

WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

FEBRUARY 2020



THE GREAT LOVE SONGS OF MUSICAL THEATER WITH MICHAEL GOODWIN A VALENTINE'S DAY CELEBRATION THURSDAY, FEBRUARY 13 1:00 PM AT THE COA

Come experience the romance of the stage with Michael Goodwin, a professional entertainer who has performed around the world for more than 35 years. Trained in opera, Michael found that his real passion is musical theater and Broadway. With a classically beautiful tenor voice, he entertains while he educates. His programs combine performance, lecture, video clips and opportunities to participate. You will hear selections from *My Fair Lady*, *West Side Story*, and many more, and you will leave humming a tune and smiling.

Enjoy tea, coffee and special Valentine's Day dessert buffet.

Reservations please. \$3.00 per person.

COMING NEXT MONTH

- * **PRESIDENTIAL PRIMARY:** All COA programs canceled at the Town Building due to limited parking. Tuesday, March 3, p. 12
- * **State CIRCUIT BREAKER Tax Credit and the Wayland Match :** Wed., March 4, 10am, p. 2
Information session with Mass. Dept. of Revenue's Brian Lynch and Wayland Dir. Of Assessing Bruce Morgan.
- * **ST PATRICK'S DAY BASH with Black Velvet Band** Monday, March 16, noon, p. 12
- * **VA PENSION with AID and ATTENDANCE** Wed., March 18, 7pm. Information for all Veterans, spouses and family members on assistance with the cost of personal care. p. 2
- * **HISTORY AT PLAY presents: "I Now Pronounce You LUCY STONE"** Learn about this great orator, abolitionist, and suffragist, 1:30pm on March 26, p. 2



HIGHLIGHTS

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United States
**Census
2020**

The 2020 **FEDERAL CENSUS** results will determine **Wayland COA's** annual grant from the Commonwealth of Massachusetts for the next 10 years! (This is separate from the Town of Wayland census.)

PLEASE BE COUNTED!

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
Office Hours: Mon., 8am-7pm; Tues-Thurs, 8am-4pm; Fri, 8am-12:30pm

What's Happening at the COA?



One-on-One Tech Appointments: Bring Your Device Thursdays, Feb. 6 and Feb. 20 By Appointment Only

How can I send someone a photo? Can I get email on my phone? Which browser should I use on my laptop? What even IS a browser??

If you have questions like these, make a 30-minute appointment with our Tech Tutor, a former member of Best Buy's Geek Squad. Call for an appointment on Thurs. Feb. 6 or Thurs. Feb. 20 (no drop-ins). Bring your device (no flip-phones) and your questions.

Sages & Seekers Information Presentation Wednesday, Feb. 5, 1:15pm

Sages and Seekers is recruiting seniors to participate in a seven-week intergenerational program with high school students at The Rivers School in Weston starting April 1, 2020. This program brings together students and seniors who meet weekly to compare life experiences. Join us for an information session on Wed., February 5 at 1:15pm following the COA Café. Contact Laura Miller at 781-591-8910 or email sages@rivers.org for more information.



VA Pension with Aid and Attendance

Presentation by
Elder Resource Benefits Counseling

Wednesday, Mar. 18, 7pm

Wartime veterans and their surviving spouses may qualify — either now or in the future — for the VA Benefits to help them pay for senior care. Elder Resource Benefits Consulting has over a decade of experience with helping residents receive VA Pension with Aid and Attendance as quickly as possible and without any financial product sales! Come see VA accredited agent, Patty Servaes, speak to help you understand if and when your loved ones qualify for this monthly benefit of up to \$2,266/month!



History At Play Presents:

I Now Pronounce You Lucy Stone Thursday, March 26 at 1:30 pm Large Hearing Room

Join us as we commemorate Women's History Month and the 100th anniversary of the ratification of the 19th amendment giving women the right to vote. Judith Kalaora from History At Play™ portrays Lucy Stone in a passionate and educational theatrical production. She was last here in her fiery role as Revolutionary War hero Deborah Sampson.

As an ardent supporter of human rights, Lucy Stone inspired thousands to join the suffrage movement; even Susan B. Anthony credits Lucy's impassioned speeches for her involvement. Lucy and her comrades evolved from successful abolitionists to struggling suffragists. Their fight was ferocious, so come along for the ride! **Reservations, please.**



Habitat for Humanity Home Repair Program

Wed, March 4, 1:30pm

Habitat for Humanity's Home Repair Program provides a range of opportunities for low-to moderate-income homeowners, including veterans, who are struggling to maintain their homes due to age, disability or family circumstances. Through this program, Habitat partners with families to help them with repairs that address health, life and safety/code issues. This can include help with roof repairs, renovations and upgrades to improve accessibility, and/or deck repair. Tanya Clark from Habitat for Humanity MetroWest Greater Worcester will explain the program and answer your questions.

Reservations, please.

Senior Circuit Breaker Presentation A 2019 Massachusetts Income Tax Credit

March 4, 10am

Brian Lynch from the Mass. Department of Revenue will discuss Circuit Breaker (CB), a valuable, and sometimes overlooked tax credit providing up to \$1,130. The CB tax credit is part of your Mass. Income Tax return. Many people who wouldn't otherwise need to file do so just to receive the credit. Wayland's Director of Assessing Bruce Morgan will also describe the Circuit Breaker Wayland Match, a property tax break valued at up to \$1,100. See p. 9 for more details on Circuit Breaker Wayland Match.



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 Wed, Feb 5, 2020 ~ \$3

Reservations are due by noon on the preceding Monday.

Menu: Pizza buffet, salad, dessert, beverage. Cheese-free and gluten-free available with advanced request.

Next Month: Wed, March 4, 2020
*Made possible by a generous grant from the
Friends of Wayland COA, Inc.*

Medicare News from SHINE:

For information on any of these programs, please make a SHINE appointment to discuss your individual circumstance.

Although Open Enrollment is over, you may change plans during 2020 if any of the following apply to you:

Exceptional Circumstances: If you believe you made the wrong plan choice because of inaccurate or misleading information, you can call 1-800-MEDICARE to request enrollment in a different plan.

Medicare Advantage Open Enrollment: If you are in a Medicare Advantage (HMO or PPO) plan at the beginning of the year, a change can be made from January 1 through the end of March.

Prescription Advantage members or those getting "Extra Help" paying for prescription drugs have the opportunity to make certain changes.

5-Star Special Enrollment Period: You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. Tufts Medicare Preferred HMO plans and Blue Cross PDP plans have the 5-Star rating for 2020.

Medigap Plan: You can enroll in a Medigap plan or switch to a different plan throughout the year.

New income and asset limits for the Medicare Savings Program began in January 2020. This program, also known as the MA Health Buy-In, is administered by MA Health and may provide assistance with paying your Part B premium and certain deductibles.

	Income/month	Assets
Individual	\$1,738	\$15,720
Married couple	\$2,346	\$23,600

To learn more and to see if this program may be beneficial to you, please call the COA at 508-358-2990 and schedule a SHINE appointment.

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.

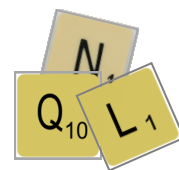


Genealogy 2nd and 4th Tuesdays, 1:00pm

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, Feb 11, 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.



Health & Fitness Programs

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	Get active in your own favorite way!

DROP-IN CLASSES

No pre-registration needed, pay using FITBUCKS, available in the COA for \$3 each.

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. **NO CLASS Feb. 19.**

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, Large 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.

MONTHLY CLASSES

Pre-registration is required, pay for full monthly sessions

Tai Chi Paradigm: Mondays, 2pm, Lg. Hg. Rm.
Feb. Pre-Pay: \$21 for 2/3, 10, and 24
Or single class: \$10 ea.

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

Better Balance: Wednesdays, 1pm, Lg. Hg. Rm.
Pay by the month. Feb. 5 only this month. \$7
Full schedule resumes in March.
Develop strategies to prevent falls and maintain independence. Learn breathing and relaxation techniques.
Instructor: Leslie Worris of the Wellness Alliance.

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
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.



NOTE: Appropriate, supportive footwear is required for all fitness classes and activities. And don't forget your water bottle.



Additional Health Programs

PODIATRY CLINIC: Mon., Feb 3

Call the COA at 508-358-2990 for an appointment. Please make out your check for \$35.00 to Dr. Cooper **before** your visit.

NOTE: Cost has increased to \$35



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



**Shop Around Shuttle has a
New stop at Whole Foods in Sudbury!**



Monday, February 10: SHOP-AROUND SHUTTLE

Run your errands with us, normally on the 2nd Monday of each month. Home pick-ups begin at 10 am. Stops include Stop & Shop, Wayland Public Library, CVS, Post Office and Whole Foods in Sudbury. The route will be determined based on riders' requests.

Monday, February 24: MARKET BASKET & MARSHALLS

Join our monthly shopping trip to Waltham. Leaves COA at 9:30am, or arrange for a home pick-up. Return by 1:30pm.

Shopping trips are free of charge and for Wayland residents only. Space is limited, please call the COA by 4 pm the previous Thursday to reserve your spot.

MEDICATION TAKE-BACK

Wed., Feb 5, 11:30am to Noon



Each month before our PIZZA CAFÉ, the Wayland Police Dept. collects unwanted or expired medications at the COA.

Can't make it? *You may also deposit unwanted or expired medications in the collection box at the Public Safety Building 24 hours/day, 7 days/week.*



THE VOLUNTEER SPIRIT

Have you noticed that this February has 29 days? What will you do with your extra 24 hours this year?

With 24 extra hours, you could deliver Meals on Wheels about 16 times. You could give 8 or 10 rides to medical appointments to seniors who have no other way to get there. You could help us label every issue of our monthly newsletter during 2020. You could help us prepare for and staff our Children's Holiday Shoppe in December.

For many people, time is a precious commodity, and getting 24 extra hours this year will be a gift. Others may feel they have too much time on their hands, and not enough ways to fill it. Either way, giving a bit of your time to our community is a rewarding, "feel-good" way to spend it. What will you do with your extra 24 hours?

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
Scully; 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., Feb. 4, 8am

FRIENDS OF THE WAYLAND COA, INC.

A 501(c)3 that supports COA programs,
services, and equipment that cannot be fi-
nanced 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., Mar. 25, 9:30am

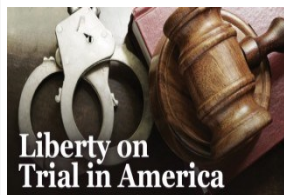
**West Suburban
Veterans Services District**
781-489-7509
Sarada Kalpee, Director
@ Wayland on Tues. 9am—4pm
781-850-5504

Education/Social Programs (cont.)

The Great Courses DVD Lecture Series
MONDAYS in Feb. and Mar. at 1pm Closed Captioned



Liberty on Trial in America: Cases That Defined Freedom



Professor Douglas O. Linder of the University of Missouri-Kansas City School of Law explores trials that brought us many of the freedoms we enjoy today. U.S. history has not always moved in a straight line

from less freedom to more freedom. In **Liberty on Trial in America: Cases That Defined Freedom**, you'll learn not only about cases in which liberty claims were vindicated, but also those in which they were denied.

"In life, we encounter a wide range of crucial issues—freedom of speech, the death penalty, and the meaning of equality. And the trials that grappled with, or failed to grapple with, these issues are often trials of enduring consequence."

Douglas O. Linder



FRIDAY MOVIE MATINEE

Showtime: 12:30 pm, Wayland COA.

Enjoy self-serve popcorn and cold drinks from our "Hospitality Cart" — it's all complimentary!


Friday, February 7: BLINDED BY THE LIGHT (2019) Comedy, Drama, PG-13; 114 minutes

When music fanatic Javed discovers the illustrious back catalogue of The Boss, his world is turned upside down. Yearning to escape his rundown hometown and the rules of his traditional Pakistani household, Javed finds himself caught in between two worlds in this uplifting tale of personal strength,



Friday, February 21: HARRIET (2019) Drama, PG13, 125 min. Based on the thrilling and inspirational life of an iconic American freedom fighter, HARRIET tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Her courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Walking Club 1:00 Video Lecture: <i>Liberty On Trial</i> 2:00 Tai Chi Paradigm 2:30 Connections <i>Podiatry, by appt.</i>	4 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F	5 9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba 11:30 Medication T/B 12:00 COA Pizza café 1:00 Better Balance 1:15 Sages & Seekers	6 10:00 Scrabble 10:00 Lois' F4F <i>Tech Help by appt.</i> <i>Trip to the MFA</i>	7 9:30-11:30 Open Studio Art & Handcraft 12:30 MOVIE: BLINDED BY THE LIGHT
10 9:30 Walking Club 1:00 Video Lecture: <i>Liberty On Trial: The Trial of Susan B. Anthony</i> 2:00 Tai Chi Paradigm 2:30 Connections <i>Shop Around Shuttle</i>	11 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 10:30 Grandparents 1:00 Genealogy	12 9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba 1:00 NO Better Balance	13 10:00 Scrabble 10:00 Lois' F4F 1:00 Valentine's Day Celebration 	14 9:30-11:30 Open Studio Art & Handcraft
17 HOLIDAY Town Building Closed	18 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F <i>Trip to the MIT Museum</i>	19 9:00 Thera-Tube 9:30 Walking Club 10:15 NO Zumba 1:00 NO Better Balance	20 10:00 Scrabble 10:00 Lois' F4F <i>Tech Help by appt.</i> <i>Legal Clinic, by appt.</i>	21 9:30-11:30 Open Studio Art & Handcraft 12:30 MOVIE: HARRIET
24 9:30 Walking Club 1:00 Video Lecture: <i>Liberty On Trial</i> 2:00 Tai Chi Paradigm 2:30 Connections (in Selectman's Mtg. Rm) <i>Trip to Market Basket</i>	25 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:00 Genealogy	26 9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba 1:00 NO Better Balance	27 10:00 Scrabble 10:00 Lois' F4F	28 9:30-11:30 Open Studio Art & Handcraft

COMING IN MARCH:

- ◆ March 3: Presidential Primary, COA programs canceled
- ◆ March 4: Circuit Breaker Tax Credit Info Session, 10am.

- ◆ March 4: COA Café, noon
- ◆ March 4: Habitat for Humanity, 1:30pm
- ◆ March 16: St. Patrick's Day Bash, noon
- ◆ March 18, Veteran's Pension, 7pm
- ◆ March 26, Lucy Stone, 1:30pm

GT: Golden Tones
F4F: Fit For the Future

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.

Transportation to Town Meeting and the Polls Rides to every Town Election and to all sessions of Spring and Fall Town Meeting are 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

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

News You Can Use

AARP FOUNDATION TAX AIDE PROGRAM



AARP Foundation Tax Aide offers free, individualized tax preparation for low-to moderate-income taxpayers. Staffed by IRS-trained volunteer tax preparers, this program offers assistance in completing a Federal and/or Massachusetts income tax return. This service is available by appointment only.

At Wayland COA, volunteers will be available on Wednesday and Thursday mornings during February, March and the beginning of April. The schedule fills up quickly so please call 508-358-2990 soon to reserve your time.

Not sure what to bring? Still waiting for your forms? Call us now and get on the schedule, we will help you choose a date that is later in the tax season, and provide you with a listing of what documents to bring to your appointment.

Note: Everyone eligible for the Massachusetts Circuit Breaker (CB) credit (up to \$1130 for 2019) must file a MA return to access this credit. For further information about CB, join us on March 4th at 10am (see page 2).

DO YOU NEED HELP COVERING COSTS?

The SMOC FUEL ASSISTANCE program helps low-income applicants pay a portion of their winter heating bills. Eligibility is based on the total gross annual income for an entire household, which must fall below \$37,360 for a household of one or \$48,855 for two. This is a very helpful program for all who qualify. Please call the COA with questions.

Circuit Breaker: WAYLAND MATCH

Don't miss out on property tax break valued at up to \$1100 !

This unique Town of Wayland program provides relief to homeowners whose property tax bill exceeds 10% of their annual income. It is a 'must know about' program for all Wayland residents age 65+ who receive the CB tax credit on their State income tax return. (see line 44 from 2018 MA form 1) Although this program piggy backs on information from your MA Income Tax return, the Wayland program has significantly different application dates, deadlines and forms.

If you do not know about this program or have any question at all about your potential eligibility, please join us for a presentation on March 4 at 10am or call the COA or Assessors

- **This year's WAYLAND MATCH program will apply a credit to your FY 2019 property tax bill: (7/19-6/20)**
- **You must submit forms from your 2018 MA state tax return with your town of Wayland application.**
- **The Wayland CB Match deadline is April 1, 2019.**

TRANSPORTATION OPTIONS WITH THE COA

MWRTA Dial-a-Ride: Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. \$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 any age if disabled. 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 (select Council on Aging). To cancel your mailed subscription, please call us.



Wayland on the Move



CALENDAR OF UPCOMING OUTINGS

FEBRUARY

Thursday, 2/6: Museum of Fine Arts Boston.

Depart COA at 9:15 am. Return by 4:00 pm. 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.

Tuesday, 2/18: The Polaroid Project: At the Intersection of Art and Technology at the MIT Museum.

Depart COA at 9:15 am. Return by 3:00 pm. Cost: \$15 for transportation and admission. In its heyday, Polaroid and its products were loved by millions of amateurs and embraced by countless professionals. After traveling around the world, this critically acclaimed exhibition stops at the MIT Museum, approximately a block from where instant film was first invented. This unique exhibition explores various dimensions of the art-technology relationship through the exhibition of both art and artifacts. Featured will be over 250 original works by 175 artists, including Ansel Adams, David Hockney, Robert Mapplethorpe, and Andy Warhol. Due to the sensitivity of the photographs, the exhibition will be shown in two parts, with a complete re-installation mid-way through. See March for Part II. We will stop for lunch at a nearby restaurant following the exhibit.

MARCH

Thursday, 3/5: Boston Symphony Open Rehearsal.

Depart COA at 9:15 am. Return approx. 1:30 pm. Transportation for the rehearsal is \$15. The last concert is on April 2. Riders must purchase their own Boston Symphony tickets: **Box office 888-266-1200: WWW.BSO.ORG.**

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 people and places in our lives! This year's show celebrates outdoor living and interior plantscapes that inspire us. Explore plant families as a way of connecting through the love of nature and gardening. There is food available on site and many restaurants within walking distance.

MARCH (cont.)

Tuesday, 3/24: The Polaroid Project, Part II: Depart COA at 9:15 am. Return by 2:00 pm. Cost: \$15 for transportation and admission. See 2/18. The exhibition showcases more than 75 artifacts--including cameras, prototypes, experimental films and other technical materials--from the MIT Museum's own historic Polaroid collection.

APRIL/MAY

Thursday, 4/2: Boston Symphony Open

Rehearsal. Depart COA at 9:15 am. Return approx. 1:30 pm. Transportation is \$15. This is the last concert of the series.

Thursday, 4/23: Edward M. Kennedy Institute for the Senate.

Depart COA at 9:00 am. Return by 3:00 pm. Cost: \$25 for admission and transportation. Join us for a Senator-in-Training Tour. Experience democracy firsthand through interactive exhibits, live votes, and a full-scale replica of the Senate Chamber. We will have a guided tour of the exhibits and participate in the new program: The Citizen's Senate: Women's Fight for Suffrage. We have lunch space reserved for us at the Institute following the tour. You may reserve a box lunch or bring your own. Box lunches are an additional \$12. Menus are available at the COA.

5/4: NEW DATE: Art in Bloom at the MFA.

Depart at 9:00 am. Return at 2:00 pm. Cost: \$35 for admission and transportation. MFA members pay \$12 for transportation only. Join us for this exuberant spring festival of fine art and floral design. Garden clubs and designers from across New England create floral arrangements inspired by the MFA's works of art. There is food available on site as well as nearby restaurants.

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

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.



Need a Ride to the Polls on March 3?

The Council on Aging can arrange for transportation to the polls for the Presidential Primary election on Tues., March 3, 2020.

If you need a ride, please call the COA at 508-358-2990 **by 4pm on Thursday, Feb. 27**. We will help you exercise your right to vote.

For info on early voting, contact the Wayland Town Clerk.



ST. PATRICK'S DAY LUNCHEON MONDAY, MARCH 16, NOON

**FEATURING THE BLACK VELVET BAND
& INISHFREE STEPDANCERS**

Enjoy your favorite Irish tunes and American standards with Boston's premier Irish show band, The Black Velvet Band, back by popular demand. Sing along, tap your toes and dance if you'd like. Irish Stepdancers from the Inishfree School of Irish Dancing will perform.

Enjoy a traditional lunch of Corned Beef and Cabbage **or** Pasta Capri (vegetarian). Sip on mock Irish Coffee from our hot and cold beverage bar and enjoy St. Pat's themed dessert. Remember, everyone's Irish on St. Patrick's Day!

Call the COA for reservations and to select your entrée. \$10 per person.

OUR SNOW POLICY:

* If Wayland Public Schools are closed due to the weather, then all COA programs are canceled for the day.



* If the Wayland Town Building is open, the COA office will be open for telephone inquiries.

* Baypath Elder Services (508-573-7200) makes decisions about canceling home-delivered meals.

The Wayland COA News

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