



Watch for school buses and school children!

WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

SEPTEMBER 2023

We Are All Going Back to School This Fall

In September we are launching a new monthly series: *Lunch and Learn*. On the fourth Tuesday of the month, we'll invite an expert on a current topic of interest to give a talk and take your questions. In September we'll start off by looking at Climate Change: What is behind the headlines, what does science tell us is happening, and what should our response be? In October, the topic will be Artificial Intelligence: What exactly is it, anyway? Is it helpful, or harmful, or perhaps both? How do we navigate a world in which AI seems to be popping up everywhere? Bring your lunch and your questions. See p. 2 for details. Please plan to join us.

September is Falls Prevention Month, and on September 20, we'll explore important strategies to prevent falls with fitness and physical therapy professionals. Learn some simple exercises to improve strength and balance. We will provide lunch.

And don't miss our Shakespeare in the Park program, part of a town-wide afternoon of live outdoor entertainment in Town Center. See below for details. We hope to see you there anon!

Your COA Staff:

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

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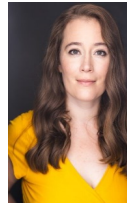
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SHAKESPEARE IN THE PARK



Saturday, September 30, 1-2 pm (Rain date: Sunday, Oct. 1)
On the Outdoor Stage at the Wayland Town Green, Town Center
Bring a chair or blanket

Shakespearian performers Stephen Collins and Poornima Kirby present 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!



Stephen Collins performs and teaches seminars on Whitman, Hardy, Shakespeare, Frost, and contemporary poetry at various locations throughout the country. **Poornima Kirby** is a Boston-based actress, teacher, writer and director.

This program is supported by a grant from the Wayland Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency, and by the Friends of the Wayland Council on Aging.

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

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

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

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



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. Join our fitness instructors to increase strength and balance, and enjoy a light lunch while physical therapist Denis Long, DPT, tells how to minimize your fall risks. Wear comfortable clothes.

Join Our Fitness Instructors!

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. Try this gentle practice that is very good for balance.

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

Come to any or all portions of the program. No charge, but **registration for lunch is required.**

EXPRESSIVE BOTANICAL WATERCOLOR WORKSHOP

with Artist/Educator Angela Ackerman
Friday, Oct. 6, 9:30am – 11:30am
In the COA

Cost: \$15, supplies provided (or bring your own if preferred)



Enjoy a relaxed and inspiring creative experience as you learn watercolor techniques in this new workshop. Draw inspiration from flowers, and experiment with both dry and wet techniques as well as color mixing using watercolor. All levels are welcome. Materials are provided unless you prefer to bring your own. **Registration required.**

Angela Ackerman enjoys teaching the process of drawing, botanical illustration and watercolor techniques. She attended Rhode Island School of Design and has a Masters degree in education. As a child, Angela remembers drawing on the back of greeting cards and ironically ended up designing and working for Hallmark!

Wayland Police Department
SENIOR SAFETY: Tips & Techniques
for Safety at Home and Away
Followed by "Soup's On" Lunch
Wednesday, October 18
10:30 am in the COA



Ladies, do you ever put your purse in the grocery cart while you shop? Gentlemen, is your wallet full of cash and cards and in your back pants pocket?

Learn why these and other common habits make you vulnerable to theft, and how to be safer when you are out and when you are at home.

Wayland Det. Mark Hebert will share easy personal safety strategies, and will review home security technology such as alarms and cameras. He'll provide an update on current scams and frauds to watch out for, and take your questions in a Q&A session. Afterwards, stay for our "Soup's On" lunch. No charge, **registration required.**

LUNCH & LEARN

This new monthly series on the 4th Tuesday of the month will feature a fascinating current topic each month. Bring your lunch, we will provide beverages and dessert.

LET'S TALK ABOUT CLIMATE CHANGE
Tuesday, Sept. 26, noon, in the COA
with Tony and Margie Lee



Longtime Wayland residents and climate change educators Tony and Margie Lee have been involved with this issue for decades. They will present an introduction to the science behind climate change, and describe some progress that's been made to date on the local, state and federal levels.

There will be an opportunity to ask questions, or you can submit your questions to the COA in advance. Join us for a lively discussion. (And see p. 12 for more on climate change.)

On the Menu in October:
THE PROMISES AND PERILS OF
ARTIFICIAL INTELLIGENCE
Tuesday, October 24, noon
with User Experience Architect Chauncey Wilson

Explore the evolution of Artificial Intelligence and how it can be a catalyst for progress and a source of concern.

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

REGULAR ONGOING PROGRAMS

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

DROP-IN GAMES AND NEWSPAPERS

Mondays, 9:30 am in person

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



GREAT COURSES

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



**MONTHLY
MOVIE
MATINEE**



“AIR”

**Weds. September 27, 1:30 pm,
Reservations required, space is limited**

From award-winning director Ben Affleck, AIR reveals the unbelievable game-changing partnership between a then-rookie Michael Jordan and Nike's fledgling basketball division which revolutionized the world of sports and contemporary culture with the Air Jordan brand. This moving story follows the career-defining gamble of an unconventional team with everything on the line, the uncompromising vision of a mother who knows the worth of her son's immense talent, and the basketball Phenom who would become the greatest of all time. Starring Matt Damon, Ben Affleck, Jason Bateman and Viola Davis. (2023, R, Drama, sports, 1 hr. 52 minutes)

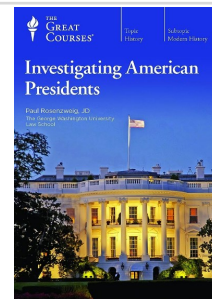
INVESTIGATING AMERICAN PRESIDENTS

A Great Course Video Lecture

Mondays 1-2:30 pm,

Sept. 11, 18, 25

Closed Captioning



Sept. 11

American Presidents and the Rule of Law
Presidential Investigations through History
Separation of Powers and the Presidency

Sept. 18

Can a Sitting President be Indicted?
Presidential Use and Abuse of Privileges
Presidents, Procedures and Public Opinion

Sept. 25

Presidential Lies and Cover-ups
The Value of Investigative Reports
The Law and Politics of Impeachment

Prof. Paul Rosenzweig, George Washington School of Law, reviews the notable challenges to presidential authority since the founding of the republic. How does our nation protect itself from corruption and tyranny? Even today, we see the controversies and scandals that appear in the media almost daily.

NEW OFFERING

Great Courses “Self Enrichment Series”

SMARTPHONE PHOTOGRAPHY

THURSDAYS, September 14, 21 and 28

1:00—2:30pm

Bring your iPhone or Android cellphone for this video lecture in the COA. Learn the ins and outs of taking, tweaking, organizing, storing and sharing photos.

Instructor: Jared Platt, Portrait Photographer

PIZZA CAFÉ

Wed., September 6, noon



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..
Reservations required, \$5. Please reserve your seat by noon on the previous Monday.

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

REMINDER: Wayland Police will be with us before the Noon Café to collect your expired or unwanted medications.

COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>T'AI CHI with Jon Woodward 9:30 am Large Hearing Room or outdoors near Veterans' Memorial, weather permitting 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>LOIS' FIT FOR THE FUTURE with Lois Leav 10 am Large Hearing Room 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>THERATUBE 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>LOIS' FIT FOR THE FUTURE with Lois Leav 10 am Large Hearing Room 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>SAIL: STAY ACTIVE AND INDEPENDENT FOR LIFE 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>YOGA STRENGTHENING 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>



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. 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.

2024 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 2024 Tax Work-Off Program runs from Jan. 1, 2024 through Nov. 15, 2024. Applications will be available beginning Monday, Oct. 2, 2023. Completed applications received by Thurs., Nov. 2 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 2, 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. Return your application 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.

Historic Records of Wayland's Past Will Soon Be More Accessible

By Rob Leroux, Director of Assessing



Talk of the Town

Featuring news from a different Town department each month

Through the Senior Tax Work-Off program, the Assessor's office is digitizing historic records that contain fascinating details about Wayland's past. Kay Gardner-Westcott's expertise and her experience working with the Boston Public Library (BPL), along with her energy and enthusiasm to restore the Assessor's office vault-stored, vintage ledgers, are a perfect fit for this project.

The ledgers record history including when a family arrived in Wayland, what type of taxes were paid and abated, who owned land, when land was sold, and the wealth of citizens. Additionally, these books document when various tax acts started or ended, the types of citizen investments, when precincts started and who lived in them, businesses, exempted properties, sub-developments and who lived there. Town properties and investments were detailed, such as the Lock-up, the Poor House, Water works, Trust Funds, Gravel Banks, various schools, and cemetery data. An interesting example of history includes the Street Railway, previously taxed for stables, taxed for a "Car House" in 1903.

The handwritten, large ledgers—spanning 1862 to 1915, but missing 1870, 1875, 1878, 1879—are bulky, heavy to handle and difficult to move. Kay's project is to facilitate the digitizing of each ledger for ease of use and public access. No longer will researchers need to request special access. The office personnel will also have quick and easy access to the information provided by these records.

Kay's previous work with The Boston Public Library was integral to success. The BPL has commenced digitizing these ledgers at no cost (free) to the Town, providing Wayland will share the output as public records on Digital Commonwealth (<https://www.digitalcommonwealth.org>), an online archive for documents, photographs, maps and plans from archives, libraries and towns across Massachusetts.

The Assessor's Office ledgers retain the history of Wayland. They are invaluable. The Board of Assessors and the Assessor's office greatly appreciate the Senior Tax Work-Off project and Kay Gardner-Westcott for her professionalism, methodology, meticulous care, and energy to this project.

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 information 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 2024. Premiums, 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 several SHINE counselors to help you, by appointment.

Beginning Monday, September 18, Wayland residents may call to schedule an Open Enrollment appointment. Out-of-towners may begin calling on Tuesday, October 3. In person, Zoom and telephone appointments will be offered.

Get Ready for Open Enrollment

MEDICARE 101

Tuesday, October 3

1:30 pm

In Person at the COA



Whether you have been on Medicare for years or just signing up, this seminar is for you. Kathleen Woehrling, one of our extraordinary SHINE counselors, will present updated information on recent changes as well as an informative overview that will cover the basics. She will also give you all the information you need to know about the open enrollment period including costs of plans, Medicare Parts A & B, Medicare Advantage Plans and prescription drug plans.

Registration requested. Contact the Council on Aging at 508-358-2990 or coa@wayland.ma.us

Springwell (formerly BayPath): 508-573-7200

Behavioral Health Help Line: 833-773-2445

Caregiving Resources: www.caregivingmetrowest.org

Domestic Violence Hotline: 1-877-785-2020 or visit
www.domesticviolenceroundtable.org

Elder Abuse Hotline: 1-800-922-2275

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

Meals on Wheels (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 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 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 Mass Development 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

Outreach Coordinator: Maura Snyder, M-F
msnyder@wayland.ma.us

Project Coordinator: Shawna Levine, M-Th
slevine@wayland.ma.us

Community Relations Coordinator: Ann Gordon, T-Th
agordon@wayland.ma.us

Program Assistant: Lillian DePasquale, W-F
ldepasquale@wayland.ma.us

SHINE Counselors: 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.

SENIOR TAX RELIEF COMMITTEE

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

Next Meeting: October 11, 2023, 10:00 am

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

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

COMMUNITY OFFERINGS

WELLESLEY-WESTON LIFETIME LEARNING is offering a fresh menu of Monday morning courses for seniors beginning September 11. All courses are on Zoom. The cost is \$25 regardless of how many courses you take.

Courses this fall cover a wide range of topics, including African Memoirs, Islam: A Way of Life, Poetry for the People, Bright Moments of Jazz and Rock, Sacred Song, Science in the News, Lectures on Diverse Topics, and others. Each course runs from Sept. 11 through Nov. 20.

Wellesley-Weston Lifetime Learning is an independent non-profit organization. Lifetime Learning organizations evolved to respond to the intellectual interests of seniors by offering non-credit courses. Wellesley-Weston Lifetime Learning (WWLL), formed in 1976, is one of the oldest of these organizations. WWLL is entirely staffed and run by volunteers.

For more information, visit www.wwillcourses.org or

HEALTH DEPARTMENT HAS SCHEDULED FALL VACCINE CLINICS

The Wayland Health Department is pleased to partner with the Council on Aging to offer a series of COVID and high dose flu vaccination clinics for ages 65+ and their caregivers. The clinics will be held on:



Wednesdays, from 10am - noon at the Town Building:

- October 4
- November 1
- December 6

Come for a vaccine, stay for the COA Pizza Café starting at noon. Check wayland.ma.us/vaccine for convenient fall clinic dates, vaccines on offer, and online registration.

Need more info or registration assistance? Unable to leave home for an appointment? Leave a message on the Health Department Flu Line at (508) 358-6805 and they'll return your call. Unsure of what vaccines you need? Call your healthcare provider.

THANKS TO ALL FOR A GREAT CONCERT SERIES!

Our 12th annual Summer Concert Series was a wonderful success, thanks to great bands, enthusiastic audiences, generous sponsors, and cooperative weather. Gold Sponsors: the Village Bank and Middlesex Savings Bank; Silver: Sharry Realty Partners; Bronze: Avenu at Natick; Joanne Berry, Coldwell Banker Real Estate; Mary Ann Morse Health Care; and The Residences at Paine Estate. Thanks also for grant support from the Wayland Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency. Here are some photos of the fun times we had!

Right: New Orleans jazz is the specialty of Gumbo, a swinging seven-piece band that really rocked.

Far right: Our Summer Concert series is a fun evening out for all ages, including families with kids and even the family dog!





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Watch WayCam TV on Verizon Channel 37 or Comcast Channel 8, or at www.waycam.tv/live		KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)			1 9:30am SAIL Fitness 10:00am Yoga
3 8:00am Fish Fitness 4:00pm Chair Yoga	4 Labor Day Holiday	5 8:00am Early Farm Tools 10:00 Fit 4 Future 10:30am Knit Together 4:00pm The American Chestnut	6 9:00am Theratube 11:30am Med Take-Back 12:00pm Pizza Cafe	7 10:00am Fit 4 Future	8 9:30am SAIL Fitness 10:00am Yoga
10 8:00am Fish Fitness 4:00pm Chair Yoga	11 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1pm Video Lecture 2:00pm Connections	12 8:00am COA Summer Concert: Gumbo 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 4:00pm Toys in the Attic <i>Trip to Kimball Farm</i>	13 9:00am Theratube	14 10:00am Fit 4 Future 1:00 Smartphone Photography	15 9:30am SAIL Fitness 10:00am Yoga
17 8:00am Fish Fitness 4:00pm Chair Yoga	18 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1pm Video Lecture 2:00pm Connections <i>Trip to Market Basket</i>	19 8:00am American Chestnut 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Armchair Travel: Morocco 4:00pm Early Farm Tools	20 9:00am Theratube 10:30am Falls Prevention Demo Classes 12:00pm Soup's On Falls Prevention Talk <i>Legal clinic by appt.</i>	21 10:00am Fit 4 Future 1:00 Smartphone Photography	22 9:30am SAIL Fitness 10:00am Yoga
24 8:00am Fish Fitness 4:00pm Chair Yoga	25 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1pm Video Lecture 2:00pm Connections	26 8:00am Toys in the Attic 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Lunch/Learn 1:00pm Genealogy 4:00pm COA Summer Concert: Gumbo	27 9:00am Theratube 1:30pm Movie: Air	28 10:00am Fit 4 Future 1:00 Smartphone Photography <i>Trip to House of Seven Gables in Salem</i>	29 9:30am SAIL Fitness 10:00am Yoga
					30 1pm Shakespeare in the Park/Town Green



TRIPS AND VIRTUAL TRIPS

Mondays: September 18 and October 16 : 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.

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.

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, Colonial Revival Gardens, and Grounds. There will be time for lunch in Salem following the visit.



Tuesday, October 10: New England Patriots' Hall of Fame and Patriot's Place. Depart COA at 9:00 am, return at 2:00 pm. Cost: \$22 for admission and transportation. The Patriots Hall of Fame presented by Raytheon Technologies is an exciting, innovative, and interactive modern museum experience that takes guests through Patriots and New England football history in a cutting-edge way, utilizing amazing video and audio to tap into fans' emotions in a manner never before seen in a sports museum. It features areas dedicated to each of the team's six Super Bowl wins that provide a historical look back on those championship seasons. You will also have time to visit the pro shop. Following the visit at the hall, we will have lunch at Patriot's place where there are many restaurants to choose from.

Thursday, November 9, 2023: Celebrate Veteran's Day at The American Heritage Museum in Hudson. Depart COA at 9:00 am, return by 2:00 pm. Cost: \$30 for admission and transportation. At the American Heritage Museum you will explore America's conflicts, beginning with the Revolutionary War to today. You'll discover and interact with our heritage through the history, the national effort developing new technologies of warfare, and the human impact of America's fight to preserve the freedom we all hold dear. In this remarkable place, American history will be explored, studied and most of all, remembered. Through educational interpretation, and a chronologically arranged series of dioramas and exhibits, the American Heritage Museum brings the history of our veterans to life. We will stop for lunch on the way home.

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 2, January 11, February 29 and April 18. 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**. Registration for the concerts will be available beginning September 6 for Wayland residents and September 19 for non-residents.



ARMCHAIR TRAVEL

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



Join us as guest host Susie Klein takes us to exotic Morocco and shares stories from a recent adventure there. She will share her photos on our big screen in the COA, and also on Zoom. **Registration required.**

Coming in October: Prague, with guest host Judy Bennett.

OKTOBERFEST!

Wednesday, Oct. 25, 12:00 -1:30pm
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.

The cost is \$8.00 per person. **Registration is required** and begins September 6 for Wayland residents and September 19 for out of towners. Join us!

CAN WE STOP CLIMATE CHANGE?

A Four-Session Course with Tony and Margie Lee
Thursdays, Oct. 5, 12, 19, 26 10am—11:30am
In the COA, No Cost

Are you concerned about climate change? This four-session course will delve into both the science and the roadblocks to change, and how you can take effective action. The course will cover:



- The science behind climate change
- Climate modeling to understand the impacts of various solutions both personal and societal
- An understanding of the role that renewable energy sources can play
- Getting active in addressing climate change

Tony and Margie Lee have been climate change educators and advocates for decades. Tony helped develop this course and has taught it more than 30 times. Margie has worked in education and as a grassroots educator and volunteer. **Registration is required.**

The Wayland COA News

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Wayland MA 01778
508-358-2990

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