



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

SEPTEMBER 2019



TRIVIA UNDER THE TENT!

Friday, September 13,

7 to 9:30pm

Town Building Courtyard

It's a free town-wide trivia night!
Presented by the COA and the Recreation Department

Bring a team or come on your own for a fun filled night under a big tent in the Town Building Courtyard. This exciting event is for the entire community and will feature trivia, music, pizza, prizes and more!

A professional Trivia DJ, will challenge your knowledge...

- What is the tallest animal?
- What was the first country to win the World Cup twice?
- What was the original title of Moby Dick?
- How many dots on a pair of dice?

Don't worry if you don't know the answers, someone on your team surely will.

Bring your friends and neighbors to enjoy this night of friendly competition and camaraderie. Max 8 players per team. Limited seating. Register early at waylandrec.com or call the COA at 508-358-2990.

Sponsored in part by the Friends of the Wayland COA and Avenu at Natick.

THURSDAY THEATER / ARTS in September (see p. 2)



♦ **"PORTRAITS"** (by Art Matters) Sept. 19, 1:30pm

♦ **A one man play: "Sailing Towards my Father"**
performed by: Stephen Collins, Sept. 26 at 1:30pm



SENIOR FLU CLINICS (by appointment only)

The Wayland Health Department will offer appointment-based clinics this year. See contact info. and dates on p. 9

HIGHLIGHTS

Pg

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| • GREAT COURSES: Music as a Mirror of History. Mondays at 1:00pm | 6 |
| • MEDICATION TAKE-BACK Wed., Sept. 4, 11:30am-Noon | 5 |
| • COA PIZZA CAFÉ, Wed, Sept. 4, noon | 3 |
| • SAGES & SEEKERS, Info. Session Wed., Sept. 4, 1:15pm | 3 |
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| • SENIOR CHARLIE CARD EVENT Wednesday, September 25 | 12 |
| • "SAILING TOWARDS MY FATHER" Thursday, September 26 at 1:30pm | 2 |

COMING NEXT MONTH

MEDICARE OPEN ENROLLMENT OCT 15— DEC 7

Medicare plans change every year. It will soon be time to decide on your coverage for 2020. Call COA to schedule an appointment with our SHINE counselors.

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?

“SAILING TOWARDS MY FATHER”

Thursday, September 26 at 1:30pm
Theatrical Presentation

Written and directed by Carl A. Rossi

Performed by Stephen Collins

“Sailing Towards My Father” is a one-man play about Herman Melville (1819-1891), the American author best known for his whaling epic *Moby Dick*. The play chronicles Melville's life from youth to old age, concentrating on his evolution as a writer and his complex relationships with God, his parents and siblings, his wife and children.

Mr. Collins' performances always convey an understanding of the impact and the reactions of the characters to their respective times. It's not just a performance; it's an experience. By RESERVATION Large Hearing Room, 1:30pm, No Charge

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

Stephen Collins Herman Melville



THERAPEUTIC BENEFITS of AYURVEDIC HERBS AND SPICES

Wednesday, Sept 18, 1pm
Reservations; No Charge

Ayurveda (pronounced “ah-yer-vey-duh”) is the traditional natural healing system of India, believed to be the world's oldest surviving holistic medical system. Its tools include lifestyle choices, herbal supplements, nutrition, detoxification, massage, yoga and spiritual practices. Ayurveda has had a strong influence on both western and eastern systems of medicine.



According to Ayurveda, plant life serves as the greatest source of energy in this world. Derived from different parts of the plant, such as root, stem, leaf, flower and fruit, herbs and spices have been used for thousands of years in Indian cooking because of their medicinal and therapeutic benefits. Come learn more about common herbs and spices and their benefits in our daily life.

Presentation by Anjana Bhargava, Ayurvedic Wellness Counselor. She is a graduate of Kerala Ayurveda Academy, and has been using spices and herbs in her kitchen daily for more than 20 years.

AN “ART MATTERS” GALLERY PRESENTATION

PORTRAITS IN ART

Thursday, Sept. 19, 1:30pm
Large Hearing Room

A portrait is much more than a picture of what someone looks like. A portrait can document the history of a whole family, or a single individual's journey. It can be about an era of time, a culture, an event, or the experience of youth or age. It can tell stories, be self revealing or serve as a commentary of social values or political institutions. Join us for a look at the many possibilities of the Portrait in art.

By RESERVATION

No Charge

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



WHAT'S THE BUZZ? BEES & BEEKEEPING

Tuesday, Sept. 17, 1:30pm



Honeybees can teach us a lot about co-operation, collaboration, and planning ahead. Come learn how honeybees live and work together, each one with its own job. Find out what beekeepers do to support healthy hives, and why honeybees are worth supporting and protecting. (Hint: Did you know they pollinate about a third of our crops? Without honeybees, say goodbye to blueberries, squash and almonds. To say nothing of honey!) Join us as Waylanders Ann Gordon and Nan Jahnke, amateur beekeepers, show why they are passionate about bees.



DROP IN

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 (above right). If you don't see this symbol on a program description, please call us to reserve a spot. Thanks for your help!

DROP IN

What's Happening at the COA?



1st WEDNESDAY COA PIZZA BUFFET CAFÉ Wed., Sept 4, 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.

Next Month's Café: Wed, Oct 2



sages&seekers

Sages & Seekers Informational Presentation Wed., Sept. 4, 1:15pm

Sages & Seekers is a highly acclaimed national program that matches older adults—the Sages—with high school students—the Seekers—in an eight-week program of guided conversation and exploration. Sages share life experiences while Seekers develop interviewing, listening, writing and public speaking skills. Enriching relationships often grow along with these new skills.

Wayland High School hosted a very successful Sages & Seekers program last year, and is recruiting Sages for this year's program, which runs from Oct. 1 through Nov. 19. Come learn about this unique program. Program director Janet Carmichael will answer all your questions. You can also call her at 508-397-3446 or send her an email at sagesandseekerswhs@gmail.com

DROP IN

ONGOING 'DROP-IN' PROGRAMS

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

DROP IN

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.

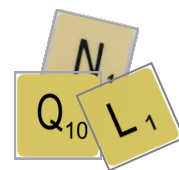


Genealogy 2nd and 4th Tuesdays, 1:00pm

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

Scrabble Thursdays, 10:00am

Build words and friendships over the Scrabble board.



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.

DROP IN

HOLIDAY SHOPPE WORKSHOPS WITH VOLUNTEER KATHY HODGE

**Wednesdays:
September 18, and October 2, 16, & 30
10:00 – 11:30 AM.**



Help us get ready for the COAs 32nd annual CHILDREN'S HOLIDAY SHOPPE by coming in to create handcrafted sale items. Supplies and instruction will be provided. Come when you can and bring your holiday spirit. No specialized skills required.



GRANDPARENTS GROUP

Meets on the 2nd Tuesday of each month.

Tues., Sept. 10, 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. Bring a friend. Facilitated by Dr. Dossie Kahn, Youth & Family Services.
New members welcome.

DROP IN

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:

Sept. Pre-Pay: \$28, Sept. 9, 16, 23, 30

Single class: \$10 (Drop-in)

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

New Payment Options

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.

Bring your water bottle!

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.

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.

Zumba

DROP IN

Wednesdays, 10:15 am

Resumes September 11

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. Sept. fee: \$ 21

Class meets on Sept 11, 18, 25

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

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

TRY-IT! Not sure? Take advantage of our TRY-IT policy: Your first class is free. Go ahead, try it!

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

For Your Convenience

SHOPPING TRIPS



Monday, September 9: 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 23: 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., Sept. 9



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., Sept. 4, 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

In September we will take an opportunity at a special event to officially thank and recognize volunteers who've given 10 hours or more of their time to serve the needs of our older community.

We rely on about 140 volunteers who serve in a range of ways, from providing rides to medical appointments to labeling our newsletters for mailing, from delivering meals to making home repairs to serving on boards and committees that support our work. They help make our annual Children's Holiday Shoppe possible, as well as many of our other events throughout the year.

We are grateful for their contributions every day. If you encounter a COA volunteer this month, please show YOUR appreciation, too!

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., Sept. 3, 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., Sept. 11, 9am

West Suburban Veterans Services District 781-489-7509

Sarada Kalpee, Director
@ Wayland on Tues. 9am—4pm
781-850-5504

Education/Social Programs (cont.)

Coming in October

4 week Short Story Workshop **NATHANIEL HAWTHORNE**

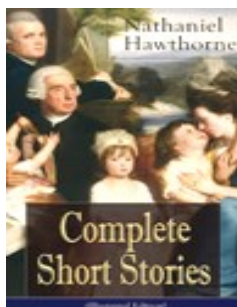
Instructor: Lecturer /Actor Stephen Collins

Thursdays, 10:30-11:45am
\$10/class or \$25 for 4 week series.

Starts on HALLOWEEN with
"Young Goodman Brown",
one of the scariest stories in
American literature.

Thursdays:
Oct. 31, Nov 7, 14, 21

By Reservation



The Great Courses DVD Lecture Series

DROP IN

MONDAYS at 1pm **MUSIC AS A MIRROR OF HISTORY**

(Sept. 9, 16, 23, 30)

Closed Captioning (CC)

Lecturer: Dr Robert Greenberg

Music Historian, lecturer, composer



Music carries a rich spectrum of social,
cultural, historical and philosophical in-
formation, all grounded in the life and
experience of the composer.

*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, Sept. 13

BURN YOUR MAPS Rated PG-13, Comedy-Drama-Adventure, 1hr 42min (dvd release 2019)

A 9-year-old boy, grieving with his parents over the recent loss of his baby sister, becomes obsessed with the idea that he's actually a Mongolian goat herder who belongs back home in his small village in Mongolia.

Friday, Sept. 27

A DOG'S JOURNEY 2019 Rated PG, Drama/Family 1hr 48min

Bailey (voiced again by Josh Gad) is living the good life on the Michigan farm of his "boy," Ethan (Dennis Quaid) and Ethan's wife Hannah (Marg Helgenberger). He even has a new playmate: Ethan and Hannah's baby granddaughter, CJ. The problem is that CJ's mom, Gloria (Betty Gilpin), decides to take CJ away. As Bailey's soul prepares to leave this life for a new one, he makes a promise to Ethan to find CJ and protect her at any cost. Thus begins Bailey's adventure through multiple lives filled with love, friendship and devotion as he, CJ and CJ's best friend Trent experience joy and heartbreak, music and laughter, and few really good belly rubs.

SEPTEMBER

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| 2 HOLIDAY LABOR DAY Town Building Closed | 3 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F | 4 9:00 Thera-Tube: 9:30 Walking Club 11:30 Med. Take-Back 12:00 COA Café 1:00 Better Balance 1:15 Sages & Seekers | 5 10:00 Scrabble 10:00 Lois' F4F <i>Trip: Harvard Art Museum</i> | 6 9:30-11:30 Open Studio Art & Craft |
| 9 9:30 Walking Club 1:00 Video Lecture: <i>Music as a Mirror of History</i> 2:00 Tai Chi Paradigm 2:30 Connections <i>Podiatry, by appt.</i> <i>Shop Around Shuttle</i> | 10 9:15 GT Nuggets 10:15 GT Rehearsal 10:00 Lois' F4F 10:30 Grandparents 1:00 Genealogy | 11 9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba resumes 1:00 Better Balance | 12 10:00 Scrabble 10:00 Lois' F4F | 13 9:30-11:30 Open Studio Art & Craft 12:30 MOVIE: BURN YOUR MAPS 7-9:30 pm TRIVIA NIGHT  |
| 16 9:30 Walking Club 1:00 Video Lecture: <i>Music as a Mirror of History</i> 2:00 Tai Chi Paradigm 2:30 Connections | 17 10:00 Lois' F4F 1:30 Bees and Bee-keeping Presentation | 18 9:00 Thera-Tube 9:30 Walking Club 10:00 Crafter Workshop 10:15 Zumba 1:00 Better Balance 1:00 Therapeutic Benefits of spices/herbs | 19 10:00 Scrabble 10:00 Lois' F4F 1:30 Art Matters Gallery Presentation: PORTRAITS <i>Legal Clinic</i> | 20 9:30-11:30 Open Studio Art & Craft |
| 23 9:30 Walking Club 1:00 Video Lecture: <i>Music as a Mirror of History</i> 2:00 Tai Chi Paradigm 2:30 Connections <i>Trip to Market Basket</i> | 24 10:00 Lois' F4F 1:00 Genealogy | 25 9:00 Thera-Tube 9:30 Walking Club 10:15 Zumba 10:00 MWRTA event ⇒ 10am-Info session p. 12 ⇒ I am-Charlie Cards 1:00 Better Balance | 26 10:00 Scrabble 10:00 Lois' F4F 1:30 "Sailing Toward My Father"- a one man show w/actor, Stephen Collins <i>Trip to Shelburne Farms</i> | 27 9:30-11:30 Open Studio Art & Craft 12:30 MOVIE: A DOG'S JOURNEY |
| 30 9:30 Walking Club 1:00 Video Lecture: <i>Music as a Mirror of History</i> 2:00 Tai Chi Paradigm 2:30 Connections | Coming Next Month: <ul style="list-style-type: none"> COA Café, Oct 2, noon Wayland Fire Department presentation, Oct 10, Hawthorne "Short Story" Class series, Oct. 31, 10:30am | | | GT: Golden Tones F4F: Fit For the Future |

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 (e.g., shower chairs, walkers, canes, wheelchairs—no modes). See page 9 for updated information.

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

2019 SENIOR FLU INFORMATION

The Wayland Health Department will be offering appointment-based seasonal flu vaccination clinics for seniors. High-Dose Flu Vaccine is geared to those aged 65+.

Seasonal Quadrivalent Flu Vaccine, Prevnar 13 Pneumococcal and Pneumovax 23 Vaccine (Pneumonia) will also be available for those who have not yet received it and have made an appointment for this particular vaccine.



FIRST SENIOR FLU CLINIC DATE
Thursday, Sept. 26, 9:30am - 4pm
Appointment required*

Additional dates will be determined. There is no out-of-pocket expense but the Health Department will ask that you provide your insurance cards to submit for reimbursement.

*Contact the Wayland Health Department:
 508-358-6805 or health@wayland.ma.us
 to schedule your appointment.

MEDICAL EQUIPMENT 'LOAN CLOSET' UPDATE:

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 be sure to call the COA to see whether or not we can accept it before coming in.

Common requests include gently used items such as walkers, shower chairs, transport chairs and wheelchairs. We no longer accept or loan out commodes for health and sanitation reasons.

If you need an alternative location to borrow or donate, check out M.A.S.O.N. (Medical Apparatus Serving our Neighbors) a program which accepts equipment donations on Tuesday evenings from 4:30 – 7:30 pm. They are located at 404 Concord St. in Framingham, 508-782-4301, www.mason-metrowest.org.



GOLDEN TONES CHORUS 31st Season at the COA!

If you enjoy singing, dancing and music-making to pop classics and show tunes, come to any Tuesday morning rehearsal, beginning September 3, from 10:00 am-noon. There are no auditions and no attendance requirements, only a friendly group of music-lovers from all over MetroWest. To learn more, visit goldentones.org, or call 508-318-6318.

TRANSPORTATION OPTIONS WITH THE COA

MWRTA Dial-a-Ride: Offers leisure and/or medical travel for Wayland residents 65+, or disabled of any age. \$2, \$3 or \$5 each way depending on destination. Pre-register with MWRTA and get details by calling 508-820-4650. Registered riders must make reservations at least 48 business hours in advance of travel date.

MEDICAL TAXI VOUCHERS: For Waylanders 60+ or disabled of any age. Offers discounted taxi fare for medical appointments or medically-related activities at the COA. Administered through JFK Transportation, this option requires the advanced purchase of discount vouchers. Discount is 40% off metered fare. Total cost will vary based on miles traveled. Boston travel is charged a flat rate cost: \$36 each way (\$42 beginning July 1, 2019), all other travel is based on the meter. Tips expected in cash. Buy vouchers in advance at the COA. Schedule rides directly through JFK 508-653-4500.

FISH: Friends in Service Helping, a volunteer group, provides rides to medical appointments for Waylanders who have no other way of getting there. One week notice needed. Call FISH: 508-358-FISH (3474) to make ride requests.

SHOPPING TRIPS: See p. 5 for details about free monthly trips for grocery shopping and errands.



Stay up to date on all the exciting COA happenings! The COA News is available free of charge to Wayland residents age 60 and older. Call the COA at 508-358-2990 to get on our mailing list. Subscriptions for those outside Wayland are \$10. View the newsletter any time on our website: www.wayland.ma.us (select Council on Aging). To cancel your mailed subscription, please call us.



Wayland on the Move



CALENDAR OF UPCOMING OUTINGS

SEPTEMBER

Thursday, 9/5: Winslow Homer Eyewitness at the Harvard Art Museum.

Depart COA at 9:15 am. Return by 2:00 pm. Cost: \$25 for admission & transportation. During the Civil War, American artist Winslow Homer served as a correspondent for *Harper's*. His sketches of soldiers, both in battle on the front lines and in quieter moments back at camp, were reproduced to accompany the journal's accounts of the conflict. While in the field as an artist-correspondent, Homer developed habits of seeing and pictorial strategies that informed his work in other media. In addition to tracing these connections, this show explores broader questions that Homer's art raises about the responsibility of artists who work in periods riven by war and conflict. There is a café on site and many area restaurants.



Thursday, 9/26: Shelburne Farms in Stow.

Depart COA at 10:00 am. Return by 1:30pm. Cost: \$10 for transportation only. Take a ride in the country for a fall tradition, apple picking. Pick your own or buy some at the store. Enjoy sweet treats including cider donuts, caramel apples and hot mulled cider. You can also enjoy lunch of freshly made sandwiches. Enjoy the foliage on the ride there and back. **Please note we will be back in time for the 1:30 pm. COA program.**



Boston Symphony Open Rehearsals



We will provide transportation on our van for the Thursday morning rehearsals. The cost is \$50.00 for transportation to all four concerts: October 3, November 14, March 5 and April 2. Concerts begin at 10:30 am. Van will depart COA at 9:15 am. Riders must purchase their own Boston Symphony

subscription: **Box office 888-266-1200:**

WWW.BSO.ORG. Transportation for The October concert will be available for \$15 beginning September 3 for residents and September 16 for Non-residents.

OCTOBER

Tuesday, 10/8: Topsfield Fair. Depart COA at 9:00 am. Return at 2:00 pm. Cost:



\$20 for transportation. Senior 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!

Thursday, 10/17: Encore Boston Harbor

Depart COA at 9:30 am. Return at 2:00 pm. Cost: \$15 for transportation only. Curious about the new Casino? Join us as we head to Everett to take in the architecture and artwork including the 28 million dollar sculpture of Popeye! Encore Boston Harbor offers five-star dining, gaming, shopping and more. Indulge in the excitement of the casino. Enjoy the views of Boston on the outdoor Harbor Walk. Have lunch at one of the many diverse restaurants or just spend time exploring.

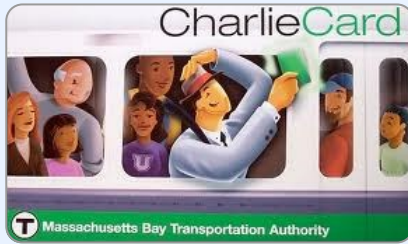
NOVEMBER

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 in Stow, MA. 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.

COA Trip Policy: Payment is required at the time of registration, either in person or by mail, with a check to *Town of Wayland*. Please indicate the trip you are registering for. Non-Wayland residents may register on the 15th of the month; checks received earlier will be held until the 15th. Refunds will be given only if your spot is filled.

Not driving? Without a car? Need a Charlie Card? Planning for the future?



Discover how you can be on the move again with the MWRTA.
Learn about bus and shared van services and get a Senior Charlie Card

Wednesday, September 25 at the COA

10-11am and 11am-noon

Attend one session...or both sessions:

Session 1: 10am-11am

FIXED ROUTE BUSES
and
DIAL A RIDE

Learn about the vast network of fixed route buses running M-F and connecting to towns throughout the MetroWest area. Two routes run right through Wayland!

Dial A Ride: A door-to-door shared ride service for Wayland residents age 65+, or those with a disability. Offers destinations throughout the MetroWest community.

Session 2: 11am-noon

SENIOR CHARLIE CARDS

Senior Charlie Card: on site registration and distribution This transportation ID card allows carriers to receive discounted fare on local and Boston buses and subway. Replacement of expiring cards is also available.

See note below regarding pre-registration. Photo ID required.

IMPORTANT Pre-register and save time in line:

1. Pre-registration is requested for the Senior Charlie Card event by submitting a completed application form to the Wayland COA by Friday, September 20. (Application forms are available at the COA or on our website)
2. On Wednesday, Sept 25 bring proof of age (Driver's License, State I.D., or Passport) and sign your card.
3. Have your photo taken and wait briefly for your new Charlie Card to be printed.

The Wayland COA News

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