



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

MAY 2023

LOTS OF ACTIVITIES COMING UP IN MAY

In May we offer the last two of our housing workshops, exploring various models for senior living, including creative solutions such as “granny flats” and co-housing. Recordings of all five workshops will be available through WayCam.

Please join us for our “Pizza and Trivia” evening on May 11 with some Wayland High School students. This is a National Honor Society community project led by a student, so come on out and support our young people. It will be a fun time!

And please take advantage of all that Elder Law Attorney Denise Yurkofsky has to share in her primer on Elder Law on May 16. She’ll cover the things you need to know and do to keep your affairs in order.

Your COA Staff:

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

MAY HOUSING WORKSHOPS

In May we offer our final two 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. And Victoria Thatcher, co-founder of Hager Homestead senior cohousing will talk about cohousing, and the senior cohousing being built in Littleton.

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.**

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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

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 required.**

DRAWING & WATERCOLOR PAINTING

with Rahul Ray

Tuesdays, 1:00 - 2:30 pm

May 2, 9, 16, 23 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.**

**Make It and Take It Jewelry Studio Class**

With Jeweler Norma Radoff

Thursday, May 4

10 am—noon in the COA



Norma returns with another of her fabulous jewelry workshops. The class size is limited. Instructions, tools, and all supplies will be provided. **Registration is required**, and restricted to Wayland residents. N/C.

THE CROWN: Season 5

Thursdays, May 4, 11, 18

1—3pm at the COA

This popular Netflix series offers a fictional look inside the workings of the royal family. Season 5 takes us to the 90's. As Diana and Charles wage a media war, cracks begin to splinter the royal foundation. We will show two approximately 50-minute episodes each week. Enjoy tea and biscuits while you watch.

**2023 Elder Law Education Program**

A LEGAL PRIMER

with Attorney Denise Yurkofsky

Tuesday, May 16, 11:00 am

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.

This student-led event is a National Honor Society community project. Support our students and come have fun!

Join us for this unique, casual evening of intergenerational fun. **Reservations required.**

FLORAL WORKSHOP

With the Wayland Garden Club

Thursday, May 4, 10:00am, 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.



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 cards, games, 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!



GREAT COURSES: POST-IMPRESSIONISM: THE BEGINNINGS OF MODERN ART

Mondays 1-2:30pm, May 1 - June 26 (except for holidays May 29 and June 19); Closed Captioning

Post-Impressionism forever changed the language, conception, and methods of painting, producing an astonishing number of the most be-



loved paintings in the history of art. This course takes you into the dazzling world of artists such as Paul Cézanne, Georges Seurat, Vincent van Gogh, Henri de Toulouse-Lautrec, Paul Gauguin and many others, in a breathtaking and transformative era in painting.

**MONTHLY
MOVIE
MATINEE**



"A Man Called Otto"
Wed. May 31, 1:30 pm in the COA
Reservations required, space is limited

Based on the comical and moving New York Times best-seller, *A Man Called Otto* tells the story of Otto Anderson (Tom Hanks), a grumpy widower whose only joy comes from criticizing and judging his exasperated neighbors. When a lively young family moves in next door, he meets his match in quick-witted Marisol, leading to an unexpected friendship that will turn his world upside-down. **Please note: the movie covers mature thematic material including suicide attempts.** (2023, PG-13, comedy, drama, 2hr. 6 min)

Popcorn and cold beverages on the house!

PIZZA CAFÉ

**Wed., May 3, 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.

MEDICATION TAKE-BACK

Wed., May 3, 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 meds at the Wayland Police Dept. 24/7.



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 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 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 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 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 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 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. 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

The Walking Club walks at 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. fee.

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



WAYS TO WATCH YOUR SALT INTAKE

May is National High Blood Pressure Education Month, a great time to educate yourself about the importance of controlling your blood pressure. Blood pressure naturally goes up with age, and high blood pressure is a risk factor for cardiovascular disease, heart attack and stroke, kidney disease, osteoporosis, and neurological conditions like dementia.

Lowering your intake of salt is a good way to help control your blood pressure. Most of the sodium in our diets is from processed foods and meals from restaurants (including fast food). Cold cuts, cured meats, soups, pizza, pickled foods, savory snacks (chips pretzels, crackers) can be particularly high in sodium. What to do?

- Read the Nutrition Fact labels on canned, packaged, and frozen foods, cheese, bread, chips, and snack foods and choose brands where the sodium is less than 300 mg per serving.
- Eat more fruits and vegetables, homemade meals, and packaged or canned foods that are low in sodium or have no salt added.
- When cooking, use herbs, spices, onions, garlic and citrus to add flavor instead of salt.
- Drain and rinse canned beans and vegetables to cut the sodium by about 40%.
- Cook pasta, rice, and hot cereal without adding salt.



SHOULD WAYLAND GET ITS WATER FROM THE MWRA?

By Tom Holder, DPW Director



Talk of the Town

Wayland is considering an opportunity to connect to the Massachusetts Water Resources Authority (MWRA) for its drinking water supply. A twenty-month evaluation performed by the Department of Public Works and its engineering consultant has resulted in a series of reports and presentations detailing its findings.

Featuring news from a different Town department each month



The Board of Public Works and Select Board have introduced an Article at Town Meeting to determine whether the Town will pursue admission to the MWRA water system which would facilitate a permanent connection to this system as a water source for Wayland.

The Town currently draws water from a series of local wells and treats the water in several facilities before it is distributed into the Town's public water system. The wells typically are run 24/7 to ensure the Town's water demand is met. Issues with any of the wells or treatment facilities could put the Town at risk of not being able to satisfy demand. To mitigate this risk, the Town is using American Rescue Plan Act (ARPA) funds to design, permit and construct an emergency connection to the MWRA water system.

Federal and State regulatory requirements for treating water are likely to become more stringent, making it more difficult and expensive for the Town to meet them. If the PFAS regulations recently proposed by the Environmental Protection Agency are formalized, Wayland will need to treat for PFAS at all of its water supply locations. Seeking a permanent connection to the MWRA water system will protect the Town against these regulatory compliance costs and provide access to both the MWRA's water supply and expertise in handling these matters which will help ensure that the Town receives high quality and safe drinking water.

The Town has the opportunity to take advantage of the temporary entrance-fee waiver for new communities seeking admission to the MWRA water system which will save the Town approximately \$7 million off the normal cost of entry.

Information about this MWRA connection topic and the associated Town Meeting Article can be found on the Board of Public Works webpage: www.wayland.ma.us/department-public-works

ANNUAL DOCUMENT DAY: Health Care Proxy and Power of Attorney Monday, June 12, by appointment

Metrowest Legal Services will execute Health Care Proxy and Power of Attorney documents at the Wayland COA, by appointment only. There is no charge. HOW IS IT DONE?



1. **Schedule your appointment** to review your documents by calling the COA at 508-358-2990. These 15-minute appointments are private and will be held Monday morning, June 12, at the Town Building.

2. **Complete a Client Intake Sheet(s)**. You can download Client Intake Sheets [from the COA website](#), ask us to email or mail them to you, or pick them up in the COA.

3. **Return your completed Client Intake Sheets no later than Tuesday, May 30** to hold your scheduled appointment with the attorney on June 12. Return your completed forms by email, mail, fax (508-358-7175), or hand-deliver them to the COA offices.

4. **Come to your scheduled appointment on June 12**. Your meeting with the attorney will take approximately 15 minutes. The attorney will review the prepared documents with you based on the information submitted in your Client Intake Sheets. You will then sign your documents in the presence of witnesses. Additional copies of the documents will be provided for you to take home.

FREE LEGAL APPOINTMENTS: Wednesday, May 24

Elder law attorney Denise Yurkofsky regularly meets with residents by telephone for free, 20-minute appointments. If you need a legal consult, call the COA at 508-358-2990 to make an appointment.

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

Visit www.Mass.gov/isol8 for up-to-date, all-ages Covid 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; Open Table, Maynard: 978-369-2275



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: Barbara Michaelsen,
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: Tuesday, May 9, 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

Mark Your Calendars!



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

12th ANNUAL COMMUNITY CONCERT SERIES

Thursdays 7-8 PM, June 15 - July 13
Wayland Town Building Courtyard

June 15: Classic Groove: *Top 40 to Smooth Jazz and Latin* 🎵

June 22: Gumbo: *The Music of New Orleans* 🎵

June 29 Black Velvet Band: *Irish/American* 🎵

July 6: The Deloreans: *Brass Kickin' 70s and 80s* 🎵

July 13 Sudbury Valley New Horizons Band: *From Classical to Popular* 🎵

With thanks to our generous sponsors:

Gold: The Village Bank, Middlesex Savings Bank

Bronze: Avenu at Natick; Joanne Berry, Coldwell Banker Real Estate; and Mary Ann Morse Health Care.

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



PRESCRIPTION ADVANTAGE MAY HELP WITH HIGH DRUG COSTS



Prescription Advantage is a state assistance program that may lower the amount you pay for prescription drugs. Eligibility is based on *income only* and there is *no asset limit*. For 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 \$72,900 for a single person or \$98,600 for a married couple; OR under 65 with a disability, with an annual income at or less than \$27,410 for a single person or \$37,074 for a married couple. A SHINE counselor can help you apply. Call the COA at 508-358-2990 for a SHINE appointment.

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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1pm Video Lecture 2:00pm Connections	2 8:00am Great Hurricane of '38 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Art Class 4:00pm Aging in Wayland: Downsizing	3 9:00am Theratube 10:15am ZoomBa 11:30am Med Take-Back 12:00pm Pizza Café	4 10:00am Fit 4 Future 10:00am Floral Workshop 10:30 Jewelry Workshop 10:30am Social Group 1:00pm The Crown	5 9:30am SAIL Fitness 10:00am Yoga
7 8:00am Fish Fitness 4:00pm Chair Yoga	8 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am NO T'ai Chi 1pm Video Lecture 2:00pm Connections	9 8:00am Line Dancing 10:00 Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 1:00pm Art Class 4:00pm Living the Harpsichord Life	10 9:00am Theratube 10:15am ZoomBa	11 10:00am Fit 4 Future 10:30 am Housing Workshop 10:30am Social Group 1:00pm The Crown 5:00pm Trivia & Pizza	12 9:30am SAIL Fitness 10:00am Yoga
14 8:00am Fish Fitness 4:00pm Chair Yoga	15 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>	16 8:00am Aging in Wayland: Downsizing 10:00am Fit 4 Future 10:30am Knit Together 11:00 Elder Law 1:00pm Art Class 1:00pm Armchair Travel 4:00pm Tick Man Dan	17 9:00am Theratube 10:00am Coffee with Town Mgr. McCall 10:15am ZoomBa	18 10:00am Fit 4 Future 10:30am Social Group 1:00pm The Crown	19 9:30am SAIL Fitness 10:00am Yoga
21 8:00am Fish Fitness 4:00pm Chair Yoga	22 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1pm Video Lecture 2:00pm Connections	23 8:00am Line Dancing 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Art Class 1:00pm Genealogy 4:00pm Great Hurricane of '38 <i>Trip to Boston</i>	24 9:00am Theratube 10:15am ZoomBa <i>Legal Clinic, by appointment</i>	25 10:00am Fit 4 Future 10:30 am Housing Workshop 10:30am Social Group	26 9:30am SAIL Fitness 10:00am Yoga
28 8:00am Fish Fitness 4:00pm Chair Yoga	29 MEMORIAL DAY HOLIDAY Town Offices Closed	30 8:00am Harpsichord Life 10:00am Fit 4 Future 10:30am Knit Together 4:00pm Tick Man Dan	31 9:00am Theratube 10:15am ZoomBa 1:30pm Movie: <i>A Man Called Otto</i>	KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)	Watch WayCam TV on Verizon Channel 37 or Comcast Channel 8, or at www.waycam.tv/live



TRIPS AND VIRTUAL TRIPS

Monday, May 15 and Monday, June 12: 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.

Tuesday, May 23: The Embrace Statue at the Boston Common. Depart COA at 10:00 am. 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 22: NEW DATE *Frontiers of Impressionism* at the Worcester Art Museum.

Depart COA at 9:00 am. Return by 3:00. Cost: \$30 for admission, tour and transportation. *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. Following the tour, you will also have the opportunity to see a new exhibit, *Watercolors Unboxed*, an exploration of 75 years of watercolors—from 1880 through the 1950s as well as the permanent exhibits. The café is currently closed, but there are vending machines offering beverages and snacks and several restaurants within walking distance of the museum.

Wednesday, 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.

Wednesday, August 16: Worcester Red Sox at Polar Park. Depart COA at 10:00 am, return by 5:00 pm. Come cheer on the Woo Sox as they face the Scranton Wilkes-Barre Rail Riders at the new Polar Park. The Worcester Red Sox 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: \$45 includes ticket, \$2 of ballpark credit and transportation on our van. **Registration closes on August 2.** Sign up early, this trip will fill up fast!

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

Portugal with Guest Host Judy Bennett
Tuesday, May 16, 1:00 pm
On Zoom



Join us as guest host Judy Bennett will show photographs and share her experiences in Portugal.
Registration required.

Armchair Travel will be on hiatus for the summer. The program will resume on September 19 when guest host Susie Klein takes us to Morocco. This program will be held in person at the COA and on Zoom..

Coming in June

WHAT WAS TED WILLIAMS REALLY LIKE?

With Herb Crehan

Thursday, June 15, 10:00 am
In the COA

*How About Jim Lonborg?
And Spaceman--Bill Lee?*



Herb Crehan has been interviewing and writing feature articles on former Red Sox stars for the team's official program and alumni magazine for 28 seasons. Over the years the question he has been asked most frequently is "What was Ted Williams really like?" or "What is Bill Lee really like?" Herb will highlight eight fan favorite Red Sox players representing eight decades beginning with Ted Williams for the 1940s through Jonny Gomes in the twenty-first century, sharing insights and original colorful stories about each player. **Reservations required.**

Herb Crehan, a recognized authority on Boston baseball history is in his 28th season as a contributing writer for the Boston Red Sox. He is a committee member for The Red Sox Hall of Fame and he has written well over 150 feature articles for the team's official program and the team's Alumni magazine.

EXPERIENCE A MAKER SPACE!

*Enjoy tasty bites and the music of guitarist
Chris Carter*

Wed., June 21, 1:30-3:00pm, COA



Are you fascinated or curious about the interests and creative endeavors that excite others? Do you like sharing your interests in casual conversation? Start your summer with an inspirational push to try something new.

What is a MAKER? Makers are people who are inventing, re-inventing and creating, using everything from technology or specific tools to limited supplies....like pen and paper.

Have you seen a 3D printer? Do you enjoy trying new techniques – drawing, painting, sculpture? Do you crochet or knit – perhaps you use a knitting machine. Do you create models, enjoy woodworking? Come see what others are doing and/or bring what you are working on or have created.

If you are willing to share your interest and bring a sample/ photo/video of what has brought you joy to work on, call the COA so we can create an informational tent card to display on the exhibit table. Join us! Have a bite, see the creativity, enjoy the music and be inspired. **Reservations required.**

The Wayland COA News

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508-358-2990

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