



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## DECEMBER 2021

### Happy Holidays!

December brings cold temperatures and warm holiday feelings and memories. This year you might be gathering with family and friends to celebrate, or you might be using technology to see or talk with one another from a distance. These Covid times have taught us all a lot about alternative ways to stay connected with those we love.

Kick off December by joining our Holiday Baking Class on Dec. 2 on Zoom. Roberta Hing will demonstrate several special holiday dishes, and you can get the recipes ahead of time and cook along with her. We are also excited to welcome the Lincoln Hand Bell Ringers back on Dec. 22 for a live performance in the Large Hearing Room where our audience can spread out appropriately.

Whatever your plans for this holiday month, we wish you joy and warmth of both hearth and heart.

*Your COA Staff:*

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



### DECEMBER 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.**



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### 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](mailto:coa@wayland.ma.us)

[www.wayland.ma.us/council-aging](http://www.wayland.ma.us/council-aging)

Office Hours: Mon., 8am-7pm; Tues-Thurs,

8am-4pm; Fri, 8am-12:30pm

## Happenings

### LINCOLN HAND BELL HOLIDAY CONCERT

NEW  
LOCATION!

**Wed., Dec. 22, 10:30am, Large Hearing Room**

We are delighted to welcome back the wonderful Lincoln Hand Bell Ringers for an in-person holiday performance in the Large Hearing Room! This perennial favorite event rings in the holidays with joy and style.

This accomplished group is under the direction of Diane Burke, who provides fascinating context and historical background on the pieces the group performs.



**Reservations are required.** Out-of-towners can call for reservations beginning Thursday, Dec. 9.

### 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 showstopper! 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.

#### ART APPRECIATION:

### WOMEN ARTISTS, PART I with Margaret Dergalis Tues., December 7, 1:00pm on Zoom



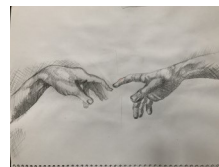
Ignored, rejected, ridiculed and forgotten. These are all adjectives that could be applied to women artists throughout art history. In Part I, we will explore the lives and work of some of these talented women beginning in the 16th century.

The program will continue on Jan. 4 with Women Artists Part II, which will document the continuing struggle of women artists from the 19th century up until the present. **Reservations are required** to receive the Zoom link.

#### NEW CLASS STARTING IN JANUARY!

### DRAWING & WATERCOLOR PAINTING A 4-week class with Wayland's Rahul Ray Thursdays, 1-2:30pm, Jan. 6, 13, 20, 27 Cost: \$25. Materials will be provided.

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.



Works by Rahul Ray

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.

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. **Registration required.**



### PIZZA CAFÉ

**Wednesday, Dec. 1 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, January 5**

*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 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: EVERYDAY GUIDE TO BEER Mondays, Dec. 6, 13, 20, 27 at 1pm in the COA Closed Captioning

Professor Emeritus Charlie Bamforth of the University of California, Davis, often referred to as the "Pope of Foam"



within the beer industry, has spent more than 40 years crafting, writing, and teaching others about beer. Brewing, tasting, storing, serving, pairing beer; he covers all this and more in this entertaining and educational series.

Dr. Bamforth and Sierra Nevada Brewing Company—one of the pioneering companies of the craft beer movement in the United States—take you on a journey through the history of this surprisingly complex beverage. You'll learn how popular styles like pilsners, IPAs, and stouts were originally developed and how daring new types of beer continue to push the envelope on what a beer is ... and isn't.



### Wayland Center Open House Sunday, Dec. 5, 2:00—5:00pm

Open the holiday season at the annual Wayland Center Holiday Open House sponsored by The Wayland Historical Society, the Wayland Free Public Library, First Parish in Wayland, the Wayland Depot, and the W Gallery. Enjoy seasonal decorations and outdoor events featuring musical performances, activities for kids, caroling, and packaged treats. You may bring packaged food donations to the Grout-Heard House for My Brother's Table Food Pantry (successor to the Parmenter Food Pantry). Details can be found at [www.waylandmuseum.org](http://www.waylandmuseum.org)

### 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. [The Walking Club is on hiatus until Spring 2022.](#)**

### 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



### Happy and Safe Holiday Greetings from the Wayland Fire Department

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

The holidays are upon us, but we all knew that when Home Depot started setting up for Christmas back in September. For many people, the holidays we celebrate mean spending time with family, friends and loved ones. To others such as myself, it means loading up on eggnog and decorating the home to a point no sane person would attempt.

Many holidays and celebrations incorporate candles as decoration or for rituals. This can be festive and meaningful, but can also lead to danger if not properly displayed. When displaying candles or anything with an open flame, use **the rule of twelve**: Always keep candles and open-flamed decorations a minimum of twelve inches from anything combustible. Never place a candle/open flame under anything combustible. Never leave candles unattended and within reach of small children and always extinguish candles/open flames before leaving the home.



Keep decorations away from anything hot to prevent the chance of combustion. Dry Christmas trees are highly combustible so always keep them away from open flames and make sure to water them daily to prevent them from drying out. Check all holiday light cords for wear and tear. If cords are frayed or have dry-rot, replace them. Overloaded outlets could cause an electrical fire so use a surge protector if you need multiple outlets.

When cooking holiday meals, never leave the stove unattended and always keep a pot lid nearby if you need to smother a pan fire. An ABC Fire Extinguisher should also be kept in the home close to an exit. For those who like deep fried turkeys, make sure your turkey is fully thawed before lowering into the hot oil. The moisture in a frozen turkey will cause that oil to erupt like a flaming volcano catching anything in its path on fire.



### AN UPDATE ON OUR TAXI PROGRAM

Effective December 1, 2021, the Wayland COA will make some changes to our grant-funded taxi program, which has been generously funded by the Metropolitan Area Planning Council and Mass Development. This program has enabled us to provide essential rides for seniors via taxi partnerships since July of 2020. After two grant cycles, we anticipate that the funds will run out by the end of this year.

To maximize the remaining funds, beginning Dec. 1st we will: Require 3 business days' notice for ride requests; evaluate all requests for alternative options, such as Dial-A-Ride; and limit riders to a maximum of four local round trips or two extended round trips to places such as Boston, Burlington, Chestnut Hill, or the VA in Bedford or West Roxbury.

Our longstanding Taxi Voucher program remains available, providing a 40% discount on taxi service for medical rides. Purchase vouchers from the COA. We will continue to look for additional ways to meet seniors' transportation needs.

### 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](mailto:fuel-docs@smoc.org). Applications will be processed remotely.

## Resources

**BayPath Elder Services:** 508-573-7200

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

**Domestic Violence Hotline:** 1-877-785-2020 or visit  
[www.domesticviolenceroundtable.org](http://www.domesticviolenceroundtable.org)

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

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

**Meals on Wheels (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, which pays the taxi fare for essential trips like medical appointments, runs through the end of 2021. For Wayland residents age 60+. For details and to arrange a ride, call the COA at least **three full business days** 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.

**MWRTA Dial-a-Ride:** 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.

### Be Alert for Holiday Scams

'Tis the season to be jolly, and — unfortunately — 'tis also the season when scammers work overtime to take your money. AARP warns us to watch out for:



- **Charity Scams:** Don't feel pressured to "give right now." Don't give personal information or credit card numbers over the phone. Ask phone solicitors to send you an appeal by mail. Don't make cash donations.
- **Delivery Scams:** Be wary about fake emails saying you've got a delivery coming. Links can lead to phony sign-in pages asking for personal information. Look for telltale signs of fakery like misspelled words or odd grammar.
- **Travel Scams:** Travel increases during the holidays, and so do fake travel deals. If it looks too good to be true, it is. Book your travel on the official website of a hotel, airline or other travel business, and avoid unfamiliar travel websites or services. Don't click on links for free airline tickets or warnings that your loyalty points are about to expire.

For more helpful information on avoiding scams, visit the AARP website at [www.aarp.org](http://www.aarp.org).

## About COA and COA Remote Programs

### WAYLAND COA STAFF

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

Outreach Coordinator: Sue Hatton, M-F  
[shatton@wayland.ma.us](mailto:shatton@wayland.ma.us)

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

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

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

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:** Monday, Dec. 6, 4pm on Zoom

### 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](mailto:coa@wayland.ma.us) or 508-358-2990. First-time participants, please provide name, address, email and phone. Subsequently, only your name and program name are needed. We will confirm your registration and send you the link prior to the event.

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



December COA Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Remember: Masks are required for all visitors to Wayland Town Buildings.</p> 	<p><b>KEY:</b>  <b>WayCam TV—Red</b>  <b>Zoom—Blue</b>  <b>In person—Green</b>  <b>Hybrid—Magenta</b>  <b>(in-person &amp; Zoom)</b></p>	<p><b>1</b>            9:00am Theratube            10:15am ZoomBa            12:00pm Pizza Cafe</p>	<p><b>2</b>            10:00am Fit 4 Future            10:30am Social Group            1:00pm Holiday Baking Class</p>	<p><b>3</b>            9:30am SAIL fitness</p>	
<p><b>5</b>            8:00am Holiday Dishes            4:00pm Chair Yoga</p>	<p><b>6</b>            9:30am T'ai Chi            1pm Great Courses            2:30 pm Connections</p>	<p><b>7</b>            8:00am Line Dancing            10:00 Fit 4 Future            10:30am Knit Together            1:00pm Art Appreciation</p>	<p><b>8</b>            9:00am Theratube            10:15am ZoomBa</p>	<p><b>9</b>            10:00am Fit 4 Future            10:30am Social Group   <i>Trip to Worcester Art Museum</i></p>	<p><b>10</b>            9:30am SAIL fitness</p>
<p><b>12</b>            8:00am Fish Fitness            4:00pm The Christmas Truce</p>	<p><b>13</b>            9:30am T'ai Chi            1pm Great Courses            2:30 Connections   <i>Trip to Market Basket and Marshalls</i></p>	<p><b>14</b>            8:00am Sounds of the Season            10:00am Fit 4 Future            10:30am Knit Together            1:00pm Genealogy            4:00pm Fish Fitness</p>	<p><b>15</b>            9:00am Theratube            10:15am ZoomBa</p>	<p><b>16</b>            10:00am Fit 4 Future            10:30am Social Group            12 noon Holiday Lunch</p>	<p><b>17</b>            9:30am SAIL fitness</p>
<p><b>19</b>            8:00am King Phillips War            4:00pm Line Dancing</p>	<p><b>20</b>            9:30am T'ai Chi            1pm Great Courses            2:30 Connections</p>	<p><b>21</b>            8:00am Chair Yoga            10:00am Fit 4 Future            10:30am Knit Together            1pm Armchair Travel            4:00pm Sounds of the Season</p>	<p><b>22</b>            9:00am Theratube            10:15am ZoomBa            10:30am Hand Bell Holiday Concert</p>	<p><b>23</b>            10:00am Fit 4 Future            10:30am Social Group</p>	<p><b>24</b>  <b>Town offices closed</b></p>
<p><b>26</b>            8:00am Fish Fitness            4:00pm Chair Yoga</p>	<p><b>27</b>            9:30am T'ai Chi            1pm Great Courses            2:30 Connections</p>	<p><b>28</b>            8:00am Line Dancing            10:00am Fit 4 Future            10:30am Knit Together            1:00pm Genealogy            4:00pm The Christmas Truce</p>	<p><b>29</b>            9:00am Theratube            10:15am ZoomBa</p>	<p><b>30</b>            10:00am Fit 4 Future            10:30am Social Group</p>	<p><b>31</b>  <b>Town offices closed</b></p>

## Trips and Excursions



### TRIPS AND VIRTUAL TRIPS

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

**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.

**Monday, Dec. 13: Market Basket and Marshalls in Waltham.** 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.

**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. You may purchase transportation for individual concerts for \$15 each.



### ARMCHAIR TRAVEL: Our Favorite Trips Tuesday, December 21, 1:00pm on Zoom

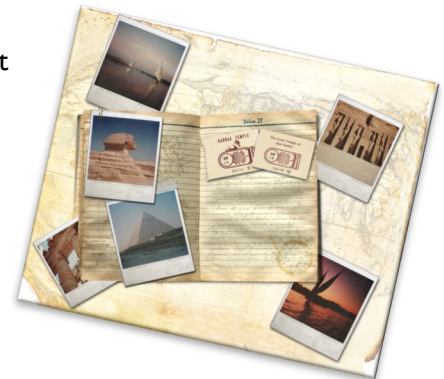
*Join fellow travelers as we continue our virtual journey to fascinating destinations*

Do you have a few pictures that you would like to share? Not ready to do an Armchair Travel presentation on your own? Today we will share our favorite trips and vacation experiences. Email up to five pictures of a favorite trip to Shawna Levine at [slevine@wayland.ma.us](mailto:slevine@wayland.ma.us). We will put them into a slide show. During the program, you can tell us a little bit about why this trip was special to you. Join us for an interactive and fun afternoon of travel.

**Coming in 2022!**

**January:** The Florida Keys

**February:** Iceland with guest host Judy Currier



### Stay Warm in Winter to Avoid Hypothermia

Staying warm in winter is more than a matter of comfort. For older adults, it can also be a matter of health. Aging often brings changes in body temperature and regulation, and cold weather brings a threat of hypothermia, when your body temperature gets very low. Being outside in the cold, or even in a very cold house, can lead to hypothermia, which can cause serious health problems. Stay warm indoors by keeping your heat set to at least 68-70 degrees F; seal up leaky windows; dress warmly even indoors; and make sure to eat enough to keep up your body weight. Outdoors, wear layers (air between layers helps keep you warm), and always wear a hat and scarf to reduce loss of body heat.



Signs of hypothermia include cold hands and feet; puffy or swollen face; pale skin; shivering; slurring words; acting sleepy. If you experience signs of hypothermia, call 911. If you need assistance heating your home, see page 5.

## Getting Together



Warm pretzels and cider donuts were featured at our Oktoberfest, along with a fascinating lecture about beer! In November we honored veterans with a presentation on the music of World War I.

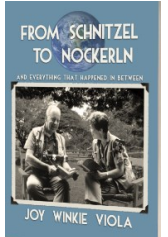
### The More We Get Together....

We are carefully and safely bringing in-person programs back to the COA, relying on our Health Dept. for guidance. It is such a pleasure for us to welcome you back, and we look forward to more opportunities to be together in person in 2022!

## FROM SHNITZLE TO NOCKERLN

Wayland's Joy Viola  
Wed. Jan. 12, 1:30pm  
In Person in the COA

Wayland resident and writer Joy Winkie Viola will share her new book *From Schnitzel to Nockerln And Everything That Happened In Between*, recounting her global adventures with Alfred, her late husband of 56 years.



This is a book of adventure, often humorous, that spreads from the rain forests of Trinidad to the outback of Australia and all the way to the ice-covered continent of Antarctica. The tales continue through China, Saudi Arabia, Kenya, India, and all seven continents. Come hear her travel tales!

### The Wayland COA News

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