



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## NOVEMBER 2018

HIGHLIGHTS	Pg
<b>THE GREAT COURSES DVD LECTURES</b> Mondays, 1pm ANCIENT CIVILIZATIONS OF NORTH AMERICA (Closed Captioning, CC)	6
<b>STATE ELECTION</b> , Tues, Nov 6. Rides available with advanced reservation	3
<b>COA CAFÉ</b> Wed, Nov. 7, noon, \$3, Reservations required w/ <b>Medication Take-Back</b> from 11:30am-noon	4
<b>AGING IN WAYLAND</b> , A Conversation with the COA Wednesday, Nov. 7, 1:15pm, after Pizza Café	4
<b>'ALL ABOARD' PHOTOGRAPHIC JOURNEY OF BOSTON TO PORTLAND, OREGON RAIL TRIP</b> , Thursday, Nov. 8, 1:30pm	3
<b>CHILDREN'S HOLIDAY SHOPPE WORKSHOPS</b> Help us get ready! See page 4 for dates. Craft Workshops 10:30-noon; Jewelry Workshop 1:30-3pm	4
<b>COA THANKSGIVING LUNCHEON</b> Wed., Nov. 14, Noon. Enjoy turkey and trimmings, and saxophonist and singer Brian Kane with music of the Swing Era and Great American Songbook. Reservations, \$9	3
<b>FLORAL ARRANGEMENT WORKSHOP</b> Thursday, Nov 15, 10:30am Wayland residents only, reservation required.	5
<b>JEWELRY STUDIO WORKSHOP, "Make It, Take It"</b> with Wayland Jeweler, Norma Radoff. Tuesday, November 20, 1:30pm	4
<b>FAMILY &amp; FRIENDS CPR CLASS</b> Wed., Nov. 28, 1:30 pm, COA Instructor: Assistant Fire Chief Neil McPherson	5
<b>MEDICARE OPEN ENROLLMENT CONTINUES:</b> Oct 15-Dec 7, Individual consultations are available by appointment, call now to schedule.	
<b>It's Flu Shot Season! Call the Wayland Health Dept. to get yours:</b> <b>508-358-3617. Home visits are available if needed.</b>	

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.

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

West Suburban Veterans

Services District 781-489-7509

Sarada Kalpee, Director

@ Wayland Tues. 9am-

4pm 781-850-5504

BayPath Meals on Wheels:

508-573-7200

### ~ COMING IN DECEMBER ~

Watch for more information in our December newsletter!

- \* COA CAFÉ Wed, Dec. 5, noon
- \* CHILDREN'S HOLIDAY SHOPPE, Mon. Dec. 3, 3:30-5:30pm, Large Hearing Room
- \* GETTING AROUND USING UBER & LYFT, Tues., Dec. 4, 1:00-2:30pm
- \* HOLIDAY LUNCHEON, Wed., Dec. 12, with Shane Wood Jazz Band
- \* LINCOLN BELL RINGERS, Wed., Dec. 19

Find us on 

The Wayland COA is on Facebook! Follow us for updates, photos, and more. Tell your family members!

The Wayland Council on Aging ~ 41 Cochituate Road, Wayland, MA 01778 ~ 508-358-2990 ~ [www.wayland.ma.us](http://www.wayland.ma.us)

Office Hours: Mon., 8am-7pm; Tues-Thurs, 8am-4pm; Fri, 8am-12:30pm

## Fitness Programs

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 am 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, 2pm

NO CLASS Nov. 12

November fee \$21 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 10:30am ; NO CLASS Nov. 21

Town Building Gym

\$3 per class, FITBUCKS only\*

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

### Better Balance

Wednesdays 1:30 pm

Nov. 7: Hearing Room

Nov. 14 : Gym

Nov. 28: Hearing Room

November fee:: \$21 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!

**\*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.

### Lois' Fit for the Future

Tues. and Thurs., 10am Large Hearing Room

NO CLASS Nov. 6; Nov. 29 in COA

\$3 per class, FITBUCKS only\*

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

### Thera-Tube

Wednesdays 10am; Nov. 14 in Gym;

NO CLASS Nov. 21; Large 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 - New Schedule

Mondays & Wednesdays at 9:30 am

Meet Thursday, Nov. 1, 9:30 at COA. Beginning November 5, walk on Mon. and Wed. Note different meeting locations:

- \* Mondays: meet 9:30 at the COA
- \* Wednesdays: meet 9:30 at the Rail Trail

## What's Happening at the COA?

### COA THANKSGIVING LUNCHEON



Wednesday, Nov. 14, Noon.  
Reservations, please

Thanksgiving is the unofficial kick-off to the holiday season. Come welcome the season with friends and neighbors as you enjoy a traditional turkey luncheon with all the trimmings, and delicious apple crisp for dessert.

The great food and camaraderie will be enhanced by the music/vocals of popular Saxophonist Brian Kane and music from the Swing Era and The Great American Songbook. Reservations please. \$9

### "ALL ABOARD" — A PHOTOGRAPHIC JOURNEY, Boston to Portland, Oregon

Thursday, Nov. 8, 1:30pm

Jim Metcalf has been a rail fan since the age of 4, when he took his first train ride. Since his earliest days, his ambition has been to ride the rails from coast to coast. In 1994 he realized that dream, riding by train to San Francisco. In 2018 he rode the *Lake Shore Limited* from Boston to Chicago and the *Empire Builder* from Chicago to Portland, Oregon.



Jim has stories and memories and many beautiful photos to share from these trips. Join us to hear and see all about his railway memories!

## For Your Convenience

### SHOPPING TRIPS

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

#### Monday, November 19

**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, November 26


**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.



### STATE ELECTION TUESDAY, NOVEMBER 6



 Transportation to the polls for Wayland residents age 60+, or younger with a disability, is available for all elections.

 Reservations are required and must be made at least 48 business-hours in advance of the election. To make a reservation for a ride, call the COA at 508-358-2990 by 4pm on Thursday, Nov. 1.

### BLOOD PRESSURE CHECK

Arrange for a free blood pressure check by calling the Wayland Health Department: 508-358-3617



### PODIATRY CLINIC: Monday, November 5

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.



## Education/Social Programs



Sample the varieties at the

### 1st WEDNESDAY COA Pizza Buffet Café

**Wed., November 7, Noon ~ \$3**

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

**MENU:** Pizza buffet, salad, dessert, beverage.  
Cheese-free and gluten-free pizza are always available.



**Next Month's Café will be: Wed, Dec. 5**

A generous grant from the Friends of Wayland Council on Aging funds this ongoing program.

### MEDICATION TAKE-BACK

**Wed., November 7, 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.*

### AGING IN WAYLAND: A CONVERSATION WITH THE COA

**Wed. November 7, 1:15pm**

following the Pizza Café

What is the COA's role in the life of Wayland, or in your life? What services do you use? What services do you anticipate needing? We'd like your feedback as we explore these questions together.

Please join us for a lively, facilitated discussion about Aging in Wayland and how the COA can best understand and anticipate the needs of our community.



### GRANDPARENTS NETWORKING GROUP

*Meets on the 2nd Tuesday of each month.*

**Tues. Nov. 13, 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.

### CRAFT AND JEWELRY WORKSHOPS

Join us to create handcrafted sale items for the COA's 31<sup>ST</sup> CHILDREN'S HOLIDAY SHOPPE. Volunteers Kathy Hodge and Norma Radoff will provide supplies and instruction. Help us sew, stuff, glue or gift box items. Learn jewelers' techniques to create earrings, bracelets and more.



**CRAFTING AND PACKAGING WITH KATHY HODGE:**  
Wednesdays Oct. 31, Nov. 7 & 28 at 10:30am

**JEWELRY WORKSHOP W/ JEWELER NORMA RADOFF:**  
Wednesdays Oct. 31 and Nov. 7 at 1:30pm

### BRING US YOUR OLD JEWELRY & BEADS

Drop off unwanted jewelry and beads and we'll re-purpose them in our jewelry workshops. Beautiful recycling!



### JEWELRY STUDIO WORKSHOP

with Wayland Jeweler Norma Radoff  
Tuesday, November 20, 1:30pm

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

### 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 techniques and fascinating stories from the past.

**Bridge**  
**Thursdays, 12:30pm**

Arrive by 12:30 to be included in table rotation. For advanced or high-intermediate players.



## Additional Programs of Interest



### FLORAL ARRANGEMENT WORKSHOP

Thursday, Nov 15, 10:30am, Selectmen's Meeting Room

Just in time for Thanksgiving! The Wayland Garden Club welcomes Wayland residents to their Fall floral workshop with the COA. Reservations are required.

Priority given to first-time participants. Limited space. Please bring clippers if possible, and a box to transport your arrangement home.

### ADVANCED WATERCOLORS with CECILIA SHARMA

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

**Cost: \$125**

**New session: Oct. 26, Nov 2 & 30, Dec. 7, 14, 21**

*Pre-registration and pre-payment required.*



**CPR**

### FAMILY & FRIENDS CPR CLASS

Wednesday, November 28, 1:30 pm, COA

**Instructor: Assistant Fire Chief Neil McPherson**

If someone around you experienced abnormal breathing or loss of consciousness, would you know what to do? The "Family & Friends CPR" class will equip you with skills that could help you to be effective if someone needed your help.

Whether you come alone or bring a friend of any age, register for this 75-minute class to learn CPR (Cardiopulmonary Resuscitation). This class does not meet the requirements for a CPR course completion card if required for a job. However, it is ideal for community groups, new parents, grandparents, babysitters, and others interested in learning how to save a life. The skills are taught in a small group environment using the American Heart Association's research-proven "practice-while-watching technique."

Class size is limited. Please pre-register by calling the COA. No fee.



### JOIN OUR WALKING CLUB

**Mondays (beginning Nov. 5) & Wednesdays, 9:30 am**

Walking just two days a week can greatly improve your overall health. Walking with a group is also a great social experience. Our last Thursday walk will be on November 1, and starting November 5 we will walk on Mondays and Wednesdays. On Mondays we will meet at the COA at 9:30am. Wednesdays the group will meet at 9:30am at the new Rail Trail near the library. The group walks for up to an hour and the routes vary. Join us!

### 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.

**Tuesday, Nov. 13, 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 second Wednesday at 7pm.

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

**Wednesday, Dec. 12 at 7pm**

#### Interested in Volunteering?

Volunteering is good for body and soul, and good for our community. If you have a little or a lot of time, if you can use a phone or drive a car, put stickers on newsletters or change someone's lightbulb, we have a role for you. Join our friendly crew of warm and wonderful volunteers. We can also tell you about other opportunities in the area that might interest you.

Join our team! Call 508-358-2990



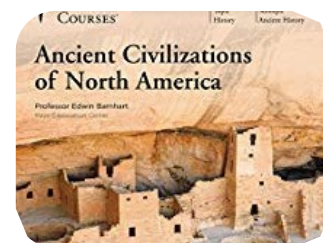


## Education/Social Programs (cont.)

### The Great Courses DVD Lecture Series

**EVERY MONDAY at 1pm**

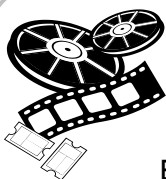
Closed Captioning (CC)



#### NOVEMBER: ANCIENT CIVILIZATIONS OF NORTH AMERICA

Join the Director of the Maya Exploration Center, Dr. Edwin Barnhart, PhD, to discover the astounding accomplishments of the ancient North Americans and their significant legacy. The peoples of ancient North America were exceptionally knowledgeable about their environment, but their intellectual and artistic curiosity went much beyond the immediate need for food and safety. Beginning thousands of years ago, and without benefit of written language, native peoples became mathematicians, construction and soil engineers, astronomers, urban planners, and more. They developed thriving cities, extensive trade routes, canals to bring water to the desert, and earthworks we still marvel over today. This special series will conclude in November.

*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, November 2: OCEAN’S 8 (2018), PG-13, Action & Adventure, Comedy, 110 minutes**

Starring Sandra Bullock, Cate Blanchette, and Anne Hathaway. Upon her release from prison, Debbie, the estranged sister of legendary conman Danny Ocean, puts together a team of unstoppable crooks to pull off the heist of the century. Their goal is New York City's annual Met Gala, and a necklace worth in excess of 150 million dollars.

#### **Friday, November 16: TEA WITH THE DAMES (2018), Documentary, 94 minutes**

What happens when four legends of British stage and screen get together? Dame Maggie Smith, Dame Judi Dench, Dame Eileen Atkins, and Dame Joan Plowright are among the most celebrated actresses of our time, with scores of iconic performances, decades of wisdom, and innumerable Oscars, Tonys, Emmys, and BAFTAs between them. They are also longtime friends who hereby invite you to join them for a weekend in the country as they catch up with one another, reminisce, and share their candid, delightfully irreverent thoughts on everything from art to aging to love to a life lived in the spotlight. Bursting with devilish wit and whip-smart insights, *Tea With The Dames* is a remarkable opportunity to spend time in the company of four all-time greats--up close and unfiltered.

# NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>NEW DATE!</b> Join us on the <b>Family Fun Walk!</b> Rescheduled for Wed. Nov. 21 at 9:30am. Work up an appetite for Thanksgiving by walking the Rail Trail with family and friends of all ages. Meet at the Rail Trail by the Library. See you there!</p> <p><b>Go4Life</b></p>				
<p><b>5</b> 9:30 Walking Club 1:00 Video Lecture: <i>ANCIENT CIVILIZATIONS OF NORTH AMERICA</i> 2:00 Tai Chi Paradigm 2:30 Connections  Podiatry - by appointment</p>	<p><b>6</b> <b>ELECTION DAY</b> <i>Call the COA by Thurs. Nov. 1 at 4pm if you need a ride to the polls.</i>  All COA programs cancelled due to limited parking at this polling site</p>	<p><b>7</b> 9:15 Thera-Tube 9:30 Walking Club 10:30 Hol. Shoppe Crafts 9:15 Thera-Tube 10:30 Zumba 11:30 Med. Take-Back 12:00 COA Café (RR) 1:00 Better Balance 1:15 Aging in Wayland 1:30 Jewelry</p>	<p><b>1</b> 9:30 Walking Club 10:00 Lois' F4F 12:30 Advanced Bridge</p>	<p><b>2</b> 9:00 Watercolor Class  12:30 MOVIE: OCEAN'S 8</p>
<p><b>12</b> <b>VETERANS DAY HOLIDAY</b>  TOWN BUILDING IS CLOSED</p>	<p><b>13</b> 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 10:30 Grandparents 1:00 Genealogy</p>	<p><b>14</b> 9:15 Thera-Tube (Gym) 9:30 Walking Club 10:30 Zumba 12:00 Thanksgiving Luncheon (RR) 1:00 Better Balance</p>	<p><b>15</b> 10:00 Lois' F4F (COA) 10:30 Floral Arranging 12:30 Advanced Bridge  Trip to BSO</p>	<p><b>16</b> 12:30 MOVIE: TEA WITH THE DAMES</p>
<p><b>19</b> 9:30 Walking Club 1:00 Video Lecture: <i>ANCIENT CIVILIZATIONS OF NORTH AMERICA</i> 2:00 Tai Chi Paradigm 2:30 Connections <i>Shop Around Shuttle (RR)</i></p>	<p><b>20</b> 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:30 Jewelry Work shop</p>	<p><b>21</b> NO Thera-Tube 9:30 Walking Club/ Family Fun Walk 10:30 NO Zumba 1:00 NO Better Balance TOWN BUILDING CLOSSES AT NOON</p>	<p><b>22</b> <b>THANKSGIVING HOLIDAY</b>  TOWN BUILDING IS CLOSED</p>	<p><b>23</b> <b>THANKSGIVING HOLIDAY</b>  TOWN BUILDING IS CLOSED</p>
<p><b>26</b> 9:30 Walking Club 1:00 Video Lecture: <i>ANCIENT CIVILIZATIONS OF NORTH AMERICA</i> 2:00 Tai Chi Paradigm 2:30 Connections <i>Market Basket Trip (RR)</i></p>	<p><b>27</b> 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:00 Genealogy  Trip to Russian Icons Museum</p>	<p><b>28</b> 9:30 Walking Club 10:30 Zumba 10:30 Hol. Shoppe Crafts 1:00 Better Balance 1:30 Friends &amp; Family CPR</p>	<p><b>29</b> 10:00 Lois' F4F (COA) 12:30 Advanced Bridge</p>	<p><b>30</b> 9:00 Watercolor</p>

## December Preview:

12/4 Getting Around w Uber & Lyft  
12/7 COA Café (RR)  
12/12 Holiday luncheon  
12/19 Lincoln Bell Ringers

**RR:** Reservations required    **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** This LIHEAP (Low Income Home Energy Assistance Program) program, run by SMOC, runs Nov—April. COA is a local intake site. Call us for further information.

**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. Advanced reservations are required. Call us at 508-358-2990 at least 48 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 on June 1 of each year and work must be completed by the end of the following March.

**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 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.

## Transportation Options

**MWRTA Dial-a-Ride:** For 65+, or disabled of any age. \$2 each way within MWRTA communities, \$3 or \$5 each way for medical rides beyond. Pre-register with MWRTA or get details by calling 508-820-4650.

**Medical Taxi Vouchers:** For Waylanders 60+ or disabled of any age. Through JFK Transportation, discounted taxi ride for medical appointments or medically-related activities at the COA. Pay \$15 for \$25 worth of meter time, or \$36 each way to Boston hospitals. Tips expected in cash. Vouchers available at the COA. Call JFK 508-653-4500 for scheduling.

**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: 508-358-3474 or COA: 508-358-2990 w/ questions.

**Shopping Trips:** Free monthly trips to Marshalls and Market Basket, and monthly Shop-Around Shuttle in Wayland to run local errands. See p. 3 for details.



## News You Can Use

### Getting Around Using Uber & Lyft Tuesday, December 4, 1:00pm

Are you looking for ways to save on transportation costs but go further? Do you want to keep healthy and active in your community? Curious how rideshare (using Uber/Lyft) can work for you? Join this 90-minute session and get introduced to ride-share. We will answer common concerns and questions, and download the app.

**Presenter:** Jane Gould, PhD, is the author of "Aging in Suburbia," a book about transportation choices and future mobility. She is trained as a transportation planner and has more than fifteen years of experience developing change-agent campaigns for transit and public agencies. She keeps an interactive blog on technology, *Dear Smartphone*, and has been an active trainer for rideshare and on-demand mobility since 2016.



### SMOC FUEL ASSISTANCE PROGRAM OPENS NOVEMBER 1, 2018

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 for one person: \$35,510; for two-person household: \$46,437.



### A Home Delivered Meal on Thanksgiving Day Thursday, November 22nd

Would you enjoy having a warm Thanksgiving meal delivered to you by a friendly neighbor on Thanksgiving Day?

Please call us at the COA to sign up for the Thanksgiving meal program through the Good Shepherd Parish. Parishioners prepare and deliver hundreds of holiday meals to all in need of a warm meal and a friendly face. Meals arrive around noon, warm and ready to eat. Many volunteers will be happy to stay and visit for a while to help bring good cheer to your holiday. There is no charge.

**Questions? Interested? Want to sign up?**  
**Call the COA at 508-358-2990**

### Community Giving and Receiving



As the holidays approach, many individuals and community groups look for ways to reach out and help their neighbors with gifts or other thoughtful gestures. Often, they contact the COA for help in distributing their good cheer.

Our Outreach Coordinator, Sue Hatton, is currently compiling a confidential list of people who would welcome a holiday gift from an organization or individual. It needn't be about financial need; sometimes we all just need a little extra holiday cheer.

**If you are interested or have any questions, please call Sue at 508-358-2990.**

## OTHER HELPFUL RESOURCES

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

**Caregiving Resources:** [www.caregivingmetrowest.org](http://www.caregivingmetrowest.org)

**Domestic Violence Hotline:** 1-877-785-2020 or visit  
[www.domesticviolenceroundtable.org](http://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 Food Pantry:** 617-694-6137

**Social Security:** 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:** 508-358-2990

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



# Wayland on the Move



## CALENDAR OF UPCOMING OUTINGS

### NOVEMBER

**Friday, 11/9: The International Museum of World II in Natick.** Depart COA at 9:30am. Return at 12:30. Cost: \$25 for transportation and admission which includes the audio guide. Visiting The International Museum of World War II is a unique experience. You will see the most comprehensive collection of World War II artifacts, letters and documents in the world. All visitors must fill out a waiver of liability before the trip and bring I.D. Please fill out the waiver when you register.

**Thursday, 11/15: Boston Symphony Open Rehearsal.** Depart COA at 9:15am. Return approx. 1:30pm. The cost is \$50.00 for transportation to all four concerts: November 15, January 10, February 7 and May 2. Transportation for individual rehearsals will be available for \$15 as space allows. Riders must purchase their own Boston Symphony tickets: **Box office 888-266-1200: [WWW.BSO.ORG](http://WWW.BSO.ORG).**

**Tuesday, 11/27: Museum of Russian Icons:** Depart COA at 10:00am. Return at 2:00pm. Cost: \$15 for transportation, admission and tour. We will start with a tour of the permanent collection. Then view the special exhibit: *Corncobs to Cosmonauts, Redefining the Holidays During the Soviet Era*. The west gallery will be transformed into a Russian winter wonderland featuring more than 150 Soviet-era ornaments displayed alongside New Year's Trees together with holiday toys, books and cards. Also on display is an exhibit on Winter Matryoshka, a selection of winter and seasonal nesting dolls. There is a Russian Tea room for specialty drinks

**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 if your spot is filled.

### SHOP-AROUND SHUTTLE & MARKET BASKET/MARSHALLS TRIP

We've moved this information to page 3!



### DECEMBER

**Tuesday, 12/18: Vaillancourt Folk Art.** Depart COA at 9:15am. Return at 2:00pm. Cost: \$20 for tour and transportation. Vaillancourt Chalkware is a fine art collectible that is hand painted in the Sutton, MA studios. The tour includes a behind-the-scenes journey from the pouring technique to the hand painting, antiquing, and signing of each piece. Also included is a walk through the Vaillancourt Folk Art Museum. The tour concludes in the retail gallery.

**Thursday, 12/27: Empresses of China's Forbidden City at the Peabody Essex Museum.** Depart COA at 9:30am. Return at 4pm. Cost: \$30 for admission and transportation. This exhibition is the first to explore the role of empresses in shaping China's last dynasty- the Qing dynasty - from 1644 to 1912. Nearly 200 spectacular objects from the Palace Museum tell the little-known stories of how imperial women influenced court politics, art and religion. There are several other special exhibits and of course a vast permanent collection. The atrium café is available for lunch and there are many local restaurants within walking distance.

### JANUARY

**Thursday, 1/10: Telephone Museum & Lunch in Waltham:** Depart COA at 10:00am. Return at 2:00pm. Cost: \$12 for transportation and admission. Discover Telephone History in the Greater Boston Area where the telephone was invented! View one of the first telephones ever made here in Boston by Charles Williams Jr. The Telephone Museum fosters enthusiasm for engineering by leveraging America's remarkable telephone history with educational programs that compare modern day telecommunications to vintage technology. Following the museum, we will head to a local restaurant for lunch.

**Thursday, 1/24: Flora in Winter at the Worcester Art Museum.** Depart COA at 9:15am. Return at 2:00. Cost: \$30 for transportation and admission. Leave the winter cold outside and treat yourself to color and fragrance during WAM's annual floral extravaganza — when the entire Museum blooms with flower arrangements inspired by works of art. The region's top floral designers interpret paintings, sculpture, and other works with imaginative arrangements that both dazzle and delight!



Join the “Blizzard of Fun” at our  
**31st Annual Children’s Holiday Shoppe!**  
**Monday, Dec. 3, 3:30—5:30pm**

This beloved Wayland tradition invites children in grades K-5 to shop for family and friends with the help of teenage “elves” while their adults wait out of sight. **Many volunteers make it possible.** We need crafters to help create gift items (see p. 4 for details), and lots of helping hands to set up, sell, and wrap gifts on the day of the sale.

Sign up for a one-hour or two-hour shift and join the fun!

**To sign up, stop by the COA, or contact  
Ann Gordon at 508-358-2990 or [agordon@wayland.ma.us](mailto:agordon@wayland.ma.us)**



**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. 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](http://www.wayland.ma.us) (select Council on Aging)

**The Wayland COA News**  
A monthly publication from  
Wayland Council on Aging  
41 Cochituate Road  
Wayland MA 01778  
508-358-2990  
[www.wayland.ma.us](http://www.wayland.ma.us)  
**Address Service Requested**

PRESORTED STANDARD  
US POSTAGE PAID  
PERMIT #16  
WAYLAND, MA 01778

Find us on 

