



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## FEBRUARY 2018

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

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

FEBRUARY HIGHLIGHTS		Pg.	
♥ <b>Great Courses DVD Lecture Series Sampler. Every Monday, 1pm</b>	5		<b>HEALTH/ WELLNESS</b> p 2
<b>FEBRUARY: AMERICA'S FOUNDING FATHERS</b> Discover why we still argue over the meaning and interpretation of the Constitution. Learn the important role played by often overlooked Founders. Examine the fierce political arguments between Founders like Thomas Jefferson and Alexander Hamilton. (Closed Captioning CC) Starts 2/5 (no lecture 2/19-Holiday)			
♥ <b>MEDICATION TAKE BACK with WAYLAND POLICE</b> at COA Wed, Feb. 7, 11:30am-Noon. Dispose of unwanted or expired medications.	4		<b>EDUCATION/ARTS</b> p 3
♥ <b>COA PIZZA CAFÉ</b> Wed., Feb. 7, Noon, \$3, Reservations req'd	4		<b>CALENDAR</b> p 6
♥ <b>DUPLICATE BRIDGE LESSONS.</b> Wed, Feb. 7, 14 , 21 at 6:30pm Pre-registration required. Must know how to play bridge. \$5/evening	5		<b>TRANSPORTATION AND SERVICES</b> pp 8-9
♥ <b>SHOP-AROUND SHUTTLE:</b> Feb 12 & 26 Advance Reservations req.	10		<b>TRAVEL &amp; COA VAN</b> p10
♥ <b>AARP TAX PREPARATION:</b> IRS-trained AARP tax preparers will be available to help low- and moderate-income seniors. By appointment only.	4		<b>MOVIES</b> p12
♥ <b>"TRULY ELEANOR" A PRESENTATION BY THE DELVENA THEATRE COMPANY.</b> Wed, Feb 21, 1:30pm, N/C	3		*****
♥ Join us for this candid look at Eleanor Roosevelt's life, and her courage and contribution to human rights and liberty for all. Reservations required.			
♥ <b>STRESS MANAGEMENT THROUGH SELF-CARE (2 wk class)</b> Wednesday, Feb. 28 and Mar 7, 1:30-2:45pm, Pre-register, No charge	3		<b>Director:</b> Julie Secord, M-F

**Office Coordinator:**

Nancy Greenwood, M-F

**Outreach Coordinator :**  
Sue Hatton, M-F

**Project Coordinator :**  
Shawna Levine, M-W

**Volunteer Coordinator:**  
Ann Gordon, T-Th

**BayPath Home Delivered Meals:** 508-573-7200

**S.H.I.N.E. Counselors**  
Kathleen Woehrling  
Penny Wilson

**Property Tax Work-Off**  
Becky Patterson  
Wednesday 9-11am

**COA WayCam Liaison:**  
Joanne Kwarta

**West Suburban Veterans Services District**  
**Sarada Kalpee, Director**  
Tuesday 9am-4pm  
Selectmen's Office  
781-850-5504  
Regional VA Office  
781-489-7509

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**Find us on** 

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

### COMING THIS SPRING!

**Wednesday, March 14, Noon, Large Hearing Room**

Bring your St. Patrick's Day spirit to:



**THE ANNUAL WEARIN' OF THE GREEN LUNCHEON**  
featuring **THE JUG O' PUNCH BAND!**



**COA's 2nd Annual Family-Friendly**

**SWING INTO SPRING with the SOFT TOUCH BIG BAND**  
**Sunday, March 25, 2-4pm, Hearing Rm**

Whether you are listening, dancing or enjoying the refreshments, you will love this community-wide special event. No charge.

See page 5 for more information.



**Metrowest Legal Services** in partnership with the **Wayland Council On Aging**  
 host: **HEALTHCARE PROXY and/or POWER OF ATTORNEY DAY!** Those who pre-register for this event will leave with witnessed and signed documents.  
 Date to be announced in March newsletter.

## Health & Wellness Programs

Please bring a  
water bottle to  
all classes



### Fitness Classes at a Glance

	DAY	FEE	DATES	TIME	LOCATION
<b>FIT FOR THE FUTURE*</b>	Tues/ Thurs	\$3/class-FIT BUCKS ONLY	Tue & Th	10-11am	Large Hearing Room
<b>ZUMBA*</b>	Wed	\$3/class-FIT BUCKS ONLY	Every Wed.	10:30-11:30 am	Town Bldg. Gym
<b>THERA-TUBE*</b>	Wed	\$3/class-FIT BUCKS ONLY	Every Wed.	9:15-10:15 am	Large Hearing Room
<b>TAI CHI</b>	Wed	Robin's last class; No Charge (see below for info)	February 7	11-12 noon	Large Hearing Room
<b>BETTER BALANCE</b>	Wed	\$14	NO CLASS 2/7 & 2/14	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** Wednesday, February 7, 11am-Noon. Join us as we say goodbye to Robin and wish her well in her new city. As this will be her last class teaching in Wayland, there will be no charge. 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).



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

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

## New happenings at the COA

### INTRODUCTION TO DUPLICATE BRIDGE

Starts Wed., Feb. 7, 14, 21,

6:30pm, COA Pre-registration required



Experienced bridge players who are comfortable with bidding and play as well as those with 0-20 Masterpoints will find this to be an enjoyable evening. Advance sign-up is required for each weekly game as only full tables will be played. At the end 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. Reservation required. This game is ACBL-sanctioned and will award Masterpoints to winners.

*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.*

Delvena Theatre Company presents:

### “TRULY ELEANOR”

Wednesday, Feb. 21, 1:30pm

In this 3-person live performance, Eleanor shares some of her most private and meaningful moments - her lonely childhood; her joyous courtship and marriage with her fifth cousin, Franklin; her devastation at Franklin's love affair with her own social secretary; her resolve to make him president after his polio diagnosis; her involvement in his presidency; and her eventual triumph at the United Nations.

No charge but reservations required.

Funded in part by a grant from the  
Wayland Cultural Council.



### Register Now for STRESS MANAGEMENT THROUGH SELF CARE

2-week Session: Wed., Feb. 28 and March 7

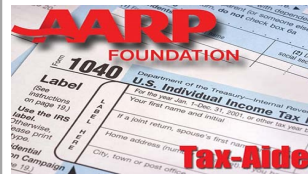
1:30-2:45pm

Pre-registration required, No charge.

Proper nutrition, exercise, and sleep are important tools for living a healthy lifestyle. But do you realize that your ability to manage stress is just as important for your overall health and well-being? Join Health and Wellness Professional Lauren McHugh as she describes the effect that stress has on our health. She will then share some simple but powerful strategies for preventing and reducing stress. This interactive two-part course will give you the opportunity to share ideas, meet new people, and create a plan to try every strategy discussed! Whether you are trying to prevent stress, reduce stress, or just take better care of yourself, this course will give you the tools you need.

*Lauren McHugh has a B.A. in Behavioral Sciences from Bentley University. She is a Wellcoaches' Certified Health and Wellness Coach, National Academy of Sports Medicine (NASM) Certified Personal Trainer, NASM Fitness Nutrition Specialist, and a NASM Senior Fitness Specialist.*

### TAX SEASON IS HERE



IRS-trained AARP volunteer tax preparers are available without charge to help low- and moderate-income seniors.

Call the COA at 508 358 2990 to schedule your appointment for completion of your tax return.

Appointments will be held in Hearing Rm. 3 by the gym.

## 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, February 5, 2018

- For an appointment, call the COA at 508-358-2990.
- Cost is **\$30.00**. Checks payable to Dr. Cooper.
- Please make out your check **before** your appointment.



## Education/Social Programs



*Sample the varieties at the*  
**1st WEDNESDAY**  
**COA PIZZA BUFFET CAFÉ**  
**Wed., February 7, Noon, \$3**

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

### **MENU: PIZZA BUFFET**

Salad, Dessert, Beverage

A no-cheese pizza option is always available.

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

**Join us next month on March 7th**

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



### **MEDICATION TAKE-BACK**

**Wednesday, Feb 7, 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; No class in Feb.

Next session begins on March 2, 6 weeks, \$125

*Pre-registration and pre-payment required.*



### **'DROP IN' PROGRAMS**

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

#### ◇ **COA CONNECTIONS:**

**Mondays, 2:30pm**

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

#### ◇ **GENEALOGY:**

**2nd and 4th Tuesdays, 1:00pm**

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

#### ◇ **BRIDGE:**

**Thursdays, 12:30pm**

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

### **MEDICARE UPDATES: A Word from SHINE**

The COA extends our appreciation to SHINE counselors **Penny Wilson** and **Kathleen Woehrling** who assisted more than 300 residents during Medicare's recent Open Enrollment period. We are grateful for their dedication and generosity.



Kathleen and Penny volunteer their time to give Medicare recipients personalized guidance and education so they can select the supplemental plans that best meet their needs. In many cases, changes made will save people thousands of dollars per year.

If you didn't meet with them during Open Enrollment but are unhappy with your current coverage, there are still opportunities for change:

- \* Medicare's '5-star special enrollment' period allows change to 5-star plans at any time.
- \* Medicare Advantage drop period allows people to drop an Advantage plan and return to Original Medicare where they can then select a supplemental plan. Available until Feb 14.

SHINE counselors are highly knowledgeable and provide free, confidential and unbiased Medicare consultations. If want to review your options, call the COA to schedule a SHINE appointment.

### **COA NEWSLETTER**

The COA newsletter is mailed free of charge to Wayland residents age 60 and older who are on our mailing list. If you would like to be added to our list, call the COA at 508-358-2990. If you live outside of Wayland, there is a \$10 annual mailing fee.

View the newsletter any time on our website:  
[www.wayland.ma.us](http://www.wayland.ma.us) *(select Council on Aging)*

### **GRANDPARENTS NETWORKING GROUP**

Tuesday, Feb 13

**10:30 am-noon**

*2nd floor Small Conference Room, Town Building.*

*No charge, No reservations.*

*Group meets on the 2nd Tuesday of each month.*

Join us in a facilitated discussion about these unique relationships that can be both richly rewarding and sometimes challenging. Share resource ideas. Bring a friend. This is a casual gathering facilitated by Dr. Dossie Kahn, Youth & Family Services.





## Education/Social Programs, *continued*

### A DVD Lecture Series

*Mondays, 1pm-2pm: Feb. 5, 12, 26*  
(no lecture 2/19 – Presidents Day, Town Bldg. closed)

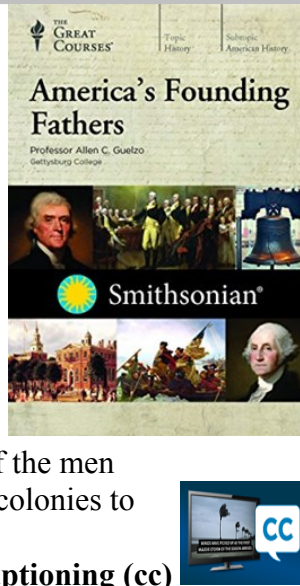
Topics change each month. Enjoy a sampling of lectures by highly recognized presenters.

### FEBRUARY:

#### AMERICA'S FOUNDING FATHERS

Professor Allen C. Guelzo of Gettysburg College worked in close collaboration with the Smithsonian's own curators of early American history to present a three-dimensional picture of the men who powered this unprecedented journey from colonies to nation and the resulting U.S. Constitution.

**Closed Captioning (cc)**



### POETRY READING with Judy Hoyer

**Tuesday, February 20, 1:30 pm**

Join us for poetry and refreshments with Wayland's own Judy Hoyer. Judy has been writing poetry since her retirement as a school psychologist several years ago. Her chapbook, "Bits and Pieces Set Aside," published in 2017, was selected as a semi-finalist in the



annual New Women's Voices Poetry Chapbook Competition sponsored by Finishing Line Press. Her most recent poems appear or are forthcoming in "Atlanta Review," "Persimmon Tree," "Poetry Quarterly," and "The Worcester Review."

### SWING INTO SPRING

**SUNDAY, March 25, 2:00—4:00pm**

**Large Hearing Room  
Wayland Town Building**

Join us as we celebrate the beginning of spring with music, dancing, and refreshments. Dance the afternoon away or sit back and enjoy a lively program of instrumental and vocal selections with the renowned *Soft Touch 18-Piece Swing Band*. The band plays a variety of genres that appeal to all ages, so bring the kids and grandchildren! There is no charge.

*This program is funded in part by a grant from the Wayland Cultural Council.*



### Sudbury Valley New Horizons Musicales

**Thursday, March 1, 2018 7:00 pm—8:30 pm Large Hearing Room**

Join us for a fun social evening with light refreshments and musical performances by small ensembles from the SVNH band and orchestra. Both individuals and small groups at all levels of experience will perform music in a wide variety of styles.

## WAYLAND COUNCIL ON AGING

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

### BOARD MEMBERS:

Betsy Soule, Chair; Bill Sterling, Vice Chair; Mary Antes, Clerk; Evelyn Ekmejian; Carol Glick; Nancy Leifer; Becky Patterson; Ellen Scult; Denise Yurkofsky. Meetings are held the 1st Tues. of each month at 8am in the Town Building. Meetings are subject to change; check town calendar.

**Tuesday February 6, 2018, 8am**

## FRIENDS OF THE WAYLAND COA, INC.

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

### FRIENDS BOARD:

Betsy Willard, President; Jane Capasso, VP; Mary Kelly, Treasurer; Mary Antes, Clerk; Janie Belive; Steve Correia; Kara Harvey; 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; Steve Colella; Rob Weiland

**Next Meeting: Wed., Feb. 7, 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>FEBRUARY</div>			10:00 Lois' F4F <sup>1</sup> 12:30 Bridge (Advanced Players)	<sup>2</sup> <div>           Come watch the Olympics with us!            Call the COA for our group viewing schedule for Feb.            </div>
1:00 Video <sup>5</sup> Lecture Series: America's Founding Fathers 2:30: Connections <i>Podiatry-by appt.</i> <i>Market Basket Trip</i>	9:15 GT Nuggets <sup>6</sup> 10:15 Golden Tones 10:00 Lois' F4F	9:15 Thera-Tube <sup>7</sup> 10:30 Zumba 11:00 Tai Chi 11:30 Med take-back 12:00 COA Café 1:00 Better Balance 6:30 Dupl. Bridge	10:00 Lois' F4F <sup>8</sup> 12:30 Bridge (Advanced Players) <i>Boston Symphony</i>	<sup>9</sup> 12:30 MOVIE: BATTLE OF THE SEXES
1:00 Video <sup>12</sup> Lecture Series: America's Founding Fathers 2:30: Connections <i>Shop Around Shuttle</i>	9:15 GT Nuggets <sup>13</sup> 10:15 Golden Tones 10:00 Lois' F4F 1:00 Genealogy 10:30 Grandparents	9:15 Thera-Tube <sup>14</sup> 10:30 Zumba 1:00 Better Balance 6:30pm Duplicate Bridge	10:00 Lois' F4F <sup>15</sup> 12:30 Bridge (Advanced Players) <i>State House Tour lunch at Faneuil Hall</i>	<sup>16</sup> <div> <b>LEGEND:</b>  <b>GT:</b> Golden Tones  <b>F4F:</b> Fit for the Future  <b>WAC:</b> Wayl. Art Ctr.           </div>
<sup>19</sup> <i>Holiday Town Building Closed</i>	<sup>20</sup> 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F	9:15 Thera-Tube <sup>21</sup> 10:30 Zumba 1:00 Better Balance 1:30 Theater presentation <i>Truly Eleanor</i> 6:30pm Duplicate Bridge <i>Trip to PEM</i>	10:00 Lois' Fit 4 Future <sup>22</sup> 12:30 Bridge (Advanced Players)	<sup>23</sup> 12:30:MOVIE: MARSHALL
1:00 Video <sup>26</sup> Lecture Series: America's Founding Fathers 2:30 Connections <i>Shop Around Shuttle</i>	9:15 GT Nuggets <sup>27</sup> 10:15 Golden Tones 10:00 Lois' F4F 1:00 Genealogy	9:15 Thera-Tube <sup>28</sup> 10:30 Zumba 1:00 Better Balance 1:30 Stress Mgt. Through Self-Care	<div>MARCH</div> <div> <sup>1</sup>            7pm Musicale with Sudbury Valley New Horizons Band         </div>	
				<sup>2</sup>

REMOVE THE  
BEFORE TRANSMIT

## From the Outreach Desk

### Property Tax Relief for Seniors

Property tax relief options are available for seniors at a variety of income levels.

- ⇒ *Note strict deadlines. Call the Assessor's Department with questions. 508-358-3788*
- ⇒ *All programs have separate eligibility requirements and deadlines.*
- ⇒ *All require a new application to be submitted annually.*

**Statutory exemptions:** Application deadline is April 2, 2018 Clauses include;

- ♦ Elderly Exemption (over 65, income under \$20,000 for single, \$30,000 for married; assets under \$40,000 if single, \$50,000 if married). Proof of income and assets is required.
- ♦ Surviving spouse (you must have assets \$40,000 or less)
- ♦ Military Veteran-disabled (must provide certificate disability-10% or more- from the VA)
- ♦ Blind (must have a current certificate from the MA Commission for the Blind)

**Property tax deferral:** Application deadline is April 2, 2018

65 years old, annual income under 40,000. No asset limits. MA residency requirements.

**Community Preservation Act (CPA) Exemption:** Application deadline is April 2, 2018

Removes the CPA surcharge from your bill. Exemption is based on household income.

**MA Senior Circuit Breaker Tax Credit:** This credit is filed as part of your MA Income Tax Return. Ask your tax preparer for information on this useful credit.

## Volunteer Corner

Are you looking for a way to volunteer from the comfort of your own home? Our FISH program — Friends in Service Helping — is looking for people who can help manage the program by phone.

FISH is an all-volunteer program that offers rides to medical appointments to people who have no other means of transportation. Some FISH volunteers do the driving, and others retrieve requests for rides from the FISH answering machine and call volunteer drivers to find a match. FISH phone volunteers pick one or two days each month to be “on duty.”

The program is vitally important to those who rely on it, and it cannot function without both phone and driving volunteers. If you are interested in this very flexible but essential role, please let me know. And continued thanks to our current FISH volunteers — community heroes, all.

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

### MWRTA: "DIAL-A-RIDE"

**WHO:** All Wayland residents 65 years of age or older, and disabled of any age. Note: You must be pre-registered with MWRTA to schedule a ride. For registration forms, call the MWRTA at 508-820-4650 or the Wayland COA at 508-358-2990.

**WHAT:** Handicapped accessible, shared ride van providing curb-to-curb transportation, on an "as available" basis throughout the MetroWest community. Rides may be for shopping, leisure, work, and/or medical appointments.

**WHEN:** Mon.-Fri., 7am – last pickup at 6:30pm.

**WHERE:** Travel anywhere within the MWR-TA communities Ashland, Framingham, Holliston, Hopkinton, Marlboro, Natick, Sherborn, Southborough, Sudbury, Wayland, and Weston. **\$2 each way. ALSO, to Woodland MBTA station. \$3**

### EXTENDED SERVICES FOR MEDICAL RIDES ONLY:

Berlin, Dover, Hudson, Lincoln, Maynard, Medfield, Medway, Milford, Millis, Needham, Newton, Northborough, Shrewsbury, Stow, Upton, Waltham, Wellesley, Westborough, and Emerson Hospital in Concord. **\$3 each way.** Boston, Worcester, Brookline, Jamaica Plain (VA Hospital only). **\$5 each way.**

**TO SCHEDULE A RIDE:** Call MWRTA "Dial-A-Ride" 508-820-4650, Mon.-Fri., 8am-4pm, no more than two weeks – and no less than 48 hours - **prior to your ride.**

**PAYMENT:** Upon registration you will establish a fare account with the MWRTA; accounts are automatically debited on the day of your ride

**VAN DESCRIPTION:** A white, handicapped-accessible van signed either: **MWRTA-Kiessling** **MWRTA- DIAL A RIDE.**

### MEDICAL TAXI VOUCHERS

**WHO:** All Wayland seniors (60+ years of age) and/or disabled of any age. **Call JFK 508-653-4500.**

**WHAT:** A discounted taxi ride for **medical appointments** only and **medically related activities at the COA** including exercise classes, SHINE, legal appointments and medical seminars.

**WHEN:** Taxis avail. 7 days/week , 6:30am -10pm.

**WHERE:** Wherever you need to go for your medical appointment. Multiple vouchers may be used. **Taxi rides to Boston hospitals are fixed rate—\$60 in meter time each way—using medical taxi voucher tickets brings your cost down to \$36.**

**COST:** A book of tickets worth \$25 of meter time can be purchased for \$15.00 (each book has 5 tickets and each ticket is worth \$5.00 of meter time.) Taxi voucher books are available at the COA or by mailing a check to the COA. (Single vouchers worth \$5 of meter time may be purchased for \$3 each).

**NOTE:** A taxi driver gratuity IS expected and must be paid in cash, not with a voucher.

### F.I.S.H. (Friends In Service Helping) Medical rides only

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

Riders pay tolls and parking fees. Donations are not expected, but those who wish to donate should make checks out to the *Town of Wayland*.

To request a ride: Call 508-358-3474 at least ONE WEEK AHEAD of your appointment date. You will reach the FISH ANSWERING MACHINE. Please leave your NAME, ADDRESS, PHONE NUMBER, DATE, TIME, and LOCATION of appointment. A telephone volunteer will call to confirm your request and make every effort to find an available driver.

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

# Wayland on the Move

## CALENDAR OF UPCOMING OUTINGS

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

### 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.

**Thursday, 2/15: State House Tour and lunch at Faneuil Hall Marketplace in Boston.** Depart COA at 9:30am. Return by 2:00 pm Cost: \$10 for transportation. The tour will last approximately 45 minutes and include an overview of the history and architecture of the State Capitol. Following the tour, the van will drop everyone off at Faneuil Hall Marketplace where you will have time for lunch (on your own) and/or shopping.

**Wednesday, 2/21: Georgia O'Keeffe: Art, Image, Style at the Peabody Essex Museum.** Depart COA at 9:30am. Return at 4:00 pm. Cost: \$35 for transportation, admission and guided tour of the Georgia O'Keeffe exhibit. This is the first exhibition to explore the art, image and personal style of one of America's most iconic artists. O'Keeffe's understated and carefully designed garments are presented alongside photographs and her paintings, illuminating O'Keeffe's unified modernist aesthetic and distinctive self-styling. There is a café for lunch and many area restaurants within walking distance

### SHOP-AROUND SHUTTLE

- ♦ The Shop-Around Shuttle is a great way to get your around-town errands done. Stops include Stop & Shop, the library, Panera and CVS. Home pick-ups begin at 10am. Free, but reservations required.
- ♦ **February dates are 2/12 & 2/26.**
- ♦ **March dates are 3/12 & 3/26**

**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.

### MARCH

**Monday, 3/5: 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, 3/15: Boston Flower & Garden Show.** Depart COA at 9:00 am. Return at 2:00 pm. Cost: \$26 for transportation and admission. This year's theme is **Savor Spring!** As another winter wanes, designers will whet your appetite for the sumptuous joys of the season ahead. Colorful gardens and floral designs will incorporate elements of the food gardening trend including organics, small space gardens, edibles as ornamentals and spaces for outdoor dining and entertaining. In addition there will be local chef's doing cooking demonstrations and lectures and book signings. There is food available for purchase and several restaurants within a short walk.

**Tuesday, 3/20: Fenway Park Tour.** Depart COA at 9:30am. Return by 2:00 pm. Cost: \$30 for tour and transportation. Come tour the home of the Boston Red Sox! "America's Most Beloved Ballpark" is uniquely nestled in the city of Boston. Fenway Park is a place where dreams are made, traditions are celebrated and baseball is forever. See the home of Red Sox Legends, visit Pesky's Pole and sit atop the world famous Green Monster. Experienced tour guides will provide a thrilling, one hour, walking tour of Fenway Park. We will stop for lunch on the way home.

**Thursday, 3/29: Boston Symphony Open Rehearsal.** Depart COA at 9:00 am. Return by 1:30 pm. The cost is \$15 for transportation.

### SAVE THE DATES

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

**4/28: Art in Bloom at the Museum of Fine Arts.**

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

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



## 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, February 9 **BATTLE OF THE SEXES (2017) PG-13, 121 minutes, Comedy, Drama, Sports**

In the wake of the sexual revolution and the rise of the women's movement, the 1973 tennis match between women's World #1 Billie Jean King (Emma Stone) and ex-men's-champ and serial hustler Bobby Riggs (Steve Carell) became one of the most watched televised sports events of all time, reaching 90 million viewers around the world

**Friday, February 23 MARSHALL (2017) PG-13, 118 minutes, Drama** Marshall is based on an early trial in the career of Supreme Court Justice Thurgood Marshall. It follows the young lawyer (Chadwick Boseman) to conservative Connecticut to defend a black chauffeur (Sterling K. Brown) charged with attempted murder of his white socialite employer (Kate Hudson). Muzzled by a segregationist court, Marshall partners with a courageous young Jewish lawyer, Samuel Friedman (Josh Gad). Together they mount the defense in an environment of racism and antisemitism.

### A Tight Squeeze: Thank You For Understanding Our SPACE CHALLENGES

Space challenges at the Town Building continue with no signs of relief. We are also currently relocating our art classes from the Art Center while work continues on the septic system. At this time we no longer have a drop-in computer lab available to residents at the Town Building. While we explore options, we are directing residents to use the Library’s computer services. Hearing Room 3 is now the COA's Conference-Classroom. We use it for SHINE counseling, instructional classes and soon it will host all the AARP Tax Prep appointments. If you are visiting Hearing Room 3, use the main parking lot in the back and enter the glass doors by the gym. Follow signs to Hearing Room 3. Thank you for your understanding and flexibility.

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



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