



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

MAY 2020

The Age of Wisdom: What Wayland Seniors Know About Getting Through Hard Times



Experts say that older adults are particularly vulnerable to the coronavirus. While this might be medically true, seniors also have an invaluable personal weapon during difficult times like these: resilience.

Living a long life means weathering more than a few challenges. Many older adults know how to endure hard times. What's more, they have also learned what it takes to bounce back.

At age 91, Wayland's **George Gols** says this global pandemic reminds him of his experiences during World War II. As an American boy living in Germany, he recalls sheltering with his family during bombing raids. "We hung dark curtains over all the windows, and would go to the basement when the raids started," he recalls. Gols says one lesson he learned from that experience is relevant today: "Follow instructions," he says. "Just like we had to go down to the cellar every night, now we have to keep our distance from one another. It's a good idea, and it will keep you safe. Just do it." After the war, Gols returned to the U.S. where he eventually earned a PhD in economics and pursued a career in international business.

Mel Norris, 88, says he has endured plenty of hard times, but his philosophy of life is positive. "You have to live today, not yesterday, and not next week," he says. "Make today the best day of your life. Find the bright side." Norris says this outlook has helped him weather many tough

continued on p. 9



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
Stay Up To Date With COVID-19	2
Community Resources	2
COA IN-Sights: New Programs on WayCam TV	3
ZOOM With Us!	3
Early New England Roads and Paths	3
Great Courses "Re-Zooms" on ZOOM	3
Stay-At-Home Exercise Classes	4
Updates: Fuel Asst., SNAP, Tax Work-off	5
SHINE Appointments for Medicare/ Insurance Information	5
New Sages & Seekers Opportunity	6
Tax Filing Deadline and RMD Update	7
Celebrating Older Americans Month	8
Medicare Covers Telehealth	9
Travel: Virtual Visits to Special Places	10

Annual Town Election: June 9, 2020

To vote in the Annual Town Election without going to the polls, you may apply to vote early by mail or by absentee ballot (by special approval of the state legislature and governor during the COVID-19 emergency). Find everything you need on the [Town Clerk's website](#), or call the Clerk's office at 508-358-3630.

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

Stay Up To Date With Wayland News

The Town of Wayland website — www.wayland.ma.us — is the most up-to-date source of news about how COVID-19 is affecting life in Wayland, including regular updates from the Health Department.

You will also find information about resources — what to do if you need food or medicine, for example — and essential Town services, as well as details about local businesses with senior shopping hours.

The Town also has a new Facebook page that includes lots of up-to-the-minute news. Search Facebook for “Town of Wayland.”

The Council on Aging website at www.waylandcoa.org includes information specifically geared toward older adults, including tips on staying healthy and safe during this challenging time.

Sign up to receive emergency phone notifications from the Wayland Police by [clicking on this link](#), or call the WPD 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 food or medicine, call the Town at **508-358-7701**

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

For emotional support, call Wayland Youth & Family Services at **508-358-4293** (giving support to all ages), the Call2Talk Helpline at **508-532-2255**, or **211**.

Get general state info by calling **211**.

DO YOU NEED A HELPING HAND?

The Wayland Community Fund provides short-term, emergency financial assistance to Wayland residents. The Fund helps with utility bills, rent, medical expenses, medicine, food, clothing and many other essential costs. Payments are made directly to vendors or suppliers of services. To leave a private message for the Community Fund and receive a call back, please call 508-358-3624.

The **Wayland COVID-19 Relief Fund** uses donated funds to buy essential food for any Wayland individual or family with a self-identified need. If you are in need of food, call 508-358-7701.



The Parmenter Food Pantry provides support to those in need. Call 508-358-3001 if you need help getting an adequate supply of food.

Celebration International Church Food Pantry: Call 508-318-4769 for details on how to register, or email help@cicalive.com. Car-side pick-ups available.

TCC Loaves & Fishes Food Pantry: Call the Trinitarian Church at 508-358-7717 or visit tccwayland.org. Open Tues. and Thurs. by appointment.

HOW YOU CAN HELP

Local organizations helping those in need are stretched thin. If you can help, here are a few options:

Wayland Community Fund: Send a tax-deductible donation to the [Wayland Community Fund](http://www.waylandcommunityfund.org), 41 Cochituate Road, Wayland.

Wayland COVID-19 Relief Fund: To donate online, use the online payments function on the town website, www.wayland.ma.us.

Parmenter Food Pantry: Donate money, grocery gift cards, and specific grocery items. Call 508-358-3001 or visit www.parmenterfoundation.org

Celebration International Church Food Pantry: Donate funds online at www.cicalive.org/giving, or send a check made out to CIC (with Food Pantry in the memo) to the CIC church at 6 Loker Street in Wayland.

Trinitarian Congregational Church Food Pantry: TCC accepts food donations for its [Loaves & Fishes Food Pantry](http://www.loavesandfishes.org), which is open Tues. and Thurs. from 9 a.m. to noon. Call 508-358-7717 for more information.

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.

Engaging and Connecting



We miss our many face-to-face encounters with all of you! Nothing can replace the fun of being together for pizza or a movie or lecture. We miss seeing you pass through our area on your way to exercise classes, or to pay your water bill! But there are other ways we can and will stay connected. Here are a few. Watch for more as we continue to develop new ways to Engage and Connect!



Tune in to WayCam-TV Sundays through Wednesdays from 8 - 10 a.m. and 4 - 6 p.m. for **COA IN-Sights!**

This special COA programming features encore presentations as well as new events. Watch our website, www.waylandcoa.org for details. Enjoy the "sights" from "IN" your home! WayCamTV is on Comcast channel 8 and Verizon channel 37.

Coming Up on IN-Sights:

FREE EXERCISE CLASS:

Stay Active and Independent for Life

SUN. & TUES. 9 - 9:55 a.m., with Joe Fish, from J. Fish Fitness. Joe is an enthusiastic and creative personal trainer who knows exactly what type of fitness training both active and frail older adults need to build and enhance strength, range of motion, balance, stretching and cognitive training.

EARLY NEW ENGLAND ROADS & TRAILS with Historian John Horrigan

John Horrigan will present a survey of old roads, trails and Native American paths, including Boston Post Road, Old Connecticut Path, and the Mohawk Trail. John is an



Emmy-winning historian and previously lectured at the COA on the Great Molasses Flood. Check [our website](http://www.waylandcoa.org) and the WayCam schedule for dates and times.

EVERYONE IS ZOOMING: YOU CAN TOO!

How do we stay connected with others when we're staying at home? How can we continue the group activities we enjoy? In a new and different way, with the help of technology.



ZOOM is a computer and telephone platform that allows participants to "gather together" online, to see and hear one another one-on-one or in groups. Long used for business meetings, it is now also being widely used for social groups.

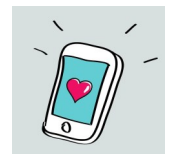
The COA is working to create opportunities to "get together" using ZOOM. **If you'd like to learn more about ZOOM and receive notices about ZOOM events in May**, email coa@wayland.ma.us and give us your name, email address, and phone number, or call us at 508-358-2990. ZOOM also offers a call-in feature so you can join by telephone. Be part of our journey as we beta-test new programs and groups you can join from home. Come along!

COMING UP VIA ZOOM:

GREAT COURSES: AMERICA'S MUSIC HERITAGE

Enjoy this Smithsonian/Great Course collaboration on 200 years of music linked to the spirit and history of the US. Check [our website](http://www.waylandcoa.org) for dates and times or call us.

WOULD YOU LIKE A FRIENDLY CALL?



COA staff and volunteers are reaching out to residents by phone to say hello and check in. Some folks appreciate an occasional call, some like to hear from us more often. We extend a big thank-you to our volunteers who are helping us stay connected with the people we serve.

If you would like a Friendly Caller to check in with you occasionally or regularly, let us know! Call us at 508-358-2990.

Health & Fitness

COA FITNESS CLASSES AVAILABLE ONLINE

TAI CHI

Calvin Chin's Martial Arts Academy
Lucien Zoll, Senior Instructor for Wayland

Wednesdays, 12:30pm

Now more than ever we know that movement is critically important to both physical and mental health. [Click here](#) to sign up for an invitation to our free, weekly Zoom Tai Chi class, or visit www.waylandcoa.org and find the link on our home page. Provide your name and contact information and receive a weekly invite. This unique class is interactive with your instructor Lucien Zoll. Experience moving in beneficial ways that still allow for social distancing and safe practice until we are able to join together again at the Town Building.

THERATUBE

Instructor: Ellen Cohen Kaplan
Certified Personal Trainer, OTR

Wednesdays, 9am-10am

Work safely with your resistance bands to increase range of motion and strength. Bands are easy to use for people of all abilities.

*New participants are welcome! If you'd like to receive an invitation to these free classes offered via Zoom, call the COA at 508-358-2990 or email us at coa@wayland.ma.us. Provide your contact information (name, email address, best telephone number and mailing address) to receive your invitation. **Please contact us no later than Monday before the fitness classes you wish to take.***

"ZOOM-Ba"

Instructor: Ellen Cohen Kaplan
Certified Personal Trainer, OTR

Wednesdays, 10:15-11:15am

Join this fun cardio class and dance your way to fitness with Latin music.



And don't forget! There's a free exercise class available on WayCam, Wayland's cable channel.
See p. 3 for details.

Take Good Care of Your Mental Health

Are you feeling isolated, lonely, out-of-sorts? At times, we all feel these things during this period of physical distance and uncertainty. There are things you can do to boost your mental health, and ways to seek support from home. If you need emotional support, call:

- Wayland Youth and Family Svcs. at **508-358-4293**
- The state's Call2Talk line at **508-532-2255** or **211**
- Your personal physician's office

Manage your well-being by taking good care of yourself:

- Get plenty of sleep
- Eat a healthy diet, and limit alcohol consumption
- Get some exercise every day, and some fresh air in your yard or neighborhood

continued

- Manage your exposure to the news; don't overdo it.
- Stay connected to family and friends by phone, email and video chats.
- Focus on the positive, and try to enjoy life's simple, everyday pleasures

The Walking Club is On Hiatus.

We hope to resume walking together soon. Please check our website for updates.



During this challenging time, getting out to walk is a welcome break. Get some fresh air and some exercise on your own or with members of your immediate household until the Walking Club reconvenes.

Updates

Emergency SNAP Supplements During COVID-19

The Department of Transitional Assistance (DTA) is issuing emergency SNAP (food stamp) supplements to many SNAP households to help buy food during the pandemic crisis. Congress approved special SNAP supplement benefits in response to the COVID-19 pandemic. If you currently receive SNAP benefits, check your balance to see if you receive an increase for April and May. For further information, call the 800 number on the back of your card, or the SNAP senior help line at (833) 712-8027.

Fuel Assistance Deadline Extended into May

The SMOC Fuel Assistance program will continue to accept applications until May 29. This resource helps those with low-moderate household income pay a portion of their heating bills. Eligibility is based on the total gross annual income for all residents, which must fall below \$37,360 for a household of one, or \$48,855 for two. If you would like to know more about this program, please call SMOC at 508-620-1230.



SHINE Phone or Video Appointments Available

SHINE appointments for free, confidential counseling on Medicare options are continuing online or on the phone, with trained SHINE volunteers Kathleen Woehrling and Penny Wilson. Call the COA at 508-358-2990 to book a phone or online appointment.



PLEASE COMPLETE YOUR CENSUS

Every household should have received a letter with a unique ID, and by now, some follow-up reminders. An accurate count helps Wayland get adequate funding. Be Counted!



Senior Property Tax Work-Off Program

Applications for the Senior Tax Work-Off program will not be available until at least July 1, 2020. Please check our June newsletter and our website for updates, or contact Shawna Levine [by email](mailto:shawna@wayland.ma.us) or at 508-358-2990.

AARP Tax Preparation On Hold

AARP has not yet approved the resumption of tax preparation services. We hope to have an update in June. Watch our newsletter and visit our website for more information.



Medical Equipment Loan Program on Hold

At this time we cannot accept or loan out medical equipment. We apologize for the inconvenience. Call us at 508-358-2990 with questions.

WAYLAND COA STAFF

Director: Julie Secord, M-F

jsecord@wayland.ma.us

Office Coordinator: Nancy Greenwood, M-W

ngreenwood@wayland.ma.us

Outreach Coordinator: Sue Hatton, M-F

shatton@wayland.ma.us

Project Coordinator: Shawna Levine, M-Th

slevine@wayland.ma.us

Volunteer Coordinator: Ann Gordon, T-Th

agordon@wayland.ma.us

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; Nancy Leifer; Huaibin Lu; Patty MacNeil; Sue Pope; Betsy Willard.

SENIOR TAX RELIEF COMMITTEE

This Selectmen-appointed committee meets every other month on the 3rd Wed. 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

Updates

SEEKING SAGES, PAST AND FUTURE



Sages & Seekers is looking for former Sages, and anyone who is interested in becoming a Sage, to join in a special pop-up “Quarantine Connection Series” of Sages & Seekers.

This uniquely engaging intergenerational program matches older adults—the Sages—with high school students—the Seekers—for guided conversation and exploration. Wayland High School has hosted several successful S&S programs.

Through FaceTime, Skype or telephone, S&S will connect past and present Sages with past and present Seekers.

To participate, send an email with your permission to be contacted by a Seeker to info@sagesandseekers.org. Include your name, your contact preference (FaceTime, Skype or phone) and your time zone. You will receive detailed information about three Pop-Up Programs to choose from. Give it a try—and feel a little less “socially distant!”

BE ALERT FOR SCAMS



Scams are increasing during this pandemic. Scammers may try to prey on your concerns about health or finances. A few reminders:

- Do not respond to calls or texts from unknown numbers
- Never share your personal or financial information over the phone or by text message
- There is no “cure” for COVID-19, nor are there free test kits or HVAC remedies
- If you receive funds from the federal government as part of the COVID response, no one will call you to verify your bank account

If you think you’ve been the victim of a scam, call the Wayland Police at 508-358-4721.

Tax and Financial Information

Massachusetts & Federal Income Tax Filing Deadline Extended to July 15

The 2019 state individual income tax filing and payment deadline has been extended from April 15 to July 15 due to the COVID-19 outbreak. This income tax relief is automatic and taxpayers do not need to file any additional forms to qualify. This information was compiled from www.mass.gov, where additional details may be found.

The IRS announced that taxpayers generally have until July 15, 2020, to file and pay federal income taxes originally due on April 15. No late-filing penalty, late-payment penalty or interest will be due. This relief now applies to all taxpayers who have a filing or payment deadline falling on or after April 1, 2020, and before July 15, 2020. Individuals, trusts, estates, corporations and other non-corporate tax filers qualify for the extra time. This means that anyone, including Americans who live and work abroad, can now wait until July 15 to file their 2019 federal income tax return and pay any tax due.

Extension of time to file beyond July 15: Taxpayers who need additional time to file beyond July 15 can request an extension to Oct. 15, 2020, by filing Form 4868. Taxpayers requesting additional time must estimate their tax liability and pay any taxes owed by the July 15, 2020, deadline to avoid additional interest and penalties.

Estimated Tax Payments: The new IRS notice also extends relief to estimated tax payments due June 15, 2020. This means that any individual or corporation that has a quarterly estimated tax payment due on or after April 1, 2020, and before July 15, 2020, can wait until July 15 to make that payment, without penalty.

This information was compiled from IRS.gov.

CARES Act Waives Required Minimum Distributions From Retirement Accounts for 2020

Among the numerous provisions of the massive aid package, the Coronavirus Aid, Relief, and Economic Security Act or CARES Act, are waivers for 2020 required minimum distributions (RMDs).

Congress has provided relief by allowing all RMDs due in 2020 to be waived. You don't have to take them, which in turn will reduce your 2020 tax bill.

Anyone with an RMD due in 2020 from a company plan — like a 401(k) or 403(b) plan, or an IRA — qualifies, including beneficiaries, and including those who turned age 70 1/2 in 2019 and had to take their first RMD by April 1, 2020.

The RMD is a *minimum* required distribution. You can always take more, so even though RMDs are waived, you can still withdraw any amount you need. The RMD suspension puts control back in your hands. You can withdraw or not, depending on your own situation.

This information was compiled from the [Treasury Department](#) and [AARP](#).

Tax help is available 24 hours a day on IRS.gov. The IRS website offers a variety of online tools to help taxpayers answer common tax questions. For example, taxpayers can search Tax Topics and Common Questions and Answers on the site. Those who have already filed can check their refund status by visiting IRS.gov/Refunds.

News You Can Use

Older Americans Month: Wayland Seniors Make Their Mark

May is Older Americans Month. How will you celebrate? You might consider marking the month by thanking a Wayland senior for his or her contributions to civic life.



Each year in May, the Administration for Community Living recognizes the contributions of older adults as volunteers, employees, employers, parents, grandparents, mentors and advocates. This year's theme – *Make Your Mark* – celebrates the lasting impact of older adults in their communities.

Wayland has always benefited from the work of older adults who have “made their mark” serving on town boards and committees, leading community-wide initiatives or celebrations, and filling the ranks of volunteer groups.

Examples are everywhere. **Mary Antes**, 83, serves on the town's Board of Selectmen, on the Wayland Housing Partnership, the COA Board, and volunteers with Meals on Wheels. “I learned about the importance of getting involved through the League of Women Voters,” she says. Antes joined the League when she first moved to Wayland, and eventually served as its president. “It is important to me to contribute to the progress of my community,” she says.

As Wayland's Town Moderator, **Dennis Berry**, 72, fills an important role that carries a lot of visibility and responsibility. “I've lived in Wayland my whole life, and I've served on a lot of boards and task forces,” he says. “I've gained a lot of experience working with so many different people through the years, and I bring all that history to my role as Moderator.”

Archaeologist **Tonya Largy**, 79, serves on the Wayland Historical Commission (WHC) and in the 1970s co-founded the Wayland Archaeological Research Group. This arm of the WHC works to identify, document and protect archaeologically sensitive sites and artifacts in Wayland. Largy, who specializes in the analysis of plant remains and animal bones (fauna), continues her affiliation with the Zooarchaeology Laboratory at Harvard University, where she was once on staff. “I feel good that I am still contributing to New England archaeology,” she says. “I enjoy the work, and I know I'm helping to educate younger archaeologists about how plant information fits into their analysis of excavated sites.”

Many older adults make their mark in more private ways. They anchor their families through the ups and downs of life's journey, serving as role models for younger generations. They help and support their friends and neighbors, and are often the backbone of faith communities and community volunteer initiatives. After busy careers and raising families, older Americans often look for ways to give back. Wayland is fortunate to have so many older adults who are Making Their Mark.

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

continued from page 1

challenges. He also offers some practical advice for other seniors: Limit your discussion about illness when you're talking with friends. "Keep it to a couple of minutes, and then talk about other things." Norris, an attorney, continues to practice part-time.

Jan Dunn, 79, learned a thing or two about change in her long career as a human resources executive. "Our normal is not going to be the same after this," she says, "and change can be hard. First, you have to accept the change, and then you have to consider your own strengths and weaknesses in thinking about how to adapt to it." Dunn says we should embrace change, even if the reasons for it are hard to accept. "Some people travel to other countries and complain because it's not like home. But change can be a whole new adventure."

What life lessons are you drawing on during this time of challenge and change? Let us know. We'd love to hear your reflections on this time, and your words of wisdom.



Medicare Now Covers Telehealth

Medicare has temporarily expanded its coverage of telehealth services to respond to the current public health emergency. Telehealth services enable patients and health care providers to interact using communication technology such as smartphones and computers.

Call your doctor's office if you need care, and ask for details about how the practice is providing telehealth visits. Many routine visits and appointments can be handled over the phone or computer. Appointments are required for telehealth visits.

You may be able to receive a specific set of services through telehealth including evaluation and management visits (common office visits), mental health counseling and preventive health screenings without a copayment if you have Original Medicare. This will help ensure that you can visit with your doctor from home, avoiding a visit to the office or hospital.

For more details about how Medicare is responding to the COVID-19 pandemic, visit the [Medicare website](#).

TRANSPORTATION OPTIONS WITH THE COA

MWRTA Dial-a-Ride: SUBJECT TO CURRENT RESTRICTIONS, Offers leisure and/or medical travel for Wayland residents 65+, or any age if disabled. \$2, \$3 or \$5 each way based 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: Our free monthly shopping and errand trips are currently on hiatus.



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 & at Home

Travel at Home Back on the Road

Let's travel to some amazing destinations, virtually, of course. Enjoy from the comfort of your home.

Visit our website, www.waylandcoa.org, to find our online newsletter with clickable links for all these "destinations."

BSO Concert for Our City: Available until May 20, *Concert for Our City* was videotaped live during a full-house performance at Symphony Hall on February 16 during the time the orchestra would have been on an East Asia tour. Check out more music plus a glimpse behind the scenes and a taste of life in the orchestra by BSO musicians at [BSO at home](#). New music is available daily.

Experience the Opera: The Metropolitan opera is offering free nightly streams of full length operas. These are encores of past performances and begin at 7:30 p.m each night. They are available until 6 :30 p.m. the following day. The weekly schedule is available [on their website](#).

The New England Aquarium has a new presentation every day at 11 am and you can access previous presentations as well. See sharks, penguins and more. [Click here](#).

Smithsonian National Museum of Natural History: Visit exhibits including The Butterfly Pavilion and the David H. Koch Hall of Fossils and Hall of Human. [Visit Origins](#).

Travel to museums and other destinations near and far. There is a wealth of information on [Google Arts and Culture](#).

Each month, I will highlight a couple of museums as we travel around the world. We will start with the [Uffizzi in Florence](#). Next it's on to Paris and the [Musee D'Orsay](#). Check them out!

For additional information on all destinations or to share your comments, please contact Shawna Levine at slevine@wayland.ma.us. You may also call the COA or visit [our website](#).

Tuesday, 6/2: **Cancelled Polaroid Project At the Intersection of Art and Technology at the MIT Museum:** The museum is closed until further notice.

We are not planning trips until we feel confident that it is safe to travel again. **This includes shopping trips, which we hope to resume in July.** Please watch our June newsletter and our website for updates.

Motor Coach Trips with Best of Times Travel

As of press time, these trips are still running. Flyers with complete details are available on our website. Checks for these trips should be made out to Best of Times Travel and sent to Shawna Levine at the COA.

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

The journey begins 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!



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

**NEW DATES: July 2—July 23, Thursdays 7-8 PM
Wayland Town Building Courtyard**

To be on the safe side, we have moved our concert series further into the future. We hope that you will join us as we kick off the series on July 2 with a Patriotic Salute performed by the Sudbury Valley New Horizons Band. The Standards will join us on July 9 playing all your favorites from the 50's and 60's. We go country on July 16 with the return of Southbound Train, a perennial favorite. Then on July 23 everyone's Irish with the Black Velvet Band.

Invite your neighbors, friends, and family to these fun community events. Some chairs will be available but we ask that you please bring your own lawn chairs or blankets, and your good vibes!

STAYING CONNECTED: Although we are not able to offer programs in our typical fashion, we are exploring new and exciting ways to stay connected. **Please keep in touch!** We love hearing from you. We will post updates on our website — www.waylandcoa.org — leave announcements on our phone greeting, and send periodic automated 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.

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

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

Find us on 

