



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## JUNE 2020

### COMING UP: NEW WAYS TO ENGAGE TOGETHER

During these days when staying at home is best, we are offering programs in new and different ways. Together with you, we are learning about new technology and finding new ways to stay connected. This summer, the COA is offering programs in three categories. Details are in this newsletter.

**Zoom:** Zoom enables participants to join together from the safety of home in a virtual group. Those using a computer can see and hear the rest of the group, and people can also participate by phone. When you sign up for a Zoom event, we will send you the details about how to get connected.



**WayCamTV:** Our local cable channel has always been a community asset, and never more than now. We are collaborating with WayCam to present IN-Sights, programming for seniors that includes exercise classes, lectures, and encore presentations of favorite talks or concerts from years past. WayCamTV is on Comcast channel 8 and Verizon channel 37.

**In Person, From a Distance:** Carefully, we will create ways for people to come together safely, following the latest guidelines. Our Walking Group will begin walking together again, keeping their distance and wearing face masks. Our opening Summer Concert on July 9 will harken back to the old drive-in days: Enjoy the music from your car. Bring your own dinner or snacks, but imagine a roller-skating waitress bringing you a soda!

We look forward to the time when we can begin gathering together again in person. Nothing can replace the joy of actually being together. But until then, we will adapt — and hope to see you soon, virtually.

Julie Secord, Nancy Greenwood, Sue Hatton, Shawna Levine, Ann Gordon

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### Visit Our Website!

At [www.waylandcoa.org](http://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.

**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](http://www.wayland.ma.us)  
Office Hours: Mon., 8am-7pm; Tues-Thurs, 8am-4pm; Fri, 8am-12:30pm

## Resources and Information

### Annual Town Election

**Tuesday June 9**

#### VOTE By Mail



Apply by noon on Monday, June 9 for an absentee ballot or an early voting ballot by filling out the application available on the Town Clerk's website or by picking up an application in the Town Building vestibule. You may also request an absentee or early voting ballot simply by writing a letter to the Town Clerk. Be sure to include your name and address and your signature. Completed APPLICATIONS may be returned by mail, email (wet signature) or placed in the drop box in the Town Building vestibule. Return your ballot by 8pm on Tuesday, June 9. You may MAIL it to the Town Clerk's Office at the Wayland Town Building, 41 Cochituate Road, Wayland, MA 01778,

#### VOTE In Person

You may also return your completed absentee ballot in person by calling the Town Clerk's office at 508 -358- 3630 to arrange a time. Voting at the polls is another option. The polls will be open Tuesday, June 9 from 7am to 8pm. As always, Precincts 1 and 4 will vote in the gym at the Town Building; Precinct 2 and 3 will vote at the Middle School gym. Wear a face mask.

\*\*For those wishing to early vote in person, present your completed application to the Town Clerk's Office during regular office hours and receive your ballot which must be completed while you are there. For your convenience there are also early voting hours on Saturdays from 10am-2pm. Follow the cones to the Town Clerk's window to the left of the entry at the Front of the Town Building. Applications and early voting ballots will all be handled through the office window.

### 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](mailto:help@cicalive.com). Car-side pick-ups available.



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

*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

### COA Programs on Zoom

ART MATTERS presents:  
**The Art of  
 HENRI MATISSE**

**Thursday, June 25, 2020, 1: 30pm**  
 Via Zoom or call in  
 No Charge, By Reservation Only



Enter the world of Matisse. A world of color, enjoyment and peace. A place that celebrates flowers, sunshine, beautiful women, complex patterns, rich textures, fine foods, tempting aromas, books, dance, music and art. Matisse's world has a "calming influence on the mind, like a good armchair."

This is an Art Matters GALLERY PRESENTATION using an interactive ZOOM format. There will be an opportunity to ask questions. Those without computers can use a CALL-IN telephone number. To receive your invitation to join this art presentation and discussion, please request your RESERVATION on or before Wed., June 24.

**GREAT COURSES: AMERICA'S MUSIC  
 HERITAGE: Mondays, 1pm, starting June 8**

Enjoy this Smithsonian/Great Course collaboration on 200 years of music linked to the spirit and history of the US. Join us on Zoom starting Monday, June 8 at 1pm.

### GRANDPARENTS GROUP

Join other Grandparents via ZOOM to talk about these uniquely rewarding sometimes challenging relationships with grandchildren and families. Share your ideas. This discussion is facilitated by Dr. Dossie Kahn of Wayland Youth and Family Services. To learn more about this group, please email your contact info to [coa@wayland.ma.us](mailto:coa@wayland.ma.us).

### ARMCHAIR TRAVEL GROUP

Tuesdays, 1pm

Join fellow travelers as we explore new destinations and reminisce about our favorite places. Details, p. 10.



### COA Programs on WayCam.TV

#### June Highlights on WayCam.TV

Verizon Channel 37 or Comcast 8

#### EARLY NEW ENGLAND ROADS & TRAILS

With Historian John Horrigan  
 Emmy winning historian presents a survey of old roads, trails and Native American paths including Boston Post Road, Old Connecticut Path and the Mohawk Trail

#### TICK MAN DAN

It's tick season! Ginny Gardner, host of Virginia's Views and Vibes on WayCam.TV interviews Dan Wolf, better known as Tick Man Dan. Dan is a suburban deer expert with over twenty years of education when it comes to ticks, tick prevention, removal and first-aid.

#### TOYS IN THE ATTIC

An encore showing of the COA and Historical Society's version of The Antiques Road Show! Featuring Gary Sohmers and the many Wayland residents who brought attic treasures to the event.

#### LEGAL QUESTIONS AS WE AGE

Attorney James Tabner gives an overview of legal issues to consider as we grow older.

**EXERCISES with FISH FITNESS—see page 4**

### Stay Up To Date With Wayland News



The Town of Wayland website — [www.wayland.ma.us](http://www.wayland.ma.us) — is the most up-to-date source of news about COVID-19 including regular updates from the Health Department and information on resources and services.

The Town's Facebook page includes lots of up-to-the-minute news. Search Facebook for "Town of Wayland."

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

**See page 4 for instructions on how to access programs on Zoom and WayCam.TV.**

## Health & Fitness

### FREE COA FITNESS CLASSES AVAILABLE ONLINE

#### TAI CHI

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

**Wednesdays, 1:00pm**

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](http://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. Email us at [coa.wayland.ma.us](mailto:coa.wayland.ma.us) if you have questions.

#### 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.

#### "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.



*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](mailto: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.***

### EXERCISE with FISH FITNESS on WayCam

Joe Fish 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. As always, check with your physician to determine if this class is appropriate for you. For dates and times, see schedule on page 8.



#### THE WALKING CLUB IS BACK!

**Mondays & Wednesdays at 9:30am**

We will resume walking on June 8

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 guidelines. 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.

New walkers are always welcome. Call the COA at 508-358-2990 or email Shawna Levine at [slevine@wayland.ma.us](mailto:slevine@wayland.ma.us) to register. Registered walkers will receive email updates. No fee. Please wear masks, comfortable walking shoes and bring a water bottle.



## Updates

### SENIOR PROPERTY TAX WORK-OFF PROGRAM DELAYED START for FY2021

The COA's Senior Property Tax Work Off Program is funded by a line item in the Council On Aging's town budget, subject to annual approval at Town Meeting. In past years, the budget has been approved in April, two months before the new Fiscal Year begins. Due to Covid-19, Wayland Town Meeting is expected to take place in the Fall – after the start of the new fiscal year. As Property Tax Work Off is a work program where 40 applicants are hired as temporary part-time employees, the COA is unable to hire employees for this program until there is approved funding. In August, the COA will update residents on how the program will be administered this year if the Property Tax Work- Off funding request is approved at the Fall Town Meeting.

### Updating Your Legal Documents

The complexity of estate planning differs for everyone. But one simple step everyone can take is to make sure you have a Health Care Proxy in place. This document allows you to appoint a trusted individual to make health care decisions should you become incapacitated or unable to communicate your wishes. If you already have a Health Care Proxy (HCP), take a moment to touch base with the person you appointed and review your personal wishes. Make sure your doctor has a copy and that other family members know whom you have appointed for this important role. If you don't already have an HCP form in place, check out the resources below.

An HCP form is simple and requires that you name a person, then sign the form in front of a witness who must also sign and date. An HCP form does not require notarization. Many templates for a blank HCP form are available. Check out this one from [Mass Medical Society](#), or ask your doctor for one. You may also be able to schedule an appointment to have one completed for free through the Senior Citizens project at the [MetroWest Legal Services](#) (MWLS), who also offer help completing Power of Attorney documents. Call them directly for availability and further information at 508-620-1830.

Ways to learn more: Check out the COA InSights programs on WayCam.TV, see page 3. We will air last year's presentation, "**Elder Law, Important Questions as We Age.**" A great resource guide is available from the Mass Bar Association: [2019 Elder Law Education Guide](#). Helpful information may also be found from the Massachusetts Chapter of the National Academy of Elder Law Attorneys ([MassNAELA.com](#)) or by calling 617-566-5640.

### WAYLAND COA STAFF

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

Office Coordinator: Nancy Greenwood, M-W  
[ngreenwood@wayland.ma.us](mailto:ngreenwood@wayland.ma.us)

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

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

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

## Accessing COA Activities

### How to Access Events on Zoom

To protect privacy, Zoom events are by invitation only. If you'd like to join a Zoom event, email us at [coa@wayland.ma.us](mailto:coa@wayland.ma.us) or call us at 508-358-2990 and tell us what event you are signing up for. Give us your email address and telephone number, and prior to the event, we'll send you an invitation with instructions about how to join. You'll need an invitation to join by video on your computer, or by phone.



[Click here](#) to watch a video on how Zoom works or check out Insights listing for Zoom tutorials on page 8.

### How to Access Events on WayCamTV



You can watch WayCam.TV on Verizon channel 37 and Comcast channel 8. You can find the full programming schedule on the WayCam.TV website, ([www.waycam.tv/home](http://www.waycam.tv/home)) and there is also a link on the [waylandcoa.org](http://waylandcoa.org) website.

For our June COA programs see page 8.

### How to Join In-Person Events

*Social Distance*



We expect to have very few in-person events over the summer. Currently we are reviving the Walking Club on Mondays and Wednesdays at 9:30am on the Rail Trail, beginning June 8 (see p. 4 for details). Please contact Shawna Levine if you wish to join.

We will also offer a limited summer outdoor concert series starting on July 9 with a “stay in your car” concert by a favorite oldies band. See p. 9 for details.

## June COA Activities

Monday	Tuesday	Wednesday	Thursday	SUNDAY
1	2 8:00 am Fish Fitness 1:00 pm Armchair Travel 4:00 pm Legal Questions As We Age	3 9:00 am Theratube 11:15 am Zoom—Ba 1:00 pm Tai Chi	4	7 8:00 am Tick Man Dan 4:00 pm History of Farming and Conservation in N.E.
8 9:30am Walking Club 1:00 Great Courses	9 Town Election 8:00 am Zoom Tutorial 1:00 Armchair Travel 4:00 pm; Early New England Roads & Paths	10 9:00 am Theratube 9:30am Walking Club 11:15 am Zoom—Ba 1:00 pm Tai Chi	11	14 8:00 am N.E. General Stores 4:00 pm Zoom Tutorials
15 9:30am Walking Club 1:00 Great Courses	16 8:00 am Fish Fitness 1:00 pm Armchair Travel 4:00 pm Tick Man Dan	17 9:00 am Theratube 9:30am Walking Club 11:15 am Zoom—Ba 1:00 pm Tai Chi	18	21 8:00 am Zoom Tutorial 4:00 pm Toys in the Attic
22 9:30am Walking Club 1:00 Great Courses	23 8:00 am Fish Fitness 1:00 pm Armchair Travel 4:00 pm: Magic of Silk Painting	24 9:00 am Theratube 9:30am Walking Club 11:15 am Zoom—Ba 1:00 pm Tai Chi	25 1:30pm Art Matters: The Art of Henri Matisse	28 8:00 am; Early New England Roads & Paths 4:00pm History of Farming
29 9:30am Walking Club 1:00 Great Courses	30 8:00 am Fish Fitness 1:00 pm Armchair Travel 4:00 pm: N.E. General Stores	<b>Key</b>  <b>WayCam TV—Red</b> <b>Zoom—Blue</b> <b>In person—Green</b>	We look forward to resuming our regular schedule of office hours, events, programs, and services. Please check our website, <a href="http://www.waylandcoa.org">www.waylandcoa.org</a> , for regular	

## News You Can Use

VERIZON customers CHANNEL 37  
COMCAST customers CHANNEL 8

COA's **IN-Sights** Program Series on WayCam.TV



**JUNE Programs**

	8am-10am	4pm – 6pm
June 2 Tuesday	<b>EXERCISES Fish Fitness</b> Staying Active and Independent	<b>LEGAL QUESTIONS AS WE AGE</b> <i>05.2019 Encore</i>
June 7 Sunday	<b>TICK MAN DAN</b> Suburban deer expert and tick prevention specialist	<b>HISTORY OF FARMING and CONSERVATION in New England</b> WPL Encore
June 9 Tuesday	<b>BASIC TUTORIALS:</b> Using Zoom, Hosting Zoom	<b>EARLY NEW ENGLAND ROADS and PATHS</b>
June 14 Sunday	<b>NEW ENGLAND GENERAL STORES</b> WPL Encore	<b>BASIC TUTORIALS:</b> Using Zoom, Hosting Zoom
June 16 Tuesday	<b>EXERCISES Fish Fitness</b> Staying Active and Independent	<b>TICK MAN DAN</b> Suburban deer expert and tick prevention specialist
June 21 Sunday	<b>BASIC TUTORIALS:</b> Using Zoom, Hosting Zoom	<b>TOYS IN THE ATTIC</b> encore COA and Historical Society's version of Antiques Rd Show
June 23 Tuesday	<b>EXERCISES Fish Fitness</b> Staying Active and Independent	<b>MAGIC of SILK PAINTING</b> WPL Encore
June 28 Sunday	<b>EARLY NEW ENGLAND ROADS and PATHS</b> with historian John Horrigan	<b>HISTORY OF FARMING and CONSERVATION in New England</b> WPL Encore
June 30 Tuesday	<b>EXERCISES Fish Fitness</b> Staying Active and Independent	<b>NEW ENGLAND GENERAL STORES</b> WPL Encore

### HELPFUL RESOURCES

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

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

**Domestic Violence Hotline:** 1-877-785-2020 or visit

[www.domesticviolenceroundtable.org](http://www.domesticviolenceroundtable.org)

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

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

**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



### SUMMER IS HERE! Enjoy great music at a Drive-In Concert **THE STANDARDS** OLDIES Music of the 50's and 60's Thursday, July 9, 7-8 pm Wayland Town Building

Back by popular demand, The Standards will kick off the COA's 9<sup>th</sup> annual Community Concert Series featuring all your favorites from the 50's and 60's. The Standards, together since 1984, play a wide variety of music that is sure to appeal to all ages. Return to the era of the Drive In - park in our lot, open your windows and enjoy the music.

Our series continues on July 16 when we go country with Southbound Train and on July 23, everyone's Irish with the Black Velvet Band. Guidelines relating to social distancing will be followed, but you are guaranteed a fun evening.

Please refer to our July newsletter or our website: [waylandcoa.org](http://waylandcoa.org) for updates and all the details.



### 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 by calling the COA at 508-358-2990. 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](http://www.wayland.ma.us) (select Council on Aging). To cancel your mailed subscription, please call us.

# Wayland on the Move & at Home



## Armchair Travel Group on Zoom

**Every Tuesday at 1:00 pm**

Join fellow travelers as we explore new destinations and reminisce about our favorite places. We will meet once a week on Zoom for an hour or so. Reconnect with friends and meet new ones as we travel locally and globally. To join, simply send us an email to [coa@wayland.ma.us](mailto:coa@wayland.ma.us) or call the COA at 508-358-2990. We will send you a link to join the fun. Shawna Levine will host. Here is the lineup for June.

June 2: Let's get Packing: What are some of your favorite places? What is your dream destination?

June 9: Italy. Shawna will share some of her favorite photos and Italian experiences and we look forward to hearing yours! Tour the Uffizi museum in Florence: <https://artsandculture.google.com/partner/uffizi-gallery>.

June 16: Favorite COA trips—share your stories!

June 23: We're off to Paris! Check out the Musee D'Orsay: <https://artsandculture.google.com/partner/musee-dorsay-paris> and the splendor of Versailles: <https://www.youvisit.com/tour/versailles?pl=wa>

June 30: The White continent. Shawna will share photos and her experience in Antarctica this past January.

## Local Virtual Tours

**Harvard Art Museums:** Harvard undergraduate students lead research based virtual tours through their extensive art collection. These 30 minute zoom tours are free and start at 8 pm Tuesdays, noon on Thursdays and 11 am Saturdays. [Harvardartmuseums.org](http://Harvardartmuseums.org).

**The Museum of Fine Arts: Monet and Boston : Lasting Impression : [mfa.org](http://mfa.org).** The MFA brings together its unparalleled collection of Monet paintings for the first time in a generation—in honor of its 150th anniversary's enduring commitment to the artist. This is a virtual experience with images, videos, music and more:

## Concerts & Theater

**Boston Pops at Home:** Experience great pops performances at <https://www.bso.org>. Also, WCRB radio (99.5) is devoting Sunday nights at 7 pm to the Pops.

**Arts Boston** offers a weekly calendar of live and encore music and theater events including The Landmark Orchestra and encore presentations of Shakespeare on the Common: <https://calendar.artsboston.org/categories/online-streaming/>

### Motor Coach Trips with Best of Times Travel

As of press time this information is accurate. Flyers with complete details are available on our web site. 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 : This trip has been cancelled as the Saratoga race track has cancelled their season. We plan to offer this trip in 2021.**

#### **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!



## Please Send Us Your Contact Information

One of the lessons of these times is how important it is to have a variety of ways to stay in touch. When we can't rely on face-to-face contact, it's nice to have alternatives like the phone, email and other online tools.

If you'd like us to have your contact information in our system, please send us this information by email (just type it in an email to [coa@wayland.ma.us](mailto:coa@wayland.ma.us)) or by mail to COA, 41 Cochituate Rd, Wayland, MA 01778

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PREFERRED PHONE NUMBER: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

*The COA will only use this information to inform you about COA programs or news.*

**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](http://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](http://www.wayland.ma.us)

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