



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## JULY & AUGUST 2023

### ENJOY YOUR SUMMER!

We hope part of your summer fun will include coming to the remaining concerts in our annual summer concert series (in the Town Building Courtyard):



**Thursday, June 29, 7 pm: Black Velvet Band**

**Thursday, July 6, 7 pm: The Deloreans**

**Thursday, July 13, 7 pm: Sudbury Valley New Horizons Band**

The concerts are such a nice way to spend a summer evening with friends and neighbors. We have other great summer programs coming up, including a Beach Party with the incomparable Michael Goodwin, and a lesson on smoothie-making. Our regular programs, Pizza Cafés, and fitness classes continue through the summer, too. We hope to see you!

#### Your COA Staff:

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

### COA/COMMUNITY CENTER UPDATE

We often hear from residents wondering what is happening at the site of the new Wayland Community Center and Council on Aging offices at Town Center. We are not yet in construction mode. However, the project continues to move forward as we navigate the Town's permitting process. Questions that surface at meetings need to be addressed before moving on to the next stage. Once all the permits have been secured, the Town will be able to go out to bid. After a bidder has been selected and awarded the contract, residents will begin to see visible progress at the site of the new Community Center/Council On Aging at Town Center. Stay tuned!

### A SUMMER BEACH PARTY

*With Michael Goodwin*

**Wednesday, July 26, 1:30pm**

**At the COA, \$3**



Summer is here, 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.**

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### The Wayland Council on Aging

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



**Keep Up With COA News:** Visit our website and sign up for our weekly eblast with breaking news and highlights of programs and services in the coming week.

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

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

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

**BUILD A BALANCED SMOOTHIE**  
**Tuesday, August 22, 10:30 am in the COA**  
**with Traci Robidoux, RD, LDN**

Smoothies are a delicious, fast, and nutritious meal or snack – when made correctly. It is important to remember that meals, whether served on a plate or in a glass, should be nutritionally balanced. Luckily, it's pretty simple!



Come learn five basic steps to making a balanced smoothie. You will even get to taste samples. Traci Robidoux is a licensed dietitian/nutritionist at Springwell.

**PBS Series**  
**ALL CREATURES GREAT AND SMALL**  
**Seasons 1 - 3, Thursdays, 1 to 3 pm**  
**July and August**

James Alfred Wight's series of books, written under the pen name James Herriot, are based on his experiences as a veterinary surgeon in England from 1940 to 1992.



This series based on the novels chronicles the heartwarming and humorous adventures of James, a young country vet who lives and works in Yorkshire in the late 1930s. The show revolves around a trio of veterinary surgeons and Mrs. Hall, their housekeeper. According to one review: *“The acting, script, and cinematography are wonderful and the scenery is beautiful.”* Each episode is 53 minutes long. We will show two episodes each week.

**SUMMER PRODUCE GRAB & GO:**  
**From Their Farm to Your Table**



Hanson's Farm will provide the COA with bags of fresh produce this summer to be given free of charge to residents age 60 and over; there is no income requirement. Produce for up to 20 recipients will be available every two weeks, beginning in mid-July. Details about pick-up days and dates are still being determined. If you're interested in picking up a bag of fresh produce this summer, please call the COA to sign up.

This program is made possible by funding from the Older Americans Act as granted by Springwell.

**PIZZA CAFÉ**  
**Wed., July 5 and Aug. 2,**  
**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 of this favorite program!*

**MEDICATION TAKE-BACK**  
**Wed., July 5 and Aug. 2, 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.



**DON'T BE A FALL-GUY (OR GAL)!**  
**For Falls Prevention Awareness Week**  
**Wednesday, Sept. 20**



Falls are the leading cause of fatal and nonfatal injuries for older Americans. Falls threaten seniors' safety and independence, and can seriously impact quality of life. Join us to learn how to minimize your fall risks. Three of our fitness instructors will offer “try-it” classes focused on how exercise helps prevent falls, and a physical therapist Denis Long, DPT, will give a talk during a “Soup's On” Lunch. Come to any or all of the program. Free of charge, but **registration for lunch is required.**

**10:30 – 11:00 am: Theratube with Ellen Cohen-Kaplan.** Use resistance bands to increase range of motion and strength.

**11:00 – 11:30 am: SAIL (Stay Active and Independent for Life) with Joe Fish** Improve balance and mobility and reduce fall risk.

**11:30 am to 12:00 pm: T'ai Chi with Jon Woodward.** T'ai Chi is a gentle practice that is very good for balance.

**12:00 pm: Soup's On Luncheon with Falls Prevention talk by Denis Long, DPT.**

## 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. Join in person or on Zoom.



***Our Zoom Social Group, which began meeting during Covid on Thursdays at 10:30am, wrapped up at the end of June. Thanks to all who participated!***

## GREAT COURSES, JULY: CRASHES AND CRISES: Lessons from a History of Financial Disasters

**Mondays 1-2:30 pm,  
July 3, 10, 17, 24, 31; Closed Captioning**



Exploring the details of financial disasters sheds light on the volatile market of today by looking at mistakes made in risk-taking throughout history. In lectures that are both gripping and instructive, Professor Connel Fullenkamp of Duke University shares some of the greatest stories of misfortune and malfeasance in history. Full of drama and consequences, these stories open a window into financial markets and money-making schemes, and our own human tendency to look for quick fixes and easy money. (New lectures not previously shown.)

## GREAT COURSES, AUGUST: WHY INSECTS MATTER: Earth's Most Essential Species

**Mondays 1-2:30 pm,  
Aug. 7, 13, 21, 28; Closed  
Captioning**



In many ways, insects are just like us. Elaborate mating rituals, a variety of parenting styles, and a plethora of jobs—from architects and engineers to farmers and ranchers. Like us, they're able to share complex information essential for survival, significantly impact their environment, and recycle. Our planet belongs to the insects. Taken all together, they outnumber us, outweigh us, and could quite possibly outlast us. They are by far the most diverse group of organisms on Earth, with more than 1,000,000 species identified. With graphics, photos, and video footage, Professor Scott Solomon shares his passion for these extraordinary creatures. (New lectures not previously shown.)



## MONTHLY MOVIE MATINEE

**Popcorn and beverages on the house!**

### "Whitney Houston:

**I Wanna Dance with Somebody"**  
**Weds. July 19, 1:30 pm in the COA**  
(Note this is the **third** Wednesday in July)

**Reservations required, space is limited**

A joyous, emotional, heartbreaking celebration of the life and music of Whitney Houston, one of the greatest female R&B pop vocalists of all time, tracking her journey from obscurity to musical super stardom. (2022, PG-13, Biography, Drama, music, 2hrs. 26 min.)

### "80 For Brady"

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

80 FOR BRADY is inspired by the true story of four best friends living life to the fullest when they take a wild trip to the 2017 Super Bowl to see their hero Tom Brady play. Starring Jane Fonda, Lilly Tomlin, Sally Field and Rita Moreno. Produced by Tom Brady. (2023, PG-13, comedy, 1hr. 38 min.)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>T'AI CHI</b> with John Woodward 9:30 am <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 certified in traditional T'ai Chi instruction and in T'ai Chi for Better Balance</i></p>	<p><b>LOIS' FIT FOR THE FUTURE</b> with Lois Leav 10 am <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 9 am on Zoom Use resistance bands to increase range of motion and strength. Bands are easy to use for people of all abilities.</p> <p><i>Ellen Cohen-Kaplan is a Certified Personal Trainer and Registered Occupational Therapist</i></p> <p><i>Ellen Cohen-Kaplan's Zumba class, which meets Wednesdays at 10:15am on Zoom, is on hiatus for the summer</i></p>	<p><b>LOIS' FIT FOR THE FUTURE</b> with Lois Leav 10 am <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 9:30 am on Zoom 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 10 am, Lg. Hring Rm. Stretch and strengthen, improve balance, restore health. Bring a mat, or use chairs. <i>Joe Scianna is a Certified Yoga Instructor.</i></p>

COA Fit Club

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

The Walking Club walks at the Cochituate Rail Trail in Natick. 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. No 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**



**GET YOUR VITAMIN D FROM THE SUMMER SUN AND SMART MENU CHOICES**

Summertime! Did you know that when you spend time outside in the sun, your skin naturally absorbs the sun's rays and allows your body to make vitamin D? You can also get vitamin D from foods such as fatty fish like trout, salmon, tuna, and mackerel and foods that are fortified with vitamin D such as milk and some brands of plant-based milk alternatives, breakfast cereals, orange juice, and yogurt.



Vitamin D is very important and helps the body absorb calcium, a major component of bones. Thus, adequate vitamin D helps prevent osteoporosis. Vitamin D is also used by the immune system and nerves. Adults up to 70 years old need 15 mcg (600 IU) and over 70 years old need 20 mcg (800 IU).

Older adults are at increased risk of not getting enough vitamin D. As we get older, our skin has less ability to make vitamin D when exposed to the sun. In addition, older adults tend to spend more time indoors compared to younger adults; people who seldom expose their skin to the sun or have darker skin produce less vitamin D. Furthermore, people who have conditions that limit fat absorption (such as Crohn's disease) may not absorb as much vitamin D. In addition, it's important to get your vitamin D throughout the year, not just in the summertime!



**RESTORATION SUCCESS STORY AT COW COMMON**

By Monica Rivas, Conservation Dept. Assistant



**Talk of the Town**

*Featuring news from a different Town department each month*

In 2020, Conservation staff began habitat restoration to remove a hedge row of invasive Norway maples at Cow Common in an effort to expand the grassland area for the federally protected Bobolink, in accordance with the Cow Common Land Management Plan prepared by Mass Audubon. These birds make an impressive 12,500 mile migration from South America every year to breed in the Northeastern US. For their nesting habitat, Bobolinks prefer continuous grass fields of at least 10 acres in extent. The removal of the hedge row created an open field that now measures over 25 acres!

What Conservation Staff did not expect was for the cleared area to revert to a wetland habitat known as a Shallow Emergent Marsh. What was previously a low-diversity area of invasive plants is now brimming with a diversity of native sedges, rushes, and other wetland plants that were lying dormant for decades. The area now houses shorebirds and other endangered species that would not have been seen at Cow Common since the Norway Maples emerged and other invasives took over.

In a 2022 study, Bobolinks were found to occur at a higher density at Cow Common than at Heard Farm Conservation Area, which is likely due to Cow Common having lower traffic for passive recreational use. This year, we closed the Cow Common parking lot to minimize land disturbance and provide the Bobolinks an isolated and protected space to nest for the breeding season.



Cow Common's Shallow Emergent Marsh area, 2023

**PORTABLE EXERCISE ROUTINES FOR TRAVEL**

**Wednesday, July 12, 10:30am on Zoom With Ellen Cohen-Kaplan**

Personal Trainer and Occupational Therapist



Keep fit and limber during long car rides or flights as you travel this summer, and add simple fitness routines into your vacation schedule or to use at home. Learn isometric workouts and routines that use body weight, small bands, and very light fitness equipment.

Fit Club members will automatically receive the Zoom link; others please call to register.

**ARE YOUR SMOKE AND CO DETECTORS IN WORKING ORDER?**

Multiple Massachusetts residents died in fires in recent months, in homes with no working fire alarms. This is an important cautionary tale and a sobering reminder to **check your smoke and CO detectors** to make sure they are functioning. For those with financial need, the Wayland Fire Dept. will install new battery-powered smoke detectors when they have staff available; call the COA at 508-358-2990 to get on their list. But don't wait for them. Check your detectors yourself. If you have an immediate concern, call the Fire Department at 508-358-4747.



**SUMMER FARMERS' MARKET COUPON LOTTERY IN JULY**

The Council on Aging will hold a lottery for Farmers' Market Coupons that low-income seniors can use to purchase food at certain local farmers' markets. Participants must meet eligibility guidelines — age 60 and older, with household incomes not more than 185% of the federal poverty income guidelines (annual income up to \$26,973 for individuals and \$36,482 for two-person households). Register for the lottery by calling the COA at 508-358-2990 by **Wednesday, July 12**. The lottery — which will be drawn on Thursday, July 13 — is necessary because we receive a limited number of coupon books.



The Senior Farmers' Market Nutrition Program is a federal program of the US Department of Agriculture, designed to provide low-income seniors with access to locally grown fruits, vegetables, honey and herbs, and to support agricultural resources including farmers' markets, roadside stands, and community supported agricultural programs.

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

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

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

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

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

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

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

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

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

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

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

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

**State Senator Jamie Eldridge:** 617-722-1120

**Rep. Carmine Gentile (Pct. 1, 4):** 617-722-2014

**Rep. David Linsky (Pct. 2, 3):** (617) 722-2810

**Suicide Prevention:** 988

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

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

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

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

Visit [www.Mass.gov/isol8](http://www.Mass.gov/isol8) for up-to-date, all-ages Covid guidance following exposure or a positive home test. Visit <https://www.wayland.ma.us/health-department> for local COVID-19 and flu vaccine and booster clinic information and resources. Questions? Email [health@wayland.ma.us](mailto:health@wayland.ma.us) or call (508) 358-3617.

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

**Local Food Pantries:** My Brother's Table at Good Shepherd Parish: 617-694-6137; Celebration Church: 508-318-4769; Open Table, Maynard: 978-369-2275



## TRANSPORTATION OPTIONS

Call us when you have transportation needs and we can discuss the best options.



**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. 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 \$51 one way (these do include gratuity). Schedule rides directly through JFK Transportation at 508-653-4500 or Tommy's Taxi at 508-872-3500, and tell them you will be using taxi vouchers.

## WAYLAND COA STAFF

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

Outreach Coordinator: Maura Snyder, M-F  
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Project Coordinator: Shawna Levine, M-Th  
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Community Relations Coordinator: Ann Gordon, T-Th  
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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, August 7, 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:** TBA

## WEST SUBURBAN VETERANS SERVICES

District Office 781-489-7509

Sarada Kalpee, Director

TJ Tedeschi, Veterans Service Officer

*Located adjacent to Council on Aging*

## FRIENDS OF THE WAYLAND COA

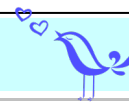
Adults age 60 and over represent 28% of Wayland's population. This 501(c)3 supports COA programs, services, and equipment that cannot be financed through the COA's town budget. Donations to the Friends are tax-deductible. Visit the Friends website to learn more: [www.friendsofwaylandcoa.org](http://www.friendsofwaylandcoa.org)

**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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b></p>	<p><b>3</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></p>	<p><b>4</b> July 4th Holiday Town Offices Closed</p> 	<p><b>5</b> 9:00am <b>Theratube</b> 11:30am <b>Med Take-Back</b> 12:00pm <b>Pizza Cafe</b></p>	<p><b>6</b> 10:00am <b>Fit 4 Future</b> 1:00pm <b>All Creatures</b> 7:00pm: <b>Summer Concert!</b></p> 	<p><b>7</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga</b></p>
<p><b>9</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b></p>	<p><b>10</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></p>	<p><b>11</b> 8:00am <b>Housing Options</b> 10:00 <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 1:00pm <b>Genealogy</b> 4:00pm <b>Club Soda Concert</b></p>	<p><b>12</b> 9:00am <b>Theratube</b> 10:30am <b>Travel Exercise</b> <i>Trip to Rockport</i></p>	<p><b>13</b> 10:00am <b>Fit 4 Future</b> 1:00pm <b>All Creatures</b> 7:00pm: <b>Summer Concert!</b></p> 	<p><b>14</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga</b></p>
<p><b>16</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b></p>	<p><b>17</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></p>	<p><b>18</b> 8:00am <b>Cooking as Self-Care</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 4:00pm <b>Line Dancing</b></p>	<p><b>19</b> 9:00am <b>Theratube</b>  1:30pm <b>Movie: Whitney Houston</b></p>	<p><b>20</b> 10:00am <b>Fit 4 Future</b> 1:00pm <b>All Creatures</b></p>	<p><b>21</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga</b></p>
<p><b>23</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b></p>	<p><b>24</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></p>	<p><b>25</b> 8:00am <b>Women's Suffrage in Mass.</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 1:00pm <b>Genealogy</b> 4:00pm <b>Sudbury Valley New Horizons Band</b></p>	<p><b>26</b> 9:00am <b>Theratube</b>  1:30pm: <b>Summer Beach Party</b></p>	<p><b>27</b> 10:00am <b>Fit 4 Future</b> 1:00pm <b>All Creatures</b></p>	<p><b>28</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga</b></p>
<p><b>30</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b></p>	<p><b>31</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></p>			<p><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></p>	<p>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></p>





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	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> 8:00am <b>Line Dancing</b> 10:00 <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 4:00pm <b>Alternative Housing Models</b>	<b>2</b> 9:00am <b>Theratube</b>	<b>3</b> 10:00am <b>Fit 4 Future</b> 1:00pm <b>All Creatures</b>	<b>4</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga</b>
<b>6</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>7</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>8</b> 8:00am <b>Alternative Housing Models</b> 10:00 <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 1:00pm <b>Genealogy</b> 4:00pm <b>Club Soda Concert</b>	<b>9</b> 9:00am <b>Theratube</b> 11:30am <b>Med Take-Back</b> 12:00pm <b>Pizza Cafe</b>	<b>10</b> 10:00am <b>Fit 4 Future</b> 1:00pm <b>All Creatures</b>	<b>11</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga</b>
<b>13</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>14</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>15</b> 8:00am <b>Cooking as Self-Care</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 4:00pm <b>Line Dancing</b>	<b>16</b> 9:00am <b>Theratube</b>  <i>Trip to Woosox</i>	<b>17</b> 10:00am <b>Fit 4 Future</b> 1:00pm <b>All Creatures</b>	<b>18</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga</b>
<b>20</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>21</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>22</b> 8:00am <b>Food &amp; Mood</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 10:30am <b>Smoothies</b> 1:00pm <b>Genealogy</b> 4:00pm <b>Cooking as Self-Care</b>	<b>23</b> 9:00am <b>Theratube</b>	<b>24</b> 10:00am <b>Fit 4 Future</b> 1:00pm <b>All Creatures</b>  <i>Trip to Cape Ann Museum</i>	<b>25</b> 9:30am <b>SAIL Fitness</b> 10:00am <b>Yoga</b>
<b>27</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>28</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>29</b> 8:00am <b>How Emotions are Made</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 4:00pm <b>Line Dancing</b>	<b>30</b> 9:00am <b>Theratube</b> 1:30pm <b>Movie: 80 For Brady</b>	<b>31</b> 10:00am <b>Fit 4 Future</b> 1:00pm <b>All Creatures</b>	<b>KEY:</b> <b>WayCam TV—Red</b> <b>Zoom—Blue</b> <b>In person—Green</b> <b>Hybrid—Magenta (in-person &amp; Zoom)</b>



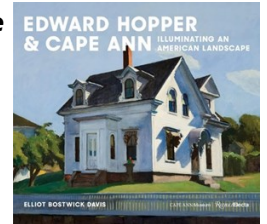
## TRIPS AND VIRTUAL TRIPS

**Mondays: July 17, August 21 and September 18: 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.

**Wednesday, July 12: Rockport.** Depart COA at 9:00 am, return by 4:00 pm. 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 WooSox 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!

**Thursday, August 24: 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.



**Tuesday, September 12: Kimball Farm in Westford.** Depart COA at 10:30 am, return by 2 pm. 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.

**Thursday, September 28: the House of the Seven Gables in Salem.** Depart COA at 9:00 am, return at 2 pm. Cost: \$35 for admission, tour and transportation. Designated a National Historic Landmark District in 2007, The House of the Seven Gables is best known today as the setting of world-renowned American author Nathaniel Hawthorne's 1851 novel. But it is so much more! Learn about four centuries of inclusive history at one of America's most beloved historic homes. The visit will last 90 minutes and include a guided tour of The House of the Seven Gables mansion, self-guided exploration of Nathaniel Hawthorne's Birthplace, Museum Store (housed in the Retire Beckett House c. 1687), Colonial Revival Gardens, and Grounds.



## 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.** Coming in October: Prague with guest host Judy Bennett.

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

## SHAKESPEARE IN THE PARK

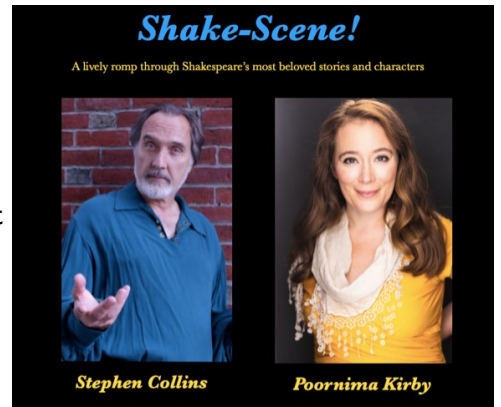
Coming in September

Join Shakespearian performers Stephen Collins and Poornima Kirby for a rollicking ride through some of the Bard's finest poetry and most compelling characters! Featuring scenes and monologues from some of Shakespeare's best known plays, including *Macbeth*, *Taming of the Shrew*, *Henry V*, and *Julius Caesar*, this original compilation digs into universal themes such as the price of power, the risks of falling in love, and what to do with a murder weapon. The one-hour show also includes a lively "sonnet duel," plenty of playful banter, and fascinating historical context; and includes a Question and Answer session at the end. Come immerse yourself in Shakespeare's wit, wordplay, and timeless verse!

**Poornima Kirby** is a Boston-based actress, teacher, writer and director. She has a special affinity for poetic texts and collaborative theatre-making. Poornima holds a B.A. in Drama from Vassar.

**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. Recently he has been teaching seminars on Whitman, Hardy, Shakespeare, Frost, and Contemporary Poetry at various locations throughout the country.

*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.*



### The Wayland COA News

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