



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

MARCH 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

UKULELE WORKSHOP, COA Town Building

Mondays, 12:30-1:30pm, Pay by month: \$12 for 4 classes in March OR \$5/class

- Join us, no experience required. First class free. Instructor Daniel Metraux offers basic instruction on this easy to play, inexpensive to purchase instrument.

PRESIDENTIAL PRIMARY ELECTION, Tues., Mar. 1

- Due to limited parking, the COA has been asked to cancel programs-including Golden Tones Rehearsal, Lois's Fit For the Future Fitness, etc.

MEDICATION TAKE-BACK, Wednesday, March 2, 11:30am

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

Q&A WITH THE WAYLAND POLICE Wed., 11:40am

- A great opportunity to ask questions on any topic -including prevalent scams, rules of the road for cyclists, speed limits & more.

FIRST WEDNESDAY COA CAFÉ

Wednesday, March 2, Noon. Reservations required by noon on Mon. Feb. 29, \$3

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

DEPT. of REVENUE explains the "CIRCUIT BREAKER" TAX CREDIT.

Friday, March 4, 10am COA Coffee Hour.

- Wayland will match the state's credit to you. Presenter: Brian Lynch; p.4

DOCUMENTARY: THE OUTRAGEOUS SOPHIE TUCKER

Wednesday, March 9, 1:00pm, No Charge; p.4

ST. PATRICK'S DAY LUNCHEON AND A PRESENTATION OF "IRISH VOICES" with critically acclaimed actor Stephen Collins,

Thurs, March 17, COA, Noon, \$8, Reservations required.

- ☒ Enjoy an Irish themed sandwich bar luncheon with corned beef, sauerkraut and other sandwich fillings. Beverages, desserts and more.
- ☒ Lunch will be followed by Stephen Collins' dramatic showcase of works by Yeats, Joyce, Heaney, McCourt, and other prominent Irish writers telling tales of Ireland, its history, the church, the past and the changing political landscape.
- ☒ (For a more traditional St. Patrick's Day gala event, see trips on p. 10)

REDUCING RISK of INJURY and PREVENTING SARCOPENIA*

(*loss of muscle mass with aging) - Thurs., Mar 31, 9:30am, COA

- Informative presentation and discussion with a gerontologist and nutritionist. No charge for this Educational Coffee Hour; p. 4

SEE INSERT FOR ADDITIONAL INFO ON:

- ▶ SENIOR WATER AEROBICS SCHEDULE, for Longfellow Health Clubs (Natick and Wayland). No membership needed.
- ▶ Update on COA's Drive-Thru Electronics Recycling Event
- ▶ "MEET & GREET" new Director of West Suburban Veterans District

HEALTH/ WELLNESS p 2

EDUCATION/ARTS p 3

CALENDAR pp 6/7

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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;
Sue Foley

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

COA WayCam Liaison:
Joanne Kwartta

West Suburban Veterans Services District
Representative on site, 1st and 3rd Wednesdays,
9 am—noon
508-358-3787
*Regional VA Office
781-489-7509

Health & Wellness Programs

Please bring
a water bottle
to all classes



COA FITNESS CLASSES AT-A-GLANCE

| | DAY | FEE | DATES | TIME | LOCATION |
|---------------------------|----------------|-------------------------------------|--------------------------------------|----------------|--------------------|
| FIT FOR THE FUTURE | Tues/ Thurs | \$3/class | Every Tue/Th | 10-11am | Large Hearing Rm. |
| ZUMBA | Wed | \$3/class | Every Wed. | 10:30-11:30 am | Town Bldg. Gym |
| TAI CHI | Wed | \$20 this month or \$8 per class | Every Wed. | 11-12 noon | Large Hearing Rm. |
| THERA-TUBE | Wed | \$3/class | Every Wed | 9:15-10:15 am | Large Hearing Room |
| BETTER BALANCE | Wed | \$35 this month | Every Wed | 1-2 pm | Large Hearing Rm. |
| PILATES | Tu/Th | \$40 for Tues. \$40 for Thurs. | Every Tue/Th No class March 8, 10 | 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. MARCH: Tues (4 classes) \$40; Thursday (4 classes) \$40.

Education/Creative Arts Programs

'DROP IN' PROGRAMS

New participants 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 Tues, 1:00pm
Share in great conversations.
- ◇ **BRIDGE:**
Thursdays, 12:00pm
Players need to arrive by **Noon** to be included in table rotation. This group is for high/intermediate players.
- ◇ **UKULELE:**
Mondays, 12:30-1:30pm, COA
Pay by the month \$12 (*4 Mondays*) - *or* -
Pay by the class: \$ 5 each.
No experience necessary, First class is free. Join us!

**Advanced WATERCOLORS with
Cecilia Sharma at the
WAYLAND ART CENTER**
Fridays , 10am-12:30pm.
\$95 for 6-week session.
Starts March 18, Pre-
registration and pre-payment

AARP INCOME TAX RETURN PREPARATION

IT'S TAX TIME AGAIN...April 15 will soon be here

AARP Income Tax volunteers will be available to help low and moderate-income seniors with the completion and electronic filing of their federal and state income tax returns. Appointments required.



- Call COA office 508-358-2990 to book a time.
- Be sure to bring in your completed 2014 tax forms, and all your income information for 2015, plus your bank check for direct deposit information should you qualify for a refund.

HOW MEDICARE COVERS VACCINES

Medicare covers vaccines differently depending on which vaccine you need. Some vaccines are covered by Part B, which is your medical coverage. These include vaccines for the flu, pneumonia, and in some cases Hepatitis B. Whether you have Original Medicare or a Medicare Advantage plan, these vaccines will be covered as preventive services at no cost. Additionally, if you have been exposed to a dangerous disease, your vaccine will be covered, but you may have a copay. For example, if you step on a rusty nail, a tetanus shot will be covered.

All other vaccines are covered by your Medicare Part D drug coverage. Both Medicare Advantage prescription drug plans and stand-alone Part D plans must include all commercially available vaccines on their drug formularies, including the vaccine for shingles (herpes zoster). However, you may pay different amounts depending on where you get vaccinated. Check directly with your plan for coverage rules and costs.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. To schedule a SHINE appointment, call the COA. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), press or say 3. You will get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Additional Health Programs

BLOOD PRESSURE CHECK



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

PODIATRY CLINIC

The next Podiatry Clinic is on Monday, March 21. 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 cafe

Wednesday, MARCH 2

MENU: ASSORTED QUICHE, Salad,
Dessert, Beverage



Wednesday, APRIL 2

MENU: PIZZA BUFFET, Salad,
Dessert, Beverage



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

‘WINTER WEDNESDAYS’ DOCUMENTARY SERIES

Escape the cold and join us on

Wednesday, March 9 at 1:00 PM

Enjoy seasonal beverages and light refreshments while watching the third documentary of our winter series: “**The Outrageous Sophie Tucker**”. This is the rags to riches story of one of old time showbiz's biggest personalities. From 1906 through the beginning of television, Sophie Tucker and her bawdy, brash, and risqué songs paved the way for countless women performers. 1hr. 36

MEDICATION TAKE-BACK “plus” Q&A with the Wayland POLICE DEPT ...all before lunch

Wednesday, March 2, 11:30am (Q&A at 11:40)

Wayland Police Department will be here to collect your unwanted and/or expired medications and sharps. They will also address your questions about the Police Department, procedures, scams, etc. Meet their new student intern.

EATING AND EXERCISE TO MAINTAIN STRENGTH, MINIMIZE INJURIES AND PREVENT SARCOPENIA*

Thurs., Mar 31, 9:30am, Coffee Hour at COA

**Sarcopenia is the progressive loss of muscle mass due to aging.*

- Are you gaining weight but losing muscle as you grow older?
- Do you question if you are eating enough protein or even what you should be eating?
- Questioning what kind of exercises would be most beneficial?

The average adult loses 1% muscle per year starting with age 40. After age 70, it is estimated that muscle loss accelerates to 15% per decade. Know the steps you can take to significantly reduce that progression.

► *Presenters: Registered Dietitian Jane Polley and Laila Vehvilainen, MS Gerontology and Certified Fitness instructor.*

HOME DELIVERED EASTER MEALS



Once again, volunteers from the Parish of the Good Shepherd will deliver a home-cooked dinner to Wayland residents who will be home alone or otherwise unable to participate in a holiday meal. There is no charge. Meals are delivered warm and ready to eat around noon on Easter Sunday (March 27th). If you would like to have a meal delivered to you please call the COA and we will forward your name to the program. 508-358-2990

GRANDPARENTS NETWORKING GROUP COFFEE and DISCUSSION

Meets the second Tuesday of the month.

Next meeting: Tues, March 8th 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 yet sometimes frustrating 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.

Senior “CIRCUIT BREAKER” Tax Credit

Fri., Mar 4, 9:30am, **PRESENTER: Brian Lynch, Dept. of Revenue**

Brian Lynch, always an engaging speaker, will clarify this often overlooked and misunderstood significant tax credit. Remember, Wayland matches this sizable state tax credit! Q&A to follow.

Program host: Senator Richard Ross

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: Mon, Mar 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

Wayland "Town Match" to the Circuit Breaker* Tax Credit

- *If you qualified for the Circuit Breaker Tax Credit on your 2015 Massachusetts Tax return, there is an excellent chance that you will also qualify for the Wayland CB Town Match.*
- The Town of Wayland is one of the few towns in Massachusetts offering a 'match' to the Massachusetts Circuit Breaker Credit. Simply stated, it is an easy-to-access, dollar-for-dollar match to the CB credit you may receive through your state tax return. Combine the two incentives and receive double the credit!
- A separate application to the Wayland Assessor's Department is required in order to request the *Town Match*. This simple form is notable for its blue color and mirrors the questions that are asked on schedule CB from your Massachusetts return. Qualifications and deadlines apply. The Council on Aging and Assessor's office staff are happy to answer questions you may have about the Town Match. Questions regarding your Massachusetts Income Tax Return should be directed to your tax preparer.

**What is the Circuit Breaker (CB) Property Tax Credit?*

This Tax Credit is a very useful form of property tax relief for both homeowners and renters. Eligible residents claim a refundable credit on their state income tax return for the real estate taxes paid on the Massachusetts residential property they own or rent and which they occupy as their principal residence. With income limits much higher than most other tax relief programs, Circuit Breaker has no asset limitations and is a resource for many seniors. For tax year 2015, the credit is worth as much as \$1,070 for eligible taxpayers 65 and older who either own or rent their home.

Questions?

Join us on March 4th at 9:30 AM for a presentation by MA DOR representative Brian Lynch who will speak in detail about the Circuit Breaker credit.

Volunteer Corner

Are you a Techie? That is, are you comfortable and facile using your cellphone, your iPad or tablet, your laptop or desktop computer? Or are you still trying to figure it all out?

Wayland is lucky that we have in our midst a small army of tech-savvy individuals—also known as high school students. Young people are tech natives, and they know instinctively how to use each new device or app as they come along.

Many of these students are good at teaching these skills to adults one-on-one. I'd like to gauge how much interest there is among our seniors for this tech-tutoring. If you would like to be paired with a student for a one-time or multi-session lesson, let me know. If there is enough interest, I will work with the high school to identify some students who are eager to share their expertise.

Warmly,
Ann Gordon

| MONDAY | | TUESDAY | | WEDNESDAY | |
|---|----|---|--|---|--|
| | | 7:00am Rise and Shine Pilates 1 9am-12 AARP Tax Prep Appt. <u>PRESIDENTIAL PRIMARY ELECTION: Due to limited parking at the Town Building, COA has been asked to CANCEL GOLDEN TONES and LOIS' FIT FOR FUTURE</u> | | 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 11:45 Medication Take-Back/Q&A w/ Wayland Police Dept. 12:00 COA Café 1:00 Better Balance 9am-Noon AARP Tax Prep by Appt. | |
| 12:30 Ukulele 2:00 COA Connections | 7 | (No Pilates) 9:15 Golden Tones Nuggets 8 10:15 Golden Tones Chorus Rehearsal 10:00 Lois' Fit for Future 10:00 Grandparents' Coffee 1:00 Genealogy 9am-Noon AARP Tax Prep Appt. | | 9:15 Thera –Tube 9 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance 1:00 Documentary: “The Outrageous Sophie Tucker” 9am-Noon AARP Tax Prep by Appt. | |
| 12:30 Ukulele 2:00 COA Connections | 14 | 7:00 Rise and Shine Pilates 15 9:15 Golden Tones Nuggets 10:15 Golden Tones Chorus Rehearsal 10:00 Lois' Fit for Future 1:00 Senior Club 9am-Noon AARP Tax Prep Appt. | | 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 9am-Noon AARP Tax Prep by Appt. | |
| Podiatry Clinic (by appointment only) 12:30 Ukulele 2:00 COA Connections | 21 | 7:00 Rise and Shine Pilate 22 9:15 Golden Tones Nuggets 10:15 Golden Tones Chorus Rehearsal 10:00 Lois' Fit for Future 1:00 Genealogy 9am-Noon AARP Tax Prep Appt. Trip to IKEA | | 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance 9am-Noon AARP Tax Prep by Appt. | |
| 12:30 Ukulele 2:00 COA Connections | 28 | 7:00 Rise and Shine Pilate 29 9:15 Golden Tones Nuggets 10:15 Golden Tones Chorus Rehearsal 10:00 Lois' Fit for Future 9am-Noon AARP Tax Prep Appt. | | 9:15 Thera-Tube 10:30 Zumba 11:00 Tai Chi 1:00 Better Balance 9am-Noon AARP Tax Prep by Appt. | |
| | | | | | |

THURSDAY

FRIDAY

| | | |
|----|---|--|
| 2 | 7:00 Rise and Shine Pilates 3 10:00 Lois' Fit for Future 12:00 Bridge (High Intermediate) | 4 10:00 Educational Coffee: Circuit Breaker Tax Credit presentation 10:30-Noon Watercolor at WAC 12:30pm MOVIE: SUFFRAGETTE |
| | (No Pilates) 10 10:00 Lois' Fit for Future 12:00 Bridge (High Intermediate) Legal Clinic—by appointment only <i>Trip to see Young Irelanders</i> | 11 10:30-Noon Watercolor at WAC |
| 16 | 7:00 Rise and Shine Pilates 17 10:00 Lois' Fit for Future 12:00 Bridge (High Intermediate) 12:00 St Patrick's Day Luncheon <i>Trip to Symphony</i> | 18 10:30-Noon Watercolor at WAC (new session begins) 12:30pm MOVIE: BRIDGE OF SPIES <i>Trip to Flower Show</i> |
| 23 | 7:00 Rise and Shine Pilates 24 10:00 Lois' Fit for Future 12:00 Bridge (High Intermediate) | 25 10:30-Noon Watercolor at WAC |
| 30 | 7:00 Rise and Shine Pilates 31 9:30 Educational Coffee: Reducing the Risk of Injury and Preventing Sarcopenia 10:00 Lois' Fit for Future 12:00 Bridge (High Intermediate) <i>Trip to Symphony</i> | LEGEND: GT: Golden Tones (schedule subject to change, check the GT calendar). WAC: Wayland Art Center L@NSC: Longfellow at Natick Sports Club, Oak Street, Natick |

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2016

SERVICES AVAILABLE AT THE SENIOR CENTER

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

⇒ Information and Assistance

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

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

Free Legal Clinic—Denise Yurkofsky, an elder law attorney, is available to discuss legal issues. Call the COA to schedule a free, 20-minute appointment. Legal clinics are held in a private consultation area. **The next legal clinic is March 10, 2016.**

SHINE-Serving Health Insurance Needs of Everyone on Medicare. Trained volunteers provide free counseling for all your health insurance concerns. Our SHINE Counselors are Sue Foley and Kathleen Woehrling. By appointment only: call COA.

State Senator Richard Ross:

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

⇒ Health Services

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

⇒ Meals on Wheels

For information on the **Meals On Wheels** program, please call BayPath Elder Services at **508-573-7200**. Meals are delivered to qualified residents on week days.

⇒ Town Elections/Meetings Services

Transportation to every Town Election and to all sessions of the annual Spring and Fall Town Meeting is provided by the COA. Advanced reservations are required. Call the COA at 508-358-2990 for a ride reservation no less than one day before.

⇒ In-Home Services

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

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

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

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

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

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

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

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

EZ REFERRAL SHEET – COA Transportation Choices

IMPORTANT INFO on TAXI VOUCHERS

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

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

MWRTA “DIAL-A-RIDE”

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

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

WHEN: 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.

MARCH

Thursday, 3/10: Best of Times Presents: The Young Irishlanders at Venus De Milo in Swansea.

Travel by deluxe motor coach, enjoy the traditional Irish show featuring former members of Riverdance & Lord of the Dance, and a delicious lunch of corned beef and cabbage or baked scrod. The cost is \$89 and checks should be made payable to Best of Times.

Thursday, 3/17 and Thursday, 3/31: Boston Symphony Open Rehearsal. Depart COA at 9:00am. Return by 1:30pm. Cost: \$15 for transportation for each concert. Riders must purchase their own Boston Symphony tickets. **Box office: 888-266-1200 or WWW.BSO.ORG**

Friday, 3/18: Boston Flower Show. Depart COA at 9:00am, return at 2:00pm. Cost: \$26 for admission and transportation. Boston's biggest horticultural happening themed, *Nurtured by Nature*, provides "a spa for the winter-weary soul!" Leave the gray weather behind and delight in the show's lush and landscaped gardens. Stock up on thousands of ideas, tips, products and recipes to try in this year's garden.

Tuesday, 3/22: NEW DATE: IKEA in Stoughton. Depart COA at 9:30am. Return by 2:00pm. Cost: \$10 for transportation. Shop at this fun Scandinavian chain featuring furniture, housewares and the Swedish food Market. There is a restaurant and bistro for lunch.

Here's a sneak peak at what's coming up!

7/21: Lake Winnepesaukee Cruise, Castle in the Clouds, and lunch at Hart's Turkey Farm: \$89

10/18: New England Goes Country with the Jimmy Lehoux Band: lunch, transportation and show: \$85

12/7-12/9: The White Mountain Hotel Christmas Vacation.

APRIL

Monday, 4/4: Market Basket & Marshall's in Waltham. Depart COA at 9:30am. Return by 1:00pm. N/C for Wayland residents, \$5.00 for out of town. Home pickups for Wayland Residents available by request. Please call the COA to request.

Wednesday, 4/22: Day in Boston: Mary Baker Eddy Library and Copley Square. Cost: \$10 for transportation only. Depart COA at 9:30am, Return at 3:00pm. We will stop first at the Mary Baker Eddy Library home of the Maparium. Admission for seniors is \$4.00. Second stop is Copley Square where you can visit the Boston Public Library, the Copley Place Mall, shops and restaurants.

Tuesday, 4/26: Concord Museum presents: N.C. Wyeth's Men of Concord. Depart COA at 9:15am. Return at 2:00pm. Cost: \$15 for admission, tour, and transportation. This exhibit will bring together for the first time in nearly 80 years the twelve original panels N. C. Wyeth painted for the book *Men of Concord* and will also include charcoal drawings, watercolors, and additional artwork related to the series. There will be time to visit the permanent exhibits and for lunch (on your own) in Concord Center.

Saturday, 4/30: Art in Bloom at the MFA Cost: \$30 for transportation and admission. MFA members pay \$12 for transportation. Depart COA at 9:15am. Return by 4:00pm. Join us for this exuberant spring festival of fine art and floral design. Garden clubs and professional designers from across New England create floral arrangements inspired by the MFA's works of art.

DANUBE RIVER CRUISE

The Wayland Travel Interest group is sponsoring a River cruise: "Old World Prague & the Blue Danube" departing on October 14, 2016. Stop by the COA to pick up a flyer on this exciting trip. The COA provides support to the group, but they lead their own activities.



COA TRIP POLICY

We require payment at the time of registration. Registration for Wayland residents will be open as soon as the trip is advertised. Those from other communities may register on the 15th of the month or the first day the COA is open if the 15th is on a weekend or holiday. You may register in person or send in a check made out to the Town of Wayland, specifying the trip you are registering for. For non-residents, checks received before the 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, March 4: SUFFRAGETTE (2015) PG 13 Drama: 1hr, 46 min.

Carey Mulligan, Helena Bonham Carter, and Meryl Streep lead the cast of a powerful drama about the women who were willing to lose everything in their fight for equality in early-20th-century Britain. The stirring story centers on Maud (played by Carey Mulligan), a working wife and mother whose life is forever changed when she is secretly recruited to join the U.K.'s growing suffragette movement.

Friday, March 18: BRIDGE OF SPIES (2015) PG 13 Mystery & Suspense, Drama: 2hr., 15 min.

Tom Hanks stars as the American attorney tasked with negotiating the release of a U-2 spy plane pilot who was shot down over Russia at the height of the Cold War in this historical drama from DreamWorks Studios directed by Steven Spielberg.



SNOW POLICY: If Wayland Public Schools are closed due to the weather, then all COA classes/events/services (including home delivered meals) are canceled for the day. If the Wayland Town Building is open, the COA office will be open for information and referral. Please check the Town website for updated info or call the COA office.

Do 1 Thing is a twelve-month 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. When prepared, you are better able to help yourself, your friends, neighbors, and community in a disaster.

Your Goal for March:

“Know how to respond safely when instructions are given to evacuate or shelter.”

- 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

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