



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## MAY 2024

### A VERY BUSY SPRING

This newsletter is about as jammed full of information as possible — we have a lot to offer in May and June! Our programs range from the serious — estate planning and medical decision making — to the fun — intergenerational trivia and a variety show.

May is Older Americans Month, and this year’s theme is “Powered by Connections,” recognizing the profound impact that social connections and meaningful relationships have on our health and well being. We hope you’ll make and sustain connections through the programs and events we offer at the COA. We value our connections with you.

We wish you a happy spring — enjoy all its beauty.

#### Your COA Staff:

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



### FINISHING TOUCHES: Planning for the Last Chapters of Life

*Do you have a plan in place? Learn how you can facilitate the smoothest possible end of life transitions for yourself and your loved ones.*



The Wayland Council on Aging is partnering with the Wayland Public Library and the Parmenter Foundation to present a series of programs addressing questions that often arise as we age, including:

#### **ESTATE PLANNING, with Elder Law Attorney Denise Yurkofsky Wed., May 15, 2pm, in the COA**

What essential estate planning documents should you have, and what happens if you don’t? Learn about wills, trusts, and probate.

#### **MEDICAL DECISIONS, with Wayland Fire Chief Neil McPherson, Firefighter Todd Winner, & Cathleen Summers, RN, Esq. Wed., May 29, 2pm, at the Wayland Library**

How can you make your wishes known if you are unable to make your own medical decisions? In an emergency, what do first responders need to know? Learn how to make your wishes known with tools such as File of Life, Lock Boxes, Health Care Proxy, MOLST forms, & more.

#### **DEMYSTIFYING HOSPICE**

#### **Wed., June 5, 2pm, at the Wayland Library**

Hospice can be a difficult and scary topic. What exactly is it, and what is it *not*? This panel for patients, caregivers, friends and loved ones will include hospice social workers, nursing aids, and volunteers.

Register for any or all sessions by contacting the COA at 508-358-2990 or [coa@wayland.ma.us](mailto:coa@wayland.ma.us).

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

The Wayland Council on Aging  
41 Cochituate Road, Wayland, MA 01778  
508-358-2990; [coa@wayland.ma.us](mailto:coa@wayland.ma.us)

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

**CONCORD TRAVELING PLAYERS  
VARIETY SHOW**  
Wednesday, May 8, 1:30 pm in the COA

The Concord Traveling Players are experienced, senior actors and musicians who love to perform and engage audiences with good spirited humor, staged readings, music, and skits. For many years, they have brought lively entertainment to gatherings throughout the Metrowest area. Come join us for a fun and high-energy performance. Free, **registration required**. Refreshments will be served.



**TRIVIA TIME!**  
Wed. May 8  
3:00pm  
In the COA



Join with students from Wayland High School for a fun, mixed-ages trivia game, led by Senior Class President Andrew Medeiros. We'll form teams of mixed ages and see what we can learn from each other. Questions will be designed for both generations.

This is Andrew's National Honor Society community project. Come have fun while supporting our students! Refreshments will be served. **Registration required**.

**FLORAL WORKSHOP**  
with the Wayland Garden Club  
Thursday, May 9, 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. Priority will be given to new participants. **Registration required**.



**JEWELRY REPAIR CLINIC**  
With Jeweler Norma Radoff  
Thursday, May 16 in the COA  
10:00 am – 12:00 pm

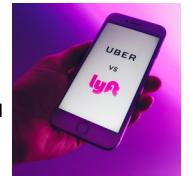
Norma Radoff will conduct another Fix-It workshop to make simple jewelry repairs. Contact the COA to schedule a 15-minute appointment between 10 am and noon. One piece of jewelry per person, please. Priority given to new Fix-It Workshop participants. **Registration required, for Wayland residents only**.

**LUNCH & LEARN**

A monthly series on current topics.  
Bring your lunch, we will provide beverages and dessert.

**UBER, LYFT AND MORE!**  
With Jane Gould and Maria Foster  
Tuesday, May 28  
12—1:30pm in the COA

Learn to use your smartphone to find the most efficient and affordable transportation options. Find out why so many people use Uber and Lyft. Would Ridehail suit your transportation needs? Can other smartphone apps help you plan trips and ride public transit with ease?



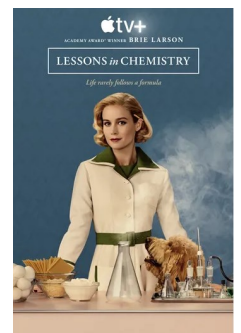
**Jane Gould**, PhD, is the author of "Aging in Suburbia," a book about transportation choices and future mobility. She is trained as a transportation planner and has more than fifteen years of experience developing campaigns for transit and public agencies. **Maria Foster**, Community Outreach Specialist at the Brookline Council on Aging, manages all program development and administration for TRIPPS, a program that provides seniors with individualized help planning transportation. Together they have taught over 30 classes on driving in retirement, transportation, and Uber & Lyft. **Registration requested**.

**Coming in June: Modern Pronouns** with Julie Nowak (She/Any), LGBTQ+ Initiative Coordinator at Springwell

**Lessons in Chemistry: Season 1**  
An Apple TV mini-series  
Thursdays May 9, 16, 23, 30  
1-3 PM in the COA

Set in the early 1950s, *Lessons in Chemistry* follows Elizabeth Zott, whose dream of being a scientist is put on hold in a patriarchal society. When Elizabeth finds herself fired from her lab, she accepts a job as a host on a TV cooking show, and sets out to teach a nation of overlooked housewives — and the men who are suddenly listening — a lot more than recipes.

The series is based on the best-selling book by Bonnie Garmus and starring Brie Larson. Each episode is approximately 50 minutes long. We will show two episodes each week.



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.



### GREAT COURSES

**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, 2:30 pm in person and on Zoom**

Connect with new and old friends and enjoy good conversation in this friendly group. New members always welcome — Come by or 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. Join in person or on Zoom.



### CONNECTIONS: Now In Person AND on Zoom

**Mondays, 2:30pm in the COA and on Zoom**

By popular demand, our Connections conversation group will meet **in person** in the COA on Mondays, beginning May 6, as well as on Zoom.

The group will now meet at 2:30 pm instead of 2:00 pm. If you would enjoy chatting with a friendly group, drop in or contact us for the Zoom link, and give it a try!



### MEDICATION TAKE-BACK

**Wed., May 1, 11:30 am—Noon, in the COA**

Wayland Police will be in the COA to collect your unwanted or expired medications. You may also deposit meds at the Wayland Police Dept. 24/7. No sharps, please.



### WORLD HERITAGE SITES: Exploring the World's Greatest Places

**A Great Courses Video Lecture**  
**Mondays, 1:00-2:00pm, May 6, 13, 20; Closed Captioning**



Since 1972 the United Nations Educational, Scientific and Cultural Organization (UNESCO) has designated locations of cultural and natural significance that are of outstanding value to humanity as World Heritage Sites. These sites comprise a breathtaking panorama of our world's greatest treasures, both natural and man-made in 167 countries. Professor of History and author Justin M. Jacobs of American University will share the greatest treasures of world culture including the Taj Mahal of Agra, Australia's Great Barrier Reef and Iceland's Great Assembly at Thingvelliri. His historical knowledge, insights and perspectives on the questions surrounding the preservation enhances the experience.

**MONTHLY  
 MOVIE  
 MATINEE**



**THE BOYS IN THE BOAT**  
**Wednesday, May 22, 1:00 pm in the COA**  
**Reservations required, space is limited**

The Boys in the Boat is a sports drama based on the #1 *New York Times* bestselling non-fiction novel written by Daniel James Brown. The film, directed by George Clooney, is about the 1936 University of Washington rowing team that competed for gold at the Summer Olympics in Berlin. This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight and take on elite rivals from around the world. (2023; PG-13; history, drama, biography, sports; 2 hr. 4 minutes)

*Popcorn and cold beverages are on the house!*

### PIZZA CAFÉ

**Wed., May 1, noon, in the COA**




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.

**Reservations required, \$5. Please reserve your seat by noon on the previous Monday.**

*Thanks to the Friends of the COA for supporting the Café.*

**COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>T'AI CHI</b> with Jon Woodward <b>9:30 am</b> <b>Lg Hr Rm or outdoors</b> Enhance the flow of internal energy and well-being using slow, graceful movements. <i>Jon Woodward is certified in traditional T'ai Chi instruction and T'ai Chi for Better Balance</i></p> <p><b>CARDIO DANCE</b> with Ann Saldi <b>11:30am, Lg. Hr. Rm.</b> Get fit while you dance to Motown, disco, Broadway and more. <i>Ann Saldi is a Certified Fitness Instructor and Personal Trainer.</i></p>	<p><b>LOIS' FIT FOR THE FUTURE</b> with Lois Leav <b>10 am</b> <b>Large Hearing Room</b> This aerobics class includes stretching, bending, and building flexibility, all set to music. <i>Lois Leav is a Certified Aerobics Instructor</i></p> <p><b>YOGA</b> with Joe Scianna <b>12 pm</b> <b>Large Hearing Room</b> Stretch and strengthen, improve balance, restore health. Bring a mat, or use a chair. <i>Joe Scianna is a Certified Yoga Instructor.</i></p>	<p><b>THERATUBE</b> with Ellen Cohen-Kaplan <b>9 am on Zoom</b> Use resistance bands to increase range of motion and strength. Bands are easy to use for people of all abilities. <i>Ellen Cohen-Kaplan is a Certified Personal Trainer and Registered Occupational Therapist</i></p>	<p><b>LOIS' FIT FOR THE FUTURE</b> with Lois Leav <b>10 am</b> <b>Large Hearing Room</b> This aerobics class includes stretching, bending, and building flexibility, all set to music. <i>Lois Leav is a Certified Aerobics Instructor</i></p>	<p><b>SAIL: STAY ACTIVE AND INDEPENDENT FOR LIFE</b> with Joe Fish <b>9:30 am on Zoom</b> 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><b>YOGA</b> with Joe Scianna <b>10 am, Lg. Hring Rm.</b> Stretch and strengthen, improve balance, restore health. Bring a mat, or use a chair. <i>Joe Scianna is a Certified Yoga Instructor.</i></p>
<p><b>For all classes, please wear appropriate footwear and bring a water bottle!</b></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, or at the Natick Mall in winter. For information, contact Shawna Levine at 508-358-2990 or slevine@wayland.ma.us. Wear comfy shoes and bring a water bottle. No fee.

**Two Ways to Access Our Fitness Programs**

- JOIN THE COA FIT CLUB:** \$20/month (\$25 starting July 1, 2024) 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 available for in-person classes, which are \$4 each (\$5 starting July 1, 2024). Cash is not accepted in class. Buy Fit Bucks in the COA or by mail, and present them at class. No reservations necessary.

**COA FITNESS CLASSES: FREQUENTLY ASKED QUESTIONS**



**Is there a free "Try-It" for the first class?** Yes – just fill out a consent form located in the sign-in book at class.

**Do FIT BUCKS expire?** Yes – on the last day of the fiscal year, June 30. You may exchange expired Fit Bucks for the new ones (they will be a different color) or for reimbursement

**How much are Fit Bucks?** Fit Bucks are \$4 each. (Starting July 1, 2024, Fit Bucks increase to \$5 each.) Fit Bucks cannot be used for Zoom classes.

**Which is better: Fit Club or Fit Bucks?** That depends on how frequently you take classes. If you take just one class a week or less, Fit Bucks may be the best option. Fit Club membership allows you to take as many fitness classes as you wish — in person or on Zoom — for \$20/month through June 30. (Starting July 1, 2024, Fit Club is \$25/month – still a bargain!)

So, if you take the Tuesday and Friday yoga classes or the Tuesday and Thursday Fit for the Future classes each week, or any combination of classes, a Fit Club membership is the way to go.

## ELECTIONS, TOWN MEETING, AND MEMORIAL DAY COMING UP

By Michael McCall, Town Manager



Talk of the Town

Featuring news from a different  
Town department each month

It's hard to believe that it has already been a year since I arrived in Wayland as the inaugural Town Manager. It's been an exciting and productive year. My staff and I worked hard to put together the FY 2025 budget, prepare the Warrant for Annual Town Meeting, settle collective bargaining agreements, and advance several large permitting projects including the housing project at St. Ann's and, most importantly, the Council on Aging/Community Center project. In March, we had our official groundbreaking for the Council on Aging/Community Center project, which is scheduled to be finished in December.

May will be a busy month. First up is the Annual Town Election, which is scheduled for Tuesday, May 7. Polling hours are from 7 a.m. until 8 p.m. The ballot includes races for Select Board, School Committee, Planning Board, Board of Assessors, and Library Trustee. As a reminder, Precincts 1 & 4 vote in the Gymnasium at the Wayland Town Building and Precincts 2 & 3 vote at the Wayland Middle School. If you need assistance with early voting or if you have any other voting concerns, please contact the Town Clerk's Office at (508) 358-3630.



The following week is the 2024 Annual Town Meeting, which is scheduled to convene on Monday, May 13 at 6:45 p.m. in the Field House at Wayland High School with check-in starting at 5:30 p.m. There are 36 articles on the Town Meeting Warrant. This includes the Town's operating and capital budgets, Community Preservation Fund expenditures, and adoption of a zoning article to comply with the State's new law to construct additional housing, commonly referred to as MBTA Zoning. The month will conclude with the Memorial Day celebrations on the morning of Monday, May 27, featuring the parade that will start at the Wayland Middle School and finishing with ceremonies at Lakeview Cemetery.

As always, my door is always open for questions, and I continue to hold my Town Manager office evening hours at least once a month. I wish you a happy spring, and I look forward to another positive and productive year working for Wayland and its residents.

### RIDES TO VOTING & TOWN MEETING



If you need a ride to vote on May 7 or to attend Town Meeting on May 13 and 14, please contact the COA by the previous Thursday at 4pm.

### ANNUAL DOCUMENT DAY: Health Care Proxy and Power of Attorney Tuesday, June 25, by appointment

Metrowest Legal Services will execute Health Care Proxy and Power of Attorney documents at the Wayland COA, by appointment only, free of charge. Here is how it works:



- 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 Tuesday morning, June 25, at the Town Building.
- 2. Complete a Client Intake Sheet(s).** 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, June 11** to hold your scheduled appointment with the attorney on June 25. Return your completed forms by email, mail, or bring them to the COA offices.
- 4. Come to your scheduled appointment on June 25.** 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.

### Veterans: My Door is Open



Now that better weather is upon us, many people will be doing their spring cleaning. With that, if you are a veteran and have any questions, please call (781) 489-7509 or stop by the COA any Tuesday to say hello.

The West Suburban Veterans' District (WSVD) exists to guarantee that eligible veterans and family members receive their military service entitlements – and there is no better time than spring cleaning to make sure that everything is organized and shipshape!

TJ Tedeschi, MAEd  
U.S. Marine Corps (Ret.)  
Veteran Service Officer (VSO)  
West Suburban Veterans District  
Needham, Wayland, Wellesley,  
Weston, Westwood

**Springwell (formerly BayPath):** 508-573-7200

**Behavioral Health Help Line:** 833-773-2445

**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 (Springwell):** 508-573-7246

**Medicare:** 1-800-633-4227

**MetroWest Legal Services:** 508-620-1830

**MWRTA Dial A Ride:** 508-820-4650

**MWRTA Fixed Route Buses:** 508-935-2222

**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

**West Suburban Veterans Services:** 781-489-7509

Visit [www.Mass.gov/isol8](http://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](mailto: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.



**New MCOA Grant:** We are pleased to be recipients of a transportation grant from the Massachusetts Association of Council on Aging & Senior Center Directors, Inc. (MCOA). This grant will enable us to provide transportation services for specific purposes including medical appointments, medical escorts, and visits to the COA when no other options are available. Please call the COA for details.

**MWRTA Dial-a-Ride:** Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. 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 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 \$51 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](mailto:jsecord@wayland.ma.us)

Office Coordinator: Paula Winn, M-F  
[pwinn@wayland.ma.us](mailto:pwinn@wayland.ma.us)

Outreach Coordinator: Maura Snyder, M-F  
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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)

SHINE Counselors: Carolyn Anderson, Irene Cramer, Penny Wilson, Kathleen Woehrling

## WAYLAND COUNCIL ON AGING BOARD

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

**Next Meeting: TBA**

## SENIOR TAX RELIEF COMMITTEE

This Select Board-appointed committee meets quarterly. Susan Rufo, Chair; Joel Rosenhaus, Vice Chair; Ann Gilbert, Clerk; Joan Bradford; Markey Burke; Pauline DiCesare; Valrie Rose Thompson

**Next Meeting: TBA**

## WEST SUBURBAN VETERANS SERVICES

District Office 781-489-7509  
Sarada Kalpee, Director  
TJ Tedeschi, Veterans Service Officer

## FRIENDS OF THE WAYLAND COA

Adults age 60 and over represent 29% 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](http://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

## TODAY'S BREW FOR A BETTER TOMORROW

*A three-part series to address pressing environmental challenges and foster community resilience.*

**With Wayland's Sustainability Manager Abby Shute  
In the COA, for adults of all ages**

Each session will begin with a brief presentation before transitioning into a roundtable discussion, providing you with the opportunity to share your opinions and allowing us to delve deeper into the topics together. Your feedback and insights are crucial in safeguarding the future for generations to come. So please, join us for a cup of coffee or tea, savor a light breakfast, and let's collaborate to make Wayland a safer and more sustainable sanctuary for years to come!



**Please register by calling the COA at 508-358-2990.**

### Climate Change Impacts

**Thursday, May 2, 9:30 – 11AM**

Explore the local effects of climate change on Wayland and surrounding areas. Discuss the importance of having a plan to lessen the impact of climate change and ways to adapt.

### Extreme Weather Preparedness

**Friday, May 10, 9:30 – 11AM**

Learn about the increasing frequency and intensity of extreme weather events, such as floods, hurricanes, and heat-waves. Discuss existing resources for emergency preparedness and the future of preparedness planning.

### Building Resilience in Wayland

**Tuesday, May 14, 9:30 – 11AM**

Hear strategies for building resilient communities that can withstand and recover from environmental challenges. Discuss the role of community engagement and future planning.

## FUEL ASSISTANCE DEADLINE EXTENDED

Applications for fuel assistance will be accepted through Friday, May 10. Households with limited income may be eligible for help with home heating bills through assistance programs at SMOC — South Middlesex Opportunity Council. Contact Maura Snyder at 508-358-2990, or SMOC at 508-620-2342 or email [fueldocs@smoc.org](mailto:fueldocs@smoc.org).

## COA is Bringing Back Key Tags: Can You Find Yours?

Beginning in May, we are re-introducing our "swipe in" system called My Senior Center, which helps us capture data about our programs and services. Using a key tag with a bar code, participants swipe their tag under a scanner when they arrive at the COA.



A computer screen connected to the scanner displays the day's events. By touching the event they are attending, the user confirms their attendance.

The system helps us gather data on the number of people the COA serves in various ways, which is critical information when applying for grants, planning programs, and making budget decisions.

Do you still have your My Senior Center key tag from the pre-Covid days? Great! It will still work. Do you need a new key tag? Just let us know next time you are here, and we can issue you a brand new tag. Then, please remember to swipe in when you visit us.



## Affordable Green Electricity & Town Meeting Climate Articles

**Thursday, May 9, 7:00pm**

**In Person (Large Hearing Room) & on Zoom**

Learn about two new ways to get affordable green electricity through Wayland ElectricityChoice — a group buying program from the Town — and Community Solar, with subscriptions that offer residents a way to save money on your electric bill.

Hear about two Town Meeting articles on climate — to join 34 other towns in adopting a more stringent energy code, and to authorize a long-term agreement to include solar at the new Council on Aging/Community Center. Visit the Town website for the Zoom link.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	<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>	Watch WayCam TV on Verizon Channel 37 or Comcast Channel 8, or at <a href="http://www.waycam.tv/live">www.waycam.tv/live</a>	<b>1</b> 9:00am <b>Theratube</b> 11:30am <b>Med Take-Back</b> 12:00pm <b>Pizza Café</b>	<b>2</b> 9:30am <b>Today's Brew</b> 10:00am <b>Fit 4 Future</b> 1:00pm <b>Julia</b> (last 2 episodes)	<b>3</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga</b>
<b>5</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>6</b> 9:30am <b>Games/Papers</b> 9:30am <b>Walking Club</b> 9:30am <b>T'ai Chi</b> 11:30am <b>Cardio Dance</b> 1:00pm <b>Great Courses</b> 2:00pm <b>Connections</b>	<b>7 Town Election</b> 8:00am <b>Lydia Maria Child</b> 10:00am <b>Fit 4 Future</b> 12:00pm <b>Yoga</b> 10:30am <b>Knit Together</b> 2:00pm <b>WHS Concert</b>	<b>8</b> 9:00am <b>Theratube</b> 1:30pm <b>Concord Players</b> 3:00pm <b>Trivia Time!</b> <i>Legal Clinic by appt.</i>	<b>9</b> 10:00am <b>Fit 4 Future</b> 10:00am <b>Floral Workshop</b> 1:00pm <b>Lessons in Chemistry</b> 7:00pm <b>Green Electricity</b> <i>Trip to MIT Museum</i>	<b>10</b> 9:30am <b>SAIL Fitness</b> 9:30am <b>Today's Brew</b> 10:00am <b>Yoga</b>
<b>12</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>13 Town Meeting</b> 9:30am: <b>Games/Papers</b> 9:30am: <b>Walking Club</b> 9:30am <b>T'ai Chi</b> 11:30am <b>Cardio Dance</b> 1:00pm <b>Great Courses</b> 2:00pm <b>Connections</b>	<b>14 Town Meeting</b> 8:00am <b>Tick Man Dan</b> 9:30am <b>Today's Brew</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 12:00pm <b>Yoga</b> 1:00pm <b>Genealogy</b> 2:00pm <b>Line Dancing</b>	<b>15</b> 9:00am <b>Theratube</b> 2:00pm <b>Estate Planning</b>	<b>16</b> 10:00am <b>Fit 4 Future</b> 10:00am <b>Jewelry Workshop</b> 1:00pm <b>Lessons in Chemistry</b>	<b>17</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga</b> (in COA)
<b>19</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>20</b> 9:30am: <b>Games/Papers</b> 9:30am: <b>Walking Club</b> 9:30am <b>T'ai Chi</b> 11:30am <b>Cardio Dance</b> 1:00pm <b>Great Courses</b> 2:00pm <b>Connections</b> <i>Trip to Market Basket</i>	<b>21</b> 8:00am <b>Line Dancing</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 12:00pm <b>Yoga</b> 1:00pm <b>Armchair Travel</b> 2:00pm <b>Lydia Maria Child</b>	<b>22</b> 9:00am <b>Theratube</b> 1:00pm <b>Movie: The Boys in the Boat</b>	<b>23</b> 10:00am <b>Fit 4 Future</b> 1:00pm <b>Lessons in Chemistry</b>	<b>24</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga</b>
<b>26</b> 8:00am <b>Fish Fitness</b> 1:00pm <b>SPIR-IT workshop</b> 4:00pm <b>Chair Yoga</b>	<b>27</b> <b>Memorial Day Holiday</b>	<b>28</b> 8:00am <b>WHS Concert</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 12:00pm <b>Yoga</b> 12:00pm: <b>Lunch &amp; Learn</b> 1:00pm <b>Genealogy</b> 2:00pm <b>Tick Man Dan</b>	<b>29</b> 9:00am <b>Theratube</b> 2:00pm <b>Medical Decisions</b> (at Library)	<b>30</b> 10:00am <b>Fit 4 Future</b> 1:00pm <b>Lessons in Chemistry</b>	<b>31</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga</b>



## TRIPS AND VIRTUAL TRIPS

**Mondays: May 20 and June 24: Market Basket, Marshall's and Home Goods in Waltham.** The van leaves the COA at 9:30 am to start home pick-ups. Return by 1:30 pm. Shopping trips are free of charge and for Wayland residents only. Space is limited, call by noon the previous Thursday.

**Thursday, May 9: The MIT Museum in Cambridge.** Depart at 9:15am, return at 2:00pm. Cost: \$30 for admission and transportation. Back by popular demand. Reinvented with new exhibits and programming, an enlarged Museum Store, and more, the MIT Museum aims to make innovation and research available to all by presenting the best of STEAM (science, technology, engineering, arts, and math). The exhibits are both informative and interactive.



**Thursday, June 13: The New England Botanic Garden at Tower Hill.** Depart COA at 9:15 am. Return by 2:00 pm. Cost: \$30 for transportation, admission and self guided tour. The New England Botanic Garden at Tower Hill is a living museum dedicated to creating experiences with plants that inspire people and improve the world. They welcome visitors to explore the formal gardens, woodlands, conservatories and Visitors Center. Enjoy educational opportunities, a farm-to-table café, Garden Shop, art exhibitions, and the price-less collection of inspiring plants. The Farmer and the Fork café offers exceptional on-site lunch for Garden visitors (on your own).



**Wednesday, July 10: Rockport.** Depart COA at 9:00am, return by 4:00pm. Cost: \$20 for transportation only. An annual tradition! Join us as we head to Rockport for a day by the sea. You will have time to shop, have lunch (on your own) or just sit and watch the waves. Rain date: July 17

**Thursday, August 1: 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 Buffalo Bisons at 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 July 12.** Sign up early, this trip will fill up fast!

**Tuesday, August 20: The Marshfield Fair.** Depart COA at 11:00am. Return by 5:00pm. Cost: \$20 for transportation only. Admission free for seniors today in honor of Senior Citizens Day. This great agricultural fair features competitive exhibits and contests, entertainment, music, rides and games and so much more. There are plenty of activities for all ages!



**COA Trip Policy:** *Payment is required at the time of 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 will be given only if your spot is filled.*



### ARMCHAIR TRAVEL: PROVENCE With Guest Hosts Margie and Larry Krakauer Tuesday, May 21 1:00 pm in person and on Zoom



Join us in person or on Zoom as Guest Hosts Margie and Larry Krakauer show photographs and share experiences on their trip to beautiful Provence in France. Larry and Margie will join us in person and we will show their photographs on our large screen. The program will also be available on Zoom. **Registration is required.**

**Armchair Travel will be on hiatus for the summer.** We hope that you will enjoy travels IRL (in real life!) Check out some of our trips, above. We will resume on Tuesday, September 17. The amazing Margaret Dergalis will once again guest host with a new program: "Artists & Their Work Inspired by European Vistas."

## Coming in June

### 13th Annual Wayland COA Community Concert Series

- June 13: The Elastic Five Band**  
*Classic Rock Tribute Band*
- June 20: The Deloreans**  
*Brass Kickin' 70s & 80s*
- June 27: The Wayland Daddios**  
*Rock & Roll*
- July 11: Sudbury Valley New  
Horizons Band**  
*From Classical to Pop*
- July 18: Classic Groove**  
*Top 40 to Smooth Jazz*



**Sponsors: Gold:** Middlesex Savings Bank, The Village Bank  
**Silver:** Sharry Realty Partners, Deaconess Abundant Life  
**Bronze:** Joanne Berry, Coldwell Banker; Mary Ann Morse Health Care; Whitney Place Natick/Salmon Health & Retirement; Carmel Terrace/St. Patrick's Manor  
*Also supported by a grant from the Wayland Cultural Council, a local agency supported by the Mass Cultural Council.*

*Coming up in June...*

**Motown: The First Decade**  
**Wednesday, June 12, 1pm in the COA**  
*John Clark and his Great American Music Experience*

The success of Motown artists in the '60s brought Black music and musicians fully into the mainstream of American life.

**Wildlife in Wayland**  
**Thursday, June 20, 10am in the COA**  
**Brian Harris, Wayland Conservation Dept.**



Celebrate the first day of summer with amazing photos of Wayland's wildlife including endangered species found right in our town.

**Silk Scarf Workshop**  
**Wednesday, June 26, 10:30am in the COA**

Learn how to hand-paint on silk, and go home with a beautiful scarf. All supplies provided. Registration required.

#### **The Wayland COA News**

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

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

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