



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

JULY & AUGUST 2022

A Short Note, A Heartfelt Wish

This newsletter covers both July and August, and so it is chock-full of notices and information. It leaves us only this small space to wish you a lovely and relaxing summer full of the things and the people that you love. We hope to see you!

Your COA Staff:

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

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



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!
Visit the COA website for updates in case of rain.

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Coming in September: Moby Dick Monologues, Watercolor Classes

12

MEDICATION TAKE-BACK

Wed. July 6 and Aug. 3, 11:30 a.m. - 12:00 noon

We are happy to welcome back members of the Wayland Police Dept. to collect your unwanted or expired medications at the COA before our monthly Pizza Café. Dispose of your medications properly, and why not reward yourself with a fun pizza lunch?

NOTE: You may also deposit unwanted or expired medications at the Wayland Police Dept. 24 hours a day, 7 days a week.

PIZZA CAFÉ

Wed., July 6 and Aug. 3, 12 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. September 7

Thanks to the Friends of the COA for their ongoing support of the Pizza Café.

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.

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



**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.**

**FUN AND GAMES: Cards and Boards
Tuesdays, starting July 12 - Aug. 30
9:30 a.m. - noon
Reserve a table or a seat**



Bridge, Cribbage, Scrabble....what's your game of choice? If you enjoy card or board games with friends, join us on Tuesday mornings for fun and games. Reserve a table and bring your own players, or reserve a seat for your game of choice and we'll match you with others interested in the same game.

We'll provide cards and game boards and serve coffee and cold drinks. You bring the fun! Please call to make a table or a seat reservation by Thursday of the preceding week.



**SUMMER PRODUCE AVAILABLE:
From Their Farm to Your Table**

Hanson's Farm will provide the COA with bags of fresh produce this summer to be distributed free of charge to residents age 60 and over. Produce for up to 20 recipients will be available every two weeks, beginning the week of July 18 through September 12. Recipients can receive one bag; there is no income requirement.

Choose which week you would like to receive produce — the week of July 18; Aug. 1, 15, or 29; or Sept. 12 — and contact the COA to sign up. This program is made possible by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.



**"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.**

**MAKE IT & TAKE IT JEWELRY STUDIO CLASS
THURSDAY, July 28, 10:00 a.m. – 12:00 noon
Make a Necklace with Jeweler Norma Radoff
In the COA**



Create a unique, hand-crafted necklace 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.

**TEA WITH THE QUEEN
THE CROWN: Season I
Tuesdays August 2-30
1 pm at the COA**



To celebrate the 70th anniversary of the reign of Queen Elizabeth II, we will show Season I of *The Crown*. This lavish, Netflix-original drama chronicles the life of Queen Elizabeth II from the 1940s to modern times. The series begins with an inside look at the Queen's early reign, after ascending the throne at age 25 following the death of her father, King George VI. As the decades pass, personal intrigues, romances, and political rivalries played a big role in events that shaped the later years of the 20th century. We will show two approximately 50-minute episodes each week with a break in between. Enjoy tea and biscuits. Bring your own china cup if you are so inclined.



The COA carefully selects program topics and presenters. Speakers bring expertise as well as opinions; the COA does not necessarily endorse speakers' viewpoints. And, while we appreciate the advertisers in 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.

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!



GREAT TOURS: France Through the Ages continues!

1:00—2:30 pm in the COA

Mondays, July 11, 18, 25

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.



WORLD HERITAGE SITES; Exploring the World's Greatest Places

Mondays, Aug. 1, 8, 15, 22, 29

UNESCO World Heritage Sites comprise a breathtaking panorama of our world's greatest treasures, both natural and man-made.

To be familiar with even a sampling of these sites — from the Great Barrier Reef to the Taj Mahal — is to appreciate and understand the masterworks of human endeavor down through history, as well as our world's most extraordinary natural wonders.



**MONTHLY
MOVIE
MATINEE**



RESPECT

Wed., July 27, 1:30pm, in the COA; Reservations required

Following the rise of Aretha Franklin's career -- from a child singing in her father's church choir to her international superstardom -- it's the remarkable true story of the music icon's journey to find her voice.

Starring Jennifer Hudson. (2021, Biography, music, drama; PG-13, 2 hrs.25 minutes)

THE DUKE

Wed., August 31, 1:30pm, in the COA; Reservations required

In 1961, Kempton Bunton, a 60-year old taxi driver, stole Goya's portrait of the Duke of Wellington from the National Gallery in London. It was the first theft in the Gallery's history. Kempton sent ransom notes saying that he would return the painting on condition that the government invested more in care for the elderly. What happened next became the stuff of legend. Only 50 years later did the full story emerge -- Kempton had spun a web of lies. The only truth was that he was a good man, determined to change the world and save his marriage -- how and why he used the Duke to achieve that is a wonderfully uplifting tale. (comedy, drama, 2022, R, 1hr 36 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 Fit Bucks at the COA or by mail. Unused Fitbucks are refundable. Class reservations are not needed.

COA Fit Club



To Pay By the Class

Pay-by-the-class is 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, available from the COA. Place your signed Fit Buck in the basket when you attend class. No reservations necessary.

On July 1, Fit Bucks will change to ORANGE for the new fiscal year, with a one-month grace period for green tickets. You may also trade in green tickets for orange.

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 **moved 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.





TRIPS AND VIRTUAL TRIPS

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

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 A 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!



Tuesday, September 13: Kimball Farm in Westford. Depart COA at 10:30am, return by 2pm. Cost: \$15 for transportation. One of our most popular trips, join us as we head to Kimball's. You can enjoy lobster rolls, fried clams, steak tips, burgers, hand-cut onion rings and more at the Grill. Enjoy cups, cones and specialty treats, homemade daily at the ice cream stand. Shop for unique gifts in the cozy store and enjoy breakfast and luncheon items made fresh daily. You can also play miniature golf or test out your skills at the batting cage.

Monday, October 3: Topsfield Fair. Depart at 10:00am, return by 2:00pm. Cost: \$20 for transportation only. This is senior citizens day at the fair with a special admission of \$10 per person. Tickets can be purchased at the gate. Enjoy this quintessential country fair which features traditional agriculture, demonstrations, ranging from beekeeping to miniature trains, a Grange Museum, the 4-H Agricultural/Arts and Crafts exhibits, entertainment, shopping, and great food... something for everyone!

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

Armchair Travel is on hiatus for July and August. We hope you have a chance to enjoy some travels IRL (in real life) including those listed on p. 5. Join us when we resume in September!

FLORENCE, ITALY
With Margaret Dergalis and Shawna Levine
Tuesday, September 20 at 1:00 pm on Zoom



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.

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 medical transportation needs when our other listed options are not feasible for you. This may include help when MWRTA does not operate, assistance if taxi vouchers cause financial hardship, or other types of support for special circumstances. Please call us if you have any questions.

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.

SHINE SUCCESS STORY: One Phone Call Saved a Brookline Senior \$581 in Drug Costs

“Rose” called SHINE in April to see if she could enroll in a cheaper Medicare Part D drug plan. She was paying a premium of \$64.70 a month and was taking nine medications. It turned out that Rose qualified for Extra Help, a federal program that allowed her to join a drug plan for \$0 a month outside of normal enrollment periods.

With a few clicks of the keyboard, a SHINE counselor enrolled Rose in the new plan, effective May 1. Had she stayed in her previous plan, her total cost for prescriptions – premiums plus copays – would have been \$802. Under the new plan, her total cost will just be the copays. For the remainder of the year, they will total \$221.

To schedule a SHINE appointment with a Wayland SHINE Counselor, contact the COA.

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, July 15.**

WAYLAND COA STAFF

Director: Julie Secord, M-F

jsecord@wayland.ma.us

Outreach Coordinator: Sue Hatton, M, W, F

shatton@wayland.ma.us

Project Coordinator: Shawna Levine, M-Th

slevine@wayland.ma.us

Community Relations Coordinator: Ann Gordon, T-Th

agordon@wayland.ma.us

Program Assistant: Lillian DePasquale, W-F

ldepasquale@wayland.ma.us

SHINE Counselors:

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, July 11, 2022

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, Aug. 17, 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, Sue Pope, Co-Presidents; Mary Antes, Clerk; John Shaw, Treasurer and Webmaster; Paul Abramson; Steve Correia; Frank Kennedy; Huaibin Lu; Patty MacNeil; Bill Sterling







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.



CLIP & POST!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)</p>				1 9:30am SAIL Fitness
3 8:00am Fish Fitness 4:00pm Chair Yoga	4  July 4th Holiday Town Offices Closed	5 8:00am Line Dancing 10:00 Fit 4 Future 10:30am Knit Together 4:00pm Club Soda Summer Concert	6 9:00am Theratube 10:15am ZoomBa 11:30am Med Take-Back 12:00pm Pizza Cafe	7 10:00am Fit 4 Future 10:30am Social Group  7:00pm Summer Concert! The Deloreans	8 9:30am SAIL Fitness
10 8:00am Fish Fitness 4:00pm Chair Yoga	11 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections	12 8:00am SVNH Concert 9:30am Fun & Games 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 4:00pm Fish Fitness <i>Trip to Rockport</i>	13 9:00am Theratube 10:15am ZoomBa	14 10:00am Fit 4 Future 10:30am Social Group 7:00pm Summer Concert! Black Velvet Band 	15 9:30am SAIL Fitness
17 8:00am Fish Fitness 4:00pm Chair Yoga	18 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections <i>Trip to Market Basket & Marshalls</i>	19 8:00am Slavery in Colonial Sudbury 9:30am Fun & Games 10:00am Fit 4 Future 10:30am Knit Together 4:00pm Line Dancing	20 9:00am Theratube 10:15am ZoomBa 1:30pm Beach Party	21 10:00am Fit 4 Future 10:30am Social Group 7:00pm Summer Concert! Sudbury Valley New Horizons Band 	22 9:30am SAIL Fitness
24 / 31 8:00am Fish Fitness 4:00pm Chair Yoga	25 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections	26 8:00am Line Dancing 9:30am Fun & Games 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 4:00pm Slavery in Colonial Sudbury	27 9:00am Theratube 10:15am ZoomBa 1:30pm: Movie: Respect <i>Legal Clinic by appt.</i>	28 10:00am Fit 4 Future 10:00am Jewelry Workshop 10:30am Social Group	29 9:30am SAIL Fitness

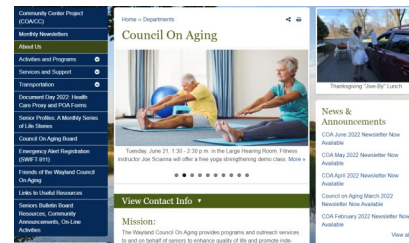


CLIP & POST!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00 pm Connections	2 8:00am Line Dancing 9:30am Fun & Games 10:00 Fit 4 Future 10:30am Knit Together 1:00pm Tea w Queen 4:00pm From Schnitzel to Nockerln	3 9:00am Theratube 10:15am ZoomBa 11:30am Med Take-Back 12:00pm Pizza Café <i>Trip to Woosox</i>	4 10:00am Fit 4 Future 10:30am Social Group <i>Legal Clinic by appt.</i>	5 9:30am SAIL Fitness
7 8:00am Fish Fitness 4:00pm Chair Yoga	8 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00 pm Connections	9 8:00am From Schnitzel to Nockerln 9:30am Fun & Games 10:00 Fit 4 Future 10:30am Knit Together 1:00pm Tea w Queen 1:00pm Genealogy 4:00pm Fish Fitness	10 9:00am Theratube 10:15am ZoomBa	11 10:00am Fit 4 Future 10:30am Social Group	12 9:30am SAIL Fitness
14 8:00am Fish Fitness 4:00pm Chair Yoga	15 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections	16 8:00am New England's General Stores 9:30am Fun & Games 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Tea w Queen 4:00pm Line Dancing	17 9:00am Theratube 10:15am ZoomBa <i>Legal Clinic by appointment</i>	18 10:00am Fit 4 Future 10:30am Social Group	19 9:30am SAIL Fitness
21 8:00am Fish Fitness 4:00pm Chair Yoga	22 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections	23 8:00am Line Dancing 10:00am Fit 4 Future 9:30am Fun & Games 10:30am Knit Together 1:00pm Tea w Queen 1:00pm Genealogy 4:00pm General Stores	24 9:00am Theratube 10:15am ZoomBa	25 10:00am Fit 4 Future 10:30am Social Group <i>Trip to Castle Island</i>	26 9:30am SAIL Fitness
28 8:00am Fish Fitness 4:00pm Chair Yoga	29 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections <i>Document Day by Appointment</i>	30 8:00am Line Dancing 10:00am Fit 4 Future 9:30am Fun & Games 10:30am Knit Together 4:00pm Early Roads & Trails of New England	31 9:00am Theratube 10:15am ZoomBa 1:30pm: Movie: <i>The Duke</i>	<div style="border: 1px solid gray; border-radius: 15px; padding: 10px; background-color: #f9f9f9;"> <p>KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)</p> </div>	

How To Stay In Touch and Up To Date All Summer Long

The Council on Aging website and our regular weekly e-blast are the best ways to keep abreast of the most recent COA news and updates. Our summer newsletter covers two months, and anything that might change in that period of time — a new program, a change in our schedule — will be in the e-blast and on our website.



The e-blast — an email message that is “blasted” to a group of subscribers — is sent out on Thursdays, with a look at the week ahead. We also include any relevant news or updates from or about the Town of Wayland. If you’d like to subscribe, email us at coa@wayland.ma.us. You can always unsubscribe later if it’s not your cup of tea. Our website — www.wayland.ma.us/council-aging — is a great place to see all our programs and services. Take a look!

**Stephen Collins Presents
MOBY DICK MONOLOGUES**
Wednesday, September 21
1:30 pm at the COA



Moby Dick Monologues brings to life Ishmael, Father Mapple, Captain Peleg, Starbuck and Ahab. Join us for what promises to be an exciting afternoon. Moby Dick is an 1851 novel by American writer Herman Melville. The book is the sailor Ishmael's narrative of the obsessive quest of Ahab, captain of the whaling ship Pequod, for revenge against Moby Dick, the giant white sperm whale that on the ship's previous voyage bit off Ahab's leg at the knee. Melville's novel is considered by many to be the Great American Novel.

Stephen Collins grew up in Cambridge and received a BA in literature from UMass Boston. After twenty plus years in a sales career, he is back doing what he truly loves — performing and teaching. He has previously performed to rave reviews at the COA. Refreshments will be served. Cost: \$3.00 per person. Reservations required.

DRAWING & WATERCOLOR PAINTING
A 4-week class with Rahul Ray
Thursdays, 1-2:30pm, September 8, 15, 22, 29
Cost: \$25

Develop or refine your drawing and painting skills in this friendly studio class that focuses on fundamental skills. Work on observation, perspective, scale, and technique, using pencils and watercolors. The class emphasizes process over product.



Instructor Rahul Ray received his training at the Academy of Fine Arts in Kolkata, India. He works in pencil, charcoal, and watercolor, doing sketches, portraits, still-lives, landscapes, and abstracts. He is a retired professor of medicine at Boston University. He teaches drawing and painting to classes and individuals. **Registration required. Materials are available in class, or bring your own from a provided list.** Registration opens July 15. Classes are small and fill quickly.

The Wayland COA News

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