



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## SEPTEMBER 2021

### New Beginnings in September

We are excited to bring back **Armchair Travel** in September as a monthly program on Zoom, and to introduce a new, weekly in-person opportunity: **Tuesday Morning Open House**. Between 9:30 and 11:30am, drop in to the COA for a cup of coffee, to read the paper, maybe work on a jigsaw puzzle or find a Scrabble partner. It's an informal and friendly time to simply "hang out" and spend some time with others. We hope to see you.

We are also bringing back some favorite programs in person, including **Great Courses** and **Connections** on Monday afternoons; **Genealogy** twice a month on Tuesdays; **Pizza Café** on the first Wednesday of the month; and **Art Appreciation** with Margaret Dergalis, monthly on Zoom. In this newsletter you'll find details about all these programs, plus a selection of unique, one-time offerings including both theatrical and music presentations. Join us!

**Your COA Staff: Julie Secord, Sue Hatton, Shawna Levine, Ann Gordon, Lillian DePasquale**



*Polly Athanas and Shirley LaRochelle reunite at the July Pizza Café after the long COVID break.*

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### The COA Fit Club: Ready for Prime Time!

Thank you for helping us pilot a new approach to fitness classes: **The COA Fit Club**. We gathered your feedback and made adjustments. See page 4 for details!



### MASK-WEARING AND OTHER COVID GUIDANCE

**Masks are required**



We are paying careful attention to guidance from the Commonwealth and our Health Department regarding COVID precautions, and may adjust our programming accordingly. If you have concerns or questions before coming to an in-person program, please call us.

On 8/10/2021, the following protocol was established for all Town buildings:

*Given the resurgence of COVID-19 cases, nationally, statewide, and locally, the Town of Wayland will require the public to wear masks when entering and conducting business in all Town buildings. All employees are required to wear masks when interacting with members of the public. We also encourage the practice of social distancing and increased hygiene.*

### The Wayland Council on Aging

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

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

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

## Happenings



### JOIN US TO WISH NANCY FAREWELL AND HAPPY ADVENTURES!

Tuesday, August 31, 9:30—10:30am

Nancy Greenwood has worked for the Town of Wayland for 15 years — ten at the COA. She leaves now to enjoy retirement adventures with her husband. Stop by to wish her “Happy Trails” and say thanks for all she has given the COA and our town. Coffee and continental breakfast will be served.

*Live Theater Returns!*

Delvena Theatre Company Presents

### LOUISA'S GIRLS

Wednesday, September 29, 1:30pm

Large Hearing Room



*Louisa's Girls* features an artistic interpretation of Louisa May Alcott's beloved story, *Little Women*. This live, one-woman, multi-character “edutainment” production offers a truly challenging and creative take on the classic. The audience will be mesmerized as actress Lynne Moulton transforms herself from Marmee to Jo to Meg with a sudden voice change, a twist of her body or simple wave of a fan. She will welcome audience discussion after the performance. Light refreshments will be served.

**Reservations required.**

Ms. Moulton received her acting training at the Royal Academy of Dramatic Art at Trinity Rep Conservatory,

Delvena Theatre Company was founded in 1992 and has brought several popular productions to the COA.



### PIZZA CAFÉ

Wednesday, September 1 at noon

Town Building COA

Reservations required, \$5



Join us for our monthly pizza café, on the first Wednesday of the month. Enjoy pizza, salad, beverage, and dessert, and the fun of being together and sharing a story and a laugh. Reserve your seat **by noon on the previous Monday** by contacting us at [coa@wayland.ma.us](mailto:coa@wayland.ma.us) or 508-358-2990.

**Next Pizza Café: Wednesday, October 6**

*John Clark and his Great American Music Experience*

### HISTORY OF 1950'S MUSIC: JAZZ

Thursday, September 9, 1:00pm on Zoom



The end of the 1940s marked the death of big bands and the start of be-bop and cool jazz. The fifties birthed and developed a variety of jazz subgenres and Miles Davis was a catalytic figure for many of them. Important musicians from the cool school were Gerry Mulligan, Dave Brubeck and the Modern Jazz Quartet. In addition, the hard boppers included Sonny Rollins, Clifford Brown and Horace Silver. *Kind of Blue* was the decade's best-selling album and helped launch the solo careers of John Coltrane, Charles Mingus and Thelonious Monk. John Clark returns to educate and entertain us on this fascinating and defining jazz decade. **Reservations required.**

### ART APPRECIATION

*with Margaret Dergalis*

Tues., Sept. 7, 1:00pm on Zoom



Following the success of the summer program, Margaret Dergalis has graciously agreed to continue the art appreciation program monthly on the first Tuesday. This month the focus will be on drawing. Edgar Degas said, “Drawing is the artist's most direct and spontaneous expression, a species of writing: it reveals better than painting his (or her) true personality.” Let's see how Degas' theory holds up as we examine the drawings of various artists.

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

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

## Happenings

### REGULAR WEEKLY PROGRAMS

We are happy to bring back favorite programs in September, and introduce a new one. No reservations are needed for in-person 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, 2:30pm in person and on Zoom**

Connect with new friends and enjoy good conversation. This informal group welcomes everyone. Come when you can.



#### NEW! TUESDAY MORNING OPEN HOUSE

**Tuesdays, 9:30—11:30am in person**

Stop by for a cup of coffee, to read the paper, chat with friends, do a jigsaw puzzle, or maybe find a partner for a Scrabble game.



#### 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.



#### SOCIAL GROUP

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

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

### GRANDPARENTS GROUP

Dr. Dossie Kahn of Wayland Youth and Family Services facilitates discussions about the rewarding and sometimes challenging relationships between grandparents and grandchildren; share resource ideas. New members welcome, contact Dossie Kahn for details, (508-358-4293).



### ARMCHAIR TRAVEL RETURNS!



**Tuesday, Sept. 21,  
at 1:00pm on Zoom**

*Back by popular demand, now monthly! Join fellow travelers as we continue our virtual journey to fascinating destinations around the world.*

We welcome guest host Paul Abramson as he shares his trip to Malaga, Spain. Málaga is a port city on southern Spain's Costa del Sol, known for its resorts jutting up from yellow-sand beaches. Looming over that modern skyline are the city's two massive hilltop citadels, the Alcazaba and the Gibralfaro, remnants of Moorish rule.

**Reservations required.**

Coming in October:  
Greece, with guest host Janie Specter.

**Great Courses are back on the big screen  
at the COA!**

**A GUIDED TOUR OF ANCIENT EGYPT**  
**Mondays, Sept. 13, 20, 27**  
**at 1pm in the COA**

In this DVD lecture series, explore the structure and meaning of the Egyptian pyramid, delve into Egyptian cosmology, relive elaborate mystical rituals, discover sublime treasures of art, and learn in detail how the ancient Egyptians lived and died. Prof. Melinda Hartwig, Egyptologist and Curator of Ancient Egyptian, Nubian and Near East Art at Emory University, is our guide.



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

## Health & Fitness

### JOIN THE COA FIT CLUB!

The *COA Fit Club* is our pay-by-the-month, take-as-many-classes-as-you-want, fitness program.

Joining the *COA Fit Club* gives you 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.

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

# COA Fit Club



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

Starting Sept. 1, Pay-As-You-Go is only available for in-person classes such as T'ai Chi and Fit For The Future. Each class is \$4.

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

## COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON

### THE WALKING CLUB

**Mondays at 9:30am. Meet at the Rail Trail near the Library. NO CHARGE.**

Join our friendly Walking Club to walk with Wayland seniors for up to an hour. When weather is inclement, we will not meet. Email Shawna Levine at [slevine@wayland.ma.us](mailto:slevine@wayland.ma.us) or call the COA at 508-358-2990 to register. No fee. Wear comfortable walking shoes and bring a water bottle.



### T'AI CHI

**Mondays, 9:30am-10:30am, Outdoors or in the 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 (NOW ON THURSDAYS, TOO!)

**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 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; class can be tailored to other individual needs.

## News and Updates

### Help Us Help You: Provide Access and Information In Emergencies

I hope everyone is having an enjoyable summer, or as I have been calling it, New England monsoon season. I would like to remind everyone about the importance of having clearly marked and visible house numbers. This doesn't just help the Amazon delivery person (my dog's favorite visitor), but it is crucial in an emergency for Fire, Police and EMS when locating your home or place of business. We know all the streets, but houses can be set back and driveways not as visible as we would like. Clear and visible numbers on your house and mailbox are essential — up high enough so they can't be obstructed by snow or vegetation.



How can emergency personnel enter your home in an emergency (without breaking in) if you are unable to get to the door? The answer is simple: the WFD has a "lock box program" that provides the installation outside your home of a sealed lock box that only the Wayland Fire Department can access. The door key inside the lock box allows us quick and damage-free entry to the home in an emergency only. The cost of the lock box is a onetime \$60 payment that replenishes the fund to purchase more lock boxes.

I would also like to stress the importance of having a "file of life" in the house for each member. A file of life contains all your important medical information that can aid in your treatment in a medical emergency. The information is stored in a magnetic red sleeve which is generally kept on or near the refrigerator. When emergency personnel enter a home to render medical treatment, we always ask if there is one on hand. If you are unable to speak we automatically look for one. For more lock box or file of life info, look on the Wayland Fire Department page of the town website, or contact the COA. Todd Winner, Wayland Fire Dept., Senior SAFE Team



### COVID Vaccines are Still Available

If you missed earlier opportunities to get your COVID vaccines and want to do so now, please let us know. Call the COA at 508-358-2990 or email us at [coa@wayland.ma.us](mailto:coa@wayland.ma.us).



### Medicare Open Enrollment

Oct. 15—Dec. 7

Call Us for a **SHINE** Appointment

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), you should be mailed an information packet from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2022. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly.**

Our knowledgeable SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. Wayland residents may begin calling the COA on September 15 to schedule an appointment during Open Enrollment. We will take calls from out-of-towners beginning October 15.

### Senior Drive-Thru Flu Clinics In September

The Wayland Health Dept. will offer dedicated Senior Drive-Thru Flu Clinics again this season. Vaccination clinics will start mid-to-late September and offer Seasonal Regular and High Dose Flu vaccine. Dates and details will be available once the vaccine is secured. The Health Dept. will notify the COA when registration is available, and we will include it in our weekly e-blast. If you are not on our eblast mailing list, email us at [coa@wayland.ma.us](mailto:coa@wayland.ma.us).



Residents will be able to use an online registration system; the Health Dept. will help those who do not have a computer or who need help registering. Homebound residents should call to register; vaccines will be provided for them during Sept. and Oct.. There is no out-of-pocket cost to be vaccinated by the Town, but your insurance information helps the Health Dept. to offer additional vaccine that may not be available otherwise.

### Free Legal Consult: Wed. September 15 By Appointment



Do you have a legal question or matter you'd like to discuss with an elder law attorney? Call the COA at 508-358-2990 to make a free, 20-minute appointment with Wayland Attorney Denise Yurkofsky. She will speak with you by phone or on Zoom.

## Resources

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**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

## Resources

Sept. 20-24 is Falls Prevention Awareness Week

### Six Steps You Can Take to Reduce Your Risk of Falling

Courtesy of the National Council on Aging



1. **Find a good balance and exercise program.** Check out our exercise classes listed on p. 4, especially Tai Chi and SAIL, which emphasize balance.
2. **Talk to your doctor.** Ask for an assessment of your fall risk, and share if you have had recent falls.
3. **Review your medications** with your providers. Make sure side effects aren't increasing your risk of falling.
4. **Get your vision and hearing checked** annually and update your eyeglasses.
5. **Keep your home safe.** Remove tripping hazards, improve lighting, make stairs safe, add grab bars in key areas.
6. **Talk with your family members.** Get their help to take simple steps such as installing grab bars.



## TRANSPORTATION OPTIONS

**COA Taxi Program:** This grant-funded program pays the taxi fare for medical appointments, essential grocery trips, prescription pick-up, and travel to some COA appointments. Available to Wayland residents age 60+. For details and to arrange a ride, call the COA at least one full business day in advance (note that our offices close at 12:30pm on Fridays). This program is funded by a grant from MassDevelopment in partnership with the Metropolitan Area Planning Council through March 31, 2022.

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

**MEDICAL TAXI VOUCHERS:** For Waylanders 60+ or disabled at any age. Purchase discounted taxi vouchers in advance from the COA for taxi trips to medical appointments or medically-related activities at the COA. Administered through JFK Transportation; discount is 40% off metered fare. Boston travel is a flat rate of \$42 each way. Tips expected in cash. Schedule rides directly through JFK 508-653-4500.

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

**SHOPPING TRIPS:** We offer monthly shopping trips to Market Basket and Marshall's. See p. 10 for details.

## How To Access COA Remote Programs

### zoom



#### Signing Up for Zoom Events

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

#### Watching Programs on Cable TV

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



#### WAYLAND COA STAFF

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

Outreach Coordinator: Sue Hatton, M-F  
[shatton@wayland.ma.us](mailto:shatton@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, M, Th, F  
[ldepasquale@wayland.ma.us](mailto:ldepasquale@wayland.ma.us)

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

#### DID YOU KNOW?

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

#### FRIENDS OF THE WAYLAND COA

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

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

#### 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:** Tuesday, September 8, 1:00 pm

#### SENIOR TAX RELIEF COMMITTEE

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

**Next Meeting:** Wednesday, October 13, 10:00 am

#### West Suburban Veterans Svcs. District

781-489-7509

Sarada Kalpee, Director

Nancy Blanchard, Deputy Director

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

September COA Activities



Watch for school buses!

SUNDAY	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Please note: The Town of Wayland requires that all visitors entering and doing business in Town Buildings must wear masks.</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><b>1</b>            9:00am <a href="#">Theratube</a>            10:15 <b>NO</b> <a href="#">ZoomBa</a>            12 Noon <a href="#">Pizza Café</a></p>	<p><b>2</b>            10:00am <a href="#">Fit 4 Future</a>            10:30am <a href="#">Social Group</a></p>	<p><b>3</b>            9:30am <a href="#">SAIL fitness</a></p>
<p><b>5</b>            8:00am <a href="#">Fish Fitness</a>            4:00pm <a href="#">Cooking as Self-Care</a></p>	<p><b>6</b>  <b>Labor Day Holiday</b>  <b>Town Building Closed</b></p>	<p><b>7</b>            8:00am <a href="#">Chair Yoga</a>            9:30am <a href="#">Open House</a>            10:00am <a href="#">Fit 4 Future</a>            10:30am <a href="#">Knit Together</a>            1:00pm <a href="#">Art Appreciation</a>            4:00pm <a href="#">Fish Fitness</a></p>	<p><b>8</b>            9:00am <a href="#">Theratube</a>            10:15am <a href="#">ZoomBa</a></p>	<p><b>9</b>            10:00am <a href="#">Fit 4 Future</a>            10:30am <a href="#">Social Group</a>            1:00pm <a href="#">History of 1950s Music: Jazz</a></p>	<p><b>10</b>            9:30am <a href="#">SAIL fitness</a></p>
<p><b>12</b>            8:00am <a href="#">Early Roads &amp; Trails</a>            4:00pm <a href="#">Chair Yoga</a></p>	<p><b>13</b>            9:30am <a href="#">Walking Club</a>            9:30am <a href="#">T'ai Chi</a>            1pm <a href="#">Great Courses</a>            2:30 pm <a href="#">Connections</a></p>	<p><b>14</b>            8:00am <a href="#">Line Dancing</a>            9:30am <a href="#">Open House</a>            10:00am <a href="#">Fit 4 Future</a>            10:30am <a href="#">Knit Together</a>            1:00pm <a href="#">Genealogy</a>            4:00pm <a href="#">Mrs. Jessica Henderson</a></p>	<p><b>15</b>            9:00am <a href="#">Theratube</a>            10:15am <a href="#">ZoomBa</a>              Legal Clinic by appointment</p>	<p><b>16</b>            10:00am <b>NO</b> <a href="#">Fit 4 Future</a>            10:30am <a href="#">Social Group</a></p>	<p><b>17</b>            9:30am <a href="#">SAIL fitness</a></p>
<p><b>19</b>            8:00am <a href="#">Chair Yoga / Zoom Tutorials</a>            4:00pm <a href="#">Food and Mood</a></p>	<p><b>20</b>            9:30am <a href="#">Walking Club</a>            9:30am <a href="#">T'ai Chi</a>            1pm <a href="#">Great Courses</a>            2:30 <a href="#">Connections</a></p>	<p><b>21</b>            8:00am <a href="#">Cooking</a>            9:30am <a href="#">Open House</a>            10:00am <a href="#">Fit 4 Future</a>            10:30am <a href="#">Knit Together</a>            1pm <a href="#">Armchair Travel</a>            4:00pm <a href="#">Fish Fitness</a></p>	<p><b>22</b>            9:00am <a href="#">Theratube</a>            10:15am <a href="#">ZoomBa</a></p>	<p><b>23</b>            10:00am <a href="#">Fit 4 Future</a>            10:30am <a href="#">Social Group</a>    <a href="#">Trip to De Cordova</a></p>	<p><b>24</b>            9:30am <a href="#">SAIL fitness</a></p>
<p><b>26</b>            8:00am <a href="#">Wayland Then and Now</a>            4:00pm <a href="#">Line Dancing</a></p>	<p><b>27</b>            9:30am <a href="#">Walking Club</a>            9:30am <a href="#">T'ai Chi</a>            1pm <a href="#">Great Courses</a>            2:30 <a href="#">Connections</a>    <a href="#">Trip to Market Basket</a></p>	<p><b>28</b>            8:00am <a href="#">Chair Yoga</a>            9:30am <a href="#">Open House</a>            10:00am <a href="#">Fit 4 Future</a>            10:30am <a href="#">Knit Together</a>            1:00pm <a href="#">Genealogy</a>            4:00pm <a href="#">Songbirds of the Northeast</a></p>	<p><b>29</b>            9:00am <a href="#">Theratube</a>            10:15am <a href="#">ZoomBa</a>            1:30pm <a href="#">Louisa's Girls</a></p>	<p><b>30</b>            10:00am <a href="#">Fit 4 Future</a>            10:30am <a href="#">Social Group</a></p>	



## TRIPS ARE BACK!

We are happy to slowly bring back our day trips and shopping trips. We are also excited to have a newer van, a gift from the MetroWest Regional Transit Authority (MWRTA.)

Masks are still required on the van and capacity may be limited.

**Thursday 9/23: De Cordova Sculpture Park.** Depart COA at 9:30am. Return by 1:30pm. Cost: \$16 for transportation, admission to grounds and docent tour of the sculpture park.

De Cordova is internationally recognized as a major venue for the exhibition and interpretation of modern and contemporary outdoor sculpture. The Sculpture Park occupies acres of beautifully landscaped lawns, forests, fields, gardens, and terraces on a rolling site along the shore of Flint's Pond. At any given time, approximately 60 sculptures are on display in the Sculpture Park. Following a guided tour of the sculpture park, there will be time to visit the gift shop, have a picnic lunch and spend more time to enjoy the lovely surroundings. This trip involves a good amount of walking. Please dress appropriately and wear comfortable shoes. The cafe is currently closed, but you are welcome to bring a picnic lunch. Most of the Sculpture Park grounds consists of grass and paved path/drive. There is one accessible pathway through the property, with other locations wheelchair friendly (with assistance). There are a few sculptures located in areas of uneven ground and steep incline.

**Monday, 9/27, 9:30 - 1:30: Market Basket and Marshalls in Waltham.** Join our monthly shopping trip to Waltham. The van leaves 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 4pm the previous Thursday.

### Golden Tones Chorus Starts Tuesday, Sept. 7 In a New MetroWest Location!

Join Golden Tones chorus for music-making and merriment, a great way for retired people to stay connected and healthy! We do not hold auditions or have attendance requirements. Our flexible chorus offers a friendly group of music-lovers from all over MetroWest who enjoy singing, and dancing to pop classics and show tunes.



With gratitude to the Wayland COA for hosting our chorus for 30+ years, we plan to resume in-person rehearsals on Tuesday, Sept. 7, 11am-12:30pm in a nearby location (TBA at press time). Visit our website, [goldentones.org](http://goldentones.org), or call 508-318-6318 for more details as they unfold.

The mission of Golden Tones chorus is to practice and provide enriching entertainment for senior citizen facilities, schools, faith communities and public events. Members are people of retirement age who sing and dance to lift spirits, have fun, and promote health and social engagement to benefit our audiences and ourselves.

### Looking For a Meaningful Way to Volunteer?



**MEALS ON WHEELS  
AMERICA**  
TOGETHER, WE CAN DELIVER.

Delivering Meals on Wheels in Wayland is a wonderful way to help your community, and it fills a critically important need for Wayland residents. Baypath Elder Services, which administers this home-delivered meal program in Wayland, is looking for volunteers who can deliver weekly, or who can be available to fill in when regular volunteers are unavailable. Spend about 90 minutes bringing a hot meal and a warm smile to residents who wait for and appreciate your visit. For more information or to volunteer, contact Denise Menzdorf at Baypath: [dmenzdorf@baypath.org](mailto:dmenzdorf@baypath.org) or 508-573-7210.

### Visit Our Website

The Council on Aging portion of the Town website includes lots of information for seniors and for their families and loved ones. Want to know about our taxi program for rides to medical appointments? Or how to get fuel assistance in the winter? What time is that fitness class you wanted to try? You can find all this and more on our website, at [www.wayland.ma.us/council-aging](http://www.wayland.ma.us/council-aging).



### WHAT A GREAT SUMMER WE HAD!

Our annual summer concert series brought so many friends and neighbors together in the Town Building courtyard to enjoy summer evenings with live music. Thank you again to our sponsors: The Village Bank, Middlesex Savings Bank, Avenu at Natick, Camellia Gardens, and Traditions of Wayland. We are also grateful to the Wayland Cultural Council for grant support. Thanks to everyone who came out and enjoyed the music. See you next summer, same time, same place!



### Art Matters Gallery Presentation **ANCIENT CIVILIZATIONS** Thursday, October 28, 1:30 Large Hearing Room



Please join us to examine art from the four great ancient civilizations; Mesopotamia (present day Iraq), Egypt, Greece and the Roman Empire. Each culture in turn contributed to the foundation of our own civilization. Each contributed new and greater achievements, adding to the quality of life of all mankind, and forms the basis of our present day civilization.



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

At [www.wayland.ma.us/council-aging](http://www.wayland.ma.us/council-aging) you'll find lots of information and helpful resources. On Thursdays we send out a short-and-sweet email highlighting programs and services in the coming week. Call us at 508-358-2990 or email [coa@wayland.ma.us](mailto:coa@wayland.ma.us) to subscribe.

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