10:00 am. Return by 1:00 pm. Cost: \$5.00 for transportation. Your shopping experience begins outside with a large selection of holiday items including wreaths, trees and plants. Once inside, you will find fresh fruit and vegetables, cheese, a bakery, a delicatessen, a florist, as well as delicious prepared foods and specialty food items from around the world.

### JANUARY 2020

**Thursday, 1/2: Peabody Essex Museum.** Depart COA at 9:15. Return by 3:30. Cost: \$30. The 40,000-square-foot expansion features three new floors of dedicated gallery space including the Special Exhibit: *Hans Hofmann: The Nature of Abstraction*. This exhibit presents the most comprehensive examination of Hans Hoffmann's prolific career. Through paintings and works on paper, explore the artist's journey into abstraction and his deep contribution to the artistic landscape of New England. The atrium café is available for lunch and many local restaurants are within walking distance.

**Tuesday, 1/14: The Danforth Art Museum at Framingham State University.** Depart COA at 9:45. Return by 2:00. Cost: \$15 for admission and transportation. Danforth merged with Framingham State University in 2018 to become the Danforth Art Museum at Framingham State University and the Danforth Art School at Framingham State University, each continuing to invite the public to see, learn about, create, and be inspired by art. The Museum's Permanent Collection focuses on American art from the 19th century to the present day. Changing exhibitions feature both historic works and the works of contemporary artists.

### COMING IN 2020

**Thursday, 2/6: Museum of Fine Arts Boston. Depart COA at 9:15.** Return by 4:00. Cost: \$12 for transportation only. Senior admission is \$23 and can be paid at the museum upon arrival. Enjoy a winter day at the museum. Special exhibits include: *Women Take the Floor* and *Women on the Move: Art and Design in the 1920's and 30's*. You can explore the museum as you desire on this self-guided tour. There are several options for lunch.

**Thursday, 3/12: Boston Flower and Garden Show.** Depart COA at 9:15 am. Return at 2:00 pm. Cost: \$28 for admission and transportation. A sure sign of spring, this year's theme is "**Garden Party: Celebrating Friends & Family.**" There's nothing more important than time spent connecting with the precious people and places in our lives! This year's show celebrates outdoor living and interior plantscapes that inspire us to spend time with the ones we love. Explore plant families, including the beauty of "black sheep" and "everyone's favorites" as ways of connecting through the love of nature and gardening.

#### Motor Coach Trips 2020 with Best of Times Travel

**Martha's Vineyard Day Trip: August 13**

**Spectacular Saratoga August 25 - 27**

**Nashville Country Christmas: December 4 - 7**

**Travel to Europe in 2020!** Tours are presented by American Music Abroad and led by Wayland residents Chris and Susan Memoli. Susan is the director of Fine Arts at Wayland High School and Chris is the director of music in the Weston schools. They have been leading student group tours to Europe for more than 15 years. They will lead two adult tours in 2020: *Austrian Ski Holiday* in February (sign up by 12/1) and *Tour of Italy* in July. For more information or to pick up a brochure, contact Shawna Levine at the COA.

**COA Trip Policy:** Payment is required upon 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 given only if your spot is filled.



**SAVE THE DATE!**

**SATURDAY, FEB. 8, 2020, 6:30PM**

*In the Greenhouse at*

**RUSSELL'S GARDEN CENTER**

*Dinner, Dancing, Art Auction, with*



**MUSIC THROUGH  
THE DECADES**

*by*

**The DADDIOS**

*Fundraiser for  
Friends of Wayland COA*

*For more info call the COA or  
contact the Friends through  
their website:*

[www.friendsofwaylandcoa.org](http://www.friendsofwaylandcoa.org)

**"Growing a Community"**

**2019 FLU SHOTS ARE STILL AVAILABLE**

For individuals who have not been able to receive a flu shot and remain interested, follow up with the Health Department at 508-358-3617.

Home visits are available for those who are homebound and unable to get to the Health Department. For information and scheduling, please call the Wayland Health Department at 508-358-3617.



**Reservations, please:**

Some of our programs and exercise classes are "drop-in," and we encourage people to come when they wish. But because our space is limited, other programs require us to carefully plan according to how many people will attend.

We've marked our "Drop-In" programs with a new symbol.



If you don't see this symbol on a program description, please call us to reserve a spot. Thanks for your help.

**The Wayland COA News**

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