





# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## OCTOBER 2018

HIGHLIGHTS		Pg
<b>THE GREAT COURSES DVD LECTURES</b> Mondays, 1pm ANCIENT CIVILIZATIONS OF NORTH AMERICA (CC)		6
<b>COA CAFÉ</b> Wed, Oct 3, noon, W/ MEDICATION TAKE-BACK FROM 11:30AM-NOON		4
<b>COFFEE WITH COPS</b> Wed, Oct 3, 10:30-11:30		4
<b>TAI CHI PARADIGM</b> , Mondays, 2pm		2
<b>CHILDREN'S HOLIDAY SHOP WORKSHOPS</b> HELP US GET READY- see page 4 for dates Craft workshops 10:30-Noon; Jewelry Workshops 1:30-3pm		4
<b>VETERANS CONNECT</b> Coffee and Conversation, Oct. 16, 1:30pm		5
<b>FAMILY FUN WALK</b> Sat, Oct. 13, 9:30-11pm		5
<b>COA WALKING CLUB:</b> Stepping out at 9:30am every Wed & Th. Join us for a <b>FALL COFFEE</b> at 9am on Oct. 10 before our walk.		2 5
 <b>EXPECT THE UNEXPECTED:</b> <b>Weather, Power Outages, Flooding and More</b> Wednesday, Oct 17 Offered at both 1:30pm & 7:00pm		3
<b>MEET THE AUTHOR</b> of “ <b>They Were My Friends—Jack, Bob and Ted: My Life In and Out of Politics</b> ” w/ Gerard Doherty. Tues, Oct. 23, 1:30pm		9
<b>MEDICARE OPEN ENROLLMENT:</b> Oct 15-Dec 7, Individual consultations available by appointment, call now to schedule.		9
 <b>TINGLE AND TUNES FUNDRAISER</b> Sun., Oct 28 at Weston Golf Club. Dinner, show, auction, laughter and more		12
<b>It's Flu Shot Season! Call the Wayland Health Dept. to get yours:</b> <b>508-358-3617</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 SOON ~

- ▶ ‘ALL ABOARD’ Photographic Journey of Boston to Portland, Oregon Rail Trip, Thursday, Nov. 8, 1:30pm
- ▶ COA THANKSGIVING LUNCHEON, Wednesday, Nov. 14, Noon. Enjoy a traditional luncheon, great camaraderie and music/vocals with Saxophonist Brian Kane. Reservations please. \$9

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
2pm Tai Chi Paradigm	10am Fit for the Future	9:15am Thera-Tube 9:30am Walking Club 10:30am Zumba 1:00pm Better Balance	9:30am Walking Club 10am Fit for the Future	Get active in your own favorite way!

### Tai Chi Paradigm

Mondays, Oct. 1, 15, 22, 29

NO CLASS Oct. 8 Hearing Room

Oct. fee: \$28 Pay by the month

Gentle exercise designed to reinforce posture, balance and fundamental movement. Lucien Zoll, Sr. Instructor, Master Calvin Chin Academy



### Zumba

Wed. Oct. 3, 10, 17, 24, 31

Town Building Gym

\$3 per class, FITBUCKS only\*

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



### Better Balance

Wed. Oct. 3: Hearing Room,

Oct. 10: COA, Oct. 17: Gym, Oct 24: COA,

Oct. 31: Hearing Room

October, five classes: \$35 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!

### Lois' Fit for the Future

Tues and Thurs, Oct. 2, 4, 9, 11, 16, 18, 23, 25, 30

Large Hearing Room

\$3 per class, FITBUCKS only\*

### Thera-Tube

Wed. Oct. 3, 10, 17, 24, 31

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

Wed. & Thurs., Oct. 3, 4, 10, 11, 17, 18, 24, 25, 31

Meet at the COA or at the mall if raining. N/C

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

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

**TRY-IT!** Not sure? Take advantage of our TRY-IT policy: Your first class is free.

Go ahead, try it!

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

## What's Happening at the COA?

### EXPECT THE UNEXPECTED: Weather, Flooding, Power Outages, and More

**Wednesday, October 17, 1:30pm & 7:00pm**

Residents in Lawrence were recently tested for their resilience in handling an unimaginable disaster. How prepared are you to handle a lengthy power outage, a fire, a microburst? If you have pets, where will they go if you have to leave your home? What's in your "go-bag" to help you weather life's unexpected challenges? **Attend one or both programs and learn how to be prepared.**



#### During the 1:30pm session:

- Wayland Fire Department: Weather emergencies, WAY-SECURE, Generators, CO and Smoke Detectors
- Wayland Police Department: Learn about and sign up for "Swift911" which notifies residents about emergencies like storms, missing persons, sightings of potentially dangerous wild animals, etc.
- At 2:30: Radio Personality John Paul, AAA Car Doctor: "Preparing You and Your Car for Safe Winter Driving."
- Displays of new ideas, helpful gadgets, useful information and free take-aways

#### During the 7:00pm session:

- Wayland Fire Department: Weather emergencies, WAY-SECURE, Generators, CO and Smoke Detectors
- Wayland Police Department: Learn about and sign up for "Swift911" which notifies residents about emergencies like storms, missing persons, sightings of potentially dangerous wild animals, etc.
- MEMA (Massachusetts Emergency Management Agency) is the agency that coordinates federal, state, local, and private resources throughout the Commonwealth during times of disasters and emergencies. Learn more about how they plan and how to execute their operational plan when needed.
- Displays of new ideas, helpful gadgets, useful information and free take-aways

## For Your Convenience

### SHOPPING TRIPS

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

Monday, October 15

**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, October 29

**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.



### TOWN ELECTIONS

**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-hours in advance of the election.
- ⇒ Call the COA to make a reservations: 508-358-2990



Fall Elections

Special Town Ballot Question: **Tuesday, October 2**  
State Election: **Tuesday, November 6**

### BLOOD PRESSURE CHECK

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



### PODIATRY CLINIC: Monday, October 1

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., October 3, 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, Nov. 7**

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

### Medication Take-Back

**Wed., Oct. 3, 11:30am to Noon**

On the FIRST WEDNESDAY of every month, in conjunction with the PIZZA CAFÉ, The Wayland Police Department will be at the COA to collect unwanted or expired medications. 11:30am-Noon. *No pre-registration needed.*

### Coffee With Cops

**Wed., Oct. 3, 10:30 - 11:30am**

Join Detective Castagno and other Wayland Police for coffee and conversation. Share your concerns, ask a question or just learn more about the WPD.

### Advanced Watercolors Cecilia Sharma

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

**NOTE New Location! Cost: \$125**

**Sept. 7, 14, 21, 28, Oct. 5, 12**

*Pre-registration and pre-payment required.*



### Grandparents Networking Group

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

**10:30am-noon**

**Tues. Oct. 9**

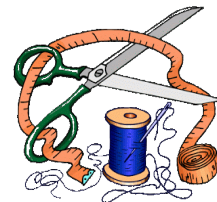


*2nd floor Small Conference Room, Town Building. No charge, No reservations.*

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

Help us get ready for the COAs 31<sup>st</sup> CHILDREN'S HOLIDAY SHOPPE by coming in to create handcrafted sale items. Volunteers Kathy Hodge and Norma Radoff will provide supplies and instruction.



**CRAFTING AND PACKAGING WITH KATHY HODGE:**

Wednesdays Oct. 10, 24, 31 at 10:30am

**JEWELRY WORKSHOPS W/ JEWELER, NORMA RADOFF:**

Wednesdays Oct. 24, 31, Nov. 7 at 1:30pm

Come when you can! It takes a village to help us prepare for the 250-plus young shoppers who will attend. Bring your holiday spirit; no specialized skills required.

Help us sew, stuff, glue or gift box items. Learn jewelers' techniques to create earrings, bracelets and more.

The Children's Holiday Shoppe is a well-loved tradition. Children in grades K-5 shop with help from "elves" (Girl Scouts, middle and high school students) while their parents wait for their beaming children to return with their wrapped holiday gifts (Last year it took 18 wrapping stations to accommodate all the young shoppers!). Be a part of this longstanding Wayland tradition.

## 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. This group is for advanced or high-intermediate players.

## Additional Programs of Interest

### VETERANS CONNECT: COFFEE AND CONVERSATION

Tuesday, October 16, 2018, 1:30pm, COA

A coffee and conversation gathering where veterans can connect with our Veterans Agent Sarada Kalpee as well as other Wayland veterans to share stories, experiences or the news of the day. Do you have questions about a specific Veterans benefit? Ask Sarada or schedule an appointment with her. Sarada will attend Veterans Connect from 1:30-2:00pm. A social hour will follow with interesting ice breaker questions like:



- ▶ The best and worst military food
- ▶ Where did you serve the majority of your time?
- ▶ Memories of bootcamp, and more

Please join us with your questions and your stories.



### JOIN OUR NEW WALKING CLUB FALL COFFEE AND WALK

Wednesday, October 10, 9:00am

Now that the hot summer is behind us, it is a great time to get out and enjoy the fall weather. Walking is a wonder drug! Everyone can do it. In fact, walking just two days a week can greatly improve a person's overall health. Walking with a group is also a great social experience. Our walking group walks on Wednesdays and Thursdays, meeting at 9:30 am at the COA. The group walks for up to an hour and the routes vary. On Oct. 10, join us at 9:00 am for coffee and to mingle with other walkers. At 9:30 we will head out for a walk on the new Rail Trail.



### FAMILY FUN WALK Saturday Oct. 13, 9:30-11am

Come enjoy the new Wayland Rail Trail with a fun, all-generations one-mile walk.

Join us as we encourage each other to live an active, healthy, lifestyle! Walking is directly linked with good health and sustained independence. Walkers of any speed and ability are welcome to participate in the walk. Bring your family and friends to walk with you!

- ♦ There will be raffles & giveaways.
- ♦ Advanced registration helpful, but not required. Call the COA at 508-358-2990.
- ♦ Meet at the Rail Trail entrance near the library.



### 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, Oct. 9, 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: Betsy Willard, President; Jane Capasso, VP; Mary Kelly, Treasurer; Mary Antes, Clerk; Janie Belive; Steve Correia; Kara Harvey; Judy Larson; Nancy Leifer; Patty MacNeil; Sue Pope; John Shaw.

### PROPERTY TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets 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, Oct. 10, 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.



Call us at 508-358-2990



## Education/Social Programs (cont.)

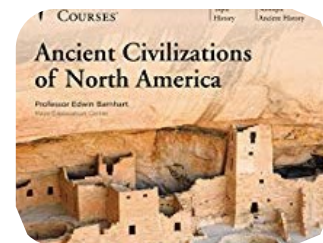
### The Great Courses DVD Lecture Series

**EVERY MONDAY at 1pm**

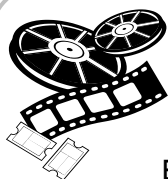
Closed Captioning (CC)

OCTOBER: 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 be featured in both October and 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, October 12: **HEART BEATS LOUD (2018), PG-13, COMEDY-DRAMA, 97 Minutes**

In the hip Brooklyn neighborhood of Red Hook, widower and aging hipster Frank is preparing to send his hard-working daughter Sam off to college while being forced to close his vintage shop. Hoping to stay connected through their shared musical passions, Frank urges Sam to turn their weekly jam sessions into a father-daughter live act. After their first song becomes an internet breakout, the two embark on a journey of love, growing up and musical discovery.

### Friday, October 26: **MAMA MIA-HERE WE GO AGAIN (2018), PG-13, 114 Minutes**

Join the celebration, sing and dance, and discover how it all began! Ten years after Mamma Mia! The Movie premiered, you're invited back to the magical Greek island of Kalokairi in an all-new musical sequel based on the songs of ABBA. Sophie (Amanda Seyfried) is now pregnant, and like her mother Donna (Meryl Streep), she'll need to take risks. The film's original cast returns (Pierce Brosnan, Christine Boranski), with new additions including Lily James as a young Donna, Andy Garcia and Oscar winner Cher.

# OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 1:00 Video Lecture: <b>ANCIENT CIVILIZATIONS  OF NORTH AMERICA</b> 2:00 Tai Chi Paradigm 2:30 Connections <i>Podiatry-by appt.</i> <i>Trip : Topsfield Fair</i>	<b>2</b>  Election Day Group programs cancelled	<b>3</b> 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 10:30 Coffee with Cops 11:30 Med Take-back 12:00 COA Café (RR) 1:00 Better Balance	<b>4</b>  9:30 Walking Club 10:00 Lois' F4F 12:30 Advanced Bridge	<b>5</b>  9:00 Watercolor Class
<b>8</b>  <b>HOLIDAY</b> Town Building Closed	<b>9</b> 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 10:30 Grandparents 1:00 Genealogy	<b>10</b> 9:00 Walking Club coffee, 9:30 Walking 10:30 Crafting 9:15 Thera-Tube 10:30 Zumba 1:00 Better Balance	<b>11</b>  9:30 Walking Club 10:00 Lois' F4F 12:30 Advanced Bridge	<b>12</b> 9:00 Watercolor 12:30 MOVIE: <b>HEARTS BEAT LOUD</b> <u>Saturday, 10/13</u> Family Fun Walk
<b>15</b> 1:00 Video Lecture: <b>ANCIENT CIVILIZATIONS  OF NORTH AMERICA</b> 2:00 Tai Chi Paradigm 2:30 Connections <i>Shop Around Shuttle</i>	<b>16</b> 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F  <b>Wed, Oct 17 Special Event:</b> <b>Expect the Unexpected:</b> Speakers include our own fire and police and other guests. Displays and take-home info. 1:30pm & 7pm	<b>17</b> 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 1:00 Better Balance-Gym  At 2:30: John Paul., Car Doctor At 7pm: MEMA see p. 3 for more details	<b>18</b> 9:30 Walking Club 10:00 Lois' F4F 12:30 Advanced Bridge  <i>Trip: Fruitlands Museum</i>	<b>19</b> 9:00 Watercolor class
<b>22</b> 1:00 Video Lecture: <b>ANCIENT CIVILIZATIONS  OF NORTH AMERICA</b> 2:00 Tai Chi Paradigm 2:30 Connections	<b>23</b> 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:00 Genealogy 1:30 Meet the Author	<b>24</b> 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 10:30 Crafting 1:00 Better Balance 1:30 Jewelry	<b>25</b> 9:30 Walking Club 10:00 Lois' F4F 12:30 Advanced Bridge	<b>26</b> 9:00 Watercolor 12:30 MOVIE <b>MAMA MIA-HERE WE  GO AGAIN</b>
<b>29</b> 1:00 Video Lecture: <b>ANCIENT CIVILIZATIONS  OF NORTH AMERICA</b> 2:00 Tai Chi Paradigm 2:30 Connections <i>Trip : Market Basket</i>	<b>30</b> 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F	<b>31</b> 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 10:30 Crafting 1:00 Better Balance 1:30 Jewelry	<div>  <p>Coming over the weekend:  <b>Sunday, October 28</b>  <b>WCOA Fundraiser with nationally rec-  ognized humorist Jimmy Tingle.</b></p> </div> <div> <p><b>November Preview:</b></p> <p>11/7 COA Café (RR)  11/14 Thanksgiving luncheon</p> </div>	

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

### MEDICARE OPEN ENROLLMENT, OCTOBER 15 – DECEMBER 7

MEDICARE PLANS CHANGE EVERY YEAR, IT IS TIME TO DECIDE ON YOUR COVERAGE FOR 2019.

If you would like help in selecting the Part D drug plan that will work best for you, and/or if you want to review other Medicare programs and choices, please call the COA today to make an appointment to meet with a SHINE counselor. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Wayland COA is fortunate to have two highly trained and dedicated volunteers who will meet privately with you to review options. Appointments fill up quickly, please call for yours soon: 508-358-2990.



### 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, please call Outreach Coordinator Sue Hatton.

Gross income limits for one person: \$35,510, for two-person household: \$46,437.

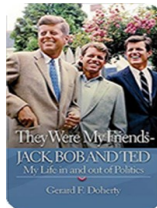
### Meet the author GERARD DOHERTY:

**“They Were My Friends-JACK, BOB and TED:**

**My Life in and out of Politics”**

New  
date!

Tuesday, October 23, 2018,  
1:30pm



Gerard Doherty, a former State Representative and State Democratic Party Chairman, was active in the campaigns of Jack, Bob and Ted Kennedy and became their friend. He was also involved in the presidential campaigns of Lyndon Johnson and Jimmy Carter.

He will discuss his new book and weave in anecdotes of his life experiences that serve as historical mile markers. What inspired Ted to fight for affordable health care? What was it like to be on stage with Bobby the night MLK was shot? What did Ted make time for every afternoon during his first campaign for Senate? Don't miss this fascinating talk. Reservations please.

### “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!

## 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

### OCTOBER

**Monday, 10/1: Topsfield Fair.** Depart COA at 9:00am. Return at 2:00pm. Cost: \$15 for transportation. Senior day admission is \$8 and can be paid upon arrival. Enjoy this quintessential country fair which features traditional agriculture, demonstrations (ranging from beekeeping to miniature trains), a Grange Museum, the 4-H Agricultural/Arts and Crafts exhibits, shopping, and great food, something for everyone!

**Thursday, 10/18: Fruitlands Museum in Harvard:** Depart COA at 9:00am. Return by 2:00pm. Cost: \$22 for transportation, admission and tour. We will begin our day with a guided tour of the current exhibit: Leisure Pursuits – the Fashion and Culture of Recreation. Tour the Farmhouse which displays exhibits about the Alcott family, visit the museum store or just enjoy the amazing scenery. Please wear comfortable shoes and dress for the weather. Lunch available at the restaurant (on your own). A golf cart available for those with mobility challenges.

### NOVEMBER

**Friday, 11/9: The International Museum of World II in Natick.** Depart COA at 9:30. 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 9:15 am. Return approx. 1:30 pm. 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).**

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

We've moved this information to page 3!



### NOVEMBER (cont.)

**Tuesday, 11/27: Museum of Russian Icons:** Depart COA at 10:00 am. Return at 2:00 pm. 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.

### DECEMBER

**Friday, 12/7: Last Chance: Holiday Pops at Symphony Hall: Final payment is due no later than October 15<sup>th</sup> and no refunds will be issued after this date.** Space is limited. Please make checks payable to Best of Times. Take part in one of Boston's most beloved traditions. The day will begin with lunch at the Lantana restaurant. We will then head to historic Symphony Hall for a 4 pm concert. Price of \$149 includes transportation, lunch, tax, gratuity and pops show ticket.

**Tuesday, 12/18: Vaillancourt Folk Art.** Depart COA at 9:15 am. Return at 2:00 pm. Cost: \$20 for tour and transportation. Vaillancourt Chalkware is a fine art quality collectible that is hand painted in the Sutton, MA studios. The tour include 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. Your tour is concluded in the retail gallery.

**Thursday, 12/27: Empresses of China's Forbidden City at the Peabody Essex Museum.** Depart COA at 9:30 am. Return at 4 pm. Call the COA for more details.

**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.



**TINGLE AND TUNES:  
Sunday, October 28  
Dinner, show, auction, laughter,  
great music, and more!**

Featuring JIMMY TINGLE, Nationally known social and political humorist.

Music by THE DADDIOS; LIVE AUCTION With Jimmy Tingle

WESTON GOLF CLUB, Doors open at 5:30

Tickets \$125, are on sale at Village Bank or  
FWCOA website: [www.friendsofwaylandcoa.org](http://www.friendsofwaylandcoa.org)  
Or contact Wayland COA



**Hilarity for Charity...a fundraiser for  
FRIENDS OF THE WAYLAND COUNCIL ON AGING INC.**  
A 501(c)(3) organization



**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)

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