



## **Valentine's Brunch**

**Friday, February 13th  
11:00 a.m.**

Let's gather for a Valentine's Brunch that's all about good food, warm conversation, and a cheerful start to the day. We'll have a festive setting and a musical performance perfect for celebrating the season. Come enjoy a cozy mid-morning gathering and treat yourself to a little Valentine fun.

**Details on page 6.**

## **Chinese New Year**

**Thursday, February 19th  
12:00 p.m.**

### **Year of the Horse**

Join us as we welcome Chinese New Year with a fun and engaging celebration. We'll highlight the customs and meaning behind the holiday, and enjoy the sense of togetherness that comes with a fresh start on the lunar calendar. It's a warm and inviting way to celebrate the new year as a community. We'd be delighted to have you with us.

**Details on page 6.**



## Wellesley Council on Aging Staff

### OPEN

Director of Senior Services

**Kathryn Savage**, Assistant Director  
ksavage@wellesleyma.gov

**Kate Burnham**, LICSW  
Health and Social Services Administrator  
kburnham@wellesleyma.gov

**Andria DeSimone**, Office Administrator  
adesimone@wellesleyma.gov

**Kevin McDonald**, Senior Activities Coordinator  
kmcDonald@wellesleyma.gov

**Susan Avakian**, Department Assistant  
savakian@wellesleyma.gov

**Sarah Paglione**, Activities Assistant  
spaglione@wellesleyma.gov

**Nancy Hill**, Activities Assistant  
nhill@wellesleyma.gov

### OPEN

Volunteer Coordinator

**Andy Bigham**, Bus Driver

**Jeanie Clark**, Bus Driver

**Rod Nangle**, Bus Driver

**Rick Waldman**, Bus Driver

**Dana Wilson**, Bus Driver

**Dawnmarie Cole**, Custodian FMD

## Wellesley COA Board of Directors

**Judy Gertler**, Chair

**Peter Grape**, Vice Chair

**Patricia Decker**, Secretary

**Patty Chen**

**Timothy Fulham**

**Bernard Horan**

**Margaret Lyne**

**Robert McCarthy**

**Corinne Monahan**

**Barbara Searle**

**Tina Wang**

## COA Board Meeting Dates

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

**Thursday, January 15th at 4:00 p.m.**

**Thursday, February 19th, at 4:00 p.m.**

Additional meetings will be posted as needed.  
Start time subject to change.

## 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](http://www.wellesleycoa.org)

[coa@wellesleyma.gov](mailto:coa@wellesleyma.gov)



## Celebrating Wellesley

Look for our new **"Celebrating Wellesley"** graphic throughout the newsletter! This special marker highlights programs that showcase our town — from local history and community voices to events featuring Wellesley traditions and vendors. When you see the logo, you'll know it's something proudly rooted in Wellesley.

## Wellesley COA Mission Statement:

The Wellesley Council on Aging serves as the community resource for Wellesley's older adult 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 January/February 2026

### Wellesley Residents:

Starting Tuesday, **December 30th at 9:00 a.m.**

### Non-Wellesley Residents:

Starting Wednesday, **December 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](http://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**





## Go Green

If you are currently receiving a Council on Aging newsletter but no longer wish to receive a paper copy, please consider opting out. You may opt-out by phoning the COA or fill out the survey at this QR link.

Online copies will always be available.



## COUNCIL ON AGING *Happenings*

**Key Tech**  
**Your iPhone's Built-in Notepad**  
**Mondays, January 5th or 26th**  
**1:30 p.m.**  
**Cost: \$5**



Learn how to use the Notes app to jot down ideas, make checklists, scan documents, and keep your thoughts organized. This class covers everything from creating simple notes to sharing and collaborating with others using iCloud. **Registration required. Max: 20**

**Understanding Blood Pressure:**  
**What the Numbers Really Mean**  
**Tuesday, January 6th**  
**1:30 p.m.**  
**Jane Barr, RN**



NEWTON-WELLESLEY  
HOSPITAL

Join Jane Barr, RN from Newton-Wellesley Hospital, for an informative session on managing and maintaining healthy blood pressure. Jane will explain what your numbers mean, how lifestyle choices affect your heart health, and simple steps you can take to reduce your risk of hypertension. This engaging talk is perfect for anyone looking to better understand their health and take charge of their well-being. **Registration required.**

**Brain Health & Awareness Presentation**  
**Wednesday, January 7th**  
**1:30 p.m.**  
**Norma Milligan**



Join Norma Milligan, Senior Regional Manager of Programs & Services for the Alzheimer's Association, Massachusetts/New Hampshire Chapter, for an enlightening talk on brain health. Norma will share the latest research on cognitive wellness and discuss Brain Healthy Habits that can help reduce risk and support long-term mental vitality. Learn how daily choices around nutrition, exercise, sleep, and social connection can strengthen brain health at any age. Don't miss this empowering and informative program! **Registration required.**

**Longevity & Healthspan:**  
**Living Well for the Long Run**  
**Thursday, January 8th**  
**1:30 p.m.**  
**Dr. Jane Yu,**  
**Primary Care Physician**



Dr. Jane Yu, Primary Care Physician at Wayland Personal Physicians, presents an informative program on maintaining health and vitality as we age. Dr. Yu will discuss common health concerns for older adults—such as heart disease, cancer, and dementia—along with the latest recommendations for prevention and wellness. Topics will include blood pressure management, the truth about popular diet plans and supplements, and practical strategies for supporting brain health. The session will conclude with an open Q&A. A great opportunity to learn how to live longer—and live better! **Registration required.**

**Meditation to Soothe the Soul**  
**Thursdays,**  
**January 8th, 15th, 22nd, 29th**  
**and February 5th, 12th, 19th, 26th**  
**10:00 a.m.**  
**Diane Anderson, COA Volunteer**



Join COA Volunteer Diane Anderson for a gentle meditation and support group exploring the RAIN practice (Recognize, Allow, Investigate, Nurture). This simple yet powerful approach helps ease stress, process emotions, and build resilience. Each session includes guided meditation and optional sharing in a supportive, welcoming space. Open to all—no prior meditation experience needed. **Registration required. Max: 10**





## Meet the Outreach Manager for Congresswoman Katherine Clark

**Tuesday, January 13th**

**1:30 p.m.**

**Jay Higgins, Outreach Manager**

Join us for an informative session with Jay Higgins, Outreach Manager for Democratic Whip Katherine Clark (MA-05.) Jay will share updates from Capitol Hill and discuss how the Congresswoman's office supports local communities, seniors, and constituents throughout the district. This is a great opportunity to learn more about federal resources, ask questions, and stay connected with what's happening in Washington.

**Registration required.**



## Peace and Love for the New Year Piano Performance

**Tuesday, January 20th**

**1:30 p.m.**

**Michael Leidig, Pianist**



Join us for an afternoon of music performed on the piano by Michael Leidig, who performs throughout New England. The theme of his program will be music connected to the themes of peace and love and will include a blend of well-known jazz, classical, and pop music. Michael weaves interpretations of a wide variety of music from jazz greats like Louis Armstrong, Nat King Cole and Sinatra to popular rock artists such as Burt Bacharach, The Beatles and Elvis to classical composers including Chopin, Mozart and Pachelbel. Come in and enjoy this winter musical performance!

**Registration required.**

## Sing along with Marie Brown!

**Wednesday, January 14th**

**1:30 p.m.**

**Marie Brown, COA Volunteer**

Do you miss the "oldies but goodies"—songs from the 50's and 60's? Then join volunteer Marie Brown for her SING ALONG! Gather with Marie to sing some of your favorite "hits." Don't worry about remembering the lyrics—we'll show them on the movie screen. And, as the custom was in the old days, you'll have an opportunity to dedicate a song to someone. Maybe not a boyfriend or girlfriend now, but instead perhaps a granddaughter or grandson! And with Marie as host, you know—there will be candy! **Registration required. Max: 30**



**Celebrating Wellesley**



## American Art at 250: Masterworks of a Nation

**Wednesday, January 21st**

**1:30 p.m.**

**Jane Oneail, Culturally Curious**

**ZOOM**



Join us in celebrating America's extraordinary artistic legacy as we commemorate our nation's 250th anniversary with a curated exploration of the masterworks that have defined our cultural identity. From the luminous landscapes of the Hudson River School to the bold innovations of Abstract Expressionism, this program showcases the diverse voices and revolutionary spirits that have shaped American art across two and a half centuries. Discover how American artists have continuously redefined not only our visual culture, but art itself on the world stage. **Registration required.**

## Alaska - The Last Frontier

**Thursday, January 15th**

**1:30 p.m.**

**Barry Pell, Photojournalist  
and World Traveler**



Alaska, our 49th state and the largest in the United States, was considered a waste of money when it was purchased from Russia after the Civil War for about three cents an acre. But in the subsequent decades, its natural resources (including salmon and oil) were recognized, together with its immense beauty, as a national treasure. The lecturer, Barry Pell, recently traveled in Alaska by rail on the historic Alaska Railroad, by sea on the archipelago of protected islands known as the Inside Passage, and by air to grasp the enormity of the land from above. In this program, he will take you on this journey across the landscape of cedar and spruce forests, snow white mountains, and blue-green glaciers that is home to a menagerie of birds and animals. The state is also the ancestral home of indigenous tribes, particularly the Tlingit, whose craftsmanship in woodcarving is expressed in richly decorated clan houses and symbolic totem poles.

**Registration required.**

## Bingo

**Thursdays, January 22nd  
and February 26th**

**1:15 - 2:45 p.m.**

**Patricia Thames, COA Volunteer**



Join us for a friendly and fun bingo competition. Get to know your fellow patrons and win prizes in a convivial and lively atmosphere led by Patricia Thames, and other COA volunteers! **Registration required. Max: 24**

## Hypertension and Reducing Salt in Your Diet

**Tuesday, January 27th**

**1:30 p.m.**

**Lauren Abeles,  
Registered Dietician Nutritionist**



Hypertension, or high blood pressure, increases the risk of heart attack, stroke, kidney disease and other health problems. Many people develop hypertension due to lifestyle factors such as high sodium intake, chronic stress, or lack of physical activity. This program will explain how lowering salt can significantly improve heart health. It will also provide practical guidance on where sodium is coming from in our diet, choosing low-sodium foods including the DASH diet plan, and ideas for preparing flavorful meals with less salt. **Registration required.**

## Indoor Cornhole Tournament

**Wednesday, January 28th**  
**1:30 – 3:00 p.m.**

**Patricia Thames, COA Volunteer**

Cornhole is back this winter at the COA! Join us for exercise, fun and excitement during this indoor tournament.

No experience is necessary to play!

Refreshments will be served and prizes will be awarded.

**Registration required. Max: 16**



**Celebrating Wellesley**



## THREE PART SERIES Making Sense of the Political World

**Thursdays, January 29th and February 5th, 12th**  
**1:30 p.m.**

**Rick Tulipano, Historian and Author**

Why is America so divided? Why are so many nations at odds with each other? In this three-part series (which strives to be as objective as possible), we'll explore the current state of our world with revealing graphics and clear, straightforward commentary.

### PART ONE:

**How is a Liberal Different from a Conservative?**

**Thursday, January 29th**  
**1:30 p.m.**

What do the terms "left-wing" and "right-wing" mean? What separates populism from progressivism? In this talk, we'll demystify dozens of political terms using clear language and illuminating examples. **Registration required.**

### PART TWO:

**Why and How Political Parties Developed in America?**

**Thursday, February 5th**  
**1:30 p.m.**

Ever wonder why there are just two main parties? Or how the Electoral College works (or if it's even needed)? In this talk, we'll answer all of those questions (and several more) as we shed some light on America's democratic republic. **Registration required.**

### PART THREE:

**Politics in the 21st Century**

**Thursday, February 12th**  
**1:30 p.m.**

Politics in the 21st century is supposed to be the most enlightened period in human history. Yet, we live in a terribly divided world: China vs Taiwan; Russia vs Ukraine; North Korea vs South Korea; Iran vs Israel, and so on. How did it come to this? In this final talk of our series, we'll explain the geo-political state of our planet. **Registration required.**



## The Joys of Bird Feeding

**Tuesday, February 3rd**  
**1:30 p.m.**

**Tia Pinney, Mass Audubon**

Mass Audubon senior naturalist Tia Pinney will discuss different feeder types, the best seed, the birds they'll attract, how to outsmart squirrels, and other ways to encourage birdlife into your yard and community. **Registration required.**

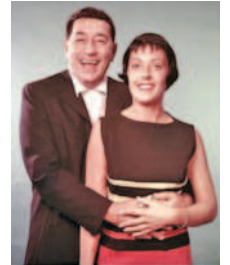


## Louis Prima and Keely Smith

**Wednesday, February 4th**  
**1:30 p.m.**

**Frank King, former WBUR Radio Host**

Join us for a program given by Frank King who will focus on the dynamic duo of LOUIS PRIMA & KEELY SMITH. You'll learn about - and listen to - Louis' roller-coaster music career before he met Keely; his funny hit records from the 1940's; how they first teamed up in Virginia Beach; how Louis & Keely lit up the Casbah Lounge at the Sahara Hotel and made it THE place to be seen in Las Vegas; the story behind their biggest hit, "That Old Black Magic"; and the story of their personal lives, including after they split up. **Registration required.**



## Kev Tech

**Staying in Touch Using Phone, Messages, and FaceTime**

**Mondays, February 9th or 23rd**  
**1:30 p.m.**

**Cost: \$5**

This class focuses on using the iPhone and iPad to stay in touch with friends and loved ones. We will learn about sending texts in Messages, managing contacts in Phone, and setting up video calls in FaceTime. We will also learn to use Siri to make calls and send messages.

**Registration required. Max: 20**



## Great Love Songs Piano Performance

**Tuesday, February 10th**  
**1:30 p.m.**

**David Sparr, Pianist**

Join us for a nostalgic trip of falling in love in the 40s, 50s and early 60s during a piano performance by David Sparr. The selection of music will focus on songs about love that were released from 1944 – 1964. David will also share entertaining commentary about the songs included in this special musical performance about love! **Registration required.**



## 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.





**Grandparenting Today: Staying Connected Across Generations**  
**Wednesday, February 11th**  
**1:30 p.m.**  
**Joan Geltman, MS**



Family expert Joani Geltman, MS will present an engaging and insightful seminar designed for today's grandparents. Explore how to bridge the tech and culture gap between generations, support your adult children, and strengthen bonds with your grandkids. Learn strategies for connecting with different personalities, creating healthy boundaries, and managing screen time — all with humor and heart. **Registration required.**

**Valentine's Brunch**  
**Friday, February 13th**  
**11:00 a.m.**



Let's gather together for a hearty and delicious brunch to celebrate Valentine's Day. Valentine sweets and treats and live music will add to the festive atmosphere of this special event. We look forward to celebrating with you! **Registration required. Max: 55**

**Understanding Scams in the Age of AI and How to Protect Yourself**  
**Tuesday, February 17th** **Edward Jones**  
**1:30 p.m.**



**Alex Wong, Co-Founder, My Care Community**  
**Gary Shilman, Financial Advisor, Edward Jones**

This session explores how artificial intelligence is transforming modern scams and increasing risks for seniors and everyday consumers. Participants will learn to recognize AI-driven frauds such as voice cloning, fake websites, and deepfake impersonations—alongside traditional schemes like tech-support, investment, and romance scams. The presentation offers practical tips to spot red flags, safeguard personal information, and respond confidently to suspicious messages or calls. **Registration required.**



Alex Wong Gary Shilman

**Beyond White Picket Fences**  
**Wednesday, February 18th**  
**1:30 p.m.**



**Celebrating Wellesley**

**Catherine Simpson Bueker,**  
**Author, Professor of Sociology**



Join Wellesley resident Catherine Bueker as she discusses her book *Beyond White Picket Fences*. In her book, Bueker examines the changing face of Wellesley, MA, tracing how Italian, Jewish, Chinese, and other residents shaped (and were shaped by) our town's social landscape. Using interviews, archives, and field work, Bueker illustrates how newcomer groups retained their cultural identities, challenged discrimination, and transformed a community once seen as the quintessential "white picket fence." A timely read for anyone interested in local history and the evolving story of community. **Registration required.**

**The People's Painter: Jacob Lawrence and the Black American Experience**  
**Wednesday, February 18th**  
**1:30 p.m.**  
**Jane Oneail,**  
**Culturally Curious**



**ZOOM**

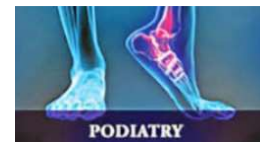
Jacob Lawrence's bold, angular compositions and vibrant tempera colors transformed American art by giving visual form to the African American experience with unprecedented power and dignity, from his groundbreaking Migration Series to his dynamic depictions of Harlem life. His distinctive style—marked by flattened figures, rhythmic patterns, and jewel-like hues—created a uniquely American visual language that captured both the struggle and resilience of Black communities during the Great Migration and beyond. By examining his masterful storytelling technique and his role in the Harlem Renaissance, this program reveals how Lawrence became not just a chronicler of American history, but a revolutionary force who expanded the very definition of what American art could be and whose stories it could tell. **Registration required.**

**Chinese New Year Celebration**  
**Thursday, February 19th**  
**12:00 p.m.**



Join us at the Tolles Parsons Center as we celebrate the **Chinese New Year – the Year of the Horse!** Enjoy a lively afternoon of traditional music, colorful performances, and authentic Chinese cuisine. Discover the customs that make this cherished holiday a time of renewal, community, and good fortune. Come share in the joy and spirit of the Lunar New Year as we gallop into a new season of strength and harmony! **Registration required.**

**Podiatry Clinic**  
**Friday, February 20th**  
**9:15 a.m. – 12:15 p.m.**  
**Dr. Alissa Kuizinas, Podiatrist**



Dr. Kuizinas is offering 15-minute podiatry appointments at the COA in Wellesley. The cost of the appointment is \$45 and is directly payable to Dr. Kuizanas by check, cash or credit card. **Registration required.**



**COA Staff**

## CLASS: Knitting

Tuesdays, January 6th – February 24th

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

All Abilities Knitting: 1:30 p.m. – 3:00 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 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. 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. New participants will be put in touch with the instructors to determine the appropriate level of class.

Registration required. Max: 14 for each class.

## ECONOMY WATCH:

A Financial Discussion Group

Fridays, January 9th, 23rd and

February 6th, 20th

10:30 a.m.

This group is designed to create a welcoming and informative space to discuss and better understand current economic trends and financial topics that affect seniors' lives. The group will focus on education, resource-sharing, and peer conversation — not individual financial advice. Important Note: This group is strictly for educational and discussion purposes. It will not offer personalized financial advice or investment recommendations. Registration required. Max: 10

## CLUB: COA Photography

Mondays, January 12th, 26th

and February 9th, 23rd

10:30 a.m. – 12:00 p.m.

Photo Credit: Terry Horrigan



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 want to share 'tips and tricks' and their passion for photography.



# MATCH THE Movie Quotes



## ANDRIA'S MOVIE QUOTES



"There's no place like home."  
"Here's looking at you, kid."  
"You're going to need a bigger boat."  
"You can't handle the truth!"  
"I'm going to make him an offer he can't refuse."

Casablanca  
The Godfather  
The Wizard of Oz  
A Few Good Men  
JAWS



## ONE-ON-ONE TECHNOLOGY ASSISTANCE

Tuesdays

12:30 – 3:30 p.m.

Lois Clayson,  
Technology Consultant

Cost: \$25



If you need technical assistance with your cell phone, laptop, etc., please call the COA at **781-235-3961** to schedule a 45-minute appointment. Lois has been running her private consulting practice for over 27 years. We are grateful Lois has generously offered her services to the Wellesley Council on Aging members at this significant discount. **Appointments are non-refundable.**



Shaved Ice Treats from the Kona Truck



Popovers at the COA



# Transportation



## Volunteer Driver Program

Now accepting rides. Please note that booking availability is limited and whenever possible rides should be made at least 5 business days in advance. Staff will make every effort to accommodate all requests, however, the program depends upon volunteer availability. To schedule a ride or get further details, please contact Kathy Savage at the COA at **781-235-3961** or [ksavage@wellesleyma.gov](mailto:ksavage@wellesleyma.gov).

## 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.**

### Current service areas include:

- All addresses within Wellesley
- Waban MBTA Green Line Station
- Newton Wellesley Hospital
- Woodland MBTA Green Line Station

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@mwrt.com](mailto:info@mwrt.com).

## 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](mailto:ksavage@wellesleyma.gov) or call **781-235-3961**.



## New COA Bus Drivers Please welcome Andy Bigham and Rod Nangle



Andy Bigham is a retired public water industry leader with a 26-year corporate career focused on sales, management, and community service.

A Wellesley native, he played football at Wellesley High School, captained the lacrosse team at Westfield State University, and later earned his MBA from Northeastern University. He continued playing club lacrosse into his 50s, coached many youth teams, later serving as a referee. In retirement, Andy is an avid sailor and achieved a major milestone crewing on the winning boat in the 2025 Marion to Bermuda Sailboat Race.



Rod Nangle spent most of his career in the advertising industry, working within creative services to bring ideas to life. Currently, Rod works at Wellesley Media and also serves as a freelance videographer for the Media Services department at a local college.

So why drive a bus? Rod's great-aunt's husband, Ed Dana—fondly known as "Mr. MTA"—was General Manager of the Boston Elevated Railway and later the Metropolitan Transit Authority for decades. His legacy inspired Rod's interest in transportation, and if he hadn't pursued advertising, the transportation industry would have been his second calling. The COA bus drivers are a terrific team, and it's been a pleasure for Rod getting to know and working alongside them. Beyond his career, Rod's greatest fulfillment comes from time with family, staying active on the tennis court, and immersing himself in historical literature.



# COA LUNCH





**Meals are \$6 for Wellesley residents and \$12 for non-Wellesley 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.

**Please note the following update and reminder concerning our Lunch Program. Effective immediately, lunches will no longer be available to be taken out. The COA Lunch Program was established to provide congregate meals and socialization to patrons sixty years old and older. The program is intended to encourage socialization among our patrons in person while enjoying a healthy meal. Additionally, due to staffing and food safety regulations, it is not feasible for our center to provide take-out meal service to patrons.**

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

JAN.	TUESDAY -6-	WEDNESDAY -7-	THURSDAY -8-	FRIDAY -9-
	Fish cake, peas, carrots & cornbread	Salmon & potato pie with broccoli & cornbread	Baked haddock with herb stuffing. honey-glazed carrots & cornbread	Tuna salad wrap, green beans & cornbread
	-13- Spinach quiche, chicken noodle soup & blueberry muffin	-14- Broccoli cheddar quiche, chicken lemon rice soup & plain croissant	-15- Ham/Mushroom quiche, chicken lemon rice soup & pumpkin muffin	-16- 1/2 Chicken tarragon sandwich, chicken vegetable soup & chocolate chip cookies
	-20- Chef salad with turkey, ham, roast beef, and provolone cheese	-21- Vegetable omelet & a fruit cup	-22- Steak and cheese grinder & garden salad	-23- Grilled chicken caesar wrap & chips
	-27- Isabella sandwich on whole wheat & a cookie	-28- Turkey, stuffing, cranberry sauce, lettuce, mayonnaise on a small roll with a cookie	-29- Grilled chicken breast wrap with balsamic dressing, field greens, feta cheese, black olives, tomatoes, cucumber & chips	-30- Meatball sub with provolone cheese & a cookie

FEB.	TUESDAY -3-	WEDNESDAY -4-	THURSDAY -5-	FRIDAY -6-
	Baked haddock with herb stuffing. honey-glazed carrots & cornbread	Tuna salad wrap, green beans & cornbread	Salmon & potato pie with broccoli & cornbread	Fish cake, peas, carrots & cornbread
	-10- Cranberry chicken wrap & a Cookie	-11- Egg salad BLT wrap with cucumber, red onion, red & green pepper & a cookie	-12- Crushed avocado, lime juice, cilantro, grilled chicken breast, tomato, lettuce & a cookie	-13- <b>NO LUNCH</b>
	-17- Sliced turkey breast wrap with lettuce, tomato, mayonnaise & cranberry sauce wrap with chips	-18- Shrimp broccoli alfredo & a garden salad	-19- <b>NO LUNCH</b>	-20- Roast beef sandwich on a roll with small tossed salad & chips
	-24- 1/2 vegetarian calzone & Cape Cod potato chips	-25- Turkey bacon wrap & chips	-26- Grilled chicken caesar wrap & chips	-27- Chef salad with turkey, ham, roast beef, and provolone cheese

# JANUARY 2026 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			-1-	-2-
<div> <div></div> <div><b>VIRTUAL</b></div> </div> <div> <div></div> <div><b>IN PERSON</b></div> </div>	 <p><b>See Back Cover</b> For Drop In Activities not reflected in the calendar.</p>		<p><b>The Tolles Parsons Center is CLOSED in Observance of NEW YEAR'S DAY NO ACTIVITIES</b></p>	
-5-	-6-	-7-	-8-	-9-
<p>9:15 Fit for Life</p> <p>10:30 Core and More</p> <p>12:00 All Levels Yoga</p> <p>1:30 Watercolor for All – Class One</p> <p>1:30 KevTech</p> <p>2:30 Chair Yoga</p>	<p>9:15 Seated Strength &amp; Balance</p> <p>9:15 Yoga for Better Balance</p> <p>10:00 Experienced Knitting</p> <p>10:30 Tai Chi</p> <p>11:00 Social Connections</p> <p>1:30 All Abilities Knitting</p> <p>1:30 Understanding Blood Pressure</p>	<p>9:15 Hi Low Fitness</p> <p>10:00 Keep Well Clinic</p> <p>12:00 Cardio Dance &amp; Strength-LaBlast</p> <p>1:00 World History Book Discussion</p> <p>1:30 Watercolor for All – Class Two</p> <p>1:30 Brain Health &amp; Awareness</p> <p>2:30 Men in Retirement</p>	<p>9:00 Donuts &amp; Coffee with Wellesley Police</p> <p>9:15 Seated Strength &amp; Balance</p> <p>9:15 All Levels Yoga</p> <p>10:00 Total Body Sculpting</p> <p>10:00 Meditation</p> <p>10:30 Tai Chi</p> <p>1:30 Longevity &amp; Healthspan: Living Well for the Long Run</p> <p>2:30 Women in Retirement</p> 	<p>9:15 Yoga for Better Balance</p> <p>10:30 Economy Watch</p> <p>1:15 Movie: Caramello</p>
-12-	-13-	-14-	-15-	-16-
<p>9:15 Fit for Life</p> <p>10:30 Core and More</p> <p>10:30 Photography Club</p> <p>12:00 All Levels Yoga</p> <p>1:30 Watercolor for All – Class One</p> <p>2:30 Chair Yoga</p>	<p>9:15 Seated Strength &amp; Balance</p> <p>9:15 Yoga for Better Balance</p> <p>10:00 Experienced Knitting</p> <p>10:30 Tai Chi</p> <p>11:00 Social Connections</p> <p>1:30 All Abilities Knitting</p> <p>1:30 Meet Jay Higgins, Outreach Manager for Congress woman Katherine Clark</p>	<p>9:15 Hi Low Fitness</p> <p>12:00 Cardio Dance &amp; Strength-LaBlast</p> <p>1:00 Great Poems Discussion</p> <p>1:30 Watercolor for All – Class Two</p> <p>1:30 Sing along with Marie Brown</p> <p>2:30 Men in Retirement</p>	<p>9:15 Seated Strength &amp; Balance</p> <p>9:15 All Levels Yoga</p> <p>10:00 Total Body Sculpting</p> <p>10:00 Meditation</p> <p>10:30 Tai Chi</p> <p>1:00 Tell Us What You're Reading Discussion</p> <p>1:30 Alaska- The Last Frontier</p> <p>2:30 The Afternoon Discussion Group</p> <p>4:00 Board Meeting</p>	<p>9:15 Yoga for Better Balance</p> <p>1:15 Movie: 42-The Jackie Robinson Story</p> 
-19-	-20-	-21-	-22-	-23-
<p><b>The Tolles Parsons Center is CLOSED in Observance of MARTIN LUTHER KING JR. DAY NO ACTIVITIES</b></p>	<p>9:15 Seated Strength &amp; Balance</p> <p>9:15 Yoga for Better Balance</p> <p>10:00 Experienced Knitting</p> <p>10:30 Tai Chi</p> <p>11:00 Social Connections</p> <p>1:30 All Abilities Knitting</p> <p>1:30 Peace and Love for the New Year Piano Performance</p>	<p>9:15 Hi Low Fitness</p> <p>10:00 Keep Well Clinic</p> <p>12:00 Cardio Dance &amp; Strength-LaBlast</p> <p>1:00 Shakespeare Discussion</p> <p>1:30 American Art at 250: Masterworks of a Nation</p> <p>2:30 Men in Retirement</p>	<p>9:15 Seated Strength &amp; Balance</p> <p>9:15 All Levels Yoga</p> <p>10:00 Total Body Sculpting</p> <p>10:00 Glass Necklace</p> <p>10:00 Meditation</p> <p>10:30 Tai Chi</p> <p>1:15 Bingo</p> <p>2:30 Women in Retirement</p>	<p>9:15 Yoga for Better Balance</p> <p>10:30 Economy Watch</p> <p>1:15 Movie: Something's Gotta Give</p> 
-26-	-27-	-28-	-29-	-30-
<p>9:15 Fit for Life</p> <p>10:30 Core and More</p> <p>10:30 Photography Club</p> <p>12:00 All Levels Yoga</p> <p>1:30 KevTech</p> <p>2:30 Chair Yoga</p>	<p>9:15 Seated Strength &amp; Balance</p> <p>9:15 Yoga for Better Balance</p> <p>10:00 Experienced Knitting</p> <p>10:30 Tai Chi</p> <p>11:00 Social Connections</p> <p>1:30 All Abilities Knitting</p> <p>1:30 Hypertension and Reducing Salt in Your Diet</p>	<p>9:15 Hi Low Fitness</p> <p>10:30 Still-Life Sketching</p> <p>1:00 American Literary Classics Book Discussion</p> <p>1:30 Indoor Cornhole Tournament</p> <p>2:30 Men in Retirement</p>	<p>9:15 Seated Strength &amp; Balance</p> <p>9:15 All Levels Yoga</p> <p>10:00 Total Body Sculpting</p> <p>10:00 Ceramic &amp; Resin Floral Dishes</p> <p>10:00 Meditation</p> <p>10:30 Tai Chi</p> <p>1:30 Making Sense of the Political World-Part I</p> <p>2:30 The Afternoon Discussion Group</p>	<p>9:15 Yoga for Better Balance</p> <p>1:15 Movie: Military Wives</p> 



# FEBRUARY 2026 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-2-	-3-	-4-	-5-	-6-
<b>9:15</b> Fit for Life <b>10:30</b> Core and More <b>12:00</b> All Levels Yoga <b>1:30</b> Watercolor for All – Class One <b>2:30</b> Chair Yoga	<b>9:15</b> Seated Strength & Balance <b>9:15</b> Yoga for Better Balance <b>10:00</b> Experienced Knitting <b>10:30</b> Tai Chi <b>11:00</b> Social Connections <b>1:30</b> All Abilities Knitting <b>1:30</b> The Joys of Bird Feeding	<b>9:15</b> Hi Low Fitness <b>10:00</b> Keep Well Clinic <b>12:00</b> Cardio Dance & Strength-LaBlast <b>1:00</b> World History Book Discussion <b>1:30</b> Watercolor for All – Class Two <b>1:30</b> Louis Prima and Keely Smith <b>2:30</b> Men in Retirement	<b>9:15</b> Seated Strength & Balance <b>9:15</b> All Levels Yoga <b>10:00</b> Total Body Sculpting <b>10:00</b> Meditation <b>10:30</b> Tai Chi <b>1:30</b> Making Sense of the Political World–Part II <b>2:30</b> Women in Retirement	<b>9:15</b> Yoga for Better Balance <b>10:30</b> Economy Watch <b>1:15</b> Movie: Downton Abbey–The Grand Finale 
-9-	-10-	-11-	-12-	-13-
<b>9:15</b> Fit for Life <b>10:30</b> Core and More <b>10:30</b> Photography Club <b>12:00</b> All Levels Yoga <b>1:30</b> Watercolor for All – Class One <b>1:30</b> KevTech <b>2:30</b> Chair Yoga	<b>9:15</b> Seated Strength & Balance <b>9:15</b> Yoga for Better Balance <b>10:00</b> Experienced Knitting <b>10:30</b> Tai Chi <b>11:00</b> Social Connections <b>1:30</b> All Abilities Knitting <b>1:30</b> Great Love Songs Piano Performance	<b>9:15</b> Hi Low Fitness <b>10:30</b> Still-Life Sketching <b>12:00</b> Cardio Dance & Strength-LaBlast <b>1:00</b> Great Poems Discussion <b>1:30</b> Watercolor for All – Class Two <b>1:30</b> Grandparenting Today <b>2:30</b> Men in Retirement	<b>9:15</b> Seated Strength & Balance <b>9:15</b> All Levels Yoga <b>10:00</b> Total Body Sculpting <b>10:00</b> Paper Flower Making <b>10:00</b> Meditation <b>10:30</b> Tai Chi <b>1:00</b> Tell Us What You're Reading Discussion <b>1:30</b> Making Sense of the Political World–Part III <b>2:30</b> The Afternoon Discussion Grp	<b>11:00</b> Valentine's Brunch 
-16-	-17-	-18-	-19-	-20-
<b>The Tolles Parsons Center is CLOSED in Observance of PRESIDENTS' DAY NO ACTIVITIES</b>	<b>9:00</b> Donuts & Coffee with Wellesley Police <b>9:15</b> Seated Strength & Balance <b>9:15</b> Yoga for Better Balance <b>10:00</b> Experienced Knitting <b>10:30</b> Tai Chi <b>11:00</b> Social Connections <b>1:30</b> All Abilities Knitting <b>1:30</b> Understanding Scams in the Age of AI	<b>9:15</b> Hi Low Fitness <b>10:00</b> Keep Well Clinic <b>12:00</b> Cardio Dance & Strength-LaBlast <b>1:00</b> Shakespeare Discussion <b>1:30</b> Beyond White Picket Fences <b>1:30</b> The People's Painter: Jacob Lawrence and the Black American Experience <b>2:30</b> Men in Retirement	<b>9:15</b> Seated Strength & Balance <b>10:00</b> Total Body Sculpting <b>10:00</b> Meditation <b>12:00</b> Chinese New Year Celebration <b>2:30</b> Women in Retirement <b>4:00</b> Board Meeting	<b>9:15</b> Yoga for Better Balance <b>9:15</b> Podiatry Clinic <b>10:30</b> Economy Watch <b>1:15</b> Movie: Eleanor the Great 
-23 -	-24-	-25-	-26-	-27-
<b>9:15</b> Fit for Life <b>10:30</b> Core and More <b>10:30</b> Photography Club <b>12:00</b> All Levels Yoga <b>1:30</b> KevTech <b>2:30</b> Chair Yoga	<b>9:00</b> Wellesley Registration <b>9:15</b> Seated Strength & Balance <b>9:15</b> Yoga for Better Balance <b>10:00</b> Experienced Knitting <b>10:30</b> Tai Chi <b>11:00</b> Social Connections <b>1:30</b> All Abilities Knitting	<b>9:00</b> Non-Wellesley Registration <b>9:15</b> Hi Low Fitness <b>10:30</b> Still-Life Sketching <b>12:00</b> Cardio Dance & Strength-LaBlast <b>1:00</b> American Literary Classics Book Discussion <b>2:30</b> Men in Retirement	<b>9:15</b> Seated Strength & Balance <b>9:15</b> All Levels Yoga <b>10:00</b> Total Body Sculpting <b>10:00</b> Maple Syrup <b>10:00</b> Meditation <b>10:30</b> Tai Chi <b>1:15</b> Bingo <b>2:30</b> The Afternoon Discussion Group	<b>9:15</b> Yoga for Better Balance <b>1:15</b> Movie: Maudie 

















The Wellesley COA celebrates the diversity of our community and welcomes people of all abilities, gender identities, races, religions, and ethnicities

# Fitness ONLINE AND IN PERSON

## HAPPY NEW YEAR

### ALL CLASSES \$5.00

MONDAYS	TIME	DURATION	ZOOM	IN PERSON	JANUARY	FEBRUARY
Fit for Life	9:15 a.m.	60 Minutes			5, 12, 26	2, 9, 23
Core and More	10:30 a.m.	45 Minutes			5, 12, 26	2, 9, 23
All Levels Yoga	12:00 p.m.	60 Minutes			5, 12, 26	2, 9, 23
Chair Yoga	2:30 p.m.	45 Minutes			5, 12, 26	2, 9, 23
TUESDAYS						
Seated Strength & Balance	9:15 a.m.	45 Minutes			6, 13, 20, 27	3, 10, 17, 24
Yoga for Better Balance	9:15 a.m.	60 Minutes			6, 13, 20, 27	3, 10, 17, 24
Tai Chi	10:30 a.m.	45 Minutes			6, 13, 20, 27	3, 10, 17, 24
WEDNESDAYS						
Hi Low Fitness	9:15 a.m.	45 Minutes			7, 14, 21, 28	4, 11, 18, 25
Cardio Dance & Strength – LaBlast	12:00 p.m.	60 Minutes			7, 14, 21	4, 11, 18, 25
THURSDAYS						
Seated Strength & Balance	9:15 a.m.	45 Minutes			8, 15, 22, 29	5, 12, 19, 26
All Levels Yoga	9:15 a.m.	60 Minutes			8, 15, 22, 29	5, 12, 26
Total Body Sculpting	10:00 a.m.	60 Minutes			8, 15, 22, 29	5, 12, 19, 26
Tai Chi	10:30 a.m.	45 Minutes			8, 15, 22, 29	5, 12, 26
FRIDAYS						
Yoga for Better Balance	9:15 a.m.	60 Minutes			9, 16, 23, 30	6, 20, 27



**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

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).

**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**

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**

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

This in-person class offers a fun way to get fit and stay active while dancing to a variety of music styles.

**Total Body Sculpting** is a total body sculpting class designed to build strength, improve posture, and enhance everyday movement. Key features include:



- Uses hand weights and body weight for a full-body workout
- Focuses on core strength, balance, and stability
- Helps improve overall posture and ease of daily living
- Suitable for all fitness levels

This energizing class combines strength and functional training, making it a great way to tone muscles, boost balance, and increase overall fitness.

**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.

**Tai Chi** is now twice a week at the Wellesley COA with martial arts instructor **Jim True** leading this 45-minute in-person class. Jim has nearly 50 years of experience in tai chi and brings a fun, relaxed, informative and well-balanced curriculum of Tai Chi and Qigong to every class. Key features of the class include:



- A flow of slow-motion movements and postures to benefit better balance, mobility, and coordination
- Mind-body exercise that combines movements, meditation and deep breathing
- The class will be Yang Style and focus on the Yang short form, the eight pieces of silk brocade and Qigong energy flow

# ART CLASSES/WORKSHOPS/GROUPS *In Person*

## ART: Watercolor for All!

**Class One:** Mondays, January 5th, 12th and February 2nd and 9th

**Class Two:** Wednesdays, January 7th, 14th and February 4th and 11th

1:30 p.m. – 3:00 p.m.

**Instructor:** Cindy Shorris

**Cost:** \$60 for the 4-week session

Come join us in a step-by-step watercolor class for all levels. We will learn some fun techniques and will all go home with frameable works of art each week! Wouldn't you love some new art on your walls? Maybe a bouquet of flowers? Or some birch trees with a cardinal resting on a branch? This class will be fun and relaxing for all!

**Registration required. Max: 8**

**TWO CLASSES**



## ART: Glass Necklace

**Thursday, January 22nd**  
10:00 a.m. – 12:00 p.m.

**Instructor:** Carson Eddy

**Cost:** \$20

Design and make your own unique beaded glass necklace with an S-clasp for easy on and off. A variety of glass beads, spacers, clasps, and colored nylon cording will be available for you to select from. Take home your finished necklace to keep or gift. Beading tools will be available during class. **Registration required. Max: 8**



## ART: Still-Life Sketching

**Wednesdays, January 28th and February 11th, 25th**  
10:30 a.m.

**Claire Wu, COA Volunteer**

Ever wonder how different lighting transforms an ordinary object into something extraordinary? Let's explore it together! In this still-life sketching class, we'll dive into shading, value, and saturation while sketching all kinds of everyday objects—a perspective you may have never noticed before! Beginners, intermediates, and seasoned artists alike are all welcome to join! **Registration required. Max: 8**

**NEW DAY AND TIME**



## ART: Ceramic and Resin Floral Dishes

**Thursday, January 29th**

10:00 a.m. – 11:30 a.m.

**Instructor:** Andrea O'Leary

**Cost:** \$25

Join Andrea O'Leary in a class to create a set of four beautiful heart shaped ceramic dishes with delicately dried flowers. You will seal the floral designs with clear resin, creating a lasting, glass-like finish that enhances the natural beauty of the flowers. To complete each dish, you will hand-paint the edges in luminous 14-karat gold, giving every piece a refined, heirloom quality. **Registration required. Max: 8**



## ART: Paper Flower Making

**Thursday, February 12th**

10:00 a.m. – 12:00 p.m.

**Instructor:** Mary Garrigan

**Cost:** \$20

Roses are red. Violets are blue. Let's create something special for you! Come and join Mary in shaping and assembling a Valentine treasure. We will make Violets and Roses and add glitter hearts as accents to make a stunning arrangement for yourself or a special friend. **Registration required. Max: 10**



## WORKSHOP: Maple Syrup

**Thursday, February 26th**

10:00 a.m.

**Instructors from Land's Sake Farm**

**Cost:** \$5

Maple Magic! In this program we will first explore the magical process of making maple syrup, from tree to pancakes. The second part will focus on the finished product, by sampling different types of maple syrup and creating a few recipes. **Registration required. Max: 15**



**Council on Aging  
Health and Wellness Fair**



These discussion groups are highly interactive sessions, with all attendees invited to participate. No special knowledge is required. A great way to enjoy lively conversations with your neighbors!

### **GROUP: World History Book Discussion**

**Wednesdays, January 7th and February 4th**

**1:00 p.m. – 2:30 p.m.**

**Facilitators: COA Volunteers, Terry Catchpole and Stephen Maire**

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

- **January 7** – *The Crucible of Islam – How One of the World's Great Religions Took Shape*, G. W. Bowersock (159 pages)
- **February 4** – *The Sea People – The Puzzle of Polynesia*, Christina Thompson (365 pages)
- **March 4** – *The Last of Its Kind – The Search For the Great Auk and the Discovery of Extinction*, Gisli Pálsson (236 pages)
- **April 1** – *New Worlds For All – Indians, Europeans and the Remaking of Early America*, Colin Calloway (256 pages)



### **GROUP: Tell Us What You're Reading Discussion**

**Thursdays, January 15th and February 12th**

**1:00 p.m. – 2:00 p.m.**

**Facilitators: COA Volunteers, Polly Conlon and Terry Catchpole**

Participants share their recent reading experiences and recommend books that others will enjoy. No reading assignments! Just talk about what you're reading.

### **GROUP: Shakespeare Discussion**

**Wednesdays, January 21st and February 18th**

**1:00 p.m. – 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! Coming up:

- **January 21** – *Henry IV, Part Two*, Acts One and Two
- **February 18** – *Henry IV, Part Two*, Acts Three, Four and Five
- **March 18** – *Henry V*, Acts One and Two
- **April 15** – *Henry V*, Acts Three, Four and Five



### **GROUP: Great Poems Discussion**

**Wednesdays, January 14th and February 11th**

**1:00 p.m. – 2:30 p.m.**

**Facilitator: COA Volunteer, Terry Catchpole**

Come enjoy reading and discussing the finest poems by our most-loved poets! The perfect peaceful escape in our turbulent times – brilliant language and stimulating thought! All selections from the Dover Thrift Edition, *English Victorian Poetry – An Anthology*. Coming up:

- **January 14** – Emily Bronte, Arthur Hugh Clough and Mathew Arnold (25 pages)
- **February 11** – Coventry Patmore, George Meredith and Dante Gabriel Rossetti (20 pages)
- **March 11** – Christina Rossetti, Lewis Carroll, James Thomson, William Morris (22 pages)
- **April 8** – Algernon Swinburne, Gerard Manley Hopkins (22 pages)



### **GROUP: American Literary Classics Book Discussion**

**Wednesday, January 28th and February 25th**

**1:00 p.m. – 2:30 p.m.**

**Facilitator: COA Volunteer, Terry Catchpole**

Here's your chance to read (or re-read) that great American play or novel you are ready to dig into. Participants read favorite passages and join in an engaging, friendly exchange. Coming up:

- **January 28** – *Misery*, Stephen King (310 pages)
- **February 25** – *The Jungle*, Upton Sinclair (290 pages)
- **March 25** – *Long Day's Journey Into Night*, Eugene O'Neill (200 pages)
- **April 22** – *Just Kids*, Patti Smith (278 pages)



**So many books...**

# PROGRAMS/OUTREACH/RESOURCES

## OUTREACH

### GROUP: Social Connections

**Tuesdays, January 6th, 13th, 20th, 27th and February 3rd, 10th, 17th, 24th**  
**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 friendships in Wellesley.

### GROUP: Men in Retirement

**Wednesdays, January 7th, 14th, 21st, 28th and February 4th, 11th, 18th, 25th**  
**2:30 – 3:30 p.m. Open to ALL!**

This group for retired men meets weekly with an open discussion format. Topics can focus on a variety of issues such as building up a healthy lifestyle while adapting to changes after the end of a professional role. **All are welcome.**

### GROUP: Women in Retirement

**Thursdays, January 8th, 22nd and February 5th, 19th**  
**2:30 – 3:30 p.m. Open to ALL!**

This group meets every other Thursday afternoon and participants discuss various topics and share ideas to enhance their retirement years. The meetings are held in an open discussion format and can be a wonderful opportunity to make friends and build new connections in the community. **All are welcome.**

### GROUP: The Afternoon Discussion Group

**Thursdays, January 15th, 29th and February 12th, 26th**  
**2:30 – 3:30 p.m.**

This is a group to share stories, exchange ideas, and engage in meaningful conversation. Topics are chosen by participants, ensuring each session reflects the real interests and experiences of the group — from health and happiness to purpose, legacy, and everyday joys. Engaging in stimulating conversation or having a philosophical discussion is the central goal of this facilitated group. Open to all, meetings take place every other Thursday afternoon. **Registration required. Max: 10**



**Donuts & Coffee with Wellesley Police**  
**Thursday, January 8th and Tuesday, February 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 CORNER VOLUNTEERS NEEDED!

The following volunteer opportunities are available. Please let us know if you or anyone you know is interested in volunteering. Word of mouth has always been our greatest source of recruiting amazing volunteers!



### Front Door Greeters

These volunteers welcome members and assist with program check-ins. They also give tours to new members. We are looking for volunteers who are able to commit to a regular recurring 2 ½ to 3-hour weekly shift.



### Lunch Servers

Our fabulous Lunch Program attendance has been increasing! We need additional volunteers to help out when attendance is high.



### Ride the COA Bus and help with Grocery Trips

Have fun helping shoppers carry their grocery bags and conversing on the bus. Ability to speak Mandarin for the Tuesday afternoon Food Pantry trips also needed.



### Library Books and Puzzle Donations

Our wonderful Library volunteers are looking for more donations of current books and 500-piece puzzles for our Borrow and Return library.



### Skilled Machine Sewers for our Teddy Bear Project

We have a wonderful group of volunteers, but we need a few more skilled machine sewers to help us create our adorable Teddy Bears. We donate the Teddy Bears to a growing list of area non-profits to benefit children and adults in need of comfort. Non-sewers are also welcome to join the group to help assemble the bears.

For more information, please visit our website at [wellesleyma.gov/416/Volunteer-with-the-COA](http://wellesleyma.gov/416/Volunteer-with-the-COA) or contact our Volunteer Coordinator, Sally Miller

## 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. The 2026 income thresholds must be under \$51,777 for a one-person household and under \$67,709 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.**





# 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.

The Friends of Wellesley Council on Aging wish to thank these Wellesley merchants for their generous donations of gift certificates that are awarded to attendees at COA programs, events and special lunches from May this year through April of next year.

Andersons Jewelers	Jeje's	Mortadella	Stretch Lab
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Cafe Mangal	Laughing Dog Yoga	Papa Razzi	Sweetgreen
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DePrisco Wellesley	Lockheart Restaurant	Pho Station	The Local
Fells Market	London Harness	Popovers	The Maugus Restaurant
Flyte.70	Luxotic Nail Bar	Rice Burg	Tony the Tailor
Green's Hardware	Manipedi	Roche Bros.	Wasik's CheeseShop
Ideal Barber Shop	Mayfair Cleaners	Starbucks	Wellesley Bakery
Isabel Harvey	Milk Money	Starbucks (Linden Square)	Wellesley Toy Shop



**"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](http://www.wellesleyfriendscoa.org/donate)



Name: \_\_\_\_\_ (No personal information will be used or shared for commercial purposes.)  
 Address: \_\_\_\_\_  
 Tel. No. (optional): \_\_\_\_\_ E-Mail (optional): \_\_\_\_\_

Please check: ☐ \$25 ☐ \$50 ☐ \$100 ☐ \$250 ☐ Other \$ \_\_\_\_\_

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](http://www.wellesleyfriendscoa.org).

The Friends of Wellesley Council on Aging is a registered 501(c)(3) non-profit charitable organization. Tax ID# 46-2371545

**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 the movie. We will have popcorn and other movie snacks available.

NO : 012345

★ FRIDAY  
**MOVIE**  
TICKET



• Reel Talk – Fridays 1:15 p.m. •

## JANUARY/FEBRUARY

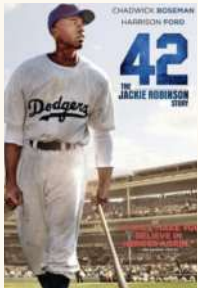
**JANUARY 9th | TV-14 | Drama**



### **Caramelo (2025)**

After a life-changing diagnosis, a promising chef finds hope and humor with the help of a fur-midable dog friend in this heartwarming drama. **1h 41m**

**JANUARY 16th | PG-13 | Biography/History/Drama**



### **42-The Jackie Robinson Story (2013)**

In 1946, Branch Rickey (Harrison Ford), legendary manager of the Brooklyn Dodgers, defies major league baseball's notorious color barrier by signing Jackie Robinson to the team. The heroic act puts both Rickey and Robinson in the firing line of the public, the press and other players. Robinson demonstrates true courage and admirable restraint by not reacting in kind and lets his undeniable talent silence the critics for him. **2h 8m**

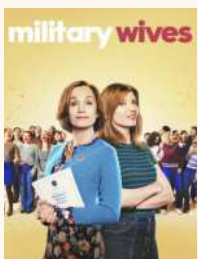
**JANUARY 23rd | PG-13 | Romance/Drama**



### **Something's Gotta Give (2003)**

When aging womanizer Harry Sanborn (Jack Nicholson) and his young girlfriend, Marin, arrive at her family's beach house in the Hamptons, they find that her mother, dramatist Erica Barry (Diane Keaton), also plans to stay for the weekend. Erica is scandalized by the relationship and Harry's sexist ways. But when Harry has a heart attack, and a doctor (Keanu Reeves) prescribes bed rest at the Barry home, he finds himself falling for Erica - who, for once, may be out of his league. **2h 3m**

**JANUARY 30th | PG-13 | Comedy/Drama**



### **Military Wives (2019)**

Based on a true story, this film depicts military wives from different backgrounds who are faced with their loved ones serving in Afghanistan. They come together to form the very first military wives choir, helping each other through some of life's most difficult moments on an international stage. **1h 52m**

**FEBRUARY 6th | PG | Drama**



### **Downton Abbey: The Grand Finale (2025)**

The cinematic return of the global phenomenon follows the Crawley family and their staff as they enter the 1930s. When Mary finds herself at the center of a public scandal and the family faces financial trouble, the entire household grapples with the threat of social disgrace. The Crawleys must embrace change as the staff prepares for a new chapter with the next generation leading Downton Abbey into the future. **2h 3m**

**FEBRUARY 20th | PG-13 | Comedy/Drama**



### **Eleanor the Great (2025)**

In Eleanor the Great, June Squibb brings to vivid life the witty and proudly troublesome 94-year-old Eleanor Morgenstein, who after a devastating loss, tells a tale that takes on a dangerous life of its own. This film is a comically poignant exploration of how the stories we hear become the stories we tell. **1h 38m**

**FEBRUARY 27th | PG-13 | Biography/History/Romance**



### **Maudie (2017)**

Maudie, based on a true story, is an unlikely romance in which the reclusive Everett Lewis hires a fragile yet determined woman named Maudie to be his housekeeper. Maudie, bright-eyed but hunched with crippled hands, yearns to be independent, to live away from her protective family and she also yearns, passionately, to create art. Unexpectedly, Everett finds himself falling in love. Maudie charts Everett's efforts to protect himself from being hurt, Maudie's deep and abiding love for this difficult man and her surprising rise to fame as a folk painter. **1h 56m**



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## 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
 <b>9:00 – 4:00</b> Billiards	 <b>9:00 – 1:00</b> Billiards Match	 <b>9:00 – 11:30</b> Community Service Bears	 <b>9:00 – 12:30</b> Card/Game/Billiards	 <b>9:00 – 4:00</b> Billiards
 <b>9:00 – 12:30</b> Card/Games	 <b>1:00 – 4:00</b> Cribbage Groups	 <b>9:00 – 12:30</b> Bridge Group	 <b>10:00 – 12:00</b> Billiards Practice	 <b>9:15 – 10:15</b> Walking Group Meet at Morses Pond
 <b>9:15 – 10:15</b> Walking Group		 <b>9:00 – 4:00</b> Card/Game/Billiards	 <b>12:30 – 4:00</b> Mah Jongg	 <b>12:30 – 4:00</b> Mexican Dominoes
 <b>1:30 – 4:00</b> Ping Pong		 <b>9:15 – 10:15</b> Walking Group	 <b>1:15 – 2:45</b> BINGO Nov. 20th and Dec. 11th	 <b>1:30 – 3:30</b> Painting
		 <b>10:00 – 11:00</b> Keep Well at TPC (First and Third)	 <b>1:30 – 4:00</b> Knitting Group	 <b>1:30 – 4:00</b> Ping Pong
		 <b>12:30 – 4:00</b> Scrabble Group		