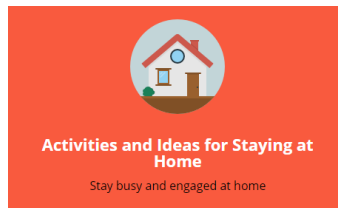


Start Something New in September

September always feels like a time of new beginnings, no matter how long it's been since we were in school. This year, of course, the start of school is different almost everywhere. But it can still be a time to begin something new.

If you want that “starting school” feeling this September, just visit our website — www.waylandcoa.org — and click on the orange box labeled “Activities and Ideas for Staying at Home.” There you will find links that can open up new worlds: Free



online classes, tours of museums around the world, online jigsaw puzzles, an inspiring virtual performance by the Sudbury Valley New Horizons Band, and even a collection of live bird cameras where you can closely watch nesting and feeding birds around the globe. Take a look and see what new kind of learning opportunities are available to you.

Of course our own programming is also full of opportunities to learn and to stretch. Take a look at September’s schedule in these pages. Also, on September 12, Wayland will hold its long-delayed annual Town Meeting. If you attend, please note there are two articles related to the COA-community center (page 5). Flu shots will be available from the Health Dept. beginning in September (page 2); and Medicare Open Enrollment begins in October; in late September we’ll start taking phone requests for appointments with a SHINE counselor (page 5). Fall is on the way, but summer weather will linger a bit. Enjoy the out-of-doors while you can, and please stay in touch with us. We miss you!

Your COA Staff:

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

Face Masks Still Required in Massachusetts



As we go to press, Massachusetts continues to require the use of face masks in all public places, both indoors and outdoors, when proper physical distancing is not possible. Protect yourself and others with this simple but effective technique! Visit www.wayland.ma.us/masks for more info.

CONTENTS

Pg

New Social Group on Thursdays, 10:30am	2
Vote By Mail Reminder	2
Senior Flu Clinics Coming in September	2
September Programs on Zoom: VA Pensions, iPhone Apps, Great Courses	3
COA September IN-Sights Programs: Hurricane of '38, Managing Memory	3
Free Fitness Classes on Zoom, WayCam TV Fit for the Future, Walking Club	4
Updates: Preparedness, Medicare Open Enrollment, Town Meeting	5
September Calendar of Events Zoom, WayCamTV, In-Person programs	9
Armchair Travel	10
Coming in October on Zoom	12

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

Let's Get Social!

**Thursdays at 10:30am
Starting September 3**

We have missed you! Come catch up with your friends and make new ones. While the weather is warm, join us outdoors at the Town Building for an informal, socially distanced get-together. Space is limited and registration is required. Call or email the COA to reserve your spot!

Come for one week or every week! Please bring a lawn chair or blanket to sit on and don't forget your mask. If the weather is inclement, we will meet on Zoom.



Health Dept. Offering Drive-Through Senior Flu Clinics in September

The Wayland Health Department will provide Senior Flu Clinics in September using a drive-through appointment-based system.

The dates are not yet set at press time, but the Health Dept. will use the Town's reverse 911 telephone alert system to announce the dates and times.

Once the schedule is announced, book your appointment by calling the Flu Hotline at 508-358-6805. They will offer High Dose or Regular Seasonal Flu Vaccine as well as Pneumovax 23, Prevnar-13 or TDAP as available per MDPH recommendations.

The COA will publicize the dates in our regular Thursday email to COA subscribers. If you don't already get our Thursday email, subscribe by sending us a request with your email and street address and phone number at coa@wayland.ma.us.



Did You Receive Your Vote-By-Mail Application ?



This year, because of COVID-19, the state legislature passed a law requiring the Secretary of State to send a vote-by-mail application to every registered voter in the state. You should have received it by now. If you wish to vote by mail, fill it out and return it to the Wayland Town Clerk by 5pm on Aug. 26 for the State Primary election on Sept. 1, and by 5pm on Oct. 28 for the General Election on Nov. 3. This is the same process as absentee voting.

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.

WHO TO CALL



If you develop a cough, fever, or shortness of breath, call your doctor and the Wayland Health Dept. COVID 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**.

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



September Programs on Zoom

(See p. 8 for instructions on signing up for Zoom programs.)

IPHONE APPS FOR SENIORS

Wed. Sept. 16, 11am

There are so many available apps, but which ones are really useful? Learn about using your iPhone for mobile banking, recording your stories for your family, making shopping lists, and so much more. MJ Wright from the Wayland Library will describe the ones she uses all the time! Please know your user ID (email address) and password. Class size is limited to 8 to ensure effective interaction.

VA PENSION WITH AID AND ATTENDANCE

by Elder Resource Benefits Counseling

Tuesday, September 29, 7pm

Wartime veterans and their surviving spouses may qualify — either now or in the future — for monetary aid to help pay the cost of necessary senior care. Elder Resource Benefits Consulting will explain how and when to explore this program. VA Aid and Attendance or Housebound benefits provide monthly payments added to the amount of a VA pension for qualified veterans and survivors. Elder Resource Benefits Consulting has over a decade of experience helping residents receive VA Pension with Aid and Attendance as quickly as possible and without any financial product sales. Join us on Zoom to hear VA accredited agent Patty Servaes speak, to help you understand if and when your loved ones qualify for this monthly benefit of up to \$2,266/month. Email coa@wayland.ma.us or call us at 508-358-2990 to register and receive the Zoom link.



GREAT COURSES: Music as a Mirror of History

Mondays, 1pm, Sept. 14, 21, 28

Dr. Robert Greenberg shares his passion for music and history and the connections found in social, cultural, historical, and philosophical realms.

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.

September IN-Sight Programs on WayCam.TV

Verizon Channel 37 or Comcast 8



THE GREAT HURRICANE OF 1938

With Folklorist and Historian John Horrigan

Today, news reports about hurricanes give us time to prepare. But 82 years ago the surprise hurricane of September 21, 1938, raced up the Atlantic Seaboard at 67 MPH (with a record low air pressure) and left residents of the thickly populated Northeast Coast with no time to react. This maelstrom devastated Long Island, Connecticut, Rhode Island and western Massachusetts. Eleven states and 2 countries felt the wrath of this unforgiving meteorological monster. John Horrigan will recount it all — from the mariner's unheeded warnings through the botched forecasts of the National Weather Service to the blistering winds of a Category 3 hurricane.

7 STEPS TO MANAGING YOUR MEMORY

With Dr. Andrew Budson

When are memory changes normal aging vs. signs of Alzheimers? In this encore presentation Dr. Budson discusses memory, foods, medications, memory aids and strategies, and exercise regimes that can help. His talk is based on his book, *Seven Steps to Managing Your Memory*.

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

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.

See page 8 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 (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 the calendar on p. 9.**

LOIS' FIT FOR THE FUTURE — 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 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. (This earlier start time will continue through September.) We will not meet in inclement weather.

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.

News and Updates

ARE YOU PREPARED?

September is National Preparedness Month, a good time to organize yourself and your home for weather-related or other emergencies that may lie ahead. A little bit of planning now just might save you from headaches and hardship down the road. Here are some tips from [Ready.gov](https://www.ready.gov) on what to put in your basic emergency kit:

- ✓ Water (a gallon per person per day for at least three days)
- ✓ Food (at least a three-day supply of non-perishable food)
- ✓ Flashlight
- ✓ First aid kit
- ✓ Extra batteries
- ✓ Manual can opener
- ✓ Battery powered or hand-crank radio
- ✓ Whistle (to signal for help)
- ✓ Plastic sheeting and duct tape (to shelter in place)
- ✓ Wrench or pliers (to turn off utilities)
- ✓ Cloth face coverings, soap, hand sanitizer, disinfecting wipes
- ✓ Essentials such as toilet paper and paper towels
- ✓ A list of items to bring if you need to leave your home: cellphone and charger, important phone numbers, prescription medications, eyeglasses, change of clothing



Store items in airtight plastic bags and put your entire kit in easy-to-carry containers such as plastic bins or duffel bags.



MEDICARE OPEN ENROLLMENT: OCT. 15 - DEC. 7 Experienced SHINE Counselors are Available to Help by Phone

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), your plan should mail you an information packet by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2021. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!

Experienced SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. Call us at 508-358-2990 starting September 15 to book appointments; or Oct. 15 for non-Wayland residents. 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

The Wayland Board of Selectmen unanimously voted to hold Town Meeting from 12:30 to 5 p.m. on Saturday, Sept. 12, outdoors on the Wayland High School football field ("The Stadium"). The following day — Sunday, Sept. 13, from 1-5 p.m. — will be either a rain date or an extra day if more time is needed to finish the warrant.

Two articles are related specifically to the COA: Article 3 during the "Special Town Meeting" (part of Town Meeting) seeks to remove all previously approved funding for the feasibility and design of a Council on Aging–Community Center and return that money to the General Fund. Article 11 at the Annual Town Meeting (same day) seeks to re-appropriate site-specific funds approved for a COA-Community Center in 2018 and allow them to be applied to an alternate Town Center location. Please plan to participate in Town Meeting — your vote is your voice! If you need a ride to Town Meeting, please call the COA at 508-358-2990 to discuss options.

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 by calling 508-820-4650. Registered riders must make reservations at least 48 business hours in advance of travel date.

NEW! 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.

New Taxi Program

MWRTA's Dial-A-Ride remains a convenient and low-cost transportation choice for Wayland residents. To supplement that, the COA's new, grant-funded taxi program can provide free rides for Wayland seniors who have no other way to get to medical appointments, grocery shopping or Rx pickups. See the listing to the left for details.



About 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

S.H.I.N.E. Counselors:
 Penny Wilson, Kathleen Woehrling

West Suburban Veterans Services District

781-489-7509

Nancy Blanchard, Director

@ Wayland on Tues. 9am—4pm

781-850-5504

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 in the Town Building.

Next Meeting: Tuesday, September 8, 2020 at noon
See Town calendar to confirm, as dates may change.

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

How To Access COA Programs

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 are offering a few in-person activities. The Walking Club meets on Mondays and Wednesdays at 8:30am on the Rail Trail (see p. 4.)

On Tuesdays at 9am Lois' *Fit for the Future* exercise class meets outdoors near the Veterans Memorial at the Town Building. **Reservations are required** (see p. 4)

On Thursdays at 10:30am we offer a new social group outdoors at the Town Building (see p. 2). Call the COA for any of these programs.

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

September COA Activities

SUNDAY	Monday	Tuesday	Wednesday	Thursday
KEY: WayCam TV—Red Zoom—Blue In person—Green		1 PRIMARY ELECTION 8:00 am: Fish Fitness 9:00am Lois Fit4Future 1:00pm Armchair Travel 4:00am Food & Mood	2 8:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi	3 10:30am Social Group
6 8:00am Fish Fitness 4:00pm Dealing with Diabetes	7 LABOR DAY	8 8:00am Fish Fitness 9:00am Lois Fit4Future 1:00pm Armchair Travel 4:00pm Basic Tutorials	9 8:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi	10 10:30am Social Group Sat. Sept. 12, 12:30pm Town Meeting, Wayland High School Football Field
13 8:00am: Basic Tutorials 4:00pm Great Hurri- cane of '38	14 8:30am Walking Club 1:00pm Great Courses	15 8:00am Fish Fitness 9:00am Lois Fit4Future 1:00pm Armchair Travel 4:00pm Harbor Islands	16 8:30am Walking Club 9:00am Theratube 10:15am ZoomBa 11:00am iPhone Apps 1:15pm Tai Chi	17 10:30am Social Group
20 8:00am: Dealing with Diabetes 4:00pm: 7 Steps to Managing Memory	21 8:30am Walking Club 1:00pm Great Courses	22 8:00am Fish Fitness 9:00am Lois Fit4Future 1:00pm Armchair Travel 4:00pm: Dealing with Diabetes	23 8:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi	24 10:30am Social Group
27 8:00am: Great Hurri- cane of '38 4:00pm: Basic Tutorials	28 8:30am Walking Club 1:00pm Great Courses	29 8:00am Fish Fitness 4:00pm 7 Steps to Managing Memory 7:00pm VA Pension w/ Aid & Attendance	30 8:30am Walking Club 9:00am Theratube 10:15am ZoomBa 1:15pm Tai Chi	

Wayland on the Move and 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. 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.

September 1: Japan: A Globally Engaged Island Nation: This 30-minute Great Courses video program is a wonderful introduction to Japan. Share your thoughts and reconnect with fellow travelers following the video.

September 8: The Philippines: Join Guest Host Maria Tumang for a fascinating look at her recent visit to the Philippines.

September 15: Japan: The Importance of Japanese Gardens: Consider the splendor and harmony of some of Japan's most important gardens in this 30-minute Great Courses video. A discussion and time to catch up will follow.

September 22: Athens, Greece. Athens, Greece, is home to some of the world's most amazing ancient wonders including the Acropolis, built in the 5th century. Shawna will share her experiences of this vibrant metropolis.

September 29: Off to Paris: Join Shawna for this encore presentation. The splendor of Versailles and the [Musee D'Orsay](#) are highlights.

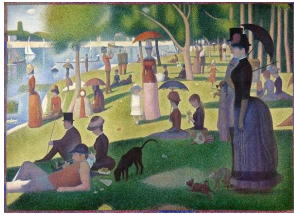
Calling all Travelers: Would you like to share pictures and stories of a special trip? We are looking for guest hosts for our Arm Chair Travel program. We meet on Zoom every Tuesday at 1pm. If you would like to be a guest host, let us know and we will add you to our fall schedule. Technical assistance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

Coming in October on Zoom....

ART MATTERS GALLERY PRESENTATION: POST-IMPRESSIONISM

Thursday, October 15, 1:30pm

Like a stone dropped into a calm pond, the ripples from the revolutionary Impressionist style of painting spread and influenced a whole new generation of artists. Join us for a look at how other artists interpreted this new, personally expressive way of painting, and in turn influenced the course of art in the 20th century. Please email coa@wayland.ma.us or call 508-358-2990 to register and receive the Zoom link.



History at Play Presents: I NOW PRONOUNCE YOU LUCY STONE Wednesday, October 14, 1:30pm

In honor of the 100th anniversary of women's right to vote, Judith Kalaora portrays Lucy Stone in a passionate and educational theatrical production. As an ardent supporter of human rights, Lucy inspired thousands to join the suffrage movement, including Susan B. Anthony. Come along for the ride! History At Play™ was founded in 2010 to chronicle the lives of influential and often forgotten women. Judith Kalaora is a professional actress, educator, and living historian. To register, please call or email the COA. We are grateful that this program is sponsored by The Village Bank.



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 COA News

A monthly publication from
Wayland Council on Aging
41 Cochituate Road
Wayland MA 01778
508-358-2990
www.waylandcoa.org

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

