



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

OCTOBER 2021

Happy October, everyone! 'Tis the season for pumpkins, apples, crisp fall air, and Halloween. We hope you enjoy the beginning of fall.

We will note the change of seasons by celebrating together with apple cider and donuts, along with warm soft pretzels (see below for details). It's our nod to Oktoberfest, close to home. Please join us.

October is also the start of Open Enrollment (10/15—12/7), when Medicare beneficiaries can join, switch or drop a plan. Our terrific SHINE counselors, Kathleen Woehrling and Penny Wilson, will help you determine the best plan for your needs. Call us if you need an appointment. (If you live outside of Wayland, you may call us starting October 15.)

We have two programs on art this month, as well as a trip to the Isabella Stewart Gardner Museum to see the unprecedented Titian exhibit. Both Great Courses and Armchair Travel will take you to Greece. There is a lot we can see and do together, without going far. Join us!

Your COA Staff:

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

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OKTOBERFEST (LITE)!

**Wednesday, Oct. 20, 1:30pm
in the COA**

Join us to celebrate October with a mash-up of traditional New England fall favorites and Oktoberfest traditions. We'll watch a couple of short videos to get in the spirit: one on Oktoberfest traditions and sights and sounds from Munich, and then a Great Courses lecture called "The Everyday Guide to Beer." It's a primer on the history of beer and its place among peoples like the Sumerians, Egyptians, and the Medieval Benedictines. You'll learn about figures like Dukes William IV and Ludwig X of Bavaria and the Reinheitsgebot, and even hear the fascinating story behind the origin of British pub signs.

Between the videos we'll take a break for fresh local cider, delicious cider donuts, and warm soft pretzels. There might be some polka music....who knows? Please join us!



The Wayland Council on Aging

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

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

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

Happenings

ArtMatters Gallery Presentation ANCIENT CIVILIZATIONS Thursday, October 28, 1:30pm Large Hearing Room



Please join us to examine art from the four great ancient civilizations; Mesopotamia (present day Iraq), Egypt, Greece and the Roman Empire. Each culture in turn contributed to the foundation of our own civilization — in government, religion, and culture. From these great cultures we get writing, government, law & order, institutionalized religion, advanced culture, and the spread of information and ideas. Each contributed new and greater achievements, adding to the quality of life of all mankind. NOTE: This program will be recorded for later showing on WayCamTV.

ART APPRECIATION with Margaret Dergalis Tues., Oct. 5, 1:00pm on Zoom (Rescheduled from Sept. 7)



Margaret Dergalis continues her popular monthly art appreciation program with a focus on drawing. (This program was originally scheduled for September.) Edgar Degas said, "Drawing is the artist's most direct and spontaneous expression, a species of writing: it reveals better than painting his (or her) true personality." Let's see how Degas' theory holds up as we examine the drawings of various artists.

In November Margaret will present "American Prints." First in the Colonies and later in the United States, interest in prints has not always been a constant. Margaret will examine the history of printmaking in this country to see if we can discover why. **Reservations required.**

PIZZA CAFÉ

**Wednesday, Oct. 6 at noon
In the COA
Reservations required, \$5**



Join us for our first-Wednesday-of-the-month pizza café. Enjoy pizza, salad, beverage, and dessert, and the fun of being together and sharing a story and a laugh. Reserve your seat **by noon on the previous Monday.**

A Note From Nancy Greenwood

Julie likes to say to us "welcome home" when we return to the office from a weekend or vacation. It is very fitting because it has always felt like a second home to me. I have been so lucky to work with such amazing co-workers and to get to know all of you. I want to heartfully thank everyone who came to my Happy Trails farewell, phoned and emailed me good wishes and stopped by to talk with me personally. I have learned so much from each of you throughout the years and will miss you all very much. I hope to check in at "home" as much as I can, to visit with my COA family.

*Fondly,
Nancy*



No Children's Holiday Shoppe

Because of the ongoing pandemic, the COA will not hold our annual Children's Holiday Shoppe in December. With limited indoor space, we cannot accommodate the large number of children and the parents who patiently wait while they shop for treasures. We will miss this opportunity to bring the community together for this favorite holiday event. We wish everyone a happy and healthy fall and holiday season.

MASKS AND OTHER COVID GUIDANCE

The public is required to wear masks when entering and conducting business in all Town buildings. All employees are required to wear masks when interacting with members of the public. We also encourage the practice of social distancing and increased hygiene.

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

Happenings

REGULAR WEEKLY PROGRAMS

Join us for one or all of these regular weekly programs. No reservations are needed for in-person programs. **You must pre-register for Zoom programs.**



GREAT COURSES

Mondays, 1pm in person

Join together to learn from some of the nation's top scholars on a wide range of topics, from science to art to engineering and travel. See details, right.



CONNECTIONS

Mondays, 2:30pm in person and on Zoom

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



NEW! TUESDAY MORNING OPEN HOUSE

Tuesdays, 9:30—11:30am in person

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



KNIT TOGETHER

Tuesdays, 10:30am on Zoom

Knit in the company of friendly fellow knitters. Create knitwear to donate to children in need, using our supplies, or work on your own projects.



GENEALOGY

1pm, 2nd and 4th Tuesday, in person and on Zoom

Share in great conversations, research tips and fascinating stories from the past.



SOCIAL GROUP

Thursdays, 10:30am on Zoom

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

GRANDPARENTS GROUP

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



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

**GREECE AND TURKEY:
FROM ATHENS to ISTANBUL**
Mondays, Oct. 4, 18, and 25
at 1pm in the COA

Award-winning Professor John R. Hale of the University of Louisville is your guide to the fabulous civilizations of the Greeks, Romans, Byzantines, and Ottomans,



and to the natural wonders and idyllic landscapes that surround them. These lectures offer you the chance to experience these important sites and cultures through the eyes of an expert archaeologist and scholar, whose knowledge and depth of insight go far beyond any ordinary travel narrative. Discover monumental ancient cities, classical ruins, temples, shrines, fortresses, stadiums, theaters, churches, and palaces. In each site, explore the critical history and culture that defined them and the ways in which they influenced our modern world.

Special Town Meeting: Sunday, Oct. 3

The Town will hold a Special Town Meeting on Sunday, Oct. 3 at 12:30pm. The meeting will take place at the Wayland High School stadium. Wayland residents should receive a copy of the warrant by mail in late September.

Medical Equipment Loans

We are not currently able to operate our Medical Equipment Loan Closet due to lack of adequate storage space. However, we are able to loan transport chairs for up to two weeks. We can also refer you to other sources of medical equipment. Please call us.



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

Health & Fitness

JOIN THE COA FIT CLUB!

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

Joining the *COA Fit Club* gives you unlimited monthly access to both in-person and Zoom fitness classes. No need to pre-register for classes, just show up or Zoom in. Payment must be received before the month begins.

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

COA Fit Club



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

Effective Sept. 1, 2021, Pay-As-You-Go is only available for in-person classes such as T'ai Chi and Fit For The Future. Each class is \$4.

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

COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON

THE WALKING CLUB

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

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



T'AI CHI

Mondays, 9:30am-10:30am, Outdoors or in the Large Hearing Room in inclement weather

Instructor: John Woodward, Certified T'ai Chi Instructor

T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body using slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being. As this class does involve one hour of movement, it may not be suited for those who use a cane or walker.

LOIS' FIT FOR THE FUTURE

Tuesdays and Thursdays, 10-11am, Large Hearing Room (Note: no class on Tues. Oct 5)

Instructor: Lois Leav

This popular class involves stretching, bending, loosening the joints and building flexibility, all set to music.

THERATUBE

Wednesdays, 9am-10am, on Zoom

Instructor: Ellen Cohen Kaplan, Certified Personal Trainer, OTR

Use resistance bands to increase range of motion and strength. Bands are easy to use for people of all abilities.

ZOOMBA

Wednesdays, 10:15-11:15am, on Zoom

Instructor: Ellen Cohen Kaplan, Certified Personal Trainer, OTR

Join this fun cardio class and dance your way to fitness with Latin music.

SAIL: STAY ACTIVE AND INDEPENDENT FOR LIFE

Fridays, 9:30am—10:30am on Zoom

Instructor: Joe Fish, Certified Instructor and Falls Prevention Specialist This evidence-based class helps older adults improve balance and mobility, reduce the risk of falls, and improve quality of life. Participants can take the class while seated; class can be tailored to other individual needs.

News and Updates

Take Steps Now to Prepare for Winter

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



Based on all the Halloween candy in stores already and the amount of pumpkin coffee I have consumed, summer must be over and fall is in full effect. That being said, fall is a great time to start planning for the fall and winter season ahead.

If you're like my past self, you've always waited until the last minute to get the supplies you need for what's ahead, and by then it's too late. So what should you do to be ahead of the game? Stock up now on some non-perishable food items and canned goods that are easy to prepare. Keep a few jugs of water on hand, especially if you rely on a well that needs power for the pump. Stock up on ice-melt and make sure you have a snow shovel that's comfortable for you to use. Have extra gas on hand for your snow blower and/or generator. Have flashlights and spare batteries ready to go.

Keeping a go-bag will save time if you need to leave your home in a hurry. I usually keep a few items in a backpack just in case. Things to consider putting in your go-bag include medications, glasses if you require them, charging cables for phones, a flashlight, bottles of water, an extra file of life and anything else you feel is important to have with you.

Never use your oven or cook top to keep warm if you lose your power. Flashlights and battery powered lanterns are preferred over candles for light. Generators should be kept a safe distance so exhaust doesn't vent into the home. If you lose power, shut off anything in the home that was turned on and drawing power. When the power is eventually restored, the fewer electronics that will turn on immediately the better. As always, if there is an emergency dial 911.

Senior Drive-Thru Flu Clinics In September

The Wayland Health Dept. will offer Seasonal Regular and High Dose Flu vaccine at drive-through flu clinics on the following dates:

Wed. Sept. 29: Senior Clinic
Wed. Oct. 13: Community Clinic
Wed. Oct. 27: Community Clinic



To register online, visit www.wayland.ma.us/health-department and look for the registration link. If you don't use a computer or need help, call 508-358-6805, option 2. Homebound residents should also call that number to register; vaccines will be provided for them during Sept. and Oct. There is no cost to be vaccinated by the Town, but please bring your insurance information.

Open Enrollment: Oct. 15—Dec. 7 Call Us for 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 in the mail from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2022. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly.**

Our SHINE (Serving Health Insurance Needs of Everyone) volunteers offer free, confidential counseling on Medicare options. Wayland residents may call the COA now to schedule an Open Enrollment appointment; both in-person and remote consults are available. We will take calls from out-of-towners beginning October 15.

SMOC Program Offers Help Covering the Cost of Winter Heat



Beginning November 1, households with limited income may be eligible for help with home heating bills this winter through the Low Income Home Energy Assistance Program (LIHEAP). Eligibility is based on the total gross annual income for an entire household: \$40,951 for households of one, and \$53,551 for households of two. Anyone who received SMOC Fuel Assistance last year should receive a renewal packet in the mail during September and October. Please submit your renewal information promptly to avoid the seasonal rush. Follow the instructions, sign the pre-filled application and mail all requested documents. To learn more, call the COA or South Middlesex Opportunity Council (SMOC) at 508-620-2342 or email fueldocs@smoc.org. Applications will be processed remotely.

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: 1-800-922-2275

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

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

Medicare: 1-800-633-4227

MetroWest Legal Services: 508-620-1830

MWRTA Fixed Route Buses: 508-935-2222

MWRTA Dial A Ride: 508-820-4650

Social Security: 1-800-772-1213

State Senator Rebecca Rausch: 617-722-1555

Representative Carmine Gentile: 617-722-2014

Representative Alice Peisch: 617-722-2070

Wayland Community Fund: 508-358-3624

Wayland Council on Aging: 508-358-2990

Wayland Housing Authority: 508-655-6310

If you develop COVID symptoms call your doctor and the Wayland Health Dept. COVID hotline: 508-358-6805

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

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

Resources

CIRCUIT BREAKER MATCH AND OTHER PROPERTY TAX RELIEF

Applications Are Now Available at Wayland Assessors Office ~ Application Deadline: **April 1, 2022**

The Wayland Assessors Department offers a variety of property tax relief options for eligible senior homeowners. All of these programs require application every year and have strict criteria and deadlines. Eligibility is different for each program and some highlights are listed below. For application forms and details, call the Assessor's Office at 508-358-3788, or find more information on the [Town of Wayland website](#). Proof of income and assets is required for the following exemptions:

- 41C Elderly Exemption: Must be 65 years of age by July 1, 2021. Low income, limited assets.
- 17D-Surviving spouse: no income restrictions, assets must be less than \$40,000.
- Military Veteran-disabled: must provide a certificate of disability-10% or more- from the VA.
- Blind: must have a current certificate from the MA Commission for the Blind.
- Property Tax Deferral: age 65+, income under 40,000. No asset limits. MA residency requirements.
- Community Preservation Act (CPA) Exemption: Removes the CPA surcharge based on income.
- Wayland Circuit Breaker Program (CB): This town-adopted program may provide property tax relief to eligible homeowners who received the CB credit on their MA State Income Tax return.

OTHER PROGRAMS OF INTEREST: Property Tax Work Off (COA-sponsored): Call 508-358-2990, and Valor Act-Veteran's Tax Work Off (Assessors-sponsored). Call 508-358-7701.



TRANSPORTATION OPTIONS

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

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

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

How To Access COA Remote Programs



Signing Up for Zoom Events

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

Watching Programs on Cable TV

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



WAYLAND COA STAFF

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

Outreach Coordinator: Sue Hatton, M-F
shatton@wayland.ma.us

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agordon@wayland.ma.us

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

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

DID YOU KNOW?

You can watch WayCam programs livestreamed on TV or on your computer by going to www.waycam.tv/live.

FRIENDS OF THE WAYLAND COA

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

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

WAYLAND COUNCIL ON AGING BOARD

Betsy Soule, Chair; Bill Sterling, Vice Chair; Mary Antes, Clerk; Evelyn Ekmejian; Carol Glick; Frank Kennedy; Becky Patterson; Ellen Scult; Denise Yurkofsky.

Next Meeting: Wednesday, October 6, 1:30 pm

SENIOR TAX RELIEF COMMITTEE

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

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

West Suburban Veterans Svcs. District

781-489-7509

Sarada Kalpee, Director

Nancy Blanchard, Deputy Director

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

October COA Activities



SUNDAY	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Please note: The Town of Wayland requires that all visitors entering and doing business in Town Buildings must wear masks.</p>		<p>KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)</p>			<p>1 9:30am SAIL fitness</p>
<p>3 8:00am Fish Fitness 4:00pm Dealing with Diabetes 12:30pm Special Town Meeting</p>	<p>4 9:30am Walking Club 9:30am T'ai Chi 1pm Great Courses 2:30 pm Connections</p>	<p>5 8:00am Chair Yoga 9:30am Open House 10:00 NO Fit 4 Future 10:30am Knit Together 1:00pm Art Appreciation 4:00pm Fish Fitness</p>	<p>6 9:00am Theratube 10:15am ZoomBa 12 Noon Pizza Café</p>	<p>7 10:00am Fit 4 Future 10:30am Social Group</p>	<p>8 9:30am SAIL fitness</p>
<p>10 8:00am New England's General Stores 4:00pm Chair Yoga</p>	<p>11 Columbus Day Holiday Town Building Closed</p>	<p>12 8:00am Line Dancing 9:30am Open House 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 4:00pm Japanese Prints at the MFA</p>	<p>13 9:00am Theratube 10:15am ZoomBa Drive-Thru Flu Clinic</p>	<p>14 10:00am Fit 4 Future 10:30am Social Group Trip to Isabella Stewart Gardner Museum</p>	<p>15 9:30am SAIL fitness</p>
<p>17 8:00am Chair Yoga / Zoom Tutorials 4:00pm Food and Mood</p>	<p>18 9:30am Walking Club 9:30am T'ai Chi 1pm Great Courses 2:30 Connections</p>	<p>19 8:00am Early Tools 9:30am Open House 10:00am Fit 4 Future 10:30am Knit Together 1pm Armchair Travel 4:00pm Fish Fitness</p>	<p>20 9:00am Theratube 10:15am ZoomBa 1:30pm Oktoberfest</p>	<p>21 10:00am Fit 4 Future 10:30am Social Group</p>	<p>22 9:30am SAIL fitness</p>
<p>24 8:00am Wayland Then & Now 4:00pm Line Dancing 31 8:00am Fish Fitness 4:00pm Chair Yoga</p>	<p>25 9:30am Walking Club 9:30am T'ai Chi 1pm Great Courses 2:30 Connections Trip to Market Basket</p>	<p>26 8:00am Chair Yoga 9:30am Open House 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 4:00pm Sudbury Valley New Horizons Band</p>	<p>27 9:00am Theratube 10:15am ZoomBa Legal Clinic by appointment Drive-Thru Flu Clinic</p>	<p>28 10:00am Fit 4 Future 10:30am Social Group 1:30pm ArtMatters</p>	<p>29 9:30am SAIL fitness</p>



TRIPS AND VIRTUAL TRIPS

We are happy to bring back some day trips and shopping trips. Masks are required on the van and capacity may be limited.

Thursday 10/14: Titian: Women, Myth and Power at the Isabella Stewart Gardner Museum. Depart COA at 10:15am, return by 2:00pm. Cost: \$30 for museum admission, docent tour and transportation. Don't miss this once in a lifetime opportunity to see all six of Titian's monumental paintings of Ovid's poesie, reunited and re-considered. Learn about the paintings' mythical subjects, the artist who brought them to life, and King Philip II of Spain who commissioned the series. Consider these paintings' contemporary relevance, and how we think about their themes of gender and power today. All exhibition focus tours also include stops in Isabella Stewart Gardner's historic collection. Following the tour, you will have time on your own in the museum. Please note: masks are required on the van and in the museum.

Monday, 10/25, 9:30 - 1:30: Market Basket and Marshalls in Waltham. Join our monthly shopping trip to Waltham. The van leaves COA at 9:30am to start home pick-ups. Return by 1:30pm. Shopping trips are free of charge and for Wayland residents only. Space is limited, call by 4pm the previous Thursday.

Boston Symphony Orchestra Open Rehearsals. We will provide transportation on our van for the Thursday morning rehearsals in 2022. The cost is \$45 for transportation for three concerts: **January 20, March 3 and April 14.** Concerts begin at 10:30am. Van will depart COA at 9:00am. Riders must purchase their own Boston Symphony subscription. Please note, we will not provide transportation for the November 11 concert as it is a holiday.



ARMCHAIR TRAVEL: Greece **Tuesday, Oct. 19** **at 1:00pm on Zoom**

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

We welcome guest host Janie Specter, fresh from her recent trip to Greece! Janie explored Athens, touring many ancient historic sites and museums, and enjoying cafes, restaurants and shops. She then visited the beautiful island of Santorini, about 120 miles southeast of the mainland, with its whitewashed buildings, blue roofs, and beautiful sunsets. Janie will share her tales and her photos of these iconic places that appear on so many travel wish lists.

Virtual Bulletin Board on Our Website Provides Great "Stay at Home" Resources

While both COVID restrictions and winter weather may curtail activities, computer users can find lots of good sources for social connections, education, and entertainment at home. Visit the COA website at www.wayland.ma.us and click on the "Seniors Bulletin Board" tab. There you'll find links to resources we've learned about and want to share.

Always wanted to go to Harvard? Take a free online class. Love watching birds up close? Check out the bird-watching cameras from all over the world. Visit the Smithsonian, the Washington Zoo, or dozens of other Washington, D.C. museums, all online. We'll post notices about local events such as the JF&CS monthly virtual Memory Cafes, and other items of interest.



Hellgate Ospreys
Missoula, MT

And don't forget that you can use your computer to connect with local friends through our Zoom activities, including Tuesday morning Knit Together, Tuesday afternoon Genealogy, and Thursday morning Social Group. Join us!

Thanksgiving Luncheon
Wednesday, November 17
at noon in the COA



Welcome the holiday season with friends and neighbors as you enjoy a traditional turkey luncheon with all the trimmings, and delicious grape nut custard for dessert. Chris Carter will join us with his engaging guitar playing of folk and Americana music.

To allow for social distancing, the number of reservations will be limited. For those who would like to enjoy a Thanksgiving lunch, but do not wish to dine indoors, we will have a limited number of meals ready to go. Reservations required. \$10 per person.

John Clark and his Great American Music Experience

Music of World War I
Thursday, November 10, 1:00pm at the COA

In honor of Veteran's Day, John Clark will highlight some of the most popular music of the war years (1914 – 1918) with audio and video clips. Prior to American involvement, British war songs were popular in this country. Then, as events began to draw us into this "war to end all wars," opposing viewpoints were expressed in popular songs, like the pacifistic *I Didn't Raise My Boy to Be a Soldier* and the militaristic *Wake Up, America!* And the biggest wartime favorite of all, George M. Cohan's *Over There*. Of course, there were romantic and sentimental songs that spoke for soldiers, spouses and families separated by the war, and humorous songs. There were even songs about how American life had changed after the war. Featured artists include Al Jolson, Nora Bayes, Billy Murray, Henry Burr and the Peerless Quartet.



Irving Berlin



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

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

The Wayland COA News

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