



WAYLAND COA NEWS

Opportunities, Information and Outreach for Wayland Residents

MARCH 2021

We Are Making Progress

It was a year ago in March that our lives changed because of COVID. Then, we were learning about the importance of wearing masks, washing hands, and staying home. Now, we are focused on vaccines: when, where and how to get them, and what it means once you are vaccinated. Though sometimes the year has felt long and hard, this represents pretty amazing progress in just 12 months.

To help you stay busy and engaged in March, we have lots of programs and interesting things going on. Look inside these pages and you'll find programs on American art, Mediterranean cooking, Lifelong Learning classes, and a new knitting group that encourages knitters to make mittens and other essential items to donate to children in need. We also bring back Trivia Master Don Ward for another fun session of general knowledge trivia.

And don't miss our St. Patrick's Day drive-through lunch! See below for details. We look back with fondness and forward with anticipation to days when we can all sit down to lunch together around one table. But until then, we are always happy to see you drive through our lunch line with a smile under your mask!

As always, the COA staff is here for you. Contact us if we can help you or answer any questions.

Your COA Staff:

Julie Secord, Nancy Greenwood, Sue Hatton,

Shawna Levine, Ann Gordon, Lillian DePasquale

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You're Invited!

St. Patrick's Day Drive-Through Lunch

Wed., March 17, 12-1:00pm

'Tis time to celebrate St. Patty's Day with a drive-through lunch prepared by The Villa. Reserve yours soon, capacity is limited.

Choose from:

Corned Beef & Cabbage

or

Shepherd's Pie

Both choices come with a yummy St. Pat's-themed dessert.

\$10, please bring cash or check.

Sign up by **Wednesday, March 10**

at coa@wayland.ma.us or 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 community members.

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

Happenings

Pushing the Envelope: A History of the Post Office through Stamps

Presented by the Spellman Museum of Stamps and Postal History

Thursday, March 4, 2021, 1:30 PM on Zoom



View images of vintage US postage stamps and learn about the history of the US Post Office from the first letters carried on the Boston Post Road to the current postal challenges. Hear about the work of Benjamin Franklin, the expansion of the Post Office after the Revolution, the introduction of home delivery, the short-lived Pony Express, the carrying of mail by railroads, buses, boats, trolleys, rockets, dog sleds, camels and mules. Zoom sign-up information is on p. 8.



Art Matters presents American Art, Part II: 1900-1950

Thursday, March 25, 1:30pm

The center of the art world has always been Europe, and American artists have, by necessity, mostly followed those evolutions. The American independent spirit pushed the boundaries of acceptable traditions, and in the early part of the 20th century, Americans began to develop their own unique voice. The Ash Can School, the flowering of photography, and the consciousness of Social Realism were just some of the new developments that reflected the history of those times. Join us for a look at how American Art grew from the baby in the back seat to an adolescent growing, experimenting, gaining attention and earning respect.

Made possible by a generous grant from the Friends of the Wayland Council on Aging

THE MEDITERRANEAN DIET

With Traci Robidoux, RD, LDN

Thursday, March 18, 1:00pm on Zoom

The Mediterranean Diet is a healthy way of eating using the flavors and ingredients common to countries that border the Mediterranean Sea. With its focus on vegetables, fruits, whole grains, beans, nuts and seeds, and olive oil, and moderate amounts of seafood, dairy, poultry, and eggs, this way of eating has become very popular.



Learn why it's ranked the Number One dietary pattern of the year (again) and what steps you can take to integrate its principles into your routines.

Traci Robidoux is a licensed dietician/nutritionist at Bay-Path Elder Services, Inc. She has previously presented many popular, informative programs at the COA.

Zoom With Whom?

MAUREEN DeJONG and



ADVENTURES IN LIFELONG LEARNING

Wednesday, March 3, 1:00pm

Join with our former COA colleague and friend Maureen DeJong to hear about *Adventures in Lifelong Learning*, a partnership between Framingham State Univ. and the Framingham Public Library that offers courses free of charge (or for a voluntary donation) for adults sixty and over. Hear about the wide range of topics covered in the April courses (something for everyone) and opportunities to join together for Brown Bag lunches via Zoom.

Bring your curiosity, your questions and your ideas for courses you'd like to take in the future. For a sneak peek, [click here](#).



KNIT TOGETHER

Tuesdays, starting March 9

10:30am

Whether you are a novice or experienced knitter, join us on Zoom as we stitch together a community of knitters. Knit your own projects, or help us knit mittens, scarves, hats and other winter essentials for children who need them. The Knitting Connection in Medford has been collecting and donating knitted goods for many years. We can provide you with donated yarn and needles, and we can collect your knitted goods and make sure they get to a child who needs them. Sign up by contacting the COA at 508-358-2990 or coa@wayland.ma.us. And let us know if you'd like a Knit Kit with yarn, needles, and patterns. We will arrange for delivery.

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.

Happenings

TRIVIA TIME! Wed., March 24, 1:30pm on Zoom

What do the letters "V.O." on bottles of brandy stand for? How many cameras were used to broadcast the 2019 Masters golf tournament? How many countries in South America are landlocked?

Join us for **Trivia Time** and find out! Sign up and we'll send you a 30-question, multiple-choice, general knowledge trivia challenge created by Wayland's own Don Ward. Don will join us on Zoom to reveal and review the answers.



Don suggests that you resist the urge to look up answers online. Make your best guess or ask a friend. Then come learn and laugh with fellow trivia fans.

WPD Reminds You: Be Alert for Scams

Detective Jamie Berger offers a few safety reminders from the Wayland Police Department:

- The medication disposal bin is available 24 hours/day, 7 days/week in the foyer of the Public Safety Building.
- Remember that the IRS does all their business by MAIL. The IRS will not call and threaten to arrest anyone.
- A common IRS scam asks you to help a family member by purchasing a pre-paid credit card, a "green dot" card, or an iTunes card. The caller asks you to scratch off the pin number and tell them the access code so they can receive your funds. Don't fall for it.
- Scammers can "spoof" phone numbers to make it look like you are getting a call from the IRS, a local number, even the Wayland Police. Always be cautious and if you answer and have doubt, hang up.

Ongoing Programs on Zoom

(See p. 8 for how to sign up for Zoom programs.)

GREAT COURSES: Great Tours: Ireland and Northern Ireland

Mondays, 1pm (March 1, 8, 15, 22, 29), Closed Captioning

Ireland is one of the most enchanting places in the world. Get to know its breathtaking scenery, world-renowned artists, and fascinating history.

ARMCHAIR TRAVEL GROUP

Tuesdays, 1pm

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

COA SOCIAL GROUP

Thursdays, 10:30am

Join this informal group for friendly conversation on Zoom or participate by phone.

GRANDPARENTS GROUP

Dr. Dossie Kahn of Wayland Youth and Family Services (508-358-4293) facilitates discussions about the uniquely rewarding and sometimes challenging relationships between grandparents and grandchildren.

March Highlights on WayCam.TV

IN-Sights on Verizon Channel 37 or Comcast 8

See Calendar on p. 9 for program dates and times.

Fitness:

- > Joe Fish Fitness Series (see p. 4)
- > Chair Yoga with Nancy Wind
- > Line Dancing with Kari McHugh

Always check with your physician before beginning a new fitness routine.



The Mansion Inn: The Making of a Scholar

> Wayland's Tonya Largy talks about the Mansion Inn archaeological site and the woman who led the way

Wayland Then and Now

A Wayland Historical Society/WayCam presentation

Senior Tax Relief Options:

- > Circuit Breaker w/ Brian Lynch, Dept. of Revenue
- > Wayland Assessors: Updates on Statutory Exemptions, Town Match

DID YOU KNOW?

You can watch WayCam programs livestreamed on TV or on your computer by going to www.waycam.tv/live.

See page 8 for instructions on how to access programs on Zoom and WayCamTV.

Health & Fitness

FREE COA FITNESS CLASSES AVAILABLE ONLINE

TAI CHI

PLEASE NOTE: The regularly scheduled Zoom Tai Chi classes with the Calvin Chin Martial Arts Academy will be **on hiatus for the month of March**. Long-time instructor Lucien Zoll has had the opportunity to explore a new path and we wish him well. The Council On Aging is currently exploring the options with CCMAA for a new instructor and how that program would be structured.

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 and THE WALKING CLUB are on hiatus during the winter months.

NOTE: The Walking Club will resume on April 5, 2021.

Watch the newsletter for information about Fit for the Future.

MEMORY CAFES OFFER WELCOMING PLACES, VIRTUALLY

A memory café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends. Memory cafés offered by Jewish Family & Children's Services in the Boston region typically meet at a variety of places including coffeehouses, museums, or community organizations. During COVID, they meet online.



Each memory café is different. Some cafés invite guest artists, some offer education about memory changes, and some are just for relaxing and chatting. But all cafés share one goal: to help guests feel comfortable and to know that they are not alone. Cafés are a place to talk with others who understand what you are going through, to forget about limitations and instead focus on strengths, to enjoy other's company, and to explore something new.

To learn more about Memory Cafés, visit the JF&CS website at www.jfcsboston.org.

News and Updates

STAYING SAFE: COVID MASK SAFETY



Hello everyone, Firefighter Todd here with a warning about mask safety. Just recently my mother fell down the stairs at her apartment building, dislocating her ankle and fracturing a few bones. I tell you this as a cautionary tale of navigating stairs while wearing your COVID precautions mask. As she was looking down at the stairs to safely navigate, her mask slipped up over her eyes, obstructing her view. This caused her to become disorientated as she was stepping down and miss an entire step. Luckily she was close to the base of the stairs, however her injury bought her an ambulance ride to the hospital.



Since this has happened, a few people have told me that their mask frequently slips up over their eyes as they look down at their feet to navigate stairs. If you're like my mom and other people who watch where they step while descending stairs, please be aware of the mask on your face. If it starts to slide up near your eyes while doing something, please pause a moment to adjust it. Always make sure your mask is properly seated on your face to prevent it from obstructing your view.

Todd Winner, Wayland Fire Dept., Senior SAFE Team

“Circuit Breaker”: A Property Tax Relief for Many Homeowners Age 65 and Over

The Circuit Breaker program offers two different property tax relief opportunities: a possible credit on your MA income tax return, and an additional opportunity for property tax savings from the Town of Wayland. The rules are similar, but the application details are very different.

The Massachusetts Department of Revenue offers a credit called Circuit Breaker, or Schedule CB on income tax returns for homeowners whose annual property taxes exceed 10% of gross income. For renters, there is a different calculation and for both there are additional eligibility criteria such as your annual income and the value of your home. If you are age 65 or over for this tax year, it is worthwhile to speak with your tax preparer to see if this credit might work for you. Additional information about Circuit Breaker is available through a recorded presentation being aired on WayCamTV on March 14 and 23. Please see our InSights program schedule on page 9.



The Town of Wayland offers a similar sounding program called Wayland Circuit Breaker, that provides property tax relief for Wayland homeowners who filed a MA income tax return last year, and received the Circuit Breaker Credit on that return. The Wayland program takes a look at what you were eligible for through the state and by submitting proof of that eligibility, and a simple application to the town, you may receive additional property tax relief on your Wayland property tax bill. Although the Town of Wayland program piggy-backs on information from your MA income tax return, it has significantly different application dates, deadlines and forms. The Wayland program aligns with the current fiscal year tax bill and looks at the CB received during the prior calendar year. **For the current fiscal year (July 1, 2020—June 30, 2021), applications for the Wayland CB program are due no later than April 1, 2021 and will look at the CB that was received on last year's (2019) MA income tax return.** If you receive CB on your upcoming (2020) MA income tax return, that data will be needed for the next fiscal year's application to the Town CB program. Further details on the Wayland CB program are available through the Assessor's Department, 508-358-3788.

Questions? You are not alone. Circuit Breaker can sound confusing, especially if this is the first you are learning about it. Speak with your tax preparer to see if you received this credit on your MA income tax return, and if you did, please contact Wayland Assessors for information about the application process. Remember to act quickly, as this year's deadline is April 1, 2021.

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

Meals on Wheels (BayPath): 508-573-7246

Medicare: 1-800-633-4227

MetroWest Legal Services: 508-620-1830

MWRTA Fixed Route Buses: 508-935-2222

MWRTA Dial A Ride: 508-820-4650

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

COVID-RELATED RESOURCES

If you develop COVID symptoms: Call your doctor and the Wayland Health Dept. COVID Hotline: 508-358-6805

If you need help with food or medicine: Call the Town's COVID Relief Fund/Food Pantry at 508-358-7701

For emotional support: Wayland Youth & Family Services (for all ages): 508-358-4293

Parmenter Food Pantry: 508-358-3001

Celebration Church Food Pantry: 508-318-4769

*"Age is just a number.
Life and aging are the greatest gifts
that we could possibly ever have."*

— Cicely Tyson

We are proud to support Wayland's Council on Aging



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Ask about our Aging Advocate Program



Resources

TRANSPORTATION OPTIONS



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 at 508-820-4650. Registered riders must make reservations at least 48 business hours prior to 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. This is a COVID-19 grant-funded program. Call the 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.

SHOPPING TRIPS: We hope to resume our monthly trip to Market Basket in spring 2021. Please call us for details.

Q&A with the COA

What would you like to know? Just ask us!

Q. What is the best way to reach the COA if I need help or have questions?

Call us at 508-358-2990 or send us an email at coa@wayland.ma.us. You should hear back from a COA staff member pretty quickly.

Even though most of us are working remotely, we have a very effective system for receiving messages and emails. When you call us, you will reach our voicemail greeting. Just leave us a message. The recording of your message will be immediately emailed as an audio file to all six COA staff members. We have a shared system for identifying who will respond. The same is true for emails to our shared email address, listed above.

Remember that Town Departments close at 12:30pm on Fridays. If you contact us Friday afternoon, we will respond to your message on Monday morning.

SMOC PROGRAM OFFERS HELP COVERING THE COST OF WINTER HEAT



Households with limited income may be eligible for help with home heating bills this winter through the *Low Income Home Energy Assistance Program (LIHEAP)*. Eligibility is based on the total gross annual income for an entire household: \$39,105 for households of one, and \$51,137 for households of two. All applications are processed remotely during COVID. To apply or learn more, call the South Middlesex Opportunity Council (SMOC) at 508-872-4853 or email_fueldocs@smoc.org.

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AT HERITAGE

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How To Access COA Programs



How to Sign Up for Zoom Events

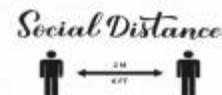
To protect privacy, Zoom events are by invitation only. To join a Zoom event, contact us at coa@wayland.ma.us or 508-358-2990 and tell us what event you would like to access. Give your email address and phone number, and prior to the event, we'll send you an invitation with instructions. You can join by video on your computer or by phone. [Click here](#) to watch a video on how Zoom works.

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



We are currently not offering in-person activities. Please take advantage of all our remote programming!

WAYLAND COA STAFF

Director: Julie Secord, M-F

jsecord@wayland.ma.us

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S.H.I.N.E. Counselors:

Penny Wilson, Kathleen Woehrling

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.

Next Meeting: Tuesday, March 2, 1:00 pm

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. **MEMBERS:** Markey Burke, Chair; Steve Colella, Vice Chair; Ann Gilbert, Clerk; Joan Bradford, Linwood Bradford, Pauline DiCesare

Next Meeting: Tuesday, March 16, 10:00am

West Suburban Veterans Svcs. District

781-489-7509

Nancy Blanchard, Director

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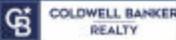
March COA Activities

SUNDAY	Monday	Tuesday	Wednesday	Thursday
	1 1:00pm Great Courses	2 8:00am Chair Yoga w Nancy Wind /Zoom Tutorials 1pm Armchair Travel 4pm Russia: Myths, Mysteries & Spying	3 9:00am Theratube 10:15am ZoomBa 1:00pm Zoom With Whom?	4 10:30am Social Group 1:30pm History of Post Office/Stamps
7 8:00am The Mansion Inn: Making of a Scholar 4:00pm Acton Sr. Ctr. Line Dancing	8 1:00pm Great Courses	9 8:00am Fish Fitness 10:30am Knit Together 1pm Armchair Travel 4:00pm The Mansion Inn: Making of a Scholar	10 9:00am Theratube 10:15am ZoomBa	11 10:30am Social Group
14 8:00am Russia: Myths, Mysteries & Spying 4:00pm Sr. Tax Relief Options w Brian Lynch	15 1:00pm Great Courses	16 8:00am Fish Fitness 10:30am Knit Together 1pm Armchair Travel 4:00pm Wayland Then and Now	17 9:00am Theratube 10:15am ZoomBa 12-1 St. Pat's Day Drive-Thru Lunch	18 10:30am Social Group 1:00pm Mediterranean Diet
21 8:00am Chair Yoga / Fish Fitness 4:00pm Zoom Tutorials / Hoopla & Libby	22 1:00pm Great Courses	23 8:00am Fish Fitness 10:30am Knit Together 1pm Armchair Travel 4:00pm Sr. Tax Relief Options w Brian Lynch	24 9:00am Theratube 10:15am ZoomBa 1:30pm Trivia Time	25 10:30am Social Group 1:30pm Art Matters
28 8:00am The Mansion Inn: Making of a Scholar 4:00pm Acton Sr. Ctr. Line Dancing	29 1:00pm Great Courses	30 8:00am Wayland Then and Now 10:30am Knit Together 1pm Armchair Travel 4:00pm Chair Yoga/ Zoom	31 9:00am Theratube 10:15am ZoomBa	KEY: WayCam TV—Red Zoom—Blue In person—Green

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Trips and Travel



Wayland on the Move and at Home

Zoom Armchair Travel Group

Every Tuesday at 1:00 pm

Join fellow travelers as we continue our virtual journey to fascinating destinations around the world. To make your reservation, email us at coa@wayland.ma.us or call the COA at 508-358-2990. We will send you a link to join by computer or on a call-in phone line. If you would like to share pictures and stories from a special trip that you took, please let us know. We are always looking for guest hosts!

March 2: Machu Picchu and Cusco, Peru. Join guest host Janie Specter as she takes us on an unforgettable journey to Machu Picchu, the 15th century Inca citadel, located high in the Andes Mountains in the Cusco region of Peru.

March 9: Art Tour of the Netherlands with guest host Margaret Dergalis. We will visit museums in Amsterdam, Haarlem, The Hague and Delft. Learn about a master forger and how artists prepared their paints prior to the invention of the paint tube. Dutch artists from the Golden Age will be explored.

March 16: Amazing Adventures in Architecture with Susan Wagner. This month Susan takes us to the Hagia Sophia Holy Grand Mosque in Istanbul, then on to a tour of the Abu Dhabi Religious Complex.

March 23: “Pushing the Limits: The Story of Greek Sponge Diving.” We will begin by watching this video featuring Wayland’s Michael Kalafatas. Following the video, Michael will describe his journey back to Greece to discover his roots and will moderate a Q & A. Michael is the author of *The Bellstone: The Greek Sponge Divers of the Aegean*.

March 30: The Greek Isles: Following up on the program on Greek Sponge Diving, Shawna will share the beauty of the Greek Isles including Santorini, Mykonos, Crete and Rhodes in this encore presentation.

Wayland Back on the Move (hopefully!)



As we enter a new year, we are looking forward to travelling once again. We are offering the following trips with Best of Times Travel. For more information, please contact the COA.

Martha’s Vineyard: August 12. Our journey begins in Woods Hole where we board the ferry to the island. Learn about the history and lifestyles of the islanders as you pass through Vineyard Haven, spend free time for lunch and shopping in the historic whaling town of Edgartown and complete your day on the island in Oak Bluffs.

Spectacular Saratoga: August 24—26. Join us as we explore the very best of Saratoga Springs and Lake George. Enjoy Saratoga Raceway, see Lake George, enjoy some fun at Saratoga Casino and experience WW II history up close and personal. All this and more awaits you on this fantastic journey to Spectacular Saratoga.

Simon Pearce Glassblowing & King Arthur Fall Foliage Trip w/ Queechee Gorge: October 7. Travel to Vermont on this unique and culturally rich day-trip during the peak of the fall foliage season. A highlight will be lunch at the fabulous Mill Restaurant at Simon Pearce with your choice of two delicious entrees.

Nashville Country Christmas: December 10—13. Join us as we experience the Country Music Capital of the World – Nashville, Tenn. for a Country Christmas featuring Grammy Award winners the Oak Ridge Boys, the Gaylord Opryland, The Grand Ole Opry and More!

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**My COVID Experience:
A Pandemic of Institutionalized Loneliness**

with Wayland Resident Frank Cutitta

Tuesday, April 6, 7:00pm



Wayland's Frank Cutitta spent 100 days in the hospital last year after contracting COVID, more than 40 in a coma. Now, this health care journalist has had time to reflect on his experiences, and particularly on the loneliness he felt and observed in others. His story has been told by The

[Boston Globe](#), National Public Radio, and [Northeastern Univ.](#) where he teaches. Join us for this fascinating first-person account, an exploration of the emotional impact of the pandemic on patients, families, and health care providers, and a conversation about antidotes to loneliness.

John Clark and his Great American Music Experience presents

Novelty Songs of the 1950s & 1960s

Thursday, April 1, 2:30 pm on Zoom

Celebrate April Fool's Day with a few laughs as John Clark presents this light-hearted program. Comedy records achieved their greatest popularity in 1960 and 1961. But in the decade preceding and for a few years after, some of the most original and hilarious novelty records were hit singles.



You will be treated to Lonnie Donegan's *Does Your Chewing Gum Lose its Flavor*; Allen Sherman's *Hello Muddah, Hello Fadduh*; Bobby "Boris" Pickett's *Monster Mash* and many others. And yes, even more wacky tunes are coming your way from Alvin & the Chipmunks, the Coasters, Roger Miller and Boston's own Tom Lehrer. Just try to keep a straight face!



Keep Up With All the COA News Through Our Website and E-Blast

At www.waylandcoa.org you'll find lots of information, including helpful resources and ideas for staying at home. On Thursdays we send out a short-and-sweet email highlighting programs and services in the coming week. Call us at 508-358-2990 or email coa@wayland.ma.us to subscribe.

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