



Arrangement by Theresa Kuo
See p. 12

WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

AUGUST 2020

Summer Music, Art, and Learning

We were delighted to see many of you at our annual Outdoor Summer Concert Series in July. At our traditional Thursday-evening concerts in the courtyard of the Town Building, folks enjoyed the music from socially-distanced lawn seats or from their cars like an old-fashioned drive-in



(the “horn section,” as one musician called them). Spirits were high, the music was great, and the weather perfect for outdoor listening. Thanks to everyone who came out and followed our safety guidelines, and cheers to those who watched from home on WayCam. A big shout-out to WayCam for live-streaming the concerts.

Please see our announcement on page 2 about our **new taxi program** for seniors who need help getting to a medical appointment or to run essential errands. We are thrilled to have received a grant to support this important service during the COVID epidemic.

This month we present a fascinating program on **managing your memory** (p. 3) and another Art Matters presentation on **Impressionism** (p. 3). Both programs, along with others, are presented on Zoom so that participants can interact if they like.

WayCamTV this month includes a range of interesting topics, from **Dealing with Diabetes** with registered dietitian Jane Polley to a look at the **Boston Harbor Islands** with historian John Horrigan.

Exercise programs continue on Zoom, on WayCam, and even in person. Stay active, stay well, and stay in touch — we miss you!

Your COA Staff:

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

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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.

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

News You Can Use

New Transportation Option Available for Senior Wayland Residents

We're happy to announce that we have received a grant to provide free taxi rides for seniors who have no other way to get to non-emergency medical appointments, as well as for other essential trips including grocery shopping, visits to food pantries, or to pharmacies to pick up prescriptions. With funding from the Metropolitan Area Planning Council and MassDevelopment, the COA is partnering with Tommy's Taxi and JFK Transportation to administer the program.



Wayland residents age 60 and over who are “stuck” for a way to get to the doctor or run an essential errand may call the COA to request a ride. COA staff will review the request to make sure it complies with the guidelines of the grant. If it does, we will contact one of the taxi companies to make arrangements for the ride. Requests for rides must be made at least one full business day in advance.

The program, which is intended to provide extra support during the COVID-19 pandemic, runs through Dec. 31, 2020, or until funding runs out. If you have questions, or would like to request a ride, please call the COA at 508-358-2990 or email us at coa@wayland.ma.us.

Plan Ahead to Vote Early, by Mail in Primary and General Elections

For the first time ever, Massachusetts voters can vote by mail and vote early in both the 2020 State Primary election on September 1, and the general State Election on November 3.

To vote by mail, fill out a [Vote by Mail Application](#) and send it to the Wayland Town Clerk by 5pm on Aug. 26 for the State Primary election, and by 5pm on Oct. 28 for the State Election. When you receive your ballot, fill it out and return it. State Primary ballots must be received by 8pm on September 1; State Election ballots must be postmarked no later than Nov. 3 and must be received no later than Nov. 6.

To vote early, you may vote by mail or in person during special early voting days. In-person early voting for the State Primary will be held August 22-28. In-person early voting for the State Election will be held October 17-30.

Questions? Contact the Wayland Town Clerk's office at 508-358-3631 or visit wayland.ma.us/town-clerk.

Visit a Virtual Memory Café Friday, August 7, 10am—noon Jewish Family & Community Service



A Memory Café is a welcoming place for individuals and families living with memory changes. Bring your coffee and enjoy conversation with new friends of all ages. This café will feature a dance and movement specialist who will lead gentle exercise and share the uplifting power of dance. To RSVP and receive a Zoom invite, email Beth Saltzberg at bsaltzberg@jfcs.org, or call her at 781-693-5628. There is no fee.

A Program of Jewish Family & Children's Services

It is So Good To Have Friends

These past months have required everyone to be creative as we reinvent the way we do things, from grocery shopping to connecting with friends and family.

We could not be more grateful for our Friends — the Friends of the Wayland COA, that is. They have generously sponsored our many activities, whether online, on WayCam, or in person, enabling us to continue offering exercise, learning and social programs to the people we serve. Wayland is fortunate to have such good Friends!

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



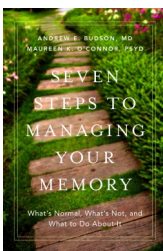
AUGUST Programs on Zoom

(See p. 6 for instructions on signing up for Zoom programs.)

SEVEN STEPS TO MANAGING YOUR MEMORY

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

When are memory changes normal aging vs. Alzheimer's? Based on his award-winning book, *Seven Steps to Managing Your Memory: What's Normal, What's Not, and What to Do About It*, Dr. Andrew Budson will explain changes in memory due to Alzheimer's versus normal aging, what medications, diets, and exercise regimes can help, and the best habits, strategies, and memory aids to use. Dr. Budson is Chief of Cognitive & Behavioral Neurology and Associate Chief of Staff for Education at the Veterans Affairs Boston Healthcare System, Director of Education at the Boston University Alzheimer's Disease Center, Professor of Neurology at BU School of Medicine, and Lecturer in Neurology at Harvard Medical School.



Dr. Budson's e-book is available at the Wayland Library.

ART MATTERS presents: IMPRESSIONISM

Thursday, August 27 at 1:30pm

The Impressionists were painters of light, of nature, and of human nature. Having little in common except a common enemy, the Academy, artists like Monet, Renoir and Degas defied convention and changed the way the whole world looked at art. The ripples from this revolutionary style of painting spread, influencing a whole new generation of artists. Join us for a close look at many of the paintings that moved the world into the modern era.

GREAT COURSES: Life in the World's Oceans Mondays, 1pm, Aug. 3, 10, 17, 24, 31

Award-winning professor of marine science unlocks the mysteries of life in the world's oceans. (This encore showing of this series features lectures not previously shown.)

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.

August IN-Sight Programs on WayCam.TV

Verizon Channel 37 or Comcast 8



BOSTON HARBOR ISLANDS

With Folklorist and Historian John Horrigan

(Rescheduled from July)

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.

DEALING WITH DIABETES (for Type 2 Diabetes)

With Registered Dietitian Jane Polley, MS, RD, LDN

This class can help take diabetes management to the next level of success. Learn the science and strategies for regulated, stable blood sugar throughout the day; flexibility to include your favorite foods, social situations, and changes in meal timing; and breaking frustrating habits that have put a barrier between you and a healthier body weight.

BASIC TUTORIALS

This collection of useful "how to" programs will enhance your skills and enable you to broaden your horizons. Learn how to use Zoom, and features on Zoom such as "break-out rooms." And join Wayland Public Library's MJ Wright to learn about Hoopla and Libby, 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! And improve your home safety skills by watching members of the Wayland Fire Dept. show how to safely and effectively use a home fire extinguisher.

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, 1:15pm, on Zoom (note new time)

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 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 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. 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

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 — NOW OUTDOORS!

Tuesdays, 9:00 - 9:45am — Reservations Required!

Lois Leav's popular *Fit for the Future* class meets on Tuesdays at 9am outdoors by the Veterans Memorial. Reservations are required since the class size is limited. There are no chairs, it is a standing class. Lois tailors the class to the environment, and builds in regular breaks. Wear a face mask and appropriate footwear, and bring water. Thanks to the Friends of the COA, there is no fee during August. **Participants must register for each class separately;** registration opens on the Wednesday following Tuesday class. Priority registration for Wayland residents. To reserve your spot, email coa@wayland.ma.us or call us at 508-358-2990.



JOIN THE WALKING CLUB!

Mondays & Wednesdays at 8:30am

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 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.

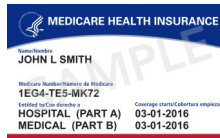
SENIOR PROPERTY TAX WORK-OFF PROGRAM DELAYED START for FY2021

The COA's Senior Property Tax Work-Off Program is subject to approval at Town Meeting, now scheduled for Saturday, September 12. If approved, we will update residents on how the program will be administered this year. Thank you for your patience, and please stay tuned!

COVID-19 AND MEDICARE: ASK A SHINE COUNSELOR

Did you know that...

- Coronavirus testing is covered by Medicare.
- Telehealth services are covered by Medicare.
- You may be able to enroll in Medicare online, by phone or mail.
- SHINE counselors are available remotely to help with these and many other Medicare-related questions.



SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. To schedule a SHINE phone appointment, call the Wayland COA at 508-358-2990. For other SHINE-related matters, call 1-800-243-4636, then press or say 4. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.

Wayland Town Meeting: Sat., September 12, 12:30pm, Wayland High School



Wayland's Town Meeting, postponed from April due to COVID-19, will be held on Sat., Sept. 12 from 12:30 to 5pm at Wayland High School. Sunday, Sept. 13 will be reserved as an extra day if more time is needed, or as a rain date if the decision is made to hold the meeting outdoors.

Social distancing will be enforced, and voting hand-sets will be enclosed in plastic bags, which will have been disinfected. The FY2021 budget will be on the agenda, but to shorten the meeting, many articles in the original warrant will be passed over for consideration at a future date.

If you need a ride to Town Meeting, please contact the COA by Thursday, Sept. 10. at 508-358-2990 or coa@wayland.ma.us.

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: September 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 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. The full programming schedule and details for streaming live and on demand are on the WayCam.TV website, (www.waycam.tv/home). There is also a link on the our website at waylandcoa.org.

How to Join In-Person Events

Social Distance



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

On Tuesdays at 9am Lois' *Fit for the Future* exercise class meets outside near the Veterans Memorial at the Town Building. **Reservations are required**, contact the COA.

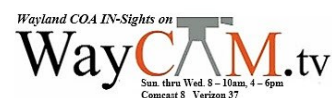
August COA Activities

SUNDAY	Monday	Tuesday	Wednesday	Thursday
<p>2 8:00am Fish Fitness 4:00pm Basic Tutorials</p>	<p>3 8:30am Walking Club 1:00pm Great Courses</p>	<p>4 8:00am Food & Mood 9:00am Lois Fit4Future 1:00pm Armchair Travel 4:00 pm: Fish Fitness</p>	<p>5 8:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi</p>	<p>6 2:00pm Seven Steps to Managing Your Memory</p>
<p>9 8:00am Fish Fitness 4:00pm Japanese Prints at the MFA</p>	<p>10 8:30am Walking Club 1:00pm Great Courses</p>	<p>11 8:00am Fish Fitness 9:00am Lois Fit4Future 1:00pm Armchair Travel 4:00pm Basic Tutorials</p>	<p>12 8:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi</p>	<p>13</p>
<p>16 8:00am: Fish Fitness 4:00pm Dealing with Diabetes</p>	<p>17 8:30am Walking Club 1:00pm Great Courses</p>	<p>18 8:00am Basic Tutorials 9:00am Lois Fit4Future 1:00pm Armchair Travel 4:00pm Harbor Islands</p>	<p>19 8:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi</p>	<p>20</p>
<p>23 8:00am: Dealing with Diabetes 4:00pm: Fish Fitness</p>	<p>24 8:30am Walking Club 1:00pm Great Courses</p>	<p>25 8:00am Fish Fitness 9:00am Lois Fit4Future 1:00pm Armchair Travel 4:00pm: Dealing with Diabetes</p>	<p>26 8:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi</p>	<p>27 1:30pm Art Matters: Impressionism</p>
<p>30 8:00am: Harbor Islands 4:00pm: Basic Tutorials</p>	<p>31 8:30am Walking Club 1:00pm Great Courses</p>	<div style="border: 1px solid purple; border-radius: 50%; width: 150px; height: 100px; display: flex; align-items: center; justify-content: center; margin: auto;"> <p>Note: Sunday now appears in the left-hand column</p> </div>	<div style="border: 1px solid gray; border-radius: 15px; padding: 10px; background-color: #f0f0f0; margin: auto;"> <p>KEY:</p> <p>WayCam TV—Red Zoom—Blue In person—Green</p> </div>	

WayCam.TV IN-Sights Schedule

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

AUG. Programs Comcast Customers Channel 8 ~ Verizon Customers Channel 37



	8am-10am	4pm – 6pm
Sunday, August 2	EXERCISES with Fish Fitness 1. “Staying Active and Independent” 2. “Senior Challenge”	BASIC TUTORIALS Using Zoom, Hosting Zoom, Zoom Break Out Rooms, Hoopla and Libby FIRE EXTINGUISHER TRAINING w WFD
Tuesday, August 4	FOOD and MOOD With Registered Dietitian and Longfellow Water Fitness Coordinator Jane Polley	EXERCISES with Fish Fitness 1. “Staying Active and Independent” 2. “Senior Challenge”
Sunday, August 9	EXERCISES with Fish Fitness 1. “Staying Active and Independent” 2. “Senior Challenge”	JAPANESE PRINTS at the MFA With Joan Blair, an encore showing of this Wayland Public Library Great Presenters Series
Tuesday, August 11	EXERCISES with Fish Fitness 1. “Staying Active and Independent” 2. “Senior Challenge”	BASIC TUTORIALS Using Zoom, Hosting Zoom, Zoom Break Out Rooms, Hoopla and Libby FIRE EXTINGUISHER TRAINING w WFD
Sunday, August 16	EXERCISES with Fish Fitness 1. “Staying Active and Independent” 2. “Senior Challenge”	DEALING WITH DIABETES With Registered Dietitian and Longfellow’s Water Fitness Coordinator Jane Polley
Tuesday, August 18	BASIC TUTORIALS Using Zoom, Hosting Zoom, Zoom Break Out Rooms, Hoopla and Libby FIRE EXTINGUISHER TRAINING w WFD	THE ISLANDS OF BOSTON HARBOR With historian John Horrigan
Sunday, August 23	DEALING WITH DIABETES With Registered Dietitian and Longfellow’s Water Fitness Coordinator Jane Polley	EXERCISES with Fish Fitness 1. “Staying Active and Independent” 2. “Senior Challenge”
Tuesday, August 25	EXERCISES with Fish Fitness 1. “Staying Active and Independent” 2. “Senior Challenge”	DEALING WITH DIABETES With Registered Dietitian and Longfellow’s Water Fitness Coordinator Jane Polley
Sunday, August 30	THE ISLANDS OF BOSTON HARBOR With historian John Horrigan	BASIC TUTORIALS Using Zoom, Hosting Zoom, Zoom Break Out Rooms, Hoopla and Libby FIRE EXTINGUISHER TRAINING w WFD

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

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. 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.

COA Taxi Program: Free taxi trips to medical appointments, grocery shopping or Rx pick-up for Wayland seniors 60+ with no other means of transportation. Grant-funded program through Dec. 31, 2020 for COVID relief. Call COA at 508-358-2990 or email coa@wayland.ma.us. Requests must be made one full business day in advance.

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 of \$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 508-358-3474.



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



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 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.

Let's keep cool as we begin our August travels with two cool places: Alaska and Iceland. We then heat things up with tours of Venice and Buenos Aires.

August 4: Alaska, the 49th state. Join Shawna as we travel from Vancouver to Seward along the inside passage. Highlights include Ketchikan, Juneau, Skagway, Kenai Fjords National Park and Glacier Bay National Park and Preserve.

August 11: Iceland. A Nordic island nation, Iceland is defined by its dramatic landscape with volcanoes, geysers, hot springs and lava fields. Join Guest Host Pauline Di Cesare as she takes us on a tour of this amazing country.

August 18: Venice, Italy. We return to Italy with a tour of Venice, the capital of northern Italy's Veneto region. Venice is built on more than 100 small islands in a lagoon in the Adriatic Sea. It has no roads, just canals – including the Grand Canal thoroughfare – lined with Renaissance and Gothic palaces. The central square, Piazza San Marco, contains St. Mark's Basilica, which is tiled with Byzantine mosaics, and the Campanile bell tower offering views of the city.

August 25: Buenos Aires, Argentina. Argentina's capital is a thriving metropolis as well known for music and dance, especially the tango, as it is for steakhouses serving prime Argentinian beef and Malbec wine. Among the city's many charms is its old-world elegance reflected in its beautiful neoclassical and neo-Renaissance buildings, like Casa Rosado, the pink President's Palace; the Colon Theatre, one of the best opera houses in the world; and the Recoleta Cemetery, where visitors flock to see the 6,400 mausoleums, including that of Eva Peron. We will also take a side trip to Puerto Madryn, Argentina, to see penguins up close!

Calling all Travelers: Would you like to share pictures and stories of a special trip? We are looking for guest hosts for our Arm Chair Travel program. We meet on Zoom every Tuesday at 1pm. If you would like to be a guest host, let us know and we will add you to our fall schedule. Technical assistance is available. Contact Shawna at 508-358-2990.

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.

[Nashville Country Christmas: December 4 - 7, 2020](#)

Space is very limited for this trip—please sign up early! Stay at the Gaylord Opryland Hotel decorated with more than three 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!

[Martha's Vineyard Day Trip: New date: August 12, 2021](#)

This trip has been postponed until next summer. Look for information in early 2021 for registrations.



Zen Floral Designs: Stunning and Soothing

When Wayland resident Theresa Kuo delivers one of her stunning floral arrangements to the COA, people always comment on their beauty and grace. Now we can all enjoy her many arrangements from the comfort of home. Visit our website — www.waylandcoa.org — and scroll down to the link for “Zen Floral Arrangements.” Viewing these creations is guaranteed to lower your blood pressure!

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, or call 508-358-2990.

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