



Thursday
September
17th
8:30 a.m.

DAY TRIP: Cape Cod Canal Cruise
Thursday, September 17th

Departs from 219 Washington St, Wellesley, MA, at 8:30 a.m.
with an approximate return time of 4:30 p.m.

\$99 per person for Wellesley Residents • \$130 per person for Out-of-Town Residents

Join us for a wonderful day trip featuring a relaxing and fully narrated
Cape Cod Canal Cruise followed by lunch at the Dan'l Webster Inn in Sandwich.

Please see details on page 7.



Wednesday
August
5th
12:00 p.m.

Hawaiian
Luau

Join us for an afternoon of island fun
with a festive lunch and music.

Please see details on page 6.



Wellesley Council on Aging Staff

Sehar Kiani, Director of Senior Services
skiani@wellesleyma.gov

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Jennifer Yuan, Volunteer Coordinator
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Andy Bigham, Bus Driver
Alessandro Castellani, Bus Driver
Rick Waldman, Bus Driver

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, July 16th, at 4:00 p.m.
Thursday, August 20th, 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. Programs restricted to Wellesley residents only will be clearly noted in the description. A Wellesley resident is defined as someone who primarily resides in Wellesley.

Class Program Cancellation



Programs that do not meet minimum enrollment will be canceled one business day prior to the scheduled start date. Full tuition will be refunded. We reserve the right to reschedule or modify classes. If your class is canceled, you will be notified by phone and/or email. Otherwise, plan on attending.

Program Refund Policy



Some programs may have a specific refund policy. Details will be clearly noted in the program description. Exercise classes are non-refundable unless canceled by the instructor.

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 July/August 2026



WELLESLEY RESIDENTS:
Starting
Tuesday, June 23rd
at 9:00 a.m.



NON-WELLESLEY RESIDENTS:
Starting
Wednesday, June 24th
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



- Explore Browse programs and activities
- Register Sign up easily online
- Stay Informed Get updates and reminders
- Secure & Private Your information is protected



Tolles Parsons Center
500 Washington St., Wellesley



By Phone Call
781-235-3961





Sehar Kiani

I'm excited to introduce myself as the new Director of Senior Services at the Tolles Parsons Center! I come to Wellesley from the Dedham Council on Aging, where I served as Assistant Director and had the opportunity to support a wide range of programs, services, and community initiatives for older adults. I'm passionate about community engagement, relationship-building, and creating meaningful opportunities for older adults. I'm looking forward to getting to know the Wellesley community, meeting participants, staff, and volunteers, and building upon the many wonderful programs, partnerships, and services that already make this such a special place. I'm especially excited to foster connection, explore new ideas, and create opportunities that bring people together.



Jen Yuan

We are also excited to welcome **Jen Yuan**, our new Volunteer Coordinator. Jen has been an active volunteer in Wellesley and neighboring communities for many years through organizations including the Wellesley Service League, the Wellesley Free Library, Read to a Child, and A Place to Turn Food Pantry. Jen looks forward to supporting the COA's volunteer programs and connecting with the many wonderful volunteers who help make the organization such a special place.

Sehar Kiani
Director of Senior Services
Wellesley Council on Aging

COFFEE CORNER UPDATE



Starting June 1, coffee service will move to a once-daily brew, with additional coffee available during select special events and programs. Thank you for your understanding as we continue offering many ways to gather, connect, and enjoy time at the Tolles Parsons Center. Questions regarding this update? **Please see Sehar Kiani, Director of Senior Services.**



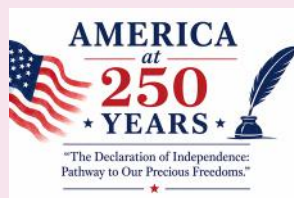
COUNCIL ON AGING *Happenings*

America at 250 Years
The Declaration of Independence:
Pathway to Our Precious Freedoms

Wednesday, July 1st
1:30 p.m.

Dennis J. Curran, retired MA Superior Court Justice

It was America's birth certificate. And this year, we celebrate its birth, 250 years ago. Its influence has been explosive, galvanizing people throughout the world to assert their independence, inspiring civil rights movements, and sparking a recognition of individual rights. Over half of the states represented at the United Nations have a foundational document they call a Declaration of Independence. It has been called "the noblest, happiest page in mankind's history." And its words, "When in the Course of Human Events..." are both eloquent and moving. Discover 13 facts you never knew about this world-changing document, and its missing draft, penned by Thomas Jefferson.
Registration required.



Navigating the Settings on iPhone and iPad

Monday, July 6th
1:30 p.m.

KevTech
Cost: \$5.00



In this class, we explore the Settings app, examining ways to adjust our devices to suit our individual needs. We learn to access important information about our devices, update the software, and customize important features like Do Not Disturb, Face ID, and Notifications. **Registration required. Max: 20**

Tech Tuesday
Internet Scams
Tuesday, July 7th
1:30 p.m.



Learn how to protect yourself in today's digital world. This practical session will help you recognize common online scams, including phishing emails, fake websites, and privacy traps. You'll review real-life examples and leave with easy-to-follow tips to keep your personal information secure. Handouts will be provided for reference at home. **Registration required.**

Open Cornhole Practice

Wednesday, July 8th

1:30 – 3:00 p.m.

Drop by to practice your cornhole skills outside on the patio (weather permitting), or drop by to watch and enjoy socializing with friends. Light refreshments will be served.



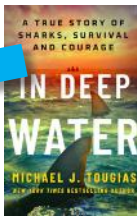
In Deep Water: A True Story of Sharks, Survival, and Courage

Wednesday, July 8th

1:30 p.m.

Michael Tougas, Author

Join New York Times Best Selling Author Michael Tougas for an edge-of-your-seat presentation on a real-life survival at sea story. Tougas details the harrowing tale of three friends whose fishing trip turns into a life-or-death ordeal. The program chronicles one of the most improbable rescues in Coast Guard history—and the extraordinary resilience of the men who lived to tell it. **Registration required.**



ZOOM

The Nature of Summer

Thursday, July 9th

1:30 p.m.

Tia Pinney, Mass Audubon Senior Naturalist

As the weather heats up this summer in Massachusetts, learn about this intense period of high biodiversity marked by rapid plant growth, peak animal breeding, and vibrant activity in meadows and wetlands. The season is highlighted by a “chorus of sounds” from insects, the emergence of pollinators, and crucial cooling functions provided by forests during the heatwaves. Learn the how and why of summer phenomena, as well as ways to explore and protect nature close to home. **Registration required.**



Hearing Loss and Effects on Communication

Monday, July 13th

1:30 p.m.

Debra Maibor, Speech and Language Pathologist

Join Debra Maibor for an overview on hearing, causes and types of hearing issues and loss, and the effects on communication. The program will include information on resources available for those with hearing issues and tips for improving hearing experiences in your daily lives. **Registration required.**



As American as Apple Pie: Rockwell's Images of Sports and Leisure

Wednesday, July 15th

1:30 p.m.

Jane Oneal, Culturally Curious

Norman Rockwell's beloved depictions of Americans at play capture the heart of our national character through scenes of baseball games, fishing trips, swimming holes, and backyard gatherings that feel both timeless and intimately familiar. Through examining his iconic *Saturday Evening Post* covers and lesser-known works, this program explores how Rockwell transformed ordinary moments of American leisure into enduring symbols of our shared dreams and democratic spirit. **Registration required.**



ZOOM

Les Miserables in an Hour!

Wednesday, July 15th

1:30 p.m.

Michael Goodwin,
Singer/Songwriter

Often considered one of the greatest musicals of all time, we will sing through this masterpiece (and hopefully answer some plot questions along the way). This is a whirlwind tour, so buckle your seatbelts and get ready for a musical adventure! As always, there will be singing, a lecture, video clips, and many opportunities to participate. **Registration required.**



Summer Sing Along with Marie

Thursday, July 16th

1:30 p.m.

Marie Brown, COA Volunteer

Join volunteer Marie Brown for a summer 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. This time, we will focus on upbeat tunes perfect for the summer, and ice cream will be served! We hope you will join us for this fun afternoon! **Registration required. Max 30**



Bladder and Bowel Habits and Pelvic Floor Physical Therapy

Monday, July 20th

1:30 p.m.

Karen Rao, MS, PT a Pelvic Floor Physical Therapist

This is a talk for both women and men to learn about bladder and bowel habits. A discussion about what is typical function for the bladder and bowel and what habits may become problematic. Also, we will discuss how Pelvic Floor Physical Therapy could be helpful with your bladder and bowel habits. There will be time for questions throughout the program. **Registration required.**



BAR-B-Q with
the Blue

Tuesday, July 21st

12:00 p.m.

Hosted by the Wellesley Police Department

Join fellow friends and neighbors for this summertime favorite at the COA! Wellesley Police Officers will patrol the COA with the help of the Captain Marden's Food Truck. You have a delicious choice of Fish Sandwich, Clam Strips or Cheeseburger. Fries and the Captain's famous Clam Chowder will also be served. Get ready for a fun afternoon with Wellesley's finest. **Registration required.**

Wellesley residents only. Max: 50



Celebrating Wellesley



BAR-B-Q
with the
BLUE



Music by Sergei
Wednesday, July 22nd
1:30 p.m.



Music by Sergei returns to the Wellesley Council on Aging for an afternoon of exceptional piano performance and musical storytelling. Known for his engaging style and wide-ranging repertoire, Sergei blends classical favorites, popular standards, and audience-friendly selections into a lively and entertaining program. Whether you are a longtime music lover or simply looking for a relaxing afternoon at the COA, this special performance promises beautiful music, warm energy, and plenty of memorable moments. **Registration required.**

From Tiffany to Chihuly: Masters of Glass Art
Wednesday, July 29th
1:30 p.m.



Jane Oneil, 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, 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.**

Bossa Nova and Brazilian Jazz
Part One: An Introduction to the
Music that Swept the World
Thursday, July 23rd
1:30 p.m.



Allen Morrison, Jazz Journalist and Historian

In the 20th century, Brazil had a greater impact on world musical tastes than any country except for the US. Using rare video clips, Allen Morrison tells the story of Brazilian popular music from its beginnings, through choro and samba music, up to the birth of Bossa Nova, covering the phenomenal success of "The Girl from Ipanema," and the music's greatest stars like Antonio Carlos Jobim and João Gilberto. **Registration required.**

Great Music from the Movies:
1933 – 1971
Thursday, July 30th
1:30 p.m.



David Sparr, Pianist

David Sparr plays piano and discusses how movie soundtrack music progressed over four decades from Fred Astaire to the Pink Panther, from Casablanca to James Bond, and from Snow White to the Godfather...with lots of fun stops in between! **Registration required.**

Informational Public Transit
Meeting MWRTA
Monday, July 27th
1:30 p.m.



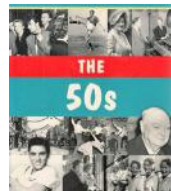
Join us for an informative session on local public transportation options. Learn about services available in Wellesley, including how to navigate fixed routes, read bus schedules, and apply for demand-response services. The presentation will also highlight a travel training program designed to help riders build confidence and independence using the transit system. Informational materials, including applications, brochures, and schedules, will be available, along with small giveaways for attendees. **Registration required.**

Personalizing Your Device
Monday, August 3rd
1:30 p.m.
KevTech
Cost: \$5.00



In this class, we learn about different ways to customize the iPhone and iPad to suit your preferences better. We'll cover reorganizing our home screens, creating folders, changing the appearance of our displays, and changing the image used for the wallpapers and lock screens. **Registration required. Max: 20**

The Fifties
Tuesday, July 28th
1:30 p.m.



Rick Tulipano, Historian and Author

Many people regard the 1950s as a boring decade that bred chrome-plated conformity. But in this discussion, we will look behind the stale image to see how dynamic and creative that ten-year span really was. **Registration required.**

Tech Tuesday
TV Streaming
Tuesday, August 4th
1:30 p.m.



Understand how to get the most out of popular streaming services like Netflix, Spotify, and Roku. This session will cover how subscriptions work, tips for avoiding subscription overload, and how to manage settings like volume and accessibility on your Smart TV. Walk away with simple strategies to stay organized, save money, and enjoy your favorite content with ease. **Registration required.**





Luuu at the COA
Wednesday, August 5th
12:00 p.m.

Escape to the islands at the COA Luau! Join us for an afternoon of tropical fun featuring island-inspired music, festive decorations, and a delicious lunch. Wear your favorite Hawaiian shirt or floral attire and enjoy a relaxing summer celebration with friends, laughter, and entertainment that will bring a taste of paradise to Wellesley. **Registration required.**



Summer Cornhole Tournament
Thursday, August 6th
1:30 – 3:00 p.m.
Patricia Thames, COA Volunteer



Our popular Cornhole Tournament returns this summer, led by COA Volunteer Patricia Thames. No experience needed – beginners welcome! Expect friendly competition during this outdoor tournament on our back patio (weather permitting). No experience necessary to play this fun and easy outdoor game – beginners welcome. Prizes will be awarded to the top three teams, and refreshments will be served. **Registration required.**
Max: 16

The Fabulous 50s -
Elvis and Friends Piano Performance
Monday, August 10th
1:30 p.m.
Michael Leidig, Pianist



Join us for an afternoon of piano music performed by Michael Leidig. The theme of his program will be music performed by Elvis and his contemporaries in the 50s and will include a blend of well-known jazz, classical, and rock music. Come in and enjoy this summer piano performance! **Registration required.**

Two Truths and a Lie
Tuesday, August 11th
1:30 p.m.
Therapy Gardens



Can you spot the fib? Join us for Two Truths and a Lie, a fun and interactive game where participants share three “facts” about themselves, but one is completely made up! Test your instincts, learn surprising stories about fellow participants, and enjoy plenty of laughs along the way. A great way to meet new people and discover hidden talents, adventures, and fun facts within our COA community. **Registration required.**



Summer Jazz Performance
Wednesday, August 12th
1:30 p.m.
The Blue Hotel



Led by Carl Zukroff, The Blue Hotel can switch styles to fit any occasion. From jazz to pop to blues, soul, classic rock, and country, they can turn on a dime to bring you Cole Porter, Eric Clapton, Miles Davis, The Beatles, and more. **Registration required.**

Meet the Activities Team
Thursday, August 13th
1:30 p.m.
COA Staff



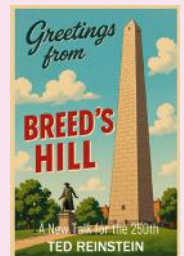
Meet the Activities Team! Stop by and get to know the staff behind the programs, events, trips, classes, and entertainment that keep the COA active and engaging year-round. Bring your questions, suggestions, and ideas. We would love to hear from you and help you make the most of everything the COA has to offer. **Registration required.**

Aging Well Panel
Monday, August 17th
1:30 p.m.
Nancy Andrie,
Wingate Senior Living



Join us for “Helping You Age Well, Your Way,” an informative panel discussion featuring local experts in aging-in-place planning, estate law, senior real estate transitions, and independent living options. Learn practical strategies for staying safe, comfortable, and independent while planning for the future with confidence. Presenters include professionals from Robert Way Construction, Borchers Trust Law, Coldwell Banker Realty, and Wingate Way East. **Registration required.**

Greetings from Breed’s Hill
Tuesday, August 18th
1:30 p.m.



As America commemorates and celebrates its 250th Anniversary, Ted Reinstein looks back. Way back. Even years before independence was actually achieved, events took place that would shape how the new nation would look back at its founding. Paul Revere’s ride? One of the most momentous nights in U.S. history. And, like any big night, there was a bill. And America’s first expense report. Who knew? (The first bean counters even tried to stiff Revere!.) While many New Englanders pride themselves on knowing the difference between Bunker and Breed’s Hill, few know that the bad blood over this historical inaccuracy continues—meet Jed Breed, thirteenth-generation direct descendant of the Boston farmer whose name should be in the history books, not an answer in “Trivial Pursuit.” Find out why Concord and Lexington are still doing battle—not with the British, but each other. Visit historic Copp’s Hill Burying Ground, and find the one headstone the British used for target practice—and why. **Registration required.**

**Through Wind and Storm:
The Art of Wild Weather**
Wednesday, August 19th
1:30 p.m.
Jane Oneail, Culturally Curious

ZOOM



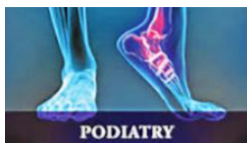
Explore the raw power and sublime terror of nature's most dramatic moments through the eyes of artists who dared to capture lightning, tornadoes, floods and tempests on canvas, from Turner's legendary storm at sea to Curry's iconic Kansas tornado. These masterworks reveal how painters throughout history have transformed meteorological chaos into profound artistic statements about humanity's fragile relationship with the natural world. This program reveals how wild weather has always served as both artistic inspiration and metaphor for life's most turbulent and transformative moments. **Registration required.**

MORE Crooner Comedy
Wednesday, August 19th
1:30 p.m.
Frank King, former WBUR
Radio Host



Join Frank King for a special musical lecture, "MORE Crooner Comedy" where you'll be smiling as you listen to amusing ditties by Dean Martin, Allan Sherman, The Merry Macs, and others. Along the way we'll include: the hit tongue-twisting tune based on an English nursery rhyme, a funny lesson from the great Lorenz Hart on how to "dispose" of multiple husbands, and a tribute medley to the most talented novelty song composer of the 1950s. **Registration required.**

Podiatry Clinic
Friday, August 21st
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.**

Photo Organizing & Sharing Basics
Tuesday, August 25th
1:30 p.m.



Confused about where your photos go after you take them? This class will help you organize, store, and share your digital photos with confidence. Learn how to create and manage albums on your smartphone, use Google Photos for backup and easy access, share pictures with family and friends using AirDrop and other tools, and understand important privacy settings to keep your photos secure. Perfect for beginners or anyone looking to finally bring order to thousands of pictures hiding on their phone.

Salsas & Tomato Sauces
Wednesday, August 26th
1:30 p.m.
Land's Sake Farm
Cost: \$15



Learn to preserve and enjoy bountiful tomato crops from Land's Sake Farm! In this workshop led by an Educator from Land's Sake Farm, you will make fresh salsa and other tomato-based sauces, testing different herb combinations, tomato varieties, and additions.

Registration required. Max: 15

Brains, Bravado and Boneheads
Thursday, August 27th
1:30 p.m.
Johnny Kinsman, Actor and Lecturer



Who doesn't love a caper? When genius, courage and good luck unite, it's the stuff of legends. But when big schemes fail, as they often do, they lead to great disappointment...and even greater stories. Join presenter Johnny Kinsman in exploring anecdotes of the most lucrative scores, the unlikeliest escapes, and the biggest blunders that led to glory, fortune, freedom...and the occasional bruised egos and broken bones. **Registration required.**

**Cape Cod Canal Cruise
and Lunch at the
Dan'l Webster Inn**
Thursday, September 17th
Departs: 8:30 a.m.



Approx. Return Time: 4:30 p.m.
\$99 per person for Wellesley Residents
\$130 per person for Out-of-Town Residents
Trip Departs from
219 Washington Street, Wellesley, MA
Registration Deadline is August 26th

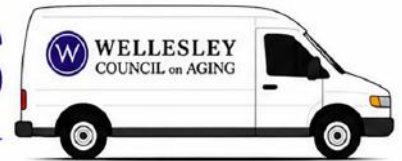
Enjoy a memorable summer day on Cape Cod with the Wellesley Council on Aging as we travel aboard Cape Cod Canal's only historic sightseeing cruise. This narrated cruise highlights the rich history and landmarks along the Canal, including the Sagamore and Bourne Bridges, Scusset Beach Fish Pier, Sandwich Boat Basin, Cape Cod Bay and much more! Following the cruise, participants will enjoy a delicious buffet lunch at the renowned **Dani'l Webster Inn in Sandwich, MA. All participants need to be able to independently go up and down stairs. Refunds will not be available after August 16th.**





TRANSPORTATION SERVICES

Options for Wellesley Residents



WELLESLEY COA BUS FREE LOCAL TRANSPORTATION



Monday – Friday | 8:45 a.m. – 3:30 p.m.

- ✓ Free rides to local destinations
- ✓ First-time riders must register with COA
- ✓ Please call **2 days in advance** to schedule your ride

STEP 1 Call COA to register
781-235-3961

STEP 2 Call MWRTA to schedule your ride
508-820-4650



DESTINATIONS INCLUDE: • Grocery stores • Banks • Medical appointments • Senior Center • Post office • And more!



MWRTA CATCHCONNECT ON-DEMAND SERVICE



Curb-to-curb transportation



First come, first served



Open to all Wellesley residents

HOURS



Mon – Fri:
6:45 a.m. – 8:45 p.m.

Sat – Sun:
8:00 a.m. – 6:00 p.m.



SERVICE AREA

- Wellesley
- Waban Green Line
- Woodland Green Line
- Newton-Wellesley Hospital



Get started:

Download the MWRTA Catch app or call **508-283-5083**



MWRTA HOSPITAL SHUTTLE

Door-to-door service to Boston-area hospitals for Wellesley residents.



SERVICE DAYS & HOURS

Tuesdays, Wednesdays, and Thursdays
8:30 a.m. – 6:00 p.m.

Learn more or register:

Call MWRTA **508-820-4650** for details.

FREE
for WCOA
Members

All services are subject to change. Please call to confirm schedules and availability.
Questions: Call the Wellesley Council on Aging at 781-235-3961.

VOLUNTEER CORNER



We were thrilled to have the Friends of the Wellesley COA present Louise Balanda with the 2026 Frank Lam Distinguished Volunteer Award. Louise has gone above and beyond as a Friday morning greeter, movie popcorn packager, lunch volunteer, and participant in the Pen Pal Program for many years. She always goes the extra mile and pitches in whenever we need an extra hand. We couldn't do it without you, Louise, and are so appreciative of all your hard work and support!

We'd also like to thank this year's fantastic student volunteers and wish them well as they embark on new adventures: Natalie, Jade, Leila, Kat, Caleigh, Eloise, Evan, and John.



2026 Boston Marathon: Thank You Roland Ordovas

The Friends of the Council on Aging extend our appreciation and gratitude to Roland Ordovas who ran the Boston Marathon on April 20th in support of the patrons of the COA. In spite of challenging temperatures and road conditions, Roland trained throughout the winter, and completed his run on Patriots Day in about 4 hours. He raised over \$5,500 for the Friends that will be used to enhance the programs and services provided by the Wellesley Council on Aging. **Thank you Roland!**



Beat the heat this summer at the Tolles Parsons Center

Come cool down and enjoy a movie, play some pool, or just relax and catch up on one of the great book selections in our lending library.



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.

JULY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-6/30-	-1-	-2-	-3-
	Vegetable omelet & a fruit cup	Chef salad with turkey, ham, roast beef, and provolone cheese	Grilled chicken Caesar wrap & chips	NO LUNCH
	-7-	-8-	-9-	-10-
	Ham and mushroom quiche and 1/2 garden salad & blueberry muffin	Chicken noodle soup, 1/2 California roll up & chocolate muffin	Spinach feta quiche, 1/2 garden salad & chocolate chip cookie	Gazpacho soup, ½ roasted chicken, lettuce, tomato & butterscotch oatmeal cookie
	-14-	-15-	-16-	-17-
	Tuna salad wrap, cornbread & coleslaw	Salmon salad plate, cornbread, and tomato & cucumber salad	Fish cake, peas, carrots & cornbread	Baked haddock with herb stuffing, honey glazed carrots & cornbread
	-21-	-22-	-23-	-24-
	NO LUNCH	1/2 Vegetarian calzone & Cape Cod Potato Chips	Grilled chicken Caesar wrap & chips	Chef salad with turkey, ham, roast beef, and provolone cheese
	-28-	-29-	-30-	-31-
	Sautéed mushrooms, eggplant, black olives, broccoli, and feta cheese panini & chips	White tuna tossed with mayo, red onions, celery, cilantro, avocado, cucumber, and lettuce & tomato on white bread & chips	Roasted turkey club with crispy bacon, tomatoes, romaine lettuce, mayo & chips	Avocado, spinach, green peppers, broccoli, zucchini, and cheddar cheese omelet, home fries & wheat toast
AUG.	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-4-	-5-	-6-	-7-
	Sliced turkey breast wrap with lettuce, tomato, mayonnaise & cranberry sauce wrap with chips	NO LUNCH	Shrimp broccoli alfredo & a garden salad	Seafood salad on a sub roll & a side tossed salad
	-11-	-12-	-13-	-14-
	Chicken lemon rice soup, 1/2 turkey sandwich with lettuce, tomato, mayo & a chocolate chip oatmeal cookie	Chicken noodle soup with 1/2 chicken tarragon sandwich on multi grain with lettuce, tomato & a chocolate cookie	Gazpacho and spinach feta quiche with sun dried tomatoes & a chocolate chip cookie	Split pea soup, spinach feta quiche & a blueberry muffin
	-18-	-19-	-20-	-21-
	Baked haddock with herb stuffing, honey glazed carrots & cornbread	Fish cake, peas, carrots & cornbread	Tuna salad wrap, green beans & cornbread	Salmon & potato pie with broccoli & cornbread
	-25-	-26-	-27-	-28-
	Crushed avocado, lime juice, cilantro, grilled chicken breast, tomato, lettuce & a cookie	Egg salad BLT wrap with cucumber, red onion, red & green pepper & a cookie	Cranberry chicken wrap & a cookie	Grilled marinated chicken, romaine, roasted red peppers, red onions, hummus, lemon oregano on focaccia bread & a cookie



JULY 2026 *Happenings*



















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		-1-	-2-	-3-
	<div style="display: flex; align-items: center;"> <div style="margin-right: 10px;">  VIRTUAL  IN PERSON </div> <div style="text-align: right;"> <p>See Back Cover For Drop In Activities not reflected in the calendar.</p> </div> </div>	<p>9:15 Hi Low Fitness 10:00 Keep Well Clinic 12:00 Cardio Dance and Strength 1:30 America at 250 Years: The Declaration of Independence</p> <div style="text-align: center;">  </div> <p>2:30 Men in Retirement</p>	<p>9:15 Seated Strength & Balance 2:30 The Afternoon Discussion Group</p>	<p>The Tolles Parsons Center will be CLOSED TODAY in Observance of JULY 4TH</p>
-6-	-7-	-8-	-9-	-10-
<p>9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga 1:30 KevTech: Navigating the Settings on iPhone and iPad</p>	<p>9:15 Seated Strength and Balance 9:15 Yoga for Better Balance 10:30 Tai Chi 11:00 Social Connections 1:30 Internet Scams</p>	<p>9:15 Hi Low Fitness 12:00 Cardio Dance and Strength 1:30 Open Cornhole Practice 1:30 In Deep Water: A True Story of Sharks, Survival, and Courage 2:30 Men in Retirement</p>	<p>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 1:30 The Nature of Summer 2:30 Women in Retirement</p>	<p>10:00 Decoupage Flowerpots 10:30 Economy Watch 1:15 Movie: Irish Wish</p> <div style="text-align: center;">  </div>
-13-	-14-	-15-	-16-	-17-
<p>9:00 Coffee and Donuts with Wellesley Police 9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga 1:30 Hearing Loss and Effects on Communication 2:30 Chair Yoga</p>	<p>8:15 Tall Ships Day Trip 9:15 Seated Strength and Balance 9:15 Yoga for Better Balance 11:00 Social Connections</p>	<p>9:15 Hi Low Fitness 10:00 Keep Well Clinic 1:30 Les Miserables in an Hour! 1:30 As American as Apple Pie: Rockwell's Images of Sports and Leisure 2:30 Men in Retirement</p>	<p>9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Gold Foil Greeting Cards 10:00 Total Body Sculpting 1:30 Summer Sing Along with Marie 2:30 The Afternoon Discussion Group 4:00 Board Meeting</p>	<p>1:15 Movie: Remarkably Bright Creatures</p> <div style="text-align: center;">  </div>
-20-	-21-	-22-	-23-	-24-
<p>9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga 1:30 Bladder and Bowel Habits and Pelvic Floor Physical Therapy 2:30 Chair Yoga</p>	<p>9:15 Seated Strength and Balance 11:00 Social Connections 12:00 BBQ with the Blue</p> <div style="text-align: center;">  </div>	<p>9:15 Hi Low Fitness 12:00 Cardio Dance and Strength 1:30 Music by Sergei 2:30 Men in Retirement</p>	<p>9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Total Body Sculpting 10:30 Tai Chi 1:30 Bossa Nova and Brazilian Jazz 2:30 Women in Retirement</p>	<p>10:30 Economy Watch 1:15 Movie: Enola Holmes</p> <div style="text-align: center;">  </div>
-27-	-28-	-29-	-30-	-31-
<p>12:00 All Levels Yoga 1:30 Informational Public Transit Meeting MWRTA 2:30 Chair Yoga</p>	<p>9:15 Seated Strength and Balance 9:15 Yoga for Better Balance 10:30 Tai Chi 11:00 Social Connections 1:30 The Fifties</p>	<p>9:15 Hi Low Fitness 12:00 Cardio Dance and Strength 12:30 Needle Felted Snail 1:30 From Tiffany to Chihuly: Masters of Glass Art 2:30 Men in Retirement</p>	<p>9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Total Body Sculpting 10:30 Tai Chi 1:30 Great Music from the Movies 1933-1971 2:30 The Afternoon Discussion Group</p>	<p>1:15 Movie: Fisherman's Friends</p> <div style="text-align: center;">  </div>

AUGUST 2026 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-3-	-4-	-5-	-6-	-7-
<p>9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga 1:30 KevTech: Personalizing Your Device 2:30 Chair Yoga</p>	<p>9:15 Seated Strength and Balance 9:15 Yoga for Better Balance 10:30 Tai Chi 11:00 Social Connections 1:30 TV Streaming</p>	<p>10:00 Keep Well Clinic 12:00 Hawaiian Luau  2:30 Men in Retirement</p>	<p>9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Total Body Sculpting 10:30 Tai Chi 1:30 Summer Cornhole Tournament 2:30 Women in Retirement</p>	<p>10:30 Economy Watch 1:15 Movie: A Gorilla Story </p>
-10-	-11-	-12-	-13-	-14-
<p>9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga 1:30 The Fabulous 50s – Elvis and Friends Piano Performance</p>	<p>9:15 Seated Strength and Balance 9:15 Yoga for Better Balance 10:30 Tai Chi 11:00 Social Connections 1:30 Two Truths and a Lie</p>	<p>9:15 Hi Low Fitness 1:30 Summer Jazz – The Blue Hotel 2:30 Men in Retirement</p>	<p>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 1:30 Meet the Activities Team 2:30 The Afternoon Discussion Group</p>	<p>1:15 Movie: Solo Mio </p>
-17-	-18-	-19-	-20-	-21-
<p>9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga 1:30 Aging Well Panel 2:30 Chair Yoga</p>	<p>9:15 Seated Strength and Balance 9:15 Yoga for Better Balance 11:00 Social Connections 1:30 Greetings from Breed's Hill </p>	<p>9:15 Hi Low Fitness 10:00 Keep Well Clinic 10:00 Summer Floral Arrangement 1:30 MORE Crooner Comedy 1:30 Through Wind and Storm: The Art of Wild Weather 2:30 Men in Retirement</p>	<p>9:00 Coffee and Donuts with Wellesley Police 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Total Body Sculpting 2:30 Women in Retirement 4:00 Board Meeting</p>	<p>9:15 Podiatry Clinic 10:30 Economy Watch 1:15 Movie: The Devil Wears Prada </p>
-24-	-25-	-26-	-27-	-28-
<p>12:00 All Levels Yoga 2:30 Chair Yoga</p>	<p>9:00 Wellesley Registration 9:15 Seated Strength and Balance 10:30 Tai Chi 11:00 Social Connections 1:30 Photo Organizing and Sharing Basics</p>	<p>9:00 Non-Wellesley Registration 9:15 Hi Low Fitness 12:00 Cardio Dance and Strength 1:30 Salsas and Tomato Sauces 2:30 Men in Retirement</p>	<p>9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Total Body Sculpting 10:30 Tai Chi 1:30 Brains, Bravado and Boneheads 2:30 The Afternoon Discussion Group</p>	<p>1:15 Movie: A Chorus Line </p>
-31-				
<p>9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga 2:30 Chair Yoga</p>	 <p>The Wellesley COA celebrates the diversity of our community and welcomes people of all abilities, gender identities, races, religions, and ethnicities</p>			

Fitness ONLINE AND IN PERSON

ALL CLASSES \$5.00

DAY	CLASS	TIME	DURATION	FORMAT (IN PERSON OR ZOOM)	JULY	AUGUST
 MONDAYS	Fit for Life	9:15 a.m.	60 Minutes	 In Person	6, 13, 20	3, 10, 17, 31
	Core and More	10:30 a.m.	45 Minutes	 In Person	6, 13, 20	3, 10, 17, 31
	All Levels Yoga	12:00 p.m.	60 Minutes	 In Person	6, 13, 20, 27	3, 10, 17, 24, 31
	Chair Yoga	2:30 p.m.	45 Minutes	 Zoom	13, 20, 27	3, 17, 24, 31
 TUESDAYS	Seated Strength & Balance	9:15 a.m.	45 Minutes	 Zoom	7, 14, 21, 28	4, 11, 18, 25
	Yoga for Better Balance	9:15 a.m.	60 Minutes	 In Person	7, 14, 28	4, 11, 18
	Tai Chi	10:30 a.m.	45 Minutes	 In Person	7, 28	4, 11, 25
 WEDNESDAYS	Hi Low Fitness	9:15 a.m.	45 Minutes	 In Person	1, 8, 15, 22, 29	12, 19, 26
	Cardio Dance & Strength - LaBlast	12:00 p.m.	60 Minutes	 In Person	1, 8, 22, 29	26
 THURSDAYS	Seated Strength & Balance	9:15 a.m.	45 Minutes	 Zoom	2, 9, 16, 23, 30	6, 13, 20, 27
	All Levels Yoga	9:15 a.m.	60 Minutes	 In Person	2, 9, 16, 23, 30	6, 13, 20, 27
	Total Body Sculpting	10:00 a.m.	60 Minutes	 Zoom	9, 16, 23, 30	6, 13, 20, 27
	Tai Chi	10:30 a.m.	45 Minutes	 In Person	9, 23, 30	6, 13, 27
 FRIDAYS	Yoga for Better Balance	No Class in July and August				

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. **Max: 16**

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). **Max: 17**

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! **Max: 18**

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. **Max: 50**

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. **Max: 50**

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. **Max: 20**

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. **Max: 20**

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



zoom

This energizing class combines strength and functional training, making it a great way to tone muscles, boost balance, and increase overall fitness. **Max: 50**

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.



Max: 18

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



Max: 18



ART CLASSES/WORKSHOPS/GROUPS *In Person*

ART: Decoupage Flowerpots Class
Friday, July 10th
10:00 – 11:30 a.m.
Instructor: Karen Kelley
Cost: \$20



Give a classic flowerpot a fresh, decorative look. Using paint and decoupage, you'll create a personalized design with your choice of elegant patterns, resulting in a piece that's both stylish and functional. This class is designed to be enjoyable and approachable, with guided instruction throughout—absolutely no artistic ability is needed. Your finished piece will be something you'll be proud to display or gift. **Registration required. Max: 15**

ART: Gold Foil Greeting Cards
Thursday, July 16th
10:00 – 11:30 a.m.
Instructor: Hilary Chandler
Cost: \$25



Learn how to transform any greeting card into a stunning original piece of art. This class will teach you how to reshape a piece of foil into a work of art with dimension and texture. Your creations will transform the front of any greeting card and can be used for holidays, weddings or any special occasions. **Registration required. Max: 8**

ART: Needle Felted Snail
Wednesday, July 29th
12:30 – 3:30 p.m.
Instructor: Elizabeth Stubbs
Cost: \$30



Celebrate summer with a needle felted snail, 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**

WORKSHOP: Summer Floral Arrangement
Wednesday, August 19th
10:00 a.m.
Instructor: Jessica Pohl
Cost: \$25



Join Jessica Pohl from A Natural Arrangement in making a seasonal wildflower arrangement in a mason jar. The photo is not a true representation of all the flowers that may be used, but the flowers will be similar. **Registration required. Max: 12**

GROUP: Economy Watch: A Financial Discussion Group
Fridays, July 10th, 24th and August 7th, 21st
10:30 a.m.
Facilitator: Jim McKean, COA Patron



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**




wellesley friendly aid
 neighbors helping neighbors

Medical Equipment
Here for You! ♥

Wellesley Friendly Aid has a variety of medical equipment available for Wellesley residents to borrow **at no cost.**

♥
 Neighbors helping neighbors stay safe, independent, and well.



 **Wellesley Friendly Aid Association**
 219 Washington Street
 Wellesley, MA 02481

 Phone: 781-235-3960
 www.wellesleyfriendlyaid.org

Thank you for supporting our community!
 ♥



OUTREACH *and Resources*

GROUP: Social Connections

Tuesdays, July 7th, 14th, 21st, 28th and August 4th, 11th, 18th, 25th
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, July 1st, 8th, 15th, 22nd, 29th and August 5th, 12th, 19th, 26th
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, July 9th, 23rd and August 6th, 20th
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, July 2nd, 16th, 30th and August 13th, 27th
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, July 13th and Thursday, August 20th
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??

Free dinner is available to those who inquire, thanks to the Village Table of Wellesley! Please let us know if you would like to try a meal to bring home or you can nominate a dinner be delivered to someone in need. Meals are frozen and menu varies. 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: Tell Us What You're Reading Discussion

Thursdays, July 9th and August 13th

1:00 p.m. – 2:00 p.m.

Facilitators: COA Volunteers, Polly Conlon and Terry Catchpole

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

GROUP: World History Book Discussion

Wednesdays, Sept. 9th and Oct. 7th

1:00 p.m. – 2:30 p.m.

Facilitators: COA Volunteers, Terry Catchpole and Stephen Maire



Participants read, enjoy and discuss works of history covering our world and beyond. The group reads works that cover known and little-known dimensions of history. Coming up:

- **September 9:** *Packing For Mars – The Curious Science of Life in the Void*, Mary Roach (318 pages)
- **October 7:** *Apple In China – The Capture of the World's Greatest Company*, Patrick McGee (384 pages)
- **November 4:** *The Journey and Ordeal of Cabeza de Vaca – His Account of the Disastrous First European Exploration of the American Southwest*, Alvar Nunez Cabeza de Vaca (143 pages)
- **December 2:** *Juki Girls, Good Girls – Gender and Cultural Politics in Sri Lanka's Global Garment Industry*, Caitrin Lynch (296 pages)

GROUP: Great Poems Discussion

Wednesdays, Sept. 16th and Oct. 14th

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 these Dover Thrift Edition collections available at Wellesley Books: *The Road Not Taken and Other Poems* by Robert Frost and *Selected Canterbury Tales* by Geoffrey Chaucer. Coming up:

- **September 16:** Frost - "The Road Not Taken," "The Cow in Apple Time" and other poems (23 pages)
- **October 14:** Chaucer - "The General Prologue" to *Canterbury Tales* (26 pages)
- **November 11:** Frost - "The Sound of Trees," "The Gum-Gatherer" and other poems (25 pages)
- **December 9:** Chaucer – "The Knight's Tale," part one, from *Canterbury Tales* (25 pages)



GROUP: Shakespeare Discussion

Wednesdays, Sep. 23rd and Oct. 21st

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:

- **September 23:** *Henry VI, Part Two*, Acts One and Two
- **October 21:** *Henry VI, Part Two*, Acts Three, Four and Five
- **November 18:** *Henry VI, Part Three*, Acts One and Two
- **December 16:** *Henry VI, Part Three*, Acts Three, Four and Five



GROUP: American Literary Classics Book Discussion

Wednesday, Sept. 30th and Oct. 28th

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:

- **September 30:** *Deliverance*, James Dickey (278 pages)
- **October 28:** *The Call of the Wild*, Jack London (100 pages)
- **November 23:** *The Awakening*, Kate Chopin (215 pages)
- **December 21:** *What We Talk About When We Talk About Love*, Raymond Carver (159 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. •

JULY/AUGUST

JULY 10TH | PG | Romance/Comedy



Irish Wish (2024)

When the love of her life gets engaged to her best friend, Maddie (Lindsay Lohan) puts her feelings aside to be the bridesmaid at their wedding. Days before the wedding, Maddie makes a spontaneous wish for true love, only to wake up as the bride-to-be. Maddie soon realizes that her real soulmate is someone else entirely. **1h 33m**

JULY 17TH | PG-13 | Drama



Remarkably Bright Creatures (2026)

A widow (Sally Field) who works at a local aquarium finds joy again when she forms an unlikely bond with a giant Pacific octopus and a wayward young man who comes to town in search of family. Together, they uncover a mystery and restore their sense of wonder. **1h 51m**

JULY 24TH | PG-13 | Mystery/Thriller



Enola Holmes (2020)

While searching for her missing mother, intrepid teen Enola Holmes uses her sleuthing skills to outsmart big brother Sherlock and help a runaway lord. **2h 3m**

JULY 31ST | PG-13 | Comedy/Music/Drama



Fisherman's Friends (2020)

Inspired by the true story of a group of Cornish fishermen who were discovered by a London music manager and signed to a record deal with Universal Records. The fishermen achieved a top ten hit with their debut album of traditional sea shanties. **1h 52m**

AUGUST 7TH | Documentary



A Gorilla Story (2026)

This documentary blends the remarkable story of David Attenborough's first encounter with the baby gorilla Pablo and how Pablo's direct descendants are doing today in the mountains of Rwanda. A Gorilla Story is packed with extraordinary gorilla behavior never filmed before. **1h 16m**

AUGUST 14TH | PG | Romance/Comedy



Solo Mio (2026)

A wedding disaster leaves the groom stranded in Rome, heartbroken in the world's happiest city. But with one determined local—and a few meddling vacation couples—in his corner, his ruined honeymoon becomes an adventure he never expected. Sometimes heartbreak is just the first chapter of a better story. **1h 40m**

AUGUST 21ST | PG-13 | Comedy/Drama



The Devil Wears Prada (2006)

Andy is a recent college graduate with big dreams. Upon landing a job at prestigious Runway magazine, she finds herself the assistant to diabolical editor Miranda Priestly. Andy questions her ability to survive her grim tour as Miranda's whipping girl without getting scorched. **1h 49m**

AUGUST 28TH | PG-13 | Musical



A Chorus Line (1985)

Hundreds of hopefuls congregate at a cattle call for Broadway dancers. A sour director, Zach (Michael Douglas), and his assistant whittle down until they're left with 16 dancers. Tension mounts when Cassie – once both a big star and the director's lover but now desperate for a part – auditions. **1h 53m**

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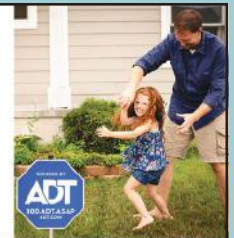
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 9:00 – 4:00 Billiards	 9:00 – 4:00 Billiards	 9:00 – 12:30 Bridge Group	 9:00 – 12:30 Card/Game/Billiards	 9:00 – 4:00 Billiards
 9:00 – 12:30 Card/Games	 1:00 – 4:00 Cribbage Groups	 9:00 – 4:00 Card/Game/Billiards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