



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

JULY AND AUGUST 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

COA's Free Annual Summer **OUTDOOR CONCERT SERIES** continues...

♫ **Thursday, July 7th: Sudbury Valley New Horizon Band ~ 7-8 PM**

♫ **Thursday, July 14th: The Infractions ~ 7-8 PM**

Special thanks to our sponsors:

Alkon & Levine, P.C~ Bret Leifer-Professional Numismatist~ Hammond Residential Real Estate~ Massachusetts Cultural Council~ The Village Bank~ Traditions of Wayland~ Middlesex Savings Bank~ Mid Life Crisis Band
Town Building, *RAIN or SHINE* (Rain Location: Large Hearing Room)

HEALTH/ WELLNESS p 2

EDUCATION/ARTS p 3

CALENDAR pp 6/7

TRANSPORTATION AND SERVICES pp 8-9

TRAVEL & COA VAN p10

MOVIES p12

Director: Julie Secord
(M-F)

Office Coordinator:
Nancy Greenwood (M-F)

Outreach Coordinator :
Sue Hatton (M-F)

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

Volunteer Coordinator
Ann Gordon (T-Th)

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

S.H.I.N.E. Counselors
Kathleen Woehrling
Maureen Tamburro

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

JULY HIGHLIGHTS

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♦ PIZZA! (with no-cheese option) FIRST WEDNESDAY COA CAFÉ (with Medication Take-Back at 11:30) Wednesday, July 6 at noon	4
♦ FY2017 TAX WORK-OFF PROGRAM – wait list available	4
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♦ BOLLYWOOD DANCE A new evening exercise class ~ fun for all levels. Starts Wed, July 13, 7:00pm, Large Hearing Room	4
♦ EN PLEIN AIR Watercolor Class with Cecelia Sharma, July 29	3

AUGUST HIGHLIGHTS

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♦ FIRST WEDNESDAY COA CAFÉ, Wednesday, August 3 at noon	4
♦ Author/Lecturer Herb Crehan presents “RED SOX HEROES of YESTERYEAR and TODAY,” 1:30pm, Wednesday, Aug. 10	4
♦ GREAT COURSES: Monday lecture and discussion series continues	3
♦ COA WELCOMES WAYLAND AUTHOR JULIETTE FAY to support “Wayland Reads.” With host Maureen DeJong. Tues., August 16, 1:30pm.	3
♦ Wayland ‘Shop Around Shuttle’ Pilot program begins in August	5
♦ AGING MASTERY PROGRAM BEGINS IN SEPT. Register now	3

Stay in touch...

This summer bulletin goes to press by mid-June and covers a long stretch of time. It is possible that we will have program changes and/or additions over the coming weeks. To stay up to date, check for listings in the Town Crier and on our Town of Wayland/COA web page. Or, just give us a call--we'd love to hear from you!

Health & Wellness Programs

Please bring
a water bottle
to all classes



COA FITNESS CLASSES AT-A-GLANCE

	DAY	FEE	DATES	TIME	LOCATION
FIT FOR THE FUTURE	Tues/ Thurs	\$3/class	Every Tue & Th	10-11am	Large Hearing Rm.
ZUMBA-on summer hiatus	Wed	Class resumes in September		10:30-11:30 am	Town Bldg. Gym
TAI CHI	Wed	\$20 July/\$25 Aug -or- \$8 per class	Every Wed.	11-12 noon	Large Hearing Rm.
THERA-TUBE-<u>July only</u>	Wed	\$3/class	July 7,14,21, 28	9:15-10:15 am	Large Hearing Room
BETTER BALANCE	Wed	\$35/ SUMMER SESSION	July 13, 20 Aug 3, 10, 17	1-2 pm	Large Hearing Rm.
PILATES (Pay by month or \$15/class)	Tu/Th	\$40 for Tues. \$50 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, thera-tube or zumba? Try our new tear-off COUPON BOOKS: **\$15/book provides 5 coupons usable at any \$3 class.** Available at the COA. Vouchers may be used **for the “pay only when you attend” classes.** Place voucher in basket at class.

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

ZUMBA Wednesdays, 10:30am-11:30am, Town Building Gym, \$3/class. Pay only when you attend. Instructor: Ellen Cohen-Kaplan, CPT, OTR. A cardio fitness class to Latin music; the music alone makes you want to exercise! Zumba resumes in Sept.

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. Bands available for purchase at class if needed \$15.

BETTER BALANCE Wednesdays, 1 pm. Develop strategies to prevent falls and maintain independence. Learn breathing and relaxation techniques. Instructor: Leslie Worris of the Wellness Alliance. Great for beginners looking for a change from their usual routine. Pay by the month (see chart above).

RISE AND SHINE PILATES A Tuesday and a Thursday Session. Sign up for either or both. 7am– 8am. Pay by the month or \$15/class. Pre-register—Restricted class size.

Education/Creative Arts Programs

LIFELONG LEARNING with THE GREAT COURSES

Mondays starting July 11 at 1:30pm in the COA

These highly-regarded recorded lectures by the nation's very best professors cover every topic imaginable. Come learn about topics as diverse as the art and science of forensic investigations, the world's geological wonders, Chihuly glass-making, and the universe as seen through the Hubble telescope. See insert for dates and topics.

TAKE CHARGE OF YOUR WELLNESS WITH AGING MASTERY

**10 Week series starts Wed, Sept. 14,
1:30—3pm, Weston Council On Aging**

This fall, forge your own path to better physical and emotional health, financial well-being, and life enrichment through actionable goals, small but impactful life changes, and peer support! Wayland seniors are invited to join Lincoln and Weston residents at the Weston COA for this free 10-week program. Workshops are on Wednesday afternoons from **1:30 to 3:00 pm beginning Sept 14**. Sessions will cover fitness, nutrition, sleep, financial well being, relationships, advance planning, fall prevention, medication management, and civic engagement and will include refreshments, a presentation by an expert and lots of opportunities for interaction and discussion. Please sign up now as space is limited. Supported by the National Council on Aging, the Massachusetts Councils on Aging, and the Massachusetts Executive Office of Elder Affairs. To register, call Wayland COA at 508 358 2990. Limited spaces remaining.

RED SOX HEROES - YESTERYEAR AND TODAY

Wednesday, August 10, 1:30pm

Red Sox historian and author Herb Crehan is in his 21st season writing for Red Sox Magazine, the team's official program. He has written feature articles on more than 125 Red Sox stars. He'll focus on 10 of his favorite interviews with former players from Bobby Doerr to Tim Wakefield and their counterparts on the 2016 team. He'll share little-known facts, anecdotes, and a behind-the-scenes look at the players and what goes on in the clubhouse. Reservations requested.

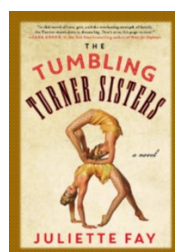


EN PLEIN AIR Watercolor Workshop

Friday, July 29, 9:30am-12:30pm

Sandy Burr Country Club

Pre-registration is required for this unique experience with award-winning watercolorist Cecilia Sharma. Paint in the natural light from the deck of Sandy Burr looking toward the river and highlands to the west. Participants will be sent a recommended materials list (materials not included). \$15.



*Supporting the Wayland Library's
Summer Read Program*

MEET THE AUTHOR

**"The Tumbling Turner Sisters"
by Juliette Fay**

Tuesday, Aug. 16, 1:30pm, COA

Avid reader and former COA staff member Maureen DeJong will host this event with Wayland author Juliette Fay whose latest book is the Library's Summer Read selection. Learn about her inspiration for the book, her research, and discuss the storyline. Reservations are requested.

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 Clinics are Mondays, July 11 and August 22

- For an appointment, call the COA at 508-358-2990.
- Cost is **\$30.00**. Checks payable to Dr. Cooper.
- Please make out your check **before** your appointment.



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

Education/Social Programs

1st WEDNESDAY COA CAFÉ*

Noon. \$3

Reservations required by noon
on the Monday preceding the Café

MENU: PIZZA BUFFET, Salad, Dessert, Beverage
We will now be serving pizza at every COA café.
A no-cheese pizza option will be available.

Wednesday, July 6, Noon

*Due to the holiday, please make
reservations by noon on Friday.*



Wednesday, August 3, Noon

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

Also on CAFÉ days:

MEDICATION TAKE-BACK

11:30am-12:30pm

Wayland Police Department will be at the COA to collect your unwanted or expired medications and sharps.

GRANDPARENTS NETWORKING GROUP COFFEE and DISCUSSION

Meets the second Tuesday of the month.
Summer meetings:

⇒ **Tues, July 12th 10am-11:30am**

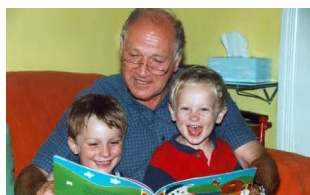
⇒ **Tues August 9th 10am-11:30 am**

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

Join us in a facilitated discussion about these unique relationships that can be both richly rewarding and sometimes challenging when grandparents must address behavior and expectations. 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.



****NEW!** BOLLYWOOD DANCING**

Wednesdays starting July 13 at 7:00pm
With instructor Monisha Rajinikanth



Learn the energetic style of modern Indian dance based on the classic dance and music tradition of Bollywood. This is an aerobic, fun exercise class **open to all ages**. Wear comfortable clothes and bring a water bottle. Class is held in the Large Hearing Room. \$3 per class.

PROPERTY TAX WORK-OFF PROGRAM

July 2016 –March 2017

Applications for Property Tax Work-Off positions were due July 1 to be eligible for the lottery; applications received after that will be processed in the order received. Applicants must reside in the property to which their compensation would be applied. The IRS considers Tax Work-Off participants temporary part-time employees and subject to Federal and Medicare deductions. Participants must submit a new application each year, including those hoping to return to a previous assignment.

For VETERANS VALOR ACT information, contact the Wayland Assessors Office, 508-358-3788.

'DROP IN' PROGRAMS

New participants are always welcome!

◇ **COA CONNECTIONS:**

Summer Schedule:

1st and 3rd Mondays, 2:00pm

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 high/intermediate players.

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. **Next Meeting:**
Tuesday, August 4 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.

MEMBERS:

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

From the Outreach Desk

Introducing "RMV Near Me"



The Registry of Motor Vehicles is now partnering with area Councils on Aging to make some of their most common transactions available at COA sites. Available transactions include:

- license renewals for drivers under age 75,
- registration renewals,
- change of address,
- duplicate license or registration,
- report of lost or stolen disability placard (with request for replacement),
- request to trade driver's license for Mass ID.

Our Outreach Coordinator is available by appointment to meet with you and complete these transactions on the Wayland COA computer. You must have a credit card or checking account to process any transactions that require fee payment. As the COA staff is not working as an agent for the RMV, assistance is limited to those transactions available to anyone using the RMV web site. Please call ahead for an appointment to be sure of staff availability.



COA Pilots new "Shop Around Shuttle"

You asked, we listened, and the COA is excited to announce a pilot transportation program designed to help Wayland residents get around town for local shopping and errands. This program is geared towards helping those whose primary obstacle to doing their own personal shopping is merely 'getting there'. It is designed as a group/shared ride and the Shop-Around-Shuttle will offer home-pick ups with a limited choice of shopping destinations. This is a unique blend of traditional *DIAL a RIDE* and *FIXED ROUTE* services. Riders will be picked up at home and choose where they would like to disembark, shop, and then catch the bus on the next loop. Summer dates will be **August 15th, 22nd and 29th** and additional dates will be listed in our September newsletter. Please join in and help us explore this option. We look forward to your opinions and feedback!

~~See our newsletter insert for destinations, and timing. ~~

Volunteer Corner

During the summer months, life slows down. More than any other season, summer invites us to take a break, maybe with a cold glass of lemonade and a good book.

But of course Wayland's seniors have needs year-round. Our programs like FISH and Meals on Wheels continue full-throttle through the summer, thanks to our incredible volunteer corps. FISH volunteers continue to drive people to medical appointments when they have no other way to get there. Meals on Wheels volunteers keep bringing hot meals and warm greetings to those who have trouble getting out or cooking for themselves.

If life slows down for you in the summer, if you have some extra time to try something new, why not be a summer COA volunteer? When our current volunteers take a well-deserved summer vacation, we rely on others to fill their shoes. Or their sandals. If you're interested, please let me know.

With warm wishes for a wonderful summer,

Ann Gordon

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Our Apologies!</i> Summer schedule changes:</p> <ul style="list-style-type: none"> The gym is not available to the COA during the summer, so Zumba classes are on hiatus. The Art Center is not available to the COA during the summer, so Watercolor classes are on hiatus. 				1
<p>4</p> <p>HAPPY 4th OF JULY!</p> <p>Town Building Closed</p>	<p>5</p> <p>7:00am Pilates 10:00 Lois' Fit for the Future</p>	<p>6</p> <p>9:45 Thera-Tube 10:30 Tai Chi 11:30 Med. take back 12:00 COA Café 1:00 Better Balance <i>Trip to Gardner Museum</i></p>	<p>7</p> <p>7:00am Pilates 10:00 Lois' Fit for the Future 12:00 Bridge 7 pm –Concert: Sudbury Valley New Horizons</p>	<p>8</p> <p>12:30 pm: MOVIE: THE BIG SHORT</p>
<p>11</p> <p><i>Podiatry Clinic-by appointment only</i></p> <p>1:30 Great Courses</p>	<p>12</p> <p>7:00am Pilates 10:00 Lois' Fit for the Future 1:00 Genealogy <i>Trip to Newburyport</i></p>	<p>13</p> <p>9:45 Thera –Tube 10:30 Tai Chi 1:00 Better Balance 7:00pm Bollywood</p>	<p>14</p> <p>7:00am Pilates 10:00 Lois' Fit for the Future <i>Legal Clinic-by appointment only</i> 12:00 Bridge 7pm –Concert: The Infractions</p>	<p>15</p>
<p>18</p> <p>1:30 Great Courses 2:00 COA Connections (in Selectman's meeting room)</p>	<p>19</p> <p>7:00am Pilates 10:00 Lois' Fit for the Future</p>	<p>20</p> <p>9:45 Thera-Tube 10:30 Tai Chi 1:00 Better Balance 7:00pm Bollywood</p>	<p>21</p> <p>7:00am Pilates 10:00 Lois' Fit for the Future 12:00 Bridge Trip to New Hampshire</p>	<p>22</p> <p>12:30 pm: MOVIE: HAIL, CAESAR</p>
<p>25</p> <p>1:30 Great Courses</p>	<p>26</p> <p>7:00am Pilates 10:00 Lois' Fit for the Future 1:00 Genealogy</p>	<p>27</p> <p>9:45 Thera –Tube 10:30 Tai Chi 1:00 Better Balance 7:00pm Bollywood</p>	<p>28</p> <p>7:00am Pilates 10:00 Lois' Fit for the Future 12:00 Bridge</p>	<p>29</p> <p>9:30am En Plein Air Watercolor Class <i>Sat. trip to Lowell Folk Festival</i></p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 1:30 Great Courses 2:00 COA Connections (in Selectman's meeting room) <i>Trip to Market Basket</i>	2 7:00am Pilates 10:00 Lois' Fit for the Future	3 10:30 Tai Chi 11:30 Medication take back 12:00 COA Café 1:00 Better Balance 7:00pm Bollywood	4 7:00am Pilates 10:00 Lois' Fit for the Future 12:00 Bridge	5
8 1:30 Great Courses	9 7:00am Pilates 10:00 Lois' Fit for the Future 1:00 Genealogy	10 10:30 Tai Chi 1:00 Better Balance 1:30 Red Sox Heroes <i>Trip to Rockport</i>	11 7:00am Pilates 10:00 Lois' Fit for the Future 12:00 Bridge	12 12:30 MOVIE: FASTBALL
15 Shop Around Shuttle 1:30 Great Courses 2:00 COA Connections (in Selectman's meeting room)	16 7:00am Pilates 10:00 Lois' Fit for the Future 1:30 Meet the Author <i>Trip to PEM</i>	17 10:30 Tai Chi 1:00 Better Balance	18 7:00am Pilates 10:00 Lois' Fit for the Future 12:00 Bridge	19
22 Shop Around Shuttle <i>Podiatry Clinic-by appointment only</i> 1:30 Great Courses	23 7:00am Pilates 10:00 GT's rehearsal 10:00 Lois' Fit for the Future 1:00 Genealogy	24 10:30 Tai Chi 1:00 Better Balance	25 7:00am Pilates 10:00 Lois' Fit for the Future <i>Legal Clinic-by appointment only</i> 12:00 Bridge	26 12:30 MOVIE: TESTAMENT OF YOUTH
29 Shop Around Shuttle 1:30 Great Courses	30 7:00am Pilates 10:00 Lois' Fit for the Future	31 10:30 Tai Chi 1:00 Better Balance	 <h1>AUGUST</h1>	

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 Maureen Tamburro. 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, 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. Call 877-785-2020 or Visit www.domesticviolenceroundtable.org

EZ REFERRAL SHEET – COA Transportation Choices

IMPORTANT INFO on TAXI VOUCHERS

- ⇒ JFK Medical Taxi Vouchers have now changed to ORANGE.
 - ⇒ Expired Blue JFK Medical Taxi Vouchers may be used ONLY through July 31.
 - ⇒ For refunds or trade-in's, your blue vouchers must be exchanged or turned in and the value refunded by September 30, 2016.
- For voucher transactions, contact the COA office.

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 also available to travel to Boston.)

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

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

Wayland on the Move

CALENDAR OF UPCOMING OUTINGS

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

JULY

Wednesday, 7/6: Off the Wall: Gardner and Her Masterpieces at the Isabella Stewart Gardner Museum. Depart COA at 10:15am. Return by 3:30pm. Cost: \$10 for transportation only. We will see the museum on our own without a formal tour. Senior admission is \$12.00. There is a café for lunch.

Tuesday, 7/12: Newburyport. Depart COA at 9:30am. Return by 4:00pm. Cost: \$15 for transportation only. Spend the day in the Market Square Historic District, home to the Custom House Maritime Museum, and many of Newburyport's shops and restaurants. Pop into one of the many cafes, grab a coffee to go and take a stroll on the boardwalk to enjoy the natural beauty of the water.

Thursday, 7/21: Lake Winnepesaukee Cruise. Enjoy a scenic tour of islands and immerse yourself in the spectacular scenery. Following the tour, enjoy a full course lunch at Hart's Turkey Farm (choice of 3 menu options). The last stop is a visit to Castle in the Clouds, a mansion perched high on a mountaintop estate overlooking the lake. Cost: \$89. Check payable to Best of Times.

Saturday, 7/30: Lowell Folk Festival. Depart COA at 11:15am. Return at 4:30pm. Cost: \$12 for transportation only. There's so much to see, hear and do at the Annual Lowell Folk Festival! The festival features five stages for traditional music, as well as authentic crafts demonstrations, ethnic foods, and art.

NEW PILOT PROGRAM "Shop-Around Shuttle"

In response to frequent requests, we will pilot a weekly shopping/errand trip beginning August 15th for three Mondays in August and three Mondays in September. See page 5 for more information.

AUGUST

Monday, 8/1: Market Basket/Marshalls. Depart COA at 9:30am. Return by 1:00 pm. N/C. Home pickups available by request.

Wednesday, 8/10: Rockport: Cost: \$15 for transportation. Depart COA at 9:00am, return by 4:00pm. Enjoy a day by the sea. You will have time to shop, have lunch (on your own) and enjoy the salt air.

Tuesday, 8/16: Rodin: Transforming Sculpture at the Peabody Essex Museum in Salem. Depart COA at 9:15. Return at 4:00 PM. **Cost: \$15 for transportation only.** Featuring sculptures and drawings, this thematic exhibition highlights the drama and experimentation that have established Rodin as one of the greatest sculptors of all time. Also on exhibit: *American Impressionist: Childe Hassam and the Isles of Shoals*. In addition, discover amazing examples of art and culture from around the world showcased in nearly 50 state-of-the-art galleries. Admission: \$15 for seniors.

Coming this Fall

Tuesday, 9/13: de Cordova Sculpture Park and Museum: Cost: \$16 for museum admission, tour and transportation. Depart COA at 9:30am, return by 1:30pm. Wayland's Louise Brown will be our docent and she will tour the museum with us with a special focus on the current special exhibit: *Overgrowth*. This exhibition explores how artists represent prolific growth, expansion, and transformation in the natural world and the built environment. Following the tour you will have time to explore the sculpture park, have lunch in the cafe and visit the gift shop.

Tuesday, 10/18: New England Goes Country with the Jimmy Lehoux Band. Trip includes transportation on motor coach, luncheon and show. Cost: \$85—checks payable to Best of Times.

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, July 8: THE BIG SHORT (2015) R (language) Drama: 2hr.10 min.

The Big Short approaches a serious, complicated subject, the financial crisis of 2008, with an impressive attention to detail -- and manages to deliver a well-acted, scathingly funny indictment of its real-life villains in the bargain. Great Cast.

Friday, July 22: HAIL, CAESAR! (2016) PG-13 Comedy: 1hr.46min

An all-star comedy set during the latter years of Hollywood's Golden Age. Starring Josh Brolin, George Clooney and many others, *Hail, Caesar!* follows a single day in the life of a studio fixer who is presented with plenty of problems to fix.

Friday, August 12: FASTBALL (2016) Unrated Documentary: 1hr.25 min

Hank Aaron and Derek Jeter, with Kevin Costner narrating, lead a cast of baseball legends & scientists who explore the magic within the 396 milliseconds it takes a fastball to reach home plate, and decipher who threw the fastest pitch ever.

Friday, August 26: TESTAMENT OF YOUTH (2015) PG-13 Drama, Romance: 2hr.9min

A powerful story of love, war and remembrance, based on the First World War memoir by Vera Brittain, which has become the classic testimony of that war from a woman's point of view.

Do 1 Thing: Your Goal for July:

Have the ability to communicate with family members during disaster (ex: corded phones and car charger)

Do 1 Thing: Your Goal for August:

Make your community stronger by getting trained and getting involved.

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