



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

JANUARY 2023

Turning the Page Into a New Year

Happy New Year! Welcome to 2023. We know you share our hopes for a year with joy, good health, good friends, and happy adventures.

If New Year's resolutions are part of your new beginning, check out our fitness offerings on page 4. With our free "try-it" policy, you can attend a session of any class for free to see if it might be right for you. Contact us if you have any questions about our classes or about Fit Club, which allows members to take as many classes as they wish for just \$20 per month. It's the best deal in town!

We've rearranged our newsletter a bit to add more information that we hope you can use. There's a new nutrition section on page 4, and more room in our Resources pages to include helpful information. Be sure to let us know if there is something you'd like to know more about.

We're also busy planning more programs, more trips, more luncheons and movies and groups....more ways to learn and share and connect with one another. If you have ideas for activities or topics you're interested in, please let us know. We always welcome your suggestions!

Your COA Staff:

**Julie Secord, Lillian DePasquale, Ann Gordon,
Shawna Levine, and Maura Snyder**

CONTENTS

Page

Grow Native Wildflowers from Seed

1

The Crown, Music of Civil Rights

2

Jewelry Workshops, Medication Take-Back,
Pizza Café

2

Regular Weekly Programs, Video Lecture
Series, Monthly Movie

3

Fit Club and Fitness Classes, Nutrition

4

Winter Safety, Taxi Grant, Food Banks

5

Transportation Options

7

Circuit Breaker and Other Tax Relief

8

January Calendar of Events
In-Person, Zoom, WayCam TV

9

Trips and Excursions

10

Coming in February:
Sen. Jamie Eldridge, Mardi Gras Party!

12

GROW NATIVE WILDFLOWERS FROM SEED

with Jean Milburn & Shelley Trucksis

Wednesday, Jan. 18, 10am—noon

Large Hearing Room, \$5

A beautiful summer garden full of native, pollinator-friendly wildflowers starts with tiny seeds planted during the heart of winter. In this hands-on workshop you will learn how to grow new flowering plants for pennies, not dollars, by starting with seed. You'll make mini-greenhouses from recycled gallon milk jugs to germinate and grow plants outdoors in winter.



Wayland's Native Plant Ambassador Jean Milburn and Master Gardener Shelley Trucksis will have a variety of seeds to choose from. Bring five clean, clear gallon-sized milk or water jugs, gloves, apron, a small trowel, and a box to carry your jugs home once they contain soil and seeds. We will also have some jugs and boxes available. **Registration required.**

The Wayland Council on Aging

We provide 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.



Keep Up With COA News: Visit our website and sign up for our weekly eblast with breaking news and highlights of programs and services in the coming week.

www.wayland.ma.us/council-aging

The Wayland Council on Aging
41 Cochituate Road, Wayland, MA 01778
508-358-2990; coa@wayland.ma.us

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

THE CROWN: SEASON 2
Thursdays, Jan. 5, 12, 19, 26
1—3 pm at the COA

Season 2 of *The Crown* covers the years from 1956 to 1964, including the resignation of the Prime Minister and a visit from President and Mrs. Kennedy. This lavish, Netflix-original drama chronicles the life of Queen Elizabeth II from the 1940s to modern times. Get an inside look at the Queen's early reign, after she ascended the throne at age 25 following the death of her father, King George VI. As the decades pass, personal intrigues, romances, and political rivalries played a big role in events that shaped the later years of the 20th century. We will show two approximately 50-minute episodes each week with a break in between. Enjoy tea and biscuits. Bring your own china cup if you are so inclined.



John Clark and his Great American Music Experience
 presents

From Abolition Through Civil Rights in Music
Wednesday, January 11, 1:00pm
In the COA

This travelogue along the road to freedom begins in the days of the Underground Railroad with the spirituals of the enslaved and the abolitionist protest songs. After the Civil War two other important players in this story are featured: the Fisk Jubilee Singers (1870s) and Bert Williams (early 1900s), whose performances represented an affirmation of the proud heritage of African-Americans. Then in the early 20th century, in the midst of Jim Crow legislation, the first freedom anthems emerged: *Oh, Freedom* and *Lift Every Voice and Sing*. The program then highlights the contributions of the Harlem Renaissance. **Reservations required.**



Fisk Jubilee Singers

Make It and Take It Jewelry Studio Classes
With Jeweler Norma Radoff
Thursdays 10am - 12 noon
In the COA



Thurs., January 12: Repair Workshop. Have a favorite piece of jewelry that needs some love? Bring it to this workshop and Norma will repair it.

Thurs., February 9: Valentine's Day Bracelet. Make a special holiday bracelet for yourself or a loved one.

The class size is limited. Instructions, tools, and all supplies will be provided. **Registration is required**, and restricted to Wayland residents. No charge.

Valentine's Day Tea & Cookies
Tuesday, Feb. 14, 1:30 - 3:00pm
In the COA



Celebrate Valentine's Day with your friends at the Council on Aging. Bring a friend or meet some new ones. Enjoy tea and Valentine cookies. Drop by anytime between 1:30 – 3:00, and bring your favorite cookie recipe to share. We'll copy them and have a recipe exchange. Reservations requested. No charge.

MEDICATION TAKE-BACK

Wed., January 4 11:30 am—Noon

It is important to dispose of medications properly when you no longer need them. That's why we invite members of the Wayland Police Dept. to the COA once a month to collect your unwanted or expired medications. They come for the half-hour period before our monthly Pizza Café. That way, you can reward yourself with pizza! You may also deposit medications at the Wayland Police Dept. 24/7.



PIZZA CAFÉ

Wed. January 4, at noon,
in the COA

Reservations required, \$5



Join us for our first-Wednesday-of-the-month Pizza Café. Enjoy a pizza buffet, salad, beverage and dessert, and the fun of being together with friends and future friends. **Please reserve your seat by noon on Tuesday, January 3.**

Thanks to the Friends of the COA for their support.

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.

REGULAR ONGOING PROGRAMS

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



VIDEO LECTURE SERIES

Mondays, 1 pm in person

Join together to learn from some of the nation's top scholars on a wide range of topics, or visit some of the world's most iconic locations. See details, right.



CONNECTIONS

Mondays, 2:00 pm on Zoom

Connect with new and old friends and enjoy good conversation in this facilitated discussion group. New members always welcome — Zoom in and try it out!



KNIT TOGETHER

Tuesdays, 10:30 am 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

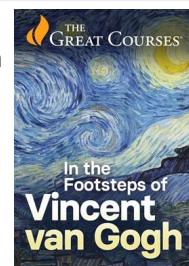
Thursdays, 10:30 am on Zoom

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

GREAT COURSES:

In the Footsteps of Vincent Van Gogh
Mondays at 1:00 pm, Jan. 9, 23, 30

We will show three 25-minute episodes each week, and will continue this series in February. Closed Captioning



In the Footsteps of Vincent Van Gogh

is an immersive journey through the world of Van Gogh, filmed on location at historical sites in Europe and enriched by the voices of fellow Impressionists, as well as the music of his time. Written and directed by Professor Jean-Pierre Isbouts, an art historian, best-selling author, and award-winning filmmaker, the series features not only Vincent's own words, based on his letters, but also those of fellow Impressionists and friends, brought to life by a cast of 11 voice actors.

**MONTHLY
 MOVIE
 MATINEE**



"Where the Crawdads Sing"
Wed., January 25, 1:30 pm in the COA
Reservations required

From the best-selling novel comes a captivating mystery, the story of Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is immediately cast by the community as the main suspect. As the case unfolds, what actually happened becomes increasingly unclear, threatening to reveal the many secrets that lay within the marsh. (2022, PG-13, Drama, Mystery & Thriller, 2hr. 5 min)

Popcorn and cold beverages on the house!

DECEMBER'S HOLIDAY LUNCHEON: FRIENDS, FOOD, FUN



Our annual Holiday Luncheon in December was a wonderful opportunity to gather for good food and good fun. We had great music, too, thanks to the Steve Rudolph Trio, a perennial favorite. We look forward to planning more ways to celebrate and socialize during 2023. Stay tuned, and join us!

COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>T'AI CHI with John Woodward 9:30 am Large Hearing Room or outdoors, weather permitting</p> <p>Enhance the flow of internal energy in the body using slow, graceful movements that help promote relaxation, healing and well-being. May not be suited for those using a cane or walker.</p> <p><i>John Woodward is a Certified T'ai Chi Instructor</i></p>	<p>LOIS' FIT FOR THE FUTURE with Lois Leav 10 am Large Hearing Room</p> <p>This popular class involves stretching, bending, loosening the joints and building flexibility, all set to music.</p> <p><i>Lois Leav is a Certified Aerobics Instructor</i></p>	<p>THERATUBE with Ellen Cohen-Kaplan 9 am on Zoom</p> <p>Use resistance bands to increase range of motion and strength. Bands are easy to use for people of all abilities.</p> <p>ZOOMBA with Ellen Cohen-Kaplan 10:15am on Zoom</p> <p>Join this fun cardio class and dance your way to fitness with Latin music.</p> <p><i>Ellen Cohen-Kaplan is a Certified Personal Trainer and Registered Occupational Therapist</i></p>	<p>LOIS' FIT FOR THE FUTURE with Lois Leav 10 am Large Hearing Room</p> <p>This popular class involves stretching, bending, loosening the joints and building flexibility, all set to music.</p> <p><i>Lois Leav is a Certified Aerobics Instructor</i></p>	<p>SAIL: STAY ACTIVE AND INDEPENDENT FOR LIFE with Joe Fish 9:30 am on Zoom</p> <p>This interactive, 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; Joe Fish will tailor the class to other individual needs.</p> <p><i>Joe Fish is a Certified Instructor and Falls Prevention Specialist</i></p>

And don't miss...THE WALKING CLUB MONDAYS at 10:00 a.m.

In winter, meet at the Natick Mall in front of Dunkin Donuts. To join the Walking Club, please contact Shawna Levine at 508-358-2990 or slevine@wayland.ma.us. Wear comfortable walking shoes and bring a water bottle. No fee.

Two Ways to Access Our Fitness Programs

JOIN THE COA FIT CLUB: \$20/month gives you unlimited access to all classes, both in-person and on Zoom. Pay for multiple months, get a refund if your plans change

PAY BY THE CLASS: This option is only available for in-person classes, which are \$4 each. Cash is not accepted in class. Buy Fit Bucks in the COA or by mail, and present them at class. No reservations necessary.



Nutrition Nuggets



THE POWER OF PROTEIN TO BUILD YOUR MUSCLES AND KEEP YOU STRONG

Falls are the leading cause of injury among older adults. Each year, an estimated one out of three older adults will fall. Loss of muscle mass, strength, and function is a major challenge to living independently. What can you do?

Exercise is key, of course — walking, gardening, dancing, fitness classes — these all help build muscle. Good nutrition plays an important role, too, particularly eating enough protein. Older adults need to consume more protein than younger adults because our bodies are less efficient at digesting and absorbing the protein we eat.

Protein comes in all forms, not just meat. Legumes, beans, nuts, seeds, soy milk, and tofu are all great sources of protein. So are lean cuts of poultry, meat, fish, seafood, eggs, and dairy products such as milk, yogurt, and cheese. Three ounces of chicken, pork, lean beef, fish or seafood provides about 21 grams of protein. One serving of dairy is about 8 grams of protein, and a half-cup of cooked legumes (beans, lentils, chickpeas) provides 7 grams of protein. Nuts, seeds, soy and whole grains provide 3 to 9 grams. Older women should aim for at least 46 grams and older men 56 grams of protein each day.



Winter Safety Advice, From Heaters to Snow Blowers

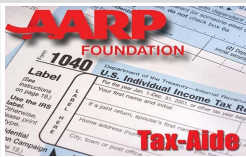
By Todd Winner, Wayland Fire Dept., Senior SAFE Team



Hello everyone, Firefighter Todd here from the WFD Senior SAFE Program. Happy New Year to everyone! I know 2022 seems like it went by way too fast but a small part of it, for myself anyway, still holds on in the form of holiday credit card payments and extra pounds from holiday eating. December brought some pretty cold weather so I hope everyone is prepared to safely settle in for the winter months.

If you haven't in recent years, it's always a good idea to have your furnace or boiler serviced for any problems that may be occurring and to see how efficiently it's working so you're not wasting money on home heating gas/fuel. The last thing you want is for your furnace/boiler to die in the middle of winter. If you need a space heater for any reason, make sure you have a newer model with built-in safety features like automatic shut-off if it tips over, and please keep it out of reach from any children in the home. Keep track of your time in the cold weather; hypothermia could easily set in and frostbite to exposed skin happens quicker than we may think.

Snow removal for us New Englanders is a point of pride every time. We go through our pre-storm checklist to make sure we have a good shovel, plenty of salt/sand and a full can of gas for the snow blower. Your back will definitely appreciate a good ergonomically shaped shovel handle and proper lifting technique with the knees to toss snow. Being sidelined with a back injury is no joke and painful. Service your snow blower every season so it stays in good working order. If it's gas powered, change the oil and clean the spark plug. Keeping extra sheer pins on hand and a little WD-40 on the auger and chute will help push that snow through. I probably say this every year but never, under any circumstances stick your hand down the chute or grab the augers to clear a blockage. Fingers and hands don't retain their physical shape too well after the auger chews them up. Shut the blower off and use a pole or stick to clear out anything jammed in there.



Tax Time is Coming. Help is Coming, Too!

Beginning in February, low- to moderate-income taxpayers can get help preparing their basic tax return through the AARP Foundation Tax-Aide Program, in partnership with the IRS. An IRS-trained volunteer tax preparer can help you 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. 11, 2023, 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 Wednesday, Feb. 1, 2023. Appointments will be held on Fridays February - April at the Town Building in the Large Hearing Room. The COA will adhere to the Health Department's Covid and safety guidelines in place at that time.

New Transportation Option Available for Senior Wayland Residents

The Wayland COA has received a grant to provide free taxi rides for seniors who have no other way to get to non-emergency medical appointments. With funding from Mass Development, the COA is partnering with Tommy's Taxi and JFK Transportation to administer the program.

Wayland residents age 60 and over who need a way to get to the doctor may call the COA to request a ride. COA staff will review the request to make sure it complies with the guidelines of the grant. If it does, we will make arrangements for the ride. Requests for rides must be made at least two full business days in advance. If you have questions, or would like to request a ride, please call the COA at 508-358-2990 or email us at coa@wayland.ma.us.



A GRATEFUL SHOUT-OUT TO OUR SHINE COUNSELORS!



We might be biased, but we do believe that the Wayland COA SHINE Counselors are the best of the best. During the annual Open Enrollment Period from October 15 through December 7, our four SHINE counselors helped more than 250 clients sort out their Medicare coverage. On behalf of all those they serve, we are so grateful. Thanks to Irene Cramer, Barbara Michaelsen, Penny Wilson and Kathleen Woehrling. They will continue to meet with clients throughout the year.

Springwell (formerly BayPath): 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 (Springwell): 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 Jamie Eldridge: 617-722-1120

Rep. Carmine Gentile (Pct. 1, 4): 617-722-2014

Rep. David Linsky (Pct. 2, 3): (617) 722-2810

Suicide Prevention: 988

Wayland Community Fund: 508-358-3624

Wayland Council on Aging: 508-358-2990

Wayland Housing Authority: 508-655-6310

Free COVID-19 home antigen test kits and masks are available at the COA, Town Building and Public Safety Building. Visit www.Mass.gov/isol8 for up-to-date, all-ages guidance following exposure or a positive home test. Visit <https://www.wayland.ma.us/health-department> for local COVID-19 and flu vaccine and booster clinic information and resources. Questions? Email health@wayland.ma.us or call (508) 358-3617.

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: 617-694-6137; Celebration Church: 508-318-4769



TRANSPORTATION OPTIONS

Call us when you have transportation needs and we can discuss the best options.



COA TAXI PROGRAM: A grant from MassDevelopment pays the taxi fare for trips to medical appointments when there is no other reasonable option. For Wayland residents age 60+. For details and to arrange a ride, call the COA at least two full business days in advance (note that our offices close at 12:30pm on Fridays). A grant from BayPath Elder Services may also help with special needs including a medical escort in some circumstances.

MVRTA Dial-a-Ride: Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. Currently there is no cost. (Typically, rides cost is \$2, \$3 or \$5 each way based on destination.) Pre-register with MVRTA Call Center at 508-820-4650. Registered riders must make reservations with the Call Center at least 48 business hours before travel date.

MEDICAL TAXI VOUCHERS: For Wayland residents age 60 and over. Purchase discounted taxi vouchers in advance from the COA for taxi trips to medical appointments. This program uses both JFK Transportation and Tommy's Taxi; discount is 40% off metered fare. Gratuity not included. Medical vouchers to Boston hospitals may be purchased for a flat rate of \$48 one way (these do include gratuity). Schedule rides directly through JFK Transportation at 508-653-4500 or Tommy's Taxi at 508-872-3500, and tell them you will be using taxi vouchers.

WAYLAND COA STAFF

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

Outreach Coordinator: Maura Snyder, M-F
msnyder@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

SHINE Counselors: Irene Cramer, Barbara Michaelsen, Penny Wilson, Kathleen Woehrling

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. 9, 4pm on Zoom

SENIOR TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets every other month. MEMBERS: Markey Burke, Chair; Ann Gilbert, Clerk; Joan Bradford, Pauline DiCesare, Joel Rosenhaus, Susan Rufo

Next Meeting: Wed. Jan. 11, 10am in COA

WEST SUBURBAN VETERANS SERVICES

District Office 781-489-7509

Sarada Kalpee, Director

A Veterans Agent is not currently available to meet with Wayland residents on Tuesdays. Please call the District Office on Wednesdays to speak with David Farrell (extension 2839).

FRIENDS OF THE WAYLAND COA

Adults age 60 and over represent 28% of Wayland's population. This 501(c)3 supports COA programs, services, and equipment that cannot be financed through the COA's town budget. Donations to the Friends are tax-deductible. Visit the Friends website to learn more: www.friendsofwaylandcoa.org

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

CIRCUIT BREAKER MATCH AND OTHER PROPERTY TAX RELIEF

Applications Are Now Available at Wayland Assessors Office ~ Application Deadline: **April 1, 2023**

The Wayland Assessors Department offers a variety of property tax relief options for eligible senior homeowners. All of these programs require application every year and have strict criteria and deadlines. Eligibility is different for each program and some highlights are listed below. For application forms and details, call the Assessor's Office at 508-358-3788, or visit the [Town of Wayland website](#). Proof of income and assets is required for the following exemptions:

- 41C Elderly Exemption: Must be 65 years of age by July 1, 2022. Low income, limited assets.
- 17D-Surviving spouse: no income restrictions, assets must be less than \$40,000.
- Military Veteran-disabled: must provide a certificate of disability-10% or more- from the VA.
- Blind: must have a current certificate from the MA Commission for the Blind.
- Property Tax Deferral: age 65+, income under 40,000. No asset limits. MA residency requirements.
- Community Preservation Act (CPA) Exemption: Removes the CPA surcharge based on income.
- Wayland Circuit Breaker Program (CB): This town-adopted program may provide property tax relief to eligible homeowners who received the CB credit on their MA State Income Tax return.

Other Programs of Interest: Property Tax Work Off (COA-sponsored): Call 508-358-2990, and Valor Act-Veteran's Tax Work Off (Assessors-sponsored). Call 508-358-7701.

Help with the High Cost of Heating



Households with limited income may be eligible for help with winter home heating bills through the Low Income Home Energy Assistance Program (LIHEAP). Eligibility limits are \$42,411 total gross annual income for households of one, and \$55,461 for households of two.

Additional programs may also be available, including the Massachusetts Good Neighbor Energy Fund, which is available to any resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal assistance. Income limits apply.

To learn more about these programs or other sources of support, contact COA's Outreach Coordinator Maura Snyder at msnyder@wayland.ma.us or 508-358-2990.

Mental Health Care and Support Are Available

Are you or a loved one in need of mental health support? Your doctor is a good place to start. He or she can refer you to a therapist, provide medication, and/or refer you to a specialist to rule out medical issues.

Advocates, in Framingham and Marlborough, offers counseling and support: www.advocates.org or 508-628-6300. Advocates does accept Medicare, but always check on the cost of services so you are not surprised.

NAMI (National Alliance on Mental Illness) offers both in-person and virtual support groups for people who are concerned about their mental health. Visit their website at www.namimass.org or call 617-286-7617.

If you are having a mental health emergency, call 911 or 988, or call Advocates Emergency Services at 1-800-640-5432.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2 New Year Holiday (observed) Town Offices Closed	3 8:00am Food & Mood 10:00am Fit 4 Future 10:30am Knit Together 4:00pm Legal Questions as We Age	4 9:00am Theratube 10:15am ZoomBa 11:30am Med Take-Back 12:00pm Pizza Café	5 10:00am Fit 4 Future 10:30am Social Group 1:00pm The Crown	6 9:30am SAIL Fitness
8 8:00am Fish Fitness 4:00pm Chair Yoga	9 10:00am: Walking Club 9:30am T'ai Chi 1pm Video Lecture 2:00pm Connections <i>Trip to Market Basket</i>	10 8:00am Cooking as Self-Care 10:00 Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 4:00pm Line Dancing	11 9:00am Theratube 10:15am ZoomBa 1:00pm John Clark Civil Rights Music <i>Legal Clinic by appt.</i>	12 10:00am Jewelry Workshop 10:00am Fit 4 Future 10:30am Social Group 1:00pm The Crown	13 9:30am SAIL Fitness
15 8:00am Fish Fitness 4:00pm Chair Yoga	16 Martin Luther King Jr. Holiday Town Offices Closed	17 8:00am Legal Questions as We Age 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Armchair Travel 4:00pm Food & Mood <i>Trip to MIT Museum</i>	18 9:00am Theratube 10:00am Wildflower Workshop 10:15am ZoomBa	19 10:00am Fit 4 Future 10:30am Social Group 1:00pm The Crown <i>Trip to Symphony</i>	20 9:30am SAIL Fitness
22 8:00am Fish Fitness 4:00pm Chair Yoga	23 10:00am: Walking Club 9:30am T'ai Chi 1pm Video Lecture 2:00pm Connections	24 8:00am Line Dancing 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 4:00pm Wayland Then and Now	25 9:00am Theratube 10:15am ZoomBa 1:30pm Movie: Where the Crawdads Sing	26 10:00am Fit 4 Future 10:30am Social Group 1:00pm The Crown	27 9:30am SAIL Fitness
29 8:00am Fish Fitness 4:00pm Chair Yoga	30 10:00am: Walking Club 9:30am T'ai Chi 1pm Video Lecture 2:00pm Connections	31 8:00am Wayland Then & Now 10:00am Fit 4 Future 10:30am Knit Together 4:00pm Line Dancing	KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)		Watch WayCamTV on Verizon Channel 37 or Comcast Channel 8. Go to www.waycam.tv/live to watch WayCam programs live-streamed on TV or on your computer.



TRIPS AND VIRTUAL TRIPS

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

Monday, January 9 and Monday, February 13: Market Basket, Marshall's and Home Goods in Waltham. The van leaves the COA at 9:30 am to start home pick-ups. Return by 1:30 pm. Shopping trips are free of charge and for Wayland residents only. Space is limited, call by noon the previous Thursday.

Tuesday, January 17: The MIT Museum in Cambridge. NEW DATE

Depart at 9:15 am, return at 2:00 pm. Cost: \$30 for admission and transportation.

The MIT Museum has re-opened at a new location in the heart of Kendall Square. Reinvented with new exhibits and programming, an enlarged Museum Store, and more, all within a 56,000 square foot space, the MIT Museum aims to make innovation and research available to all by presenting the best of STEAM (science, technology, engineering, arts, and math). The opening exhibits are both informative and interactive, allowing visitors to write poetry with an artificial intelligence (AI) in one room while considering the impact of AI on the future of work nearby. Highlights throughout the galleries include: a prototype of Nobel winner Rainer Weiss's Laser Interferometer Gravitational-wave Observatory (LIGO); the NASA-MIT Starshade Rendezvous Mission star-shade petal designed by Sara Seager to allow photography of exoplanets; the Apollo Guidance Computer (Block II), critical to the success of Apollo missions; and selected photography including Edward Weston's *Jiddu Krishna-murti* (1935) and Judy Dater's *Lovers* (1964).



Thursday, January 19: Boston Symphony Open Rehearsals.

Depart at 9:00 am for 10:30 concerts; return around 1:30 pm. We will once again provide transportation on our van for the Thursday morning open rehearsals. The cost is \$20 for each concert. The rehearsals continue on February 16 and April 13. Riders must purchase their own Boston Symphony subscription or tickets to individual concerts: **Box office 888-266-1200, www.bso.org**

Thursday, February 9: Lunch at the East Side Room Restaurant at Keefe Technical High School. Depart 11:00 am. Return by 1:30 pm. Cost: \$28 for lunch, gratuity and transportation. Enjoy a three-course lunch prepared for you by the students in the Keefe Tech Culinary Arts program, in their lovely dining room. The meal includes soup of the day, choice of baked haddock or baked stuffed chicken, potato, vegetable, beverage, and dessert. The students and instructors look forward to seeing and serving you soon!



COA Trip Policy: Payment is required upon registration, either in person or by mail, with a check to *Town of Wayland*. Please indicate the trip you are registering for. Non-Wayland residents may register on the 15th of the month; checks received earlier will be held until the 15th. Refunds given only if your spot is filled.



ARMCHAIR TRAVEL

Tuesday, January 17 at 1:00 pm on Zoom

**An Art Tour of Venice
With Guest Host Margaret Dergallis**



Following up on Judy Currier's recent presentation on Venice, Margaret will entertain and enlighten us with another of her fabulous programs. Venice has inspired both artists and collectors for centuries. Take an in-depth look at its rich history and see how Venetian art spread to the rest of the world.

Registration is required.

Coming in February

MEET YOUR NEW STATE SENATOR JAMIE ELDRIDGE

Wednesday, Feb. 8, 10:00 am in the COA

Redistricting across the Commonwealth in 2022 means that Wayland has new representatives in the State House. Wayland is now represented in the State Senate by Sen. Jamie Eldridge, who has represented Sudbury, Acton, Marlborough and a number of other neighboring towns in the Worcester and Middlesex District since 2009.



Senator Eldridge will join us for an informal morning of coffee and conversation. What questions do you have about the region or about Wayland specifically? What would you like Sen. Eldridge to know about Wayland? Sen. Eldridge chairs the Joint Committee on the Judiciary, and is passionate about increasing investments in public education and transportation, combating climate change, and making healthcare a right. Bring your questions, and come say hello!

Chase the Winter Blues Away
MARDI GRAS PARTY
with the Riverboat Stompers Jazz Band!
Tuesday, February 21. 1:30 – 3:00 pm
Large Hearing Room



Join us on Fat Tuesday for beads, masks and all that jazz as we celebrate Mardi Gras. Wear your favorite mask and we will provide the beads, Cajun-inspired hors d'oeuvres, beverages and desserts. You will be entertained by the fabulous Riverboat Stompers Jazz Band. The Stompers specialize in traditional Dixieland jazz. Much of the band's repertoire was written in the period from 1900 to 1935 by the early New Orleans jazz legends. The band can count on an enthusiastic audience response as their song selection usually includes up-tempo instrumentals and vocals with amusing lyrics.

This event is not to be missed! Registration required, \$8.00 per person. Wayland residents may sign up beginning January 3, out-of-towners on January 17.



The Wayland COA News

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

www.wayland.ma.us/council-aging

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

