



Watch for school buses and students

# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## SEPTEMBER 2022

### Welcome to September!

September always feels like a month of new beginnings, as summer — the carefree season — comes to a close. If you have that “new beginning” feeling, we hope you’ll try something new with us.

Maybe you’d enjoy coming to Great Courses on Monday afternoons. This video lecture series on a wide range of subjects and places is always fascinating and expanding. In September we are exploring the planets. Or, maybe you’re a knitter and would like to try out our Knit Together group on Tuesday mornings on Zoom. It’s a friendly, low-key hour of good conversation, with some occasional knitting.



Our friendly watercolor class returns in September on Thursday afternoons. Have you always thought about learning to paint? Now might be the perfect time to give it a try, in this very welcoming and encouraging class.

Check out all we have to offer this month, and give us a call if you want to sign up for a program or class. We’d love to see you!

#### Your COA Staff:

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

### Get ready for

#### MEDICARE OPEN ENROLLMENT: Oct. 15 — Dec. 7 DO YOU NEED A SHINE APPOINTMENT?



If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should receive 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 2023. Pre-

miums, deductibles, co-pays, and the drugs covered by your plan can change significantly. Open Enrollment is the period during which you may be able to switch to a different plan.

A SHINE volunteer (Serving Health Insurance Needs of Everyone...on Medicare) can provide free, confidential and unbiased counseling on Medicare options. The Wayland COA has exceptionally good SHINE counselors to help you, by appointment.

**Beginning September 15**, Wayland residents may call to schedule an Open Enrollment appointment. Out-of-towners may begin calling on October 1.

### CONTENTS

	Page
Medicare Open Enrollment	1
Pizza Café	2
Watercolor Painting Class, Moby Dick Monologues	2
Police & Fire Updates	2
Medical Equipment Loan Closet	3
Regular Weekly Programs, Great Courses, Monthly Movie	3
Fit Club and Fitness Classes	4
Safety Net Tracker, Tax Work-Off, Medicare Donut Hole	5
September Calendar of Events In-Person, Zoom, WayCam TV	9
Trips and Excursions	10
Coming in October: Oktoberfest, Jewelry Workshops, Latin Music	12

### The Wayland Council on Aging

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

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

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



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

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.



Instructor Rahul Ray received his training at the Academy of Fine Arts in Kolkata, India.

**Materials are available in class, or bring your own from a provided list.**

*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.**

**MEDICATION TAKE-BACK****Wed., September 7, 11:30 am—Noon**

Each month before our pizza café, the Wayland Police Dept. collects unwanted or expired medications at the COA. You may also deposit medications at the Wayland Police Dept. 24 hours a day, 7 days a week.

**PIZZA CAFÉ:****Wed. September 7, at noon, in the COA****Reservations required, \$5**

Join us for our first-Wednesday-of-the-month Pizza Café. Enjoy a pizza buffet, salad, beverage and dessert, and the fun of being together with friends and future friends. **Please reserve your seat by noon on Tuesday, September 6.**

*Thanks to the Friends of the COA for their support.*

**PUBLIC SAFETY COFFEE & CONVERSATION**

Join us to hear the latest safety updates and advice from Wayland Police and Fire officials, with time for Q&A, informal conversation, coffee and treats.

**Registration is appreciated but not required.**

*The Wayland Police present***BE SCAM-SAVVY, AND OTHER GOOD ADVICE****Wed., Sept. 14, 10:00am, In the COA**

Members of the Police Dept. will present an overview of current scams to look out for and other safety updates. Time for questions and conversation will follow, along with refreshments.

*Wayland Fire Chief Neil McPherson presents***ALL SMOKE DETECTORS ARE NOT CREATED EQUAL****Tues., Sept. 27, 10:00am, In the COA**

Chief McPherson will discuss what type of smoke and carbon monoxide detectors should be present in your home, how they operate, and what to do when they start beeping or chirping. There will also be time for general questions and answers. Refreshments will be served.

**THANKS FOR A GREAT CONCERT SERIES!**

Our 11th annual Summer Concert Series was a big success. Thank you to our sponsors: Middlesex Savings Bank, The Village Bank, Avenue at Natick and Salmon Health and Retirement. Thanks also for grant support from the Wayland Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.



*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.*

## 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 (by request only).



### SOCIAL GROUP

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

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



### GRANDPARENTS GROUP

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

## GREAT COURSES: A FIELD GUIDE TO THE PLANETS

**Mondays, Sept. 12, 19, 26**  
**1:00—2:30 pm in the COA**

**Video Lecture Series, Closed Captioning**

Get to know the planets, moons, asteroids, comets, exoplanets and more as a distinguished professor reveals the secrets of the solar system. Dr. Sabine Stanley is a Bloomberg distinguished professor in the Blaustein Dept. of Earth and Planetary Sciences at John Hopkins University. She is the editor of the *Journal of Geophysical research* and co-investigator on NASA's *Mars in Sight Mission*. In her spare time she tweets about science and life as a scientist (as @PlanetSabine).



**MONTHLY  
 MOVIE  
 MATINEE**



### "DOG"

**Wed., Sept. 28, 1:30pm, In the COA**  
**Reservations required, space is limited**

*Dog* is a buddy comedy that follows the misadventures of two former Army Rangers paired against their will on the road trip of a lifetime. Army Ranger Briggs (Channing Tatum) and Lulu (a Belgian Malinois dog) buckle into a 1984 Ford Bronco and race down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time. Along the way, they'll drive each other completely crazy, break a small handful of laws, narrowly evade death, and learn to let down their guards in order to have a fighting chance of finding happiness. (Comedy, 2022, PG-13, 1hr 41 minutes)

## MEDICAL EQUIPMENT LOAN CLOSET TO REOPEN IN OCTOBER

After a lengthy closure of the loan closet due to COVID and storage space no longer available, we are pleased to announce the October reopening of COA's medical equipment loan closet. Only a limited amount of medical equipment will be available initially as we rebuild inventory. Gently used donations of select equipment will be accepted, but please contact the COA office first (508-358-2990) to identify equipment needed at that time.

Equipment will include wheelchairs, transport chairs, rollators, knee scooters, canes, walkers, shower chairs, and transfer benches. We will not accept or loan commodes, crutches, beds, stair lifts or other large items.



## JOIN THE COA FIT CLUB!

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

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

# COA Fit Club



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

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

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

## COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON

### THE WALKING CLUB

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

Join our friendly Walking Club to walk with Wayland seniors for up to an hour. The Walking Club has 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](mailto: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.





## Finding a Lost Loved One: SafetyNet Tracking System

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



Judging by the abundance of Halloween candy already in the grocery stores and pumpkin flavored everything, it's safe to assume summer is coming to a close (go Patriots). For the Wayland Fire SAFE program personnel, it's been a busy couple of months updating our training on our SafetyNet Tracking Systems.



For those who have not heard yet, the Wayland Fire and Wayland Police departments are in possession of and maintain two SafetyNet Tracking systems for those who may be at risk for wandering due to cognitive issues such as Alzheimer's, dementia and autism. Trying to find someone who doesn't know they are missing or too scared to approach anyone for help can have a devastating outcome.

SafetyNet is a nationwide program credited with almost one thousand saves with no fatalities. The system consists of a watch-style bracelet that an at-risk person would wear. It transmits a radio frequency assigned to that individual, and enables a safety official with a hand-held receiver to track and locate the person wearing it.

If someone you know or a family member is at risk of wandering, or has wandered in the past, this program may be appropriate for them. For more information and an in-home consultation, please call the Council on Aging at 508-358-2990 and they will coordinate with the Fire Department.

You can also find more information at [www.safetynettracking.com](http://www.safetynettracking.com), an online information and resource center designed to assist caregivers seeking tips and information on how to protect their loved ones who wander.

### 2023 SENIOR PROPERTY TAX WORK-OFF PROGRAM

Would you like to offset your property taxes by working in a Town department? The Senior Tax Work-Off Program enables senior residents to work for a set number of hours in Town departments to earn a credit that will be applied to their property tax bill. This year participants may work 65 or 125 hours. The program benefits the Town and residents.

The 2023 Tax Work-Off Program transitions to a calendar year schedule, running from January 1, 2023 through November 30, 2023. Applications will be available beginning Monday, October 3, 2022. Completed applications received by Thursday, November 3 at noon will be entered into a lottery to determine the order in which applicants are considered for placement. After Nov. 3, Tax Work-Off applications will be processed in the order received.

Beginning October 3, you may get an application at the COA, in the front lobby of the Town Building, on the COA website, or call us and we'll mail one to you. Applications should be returned to the COA.

Increasingly diverse positions are available in town departments. While we do our best to place all interested seniors, we cannot guarantee that there will be a position available for all applicants.

For more information, contact [Shawna Levine](mailto:Shawna.Levine@wayland.ma.us), Project Coordinator at the Council on Aging. You may also call the COA at 508-358-2990 or email us at [coa@wayland.ma.us](mailto:coa@wayland.ma.us).

### Help is Available to Avoid the Medicare Donut Hole



Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the "donut hole." If you reach that gap, you will see your prescription drug costs increase dramatically. If you are at risk for this, **Prescription Advantage** can help. Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

**For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, visit [prescriptionadvantagemma.org](http://prescriptionadvantagemma.org), or schedule a free SHINE counseling appointment by calling the COA office (508-358-2990).**

**Springwell (formerly BayPath ): 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 (Springwell):** 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. Free Covid test kits are available in the health dept. and coa while supplies last.

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

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



## TRANSPORTATION OPTIONS

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

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

**MWRTA Dial-a-Ride:** Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. Typically, rides cost is \$2, \$3 or \$5 each way based on destination. Currently there is no cost, a perfect time to try it out. 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. This program uses both JFK Transportation and Tommy's Taxi; discount is 40% off metered fare. Gratuity not included. Medical vouchers to Boston hospitals may be purchased for a flat rate of \$48 one way (these do include gratuity). Schedule rides directly through JFK Transportation at 508-653-4500 or Tommy's Taxi at 508-872-3500, and tell them you will be using taxi vouchers.



### BAYPATH ELDER SERVICES BECOMES SPRINGWELL



BayPath Elder Services, Inc., which serves Wayland and other area communities and Springwell, Inc., merged on July 1, 2022. These two independent, non-profit organizations held contracts with the Executive Office of Elder Affairs to act as state-designated Aging Service Access Points and federally-designated Area Agencies on Aging. The services that both offer such as home-delivered meals, personal care assistance, and homemaking make it possible for older adults to get the help they might need to continue living in the home setting that suits them best.

The new organization, called Springwell, now serves all 22 communities that were previously served by each. The merged organization offers the same services, from the same staff, out of the same offices in Marlborough and Waltham. The larger organization will allow for more flexibility and efficiency, and will have more resources to provide services. Wayland residents who receive services from BayPath may be seeing and hearing the new name Springwell associated with your services. Your care manager is available to answer any questions you might have.

If you aren't familiar with BayPath or Springwell, and you are interested in learning more about services for yourself or someone else, please contact Springwell at 617-926-4100 or [info@springwell.com](mailto:info@springwell.com) or visit [www.springwell.com](http://www.springwell.com)

### 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, W-F

[ldepasquale@wayland.ma.us](mailto: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, Sept. 12, 2022 4pm via Zoom

### SENIOR TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets every other month.

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

**Next Meeting:** Wednesday, Oct. 26, 10am  
In Person, COA

### WEST SUBURBAN VETERANS SERVICES

781-489-7509

Sarada Kalpee, Director

Nancy Blanchard, Deputy Director

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

### Camp Lejune Update from the Veteran's Agent

Veterans who served at Camp Lejune or MCAS New River for at least 30 cumulative days from August 1953 through December 1987 may be eligible for certain VA benefits & compensation. If you or your family were affected by any of the 15 presumptive conditions, make an appointment with our Veteran's Agent at the number above or visit: [va.gov](http://va.gov)

### 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](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 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](http://www.waycam.tv/home)  
Go to [www.waycam.tv/live](http://www.waycam.tv/live) to watch WayCam pro-

### 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](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



### Keep Up With All the COA News

At [www.wayland.ma.us/council-aging](http://www.wayland.ma.us/council-aging) you'll find 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](mailto:coa@wayland.ma.us) to subscribe.



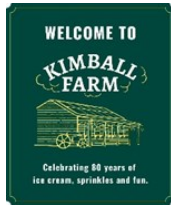


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>KEY:</b> WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)			1 10:00am Fit 4 Future 10:30am Social Group	2 9:30am SAIL Fitness
4 8:00am Fish Fitness 4:00pm Chair Yoga	5 <b>LABOR DAY</b> Town Offices are Closed	6 8:00am Songbirds of the NE 10:00 Fit 4 Future 10:30am Knit Together 4:00pm Three Way- land Women	7 9:00am Theratube 10:15am ZoomBa 11:30am Med Take- Back 12:00pm Pizza Café  <i>Legal Clinic by appt.</i>	8 10:00am Fit 4 Future 10:30am Social Group 1:00pm Art Class	9 9:30am SAIL Fitness
11 8:00am Fish Fitness 4:00pm Chair Yoga	12 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections	13 8:00am Dealing with Diabetes 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 4:00pm Line Dancing  <i>Trip to Kimball Farm</i>	14 9:00am Theratube 10:15am ZoomBa 10:00am Be Scam- Savvy w Wayland Police	15 10:00am Fit 4 Future 10:30am Social Group 1:00pm Art Class	16 9:30am SAIL Fitness
18 8:00am Fish Fitness 4:00pm Chair Yoga	19 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections  <i>Trip to Market Basket</i>	20 8:00am Line Dancing 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Armchair Travel 4:00pm Dealing with Diabetes	21 9:00am Theratube 10:15am ZoomBa 1:30pm Moby Dick	22 10:00am Fit 4 Future 10:30am Social Group 1:00pm Art Class	23 9:30am SAIL Fitness
25 8:00am Fish Fitness 4:00pm Chair Yoga	26 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm No Connec- tions today only.	27 8:00am Three Way- land Women 10:00am Fit 4 Future 10:00am Fire Chief 10:30am Knit Together 1:00pm Genealogy 4:00pm Songbirds of the NE	28 9:00am Theratube 10:15am ZoomBa 1:30pm: Movie: Dog	29 10:00am Fit 4 Future 10:30am Social Group 1:00pm Art Class	30 9:30am SAIL Fitness



## 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, 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, September 19: 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.

**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!



**Boston Symphony Open Rehearsals.** We will once again provide transportation on our van for the Thursday morning open rehearsals. The cost is \$80.00 for transportation to all four concerts: November 3, January 19, February 16 and April 13. Concerts begin at 10:30 am. Van will depart COA at 9:00 am. Riders must purchase their own Boston Symphony subscription or tickets to individual concerts: **Box office 888-266-1200 or [WWW.BSO.ORG](http://WWW.BSO.ORG)**. Registration for the concerts will be available beginning September 1 for Wayland residents and September 15 for non-residents.

**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



**Florence, Italy**  
**With Margaret Dergalis & Shawna Levine**  
**Tuesday, September 20 at 1:00 pm on Zoom**



The beauty of the art and architecture in Florence has long captivated tourists from around the world. Join co-hosts Shawna and Margaret for a tour of this beautiful city. Shawna will show photos of the city from her 2010 trip. Margaret will highlight the art riches of the city. **Registration required.**

**Coming in November:** Judy Carrier will entertain us with her adventures in Greece.

## Coming in October

### OKTOBERFEST!

Tues., Oct. 25, 1:30 – 3:00 pm  
Large Hearing Room  
Town Building

Join us for this lively Oktoberfest celebration featuring the Double Eagle Oktoberfest German Band. This



oompah band has been entertaining New England for over 25 years. Enjoy Oktoberfest with Bavarian themed refreshments. Tasty selections include pretzels, non-alcoholic beer, and frankfurters with all the fixings. \$5.00 per person. Registration is required and begins September 1.

John Clark and his Great American Music Experience Presents  
**Rhumba! Samba! Tango! Mambo!**  
Wednesday, October 12, 1:00 at the COA



To celebrate National Hispanic Heritage Month, John Clark returns with a brand new program that will explore the history of the influence of Latin American music on popular music. He will highlight hits by Xavier Cugat, Ritchie Valens, mango king Prez Prado, Herb Albert and many others. Don't forget your dancing shoes for this energetic and upbeat program with the ever popular John Clark! Registration requested.

### Make It & Take It Jewelry Studio Classes

With Jeweler Norma Radoff, in the COA



This fall Norma Radoff offers three jewelry classes where you can create unique, hand-crafted pieces as gifts or to keep. Instructions, including special jeweler techniques, tools and all supplies will be provided at no charge.

**Thurs., Oct. 6, 10am: Bracelets**

**Thurs., Nov. 10, 10am: Necklaces**

**Thurs., Dec. 8, 10am: Earrings**

Class size is limited. **Registration is required** and restricted to Wayland residents. **Please choose no more than two classes** to ensure opportunities for all.

### The Wayland COA News

A monthly publication from  
Wayland Council on Aging  
41 Cochituate Road  
Wayland MA 01778  
508-358-2990

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

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

