



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

NOVEMBER 2023

WELCOME TO OUR NEWEST STAFF MEMBER

Have you met our newest staff member? Paula Winn arrived in mid-October as our new Office Coordinator, and we are delighted to welcome her to our COA team. She brings great experience and a friendly smile. Please say hello and introduce yourself next time you are here, or if she answers the phone when you call.

In November we celebrate veterans with several special programs, including a breakfast and program for veterans and their families, and two events open to all: another great John Clark program on the music of WWII, and a trip to the American Heritage Museum in Hudson. Please join us!

We are entering holiday time, when many people find themselves juggling mixed emotions: the joy of gathering with family and friends, and the sadness of missing those we've lost. Know that you are not alone in these competing feelings, and please reach out to friends, family, or the COA for support or company should you need it.

Your COA Staff:

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

PLEASE TAKE OUR SURVEY



Please take our transportation survey if you haven't already; it will close on Nov. 7. How do you get where you need to go? Are there times or places that you don't drive? Let us know.

You can find the electronic survey on our website —

www.wayland.ma.us/council-aging — or ask us for a paper copy. Thanks for your help!

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.

Reservations required; please call us to reserve your seat. Registration closes at 4pm on Thursday, Nov. 9.

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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

CELEBRATING OUR VETERANS

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

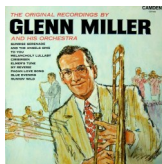
RED, WHITE AND WAFFLES: Veterans Brunch with Veterans' Service Officer TJ Tedeschi
Tuesday, Nov. 7, 10am in the COA

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. **RSVPs requested.**



THE MUSIC OF WORLD WAR II, PART 2
Wed., Nov. 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. **Registration required.**



TRIP TO AMERICAN HERITAGE MUSEUM
Thursday, November 9

See page 10 for details and plan to join us for this fascinating visit.



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. Space is limited. Bring clippers if possible, and a box to transport your arrangement home. **Reservations required**, and restricted to Wayland residents. *This workshop is currently full and on a waitlist.*

LUNCH & LEARN

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

ONLINE AND ELECTRONIC BANKING
Tuesday, Nov. 28, noon, in the COA
 with representatives of the Village Bank

Online banking is a great way to manage your financial transactions and have banking records available at your fingertips. If you've wondered or thought about switching to online banking, this is the program for you.



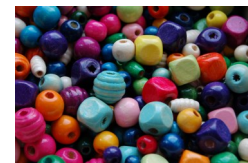
Renna Haggerty and Marisa Rufo from the Village Bank's Digital Banking Department will provide an overview of electronic banking, including how to manage your accounts, transfer funds, pay bills, and more.

Lisa Boccabella from the Fraud Department will then discuss the latest on scams, elder financial exploitation and identity theft. Learn about red flags, how to spot a scam and how to avoid becoming a victim of ID theft.

Lunch and Learn will return in January. On the menu: Abigail Shute, Wayland's Sustainability Manager, will share details about her role. She will review the town's sustainability goals, as well as the progress we have made and she will highlight projects that are underway.

MAKE IT & TAKE IT JEWELRY STUDIO CLASS
Beaded Bookmarks

With Jeweler Norma Radoff
Wed., Nov. 15, 10am – 12pm
 In the COA



Bookmarks make great holiday gifts, especially when they are handmade and unique. Norma Radoff will provide instruction and all the supplies and tools you'll need to make a beaded wire bookmark. Class size is limited. **Registration is required**, and restricted to Wayland residents. No charge.

December's Jewelry Workshop will be on Wed. Dec. 5 from 10am to 12 noon.

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.



EXPRESSIVE BOTANICAL WATERCOLOR WORKSHOP

with Artist/Educator Angela Ackerman

Friday, Nov. 3, 9:30am – 11:30am

In the COA; \$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.**



TREATS FOR TROOPS: Donate Candy!

A collection box for wrapped candy will be in the COA from Oct. 30—Nov. 7. Wayland Girl Scouts will ship candy to Marines and sailors of the 26th Marine Expeditionary Unit aboard the USS Bataan positioned in the waters off the coast of Israel.

WORLD WAR II: UP CLOSE AND PERSONAL

A Great Courses Video Lecture

Mondays 1-2:00 pm, Nov. 6, 13, 20, 27

Closed Captioning

World War II was one of the defining moments in modern history, a global conflagration that transformed the world through battles, shifting alliances, and horrors unlike anything in recorded history. The story is often told as a series of great campaigns by famous generals, dramatic turning points, and cataclysmic combat. But what about the millions of ordinary people - the citizens and soldiers whose names none of us know but whose impact rippled through every aspect of the war? Historian Dr. Keith Huxen provides a compelling narrative of how a host of different individuals experienced this global war, focusing on the "lived experience" of the world's largest and most costly war.



**MONTHLY
MOVIE
MATINEE**



"LIVING"

Wednesday, Nov. 29, 1:30 pm in the COA
Reservations required, space is limited

Living is the story of an ordinary man, reduced by years of oppressive office routine to a shadow existence, who at the eleventh hour makes a supreme effort to turn his dull life into something wonderful. One evening he is struck by a revelation – one as simple as it is profound – and with a new energy, he sets about creating a legacy for the next generation. Starring Academy Award nominee Bill Nighy (2022, PG-13, Drama, 1hr, 42 min)

Popcorn and cold beverages are on the house!

PIZZA CAFÉ

Wed., November 1, 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>

Walkers will continue outdoors until Dec. 18, 2023; they will resume on Jan. 8 at the Natick Mall.



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, or at the Natick Mall in winter. For information, 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.

PREVENT OR MANAGE DIABETES WITH A HEALTHY DIET

November is American Diabetes Month. Diet and lifestyle changes can reduce the risk of getting diabetes, or, for those living with the disease, can help manage it. Diabetes is common among older adults: In the US, 29% of adults aged 65 or older have diabetes.



This month, we highlight the Diabetes Plate Method, an easy way to help manage blood sugar with a healthy balance of protein, carbohydrates, and vegetables. There is no need for carb counting, measuring, or weighing foods.

To follow the Diabetes Plate Method, start with a plate that is not too big. The American Diabetes Association recommends a plate that is about 9 inches (23 cm) across. Then:

1. Fill half your plate with non-starchy vegetables (cooked or raw).
2. Fill one quarter of your plate with lean protein foods
3. Fill one quarter of your plate with carbohydrate foods. The American Diabetes Association writes that "Carbohydrate foods include grains, starchy vegetables, beans and legumes, fruit, yogurt, and milk. These foods have the greatest effect on blood sugar. Limiting your portion of carbohydrate foods to one quarter of your plate can help keep blood sugars from rising too high after meals."
4. Choose water or a low-calorie drink such as unsweetened tea or coffee.

For more information about the Diabetes Plate Method, go to <https://www.diabetesfoodhub.org>

Some Fall Safety Tips from Our Fire Department

By Todd Winner, Wayland Fire Dept. Senior SAFE Program

Judging by the amount of pumpkin spice in the air, I think it's safe to assume fall is once again in full swing. The change in the seasons always brings new safety messages.

Wood burning stoves are a great way to heat your home, they also set a nice background ambiance. Make sure your stove or fireplace has been inspected and cleaned within the past couple years. If you use it frequently, yearly cleaning of the stove pipe or chimney may be necessary to prevent creosote buildup from combusting.

The clocks are about to "fall back" which means two things: my dog's internal dinner clock will be messed up, but also it's time to make sure your smoke and carbon monoxide alarms are in good working order. Test your alarms and/or change the batteries if they not a sealed-battery alarm. Working smoke and CO alarms save lives, so taking that extra time out of your day twice a year to make sure they're in proper order is worth it for you and your family.



Open flame candles provide a number of things. They look great and set a relaxing mood, and some make the home smell nice. Candles are also widely used in many holiday celebrations. Remember the rule of 12: all open flame candles should be at a minimum distance of 12 inches away from anything combustible. Never leave your home while candles are burning and always make sure to keep burning candles out of reach from children. A good alternative to open flame candles are battery operated ones; a lot of the newer ones closely resemble real candles. Candle jar warmers are great for the smelly candles, they warm the whole candle without any flame. If you're a candle purist, I understand, just take the proper precautions.

I hope everyone has a great start to the fall season. Stay safe.



Featuring news from a different Town department each month

WAYLAND COMMUNITY FUND OFFERS A HELPING HAND:

Can You Help the Fund?



The Wayland Community Fund (WCF) needs your help. Currently donations are down by over 50% while requests for help are **up** by 50%. The WCF provides short-term emergency financial help to Wayland residents for basic needs such as utilities, rent, food, medical bills, and other living expenses. Wayland residents have turned to the Fund for help after a job loss, illness, death in the family, or other challenges that cause financial hardship.

During FY23, the WCF provided more than \$42,000 in assistance to Wayland residents. The WCF receives no public funding; it relies primarily on contributions from Wayland residents and a few businesses. Residents must apply for help, and if approved, payment is made directly to the vendor or supplier. Please send your donation to the Wayland Community Fund, 297 Boston Post Road, #196, Wayland, MA, 01778, or donate online at www.waylandcommunityfund.org.

SENIOR TAX WORK-OFF APPLICATIONS

Senior Property Tax Work-Off Program applications received by noon on Nov. 2 will be entered into a lottery to determine the order in which applicants are placed in jobs. Applications are available in the COA, the Town Building lobby, or online on the COA website. The program runs from Jan. 1 - Nov. 15, 2024.

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

DO YOU NEED A SHINE APPOINTMENT?

Medicare Open Enrollment is the period during which you may be able to switch to a different supplemental health plan. Open Enrollment began on Oct. 16 and ends on December 7, 2023. If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should review any changes your plan has announced for premiums, deductibles, co-pays, and drugs covered.

Our SHINE counselors can help you review your Medicare options. Some appointments are still available in person, by phone, or on Zoom. Call the COA at 508-358-2990 to make your appointment.

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

Office Coordinator: Paula Winn, M-F
pwinn@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, 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: Nov. 13, 4pm, in person

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: TBA

WEST SUBURBAN VETERANS SERVICES

District Office 781-489-7509
Sarada Kalpee, Director
TJ Tedeschi, Veterans Service Officer

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

Open Table Can Provide Thanksgiving Food

Open Table Food Pantry will provide Thanksgiving food for those in need during the week prior to Thanksgiving. Wayland seniors in need can contact the COA to register with Open Table, and volunteers will deliver food to their door. Throughout the year, residents can order groceries or prepared meals, and in early November clients can also order a frozen turkey or a frozen Thanksgiving meal, including sliced turkey, stuffing, sweet potatoes, green beans, gravy, cranberry sauce and dessert.



The Wayland COA is partnering with Open Table Food Pantry to provide free groceries and prepared meals to Wayland seniors in need. If your food budget is stretched thin and you could use a little help with groceries and meals, contact COA Outreach Coordinator Maura Snyder at 508-358-2990. The COA can help you place orders for groceries or meals, and our volunteers will deliver the food to you on Thursdays.

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. Eligibility limits for FY24 are \$45,392 for households of one, and \$59,359 for households of two. 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 fuel-docs@smoc.org.

Help is Available for Those Providing Care

As we age it becomes more common to take on a caregiver role. Whether caring for a significant other, a parent, or a relative or friend, there are rewards and challenges that come with caregiving. At times it can be isolating or frustrating but there are supports to help process the many emotions and challenges that may come along with caring for a loved one. From support groups to respite there are a number of different agencies and supports in the Metro West area. Here are just a few.



- The Natick Community Center runs a program called **Powerful Tools for Caregivers**, open to residents of all towns. Call 508-647-6540 or visit <https://caregivingmetrowest.org/overview-of-metrowest-resources/resources-by-type/caregiver-training-workshops/>
- **Respite services**, either private pay or subsidized by the state, can relieve a caregiver for a period of time. <https://caregivingmetrowest.org/overview-of-metrowest-resources/resources-by-type/respite-programs/>
- There is also a wide range of **caregiver support groups** in the area both online and in person. Some of the groups may focus on a particular diagnosis which can be helpful but there are also general groups too. <https://caregivingmetrowest.org/overview-of-metrowest-resources/resources-by-type/support-groups/>

It is always recommended that you call ahead to confirm information about the groups. As always, if you have any questions or would like additional information, feel free to reach out to Maura Snyder, Wayland COA Outreach Coordinator.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)</p>		<p>Watch WayCam TV on Verizon Channel 37 or Comcast Channel 8, or at www.waycam.tv/live</p> <p><i>*The COA's programming on Tuesdays has changed from 4pm to 2pm</i></p>		<p>1 9:00am Theratube 11:30am Med Take-Back 12:00pm Pizza Cafe</p> <p><i>Legal Clinic by appt.</i></p>	<p>2 10:00am Fit 4 Future</p> <p><i>Trip to Symphony</i></p>	<p>3 9:30am SAIL Fitness 9:30am Watercolor Workshop 10:00am Yoga I</p>
<p>5 8:00am Fish Fitness 4:00pm Chair Yoga</p>	<p>6 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections</p>	<p>7 8:00am Line Dancing 10:00am Fit 4 Future 10:00am Veterans Brunch 12:00pm Yoga Level 2 10:30am Knit Together *2:00pm Veterans Pension/Aid & Attendance</p>	<p>8 9:00am Theratube 1:00pm Music of WWII</p>	<p>9 10:00am Fit 4 Future 10:00am Floral Workshop</p> <p><i>Trip to American Heritage Museum</i></p>	<p>10 Town Departments Closed for the Veterans Day Holiday</p>	
<p>12 8:00am Fish Fitness 4:00pm Chair Yoga</p>	<p>13 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections</p>	<p>14 8:00am Slavery in Sudbury 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga Level 2 1:00pm Genealogy *2:00pm Line Dancing</p>	<p>15 9:00am Theratube 10:00am Jewelry Workshop</p>	<p>16 10:00am Fit 4 Future 12:00pm Thanksgiving Luncheon</p>	<p>17 9:30am SAIL Fitness 10:00am Yoga I</p>	
<p>19 8:00am Fish Fitness 4:00pm Chair Yoga</p>	<p>20 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></p>	<p>21 8:00am Veterans Pension 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga Level 2 12:00pm Lunch/Learn *2:00pm Russia: Myths and Mysteries</p>	<p>22 9:00am Theratube</p> <p>Town Departments close at 12:30pm</p>	<p>23 HAPPY THANKSGIVING Town Departments Closed</p>	<p>24 Town Departments Closed</p>	
<p>26 8:00am Fish Fitness 4:00pm Chair Yoga</p>	<p>27 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections</p>	<p>28 8:00am Russia: Myths and Mysteries 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga Level 2 12:00pm Lunch & Learn 1:00pm Genealogy *2:00pm Slavery in Sudbury</p>	<p>29 9:00am Theratube 1:30pm Movie: Living</p>	<p>30 10:00am Fit 4 Future</p>		



TRIPS AND VIRTUAL TRIPS

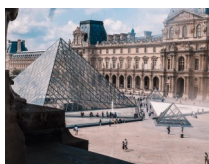
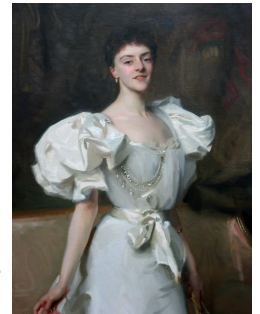
Thursday, November 2: Boston Symphony Open Rehearsal: We will once again provide transportation on our van for the four Thursday morning open rehearsals. Depart COA at 9:00 am for the 10:30 am concert. Return is approximately 1:00 pm depending on the length of the rehearsal. The cost is \$80.00 for transportation 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.



Mondays: November 20 & December 18: 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, 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
AN ART TOUR OF PARIS**
with Guest Host Margaret Dergalis
Tuesday, November 21, 1:00 pm on Zoom



Take a fresh look at Paris' famous art museums and discover some hidden gems. The City of Light attracted artists from all over the world. View their iconic works. Enjoy an excursion to Barbizon, birthplace of another important French art movement. Registration required.

Coming Soon:

Tuesday, December 19 on Zoom: **The Biltmore Estate at Christmas:** *encore presentation.*

Tuesday, January 16: **The Galapagos Islands** with guest hosts Mai-Lan & Hendrik Broekman, in person here at the COA and on Zoom.

Please note: Due to the recent events, the program on Israel originally scheduled for November will be held at a later date.

Coming in December

HOLIDAY LUNCHEON with Live Entertainment **Wednesday, December 13, noon** **In the COA; \$15/person**

Celebrate the season by joining us for a festive, delicious holiday lunch with friends and neighbors. We'll have twinkly lights and live music from the Steve Rudolph Trio. Steve Rudolph is back by popular demand with his band mates performing your favorite hits. \$15 per person.

Reservations required. Wayland residents may register beginning on November 1. Out-of-towners may register beginning on November 15.



LINCOLN BELL RINGERS HOLIDAY CONCERT **Wednesday, Dec. 20, 10:30 am; Large Hearing Room**

Nothing says "holiday season" like the uniquely beautiful sound of the Lincoln Bell Ringers playing holiday classics and favorites.

Join us for this annual favorite event, as this accomplished group, under the direction of the incomparable Diane Burke, performs with a four-octave set of bells. Listen to the music, and learn the stories behind many of the songs. Afterwards, the ringers will be glad to take your questions and demonstrate how the bells work.

Reservations required. Wayland residents may register beginning on November 1. Out-of-towners may register beginning on November 15.



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