



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## JANUARY 2024

### HAPPY NEW YEAR FROM THE COA

Welcome to 2024, everyone! As this shiny new year stretches out before you, we hope you'll fill it up with activities and people that help you grow, thrive, and laugh.

Here at the COA, we will continue to offer programs that provide opportunities to learn, to explore, and to socialize. Please join us! Drop in on Monday morning for a Scrabble game, or join the bridge group. Are you interested in genealogy? Our group meets twice a month on Tuesday afternoons.

Our monthly Lunch & Learn offers speakers on a wide range of current topics, and our monthly movie is always a recent release. Our special holiday events and our regular Pizza Café are great ways to spend time with friends or get to know some new folks.

We look forward to a wonderful new year with you!

#### Your COA Staff:

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

### A SHINE Shout-Out!

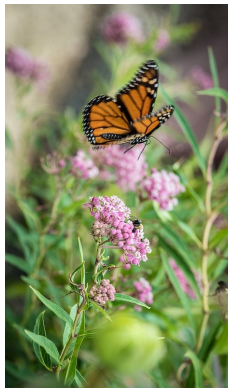


Wayland's outstanding SHINE Counselors — our own fab four — counseled nearly 300 clients during the fall Medicare Open Enrollment. Judi Bieber, Irene Cramer, Penny Wilson, and Kathleen Woehrling have

devoted countless hours to training and learning complex information, and then meeting with clients to help them make the best choice of health plan. Please join us in thanking them! Regular SHINE appointments will continue to be available throughout the year.

### PLANT A POLLINATOR GARDEN with Native Plant Ambassador Jean Milburn Wed., January 17, 10am to noon Large Hearing Room, \$10

A beautiful yard full of native plants that support local bees, butterflies, and other pollinators begins in tiny seeds planted during the cold winter months. Join Wayland's Jean Milburn to learn about the benefits of choosing native flowering plants for your yard and garden. Then, plant seeds in milk-jug "greenhouses" where they will germinate until ready for separating and planting in the spring.



Bring four clear gallon-sized milk jugs and a box to carry them home in. Soil, seeds and instructions will be provided. We will also have some milk jugs available. **Registration required. \$10 per person.**

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### 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](http://www.wayland.ma.us/council-aging)

The Wayland Council on Aging  
41 Cochituate Road, Wayland, MA 01778  
508-358-2990; [coa@wayland.ma.us](mailto:coa@wayland.ma.us)

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

**Join the COA SOUPER BOWL !**

During the month of January the COA is collecting donations for Open Table Food Pantry in Maynard. **We are collecting soups and stews**, perfect for a cold winter's day. Any time you come to the COA, you can drop off a donation.



*Bring your donations of soup or stew in January!*

Nearly one in three adults in Massachusetts experiences food insecurity. Open Table distributes bags of groceries, which include fresh produce, proteins, dairy, baked goods, and shelf-stable products, to more than 300 households each week — including in Wayland — and provides more than 800 prepared meals to clients in the MetroWest suburbs.

If you are concerned about having enough to eat, please call Maura Snyder at the COA, 508-358-2990.

**MAKE IT & TAKE IT JEWELRY STUDIO CLASS**

*With Jeweler Norma Radoff*

**Thurs., Jan. 18, 10am—12pm, In the COA**

Norma Radoff will provide instruction and all the supplies and tools you'll need to make a unique jewelry creation. Class size is limited. **Registration is required**, and restricted to Wayland residents. No charge.



*Tea with the Queen returns!*

**THE CROWN: SEASON 6**

**Thursdays, January 4, 11, 18, 25, & Feb. 1**

**1-3 pm in the COA**

Join us for the final season of this popular Netflix series which offers a fictional look into the workings of the Royal Family. Season 6 picks up with Diana and Prince Charles spending their first summer apart as a divorced couple, each enjoying very different holidays with their sons Prince William and Prince Harry.



We will show two approximately 50-minute episodes each week. Enjoy tea and biscuits while you watch.

**LUNCH & LEARN**

*A monthly series on current topics.*

*Bring your lunch, we will provide beverages and dessert.*

**SUSTAINABILITY:  
WHAT IS WAYLAND'S PLAN?**

*With Abigail Shute,*

**Wayland's Sustainability Manager**

**Tuesday, Jan. 23, noon, COA**



Massachusetts has set a goal of achieving net zero greenhouse gas emissions statewide by 2050. With that target in mind, Wayland has committed to reducing aggregate greenhouse gas emissions by at least 50% by the year 2030.

Come learn about Wayland's Climate Action Plan and sustainability goals. What projects are already underway? What is planned for the future? Bring your curiosity and your questions, along with your lunch.

**Reservations requested.**

**PIZZA CAFÉ**

**Wed., January 3, noon, in the COA**



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.

**Reservations required, \$5. Please reserve your seat by noon on the previous Monday.**

*Thanks to the Friends of the COA for supporting the Pizza Café*

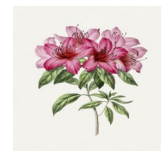
**REMINDER:** Wayland Police will collect your expired or unwanted medications before the Café, starting at 11:30am.

**EXPRESSIVE BOTANICAL  
WATERCOLOR WORKSHOP**

with Artist/Educator Angela Ackerman

**Friday, Feb. 2, 10 am—noon**

**In the COA; \$15, supplies provided or bring your own**



Enjoy a relaxed and inspiring creative experience as you learn watercolor techniques in this new workshop. Draw inspiration from flowers, and experiment with both dry and wet techniques as well as color mixing using watercolor. All levels are welcome. **Registration required.**

*COA speakers bring expertise as well as opinions; the COA does not necessarily endorse speakers' viewpoints. 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.**

### DROP-IN GAMES AND NEWSPAPERS

**Mondays, 9:30 am in person**

Drop by for cards, games, bridge (intermediate to advanced), or just for coffee and newspapers.



### GREAT COURSES

**Mondays, 1 pm in person**

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 friendly 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. Join in person or on Zoom.



## WE WELCOME YOUR WALKERS

We could use more walkers in our medical equipment loan closet. If you have one you no longer need, feel free to drop it by the Council on Aging. We get regular requests from folks who need one temporarily following a medical procedure or illness, and we will be happy to put yours to good use. Thank you!



We also have canes, shower seats, rollators, transport chairs, and wheelchairs to loan, and would gladly receive donations of these items as well.

We do not stock crutches, toileting equipment, beds, or personal products.

## THE SCIENCE OF EXTREME WEATHER

**A Great Courses Video Lecture**

**Mondays, 1—2:15 pm**

**January 8, 22, 29**

**Closed Captioning**



Thanks to an ongoing revolution in the science of meteorology, we now understand how extreme weather conditions arise with far more accurate forecasts. We're able to better protect ourselves when dangerous conditions develop because of improved forecasting tools and more accurate computer models weighing the countless data points in the ever-changing atmosphere. Learn how radar reveals storms and how satellites are able to track severe weather.

Guided by meteorologist, storm chaser, and award-winning teacher Eric R. Snodgrass of the University of Illinois at Urbana-Champaign, you learn the fundamental science that underlies blizzards, flash floods, hurricanes, tornadoes, heat waves, and more. Never again will you under- or overreact in the face of an emergency weather "watch" or "warning," because you'll understand the difference between the two, the nature of the impending threat, the reasoning behind the prediction, and the measures you need to take for protection.

**MONTHLY  
MOVIE  
MATINEE**



**NYAD**

**Wednesday, January 31, 1:30 pm in the COA**  
**Reservations required, space is limited**

A remarkable true story of tenacity, friendship and the triumph of the human spirit, NYAD recounts a riveting chapter in the life of world-class athlete Diana Nyad. Three decades after giving up marathon swimming in exchange for a prominent career as a sports journalist, at the age of 60, Diana (four-time Academy Award nominee Annette Bening) becomes obsessed with completing an epic swim that always eluded her: the 110 mile trek from Cuba to Florida, often referred to as the "Mount Everest" of swims. Determined to become the first person to finish the swim without a shark cage, Diana goes on a thrilling, four-year journey with her best friend and coach Bonnie Stoll (two-time Academy Award winner Jodie Foster) and a dedicated sailing team. (2023; PG-13; Biography, Drama; 2hrs)

*Popcorn and cold beverages are on the house!*

**COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>T'AI CHI</b> with Jon Woodward 9:30 am <b>Large Hearing Room or outdoors near Veterans' Memorial, weather permitting</b> 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>Jon Woodward is certified in traditional T'ai Chi instruction and in T'ai Chi for Better Balance</i></p>	<p><b>LOIS' FIT FOR THE FUTURE</b> with Lois Leav 10 am <b>Large Hearing Room</b> This aerobics class includes stretching, bending, and building flexibility, all set to music. <i>Lois Leav is a Certified Aerobics Instructor</i></p> <p><b>YOGA LEVEL 2</b> with Joe Scianna 12 pm <b>Large Hearing Room</b> For experienced students. Improve balance and strength, mental clarity and focus. <i>Joe Scianna is a Certified Yoga Instructor.</i></p>	<p><b>THERATUBE</b> with Ellen Cohen-Kaplan 9 am on Zoom Use resistance bands to increase range of motion and strength. Bands are easy to use for people of all abilities.</p> <p><i>Ellen Cohen-Kaplan is a Certified Personal Trainer and Registered Occupational Therapist</i></p>	<p><b>LOIS' FIT FOR THE FUTURE</b> with Lois Leav 10 am <b>Large Hearing Room</b> 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><b>SAIL: STAY ACTIVE AND INDEPENDENT FOR LIFE</b> with Joe Fish 9:30 am on Zoom Improve balance and mobility, reduce fall risk. Can be done seated. <i>Joe Fish is a Certified Instructor and Falls Prevention Specialist</i></p> <p><b>YOGA LEVEL I</b> with Joe Scianna 10 am, Lg. Hring Rm. Stretch and strengthen, improve balance, restore health. Bring a mat, or use chairs. <i>Joe Scianna is a Certified Yoga Instructor.</i></p>

*The Walking Group will walk at the Natick Mall beginning Jan. 8, 2024.*

COA Fit Club

**And don't miss....THE WALKING CLUB MONDAYS at 9:30 a.m., no fee**

The Walking Club walks at the Cochituate Rail Trail in Natick, or at the Natick Mall in winter. For information, contact Shawna Levine at 508-358-2990 or slevine@wayland.ma.us. Wear comfy 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.

**WHY FIBER IS OUR FRIEND**

It's Veganuary! This is a great time to start eating more plant-based foods. And when you do, your body will benefit from a wide range of vitamins and minerals. Fruits, vegetables, and grains are also a great source of fiber, which is an important ingredient in a healthy diet.



A study provided by Harvard Health revealed that those who ate the most fiber reduced their risk of dying from cardiac disease, stroke, type 2 diabetes, and/or colon cancer by 16- 24 percent compared to those who ate less than 10 grams of fiber per day. For every additional eight grams of dietary fiber a person consumed, the risk for each of the diseases fell even further (McManus, 2019). On average, Americans eat 10-15 grams of fiber per day, while the recommended daily amount for older women and men is between 21-30 grams, respectively.

Here are some examples of fiber sources. **Soluble fiber sources:** oats, sweet potato, asparagus, beets, broccoli, Brussels sprouts, kale, bell peppers, parsley. **Insoluble fiber sources:** brown rice, quinoa, apple, berries, canned pumpkin, cauliflower, celery, cranberries, cucumber, eggplant, spinach. **BOTH:** carrots, green beans, cabbage, mango, zucchini.

This Veganuary, give plant-based meals a try, not only for your health, but to try something new. You may be surprised by what delicious and flavorful meals you can make out of just fruits, vegetables, grains, and legumes.

By Jasmin Dieb, MCOA



## HOUSING AUTHORITY PROVIDES OPTIONS FOR ALL AGES

By Brian Boggia, Executive Director, Wayland Housing Authority

Since its incorporation in 1970, the Wayland Housing Authority (WHA) has provided, maintained, administered, and advocated for housing for low- and moderate-income people in Wayland. The WHA, as a public authority, administers several housing programs for the Town, including:

- Bent Park Elderly And Disabled Housing
- Cochituate Village Apartments Elderly And Disabled Housing
- Family Scattered Site Public Housing
- Section 8 Voucher Rental Assistance Programs, a federal program that pays rent to private landlords for qualified low-income tenants.

The WHA also participates in the federal Family Self-Sufficiency (FSS) program. The FSS program encourages communities to develop local strategies to help Section 8 and public housing residents. Equally important, the FSS program provides support services and information to Section 8 voucher families to help them obtain employment that will lead to economic independence and self-sufficiency. The WHA has a part-time FSS Caseworker to manage the program.

Many people are not familiar with how public housing programs work, or what the requirements are. The WHA raises its operating funds from rent revenue and operating subsidies from the federal Housing and Urban Development (HUD) agency. Capital improvements are funded by HUD, or from operating reserves, or with use of a commercial loan. Occasionally, the WHA may request monies from already-collected Community Preservation Act funds. A minimum of 10% of funds collected by the Community Preservation Act are dedicated to affordable housing, with a preference for preserving or rehabilitating existing housing units over creating new.

Anyone who wishes to be considered for public housing must submit an application and supporting documentation. All waiting lists are currently open. To apply for public rental housing and Section 8 rental vouchers, visit the WHA office or download an application from our web page. All WHA-administered housing programs have a local resident preference.



Talk of the Town

Featuring news from a different Town department each month

View a recorded presentation about housing in Wayland here:

<https://www.youtube.com/watch?v=ChrSJ9rrlCM>

### Can I Still Change My Medicare Plan?

Medicare's Fall Open Enrollment Period has ended, but you may still be able to change plans during 2024. Please call the COA for a SHINE appointment if you would like to discuss your situation. Below are some opportunities to change plans during the year:

**Exceptional Circumstances:** If you think you made the wrong plan choice because of inaccurate or misleading information, you can call 1-800-MEDICARE to request enrollment in another plan.

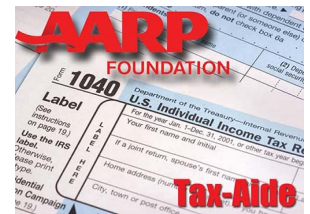
**Medicare Advantage Open Enrollment:** If you are in a Medicare Advantage (HMO or PPO) plan at the beginning of the year, a change can be made from January 1 through the end of March.

For **Prescription Advantage** members or those getting "**Extra Help**" paying for prescription drugs: You can change your Medicare Advantage plan or drug plan during the year.

**Medigap Plan:** You can enroll in a Medigap plan or switch to a different plan throughout the year.

### 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).

**Starting Wednesday, Jan. 17, 2024, Wayland residents** may contact the COA at [coa@wayland.ma.us](mailto:coa@wayland.ma.us) or 508-358-2990 to book an appointment. Non-Wayland residents may call starting on Thursday, Feb. 1, 2024.

Appointments will be held on Fridays from February through April at the Town Building in the Large Hearing Room.

**Springwell (formerly BayPath):** 508-573-7200

**Behavioral Health Help Line:** 833-773-2445

**Caregiving Resources:** [www.caregivingmetrowest.org](http://www.caregivingmetrowest.org)

**Domestic Violence Hotline:** 1-877-785-2020 or visit  
[www.domesticviolenceroundtable.org](http://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 Dial A Ride:** 508-820-4650

**MWRTA Fixed Route Buses:** 508-935-2222

**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

**West Suburban Veterans Services:** 781-489-7509

Visit [www.Mass.gov/isol8](http://www.Mass.gov/isol8) for up-to-date, all-ages Covid 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](mailto: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; Open Table, Maynard: 978-369-2275



## TRANSPORTATION OPTIONS



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

**New MCOA Grant:** Through a transportation grant from the Massachusetts Councils on Aging (MCOA), we can provide needed transportation services for specific purposes when no other options are available. Please call the COA for details.

**COA Taxi Program:** A grant from Mass Development pays the taxi fare for trips to medical appointments 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).

**MWRTA Dial-a-Ride:** Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. Typically, rides cost \$2, \$3 or \$5 each way based on destination. Pre-register with MWRTA 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. Get 40% off metered fare by purchasing taxi vouchers in advance from the COA for taxi trips to medical appointments using JFK Transportation and Tommy's Taxi. Gratuity not included. Vouchers to Boston hospitals are a flat rate of \$51 one way (these do include gratuity). Schedule rides directly through JFK Transportation at 508-653-4500 or Tommy's Taxi at 508-872-3500; tell them you are using vouchers.

## WAYLAND COA STAFF

Director: Julie Secord, M-F  
[jsecord@wayland.ma.us](mailto:jsecord@wayland.ma.us)

Office Coordinator: Paula Winn, M-F  
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Outreach Coordinator: Maura Snyder, M-F  
[msnyder@wayland.ma.us](mailto:msnyder@wayland.ma.us)

Project Coordinator: Shawna Levine, M-Th  
[slevine@wayland.ma.us](mailto:slevine@wayland.ma.us)

Community Relations Coordinator: Ann Gordon, T-Th  
[agordon@wayland.ma.us](mailto:agordon@wayland.ma.us)

Program Assistant: Lillian DePasquale, W-F  
[ldepasquale@wayland.ma.us](mailto:ldepasquale@wayland.ma.us)

SHINE Counselors: Judi Bieber, Irene Cramer, Penny Wilson, Kathleen Woehrling

## WAYLAND COUNCIL ON AGING BOARD

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

**Next Meeting: TBA**

## SENIOR TAX RELIEF COMMITTEE

This Select Board-appointed committee meets quarterly. Susan Rufo, Chair; Joel Rosenhaus, Vice Chair; Ann Gilbert, Clerk; Joan Bradford; Markey Burke; Pauline DiCesare; Valrie Rose Thompson

**Next Meeting: TBA**

## WEST SUBURBAN VETERANS SERVICES

District Office 781-489-7509  
Sarada Kalpee, Director  
TJ Tedeschi, Veterans Service Officer

## FRIENDS OF THE WAYLAND COA

Adults age 60 and over represent 29% 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](http://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

### Food Support for Wayland Residents

The Wayland COA is partnering with Open Table Food Pantry to provide free groceries and prepared meals to Wayland seniors in need. If your food budget is stretched thin and you could use help with groceries and meals, contact COA Outreach Coordinator Maura Snyder at 508-358-2990. The COA can help you place orders for groceries or meals, and our volunteers will deliver the food to you on Thursdays. Please contact Maura Snyder at the Wayland COA if you have questions or would like to learn more.



### Do You Need Help Paying Your Heating Bills?



Households with limited income may be eligible for help with winter home heating bills through assistance programs at SMOC — South Middlesex Opportunity Council.

Eligibility for the Low Income Home Energy Assistance Program (LIHEAP) is based on the total gross annual income for an entire household. Eligibility limits for FY24 are \$45,392 for households of one, and \$59,359 for households of two. To learn more or for help with your application, contact the COA's Outreach Coordinator Maura Snyder at 508-358-2990, or South Middlesex Opportunity Council (SMOC) at 508-620-2342 or email [fueldocs@smoc.org](mailto:fueldocs@smoc.org).

### Sages & Seekers: Seeking Seniors

Sages & Seekers is a highly acclaimed national program that matches older adults—Sages—with high school seniors—Seekers—in a multi-week program of guided conversation. Sages share life experiences while Seekers develop interviewing, listening, writing and public speaking skills. Wayland High School is offering the 8-week Sages and Seekers program in person from February 26 through April 29, 2024. To find out more or sign up, contact Janet Carmichael at 508-397-3446 or [sagesandseekerswhs@gmail.com](mailto:sagesandseekerswhs@gmail.com).

### BURIED IN TREASURES WORKSHOP For People Who Struggle with Excessive Clutter Beginning March 14, 2024

Information Session: Feb. 15, 2024, 11 a.m.  
Natick Community Center  
117 E. Central St., Natick



Do you avoid having friends or family over because your home is excessively cluttered? Do you have trouble getting rid of stuff? Do you buy more than you need?

Wayland COA Outreach Coordinator Maura Snyder will co-lead a 16-week workshop for people who struggle with excessive clutter. Research shows that using the book *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding* in a structured group is one of the most effective ways to address this disorder.

The group will meet on Thursdays from 11 a.m. to 1 p.m. starting March 14, 2024, at the Natick Community Center. Participants are required to have the book *Buried in Treasures* by David Tolin, Randy Frost, and Gail Steketee. Some copies may be available if cost is an issue.


**To ask questions or register for the Information Session**, call Natick COA Asst. Director Debbie Budd at 508-647-6540, ext. 1906.

### Workshop on Domestic Abuse and Coercive Control Sun., Jan. 7, 2 - 4 pm. First Parish in Wayland and Zoom

Wayland's Human Rights, Diversity, Equity and Inclusion Committee is hosting a workshop on how to identify domestic abuse/coercive control — a deliberate pattern of behavior that involves many forms of abuse, control, intimidation, and isolation. It is about systematically dominating and controlling another person. Learn steps you can take if you suspect a family member, friend or colleague is a victim of domestic abuse or coercive control.

RSVP if possible to [mborkowski@wayland.ma.us](mailto:mborkowski@wayland.ma.us).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>  <b>New Year's Day Town Offices Closed</b>	<b>2</b> 8:00am <b>Line Dancing</b> 10:00am <b>Fit 4 Future</b> 12:00pm <b>Yoga Level 2</b> 10:30am <b>Knit Together</b> 2:00pm <b>Cooking as Self-care: One Pot Meals</b>	<b>3</b> 9:00am <b>Theratube</b> 11:30am <b>Med Take-Back</b> 12:00pm <b>Pizza Cafe</b>	<b>4</b> 10:00am <b>Fit 4 Future in the COA</b> 1:00pm <b>The Crown</b>	<b>5</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga I</b>
<b>7</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>8</b> 9:30am: <b>Drop-In Games &amp; Papers</b> 9:30am: <b>Walking Club</b> 9:30am <b>T'ai Chi</b> 1:00pm <b>Great Courses</b> 2:00pm <b>Connections</b>	<b>9</b> 8:00am <b>Cooking as Self-care: Bowl of Goodness</b> 10:00am <b>Fit 4 Future</b> 12:00pm <b>Yoga Level 2</b> 10:30am <b>Knit Together</b> 1:00pm <b>Genealogy</b> 2:00pm <b>Line Dancing</b>	<b>10</b> 9:00am <b>Theratube</b>	<b>11</b> 10:00am <b>Fit 4 Future</b> 1:00pm <b>The Crown</b>  <i>Trip to Boston Symphony</i>	<b>12</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga I</b>
<b>14</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>15</b> <b>MLK Jr. Holiday Town Offices Closed</b>	<b>16</b> 8:00am <b>How Emotions are Made</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 12:00pm <b>Yoga Level 2</b> 1:00pm <b>Armchair Travel</b> 2:00pm <b>Farming and Conservation in NE</b>	<b>17</b> 9:00am <b>Theratube</b> 10:00am <b>Plant a Pollinator Garden</b>	<b>18</b> 10:00am <b>Fit 4 Future</b> 10:00am <b>Jewelry Workshop</b> 1:00pm <b>The Crown</b>	<b>19</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga I</b>
<b>21</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>22</b> 9:30am: <b>Drop-In Games &amp; Papers</b> 9:30am: <b>Walking Club</b> 9:30am <b>T'ai Chi</b> 1:00pm <b>Great Courses</b> 2:00pm <b>Connections</b>  <i>Trip to Market Basket</i>	<b>23</b> 8:00am <b>Farming and Conservation in NE</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 12:00pm <b>Yoga Level 2</b> 12:00pm: <b>Lunch &amp; Learn</b> 1:00pm <b>Genealogy</b> 2:00pm <b>How Emotions are Made</b>	<b>24</b> 9:00am <b>Theratube</b>	<b>25</b> 10:00am <b>Fit 4 Future</b> 1:00pm <b>The Crown</b>	<b>26</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga I</b>
<b>28</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>29</b> 9:30am: <b>Drop-In Games &amp; Papers</b> 9:30am: <b>Walking Club</b> 9:30am <b>T'ai Chi</b> 1:00pm <b>Great Courses</b> 2:00pm <b>Connections</b>	<b>30</b> 8:00am <b>Cooking as Self-Care: Bowl of Goodness</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 12:00pm <b>Yoga Level 2</b> 2:00pm <b>Cooking as Self-care: One Pot Meals</b>	<b>31</b> 9:00am <b>Theratube</b> 1:30pm <b>Movie: NYAD</b>	<b>KEY:</b> <b>WayCam TV—Red</b> <b>Zoom—Blue</b> <b>In person—Green</b> <b>Hybrid—Magenta</b> <b>(in-person &amp; Zoom)</b>	Watch WayCam TV on Verizon Channel 37 or Comcast Channel 8, or at <a href="http://www.waycam.tv/live">www.waycam.tv/live</a>



## TRIPS AND VIRTUAL TRIPS

**Mondays: January 22 and February 26: 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.

**Thursday, January 11: Boston Symphony Open Rehearsal:** We provide transportation on our van for the Thursday morning open rehearsals. Depart COA at 9:00 am for the 10:30 am concert. Return is approximately 1:00 pm depending on the length of the rehearsal. The cost is \$20.00 for transportation to each concert. The final two dates are February 29 and April 18. Riders must purchase their own Boston Symphony subscription or tickets to individual concerts: **Box office 888-266-1200 or [WWW.BSO.ORG](http://WWW.BSO.ORG)**

**Thursday, February 15: Harvard Museum of Natural History.** Depart COA at 9:00 am. Return by 2:00 pm. Cost: \$25 for admission and transportation. The Harvard Museum of Natural History's mission is to enhance public understanding and appreciation of the natural world and the human place in it, sparking curiosity and a spirit of discovery in people of all ages. Visit the new exhibits *Swimming with Sharks* and *In Search of Thoreau's Flowers*, as well as the popular Glass Flowers gallery. Find your birthstone gem in the newly renovated mineral gallery, and view dinosaur fossils in the paleontology gallery. Admission to the Peabody Museum at Harvard is included.



**Tuesday, March 19: See Bruce Springsteen at The Boch Wang Center in Boston. (Well, his portraits, that is)** Depart 9:15 am. Return at 2:00 pm. Cost; \$25 for admission, tour and transportation. The Boch Center is guardian of the historic Wang and Shubert Theatres as well as home to a living music museum, the *Folk Americana Roots Hall of Fame*. Standing on one of largest stages in the United States is a true highlight of the tour. In addition to the theatre's rich beauty and history, there are over five exhibits throughout the theatre celebrating music history and demonstrating that Boston is a music city. One highlight exhibit is a collection of over 40 photos of Bruce Springsteen by six notable photographers entitled "Bruce Springsteen: Portraits of an American Music Icon." Although the tour makes frequent stops, there is a lot of walking and you will be on your feet for the majority of an hour.

**COA Trip Policy:** Payment is required at the time of 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 will be given only if your spot is filled.

### ARMCHAIR TRAVEL: VISITING THE GALAPAGOS ISLANDS

with guest hosts **Mai-Lan & Hendrik Broekman**

**Tuesday, January 16, 1:00 p.m.**

**In person at the COA and on Zoom**



Join us as Mai-Lan and Hendrik Broekman share photos and experiences from their trip to the Galapagos Islands. Here is the program description in their own words: *In 2019, we spent a week aboard a 16-person catamaran exploring some of the islands that make up the Galápagos, in Ecuador. By small boat, kayak, snorkeling and on foot we moved amidst an incredible proliferation of fearless wildlife, most unique to the islands. Among other experiences, we swam with Galápagos sea lions, sea turtles and marine iguanas. We were also able to walk close to courting blue footed boobies, flightless cormorants tending their nests, marine iguanas taking their leisure and, of course, the giant land tortoises that give the islands the name by which we know them - the Galápagos. We were also lucky to stumble into the mating dance of the waved albatross, which occurs on only two islands in the world. Through videos and still photos, we hope to share this incredible adventure with you. (Hendrik Broekman is an avid amateur photographer and a member of the Sudbury Valley Nature Photographers; you may have seen some of his work on exhibit in the Wayland Library).* **Registration is required.**

**Coming in February:**

**Judy Bennett returns as guest host with a presentation on her trip to Budapest.**

## Coming in February



### **WE LOVE MARDI GRAS** with the **Riverboat Stompers Jazz Band!**

**Tue., Feb. 13, 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 and Valentine's Day. Wear your favorite mask or Valentine's Day attire and we will provide the beads.

Once again, we will be making the famous Hurricane Mocktail in addition to themed snacks and desserts. You will be entertained by the fabulous Riverboat Stompers Jazz Band who specialize in traditional Dixieland Jazz. Much of the band's repertoire is from the early New Orleans jazz legends, including plenty of up-tempo instrumentals and vocals with amusing lyrics.

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

### **THE GILDED AGE:**

**Season 2**

**Thursdays,**

**February 8, 15, 22, and 29**

**1-3 pm at the COA**



The American Gilded Age was a period of immense economic change, great conflict between the old ways and brand new systems, and huge fortunes were made and lost.

In 1882, young Marian Brook moves to New York City to live with her aunts Agnes van Rhijn and Ada Brook. Marian inadvertently becomes enmeshed in a social war between one of her aunts, a scion of the old money set, and her stupendously rich neighbors, a ruthless railroad tycoon and his ambitious wife, George and Bertha Russell. In Season 2 of *The Gilded Age*, Bertha inches toward a leading role in society, Marian starts teaching, Ada begins a new courtship, and Peggy taps into her activist spirit.

This HBO Max series was created by Julian Fellowes of *Downton Abbey* fame and stars Christine Baranski, Cynthia Nixon and Carrie Coon. We will show two episode each week.

#### **The Wayland COA News**

A monthly publication from  
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Wayland MA 01778  
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[www.wayland.ma.us/council-aging](http://www.wayland.ma.us/council-aging)

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