

WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

JUNE 2019



8th Annual Community Concert Series

Thursdays 7-8 PM, June 13 - July 18

Wayland Town Building Courtyard

(Large Hearing Room if raining)

- | | |
|----------------|--|
| June 13 | Studio Two: Beatles Tribute Band 🎵 |
| June 20 | The DayBreakers: Rock & Roll 🎵 |
| June 27 | Club Soda: Top 40's 🎵 |
| July 4 | No Concert: Happy Fourth! |
| July 11 | Sudbury Valley New Horizons Band 🎵 |
| July 18 | The Standards: Oldies and Classic Rock 🎵 |

With thanks to our sponsors, listed on the enclosed flyer

Fire House Breakfast and a Special Salute to RETIRING FIRE CHIEF DAVID HOUGHTON

Tuesday, June 11, 9am -10:30am, COA

Thank you Chief Houghton for 38 years of service!

No charge but reservations appreciated. **Info p. 2**



HIGHLIGHTS

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| • GREAT COURSES: Washington DC Mondays at 1:00pm | 6 |
| • APPLICATIONS FOR TAX WORK OFF NOW AVAILABLE AT COA | 3 |
| • INFORMATIONAL COFFEE about TAX WORK-OFF PROGRAM Mon, June 3 10:30am | 3 |
| • MEDICATION TAKE-BACK Wed., June 5, 11:30am-Noon | 5 |
| • COA PIZZA CAFÉ, Wed, June 5, noon | 3 |
| • DOCUMENT DAY Thurs, June 6, pre-registration required | 3 |
| • THURSDAY MORNING SCRABBLE Thursdays 10am | 2 |
| • FRIDAY MORNING OPEN STUDIO Fridays 9:30am | 2 |
| • FIRE HOUSE BREAKFAST SALUTE Tues. June 11, 9am for Retiring Chief Houghton | 2 |
| • BOSTON BALL PARKS & RED SOX NATIVE SONS with Herb Crehan Mon. June 17, 10:30am | 2 |
| • MONDAY MORNING SPORTS Every Monday, 10:30am, starting 6/24 | 2 |
| • PREVENTING IDENTITY THEFT Thurs. June 20, 1:30pm | 3 |

COMING THIS SUMMER

See page 12 for a sneak peek at some of the fun events coming up in July and August

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?

BOSTON BALL PARKS & RED SOX NATIVE SONS

With Herb Crehan

Baseball Historian, Author and Journalist

Monday, June 17, 10:30am

You may be familiar with Fenway Park, but did you know there were actually six other Boston baseball parks that housed professional teams? Herb will discuss those parks and the "local boys" who became well-known Red Sox, including Harry Agganis, Tony Conigliaro, and Jerry Remy.



Bring your memories and questions, grab some free coffee, and get ready for a great morning.

Herb Crehan is a recognized authority on Boston baseball history. He is in his 24th season as a contributing writer to the Boston Red Sox team's official program. Crehan has appeared at the national Baseball Hall of Fame in Cooperstown, NY. Having interviewed so many baseball players over the years, Herb is a fascinating person to kick off our Monday Morning Sports Wrap & Coffee (see details below).

MONDAY MORNING SPORTS WRAP

Every Monday, 10:30am

Starts Monday, June 24
June 24, July 1, July 8, July 15

Love sports? Join other sports enthusiasts for this informal drop-in. The Monday morning sports talk kicks off with featured speaker and baseball historian Herb Crehan (see above). Then join us on the following Mondays at 10:30am for your own sports conversations. Drop in for a cup of coffee and a fun, spirited time. Share the highs and lows of the week's games. Talk about your favorite teams and athletes. So many topics – join us!



NEW TIME!

FRIDAY MORNING OPEN STUDIO CREATIVE 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.



Join us for a Fire House Breakfast
and a Special Salute to

RETIRING FIRE CHIEF DAVID HOUGHTON

Tuesday, June 11, 9am -10:30am, COA

Join us to say thanks to the Chief
and wish him well!

The Chief always wanted to be a firefighter. He has served the Wayland Fire Dept. in so many capacities: as a call firefighter, mechanic, lieutenant, captain and deputy chief before being named FIRE CHIEF in 2016.



9am Firehouse Breakfast Buffet opens at COA
10am Brief Presentation to the Chief

Reservations appreciated. No charge—Just come.
Be sure to sign our special card when you come!

ANNUAL DOCUMENT DAY Health Care Proxy and Power of Attorney Thursday, June 6 at COA with Attorney Vera Ochea

Metrowest Legal Services will execute Health Care Proxy and Power of Attorney documents for those with a previously scheduled appointment.

The attorney will review and clarify any concerns before the signing. Clients will leave with their signed documents as well as copies. No charge.



JEWELRY STUDIO WORKSHOP

with Wayland Jeweler
Norma Radoff

Make It ...Take It ...
Tuesday, June 18, 1:30pm

Wayland residents are invited to participate in a *Make It—Take It* Workshop. Learn jewelers techniques to create a personal piece. All supplies provided. Reservations required as class size is limited. No charge.



What's Happening at the COA?



1st WEDNESDAY COA PIZZA BUFFET CAFÉ Wed., June 5, 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.

Next Month's Café: Wed, July 3



GRANDPARENTS GROUP

Meets on the 2nd Tuesday of each month.

Tues. June 4, 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 resource ideas. Bring a friend. Facilitated by Dr. Dossie Kahn, Youth & Family Services. New members welcome.

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.



Bring Us Your Old and Broken Jewelry

We can repurpose your single earrings and broken necklaces and bracelets in our jewelry-making programs. Glass, stone and ceramic beads are especially desirable. Drop them off any time, and thanks!

TOP TIPS FOR PROTECTING YOUR IDENTITY

With Amy Schram, Better Business Bureau

Thursday, June 20, 1:30pm



Identify theft is an unfortunate reality of modern life. Learn how to protect yourself. Hear about the most common scam tactics, "red flags" to watch out for, and steps you can take to protect yourself from identity theft. You will also learn how to use BBB to find qualified businesses and contractors.

Amy Schram, with BBB since 2011, has delivered close to 200 free programs each year to foster business-to-consumer relationships and educate the public at large.

~ Part of our Aging in Wayland Initiative ~

BOSTON MEDICAL TAXI TICKETS: UPDATE



Boston Medical Taxi Vouchers will change color July 1, from purple to the FY20 color: teal!

Purple tickets will NOT be accepted by JFK after June 30. You may bring your purple tickets for exchange or refund to the COA during June and July.

In addition, the flat-rate fare charged by JFK for travel to Boston will increase from \$60 to \$70, one-way. Accordingly, our discount vouchers will increase from \$36 to \$42 (maintaining the same 40% discount). Buy two tickets for a round-trip. Call us at 508-358-2990 with questions.

TAX WORK-OFF PROGRAM for FY'20 INFORMATIONAL COFFEE Monday, June 3, 10:30am



Interested in earning money to offset your property taxes by working in a Town Department? Come join us for coffee on

Monday, June 3 at 10:30am to learn about the program and the opportunities available. Even if you have participated in the past, come to review the updated forms. Applications received in the COA on or before June 28 at noon will be entered into the July lottery to determine the order in which applicants are considered for placement. Applications received after June 28 will be processed in the order received.

**The IRS considers Tax Work-Off participants temporary part-time employees and subject to Federal and Medicare deductions.*

Fitness Programs

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

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

Tai Chi Paradigm

Mondays, 2 pm, Large Hearing Room

Pay by the month, June: \$28

Class meets June 3, 10, 17, and 24.

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

Lucien Zoll, Sr. Instructor, Master Calvin Chin Academy

Bring your
water
bottle!



Zumba

Wednesdays, 10:30 am;

SUMMER HIATUS: No Zumba after June 12 class

Town Building Gym

\$3 per class, FITBUCKS only*

Join this fun cardio class and dance your way to



Lois' Fit for the Future

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.

Thera-Tube

Wednesdays 9:15 am

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

Mondays & Wednesdays at 9:30 am

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

- 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.
- New walkers always welcome. Call the COA with questions.

Better Balance

Wednesdays, 1:00 pm, Large Hearing Room

Pay by the month. June fee: \$28

Class meets on June 5, 12, 19, 26

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

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

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

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

For Your Convenience

SHOPPING TRIPS



Monday, June 10: 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, June 24: 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.

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

PODIATRY CLINIC: Mon., June 3



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., June 5, 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



One of our most unsung but most appreciated volunteer programs is our In-Home Fix-It program. These volunteers will come to your home to help with a small chore — like replacing a lightbulb or a battery — or make a small repair — like unsticking a sticky drawer or replacing a doorbell.

Are you handy? Do you like that good feeling you get when you help someone out? Then we could use you on our Fix-It team. This is an “as available” volunteer role. When I hear from a resident in need, I call Fix-It team members to see who can help. Our volunteers can’t always fix the problem; sometimes they advise the resident to call a professional. And that is also invaluable help. If you’re interested (women too!), please call me at 508-358-2990.

Warmly,
Ann Gordon

WAYLAND COUNCIL ON AGING STAFF

Director: Julie Secord, M-F

Office Coordinator: Nancy Greenwood, M-F

Outreach Coordinator: Sue Hatton, M-F

Project Coordinator: Shawna Levine, M-Th

Volunteer Coordinator: Ann Gordon, T-Th

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

WAYLAND 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., June 4, 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; Steve Correia; Kara Harvey; 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., June 12, 9am

West Suburban Veterans Services District

781-489-7509

Sarada Kalpee, Director

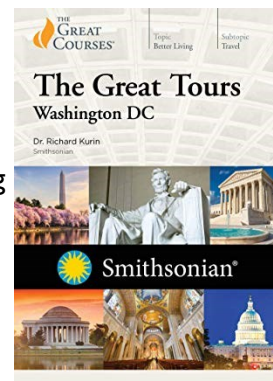
@ Wayland on Tues. 9am—4pm
781-850-5504

Education/Social Programs (cont.)

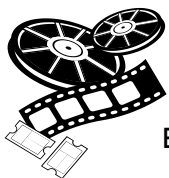
The Great Courses DVD Lecture Series MONDAYS at 1pm (June 3, 10, 17, 24) Closed Captioning (CC)

THE GREAT TOURS : WASHINGTON DC

As a political epicenter, Washington DC is a major national and international crossroads, attracting visitors from all corners of the Earth and being featured in the global news on a daily basis. Beyond the glamour and glare of high-profile politics, it is a city on par with some of the greatest in the world, brimming over with remarkable history and culture, and offering a multitude of unforgettable sights and experiences. In this lecture, The Great Courses partners with the Smithsonian, to bring you a deep and multi-faceted look at this amazing city. This travelogue is lavishly illustrated with thousands of historic images, animated maps, and substantial location footage. It rests on the vast historical and administrative resources of the Smithsonian, and on the brilliant and engaging commentary of Dr. Richard Kurin, Smithsonian Distinguished Scholar and Ambassador-at-Large.



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, June 14 **ON THE BASIS OF SEX (2018) Bio/Drama, 120 minutes, PG-13**

The film tells an inspiring and spirited true story that follows young lawyer Ruth Bader Ginsburg as she teams with her husband Marty to bring a groundbreaking case before the Supreme Court and overturn a century of gender discrimination.

Friday, June 28 **INSTANT FAMILY (2018) Comedy / Drama, 117 minutes, PG-13**

When Pete (Mark Wahlberg) and Ellie (Rose Byrne) decide to start a family, they stumble into the world of foster care adoption. They hope to take in one small child but when they meet three siblings, including a rebellious 15-year-old girl (Isabela Moner), they find themselves speeding from zero to three kids overnight. Now, Pete and Ellie must hilariously try to learn the ropes of instant parenthood in the hopes of becoming a family. INSTANT FAMILY is inspired by the real events from the life of writer/director Sean Anders. Starring Octavia Spencer, Tig Notaro and Margo Martindale.

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Walking Club 10:30 Tax Work-Off Coffee 1:00 Video Lecture: Great Tours: Washington DC 2:00 Tai Chi Paradigm 2:30 Connections <i>Podiatry Clinic</i>	4 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 10:30 Grandparents	5 9:15 Thera-Tube: 9:30 Walking Club 10:30 Zumba : GYM 11:30 Med. Take-Back 12:00 COA Café 1:00 Better Balance	6 10:00 Document Day (by appointment) 10:00 Scrabble 10:00 Lois' F4F <i>Trip to Olmstead Site</i>	7 9:30-11:30 Open Studio Art & Craft
10 9:30 Walking Club 1:00 Video Lecture: Great Tours: Washington DC 2:00 Tai Chi Paradigm 2:30 Connections <i>Shop Around Shuttle</i>	11 9:00 FIREHOUSE BREAKFAST SALUTE 10:00 Lois' F4F 1:00 Genealogy	12 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 1:00 Better Balance	13 10:00 Scrabble 10:00 Lois' F4F in COA 7:00 SUMMER CONCERT <i>Studio Two: Beatles Tribute</i> 	14 9:30-11:30 Open Studio Art & Craft 12:30 MOVIE: ON THE BASIS OF SEX
17 9:30 Walking Club 10:30 Herb Crehan 1:00 Video Lecture: Great Tours: Washington DC 2:00 Tai Chi Paradigm 2:30 Connections	18 10:00 Lois' F4F 1:30 Jewelry Workshop	19 9:15 Thera-Tube 9:30 Walking Club 10:30 NO Zumba 1:00 Better Balance	20 10:00 Scrabble 10:00 Lois' F4F 1:30: Identity Protection 7:00 SUMMER CONCERT <i>The Day Breakers: Rock & Roll</i> 	21 9:30-11:30 Open Studio Art & Craft
24 9:30 Walking Club 10:30 Sports Wrap 1:00 Video Lecture: Great Tours: Washington DC 2:00 Tai Chi Paradigm 2:30 Connections <i>Trip to Market Basket</i>	25 10:00 Lois' F4F 1:00 Genealogy	26 9:15 Thera-Tube 9:30 Walking Club 10:30 NO Zumba 1:00 Better Balance <i>Trip: Liberty Ride Tour of Lexington & Concord</i>	27 10:00 Scrabble 10:00 Lois' F4F 7:00 SUMMER CONCERT <i>Club Soda: Top 40's</i> 	28 9:30-11:30 Open Studio Art & Craft 12:30 MOVIE: INSTANT FAMILY
July 1 9:30 Walking Club 10:30 Sports Wrap 1:00 Video Lecture 2:00 Tai Chi Paradigm 2:30 Connections	July 2 10:00 Lois' F4F	July 3 9:15 Thera-Tube 9:30 Walking Club 11:30 Med Take-Back 12:00 COA Café 1:00 Better Balance	July 4 ~ HOLIDAY ~ TOWN BUILDING CLOSED No Concert	July 5 9:30-11:30 Open Studio Art & Craft

GT: Golden Tones (now on summer hiatus) **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 (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

TIPS ON PREVENTING FALLS

Falls are one of the most common mishaps among older adults. Across the U.S., every 11 seconds an older adult is seen in an emergency department for a fall-related injury.

Many falls can be prevented. The National Council on Aging has an in-depth online resource worth checking out, at www.ncoa.org/healthy-aging. Here are some useful tips from the NCOA to prevent falls:



1. **Find a good balance and exercise program.** Build balance, strength and flexibility. Check out our Wayland COA exercise programs on page 4.
2. **Talk to your health care provider.** Ask for an assessment of your risk.
3. **Regularly review your medications with your doctor or pharmacist.** Make sure side effects aren't increasing your risk of falling. Take all medications as prescribed.
4. **Get your vision and hearing checked annually and update your eyeglasses.** Your eyes and ears are key to keeping you on your feet.
5. **Keep your home safe.** Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
6. **Talk to your family members.** Enlist their support in taking simple steps to stay safe.

Summer Farmer's Market Coupon Lottery

The **Senior Farmers' Market Nutrition Program** typically offers a limited quantity of **Farmers' Market Coupons** to local COA's. These are made available by lottery system to senior residents who are income-eligible. We hope to receive a limited quantity of coupons again this year. For more information and to place your name on the lottery list, please call the COA by June 30th.



TRANSPORTATION OPTIONS WITH THE COA

MWRTA Dial-a-Ride: Offers leisure and/or medical travel for Wayland residents 65+, or disabled of any age. \$2, \$3 or \$5 each way depending on destination. Pre-register with 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 (\$42 beginning July 1, 2019), 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

JUNE

Thursday, 6/6: Frederick Law Olmstead National Historic Site, Brookline: Depart COA at 9:15am. Return by 2:00pm. Cost: \$10.00. Explore the influence Frederick Law Olmsted had on the American landscape. The Olmstead firm designed the US Capitol Grounds and worked on the Jefferson Memorial, White House and National Mall. Take a tour of the historic design office and then explore the grounds on your own. On the way home, we will stop at The Street in Chestnut Hill where there are many options for lunch.

Wednesday, 6/26: Liberty Ride Tour of Lexington & Concord. Depart COA at 9:45 am. Return by 3:00 pm. Cost: \$32 for tour and transportation. Ride along the historic Battle Road while your costumed guide recounts the exciting events of April 19, 1775 and the literary legacy that defined American identity and culture. You will see historic sites and attractions in Lexington and Concord and hear fascinating stories. There will be the option to get off at the historic Lexington Green and at the Old North Bridge in Concord. We will have time for lunch in Lexington.

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. Following the cruise we will head to the famous Woodman's for lunch (on your own).

AUGUST/SEPTEMBER

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. Enjoy a fun day at the ballpark! Sign up soon. This trip is always a sell-out.

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 Homer made his first watercolors and where he discovered his calling: to be a marine artist. And it was in Gloucester in 1880, at the end of these 11 years, where he enjoyed the most productive season of his life, composing more than 100 watercolors of astonishing beauty.

Homer's journey forever changed his life and the art of his country. The Cape Ann Museum will be the sole venue for this exhibition and will include over 50 original works. Following the visit, we will have lunch at a Gloucester restaurant.

And then view the complementary exhibit:

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. While in the field as an artist-correspondent, Homer developed habits of seeing and pictorial strategies that informed his work in other media. In addition to tracing these connections, 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.



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 only if your spot is filled.

COA Programs Coming Up In July and August



The Power of Protein and the Joy of Smoothies with BayPath Dietitian Wednesday, July 17, 1:30pm

Protein: it's so important to bone health, muscle mass and reducing the risk of many chronic diseases. Learn how easy it is to create 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

Enjoy the smells and tastes of summer BBQ, and the sounds of Honky Tonk Piano Player Gary Langren. No cost, but a small donation to Baypath Nutrition Program will be appreciated.

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.

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