



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

MARCH 2019

VENDOR EXPO: JOIN US!
Wed. April 17, 2:30—6:00 p.m.
Wayland High School Commons



On Wednesday, April 17, from 2:30 to 6:00 p.m., the COA will host a large service and technology showcase as part of our year-

long initiative called *Aging in Wayland: What's Your Plan?* The event, open to all, will take place in the Wayland High School Commons.

The *Aging in Wayland* expo will feature dozens of representatives from local organizations and businesses that provide products and services helpful for future planning. Categories represented will include health and safety, in-home support, home renovation, legal and financial concerns, technology, transportation, and other related needs.

Visitors to the expo will be able to gather information and ideas to help them plan for evolving needs as they or a loved one ages. Situations change as we age — financially, physically, socially — and this event will help people consider steps they can take to continue living safely, comfortably and productively in Wayland.

So mark your calendar and plan to drop by the vendor expo on April 17. Bring a friend or neighbor who might also be thinking about how to plan for a safe and fulfilling future in Wayland. Or come on behalf of an aging family member to gather information and ideas about how to best support them as they grow older.

Watch for more details about this exciting event as the date draws nearer. And please call us at 508-358-2990 if you have any questions.



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,

HIGHLIGHTS

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COMING NEXT MONTH

GREAT COURSES: Comparative Economics
 COA PIZZA CAFÉ Wed, April 3, noon, \$3,
 Reservations required

AGING IN WAYLAND VENDOR EXPO,
 April 17, 2:30—6:00 p.m.

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
March fee: **\$28**. Pay by the month
Gentle exercise designed to reinforce posture, balance and fundamental movement.
Lucien Zoll, Sr. Instructor, Master Calvin Chin Academy

Bring your water bottle!



Zumba

Wednesdays, 10:30 am
Town Building Gym
\$3 per class, FITBUCKS only*

Join this fun cardio class and dance your way to fitness with Latin music.



Lois' Fit for the Future

Tues. and Thurs., 10 am, Large Hearing Room
\$3 per class, FITBUCKS only*
Aerobic exercise to music; includes stretching, toning and weights. Lois Leav, instructor.

Better Balance

Wednesdays, 1:00 pm, Large Hearing Room
March fee: **\$28**. Pay by the month

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

Thera-Tube

Wednesdays 9:15 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

Note winter meeting location:

- We will meet on both Mondays and Wednesdays at the Natick Mall in front of Dunkin Donuts until spring.

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

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

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

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

What's Happening at the COA?

SENIOR CIRCUIT BREAKER PRESENTATION: A 2018 MASS. INCOME TAX CREDIT

Tuesday, Mar. 5 at 1:30 pm



Brian Lynch from the Mass. Department of Revenue will discuss Circuit Breaker (CB), a valuable, and sometimes overlooked tax credit for which many seniors are eligible. The CB tax credit is part of your 2018 Mass. Income Tax return. Many people who wouldn't otherwise need to file do so just to receive the credit. The maximum state Circuit Breaker credit for 2018 is \$1,100. Households eligible for the Mass. CB credit may also be eligible for the Wayland CB.

Reservations required; call us at 508-358-2990.

SAGES & SEEKERS

Program overview, Wed, March 6, 1:15 pm

Sages & Seekers is a highly-regarded national program that matches older adults (the Sages) with students (the Seekers) in a 7-week program at Rivers School in Weston starting in April. If you want to learn more about this guided conversation and exploration with a high school student, come hear the details with Sages and Seekers Program Coordinator Susan Blumenfeld.

SONGBIRDS OF THE NORTHEAST



With Naturalist John Root

Thursday, March 21, 1:30 pm, COA

Using both photographs and recordings of our region's songbirds, Naturalist John Root will explore the role of song in birds' lives. Listen and learn about what birds sing and why.

He will also talk about songbirds' diet, social behavior and other adaptations for survival, and how to make an attractive habitat for songbirds.

If you're a bird lover, or just curious about birds and their habits, mark your calendar and plan to join us and learn more! Reservations required; call us at 508-358-2990.

This program is supported in part by a grant from the Wayland Cultural Council, a local agency that is supported by the Massachusetts Cultural Council, a state agency.



For Your Convenience

BLOOD PRESSURE CHECK, Available by appointment

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



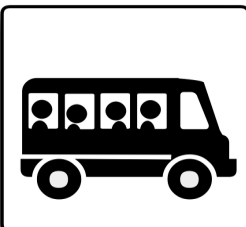
PODIATRY CLINIC: Mon., March 4

For an appointment, call the COA at 508-358-2990. Cost is **\$30.00**. Checks payable to Dr. Cooper. Please make out your check **before** your visit.



SHOPPING TRIPS:

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



Monday, March 11: 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, March 25: 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.

Education/Social Programs



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

Wed., March 6, Noon ~ \$3

Reservations are required by noon on the
Monday preceding the Café.

MENU: Pizza buffet, salad, dessert, beverage.
Cheese-free and gluten-free available upon request
with reservation.



Next Month's Café: Wed, April 3

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

ARCHERY SKILLS

Fridays, March 15—April 19

1:30-2:30pm

Weston Council On Aging



Discover a new indoor leisure activity that can be enjoyed at any age regardless of athletic ability or skill! Increase flexibility and improve muscle memory through the gentle repetition of the shot process. Certified instructors from On the Mark Archery will guide you through a light warmup and stretch routine before shooting the bows. All equipment is provided. Program needs a minimum of 10 to run, so bring a friend to learn together!

Cost: \$120 for the series.

Contact the COA in Weston to register:

781-786-6280 or westoncoa@westonmass.org

MEDICATION TAKE-BACK

Wed., March 6, 11:30am to Noon

Each month before our PIZZA CAFÉ the Wayland Police Department collects unwanted or expired medications at the COA. 11:30am-Noon. *No pre-registration needed.*

ADVANCED WATERCOLORS with CECILIA SHARMA

Fridays, 9:00-11:30am at COA

Six sessions starting March 15.

Cost: \$125

Pre-registration required, please call the COA at
508-358-2990 to sign up.



A Genealogist Looks Back at IMMIGRATION and NATURALIZATION

Tuesday, Mar. 12 at 1pm

**Sponsored by Way-Gen Genealogy and
Wayland COA**

Castle Garden ...Ellis Island ...what was the process to move to, live in and become a citizen of our nation? Genealogist Seema Kenney will present an overview and take your questions.

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.

**THURSDAY AFTERNOON BRIDGE is on
Spring hiatus.** If you are interested in being notified when the group returns, please call the COA Office.



GRANDPARENTS NETWORKING GROUP

Meets on the 2nd Tuesday of each month.

Tues. March 12, 10:30am-noon



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

Join us in a facilitated discussion about these uniquely rewarding and sometimes challenging relationships. Share resource ideas. Bring a friend. This is a casual gathering facilitated by Dr. Dossie Kahn, Youth & Family Services. No reservation required, new members welcome.

Additional Items of Interest

What Are You Thinking? Watch for Our Community Survey and Let Us Know

As part of our year-long *Aging in Wayland* initiative, we will conduct a community survey this spring to identify Wayland residents' concerns and needs as they think about growing older.

We will be looking for input from Wayland residents of all ages. Whether you are a Gen X, a Baby Boomer or one of the Greatest Generation, we want to hear from you. Are you thinking about whether to stay in your home as your needs change? Are you supporting an older friend or family member? We want to know your questions and concerns.

We are putting the final touches on our survey and plan to roll it out in early April. The survey will be available online, on paper or by phone. Stay tuned for complete details in our April newsletter, and please plan to participate!



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: Mar. 5, 2019, 8am

FRIENDS OF THE WAYLAND COA, INC.

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

FRIENDS BOARD: Sue Pope and Nancy Leifer, Co-Presidents; Kara Harvey, VP; John Shaw, Treasurer and Webmaster; Mary Antes, Clerk; Janie Belive; Steve Correia; Judy Larson; Patty MacNeil; Betsy Willard.

PROPERTY TAX RELIEF COMMITTEE

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

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

April meeting date: TBA

WAYLAND CITY LIMITS: CONCERT FOR COMMUNITY ROCK, BLUES, ROOTS, FUNK AND MORE!

A band jam featuring the talent of many Wayland-based musicians



SATURDAY, MAR. 23, 7:30
"AT THE BURR"



Sandy Burr Country Club

Tickets are available at the door (\$25) or save money and buy on-line at www.FriendsofWaylandCOA.org (\$20)

All event proceeds will benefit the Friends of Wayland COA Inc, a 501(c)(3) organization. Thank you Wayland City Limits!

THE VOLUNTEER SPIRIT



As you might guess, I am a big fan of volunteering. I say this from two perspectives. As Volunteer Coordinator here at the COA, I see first-hand how much our volunteers do to support Wayland residents through programs like Meals on Wheels, FISH, and In-Home Fix-It. I also volunteer myself, both for Meals on Wheels and in other ways, and I know the personal benefits first-hand.

If you are thinking about volunteering but don't know where to start, call me or come by. In addition to our own volunteer opportunities, we also have a book full of other ways to help in the MetroWest area. You might also check out volunteermatch.org. Finding a way to meet needs that also meets *your* needs is what it's all about.

Warmly,
Ann Gordon

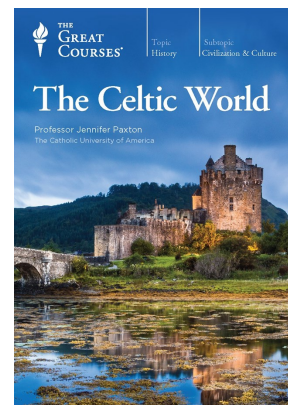
West Suburban Veterans Services District
781-489-7509
Sarada Kalpee, Director
@ Wayland on Tues. 9am—4pm
781-850-5504

Education/Social Programs (cont.)

The Great Courses DVD Lecture Series

MONDAYS at 1pm (March, 4, 11, 18, 25) Closed Captioning (CC)
“THE CELTIC WORLD”

In **The Celtic World**, discover the incredible story of the Celtic-speaking peoples, whose art, language, and culture once spread from Ireland to Austria. This series of lectures explains the traditional historical view of who the Celts were, then contrasts it with brand-new evidence from DNA analysis and archeology that totally changes our perspective on where the Celts came from. European history and culture have been profoundly affected by the Celts, from the myth of King Arthur to the very map of the United Kingdom, where the English confronted the peoples of the “Celtic Fringe.” With a wealth of historical expertise, Professor Jennifer Paxton, Director of the University Honors Program and Clinical Assistant Professor of History at The Catholic University of America, guides you through each topic related to Celtic history with approachability and ease as you unearth what we once thought it meant—and what it may actually mean—to be Celtic. Professor Paxton’s engaging, often humorous delivery blends perfectly with the facts about the Celts to uncover surprising historical revelations.



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, March 8: **GREEN BOOK (2018) PG-13, Drama, 130 minutes**

When Tony Lip (Viggo Mortensen), a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive Dr. Don Shirley (Mahershala Ali), a world-class black pianist, on a concert tour from Manhattan to the Deep South, they must rely on “The Green Book” to guide them to the few establishments that were then safe for African-Americans. Confronted with racism and danger — as well as unexpected humanity and humor — they are forced to set aside differences to survive and thrive on the journey of a lifetime. Based on a true story.

Friday, March 22: **BOHEMIAN RHAPSODY (2018) PG-13, Drama, 134 minutes**

Bohemian Rhapsody is a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury, who defied stereotypes and shattered convention to become one of the most beloved entertainers on the planet. The film traces the meteoric rise of the band through their iconic songs and revolutionary sound, their near-implosion as Mercury’s lifestyle spirals out of control, and their triumphant reunion on the eve of Live Aid, where Mercury, facing a life-threatening illness, leads the band in one of the greatest performances in the history of rock music. In the process, cementing the legacy of a band that were always more like a family, and who continue to inspire outsiders, dreamers and music lovers to this day.

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
Save the Dates: Coming in April <ul style="list-style-type: none"> ♦ COA Café—Wednesday, April 3 ♦ COA 'Aging in Wayland' Vendor Fair - Wednesday, April 17 				1
4 9:30 Walking Club 1:00 Video Lecture: CELTIC WORLD 2:00 Tai Chi Paradigm 2:30 Connections <i>Podiatry Clinic by appt.</i>	5 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:30 Understanding Circuit Breaker	6 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 11:30 Med. Take-Back 12:00 COA Café 1:00 Better Balance 1:15 Sages and Seekers	7 10:00 Lois' F4F 12:30 NO Advanced Bridge (on hiatus)	8 12:30 MOVIE: GREEN BOOK
11 9:30 Walking Club 1:00 Video Lecture: CELTIC WORLD 2:00 Tai Chi Paradigm 2:30 Connections <i>Shop Around Shuttle</i>	12 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 10:30 Grandparents 1:00 Immigration & Naturalization	13 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 1:00 Better Balance 1:30 St. Pat's Irish Coffee House	14 10:00 Lois' F4F 12:30 NO Advanced Bridge (on hiatus) <i>Trip to Flower Show</i>	15 9:00 Watercolor 1:30 Archery, Weston COA
18 9:30 Walking Club 1:00 Video Lecture: CELTIC WORLD 2:00 Tai Chi Paradigm 2:30 Connections	19 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F	20 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 1:00 Better Balance	21 10:00 Lois' F4F 12:30 NO Adv. Bridge 1:30 Songbirds of NE	22 9:00 Watercolor 12:30 MOVIE: BOHE- MIAN RHAPSODY 1:30 Archery, Weston
25 9:30 Walking Club 1:00 Video Lecture: CELTIC WORLD 2:00 Tai Chi Paradigm 2:30 Connections <i>Market Basket Trip</i>	26 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:00 Genealogy	27 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 1:00 Better Balance	28 10:00 Lois' F4F 12:30 NO Advanced Bridge (on hiatus) <i>Legal Clinic (by appt.)</i> <i>Trip to Waterworks</i> Museum	29 9:00 Watercolor 1:30 Archery, Weston COA

WAYLAND CITY LIMITS
 'Concert for Community' Fundraiser,
 Sandy Burr, **Sat., Mar 23, 7:30 pm**

GT: Golden Tones **F4F:** Fit For the Future

Ongoing Services Available at the COA

For information about any of the services described below, call the COA at 508-358-2990.

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

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

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

Medical Equipment Loan Closet The COA accepts donations of new or gently used medical equipment (e.g., shower chairs, commodes, walkers, canes, wheelchairs). For a short term-loan, call us.

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

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

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

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

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

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

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

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

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

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

Transportation Options with the COA

MWRTA Dial-a-Ride: 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, all other travel is based on the meter. Tips expected in cash. Purchase vouchers in advance at the COA. Schedule taxi rides directly through JFK 508-653-4500 on your day of travel.

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

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

News You Can Use



Property Tax Relief Program Applications: Last Chance

The submission deadline for Town of Wayland Property Tax Relief Programs is April 1, 2019. If you typically receive one of these exemptions, please remember that you must submit a new application each year.

The Assessor's Office is available to answer your questions about eligibility or any other aspects of these programs. Please call them at 508-358-3658. The April 1 deadline applies to all of the following:

- ⇒ **Statutory Exemptions**, including elderly, surviving spouse, military veteran-disabled and blind.
- ⇒ **Property Tax Deferral**
- ⇒ **Community Preservation Act (CPA) Exemption**
- ⇒ **The Wayland Circuit Breaker Program (CB)**

TAX SEASON IS HERE!

IRS-trained AARP volunteer tax preparers are available at no charge to help low- and moderate-income seniors. Call the COA at 508-358-2990 to schedule your appointment for completion of your tax return. Appointments will be held in Hearing Rm. 3 by the gym.



SMOC FUEL ASSISTANCE PROGRAM IS NOW ACCEPTING APPLICATIONS



Designed to assist households with lower incomes afford the cost of winter heating bills, LIHEAP (*Low Income Home and Energy Assistance Program*) provides some financial assistance for eligible households. Income limits apply.

For inquiries and help submitting an application, call Outreach Coordinator Sue Hatton at 508-358-2990.

Gross income limits: One person household: \$35,510
Two person household: \$46,437

Calls About Medicare or Social Security: Beware!

Don't respond to phone calls saying your Social Security number has been suspended or you must pay for your new Medicare card. These are common scams. Hang up and report the call to the Wayland Police. The Social Security Administration will never call and ask for your Social Security number or threaten your benefits. New Medicare cards sent out in early 2019 are free and do not change your coverage. The new cards use a unique identifier instead of your Social Security number to help protect your privacy.



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.

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



Wayland on the Move



CALENDAR OF UPCOMING OUTINGS

MARCH

Thursday, 3/14: Boston Flower and Garden Show. Depart COA at 9:15am. Return at 2:00pm. Cost: \$28 for transportation and admission. This year's Show theme is "The Beauty of Balance," which is a key factor in design decisions, plant and material choices, and in cultivating the right-size garden for our lives and budgets. Explore the harmony we create within our gardens, vases and living spaces. Colorful life-sized gardens and vibrant floral designs incorporate the newest design elements. See examples of the popular and healthy food gardening trend ideas for adopting sustainable gardening practices and air-cleansing indoor plants.

Thursday, 3/28: The Waterworks Museum. Depart COA at 10:15am. Return at 2:00 pm. Cost: \$15 for transportation and admission. The Waterworks Museum interprets unique stories of one of the country's first metropolitan water systems. The centerpiece of the Waterworks Museum is its collection of steam engines. Three original coal-powered, steam-driven water pumps are preserved at the Museum and are monuments to 19th century technology and innovation. Currently on exhibit is *Workers of Wachusett, 1896 -1906*. We will make a short stop for lunch on the way home.

APRIL

Tuesday, 4/9: Orchard House in Concord. Depart COA at 9:30. Return by 2:00 pm. \$17 for transportation, admission, and tour. Experience the historic home of the extraordinary Alcott family where Louisa May Alcott wrote and set ***Little Women***. A guided tour of Orchard House introduces visitors to the family members themselves, the household items that held meaning to them, their individual and collective achievements and lasting impact, as well as their influence on characters in the beloved novel, ***Little Women***. Following the visit to Orchard House, we will have lunch at the Colonial Inn in Concord (on your own).

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.

APRIL (cont.)

Thursday, 4/18: Botticelli: Heroines & Heroes at the Isabella Stewart Gardner Museum. Depart COA at 10:30am. Return at 4:00 pm. Cost: \$30 for admission, tour and transportation. In 1894, Isabella Stewart Gardner bought the *Story of Lucretia*, bringing the first Botticelli to America. *Heroines & Heroes* reunites *Lucretia* with its companion *Virginia*, a pair of paintings conceived for the Vespucci family palace in Florence. Together with additional extraordinary loans from Europe and the United States, this exhibition invites you to explore Botticelli's revolutionary narratives, as he reinvented ancient Roman and early Christian heroines and heroes as Renaissance role models. Contemporary interpretations by award-winning graphic novelist Karl Stevens forge connections between past and present, examining the legacy of these complex tales in our own era.

MAY

Thursday, 5/2: Boston Symphony Open Rehearsal. Depart COA at 9:15am. Return by 1:30pm. \$15 for transportation only. **WWW.BSO.ORG.**

Tuesday, 5/14: Frida Kahlo and Arte Popular at the MFA. Depart COA at 9:15. Return at 2:00 pm. Cost: \$12 for transportation only. Senior rate of \$23 paid upon arrival. Following the recent acquisition of *Dos Mujeres (Salvadora y Herminia)* (1928), this is the MFA's first exhibition on Frida Kahlo. It tightly focuses on Kahlo's lasting engagements with arte popular, exploring how her passion for objects such as decorated ceramics, embroidered textiles, children's toys, and devotional retablo paintings shaped her own artistic practice. A selection of Kahlo's paintings is brought together with representative examples of arte popular. Bringing fresh attention to Kahlo as an ambitious, ever-evolving painter, this exhibition also opens broader discussions about the influences of anonymous folk artists on famed modern painters.

SHOP-AROUND SHUTTLE & MARKET BASKET/MARSHALLS TRIP



See details on page 3.



ST. PATRICK'S DAY IRISH COFFEE HOUSE

WED., MARCH 13, 1:30-3:00 PM

Large Hearing Room

Cost: \$5.00

Reservations required, call 508-358-2990

Come celebrate St. Pat's Day with us!

ENTERTAINMENT BY THE BLACK VELVET BAND & INISHFREE STEP DANCERS

Enjoy your favorite Irish tunes and American standards with Boston's premier Irish show band, The Black Velvet Band. Sing along, tap your toes and join the line dancing fun if you'd like. Irish Stepdancers from the Inishfree School of Irish Dancing will be back by popular demand to perform. Sip on mock Irish coffee from our hot and cold beverage bar, and enjoy some light snacks with a nod to St. Pat. Remember, everyone's Irish on St. Patrick's Day!

COME EARLY FOR LINEDANCING LESSONS!

Come a little early (arrive at 1:00) and join us for a 30-minute introductory line dancing lesson. It's easy and fun, and great exercise, too. Enjoy the lesson just for fun, or put your new skills to use — try out your moves when the band starts to play! Join us!



OUR SNOW POLICY: *If Wayland Public Schools are closed due to the weather, then all COA programs (including home-delivered meals) are canceled for the day. If the Wayland Town Building is open, the COA office will be open for information and referral.*

The Wayland COA News

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Wayland MA 01778
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