



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

NOVEMBER 2021

A Season of Thanks

Thanksgiving kicks off the holiday season. And while things are still not quite back to normal, thankfully we are in a much better place than we were this time last year. Maybe you are planning to dine with family and friends for Thanksgiving after taking last year off from larger gatherings. Whatever your plans, we wish you a good holiday season. We are thankful that our work gives us the chance to know so many of you.

Join us for our Thanksgiving lunch on Nov. 17 (details below). If gathering isn't yet in your comfort zone, we'll have some "grab-and-go" meals available by pre-order.

This month we also bring you John Clark and his Great American Music Experience, with a program on the music of WWI, as well as an exploration of printmaking in our Art Appreciation program. And don't forget our many fitness offerings. Something for everyone — join us!

Your COA Staff:

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

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THANKSGIVING LUNCHEON

**Wednesday, November 17 at noon
In the COA**



Welcome the holiday season together with friends and neighbors as you enjoy a traditional turkey luncheon with all the trimmings, and a delicious, classic New England dessert — grapenut custard pudding. Chris Carter will join us with his engaging guitar, playing 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 in the COA, we will have a limited number of meals ready to go. Reservations required. \$10 per person. **All reservations must be made by 4 pm on Tuesday, November 9th.**

A Reminder about COA Staff Schedules



COA staff are available to meet your needs M-F, but not all of us are here each day. If you have a time-sensitive need, use our departmental email — coa@wayland.ma.us — or call us at 508-358-2990. We work as a team and any one of us will be happy to help you. Thank you!

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

coa@wayland.ma.us

www.wayland.ma.us/council-aging

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

Happenings

ART APPRECIATION: AMERICAN PRINTS with Margaret Dergalis Tues., Nov. 2, 1:00pm on Zoom

Margaret Dergalis presents a program titled "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. From Paul Revere to Andy Warhol, see what makes artists and their prints so characteristic of the American spirit.



In December, Margaret will look at the work of many talented women artists, largely ignored or forgotten by art historians. **Reservations are required** to receive the Zoom link.

NEW CLASS STARTING IN JANUARY!

DRAWING & WATERCOLOR PAINTING with Wayland's Rahul Ray

Develop or refine your drawing and painting skills in this friendly studio class that will focus on fundamental skills. Work on observation, perspective, scale, and technique, using pencils and watercolors. The class emphasizes process over product.



Instructor and Wayland resident Rahul Ray received his training at the Academy of Fine Arts in Kolkata, India. He works in pencil, charcoal, and watercolor, doing sketches, portraits, still-lives, landscapes, and abstracts.



Works by Rahul Ray

A retired professor of medicine at Boston University, Rahul is a cancer-researcher who also taught at Clark University and Framingham State. Also a poet and essayist, he teaches drawing and painting to classes and individuals.

Details on the class schedule and cost will be available in December.

John Clark and his Great American Music Experience

MUSIC OF WORLD WAR I

Wednesday, 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

PIZZA CAFÉ

Wednesday, Nov. 3 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**.

Next Pizza Café: Wednesday, December 1



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.

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.
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. If you plan to attend in person, please let us know so we can set up.



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.



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: MUSIC AS A MIRROR OF HISTORY Mondays, Nov. 1, 8, 15, 22, 29 at 1pm in the COA Closed Captioning

Explore the fascinating and surprising connections between famous music and historic events by celebrated com-



poser and music historian Robert Greenberg. Dr. Greenberg shows how certain works of music do not *just* mirror the general spirit of their time and place, but can even evoke specific historical events. Explore how composers convey such explicit information, evoking specific states of mind and giving voice to communal emotions, all colored by their own personal experience. Music lovers and history enthusiasts alike will be enthralled by this exploration of how momentous compositions have responded to—and inspired—pivotal events.

In December: Everyday Guide to Beer.
 The first lecture was shown at our Oktoberfest. Fascinating and fun!

Fresh Produce? Thank a Farmer!

A shout-out to Hanson's Farm in Framingham, which provided fresh produce twice a month to 20 senior households in Wayland throughout this year's growing season. This was a joint program of the Wayland COA, Hanson's Farm, and Baypath Elder Services, funded in part by the Older Americans Act. The 20 recipients were chosen by lottery. Many reported enjoying new and different veggies and trying new recipes. Hats off to Hanson's Farm for being such a great neighbor!



Medical Equipment Loans

Our Medical Equipment Loan Closet is currently closed due to lack of storage space. However, we do have a few transport chairs we can loan for up to two weeks. We can also refer you to other sources of medical equipment.

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

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

Fall Means It's Time to Check Your Smoke and CO Alarms

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



The end of Daylight Saving Time is fast approaching (“fall back” on Sunday, Nov. 7), which means two things: 5pm feels like 9pm and you should test your smoke and carbon monoxide alarms to make sure they are working properly. All alarms manufactured today have a “born on” date to help determine when they should be replaced. The average life span of a smoke alarm is ten years, and six years for CO alarms.



Properly working smoke alarms are responsible for saving thousands of lives, so you should be vigilant about testing them for proper function. A chirping alarm not only drives my two dogs crazy but usually means the battery needs to be replaced or the alarm could be malfunctioning and needs immediate replacement. If you cannot reach your alarm to test, you could use a broom handle to push the test button or ask a family member or neighbor to do it for you. There are all different kinds of smoke alarms out there so it's important to know and understand what kind are in your home.

Because newer homes today are built to be more efficient and are better insulated (buttoned up) compared to houses even ten years ago, the air transfer between outside and inside has decreased greatly. This decreased air transfer is great for keeping heat in and cold out in the winter, but also allows carbon monoxide or “CO” to build much faster in homes, which is bad. A dangerous buildup of CO in the home is usually due to the home's heating system not properly venting to the outside and filling up the home. Carbon monoxide is a colorless, odorless gas, so when a CO alarm goes off, don't ignore it.

In the event your smoke or carbon monoxide alarm sounds and you don't know the cause, **don't ignore it**, immediately exit the home and dial 911.

Medicare Open Enrollment is October 15—Dec. 7

Medicare plans change every year and Open Enrollment is the time period to decide on your coverage for 2022. For many people, this is the only time each year to make any changes to your current selections. SHINE counselors are trained volunteers who provide free Medicare counseling to help you compare options.



Please note: SHINE appointments at Wayland COA are fully booked. You may also call SHINE in Framingham (508-532-5980) or Needham (781-455-7555).

For general SHINE-related inquiries (other than an appointment), call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. You will get the SHINE answering machine, and a volunteer will return your call within 2 days.

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 fuel-docs@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

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. Currently free of charge, normally \$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.



AN UPDATE ON OUR TAXI PROGRAM

Our grant-funded taxi program has been an important service we've been pleased to offer residents since July 2020, thanks to two rounds of grant funding from the Metropolitan Area Planning Council. In that time, we have provided more than 600 taxi trips to medical appointments, free of charge.

We anticipate that our funds for this program will be depleted within the next several months; we do not know if MAPC will offer more grant opportunities. In anticipation, we are exploring alternative transportation programs.

We also recommend using MWRTA's Dial-A-Ride which is currently free of charge. This shared-ride service can be used for medical and non-medical travel. We will keep the community informed about our future plans to help meet transportation needs for Wayland's senior residents.

Q&A with the COA

What would you like to know? Just ask us!

Q. *Where can I get some help using my cellphone or laptop? How can I "Zoom"?*

A. Technology can help us connect with other people or with information in new and convenient ways. But it can also be a source of stress. And not being able to use some types of technology can limit your access to programs or events you might like to join.

In years past we have tapped into the natural tech skills of high school students, who are often happy to tutor their elders in how to use their devices. If you would be interested in receiving help, please call the COA and let us know. We will be happy to facilitate such arrangements!

About COA and COA Remote Programs

WAYLAND COA STAFF

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

Outreach Coordinator: Sue Hatton, M-F
shatton@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

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

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: TBD, check the Town website for updates

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, Pauline DiCesare, Joel Rosenhaus, Susan Rufo

Next Meeting: Wednesday, December 8, 9:00am

WEST SUBURBAN VETERANS SERVICES DISTRICT

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

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 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
 Go to www.waycam.tv/live to watch WayCam programs livestreamed on TV or on your computer.

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

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



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 an email highlighting programs and services in the coming week. Call us at 508-358-2990 or email coa@wayland.ma.us to subscribe.



November COA Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
	1 9:30am Walking Club 9:30am T'ai Chi 1pm Great Courses 2:30 pm Connections	2 8:00am Chair Yoga 10:00 Fit 4 Future 10:30am Knit Together 1:00pm Art Appreciation 4:00pm Fish Fitness	3 9:00am Theratube 10:15am ZoomBa 12:00pm Pizza Cafe	4 10:00am Fit 4 Future 10:30am Social Group	5 9:30am SAIL fitness	
7 8:00am Harpsichord Life 4:00pm Chair Yoga	8 9:30am Walking Club 9:30am T'ai Chi 1pm Great Courses 2:30 pm Connections	9 8:00am Line Dancing 10:00 Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 4:00pm Grandparenting Child with Autism	10 9:00am Theratube 10:15am ZoomBa 1:00pm Music of World War I	11 VETERANS DAY Town offices closed	12 9:30am SAIL fitness	
14 8:00am Chair Yoga 4:00pm Fish Fitness	15 9:30am Walking Club 9:30am T'ai Chi 1pm Great Courses 2:30 Connections	16 8:00am How Emotions are Made 10:00am Fit 4 Future 10:30am Knit Together 1pm Armchair Travel 4:00pm Fish Fitness	17 9:00am Theratube 10:15am ZoomBa 12 noon Thanksgiving Lunch	18 10:00am Fit 4 Future 10:30am Social Group	19 9:30am SAIL fitness	
21 8:00am Songbirds of the Northeast 4:00pm Line Dancing	22 9:30am T'ai Chi 1pm Great Courses 2:30 Connections	23 8:00am Chair Yoga 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 4:00pm Mrs. Jessica Henderson	24 9:00am Theratube 10:15am ZoomBa Town offices close at 12:30pm	25 THANKSGIVING DAY Town offices closed	26 Town offices closed	
28 8:00am Fish Fitness 4:00pm Chair Yoga	29 9:30am T'ai Chi 1pm Great Courses 2:30 Connections	30 8:00am Line Dancing 10:00am Fit 4 Future 10:30am Knit Together 4:00pm Silk Painting	Remember: Masks are required for all visitors to Wayland Town Buildings. 			KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)

Trips and Excursions



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.

Market Basket and Marshalls in Waltham. Call for November date. 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.

Thursday, Dec. 9. Love Stories from the National Portrait Gallery, London. At the Worcester Art Museum. Depart COA at 9:00am, return by 2:00pm. Cost: \$28 for admission, tour and transportation. This pioneering exhibition presents masterpieces from the Collection of the National Portrait Gallery, London, in an innovative exploration of love's role in the creation of some of the greatest masterpieces of Western art. Organized thematically with works spanning from the late 16th century to the present day, it will make the argument that ideas of love and desire have been critical to the development of portraiture since the genre's emergence. There will be time to spend on your own in the galleries or shop. The café is currently closed.

Boston Symphony Orchestra Open Rehearsals. We will provide transportation on our van for three Thursday morning rehearsals in 2022. Our van will depart COA at 9:00am for the 10:30am concerts. The cost is \$45 for transportation to three concerts: **January 20, March 3 and April 14.** Riders must purchase their own Boston Symphony subscription. Your subscription will include the first concert on Thursday, Nov. 11. Please note, we will not provide transportation for that concert, as it is Veterans Day, a holiday for the Town of Wayland.



ARMCHAIR TRAVEL: Apulia, Italy Tuesday, Nov. 16 at 1:00pm on Zoom

Guest host Paul Abramson takes us on a tour of his trip to the Apulia region of Italy. This region of southeast Italy on the Adriatic Sea — sometimes called “the heel of Italy” — has distinct climate, cuisine, customs and scenery. Travelers are drawn to its beautiful coastline, picturesque towns, fishing villages and fertile plains. Enjoy a virtual visit to this very special place.

Join fellow travelers as we continue our virtual journey to fascinating destinations around the world.



KNITTING TO MEET NEEDS

Children in need will be a little warmer this winter, thanks to the COA Knitting Group, which recently donated 150 hats, 27 pairs of mittens, 8 scarves and one sweater to The Knitting Connection. This Medford-based organization distributes hand-knit winterwear to families through local shelters, agencies and hospitals. Many of the items were knit using yarn donated by Wayland residents.

The COA “Knit Together” group meets on Tuesdays at 10:30 on Zoom. If you like to knit, and especially if you like to knit and chat, please join us!



HOLIDAY BAKING CLASS with Roberta Hing
Thursday, Dec. 2, 1:00—3:00pm on Zoom

Celebrate the holidays together in a Zoom cooking class. The talented and entertaining Roberta Hing returns with a special holiday program. We'll start with a warming (and healthy!)



Carrot Ginger Soup. To go with the soup, we'll make a pillowy Braided Egg Bread — referred to as “Cloud Bread” in Roberta’s house. And what are the holidays without dessert? Ours will be a little different—a chocolate raspberry pavlova—light yet decadent. A real show-stopper! So, join us to cook along with Roberta or learn some tricks to try these recipes on your own. Registration required. Recipes will be provided.

HOLIDAY LUNCHEON
Thursday, Dec. 16, noon
In the COA, \$10 per person



Join us for a festive catered holiday lunch with live entertainment provided by the incomparable Brian Kane, a COA favorite. Brian Kane Jazz offers jazz saxophone and vocal interpretations of the Swing Era — Glen Miller, Duke Ellington, Benny Goodman — and the Great American Songbook — including great songwriters like Irving Berlin, Rodgers and Hart, and Cole Porter.

To allow for social distancing, the number of reservations will be limited. **Reservations are required by Dec. 8.**



Holiday Bell Ringers Return!

We are delighted to welcome back the Lincoln Handbell Ringers for a December holiday performance! This perennial favorite event rings in the holidays with joy and style! Stay tuned for details about date and time in our weekly eblast and December newsletter.

The Wayland COA News

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