



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

APRIL 2023

SPRING GREETINGS

Even after the relatively mild winter we've had, it is still a joy to welcome warmer temperatures, more daylight, and budding trees and flowers. We send our best wishes to you all for a lovely spring.

In April we continue our series of workshop on housing choices, each one with a specific focus and panel members with expertise to share. Please note that we are recording each of these workshops, and they will be available on WayCam TV and online on demand. See page 2 for details about where and how to view the recordings.

Also please note we are excited to offer a new yoga class on Friday mornings in the Large Hearing Room of the Town Building. The first two classes, April 21 and 28, will be free. Come try it out!

Your COA Staff:

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

APRIL HOUSING WORKSHOPS

In April and May we continue our series of workshops on housing resources. April's workshops are listed below; contact us to register. See page 2 for our May offerings. **Each workshop is recorded and will be available afterward on WayCam TV and on YouTube.** Details about how to view our first workshop on March 2 — "Aging in Wayland" — are on p. 2.



Downsizing: Should I Stay or Should I Go? Thursday, April 6, 10:30am in the COA: How do you decide if it is time to move or renovate. Join us for this information filled workshop. Panelists will include Brian Harvey, Certified Aging-in-Place Specialist (CAPS) and owner of Harvey Home Modifications; Amy Cowan from the SMOC Home Modification Loan Program; Susan Blumenfeld from New Roots Move Management; Marie Leblanc from Transitions Liquidators; and Joanne Berry from Coldwell Banker Realty. Topics covered include how to make your home accessible and adaptable to age in place, financing renovations, organizing, decluttering, downsizing, deciding to sell, and move management.

Housing in Wayland, Thursday, April 20, 10:30am in the COA: Brian Boggia, Executive Director of the Wayland Housing Authority will discuss affordable senior housing; Katherine Provost, FSS Coordinator & Section 8 Administrator, will talk about 40 B, Section 8 and other Wayland options; and Rachel Bratt, Co-chair, Housing Partnership Committee, will discuss proposed projects including Mahoney's Cascade and St. Ann's Senior Village Affordable Housing.

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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

**Wayland Police Department
PERSONAL AND HOME SAFETY**
Wednesday, April 12, 10:00 am
In person in the COA



How can you stay safer both at home and while away from home? Join members of the Wayland Police Department to learn personal and home safety strategies. We will discuss home security options such as alarms and cameras, as well as personal safety techniques like vigilance and situational awareness. Bring your questions and ideas for an open Q&A after the presentation. There will also be an update on current scams and frauds. Refreshments will be served. **Registration requested.**

YOGA STRENGTHENING CLASS

With Certified Instructor Joe Scianna

Fridays, 10 am, Large Hearing Room, starting April 21

A combination of standing and floor postures will stretch and strengthen various areas of your body, bring vital balance, and restore all systems to vital health. Consistency will create a physical, mental and spiritual harmony that will be felt in all areas of your life. The class is geared towards all levels. Bring a mat. Chairs can be used if needed.

April 21 and 28 classes are free. Come try it! Beginning in May, join Fit Club or buy Fit Bucks. See p. 4 for details.



DRAWING & WATERCOLOR PAINTING

with Rahul Ray

Tuesdays, 1:00 - 2:30 pm

May 2, 9, 15, 22 In the COA, \$40



Develop or refine your drawing and painting skills in this friendly studio class that focuses on fundamental skills. Instructor and Wayland resident Rahul Ray, a retired professor of medicine at Boston University, received his training at the Academy of Fine Arts in Kolkata, India. He works in pencil, charcoal, and watercolor. **Registration required. Materials are available in class, or bring your own from a provided list.**

Make It and Take It Jewelry Studio Class

With Jeweler Norma Radoff

Tuesday, April 4 & Thursday, May 4

10 am—noon in the COA



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

MAY HOUSING WORKSHOPS

In May we will offer two additional workshops on housing:



Housing Options: Thursday, May 11, 10:30am

Exploring Independent and Assisted Living, Continuing Care Retirement Communities, and Memory Care. Presenters will describe and discuss the differences in the living options and how to pick the right home for you. Panelists include Michelle Woodbury from 2Sisters Senior Living Advisors and Laurie Cashman, Director of Education at the Massachusetts Assisted Living Association.

Alternative Housing Options: Thurs., May 25, 10:30am

Mike Crisafulli, Wayland's Building Commissioner, will discuss Accessory Dwelling Units (ADU), sometimes known as granny flats or in-law suites and the zoning requirements in Wayland. Anna Maria Pulsar, President of Sharing Housing, will discuss home sharing.

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

If You Can't Attend a Workshop:



We are recording our housing workshops for broadcast on WayCam TV, Wayland's local cable station, and on YouTube.

Our March 2 workshop — **Aging in Wayland** — will be shown on WayCam TV on April 4 and April 18 at 4pm. You can find WayCam on Verizon Channel 37 or Comcast Channel 8. You can also watch the recording on demand by going to www.waycam.tv, click on Watch > Video On Demand > Public and Education and Sports Programs.

THE CROWN: Season 4

Thursdays, April 6, 13, 20, 27

1—3pm at the COA

This popular Netflix series offers a fictional look inside the workings of the royal family. Season 4 covers the years from 1979 to 1990, including the Margaret Thatcher years and the wedding of Prince Charles and Lady Diana Spencer. We will show two approximately 50-minute episodes each week. Enjoy tea and biscuits while you watch.



COA speakers bring expertise as well as opinions; the COA does not necessarily endorse speakers' viewpoints. In addition, while we appreciate the advertisers who support this newsletter, we do not endorse products or services.

REGULAR ONGOING PROGRAMS

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

DROP-IN GAMES AND NEWSPAPERS

Mondays, 9:30 am in person

Drop by for Scrabble, bridge (intermediate to advanced), or just for coffee and newspapers.



VIDEO LECTURE SERIES

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



SOCIAL GROUP

Thursdays, 10:30 am on Zoom

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



MEDICATION TAKE-BACK

Wed., April 5, 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 medications at the Wayland Police Dept. 24/7.



GREAT TOURS: ICELAND

Mondays at 1:00 pm, April 3, 10, 24
Closed Captioning



Whether it's through literature, art, music, food, or history, the Icelandic relationship with nature is profound, and runs as deep as some of Iceland's glaciers extending below the surface of the sea. In fact, Icelanders don't distinguish between themselves and nature, but instead see themselves as a *part* of nature. Their intimate relationship with, and dependence on, the natural world has been present since the land was first settled—and it persists to this day.

**MONTHLY
 MOVIE
 MATINEE**



"Top Gun: Maverick"

Weds. April 26, 1:30 pm in the COA
Reservations required, space is limited

After more than thirty years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell (Tom Cruise) finds himself training a detachment of Top Gun graduates for a specialized mission. He encounters Lt. Bradley Bradshaw (Miles Teller), call sign: "Rooster," the son of Maverick's late friend. Facing an uncertain future and confronting the ghosts of his past, Maverick is drawn into a confrontation with his own deepest fears. (2022, PG-13, Action, adventure, 2hr. 11 min)

Popcorn and cold beverages on the house!

PIZZA CAFÉ

**Wed., April 5, at noon,
 in the COA**

Reservations required, \$5



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

Please reserve your seat by noon on the previous Monday.

Thanks to the Friends of the COA for their support.

COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON

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

COA Fit Club

And don't miss....THE WALKING CLUB
MONDAYS at 9:30 a.m., no fee

Beginning April 3, the Walking Club returns to the Cochituate Rail Trail in Natick. To join the Walking Club or get directions, contact Shawna Levine at 508-358-2990 or slevine@wayland.ma.us. Wear comfy shoes and bring a water bottle.

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.

Nutrition Nuggets

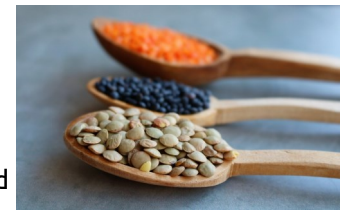


LENTILS: A LOVELY LEGUME!

Lentils!! Do you ever cook with lentils? They are a highly versatile and healthy food to eat. Many cultures around the world eat lentils as a staple food. Here are some great benefits of lentils:

Lentils are a great vegetarian source of protein. One cup of cooked lentils contains about 18 grams of protein. Protein is a building block for muscles, bones, and skin. Combine lentils with a grain, such as rice or bread, and you have a complete protein.

Lentils are good source of fiber, iron, potassium, folate, and antioxidants. The fiber in lentils helps you feel full and satisfied. Fiber may help lower cholesterol, protect against diabetes and colon cancer, and helps prevent constipation. In addition, the fiber in lentils help feed the gut flora (microbiome) which is good for digestive health.



Lentils are naturally low in sodium and saturated fat, and therefore are a heart healthy food. Unlike other types of legumes, dry lentils do not need to be soaked before cooking. In addition, lentils are also low-cost and budget friendly.

GREETINGS FROM OUR NEW TOWN MANAGER

By Michael McCall, Wayland Town Manager

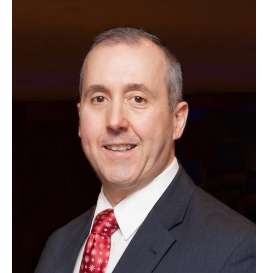


Talk of the Town

It was an honor to be selected as Wayland's inaugural Town Manager, and I want to thank the Select Board and the residents of Wayland for affording me the opportunity to serve you. Prior to Wayland, I served as the Town Manager in Southbridge and as the Assistant Town Manager in Chelmsford.

Featuring news from a different Town department each month

Having grown up in Chelmsford, with extended family in Westford, Sudbury, and Natick, I spent a lot of time travelling the Route 27 corridor, and I have visited Wayland frequently over the years. I chose to apply to Wayland because it is a community that I hold in high regard and because we share the same core values: historic and open space preservation, combating climate change, improving infrastructure, and tackling complex issues such as diversity, equity, and inclusivity. I am truly excited for this opportunity, which comes at the right time for me personally and professionally.



As a member of the sandwich generation, I am in tune with many of the same difficulties facing families here in Wayland: child care, affordable housing, aging in place, and taxes, and I believe, due to my skills and experiences, that I am well positioned to serve as a resource to the community and to help guide the Town as it moves forward with these important issues. Furthermore, I am committed to working with everyone in town to ensure that Wayland remains a vibrant, welcoming and inclusive community for all its residents and visitors.

Again, I am truly honored to serve as Wayland's first Town Manager. I am looking forward to the upcoming Annual Town Meeting and working with the Select Board, staff, and residents to accomplish goals and to address the many challenges facing the Town. I am planning to hold office hours in the coming weeks, and I will be visiting the COA to meet folks and answer questions [see back page for details]. Please do not hesitate to stop by and say hello. I look forward to meeting you.

Meet Wayland's New Veteran Service Officer

To My Fellow Veterans and Their Families,

My name is TJ Tedeschi and I was recently hired as the Veteran Service Officer (VSO) for the five communities of the West Suburban Veterans District (WSVD). Retiring from the Marine Corps with 21 years of active-duty service has given me a unique perspective, and one I am eager to share with the WSVD. With that, I am looking forward to assisting with the gathering of essential paperwork to support legitimate claims, filing such claims and, if necessary, appeal any denied claims.



TJ Tedeschi

Having served with the Marine Corps in Africa, Central and East Asia, Europe, and the Middle East, including tours with Operation Enduring Freedom and Operation Iraqi Freedom, I am knowledgeable of current factors affecting VA benefits.

Presently, I can be found on Tuesdays at the Wayland COA from 9:00am to 4:00pm. Please call my office to schedule an appointment: (781) 489-7509.

Volunteers Needed to Deliver Meals

Many Wayland seniors rely on home-delivered meals for an essential source of nutrition and a warm hello from the friendly volunteer who brings them.



Springwell, the Area Agency on Aging for Wayland, is looking for volunteers for this important role. As a Springwell volunteer, you would:

- Pick up your meals at the Sudbury Senior Center, and deliver them mid-day to seniors in Wayland
- Choose a regular weekly commitment (every Thursday, for example), OR be available as an on-call substitute
- Receive training and ongoing support from Springwell

Please note that all volunteers must have a reliable car, a current driver's license, and a clean driving record, and be able to lift up to 25 pounds.

Get to know some Wayland residents you might never meet otherwise. To learn more, email volunteer@springwell.com or go online to apply at www.springwell.com/volunteer.

Springwell (formerly BayPath): 508-573-7200

Caregiving Resources: www.caregivingmetrowest.org

Domestic Violence Hotline: 1-877-785-2020 or visit www.domesticviolenceroundtable.org

Elder Abuse Hotline: 1-800-922-2275

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

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

Medicare: 1-800-633-4227

MetroWest Legal Services: 508-620-1830

MWRTA Fixed Route Buses: 508-935-2222

MWRTA Dial A Ride: 508-820-4650

Social Security: 1-800-772-1213

State Senator Jamie Eldridge: 617-722-1120

Rep. Carmine Gentile (Pct. 1, 4): 617-722-2014

Rep. David Linsky (Pct. 2, 3): (617) 722-2810

Suicide Prevention: 988

Wayland Community Fund: 508-358-3624

Wayland Council on Aging: 508-358-2990

Wayland Housing Authority: 508-655-6310

Free COVID-19 home antigen test kits and masks are available at the COA, Town Building and Public Safety Building. Visit www.Mass.gov/isol8 for up-to-date, all-ages guidance following exposure or a positive home test. Visit <https://www.wayland.ma.us/health-department> for local COVID-19 and flu vaccine and booster clinic information and resources. Questions? Email health@wayland.ma.us or call (508) 358-3617.

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

Local Food Pantries: My Brother's Table at Good Shepherd Parish: 617-694-6137; Celebration Church: 508-318-4769



TRANSPORTATION OPTIONS

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



COA TAXI PROGRAM: A grant from MassDevelopment pays the taxi fare for trips to medical appointments when there is no other reasonable option. For Wayland residents age 60+. For details and to arrange a ride, call the COA at least two full business days in advance (note that our offices close at 12:30pm on Fridays). A grant from BayPath Elder Services may also help with special needs including a medical escort in some circumstances.

MWRTA Dial-a-Ride: Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. Currently free, but on May 1, 2023, fares will once again be charged. 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. Purchase discounted taxi vouchers in advance from the COA for taxi trips to medical appointments. This program uses both JFK Transportation and Tommy's Taxi; discount is 40% off metered fare. Gratuity not included. Medical vouchers to Boston hospitals may be purchased for a flat rate of \$48 one way (these do include gratuity). Schedule rides directly through JFK Transportation at 508-653-4500 or Tommy's Taxi at 508-872-3500, and tell them you will be using taxi vouchers.

WAYLAND COA STAFF

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

Outreach Coordinator: Maura Snyder, M-F
msnyder@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

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

WAYLAND COUNCIL ON AGING BOARD

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

Next Meeting: Monday, April 3, 4pm on Zoom

SENIOR TAX RELIEF COMMITTEE

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

Next Meeting: Tues. May 9, 10am in COA

WEST SUBURBAN VETERANS SERVICES

District Office 781-489-7509

Sarada Kalpee, Director

TJ Tedeschi, Veterans Service Officer

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

FRIENDS OF THE WAYLAND COA

Adults age 60 and over represent 28% of Wayland's population. This 501(c)3 supports COA programs, services, and equipment that cannot be financed through the COA's town budget. Donations to the Friends are tax-deductible. Visit the Friends website to learn more: www.friendsofwaylandcoa.org

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

MWRTA Dial-A-Ride Fares To Be Reinstated

Beginning May 1, 2023, fares will once again be charged by MWRTA Dial-a-Ride. Rides will cost \$2, \$3, or \$5 each way based on destination.

Fares were suspended in 2020 at the start of the Covid emergency, and rides have been free since then. To use Dial-A-Ride, you must register with MWRTA and create an account. To add money to your account, you can either call the MWRTA Call Center at 508-820-4650 or use the automated system at 508-283-3919. You will need your MWRTA rider ID and date of birth. MWRTA accepts debit or credit over the phone. Call the Call Center for instructions on how to pay by cash or check.

Mass Health Members Must Renew Coverage

All MassHealth members will be required to renew their health coverage over the next 12 months. Federal protections put in place during the Covid emergency assured that no one would lose coverage. Those protections are expiring, and MassHealth must now renew all members.

If you are a MassHealth member, MassHealth will contact you to start the renewal process. Make sure MassHealth has your accurate contact information — address, phone number, email address — so that you don't miss important information and notices. Report any household changes like changes to your income or disability status.

When your renewal time rolls around, you should receive a blue envelope from MassHealth in the mail. Fill out the renewal form, and sign and date it. You can submit your form by mail or fax, or by scheduling an in-person appointment with a MassHealth representative or Enrollment Assister.

If you have questions, call MassHealth Customer Service at 844-365-1841. Maura Snyder, Wayland COA's Outreach Coordinator, is also available to help answer questions. Reach her at 508-358-2990 or msnyder@wayland.ma.us.

Town Elections April 25, Town Meeting May 1 Vote by Mail, Get a Ride

Wayland's Annual Town Elections will be held on April 25, 2023. Vote by Mail is available. Applications must be received by 5pm on April 18 (postmarks don't count). Ballots for the April 25 election should arrive in the Town Clerk's office from the printer toward the end of March or beginning of April, and will be mailed to those with applications on file. The application must be signed (not typed) and can be scanned to Town Clerk Trudy Reid at treid@wayland.ma.us, hand-delivered or mailed via the post office.



Anyone who needs a ride in order to vote at the polls must contact the COA by 4pm on Thursday, April 21. We may also be able to provide rides to Town Meeting, which begins Monday, May 1 at 6:45 p.m. in the Wayland High School Field House. Call us at 508-358-2990 to discuss your needs.

Help with the High Cost of Heating

Households with limited income may be eligible for help with winter home heating bills through the Low Income Home Energy Assistance Program (LIHEAP). April 30 is the deadline for applying. Eligibility limits are \$42,411 total gross annual income for households of one, and \$55,461 for households of two.



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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2 8:00am Fish Fitness 4:00pm Chair Yoga	3 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1pm Video Lecture 2:00pm Connections	4 8:00am Mary Sears 10:00am Fit 4 Future 10:00am Jewelry Class 10:30am Knit Together 1:00pm Art Class 4:00pm Aging in Wayland	5 9:00am Theratube 10:15am ZoomBa 11:30am Med Take-Back 12:00pm Pizza Café	6 10:00am Fit 4 Future 10:30am Downsizing 10:30am Social Group 1:00pm The Crown	7 9:30am SAIL Fitness <i>AARP Tax Appointments</i>
9 8:00am Fish Fitness 4:00pm Chair Yoga	10 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1pm Video Lecture 2:00pm Connections <i>Trip to Market Basket</i>	11 8:00am Line Dancing 10:00 Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 1:00pm Art Class 4:00pm Fish Fitness	12 9:00am Theratube 10:00am Personal and Home Safety 10:15am ZoomBa	13 10:00am Fit 4 Future 10:30am Social Group 1:00pm The Crown <i>Trip to Symphony</i>	14 9:30am SAIL Fitness <i>AARP Tax Appointments</i>
16 8:00am Fish Fitness 4:00pm Chair Yoga	17 PATRIOTS DAY HOLIDAY Town Offices are Closed	18 8:00am Mary Sears 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Art Class 1:00pm Armchair Travel 4:00pm Aging in Wayland	19 9:00am Theratube 10:15am ZoomBa	20 10:00am Fit 4 Future 10:30am Housing in Wayland 10:30am Social Group 1:00pm The Crown	21 9:30am SAIL Fitness 10:00am Yoga
23 8:00am Fish Fitness 4:00pm Chair Yoga	24 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1pm Video Lecture 2:00pm Connections	25 8:00am Line Dancing 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Art Class 1:00pm Genealogy 4:00pm Mary Sears <i>Town Elections</i>	26 9:00am Theratube 10:15am ZoomBa 1:30pm Movie: Top Gun	27 10:00am Fit 4 Future 10:30am Social Group 1:00pm The Crown <i>Trip to Old Manse</i>	28 9:30am SAIL Fitness 10:00am Yoga
30 8:00am Fish Fitness 4:00pm Chair Yoga					

KEY:
WayCam TV—Red
Zoom—Blue
In person—Green
Hybrid—Magenta
(in-person & Zoom)

Watch WayCamTV on Verizon Channel 37 or Comcast Channel 8. Go to www.waycam.tv/live to watch WayCam programs live-streamed on TV or on your computer.



TRIPS AND VIRTUAL TRIPS

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

Monday, April 10 and Monday, May 15: Market Basket, Marshall's and Home Goods in Waltham. The van leaves the COA at 9:30 am to start home pick-ups. Return by 1:30 pm. Shopping trips are free of charge and for Wayland residents only. Space is limited, call by noon the previous Thursday.

Thursday, April 13: Boston Symphony Open Rehearsals

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

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

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

Thursday, June 1: *Frontiers of Impressionism* at the Worcester Art Museum.

Depart COA at 9:00 am. Return by 2:00. Cost: \$30 for admission, tour and transportation. Explore the evolution and expansion of Impressionism, an artistic movement that changed the trajectory of art history. *Frontiers of Impressionism* chronicles the emergence of Impressionism in 19th-century France, its subsequent expansion to much of Europe and the United States, and the lasting changes the movement has brought to the art world. Framed through the lens of the Worcester Art Museum's collection of Impressionist works, many of which were acquired when these artists were still living, the exhibition highlights over 30 artists, including Claude Monet, Pierre-Auguste Renoir, Camille Pissarro, Mary Cassatt, Childe Hassam, and Max Slevogt. Approximately half of the works in the exhibition will be on view for the first time in decades.

Tuesday, July 12: Rockport. Depart COA at 9:00 am. Return by 4:00. Cost: \$20 for transportation only. An annual favorite, join us as we once again return to Rockport and enjoy a day by the sea. You will have time to shop, have lunch (on your own) and enjoy the salt air.

COA Trip Policy: Payment is required upon registration, either in person or by mail, with a check to *Town of Wayland*.

Please indicate the trip you are registering for. Non-Wayland residents may register on the 15th of the month; checks received earlier will be held until the 15th. Refunds given only if your spot is filled.



ARMCHAIR TRAVEL

NEW ENGLAND TRAVELS with Guest Host Carol Lynn May
Tuesday, April 18, 1:00 pm
On Zoom



Join us as guest host Carol Lynn May will entertain us with her New England Travels. **Registration required.**
Coming Up on Tuesday, May 16: Guest Host Judy Bennett will show photographs and share her experiences in Portugal.

Please note that Armchair Travel will be on hiatus for the summer and will return in September.

Coming in May

2023 Elder Law Education Program A LEGAL PRIMER with Attorney Denise Yurkofsky In May, TBD at the COA and on Zoom

Whether you are creating a plan for yourself or helping a family member, join us for this informative presentation followed by a Q & A period.

What are the essential estate planning documents? What steps should you take when a spouse or parent dies? What legal and financial decisions will you have to make?

This free program is sponsored by the Mass. Bar Assn. (MBA) with assistance from the Mass. chapter of the National Academy of Elder Law Attorneys. This program is coordinated by the MBA in celebration of Law Day. **Registration is required.**

PIZZA & TRIVIA: A CROSS- GENERATIONAL CHALLENGE Thursday, May 11, 5:00 p.m. In the COA

Students from Wayland High School will join us for pizza and an inter-generational trivia game. We'll form teams of mixed ages and see what we can learn from each other. Questions will be designed for both generations.

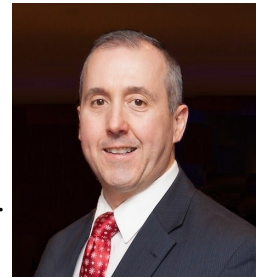


What can you learn from a high school student? What can they learn from you? Let's find out together.

Join us for this fun, casual afternoon of intergenerational fun. Refreshments will be served. **Reservations required.**

MEET OUR TOWN MANAGER Coffee and Conversation with Michael McCall Wednesday, May 17, 10 a.m.

Michael McCall isn't just our new Town Manager. He's also our *first* Town Manager.



And he's come to Wayland at a time when many important projects, such as the COA/Community Center, are in the works.

Join us for an opportunity to meet and listen to Michael McCall talk about his role and his priorities, and answer your questions.

Refreshments will be served. **Reservations requested.**

The Wayland COA News

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