



WELCOME SPRING!

WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

MARCH 2022

Spring is Coming

In March, we wait for spring. We know it's coming, despite the occasional snowstorm and the cold temperatures that hang on. We begin to see and feel that winter is loosening its grip. Spring officially begins on March 20 with the vernal equinox, when day and night are of equal length. Going forward, we'll enjoy more light and less dark. Birds will sing, buds will bloom, and the cycle of nature will reward us with beauty and warmth after our long winter. Enjoy the anticipation!

There are a few spots left in our St. Patrick's Day Bash, featuring lunch and a performance by the terrific Black Velvet Band. We've scheduled and cancelled this band three times in the past two years — once due to Covid, and twice because of rain on summer concert evenings. We look forward to finally sharing their lively music with you. Please see our other programs listed in this newsletter, and join us!

Your COA Staff:

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

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.

Dine on 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.

Can't attend in person? We will have a limited number of meals available for pick up. Wayland residents only. \$10 per person.
Registration for in-person and Grab 'n' Go required by noon on Wed., March 9.

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.

In Honor of Women's History Month

John Clark and his Great American Music Experience

THE HISTORY OF FEMINISM IN MUSIC

Wednesday, March 30

1:00 pm at the COA



THE HISTORY OF FEMINISM IN MUSIC is a 100-year history (1875 to 1975) of the music that played a vital part in American women's struggles for equal status and equal rights. It begins in the 19th and early 20th centuries with the music of women's suffrage and labor strikes. Next came the early songs of female independence associated with the "flappers" and the brash and bold blues singers of the Roaring Twenties. And there's plenty more women's history in song from World War II's *Rosie the Riveter* to feminist anthems like *I'm a Woman* and *I Am Woman*. **Registration is required.**

DRAWING & WATERCOLOR PAINTING

A 4-week class with Wayland's Rahul Ray

Tuesdays, 10:30am-12, Mar. 1, 8, 15, 22

OR Thursdays, 1-2:30pm, Mar. 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.

Rahul is a 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. Classes are small and fill quickly. Registration for April sessions will begin on March 15.**

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 by Tues. March 15. Please indicate if you will be joining in person or on Zoom.

ART APPRECIATION:

AMERICAN IMPRESSIONISM

with Margaret Dergalis

Tues., March 1, 1:00pm

on Zoom



Who were the American Impressionists? What pressures did they face to distinguish themselves from the Europeans? We will examine the artists and their works with an emphasis on those who painted in the Northeast. **Registration is required.**

Coming in April: Trendsetting women photographers and an introduction to Mexican art with the murals of Diego Rivera. Also, the paintings of his on-again-off-again wife, Frida Kahlo.

PIZZA CAFÉ: Wed. Mar. 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.



Please reserve your seat by noon on the previous Monday.

Next Pizza Café: Wed. April 6

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!



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 TOURS: IRELAND AND NORTHERN IRELAND Mondays, Mar. 7, 14, 21, 28 at 1pm in the COA Video Lecture Series, Closed Captioning

Ireland is one of the most enchanting places in the world to visit.

Split between the independent Republic of Ireland and British

Northern Ireland, the Emerald Isle is home to breathtaking natural scenery; world-renowned artistic and cultural achievements; and a mysterious, passionate—and sometimes turbulent—history. From the spectacular vistas of the Cliffs of Moher to the hallowed stage of the Abbey Theatre, a tour of this magical island rewards even armchair travelers with a unique array of historical, cultural, and scenic delights.



Traverse this amazing land with a leading scholar in the field of Irish history, culture, and literature: Professor Marc Conner, president of Skidmore College and a scholar of modern Irish literature.

HELP FOR SENIOR JOB-SEEKERS

If you're looking for a job, check out the free workshops from *50+ Job Seekers*, supported by the Massachusetts Councils on

Aging. They offer Interactive Workshops and Special Events in English and Spanish to help 50+ job seekers have successful job search campaigns. New this year is the Savvy Seeker Series, which provides information on programs, resources, and additional topics for the 50+ community. For more information, visit the website:

<https://50plusjobseekers.org/>



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.

COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON

THE WALKING CLUB

Mondays at 9:30am. The Walking Club is on hiatus, but Spring is coming! We will resume on Monday, April 4. Meet at the Rail Trail near the Library.

Join our friendly Walking Club to walk with Wayland seniors for up to an hour. When weather is inclement, we will not meet. Contact Shawna Levine at slevine@wayland.ma.us or 508-358-2990 to register. No fee. Wear comfortable walking shoes and bring a water bottle.



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.

SENIOR TAX WORK-OFF PROGRAM UPDATE APPLICATIONS AVAILABLE MARCH 1; DEADLINE FOR LOTTERY MARCH 24

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 in 2023. To allow for a transition, an interim program will run from April 1, 2022 to December 31, 2022.



Applications for the Interim Program will be available on March 1, 2022 in the COA, on our website, by mail 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. While we do our best to place all applicants, we cannot guarantee that there will be a position available for everyone. All current and new applicants are welcome to apply. For more information, contact Shawna Levine, slevine@wayland.ma.us or 508-358-2990.

AARP's 2022 TAX 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 are held on Fridays in the Town Building Large Hearing Room through early April.

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 please have a backup plan for preparing your taxes.

PROPERTY TAX RELIEF OPTIONS: DID YOU KNOW?

As a senior citizen (65 or older before January 1, 2022), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on your income, and the actual real estate taxes paid on the Mass. residential property you own and occupy as your principal residence. Renters may also claim this credit if 25% of their annual rental payment is more than 10% of their total income. Be sure to check with your tax preparer to see if you qualify for the Circuit Breaker credit, and visit our website for links to more information.

The Wayland Assessors' Office offers a local Property Tax Relief program. If you received a Circuit Breaker credit last year on your 2020 MA Income Tax Return, make sure you file with the Assessors for the local Circuit Breaker tax relief before the **April 1, 2022, deadline**.

The Assessors' Office also offers property tax relief programs for surviving spouses, low-income seniors, veterans, and those who are legally blind, as well as an option for property tax deferral. Applications are required and income and asset rules apply. Contact Mary-Ann in the Assessors' Dept. for more information: 508-358-3788. The application deadline is nearing so **be sure to apply before April 1, 2022**.



WE'LL TAKE YOUR PUZZLES AND YARN, THANKS!

Through March 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 has been generously funded by the Metropolitan Area Planning Council and Mass Development, will end in March 2022. This program has enabled us to provide essential rides for seniors via taxi partnerships since July of 2020. To maximize the remaining funds, we now evaluate all requests for alternative options, and limit riders to a maximum of four local round trips or two extended round trips to places such as Boston or the VA in Bedford or West Roxbury. The program is for Wayland residents 60+. To arrange a ride, call the COA at least three full business days in advance (note that our offices close at 12:30 pm on Fridays).

MWRTA Dial-a-Ride: Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. Ride cost is \$2, \$3 or \$5 each way based on destination. Charges are waived during the pandemic. Pre-register with MWRTA Call Center at 508-820-4650. Registered riders must make reservations with the Call Center 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.

Retired Men, This Group is for You

The Retired Men's Association (RMA) of Boston/Metrowest and nearby communities is a vibrant group of retired men who use their talents and interests to meet the needs of their communities. The RMA has a three-pronged mission: Volunteerism, Fellowship and Service.

The group typically meets at 10am on the second Friday of each month at the First Baptist Church of Sudbury, though Covid protocols may differ. Meetings include a business session, a coffee break, and a guest speaker. For more information, visit the group's website:

www.rmena.org

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, March 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, April 13, 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 live-streamed 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
	KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)	1 8:00am Line Dancing 10:00am Fit 4 Future 10:30am Knit Together 10:30am Art Class 1:00pm Art Appreciation 4:00pm Japanese Prints at the MFA	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 <i>Boston Symphony Trip</i>	4 9:30am SAIL fitness <i>Worcester Art Museum Trip</i>
6 8:00am Fish Fitness 4:00pm Making Sense of Social Security	7 9:30am T'ai Chi 1pm Great Courses 2:00 pm Connections	8 8:00am Food and Mood 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	10 10:00am Fit 4 Future 10:30am Social Group 1:00pm Art Class	11 9:30am SAIL fitness
13 8:00am Fish Fitness 4:00pm Line Dancing	14 9:30am T'ai Chi 1pm Great Courses 2:00 Connections <i>Market Basket Trip</i>	15 8:00am Chair Yoga 10:00am Fit 4 Future 10:30am Knit Together 10:30am Art Class 1:00pm Armchair Travel 4:00pm Three Wayland Women in WWI	16 9:00am Theratube 10:15am ZoomBa 12:00pm St. Patrick's Day Bash	17 10:00am Fit 4 Future 10:30am Social Group 1:00pm Art Class	18 9:30am SAIL fitness
20 8:00am Fish Fitness 4:00pm Chair Yoga	21 9:30am T'ai Chi 1pm Great Courses 2:00 Connections	22 8:00am Three Wayland Women in WWI 10:00am Fit 4 Future 10:30am Knit Together 10:30am Art Class 1:00pm Genealogy 4:00pm Line Dancing	23 9:00am Theratube 10:15am ZoomBa 1:00pm Spring Wreath Workshop	24 10:00am Fit 4 Future 10:30am Social Group 1:00pm Art Class	25 9:30am SAIL fitness
27 8:00am Chair Yoga 4:00pm Fish Fitness	28 9:30am T'ai Chi 1pm Great Courses 2:00 Connections	29 8:00am Making Sense of Social Security 10:00am Fit 4 Future 10:30am Knit Together 4:00pm Fish Fitness	30 9:00am Theratube 10:15am ZoomBa 1:00pm History of Feminism in Music	31 10:00am Fit 4 Future 10:30am Social Group	



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.

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 tickets.

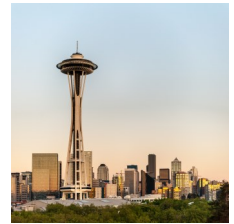
Friday, March 4: Flora in Winter at the Worcester Art Museum. Depart the COA at 9:00am, return by 2:00pm. Cost: \$28 for admission and transportation. The region's premier floral design event includes captivating and imaginative interpretations of artworks on view in the Museum. The muse for this year's 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.

Monday, March 14: 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.

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



ARMCHAIR TRAVEL WASHINGTON STATE: SEATTLE TO BREMERTON Guest Host Janie Specter Tuesday, March 15, 1:00 p.m. on Zoom

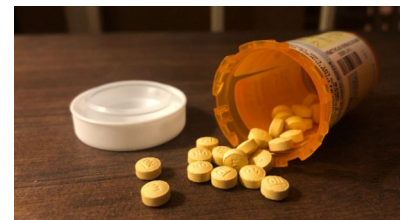


Seattle is nestled along the Puget Sound, surrounded by water, mountains and forests. Its iconic Space Needle is a legacy of the 1962 World's Fair. Learn more about this special city on the opposite coast and what makes it unique and fun to visit.

WITH MEDICARE PLANS, DOES IT MATTER WHICH PHARMACY YOU USE?

YES, the pharmacy you use could make a big difference in the cost of your drugs.

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price.



For 2022, all the 21 Medicare drug plans have preferred pharmacies as do several Medicare Advantage plans. You should check that the pharmacy you currently use is the best one to use with your plan; plans can change their preferred pharmacies from year to year. By using a preferred pharmacy, you may save money.

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call the COA at 508-358-2990. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, number and town. A volunteer will call you back, as soon as possible.

Coming in April

MAKE IT & TAKE IT JEWELRY STUDIO CLASS THURS., APRIL 21, 10:30 am with Jeweler Norma Radoff In the COA

Create a unique, hand-crafted piece of jewelry while learning special jewelers' techniques. Instructions, tools, and all supplies will be provided.

The class size will be limited. **Registration will begin on April 1.** Reservations are required, and restricted to Wayland residents.



John Clark and his Great American Music Experience Presents **BIG BAND SWING**

Thursday, April 28
1:00 pm at the COA

We'll trace the roots of Big Band music, including the back story of the King of Swing himself, Benny Goodman. Then you'll hear Benny's hits like *Goody, Goody, Taking a Chance on Love* and the historic live Carnegie Hall performance of *Sing, Sing, Sing!*

The last third of the program will be devoted to the most popular bandleader of this period, Glenn Miller, with 22 chart-topping songs from 1939-1943. You'll understand the origins of the unmistakable Glenn Miller sound heard clearly in his theme song, *Moonlight Serenade*. You'll see performances of his biggest hits like *In the Mood* and *Chattanooga Choo Choo*. For ten years orchestral jazz became America's popular music and you're invited to learn about and experience two of its biggest stars.



Benny Goodman



Glenn Miller

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www.waylandcoa.org

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