



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## OCTOBER 2022

### Welcome to October!

Happy October! Fall is a favorite season for many people, and it's easy to see why: crisp air, colorful foliage, apples, pumpkins....we hope you'll enjoy the best that fall has to offer.

We will celebrate Oktoberfest with traditional music and food; see below for details and plan to join us. We have lots more going on this month, from a program on Latin music to jewelry and watercolor programs. Also please note the invitation to attend performances at Wayland High School — a nice way to support our schools and students!

And finally, please join us in welcoming **our newest staff member, Outreach Coordinator Maura Snyder**. Maura is a licensed social worker and has a background working with seniors and with families, and we are delighted that she has joined our team. We say a grateful **goodbye to Sue Hatton**, who has retired after serving as Outreach Coordinator for many years. Sue was an invaluable asset to the COA and to many, many Wayland residents. **If you would like to send a card to Sue**, please send it here to the COA at 41 Cochituate Road, and we will make sure she receives it.

#### Your COA Staff:

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

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### OKTOBERFEST!

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

Get out your lederhosen and join us for a lively and fun Oktoberfest celebration featuring:

#### The Double Eagle Oktoberfest German Band !!

This fabulous oompah band has been entertaining New Englanders for more 25 years. Enjoy Oktoberfest with Bavarian themed refreshments including pretzels, non-alcoholic beer, and frankfurters with all the fixings. Join us to kick off the fall season in style! \$5.00 per person. **Reservations required.**



### The Wayland Council on Aging

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

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

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



**VETERANS DAY BRUNCH**  
**Tuesday, November 1, 10am**  
**In the COA**



Make reservations now for this special and informative morning with representatives from the Department of Veterans' Affairs.

The presenters will discuss important updates including The **Promise to Address Comprehensive Toxics (PACT) Act** and **Camp Lejune Water Contamination** claims. The PACT Act extends eligibility for VA health care to veterans of the Vietnam era, the Gulf War era and Post 9/11 with toxic exposures. The PACT Act assures every enrolled veteran will receive an initial toxic exposure screening and a follow-up screening every five years. If you are not enrolled in the VA healthcare systems, the PACT Act provides the opportunity to enroll and be screened.

There will be an opportunity for Q & A on all veterans topics. **Reservations required**, call the COA at 508-358-2990 or email [coa@wayland.ma.us](mailto:coa@wayland.ma.us) by Oct. 24.

**Make It & Take It Jewelry Studio Classes**

With Jeweler Norma Radoff, in the COA



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

**Thurs., Oct. 6, 10am: Bracelets** (on waitlist)

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

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

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

**PIZZA CAFÉ:**

**Wed. October 5, at noon,**  
**in the COA**

**Reservations required, \$5**



Join us for our first-Wednesday-of-the-month Pizza Café. Enjoy a pizza buffet, salad, beverage and dessert, and the fun of being together with friends and future friends.

**Please reserve your seat by noon on Monday, October 3.**

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

John Clark and his Great American Music Experience Presents

**Rhumba! Samba! Tango! Mambo!**

**Wednesday, October 12**

**1:00 at the COA**



Ritchie Valens

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

A SWEET IDEA!

**TREATS FOR TROOPS IS BACK!**



Help the Claypit Hill 5<sup>th</sup> Grade Junior Girl Scouts say thanks to our troops overseas. Donate individually wrapped candy at the Council On Aging **from Oct. 24 to Nov. 3**, and the Scouts will send it to the troops. This is a perfect use for your extra Halloween candy! You can also donate colorful 3X5 index cards or Ziploc style sandwich bags. The Scouts will fill the bags with candy and write thank-you notes.

If you know an active military member that would enjoy receiving a sweet treat, send their name and address to: [Troop82132@gmail.com](mailto:Troop82132@gmail.com) or [coa@wayland.ma.us](mailto:coa@wayland.ma.us). The Girl Scouts have partnered with L2 Asset Management to remember and thank those serving overseas with a sweet treat shipped to their bases.

**DRAWING & WATERCOLOR PAINTING**

**A 4-week class with Rahul Ray**

**Thursdays, 1-2:30pm, October 6, 13, 20, 27**

**Cost: \$25, Registration required**

Develop or refine your drawing and painting skills in this friendly studio class that focuses on fundamental skills. Work on observation, perspective, scale, and technique, using pencils and watercolors.



Instructor Rahul Ray received his training at the Academy of Fine Arts in Kolkata, India. **Materials are available in class, or bring your own. Class size is limited and fills quickly.**

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

## REGULAR ONGOING PROGRAMS

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



### GREAT COURSES

**Mondays, 1pm in person**

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



### CONNECTIONS

**Mondays, 2:00pm on Zoom**

Connect with new and old friends and enjoy good conversation in this facilitated discussion group. New members always welcome — Zoom in and try it out!



### KNIT TOGETHER

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

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



### GENEALOGY

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

Share in great conversations, research tips and fascinating stories from the past. Experience our new "Owl" technology with its 360° camera that brings people together in person and on Zoom (by request only).



### SOCIAL GROUP

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

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



### GRANDPARENTS GROUP

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

## GREAT TOURS:

**ENGLAND, SCOTLAND AND WALES**

**Mondays, Oct. 3, 17, 24, 31**

**1:00—2:30 pm in the COA**

**Video Lecture Series, Closed Captioning**

A tour of England, Scotland, and Wales rewards visitors with an array of historical, cultural, and scenic



pleasures and reveals the heritage of a nation that has influenced the world immeasurably. Explore the cosmopolitan streets of London, the 1,000-year-old campuses of Oxford and Cambridge, the romantic wilds of the Scottish Highlands, or the breathtaking vistas of the Jurassic coast with Prof. Patrick Allitt, a British-born scholar who teaches at Emory University,

**MONTHLY  
MOVIE  
MATINEE**



### "ELVIS"

**Wed., Oct. 26, 1:30pm, In the COA**  
**Reservations required, space is limited**

The film explores the life and music of Elvis Presley (Austin Butler), seen through the prism of his relationship with his enigmatic manager, Colonel Tom Parker (Tom Hanks). The story follows Presley's rise to fame and his unprecedented stardom against the backdrop of the evolving cultural landscape and loss of innocence in America. Central to that journey is one of the most significant and influential people in Elvis's life, Priscilla Presley (Olivia DeJonge). (Biography, Drama, 2022, PG-13, 2hr 39 minutes)

## YOU ARE INVITED....Come Enjoy an Evening Out and Support Our High School Arts Program

Wayland Public Schools Superintendent Omar Easy and the Wayland High School faculty invite Wayland seniors to attend free performances at the high school. Call the COA if you need transportation. Coming up:



Wed. Oct. 26, 7pm  
 Wayland High School Auditorium  
**Orchestra Masquerade  
 Concert**

Mon. Nov. 21, 7:30pm  
 Wayland High School Auditorium  
**A Cappella Concert**



## JOIN THE COA FIT CLUB!

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

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

# COA Fit Club



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

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

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

## COA FITNESS PROGRAMS AVAILABLE ONLINE AND IN-PERSON

### THE WALKING CLUB

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

Join our friendly Walking Club to walk with Wayland seniors for up to an hour. The Walking Club has moved **to the Cochituate Rail Trail** which offers lots of shade and benches to rest on along the way. Contact Shawna Levine at [slevine@wayland.ma.us](mailto:slevine@wayland.ma.us) or 508-358-2990 to register and for information on parking and where to meet the group on the Trail. No fee. Wear comfortable walking shoes and bring a water bottle. Will not meet in inclement weather.

### T'AI CHI

**Mondays, 9:30am-10:30am, Meet at Veterans Memorial near front entrance, or in Large Hearing Room in inclement weather. Instructor: John Woodward, Certified T'ai Chi Instructor**

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

### LOIS' FIT FOR THE FUTURE

**Tuesdays and Thursdays, 10-11am, Large Hearing Room**

**Instructor: Lois Leav**

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

### THERATUBE

**Wednesdays, 9am-10am, on Zoom**

**Instructor: Ellen Cohen Kaplan, Certified Personal Trainer, OTR**

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

### ZOOMBA

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

**Instructor: Ellen Cohen Kaplan, Certified Personal Trainer, OTR**

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

### SAIL: STAY ACTIVE AND INDEPENDENT FOR LIFE

**Fridays, 9:30am—10:30am on Zoom**

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



## Fall is the Perfect Time to Prepare for Winter

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



If you couldn't tell from all the pumpkin spice in the air and dipping temps at night, fall is here. A lot of changes come with fall. One such change is furnaces are turned back on (but if you're like me, I usually wait until the house temperature is the same as the refrigerator before touching the thermostat).

If you have an older furnace or even a newer one with a service contract, you should always think about having it serviced before the cold weather approaches. Servicing your furnace/heating system could fix potential problems you don't want to deal with in January. If you use oil or propane as your primary heating fuel, make sure you check your recurring delivery contract. The last thing you want is for your heating fuel to run out. Getting an emergency delivery could be hard in the winter months and getting your heating system restarted can be costly.

If you have any type of home generator, make sure it's serviced and in good working condition by running it every once in a while. Use heavy duty extension cords with it if it's not hard-wired to the home with a transfer switch. Store generator fuel in an appropriate location and never run a portable generator inside.

If you have a snow blower, think about getting it serviced/tuned up sooner rather than later. The closer we get to snow, the harder it is to get appointments and parts. The sooner you prep for the cold weather, the easier it will be and potentially less expensive.



## 2023 SENIOR PROPERTY TAX WORK-OFF APPLICATIONS AVAILABLE OCT. 3

Applications for the 2023 Senior Property Tax Work-Off program will be available beginning Monday, October 3, 2022. Completed applications received by Thursday, November 3 at noon will be entered into a lottery to determine the order in which applicants are considered for placement. After Nov. 3, Tax Work-Off applications will be processed in the order received.

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, which runs from Jan. 1, 2023—November 30, 2023, benefits the Town and residents.

Beginning October 3, you may get an application at the COA, in the front lobby of the Town Building, on the COA website, or call us and we'll mail one to you. Applications should be returned to the COA. For more information, contact [Shawna Levine](mailto:Shawna.Levine@wayland.ma.us) at the COA at 508-358-2990 or email us at [coa@wayland.ma.us](mailto:coa@wayland.ma.us).

## MEDICATION TAKE-BACK

Wed., October 5, 11:30 am—Noon

It is important to dispose of medications properly when you no longer need them. That's why we invite members of the Wayland Police Dept. to the COA once a month to collect your unwanted or expired medications. They come for the half-hour period before our monthly Pizza Café. That way, you can reward yourself with pizza! You may also deposit medications at the Wayland Police Dept. 24/7.



## MEDICARE OPEN ENROLLMENT: Oct. 15 — Dec. 7

Plan Your Coverage for 2023 with SHINE

Medicare plans change every year. If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should



receive an information packet from your plan by the end of September. It is important to **understand** and **save** this information, which explains the changes in your plan for 2023. Premiums, deductibles, co-pays, and drug coverage can change significantly. Open Enrollment is the period when you may be able to switch to a different plan.

SHINE volunteers (Serving Health Insurance Needs of Everyone...on Medicare) provide free, confidential counseling on Medicare options. Call the COA to schedule an appointment.

**Springwell (formerly BayPath):** 508-573-7200

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

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

[www.domesticviolenceroundtable.org](http://www.domesticviolenceroundtable.org)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Free COVID-19 home antigen test kits and masks are available at the COA, Town Building and Public Safety Building. If you have cold/flu-like symptoms call your doctor and use a home antigen COVID-19 test. If you test positive stay home for at least 5 days from your first symptom or positive test, call your doctor about treatment that can lessen your symptoms. Visit [www.Mass.gov/isol8](http://www.Mass.gov/isol8) for up-to-date, all-ages 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](mailto: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: 508-650-3545; Celebration Church: 508-318-4769





### Do You Need Help Paying Your Heating Bills?

Beginning November 1, households with limited income may be eligible for help with winter home heating bills through assistance programs at SMOC — South Middlesex Opportunity Council. Eligibility for the Low Income Home Energy Assistance Program (LIHEAP) is based on the total gross annual income for an entire household. Last winter, eligibility limits were \$40,951 for households of one, and \$53,551 for households of two; this year's figures are not yet available but will be similar. If you received SMOC Fuel Assistance last year, you should receive a renewal packet in the mail during September and October. Submit your renewal information promptly to avoid the seasonal rush. Additional programs may also be available. To learn more or for help with your application, contact the COA's Outreach Coordinator Maura Snyder at 508-358-2990, or South Middlesex Opportunity Council (SMOC) at 508-620-2342 or email [fueldocs@smoc.org](mailto:fueldocs@smoc.org).

### Medical Equipment Loan Closet Reopens



After a two-year closure, our medical equipment loan closet opens in October to loan or receive gently used medical equipment. Our inventory is currently limited, but will grow as we receive new donations. Currently we are particularly in need of shower chairs and rollators.

We will stock wheelchairs, transport chairs, rollators, knee scooters, canes, walkers, shower chairs, and transfer benches. We will not accept or loan commodes, crutches, beds, or other large items. Call us about items you'd like to borrow or donate. With limited storage space, we can not accept all donations.

## TRANSPORTATION OPTIONS



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

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

**MWRTA Dial-a-Ride:** Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. Typically, rides cost is \$2, \$3 or \$5 each way based on destination. Currently there is no cost, a perfect time to try it out. Pre-register with MWRTA Call Center at 508-820-4650. Registered riders must make reservations with the Call Center at least 48 business hours prior to travel date.

**MEDICAL TAXI VOUCHERS:** For Wayland residents age 60 and over. Purchase discounted taxi vouchers in advance from the COA for taxi trips to medical appointments. This program uses both JFK Transportation and Tommy's Taxi; discount is 40% off metered fare. Gratuity not included. Medical vouchers to Boston hospitals may be purchased for a flat rate of \$48 one way (these do include gratuity). Schedule rides directly through JFK Transportation at 508-653-4500 or Tommy's Taxi at 508-872-3500, and tell them you will be using taxi vouchers.

## WAYLAND COA STAFF

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

Outreach Coordinator: Maura Snyder, M-F  
[msnyder@wayland.ma.us](mailto:msnyder@wayland.ma.us)

Project Coordinator: Shawna Levine, M-Th  
[slevine@wayland.ma.us](mailto:slevine@wayland.ma.us)

Community Relations Coordinator: Ann Gordon, T-Th  
[agordon@wayland.ma.us](mailto:agordon@wayland.ma.us)

Program Assistant: Lillian DePasquale, W-F  
[ldepasquale@wayland.ma.us](mailto:ldepasquale@wayland.ma.us)

SHINE Counselors:  
 Penny Wilson, Kathleen Woehrling

## WAYLAND COUNCIL ON AGING BOARD

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

**Next Meeting:** Monday, Oct. 3, 2022 3pm via Zoom

## SENIOR TAX RELIEF COMMITTEE

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

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

## WEST SUBURBAN VETERANS SERVICES

781-489-7509  
 Sarada Kalpee, Director  
 Nancy Blanchard, Deputy Director  
 In Wayland Tues. 9am—4pm, 781-850-5504

## Camp Lejune Update from the Veteran's Agent

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



## Keep Up With All the COA News

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

## How to Access COA Remote Programs

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

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

## FRIENDS OF THE WAYLAND COA

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

**FRIENDS BOARD:** Marie Winter, Sue Pope, Co-Presidents; Mary Antes, Clerk; John Shaw, Treasurer and Webmaster; Paul Abramson; Steve Correia; Frank Kennedy; Huaibin Lu; Patty MacNeil; Bill Sterling





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>3</b> 9:30am: <b>Walking Club</b> 9:30am <b>T'ai Chi</b> 1pm <b>Great Courses</b> 2:00pm <b>Connections</b>  <i>Trip to Topsfield Fair</i>	<b>4</b> 8:00am <b>Line Dancing</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 4:00pm <b>The American Chestnut Tree</b>	<b>5</b> 9:00am <b>Theratube</b> 10:15am <b>ZoomBa</b> 11:30am <b>Med Take-Back</b> 12:00pm <b>Pizza Café</b>	<b>6</b> 10:00am <b>Fit 4 Future</b> 10:00am <b>Bracelet workshop</b> 10:30am <b>Social Group</b> 1:00pm <b>Art Class</b>	<b>7</b> 9:30am <b>SAIL Fitness</b>
<b>9</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>10</b> <b>COLUMBUS DAY</b> Town Offices are Closed	<b>11</b> 8:00am <b>Flooding of the Sudbury River</b> 10:00 <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 1:00pm <b>Genealogy</b> 4:00pm <b>Line Dancing</b>	<b>12</b> 9:00am <b>Theratube</b> 10:15am <b>ZoomBa</b> 1:00pm: <b>Rhumba! Samba! with John Clark</b>	<b>13</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Social Group</b> 1:00pm <b>Art Class</b>	<b>14</b> 9:30am <b>SAIL Fitness</b>
<b>16</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>17</b> 9:30am: <b>Walking Club</b> 9:30am <b>T'ai Chi</b> 1pm <b>Great Courses</b> 2:00pm <b>Connections</b>  <i>Trip to Market Basket</i>	<b>18</b> 8:00am <b>Line Dancing</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 1:00pm <b>Armchair Travel</b> 4:00pm <b>Changing Story of Fire Service</b>	<b>19</b> 9:00am <b>Theratube</b> 10:15am <b>ZoomBa</b>	<b>20</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Social Group</b> 1:00pm <b>Art Class</b>	<b>21</b> 9:30am <b>SAIL Fitness</b>
<b>23</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>24</b> 9:30am: <b>Walking Club</b> 9:30am <b>T'ai Chi</b> 1pm <b>Great Courses</b> 2:00pm <b>Connections</b>	<b>25</b> 8:00am <b>Line Dancing</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Knit Together</b> 1:00pm <b>Genealogy</b> 1:30pm <b>Oktoberfest!</b> 4:00pm <b>The American Chestnut Tree</b>	<b>26</b> 9:00am <b>Theratube</b> 10:15am <b>ZoomBa</b> 1:30pm <b>Movie: Elvis</b>	<b>27</b> 10:00am <b>Fit 4 Future</b> 10:30am <b>Social Group</b> 1:00pm <b>Art Class</b>	<b>28</b> 9:30am <b>SAIL Fitness</b>
<b>30</b> 8:00am <b>Fish Fitness</b> 4:00pm <b>Chair Yoga</b>	<b>31</b> 9:30am: <b>Walking Club</b> 9:30am <b>T'ai Chi</b> 1pm <b>Great Courses</b> 2:00pm <b>Connections</b>  	<b>1</b> 10:00am <b>Veterans Brunch</b>	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; text-align: center;"> <b>KEY:</b>  <b>WayCam TV—Red</b>  <b>Zoom—Blue</b>  <b>In person—Green</b>  <b>Hybrid—Magenta</b>  <b>(in-person &amp; Zoom)</b> </div>		



## TRIPS AND VIRTUAL TRIPS

We are happy to offer day trips and shopping trips. Masks are required on the van; capacity may be limited.

**Monday, October 3: Topsfield Fair.** Depart at 10:00am, return by 2:00pm. Cost: \$20 for transportation only. This is senior citizens day at the fair with a special admission of \$10 per person. Tickets can be purchased at the gate. Enjoy this quintessential country fair which features traditional agriculture, demonstrations ranging from beekeeping to miniature trains, a Grange Museum, the 4-H Agricultural/Arts and Crafts exhibits, entertainment, shopping, and great food... something for everyone!



**Monday, October 17: Market Basket, Marshall's and Home Goods in Waltham.** The van leaves the COA at 9:30am to start home pick-ups. Return by 1:30pm. Shopping trips are free of charge and for Wayland residents only. Space is limited, call by noon the previous Thursday.

**Thursday, November 3: Boston Symphony Open Rehearsals.** Depart at 9:00am. We will once again provide transportation on our van for the Thursday morning open rehearsals. The cost is \$20.00 for transportation to each concert, \$80 for all four: November 3, January 19, February 16 and April 13. Concerts begin at 10:30am. Riders must purchase their own Boston Symphony subscription or tickets to individual concerts. **Box office 888-266-1200 or [WWW.BSO.ORG](http://WWW.BSO.ORG).**



**Monday, November 14: Market Basket, Marshall's and Home Goods in Waltham.** The van leaves the COA at 9:30am to start home pick-ups. Return by 1:30pm. Shopping trips are free of charge and for Wayland residents only. Space is limited, call by noon the previous Thursday.

**COA Trip Policy:** Payment is required upon registration, either in person or by mail, with a check to *Town of Wayland*. Please indicate the trip you are registering for. Non-Wayland residents may register on the 15th of the month; checks received earlier will be held until the 15th. Refunds given only if your spot is filled.



## ARMCHAIR TRAVEL

**An Art Tour of London  
with Margaret Dergalis**

**Tuesday, October 18 at 1:00 pm on Zoom**

Margaret Dergalis returns with another wonderful program. Explore the highlights of London's major national art museums. Our visits will include the British Museum; the National Gallery & National Portrait Gallery; the Victoria & Albert Museum; The Tate Britain & the Tate Modern. **Registration required.**



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

**Thanksgiving Luncheon**

**Wed., November 16, 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 grapenut custard for dessert. Enjoy live entertainment. Reservations by **4 pm on Wednesday, November 9.** \$12 per person.

**Save the Date!**

**Holiday Luncheon  
Wednesday, December 14  
Noon in the COA**



Join us for a festive holiday lunch while enjoying the music of the Steve Rudolph Trio (formerly known as the Swing Fever Trio). Steve Rudolph is back by popular demand with his band mates performing your favorite hits. \$12 per person. **Registration starts November 1.**



*Thank you to members of the Wayland Police Department for their very informative presentation in September on scams. The holiday period is a busy time for would-be scammers, and the police advise folks to be especially aware and careful. Don't give personal information over the phone or online. If you have concerns, contact the Wayland Police.*

**The Wayland COA News**

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