



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## JUNE 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**

### **MEDICATION TAKE-BACK**, Wednesday, June 1, 11:30am

Bring your expired or discontinued medications and sharps to the COA for proper disposal with the Wayland Police.

### **PIZZA... PIZZA .... PIZZA**

#### **FIRST WEDNESDAY COA CAFÉ**, Wednesday, June 1, Noon.

Reservations required by noon on Tuesday, May 31; \$3.  
 COA Café is now a monthly pizza café featuring assorted toppings—including a cheese-less pizza. For info, see p. 4.



### **FY2017 TAX WORK-OFF PROGRAM**

Tax Work-Off Applications for FY2017 will be available throughout June.  
 Placements will start as early as July 2016. Applications due by July 1 at noon for lottery. Returners must reapply each year. For more info see p. 4.

### **FLAG DAY SUMMER PICNIC at COA (Eat inside)**

Tuesday, June 14 at Noon. Enjoy luncheon, air conditioning, music and camaraderie! Chicken, Strawberry Shortcake and more. \$7,  
 Reservations required. See p. 3.



**AMERICAN WATERCOLORISTS** Gallery Presentation  
 Tues., June 21, 1:30pm, Large Hearing Room. Learn about this subtle and beautiful medium and some of its best American practitioners. Reservations requested, no charge. See p. 3.



**It's time again! Everyone is invited—families, friends, neighbors...**

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 COA's Free Annual Summer  
**OUTDOOR CONCERT SERIES**  
**THURSDAYS, JUNE 16—JULY 14,**  
**7pm-8pm**  
 ~~~~~



#### ♪ **1st Concert: Mid Life Crisis, June 16**

*Popular rock band featuring Wayland residents will be the kick-off band.*

#### ♪ **2nd Concert: Studio 2 : A Beatles Tribute, June 23**

#### ♪ **3rd Concert: The Riverboat Stompers, June 30**

#### ♪ **4th Concert: Sudbury Valley New Horizon Band, July 7**

#### ♪ **5th Concert: the Infracctions, July 14**

**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

*Bring your own blanket or lawn chair (limited seating available),  
 Town Building, **RAIN or SHINE** (Rain Location: Large Hearing Room)*

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**MOVIES** p12

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

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

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

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

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

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

#### **S.H.I.N.E. Counselors**

Kathleen Woehrling;

Maureen Tamburro

#### **Property Tax Work-Off**

Becky Patterson

**508 -358 -2990**

#### **COA WayCam Liaison:**

Joanne Kwarta

#### **West Suburban Veterans**

**Services District**

**Sarada Kalpee, Director**

Representative on site,

every Tuesday

9 am-4pm

508-358-3787

\*Regional VA Office

781-489-7509

## Health & Wellness Programs

Please bring  
a water bottle  
to all classes



### COA FITNESS CLASSES AT-A-GLANCE

	DAY	FEE	DATES	TIME	LOCATION
<b>FIT FOR THE FUTURE</b>	Tues/ Thurs	\$3/class	Every Tue & Th	10-11am	Large Hearing Rm.
<b>ZUMBA</b>	Wed	\$3/class	Every Wed Last class: 6/15.	10:30-11:30 am	Town Bldg. Gym
<b>TAI CHI</b>	Wed	\$25 this month or \$8 per class	Every Wed.	11-12 noon	Large Hearing Rm.
<b>THERA-TUBE</b>	Wed	\$3/class	June 22, 29	9:15-10:15 am	Large Hearing Room
<b>BETTER BALANCE</b>	Wed	\$35 this month	6/1,8,15,22,29	1-2 pm	Large Hearing Rm.
<b>PILATES</b>	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, theratube or zumba? Try our new tear-off COUPON BOOKS: **\$15/book provides 5 coupons usable at any \$3 class.** Available at the COA. Vouchers may be used for the **“pay only when you attend”** classes. Place voucher in basket at class.

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

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

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

**THERA-TUBE** Instructor: Ellen Cohen-Kaplan, Certified Personal Trainer, OTR. Resistance bands with handles to increase range of motion and strength. Bands are light and easy to use for people of all abilities. Learn to use the bands safely and effectively at home and on the go. Bands available for purchase at class if needed \$15.

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

**RISE AND SHINE PILATES** A Tuesday and a Thursday Session. Sign up for either or both. 7am– 8am. Pay by the month. Pre-register—Restricted class size. JUNE: Tues (4 classes) \$40; Thursday (5 classes) \$50.

## Education/Creative Arts Programs

### FLAG DAY SUMMER INDOOR PICNIC

Tuesday, June 14 at Noon in the COA

Celebrate summer with all the fixin's  
Chicken, Strawberry Shortcake

And more

Enjoy luncheon, music, camaraderie and air conditioning without the outdoor challenges.

For reservations, call the COA office.

\$7.00

Wayland, Weston, Lincoln receive collaborative grant for a second AMP in Fall 2016

### TAKE CHARGE OF YOUR WELLNESS WITH AGING MASTERY

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 others from Lincoln and Weston at the Weston COA in this free 10-week program meeting on Wednesday afternoons from **1:30 to 3:00 pm beginning on September 14**. Sessions will cover fitness, nutrition, sleep, financial well being, relationships, advance planning, fall prevention, medication management, and civic engagement and will include refreshments followed by 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

### GALLERY TALK:

#### AMERICAN WATERCOLORISTS

Tuesday, June 21, 1:30pm

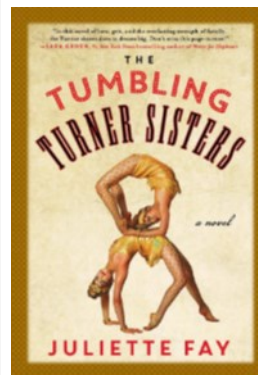
LARGE HEARING ROOM



Most people think that watercolor is an elegant but simple painting medium. However, the only thing easy about painting with watercolors is cleaning them up. It is truly one of the most difficult means of realistic expression.

Some of the few to succeed in this subtle and beautiful medium happened to be Americans. Join us for a look at the work of some great American watercolorists including John James Audubon, Winslow Homer, and John Singer Sargent.

No charge but reservations are requested to assist us with planning. Please call the COA at 508-358-2990.



### WAYLAND SUMMER READ!

Thursday, June 9, 7:00pm

The Wayland Public Library invites you to a Book Launch at Sandy Burr Country Club with Wayland's own Juliette Fay, author of *The Tumbling Turner Sisters*.

Sunday, September 18, 3:00pm

Join a book discussion with the author at the Wayland Library.

The Council on Aging will also host a summer discussion on this book led by Maureen DeJong, avid reader and our former Volunteer Coordinator. Stay tuned for details.

## 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, June 13**. 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 non-dairy option will be available.

**Wednesday, June 1, Noon**



**Wednesday, July 6, Noon**

**(Reservations by noon Friday, July 1)**

\*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 and/or expired medications and sharps.

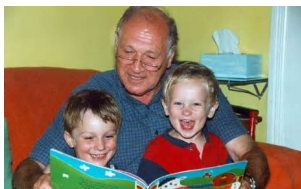
The public is welcome to take advantage of this collection point. No reservations needed, unless you also plan to stay for lunch.

### **GRANDPARENTS NETWORKING GROUP** **COFFEE and DISCUSSION**

Meets the second Tuesday of the month.

Next meeting: Tues, **June 14th** 10am-11:30am,  
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 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.

### **PROPERTY TAX WORK-OFF PROGRAM**

July 2016 –March 2017

**Informational Coffee Hour  
(and help with applications)  
June 8 and 29, 10:30am, COA**

Interested in helping a Town Department on various projects? The job descriptions are as varied as participant skills. Assignments might include assisting with traffic studies, filing, computer work using Excel, working at the Library, participating in the Just Like Me school program, and many others.

Tax work-off applications will be available starting June 1, 2016 at the COA office. **Turn your applications in to COA on or before July 1 at noon** to be entered into the July lottery. The lottery only determines the order in which applicants are considered for placement. Applications received after that date 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:**

**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, June 7 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:

Sue Pope, President; Jane Capasso, VP; Mary Kelly, Treasurer; Mary Antes, Clerk; Steve Correia; Kathy Hodge; Nancy Leifer; Patty MacNeil; Dave D'Orlando; Sonja Strong; Betsy Willard.

## PROPERTY TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets bi-monthly.

### MEMBERS:

Atty Rebecca MacGregor, Chair; Ann Gilbert, Clerk; Pauline DiCesare; Steve Colella; Joan Bradford; Linwood Bradford. Check town website for meeting dates and agenda.

## From the Outreach Desk

### Medicare's Free Preventive Services: A Word from SHINE

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. Many of these services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Some of the free services include: Colorectal cancer screening (including colonoscopies), mammograms, Pap tests and pelvic exams, bone mass measurements, cardiovascular screening, flu and pneumonia shots, alcohol misuse screening and counseling, depression screening, and obesity screening and counseling.

There are rules stating when and how often Medicare will pay for the above services. Medicare also covers a "Welcome to Medicare" visit and then Annual Wellness Visits in following years. However, these visits are not the same as an annual physical exam. Annual physicals are not covered by Medicare, but they are covered by Medicare Advantage plans. For a complete list of free preventive services, go to [www.medicare.gov](http://www.medicare.gov) or see a SHINE counselor.

For further assistance with any Medicare issue, contact the SHINE Program where trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call the COA at 508-358-2990. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636).

## Volunteer Corner

In May we celebrated our extraordinary volunteer team with our annual "thank you" luncheon here at the Town Building. With a Kentucky Derby theme, we were off to the races with faux mint juleps and other southern fare. It was a wonderful opportunity for our "stable" of volunteers to come together and socialize over a catered meal, and our chance to publicly and enthusiastically thank them for their commitment to helping the seniors we serve.



The COA is fortunate to have about 150 terrific volunteers (dare I say workhorses?) whose work ranges from delivering meals to driving people to medical appointments, from serving on our Board to helping us prepare our monthly newsletter for mailing, and many other tasks too numerous to list here. They are an essential part of our workforce, and we could not do all we do without them.

Even though the luncheon happens just once a year, we are deeply grateful for our volunteers every single day.

Cheers!  
Ann Gordon

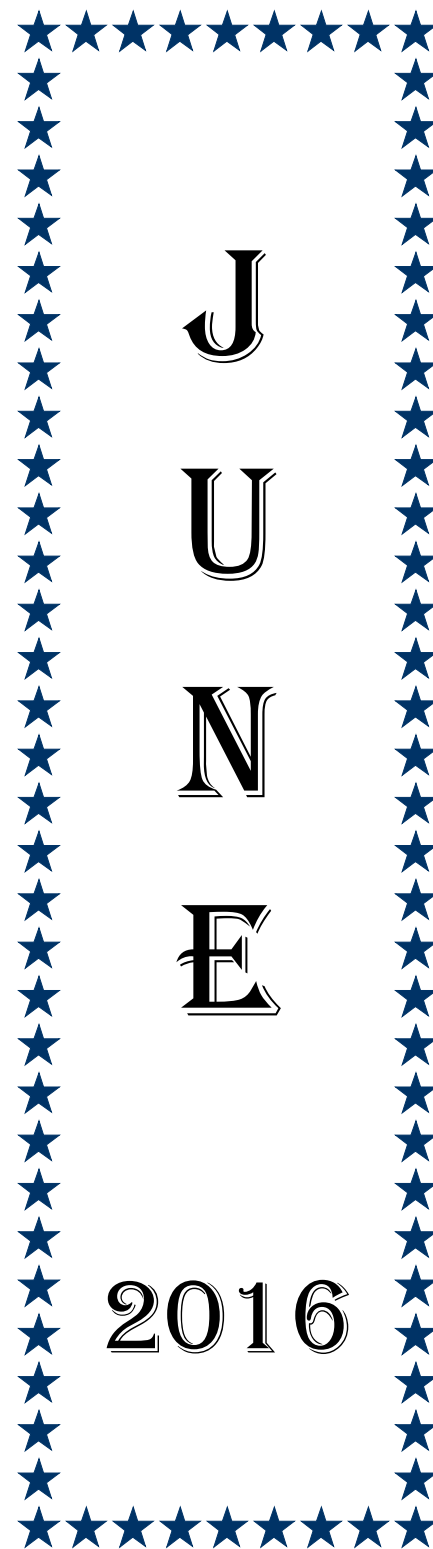


MONDAY		TUESDAY		WEDNESDAY	
<div>Summer Community Outdoor Concert Series</div> <div>THURSDAYS, JUNE 16—JULY 14, 7pm-8pm</div> <div>In the Courtyard Behind the Town Building</div> <div>Don't Miss the Fun!</div>				9:15 Thera-Tube* 10:30 Zumba 11:00 Tai Chi* 11:30 Medication Take Back 12:00 COA Café  1:00 Better Balance* (COA)	
6 2:00 COA Connections  <i>Trip to Market Basket &amp; Marshall's</i>	7 7:00 Rise and Shine Pilates 9:15 Golden Tones Nuggets 10:15 Golden Tones Chorus Rehearsal 10:00 Lois' Fit for Future 1:00 Genealogy	8 9:15 Thera –Tube 10:30 Zumba 10:30 Tax Workoff Coffee Hour 11:00 Tai Chi 1:00 Better Balance			
13 2:00 COA Connections  <i>Podiatry Clinic (by appointment only)</i>	14 7:00 Rise and Shine Pilates 10:00 Grandparents' Coffee 10:00 Lois' Fit for Future 12:00 Flag Day Indoor Picnic (p. 3)	9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance			
20 2:00 COA Connections	21 7:00 Rise and Shine Pilate 10:00 Lois' Fit for Future 1:00 Genealogy 1:30 American Watercolorists (p. 3) <i>Trip to Butterfly Place &amp; Kimball Farms</i>	9:15 Thera-Tube 11:00 Tai Chi 1:00 Better Balance			
27 2:00 COA Connections	28 7:00 Rise and Shine Pilate 10:00 Lois' Fit for Future  <i>Trip to Freedom Trail Walking Tour</i>	9:15 Thera-Tube 10:30 Tax Workoff Coffee Hour 11:00 Tai Chi 1:00 Better Balance			

# THURSDAY

# FRIDAY

	7:00 Rise & Shine PILATES 2  10:00 Lois "Fit For Future" 12:00 Bridge –High Intermediate <i>Legal Clinic</i> <i>(by appointment only)</i>	3  10:30-Noon Watercolor at WAC  12:30pm MOVIE: LEARNING TO DRIVE
	7:00 Rise and Shine Pilates 9  10:00 Lois' Fit for Future 12:00 Bridge (High Intermediate)	10  10:30-Noon Watercolor at WAC
15	7:00 Rise and Shine Pilates 16  10:00 Lois' Fit for Future 12:00 Bridge (High Intermediate)  <i>Trip to Museum of Science</i> <b>7 pm: Concert: Mid Life Crisis</b>	17  10:30-Noon Watercolor at WAC  12:30pm MOVIE: JOY
22	7:00 Rise and Shine Pilates 23  10:00 Lois' Fit for Future 12:00 Bridge (High Intermediate)  <b>7 pm Concert: Studio Two: A Beatles Tribute</b>	24  <i>10:30-Noon Watercolor AT THE COA</i>
29	7:00 Rise and Shine Pilates 30  10:00 Lois' Fit for Future 12:00 Bridge (High Intermediate)  <b>7pm Concert: Riverboat Stompers</b>	<b>LEGEND:</b>  <i>GT: Golden Tones</i> <i>(schedule subject to change,</i> <i>check the GT calendar).</i> <i>WAC: Wayland Art Center</i> <i>L@NSC: Longfellow at</i> <i>Natick Sports Club,</i> <i>Oak Street, Natick</i>



## PROGRAM RESERVATIONS

As space is a continuing challenge at the Town Building, reservations are appreciated for all events.



## SERVICES AVAILABLE AT THE SENIOR CENTER

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

### ⇒ Information and Assistance

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

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

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

**The next legal clinic will be on June 2.**

**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 no less than one day before.

### ⇒ In-Home Services

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

**In-Home Fix-It Program**—Our volunteer handy-people will assist elders at home with small jobs, i.e., changing a light bulb. The service is free—you pay only for needed supplies.

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

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

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

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

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

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



## EZ REFERRAL SHEET – COA Transportation Choices

### **IMPORTANT INFO on TAXI VOUCHERS**

JFK Medical Taxi Vouchers, currently BLUE will be changing to ORANGE on July 1 (the start of the new fiscal year). Blue JFK Medical Taxi Vouchers may be used **ONLY** through July 31. Your blue vouchers may be exchanged or turned in and the value refunded. 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.

### JUNE

**Monday, 6/6: Market Basket & Marshall's in Waltham.** Depart COA at 9:30am. Return by 1:00 pm. N/C & Home pickups available by request for Wayland residents.

**Thursday, 6/16: Museum of Science with Duck Boat option.** Depart COA at 9:00am. Return at 2:00pm. \$10 for transportation only. MOS exhibit hall admission for seniors is \$21 ( additional cost for the Omni Theater and planetarium). View over 700 permanent exhibits and ever-changing temporary exhibits. Duck Boat tours depart every half hour for an 80 minute tour. Seniors : \$31. You can purchase tickets online: <http://www.bostonducktours.com/tickets>.

**Tuesday, 6/21: Butterfly Place in Westford & Kimball Farms:** Cost \$16 for admission and transportation. Depart COA at 9:00am. Return at 2:00 PM. See New England butterflies and tropical species from all over the world. After an hour at the Butterfly Place, we head to Kimball Farm. You can visit the country store, have lunch in the café or at the Outdoor Grill and Seafood Shack and enjoy one of over 40 delicious, creamy ice cream flavors.



### **Tuesday, 6/28: Boston By Foot**

**Walking Tour: Heart of the Freedom Trail:** Depart COA at 9:30am. Return by 3:00pm. Cost: \$24 for tour and transportation. This historic walk features many downtown Freedom Trail sites. The story of Boston unfolds through an exploration of the city's architecture spanning more than three centuries, beginning with the Puritan settlement, through the American Revolution and the growth of commercial Boston, and concludes with a discussion of modern development. The tour is from 10:30am – 12:00 noon. You will have time following for lunch (on your own) at Faneuil Hall.

### JULY

**Wednesday, 7/6: Off the Wall: Gardner and Her Masterpieces at the Isabella Stewart Gardner Museum.** Depart COA at 10:15.am Return by 3:30pm. Cost: \$10 for transportation only. Senior admission is \$12.00. This once-in-a-lifetime exhibition will provide visitors with direct access to extraordinary works by artists such as Botticelli, Raphael, and Rembrandt. In addition, a selection of archival material will focus on Gardner as a collector and will illuminate how she put together such an extraordinary collection. We will see the museum on our own without a formal tour. 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. Whether you are looking for restaurants set with picturesque views of the Merrimack River or quaint retreats in the middle of town, Newburyport offers something for everyone.

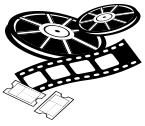
**Thursday, 7/21: Lake Winnepesaukee Cruise.** Enjoy a scenic tour of islands and immerse yourself in the spectacular scenery. Following the tour, enjoy a full course lunch at Hart's Turkey Farm (choice of 3 menu options) . The last stop is a visit to Castle in the Clouds, a mansion perched high on a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

**We will once again be offering transportation to the Boston Symphony Thursday Open Rehearsals.** Tickets for the subscription series are on sale now: We will be taking transportation reservations beginning in September. Concerts begin in January 2017. [www.bso.org](http://www.bso.org).

### 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 15<sup>th</sup> of the month or the first day the COA is open if the 15<sup>th</sup> is on a weekend or holiday. 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 15<sup>th</sup> of the month will be processed on the 15<sup>th</sup> using a lottery system. Due to advance financial commitments, refunds will only be given if the vacancy is filled.



## FRIDAY “After Hours” MOVIE MATINEE

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

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

### Friday, June 3: **LEARNING TO DRIVE (2015) R Drama, Romance: 1hr.45 min.**

Learning to Drive stars Patricia Clarkson as Wendy, a middle-ages book critic who is shattered when her husband Ted (Jake Weber) leaves her. In order to visit her daughter (Grace Gummer), who lives upstate, Wendy begins taking driving lessons from Darwan (Ben Kingsley) an American citizen originally from India who makes a living as a cabbie and giving driving lessons. The two strike up a friendship that helps her learn to take control of her life

### Friday, June 17: **JOY (2015) PG-13 Drama: 2hrs. 4 min. Features Jennifer Lawrence**

JOY is the wild story of a family across four generations centered on the girl who becomes the woman who founds a business dynasty and becomes a matriarch in her own right. Betrayal, treachery, the loss of innocence and the scars of love, pave the road in this intense emotional and human comedy about becoming a true boss of family and enterprise facing a world of commerce.

**Do 1 Thing** is a twelve-month self guided informational program that focuses on a different area of emergency preparedness each month. The program offers a series of tip sheets focusing on one new topic each month. Individuals use these sheets toward personal preparedness by selecting one task to complete each month.

#### ***Your Goal for June:***

**Unique Family Needs-Be aware of and plan for your family’s unique needs. (Health supplies, pets, etc.)**

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

### **The Wayland COA News**

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