### WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

### **OCTOBER 2020**

#### **Moving Forward**

Wayland could not have had more perfect weather for its first-ever outdoor Town Meeting in September. It was a very pleasant afternoon for taking care of the Town's business. The COA is grateful that vot-

ers strongly supported the continuing work toward creating a Council on Aging/Community Center in Wayland. We look forward to the day when gathering together again becomes routine, and to the possibility of a new and appropriate space in which groups of all ages can come together.



Town Meeting at Wayland High School Stadium

We have some great programs in October on Zoom, including another in the very popular *Art Matters* series, this time focusing on Post-Impressionism (p. 3). We are also excited to present the long-awaited "I Now Pronounce You Lucy Stone" production (p. 3), in recognition of the 100th anniversary of women's right to vote. If you haven't seen a Judith Kalaora production before, be sure to sign up; she is remarkable.

Medicare Open Enrollment is Oct. 15 - Dec. 7. If you need a SHINE appointment to review your options, please call and get on our schedule (p. 5). If you didn't get your flu shot during the Health Department's special drive-through clinic for seniors in September, call them at 508-358-6805 to schedule an appointment.

# Your COA Staff: Julie Secord, Nancy Greenwood, Sue Hatton, Shawna Levine, Ann Gordon

#### If You'd Like to Make a Donation....

Sometimes people ask us how they can support the work we do. This is not expected, but always appreciated. The Friends of the Wayland COA raises funds to cover expenses not supported by our Town budget. For example, since March the Friends have covered the fees for all our fitness classes to eliminate financial barriers. For more information, visit their <a href="website">website</a> or mail Friends of the COA, 41 Cochituate Road, Wayland, MA, 01778. Thank you!

CONTENTS	Pg
Three Social Groups Available	2
Early Voting and Vote By Mail Reminder	2
Need a Ride to the Polls Nov. 3?	2
October Programs on Zoom: Genealogy, Lucy Stone, Great Courses	3
COA September IN-Sights Programs: Quabbin Reservoir, Social Security, Zoom	3
Free Fitness Classes on Zoom, WayCam TV Fit for the Future, Walking Club	4
Updates: Medicare Open Enrollment, Fire Safety, Tax Work-Off	5
October Calendar of Events Zoom, WayCamTV, In-Person programs	9
Armchair Travel	10
Coming in November on Zoom	12

#### 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 members of our community.

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

Page 2 Wayland COA News

#### **News You Can Use**

### Social Connections Are So Important: Here are Several Ways to Connect



#### Outdoor Social Group Thursdays at 10:30am Through October 29

Catch up with your friends and make new ones. While the weather is warm enough, join us outdoors for an informal, socially distanced get-together. We will meet in front of the Town Building, near the Hearing Room door. Chairs will be provided, and please don't forget your mask. Call 508-358-2990 or email us at <a href="mailto:coa@wayland.ma.us">coa@wayland.ma.us</a> to reserve your spot! If the weather is inclement, we will meet on Zoom.

# Starting in November: ZOOM WITH WHOM? Thursday, November 19, 1:30pm



Join this fun monthly Zoom event (or dial in on your phone) for an informal,

friendly time of conversation with friends and a different special guest each month: not a celebrity, exactly, but someone you will enjoy hearing from and talking with. To receive the Zoom invitation, call us at 508-358-2990 or email <a href="mailto:coa@wayland.ma.us">coa@wayland.ma.us</a>.

# Connections Discussion Group Mondays, 2:30pm



Connect with new friends and enjoy good conversation. This informal group is led by Wayland resident Irma Bloom. Formerly a COA program held at the Town Building, the group now meets independently on ZOOM. If you like current events and connecting with other residents, you can be added to the Zoom list by emailing Irma Bloom at <a href="mailto:izb1120@comcast.net">izb1120@comcast.net</a> or ask the COA to forward your information to her. Just call or email us at <a href="mailto:coa@wayland.ma.us">coa@wayland.ma.us</a>.

# Several Ways to Vote in the November Election



Voters who prefer not to go to the polls on Nov. 3 can early-vote in person October 17—30. Visit the <u>Town</u> <u>Clerk's webpage</u> for details on all voting questions.

You can request a mail-in ballot until Oct. 28, but sooner is better. (To see if you have already requested a mail-in ballot, and to confirm its receipt after you mail it, click on the **Track My Ballot** website. The Clerk's office expects to receive mail-in ballots from the state by October 9 and will begin mailing them to voters. Mail your ballot or drop it in the secure box in the Town Building entry or at the Public Safety Building. Ballots must be postmarked no later than Nov. 3 and must be received no later than Nov. 6.

Questions? Contact the Wayland Town Clerk's office at 508-358-3630 or visit <u>wayland.ma.us/town-clerk.</u>

#### **NEED A RIDE TO THE POLLS ON NOV. 3?**

Contact the COA at <u>coa@wayland.ma.us</u> or call us at 508-358-2990 by 4pm on Thursday, October 29.

#### Thanking Our Volunteers, From a Distance

More than 100 wonderful volunteers help us serve the needs of our community. Annually, with funding from the state, we host a gathering to celebrate their work. But last



fall's event—planned to be outdoors under a tent—was cancelled due to EEE, and COVID cancelled it again last spring.

In early September we served our volunteers boxed lunches that they picked up in our drive-through line behind the Town Building. It was great to see everyone, to say hello from a safe distance, and to be reminded of how many hands and hearts contribute to our work.

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.

#### **Engaging and Connecting**



### **October Programs on Zoom**

(See p. 8 for instructions on signing up for Zoom programs.)

### **BE A GOOD ANCESTOR,** with Seema Kenney Thursday, October 8, 1:30 pm

You may feel there's nothing especially noteworthy about your life, but sometime in the future someone will want to know more about you. We'll look at a few ways to leave them something to find. Seema Kenney is the owner of Ancestral Books, Legacy & Education, and a member of several genealogy societies. A Q&A will follow.

History at Play™ LLC presents

## I NOW PRONOUNCE YOU LUCY STONE Wednesday, October 14, 1:30pm

In honor of the 100th anniversary of women's right to vote, Judith Kalaora portrays Lucy Stone in a passionate and educational theatrical production. As an ardent supporter of human rights, Lucy inspired thousands to join the suf-



frage movement, including Susan B. Anthony. Come along for this fascinating performance with Judith Kalaora, professional actress, educator, and living historian. Generously sponsored by The Village Bank.

## **POST-IMPRESSIONISM** Art Matters Presentation **Thursday, October 15, 1:30pm**

Like a stone dropped into a calm pond, the ripples from the revolutionary Impressionist style of painting spread and influenced a whole new generation of artists. Join us for a look at how other artists interpreted this new, personally expressive way of painting, and in turn influenced the course of art in the 20th century.

# GREAT COURSES: Great Tours: Washington, DC Mondays, Ipm, Oct. 5, 19, 26

Dr. Richard Kurin, a Smithsonian Distinguished Scholar, presents a detailed look at the history and culture of our nation's capital. Tour the Library of Congress, the Pentagon, and museums on the mall, in this "city of scandal."

### ARMCHAIR TRAVEL GROUP

#### Tuesdays, Ipm

Join fellow travelers to explore new destinations and reminisce about favorite places. Details, p. 10.

#### **GRANDPARENTS GROUP**

Facilitated by Dr. Dossie Kahn, Wayland Youth and Family Services, 508-358-4293.

# October IN-Sight Programs on WayCam.TV

Verizon Channel 37 or Comcast 8



#### THE QUABBIN RESERVOIR

With Folklorist and Historian John Horrigan
The Quabbin Reservoir, built in the 1930s, is the primary water supply for Boston and 40 other communities.
Learn about the controversial creation of this man-made lake and the subsequent removal of residents from four former Massachusetts towns in the Swift River Valley.

### SOCIAL SECURITY: WITH YOU THROUGH LIFE'S JOURNEY

In this video, Kevin Reino, Regional Public Affairs Specialist for the Social Security Administration provides a basic overview of Social Security for individuals who are nearing retirement.

#### **HOW TO USE ZOOM SAFELY**

These simple tips will help you keep uninvited guests and their disruptions (Zoom-bombing) out of your Zoom calls and meetings. You'll also learn how to easily handle distractions that happen during a call.

#### **CHAIR YOGA**

This YMCA Health & Fitness video offers a full yoga class that uses the chair for stability and support. Yoga helps you develop strength, flexibility and balance.

### MASSACHUSETTS IN THE WOMEN'S SUFFRAGE MOVEMENT

Historian and author Barbara Berenson gives local suffragists the attention they deserve and discusses the battle over historical memory that long obscured the Commonwealth's leading role.

#### SUDBURY VALLEY NEW HORIZONS BAND

Enjoy this virtual performance of Mozart by your musical friends and neighbors, led by Diane Muffitt.

#### **BASIC TUTORIALS**

Join Wayland Public Library's MJ Wright to learn about Hoopla and Libby, apps that provide free access to ebooks, audio books, movies, music and TV. With your smart phone or tablet and your library card, you can choose from a huge selection of materials! And watch as members of the Wayland Fire Dept. show how to safely and effectively use a home fire extinguisher.

Page 4 Wayland COA News

#### Health & Fitness

#### FREE COA FITNESS CLASSES AVAILABLE ONLINE

#### TAI CHI

Wednesdays, 1:00pm, on Zoom (note new time)

Calvin Chin's Martial Arts Academy

Lucien Zoll, Senior Instructor for Wayland

Now more than ever we know that movement is critically important to both physical and mental health. <u>Click here</u> to sign up for an invitation to our free, weekly Zoom Tai Chi class, or visit <u>www.waylandcoa.org</u> and find the link on our home page. Provide your name and contact information and receive a weekly invite. This unique class is interactive with your instructor Lucien Zoll. Email us at <u>coa@wayland.ma.us</u> if you have questions.

#### **THERATUBE**

Wednesdays, 9am-10am, on Zoom

Instructor: Ellen Cohen Kaplan
Certified Personal Trainer, OTR

Work safely with your 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.



New participants are welcome! If you'd like to receive an invitation to these free classes offered via Zoom, call the COA at 508-358-2990 or email us at <a href="mailto:coa@wayland.ma.us">coa@wayland.ma.us</a>. Provide your contact information (name, email address, best telephone number and mailing address) to receive your invitation. **Please contact us no later than Monday before the fitness classes you wish to take.** 

#### **EXERCISE** with FISH FITNESS on WayCamTV

Joe Fish is an enthusiastic and creative personal trainer who knows exactly what type of fitness training both active and frail older adults need to build and enhance strength, range of motion, balance, stretching and cognitive training. As always, ask your physician if this class is right for you. **For dates and times, see the calendar on p. 9.** 

#### LOIS' FIT FOR THE FUTURE — OUTDOORS!

Tuesdays, 10:00 - 10:45am NEW TIME! — Reservations Required!

Lois Leav's popular Fit for the Future class meets on Tuesdays at 10am outdoors on the walkway between Town Building and soccer field (**NEW LOCATION**). Reservations are required since the class size is limited. There are no chairs, it is a standing class. Lois tailors the class to the environment, and builds in regular breaks. Wear a face mask and appropriate footwear, and bring water. **Participants must register for each class separately**; registration opens on the Wednesday following Tuesday class. Priority registration for Wayland residents. To reserve your spot, email <a href="mailto:coa@wayland.ma.us">coa@wayland.ma.us</a> or call us at 508-358-2990.

#### **JOIN THE WALKING CLUB!**

Mondays & Wednesdays at 9:30am (note time change)

Get some fresh air, some exercise and social interaction – while following social distancing guidelines. Join our Walking Club to walk with Wayland seniors for up to an hour. Meet the group at the Rail Trail near the Library at 9:30am. We will not meet in inclement weather.

New walkers are welcome. Call the COA at 508-358-2990 or email Shawna Levine at <a href="mailto:slevine@wayland.ma.us">slevine@wayland.ma.us</a> to register so you'll receive email updates. No fee. Please wear masks, comfortable shoes and bring a water bottle.

#### **News and Updates**



# MEDICARE OPEN ENROLLMENT: OCT. 15 - DEC. 7 Experienced SHINE Counselors are Available to Help by Phone

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), your plan should mail you an information packet by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2021. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

Experienced SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. Call us at 508-358-2990 to book appointments; non-Wayland residents may call beginning October 15. For other SHINE-related matters, call 1-800-243-4636, then press or say 4. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back as soon as possible.



#### When Cooking, Remember to "Stand By Your Pan"

Did you know that cooking is the number one cause of home fires? As the weather gets colder, we will be using our stoves and ovens more regularly, and it's important to remember a few fire safety tips. Don't leave food, grease or oils cooking on the stovetop unattended. "Stand by Your Pan!"



If you have to walk away for a second, turn the burner off or bring an oven mitt with you to remind yourself you have food cooking on the stove. Always set a timer when cooking in the oven. Never leave any combustibles on top of or near a cooking surface and don't use the oven for storage. Always call 911 in an emergency. Fire Prevention Week is October 4-10.

Todd Winner, Wayland Fire Dept., Senior SAFE Team

#### **Music-Making Continues Virtually**

Wayland's favorite senior singers—The Golden Tones—continue to lift their voices together every week, and you can join the fun by (old-school) telephone or (new-school) computer, tablet or smartphone. After 32 years of music-making, we're determined to stay connected and healthy with singing!

Contact director Debbie Marion at goldentones.org or 508-318-6318 to learn how to join our one-hour "virtual rehearsals," weekly on Tuesdays at 10am and Fridays at 2pm. There are no auditions and no attendance requirements, only a friendly group of music-lovers from all over MetroWest who enjoy singing and dancing to pop classics and showtunes.

Note: The Golden Tones is an independent community group and not a Wayland COA program.

#### Senior Tax Work-Off Update

The Town's Operating Budget that funds the COA's Tax Work-Off program was approved at Town Meeting. But the Town Building remains closed to the public, with strict COVID-19 protocols in place. Applications for FY21 Tax Work-Off program are not available at this time. We continue to hope for a delayed start to this program, but COVID-19 data will guide our decisions about whether or when to launch the program. Please email or call us if you have specific concerns or questions. We appreciate your patience and understanding.

#### Children's Holiday Shoppe on Hiatus This Year

For 32 years the Council on Aging has presented the Children's Holiday Shoppe where children can purchase low-cost holiday gifts. COVID-19 guidelines will prevent us from hosting the Shoppe this year. We will miss this joyful event and send advance wishes for happy holidays!

Page 6 Wayland COA News

#### **About Us**

#### **WAYLAND COA STAFF**

Director: Julie Secord, M-F jsecord@wayland.ma.us

Office Coordinator: Nancy Greenwood, M-W

ngreenwood@wayland.ma.us

Outreach Coordinator: Sue Hatton, M-F

shatton@wayland.ma.us

Project Coordinator: Shawna Levine, M-Th

slevine@wayland.ma.us

Volunteer Coordinator: Ann Gordon, T-Th

agordon@wayland.ma.us

S.H.I.N.E. Counselors:

Penny Wilson, Kathleen Woehrling

### West Suburban Veterans Services District

781-489-7509 Nancy Blanchard, Director @ Wayland on Tues. 9am—4pm 781-850-5504

#### WAYLAND COUNCIL ON AGING BOARD

Betsy Soule, Chair; Bill Sterling, Vice Chair; Mary Antes, Clerk; Evelyn Ekmejian; Carol Glick; Nancy Leifer; Becky Patterson; Ellen Scult; Denise Yurkofsky. Board meetings are held on the 1st Tues. of each month in the Town Building.

#### **Next Meeting:**

See Town calendar to confirm, as dates may change.

#### FRIENDS OF THE WAYLAND COA, INC.

A 501(c)3 that supports COA programs, services, and equipment that cannot be financed through the COA's town budget.

FRIENDS BOARD: Marie Winter, President; Nancy Leifer, Vice President; John Shaw, Treasurer and Webmaster; Mary Antes, Clerk; Paul Abramson; Steve Correia; Huaibin Lu; Patty MacNeil; Sue Pope; Betsy Willard.

#### **SENIOR TAX RELIEF COMMITTEE**

This Selectmen-appointed committee meets every other month on the 3rd Wed. at 9am. MEMBERS: Joan and Linwood Bradford, Co-Chairs; Ann Gilbert, Clerk; Pauline DiCesare; Steve Colella, Markey Burke

Next Meeting: To Be Announced

#### **Transportation**

#### TRANSPORTATION OPTIONS WITH THE COA

**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 and by calling 508-820-4650. Registered riders must make reservations at least 48 business hours in advance of travel date.



**NEW! COA Taxi Program:** Free taxi trips to medical appointments, grocery shopping or Rx pick-up for Wayland seniors 60+ with no other means of transportation. This is a COVID-19 grant-funded program. Call the COA at 508-358-2990 or email <a href="mailto:coa@wayland.ma.us">coa@wayland.ma.us</a>. Requests must be made one full business day in advance.

**MEDICAL TAXI VOUCHERS:** For Waylanders 60+ or any age if disabled. Offers discounted taxi fare for medical appointments or medically-related activities at the COA. Administered through JFK Transportation, this option requires the advanced purchase of discount vouchers. Discount is 40% off metered fare. Total cost will vary based on miles traveled. Boston travel is charged a flat rate of \$42 each way, all other travel is based on the meter. Tips expected in cash. Buy vouchers in advance by calling the COA at 508-358-2990. Schedule rides directly through JFK 508-653-4500.

**FISH: Currently unavailable.** Friends in Service Helping, a volunteer group, provides rides to medical appointments for Waylanders who have no other way of getting there. One-week notice needed. Call 508-358-3474.

**SHOPPING TRIPS:** We are hoping to resume our monthly trip to **Market Basket on October 28.** Please call the COA for details.

#### **New Taxi Program**

MWRTA's Dial-A-Ride remains a convenient and low-cost transportation choice for Wayland residents. To supplement that, the COA's new, grant-funded taxi program can provide free rides for Wayland seniors who have no other way to get to medical appointments, grocery shopping or Rx pickups. See the listing above for details.



Page 8 Wayland COA News

#### **How To Access COA Programs**

#### **How to Access Events on Zoom**

To protect privacy,
Zoom events are by invitation only. If you'd like to join a Zoom event, email us at coa@wayland.ma.us or call us at 508-358-2990 and tell us what event you are signing up for. Give us your email address and telephone number, and prior to the event, we'll send you an invitation with instructions about how to join. You'll need an invitation to join by video on your computer, or by phone.

<u>Click here</u> to watch a video on how Zoom works or check out Insights listing for Zoom tutorials on page 8.

## How to Access Events on WayCamTV



You can watch WayCam.TV on Verizon channel 37 and Comcast channel 8. The full programming schedule and details for streaming live and on demand are on the WayCam.TV website, (<a href="www.waycam.tv/home">www.waycam.tv/home</a>). There is also a link on the our website at <a href="waylandcoa.org">waylandcoa.org</a>.

#### **How to Join In-Person Events**



We are offering a few in-person activites. The Walking Club meets on Mondays and Wednesdays at 9:30am on the Rail Trail (see p. 4.)

On Tuesdays at 10am Lois' Fit for the Future exercise class meets outdoors near the Veterans Memorial at the Town Building. **Reservations are required** (see p. 4)

On Thursdays at 10:30am we offer a new social group outdoors at the Town Building (see p. 2). Call the COA for any of these programs.

#### **HELPFUL RESOURCES**

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

Caregiving Resources: www.caregivingmetrowest.org

**Domestic Violence Hotline:** 1-877-785-2020 or visit

www.domesticviolenceroundtable.org **Elder Abuse Hotline**: I-800-922-2275

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

Medicare: 1-800-633-4227

MetroWest Legal Services: 508-620-1830

**MWRTA General:** 508-935-2222

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

Parmenter Foundation Food Pantry: 508-358-3001

**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

### October COA Activities

SUNDAY	Monday	Tuesday 🗼	Wednesday	Thursday
WayCam Zoom- In person	TV—Red —Blue			I 10:30am Social Group
4 8:00am Fish Fitness 4:00pm Zoom Tutori- als / Sudbury Valley New Horizons Band performs Mozart	9:30am Walking Club 1:00pm Great Courses	8:00am Food & Mood 10am Lois Fit4Future 1:00pm Armchair Travel 4:00pm Social Security/ Mass. & Women's Suffrage Movement	9:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi	8 10:30am Social Group 1:30pm Be A Good Ancestor
8:00am: Chair Yoga/ Fish Fitness 4:00pm 7 Steps to Managing Your Memory	HOLIDAY Town Offices Closed	8:00am Fish Fitness 10am Lois Fit4Future 1:00pm Armchair Travel 4:00pm Harbor Islands	9:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi 1:30pm Lucy Stone	10:30am Social Group 1:30pm Art Matters
8:00am: Basic Tutorials 4:00pm: Quabbin Reservoir	9:30am Walking Club 1:00pm Great Courses	8:00am Fish Fitness 10am Lois Fit4Future 1:00pm Armchair Travel 4:00pm: Dealing with Diabetes/Chair Yoga	9:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi	22 10:30am Social Group
8:00am: Quabbin Reservoir 4:00pm: Social Security/ Mass. & Women's Suffrage Movement	9:30am Walking Club 1:00pm Great Courses	8:00am Fish Fitness 10am Lois Fit4Future 1:00pm Armchair Travel 4:00pm Food & Mood/ Chair Yoga	89:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi	10:30am Social Group

Page 10 Wayland COA News

#### **Trips and Travel**

### Wayland on the Move and at Home

### Zoom Armchair Travel Group

Every Tuesday at 1:00 pm



Join fellow travelers as we explore new destinations and reminisce about our favorite places. Reconnect with friends and meet new ones. To join, email us at <a href="mailto:coa@wayland.ma.us">coa@wayland.ma.us</a> or call the COA at 508-358-2990. We will send you a link to join the fun by computer or on a call-in phone line.

This month we are excited to announce a new series as part of Armchair Travels: Amazing Adventures in Architecture. Susan Wagner will join us as a guest host to share some of the world's most interesting and architecturally significant structures.

**October 6**: **Ireland: The Emerald Isle.** Join Guest Host Chris Betschart as he shares photos and experiences from his semester abroad in Dublin.

**October 13: The Greek Islands:** Following up on the presentation on Athens, Shawna Levine will share the beauty of the Greek Isles including Santorini, Mykonos, Crete and Rhodes.

October 20: Amazing Adventures in Architecture with Susan Wagner. This month Susan will feature The Sydney Opera House and St. Basil's Cathedral in Moscow.

October 27: Idaho, Montana and South Dakota. Pauline Dicesare returns as a guest host to share her travels out west. Stops include Idaho, Montana and South Dakota featuring Mt. Rushmore.

Calling all Travelers: Would you like to share pictures and stories of a special trip? We are looking for guest hosts for our Arm Chair Travel program. We meet on Zoom every Tuesday at Ipm. If you would like to be a guest host, let us know and we will add you to our fall schedule. Technical assistance is available. Contact Shawna at slevine@wayland.ma.us or 508-358-2990.





#### Coming in November on Zoom....

#### The Music of World War II

John Clark's Great American Music Experience Thursday, November 5, 1:00 pm

The political and romantic songs of World War II were among the most popular music of the war years (1939-1945). You'll hear songs of heroism like *Comin'* in on a Wing and a Prayer and Praise the Lord and



Pass the Ammunition, and humorous songs like G.I. Jive and Der Fuerher's Face. You'll also hear songs about relationships interrupted by the global conflict—Lili Marlene, As Time Goes By, Don't Sit Under the Apple Tree and I'll Be Seeing You—and songs of longing for the war to end like The White Cliffs of Dover and When the Lights Go On Again All Over the World. A Q&A will follow the presentation. Call 508-358-2990 or email <a href="mailto:coa@wayland.ma.us">coa@wayland.ma.us</a> to register and receive the Zoom link.

#### World War II: Letters To and From a Young Soldier Thursday, November 12, 1:30pm

In honor of Veteran's Day, Seema Kenney returns to present this special program. More than 300 letters found in her uncle's attic tell a fascinating tale of WWII both at home and in Italy. Learn about or relive the years 1943-45 through these wonderful letters. There will be time for questions following the presentation.



Seema Kenney is the owner of Ancestral Books, Legacy & Education. She completed the Genealogical Research Certificate Program at Boston University's Center for Professional Education in 2010, and is a member of several genealogy societies. Email <a href="mailto:coa@wayland.ma.us">coa@wayland.ma.us</a> or call 508-358-2990 to register and receive the Zoom link.

#### **Visit Our Website!**

At <a href="https://www.waylandcoa.org">www.waylandcoa.org</a>, you'll find lots of information, including resources that can be helpful during this period of unexpected restrictions. If you are not a computer user, share the website address with a family member or friend who is! You can always call us at 508-358-2990.

#### The Wayland COA News

A monthly publication from Wayland Council on Aging 41 Cochituate Road Wayland MA 01778 508-358-2990 www.waylandcoa.org PRESORTED STANDARD US POSTAGE PAID PERMIT #16 WAYLAND, MA 01778