



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

JANUARY 2017

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

JANUARY HIGHLIGHTS	Pg.
♦ MEDICATION TAKE BACK with WAYLAND POLICE at COA Wed., Jan 4, 11:30am-Noon. Dispose of unwanted or expired medications.	4
♦ Celebrate the New Year with us! FIRST WED. COA PIZZA CAFÉ Wed., Jan 4, Noon, \$3, Reservations please.	4
♦ THE SCHOOL BUDGET: How does it affect Wayland's older residents? Join Dr. Paul Stein, Superintendent of Schools, and School Committee Member Barb Fletcher in the COA. Fri., Jan. 6 at 10:30am	
♦ GREAT COURSES Video Lecture Series, Every Monday at 1pm, No Charge. January 9, 23, 30: EXPERIENCING AMERICA: A Smithsonian Tour Through American History.	3
♦ MAKE IT—TAKE IT JEWELRY STUDIO CLASS Wednesday, January 18, 1:30pm (Wayland residents only)	3
♦ THE CHINESE NEW YEAR: Explore Chinese History and Culture Wed., January 25, 1:30pm, COA, No charge. Reservations requested	3
♦ “FAVORITE SPACES AND PLACES” in Wayland Sunday, Feb. 12 at 2pm, Large Hearing Room Exhibit and presentation features images by local amateur photographers (younger and older) as well as professional photographers. Event co-hosted by the Wayland Historical Society and the Council On Aging.	4
♦ Wayland ‘SHOP AROUND SHUTTLE’ In-town errands to do? Consider this free Monday shuttle with home pick ups. Mondays Jan 9 & 23	4

COMING IN FEBRUARY:

- ♦ AARP Tax Preparation
- ♦ Valentine Luncheon with jazz musician Bryan Kane, February 15, Noon
Entrée: Chicken Cacciatore \$8 Reservations required.
- ♦ “Favorite Spaces and Places” in Wayland showcasing resident photographs

COMING IN MARCH:

- ♦ AAA's “Car Doctor” John Paul, syndicated columnist and host of “The Car Doctor” radio program, discusses “the older and wiser driver” as well as mechanics of car maintenance and safety.

COMING IN APRIL:

- ♦ “Swing Into Spring” Afternoon Tea Dance with 16-piece Big Band
- ♦ Annual Drive-Thru Electronics Recycling Event

OUR SNOW POLICY: If Wayland Public Schools are closed due to the weather, then all COA programs (including home delivered meals) are canceled for the day. If the Wayland Town Building is open, the COA office will be open for information and referral.



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EDUCATION/ARTS p 3

CALENDAR pp 6/7

TRANSPORTATION AND SERVICES pp 8-9

TRAVEL & COA VAN p10

MOVIES p12

Director: Julie Secord
(M-F)

Office Coordinator:
Nancy Greenwood (M-F)

Outreach Coordinator :
Sue Hatton (M-F)

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

Volunteer Coordinator:
Ann Gordon (T-Th)

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

S.H.I.N.E. Counselors
Kathleen Woehrling
Penny Wilson

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

COA WayCam Liaison:
Joanne Kwarta

West Suburban Veterans Services District
Sarada Kalpee, Director
Representative on site,
every Tuesday 9am-4pm
Selectmen's Office
781-850-5504
*Regional VA Office
781-489-7509

Health & Wellness Programs

Please bring a
water bottle to
all classes



NEW EZ PAY with “FIT BUCKS” starts Mar 1

	DAY	FEE	DATES	TIME	LOCATION
FIT FOR THE FUTURE	Tues/ Thurs	\$3/class	Every Tue & Th <i>except 1/10/17</i>	10-11am	Large Hearing Room
ZUMBA	Wed	\$3/class	Every Wed.	10:30-11:30 am	Town Bldg. Gym
TAI CHI	Wed	Pay by month: \$20 Pay by class: \$8	Every Wed. (4)	11-12 noon	Large Hearing Room
THERA-TUBE	Wed	\$3/class	Every Wed. <i>on hiatus 'til 1/25</i>	9:15-10:15 am	Large Hearing Room
BETTER BALANCE	Wed	Jan 4, 11, 18, 25 \$28.00	Every Wed.	1-2 pm	Large Hearing Room
PILATES—Pay by the month (open to non-seniors)	Tu/Th	\$50 for Tues Class \$40 for Thurs Class	Every Tue/Th	7-8am	Large Hearing Room



“TRY IT” POLICY: When trying any of our **on-going** exercise programs, your first class is **FREE!**
STARTING MARCH 1, use your pre-paid FIT BUCKS at all \$3, drop in exercise classes.
Un-used FITBUCKS are refundable

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

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

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

THERA-TUBE Instructor: Ellen Cohen-Kaplan, Certified Personal Trainer, OTR. Resistance bands with handles to increase range of motion and strength. Bands are light and easy to use for people of all abilities. Learn to use the bands safely and effectively at home and on the go. **CLASS ON HIATUS until JAN 25, 2017**

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. Non-Seniors welcome
 Instructor: Lisa Carusone, NASM-CPT.

New happenings at the COA

The CHINESE NEW YEAR Explore Chinese History and Culture

Wednesday, January 25, 1:30pm



Join us to explore Chinese history and culture through a fascinating slide presentation by expert presenter Bob Gaudreau. Watch a live calligraphy demonstration to learn about this ancient art form.

Over the course of 5000 years, Chinese culture has developed through many dynasties and across varied regions. China has more than 50 ethnic minorities with distinct ways of life. Learn about the nation's new cultural renaissance and its relevance to both ancient and modern China.

No Charge, but reservations appreciated.

THE GREAT COURSES DVD SERIES CONTINUES

EXPERIENCING AMERICA: A SMITHSONIAN TOUR THROUGH AMERICAN HISTORY



Lecturer: Professor Richard Kurin, PhD

Mondays, 1pm, Jan . 9, 23, 30

The Smithsonian is a repository of America's history, achievements, aspirations, and identity. It holds the artifacts of great leaders and ordinary Americans alike. It houses scientific specimens and technological wonders. It is home to art, music, films, writings—a vast treasure trove of objects of extraordinary beauty and outstanding design.

With a collection of some 137 million items in more than two dozen museums and research centers, the Smithsonian brings our national epic to life as nothing else can.

MEDICAL EQUIPMENT DONATIONS and DISTRIBUTION



Tuesdays and Thursdays



Due to limited space and our inability to store equipment at the Town Building, we will be accepting donations of new or clean and gently used equipment on Tuesdays and Thursdays only in the COA or by special arrangement. If you would like to borrow equipment, please call anytime.

AARP TAX PREPARATION

Tax Season is fast approaching. In February, IRS-trained AARP tax preparers will be available without charge to help.



Appointments to complete your tax return with AARP Tax Preparers may be scheduled by calling the COA starting January 17.

This program assists low and moderate income seniors.

“MAKE IT—TAKE IT” JEWELRY STUDIO CLASS

With jeweler Norma Radoff

Wednesday, Jan 18, 1:30pm

No charge, Wayland residents only.

Make a necklace or earrings...or possibly learn to repair a piece of jewelry that may hold special meaning for you. Learn jeweler's techniques. All supplies provided.

Class size limited. Reservations required.

Registration restricted to Wayland residents.



Additional Health Programs

BLOOD PRESSURE CHECK



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

PODIATRY CLINIC

The next Podiatry Clinic is Monday, January 9, 2017

- 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 PIZZA CAFÉ

Noon, \$3

Luncheon Reservations required by noon on the Monday preceding the Café



MENU: PIZZA BUFFET, Salad, Dessert, Beverage

A no-cheese pizza option will also be available.

Wednesday, January 4, Noon

And Next Month on...

Wednesday, February 1, Noon

*This ongoing program is made possible
by a generous grant from the
Friends of Wayland Council on Aging,*

MEDICATION TAKE-BACK

Wednesday, Jan 4, 11:30am-Noon

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

'DROP IN' PROGRAMS

No reservations are needed for these activities.

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

- ◇ **THE GREAT COURSES Video Series**
Mondays, 1-2pm (two 30-min lectures)
A Smithsonian Tour of American History
- ◇ **COA CONNECTIONS:**
Mondays, 2:30pm (note new time in COA)
Connect with others, enjoy good conversation and meet new friends. This informal group, facilitated by Wayland resident Irma Bloom, is for everyone. Come when you can.
- ◇ **GENEALOGY:**
2nd and 4th Tuesdays, 1:00pm
Share in great conversations and fascinating stories from the past.
- ◇ **BRIDGE:**
Thursdays, 12:00pm
Players need to arrive by **Noon** to be included in table rotation. This group is for advanced or HIGH intermediate players.

FAVORITE SPACES/MEMORABLE PLACES

Sunday, February 12, 2017

2:00—4:00 pm, Wayland Town Building

Do you have a photo of a favorite place in town? Or someplace you'd like to photograph? We are looking for residents to share pictures of Wayland for an upcoming exhibit and presentation highlighting Wayland photos and photographers past and present.



On Sunday, February 12, 2017 in the Large Hearing Room of the Town Building, we will exhibit residents' photos along with a selection of comparable photos from the Wayland Historical Society's collection. Jane Sciacca will present a program on noted Wayland photographers. If you have a photo to share, please email it to waylandphotos@gmail.com. You may also bring your original photo or a scanned copy to the COA. Photos will be scanned and the original returned to you. **All photos must be submitted by January 27, 2017.** This program is sponsored by the Wayland Historical Society and the Wayland COA.

Help with Heating Bills

The LIHEAP Fuel assistance program provides one-time assistance with heating bills for income-eligible households. Maximum income for a household of one is \$34,001 and for a household of 2 it is \$44,463. Call the COA with any questions 508-358-2990.

GRANDPARENTS NETWORKING GROUP

Tuesday January 10, 2016

10am-11:30am

*2nd floor Small Conference Room,
Town Building. No cost,
No reservations.*



Group meets monthly on 2nd Tuesdays.

Join us in a facilitated discussion about these unique relationships that can be both richly rewarding and sometimes challenging. Share resource ideas like books, articles, locations, your experiences. Refreshments served. Bring a friend. This is a casual gathering.
Discussion Facilitator: Dr. Dossie Kahn,
Wayland Youth & Family Services.

Education/Social Programs

LOOKING FOR SENIORS TO SHARE THEIR PERSONAL HISTORY

Info Session and Video at COA, Friday January 13th at 11:30AM

The non-profit organization **Sages & Seekers** is recruiting Seniors (65 and up) to participate in a 7-week intergenerational program with high school students at *The Rivers School* in Weston. Seniors, come share your life experience and invaluable knowledge. You have so much to offer the world; your maturity and experience allows for a larger perspective on life from which younger generations can learn. The goal of the program is to pair you with a teen with whom you will meet once a week to share your life experiences. Past participants rave about this program!

Your commitment is once a week for 7 consecutive weeks at Rivers in Weston (near Oak St., Wayland/Natick) starting April 4, 2017. Many class times available.

Contact: Iryna Priester (508) 596-3393 Irynawp@gmail.com

(Learn about this incredible program...and stay for the COA Friday Movie Matinee "Sully" at 12:30)

Proposed FY2017-2018 SCHOOL BUDGET

How Does it Affect Older Residents?

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

Coffee Hour and Discussion

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

Reservations are not necessary but appreciated. 508 358 2990.

SHOP-AROUND SHUTTLE

Need groceries?

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

Try the new Shop-Around Shuttle!

Mondays, January 9 & 23 and February 13 & 27

It's FREE but Reservations are Required, Call 508-358-2990

Home pick-ups begin at 10 and the return trip will begin at noon. Stops include the library, Stop & Shop, Panera and CVS. Reservations are required. Beginning in January, the shuttle will run on the 2nd and 4th Mondays of each month. This is a great option for the winter months.



WAYLAND COUNCIL ON AGING

The Wayland COA provides programs and outreach services to and on behalf of seniors to enhance quality of life and promote independent living. We are committed to creating a welcoming environment that values dignity, tolerance, respect, appreciation of diversity and positive regard for all members of our community.

BOARD MEMBERS:

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

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

Next Meeting:

Tuesday, Jan.; 3 2017 at 8am

FRIENDS OF THE WAYLAND COA, INC.

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

FRIENDS BOARD:

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

PROPERTY TAX RELIEF COMMITTEE

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>HOLIDAY</p> <p>TOWN BUILDING</p> <p>CLOSED</p>	<p>7:00 AM Pilates 3</p> <p>9:15 GT Nuggets</p> <p>10:15 Golden Tones</p> <p>10:00 Lois' F4F</p> <p>1:00 Genealogy</p>	<p>10:30 Zumba 4</p> <p>11:00 Tai Chi</p> <p>11:30 Medication Take Back</p> <p>12:00 Pizza Café</p> <p>1:00 Better Balance</p>	<p>7:00 AM Pilates 5</p> <p>10:00 Lois' F4F</p> <p>12:00 Bridge (Advanced Players)</p>	<p>6</p> <p>10:30 School Budget Presentation</p>
<p>9</p> <p>1:00 Great Courses</p> <p>2:30: Connections</p> <p><i>Podiatry Clinic</i></p> <p><i>Shop Around Shuttle</i></p>	<p>7:00 AM Pilates 10</p> <p>9:15 GT Nuggets</p> <p>10:15 Golden Tones</p> <p>10:00 Grandparents</p> <p><i>Trip to Museum of Natural History</i></p>	<p>11</p> <p>10:30 Zumba</p> <p>11:00 Tai Chi</p> <p>1:00 Better Balance</p>	<p>12</p> <p>7:00 AM Pilates</p> <p>10:00 Lois' F4F</p> <p><i>Legal Clinic-by appointment only</i></p> <p><i>Trip to Symphony</i></p>	<p>11:30am 13</p> <p>Learn about Sages & Seekers Intergenerational Program with Rivers (high school level)</p> <p>12:30 Movie: Sully</p>
<p>16</p> <p>HOLIDAY</p> <p>TOWN BUILDING</p> <p>CLOSED</p>	<p>7:00 AM Pilates 17</p> <p>9:15 GT Nuggets</p> <p>10:15 Golden Tones</p> <p>10:00 Lois' F4F</p> <p>1:00 Genealogy</p> <p><i>Trip to Boston Public Library</i></p>	<p>18</p> <p>10:30 Zumba</p> <p>11:00 Tai Chi</p> <p>1:00 Better Balance</p> <p>1:30 Jewelry Studio</p>	<p>19</p> <p>7:00 AM Pilates</p> <p>10:00 Lois' F4F</p> <p>12:00 Bridge (Advanced Players)</p>	<p>20</p>
<p>23</p> <p>1:00 Great Courses</p> <p>2:30 Connections</p> <p><i>Shop Around Shuttle</i></p>	<p>24</p> <p>7:00 AM Pilates</p> <p>9:15 GT Nuggets</p> <p>10:15 Golden Tones</p> <p>10:00 Lois' F4F</p>	<p>25</p> <p>9:15 Thera-Tube</p> <p>10:30 Zumba</p> <p>11:00 Tai Chi</p> <p>1:00 Better Balance</p> <p>1:30 Chinese New Year</p>	<p>26</p> <p>7:00 AM Pilates</p> <p>10:00 Lois' F4F</p> <p>12:00 Bridge (Advanced Players)</p>	<p>27</p> <p>12:30 Movie: A Man Called Ove</p>
<p>30</p> <p>1:00 Great Courses</p> <p>2:30 Connections</p>	<p>31</p> <p>7:00 AM Pilates</p> <p>9:15 GT Nuggets</p> <p>10:15 Golden Tones</p> <p>10:00 Lois' F4F</p>	<p>LEGEND:</p> <p>GT: Golden Tones</p> <p>F4F: Fit for the Future</p> <p>WAC: Wayl. Art Ctr.</p> <p>L@NSC: Longfellow at Natick Sports Club</p>	<p>JANUARY</p>	

From the Outreach Desk

Property Tax Relief for Seniors

Property tax relief options are available for seniors at a variety of income levels. Please be sure to call the Assessor's Department of the Council on Aging for further details on any of these programs. You may be eligible for more than one of these programs.

All programs have separate eligibility requirements, deadlines and require a new application annually.

Statutory exemptions: Application deadline is April 3, 2017

A homeowner may receive only one statutory exemption (clause) per year. Clauses include;

- a. *Elderly Exemption* (over 65, income under \$20,000 for single, \$30,000 for married; assets under \$40,000 if single, under \$50,000 if married). Proof of income and assets is required.
- b. *Surviving Spouse* (you must have assets \$40,000 or less)
- c. *Military Veteran-Disabled* (must provide certificate disability-10% or more- from the VA)
- d. *Blind* (must have a current certificate from the MA Commission for the Blind)

Property tax deferral: Application deadline is April 3, 2017

65 years old, annual income under 40,000. No asset limits.

Community Preservation Act (CPA) Exemption: Application deadline is April 3, 2017

Removes the CPA surcharge from your bill. Exemption is based on household income.

MA Senior Circuit Breaker Tax Credit: This credit is filed as part of your MA Income Tax Return.

Wayland Town Match of the Senior Circuit Breaker Tax credit: This benefit is similar to the Circuit Breaker Credit on you MA tax return. You must file application with the Town of Wayland Assessor's office.

Property Tax Work-Off: Applications in June. More details to come in our June newsletter.

Valor Act-Veteran's Tax Work Off: Apply directly with the Wayland Assessor's Department.

Volunteer Corner

Are you handy? If you can change a light bulb, replace a washer, unstick a stuck drawer, or handle other simple household tasks, you could be a volunteer in our Fix-It program. Just call me at 508-358-2990 to sign up.

Our Fix-It Volunteers help residents with simple tasks that don't require professional help. Residents call the COA to describe their need, and if it fits within the Fix-It guidelines — no heavy lifting, no plumbing or electrical work, no yard work, nothing too complicated — we call our Fix-It Volunteers to find someone who is willing and available to help. The volunteer and the resident work out a mutually convenient time to take care of the task.

Some folks are lucky enough to have a neighbor they can turn to when they need just a little bit of help. But for those who don't, there's our Fix-It program. And in a town the size of Wayland, aren't we all really neighbors?

Warmly,
Ann Gordon

SERVICES AVAILABLE AT THE SENIOR CENTER

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

⇒ Information and Assistance

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

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

Free Legal Clinic—Denise Yurkofsky, an elder law attorney, is available to discuss legal issues. Call the COA to schedule a free, 20-minute appointment. Legal clinics are held in a private consultation area. See our calendar for the next Legal Clinic dates.

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

State Senator Richard Ross:

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

⇒ Health Services

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

⇒ Meals on Wheels

For information on the *Meals On Wheels* program, please call BayPath Elder Services at **508-573-7200**. Meals are delivered to program participants M-F.

⇒ Town Elections/Meetings Services

Transportation to every Town Election and to all sessions of the annual Spring and Fall Town Meeting is provided by the COA. Advanced reservations are required. Call the COA at 508-358-2990 for a ride reservation with at least 48-hour notice.

⇒ In-Home Services

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

In-Home Fix-It Program—Our volunteer handy-people will assist elders at home with small jobs such as changing a light bulb or smoke alarm battery. The service is free—you pay only for needed supplies.

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

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

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

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

Smoke and CO Detectors—As time and supplies are available, Wayland Firefighters will come install free smoke and CO detectors and provide fire safety training to Wayland Seniors. Call the COA to place your name on this 'wait list only' program. 508-358-2990.

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

COA Transportation Choices

IMPORTANT INFO on TAXI VOUCHERS

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

MWRTA “DIAL-A-RIDE”

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

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

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

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

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

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

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

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

MEDICAL TAXI VOUCHERS

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

Call JFK 508-653-4500.

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

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

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

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

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

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

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

For medical rides only

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

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

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

Wayland on the Move

CALENDAR OF UPCOMING OUTINGS

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

JANUARY

Tuesday, 1/10/17: Harvard Museum of Natural History. Depart COA at 9 am. Return at 2 pm. Cost: \$20 for admission and transportation. The museum presents a rare glimpse at the exotic and a fresh look at the familiar with exhibits on marine life, birds, Africa and more. One of Harvard's most famous treasures is the internationally acclaimed Ware Collection of Blaschka Glass Models of Plants, the "Glass Flowers." The glass flowers gallery has reopened following an extensive remodel. This unique collection of over 4,000 models, representing more than 830 plant species, was created by glass artisans Leopold and Rudolf Blaschka. Following two hours at the museum, we will head to Harvard Square for lunch.

Thursday, 1/12: Boston Symphony Rehearsal: Depart COA at 9:00, Return by 1:30. \$15 for transportation for one concert, \$50.00 for four concerts. Remaining dates: March 23, April 20, and May 4. Riders must purchase their own Boston Symphony tickets: **Box office 888-266-1200 WWW.BSO.ORG.**

Tuesday, 1/17: All the City's a Stage: A Season of Shakespeare at the Boston Public Library: Depart COA at 9:15am. Return at 2:00 pm. Cost: \$10 for transportation. Discover the Bard's lasting legacy with two exhibits commemorating the 400th anniversary of his death. *Shakespeare Unauthorized* pulls back the curtain on 400 years of collaboration, confusion, and even literary deception that surround the plays, poems, and life of William Shakespeare. Through an unprecedented exhibition of the BPL's world-class collections, visitors can view some of the rarest, most extraordinary books in the world and learn about the countless men and women who have made and remade the works of a literary icon. *Shakespeare's Here and Everywhere* explores the role travel plays in his comedies, tragedies, and histories through maps, atlases, and illustrations. View these exhibits or just explore the library. There are several restaurants on site and in Copley Square.

FEBRUARY

Monday, 2/6: Market Basket & Marshall's Depart COA at 9:15 am. Return by 1:30 pm. N/C Home pickups available by request.

Tuesday, 2/14: Tuesday, *The Medici's Painter: Carlo Dolci and 17th-Century Florence* at the newly reimagined Davis Museum in Wellesley. Depart COA at 10:30 am. Return at 2:00 pm. Cost: \$15.00 for admission, tour, and transportation. This is the first exhibition in America devoted to the luminous and meticulously rendered paintings and drawings of Italian artist Carlo Dolci. It includes more than fifty autograph works, pictures of the highest pictorial, technical, and spiritual qualities, through exceptional loans from the world's major museums and rarely seen works from private collections in the U.S. and abroad. Following a private docent tour of this exhibit, there will be time to view other special exhibits and the permanent collection. Please note, while admission to the Davis museum is normally free, the regular admission for this special exhibit is \$25. This is an opportunity to see the exhibit at a reduced group rate.

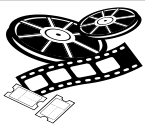
Wednesday, 2/22: Worcester Art Museum. Depart COA at 10:00 am. Return by 3:30. Cost: \$10 for transportation. Admission \$12 paid at the museum. This museum is world-renowned for its 35,000-piece collection of paintings, sculpture, decorative arts, photography, prints, drawings and new media. The reinstalled medieval galleries combine WAM's outstanding pre-existing collection of ecclesiastical artwork with the chivalric arms and armor of the Higgins collection to tell a new story for 21st-century audiences. In addition, Mary Cassatt's 1901 pastel *Simone in a White Bonnet* will be on view at the museum as part of a small, focused installation. Lunch is available in the museum café.

MARCH

Friday, 3/24: Save the Date for the Boston Flower & Garden Show: details & sign-up in February.

COA TRIP POLICY

Registration for Wayland residents will be open as soon as the trip is advertised. Those from other communities may register on the 15th of the month or the first day the COA is open if the 15th is on a weekend or holiday. We require payment at the time of registration. You may register in person or send in a check made out to the Town of Wayland, specifying the trip you are registering for. For non-residents, checks received before the 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, January 13: SULLY (2016) PG-13, 96 min, Action/Adventure, Drama.

Tom Hanks stars in this thrilling portrait of heroic airline pilot Chesley “Sully” Sullenberger, re-enacting his successful emergency landing of an Airbus A320 full of passengers on the Hudson River.

Friday, January 27: A MAN CALLED OVE (2016) PG-13, 116 min., Comedy/Drama

Based on Fredrik Backman's international best-selling novel, Ove is the quintessential angry old man next door. An isolated retiree with strict principles and a short fuse, who spends his days enforcing block association rules that only he cares about, and visiting his wife's grave, Ove has given up on life. Enter a boisterous young family next door who accidentally flattens Ove's mailbox while moving in and earning his special brand of ire. Yet from this inauspicious beginning an unlikely friendship forms and we come to understand Ove's past happiness and heartbreaks. What emerges is a heartwarming tale of unreliable first impressions and the gentle reminder that life is sweeter when it's shared. **In Swedish with English subtitles.**

Do 1 Thing: Your Goal for January

Make A Plan: *Understand what puts you at risk from disasters and take steps to lower your risk.*

Plan what to do if you have to evacuate.

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

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