



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

FEBRUARY 2021

What Makes You Resilient?

We have some interesting programs coming up in February on a range of topics, including the music of civil rights, Chinese New Year (including a cooking demonstration), and a grab-and-go lunch (fully booked, see p. 3).

On Wed., Feb. 17 we offer a program on Zoom called *Building Resilience: What We've Learned From Living Through a Pandemic*. Led by Wayland resident and aging life-care professional Joan Harris, the interactive workshop will be a chance to think about the skills we've developed over the past year, and how we might use those skills going forward into 2021.

What lessons have you learned from living through a pandemic? We've been inspired by many of you as you've learned new things (like how to use Zoom), adapted your routines (like attending exercise classes outdoors), and kept in touch with us and with one another by phone or Facetime, by Zoom, or by meeting safely outdoors.

Resilience is like a muscle: the more you use it, the stronger it gets. Join us on Feb. 17 to learn and share lessons about what helps you feel and stay resilient.

Your COA Staff:

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

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FRIENDS OF THE COA LAUNCHES FREE ZOOM SOCIAL EVENTS

An Evening of Bourbon: A Virtual Tasting! See details on p. 12

A COVID VACCINE UPDATE FROM THE TOWN OF WAYLAND

The Town of Wayland is taking steps necessary to provide a COVID-19 vaccination clinic in town. Senior staff are getting the logistics in place for when the vaccine is available to us (that date is still unknown). In addition, the State is creating a comprehensive website with information for all clinics, including how to sign up for an appointment. The Town will provide details as soon as they are known. Meanwhile, you can follow the most up-to-date information at www.mass.gov/info-details/covid-19-updates-and-information or www.wayland.ma.us/health-department.

The Wayland Council on Aging

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

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

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

Happenings

Building Resilience: What We've Learned from Living Through a Pandemic

An Interactive Workshop
with Joan Harris, LSW, MBA, CMC
Wednesday, February 17, 1:30 pm

Let's chat about what we've done so far to weather the crisis and discuss strategies for thriving in the months and years ahead. What will you do after COVID? How might the pandemic shape future planning? Joan Harris, LSW, MBA, CMC will present useful information and share strategies for staying safe and moving forward through 2021.



An interactive workshop and discussion will follow the presentation with tips and ideas to help you develop your own action plan. Zoom sign-up information is on page 8.

The Music of Civil Rights

John Clark's Great American Music Experience

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



What role did music play in the civil rights movement? During the '50s and '60s, civil rights anthems like *We Shall Overcome*, *Eyes on the Prize* and *Blowin' in the Wind*, as well as the music of Bob Dylan, brought racial issues to even greater national attention. Oscar Hammerstein and Nat King Cole wrote powerful songs in response to racial incidents. There's Sam Cooke's *A Change Is Gonna Come* and James Brown's *Say It Loud, I'm Black and I'm Proud*. Also included are noteworthy songs by Paul Robeson, Mahalia Jackson, Odetta, Curtis Mayfield, Janis Ian, Sly & the Family Stone and Nina Simone as well as fiery protest poetry by spoken word artists Gil Scott-Heron and the Last Poets. Zoom sign-up information is on page 8. Join us!

Zoom With Whom?

RUSSELL'S GARDEN CENTER
Thursday, February 25, 1:30pm



Russell's Garden Center has been an integral part of life in Wayland since 1876 when Lewis Samuel Russell, a butcher, grew vegetables to sell. It evolved over the years into a wholesaler of cut flowers, with a small farm stand, and then transformed into today's extensive garden center and iconic destination.



How does a garden center plan ahead for different seasons? How do they know how many Christmas trees to buy? How does the Farmer's Market work? How did the operation pivot for COVID? Bring your stories, memories, and questions about Russell's — its history, its operations, its future plans — to our Zoom With Whom session.

Chinese New Year Celebration & Cooking

with Roberta Hing

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



Kung Hay Fat Choy! Join us in celebrating Chinese New Year—the Year of the Ox. Roberta Hing will explain many of the traditions surrounding the holiday and also share her family's immigration story. Then, we will learn how to make delicious dumplings—one of the many symbolic foods eaten during the holiday. We'll also make simple dipping sauces to go with them. Once you sign up you will receive the recipes to cook along with Roberta or simply watch and ask questions so you can make them on your own. Roberta has been teaching cooking for over twenty years. She was trained by her mother who was born in China. Don't miss this fun celebration! Zoom sign-up information is on p. 8.

Pushing the Envelope: A History of the Post Office through Stamps

Presented by the Spellman Museum of Stamps and Postal History

Thursday, March 4, 2021, 1:30 PM on Zoom



View images of vintage US postage stamps and learn about the history of the US Post Office from the first letters carried on the Boston Post Road to the current postal challenges. Hear about the work of Benjamin Franklin, the expansion of the Post Office after the Revolution, the introduction of home delivery, the short-lived Pony Express, the carrying of mail by railroads, buses, boats, trolleys, rockets, dog sleds, camels and mules. Zoom sign-up information is on p. 8.

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

Engaging and Connecting

RUSSIA: MYTHS, MYSTERIES AND SPYING
Part 2: Q&A WITH HENRY QUINLAN
Thursday, February 4, 3:00pm, on Zoom

In January we shared a video presentation by Russia expert Henry Quinlan. Now, he'll give a brief overview of that presentation and take your questions, live on Zoom. If you missed his presentation, watch it on WayCam TV on Feb. 2 at 4pm. Join in this fascinating conversation about a complex and intriguing country where Henry lived and worked for decades. Details about Zoom sign-up and WayCam TV are on p. 8.


COMING IN MARCH
St. Patrick's Day Drive-Through Lunch
Wednesday, March 17, 12—1pm
Art Matters: American Art, Part II
Thursday, March 25, 1:30pm

Watch for details in our March newsletter

GRAB & GO VALENTINE'S LUNCH:
A TREAT FOR YOU AND YOUR HEART
Wed., February 10, noon – 1 pm


Thanks to all those who signed up for this fun event; registration is now closed. To celebrate Valentine's Day and American Heart Month, *Heart to Home Meals* is providing a free drive-through frozen lunch.

If you signed up and can't make it, please contact us at coa@wayland.ma.us or 508-358-2990 so we can offer your spot to someone else. Easy curbside pickup will be in front of the Town Building. Please come at your assigned time. **You MUST enter from Route 27. There will be no access to the front of the building from Pelham Island Road. Please follow the signs indicating the traffic pattern.**


Ongoing Programs on Zoom

(See p. 8 for how to sign up for Zoom programs.)

GREAT COURSES: Warriors, Queens and Intellectuals

Mondays, 1pm (Feb. 1, 8, 22), Closed Captioning
 Step back and view history through the stories of women prior to 15th century who changed the world with their ideas, their leadership, and their sacrifices.

ARMCHAIR TRAVEL GROUP

Tuesdays, 1pm

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

COA SOCIAL GROUP

Thursdays, 10:30am

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

GRANDPARENTS GROUP

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

Feb. Highlights on WayCam.TV

IN-Sights on Verizon Channel 37 or Comcast 8
 See Calendar on p. 9 for program dates and times.

Fitness:

- > Joe Fish Fitness Series (see p. 4)
 - > Chair Yoga with Nancy Wind
 - > **NEW!** Line Dancing with Kari McHugh
- Always check with your physician before beginning a new fitness routine.*


Mass. Councils on Aging Offers New Series:

- > Cooking as Self-Care. In Feb.: *One Pot, One Pan*

Zoom Tutorial: Learn to Zoom!
Tax Relief Options:

- > Circuit Breaker w/ Brian Lynch, Dept. of Revenue
- > Wayland Assessors: Updates on Statutory Exemptions, Town Match

Russia: Myths, Mysteries and Spying
DID YOU KNOW?

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

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

Health & Fitness

FREE COA FITNESS CLASSES AVAILABLE ONLINE

TAI CHI**Wednesdays, 1:15pm, on Zoom**

Calvin Chin's Martial Arts Academy
Lucien Zoll, Senior Instructor for Wayland

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

THERATUBE**Wednesdays, 9am-10am, on Zoom**

Instructor: Ellen Cohen Kaplan
Certified Personal Trainer, OTR
Work safely with your resistance bands to increase range of motion and strength. Bands are easy to use for people of all abilities.

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

Instructor: Ellen Cohen Kaplan
Certified Personal Trainer, OTR
Join this fun cardio class and dance your way to fitness with Latin music.



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

EXERCISE with FISH FITNESS on WayCamTV

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

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

The Walking Club will resume on April 5, 2021.
Watch the newsletter for information about Fit for the Future.

MEMORY CAFES OFFER WELCOMING PLACES, VIRTUALLY

A memory café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends. Memory cafés offered by Jewish Family & Children's Services in the Boston region typically meet at a variety of places including coffeehouses, museums, or community organizations. During COVID, they meet online.



Each memory café is different. Some cafés invite guest artists, some offer education about memory changes, and some are just for relaxing and chatting. But all cafés share one goal: to help guests feel comfortable and to know that they are not alone. Cafés are a place to talk with others who understand what you are going through, to forget about limitations and instead focus on strengths, to enjoy other's company, and to explore something new.

To learn more about Memory Cafés, visit the JF&CS website at www.jfcsboston.org.

News and Updates

STAYING SAFE: FIRE PITS AND FIREPLACES

During the winter months, I like nothing more than to spend time with my family and friends (COVID-safe) next to a warm fire, or if you're like my girlfriend, sitting directly in front of the fire. Fireplaces and fire pits have long been a way to keep warm and act as a focal point for people to gather around and socialize. Whatever your reason for creating fire, here are a few safety tips to help stay safe.



When setting up an outdoor fire pit, choose a location away from any structure or woods that could easily catch fire from radiant heat and embers that may escape the pit. Never fill the fire pit over the top with wood, keep it manageable. Stick with burning clean wood; large embers from burning leaves and paper will take off from the pit, increasing the chances of an accidental fire elsewhere. Never use an accelerant to get a fire started. Vapor from the accelerant can build up quickly causing an explosion when you light it. Always have a charged garden hose or bucket of water nearby if anything gets out of control.

Set a safety perimeter around the fire pit for children so they know how close they can safely go. Finally, never leave a fire pit burning, make sure to properly extinguish it when you're done.

Fireplaces should be cleaned and inspected before each burning season. A chimney with creosote buildup inside can combust, fire will move up the flue and spread inside. Always burn seasoned clean wood; a fireplace is not an incinerator for any kind of trash or construction waste. Make sure your fireplace has a screen or doors to keep burning embers from ending up on anything combustible. Never leave your home or go to bed with a fire still burning in your fireplace. Children in the home should know, even though a fireplace is enjoyable to be around, it can hurt you if you're not careful. Respect all fire you create and be responsible.

Todd Winner, Wayland Fire Dept., Senior SAFE Team

ARE YOU ZOOMING? IF NOT, WOULD YOU LIKE TO LEARN?

These days, a lot is happening on Zoom, which allows groups to see and talk together over the computer. Zoom also offers people the option to participate by phone. If you'd like some help learning to use Zoom, a friendly volunteer can help you over the phone. Just let us know by calling the COA at 508-358-2990 or email at coa@wayland.ma.us.

DO YOU NEED HELP WITH YOUR TAXES?

The AARP Foundation Tax-Aide Program will begin on Feb. 15, rather than Feb. 1 as initially planned. This program offers a free tax prep service for low- to moderate-income taxpayers who have **basic** Federal and/or state income tax returns. "Basic" means no returns involving rental property, trust and partnership K-1 forms that report income other than interest.



You must have an appointment. Please call the COA at 508-358-2990 to book your appointment; non-Wayland residents may call beginning Feb. 15. Appointments will be held in the Town Building Large Hearing Room and will adhere to COVID CDC guidelines including use of masks and social distancing. Because the program is subject to change according to evolving COVID guidelines, we advise clients to have a back-up plan for completing their returns.

FY2021 SENIOR PROPERTY TAX WORK-OFF PROGRAM CANCELLED

The ongoing challenges presented by the pandemic have forced the cancellation of the tax work-off program for this fiscal year. With Town Buildings still closed and most employees working remotely, we have made the difficult decision not to offer this program in FY2021.

We are optimistic that we will be able to resume in FY22. Information on the FY22 program will be available this spring after Town Meeting. If you have questions, please contact Shawna Levine at slevine@wayland.ma.us or 508-358-2990.

Thank you to everyone who makes this important program possible. We look forward to working together again in the next fiscal year.

Resources

BayPath Elder Services: 508-573-7200

Caregiving Resources: www.caregivingmetrowest.org

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

Elder Abuse Hotline: 1-800-922-2275

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

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

Medicare: 1-800-633-4227

MetroWest Legal Services: 508-620-1830

MWRTA Fixed Route Buses: 508-935-2222

MWRTA Dial A Ride: 508-820-4650

Social Security: 1-800-772-1213

State Senator Rebecca Rausch: 617-722-1555

Representative Carmine Gentile: 617-722-2014

Representative Alice Peisch: 617-722-2070

Wayland Community Fund: 508-358-3624

Wayland Council on Aging: 508-358-2990

Wayland Housing Authority: 508-655-6310

COVID-RELATED RESOURCES

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

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

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

Parmenter Food Pantry: 508-358-3001

Celebration Church Food Pantry: 508-318-4769

Resources

TRANSPORTATION OPTIONS



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

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

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

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

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

Q&A with the COA

What would you like to know? Just ask us!

Q. How can I keep up with COA news? I heard there's a weekly email?

That's right. In addition to this monthly newsletter, we also send out a weekly email, or eblast. The eblast includes the schedule of programs for the coming week, along with information about how to sign up, and brief updates about things we know you're interested in, like flu shots. We aim to keep the eblast short and sweet, so it is useful and not overwhelming. Sign up by contacting us at 508-358-2990 or coa@wayland.ma.us.

We also suggest you take a look at our website: www.waylandcoa.org. It includes lots of helpful information, our calendar of programs and events, a link to all our newsletters online, suggestions for fun things to do at home during the pandemic, and a lot more. We welcome your suggestions!

SMOC PROGRAM OFFERS HELP COVERING THE COST OF WINTER HEAT



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

How To Access COA Programs

zoom How to Sign Up for Zoom Events



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

How to Access Events on WayCamTV



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

How to Join In-Person Events

Social Distance



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

WAYLAND COA STAFF

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Penny Wilson, Kathleen Woehrling

WAYLAND COUNCIL ON AGING BOARD

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

Next Meeting:

Wednesday, Feb. 3, 1:00 pm

FRIENDS OF THE WAYLAND COA, INC.

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

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

SENIOR TAX RELIEF COMMITTEE

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

Next Meeting: Tuesday, March 16, 10:00am

West Suburban Veterans Svcs. District

781-489-7509

Nancy Blanchard, Director

In Wayland Tues. 9am—4pm, 781-850-5504



February COA Activities

SUNDAY	Monday	Tuesday	Wednesday	Thursday
	1 1:00pm Great Courses	2 8:00am Zoom Tutori-als / Hoopla & Libby 1pm Armchair Travel 4pm Russia: Myths, Mysteries & Spying*	3 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi 1:00pm Music of Civil Rights	4 10:30am Social Group 3pm Russia Q&A with Henry Quinlan
7 8:00am Fish Fitness 4:00pm Chair Yoga w Nancy Wind	8 1:00pm Great Courses	9 8:00am Chair Yoga / Fish Fitness 1pm Armchair Travel 4:00pm SHINE presents Rx Advantage	10 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi 12-1pm Valentine's Grab & Go Lunch	11 10:30am Social Group
14 8:00am Acton Sr. Ctr. Line Dancing 4:00pm Cooking as Self-Care: One Pot One Pan	15 President's Day Holiday COA and Town Building Closed	16 8:00am Fish Fitness 1pm Armchair Travel 4:00pm Chair Yoga w Nancy Wind	17 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi 1:30pm Building Resilience	18 10:30am Social Group 1:30pm Chinese New Year & Cooking
21 8:00am Chair Yoga / Fish Fitness 4:00pm Zoom Tutori-als / Hoopla & Libby	22 1:00pm Great Courses	23 8:00am Fish Fitness 1pm Armchair Travel 4:00pm Sr. Tax Relief Options w Brian Lynch	24 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi	25 10:30am Social Group 1:30pm Zoom with Whom
28 8:00am Cooking as Self-Care: One Pot One Pan 4:00pm Acton Sr. Ctr. Line Dancing		* After viewing the Russia presentation, sign up for a live Q&A with the presenter, Henry Quinlan. See p. 3 for details.	KEY: WayCam TV—Red Zoom—Blue In person—Green	

Trips and Travel



Wayland on the Move and at Home

Zoom Armchair Travel Group

Every Tuesday at 1:00 pm

Join fellow travelers as we continue our virtual journey. This month we move all around the globe from South America to the Caribbean, Great Britain and back to the USA. To make your reservation, email us at coa@wayland.ma.us or call the COA at 508-358-2990. We will send you a link to join by computer or on a call-in phone line. If you would like to share pictures and stories from a special trip that you took, please let us know. We are always looking for guest hosts!

February 2: Chile: Rodrigo Burgos will take us on a tour to his birth land. We will travel through Chile's beautiful landscape, learn some history and touch on current affairs.

February 9: Aruba: Escape the cold New England winter with guest host Judy Currier as we head to sunny Aruba.

February 16: Amazing Adventures in Architecture with Susan Wagner. Bridges are the topic this month as Susan presents the history and architecture of the Leonard P. Zakim Bunker Hill Memorial Bridge, the Brooklyn Bridge, and an overview of rope bridges.

February 23: The History of the English Country House with Guest Host Margaret Dergalis. Margaret takes you out of London to view the palatial homes and gardens of the English aristocracy through the ages.

Wayland Back on the Move (hopefully!)



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

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

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

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

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



An Evening with Bourbon
Thursday, Feb. 11, 7 to 8:30pm, on Zoom
Brought to you by The Friends of the Wayland Council on Aging



Do you know how bourbon is made? Or how to recognize major styles? Would you like to learn how to make appealing cocktails with highly rated labels for every budget? Join the Friends of the Wayland COA as John Shaw, Total Wine Certified Spirit Professional, leads a virtual tasting on Zoom and shares his knowledge and insights about this uniquely American spirit.

You don't need to be a bourbon aficionado to enjoy learning about this spirit that has been distilled in the US since the 18th century. Whether you use John's list of labels to create your own tasting, or simply want a fun way to learn something new, everyone can enjoy the evening together. Reservations required, see below for details. Free of charge.

The Friends of the Wayland Council on Aging is launching a series of free Zoom social events to bring us together during this time of COVID. Watch for more fun events coming up!

To join us for this free event, just request a Zoom eVite at www.friendsofwaylandcoa.org/event or contact John Shaw at colonialdrummer1@comcast.net. The Friends will send you instructions for how to join the event, as well as a list of the bourbons and cocktails John will discuss.



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

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

The Wayland COA News

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