



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

NOVEMBER 2022



An Attitude of Gratitude

Thanksgiving reminds us to pause and notice the things for which we are grateful. This is, of course, a good habit to practice year-round. Counting our blessings is good for the heart and soul.

Here at the COA, we are grateful that our work brings us into contact with so many of you. Whether you're here for a luncheon or an exercise class or a SHINE appointment, on the phone or just passing through, we are always glad to see and speak with you.

Our Thanksgiving Luncheon is coming up on Wednesday, November 16, a great opportunity to gather together in each other's company. Please make your reservation by 4pm on Wed. Nov. 9; the cost is \$12. We hope you'll join us!

We also hope to see many veterans at our Veterans Brunch on Tuesday, Nov. 1 at 10 a.m. Important information will be available about new health care coverage. You can find more details on page 2.

Your COA Staff:

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

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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, traditional grapenut custard pudding for dessert.

We'll have live entertainment, too: Guitarist Ahrem Shreeve will provide the perfect backdrop to an enjoyable afternoon.

Please contact us for reservations by 4 pm on Wednesday, Nov. 9. The cost is \$12 per person. We hope to see you there!



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
www.wayland.ma.us/council-aging

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



VETERANS BRUNCH

**Tuesday, November 1, 10 am
In the COA**



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

The panelists will include David Hencke and Nicole West from VA Boston Healthcare System, Dept. of Veterans Affairs; and Clifford Coy from the Boston Vet Center. They 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. Other veteran's benefits will also be discussed.

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 by Oct. 27.

FLORAL ARRANGEMENT WORKSHOP

**Thursday, Nov. 10, 10 am
Select Board Meeting Room**



Just in time for Thanksgiving! Join the Wayland Garden Club to make a festive fall arrangement in their Fall Floral workshop with the COA. Supplies and instructions will be provided.

Priority will be given to first-time participants, and space is limited. Please bring clippers if possible, and a box to transport your arrangement home.

Reservations are required. Contact the COA at 508-358-2990 or coa@wayland.ma.us.

Make It & Take It Jewelry Studio Classes

With Jeweler Norma Radoff, in the COA



In Norma Radoff's jewelry classes, 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., Nov. 10, 10 am: Necklaces (class is full)
Thurs., Dec. 8, 10 am: Earrings**

Class size is limited. **Registration is required** and restricted to Wayland residents. Norma Radoff will offer more of these popular classes beginning in January.

TREATS FOR TROOPS:

Donate Halloween Candy through Nov. 3



Wayland Girl Scout Troop 82132 will package individually wrapped Halloween candy to send to troops serving overseas. You can also donate 3x5 cards and Zip-lock sandwich bags. Bring them to the COA by Thursday, Nov. 3. The Girl Scouts thank L2 Asset Management for partnering with them to remember the troops.

MEDICATION TAKE-BACK

Wed., November 2, 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.

**PIZZA CAFÉ:**

**Wed. November 2, 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 31.**

Thanks to the Friends of the COA for their support.

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, 1 pm 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, 2:00 pm 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, 10:30 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

1 pm, 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, 10:30 am on Zoom

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

THANK YOU TO DR. DOSSIE KAHN



For many years, Dr. Dossie Kahn's Grandparents Group has offered seniors the chance to discuss this special role and relationship. As she retires from Wayland Youth and Family Services, we extend our best wishes and our deep gratitude. Stay tuned for information about future programs for grandparents.

OUR GREAT NATIONAL PARKS: A Netflix Video Series

Mondays at 1:00 pm, Nov. 7, 14, 21, 28
 Approx. 50 minutes, Closed Captioning

Visit some of the world's most beautiful protected lands and learn about the fascinating animals who live within them. Narrated by Barack Obama, this series takes you to the majesty of Patagonia in South America, Australia's Great Barrier Reef, Tsavo National Park in Kenya, and California's Monterey Bay National Marine Sanctuary. Extraordinary close-up footage of animals and birds shows the interdependence of species and the critical importance of protecting habitat.



MONTHLY
 MOVIE
 MATINEE



"Mrs. Harris Goes to Paris"
Wed., Nov. 30, 1:30 p.m. in the COA
Reservations required, space is limited

In partnership with the House of Dior, the movie tells the story of a widowed cleaning lady in 1950s London who falls madly in love with a couture Dior dress, and decides that she must have one of her own. After she works, starves and gambles to raise the funds, she embarks on an adventure to Paris which will change not only her own outlook, but the very future of the House of Dior. (Comedy/drama, 2022, PG, 2 hrs.)

Join us for a fun afternoon, with popcorn and cold beverages on the house!

A LITTLE NIGHT MUSIC....Come Enjoy an Evening Out and Support Our High School Arts Program

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



Nov. 17 & 18, 7:30 pm, Nov. 19, 5:00 pm

"Godspell"

Wayland High School Auditorium

Tickets: \$15, or \$10 for seniors, students and children

Mon. Nov. 21, 7:30 pm

A Cappella Concert

Wayland High School Auditorium



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 9:30 am. Meet at the Cochituate Rail Trail

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 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, 9:30 -10:30 am, 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, 10-11 am, Large Hearing Room

Instructor: Lois Leav

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

THERATUBE

Wednesdays, 9 -10 am, 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, 10:15-11:15 am, 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, 9:30 —10:30 am 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.



Hearing Aids Now Available Over the Counter, but Buyer Beware



Consumers with mild to moderate hearing loss can now purchase hearing aids over the counter without an exam or a prescription. In August, the U.S. Food and Drug Administration established a new category of over-the-counter hearing aids, significantly improving access to the devices.

Advocates hope the easier access to hearing aids will motivate more people to use them sooner. Studies show that about 80 percent of people who could benefit from hearing aids don't use them, and that people with hearing loss wait five to seven years before addressing it.

Cost has been a significant roadblock for many consumers, since traditional Medicare and health insurance typically don't cover the cost of hearing aids. Over-the-counter devices may be hundreds or even thousands of dollars cheaper than those obtained through the traditional medical route.

But experts warn consumers to tread carefully when purchasing these new, largely unregulated products. Since it can take three to four weeks to adjust to new hearing aids, buyers should carefully check the return policy. They should also look at what kind of support the company offers. Can you get free help online or over the telephone?

If you have concerns about your hearing — if speech or other sounds seem muffled, you have trouble hearing when there is noise in the background, or you turn the volume on TV or radio higher than other people like — talk with your doctor. Seeing an audiologist continues to be a smart option. But now, you'll have a few more choices when it comes to addressing hearing loss.

2023 SENIOR PROPERTY TAX WORK-OFF Nov. 3 is Lottery Deadline

Completed applications for the 2023 Senior Property Tax Work-Off program that are 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. If you have questions, contact COA Program Coordinator [Shawna Levine](#).

FRIENDS AND FAMILY CPR COURSE Friday, Dec. 9, 9—11 am Public Safety Building

Learn the basics of hands-only CPR and choking relief in a free Friends and Family CPR class offered by the Wayland Fire Department. This AHA course is for people who do not need a course completion card for a job or other requirements. It is perfect for community groups, parents, grandparents, caregivers, schools and students, and others interested in learning how to save a life. **To sign up, email Mitch Mabardy at mmabardy@wayland.ma.us.**

The WFD also offers other courses including CPR/First Aid with completion cards. Ask for more info.

HELP IS AVAILABLE FOR INTERNET SERVICES

Some households may be eligible for a discount on internet services and connected devices like a laptop or tablet, through a federal program.

The Affordable Connectivity Program offers up to \$30/month discount on internet service, and a one-time discount up to \$100 for a laptop, tablet, or desktop computer (with a copayment up to \$50). A low-cost service plan may be covered.

If you or someone you live with currently receives a government benefit like SNAP, Medicaid, SSI, WIC, Pell Grant, or Free and Reduced-Price Lunch, or your income falls below \$27,180 for households of one or \$36,620 for households of two, you may be eligible. Questions? Contact COA Outreach Coordinator Maura Snyder at 508-358-2990.

MEDICARE OPEN ENROLLMENT ENDS DEC. 7 Four SHINE Counselors Serving Wayland

During this year's Medicare Open Enrollment period, the Wayland COA has four SHINE counselors available to meet with seniors in person, on Zoom, or on the phone. We do our best to accommodate all requests for appointments. As the counselors' schedules fill up, we will refer callers to SHINE counselors in other towns. SHINE is a federal program. All counselors receive the same training, and help residents of any town. Contact us if you need an appointment.

Springwell (formerly BayPath): 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 (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 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 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





LOCAL PROGRAMS HELP WITH THE HIGH COST OF HEATING YOUR HOME

To learn more about these programs or other sources of support, or for help applying for assistance, contact the COA's Outreach Coordinator Maura Snyder at 508-358-2990 or msnyder@wayland.ma.us.

Low-Income Home Energy Assistance Program (LIHEAP)

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. This year, eligibility limits are \$42,411 for households of one, and \$55,461 for households of two. If you received SMOC Fuel Assistance last year, you should have received a renewal packet in the mail by now. Submit your renewal information promptly to avoid the seasonal rush. Additional programs may also be available. For more information, contact South Middlesex Opportunity Council (SMOC) at 508-620-2342 or email fueldocs@smoc.org, or contact Maura Snyder in the COA.

Massachusetts Good Neighbor Energy Fund

This fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels. Eligibility limits for households of one are total gross yearly income between \$42,412-\$56,548; for households of two, \$55,462-\$73,948. Contact the Framingham Salvation Army Corps Center at (508) 875-3341, or Maura Snyder in the COA.

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

Outreach Coordinator: Maura Snyder, M-F

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Project Coordinator: Shawna Levine, M-Th

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Community Relations Coordinator: Ann Gordon, T-Th

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Program Assistant: Lillian DePasquale, W-F

ldepasquale@wayland.ma.us

SHINE Counselors:

Barbara Michaelsen, 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: Consult Town website

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: Consult Town website

WEST SUBURBAN VETERANS SERVICES

District Office 781-489-7509

Sarada Kalpee, Director

A Veterans Agent is not currently available to meet with Wayland residents on Tuesdays. Please call the District Office on Wednesdays to speak with David Farrell (extension 2839).

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 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

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

Keep Up With All the COA News



At 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 to subscribe.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:00am Line Dancing 10:00am Fit 4 Future 10:00am Veterans Brunch 10:30am Knit Together 4:00pm Plant-Based Holiday Dishes	2 9:00am Theratube 10:15am ZoomBa 11:30am Med Take-Back 12:00pm Pizza Café	3 10:00am Fit 4 Future 10:30am Social Group <i>Trip to Symphony</i>	4 9:30am SAIL Fitness
6 8:00am Fish Fitness 4:00pm Chair Yoga	7 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections	8 8:00am Plant-Based Holiday Dishes 10:00 Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 4:00pm Line Dancing	9 9:00am Theratube 10:15am ZoomBa	10 10:00am Fit 4 Future 10:00am Necklaces 10:00am: Floral workshop 10:30am Social Group Town Offices Close at 12:30 pm	11 VETERANS DAY Town Offices Closed
13 8:00am Fish Fitness 4:00pm Chair Yoga	14 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections <i>Trip to Market Basket</i>	15 8:00am Early Farm and Craft Tools 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Armchair Travel 4:00pm Line Dancing	16 9:00am Theratube 10:15am ZoomBa 12:00pm Thanksgiving Luncheon	17 10:00am Fit 4 Future 10:30am Social Group	18 9:30am SAIL Fitness
20 8:00am Fish Fitness 4:00pm Chair Yoga	21 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections	22 8:00am Line Dancing 10:00am Fit 4 Future 10:30am Knit Together 1:00pm Genealogy 4:00pm Early Farm and Craft Tools	23 9:00am Theratube 10:15am ZoomBa Town Offices Close at 12:30 pm	24 THANKSGIVING DAY Town Offices Closed	25 Town Offices Closed
27 8:00am Fish Fitness 4:00pm Chair Yoga	28 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections	29 8:00am Line Dancing 10:00am Fit 4 Future 10:30am Knit Together 4:00pm Plant-Based Holiday Dishes <i>Trip to Encore Casino</i>	30 9:00am Theratube 10:15am ZoomBa 1:30pm Movie: Mrs. Harris Goes to Paris <i>Legal Clinic by appt.</i>		KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)



TRIPS AND VIRTUAL TRIPS

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

Thursday, November 3: Boston Symphony Open Rehearsals.

Depart at 9:00 am for 10:30 concerts; return around 1:30 pm. We will once again provide transportation on our van for the Thursday morning open rehearsals. The cost is \$20 for each concert or \$80.00 for transportation to all four concerts. The rehearsals continue on January 19, February 16 and April 13. Riders must purchase their own Boston Symphony subscription or tickets to individual concerts: **Box office 888-266-1200:**

WWW.BSO.ORG



Monday, November 14 and December 19: Market Basket, Marshall's and Home Goods in Wal-

tham. 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.

Tuesday, November 29: Encore Boston Harbor Casino

Depart COA at 9:00 am. Return at 2:00 pm. Cost: \$20 for transportation only. Curious about the casino? Join us as we head to Everett to take in the architecture and artwork including the \$28 million sculpture of Popeye and holiday decorations! Enjoy five-star dining, gaming, shopping and more, including views of Boston on the outdoor Harbor Walk. Dine at one of the many restaurants or just spend time exploring.

Thursday, December 29: Peabody Essex Museum. Depart COA at 9:00 am. Return by 3:30 pm. Cost: \$38. The PEM collection offers outstanding works primarily from the 1700s to today: paintings, sculptures, photographs, drawings, textiles, architecture and decorative objects. More than a million works of art and culture — many of them the first to be collected in this country — offer experiences unique among American art museums. The 40,000-square-foot expansion features three new floors of dedicated gallery space. The atrium café is available for lunch and many local restaurants are within walking distance.



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

A TRIP TO GREECE with Judy Currier

Tuesday, November 15 at 1:00 pm on Zoom



Listen to guest host Judy Currier tell tales and show slides from her recent travels through Venice and Greece. Can you guess which three countries and four seas Judy visited in her 10-day excursion? Contact the COA to register for this Zoom-only event, and find out the answer, and so much more.

Holiday Happenings!



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 for Wayland residents and November 15 for non-residents.**

LINCOLN BELL RINGERS

Wednesday, Dec 21, 10:30 am, Large Hearing Room

Serving coffee starting at 10am

The bell-ringers are back! Join us for this popular seasonal event featuring the Lincoln Handbell Ringers performing with a four-octave set of bells. This accomplished group is under the direction of the delightful Diane Burke, who often shares fascinating background information about the songs the group plays.

Registration starts November 1 for Wayland residents and November 15 for non-residents.



The Wayland COA News

A monthly publication from
Wayland Council on Aging
41 Cochituate Road
Wayland MA 01778
508-358-2990

www.wayland.ma.us/council-aging

PRESORTED STANDARD
US POSTAGE PAID
PERMIT #16
WAYLAND, MA 01778

