



CELEBRATING

Mother's
DAY

Friday, May 8th at 12:00 p.m.

Happy Mother's Day to all the mothers, grandmothers, and caregivers in our community. We celebrate you today and thank you for the love, strength, and wisdom you share every day.



TECH
TUESDAYS



AT THE COA!

Presented by Senior U each Tuesday in June.

ONE TECH TOPIC • IN-DEPTH DISCUSSION AND SUPPORT

Wellesley Council on Aging Staff

OPEN

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OPEN

Volunteer Coordinator

Andy Bigham, Bus Driver
Alessandro Castellani, Bus Driver
Jeanie Clark, Bus Driver
Rick Waldman, 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, May 21st, at 4:00 p.m.

Thursday, June 18th, 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



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 May/June 2026

Wellesley Residents:

Starting Tuesday, **April 28th at 9:00 a.m.**

Non-Wellesley Residents:

Starting Wednesday, **April 29th 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



COUNCIL ON AGING *Happenings*

KevTech

Mondays, May 4th or 18th
1:30 p.m.

Kevin & Gus

Using the iPhone for Health and Emergencies

Cost: \$5.00



In this class, we explore how the iPhone can help in different emergency situations and offer insight into our health. We learn how to set up emergency contacts, use the SOS feature, turn on voice activation, and use the Health app to find patterns and changes in our physical health. **Registration required.**

Music by Mike

Tuesday, May 5th
1:30 p.m.

Mike Carlucci - Guitar and vocals



Mike Carlucci is a professional musician who has been performing in the Boston area since 1994 as a drummer, vocalist, guitarist, producer, and songwriter. Currently he performs with Radio Honey and our own Sara Achorn, Little Lies: A Tribute to Fleetwood Mac and works as a session drummer at Electric Tree House Studio for engineer/producer Alec Francesconi.

Self-Advocacy at your Doctor's Appointment

Wednesday, May 6th
1:30 p.m.

Lynn Croft, Healthcare Advocate



Understanding how to communicate effectively with medical professionals can lead to better care and improved health outcomes. Join professional healthcare advocate Lynn Croft to learn these essential communication strategies. **Registration required.**

Mother's Day Lunch

Friday, May 8th
12:00 p.m.

Celebrate Mother's Day at the Wellesley Council on Aging with a special luncheon honoring the mothers in our community. Guests will enjoy a delicious meal and beautiful harp music as we recognize and appreciate the important role mothers and caregivers play in our lives. **This event is generously supported in part by Fox Hill Village. Registration required.**



Celebrating Wellesley



Island Vacation

Musical Performance

Monday, May 11th
1:30 p.m.

Roger Tincknell, Musician



Celebrating Wellesley



Join us for a musical trip to the islands with singer and guitarist Roger Tincknell. Roger will perform a lively program featuring songs and stories inspired by island traditions, taking listeners on a relaxing journey from Hawaii to the Caribbean. Enjoy an afternoon of tropical melodies, engaging storytelling, and great entertainment at the COA. **This program is supported in part by a grant from the Wellesley Cultural Council. Registration required.**

The Floating City:

Art, Architecture and Music in Venice

Tuesday, May 12th
1:30 p.m.

Paolo Di Gregorio, Historian and Achraeologist



Venice, Italy, is a city unlike any other, a place of beauty, mystery, and romance. Much of that aura is due to the city's location in the midst of the lagoon. But a substantial part of the splendor was created by the people of Venice, the merchants, builders, and artists. This lecture will explore some of the remarkable creators of the Venetian mystique. **Registration required.**

Ducks and Their Feathers

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

Tia Pinney, Mass Audubon Senior Naturalist



New England has great variety of ducks to discover. We will explore our many ducks and why and when they have such exquisite plumages. We will also talk about the form and function of the feathers that produce their beautiful patterns and colors. **Registration required.**

Spring Handbells Concert

Thursday, May 14th
2:00 p.m.

Lincoln Handbell Ringers



Join us for a special musical performance by the Lincoln Handbell Ringers! The group combines familiar tunes and handbell originals with a variety of tempos and techniques while Director Diane Burke provides fascinating context and background about their repertoire and instruments. **Registration required.**

Patriotic Piano Performance
Tuesday, May 19th
1:30 p.m.
Michael Leidig, Pianist



Join us for a piano performance by Michael Leidig. The theme of his program will be patriotic music connected to America's 250th Anniversary and will include a blend of a wide variety of music styles. Come in and enjoy this special patriotic musical performance to celebrate our nation's 250 years of history!

Registration required.

The Peale Family:
America's First Artistic Dynasty
Wednesday, May 20th
1:30 p.m.
Jane Oneail, Culturally Curious



How did one family's dedication to art, science, and education shape the cultural landscape of a young nation still defining its identity? Discover the remarkable legacy of the Peale family, whose artistic talents spanned generations and helped establish the foundation of American art in the early republic. Charles Willson Peale, the patriarch and Revolutionary War veteran, not only created some of our nation's most important portraits of founding fathers like George Washington, but also founded America's first major museum and fostered a dynasty of painter sons and daughters. Through exploring works by Charles Willson Peale, his sons Raphaëlle, Rembrandt, and Rubens Peale, along with his daughters Sarah and Anna, this program reveals the intimate story of artistic innovation, family bonds, and the pursuit of both beauty and knowledge in early America. **Registration required.**

Salad Dressings and Marinades
Wednesday, May 20th
1:30 p.m.
Katrina Goldowsky-Dill,
Land's Sake Farm Educator
Cost: \$15



Come try your hand at making your own salad dressings and marinades in the COA kitchen! In this workshop we will taste and pair herbs and natural sweeteners, as well as learn different salad dressing techniques. Participants will have the opportunity to design their own mixtures, to be tested with Land's Sake lettuce and taken home to dress their table. **Registration required. Max 15**

BINGO
Thursday, May 21st
and June 18th
1:15 – 2:45 pm



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

Medicare 101
Tuesday, May 26th
1:30 p.m.



Paul O'Conner Field Sales Executive

Join us for **Medicare 101**, an informative session covering the basics of Medicare, available plan options, and what to consider during the Annual Enrollment Period. This presentation is designed to help individuals better understand their coverage and make informed decisions. Attendees will have the opportunity to ask questions and learn more about their options.

Spring Into a Good Book
Wednesday, May 27th
1:30 p.m.



Lorna Ruby, Wellesley Books Buyer

Join Lorna Ruby, a buyer from Wellesley Books and lifelong book enthusiast, as she presents her recommendations for warm weather reads. The program will include a mix of new releases of fiction and nonfiction to enjoy this spring and summer.

Registration required.

Tour of the New
Wellesley History and
Exhibit Center



Celebrating Wellesley

Thursday, May 28th
1:30 p.m.

323 Washington Street,
Wellesley, MA



Take a special behind-the-scenes tour of the newly opened Wellesley Historical Society's History and Exhibit Center. This engaging visit offers a closer look at Wellesley's rich past through thoughtfully curated exhibits, artifacts, and stories that bring the town's history to life. Learn how Wellesley has evolved over time, discover notable people and places, and enjoy a guided experience that highlights the heritage of our community in a welcoming and accessible setting. **Patrons will meet at 323 Washington Street. Transportation will not be provided. Registration required. Max 22**

Getting Comfortable with Tech
Tuesday, June 2nd
1:30 p.m.
Senior U



Start with confidence. This welcoming session focuses on building a positive tech mindset and breaking down common myths that make technology feel intimidating. We'll explore simple digital wins that make everyday life easier, from understanding basic settings to learning where to start with smartphones and online tools. Perfect for beginners or anyone returning to technology after a break. **Registration required.**

The Caregiver's Journey—Ups, Downs, Obstacles and Resources

Wednesday, June 3rd

1:30 p.m.

Vikki Levine, Client Service Director,
Ezra Home Healthcare



Join us for a real talk about the highs, lows, challenges, and support available on the journey of caregiving! Vikki Levine, Client Services Director of Ezra Home Care, LLC has combined her professional and personal knowledge of the caregiver's journey, creating an educational and interactive conversation that presents the different paths and resources available when it comes to being a primary care partner and aging in place/non-medical home care services. Vikki warmly welcomes our audience to ask questions, share their concerns about care, care giving and being a care partner. **Registration required.**

Navigating Your Next Chapter: Downsizing with Confidence

Thursday, June 4th

1:30 p.m.

Nick Plante, Seniors Real Estate Specialist



Thinking about downsizing but unsure where to begin? Join **Nick Plante, Realtor and Seniors Real Estate Specialist (SRES) with Keller Williams Boston MetroWest**, for an informative discussion on how to plan a smooth transition to a smaller home. Nick will be joined by a **local Elder Law Attorney and a Senior Move Manager** to provide expert guidance on every step of the process, including:

- Creating a realistic downsizing timeline
- Protecting assets and aligning your move with your estate plan
- Strategies for decluttering and "right-sizing" your belongings
- Preparing your home for sale to maximize value

Whether you are planning a move in the near future or simply exploring your options, this session will help you understand the process and plan with confidence. **Registration required.**

KevTech

Mondays, June 8th or 22nd

1:30 p.m.

Kevin & Gus

Cost: \$5

Understanding iCloud and Your Apple Account

This class provides a general overview of the iPhone and iPad Settings app. We learn where to find information on our Apple accounts, manage the information stored on iCloud, and synchronize our devices. **Registration required.**



AI Awareness

Tuesday, June 9th

1:30 p.m.

Senior U



An honest and easy-to-understand introduction to artificial intelligence. Learn what AI actually is, how it's already part of everyday life, and how it appears in tools like voice assistants, writing helpers, and search engines. The session will also include tips for safe browsing and how to recognize when AI is being used online. **Registration required.**

Preventive Screening Program



Mass General Brigham
Newton-Wellesley Hospital

Wednesday, June 10th

1:30 p.m.

Jane A. Barr, MPH, RD, LDN

Community Wellness Coordinator,

Elfers Cardiovascular Center/Shipley Fitness Center

MGB Newton Wellesley Hospital is offering a very important screening for your cardiometabolic health. The A1c test measures the average blood glucose (sugar) level over the past three months and can assess your risk for prediabetes and diabetes. Diabetes affects 1 in 10 people, and nearly one quarter of those living with it have been undiagnosed, according to the CDC. We will also be available to check blood pressure, body composition, and provide counseling for the results. This free screening aims to provide people with valuable information to maintain their health and well-being. This program is brought to you by MGB Newton Wellesley Hospital's Community Collaborative Heart Health and Wellness Council. To learn more about Newton Wellesley Hospital's Community Collaborative and the Heart Health and Wellness Council, visit Mass General Brigham Newton-Wellesley Hospital. **Registration required.**

Roses to Redwoods: A Journey Along the Pacific Coast

Thursday, June 11th

1:30 p.m.

Joy Marzolf, Joys of Nature



Oregon is well known for its rose gardens, but also for its beautiful and rugged coast. Travel through the Willamette Valley and the coastal mountain range to Newport and the scenic Oregon coast. From sea anemones in the tidepools to seals and sea lions hauling out on the rocks or frolicking in the waves, there is much wildlife to see. You might even see gray whales in the water! Travel a bit further south to the Rogue River where a scenic boat trip can lead to bald eagle and even river otter sightings. Starting in southern Oregon and into northern California, this temperate rainforest is also home to the coastal redwood, some of the largest trees in the world. Learn about these majestic trees and some of the wildlife that can be found nearby. Explore the beauty and wildlife of this part of the Pacific coast. **Registration required.**



World According to Scott - Author Talk

Monday, June 15th

1:30 p.m.

Scott Kerman, Author



Curzon Mill Publishing is proud to announce the release of humor writer and stand-up comedian Scott Kerman's much-anticipated fourth annual collection of humorous essays from his popular column, **World According to Scott**, featured weekly in the Eagle Tribune newspaper.

"Unfiltered and in-your-face funny, **World According to Scott!**

Apparently There's a Fourth One is a rat-a-tat take on life's curveballs and consolations, its annoyances and joys, delivered with the quick, captivating pace of the standup comic that Scott has been. He takes the familiar and turns it inside-out, dissecting life's daily routines with a devilish wit, a cocked eyebrow, and a tug at the heart."

—Brian MacQuarrie, *Boston Globe*.

"Scott's writing the best newspaper humor column in the country these days." —Steve Kurkjian, *Boston Globe and Pulitzer Prize award winner*.

This book is for you if you're looking to belly laugh out loud over and over and over again. Scott shows us all of the everyday hilarities happening right under our noses. He often brings us back to simpler — and as it turns out — funnier days. And in the next breath, he's pointing out the absurdity of life today. Nothing sticks with you like a funny story well told. This book is full of them! RAS, Comedy Central. **Registration required.**

Father's Day BBQ Luncheon

Wednesday, June 17th

12:00 p.m.



Our Father's Day Luncheon will be a fun and festive afternoon celebrating the fathers in our lives. The celebration will feature a hearty, delicious bbq meal and lively musical entertainment. Please join us for this special afternoon. **Registration required.**

Smartphone 101

Tuesday, June 23rd

1:30 p.m.

Senior U



Learn the smartphone features that matter most. This introductory class will cover making calls, sending text messages, using the camera, adjusting settings, and exploring helpful everyday apps. We'll also highlight accessibility features that make smartphones easier to use. Designed for both Android and iPhone users. **Registration required.**

Craft Your Own Crackers!

Wednesday, June 24

1:30 p.m.

Katrina Goldowsky-Dill,
Land's Sake Farm Educator

Cost: \$15



This workshop will focus on making delicious, herby crackers using ingredients grown on the Land's Sake Farm. We will make three different types of crackers, learning the science of each type and experimenting with farm-flavor combinations. This workshop will use gluten and dairy products.

Registration required. Max 15

Cornhole Tournament

Thursday, June 25th

1:30–3:00 p.m.



Our popular Cornhole Tournament is back, led by COA Volunteer Patricia Thames. No experience needed – beginners welcome! Expect friendly competition and fun during this outdoor tournament on our back patio (weather permitting). Prizes will be awarded and refreshments provided. Please join us!

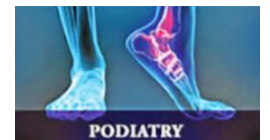
Registration required. Max 16

Podiatry Clinic

Friday, June 26th

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. Kuizinas by check, cash or credit card. **Registration required.**

Navigating Dr. Portals

Tuesday, June 16th

1:30 p.m.

Senior U



Many healthcare providers now use online portals to communicate with patients. This practical session will explain how to use these systems to schedule appointments, review test results, message your doctor, and manage prescriptions. Participants will also receive tips for navigating insurance portals and keeping medical information organized online. Plenty of time for questions. **Registration required.**

The Power of Pigment: Understanding Color in Art

Wednesday, June 17th

1:30 p.m.

Jane Oneail, Culturally Curious



The history of color unveils remarkable stories—from purple dye extracted from sea snails to ultramarine blue once more precious than gold itself. Artists deploy color strategically to create pathways through their compositions, creating movement that guides your experience. These calculated decisions transform flat surfaces into dynamic spaces, influencing how you perceive depth, feeling, and significance. What hidden messages might you discover when you begin to see paintings not just as images, but as carefully orchestrated color symphonies designed to evoke emotion and direct attention?

Registration required.

Using the MBTA

Monday, June 29th

1:30 p.m.

Eathan Finlan



The
Mobility
Center

The MBTA Mobility Center will be visiting the Wellesley Council on Aging to present on how to use the MBTA safely and accessibly. This informative session will guide participants through trip planning tools, highlight accessibility features across MBTA services, and review options available for travel beyond the MBTA service area. Following the presentation, staff will remain on hand to assist individuals who may qualify for a Senior CharlieCard or other reduced fare programs, helping to complete applications on site. Participants interested in applying should bring a government-issued photo ID that includes their date of birth. **Registration Required.**

Phone is Your Lifeline

Tuesday, June 30th

1:30 p.m.

Senior U



Your smartphone can be an important safety and health tool. This focused session will explore features such as Emergency SOS, Medical ID, location sharing, and other tools that help you stay connected and prepared. We'll also review useful apps and settings that can support health, communication, and peace of mind. **Registration required.**

ECONOMY WATCH:

A Financial Discussion Group

Fridays, May 1st, 15th, 29th

and June 12th, 26th

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, May 4th, 18th

and June 1st, 15th

10:30 a.m. – 12:00 p.m.

Photo Credit: Peter Rome



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.

CLASS: Knitting

Tuesdays, May 5th – June 9th

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**

The Wellesley COA Welcomes New Members

The Wellesley Council on Aging offers a welcoming place for older adults to stay active, connected, and engaged in the community. From exercise classes and lifelong learning opportunities to social groups, games, and special events, there is something for every interest and ability. Whether you're looking to meet new friends, explore new hobbies, or simply enjoy a great meal and conversation, the COA provides a vibrant and supportive environment right here in Wellesley.

- Exercise Classes
- Ping Pong
- Pool (billiards)
- Arts & Crafts
- Card Games
- Book Clubs
- Technology
- Walking Groups
- Educational Lectures
- Movie Screenings
- Mah-Jongg
- Seasonal Events



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**.



VOLUNTEER CORNER

Volunteer Ice Cream Social

Monday, June 1st
2:00 p.m.



We cordially invite all volunteers to our annual Volunteer Ice Cream Social. COA staff and Board Members will be scooping ice cream and serving refreshments in the Multipurpose Room to show our appreciation for all of the volunteers that contribute to the energy, vitality, and sense of welcome here at the COA. Volunteers are an essential and important part of our community. Among the volunteers that help our center run smoothly every day are the Community Service Bear Volunteers, Library Volunteers, Lunch Servers, Greeters, Special Event Volunteers, Discussion and Game Leaders, Bus Assistants, Volunteer Drivers and the Friends of the Wellesley COA.

During the Ice Cream Social, one volunteer will be honored with the 2026 Frank Lam Distinguished Volunteer Award presented by the Friends of the Wellesley COA. This award recognizes a volunteer who combines generosity and positive energy to help others, with the spirit of giving demonstrated by Frank Lam, former COA Assistant Director, during his time working at the COA. Invitations will be emailed to all volunteers inviting them to attend this special event. **Please RSVP.**

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 \$8 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 that the cost of lunch for Wellesley residents has been increased to \$8 per meal. This change reflects rising costs from our local restaurant partners and helps ensure the continued quality and sustainability of the COA lunch program.**

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. 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.

MAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-5-	-6-	-7-	-8-
	Chicken noodle soup, ½ honey baked ham with lettuce and tomato & a chocolate chip cookie	Chicken vegetable soup, spinach feta quiche with sun dried tomato and blueberry muffin	Split pea soup, ham mushroom quiche, pumpkin muffin	NO LUNCH
	-12-	-13-	-14-	-15-
	Crushed avocado, lime juice, cilantro, grilled chicken breast, tomato, lettuce wrap & a cookie	Turkey, bacon, romaine, tomatoes, pepper jack cheese, cranberry sauce on white bread	Grilled chicken breast wrap with balsamic dressing, field greens, feta cheese, black olives, tomatoes, cucumber & chips	Cranberry chicken wrap & a cookie
	-19-	-20-	-21-	-22-
	Salmon & potato pie with broccoli & cornbread	Tuna salad over a tossed house salad with Italian dressing & cornbread	Baked haddock with herb stuffing, honey glazed carrots & cornbread	Fish cake, peas, carrots & cornbread
	-26-	-27-	-28-	-29-
	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	½ meatball sub with provolone cheese, ½ small side salad and Italian dressing & a cookie
JUNE	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-2-	-3-	-4-	-5-
	Gazpacho soup, ½ smoked turkey wrap with lettuce & tomato & butterscotch cookie	NO LUNCH	Chicken barley soup, broccoli cheddar quiche & butterscotch cookie	Chicken noodle soup, ½ chicken tarragon sandwich with lettuce & tomato, garden salad & blueberry muffin
	-9-	-10-	-11-	-12-
	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
	-16-	-17-	-18-	-19-
	Sliced turkey breast wrap with lettuce, tomato, mayonnaise & cranberry sauce wrap & chips	NO LUNCH	Greek medley wrap (feta cheese, lettuce, tomato, onions, black olives, cucumber and Greek dressing) & a brownie	NO LUNCH
	-23-	-24-	-25-	-26-
	Spinach feta with sundried tomato quiche with chicken noodle soup & blueberry muffin	Gazpacho soup with ½ Ham sandwich with lettuce, tomato & Swiss cheese & Chocolate cookie	Chicken lemon rice soup with ham mushroom quiche & Pumpkin muffin	Gazpacho soup with chicken tarragon sandwich lettuce tomato & Blueberry Muffin
	-30-	-JULY 1-	-JULY 2-	-JULY 3-
	Vegetable omelet & a fruit cup	Chef salad with turkey, ham, roast beef, and provolone cheese	Grilled chicken caesar wrap & chips	NO LUNCH

MAY 2026 *Happenings*

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

10:30 Economy Watch
1:15 Movie: Song Sung Blue



-4-	-5-	-6-	-7-	-8-
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9:15 Fit for Life
10:30 Photo Club
10:30 Core and More
12:00 All Levels Yoga
1:30 KevTech
1:30 Watercolor for All
2:30 Chair Yoga

9:15 Seated Strength & Balance
9:15 Yoga for Better Balance
10:00 Experienced Knitting
10:30 Tai Chi
11:00 Social Connections
1:30 Music by Mike
1:30 All Abilities Knitting

9:15 Hi Lo Fitness
10:00 Keep Well Clinic
12:00 Cardio Dance & Strength
 - LaBlast
1:00 World History Book Discussion
1:30 Self-Advocacy at Your Doctor's Appointment
2:30 Men in Retirement

9:15 Seated Strength & Balance
9:15 All Levels Yoga
10:00 Total Body Sculpting
10:30 Tai Chi
2:30 The Afternoon Discussion Group

12:00 Mother's Day Lunch



-11-	-12-	-13-	-14-	-15-
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9:15 Fit for Life
10:30 Core and More
12:00 All Levels Yoga
1:30 Island Vacation Musical Performance
1:30 Decoupage Shells
2:30 Chair Yoga

9:15 Seated Strength & Balance
9:15 Yoga for Better Balance
10:00 Experienced Knitting
10:30 Tai Chi
11:00 Social Connections
1:30 The Floating City: Art, Architecture and Music in Venice
1:30 All Abilities Knitting

9:15 Hi Lo Fitness
12:00 Cardio Dance & Strength
1:00 Great Poems Discussion
1:30 Ducks and Feathers
2:30 Men in Retirement

9:15 Seated Strength & Balance
9:15 All Levels Yoga
10:00 Total Body Sculpting
10:30 Tai Chi
1:00 Tell Us What You're Reading Discussion
2:00 Spring Handbells Concert
2:30 Women in Retirement

9:15 Yoga for Better Balance
10:30 Economy Watch
1:15 Movie: Hamnet



-18-	-19-	-20-	-21-	-22-
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9:00 Coffee & Donuts with Wellesley Police
9:15 Fit for Life
10:30 Photo Club
10:30 Core and More
12:00 All Levels Yoga
1:30 KevTech
2:30 Chair Yoga

9:15 Seated Strength & Balance
9:15 Yoga for Better Balance
10:00 Experienced Knitting
10:30 Tai Chi
11:00 Social Connection
1:30 Patriotic Piano Performance
1:30 All Abilities Knitting

9:15 Hi Lo Fitness
10:00 Keep Well Clinic
12:00 Cardio Dance & Strength
1:00 Shakespeare Discussion
1:30 The Peale Family: America's First Artistic Dynasty
1:30 Salad Dressing and Marinades
2:30 Men in Retirement

9:15 Seated Strength & Balance
10:00 Total Body Sculpting
10:00 Paper Flower Making
10:30 Tai Chi
1:15 BINGO
2:30 The Afternoon Discussion Group
4:00 Board Meeting

9:15 Yoga for Better Balance
1:15 Movie: Rental Family



-25-	-26-	-27-	-28-	-29-
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The Tolles Parsons Center is CLOSED in Observance of MEMORIAL DAY NO ACTIVITIES

9:15 Seated Strength & Balance
9:15 Yoga for Better Balance
10:00 Experienced Knitting
11:00 Social Connections
1:30 All Abilities Knitting
1:30 Medicare 101

9:15 Hi Lo Fitness
1:00 American Literary Classics Book Discussion
1:30 Spring into a Good Book
2:30 Men in Retirement

9:15 Seated Strength & Balance
10:00 Total Body Sculpting
10:00 Silk Scarves
1:30 Tour of the New Wellesley History and Exhibit Center
2:30 Women in Retirement

9:15 Yoga for Better Balance
10:30 Economy Watch
1:15 Movie: Queen of Chess



JUNE 2026 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-1-	-2-	-3-	-4-	-5-
<p>9:15 Fit for Life</p> <p>10:30 Photo Club</p> <p>10:30 Core and More</p> <p>2:00 Volunteer Ice Cream Social</p> <p>2:30 Chair Yoga</p>	<p>9:15 Seated Strength & 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 Getting Comfortable with Tech</p> <p>1:30 All Abilities Knitting</p>	<p>10:00 Keep Well Clinic</p> <p>1:00 World History Book Discussion</p> <p>1:30 The Caregiver's Journey</p> <p>2:30 Men in Retirement</p>	<p>9:15 Seated Strength & 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 Navigating Your Next Chapter: Downsizing with Confidence</p> <p>2:30 The Afternoon Discussion Group</p>	<p>9:15 Yoga for Better Balance</p> <p>1:15 Movie: Toscana</p> 
-8-	-9-	-10-	-11-	-12-
<p>9:15 Fit for Life</p> <p>10:30 Core and More</p> <p>12:00 All Levels Yoga</p> <p>1:30 KevTech</p> <p>2:30 Chair Yoga</p>	<p>9:15 Seated Strength & 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 AI Awareness</p> <p>1:30 All Abilities Knitting</p>	<p>9:15 Hi Lo Fitness</p> <p>1:00 Great Poems Discussion</p> <p>1:30 Preventative Screening Program</p> <p>2:30 Men in Retirement</p>	<p>9:15 Seated Strength & Balance</p> <p>9:15 All Levels Yoga</p> <p>10:00 Total Body Sculpting</p> <p>10:30 Tai Chi</p> <p>10:00 Succulents</p> <p>1:00 Tell Us What You're Reading Discussion</p> <p>1:30 Roses to Redwoods: A Journey Along the Pacific Coast</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: Passing</p> 
-15-	-16-	-17-	-18-	-19-
<p>9:15 Fit for Life</p> <p>10:30 Core and More</p> <p>10:30 Photo Club</p> <p>12:00 All Levels Yoga</p> <p>1:30 World According to Scott-Author Talk</p> <p>2:30 Chair Yoga</p>	<p>9:15 Seated Strength & Balance</p> <p>9:15 Yoga for Better Balance</p> <p>10:30 Tai Chi</p> <p>11:00 Social Connections</p> <p>1:30 Navigating Dr. Portals</p>	<p>10:00 Keep Well Clinic</p> <p>12:00 Father's Day BBQ Luncheon</p>  <p>1:00 Shakespeare Discussion</p> <p>1:30 The Power of Pigment: Understanding Color in Art</p> <p>2:30 Men in Retirement</p>	<p>9:15 Seated Strength & Balance</p> <p>9:15 All Levels Yoga</p> <p>10:00 Total Body Sculpting</p> <p>10:30 Tai Chi</p> <p>1:15 BINGO</p> <p>2:30 The Afternoon Discussion Group</p> <p>4:00 Board Meeting</p>	<p>The Tolles Parsons Center is CLOSED in Observance of JUNE 19TH No Activities</p>
-22-	-23-	-24-	-25-	-26-
<p>9:15 Fit for Life</p> <p>10:30 Core and More</p> <p>12:00 All Levels Yoga</p> <p>1:30 KevTech</p> <p>2:30 Chair Yoga</p>	<p>9:00 Wellesley Registration</p> <p>9:15 Seated Strength & Balance</p> <p>9:15 Yoga for Better Balance</p> <p>10:30 Tai Chi</p> <p>11:00 Social Connections</p> <p>1:30 Smartphone 101</p>	<p>9:00 Non-Wellesley Registration</p> <p>9:15 Hi Lo Fitness</p> <p>12:00 Cardio Dance & Strength -LaBlast</p> <p>1:00 American Literary Classics Book Discussion</p> <p>1:30 Craft Your Own Crackers</p> <p>2:30 Men in Retirement</p>	<p>9:00 Coffee & Donuts with Wellesley Police</p> <p>9:15 Seated Strength & 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 Cornhole Tournament</p> <p>2:30 Women in Retirement</p>	<p>9:15 Podiatry Clinic</p> <p>10:30 Economy Watch</p> <p>1:15 Movie: The People We Meet on Vacation</p> 
-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 Using the MBTA</p> <p>2:30 Chair Yoga</p>	<p>9:15 Seated Strength & Balance</p> <p>9:15 Yoga for Better Balance</p> <p>10:30 Tai Chi</p> <p>11:00 Social Connections</p> <p>1:30 Phone is Your Lifeline</p>			

VIRTUAL
IN PERSON

See Back Cover
For Drop In Activities not reflected in the calendar.

Fitness ONLINE AND IN PERSON



ALL CLASSES \$5.00

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

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!
Monday, May 4th
1:30 p.m. – 3:00 p.m.
Instructor: Cindy Shorris
Cost: \$15



Come join us in a step-by-step watercolor class for all levels. We will learn some fun techniques and will all go home with a frameable work of art! This class will focus on creating a summer sea painting and will be fun and relaxing for all!
Registration required. Max: 8

ART: Silk Scarf
Thursday, May 28th
10:00 – 11:30 a.m.
Instructor: Joyce Creiger
Cost: \$20



Would you like to spruce up your spring and summer wardrobe? Or create a wonderful gift for a friend? Join Joyce Creiger and create a beautiful silk scarf using rocks, rubber bands and special silk dyes. All materials included.
Registration required. Max: 12

ART: Decoupage Shells
Monday, May 11th
1:30 – 3:00 p.m.
Instructor: Cindy Shorris
Cost: \$20



In this class, you will be decoupageing a design of your choice onto prepared shells to create a summer seashore keepsake. Finishing touches will include gold leaf edge and a ribbon if you like! These make great gifts for a friend, or decor for your home!
Registration required. Max: 8

WORKSHOP: Succulents
Thursday, June 11th
10:00 a.m. – 12:00 p.m.
Instructor: Andrea Archer
Cost: \$25



Join us for a relaxing, hands-on succulent garden workshop led by Andrea from My Tiny Glass Garden! Create your own beautiful mini succulent garden while learning simple planting and care tips to keep your plants happy and thriving. No experience needed — just come ready to have fun and get a little creative!
Registration required. Max: 12

ART: Paper Flower Making
Thursday, May 21st
10:00 a.m. – 12:00 p.m.
Instructor: Mary Garrigan
Cost: \$20



How would you like a vase of flowers that don't need any care? Come join in making simple paper flowers and a vase that displays them. In this class we will take ordinary card stock and transform it into a bouquet of flowers and a vase that can be lighted. All supplies are included, come and join in the fun.
Registration required. Max: 10



Kitchen Grand Opening



St Patrick's Day Lunch





OUTREACH *and Resources*

GROUP: Social Connections

Tuesdays, May 5th, 12th, 19th, 26th and June 2nd, 9th, 16th, 23rd, 30th
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,
May 6th, 13th, 20th, 27th and
June 3rd, 10th, 17th, 24th
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, May 14th, 28th
and June 11th, 25th
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, May 7th, 21st and June 4th, 18th
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

Monday, May 18th and
Thursday, June 25th
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 is partnering with Wellesley's "Village Table" to provide (frozen) dinners to Wellesley seniors. Meals are made with love by volunteers of the Village Church; the menu changes monthly and quantities are limited. First come, first served! A meal can be delivered to someone homebound by request. Please call COA Social Worker, Kate Burnham **781-772-6173** to request a dinner. **Limit: 40**

Resource Spotlight:

Are you tired of cooking and looking for a solution? Two Harvard MBA students recently launched "Homemade" — an online platform that connects you with local cooks and chefs who will grocery shop and prepare fresh, custom meals in your kitchen. To learn more, visit the website: www.cookinghomemade.com

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, May 6th and June 3rd

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:

- **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)
- **September 9:** *Packing For Mars – The Curious Science of Life in the Void*, Mary Roach (318)
- **October 7:** *Apple In China – The Capture of the World's Greatest Company*, Patrick McGee (448 pages)



GROUP: Tell Us What You're Reading Discussion

Thursdays, May 14th and June 11th

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, May 20th and June 17th

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:

- **May 20:** *Henry VI, Part One*, Acts One and Two
- **June 17:** *Henry VI, Part One*, Acts Three, Four and Five
- **September 23:** *Henry VI, Part Two*, Acts One and Two
- **October 21:** *Henry VI, Part Two*, Acts Three, Four and Five



GROUP: Great Poems Discussion

Wednesdays, May 13th and June 10th

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! Discussion content will be taken from the following Dover Thrift Edition collections available at Wellesley Books: For May and June 2026, *English Victorian Poetry – An Anthology*; for September 2026, *The Road Not Taken and Other Poems*; for October 2026, *Selected Canterbury Tales*. Coming up:

- **May 13:** William Ernest Henley, Oscar Wilde, Francis Thompson (25 pages)
- **June 10:** Rudyard Kipling, Ernest Dowson (25 pages)
- **September 16:** Robert Frost - "The Road Not Taken," "The Cow in Apple Time" and other poems (23 pages)
- **October 14:** Geoffrey Chaucer - "The General Prologue" to the *Canterbury Tales* (26 pages)



GROUP: American Literary Classics Book Discussion

Wednesday, May 27th and June 24th

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:

- **May 27:** *I, Robot*, Isaac Asimov (272 pages)
- **June 24:** *The Last Picture Show*, Larry McMurtry (280 pages)
- **September 30:** *Deliverance*, James Dickey (278 pages)
- **October 28:** *The Call of the Wild*, Jack London (100 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, so they are 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: _____

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

★ FRIDAY
MOVIE
TICKET



• Reel Talk – Fridays 1:15 p.m. •

MAY/JUNE

MAY 1st | PG-13 | Drama/Music



Song Sung Blue (2025)

Based on a true story, two down-on-their-luck musicians (Hugh Jackman and Kate Hudson) form a joyous Neil Diamond tribute band, proving it's never too late to find love and follow your dreams. **2h 12m**

MAY 15th | PG-13 | Drama/Romance



Hamnet (2025)

From Academy Award winning writer/director Chloé Zhao, Hamnet tells the powerful story of love and loss that inspired the creation of Shakespeare's timeless masterpiece, Hamlet. **2h 5m**

MAY 22nd | PG-13 | Comedy/Drama



Rental Family (2026)

Set in modern-day Tokyo, actor (Brendan Fraser) struggles to find purpose until he lands an unusual gig: working for a Japanese "rental family" agency, playing stand-in roles for strangers. As he immerses himself in his clients' worlds, lines blur between performance and reality. He rediscovers purpose, belonging, and the quiet beauty of human connection. **1h 43m**

MAY 29th | Biography/Documentary



Queen of Chess (2026)

Hungarian chess prodigy Judit Polgár challenges champion Garry Kasparov and her controlling father over 15 years, breaking gender barriers to become the greatest female player ever. **1h 33m**

JUNE 5th | Romance/Drama



Toscana (2022)

When a Danish chef travels to Tuscany to sell his father's business, he meets a local woman who inspires him to rethink his approach to life and love. **1h 30m**

JUNE 12th | PG-13 | Drama



Passing (2021)

In 1920s New York City, a Black woman finds her world upended when her life becomes intertwined with a former childhood friend who's passing as white. **1h 38m**

JUNE 26th | PG-13 | Romance/Comedy



People We Meet on Vacation (2026)

Free-spirited Poppy and routine-loving Alex have been unlikely best friends for a decade, living in different cities but spending every summer vacation together. The careful balance of their friendship is put to the test when they begin to question what has been obvious to everyone else – could they actually be the perfect romantic match? **1h 57m**

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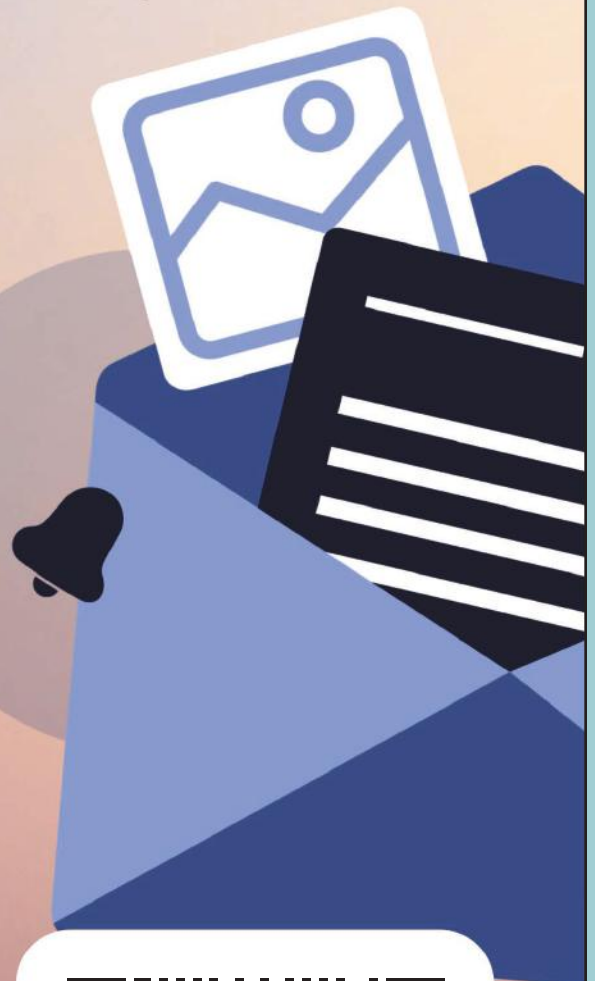
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 9:00 – 4:00 Billiards	 9:00 – 1:00 Billiards Match	 9:00 – 11:30 Community Service Bears	 9:00 – 12:30 Card/Game/Billiards	 9:00–4:00 Billiards
 9:00 – 12:30 Card/Games	 1:00–4:00 Cribbage Groups	 9:00 – 12:30 Bridge Group	 10:00 – 12:00 Billiards 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
 12:30 – 4:00 Ping Pong		 9:15 – 10:15 Walking Group	 1:15 – 2:45 BINGO May 21st and June 18th	 12:30 – 3:30 Painting
		 10:00 – 11:00 Keep Well at TPC (First and Third)	 12:30 – 4:00 Knitting Group	 12:30 – 4:00 Ping Pong
		 12:30 – 4:00 Scrabble Group		