

WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

SEPTEMBER 2018

SEPTEMBER HIGHLIGHTS

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THE GREAT COURSES DVD LECTURE SERIES SAMPLER Every Monday at 1pm, Sept: A HISTORY OF INDIA Closed Captioning (CC)	6
TRANSPORTATION AVAILABLE TO TOWN ELECTIONS	3
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COA PIZZA CAFÉ Wed., September 5, Noon, \$3, Reservations req.	4
 BBQ AT THE TOWN BUILDING, GRILL OUT...EAT IN, Wed., Sept. 12, Noon Large Hearing Room, Reservations by Sept. 5 Menu includes: BBQ chicken, hot dogs, hamburgers, watermelon, and sides. Cost: Donations appreciated. Sponsored by BayPath Elder Services	4
Meet the author event: "They Were My Friends-JACK, BOB and TED: My life in and out of Politics" Tues, Sept 18, 1:30pm Hear first hand stories from author, GERARD DOHERTY	3
APPOINTMENT BASED FLU CLINICS start 9/18 . Call the Wayland Health Department for information and appt. 508-358-6805	12
MASSACHUSETTS LICENSE RENEWAL AND THE "REAL ID" The Registry of Motor Vehicles will present a free informational workshop on Wednesday, Sept. 26, 1:30pm	3

~ Coming Soon ~

'PLANNING FOR THE UNEXPECTED' - an emergency preparedness event.
Wed, Oct 17

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

MEDICARE OPEN ENROLLMENT: Oct 15-Dec 7. Free Consultations

TINGLE AND TUNES FUNDRAISER: Sunday, October 28

Dinner, show, auction, laughter, great music, and more! Weston Golf Club



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

Sarada Kalpee, Director

Tuesday 9am-4pm

Selectmen's Office, 781-850-5504

Regional VA Office, 781-489-7509

BayPath Meals on Wheels:

508-573-7200

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

Find us on 

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

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, Sept. 10, 17, and 24
NO CLASS Sept. 3; Large Hearing Room
Sept. fee: \$21 Pay by the month

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



Zumba

Wed. Sept. 12, 19, 26 (no class Sept. 5)
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. Sept. 12, 26
Large Hearing Room (in COA on 9/12)
Sept. fee (2 classes): \$14

Develop strategies to prevent falls and maintain independence. Learn breathing and relaxation techniques. Instructor: Leslie Worris of the Wellness Alliance. Great for beginners!

Thera-Tube

Wed. Sept. 12, 19, 26 (no class Sept. 5)
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., Sept. 5, 6, 12, 13, 19, 20, 26, 27
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?

"REAL ID" WORKSHOP with RMV

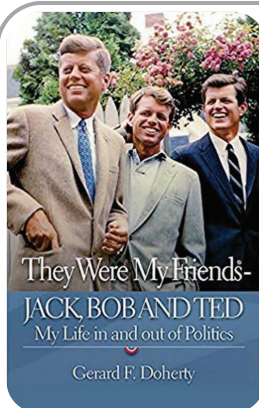
Wed., Sept 26, 1:30pm

The Registry of Motor Vehicles will offer a free workshop on license renewal and the "REAL ID" at the COA on Wednesday, Sept. 26 at 1:30pm.

Effective October 2020, your state issued license will no longer be a valid form of ID for boarding a domestic flight. If you don't have a valid passport, you may want to consider securing a "Real ID".

This workshop will clarify the documentation required to prove U.S. citizenship or lawful presence in the country when renewing your license or requesting a Real ID.

Understanding the process could help you avoid multiple trips to the registry. Reservations required.



MEET GERARD DOHERTY,
Author of,

**"They Were My Friends-
JACK, BOB and TED:
My Life in and out of Politics"**

Tuesday, Sept. 18, 1:30pm

Gerard Doherty was born in Boston and attended Harvard University and Suffolk Law. He was a two time State Representative and served as State Democratic Party Chairman. Mr. Doherty 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.

Gerard Doherty will discuss his new book and weave in political facts and anecdotes of his life experiences that serve as historical mile markers. He will discuss what inspired Ted to fight for affordable health care. What it was 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.

For Your Convenience

SHOPPING TRIPS

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

Monday, September 10

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, September 24

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

State Primary: **Tuesday, September 4**

Special Town Ballot Question, **Tuesday, October 2**

State Election: **Tuesday, November 6**

PODIATRY CLINIC: Monday, September 10

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.

BLOOD PRESSURE CHECK

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



Education/Social Programs



Sample the varieties at the

1st WEDNESDAY COA Pizza Buffet Café

Wed., September 5, 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, Oct. 3

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



BARBECUE

Wed., Sept. 12 at Noon

Large Hearing Room

Reservations required by Sept. 5

Join us indoors and out!

Come enjoy appetizers and music outdoors while watching the grill chefs prepare the luncheon. We will have tables set up in the large hearing room for inside dining. Menu includes; grilled chicken, hot dogs, assorted salads, watermelon and more!

There is no charge for this event however a small donation to the BayPath Nutrition program will be appreciated at the event.

Medication Take-Back

Wed., Sept. 5, 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 to drop off medications.

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.



Advanced Watercolors with Cecilia Sharma

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

NOTE New Location!

Cost: \$125

Session dates: 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. Sept. 11



*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.



Golden Tones chorus celebrates 30 years!

If you enjoy singing and dancing to pop classics and show tunes, come to our first open rehearsal on Tuesday, Sep 4, from 10:00 am to noon in an alternate location, Carriage House at Lee's Farm, 134 Boston Post Rd, Wayland. On most Tuesday mornings, we rehearse at the Wayland COA, including a 'Welcome Coffee' on Sep 11. There are no auditions and no attendance requirements, only a friendly group of music-lovers from all over MetroWest. www.goldentones.org, or 508-318-6318.

Additional Programs of Interest



Sages & Seekers at Wayland High School: Seeking You! **Informational Program Presentation** **Wed, Sept. 5, 11am at the COA**

Sages & Seekers is a highly-regarded national program that matches older adults, the Sages, with students, the Seekers, in an 8-week program of guided conversation and exploration. Sages share life experiences while Seekers develop interviewing, listening, writing and public speaking skills. Remarkable relationships often develop along with these new skills. Wayland High School will launch its first Sages & Seekers program in October. If you are interested in participating, or even just curious to learn more, please come to the COA on **Wed, Sept. 5 at 11am** and join us for a presentation by program director, Susan Blumenthal. Questions? contact Susan at 508-277-0669, or sages.seekers@gmail.com.



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
Or, contact Wayland COA

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

NOUFLEX at Longfellow Tennis & Health Club Wayland

Utilizing the Nouflex system, the main focus of this new workout is fall prevention. Techniques emphasize the importance of balance, core strength and flexibility using resistance bands.

- Mondays, 10:15-11am. Session runs Sept. 17-Oct. 29 (no class Oct. 8)
- The class will run for 6 weeks, 45 minute sessions.
- Participants register in advance. Cost: \$60 for the 6 weeks.

Instructor: Anel Bellevue, Director of Training Education
Club Membership not required.

For information, call Linda Barone, front desk manager at 508-358-7355



it's never to late!!! For what? To learn an instrument or get back to your instrument from high school! We have members who started an instrument in their 70s and even 80s and some who came back to playing instruments after 40, 50, 60 and even 70 years of not playing! You can, too. Call Diane Muffitt for info. 978-261-5065. Sudbury Valley New Horizons Music Band and String Ensemble rehearse here in Wayland. SVNHM.org

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.

Wednesday, Sept. 12, 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

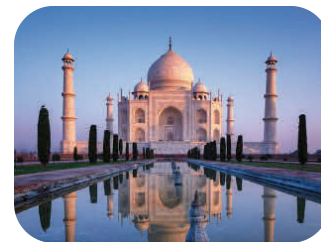


Education/Social Programs (cont.)

The Great Courses DVD Lecture Series

EVERY MONDAY at 1pm

Closed Captioning (CC)



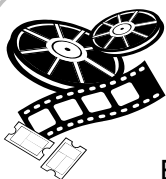
SEPTEMBER: A HISTORY OF INDIA

India is home to some of the world's oldest, greatest, and most successful civilizations. Today the South Asian subcontinent contains 20 percent of the world's population and is a thriving center for global business.

Over the past 5,000 years, the subcontinent has been home to a rich tapestry of peoples and cultures. Go inside this thrilling story as 'A History of India', offers up a breathtaking survey of South Asia from its earliest societies along the Indus and Ganges rivers through the modern challenges of the 21st century.

Taught by Professor Michael H. Fisher of Oberlin College, these lectures enable you to understand the epic scope of the subcontinent's history. Perhaps the most important facet of this history is how diverse the region truly is.

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



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, September 7: THE BOOK CLUB (2018) PG-13, 104 Minutes, Comedy

Diane (Diane Keaton) is recently widowed after 40 years of marriage. Vivian (Jane Fonda) enjoys her men with no strings attached. Sharon (Candice Bergen) is still working through a decades-old divorce. Carol's (Mary Steenburgen) marriage is in a slump after 35 years. Four lifelong friends' lives are turned upside down to hilarious ends when their book club tackles the infamous Fifty Shades of Grey. From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter.

Friday, September 21: WON'T YOU BE MY NEIGHBOR? (2018) PG-13, 94 minutes, Documentary

From Academy Award-winning filmmaker Morgan Neville (20 Feet from Stardom), *Won't You Be My Neighbor?* takes an intimate look at America's favorite neighbor: Mister Fred Rogers. A portrait of a man whom we all think we know, this emotional and moving film takes us beyond the zip-up cardigans and the land of make-believe, and into the heart of a creative genius who inspired generations of children with compassion and limitless imagination.

SEPTEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
3 HOLIDAY Town Building Closed	4 Election Day Group programs cancelled	5 9:15 NO Thera-Tube 10:30 NO Zumba 11:00 Sages and Seekers 11:30 Med Take-back 12:00 COA Café (RR) 1:00 NO Better Bal.	6 9:30 Walking Club 10:00 Lois' F4F 12:30 Advanced Bridge <i>Trip to MFA</i>	7 9:00 Watercolor Class 12:30 MOVIE: THE BOOK CLUB
10 1:00 Video Lecture: A HISTORY OF INDIA 2:00 Tai Chi Paradigm 2:30 Connections <i>Podiatry-by appt.</i> <i>Shop Around Shuttle</i>	11 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 10:30 Grandparents 1:00 Genealogy	12 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 12:00 BBQ (RR) 1:00 Better Balance (in COA)	13 9:30 Walking Club 10:00 Lois' F4F 12:30 Advanced Bridge	14 9:00 Watercolor Class
17 1:00 Video Lecture: A HISTORY OF INDIA 2:00 Tai Chi Paradigm 2:30 Connections	18 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:30 Author Talk with Gerard Doherty	19 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 1:00 NO Better Balance	20 9:30 Walking Club 10:00 Lois' F4F 12:30 Advanced Bridge	21 9:00 Watercolor class 12:30 MOVIE: WON'T YOU BE MY NEIGHBOR? <i>Trip to Lake George Balloon Festival</i>
24 1:00 Video Lecture: A HISTORY OF INDIA 2:00 Tai Chi Paradigm 2:30 Connections <i>Trip to Market Basket</i>	25 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 1:00 Genealogy <i>Trip to JFK Library</i>	26 9:15 Thera-Tube 9:30 Walking Club 10:30 Zumba 1:00 Better Balance 1:30 Real ID workshop	27 9:30 Walking Club 10:00 Lois' F4F 12:30 Advanced Bridge	28 9:00 Watercolor class October Preview: 10/3 COA Café (RR) 10/7 Open Enrollment 10/13 Family Fun Walk 10/17 Planning event 10/28 Tingle and Tunes

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



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should receive an information packet in the mail from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2019. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

During the annual Medicare Open Enrollment, you will have a chance to **CHANGE** your plan for next year.

SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call now to schedule your SHINE appointment any time during the Open Enrollment from **October 15 through December 7!**

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule an appointment, call the COA. For other SHINE-related inquiries, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. You get the SHINE answering machine, leave your name, number and a volunteer will call you back as soon as possible.

REMINDER: Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your SHINE appointment!



PLANNING FOR THE UNEXPECTED; WEATHER, POWER OUTAGES, FLOODING AND MORE

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

Join us for this timely event on emergency preparedness with recognized presenters including Fire Chief David Houghton.

Both day and evening events will discuss generators, CO detectors, vents, pets, shelters and more. Q&A.

Further details will be in our October newsletter.



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

Celebrate the opening of the Wayland Rail Trail with an inter-generational one mile walk.

Come 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 requested.
- ♦ Call the COA for date and details.



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 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

SEPTEMBER

Thursday, 9/6: Casanova's Europe: Art, Pleasure, and Power in the 18th Century at the MFA: Depart COA at 9:00am. Return at 2:00pm. Cost: \$10 for transportation only. MFA admission can be paid at museum. This exhibit combines more than 250 paintings, sculptures, decorative arts, furniture, and musical instruments in an immersive display of the visual riches of Casanova's world.

9/21-9/23: Lake George Balloon Festival: Watch hundreds of balloons fill the sky with their fun shapes and brilliant colors. The trip includes motor coach transportation, three meals including Lake George dinner cruise, access to the balloon festival, touring and professional tour director. Price: \$429 pp double occupancy. Please make checks payable to Best of Times.

Tuesday, 9/25: Museums at Columbia Point: John F. Kennedy Presidential Library and Museum, Edward M Kennedy Institute for the Senate, and the Commonwealth Museum. Your choice: visit one or all three. Depart COA at 9:00am. Return by 2:00pm. Cost: \$10 for transportation only. Admission to the JFK Library and EMK Institute are \$12 each and both offer a CAFÉ for lunch. The Commonwealth Museum is free. Learn about the Kennedys at our author presentation on September 18 and then visit the places that honor them.

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 at the fair. 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, entertainment, shopping, and great food... something for everyone!

Wednesday, 10/3: Norman Rockwell Museum with lunch at the Red Lion Inn in Stockbridge. Depart COA at 8:15am. Return approx. 6pm. Explore the quaint town of Stockbridge followed by lunch at the famous Red Lion Inn with a choice of Yankee pot roast or salmon. Then head to the Rockwell museum where you will have the opportunity to experience Rockwell's artistic styling and view the legacy of images that helped define American identity throughout the 20th century. Cost: \$90. Make checks payable to Fox Tours.

OCTOBER (cont.)

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.

COMING SOON

Boston Symphony Open Rehearsals

Once again, we will provide transportation on our van for the Thursday morning open rehearsals. The cost is \$50.00 for transportation to all four concerts: November 15, January 10, February 7 and May 2. Concerts begin at 10:30am. Van will depart COA lot at 9:00am. Riders must purchase their own Boston Symphony subscription: **Box office 888-266-1200: WWW.BSO.ORG.** Transportation for individual rehearsals will be available for \$15 beginning in October. Non-residents may purchase transportation for all four concerts beginning on September 15 and beginning on October 15 for the November 15 concert.

Friday, 12/7: Holiday Pops at Symphony Hall: **New date.** 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. Final payment is due no later than October 15th and no refunds will be issued after this date. Space is limited. Make checks payable to Best of Times.

SHOP-AROUND SHUTTLE & MARKET BASKET/MARSHALLS TRIP

We've moved this information to page 3!



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.

Senior residents – Appointment based Free Flu Vaccine Clinics

The Wayland Health Department will be providing FREE Flu Vaccine Clinics for senior residents aged 65 or older on the following dates:



Senior Flu Clinic Dates: (appointment needed, call 508-358-6805)

Tuesday, September 18: Noon – 4pm

Thursday, September 20: 10 - 3:30pm

Thursday, September 27: 10 - 3:30pm

All Clinics will be held in the Selectmen's Meeting Room of the Wayland Town Building

- ◇ High-Dose (specifically designed for individuals aged 65+) and Regular Seasonal Flu Vaccine will be available, as well as Prevnar, Pneumococcal Vaccine and Tdap (Tetanus, Diptheria, Pertussis) Vaccine for those who meet the qualifications.
- ◇ Remember to **bring ALL your Medical Insurance Cards to your scheduled appointment.**
- ◇ Please contact the Wayland Health Department at **508-358-6805** between the hours of 9am-3pm to make sure you have scheduled your Flu Shot appointment before attending any of the above dates.



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 (select Council on Aging)

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