



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

FEBRUARY 2022

All You Need is Love

Over these past few months, the world has lost a number of prominent figures, including the beloved Betty White just days before her 100th birthday. Here at the COA, we've also lost more than a few local friends recently. We know that many of you are also missing a loved one or friend, whether it is a recent loss or one you've learned to live with over many years.

Valentine's Day celebrates love. During these cold winter days, may we think of those we love—both here and gone—and feel love's warmth.

This month we have some wonderful programs scheduled, including a COA favorite — Michael Goodwin — on great love songs of the musical theater. We also welcome back Dietician Traci Robidoux whose nutrition programs are always popular. We continue to adhere to Covid safety guidelines for all our in-person programs.

We look forward to connecting this month, either in person or virtually. We are just a phone call away; call us even if it is just to say hello!

Your COA Staff:

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

THE CHANGING STORY OF THE FIRE SERVICE Wayland Fire Chief Neil McPherson Thursday, February 17, 11:00 a.m. In Person in the COA and on Zoom



Chief Neil McPherson

The Wayland Fire Department receives between 3,000 and 4,000 calls for service each year. Those calls represent a wide range of requests for assistance from Wayland residents.

The role of the Fire Department has changed over the years, as new equipment, new technology, and new challenges emerge. Learn from Chief McPherson what it means to be a firefighter in Wayland today. **Registration is required.**

Our Snow Cancellation Policy

If Wayland Public Schools are closed due to winter weather, our programs — including remote programs — are cancelled. If the Town Building is open, staff will be available for information and referral.

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The Wayland Council on Aging

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

The Wayland Council on Aging
41 Cochituate Road
Wayland, MA 01778
508-358-2990

coa@wayland.ma.us

www.wayland.ma.us/council-aging

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

PLEASE NOTE: As Covid protocols change, the manner in which we offer our programs — in person or remote — may also change. We will contact registered participants about changes. Please check with us if you have questions.

THE GREAT LOVE SONGS OF MUSICAL THEATER
With Michael Goodwin
Wed., February 9, 1:30 p.m.
At the COA



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

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

Enjoy special Valentine's Day refreshments.
Registration is required. \$3 per person.

**REFLECTING ON REFLUX:
A HEALTHY EATING PLAN**

With Traci Robidoux, RD, LDN
Wednesday, February 16, 1:30 p.m.
On Zoom

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



Knowing what and when to eat can go a long way in preventing bothersome GERD flare-ups. Join us via Zoom to learn more.

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

DRAWING & WATERCOLOR PAINTING
A 4-week class with Wayland's Rahul Ray
Tuesdays, 10:30am-12, Feb. 1, 8, 15, 22
OR Thursdays, 1-2:30pm, Feb. 3, 10, 17, 24
Cost: \$25

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



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



Works by Rahul Ray

Rahul is a cancer-researcher, retired professor of medicine at Boston University, poet and essayist. He teaches drawing and painting to classes and individuals. **Registration required. Materials are available in class, or bring your own from a provided list.**

ART APPRECIATION:

IMPRESSIONISM
with Margaret Dergalis
Tues., February 1, 1:00pm
on Zoom



Let's examine the artists who are called Impressionists. Was there really one group? Why did change occur? Who do we have to thank for promoting their work? These are just some of the questions we will answer.
Registration is required.

Coming in March: American Impressionism. Who were the American Impressionists? What pressures did they face to distinguish themselves from the Europeans?

PIZZA CAFÉ: Wed. Feb. 2, 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. **Reserve your seat by noon on the previous Monday.**



Next Pizza Café: Wed. March 2

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

REGULAR WEEKLY PROGRAMS

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



GREAT COURSES

Mondays, 1pm in person

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



CONNECTIONS

Mondays, 2:00pm 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!

NEW EARLIER START



KNIT TOGETHER

Tuesdays, 10:30am on Zoom

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



GENEALOGY

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

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



SOCIAL GROUP

Thursdays, 10:30am on Zoom

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

GRANDPARENTS GROUP

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



GREAT COURSES: *Books That Matter:* THE FEDERALIST PAPERS Mondays, Feb. 7, 14, 28 at 1pm in the COA Video Lecture Series, Closed Captioning

The Federalist Papers, a collection of 85 brilliant essays, have served as the single most important guide to the US Constitution for more than 230 years. Authored by Alexander Hamilton, James Madison, and John Jay, The Federalist Papers offer a detailed blueprint for building a successful democratic republic. Acclaimed professor and legal scholar Joseph L. Hoffmann of Indiana University Maurer School of Law will take you back to the summer of 1787 when the delegates from several states gathered in Philadelphia to revise the Articles of Confederation. Would the 13 largely autonomous states accept a strong centralized federal government? The Federalist papers became essentially the Bible of American government.



SAGES & SEEKERS: Seeking Seniors

Sages & Seekers is a highly acclaimed national program that matches older adults—the Sages—with high school seniors—the Seekers—in a multi-week program of guided conversation. Sages share life experiences while Seekers develop interviewing, listening, writing and public speaking skills. Enriching relationships often grow along with these new skills. **In Spring 2022, Wayland High School will offer the Sages and Seekers program via Zoom, Facetime, or telephone.** Wayland's 8-week program will run once a week from March 1 through April 28. To sign up or ask questions, contact Janet Carmichael at 508-397-3446 or sagesandseekerswhs@gmail.com.



Medical Equipment Loans

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

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

JOIN THE COA FIT CLUB!

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

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

COA Fit Club

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

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

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

**DOES YOUR HEALTH INSURER REIMBURSE YOU FOR FITNESS CLASSES?**

Contact the COA if you would like a record of your fitness-related expenses for 2021.

COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON**THE WALKING CLUB**

Mondays at 9:30am. The Walking Club is on hiatus until Spring 2022.

T'AI CHI

Mondays, 9:30am-10:30am, In the Large Hearing Room or outdoors when appropriate

Instructor: John Woodward, Certified T'ai Chi Instructor

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

LOIS' FIT FOR THE FUTURE

Tuesdays and Thursdays, 10-11am, Large Hearing Room

Instructor: Lois Leav

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

THERATUBE

Wednesdays, 9am-10am, on Zoom

Instructor: Ellen Cohen Kaplan, Certified Personal Trainer, OTR

Use resistance bands to increase range of motion and strength. Bands are easy to use for people of all abilities.

ZOOMBA

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

Instructor: Ellen Cohen Kaplan, Certified Personal Trainer, OTR

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

SAIL: STAY ACTIVE AND INDEPENDENT FOR LIFE

Fridays, 9:30am—10:30am on Zoom

Instructor: Joe Fish, Certified Instructor and Falls Prevention Specialist This 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.

IF YOU USE SPACE HEATERS, KNOW HOW TO USE THEM SAFELY

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



By now, we hardy New Englanders should be used to the cold weather and all the joy it brings, but sometimes we need an assist with getting through these chilly months. For those of you who supplement your heat with space heaters, please use caution. Space heaters come in all shapes and sizes, customized with their own dangers if you're not careful.

If working properly, newer space heaters shut off automatically if bumped or tipped over, preventing a possible fire. They will turn back on once upright and stable. Home space heaters have an upper range from 70 to 125° F and commercial space heaters can reach up to but not limited to 225° F. Older space heaters functioned by heating oil to a set temperature, however they were designed without any safety features to prevent injury and or fire dangers. All space heaters have the potential to burn you if not properly handled.

Keep all space heaters at least three feet away from anything combustible and out of reach of children and household pets. Always read all the safety material and instructions when setting up a new space heater. If your space heater is malfunctioning, dispose of it. Also, a big "don't" when supplementing your home heating system: Never use your oven to heat your home; it's not designed for that and could be very dangerous, especially with a gas oven.

Make sure to keep all outside vents — such as for your furnace, water heater and gas fireplace — clear of debris and snow. A blocked vent will allow potentially dangerous levels of carbon monoxide (colorless and odorless gas produced from combustion) to build up in your home, causing anyone in the home to become sick or even worse. So make sure you have working carbon monoxide alarms in the home.

AARP's 2022 TAX-AIDE PROCEDURES



Low- and moderate-income taxpayers can get help preparing basic tax returns from a trained volunteer. In partnership with the IRS, the AARP Foundation Tax-Aide Program offers this free tax prep service. Appointments will be held on Fridays in the Town Building Large Hearing Room beginning Friday, Feb. 11.

Following AARP's Covid safety guidelines, clients will drop tax documents off with a preparer at an appointed time in the morning, and return at an appointed time later that day to pick up and sign their documents. More details will be provided to those who call for an appointment.

These procedures are subject to change by AARP, so we urge clients to have a back-up plan for preparing their taxes, in case AARP determines they can not safely continue to offer this service.

SENIOR TAX WORK-OFF PROGRAM UPDATE: Moving to Calendar-Year Schedule

Would you like to offset your property taxes by working in a Town department? The Senior Tax Work-Off Program enables senior residents to work for a set number of hours in Town departments in exchange for relief in their property taxes. The program benefits both the Town and residents.



The program was approved at the May 2021 Town Meeting to comply with state tax work-off guidelines. To allow for a timely credit on the tax bill, activities for the program will move to a calendar year. Here are the highlights of the changes that are coming:

- The current FY 2022 program will end on March 15, 2022.

Continued on p. 10



WE'LL TAKE YOUR PUZZLES AND YARN, THANKS!



During February we are collecting your gently used puzzles (350 to 1,000 pieces) for our Puzzle Exchange Corner in the COA, and that yarn you thought you might use to make a sweater and never did. Our Knit Together Group will make good use of it, knitting winter wear for children and families in need. Drop puzzles and yarn in the labeled boxes in the Town Building Front Entrance. Thank you!

BayPath Elder Services: 508-573-7200

Caregiving Resources: www.caregivingmetrowest.org

Domestic Violence Hotline: 1-877-785-2020 or visit

www.domesticviolenceroundtable.org

Elder Abuse Hotline: 1-800-922-2275

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

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

Medicare: 1-800-633-4227

MetroWest Legal Services: 508-620-1830

MWRTA Fixed Route Buses: 508-935-2222

MWRTA Dial A Ride: 508-820-4650

Social Security: 1-800-772-1213

State Senator Rebecca Rausch: 617-722-1555

Representative Carmine Gentile: 617-722-2014

Representative Alice Peisch: 617-722-2070

Wayland Community Fund: 508-358-3624

Wayland Council on Aging: 508-358-2990

Wayland Housing Authority: 508-655-6310

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

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

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





TRANSPORTATION OPTIONS

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

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

MEDICAL TAXI VOUCHERS: For Wayland residents age 60 and over. Purchase discounted taxi vouchers in advance from the COA for taxi trips to medical appointments. **NEW in 2022:** This program uses both JFK Transportation and now Tommy's Taxi, too; discount is 40% off metered fare. Gratuity not included. Medical vouchers to Boston hospitals may be purchased for a flat rate of \$42 one way (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.

AN UPDATE ON OUR TAXI GRANT PROGRAM



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

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

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

SMOC Offers Help Covering the Cost of Winter Heat



Households with limited income may be eligible for help with home heating bills this winter through the Low Income Home Energy Assistance Program (LIHEAP). Eligibility is based on the total gross

annual income for an entire household: \$40,951 for households of one, and \$53,551 for households of two.

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

WAYLAND COA STAFF

Director: Julie Secord, M-F

jsecord@wayland.ma.us

Outreach Coordinator: Sue Hatton, M-F

shatton@wayland.ma.us

Project Coordinator: Shawna Levine, M-Th

slevine@wayland.ma.us

Community Relations Coordinator: Ann Gordon, T-Th

agordon@wayland.ma.us

Program Assistant: Lillian DePasquale, W-F

ldepasquale@wayland.ma.us

S.H.I.N.E. Counselors:

Penny Wilson, Kathleen Woehrling, Irene Cramer

WAYLAND COUNCIL ON AGING BOARD

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

Next Meeting: Monday, Feb. 7, 4pm on Zoom

SENIOR TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets every other month.

MEMBERS: Markey Burke, Chair; Steve Colella, Vice Chair; Ann Gilbert, Clerk; Joan Bradford, Pauline DiCesare, Joel Rosenhaus, Susan Rufo

Next Meeting: Wednesday, February 9, 9:00am
In Person, COA

WEST SUBURBAN VETERANS SERVICES DISTRICT

781-489-7509

Sarada Kalpee, Director

Nancy Blanchard, Deputy Director

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

How to Access COA Remote Programs

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

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

FRIENDS OF THE WAYLAND COA

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

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



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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:00am Line Dancing 10:00am Fit 4 Future 10:30am Knit Together 10:30am Art Class 1:00pm Art Appreciation 4:00pm Schnitzel to Nock-erln	2 9:00am Theratube 10:15am ZoomBa 12:00pm Pizza Café	3 10:00am Fit 4 Future 10:30am Social Group 1:00pm Art Class	4 9:30am SAIL fit-ness
6 8:00am Fish Fitness 4:00pm How Emotions Are Made	7 9:30am T'ai Chi 1pm Great Courses 2:00 pm Connections <i>Market Basket Trip</i>	8 8:00am 7 Steps to Memory Management 10:00 Fit 4 Future 10:30am Knit Together 10:30am Art Class 1:00pm Genealogy 4:00pm Fish Fitness	9 9:00am Theratube 10:15am ZoomBa 1:30pm Love Songs of Musical Theater	10 10:00am Fit 4 Future 10:30am Social Group 1:00pm Art Class	11 9:30am SAIL fit-ness
13 8:00am Fish Fitness 4:00pm Line Dancing	14 9:30am T'ai Chi 1pm Great Courses 2:00 Connections	15 8:00am Chair Yoga 10:00am Fit 4 Future 10:30am Knit Together 10:30am Art Class 1:00pm Armchair Travel 4:00pm Schnitzel to Nock-erln	16 9:00am Theratube 10:15am ZoomBa 1:30pm Reflecting on Reflux	17 10:00am Fit 4 Future 10:30am Social Group 11:00am Changing Story of Fire Svc. 1:00pm Art Class	18 9:30am SAIL fit-ness
20 8:00am Fish Fitness 4:00pm Chair Yoga	21 President's Day Holiday Town Offices Closed	22 8:00am Line Dancing 10:00am Fit 4 Future 10:30am Knit Together 10:30am Art Class 1:00pm Genealogy 4:00pm Slavery in Sudbury	23 9:00am Theratube 10:15am ZoomBa	24 10:00am Fit 4 Future 10:30am Social Group 1:00pm Art Class	25 9:30am SAIL fit-ness
27 8:00am Chair Yoga 4:00pm Fish Fitness	28 9:30am T'ai Chi 1pm Great Courses 2:00 Connections	Remember: Masks are required for all visitors to Wayland Town Buildings. 		KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)	



TRIPS AND VIRTUAL TRIPS

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

Monday, February 7: Market Basket, Marshall's and Home Goods in Waltham. The van leaves the COA at 9:30am to start home pick-ups. Return by 1:30pm. Shopping trips are free of charge and for Wayland residents only. Space is limited, call by noon the previous Thursday.

Thursday, March 3: Boston Symphony Orchestra Open Rehearsals. Our van will depart the COA at 9:00am. Return at approximately 1:30pm. We will provide transportation on our van for the Thursday morning rehearsals in 2022. The cost is \$15 for each concert. The last date is **April 14**. Riders must purchase their own Boston Symphony subscription.

Friday, March 4 (New Date!) : Flora in Winter at the Worcester Art Museum. Depart the COA at 9:00am, return by 2:00pm. Cost: \$28 for admission and transportation. The region's premier floral design event includes captivating and imaginative interpretations of artworks on view in the Museum. The muse for this year's Flora programming is *Love Stories from the National Portrait Gallery, London*. This pioneering exhibition presents masterpieces from the Collection of the National Portrait Gallery, London, in an innovative exploration of love's role in the creation of some of the greatest masterpieces of Western art. Flora in Winter festivities include an exciting array of programming: tours, demonstrations, lectures, workshops, and music.



ARMCHAIR TRAVEL: ICELAND

Tuesday, February 15, 1:00 p.m. on Zoom
Guest Host Judy Currier

Iceland is the land of Fire and Ice (and lots of waterfalls). Join Guest Host Judy Currier for a tour of Southern Iceland with its stunning and diverse landscape of glaciers, volcanos and geothermal fields.

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



Coming in March: Washington State: Seattle to Bremerton, with Guest Host Janie Specter

Property Tax Work-Off, continued from p. 5

- The Interim Program will run from April 1, 2022 to November 15, 2022.
- The 2023 Program will run from January 1 to November 15, 2023

Applications for the Interim Program will be available on March 1, 2022 in the COA, on our website and in the front foyer of the Town Building. Applications received by March 24 will be entered into the lottery to determine the order in which applications will be processed. This year participants may work 65 or 125 hours. There are increasingly diverse types of positions available in Town departments. While we do our best to place all interested seniors, we cannot guarantee that there will be a position available for all applicants. All current and new applicants are welcome to apply.

For more information, please contact Shawna Levine, Project Coordinator: slevine@wayland.ma.us or 508-358-2990.

Coming in March



ST. PATRICK'S DAY BASH With the Black Velvet Band Wednesday, March 16, Noon Large Hearing Room \$10 per person

Enjoy your favorite Irish tunes and American standards with Boston's premier Irish show band, The Black Velvet Band, back by popular demand. Sing along, tap your toes and dance if you'd like.

Enjoy a traditional lunch of Corned Beef and Cabbage **or** Pasta Caprese (vegetarian) and a St. Pat's themed dessert. Call the COA for reservations and to select your entrée. Attendance will be limited. \$10 per person. **Registration begins Feb. 1 for Wayland residents and Feb. 15 for out of towners.**

Not able to attend in person? We will have 20 meals available for pick up. Wayland residents only. \$10 per person. **Registration required.**

Spring Wreath Workshop With Karen Kelly Wednesday, March 23 at 1pm At the COA and on Zoom

Welcome spring with your own creation of a seed packet wreath. It's a fun, easy project, **NO** experience is necessary and all materials are included. The program will be held in person at the COA or you may pick up your kit ahead of time and join us on Zoom.



Registration is required, and please indicate if you will be joining in person or on Zoom. Cost: \$18.

The Wayland COA News

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

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US POSTAGE PAID
PERMIT #16
WAYLAND, MA 01778

