



KITCHEN

Grand Opening

Friday, March 6th
2:00–3:00 p.m.

Join us for a ribbon-cutting and
naming of the new kitchen.

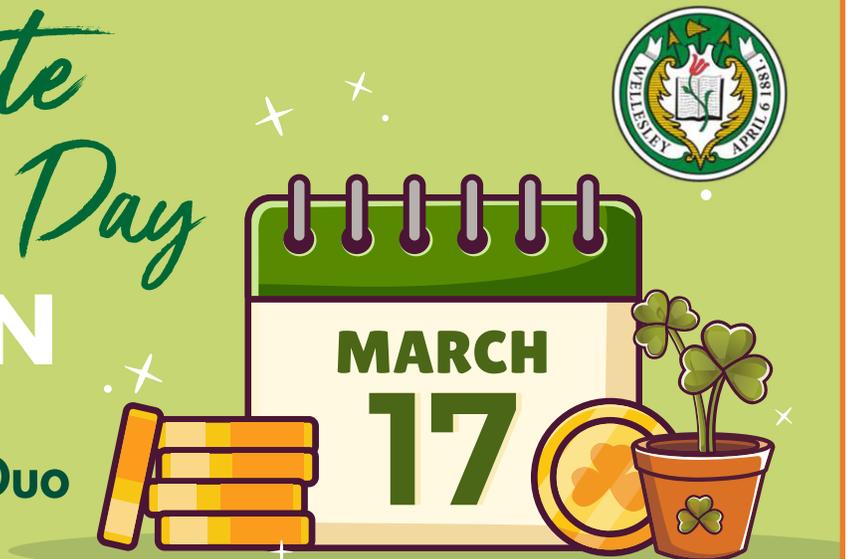


Celebrate St. Patrick's Day

LUNCHEON

with live music
by the Matt Wright Duo

See Page 4 for details



The St. Patrick's Day luncheon is graciously provided
by the Campana Fund established by Richard Campana
for the enrichment of Wellesley Seniors.

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

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Kevin McDonald, Senior Activities Coordinator
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Susan Avakian, Department Assistant
savakian@wellesleyma.gov

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Nancy Hill, Activities Assistant
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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, March 19th, at 4:00 p.m.

Thursday, April 16th, 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

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



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.

REFUND 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 March/April 2026

Wellesley Residents:

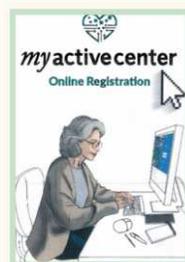
Starting Tuesday, **February 24th at 9:00 a.m.**

Non-Wellesley Residents:

Starting Wednesday, **February 25th 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



TWO BUS TRIPS APRIL / JULY

DAY TRIP TO BOSTON

Lunch at the Venezia Restaurant and Visit to the Museum of Fine Arts

Wednesday, April 22nd



Departs: 10:30 a.m.
Approximate Return Time: 4:00 p.m.
\$110 per person for Wellesley Residents
\$140 per person for non-Wellesley Residents
Registration deadline is March 20th
Trip Departs from
219 Washington Street, Wellesley, MA

Join us for a perfect spring day out in Boston! We will enjoy a delicious lunch at the Venezia Restaurant with views of the Boston skyline and waterfront. The entree choices are: Baked Haddock, Chicken Parmesan or Pasta Primavera. After lunch, you will enjoy a self-guided tour of the Museum of Fine Arts. The MFA is the 5th largest museum in the U.S. and contains more than 450,000 works of art. The 18th-century galleries in the Art of the Americas Wing are of special interest as we celebrate America's 250th anniversary. **All participants need to be able to independently go up and down stairs. Refunds will not be available after March 22nd.**

BOAT TRIP IN BOSTON

See the Tall Ships in Boston to Celebrate America's 250th

Tuesday, July 14th



Departs: 8:15 a.m.
Approximate Return Time: 1:30 p.m.
\$149 per person for Wellesley Residents
\$179 per person for non-Wellesley Residents
Registration deadline is April 7th
Trip Departs from
219 Washington Street, Wellesley, MA

Celebrate America's 250th anniversary with the Wellesley COA as the Tall Ships return to Boston! Don't miss this special opportunity for an up-close view of these incredible vessels cruising in Boston Harbor. This is the best way to experience this truly unique tradition as you enjoy a delicious buffet lunch on board the *Spirit of Boston* as the history rich Tall Ships drift by. **All participants need to be able to independently go up and down stairs. Refunds will not be available after April 7th.**

Ageless Science

Wednesday, March 4th

1:30 p.m.

Sophia Wei



Would you trust a robot to be your doctor? From diagnosing patients to analyzing vast amounts of clinical data in a matter of seconds, AI is becoming an increasingly prevalent tool for doctors all around the U.S. Despite the benefits in efficiency and accuracy that we have seen throughout the early stages of this development, like anything involving AI, there are definitely risks to putting this much trust into an algorithm. Join us to explore and debate these concerns and benefits to AI in healthcare; all are welcome! **Registration required.**

American Art at 250: Masterworks of a Nation

Wednesday, March 4th

1:30 p.m.

Jane Oneil, Culturally Curious



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.**

Kitchen Grand Opening

Friday, March 6th

2:00 p.m.



Celebrating Wellesley



Join the Wellesley COA Board of Directors to celebrate the reopening of the remodeled COA kitchen! There will be a dedication and ribbon-cutting ceremony as we open the door to a revitalized kitchen. Light refreshments will be served. **Registration required. Max: 75**

Kev Tech

Mondays, March 9th or 30th

1:30 p.m.

Staying on Schedule
Using Calendar and Reminders

Cost: \$5.00



Discover how to use the Calendar and Reminders apps to keep track of appointments, tasks, and daily routines. You'll learn how to add events, set reminders, create lists, and even use Siri to help you stay on schedule with ease. **Registration required.**





Celebrating Wellesley

Wellesley Historical Society Program

Tuesday, March 10th

1:30 p.m.

Morgan Stevens-Swadling, Director of Exhibits and Collections



WELLESLEY HISTORICAL SOCIETY

Join us for a presentation on the history of Wellesley through people and places. The program will be presented by Morgan Stevens-Swadling, the new Director of Exhibits and Collections at the Wellesley Historical Society. **Registration required.**



Celebrating Wellesley

Sing along with Marie Brown!

Wednesday, March 11th

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**

Women Artists in the West, 1500-1800

Thursday, March 12th

1:30 p.m.

Paolo Di Gregorio, Historian and Archaeologist



In many instances, when we talk of the great artists of the Renaissance and Baroque periods, we think of Michelangelo, Raphael, Caravaggio, or Titian. But our perception of art and artists often neglects the women artists of the period, who created their own great works. This talk will look at some of the important women artists, their art, and the struggles they faced. **Registration required.**

Ireland: Portrait of a Nation

Monday, March 16th

1:30 p.m.

Larry Lowenthal, former college professor



Please join us for a program that explores Ireland's rich history and vibrant culture which has shaped the nation's identity and place in the global community today. **Registration required.**



Celebrating Wellesley

Richard Campana Annual St. Patrick's Day Celebration!

Tuesday, March 17th

12:00 p.m.

Matt Wright Duo Musical Performance



Let's gather to celebrate the heritage and culture of Ireland with a delicious lunch of traditional Irish food and a musical performance by the Matt Wright duo! Matt is a classical guitarist, lutenist, vocalist and guitar teacher who frequently performs around Boston. He and his guest musician will be playing a variety of traditional instruments and performing Classic Celtic music. This event is generously sponsored by the Richard Campana Fund. **Registration required.**

Fierce Females:

Women in Art Part IV

Wednesday, March 18th

1:30 p.m.

Jane Oneail, Culturally Curious



The revolutionary spirit of women artists continues to transform our understanding of what art can be and who gets to create it, from the neoclassical elegance of Angelica Kauffman's mythological scenes to Yayoi Kusama's mesmerizing infinity rooms that challenge our perception of space itself. This program celebrates the fearless creativity and determination of women who refused to be confined by expectations. Through exploring the diverse voices and groundbreaking techniques of these visionary women, we witness the ongoing revolution that refuses to let talent be silenced by tradition, helping to ensure that future generations inherit a more complete and inspiring vision of artistic greatness. **Registration required.**

Piano and Story Telling with Richard

Wednesday, March 18th

1:30 p.m.

Richard Amir, Pianist



Richard will play iconic music from the movies and will share some entertaining stories during the program. The tunes feature many award-winning composers and will undoubtedly provide a fun-filled and interesting journey down memory lane! **Registration required.**

Staying Safe Online

Tuesday, March 24th

1:30 p.m.

Pat Cary, owner of Main Street Tech



MAIN STREET TECH

This class is designed specifically for seniors who want to protect themselves online without feeling overwhelmed or intimidated. Learn how to recognize scams, safeguard your personal information, and avoid common online traps. The class will cover real-world examples, easy-to-follow safety practices, and what to do if something doesn't feel right. Whether you use email, social media, online shopping, or just want peace of mind, this class will help you stay safe, informed, and confident online. **Registration required.**

Einstein's Annus Mirabilis, Two Part Series

Wednesday, March 25th and

Tuesday, March 31st

Time 1:30 p.m.

Brian Finn, retired science teacher



Albert Einstein's "annus mirabilis" 1905: In 1905, while working as a patent clerk in Switzerland, Albert Einstein published a series of five papers that would shake the scientific world at its very foundations. Einstein would win the Nobel Prize in Physics in 1921 for one of these papers and two others would lay the basis for his theory of relativity and the famous equation $E=mc^2$. Brian Finn, a retired physics teacher from Wellesley High School, will describe these discoveries in two presentations on March 25th and March 31st. **Registration required.**

Opera Talk:

The Legacy of Maria Callas

Thursday, March 26th

1:30 – 3:00 p.m.

Erika Reitshamer, Opera Lecturer



Cecilia Sofia Anna Maria Kalogeropoulou (1923 – 1977) was born in New York City of Greek immigrant parents. As Maria Callas, she would become the most famous opera singer of her time and one of the most influential of all time. Join us for a wonderful afternoon, as Erika Reitshamer returns to the Wellesley COA with a multi-media presentation on the one and only Maria Callas. The 2024 movie Maria starring Angelina Jolie depicts only the last months of the life of Maria Callas. In this presentation, the whole life story of this renowned and influential, but controversial opera singer, will be explored. Erika Reitshamer is an engaging teacher whose knowledge and love of opera will inspire all, and her open style and sense of humor are irresistible. She has lectured on opera and great opera singers for many years and was active in the formation of the Boston Lyric Opera Company more than 40 years ago. **Registration required.**

Eating for Exercise: Fueling your Body

Thursday, April 2nd

1:30 p.m.

Lauren Abeles, Registered Dietician Nutritionist



This nutrition presentation will help participants understand how food directly impacts energy, endurance, strength, and recovery. Whether you're a weekend walker, gym-goer, or recreational athlete, you'll learn how to fuel your body before, during, and after exercise to feel stronger and perform better. **Registration required.**

Magical Costa Rica:

Exploring the Lowland Rainforest

Monday, April 6th

1:30 p.m.

Joy Marzolf, Naturalist and Wildlife Photographer



For such a tiny country, Costa Rica has amazing biodiversity. Bird life in the rainforest varies widely from colorful hummingbirds, honeycreepers and red-capped manakins to large birds like great curassow and scarlet macaws. Curious troops of capuchin monkeys can be found exploring the trees as they look for food. Night brings a chance to see tiny creatures, like poison dart frogs and red eyed tree frogs, well hidden among the foliage. Join us as we explore the wildlife of Costa Rica's lowland rainforests. **Registration required.**

Seniors Helping Seniors

Wednesday, April 8th

1:30 p.m.

Sam Maddox, Community Outreach Program Manager



Seniors Helping Seniors will be sharing an overview of our services that support connection, purpose, and independence as we age. We will highlight social activity groups for seniors living with early-stage dementia, one-on-one companion services that provide individualized support, and flexible part-time employment opportunities for seniors who want to stay active while giving back to their community. We will also share how our services help caregivers and families feel supported, informed, and confident in their loved one's care. **Registration required.**

Wildlife Conservation

Thursday, April 9th

1:30 p.m.

Alyssa Giaquinto, Wildlife Rehabilitator



Join Alyssa Giaquinto, founder of the Giaquinto Wildlife Rehabilitation Center in Marlborough, Massachusetts, as she discusses how wildlife rehabilitators work to protect our native wildlife. Learn simple things we can all do each day to help coexist with and conserve native species. She will also discuss our native owls, including some you might hear in your own backyard! The program will conclude with an introduction to Educational Ambassador Barn Owl, Bella, as well as some Q&A and open wildlife discussion. **Registration required.**

Kev Tech

Mondays, April 13th or 27th

1:30 p.m.

Taking & Organizing Photos

Cost: \$5.00



In this class, we dive into the Camera app on the iPhone, exploring different features of the camera and adjustments that can be made for taking pictures in different settings. We also go into Photos and discuss organizing photos into Favorites and Albums. **Registration required.**

Clear Captions

Tuesday, April 14th

1:30 p.m.

Adrienne Gleason, ADA Specialist



Please join your local Clear Captions Title IV ADA Specialist, Adrienne Gleason, for a presentation on how you may qualify for a free phone if you have hearing loss! We will be discussing how you can receive a NO-COST caption phone and captioning service if your hearing loss makes it difficult to use the phone. **Registration required.**



**From Tiffany to Chihuly:
Masters of Glass Art**
Wednesday, April 15th
1:30 p.m.
Jane Oneail, Culturally Curious



Discover the luminous world of glass art, where molten sand transforms into breathtaking works that capture and refract light in ways that seem to defy the very nature of solid matter. From Louis Comfort Tiffany's jewel-toned stained glass windows that turned churches into cathedrals of color, to Dale Chihuly's explosive blown glass sculptures that bring the ocean's mysteries to museum galleries, to Dan Dailey's whimsical figurative pieces that blend fine art with storytelling magic. This program illuminates how fire, breath, and imagination combine to create some of the most spectacular and ethereal art forms known to humanity.
Registration required.

An Hour of Musical Oddities
Wednesday, April 15th
1:30 p.m.
**Frank King, former WBUR
Radio Host**



Join Frank King for an interesting musical lecture on an eclectic collection of short, amusing pieces of music from 1928 to 1972, including:

- Song medleys saluting the 50 states of the USA, 5 of our greatest baseball players, and the great country music composer Roger Miller
- Three funny parodies by Allan Sherman
- A Gilbert & Sullivan classic song, "explained"
- Walt Disney's personal favorite from all his movie music
- Contributions from Tom Lehrer, Noel Coward, John Sebastian... even Bob Newhart!

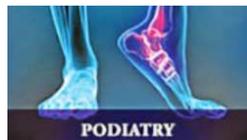
Registration required.

Bingo
**Thursdays, March 19th
and April 16th**
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

Podiatry Clinic
Friday, April 17th
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.

**Florence and the Hill Towns
of Tuscany**
Tuesday, April 21st
1:30 p.m.
**Barry Pell, Photojournalist and
World Traveler**



With its ancient stone cathedrals and lavish palaces, sun-drenched hillsides covered with grape vineyards and olive trees, and museums showcasing the paintings and sculptures of Michelangelo, Leonardo Da Vinci, and Raphael, Italy's province of Tuscany is often at the top of Italian tourist destinations. Barry Pell spent a month based in Florence, Tuscany's capital city and the birthplace of the Renaissance. In this program, he will take you on a tour along the narrow cobble streets of Florence and some of the most beautiful towns perched high in the Tuscan hills.
Registration required.

**Benjamin Rush: Forgotten Founder and
Physician Who Healed a Wounded Nation**
Thursday, April 23rd
1:30 p.m.
**Dennis J. Curran, retired MA Superior
Court Justice**



Explore the life and legacy of Dr. Benjamin Rush, a signer of the Declaration of Independence, pioneering physician, and early advocate for mental health reform. This engaging program highlights how Rush's medical work, social activism, and belief in compassion helped shape a young nation recovering from revolution and division.
Registration required.

**The Art of Conservation:
John Muir, Ansel Adams, and
Yosemite National Park**
Tuesday, April 28th
1:30 p.m.
Eric Simon, Professor of Biology at New England College



Celebrated naturalist, promoter of national parks, founder of The Sierra Club: John Muir led a life focused on conserving nature's splendor. Ansel Adams is America's best known landscape photographer. Learn and see how their lives and different approaches to art intersected to help promote and protect Yosemite National Park.
Registration required.

**Planning for the Future—How Older Adults
Can Live Successfully and Safely**
Thursday, April 30th
1:30 p.m.
Larry Poirier, Outreach Manager



Larry Poirier, Outreach Manager at Springwell, brings twenty-five years of experience working with older adults. Larry will share the keys to both healthy aging and planning for the future. The presentation will cover the following topics.

- Successful Lifestyle Habits
 - Advanced Directives / Estate Planning basics
 - Housing Options- Where do you want to live?
 - How to begin preparing a plan for the next stage of your life
- Registration required.**

CLASS: Knitting

Tuesdays, March 3rd – April 28th

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, March 6th, 20th

and April 3rd, 17th

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, March 9th, 23rd

and April 6th

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.

VOLUNTEER CORNER

A big thank you to our dedicated group of front door greeters!

These volunteers serve many vital functions at the COA, including checking in patrons for programs, giving tours for new patrons and answering questions. They do all this and more with a smile and a willingness to volunteer several hours a week at our center (even when it is very cold by the front door!). We thank them for their commitment and dedication!



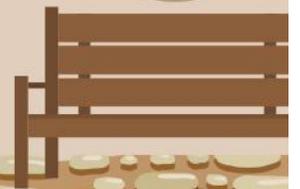
The Friends of
the Wellesley Council on Aging
Announces

Coffee Shop

2026

Funding for
Coffee & Tea
Service for 2026

PROVIDED BY CAPTAIN
MARDENS AND THE
FRIENDS OF 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.

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 curbside-to-curbside 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.**

Saturday-Sunday from 8:00 a.m. – 6:00 p.m.

NEW DAYS
ADDED

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.

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.

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. Please send your suggestions to Kathy Savage, ksavage@wellesleyma.gov or call **781-235-3961**.



Celebrating Wellesley



Roland Ordovas Boston Marathon Run For The Council On Aging



The Friends of Wellesley Council on Aging has been chosen by the Select Board as a designated charity to enlist a runner for the 2026 Boston Marathon on April 20th to raise funds in support of Wellesley seniors and the Council on Aging. We are pleased that Roland Ordovas will be running on our behalf and deserving our enthusiastic support. Roland, his wife and their two daughters live in Wellesley and are all looking forward to his run in the 130th BAA Boston Marathon.

Please consider donating to Roland's challenging run by going to givngain.com and clicking on **ROLANDORDVAS'RUNFORWELLESLEYCOUNCILONAGING** or visit the Friends' website www.wellesleyfriendscoa.org.

ONE-ON-ONE TECHNOLOGY ASSISTANCE

Tuesdays
12:30 – 3:30 p.m.

Lois Clayton, 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.**

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.

MARCH	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-3-	-4-	-5-	-6-
	Salmon & potato pie with broccoli & cornbread	Tuna salad wrap, green beans & cornbread	Baked haddock with herb stuffing, honey glazed carrots & cornbread	Maple Mustard Salmon with rice pilaf, broccoli & cornbread
	-10-	-11-	-12-	-13-
	Spinach feta quiche, chicken noodle soup & butter croissant	Chicken tarragon sandwich, chicken lemon soup & chocolate chip oatmeal cookie	Ham mushroom quiche, 1/2 garden salad & cranberry muffin	1/2 roasted chicken sandwich, vegetarian split pea soup & a blueberry muffin
	-17-	-18-	-19-	-20-
	NO LUNCH	Vegetable Omelet & a fruit cup	Steak and Cheese grinder & garden salad	Grilled chicken Caesar wrap & chips
	-24-	-25-	-26-	-27-
	Isabella sandwich on whole wheat & a cookie	Turkey, stuffing, cranberry sauce, lettuce, mayonnaise on a small roll & a cookie	Grilled chicken breast wrap with balsamic dressing, field greens, feta cheese, black olives, tomatoes, cucumber & chips	Meatball sub with provolone cheese & a cookie

APRIL	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-MARCH 31-	-1-	-2-	-3-
	Crushed avocado, lime juice, cilantro, grilled chicken breast, tomato, lettuce & a cookie	Cranberry Chicken Wrap & a Cookie	Egg salad BLT wrap with cucumber, red onion, red & green pepper & a cookie	Turkey, bacon, romaine, tomatoes, pepper jack cheese, cranberry sauce on white bread
	-7-	-8-	-9-	-10-
	Baked haddock with herb stuffing, honey glazed carrots & cornbread	Salmon Salad Plate w/ Tomato & Cucumber Salad, Cornbread	Fish cake, peas, carrots & cornbread	Salmon & potato pie with broccoli & cornbread
	-14-	-15-	-16-	-17-
	Sliced turkey breast wrap with lettuce, tomato, mayonnaise & cranberry sauce wrap with chips	Shrimp broccoli alfredo & a garden salad	Greek medley wrap (feta cheese, lettuce, tomato, onions, black olives, cucumber and Greek dressing) & a brownie	Chef's salad (turkey, ham, roast beef, cheese and boiled egg) & a brownie
	-21-	-22-	-23-	-24-
	1/2 Vegetarian Calzone & Cape Cod Potato Chips	Turkey Bacon Wrap & Chips	Grilled chicken Caesar wrap & chips	Chef salad with turkey, ham, roast beef, and provolone cheese
	-28-	-29-	-30-	
	Vegetarian white bean soup, 1/2 tuna fish sandwich & a chocolate chip cookie	Spinach feta quiche, chicken lemon soup & a pear ginger muffin	1/2 turkey sandwich, 1/2 garden salad & chocolate chip cookie	

MARCH 2026 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-2-	-3-	-4-	-5-	-6-
<p>2:30 Chair Yoga</p>	<p>9:15 Seated Strength and Balance</p> <p>10:00 Experienced Knitting</p> <p>11:00 Social Connections</p> <p>1:30 All Abilities Knitting</p> <p>Voting Day at the COA</p> 	<p>9:15 Hi Lo Fitness</p> <p>10:00 Keep Well Clinic</p> <p>10:30 Still- Life Sketching</p> <p>12:00 Cardio Dance & Strength – LaBlast</p> <p>1:00 World History Discussion Group</p> <p>1:30 Ageless Science</p> <p>1:30 American Art at 250</p> <p>2:30 Men in Retirement</p>	<p>9:15 Seated Strength and Balance</p> <p>10:00 Total Body Sculpting</p> <p>10:30 Tai Chi</p> <p>2:30 Women in Retirement</p>	<p>9:15 Yoga for Better Balance</p> <p>10:30 Economy Watch</p> <p>2:00 Kitchen Grand Opening Reception</p> 
-9-	-10-	-11-	-12-	-13-
<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 Kev Tech</p> <p>1:30 Watercolor for All</p> <p>2:30 Chair Yoga</p>	<p>9:15 Seated Strength and 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 Wellesley Historical Society</p> <p>1:30 All Abilities Knitting</p>	<p>9:15 Hi Lo Fitness</p> <p>10:30 Still-Life Sketching</p> <p>12:00 Cardio Dance & Strength – LaBlast</p> <p>1:00 Great Poems Discussion</p> <p>1:30 Sing Along with Marie Brown!</p> <p>2:30 Men in Retirement</p>	<p>9:15 Seated Strength and Balance</p> <p>9:15 All Levels Yoga</p> <p>10:00 Total Body Sculpting</p> <p>10:30 Tai Chi</p> <p>12:30 Tell Us What You're Reading</p> <p>1:30 Women Artists in the West</p> <p>2:30 Afternoon Discussion Group</p>	<p>9:15 Yoga for Better Balance</p> <p>1:15 Movie: Jay Kelly</p> 
-16-	-17-	-18-	-19-	-20-
<p>9:15 Fit for Life</p> <p>10:30 Core and More</p> <p>12:00 All Levels Yoga</p> <p>1:30 Ireland: Portrait of a Nation</p> <p>1:30 Watercolor for All</p> <p>2:30 Chair Yoga</p>	<p>9:15 Seated Strength and Balance</p> <p>10:00 Experienced Knitting</p> <p>11:00 Social Connections</p> <p>12:00 Annual Richard Campana St. Patrick's Day Celebration</p>  <p>1:30 All Abilities Knitting</p>	<p>9:15 Hi Lo Fitness</p> <p>10:00 Keep Well Clinic</p> <p>12:00 Cardio Dance & Strength – LaBlast</p> <p>1:00 Shakespeare Discussion</p> <p>1:30 Fierce Females: Women in Art Part IV</p> <p>1:30 Piano and Storytelling with Richard</p> <p>2:30 Men in Retirement</p>	<p>9:15 Seated Strength and Balance</p> <p>9:15 All Levels Yoga</p> <p>10:00 Total Body Sculpting</p> <p>10:00 Block Printing Workshop</p> <p>10:30 Tai Chi</p> <p>1:15 Bingo</p> <p>2:30 Women in Retirement</p> <p>4:00 COA Board Meeting</p>	<p>9:15 Yoga for Better Balance</p> <p>10:30 Economy Watch</p> <p>1:15 Movie: Mango</p> 
-23-	-24-	-25-	-26-	-27-
<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>2:30 Chair Yoga</p>	<p>9:15 Seated Strength and 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 Staying Safe Online</p> <p>1:30 All Abilities Knitting</p>	<p>10:30 Still-Life Sketching</p> <p>12:00 Cardio Dance & Strength – LaBlast</p> <p>1:00 American Literary Classics Book Discussion</p> <p>1:30 Einstein's Annus Mirabilis, Part I</p> <p>2:30 Men in Retirement</p>	<p>9:15 Seated Strength and Balance</p> <p>9:15 All Levels Yoga</p> <p>10:00 Total Body Sculpting</p> <p>10:30 Tai Chi</p> <p>1:30 Opera Talk: The Legacy of Maria Callas</p> <p>2:30 Afternoon Discussion Group</p>	<p>9:15 Yoga for Better Balance</p> <p>10:00 Colorful Pearl Necklace</p> <p>1:15 Movie: Train Dreams</p> 
-30-	-31-	 <p>The Wellesley COA celebrates the diversity of our community and welcomes people of all abilities, gender identities, races, religions, and ethnicities</p>		
<p>9:15 Fit for Life</p> <p>10:30 Core and More</p> <p>12:00 All Levels Yoga</p> <p>1:30 Kev Tech</p> <p>2:30 Chair Yoga</p>	<p>9:00 Donuts & Coffee with Wellesley Police</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 Einstein's Annus Mirabilis, Part II</p> <p>1:30 All Abilities Knitting</p>			

APRIL 2026 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>VIRTUAL</p> <p>IN PERSON</p>	-1-	-2-	-3-
<p></p> <p>See Back Cover For Drop In Activities not reflected in the calendar.</p>		<p>9:15 Hi Lo Fitness</p> <p>10:00 Keep Well Clinic</p> <p>10:30 Still-Life Sketching</p> <p>12:00 Cardio Dance & Strength – LaBlast</p> <p>12:30 Needle Felted Bunny</p> <p>1:00 World History Discussion Group</p> <p>2:30 Men in Retirement</p>	<p>9:15 Seated Strength and Balance</p> <p>9:15 All Levels Yoga</p> <p>10:00 Total Body Sculpting</p> <p>10:30 Tai Chi</p> <p>1:30 Eating for Exercise</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: Rescued by Ruby</p> 
-6-	-7-	-8-	-9-	-10-
<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 Magical Costa Rica</p> <p>1:30 Watercolor for All</p> <p>2:30 Chair Yoga</p>	<p>9:15 Seated Strength and 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>9:15 Hi Lo Fitness</p> <p>10:30 Still-Life Sketching</p> <p>12:00 Cardio Dance & Strength – LaBlast</p> <p>1:00 Great Poems Discussion</p> <p>1:30 Seniors Helping Seniors</p> <p>2:30 Men in Retirement</p>	<p>9:15 Seated Strength and Balance</p> <p>9:15 All Levels Yoga</p> <p>10:00 Total Body Sculpting</p> <p>10:30 Tai Chi</p> <p>12:30 Tell Us What You're Reading</p> <p>1:30 Wildlife Conservation</p> <p>2:30 Afternoon Discussion Group</p>	<p>9:15 Yoga for Better Balance</p> <p>1:15 Movie: I'll Find You</p> 
-13-	-14-	-15-	-16-	-17-
<p>9:15 Fit for Life</p> <p>10:30 Core and More</p> <p>12:00 All Levels Yoga</p> <p>1:30 Kev Tech</p> <p>1:30 Watercolor for All</p> <p>2:30 Chair Yoga</p>	<p>9:15 Seated Strength and 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 Clear Captions</p> <p>1:30 All Abilities Knitting</p>	<p>9:15 Hi Lo Fitness</p> <p>10:00 Keep Well Clinic</p> <p>10:30 Still-Life Sketching</p> <p>12:00 Cardio Dance & Strength – LaBlast</p> <p>1:00 Shakespeare Discussion</p> <p>1:30 Tiffany to Chihuly: Masters of Glass Art</p> <p>1:30 An Hour of Musical Oddities</p> <p>2:30 Men in Retirement</p>	<p>9:15 Seated Strength and Balance</p> <p>9:15 All Levels Yoga</p> <p>10:00 Total Body Sculpting</p> <p>10:00 Paper Flower Making</p> <p>10:30 Tai Chi</p> <p>1:15 Bingo</p> <p>2:30 Women in Retirement</p> <p>4:00 COA Board Meeting</p>	<p>9:15 Yoga for Better Balance</p> <p>9:15 Podiatry Clinic</p> <p>10:30 Economy Watch</p> <p>1:15 Movie: New Yorker at 100</p> 
-20-	-21-	-22-	-23-	-24-
<p>The Tolles Parsons Center is CLOSED in Observance of PATRIOT'S DAY No Activities</p> <p> Please support the FWCOA Runner! See page 8.</p>	<p>9:15 Seated Strength and 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 Florence and the Hill Towns of Tuscany</p> <p>1:30 All Abilities Knitting</p>	<p>9:15 Hi Lo Fitness</p> <p>10:30 MFA Bus Trip to Boston</p> <p>10:30 Still-Life Sketching</p> <p>12:00 Cardio Dance & Strength – LaBlast</p> <p>1:00 American Literary Classics Book Discussion</p> <p>2:30 Men in Retirement</p>	<p>9:15 Seated Strength and Balance</p> <p>9:15 All Levels Yoga</p> <p>10:00 Total Body Sculpting</p> <p>10:30 Tai Chi</p> <p>1:30 Benjamin Rush: Forgotten Founder and Physician who Healed a Wounded Nation</p> <p>2:30 Afternoon Discussion Group</p>	<p>9:15 Yoga for Better Balance</p> <p>1:15 Movie: Mr. Macolm's List</p> 
-27-	-28-	-29-	-30-	
<p>9:15 Fit for Life</p> <p>10:30 Core and More</p> <p>12:00 All Levels Yoga</p> <p>1:30 Kev Tech</p> <p>1:30 Watercolor for All</p> <p>2:30 Chair Yoga</p>	<p>9:00 Wellesley Registration</p> <p>9:15 Seated Strength and 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 The Art of Conservation: John Muir, Ansel Adams and Yosemite National Park</p> <p>1:30 All Abilities Knitting</p>	<p>9:00 Non-Wellesley Registration</p> <p>9:15 Hi Lo Fitness</p> <p>10:30 Still-Life Sketching</p> <p>12:00 Cardio Dance & Strength – LaBlast</p> <p>2:30 Men in Retirement</p>	<p>9:00 Donuts & Coffee with Wellesley Police</p> <p>9:15 Seated Strength and Balance</p> <p>9:15 All Levels Yoga</p> <p>10:00 Total Body Sculpting</p> <p>10:30 Tai Chi</p> <p>1:30 Planning for the Future – How Older Adults Can Live Successfully and Safely</p> <p>2:30 Women in Retirement</p>	

Fitness ONLINE AND IN PERSON



MONDAYS	TIME	DURATION	ZOOM	IN PERSON	MARCH	APRIL
Fit for Life	9:15 a.m.	60 Minutes			9, 16, 23, 30	6, 13, 27
Core and More	10:30 a.m.	45 Minutes			9, 16, 23, 30	6, 13, 27
All Levels Yoga	12:00 p.m.	60 Minutes			9, 16, 23, 30	6, 13, 27
Chair Yoga	2:30 p.m.	45 Minutes			2, 9, 16, 23, 30	6, 13, 27
TUESDAYS						
Seated Strength & Balance	9:15 a.m.	45 Minutes			3, 10, 17, 24	7, 14, 21, 28
Yoga for Better Balance	9:15 a.m.	60 Minutes			10, 24, 31	7, 14, 21, 28
Tai Chi	10:30 a.m.	45 Minutes			10, 24, 31	7, 14, 21, 28
WEDNESDAYS						
Hi Low Fitness	9:15 a.m.	45 Minutes			4, 11, 18	1, 8, 15, 22, 29
Cardio Dance & Strength – LaBlast	12:00 p.m.	60 Minutes			4, 11, 18, 25	1, 8, 15, 22, 29
THURSDAYS						
Seated Strength & Balance	9:15 a.m.	45 Minutes			5, 12, 19, 26	2, 9, 16, 23, 30
All Levels Yoga	9:15 a.m.	60 Minutes			12, 19, 26	2, 9, 16, 23, 30
Total Body Sculpting	10:00 a.m.	60 Minutes			5, 12, 19, 26	2, 9, 16, 23, 30
Tai Chi	10:30 a.m.	45 Minutes			5, 12, 19, 26	2, 9, 16, 23, 30
FRIDAYS						
Yoga for Better Balance	9:15 a.m.	60 Minutes			6, 13, 20, 27	3, 10, 17, 24

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!
Mondays, March 9th, 16th
and April 6th, 13th 27th
1:30 p.m. – 3:00 p.m.
Instructor: Cindy Shorris
Cost: \$75 for the 5-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! This class will be fun and relaxing for all! **Registration required. Max: 8**

ART: Block Printing Workshop
Thursday, March 19th
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. **Registration required. Max: 12**

ART: Still-Life Sketching
Wednesdays,
March 4th, 11th, 25th and
April 1st, 8th, 15th, 22nd, 29th
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**



ART: Colorful Pearl Necklace
Friday, March 27th
10:00 a.m.
Instructor: Carson Eddy
Cost: \$20



Join Carson in designing and making a colorful pearl necklace perfect for spring! You will select from an assortment of glass pearls and gold or silver toggle clasps. Add beads to create "knots" and a pendant for a custom look. You will go home with your finished necklace and step-by-step instructions. Tools will be available for your use during class. **Registration required. Max: 6**

ART: Needle Felted Bunny
Wednesday, April 1st
12:30 p.m. – 3:30 p.m.
Instructor: Elizabeth Stubbs
Cost: \$30



Celebrate the spring with a needle felted bunny, made of soft, warm sheep's wool. Needle felting is easy to learn and fun to do. All materials will be provided. **Registration required. Max: 12**

ART: Paper Flower Making
Thursday, April 16th
10:00 a.m. – 12:00 p.m.
Instructor: Mary Garrigan
Cost: \$20



Who wouldn't like flowers that don't need any care? Come join Mary and learn how to make flowers that won't die. In this class we will shape and assemble lifelike flowers. You will take home two or more creations at the end of the class. **Registration required. Max: 10**



Holiday party fun!





OUTREACH *and Resources*

GROUP: Social Connections

Tuesdays, March 3rd, 10th, 17th, 24th, 31st and April 7th, 14th, 21st, 28th
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,
March 4th, 11th, 18th, 25th and
April 1st, 8th, 15th, 22nd, 29th
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, March 5th, 19th
and April 2nd, 16th, 30th
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, March 12th, 26th and April 9th, 23rd
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

Tuesday, March 31st and
Thursday, April 30th
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!



Kate Burnham, Health & Social Services Administrator



DID YOU KNOW??

The COA offers free consultations with our full time Social Worker, Kate Burnham. With years of knowledge on local resources and community supports, a meeting with Kate can offer reassurance and fresh perspectives on aging well. Through personalized education and conversation, Kate can help you understand your options, navigate life transitions, and make informed decisions about housing, community resources

and support systems. This approach empowers you with confidence, turning uncertainty into a clear, hopeful plan for the future. Call to sign up and schedule your confidential session with Kate Burnham at **781-772-6173**.

March 9th, March 23rd
and April 13th, April 27th
10:00 a.m. 11:00 a.m. 2:00 p.m.

Empower. Advocate. Change.

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, March 4th and April 1st
1:00 p.m. – 2:30 p.m.



Facilitators: COA Volunteers, Terry Catchpole and Stephen Maire

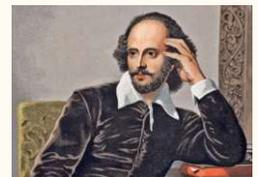
Participants discuss books covering facets of the broad sweep of world history. Coming up:

- **March 4:** *The Last of Its Kind – The Search For the Great Auk and the Discovery of Extinction*, Gisli Palsson (236 pages)
- **April 1:** *New Worlds For All – Indians, Europeans and the Remaking of Early America*, Colin Calloway (256 pages)
- **May 6:** *The Index of Prohibited Books – Four Centuries of Struggle Over Word and Image for the Greater Glory of God*, Robin Vose (352 pages)
- **June 3:** *Flawless – Lessons in Looks and Culture from the K-Beauty*, Elise Hu (310 pages)

GROUP: Tell Us What You’re Reading Discussion
Thursdays, March 12th and April 9th
12:30 p.m. – 1:30 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, March 18th and April 15th
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:

- **March 18:** *Henry V*, Acts One and Two
- **April 15:** *Henry V*, Acts Three, Four and Five
- **May 20:** *Henry VI*, Part One, Acts One and Two
- **June 17:** *Henry VI*, Part One, Acts Three, Four and Five

GROUP: Great Poems Discussion
Wednesdays, March 11th and April 8th
1:00 p.m. – 2:30 p.m.
Facilitator: COA Volunteer, Terry Catchpole



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

- **March 11:** Christina Rossetti, Lewis Carroll, James Thomson, William Morris (22 pages)
- **April 8:** Algernon Swinburne, Gerard Manley Hopkins (22 pages)
- **May 13:** William Ernest Henley, Oscar Wilde, Francis Thompson (25 pages)
- **June 10:** Rudyard Kipling, Ernest Dowson (25 pages)

GROUP: American Literary Classics Book Discussion
Wednesday, March 25th and April 22nd
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 always wanted to dig into. Participants read favorite passages and join in an engaging, friendly exchange. Coming up:

- **March 25:** *Long Day’s Journey Into Night*, Eugene O’Neill (200 pages)
- **April 22:** *Just Kids*, Patti Smith (278 pages)
- **May 27:** *I, Robot*, Isaac Asimov (272 pages)
- **June 24:** *The Last Picture Show*, Larry McMurtry (280 pages)

So many books...

WHO Are The Friends and HOW Do They Impact The COA?

- The Friends of Wellesley Council on Aging is a registered 501(c) (3) non-profit organization with these volunteers: Marlene Allen, Joan Archer, Charlie Ashe, Kathy Bates, Trish Bradley, Peter Godfrey, Seiko Hori, Phil Jutras, Tom Kealy, Richard Kent, Fred Keuthen, Rick Mongeau, Joan Sullivan and Betty Szeto.
- Our Mission is to enrich the lives of Wellesley Citizens aged 60 and older by providing financial support for enhanced facilities, programs, activities, and other needs for the Wellesley Council on Aging.
- In addition to supporting the many programs and services provided regularly by the COA, the Friends' New Era Fund provides support for larger expenditure capital projects.
- Some Examples of financial support provided by the Friends:
 - Subsidizing the cost of all daily lunches served at the COA, and affordable for all
 - Contributing funding for special programs, lunches, events and bus trips
 - Gathering gift certificates from local merchants for use as prizes for COA patrons
 - New Era Fund purchase of pool tables, fitness equipment and piano for the TPC
 - Augmenting a generous donation from Captain Marden's to offer free coffee for all
 - New Era Fund pilot programs and studies to advance the COA's impact with seniors
 - Conducting an annual Health & Wellness Expo with free admission to all



“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



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.

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

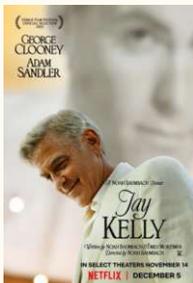
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MARCH/APRIL

MARCH 13th | R | Comedy/Drama



Jay Kelly (2025)

This film follows famous movie actor Jay Kelly (George Clooney) and his devoted manager Ron (Adam Sandler) as they embark on a whirlwind and unexpectedly profound journey through Europe. Along the way, both men are forced to confront the choices they've made, the relationships with their loved ones, and the legacies they'll leave behind. **2h 12m**

MARCH 20th | Romance/Comedy



Mango (2025)

An ambitious hotelier and her reluctant daughter take a trip to Málaga, where they find what they've been craving in a farmer's idyllic mango orchard. **1h 36m**

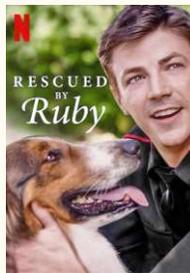
MARCH 27th | PG-13 | Drama



Train Dreams (2025)

Train Dreams is the moving portrait of Robert Grainier, whose life unfolds during an era of unprecedented change in early 20th century America. Orphaned at a young age, Robert grows into adulthood among the towering forests of the Pacific Northwest, where he helps expand the nation's railroad empire alongside men as unforgettable as the landscapes they inhabit. After a tender courtship, he marries Gladys and they build a home together, though his work often takes him far from her and their young daughter. When his life takes an unexpected turn, Robert finds beauty, brutality and newfound meaning for the forests and trees he has felled. **1h 42m**

APRIL 3rd | PG | Family/Drama



Rescued by Ruby (2022)

State trooper Dan dreams of joining the K-9 Search & Rescue team, but no one will give him the chance. Shelter dog Ruby dreams of having a home, but is running out of hope. When fate brings Dan and Ruby together, it's their unshakable bond that helps them face their toughest challenge yet. Based on a true story. **1h 30m**

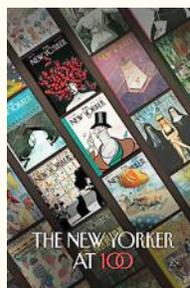
APRIL 10th | Romance/History/Drama



I'll Find You (2022)

It's the 1930's. Two young lovers, Robert, a Catholic opera singer and Rachel, a Jewish violin virtuoso, dream of one day performing together at legendary Carnegie Hall. When they're torn apart by the German invasion of Poland, Robert vows to find Rachel, no matter what. **1h 56m**

APRIL 17th | R | Documentary



The New Yorker at 100 (2025)

For the first time, The New Yorker opens up its offices to Academy Award-winning director Marshall Curry, allowing unprecedented access to its newsroom at a pivotal moment for all media, offering a rare look at what it took to publish a century of intrepid journalism, generation-defining fiction, and unforgettable cartoons. **1h 36m**

APRIL 24th | PG | Romance/Comedy



Mr Malcom's List (2022)

When she fails to meet an item on his list of requirements for a bride, Julia Thistlewaite is jilted by London's most eligible bachelor, Mr. Malcolm. Feeling humiliated and determined to exact revenge, she convinces her friend Selina Dalton to play the role of his ideal match. Soon, Mr. Malcolm wonders whether he's found the perfect woman...or the perfect hoax. **1h 57m**

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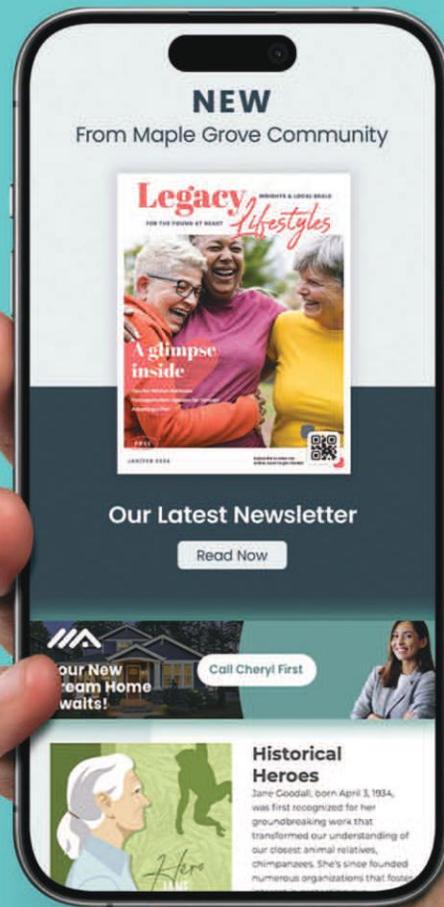


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COA In Person/Drop in Activities

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
 9:00 – 4:00 Billiards	 9:00 – 1:00 Billiards Match	 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	 1:00–4:00 Cribbage Groups	 9:00 – 12:30 Bridge Group	 10:00 – 12:00 Billiards Practice	 9:15 – 10:15 Walking Group Meet at Morses Pond
 9:15 – 10:15 Walking Group		 9:00 – 4:00 Card/Game/Billiards	 12:30 – 4:00 Mah Jongg	 12:30 – 4:00 Mexican Dominoes
 1:30 – 4:00 Ping Pong		 9:15 – 10:15 Walking Group	 1:15 – 2:45 BINGO March 19th and April 16th	 1:30 – 3:30 Painting
		 10:00 – 11:00 Keep Well at TPC (First and Third)	 1:30 – 4:00 Knitting Group	 1:30 – 4:00 Ping Pong
		 12:30 – 4:00 Scrabble Group		