



MAY 2020

From the Director

We are living in an ever-changing time, fraught with new challenges. A challenge for us is that we miss you all! The COA at the Community Center is a place to connect; connect with people, connect with learning, connect with information. We engage Westonites with opportunities to meet new friends or reconnect with old ones, have new experiences, acquire new skills, link services to families and provide the community with information. Our times make these tasks challenging, but with any challenge comes opportunities to innovate, community spirit and hope. The COA team is discovering new ways to connect and jump out of our comfort zone. We have been hard at work creating online opportunities for residents to spend time together and continue to connect through programs. At the time of printing, the COA staff is working from home and though we are without our view of Case Campus and the Paine Garden our new “offices” include pets, partners and children who keep us company.

We are here for you. You can reach us by phone or email, we just can't have you over for coffee just yet. Please leave a message at 781-786-6280 and rest assured your call will be returned promptly. If you need something, ask. We have volunteers ready to go shopping for you, the food pantry now delivers, the transportation is available for essential non-coronavirus doctor's appointments. We miss you tremendously and can't wait to see you again.

-Mignonne



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COA INFORMATION

COA Staff

Director

Mignonne Murray
murray.m@westonmass.org

Administrative Assistant

Sandy Coburn
coburn.s@westonmass.org

Office Assistants

Audrey Pepper
pepper.a@westonmass.org
Maria Teager
teager.m@westonmass.org

Program & Volunteer Coordinator

Kristen Frady
frady.k@westonmass.org

Social Workers

Michelle Gucciardi, MS, LICSW
gucciardi.m@westonmass.org
Ireta Metchik, MSW, LCSW
metchik.i@westonmass.org

Van Drivers

Frank Dayton
Victor Gaybor

Council on Aging Board

Gerri Scoll, Chair
Marge Ackerman, Vice Chair
Alice Benson
Betsey Brew Boyd
Jane Donnelly
Leslye Fligor
Susan Ruskin-Friend
Robert Froh
Melissa Galton
Jean MacQuiddy
Thomas Nicholson
Carol Ott
Prather Palmer

Associate Board Members

Vida Goldstein
Wayne Johnson
Teresa Young

Friends of Weston's COA

Holly Tolley, Chair
Sharman Andersen
Barbara Baker
Melissa Brokalakis
Cathy Konover
Shirley Small-Rougeau
William Rousseau

The Community Center is currently closed but the COA is still operating remotely. Check the town website www.weston.org for updated public building information.

All of the programs listed in the newsletter are online. To sign up and receive the information on how to sign in call 781-786-6280 or email coa@westonmass.org.

A live person may not answer the phone but voicemails are being picked up throughout the day and your call will be returned promptly. Be sure to leave your name and phone number.

Additional Updates

- Rides to essential doctors appointments are available
- Masks are available by request
- Food Pantry items are available by delivery.
- The COA has no details on the Land's Sake Vouchers program and what it will look like this year.
- Meals on Wheels are being delivered. To sign up for home delivered meals call Springwell at 617-926-4100
- Social Workers are available by phone

File of Life

Call the COA to order a File of Life card which contains your emergency contacts, medications, health issues etc. and enables medics to obtain a quick history during an emergency. There is one to stick on your fridge and one to go in your purse or wallet.

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 to be added to the Friendly Call list.

Health Insurance Appointments

The Weston COA has SHINE Counselors available to help Medicare-eligible individuals with health insurance issues. Contact the COA to make a phone appointment.

Weston Health Department: 781-893-7320 ext. 325

Police Non emergency line: 781-893-4803

Fire Non emergency line: 781-893-2372

Town Clerk: 781-893-7320 ext. 301, 303

Treasurer and Collector: 781-893-7320, ext. 315

UNTIL WE MEET AGAIN

Weston COA at HOME

COA Fitness, Programs & Classes Online

We are excited to announce that our programs, fitness classes, and support groups will be held live *online*.

There will be no cost to you to participate in these programs. You will need a laptop, desktop computer, or smartphone to join. Your device must have internet capabilities to connect to the class.

Contact the COA at 781-786-6280 or Program and Volunteer Coordinator, Kristen Frady, at frady.k@westonmass.org with the names of the classes or programs you are interested in participating in and your email address so that we can add you to the email list for that program. You will receive a link by email 15 minutes prior to the start of your program.

Connect with your friends on a COA Online Group Chat or Phone Call



Beginning on Tuesday, April 28, join fellow community members for virtual meet-ups or a phone call!

We will be hosting 3 opportunities each week to connect with fellow community members. Two meet-ups will be held virtually through Zoom video chats on Tuesdays and Fridays and one will be held by phone on Wednesdays. Virtual meet-ups will take place April 28 through May 29. We ask that you register by calling the COA and letting us know which day/time and specific date you'd like to participate, as space is limited for each meeting.

Zoom Lunch Conversation: **Tuesdays, 12:00-1:00**
Morning Phone Call: **Wednesdays, 9:30-10:30**
Zoom Coffee Hour: **Fridays, 10:00-11:00**

Weekly Class Schedule

Mondays	
9:00-10:00 am	Exercise for Everybody
10:15-11:15 am	Zumba
1:00-2:00 pm	Yoga
Tuesdays	
11:00 am-12 pm	Stronger Seniors
1:30-2:30 pm	Spanish*
2:00-3:00 pm	Ukulele*
Wednesdays	
11:00 am-12 pm	Functional Fitness
1:00-2:00 pm	Stretch and Balance
Thursdays	
9:30-10:30 am	T'ai Chi
12:00-1:00 pm	Advanced Line Dancing
1:30-2:30 pm	Line Dancing
Fridays	
12:00-1:00 pm	Fitness Fridays

*If you have previously participated in these classes, you should have received an email with class information.

If you are interested in participating, please contact us for more information.



PROGRAMS & CLASSES

Preserving Mental Health During Social Distancing

Monday, May 4, 12:00

Feeling stressed, lonely or uneasy recently? Join Kate O'Donnell LICSW, Weston's Law Enforcement Clinical Support Program Clinician, in a Zoom discussion. She will describe the challenges brought on by social distancing, and give examples of ways to cope. Contact the COA to sign up.

Caregiver Support Group

Thursday, April 23, 10:00

Thursday, May 7, 10:00

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. Contact leader Emily Hutcheson, M. Ed., at emhutch31@gmail.com or 781-891-8046 for more information.

Springwell Information Session

Monday, May 11, 11:00

Join Lindsey Stewart, Springwell, Inc., Information & Consultation Team Leader, for a review and update on Springwell Inc. services, including details on available supports for older adults and caregivers in Weston. Contact the COA to sign up.

Neuropathy Support Group

Thursday, May 14, 12:00-2:00

Our speaker, neurologist Matthew Gold, M.D., will begin at 1 PM. He will make a brief presentation followed by a question and answer period. Dr. Gold has a neurology practice in Winchester and Needham MA.

The group is open to anyone with neuropathy as well as family and friends. For more information, or if you would like to receive email updates on neuropathy support group meetings, contact Leslie Levine at lcmacgr@gmail.com. Contact the COA to sign up.

Caregiving During Corona

Tuesday, May 12, 10:00

Being a caregiver is stressful under normal circumstances. Join Ireta Metchik, MSW, to discuss and share tips for relieving caregiver stress during these unusual times.



Friday Afternoon Cooking Classes

A Taste of Thai Cooking

Friday, May 8, 1:00-3:00

Join chef instructor Roberta Hing to explore fresh interpretation of some traditional Thai recipes that you can replicate at home! We'll make a warm and colorful Thai Coconut Chicken Soup. Although the soup has some interesting Thai ingredients, you should be able to find most everything at your local supermarket. The soup is fast and simple and it is a one pot meal—just add rice! We will finish by preparing a simple and refreshing Mango Ice Cream that doesn't require an ice cream maker. Cook along with Roberta using your own ingredients or simply watch, ask questions and enjoy our virtual cooking class!

Cooking For Your Gut

Friday, May 15, 11:00-12:00

Learn to cook to heal your gut. In this class Anjana Bhargava, Ayurvedic Wellness Counselor, will cook two easily digestible Ayurvedic dishes using spices and herbs that will help enhance your digestive fire for healthy transformation of food and heal your gut. Join us to learn how to cook potato peas pulao (pilaf) and tomato soup.

PROGRAMS & CLASSES

Time with Town Manager, Leon Gaumond

Wednesday, April 22, 1:00

Wednesday, May 13, 1:00

Join Weston Town Manager Leon Gaumond for an open conversation on town projects and COVID-19 efforts.

Project Linus Zoom Meet-Up

Monday, April 27, 12:30

Monday, May 18, 12:30

Reunite with your Project Linus friends to catch up, and to share what you've been working on at home!

How to Use the Weston Public Library at Home

Wednesday, April 29, 1:00

Accessing the Weston Public Library from home is easy. Join WPL Assistant Director, Alli Palmgren, to learn how to get eBooks, digital audiobooks, movies, TV shows, music, magazines and more using digital library services like Hoopla, Overdrive/Libby, Kanopy, etc. She will also highlight several fun library databases that will help you discover your family history and even learn a new language. No library card? No problem. Alli will also cover how to get a library card online. Printable handouts will be provided.

Using Ayurveda Wisdom to Boost Your Immunity

Monday, May 4, 10:00-10:45

According to Ayurveda, spring and fall seasons are considered as cleansing times of the year. Join Anjana Bhargava, Ayurvedic Wellness Counselor, as she discussed simple tips to keep our body and respiratory system clean and free of toxins during this health crisis and how you can boost your immunity.

Show and Share with Weston's Youngest

Tuesday, May 5, 10:00-11:00

Join us for an old-fashioned show and share with the children of the Weston Community Children's Association (WCCA). Come and hear what's on the minds of Weston's younger citizens in this intergenerational program.

What's the Buzz on Bees?

Wednesday, May 6, 1:00

Bees are an economically important and biologically diverse group of organisms. Did you know that they affect one in every three mouthfuls of food that we eat? Unfortunately, bee populations have struggled in recent years to survive and thrive in our shared environment. Is there anything the general public can do to improve the fate of important bee pollinators, and our own?

Join us to learn about how bee colonies work, why bees need our help, and the ways you can support good pollinator health in your own home. Professor Heather Mattila of Wellesley College, an expert in the behavioral ecology of honey bees, will discuss what you need to know about honey bees and other bee pollinators to help them function at their best.

History of Weston Town Center

Wednesday, May 20, 1:00

Explore how Weston Center has changed in large and small ways, from the 1911 Town Improvement Plan that created the Town Green to 1960s efforts for the town's 250th anniversary to today's Town Center enhancements. Pam Fox, president of the Weston Historical Society, will show photographs and answer your questions about the evolution of Weston's commercial and institutional "heart." Presented by Weston Historical Society.

COA Volunteer Info Session

Tuesday, May 19 10-11

Join Kristen Frady, Program and Volunteer Coordinator, for an info session on volunteer opportunities available at the COA. Learn more about what we do, the range of opportunities to volunteer, and how you can use your unique talents and skills to improve the lives of older adults.

Technology Help

COA tech guru Dan Siagel is available to help with your technology needs remotely call or email the COA to schedule..

GROCERY STORES & DELIVERY

Brothers Marketplace, Weston

Senior Hours: 7:00-8:00 am

General Public Hours: 8:00 am-6:00 pm

Donelans, Lincoln

Senior Hours: 7:00-8:00 am

General Public Hours: 8:00 am-7:00 pm

Donelans, Wayland

Senior Hours: 7:00-8:00 am

General Public Hours: 7:00 am-7:00 pm

Hannaford, Waltham

Senior Hours: 7:00-8:00 am

General Public Hours: 8:00 am-8:00 pm

Market Basket, Waltham

Senior Hours: 6:00-7:00 am

General Public Hours: 7:00 am-6:00 pm

Roche Bros., Wellesley

Senior Hours: 7:00-8:00 am

General Public Hours: 8:00 am-8:00 pm

Russo's, Watertown

<https://russos.com>

Russo's Boxes filled with produce, eggs, dairy items and bread. Curbside pickup

Stop & Shop, Wayland

Senior Hours: 6:00-7:30 am

General Public Hours: 7:30 am-8:00 pm

Trader Joes, West Newton

Senior Hours: 8:00-9:00 am

General Public Hours: 9:00 am-7:00 pm

Wegmans, Natick and Chestnut Hill

Online ordering and deliveries

Senior Hours: 7:00-8:00 am

General public hours: 8:00 am-10:00 pm

Whole Foods, Wellesley

2-hour delivery through Amazon Prime Membership (when available)

Senior Hours: 7:00-8:00 am

General Public Hours: 8:00 am-7:00 pm

Whole Foods, Sudbury

2-hour delivery through Amazon Prime

Amazon Prime (Whole Foods)

www.amazon.com/wholefoods

Daily Harvest

<https://daily-harvest.com>

Ready-to-blend smoothies, harvest bowls, chia puddings, and overnight oats delivered

GoGoGourmet

Meals, delivered to the door of your home

855-754-5328

GoGoGroceries

Groceries, delivered to the door of your home

855-222-4919

Heart to Home Meal Delivery

www.hearttohomemeals.com

Prepared meal delivery, special diets available.

Hungry Roots

<https://www.hungryroot.com>

Healthy foods and snacks delivered

Instacart

www.instacart.com

Online delivery from a variety of grocery stores, pharmacies, pet stores, food warehouses, wine shops, etc.

Mercato

www.mercato.com

Online delivery from a variety of food shops including specialty food shops. Russo's, fish stores, cheese shops, etc.

Misfit Markets

www.misfitsmarkets.com

Organic produce delivered to your door
Use code COOKWME-EJ9AIT to receive 25% off your first order

Peapod

www.peapod.com

Online delivery from Stop & Shop

Thrive Market

www.thrivemarket.com

Healthy online grocery delivered

The COA provides information available but we do not endorse or recommend any specific agency or provider.

6 All events listed are being held online call : 781-786-6280 | **Website:** Weston.org/COA

RESTAURANTS, PHARMACIES & BANKS

Restaurants for Takeout

Bruegger's Bagels

Weston & Wellesley closed
Auburndale, open everyday, 6:00 am-2:00 pm
Call 617-964-9508 to order pick up at the door.
Delivery use Door Dash.

Cabot's Ice Cream & Restaurant, Newton

Call ahead 617-964-9200, curbside pickup available if requested.

Dumpling Daughter, Weston Center

Call in orders: 781-216-8989
Wednesday-Sunday: 11:30 am- 8:00 pm
Delivery within Weston for orders \$75+
<https://www.dumplingdaughter.com/>

Mel's Commonwealth Café

310 Commonwealth Rd (Rte. 30), Wayland,
508-653-7777 Open for takeout (curbside available) and delivery, Mon-Sat: 6:00 am-2:30 pm, Sun: 7:00 am-2:00 pm

The Local

11 Forest St., Wellesley, 781-694-1210
400 Boston Post Rd., Wayland, 508-276-8263
Curbside takeout: 12:00-8:00 pm

The Villa Restaurant

124 East Plain St., Wayland, 508-653-8570
Open for curbside takeout, Tues-Sun: 4:00-8:00 (call early)

Theo's Pizzeria, Weston Center

781-893-1377, Open for delivery and no contact takeout, 11:00 am-7:30 pm

Weston Road Café

336 Weston Rd., Wellesley, 781-235-1116
Open for takeout: 8:00 am-2:00 pm

Ye Olde Cottage, Weston Center

781-893-9810, Open Mon-Sat: 6:00 am-2:00 pm.
Available to deliver to residents over the age of 60 after 2:00 pm within Weston.
www.yeoldecottage.com/

Pharmacies

CVS, 12 Harvard St, Waltham, 781-894-1600
Pharmacy Hours: Mon-Fri: 8:00 am-10:00 pm,
Sat/Sun: 8:00 am-8:00 pm
Drive-thru available during open hours

CVS, 325 Boston Post Rd, Wayland,
508-358-2381
Pharmacy Hours: Mon-Fri: 9:00 am-8:00 pm,
Sat: 9:00 am-6:00 pm, Sun: 9:00 am-5:00 pm
Drive-thru available during open hours

CVS, 150 Main St, Wayland, 508-655-1672
Pharmacy Hours: Mon-Fri: 8:00 am-8:00 pm,
Sat: 9:00 am-6:00 pm, Sun: Closed

Keyes Drug, 2090 Commonwealth Ave,
Newton, 617-244-2794,
Hours: Mon-Fri: 8:00 am-6:30 pm, Sat: 9:00 am-4:00 pm, Sun: 9:00 am-3:00 pm.
Older adult shopping hour: 8:00-9:00 am
Prescription delivery service. Curbside service.

Walgreens, 397 Boston Post Rd, Weston,
781-894-3785, Hours: M-F: 8:00 am-8:00 pm,
Sat: 9-5, Sun: 9:00 am-2:00 pm

Walgreens, 20 Weston St., Waltham,
781-891-9525, Pharmacy Hours: Mon-Fri: 8:00-8:00 pm, Sat: 9:00 am-6:00 pm, Sun: 9:00 am-5:00 pm

Banks

Bank of America:

Weston branch temporarily closed
179 Commonwealth Rd, Wayland,
508-653-0835, Open by appointment:
M-F: 10:00-4:00, Sat: 9:00-12:00, Drive-thru available, during open hours, 24-hour ATM

Cambridge Trust:

494 Boston Post Rd., Weston, 781-893-5500
Lobby closed. Drive-up window hours: M-F:
10:00-3:00, Sat: 9:00-12:00, 24-hour ATM

Citizens Bank:

415 Boston Post Rd., Weston, 781-891-1500,
Lobby hours by appointment: M-F: 10:00-3:00,
Sat: 9:00-12:00

The COA provides information available but we do not endorse or recommend any specific agency or provider.

TAXES, TRANSPORTATION & CENSUS

Income Tax Deadlines

The IRS has automatically extended the federal income tax filing due date from April 15, 2020, to July 15, 2020. The Massachusetts personal income tax deadline has been automatically extended from April 15, 2020 to July 15, 2020.

Transportation

Please stay home unless absolutely necessary. All are subject to change.

Weston Shuttle

The COA Weston Shuttle has suspended service. If you have an essential medical appointment that is not related to COVID-19 call the COA and we may be able to take you.

MBTA The RIDE

The RIDE is the MBTA's door-to-door shared ride paratransit service. Due to the coronavirus, The RIDE has made some modifications to its service including eliminating shared trips. They are no longer conducting in-person eligibility appointments at this time; new applicants for The RIDE can be screened for eligibility over the phone. Also, RIDE vehicles are being sanitized every 24 hours.

Ride-hailing and Taxi

Ride-hailing companies Uber and Lyft are currently operating. JFK Taxi is operating from 7:00 am-7:00 pm. Veterans Taxi has suspended all taxi operations. If you have to take one of these rides, follow some common sense recommendations such as riding in the backseat, rolling down the windows and washing your hands before and after the ride. Weston COA discount taxi vouchers can still be used with JFK Taxi. To purchase vouchers call the COA at 781-786-6280 and leave a message.

Logan Express

Logan Express Framingham is still operating but at a reduced schedule.

RMV

Effective April 1, 2020, all passenger plate registrations that expired in March and passenger plates that are expiring in April have been extended for 60 days. Registrations that expired in March have been extended until May 31 and registrations until June 30. Registration renewals can continue to be performed online at [Mass.Gov/RMV](https://www.mass.gov/RMV). Customers seeking to renew in-person will not be able to make an appointment and should delay their visit to a Service Center. The RMV has implemented a strict no walk-in policy at a limited number of Service Centers that remain open to the general public. Service for necessary in-person transactions is available by appointment only. Customers should visit [Mass.Gov/RMV](https://www.mass.gov/RMV) to make a reservation at an open Service Center or find information on over 40 transactions that can be conducted online, by phone, or by mail. For additional information on RMV services and the RMV's response to COVID-19 information visit <https://www.mass.gov/info-details/rmv-covid-19-information>.

U.S. Census

You should have received an official letter with your household's unique Census ID encouraging you to reply online or by phone. If you do not respond in the next several weeks a questionnaire in the mail. If you do not respond eventually after May 1st someone will be sent to your door. To avoid this respond to the Census. Anyone who comes from the Census will be wearing ID badges that confirm their official visit. If you have any questions or to report a scam call the US Census bureau at 844-330-2020.*

The U.S. Census only happens every 10 years and directly impacts the COA state funding. The number of residents 60 and older that is recorded is the number the state of Massachusetts uses to provide to towns and that number does not change for 10 years. *information from SMP 800-892-0890.

ECONOMIC IMPACT PAYMENTS

Economic Impact Payments

U.S. residents will receive the Economic Impact Payment of \$1,200 for individual or head of household filers, and \$2,400 for married filing jointly if they are not a dependent of another taxpayer and have a work eligible Social Security number with adjusted gross income up to:

- \$75,000 for individuals
- \$112,500 for head of household filers and
- \$150,000 for married couples filing joint returns

Taxpayers will receive a reduced payment if their AGI is between:

- \$75,000 and \$99,000 if their filing status was single or married filing separately
- 112,500 and \$136,500 for head of household
- \$150,000 and \$198,000 if their filing status was married filing jointly

The amount of the reduced payment will be based upon the taxpayers specific adjusted gross income.

Eligible retirees and recipients of Social Security, Railroad Retirement, disability or veterans' benefits as well as taxpayers who do not make enough money to normally have to file a tax return will receive a payment.

This also includes those who have no income, as well as those whose income comes entirely from certain benefit programs, such as Supplemental Security Income benefits.

Retirees who receive either Social Security retirement or Railroad Retirement benefits will also receive payments automatically.

Information on this page from [IRS.gov](https://www.irs.gov)

Scam Alert

The IRS reminds taxpayers that scammers may:

Emphasize the words "Stimulus Check" the official term is economic impact payment.

Ask the taxpayer to sign over their economic impact payment check to them.

Ask by phone, email, text or social media for verification of personal and/or banking information saying that the information is needed to receive or speed up their economic impact payment.

Suggest that they can get a tax refund or economic impact payment faster by working on the taxpayer's behalf. This scam could be conducted by social media or even in person.

Mail the taxpayer a bogus check, perhaps in an odd amount, then tell the taxpayer to call a number or verify information online in order to cash it.

Non-Filers Info

If you don't file taxes, use the "Non-Filers: Enter Your Payment Info Here" application to provide simple information so you can get your payment. You should use this application if:

- You **did not file** a 2018 or 2019 federal income tax return because your gross income was under \$12,200 (\$24,400 for married couples.) This includes people who had no income. Or
- You **weren't required** to file a 2018 or 2019 federal income tax return for other reasons.

Do not use this application if you receive the benefits below. If you receive these benefits, we already have your information and you will receive \$1,200.

- Social Security retirement, disability (SSDI), or survivor benefits
- Railroad Retirement and Survivor Benefits

COMMUNITY SERVICES & SCAM INFO

Coronavirus Scams

Scammers are good at what they do. Before you click or answer a call that you are not sure about call the COA 781-786-6280 to speak with a social worker or the non emergency Weston Police number 781-893-4803 it could save you a headache and an expensive mistake.

Don't respond to texts, emails or calls about checks from the government. The details are still coming together.

Ignore online offers for vaccinations and home test kits. There are no products proven to treat or prevent COVID-19 at this time.

Hang up on robocalls. Scammers are using illegal robocalls to pitch everything from low-priced health insurance to work-at-home schemes.

Watch for emails claiming to be from the CDC or WHO. Use sites like coronavirus.gov and usa.gov/coronavirus to get the latest information. And don't click on links from sources you don't know.

Do your homework when it comes to donations. Never donate in cash, by gift card, or by wiring money.

<https://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing>

Shredding Day

Wednesday, May 9, 10:00–12:00
Weston Police Department
180 Boston Post Road

The Town of Weston Police Department is offering free paper shredding where you can safely destroy your documents containing sensitive, confidential and personal information. Stop by with everything you want shredded...there's no limit! Paper only – no binders. Paperclips, staples and elastics are accepted.

Food Pantries

Weston Food Pantry

The Weston Food Pantry is available by delivery for Weston residents of any age once a month and up to 10 items. Call 781-786-6280 and ask for Michelle or Ireta to request a delivery and find out more information.

St. Vincent de Paul/St. Julia's Food Pantry
St. Julia Parish, through its St. Vincent de Paul (SVdP) conference, operates a food pantry for those that live or work in Weston or Lincoln and may assist with emergency medical or housing expenses. Please call St. Julia parish office at 781-899-2611 and leave a message; a member will call contact you.

Fuel Assistance Application Deadline Extended

The federal fuel assistance program assists low- and moderate-income households with heating costs. The deadline to apply has been extended to May 29, 2020 and applications can be submitted without in-person contact. Please reach out to the COA for more information on this program.

Voter Registration

Residents can register to vote online <https://www.weston.org/353/Voting> or they can request a mail in voter registration form.

Weston Town Clerk's Office: 781-786-5010
davenport.d@westonmass.org

Veteran's Services

Sarada Kalpee, Director of Veteran Services for the Town of Weston by calling 781-850-5504 or email her at skalpee@westsuburbanveterans.com.

APRIL & MAY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 27	April 28	April 29	April 30	-1-
9:00 Exercise for Every Body 11:15 Zumba 12:30 Project Linus Meet-Up 1:00 Yoga	11:00 Stronger Seniors 12:00 Zoom Lunch Meet-Up 1:30 Spanish	9:30 Morning Phone Call 11:00 Functional Fitness 1:00 Stretch and Balance 1:00 Weston Library at Home	9:30 T'ai Chi 12:00 Advanced Line Dancing 1:30 Line Dancing	10:00 Zoom Coffee Meet-Up 12:00 Fitness Fridays
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9:00 Exercise for Every Body 10:00 Talk: Immune Support 11:15 Zumba 12:00 Talk: Mental Health 1:00 Yoga	10:00 Show & Share with WCCA 11:00 Stronger Seniors 12:00 Zoom Lunch Meet-up 1:30 Spanish	9:30 Morning Phone Call 11:00 Functional Fitness 1:00 Buzz on Bees 1:00 Stretch and Balance	9:30 T'ai Chi 10:00 Caregiver Support Group 12:00 Advanced Line Dancing 1:30 Line Dancing	10:00 Zoom Coffee Meet-Up 12:00 Fitness Fridays 1:00 Thai Cooking Class
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9:00 Exercise for Every Body 11:00 Talk: Springwell Info Session 11:15 Zumba 1:00 Yoga	10:00 Talk: Caregiving During Corona 11:00 Stronger Seniors 12:00 Zoom Lunch Meet-Up 1:30 Spanish	9:30 Morning Phone Call 11:00 Functional Fitness 1:00 Talk with Town Manager 1:00 Stretch and Balance	9:30 T'ai Chi 12:00 Neuropathy Support Group 12:00 Advanced Line Dancing 1:30 Line Dancing	10:00 Coffee Meet-Up 11:00 Ayurveda Cooking Class 12:00 Functional Fitness
-18-	-19-	-20-	-21-	-22-
9:00 Exercise for Every Body 11:15 Zumba 12:30 Project Linus Meet-Up 1:00 Yoga	10:00 Volunteer Info Session 11:00 Stronger Seniors 12:00 Zoom Lunch Meet-Up 1:30 Spanish	9:30 Morning Phone Call 11:00 Functional Fitness 1:00 Stretch and Balance	9:30 T'ai Chi 12:00 Advanced Line Dancing 1:30 Line Dancing	10:00 Coffee Meet-Up 12:00 Fitness Fridays
-25-	-26-	-27-	-28-	-29-
MEMORIAL DAY COA CLOSED	11:00 Stronger Seniors 12:00 Zoom Lunch Meet-Up 1:30 Spanish	9:30 Morning Phone Call 11:00 Functional Fitness 1:00 Stretch and Balance	9:30 T'ai Chi 12:00 Advanced Line Dancing 1:30 Line Dancing	10:00 Coffee Meet-Up 12:00 Fitness Fridays



Weston COA
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Weston, MA 02493

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Weston COA at HOME

We are excited to announce that our programs, fitness classes and support groups are being held live *online*.

Information and COA operations are subject to change during this challenging time. As soon as the COA is able, the staff will relocate back to the office and will continue to evaluate the safest ways to offer services and programs. For the latest information call 781-786-6280 or email coa@westonmass.org.

What's Going on in Weston

Find out Weston's happenings with the Weston Media Center. Town Government meetings, public school, library, music cooking and historical events are available on your tablet or smartphone at www.westonmedia.org.

Find Us Online: <http://www.weston.org/COA>

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

Info to Your Inbox

The COA, other town departments and committees send out info all the time but if you don't subscribe you may be missing it. To sign up for notifications visit: www.weston.org/list.aspx

