

WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

JULY/AUGUST 2019



Wayland residents gathered in June for a Firehouse Breakfast at the COA to honor and thank retiring Fire Chief David Houghton, who has served Wayland for nearly 39 years. Good wishes were offered by well-wishers and town officials. Left to right: Chief Houghton, Police Chief Patrick Swanick, Town Administrator Louise Miller, and COA Director Julie Secord.

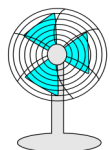
Community Concert Series Continues Thursdays 7-8 PM, July 11 and July 18



Wayland Town Building Courtyard

(Lg. Hearing Rm. if raining)

- July 4** No Concert: Happy Fourth!
- July 11** Sudbury Valley New Horizons Band 🎵
- July 18** The Standards: Oldies and Classic Rock 🎵



Cool off at the COA this summer...

If you can't stand the heat....visit the COA!
We're pretty cool.

SUMMER HIGHLIGHTS

Pg

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|---|----|
| • GREAT COURSES: Mondays at 1:00pm
July—Aug 5: <i>Fundamentals of Sustainable Living</i>
Aug 12, 19, 26: <i>The Great Tours: England, Scotland and Wales</i> (lectures not previously shown) | 12 |
| • MONDAY MORNING SPORTS TALK
Mondays, 10:30am, June 24, July 1, 8, 15 | 2 |
| • 'OUR PLANET' Netflix Video Series on large screen. Thursdays at 1:30pm | 2 |
| • MEDICATION TAKE-BACK
Wed, July 3, and Aug. 7, 11:30am-Noon | 5 |
| • COA PIZZA CAFÉ,
Wed, July 3, and Aug. 7 at noon | 3 |
| • NUTRITION PRESENTATION: Power of Protein, Joy of Smoothies, Tues, July 17, 1:30pm | 2 |
| • SUMMER BARBECUE with HONKY TONK PIANO PLAYER Gary Langren. Tues., July 30, noon | 2 |
| • GENEALOGIST DICK EASTMAN
Tues. Aug. 13, 1:00pm | 3 |
| • PRESENTATION on Tony Bennett and Peggy Lee
Wed., Aug 21, 1:30pm | 2 |
| • THURSDAY MORNING SCRABBLE
Every Thursday at 10am | 3 |
| • FRIDAY MORNING OPEN ARTS & CRAFTS STUDIO –Bring your project Fridays 9:30am | 3 |
| • APPLICATIONS FOR TAX WORK-OFF STILL AVAILABLE AT COA | 9 |

COMING IN SEPTEMBER

- **COA PIZZA CAFÉ,** Wed, September 4
- **ART MATTERS: THE PORTRAIT,** Sept. 19, 1:30pm

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



SUMMER SPECIAL EVENTS

THE POWER OF PROTEIN

and the

JOY OF SMOOTHIES!

with BayPath Dietitian, Traci Robidoux
Wednesday, July 17, 1:30pm



Protein: it's so important to bone health and muscle mass, and helps reduce the risk of many chronic diseases. Learn how easy it is to make a protein-rich smoothie drink with just a push of a button. Enjoy the tasting bar!

Reservations please.



SUMMER BARBECUE: COOK OUT, EAT IN

Tuesday, July 30, Noon
Large Hearing Room

Reservations by Tues., July 16

Enjoy the smells and tastes of summer BBQ, and the amazing sounds of Honky Tonk Piano Player Gary Langren at the summer barbecue.



No cost, but a small donation to BayPath Nutrition Program will be appreciated.

Reservations, please, by Tuesday, July 16.

MONDAY MORNING SPORTS TALK

Mondays, 10:30am

June 24, July 1, 8, 15

Love sports? Join other sports enthusiasts for this informal drop-in on Mondays at 10:30am. Come for a cup of coffee and a fun, spirited conversation. Share the highs and lows of the week's games. Talk about your favorite teams and athletes. Join us!



DROP
IN

TONY BENNETT & MISS PEGGY LEE

Presented by Bruce Hambro

Wednesday, Aug 21, 1:30pm



Journey with us through sight and sound, revisiting the heydays of Tony Bennett and Peggy Lee. These famed jazz and pop singers boast a combined 125 years of stardom. We'll listen to their hits and enjoy photos and videos with Bruce Hambro, a music and motion picture historian. Reservations please.

Video showing of "OUR PLANET"

A Netflix Original Video Series

THURSDAYS at 1:30pm

"Experience our planet's natural beauty and examine how climate change impacts all living creatures in this ambitious documentary of spectacular scope."

This eight-episode documentary series comes from the makers of *Planet Earth* and is now available on Netflix. Over the summer, we will stream one 50-minute episode each week on our large screen.



July 11 *One Planet*

Aug. 8 *From Deserts to Grasslands*

July 18 *Frozen Worlds*

Aug. 15 *The High Seas*

July 25 *Jungles*

Aug. 22 *Fresh Water*

Aug. 1 *Coastal Seas*

Aug. 29 *Forests*

DROP
IN



What's Happening at the COA?



1st WEDNESDAY COA PIZZA BUFFET CAFÉ

Wed., July 3 and
Wed., Aug. 7, 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 with advanced request.

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

Reservations, Please

Some of our programs and exercise classes are “drop-in,” and we encourage people to come when they wish. But because our space is limited, other programs require us to carefully plan depending on how many people will attend.

We've marked our “Drop-In” programs with a new symbol (right). For all programs NOT marked as Drop-In, please call us to reserve a spot. Thanks for your help!



GENEALOGIST DICK EASTMAN

Featured Guest at WayGen Meeting,
Tues, Aug. 13, 1:00pm

WAY-GEN (Wayland Genealogy Group) will host internationally recognized genealogist Dick Eastman at their Tuesday, Aug. 13, 1pm meeting at the Council on Aging. Dick Eastman is a frequent presenter at Genealogical Conferences world-wide and for 20 years has written Eastman's On-line Genealogy Newsletter (www.eogn.com). The community is invited to attend.



Mr. Eastman has been involved with the computer industry for more than 40 years. In the early 70s he was already using a main frame computer to record his family data on punch cards! Dick Eastman is always a fascinating guest. If you are interested in genealogy — whether you're a novice or experienced — you are welcome to attend. 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 conversation. This informal group, led by Wayland resident Irma Bloom, is for everyone. Come when you can.



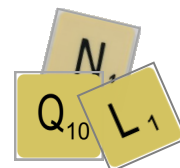
Genealogy 2nd and 4th Tuesdays, 1:00pm

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.



GRANDPARENTS GROUP

Meets on the 2nd Tuesday of each month.

ON SUMMER HIATUS

RESUMES: Tues., Sept. 9, 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. Bring a friend. Facilitated by Dr. Dossie Kahn, Youth & Family Services. New members welcome.



Fitness Programs

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

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

Tai Chi Paradigm

Mondays, 2 pm, Large Hearing Room

SUMMER PAYMENT OPTIONS:

July Pre-Pay: \$35, 7/1, 8, 15, 22, 29

August Pre-Pay: \$28, 8/5, 12, 19, 26

Single class: \$10 (Drop-in)

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

Lucien Zoll, Sr. Instructor, Master Calvin Chin Academy

New Payment Options

Zumba DROP IN

Wednesdays:

SUMMER HIATUS: Zumba resumes in September at NEW TIME: 10:15am

Town Building Gym
\$3 per class, FITBUCKS only*



Better Balance

Wednesdays, 1:00 pm, Large Hearing Room

Pay by the month. July fee: \$28; August fee: \$14

Class meets: ~ July 10, 17, 24, 31
~August 7, 14

Develop strategies to prevent falls and maintain independence. Learn breathing and relaxation techniques. Instructor: Leslie Worris of the Wellness Alliance. Great for beginners!

Lois' Fit for the Future DROP IN

Tues. and Thurs., 10 am, Large Hearing Room

\$3 per class, FITBUCKS only*

Aerobic exercise to music; includes stretching, toning and weights. Lois Leav, instructor.

Bring your water bottle!



Thera-Tube DROP IN

Wednesdays 9:15 am **NO class Aug 21 and 28**

Lg 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 DROP IN

Mondays & Wednesdays at 9:30 am

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

- Meet at Rail Trail by the Library on Mondays and Wednesdays by 9:30. In inclement weather, meet at the Natick Mall by Dunkin Donuts.

***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.

For Your Convenience



SHOPPING TRIPS

SHOP-AROUND SHUTTLE:

Monday, July 8 and August 12:

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.

MARKET BASKET AND MARSHALLS:

Monday, July 22 and August 26:

Join our monthly shopping trip. Leaves COA at 9:30am, or arrange for a home pick-up. Return by 1:30pm. No charge.

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

PODIATRY CLINIC: Mon., August 5

Call the COA at 508-358-2990 for an appointment. Please make out your check for \$30.00 to Dr. Cooper **before** your visit.



BLOOD PRESSURE CHECK, by appointment

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



MEDICATION TAKE-BACK Wed., July 3 and Aug. 7, 11:30am to Noon



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

NOTE: You may also deposit unwanted or expired medications at the Wayland Police Dept. 24 hours a day, 7 days a week.



THE VOLUNTEER SPIRIT



During the summer, life slows down. For busy folks, this is a blessing. But for some, summer's slower pace can feel a little bit too slow, even a bit lonely.

Our wonderful volunteers continue throughout the summer to deliver meals, drive people to medical appointments, and make small home repairs. And when they deliver these services, they know they are offering more than practical help: They are building human connections, which are good for giver and receiver alike. In fact, every single one of our volunteers will tell you that is why they volunteer.

If you have time to give this summer, just let me know. Your kindness will be gratefully received.

Warmly,
Ann Gordon

WAYLAND COUNCIL ON AGING STAFF

Director: Julie Secord, M-F

Office Coordinator: Nancy Greenwood,
Mon-Wed

Outreach Coordinator: Sue Hatton, M-F

Project Coordinator: Shawna Levine, M-Th

Volunteer Coordinator: Ann Gordon, T-Th

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., July 23, 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., Aug 14

West Suburban Veterans Services District

781-489-7509

Sarada Kalpee, Director
@ Wayland on Tues. 9am—4pm
781-850-5504

JULY

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30 Walking Club 10:30 Sports Talk 1:00 Video Lecture: <i>Sustainable Living</i> 2:00 Tai Chi Paradigm* 2:30 Connections	2 10:00 Lois' F4F	3 9:15 Thera-Tube: 9:30 Walking Club 11:30 Med. Take-Back 12:00 COA Café 1:00 NO Better Balance	4 Holiday Town Building Closed	5 9:30-11:30 Open Studio Art & Craft
8 9:30 Walking Club 10:30 Sports Talk 1:00 Video Lecture: <i>Sustainable Living</i> 2:00 Tai Chi Paradigm* 2:30 Connections <i>Shop-Around Shuttle</i>	9 10:00 Lois' F4F 10:30 No Grandparents Resumes 9/9 1:00 Genealogy	10 9:15 Thera-Tube 9:30 Walking Club 1:00 Better Balance <i>Trip to Rockport</i>	11 10:00 Scrabble 10:00 Lois' F4F in COA 1:30 <i>Our Planet:</i> <i>ONE PLANET</i> 7:00 SUMMER CONCERT  <i>Sudbury Valley New</i> <i>Horizons Band</i>	12 9:30-11:30 Open Studio Art & Craft 12:30 MOVIE: APOLLO 11
15 9:30 Walking Club 10:30 Sports Talk 1:00 Video Lecture: <i>Sustainable Living</i> 2:00 Tai Chi Paradigm* 2:30 Connections	16 10:00 Lois' F4F	17 9:15 Thera-Tube 9:30 Walking Club 1:00 Better Balance 1:30 Protein/Smoothies; Nutrition presentation	18 10:00 Scrabble 10:00 Lois' F4F 1:30 <i>Our Planet:</i> <i>FROZEN WORLDS</i> 7:00 SUMMER CONCERT <i>The Standards:</i> <i>Oldies and Classic Rock</i> 	19 9:30-11:30 Open Studio Art & Craft
22 9:30 Walking Club 1:00 Video Lecture: <i>Sustainable Living</i> 2:00 Tai Chi Paradigm* 2:30 Connections <i>Trip to Market Basket</i>	23 10:00 Lois' F4F 1:00 Genealogy <i>Trip to the MFA</i>	24 9:15 Thera-Tube 9:30 Walking Club 1:00 Better Balance	25 10:00 Scrabble 10:00 Lois' F4F 1:30 <i>Our Planet:</i> <i>JUNGLES</i>	26 9:30-11:30 Open Studio Art & Craft 12:30 MOVIE: ISN'T IT ROMANTIC
29 9:30 Walking Club 1:00 Video Lecture: <i>Sustainable Living</i> 2:00 Tai Chi Paradigm* 2:30 Connections	30 10:00 Lois' F4F 12:00 Summer BBQ	31 9:15 Thera-Tube 9:30 Walking Club 1:00 Better Balance <i>Essex River Cruise Trip</i>	<div> GT: Golden Tones (now on summer hiatus) F4F: Fit For the Future </div> <div> *Please see page 4 for new summer payment options for Tai Chi </div>	

AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
GT: Golden Tones (resume Aug 27) F4F: Fit For the Future			1 10:00 Scrabble 10:00 Lois' F4F 1:30 <i>Our Planet:</i> COASTAL SEAS	2 9:30-11:30 Open Studio Art & Craft
5 9:30 Walking Club 1:00 Video Lecture: <i>Sustainable Living</i> 2:00 Tai Chi Paradigm* 2:30 Connections <i>Podiatry Clinic by</i> <i>Appointment</i>	6 10:00 Lois' F4F 10:30 No Grandparents <i>Resumes 9/9</i> <i>Trip to Downton Abbey</i> <i>Exhibition</i>	7 9:15 Thera-Tube 9:30 Walking Club 11:30 Med Take-Back 12:00 COA Café 1:00 Better Balance	8 10:00 Scrabble 10:00 Lois' F4F 1:30 <i>Our Planet:</i> FROM DESERTS TO GRASSLANDS	9 9:30-11:30 Open Studio Art & Craft 12:30 MOVIE: SINATRA IN PALM SPRINGS
12 9:30 Walking Club 1:00 Video Lecture: <i>England, Scotland & Wales</i> 2:00 Tai Chi Paradigm* 2:30 Connections <i>Shop-Around Shuttle</i>	13 10:00 Lois' F4F 1:00 Genealogy Guest: Genealogist: Dick Eastman	14 9:15 Thera-Tube 9:30 Walking Club 1:00 Better Balance	15 10:00 Scrabble 10:00 Lois' F4F 1:30 <i>Our Planet:</i> THE HIGH SEAS <i>Trip to Paw Sox</i>	16 9:30-11:30 Open Studio Art & Craft
19 9:30 Walking Club 1:00 Video Lecture: <i>England, Scotland & Wales</i> 2:00 Tai Chi Paradigm* 2:30 Connections	20 10:00 Lois' F4F <i>Trip to Cape Ann Museum</i>	21 9:15 NO Thera-Tube 9:30 Walking Club 1:00 NO Better Balance 1:30 Tony Bennet presentation	22 10:00 Scrabble 10:00 Lois' F4F 1:30 <i>Our Planet:</i> FRESH WATER	23 9:30-11:30 Open Studio Art & Craft
26 9:30 Walking Club 1:00 Video Lecture <i>England, Scotland & Wales</i> 2:00 Tai Chi Paradigm* 2:30 Connections <i>Trip to Market Basket</i>	27 Golden Tones return 10:00 Lois' F4F 1:00 Genealogy	28 9:15 NO Thera-Tube 9:30 Walking Club 1:00 NO Better Balance	29 10:00 Scrabble 10:00 Lois' F4F 1:30 <i>Our Planet:</i> FORESTS	30 9:30-11:30 Open Studio Art & Craft 12:30 MOVIE: SECOND ACT

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 (e.g., shower chairs, walkers, canes, wheelchairs—no com-modes). 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.

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

TAX WORK-OFF PROGRAM for FY'20

Applications for the Tax Work-Off program that were received in the COA on or before June 28 at noon have been entered into the July lottery to determine the order in which applicants are considered for placement. Applications may still be submitted after June 28 and will be processed in the order received. *For more information about the program, please call Shawna Levine in the COA at 508-358-2990.*

TRASH TALK: SMALL (8-Gal.) ORANGE TRASH BAGS (used at Transfer Station) Available at Town Building



The SMALL 8-gallon Pay-As-You-Throw orange trash bags used at the Transfer Station are now being sold at the TREASURER/COLLECTOR's OFFICE in the Town Building. The 8-gallon trash bags are packaged as a roll of 5 bags for \$5. Bags are available during regular office hours. Only the 8-gallon size is available at the Town Building. The medium and large size bags will continue to be sold at Donelan's, Stop & Shop, Ace Hardware and Honey Farms.

MEDICAL TAXI TICKET UPDATE

1. **Expired Purple Tickets:** All COA Medical Taxi Vouchers have changed color for the new fiscal year and are now printed in the color teal. **Purple tickets are no longer accepted by JFK.** If you have expired purple tickets, bring them to the COA for exchange or refund during July and August only.
2. **Fare increase for Boston Taxi Tickets:** The flat-rate fare charged by JFK for travel to Boston has increased to \$70, one-way. Accordingly, our discount vouchers have increased to \$42 each way. Remember to buy 2 tickets for round-trip travel. Call us at 508-358-2990 with questions.



TRANSPORTATION OPTIONS WITH THE COA

MWRTA Dial-a-Ride: Offers 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 of \$42 voucher for one way ride, 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

JULY

Wednesday, 7/10: Rockport: A COA tradition. Spend a day by the sea. Depart COA at 9:30am. Return by 4:30pm. Cost: \$20 for transportation only.

Tuesday, 7/23: Toulouse-Lautrec and the Stars of Paris at the MFA. Depart COA at 9:30am. Return by 3:00pm. \$12 for transportation only. Senior rate of \$23 paid upon arrival. This exhibit explores the celebrity culture of 19th century Paris and the artist's fascination with the personal lives of *les stars*.

Wednesday, 7/31: Essex River Cruise and lunch at Woodman's. Depart COA at 9:00am. Return by 3:30pm. \$38 for tour and transportation. Share the opportunity to escape to the unspoiled natural beauty of the Essex River onboard the Essex River Queen. You'll cruise through spectacular views of scenic salt marshes rich with unique wildlife. Learn about the history and lore of the Essex area. The trip runs rain or shine. We will head to Woodman's for lunch (on your own).

AUGUST

Tuesday, 8/6: Downton Abbey, The Exhibition, at the Castle at Park Plaza in Boston. Depart COA at 9:30 am. Return by 3:00 pm. Cost: \$45 for admission and transportation. Experience the history, the fashion and the house. Based on the beloved television show, this exhibition transports you to post-Edwardian England, where the characters and the iconic house come to life. You'll be immersed in the social history, culture and some of the most memorable moments from the show's six-season run. We will stop for lunch after the exhibit (on your own).

Thursday, 8/15: Senior Silver Day at the PawSox. Depart COA at 10:00am. Return by 5:00pm. \$30 includes transportation, reserved seats, and \$7 of ballpark credit. Cheer on the AAA affiliate of the Red Sox in what could be their last year in Pawtucket.

COA Trip Policy: Payment is required at the time of registration, 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 only if your spot is filled.

Tuesday, 8/20: Homer at the Beach at the Cape Ann Museum.

Depart COA at 9:30am. Return by 4:00 pm. Cost: \$30 for admission, tour and transportation. It was on Cape Ann that Winslow Homer made his first watercolors and where he discovered his calling: to be a marine artist. The Cape Ann Museum will be the sole venue for this exhibition and will include over 50 original works. We will have lunch in Gloucester.



SEPTEMBER

Thursday, 9/5: Winslow Homer Eyewitness at the Harvard Art Museum. Depart COA at 9:15 am. Return by 2:00 pm. Cost: \$25 for admission & transportation. During the Civil War American artist Winslow



Homer served as a correspondent for *Harper's*. His sketches of soldiers, both in battle on the front lines and in quieter moments back at camp, were reproduced to accompany the journal's

accounts of the conflict. This show explores broader questions that Homer's art raises about the responsibility of artists who work in periods riven by war and conflict. There is a café on site and many area restaurants.

Thursday, 9/26: Shelburne Farms in Stow. Depart COA at 10:00 am. Return by 2:00 pm. Cost: \$10. Take a ride in the country for a fall tradition, apple picking. Pick your own or buy some at the store. Enjoy sweet treats including cider donuts, caramel apples and hot mulled cider. You can also enjoy lunch of freshly made sandwiches. Enjoy the foliage on the way there and back.

COMING SOON

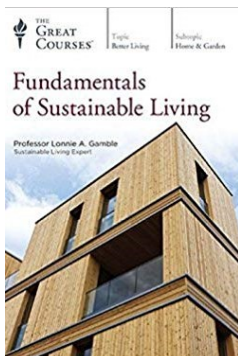
Boston Symphony Open Rehearsals

We will provide transportation on our van for the Thursday morning rehearsals. The cost is \$50.00 for transportation to all four concerts: October 3, November 14, March 5 and April 2. Concerts begin at 10:30am. Van will depart COA at 9:15 am. Riders must purchase their own Boston Symphony subscription: **Box office 888-266-1200: WWW.BSO.ORG**. Transportation for individual rehearsals will be available for \$15 beginning in September. Non-residents may purchase transportation for all four concerts beginning July 15 and beginning on September 15 for the October 3 concert.

**The Great Courses DVD Lecture Series
MONDAYS at 1pm Closed Captioning (CC)**

JULY 1, 8, 15, 22, 29 & AUG. 5

FUNDAMENTALS OF SUSTAINABLE LIVING



Fundamentals of Sustainable Living zooms out to view the big picture of sustainability and the institutions that flow from it as you explore the interconnectedness between human and natural systems. The underlying science of the course, much like the field of sustainability itself, cuts across a diverse swath of disciplines, including engineering, physics, biology, chemistry, agriculture, and economics.

AUG. 12, 19, 26

The Great Tours returns to **England, Scotland and Wales** for lectures not previously shared.



The Monday DVD lecture series topics typically change monthly. Enjoy a sampling of lectures by prominent professors. CC-closed captions

**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, July 12: Apollo 11 (2019) 93 min., Documentary/History

Friday, July 26: Isn’t It Romantic (2019), PG-13, 89 min. Comedy/Romance/Fantasy

Friday, Aug. 9: Sinatra in Palm Springs (2018), 92 min., Documentary

Friday, Aug. 30: Second Act (2018), PG-13, 103 min., Comedy/Drama/Romance



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