



Photo courtesy of Nicole Mordecai

APRIL 2022

Coffee & Conversation

Monday, April 11, 10:00-11:00 at the COA

Enjoy coffee and conversation with friends and COA staff in the lounge. Sign yourself up and encourage a friend to join you for a cup of coffee. Drop-in is welcome but advance sign up is requested. Call the COA at 781-786-6280 to register.

Legacy Trail Walk & Coffee

Thursday, April 21, 1:00-2:00 Meet at the COA Entrance at 12:50

Take an easy spring walk on the Legacy Trail, with a special visit to Louisa's Wall along the trail. End the walk with a visit to the COA for coffee and snacks. Participants will be notified by 9:00 am if the walk is cancelled due to inclement weather. Wear sturdy hiking shoes and bring water and cell phone. A walking stick is encouraged. Call the COA at 781-786-6280 to register.

Grab and Go

Friday, April 22, 11:00-11:15 at the COA

Happy Earth Day! Pick up a mini herb plant to enjoy this spring. These plants are easy to care for and make for beautiful décor or as a kitchen staple to add to your meals! Do you know someone who deserves something special or needs a pick-me-up? Order one for them and deliver it as a special gift. Pre-order required. Call the COA at 781-786-6280 to order by Monday, April 11.



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GET TO KNOW US

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Council on Aging Board

Susan Ruskin-Friend, Chair
Marge Ackerman, Secretary
Betsey Brew Boyd
Jane Donnelly
Leslye Fligor
Robert Froh
Joan Heilbronner
Linda Johnson, Vice Chair
Wayne Johnson
Jean MacQuiddy
Carol Ott
Prather Palmer, Treasurer
Gerri Scoll

Associate Board Members

Alice Benson
Vida Goldstein
Thomas Nicholson
Shirley Small-Rougeau
Teresa Young

Friends of Weston's COA

Holly Tolley, Chair
Barbara Baker
William Rousseau

Info & FAQs

Hours: Monday–Friday, 9:00 am–4:00 pm

Mask wearing in Weston municipal buildings, including the Community Center, is currently optional but that can change at any time. For the most up to date information on masking policies call us at 781-786-6280.

What is the Weston COA?

The Council on Aging is a Town of Weston department that provides programs and services to older adults. We offer a robust calendar of in-person and virtual programs: educational talks, social events, affordable weekly exercise classes, health insurance information, housing decision help, van service, grocery store trips and much more. We also have a social worker on staff who is an expert in older adults and consults with residents and their families free of charge.

How Do I Register For a Program?

Phone: 781-786-6280

Email: westoncoa@westonma.gov

If you would like to participate in a virtual program, but do not have access to a computer, we have created a designated space for you to participate in the program in real-time at the COA. Contact the COA at 781-786-6280 for more information and availability.

As we continue to safely bring back in-person programs we strongly encourage you to register for our weekly e-newsletter so that you stay informed about any changes or additions to the schedule.

To sign up, visit www.westonma.gov/stayinformed and follow the instructions on the page. Click the envelope icon next to “Council on Aging News” and “Council on Aging Events”.

If you need assistance, contact Kristen at frady.k@westonma.gov and she will sign you up.

Stay up to Date

Find Us Online: <http://www.westonma.gov/COA>

Facebook: <http://www.facebook.com/COAWeston>

Onsite programs and services are subject to change at any time. For the latest information contact the COA.

PROGRAMS & CLASSES AT THE COA

Brain Wellness:

A Comprehensive Non-Pharmacological Approach to Maintaining Brain Wellness & the Science Behind It

Fridays, April 1-May 13, 10:00-11:30 at the COA

In this 6-week series Yuval Malinsky will cover 8 components of a comprehensive non-pharmacological approach to maintaining brain wellness. This series will explore the advancement in understanding the brain and discuss lifestyles that research has shown can reduce the risk of dementia. Each session will end with engaging brain exercises. Yuval Malinsky is co-founder and CEO of Vigorous Mind, Inc. which develops and sells a scientifically-based life enrichment and brain wellness software. Call the COA at 781-786-6280 to register. *(No class on 4/15)*

Musical Baseball Show

Wednesday, April 6, 1:00-2:00 at the COA

To kick off baseball season, local singer-songwriter and former sportswriter Howie Newman will share stories about his days as a sportswriter on the Red Sox beat, challenge you with baseball trivia, and perform baseball songs. Howie covered baseball for the Patriot Ledger, Lowell Sun, Boston Globe as well as other newspapers and magazines. For 3 years, he provided color commentary for the Lowell Spinners, a Red Sox farm team, on WCAP radio. The show includes a display of his personal baseball memorabilia and a free raffle for his two baseball CDs. Stay for some favorite baseball snacks in the lounge after the presentation. Call the COA at 781-786-6280 to register.

AARP Income Tax Assistance

Thursdays, through April 14 at the COA

Trained AARP volunteers provide free assistance to taxpayers, with a special focus on those over 50 or have low-to-moderate income, in preparing their returns. They will assist you with basic tax forms and questions. Contact the COA at 781-786-6280 for appointment availability.

Bridge Intermediate - Play of the Hand with Anand Lele

Tuesdays, April 19-June 7, 10:00-12:00 at the COA

This class is designed for those who have a basic knowledge of the game and are ready to learn the various techniques associated with the "Play of Hands." Each session will include instruction followed by supervised bidding and play of prearranged hands. General emphasis in this class will be on improving your "Thinking at the Table." Comprehensive and easy to understand handouts will be distributed.

Cost: **\$160** for 8 classes. Call the COA at 781-786-6280 to register.

Bridge Clinic - Supervised Bidding & Play with Anand Lele

Fridays, April 22-June 10, 10:00-12:00 at the COA

Improve your game with this 8-week class designed to target your needs. The format of this class includes a mini lesson on popular topics selected by students on bidding, play techniques, and simple conventions. The mini lesson will be followed by supervised bidding and play of interesting prearranged hands to help you improve your skills. Prior knowledge of the Standard American bidding system is required. Cost: **\$160** for 8 classes. Call the COA at 781-786-6280 to register.

Movies at the COA

Fridays, 1:00-3:00 at the COA

April 1: *Don't Look Up*

April 8: *Being the Ricardos*

April 15: *Belfast*

April 22: *Hamilton*

April 29: *West Side Story*

Call the COA at 781-786-6280 for movie descriptions and to sign up.

Open Art Studio (COA closed 4/18)

Mondays & Wednesdays, 9:30-12:00 at the COA

Project Linus Knitting

Mondays, April 11 & 25, 1:00-3:00 at the COA

Ukulele with Daniel Metraux

Tuesdays, 2:00 at the COA

PROGRAMS & TALKS ON ZOOM

Social Justice Discussion Group

Monday, April 4, 3:00-4:00 on Zoom

Be a part of the Social Justice Group for courageous conversations and educational discussions regarding diversity, equity and inclusion. We are currently focusing on: the wealth gap created by racism and discrimination in employment, housing, education, criminal justice reform, voter suppression and the history of the beliefs and behaviors that created and perpetuates these issues. Contact Kristen Frady at the COA at 781-786-6280 or Jane Donnelly at 617-719-1774 if interested.

Dermatology Overview and Q&A

Thursday, April 14, 11:00-12:00 on Zoom

Sun damage, eczema, rashes, moles and more! Dr. Daniela Kroshinsky, M.D., M.P.H, Director of Inpatient Dermatology at Massachusetts General Hospital, will provide an overview of basic skin function, skin health and common concerns. Bring your skin and hair questions to learn how to prevent, treat, and recognize something that needs to be checked. Call the COA at 781-786-6280 to register.

Local and Global Discussion Group

Ukraine: What's Going On and Why it Matters

Thursday, April 14, 1:15-3:00 on Zoom

Dr. Alexandra Vacroux will lead this lecture and discussion that will put the current crisis in Eastern Europe into perspective. She will provide the historical context you need to know to make sense of Russia's demands before laying out different theories about what Putin wants and why he is acting now.

Dr. Vacroux has been the Executive Director of the Davis Center for Russian & Eurasian Studies at Harvard for 12 years. She has held a number of positions in the public and private sector, both in the U.S. and in Russia where she lived for 12 years. The meeting is open to anyone with an interest in a civil discussion of the issues with a wide variety of participants. We expect a lively and stimulating event. For further information about this meeting in particular or the group in general, or to sign up for a link, contact Susan Wagner at susanwgnr@gmail.com or 508-733-8810.

Live Virtual Walking Tour of Constantinople, Istanbul

Wednesday, April 20, 10:00-11:00 on Zoom

You will feel like you are actually strolling through the heart of the city in this live virtual tour with local Istanbul resident and tour guide Ayse. Starting at the Sultanahmet Square, we'll walk through the Hippodrome of Constantinople, once the public arena for chariot races, gladiatorial games, official ceremonies, celebrations and protests and check out the many monuments that were brought in from across the empire to demonstrate the power of the Roman Emperors. Next, we will enter the courtyard of the Blue Mosque and talk about the aftermath of the conquest of Constantinople. From there, we will walk through the Sultanahmet Square to the Baths of Roxelane, the wife of the Ottoman Sultan Suleiman the Magnificent. At the end of the tour, we will reach Saint Sophia and learn how this extraordinary building was erected in just five years. Call the COA at 781-786-6280 to register.

Next Trip: **Live Virtual Walking Tour of Edinburgh Old Town and Royal Mile**

Wednesday, May 18, 10:00 on Zoom

Real Life Civics: Checks and Balances with the Edward M. Kennedy Institute for the United States Senate

Thursday, April 21, 10:00-11:00 on Zoom

The Kennedy Institute's Real-Life Civics program provides a non-partisan starting point for those who want to better understand today's political complexities. In this program, you will explore how the U.S. government is structured under the Constitution, and the division and balance of powers among the branches. The program will draw upon examples from our current politics and will end with Q&A. Call the COA at 781-786-6280 to register. See page 5 for info about a trip to the Edward M. Kennedy Institute on 5/13.

Conversational Spanish with Raquel Halty

Tuesdays, 1:30-3:00 on Zoom

Join this group to practice your Spanish language skills. Contact the COA at 781-786-6280 to register.

PROGRAMS AT COA/ON ZOOM & TRIPS

Hamilton

Friday, April 22, 1:00 at the COA

We will be showing the movie *Hamilton* at the COA for those who would like to watch or re-watch the filmed version of the original Broadway smash hit performance. Call the COA at 781-786-6280 to register. Running time: 2h, 40m

Hamilton: How the Musical Remixes American History

Wednesday, April 27, 1:00-2:30 on Zoom

Love it or hate it, Hamilton-mania continues on! Its crafty lyrics, hip-hop tunes, and bold story have rejuvenated interest in the real lives and true histories that *Hamilton: The Musical* puts center stage. In this talk, presenter and University of Maryland historian Richard Bell will explore what the show's success tells us about the marriage of history and show-business. We'll learn what this renowned musical gets right and what it gets wrong about Alexander Hamilton, the American Revolution, and the birth of the US—and why all that matters. Call the COA at 781-786-6280 to register. This presentation will also be live-streamed in the COA Gathering Room.

Art Appreciation: Homer

Tuesday, April 26, 10:00-11:00 on Zoom

The museum comes to you in this engaging presentation by Jane Blair, founder of ArtMatters, an art awareness and education organization. Winslow Homer got his start by illustrating scenes from the Civil War for Harper's Magazine. He documented post-war, rural Americana and later dramatically explored man's relationship to nature. Homer was one of the greatest watercolor painters and was profoundly influential. Experience an up-close look at the work of one of America's most beloved painters. Call the COA at 781-786-6280 to register. This program is supported by a grant from the Weston Cultural Council, a local agency supported by the Massachusetts Cultural Council.

Upcoming presentation:

Cezanne: Tuesday, May 31, 10:00-11:00 on Zoom

Trips

Art in Bloom at the MFA

Friday, April 29, 9:30-1:30

Meet at the COA at 9:15

Art in Bloom is back and better than ever. Enjoy artwork from across the MFA's collection paired with magnificent floral interpretations created by New England-area garden clubs. Our private 1-hour tour begins at 10:30 and will be led by 2 guides – one an art expert, the other a floral expert – who will describe each pairing. Cost: **\$25**, includes admission, private group tour and transportation. Space is limited. Call the COA at 781-786-6280 to register. Cancellation deadline: April 25.



Edward M. Kennedy Institute Visit & Simulated Debate

Friday, May 13, Meet at the COA at 12:00. Tour Runs 1:00-3:00

The Edward M. Kennedy Institute for the United States Senate is designed to bring the history of the U.S. Senate alive with its dedication to educating the public about the important role of the Senate in our government, encouraging participatory democracy, invigorating civil discourse, and inspiring the next generation of citizens and leaders to engage in the civic life of their communities.

You will be invited to roleplay as a U.S. Senator and participate in a live floor debate on an actual piece of legislation before the Senate: an Amendment to Abolish the Electoral College. You will also have a chance to explore the other exhibits at the Institute, including a reproduction of Senator Kennedy's Washington, DC, office and new exhibit, *Standing Up For Democracy: Ted Kennedy and Voting Rights*.

Cost: **\$10**, paid to Weston COA. Space is limited, call the COA at 781-786-6280 to register by May 10; Cancellation by May 11.

See page 4 for information about the Real Life Civics talk on 4/21.

ACTIVITIES & FITNESS

Attention Weston Golfers! Interest Meeting for 2022 Golf Season

Wednesday, April 13, 12:30 at the COA

Are you interested in joining others for a round of golf? Last year, we formed the Weston Scramblers, a group for golfers age 55+. The group met weekly at the Leo J. Martin Golf Course for a 9-hole scramble, a fun format for informal rounds among casual golfers. We are excited to announce the group's continuation this golf season. Join fellow Weston golfers at this interest meeting to discuss the upcoming season of the group. Date and time of weekly scramble to be announced at the meeting. Golfers are required to have some golf experience and knowledge of golf etiquette. Call the COA at 781-786-6280 to register.



Try It Series

When was the last time you tried something new? The COA has launched a "Try It" series—a way for you to try something new in a supportive and fun environment.

Pickleball 101: Intro to Pickleball

Choose a Wednesday Between April 6-May 25, 9:30 at Burchard Park

Pickleball has taken over the country! Find out what the craze is all about with a **one-session** crash course to learn the basics of pickleball: scoring, general rules and a game to help reinforce the pickleball basics. Cost: **\$32**. Register with the Weston Recreation Dept. in-person or online at payment.westonmass.org and click on "SIGN IN/REGISTER".



Fitness Classes

We offer a variety of fitness classes Monday—Friday on Zoom & in-person for **\$5 per class**.

Contact the COA at 781-786-6280 to sign up for the classes you are interested in. There is no commitment, you can attend as many or as few sessions as you like of any of the classes.

You may prepay your account by sending a check to the Weston COA and we will deduct the class cost each time you participate or we will send you an invoice at the end of the month for the classes you have taken.

On Zoom

Mondays (no classes 4/18)

Exercise For Every Body with Ellen Cohen-Kaplan, 9:00-10:00

Zumba with Ellen Cohen-Kaplan, 10:15-11:15

Yoga with Sandy Honeyman, 1:00-2:00

Tuesdays

T'ai Chi with Jon Woodward, 9:30-10:30

Wednesdays

Meditation, 10:00-10:30 (no charge)

Functional Fitness with Kathy Langenberg, 11:00-12:00

Thursdays

Yoga with Sandy Honeyman, 9:30-10:30

Line Dancing Level II with Kari McHugh, 12:00-1:00

Line Dancing Level I with Kari McHugh, 1:30-2:30

Fridays

Fitness Fridays with Michelle Nickerson, 12:00-1:00

At the COA

Tuesdays:

Fitness with Michelle Nickerson, 10:30-11:30
Cancelled in the month of April.

The Moving Dilemma

Tuesday, May 3, 1:00-2:00 on Zoom

At some point, it may be time to move. But where to? An apartment? Elderly housing? Independent or Assisted living? Your child's house? Elder law attorney Arthur Bergeron will discuss how you can evaluate these options and take advantage of the government programs that can help you make the move. Contact the COA at 781-786-6280 to register.

Parthenon

Wednesday, May 4, 1:00-2:00 on Zoom

The crown of the Athenian Acropolis, the Parthenon is an ancient Greek temple, over 2000 years old, and probably the best surviving example of Greek architecture, yet there is so much we can learn about how it was built and why, and about the long ongoing efforts to preserve and restore it for future generations. It will never substitute for the thrill of walking where millions have walked before you, but this presentation will introduce you to this beautiful ancient temple. Presenter Marilyn Harris worked in education for over 40 years and in her retirement has continued to teach classes on history and travel. Contact the COA at 781-786-6280 to register.

Brawl in the Engine Hall

Tuesday, May 10, 10:00-11:00 at the COA

The Metropolitan Waterworks Museum, located in Boston's original 1887 water pumping station in Chestnut Hill, houses two enormous fully intact steam-driven pumping engines, each designed and built by two long-forgotten titans of the steam age. This is the story of how the careers of these two remarkably similar engineers intersected under the auspices of the Boston Waterworks in 1898. Learn how each fought for world recognition through the massive machines they created and discover who was victorious in the "brawl in the engine hall". Presented by Eric Peterson, Executive Director of the Metropolitan Waterworks Museum. Contact the COA at 781-786-6280 to register.

Emerging Treatments for Alzheimer's Disease

Wednesday, May 11, 1:00-2:00 on Zoom

This talk will review the science and controversy underlying the approval of the first new medication for the treatment of Alzheimer's disease in almost two decades and discuss the implications for new therapies currently in development. Presented by Dr. Oleg Yerstein, Director for the Center for Memory and Cognitive Disorders; Associate Program Director for the Behavioral Neurology and Neuropsychiatry Fellowship at Lahey Hospital & Medical Center; and Assistant Professor of Neurology at Tufts University Medical School. His current clinical and research interests include early diagnosis of neurodegenerative disease, implementation of emerging biomarkers, and clinical trials. Contact the COA at 781-786-6280 to register.

Navigating Grief & Loss: The Wisdom of Grief

Thursday, May 12, 11:00-12:00 on Zoom

Learn about the different types of grief, gain a better understanding of your own coping style, and explore new skills to help you better navigate, heal and even potentially grow as a result of the losses you have experienced. This session is for anyone coping with loss or grief of any kind—the death a loved one, loss of an important role, sense of safety in the world, anticipated loss, or unrecognized losses, such as the loss of opportunities to socialize, to see our extended family, or to travel, as caused by the pandemic. Experiencing so many losses all at once can overwhelm even the best coping skills. Presented by Dr. Kate King, PsyD. Contact the COA at 781-786-6280 to register.

LET US HELP

COA Social Worker

COA Social worker, Joyce McSweeney can be reached by calling the COA at 781-786-6280 or email her at mcsweeney.j@westonma.gov.

Joyce can assist you with:

- Information and referrals
- Application assistance
- Family meetings
- Ways to make your home safer
- Connect caregivers with resources such as homecare, memory cafes, social day programs, home alert buttons
- Exploring housing options
- Planning for the future to age in place
- Assistance finding a vaccine appointment

Joyce can also point you in the right direction for more ways to save with the following:

- Personal Real Estate Exemption
- Property Tax Deferral Program
- Community Preservation Low/Moderate Income Surcharge Exemption
- Transfer Station PAYT Program
- Water Discount Program

Social Service Hours at Brook School

Wednesdays, April 6 & 20, 1:00-3:00

Joyce McSweeney, M.Ed., LSW, is available at the Brook School Apartments to answer questions or talk about what's on your mind. An appointment is not necessary, but feel free to contact her at the COA at 781-786-6280.

Springwell

Springwell, a non-profit service agency located in Waltham, has been helping older adults and their families of all income levels for many years. The agency's goals are to help older adults lead independent and healthy lives in their own homes and communities. Services that Springwell may facilitate include home care, home delivered meals, health promotion, referrals to adult day health programs and family caregiver support. Weston residents may call Joyce McSweeney at COA to learn more or call Springwell directly at 617-926-4100.

Utility Expenses: Help Paying Heating Costs
Federal fuel assistance is available through the Low-Income Home Energy Assistance Program (LIHEAP). This program is based on household size and income, and pays partial benefits to the primary heat source vendor (gas, oil, electric). The program season and coverage of benefit payment runs through April 30. Contact Joyce McSweeney at the COA for more information and for application assistance. You may also contact and apply directly through South Middlesex Opportunity Council (SMOC), Framingham at 508-620-2342.

Weston COVID-19 Response

Visit www.WestonMA.gov/health for up-to-date best practices for healthy living in this complicated time, vaccination rates and vaccination information, as well as information on cases in Weston and testing. If you have questions email:

COVIDquestions@WestonMA.gov or call the COVID-19 Response Manager for the Town of Weston and a public health nurse at the Board of Health, Michele Fronk Schuckel, MBA, BSN, RN, at the Board of Health office at 781-786-5033.

Support Groups

Caregiver Support Group

Thursdays, April 7 & 21, 10:00-11:30 at the COA

If you are seeing memory changes in a loved one, this group might help you. Members share stories and wisdom as well as resources and strategies for coping with the challenges of caring for someone at any stage of dementia. These meetings are hosted in-person at the COA with an opportunity to join virtually on Zoom. Contact the COA at 781-786-6280 to register.

Neuropathy Support Group

Thursday, April 21, 1:00-3:00 on Zoom

These group meeting are open to anyone with neuropathy as well as family and friends. Contact the COA at 781-786-6280 to receive monthly Zoom link.

Lock Box

A lock box allows Weston Fire personnel to enter the home of a Weston resident if he/she is unable to answer the door in the event of an emergency. A copy of your house key is placed in a small metal box that has been previously attached to the exterior of your home by the Weston Fire Department. Only the Fire Department has access to the lock box and your key. This is beneficial in the event that fire personnel or paramedics need to access your home. To get a lock box, call Samantha at the Weston Fire Department, 781-786-6106.



Merriam Fund

The Merriam Fund is a financial resource available to assist Weston residents who find themselves in a temporary financial bind. It is not intended or able to provide on-going or continued support.

COA Food Pantry

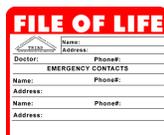
Weston residents of any age may visit the food pantry for non-perishable items. This is a confidential service. Donations of toiletries and non-perishable food are always welcome.

Society of St. Vincent de Paul

St. Julia Parish, through St. Vincent de Paul operates a food pantry and may assist with emergency medical or housing expenses for people who live or work in Weston or Lincoln. Call 781-899-2611 and leave a message; a member will call contact you.

File of Life

A File of Life card contains your emergency contacts, medications, health issues etc. and enables medics to obtain a quick history during an emergency. Call the COA at 781-786-6280 to arrange getting a File of Life card for your wallet and your refrigerator.



Friendly Call Program

If you would like daily or periodic check-in phone calls, a COA staff member is available to connect with you. Call the COA at 781-786-6280 for more information.

Durable Medical Equipment Loan Program

Walkers, wheelchairs, rollators, canes, shower chairs and raised toilet seats are usually available for pick up. Call the COA at 781-786-6280 for equipment availability or for a list of items being accepted for donation.



Medicare

SHINE Appointments

Thursdays in April, 10:00-12:00

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. Call the COA at 781-786-6280 to schedule a SHINE appointment. For other SHINE related matters call 1-800-243-4636.

Ask an Attorney

Tuesday, April 12, 1:00-2:00 at the COA with Attorney Maana Hickson

Call the COA to schedule a 15-minute in-person appointment for questions on long-term care planning, Medicaid applications and estate and trust administration by 4/7.

Tuesday, April 26, 10:00-11:00 by phone with Attorney Julie Ladimer

Call the COA to schedule a 15-minute phone appointment to answer questions about your estate planning. Call the COA at 781-786-6280 to make your appointment by 4/21.

Veterans' Agent Hours

Wednesdays in March

Town Hall: 9:00-12:00 / COA: 1:00-4:00

Weston's Veterans' Agent, ensures Weston Veterans of the benefits they have earned and are entitled to. To schedule an appointment, call 781-850-5504 or email skalpee@westsuburbanveterans.com.

Congresswoman Clark's Office

Jay Higgins, Senior Constituent Services Representative for Congresswoman Katherine Clark, is available to speak with residents at 617-354-0292 or jay.higgins@mail.house.gov

TRANSPORTATION

Transportation Available for Weston Residents 60 and Older

Curb-to-Curb Transportation Service

Monday-Thursday, 9:00-3:00

Ride the van within Weston, Wellesley, Wayland, Waltham, Newton-Wellesley Hospital and the Riverside and Woodland MBTA stations. Meet a friend for lunch, get a ride to the COA, go to any of these towns for shopping, banking and more. Call the COA to request your ride at least 2 business days in advance. If you need transportation beyond these destinations, contact us to see if we can get you there. Rides are free of charge, available to Weston residents 60 and older. **Masks are required on all COA vehicles.**



Grocery Shopping

Tuesdays in April, 9:30-12:30

Thursdays in April, 9:30-12:30

Ride the Weston Shuttle Van to Market Basket in Waltham. Call the COA to reserve a seat. Masks are required.

Monthly Rides to Natick Mall & Wilson Farm

Let our Weston Shuttle drivers provide you with free curb-to-curb transportation to Wilson Farm in Lexington and the Natick Mall.

Natick Mall

Monday, April 4, 11:00 – 3:00

Shop the brands that you love at the stores at the Natick Mall. Meet a friend for a coffee, a bite to eat or pick up some groceries at Wegmans.

Wilson Farm

Monday, April 25, 1:00-3:00

Wilson Farm has a huge selection of locally grown and sourced produce and specialty foods. Masks are required.

Transportation to Town Elections & Town Meeting

Town Elections at Weston Town Hall

Saturday, May 7, 8:00 am–6:00 pm

10:00 am–2:00 pm: transportation available on the Weston Shuttle

Town Meeting, Weston High School Auditorium, **Monday, May 9, 7:00 pm**

6:00 pm: Transportation to and from Town Meeting available on the Weston Shuttle

Contact the COA at 781-786-6280 to schedule your ride by Thursday, May 5.

Free Taxi Rides to Medical Appointments

The COA is currently able to provide free taxi transportation to medical appointments to local towns as well as to Boston. Rides are limited to four 1-way rides per month.

For more information call the COA at 781-786-6280 to speak with Joyce McSweeney. Rides must be scheduled at least two days in advance. This is not part of the taxi voucher program.

Taxi Voucher Program

Vouchers for taxi rides are available for purchase at the COA. Discounted rides by JFK Transportation and will take you to destinations in the area.

Zone 1 – Weston: **\$5** one-way

Zone 2 – Lincoln, Waltham, Wayland, Wellesley:
\$12 one-way

Zone 3 – Concord, Natick, Newton, Framingham:
\$17 one-way

Vouchers are available for purchase at the COA. To schedule a ride, it is recommended to call ahead. Call JFK directly at 508-653-4500, 6:00 am-6:00 pm. Rides outside of JFK's regular business hours require advanced reservations. A maximum of 10 vouchers may be purchased each month. We ask that you only purchase what you anticipate using. Vouchers with an expiration date of June 30, 2020 will no longer be accepted by the taxi company.

APRIL CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				-1-
				10:00 Brain Wellness Series 12:00 Fitness Fridays 1:00 Movie: <i>Don't Look Up</i>
-4-	-5-	-6-	-7-	-8-
9:00 Exercise For Every Body 9:30 Open Art Studio 10:15 Zumba 11:00 Natick Mall 1:00 Yoga 3:00 Social Justice Group	9:30 Tai Chi 10:00 Life Transition Binders 1:30 Spanish 2:00 Ukulele <i>No Fitness with Michelle</i>	9:30 Open Art Studio 10:00 Meditation 11:00 Functional Fitness 1:00 Veterans' Agent 1:00 Musical Baseball	9:30 Yoga 10:00 Opera Appreciation 10:00 Caregivers Support Group 12:00 Line Dancing II 1:00 Health & Wellness w/Regis Students 1:30 Line Dancing	10:00 Brain Wellness Series 12:00 Fitness Fridays 1:00 Movie: <i>Being the Ricardos</i>
-11-	-12-	-13-	-14-	-15-
9:00 Exercise For Every Body 9:30 Open Art Studio 10:00 Coffee & Conversation 10:15 Zumba 1:00 Yoga 1:00 Project Linus 4:00 Grab & Go Deadline	9:30 Tai Chi 1:00 Ask an Attorney 1:30 Spanish 2:00 Ukulele <i>No Fitness with Michelle</i>	9:30 Open Art Studio 10:00 Meditation 11:00 Functional Fitness 12:30 Golf Interest Meeting 1:00 Veterans' Agent	9:30 Yoga 11:00 Talk: Dermatology 12:00 Line Dancing II 1:15 Local & Global 1:30 Line Dancing I	10:00 Brain Wellness Series 12:00 Fitness Fridays 1:00 Movie: <i>Belfast</i>
-18-	-19-	-20-	-21-	-22-
 COA Closed	9:30 Tai Chi 10:00 Bridge Intermediate 1:30 Spanish 2:00 Ukulele <i>No Fitness with Michelle</i>	9:30 Open Art Studio 10:00 Meditation 10:00 Talk: Constantinople Tour 11:00 Functional Fitness 1:00 Veterans' Agent	9:30 Yoga 10:00 Talk: Real Life Civics 10:00 Caregivers Support Group 12:00 Line Dancing II 12:50 Legacy Trail Walk 1:00 Neuropathy Support Group 1:30 Line Dancing I	10:00 Brain Wellness Series 10:00 Bridge Clinic 11:00 Grab & Go 12:00 Fitness Fridays 1:00 Movie: <i>Hamilton</i>
-25-	-26-	-27-	-28-	-29-
9:00 Exercise For Every Body 9:30 Open Art Studio 10:15 Zumba 1:00 Yoga 1:00 Project Linus 1:00 Wilson Farm	9:30 Tai Chi 10:00 Ask an Attorney 10:00 Bridge Intermediate 10:00 Talk: Art Appreciation 1:30 Spanish 2:00 Ukulele <i>No Fitness with Michelle</i>	9:30 Open Art Studio 10:00 Meditation 11:00 Functional Fitness 1:00 Veterans' Agent 1:00 Talk: Hamilton	9:30 Yoga 12:00 Line Dancing II 1:30 Line Dancing I	9:15 Trip: MFA Art in Bloom 10:00 Brain Wellness Series 10:00 Bridge Clinic 12:00 Fitness Fridays 1:00 Movie: <i>West Side Story</i>



Weston COA
 20 Alphabet Lane
 Weston, MA 02493

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Mailing for this newsletter is funded by the Friends of Weston's Council on Aging. Newsletter printing is supported in part by the Massachusetts Executive Office of Elder Affairs.

Celebrate Weston
Saturday, May 21, 10:00-3:00
Weston Town Center

In the heart of Weston, the community and friends will come together to celebrate Weston's historic past to its reinvented present. This exciting day will be filled with activities, entertainment, food, tours and much more for all to enjoy.



Weston Center Through the Years
Call for Photos—deadline April 15

Calling all photographers—from amateur to pro—we need your pics! Check your phones, scrapbooks, albums and shoeboxes for photos of Weston Center through the years. The Weston AIC, Weston Historical Society and Weston Media Center are celebrating the transformation of Weston Center with a photography exhibit at the AIC on May 21. This will be part of festivities celebrating the completion of the Town Center project and JST. More information can be found at westonhistory.org or by contacting info@westonhistory.org.

Fifth Annual Weston Town CleanUp
Week of April 23-30

Think about being part of the fifth annual Town Cleanup during the week of April 23-30. You can do this any time on your own or with family, friends and neighbors. For details visit <http://www.sustainablewestonma.org> or email WestonTownCleanup@gmail.com

Weston AIC Jazz Jam
Sunday, April 24, 3:00-6:00 at the Weston AIC

Chris Welles hosts jazz jams on the fourth Sunday each month. The first hour will feature a performance by the house band C Welles and The Resolutions, followed by a jam session with guests rotating in to play. Singers are welcome and are encouraged to bring song lead sheets in their key. Cost **\$5** at the door. For more info go to info@westonaic.org or call 781-786-6177.

Weston Memorial Day Celebration
Monday, May 30

9:15: Ringing of the Paul Revere Bell, First Parish Church
9:30: Assembly at Weston Town Hall
10:00: Ceremony, Weston Town Hall Sears Auditorium
 Parade to follow ceremony.