



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

OCTOBER 2023

HELP US HELP WAYLAND SENIORS: PLEASE FILL OUT OUR TRANSPORTATION SURVEY

Hopping in the car to run errands or go to an appointment is one of the things we take for granted when we are young. As we get older, getting around can be more challenging. Even if you are still driving, you may be limiting your destinations — not driving into the city, for example — or you aren't driving at night. And no one drives themselves home after cataract surgery! There are times we all could use transportation services.

We are conducting a survey of Wayland seniors to learn more about transportation needs — how seniors get around now, what transportation services they already use, and what barriers might keep them from getting where they need to go.



Please take our survey, even if you currently have no transportation needs or barriers. We want to hear from as many seniors as possible.

The online survey will be available soon on our website — www.wayland.ma.us/council-aging — and paper copies will be available in the COA. Pick one up, or call us and we'll mail you one.

Your COA Staff:

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

CAN WE STOP CLIMATE CHANGE? A Four-Session Course with Tony and Margie Lee Thursdays, Oct. 5, 12, 19, 26 10 - 11:30am In the COA

Are you concerned about climate change? This four-session course, designed for those who are already concerned and want to learn more, 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

Waylanders 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 required, no cost.**

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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

OKTOBERFEST!
Wednesday, Oct. 25
12:00 - 1:30pm
Large Hearing Room



Join us for this lively Oktoberfest celebration featuring the Double Eagle Oktoberfest German Band. This ompah band has been entertaining New England for more than 25 years.

Enjoy Oktoberfest with Bavarian themed refreshments. Tasty selections include pretzels and frankfurters with all the fixings. The cost is \$8.00 per person. **Registration 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

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. **Registration required.** Angela Ackerman attended Rhode Island School of Design and has a Masters degree in education.

**OIL PASTEL AND ETCHING
 WORKSHOP** with Rahul Ray
Wednesday, Oct. 11, 1-3:30pm
In the COA



Cost \$15, supplies provided or bring your own

Develop or refine your skill in painting with pastels, which provide a versatile medium for painting with bright colors. Pastels also allow “etching” techniques with a sharp point to create interesting effects. **Registration is required.** Rahul Ray received his training in drawing and painting at the Academy of Fine Arts, Kolkata, India.

FLORAL ARRANGEMENT WORKSHOP
 with the Wayland Garden Club
Thursday, Nov. 9, 10am, In the COA



Join the Wayland Garden Club to make a festive fall arrangement. Supplies and instructions will be provided. Priority given to first-time participants, and space is limited. Bring clippers if possible, and a box to transport your arrangement home. **Reservations required,** and restricted to Wayland residents.

LUNCH & LEARN

*A monthly series on current topics.
 Bring your lunch, we will provide beverages and dessert.*

ARTIFICIAL INTELLIGENCE: Promises and Perils
Tuesday, Oct. 24, noon, in the COA
with Chauncey Wilson

Artificial Intelligence (AI) is no longer confined to science fiction; it's a daily reality. We will unravel the foundational concepts of AI: What it is, how it learns, and the difference between narrow and general AI. Drawing from everyday examples, we'll highlight how AI powers innovations like smartphone assistants and self-driving cars.



But, as with all powerful tools, AI comes with its challenges. We will also look at the ethical implications of AI decision-making, concerns about data privacy, and potential workplace impacts. **Registration is required.**

Chauncey Wilson is a retired User Experience (UX) Architect with over 40 years of experience as an engineering psychologist, usability engineer, interaction designer, and UX architect. Chauncey worked on tactical robotic vehicles at the U.S. Army Human Engineering Lab in the 1980s and has long been interested in “smart machines.”

On the menu in November:
Online and Electronic Banking
Tuesday, November 28, noon
 With representatives from the Village Bank

MAKE IT & TAKE IT JEWELRY STUDIO CLASS
Wire Wrapping

With Jeweler Norma Radoff
Wed., Oct. 11, 10am – 12pm
In the COA



Create unique jewelry by wrapping wire around stones or sea glass to form a creative “cage” to enclose it. Wire wrapping lets you create custom shapes and angles, and gives you more ways to use different components together.

If you're new to making jewelry, wire wrapping is a fun and relatively easy place to start. Instructions, tools, and all supplies will be provided, or feel free to bring a special stone if you like. Class size is limited. **Registration is required,** and restricted to Wayland residents. No charge.

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

Share in great conversations, research tips and fascinating stories from the past. Join in person or on Zoom.



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



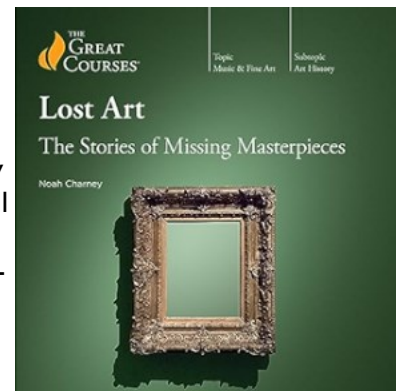
Ladies, do you put your purse in the grocery cart while you shop? Gentlemen, is your wallet full of cash and cards and in your back pants pocket?

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 personal safety strategies, review home security technology such as alarms and cameras, provide updates on current scams and frauds to watch out for, and take your questions. Afterwards, stay for our "Soup's On" lunch. No charge, **registration required**.

LOST ART: The Stories of Missing Masterpieces
A Great Courses Video Lecture
Mondays 1-2:30 pm, Oct. 2, 16, 23, 30
Closed Captioning

Art historian and art crime expert Noah Charney guides you through 12 fascinating lectures accompanied by stunning images. You will hear the stories behind the theft and/or destruction of some of the world's most famous pieces of art. The US Department of Justice has ranked art crime as the third-highest grossing criminal trade, behind only the drugs and arms trades. In Italy alone, more than 20,000 pieces of art are annually reported as stolen.



MONTHLY
MOVIE
MATINEE



"GHOSTBUSTERS: AFTERLIFE"

Tuesday, October 31, 1:30 pm in the COA
Reservations required, space is limited

Please note: Our October movie will be held on the last Tuesday instead of the last Wednesday due to Oktoberfest. Join us as we celebrate Halloween.

When a single mom and her two kids arrive in a small town, they begin to discover their connection to the original *Ghostbusters* and the secret legacy their grandfather left behind. Starring Carrie Coon, Paul Rudd, and Bill Murray. (2021, comedy/fantasy, 2hr, 4 min.)

Halloween themed refreshments will be served in addition to popcorn and beverages

PIZZA CAFÉ

Wed., October 4, noon, in the COA

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.



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

Thanks to the Friends of the COA for supporting the Pizza Café
REMINDER: Wayland Police will collect your expired or unwanted medications before the Café, starting at 11:30am.

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 aerobics class includes stretching, bending, and building flexibility, all set to music. <i>Lois Leav is a Certified Aerobics Instructor</i></p> <p>YOGA LEVEL 2 with Joe Scianna 12 pm Large Hearing Room For experienced students. Improve balance and strength, mental clarity and focus. <i>Joe Scianna is a Certified Yoga 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 LEVEL I 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>

COA Fit Club

**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.

Nutrition Nuggets



A Tasty, Easy, and Nutritious Fall Favorite: Squash!

Fall is in the air! The days are getting crisper, and new seasonal foods are becoming more abundant in the markets. October is a wonderful time to enjoy fall-inspired foods such as winter squash.

According to The Nutrition Source at the Harvard T.H. Chan School of Public Health, winter squashes have many health benefits. In general, winter squashes are a great source of carotenoids (beta carotene, lutein, zeaxanthin), vitamin C, vitamin B6, fiber, magnesium, and potassium! Squashes feel dense and filling but are relatively low in calories and carbohydrates compared to sweet potatoes. Beta-carotene and lutein are good for delaying macular degeneration and may have anti-cancer properties. In addition, potassium can help counteract the negative effects of salt on blood pressure! That is a lot of health benefits in one gourd.



Squash is easy to make. It can be roasted, boiled, microwaved, or stewed. Many stores sell squash that has already been peeled, and cut into cubes, taking the hard work out of cooking squash. Winter squashes are also budget-friendly.

Sustainability in Wayland: Focusing on Four Primary Goals

By Abigail Shute, Sustainability Manager



Talk of the Town

Featuring news from a different Town department each month



I am thrilled to introduce myself as Wayland's first Sustainability Manager. My name is Abigail Shute and my mission is to implement the Town's Climate Action Mobilization Plan (CAMP), a resident-driven initiative endorsed by the Select Board in 2021. Guided by the CAMP, my key focus areas include: Lowering Greenhouse Gas Emissions, Transitioning to Clean Energy, Adapting to a Changing Climate, and Reducing Waste. To achieve these goals I am actively managing projects, securing funding, and fostering community engagement.

Abigail Shute Drawing upon my background in Facilities Management, Conservation, and Non-Profit work, complemented by a Master's degree in Sustainable Development and Climate Change, I bring a unique skill set to drive our town toward a sustainable future.

One of my current projects focuses on safeguarding our senior citizens against the effects of extreme heat. The summer of 2023 has been notably hot and humid, and clearly demonstrates the challenges associated with a changing climate. To combat this, I have collaborated with our local Council on Aging, as well as those in Ashland, Framingham, Natick, and Weston. Together, we've developed a project framework to combat senior heat stress and submitted an application for grant funding. This program will provide seniors with a platform to voice their concerns and feedback regarding extreme heat. From this feedback, the project team will focus on providing seniors with the knowledge, resources, and tools to effectively combat extreme heat. While this project's timeline depends on securing grant funding, I aim to have more information available this winter.

I am extremely excited to be part of such an enthusiastic and dedicated community. If you have any questions or simply wish to introduce yourself, please don't hesitate to reach out. You can contact me via email at ashute@wayland.ma.us or by phone at 508-358-4295. Together, we can make Wayland a model of sustainability, resilience, and community-driven change.

SENIOR TAX WORK-OFF APPLICATIONS AVAILABLE OCT. 2

The Senior Property Tax Work-Off Program enables seniors to work a set number of hours in a Town department to earn a credit that is applied to their property tax bill. This year participants may work 65 or 125 hours. The program benefits the Town and residents.

Applications for this program — which runs from Jan. 1 to Nov. 15, 2024 — will be available beginning Oct. 2, 2023 in the COA, the Town Building lobby, or online on the COA website.

Applications received by noon on Nov. 2 will be entered into a lottery to determine the order in which they are placed in jobs. Increasingly diverse positions are available. While we do our best to place all interested seniors, we cannot guarantee that there will be a position available for all applications.

For more information, contact Shawna Levine in the COA at 508-358-2990.

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 have recently received information from your plan. 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 health plan. Our SHINE counselors are ready to help you review your Medicare options. Call the COA to make your appointment. (Out-of-towners may begin calling on Oct. 3.)

MEDICARE 101

Tues., Oct. 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.**

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).

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: Judi Bieber, Irene Cramer, Barbara Michaelson, 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.

Next Meeting: October 2, 4pm on Zoom

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

Do You Have Enough To Eat?

Do you ever skip meals to make ends meet? One in three Massachusetts households reports food insecurity. If you could benefit from a little extra food on your table, we can help. The Wayland COA is partnering with Open Table Food Pantry to provide free groceries and prepared meals to Wayland seniors in need. We can help you place a weekly order for groceries and meals – or you can place it directly with Open Table through their online order system. Our volunteers will deliver the food to you on Thursdays.



Open Table, located in Maynard, serves many surrounding communities, including Wayland. Their mission is to end hunger by providing healthy food in ways that respect the dignity and diversity of those served. They offer a wide variety of healthy and culturally appropriate food choices in pantry and meal programs.

Please contact Maura Snyder at the Wayland Council on Aging if you have questions or would like to learn more.

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 \$42,411 for households of one, and \$55,461 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.

FALL VACCINE CLINICS



The Wayland Health Department has scheduled a number of fall clinics for flu and Covid vaccines by appointment. The clinics will be held on Wednesdays, from 10am - noon at the Town Building on October 4 (flu only), November 1, and December 6. Check wayland.ma.us/vaccine for online registration. Come for your vaccine appointment, then stay for the COA Pizza Café starting at noon.

Need more information 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.

Property Tax Relief Programs

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. For application forms and details, call the Assessor's Office at 508-358-3788, or visit 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, 2023. 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 \$64,000. 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 2022 MA State Income Tax return.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 8:00am Fish Fitness 4:00pm Chair Yoga	2 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections	3 8:00am Line Dancing 10:00am Fit 4 Future 12:00pm Yoga Level 2 10:30am Knit Together 1:30pm Medicare 101 *2:00pm Legal Questions as We Age	4 9:00am Theratube 11:30am Med Take-Back 12:00pm Pizza Cafe	5 10:00am Fit 4 Future 10:00am Climate Change Course	6 9:30am SAIL Fitness 9:30am Watercolor Workshop 10:00am Yoga I
8 8:00am Fish Fitness 4:00pm Chair Yoga	9 Columbus Day/ Indigenous People's Day Town Offices Closed	10 8:00am Legal Questions 10:00am Fit 4 Future 12:00pm Yoga Level 2 10:30am Knit Together 1:00pm Genealogy *2:00pm Line Dancing <i>Trip to Patriot's Place</i>	11 9:00am Theratube 10:00am Jewelry Studio Class 1:00pm Oil Pastels Workshop	12 10:00am Fit 4 Future 10:00am Climate Change Course	13 9:30am SAIL Fitness 10:00am Yoga I
15 8:00am Fish Fitness 4:00pm Chair Yoga	16 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections <i>Trip to Market Basket</i>	17 8:00am Dealing w Diabetes 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga Level 2 1:00pm Armchair Travel *2:00pm Grandparenting Child w Autism	18 9:00am Theratube 10:30am Senior Safety 12:00pm Soup's On Lunch	19 10:00am Fit 4 Future 10:00am Climate Change Course <i>Legal clinic by appt.</i>	20 9:30am SAIL Fitness 10:00am Yoga I
22 8:00am Fish Fitness 4:00pm Chair Yoga	23 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections	24 8:00am Grandparenting Child w Autism 10:00am Fit 4 Future 12:00pm Yoga Level 2 12:00pm Lunch/Learn 10:30am Knit Together 1:00pm Genealogy *2:00pm Dealing w Diabetes	25 9:00am Theratube 12:00pm Oktoberfest	26 10:00am Fit 4 Future 10:00am Climate Change Course	27 9:30am SAIL Fitness 10:00am Yoga I
29 8:00am Fish Fitness 4:00pm Chair Yoga	30 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections	31 8:00am Mrs. J. Henderson 10:00am NO Fit 4 Future 10:30am Knit Together 12:00pm Yoga Level 2 1:30pm Movie: Ghostbusters *2:00pm Songbirds of the NE 	KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)		Watch WayCam TV on Verizon Channel 37 or Comcast Channel 8, or at www.waycam.tv/live *The COA's programming on Tuesdays has changed from 4pm to 2pm



TRIPS AND VIRTUAL TRIPS

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.



Mondays: October 16 and November 20: 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.

Thursday, November 2: Boston Symphony Open Rehearsal: We will once again provide transportation on our van for the four Thursday morning open rehearsals. Depart COA at 9:00 am for the 10:30 am concert. Return is approximately 1:00 pm depending on the length of the rehearsal. The cost is \$80.00 for transportation to all four concerts: November 2, January 11, February 29 and April 18. Riders must purchase their own Boston Symphony subscription or tickets to individual concerts: **Box office 888-266-1200 or www.bso.org.**

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.

Thursday, December 7: "Fashioned by Sargent" at the MFA. Depart COA at 9:00 am. Return by 2:00 pm. Organized with [Tate Britain](https://www.tate.org.uk), "Fashioned by Sargent" explores the artist's complex relationship with his often-affluent clients and their clothes. The exhibition reveals Sargent's power over his sitters' images by considering the liberties he took with sartorial choices to express distinctive personalities, social positions, professions, gender identities, and nationalities. Alongside about 50 paintings by Sargent, over a dozen period garments and accessories shed new light on the relationship between fashion and this beloved artist's creative practice. There are several options at the MFA for lunch, coffee or a light bite. **Please note: this exhibit requires timed tickets. The deadline for registration will be Wednesday, November 30 at which time the tickets will be purchased. No refunds will be possible after this date. Cost: \$43.00 for MFA members, \$50 for non-members. Please indicate if you are a member when you register. The cost includes timed ticket to exhibit, general admission, and transportation.**



ARMCHAIR TRAVEL

PRAGUE, with Guest Host Judy Bennett
Tuesday, October 17, 1:00 pm on Zoom

Prague, capital city of the Czech Republic, is bisected by the Vltava River. Nicknamed "the City of a Hundred Spires," it's known for its Old Town Square, the heart of its historic core. Prague is a political, cultural, and economic hub of central Europe, with a rich history and Romanesque, Gothic, Renaissance and Baroque architectures. Come enjoy the pictures of Judy's self-directed 2019 trip to Prague, as seen through the eyes of an architect and artist.



Coming in November: Israel, with Shawna Levine

Coming in November

Celebrating Our Veterans

Join us to honor veterans at our special events in November:



Red, White and Waffles: Veterans Brunch with Veterans' Service Officer, TJ Tedeschi. *Tuesday, November 7, 10am in the COA.* We invite all veterans to join us for this special program that will begin with a flag ceremony. Meet TJ Tedeschi and learn about the programs and services available to veterans. On the menu: coffee, juice, fruit, waffles, and frittatas. Join your fellow veterans for a morning dedicated to you! Spouses and family members are welcome.

The Music of World War II, Part 2. *Wed., November 8, 1pm in the COA.* Music historian John Clark returns with his Great American Music experience to present a new program highlighting how music played a role in history. This second volume of World War II songs highlights tunes less familiar to us but well known to those who lived through the war. Immediately following the Japanese attack on December 7, songs of strength and confidence appeared on the American Hit Parade, followed by songs that celebrated branches of the service and paid tribute to heroes, and songs that welcomed our soldiers home, like *Sentimental Journey* and *It's Been a Long, Long Time*. Featured artists include the Andrews Sisters, Glenn Miller, Vera Lynn, June Christy, Dinah Shore and Doris Day.

Trip to the American Heritage Museum. *Thursday, November 9.* (See page 10 for details and plan to join us for this fascinating visit.)

Thanksgiving Luncheon Thursday, November 16 at noon In the COA; \$15 per person

Welcome the holiday season with friends and neighbors as you enjoy a traditional turkey luncheon with all the trimmings, followed by warm apple crisp.

We'll have live entertainment, too as Brian Kane returns with his renowned saxophone and vocals. Brian Kane Jazz offers jazz saxophone and vocal interpretations of the Swing Era and Great American Songbook, including swing bands of the 1940's like Glen Miller, Duke Ellington and Benny Goodman, great songwriters like Irving Berlin and Cole Porter, or the great singers like Frank Sinatra, Nat King Cole, and Louis Armstrong.



Wayland residents may call for reservations **beginning October 4**; out-of-townners **beginning October 16**. Registration closes at 4pm on Thursday, Nov. 9.

The Wayland COA News

A monthly publication from
Wayland Council on Aging
41 Cochituate Road
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www.wayland.ma.us/council-aging

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