



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

JANUARY 2022

A NEW BEGINNING

We're turning the page into a fresh new year, with hopes that 2022 will bring us all a safer, healthier world. Here at the COA, we are looking forward to more opportunities to see you — in person or on Zoom — and more ways to work, learn and have fun together.

We are offering some interesting new programs in January, including an art class on drawing and watercolor painting; a history talk on how and why the calendar changed; and a fun and fascinating book talk by a Wayland author with lots of adventure tales to tell. Please join us.

We are so grateful to our remarkable SHINE counselors for their exemplary service during Open Enrollment (see p. 5 for a shout-out), and now we are preparing to welcome our incredible AARP Tax Preparers in February. We are truly fortunate to have so many outstanding volunteers to help us serve Wayland's seniors.

Your COA Staff:

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

Meet Joe Fish, and Add Fun & Fitness to Your New Year

Every Friday at 9:30am, Joe Fish guides his class through an hour of exercise with the SAIL program on Zoom. Into the privacy of your own home, the class streams on your screen and you quickly feel like you are together with a group of good friends. The routine includes a dynamic warm up, aerobic exercise, range of motion, strength training, balance, fall prevention, and relaxing stretching. "In your seat, or on your feet" exercises can be easily modified to meet varying fitness levels and ability.



Fitness Instructor Joe Fish

The class has a steady following and a few members shared these comments: "My wife loves to exercise, and I don't. But you see me here each week, so that tells you something." "Joining virtually is great in the winter when weather isn't so welcoming." "Joe Fish has become my Friday Friend that I can safely welcome into my living room each week. His class is the perfect remedy for the aches and pains of sitting still. Joe is always gently encouraging as he guides us through a whole range of exercises. Everyone can feel welcome because Joe can adapt the class to each participant's ability,

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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

coa@wayland.ma.us

www.wayland.ma.us/council-aging

Office Hours: Mon., 8am-7pm; Tues-Thurs,

8am-4pm; Fri, 8am-12:30pm

Happenings

NEW CLASS!

DRAWING & WATERCOLOR PAINTING A 4-week class with Wayland's Rahul Ray Thursdays, 1-2:30pm, Jan. 6, 13, 20, 27 Cost: \$25. Materials will be provided.

Develop or refine your drawing and painting skills in this friendly studio class that will focus on fundamental skills. Work on observation, perspective, scale, and technique, using pencils and watercolors. The class emphasizes process over product.

Instructor and Wayland resident Rahul Ray received his training at the Academy of Fine Arts in Kolkata, India. He works in pencil, charcoal, and watercolor, doing sketches, portraits, still-lives, landscapes, and abstracts.

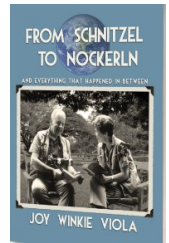
A retired professor of medicine at Boston University, Rahul is a cancer-researcher who also taught at Clark University and Framingham State. Also a poet and essayist, he teaches drawing and painting to classes and individuals. **Registration required.**



Works by Rahul Ray

FROM SCHNITZEL TO NOCKERLN

Wayland's Joy Viola
Wed. Jan. 12, 1:30pm
In Person in the COA



Wayland resident and writer Joy Winkie Viola will share her new book *From Schnitzel to Nockerln And Everything That Happened In Between*, recounting her global adventures with Alfred, her late husband of 56 years.

This is a book of adventure, often humorous, that spreads from the rain forests of Trinidad to the outback of Australia and all the way to the ice-covered continent of Antarctica. The tales continue through China, Saudi Arabia, Kenya, India, and all seven continents. Come hear her travel tales!

ART APPRECIATION:

WOMEN ARTISTS, PART TWO with Margaret Dergalis Tues., January 4, 1:00pm on Zoom



Women Artists, Part Two focuses on painters, sculptors and photographers of the 20th century. Today they are household names, yet they each faced an uphill battle in the male-dominated art world. Some of their stories may surprise you. **Reservations are required** to receive the Zoom link

And coming up on Tuesday, February 1, if you think that you've learned all there is about Impressionism, think again. Join us on Feb. 1 to find out.

JULIAN TO GREGORIAN: WHEN AND HOW OUR CALENDAR CHANGED With Seema Kenney Tuesday, January 25 at 1:00 pm In person and on Zoom



Dates are important to historians and genealogists, but do you understand the relationship between the dates recorded and the calendar in use at the time? The switch of our calendar started in 1582, but lasted into the 20th century. Join us for this timely topic as we enter a new year. There will be time for questions following the presentation.

Seema Kenney is the owner of Ancestral Books, Legacy & Education. She completed the Genealogical Research Certificate Program at Boston University's Center for Professional Education in 2010, and is a member of several genealogy societies. **Registration required.**

PIZZA CAFÉ

Wednesday, Jan. 5 at noon
In the COA. Reservations required, \$5

Join us for our first-Wednesday-of-the-month pizza café. Enjoy pizza, salad, beverage, and dessert, and the fun of being together and sharing a story and a laugh. **Reserve your seat by noon on the previous Monday.**

Next Pizza Café: Wednesday, February 2

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.

Happenings

REGULAR WEEKLY PROGRAMS

Join us for one or all of these regular weekly programs.
You must pre-register for Zoom programs.



GREAT COURSES

Mondays, 1pm in person

Join together to learn from some of the nation's top scholars on a wide range of topics, from science to art to engineering and travel. See details, right.



CONNECTIONS

Mondays, 2:30pm on Zoom

Connect with new friends and enjoy good conversation. This informal group welcomes everyone. If you plan to attend in person, please let us know so we can set up.



KNIT TOGETHER

Tuesdays, 10:30am on Zoom

Knit in the company of friendly fellow knitters. Create knitwear to donate to children in need using our supplies, or work on your own projects.



GENEALOGY

1pm, 2nd and 4th Tuesday, in person and on Zoom

Share in great conversations, research tips and fascinating stories from the past. Experience our new "Owl" technology with its 360° camera that brings people together in person and on Zoom.



SOCIAL GROUP

Thursdays, 10:30am on Zoom

Join this informal group for friendly, relaxed conversation from the convenience of home. Newcomers are always welcome!

GRANDPARENTS GROUP

Dr. Dossie Kahn of Wayland Youth and Family Services facilitates discussions about the rewarding and sometimes challenging relationships between grandparents and grandchildren; share resource ideas. New members welcome, contact Dossie Kahn for details, (508-358-4293).



GREAT COURSES:

THE REAL HISTORY OF PIRATES

Mondays, Jan. 3, 10, 24, 31
at 1pm in the COA

Video Lecture Series, Closed Captioning

What do you really know about pirates and piracy? In this course, you'll be exposed to new ways of thinking about global interactions, from the West Indies and the Red Sea to the North Atlantic and Indonesia, and beyond. Award-winning Professor Manushag Powell, professor of English at Purdue University, will discuss what inspires piracy, why it still flourishes today — and why women sometimes wielded the real power behind the scenes in an enterprise conducted almost exclusively by men.



SAGES & SEEKERS: SEEKING SENIORS

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 2022, Wayland High School will offer the Sages and Seekers program via Zoom, Facetime, or telephone.** Wayland's 8-week program will run once a week from March 1 through April 28. To sign up or ask questions, contact Janet Carmichael at 508-397-3446 or sagesandseekerswhs@gmail.com.



Medical Equipment Loans

Our Medical Equipment Loan Closet is currently closed due to lack of storage space. However, we do have a few transport chairs we can loan for up to two weeks. We can also refer you to other sources of medical equipment.

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

Health & Fitness

JOIN THE COA FIT CLUB!

The *COA Fit Club* is our pay-by-the-month, take-as-many-classes-as-you-want, fitness program.

Join the *COA Fit Club* and get unlimited monthly access to both in-person and Zoom fitness classes. No need to pre-register for classes, just show up or Zoom in. Payment must be received before the month begins. For convenience, pay ahead for multiple months, and get a refund or apply payment to a different month if your plans change.

- Pay \$20/month for access to all fitness classes, in-person and remote.
- Receive a list of the week's fitness choices Monday morning by email (or Tuesday if a Monday holiday), including links to Zoom classes.
- We cannot pro-rate the monthly fee. Please get your monthly payment to us before the start of each month.
- Pay-As-You-Go is available for in-person classes only and requires Fitbucks pre-paid coupons. Buy Fitbucks at the COA or by mail. Unused Fitbucks are refundable. Class reservations are not needed.

COA Fit Club



If You'd Rather Pay by the Class...

Pay-As-You-Go is only available for in-person classes such as T'ai Chi and Fit For The Future. Each class is \$4.

We cannot accept cash in class; you must purchase Fit Bucks, a pre-paid coupon available in the COA or by mail. Place your signed Fit Buck coupon in the basket when you attend class. No reservations are necessary.

COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON

THE WALKING CLUB

Mondays at 9:30am. [The Walking Club is on hiatus until Spring 2022.](#)

T'AI CHI

Mondays, 9:30am-10:30am, [Outdoors or in the Large Hearing Room in inclement weather](#)

Instructor: John Woodward, Certified T'ai Chi Instructor

T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body using slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being. As this class does involve one hour of movement, it may not be suited for those who use a cane or walker.

LOIS' FIT FOR THE FUTURE

Tuesdays and Thursdays, 10-11am, [Large Hearing Room \(In COA on Thursday, Jan. 20\)](#)

Instructor: Lois Leav

This popular class involves stretching, bending, loosening the joints and building flexibility, all set to music.

THERATUBE

Wednesdays, 9am-10am, [on Zoom](#)

Instructor: Ellen Cohen Kaplan, Certified Personal Trainer, OTR

Use 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.

SAIL: STAY ACTIVE AND INDEPENDENT FOR LIFE

Fridays, 9:30am—10:30am [on Zoom](#)

Instructor: Joe Fish, Certified Instructor and Falls Prevention Specialist This evidence-based class helps older adults improve balance and mobility, reduce the risk of falls, and improve quality of life. Participants can take the class while seated; class can be tailored to other individual needs.



News and Updates

A SHINE SHOUT-OUT!

During the seven weeks of Open Enrollment, our three SHINE Counselors — Kathleen Woehrling, Penny Wilson, and Irene Cramer — **counseled 207 people** about Medicare and supplemental plans. What an extraordinary gift to our community! We are very grateful to each of them for their hard work and dedication. Please join us in thanking these generous and skilled volunteers.



Can I Still Change My Medicare Plan?

If you made a change to your Medicare drug plan for 2022, be sure to check that your enrollment went through. Even though Medicare's Open Enrollment Period has ended, you may still be able to change plans during 2022, under certain circumstances. Please make a SHINE appointment if you would like to discuss your situation. Call the Wayland COA at 508-358-2990. For other SHINE-related matters, call 1-800-243-4636.

SIGN UP FOR OUR WEEKLY EBLAST

This newsletter goes to press several weeks before you receive it, and includes a high-level look at the month ahead (and sometimes longer). But for late-breaking news or happenings, schedule changes, and more timely reminders, we use our weekly eblast.



An eblast is an email that gets “blasted” out to a wide audience. Ours goes out on Thursdays. It provides a succinct look at COA programs for the week ahead, and includes news or updates on things we want you to know about, such as vaccine clinics or scam alerts or invitations to attend community events.

If you don't already receive our weekly eblast and would like to give it a try, contact us at 508-358-2990 or coa@wayland.ma.us. We'll be glad to add you to our distribution list. You can unsubscribe at any time.

POWERFUL TOOLS FOR CAREGIVERS: A VIRTUAL FREE CLASS

Caring for a loved one who is physically or mentally challenged can be both rewarding and draining. You may have lots of different feelings — from joy and pride to stress and uncertainty.

If this describes your situation, you might benefit from a six-week virtual class called *Powerful Tools for Caregivers*, offered to residents of all towns by the Natick Community-Senior Center, with funding from Baypath Elder Services and the Older Americans Act. This free class is designed to give caregivers the tools to reduce stress; improve self-confidence in caregiving; manage time, set goals, and problem-solve; communicate your feelings more effectively; and make tough caregiving decisions.

Info Session: Tues., January 11, 2022, 10:30am on Zoom

Classes will meet via Zoom every Tuesday for 6 weeks from 10:30am—noon beginning February 8, 2022.

To register for the information session or the class, call the Natick Community-Senior Center at 508-647-6540.

TAX TIME IS COMING. HELP IS COMING, TOO!

Beginning in February, low- to moderate-income taxpayers can get help preparing their basic tax return from a trained volunteer. In partnership with the IRS, the AARP Foundation Tax-Aide Program offers a free tax prep service for low- to moderate-income taxpayers. IRS-trained volunteer tax preparers can help Wayland residents complete **basic** Federal and/or state income tax returns. “Basic” returns do not involve rental property or trust and partnerships producing a Schedule K-1 (forms that report income other than interest).



You must have an appointment. Starting Wednesday, Jan. 12, Wayland residents may contact the COA at coa@wayland.ma.us or 508-358-2990 to book an appointment. Non-Wayland residents may call starting on Feb. 1. Appointments will be held on Fridays starting Feb 11 at the Town Building in the Large Hearing Room. The COA will adhere to the Health Department's Covid and safety guidelines.

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

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

For emotional support, contact Wayland Youth and Family Services (for all ages) at 508-358-4293

Local Food Pantries: My Brother's Table at Good Shepherd Parish: 508-650-3545; Celebration Church: 508-318-4769; and Loaves and Fishes at Trinitarian Church: 508-358-7717

Resources



TRANSPORTATION OPTIONS

COA Taxi Program: This grant-funded program, which pays the taxi fare for essential trips like medical appointments, runs through early 2022. For Wayland residents age 60+. For details and to arrange a ride, call the COA at least **three full business days** in advance (note that our offices close at 12:30pm on Fridays). Funded by a grant from MassDevelopment in partnership with the Metropolitan Area Planning Council.

MWRTA Dial-a-Ride: Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. Currently free of charge, normally \$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.

MEDICAL TAXI VOUCHERS: For Waylanders 60+ or disabled at any age. Purchase discounted taxi vouchers in advance from the COA for taxi trips to medical appointments or medically-related activities at the COA. Administered through JFK Transportation; discount is 40% off metered fare. Gratuity not included. Medical vouchers to Boston hospitals may be purchased for a flat rate of \$42 one way. Schedule rides directly through JFK Transportation 508-653-4500.

AN UPDATE ON OUR TAXI PROGRAM



The Wayland COA has made changes to our grant-funded taxi program, which has been generously funded by the Metropolitan Area Planning Council and Mass Development. This program has enabled us to provide essential rides for seniors via taxi partnerships since July of 2020. After two grant cycles, we anticipate that the funds will run out early in 2022.

To maximize the remaining funds, we now: Require three business days' notice for ride requests; evaluate all requests for alternative options, such as Dial-A-Ride; and limit riders to a maximum of four local round trips or two extended round trips to places such as Boston, Burlington, Chestnut Hill, or the VA in Bedford or West Roxbury.

Our longstanding Taxi Voucher program remains available, providing a 40% discount on taxi service for medical rides. Purchase vouchers from the COA. We will continue to look for additional ways to meet seniors' transportation needs.

SMOC 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: \$40,951 for households of one, and \$53,551 for households of two.

To learn more, call the COA or South Middlesex Opportunity Council (SMOC) at 508-620-2342 or send an email to fueldocs@smoc.org. Applications will be processed remotely.

About COA and COA Remote Programs

WAYLAND COA STAFF

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

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

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

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

Program Assistant: Lillian DePasquale, W-F
ldepasquale@wayland.ma.us

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

WAYLAND COUNCIL ON AGING BOARD

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

Next Meeting: Monday, Jan. 3, 4pm on Zoom

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, Pauline DiCesare, Joel Rosenhaus, Susan Rufo

Next Meeting: Wednesday, February 9, 9:00am

WEST SUBURBAN VETERANS SERVICES DISTRICT

781-489-7509
 Sarada Kalpee, Director
 Nancy Blanchard, Deputy Director
 In Wayland Tues. 9am—4pm, 781-850-5504

How to Access COA Remote Programs

Zoom: To protect privacy, Zoom events are by invitation only. To join a Zoom event by video or phone, contact us at coa@wayland.ma.us or 508-358-2990. First-time participants, please provide name, address, email and phone. Subsequently, only your name and program name are needed. We will confirm your registration and send you the link prior to the event.

Cable TV: You can watch WayCam.TV on Verizon channel 37 and Comcast channel 8. The program schedule and details for streaming live and on demand are on the WayCamTV website: www.waycam.tv/home
 Go to www.waycam.tv/live to watch WayCam programs livestreamed on TV or on your computer.

FRIENDS OF THE WAYLAND COA

This 501(c)3 supports COA programs, services, and equipment that cannot be financed through the COA's town budget. The Friends' long-term goals include supporting the Town's need for increased, dedicated COA space. Older adults (60 years of age and older) represent 28% of Wayland's population. Donations to the Friends are tax-deductible. Visit the Friends website to learn more: www.friendsofwaylandcoa.org


FRIENDS BOARD: Marie Winter, President; John Shaw, Treasurer and Webmaster; Mary Antes, Clerk; Paul Abramson; Steve Correia; Frank Kennedy; Huaibin Lu; Patty MacNeil; Sue Pope



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

At www.wayland.ma.us/council-aging you'll find lots of information and helpful resources. On Thursdays we send out an email highlighting programs and services in the coming week. Call us at 508-358-2990 or email coa@wayland.ma.us to subscribe.

January COA Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2 8:00am SVNH Band Concert 4:00pm Chair Yoga	3 9:30am T'ai Chi 1pm Great Courses 2:30 Connections	4 8:00am Line Dancing 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Art Appreciation 4:00pm Dealing with Diabetes	5 9:00am Theratube 10:15am ZoomBa 12:00pm Pizza Cafe	6 10:00am Fit 4 Future 10:30am Social Group 1:00pm Art Class	7 9:30am SAIL fitness
9 8:00am Fish Fitness 4:00pm Women's Suffrage in Wayland	10 9:30am T'ai Chi 1pm Great Courses 2:30 pm Connections <i>Market Basket Trip</i>	11 8:00am Mansion Inn 10:00 Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 4:00pm Fish Fitness	12 9:00am Theratube 10:15am ZoomBa 1:30pm Schnitzel to NockerIn	13 10:00am Fit 4 Future 10:30am Social Group 1:00pm Art Class	14 9:30am SAIL fitness
16 8:00am Fish Fitness 4:00pm Line Dancing	17 Martin Luther King Jr. Holiday Town Depts. Closed	18 8:00am Chair Yoga 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Armchair Travel 4:00pm Zoom Tutorials	19 9:00am Theratube 10:15am ZoomBa	20 10:00am Fit 4 Future (meets in COA) 10:30am Social Group 1:00pm Art Class <i>Symphony Trip</i>	21 9:30am SAIL fitness
23 8:00am Fish Fitness 4:00pm Chair Yoga	24 9:30am T'ai Chi 1pm Great Courses 2:30 Connections	25 8:00am Line Dancing 10:00am Fit 4 Future 10:30am Knit Together 1:00pm How Our Calendars Changed 4:00pm Farm and Craft Tools	26 9:00am Theratube 10:15am ZoomBa	27 10:00am Fit 4 Future 10:30am Social Group 1:00pm Art Class	28 9:30am SAIL fitness
30 8:00am Chair Yoga 4:00pm Fish Fitness	31 9:30am T'ai Chi 1pm Great Courses 2:30 Connections		<div style="display: flex; align-items: center;"> <div style="flex: 1;"> <p>Remember: Masks are required for all visitors to Wayland Town Buildings.</p> </div> <div style="flex: 0.5; text-align: center;">  </div> <div style="flex: 1.5;"> <p>KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)</p> </div> </div>		

Trips and Excursions



TRIPS AND VIRTUAL TRIPS

We are happy to offer some day trips and shopping trips. Masks are required on the van; capacity may be limited.

Monday, January 10: Market Basket in Maynard. This month we will try out the new store in Maynard. The van leaves the COA at 9:30am to start home pick-ups. Return by 1:30pm. Shopping trips are free of charge and for Wayland residents only. Space is limited, call by 4pm the previous Thursday.

Thursday, January 20: Boston Symphony Orchestra Open Rehearsals. Our van will depart the COA at 9:00am. Return at approximately 1:30pm. We will provide transportation on our van for three Thursday morning rehearsals in 2022. The cost is \$45 for transportation to three concerts or \$15 for an individual concert. The additional dates are **March 3 and April 14**. Riders must purchase their own Boston Symphony subscription.

Thursday, March 3: Flora in Winter at the Worcester Art Museum. Depart the COA at 9:00am, return by 2:00pm. Cost: \$28 for admission and transportation. The region's premier floral design event includes captivating and imaginative interpretations of artworks on view in the Museum. The muse for this year's Flora programming is *Love Stories from the National Portrait Gallery, London*. This pioneering exhibition presents masterpieces from the Collection of the National Portrait Gallery, London, in an innovative exploration of love's role in the creation of some of the greatest masterpieces of Western art. Flora in Winter festivities include an exciting array of programming: tours, demonstrations, lectures, workshops, and music.



ARMCHAIR TRAVEL: THE FLORIDA KEYS

**Tuesday, January 18
1:00pm on Zoom**

Join fellow travelers as we continue our virtual journey to fascinating destinations around the world.

The Florida Keys are a string of tropical islands stretching about 120 miles off the southern tip of Florida, between the Atlantic Ocean and Gulf of Mexico. They're known as a destination for fishing, boating, snorkeling and scuba diving. The southernmost city of Key West is famous for Mallory Square's nightly Sunset Celebration and the Ernest Hemingway Home. Join Shawna Levine as she shares photos and stories from her recent trip.



Coming in February: Iceland with guest host Judy Currier

Joe Fish, continued from page 1

whether sitting or standing. I really appreciate the COA bringing Joe Fish to us each week. It's a great way to start the weekend."

The acronym SAIL stands for Stay Active and Independent for Life, a course designed to improve flexibility, strength, and balance. Instructor Joe Fish is a graduate of the National Personal Training Institute, and holds certificates in Functional Strength Coaching, Senior Fitness Specialist, Livestrong, Silver Sneakers Group Exercise and is a Master, SAIL Falls Prevention specialist.

Wherever you are, consider joining us Fridays at 9:30am. SAIL is available through our COA Fit Club membership. For questions about the program, registration, or to use your 'free try-it' opportunity, contact the COA and we will help get you started.

Coming in February

Just in Time for Valentine's Day ♥

THE GREAT LOVE SONGS OF MUSICAL THEATER

With Michael Goodwin

Wednesday, February 9, 1:30 p.m., at the COA

Many of the world's most memorable love songs come from musical theater productions. *If I Loved You*, *On the Street Where You Live*, *'Til There Was You*....these are among an entire genre of enduring classics that Michael Goodwin will explore.



Michael Goodwin is a classically-trained professional entertainer who combines performance, lecture and video clips to both entertain and educate.

Enjoy coffee, tea and special Valentine's Day refreshments. **Reservations required.** \$3 per person.

REFLECTING ON REFLUX: A HEALTHY EATING PLAN

With Traci Robidoux, RD, LDN

Wednesday, February 16, 1:30 p.m.

In person at the COA and on Zoom

Troubled by Gastroesophageal Reflux Disease (GERD)? Diet plays a major role in controlling reflux symptoms and is often the first line of therapy for people with GERD.



Knowing what and when to eat can go a long way in preventing bothersome GERD flare-ups. This will be a hybrid program; join us in person or via Zoom. **Registration required** to receive the Zoom link.

Traci Robidoux is a licensed dietician/nutritionist at BayPath Elder Services, Inc. She has previously presented many popular, informative programs at the COA.

The Wayland COA News

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