



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

MARCH 2023

A FOCUS ON HOUSING: JOIN US FOR OUR SPRING HOUSING WORKSHOPS

This spring we have planned a special series of workshops on housing options for seniors — a topic we know is on the minds of many older residents. All workshops will feature panel presentations and Q&A, and will be held at the COA beginning at 10:30 a.m. Come for one or all.

Thursday, March 2: Aging in Place Would you like to stay in your own home? Would you like to know what services are available and how to access them? Join us for this informative session on in-home services. Panelists will include Options Counselor Kelly Binette from Springwell; Geriatric Care Manager and elder care expert Joan Harris, LSW, MBA, CMC; and COA Outreach Coordinator Maura Snyder, MSW, LCSW. They will give an overview of programs and services that help seniors remain safely and comfortable in their own homes.

Thursday, April 6: Downsizing: Should I Stay or Should I Go? How do you decide if it is time to move or renovate. Join us for this information filled workshop. Panelists will include Brian Harvey, Certified Aging-in-Place Specialist (CAPS) and owner of Harvey Home Modifications; Amy Cowan from the SMOC Home Modification Loan Program; Susan Blumenfeld from New Roots Move Management; Marie Leblanc from Transitions Liquidators; and Joanne Berry from Coldwell Banker Realty. Topics covered include how to make your home accessible and adaptable to age in place, financing renovations, organizing, decluttering, downsizing, deciding to sell, and move management.



Thursday, April 20: Housing in Wayland What are the options? Affordable senior housing, 40B, Section 8, and other Wayland options. Panelists include Brian Boggia, Executive Director of the Wayland Housing Authority; Katherine Provost, FSS coordinator & Section 8 administrator, Wayland Housing Authority; and Mary Antes, Housing Authority Board member.

Thursday, May 11: Housing Options Exploring Independent and Assisted Living, Continuing Care Retirement Communities, and Memory Care options.

Thursday, May 25: Alternative Housing Options Co-housing, accessory apartments, and other non-traditional resources.

All of the workshops will begin at 10:30 a.m. and will be held in the COA. There will be ample time for Q & A. Refreshments will be served. **Reservations required.**

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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

In Honor of St. Patrick's Day!

IRISH MUSIC IN AMERICA, 1900—1970

Music Historian John Clark
Wednesday, March 8
1:00 pm in the COA



John Clark and his Great American Music Experience returns with a brand new program right in time for St. Patrick's Day! Through lecture and video clips we will be entertained and learn about Irish Music in America from 1900 - 1970.

Of course a tribute to St. Patrick's Day wouldn't be complete without Irish coffee (mock), Irish soda bread and other appropriate treats. Don't forget to wear your green. Cost: \$3.00 per person. Registration required.

DRAWING & WATERCOLOR PAINTING

with Rahul Ray

Tuesdays, 1:00 - 2:30 pm

March 7, 14, 21, 28

In the COA, \$40



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.

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. **Registration required. Materials are available in class, or bring your own from a provided list. Classes are small and fill quickly.**

Make It and Take It Jewelry Studio Class

With Jeweler Norma Radoff

Tuesday, April 4 & Thursday, May 4

10 am—noon in the COA



Norma returns with two more of her fabulous jewelry workshops. Come learn a new jewelry technique. The class size is limited. Instructions, tools, and all supplies will be provided. **Registration is required**, and restricted to Wayland residents. No charge.

MEET YOUR NEW STATE LEGISLATORS

Redistricting has given Wayland new legislators in the State House. What questions do you have for them? What would you like them to know about Wayland? Come meet them for coffee & conversation. **Registration requested.**

Senator Jamie Eldridge

Wed., March 22, 10:00 am in the COA

State Senator Jamie Eldridge has represented Sudbury, Acton, Marlborough and other neighboring towns since 2009. He chairs the Joint Committee on the Judiciary.



Reps. Carmine Gentile and David Linsky

Wed., March 29, 10:00 am in the COA

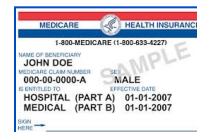
Carmine Gentile (Precincts 1 & 4) has represented Wayland since 2015. He has served on the Joint Committee on Children, Families and Persons with Disabilities, and on Elderly Affairs, among others. David Linsky (Precincts 2 & 3) is new to Wayland, but has represented Natick and other nearby towns since 1999. He chairs the House Committee on Post Audit and Oversight.



MEDICARE 101

Tuesday, March 21, 6:30 pm

In Person at the COA



Whether you have been on Medicare for years or are a relatively new beneficiary, this seminar is for you. Kathleen Woehrling, one of our extraordinary SHINE counselors, will present an informative overview that will cover the basics, but also discuss the open enrollment period, costs of plans, Medicare Parts A & B, Medicare Advantage Plans and prescription drug plans. Registration required.

THE CROWN: Seasons 3 and 4

Thursdays, March 2, 9, 16, 23, 30

1—3pm at the COA

This popular Netflix series offers a fictional look inside the workings of the royal family. Season 3 covers the years from 1964 to 1977, including the Investiture of Prince Charles as Prince of Wales, the death of the Duke of Windsor and the death of Winston Churchill. Season 4 includes the Margaret Thatcher years and the wedding of Prince Charles and Lady Diana Spencer. We will show two approximately 50-minute episodes each week. Enjoy tea and biscuits while you watch.



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.



VIDEO LECTURE SERIES

Mondays, 1 pm in person

Join together to 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 facilitated discussion 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. Experience our new "Owl" technology with its 360° camera that brings people together in person and on Zoom.



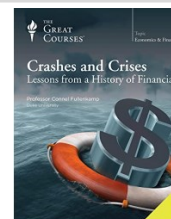
SOCIAL GROUP

Thursdays, 10:30 am on Zoom

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

GREAT COURSES:

Crashes and Crises: Lessons From a History of Financial Disasters
Mondays at 1:00 pm, Mar. 6, 13, 20, 27
Cloase Captioning



Banks fail. Stocks plummet. Nations default. From cryptocurrency to China's shadow banks, we must ask: What will bring the next disaster?

Professor Connel Fullenkamp of Duke University guides you through four centuries of economic disasters, from tulip mania in the 1600s to the Great Recession of 2007-2009. Each episode covers a notable incident of financial misfortune or folly and inoculates you against the gullibility, overconfidence, and herd mentality that have lured many to financial ruin.

**MONTHLY
 MOVIE
 MATINEE**



"The Fablemans"
Wed., March 29, 1:30 pm in the COA
Reservations required

Part memoir, part ode to the power of the movies, *The Fablemans* finds Steven Spielberg digging at the family roots that helped make him a beloved filmmaker -- and proves he hasn't lost his magic touch. Young Sammy Fabelman falls in love with movies after his parents take him to see "The Greatest Show on Earth." Armed with a camera, Sammy starts to make his own films at home, much to the delight of his supportive mother. (2022, PG-13, Drama, 2hr. 31 min)

Popcorn and cold beverages on the house!

MEDICATION TAKE-BACK

Wed., March 1, 11:30 am—Noon

It is important to dispose of medications properly when you no longer need them. That's why we invite members of the Wayland Police Dept. to the COA once a month to collect your unwanted or expired medications. They come for the half-hour period before our monthly Pizza Café. That way, you can reward yourself with pizza! You may also deposit medications at the Wayland Police Dept. 24/7.



PIZZA CAFÉ

**Wed., March 1, at 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.**

Thanks to the Friends of the COA for their support.

COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>T'AI CHI with John Woodward 9:30 am Large Hearing Room or outdoors, weather permitting</p> <p>Enhance the flow of internal energy in the body using slow, graceful movements that help promote relaxation, healing and well-being. May not be suited for those using a cane or walker.</p> <p><i>John Woodward is a Certified T'ai Chi Instructor</i></p>	<p>LOIS' FIT FOR THE FUTURE with Lois Leav 10 am Large Hearing Room</p> <p>This popular class involves stretching, bending, loosening the joints and building flexibility, all set to music.</p> <p><i>Lois Leav is a Certified Aerobics Instructor</i></p>	<p>THERATUBE with Ellen Cohen-Kaplan 9 am on Zoom</p> <p>Use resistance bands to increase range of motion and strength. Bands are easy to use for people of all abilities.</p> <p>ZOOMBA with Ellen Cohen-Kaplan 10:15am on Zoom</p> <p>Join this fun cardio class and dance your way to fitness with Latin music.</p> <p><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</p> <p>This popular class involves stretching, bending, loosening the joints and building flexibility, all set to music.</p> <p><i>Lois Leav is a Certified Aerobics Instructor</i></p>	<p>SAIL: STAY ACTIVE AND INDEPENDENT FOR LIFE with Joe Fish 9:30 am on Zoom</p> <p>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.</p> <p><i>Joe Fish is a Certified Instructor and Falls Prevention Specialist</i></p>

And don't miss...THE WALKING CLUB MONDAYS at 9:30 a.m.

In winter, meet at the Natick Mall in front of Dunkin Donuts. To join the Walking Club, please contact Shawna Levine at 508-358-2990 or slevine@wayland.ma.us. Wear comfortable walking 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.

EATING FOR YOUR EYES

Nutrition Nuggets



March is **Save Your Vision Month!** It's a great time to spread awareness about eye health. In addition to getting regular checkups with your eye doctor, a healthy diet can help keep your eyes healthy too. Did you know that macular degeneration is a leading cause of vision loss in Americans 60 years of age and older? Macular degeneration is a problem that develops in the retina of the eye and creates central vision loss. Getting older puts you more at risk for this problem.

Consuming adequate amounts of fruits, vegetables, and nuts can reduce your risk for progressive age-related macular degeneration (AMD). These foods contain antioxidants which are protective for your eyes. Antioxidants include Vitamins A, C and E. Carotenoids such as lutein and zeaxanthin are important antioxidants that are protective for the eyes. Minerals such as zinc and copper are also helpful. These vitamins, minerals, and carotenoids are best obtained through diet.



Some great foods that provide protective nutrients include Lutein (a carotenoid) – spinach, kale, collards, Swiss chard, mustard greens, dill, red peppers, guava, zucchini, and squash; Zeaxanthin (a carotenoid) – orange sweet peppers, broccoli, corn, turnip greens, collard greens, dark leafy greens, tangerines, oranges, eggs, and persimmon; Vitamin C – citrus fruit, berries, melons, broccoli, tomatoes, red peppers, and cabbage.

MEET LIBBY, OR, WHAT'S ALL THE HOOPLA?

By Andrew Moore, Assistant Director, Wayland Free Public Library



Talk of the Town

*Featuring news from a different
Town department each month*

If you've struggled with Overdrive to get your ebooks and e-audiobooks, or just starting with electronic media, there are two great apps available through the Wayland Library that make the process easy. First, say hello to Libby, the sleek new version of Overdrive. With Libby, you can stream titles with Wi-Fi or mobile data, or download them for offline use and read anytime, anywhere. You'll find thousands of books, audiobooks, and magazines to choose from. All you need to get started is a library card.



There's no need to return an item on Libby. It'll simply vanish on its due date. You can renew it and keep reading if nobody's waiting for it. If you're put back on a waiting list instead, Libby will remember your place in the book, so you can pick up right where you left off once you get it again. You can also return an item early.

One minor downside to Libby is that you might have to put bestsellers on hold, just as you would with a physical book. But the Library often buys extra copies just for its patrons. And with so many choices, you're sure to find something to read or listen to while you're waiting. All this at no cost to you. And if you think that makes Libby free and easy, well, you said it, I didn't.

The other app is called Hoopla. Though it doesn't have as wide a selection of books as Libby, it might be even simpler to use. And you never have to wait: everything in Hoopla is available all the time. That includes not just books and audiobooks, but movies, music, TV shows, and graphic novels. Plus a terrific selection for kids (including BingePasses, which allow unlimited access to great content on a single borrow).

Both Libby and Hoopla are available through the app store on your device. (Kindle Fire users, you're playing a whole different ballgame. Come talk to us.) Stop by the library for easy-to-follow, step-by-step instructions on installation, setup, and use. And then start enjoying!

Support for Caregivers

Are you caring for an older parent, significant other, or other family member? Don't forget the importance of also caring for yourself. Here are some resources that offer support that caregivers may need.

1. www.caregivingmetrowest.org. This website provides lots of great information for caregivers and seniors about resources in the Metro-west area, and also information about caregivers' rights, things to be thinking about, and resources to access.
2. **Join a support group.** There are formal support groups for caregivers. Some are general while others may focus on caring for a loved with a particular diagnosis. There are both in-person and Zoom groups. Framingham, Sudbury, and Natick offer support groups at their COAs.
3. **Arrange for respite care.** In-home respite care is when an alternative caregiver comes into the home, allowing the primary caregiver time to take care of their own needs. Some agencies that provide this service include Springwell (our local Elder Services Agency) and private pay agencies. Inpatient respite care is also an option at some nursing or other facilities, and some organizations offer day programs for seniors. See the [caregivingmetrowest](http://www.caregivingmetrowest.org) website for resources.
4. **Ask for help.** The COA and Springwell are here to provide additional resources and supports. Contact Maura Snyder at the Wayland COA, msnyder@wayland.ma.us or 508-358-2990.

Medicare: 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 pharmacies that are either in-network or preferred. By using an in-network or preferred pharmacy, you can guarantee savings. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will have to pay full retail price.

Plans can change their network of pharmacies from year to year, so it is important to check yearly to avoid this happening to you. Make sure that the pharmacy you currently use is the best one for you and your wallet! If you haven't checked yet, you can log into your [Medicare.gov](http://www.Medicare.gov) account or schedule an appointment with one of our trained SHINE counselors.

Springwell (formerly BayPath): 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 (Springwell): 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 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

Free COVID-19 home antigen test kits and masks are available at the COA, Town Building and Public Safety Building. Visit www.Mass.gov/isol8 for up-to-date, all-ages 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



TRANSPORTATION OPTIONS

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



COA TAXI PROGRAM: A grant from MassDevelopment pays the taxi fare for trips to medical appointments when there is no other reasonable option. 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). A grant from BayPath Elder Services may also help with special needs including a medical escort in some circumstances.

MWRTA Dial-a-Ride: Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. Currently there is no cost. (Typically, rides cost is \$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. Purchase discounted taxi vouchers in advance from the COA for taxi trips to medical appointments. This program uses both JFK Transportation and Tommy's Taxi; discount is 40% off metered fare. Gratuity not included. Medical vouchers to Boston hospitals may be purchased for a flat rate of \$48 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.

WAYLAND COA STAFF

Director: Julie Secord, M-F
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ldepasquale@wayland.ma.us

SHINE Counselors: Irene Cramer, Barbara Michaelson,
Penny Wilson, Kathleen Woehrling

WAYLAND COUNCIL ON AGING BOARD

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

Next Meeting: Monday, March 13, 4pm on Zoom

SENIOR TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets every other month. Members: Markey Burke, Chair; Joel Rosenhaus, Vice Chair; Ann Gilbert, Clerk; Joan Bradford, Pauline DiCesare, Susan Rufo

Next Meeting: Tues. March 21, 10am in COA

WEST SUBURBAN VETERANS SERVICES

District Office 781-489-7509

Sarada Kalpee, Director

TJ Tedeschi, Veterans Service Officer

Wayland's Veterans Service Officer is available to meet with residents on Tuesdays from 9am to 4pm in the Town Building.

FRIENDS OF THE WAYLAND COA

Adults age 60 and over represent 28% 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

Resources and Support Available for Grandparents Raising Grandchildren

There are thousands of grandparents and other relatives raising children in Massachusetts. Area resources are available to support grandparents who are raising grandchildren. The Commission for the Status of Grandparents Raising Grandchildren (GRG) is a good place to start. On their website — <https://www.massgrg.com> — you can find information about support groups, resources, and guides to help navigate different benefit agencies, the legal systems, etc.

The Commission offers a monthly virtual GRG support group. Meetings are one Monday night/month at 7:30 p.m. and one Tuesday/month at 9:30 a.m. For more information or to join the group, contact Colleen Pritoni at colleen.pritoni@Mass.gov

Additional support groups are available here:

Callahan Senior Center, Framingham

Meetings: 2nd and 4th Tuesdays of the month at 10:00 a.m. This group is currently meeting virtually. To register, contact Carol Casey, carolcasey@comcast.net

The Framingham Family Resource Center and The Wayside Youth & Family Network

Meetings: 2nd and 4th Tuesday of every month 6:00-7:30 p.m. Support for school issues/child care; behavioral/mental health issues; financial resources; custody issues; community & statewide resources. Child care available. Contact Dodi Hardsog, Dodi_hardsog@waysideyouth.org or 508-469-3221,



Help with the High Cost of Heating

Households with limited income may be eligible for help with winter home heating bills through the Low Income Home Energy Assistance Program (LIHEAP). Eligibility limits are \$42,411 total gross annual income for households of one, and \$55,461 for households of two.



Other programs may also be available, including the Massachusetts Good Neighbor Energy Fund, which is available to any resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal assistance. Income limits apply.

To learn more about these programs or other sources of support, contact COA's Outreach Coordinator Maura Snyder at msnyder@wayland.ma.us or 508-358-2990.

Circuit Breaker Match and Other Property Tax Relief

Applications Are Now Available at Wayland Assessors Office
Application Deadline: April 1, 2023

The Wayland Assessors Department offers a variety of property tax relief options for eligible senior homeowners. All of these programs require application every year and have strict criteria and deadlines. Eligibility is different for each program. For application forms and details, call the Assessor's Office at 508-358-3788, or visit the [Town of Wayland website](#).

Other Programs of Interest: Property Tax Work-Off (call the COA for info 508-358-2990) and Valor Act -Veteran's Tax Work Off (call Human Resources Kate Ryan at 508-358-6721).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)</p>		<p>Watch WayCamTV on Verizon Channel 37 or Comcast Channel 8. Go to www.waycam.tv/live to watch WayCam programs live-streamed on TV or on your computer.</p>		<p>1 9:00am Theratable 10:15am ZoomBa 11:30am Med Take-Back 12:00pm Pizza Café</p>	<p>2 10:00am Fit 4 Future is CANCELLED 10:30am Aging in Place 10:30am Social Group 1:00pm The Crown</p>	<p>3 9:30am SAIL Fitness <i>AARP Tax Appointments</i></p>
<p>5 8:00am Fish Fitness 4:00pm Chair Yoga</p>	<p>6 9:30am: Walking Club 9:30am T'ai Chi 1pm Video Lecture 2:00pm Connections</p>	<p>7 8:00am Early New England Roads 10:00 Fit 4 Future 10:30am Knit Together 1:00pm Art Class 4:00pm Songbirds of the Northeast</p>	<p>8 9:00am Theratable 10:15am ZoomBa 1:00pm Irish Music in America</p>	<p>9 10:00am Fit 4 Future 10:30am Social Group 1:00pm The Crown <i>Trip to the Taza Chocolate Factory</i></p>	<p>10 9:30am SAIL Fitness <i>AARP Tax Appointments</i></p>	
<p>12 8:00am Fish Fitness 4:00pm Chair Yoga</p>	<p>13 9:30am: Walking Club 9:30am T'ai Chi 1pm Video Lecture 2:00pm Connections <i>Trip to Market Basket</i></p>	<p>14 8:00am Tick Man Dan 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 1:00pm Art Class 4:00pm Line Dancing</p>	<p>15 9:00am Theratable 10:15am ZoomBa</p>	<p>16 10:00am Fit 4 Future 10:30am Social Group 1:00pm The Crown</p>	<p>17 9:30am SAIL Fitness <i>AARP Tax Appointments</i></p>	
<p>19 8:00am Fish Fitness 4:00pm Chair Yoga</p>	<p>20 9:30am: Walking Club 9:30am T'ai Chi 1pm Video Lecture 2:00pm Connections</p>	<p>21 8:00am Songbirds/NE 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Art Class 1:00pm Armchair Tr. 4:00pm Early Roads 6:30pm Medicare 101</p>	<p>22 9:00am Theratable 10:15am ZoomBa 10:00am Sen. Jamie Eldridge</p>	<p>23 10:00am Fit 4 Future 10:30am Social Group 1:00pm The Crown</p>	<p>24 9:30am SAIL Fitness <i>AARP Tax Appointments</i></p>	
<p>26 8:00am Fish Fitness 4:00pm Chair Yoga</p>	<p>27 9:30am: Walking Club 9:30am T'ai Chi 1pm Video Lecture 2:00pm Connections</p>	<p>28 8:00am Line Dancing 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 1:00pm Art Class 4:00pm Food & Mood</p>	<p>29 9:00am Theratable 10:15am ZoomBa 10:00am Reps. Gentle & Linksy 1:30pm Movie: The Fablemans</p>	<p>30 10:00am Fit 4 Future 10:30am Social Group 1:00pm The Crown</p>	<p>31 9:30am SAIL Fitness <i>AARP Tax Appointments</i></p>	



TRIPS AND VIRTUAL TRIPS

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

Monday, March 13 and Monday, April 10: 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, April 13: Boston Symphony Open Rehearsals

Depart at 9:00 am for 10:30 concerts; return around 1:30 pm. We will once again provide transportation on our van for the Thursday morning open rehearsals. The cost is \$20 for each concert. Riders must purchase their own Boston Symphony subscription or tickets to individual concerts: **Box office 888-266-1200, www.bso.org**

Thursday, March 9: Taza Chocolate Factory, in Somerville, Mass. Depart 10:00 am; return by 2:00 pm. Cost: \$20 for tour and transportation. Come learn about the Taza Chocolate story. The presentation covers the entire process, from bean to bar! During your visit, you'll be able to view the grinding and depositing rooms from the factory store. You'll learn about the growth and harvesting of cacao, Taza's Direct Trade sourcing methods and their unique stone ground chocolate-making process. You'll also sample lots of chocolate along the way with their awesome team of Chocolate Guides! After the tour, you can enjoy 10% off purchases made during your visit. Please note we do not enter active production areas during the visit. The entire tour is accessible to anyone who may have a wheelchair or walker. Following our visit to Taza, we will stop at Assembly Row in Somerville where you may have lunch (or shop) on your own. There are many restaurants to choose from including Mike's pastries, The Smokeshop, Shake Shack and Tatte Bakery and Café.

Thursday, April 27: The Old Manse in Concord. Depart at 9:15 am; return by 2:00 pm. Cost: \$20 for admission, tour and transportation. The Old Manse has a strong connection to both the American Revolutionary War as one of the first inhabitants was staunchly in favor of independence, and the battle of Concord happened in their backyard. Years later, the house became a home to several famous writers including Nathaniel Hawthorne and Ralph Waldo Emerson. The tour, titled "Home to Two Revolutions," covers both the Revolutionary War and the Literary Revolution of the 19th century in Concord. There is a short walk from the parking lot to the house, mostly on even and flat ground and there are two steps up to enter the house. Following the tour, the van will drop you off in Concord Center, where you will have free time for lunch or shopping.

Tuesday, May 23: The Embrace Statue at the Boston Common. Depart COA at 10:00. Return by 2:00 pm. Cost: \$20 for transportation only. The Embrace, a 22-foot-tall bronze sculpture, was inspired by a photograph of Rev. Dr. Martin Luther King Jr. and Coretta Scott King hugging after they learned the civil rights leader had won the Nobel Peace Prize in 1964. You will have the opportunity to learn about the statue through the digital experience, a self-guided app. It allows visitors to explore the monument, and the 1965 Freedom Plaza beneath it at their own pace, while learning more about Boston's civil rights legacy and the incredible contribution of the Kings. You will also listen to reflections from the artist, Hank Willis Thomas; as well as behind-the-scenes insights on how the incredible sculpture was created. We will then head to lunch at a local restaurant.

COA Trip Policy: Payment is required upon 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 given only if your spot is filled.



ARMCHAIR TRAVEL

CHINA with Guest Host Nick DePasquale
Tuesday, March 21, 1:00 pm
In person at the COA and on Zoom



Take a trip to the mountains of the Yunnan Province of China with photographer Nick DePasquale. Nick will share his photographs and experiences while traveling from the bustling city of Kunming, south to the mountains near the Vietnam border and the rice terraces that are farmed by the Hani People. Nick DePasquale is a travel photographer and photography instructor and has been making photographs for over 50 years. We are delighted to have Nick join us for this special program and will show this program on our big screen here at the COA in addition to showing it on Zoom. **Registration required.**

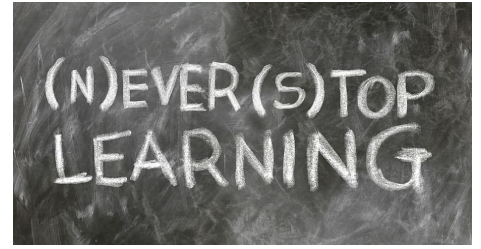
Coming Next

Tuesday, April 18: Guest Host Carol Lynn May will entertain us with her New England travels.

Tuesday, May 16: Guest Host Judy Bennett will show photographs and share her experiences in Portugal.

LOCAL LIFELONG LEARNING OPPORTUNITIES

We are lucky to be located in an area with many programs geared toward lifelong learning for older adults. You can take a poetry class, learn German, explore jazz music, or a host of other topics. Learning for the sheer pleasure of learning — and not because you have to pass an exam — can be very rewarding. Why not give it a try? Here are some resources:



The Wellesley-Weston Lifetime Learning spring 2023 series of courses begins Monday, March 13, and runs through Monday, May 22. The Monday morning courses are offered via Zoom. The cost is \$25 regardless of the number of courses taken. Courses include Poetry for the People; Jazz & Rock; Literature; 1619 Project; Write Your Story; and more. Visit www.wwillcourses.org for details or call 1-800-490-3056.

Framingham State University Adventures in Lifelong Learning offers spring classes on Tuesdays April 25, May 2, May 9, and May 16. These free classes are on Zoom. Topics include a Charlotte Bronte novel, Hindu art, African American history, jazz history, and the Supreme Court. Details are here: www.framingham.edu/academics/continuing-education/community-education/adventures-in-lifelong-learning/ or call (508) 215-5127.

Lifelong Learning of Regis College (LLARC) offers study groups and lectures on Zoom and in person. Topics range from current events to genetics to Oscar-winning movies, and more. The Lunch, Listen and Learn series is on Tuesdays, and covers a wide range of topics. Membership costs \$25, and tuition for a semester of up to four study groups is \$200. More information is available here: www.regiscollege.edu/academics/lifelong-learning-regis-college or 781.768.7135.

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