

# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

**APRIL 2016**

**The Wayland Council on Aging, 41 Cochituate Road, Wayland, MA 01778**  
**Ph: 508-358-2990 Fax: 508-358-7175 [www.wayland.ma.us](http://www.wayland.ma.us)**  
**Office Hours: Mon., 8am-7pm; Tues-Thurs, 8am-4pm; Fri, 8am-12:30pm**

**Program Registration:**  
**Mon 9-6; Tues-Thurs**  
**9-3:30; Fri 9-Noon**

## ENVISIONING A NEW COA FACILITY AT TOWN CENTER

Monday, April 4, 10am

- ◇ Chat with COA-CC\* Advisory Committee Co-Chairperson Jean Milburn. How might a multi-generational recreation and community gathering center change life in Wayland? Bring your questions/ideas and join the group for coffee and conversation. *\*Council on Aging—Community Center*

## TOWN ELECTION, Tues., Apr. 5

- ◇ No Golden Tones Rehearsal due to limited parking.

## MEDICATION TAKE-BACK, Wednesday, April 6, 11:30am

- ◇ Bring your expired or discontinued medications and sharps to the COA for proper disposal with the Wayland Police.

## FIRST WEDNESDAY COA CAFÉ

Wednesday, April 6, Noon. Reservations required by noon on Mon. Apr. 4, \$3

- ◇ Enjoy the company of new and old friends at our relaxed and casual monthly light lunch buffet. PIZZA, Salad, Dessert, Beverage

## TOWN MEETING starts at Wayland High School, Thurs., Apr 7, 7:30pm

## SAFETY and PREPAREDNESS with Wayland Fire Department at COA Wednesday, April 13, 10am Coffee, Conversation and Demonstration

- ◇ Info on Smoke and Carbon Monoxide Detectors, File of Life, Lock Boxes, Heimlich demonstration and more. See p. 4

## LAST CALL: AARP INCOME TAX PREPARATION

- ◇ Contact the COA office for available appointment openings.



## ON-LINE SAFETY, Wednesday, April 20, 10am

- ◇ Protecting yourself from scams and identity theft: Join Robin Putnam, Research and Special Projects Manager for the Office of Consumer Affairs and Business Regulation for a presentation titled "Consumer University".

## TOYS IN THE ATTIC, Thursday, April 21, 7pm, Hearing Room

- ◇ PBS Antiques Roadshow Regular Gary Sohmers shares his expertise and appraisals of vintage toys and childhood memorabilia. Guests welcome to bring up to two pieces for exhibit. Reservations requested. See p. 3



## MEET and GREET NEW VETERANS DIRECTOR Sarada Kalfee (WEST SUBURBAN VETERANS DISTRICT).



## OPEN HOUSE

Tuesday, April 26, 9:30am-11am at COA  
(Formal introduction at 10 am) No charge

Reservations appreciated to help us with planning.

Drop by as your schedule permits. See page 3 for more info about new director.

HEALTH/ WELLNESS p 2

EDUCATION/ARTS p 3

CALENDAR pp 6/7

TRANSPORTATION AND  
SERVICES pp 8-9

TRAVEL & COA VAN p10

MOVIES p12

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**Director:** Julie Secord  
(M-F)

**Office Coordinator:**  
Nancy Greenwood (M-F)

**Outreach Coordinator :**  
Sue Hatton (M-F)

**Project Coordinator :**  
Shawna Levine (M, T, W)

**Volunteer Coordinator**  
Ann Gordon (T-Th)

**BayPath Home Delivered  
Meals** (Requests &  
Changes 508-573-7200 )

**S.H.I.N.E. Counselors**  
Kathleen Woehrling;  
Sue Foley

**Property Tax Work-Off**  
Becky Patterson  
**508 -358 -2990**

**COA WayCam Liaison:**  
Joanne Kwart

**West Suburban Veterans  
Services District**  
Representative on site, 1st  
and 3rd Wednesdays,  
9 am—noon  
508-358-3787  
\*Regional VA Office  
781-489-7509

## Health & Wellness Programs

Please bring  
a water bottle  
to all classes



### COA FITNESS CLASSES AT-A-GLANCE

	DAY	FEE	DATES	TIME	LOCATION
<b>FIT FOR THE FUTURE</b>	Tues/ Thurs	\$3/class	Every Tue/Th	10-11am	Large Hearing Rm.
<b>ZUMBA</b>	Wed	\$3/class	No class Apr. 20	10:30-11:30 am	Town Bldg. Gym
<b>TAI CHI</b>	Wed	\$20 this month or \$8 per class	Every Wed.	11-12 noon	Large Hearing Rm.
<b>THERA-TUBE</b>	Wed	\$3/class	No class Apr 27	9:15-10:15 am	Large Hearing Room
<b>BETTER BALANCE</b>	Wed	\$21 this month	Apr. 6, 13, 20	1-2 pm	Large Hearing Rm.
<b>PILATES</b>	Tu/Th	\$40 for Tues. \$30 for Thurs.	No class Apr 28	7-8am	Large Hearing Rm.



**“TRY IT” POLICY:** When trying any of our exercise programs, your first class is **FREE!**  
We want to be sure that you feel comfortable in the class selected.



**FITNESS COUPON BOOKS:** Always looking for exact change before fitness, theratube or zumba? Try our new tear off COUPON BOOKS: **\$15/book provides 5 coupons usable at any, \$3 class.** Available at the COA. Vouchers may be used for the **“pay only when you attend”** classes. place voucher in basket at class.

**Lois’ FIT FOR THE FUTURE** Tuesday and Thursdays, 10am-11am, \$3/class. Pay only when you attend. Instructor: Lois Leav. Aerobic exercise to music, includes stretching, toning and weights. \*Apr 28 in COA

**ZUMBA** Wednesdays, 10:30am-11:30am, Town Building Gym, \$3/class. Pay only when you attend. Instructor: Ellen Cohen-Kaplan, CPT, OTR. A cardio fitness class to Latin music; the music alone makes you want to exercise!

**TAI CHI for STRESS REDUCTION** Wednesdays, 11am-Noon, pay by the month (see chart) or pay only when you attend at a cost of \$8/class. Modified Tai Chi to build strength and balance, reduce blood pressure and reduce pain. Develop sense of peace through focused mind and body awareness. Instructor: Robin Natanel, Certified Instructor of White Crane Taoists at Harmonious Dragon Tai Chi/Qui Gong School and Tao Center in Switzerland.

**THERA-TUBE** Instructor: Ellen Cohen-Kaplan, Certified Personal Trainer, OTR. Resistance bands with handles to increase range of motion and strength. Bands are light and easy to use for people of all abilities. Learn to use the bands safely and effectively at home and on the go. Bands available for purchase at class if needed \$15.

**BETTER BALANCE** Wednesdays, 1 pm. Develop strategies to prevent falls and maintain independence. Learn breathing and relaxation techniques. Instructor: Leslie Worris of the Wellness Alliance. Great for beginners looking for a change from their usual routine. Pay by the month (see chart above).

**RISE AND SHINE PILATES** A Tuesday and a Thursday Session. Sign up for either or both. 7am– 8am, Pay by the month. Pre-register—Restricted class size. APRIL: Tues (4 classes) \$40; Thursday (3 classes) \$30.

## Education/Creative Arts Programs

### OPEN HOUSE “Meet and Greet”

#### SARADA KALPEE, the new Director of West Suburban Veterans District

Tuesday, April 26

9:30am-11:00am

(Formal introduction at 10am)

Please join us for Continental Breakfast at the COA to welcome the new director of West Suburban Veterans District, Sarada Kalpee. (There will be a brief formal introduction at 10am).

In her new role, Sarada will be responsible for the provision of all veterans services across the communities of Needham, Wayland, Wellesley and Weston. This work includes outreach to veterans, assistance with filing of claims for benefits, certification of applicants' eligibility and management of the District office.

Sarada has served in the U.S. Army Reserves since 2002 and currently holds the rank of staff Sergeant. In 2013 she was deployed to Afghanistan as part of Operation Enduring Freedom where she served for 12 months as a Senior Mechanic.

Sarada's personal understanding of Veterans needs, her passion to make a difference and her awareness of Veterans services on a local, state and federal level will make her a valued asset to our communities.

Please join us at this informal meet and greet. Reservations are appreciated (COA Office 508 358 2990) . No Charge

### TOYS IN THE ATTIC :An evening of vintage toys and childhood memorabilia

Thursday, April 21, 7:00pm, Lg Hearing Room, Town Building



Appraiser Gary Sohmers, an Antiques Roadshow regular, will share his expertise and offer free verbal appraisals of vintage toys brought by attendees.

Bring up to two items for display on the viewing tables up front (items must be in place by 7:15pm—check in opens at 6:45pm). The number of items will be limited, so please call the COA at 508-358-2990 to reserve a seat and a spot for your item(s).

Viewing of toys begins at 7pm and the program begins at 7:30. Don't miss this fun and fascinating stroll down memory lane. No charge; reservations requested for all guests.

*A joint program of Wayland Council On Aging and Wayland Historical Society*

### ENVISIONING A NEW COA FACILITY AT TOWN CENTER

Monday, April 4, 10am,

#### **Join us for coffee and “Chat with the Chairperson”**

Town Meeting begins in early April and the warrant includes an article that asks voters to appropriate a budget to design a new combined COA/Recreation facility at the Town Center.

Jean Milburn, co-chairman of the Council on Aging/Community Center Advisory Committee warmly invites all interested citizens to have coffee and chat about the concept for the facility. Unlike most of its peer communities in the Commonwealth, Wayland has not had a facility like the one envisioned by this committee. How might a multi-generational recreation and community gathering center change life in Wayland? How would new space for Veteran's activities help our Veterans? How could the facility help our Seniors live happier, healthier and more fulfilling lives?

Bring your questions and ideas and join the conversation!

## Additional Health Programs

### BLOOD PRESSURE CHECK



Arrange for a free Blood Pressure Check by calling the Wayland Health Department: 508-358-3617

### PODIATRY CLINIC

The next Podiatry Clinic is on Monday, April 25th 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 appointment.



Note: Many health insurance plans reimburse for fitness classes held at the COA. Contact your plan's Membership Services Dept. to check their policy. The COA will provide you with payment histories if needed.

## Education/Social Programs

### 1st WEDNESDAY COA CAFÉ

Noon , \$3

Reservations Required by noon on the Monday preceding the Cafe

#### Wednesday, APRIL 6

MENU: PIZZA BUFFET, Salad, Dessert, Beverage



#### Wednesday, May 11

*2nd Wednesday this month only*

MENU: ASSORTED QUICHE, Salad, Dessert, Beverage



\*This on-going program is made possible by a generous grant from the Friends of Wayland Council on Aging, Inc.

Also—on CAFÉ days -

### **MEDICATION TAKE-BACK**

11:30am-12:30pm

Wayland Police Department will be at the COA to collect your unwanted and/or expired medications and sharps.

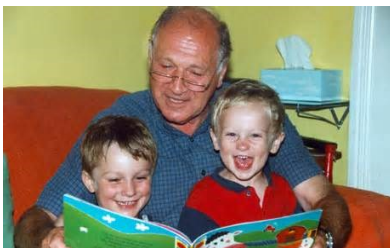
The public is welcome to take advantage of this collection point. No reservations needed if you are just coming to drop off meds and not stay for lunch.

### GRANDPARENTS NETWORKING GROUP COFFEE and DISCUSSION

Meets the second Tuesday of the month.

Next meeting: Tues, **April 12** 10am-11:30am,  
2nd floor, Small Conference Room, Town Building. No Charge, No reservations, just come.

Join us in a facilitated discussion about these unique relationships that can be richly rewarding and yet sometimes frustrating when grandparents must address behavior and expectations. Share resource ideas like books, articles, locations, your experiences.



Refreshments served. Bring a friend. This is a casual gathering.

Discussion Facilitator:

Dr. Dossie Kahn, Wayland Youth & Family Services.

Coffee and Conversation with



**WAYLAND  
FIRE DEPARTMENT**  
“Safety and Preparedness”  
Wednesday, April 13 at 10am

Information on the Smoke and Carbon Monoxide detectors, why “File of Life” is so important, value of “lock boxes” and more. Could you help yourself or others in a situation involving choking and breathing challenges? There will be a demonstration on the Heimlich maneuver. Q&A is always fascinating with the Fire Department.

### **Advanced WATERCOLORS with Cecilia Sharma at the WAYLAND ART CENTER**

Fridays , 10am-12:30pm; \$95 for 6 week session  
New session starts April 15 (No class Apr.22)  
Pre-registration and pre-payment required.

### **‘DROP IN’ PROGRAMS**

*New participants always welcome!*

#### ◇ **COA CONNECTIONS:**

**Mondays, 2:00pm**

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

#### ◇ **GENEALOGY:**

**2nd and 4th Tues, 1:00pm**

Share in great conversations.

#### ◇ **BRIDGE:**

**Thursdays, 12:00pm**

Players need to arrive by **Noon** to be included in table rotation. This group is for high/intermediate players.

#### ◇ **UKULELE:**

**Mondays, 12:30-1:30pm, COA**

Pay by the month \$12 (4 Mondays)

- or -

Pay by the class: \$ 5 each.



## WAYLAND COUNCIL ON AGING

The Wayland COA provides programs and outreach services to seniors and their advocates to enhance quality of life and promote independent living. **BOARD MEMBERS:** Betsy Soule, Chair; Bill Sterling; Vice Chair; Mary Antes, Clerk; Evelyn Ekmejian; Nancy Leifer; Becky Patterson; Ellen Scult, Denise Yurkofsky, Carol Glick. Meetings 1st Tues. of each month at 8am in the Town Building. Meetings subject to change; check town calendar. Comments and suggestions welcome. Next meeting: Mon, April 4 at 8am.

## FRIENDS OF THE WAYLAND COA, INC.

A 501(c)3 dedicated to the support of COA programs, services, and equipment that cannot be financed through the COA's town budget due to limited line item allocation.

### FRIENDS BOARD:

Sue Pope, President; Jane Capasso, VP; Mary Kelly, Treasurer; Mary Antes, Clerk; Steve Correia; Kathy Hodge; Nancy Leifer; Patty MacNeil; Dave D'Orlando; Sonja Strong; Betsy Willard.

## PROPERTY TAX RELIEF COMMITTEE

This Selectmen appointed committee meets bi-monthly.

### MEMBERS:

Atty Rebecca MacGregor, Chair; Ann Gilbert, Clerk; Pauline DiCesare; Steve Colella; Joan Bradford; Linwood Bradford. Check town website for meeting dates and agenda.

## From the Outreach Desk

**Smoke and CO Detector Program reminder:** Daylight savings time serves as our semi-annual reminder to change the batteries on household smoke and carbon monoxide detectors. This is also a great time to think about the smoke detector/CO replacement program sponsored by the Wayland Fire Department (WFD). As time allows, staff from the WFD will come to your house and replace your older style smoke detector with a new one that has a 10 year battery! Free detectors, proper placement/installation and general training in fire safety are included as part of this grant funded program. This terrific service operates as a 'wait list only' program however they are regularly going out to make installations and move quickly through the list. Please give us a call at the COA if you would like to be included.

**Fuel Assistance:** The SMOC Fuel assistance program will come to a close for this season on April 30, 2016. If your gross annual income falls below \$32,618 for a household with one person or \$42,654 for a household of two then this program is worth exploring. An 'in person interview' is required for first time applicants and this can take place at the COA. Call with any questions.

### Circuit Breaker (CB) Tax Credit and the Wayland Town Match:

Step 1: This "too good to be true" sounding credit is a legitimate option and can provide a taxpayer with a refund of up to \$1070 on a MA income tax return. There are qualifying criteria including age (65 and older), residency (you must own or rent in Massachusetts as your principal residence), income (under \$57,000 for single filers, \$85,000 for married filing jointly and \$71,000 for head of household). Lastly, your assessed real estate value must be under \$693,000. If you are within these limits, make sure to ask your tax preparer about including the CB schedule as part of your return.

Step 2: Apply to the Wayland Assessor's Department for the Wayland Town Match to CB credit. If you qualified on your MA income tax return then take this extra step and fill out the application for Town of Wayland to match your CB credit. Qualifying criteria is the same. Deadline for the Wayland Town Match is December 29<sup>th</sup>, 2016. If you think you qualify, it is a good idea to submit your blue town match form now while it is still fresh on your mind.

## Volunteer Corner

Spring is here! Does Spring give you renewed energy? The season of rebirth and new growth often inspires us to find new ways to grow in our own lives.

Last Spring I was feeling restless. It was time to try something new. But what?

A chance conversation with a friend led me to volunteer at a local assisted living facility, leading a weekly sing-along. We had so much fun, and I filled up that restless spot in my life.

And....that led to a big "aha moment" a few months later: I should apply for this job at the COA, a place I've known well for many years as a Meals on Wheels volunteer. And of course you know the rest of the story: I got the job, and added a wonderful new chapter to my life.

What could volunteering do for you? Please call me if you'd like to find out.

Warmly,  
Ann Gordon

# MONDAY

# TUESDAY

# WEDNESDAY

MARK YOUR CALENDARS for the Sudbury Valley New Horizons Band SPRING  
MAY 7th at 3pm in the Wayland Middle School Auditorium.

## LEGEND:

**GT:** Golden Tones (schedule subject to change, check the GT calendar). **WAC:** Wayland Art Center **L@NSC:** Longfellow

<div>4</div> <div>12:30 Ukulele 2:00 COA Connections</div> <div>Trip to Market Basket</div>	<div>5</div> <div>7:00 Rise and Shine Pilates 9:15 Golden Tones Nuggets 10:15 Golden Tones Chorus Rehearsal 10:00 Lois' Fit for Future</div> <div>9am-Noon AARP Tax Prep Appt.</div>	<div>6</div> <div>9:15 Thera –Tube 10:30 Zumba 11:00 Tai Chi 12:00 COA Café 1:00 Better Balance</div> <div>9am-Noon AARP Tax Prep by Appt.</div>
<div>11</div> <div>12:30 Ukulele 2:00 COA Connections</div>	<div>12</div> <div>7:00 Rise and Shine Pilates 9:15 Golden Tones Nuggets 10:15 Golden Tones Chorus Rehearsal 10:00 Lois' Fit for Future 10:00 Grandparents' Coffee 1:00 Genealogy</div> <div>9am-Noon AARP Tax Prep Appt.</div>	<div></div> <div>9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance</div> <div>9am-Noon AARP Tax Prep by Appt.</div>
<div>18</div> <div>HOLIDAY Town Building Closed</div>	<div>19</div> <div>7:00 Rise and Shine Pilate 9:15 Golden Tones Nuggets 10:15 Golden Tones Chorus Rehearsal 10:00 Lois' Fit for Future</div>	<div></div> <div>9:15 Thera-Tube 10:30 Zumba 10:00 On-line Safety 11:00 Tai Chi 1:00 Better Balance</div> <div>Trip to Mary Baker Eddy Library &amp; Copley Square</div>
<div>25</div> <div>12:30 Ukulele 2:00 COA Connections</div> <div>Podiatry Clinic (by appointment only)</div>	<div>26</div> <div>7:00 Rise and Shine Pilate No GTs at COA—relocated today only <b>9:30-11am OPEN HOUSE :</b> <b>Welcome new Veterans Director</b> 10:00 Lois' Fit for Future 1:00 Genealogy</div> <div>Trip to Concord Museum</div>	<div></div> <div>9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance</div>

## THURSDAY

## FRIDAY

CONCERT

ow at Natick Sports Club, Oak Street, Natick

		1
		10:30-Noon Watercolor at WAC
	7:00 Rise and Shine Pilates 10:00 Lois' Fit for Future 12:00 Bridge (High Intermediate)	7
13	7:00 Rise and Shine Pilates 10:00 Lois' Fit for Future 12:00 Bridge (High Intermediate)  7:00 pm Toys in the Attic	15
20	7:00 Rise and Shine Pilates 10:00 Lois' Fit for Future 12:00 Bridge (High Intermediate) 7:00pm TOYS IN THE ATTIC <b>Legal Clinic—by appointment only</b>	21
27	7:00 Rise and Shine Pilates Canceled today only. 10:00 Lois' Fit for Future (COA today only) 12:00 Bridge (High Intermediate)	28
		29
		10:30-Noon Watercolor at WAC  <i>Trip on Saturday to Art in Bloom at the MFA</i>

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## SERVICES AVAILABLE AT THE SENIOR CENTER

*In addition to our many programs, we offer a variety of services to provide assistance to older adults in their homes and at the COA. For information about any of the services described below, call the Wayland COA at 508-358-2990 (unless otherwise indicated).*

### ⇒ Information and Assistance

**Information and Referral**—Our Outreach Coordinator, Sue Hatton, provides free information about a wide variety of resources and services available for older adults and their families. Please call with any questions or concerns: 508-358-2990.

**Fuel Assistance**—Wayland Council On Aging is the Fuel Assistance agent for the Town. Fuel assistance is a LIHEAP (Low Income Home Energy Assistance Program) administered through SMOC. Contact Outreach Coordinator Sue Hatton for further information. Program runs from November - April.

**Free Legal Clinic**—Denise Yurkofsky, an elder law attorney, is available to discuss legal issues. Call the COA to schedule a free, 20-minute appointment. Legal clinics are held in a private consultation area. **The next legal clinic is April 21, 2016.**

**SHINE-Serving Health Insurance Needs of Everyone on Medicare.** Trained volunteers provide free counseling for all your health insurance concerns. Our SHINE Counselors are Sue Foley and Kathleen Woehrling. By appointment only: call COA.

### **State Senator Richard Ross:**

Constituents interested in discussing a concern should contact his office at 617-722-1555.

### ⇒ Health Services

**Free BLOOD PRESSURE check by Wayland Health Department.** By appointment. Call Ruth Mori, Community Health Nurse, 508 358-3617.

### ⇒ Meals on Wheels

For information on the **Meals On Wheels** program, please call BayPath Elder Services at **508-573-7200**. Meals are delivered to qualified residents on week days.

### ⇒ Town Elections/Meetings Services

**Transportation** to every Town Election and to all sessions of the annual Spring and Fall Town Meeting is provided by the COA. Advanced reservations are required. Call the COA at 508-358-2990 for a ride reservation no less than one day before.

### ⇒ In-Home Services

**Friendly Caller Program**—Volunteers provide a friendly phone call to homebound residents who may benefit from a caring conversation.

**In-Home Fix-It Program**—Our volunteer handy-people will assist elders at home with small jobs, i.e., changing a light bulb. The service is free—you pay only for needed supplies.

**File of Life**—Free! These small magnetic folders attach to your refrigerator and list your pertinent medical information, doctors, emergency contacts, etc. This information can be invaluable to emergency personnel. Call the COA office today to get one—it could save your life! Folders are provided courtesy of *The Friends of the Wayland Council on Aging*.

**Medical Equipment Loan Closet**—The COA accepts donations of—and loans out—gently used medical equipment (including, shower chairs, transfer benches, commodes, walkers, canes, wheelchairs, transport chairs and more). To borrow or to donate, call the COA office 508-358-2990.

**Lock boxes**—Allow access to your home in the event you call Emergency for help and cannot get to the door. A house key is stored in a small locked box that is secured to your house in an inconspicuous place; only Wayland rescue personnel have access. Free installation with a one-time fee to purchase the box. Call the Wayland Fire Dept. at **508-358-7951**.

**Elders At Risk in Weather Emergencies**—Seniors with specialized medical equipment or physical limitations that may put them at risk during severe storms or power outages can be included on this list. As resources allow, emergency personnel will call to make sure everything is OK. Call the COA to register and we will forward to Public Safety.

**Smoke and CO Detectors**—As time and supplies are available, Wayland Firefighters will come 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. 508-358-2990.

**Concerned about abusive behaviors: elder abuse, bullying, abusive dating relationships, family violence? Help is available in the MetroWest area. Call 877-785-2020 or Visit [www.domesticviolenceroundtable.org](http://www.domesticviolenceroundtable.org)**



## EZ REFERRAL SHEET – COA Transportation Choices

### IMPORTANT INFO on TAXI VOUCHERS

**JFK Medical Taxi Vouchers are now BLUE (on sale in COA office).**

- **WHITE** Vouchers are expired and no longer accepted.

### MWRTA “DIAL-A-RIDE”

**WHO:** All Wayland residents 65 years of age or older, and disabled of any age. Note: You must be pre-registered with MWRTA to schedule a ride. For registration forms, call the MWRTA at 508-820-4650 or the Wayland COA at 508-358-2990.

**WHAT:** Handicapped accessible, shared ride van providing curb-to-curb transportation, on an “as available” basis throughout the MetroWest community. Rides may be for shopping, leisure, work, and/or medical appointments

**WHEN:** Mon.-Fri., 7am – last pickup at 6:30pm.

**WHERE:** Travel anywhere within the MWRTA communities Ashland, Framingham, Holliston, Hopkinton, Marlboro, Natick, Sherborn, Southborough, Sudbury, Wayland, and Weston. **\$2 each way. ALSO, to Woodland MBTA station. \$3**

**EXTENDED SERVICES FOR MEDICAL RIDES ONLY:** Berlin, Dover, Hudson, Lincoln, Maynard, Medfield, Medway, Milford, Millis, Needham, Newton, Northborough, Shrewsbury, Stow, Upton, Waltham, Wellesley, Westborough, and Emerson Hospital in Concord. **\$3 each way.** Boston, Worcester, Brookline, Jamaica Plain (VA Hospital only). **\$5 each way.**

**TO SCHEDULE A RIDE:** Call MWRTA “Dial-A-Ride” 508-820-4650, Mon.-Fri., 8am-4pm, no more than two weeks – and no less than 48 hours - **prior to your ride.**

**PAYMENT:** Upon registration you will establish a fare account with the MWRTA; accounts are automatically debited on the day of your ride

**VAN DESCRIPTION:** A white, handicapped-accessible van signed: **MWRTA-Kiessling.**

### MEDICAL TAXI VOUCHERS

**WHO:** All Wayland seniors (60+ years of age) and/or disabled of any age.

**Call JFK 508-653-4500.**

**WHAT:** A discounted taxi ride for **medical appointments only and medically related activities at the COA** including exercise classes, SHINE, legal appointments and medical seminars.

**WHEN:** Taxis avail. 7 days/week, 6:30am to 10pm.

**WHERE:** Wherever you need to go for your medical appointment. Multiple vouchers may be used.

**Taxi rides to Boston hospitals are fixed rate—\$60 in meter time each way—using medical taxi voucher tickets brings your cost down to \$36.**

**COST:** A book of tickets worth \$25 of meter time can be purchased for \$15.00 (each book has 5 tickets and each ticket is worth \$5.00 of meter time.) Taxi voucher books are available at the COA or by mailing a check to the COA. (A single voucher worth \$5 of meter time may be purchased for \$3).

**NOTE:** A taxi driver gratuity IS expected and must be paid in cash, not with a voucher.

### **F.I.S.H. (Friends In Service Helping)** **For medical rides only**

FISH is a VOLUNTEER organization that offers rides to Wayland residents of any age who have exhausted all options for transportation to local *medical appointments*. (Some drivers are also available to travel to Boston.)

Riders pay tolls and parking fees. Donations are not expected, but those who wish to donate should make checks out to the *Town of Wayland*.

To request a ride: Call 508-358-3474 at least ONE WEEK AHEAD of your appointment date. You will reach the FISH ANSWERING MACHINE. Please leave your NAME, ADDRESS, PHONE NUMBER, DATE, TIME, and LOCATION of appointment. A telephone volunteer will call to confirm your request and make every effort to find an available driver.

# Wayland on the Move

## CALENDAR OF UPCOMING OUTINGS

For additional information, please contact the COA or stop by the office and pick up flyers.

### APRIL

**Monday, 4/4: Market Basket & Marshall's in Waltham.** Depart COA at 9:30 am. Return by 1:00 pm. N/C for Wayland residents, \$5.00 for out of town. Home pickups for Wayland Residents available by request.

**Wednesday, 4/20: Day in Boston: Mary Baker Eddy Library and Copley Square.** Cost: \$10 for transportation only. Depart COA at 9:30 am, Return at 3:00 pm. We will stop first at the Mary Baker Eddy Library home of the Maparium. Admission for seniors is \$4.00. Second stop is Copley Square where you can visit the Boston Public Library, the Copley Place Mall, shops and restaurants.

**Tuesday, 4/26: Concord Museum presents: N.C. Wyeth's Men of Concord.** Depart COA at 9:15 am. Return at 2:00 pm. Cost: \$15 for admission, tour, and transportation. This exhibit will bring together for the first time in nearly 80 years the twelve original panels N. C. Wyeth painted for the book *Men of Concord* and will also include charcoal drawings, watercolors, and artwork related to the series. There will be time to visit the permanent exhibits and for lunch (on your own) in Concord.

**Saturday, 4/30: Art in Bloom at the MFA** Cost: \$30 for transportation and admission. MFA members pay \$12 for transportation. Depart COA at 9:15 am. Return by 4:00 pm. Join us for this exuberant spring festival of fine art and floral design. Garden clubs and professional designers from across New England create floral arrangements inspired by the MFA's works of art. **Deadline for registration is 4/19.**

### MAY

**Monday, 5/2: Market Basket & Marshall's in Waltham.** Depart COA at 9:30 am. Return by 1:00 pm. N/C for Wayland residents, \$5.00 for out of town. Home pickups for Wayland Residents available by request.

### Tuesday, 5/10: Museum of Russian Icons

Depart COA at 10:15 am. Return at 2:00 pm. \$15 for transportation, admission, and a docent tour. View more than 700 Russian icons and artifacts and enjoy the current exhibit: *Toys, Trinkets, and Treasures: The Story of the Nesting Doll which features over 100 sets of dolls.*

During your visit, enjoy a break in the Russian Tea Room. Currently, no food is being served, but you are welcome to bring lunch and enjoy with their specialty beverages.

### Tuesday, 5/17: Harvard Square in Cambridge

Depart COA at 9:15 am, Return at 2:00 pm. Cost: \$10 for transportation only. Travel to Harvard Square where you will choose how to spend your day. Shop, dine at one of many restaurants or visit one of several museums in Harvard Yard: Harvard Museum of Natural History featuring the glass flowers, seniors: \$10, The Peabody Museum of Archeology and Ethnology, seniors: \$10, the Harvard Art Museum, seniors: \$13.

### Thursday, 5/26: JFK Birthplace & Coolidge Corner

Depart COA at 9:15 am. Return by 2:00 pm. The John Fitzgerald Kennedy National Historic Site is the birthplace and childhood home of John Fitzgerald Kennedy, our 35th President. We will begin the day with guided tour of JFK birthplace followed by time in Coolidge Corner for lunch and shopping. Please note: walkers can only be used on the first floor of the house. There are many stairs throughout the home and so those with mobility issues may have difficulty accessing the site.

### Here's a sneak peak at what's coming up!

**6/6:** Colette tours presentation on 2017 trip to Iceland. Sponsored by the Travel Interest Group.

**7/21:** Lake Winnepesaukee Cruise, Castle in the Clouds, and lunch at Hart's Turkey Farm: \$89

**10/18:** New England Goes Country with the Jimmy Lehoux Band: lunch, transportation and show: \$85

### COA TRIP POLICY

Registration for Wayland residents will be open as soon as the trip is advertised. Those from other communities may register on the 15<sup>th</sup> of the month or the first day the COA is open if the 15<sup>th</sup> is on a weekend or holiday. We require payment at the time of registration. You may register in person or send in a check made out to the Town of Wayland, specifying the trip you are registering for. For non-residents, checks received before the 15<sup>th</sup> of the month will be processed on the 15<sup>th</sup> using a lottery system. Due to advance financial commitments, refunds will only be given if the vacancy is filled.



## FRIDAY “After Hours” MOVIE MATINEE

Showtime: 12:30 pm, Wayland C.O.A. Bring a friend, and/or bring your lunch.

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

### Friday, April 8 : THE WRECKING CREW (2015) PG Musical & Performing Arts, Documentary: 1hr.35 min.

Music lovers will be astonished at the influence The Wrecking Crew wielded over rock and pop music in the 1960s and 1970s. These unsung instrumentalists were the de-facto backing band on hit records by The Beach Boys, Frank Sinatra, Sonny & Cher, Elvis, The Monkees and many more. The movie is a heartfelt, overdue tribute

### Friday, April 29: BROOKLYN (2015) PG-13 Drama: 1hr. 51 min

BROOKLYN tells the profoundly moving story of Eilis Lacey (Saoirse Ronan), a young Irish immigrant navigating her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Eilis into the intoxicating charm of love.

**Do 1 Thing** is a twelve-month self guided informational program that focuses on a different area of emergency preparedness each month. The program offers a series of tip sheets focusing on one new topic each month. Individuals use these sheets toward personal preparedness by selecting one task to complete each month. When prepared, you are better able to help yourself, your friends, neighbors, and community in a disaster.

#### *Your Goal for April:*

**Have an emergency food supply that will meet the needs of your household for 3 days without outside help**

- For a copy of this fact sheet, stop by the COA or give us a call to have it mailed to you. [www.do1thing.com](http://www.do1thing.com)

**MARK YOUR CALENDARS FOR Sudbury Valley New Horizons Band SPRING CONCERT in MAY**  
SVNH will present their annual spring concert on Sat., May 7, 3pm in the Wayland Middle School Auditorium. The program is free and will feature a broad selection of music including classical country, big band and more.

### **The Wayland COA News**

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