




WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

MAY 2018

The Wayland Council on Aging, 41 Cochituate Road, Wayland, MA 01778
Ph: 508-358-2990 Fax: 508-358-7175 www.wayland.ma.us
Office Hours: Mon., 8am-7pm; Tues-Thurs, 8am-4pm; Fri, 8am-12:30pm

Program Registration:
Mon 9-6; Tues-Thurs
9-3:30; Fri 9-Noon

MAY HIGHLIGHTS		Pg.		
☼	MEDICATION TAKE BACK with WAYLAND POLICE at COA Wed, May 2, 11:30am-Noon. Dispose of unwanted or expired medications.	4	HEALTH/ WELLNESS p 2	
☼	COA PIZZA CAFÉ Wed., May 2, Noon, \$3, Reservations required.	4	EDUCATION/ARTS p 3	
☼	Floral Workshop with Wayland Garden Club, Thursday, May 3, 10am Pre-registration required. Wayland residents only.	4	CALENDAR p 6	
☼	The Great Courses DVD Lecture Series Sampler. Every Monday, 1pm MAY TOPIC: LIFE IN THE WORLD'S OCEANS An award-winning professor of marine science unlocks the mysteries of life in the world's oceans. Closed Captioning (CC) Starts Mon, May 7, (No meeting May 28, Memorial Day, Town Bldg. closed.)	3	TRANSPORTATION AND SERVICES pp 8-9	
☼	SHOP-AROUND SHUTTLE: May 7, Advance Reservation required.	10	TRAVEL & COA VAN p10	
☼	TAI CHI PARADIGM, Mondays 2pm, see p. 3	3	MOVIES p12	
☼	SPRING CONCERT with Sudbury Valley New Horizons Band, Sat. May 5, 3pm, No Charge, Wayland Middle School. Program includes classical pieces, show tunes, a classic Funk/Jazz tune "Birdland," and more.		*****	
☼	'DOCUMENT DAY at the COA' for Healthcare Proxy and Power of Attorney. Mon., May 14, No charge. Meet privately with an attorney from MetroWest Legal Services and complete these important legal documents. Intake forms due back to COA on or before May 1. By appt only.	4	Director: Julie Secord, M-F	
☼	BIRDS OF MONOMOY National Wildlife Refuge A 45-min video will be personally narrated by Wayland Conservation Land Manager Brian Harris. Tues., May 15, 1:30pm , COA, N/C, Reservation required.	5	Office Coordinator: Nancy Greenwood, M-F	
☼	CHARLIE CARDS EVENT, Thurs, May 31, 10am-Noon MWRTA Charlie Cards are compatible with the MBTA Charlie Cards. Bring a photo ID verifying your age of 65 or more and receive your Senior Charlie card at the COA. Charlie cards qualify you for reduced travel rates.	5	Outreach Coordinator : Sue Hatton, M-F	
JUNE HIGHLIGHTS:			Project Coordinator : Shawna Levine, M-W	
♦	COA's Summer Outdoor Concert Series starts Thursday June 14, 7pm-8pm, 5 weeks. All ages welcome. Bring chairs if outside, p. 3	3	Volunteer Coordinator: Ann Gordon, T-Th	
♦	Property Tax Work-Off applications available starting June 1; Informational coffee about the program on June 4, 10:30am	3	BayPath Home Delivered Meals: 508-573-7200	
♦	Summer Picnic: Wednesday, June 20, noon. Stay tuned for details in June.		S.H.I.N.E. Counselors Kathleen Woehrling Penny Wilson	
♦	Bruce Hambro presents Frank Sinatra: Wednesday, June 27, 1:00 pm.		Property Tax Work-Off Becky Patterson Wednesday 9-11am	
			COA WayCam Liaison: Joanne Kwarta	
			West Suburban Veterans Services District Sarada Kalpee, Director Tuesday 9am-4pm Selectmen's Office 781-850-5504 Regional VA Office 781-489-7509 *****	
			Find us on 	
			The Wayland COA is on Facebook! Follow us for updates, photos, and more. Tell your family members!	

Health & Wellness Programs

Please bring a
water bottle to
all classes



Fitness Classes at a Glance

	DAY	FEE	DATES	TIME	LOCATION
FIT FOR THE FUTURE*	Tues/ Thurs	\$3/class-FIT BUCKS* ONLY	Tue & Th	10-11am	Large Hearing Room
ZUMBA*	Wed	\$3/class-FIT BUCKS* ONLY	Every Wed.	10:30-11:30 am	Town Bldg. Gym
THERA-TUBE*	Wed	\$3/class-FIT BUCKS*ONLY	Every Wed.	9:15-10:15 am	Large Hearing Room
TAI CHI PARADIGM	Mon.	May: \$21 5/7, 5/14, 5/21 (No class 5/28 - Holiday)	Every Monday	2pm	Large Hearing Room
BETTER BALANCE	Wed	\$35	Every Wed.	1-2 pm	Large Hearing Room

**FIT BUCKS are required
to pay for all Drop-In classes.*
Stop by the COA to purchase FIT BUCKS—
\$3 per ticket or bundle of 5 tickets for \$15.



“TRY IT” POLICY:
When trying any of our on-going exercise
programs, your first class is **FREE**.
Go ahead—try something new!

Lois’ FIT FOR THE FUTURE Tuesday and Thursdays, 10am-11am, \$3/class. Pay only when you attend.
Instructor: Lois Leav. Aerobic exercise to music, includes stretching, toning and weights.

ZUMBA Wednesdays, 10:30am-11:30am, Town Building Gym, \$3/class. Pay only when you attend.
Instructor: Ellen Cohen-Kaplan, CPT, OTR. A cardio fitness class to Latin music.

THERA-TUBE Instructor: Ellen Cohen-Kaplan, Certified Personal Trainer, OTR. Resistance bands with handles to increase range of motion and strength. Bands are light and easy to use for people of all abilities. Learn to use the bands safely and effectively at home and on the go.



TAI CHI PARADIGM: Gentle exercise designed to reinforce posture, balance and fundamental movement. Instructor: Lucien Zoll, Sr. Instructor. See p. 3

BETTER BALANCE Wednesdays, 1 pm. Develop strategies to prevent falls and maintain independence. Learn breathing and relaxation techniques. Instructor: Leslie Worris of the Wellness Alliance. Great for beginners looking for a change from their usual routine. Pay by the month (see chart above).



Note: Many health insurance plans reimburse for fitness classes held at the COA.

Contact your plan’s Membership Services Department to check their policy. The COA will provide you with payment histories if needed.

New happenings at the COA

TAX WORK-OFF PROGRAM for FY19

(July 2018 –March 2019)

INFORMATIONAL COFFEE

Monday, June 4, 10:30am

Would you like to earn money to offset your property taxes by working in a Town Department? Come join us for coffee on Monday, June 4 at 10:30am to learn about the program and the opportunities available. Please join us even if you have participated in the past, as we will review the updated application.

Tax work-off applications will be available starting June 1, 2018 at the COA office. Turn applications in to COA on or before June 29 at noon to be entered into the July lottery. Applications received after that date will be processed in order received.

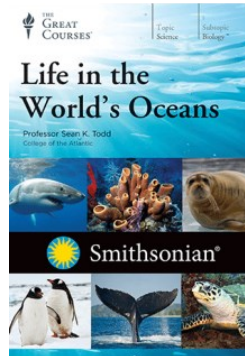
*The IRS considers Tax Work-Off participants temporary part-time employees and subject to Federal and Medicare deductions.

The Great Courses DVD Lecture Series

Life in the World's Oceans

Mondays, 1pm-2pm: May 7, 14, 21

(No presentation on the holiday May 28, Memorial Day)



From the phytoplankton that can only float at the whim of wind and currents to the gray whale that migrates 16,000 kilometers each year, you will be amazed at the variety of life in the seas and what we have only recently learned about its biology, evolution, life cycles, and adaptations. Marine life is even more otherworldly and fantastical

than we ever imagined, and **Life in the World's Oceans** brings you face to face with these exciting creatures. The Great Courses has partnered with the Smithsonian to produce a vivid exploration of life in this fascinating space—the environment that accounts for 99 percent of Earth's habitable space.

Closed Captioned (CC)

The Monday DVD lecture series topics change each month. Enjoy a sampling of lectures by highly recognized presenters.



Spread the word ...Everyone's invited to COA's FREE

7th Annual Community Concert Series

June 14—July 12

Thursdays 7-8 PM

Wayland Town Building Courtyard

(Large Hearing Room if raining)

June 14: Southbound Train: Country Band 🎵

June 21: Club Soda: Top 40's 🎵

June 28: The Tom Nutile Big Band 🎵

July 5 : Sudbury Valley New Horizons Band 🎵

July 12: Local Freight: Bluegrass 🎵

Special thanks to our sponsors

Alkon & Levine, P.C, Royal Wayland,

The Village Bank, Traditions of Wayland,

Middlesex Savings Bank,

Joanne Berry: Coldwell Banker



THE TAI CHI PARADIGM

Master Calvin Chin Academy

“A modern approach to an antiquated way”

Mindful meditation in motion.

Mondays, 2-3pm, Large Hearing Room

Appropriate for all abilities.

Pay by the month (\$7/class).

May schedule: 3 Mondays in May = \$21

With our ‘Try It’ policy, first class free.

(Belmont COA has successfully offered Tai Chi Paradigm classes for 16 years!)

Additional Health Programs



BLOOD PRESSURE CHECK

Arrange for a free Blood Pressure Check by calling the Wayland Health Department: 508-358-3617

PODIATRY CLINIC: The next Podiatry Clinic is

Monday, May 7, 2018

- 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 appointment.



Education/Social Programs



Sample the varieties at the
1st WEDNESDAY
COA PIZZA BUFFET CAFÉ
Wed., May 2, Noon, \$3

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

MENU: PIZZA BUFFET
Salad, Dessert, Beverage

A no-cheese pizza option is always available.

(with Medication Take Back 11:30am-Noon)

Join us next month on June 6

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

MEDICATION TAKE-BACK
Wednesday, May 2, 11:30am-Noon

On the FIRST WEDNESDAY of every month, in conjunction with the PIZZA CAFÉ, The Wayland Police Department will be at the COA to collect unwanted or expired medications and sharps 11:30am-Noon.

No pre-registration needed to drop off medications.

Advanced WATERCOLORS w/ Cecilia Sharma
at the WAYLAND ART CENTER

Fridays, 10am-12:30pm

Call for current session dates and cost.
Pre-registration and pre-payment required.



GRANDPARENTS NETWORKING GROUP

Tuesday, May 8

10:30 am-noon

2nd floor Small Conference Room, Town Building.

No charge, No reservations.

Group meets on the 2nd Tuesday of each month.

Join us in a facilitated discussion about these unique relationships that can be both richly rewarding and sometimes challenging. Share resource ideas. Bring a friend. This is a casual gathering facilitated by Dr. Dossie Kahn, Youth & Family Services.



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 others, enjoy good conversation and meet new friends. This informal group, facilitated by Wayland resident Irma Bloom, is for everyone. Come when you can.

◇ GENEALOGY:

2nd and 4th Tuesdays, 1:00pm

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

◇ BRIDGE:

Thursdays, 12:30pm

Players need to arrive by **12:30** to be included in table rotation. This group is for advanced or HIGH intermediate players.

HEALTHCARE PROXY & POWER OF ATTY

Mon, May 14,

By appointment only.

Call COA for availability.

An attorney from MetroWest Legal Services will execute Health Care Proxy and Power of Attorney documents by appointment only at the COA on May 14. There is no charge.

FLORAL WORKSHOP

with the Wayland Garden Club

Thursday, May 3

10am, COA



The Wayland Garden Club invites Wayland residents to a FREE floral workshop. Create a take-home arrangement! Bring clippers (if you have them) and a box to carry your arrangement. Everything else is provided.

This class is currently on wait list.



Stay up to date on all the exciting COA happenings! The **COA NEWSLETTER** is mailed free of charge to Wayland residents age 60 and older. If you would like to be added to our list, call the COA at 508-358-2990. If you live outside of Wayland, there is a \$10 annual mailing fee. View the newsletter any time on our website: www.wayland.ma.us *(Select Council on Aging)*

Education/Social Programs, *continued*

THE BIRDS OF MONOMOY NATIONAL WILDLIFE REFUGE

Video and Q&A with Naturalist Brian Harris

Tuesday, May 15, 1:30pm, COA

Join Wayland Conservation's land manager Brian Harris for a video presentation of the Birds of Monomoy National Wildlife Refuge followed by Q&A. The refuge, located in Chatham, is composed of two barrier islands located two to six miles from the mainland. During the summer, the island hosts a colony of 20,000 nesting common terns among a host of other nesting endangered species. Brian worked at the refuge over a period of five years. He will be your personal narrator as you view the 45-minute video showing day-to-day operations of living on the wildlife refuge island during the summer.

Monomoy National Wildlife Refuge (NWR) was established in 1944 to provide habitat for migratory birds. Sand stretches for eight miles off the elbow of Cape Cod, forming the barrier islands of North and South Monomoy. In addition to the two islands, a 40-acre unit on Morris Island is also part of the refuge. The refuge provides important resting, nesting and feeding habitat for migratory birds, including the federally protected piping plover and roseate tern. The refuge supports the second largest nesting colony of common terns on the Atlantic seaboard.



CHARLIE CARD EVENT: May 31 10AM-NOON at COA

Stop by anytime during this event for an easy and convenient way to get a Senior Charlie Card. The card provides eligi-

bility for fare discounts on a variety of MBTA and MWRTA transportation systems. Discount is available to those age 65 and over. Bring a photo ID to the event to verify your age and complete an application to receive your senior Charlie Card. A photographic ID will be created while you wait. There is no charge for the card. Charlie Cards are a convenient and a less costly way to ride the local MWRTA or MBTA system (e.g., Riverside into Boston).

How it works: Upon arrival, complete a short MWRTA application and you will be given a number. Enjoy coffee or the newspaper until your number is called. In just minutes, your Charlie Card is ready!

Charlie Cards are available regularly at the MWRTA office in Framingham, however this special event offers a convenient local opportunity courtesy of the MWRTA Outreach Program.

WAYLAND COUNCIL ON AGING

The Wayland COA 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.

BOARD MEMBERS:

Betsy Soule, Chair; Bill Sterling, Vice Chair; Mary Antes, Clerk; Evelyn Ekmejian; Carol Glick; Nancy Leifer; Becky Patterson; Ellen Scult; Denise Yurkofsky. Meetings are held the 1st Tues. of each month at 8am in the Town Building. Meetings are subject to change; check town calendar.

Tuesday, May 1, 2018, 8am

FRIENDS OF THE WAYLAND COA, INC.

A 501(c)3 dedicated to the support of COA programs, services, and equipment that cannot be financed through the COA's town budget due to limited line item allocation.

FRIENDS BOARD:

Betsy Willard, President; Jane Capasso, VP; Mary Kelly, Treasurer; Mary Antes, Clerk; Janie Belive; Steve Correia; Kara Harvey; Judy Larson; Nancy Leifer; Patty MacNeil; Sue Pope; John Shaw.

PROPERTY TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets bi-monthly on the second Wednesday at 7pm.

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

NEXT MEETING: Wed., June 13, 2018 at 7pm.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<div>MAY</div>	9:15 GT Nuggets 1 10:15 Golden Tones 10:00 Lois' F4F	9:15 Thera-Tube 2 10:30 Zumba 11:30 Med take-back 12:00 COA Café 1:00 Better Balance ⇒ Trip to Newport Playhouse	3 10:00 Lois' F4F 10:00 Floral Workshop 12:30 Bridge (Advanced Players)	4 10:00 Watercolor	
	1:00 Video 7 Lecture Series: Life in the World's Oceans 2:00 Tai Chi Paradigm 2:30 Connections ⇒ Podiatry-by appt. ⇒ Shop Around Shuttle	9:15 GT Nuggets 8 10:15 Golden Tones 10:00 Lois' F4F 10:30 Grandparents 1:00 Genealogy	9:15 Thera-Tube 9 (COA) 10:30 Zumba 1:00 Better Balance (COA)	10 10:00 Lois' F4F 12:30 Bridge (Advanced Players)	11 10:00 Watercolor 12:30 MOVIE: Darkest Hour
	1:00 Video 14 Lecture Series: Life in the World's Oceans ⇒ Document Day at COA: By app't only 2:00 Tai Chi Paradigm 2:30 Connections	9:15 GT Nuggets 15 10:15 Golden Tones 10:00 Lois' F4F 1:30 Birds of Monomoy	9:15 Thera-Tube 16 10:30 Zumba 1:00 Better Balance	10:00 Lois' F4F 17 12:30 Bridge (Advanced Players) ⇒ Legal Clinic-by appt. ⇒ Trip to Harvard Square	18 10:00 Watercolor 12:30 MOVIE: The Post
	1:00 Video 21 Lecture Series: Life in the World's Oceans 2:00 Tai Chi Paradigm 2:30 Connections ⇒ Trip to Market Basket	22 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F 1:00 Genealogy Trip to Arnold Arboretum	9:15 Thera-Tube 23 10:30 Zumba 1:00 Better Balance	24 10:00 Lois' F4F 12:30 Bridge (Advanced Players)	25 10:00 Watercolor
	28 Memorial Day HOLIDAY Town Building CLOSED	29 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F	9:15 Thera-Tube 30 10:30 Zumba 1:00 Better Balance	31 10:00 Charlie Card Event 10:00 Lois' F4F 12:30 Bridge (Advanced Players)	LEGEND: GT: Golden Tones F4F: Fit for the Future AC: Wayland Art Ctr.

From the Outreach Desk

~Sue Hatton



Across the country, older Americans – a rapidly growing population – are taking part in activities that promote wellness and social connection. They are sharing wisdom and experience with future generations, and are giving back to enrich their communities. Older Americans everywhere are working and volunteering, mentoring and learning, leading and engaging.

For 55 years, Older Americans Month (OAM) has been observed to recognize older Americans and their contributions to community. Led by the Administration for Community Living's Administration on Aging, every May offers an opportunity to hear from, support, and celebrate this population. This year's OAM theme, "Engage at Every Age," emphasizes the importance of being active and involved, no matter 'where' or 'when' you are in life. You are never too old (or too young) to participate in activities that can enrich your physical, mental, and emotional well-being.

Research and common sense say that staying socially engaged and physically active can improve the quality of life for older adults. The COA strives to offer a wide variety of programs and activities that facilitate engagement, from Great Courses to art lessons to exercise classes. Read through our newsletter, try something new, or suggest a new program. We welcome your ideas on new ways to "engage at every age."

Volunteer Corner

We have about 140 volunteers who support the COA's work in various ways, and we could not possibly do what we do without their generosity and skill. This month, I want to highlight the work of two groups of volunteers.

First, a special thank-you to our volunteer tax preparers who meet with low- and moderate-income seniors during tax season to help them complete their tax returns. These IRS-trained AARP volunteers provide an invaluable free service each year, and we are very grateful for their help.

Also, a new study just published in a respected health journal shows that home-delivered meals often reduce the need for health care services, including ER visits, for nutritionally vulnerable individuals. Kudos and thanks to our Meals on Wheels volunteers for the important difference they make in the lives of those they serve.

Warmly,
Ann Gordon

SERVICES AVAILABLE AT THE SENIOR CENTER

In addition to our many programs, we offer a variety of ongoing services to provide assistance to older adults. For information about any of the services described below, call the COA at 508-358-2990.

⇒ **Information and Referral** Our Outreach Coordinator, Sue Hatton, provides free information about a wide variety of resources, benefits programs and services available for older adults and their families. Please call 508-358-2990.

⇒ **Fuel Assistance** Fuel assistance is a LIHEAP (Low Income Home Energy Assistance Program), administered through SMOC. COA is a local intake site. Contact Outreach Coordinator Sue Hatton for further information. Program runs from Nov-April.

⇒ **Friendly Caller Program** Volunteers provide a friendly phone call to homebound residents who may benefit from a caring conversation.

⇒ **In-Home Fix-It Program** Our volunteer handy-people assist elders at home with small jobs such as changing a light bulb or smoke alarm battery. The volunteer service is free—you pay only for needed supplies.

⇒ **Medical Equipment Loan Closet** On Tue. and Thurs. the COA accepts donations of new or gently used medical equipment (including shower chairs, commodes, walkers, canes, wheelchairs, transport chairs). To borrow equipment, for short term loans, call the COA office 508-358-2990.

⇒ **File of Life** Free! These small magnetic folders attach to your refrigerator and list your pertinent medical information, doctors, emergency contacts, etc. This data can be invaluable to emergency personnel. Call the COA office today to get one—it could save your life! Folders are provided courtesy of *The Friends of the Wayland Council on Aging*.

⇒ **Town Elections/Meetings Services** Transportation to every Town Election and to all sessions of the annual Spring and Fall Town Meeting is provided by the COA. Advanced reservations are required. Call the COA at 508-358-2990 at least 48 hours in advance for a ride reservation.

⇒ **Meals On Wheels** are provided through the *Elder Nutrition Program* at BayPath Elder Services. For more information please call BayPath at 508-573-7200. Meals are delivered to participants M-F.

⇒ **Free BLOOD PRESSURE check by Wayland Health Department.** By appointment. Call Ruth Mori, Community Health Nurse, 508 358-3617.

⇒ **Free Legal Consult** Elder law attorney Denise Yurkofsky is available to discuss legal issues. Call the COA to schedule a free, 20-minute appointment.

⇒ **SHINE (Serving Health Insurance Needs of Everyone on Medicare)** Trained volunteers provide free counseling about health insurance. Our SHINE Counselors are Kathleen Woehrling and Penny Wilson. Call COA for appointment.

⇒ **Lock boxes** Allow access to your home in the event you call 911 Emergency and cannot get to the door. Store a house key in a small locked box that is secured to your house in an inconspicuous place. Only Wayland rescue personnel have access. 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** As time and supplies are available, Wayland Firefighters will come install free smoke and CO detectors and provide fire safety training to Wayland Seniors. Call the COA to place your name on this 'wait list only' program.

Other Helpful Resources:

☎ **BayPath Elder Services:** 508-573-7200

☎ **Domestic Violence Hotline:** 1-877-785-2020 or visit www.domesticviolenceroundtable.org

☎ **Elder Abuse Hotline:** 1-800-922-2275

☎ **Springwell Protective Services:** 617-926-4100

☎ **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

☎ **Social Security--Waltham:** 1-800-772-1213

☎ **State Senator Richard Ross:** 617-722-1555

☎ **Representative Carmine Gentile:** 617-722-2014

☎ **Representative Alice Peisch:** 617-722-2070

☎ **Wayland Community Fund:** 508-358-3624

☎ **Wayland Council on Aging (COA):** 508-358-2990

☎ **Wayland Housing Authority:** 508-655-6310

COA Transportation Choices

IMPORTANT INFO on TAXI VOUCHERS

- ⇒ Taxi Vouchers for the current fiscal year are now lime green.
- ⇒ Orange vouchers have expired and are no longer accepted by JFK.
- ⇒ If you have any questions, please call COA 508 358 2990 .

MWRTA: "DIAL-A-RIDE"

WHO: All Wayland residents 65 years of age or older, and disabled of any age. Note: You must be pre-registered with MWRTA to schedule a ride. For registration forms, call the MWRTA at 508-820-4650 or the Wayland COA at 508-358-2990.

WHAT: Handicapped accessible, shared ride van providing curb-to-curb transportation, on an "as available" basis throughout the MetroWest community. Rides may be for shopping, leisure, work, and/or medical appointments.

WHEN: Mon.-Fri., 7am – last pickup at 6:30pm.

WHERE: Travel anywhere within the MWR-TA communities Ashland, Framingham, Holliston, Hopkinton, Marlboro, Natick, Sherborn, Southborough, Sudbury, Wayland, and Weston. **\$2 each way. ALSO, to Woodland MBTA station. \$3**

EXTENDED SERVICES FOR MEDICAL RIDES ONLY:

Berlin, Dover, Hudson, Lincoln, Maynard, Medfield, Medway, Milford, Millis, Needham, Newton, Northborough, Shrewsbury, Stow, Upton, Waltham, Wellesley, Westborough, and Emerson Hospital in Concord. **\$3 each way.** Boston, Worcester, Brookline, Jamaica Plain (VA Hospital only). **\$5 each way.**

TO SCHEDULE A RIDE: Call MWRTA "Dial-A-Ride" 508-820-4650, Mon.-Fri., 8am-4pm, no more than two weeks – and no less than 48 hours - **prior to your ride.**

PAYMENT: Upon registration you will establish a fare account with the MWRTA; accounts are automatically debited on the day of your ride

VAN DESCRIPTION: A white, handicapped-accessible van signed either: **MWRTA-Kiessling** **MWRTA- DIAL A RIDE.**

MEDICAL TAXI VOUCHERS

WHO: All Wayland seniors (60+ years of age) and/or disabled of any age. **Call JFK 508-653-4500.**

WHAT: A discounted taxi ride for **medical appointments** only and **medically related activities at the COA** including exercise classes, SHINE, legal appointments and medical seminars.

WHEN: Taxis avail. 7 days/week , 6:30am -10pm.

WHERE: Wherever you need to go for your medical appointment. Multiple vouchers may be used. **Taxi rides to Boston hospitals are fixed rate—\$60 in meter time each way—using medical taxi voucher tickets brings your cost down to \$36.**

COST: A book of tickets worth \$25 of meter time can be purchased for \$15.00 (each book has 5 tickets and each ticket is worth \$5.00 of meter time). Taxi voucher books are available at the COA or by mailing a check to the COA. (Single vouchers worth \$5 of meter time may be purchased for \$3 each).

NOTE: A taxi driver gratuity IS expected and must be paid in cash, not with a voucher.

F.I.S.H. (Friends In Service Helping)—Medical rides only

FISH is a VOLUNTEER organization that offers rides to Wayland residents of any age who have no other way to get to local *medical appointments*.

Riders pay tolls and parking fees. Donations are not expected, but those who wish to donate should make checks out to the *Town of Wayland*.

To request a ride: Call 508-358-3474 at least ONE WEEK AHEAD of your appointment date. You will reach the FISH ANSWERING MACHINE. Please leave your NAME, ADDRESS, PHONE NUMBER, DATE, TIME, and LOCATION of appointment. A telephone volunteer will call to confirm your request and make every effort to find an available driver.

MWRTA: FIXED ROUTE BUSES: Available to all ages. A network of buses operating 6 days/week and connecting to locations throughout the MetroWest area. Two routes run through south Wayland. Convenient travel to the Natick Mall, Sherwood Plaza, or other stops. Call 1-888-996-9782 or www.mwrta.com for details.

Wayland on the Move

CALENDAR OF UPCOMING OUTINGS

For additional information, please contact the COA, visit our website, or stop by and pick up flyers.

MAY

Wednesday, 5/2: Exit Laughing at the Newport Playhouse. Depart COA at 8:45. Return approx. 6 pm. After experiencing Newport's beautiful Ocean Drive, you're off to the Newport Playhouse and Cabaret restaurant. Here you will enjoy a great buffet, a wonderful play and a fun cabaret performance. Cost: \$90 includes sightseeing, admission to the Playhouse, buffet luncheon, motor coach transportation and driver gratuity. Insurance is available for \$10 at time of registration. Checks payable to Fox Tours.

Thursday, 5/17: Harvard Square in Cambridge
Depart COA at 9:15 am, Return at 2:00 pm. Cost: \$10 for transportation only. Travel to Harvard Square where you will choose how to spend your day. Shop, dine at one of many restaurants or visit the Harvard Art Museum (\$13) featuring the Inventur exhibit or the Harvard Museum of Natural History featuring the glass flowers (\$10).

Monday, 5/21: Market Basket & Marshalls: Depart COA at 9:15 am. Return by 1:30 pm. N/C. Home pick-ups available by request.

Tuesday, 5/22: Arnold Arboretum: Depart COA at 9:00 am. Return by 2:00 pm. Cost: \$20 for admission, tour and transportation. The Arnold Arboretum is a National Historic Landmark and one of the best preserved of Frederick Law Olmsted's landscapes. Occupying 281 acres, the Arboretum's living collection of trees, shrubs, and woody vines is recognized as one of the most comprehensive and best documented of its kind in the world. Explore the Arboretum's past, present, and future with this tour of special collections, seasonal highlights, Arboretum history, mission, and more. The tour will be on our van with a few stops and some walking. The tour runs rain or shine. We will stop for lunch on the way home.

COA Trip Policy: Registration for Wayland residents is open when the trip is advertised. Payment is required at the time of registration. Register in person or send in a check made out to the Town of Wayland, specifying the trip you are registering for. Non-residents may register on the 15th of the month. For non-residents, checks received before the 15th of the month will be processed on the 15th. Due to financial commitments, refunds will only be given if the vacancy is filled.

JUNE

Tuesday, 6/12: Eataly Boston. Depart COA at 9:30, return at 2:00 pm. Cost: \$10 for transportation only. Eataly is the largest Italian marketplace in the world, committed to promoting high-quality yet affordable regional Italian food with a local twist. There are restaurants, cafés, a bakery and every essential grocery department including sweets, spreads and jams; more than 100 olive oils, dry pastas and condiments; a housewares section; a book store and much more! It has been described as a Foodie's Disneyland.

Tuesday, June 26: Castle Hill, the Crane Estate and Woodman's. Depart COA at 9:30 AM. Return by 4:00 PM. Cost: \$25 for transportation and tour. The Crane Estate Great House offers an opulent glimpse of the family's life in the roaring 20's. We will then head to Woodman's in Essex for lunch (on your own).

6/30-7/1: The Boston Red Sox vs. the New York Yankees in NYC plus Ellis and Liberty Islands.
Price: \$339 Double Occupancy, includes roundtrip motor coach transportation, 1 night hotel, breakfast, terrace level reserved seating at Yankee Stadium including all you can eat and drink package at the game, ferry ride to Liberty and Ellis Island, tour director and driver gratuities. \$100 deposit confirms reservation, final payment due May 18. Checks payable to Best of Times.

2018 Motor Coach Trips

7/26: Gloucester Harbor Cruise with lobster bake

8/22: No Tell Motel at the Newport Playhouse

9/21-9/23: Lake George Balloon Festival

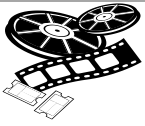
10/3: Norman Rockwell Museum with lunch at the Red Lion Inn in Stockbridge

12/6: Holiday Pops at Symphony Hall

SHOP-AROUND SHUTTLE NEWS

The Shop Around Shuttle runs monthly on the 2nd Monday of the month next two dates: May 7 & June 11.

The Shop-Around Shuttle is a great way to get your around-town errands done. Stops include Stop & Shop, the library, Panera and CVS. Home pick-ups begin at 10am. Free, but reservations required.



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, May 11, **DARKEST HOUR (2017) PG-13, 125 minutes, Drama**

Starring Academy Award winner Gary Oldman and directed by Joe Wright, **DARKEST HOUR** is the dramatic and inspiring story of four weeks in 1940 during which newly-appointed British Prime Minister Winston Churchill's courage to lead changed the course of world history.

Friday, May 18, **THE POST (2017) PG-13, 116 minutes, Drama, Mystery, Suspense**

Steven Spielberg directs Meryl Streep and Tom Hanks in this thrilling drama about the unlikely partnership between The Washington Post's Katharine Graham, the first female publisher of a major American newspaper, and editor Ben Bradlee as they race to catch up with The New York Times to expose The Pentagon Papers, and a massive cover-up of government secrets that spanned three decades and four U.S. Presidents.

A Tight Squeeze

As the Town Building continues to undergo frozen pipe/flood remediation work, the location of some programs may be affected. Some town departments have been entirely relocated to accommodate the work. COA programs may need to be canceled or moved. Call the COA if you have questions.

Thank you for your flexibility!

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