



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

MARCH 2024

MARCHING ORDERS

Welcome to March, the only month with a command in it (March 4th!). We are glad to be marching forth toward spring.

Please note below that we have a new fitness class on Mondays at 11:30am. If you are a Fit Club member, this class is automatically part of your membership. Why not give it a try? The instructor and class have gotten great reviews in other towns. You can also join the class using Fit Bucks (available in the COA for \$4) if you prefer to pay by the class.

We have a number of other interesting programs this month, including a talk on the opioid crisis and a showing of the movie "Oppenheimer." It's up for several Oscar awards, including Best Picture. Join us, we'll supply the popcorn and beverages.

Your COA Staff:

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

TRY OUR NEW CARDIO DANCE CLASS!

Mondays, 11:30am starting March 4

Large Hearing Room

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! This class is part of our Fit Club membership, or use Fit Bucks to pay by the class.



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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 SONGS AND STORIES OF IRELAND & 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.**

WHAT IS SENIOR CIRCUIT BREAKER?

With Brian Lynch, Mass. Dept. of Revenue
Wed., March 13, 2024, 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.



JULIA
An HBO Max Series, Season 1
Thurs., March 7, 14, 21, 28
1-3 pm at the COA

Julia is a biographical drama that explores the life of TV personality and Chef Julia Child, who pioneered the cooking-show genre. Charming and hilarious, *Julia* sheds light on the life of America's preeminent cook and a pivotal time of change in American history. In 1962, cookbook author Julia Child boldly pitches a groundbreaking television series centered on demonstrations for the home cook, despite pushback from male station executives and her own husband.

Sarah Lancashire portrays Julia Child with infectious joie de vivre in this appetizing valentine to the iconic chef. Also starring David Hyde Pierce, Brittany Bradford, Bebe Neuwirth and Fran Kranz. Each episode is approximately 50 minutes long. We will show 2 episodes each week.

JEWELRY REPAIR CLINIC
With Jeweler Norma Radoff
Thurs., March 14
By appointment, in the COA

Do you have a favorite piece of jewelry that needs some love? Bring it to this repair clinic to see if jeweler Norma Radoff can fix it. Contact the COA to make a 15-minute appointment between 10 a.m. and noon. One piece of jewelry per person, please. Open to Wayland residents only. No charge. **Registration required.**

LUNCH & LEARN

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

THE OPIOID EPIDEMIC:
A Public Health Challenge That Affects Us All
Michele Schuckel, MBA, BSN, RN, MPH Candidate
Public Health Nurse
Tuesday, March 26, noon, in the COA

America's opioid crisis has cost millions of lives and dollars, and affects us all, even if we haven't been touched by it personally.



Learn about the disease of addiction, why reducing the stigma surrounding it is imperative to making progress, and how the science of harm reduction is being employed in the fight.

Find out how the Town of Wayland, the region, and the Commonwealth are responding to this epidemic. Learn how Naloxone — brand-name Narcan — works to reverse the effects of an overdose, and how easy it is to administer. Take some home if you like, or grab some from the Health Department any time the building is open. **Reservations are requested, but please feel free to come without registering.**

MEDICATION TAKE-BACK

Wed., March 6, 11:30 am—Noon, in the COA

Wayland Police will be in the COA 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 meds at the Wayland Police Dept. 24/7.



PIZZA CAFÉ

Wed., March 6, 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.

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.



A Wayland Free Public Library Program

THE CAREGIVING JOURNEY: UPS, DOWNS, OBSTACLES AND RESOURCES

Sunday, March 3, 2:30—3:30pm

Library's Raytheon Room and Zoom

This is an interactive presentation about the different paths one can take when it comes to being a primary caregiver, supporting aging in place with non-medical home care services, or starting hospice/palliative care services.



Presenters include Ellie Anbinder, a former patient and caregiver, Angela Crocker from the Parmenter Foundation, Vikki Levine from the home care industry, and Niki Pugach, a hospice social worker.

Please visit the Library's website, www.waylandlibrary.org, to register for this event, or call 508-358-2311.

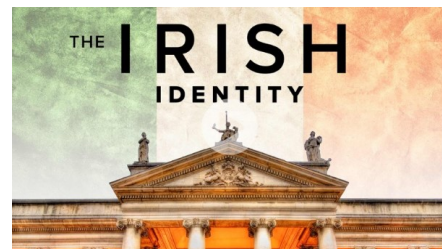
THE IRISH IDENTITY: Independence, History, and Literature

A Great Courses Video Lecture

Mondays, 1:00-2:00pm, March 4, 11, 18, 25

Closed Captioning

Many political and cultural events sent shock waves through the Irish world in the 19th and early 20th centuries as Ireland gradually shook off the shackles of British rule. Alongside a long and painful political process arose one of the greatest flourishes of literature in modern times — a spirited discourse among those who sought to shape their nation's future, finding the significance of their bloody present intimately entwined with their legendary past.



As nationalists including Charles Stewart Parnell, Patrick Pearse, and Michael Collins studied their political situation and sought a road to independence, writers such as W. B. Yeats, James Joyce, J. M. Synge, Lady Gregory, and many others examined the emerging Irish identity and captured the spirit of the nation's ongoing history in their works.

**MONTHLY
MOVIE
MATINEE**



OPPENHEIMER

Wednesday, March 27, 1:00 pm in the COA

PLEASE NOTE NEW TIME

Reservations required

During World War II, Lt. Gen. Leslie Groves Jr. appoints physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. In December 1938, nuclear fission had been discovered, and Oppenheimer realized it could be converted into a weapon. As a result, Oppenheimer and a team of scientists spend years developing and designing the atomic bomb.

Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of history. Starring Cillian Murphy, Emily Blunt, Robert Downey Jr. and Matt Damon. (2023; R; History, Drama, Biography; 3 hours)

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 aerobics class includes stretching, bending, 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. (in COA Mar/April) 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.

HOW ARE YOU CELEBRATING NATIONAL KIDNEY MONTH?

Nutrition Nuggets



No, we aren't talking about kidney beans, but your two kidneys! They act as a major filtering system, removing waste products from your blood, and they produce urine. They also help maintain a healthy balance of water, salts, and minerals like sodium, calcium, phosphorus, and potassium in your blood.

Since it is National Kidney Month, it's important to know that chronic kidney disease (CKD) affects more than 1 in 7 U.S. adults – which is roughly 37 million Americans. Did you know that CKD is most common among people ages 65 or older? Taking good care of your kidneys means reducing your intake of certain foods that can help decrease the accumulation of waste products in the blood, improve your kidney function, and prevent any further damage.

Many otherwise healthy foods may not be good for people with CKD, whose kidneys cannot adequately remove excess sodium, potassium, or phosphorus. Eating the right foods and making small dietary changes can go a long way for your overall health and well-being. These include reducing sodium — limit canned foods, deli meats, and table salt — reducing phosphorus — avoid packaged foods, whole grain bread, dark-colored soda, dairy, beans, meat and nuts — and reducing potassium — avoid avocados, bananas, oranges and orange juice, apricots, tomatoes, prunes, dates, raisins and potatoes. There are still plenty of good foods you can eat: Vegetables (cauliflower, eggplant), fruits (apples, cherries, plums, grapes), carbs (pasta, white bread, bagels), and proteins (unsalted seafood, eggs, lean meats). If you have CKD, talk with your physician and a renal dietitian to design a kidney-healthy diet that works for you.

By Jasmin Dieb, Mass Councils on Aging

HOW TO ATTEND WAYLAND LIBRARY PROGRAMS

By Courtney Michael, Reference/Programming Librarian



Talk of the Town

Featuring news from a different
Town department each month

From book groups to craft workshops to lectures, the Wayland Free Public Library offers a diverse array of free programs for adults each month, in person and online. Read on for tips on attending — at the library or from the comfort of your living room.



We know that people have mixed feelings about Zoom. Still, we've heard, time again and for various reasons, that patrons appreciate the option to attend our programs remotely.

Whenever possible, we offer our adult programs both in person and on Zoom. Some programs are hosted by other libraries or organizations and are **ONLY** available on Zoom. If you need help accessing Zoom or attending a program remotely, we can lend you a laptop and a hotspot to take home, or set you up to attend using our in-house computers.

Sign up ahead of time. It used to be that you would hear about a Library program and drop in if you were interested. These days we ask that you register ahead of time so that we can manage capacity and gauge interest. You can register online or by calling us at 508-358-2311.

Decide how to attend. Many of our adult programs are offered simultaneously in person AND on Zoom. When you sign up, you'll have the choice to pick one.

Watch the recording later. If you miss a program at the library, you'll likely find a recording on our [Recorded Programs page](#), or you can go directly to [our YouTube page](#). We try to link to the recording from our calendar as well.

Join a book group! Three of our book groups are also offered remotely. No need to register or make a long-term commitment; join anytime. You'll find this month's book at the circulation desk. We can put it outside for "curbside" pickup at your request.

Finally, be sure to sign up for the Library's monthly email newsletter at <http://tinyurl.com/wfpl-news>. You'll also get a weekly brief listing of that week's events. We hope to see you soon!

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.

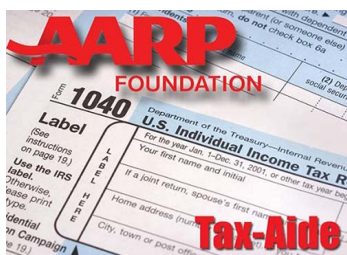
All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have pharmacies that are either **in-network** or **preferred**. By using an in-network or preferred pharmacy, you can guarantee savings. However, if you go to a pharmacy that is *not* in your plan's network, your drugs will *not* be covered, 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 the pharmacy you're currently using is the best choice to maximize savings! If you haven't checked yet, you can log into your Medicare.gov account or schedule an appointment with one of our trained counselors.

Our 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.



NEED HELP WITH YOUR TAX RETURN? CALL US



Every Friday through early April, low- to moderate-income taxpayers can get help preparing their basic Federal or state tax returns through the AARP Foundation Tax-Aide Program. IRS-trained volunteer tax preparers are available **by appointment** to assist with basic returns. "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 a tax preparer, contact the COA at 508-358-2990.

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

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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, March 11, 5pm, in person

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

TIPS TO AVOID BEING SCAMMED



These days, it's important to always be on your toes for scammers. Whether someone shows up at your doorstep or reaches out via technology (call, text, or email), it can feel like we are inundated.

People of all ages may receive these solicitations, but many scammers focus on seniors. Here are some tips to help avoid being scammed:

- You don't have to answer your door or phone. If it is important they will leave a message.
- Do NOT give out personal information (date of birth, Social Security number, health insurance information) unless it is a trusted provider.
- Read what you sign. Understand the small print, cancellation policies, etc. Take your time, ask questions, and have someone else look at the document. You control the speed of the process.
- Most banks will not call you and ask for personal information. When in doubt say you will call them back. Use the number on the back of your debit or credit card or the local branch number to check if your bank is actually trying to reach you.
- If unsure about a communication, reach out to the original source another way. For example, if a friend or family member sends you an email saying they are in trouble, call your friend or family member directly.
- Tell a family member. Sometimes our children and grandchildren are better at identifying scams. Don't hesitate to check with them.

If you think you have experienced financial abuse or fraud, reach out to Springwell (617) 926-4100 or your local and state authorities.

BURIED IN TREASURES WORKSHOP

For People Who Struggle with Excessive Clutter

Beginning March 14, 2024

Natick Community Center, 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.




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. Contact the COA's Outreach Coordinator Maura Snyder at 508-358-2990, or South Middlesex Opportunity Council (SMOC) at 508-620-2342 or email fuel-docs@smoc.org.

Food Support for Wayland Residents



Open Table Food Pantry provides 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.

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			I 9:30am SAIL Fitness 10:00am Yoga I (in the COA)
3 8:00am Fish Fitness 4:00pm Chair Yoga	4 9:30am Games/Papers 9:30am Walking Club 9:30am T'ai Chi 11:30am Cardio Dance 1:00pm Great Courses 2:00pm Connections	5 8:00am Line Dancing 10:00am Fit 4 Future 12:00pm Yoga Level 2 10:30am Knit Together 2:00pm Toys in the Attic	6 9:00am Theratube 11:30am Med Take-Back 12:00pm Pizza Cafe	7 10:00am Fit 4 Future 1:00pm Julia	8 9:30am SAIL Fitness 10:00am Yoga I (in the COA)
10 8:00am Fish Fitness 4:00pm Chair Yoga	11 9:30am: Games/Papers 9:30am: Walking Club 9:30am T'ai Chi 11:30am Cardio Dance 1:00pm Great Courses 2:00pm Connections	12 8:00am Great Hurricane 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga Level 2 1:00pm Irish Songs and Stories 1:00pm Genealogy 2:00pm Line Dancing	13 9:00am Theratube 10:30am Circuit Breaker Presentation	14 10:00am Fit 4 Future 10:00am Jewelry Repair Clinic 1:00pm Julia	15 9:30am SAIL Fitness 10:00am Yoga I (in the COA)
17 8:00am Fish Fitness 4:00pm Chair Yoga	18 9:30am: Games/Papers 9:30am: Walking Club 9:30am T'ai Chi 11:30am Cardio Dance 1:00pm Great Courses 2:00pm Connections	19 8:00am Toys in the Attic 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga Level 2 1:00pm Armchair Travel 2:00pm Great Hurricane Trip to Boch Wang Center	20 9:00am Theratube	21 10:00am Fit 4 Future 1:00pm Julia	22 9:30am SAIL Fitness 10:00am Yoga I (in the COA)
24 / 31 8:00am Fish Fitness 4:00pm Chair Yoga	25 9:30am: Games/Papers 9:30am: Walking Club 9:30am T'ai Chi 11:30am Cardio Dance 1:00pm Great Courses 2:00pm Connections <i>Trip to Market Basket</i>	26 8:00am Line Dancing 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga Level 2 12:00pm: Lunch & Learn 1:00pm Genealogy 2:00pm Songbirds of the Northeast	27 9:00am Theratube 1:00pm Movie: Oppenheimer	28 10:00am Fit 4 Future In the COA 1:00pm Julia	29 9:30am SAIL Fitness 10:00am Yoga I (in the COA)



TRIPS AND VIRTUAL TRIPS

Mondays: March 25 and April 22 : 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.

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.



Thursday, April 18: Boston Symphony Open Rehearsal. We provide transportation to 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 the concert. This is the final date of the season. Riders must purchase their own Boston Symphony ticket to the concert: **Box office 888-266-1200 or www.bso.org**

Thursday, May 9: The MIT Museum in Cambridge. Depart at 9:15am, return at 2:00pm. Cost: \$30 for admission and transportation. Back by popular demand. Reinvented with new exhibits and programming, an enlarged Museum Store, and more, all within a 56,000 square foot space, the MIT Museum aims to make innovation and research available to all by presenting the best of STEAM (science, technology, engineering, arts, and math). The exhibits are both informative and interactive, allowing visitors to write poetry with artificial intelligence (AI) in one room while considering the impact of AI on the future of work nearby.



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 Around the World from the Artists' Perspective With Guest Host Margaret Dergalis Tuesday, March 19 1:00 pm on Zoom



Artists, all creative people, love to explore. New people and new places trigger new ideas. Let's visit some of the locations around the world that have inspired them. Perhaps you have been inspired, too. Margaret Dergalis returns with another educational and inspiring travel and art appreciation program. This will be on Zoom only. **Registration is required.**

Coming in April: Guest host Nick DePasquale returns with an exciting new program on Cuba. This program will be in person here at the COA and on Zoom.

WATERCOLOR WORKSHOP
PAINTING LIKE JOHN SINGER SARGENT

with Artist/Educator Angela Ackerman

Friday, April 19, 10 am—noon

In the COA; \$15, supplies provided or bring your own

Join us and be inspired by master watercolorist John Singer Sargent to create a water cityscape.

You will work with more water and learn to “keep the paint alive” as you create your watercolor painting. Bring your favorite John Singer Sargent watercolor photo or any personal photo that shows water and cityscape. All levels are welcome. **Registration required.**



Celebrate Jazz Appreciation Month!

John Clark and his Great American Music

Experience presents:

BIG BAND SWING, VOL. 2

Wednesday, April 24

1:00 pm at the COA

John Clark returns with another entertaining and educational music program, this time focusing on



Tommy Dorsey, Jimmy Dorsey, and Artie Shaw. These band leaders led three of the era’s most popular and prolific orchestras, and produced popular songs including *Boogie Woogie*, *I’ll Never Smile Again*, and *Begin the Beguine*.

In honor of Jazz Appreciation month, John Clark will present Volume 2 of his popular program: *Big Band Swing*. **Registration required.**

The Wayland COA News

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