

WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

NOVEMBER 2019



32nd Annual Children's Holiday Shoppe!

Wednesday, Dec. 4, 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 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



THANKSGIVING LUNCHEON

Wednesday, November 20 at noon

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 grapenut custard for dessert.

Enjoy music by *Swing Fever Trio*, a dynamic, experienced jazz ensemble featuring Steve Rudolph on keyboard and vocals accompanied by tasteful drums and bass. Specializing in the music of the Great American Songbook, their repertoire includes the music of Cole Porter, Richard Rodgers, George Gershwin, Duke Ellington and more. Reservations please. \$10.00 per person.

COMING NEXT MONTH

- Children's Holiday Shoppe, Dec. 4
- No COA Café in December
- Holiday Luncheon, Wed., Dec. 11, noon.
- Lincoln Bell Ringers, Wed., Dec. 18



HIGHLIGHTS

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MISSED THE CLINICS? NEED A FLU SHOT?



Vaccine is still available.
Call the Wayland Health Department to make arrangements: 508-358-3617

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?



FLORAL ARRANGEMENT WORKSHOP

Thursday, Nov 21, 10:30am

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.



THE BOSTON MOLASSES FLOOD

A Lecture by Historian
John Horrigan

Thursday, November 14
1:30 pm

On January 15th, 1919, as workers were beginning their lunch break, a large storage tank in Boston's North End collapsed, sending a wave of over two million gallons of refined molasses cascading at 35 MPH down Commercial Street, killing 21 and injuring 150 people. It could have been prevented if the tank was properly constructed and inspected. After the disaster, countless law suits would be filed, but the owner of the tank managed to avoid prosecution.

Join Emmy Award-winning historian John Horrigan as he presents a lecture on a famous story that lives on in New England folklore: "The Boston Molasses Flood."



DECEMBER HOLIDAY EVENTS

HOLIDAY LUNCHEON Wed. Dec. 11, at noon

Our annual holiday lunch is always a favorite event. Join together with friends old and new to enjoy delicious food with sparkling décor, festive music, and the holiday spirit!

Background music will be provided by special musical guests from the Wayland High School orchestra. Reservations please. \$8 per person.



LINCOLN BELL RINGERS Wed., Dec 18, 10:30am

Serving coffee starting at 10am

The bell-ringers are back! Join us for this favorite seasonal offering featuring the Lincoln Handbell Ringers performing with a four-octave set of bells. This accomplished group is under the direction of Diane Burke, whose historical tidbits and trivia about the music adds to the enjoyment of the performance. Please join us for this annual favorite. **Reservations, please.**

Property Tax Relief Presentation

Thurs., Nov. 21, 1:30pm

Presented by the Assessors Department

Join us for an overview of the various property tax exemptions (including Veterans, Legally Blind, Elderly, etc.). Learn more about Property Tax Deferral, Circuit Breaker match, the Valor Act for Veterans and additional sources of relief, presented by Bruce Morgan, Director of Assessing for Wayland. The COA will also discuss the Senior Property Tax Work-Off program. There will be ample time for Q&A. Information handouts also available.



FIRE SAFETY: HOW TO USE A FIRE EXTINGUISHER

Wed. Nov. 13, 10:00am, with Todd Winner, Wayland Fire Department

Do you know how to safely and properly use a fire extinguisher in your home? Listen indoors to instructions, then watch a demonstration outdoors using both water and dry chemical extinguishers. Wear warm clothing and sturdy footwear. Class size limited. **By pre-registration only.**

The COA carefully selects a wide range of topics and presenters for our programs. Speakers bring expertise as well as opinions; the COA does not necessarily endorse speakers' viewpoints. We invite audiences to use their own judgment as they listen and learn.

What's Happening at the COA?



1st WEDNESDAY COA PIZZA BUFFET CAFÉ Wed., Nov. 6, Noon ~ \$3

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

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

Made possible by a generous grant from the Friends of Wayland COA, Inc.

Please note: There will be NO COA Café in December

ONGOING 'DROP-IN' PROGRAMS

No reservations are needed for these activities.
Stop by and join in. New participants welcome.



COA Connections Mondays, 2:30pm



Connect with new friends and enjoy good conversation. This informal group, led by Wayland resident Irma Bloom, is for everyone. Come when you can.

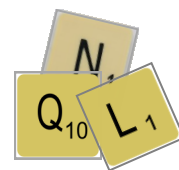
Genealogy 2nd and 4th Tuesdays, 1:00pm



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

Scrabble Thursdays, 10:00am

Build words and friendships over the Scrabble board.



CRAFT WORKSHOP WITH VOLUNTEER KATHY HODGE



**Wednesday November 13
10:00 – 11:30am, in Hearing Room 3**

Join in preparations for the CHILDREN'S HOLIDAY SHOPPE by helping to create handcrafted sale items.

JEWELRY WORKSHOPS WITH VOLUNTEER NORMA RADOFF - DATES TBD

Help inventory, box or create jewelry items for the jewelry table at the Holiday Shoppe. Call for dates.



GENTLE JOINTS WATER EXERCISE & MASTER'S SWIMMING

Presented by the COA and Longfellow Health clubs
Classes start the week of November 11
\$60 for a 6-week session
(Longfellow membership is not required)

Wayland: Longfellow Tennis and Health Club
(524 Boston Post Road)

- Gentle Joints: Mon-Fri. 10:15-11:15 am
- Masters Swimming: Friday 9:00-10:00 am

Natick: Longfellow Health Club (203 Oak St.)

- Gentle Joints: Monday: 10:15-11:15 am
- Masters: Thursday: 11:00-12:00 pm
- Gentle Joints: Friday: 10:30-11:30 am

For more information, contact Kathy Miller at 508-358-7355 or kmiller@longfellowhealthclubs.com
Registration can be done via email or phone and payment is accepted at Longfellow on or before the first class.

FRIDAY MORNING OPEN STUDIO ARTS & CRAFTS WORKSHOP Fridays, 9:30—11:30am



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



GRANDPARENTS GROUP

Meets on the 2nd Tuesday of each month.



Tues., Nov. 12, 10:30am-noon

2nd floor School Committee Room, Town Building.

No charge, No reservations.

Join us to talk about these uniquely rewarding and sometimes challenging relationships. Share ideas and resources. Bring a friend. Facilitated by Dr. Dossie Kahn, Youth & Family Services. New members welcome.



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	9:00am Thera-Tube 9:30am Walking Club 10:15am 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

PAYMENT OPTIONS:

Nov. Pre-Pay: \$21, Nov. 4, 18, 25

Single class: \$10 (Drop-in)

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

Lois' Fit for the Future DROP IN

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 DROP IN

Wednesdays 9:00 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.

Bring your water bottle!



Zumba DROP IN

Wednesdays, 10:15 am



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, 1:00 pm, Large Hearing Room

Pay by the month. Nov. fee: \$ 21

Class meets on Nov. 6, 13, 20 (no class Nov. 27)

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.

Walking Club DROP IN

Mondays & Wednesdays at 9:30 am

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

- Meet at Rail Trail by the Library on Mondays and Wednesdays by 9:30.
- In inclement weather, meet at the Natick Mall by Dunkin Donuts.
- New walkers always welcome. Call the COA with questions.

For Your Convenience

SHOPPING TRIPS



Monday, November 4: SHOP-AROUND SHUTTLE:

Run your Wayland errands with us normally 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 25: MARKET BASKET & MARSHALLS:

Join our monthly shopping trip. Leaves COA at 9:30am, or arrange for a home pick-up. Return by 1:30pm. No charge.

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

PODIATRY CLINIC: Mon., Nov. 4



Call the COA at 508-358-2990 for an appointment. Please make out your check for \$30.00 to Dr. Cooper **before** your visit.

BLOOD PRESSURE CHECK, by appointment



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

MEDICATION TAKE-BACK Wed., Nov. 6, 11:30am to Noon



Each month before our PIZZA CAFÉ, the Wayland Police Dept. collects unwanted or expired medications at the COA.

NOTE: You may also deposit unwanted or expired medications at the Wayland Police Dept. 24 hours a day, 7 days a week.



THE VOLUNTEER SPIRIT

For more than 30 years, our annual Children's Holiday Shoppe has been providing Wayland's children with a place to shop for low-cost holiday gifts. COA volunteers shop for and hand-craft gifts all year long to sell at the Shoppe.

The 2019 Holiday Shoppe is **Wed. Dec. 4 from 3:30 to 5:30 p.m.** Middle and high school students serve as "elves" to help the youngest children shop. Parents are not allowed in the shop, so that children can surprise their parents with gifts they picked out themselves.

We need lots of volunteers to make it all happen — if you can help us set up, sell, or wrap gifts, please call me at 508-358-2990 or stop by.

Warmly,
Ann Gordon

WAYLAND COUNCIL ON AGING STAFF

Director: Julie Secord, M-F

Office Coordinator: Nancy Greenwood, M-W

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., Nov. 5, 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; Paul Abramson; Steve Correia; Judy Larson; Nancy Leifer; Patty MacNeil; Sue Pope; Betsy Willard.

PROPERTY TAX RELIEF COMMITTEE

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

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

Next Meeting: Wed., Nov., 13, 9:30am

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
THE GREAT TOUR CONTINUES: WASHINGTON DC
NOVEMBER 4, 18, 25

Continuing from our June offering, this tour adds new chapters to our tour of Washington, DC. Beyond the glamour and glare of high-profile politics, it is a city on par with some of the greatest in the world, brimming over with remarkable history and culture, and offering a multitude of unforgettable sights and experiences. In this lecture, The Great Courses partners with the Smithsonian, to bring you a deep and multi-faceted look at this amazing city. This travelogue is lavishly illustrated with thousands of historic images, animated maps, and substantial location footage. It rests on the vast historical and administrative resources of the Smithsonian, and on the brilliant and engaging commentary of Dr. Richard Kurin, Smithsonian Distinguished Scholar and Ambassador-at-Large.

Drop IN

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

Drop IN

Enjoy self-serve popcorn and cold drinks from our “Hospitality Cart” — it’s all complimentary!

Friday, November 8: THE GUERNSEY LITERARY AND POTATO PEEL SOCIETY (2018)
Drama, 123 minutes.

London, 1946. Juliet (Lily James), a charismatic and free-spirited writer receives a letter from a member of a mysterious literary club started in Nazi-occupied Guernsey. Her curiosity piqued, Juliet decides to visit the island. There she meets the delightfully eccentric members of the Guernsey Literary and Potato Peel Pie Society, including Dawsey, the rugged and intriguing farmer who wrote her the letter. As the secrets from their wartime past unfold, Juliet's growing attachment to the island, the book club and her affection for Dawsey will change the course of her life forever.

Friday, November 22: THE FAREWELL (2019) Rated PG ;Comedy, Drama; 98 minutes

The film follows a Chinese family who, when they discover their beloved grandmother has only a short while left to live, decide to keep her in the dark and schedule an impromptu wedding to gather before she passes. Billi, feeling like a fish out of water in her home country, struggles with the family's decision to hide the truth from her grandmother.

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
GT: Golden Tones F4F: Fit For the Future	Looking Ahead: <ul style="list-style-type: none"> NO December COA Café Holiday luncheon Wed., 12/11 Noon Lincoln Bell Ringers Wed. 12/18 			1 9:30-11:30 Open Studio Art & Craft
	4 9:30 Walking Club 1:00 Video Lecture: <i>The Great Tours: Washington DC</i> 2:00 Tai Chi Paradigm 2:30 Connections <i>Podiatry, by appt.</i> <i>Shop Around Shuttle</i>	5 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F	6 9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba 11:30 Med Take-Back 12:00 COA Café 1:00 Better Balance	7 10:00 Scrabble 10:00 Lois' F4F <i>Trip to the American Heritage Museum</i>
11 HOLIDAY Town Building Closed	12 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 10:30 Grandparents 1:00 Genealogy	13 9:00 Thera-Tube 9:30 Walking Club 10:00 Fire Extinguishers 10:00 Crafter Workshop 10:15 Zumba 1:00 Better Balance COA	14 10:00 Scrabble 10:00 Lois' F4F in COA 1:30 The Boston Molasses Flood <i>Trip to Symphony</i>	15 9:30-11:30 Open Studio Art & Craft
18 9:30 Walking Club 1:00 Video Lecture: <i>The Great Tours: Washington DC</i> 2:00 Tai Chi Paradigm 2:30 Connections	19 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F	20 9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba 12:00 Thanksgiving Luncheon 1:00 Better Balance	21 10:00 Scrabble 10:00 Lois' F4F 10:30 Floral Workshop 1:30 Property Tax Relief <i>Trip to Worcester Art Museum</i>	22 9:30-11:30 Open Studio Art & Craft 12:30 MOVIE: THE FAREWELL
25 9:30 Walking Club 1:00 Video Lecture: <i>The Great Tours: Washington DC</i> 2:00 Tai Chi Paradigm 2:30 Connections <i>Trip to Market Basket</i>	26 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F29 1:00 Genealogy	27 9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba 1:00 NO Better Balance Town Building Closes at 12:30 today	28 HOLIDAY Town Building Closed	29 Town Building Closed
 Children's Holiday Shoppe Wed., Dec 4th 3:30-5:30				

Ongoing Services Available at the COA

FOR INFORMATION ABOUT ANY OF THESE SERVICES, CALL THE COA AT 508-358-2990.

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

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

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

Medical Equipment Loan Closet The COA accepts donations of new or gently used medical equipment (shower chairs, walkers, canes, wheelchairs—no com-modes). Call ahead for all donations and requests. See p9.

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

COULD YOU USE SOME HELP PAYING WINTER HEATING BILLS?



The SMOC FUEL ASSISTANCE program may be able to help.

Households with limited income may be eligible for help with home heating bills this winter. Known commonly as 'Fuel Assistance,' the *Low Income Home Energy Assistance Program (LIHEAP)* provides qualified applicants with assistance in paying a portion of their winter heating bills.

Eligibility for this assistance is based on the total gross annual income for an entire household, which must fall below \$37,360 for a household of one or \$48,485 for a household of two.

The application process requires an in-person interview for all first-time participants. Supporting documents must be submitted and will include items such as lease or mortgage information, proof of all gross income, and copies of utility bills. Wayland residents may complete this process at the Council on Aging, or at SMOC in Framingham. An appointment is required. This is a very helpful program for all who qualify. Please call the COA with any questions.

MEDICAL EQUIPMENT 'LOAN CLOSET' Please call ahead for all loans and donations



While our medical equipment loan program continues in popularity, the lack of an adequate storage location severely limits the quantity and variety of items we are able to store and loan.

If you have a donation to offer, please call the COA at 508-358-2990 to see whether or not we can accept it before coming in.



A Home Delivered Meal on Thanksgiving Day Thursday, November 28th

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

A Thanksgiving meal program is offered through the Good Shepherd Parish. Wayland residents 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. To sign up please call the COA: 508-358-2990 or Judy Kokinda at 508-655-9141.

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: \$42 each way, 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

NOVEMBER

Thursday, 11/7: The American Heritage Museum
Depart COA at 9:15. Return by 2:00 pm. Cost: \$30 for transportation and admission. At the American Heritage Museum you will explore America's conflicts from the Revolutionary War to today. This new museum is housed in a 65,000 + square foot building located at the Collings Foundation's headquarters. The concept of the Museum began when the Foundation was selected to receive the massive collection of tanks, armored vehicles and military artifacts from the Littlefield family in 2013. You'll discover our heritage through the history, the national effort developing new technologies of warfare, and the human impact of America's fight to preserve freedom.

Thursday, 11/14: Boston Symphony Open Rehearsal. Depart COA at 9:15 am. Return approx. 1:30 pm. Transportation for individual rehearsals is available for \$15 each as space allows. The last two concerts are on March 5 and April 2. Riders must purchase their own Boston Symphony tickets: **Box office 888-266-1200: WWW.BSO.ORG.**

Thursday, 11/21: Worcester Art Museum. Depart COA at 9:15. Return by 2:00. Cost: \$30 for admission, tour and transportation. Since its founding in 1896, the Worcester Art Museum has assembled a collection of 38,000 objects: from the ancient Near East and Asia, to European and American paintings and sculptures. We will begin our visit with an hour-long tour of highlights and selections from the Medieval galleries and special exhibit: *Photo Revolution: Andy Warhol to Cindy Sherman*. Following the tour there will be time to view exhibits on your own. There is also a café available for lunch (on your own).

Travel to Europe in 2020! Tours are presented by American Music Abroad and led by Wayland residents Chris and Susan Memoli. Susan is the director of Fine Arts at Wayland High School and Chris is the director of music in the Weston schools. They have been leading student group tours to Europe for more than 15 years. They will lead two adult tours in 2020: *Austrian Ski Holiday* in February and *Tour of Italy* in July. For more information or to pick up a brochure, contact Shawna Levine at the COA.

DECEMBER

Tuesday, 12/10: Winter Wonderland at Tower Hill Botanical Garden. Depart COA at 9:15. Return by 2:00. Cost: \$20 for transportation and admission. Visitors can enjoy decorated indoor rooms and soak in the warmth of subtropical plants in the conservatories. The outdoor gardens and grounds provide opportunities for walks and hikes. Farmer and the Fork café will offer seasonally inspired cuisine and delicious dessert offerings. Don't forget to stop by the Garden Shop for nature-inspired gifts.

Monday, 12/16: Russo's in Watertown. Depart COA at 10:00 am. Return by 1:00 pm. Cost: \$5.00 for transportation. Your shopping experience begins outside, where you are welcomed with a large selection of holiday items including wreaths, trees and plants. Once inside, you will find fresh fruit and vegetables, cheese, a bakery, a delicatessen, a florist, as well as delicious prepared foods and specialty foods from around the world.

JANUARY

Thursday, 1/2: Peabody Essex Museum. Depart COA at 9:15. Return by 3:30. Cost: \$30. The 40,000-square-foot expansion features three new floors of dedicated gallery space, a light-filled atrium and a new 5,000-square-foot-garden, with unique water features and plantings, that offers an inviting space to sit and relax and contemplate. In this stunning new space, visitors can encounter dynamic installations of the vast collections, including maritime, Asian export art and fashion and design, new exhibitions, new work by commissioned artists, and more opportunities to encounter art in public spaces. The atrium café is available for lunch and there are many local restaurants within walking distance.

Tuesday, 1/14: The Danforth Art Museum at Framingham State University. Depart COA at 9:45. Return at 2:00. More details in December and at the COA.

COA Trip Policy: Payment is required upon 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 given only if your spot is filled.

MEDICARE OPEN ENROLLMENT IS OCT. 15—DEC. 7



Medicare plans change every year and Open Enrollment is the time period to decide on your coverage for 2020. For many people, this is the only time each year to make any changes to your current selections.

Not sure what you want to do? SHINE can help! Schedule an appointment soon so you can make an informed choice. SHINE counselors are trained volunteers who provide free Medicare counseling to help you compare options.

For SHINE-related inquiries (other than an appointment), call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. You will get the SHINE answering machine, and a volunteer will return your call within 2 days.

Please note: Appointments at Wayland COA are fully booked. Please call SHINE in Framingham (508-532-5980) or Needham (781-455-7555).

2019 FLU SHOTS ARE STILL AVAILABLE

For individuals who have not been able to receive a flu shot and remain interested, follow up with the Health Department at 508-358-3617.

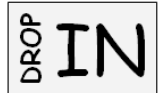
Home visits are available for those who are homebound and unable to get to the Health Department. For information and scheduling, please call the Wayland Health Department at 508-358-3617.



Reservations, please:

Some of our programs and exercise classes are “drop-in,” and we encourage people to come when they wish. But because our space is limited, other programs require us to carefully plan according to how many people will attend.

We’ve marked our “Drop-In” programs with a new symbol.



If you don’t see this symbol on a program description, please call us to reserve a spot. Thanks for your help

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