



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

FEBRUARY 2024

LEAPING INTO FEBRUARY

Every four years we get the gift of an extra day, a February 29th. What will you do with your extra day this year? Maybe you'll come to our "Leap Into Something New" free exercise class! See below for details.

As this newsletter goes to print in mid-January, the temperatures are very wintery, with the days' high temps only in the twenties. When it is this cold, take appropriate precautions. Limit your time outdoors. When you do go out, dress in layers. Our mothers always reminded us to wear a hat, and — of course — they were right. In extreme cold, cover your mouth to protect your lungs.

At home, use extreme care if you use a fireplace or wood stove, or a generator in a power failure. If you lose heat, call 211, the COA, or the Wayland Police to find a warming center. If you need help paying for heating fuel, see p. 8 for helpful information.

Your COA Staff:

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

TRY OUR NEW CARDIO DANCE CLASS!

**Leap into Something New: A Free Pop-Up "Try It" Class on
Thursday, Feb. 29, 11:30am - noon, Lg. Hearing Room
Regular Weekly Class: Mondays, 11:30am starting March 4**

This cardio dance class will get you moving to Motown, disco, Broadway, and more. Ann Saldi, a popular Certified Fitness Instructor and Personal Trainer, has a passion for working with Active Aging Adults. Come get fit while having fun!



WE LOVE MARDI GRAS!

**with the fabulous
Riverboat Stompers Jazz Band!
Tue., Feb. 13, 1:30 – 3:00 pm
Lg. Hearing Room, \$8 per person**



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. 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.

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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

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

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

THE CROWN: SEASON 6

Thursday, Feb. 1, 1-3 pm in the COA

Join us for the final two episodes of the final season of this popular Netflix series that offers a fictional look into the workings of the Royal Family.

The Queen gives Charles the green light to wed Camilla; tasked with planning her own funeral ahead of her 80th birthday, she faces an existential crisis. Run time for these two episodes will be just over two hours. Enjoy tea and biscuits while you watch.

**THE GILDED AGE: SEASON 2**

Thursdays
Feb. 8, 15, 22, and 29
1-3 pm at the COA

The American Gilded Age was a period of immense economic change and conflict between the old ways and new systems. Huge fortunes were made and lost. In 1882, young Marian Brook moves to New York City to live with her aunts and inadvertently becomes enmeshed in a social war between the old money set, and her stupendously rich neighbors, George and Bertha Russell. In Season 2, Bertha inches toward a leading role in society, Marian starts teaching, Aunt Ada begins a new courtship, and Aunt 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. Episodes are 45 minutes to an hour, and we will show two episodes each week.

PIZZA CAFÉ

Wed., February 7, 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.

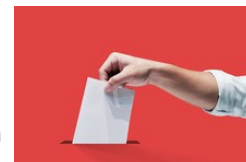
LUNCH & LEARN

A monthly series on current topics.
Bring your lunch, we will provide beverages and dessert.

SAFEGUARDING THE ELECTION PROCESS

Trudy Reid, Wayland Town Clerk
Tuesday, February 27, noon, in the COA

Election security has been a hot topic across the nation in recent years. Do you wonder just how it all works? Join us as Trudy Reid, Wayland Town Clerk, answers your questions including: How does the Election process work? What is the difference between absentee ballot and early voting? What happens if you show up to vote on Election Day, but have already voted by absentee ballot? How are votes counted? What safeguards are in place?



As Town Clerk, Trudy Reid is Wayland's Chief Election Official. She supervises voter registration, oversees polling places, election officers, and the general conduct of all elections. The Town Clerk directs the preparation of ballots, polling places, voting equipment, and voting lists.

Occurring a week before the presidential primary on Super Tuesday, this will be a timely and fascinating presentation. Bring your curiosity and your questions, along with your lunch. **Reservations requested.**

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

With Jeweler Norma Radoff

Thurs., Feb. 22, 10am—12pm, In the COA

Norma Radoff will provide instruction and all the supplies and tools you'll need to make a unique keychain. Class size is limited.

Registration is required, and restricted to Wayland residents. No charge.

**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



Learn watercolor techniques as you draw inspiration from flowers. 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.



ADULT WOMEN'S RAD CLASS

**Tuesdays, March 12, 14, 19 and 21,
6 - 9 p.m.**

The Wayland Police Department will hold an Adult Women's RAD Class in March. RAD — Rape Aggression Defense — is a self-defense program for women that teaches basic concepts of physical safety. This includes principles of personal safety through discussion and presentation, followed by basic self-defense techniques. This is a four-evening class with the last night of class being interactive simulations and scenarios. The classes are open to Wayland residents and those who work in Wayland. Attendance is required each session.



Sign up online at the Wayland Police Dept. website, or email Det. Mark Hebert at mhebert@wayland.ma.us. Registration will be open until filled. Deadline to sign-up is February 23, 2024.

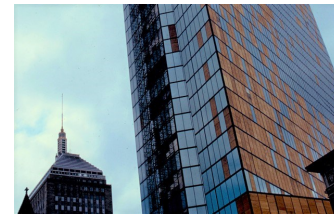
EPIC ENGINEERING FAILURES AND THE LESSONS THEY TEACH

A Great Courses Video Lecture

Mondays, 1—2:15 pm

February 5, 12, 26

Closed Captioning



On the evening of Friday, July 17, 1981, a band was playing in the atrium of the Kansas City Hyatt Regency Hotel. About 1,600 people had gathered for that night's popular tea dance. Women in elegant dresses and men in pressed suits danced on the atrium floor, while observers admired the festivities from walkways suspended above. Suddenly, the highest walkway tore loose and, along with the walkway two levels below, crashed to the atrium floor. More than 100 people were killed, and many others were injured.

When a structure fails, the fallout can be frightening, disruptive, and even deadly. And yet, these disasters also teach us valuable lessons about the possibilities of engineering—and how to make our future projects safer. But first, we must figure out what went wrong.

Prof. Stephen Ressler is a Professor Emeritus from the US Military Academy at West Point, where he taught for 21 years. He holds an MS and PhD in Civil Engineering.

**MONTHLY
MOVIE
MATINEE**



MAESTRO

Wednesday, February 28, 1:00 pm in the COA

PLEASE NOTE NEW TIME

Reservations required

Maestro is a towering and fearless love story chronicling the lifelong relationship between Leonard Bernstein and Felicia Montealegre Cohn Bernstein. The New York Times says Maestro "takes flight with a terrific whoosh of exuberance. The young Bernstein (played by Bradley Cooper) has just gotten the phone call that will change his life. He's been asked to step in for an ailing guest conductor and lead the New York Philharmonic; it will be his conducting debut. Overjoyed, Lenny, as he's often called, jumps up, throws open a curtain and then sprints out of his apartment to race, bathrobe flapping, into his dazzling, very public future as an American genius." A love letter to life and art, Maestro is an emotionally epic portrayal of family and love. (2023; R, Biography, Drama; 2 hr., 9 minutes). Starring Bradley Cooper and Cary Mulligan.

Popcorn and cold beverages are on the house!

COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>T'AI CHI with Jon Woodward 9:30 am Lg Hr Rm or outdoors Enhance the flow of internal energy and well-being using slow, graceful movements. <i>Jon Woodward is certified in traditional T'ai Chi instruction and T'ai Chi for Better Balance</i></p> <p>CARDIO DANCE with Ann Saldi 11:30am, Lg. Hr. Rm Get fit while you dance to Motown, disco, Broadway and more. <i>Ann Saldi is a Certified Fitness Instructor and Personal Trainer.</i></p>	<p>LOIS' FIT FOR THE FUTURE with Lois Leav 10 am Large Hearing Room This aerobics class includes stretching, bending, and building flexibility, all set to music. <i>Lois Leav is a Certified Aerobics Instructor</i></p> <p>YOGA LEVEL 2 with Joe Scianna 12 pm Large Hearing Room For experienced students. Improve balance and strength, mental clarity and focus. <i>Joe Scianna is a Certified Yoga Instructor.</i></p>	<p>THERATUBE 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. <i>Ellen Cohen-Kaplan is a Certified Personal Trainer and Registered Occupational Therapist</i></p>	<p>LOIS' FIT FOR THE FUTURE with Lois Leav 10 am Large Hearing Room This popular class involves stretching, bending, loosening the joints and building flexibility, all set to music. <i>Lois Leav is a Certified Aerobics Instructor</i></p>	<p>SAIL: STAY ACTIVE AND INDEPENDENT FOR LIFE with Joe Fish 9:30 am on Zoom 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>YOGA LEVEL I 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>

NEW!!
Starting
March 4

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

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.

BEVERAGES THAT HELP YOUR HIGH BLOOD PRESSURE



To keep high blood pressure at bay, there are a few habits that can help, including avoiding excess weight gain, quitting smoking, engaging in regular physical activity, and eating right. But did you know that some beverages can help lower blood pressure? Here are 5 research-informed ideas for what to drink that may help lower your blood pressure (BP):



- Apple Juice:** A recent scientific review showed that drinking apple juice in moderation provides heart-healthy advantages. Apples' antioxidants and polyphenols help reduce cholesterol and inflammation in the blood vessels.
- Beet Juice:** Beets are low in calories, high in vitamin C, and loaded with nitrates, which studies show significantly reduce systolic and diastolic blood pressure.
- Milk (low-fat or fat-free):** Milk contains potassium, calcium, and magnesium—all of which play an important role in bone density and maintaining healthy blood pressure.
- Pomegranate Juice:** Pomegranates are high in fiber, and full of antioxidants and potassium. Pomegranate juice is tasty, and drinking it can lower blood pressure—sometimes quickly. Avoid brands with added sugar.
- Water:** Older adults can lose the sensation of thirst, and become dehydrated, which causes blood pressure to rise. Drinking water can help bring your BP back into a normal range.

Cheers!

Adapted from the National Council on Aging

COMMUNITY CENTER WORK HAS BEGUN

By Ben Keefe, Public Buildings Director



Talk of the Town

Featuring news from a different Town department each month

Work on the new Community Center on Andrew Avenue in Town Center is underway behind the scenes, and soon residents will begin to see changes on the property itself.

Tower Construction, selected by the Town to do the project, is currently working through the building permitting process. Once the permits are all in place, which is expected by the end of January, the company will start placing erosion control structures around the property. The first work to begin will be grading and building the parking lot (see photo), which the company will use to stage its work. All the construction trucks and other vehicles will park onsite in the parking lot, as stipulated by the Planning Board.



The work begins, January 2024

The building itself has already been gutted, so indoor work can begin quickly, and will proceed through the winter, with a projected finish date of January 2025. New piping will be installed under the foundation slab. All heating and cooling will be electric, using heat pumps. Solar panels on the roof and a small array in the parking lot are estimated to be enough to supply the entire energy load of the building. The building will be a single story with a small attic space where the HVAC and electrical equipment will be housed. There will be no gas connection to the building.

We plan to post regular project updates on the Town website, so stay tuned for details as the project unfolds.

WHAT IS SENIOR CIRCUIT BREAKER?

With Brian Lynch, Mass. Dept. of Revenue

Wed., March 13, 2023, 10:30 a.m. in the COA

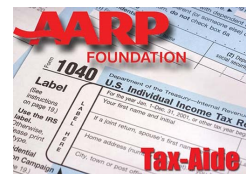
A. An electrical term? or **B.** A refundable tax credit? The answer is B, and if you are 65 or older by Dec. 31 of the tax year, you may be eligible to claim a refundable credit on your state personal income tax return. Even better, you can apply for Wayland’s local match award. For tax year 2023, the assessed value of your principal residence may not exceed \$1,025,000.

Join us to learn about eligibility and other details. A member of the Wayland Assessors Office will also be here to answer questions. Refreshments will be served.

Reservations appreciated.

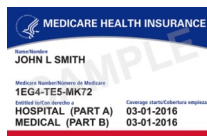
TAX TIME IS COMING. HELP IS COMING, TOO!

Tax appointments get underway in the Town Building Large Hearing Room beginning Friday, Feb. 9, and continue on Fridays through early April. Through the AARP Foundation Tax-Aide Program, in partnership with the IRS, low- to moderate-income taxpayers can get help preparing their basic Federal or state tax return. “Basic” returns do not involve rental property or trust and partnerships producing a Schedule K-1 (forms that report income other than interest). To make an appointment with an IRS-trained volunteer tax preparer, contact the COA at 508-358-2990. Non-Wayland residents may call starting Thurs., Feb. 1, 2024.



MEDICARE ADVANTAGE OPEN ENROLLMENT

From now through March 31, anyone with a Medicare Advantage plan is eligible to switch Advantage Plans or revert to Original Medicare. If you should need help evaluating your options and comparing costs and benefits, call the COA at 508-358-2990 for an appointment with a SHINE counselor.



SAGES & SEEKERS: SEEKING SENIORS

Sages & Seekers matches older adults—Sages—with high school seniors—Seekers—in a multi-week program of guided conversation. 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.

Springwell (formerly BayPath): 508-573-7200

Behavioral Health Help Line: 833-773-2445

Caregiving Resources: www.caregivingmetrowest.org

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

Elder Abuse Hotline: 1-800-922-2275

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

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

Medicare: 1-800-633-4227

MetroWest Legal Services: 508-620-1830

MWRTA 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 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 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

Office Coordinator: Paula Winn, M-F
pwinn@wayland.ma.us

Outreach Coordinator: Maura Snyder, M-F
msnyder@wayland.ma.us

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

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

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

SHINE Counselors: 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: Monday, Feb. 12, 4pm, on Zoom

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

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.

BURIED IN TREASURES WORKSHOP

For People Who Struggle with Excessive Clutter

Beginning March 14, 2024

Info 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.

TWO NEW LOCAL HOUSING RESOURCES

The **Framingham Senior Home-Share Program** connects individuals looking for affordable rental housing with Framingham residents who have extra space in their homes. Caseworkers facilitate home-share applications and introductions; provide pre- and post-cohabitation coaching; coordinate/facilitate moving; and assist home sharers with ongoing access to needed services and benefits. This program is a partnership between Jewish Family Services of MetroWest and the Callahan Center. For more information, call Diana at 508-875-3100 ext. 700 or Lisa at 508-532-5980 ext. 4108.

Applications for a housing lottery at **The Pryde in Hyde Park** are due by Feb. 22. This mixed income/affordable, independent living LGBTQ+ community features a mix of studio, 1-bedroom and 2-bedroom independent living apartments where LGBTQ seniors over age 62 can age as their whole selves. Online applications are available here: <https://www.lgbtqseniorhousing.org/living-at-pryde>. The website also includes detailed information and floor plans. For more information, contact info@lgbtqseniorhousing.org or (857) 342-3292.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)	Watch WayCam TV on Verizon Channel 37 or Comcast Channel 8, or at www.waycam.tv/live		1 10:00am Fit 4 Future 1:00pm The Crown	2 9:30am SAIL Fitness 10:00am Yoga I 10:00am Water-color Workshop
4 8:00am Fish Fitness 4:00pm Chair Yoga	5 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1:00pm Great Courses 2:00pm Connections	6 8:00am Researching Enslavement in Sudbury 10:00am Fit 4 Future 12:00pm Yoga Level 2 10:30am Knit Together 2:00pm Line Dancing	7 9:00am Theratube 11:30am Med Take-Back 12:00pm Pizza Cafe	8 10:00am Fit 4 Future 1:00pm Gilded Age	9 9:30am SAIL Fitness 10:00am Yoga I
11 8:00am Fish Fitness 4:00pm Chair Yoga	12 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1:00pm Great Courses 2:00pm Connections	13 8:00am Line Dancing 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga Level 2 1:00pm Genealogy 1:30pm Mardi Gras 2:00pm Researching Enslavement in Sudbury	14 9:00am Theratube  <i>Legal Clinic by appointment</i>	15 10:00am Fit 4 Future 1:00pm Gilded Age <i>Trip to Harvard Museum of Natural History</i>	16 9:30am SAIL Fitness 10:00am Yoga I
18 8:00am Fish Fitness 4:00pm Chair Yoga	19 <i>PRESIDENTS' DAY Town Office Closed</i>	20 8:00am Aging in Place 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga Level 2 1:00pm Armchair Travel 2:00pm Japanese Prints at MFA	21 9:00am Theratube	22 10:00am Fit 4 Future 10:00am Jewelry Workshop 1:00pm Gilded Age	23 9:30am SAIL Fitness 10:00am Yoga I
25 8:00am Fish Fitness 4:00pm Chair Yoga	26 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1:00pm Great Courses 2:00pm Connections <i>Trip to Market Basket</i>	27 8:00am Japanese Prints at the MFA 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga Level 2 12:00pm: Lunch & Learn 1:00pm Genealogy on ZOOM only 2:00pm Aging in Place	28 9:00am Theratube 1:00pm Movie: Maestro	29 10:00am Fit 4 Future 11:30am Pop-Up Cardio Dance Class 1:00pm Gilded Age <i>Trip to Boston Symphony</i>	



TRIPS AND VIRTUAL TRIPS

Mondays: February 26 and March 25: 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, 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.



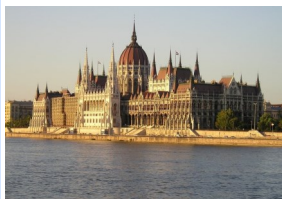
Thursday, February 29: Boston Symphony Open Rehearsal: We provide transportation the Thursday morning open rehearsals. Depart COA at 9:00 am for the 10:30 am concert. Return is approximately 1:00 pm depending on the length of the rehearsal. The cost is \$20.00 for transportation to each concert. The final date is April 18. Riders must purchase their own Boston Symphony subscription or tickets to individual concerts: **Box office 888-266-1200 or www.bso.org**

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 the *Folk Americana Roots Hall of Fame*. Standing on one of the 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 exhibits throughout the theatre celebrating music history including "Bruce Springsteen: Portraits of an American Music Icon," a collection of over 40 photos of The Boss by six notable photographers. 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.

Thursday, April 4: Samuel Slater Experience in Webster. Depart COA at 9:00 am. Return at 2:00 pm. Cost: \$25 for admission and transportation. The Samuel Slater Experience comprises more than twenty unique, immersive exhibits that make the history of the American Industrial Revolution and its people come alive. Samuel Slater is known as the "Father of the American Industrial Revolution." Guests follow Samuel Slater from his life in England, through his journey to the new world in this inventive immersive multimedia presentation. This is an exciting new exhibit and it has received rave reviews.



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: BUDAPEST, THROUGH THE EYES OF AN ARCHITECT With Guest Host Judy Bennett Tuesday, February 20 1:00 pm on Zoom



Budapest is sometimes described as the heart and soul of Central Europe. It is also the capital of Hungary and of parliament and the country's government. The city is split in half by the Danube River and is located over thermal springs. You can find medieval, baroque, baroque revival, neoclassical, art nouveau, and gothic style buildings; a great building around every corner. The city has several UNESCO World Heritage Sites. It has castles, historic cafes, ruin bars, opera, scenic bridges, an amazing zoo, thermal baths and spas. Come join us for a view of Budapest through the eyes of an architect. **Registration is required.**

Coming in March: Margaret Dergalis presents *Around The World from the Artists' Perspective* on Zoom

Coming in April: *Cuba* with guest host Nick DePasquale in person and on Zoom.

**THE SONGS AND STORIES
OF IRELAND AND THE
IRISH**

With Michael Goodwin
Tuesday, March 12 at 1pm,
In the COA



Come kiss the blarney stone and sing along to some Irish favorites. We welcome back the amazing Michael Goodwin for a taste of Ireland. Shamrocks, Irish themed refreshments and music—everything to make St. Patrick's Day green and grand. Anyone who misses out will be green with envy.

Michael Goodwin is a classically trained professional entertainer. In addition to lecture and video clips, he entertains with his amazing tenor voice in this new program. **Registration required.** Wayland residents may sign up beginning January 31, and out-of-towners on February 13.

**THE KOMINSKY
METHOD**

A Netflix Series
Seasons 1 & 2
Thursdays, March 7, 14,
21 & 28
1-3 pm at the COA



He may be in his twilight years, but aging acting coach Sandy Kominsky isn't ready to ride off into the sunset just yet. The once-famous Kominsky and his longtime agent, Norman Newlander, keep each other laughing as they tackle the curveballs that life throws at them while navigating their later years in Los Angeles, a city that values youth and beauty.

The Netflix original sitcom has a strong Hollywood pedigree; it was created by multiple Emmy winner Chuck Lorre and stars Oscar winners Michael Douglas and Alan Arkin as Kominsky and Newlander, respectively. Each episode is approximately 30 minutes long. We will show four episodes each week.

The Wayland COA News

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