



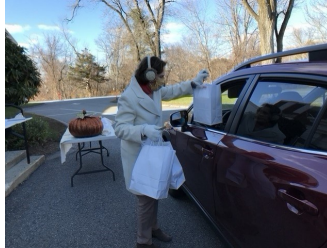
WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

JANUARY 2021

Thankful All Year-Round

Way back in November, we held a Thanksgiving “Jive-By” lunch with live outdoor music for people to enjoy while they waited in line for their meal. It was a fun opportunity for us to say hello to friends we don’t see very often these days. At right, Shawna Levine greets a friend. Thank you to those who joined the fun!



Shawna Levine at the Jive-By

We have additional thanks to convey: Thank you to all the Wayland residents who responded to our flashlight drive in December. By month’s end we had collected more than 50 flashlights to distribute to residents in need. What a wonderful response! We are grateful for neighbors helping neighbors, especially in the deep midwinter.



And there was light

We also want to say a huge thank you to our two SHINE Counselors, Kathleen Woehrling and Penny Wilson. During Open Enrollment, which runs from mid-October through early December, they counseled more than 225 people, a feat made more challenging this year by COVID restrictions. On behalf of all those who benefit from their counsel and kindness, thank you Kathleen and Penny!

We hope that each of you will have lots to be thankful for in this New Year. We are thankful for you!

Your COA Staff:

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

Hurrah for the Vaccine! But Stay the Course on COVID

Like you, we celebrate the New Year and the new COVID vaccine. The Wayland Health Department is carefully monitoring updates from the Massachusetts Department of Public Health regarding distribution of vaccines, and will communicate with residents when they have details. You can also check the Health Dept. page on the Town website for news and updates.



Meanwhile, please continue to use all the safety precautions we have learned to use to reduce risk: Wear a mask when you leave your home, keep your distance when you are around others, wash your hands frequently, and call your doctor’s office if you have symptoms such as a sore throat, fever, or shortness of breath. You may also call the Health Dept.’s Coronavirus Hotline if you have concerns: 508-358-6805.

CONTENTS

	Pg
Zoom with Whom: TRIVIA TIME!	2
Art Matters: American Art	2
Valentine’s Grab & Go Lunch	2
January Programs on Zoom: Russia Myths, Winter Coping Strategies	3
COA January WayCam IN-Sights Highlights	3
Free Fitness Classes on Zoom, WayCam TV Caregiver Support Groups	4
Updates: Candle Safety, Property Tax Relief, AARP Tax Prep, Medicare Pharmacy	5
January Calendar of Events Zoom, WayCamTV	9
Armchair Travel	10
In February: Civil Rights Music, Chinese New Year Celebration and Cooking	12

The Wayland Council on Aging

provides programs and outreach services to and on behalf of seniors to enhance quality of life and promote independent living. We are committed to creating a welcoming environment that values dignity, tolerance, respect, appreciation of diversity and positive regard for all community members.

The Wayland Council on Aging

41 Cochituate Road, Wayland, MA 01778

508-358-2990

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

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

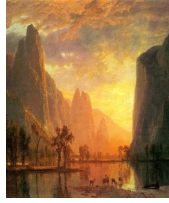
Happenings

ART MATTERS GALLERY PRESENTATION AMERICAN ART: 1776-1900

Thursday, January 28, 1:30pm on Zoom

The United States was not founded by schooled artists, but by people seeking freedom and adventure.

American artists have been like America itself, pioneering, bold, and independent. Early American artists had their roots firmly planted in European traditions but explored their own frontiers and evolved their own unique flavor, forged in the struggles of the birth of our nation.



Join us for a look at the roots of American Art from 1776 until 1900 with its pioneering courage and rebellious spirit. Sign up by calling the COA at 508-358-2990 or email us at coa@wayland.ma.us

Made possible by a generous grant from the Friends of the Wayland Council on Aging.

GRAB & GO VALENTINE'S LUNCH: A TREAT FOR YOU AND YOUR HEART

Wednesday, February 10, noon – 1 pm



To celebrate Valentine's Day and American Heart Month, *Heart to Home Meals* is providing a free drive-through lunch. Meals are frozen and can be stored in the freezer until you're ready to enjoy them. Choose from two meals, both of which are low-sodium and heart-healthy:

Tomato and Herb-Glazed Haddock: A haddock fillet topped with yummy glaze, with rice pilaf and vegetables.

Honey Rosemary Chicken: Diced chicken in a honey rosemary sauce with a side of sweet potatoes and peas.

RSVP is required by Wed., Jan. 27:

coa@wayland.ma.us or 508-358-2990. Space is

limited. You will be assigned a pick-up time at registration. Easy curbside pickup will be provided by *Heart to Home* and COA staff in front of the Town Building. **You MUST enter from Route 27. There will be no access to the front of the building from Pelham Island Road.**



Zoom With Whom?

TRIVIA TIME!

with Wayland Resident and

Trivia Master **Don Ward**

Thursday, January 21, 1:30pm



This fun monthly event features informal conversation with a different guest each month. This month we're talking and learning with Don Ward, a trivia expert who creates fascinating and fun general-knowledge, multiple-choice trivia challenges.

What is America's most popular cereal? Who is known as the Father of the Symphony? [Click here](#) for Don's quiz, or call us and we'll mail it to you. Then, review and discuss the answers during *Zoom with Whom?* Join us even if you don't take the quiz, for the fun of learning. To stretch your brains, Don says don't search the Internet for answers. Make your best guess, or call a friend or family member and start an interesting conversation!

Email coa@wayland.ma.us or call 508-358-2990 to sign up.

What Can You Learn From A High School Student? What Can They Learn From You?

Sages & Seekers is a highly acclaimed national program that matches older adults—the Sages—with high school seniors—the Seekers—in a multi-week program of guided conversation. Sages share life experiences while Seekers develop interviewing, listening, writing and public speaking skills. Enriching relationships often grow along with these new skills.



In Spring 2021 both Wayland High School and The Rivers School in Weston will offer Sages and Seekers programs via Zoom, Facetime, or telephone. Wayland's 8-week program will run on four Thursdays and four Mondays from February 25 through April 12 from 1:50pm - 3:10pm. Rivers' 7-week program will run from April 8 through May 21, meeting during the school day on Thursdays and Fridays. There are seven class time options to choose from.

To sign up or ask questions about the Wayland High School program, contact Janet Carmichael at 508-397-3446 or sagesandseekerswhs@gmail.com. For Rivers School, contact Laura Miller at mcmlhm@comcast.net or 781-591-8910.

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

Engaging and Connecting

January Programs on Zoom

(See p. 8 for instructions on signing up for Zoom programs.)

RUSSIA: MYTHS, MYSTERIES AND SPYING

With Henry Quinlan

Thurs., Jan. 7, 1:30pm

Russia has always held mystery and intrigue. Henry Quinlan shares his first-hand experiences from living and working in Russia. Owner and publisher of Omni Publishing Company, Quinlan saw the collapse of the Soviet Union, dealt with the Russian mafia, attended a State Dinner with Presidents Bush and Gorbachev, and much more. Come hear his Russian tales!



STRATEGIES for Success During COVID and Winter, with Joan Harris

Wednesday, January 13, 1:30 pm

It is not too late to be prepared for the rest of winter. Joan Harris, LSW, MBA, CMC, will help you assess your needs and come up with a plan to tackle this winter during the pandemic. What kind of support do you need? What is your back-up plan? Do you want to clarify advance directives? Joan will help you sort through it all.

AN INTERACTIVE CONCERT with SUDBURY VALLEY NEW HORIZONS MUSIC

Thursday, January 14, 1:30pm

A WHAT concert? Most concerts these days are recorded, and this one will be, too, but SVNHM Co-Founders Diane Muffitt and Linda Murdoch will also be live on Zoom to talk about the music and answer your questions. Selections include Blue Tango, Simple Gifts, Handel's Royal Fireworks Overture, some Mozart, some Dixieland...and much more.

ZOOM with WHOM?

With Trivia Master Don Ward

Thursday, Jan. 21, 1:30pm

It's Trivia Time! Join us for the fun. See p. 2 for details.

ART MATTERS: AMERICAN ART

Thurs., Jan. 28, 1:30pm

Learn about the roots of American Art and what makes it unique and so engaging. See p. 2 for details.

GREAT COURSES: Wonders of the National Parks: A Geology of North America

Mondays, 1pm (Jan. 4, 11, 25)

Discover awe-inspiring landscapes and explore the geological histories and mysteries of our national parks with Na-

tional Geographic. Featuring lectures not shown previously by the Wayland COA..

ARMCHAIR TRAVEL GROUP

Tuesdays, 1pm

Join fellow travelers to explore new destinations and reminisce about favorite places. Details, p. 10.

COA SOCIAL GROUP

Thursdays, 10:30am

Join this informal group for friendly conversation on Zoom or participate by phone.

GRANDPARENTS GROUP

Dr. Dossie Kahn of Wayland Youth and Family Services (508-358-4293) facilitates discussions about the uniquely rewarding and sometimes challenging relationships between grandparents and grandchildren.

January IN-Sight Highlights on WayCam.TV

Verizon Channel 37 or Comcast 8

See Calendar on p. 9 for program dates and times.



HOLIDAY FESTIVITIES

A COVID-version of the 12 Days of Christmas from Wayland City Limits; Macy's Tgiving Day Parade Reimagined for COVID; Pre-COVID Rose Bowl Parade Making of Floats

THE FABULOUS 40s

An interactive multimedia show described as "nostalgia on steroids."

SOUNDS OF THE SEASON

Entertainer Michael Goodwin sings and plays holiday music and talks about its origins. Listen, laugh, and learn.

EXERCISE with FISH FITNESS—see page 4

DID YOU KNOW?

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

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

Health & Fitness

FREE COA FITNESS CLASSES AVAILABLE ONLINE

TAI CHI

Wednesdays, 1:15pm, on Zoom

Calvin Chin's Martial Arts Academy

Lucien Zoll, Senior Instructor for Wayland

Now more than ever we know that movement is critically important to both physical and mental health. [Click here](#) to sign up for an invitation to our free, weekly Zoom Tai Chi class, or visit www.waylandcoa.org and find the link on our home page. Provide your name and contact information and receive a weekly invite. This unique class is interactive with your instructor Lucien Zoll. Email us at coa@wayland.ma.us if you have questions.

THERATUBE

Wednesdays, 9am-10am, on Zoom

Instructor: Ellen Cohen Kaplan

Certified Personal Trainer, OTR

Work safely with your resistance bands to increase range of motion and strength. Bands are easy to use for people of all abilities.

ZoomBa

Wednesdays, 10:15-11:15am, on Zoom

Instructor: Ellen Cohen Kaplan

Certified Personal Trainer, OTR

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



*New participants are welcome! If you'd like to receive an invitation to these free classes offered via Zoom, call the COA at 508-358-2990 or email us at coa@wayland.ma.us. Provide your contact information (name, email address, best telephone number and mailing address) to receive your invitation. **Please contact us no later than Monday before the fitness classes you wish to take.***

EXERCISE with FISH FITNESS on WayCamTV

Joe Fish is an enthusiastic and creative personal trainer who knows exactly what type of fitness training both active and frail older adults need to build and enhance strength, range of motion, balance, stretching and cognitive training. As always, ask your physician if this class is right for you. **For dates and times, see the calendar on p. 9.**

LOIS' FIT FOR THE FUTURE and THE WALKING CLUB are on hiatus during the winter months.

The Walking Club will resume on April 5, 2021.

Watch the newsletter for information about Fit for the Future.

ARE YOU A CAREGIVER? SUPPORT IS HERE

Your mental health is as important as your physical health. MassSupport is offering a series of coping groups for caregivers during January. These groups provide emotional support, coping strategies, resources and up-to-date information during the COVID-19 pandemic. These programs are anonymous, confidential, and free.

Groups are offered during January on Wednesdays at 11am by Zoom; Wednesdays at 7pm by phone; and Saturdays at 10am by Zoom. Sign up or get more information by calling 888-215-4920, or read more details on a [MassSupport flyer](#) on the Wayland COA website's Community Bulletin Board, or call Sue Hatton at 508-358-2990.

MassSupport is a statewide program funded by the Federal Emergency Management Administration and managed in partnership between the MA Dept. of Mental Health and Riverside Trauma Center.



News and Updates

STAYING SAFE: USE CANDLES CAREFULLY



Hello everyone, Firefighter Todd here wishing you Happy New Year, I hope everyone had an enjoyable (COVID-19 safe) holiday season. Speaking of the holidays, there are many holiday traditions and decorations that involve the use of candles to celebrate or even to just set the ambience of the winter season. Many home fires start with the careless use of candles so here are some general tips to help avoid a fire.

Use the rule of 12 when placing candles around the home. Keep open flame candles a minimum of twelve inches away from anything combustible. A burning wick could throw an ember that could catch something on fire. Never leave your home or go to bed with a candle left burning, make sure you put it out. To children living in the home or visiting, candles that are in reach could cause serious burns from the flame or even the hot wax, so remember to keep them out of reach. If you're like my mother and place scented candles all over the home so it smells like fall all year round, you can use a candle warmer instead to heat the scented wax and avoid an open flame. A safe alternative to open flame candles are battery operated ones. Battery candles won't get hot, you can leave them on all the time and they mimic the flicker of a flame. Battery candles can be placed anywhere and they come in all different sizes. Let's start the New Year right by staying safe.



Todd Winner, Wayland Fire Dept., Senior SAFE Team

SENIOR PROPERTY TAX WORK-OFF PROGRAM FY2021: UPDATE

The ongoing pandemic has challenged us all and due to an increase in Massachusetts cases, the Governor has reinstated many restrictions. The Town Building remains closed to the public and many Town Departments are working remotely. Tax Work-Off is an important program to many seniors and we continue to explore ways to implement the program including outdoor and remote work. At the same time, we also know that many seniors will feel more comfortable opting out of the program this year. If you continue to be interested in this program and are open to exploring potential remote and/or outdoor options, please email or call Shawna Levine at slevine@wayland.ma.us or 508-358-2990. We will then update you when we have a better sense as to whether the program will go forward in FY21.

TAX TIME IS COMING. HELP IS COMING, TOO.



In partnership with the IRS, the AARP Foundation Tax-Aide Program offers a free tax prep service for low- to moderate-income taxpayers. Beginning in February, IRS-trained volunteer tax preparers can help residents complete **basic** Federal and/or state income tax returns. "Basic" means no returns involving rental property, trust and partnership K-1 forms that report income other than interest.

You must have an appointment. Please call the COA at 508-358-2990 **after Tuesday, January 19** to book your appointment; non-Wayland residents may call starting Feb. 1. Appointments will be held in the Town Building Large Hearing Room and will adhere to COVID CDC guidelines including use of masks and social distancing. Because the program is subject to change according to evolving COVID guidelines, we advise clients to have a back-up plan for completing their returns.

Medicare Pharmacy Plans: Is Your Pharmacy Still Covered Under Your Plan?

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price.



For 2021, all the 27 Medicare drug plans have **preferred pharmacies** as do several Medicare Advantage plans. Check that the pharmacy you currently use is the best one to use with your plan; plans can change their preferred pharmacies from year to year. By using a preferred pharmacy, you may save money!

SHINE counselors remain available for remote counseling and assistance. To schedule a SHINE phone appointment, call us at 508-358-2990 or email coa@wayland.ma.us.

Resources

BayPath Elder Services: 508-573-7200

Caregiving Resources: www.caregivingmetrowest.org

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

Elder Abuse Hotline: 1-800-922-2275

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

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

Medicare: 1-800-633-4227

MetroWest Legal Services: 508-620-1830

MWRTA Fixed Route Buses: 508-935-2222

MWRTA Dial A Ride: 508-820-4650

Social Security: 1-800-772-1213

State Senator Rebecca Rausch: 617-722-1555

Representative Carmine Gentile: 617-722-2014

Representative Alice Peisch: 617-722-2070

Wayland Community Fund: 508-358-3624

Wayland Council on Aging: 508-358-2990

Wayland Housing Authority: 508-655-6310

COVID-RELATED RESOURCES

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

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

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

Parmenter Food Pantry: 508-358-3001

Celebration Church Food Pantry: 508-318-4769

Resources

TRANSPORTATION OPTIONS



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

NEW! COA Taxi Program: Free taxi trips to medical appointments, grocery shopping or Rx pick-up for Wayland seniors 60+ with no other means of transportation. This is a COVID-19 grant-funded program. Call the COA at 508-358-2990 or email coa@wayland.ma.us. Requests must be made one full business day in advance.

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

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

SHOPPING TRIPS: We hope to resume our monthly trip to Market Basket in spring 2021. Please call us for details.

Q&A with the COA

What would you like to know? Just ask us!

Q. What is telehealth, and how does it work?

A. Telehealth or telemedicine refers to the option for your health care provider to conduct your appointment remotely—by phone or using a safe and secure online platform that allows you to see one another on the screen. COVID has made telemedicine more useful than ever, since it allows patients to receive medical evaluation or advice without leaving home. And because it has become such an important tool, more insurance companies are now reimbursing clinicians for telemed appointments, which means more clinicians are able to offer this option.

Of course, a phone or computer-based appointment is not appropriate for everything, and your doctor's office will tell you if you need to be seen in person. For more details on telemedicine, visit the AARP website, or [click here](#).

SMOC PROGRAM OFFERS HELP COVERING THE COST OF WINTER HEAT



Households with limited income may be eligible for help with home heating bills this winter through the *Low Income Home Energy Assistance Program (LIHEAP)*. Eligibility is based on the total gross annual income for an entire household: \$39,105 for households of one, and \$51,137 for households of two. All applications are processed remotely during COVID. To apply or learn more, call the South Middlesex Opportunity Council (SMOC) at 508-872-4853 or [email fueldocs@smoc.org](mailto:fueldocs@smoc.org).

How To Access COA Programs



How to Access Events on Zoom

To protect privacy, Zoom events are by invitation only. To join a Zoom event, contact us at coa@wayland.ma.us or 508-358-2990 and tell us what event you would like to access. Give your email address and phone number, and prior to the event, we'll send you an invitation with instructions. You can join by video on your computer or by phone. [Click here](#) to watch a video on how Zoom works.

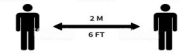
How to Access Events on WayCamTV



You can watch WayCam.TV on Verizon channel 37 and Comcast channel 8. The full programming schedule and details for streaming live and on demand are on the WayCam.TV website, (www.waycam.tv/home). There is also a link on the our website at waylandcoa.org.

How to Join In-Person Events

Social Distance



We are currently not offering in-person activities. Please take advantage of all our remote programming!

WAYLAND COA STAFF

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

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

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

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

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

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

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

West Suburban Veterans Svcs. District
781-489-7509
Nancy Blanchard, Director
In Wayland Tues. 9am—4pm, 781-850-5504

WAYLAND COUNCIL ON AGING BOARD

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

Next Meeting:
Tuesday, Jan. 5, 1:00 pm

FRIENDS OF THE WAYLAND COA, INC.

A 501(c)3 that supports COA programs, services, and equipment that cannot be financed through the COA's town budget.

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

SENIOR TAX RELIEF COMMITTEE

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

Next Meeting: Tuesday, Jan. 12, 10:00am


January COA Activities


SUNDAY	Monday	Tuesday	Wednesday	Thursday
3 8:00am Zoom Tutorials / Hoopla & Libby 4:00pm Holiday Festivities	4 1:00pm Great Courses	5 8:00am Sounds of the Season 1pm Armchair Travel 4pm Zoom Tutorials/ Sudbury Valley Band Performs Mozart	6 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi	7 10:30am Social Group 1:30pm Russia Myths
10 8:00am Chair Yoga / Fish Fitness 4:00pm The Fabulous 40s	11 1:00pm Great Courses	12 8:00am Zoom Tutorials / Hoopla & Libby 1pm Armchair Travel 4:00pm The Christmas Truce	13 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi 1:30pm Winter Strategies w COVID	14 10:30am Social Group 1:30pm SVNHM Interactive Concert
17 8:00am Fish Fitness 4:00pm How Emotions are Made (Secret Life of the Brain, encore event from Wayland Library)	18 Martin Luther King Jr. Holiday COA and Town Building Closed	19 8:00am Chair Yoga / Fish Fitness 1pm Armchair Travel 4:00pm Plant-Based Holiday Dishes (encore Library program)	20 Inauguration Day 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi	21 10:30am Social Group 1:30 Zoom with Whom: Trivia Time!
24 8:00am Fish Fitness 4:00pm Zoom Tutorials / Hoopla & Libby	25 1:00pm Great Courses	26 8:00am The Fabulous 40s 1pm Armchair Travel 4:00pm How Emotions are Made (Wayland Library encore)	27 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi	28 10:30am Social Group 1:30pm Art Matters
31 8:00am Chair Yoga / Fish Fitness 4:00pm Plant-Based Holiday Dishes (encore Library program)			KEY: WayCam TV—Red Zoom—Blue In person—Green	

Trips and Travel



Wayland on the Move and at Home

Zoom Armchair Travel Group Every Tuesday at 1:00 pm

Join fellow travelers as we begin 2021 with a grand tour of Italy. To make your reservation, email us at coa@wayland.ma.us or call the COA at 508-358-2990. We will send you a link to join by computer or on a call-in phone line.

January 5: Rome, the Eternal City. We will spend the hour covering the history and sights of Rome. Margaret Dergalis joins Shawna as we explore some of Rome's most iconic sights including The Colosseum and Forum. We will also take a tour of Vatican City including the art of the Vatican museum, St. Peter's Square and St. Peter's Basilica.

January 12: Italy. We will broaden our experience in Italy as guest host Chris Betchart returns. He will once again share his amazing photographs as we travel to Florence, the Amalfi Coast, and some of the picturesque cities and towns as we travel from north to south.

January 19: Amazing Adventures in Architecture with Susan Wagner. Continuing our visit to Florence, Susan will present the history and architecture of the Cathedral of Florence: The Duomo di Firenze.

January 26: Venice. We will complete our tour of Italy with this encore presentation. Venice is built of more than 100 small islands in the Adriatic Sea including the Grand Canal thoroughfare.

Wayland Back on the Move (hopefully!)



As we enter a new year, we are looking forward to travelling once again. We are offering the following trips with Best of Times Travel. For more information, please contact the COA.

Martha's Vineyard: August 12. Our journey begins in Woods Hole where we board the ferry to the island. Learn about the history and lifestyles of the islanders as you pass through Vineyard Haven, spend free time for lunch and shopping in the historic whaling town of Edgartown and complete your day on the island in Oak Bluffs.

Spectacular Saratoga: August 24—26. Join us as we explore the very best of Saratoga Springs and Lake George. Enjoy Saratoga Raceway, see Lake George, enjoy some fun at Saratoga Casino and experience WW II history up close and personal. All this and more awaits you on this fantastic journey to Spectacular Saratoga.

Simon Pearce Glassblowing & King Arthur Fall Foliage Trip w/ Queechee Gorge: October 7. Travel to Vermont on this unique and culturally rich day-trip during the peak of the fall foliage season. A highlight will be lunch at the fabulous Mill Restaurant at Simon Pearce with your choice of two delicious entrees.

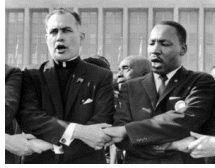
Nashville Country Christmas: December 10—13. Join us as we experience the Country Music Capital of the World – Nashville, Tenn., for a Country Christmas featuring Grammy Award winners the Oak Ridge Boys, the Gaylord Opryland, The Grand Ole Opry and More!

Coming in February on Zoom....

The Music of Civil Rights

John Clark's Great American
Music Experience

Wed., Feb. 3, 1:00pm on Zoom



What role did music play in the civil rights movement? During the '50s and '60s, civil rights anthems like *We Shall Overcome*, *Eyes on the Prize* and *Blowin' in the Wind*, as well as the music of Bob Dylan, brought racial issues to even greater national attention. Oscar Hammerstein and Nat King Cole wrote powerful songs in response to racial incidents. There's Sam Cooke's *A Change Is Gonna Come* and James Brown's *Say It Loud, I'm Black and I'm Proud*. Also included are noteworthy songs by Paul Robeson, Mahalia Jackson, Odetta, Curtis Mayfield, Janis Ian, Sly & the Family Stone and Nina Simone as well as fiery protest poetry by spoken word artists Gil Scott-Heron and the Last Poets. Join us!

Chinese New Year Celebration & Cooking

With Roberta Hing

Thurs., Feb. 18, 1:30pm on Zoom



Kung Hay Fat Choy! Join us in celebrating Chinese New Year—the Year of the Ox. Roberta Hing will explain many of the traditions surrounding the holiday and also share her family's immigration story. Then, we will learn how to make delicious dumplings—one of the many symbolic foods eaten during the holiday. We'll also make simple dipping sauces to go with them. Once you sign up you will receive the recipes to cook along with Roberta or simply watch and ask questions so you can make them on your own. Roberta has been teaching cooking for over twenty years. She was trained by her mother who was born in China. Don't miss this fun celebration!



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

At www.waylandcoa.org you'll find lots of information, including helpful resources and ideas for staying at home. On Thursdays we send out a short-and-sweet email highlighting programs and services in the coming week. Call us at 508-358-2990 or email coa@wayland.ma.us to subscribe.

The Wayland COA News

A monthly publication from
Wayland Council on Aging
41 Cochituate Road
Wayland MA 01778
508-358-2990
www.waylandcoa.org

PRESORTED STANDARD
US POSTAGE PAID
PERMIT #16
WAYLAND, MA 01778

