



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

JANUARY 2019

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AARP TAX PREPARATION - Time to schedule appointments IRS-trained AARP tax preparers will be available to help low- and moderate-income seniors. Call the COA at 508-358-2990 to schedule your appointment.	

COMING NEXT MONTH

- ♥ **COA PIZZA CAFÉ** Wed, Feb 6, noon, \$3, Reservations required
- ♥ **VALENTINE'S DAY TEA w/ W.C. Fields and Mae West:** Thurs., Feb. 14 at 1:30 pm.. Large Hearing Room, \$5. Reservations required. (p.12)

WHEN YOU COME TO THE COA.....

Please scan in with your **"MY SENIOR CENTER" KEY FOB**. It facilitates registration and the COA's ability to create reports critical to grant applications. Fobs are available free of charge at the COA. Thank you for your assistance.

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

Director:

Julie Secord, M-F

Office Coordinator

Nancy Greenwood, M-F

Outreach Coordinator

Sue Hatton, M-F

Project Coordinator

Shawna Levine, M-Th

Volunteer Coordinator

Ann Gordon, T-Th

S.H.I.N.E. Counselors

Penny Wilson
Kathleen Woehrling

West Suburban Veterans

Services District 781-489-7509
Sarada Kalpee, Director
@ Wayland Tues. 9am-4pm 781-850-5504

BayPath Meals on Wheels:
508-573-7200

Find us on 

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

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

Fitness Programs

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

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

Tai Chi Paradigm

Mondays, 2pm, Large Hearing Room
January 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.

Better Balance

Wednesdays, 1:00 pm, Large Hearing Room
January fee: \$35 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!

Thera-Tube

Wednesdays 9:15am;
Large Hearing Room
\$3 per class, FITBUCKS only*
Work with resistance bands with handles to increase range of motion and strength. Bands are easy to use for people of all abilities. Learn to use them safely in class and at home, Ellen Cohen-Kaplan, Certified Personal Trainer, OTR, Instructor.

Walking Club

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.

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

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

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

What's Happening at the COA?

AGING IN WAYLAND: A CONVERSATION WITH THE COA

Wednesday January 2, 1:15pm
following the Pizza Café



What is the COA's role in the life of Wayland, or in your life? What services do you use? What services do you anticipate needing in the future?

We'd like your feedback as we explore these questions together. Please join us for a lively, facilitated discussion about Aging in Wayland and how the COA can best understand and anticipate the needs of our community.

SHOPPING TRIPS

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



Monday, January 14

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, January 28

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.

RIDESHARING WORKSHOP USING UBER & LYFT — PART II

Tuesday, January 29, 1:00 – 4:00 pm
Snow Date: Tuesday, February 4, 1:00 – 4:00pm

Are you looking for ways to save on transportation costs but go further? Learn to use your smart-phone intelligently and ride-share. This is Part Two of the Ridesharing 101 Workshop offered by TRIPPS. During this three-hour session, we will delve deeply into rideshare apps and understand features such as how to request a ride. In addition, the class will take short trips using Uber and Lyft.



You must have the Uber and Lyft apps downloaded on your smartphone to join in this class.

Please bring your phone and your Apple ID or Google Play password. This program is limited to 16 participants.

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

For Your Convenience

BLOOD PRESSURE CHECK, Available by appointment

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



PODIATRY CLINIC: Monday, January 7

For an appointment, call the COA at 508-358-2990.

- Cost is **\$30.00**. Checks payable to Dr. Cooper.
- Please make out your check **before** your visit.



Education/Social Programs



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

Wed., January 2, 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 will be: Wed, Feb. 6

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

MEDICATION TAKE-BACK

Wed., January 2, 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. Jan. 8, 10:30am-noon



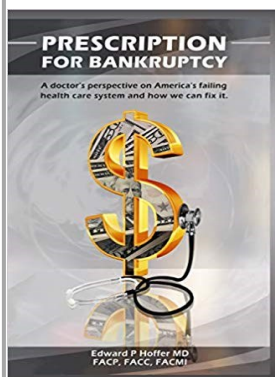
*2nd floor Small Conference Room,
Town Building. No charge, No reservations.*

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.

MEET THE AUTHOR DR. EDWARD P. HOFFER

PRESCRIPTION FOR BANKRUPTCY, A DOCTOR'S PERSPECTIVE ON AMERICA'S FAILING HEALTH CARE SYSTEM AND HOW WE CAN FIX IT

Tuesday, January 15, 1:30pm



Dr. Edward Hoffer is a graduate
of MIT and Harvard Medical
School with more than 40 years
of medical experience. In his
book, *Prescription for Bankruptcy*,
he examines every segment of
the American health care system
and their contributions to the
ever-growing costs that negative-
ly affect health care in America.

He identifies the many cost issues
and offers solutions to dramatically reduce them to im-
prove health care in America.

Reservations, please.

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
techniques and fascinating stories from
the past.

Bridge

Thursdays, 12:30pm

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



Additional Items of Interest

CHIEF SWANICK'S TRAINING IN ISRAEL

Wednesday, Jan. 23, 10:00am



Come hear Wayland Police Chief Patrick Swanick talk about his recent trip to Israel to learn about counter-terrorism and other public security measures. Since 2008, the Anti-Defamation League of New England has sent New England law enforcement professionals to a week-long intensive training focused on enhancing public safety.

Chief Swanick will discuss what he learned and how it relates to the work of the Wayland Police Department.



UNDERSTANDING THE SCHOOL BUDGET

Wednesday, Jan. 9, 1:30pm

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

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



MEDICAL EQUIPMENT LOAN PROGRAM

Our Medical Equipment Loan program is currently scaled back due to space constraints. Our storage space in the basement of the Public Safety Building flooded in the fall, compromising the equipment and forcing us to move it out. We have some items here at the COA, so if you need to borrow something please call. We hope to get the full program up and running again soon.



THE VOLUNTEER SPIRIT

Happy New Year! If one of your resolutions is to get more involved in your community, good for you. If you're interested in volunteering with the Council on Aging, please call me at 508-358-2990 or email me at agordon@wayland.ma.us.

Here in the deep mid-winter, I want to say a public "thank you" to Wayland High School student Kyle Chen, who through the COA has been shoveling snow from a senior's walkway for three winters now. When I praised his commitment, he said it was his pleasure to get to know his recipient and to be of help. He is already a quintessential volunteer!

If you would like a student to shovel your walk this winter, please call me, and I will try to find one who can help. But you can't have Kyle — he's already committed!

Warmly,
Ann Gordon

WAYLAND COUNCIL ON AGING BOARD

Betsy Soule, Chair; Bill Sterling, Vice Chair; Mary Antes, Clerk; Evelyn Ekmejian; Carol Glick; Nancy Leifer; Becky Patterson; Ellen Scult; Denise Yurkofsky.

Board meetings are held on the 1st Tues. of each month at 8am in the Town Building. See Town calendar to confirm, as dates may change.

Tuesday, Jan. 8, 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

Wednesday, Feb 20 at 9am

Interested in Volunteering?

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

Join our team! Call 508-358-2990



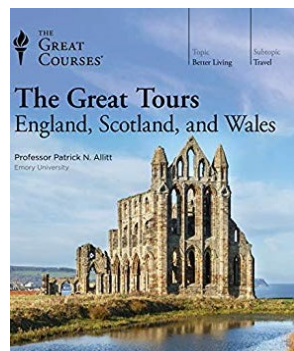
Education/Social Programs (cont.)

The Great Courses DVD Lecture Series

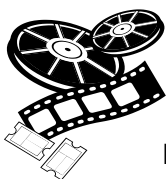
MONDAYS at 1pm (except Jan. 21) Closed Captioning (CC)

JANUARY: GREAT TOURS: England, Scotland, and Wales

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.



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, January 11: RBG (2018) PG, Documentary, 96 minutes

At the age of 84, U.S. Supreme Court Justice Ruth Bader Ginsburg has developed a breathtaking legal legacy while becoming an unexpected pop culture icon. But without a definitive Ginsburg biography, the unique personal journey of this diminutive, quiet warrior's rise to the nation's highest court has been largely unknown, even to some of her biggest fans - until now. RBG is a revelatory documentary exploring Ginsburg's exceptional life and career.

Friday, January 25: FINDING YOUR FEET (2018) PG-13, Comedy, Drama, Romance, 111 minutes

When 'Lady' Sandra Abbott discovers that her husband of forty years is having an affair with her best friend she seeks refuge in London with her estranged, older sister. The two could not be more different - Sandra is a fish out of water next to her outspoken, serial dating, free-spirited sibling. But different is just what Sandra needs at the moment, and she reluctantly lets Bif drag her along to a community dance class, where gradually she starts finding her feet and romance as she meets her sister's friends

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
	1 HOLIDAY TOWN BUILDING IS CLOSED	2 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 11:30 Med. Take-Back 12:00 COA Café (RR) 1:00 Better Balance 1:15 Aging in Wayland	3 9:30 Walking Club 10:00 Lois' F4F 12:30 Advanced Bridge <i>Legal Clinic (by appt.)</i>	4
7 9:30 Walking Club 1:00 Video Lecture: GREAT TOURS 2:00 Tai Chi Paradigm 2:30 Connections <i>Podiatry Clinic by appt.</i>	8 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 10:30 Grandparents 1:00 Genealogy	9 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 1:00 Better Balance 1:30 School Budget	10 10:00 Lois' F4F 12:30 Advanced Bridge <i>Trip to Symphony</i>	11 12:30 MOVIE: RBG
14 9:30 Walking Club 1:00 Video Lecture: GREAT TOURS 2:00 Tai Chi Paradigm 2:30 Connections <i>Shop Around Shuttle (RR)</i>	15 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:30 Meet the Author <i>of A Prescription for Bankruptcy</i>	16 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 1:00 Better Balance	17 10:00 Lois' F4F 12:30 Advanced Bridge	18
21 HOLIDAY TOWN BUILDING IS CLOSED	22 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:00 Genealogy	23 9:15 Thera-Tube 9:30 Walking Club 10:00 Chief Swanick talk 10:30 Zumba 1:00 Better Balance	24 10:00 Lois' F4F 12:30 Advanced Bridge <i>Trip to Flora in Winter</i>	25 12:30 MOVIE: FINDING YOUR FEET
28 9:30 Walking Club 1:00 Video Lecture: GREAT TOURS 2:00 Tai Chi Paradigm 2:30 Connections <i>Market Basket Trip (RR)</i>	29 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:00 Using Uber and Lyft Part II	30 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 1:00 Better Balance	31 9:30 Walking Club 10:00 Lois' F4F 12:30 Advanced Bridge <i>Trip to Telephone Museum</i>	Save the Dates: Coming in February ♥ COA Café- Feb 6 ♥ Valentine's Tea w/ Mae West, Feb 14

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

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

Medical Taxi Vouchers: For Waylanders 60+ or disabled of any age. Offers discounted taxi fare for medical appointments or medically-related activities at the COA. Administered through JFK Transportation, this option requires the advanced purchase of discount vouchers. Discount is 40% off metered fare. Total cost will vary based on miles traveled. Boston travel is charged a flat rate cost: \$36 each way, all other travel is based on the meter. Tips expected in cash. Purchase vouchers in advance at the COA. Schedule taxi rides directly through JFK 508-653-4500 on your day of travel.

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

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

News You Can Use



SMOC FUEL ASSISTANCE PROGRAM IS NOW ACCEPTING APPLICATIONS

Designed to assist households with lower incomes afford the cost of winter heating bills, LIHEAP (*Low Income Home and Energy Assistance Program*) provides some financial assistance for eligible households. Income limits apply. For inquiries and help submitting an application, call Outreach Coordinator Sue Hatton at 508-358-2990. Gross income limits for one person: \$35,510; for two-person household: \$46,437.

Property Tax Relief Options: Applications Are Now Available

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

Note the application deadline of April 1, 2019 for each of these programs

⇒ Statutory Exemptions:

- Elderly Exemption: age 65+, income < \$20,000 single, \$30,000 married; assets < \$40,000 single, < \$50,000 if married. Proof of income and assets is required with application.
- Surviving spouse: no income restrictions, assets must be less than \$40,000
- Military Veteran-disabled: must provide certificate of disability-10% or more- from the VA
- Blind: must have a current certificate from the MA Commission for the Blind

⇒ **Property Tax Deferral:** age 65+, income under 40,000. No asset limits. MA residency requirements.

⇒ **Community Preservation Act (CPA) Exemption:** Removes the CPA surcharge based on income.

⇒ **Wayland Circuit Breaker Program (CB):** This town-adopted program may provide property tax relief to eligible homeowners who received the CB credit on their MA State Income Tax return.

OTHER PROGRAMS OF INTEREST:

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



Stay up to date on all the exciting COA happenings! The COA News is available free of charge to Wayland residents age 60 and older. Call the COA at 508-358-2990 to get on our mailing list. If you live outside of Wayland, there is a \$10 annual mailing fee.

View the newsletter any time on our website: www.wayland.ma.us (select Council on Aging)

OTHER HELPFUL RESOURCES

BayPath Elder Services: 508-573-7200

Caregiving Resources: www.caregivingmetrowest.org

Domestic Violence Hotline: 1-877-785-2020 or visit

www.domesticviolenceroundtable.org

Elder Abuse Hotline: 1-800-922-2275

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

Medicare: 1-800-633-4227

MetroWest Legal Services: 508-620-1830

MWRTA General: 508-935-2222

MWRTA Dial A Ride: 508-820-4650

Parmenter Food Pantry: 617-694-6137

Social Security: 1-800-772-1213

State Senator Richard Ross: 617-722-1555

Representative Carmine Gentile: 617-722-2014

Representative Alice Peisch: 617-722-2070

Wayland Community Fund: 508-358-3624

Wayland Council on Aging: 508-358-2990

Wayland Housing Authority: 508-655-6310



Wayland on the Move



CALENDAR OF UPCOMING OUTINGS

JANUARY

Thursday, 1/10: Boston Symphony Open Rehearsal. Depart COA at 9:15am. Return approx. 1:30pm. The cost is \$15.00 for transportation to each concert. The last two concerts are February 7 and May 2. Riders must purchase their own Boston Symphony tickets: **Box office 888-266-1200: WWW.BSO.ORG**

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

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

SHOP-AROUND SHUTTLE & MARKET BASKET/MARSHALLS TRIP

We've moved this information to page 3!



FEBRUARY

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

Thursday, 2/7: Boston Symphony Open Rehearsal. Depart COA at 9:15am. Return by 1:30pm. \$15 for transportation. See 1/10 for additional information.

Thursday, 2/20: Ansel Adams in Our Time at the MFA; Depart COA at 10:00am. Return at 3:30 pm. 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 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.

MARCH

Thursday, March 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.



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

A monthly publication from
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www.wayland.ma.us
Address Service Requested

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