



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

FEBRUARY 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

UKULELE WORKSHOP Returns to COA (No class 2/15 Holiday)

Mondays, 12:30-1:30pm, Pay by month: \$12 for 4 classes in Feb OR \$5/class

- ♥ Instructor Daniel Metraux offers basic instruction on this easy to play, inexpensive to purchase instrument. No experience required. Join the growing trend!

MEDICATION TAKE-BACK

Wednesday, February 3, 11:45 AM

- ♥ Bring your expired or discontinued prescription medications to the COA and properly dispose of them with Wayland Police Officer, Mark Wilkins

FIRST WEDNESDAY COA CAFÉ

Wednesday, February 3, Noon, Reservations required, \$3

- ♥ Enjoy the company of new and old friends at our relaxed and casual monthly light lunch buffet. PIZZA, Salad, Dessert, Beverage p. 4

Interested in tracing your family history?

INTRODUCTION to LDS FAMILY HISTORY CENTER

Tuesday, Feb. 9, 1:30pm, COA

- ♥ Learn more about the genealogy resources available in this center at 150 Brown St. in Weston. There is no charge but reservations appreciated.

DOCUMENTARY: "HE NAMED ME MALALA"

Wednesday, Feb. 10, 2016 at 1:00 PM, No Charge p. 4

- ♥ Escape the cold and sip warm seasonal beverages with light refreshments. This is the second documentary of our winter series shown on the COA's 8' screen.

SPECIAL TOWN MEETING *(including decision on Minuteman School District)*

Thursday, Feb. 11, Wayland Middle School Auditorium, 7:30pm

- ♥ *(Inclement weather date: Tuesday, Feb. 23, 2016, same location and time)*

Holiday Luncheon and Theater Presentation:

"ALL THE PRESIDENTS' WOMEN"

Wednesday, Feb. 17 Noon \$9 per person. Reservations required.

- ♥ Enjoy a festive menu of Chicken Cacciatore, pasta, salad, ice cream and sliced strawberries—followed by the show and door prizes. Reservations required. p. 4



THURSDAY MOVIE NIGHT: ALEXANDER'S RAGTIME BAND (1938)

Feb. 18, COA, 6:30-8:30pm, No charge, Beverages/Popcorn,

- ♥ Bring friends to enjoy this classic movie starring Tyrone Power, Alice Fay, Don Ameche and a very young Ethel Merman! Music by Irving Berlin

MARCH HIGHLIGHTS:

- ⇒ COA CAFÉ, Wednesday, March 2, Noon, \$3, Quiche, Salad, Dessert
- ⇒ CIRCUIT BREAKER Tax Credit—Do you qualify? Fri., Mar. 4, 9:30am
- ⇒ APRIL SCHOOL VACATION: 5th Annual "Mostly free, Drive-Thru Electronics Recycling Event, 3:30-5:30pm. Full detail in March newsletter.

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;
Sue Foley

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

COA WayCam Liaison:
Joanne Kwart

West Suburban Veterans Services District
Deputy Dir: John MacGillivray, 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	JANUARY FEE	JANUARY DATES	TIME	LOCATION
FIT FOR THE FUTURE	Tues/ Thurs	\$3/class	Every Tue/Th	10-11am	Large Hearing Rm.
ZUMBA	Wed	\$3/class	Every Wed.	10:30-11:30 am	Town Bldg. Gym
TAI CHI	Wed	\$20 this month or \$8 per class	Every Wed.	11-12 noon	Large Hearing Rm.
THERA-TUBE	Wed	\$3/class	Every Wed	9:15-10:15 am	Large Hearing Room
BETTER BALANCE	Wed	\$28 this month	Every Wed	1-2 pm	Large Hearing Rm.
PILATES	Tu/Th	\$40 for Tues. \$40 for Thurs.	Every Tue/Th	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.

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. Tues (4 classes) \$40; Thursday (4 classes) \$40.

Education/Creative Arts Programs

'DROP IN' PROGRAMS

New participants always welcome!

◇ COA CONNECTIONS:

Mondays, 2:00 pm

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, 1pm

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, 12:30-1:30

Meet in the COA space.

-Pay by the month \$12/Feb **or**,

-Pay by the class \$ 5 each.

(No class President's Day, 2/15)

Advanced WATERCOLORS with Cecilia Sharma at the WAYLAND ART CENTER

Fridays , 10am-12:30pm.

Resumes February 5th.

\$95 for 6 weeks: Feb 5,

12,19,26, March 4 and 11

AARP INCOME TAX RETURN PREPARATION

IT'S TAX TIME AGAIN...April 15 will soon be here

AARP Income Tax volunteers will be available to help low and moderate-income seniors with the completion and electronic filing of their federal and state income tax returns. Appointments required. Call COA office 508-358-2990 to book a time.

Be sure to bring in your completed 2014 tax forms, and all your income information for 2015, plus your bank check for direct deposit information should you qualify for a refund



Trying to gain weight?

Trying to lose weight?

Not sure what food items to avoid or make sure you eat?

PRIVATE NUTRITION COUNSELING at COA

BayPath Registered Dietitian: Tracy Robidoux

Friday, February 19, starting at 9:30am

For a free, 45 minute private appointment with a Registered Dietitian, call the COA office at 508 358 2990

DO YOU HAVE YOUR KEY FOB?

The Wayland Council on Aging is now using a software program that will help us serve you better—not to mention facilitate reports, grant applications and program registration .



When you come to the COA, you no longer need to sign in, but will simply swipe your card. Whether you are attending a program or event, meeting with a staff member, volunteering or “just visiting”, we request that you swipe your key fob.

If you haven't received a card, stop by to receive one and we will show you how to use the system. It is easy and fun!

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, February 22.

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, FEBRUARY 3

MENU: PIZZA BUFFET, Salad,
Dessert, Beverage



Wednesday, MARCH 2

MENU: ASSORTED QUICHE, Salad,
Dessert, Beverage



*This on-going program is made possible by a generous grant

MEDICATION TAKE-BACK

Wednesday, February 3, 11:45 AM

Officer Mark Wilkins from the Wayland Police Department will be here and will collect your unwanted and expired medications. This is an excellent opportunity to clear your medicine cabinets and safely dispose of prescriptions medications.

‘WINTER WEDNESDAYS’ DOCUMENTARY SERIES

Escape the cold and join us on

Wednesday, February 10 at 1:00 PM



Enjoy seasonal beverages and light refreshments while watching the second documentary of our winter series:

“HE NAMED ME MALALA”

This is an intimate portrait of Malala Yousafzai, who had been targeted for speaking out on behalf of girls' education in her region of Swat Valley in Pakistan and was shot in the head, sparking international media outrage. Yousafzai has since emerged as a leading campaigner for the rights of children worldwide and in December 2014, became the youngest-ever Nobel Peace Prize Laureate.

Senior “CIRCUIT BREAKER” Tax Credit

PRESENTER: Brian Lynch, Dept. of Revenue

Fri., Mar 4, 9:30am

Program host: Senator Richard Ross.

Brian Lynch, always an engaging speaker, will clarify this often overlooked and misunderstood significant tax credit.

Remember, Wayland matches the state credit!
There will be time for questions and answers.



HOLIDAY LUNCHEON / THEATER

“All The Presidents’ Women”

Wednesday, Feb. 17, Noon, COA

\$9 per person. Reservations required.

We’re combining Valentine’s Day and President’s Day!

Enjoy a festive menu of Chicken Cacciatore, pasta, salad, strawberries over ice cream, door prizes and more.

After lunch, the Delvena Theater Company will join us for a special show,

“All the Presidents’ Women.”

This is a live performance which looks into the lives (sometimes behind closed doors!) of some of our United States presidents, their wives, mothers.

You will “love” this event!



GRANDPARENTS NETWORKING GROUP COFFEE and DISCUSSION

Meets the second Tuesday of the month.

Next meeting: **Tues, February 9th 10am-11:30am,**

*2nd floor, Small Conference Room, Town Building.
No Charge, No reservations ..just come.*

If you are actively caring for grandchildren, or just enjoy seeing them whenever you can, join us in a facilitated discussion about these unique and rich relationships. Share your resource ideas (books, articles, locations, memories of special, handling challenges and frustrations as well as the joy. Refreshments served. Bring a friend. This is a casual gathering.

Discussion Facilitator, Dr. Dossie Kahn, Wayland

Help with Heating Bills

- Households with limited income may be eligible for help with home heating bills this winter through the SMOC Fuel Assistance program.
- For any questions, please call our Outreach Coordinator, Sue Hatton. 508-358-2990

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. Tues., Jan 12 at 9am.

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

Can I Still Change My Medicare Plan? Medicare Open Enrollment period ended on December 7, but you may still be able to change plans during 2016.

Newly Available: Medicare's 5-Star Special Enrollment Period

You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. This can be done at any time through November 30, with the enrollment effective the first of the following month. The Tufts Medicare Preferred HMO plans have achieved the 5-Star rating for 2016. You can enroll in one of these plans, as long as you meet the plan's eligibility requirements. If you are currently in a Medicare Advantage or Medicare Prescription Drug Plan, this new enrollment will automatically disenroll you from your previous plan.

For those with a Medicare Advantage Plan (HMO or PPO):

Between January 1 and February 14 each year, anyone with a Medicare Advantage plan may drop it and switch to Original Medicare. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

For those with Prescription Advantage or "Extra Help":

You can change your Medicare Advantage plan or drug plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

- ♦ *Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call the COA at 508-358-2990. For any other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636).*

Volunteer Corner

February is National Heart month, when the American Heart Association encourages Americans to tend to their heart health. Eating a healthy diet, getting regular exercise, controlling blood pressure — we all know these are the tools that help keep our hearts healthy.

But what are you doing to tend to your emotional heart health? Volunteering is a great way to boost your emotional well-being. Studies show that helping others improves our mood, increases self-esteem, and even helps fight depression.

In a recent national study, volunteers over age 75 logged the highest average number of volunteer hours, at 100 annually. Older Americans are contributing to their communities in important ways and reaping the benefits. You can too.

Volunteering here at the Council on Aging offers all these benefits, and one more: It's FUN to be involved with our vibrant community. If you'd like to volunteer, please call me — there are lots of ways to get involved!

Warmly,
Ann Gordon

MONDAY		TUESDAY		WEDNESDAY	
1 12:30 Ukulele 1:00 Introduction to Laptops 2:00 COA Connections 2:30 Introduction to iPads/Tablets		2 7:00 Rise and Shine Pilates 9:15 Golden Tones Nuggets 10:15 Golden Tones Chorus Rehearsal 10:00 Lois’ Fit for Future 1:00 Senior Club		9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 11:45 Medication Take-Back 12:00 COA Café 1:00 Better Balance 9am-Noon AARP Tax; 1-4pm Shine A	
8 12:30 Ukulele 1:00 Introduction to Laptops 2:00 COA Connections 2:30 Introduction to iPads/Tablets		9 7:00 Rise and Shine Pilates 9:15 Golden Tones Nuggets 10:15 Golden Tones Chorrus Reheare 10:00 Lois’ Fit for Future 10:00 Grandparents’ Coffee 1:00 Genealogy Speaker <i>Trip to JFK Library</i> <i>9am-Noon AARP Tax Prep Appt</i>		9:15 Thera –Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance 1:00 Documentary: He Named Me Malala <i>9am-Noon AARP Tax Prep Appt</i> <i>1pm-4pm SHINE Appt</i>	
15 PRESIDENT’S DAY HOLIDAY <i>Town Building Closed</i>		16 7:00 Rise and Shine Pilates 9:15 Golden TonesNuggets 10:15 Golden Tones Chorus Rehearsal 10:00 Lois’ Fit for Future 1:00 Senior Club <i>9am-Noon AARP Tax Prep Appt</i>		9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 12:00 Holiday Luncheon—Theater “All the Presidents’ Women” 1:00 Better Balance 9am-12 AARP Tax; 1-4pm SHINE ap	
22 Podiatry Clinic (by appointment only) 12:30 Ukulele 2:00 COA Connections		23 7:00 Rise and Shine Pilate 9:15 Golden Tones Nuggets 10:15 GoldenTones Chorus Rehearsal 10:00 Lois’ Fit for Future 1:00 Genealogy <i>Trip to State House & Faneuil Hall</i> <i>9am-Noon AARP Tax Prep Appt</i>		9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance <i>Trip to Vokes Theater “Black Coffee”</i> <i>9am-Noon AARP Tax Prep</i>	
29 12:30 Ukulele 2:00 COA Connections		<div><div>MARCH HIGHLIGHTS: ⇒ COA CAFÉ, Wednesday, March 2, Noon, \$3, Quiche, ⇒ CIRCUIT BREAKER Tax Credit—Do you qualify? Fri., Mar. 4, 9:30am</div><div>APRIL HIGHLIGHTS: ⇒ 5th Annual Recycling ⇒ Full details</div></div> <div><i>SNOW POLICY: If Wayland Public Schools are closed due to the weather (no delivered meals) are canceled for the day. If the Wayland Town Building is</i></div>			

THURSDAY

FRIDAY

3	7:00 Rise and Shine Pilates 4 10:00 Lois' Fit for Future 10:00-12:00 Legal Clinic 12:00 Bridge (High Intermediate)	5 10:30-Noon Watercolor at WAC 12:30pm MOVIE: THE MARTIAN
10	7:00 Rise and Shine Pilates 11 10:00 Lois' Fit for Future 12:00 Bridge (High Intermediate) 7:30pm SPECIAL TOWN MEETING	12 10:30-Noon Watercolor at WAC
17	7:00 Rise and Shine Pilates 18 10:00 Lois' Fit for Future 12:00 Bridge (High Intermediate) 6:30pm MOVIE: Alexander's Ragtime Band (1938)	19 9:30am Private Nutrition Counseling 10:30-Noon Watercolor at WAC 12:30pm MOVIE: THE WRECKING CREW
24	7:00 Rise and Shine Pilates 25 10:00 Lois' Fit for Future 12:00 Bridge (High Intermediate)	26 10:30-Noon Watercolor at WAC

HIGHLIGHT-APRIL SCHOOL VACATION:
Annual "Mostly free, Drive-Thru Electronics
Giving Event", 3:30-5:30pm.
Details in March newsletter.

...r, then all COA programs (including home
open, the COA office will be open for calls.

LEGEND:

GT: Golden Tones (schedule subject
to change, check the GT
calendar).

WAC: Wayland Art Center

L@NSC: Longfellow at Natick
Sports Club, Oak Street, Natick

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2016

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 January 28, 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. Visit: 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: Monday-Friday, 7am–last pick up at 6:30.

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. Due to the rising cost of fuel, there is now a fuel service charge of \$2 or less.

F.I.S.H. (Friends In Service Helping)

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.

FEBRUARY

Tuesday, 2/9: JFK Library. Depart COA at 9:15. Return at 2:00. Cost: \$20 for admission & transportation. Celebrate President's Day early with a visit to the museum which portrays the life, leadership, and legacy of President Kennedy and illustrates the nature of the office of the President. View the current exhibit *Young Jack* & view the Freedom 7 Space Capsule. Lunch is available at the café or at the EMK Institute.

Tuesday, 2/23: State House Tour and lunch at Faneuil Hall in Boston. Depart COA at 9:15. Return by 2:00 Cost: \$10 for transportation. The tour will last approximately 45 minutes and include an overview of the history and architecture of the State Capitol. Visitors can see the House and Senate Chambers; learn about the Ladybug (our state insect) and the "Sacred Cod." Following the tour, we will go to Faneuil Hall where you will have time for lunch (on your own) and/or shopping.

Wednesday, 2/24: Vokes Theater in Wayland presents: Black Coffee by Agatha Christie featuring Hercule Poirot. Home pick ups begin at 7:00 PM. Cost \$5.00 for transportation. Enjoy an evening of theatre at the Vokes without the hassle of driving and parking. This free dress rehearsal performance begins at 8:00. Transportation for Wayland residents only.

DANUBE RIVER CRUISE

Wayland COA facilitates an interest group of active travelers. The trip they are currently planning is "Old World Prague & the Blue Danube" departing on October 14, 2016. Stop by the COA to pick up a flyer on this exciting trip. The COA provides support to the group, but the travel club leads their own activities.



MARCH

Thursday, 3/10: Best of Times Presents: The Young Irishmen at Venus De Milo in Swansea. The Young Irishmen comprises eight sensational performers who have Irish traditional music running through their veins. Travel by deluxe motor coach, enjoy the show, featuring former members of Riverdance & Lord of the Dance, and a delicious lunch of corned beef and cabbage or baked scrod. The cost is \$89 and checks should be made payable to Best of Times.

Thursday, 3/17 and Thursday, 3/31: Boston Symphony Open Rehearsal. Depart COA at 9:00. Return by 1:30. Cost: \$15 for transportation for each concert. Concerts begin at 10:30 AM. Riders must purchase their own Boston Symphony tickets. **Box office: 888-266-1200 or WWW.BSO.ORG**

Friday, 3/18: Boston Flower Show. Depart COA at 9:00. Return at 2:00. Cost: \$26 for admission and transportation. Boston's biggest horticultural happening themed, *Nurtured by Nature*, provides "a spa for the winter-weary soul!" Leave the gray weather behind and delight in the show's lush and landscaped gardens. Stock up on thousands of ideas, tips, products and recipes to try in this year's garden.

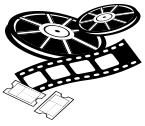
Tuesday, 3/22: NEW DATE: IKEA in Stoughton. Depart COA at 9:30. Return by 2:00. Cost: \$10 for transportation. Shop at this fun Scandinavian chain featuring furniture, housewares and the Swedish food Market. There is a restaurant and bistro for lunch.

We have many exciting trips planned for 2016.

Stop by the COA to pick up flyers or check out our website for more information.

COA TRIP POLICY

We require payment at the time of registration. Registration for Wayland residents will be open as soon as the trip is advertised. Those from other communities may register on the 15th of the month or the first day the COA is open if the 15th is on a weekend or holiday. 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 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, February 5

THE MARTIAN (2015) PG 13 Science Fiction & Fantasy: 2hr. 14 min.

During a manned mission to Mars, Astronaut Mark Watney (Matt Damon) is presumed dead after a fierce storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet.

Award nomination for it’s comedic moments.

Friday, February 19

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 to overshadowed brilliance.

SNOW POLICY: If Wayland Public Schools are closed due to the weather, then all COA classes/events/ services (including home delivered meals) are canceled for the day. If the Wayland Town Building is open, the COA office will be open for information and referral. Please check the Town website for updated info or call the COA office.



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 February:

“Water: Have 72 hours (3 days) worth of water stored for your household.”

- 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

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