



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

MAY 2019

**This is an updated version
with revised movie selec-
tions on pages 6 and 7.**

Massachusetts Bar Association presents:

IMPORTANT LEGAL QUESTIONS AS WE AGE

Presenter: Attorney James Tabner

Wednesday **EVENING**, May 29, 7pm, COA

How is your legal vocabulary? Are you familiar with:

- ◆ Estate Planning Documents
- ◆ The Probate Process
- ◆ Power of Attorney (Non-Durable, Durable and Springing Durable)
- ◆ Medicare vs Medicaid
- ◆ Estate Taxes vs Gift Taxes
- ◆ Trusts (revocable, irrevocable, supplemental)

Whether you are creating a plan for yourself or helping a family member, join us for this informative presentation. Q&A will follow.

This is a free program provided by the MBA Elder Law Education program. It is offered as part of the COA's Aging in Wayland initiative. Reservations requested.

THANKS TO ALL FOR MAKING OUR

“Aging in Wayland ” VENDOR EXPO SUCH A SUCCESS!

More than 175 attended our *Aging in Wayland* Vendor Expo on April 17 at Wayland High School to gather information about how to support healthy, safe and productive aging. Thank you to all who came, to the local vendors who participated, our sponsors and special thanks to volunteers who helped us make it all happen.

Watch for more *Aging in Wayland* events throughout the coming year.



HIGHLIGHTS

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COMING NEXT MONTH

- GREAT COURSES: Washington DC (Great Courses teams up with Smithsonian)
- COA PIZZA CAFÉ: Wed, June 5, noon, \$3, Reservations required
- Applications for Tax Work Off available at COA beginning June 3.

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?

Firehouse Breakfast Salute for Retiring Fire Chief David Houghton Tuesday, June 11, 9am -10:30am, COA



Join us as we thank Fire Chief David Houghton for his 38 years of service and wish him well. Enjoy a bite from our Firehouse Breakfast buffet! There will be a brief presentation at 10:00am. Don't miss your chance to say thanks! Reservations appreciated.

NEW THIS SPRING!

THURSDAY MORNING SCRABBLE!

Thursdays, 10:00am, COA

Do you enjoy Scrabble, or want to learn? Would you enjoy playing with new or old friends? Word games are a great source of fun and mental stimulation. No reservations needed, just stop by and play!



Boston Medical Taxi Tickets: Update

Boston Medical Taxi Vouchers will change color July 1, from the current 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 in cost from \$36 to \$42 (maintaining the same 40% discount). Purchase two tickets for a round-trip.

Questions? Just call us at 508-358-2990.

FLORAL WORKSHOP

With the Wayland Garden Club
Thursday, May 9, 10:30am, 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 home. We'll supply the rest.

This class is a popular offering and goes to waitlist quickly. Call us at 508-358-2990.

SURVEY CLOSING SOON: LET US HEAR FROM YOU!

What Are You Thinking? Take Our Community Survey

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



Take the survey online at:

<https://www.surveymonkey.com/r/AginginWayland>.

Paper copies will also be available at the COA.

Whether you are a Gen X, a Baby Boomer or one of the Greatest Generation, we want to hear from you. Are you or a family member thinking about how or whether to stay in your home as your needs change? We want to know your questions and concerns. The survey will be available from April 3—May 15. Let us hear from you!

DELVENA THEATRE COMPANY PRESENTS:

ISABELLA

Thursday, May 23, 1:30 PM
Large Hearing Room



Step back in time and meet Isabella Stewart Gardner, the famed founder of the Gardner Museum in Boston. Learn about her life, charm, friends, travels, stylish taste and unconventional behavior. Starring Fran Baron and Lynne Moulton, this is an informative and entertaining presentation. Q&A after performance. Refreshments will be served.

This performance is supported in part by a grant from the Wayland Cultural Council, which is supported by the Massachusetts Cultural Council, a state agency.



NEW! FRIDAY MORNING OPEN STUDIO WORKSHOP

Fridays, 9:00—11:00am



Bring your art or craft to the COA on Friday mornings for a time of creativity and camaraderie. Are you a knitter, painter, jewelry maker, quilter, scrapbooker, or simply a creative soul? Join together for inspiration and conversation with others who love to create. We'll supply the coffee, you bring the creativity!

What's Happening at the COA?



1st WEDNESDAY COA Pizza Buffet Café Wed., May 1, 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, June 5

MEDICATION TAKE-BACK

Wed., May 1, 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.*



GRANDPARENTS GROUP

Meets on the 2nd Tuesday of each month.

*New date this month only: **Tues. May 7, 10:30-noon***

2nd floor Small Conference 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.



THURSDAY AFTERNOON BRIDGE is on Spring hiatus. To be notified when the group returns, please call the COA Office.

ANNUAL DOCUMENT DAY

Health Care Proxy and Power of Attorney

Thursday, June 6 at COA with Atty Vera Ochea
Metrowest Legal Services will execute Health Care Proxy and Power of Attorney documents by appointment only. There is no charge.

HOW IS IT DONE?

Residents who are requesting a Health Care Proxy and/or Power of Attorney must first complete a "Client Intake Sheet." Those forms will be available at the COA starting Wed., May 1 and must be returned to the COA no later than Wednesday, May 22.

When picking up your intake sheets, you will schedule a 15-minute appointment to meet with the MWLS attorney at the COA on Thursday, June 6.

At your June 6 appointment, the attorney will review your document(s) with you and clarify any concerns before you sign. You will leave with a signed original plus additional copies your document(s).

TAX WORK-OFF PROGRAM for FY'20 INFORMATIONAL COFFEE Monday, June 3, 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 3 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 3, 2019 at the COA office. Applications received 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.

PROTECT YOURSELF from MEDICARE FRAUD! Wednesday, May 22, 10:30am, COA

Fraudulent Medicare claims total \$60 billion each year! Join us for a discussion on how to prevent, detect and report healthcare errors, fraud and abuse. This workshop will provide you with the tools to become a more informed and engaged healthcare consumer. Presented by the Mass. Senior Medicare Patrol (SMP) Program.

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 May fee: \$21

Class meets May 6, 13, 20

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.

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.

- Mondays, meet at COA
- Wednesdays, meet at Rail Trail by the Library

In inclement weather, meet at the Natick Mall by Dunkin Donuts

Better Balance

Wednesdays, 1:00 pm, Large Hearing Room

Pay by the month May fee: \$21

Class meeting May 15, 22, 29

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, May 13: 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, May 20: 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.

TRANSPORTATION TO TOWN MEETING:

April 29 & 30, May 1. 7pm; (Sun. May 5, 1pm, if needed).



Transportation is available for Wayland residents age 60+ for all elections and for each date of Town Meeting.



Reservations are required and must be made at least 48 business-hours in advance of the election and Town Meeting. To make a reservation for a ride, call the COA at 508-358-2990

PODIATRY CLINIC: Mon., May 6



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.

THE VOLUNTEER SPIRIT



Memorial Day is an important reminder to remember with gratitude those who fought for our country. And for many it is also a day to remember loved ones of all kinds.

Through the years we have had to say goodbye to volunteers who have served the town through the COA, including most recently John Antes, who delivered meals and drove for FISH for more than 20 years. John personified volunteerism: He pitched in wherever and whenever he was needed; he was reliable, flexible, good-hearted and good-humored. He cared a lot about Wayland and Waylanders. We will miss him, and we are grateful for his service, as we are for all those who, like him, continually look for ways to serve others.

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., May 7, 8am

FRIENDS OF THE WAYLAND COA, INC.

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

FRIENDS BOARD: Janie Belive, President, Marie Winter, Vice President; John Shaw, Treasurer and Webmaster; Mary Antes, Clerk; 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

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 (May 6, 13, 20) Closed Captioning (CC)

May 6 **COMPARING ECONOMIC SYSTEMS** concludes with a look at the Eastern Bloc nations as well as China's history, the impact of industrialization on that country and the overthrow of Chairman Mao's ideas after his death.



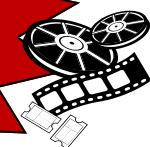
May 13, 20 **THE SCIENCE OF GARDENING**
Linda Chalker-Scott, an Associate Professor of Horticulture at Washington State University will guide you in developing a science-based, sustainable, vibrant home landscape.



May 27 **Town Building is closed. Memorial Day Observed**

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

**NOTE: We've
changed the
showing dates for
our May movies.**



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 10: IF BEALE STREET COULD TALK (2018), R, Romantic drama, 1hr 59min

In early 1970s Harlem, daughter and wife-to-be Tish vividly recalls the passion, respect and trust that have connected her and her artist fiancé Alonzo Hunt, who goes by the nickname Fonny. Friends since childhood, the devoted couple dream of a future together, but their plans are derailed when Fonny is arrested for a crime he did not commit. (Stephan James, Regina King, KiKi Layne)

Friday, May 31: THE UPSIDE (2019), PG-13, Comedy-drama, 2hr 6min

Two mischievous New Yorkers from opposite backgrounds bond as an ex-con is hired to be the caretaker for an affluent quadriplegic. The pair form an unlikely friendship while they show each other how to live life to the fullest in this winning dramedy. (Kevin Hart, Bryan Cranston, Nicole Kidman)

MAY

Monday	Tuesday	Wednesday	Thursday	Friday
GT: Golden Tones F4F: Fit For the Future		1 9:15 Thera-Tube: 9:30 Walking Club 10:30 Zumba : GYM 11:30 Med. Take-Back 12:00 COA Café 1:00 NO Better Balance	2 10:00 Scrabble 10:00 Lois' F4F 12:30 NO Advanced Bridge (on hiatus) <i>Trip to Symphony</i>	3 9:00 Open Studio Art & Craft
6 9:30 Walking Club 1:00 Video Lecture: Comparative Economics 2:00 Tai Chi Paradigm 2:30 Connections <i>Podiatry Clinic</i>	7 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 10:30 Grandparents	8 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 1:00 NO Better Balance *CANCELED: Vintage Fashion Show. It will be rescheduled	9 10:00 Scrabble 10:00 Lois' F4F 12:30 NO Advanced Bridge (on hiatus) 10:30 Floral Workshop <i>Legal Clinic</i>	10 9:00 Open Studio Art & Craft 12:30 MOVIE: IF BEALE STREET COULD TALK
13 9:30 Walking Club 1:00 Video Lecture: Science of Gardening 2:00 Tai Chi Paradigm 2:30 Connections <i>Shop Around Shuttle</i>	14 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:00 Genealogy <i>Trip Frida Kahlo at MFA</i>	15 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 1:00 Better Balance	16 10:00 Scrabble 10:00 Lois' F4F 12:30 NO Advanced Bridge (on hiatus)	17 9:00 Open Studio Art & Craft
20 9:30 Walking Club 1:00 Video Lecture: Science of Gardening 2:00 Tai Chi Paradigm 2:30 Connections <i>Trip to Market Basket</i>	21 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F <i>Trip to Davis Museum</i>	22 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 10:30 Medicare Fraud 1:00 Better Balance	23 10:00 Scrabble 10:00 Lois' F4F 12:30 NO Advanced Bridge (on hiatus) 1:30 Delvena presents Isabella	24 9:00 Open Studio Art & Craft
27 HOLIDAY TOWN BUILDING CLOSED	28 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:00 Genealogy	29 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 1:00 Better Balance 7pm Legal Questions	30 10:00 Scrabble 10:00 Lois' F4F 12:30 NO Advanced Bridge (on hiatus)	31 9:00 Open Studio Art & Craft 12:30 MOVIE: THE UPSIDE

(NOTE THAT THIS IS A CHANGE IN MOVIE SELECTION FROM PREVIOUS POSTING)

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Ongoing Services Available at the COA

FOR INFORMATION ABOUT ANY OF THE SE 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

New! Beginning MAY 8, 2018
ALZHEIMERS CAREGIVER SUPPORT GROUP
 2nd Wed. of Each Month, 1:30—3:00 p.m.

At Carriage House at Lee's Farm
134 Boston Post Rd, Wayland

Are you the primary caregiver for someone with Alzheimer's or another form of dementia? Do you feel isolated, overwhelmed, or simply not understood by friends and family? Then perhaps being part of a support group is for you. For information, call Michael Abend from Extended Family of Wayland. 508-318-4885.

Wayland Community Fund

The Wayland Community Fund serves Wayland residents temporarily in need of financial assistance. Payments are made directly to vendors of service for:

- Utilities
- Medicine
- Rent
- Food
- Medical expenses
- Clothing

Please call **508-358-3624** for more information. Applications are available on **Town of Wayland** website.



High Prescription Drug Costs? Prescription Advantage May Help!

Prescription Advantage is a state assistance program which may lower the amount you pay for prescription drugs. It also allows qualified applicants to join or change their Medicare drug plan or Medicare Advantage plan. Eligibility is based on income only and there is no asset limit. Who can join?

- For Massachusetts residents eligible for Medicare, Prescription Advantage may provide secondary drug coverage if you are either:
 - ⇒ 65 or older, annual income at or less than \$62,450 for a single person or \$84,550 for a married couple, or,
 - ⇒ Under 65 with a disability, annual income at or less than \$23,481 single person or \$31,791 married.
- For Mass. residents 65 or older, or under 65 with a disability and not eligible for Medicare, Prescription Advantage may provide primary drug coverage.

Call Prescription Advantage to enroll over the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), or, on line at www.prescriptionadvantagemma.org

Questions? Call COA for a SHINE appointment.

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

MAY

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

Tuesday, 5/14: Frida Kahlo and Arte Popular at the MFA. Depart COA at 9:15. Return at 2:00pm. 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. There are several options for lunch at the Museum and nearby.

Tuesday, 5/21: Art Latin America: Against the Survey at the Davis Museum in Wellesley. Depart COA at 10:45am. Return at 1:30pm. Cost: \$15 for admission, tour, and transportation. We will have a guided tour of this special exhibit which highlights the Davis Museum's extensive and diverse collection of "Latin American Art," formed over the past twenty years. *Art Latin America* features some 150 works of art by 99 artists (about a third of them women) from twelve countries, including twenty-five born in the United States: Among the artists in the show are Ansel Adams, Olga Albizu, Lola Álvarez Bravo, Francis Alÿs, Gunther Gerzso, José Clemente Orozco, Roberto Matta, Ana Mendieta, Liliana Porter, Alice Rahon, and Grete Stern. Following the tour, you will have time to tour the rest of the museum.

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.

JUNE

Thursday, 6/6: Frederick Law Olmstead National Historic Site: Depart COA at 9:15am, Return by 2:00pm. Cost: \$10.00. Explore the influence Frederick Law Olmsted, his sons, and their associates had on the American landscape. The Olmstead firm designed the US Capitol Grounds and worked on the Jefferson Memorial, White House and National Mall. The trip will include a tour of the historic design office and time to explore the grounds on your own. On the way home, we will stop at The Street shopping plaza 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 (on your own).

Summer 2019 Preview

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 9:30. Return by 3:00 pm. \$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*. With expressive lines and brazen colors, Lautrec depicted the defining gestures, costumes, and expressions of spectacular performers, many of whom were his personal friends,

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.

Spread the word — Everyone's invited to COA's FREE
8th Annual Community Concert Series

June 13—July 18
Thursdays 7-8 PM
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 4th!
July 11: Sudbury Valley New Horizons Band 🎵
July 18: The Standards: Oldies and Classic Rock

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