



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## MAY 2021

### Come Celebrate With Us!

Happy Older Americans Month! In keeping with this year's theme — *Communities of Strength* — we are hosting a special event in May:

**Celebrating Our Strength  
An Outdoor Open House  
Wednesday, May 26, 1:30—3:00pm  
Raindate: Wed. June 2, 1:30—3:00pm  
Town Building Courtyard**



Drop in for a festive time to celebrate the strength and resilience Wayland's older residents have demonstrated during this past unprecedented year. We'll have live music, fitness demonstrations, safely packaged snacks, and displays showing how YOU have been weathering the COVID crisis (see below for our special request). Come celebrate with friends and neighbors, and with us. We can't wait to see you! Reservations requested.

### TELL US: WHAT HAS HELPED YOU WEATHER THE COVID CRISIS?

For our celebration event on May 26, we will create display boards showing the many ways that older residents showed their strength during this past year. 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

Please 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.



### MEMORIAL DAY REMEMBRANCES

On Memorial Day, Monday, May 31, we will look back on an extraordinary year, and sometimes a very difficult year. It has been a time marked by inventiveness and ingenuity, and acts of kindness from neighbors and friends. But it has also been a time of loss — loss of freedom, of companionship, and hardest of all, loss of loved ones. We extend our deepest sympathy to those who have experienced such a loss, and we remember with great fondness COA friends who passed away during the past year. On Memorial Day, and always, may their memories be a blessing.



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### The Wayland Council on Aging

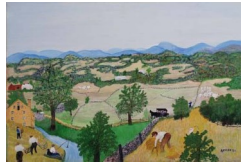
provides programs and outreach services to and on behalf of seniors to enhance quality of life and promote independent living. We are committed to creating a welcoming environment that values dignity, tolerance, respect, appreciation of diversity and positive regard for all community members.

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

**Art Matters Presents**  
**AMERICAN ART PART III: 1950-1990**  
**Thursday, May 27, 1:30pm**  
**on Zoom**



In the second half of the 20th century, America breaks free of its European bonds to defy convention, and then dominate the entire art world. There is an explosion of creativity on this side of the ocean. American Art grows up and demonstrates its own unique personality: innovative, and sometimes controversial. But whether you swear by it, or at it, it is always fun. Join us for a look at how art in America evolved in the modern era, from Pop Art to Grandma Moses, how it took the seat of power with all its new directions, energy and nerve. You can't "like" it all, but you may go home with more than you thought. Where in the world do you think it is going next?

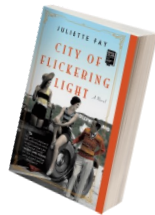
*Thanks to the Friends of the Wayland COA  
for supporting this program*



**Zoom With Whom?**  
**Wayland Author JULIETTE FAY**  
**Thursday, May 20, 1:30pm on Zoom**

What is involved in writing and publishing a book? How do you go from an idea to a published novel? How do you even get started?

Wayland's Juliette Fay is the author of five award-winning novels (all available through the Wayland Public Library), with a sixth due out in September 2021. She'll talk about what her writing life is like, what she's learned about writing fiction and about the world of book publishing, and she'll take your questions. Learn more at [www.juliettefay.com](http://www.juliettefay.com), and plan to join us!



**COA SOCIAL GROUP**  
**Thursdays, 10:30am**  
**NOW OUTDOORS!**



Join this informal group for friendly, relaxed conversation. **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. Come for some fresh air and friendship.



**SPRING BRUNCH**  
**COOKING CLASS**  
**Thurs., May 6, 3- 5pm on Zoom**

Join chef Roberta Hing as she teaches some simple techniques for delicious spring brunch dishes that 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.

**2021 Elder Law Education Program**  
**TAKING CONTROL OF YOUR FUTURE:**  
**A LEGAL CHECKUP**  
**with Attorney Denise Yurkofsky**  
**Thursday, May 13, 1:00pm 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. Topics include:

- What is Elder Law and what does an Elder Law attorney do?
- What are the essential estate planning documents?
- What is the probate process?
- What are the federal and state estate taxes and how do they differ from gift taxes?
- What are the legal and financial decisions that I will need to make?
- What is the difference between Medicare and Medicaid?

This free program is sponsored by the Massachusetts Bar Association (MBA) with generous assistance and continued collaboration from the Massachusetts Chapter of the National Academy of Elder Law Attorneys. This program is coordinated by the MBA in celebration of Law Day.

*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

### FUNCTIONAL FOODS AND COGNITIVE HEALTH With Traci Robidoux, RD, LDN

Wednesday, May 19, 1:30pm  
on Zoom



Following up on her presentation on the Mediterranean diet, Traci returns with a presentation that will address many of the issues brought up in the previous program. Functional Foods are foods that offer health benefits beyond their nutritional value. In addition to nutrient-rich fruits and veggies, the category also includes foods fortified with vitamins, minerals, probiotics and fiber. This presentation will review the association between food and mood, as well as some of the key ingredients in foods and beverages that have been associated with brain health.

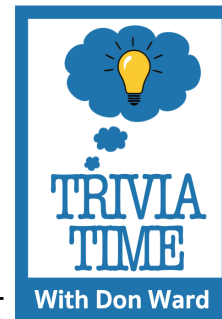
Traci Robidoux is a licensed dietician/nutritionist at Bay-Path Elder Services, Inc.

### TRIVIA TIME! Wed., May 12, 1:30pm on Zoom

How many breaths does the average person take in a day? Which baseball great played in the most MLB games in history?

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.



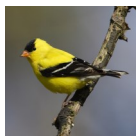
### Ongoing Programs on Zoom

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

#### GREAT COURSES: The Guide to Birding in North America

**Mondays, 1pm (May 3, 10, 17, 24), CC**

Prof. James Currie is one of the most recognizable faces in birding. Host of Nikon's *Birding Adventures TV*, he has contributed to many books on birds, and led professional wildlife and birding tours.



#### KNIT TOGETHER: Tuesdays, 10:30am

Join friendly fellow knitters to knit in each other's company. Create knitwear to donate to children in need, or work on your own projects.

#### ARMCHAIR TRAVEL GROUP: Tuesdays, 1pm

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

#### 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.

### May 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.

#### Grandparenting a Child With Autism: Roles, Responsibilities, Supports

Part of The Discovery Museum Speaker Series

#### Cooking as Self-Care

Three episodes: *Fads & Myths*; *Bowl O' Goodness*; and *One Pot, One Pan*. From the Mass. Councils on Aging.

#### Tick Man Dan

Everything you need to know about ticks, so you can protect yourself and your family during tick season.

### 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

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.



**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.

#### EXERCISE on WayCamTV: Fish Fitness, Line Dancing, Chair Yoga

Joe Fish's exercise classes for seniors build and enhance strength, range of motion, and balance. Kari McHugh from Acton Sr. Center makes fitness fun through line dancing. Nancy Wind leads chair yoga, cultivating flexibility and balance. Ask your physician what classes are right for you. **For dates and times, see the calendar on p. 9.**

## TWO FAVORITE OUTDOOR OPTIONS ARE BACK!!

#### LOIS' FIT FOR THE FUTURE

**Tuesdays, 10-11am**

**\$4/class: RESERVATIONS REQUIRED**

Lois Leav's popular *Fit for the Future* meets outdoors weekly, weather permitting. The class usually meets on the walkway by the soccer field next to the Town Building. This is a standing class, with no chairs, and regular breaks. The class is limited to 20 people.

We have resumed 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. Unused prior-year Fitbucks (turquoise) may be used as a credit toward new Fitbucks.

**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

**Mondays & Wednesdays at 9:30am**

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

### MARK YOUR CALENDARS FOR TOWN ELECTION AND TOWN MEETING

**Warrant Hearing: Monday, May 3** (see Town website for time and Zoom link; also on WayCam). Selectmen will review the warrant articles and take questions. Please note an article of particular interest to the Council on Aging:

- **Article 24:** Acquisition of Land for a COA Community Center (estimated cost = \$100)

**Town Election: Tuesday, May 11.** Information is on the [Town Clerk's website](#), or call 508-358-3630.

**Annual Town Meeting: Saturday, May 15, 12:30pm** Outdoors at Wayland High School Field. Town Meeting will continue as necessary on **Sunday, May 16 at 12:30pm** and **Monday, May 17 at 7:00pm**. Protocols for Town Meeting will be similar to those in place for the Annual Special Town Meeting in September 2020, including use of face masks and social distancing. More details will be forthcoming from the Town.



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### SHINE and Legal Appointments Available

Call us at 508-358-2990 for appointments



Our SHINE counselors are meeting with residents by phone or Zoom. If you need help reviewing your health insurance options, call us to schedule a SHINE appointment.

SHINE — Serving the Health Insurance Needs of Everyone — provides free unbiased information and assistance to residents with Medicare or approaching Medicare.

Elder law attorney Denise Yurkofsky meets with residents during periodic private legal clinics. The next legal clinic is **Wednesday, May 12**. Call us to make a free, 20-minute consultation.

### Wayland's Water

The situation with Wayland's drinking water is fluid, and things may have changed by the time this newsletter reaches your mailbox. At press time, residents can pick up two cases of bottled water per week at the Transfer Station, on Sundays or Wednesdays from 8am to 2pm. Bring the punch card issued on your first visit.



If you are unable to go to the Transfer Station or arrange to have someone go for you, we would like to hear from you; call us at 508-358-2990. For up-to-date details on the water situation, visit the Town website at [www.wayland.ma.us](http://www.wayland.ma.us), or call the Dept. of Public Works at 508-358-3672.

### Do You Need Help With Yardwork?

On Saturday, June 19, members of the Wayland High School Boys Soccer Team will perform yardwork or other outdoor chores for senior Wayland residents, free of charge. Community members and businesses will sponsor this day-of-service fundraiser.



If you could use the help of some strong young men, contact Gretchen Dresens at 508-509-4430 or [pdresens@yahoo.com](mailto:pdresens@yahoo.com). Go Warrior Soccer!

### Free Virtual Conference for Alzheimer Caregivers

The Alzheimer's Assn. Massachusetts/NH Chapter will host a virtual educational conference on May 14 and 15 for family caregivers and individuals living with dementia. The conference is free and open to those caring for a loved one at home, professional caregivers, and the general public. Participants can attend whatever parts of the conference they choose.

Experts will share practical and concrete recommendations, resources, and guidance in the care and support of those living with dementia. Sessions include Understanding Alzheimer's and Dementia, Effective Communication Strategies, and Coping with Dementia-Related Behaviors.

To learn more and to register, call 1-800-272-3900 or visit [www.azfamilyconference.org](http://www.azfamilyconference.org).

**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

## 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 (rides available through taxi program listed above).** 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 2021. Please call us for details.

## Q&amp;A with the COA

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

**Q. What has happened to the COA's medical equipment loan program?**

For many years the COA has been receiving donated medical equipment such as walkers, shower chairs, etc. and lending them back out



to residents who need them for short-duration recuperations. When the Town Building closed in March 2020 due to COVID, and staff began working remotely, we were no longer able to maintain the program from a distance. In addition, storage and program space have always been tight in the Town Building, and COVID safety protocols that require more distance between people are necessitating changes and reconfigurations of office and storage space. Prior to COVID we stored medical equipment in several locations around the building. That is no longer feasible. The space constraints, coupled with the difficulty of properly sanitizing items to meet COVID safety guidelines, have led us to reluctantly put this program on hiatus.

If you have medical equipment to donate, or if you are in need of an item for a recovery period, we suggest you contact the Masons in Framingham at 508-782-4301, or visit their website at [www.mason-metrowest.org](http://www.mason-metrowest.org). You might also contact pharmacies or big box stores, or call us for more ideas. Some items are surprisingly affordable. We apologize for the inconvenience.

## 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)

Office Coordinator: Nancy Greenwood, M-W  
[ngreenwood@wayland.ma.us](mailto:ngreenwood@wayland.ma.us)

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

Project Coordinator: Shawna Levine, M-Th  
[slevine@wayland.ma.us](mailto:slevine@wayland.ma.us)

Community Relations Coord: Ann Gordon, T-Th  
[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!

**An Evening With Rum**  
Thursday, June 24, 7pm

A free, interactive Zoom community event  
Visit [www.friendsofwaylandcoa.org](http://www.friendsofwaylandcoa.org)

**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:** Monday, May 3, 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




**May COA Activities**


SUNDAY	Monday	Tuesday	Wednesday	Thursday
<b>2</b> 8:00am Cooking as Self-Care 4:00pm Acton Sr. Ctr. Line Dancing /Tick Man Dan	<b>3</b> 9:30am Walking Club 1:00pm Great Courses	<b>4</b> 8:00am Fish Fitness 10am Fit 4 the Future 10:30am Knit Together 1pm Armchair Travel 4:00pm Early Farm and Craft Tools	<b>5</b> 9:00am Theratube 9:30am Walking Club 10:15am ZoomBa	<b>6</b> 10:30am Social Group 3:00pm Spring Brunch w Roberta Hing
<b>9</b> 8:00am Songbirds of the Northeast 4:00pm Grandparenting a Child with Autism	<b>10</b> 9:30am Walking Club 1:00pm Great Courses	<b>11</b> 8:00am Food and Mood 10am Fit 4 the Future 10:30am Knit Together 1pm Armchair Travel 4:00pm Fish Fitness	<b>12</b> 9:00am Theratube 9:30am Walking Club 10:15am ZoomBa 1:30 Trivia Time!	<b>13</b> 10:30am Social Group 1:00pm Elder Law Program
<b>16</b> 8:00am Chair Yoga with Nancy Wind 4:00pm Acton Sr. Ctr. Line Dancing / Zoom Tutorials	<b>17</b> 9:30am Walking Club 1:00pm Great Courses	<b>18</b> 8:00am Fish Fitness 10am Fit 4 the Future 10:30am Knit Together 1pm Armchair Travel 4:00pm COA 2018 Summer Concert: Club Soda!	<b>19</b> 9:00am Theratube 9:30am Walking Club 10:15am ZoomBa 1:30pm Functional Foods	<b>20</b> 10:30am Social Group 1:30pm Zoom With Whom?
<b>23</b> 8:00am Cooking as Self-Care 4:00pm Acton Sr. Ctr. Line Dancing / Tick Man Dan	<b>24</b> 9:30am Walking Club 1:00pm Great Courses	<b>25</b> 8:00am Chair Yoga with Nancy Wind 10am Fit 4 the Future 10:30am Knit Together 1pm Armchair Travel 4:00pm Zoom Tutorials	<b>26</b> 9:00am Theratube 9:30am Walking Club 10:15am ZoomBa 1:30pm Celebrating Our Strength	<b>27</b> 10:30am Social Group 1:30pm Art Matters
<b>30</b> 8:00am Grandparenting a Child with Autism 4:00pm Fish Fitness	<b>31</b> Memorial Day Holiday Town Offices Closed			<b>KEY:</b> WayCam TV—Red Zoom—Blue In person—Green

## 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.

**Please note that Armchair Travel will take a hiatus for the summer. We will not meet in June, July and August. We hope that you have a chance to get out and enjoy some travels IRL (In real life). Stay tuned for our fall offerings.**

**May 4: Art of the Northern Renaissance & Belgium with Guest Host Margaret Dergalis.** Observe how the Northern Renaissance art differs from that of the Italian Renaissance. Take a trip forward in time to learn about Surrealism with the Belgian artist, Rene Magritte.

**May 11: Hawaii.** Aloha! Join Shawna Levine for a tour of our 50<sup>th</sup> state. Hawaii is in the Pacific Ocean about 2,000 miles from the U.S. mainland. It is the only state outside North America, the only island state, and the only state in the tropics. Hawaii is also one of a few U.S. states to have once been an independent nation.

**May 18: Amazing Adventures in Architecture with Susan Wagner: "Princes and Palaces."** First, we'll take a look at the Crystal Palace, brainchild of Prince Albert, consort of Queen Victoria, built to house the Great Exhibition of 1851. Then, in tribute to the late Prince Phillip, consort of Queen Elizabeth II, we'll explore the 240-bedroom Buckingham Palace, the official London residence of the UK's sovereigns since 1837.

**May 25: Cycling through Alsace with Guest Host Susie Klein:** France's Alsace region on the border with Germany and Switzerland is spectacularly beautiful, known since ancient Roman times for its superb wines. But it also has a history fraught with warfare. Join Susie as she recounts her 2019 solo bike trip through its villages and vineyards and tour its capital city of Strasbourg.

## WONDERING ABOUT REAL ID? THE RMV ANSWERS YOUR QUESTIONS

In April, Michele Ellicks from the Mass. RMV made a presentation for the COA about Real ID. A few highlights:

**How do I renew my license/ID card at this time?** You must make an appointment at one of the open registry offices. No walk-ins. 17 locations have dedicated hours on Wednesday mornings for seniors only. Anyone over the age of 75 must renew their license in person.

**How far in advance can I renew my license/ID card?** You may renew your license up to one year in advance of the expiration date. For example, if your license expires on June 1, 2022, you may renew starting on June 2, 2021.

**What is a Real ID?** Real ID is a federal security standard for ID's 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 valid passport to fly within the United States or to enter federal buildings.

**How do I decide whether I need a real ID or standard license/ID card?** If you are planning to fly or enter a federal building, you will need a real ID or a valid passport. If you have a valid passport, you will not need a Real ID.

**Who can I call if I have questions?** There is a dedicated Senior Line for people 65 and older: 857-368-8005.



COMING THIS SUMMER

Let's Look Forward to Summer!

**10th Annual COA Community Concert Series**  
**June 17—July 15, Thursdays 7-8 PM**  
**Wayland Town Building Courtyard**

- June 17: Club Soda: Top 40's 🎵
- June 24: The Daddios: Rock & Roll 🎵
- July 1: Sudbury Valley New Horizons Band 🎵
- July 8: Black Velvet Band: Irish/American 🎵
- July 18: The Standards: Oldies and Classic Rock 🎵



We are excited to return with a five-week concert series! Invite your neighbors, friends, and family to these free, fun community events. All ages welcome! Please bring your own lawn chairs or blankets, and your good vibes! Covid-19 guidelines will be followed. Concerts will be cancelled in inclement weather. Check our website for up-to-date information.

Special thanks to our sponsors:

**The Village Bank**  
**Middlesex Savings Bank**  
**Wayland Cultural Council**  
**Avenu Natick**



**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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