



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

JULY & AUGUST 2021

A Beautiful Summer

We are looking forward to a very different sort of summer this year than the one we all experienced last year. Governor Baker recently lifted the state of emergency in Massachusetts, after more than 15 months. Like everyone else, we look forward to having more freedom and flexibility. We have planned some in-person programs and events, but we are also keeping some Zoom programs, too. We know that some of you are longing to reconnect in person, while others really like the ease of being “together” on Zoom from the comfort of home.

We are also returning to our usual schedule of producing a single newsletter that covers both July and August. In this issue, you’ll find programs throughout the summer, and even a sneak peek at a couple of September events. We hope to see you this summer — in person or on Zoom!

Your COA Staff:

**Julie Secord, Nancy Greenwood, Sue Hatton,
Shawna Levine, Ann Gordon, Lillian DePasquale**

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ADVENTURES AWAIT !



After working for the Town of Wayland for 15 years—ten with the COA—Nancy Greenwood will be leaving in August for retirement adventures with her husband.

Nancy has been such an integral and caring member of our team. We will miss her greatly, and we know many of you will feel the same. If you would like to send wishes to Nancy for a happy retirement, drop a card off at the COA or mail it to us **by August 16** (COA, 41 Cochituate Road, Wayland, MA 01778). We will add it to our special basket of good wishes for a very special person.

PIZZA CAFÉ: It’s Back!

Wednesdays at noon

July 7, August 4, September 1

Town Building COA

Reservations required, \$5 per person

We are excited to resume our monthly pizza café on Wednesdays, back inside the Town Building, in the COA area. Join us for pizza, salad, beverage, and dessert, and for the fun of being together and sharing a social time after so many months of staying apart. Reserve your seat **by noon on the previous Monday** by contacting us at 508-358-2990 or coa@wayland.ma.us.



The Wayland Council on Aging

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 community members.

The Wayland Council on Aging

41 Cochituate Road, Wayland, MA 01778

508-358-2990

www.wayland.ma.us ~ coa@wayland.ma.us

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

Happenings

ART APPRECIATION

with Margaret Dergalis

Tues., July 13, 1:00pm on Zoom

Tues., Aug. 17, 1:00pm on Zoom

Join Margaret for this special summer program. Explore painting, prints, drawing, and sculpture from around the world and across the ages. Gain a better understanding of how to view and enjoy art.



Margaret's love of art and history began long before she took art history and studio classes in high school. She credits her husband, professional artist and teacher George Dergalis, and her many years of study and observation under his tutelage, with her understanding and knowledge of art today. **Reservations please.**

Zoom With Whom?

TONYA LARGY

Tuesday, July 6, 1:30pm
on Zoom



Wayland archaeologist Tonya Largy participated in the exploration of a pre-colonial midden—an ancient trash heap—discovered on Liberty Island during the restoration of the Statue of Liberty in the 1980s. Who was living on this island before it became home to one of our nation's most iconic symbols? Tonya will talk about what was found, and what it tells us about the history of Lady Liberty's home. **Reservations please.**

From the convenience of home, join these weekly programs continuing on Zoom through the summer!

KNIT TOGETHER

Tuesdays, 10:30am on Zoom

Join friendly fellow knitters to knit in each other's company. Create knitwear to donate to children in need, using our donated supplies, or work on your own projects.



SOCIAL GROUP

Thursdays, 10:30am on Zoom

Join this informal group for friendly, relaxed conversation. Newcomers are always welcome!



Brian Kane Presents

THE GREAT AMERICAN SONG BOOK

Wednesday, August 18

11:30 am – 1:00 pm

Outdoors in the Courtyard

Raindate: Aug. 25 11:30am – 1pm.



Brian Kane Jazz offers jazz saxophone and vocal interpretations of the Swing Era and Great American Songbook. Whether it's the swing bands of the 1940's like Glen Miller, Duke Ellington and Benny Goodman, the great songwriters like Irving Berlin, Rodgers and Hart, and Cole Porter or the great singers like Frank Sinatra, Nat King Cole, and Louis Armstrong, his repertoire is extensive.

Brian has performed in over 2500 shows at venues across the U.S. with some of the greatest jazz musicians in the world. He is a graduate of the Berklee College of Music, a noted music educator, and the author of 10 books.

Don't miss this amazing performer. Bring your lunch and socialize with friends; Brian will play from 12-1pm. The COA will provide beverages and dessert. **Reservations please.**



BOSTON BALLPARKS & RED SOX NATIVE SONS

With Baseball Historian Herb Crehan

Wednesday, August 11, 10:30am

Large Hearing Room, Town Building

Before there was Fenway Park, there were seven other Boston stadiums that housed professional baseball teams. Hearing about these parks is also a good way of learning about Boston's history over the past 150 years.

During the team's 119 seasons, almost 100 youngsters from Massachusetts have had their dream of playing for the Red Sox come true. Some lasted less than one season, but some of them, like Tony Conigliaro and Jerry Remy, made it all the way to the Red Sox Hall of Fame!

Herb Crehan has interviewed over 140 former Red Sox, written more feature articles for the Red Sox program, *Red Sox Magazine*, than anyone in the club's history, and loves to share stories from his 24 seasons with the team.

Reservations please.

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

Happenings

Our June concerts were so much fun! Join us in July!



Wayland Council on Aging Presents 10th Annual Community Concert Series

Thursday Evenings 7-8 pm

Town Building Courtyard

Bring a chair or blanket

Concerts will also be live-streamed on WayCam TV

July 1: Sudbury Valley New Horizons Band

July 8: Black Velvet Band: Irish/American

July 15: The Standards: Oldies

MANY THANKS TO OUR SPONSORS

Gold: The Village Bank

Silver: Middlesex Savings Bank

Bronze: Avenū at Natick; Camellia Gardens; Traditions of Wayland

We are also grateful for a grant from the Wayland Cultural Council, a local agency which is supported by the Mass Cultural council, a state agency.

Concerts will be cancelled in poor weather; updates at www.wayland.ma.us/council-aging

More Summer Programs on Zoom

(See p. 8 for how to sign up for Zoom programs.)

GREAT COURSES: AMERICA'S FOUNDING FATHERS

Mondays, 1pm, July 12, 19, 26 Closed Captioning
Award-winning author and lecturer Allen Guelzo discusses men who shaped the dramatic story of the U.S. Constitution.

GREAT TOURS: AFRICAN SAFARI

Mondays, 1pm, Aug. 2, 9, 16, 23, 30 Closed captioning

Author, lecturer and safari guide James Currie shows the amazing diversity and beauty of the continent.



GRANDPARENTS GROUP

Dr. Dossie Kahn of Wayland Youth and Family Services (508-358-4293)

facilitates discussions about the rewarding and sometimes challenging relationships between grandparents and grandchildren.



TRIPS ARE BACK!

We are happy to slowly bring back our day trips and shopping trips beginning in August. While most restrictions have been lifted, masks are still required on the van. Stay tuned for more trips in September.

Thursday 8/12: Castle Island. Depart COA at 10:30am. Return by 3:00pm. Cost: \$12 for transportation.

Castle Island is a great place to walk along Boston Harbor. This 22-acre land-bound island features terrific walkways, Fort Independence and views of Boston Harbor and Logan Airport. Sullivan's offers delicious seaside eats including lobster rolls, fried foods, ice creams and cold drinks. You can walk an entire loop around Carson Beach on a paved walkway along the rocks. Spend a day by the sea!

Monday, 8/23, 9:30 - 1:30: Market Basket and Marshalls in Waltham. Join our monthly shopping trip to Waltham. Leaves COA at 9:30am to start home pick-ups. Return by 1:30pm. Shopping trips are free of charge and for Wayland residents only. Space is limited, call by 4pm the previous Thursday.

See page 8 for instructions on how to access programs on Zoom and WayCamTV.

Health & Fitness

BEGINNING IN JULY: THE COA FIT CLUB!

The *COA Fit Club* is our new, pay-by-the-month, take-as-many-classes-as-you-want, fitness program, beginning July 1. Joining the *COA Fit Club* gives you access to both in-person and Zoom fitness classes. Here's how it works:

Pay By The Month

Join the *COA Fit Club* and pay \$20 per month for as many classes as you wish. Payment **MUST** be received before the month begins.

or

Pay As You Go

Pay \$4 for each class you attend, using Fitbucks. Purchase Fitbucks by mail or at in-person class. Deposit Fitbucks in person at class or by mail for Zoom class.

To pre-purchase the \$4/class Fitbucks or to pay the \$20 monthly fee for full access through *The COA Fit Club*, please mail payment to the COA (check payable to "Town of Wayland") or drop off in the COA offices in the Town Building. **PLEASE REMEMBER – *The Fit Club* begins in July**, and must be **pre-paid** before the new month starts. The monthly fee cannot be pro-rated. Question? Contact us at coa@wayland.ma.us or 508-358-2990.

COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON

THE WALKING CLUB

Mondays at 8:30am; Meet at the Rail Trail near the Library. **NO CHARGE.**

Join our friendly Walking Club to walk with Wayland seniors for up to an hour. When weather is inclement, we will not meet. Email Shawna Levine at slevine@wayland.ma.us or call the COA at 508-358-2990 to register. No fee. Wear comfortable walking shoes and bring a water bottle.



NEW!

T'AI CHI

Mondays, 9:30am-10:30am, Outdoors or on Zoom in inclement weather

Instructor: John Woodward, Certified T'ai Chi Instructor

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

LOIS' FIT FOR THE FUTURE

Tuesdays, 10-11am, Call for location

Instructor: Lois Leav

This popular class involves stretching, bending, loosening the joints and building flexibility, all set to music. This is a standing class, with no chairs; there are regular breaks.

THERATUBE

Wednesdays, 9am-10am, In-Person and on Zoom

Instructor: Ellen Cohen Kaplan, Certified Personal Trainer, OTR

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

ZOOMBA

Wednesdays, 10:15-11:15am, In-Person and on Zoom

Instructor: Ellen Cohen Kaplan, Certified Personal Trainer, OTR

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

NEW!

SAIL: STAY ACTIVE AND INDEPENDENT FOR LIFE

Fridays, 9:30am—10:30am on Zoom

Instructor: Joe Fish, Certified Instructor and Falls Prevention Specialist

This evidence-based class helps older adults improve balance and mobility, reduce the risk of falls, and improve quality of life. Participants can take the class while seated; class can be tailored to other individual needs.

News and Updates

STAY SAFE IN THE SUMMER HEAT

In periods of extreme heat and humidity, when temperatures are above 90 degrees for at least two to three days, your body works extra hard to maintain a normal temperature. Extreme heat can be deadly; it is responsible for the highest number of annual deaths among all weather-related hazards.



Take steps to stay safe and healthy during extreme heat. Here are some safety tips:

- Avoid strenuous activities
- Wear light clothing
- Drink plenty of fluids
- Keep your home cool: let cooler air in during the night, close and/or cover windows during the day. Use a fan or air conditioning.
- Watch for heat cramps, heat exhaustion and heat stroke; call 911 if you feel in distress
- To get out of the heat, take advantage of air conditioned public spaces, such as shopping malls and libraries

On extremely hot days, the Wayland Police Department may make its training room in the Public Safety Building available as a cooling station. If you have questions or need help during extreme heat, please call the Wayland Police Dept. to ask about cooling off: 508-358-4721. You can always call the Council on Aging if you have questions: 508-358-2990.

Fresh Produce From a Local Farm

Like eating your veggies? Coming later this summer, the Wayland COA will partner with BayPath Elder Services to buy produce from local farms and distribute free of charge to some Wayland seniors. Details about how to sign up are still being worked out, so stay tuned. Look for more information in our weekly eblast and on our website — www.wayland.ma.us/council-aging. If you're not receiving our eblast and would like to (it's a quick email summary of what's going on at the COA each week), contact us at 508-358-2990 or coa@wayland.ma.us.



FY 2022 Senior Property Tax Work-Off Program

Applications are now available for the FY22 Tax Work-Off Program. You may pick up an application at the COA, in the front lobby of the Town Building and on the COA website. You may also call the COA and ask to have an application mailed to you. Completed applications received by Friday, July 2 at noon will be entered into a lottery to determine the order in which applicants are considered for placement. After July 2, Tax Work-Off applications will be processed in the order received. Applications should be returned to the COA.



At Annual Town Meeting in May, the Town voted to adopt the provisions of Mass General Law Chapter 59, Section K, which allows seniors to earn a credit to be applied to their property tax bill. This year participants may work 65 or 125 hours.

There are increasingly diverse types of positions available in town departments. While we do our best to place all interested seniors, we cannot guarantee that there will be a position available for all applicants.

For more information, please contact Shawna Levine at slevine@wayland.ma.us. Project Coordinator at the Council On Aging. You may also call the COA at 508-358-2990 or email us at coa@wayland.ma.us.

Medicare's Free Preventive Services

Don't forget that Medicare covers many preventive services at no cost to you, such as the COVID-19 vaccine, flu shots, and screenings for cancer, diabetes, depression, obesity and cardiovascular disease. Talk with your doctor to find out what tests you may need. If you have questions about your Medicare benefits, contact SHINE at 1-800-243-4636 or call the COA for a SHINE appointment.

Resources

BayPath Elder Services: 508-573-7200

Caregiving Resources: www.caregivingmetrowest.org

Domestic Violence Hotline: 1-877-785-2020 or visit
www.domesticviolenceroundtable.org

Elder Abuse Hotline: 1-800-922-2275

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

Meals on Wheels (BayPath): 508-573-7246

Medicare: 1-800-633-4227

MetroWest Legal Services: 508-620-1830

MWRTA Fixed Route Buses: 508-935-2222

MWRTA Dial A Ride: 508-820-4650

Social Security: 1-800-772-1213

State Senator Rebecca Rausch: 617-722-1555

Representative Carmine Gentile: 617-722-2014

Representative Alice Peisch: 617-722-2070

Wayland Community Fund: 508-358-3624

Wayland Council on Aging: 508-358-2990

Wayland Housing Authority: 508-655-6310

COVID-RELATED RESOURCES

If you develop COVID symptoms: Call your doctor and the Wayland Health Dept. COVID Hotline: 508-358-6805

If you need help with food or medicine: Call the Town's COVID Relief Fund/Food Pantry at 508-358-7701

For emotional support: Wayland Youth & Family Services (for all ages): 508-358-4293

My Brother's Table at Good Shepherd Parish: 508-650-3545

Celebration Church Food Pantry: 508-318-4769

Resources

TRANSPORTATION OPTIONS



MWRTA Dial-a-Ride: SUBJECT TO CURRENT RESTRICTIONS, Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. \$2, \$3 or \$5 each way based on destination. Pre-register with MWRTA at 508-820-4650. Registered riders must make reservations at least 48 business hours prior to travel date.

COA Taxi Program: Free taxi trips to medical appointments, grocery shopping or Rx pick-up for Wayland seniors 60+ with no other means of transportation. This is a grant-funded program. Call the COA at 508-358-2990 or email coa@wayland.ma.us. Requests must be made one full business day in advance.

MEDICAL TAXI VOUCHERS: For Waylanders 60+ or any age if disabled. Offers discounted taxi fare for medical appointments or medically-related activities at the COA. Administered through JFK Transportation, this option requires the advanced purchase of discount vouchers. Discount is 40% off metered fare. Total cost will vary based on miles traveled. Boston travel is charged a flat rate of \$42 each way, all other travel is based on the meter. Tips expected in cash. Buy vouchers in advance by calling the COA at 508-358-2990. Schedule rides directly through JFK 508-653-4500.

FISH: Currently unavailable (rides available through taxi program listed above). Friends in Service Helping, a volunteer group, provides rides to medical appointments for Waylanders who have no other way of getting there. One-week notice needed. Call 508-358-3474.

SHOPPING TRIPS: We will resume our monthly trip to Market Basket in August 2021. See p. 3 for details.

Q&A with the COA

What would you like to know? Just ask us!

Q. When will the COA begin having programs in the Town Building again? What about trips to museums or the symphony?

The formal state of emergency in Massachusetts ended on June 15, 2021. This lifted restrictions that had been in place during the COVID pandemic.

We are eager to begin having in-person programs and events, and we have already scheduled some for this summer; they are listed in this newsletter.

Finding adequate and appropriate space for programs in the Town Building has always been a challenge, and that has not changed. We share the building, including the meeting space next to our offices, with many other departments who also need space for meetings and other gatherings. We request permission to use space for our programs and events, just as other departments do.

During the warm weather months, we may hold more programs or gatherings outdoors, when appropriate. This can be a refreshing change of pace, and can also help to alleviate pressure on the few meeting spaces in the Town Building.

We look forward to resuming trips to local attractions, including a trip to Castle Island in August, and our monthly shopping trips to Market Basket (see p. 3 for details). Stay tuned for more information about more trips in the fall.

We are eager to see our friends again face-to-face. But we are also aware that not everyone will be ready to resume life as we knew it. We hope to continue offering a variety of ways to share time together.

How To Access COA Remote Programs



Signing Up for Zoom Events

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

Watching Programs on Cable TV

You can watch WayCam.TV on Verizon channel 37 and Comcast channel 8. The full program schedule and details for streaming live and on demand are on the WayCam.TV website: www.waycam.tv/home



WAYLAND COA STAFF

Director: Julie Secord, M-F,
jsecord@wayland.ma.us

Office Coordinator: Nancy Greenwood, M-W
ngreenwood@wayland.ma.us

Outreach Coordinator: Sue Hatton, M-F
shatton@wayland.ma.us

Project Coordinator: Shawna Levine, M-Th
slevine@wayland.ma.us

Community Relations Coordinator: Ann Gordon, T-Th
agordon@wayland.ma.us

Program Assistant: Lillian DePasquale, M, Th, F
ldepasquale@wayland.ma.us

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

DID YOU KNOW?

You can watch WayCam programs livestreamed on TV or on your computer by going to www.waycam.tv/live.

FRIENDS OF THE WAYLAND COA

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

FRIENDS BOARD: Marie Winter, President; Nancy Leifer, Vice President; John Shaw, Treasurer and Webmaster; Mary Antes, Clerk; Paul Abramson; Steve Correia; Huaibin Lu; Patty MacNeil; Sue Pope; Betsy Willard.

WAYLAND COUNCIL ON AGING BOARD

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

Next Meeting: Tuesday, June 1, 1:00 pm

SENIOR TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets every other month. MEMBERS: Markey Burke, Chair; Steve Colella, Vice Chair; Ann Gilbert, Clerk; Joan Bradford, Linwood Bradford, Pauline DiCesare

Next Meeting: To be announced

West Suburban Veterans Svcs. District

781-489-7509, Nancy Blanchard, Director
In Wayland Tues. 9am—4pm, 781-850-5504

July COA Activities

SUNDAY	Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 1px solid gray; border-radius: 10px; padding: 10px; background-color: #f0f0f0;"> <p>KEY:</p> <p>WayCam TV—Red</p> <p>Zoom—Blue</p> <p>In person—Green</p> </div>				<p>1</p> <p>10:30am Social Group 7-8pm SUMMER CONCERT: Sudbury Valley New Horizons Band </p>	<p>2</p> <p>9:30am SAIL fitness</p>
<p>4</p> <p>8:00am New England General Stores</p> <p>4:00pm Women’s Suffrage in Mass.</p>	<p>5</p> <p style="text-align: center;">July 4th Holiday Town Building Closed</p>	<p>6</p> <p>8:00am Fish Fitness 10am Fit 4 Future 10:30am Knit Together 1:30pm Zoom With Whom 4:00pm Cooking as Self -Care</p>	<p>7</p> <p>9:00am Theratube 10:15am ZoomBa 12pm Pizza Café</p>	<p>8</p> <p>10:30am Social Group 7-8pm SUMMER CONCERT: Black Velvet Band </p>	<p>9</p> <p>9:30am SAIL fitness</p>
<p>11</p> <p>8:00am Dealing with Diabetes</p> <p>4:00pm Sudbury Valley New Hori- zons Band Virtual Concert</p>	<p>12</p> <p>8:30am Walking Club 9:30am T'ai Chi 1pm Great Courses</p>	<p>13</p> <p>8:00am Acton Sr. Ctr. Line Dancing 10am Fit 4 Future 10:30am Knit Together 1:00pm Art Apprecia- tion 4:00pm Fish Fitness</p>	<p>14</p> <p>9:00am Theratube 10:15am ZoomBa</p>	<p>15</p> <p>10:30am Social Group 7-8pm SUMMER CONCERT: The Standards </p>	<p>16</p> <p>9:30am SAIL fitness</p>
<p>18</p> <p>8:00am Chair Yoga / Zoom Tutorials 4:00pm Japanese Prints at the MFA</p>	<p>19</p> <p>8:30am Walking Club 9:30am T'ai Chi 1pm Great Courses</p>	<p>20</p> <p>8:00am Cooking as Self -Care 10am Fit 4 Future 10:30am Knit Together 4:00pm Fish Fitness</p>	<p>21</p> <p>9:00am Theratube 10:15am ZoomBa</p>	<p>22</p> <p>10:30am Social Group</p>	<p>23</p> <p>9:30am SAIL fitness</p>
<p>25</p> <p>8:00am Early Farm and Craft Tools</p> <p>4:00pm Acton Sr. Ctr. Line Dance</p>	<p>26</p> <p>8:30am Walking Club 9:30am T'ai Chi 1pm Great Courses</p>	<p>27</p> <p>8:00am Chair Yoga with Nancy Wind 10am Fit 4 Future 10:30am Knit Together 4:00pm Sudbury Valley New Horizons Band</p>	<p>28</p> <p>9:00am Theratube 10:15am ZoomBa</p>	<p>29</p> <p>10:30am Social Group</p>	<p>30</p> <p>9:30am SAIL fitness</p>

August COA Activities



SUNDAY	Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 8:00am Fish Fitness 4:00pm Toys in the Attic</p>	<p>2 8:30am Walking Club 9:30am T'ai Chi 1pm Great Courses</p>	<p>3 8:00am Memory Management 10am Fit 4 the Future 10:30am Knit Together 4:00pm Cooking as Self-Care</p>	<p>4 9:00am Theratube 10:15am ZoomBa 12pm Pizza Café</p>	<p>5 10:30am Social Group</p>	<p>6 9:30am SAIL fitness</p>
<p>8 8:00am Chair Yoga 4:00pm Sudbury Valley New Horizons Band Virtual Concert</p>	<p>9 8:30am Walking Club 9:30am T'ai Chi 1pm Great Courses</p>	<p>10 8:00am Acton Sr. Ctr. Line Dancing 10am Fit 4 Future 10:30am Knit Together 4:00pm Fish Fitness</p>	<p>11 9:00am Theratube 10:15am ZoomBa 10:30am Red Sox History</p>	<p>12 10:30am Social Group Trip to Castle Island</p>	<p>13 9:30am SAIL fitness</p>
<p>15 8:00am Chair Yoga / Zoom Tutorials 4:00pm Slavery in Sudbury</p>	<p>16 8:30am Walking Club 9:30am T'ai Chi 1pm Great Courses</p>	<p>17 8:00am Cooking as Self-Care 10am Fit 4 Future 10:30am Knit Together 1:00pm Art Appreciation 4:00pm Fish Fitness</p>	<p>18 9:00am Theratube 10:15am ZoomBa 11:30am Great American Songbook</p>	<p>19 10:30am Social Group</p>	<p>20 9:30am SAIL fitness</p>
<p>22 8:00am Early Roads & Trails 4:00pm Acton Sr. Ctr. Line Dance</p>	<p>23 8:30am Walking Club 9:30am T'ai Chi 1pm Great Courses Trip to Market Basket</p>	<p>24 8:00am Chair Yoga 10am Fit 4 Future 10:30am Knit Together 4:00pm Sudbury Valley New Horizons Band</p>	<p>25 9:00am Theratube 10:15am ZoomBa</p>	<p>26 10:30am Social Group</p>	<p>27 9:30am SAIL fitness</p>
<p>29 8:00am Fish Fitness 4:00pm Acton Sr. Ctr. Line Dance</p>	<p>30 8:30am Walking Club 9:30am T'ai Chi 1pm Great Courses</p>	<p>31 8:00am Songbirds of the Northeast 10am Fit 4 Future 10:30am Knit Together 4:00pm Chair Yoga</p>	<p>SEPT 1 9:00am Theratube 10:15am ZoomBa 12pm Pizza Café</p>	<p>KEY: WayCam TV—Red Zoom—Blue In person—Green</p>	

Looking for Information? Visit Our Website

The Council on Aging portion of the Town website includes lots of information for seniors and for their families and loved ones. Want to know about our taxi program for rides to medical appointments? Or how to get fuel assistance in the winter? When is that pizza café scheduled?

You can find all this and more on our website, at www.wayland.ma.us/council-aging. We keep it updated with information about upcoming events and programs, as well as important reminders such as Open Enrollment for Medicare. We welcome your questions or suggestions about our website,— please contact us at 508-358-2990 or coa@wayland.ma.us.



www.wayland.ma.us/council-aging

Coming In September

John Clark and his Great American Music Experience
History of 1950's Music: Jazz
Thursday, September 9, 1:00pm on Zoom

The tail-end of the 1940s marked the death of big bands, the beginnings of be-bop and the start of cool jazz. The fifties birthed and developed a variety of jazz subgenres and Miles Davis was a catalytic figure for many of them. Important musicians from the cool school were Gerry Mulligan, Dave Brubeck and the Modern Jazz Quartet. In addition, the hard boppers included Sonny Rollins, Clifford Brown and Horace Silver. *Kind of Blue* was the decade's best-selling album and helped launch the solo careers of John Coltrane, Charles Mingus and Thelonious Monk. John Clark returns to educate and entertain us on this fascinating and defining jazz decade.



Live Theater Returns to the COA!
Delvena Theatre Company Presents
Louisa's Girls
Wednesday, September 29, 1:30pm
Large Hearing Room



Louisa's Girls features an artistic interpretation of Louisa May Alcott's beloved story, *Little Women*. This live, one-woman, multi-character "edutainment" production offers a truly challenging and creative take on the classic. The audience will be mesmerized as actress Lynne Moulton transforms herself from Marmee to Jo to Meg with a sudden voice change, a twist of her body or simple wave of a fan. Ms. Moulton will open up for discussion with the audience after the performance. Light refreshments will be served.



Keep Up With All the COA News Through Our Website and E-Blast

At www.wayland.ma.us/council-aging you'll find lots of information and helpful resources. On Thursdays we send out a short-and-sweet email highlighting programs and services in the coming week. Call us at 508-358-2990 or email coa@wayland.ma.us to subscribe.

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