



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

APRIL 2022

Spring Renewal

Between the warmer weather and the decline in Covid cases, this spring feels like the season of renewal and emergence it is meant to be. We are planning a lot of activities for the coming months. We look forward to seeing you.

In this newsletter you'll find information about jewelry-making, our popular watercolor classes, and a program on Big Band Swing Music by the ever-popular John Clark. Our monthly Pizza Café continues, a great opportunity to connect and reconnect with others.

We'll have a Puzzle Pick-Up for puzzlers who want to replenish their supply. And we're thrilled to bring current movies back to the COA. It has been two years since we last offered this fun opportunity to gather for a movie and popcorn — one of life's simple pleasures.

We are looking ahead to May when we will celebrate Older Americans Month with some very special initiatives and events. Stay tuned!

Your COA Staff:

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

MOVIES ARE BACK!

We are excited to bring back our movie matinees — by popular demand! Monthly movies start up on a new day and time: the last Wednesday of the month at 1:30pm. Enjoy complimentary self-serve popcorn and cold drinks from our Hospitality Cart. **Reservations are required, seating is limited.**



BEING THE RICARDOS

Wednesday, April 27, 1:30pm

In the COA, Reservations Required

Lucille Ball (Nicole Kidman) and Desi Arnaz (Javier Bardem) are threatened by shocking personal accusations, a political smear and cultural taboos in Academy Award-winning writer and director Aaron Sorkin's behind-the-scenes drama. A revealing glimpse of the couple's complex romantic and professional relationship, the film takes audiences into the writers' room, onto the soundstage, and behind closed doors during one critical production week of their groundbreaking sitcom, *I Love Lucy*.

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The Wayland Council on Aging

provides programs and outreach services to and on behalf of seniors to enhance quality of life and promote independent living. We are committed to creating a welcoming environment that values dignity, tolerance, respect, appreciation of diversity and positive regard for all community members.

The Wayland Council on Aging

41 Cochituate Road

Wayland, MA 01778

508-358-2990

coa@wayland.ma.us

www.wayland.ma.us/council-aging

Office Hours: Mon., 8am-7pm; Tues-Thurs,

8am-4pm; Fri, 8am-12:30pm

PLEASE NOTE: As Covid protocols change, the manner in which we offer our programs — in person or remote — may also change. We will contact registered participants about changes. Please check with us if you have questions.

John Clark and his Great American Music Experience

BIG BAND SWING

Thursday, April 28
1:00 pm at the COA

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



Benny Goodman



Glenn Miller

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

DRAWING & WATERCOLOR PAINTING

A 4-week class with Rahul Ray
Tuesdays, 10:30am-12
April 5, 12, 19, 26
OR Thursdays, 1-2:30pm
April 7, 14, 21, 28
Cost: \$25



Develop or refine your drawing and painting skills in this friendly studio class that focuses on fundamental skills. Work on observation, perspective, scale, and technique, using pencils and watercolors. The class emphasizes process over product.

Instructor 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. He teaches drawing and painting to classes and individuals. **Registration required. Materials are available in class, or bring your own from a provided list.** Classes are small and fill quickly. Registration for May classes opens April 15.

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

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



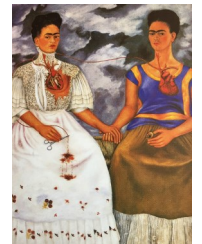
The class size will be limited. **Registration is required**, and restricted to Wayland residents.

ART APPRECIATION:

WOMEN PHOTOGRAPHERS & AN INTRODUCTION TO MEXICAN ART

with Margaret Dergalis

Tues., April 5, 1:00pm on Zoom



Women were trailblazers in a field previously dominated by men. Their contributions helped to make photography an integral part of the fine arts. Diego Rivera is considered the master of the Mexican muralist movement. However, his work in the United States is not without controversy. Frida Kahlo, Diego's wife, used symbols from Mexican culture to express both her physical and emotional pain. **Registration is required.**

This will be the last of Margaret's Art Appreciation programs. We are so grateful to Margaret for creating this amazing series and for expanding our understanding of the art world. Kudos, Margaret!

PIZZA CAFÉ: Wed. April 6, noon, in the COA

Reservations required, \$5

Join us for our first-Wednesday-of-the-month Pizza Café. Enjoy a pizza buffet, salad, beverage and dessert, and the fun of being together with friends and future friends.

Please reserve your seat by noon on the previous Monday.

Next Pizza Café: Wed. May 4



The COA carefully selects program topics and presenters. Speakers bring expertise as well as opinions; the COA does not necessarily endorse speakers' viewpoints. We invite audiences to use their own judgment as they listen and learn. In addition, while we appreciate the advertisers who support this newsletter, we do not endorse products or services.

REGULAR WEEKLY PROGRAMS

Join us for one or all of these regular weekly programs.
You must pre-register for Zoom programs.



GREAT COURSES

Mondays, 1pm in person

Join together to learn from some of the nation's top scholars on a wide range of topics, from science to art to engineering and travel. See details, right.



CONNECTIONS

Mondays, 2:00pm on Zoom

Connect with new and old friends and enjoy good conversation in this facilitated discussion group. New members always welcome — Zoom in and try it out!



KNIT TOGETHER

Tuesdays, 10:30am on Zoom

Knit in the company of friendly fellow knitters. Create knitwear to donate to children in need using our supplies, or work on your own projects.



GENEALOGY

1pm, 2nd and 4th Tuesday, in person and on Zoom

Share in great conversations, research tips and fascinating stories from the past. Experience our new "Owl" technology with its 360° camera that brings people together in person and on Zoom.



SOCIAL GROUP

Thursdays, 10:30am on Zoom

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

GRANDPARENTS GROUP

Dr. Dossie Kahn of Wayland Youth and Family Services facilitates discussions about the rewarding and sometimes challenging relationships between grandparents and grandchildren; share resource ideas. New members welcome, contact Dossie Kahn for details, (508-358-4293).



GREAT COURSES, GREAT MASTERS:

ROBERT AND CLARA SCHUMANN

Mondays, April 4, 11, 25

1:00—2:30 pm in the COA

Video Lecture Series, Closed Captioning

These are 45-minute lectures; we'll show two on each Monday.

Meet the Schumanns—brilliant, gifted, troubled, and unique in the history of music.

Robert Schumann (1810–1856) and his wife Clara Wieck Schumann (1819–1896) have earned a



distinct place in the annals of Western music.

As a couple with a two-career marriage—he as a pioneering critic and composer, she as one of the leading concert pianists of Europe—they were highly exceptional in their own time though they seem very contemporary in ours.

Dr. Robert Greenberg is Music Historian-in-Residence with San Francisco Performances. A graduate of Princeton University, Professor Greenberg holds a Ph.D. in Music Composition from the University of California, Berkeley.

JIGSAW PUZZLE PICK-UP

April 20, 1-2pm

In the COA



Looking for some new jigsaw puzzles to entertain or challenge yourself? Stop by the COA to choose some from our expanded collection.

Got puzzles to donate? Drop them through Tuesday, April 19 in our donation bin in the front foyer of the Town Building, or here at the COA. Thanks!

Medical Equipment Loans

Our Medical Equipment Loan Closet is currently closed due to lack of storage space. However, we do have a few transport chairs we can loan for up to two weeks. We can also refer you to other sources of medical equipment.

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

JOIN THE COA FIT CLUB!

The *COA Fit Club* is our pay-by-the-month, take-as-many-classes-as-you-want, fitness program. Join the *COA Fit Club* and get unlimited monthly access to both in-person and Zoom fitness classes. No need to pre-register for classes, just show up or Zoom in. Payment must be received before the month begins. For convenience, pay ahead for multiple months, and get a refund or apply payment to a different month if your plans change.

- Pay \$20/month for access to all fitness classes, in-person and remote.
- Receive a list of the week's fitness choices Monday morning by email (or Tuesday if a Monday holiday), including links to Zoom classes.
- We cannot pro-rate the monthly fee. Please get your monthly payment to us before the start of each month.
- Pay-As-You-Go is available for in-person classes only and requires Fitbucks pre-paid coupons. Buy Fitbucks at the COA or by mail. Unused Fitbucks are refundable. Class reservations are not needed.

COA Fit Club



If You'd Rather Pay by the Class...

Pay-As-You-Go is only available for in-person classes such as T'ai Chi and Fit For The Future. Each class is \$4.

We cannot accept cash in class; you must purchase Fit Bucks, a pre-paid coupon available in the COA or by mail. Place your signed Fit Buck coupon in the basket when you attend class. No reservations are necessary.

COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON

THE WALKING CLUB—The Walking Club back!

Mondays at 9:30am. Meet at the Rail Trail near the Library.

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



T'AI CHI

Mondays, 9:30am-10:30am, In the Large Hearing Room or outdoors when appropriate

Instructor: John Woodward, Certified T'ai Chi Instructor

T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body using slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being. As this class does involve one hour of movement, it may not be suited for those who use a cane or walker.

LOIS' FIT FOR THE FUTURE

Tuesdays and Thursdays, 10-11am, Large Hearing Room

Instructor: Lois Leav

This popular class involves stretching, bending, loosening the joints and building flexibility, all set to music.

THERATUBE

Wednesdays, 9am-10am, on Zoom

Instructor: Ellen Cohen Kaplan, Certified Personal Trainer, OTR

Use resistance bands to increase range of motion and strength. Bands are easy to use for people of all abilities.

ZOOMBA

Wednesdays, 10:15-11:15am, on Zoom

Instructor: Ellen Cohen Kaplan, Certified Personal Trainer, OTR

Join this fun cardio class and dance your way to fitness with Latin music.

SAIL: STAY ACTIVE AND INDEPENDENT FOR LIFE

Fridays, 9:30am—10:30am on Zoom

Instructor: Joe Fish, Certified Instructor and Falls Prevention Specialist This interactive, evidence-based class helps older adults improve balance and mobility, reduce the risk of falls, and improve quality of life. Participants can take the class while seated; Joe Fish will tailor the class to other individual needs.

Spring Things: Prevent Basement Flooding and Burn Brush Safely

By Todd Winner, Wayland Fire Dept., Senior SAFE Team



Spring is finally in the air, 5 p.m. no longer feels like 9 p.m., trees will start budding and my two golden retrievers will be rolling in mud until June. Defrosting from the New England winter is always a good feeling but with it comes the rainy mud season, meaning the ground will soon be engorged with melting snow, ice and rain.

Basements/cellars come in all shapes, sizes and materials i.e., concrete, fieldstone, dirt floor and so on. If you live in a low-lying area you may be more susceptible to damp or even flooding basements due to water not having anywhere to go but your basement. If you have a sump-pump it's always important to check it periodically to make sure it's working properly and clear of debris. If your heating system is located in the basement like it is in most homes, flooding can severely damage a furnace, boiler, water heater, etc. Getting them fixed, replaced and turned back on can be very costly. Minimal maintenance on your pump can save you time and money in the long run. Consider a battery-backup for your pump in the event you lose power and don't have a generator. Consider keeping a spare pump on hand to replace a broken one because things never break when it's convenient.



Springtime also means brush burning season, one of my favorites. When burning brush, always keep a garden hose or at a minimum a bucket of water on hand in case anything gets out of control and to properly extinguish any coals at the end of the day. Never leave a fire unattended, even if it's down to the coals; when that happens, we usually end up getting a call. Only burn what's appropriate: small branches and sticks, and never any leaves, grass or pine needles. Always make sure to keep small children at a safe distance from burning brush. Never use any accelerants to get a brush fire going. Most people underestimate the flammability of accelerants and it usually leads to painful injuries or worse. For more information on the Town's brush burning guidelines, visit the Town web page and look under [Fire & EMS](#) or call the non-emergency line — 508-358-4747 — to find out.

MEDICARE AND OVER-THE-COUNTER COVID-19 TESTS



Earlier this year it was announced that, starting in early Spring, Medicare beneficiaries are able to access up to eight over-the-counter COVID-19 tests per month for free.

Tests will be available through eligible pharmacies and other participating entities. All Medicare beneficiaries with Part B are eligible for this new benefit, whether enrolled in a Medicare Advantage plan or not. More details will be available when this initiative launches in the early Spring. For more information, check Medicare.gov or speak to a SHINE counselor.

In the meantime, anyone can order up to four free home tests per household through covidtests.gov. Beneficiaries who are in a Medicare Advantage plan can check if their plan offers any coverage for home tests (separately from the initiative launching in early Spring).

VETERANS DISABILITY CONDITIONS UPDATE

In 2021, the Veterans Administration began implementing provisions to add bladder cancer, hypothyroidism and Parkinsonism to the list of medical conditions presumptively associated with **exposure to Agent Orange**. The VA also added asthma, rhinitis and sinusitis (to include rhinosinusitis) on a presumptive basis based on particulate matter exposures during military service in Southwest Asia and certain other areas to include **burn pit exposure**. If a veteran you know has been affected by any of these conditions that manifested within 10 years of a qualifying period of military service, please contact our office.

Wayland's Veterans' Agents are here to support all of our veterans and families. Nancy Blanchard and Sarada Kalpee look forward to seeing you. **For more information or to schedule an appointment, please call our main office at 781-489-7509 or 781-850-5504.** If you or someone you know is in crisis please call 1-800-273-8255 (press 1 for Veterans).

Thank you to our military community, both past and present, for the sacrifices you've made for us all!

BayPath Elder Services: 508-573-7200

Caregiving Resources: www.caregivingmetrowest.org

Domestic Violence Hotline: 1-877-785-2020 or visit

www.domesticviolenceroundtable.org

Elder Abuse Hotline: 1-800-922-2275

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

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

Medicare: 1-800-633-4227

MetroWest Legal Services: 508-620-1830

MWRTA Fixed Route Buses: 508-935-2222

MWRTA Dial A Ride: 508-820-4650

Social Security: 1-800-772-1213

State Senator Rebecca Rausch: 617-722-1555

Representative Carmine Gentile: 617-722-2014

Representative Alice Peisch: 617-722-2070

Wayland Community Fund: 508-358-3624

Wayland Council on Aging: 508-358-2990

Wayland Housing Authority: 508-655-6310

If you develop COVID symptoms call your doctor and the Wayland Health Dept. COVID hotline: 508-358-6805

For emotional support, contact Wayland Youth and Family Services (for all ages) at 508-358-4293

Local Food Pantries: My Brother's Table at Good Shepherd Parish: 508-650-3545; Celebration Church: 508-318-4769; and Loaves and Fishes at Trinitarian Church: 508-358-7717



TRANSPORTATION OPTIONS

Call the COA when you have transportation needs and we can help determine the best option.

NEW: BAYPATH GRANT PROGRAM: With a grant from Baypath Elder Services, the Wayland COA may be able to help with special transportation needs when other options are not available. This may include transportation to appointments during times that MWRTA does not operate, or other types of special support.

MWRTA Dial-a-Ride: Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. Ride cost is \$2, \$3 or \$5 each way based on destination. Charges are waived during the pandemic. Pre-register with MWRTA Call Center at 508-820-4650. Registered riders must make reservations with the Call Center at least 48 business hours prior to travel date.



MEDICAL TAXI VOUCHERS: For Wayland residents age 60 and over. Purchase discounted taxi vouchers in advance from the COA for taxi trips to medical appointments. **NEW in 2022:** This program uses both JFK Transportation and now Tommy's Taxi, too; discount is 40% off metered fare. Gratuity not included. Medical vouchers to Boston hospitals may be purchased for a flat rate of \$42 one way (these do include gratuity). Schedule rides directly through JFK Transportation at 508-653-4500 or Tommy's Taxi at 508-872-3500, and tell them you will be using taxi vouchers.

GRANT-FUNDED TAXI PROGRAM: Our grant-funded taxi program ended in March 2022. We are grateful to the Metropolitan Area Planning Council and Mass Development for generously funding this invaluable program.

MAY 6 LOTTERY DEADLINE FOR AFFORDABLE UNITS IN THE OXBOW APARTMENTS

Maloney Properties will hold a Housing Lottery for affordable units in Alta Oxbow — formerly known as Rivers Edge — the new development that is currently under construction. The deadline for applying is May 6, 2022.

Located on Route 20 near the entrance to the Wayland Transfer Station, Alta Oxbow will open this summer with 219 one- to three-bedroom casual luxury apartments. These will include 55 affordable units, with 17 units restricted for those aged 55 and older. You can find more information on their website: www.Maloneyaffordable.com.

The Council on Aging will host representatives from Alta Oxbow and Maloney Properties in April; stay tuned for dates and details. They will give us an overview of the development, the types of apartments and floor plans. Maloney Properties will discuss the lottery and how to apply. Whether you are looking to make a move or just curious about our new neighbors, please join us. Please check our weekly eblast or call the COA for date and time. (If you are not signed up for our weekly eblast — an email on Thursdays that provides late-breaking news and a look at the week ahead on the COA calendar — give us a call and we can add you to our distribution list.)

WAYLAND COA STAFF

Director: Julie Secord, M-F

jsecord@wayland.ma.us

Outreach Coordinator: Sue Hatton, M-F

shatton@wayland.ma.us

Project Coordinator: Shawna Levine, M-Th

slevine@wayland.ma.us

Community Relations Coordinator: Ann Gordon, T-Th

agordon@wayland.ma.us

Program Assistant: Lillian DePasquale, W-F

ldepasquale@wayland.ma.us

S.H.I.N.E. Counselors:

Penny Wilson, Kathleen Woehrling, Irene Cramer

WAYLAND COUNCIL ON AGING BOARD

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

Next Meeting: Monday, April 4, 4pm on Zoom

SENIOR TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets every other month.

MEMBERS: Markey Burke, Chair; Steve Colella, Vice Chair; Ann Gilbert, Clerk; Joan Bradford, Pauline DiCesare, Joel Rosenhaus, Susan Rufo

Next Meeting: Wednesday, April 13, 9:00am
In Person, COA

WEST SUBURBAN VETERANS SERVICES DISTRICT

781-489-7509

Sarada Kalpee, Director

Nancy Blanchard, Deputy Director

In Wayland Tues. 9am—4pm, 781-850-5504

How to Access COA Remote Programs

Zoom: To protect privacy, Zoom events are by invitation only. To join a Zoom event by video or phone, contact us at coa@wayland.ma.us or 508-358-2990. First-time participants, please provide name, address, email and phone. Subsequently, only your name and program name are needed. We will confirm your registration and send you the link prior to the event.

Cable TV: You can watch WayCam.TV on Verizon channel 37 and Comcast channel 8. The program schedule and details for streaming live and on demand are on the WayCamTV website: www.waycam.tv/home
Go to www.waycam.tv/live to watch WayCam programs live-streamed on TV or on your computer.

FRIENDS OF THE WAYLAND COA

This 501(c)3 supports COA programs, services, and equipment that cannot be financed through the COA's town budget. The Friends' long-term goals include supporting the Town's need for increased, dedicated COA space. Older adults (60 years of age and older) represent 28% of Wayland's population. Donations to the Friends are tax-deductible. Visit the Friends website to learn more: www.friendsofwaylandcoa.org

FRIENDS BOARD: Marie Winter, President; John Shaw, Treasurer and Webmaster; Mary Antes, Clerk; Paul Abramson; Steve Correia; Frank Kennedy; Huaibin Lu; Patty MacNeil; Sue Pope



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

At www.wayland.ma.us/council-aging you'll find lots of information and helpful resources. On Thursdays we send out an email highlighting programs and services in the coming week. Call us at 508-358-2990 or email coa@wayland.ma.us to subscribe.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)			1 9:30am SAIL fit- ness
3 8:00am Chair Yoga 4:00pm Fish Fitness	4 9:30am T'ai Chi 1pm Great Courses 2:00 pm Connections	5 8:00am Line Dancing 10:00 Fit 4 Future 10:30am Knit Together 10:30am Art Class 1:00pm Art Appreciation 4:00pm Fire Svc. Story	6 9:00am Theratube 10:15am ZoomBa 12:00pm Pizza Café	7 10:00am Fit 4 Future 10:30am Social Group 1:00pm Art Class	8 9:30am SAIL fit- ness
10 8:00am Fish Fitness 4:00pm Club Soda Concert	11 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections <i>Market Basket Trip</i>	12 8:00am Grandparenting a Child w Autism 10:00am Fit 4 Future 10:30am Knit Together 10:30am Art Class 1:00pm Genealogy 4:00pm Fish Fitness	13 9:00am Theratube 10:15am ZoomBa	14 10:00am Fit 4 Future 10:30am Social Group 1:00pm Art Class <i>Boston Symphony Orchestra Trip</i>	15 9:30am SAIL fit- ness
17 8:00am Fish Fitness 4:00pm Line Dancing	18 Patriots Day Town Departments Closed	19 8:00am Chair Yoga 10:00am Fit 4 Future 10:30am Knit Together 10:30am Art Class 1:00pm Armchair Travel 4:00pm Grandparenting a Child w Autism	20 9:00am Theratube 10:15am ZoomBa 1:00pm: Puzzle Pick- Up	21 10:00am Fit 4 Future 10:30am Social Group 10:30am Jewelry Studio Class 1:00pm Art Class	22 9:30am SAIL fit- ness
24 8:00am Fish Fitness 4:00pm Chair Yoga	25 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections	26 8:00am Fire Svc. Story 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 4:00pm Line Dancing	27 9:00am Theratube 10:15am ZoomBa 1:30pm: Movie Matinee: <i>Being the Ricardos</i>	28 10:00am Fit 4 Future 10:30am Social Group 1:00pm Big Band Swing	29 9:30am SAIL fit- ness



TRIPS AND VIRTUAL TRIPS

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

Monday, April 11: Market Basket, Marshall's and Home Goods in Waltham. The van leaves the COA at 9:30am to start home pick-ups. Return by 1:30pm. Shopping trips are free of charge and for Wayland residents only. Space is limited, call by noon the previous Thursday.

Thursday, April 14: Boston Symphony Orchestra Open Rehearsal. Our van will depart the COA at 9:00am and return at approximately 1:30pm. Sit in on rehearsal and hear a renowned violinist play Beethoven's Violin Concerto, enjoy the premier of Bernard Rand's Symphonic Fantasy, and listen to the incomparable *La Mer* by Claude Debussy. The cost is \$15 for transportation; riders must purchase their own Boston Symphony tickets. Reservations are required.

We are slowly getting back on the road. Stay tuned for news on spring and summer trips including Rockport, Castle Island and the Worcester Red Sox (Woosox). If you have suggestions on other places that you would like to visit, let us know!



ARMCHAIR TRAVEL THE FRENCH RIVIERA WITH THE MARITIME ALPS

Guest Host Margaret Dergalis
Tuesday, April 19, 1:00 p.m. on Zoom

The French Riviera has long been a destination for royals, the ultra wealthy, actors, writers and artists. The bright colors and sun-filled vistas have inspired the likes of Picasso, Chagall, Matisse and Renoir. **Registration required.**



They say everyone is Irish on St. Patrick's Day, so everyone gets to celebrate! Wayland Police Chief Sean Gibbons (left) was a special server at our St. Patty's Day luncheon in March, here delivering Irish soda bread to Cheryl Creber and Judy Currier. On the right, four friends came together to enjoy the live music and traditional Irish food: Sandy Stanley, Joan Clifford, Shirley LaRoche and Hilda Bulkley.



CELEBRATING OLDER
AMERICANS MONTH
**A SPECIAL OUTDOOR
EVENT IN MAY**

Wednesday, May 11, 4:30—6:30pm
Rain date: Thursday, May 12
Town Building Courtyard

Save the date for our special event to recognize Older Americans Month!

We'll have live music, refreshments, exhibits and more. Wayland is fortunate to have so many wonderful Older Americans living here and contributing to community life. Let's celebrate!

Watch for more details coming soon.

A LEGAL CHECKUP

Whether you are creating a plan for yourself or helping a family member, this informative program will help answer your questions. This free program is sponsored by the Massachusetts Bar Association in collaboration with the National Academy of Elder Law Attorneys. Details about date and time will be coming in April.

ZOOM COCKTAILS WITH FRIENDS OF COA

Wed., April 4, 7 - 8:30pm: Spring into Summer with Soju and Saki. John Shaw, certified Spirit Professional, takes you on an armchair journey to discover these two famous wines from Korea and Japan.

Wed., May 4, 7 - 8:30pm: It's Kentucky Derby Time! The Derby is an iconic American event that is not just about horses — it's also about hats and bourbon. Find our more with the Friends.

Visit www.friendsofwaylandcoa.org to find out more.

The Wayland COA News

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www.wayland.ma.us/council-aging

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