



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## JANUARY 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**

### **THERA-TUBE IS BACK!**

Wednesday mornings, 9:15am-10:15am, Large Hearing Rm, \$3, Starts Jan 6  
 Instructor: Ellen Cohen-Kaplan, Certified Personal Trainer, OTR

**Thera- Tubes** are an inexpensive and versatile exercise tool to increase both range of motion and strength using your own body weight as resistance. They are light and easy to use, and provide benefits for people of all abilities. p.2

### **MEDICATION TAKE-BACK**

Wednesday, January 6 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, January 6, Noon, Reservations required, \$3

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

### **DOCUMENTARY: I am Big Bird: the Carroll Spinney Story**

Wednesday, January 13 at 1:00 PM

Escape the cold and enjoy warm seasonal beverages and light refreshments while we show the first documentary of our winter series. p. 3

### **COOKING DEMONSTRATION: HOMEMADE SOUP**

Wednesday, January 20, 1:00 PM. Reservations required No charge

What is better on a cold winter's day than a warm bowl of soup made from fresh ingredients? Sample two different soups. Take home recipes. p. 3

### **BASIC INTRODUCTION to LAPTOPS or iPad / TABLETS**

3 week session starts Monday, Jan 25

⇒ 1-2:15pm LAPTOPS

⇒ 2:30-3:45pm iPad or TABLETS

\$15 per 3 week session. Pre-registration required. p. 4

### **"PIZZA and CONVERSATION"**

With Senator Richard Ross and State Rep. Carmine Gentile

Wednesday, January 27, Noon, No Charge but reservations appreciated.

*RESCHEDULED FROM DECEMBER*

What's new at the State House? What's on your mind? Join us for this opportunity to share concerns, priorities and pizza. Hosted by our legislators.

### **JEWELRY WORKSHOP**

Wednesday, January 27, 1PM Reservations required

Make or repair a bracelet or necklace with jeweler Norma Radoff, p. 4

### **FEBRUARY HIGHLIGHTS:**

⇒ **COA CAFÉ**, Wednesday, February 3, Noon, \$3

⇒ **LUNCHEON-THEATER EVENT**, Wed., Feb. 17, Large Hearing Room  
 (Out of Town reservations starting Feb. 1) p. 4 for Menu and Show details

**HEALTH/ WELLNESS** p 2

**EDUCATION/ARTS** p 3

**CALENDAR** pp 6/7

**TRANSPORTATION AND SERVICES** pp 8-9

**TRAVEL & COA VAN** p10

**MOVIES** p12

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

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

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

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

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

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

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

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

**COA WayCam Liaison:**  
 Joanne Kwart

**West Suburban Veterans Services District**  
 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
<b>FIT FOR THE FUTURE</b>	Tues/ Thurs	\$3/class	Every Tue/Th	10-11am	Large Hearing Rm.
<b>ZUMBA</b>	Wed	\$3/class	Every Wed.	10:30-11:30 am	Town Bldg. Gym
<b>TAI CHI</b>	Wed	\$20 this month or \$8 per class	Every Wed.	11-12 noon	Large Hearing Rm.
<b>THERA-TUBE</b>	Wed	\$3/class	Every Wed	9:15-10:15 am	Large Hearing Room
<b>BETTER BALANCE</b>	Wed	\$28 this month	Every Wed	1-2 pm	Large Hearing Rm.
<b>PILATES</b>	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 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 month (see chart) or to pay only when you attend\*\* \$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, Berne 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.

**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.



### 'WINTER WEDNESDAY' DOCUMENTARY SERIES BEGINS:

Escape the cold and join us on

**Wednesday, January 13 at 1:00 PM**

Enjoy seasonal beverages and light refreshments while watching the first documentary of our winter series: "*I am Big Bird: the Carroll Spinney Story.*" For 45 years, Carroll Spinney has been beloved by generations of children as the man behind Sesame Street's Big Bird and Oscar the Grouch - and at 80 years old, he has no intention of stopping. This is a sweet and fascinating story of the man behind Big Bird. No charge. Reservations helpful.

### COOKING DEMONSTRATION: Homemade Soup

**Wednesday, January 20, 1:00 PM.**

**Reservations required**



What is better on a cold winter's day than a warm bowl of soup? Join us as we learn how to make two different kinds of soup. You will have the opportunity to see how easily they are made using fresh ingredients. Sample the soups and take home the recipes. The program will be presented by Brenda Giambrocco of *Just b. Personal Concierge Services*. No Charge.

### COA at the WAYLAND ART CENTER

- ◇ **UKULELE Workshop**  
Thursdays 11am \$12/month (\$5/class)
- ◇ **Advanced WATERCOLORS with Cecilia Sharma**  
Fridays, 10am-12:30pm.  
Resumes in February.  
Call for dates.  
6 weeks, \$95

### AARP TAX PREPARATION

Tax Season is fast approaching. Coming in February, IRS trained AARP tax preparers will be available to help. Appointments to complete your return with AARP Tax Preparers may be scheduled by calling the COA. Program assists low and moderate income seniors.

### MOSTLY FREE—DRIVE THRU ELECTRONICS RECYCLING

Watch for updates regarding date and time for this popular event in the February newsletter.

## 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, January 25th. For an appointment, call the COA at 508-358-2990. Cost is **\$30.00**. Checks payable to Dr. Cooper.

Please make out your check **before** your appointment.



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

## Education/Social Programs

### 1st WEDNESDAY COA CAFÉ

**Noon \$3** Reservations Required

#### Wednesday, JANUARY 6 at Noon

MENU: ASSORTED QUICHE, Salad,  
Dessert, Beverage



#### Wednesday, FEBRUARY 3 at

#### Noon

MENU: PIZZA BUFFET, Salad,  
Dessert, Beverage



\*Reminder that Officer Mark Wilkins will be joining us for a medication take-back at 11:45am. If you have prescription medications in your home and wish to dispose of them, please give them to Officer Wilkins before the Café.

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

### BASIC INTRODUCTION

#### to using your LAPTOP or TABLET

3 Week Session: Monday afternoons  
(Jan 25, Feb. 1, Feb. 8). Pre-registration required.

**LAPTOP Class: 1-2:15pm, \$15**

**iPAD or TABLET Class 2:30-3:45pm, \$15**

Bring your laptop or tablet to class.

If you do not have one, call the COA.

#### **Course Description**

Using a personal computer helps you accomplish many tasks. Join us for three weeks to explore how to use a laptop or tablet. Hands on work will guide you through getting started, getting comfortable, and getting on the Internet. These sessions are designed for a beginning user. Class size is limited.

Instructor: Seema Kenney has 15 years experience as a software instructor and has been a frequent instructor at the COA.

### **SAVE THE DATE**

#### **LUNCHEON / THEATER**

**Wednesday, Feb. 17 Noon**

“All The Presidents’ Women”

We’re combining Valentine’s Day and

President’s Day! You will “love” the event!

Enjoy a festive menu of Chicken Cacciatore, pasta, dessert and more. After lunch, the Delvena Theater Company will join us for a special show “All the President’s Women.”

Reservations required. \$9 per person. Out of town may sign up beginning February 1.



### **Jewelry Workshop with Jeweler Norma Radoff**



Wednesday, Jan 27, 1—3 PM.

Reservations required, limited to 8 participants

You can choose to fix\* or make a bracelet or necklace. All materials included.

No charge—Wayland residents only.

*\*no ‘knotting’ repairs*

### GRANDPARENTS NETWORKING GROUP

#### COFFEE and DISCUSSION

with Dr. Dossie Kahn, Wayland Youth & Family Services

Meets the second Tuesday of the month.

Next meeting: **Tues, Jan. 12th 10am-11:30am,**  
*2nd floor, Small Conference Room, Town Building.*

If you are caring for grandchildren, or just caring about them, join us in a facilitated discussion about these unique and rich relationships. Refreshments served.

No charge and no reservations needed—just come.

### **Help with Heating Bills**

Households with limited income may be eligible for help with home heating bills this winter. The LIHEAP Fuel assistance program is administered through SMOC in Framingham. Eligibility is based on total gross annual income for an entire household, which must fall below \$33,126 for a household of one or \$43,319 for a household of two. Our Outreach Coordinator, Sue Hatton is available to help you with the application process including an in-person interview and submission of income and other **documentation**. **Wayland residents** may complete this process here at the Council on Aging or at SMOC. Please call with any questions, 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. (Jan. 5)

## 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

*A word from SHINE:*

### 2016 Medicare Part B Premium

You may have heard that the Medicare Part B premium is going up. However, this is not true for most people with Medicare.

Most people who had their Part B premium deducted from their Social Security check last year will continue to pay \$104.90 per month. The reason is that there was no cost of living increase in Social Security benefits for 2016 and there is a law that prevents the amount of one's benefit check from going down. For those who were not getting Social Security benefits last year and those who newly enroll in Part B this year, most will pay \$121.80 per month.

There are exceptions based on income. All people with incomes higher than \$85,000 per year (\$170,000 for a couple) have higher premiums. They will pay between \$170.50 and \$389.80 per month for Part B, based on their income level. People with limited income and assets may qualify for a program that will pay their premium.

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 meet with a SHINE volunteer, call the COA at 508-358-2990.

For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636).

## Volunteer Corner

For Wayland residents who have no other way to get to a medical appointment, FISH is an invaluable resource. Friends in Service Helping is a group of wonderful volunteers who coordinate and provide rides for residents of all ages who have exhausted all other options for transportation.

Some FISH volunteers are telephone volunteers who connect those who need rides with volunteer drivers. FISH volunteer drivers can specify their availability and preferences (some drivers prefer not to drive to Boston, for example). FISH phone coordinators contact FISH drivers when there is a need, and drivers can choose whether or not to accept a request according to their availability. This is a wonderful "as needed/as available" volunteer opportunity.

Do you have some time to check the FISH answering machine for ride requests and call a volunteer driver, or drive someone to an appointment? We would love your help. This "neighbor-helping-neighbor" program is a wonderful way to help others and feel vital. Volunteering is good for the soul!

Warmly,  
Ann Gordon



MONDAY		TUESDAY		WEDNESDAY	
<b>LEGEND:</b> <b>GT:</b> Golden Tones (schedule subject to change, check the GT calendar). <b>WAC:</b> Wayland Art Center <b>L@NSC:</b> Longfellow at Natick Sports Club, Oak Street, Natick		<b>SNOW POLICY:</b> <i>If Wayland Public Schools are closed due to the weather, then all COA delivered meals) are canceled for the day.</i> <i>If the Wayland Town Building is open, the COA office will be open for</i>			
<div>4</div> 2:00 COA Connections		<div>5</div> 7:00 Rise and Shine Pilates Golden TONES 9:15 Nuggets Rehearse 10:15 GT Chorus 10:00 Lois' Fit for Future 1:00 Senior Club <i>Trip to Market Basket/Marshalls</i>		9:15 Thera –Tube 10:30 Zumba 11:00 Tai Chi 11:45 Medication Take-Back 12:00 COA Café 1:00 Better Balance	
<div>11</div> 2:00 COA Connections		<div>12</div> 7:00 Rise and Shine Pilates Golden TONES 9:15 Nuggets Rehearse 10:15 GT Chorus 10:00 Grandparents' Coffee 10:00 Lois' Fit for Future 1:00 Genealogy		9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance 1:00 Documentary: <i>I am Big Bird</i>	
<div>18</div> Martin Luther King Holiday <i>Town Building Closed</i>		<div>19</div> 7:00 Rise and Shine Pilates Golden TONES 9:15 Nuggets Rehearse 10:15 GT Chorus 10:00 Lois' Fit for Future 1:00 Senior Club		9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance 1:00 <i>Soup's On</i> Cooking Demonstration	
<div>25</div> Podiatry Clinic (by appointment only) 1:00 Introduction to Laptops 2:00 COA Connections 2:30 Introduction to iPads/Tablets		<div>26</div> 7:00 Rise and Shine Pilates Golden TONES 9:15 Nuggets Rehearse 10:15 GT Chorus 10:00 Lois' Fit for Future 1:00 Genealogy		9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 12:00 Pizza & Conversation 1:00 Better Balance 1:00 Jewelry Workshop	



# THURSDAY

# FRIDAY

		1	<p>2016 HAPPY NEW YEAR! Town Building Closed</p>
6	<p>7:00 Rise and Shine Pilates 10:00 Lois' Fit for Future 11:00 Ukulele at WAC 12:00 Bridge (High Intermediate)</p>	7	<p>8</p> <p>12:30pm MOVIE: MR. HOLMES</p>
13	<p>7:00 Rise and Shine Pilates 10:00 Lois' Fit for Future 11:00 Ukulele at WAC 12:00 Bridge (High Intermediate)</p>	14	<p>15</p>
20	<p>7:00 Rise and Shine Pilates 10:00 Lois' Fit for Future 11:00 Ukulele at WAC 12:00 Bridge (High Intermediate)</p> <p>Trip to Symphony</p>	21	<p>22</p> <p>12:30pm MOVIE: THE INTERN</p>
27	<p>7:00 Rise and Shine Pilates 10:00 Lois' Fit for Future 10:00 - 12:00 Legal Clinic 11:00 Ukulele at WAC 12:00 Bridge (High Intermediate)</p>	28	<p>29</p> <p>1/30: Saturday Trip to Worcester Art Museum for Flora in Winter</p>

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## SERVICES AVAILABLE AT THE SENIOR CENTER

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

### ⇒ Information and Assistance

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

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

**Free Legal Clinic**—Denise Yurkofsky, an elder law attorney, is available to discuss legal issues. Call the COA to schedule a free, 20-minute appointment. Legal clinics are held in a private consultation area. The next legal clinic is 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](http://www.domesticviolenceroundtable.org)**



## EZ REFERRAL SHEET – COA Transportation Choices

### IMPORTANT INFO on TAXI VOUCHERS

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

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

### MWRTA “DIAL-A-RIDE”

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

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

**WHEN:** 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)

F.I.S.H. is a VOLUNTEER organization that assists Wayland residents of any age who have exhausted all options in trying to find transportation to *medical appointments*.

FISH provides rides to area medical appointments; some drivers are available to travel to Boston.

(Riders are responsible for any tolls or parking expenses.)

To make an appointment: 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.

### JANUARY

**Tuesday, 1/5: Market Basket & Marshalls in Waltham.** Depart COA at 9:30. Return by 1:00. N/C for Wayland residents, \$5.00 for out of town. Home pickups for Wayland Residents available by request. Please call the COA to request.

**Thursday, 1/21: Boston Symphony Open Rehearsal.** Depart COA at 9:00. Return by 1:30. Cost: \$15 for transportation for each concert. Last two concerts March 17 and March 31. Concerts begin at 10:30 AM. Riders must purchase their own Boston Symphony tickets. **Box office: 888-266-1200 or [www.bso.org](http://www.bso.org).**

**Saturday, 1/30: Flora in Winter at the Worcester Art Museum.** Depart COA at 9:00. Return by 4:00. Cost: \$30 for transportation and admission. Come in from the winter cold to the warmth of WAM's annual floral extravaganza, when the Museum blooms with flower arrangements inspired by works of art. This premier floral design event includes captivating and imaginative interpretations of artworks created by skilled arrangers from across the region, displayed in virtually every Museum gallery. There is a café available for lunch.



#### DANUBE RIVER CRUISE

Wayland COA facilitates an interest group of active travelers who would prefer not to travel alone. 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.



### 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. State House tours are conducted by the staff of the Tours and Government Education Division of the Secretary of the Commonwealth's Office and by volunteers well-versed in the history and architectural background of the State House. 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.

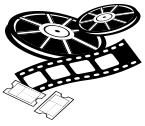
**Wednesday, 2/24: Vokes Theater in Wayland presents: Black Coffee by Agatha Christie featuring Hercule Poirot.** Home pick ups begin at 7:00 PM. Cost \$5.00 for transportation. Enjoy an evening of theatre at the Vokes without the hassle of driving and parking. This free dress rehearsal performance begins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

### MARCH

**Tuesday, 3/1: Ikea in Stoughton.** Depart COA at 9:30. Return by 2:00. Cost: \$10 for transportation. Shop at this fun store and have lunch at the restaurant.

### 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 15<sup>th</sup> of the month or the first day the COA is open if the 15<sup>th</sup> is on a weekend or holiday. You may register in person or send in a check made out to the Town of Wayland, specifying the trip you are registering for. For non residents, checks received before the 15<sup>th</sup> of the month will be processed on the 15<sup>th</sup> using a lottery system. Due to advance financial commitments, refunds will only be given if the vacancy is filled.



## FRIDAY “After Hours” MOVIE MATINEE

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

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

**Friday, January 8**

**MR. HOLMES (2015) PG Drama, Suspense: 1 hr. 44 min.**

Features Ian McKellan and Laura Linney

Mr. Holmes is a new twist on the world's most famous detective. In 1947, an aging Sherlock Holmes returns from a journey to Japan, where, in search of a rare plant with powerful restorative qualities, he has witnessed the devastation of nuclear warfare.

**Friday, January 22**

**THE INTERN (2015) PG-13 Comedy: 2 hrs.**

Robert DeNiro plays a retired successful business owner and widower who lands an internship at a fashion website run by a young, career-driven woman played by Anne Hathaway.

**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 preparedness program that focuses on a different area of emergency preparedness each month. It is designed to help people take small steps toward personally preparing for emergencies. When you are prepared, you are better able to help yourself, your friends, neighbors, and community in a disaster.

### *Goal for January:*

**“Understand what puts you at risk from disasters and take steps to lower your risk.”**

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

### **The Wayland COA News**

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