



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## DECEMBER 2022

### Wishing You Well for the Holidays

In December the holiday season kicks into high gear, with holiday lights and music and gatherings galore. It can feel festive or overwhelming, and sometimes both. This year, Hanukkah overlaps with Christmas, so there will be plenty of simultaneous celebrating.

The holidays and the turn of the year often bring up memories of family members and friends who are no longer with us. We are thinking about some COA regulars and volunteers who passed away during this past year, and we so are grateful to have known them.

This month we offer an assortment of holiday-focused events, such as the annual visit from the popular Lincoln Bell Ringers and our holiday luncheon, along with some “regular” events such as the Pizza Café and a trip to the Peabody Essex Museum in Salem. We’ve lined up some great programs for January, as well. Take a look through the newsletter to see all that’s coming up, and contact us to sign up.

We wish everyone a joyful and peaceful holiday season, full of the things that make you happy.

#### Your COA Staff:

**Julie Secord, Lillian DePasquale, Ann Gordon,  
Shawna Levine, and Maura Snyder**

### CONTENTS

	Page
Lincoln Bell Ringers	1
Holiday Luncheon w Steve Rudolph Trio	2
Jewelry Workshops, Medication Take-Back, Pizza Café	2
Regular Weekly Programs, Video Lecture Series, Monthly Movie, CPR Course	3
Fit Club and Fitness Classes	4
Kitchen Safety, Help with Heating Costs	5
New Alert System, Food Banks	5
Circuit Breaker and Other Tax Relief	7
December Calendar of Events In-Person, Zoom, WayCam TV	9
Trips and Excursions	10
Coming in January: Native Wild Flowers, The Crown	12

### LINCOLN BELL RINGERS

**Wednesday, Dec 21, 10:30 am, Large Hearing Room**

The bell-ringers are back! Join us for this popular seasonal event featuring the Lincoln Handbell Ringers performing with a four-octave set of bells.

This accomplished group is under the direction of the delightful Diane Burke, who shares not only her musical talent but also her knowledge of some of the fascinating stories behind the music. **Registration required.**



*This year the Bell Ringers will be in the Large Hearing Room.*



### The Wayland Council on Aging

We provide 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 community members.

The Wayland Council on Aging  
41 Cochituate Road, Wayland, MA 01778  
508-358-2990; [coa@wayland.ma.us](mailto:coa@wayland.ma.us)  
[www.wayland.ma.us/council-aging](http://www.wayland.ma.us/council-aging)

Office Hours: Mon., 8am-7pm;  
Tues-Thurs, 8am-4pm;  
Fri, 8am-12:30pm



**HOLIDAY LUNCHEON**  
**Wednesday, December 14, noon**  
**In the COA**



Celebrate the season by joining us for a festive holiday lunch with friends and neighbors. Enjoy tasty quiche, fresh fruit, tossed salad, and a decadent dessert buffet.

We'll have twinkly lights and live music from the Steve Rudolph Trio (formerly known as the Swing Fever Trio). Steve Rudolph is back by popular demand with his band mates performing your favorite hits. \$12 per person.

**Reservations required.**

**Make It and Take It Jewelry Studio Classes**  
**With Jeweler Norma Radoff**  
**Thursday mornings 10am - 12 noon**  
**In the COA**



**Thurs., December 8:** The holidays are coming. Create a unique, hand-crafted pair of earrings to give as a gift or to keep for yourself while learning special jewelers' techniques. (This class is currently on a wait list.)

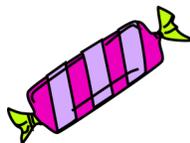
Norma will continue these popular workshops in 2023.

**Thurs., January 12: Repair Workshop.** Have a favorite piece of jewelry that needs some love? Bring it to this workshop and learn how to do easy repairs.

**Thurs., February 9: Valentine's Day Bracelet.** Make a special holiday bracelet for yourself or a loved one.

The class size is limited. Instructions, tools, and all supplies will be provided. **Registration is required**, and restricted to Wayland residents. No charge.

**Thanks for the Candy Donations!**



In early November, Wayland Girl Scout Troop 82132 packed more than 800 lbs. of sweet treats to send to troops overseas, with Treats for Troops. Thank you to all who donated!

*John Clark and his Great American Music Experience*  
 presents

**From Abolition Through Civil Rights in Music**  
**Wednesday, January 11, 1:00pm**  
**In the COA**

This travelogue along the road to freedom begins in the days of the Underground Railroad with the spirituals of the enslaved and the abolitionist protest songs. After the Civil War two other important players in this story are featured: the Fisk Jubilee Singers (1870s) and Bert Williams (early 1900s), whose performances represented an affirmation of the proud heritage of African-Americans. Then in the early 20<sup>th</sup> century, in the midst of Jim Crow legislation, the first freedom anthems emerged: *Oh, Freedom* and *Lift Every Voice and Sing*. The program then highlights the contributions of the Harlem Renaissance. **Reservations required.**



*Fisk Jubilee Singers*

**MEDICATION TAKE-BACK**

**Wed., December 7, 11:30 am—Noon**

It is important to dispose of medications properly when you no longer need them. That's why we invite members of the Wayland Police Dept. to the COA once a month to collect your unwanted or expired medications. They come for the half-hour period before our monthly Pizza Café. That way, you can reward yourself with pizza! You may also deposit medications at the Wayland Police Dept. 24/7.



**PIZZA CAFÉ:**

**Wed. December 7, at noon,**  
**in the COA**

**Reservations required, \$5**



Join us for our first-Wednesday-of-the-month Pizza Café. Enjoy a pizza buffet, salad, beverage and dessert, and the fun of being together with friends and future friends. **Please reserve your seat by noon on Monday, December 5.**

*Thanks to the Friends of the COA for their support.*

*The COA carefully selects program topics and presenters. Speakers bring expertise as well as opinions; the COA does not necessarily endorse speakers' viewpoints. We invite audiences to use their own judgment as they listen and learn. In addition, while we appreciate the advertisers who support this newsletter, we do not endorse products or services.*

## REGULAR ONGOING PROGRAMS

Join us for one or all of these regular programs.  
**You must pre-register for Zoom programs.**



### VIDEO LECTURE SERIES

**Mondays, 1 pm in person**

Join together to learn from some of the nation's top scholars on a wide range of topics, or visit some of the world's most iconic locations. See details, right.



### CONNECTIONS

**Mondays, 2:00 pm on Zoom**

Connect with new and old friends and enjoy good conversation in this facilitated discussion group. New members always welcome — Zoom in and try it out!



### KNIT TOGETHER

**Tuesdays, 10:30 am on Zoom**

Knit in the company of friendly fellow knitters. Create knitwear to donate to children in need using our supplies, or work on your own projects.



### GENEALOGY

**1 pm, 2nd and 4th Tuesday, in person and on Zoom**

Share in great conversations, research tips and fascinating stories from the past. Experience our new "Owl" technology with its 360° camera that brings people together in person and on Zoom.



### SOCIAL GROUP

**Thursdays, 10:30 am on Zoom**

Join this informal group for friendly, relaxed conversation from the convenience of home. Newcomers are always welcome!

## FRIENDS AND FAMILY CPR COURSE

**Friday, Dec. 9, 9—11 am  
 Public Safety Building**



Learn the basics of hands-only CPR and choking relief in a free Friends and Family CPR class offered by the Wayland Fire Department.

This AHA course is for people who do not need a course completion card for a job or other requirements. It is perfect for community groups, parents, grandparents, caregivers, schools and students, and others interested in learning how to save a life. **To sign up, email Mitch Mabardy at [mmabardy@wayland.ma.us](mailto:mmabardy@wayland.ma.us).**

The WFD also offers other courses including CPR/First Aid with completion cards. Ask for more info.

## HOW IT'S MADE:

**A Discovery+ Video Documentary Series  
 Mondays at 1:00 pm, Dec. 5, 12, 19**

We will show three 20-minute episodes each week. Closed Captioning

Have you ever wondered how toothpicks, coins, or fireworks are made? Or any of the many things we buy and use? Explore the fascinating world of how everyday items are manufactured and produced. From aluminum foil to contact lenses, from drinking water to grocery carts, discover the fascinating processes used to make a wide range of common items that are all around us.



**MONTHLY  
 MOVIE  
 MATINEE**



### "Little Women"

**Wed., Dec. 28, 1:30 p.m. in the COA  
 Reservations required, space is limited**

In the years after the Civil War, Jo March lives in New York and makes her living as a writer, while her sister Amy studies painting in Paris. Amy has a chance encounter with Theodore, a childhood crush who proposed to Jo but was ultimately rejected. Their oldest sibling, Meg, is married to a schoolteacher, while shy sister Beth develops a devastating illness that brings the family back together. (2019, PG, Drama, 2 hours, 15 min.)

*Join us for a fun afternoon, with popcorn and cold beverages on the house!*

## WHAT ARE YOU THINKING?

As we look ahead to 2023, we'd love to hear from you about what you'd like from us. What programs, classes, movies or trips would you like us to offer in the New Year? We value your input, so please send us your ideas and suggestions.



**JOIN THE COA FIT CLUB!**

The COA Fit Club is our pay-by-the-month, take-as-many-classes-as-you-want, fitness program. Join the COA Fit

Club and get unlimited monthly access to both in-person and Zoom fitness classes. No need to pre-register for classes, just show up or Zoom in. Payment must be received before the month begins. For convenience, pay ahead for multiple months, and get a refund or apply payment to a different month if your plans change.

- Pay \$20/month for access to all fitness classes, in-person and remote.
- Receive a list of the week's fitness choices Monday morning by email (or Tuesday if a Monday holiday), including links to Zoom classes.
- We cannot pro-rate the monthly fee. Please get your monthly payment to us before the start of each month.
- Pay-As-You-Go is available for in-person classes only and requires Fitbucks pre-paid coupons. Buy Fitbucks at the COA or by mail. Unused Fitbucks are refundable. Class reservations are not needed.

COA Fit Club

**If You'd Rather Pay by the Class...**

Pay-As-You-Go is only available for in-person classes such as T'ai Chi and Fit For The Future. Each class is \$4.

We cannot accept cash in class; you must purchase Fit Bucks, a pre-paid coupon available in the COA or by mail. Place your signed Fit Buck coupon in the basket when you attend class. No reservations are necessary.

**COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON****THE WALKING CLUB**

**Mondays at 10:00 am. Meet at the Natick Mall — NEW TIME AND LOCATION!**

Join our friendly Walking Club to walk with Wayland seniors for up to an hour. **In December the Walking Club moves inside for the winter.** Meet at 10:00am (when the mall opens) at the Natick Mall in front of Dunkin Doughnuts. Contact Shawna Levine [slevine@wayland.ma.us](mailto:slevine@wayland.ma.us) or 508-358-2990 to register. No fee. Wear comfortable walking shoes and bring a water bottle.

**T'AI CHI**

**Mondays, 9:30 - 10:30 am, Meet at Veterans Memorial near front entrance, or in Large Hearing Room in inclement weather. Instructor: John Woodward, Certified T'ai Chi Instructor**

T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body using slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being. As this class does involve one hour of movement, it may not be suited for those who use a cane or walker.

**LOIS' FIT FOR THE FUTURE**

**Tuesdays and Thursdays, 10-11 am, Large Hearing Room**

**Instructor: Lois Leav**

This popular class involves stretching, bending, loosening the joints and building flexibility, all set to music.

**THERATUBE**

**Wednesdays, 9 - 10 am, on Zoom**

**Instructor: Ellen Cohen Kaplan, Certified Personal Trainer, OTR**

Use resistance bands to increase range of motion and strength. Bands are easy to use for people of all abilities.

**ZOOMBA**

**Wednesdays, 10:15-11:15 am, on Zoom**

**Instructor: Ellen Cohen Kaplan, Certified Personal Trainer, OTR**

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

**SAIL: STAY ACTIVE AND INDEPENDENT FOR LIFE**

**Fridays, 9:30 — 10:30 am on Zoom**

**Instructor: Joe Fish, Certified Instructor and Falls Prevention Specialist** This interactive, evidence-based class helps older adults improve balance and mobility, reduce the risk of falls, and improve quality of life. Participants can take the class while seated; Joe Fish will tailor the class to other individual needs.



## Enjoy Your Holidays, And Be Safe in the Kitchen

By Todd Winner, Wayland Fire Dept., Senior SAFE Team



Hello everyone, Firefighter Todd here from the WFD Senior SAFE Program. It's that time of year again for Holiday Safety Awareness. Most people use the calendar to keep track of the holidays, I usually wait for Home Depot's holiday set-up to let me know when and what I'm celebrating.



The holidays are a time of family gatherings, with lots of food and overeating. Prepping for family feasts can have some hidden dangers if you're not careful. Never leave stovetops unattended. If you need to step away for a moment, set a timer to remind you that something is on the stove. If there are children in the house, keep them away from stove tops and make sure the handles of pots on the cook top are turned in so a child can't grab them out of curiosity.

If you enjoy a deep fried turkey at the holidays like I do, make sure your turkey is fully thawed and dried off. Lowering a frozen or wet turkey into boiling oil will cause the oil to violently flare up and severely burn you. Lower the turkey in slowly so oil doesn't splash and burn you. Always set up your turkey fryer away from your home and anything flammable.

Cooking fires account for almost half of all home fires in the US. Make sure you have an ABC-rated fire extinguisher in your home. Keep your extinguisher near your closest egress and never hide it in a cabinet. Read all paperwork that comes with the extinguisher and periodically inspect your extinguisher to make sure the needle in the pressure gauge is still in the green and it hasn't passed its expiration date. Only use a fire extinguisher when the fire is still contained to its point of origin, e.g., pan on the stove or trash can fire. A home fire extinguisher will never extinguish a fully involved room fire so leave immediately and call 911. And, don't forget to test your smoke and carbon monoxide alarms and change the batteries if it's not a sealed alarm.

### Help with the High Cost of Heating

Households with limited income may be eligible for help with winter home heating bills through the Low Income Home Energy Assistance Program (LIHEAP). Eligibility limits are \$42,411 total gross annual income for households of one, and \$55,461 for households of two.



Additional programs may also be available, including the Massachusetts Good Neighbor Energy Fund, which is available to any resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal assistance. Income limits apply.

To learn more about these programs or other sources of support, contact COA's Outreach Coordinator Maura Snyder at 508-358-2990 or [msnyder@wayland.ma.us](mailto:msnyder@wayland.ma.us).

### Wayland Police Introduce New Alert System

Beginning in December 2022, the Wayland Police and other Town departments will use a new system to alert residents about emergencies or other news. Called CodeRED, the system can alert residents by phone, text message, or email, depending on the user's preference.



CodeRED replaces the previous system, called Swift911. Wayland residents who registered with Swift911 will be automatically enrolled in CodeRed. Others can register by going to the COA or Police Dept. website.

CodeRED includes the option of downloading a smart phone app that enables users to set a "warning radius" and preferences for types of alerts, view a map of active alerts in the region, and other settings.

### Area Food Pantries Can Provide A Helping Hand

Community resources are available to help those in need. Contact Maura Snyder at 508-358-2990 if you have questions.

**My Brother's Table, Good Shepherd Parish, Wayland:** Call 617-694-6137; will deliver.

**Trinitarian Congregational Church, 53 Cochituate Road, Wayland,** Call 508-358-7717.

**Celebration International Church, 6 Loker St., Wayland, 508-318-4769:** Every 2nd and 4th Wednesday of the month, 7—8 p.m.

**Open Table, 33 Main St., Maynard, 978-369-2275:** Tuesdays, 1—6pm (seniors 1-3pm); Thursdays, 1—4:30pm; Fresh and non-perishable foods and prepared meals; can order online or preorder by phone

**Sudbury Community Food Pantry, 160 Concord Rd., Sudbury, 978-443-7725.** Wed. and Fri, 12-2:15pm.

**Springwell (formerly BayPath):** 508-573-7200

**Caregiving Resources:** [www.caregivingmetrowest.org](http://www.caregivingmetrowest.org)

**Domestic Violence Hotline:** 1-877-785-2020 or visit [www.domesticviolenceroundtable.org](http://www.domesticviolenceroundtable.org)

**Elder Abuse Hotline:** 1-800-922-2275

**MA Exec. Office of Elder Affairs:** 1-800-243-4636

**Meals on Wheels (Springwell):** 508-573-7246

**Medicare:** 1-800-633-4227

**MetroWest Legal Services:** 508-620-1830

**MWRTA Fixed Route Buses:** 508-935-2222

**MWRTA Dial A Ride:** 508-820-4650

**Social Security:** 1-800-772-1213

**State Senator Becca Rausch:** 617-722-1555

**Representative Carmine Gentile:** 617-722-2014

**Representative Alice Peisch:** 617-722-2070

**Suicide Prevention:** 988

**Wayland Community Fund:** 508-358-3624

**Wayland Council on Aging:** 508-358-2990

**Wayland Housing Authority:** 508-655-6310

Free COVID-19 home antigen test kits and masks are available at the COA, Town Building and Public Safety Building. Visit [www.Mass.gov/isol8](http://www.Mass.gov/isol8) for up-to-date, all-ages guidance following exposure or a positive home test. Visit <https://www.wayland.ma.us/health-department> for local COVID-19 and flu vaccine and booster clinic information and resources. Questions? Email [Health@Wayland.MA.US](mailto:Health@Wayland.MA.US) or call (508) 358-3617.

**For emotional support,** contact Wayland Youth and Family Services (for all ages) at 508-358-4293

**Local Food Pantries:** My Brother's Table at Good Shepherd Parish: 617-694-6137; Celebration Church: 508-318-4769



## CIRCUIT BREAKER MATCH AND OTHER PROPERTY TAX RELIEF

Applications Are Now Available at Wayland Assessors Office ~ Application Deadline: **April 1, 2023**

The Wayland Assessors Department offers a variety of property tax relief options for eligible senior homeowners. All of these programs require application every year and have strict criteria and deadlines. Eligibility is different for each program and some highlights are listed below. For application forms and details, call the Assessor's Office at 508-358-3788, or visit the [Town of Wayland website](#). Proof of income and assets is required for the following exemptions:

- 41C Elderly Exemption: Must be 65 years of age by July 1, 2022. Low income, limited assets.
- 17D-Surviving spouse: no income restrictions, assets must be less than \$40,000.
- Military Veteran-disabled: must provide a certificate of disability-10% or more- from the VA.
- Blind: must have a current certificate from the MA Commission for the Blind.
- Property Tax Deferral: age 65+, income under 40,000. No asset limits. MA residency requirements.
- Community Preservation Act (CPA) Exemption: Removes the CPA surcharge based on income.
- Wayland Circuit Breaker Program (CB): This town-adopted program may provide property tax relief to eligible homeowners who received the CB credit on their MA State Income Tax return.

**Other Programs of Interest:** Property Tax Work Off (COA-sponsored): Call 508-358-2990, and Valor Act-Veteran's Tax Work Off (Assessors-sponsored). Call 508-358-7701.

## TRANSPORTATION OPTIONS

Call the COA when you have transportation needs and we can help determine the best option.

**NEW: BAYPATH GRANT PROGRAM:** With a grant from BayPath Elder Services, the Wayland COA may be able to help with special transportation needs when other options are not available. This may include transportation to local and Boston appointments during times that MWRTA does not operate, or other types of special support.



**MWRTA Dial-a-Ride:** Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. Typically, rides cost is \$2, \$3 or \$5 each way based on destination. Currently there is no cost, a perfect time to try it out. Pre-register with MWRTA Call Center at 508-820-4650. Registered riders must make reservations with the Call Center at least 48 business hours prior to travel date.

**MEDICAL TAXI VOUCHERS:** For Wayland residents age 60 and over. Purchase discounted taxi vouchers in advance from the COA for taxi trips to medical appointments. This program uses both JFK Transportation and Tommy's Taxi; discount is 40% off metered fare. Gratuity not included. Medical vouchers to Boston hospitals may be purchased for a flat rate of \$48 one way (these do include gratuity). Schedule rides directly through JFK Transportation at 508-653-4500 or Tommy's Taxi at 508-872-3500, and tell them you will be using taxi vouchers.

### WAYLAND COA STAFF

Director: Julie Secord, M-F

[jsecord@wayland.ma.us](mailto:jsecord@wayland.ma.us)

Outreach Coordinator: Maura Snyder, M-F

[msnyder@wayland.ma.us](mailto:msnyder@wayland.ma.us)

Project Coordinator: Shawna Levine, M-Th

[slevine@wayland.ma.us](mailto:slevine@wayland.ma.us)

Community Relations Coordinator: Ann Gordon, T-Th

[agordon@wayland.ma.us](mailto:agordon@wayland.ma.us)

Program Assistant: Lillian DePasquale, W-F

[ldepasquale@wayland.ma.us](mailto:ldepasquale@wayland.ma.us)

SHINE Counselors:

Barbara Michaelsen, Penny Wilson, Kathleen Woehrling

### WAYLAND COUNCIL ON AGING BOARD

Betsy Soule, Chair; Bill Sterling, Vice Chair; Mary Antes, Clerk; Evelyn Ekmejian; Carol Glick; Frank Kennedy; Becky Patterson; Ellen Scult; Denise Yurkofsky.

**Next Meeting:** Monday, Dec. 15, 4pm on Zoom

### SENIOR TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets every other month.

**MEMBERS:** Markey Burke, Chair; Ann Gilbert, Clerk; Joan Bradford, Pauline DiCesare, Joel Rosenhaus, Susan Rufo

**Next Meeting:** Wed. Jan. 11, 10am in COA

### WEST SUBURBAN VETERANS SERVICES

District Office 781-489-7509

Sarada Kalpee, Director

A Veterans Agent is not currently available to meet with Wayland residents on Tuesdays. Please call the District Office on Wednesdays to speak with David Farrell (extension 2839).

### How to Access COA Remote Programs

**Zoom:** To protect privacy, Zoom events are by invitation only. To join a Zoom event by video or phone, contact us at [coa@wayland.ma.us](mailto:coa@wayland.ma.us) or 508-358-2990. First-time participants, please provide name, address, email and phone. Subsequently, only your name and program name are needed. We will confirm your registration and send you the link prior to the event.

**Cable TV:** You can watch WayCam.TV on Verizon channel 37 and Comcast channel 8. The program schedule and details for streaming live and on demand are on the WayCamTV website: [www.waycam.tv/home](http://www.waycam.tv/home)  
Go to [www.waycam.tv/live](http://www.waycam.tv/live) to watch WayCam programs live-streamed on TV or on your computer.

### FRIENDS OF THE WAYLAND COA

This 501(c)3 supports COA programs, services, and equipment that cannot be financed through the COA's town budget. The Friends' long-term goals include supporting the Town's need for increased, dedicated COA space. Older adults (60 years of age and older) represent 28% of Wayland's population. Donations to the Friends are tax-deductible. Visit the Friends website to learn more: [www.friendsofwaylandcoa.org](http://www.friendsofwaylandcoa.org)

**FRIENDS BOARD:** Marie Winter, Sue Pope, Co-Presidents; Mary Antes, Clerk; John Shaw, Treasurer and Webmaster; Paul Abramson; Steve Correia; Frank Kennedy; Huaibin Lu; Patty MacNeil; Bill Sterling

### Keep Up With All the COA News



At [www.wayland.ma.us/council-aging](http://www.wayland.ma.us/council-aging) you'll find information and helpful resources. On Thursdays we send out an email highlighting programs and services in the coming week. Call us at 508-358-2990 or email [coa@wayland.ma.us](mailto:coa@wayland.ma.us) to subscribe.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>KEY:</b>  <b>WayCam TV—Red</b>  <b>Zoom—Blue</b>  <b>In person—Green</b>  <b>Hybrid—Magenta</b>  <b>(in-person &amp; Zoom)</b></p>				<p><b>1</b>            10:00am <b>Fit 4 Future</b>            10:30am <b>Social Group</b></p>	<p><b>2</b>            9:30am <b>SAIL Fitness</b></p>
<p><b>4</b>            8:00am <b>Fish Fitness</b>            4:00pm <b>Chair Yoga</b></p>	<p><b>5</b>            10:00am: <b>Walking Club</b>            9:30am <b>T'ai Chi</b>            1pm <b>Video Lecture</b>            2:00pm <b>Connections</b></p>	<p><b>6</b>            8:00am <b>Sounds of the Season</b>            10:00 <b>Fit 4 Future</b>            10:30am <b>Knit Together</b>            4:00pm <b>The Christmas Truce</b></p>	<p><b>7</b>            9:00am <b>Theratube</b>            10:15am <b>ZoomBa</b>            11:30am <b>Med Take-Back</b>            12:00pm <b>Pizza Café</b></p>	<p><b>8</b>            10:00am <b>Jewelry Workshop</b>            10:00am <b>Fit 4 Future</b>            10:30am <b>Social Group</b></p>	<p><b>9</b>            9:30am <b>SAIL Fitness</b></p>
<p><b>11</b>            8:00am <b>Fish Fitness</b>            4:00pm <b>Chair Yoga</b></p>	<p><b>12</b>            10:00am: <b>Walking Club</b>            9:30am <b>T'ai Chi</b>            1pm <b>Video Lecture</b>            2:00pm <b>Connections</b></p>	<p><b>13</b>            8:00am <b>Sudbury Bell Ringers</b>            10:00am <b>Fit 4 Future</b>            10:30am <b>Knit Together</b>            1:00pm <b>Genealogy</b>            4:00pm <b>Line Dancing</b></p>	<p><b>14</b>            9:00am <b>Theratube</b>            10:15am <b>ZoomBa</b>            12:00pm <b>Holiday Luncheon</b></p>	<p><b>15</b>            10:00am <b>Fit 4 Future</b>            10:30am <b>Social Group</b></p>	<p><b>16</b>            9:30am <b>SAIL Fitness</b></p>
<p><b>18</b>            8:00am <b>Fish Fitness</b>            4:00pm <b>Chair Yoga</b></p>	<p><b>19</b>            10:00am: <b>Walking Club</b>            9:30am <b>T'ai Chi</b>            1pm <b>Video Lecture</b>            2:00pm <b>Connections</b>   <i>Trip to Market Basket</i></p>	<p><b>20</b>            8:00am <b>The Christmas Truce</b>            10:00am <b>Fit 4 Future</b>            10:30am <b>Knit Together</b>            1:00pm <b>Armchair Travel</b>            4:00pm <b>Sounds of the Season</b></p>	<p><b>21</b>            9:00am <b>Theratube</b>            10:15am <b>ZoomBa</b>            10:30am <b>Lincoln Bell Ringers</b></p>	<p><b>22</b>            10:00am <b>Fit 4 Future</b>            10:30am <b>Social Group</b></p>	<p><b>23</b>            9:30am <b>SAIL Fitness</b></p>
<p><b>25</b>            8:00am <b>Fish Fitness</b>            4:00pm <b>Chair Yoga</b></p> 	<p><b>26</b>  <b>Christmas Holiday (observed)</b>   <b>Town Offices Closed</b></p>	<p><b>27</b>            8:00am <b>Line Dancing</b>            10:00am <b>Fit 4 Future</b>            10:30am <b>Knit Together</b>            1:00pm <b>Genealogy</b>            4:00pm <b>Sudbury Bell Ringers</b></p>	<p><b>28</b>            9:00am <b>Theratube</b>            10:15am <b>ZoomBa</b>            1:30pm <b>Movie: Little Women</b></p>	<p><b>29</b>            10:00am <b>Fit 4 Future</b>            10:30am <b>Social Group</b>   <i>Trip to Peabody Essex Museum</i></p>	<p><b>30</b>            9:30am <b>SAIL Fitness</b></p>



## TRIPS AND VIRTUAL TRIPS

We are happy to offer day trips and shopping trips. Masks are required on the van; capacity may be limited.

**Monday, December 19 and Monday, January 9: Market Basket, Marshall's and Home Goods in Waltham.** The van leaves the COA at 9:30 am to start home pick-ups. Return by 1:30 pm. Shopping trips are free of charge and for Wayland residents only. Space is limited, call by noon the previous Thursday.

**Thursday, December 29: Peabody Essex Museum.** Depart COA at 9:00 am. Return by 3:30 pm. Cost: \$38. The PEM collection offers outstanding works primarily from the 1700s to today: paintings, sculptures, photographs, drawings, textiles, architecture and decorative objects. More than a million works of art and culture — many of them the first to be collected in this country — offer experiences unique among American art museums. The 40,000-square-foot expansion features three new floors of dedicated gallery space. The atrium café is available for lunch and many local restaurants are within walking distance.



**Thursday, January 19: Boston Symphony Open Rehearsals.**

Depart at 9:00 am for 10:30 concerts; return around 1:30 pm. We will once again provide transportation on our van for the Thursday morning open rehearsals. The cost is \$20 for each concert. The rehearsals continue on February 16 and April 13. Riders must purchase their own Boston Symphony subscription or tickets to individual concerts: **Box office 888-266-1200, www.bso.org**



**Tuesday, January 10: The MIT Museum in Cambridge.**

Depart at 9:15 am, return at 2:00 pm. Cost: \$30 for admission and transportation. The MIT Museum has re-opened at a new location in the heart of Kendall Square. Reinvented with new exhibits and programming, an enlarged Museum Store, and more, all within a 56,000 square foot space, the MIT Museum aims to make innovation and research available to all by presenting the best of STEAM (science, technology, engineering, arts, and math). The opening exhibits are both informative and interactive, allowing visitors to write poetry with an artificial intelligence (AI) in one room while considering the impact of AI on the future of work nearby. Highlights throughout the galleries include: a prototype of Nobel winner Rainer Weiss's Laser Interferometer Gravitational-wave Observatory (LIGO); the NASA-MIT Starshade Rendezvous Mission star-shade petal designed by Sara Seager to allow photography of exoplanets; the Apollo Guidance Computer (Block II), critical to the success of Apollo missions; and selected photography including Edward Weston's *Jiddu Krishnamurti* (1935) and Judy Dater's *Lovers* (1964).

**COA Trip Policy:** Payment is required upon 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 given only if your spot is filled.



### ARMCHAIR TRAVEL

**The Biltmore Estate at Christmas**  
**Tuesday, December 20, 1:00 pm on Zoom**



The Biltmore estate in Asheville, North Carolina, a National Historic Landmark, is the largest private home in America. George Vanderbilt built this 8,000-acre country retreat for his friends and family and officially opened Biltmore House on Christmas Eve, 1895. Flickering candlelight and glowing fireplaces invite you to imagine yourself a guest at the first Vanderbilt family Christmas in 1895. Join Shawna Levine to explore this special holiday trip. **Registration is required.**

**GROW NATIVE WILDFLOWERS FROM SEED**

with Jean Milburn & Shelley Trucksis  
Wednesday, Jan. 18, 10am—noon  
Large Hearing Room, \$5



A beautiful summer garden full of native, pollinator-friendly wildflowers starts with tiny seeds planted during the heart of winter. In this hands-on workshop you will learn how to grow new flowering plants for pennies, not dollars, by starting with seed. You'll make mini-greenhouses from recycled gallon milk jugs to germinate and grow plants outdoors in winter. Wayland's Native Plant Ambassador Jean Milburn and Master Gardener Shelley Trucksis will have a variety of seeds to choose from. Bring five clean, clear gallon-sized milk or water jugs, gloves, apron, a small trowel, and a box to carry your jugs home once they contain soil and seeds. We will also have some jugs available. **Registration required.**

**THE CROWN: SEASON 2**  
Thursdays, Jan. 5, 12, 19, 26  
1—3 pm at the COA



Season 2 of *The Crown* covers the years from 1956 to 1964, including the resignation of the Prime Minister and a visit from President and Mrs. Kennedy. This lavish, Netflix-original drama chronicles the life of Queen Elizabeth II from the 1940s to modern times. Get an inside look at the Queen's early reign, after she ascended the throne at age 25 following the death of her father, King George VI. As the decades pass, personal intrigues, romances, and political rivalries played a big role in events that shaped the later years of the 20th century. We will show two approximately 50-minute episodes each week with a break in between. Enjoy tea and biscuits. Bring your own china cup if you are so inclined.

**The Wayland COA News**

A monthly publication from  
Wayland Council on Aging  
41 Cochituate Road  
Wayland MA 01778  
508-358-2990

[www.wayland.ma.us/council-aging](http://www.wayland.ma.us/council-aging)

PRESORTED STANDARD  
US POSTAGE PAID  
PERMIT #16  
WAYLAND, MA 01778

