



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## JUNE 2021

### What A Privilege It Is

In May, the COA learned that we are the 2021 recipient of Wayland's Lydia Maria Child Award, given annually to a Wayland resident, group, volunteer organization or Town employee who showed leadership in the betterment of Wayland's quality of life, or in serving important needs of its citizens.

We are delighted and humbled by the award, and particularly touched to have been nominated by Wayland residents who felt that our work during this past year had made a positive difference in their lives and the lives of other seniors in town.

The benefits are mutual. Every day our staff learns, laughs, cries and grows alongside those we serve. We are privileged to have the opportunity to know many of you, and to serve all of Wayland's older residents. We look forward to seeing more of you in person in the coming months. Thank you for placing your trust in us.

#### Your COA Staff:

**Julie Secord, Nancy Greenwood, Sue Hatton,  
Shawna Levine, Ann Gordon, Lillian DePasquale**

### CONTENTS

Pg

|  |    |
|--|----|
| Art Appreciation with Margaret Dergalis              | 2  |
| Document Day, June 16                                | 2  |
| Pizza Café Returns!                                  | 2  |
| Zoom With Whom?                                      | 2  |
| NEW! The COA Fit Club                                | 3  |
| COA WayCam Highlights                                | 3  |
| Fitness Classes                                      | 4  |
| Updates: Gas Tank Safety, Tax Work-Off, Yardwork     | 5  |
| June Calendar of Events<br>In Person, Zoom, WayCamTV | 9  |
| Annual Summer Concert Series                         | 10 |
| Yo, Ho, Ho and a Bottle of Rum                       | 12 |

### SUMMERFEST!!

**Wed., June 23, 1:30—3pm, Raindate Wed., June 30  
Soccer Field at Town Building**

*Please bring a chair or blanket*



When you were a kid, summer meant playing outdoors with friends, stopping only for popsicles, snacks or a drink. Let's recapture that summer feeling at Summerfest!

As summer officially begins, we'll celebrate with yard games like cornhole and croquet; summer treats and cold drinks; and the happiest music on earth, provided by the Diamond Jubilee Organ, the largest touring British fairground organ in the Americas! You will NOT be able to resist smiling when its 400 pipes begin tooting the most eclectic range of favorites, from the Blue Danube Waltz to Glenn Miller to the Beer Barrel Polka. C'mon, join together with friends and neighbors for some good old-fashioned summer fun!



### The Wayland Council on Aging

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

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

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

## Happenings

### ART APPRECIATION

with Margaret Dergalis

Tuesday, June 15, 1:00pm on Zoom



Join Margaret for this special summer program. Explore painting, prints, drawing, and sculpture from around the world and across the ages. Gain a better understanding of how to view and enjoy art.

Margaret's love of art and history began long before she took art history and studio classes in high school. She credits her husband, professional artist and teacher George Dergalis, and her many years of study and observation under his tutelage, with her understanding and knowledge of art today.

### The COA PIZZA CAFÉ IS BACK!

Wednesday, June 9, 12 noon

Weather Permitting

Outdoors, Town Building Courtyard



We are excited to resume our always popular pizza café. It will look a little different, but will be an opportunity to socialize with friends and enjoy a delicious pizza lunch. This will be a pilot program and will be limited to 16 participants. **Reservations are required by noon on Mon., June 7.** We will be outside and will provide tables and chairs. All current Covid guidelines will be followed.

**MENU:** Pizza, dessert and beverage. \$5.00 per person.

*Made possible in part by a generous grant from the Friends of Wayland Council on Aging.*



### Zoom With Whom?

Ellen Tohn, Energize Wayland

Thursday, June 17, 1:30pm on Zoom

What is Wayland doing to address climate risks? What three climate-related articles just passed at Town Meeting?



What steps can you take in your lives—in your homes, cars, food, and purchasing choices—to reduce your emissions and impact? Join the over 475 households in town that have already taken action working with [EnergizeWayland](#) to leave a healthy planet for our children and grandchildren. Join us!

### ANNUAL DOCUMENT DAY

Health Care Proxy and Power of Attorney

Wednesday, June 16, by appointment

Metrowest Legal Services will execute Health Care Proxy and Power of Attorney documents at 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 Wednesday morning, June 16, 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, or pick them up in the front foyer of the Wayland Town Building, which is open 24/7. We can also take your information over the phone.
- 3. Return your completed Client Intake Sheets no later than Tuesday, June 8** to hold your scheduled appointment with the attorney on June 16. Return your completed forms by email, mail, fax (508-358-7175), or hand-deliver them to the mail slot in the Front Foyer of the Town Building.
- 4. Come to your scheduled appointment on June 16.** 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 in the presence of witnesses. Additional copies of the document will be provided for you to take home.

### COA SOCIAL GROUP

Thursdays, 10:30am

Join this informal group for friendly, relaxed conversation. Currently meeting on Zoom, but possibly in-person outdoors when appropriate (weather permitting). Join us for a friendly social time!



*The COA carefully selects program topics and presenters. Speakers bring expertise as well as opinions; the COA does not necessarily endorse speakers' viewpoints. We invite audiences to use their own judgment as they listen and learn. In addition, while we appreciate the advertisers who support this newsletter, we do not endorse products or services.*

## Happenings

### BEGINNING IN JULY: INTRODUCING FIT CLUB!

The *COA Fit Club* is our new, pay-by-the-month, take-as-many-classes-as-you-want, fitness program, beginning July 1! For over a year, the Friends of the Wayland Council On Aging have enabled us to offer both Zoom and in-person fitness classes free of charge. We eliminated user fees so residents could experience the power of “connection” by using Zoom and other platforms during the pandemic. Attendance grew significantly as residents learned to use Zoom through our tutorials and then experienced the COA’s extraordinary fitness instructors.



The COVID-19 vaccine and use of safe practices is enabling Wayland to transition to a partial re-opening of the Town Building. Joining the *COA Fit Club* gives you access to both in-person and Zoom fitness classes. Here’s how it works:

#### Pay By The Month

Join the *COA Fit Club* and pay \$20 per month for as many classes as you wish. Payment **MUST** be received before the month begins. *Fit Club* **begins in July**.

or

#### Pay As You Go

Pay \$4 for each class you attend, using Fitbucks. Purchase Fitbucks from COA by mail or before in-person class. Deposit Fitbucks in basket before class, or mail to COA for Zoom classes.

To pre-purchase the \$4/class Fitbucks or to pay the \$20 monthly fee for full access through the *COA Fit Club*, please mail payment to the COA (check payable to “Town of Wayland”) or drop off in the inside mail box in the foyer at the front of the Town Building building. **PLEASE REMEMBER** – The full-access *Fit Club* **begins in July**, and must be **pre-paid** before the new month starts. Question? Contact us at [coa@wayland.ma.us](mailto:coa@wayland.ma.us) or 508-358-2990.

### Ongoing Programs on Zoom

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

**GREAT TOURS: ENGLAND, SCOTLAND and WALES**  
Mondays, 1pm (June 7, 14, 21, 28), DVD Lecture Series, Closed Captioning



June Focus: ENGLAND. Lecturer and author Professor Patrick Allitt (Emory University) guides us through Britain’s estates and gardens, England’s West Country, museums of London, Buckingham Palace, Oxford, Cambridge and more.

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

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

**GRANDPARENTS GROUP**

Dr. Dossie Kahn of Wayland Youth and Family Services (508-358-4293) facilitates discussions about these rewarding and sometimes challenging relationships.

### June Highlights on WayCam.TV

IN-Sights on Verizon Channel 37 or Comcast 8  
See Calendar on p. 9 for program dates and times.

#### Fitness:

- > Joe Fish Fitness Series (see p. 4)
- > Line Dancing with Kari McHugh

Always check with your physician before beginning a new fitness routine.



**Sudbury Valley New Horizons Band Plays Your Favorites**

A virtual concert by your friends and neighbors

**Slavery in Colonial Sudbury**

A joint program by the Wayland Historical Society and the Wayland Public Library

**Cooking as Self-Care: Diversity Eats**

Healthy foods from different cultures

#### DID YOU KNOW?

You can watch WayCam programs livestreamed on TV or on your computer by going to [www.waycam.tv/live](http://www.waycam.tv/live).

See page 8 for instructions on how to access programs on Zoom and WayCamTV.

## Health & Fitness



Please see page 3 for details about

### The COA Fit Club

beginning July 1

### COA FITNESS CLASSES AVAILABLE ONLINE

New participants are welcome! If you'd like to receive an invitation to these classes offered via Zoom, call the COA at 508-358-2990 or email us at [coa@wayland.ma.us](mailto:coa@wayland.ma.us). Please contact us no later than Monday before the fitness classes you wish to take.

#### THERATUBE

Wednesdays, 9am-10am, on Zoom

Instructor: Ellen Cohen Kaplan  
Certified Personal Trainer, OTR

Work safely with your resistance bands to increase range of motion and strength. Bands are easy to use for people of all abilities.

#### ZOOMBA

Wednesdays, 10:15-11:15am, on Zoom

Instructor: Ellen Cohen Kaplan  
Certified Personal Trainer, OTR

Join this fun cardio class and dance your way to fitness with Latin music.



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

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

## TWO FAVORITE OUTDOOR OPTIONS ARE BACK!!

### LOIS' FIT FOR THE FUTURE

Tuesdays, 10-11am

\$4/class: RESERVATIONS REQUIRED

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

We have resumed the use of Fitbucks for in-person classes. You may purchase Fitbucks before class or by sending a check to the COA, payable to the *Town of Wayland*. We will mail you your Fitbucks. The cost is \$4 per class or a book of 5 for \$20. Unused prior-year Fitbucks (turquoise) may be used as a credit toward new Fitbucks.

**Reservations are required.** Please wear a face mask and appropriate footwear and bring a water bottle. If you have weights, bring them; if not, bring two cans of soup!

### THE WALKING CLUB

Mondays at 9:30am

Meet at the Rail Trail near the Library

The benefits of walking and the benefits of socializing are well known. Why not do both, all while following social distancing guidelines? Join our Walking Club to walk with Wayland seniors for up to an hour. When weather is inclement, we will not meet.



New walkers are always welcome. Email Shawna Levine at [slevine@wayland.ma.us](mailto:slevine@wayland.ma.us) or call the COA at 508-358-2990 to register. Registered walkers will receive email updates. No fee. **Please note: beginning in June, the Walking Club will meet one day a week on Mondays.**

Please wear comfortable walking shoes and bring a water bottle.



## News and Updates

### Gasoline and Propane Safety Measures



I hope everyone is enjoying the well-deserved New England spring. Springtime brings along with it activities we've all been missing during the winter months and a chance to get out outside and enjoy what nature has to offer. For me, early spring means getting the yard ready for the warm weather, BBQ's, yard games and making sure my lawn is somewhat green. I just recently purchased two new gas cans (not for the gas shortage) and two new propane tanks for the grill. Proper storage of gas cans is extremely important. Never store your gas cans inside your garage or shed. If a gas can should tip over, leak, or is not properly capped, vapor created from the gas hitting the atmosphere will expand quickly, filling the enclosed environment with combustible vapor that's highly explosive. If you plan to store gas cans inside, they should be properly secured in a metal locker. It's also important to keep such containers out of reach from children.



Propane tanks should also be stored outside, in a shaded area. Tanks stored in the sun can build up pressure, causing the pressure relief valve to open allowing that excess pressure release. Propane released by the relief valve or even by a compromised tank will settle in low areas because propane is heavier than air; it will not expand into the air like gasoline will. Propane tanks also have an expiration date stamped on the tank; they won't last forever. Treat all empty fuel containers as if they were full.

Todd Winner, Wayland Fire Dept., Senior SAFE Team

### Do You Need Help With Yardwork?

On Saturday, June 19, members of the Wayland High School Boys Soccer Team will perform yardwork or other outdoor chores for senior Wayland residents, free of charge.



Community members and businesses will sponsor this day-of-service fundraiser.

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

### Summer Farmers' Market Coupon Lottery

The Senior Farmers' Market Nutrition Program typically offers a limited number of Farmers' Market Coupons to local COAs. These are made available by lottery system to low-income Wayland senior residents who meet eligibility guidelines. We hope to receive a limited quantity of coupons again this year. For more information and to place your name on the lottery list, please call the COA at 508-358-2990 by **Wednesday, June 16**.



### Real ID Deadline Pushed to 2023

The deadline for using Real ID, a federal security standard for IDs that was set to go into effect in October 2021, has been extended to May 2023. Beginning on that date, you will need either a Real ID or a passport to fly domestically or access federal buildings.

The deadline was extended due to complications posed by the pandemic. For questions about Real ID, call the Mass RMV at 857-368-8005.

### Tax Work-Off Returns for FY22

Would you like to offset your property taxes by working in a Town Department? We are pleased to announce that there will be a Senior Tax Work-Off Program in FY22. This is a program where seniors work for a set number of hours in town departments in exchange for relief in their property taxes. The program benefits both the Town and residents.

At Wayland's recent Town Meeting, Article 13 was approved, accepting the provision of Mass General Law chapter 59, Section K. Please watch for updates on our website and weekly eBlasts. Tax Work-Off applications will be available in early July.

**Resources**

**BayPath Elder Services:** 508-573-7200

**Caregiving Resources:** [www.caregivingmetrowest.org](http://www.caregivingmetrowest.org)

**Domestic Violence Hotline:** 1-877-785-2020 or visit [www.domesticviolenceroundtable.org](http://www.domesticviolenceroundtable.org)

**Elder Abuse Hotline:** 1-800-922-2275

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

**Meals on Wheels (BayPath):** 508-573-7246

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

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

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

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

**Social Security:** 1-800-772-1213

**State Senator Rebecca Rausch:** 617-722-1555

**Representative Carmine Gentile:** 617-722-2014

**Representative Alice Peisch:** 617-722-2070

**Wayland Community Fund:** 508-358-3624

**Wayland Council on Aging:** 508-358-2990

**Wayland Housing Authority:** 508-655-6310

**COVID-RELATED RESOURCES**

**If you develop COVID symptoms:** Call your doctor and the Wayland Health Dept. COVID Hotline: 508-358-6805

**If you need help with food or medicine:** Call the Town's COVID Relief Fund/Food Pantry at 508-358-7701

**For emotional support:** Wayland Youth & Family Services (for all ages): 508-358-4293

**My Brother's Table at Good Shepherd Parish:** 508-650-3545

**Celebration Church Food Pantry:** 508-318-4769

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## Resources

## TRANSPORTATION OPTIONS



**MWRTA Dial-a-Ride:** SUBJECT TO CURRENT RESTRICTIONS, Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. \$2, \$3 or \$5 each way based on destination. Pre-register with MWRTA at 508-820-4650. Registered riders must make reservations at least 48 business hours prior to travel date.

**COA Taxi Program:** Free taxi trips to medical appointments, grocery shopping or Rx pick-up for Wayland seniors 60+ with no other means of transportation. This is a grant-funded program. Call the COA at 508-358-2990 or email [coa@wayland.ma.us](mailto:coa@wayland.ma.us). Requests must be made one full business day in advance.

**MEDICAL TAXI VOUCHERS:** For Waylanders 60+ or any age if disabled. Offers discounted taxi fare for medical appointments or medically-related activities at the COA. Administered through JFK Transportation, this option requires the advanced purchase of discount vouchers. Discount is 40% off metered fare. Total cost will vary based on miles traveled. Boston travel is charged a flat rate of \$42 each way, all other travel is based on the meter. Tips expected in cash. Buy vouchers in advance by calling the COA at 508-358-2990. Schedule rides directly through JFK 508-653-4500.

**FISH: Currently unavailable (rides available through taxi program listed above).** Friends in Service Helping, a volunteer group, provides rides to medical appointments for Waylanders who have no other way of getting there. One-week notice needed. Call 508-358-3474.

**SHOPPING TRIPS:** We hope to resume our monthly trip to Market Basket in 2021. Please call us for details.

## Q&amp;A with the COA

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

**Q. How do I sign up for Meals on Wheels? Or other support services?**

The Meals on Wheels program for Wayland is administered by BayPath Elder Services, which is our Area Agency on Aging. BayPath provides an array of services and programs for older adults, caregivers, and people with disabilities to support their independence. Some programs have eligibility criteria, such as age, need, income and/or insurance.

BayPath's Elder Nutrition Service addresses a number of challenges faced by seniors, including food insecurity. The program includes not just home-delivered meals, but nutrition screening, assessment, education and counseling to ensure that older adults attain and maintain optimal nutritional status.

BayPath offers a wide range of other services, including:

- Adult family care
- Caregiver support, including for family caregivers, at [CaregivingMetroWest.org](http://CaregivingMetroWest.org),
- Elder Community Care focused on mental health
- Elder housing
- Healthy Living focused on prevention
- Home care
- Money management
- Options counseling for long-term care decisions
- LGBTQ initiatives and support
- Ombudsman for long-term care residents

To learn more, visit [www.baypath.org](http://www.baypath.org) or call 508-573-7200. Or call us here at the COA, 508-358-2990. We are always happy to help!

## How To Access COA Remote Programs

### Zoom



#### Signing Up for Zoom Events

To protect privacy, Zoom events are by invitation only. To join a Zoom event by video or phone, contact us at [coa@wayland.ma.us](mailto:coa@wayland.ma.us) or 508-358-2990. First-time participants, please provide name, address, email and phone. Subsequently, only your name and program name are needed. We will confirm your registration and send you the link on the morning of the event.

#### Watching Programs on Cable TV

You can watch WayCam.TV on Verizon channel 37 and Comcast channel 8. The full program schedule and details for streaming live and on demand are on the WayCam.TV website: [www.waycam.tv/home](http://www.waycam.tv/home)



#### WAYLAND COA STAFF

Director: Julie Secord, M-F,  
[jsecord@wayland.ma.us](mailto:jsecord@wayland.ma.us)

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

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

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

Program Assistant: Lillian DePasquale, M, Th, F  
[ldepasquale@wayland.ma.us](mailto:ldepasquale@wayland.ma.us)

S.H.I.N.E. Counselors:  
Penny Wilson, Kathleen Woehrling

#### FRIENDS OF THE WAYLAND COA

A 501 (c)3 that supports COA programs, services, and equipment that cannot be financed through the COA's town budget. The Friends' long-term goals include supporting the Town's need for increased, dedicated COA space. Older adults (60 years of age and older) represent 28% of Wayland's population. Donations to the Friends are tax-deductible. Visit the Friends website to learn more: [www.friendsofwaylandcoa.org](http://www.friendsofwaylandcoa.org)

**FRIENDS BOARD:** Marie Winter, President; Nancy Leifer, Vice President; John Shaw, Treasurer and Webmaster; Mary Antes, Clerk; Paul Abramson; Steve Correia; Huaibin Lu; Patty MacNeil; Sue Pope; Betsy Willard.

#### COMING UP FROM THE FRIENDS!

**Yo, Ho, Ho and a Bottle of Rum**  
**Wednesday, June 23, 7pm**

*A free, interactive Zoom community event*

Visit [www.friendsofwaylandcoa.org](http://www.friendsofwaylandcoa.org)

**See Page 12 for details, and JOIN THE FUN!**



#### WAYLAND COUNCIL ON AGING BOARD

Betsy Soule, Chair; Bill Sterling, Vice Chair; Mary Antes, Clerk; Evelyn Ekmejian; Carol Glick; Nancy Leifer; Becky Patterson; Ellen Scult; Denise Yurkofsky.

**Next Meeting:** Tuesday, June 1, 1:00 pm

#### SENIOR TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets every other month. MEMBERS: Markey Burke, Chair; Steve Colella, Vice Chair; Ann Gilbert, Clerk; Joan Bradford, Linwood Bradford, Pauline DiCesare

**Next Meeting:** To be announced

#### West Suburban Veterans Svcs. District

781-489-7509, Nancy Blanchard, Director  
In Wayland Tues. 9am—4pm, 781-850-5504





## June COA Activities

| SUNDAY   | Monday   | Tuesday   | Wednesday  | Thursday  |
|--|--|---|--|---|
|  | <p style="text-align: center;"><b>KEY:</b></p> <p style="text-align: center;"><b>WayCam TV—Red</b><br/><b>Zoom—Blue</b><br/><b>In person—Green</b></p> | <p><b>1</b><br/>8:00am Chair Yoga<br/>10am Fit 4 the Future<br/>10:30am Knit Together<br/>4:00pm The Great Hurricane of '38</p>                           | <p><b>2</b><br/>9:00am Theratube<br/>10:15am ZoomBa</p>  | <p><b>3</b><br/>10:30am Social Group</p>  |
| <p><b>6</b><br/>8:00am Acton Sr. Ctr. Line Dancing / The Fabulous '40s<br/>4:00pm Cooking as Self-Care</p>                 | <p><b>7</b><br/>9:30am Walking Club<br/>1:00pm Great Courses</p>   | <p><b>8</b><br/>8:00am Fish Fitness<br/>10am Fit 4 the Future<br/>10:30am Knit Together<br/>4:00pm Slavery in Colonial Sudbury</p>                        | <p><b>9</b><br/>9:00am Theratube<br/>10:15am ZoomBa<br/>12pm Pizza Café</p>  | <p><b>10</b><br/>10:30am Social Group</p>   |
| <p><b>13</b><br/>8:00am Grandparenting a Child With Autism<br/>4:00pm Sudbury Valley New Horizons Band Virtual Concert</p> | <p><b>14</b><br/>9:30am Walking Club<br/>1:00pm Great Courses</p>  | <p><b>15</b><br/>8:00am How Emotions are Made<br/>10am Fit 4 the Future<br/>10:30am Knit Together<br/>1:00pm Art Appreciation<br/>4:00pm Fish Fitness</p> | <p><b>16</b><br/>Document Day, by appointment<br/>9:00am Theratube<br/>10:15am ZoomBa</p>                                    | <p><b>17</b><br/>10:30am Social Group<br/>1:30pm Zoom With Whom<br/>7-8pm <b>SUMMER CONCERT:</b>  Club Soda</p> |
| <p><b>20</b><br/>8:00am Chair Yoga / Zoom Tutorials<br/>4:00pm The Great Hurricane of '38</p>                              | <p><b>21</b><br/>9:30am Walking Club<br/>1:00pm Great Courses</p>  | <p><b>22</b> 8:00am Cooking as Self-Care<br/>10am Fit 4 the Future<br/>10:30am Knit Together<br/>4:00pm Fish Fitness</p>                                  | <p><b>23</b> 9:00am Theratube<br/>10:15am ZoomBa<br/>1:30 Summerfest!<br/>7:00pm An Evening with Rum, Friends of the COA</p> | <p><b>24</b><br/>10:30am Social Group<br/>7-8pm <b>SUMMER CONCERT:</b>  The Daddios</p>                         |
| <p><b>27</b><br/>8:00am Grandparenting a Child with Autism<br/>4:00pm Fish Fitness</p>                                     | <p><b>28</b><br/>9:30am Walking Club<br/>1:00pm Great Courses</p>  | <p><b>29</b><br/>8:00am Chair Yoga with Nancy Wind<br/>10am Fit 4 the Future<br/>10:30am Knit Together<br/>4:00pm Sudbury Valley New Horizons Band</p>    | <p><b>30</b><br/>9:00am Theratube<br/>10:15am ZoomBa</p>   |   |

Summer Fun!



*Wayland Council on Aging Presents*  
**10<sup>th</sup> Annual Community Concert Series**  
**Thursday Evenings 7-8 pm**  
**Town Building Courtyard**



|                |  |
|----------------|--|
| <b>June 17</b> | <b>Club Soda Band: Top 40's</b>          |
| <b>June 24</b> | <b>The Daddios: Rock &amp; Roll</b>      |
| <b>July 1</b>  | <b>Sudbury Valley New Horizons Band</b>  |
| <b>July 8</b>  | <b>Black Velvet Band: Irish/American</b> |
| <b>July 15</b> | <b>The Standards: Oldies</b>             |

Invite your neighbors, friends and family to this free community event.  
 Please bring your own lawn chair or blanket. Concerts will be cancelled if weather is inclement.

**MANY THANKS TO OUR SPONSORS**

**Gold: The Village Bank**

**Silver: Middlesex Savings Bank**

**Bronze: Avenu at Natick** 🎵 **Camellia Gardens** 🎵  
**Traditions of Wayland**

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.



*Friends of the Wayland Council On Aging host another free ZOOM event:*

## **YO HO HO AND A BOTTLE OF RUM**

**NEW DATE: Wednesday, June 23 at 7pm via Zoom**

**To request an eVite to this event: [www.friendsofwaylandcoa.org](http://www.friendsofwaylandcoa.org)**

Would you like to know why Massachusetts is the rum-producing capital of the U.S., and for a time was the Rum Capital of the World? Is it true that the popular “Dark and Stormy” cocktail gets its name from its resemblance to a storm cloud that only a fool or a dead man would sail under? Would you like to take a virtual flight to the Caribbean to see how rum is made? Would you like to join us, from the comfort of your own home, in a Master Class on rum cocktails you can enjoy all summer long?



Join the Friends of Wayland Council on Aging as John Shaw, Total Wine Certified Spirit Professional, takes us on a armchair journey to discover the colorful story behind humankind’s first distilled spirit, including the renaissance of craft rum-makers in Massachusetts.

John will lead off the event with a short Rum Cocktail Hour before launching into the tour.



### **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 a short-and-sweet email highlighting programs and services in the coming week. Call us at 508-358-2990 or email [coa@wayland.ma.us](mailto:coa@wayland.ma.us) to subscribe.

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