



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

DECEMBER 2023

HAPPY HOLIDAYS FROM THE COA

The perception that time passes faster as we age is widespread and well documented. A Harvard professor who has studied this phenomenon suggests that as we process information more slowly, time seems to move faster because there is more lag time between our visual and mental perceptions. He attributes the feeling to “the physics of neural signal processing.”

Whatever the scientific reason, the feeling is common: *How are we at the end of another year already?* If the end of December prompts you to reflect back on the year, we hope you find mostly happy memories. We are grateful for all the times we crossed paths with many of you here at the COA, during special celebrations, pizza café, educational or cultural programs, local trips, exercise classes, one-on-one meetings, or if you were just passing through.

We hope to see you during the busy holiday season, and we send our best wishes for joyful holidays and for a happy, healthy 2024. We also wish for a more peaceful world in the year ahead.

Your COA Staff:

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



Please join us for our HOLIDAY LUNCHEON

**With live entertainment from the Steve Rudolph Trio
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, back by popular demand with his band mates performing your favorite hits.

Choose between meat or spinach lasagna, and enjoy salad, bread, and a local favorite:

grapenut custard pudding for dessert. **Reservations are required**, and please let us know your lasagna choice when you call. \$15 per person, payable at the door. Please join us!



The Holiday Luncheon is a great opportunity to connect with friends or meet new ones.

CONTENTS

	Page
Holiday Luncheon	1
Lincoln Bell Ringers, Community Holiday Open House, Jewelry Workshop	2
Botanical Watercolor Workshop, Pizza Café, Lunch & Learn	2
Weekly Programs, Video Lecture Series, Monthly Movie	3
Fit Club and Fitness Classes, Nutrition	4
Town Clerk Updates, Community Center Update, SHINE, Sr. Tax Work-Off	5
Transportation Options	7
Food and Fuel Assistance, Senior Property Tax Relief	8
December Calendar of Events In-Person, Zoom, WayCam TV	9
Trips and Excursions, Armchair Travel	10
Coming in January: Native Seed Planting, The Crown	12

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



**HOLIDAY CONCERT with the
LINCOLN BELL RINGERS**
Wednesday, Dec. 20, 10:30 a.m.
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.

Coffee will be served. **Reservations are required.**



COMMUNITY HOLIDAY OPEN HOUSE
Sunday, Dec. 3, 2—5 p.m.

Join your friends and neighbors for this holiday tradition!

Grout Heard House Museum: Visit Wayland’s historic house museum, enjoy live music, floral decorations by the Wayland Garden Club, tree decorations by the Girl Scouts, a scavenger hunt for kids, and tasty refreshments.



The Depot: Handcrafted gifts and holiday items for sale. Open 12 - 5. Refreshments.

The Wayland Library: Family Holiday Sing-Along with David Polansky at 3 p.m. Refreshments.

First Parish: Caroling on the steps at 4:30 p.m. with members of the Sudbury Valley New Horizons Band, led by Diane Muffitt. Refreshments inside.

MAKE IT & TAKE IT JEWELRY STUDIO CLASS
With Jeweler Norma Radoff

Thurs., Jan. 18, 10am—12pm, In the COA

Norma Radoff will provide instruction and all the supplies and tools you’ll need to make a unique jewelry creation. Class size is limited. **Registration is required**, and restricted to Wayland residents. No charge.

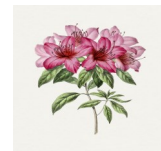


**EXPRESSIVE BOTANICAL
WATERCOLOR WORKSHOP**

with Artist/Educator Angela Ackerman

Thursday, Dec. 14, 1—3 pm

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.**

PIZZA CAFÉ

Wed., December 6, 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.

LUNCH & LEARN

A monthly series on current topics.

Bring your lunch, we will provide beverages and dessert.

**SUSTAINABILITY:
WHAT IS WAYLAND’S PLAN?**

With Abigail Shute,
Wayland’s Sustainability Manager
Tuesday, Jan. 23, noon, COA



Massachusetts has set a goal of achieving net zero greenhouse gas emissions statewide by 2050. With that target in mind, Wayland has committed to reducing aggregate greenhouse gas emissions by at least 50% by the year 2030. Come learn about Wayland’s Climate Action Plan and sustainability goals. What projects are already underway? What is planned for the future? Bring your curiosity and your questions, along with your lunch.

Reservations required.

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.



SAGES & SEEKERS: SEEKING SENIORS

What can you learn from a high school student? What can they learn from you? Sages & Seekers



is a highly acclaimed national program that matches older adults—the Sages—with high school seniors—the Seekers—in a multi-week program of guided conversation. Sages share life experiences while Seekers develop interviewing, listening, writing and public speaking skills. Enriching relationships often grow along with these new skills. Wayland High School is **offering the 8-week Sages and Seekers program in person** from February 26 through April 29, 2024 (day of week to be determined). To sign up or ask questions about the Wayland High School program, please contact **Janet Carmichael at 508-397-3446** or sagesandseekerswhs@gmail.com.

TRAVELING THE ROMAN EMPIRE

A Great Courses Video Lecture

**Mondays, 1pm (ends approx. 2:15pm)
December 4, 11, 18; Closed Captioning**

At its height, the Roman Empire spanned nearly two million square miles, extending over three continents, and including a large fraction of the ancient world's population. From Spain to the Middle East, from the Sahara to the Balkans, Roman civilization flourished, enhanced almost everywhere by architectural and artistic wonders.



Two thousand years later, it's still possible to experience many of these marvels. The tour will include Roman ruins in Spain, Morocco, Croatia, Serbia, and Rome itself. Archaeologist Darius Arya also samples the local cuisine and other attractions, making this series the ideal preparation for a truly grand tour.

Lecturer: Archaeologist Darius Arya, Director of the American Institute for Roman Culture, is frequently seen on BBC, CNN, PBS, as well as Discovery, National Geographic, and the History channels.

**MONTHLY
MOVIE
MATINEE**



"BARBIE"

**Wednesday, Dec. 27, 1:30 pm in the COA
Reservations required, space is limited**

**School vacation special invitation:
Older grandchildren are welcome
to join you!**

To live in Barbie Land is to be a perfect being in a perfect place. Unless you have a full-on existential crisis. Or you're a Ken. From Oscar-nominated writer/director Greta Gerwig comes "Barbie," starring Oscar-nominees Margot Robbie and Ryan Gosling as Barbie and Ken, alongside America Ferrera, Kate McKinnon, Rhea Perlman and Will Ferrell. The film has been acclaimed by critics and audiences: *Clever, funny, and poignant, Barbie is an entertaining movie with a great overall message.* (2023, PG-13, Comedy, 1hr. 54 minutes)

Popcorn and cold beverages are on the house!

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.

TIPS FOR HEALTHY EATING DURING THE HOLIDAYS

- Eat as much as you can of your normal, healthy diet, and then enjoy holiday foods in moderation.
- Eat regularly during the day. Don't skip meals to "save up" for the big meal later in the day. Skipping meals will make you hungrier and you are more likely to overeat later.
- Eat before you go. Don't arrive hungry to the party. Eat a light meal or snack before a party so you don't overindulge. A snack high in protein and fiber will help you feel satisfied. Then you can enjoy the holiday treats in moderation.
- Balance your plate. At a holiday meal or party, aim to fill half your plate with vegetables, 1/4 of your plate with protein, and the remaining 1/4 of your plate with a starch (grain or starchy vegetable).
- Eat mindfully. Having awareness and enjoying every bite will help you feel more satisfied with what you are eating and will help prevent overeating.
- Eat what you enjoy but eat in normal portions.
- If you are going to a potluck, bring something healthy.
- Fill up on vegetables to help you feel satisfied and to moderate the intake of heavier foods.
- Get plenty of sleep. We make better food choices when we have adequate sleep.

Nutrition Nuggets



Provided by Suzanne Reasenber, MCOA

TOWN CLERK'S OFFICE IS STREAMLINING PROCESSES

By Trudy L. Reid, Town Clerk



Talk of the Town

*Featuring news from a different
Town department each month*

Has it been one year? Let me take this opportunity to briefly introduce myself and the rest of the staff. I was hired September 2022 as Wayland's first appointed Town Clerk. I have been a Town Clerk since 2010 working in different municipalities through the years.

Terry Mansfield, the Assistant Town Clerk, started in the office in June 2023, and she brings two years of part time experience from two North Shore Town Clerk's offices. Celina DiAmico started in July 2023 as the part-time Department Assistant — we share her with the Recreation Department and it is proving to be a great arrangement.



The Town Clerk's office is a very busy office and especially over the last several months. With the support of Town Manager Michael McCall, I brought in a new software company to assist with public records. We have just rolled out a software program for dog registration and we are teaming up with Unibank to accept on-line payments for vital requests. The online dog registration is not new, nor is requesting online vital records.

However, with these latest initiatives, processing a dog registration and online vital requests will help to simplify what has been a bit of a difficult process. As we head into 2024, we will continue to work toward identifying other areas of Town Clerk operations that have been historically challenging in an effort to simplify the procedures for the public and make them more user-friendly.

Of course, I have to mention the 2024 elections. We have already been busy certifying initiative papers for the November 2024 State Election, and soon we will be getting ready for the March 2024 Presidential Primary to include early vote in person, and early vote by mail. Next year, in addition to the March Presidential Primary and November State Election, we will also have the Annual Town Election and Town Meeting, and a State primary in September.

Should you have any questions regarding dog registration, requesting vital records, upcoming elections, or any of our other Town Clerk responsibilities, please do not hesitate to call the Town Clerk's Office at 508-358-3630.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7

***If you want to change your
Medicare plan, don't wait.***



Time is running out to review your options and see if there is a better plan for you for next year. If you need a SHINE appointment before Open Enrollment ends, call us today. If our appointments are full, we can refer you to another source for help.

SENIOR TAX WORK-OFF APPLICATIONS

We will continue to accept Senior Property Tax Work-Off Program applications on a rolling basis. 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.

COA/COMMUNITY CENTER NEWS

Many of you have asked for updates on the status of the COA/Community Center that was approved at Wayland's Annual Town Meeting in May, 2022. We will include periodic updates in our monthly newsletter to keep the community up to date on the project.

A great deal of work and planning has been going on behind the scenes since the project was approved. Recent milestones may suggest that the project is just beginning, but steady progress by staff and Town boards has been made during the past 18 months to bring us to this point.

In October 2023 the project went out to bid. Three bids were received. The Permanent Municipal Building Committee voted unanimously on Nov. 3, 2023 to recommend to the Select Board the bid contract from Tower Construction. Tower Construction was the general contractor for previous projects in Wayland, including the Loker School Roof project and the High School field buildings. The Select Board approved the selection of Tower at its November 6 meeting.

Pre-construction meetings will be held before work begins. We look forward to bringing you more updates in the new year.

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; Judy Currier; Carol Glick; Frank Kennedy; Becky Patterson; Ellen Scult; Denise Yurkofsky.

Next Meeting: Dec. 12, 2023, 4pm; Hybrid

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 29% 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 Serves Wayland Residents

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.



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

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

Do You Need Help Paying Your Heating Bills?



Beginning November 1, households with limited income may be eligible for help with winter home heating bills through assistance programs at SMOC — South Middlesex Opportunity Council. Eligibility for the Low Income

Home Energy Assistance Program (LIHEAP) is based on the total gross annual income for an entire household. 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.

CIRCUIT BREAKER MATCH AND OTHER PROPERTY TAX RELIEF

Applications Are Now Available at Wayland Assessors Office ~ Application Deadline: April 1, 2024

The Wayland Assessors Department offers a variety of property tax relief options for eligible senior homeowners. All of these programs require application every year and have strict criteria and deadlines. Eligibility is different for each program and some highlights are listed below. For application forms and details, call the Assessor's Office at 508-358-3788, or visit the [Town of Wayland website](#). Proof of income and assets is required for the following exemptions:

- 41C Elderly Exemption: Must be 65 years of age by July 1, 2022. Low income, limited assets.
- 17D-Surviving spouse: no income restrictions, assets must be less than \$40,000.
- Military Veteran-disabled: must provide a certificate of disability-10% or more- from the VA.
- Blind: must have a current certificate from the MA Commission for the Blind.
- Property Tax Deferral: age 65+, income under 40,000. No asset limits. MA residency requirements.
- Community Preservation Act (CPA) Exemption: Removes the CPA surcharge based on income.
- Wayland Circuit Breaker Match (CB): This town-adopted program may provide property tax relief to eligible homeowners who received the CB credit on their MA State Income Tax return.

Other Programs of Interest: Property Tax Work Off (COA-sponsored): Call 508-358-2990, and Valor Act-Veteran's Tax Work Off (Assessors-sponsored). Call 508-358-7701.

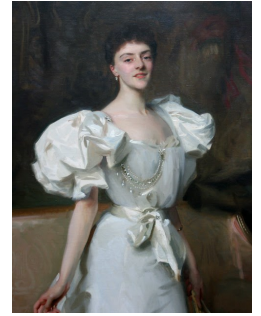
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
KEY: WayCam TV—Red Zoom—Blue In person—Green Hybrid—Magenta (in-person & Zoom)		Watch WayCam TV on Verizon Channel 37 or Comcast Channel 8, or at www.waycam.tv/live			I 9:30am SAIL Fitness 10:00am Yoga I
3 8:00am Fish Fitness 4:00pm Chair Yoga	4 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections	5 8:00am Line Dancing 10:00am Fit 4 Future 12:00pm Yoga Level 2 10:30am Knit Together 2:00pm Sounds of the Season w Michael Good- win	6 9:00am Theratube 11:30am Med Take- Back 12:00pm Pizza Cafe	7 10:00am Fit 4 Future <i>Trip to the MFA</i>	8 9:30am SAIL Fitness 10:00am Yoga I
10 8:00am Fish Fitness 4:00pm Chair Yoga	11 9:30am: Drop-In Games & Papers 9:30am: Walking Club 9:30am T'ai Chi 1pm Great Courses 2:00pm Connections	12 8:00am Sounds of the Season 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga Level 2 1:00pm Genealogy 2:00pm Line Dancing	13 9:00am Theratube 12:00pm Holiday Luncheon w Steve Rudolph Trio	14 10:00am Fit 4 Future 1:00pm Botanical Watercolor Work- shop	15 9:30am SAIL Fitness 10:00am Yoga I
17 8:00am Fish Fitness 4:00pm Chair Yoga	18 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>	19 8:00am The Xmas Truce 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga Level 2 1:00pm Armchair Travel 2:00pm Sudbury Bell Ringers Concert	20 9:00am Theratube 10:30am Lincoln Bell Ringers	21 10:00am NO Fit 4 Future today	22 9:30am SAIL Fitness 10:00am Yoga I
24 / 31 8:00am Fish Fitness 4:00pm Chair Yoga	25 Town Offices Closed for Christmas 	26 8:00am Sudbury Bell Ringers Concert 10:00am Fit 4 Future 10:30am Knit Together 12:00pm Yoga Level 2 1:00pm Genealogy 2:00pm The Xmas Truce	27 9:00am Theratube 1:30pm Movie: Barbie	28 10:00am Fit 4 Future	29 9:30am SAIL Fitness 10:00am Yoga I



TRIPS AND VIRTUAL TRIPS

Mondays: December 18 and January 22: 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.

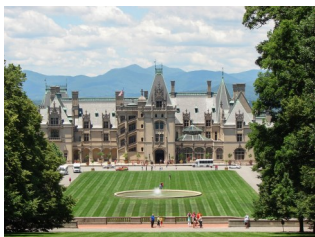
Thursday, December 7: "Fashioned by Sargent" at the MFA. Depart COA at 9:00 am. Return by 2:00 pm. Organized with [Tate Britain](#), "Fashioned by Sargent" explores the artist's complex relationship with his often-affluent clients and their clothes. The exhibition reveals Sargent's power over his sitters' 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.**



Thursday, January 11: Boston Symphony Open Rehearsal: We provide transportation on our van for the 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 \$20.00 for transportation to each concert. The final two dates are 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, February 15: Harvard Museum of Natural History. Depart COA at 9:00 am. Return by 2:00 pm. Cost: \$25 for admission and transportation. The Harvard Museum of Natural History's mission is to enhance public understanding and appreciation of the natural world and the human place in it, sparking curiosity and a spirit of discovery in people of all ages. Visit the new exhibits *Swimming with Sharks* and *In Search of Thoreau's Flowers*, as well as the popular Glass Flowers gallery. Find your birthstone gem in the newly renovated mineral gallery, and view dinosaur fossils in the paleontology gallery. Admission to the Peabody Museum at Harvard is included.

COA Trip Policy: Payment is required at the time of 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 will be given only if your spot is filled.



ARMCHAIR TRAVEL THE BILTMORE ESTATE AT CHRISTMAS Tuesday, December 19, 1:00 pm on Zoom



The Biltmore estate in Asheville, North Carolina, a National Historic Landmark, is the largest private home in America. George Vanderbilt built this 8,000-acre country retreat for his friends and family and officially opened Biltmore House on Christmas Eve, 1895. Flickering candlelight and glowing fireplaces invite you to imagine yourself a guest at the first Vanderbilt family Christmas in 1895. Join Shawna Levine to explore this special holiday trip. This is an encore presentation. **Registration is required.**

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

PLANT A POLLINATOR GARDEN
with Native Plant Ambassador Jean Milburn
Wed., January 17, 10am to noon
Large Hearing Room, \$10

A beautiful yard full of native plants that support local bees, butterflies, and other pollinators begins in tiny seeds planted during the cold winter months. Join Wayland's Jean Milburn to learn about the benefits of choosing native flowering plants for your yard and garden. Then, plant seeds in milk-jug "greenhouses" where they will germinate until ready for separating and planting in the spring.



Bring four clear gallon-sized milk jugs and a box to carry them home in. Soil, seeds and instructions will be provided. We will also have some milk jugs available.

Registration required.

Tea with the Queen returns!
THE CROWN: SEASON 6
Thursdays, January 4, 11, 18, 25
1-3 PM in the COA

Join us for the final season of this popular Netflix series which offers a fictional look into the work-



ings of the Royal Family. Season 6 picks up with Diana and Prince Charles spending their first summer apart as a divorced couple, each enjoying very different holidays with their sons Prince William and Prince Harry.

We will show two approximately 50-minute episodes each week. Enjoy tea and biscuits while you watch.

The Wayland COA News

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

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