

# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## JUNE 2023

### SUMMER IS A'COMIN' IN!

June brings some of the year's best weather, along with blooming flowers and vegetable gardens that offer the promise of the season. It also brings the start of our annual Community Concert Series, one of our favorite programs to offer the whole community. The Thursday evening concerts from 7 to 8 p.m. in the Town Building Courtyard are a wonderful way to relax and enjoy great music in the great outdoors with great friends. This year's schedule is:



June 15, 7pm: Classic Groove

June 22, 7pm: Gumbo

June 29, 7pm: Black Velvet Band

July 6, 7 pm: The Deloreans

July 13, 7 pm: Sudbury Valley New Horizons Band

More details about the bands are available on page 8. We look forward to seeing you at the concerts and at other summer programs and events.

#### Your COA Staff:

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

### CELEBRATING CREATIVITY!

*Enjoy a showcase of creative endeavors along with tasty bites  
and the music of guitarist Chris Carter*

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

What is it about creativity — our own or someone else's — that is so appealing, so fun? Join us for a Celebration of Creativity, featuring a little of this and a little of that: a display of various creations, a showcase of creative people with samples of their work, opportunities to try your hand at something creative, and even a 3D printer demonstration to showcase the creative power of technology.



If you have a creation you'd like to display, let us know! Do you paint, draw, make jewelry? Do you knit, quilt or crochet? Build furniture or ships in a bottle? What's your creative passion? Let us share it, or come learn about the passions of others and get inspired!

Refreshments will be served, and guitarist Chris Carter will entertain.  
**Reservations required.** Join us!

### CONTENTS

Page

Celebrating Creativity!

1

What Was Ted Williams Really Like?

2

The Gilded Age, Watercolor Classes,  
Medication Take-Back, Pizza Cafe

2

Weekly Programs, Video Lecture Series,  
Monthly Movie, Yard Help, Grease

3

Fit Club and Fitness Classes, Nutrition

4

Police Dept. News, Medicare Questions

5

Transportation Options

7

Summer Concert Series

8

June Calendar of Events  
In-Person, Zoom, WayCam TV

9

Trips and Excursions, Armchair Travel

10

New 24/7 Behavioral Health Help Line  
Coming in July: Summer Beach Party

12

### 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



**THE GILDED AGE: Season 1**  
**Thursdays, June 1, 8, 15, 22, and 29**  
**1-2 pm at the COA**

The American Gilded Age was a period of immense economic change, great conflict between the old ways and brand new systems, and huge fortunes were made and lost.

In 1882, young Marian Brook moves from rural Pennsylvania to New York City after the death of her father to live with her aunts Agnes van Rhijn and Ada Brook. Marian inadvertently becomes enmeshed in a social war between one of her aunts, a scion of the old money set, and her stupendously rich neighbors, a ruthless railroad tycoon and his ambitious wife, George and Bertha Russell. Exposed to a world on the brink of the modern age, Marian must choose if she will follow the established rules of society or forge her own path.

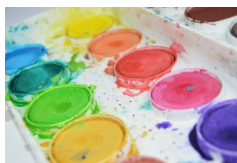
This HBO Max series was created by Julian Fellowes of Downton Abbey fame and stars Christine Baranski, Cynthia Nixon and Carrie Coon. We will show one episode each week. Most episodes are between 45 minutes and an hour. Episode 1 is 90 minutes.

**DRAWING & WATERCOLOR PAINTING**

*with Rahul Ray*

**Tuesdays, 1:00 - 2:30 pm**

**June 6, 13, 20, 27 In the COA,**  
**\$40**



Develop or refine your drawing and painting skills in this friendly studio class that focuses on fundamental skills. Instructor and Wayland resident Rahul Ray, a retired professor of medicine at Boston University, received his training at the Academy of Fine Arts in Kolkata, India. He works in pencil, charcoal, and watercolor. **Registration required. Materials are available in class, or bring your own.**

**WHAT WAS TED WILLIAMS REALLY LIKE?**

**With Herb Crehan**

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

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



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

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

**PIZZA CAFÉ**

**Wed., June 7, at noon,**  
**in the COA**

**Reservations required, \$5**



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

**Please reserve your seat by noon on the previous Monday.**

*Thanks to the Friends of the COA for their support  
 for this favorite program!*

**MEDICATION TAKE-BACK**

**Wed., June 7, 11:30 am—Noon, in the COA**

Wayland Police will be in the COA to collect your unwanted or expired medications. They come for the half-hour period before our monthly Pizza Café. That way, you can reward yourself with pizza! You may also deposit meds at the Wayland Police Dept. 24/7.



*COA speakers bring expertise as well as opinions; the COA does not necessarily endorse speakers' viewpoints. In addition, while we appreciate the advertisers who support this newsletter, we do not endorse products or services.*

## REGULAR ONGOING PROGRAMS

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

### DROP-IN GAMES AND NEWSPAPERS

**Mondays, 9:30 am in person**

Drop by for cards, games, bridge (intermediate to advanced), or just for coffee and newspapers.



### VIDEO LECTURE SERIES

**Mondays, 1 pm in person**

Learn from some of the nation's top scholars on a wide range of topics, or visit some of the world's most iconic locations. See details, right.



### CONNECTIONS

**Mondays, 2:00 pm on Zoom**

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



### KNIT TOGETHER

**Tuesdays, 10:30 am on Zoom**

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



### GENEALOGY

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

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



### SOCIAL GROUP

**Thursdays, 10:30 am on Zoom**

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



**GREAT COURSES: POST-IMPRESSIONISM: THE BEGINNINGS OF MODERN ART, continued**  
**Mondays 1-2:30pm, June 5, 12, 26 (Closed June 19 for Juneteenth holiday)**

**Closed Captioning**

Post-Impressionism forever changed the language, conception, and methods of painting, producing an astonishing number of the most beloved paintings in the history of art. This course takes you into the dazzling world of artists such as Paul Cézanne, Georges Seurat, Vincent van Gogh, Henri de Toulouse-Lautrec, Paul Gauguin and many others, in a breathtaking and transformative era in painting.



**MONTHLY  
MOVIE  
MATINEE**



**"TICKET TO PARADISE"**

**Weds., June 28, 1:30 pm in the COA**  
**Reservations required, space is limited**

Academy Award winners George Clooney and Julia Roberts reunite on the big screen as exes who find themselves on a shared mission to stop their love-struck daughter from making the same mistake they once made. Ticket to Paradise is a romantic comedy about the sweet surprise of second chances. (2022, PG-13, romance, comedy, 1hr. 44 min.)

*Popcorn and cold beverages on the house!*

### Do You Need Help With Yardwork?

**Sunday, June 11, 10am—1 pm**

On Sunday, June 11, members of the Wayland High School Boys Soccer Team will perform yardwork or other outdoor chores for senior Wayland residents, free of charge.



If you could use the help of some strong young men, contact soccer-mom Philomena Quinn at 617-755-4992 or [philomenaquinn12@gmail.com](mailto:philomenaquinn12@gmail.com). Go Warriors Soccer!

### Grease

**Weston Drama Workshop at Regis College**  
**Thursday, July 27, 10:30 a.m., \$15**

Weston Drama Workshop (WDW) has offered the COA discounted tickets — \$15 rather than \$21 — to this classic summer musical. With a hip-shaking rock 'n' roll score featuring hits like "Summer Nights," "Greased Lightnin'," and "We Go Together," *Grease* celebrates Rydell High's class of 1959 in all their duck-tailed, bobby-soxed, gum-snapping glory. This production is by children in grades 6-9. **Contact the COA to buy tickets by June 28.**

## COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>T'AI CHI</b> with John Woodward <b>9:30 am</b> <b>Large Hearing Room or outdoors near Veterans' Memorial, weather permitting</b> Enhance the flow of internal energy in the body using slow, graceful movements that help promote relaxation, healing and well-being. May not be suited for those using a cane or walker.</p> <p><i>Jon Woodward is a Certified T'ai Chi Instructor</i></p>	<p><b>LOIS' FIT FOR THE FUTURE</b> with Lois Leav <b>10 am</b> <b>Large Hearing Room</b> This popular class involves stretching, bending, loosening the joints and building flexibility, all set to music.</p> <p><i>Lois Leav is a Certified Aerobics Instructor</i></p>	<p><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.</p> <p><b>ZOOMBA</b> with Ellen Cohen-Kaplan <b>10:15 am on Zoom</b> Join this fun cardio class and dance your way to fitness with Latin music.</p> <p><i>Ellen Cohen-Kaplan is a Certified Personal Trainer and Registered Occupational Therapist</i></p>	<p><b>LOIS' FIT FOR THE FUTURE</b> with Lois Leav <b>10 am</b> <b>Large Hearing Room</b> This popular class involves stretching, bending, loosening the joints and building flexibility, all set to music.</p> <p><i>Lois Leav is a Certified Aerobics Instructor</i></p>	<p><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 STRENGTHENING</b> with Joe Scianna <b>10 am, Lg. Hring Rm.</b> Stretch and strengthen, improve balance, restore health. Bring a mat, or can use chairs. <i>Joe Scianna is a Certified Yoga Instructor.</i></p>

**And don't miss....THE WALKING CLUB**  
**MONDAYS at 9:30 a.m., no fee**

The Walking Club walks at the Cochituate Rail Trail in Natick. To join the Walking Club or get directions, contact Shawna Levine at 508-358-2990 or [slevine@wayland.ma.us](mailto:slevine@wayland.ma.us). Wear comfy shoes and bring a water bottle. fee.

**Two Ways to Access Our Fitness Programs**

**JOIN THE COA FIT CLUB:** \$20/month gives you unlimited access to all classes, both in-person and on Zoom. Pay for multiple months, get a refund if your plans change

**PAY BY THE CLASS:** This option is only available for in-person classes, which are \$4 each. Cash is not accepted in class. Buy Fit Bucks in the COA or by mail, and present them at class. No reservations necessary.

**Nutrition Nuggets**



**BOOST BRAIN HEALTH WITH THE MIND DIET**

This month, in honor of Alzheimer's & Brain Awareness Month, we will explore MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay), a way of eating that helps preserve cognitive function (brain health) and delay the onset of dementia and Alzheimer's disease. The Mediterranean Diet is known both for its wonderful flavors and its ability to reduce or prevent chronic disease. The DASH diet was developed to reduce blood pressure and prevent cardiovascular disease. Combining these into the MIND diet creates a powerful and flexible way of eating that lowers the risk of chronic disease and preserves the health of our minds.



The MIND diet was voted as one of the easiest diets to follow by U.S. News & World Report! A study showed that moderately following the MIND diet lowered the risk of Alzheimer's by 35% and those who adhered rigorously reduced their risk by 53%. To follow the MIND diet, **eat more of these:**

- Green leafy vegetables = 6+ servings per week
- Other vegetables = at least one additional serving of vegetables per day

*continued on p. 5*



## WAYLAND POLICE ADD NEW PERSONNEL

By Ed Burman, Acting Police Chief



Talk of the Town

I am proud to announce that the Wayland Police Department has recently added a number of new personnel, including two new Public Safety Dispatchers, and three new Officers.

*Featuring news from a different Town department each month*

### New Public Safety Dispatchers:

Alana Ranney (who recently worked at the Post Office in Wayland) and David Tisme.

Both will go through a three-month training program which also requires them to attend two certification programs at the State 911 Office.

### New Officers:

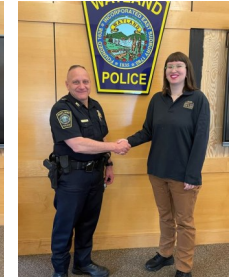
Jeffrey McCray, who graduated from the Quinsigamond Community College Police Academy Program;

Stephen Kovatsi, who graduated from the Merrimack College Police Academy Program; and

Andrew Frimpong, who graduated from the Quinsigamond Community College Police Academy Program.

These three officer will undergo three months of Field Training with their Field Training Officers.

We are very happy to add these new professionals to our department. Please welcome them to Wayland!



Acting Chief Ed Burman welcomes (left to right) Officer Jeffrey McCray, and Public Safety Dispatchers David Tisme and Alana Ranney.

*Brain Health, continued from page 4*

- Whole grains = 3+ servings per day
- Berries = 2+ servings per week
- Nuts = 5+ servings per week
- Fish = 1+ servings per week
- Poultry = 2+ servings per week
- Beans & legumes = 3+ servings per week
- Eggs = 4 – 7 eggs per week
- Olive oil = daily as primary oil
- Alcohol or wine = 1 per day (optional and only if you already drink alcohol)



### Eat less of these:

- Red meat = less than 4 x per week
- Butter and margarine = 1 tablespoon or less per day
- Cheese = once or less per week
- Pastries and Sweets = no more than 4 per week
- Fried and fast food = 1 or less per week

You can easily put together something simple to eat. How about yogurt, berries and nuts for breakfast or a snack? Or an easy lunch salad with a can of low sodium or no-salt-added chickpeas (drained and rinsed), chopped tomatoes, chopped cucumbers, chopped red onion, olive oil, vinegar or lemon juice, and Italian seasoning? Explore, have fun, and make it your own!

## MEDICARE QUESTIONS?

- Are you turning 65 in the next three months?
- Are you over 65 and need to enroll soon?
- Do you understand your Medicare deadlines and options?
- Are you having trouble paying for medical expenses and prescription drugs?

If any of these apply to you, a SHINE Counselor can help you sort out your options. SHINE stands for Serving Health Insurance Needs of Everyone... on Medicare.



Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

The Wayland COA has several SHINE counselors who can meet with you in person or via Zoom. If you could benefit from speaking with a SHINE counselor, call the COA at 508-358-2990 and we can make an appointment for you.

**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

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.



**COA TAXI PROGRAM:** A grant from MassDevelopment pays the taxi fare for trips to medical appointments when there is no other reasonable option. For Wayland residents age 60+. For details and to arrange a ride, call the COA at least two full business days in advance (note that our offices close at 12:30pm on Fridays). A grant from BayPath Elder Services may also help with special needs including a medical escort in some circumstances.

**MWRTA Dial-a-Ride:** Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. Currently free, but on May 1, 2023, fares will once again be charged. Typically, rides cost \$2, \$3 or \$5 each way based on destination. Pre-register with MWRTA Call Center at 508-820-4650. Registered riders must make reservations with the Call Center at least 48 business hours before travel date.

**MEDICAL TAXI VOUCHERS:** For Wayland residents age 60 and over. Purchase discounted taxi vouchers in advance from the COA for taxi trips to medical appointments. This program uses both JFK Transportation and Tommy's Taxi; discount is 40% off metered fare. Gratuity not included. Medical vouchers to Boston hospitals may be purchased for a flat rate of \$48 one way (these do include gratuity). Schedule rides directly through JFK Transportation at 508-653-4500 or Tommy's Taxi at 508-872-3500, and tell them you will be using taxi vouchers.

## WAYLAND COA STAFF

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

Outreach Coordinator: Maura Snyder, M-F  
[msnyder@wayland.ma.us](mailto:msnyder@wayland.ma.us)

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

Community Relations Coordinator: Ann Gordon, T-Th  
[agordon@wayland.ma.us](mailto:agordon@wayland.ma.us)

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

SHINE Counselors: Barbara Michaelsen,  
Penny Wilson, Kathleen Woehrling

## WAYLAND COUNCIL ON AGING BOARD

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

**Next Meeting:** Monday, June 5, 4pm on Zoom

## SENIOR TAX RELIEF COMMITTEE

This Select Board-appointed committee meets every other month. Members: Markey Burke, Chair; Joel Rosenhaus, Vice Chair; Ann Gilbert, Clerk; Joan Bradford, Pauline DiCesare, Susan Rufo

**Next Meeting:** Wed., June 21, 10am in COA

## 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 28% of Wayland's population. This 501(c)3 supports COA programs, services, and equipment that cannot be financed through the COA's town budget. Donations to the Friends are tax-deductible. Visit the Friends website to learn more: [www.friendsofwaylandcoa.org](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

JOIN US  
FOR A FUN  
SUMMER OF  
MUSIC!



Clip and save

Presenting the 12th Annual  
Wayland Council on Aging

## COMMUNITY CONCERT SERIES

Thursdays

7 to 8 p.m.

Town Building Courtyard



### Summer 2023 Lineup

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

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

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

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

**July 13: Sudbury Valley New Horizons Band**  
*Local musicians playing classical to popular favorites*

The Concert Series is funded by our generous sponsors:

**Gold:** The Village Bank, Middlesex Savings Bank

**Silver:** Sharry Realty Partners

**Bronze:** Avenu at Natick; Joanne Berry, Coldwell Banker Real Estate; Mary Ann Morse Health Care; and The Residence at Paine Estate

Supported in part by a grant from the **Wayland Cultural Council**, a local agency that is supported by the Mass Cultural Council, a state agency





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> 10:00am <b>Fit 4 Future</b> 10:30am <b>Social Group</b> 1:00pm <b>Gilded Age</b>	<b>2</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga</b>
<b>4</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>5</b> 9:30am: <b>Drop-In Games &amp; Papers</b> 9:30am: <b>Walking Club</b> 9:30am <b>T'ai Chi</b> 1pm <b>Video Lecture</b> 2:00pm <b>Connections</b>	<b>6</b> 8:00am <b>Line Dancing</b> 10:00 <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 1:00pm <b>Art Class</b> 4:00pm <b>Housing in Wayland</b>	<b>7</b> 9:00am <b>Theratube</b> 10:15am <b>ZoomBa</b> 11:30am <b>Med Take-Back</b> 12:00pm <b>Pizza Cafe</b>	<b>8</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Social Group</b> 1:00pm <b>Gilded Age</b>	<b>9</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga</b>
<b>11</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>12</b> 9:30am: <b>Drop-In Games &amp; Papers</b> 9:30am: <b>Walking Club</b> 9:30am <b>T'ai Chi</b> 1pm <b>Video Lecture</b> 2:00pm <b>Connections</b> <i>Trip to Market Basket</i>	<b>13</b> 8:00am <b>Housing in Wayland</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 1:00pm <b>Genealogy</b> 1:00pm <b>Art Class</b> 4:00pm <b>Silk Painting</b>	<b>14</b> 9:00am <b>Theratube</b> 10:15am <b>ZoomBa</b>	<b>15</b> 10:00am <b>Herb Crehan Red Sox Stories</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Social Group</b> 1:00pm <b>Gilded Age</b>  7:00pm: <b>Summer Concert!</b> 	<b>16</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga</b>
<b>18</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>19</b> Juneteenth Holiday Town Offices Closed	<b>20</b> 8:00am <b>Line Dancing</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 1:00pm <b>Art Class</b> 4:00pm <b>Flooding of Sudbury River</b>	<b>21</b> 9:00am <b>Theratube</b> 10:15am <b>ZoomBa</b> 1:30pm <b>Celebrating Creativity</b>	<b>22</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Social Group</b> 1:00pm <b>Gilded Age</b> <i>Trip to Worcester Art Museum</i> 7:00pm: <b>Summer Concert!</b> 	<b>23</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga</b>
<b>25</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>26</b> 9:30am: <b>Drop-In Games &amp; Papers</b> 9:30am: <b>Walking Club</b> 9:30am <b>T'ai Chi</b> 1pm <b>Video Lecture</b> 2:00pm <b>Connections</b>	<b>27</b> 8:00am <b>Silk Painting</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 1:00pm <b>Genealogy</b> 1:00pm <b>Art Class</b> 4:00pm <b>Flooding of Sudbury River</b>	<b>28</b> 9:00am <b>Theratube</b> 10:15am <b>ZoomBa</b> 1:30pm <b>Movie: Ticket to Paradise</b> <i>Legal Clinic, by appointment</i>	<b>29</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Social Group</b> 1:00pm <b>Gilded Age</b>  7:00pm: <b>Summer Concert!</b> 	<b>30</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga</b>



## TRIPS AND VIRTUAL TRIPS

**Monday, June 12 and Monday, July 17: 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, June 22: *Frontiers of Impressionism* at the Worcester Art Museum.**

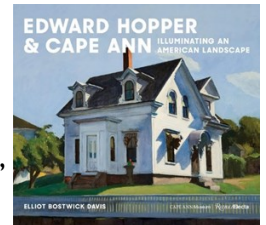
Depart COA at 9:00 am. Return by 3:00. Cost: \$30 for admission, tour and transportation. *Frontiers of Impressionism* chronicles the emergence of Impressionism in 19th-century France, its subsequent expansion to much of Europe and the United States, and the lasting changes the movement has brought to the art world. The exhibition highlights over 30 artists, including Claude Monet, Pierre-Auguste Renoir, Camille Pissarro, Mary Cassatt, Childe Hassam, and Max Slevogt. Following the tour, you will also have the opportunity to see a new exhibit, *Watercolors Unboxed*, an exploration of 75 years of watercolors—from 1880 through the 1950s as well as the permanent exhibits. The café is currently closed, but there are vending machines offering beverages and snacks and several restaurants within walking distance of the museum.

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

**Wednesday, August 16: Worcester Red Sox at Polar Park.** Depart COA at 10:00 am, return by 5:00 pm. Come cheer on the Woo Sox as they face the Scranton Wilkes-Barre Rail Riders at the new Polar Park. The Worcester Red Sox are the Triple AAA affiliate of the Boston Red Sox. We have group reservations in section 13 on the first base side for the 12:15 game. Cost: \$45 includes ticket, \$2 of ballpark credit and transportation on our van. **Registration closes on August 2.** Sign up early, this trip will fill up fast!

**Coming in August : *Edward Hopper & Cape Ann: Illuminating an American Landscape* at the Cape Ann Museum.**

Depart COA at 9:00 am. Return by 4:00 pm. Cost: \$30 for admission and transportation. This once-in-a-generation exhibition offers a fresh look at one of America's best-known artists at the crucial moment that profoundly shaped his art and his life. It shows the largely ignored but significant origin story of Hopper's years in and around Gloucester, Massachusetts—a period and place that imbued Hopper's paintings with a clarity and purpose that had eluded his earlier work. The success of Hopper's Gloucester watercolors transformed his work in all media and set the stage for his monumental career. This major exhibition of over 60 works includes an unprecedented loan from the Whitney Museum of American Art. You will have time to explore the rest of the museum. We will then head to a local restaurant for lunch. Check with the COA for the date.



**COA Trip Policy:** Payment is required upon registration, either in person or by mail, with a check to *Town of Wayland*.

Please indicate the trip you are registering for. Non-Wayland residents may register on the 15th of the month; checks received earlier will be held until the 15th. Refunds given only if your spot is filled.



## ARMCHAIR TRAVEL

**Morocco with Guest Host Susie Klein**  
**Tuesday, September 19, 1:00 pm**  
**In person at the COA and on Zoom**



Join us as guest host Susie Klein takes us to exotic Morocco. She will share her photos and stories from a recent adventure there. **Registration required.**

*Armchair Travel will be on hiatus for the summer. We hope that you will join us on some of our summer excursions.*

**NEW FREE BEHAVIORAL HEALTH HELP LINE**

Massachusetts residents having a hard time with mental health or substance abuse have a new free resource: a 24-hour Help Line to connect with a trained professional. **The number is 833-773-2445.**



If you're in crisis or simply looking to take the first step to get care, you can call the Help Line any time, day or night — even on holidays — and you will be connected to a real person right away for help. You can also get help connecting to behavioral health treatment, services and resources in your community.

Common reasons that people reach out to the Help Line include feeling anxious or worried more often than usual; trouble sleeping or sleeping all the time; feeling trapped or hopeless; feeling very angry or looking for revenge; thinking about harming or killing themselves or others; and alcohol or drug use.

The Help Line is a service of the Commonwealth of Massachusetts and operated by the Massachusetts Behavioral Health Partnership.

**A SUMMER BEACH PARTY**

*With Michael Goodwin*

**Wednesday, July 26,**

**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.

Beach-themed refreshments will be served. \$3.00 per person. **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)

PRESORTED STANDARD  
US POSTAGE PAID  
PERMIT #16  
WAYLAND, MA 01778

