

Happy
New Year !

WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

JANUARY 2020

VINCENT VAN GOGH:

An "Art Matters" Gallery Presentation

Thursday, January 9 at 1:30pm

Large Hearing Room

Van Gogh's life is one of the most dramatic, romantic and tragic stories in all of art history. Van Gogh began to paint when he was 27 years old and never took a formal lesson. He met the Impressionists in Paris and with their influence, and through trial and error, he impacted the world with his passion. His career only lasted about 10 years; he died at 37 years old. Join us for a fascinating look at this iconic figure.



Reservations, please.

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



A SWEET AFTERNOON: VIVRA CHOCOLATE WORKSHOP

Wednesday, January 29 at 1:30 pm

Come learn about chocolate-making from the bean to the finished bar or tasty treat. Award-winning chocolatiers and co-owners of Vivra Chocolate in

Walpole will tell you all about how they make fine chocolates in the French tradition.

Paige and Bob Leavitt have been in the bakery and chocolate business for almost 20 years. They bring a "joie de vivre" to their work, creating fan-fanful and delicious blends. You will get plenty of tasting samples during this sweet afternoon presentation. **Reservations, please. Snow date: January 30.**

HIGHLIGHTS

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COMING NEXT MONTH

- **VALENTINE'S DAY CELEBRATION:** Thursday, Feb. 13
- **AARP TAX PREPARATION:** Appointments available beginning in Feb. IRS-trained AARP tax preparers will be available to help low- and moderate-income seniors. Call the COA after Jan. 15 to schedule your appointment.

2020 Census: Be Counted!

Did you know that COA funding is based on census data?
See page 2

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?

UNDERSTANDING THE SCHOOL BUDGET



Monday, January 13, 10:30am

What does it cost to educate Wayland students? Would you like to know more about the 2021 budget for Wayland Public Schools?



Join us for coffee and learn about the Superintendent's recommended budget for the next school year. Dr. Unobskey and members of

the School Committee will be in the COA to present the proposed school budget for 2020-2021.

Learn more about mandates and challenges that the schools face, and how these affect the budget. Following the presentation there will be time for your feedback, questions and answers.

Drop IN

FRIENDS and FAMILY CPR Course for All Ages Wednesday, January 29, 6pm-8pm

Instructor: Wayland Firefighter Mitch Mabardy



The Wayland Fire Department is partnering with Wayland Recreation and the Wayland COA to offer a free CPR course at the Wayland Public Safety Training Room on Wed., January 29. **Pre-registration required on or before January 17.**

The Friends and Family CPR program is an American Heart Association (AHA) course focused on hands-only CPR as well as choking emergencies. This course is for people who do not need a course completion card for a job or other requirements. Family & Friends CPR is ideal for community groups, parents, grandparents, caregivers, schools and students, and others interested in learning how to save a life. **Please call the COA to register, 508-358-2990.**

— At the Public Safety Building Training Room —

**United States
Census
2020**

The 2020 FEDERAL CENSUS statistics determine Wayland COA's annual grant from the Commonwealth of Massachusetts for the next 10 years!
PLEASE BE COUNTED!

AARP TAX PREPARATION SERVICE

Beginning in February, IRS-trained AARP volunteer tax preparers will be available to help low-and moderate-income seniors complete a Federal and/or Massachusetts income tax return. Appointment required.

Please call the COA after Jan. 15 to book appointments.
508-358-2990



SAGES & SEEKERS INFORMATIONAL 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. The program is designed to bring together students and seniors. You will be paired with one 10th grade student (the same student each week) with whom you will meet weekly to share your 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.

Drop IN

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., Jan 8, 2020 ~ \$3
(on the second Monday this month)

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., Feb. 5, 2020

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

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

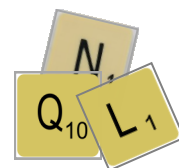


Share in great conversations, research tips and fascinating stories from the past.

Scrabble

Thursdays, 10:00am

Build words and friendships over the Scrabble board.



A WORD FROM SHINE

Serving Health Insurance
Needs of Everyone
...on Medicare

Medicare Changes for 2020

- ⇒ Increases in premiums, deductibles and co-pays
- ⇒ New Medicare Supplement (Medigap) options
- ⇒ Expanded eligibility for Medicare Savings programs.

Trained SHINE volunteers offer free, confidential counseling on these changes and all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call the COA. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3 (or press 5 if calling from a cell phone).

Reminder: If you are in a Medicare Advantage plan (HMO or PPO) in January, you can still change your coverage. Between January and March, you can make one change, to go to a different Medicare Advantage plan or go back to Original Medicare, with a Medicare Supplement and/or drug plan.

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.



Thank You SHINE Volunteers!

People who meet with our two SHINE Counselors — Kathleen Woehrling and Penny Wilson — are sometimes surprised to discover that they are volunteers. The depth of their knowledge and commitment seems limitless, especially during Open Enrollment, when they counseled nearly 300 people in need of guidance about Medicare and insurance supplements. We are so grateful for their expertise and generosity, which doesn't end with Open Enrollment. If you need guidance, please call the COA for a SHINE appointment.



GRANDPARENTS GROUP

Meets on the 2nd Tuesday of each month.

Tues., Jan. 14, 10:30am-noon

2nd floor School Committee Room, Town Building.

No charge, No reservations.

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



Fitness Programs

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**, which you can purchase in the **COA** for \$3 each or in a book of five for \$15.

DROP IN

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

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

Thera-Tube: Wed., 9am, Lg Hearing Room
Work with resistance bands to increase range of motion and strength. Bands are easy to use for people of all abilities. Learn to use them safely in class and at home, Ellen Cohen-Kaplan, Certified Personal Trainer, OTR, Instructor.

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. Please also bring your water bottle.



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

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

Jan. Pre-Pay: \$21 for 1/6, 13, and 27

Or single class: \$10 ea.

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

Lucien Zoll, Sr. Instructor, Master Calvin Chin Academy

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

Pay by the month. Jan. fee \$28

Class meets on Jan. 8, 15, 22, 29

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.

Additional Health Programs

PODIATRY CLINIC: Mon., Jan. 6

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



Starting in January, Shop Around Shuttle will add a stop at Whole Foods in Sudbury!



Monday, January 13: 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, January 27: 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., Jan. 8, 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

At the COA's Children's Holiday Shoppe in early December, nearly 100 volunteers gave generously of their time and talent to make the Shoppe possible. This well-loved Wayland tradition, now in its 32nd year, allows children in grades K - 5 to shop for low-cost gifts without an adult, and get them wrapped and ready for holiday giving.

Some volunteers shopped for and made gifts year-round. Others — including Wayland Police and Firefighters and public school teachers — helped sell and wrap gifts for the young shoppers. Middle- and high-school students helped the youngest children shop.

It truly takes a village to create the Children's Holiday Shoppe, and we are fortunate and grateful for the village of volunteers who helped us make it all happen.

Warmly,
Ann Gordon

WAYLAND COUNCIL ON AGING STAFF

Director: Julie Secord, M-F

Office Coordinator: Nancy Greenwood, M-W

Outreach Coordinator: Sue Hatton, M-F

Project Coordinator: Shawna Levine, M-Th

Volunteer Coordinator: Ann Gordon, T-Th

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

WAYLAND COUNCIL ON AGING BOARD

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

Next Meeting: Tues., Jan. 7, 8am

FRIENDS OF THE WAYLAND COA, INC.

A 501(c)3 that supports COA programs, services, and equipment that cannot be financed through the COA's town budget.

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

PROPERTY TAX RELIEF COMMITTEE

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

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

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

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

Education/Social Programs (cont.)

The Great Courses DVD Lecture Series
MONDAYS at 1pm

UNDERSTANDING JAPAN: A Cultural History **Mondays, Jan. 6, 13 and 27**

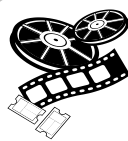
DROP **IN**



In an exciting partnership with the Smithsonian, The Great Courses presents an unforgettable tour of Japanese life and culture. Delivered by renowned Japan scholar and award-winning professor Mark J. Ravina of

Emory University, it's a chance to access an extraordinary culture that is sometimes overlooked or misrepresented in broader surveys of world history. Professor Ravina brings you a grand portrait of Japan, one that reaches from its ancient roots as an archipelago of warring islands to its current status as a geopolitical giant. The journey is vibrantly illustrated with stunning images from the Smithsonian's vast collections of Japanese artwork and archival material.

*The Monday DVD lecture series topics typically change monthly.
Enjoy a sampling of lectures by prominent professors.*



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, January 10: Downton Abbey (2019) Drama; PG; 122 minutes


DROP **IN**

The worldwide phenomenon becomes a grand motion picture event as the beloved Crawleys and their intrepid staff prepare for a visit from the King and Queen of England. The Royal visit will unleash scandal, romance and intrigue that will leave the future of Downton hanging in the balance.

Friday, January 24: Judy (2019) Drama, Musical; PG-13; 118 minutes

Winter 1968 and showbiz legend Judy Garland arrives in London to perform a five-week sold-out run. It is 30 years since she shot to global stardom in *The Wizard of Oz*, but if her voice has weakened, its dramatic intensity has only grown. Featuring some of her best-known songs, the film celebrates the voice, the capacity for love, and the sheer pizzazz of "the world's greatest entertainer."

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
GT: Golden Tones F4F: Fit For the Future		1  HOLIDAY Town Building Closed	2 10:00 Scrabble 10:00 Lois' F4F <i>Trip to Peabody Essex Museum</i>	3 9:30-11:30 Open Studio Art & Craft
6 9:30 Walking Club 1:00 Video Lecture: <i>Understanding Japan</i> 2:00 Tai Chi Paradigm 2:30 Connections <i>Podiatry, by appt.</i>	7 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F	8 9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba 11:30 Medication T/B 12:00 COA Pizza café 1:15 Sages and Seekers 1:00 Better Balance	9 10:00 Scrabble 10:00 Lois' F4F 1:30 Art Matters/ Van Gogh	10 9:30-11:30 Open Studio Art & Craft 12:30 MOVIE: DOWNTON ABBEY
13 9:30 Walking Club 10:30 School Budget 1:00 Video Lecture: <i>Understanding Japan</i> 2:00 Tai Chi Paradigm 2:30 Connections <i>Shop Around Shuttle</i>	14 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 10:30 Grandparents 1:00 Genealogy <i>Trip to Danforth Museum</i>	15 9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba 1:00 Better Balance	16 10:00 Scrabble 10:00 Lois' F4F (in COA)	17 9:30-11:30 Open Studio Art & Craft
20 HOLIDAY Town Building Closed	21 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:00 Genealogy	22 9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba 1:00 Better Balance	23 10:00 Scrabble 10:00 Lois' F4F <i>Legal Clinic, by appt.</i>	24 9:30-11:30 Open Studio Art & Craft 12:30 MOVIE: JUDY
27 9:30 Walking Club 1:00 Video Lecture: <i>Understanding Japan</i> 2:00 Tai Chi Paradigm 2:30 Connections <i>Trip to Market Basket</i>	28 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:00 Genealogy	29 9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba 1:00 Better Balance 1:30 Chocolate Wkshp. 6-8 pm CPR Class	30 10:00 Scrabble 10:00 Lois' F4F 1:30 Snow date: Choco- late workshop	31 9:30-11:30 Open Studio Art & Craft

Ongoing Services Available at the COA

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

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

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

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

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

File of Life Free! These small magnetic folders attach to your refrigerator and list your pertinent medical information for emergency personnel. Call us to get yours, thanks to The Friends of the Wayland COA.

Town Elections/Meetings Services Transportation to every Town Election and to all sessions of Spring and Fall Town Meeting is provided by the COA. Call us at 508-358-2990 at least 48 business hours in advance.

Meals On Wheels are provided M—F through BayPath Elder Services, 508-573-7200.

Free Blood Pressure Check by Wayland Health Department. By appointment. Call Ruth Mori, Community Health Nurse, 508 358-3617.

Free Legal Consult Call the COA for a free, 20-minute appointment with elder law attorney Denise Yurkofsky.

SHINE (Serving Health Insurance Needs of Everyone on Medicare) Skilled volunteers provide free counseling about health insurance. Call COA for appointment.

Property Tax Work-Off: Wayland residents age 60+ provide valuable service to town departments while earning a limited sum to help offset their property tax. Applications are available beginning June 1 of each year. Work must be completed by the end of the following March.

Lock Boxes Allow Emergency Personnel access to your home in the event you call 911 but cannot get to the door to let them in. Store a key in a small locked box that is secured to your house in an inconspicuous place. For details, call the Wayland Fire Dept. at 508-358-7951.

Way-Secure A voluntary program of the Wayland Fire Department invites residents with special medical needs and/or considerations to provide critical information for first responders through a secure registry. Free, confidential and secure. For more information contact WFD at 508-358-6910 or COA 508-358-2990.

Smoke and CO Detectors This 'wait list only' program promotes fire safety for Wayland Seniors. Firefighters come to your home and provide education on proper location and maintenance of your smoke and CO detectors. As needed, they replace old units with newer 10 year-battery style. Call the COA to place your name on the wait list. Not compatible with hard wired units.

OTHER HELPFUL RESOURCES

BayPath Elder Services: 508-573-7200

Caregiving Resources: www.caregivingmetrowest.org

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

SWIFT 911 Keeps You In the Know

Are you signed up for SWIFT 911? This notification system sends out automatic telephone alerts from the Wayland Police or other town departments in the event of an emergency or for sharing important information. This can be especially important during severe winter weather.



You can register your home phone number AND your cell phone. You can also add phone numbers for family members, no matter where they live. Would it be helpful for a relative to know when an emergency situation might be affecting you? Just sign them up.

You can sign up [online](#), or call the COA at 508-358-2990 or the Wayland Police Dept. at 508-358-4721.

THE HEATING SEASON IS IN FULL SWING. 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 \$48,485 for two.

An in-person interview is required for all first-time applicants and supporting documents are required. Wayland residents may complete this process at the Council on Aging, or at SMOC in Framingham. An appointment is required. This is a very helpful program for all who qualify. Please call the COA with questions.

MEDICAL EQUIPMENT 'LOAN CLOSET'

Our medical equipment loan program remains popular, but our lack of an adequate storage space severely limits the quantity and variety of items we are able to store and loan.



If you need a loan or have a donation, please call the COA at 508-358-2990 first to let us know.

STILL NEED A FLU SHOT?

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



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

JANUARY

Thursday, 1/2: Peabody Essex Museum. Depart COA at 9:15. Return by 3:30. Cost: \$30. The 40,000-square-foot expansion features three new floors of dedicated gallery space including the Special Exhibit: *Hans Hofmann: The Nature of Abstraction*. The atrium café is available for lunch and many local restaurants are within walking distance. Currently on Wait List.

Tuesday, 1/14: The Danforth Art Museum at Framingham State University. Depart COA at 9:45. Return by 2:00. Cost: \$15 for admission and transportation. Be inspired by art at this new museum and art school following the merger of the Danforth with the University. The Museum's Permanent Collection focuses on American art from the 19th century to the present day. Changing exhibitions feature both historic works and the works of contemporary artists. We will stop for lunch following the museum visit.

FEBRUARY

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

Tuesday, 2/18: The Polaroid Project: At the Intersection of Art and Technology at the MIT Museum. Depart COA at 9:15. Return by 3:00. 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 individual rehearsals is available for \$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 landscapes 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.

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

APRIL

Save the Dates:

4/2: Boston Symphony Open Rehearsal

4/23: Edward M. Kennedy Institute

4/27: Art in Bloom at the MFA

Motor Coach Trips 2020 with Best of Times Travel

Martha's Vineyard Day Trip: August 13

Spectacular Saratoga August 25 - 27

Nashville Country Christmas: December 4 - 7

Travel to Italy in July! Tours are presented by American Music Abroad and led by Wayland residents Chris and Susan Memoli. Susan is the director of Fine Arts at Wayland High School and Chris is the director of music in the Weston schools. They have been leading student group tours to Europe for more than 15 years. For more information or to pick up a brochure, contact the COA.

Friends Change of Plans

Due to weather-related concerns and other challenges, the Friends of the Wayland COA have canceled plans for their winter fundraiser, *In the Greenhouse at Russell's Garden Center*.



Stay tuned for news of future plans. To learn more about the Friends, visit their website:

www.friendsofwaylandcoa.org



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 refreshments.

Reservations please. \$3.00 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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