



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## APRIL 2021

### Celebrating Our Strength

May is Older Americans Month, an annual observance of the many contributions that older adults make to community life. This year, the theme is “Communities of Strength.”

We look forward to celebrating that strength at a **special outdoor event on Wednesday, May 26**. You can find details on the back page of this newsletter.

But first, we need your help. To prepare for our celebration, which will include exhibits created with your contributions, we have two requests:

**If you are willing to share publicly, please send us by Monday, May 10:**

- **A sentence or two on what has powered you through the past year**
- **Photos you'd like to share showing ways you adapted or things that brought you joy during the past year**

You may send these by email to [coa@wayland.ma.us](mailto:coa@wayland.ma.us) or call us at 508-358-2990 and tell us what powered you through.



Warmer weather will bring us more opportunities to plan outdoor programs and events. We look forward to seeing our “community of strength” during the coming weeks and months.

**Your COA Staff:**

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

### NOT YOUR COLLEGE TEQUILA

**A free, interactive Zoom community event**

*sponsored by*

**Friends of the Wayland Council on Aging  
Thursday, April 29, 7pm**



*A jimador harvests blue agave plant with a special hoe called a.....coa!*

Join certified spirit professional John Shaw and learn about the history and allure of tequila, first produced in the 16th century. Learn how it has become a “thrillingly complex and thoroughly distinctive spirit.”

Whether you stay for the first half to enjoy the history or stay on for the virtual tasting of selected tequilas, this will be a most enjoyable evening. To register, visit [www.friendsofwaylandcoa.org](http://www.friendsofwaylandcoa.org).

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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

[www.wayland.ma.us](http://www.wayland.ma.us) ~ [coa@wayland.ma.us](mailto:coa@wayland.ma.us)

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

## Happenings

John Clark and his Great American Music Experience presents

### NOVELTY SONGS OF THE 1950s & 1960s

Thursday, April 1, 2:30 pm on Zoom

Celebrate April Fool's Day with a few laughs as John Clark presents this light-hearted program. Comedy records achieved their greatest popularity in 1960 and 1961. But in the decade preceding and for a few years after, some of the most original and hilarious novelty records were hit singles.



You will be treated to Lonnie Donegan's *Does Your Chewing Gum Lose its Flavor*; Allen Sherman's *Hello Muddah, Hello Fadduh*; Bobby "Boris" Pickett's *Monster Mash* and many others. And yes, even more wacky tunes are coming your way from Alvin & the Chipmunks, the Coasters, Roger Miller and Boston's own Tom Lehrer. Just try to keep a straight face!

### Zoom With Whom?

**JEAN MILBURN and ROGER WIEGAND:**  
**ATTRACTING & SUPPORTING BLUEBIRDS**

Thursday, April 22, 1:00pm

Join us on Earth Day to learn about the beautiful Eastern Bluebird: their preferred foods and habitats, and why they are beloved and important to our region. Roger will demonstrate how to build a bluebird house and Jean will describe how a hospitable habitat for butterflies also serves bluebirds. Hear about how they created a bird- and pollinator-friendly yard at their Wayland home. Bring your questions!



### KNIT TOGETHER Tuesdays at 10:30am

Whether you are a novice or experienced knitter, join us on Zoom as we stitch together a community of knitters. Knit your own projects, or help us knit mittens, scarves, hats and other winter essentials for children who need them. The Knitting Connection in Medford has been collecting and donating knitted goods for many years. We can provide you with a Knit Kit of donated yarn and needles, and simple patterns, and we can collect your knitted goods and make sure they get to a child in need. Join us!

### MY COVID EXPERIENCE:

#### A Pandemic of Institutionalized Loneliness

with Wayland Resident Frank Cutitta

Tuesday, April 6, 7:00pm on Zoom



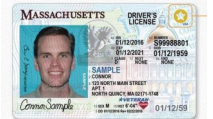
Wayland's Frank Cutitta spent 100 days in the hospital last year after contracting COVID, more than 40 in a coma. Now, this health care journalist has had time to reflect on his experiences, and particularly on the loneliness he felt and observed in others. His story has been told by The [Boston Globe](#), National Public Radio, and [Northeastern Univ.](#) where he teaches. Join us for this fascinating first-person account, an exploration of the emotional impact of the pandemic on patients, families, and health care providers, and a conversation about antidotes to loneliness.

### Registry of Motor Vehicles REAL ID Workshop

Thursday, April 8: 1:30 on Zoom

With Michelle Ellicks

REAL ID is a Federal Security Standard for IDs that was created in 2005 as a result of increased federal security measures after September 11, 2001. **Beginning October 1, 2021**, you will need a REAL ID or a passport to fly within the United States or enter federal buildings. Whether you are getting a new driver's license/ID or renewing your existing credential, the first decision you'll need to make is, Standard driver's license/ID or REAL ID driver's license/ID. Michele Ellicks, Community Outreach Coordinator at the Registry of Motor Vehicles will join us to give us an overview of the Real ID program followed by Q & A.



### COA SOCIAL GROUP

Thursdays, 10:30am



Join this informal group for friendly conversation on Zoom or participate by phone.

**Starting May 6, we will move outdoors** (weather permitting). We will meet in the back courtyard of the town building. Chairs will be provided. COVID-19 guidelines will be followed.

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.

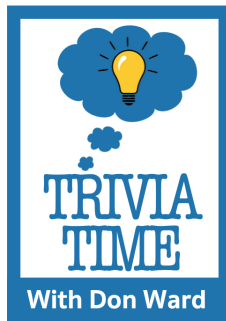
## Happenings

### TRIVIA TIME! Wed., April 21, 1:30pm on Zoom

Trivia Time has become a fun monthly activity. How many people out of 1000 are ambidextrous? What woman was the world's youngest figure skating champion?

Join us for **Trivia Time** and find out! Sign up and we'll send you a 30-question, multiple-choice, general knowledge trivia challenge created by Wayland's own Don Ward. Don will join us on Zoom to reveal and review the answers.

Don suggests that you resist the urge to look up answers online. Make your best guess or ask a friend. Then come learn and laugh with fellow trivia fans.



### JIGSAW PUZZLE DROP AND SWAP Drop: April 1- 23 Swap: April 28, 1-2pm

SPRING CLEANING? Please consider donating your new and/or "experienced" puzzles (no missing pieces) to the COA. The puzzle donation basket will be in the front foyer of the Wayland Town Building until Fri, Apr. 23. The foyer front doors located by the ramp and Town Clerk's office are always open. Please: No children's puzzles. Puzzles collected will be used at the outdoor Puzzle Swap.

**Puzzle Swap: Wed. April 28, 1-2pm**  
(rain date: Thurs. April 29, 1-2pm)

Puzzles will be on tables outdoors between the Town Building and the soccer field. We will help "customers" maintain social distance. All puzzles will be COVID-safe.



### Ongoing Programs on Zoom

(See p. 8 for how to sign up for Zoom programs.)

**GREAT COURSES: Everyday Engineering: Understanding the Marvels of Daily Life**  
**Mondays, 1pm (April 5, 12, 26)**, Closed Captioning  
With Prof. Stephen Ressler of West Point, a civil engineer, learn about the way things work in the world around us, from the systems in your own home to the global telecommunications network.

#### ARMCHAIR TRAVEL GROUP

**Tuesdays, 1pm**

Join fellow travelers to explore new destinations and reminisce about favorite places. Details, p. 10.

#### COA SOCIAL GROUP

**Thursdays, 10:30am**

Join this informal group for friendly conversation on Zoom or participate by phone. The group meets outdoors starting in May.

#### GRANDPARENTS GROUP

Dr. Dossie Kahn of Wayland Youth and Family Services (508-358-4293) facilitates discussions about the uniquely rewarding and sometimes challenging relationships between grandparents and grandchildren.

### April Highlights on WayCam.TV

IN-Sights on Verizon Channel 37 or Comcast 8  
See Calendar on p. 9 for program dates and times.

#### Fitness:

> Joe Fish Fitness Series (see p. 4)

> Line Dancing with Kari McHugh

*Always check with your physician before beginning a new fitness routine.*

#### Cooking as Self-Care

> Two episodes: Bowl O' Goodness, and One Pot, One Pan. From the Mass. Councils on Aging.

#### Women's Suffrage in Wayland

A Wayland Historical Society/Wayland Library presentation

#### Songbirds of the Northeast

> Fill your feeders, the birds are back.



### DID YOU KNOW?

You can watch WayCam programs livestreamed on TV or on your computer by going to  
[www.waycam.tv/live](http://www.waycam.tv/live).

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

## Health & Fitness

### COA FITNESS CLASSES AVAILABLE ONLINE

**TAI CHI PLEASE NOTE:** The regularly scheduled Zoom Tai Chi classes with the Calvin Chin Martial Arts Academy are **on hiatus**. The Council On Aging is currently exploring other options.

New participants are welcome! If you'd like to receive an invitation to these classes offered via Zoom, call the COA at 508-358-2990 or email us at [coa@wayland.ma.us](mailto:coa@wayland.ma.us). **Please contact us no later than Monday before the fitness classes you wish to take.**

#### THERATUBE

**Wednesdays, 9am-10am, on Zoom**

Instructor: Ellen Cohen Kaplan  
Certified Personal Trainer, OTR

Work safely with your 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.



### EXERCISE with FISH FITNESS on WayCamTV

Joe Fish is an enthusiastic and creative personal trainer who knows exactly what type of fitness training both active and frail older adults need to build and enhance strength, range of motion, balance, stretching and cognitive training.

As always, ask your physician if this class is right for you. **For dates and times, see the calendar on p. 9.**

## TWO FAVORITE OUTDOOR OPTIONS RESUME IN APRIL!!

### LOIS' FIT FOR THE FUTURE RESUMES! Starting Tues., April 6 10-11am \$4/class: RESERVATIONS REQUIRED

Lois Leav's popular *Fit for the Future* class will meet outdoors weekly starting in April, weather permitting. On April 6, the class will meet on the walkway by the soccer field next to the Town Building. This will be a standing class, with no chairs. Lois will build in regular breaks. The class is limited to 20 people.

We will resume the use of Fitbucks for in-person classes. You may purchase Fitbucks before class or by sending a check to the COA, payable to the *Town of Wayland*. We will mail you your Fitbucks. The cost is \$4 per class or a book of 5 for \$20. Last year's Fitbucks will be accepted through the end of April.

**Reservations are required.** Please wear a face mask and appropriate footwear and bring a water bottle. If you have weights, bring them; if not, bring two cans of soup!

### THE WALKING CLUB IS BACK! Mondays & Wednesdays at 9:30am Beginning Monday, April 5 Meet at the Rail Trail near the Library

During this challenging time, getting out to walk is a welcome break. Get some fresh air, some exercise and a little social interaction – of course while following social distancing guidelines. Join our Walking Club to walk with Wayland seniors for up to an hour. When weather is inclement, we will not meet.



New walkers are always welcome. Email Shawna Levine at [slevine@wayland.ma.us](mailto:slevine@wayland.ma.us) or call the COA at 508-358-2990 to register. Registered walkers will receive email updates. No fee.

Please wear face masks, comfortable walking shoes and bring a water bottle.

## News and Updates

### STAYING SAFE: CHECK YOUR SMOKE AND CARBON MONOXIDE ALARMS



Hello everyone, Firefighter Todd here from the WFD Senior SAFE Program. It's that time of the year again when we roll our clocks ahead by an hour and throw our internal body clock into a panic. Along with this semiannual tradition, you should also test your smoke and carbon monoxide alarms to see if they are working properly. If you cannot reach the test button, the end of a broom handle will work just fine. Change the batteries as needed if you can safely do so; if not, reach out to your COA resources for assistance.

If your smoke and/or carbon monoxide alarms ever go off and you don't know what caused them to sound, leave the house immediately and call 911. Make sure you close the doors when you leave, it makes it easier for us to determine the problem if we need to use one of our multi-gas meters. It is instances like this that make having a "GO" bag with necessities ready to take with you so important.

I would like to mention a program that Wayland Fire Dept. offers to the community: the SafetyNet tracking system. SafetyNet was formed in 2010 to help public safety agencies bring loved ones who are at risk to wander home safely. The service utilizes radio frequency technology and works directly with public safety agencies to help rescue individuals with autism, Alzheimer's, dementia and other cognitive conditions who have wandered and become lost. If you would like more information on this program, please reach out to the COA or the Wayland Fire Department.

Todd Winner, Wayland Fire Dept., Senior SAFE Team

### BEWARE OF COVID-19 SCAMS

With the COVID-19 vaccine rollout, scammers are taking advantage of the coronavirus pandemic. Scammers are using telemarketing calls, text messages, social media platforms, and door-to-door visits to scam you. Con artists may also try to get your Medicare number or personal information to steal your identity and commit fraud. Here's what you need to know:

**Medicare covers the COVID-19 vaccine, so there will be no cost to you.** You will need to share your Medicare card when receiving the vaccine. If anyone else asks you for your Medicare number or to pay for the vaccine, it is a scam. You can't pay to put your name on a list to get the vaccine. Don't share your personal information if someone calls, texts, or emails promising access to the vaccine for a fee. Any questions, call us at the COA: 508-358-2990.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on all Medicare issues. Due to COVID-19, counseling is by phone. 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, town and phone number.

### HAVE YOU GOTTEN YOUR VACCINE YET?

The rollout of COVID-19 vaccines has continued in Massachusetts, with more categories of people becoming eligible over the past weeks. By April 19, all Massachusetts residents will be eligible for the vaccine.



It has been challenging for some people to find or make an appointment to get their vaccine. But it is important for individuals and for the public's health that everyone who can get vaccinated, does so.

If you are finding it difficult to get a vaccine appointment, we would like to hear from you. If you have an appointment but have no way to get there, please let us know. The Council on Aging is here to help: 508-358-2990.

### EARLY VOTING FOR MAY TOWN ELECTION



The Annual Wayland Town election is on May 11, 2021. April 21 is the last day to register to vote. Gov. Baker has extended the "no excuse" option to vote by mail through June 30. More information about how to request a ballot to vote by mail is available on the Town Clerk's website ([www.wayland.ma.us/town-clerk](http://www.wayland.ma.us/town-clerk)) or by calling the Town Clerk's office at 508-358-3630.

**Resources**

**BayPath Elder Services:** 508-573-7200

**Caregiving Resources:** [www.caregivingmetrowest.org](http://www.caregivingmetrowest.org)

**Domestic Violence Hotline:** 1-877-785-2020 or visit [www.domesticviolenceroundtable.org](http://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

**COVID-RELATED RESOURCES**

**If you develop COVID symptoms:** Call your doctor and the Wayland Health Dept. COVID Hotline: 508-358-6805

**If you need help with food or medicine:** Call the Town's COVID Relief Fund/Food Pantry at 508-358-7701

**For emotional support:** Wayland Youth & Family Services (for all ages): 508-358-4293

**My Brother's Table at Good Shepherd Parish:** 508-650-3545

**Celebration Church Food Pantry:** 508-318-4769

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## Resources

## TRANSPORTATION OPTIONS



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

**COA Taxi Program:** Free taxi trips to medical appointments, grocery shopping or Rx pick-up for Wayland seniors 60+ with no other means of transportation. This is a COVID-19 grant-funded program. Call the COA at 508-358-2990 or email [coa@wayland.ma.us](mailto:coa@wayland.ma.us). Requests must be made one full business day in advance.

**MEDICAL TAXI VOUCHERS:** For Waylanders 60+ or any age if disabled. Offers discounted taxi fare for medical appointments or medically-related activities at the COA. Administered through JFK Transportation, this option requires the advanced purchase of discount vouchers. Discount is 40% off metered fare. Total cost will vary based on miles traveled. Boston travel is charged a flat rate of \$42 each way, all other travel is based on the meter. Tips expected in cash. Buy vouchers in advance by calling the COA at 508-358-2990. Schedule rides directly through JFK 508-653-4500.

**FISH: Currently unavailable.** Friends in Service Helping, a volunteer group, provides rides to medical appointments for Waylanders who have no other way of getting there. One-week notice needed. Call 508-358-3474.

**SHOPPING TRIPS:** We hope to resume our monthly trip to Market Basket in spring 2021. Please call us for details.

## Q&amp;A with the COA

*What would you like to know? Just ask us!*

**Q. I heard there are sometimes recorded calls from the Town of Wayland to residents, but I don't get those calls. How do you get on that list?**

Wayland uses the SWIFT 911 emergency notification system for sharing important information quickly with the community. Sign up for SWIFT 911 by calling the Wayland Police Department at 508-358-4721, or visit the website at [www.wayland.ma.us/police-department](http://www.wayland.ma.us/police-department). If you have signed up but think you are not getting the calls, your phone line might have a "block" on it for certain numbers. Check with your phone company if you are not sure. You can also add a cell phone number to your SWIFT 911 account, and receive these important updates on your home and cell phone. And one more tip: you can add a phone number from anywhere, such as a family member who might want to know when something is happening in Wayland.

### SMOC PROGRAM OFFERS HELP COVERING THE COST OF WINTER HEAT



Households with limited income may be eligible for help with home heating bills through the *Low Income Home Energy Assistance Program (LIHEAP)*. Eligibility is based on the total gross annual income for an entire household: \$39,105 for households of one, and \$51,137 for households of two. All applications are processed remotely during COVID. To apply or learn more, call the South Middlesex Opportunity Council (SMOC) at 508-872-4853 or [email fueldocs@smoc.org](mailto:fueldocs@smoc.org).

## How To Access COA Remote Programs

### Zoom



#### Signing Up for Zoom Events

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](mailto: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 on the morning of the event.

#### Watching Programs on Cable TV

You can watch WayCam.TV on Verizon channel 37 and Comcast channel 8. The full program schedule and details for streaming live and on demand are on the WayCam.TV website: [www.waycam.tv/home](http://www.waycam.tv/home)



#### WAYLAND COA STAFF

Director: Julie Secord, M-F,  
[jsecord@wayland.ma.us](mailto:jsecord@wayland.ma.us)

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Outreach Coordinator: Sue Hatton, M-F  
[shatton@wayland.ma.us](mailto:shatton@wayland.ma.us)

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[slevine@wayland.ma.us](mailto:slevine@wayland.ma.us)

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[agordon@wayland.ma.us](mailto:agordon@wayland.ma.us)

Program Assistant: Lillian DePasquale, M, Th, F  
[ldepasquale@wayland.ma.us](mailto:ldepasquale@wayland.ma.us)

S.H.I.N.E. Counselors:  
Penny Wilson, Kathleen Woehrling

#### FRIENDS OF THE WAYLAND COA

A 501 (c)3 that 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](http://www.friendsofwaylandcoa.org)

**FRIENDS BOARD:** Marie Winter, President; Nancy Leifer, Vice President; John Shaw, Treasurer and Webmaster; Mary Antes, Clerk; Paul Abramson; Steve Correia; Huaibin Lu; Patty MacNeil; Sue Pope; Betsy Willard.

#### COMING UP FROM THE FRIENDS!



**Not Your College Tequila**  
**Thursday, April 29, 7pm**  
**A free, interactive Zoom community event**  
**See p. 1 for details**  
**JOIN THE FUN!**

#### WAYLAND COUNCIL ON AGING BOARD

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

**Next Meeting:** Tuesday, April 6, 1:00 pm

#### 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, Linwood Bradford, Pauline DiCesare

**Next Meeting:** Tuesday, May 18, 10:00am

#### West Suburban Veterans Svcs. District

781-489-7509, Nancy Blanchard, Director  
In Wayland Tues. 9am—4pm, 781-850-5504



## April COA Activities

SUNDAY	Monday	Tuesday	Wednesday	Thursday
<b>KEY:</b> <b>WayCam TV—Red</b> <b>Zoom—Blue</b> <b>In person—Green</b>				<b>1</b> 10:30am Social Group 2:30pm John Clark: Novelty Songs Puzzle donations accepted thru 4/23
<b>4</b> 8:00am Cooking as Self-Care 4:00pm Acton Sr. Ctr. Line Dancing	<b>5</b> 9:30am Walking Club 1:00pm Great Courses	<b>6</b> 8:00am Fish Fitness 10am Fit 4 the Future 10:30am Knit Together 1pm Armchair Travel 4:00pm Women's Suffrage in Wayland 7:00pm Frank Cutitta: My COVID Journey	<b>7</b> 9:00am Theratube 9:30am Walking Club 10:15am ZoomBa	<b>8</b> 10:30am Social Group 1:30pm Real ID
<b>11</b> 8:00am New England General Stores /Acton Sr. Ctr. Line Dancing 4:00pm History of Farming in NE/Hoopla & Libby	<b>12</b> 9:30am Walking Club 1:00pm Great Courses	<b>13</b> 8:00am Fish Fitness 10am Fit 4 the Future 10:30am Knit Together 1pm Armchair Travel 4:00pm Cooking as Self-Care	<b>14</b> 9:00am Theratube 9:30am Walking Club 10:15am ZoomBa	<b>15</b> 10:30am Social Group
<b>18</b> 8:00am Zoom Tutorials 4:00pm Fish Fitness	<b>19</b> Patriots Day Holiday Town Offices Closed	<b>20</b> 8:00am Dealing with Diabetes 10am Fit 4 the Future 10:30am Knit Together 1pm Armchair Travel 4:00pm Songbirds of the NE	<b>21</b> 9:00am Theratube 9:30am Walking Club 10:15am ZoomBa 1:30pm Trivia Time	<b>22</b> 10:30am Social Group 1:00pm Zoom with Whom
<b>25</b> 8:00am Women's Suffrage in Wayland 4:00pm Acton Sr. Ctr. Line Dancing	<b>26</b> 9:30am Walking Club 1:00pm Great Courses	<b>27</b> 8:00am Early American Roads and Trails 10am Fit 4 the Future 10:30am Knit Together 1pm Armchair Travel 4:00pm Zoom Tutorials	<b>28</b> 9:00am Theratube 9:30am Walking Club 10:15am ZoomBa 1-2pm Puzzle Swap	<b>29</b> 7pm Not Your College Tequila w/ Friends of the COA

## Trips and Travel



## Wayland on the Move and at Home

## Zoom Armchair Travel Group

Every Tuesday at 1:00 pm

Join fellow travelers as we continue our virtual journey to fascinating destinations around the world. To make your reservation, email us at [coa@wayland.ma.us](mailto:coa@wayland.ma.us) or call the COA at 508-358-2990. We will send you a link to join by computer or on a call-in phone line. If you would like to share pictures and stories from a special trip that you took, please let us know. We are always looking for guest hosts!

**April 6: Andalusia in Spain.** Join Shawna Levine for this encore presentation to learn about Andalusia, a large autonomous region bordering Spain's southern coast. It was under Moorish rule from the 8th-15th centuries, a legacy that shows in its architecture, including such landmarks as the Alcázar castle in Seville, Córdoba's Mezquita Mosque-Cathedral and Granada's [Alhambra palace](#).

**April 13: Orkney Islands:** Orkney, the islands nobody has heard of. They're bleak and blustery, so why would anyone want to go there? You'll find out. Join guest host and fellow Armchair Traveler Pat Kingston who will share photos and stories from her travel to Orkney, one of the Northern Isles of Scotland.

**April 20: Amazing Adventures in Architecture with Susan Wagner: "Frankly Speaking," Frank Lloyd Wright and Frank Gehry.** During the last century Frank Lloyd Wright transformed the landscape of architecture; his influence is still widely felt today. We'll visit his iconic "Falling Water" and other Wright masterpieces. Frank Gehry has also created a stir with his disruptive buildings that have questioned the very meaning of design within architecture. We will look at his Bilbao Guggenheim Museum and possibly the Walt Disney Concert Hall in Los Angeles.

**April 27: "Vienna: Then and Now" with Guest Host Margaret Dergalis.** Voted the best city to live in many times over, Vienna is a must for music lovers. See the famous performing white stallions of the Spanish Riding School, learn about the theft of a Renaissance gold work and follow the trail of Nazi looted art.

## Wayland Back on the Move (hopefully!)



We are offering the following trips with Best of Times Travel. For more information, please contact the COA.

**Martha's Vineyard: August 12.** Our journey begins in Woods Hole where we board the ferry to the island. Learn about the history and lifestyles of the islanders as you pass through Vineyard Haven, spend free time for lunch and shopping in the historic whaling town of Edgartown and complete your day on the island in Oak Bluffs.

**Simon Pearce Glassblowing & King Arthur Fall Foliage Trip w/ Queechee Gorge: October 7.** Travel to Vermont on this unique and culturally rich day-trip during the peak of the fall foliage season. A highlight will be lunch at the fabulous Mill Restaurant at Simon Pearce with your choice of two delicious entrees.

**Nashville Country Christmas: December 10—13.** Join us as we experience the Country Music Capital of the World – Nashville, Tenn. for a Country Christmas featuring Grammy Award winners the Oak Ridge Boys, the Gaylord Opryland, The Grand Ole Opry and More!



**CELEBRATING OUR  
STRENGTH**

**An Outdoor Open House  
Wed., May 26, 1:30 - 3:00pm  
Town Building Courtyard**



Let's recognize all we have done during this past year by Celebrating Our Strength! It's a festive time to enjoy being together, safely, with live music, fitness demonstrations, safely packaged snacks, and exhibits about how our wonderful community has come through this unprecedented year. Drop in for a little or a lot of time, we'd love to see you. And please help us share insights and photos from this past year: See page 1 for our special request from our Community Of Strength. We can't wait to celebrate with you!



**Spring Brunch Cooking Class  
Thursday, May 6: 3- 5 pm**

Join chef Roberta Hing as she teaches some simple techniques for delicious brunch dishes that will be perfect for spring and can also be served for dinner. We'll start with a Savory Bread Pudding with goat cheese and shallots as the star dish. We'll also make delicious Almond Poppy Seed Scones and end with warm Caramelized Bananas topped with Greek yogurt. Cook along with the class and you will have dinner prepared for the evening. Or just watch, learn and ask questions so that you can prepare this meal another time. Once you register, you'll get a copy of the recipes and any extra instructions for those cooking along with the class. Either way, this interactive Zoom cooking class will bring us all together for a couple hours of fun.



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

At [www.waylandcoa.org](http://www.waylandcoa.org) you'll find lots of information, including helpful resources and ideas for staying at home. On Thursdays we send out a short-and-sweet email highlighting programs and services in the coming week. Call us at 508-358-2990 or email [coa@wayland.ma.us](mailto:coa@wayland.ma.us) to subscribe.

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