



# WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

## JULY 2020

### Summer Programs, With a Little Help From Our Friends

We are excited to offer some great programs this month on Zoom, on WayCam.TV, and even in person. Details are in these pages.

Our **Summer Concert Series** kicks off our ninth season on **July 9** with a really fun band back by popular demand. Listen from your car, from the lawn where we will mark safely distanced spaces, or live on WayCamTV. Reservations required. See p. 2 for details.

On Zoom we're offering another **Art Matters presentation**, this time on Marc Chagall. We got so much great feedback on the June Matisse presentation that we've invited this terrific group back again.

WayCamTV this month will include another **John Horrigan lecture** — this one on the Boston Harbor Islands — and a presentation by the wonderful **Jane Polley from Longfellow Sports Clubs** on Food and Mood. Both these presenters will be back in August with new presentations as well.

**The Walking Club** is back to its Monday and Wednesday morning walks on the Rail Trail. Why not join in? Fitness classes are available on Zoom, on WayCamTV, and Lois' popular **Fit for the Future** is back "live" this month with some modifications for safety. See page 4.

Much of what we are able to offer during this time is thanks to the **Friends of the COA**. We are so grateful for their ongoing support. Wayland is fortunate that the Friends are able to make these programs available free of charge. In these times, this is not just a kindness — it is helping to ensure that those we serve continue to have access to critical social, educational and fitness programs.

We look forward to future days when we can join together in person. Until then, we will continue working hard to bring you programs that are enlightening, entertaining, accessible and fun.

Your COA Staff:

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

### CONTENTS

Pg

Summer Community Concert Series  
Starting Thursday, July 9

2

July Programs on Zoom:  
iPhones, Chagall, National Parks & more

3

COA July IN-Sights Programs  
Harbor Islands, Food & Mood, Birds & more

3

Free Fitness Classes  
Zoom, WayCamTV, Fit for the Future

4

Walking Club is back!  
Now walking at 8:30am

4

Updates: Tax Work-Off, Farmers' Market  
Coupons, SHINE, Stay at Home

5

July Calendar of Events  
Zoom, WayCamTV, In-Person programs

7

WayCamTV IN-Sights Schedule for July

8

Armchair Travel, Best of Times Trips

10



### 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) ~ [coa@wayland.ma.us](mailto:coa@wayland.ma.us) ~ Office Hours: Mon., 8am-7pm; Tues-Thurs, 8am-4pm; Fri, 8am-12:30pm

## Engaging and Connecting



### SUMMER IS HERE!

## Wayland COA's Free Community Concert Series

By Reservation Only

Thursdays, July 9 – 23, 7-8 pm

Wayland Town Building Courtyard

Drive-in or enjoy socially distanced lawn seating

(Or watch it live-streamed on WayCamTV)

**OLDIES on Thursday, July 9:** We kick off with **The Standards** featuring all of your favorites from the 50's and 60's. Together since 1984, they play a wide variety of music that is sure to appeal to all ages.

**COUNTRY on Thursday, July 16:** We go country with **Southbound Train**, a high-energy, vocal-oriented, seven-piece country act — playing the best of country music's past and present. They feature the versatility and uniqueness of two female and two male lead vocalists; and instrumentation which includes fiddle, banjo, and pedal steel guitar.

**IRISH and MORE on Thursday, July 23:** Everyone's Irish with the **Black Velvet Band**. Enjoy your favorite Irish tunes and American standards. Sing along and tap your toes to this local favorite.



**Now for the fine print:** Due to COVID-19, our concerts are a little different this year. Because of limited seating, **everyone must make a reservation.** We will have two options, drive-in and lawn seating. We will reserve spaces in our lot for those who would prefer to sit in their cars and listen (and the band will be closer to the parking lot). Our lawn will be set up to follow appropriate social distancing guidelines. Please call the COA to make a reservation and specify drive-in or lawn seating and the number in your party.

*Please Note:* Please bring your own lawn chairs or blankets and wear masks. We cannot provide seating. The Town Building will be closed, so there will be no rest rooms available. If the weather doesn't cooperate, the concert will be cancelled. Check our website, [www.waylandcoa.org](http://www.waylandcoa.org), or call the COA at 508-358-2990 for updates.

**PLEASE NOTE: Reservations are required. We cannot accommodate walk-ins. Concert arrangements are subject to change based on state or local guidelines; we will need to contact you if there is an important change of plans. Reserve your spot by emailing us at [coa@wayland.ma.us](mailto:coa@wayland.ma.us) or calling us at 508-358-2990. Tell us if you prefer drive-in or lawn seating, and how many will be in your party.**

### Can't wait to see you there!

*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



### JULY Programs on Zoom

(Interactive via computer, or use call-in phone line; see p. 6 for instructions on signing up for Zoom programs.)

#### INTRO to iPHONES

With Wayland Public Library's MJ Wright

**Wednesday, July 8, 1:30pm**

What can you do with your iPhone besides make and receive calls? Learn how these small computers can make your life easier. Send text messages, get email, use a GPS, even a flashlight!

**ART MATTERS presents:**

**THE ART OF MARC CHAGALL**

**Thursday, July 30, 1:30pm**



Known as the "Poet," Chagall was one of the most versatile artists of the 20th century. He merged the traditional images of his native Russian Jewish culture with the modern styles of Cubism and Fauvism. Join us for a look at his work, his life, and his unique perspective on the world. There will be a question and answer period.

**GREAT COURSES: Wonders of the National**

**Parks: A Geology of North America**

**Mondays, 1pm, July 6, 13, 20, 27**

Discover awe-inspiring landscapes and explore the geological histories and mysteries of our national parks with National Geographic. Featuring locations not previously shown at the COA including Hawaii volcanoes, Grand Teton, Glacier Bay, Smoky Mountains, National Seashores.

**ARMCHAIR TRAVEL GROUP**

**Tuesdays, 1pm**

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

**GRANDPARENTS GROUP**

Talk with other grandparents about the unique relationships between grandchildren and families. Facilitated by Dr. Dossie Kahn, Wayland Youth and Family Services.

**COMING IN AUGUST on ZOOM:**

**7 STEPS TO MANAGING YOUR MEMORY**

**Andrew Budson, MD, Thursday, Aug. 6, 2:00pm**

When are memory changes normal aging vs. Alzheimer's? Dr. Budson will discuss his award-winning book, *Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It*. Sign up now (see p. 6 for Zoom sign-up). More details in our August newsletter.

### July IN-Sight Programs on WayCam.TV

Verizon Channel 37 or Comcast 8



#### BOSTON HARBOR ISLANDS

With Folklorist and Historian John Horrigan

Do you know about the important role that Boston Light, Castle Island, Grape Island and Noddle's Island played in the American Revolution? Learn about the original three hills of Boston ('Trimount' or 'Tremont') whose soil was used to create Back Bay and South Boston. Emmy-winner John Horrigan is a COA favorite.

#### FOOD and MOOD

With Registered Dietitian Jane Polley, MS, RD, LDN

Science shows that the foods we eat have a direct influence on our mood, energy, and spirit. Making this connection can help to break frustrating habits. Learn how food impacts the "feel good" hormones; how stable blood sugar equals stable moods; and how balanced eating and appropriate portions increase energy levels.

#### THE BIRDS OF MONOMOY NATIONAL

**WILDLIFE REFUGE** (Chatham, MA)

With Naturalist and Wayland's Land Manager Brian Harris

Monomoy National Wildlife Refuge stretches for eight miles off the elbow of Cape Cod and includes a 40-acre unit on Morris Island. During the summer, the island hosts a colony of 20,000 nesting common terns and a host of other endangered species. Enjoy this



#### SONGBIRDS OF THE NORTHEAST

With Naturalist John Root

This encore COA presentation features photos and sound recordings of local birds, as well as fascinating information about bird habits and adaptations.

#### HOOPLA & LIBBY: Access Books, Movies, Music

With Wayland Public Library's MJ Wright

Hoopla and Libby are apps available through the Wayland Public Library that provide free access to e-books, audio books, movies, music and TV. With your smart phone or tablet and your library card, you can choose from a huge selection of materials! If you have questions after you watch, email [mwright@minilib.net](mailto:mwright@minilib.net).

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

**See page 6 for instructions on how to access programs on Zoom and WayCamTV.**

## Health & Fitness

### FREE COA FITNESS CLASSES AVAILABLE ONLINE

#### TAI CHI

**Wednesdays, 1:00pm, on Zoom**

Calvin Chin's Martial Arts Academy

Lucien Zoll, Senior Instructor for Wayland

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

**Wednesdays, 9am-10am, on Zoom**

Instructor: Ellen Cohen Kaplan

Certified Personal Trainer, OTR

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

#### ZoomBa

**Wednesdays, 10:15-11:15am, on Zoom**

Instructor: Ellen Cohen Kaplan

Certified Personal Trainer, OTR

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



*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 WayCamTV: New Video for July!

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, ask your physician if this class is right for you. **For dates and times, see schedule on page 8.**

### LOIS' FIT FOR THE FUTURE RETURNS — NOW OUTDOORS! Beginning Tuesday, July 7, 9:00 - 9:45am — Reservations Required!

Lois Leav's popular *Fit for the Future* class will resume on Tuesday, July 7, and will meet on Tuesdays throughout July. To follow safety guidelines, there are some changes. The class will meet outdoors by the soccer field. A 9am start will help to avoid the summer heat. There will be no chairs, it will be a standing class. Lois will tailor the class to the environment, and will build in regular breaks. The class will be limited to 10 people. **Reservations are required:** please email [coa@wayland.ma.us](mailto:coa@wayland.ma.us) or call us at 508-358-2990. There is no fee for the class. Please wear a face mask and appropriate footwear, and bring a water bottle. If you have weights, bring them; if not, bring two cans of soup!



### THE WALKING CLUB IS BACK!

**Mondays & Wednesdays at 8:30am (note earlier start time beginning June 29)**

Get some fresh air, some exercise and a little social interaction – 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 at 8:30am. When weather is inclement we will not meet.

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

## Updates

### Do You Have Expiring Taxi Tickets?

Discount taxi tickets from FY20 expire at the end of June. Expired tickets can be exchanged for a refund or for FY21 tickets. If you have FY20 discount taxi tickets — they are on teal-colored paper — please call the COA at 508-358-2990 to make appropriate arrangements.

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

The COA's Senior Property Tax Work-Off Program is subject to annual approval at Town Meeting. Due to Covid-19, Wayland Town Meeting is expected to take place in the Fall. In August, the COA will update residents on how the program will be administered this year if it is approved at the Fall Town Meeting.

### Summer Farmers' Market Coupon Lottery

The Senior Farmers' Market Nutrition Program typically offers a limited number of Farmers' Market Coupons to local COAs. These are made available by lottery system to low-income Wayland senior residents who meet eligibility guidelines. We hope to receive a limited quantity of coupons again this year. For more information and to place your name on the lottery list, please call the COA by **Wednesday, July 8.**



### SHINE APPOINTMENTS ARE AVAILABLE



The **SHINE** (Serving Health Insurance Needs of Everyone...on Medicare) program offers free, confidential counseling on all aspects of health insurance to anyone on Medicare. Due to COVID-19, in-person appointments are not being scheduled at this time. However, help is still available by phone. Call us at 508-358-2990 to schedule a phone appointment with a certified SHINE counselor.

### Still Safer at Home

Massachusetts is making headway against the Coronavirus, with rates of infection and hospitalization trending steadily downward. Experts say that social distancing and mask-wearing continue to be highly effective measures to reduce the spread.



As of our press date, Governor Baker's "Safer at Home" advisory is still in effect. People over age 65, or with underlying health conditions, should continue to stay home except for essential errands such as going to the grocery store or medical appointments. Remember to wash your hands frequently, use a face mask in public when you cannot maintain six feet of social distance, and call your doctor if you feel sick. Stay safe!

### 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:** Friday, July 28, 2020

### 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: Marie Winter, President; Nancy Leifer, Vice President; John Shaw, Treasurer and Webmaster; Mary Antes, Clerk; Paul Abramson; Steve Correia; 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 July COA programs see page 8.

### How to Join In-Person Events



We will have a few in-person events over the summer. The Walking Club has resumed on Mondays and Wednesdays, now at 8:30am on the Rail Trail (see p. 4 for details). Please contact Shawna Levine if you wish to join.

Our summer outdoor concert series starts on July 9 with a choice of safely distanced lawn seating or listening from your car. Reservations are required, See p. 2 for details.

## July COA Activities

Monday	Tuesday	Wednesday	Thursday	SUNDAY
Coming in August on WayCamTV:  John Horrigan: Quabbin Reservoir Jane Polley: Dealing with Diabetes		<b>1</b> 8:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:00pm Tai Chi	<b>2</b>	<b>5</b> 8:00am Fish Fitness  4:00pm Songbirds of the Northeast
<b>6</b> 8:30am Walking Club 1:00pm Great Courses	<b>7</b> 8:00am Food & Mood 9:00am Lois Fit4Future 1:00pm Armchair Travel 4:00 pm: Summer Concert Encore	<b>8</b> 8:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:00pm Tai Chi 1:30pm Intro to iPhones	<b>9</b> 7:00pm: SUMMER CONCERT: <i>The Standards</i> 	<b>12</b> 8:00am Fish Fitness 4:00pm Boston Harbor Islands
<b>13</b> 8:30am Walking Club 1:00pm Great Courses	<b>14</b> 8:00am Fish Fitness 9:00am Lois Fit4Future 1:00pm Armchair Travel 4:00pm Zoom, Hoopla and Libby Tutorials	<b>15</b> 8:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:00pm Tai Chi	<b>16</b> 7:00pm: SUMMER CONCERT: <i>Southbound Train</i> 	<b>19</b> 8:00am Fish Fitness 4:00pm Food & Mood
<b>20</b> 8:30am Walking Club 1:00pm Great Courses	<b>21</b> 8:00am Zoom, Hoopla and Libby Tutorials 9:00am Lois Fit4Future 1:00pm Armchair Travel 4:00pm Harbor Islands	<b>22</b> 8:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:00pm Tai Chi	<b>23</b> 7:00pm: SUMMER CONCERT: <i>Black Velvet Band</i> 	<b>26</b> 8:00am: Fish Fitness 4:00pm Birds of Monomoy
<b>27</b> 8:30am Walking Club 1:00pm Great Courses	<b>28</b> 8:00am Harbor Islands 9:00am Lois Fit4Future 1:00pm Armchair Travel 4:00pm: Songbirds of the Northeast	<b>29</b> 8:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:00pm Tai Chi	<b>30</b> 1:30 Art Matters: The Art of Chagall	<b>Key</b>  <b>WayCam TV—Red</b> <b>Zoom—Blue</b> <b>In person—Green</b>

## WayCam.TV IN-Sights Schedule

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

**JULY Programs** Comcast Customers Channel 8 ~ Verizon Customers Channel 37



DATE	8am-10am	4pm – 6pm
Sunday, July 5	<b>EXERCISES Fish Fitness</b> Staying Active and Independent <b>Fish Fitness SENIOR CHALLENGE</b> New video for July	<b>SONGBIRDS of the NORTHEAST</b> An encore COA presentation with Naturalist John Root.
Tuesday, July 7	<b>FOOD and MOOD</b> With Registered Dietitian and Longfellow Water Fitness Coordinator Jane Polley	<b>Summer concert with CLUB SODA</b> from COA's summer concert series June 2018
Sunday, July 12	<b>EXERCISES Fish Fitness</b> Staying Active and Independent <b>Fish Fitness SENIOR CHALLENGE</b> New video for July	<b>THE BOSTON HARBOR ISLANDS</b> With historian John Horrigan
Tuesday, July 14	<b>EXERCISES Fish Fitness</b> Staying Active and Independent <b>Fish Fitness SENIOR CHALLENGE</b> New video for July	<b>BASIC TUTORIALS: Using Zoom, Hosting Zoom; Hoopla and Libby</b>
Sunday, July 19	<b>EXERCISES Fish Fitness</b> Staying Active and Independent <b>Fish Fitness SENIOR CHALLENGE</b> New video for July	<b>FOOD and MOOD</b> With Registered Dietitian and Longfellow Water Fitness Coordinator Jane Polley
Tuesday, July 21	<b>BASIC TUTORIALS: Using Zoom, Hosting Zoom; Hoopla and Libby</b>	<b>THE BOSTON HARBOR ISLANDS</b> With historian John Horrigan
Sunday, July 26	<b>EXERCISES Fish Fitness</b> Staying Active and Independent <b>Fish Fitness SENIOR CHALLENGE</b> New video for July	<b>THE BIRDS OF MONOMOY</b> with Conservation's Brian Harris, an en- core presentation
Tuesday, July 28	<b>THE BOSTON HARBOR ISLANDS</b> With historian John Horrigan	<b>SONGBIRDS of the NORTHEAST</b> An encore COA presentation with Naturalist John Root.

### 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

### 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.

### WHO TO CALL



The Town of Wayland has a number of helpful resources for residents who may need assistance during this public health crisis. Please don't hesitate to ask for help if you need it.

**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**.

## 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



## Zoom Armchair Travel Group

Every Tuesday at 1:00 pm

Join fellow travelers as we explore new destinations and reminisce about our favorite places. Reconnect with friends and meet new ones as we travel locally and globally. To join, email [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 by computer or on a call-in phone line.

**July 7: Washington, D.C.** Let's celebrate Independence Day with a virtual trip to the Nation's Capitol. Shawna Levine will host.

**July 14: Andalusia in Spain.** Join Shawna Levine to learn about Andalusia, a large autonomous region bordering Spain's southern coast. It was under Moorish rule from the 8th-15th centuries, a legacy that shows in its architecture, including such landmarks as the Alcázar castle in Seville, Córdoba's Mezquita Mosque-Cathedral and Granada's [Alhambra palace](#).

**July 21: Costa Rica.** Judy Currier will be our guest host as she shares her experiences and photos of this rugged, rain-forested Central American country with coastlines on the Caribbean and Pacific. Roughly a quarter of its area is made up of protected jungle, teeming with wildlife including spider monkeys and quetzal birds.

**July 28: Prince Edward Island, Canada.** Canada's smallest province, known as the Gentle Isle, is renowned for its beauty, with rolling farmland, red clay roads, and sparkling blue waters. And don't forget lobsters, potatoes, and Anne of Green Gables. Join COA staff member Ann Gordon to explore this Maritime paradise.

## Motor Coach Trips

with Best of Times Travel



This information is accurate as of press time, but subject to change. 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](#)

In Woods Hole we board the ferry to the island of Martha's Vineyard. We will then board a local bus for a sightseeing tour of the island. 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 with guide, guide gratuity, and dinner on the mainland. **Signup deadline July 23.**

### [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.*

**ARE YOU GETTING OUR THURSDAY EMAILS?** We are offering programs in a variety of ways — online through Zoom, on WayCamTV, and a few in person with appropriate safety measures. To help you keep track of our programs, we have launched a weekly email on Thursdays highlighting the following week's schedule. It's short and sweet, and we have gotten good feedback on it. If you haven't been receiving it and would like to, please let us know. Send your email address to [coa@wayland.ma.us](mailto:coa@wayland.ma.us), or call 508-358-2990.

### **The Wayland COA News**

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