



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

DECEMBER 2016

The Wayland Council on Aging, 41 Cochituate Road, Wayland, MA 01778
Ph: 508-358-2990 Fax: 508-358-7175 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

DECEMBER HIGHLIGHTS	Pg.
♦ THE GREAT COURSES VIDEO LECTURE SERIES Monday, Dec. 5 & 12, 1-2pm THE AGING BRAIN with neuro-scientist Prof. Thad Polk	3
♦ COA's 29th annual CHILDREN'S HOLIDAY SHOPPE Monday, Dec. 5, 3:30-5:30 , Town Building Gym Young shoppers (K-5th Grade) are invited to shop for holiday gifts with help from the elves (Middle and High School students).	4
♦ MEDICATION TAKE-BACK , Wed., Dec. 7, 11:30am-Noon A convenient and responsible way to dispose of discontinued or expired drugs. Bring your medications to the COA. Wayland Police will dispose.	4
♦ FIRST WEDNESDAY COA CAFÉ, Wednesday, December 7. Noon. Enjoy the company of new and old friends at our relaxed and casual monthly pizza buffet. Pizza, Salad, Dessert, Beverage; p. 4	4
♦ MEDICARE OPEN ENROLLMENT ENDS Wed., Dec. 7, 2016	3
♦ "LIGHT UP THE HOLIDAYS" LUNCHEON, Wed. Dec. 14, Noon Join us to celebrate the holiday season among friends. Enjoy a chicken piccata luncheon, delicious dessert, door prizes and the always-popular Shane Wood Jazz Trio. Reservations needed to join the fun. \$9.	3
♦ LINCOLN HANDBELL RINGERS, Wed., Dec. 21 at 11am Join us for this favorite seasonal offering featuring the Lincoln Handbell Ringers performing with a 4-octave set of bells. This accomplished group is under the direction of Diane Burke – who always adds to the beauty of the performance with historical tidbits and trivia about the various songs. Reservations appreciated. No charge.	3
♦ Wayland 'SHOP AROUND SHUTTLE' - Mon. Dec. 12, Jan. 9 and 23 In-town errands to do? Consider this free Monday shuttle with home pick-ups and help us determine if this will be a regular winter offering. p. 10	10

COMING IN JANUARY:

SCHOOL BUDGET for FY2017-2018 ...How Does It Affect Older Residents?
 Coffee Hour and discussion with Dr. Stein, Superintendent of Schools, and School Committee's Barb Fletcher in the COA. **Fri., Jan. 6, 10:30am.** See p. 5 for details.

COMING THIS SPRING:

- ♦ **"Swing Into Spring" Afternoon Dance with 16-piece Big Band, April 2017**
- ♦ **It's back ...Mostly-Free-Drive-Thru Electronics Recycling, April 2017**

HEALTH/ WELLNESS p 2

EDUCATION/ARTS p 3

CALENDAR pp 6/7

TRANSPORTATION AND SERVICES pp 8-9

TRAVEL & COA VAN p10

MOVIES p12

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
Penny Wilson

Property Tax Work-Off
Becky Patterson
Wednesday 9—11 am

COA WayCam Liaison:
Joanne Kwarta

West Suburban Veterans Services District
Sarada Kalpee, Director
 Representative on site,
 every Tuesday 9am-4pm
 Selectmen's Office
 781-850-5504
 *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
FIT FOR THE FUTURE	Tues/ Thurs	\$3/class	Every Tue & Th	10-11am	Large Hearing Room
ZUMBA	Wed	\$3/class	Every Wed.	10:30-11:30 am	Town Bldg. Gym
TAI CHI	Wed	Pay by month: \$20 Pay by class: \$8	Every Wed. (4)	11-12 noon	Large Hearing Room
THERA-TUBE	Wed	\$3/class	Every Wed.	9:15-10:15 am	Large Hearing Room
BETTER BALANCE	Wed	Dec. 7,14,21 \$21.00	Every Wed.	1-2 pm	Large Hearing Room
PILATES—Pay by the month	Tu/Th	\$30— NO CLASS Dec. 27 and 29	Every Tue/Th	7-8am	Large Hearing Room



“TRY IT” POLICY: When trying any of our **on-going** exercise programs, your first class is **FREE!**

FITNESS COUPONS: Buy a pack of 5, \$3.00 coupons, good at all drop in classes. Fully refundable

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.

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.

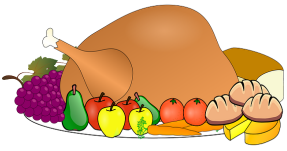
THERA-TUBE Instructor: Ellen Cohen-Kaplan, Certified Personal Trainer, OTR. Resistance bands with handles to increase range of motion and strength. Bands are light and easy to use for people of all abilities. Learn to use the bands safely and effectively at home and on the go. Bands available for purchase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

Breaking News! *New happenings at the COA*

Home Delivered Christmas Meals



Once again, volunteers from the Parish of the Good Shepherd will deliver a free, home-cooked Christmas Dinner to Wayland residents

who will be home alone or otherwise unable to participate in a holiday meal. Meals are delivered warm and ready to eat around noon on Christmas Day. If you would like to have a meal delivered to you please call the COA at 508-358-2990 and we will forward your name to the program.

THE GREAT COURSES VIDEO LECTURE SERIES "THE AGING BRAIN"

Monday, Dec. 5 and 12
1:00-2:00pm, N/C



Video Lecture Series continues with neuro-scientist, Prof. Thad Polk:

Monday, Dec. 5 Parkinson's Disease and Stroke; Aging Well: Staying Active

Monday, Dec. 12 Aging Well: Diet and Stress; The Science of Immortality

LINCOLN HANDBELL RINGERS Wed., Dec. 21 at 11am

Join us for this favorite seasonal offering featuring the Lincoln Handbell Ringers performing with a 4-octave set of bells. Through the year members participate in workshops and festivals in addition to their busy concert schedule. This accomplished group is under the direction of Diane Burke – who always adds to the thrill of the performance with historical tidbits and trivia about the various songs. **Reservations appreciated. No charge.**



"LIGHT UP THE HOLIDAYS" LUNCHEON with the Shane Wood Jazz Trio

Featuring seasonal favorites and toe-tapping tunes!

Wed., Dec. 14 at Noon

Reservations: \$9 per person

Join us for a chicken piccata luncheon, delicious dessert, door prizes and the always-popular Shane Wood Jazz Trio. Celebrate the holiday season among friends. Reservations needed to join the fun. \$9.



29th CHILDREN'S HOLIDAY SHOPPE

Mon. Dec. 5, 3:30pm — 5:30pm

Town Building Gym, K - Grade 5
Bring your grandchildren! Middle School and High School Elves will help them shop. **Volunteers needed to help at the 14 wrapping stations. Call the COA to sign up.**



MEDICARE OPEN ENROLLMENT October 15—December 7

Our SHINE counselors are fully booked during open enrollment. Call the COA if you'd like to be on our waiting list for appointments that may open up, or contact these nearby SHINE programs for an appointment:

Framingham: 508-532-5980 then press 0

Needham: 781-455-7555

For general questions or telephone consultations, you may call SHINE at 1-800-243-4636, and press option 2, "Health Insurance Counseling."

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 Monday, December 12th.

- 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 preceding Monday.



MENU: PIZZA BUFFET, Salad, Dessert, Beverage

A no-cheese pizza option will be available.

Wednesday, December 7, Noon

This ongoing program is made possible by a generous grant from the

Friends of Wayland Council on Aging.

****Start your New Year at our January 4 Café! ****

MEDICATION TAKE-BACK

11:30am-12:30pm

Wednesday, Dec. 7, 11:30am-Noon

Wayland Police Department will be at the COA to collect your unwanted or expired medications and sharps. The public is welcome to take advantage of this collection point. No pre-registration needed to drop off medications.

'DROP IN' PROGRAMS

No reservations are needed for these activities.

Stop by and join in. New participants are always welcome!

- ◇ **THE GREAT COURSES Video Series**
Mondays, 1-2pm (two 30-min lectures)
"The Aging Brain" Dec. 5, 12
- ◇ **COA CONNECTIONS:**
Mondays, 2:30pm (note new time in COA)
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 Tuesdays, 1:00pm
Share in great conversations and fascinating stories from the past.
- ◇ **BRIDGE:**
Thursdays, 12:00pm
Players need to arrive by **Noon** to be included in table rotation. This group is for advanced or HIGH intermediate players.



CALLING ALL PHOTOGRAPHERS



Do you have a photo of a favorite place in town? Or someplace you'd like to photograph? We are looking for residents to share pictures of Wayland for an upcoming exhibit and presentation highlighting Wayland photos and photographers past and present. On Sunday, February 12, 2017, we will exhibit residents' photos along with a selection of comparable photos from the Wayland Historical Society's collection. Jane Sciacca will present a program on noted Wayland photographers. If you have a photo to share, please email it to waylandphotos@gmail.com. You may also bring your original photo or a scanned copy to the COA. Original photos will be scanned and the original returned to you. **All photos must be submitted by January 20, 2017.** This program, "Favorite Places—Memorable Places," is sponsored by the Wayland Historical Society and the Wayland Council on Aging. Watch for more details in the January newsletter.

🎵 CONCERT 🎵

Sudbury Valley New Horizons Band & Orchestra

Saturday, Dec. 3, 3pm, Wayland Middle School
No Charge ~ Concert will feature great classic pieces!

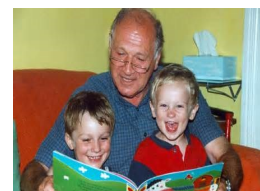
GRANDPARENTS NETWORKING GROUP

Tuesday December 13th
10am-11:30am

2nd floor Small Conference Room, Town Building. No

cost, no reservations. Group meets monthly on 2nd Tuesdays.

Join us in a facilitated discussion about these unique relationships that can be both richly rewarding and sometimes challenging. Share resource ideas like books, articles, locations, your experiences. Refreshments served. Bring a friend. This is a casual gathering.



OUR SNOW POLICY

If Wayland Public Schools are closed due to the weather, then all COA programs (including home delivered meals) are canceled for the day. If the Wayland Town Building is open, the COA office

Education/Social Programs

WAYLAND COMMUNITY HOLIDAY CELEBRATION and Open House When: Sun., Dec. 4, 2-5pm



GROUT HEARD HOUSE, self-guided tour with docents available to answer questions. Festive decorations by the Wayland Garden Club, "Around The World" holiday tree decorations by the Wayland Girl Scouts. Refreshments.



THE DEPOT: Handcrafted gifts and holiday items for sale. Refreshments.



THE WAYLAND LIBRARY: Entertainment by Fran Friedman. Meet new Library Director Dana Mastroianni.



CAROLING on the steps of the FIRST PARISH CHURCH at 4:30pm with the Sudbury Valley New Horizons Band. Refreshments (cocoa and cookies) provided inside by the youth of the church.

VETERANS ADMINISTRATION ANNOUNCES EXPANDED AGENT ORANGE BENEFITS

For many years a group of about 2,100 Air Force personnel and reservists have been battling the Department of Veterans Affairs to receive health care and compensation benefits for illnesses related to Agent Orange exposure while flying aircraft after the Vietnam War. This group will now receive service-connected benefits as a result. The VA recently announced the expansion of eligibility for Air Force members who flew the C-123 aircraft after they were used to spray the Agent Orange herbicide in Vietnam. This could mean disability and health care benefits and payments for 1,500 to 21,000 former service members, some of whom are currently afflicted with one or more of the illnesses listed among the 14 linked to exposure to Agent Orange. Sarada Kalpee, Director, skalpee@westsuburbanveterans.com Office: 781-489-7509 Cell: 781-850-5504 Fax: 781-489-7474



Proposed FY2017-2018 SCHOOL BUDGET

How Does it Affect Older Residents?

Fri., Jan. 6, 10:30am, COA

Coffee Hour and Discussion

The Wayland School Committee invites senior residents to attend a special session on Friday, January 6, 2017 at 10:30 am in the Council On Aging. **Dr. Paul Stein, Superintendent of Schools, and Barb Fletcher, a member of the School Committee, will present a summary of the Superintendent's Recommended FY2018 Budget. Residents are then welcome to ask questions and share comments.** The Committee will consider this information as it begins budget deliberations for the 2017-2018 school year.

Reservations are not necessary but appreciated. 508 358 2990.

WAYLAND COUNCIL ON AGING

The Wayland COA 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, respect, tolerance, appreciation of diversity and positive regard for all members of our community.

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 are held the 1st Tues. of each month at 8am in the Town Building. Meetings are subject to change; check town calendar.

Next Meeting:

Tuesday, Dec. 6 at 8am, COA

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:

Betsy Willard, President; Jane Capasso, VP; Mary Kelly, Treasurer; Mary Antes, Clerk; Janie Belive; Steve Correia; Kara Harvey; Wade Larson; Nancy Leifer; Patty MacNeil, Sue Pope.

PROPERTY TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets bi-monthly on the second Wednesday at 7pm.

MEMBERS: Rebecca MacGregor, Chair; Ann Gilbert, Clerk; Pauline DiCesare; Steve Colella; Joan Bradford; Linwood Bradford.

Next Meeting: Dec. 14, 7pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LEGEND: GT: Golden Tones F4F: Fit for the Future WAC: Wayl. Art Ctr. L@NSC: Longfellow at Natick Sports Club	<div> <div>DECEMBER</div> <div>NOTE: No Golden Tones in December</div> </div>		<div>1</div> 7:00 AM Pilates 10:00 Lois' F4F 12:00 Bridge (advanced players)	<div>2</div> 10:00am Watercolor Class—WAC
	<div>6</div> 7:00AM Pilates 10:00 Lois' F4F	<div>7</div> 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance 11:30-12 Medication take-back 12 COA Café	<div>8</div> 7:00 AM Pilates 10:00 Lois' F4F <i>Trip to Tower Hill Botanical Garden</i>	<div>9</div> 10:00am Watercolor Class—WAC
<div>5</div> 1:00 Great Courses 2:30: Connections 3:30 - 5:30pm Children's Holiday Shoppe (K - 5th gr.) <i>Trip to Market Basket</i>				
<div>12</div> 1:00 Great Courses 2:30 COA Connec- tions <i>Podiatry Clinic by appt. only Shop Around Shuttle</i>	<div>13</div> 7:00 AM Pilates 10:00 Lois' F4F 10:00 Grandparents 1:00 Genealogy	<div>14</div> 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance 12:00 Light Up the Holidays Luncheon	<div>15</div> 7:00 AM Pilates 10:00 Lois' F4F 12:00 Bridge (advanced players)	<div>16</div> 10:00am Watercolor Class—WAC 12:30 Movie: BRASSED OFF
<div>19</div> 2:30 COA Connec- tions	<div>20</div> 7:00 AM Pilates 10:00 Lois' F4F <i>Trip to Russo's and Ocean State Job Lot</i>	<div>21</div> 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 11:00 Holiday Bell Ringers 1:00 Better Balance	<div>22</div> 7:00 AM Pilates 10:00 Lois' F4F 12:00 Bridge (advanced players)	<div>23</div> 10:00am Watercolor Class—WAC
<div>26</div> HOLIDAY TOWN BUILDING CLOSED	<div>27</div> 10:00 Lois' F4F 1:00 Genealogy	<div>28</div> 10:30 Tai Chi <i>Trip to Boston Athenaeum</i>	<div>29</div> 10:00 Lois' F4F 12:00 Bridge (advanced players)	<div>30</div> 12:30 Movie: FLORENCE FOSTER JENKINS

From the Outreach Desk

Help with Heating Bills

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

The LIHEAP Fuel assistance program is administered through SMOC in Framingham. This program provides a one-time per heating season benefit and runs from November 1, 2016 through the April 2017. Eligibility is based on total gross annual income for an entire household, which must fall below \$34,001 for a household of one or \$44,463 for a household of two.

Our Outreach Coordinator, Sue Hatton, is available to help you with the application process. Application requires an in-person interview and the submission of income and other documentation. Wayland residents may complete this process here at the Council on Aging or at SMOC. An appointment is required and a home visit may be arranged for seniors who are homebound. Please call the COA with any questions, 508-358-2990.

Households that do not meet the income guidelines for this particular program may instead be eligible for a one-time benefit of up to \$300 through application to the Salvation Army, *Good Neighbor Energy Fund*. This fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Applications for the Good Neighbor fund are processed over the phone with the Canton office at 1-339-502-5900.

Volunteer Corner

The holiday season can prompt mixed emotions for us all. Memories of holidays from our youth, loved ones who are no longer at the holiday table, old traditions and new friends, all these things can create a jumble of joy and sadness that is unique to this time of year.

The holidays also prompt us to reach out to one another more than usual, sending cards or greeting people with wishes for a happy holiday. Reaching out is something our COA volunteers do year-round. They deliver meals and drive people to medical appointments. They visit homebound residents and help us label and mail this newsletter each month. Our teen volunteers teach older learners how to use their cellphones or computers, and they shovel snowy walks in the winter.

These volunteers know that helping their neighbors feels good. Whether your holiday spirits are high or low, finding a way to connect with others, and especially to serve their needs, will bring cheer to them and to you.

Warmly,
Ann Gordon

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. See our calendar for the next Legal Clinic dates.

SHINE-Serving Health Insurance Needs of Everyone on Medicare. Trained volunteers provide free counseling for all your health insurance concerns. Our SHINE Counselors are Kathleen Woehrling and Penny Wilson. Call COA for appointment.

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 program participants M-F.

⇒ 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 with at least 48-hour notice.

⇒ 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 such as changing a light bulb or smoke alarm battery. 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

COA Transportation Choices

IMPORTANT INFO on TAXI VOUCHERS

- ⇒ JFK Medical Taxi Vouchers are now ORANGE.
- ⇒ Expired Blue JFK Medical Taxi Vouchers may no longer be used.

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 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.

DECEMBER

Monday, 12/5: Market Basket & Marshall's

Depart COA at 9:15 am. Return by 1:30 pm. N/C
Home pickups available by request.

Thursday, 12/8: Winter Reimagined at Tower

Botanical Garden. Depart COA at 10:00 am. Return by 2:00. Cost: \$17 for transportation and admission. Wander through glittering indoor displays, view decorated trees and enjoy the greenhouses and winter gardens. This a unique holiday experience. Shop in the gift shop and have a bite at Twigs Café.

Tuesday, 12/20: Russo's Market in Watertown & Ocean State Job Lot in Waltham.

Depart COA at 9:30. Return by 2:00. Ocean State Job Lot offers many items at bargain prices. Russo's offers a large selection of holiday items, fresh produce, prepared foods and a bakery. You will have the opportunity to visit both. N/C for Wayland residents. \$5 for out of town residents.

Wednesday, 12/28: Boston Athenæum: Depart COA at 9:15. Return at 2:30. Cost: \$15 for tour and transportation. The Athenæum is one of the oldest independent libraries and cultural institutions in the US. We will start with a docent-led Art and Architecture tour focusing on the architectural history of the building and on the collection of fine art. There will be time to see the current special exhibit: *Daniel Chester French: The Female Form Revealed*. We will stop for lunch on the way home.

Shop-Around Shuttle

Need groceries? Want to join a friend for a cup of coffee or check out a book at the library?

Try the new Shop-Around Shuttle

Mondays, December 12 and January 9 & 23

Home pick-ups begin at 10 and the return trip begins at noon. Stops, based on riders' needs, include the library, Stop & Shop, Panera and CVS. Reservations required. The shuttle will run the 2nd and 4th Mondays of each month starting in January.

JANUARY

Tuesday, 1/10/17: Harvard Museum of Natural

History. Depart COA at 9:00. Return at 2 pm. Cost: \$20 for admission and transportation. The museum presents a rare glimpse at the exotic and a fresh look at the familiar with exhibits on Marine life, birds, Africa and more. The glass flowers gallery has reopened following an extensive remodel. One of Harvard's most famous treasures is the internationally acclaimed Ware Collection of Blaschka Glass Models of Plants, the "Glass Flowers." This unique collection of over 4,000 models, representing more than 830 plant species, was created by glass artisans Leopold and Rudolf Blaschka. Following two hours at the museum, we will head to Harvard Square for lunch.

Thursday, 1/12: Boston Symphony Open

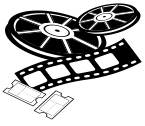
Rehearsal: Depart COA at 9:00, Return by 1:30. \$15 for transportation for one concert, \$50.00 for four concerts. Remaining dates: March 23, April 20, and May 4. Riders must purchase their own Boston Symphony tickets: **Box office 888-266-1200 WWW.BSO.ORG.**

Tuesday, 1/17: All the City's a Stage: A Season of Shakespeare at the Boston Public Library:

Depart COA at 9:15am. Return at 2:00 pm. Cost: \$10 for transportation. Discover the Bard's lasting legacy with two exhibits commemorating the 400th anniversary of his death. *Shakespeare Unauthorized* pulls back the curtain on 400 years of collaboration, confusion, and even literary deception that surround the plays, poems, and life of William Shakespeare. Through an unprecedented exhibition of the BPL's world-class collections, visitors can view some of the rarest, most extraordinary books in the world and learn about the countless men and women who have made and remade the works of a literary icon. *Shakespeare's Here and Everywhere* explores the roles travel plays in his comedies, tragedies, and histories through maps, atlases, and illustrations. View these exhibits or just explore the library. There are several restaurants on site and in Copley Square.

COA TRIP POLICY

Registration for Wayland residents is open as soon as the trip is advertised. 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. Non-residents may register on the 15th of the month or the first business day after the 15th. For non-residents, checks received before the 15th of the month will be processed on the 15th 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 Dec. 16

BRASSED OFF (1996), Rated R, 109 min, Comedy/Drama

Set in Yorkshire, this socially conscious British comedy-drama centers on a small coal town and the famed brass band that is its pride and joy. When the conservative government threatens to close the town's coal pit, the citizens debate whether or not the town's band should continue playing. With Ewan McGregor, Tara Fitzgerald.

Friday, Dec. 30

FLORENCE FOSTER JENKINS (2016) PG-13, 110 min, Comedy/Drama

A wealthy New York heiress (Meryl Streep) attempts to become an opera singer despite her horrible singing voice. Hugh Grant and Rebecca Ferguson co-star in this biopic directed by Stephen Frears.

Do 1 Thing: Your Goal for December

First Aid Kits: Make or buy one for your home and car.

Ready-made first aid kits are available at many stores or your local American Red Cross chapter. These kits come in a variety of sizes and prices. You can also make your own kit from supplies you probably have around the house.

‘Do 1 Thing’ is a web-based twelve-month preparedness program that focuses on a different area of emergency preparedness each month, and provides a range of preparedness options for each topic. Every month has a low or no-cost option to become better prepared. They suggest a choice of three things you can do, then you choose one. You can jump in at anytime. For more information visit www.do1thing.com . If you would like a print copy of the monthly tip sheets please stop by the COA or give us a call.

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