



Photo courtesy of Nicole Mordecai

# MAY 2022

## Coffee and Conversation

**Monday, May 16, 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.

## Walk & Talk with the Town Manager

**Tuesday, May 17, 12:00-1:00, Meet at the COA at 11:50**

Take a walk around the Case Campus with Weston Town Manager Leon Gaumond. This is a great opportunity to get to interact with our town manager and to learn more about town projects and issues of note in Weston. Questions and conversation are encouraged. In case of inclement weather, conversation will take place indoors at the COA. Call the COA at 781-786-6280 to register.

## Grab and Go

**Friday, May 27, 11:00-11:15 at the COA**

Stop by the COA to pick up delicious macarons to enjoy at the COA or bring home. Pick up one for yourself or spread the joy and order one to give as a gift to brighten someone's day. Pre-order required. Call the COA at 781-786-6280 to order by 5/23.



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# GET TO KNOW US

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## COA Staff

### Director

Mignonne Murray  
murray.m@westonma.gov

### Administrative Assistant

Sandy Coburn  
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### Office Assistant

Audrey Pepper  
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### Program & Volunteer Coordinator

Kristen Frady  
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### Social Worker

Joyce McSweeney, M.Ed., LSW  
mcsweeney.j@westonma.gov

### Weston Shuttle Drivers

Frank Dayton  
Victor Gaybor  
Richard Howell

### 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](mailto: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](http://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](mailto: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

## 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. Discover who was victorious in the "brawl in the engine hall". This will be presented by Eric Peterson, Executive Director of the Metropolitan Waterworks Museum. Contact the COA at 781-786-6280 to register.

## Swingin' Sixties: Women Singers Find their Voice

Wednesday, May 25, 1:00-2:00 at the COA

The music of the Swingin' Sixties emphasized optimism, with female singers breaking down barriers and paving the way for more women to follow. The Retro Polatin Duo will discuss these singers and play a selection of their songs. Contact the COA at 781-786-6280 to register.

## How to Get Rid of That Pain in the Neck

Thursday, May 26, 11:00-12:00 at the COA

Join Josh Kaplan, DPT (Doctor of Physical Therapy), for a lecture and discussion about how our neck works and what you can do when it starts to hurt or feel stiff. Contact the COA at 781-786-6280 to register.

## Open Art Studio

Mondays & Wednesdays, 9:30-12:00 at the COA  
(COA closed 5/30)

## Project Linus Knitting

Mondays, May 9 & 23, 1:00-3:00 at the COA

## Ukulele with Daniel Metraux

Tuesdays, 2:00 at the COA

## Movies at the COA

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

May 6: *Murder on the Orient Express*

May 13: *A Journal for Jordan*

May 20: *tick, tick...BOOM!*

May 27: *The Adam Project*

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



## Save the Date

### Weston Fire Department Talk

Thursday, June 9, 10:00-10:30 at the COA

This presentation by the Weston Fire Department will cover services they provide to older adult residents. This includes home safety checks, smoke & carbon monoxide alarm installation, testing and replacing batteries and emergency key box installations. They will outline some general safety including fall hazards and the importance of a life alert. Call the COA at 781-786-6280 to register.

# PROGRAMS & TALKS ON ZOOM

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## Social Justice Discussion Group

**Monday, May 2, 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. Contact Kristen Frady at the COA at 781-786-6280 if interested.

## 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.

## 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. Call the COA at 781-786-6280 to register.

## Conversational Spanish with Raquel Halty

**Tuesdays, 1:30-3:00 on Zoom**

Join this group to practice your Spanish language skills. Call 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.

## Local and Global Discussion Group

**To Focus on Drug Policy in Latin America & the U.S. Response**

**Thursday, May 12, 1:15-3:00 on Zoom**

Attorney and political scientist Bill Brisk will cover the present state of Latin American politics, the present state of drug trafficking from Latin America to the States, and why the U.S. hasn't been successful in keeping drugs out of the country. The meeting is open to anyone with an interest in a civil discussion of the issues with a wide variety of participants. 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](mailto:susanwgnr@gmail.com) or 508-733-8810.

## Cons, Scams and Schemes

**Tuesday, May 17, 11:00-12:00 on Zoom**

Detective Sgt. Jeffrey Beohner and Detective Kellie Connarton from the Weston Police Department will present on the most common scams police department all over New England are investigating. The best way to avoid these crimes is to educate yourself and be aware that there are people constantly searching for ways to steal what you have spent a lifetime earning. We'll talk about ways to protect yourself and what to do if it happens to you. Call the COA at 781-786-6280 to register.

## Virtual Travel Programs

The Weston COA offers two types of virtual travel programs. This month's trip to the Parthenon provides history, photos, and travel tips in the style of a presentation. The trip to Edinburgh is a live virtual walking tour with a local guide.

### 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. 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. Nothing can substitute 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. **Upcoming Presentation: Pantheon: Wednesday, June 8**



### Live Virtual Walking Tour of Edinburgh Old Town & Royal Mile

**Wednesday, May 18, 10:00-11:00 on Zoom**

You will feel like you are actually strolling down the Royal Mile in this live virtual tour with a local resident and tour guide. We begin at the Mercat Cross, the hub of the open-air market in the Medieval days, and continue past the Law Courts to admire its facade with its neo-classical architecture. Reaching the front of St. Giles Cathedral, we see some unique traditions and reminders of the past such as the Heart of Midlothian. Our guide will then take us to the Lawnmarket where you learn about one of the city's outlaw heroes, Deacon Brodie, and a stroll up the castle hill to some of the main attractions of the city: Whisky Experience, Camera Obscura and Edinburgh Castle. Next, we go through one of the eerie closes. These tiny streets and back courtyards are covered on either side of the Royal Mile from top to bottom. We will end our tour with spectacular views of the New Town and the famous Princes Street. This unique experience of Edinburgh's old town is full of dark history and ghost tales, as well as informative and entertaining. We will tell you all you need to know about the historical capital of Scotland and share some stories of famous historic charters. Call the COA at 781-786-6280 to register.



### Dinacharya: Ayurvedic Daily Routines

**Wednesday, May 18, 1:00-2:00 on Zoom**

Our daily routines and habits (dinacharya) play an integral role in our long-term health. Every decision made throughout the day impacts the way that we look and feel: the foods we eat, lifestyle choices we make, even the subtle thoughts we think. Ayurveda, India's 5,000 year old medical system, empowers us to take our health into our own hands, by providing simple practices that can be easily implemented over time to ensure a happier, healthier life. Anjana Bhargava, Ayurvedic Wellness Practitioner and a Weston resident, will guide you through the fundamental self-care practices of Dinacharya into your life, with an easy-to-follow daily routine goals. Call the COA at 781-786-6280 to register.

### Art Appreciation: Cezanne

**Tuesday, May 31, 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. "Compared to me, all my compatriots were idiots!", so claimed Post-Impressionist Paul Cezanne. Indeed, it was from his work that much of the 20th century truly sprang. Matisse called Cezanne "The other of us all." Picasso called Cezanne "The Father of us all", and defended his name with a pistol. Learn what all the fuss was about. Call the COA at 781-786-6280 to register. This program is supported in part by a grant from the Weston Cultural Council, a local agency supported by the Massachusetts Cultural Council. Call the COA at 781-786-6280 to register.

# ACTIVITIES & FITNESS

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## Weston Forest and Trail Walk Ogilvie Town Forest

**Sunday, May 1, 2:00**

Members of Weston Forest and Trail Association lead guided trail walks each month, from October to May, to help Weston residents and their friends enjoy and appreciate the wonderful nature that surrounds us. This walk, led by Chris Jylkka, begins in Lincoln and goes through Weston's largest and wildest forest. Park on the street near 47 Old Sudbury Road ("Ponyhenge"), Lincoln. Visitors, children and leashed dogs are welcome. For more information and last minute changes go to [WestonForestTrail.org](http://WestonForestTrail.org).

## COA Trail Walk: Hubbard Trail

**Monday, May 16, 1:00-2:00; Meet at 12:50**

Take a walk on wooded trails to the Hubbard Pond and back, making a loop. The walk takes about 1 hour. Meet in the parking lot at the end of Gail Road off of Oak Street. Participants will be notified by 10:00 am if the walk is cancelled due to inclement weather. Call the COA at 781-786-6280 to sign up.

## Small Group Fitness Training:

**Lower Body Targeted Exercises & Stretches**

**Wednesdays, May 18 & 25, June 1 & 8, 10:30-11:30 at the COA**

Fitness instructor Michelle Nickerson will lead a 4-week group training focused on lower body exercises and stretches to enhance flexibility and strength. The small group format allows for Michelle to address individual fitness goals and focus on correcting exercise form. Some work will be done on the floor but modifications will be provided for those who need them. Mats will be provided but you are welcome to bring your own. Cost: **\$40** Call the COA to register and for space availability at 781-786-6280.

## Fitness Classes

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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

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### **Mondays** *(no classes 5/30)*

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** *(no class 5/25)*

### **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

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### **Tuesdays:**

Fitness with Michelle Nickerson, **10:30-11:30**

# TRIPS & COMING IN JUNE

## Trips

### Edward M. Kennedy Institute Visit & Simulated Debate

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



### *Georgia O'Keeffe, Photographer* Addison Gallery of American Art Wednesday, June 1, 10:00-1:00; Meet at the COA at 9:50

Georgia O'Keeffe forged a career as one of the most significant artists of the 20th century. She became famous for her paintings of flowers, skyscrapers, and landscapes, yet her lifelong connection to photography has not been explored in depth until now. *Georgia O'Keeffe, Photographer* is the first exhibition devoted to O'Keeffe's work as a photographer. Nearly 100 photographs from a newly examined archive reveal the American icon's Modernist approach to the medium. Complementing the photographs are paintings and drawings to represent the full scope of her career. Enjoy a guided tour of the works, with additional time to explore the exhibition and full gallery. Cost: **\$5**, includes private tour and transportation. Call the COA at 781-786-6280 to register.

## Coming in June

### Violin Concert

Monday, June 6, 10:00-11:00 at the COA

Internationally acclaimed violinist Ilana Zaks brings a program of solo violin music including Telemann, Coleridge Taylor Perkinson, Liszt and Paganini.

Ilana has been described by Boston Music Intelligencer as "fearless, refreshing and commanding... she has all the requisites of technique, confidence, and sensibility for a major career." Followed by a reception. Call the COA at 781-786-6280 to register.



### Rome's Pantheon: A Survivor's Tale Wednesday, June 8, 1:00-2:00 on Zoom

Its dome is a marvel of ancient engineering. After almost 1900 years, it is still the largest unreinforced concrete dome in the world. The geometry of that dome and the image of sunlight moving through the opening at its center over the interior walls have inspired authors, filmmakers, and architects throughout the centuries. Presenter Marilyn Harris will take us on a virtual journey through the Pantheon's history, architecture, and symbolism. Marilyn worked in education for over 40 years and in her retirement has continued to teach classes on history and travel. Call the COA at 781-786-6280 to register.

### Ending Surprise Medical Bills Tuesday, June 14, 11:00-12:00 on Zoom

Representatives from the Centers for Medicare & Medicaid Services Office of Program Operations and Local Engagement will provide a brief overview of the No Surprises Act and will explain your rights when you receive an unexpected medical bill, what to do when you dispute a bill, and where you can go to find more information about surprise medical bills and how to avoid them. Call the COA at 781-786-6280 to register.

### Juneteenth: The Destruction of Slavery in the Civil War

Wednesday, June 15, 11:00-12:30 on Zoom

# LET US HELP

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## 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](mailto: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, May 4 & 18, 1:00-3:00**

## Support Groups

### Caregiver Support Group

**Thursdays, May 5 & 19, 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, May 19, 1:00-3:00 on Zoom**

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

## COVID Booster Update

The U.S. Centers for Disease Control and Prevention (CDC) recommends that certain immunocompromised individuals and all individuals 50+ get an additional booster dose of COVID-19 vaccines. The decision follows authorization by the U.S. Food and Drug Administration (FDA) for a second booster dose for these groups 4 months after receiving a first booster of the Pfizer or Moderna vaccines. Those eligible include:

- Individuals 50+ at least 4 months after getting a first booster
- \*Many conditions and treatments can cause a person to be immunocompromised (having a weakened immune system). People are considered to be moderately or severely immunocompromised if they have:
- Been receiving active cancer treatment for tumors or cancers of the blood
  - Received an organ transplant and are taking medicine to suppress the immune system
  - Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system
  - Moderate or severe primary immunodeficiency
  - Advanced or untreated HIV infection
  - Active treatment with high-dose corticosteroids or other drugs that may suppress their immune response.

Talk to your healthcare provider about COVID-19 vaccination and your medical condition.

Per the CDC, individuals who received a primary vaccine and booster dose of Johnson & Johnson's Janssen COVID-19 vaccine at least 4 months ago may now receive a second booster dose using an mRNA COVID-19 vaccine.

### If you are eligible for getting a second COVID-19 Booster:

Visit the Vaxfinder tool at [vaxfinder.mass.gov](https://vaxfinder.mass.gov) to book an appointment.

If you are unable to use Vaxfinder or have difficulty accessing the internet, the COVID-19 Vaccine Resource Line (Mon.–Fri., 8:30 am-6:00 pm, Sat. & Sun. 9 am-2 pm) is available for assistance by calling 2-1-1 and follow the prompts.

## Weston COVID-19 Response

Visit [www.WestonMA.gov/health](http://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.

## 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.

## 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 May, 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, May 10, 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 5/5.

### Tuesday, May 24, 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 5/19.

## Veterans' Agent Hours

### Wednesdays in May

#### 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](mailto: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](mailto: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 May, 9:30-12:30**

**Thursdays in May, 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, May 9, 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, May 23, 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.

### Rides to Celebrate Weston!

**Saturday, May 21, 10:00-4:00**

Get a ride to the Town festivities on the Weston Shuttle. Call the COA at 781-786-6280 to reserve a seat by Thursday, May 19.

### 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.

# MAY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-2-	-3-	-4-	-5-	-6-
9:00 Exercise For Every Body 9:30 Open Art Studio 10:15 Zumba 1:00 Yoga 3:00 Social Justice Group	9:30 Tai Chi 10:00 Bridge Intermediate 10:30 Fitness with Michelle 1:00 Talk: The Moving Dilemma 1:30 Spanish 2:00 Ukulele	9:30 Open Art Studio 10:00 Meditation 11:00 Functional Fitness 1:00 Veterans' Agent 1:00 Talk: Parthenon	9:30 Yoga 10:00 Caregiver Support Group 12:00 Line Dancing II 1:30 Line Dancing	10:00 Brain Wellness 10:00 Bridge Clinic 12:00 Fitness Fridays 1:00 Movie: <i>Murder on the Orient Express</i>
-9-	-10-	-11-	-12-	-13-
9:00 Exercise For Every Body 9:30 Open Art Studio 10:15 Zumba 11:00 Natick Mall 1:00 Yoga 1:00 Project Linus	9:30 Tai Chi 10:00 Bridge Intermediate 10:00 Talk: Brawl in the Engine Hall 10:30 Fitness with Michelle 1:00 Ask an Attorney 1:30 Spanish 2:00 Ukulele	9:30 Open Art Studio 10:00 Meditation 11:00 Functional Fitness 1:00 Veterans' Agent 1:00 Talk: Treatments For Alzheimer's Disease	9:30 Yoga 11:00 Talk: Grief & Loss 12:00 Line Dancing II 1:15 Local & Global 1:30 Line Dancing	10:00 Brain Wellness 10:00 Bridge Clinic 12:00 Fitness Fridays 12:00 Trip: Kennedy Institute 1:00 Movie: <i>A Journal for Jordan</i>
-16-	-17-	-18-	-19-	-20-
9:00 Exercise For Every Body 9:30 Open Art Studio 10:00 Coffee & Conversation 10:15 Zumba 1:00 Yoga 1:00 Trail Walk	9:30 Tai Chi 10:00 Bridge Intermediate 10:30 Fitness with Michelle 11:00 Talk: Cons, Scams & Schemes 12:00 Walk & Talk with Town Manager 1:30 Spanish 2:00 Ukulele	9:30 Open Art Studio 10:00 Meditation 10:00 Live Virtual Tour: Edinburgh 10:30 Small Group Fitness Training 11:00 Functional Fitness 1:00 Veterans' Agent 1:00 Talk: Dinacharya	9:30 Yoga 10:00 Caregiver Support Group 12:00 Line Dancing II 1:00 Neuropathy Support Group 1:30 Line Dancing I	10:00 Bridge Clinic 12:00 Fitness Fridays 1:00 Movie: <i>tick, tick... BOOM!</i>
-23-	-24-	-25-	-26-	-27-
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 4:00 Grab & Go Deadline	9:30 Tai Chi 10:00 Ask an Attorney 10:00 Bridge Intermediate 10:30 Fitness with Michelle 1:30 Spanish 2:00 Ukulele	9:30 Open Art Studio 10:00 Meditation 10:30 Small Group Fitness Training 1:00 Veterans' Agent 1:00 Talk: Swingin' Sixties  <i>No Functional Fitness</i>	9:30 Yoga 11:00 Talk: Neck Pain 12:00 Line Dancing II 1:30 Line Dancing I	10:00 Bridge Clinic 11:00 Grab & Go 12:00 Fitness Fridays 1:00 Movie: <i>The Adam Project</i>
-30-	-31-			
 <p>COA Closed</p>	9:30 Tai Chi 10:00 Bridge Intermediate 10:00 Talk: Cezanne 10:30 Fitness with Michelle 1:30 Spanish 2:00 Ukulele		<p><b>Celebrate Weston!</b> Saturday, May 21 10:00-4:00 Weston Town Center</p>	



**Weston COA**  
 20 Alphabet Lane  
 Weston, MA 02493

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**Celebrate Weston**

**Saturday, May 21, 10:00-4:00 (Rain Date: 5/22)**

**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. The day will be filled with:

- Local Food
- Music and Entertainment
- Historical Exhibits
- Games and Activities
- Festivities and Fun for All Ages



Cost: **Free**

For further information go to [ww.westonma.gov/celebrate](http://ww.westonma.gov/celebrate).

Need a ride to the festivities? Call the COA by 5/19 to reserve a seat on the Weston Shuttle.

**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.



**Shredding**

**Saturday, June 4, 9:00-1:00**

**at the Weston Police Station, 180 Boston Post Road By-pass**



The Weston Police Department is offering free paper shredding to Weston residents. Safely destroy your documents containing sensitive, confidential and personal information. Paper only—no binders. Paperclips, staples and elastics are accepted. Rain or shine.

**Weston Garden Club**

**Garden Tour**

**Saturday, June 4, 10:00-4:00**

Eleven unique gardens will include native plants, pollinators, garden rooms, water features and more. Tickets: **\$20** in advance & **\$25** on tour day. Program pickup and day-of-tour sales at 9:30 am at the Josiah Smith Tavern, 358 Boston Post Road, Weston Center. Contact [westongardenclub.org](http://westongardenclub.org) to purchase tickets and for more information.

