



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

NOVEMBER 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

NOVEMBER HIGHLIGHTS	Pg.
♦ FIRST WEDNESDAY COA CAFÉ , Wednesday, November 2 at noon <i>Wayland Police always arrive at 11:30am for MEDICATION TAKE-BACK—Bring your discontinued or expired prescriptions for disposal.</i>	4
♦ Preparations for 29th CHILDREN'S HOLIDAY WORKSHOP Wednesdays, November 2, 16, 30; 1:30 pm	5
♦ GREAT COURSES Video Lecture Series , Every Monday at 1pm, in the COA, No Charge. November focus: The Aging Brain	3
♦ ELECTION DAY , Tuesday, Nov. 8. All large group programs canceled due to limited parking.	
♦ COA CONNECTIONS : New Meeting Time: Mondays, 2:30pm, COA	
♦ AFTERNOON TEA & THEATER: Wed. Nov. 9, 1:30—2:30pm, COA History comes to life! Revolutionary War Heroine Deborah Samson Gannett disguised herself as a man to serve in the Continental Army and was later recognized as the first woman to enlist, fight and be honorably discharged. Period Refreshments with tea. Judith Kalaora is a character actress and historical interpreter. Reservations, \$3	
♦ COA's THANKSGIVING LUNCHEON, November 16, Noon, \$9 Join us for this annual tradition including turkey and the fixin's, warm apple crisp. Relaxing background music by guitarist Chris Carter.	4
♦ ASSESSOR'S PRESENTATION on Tax Relief Options, Wed., Nov. 30 Join us for coffee and an overview of property tax relief options.	4
♦ Wayland 'SHOP AROUND SHUTTLE' In-town errands to do? Consider this free Monday shuttle with home pick ups and help us deter- mine if this will be a regular winter offering. Mondays Nov 14 and 28.	10

COMING IN DECEMBER:

COA's 29th CHILDREN'S HOLIDAY SHOPPE
Monday, Dec. 5, 3:30-5:30pm, Gym, Kindergarten through
5th Grade. *Bring your grandchildren!*

HOLIDAY LUNCHEON: Wednesday, Dec. 14, Noon
Join us for a chicken piccata luncheon, decadent dessert, door prizes and the Shane
Wood Jazz Trio. Holidays should be full of surprises and this won't disappoint.
Reservations needed to join the fun. \$9. (Out of town reservations start Nov. 15)

HOLIDAY CONCERT with the Lincoln Bell Ringers—our annual tradition.
Wed., Dec. 21, N/C



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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
Penny Wilson

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

COA WayCam Liaison:
Joanne Kwarta

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

Health & Wellness Programs

Please bring a
water bottle to
all classes



COA FITNESS CLASSES AT-A-GLANCE



	DAY	FEE	DATES	TIME	LOCATION
FIT FOR THE FUTURE	Tues/ Thurs	\$3/class	Every Tue & Th No class Nov 8	10-11am	Large Hearing Room
ZUMBA	Wed	\$3/class	Every Wed	10:30-11:30 am	Town Bldg. Gym
TAI CHI	Wed	Pay by month: \$25 Pay by class: \$8	Every Wed. (5)	11-12 noon	Large Hearing Room
THERA-TUBE	Wed	\$3/class	Every Wed	9:15-10:15 am	Large Hearing Room
BETTER BALANCE	Wed	\$28.00	Nov 2,9,16,30	1-2 pm	Large Hearing Room
PILATES—Pay by the month	Tu/Th	\$50 for Tues Class \$30 for Thurs Class	Every Tue/Th	7-8am	Large Hearing Room



“TRY IT” POLICY: When trying any of our **on-going** exercise programs, your first class is **FREE!**

FITNESS COUPONS: Buy a pack of 5, \$3.00 coupons, good at all drop in classes. Fully refundable

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

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

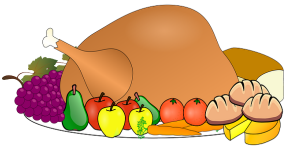
THERA-TUBE Instructor: Ellen Cohen-Kaplan, Certified Personal Trainer, OTR. Resistance bands with handles to increase range of motion and strength. Bands are light and easy to use for people of all abilities. Learn to use the bands safely and effectively at home and on the go. Bands available for purchase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

Breaking News! *New happenings at the COA*

Home Delivered THANKSGIVING MEALS



Once again, volunteers from the Parish of the Good Shepherd will deliver a home-cooked Thanksgiving 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 the holiday (November 24th). If you would like to have a meal delivered to you please call the COA at 508-358-2990 and we will forward your name to the program.

FLORAL ARRANGEMENT WORKSHOP

Thursday, Nov 17, 10:00AM

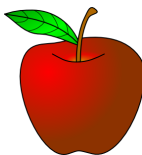
The Wayland Garden Club welcomes Wayland residents to their Fall floral workshop at the COA—just in time for Thanksgiving. Reservations are required. Priority given to first time participants. Call early, limited space. Please bring a box to transport your arrangement home.



COA's Annual THANKSGIVING LUNCHEON

Wednesday, Nov. 16, Noon

Enjoy turkey with all the trimmings, warm apple crisp and the musical stylings of accomplished guitarist Chris Carter. Reservations needed. \$9.



THE GREAT COURSES continue!

Mondays, Nov. 6, 13, 20, 27; 1pm
November: **"THE AGING BRAIN"**



‘By studying communities where people tend to live exceptionally long lives, using brain scanning technologies and conducting longitudinal studies of the population, researchers have uncovered a wealth of information about staying healthy and keeping your mind sharp. Taught by Professor Thad Polk, a neuroscientist and award-winning professor at the University of Michigan, these eye-opening lectures will give you new insights into what happens to the brain over time—as well as strategies to mitigate the effects of aging and enhance your quality of life into old age. Mixing scientific research and practical applications, Professor Polk brings cutting-edge science to life. He takes you down to the cellular and even molecular level of the brain to teach you what you can do to prolong your health and keep your mental edge.’

The showing of “The Aging Brain”, recently featured in the Wall Street Journal, has been made possible with the support of the Wayland Public Library.

MEDICARE OPEN ENROLLMENT

October 15—December 7

Our SHINE counselors are fully booked during open enrollment. Call the COA if you’d like to be on our waiting list for appointments that may open up, or contact these nearby SHINE programs for an appointment:

Framingham: 508-532-5980 then press 0

Needham: 781-455-7555

For general questions or telephone consultations, you may call SHINE at 1-800-243-4636, and press option 2, “Health Insurance Counseling.”

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, November 21st.

- 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

Luncheon Reservations required by noon on the Monday preceding the Café

MENU: PIZZA BUFFET, Salad, Dessert, Beverage

A no-cheese pizza option will be available.

Wednesday, November 2nd, Noon



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

OVERVIEW OF WAYLAND'S PROPERTY TAX RELIEF OPTIONS

Wednesday, November 30, 10:30am

Presented by the Assessors Department

Join us for coffee and an overview of the various property tax exemptions (including Veterans, Legally Blind, Elderly, etc.) Learn more about Property Tax Deferral, Circuit Breaker match and additional sources of relief. This presentation will be led by Ellen Brideau, Director of Assessing for Wayland. The COA will also discuss the structure of the Senior Property Tax Work-Off program. Ample time for Q&A. Information brochures also available.

GRANDPARENTS NETWORKING GROUP COFFEE and DISCUSSION

Meets the second Tuesday of the month.

Next meeting:

Tuesday November 8th 10am-11:30am

2nd floor, Small Conference Room, Town Building.

No cost, no reservations, just come.

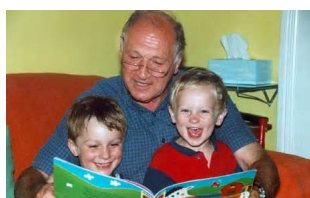
Join us in a facilitated discussion about these unique relationships that can be both richly rewarding and sometimes challenging when grandparents must address behavior and expectations. Share resource ideas like books, articles, locations, your experiences.

Refreshments served.

Bring a friend. This is a casual gathering.

Discussion Facilitator:

Dr. Dossie Kahn, Wayland Youth & Family Services.



MEDICATION TAKE-BACK

11:30am-12:30pm

Wednesday, Nov 2, 11:30am-Noon

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

SVNHM SOIREE MUSICALE

Thursday, November 10, 2016

7pm - 8:30ish

Large Hearing Room

Sudbury Valley New Horizons Music

hosts a SOIREE MUSICALE, a social evening with light refreshments and musical performances by members and small ensembles from their SVNHM band and orchestra. There will be a variety of different performances - individuals and small groups- played in different styles and at different levels. Share the evening and the joy that our local musicians (from novice to professional) experience as a result of being part of Sudbury Valley New Horizons Music. Who knows, by the end of the evening you may be inspired to locate your clarinet or violin or trumpet or...even learn a new instrument! N/C



'DROP IN' PROGRAMS

New participants are always welcome!

- ◇ **THE GREAT COURSES Video Series**
Mondays, 1-2pm (two 30-min lectures)
"The Aging Brain"

- ◇ **COA CONNECTIONS:**
Mondays, 2:30pm (note new time in COA)
Connect with others, enjoy good conversation and meet new friends. This informal group, facilitated by Wayland resident Irma Bloom, is for everyone. Come when you can.

- ◇ **GENEALOGY:**
1st and 3rd Tuesdays, 1:00pm (Nov. only)
Share in great conversations and fascinating stories from the past. (2nd and 4th in Dec)

- ◇ **BRIDGE:**
Thursdays, 12:00pm
Players need to arrive by **Noon** to be included in table rotation. This group is for advanced or high/intermediate players.

Education/Social Programs

It's time for THE RETURN OF THE ELVES!

Workshops scheduled for THREE WEDNESDAYS:
November 2, 16, and 30, at 1:30pm.

Come to one or all workshops

It's time to prepare for

29th CHILDREN'S HOLIDAY SHOPPE

To be held Monday, Dec. 5, 3:30 — 5:30pm

Town Building Gym



Workshop “elves” are needed to help prepare for this annual tradition. Each year our elves create beautiful jewelry pieces to sell in gift boxes under the direction of Wayland jeweler, Norma Radoff. Fleece pillows with a variety of themes—sports teams, cartoon characters or just beautiful colors—are stitched and stuffed. Wreaths are decorated and gifts prepared.

VOLUNTEER SHIFT SIGN-UP SHEETS are also available for the event itself on MONDAY, DECEMBER 5. Volunteers needed for set up, clean up, selling, wrapping stations. (Last year it took 14 wrapping stations to accommodate all the young shoppers!) Call the COA to sign up.

UPDATE from WEST SUBURBAN VETERANS DISTRICT: NET WORTH NO LONGER REQUIRED AS HEALTH CARE ELIGIBILITY FACTOR

Due to a change in the way the VA determines eligibility; more veterans are now qualified to receive health care. Beginning in 2015, the VA has eliminated the use of net worth as a determining factor for health care programs and copayment responsibilities. This means VA health care benefits will become more accessible to lower-income veterans, according to the VA.

Sarada Kalpee, Director, skalpee@westsuburbanveterans.com
Office: 781-489-7509 Cell: 781-850-5504
Fax: 781-489-7474



BOOK AND BAKE SALE – A Great Community Event!

The Friends of the Wayland Public Library will sponsor their **Fall Book and Bake Sale** on Saturday, November 5, from 10:00 a.m.-4:00 p.m. and Sunday, November 6, from 12:00-4:00 p.m. All proceeds go to support Library programs and services. The sale will be held in the Large Hearing Room in the Wayland Town Building, 41 Cochituate Road.

ANNUAL THANKSGIVING DAY HIKE

Join Betty Salzberg, former Conservation Commissioner, [at 10 am](#) for the Commission's Annual Thanksgiving Day hike to the top of Turkey Hill. Please visit the Events link on the Commission's webpage or call the Conservation office at [508-358-3669](tel:508-358-3669) for more information including where to meet and difficulty of trails.



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

Next Meeting:

Monday, Nov. 7, 2016 at 8am

FRIENDS OF THE WAYLAND COA, INC.

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

FRIENDS BOARD:

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

PROPERTY TAX RELIEF COMMITTEE

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LEGEND: GT: Golden Tones F4F: Fit for the Future WAC: Wayl. Art Ctr. L@NSC: Longfellow at Natick Sports Club	1 7:00AM Pilates 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' Fit for the Future (F4F) 1:00 Genealogy November only	2 9:15 Thera –Tube 10:30 Zumba 11:00 Tai Chi 11:30 Med. take back 12:00 COA Café 1:00 Better Balance 1:30 Elf Workshop	3 7:00 AM Pilates 10:00 Lois' F4F 12:00 Bridge (Advanced Players)	4 Watercolor Class WAC 10am—12:30pm 12:30 Movie: CAFÉ SOCIETY
7 8am COA Board Meeting 1:00 Great Courses THE AGING BRAIN 2:30: Connections Trip to Market Basket	8 VOTE ELECTION DAY All large group COA Programs Cancelled to allow for parking at Town Building	9 9:15 Thera-Tube 10:30 Tai Chi 1:00 Better Balance 1:30 Afternoon Tea And Theater: Deborah Sampson	10 7:00 AM Pilates 10:00 Lois' F4F	11 VETERANS DAY HOLIDAY TOWN BUILDING CLOSED
14 1:00 Great Courses THE AGING BRAIN 2:30 COA Connections Shop Around Shuttle	15 7:00 AM Pilates 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F 1:00 Genealogy November only Trip to MFA	16 9:15 Thera-Tube 11:00 Tai Chi 12:00 Thanksgiving 1:00 Better Balance 1:30 Elf Workshop For Children's Holiday Shoppe	17 7:00 AM Pilates 10:00 Lois' F4F 10:00 Floral Work- shop; 12:00 Bridge (Advanced Players) Legal Clinic-by appointment only	18 Watercolor Class WAC 10am-12:30pm 12:30 Movie: ME BEFORE YOU
21 1:00 Great Courses THE AGING BRAIN 2:30 COA Connections Podiatry Clinic by appt. only	22 7:00 AM Pilates 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F	23 9:15 Thera-Tube 10:30 Zumba starts! 11:00 Tai Chi 1:00 NO Better Balance this week	24 HOLIDAY TOWN BUILDING CLOSED	25 HOLIDAY TOWN BUILDING CLOSED
28 1:00 Great Courses THE AGING BRAIN 2:30 COA Connections Shop Around Shuttle	29 7:00 AM Pilates 9:15 GT Nuggets 10:15 Golden Tones 10:00 Lois' F4F Trip to Wrentham Premium Outlets	30 9:15 Thera-Tube 10:30 Assessor's Presentation on Tax Relief Options 10:30 Tai Chi 1:00 Better Balance 1:30 Final Prep For Holiday Shoppe	<div>NOVEMBER</div>	

From the Outreach Desk

Help with Heating Bills

Households with limited income may be eligible for help with home heating bills this winter. Known commonly as ‘Fuel Assistance,’ the *Low Income Home Energy Assistance Program (LIHEAP)* provides eligible applicants with assistance in paying a portion of their winter heating bills. Participants may also receive a discount on electricity.

The LIHEAP Fuel assistance program is administered through SMOC in Framingham. This program provides a one-time per heating season benefit and runs from November 1, 2016 through the April 2017. Eligibility is based on total gross annual income for an entire household, which must fall below \$34,001 for a household of one or \$44,463 for a household of two.

Our Outreach Coordinator, Sue Hatton, is available to help you with the application process. Application requires an in person interview and the submission of income and other documentation. Wayland residents may complete this process here at the Council on Aging or at SMOC. An appointment is required and a home visit may be arranged for seniors who are homebound. Please call with any questions, 508-358-2990.

Households that do not meet the income guidelines for this particular program may instead be eligible for a one-time benefit of up to \$300 through application to the Salvation Army, *Good Neighbor Energy Fund*. This fund is available to any Massachusetts resident who, because of temporary financial difficulty cannot meet a month’s energy expense and is not eligible for state or federal energy assistance. Applications for the Good Neighbor fund are processed over the phone with the Canton office at 1-339-502-5900.

Volunteer Corner

Think back — do you remember what it felt like to be a kid at holiday time? It was the best time of the year! And for nearly 30 years, the Council on Aging has been adding some holiday sparkle for kids with our annual Holiday Shoppe. Kids can shop for low-cost gifts, many handmade by our volunteer “elves” (see p. 5), and leave with beautifully wrapped gifts for their family members. Their smiles confirm the joy of giving.

This year’s Holiday Shoppe is **Monday, Dec. 5 from 3:30—5:30pm** in the Town Building Gym. **We need lots of helping hands!** Please join us during November to make gifts, or at the event itself to help set up, manage a sales table, wrap gifts, or help clean up. We have one-hour shifts available in all categories. Sign-up sheets are at the Council on Aging, or just call us at 508-358-2990 to sign up.

When the gym is full of bright and beautiful holiday gifts, and bright and beautiful children, the holiday spirit is palpable. Join us and see for yourself!

Warmly,
Ann Gordon

SERVICES AVAILABLE AT THE SENIOR CENTER

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

⇒ Information and Assistance

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

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

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

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

State Senator Richard Ross:

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

⇒ Health Services

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

⇒ Meals on Wheels

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

⇒ Town Elections/Meetings Services

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

⇒ In-Home Services

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

In-Home Fix-It Program—Our volunteer handy-people will assist elders at home with small jobs, 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

COA Transportation Choices

IMPORTANT INFO on TAXI VOUCHERS

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

MWRTA “DIAL-A-RIDE”

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

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

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

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

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

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

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

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

MEDICAL TAXI VOUCHERS

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

Call JFK 508-653-4500.

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

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

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

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

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

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

F.I.S.H. (Friends In Service Helping) **For medical rides only**

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

NOVEMBER

Monday, 11/7: Market Basket & Marshall's

Depart COA at 9:15 am. Return by 1:00 pm. N/C

Home pickups available by request.

Tuesday: 11/15: Museum of Fine Arts

Depart COA at 9:15am. Return at 2:00 pm. Cost: \$10 for transportation only. View two special exhibits: Della Robia and William Merritt Chase. Senior Admission is \$23, payable at the museum. There are several lunch options.

Tuesday: 11/29: Wrentham Premium Outlets.

Depart COA at 9:15. Return at 2:00 pm. Cost: \$10 for transportation only. Do some early holiday shopping at more than 170 stores. Have lunch at the food court or one of many restaurants.

NEW PROGRAM

"Shop-Around Shuttle"

Mondays November 14 & 28

Monday December 12

The shop-around shuttle is designed as a shared ride and will offer home pick-ups with a limited choice of Wayland shopping destinations. Reservations are required. The shuttle will begin home pick ups at 10:00 am and the return trip will begin at 12:00. Please join us. We look forward to your feedback.

COMING SOON

BOSTON SYMPHONY ORCHESTRA REHEARSALS

We will provide transportation on our van: \$50.00 for four concerts: January 12, March 23, April 20, and May 4. Concerts begin at 10:30 AM. Van will depart COA lot at 9:00AM. Riders must purchase their own Boston Symphony subscription: **Box office 888-266-1200** WWW.BSO.ORG. Transportation for individual rehearsals will be available for \$15 each at a later date.

DECEMBER

Monday, 12/5: Market Basket & Marshall's

Depart COA at 9:15 am. Return by 1:00 pm. N/C

Home pickups available by request.

Wednesday, 12/7-Friday, 12/9: The White Mountain

Hotel Christmas Vacation. Enjoy great shows, food and accommodations. Transportation, 2 nights accommodations, 5 meals, 3 shows, sightseeing and shopping for \$399 double occupancy. Sign up soon!

Thursday, 12/8: Winter Reimagined at Tower Botanical

Garden. Depart COA at 10:00 am. Return by 2:00.

Cost: \$17 for transportation and admission. Wander through glittering indoor displays, view decorated trees and enjoy the greenhouses and winter gardens. This a unique holiday experience. Shop in the gift shop and have a bite at Twigs Café.

Tuesday, 12/20: Russo's Market in Watertown &

Ocean State Job Lot in Waltham. Depart COA at 9:30. Return by 2:00. Ocean State Job Lot offers a variety of items at bargain prices. Russo's offers a large selection of holiday items as well as fresh produce, prepared foods and a bakery. You will have the opportunity to visit both. N/C for Wayland residents. \$5 for out of town.

Wednesday, 12/28: Boston Athenaeum:

Depart COA at 9:15. Return at 2:30. Cost: \$15 for tour and transportation. The Boston Athenæum is one of the oldest independent libraries and cultural institutions in the United States. We will begin our visit with an hour long docent-led Art and Architecture tour which focuses on the architectural history of the Athenæum's building and on their collection of fine art, one of the most significant to have been formed in the first half of the nineteenth century. Many paintings and sculptures from it are on view throughout the building and will be discussed during the tour. Following the tour, there will be time to see the current special exhibit: *Daniel Chester French: The Female Form Revealed*. We will stop for lunch on the way home.

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, November 4

CAFÉ SOCIETY (2016), PG-13, 85min By Woody Allen, starring Steve Carell and Kristen Stewart, 85 min. Set in the 1930s, Woody Allen's bittersweet romance CAFÉ SOCIETY follows Bronx-born Bobby Dorfman (Jesse Eisenberg) to Hollywood, where he falls in love, and back to New York, where he is swept up in the vibrant world of high society nightclub life. Centering on events in the lives of Bobby's colorful Bronx family, the film is a glittering valentine to the movie stars, socialites, playboys, debutantes, politicians, and gangsters who epitomized the excitement and glamour of the age.

Friday, November 18:

ME BEFORE YOU (2016), PG-13, 110 Min., Adapted from the bestselling novel by Jo Jo Moyes, Me Before You tells the story of the unexpected relationship that blossoms between a contented small town Englishwoman and the wealthy, paralyzed Londoner who hires her as his caretaker.

Do 1 Thing: Your Goal for November

Remember important items that may be overlooked when leaving your home in a disaster:

Gather your emergency supplies in an accessible place.

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

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