



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

APRIL 2020

Dear Wayland Seniors,

Because of the coronavirus (COVID-19) outbreak, all Council on Aging programs are cancelled through April, and possibly longer. The Town Building and our Senior Center are closed to the public.

We are checking our voicemail messages regularly, so please call the COA at 508-358-2990 if you have questions or concerns. You can also call the Town's helpline, 508-358-7701, or the state's help and information line by dialing 211.

If you haven't signed up for SWIFT911 in Wayland, we urge you to do so. SWIFT911 is a telephone alert system used by the Town and its Public Safety officials to get important or urgent messages out by phone to the residents of Wayland. If you are signed up, you will get a recorded call if there is important news for Wayland residents.

To sign up for SWIFT911, go to the Wayland Police Dept. website, or call the Wayland Police non-emergency number, 508-358-4721.

To reduce your risks during the spread of this virus, please read the information on page 2 and follow the steps outlined there. Older adults are at higher risk of becoming seriously ill if they contract coronavirus.

These are challenging times, and it is important that we do all we can to stay healthy. Wayland is a caring community and we are looking out for each other. We miss seeing many of you here at the COA, and look forward to being together again.

The Wayland Council on Aging Staff
Julie Secord, Nancy Greenwood, Sue Hatton,
Shawna Levine, Ann Gordon

Visit Our Website!



At www.waylandcoa.org, you'll find lots of information, including resources that can be helpful during this period of unexpected restrictions. If you are not a computer user, share the website address with a family member or friend who is! You can always call us at 508-358-2990.

UPDATES	Pg
• COVID-19 Awareness	2
• Reduce Your Risks	2
• Avoid Coronavirus Scams	2
• Helpful Resources	3
• Social Security Update	3
• Medicare Covers Virus-Related Needs	3
• Stay Fit at Home	4
• Town Meeting and Elections Postponed	5
• Shop-Around Shuttle on Hiatus	5
• I Now Pronounce You Lucy Stone May 27, 1:30pm	6
• Home Delivered Easter Meals Cancelled	9
• Medicare News from SHINE	9
• Looking Toward Summer Trips	10
• Summer Outdoor Concert Series	12

TAX FILING DEADLINE EXTENDED TO JULY 15

The Internal Revenue Service has extended the federal income tax filing due date from April 15, 2020, to July 15, 2020. Taxpayers can also defer federal income tax payments due on April 15, 2020, to July 15, 2020, without penalties and interest, regardless of the amount owed. Check with the Massachusetts Dept. of Revenue for state updates.

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 members of our community.

The Wayland Council on Aging ~ 41 Cochituate Road, Wayland, MA 01778 ~ 508-358-2990 ~ www.wayland.ma.us
Office Hours: Mon., 8am-7pm; Tues-Thurs, 8am-4pm; Fri, 8am-12:30pm

Resources and Information

COVID-19 Awareness

The Town of Wayland and the Council on Aging are following guidelines from federal, state and local authorities regarding safe practices during the outbreak of coronavirus (COVID-19).

PROGRAMS/EVENTS: All COA programs and meetings are cancelled through April, and possibly beyond. If you have questions regarding the status of a COA program, please call our office at 508-358-2990.

COMMUNICATIONS: Stay informed of current recommendations from the CDC and local authorities by following local news and watching for notices from the Wayland Health Dept. on local cable and/or email alerts, and by enrolling in Wayland's SWIFT 911. (To enroll, or check to see if you are already enrolled, visit the SWIFT 911 link on the Wayland Police Department website. If you do not have access to a computer, call the WPD's non-emergency phone line at 508-358-4721).



WHO TO CALL

If you develop a cough, fever, or shortness of breath, call your doctor and the Wayland Health Dept. Coronavirus Hotline: **508-358-6805**

If you need help with basic needs like food or medicine, call the Town Help Line at **508-358-7701**

If you have questions or need a referral, call the COA at **508-358-2990**

For general information or help, call the Mass. State help and info line: **211**

REDUCE YOUR RISK BY FOLLOWING THESE GUIDELINES

Governor Baker has declared a state of emergency in Massachusetts, and many restrictions are in place. Please follow a reliable news source for the latest information. To reduce your risk of exposure to the COVID-19 virus, the Centers for Disease Control and Prevention recommends that you:

- Stay home as much as possible even if you are not sick.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect your home, especially high-touch areas such as countertops, door knobs, light switches, handles, faucets, and phones
- If you develop a fever, cough and/or shortness of breath, call your doctor for advice, and/or the Town of Wayland hotline at 508-358-6805.
- Call the COA at 508-358-2990 if you need help or have questions.



AVOID CORONAVIRUS SCAMS



Scammers take advantage of events like this virus outbreak, when people are distracted and concerned. Be careful. **DO NOT** let anyone in your home!

NO DOOR-TO-DOOR TESTING – In the United States, large-scale public testing is not being done. If your doctor thinks you need a test, he or she will get it for you, and tell you where and how it will happen.

NO COVID-19 VACCINE – There is no COVID-19 vaccine yet. At this point, phone calls and television advertisements offering COVID-19 immunity or treatments are scams. Don't fall for them!

FAKE CLEANING SERVICE - Scammers are calling or knocking on doors to offer a cleaning service they say will rid your home of the virus. **DO NOT** fall for this, and **DO NOT** let a stranger into your home.

FAKE WATER DEPT. VISIT - No Town of Wayland workers need to have access to your home. If you have any questions about Wayland services, call the Town's Help Line at 508-358-7701. **DO NOT** let a stranger in your home.

FAKE CHARITIES - Do not give money to organizations you don't know and trust. When you do give, pay safely by credit card. Never donate using a gift card or wire transfer.

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.

Resources and Information

Helpful Resources and Updates

Below is a list of resources that may be useful to you during this time. Please note that situations are changing throughout this period, and **the timely availability of some resources may vary**. You can also find this list on our website, with links, at www.waylandcoa.org. If you have questions, please call us at 508-358-2990.

Meal Delivery or Pick-Up

Heart of the Home, 508-658-3000

The Villa Restaurant, take-out, Tues.—Sun., 4pm - 8pm, order online, 508-653-8570

Mel's Commonwealth Cafe, delivery and take-out, 508-653-7777

The Local, curbside pickup, 508-276-8263

Giacomo's, take-out pizza, 508-276-5151

Grocery Delivery

Stop & Shop, Peapod, 1-800-573-2763

Roche Brothers, Sudbury Farms, 978-443-3575

Costco, 1-800-955-2292

Russo's in Watertown, 617-923-1500

Shipt and Instacart, online ordering for delivery from local stores such as Costco, Wegman's and CVS



Food Pantry

Parmenter Food Pantry, Wayland. 508-358-3001.

Stores with Special Shopping Hours for Seniors

- Stop & Shop: 6am – 7:30am
- Roche Brothers: 7am – 8am
- Whole Foods: 8am – 9am
- Market Basket: 5:30am-7am, Tuesdays, Wednesday and Thursdays
- Trader Joe's: 9am – 10am
- Walgreen's: 8am – 9am
- Russo's in Watertown: 6am—7:30am

Food Stamps

Telephone application via the Senior Helpline: (833) 712-8027 or visit the www.mass.gov website and search for SNAP

Emotional Support

211: Dial this for information or support
Call 2 Talk Helpline: (508) 532-2255

Elder Protective Services

Elder Abuse toll-free HOTLINE: 1-800-922-2275
(urgent and non-urgent calls accepted)

Reassuring Message from Social Security

Social Security will continue to pay benefits. Be aware that scammers may try to trick you into thinking the pandemic is stopping your Social Security payments but that is not true. Don't be fooled.

Social Security offices are closed to the public at this time. Many services are available online. If you have a critical need that you cannot address online, we can help you over the phone at 1-800-772-1213 or 1-877-457-1737.

SSA's Coronavirus Disease (COVID-19) web page explains what services are continuing and which ones are suspended, and important information about deadlines they are extending to ease the burden on you and medical providers during this pandemic.

Medicare Covers Needs Related to Virus

Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs. Medicare covers all medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine.

There is currently no vaccine for coronavirus. But if one is developed, it will be covered by all Medicare Prescription Drug Plans (Part D). If you have a Medicare Advantage Plan, you have access to these same benefits.

Medicare covers "virtual check-ins" (telehealth) and using online patient portals so you can connect with your doctor by phone or video, or even an online patient portal, to see whether you need to come in for a visit. If you're concerned about illness and are potentially contagious, this offers you an easy way to remain at home and avoid exposure to others. You need to consent verbally to using virtual check-ins or on-line patient portals and your doctor must document that consent in your medical record before you use this service. You pay your usual Medicare coinsurance and deductible for these services.

Health & Fitness Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			10am Fit for the	Get active in your own
2pm Tai Chi Paradigm		10:15am Zumba 1:00pm Better Balance		

OUR FITNESS CLASSES ARE ON HOLD: WE LOOK FORWARD TO RESUMING SOON!

Stay Fit At Home

Our popular fitness classes are not available for the time being, but you can still get some exercise at home. Here are a few ideas (source: Healthline). And remember, **before starting any exercise regime, know yourself, your own abilities and restrictions, and always check with your personal physician.**

STRENGTH:

1. Stand facing a wall, with your toes 12 to 18 inches away from it.
2. Lean forward slightly and place your palms flat on the wall at shoulder height.
3. Slowly bend your elbows to lower your body toward the wall until your nose nearly touches it, and get as close as you can without straining.
4. Then slowly straighten your elbows and push back to your starting position. Repeat this exercise 10 times.

BALANCE:

1. Stand directly behind a sturdy chair, such as a dining room chair that won't tip easily.
2. Rest one hand on the back of the chair and the other hand on your hip.
3. Lift your right leg, bending the knee slightly.
4. Hold your leg up for a count of 10. Relax for a moment.
5. Then do nine more repetitions on that side, before switching legs and repeating on the other side. As your balance improves, you can do the same move without resting your hand on the back of the chair.

A Great Workout Video for Seniors

Ellen Cohen-Kaplan, who teaches several fitness classes at the COA, recommends this video for an at-home workout. Go to this link: <https://www.youtube.com/watch?v=sEk8bZbeZao>



Walking Club:

Mondays & Wednesdays at 9:30am

The Walking Club is moving outdoors for spring!
We hope to resume walking on Earth Day: Wednesday, April 22
Meet at the Rail Trail near the Library

During this challenging time, getting out to walk is a welcome break. Get some fresh air, some exercise and a little social interaction – of course while following social distancing recommendations. Join our Walking Club to walk with Wayland seniors for up to an hour. Meet the group at the Rail Trail near the Library. When weather is inclement we will NOT meet at the mall until further notice.

New walkers always welcome. Call the COA or email Shawna Levine at slevine@wayland.ma.us to register. Those registered receive email updates. No fee. Please wear comfortable walking shoes and bring a water bottle.

For Your Convenience

SHOPPING TRIPS



PLEASE CHECK BACK FOR UPDATES

SHOP-AROUND SHUTTLE: SUSPENDED UNTIL FURTHER NOTICE Run your errands with us, normally on the 2nd Monday of each month. Home pick-ups begin at 10 am. Stops include Stop & Shop, Wayland Public Library, CVS, Post Office and Whole Foods in Sudbury. The route will be determined based on riders' requests.

MARKET BASKET & MARSHALLS: SUSPENDED UNTIL FURTHER NOTICE Our monthly shopping trip to Waltham. Leaves COA at 9:30am, or arrange for a home pick-up. Return by 1:30pm.

Shopping trips are free of charge and for Wayland residents only. Space is limited, please call the COA to reserve a spot.

WAYLAND TOWN MEETING AND ELECTIONS POSTPONED

The Annual Town Meeting, originally scheduled to begin on April 5, will be rescheduled for a later date. Likewise, the Town Elections scheduled for March 31 will also be held at a later date. Details on when these events might take place are not finalized yet. Stay tuned!

PODIATRY CLINIC: Suspended until further notice



THE VOLUNTEER SPIRIT

As the news carried more and more information about the spread of the coronavirus, and authorities began to advise us all to stay home, something wonderful happened. By phone or email, Wayland residents began to reach out to the Council on Aging to see how they could help. Our already long list of wonderful volunteers grew longer.

In the aftermath of Sept. 11, Mr. Rogers famously quoted his own mother, who calmed his fears about bad news on TV by saying, "Look for the helpers. You will always find people who are helping." Indeed, she was right.

During these unusual times, anyone can be a helper by checking in with a friend or neighbor who may be feeling isolated. A simple phone call can make a big difference. Thank you to all the helpers!

Warmly,
Ann Gordon

WAYLAND COUNCIL ON AGING STAFF

Director: Julie Secord, M-F
Office Coordinator: Nancy Greenwood, M-W
Outreach Coordinator: Sue Hatton, M-F
Project Coordinator: Shawna Levine, M-Th
Volunteer Coordinator: Ann Gordon, T-Th
S.H.I.N.E. Counselors: Penny Wilson,
Kathleen Woehrling

WAYLAND COUNCIL ON AGING BOARD

Betsy Soule, Chair; Bill Sterling, Vice Chair; Mary Antes, Clerk; Evelyn Ekmejian; Carol Glick; Nancy Leifer; Becky Patterson; Ellen Scult; Denise Yurkofsky. Board meetings are held on the 1st Tues. of each month at 8am in the Town Building. See Town calendar to confirm, as dates may change.

Next Meeting: To Be Announced

FRIENDS OF THE WAYLAND COA, INC.

A 501(c)3 that supports COA programs, services, and equipment that cannot be financed through the COA's town budget.

FRIENDS BOARD: Janie Belive, President, Marie Winter, Vice President; John Shaw, Treasurer and Webmaster; Mary Antes, Clerk; Paul Abramson; Steve Correia; Judy Larson; Nancy Leifer; Patty MacNeil; Sue Pope; Betsy Willard.

PROPERTY TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets every other month on the third Wednesday at 9am.

MEMBERS: Joan and Linwood Bradford, Co-Chairs; Ann Gilbert, Clerk; Pauline DiCesare; Steve Colella, Markey Burke

Next Meeting: To Be Announced

West Suburban Veterans Services District

781-489-7509
Sarada Kalpee, Director
@ Wayland on Tues. 9am—4pm
781-850-5504

Education/Social Programs (cont.)**RESCHEDULED:****History at Play Presents*****I Now Pronounce You Lucy Stone*****NEW DATE: Wednesday, May 27 at 1:30 pm, Large Hearing Room**

Join us as we commemorate the 100th anniversary of the ratification of the 19th amendment giving women the right to vote. Judith Kalaora portrays Lucy Stone in a passionate and educational theatrical production.



As an ardent supporter of human rights, Lucy inspired thousands to join the suffrage movement; even Susan B. Anthony credits Lucy's impassioned speeches for her involvement. Lucy and her comrades evolved from successful abolitionists to struggling suffragists. Their fight was ferocious, so come along for the ride!

History At Play™ was founded in 2010 to chronicle the lives of influential and often forgotten women. Judith Kalaora is a professional actress, educator, and living historian. She graduated *magna cum laude* from Syracuse University and attended the Globe Education Program at Shakespeare's Globe Theatre, London. Reservations please!

We are grateful that this program is sponsored by



APRIL - Ideas for Staying Home

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We look forward to resuming our regular schedule of office hours, events, programs, and services. Please check our website, www.waylandcoa.org, for regular updates.</p>		<p>1</p>  <p>Do a puzzle</p>	<p>2</p> <p>Start a journal</p>	<p>3</p> <p>Clean out a drawer</p>
<p>6</p>  <p>Feed the birds</p>	<p>7</p> <p>Watch a movie</p>	<p>8</p> <p>Write a letter</p>	<p>9</p> <p>Call a friend</p>	<p>10</p> <p>Go for a walk</p>
<p>13</p> <p>Sing a song</p>	<p>14</p> <p>Write your memoirs</p>	<p>15</p> <p>Organize those photos</p>	<p>16</p>  <p>Bake a cake</p>	<p>17</p> <p>Read a book</p>
<p>20</p> <p>Play cards</p>	<p>21</p> <p>Rearrange your furniture</p>	<p>22</p> <p>9:30am Walking Club</p> <p>Call a friend</p>	<p>23</p> <p>Get outside</p>	<p>24</p> <p>Listen to music</p>
<p>27</p> <p>9:30am Walking Club</p> <p>Take a nap</p>	<p>28</p> <p>Organize the spices</p>	<p>29</p> <p>9:30am Walking Club</p> <p>Touch your toes</p>	<p>30</p>  <p>Call a friend</p>	<p>Stay Home Stay Healthy Stay Safe</p>

Ongoing Services Available at the COA

FOR INFORMATION ABOUT ANY OF THESE SERVICES, CALL THE COA AT 508-358-2990.

Information and Referral Outreach Coordinator Sue Hatton provides free information on a wide range of resources, benefits and services for older adults and families.

Fuel Assistance (LIHEAP), The Low Income Home Energy Assistance Program, administered by SMOC, runs Nov-April. COA is a local intake site. Call us for details.

In-Home Fix-It Program Our volunteers help seniors at home with small jobs such as changing a light bulb. It's free—pay only for supplies.

Medical Equipment Loan Closet The COA accepts donations of new or gently used medical equipment (shower chairs, walkers, canes, wheelchairs—no com-modes). Call ahead for all donations and requests. See p9.

File of Life Free! These small magnetic folders attach to your refrigerator and list your pertinent medical information for emergency personnel. Call us to get yours, thanks to The Friends of the Wayland COA.

Transportation to Town Meeting and the Polls Rides to every Town Election and to all sessions of Spring and Fall Town Meeting are provided by the COA. Call us at 508-358-2990 at least 48 business hours in advance.

Meals On Wheels are provided through BayPath Elder Services, 508-573-7200.

Free Blood Pressure Check by Wayland Health Department. By appointment. Call Ruth Mori, Community Health Nurse, 508 358-3617.

Free Legal Consult Call the COA for a free, 20-minute appointment with elder law attorney Denise Yurkofsky.

SHINE (Serving Health Insurance Needs of Everyone on Medicare) Skilled volunteers provide free counseling about health insurance. Call COA for appointment.

Property Tax Work-Off: Wayland residents age 60+ provide valuable service to town departments while earning a limited sum to help offset their property tax. Applications are available beginning June 1 of each year. Work must be completed by the end of the following March.

Lock Boxes Allow Emergency Personnel access to your home in the event you call 911 but cannot get to the door to let them in. Store a key in a small locked box that is secured to your house in an inconspicuous place. For details, call the Wayland Fire Dept. at 508-358-7951.

Way-Secure A voluntary program of the Wayland Fire Department invites residents with special medical needs and/or considerations to provide critical information for first responders through a secure registry. Free, confidential and secure. For more information contact WFD at 508-358-6910 or COA 508-358-2990.

Smoke and CO Detectors This 'wait list only' program promotes fire safety for Wayland Seniors. Firefighters come to your home and provide education on proper location and maintenance of your smoke and CO detectors. As needed, they replace old units with newer 10 year-battery style. Call the COA to place your name on the wait list. Not compatible with hard wired units.

OTHER HELPFUL RESOURCES

BayPath Elder Services: 508-573-7200

Caregiving Resources: www.caregivingmetrowest.org

Domestic Violence Hotline: 1-877-785-2020 or visit www.domesticviolenceroundtable.org

Elder Abuse Hotline: 1-800-922-2275

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

Medicare: 1-800-633-4227

MetroWest Legal Services: 508-620-1830

MWRTA General: 508-935-2222

MWRTA Dial A Ride: 508-820-4650

Parmenter Foundation Food Pantry: 508-358-3001

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

News You Can Use



Medicare News from SHINE

People with original Medicare may choose to enroll in a supplement plan, known as “Medigap” which covers some of the gaps in Medicare, such as deductibles, co-pays, and co-insurance. In Massachusetts, people can enroll in a Medigap plan at any time.

Prior to this year, Massachusetts offered two Medigap options, a Core plan with basic benefits, and Supplement I, with expanded benefits including coverage of the Part A & B deductibles, co-pays and co-insurance. Due to a change in federal law, people newly eligible for Medicare can no longer enroll in a Medigap plan that covers the Part B deductible (\$198 this year). A new plan, called Supplement IA, has been added. Supplement IA is the same as Supplement I, except that it doesn’t cover the Part B deductible. People newly eligible to Medicare may choose a Medigap Core or Supplement IA plan, while those eligible prior to 2020 can enroll in any of the three plan options.

Questions About SHINE?

SHINE appointments are continuing online or on the phone. Trained SHINE volunteers offer free, confidential counseling on Medicare options. Call the COA at 508-358-2990 to book a telephone or online appointment.



Home-Delivered Easter Meal Sunday, April 12 CANCELLED

The Good Shepherd Parish of Wayland will be unable to deliver Easter meals this year, due to the coronavirus outbreak. It is important for everyone to stay home and stay safe.

If you or someone you know is in need of food — either meals or groceries — please call the Town of Wayland Hotline at 508-358-7701.

FUEL ASSISTANCE HEATING PROGRAM

Fur questions regarding the SMOC FUEL ASSISTANCE program call SMOC at **508-620-1230**.

TRANSPORTATION OPTIONS WITH THE COA

MWRTA Dial-a-Ride: Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. \$2, \$3 or \$5 each way depending on destination. Pre-register with MWRTA and get details by calling 508-820-4650. Registered riders must make reservations at least 48 business hours in advance of travel date.

MEDICAL TAXI VOUCHERS: For Waylanders 60+ or any age if disabled. Offers discounted taxi fare for medical appointments or medically-related activities at the COA. Administered through JFK Transportation, this option requires the advanced purchase of discount vouchers. Discount is 40% off metered fare. Total cost will vary based on miles traveled. Boston travel is charged a flat rate cost: \$42 each way, all other travel is based on the meter. Tips expected in cash. Buy vouchers in advance at the COA. Schedule rides directly through JFK 508-653-4500.

FISH: Currently unavailable. Friends in Service Helping, a volunteer group, provides rides to medical appointments for Waylanders who have no other way of getting there. One week notice needed. Call FISH: 508-358-FISH (3474) to make ride requests.

SHOPPING TRIPS: See p. 5 for details about free monthly trips for grocery shopping and errands.



Stay up to date on all the exciting COA happenings! The COA News is available free of charge to Wayland residents age 60 and older. Call the COA at 508-358-2990 to get on our mailing list. Subscriptions for those outside Wayland are \$10. View the newsletter any time on our website: www.wayland.ma.us (select Council on Aging). To cancel your mailed subscription, please call us.



Wayland on the Move



CALENDAR OF UPCOMING OUTINGS

APRIL AND MAY TRIPS ARE CANCELLED

At this time we hope to offer trips beginning in June. More information will be provided in our May newsletter. Also, please check our website for updates: www.waylandcoa.org

APRIL

CANCELLED Tuesday, 4/14: Jacob Lawrence, the American Struggle at the Peabody Essex Museum.

CANCELLED Thursday, 4/23: Kennedy Institute

MAY

CANCELLED Monday, 5/4: Art in Bloom

CANCELLED Saturday, 5/9: Waltham Steam-punk Festival.

CANCELLED Tuesday, 5/19: Encore Boston Harbor Casino

JUNE

NEW DATE: Tuesday, 6/2: The Polaroid Project At the Intersection of Art and Technology at the MIT Museum: Part II: Depart COA at 9:15 am. Return by 2:00 pm. Cost: \$15 for transportation and admission. After traveling around the world, this critically acclaimed exhibition stops at MIT, approximately a block from where instant film was first invented.

The exhibition showcases more than 75 artifacts--including cameras, prototypes, experimental films and other technical materials--from the MIT Museum's own historic Polaroid collection. We will stop for lunch at a nearby restaurant following the exhibit.

We look forward to retuning to some of our favorite places this summer. Stay tuned for more information about trips to Rockport, and The Pawsox for their last season in Pawtucket.

Motor Coach Trips 2020 with Best of Times Travel

Flyers with complete details available on line. Checks for these trips should be made out to: Best of Times Travel.

[Martha's Vineyard Day Trip](#): August 13

The journey begins upon arriving at Woods Hole where we board the ferry to the island of Martha's Vineyard. Upon arrival, you will board a local bus for a sightseeing tour. You will learn about the history and lifestyles of the islanders as you pass through Vineyard Haven. There will be free time for lunch and shopping in the historic whaling town of Edgartown. Complete your day on the island in Oak Bluffs. Price: \$165pp - Includes motor coach transportation, ferry, tour of Martha's Vineyard, tour guide, guide gratuity, and dinner on the mainland.

[Spectacular Saratoga](#) : August 25 - 27

Join Best of Times Travel as we explore the very best of Saratoga Springs and Lake George on this amazing 3 day adventure. Enjoy Saratoga Raceway, see Lake George, enjoy some fun at Saratoga Casino, step back in time to our Revolutionary days, and experience WW II history up close and personal. Trip includes motor coach transportation, 6 meals, 2 nights lodging, tours, Best of Times Travel Professional, and tour director w/ Gratuity.

Price: \$539pp Double, \$689 Single Occupancy

[Nashville Country Christmas](#): December 4 - 7

Space is very limited for this trip—please sign up early! Stay at the Gaylord Opryland Hotel decorated with more than 3 million lights. Enjoy the Opryland Hotel's Exclusive holiday dinner & show featuring The Oak Ridge Boys Experience the Grand Ole Opry and a fabulous holiday show at the Ryman Auditorium. as well as the General Jackson showboat Sunday Brunch, tours of the Ryman Auditorium,, and the Country Music Hall of Fame, Trip includes airfare, hotel, tours, and more!

COA Trip Policy: Payment is required upon registration, either in person or by mail, with a check to *Town of Wayland*. Please indicate the trip you are registering for. Non-Wayland residents may register on the 15th of the month; checks received earlier will be held until the 15th. Refunds given only if your spot is filled.



**Let's Look Forward to Summer and the
9th Annual COA Community Concert Series**

June 18—July 16 , Thursdays 7-8 PM

Wayland Town Building Courtyard

(Large Hearing Room if raining)

Back by Popular Demand, The Standards will kick off our first concert on June 18. Join us for a Sock hop featuring all your favorites from the 50's and 60's. The Standards has been together since 1984 and play a wide variety of music that is sure to appeal to all ages. They've shared the stage with The B-52's, Bill Haley's Comets and Livingston Taylor! They play music that people know and encourage the audience to be part of the show dancing, clapping and singing along.

Invite your neighbors, friends, and family to this community event. Some chairs will be available but we ask that you please bring your own lawn chairs or blankets.

STAYING CONNECTED: Although we are not able to offer programs in our typical fashion, we are exploring ways to stay connected. Please keep in touch. We will post updates on our webpage — www.waylandcoa.org — leave announcements on our phone greeting, and send periodic “robocall” phone messages to those in our call system. (Not in our system? Give us a call with your name, address, phone number, and email, and we'll add you to our list.) In addition, we hope to provide information on the local WayCam channel, so please check there for updates as well.

The Wayland COA News

A monthly publication from
Wayland Council on Aging
41 Cochituate Road
Wayland MA 01778
508-358-2990
www.wayland.ma.us

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