

November/December 2024



WELLESLEY COUNCIL *on* AGING



Registration deadline 11/14/24



DEC
5

Christmas in Newport December 5th



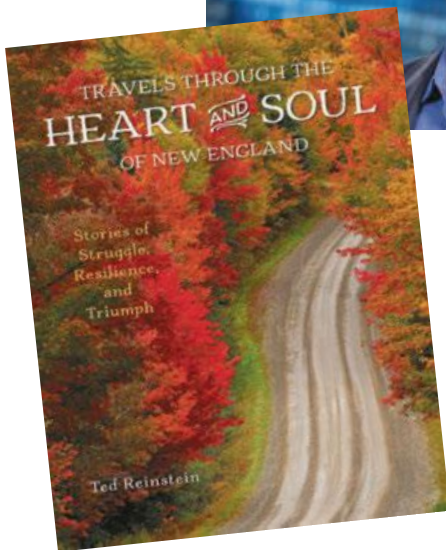
\$99 Per Person Wellesley Resident

\$125 Per Person Non-Wellesley Resident

Trip departs from 219 Washington Street, Wellesley, MA

Join the Wellesley COA on a day trip to Newport, RI, during the enchanting Christmas season! Start with a tour of the Breakers Mansion, adorned with festive decorations to ignite your holiday spirit. Indulge in a scrumptious lunch at Johnny's Restaurant, offering mouthwatering choices like Baked Stuffed Scrod, Chicken Piccata, or Pasta Primavera. Then, explore more Christmas magic at Marble House before enjoying free time for shopping in downtown Newport. Create unforgettable holiday memories with us! **All participants need to be able to independently go up and down stairs. Refunds will not be available after the cut off date of November 14th. Max 55**

NOV
6



WCVB **5** abc

Travels through the Heart and Soul of New England

Wednesday, November 6th

1:30 p.m.

**Ted Reinstein, Chronicle Reporter,
Author and Speaker**

Journalist and author Ted Reinstein has reported all around New England for 25 years, telling the colorful stories of this historic yet ever-changing corner of America. Now, he condenses his countless travels into a single, unique labor of love: a journey through the heart and soul of New England.



Book Signing

SEE PAGE 2 FOR REGISTRATION INFORMATION.



Wellesley Council on Aging Staff

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Rick Waldman, Bus Driver

Dana Wilson, Bus Driver

Jeanie Clark, Bus Driver

Jerome Grafe, Bus Driver

Dawnmarie Cole, Custodian FMD

Wellesley COA Board of Directors

Kathleen Vogel, Chair

Marlene Allen, Vice Chair

Susan Rosefsky, Secretary

Patty Chen

Patricia Decker

Judy Gertler

Peter Grape

Robert McCarthy

Corinne Monahan

Dianne Sullivan

Tina Wang

COA Board Meeting Dates

Please contact the COA to participate in the Citizen's Speak portion.

Thursday, November 21st at 4:00 p.m.

Thursday, December 19th at 4:00 p.m.

Additional meetings will be posted as needed.

Council on Aging Hours of Operation

Monday through Friday

9:00 a.m. - 4:00 p.m.

Contact Info

781-235-3961

www.wellesleycoa.org

coa@wellesleyma.gov

Wellesley COA Mission Statement:

The Wellesley Council on Aging serves as the community resource for Wellesley's older adults' residents (60+), their families, and caregivers. The Council acts as the primary advocate for Wellesley's older adults by providing social services, meal, and transportation services, socializing opportunities, and educational and physical activity programs to foster well-being and community.

Age Policy



Priority is given to Wellesley residents age 60 and over. If space permits, non-Wellesley residents age 60 and over are welcome to participate. If a certain program is restricted to Wellesley residents only, it will be noted in the description. A Wellesley resident is defined as someone who primarily lives in Wellesley.

Class Program Cancellation



Programs that do not attain the minimum enrollment will be canceled one business day in advance of the scheduled start date. Full tuition will be refunded. We reserve the right to reschedule or change classes. You will be notified by phone and/or email if your class is canceled, otherwise, plan on attending.

Program Specific Refund Policy



REFUND

Please note that there may be a specific refund policy for a particular program. The specific policy information will be noted in the program description.

No refund for exercise classes unless the class is canceled by the instructor.

Participant Photograph Policy



Periodically, the COA photographs/records program participants for promotional use. Unless participants inform us of their desire not to be photographed/recorded, the COA may use photographs/recordings for promotional purposes.

These policies are subject to revision and will be reviewed at least annually.

REGISTRATION November/December 2024

Wellesley Residents:

Starting Wednesday,
October 30th at 9:00 a.m.

Non-Wellesley Residents:

Starting Thursday,
October 31st at 9:00 a.m.

All programs require pre-registration unless otherwise noted.

REGISTER FOR PROGRAMS AT THE COA



Sign up for programming at the COA right from the comfort of your home

myactivecenter.com

Takes you to the
Wellesley COA site to register for programs



Tolles Parsons Center, 500 Washington St., Wellesley

By Phone Call 781-235-3961



Please Note: Although we make every effort to ensure that the information in our newsletter is accurate, there are times when we inadvertently leave something out or make an error, or information has changed since the publishing date. Please feel free to call us at **781-235-3961** to verify any information.





Inclement Weather

Wellesley Council on Aging follows the school cancellation policy in case of inclement weather. If Wellesley Public Schools are closed due to weather, the Wellesley Council on Aging will also be closed.

COUNCIL ON AGING *Happenings*

A Series on Mindfulness with Neil Motenko

Mondays, November 4th and December 16th

1:30 p.m.

Neil Motenko, Mindfulness Teacher



Neil Motenko resumes "A Series on Mindfulness" with a review of mindfulness fundamentals and an opportunity to practice together. As always, a review of the fundamentals reminds us of the many benefits of mindfulness, including handling difficult thoughts and emotions, stress and anxiety, and change in our ever-changing lives and world. The sessions will be interactive, include guided practices, and cover how to integrate practice into our lives. Each session in the series stands on its own. Newcomers to Neil's series are welcome at any time.

The Sixties!

Thursday, November 7th

1:30 p.m.

Debra Block, Theatre Director and Film Educator



Join us for an interactive program on the sixties given by Debra Block. The sixties are described as kaleidoscopic with diverse trends in music, movements, and fashion. The Motown sound, the British Invasion, Woodstock, bell bottom jeans, mini-skirts, and white leather boots! Student protests, free love, equal rights. Were the baby boomers messages comparable at all to the agenda of today's youth?

VOTING DAY AT THE COA

Tuesday, November 5th



Travels through the Heart and Soul of New England

Wednesday, November 6th

1:30 p.m.

Ted Reinstein, Chronicle Reporter, Author and Speaker



Journalist and author Ted Reinstein has reported all around New England for 25 years, telling the colorful stories of this historic yet ever-changing corner of America. Now, he condenses his countless travels into a single, unique labor of love: a journey through the heart and soul of New England.

Veterans Day Program

Friday, November 8th

1:30 p.m.



Join us for a heartfelt "Salute to the Troops" celebrating Veterans Day! Let's come together to honor and celebrate the brave men and women who have served our country. Enjoy inspiring stories, patriotic music, and a warm sense of community as we pay tribute to those who have dedicated themselves to protecting our freedoms. All are welcome to share in this special occasion of remembrance and gratitude!

Palliative Care

Tuesday, November 12th

1:30 p.m.

Matthew Smith, Hebrew Senior Life



Did you know that most health insurance plans cover a medical specialty dedicated solely to maximizing your quality of life despite a disease, easing both physical and emotional pain and discomfort? Palliative care offers all of this, while the rest of your care team can focus on curing your medical condition. Find out more about palliative care, and how it relates to hospice care, at an upcoming talk by Matthew Smith of Hebrew SeniorLife. Smith will provide a general overview of both palliative and hospice care, who is eligible for each, what services are included, how the admissions process works, and what patients can expect. Don't miss this opportunity to learn more about medical services focused completely on easing symptoms to make each day more enjoyable.

Words Galore

Thursdays, November 7th, 21st and December 12th

10:30 a.m.

Val Walker, MS, Author, Educator, Consultant



Val is a contributing blogger for Psychology Today and the author of *The Art of Comforting*. Join Val for a fun and lively hour of wordplay and brain twisters—a logophile's paradise. We learn new words as well as explore the history of old words and delve into the origins of words. We enjoy limericks, riddles, famous quotes, puns, and fascinating trivia about trendy words. We play guessing games with the dictionary and words within word games. Inspired by Shakespeare, Ogden Nash, or Edward Lear, we challenge our wits and might end up with a few laughs.



Town of Wellesley Flu Shot Clinic
Wednesday, November 13th
9:30-11:00 a.m.



Council on Aging (Tolles Parsons Center)

Walk-ins are welcome, but registration is recommended. Visit the Health Department website to register or for more information. www.wellesleyma.gov or use the QR code: Anyone age 65+ is eligible to receive a high-dose vaccine.

Fall Into a Good Book

Wednesday, November 13th
1:30 p.m.

Lorna Ruby, Wellesley Books Buyer



Join Lorna as she presents her recommendations for cold weather reads. The program will include audiobooks, a mix of new releases of fiction and nonfiction, along with a few old chestnuts to revisit and enjoy as the weather turns colder. Lorna was born to talk about books, as an avid reader and manager of bookstores.

1620: The First Year
Thursday, November 14th
1:30 p.m.

Chris Daley, Author and Historian



Local New England historian Chris Daley presents a lecture on the lives of the Pilgrims and Indigenous people in Southeastern Massachusetts in 1620. The Pilgrims faced adversity when they came to these shores seeking religious freedom and found an untamed inhospitable wilderness fraught with innumerable dangers. They struggled with disease and death and survived through the grace of God and with the help of the "People of the Dawn" - the Wampanoag Nation.

KevTech for iPhones

Monday, November 18th and
Tuesday, December 17th
1:30 p.m.

Kevin Figueroa, KevTech



Join KevTech for hands-on assistance with your iPhone! Whether it's setting up apps, managing contacts, or learning new features, KevTech is here to simplify your smartphone experience. Perfect for seniors looking to stay connected and confident with technology. Sign up today! **Max: 20**

Learn to Use Uber with Pauline!
Tuesday, November 19th
1:30 p.m.

Pauline Peterson



Join Pauline for a hands-on class designed to help seniors navigate the Uber app with confidence! Whether you're new to ridesharing or looking to refresh your skills, Pauline will guide you through the steps of downloading the app, booking a ride, and understanding payment options. This is a great opportunity to embrace new technology and stay connected with your community. Don't miss out on this helpful and informative session!

Rembrandt & Vermeer:
Masters of the Dutch Baroque
Wednesday, November 20th

1:30 p.m.

Jane Oneil, Culturally Curious

ZOOM



Join us for an art appreciation program on the Dutch Golden Age of Painting, which was ushered in by a prosperous middle class and a new demand for images like still-lives, portraits and genre scenes. The undisputed masters of the era were Rembrandt and Vermeer. This program provides an overview of the artists' careers and an introduction to some of their most famous works.

Adventures in Nova Scotia:
Exploring History and Nature
Thursday, November 21st

1:30 p.m.

Joy Marzolf, The Joys of Nature



Learn about the history and nature of Nova Scotia, as well as its long ties to New England. See how farming has changed in the Annapolis Valley from the unique techniques of the earliest French settlers of Grand Pre, now a UNESCO World Heritage site, to the vineyards of today. Visit the historic port and homes of Yarmouth and learn about the "Age of Sail" and the role it played in the 18th and 19th century as people traveled back and forth to the US. Wildlife also migrates back and forth between our two countries. See birds and butterflies in ancient fields and seals and seabirds along the rugged coast that is dotted with picturesque lighthouses even today. Enjoy a virtual visit to our neighbor to the North.



Annual Thanksgiving Luncheon:
Saturday, November 23rd

The Council on Aging is delighted to announce the annual Thanksgiving Luncheon, **generously hosted by the Wellesley Fire Department** and held at the Wellesley Country Club.



► **Event Details:**

Date: Saturday, November 23rd

Time: 12:00 p.m. – 3:00 p.m.

Location: Wellesley Country Club, 300 Wellesley Avenue

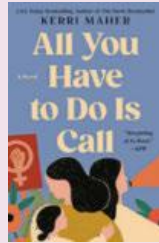
Event Description: Wellesley seniors are invited to join us for a traditional Thanksgiving meal at the beautiful Wellesley Country Club. Thanks to the Wellesley Fire Department's generosity, this event promises to be a heartwarming and memorable occasion.

Registration: Pre-registration is required for this special Thanksgiving Luncheon and spots fill quickly.

Register through the Council on Aging. We look forward to sharing this festive occasion with our Wellesley community and celebrating the spirit of Thanksgiving together.

This event is exclusively for Wellesley residents 60+.

Author Talk
Monday, November 25th
1:30 p.m.
Kerri Maher



A gripping and uplifting novel based on the true story of the Jane Collective and the brave women who worked in the shadows for our right to choose, from the *USA Today* bestselling author of *The Paris Bookseller*.

Just the 2 of Us - When Words Fail, Music Speaks!
Tuesday, November 26th
1:30 p.m.

Italo - D accordionist
Kathy-L vocalist



Enjoy a high energy musical performance of showtunes, selections from the American Songbook, country music singalongs and patriotic songs for your listening and dancing pleasure. Featuring Italo on the accordion, keyboard and vocals, and Kathy on the flute and vocals.

Special Movie Presentation
Wednesday, November 27th
1:30 p.m.
You've Got Mail

Book superstore magnate Joe Fox and independent book shop owner Kathleen Kelly fall in love in the anonymity of the Internet, both blissfully unaware that he's trying to put her out of business.



CLOSED FOR THANKSGIVING
Thursday, November 28th



Game Show
Friday, November 29th
1:30 p.m.
Kevin Richmond



You've watched these two classic game shows your whole life. Now you can play them in person. Play as a member of a team and take a chance to win prizes. Come be a part of our live game show event!

Tenacre Students Join the COA
for Lunch and Music
Tuesday, December 3rd
12:00 p.m.



The student-participants in the Pen Pal program at the COA will join patrons at the December 3rd lunch, and will entertain with holiday songs. Lunch should be ordered 2 days in advance, last day to sign up is November 29th. **Lunch is \$6.00.**

The Partition of India in 1947:
The Height of Ethnic Displacement
Wednesday, December 4th
1:30 p.m.



Larry Lowenthal, Educator

At midnight, on August 14, 1947, the British colonial power—the Raj—partitioned the vast territory of India into two separate dominions—Hindu India and Muslim Pakistan. Horrific sectarian violence, religious cleansing, and massive refugee crises immediately ensued, as desperate Hindus fled Pakistan and desperate Muslims fled India. An estimated 1-2 million people died, and an estimated 14-18 million people were displaced. The violent nature of the partition created an atmosphere of hostility and suspicion between India and Pakistan that persists today. The presentation will explore the background, the violence, and the enduring impact of this monumental tragedy.

CHRISTMAS IN NEWPORT
Thursday, December 5th
\$99 Per Person

Wellesley Resident
\$125 Per Person

Non-Wellesley Resident
Trip departs from 219 Washington Street, Wellesley, MA



Join the Wellesley COA on a day trip to Newport, RI, during the enchanting Christmas season! Start with a tour of The Breakers Mansion, adorned with festive decorations to ignite your holiday spirit. Indulge in a scrumptious lunch at Johnny's Restaurant, offering mouthwatering choices like Baked Stuffed Scrod, Chicken Piccata, or Pasta Primavera. Then, explore more Christmas magic at Marble House before enjoying free time for shopping in downtown Newport. Create unforgettable holiday memories with us! **Refunds will not be available after the cutoff date of November 14th. All participants need to be able to independently go up and down stairs.**

Behavioral Finance
Monday, December 9th
1:30 p.m.

Connor MacIsaac, Financial Advisor, Edward Jones
Christopher Buteau, SVP, Fidelity Institutional

Join us for a program given by two financial advisors who will discuss why investors make the decisions they do. Understanding behavioral finance helps to avoid emotion-driven decisions that can lead to unnecessary losses.



Panama Canal - Connection Between the Oceans That Changed the World

Tuesday, December 10th

1:30 p.m.

Barry Pell, World Traveler and Photographer

The Panama Canal is considered one of the great accomplishments of the modern world. More than an engineering achievement, the Canal united the world, fostering global trade and prosperity, as well as a fusion of races, history and cultures. Started by the French in the 19th century, its completion relied on the United States, under the leadership of Teddy Roosevelt, to open in 1914. Lecturer, Barry Pell traveled through the Canal on a four-masted sail ship. In this program, accompanied by his photography, he will discuss the history, controversies, and ingenious design of the Canal. He will also take you along the Pacific coastal jungle to visit some of the wonderful wildlife and plants of Panama and Costa Rica.



The Christmas Tree Shops

Monday, December 16th

1:30 p.m.

Anthony Sammarco, Author

The Christmas Tree Shops were not just an icon of New England, they were a destination with stores that boasted a diverse assortment of merchandise from seasonal decorations, home decor, housewares, food, giftware and just about everything else in between. These were items you never thought you needed before stepping through the door, but who could resist a bargain? Founded in 1970 in Yarmouth port, it was "like walking into a closet full of surprise treasures." Word-of-mouth advertising attracted customers to Cape Cod, who returned time and again, seeking surprises and bargains, contributing to the shop's popularity and creating a retail sensation on Cape Cod.



Caricature Artist

Wednesday, December 18th

1:30 - 3:30 p.m.

Get ready for a fun and creative experience at the Wellesley Council on Aging! We're hosting a Caricature Artist for a day of laughter and art. Come have your portrait drawn with a playful twist, whether it's capturing your unique smile, hobbies, or personality in a lighthearted way. **Max: 24**



Music With Vic Paul

Wednesday, December 11th

1:30 p.m.

Get ready for an afternoon of music and fun! Vic Paul, a seasoned music host, is bringing his vast experience and passion for music to the Wellesley COA. With an extensive playlist of over 60,000 songs, there's something for everyone to enjoy. Whether you're a seasoned singer or a first-timer, this is the perfect opportunity to sing along or simply enjoy the music.



iOS 18 Training at the COA!

Thursday, December 12th

1:30 p.m.

Pauline Peterson

Curious about the latest features in iOS 18? Want to make the most of your iPhone or iPad? Join us at the Wellesley Council on Aging for a hands-on training session! Learn how to navigate the new system, customize your device, and explore helpful tips to simplify your tech experience.



Snowy Scapes & Celebrations:

The Artist's Holiday

Wednesday, December 18th

1:30 p.m.

Jane Oneail, Culturally Curious

Through the years, artists have created works both grand and intimate, religious and secular in response to the "most wonderful time of the year." Enjoy this special overview of the variety of ways artists have captured the magic of the season. This program includes works by Grandma Moses, Salvador Dali, and Andy Warhol.



Holiday Harmony Histories - Take Two

Thursday, December 19th

1:30 p.m.

Frank King, former WBUR Radio Host

In his next special lecture "Holiday Harmony Histories - Take Two," Frank King will discuss the origins of several beloved Christmas and Hanukkah songs, including:

- The famous song that began as a character for a department store promotion
- The beautiful Christmas song created thanks to hungry mice
- The novelty holiday song that was banned in parts of the South
- The classic holiday song written in a tuberculosis sanitarium

Please join us for this festive and fascinating seasonal presentation!



COA Annual Happy Holidays Party and Victorian Carolers Musical Performance

Friday, December 13th

12:00 p.m.

It's that time of year again - time to celebrate and get into that holiday spirit! Guests will be treated to a hot, seasonal lunch and dessert. After lunch you will enjoy a musical performance by Victorian Carolers. **Registration is required in advance.**

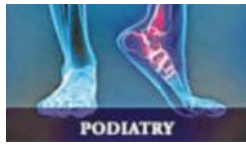


Podiatry Clinic

Friday, December 20th
9:15 a.m. – 12:00 p.m.

Dr. Alissa Kuizinas, Podiatrist

Dr. Kuizinas is offering 15 minute podiatry appointments at the Wellesley COA building. The cost of the appointment is \$40 and is directly payable to Dr. Kuizanas by check, cash or credit card. **Registration required.**



Holiday Sing – Along
Monday, December 23rd
1:30 p.m.
Archie Richards, Pianist



Archie Richards, former concert pianist, will accompany us in a sing-along of Christmas songs and carols. You'll have the lyrics in hand and you already know the tunes. It will be a festive occasion with music and holiday treats!

Special Movie Presentation
Thursday, December 26th
1:30 p.m.
When Harry Met Sally



Harry and Sally meet when she gives him a ride to New York after they both graduate from the University of Chicago. The film jumps through their lives as they both search for love, but fail, bumping into each other time and time again. Finally a close friendship blooms between them, and they both like having a friend of the opposite sex. But then they are confronted with the problem: "Can a man and a woman be friends, without sex getting in the way?"

Tech Support with our Technology Consultant, Lois Clayton, has transitioned



from a no-charge service to a paid service. There will be a \$25 charge for your 45-minute appointment. We suggest you accumulate your tech issues before booking to maximize the time spent during your appointment. Appointments are non-refundable. Lois has been running her private consulting practice for over 26 years. We are grateful Lois has generously offered her services to the Wellesley Council on Aging members at this significant discount.

The Wellesley COA has partnered with Wellesley Media to post select COA performance's online

WELLESLEY MEDIA RECORDS SELECT PERFORMANCES AND POSTS ON THE WELLESLEY MEDIA WEBSITE



Thank You to Our Incredible Volunteers!

Volunteers are a vital part of the Wellesley Council on Aging; their dedication is invaluable, and the work they do—whether it's helping with events, supporting programs, or assisting behind the scenes—keeps everything running smoothly, allows us to offer a wide range of programming and strengthens our community.

We recognize that volunteering takes time and effort, and we deeply appreciate the countless hours our volunteers contribute. Their hard work makes a real difference in the lives of those we serve, and we couldn't do it without them!

Thank you to all of our volunteers for being an essential part of the Wellesley COA! With sincere appreciation, The Wellesley COA Team

Please note we are always looking for new volunteers to join our team! Visit our website for information on our featured volunteer opportunities at wellesleyma.gov/416/Volunteer-with-the-COA, or, contact our Volunteer Coordinator, Sally Miller.

Honor our Vets This Holiday Season

We are pleased to continue our collaboration with Jan Hastings and the West Roxbury Veterans Hospital by writing cheerful messages to Veterans this holiday season. The Arts and Crafts Room will be available on Thursday mornings from 9:30–11:30 a.m. in November and December for volunteers to gather and write cards. Supplies will be provided. The blank cards may also be picked up and completed at home. Cards will be delivered the week of December 16th.



COMMUNITY SURVEY

TOWN OF WELLESLEY STRATEGIC HOUSING PLAN



www.surveymonkey.com/r/WellesleyHousingSurvey_2

We want to hear from you!

The Town of Wellesley is conducting a community-wide survey to inform the development of the Strategic Housing Plan (SHP).

To participate, visit the above URL, scan the QR code below, or find a paper copy of the survey at:

- Wellesley Free Library, 530 Washington St
- Tolles Parsons Center, 500 Washington St
- Wellesley Town Hall, 888 Worcester St

Providing feedback will help Town Staff and consultants learn about current housing needs in town, understand what residents and community members think is going well, and develop strategies to address what could be improved. Completing the survey will take less than 15 minutes and would provide valuable information for the next steps of the Strategic Housing Plan.



If you have questions about the survey, please contact Meghan Jop, Executive Director at mjop@wellesleyma.gov or bpg.mysocialpinpoint.com/wellesleyshp

SAVE THE DATE: The Community Meetings about the Strategic Housing Plan will be happening in-person November 14th and virtually November 17th. More information to follow!



Transportation



Volunteer Driver Program

Now accepting rides. Please note that booking availability is limited. To schedule a ride or get further details, please contact COA Staff at **781-235-3961**.

COA Bus

Wellesley offers free transportation to local destinations **Monday – Friday** between the hours of **8:45 a.m. – 3:30 p.m.** COA staff register all **first-time** passengers and help answer initial questions; reservations for rides are scheduled by calling the MWRTA directly at **508-820-4650**.

Step 1: New users can sign up by calling the COA at **781-235-3961**

Step 2: Call MWRTA to schedule your reservations **508-820-4650**

MWRTA CatchConnect

CatchConnect is a curb-to-curb transit system designed with **flexibility** in mind! Trips must be booked when you are ready for a ride, and are provided on a **first come first served** basis. Service hours are **Monday-Friday from 6:45 a.m. – 8:45 p.m.** CatchConnect is a **free** service for WCOA Members until June of 2025.

Current service areas include:

- All addresses within Wellesley
- Waban MBTA Green Line Station
- Newton Wellesley Hospital
- Natick Community Center
- Woodland MBTA Green Line Station
- And more locations coming soon!

To get started with this program, either download the MWRTA CATCH app on your smartphone or call **508-283-5083**. If you have any questions, please email **info@mwrta.com**.

Shopping trips:

Market Basket

The 1st Monday of the month.

Walmart/Target

The 3rd Monday of the month.

Advance registration is required.



MWRTA Hospital shuttle

Do you need a ride to a medical appointment in the Boston area? MetroWest Regional Transit Authority's (MWRTA) hospital shuttle service provides door-to-door service for Wellesley residents to:

- West Roxbury V.A. • Dana Farber • Jamaica Plain V.A.
- Beth Israel • N.E. Baptist • Joslin Clinic
- Brigham & Women's • New England Deaconess

The shuttle service operates every **Tuesday, Wednesday, and Thursday from 8:30 a.m. – 6:00 p.m.** Shuttle riders must complete and submit the registration form to 15 Blandin Ave., Framingham, MA 01702 or drop it off at the Tolles Parsons Center. Fares are charged each way. To learn more about this shuttle service, please contact the MWRTA 508-820-4650. This service is **free of charge** for WCOA Members.

Special Shopping Trips

To receive announcements about these trips, you can either subscribe to our e-news blast or call the Wellesley Council on Aging at 781-235-3961 to inquire about the schedule and locations of upcoming trips. **Are there any local shopping destinations you would be interested in going to?** Please send your suggestions to Kathy Savage, **ksavage@wellesleyma.gov** or call **781-235-3961**.



I love the My Active Center feature at the Wellesley Council on Aging. I log in and sign up for my favorite programming right from my sofa



COA LUNCH

Meals are \$6 and served Tuesday – Friday at the Council on Aging.

TO ORDER CALL 781-235-3961

The Friends of the Wellesley Council on Aging (FWCOA) will continue to sponsor lunch welcoming all residents ages 60+. Lunch from local restaurants (listed below) is served by volunteers at noon on Tuesdays – Fridays. See the delicious menu selections made possible by our wonderful local establishments.



Contact COA Social Worker Kate Burnham to confidentially discuss eligibility for free lunches: KBurnham@wellesleyma.gov or **781.235.3961**.

All lunches MUST be ordered and paid for at least TWO Business days in advance. No refunds.

Nov.	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				-1-
				Salmon Salad Plate & Cornbread
	-5- 1/2 Roast Beef Sandwich with a Side Salad & Italian Dressing	-6- Greek Medley Wrap with a Brownie	-7- Chicken Kabob Wrap with Chips	-8- Shrimp Broccoli Alfredo & a Chocolate Chip Cookie
	-12- Cranberry Chicken Wrap & a Cookie	-13- Turkey, Bacon, Romaine, Tomatoes, Pepper Jack Cheese, Cranberry Sauce on White Bread	-14- Cranberry Chicken Wrap & a Cookie	-15- 1/2 Roasted Chicken, Lettuce, Tomato on Multi Grain Bread & a Chocolate Chip Cookie
	-19- Spinach, Feta with Sundried Tomato Quiche with Chicken Noodle Soup & a Blueberry Muffin	-20- Butternut Squash Soup with 1/2 Ham Sandwich with Lettuce, Tomato and Swiss Cheese & a Chocolate Chip Cookie	-21- Chicken Vegetable Soup with 1/2 Roasted Chicken Sandwich with Lettuce and Tomato & a Pumpkin Muffin	-22- Vegetarian white bean soup, chicken tarragon sandwich with lettuce and tomato & a pear ginger muffin
	-26- 1/2 Grilled Chicken, Lettuce, Tomato, and American Cheese Sandwich with a Warm Soft Pretzel	-27- 1/2 Cheddar, Asiago, and Goat Cheese Grilled Cheese Sandwich with Tomato Soup	-28- NO LUNCH	-29- 1/2 Cheddar Bacon Grilled Sandwich & a Chocolate Chunk Cookie
Dec.	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-3-	-4-	-5-	-6-
	Herb & Mustard Crusted Salmon Loaf, Whipped Potatoes, and Peas & Carrots	Fish Cake, Rice Pilaf & Cornbread	Baked Haddock with Herb Stuffing & Honey Glazed Carrots	Salmon Croquettes, Cornbread & Green Beans
	-10- 1/2 Cheese Pizza & Side Caesar Salad	-11- Caesar Salad with Grilled Chicken	-12- Individual Pepperoni and Mushroom Pizza	-13- NO LUNCH
	-17- Chicken Parmigiana with Ziti	-18- Antipasto Salad & a Chocolate Chip Cookie	-19- Chicken Tenders with French Fries and a Side House Salad	-20- Vegetarian Calzone & a Brownie
	-24- NO LUNCH	-25- NO LUNCH	-26- Greek Salad with Steak Tips & a Cookie	-27- Chicken Parm Calzone with Chips
	-31- NO LUNCH	-JAN. 1- NO LUNCH	-JAN. 2-	-JAN. 3-
			Turkey, Bacon, Cheddar Cheese, Avocado with Lettuce, Tomato & Chipotle Mayo on Whole Wheat Wrap with Chips	Full Isabella Sandwich on Whole Wheat & a Cookie



NOVEMBER 2024 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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See Back Cover

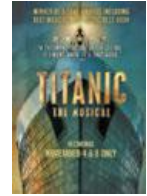
For Drop In Activities not reflected in the calendar.

 **VIRTUAL**

 **IN PERSON**

- 1 -

1:15 Movie



- 4 -

9:15 Fit for Life
10:30 Core and More
10:30 Photography Club
12:00 All Levels Yoga
1:30 A Series on Mindfulness
2:30 Chair Yoga

- 5 -

9:15 Seated Strength and Balance
10:00 Experienced Knitting
11:00 Social Connections
1:00 All Abilities Knitting

VOTING DAY AT THE COA

- 6 -

9:15 Hi Low Fitness
10:00 Keep Well Clinic
12:00 Cardio Dance & Strength
1:00 World History Book Discussion
1:30 Travels through the Heart and Soul of NE
2:00 Men in Retirement

- 7 -

9:00 Donuts & Coffee with Wellesley Police
9:15 All Levels Yoga
9:15 Seated Strength and Balance
10:00 Pilates
10:30 Words Galore
1:00 My Two Cents
1:30 The Sixties
2:00 Women in Retirement

- 8 -

9:15 Yoga for Better Balance
10:00 Block Printing Workshop
1:30 Veterans Day Program



- 11 -

Council on Aging is CLOSED in observation of Veterans Day NO ACTIVITIES

- 12 -

9:15 Yoga for Better Balance
9:15 Seated Strength and Balance
10:00 Experienced Knitting
11:00 Social Connections
1:00 All Abilities Knitting
1:30 Hebrew Senior Life Palliative Care

- 13 -

9:15 Hi Low Fitness
9:30-11:00 Town of Wellesley Flu Shot Clinic
12:00 Cardio Dance & Strength
1:00 Great American Poems Discussion
1:30 Fall Into a Good Book
2:00 Men in Retirement

- 14 -

8:00 Breakfast Club
9:15 All Levels Yoga
9:15 Seated Strength and Balance
10:00 Pilates
10:30 Ayurvedic Tea Crafting for Winter
1:30 1620: The First Year

- 15 -

9:15 Yoga for Better Balance
1:15 Movie



- 18 -

9:15 Fit for Life
10:30 Core and More
10:30 Photography Club
12:00 All Levels Yoga
1:30 KevTech
2:30 Chair Yoga

- 19 -

9:15 Yoga for Better Balance
9:15 Seated Strength and Balance
10:00 Experienced Knitting
11:00 Social Connections
1:00 All Abilities Knitting
1:30 Learn to Use Uber with Pauline!

- 20 -

9:15 Hi Low Fitness
10:00 Keep Well Clinic
12:00 Cardio Dance & Strength
1:00 Shakespeare Discussion
1:30 Rembrandt & Vermeer: Masters of the Dutch Baroque
2:00 Men in Retirement

- 21 -

9:15 All Levels Yoga
9:15 Seated Strength and Balance
10:00 Pilates
10:30 Words Galore
1:30 Adventures in Nova Scotia
2:00 Women in Retirement
4:00 Board Meeting

- 22 -

9:15 Yoga for Better Balance
1:15 Movie



- SAT. NOV 23 -

12:00-3:00 Annual Thanksgiving Luncheon

- 25 -

9:15 Fit for Life
10:30 Core and More
12:00 All Levels Yoga
1:00 Thanksgiving Cornucopia
1:30 Kerri Maher Author Talk
2:30 Chair Yoga

- 26 -

9:15 Yoga for Better Balance
9:15 Seated Strength and Balance
10:00 Experienced Knitting
11:00 Social Connections
1:00 All Abilities Knitting
1:30 Just the 2 of Us

- 27 -

9:15 Hi Low Fitness
1:00 American Literary Classics Discussion
1:30 Special Movie Presentation - You've Got Mail
2:00 Men in Retirement

- 28 -



Council on Aging is CLOSED in observation of Thanksgiving NO ACTIVITIES

- 29 -

9:15 Yoga for Better Balance
1:30 Game Show



DECEMBER 2024 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-2-	-3-	-4-	-5-	-6-
<p>9:15 Fit for Life 10:30 Core and More 10:30 Photography Club 12:00 All Levels Yoga 2:30 Chair Yoga</p>	<p>9:15 Yoga for Better Balance 9:15 Seated Strength and Balance 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 12:00 Tenacre Students Lunch and Music</p>	<p>9:15 Hi Low Fitness 10:00 Keep Well Clinic 12:00 Cardio Dance & Strength 1:00 World History Book Discussion 1:30 The Partition of India in 1947 2:00 Men in Retirement</p>	<p>8:45 Christmas in Newport Trip 9:15 All Levels Yoga 9:15 Seated Strength and Balance 10:00 Pilates 1:00 My Two Cents 2:00 Women in Retirement</p>	<p>9:15 Yoga for Better Balance 10:00 Winter Greens Centerpiece Workshop 1:15 Movie</p> 
-9-	-10-	-11-	-12-	-13-
<p>9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga 1:30 Behavioral Finance 1:30 Watercolor Holiday Greeting Cards Class 2:30 Chair Yoga</p>	<p>9:15 Yoga for Better Balance 9:15 Seated Strength and Balance 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 1:30 Panama Canal</p>	<p>9:15 Hi Low Fitness 12:00 Cardio Dance & Strength 1:00 Great American Poems Discussion 1:30 Music with Vic Paul 2:00 Men in Retirement</p>	<p>8:00 Breakfast Club 9:15 All Levels Yoga 9:15 Seated Strength and Balance 10:00 Pilates 10:30 Words Galore 1:30 iOS 18 Training at the COA!</p>	<p>9:15 Yoga for Better Balance 12:00 COA Annual Happy Holidays Party</p> 
-16-	-17-	-18-	-19-	-20-
<p>9:15 Fit for Life 10:30 Core and More 10:30 Photography Club 12:00 All Levels Yoga 1:30 A Series on Mindfulness 1:30 The Christmas Tree Shops 2:30 Chair Yoga</p>	<p>9:00 Donuts & Coffee with Wellesley Police 9:15 Yoga for Better Balance 9:15 Seated Strength and Balance 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 1:30 KevTech: Editing Photos on iPhone & iPod</p>	<p>9:15 Hi Low Fitness 10:00 Keep Well Clinic 12:00 Cardio Dance & Strength 1:00 Shakespeare Discussion 1:30 - 3:30 Caricature Artist 1:30 Snowy Scapes & Celebrations 2:00 Men in Retirement</p>	<p>9:15 All Levels Yoga 9:15 Seated Strength and Balance 10:00 Pilates 1:30 Holiday Harmony Histories – Take Two 2:00 Women in Retirement 4:00 Board Meeting</p>	<p>9:15 Yoga for Better Balance 9:15 - 12:00 Podiatry Clinic 1:15 Movie</p> 
-23-	-24-	-25-	-26-	-27-
<p>9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga 1:30 Holiday Sing – Along 2:30 Chair Yoga</p>	<p style="text-align: center;">Council on Aging will close at Noon in observation of Christmas Eve</p>	 <p style="text-align: center;">Council on Aging is CLOSED in observation of Christmas NO ACTIVITIES</p>	<p>9:15 All Levels Yoga 1:30 Special Movie Presentation When Harry Met Sally</p>	<p>9:15 Yoga for Better Balance 1:15 Movie</p> 
-30-	-31-	-JANUARY 1-		
<p>9:00 Wellesley Registration 12:00 All Levels Yoga</p>	<p>9:00 Non-Wellesley Registration</p> <p style="text-align: center;">Council on Aging will close at Noon in observation of New Year's Eve</p>	 <p style="text-align: center;">Council on Aging is CLOSED in observation of New Year's Day NO ACTIVITIES</p>		

Fitness ONLINE AND IN PERSON



MONDAYS	Time	Duration	ZOOM	In Person	November	December
Fit for Life	9:15 a.m.	60 Minutes			4, 18, 25	2, 9, 16, 23
Core and More	10:30 a.m.	45 Minutes			4, 18, 25	2, 9, 16, 23
All Levels Yoga	12:00 p.m.	60 Minutes			4, 18, 25	2, 9, 16, 23, 30
Chair Yoga	2:30 p.m.	45 Minutes			4, 18, 25	2, 9, 16, 23
TUESDAYS						
Seated Strength & Balance	9:15 a.m.	45 Minutes			5, 12, 19, 26	3, 10, 17
Yoga for Better Balance	9:15 a.m.	60 Minutes			No Class	3, 10, 17
WEDNESDAYS						
Hi Low Fitness	9:15 a.m.	45 Minutes			6, 13, 20, 27	4, 11, 18
Cardio Dance & Strength – LaBlast	12:00 p.m.	60 Minutes			6, 13, 20	4, 11, 18
THURSDAYS						
Seated Strength & Balance	9:15 a.m.	45 Minutes			7, 14, 21	5, 12, 19
All Levels Yoga	9:15 a.m.	60 Minutes			7, 14, 21	5, 12, 19, 26
Pilates	10:00 a.m.	60 Minutes			7, 14, 21	5, 12, 19
FRIDAYS						
Yoga for Better Balance	9:15 a.m.	60 Minutes			No Class	6, 13, 20, 27

Aside from a variety of COA fitness classes, the Recreation Department has many senior fitness programs.
www.wellesleyrec.org

Fit for Life is a 60-minute in-person fitness class led by **Jane Golder**, designed to help you stay active and ready for everyday life. It focuses on:



- **Cardio** for heart health
- **Strength** for muscles and bones
- **Balance, agility, and coordination**
- **Core and flexibility** to maintain your ability to perform daily activities

With a **maximum of 20 participants**, this class ensures personalized attention and fun, engaging exercises for older adults aiming to stay fit and healthy.

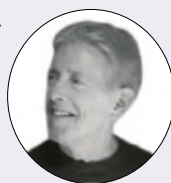
Core and More is a 45-minute in-person class led by **Jane Golder**, designed to strengthen core muscle groups and improve posture. The class includes exercises that:



- Strengthen the **abdomen** and **back** muscles
- Increase **flexibility**
- Use props like squishy balls, resistance bands, light weights, and chairs
- Incorporate **bodyweight exercises** for safe muscle lengthening

The class also focuses on strengthening the **legs, back, glutes, and abdominals**, promoting better posture, balance, and pain relief. Some mat work is involved, and participants are encouraged to wear **grippy socks** (shoeless). The class has a **maximum of 17 participants** for focused attention.

All Levels Yoga is a slow-paced Vinyasa Flow class that blends breath, movement, and alignment, suitable for both beginners and intermediate participants. Key features include:



- Focus on improving **balance, flexibility, and strength** in everyday life
- Participants should be able to move from a **supine to a standing** position comfortably
- Led by certified instructor **Peter Kelly** (E-RYT 200)
- Classes are **60 minutes**, held twice a week on **Mondays and Thursdays**
- **Maximum of 20 participants**, ensuring personalized guidance and attention

This in-person class emphasizes both physical health and having fun!

Chair Yoga with **Rebecca Reber** is an online class conducted via Zoom, focusing on gentle movements that benefit both body and mind. Here's what to expect:



- Begins with a **calming meditation**
- Incorporates **breathwork** and **gentle movements** to enhance **strength, balance, and flexibility**
- Ends with **Savasana** (relaxation pose)
- Suitable for both beginners and experienced practitioners
- Accessible and convenient through **Zoom**, allowing **up to 50 participants**

This class offers a great way to stay active and centered from the comfort of your home.

Seated Strength and Balance is a 45-minute online class, perfect for individuals of all fitness levels and abilities. Led by **Pearl Pressman**, this class includes:



- A thorough **warm-up** for joints and muscles
- **Strength training** and **balance exercises** using:
 - Hand weights
 - Resistance bands
 - Bodyweight exercises
- Classes are held **twice a week** on **Tuesdays and Thursdays** via Zoom
- Suitable for **up to 50 participants**

This seated class ensures a safe and effective workout for improving strength and balance, all from the comfort of home.

Hi-Low Fitness with **Lourdes Fournier** is a low-impact, 45-minute in-person workout designed to energize your active lifestyle.



The class features:

- A variety of exercises focusing on **total body strength** and **cardio endurance**
- A **chair** is available for seated or standing support
- The class includes:
 - **Warm-up**
 - **Cardio endurance** exercises
 - **Strength training** using hand-held weights and resistance bands
 - **Cool down** and **stretching**

With a **maximum of 20 participants**, this class is ideal for those looking for a balanced, low-impact workout to maintain strength and fitness.

Cardio Dance and Strength — LaBlast!

with **Karen Karten** is a fun, low-impact dance fitness class that incorporates weight training.



Key features of the class include:

- 60 minutes of dancing and strength exercises
- Simple steps based on popular dances like:
 - Disco
 - Salsa
 - Foxtrot
 - Swing
- A wide range of music genres to keep the workout lively and enjoyable
- No prior dance experience or dance partner is needed

With a **maximum of 20 participants**, this in-person class offers a fun way to get fit and stay active while dancing to a variety of music styles.

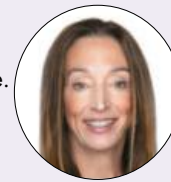
Pilates with **Lisa Wilkins** is an online Zoom class designed to improve flexibility, strength, and endurance. Key features include:



- Led by Lisa Wilkins, who has over 25 years of fitness instruction experience
- Focuses on:
 - Alignment
 - Breathing techniques
 - Developing a strong core
- Enhancing coordination and balance
- Pilates, when practiced consistently, improves flexibility, strength, and control throughout the entire body
- Conducted via Zoom, with a **maximum of 50 participants**

This class suits people of all ages and abilities, making it a versatile way to achieve fitness goals from home.

Yoga for Better Balance Join **Cyndi Koss** for a beginner-friendly yoga class designed to help you build strength, stability, and better balance. Perfect for newcomers to yoga or anyone seeking to move with more confidence.



- **Benefits:** Strengthen your body, enhance balance, and ease stiffness. Gentle, mindful movements help relieve stress and boost energy levels.
- **Who Can Join:** Great for beginners or those wanting to improve mobility. Participants must be able to transition from standing to the mat and back again.
- **Capacity: Limited to 18 participants**



ART CLASSES/WORKSHOPS/GROUPS *In Person*

ART: Block Printing Workshop

Friday, November 8th

10:00 – 12:00 p.m.

Instructor: Anne Nydam

Cost: \$15



Did you make a linoleum block print once in high school? Or maybe you've never had the opportunity to make a block print – a distinctive and dramatic art form with a long history and a modern feel. In this workshop, you'll carve and print a relief block using rubber, which is softer and easier (and safe) to carve than linoleum or wood. From note cards to limited edition artwork, there are a variety of possible projects. Whether you've tried your hand at print-making before or are new to the art, you're sure to learn, have fun, and go home with your own work of art. All materials are included. **Max: 12**

WORKSHOP: Ayurvedic Tea

Crafting for Winter

Thursday, November 14th

10:30 a.m. – 12:00 p.m.

Instructor: Anjana Bhargava,

Ayurvedic Practitioner

Cost: \$15



Enlighten yourself with this Ayurvedic Tea Blending workshop, where we will learn more about uses of spices and how to properly prepare a perfect cup of therapeutic tea! What's more, enjoy a tea tasting session of the different teas, to have a better idea which teas you would want to use in your blends according to your constitution. There will be a hands-on portion of the workshop where each person gets the chance to create 3 unique tea blends each, using the range of Ayurvedic spices and ingredients provided! **Max: 15**

CLASS: Knitting

Tuesdays, November 5th – December 17th

Experienced Knitting: 10:00 a.m. – 12:00 p.m.

All Abilities Knitting: 1:00 – 2:30 p.m.

COA Volunteers/Instructors - Margaret Lyne, Susan Clapham, Corinne Monahan, Sara Jennings, and Emily Sparks

We offer two separate knitting instruction classes led by volunteers. The Experienced Knitting class meets in the morning and is for more experienced knitters. Less experienced and new knitters should register for the afternoon class. In the Experienced Knitting class, the instructors work on collaborative projects as well as individual ones, if the knitter wishes. In the All Abilities class, there will be group projects at the appropriate knitting level for each participant. Facilitators will group knitters of similar abilities into projects. When ready, knitters can choose to have an individual project as well. Knitters are responsible for purchasing yarn and supplies for their project or may select from designated donation bins. Due to the limited class size, new participants will be put in touch with the instructors to determine the appropriate level of class. **Max: 14 for each class**

ART: Thanksgiving Cornucopia

Monday, November 25th

1:00 – 2:30 p.m.

Instructor: Jessica Pohl,
Floral Designer

Cost: \$30



Join Jessica Pohl of A Natural Arrangement Floral Design to compose a wonderful Thanksgiving centerpiece representing the bountiful fall harvest. Also called the horn of plenty, the cornucopia arrangement is typically composed of gourds, flowers and dried material making an overflowing seasonal tablescape. If you attended last year's workshop and still have your cornucopia, please feel free to bring it along! All materials are included. **Max: 15**

ART: Winter Greens **Centerpiece Workshop**

Friday, December 6th

10:00 – 11:30 a.m.

Wellesley Hills Garden Club

Cost: \$10



Please join us to celebrate the holiday season with members of the Wellesley Hills Garden Club. Create your own arrangement with guided instruction. Beautiful winter greens and a container will be provided for all participants. **Max: 14**

ART: Watercolor Holiday Greeting Cards Class

Monday, December 9th

1:30 – 3:00 p.m.

Instructor: Cindy Shorris

Cost: \$15



Come join us in a step-by-step watercolor class for all levels. We will learn some fun techniques and create beautiful greeting cards for the winter holidays. This class will be fun and relaxing for all! All materials are included. **Max: 8**

CLUB: COA Photography

Mondays, November 4th, 18th, and

December 2nd, 16th

10:30 a.m. – 12:00 p.m.

If you are interested in improving your photography skills and sharing your images with others, come and join the COA Photography Club! Whether you just use the camera on your phone, or have a 'fancy' camera with multiple lenses, there is always so much more to learn about the wonderful world of photography. The Club has a friendly and enthusiastic group of members with a wide range of photographic experience who love to share 'tips and tricks' and their passion for photography. If you want to know what an 'f-stop' is, or what an 'ISO setting' does, or just want to get helpful feedback on your photos, then this is the group for you!

GROUP: World History Book Discussion
Wednesdays, November 6th and December 4th
1:00 – 2:30 p.m.



Facilitator: COA Volunteers, Terry Catchpole and Stephen Maire

Participants discuss books covering facets of the broad sweep of world history. Coming up:

- **November 6, 2024** - *The Lost City of Z - A Tale of Deadly Obsession in the Amazon*, by David Grann (277 pages).
- **December 4, 2024** - *Red Memory - The Afterlives of China's Cultural Revolution*, by Tania Branigan (300 pages).
- **January 8, 2025** - *Getting Out of Saigon - How a 27-Year-Old Banker Saved 113 Vietnamese Civilians*, by Ralph White (320 pages).
- **February 5, 2025** - *Fifth Sun - A New History of the Aztecs*, by Camilla Townsend (336 pages).
- **March 5, 2025** - *The Naked Neanderthal - A New Understanding of the Human Creature*, by Ludovic Slimac (208 pages).
- **April 2, 2025** - *Unsinkable - Five Men and the Indomitable Run of the USS Plunket*, by James Sullivan (416 pages).

GROUP: My Two Cents - Today's Current Affairs Chat
Thursdays, November 7th and December 5th
1:00 – 2:00 p.m.



Facilitator: COA Volunteer, Terry Catchpole

Statehouse vs. City Hall. These are the type of headline happenings discussed in this free-flowing, open-ended in-person chat group. Your two cents, his or her two cents, everyone's two cents encouraged and welcome. All in a polite, respectful, collegial environment. Opinions, yes; arguments, no! Come tell us what's on your mind!

GROUP: Great American Poems Discussion
Wednesdays, November 13th and December 11th
1:00 – 2:30 p.m.



Facilitator: COA Volunteer, Terry Catchpole

Come and enjoy reading from and discussing the finest poems by our most-loved poets! No special skills or knowledge required. Just love of brilliant language and provocative thought. Coming up:

- **November 13, 2024** - *Selected Poems #1*, by Emily Dickinson (Dover Thrift Edition)
- **December 11, 2024** - *Selected Poems #2*, by Emily Dickinson (Dover Thrift Edition)
- **January 15, 2025** - *Paradise Lost #1*, by John Milton
- **February 12, 2025** - *Paradise Lost #2*, by John Milton
- **March 12, 2025** - *Favorite Poems #1*, William Wordsworth (Dover Thrift Edition)
- **April 9, 2025** - *Favorite Poems #2*, William Wordsworth (Dover Thrift Edition)

GROUP: Breakfast Club
Thursdays, November 14th and December 12th
8:00 – 9:30 a.m.
Captain Marden's



Join friends and neighbors from the COA for a fun and delicious breakfast at Captain Marden's in Wellesley. Registration is required and the group will meet at the restaurant located at 279 Linden Street. Each participant is responsible for the cost of their meal. Sign-ups will close one day in advance.

GROUP: Shakespeare Discussion
Wednesdays, November 20th and December 18th
1:00 – 2:30 p.m.
Facilitator: COA Volunteer, Terry Catchpole



Participants read from and discuss works of the world's greatest playwright! Join the fun and celebrate your inner thespian! No expertise required. Coming up:

- **November 20, 2024** - *Troilus and Cressida*, Acts One and Two
- **December 18, 2024** - *Troilus and Cressida*, Acts Three, Four and Five
- **January 22, 2025** - *Midsummer's Night's Dream*, Acts One and Two
- **February 19, 2025** - *Midsummer's Night's Dream*, Acts Three, Four and Five
- **March 19, 2025** - *Pericles*, Acts One and Two
- **April 16, 2025** - *Pericles*, Acts Three, Four and Five

GROUP: American Literary Classics Book Discussion
Wednesday, November 27th
1:00 – 2:30 p.m.



Facilitator: COA Volunteer, Terry Catchpole

You know that great American play or novel you always wanted to read...or re-read from 30 years back? Here's your chance! This discussion program each month focuses on a single great work by an American author. Coming up:

- **November 27, 2024** - *Death Comes for the Archbishop*, by Willa Cather (256 pages)
- **No December meeting**
- **January 29, 2025** - *In Cold Blood*, by Truman Capote (343 pages)
- **February 26, 2025** - *The Bell Jar*, by Sylvia Plath (245 pages)
- **March 26, 2025** - *The Color Purple*, Alice Walker (288 pages)
- **April 23, 2025** - *Fences*, August Wilson (101 pages)

PROGRAMS/OUTREACH/RESOURCES

OUTREACH

GROUP: Social Connections

**Tuesdays, November 5th, 12th, 19th, 26th
and December 3rd, 10th, 17th
11:00 a.m. – 12:00 p.m.**

As we age, friendships remain important to help improve happiness and health, however making and maintaining friendships can become more difficult in later life. The goal of this group is for participants to build up a network of new social connections in Wellesley.

GROUP: Men in Retirement

**Wednesdays, November 6th, 13th, 20th, 27th
and December 4th, 11th, 18th
2:00 – 3:00 p.m. Open to ALL!**

This group now meets once a week in an open discussion format. Topics focus on building up a healthy retirement lifestyle while adapting to changes inherent with the aging process and loss of a professional role. **All are welcome.**

GROUP: Women in Retirement

**Thursdays, November 7th, 21st and
December 5th, 19th
2:00 – 3:00 p.m. Open to ALL!**

Participants will meet twice a month in a group for retired women who are looking to connect with others and discuss navigating the changes of daily life. The open discussion format offers an opportunity to build new connections and learn from others who share common joys, challenges, or ideas to enhance your retirement years. **All are welcome.**

 **Donuts & Coffee with Wellesley Police
Thursday, November 7th and
Tuesday, December 17th
9:00 – 10:30 a.m.
Mary Bowers Café**



Come support the Wellesley Police Department and learn about various scams targeting older adults in Wellesley, ask questions about specific law enforcement topics, or enjoy a donut and listen!

VOLUNTEER and receive up to \$1,500 off your Property Taxes!

The Town of Wellesley invites homeowners who are both age 60+ and income eligible to apply for the Senior Work Off Program. This is an opportunity to volunteer with the Town and in exchange, earn **up to \$1,500 off real estate taxes**. Income thresholds for a one-person household is \$55,382 and a two-person household is \$83,073. **Applications are available to be downloaded on-line or call Town Hall Assessor's office at (781) 235-1019 x2272.**

FINANCIAL ASSISTANCE Towards Winter Heating Bills

The Low Income Home Energy Assistance Program (LIHEAP) is now open! Homeowners who are income eligible are awarded a credit towards their home energy costs for electric, oil or gas. Income thresholds must be under \$45,392 for a one-person household and under \$59,359 for a two-person household. **For more questions or to schedule a time to complete an application, please call COA Social Worker Kate Burnham at 781-235-3961**

Scholarship Funds Available:

Funds are available to subsidize or pay for COA classes, activities, lunches, or programs for Wellesley residents. Contact our outreach/social worker at **781-235-3961** or kburnham@wellesleyma.gov for further assistance.



GET
your
FLU SHOT



Town of Wellesley Flu Shot Clinic

**Wednesday
November 13, 2024
9:30-11:00 a.m.**

Council on Aging (Tolles Parsons Building)
500 Washington Street

Ages 16+. Walk-ins are welcome but registration is recommended. Visit the Health Department website to register or for more information.

www.wellesleyma.gov or use the QR code:
Anyone age 65+ is eligible to receive a high-dose vaccine.





Friends of the WELLESLEY COUNCIL ON AGING

OUR MISSION is to enrich the lives of Wellesley Citizens aged 60 and over by providing financial support for enhanced facilities, programs, activities, and other needs for the Wellesley Council on Aging.

Tolles Parsons 3rd Annual Community Health & Wellness Fair

ANNUAL HEALTH FAIR OF VALUE TO ALL

The 3rd annual Health & Wellness Fair at the Council on Aging that took place on October 17th featured over 40 exhibitors presenting information regarding the latest trends in fitness and nutrition, health screening, home health care, residential living opportunities, legal and financial information, and guidance to navigate Medicare and Medicaid. Health Screening sessions included vision and eye pressure testing, vascular care and testing, stretching therapy, massage therapy, dental health and nutrition guidance.

The Friends of the Wellesley Council on Aging wish to extend our appreciation to all of the exhibitors, to the staff of the COA, and to all the volunteers who provided wonderful support in preparing for and hosting the event. And again this year, many exhibitors expressed their gratitude for the welcoming and helpful environment that has them returning to the Council on Aging each year.

Thank you to our generous donors!

2024 Corporate Donors and Circle of Friends

Platinum Sponsor **\$1000 +** Gold Sponsor **\$500** Silver Sponsor **\$250** Bronze Sponsor **\$100**

Platinum Sponsors

Captain Marden's
Jarvis Appliance
Needham Bank

Gold Sponsors

Mature Care Givers
Newton Wellesley Hospital
North Hill
Riverbend of South Natick
Sun Life Financial

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"Be A Friend" Contribute to the Friends of Wellesley Council on Aging to support the valuable programs and services offered to the residents of Wellesley age 60 and over.

For payment by check, please use form below



Donate online at www.wellesleyfriendscoa.org/donate

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Checks should be made payable to the "Friends of the Wellesley Council on Aging" and mailed to:
Friends of Wellesley Council on Aging, P.O. Box 812422, Wellesley, MA 02482

*Please attach a separate sheet of paper if your contribution is made for a specific purpose, such as in honor or in memory of a loved one.
 For more information about the **Friends of Wellesley Council on Aging** or to volunteer, please visit: www.wellesleyfriendscoa.org.
 The Friends of Wellesley Council on Aging is a registered 501(c)(3) non-profit charitable organization. Tax ID# 46-2371545

(No personal information will be used or shared for commercial purposes.)

Almira N. Simons Fund This is a private fund which provides financial assistance to Wellesley residents age 60 and over who are in need. Home repair, adaptive equipment, medical bills, and limited home care are just a few examples of the kinds of things with which the fund can help. Contact the Wellesley COA Health and Social Services Administrator (Outreach Worker) to discuss the completion of a Simons Fund application. The completed application should be forwarded to the Wellesley Council on Aging to the attention of "The Friends of the Wellesley Council on Aging."



FRIDAY MOVIES *With Marie*

Join us on Fridays for a movie at the COA, hosted by Wellesley resident Marie Brown. Marie will bring her extensive knowledge and passion for movies to facilitate movie-focused discussions prior to and post-movie. We will have popcorn and other movie snacks available.

NO : 012345

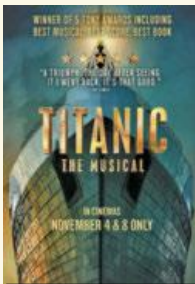
★ FRIDAY ★
MOVIE
TICKET



NOVEMBER

Reel Talk
Fridays 1:15 p.m.

NOVEMBER 1st | Musical | PG-13 |



Titanic The Musical (2023)

A stunning and stirring production focusing on the hopes, dreams, and aspirations of her passengers who each boarded with stories and personal ambitions of their own.
2h 25m

NOVEMBER 8th |

**No Movie
Veterans Day Program**



NOVEMBER 15th | Drama/History | PG-13 |



Shirley (2024)

Shirley Chisholm makes a trailblazing run for the 1972 Democratic presidential nomination after becoming the first Black woman elected to Congress.
1h 57m

NOVEMBER 22nd | Sport/Drama | PG-13 |



The Beautiful Game (2024)

Advocates to end homelessness, organize an annual tournament for homeless men to compete in a series of football matches known as The Homeless World Cup.
2h 5m

NOVEMBER 29th |

No Movie – Game Show Program



DECEMBER

Reel Talk
Fridays 1:15 p.m.

DECEMBER 6th | Sport/Action | R |



Ferrari (2023)

Set in the summer of 1957, with Enzo Ferrari's auto empire in crisis, the ex-racer turned entrepreneur pushes himself and his drivers to the edge as they launch into the Mille Miglia, a treacherous 1,000-mile race across Italy.
2h 12m

DECEMBER 13th |

**No Movie
Holiday Lunch and Carolers**



DECEMBER 20th | Comedy/Romance | R |



Made in Italy (2020)

A bohemian artist travels from London to Italy with his estranged son to sell the house they inherited from their late wife/mother.
1h 34m

DECEMBER 27th | Sci-fi/Drama | PG-13 |



First Man (2018)

A look at the life of the astronaut, Neil Armstrong, and the legendary space mission that led him to become the first man to walk on the Moon on July 20, 1969.
2h 21m

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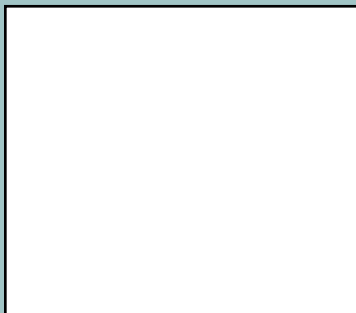
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I am juggling so much with caregiving – is there help for me?



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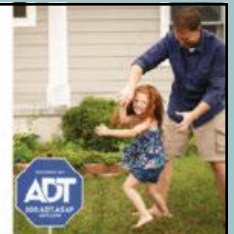
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The COA occasionally schedules events and/or trips outside of normal business hours.

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Town of Wellesley Flu Shot Clinic
Wed., November 13, 2024
9:30-11:00 a.m.

Council on Aging
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www.wellesleyma.gov or use the QR code:
Anyone aged 65+ is eligible to receive a high-dose vaccine.



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See page 16 for more details.

COA In Person/Drop in Activities

Rooms are reserved for each of these programs and we look forward to your attendance. All activities are **drop-in** Monday–Friday 9 a.m. – 4 p.m. unless otherwise noted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 4:00 Billiards	9:00 – 12:30 Card/Game/Billiards	9:00 – 11:30 Community Service Bears	9:00 – 12:30 Card/Game/Billiards	9:00–4:00 Billiards
9:00 – 12:30 Card/Games	10:00 – 12:00 Billiards Match	9:00 – 12:30 Bridge Group	9:30 – 11:30 Veteran Card Writing	9:15 – 10:15 Walking Group <i>Meet at Morses Pond</i>
9:15 – 10:15 Walking Group	12:30 – 4:00 Cribbage Groups	9:00 – 4:00 Card/Game/Billiards	10:00 – 12:00 Billiards Practice	12:30 – 4:00 Ping Pong
12:30 – 4:00 Ping Pong		9:15 – 10:15 Walking Group	12:30 – 4:00 Mah Jongg	12:30 – 4:00 Mexican Dominoes
		10:00 – 11:00 Keep Well at TPC (First and Third)	1:00 – 3:00 BINGO (Third Thursday)	1:00 – 3:30 Painting
		12:30 – 4:00 Scrabble Group	2:00 – 4:00 Knitting Group	