



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## MAY 2022

### Wayland's Proposed COA/Community Center

Are you curious about the Town of Wayland's proposal for a new Council on Aging/Community Center? In May, residents will vote on this project at the polls on Election Day, Tuesday, May 10, and during Town Meeting, outdoors at Wayland High School on Saturday, May 14 and Sunday, May 15.

The proposed COA/Community Center project will renovate an existing vacant building to provide space for Council on Aging programs and services plus large meetings, classes and event space for Recreation Department, Youth and Family Services, Veterans Services, local clubs and organizations. Located on Route 20 at the Town Center entrance across from Russell's Garden Center, the COA/Community Center is adjacent to the Sudbury River, Town Center, Rail Trail, and hiking trails.



*Draft rendering of proposed COA/Community Center, located on Route 20 across from Russell's Garden Center.*

On the ballot at the **Tuesday, May 10 Town Election**, voters will be asked to approve funding by debt exclusion if the COA /Community Center passes at Town Meeting.

Wayland's Annual Town Meeting will begin **Saturday, May 14 and continue on Sunday, May 15**. Article 21 asks voters to authorize the funding for the final design, engineering, construction, equipping and furnishing for a new Council on Aging/Community Center, designed as a multi-use building to serve town residents of all generations.

This project has been in the works since 2014, when The Select Board established an Advisory Committee to review the feasibility of redeveloping the unfinished building as the COA/CC facility. You can find more information about the proposed Center in the Warrant and on the Town website, [www.wayland.ma.us/coacc](http://www.wayland.ma.us/coacc), or call the COA at 508-358-2990.

#### Your COA Staff:

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

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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](mailto:coa@wayland.ma.us)  
[www.wayland.ma.us/council-aging](http://www.wayland.ma.us/council-aging)

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



ON WEDNESDAY, MAY 11  
FROM 12 NOON TO 1:30 P.M.  
IN THE TOWN BUILDING COURTYARD  
WE ARE...

## Celebrating Seniors!



(RAINDATE: THURSDAY, MAY 12)

May is Older Americans Month, and we are celebrating with a fun outdoor event featuring box lunches, live music from the *Swing Fever Trio*, inspiring exhibits, and more.

Exhibits will include:

- **Senior Profiles:** inspiring life stories and photographic portraits of some of Wayland's seniors. This launches a monthly series that will spotlight Wayland seniors and their stories of resilience and growth.
- **Original watercolors** by students in our painting classes, many first-time artists who found inspiration and a new passion for creating art.
- **Exquisite knitwear** made for charity by our weekly Zoom knitting group, where new friendships have also been knit together.

**Registration by May 4 Required. Join us!**

**DRAWING & WATERCOLOR PAINTING**  
Tuesdays, 10:30am-12: May 3, 10, 17, 24  
OR Thursdays, 1-2:30pm: May 5, 12, 19, 26  
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.



Instructor 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, doing sketches, portraits, still-lives, landscapes, and abstracts. Rahul is **Registration required. Materials are available in class, or bring your own from a provided list.** *Classes are small and fill quickly.*

**2022 Elder Law Education Program**  
**TAKING CONTROL OF YOUR FUTURE:**  
**A LEGAL PRIMER**  
with Attorney Denise Yurkofsky  
Thursday evening, May 19, 7:00pm  
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. Topics include:

- What is elder law? What does an elder law attorney do?
- What are the essential estate planning documents?
- What steps should I take when a spouse or parent dies?
- What legal and financial decisions will I need to make?
- What is the difference between Medicare and Medicaid?
- What are the eligibility requirements for Medicaid?
- What is long-term care insurance and how should I plan ahead?

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. **Registration is required.**

**FLORAL WORKSHOP**  
With the Wayland Garden Club  
Thursday, May 5, 10:30am, in the COA

The Wayland Garden Club invites Wayland residents to a FREE floral workshop. Create a take-home arrangement! Bring clippers if you have them and a box to carry your arrangement home. We'll supply the rest. This class is a popular offering and fills quickly. Wayland residents only. **Registration required.**



**PIZZA CAFÉ: Wed. May 4, 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. June 1**

*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 ONGOING PROGRAMS

Join us for one or all of these regular 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 leads discussions about the relationships between grandparents and grandchildren and shares resource ideas. New members welcome, contact Dossie Kahn for details at 508-358-4293.

### GREAT COURSES:

**WHY INSECTS MATTER: Earth's Most Essential Species**

**Mondays, May 2, 9, 16, 23**

**1:00—2:00 pm in the COA**

**Video Lecture Series, Closed Captioning**

Insects are architects, engineers, farmers and ranchers. They share complex information essential



for survival, significantly impact their environment, and recycle. Professor Scott Solomon of Rice University will open your eyes to evolutionary accomplishments you had never even imagined.

**MONTHLY  
MOVIE  
MATINEE**



### "CODA"

**Wed., May 25, 1:30pm, In the COA**  
**Reservations required, space is limited**

Winner of the 2022 Oscar for Best Picture, and filmed largely in Gloucester, CODA is the story of 17-year-old Ruby (Emilia Jones), the sole hearing member of a deaf family — a CODA, Child of Deaf Adults. She serves as interpreter for her parents (Marlee Matlin, Troy Kotsur) and works on the family's struggling fishing boat every day before school, but aspires to more. Encouraged by her enthusiastic, tough-love choirmaster to apply to Berklee School of Music, Ruby finds herself torn between the obligations she feels to her family and the pursuit of her own dreams.

### YOGA / PILATES SAMPLER "TRY-IT" CLASS with Joe Scianna Tuesday, May 10, 1:30 - 2:30pm, Large Hearing Room, No Charge

*Come try something new! Fitness instructor Joe Scianna will offer two free mini-classes in one:*

**YOGA STRENGTHENING:** A combination of standing and floor postures to stretch and strengthen the body. The practice brings vital balance and creates physical, mental and spiritual harmony. Geared toward all levels.

**PILATES with HIIT:** This training system combines Pilates principles with High Intensity Interval Training (HIIT), creating long lean muscles, burning fat and increasing fitness. Fun and challenging; improves circulation and flexibility.

*Participate, or just observe, based on your tolerances. With sufficient interest, we will plan summer classes.*



**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](mailto: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**

**NOTE:** There will be no T'ai Chi class on Monday, May 9

**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.

## What Happens When You Call 911?

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



Have you ever wondered who will show up to help if you call 911 for a medical emergency? Unfortunately, it won't be Johnny and Roy from my favorite TV series as a kid, *Emergency*. You will, however, get a miniature hospital in the shape of our Paramedic-staffed Ambulance designated A1 or A2.

Usually the Police are the first to arrive on the scene of a medical emergency because they are driving around their designated sectors, ready to respond to any and all calls. Our police officers are trained in first aid and CPR. Next up and in no particular order (it depends on what side of town you live on), come the shift commander's vehicle which is an SUV, the Ambulance (A1 or A2) and the Engine (E2) from the Cochituate Firehouse.

The number of vehicles and personnel on the scene may seem excessive at first, but it's necessary until we know the severity of the medical emergency. We could be called to treat and transport anything from someone with a sprained ankle (minimal personnel needed) to an individual who needs CPR (all personnel needed). Simple medical calls have also been known to become more serious as they progress so having that many personnel on scene right away is a must.

Paramedics, with their advanced training, equipment, and ability to administer certain drugs/medications, are capable of treating a variety of ailments and injuries on the scene, which is why I refer to the ambulance as a miniature hospital on wheels. The patient's transport destination (hospital) depends on a few things. If the patient is stable and its appropriate, we try to transport to the patient's preferred hospital. Sometimes the paramedics have to overrule and choose the appropriate hospital based on what the patient is being treated for or the patient's condition. In the end, everything that is done is what's best to assure the best possible outcome for our patients, no matter how simple or serious the issue is.

### High Prescription Drug Costs? Prescription Advantage May Help!



Prescription Advantage is a state assistance program which may lower the amount you pay for prescription drugs. Members are also allowed to join or change their Medicare drug plan or Medicare Advantage plan one time per calendar year. Eligibility is based on **income only** and there is **no asset limit!**

**Who can join?** Massachusetts residents eligible for Medicare, Prescription Advantage may provide secondary drug coverage if you are:

- 65 or older with an annual income at or less than \$67,950 for a single person or \$91,550 for a married couple OR
- Under 65 with a disability, with an annual income at or less than \$25,549 for a single person or \$34,423 for a married couple.

A SHINE Counselor can help you apply for Prescription Advantage. To schedule a SHINE appointment, call the Wayland COA at 508-358-2990.

### Wayland Town Shredding Event Saturday, May 21, 9am—noon Wayland Transfer Station

- Open to all Wayland residents, no sticker required. Bring proof of residency.
- Shredding conducted on-site while you watch
- You must take home all containers
- Remove binder clips and metal fasteners
- No need to remove staples, paper clips or rubber bands

Questions? Contact the DPW at 508-358-3672.



### Race to the Finish: Virtual or Zoom Cocktails with Friends Wednesday, May 4, 7 - 8:30pm

**It's Kentucky Derby Time!** Join the Friends of the COA on Zoom as John Shaw, Total Wine Certified Spirit Professional, takes us on an armchair journey to discover the colorful stories behind bourbon, the Kentucky Derby, and the connections between the two. John will **award a bottle of bourbon** to the participant with the most outrageous hat and to the one with the most dapper attire. Find more information and sign up here: [www.friendsofwaylandcoa.org](http://www.friendsofwaylandcoa.org).

**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

**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. 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.

### 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](http://www.Maloneyaffordable.com).



### Help Covering the Cost of Heat DEADLINE EXTENDED, APPLY BY MAY 13, 2022

Households with limited income may be eligible for help with home heating bills this winter through the Low Income Home Energy Assistance Program (LIHEAP). Eligibility is based on the total gross annual income for an entire household: \$40,951 for households of one, and \$53,551 for households of two.

To learn more, call the COA or South Middlesex Opportunity Council (SMOC) at 508-620-2342 or send an email to [fueldocs@smoc.org](mailto:fueldocs@smoc.org). Applications will be processed remotely.

### WAYLAND COA STAFF

Director: Julie Secord, M-F

[jsecord@wayland.ma.us](mailto:jsecord@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 Coordinator: Ann Gordon, T-Th

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

Program Assistant: Lillian DePasquale, W-F

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

Office Coordinator: Leslie Schofield, M-W

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

SHINE 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, May 2, 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, June 15, 10:00am  
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](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 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](http://www.waycam.tv/home)  
Go to [www.waycam.tv/live](http://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](http://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](http://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](mailto:coa@wayland.ma.us) to subscribe.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>2</b> 9:30am: <b>Walking Club</b> 9:30am <b>T'ai Chi</b> 1pm <b>Great Courses</b> 2:00pm <b>Connections</b>	<b>3</b> 8:00am <b>Line Dancing</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 10:30am <b>Art Class</b> 4:00pm <b>Seven Steps to Memory Management</b>	<b>4</b> 9:00am <b>Theratube</b> 10:15am <b>ZoomBa</b> 12:00pm <b>Pizza Café</b>  <b>Legal Clinic by appointment</b>	<b>5</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Social Group</b> 10:30am: <b>Floral Workshop</b> 1:00pm <b>Art Class</b>	<b>6</b> 9:30am <b>SAIL fitness</b>
<b>8</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>9</b> 9:30am: <b>Walking Club</b> 9:30am <b>NO T'ai Chi</b> 1pm <b>Great Courses</b> 2:00 pm <b>Connections</b>	<b>10 TOWN ELECTIONS</b> 8:00am <b>Tick Man Dan</b> 10:00 <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 10:30am <b>Art Class</b> 1:00pm <b>Genealogy</b> 4:00pm <b>Fish Fitness</b>	<b>11</b> 9:00am <b>Theratube</b> 10:15am <b>ZoomBa</b> 12pm: <b>Celebrating Seniors</b>	<b>12</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Social Group</b> 12pm: <b>Celebrating Seniors RAINDATE</b> 1:00pm <b>Art Class</b>	<b>13</b> 9:30am <b>SAIL fitness</b> <b>TOWN MEETING</b> begins Sat. 5/14
<b>15</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>  <b>TOWN MEETING</b>	<b>16</b> 9:30am: <b>Walking Club</b> 9:30am <b>T'ai Chi</b> 1pm <b>Great Courses</b> 2:00pm <b>Connections</b>	<b>17</b> 8:00am <b>Seven Steps to Memory Management</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 10:30am <b>Art Class</b> 1:00pm <b>Armchair Travel</b> 4:00pm <b>Line Dancing</b>	<b>18</b> 9:00am <b>Theratube</b> 10:15am <b>ZoomBa</b>	<b>19</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Social Group</b> 1:00pm <b>Art Class</b> 7:00pm: <b>Legal Primer</b>	<b>20</b> 9:30am <b>SAIL fitness</b>
<b>22</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>23</b> 9:30am: <b>Walking Club</b> 9:30am <b>T'ai Chi</b> 1pm <b>Great Courses</b> 2:00pm <b>Connections</b> <i>Trip to Market Basket &amp; Marshall's</i>	<b>24</b> 8:00am <b>Early Roads &amp; Trails</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 10:30am <b>Art Class</b> 1:00pm <b>Genealogy</b> 4:00pm <b>Line Dancing</b>	<b>25</b> 9:00am <b>Theratube</b> 10:15am <b>ZoomBa</b> 1:30pm: <b>Movie: CODA</b>	<b>26</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Social Group</b> 1:00pm <b>Art Class</b>	<b>27</b> 9:30am <b>SAIL fitness</b>
<b>29</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>30</b> Memorial Day Town Departments Closed	<b>31</b> 8:00am <b>Early Roads &amp; Trails</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 4:00pm <b>Tick Man Dan</b>			<b>KEY:</b> <b>WayCam TV—Red</b> <b>Zoom—Blue</b> <b>In person—Green</b> <b>Hybrid—Magenta</b> <b>(in-person &amp; Zoom)</b>



## 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, May 23: 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, June 16: Museum of Fine Arts, Boston.** Depart at 9:00am, return by 2:00pm. Cost: \$15 for transportation only. The Museum is not accepting groups at this time. We will simply provide transportation. Museum admission may be paid online or at the door, \$27 for general admission, \$34 with Turner exhibit (see details below). The Turner exhibit requires advance timed tickets. You will need to purchase those tickets individually in advance. Please do not purchase timed ticket before 10:00am or after 12:00 pm. We will depart the museum at 1:00 pm.

*Turner's Modern World:* One of Britain's greatest artists, J. M. W. Turner (1775–1851) lived and worked at the peak of the industrial revolution, when steam replaced sail, machine power replaced manpower, and wars, political unrest, and social reforms transformed society. *Turner's Modern World* explores how this artist, more than any of his contemporaries, embraced these changes and developed an innovative painting style to better capture the new world.

**Tuesday, July 12: Rockport.** Depart COA at 9:30am, return by 4:00pm. \$20 for transportation only. An annual favorite, join us as we once again return to Rockport after a two-year hiatus. Enjoy a day by the sea. You will have time to shop, have lunch (on your own) and enjoy the salt air.

**Wednesday, August 3: Worcester Red Sox at Polar Park.** Depart COA at 10:00am, return by 5:00pm. Come cheer on the Woosox as they face the Durham Bulls at the new Polar Park. The Woosox are the Triple AAA affiliate of the Boston Red Sox. We have group reservations in section 13 on the first base side for the 12:15 game. Cost: \$40 includes ticket, \$2 of ballpark credit and transportation on our van. **Registration closes on July 20.** Sign up early, this trip will fill up fast!

**Thursday, August 25: Castle Island.** Depart COA at 10:30am, return by 3:00pm. Cost: \$15 for transportation. Castle Island is a great place to walk along Boston Harbor. This 22-acre land-bound island features terrific walkways, Fort Independence and views of Boston Harbor and Logan Airport. Sullivan's offers delicious seaside eats including lobster rolls, fried foods, ice creams and cold drinks. You can walk an entire loop around Carson Beach on a paved walkway along the rocks. Spend a day by the sea!



### ARMCHAIR TRAVEL: KAUAI, HAWAII

Guest Host Lillian DePasquale

Tuesday, May 17, 1:00 p.m. on Zoom

Join us as we travel to the beautiful island of Kauai in Hawaii. Guest host Lillian DePasquale will share amazing photographs and video taken on her recent trip.



**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) including those listed above. Stay tuned for our fall offerings.**

## Coming in June

### 11th Annual Community Concert Series Thursdays 7-8 PM, June 23 - July 21 Wayland Town Building Courtyard

- June 23:** The Daddios—Rock & Roll 🎵  
**June 30:** Southbound Train—Country 🎵  
**July 7:** The Deloreans—70s and 80s 🎵  
**July 14:** The Black Velvet Band—Irish/American 🎵  
**July 21:** Sudbury Valley New Horizons Band 🎵

Bring a chair, a picnic, some friends or neighbors....



*With thanks to our sponsors:  
Middlesex Savings Bank,  
Village Bank, Avenu at Natick  
& National Development,  
and Whitney Place*

*This program is supported in part by a grant from the Wayland Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*

### REFLECTING ON REFLUX: A HEALTHY EATING PLAN With Traci Robidoux, RD, LDN Wed. June 22, 1:30pm In the COA and on Zoom

Troubled by Gastroesophageal Reflux Disease (GERD)? Diet plays a major role in controlling reflux symptoms and is often the first line of therapy for GERD. Traci Robidoux is a licensed dietician/nutritionist at BayPath Elder Services, Inc. She has presented many popular programs at the COA. **Registration required.**

### TRIVIA TIME! Thursday, June 9, 2:00pm In the COA

We'll welcome back our Trivia Master, Don Ward, for some fun fact-based, general knowledge trivia challenges. Watch for more details in May!



#### The Wayland COA News

A monthly publication from  
Wayland Council on Aging  
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Wayland MA 01778  
508-358-2990

[www.wayland.ma.us/council-aging](http://www.wayland.ma.us/council-aging)

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