



Heard Pond in Winter
Photo by Brian Harris,
Wayland Conservation Dept.

WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

FEBRUARY 2019



Wayland's 60-and-older residents — our fastest growing demographic group — currently represent about 28% of Wayland's population. More than 2,240 residents are age 50 to 59.

This sustained population growth combined with new and changing housing options in Wayland (including condos and apartments) is why the COA will focus on the topic "Aging in Wayland" throughout 2019.

As situations evolve — financially, physically, socially — what changes will you need to consider to live more safely, comfortably and productively in our town?

Join the Council on Aging for this year-long journey. We will hold focus groups and distribute surveys to get input from a broad age group. Whether you are GenX, a Baby Boomer or one of the Greatest Generation, we encourage you to share your thoughts, concerns and ideas.

The COA provides resources and programs regularly to older adults but we also guide many non-seniors who are advocating for older family

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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.

Find us on 

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

HIGHLIGHTS

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COMING NEXT MONTH

- ♦ CIRCUIT BREAKER presentation w/Brian Lynch, DOR Tues. March 5, 1:30 pm
- ♦ GREAT COURSES: Celtic World
- ♦ COA PIZZA CAFÉ Wed, Mar 6, noon, \$3, Reservations required
- ♦ IMMIGRATION and NATURALIZATION: Genealogist Presentation. Tuesday, Mar. 12, 1:00 pm
- ♦ IRISH COFFEE HOUSE with Black Velvet Band, Wednesday, Mar. 13, 1:30 pm
- ♦ SONGBIRDS OF THE NORTHEAST with John Root. Thursday, March 21 at 1:30 pm.
- ♦ WAYLAND CITY LIMITS; 'Concert for Community' Fundraiser, Sandy Burr, Sat., Mar 23, 7:30 pm

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
9:30am 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
February 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
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
\$3 per class, FITBUCKS only*
Aerobic exercise to music; includes stretching, toning and weights. Lois Leav, instructor.

Thera-Tube

Wednesdays 9:15am
Lg Hearing Room; *Relocated to gym on Feb. 13 only*
\$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.

Better Balance

Wednesdays, 1:00 pm, Large Hearing Room
NO class on Feb. 6 or 13
February fee: **\$14** 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.

Walking Club

Mondays & Wednesdays at 9:30am

Note winter meeting location:

- We will meet on both Mondays and Wednesdays at the Natick Mall in front of Dunkin Donuts until spring.

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

What's Happening at the COA?



ST. PATRICK'S DAY IRISH COFFEE HOUSE WED., MARCH 13, 1:30-3:00 PM

Large Hearing Room

Come celebrate St. Pat's Day with us!

Enjoy your favorite Irish tunes and American standards with the Black Velvet Band. Sing along if you like or join the line dancing fun. Irish Stepdancers from the Inishfree School of Irish Dancing will be back again to perform for us. We will have Irish coffee (mock) and other treats. \$5.00 Reservations required.

Want to learn to line dance? Join us at 1:00 for a 30-minute introductory lesson, then join the fun when the band starts to play.

SAGES & SEEKERS

Sages & Seekers is a highly-regarded national program that matches older adults (the Sages) with students (the Seekers) in a 7-week program at Rivers School in Weston starting in April. If you want to learn more about this guided conversation and exploration with a high school student, join us at COA, **Wed, Feb. 6 or Wed, Mar 6 at 1:15 pm** with Sages and Seekers Program Coordinator Susan Blumenfeld.

PABLO PICASSO:

An "Art Matters" Gallery Presentation Wed., Feb. 27, 1:30pm, Large Hearing Room

Whether you swear by him or at him, Picasso was undeniably the most successful and influential artist of the 20th century. He was the Leonardo Da Vinci of the 20th century and was certainly the most influential artist since Da Vinci. He was able to change his style, so quickly, so completely, that he seemed like many different artists. He made over 50,000 works of art. And for sure there will be one era, one style, even a single painting, that will make you say; "I didn't know Picasso did that, I love that." Join us for a look at, and a discussion of, the many, many styles, expressions, loves and lives of the man at the heart of modern art. No charge. Reservations please.

Funded by a grant from the Friends of Wayland COA Inc.

PICASSO AT WORK ON "GUERNICA" 1937



For Your Convenience

BLOOD PRESSURE CHECK, Available by appointment

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



PODIATRY CLINIC: Mon., February 4

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.



SHOPPING TRIPS:

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



Monday, February 11: 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, February 25: 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.

Education/Social Programs



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

Wed., February 6, Noon ~ \$3

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

MENU: Pizza buffet, salad, dessert, beverage.
Cheese-free and gluten-free available upon request
with reservation.



Next Month's Café: Wed, March 6

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

MEDICATION TAKE-BACK

Wed., February 6, 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.*

ADVANCED WATERCOLORS with CECILIA SHARMA

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

Cost: \$125 - pre-registration required

This course is currently on winter break
Classes will resume in March, dates TBD



GRANDPARENTS NETWORKING GROUP

Meets on the 2nd Tuesday of each month.
Tues. Feb 12, 10:30am-noon



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

Join us in a facilitated discussion about these uniquely re-
warding and sometimes challenging relationships. Share
resource ideas. Bring a friend. This is a casual gathering
facilitated by Dr. Dossie Kahn, Youth & Family Services.
No reservation required, new members welcome.

INTRO to iPHONES

with Wayland Public Library's MJ Wright

Tuesday, Feb. 19, 1:00pm

What can you do with your iPhone
besides make and receive calls? Join us
to learn about some of the other ways
these small computers can make your life
easier. Send text messages, get email, use a GPS, even a
flashlight! Please call us at 508-358-2990 to reserve a
spot.



SONGBIRDS OF THE NORTHEAST With Naturalist John Root

Thursday, March 21, 1:00 pm, COA

Using both photographs and recordings of our region's
songbirds, Naturalist John Root will explore the role of
song in birds' lives. If you're a bird lover, or just curious
about birds and their habits, mark your calendar and plan
to join us and learn more!

*This program is supported in part by a grant from
the Wayland Cultural Council, a local agency that is
supported by the Massachusetts Cultural Council,
a state agency.*



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 conversa-
tion. 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.

Bridge
Thursdays, 12:30pm

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



Additional Items of Interest

A Genealogist Looks Back at IMMIGRATION and NATURALIZATION

Tuesday, Mar. 12 at 1pm

Sponsored by Way-Gen Genealogy and Wayland COA

Castle Garden ...Ellis Island ...what was the process to move to, live in and become a citizen of our nation? Genealogist Seema Kenney will present an overview and take your questions.

WAYLAND COUNCIL ON AGING STAFF

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

WAYLAND CITY LIMITS: CONCERT FOR COMMUNITY

ROCK, BLUES, ROOTS, FUNK AND MORE!

Featuring the talent of many Wayland-based musicians



SATURDAY, MAR. 23, 7:30 - 11:30pm
"AT THE BURR"



Sandy Burr Country Club Lounge

Tickets are available at the door (\$25) or save money and buy on-line at www.FriendsofWaylandCOA.org (\$20)

Wayland City Limits music community is donating all event proceeds to the Friends of Wayland COA 501(c)(3) for intergenerational programming space benefiting Council on Aging and residents of all ages.

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:** Feb. 5, 2019, 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 third Wednesday at 9am.

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

New time: Wednesday, Feb 20 at 9am



CHANGES IN OUR MEDICAL EQUIPMENT LOAN PROGRAM

We have scaled back our Medical Equipment Loan program due to limited storage space. As we have them available, we will continue to loan wheelchairs, transport chairs, knee scooters, walkers, shower chairs and benches. We will no longer store or loan commodes. Please call us to see if we have what you need.



THE VOLUNTEER SPIRIT

One of our oldest volunteer programs is FISH—Friends in Service Helping. What began more than 25 years ago as a grassroots effort in the community — now under the wing of the Council on Aging — is still run largely by amazing volunteers who have been involved for decades.

FISH volunteers drive folks to medical appointments when they have no other way to get there. It is an "as available/as willing" volunteer role with complete flexibility. Drivers accept only the rides they choose.

We are always delighted to add more FISH volunteers to our list — maybe you? Please contact me if you're interested.

Warmly,
Ann Gordon

**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 (except Feb. 18) Closed Captioning (CC)

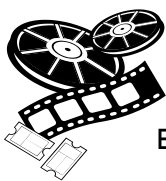
“GREAT TOURS: England, Scotland, and Wales” concludes in February

Whether you are searching for the past or want to better understand the world as it is today, travel—even virtually, from the comfort of home—offers a unique opportunity to see the world in new ways. Perhaps you would like to wander the cosmopolitan streets of London, roam the 1,000-year-old campuses of Oxford and Cambridge, or tour world-famous museums like the Tate Modern and the National Railway Museum. Or maybe you are aiming for a more pastoral adventure, like an expedition across the romantic wilds of the Scottish Highlands, or a journey to see the breathtaking vistas of the Jurassic coast. No matter what experience you are hoping to find, a tour of England, Scotland, and Wales rewards visitors with an astonishing array of historical, cultural, and scenic pleasures and reveals the heritage of a nation that has influenced the world immeasurably. Video is close captioned.



* MARCH Great Courses DVD Lecture Series topic: “The Celtic World” (cc) March, 4, 11, 18, 25 at 1pm (approx. 60 minutes)

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, February 8: FIRST MAN (2018) PG-13, Drama, 138 minutes

On the heels of their six-time Academy Award winning smash, *La La Land*, director Damien Chazelle and star Ryan Gosling reteam for *First Man*, the riveting story of NASA's mission to land a man on the moon, focusing on Neil Armstrong and the years 1961-1969. Based on the book by James R. Hansen, the movie explores the sacrifices and the cost for Armstrong and for the nation of one of the most dangerous missions in history.

Friday, February 22: THE WIFE (2018) R, Drama, 109 minutes

After nearly forty years of marriage, Joan and Joe Castleman (Glenn Close and Jonathan Pryce) are complements. Where Joe is casual, Joan is elegant. Where Joe is vain, Joan is self-effacing. And where Joe enjoys his very public role as Great American Novelist, Joan pours her considerable intellect, grace, charm, and diplomacy into the private role of Great Man's Wife. Joe is about to be awarded the Nobel Prize for his acclaimed and prolific body of work. *The Wife* interweaves the story of the couple's youthful passion and ambition with a portrait of a marriage, thirty-plus years later--a lifetime's shared compromises, secrets, betrayals, and mutual love.

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
Save the Dates: Coming in March <ul style="list-style-type: none"> ♦ Circuit Breaker presentation with Brian Lynch from MA Dept. of Revenue Tues., March 5, 1:30 ♦ COA Café—Wednesday, March 6 ♦ St. Patrick's Day Irish Coffee House—Wednesday, March 13 ♦ Songbirds of the Northeast—Thursday, March 21 				I
4 9:30 Walking Club 1:00 Video Lecture: GREAT TOURS 2:00 Tai Chi Paradigm 2:30 Connections <i>Podiatry Clinic by appt.</i>	5 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F	6 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 11:30 Med. Take-Back 12:00 COA Café (RR) 1:00 NO Better Balance 1:15 Sages & Seekers	7 10:00 Lois' F4F 12:30 Advanced Bridge <i>Trip to Boston Symphony</i>	8 12:30 MOVIE: FIRST MAN
11 9:30 Walking Club 1:00 Video Lecture: GREAT TOURS 2:00 Tai Chi Paradigm 2:30 Connections <i>Shop Around Shuttle (RR)</i>	12 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 10:30 Grandparents	13 9:15 Thera-Tube* <i>Thera-Tube in gym 2/13</i> 9:30 Walking Club 10:30 Zumba 1:00 NO Better Balance	14 10:00 Lois' F4F 12:30 Advanced Bridge 1:30 Valentine's Tea – Lg. Hearing Room <i>Legal Clinic (by appt.)</i>	15
18 <i>HOLIDAY</i> <i>TOWN BUILDING IS CLOSED</i>	19 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:00 Intro to iPhones	20 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 1:00 Better Balance <i>Trip to MFA</i>	21 10:00 Lois' F4F 12:30 Advanced Bridge	22 12:30 MOVIE: THE WIFE
25 9:30 Walking Club 1:00 Video Lecture: GREAT TOURS 2:00 Tai Chi Paradigm 2:30 Connections <i>Market Basket Trip (RR)</i>	26 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:00 Genealogy <i>Trip to The Plumbing Museum</i>	27 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 1:00 Better Balance 1:30 Art Matters: Picasso	28 10:00 Lois' F4F 12:30 Advanced Bridge	March 1
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: 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 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-FISH (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

Continued from page 1

members. If this describes you, your involvement will enable us to better serve the community.



Our *Aging in Wayland* initiative will also include a speaker series in April at the COA as well as a spring resource and idea showcase featuring a wide variety of products and services that could stimulate your thinking and help you plan ahead. Watch our newsletter and website for details coming this spring.

So, we invite you to get involved in our initiative to think about *Aging in Wayland*, no matter your age. Look for our survey (online and on paper). Check our newsletter, our website and our Facebook page for upcoming opportunities to join in the conversation about *Aging in Wayland*. We'd love to hear from you!



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. Gross income limits for one person: \$35,510; for two-person household: \$46,437.

TAX SEASON IS HERE!

IRS-trained AARP volunteer tax preparers are available at no 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.



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 (select *Council on Aging*). To cancel your mailed subscription, please call us.

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 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



Wayland on the Move



CALENDAR OF UPCOMING OUTINGS

FEBRUARY

Thursday, 2/7: Boston Symphony Open

Rehearsal. Depart COA at 9:15am. Return by 1:30pm. \$15 for transportation to each concert. The last concert is May 2. Riders must purchase their own Boston Symphony tickets: **Box Office 888-266-1200:**

WWW.BSO.ORG.

Wednesday, 2/20: Ansel Adams in Our Time at the MFA; Depart COA at 10:00am. Return at 3:30pm. Cost: \$12 for transportation only. Museum admission of \$23 for seniors can be paid at museum. This exhibit traces the iconic visual legacy of Ansel Adams presenting some of his most celebrated prints, and looks both backward and forward in time. His black-and-white photographs are displayed alongside prints by several of the 19th-century government survey photographers who greatly influenced Adams, as well as work by contemporary artists whose modern-day concerns centered on the environment, land rights, and the use and misuse of natural resources and point directly to Adams' legacy. This new presentation places his work in the context of the 21st century, with all that implies about the role photography has played, and continues to play, in our changing perceptions of the land. There are several options for lunch at the museum and nearby.

Tuesday, 2/26 NEW DATE: 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 to see the development of piping technology through the decades. We will have a tour of the museum and time to explore on your own. After the museum visit, we will head to a local restaurant for lunch.

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.

MARCH

Thursday, 3/14: Boston Flower and Garden Show.

Depart COA at 9:15am. Return at 2:00pm. Cost: \$28 for transportation and admission. This year's Show theme is "The Beauty of Balance," which is a key factor in design decisions, plant and material choices, and in cultivating the right-size garden for our lives and budgets. Explore the harmony we create within our gardens, vases and living spaces. Colorful life-sized gardens and vibrant floral designs incorporate the newest design elements, examples of the popular and healthy food gardening trend ideas for adopting sustainable gardening practices and air-cleansing indoor plants.

Thursday, 3/28: The Waterworks Museum. Depart COA at 10:15am. Return at 2:00 pm. Cost: \$15 for transportation and admission. The Waterworks Museum interprets unique stories of one of the country's first metropolitan water systems. The centerpiece of the Waterworks Museum is its collection of steam engines. Three original coal-powered, steam-driven water pumps are preserved at the Museum and are monuments to 19th century technology and innovation. Currently on exhibit also is *Workers of Wachuset, 1896 -1906*. We will make a short stop for lunch on the way home.

APRIL

Tuesday, 4/9: Orchard House in Concord. Depart COA at 9:30. Return by 2:00 pm. \$17 for transportation, admission, and tour. Experience the historic home of the extraordinary Alcott family where Louisa May Alcott wrote and set ***Little Women***. A guided tour of Orchard House introduces visitors to the family members themselves, the household items that held meaning to them, their individual and collective achievements and lasting impact, as well as their influence on characters in the beloved novel, ***Little Women***. Following the visit to Orchard House, we will have lunch at the Colonial Inn in Concord (on your own).

SHOP-AROUND SHUTTLE & MARKET BASKET/MARSHALLS TRIP

We've moved this information to page 3!



Happy
Valentine's
Day



VALENTINE'S DAY

AFTERNOON TEA and THEATER

Thurs., Feb. 14 1:30pm Large Hearing Room

Tea/Refreshments served at 1:30; Show starts 1:45

Delvena Theater Group presents:
W. C. FIELDS and MAE WEST

Come visit with W. C. Fields and Mae West in a dressing room on the set of their 1940 production "My Little Chickadee." The two actors will bring their lively characters to life while you laugh as audiences did way back when. Join the fun!



Afternoon tea, refreshments and theatrical production, \$5.00



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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