



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

JUNE 2022

Summer Is A-Comin' In!

The warm weather is ushering in the summer season, when we look forward to outdoor gatherings and activities. In his column this month, Firefighter and EMT Todd Winner reminds us to take care in the heat, and drink plenty of water. You'll find his good advice on page 5.

We have lots of fun and informative events coming up this month, from jewelry-making to taking care of business by completing your health care proxy and power of attorney to a free yoga class. Check it all out in the newsletter, and call us to sign up for anything that interests you.

We are grateful that funding for building a new COA/Community Center was approved at Town Meeting on May 15. We look forward to the planning process and the pleasure of offering our services and programs in a new, more accommodating, more inviting space. Thank you to all who continue to support our work.

We look forward to seeing you soon!

Your COA Staff:

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

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

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



Bring a chair, a picnic, some friends or neighbors!
See insert for details!



The Wayland Council on Aging

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

The Wayland Council on Aging
41 Cochituate Road, Wayland, MA 01778
508-358-2990; coa@wayland.ma.us
www.wayland.ma.us/council-aging

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





ANNUAL DOCUMENT DAY
Health Care Proxy and
Power of Attorney
Monday, June 27, 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 27, 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, or pick them up in the COA.
3. **Return your completed Client Intake Sheets no later than Tuesday, June 14** to hold your scheduled appointment with the attorney on June 27. 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 27.** 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.

PIZZA CAFÉ:
Wed. June 1, noon,
in the COA

Reservations required, \$5



Join us for our first-Wednesday-of-the-month Pizza Café. Enjoy a pizza buffet, salad, beverage and dessert, and the fun of being together with friends and future friends.

Please reserve your seat by noon on the previous Monday.

Next Pizza Café: Wed. July 6

We are grateful to the Friends of the COA for their ongoing support of the Pizza Café.

REFLECTING ON REFLUX:
A HEALTHY EATING PLAN
With Traci Robidoux, RD, LDN
Wed. June 22, 1:30pm

In the COA and on Zoom

Troubled by Gastroesophageal Reflux Disease (GERD)? Diet plays a major role in controlling reflux symptoms and is often the first line of therapy for GERD.



Knowing what and when to eat can go a long way in preventing bothersome GERD flare-ups. Join us via Zoom to learn more.

Traci Robidoux is a licensed dietician/nutritionist at BayPath Elder Services, Inc. She has previously presented many popular, informative programs at the COA. **Registration required.**

TRIVIA TIME! (NEW DATE!)
Thursday, June 23, 2:00pm
In the COA

We welcome back our Trivia Master, Don Ward, for some fun fact-based, general knowledge trivia challenges. And don't worry, it's multiple-choice and non-competitive.



What is the only vegetable that contains naturally occurring Vitamin D? What was Maine's largest cash crop in 2020? Join us to guess and to learn the answers to these and other fascinating questions. **Reservations required.**

MAKE IT & TAKE IT JEWELRY STUDIO CLASS
THURS., June 8, 10:00 – 11:30am

Earrings

with Jeweler Norma Radoff

In the COA



Create a unique, hand-crafted pair of earrings while learning special jewelers' techniques. Instructions, tools, and all supplies will be provided. The class size will be limited. **Registration is required**, and restricted to Wayland residents. No charge.

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.



YOGA STRENGTHENING “TRY-IT” CLASS with Joe Scianna

Tuesday, June 21, 1:30 - 2:30pm, Large Hearing Room, No Charge

Come try something new! Fitness instructor Joe Scianna will offer a friendly demo class

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

Bring a yoga mat and a bottle of water. Participate, or just observe, based on your tolerances. With sufficient interest, we will plan summer classes.

REGULAR ONGOING PROGRAMS

Join us for one or all of these regular programs.
You must pre-register for Zoom programs.

GREAT COURSES

Mondays, 1pm in person

Join together to learn from some of the nation's top scholars on a wide range of topics, from science to art to engineering and travel. See details, right.



CONNECTIONS

Mondays, 2:00pm on Zoom

Connect with new and old friends and enjoy good conversation in this facilitated discussion group. New members always welcome — Zoom in and try it out!



KNIT TOGETHER

Tuesdays, 10:30am on Zoom

Knit in the company of friendly fellow knitters. Create knitwear to donate to children in need using our supplies, or work on your own projects.



GENEALOGY

1pm, 2nd and 4th Tuesday, in person and on Zoom

Share in great conversations, research tips and fascinating stories from the past. Experience our new “Owl” technology with its 360° camera that brings people together in person and on Zoom.



SOCIAL GROUP

Thursdays, 10:30am on Zoom

Join this informal group for friendly, relaxed conversation from the convenience of home. Newcomers are always welcome!



GRANDPARENTS GROUP



Dr. Dossie Kahn of Wayland Youth and Family Services leads discussions about the relationships between grandparents and grandchildren and shares resource ideas. New members welcome, contact Dossie Kahn for details at 508-358-4293.

GREAT TOURS: FRANCE THROUGH THE AGES

Mondays, June 6, 13, 20, 27

1:00—2:00 pm in the COA

Video Lecture Series, Closed Captioning

France is the world's most visited destination for travelers. From the beloved city of Paris—a global archetype of beauty, romance, and fine living—to the sunshine and lavender fields of Provence, the medieval splendor of Carcassonne and Avignon, the glittering seaside life of the Côte d'Azur, and more, France ignites the imagination and dazzles the senses like no other country on Earth.



**MONTHLY
MOVIE
MATINEE**



“MARRY ME”

Wed., June 29, 1:30pm, In the COA
Reservations required, space is limited

Kat Valdez (Jennifer Lopez) is half of the celebrity power couple with new music supernova Bastian (Maluma, making his feature-film debut). As Kat and Bastian's inescapable hit single, "Marry Me," climbs the charts, they are about to be wed before an audience of their fans. When Kat learns, seconds before the ceremony, that Bastian has cheated on her, she has an impulsive reaction that sets off an unexpected romance with someone very different.

(Romance, comedy, 2022, PG-13, 1hr 52 minutes)

JOIN THE COA FIT CLUB!

The *COA Fit Club* is our pay-by-the-month, take-as-many-classes-as-you-want, fitness program. Join the *COA Fit Club* and get unlimited monthly access to both in-person and Zoom fitness classes. No need to pre-register for classes, just show up or Zoom in. Payment must be received before the month begins. For convenience, pay ahead for multiple months, and get a refund or apply payment to a different month if your plans change.

- Pay \$20/month for access to all fitness classes, in-person and remote.
- Receive a list of the week's fitness choices Monday morning by email (or Tuesday if a Monday holiday), including links to Zoom classes.
- We cannot pro-rate the monthly fee. Please get your monthly payment to us before the start of each month.
- Pay-As-You-Go is available for in-person classes only and requires Fitbucks pre-paid coupons. Buy Fitbucks at the COA or by mail. Unused Fitbucks are refundable. Class reservations are not needed.

COA Fit Club



If You'd Rather Pay by the Class...

Pay-As-You-Go is only available for in-person classes such as T'ai Chi and Fit For The Future. Each class is \$4.

We cannot accept cash in class; you must purchase Fit Bucks, a pre-paid coupon available in the COA or by mail. Place your signed Fit Buck coupon in the basket when you attend class. No reservations are necessary.

COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON

THE WALKING CLUB

Mondays at 9:30am. Meet at the Cochituate Rail Trail. NEW LOCATION!

Join our friendly Walking Club to walk with Wayland seniors for up to an hour. In June, the Walking Club is **moving to the Cochituate Rail Trail** which offers lots of shade and benches to rest on along the way. Contact Shawna Levine at slevine@wayland.ma.us or 508-358-2990 to register and for information on parking and where to meet the group on the Trail. No fee. Wear comfortable walking shoes and bring a water bottle. Will not meet in inclement weather.

T'AI CHI

Mondays, 9:30am-10:30am, Meet at Veterans Memorial near front entrance, or in Large Hearing Room in inclement weather. Instructor: John Woodward, Certified T'ai Chi Instructor

T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body using slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being. As this class does involve one hour of movement, it may not be suited for those who use a cane or walker.

LOIS' FIT FOR THE FUTURE

Tuesdays and Thursdays, 10-11am, Large Hearing Room

Instructor: Lois Leav

This popular class involves stretching, bending, loosening the joints and building flexibility, all set to music.

THERATUBE

Wednesdays, 9am-10am, on Zoom

Instructor: Ellen Cohen Kaplan, Certified Personal Trainer, OTR

Use resistance bands to increase range of motion and strength. Bands are easy to use for people of all abilities.

ZOOMBA

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

Instructor: Ellen Cohen Kaplan, Certified Personal Trainer, OTR

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

SAIL: STAY ACTIVE AND INDEPENDENT FOR LIFE

Fridays, 9:30am—10:30am on Zoom

Instructor: Joe Fish, Certified Instructor and Falls Prevention Specialist This interactive, evidence-based class helps older adults improve balance and mobility, reduce the risk of falls, and improve quality of life. Participants can take the class while seated; Joe Fish will tailor the class to other individual needs.



Don't Overdo in Hot Weather, and Be Sure to Hydrate

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

With New England typical weather patterns, it seems like we have had our traditional two weeks of windy spring and are about to jump into summer weather. With the hot temperatures just around the corner, I would like to talk about hot weather safety to help avoid dangerous heat emergencies.

If you're like me, you're constantly working in the yard no matter what the weather or temperature because the lawn needs mowing and planting beds need to be mulched. Always take frequent breaks to escape the sun and or heat to cool your body down. Once your core temperature starts to rise without any relief, it becomes much harder and longer to cool off. Frequent water breaks are a must. If you're thirsty, get a drink, it's your body's way of saying you need more water to hydrate and cool off. I always keep a bottle of water with me in the yard and everywhere I go in the hot summer months to remind me to stay hydrated. Cramping muscles, lack of sweating and feeling sick are definite signs of dehydration and a potential for heading down the path of heat exhaustion and heat stroke. These symptoms are dangerous and sometimes require a visit to the hospital to reverse.



When hydrating, don't chug as fast as you can, your body won't have the time to absorb the water and you will urinate it out. Drink slowly and frequently. Dark colored urine is a sign of dehydration. If you hydrate with sports drinks like Gatorade, remember to drink equal amounts of water so you're not overloading your body with electrolytes.

For those of you who have pets, the same safety considerations apply in hot weather. It's just as important to keep pets hydrated just as it is for us humans, so don't forget about our four legged friends. I always keep bowls of water out for my two dogs as well as a doggy pool with a place set up for shade. I make sure to set a time limit for how long they should be outside in hot weather to avoid dangerous heat emergencies and a trip to the vet.



JUNE IS ALZHEIMER'S AWARENESS MONTH

The Alzheimer's Association is an Excellent Resource: www.alz.org

Alzheimer's disease is not a normal part of aging — it is a progressive brain disease that causes problems with memory, thinking, and behavior. The Alzheimer's Association is an excellent resource for information, support groups, provider recommendations, care planning consultations, and more. Visit the website at www.alz.org and click on "Help and Support." Their helpline at 1-800-272-3900 is also available 24/7. During June, the Alzheimer's Association is offering free educational events for Alzheimer's and Brain Awareness Month. See below for details.

Free Zoom Educational Events in June

Understanding Alzheimer's and Dementia: Ask the Expert

Thursday, June 16, 6-7pm

10 Warning Signs: Ask the Expert

Thursday, June 23, 10-11am

Brain Health Can Start in the Kitchen

Monday, June 27, 12-1pm

Details and registration information for these Zoom sessions can be found at this link:

<https://www.alz.org/manh/events/abam-2022/special-events>

Ten Early Signs and Symptoms of Alzheimer's

1. Memory loss that disrupts daily life
2. Challenges in planning or problem-solving
3. Difficulty completing familiar tasks
4. Confusion with time or place
5. Trouble understanding visual images and spatial relations
6. New problems with words in speaking or writing
7. Misplacing things and losing the ability to retrace steps
8. Decreased or poor judgment
9. Withdrawal from work or social activities
10. Changes in mood or personality

If you notice any of these symptoms, don't ignore them. Schedule an appointment with your doctor.

BayPath Elder Services: 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 (BayPath): 508-573-7246

Medicare: 1-800-633-4227

MetroWest Legal Services: 508-620-1830

MWRTA Fixed Route Buses: 508-935-2222

MWRTA Dial A Ride: 508-820-4650

Social Security: 1-800-772-1213

State Senator Rebecca Rausch: 617-722-1555

Representative Carmine Gentile: 617-722-2014

Representative Alice Peisch: 617-722-2070

Wayland Community Fund: 508-358-3624

Wayland Council on Aging: 508-358-2990

Wayland Housing Authority: 508-655-6310

If you develop COVID symptoms call your doctor and the Wayland Health Dept. COVID hotline: 508-358-6805

For emotional support, contact Wayland Youth and Family Services (for all ages) at 508-358-4293

Local Food Pantries: My Brother's Table at Good Shepherd Parish: 508-650-3545; Celebration Church: 508-318-4769; and Loaves and Fishes at Trinitarian Church: 508-358-7717



TRANSPORTATION OPTIONS

Call the COA when you have transportation needs and we can help determine the best option.

NEW: BAYPATH GRANT PROGRAM: With a grant from Baypath Elder Services, the Wayland COA may be able to help with special transportation needs when other options are not available. This may include transportation to appointments during times that MWRTA does not operate, or other types of special support.

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



MEDICAL TAXI VOUCHERS: For Wayland residents age 60 and over. Purchase discounted taxi vouchers in advance from the COA for taxi trips to medical appointments. **NEW in 2022:** This program uses both JFK Transportation and now Tommy's Taxi, too; discount is 40% off metered fare. Gratuity not included. Medical vouchers to Boston hospitals may be purchased for a flat rate of \$42 one way (these do include gratuity). Schedule rides directly through JFK Transportation at 508-653-4500 or Tommy's Taxi at 508-872-3500, and tell them you will be using taxi vouchers.

"BETTER TOGETHER" MEMORY CAFÉ

Once a month on Saturdays, 2:30 - 4pm, Natick, Free of charge

A monthly Memory Café held in Natick is open to residents of all towns. What is a Memory Café? A welcoming place for people experiencing memory loss and their care partners. A place to find support, joy, resources and community connections.

Elder-Well and the Jewish Family & Children's Services together sponsor the Better Together Memory Café, held monthly at Elder-Well Adult Day Center in Natick. The café events provide the opportunity to talk with others who understand what you are going through, to leave behind limitations and instead focus on strengths, to enjoy other's company, and to explore something new. Each month's event is different and may include guest artists, musicians and presenters.

WHERE: Elder-Well Adult Day Center, 12 Washington Street, Natick

WHEN: One Saturday per month, 2:30 to 4pm; call for upcoming dates

COST: Free of charge

RSVP: RSVP is required. Please RSVP to info@elderwelladulthood.com

CALL 508-655-2536 for upcoming dates



WAYLAND COA STAFF

Director: Julie Secord, M-F

jsecord@wayland.ma.us

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shatton@wayland.ma.us

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lschofield@wayland.ma.us

SHINE Counselors:

Penny Wilson, Kathleen Woehrling

WAYLAND COUNCIL ON AGING BOARD

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

Next Meeting: Monday, June 13, 2022 4pm via Zoom

SENIOR TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets every other month.

MEMBERS: Markey Burke, Chair; Steve Colella, Vice Chair; Ann Gilbert, Clerk; Joan Bradford, Pauline DiCesare, Joel Rosenhaus, Susan Rufo

Next Meeting: Wednesday, June 15, 10am
In Person, COA

WEST SUBURBAN VETERANS SERVICES DISTRICT

781-489-7509

Sarada Kalpee, Director

Nancy Blanchard, Deputy Director

In Wayland Tues. 9am—4pm, 781-850-5504

How to Access COA Remote Programs

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

Cable TV: You can watch WayCam.TV on Verizon channel 37 and Comcast channel 8. The program schedule and details for streaming live and on demand are on the WayCamTV website: www.waycam.tv/home
Go to www.waycam.tv/live to watch WayCam programs live-streamed on TV or on your computer.

FRIENDS OF THE WAYLAND COA

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

FRIENDS BOARD: Marie Winter, President; John Shaw, Treasurer and Webmaster; Mary Antes, Clerk; Paul Abramson; Steve Correia; Frank Kennedy; Huaibin Lu; Patty MacNeil; Sue Pope



Keep Up With All the COA News Through Our Website and E-Blast

At www.wayland.ma.us/council-aging you'll find lots of information and helpful resources. On Thursdays we send out an email highlighting programs and services in the coming week. Call us at 508-358-2990 or email coa@wayland.ma.us to subscribe.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)		1 9:00am Theratube 10:15am ZoomBa 12:00pm Pizza Café	2 10:00am Fit 4 Future 10:30am Social Group	3 9:30am SAIL Fitness
5 8:00am Fish Fitness 4:00pm Chair Yoga	6 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00 pm Connections	7 8:00am Line Dancing 10:00 Fit 4 Future 10:30am Knit Together 4:00pm Flooding Sud- bury River	8 9:00am Theratube 10:00am Jewelry Workshop 10:15am ZoomBa	9 10:00am Fit 4 Future 10:30am Social Group	10 9:30am SAIL Fitness
12 8:00am Fish Fitness 4:00pm Chair Yoga	13 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections	14 8:00am Songbirds of the Northeast 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 4:00pm Fish Fitness	15 9:00am Theratube 10:15am ZoomBa Legal Clinic by appointment	16 10:00am Fit 4 Future 10:30am Social Group Trip to MFA	17 9:30am SAIL Fitness
19 8:00am Fish Fitness 4:00pm Chair Yoga	20 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections	21 8:00am Legal Ques- tions as We Age 10:00am Fit 4 Future 10:30am Knit Together 1:30pm Yoga Try-It 4:00pm Line Dancing	22 9:00am Theratube 10:15am ZoomBa 1:30pm Reflecting on Reflux	23 10:00am Fit 4 Future 10:30am Social Group 2:00pm Trivia Time! 7:00pm Summer Concert! 	24 9:30am SAIL Fitness
26 8:00am Fish Fitness 4:00pm Chair Yoga	27 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections Document Day by Ap- pointment	28 8:00am Living the Harpsichord Life 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 4:00pm Line Dancing	29 9:00am Theratube 10:15am ZoomBa 1:30pm: Movie: Marry Me	30 10:00am Fit 4 Future 10:30am Social Group 7:00pm Summer Concert! 	



TRIPS AND VIRTUAL TRIPS

We are happy to offer some day trips and shopping trips. Masks are required on the van; capacity may be limited.

COA Trip Policy: Payment is required at the time of registration. Register in person or send in a check payable to the *Town of Wayland*, specifying the trip you are registering for. If you must cancel, refunds will only be given if your vacancy is filled, due to advance financial commitments.

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

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

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

Monday, July 18: Market Basket, Marshall's and Home Goods in Waltham. The van leaves the COA at 9:30am to start home pick-ups. Return by 1:30pm. Shopping trips are free of charge and for Wayland residents only. Space is limited, call by noon the previous Thursday.

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

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

ARMCHAIR TRAVEL ON SUMMER HIATUS

Please note that Armchair Travel will take a hiatus for the summer. We will not meet in June, July and August. We hope that you have a chance to get out and enjoy some travels IRL (In real life) including those listed above. We will resume on **Tuesday, September 20 at 1:00 pm on Zoom** with a program on Florence, Italy. Join co-hosts Shawna & Margaret for a tour of this beautiful city. Shawna will show photos of the city from her 2010 trip. Margaret will highlight the art riches of the city. Registration required.



Coming in July

A SUMMER BEACH PARTY With Michael Goodwin Wednesday, July 20, 1:30pm At the COA, \$3

Summer is just around the corner, so get out your Hawaiian shirts: It's time for our *Summer Beach Party* where we celebrate summer with Elvis, The Beatles, The Beach Boys, and more.

We welcome back the always popular, classically-trained professional entertainer Michael Goodwin for a fun upbeat program. In addition to lecture and video clips, he entertains with his amazing voice. This is a not-to-be-missed program.

Aloha-themed refreshments will be served. \$3.00 per person. **Registration required.**



"What Was Johnny Pesky Really Like?" With Baseball Historian Herb Crehan Thursday, July 14, 10:30am In the COA

In this new program, Herb tells stories about eight Red Sox players from eight decades. It is the most intimate program that he has created. No statistics, no inside-baseball, just what were these guys like up close and personal. Join us for this fascinating discussion. There will be ample time to ask questions about your Red Sox favorites.



Herb Crehan has interviewed more than 140 former Red Sox, written more feature articles for the Red Sox program, *Red Sox Magazine*, than anyone in the club's history, and loves to share stories from his 24 seasons with the team. **Reservations please.**

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

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