

# Summer AT THE

July/August 2024



## WELLESLEY COUNCIL *on* AGING

**JULY**  
**24**

# Elvis

# Christmas in July

**ONE NIGHT ONLY**  
Wednesday, July 24th  
5:30 p.m.

Live at the  
**WELLESLEY**  
COUNCIL *on* AGING



**SEPT**  
**19**



## CHARLES RIVER CRUISE

Thursday, September 19th

**\$99 Per Person** Wellesley Resident  
**\$120 Per Person** Non-Wellesley Resident



Lunch and dessert  
at The Cheesecake  
Factory.



Shopping at the Cambridge Galleria.

**Registration deadline 8/29/24**

See page 18 for details.

SEE PAGE 2 FOR REGISTRATION INFORMATION.



## Wellesley Council on Aging Staff

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Rick Waldman, Bus Driver

Dana Wilson, Bus Driver

Jeanie Clark, Bus Driver

Jerome Grafe, Bus Driver

Dawnmarie Cole, Custodian FMD

## Wellesley COA Board of Directors

Kathleen Vogel, Chair

Marlene Allen, Vice Chair

Susan Rosefsky, Secretary

Patty Chen

Lori Ferrante

Robert McCarthy

Corinne Monahan

Tina Wang

## COA Board Meeting Dates

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

Thursday, July 18th at 4:00 p.m.

Thursday, August 15th at 4:00 p.m.

Additional meetings will be posted as needed.

## Council on Aging Hours of Operation

Monday through Friday

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

April - Sept., Wednesdays, 9 a.m. - 7 p.m.

## Contact Info

781-235-3961

www.wellesleycoa.org

coa@wellesleyma.gov

## Wellesley COA Mission Statement:

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

## Age Policy



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

## Class Program Cancellation



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

## Program Specific Refund Policy



REFUND

Please note that there may be a specific refund policy for a particular program. The specific policy information will be noted in the program description. No refund for exercise classes unless the class is canceled by the instructor.

## Participant Photograph Policy



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

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

## REGISTRATION July/August 2024

### Wellesley Residents:

Starting Wednesday,  
June 26th at 9:00 a.m.

### Non-Wellesley Residents:

Starting Thursday,  
June 27th at 9:00 a.m.

All programs require pre-registration unless otherwise noted.

## HOW TO REGISTER

There are three ways to register for programs:

1. **Online** through MyActiveCenter (<https://myactivecenter.com>) Pay by credit card
2. **By phone** 781-235-3961 Pay by credit card, or mail-in check (payable to Town of Wellesley)
3. **In person** at the Council on Aging, 500 Washington Street

**Please note:** Registration begins at 9:00 a.m. for all methods listed above. Online registration is available if you have an account with us and created a MyActiveCenter account.

**Important:** For fee-based activities, payment is required when registering.

**Note:** MyActiveCenter.com and MySeniorCenter are secure websites (https). They do not store credit card information.



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





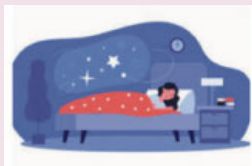
The Wellesley Council on Aging would like to express sincere gratitude to the late Richard Campana for his bequest totaling over \$350,000, given to enhance programming at the Tolles Parsons Center. As a lifelong Wellesley resident, Mr. Campana was active in many groups throughout the community and the COA is honored by his donation. To show our appreciation for this gift, Mr. Campana will be recognized at our annual St. Patrick's Day Celebration and during events his funding will support in the years to come.

## COUNCIL ON AGING *Happenings*

**Get Better Sleep!**  
**Tuesday, July 2nd**  
**1:30 p.m.**

**SeniorU: Programs for Seniors**

Everyone knows getting enough sleep keeps you healthy and active. But many older adults have trouble sleeping. Learn how to improve your sleep by making slight adjustments to your routines and practicing specific mental tips to help you fall asleep faster. We will also review the foods you should (and should not) eat before bedtime, nighttime tips for practicing "Safe Sleep," and much more! This is a great workshop for people with trouble sleeping or their unfortunate partners!  
**Registration required.**



**Creeque Alley**  
**Tuesday, July 9th**  
**1:30 p.m.**

Creeque Alley is an acoustic duo featuring local musicians Sean Fullerton and Dan Kirouac. The duo pay tribute to traditional American folk and "feel good" flower power folk rock hits from 1960 - 1969. With traditional folk music instruments, such as a 6-string guitar, 12-string guitar, mandolin guitar, harmonicas, and tight 2 part vocal harmonies, Creeque Alley not only performs songs with instrumental and vocal accuracy but adds educational information about each song, along with a bit of humor throughout the performance. Sean and Dan encourage audience participation as well.



**This show is sponsored by a grant from the Wellesley Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency. Registration required.**

**Billy Novick Duo**  
**Wednesday, July 3rd**  
**1:30 p.m.**

**Billy Novick, Swing Jazz, Sax and Clarinet**

Billy Novick is internationally recognized as a musician, performer, arranger and composer. He has been featured as a sideman on over 250 recordings, and his music has appeared in more than 100 film scores, television shows, and commercials. His clarinet playing can be heard on the theme songs of the popular PBS shows "Antiques Roadshow" and "This Old House."  
**Registration required.**



**Southern Baja Sur, Mexico: Marine Giants-Humpbacks and Whale Sharks**  
**Wednesday, July 10th**  
**1:30 p.m.**

**Joy Marzolf, Naturalist**

Marine mammal watching in Southern Baja Sur is full of drama! Humpback whales demonstrate their gymnastic abilities as they launch themselves into the air in the Southern Gulf of California. Travel a little north to near Cabo Pulmo where crested caracara can be seen along the road and endemic Xantus's hummingbird, orioles and even butterflies can be found at a small oasis in the desert hills. In La Paz, visitors can swim with friendly California sea lions as they chase fish, and each other. But Baja is not just a place for marine mammals! It is the home of the biggest fish in the sea. Whale sharks seasonally visit the waters near La Paz where snorkelers can see these amazing bus-sized fish up close. Baja is truly a land of marine giants, and so much more.  
**Registration required.**



**Understanding the Civil War Series Part Three: Those Who Overcame**  
**Monday, July 8th**  
**1:30 p.m.**

**Rick Tulipano, Historian and Author**

Even in the best of times it is difficult for people to rise above their circumstances to achieve noble goals, but it is especially difficult to do that in the midst of a brutal conflict. Yet, during the Civil War four men and one woman overcame their human limitations for the sake of goodness and, ultimately, peace. In this talk we will see how those extraordinary individuals shaped their era and helped create a better America.  
**Registration required.**



## NIGHT PROGRAM

The Steve Rudolph Trio  
Wednesday, July 10th  
5:30 p.m.



Get your toes tapping as the Steve Rudolph Trio presents a joyous sampling of some of the best of American popular music from '40s, '50s and '60s - from Big Band tunes to Frank Sinatra to Elvis and the Beatles. Pianist/vocalist Steve Rudolph, founder of the trio, has performed extensively for over 50 years both in the U.S. and in Europe in venues ranging from jazz clubs to churches. **Registration required.**

## Words Galore

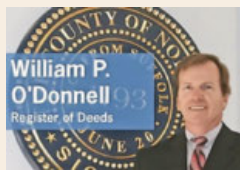
Thursdays July 11th and Aug 8th  
10:30 a.m.

Val Walker, MS, Author,  
Educator, Consultant



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

William P. O'Donnell,  
Register of Deeds  
Thursday, July 11th  
1:30 p.m.



The Register will give an overview of the Registry and discuss, among other things, homestead protection, mortgage discharges, the increase in certain types of deed scams, and the ability to lookup Land Documents dating back to the first ones recorded in 1793 through the Registry of Deeds' online research system. The program will also include information about the Registry's free Consumer Notification Service, which sends an automated alert to property owners of any registry activity that contains their name in the associated city or town where they live. The event will conclude with a brief question-and-answer session to address any specific questions attendees may have. **Registration required.**

BBQ with the Blue  
Friday, July 12th  
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 Cheese Burger. Fries and The Captain's famous Clam Chowder will also be served. Get ready for a fun afternoon with Wellesley's finest. **Registration required.**

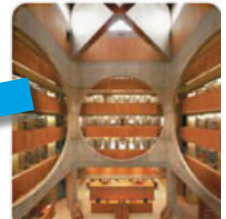
KevTech, Taking & Organizing Photos  
on iPhone & iPad  
Monday, July 15th and  
Wednesday, August 7th  
1:30 p.m.



Kevin Figueroa, Kev Tech

In this class, we learn how to use the different features of the Camera app and how to organize pictures into Favorites and Albums in the Photos app. **Registration required. Max: 20**

Revolutionary Design:  
Modern Architecture in New England  
Wednesday, July 17th  
1:30 p.m.



Jane Oneail, Culturally Curious

New England is known for its history and its traditions, but it is also home to some daring and inventive modern designs from some of the world's leading architects. How do giants in the field like Frank Lloyd Wright, Walter Gropius, Louis Kahn, Philip Johnson and Maya Lin combine the expected and the familiar with the innovative and experimental? This program introduces audiences to each architect and walks you through their notable works in New England locales. **Registration required.**

NIGHT PROGRAM  
Elizabeth Steen, Accordionist  
Wednesday, July 17th  
5:30 p.m.



Elizabeth Steen is a musician originally from Pittsburgh, Pennsylvania, currently based in Boston. Growing up, she was a classical piano prodigy and performed as a soloist with the Pittsburgh Symphony at the age of 16. Nowadays, she primarily plays the accordion but has also sung and played various keyboards in numerous bands throughout her career. Steen's first recording as an accordionist was featured on the Billy Bragg/Wilco collaboration tribute to Woody Guthrie, titled "Mermaid Avenue." In addition to her performance career, she collaborates on many studio and live projects, runs a private teaching studio, and taught elementary school music in the Boston Public Schools for 15 years. She is also one half of the duo Famous Grouse with Jude Heichelbech, performing original songs. **Registration required.**

Magic for Seniors  
Monday, July 22nd  
1:30 p.m.

Ed the Wizard, Magician



Join Ed the Wizard for his "Magic for Seniors" program. From mind-reading to coins to cards, there will be something magical for all, including the teaching of easy impromptu magic effects that patrons can perform for their grandchildren. Be prepared to be amazed, amused, and possibly volunteer, with Ed the Wizard's award-winning performance.

This program is supported in part by a grant from the Wellesley Cultural Council, a local agency that is supported by the Massachusetts Cultural Council, a state agency. **Registration required.**



**Animal World**  
Tuesday, July 23rd  
1:30 p.m.

**Matt Gabriel,**  
Animal World Experience

LIVE ANIMALS



Join Matt Gabriel for a fun, interactive and educational presentation on animals. Matt founded Animal World Experience in 2006 and prioritizes the health and happiness of his animal family above all else. Almost all of the animals of Animal World Experience were rescued or adopted by Matt over the years and have a forever home with him. Matt's presentations are designed to develop respect and awareness for animals of all kinds. **Registration required.**

**Coastal Birds**  
Tuesday, July 30th  
1:30 p.m.

**Lara Kazo, Mass Audubon Naturalist**



Its shorebird season! Shorebirds are nesting along the coast, protecting themselves from the heat, predators, and the many other challenges that come with living along the shoreline. Dunes hold specific protected habitat that many birds need to raise their young and Massachusetts beaches are filled with life. Learn about our amazing Massachusetts shorebirds, where you can see them, and how they are being protected. **Registration required.**

**End of Life Planning**  
Wednesday, July 24th  
1:30 p.m.

**Erin DiCarlo, Owner, Dovetail Companies**  
Certified Senior Advisor®, Care Manager Certified



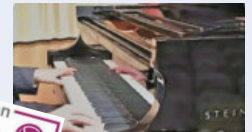
We all know there are two guarantees in life: death and taxes. But did you know you're in more control over these than you may realize? Join us as we help you craft a unique end-of-life plan that includes: Your end-of-life wishes, including what kind of care you want, who you want by your side, and how you want to be remembered. We will also discuss the practical realities of costs, finances, and tax planning. **Registration required.**

**Nonagenarians Birthday Celebration!**  
Wednesday, July 31st  
3:00 p.m.



Calling All Nonagenarians! Please join us for a special Birthday Celebration at the COA for our members who are turning the age of 90 years, or who are 90 years of age or older. Friends and family are welcome to join in this special celebration! Cake and refreshments will be served. **Registration required.**

**NIGHT PROGRAM**  
**Jack Coleman, Singer/Songwriter and Pianist**  
Wednesday, July 31st  
5:30 p.m.



Jack Coleman taught music at Wilson Elementary in Marlborough for over 20 years. A songwriter, pianist, and vocalist, he performs regularly around the Boston area, including at Hampton Beach and other large New England venues. **Registration required.**

**NIGHT PROGRAM**  
**Elvis Christmas in July**  
Wednesday, July 24th  
5:30 p.m.

**Dan Fontaine,**  
Elvis National  
Tribute Festival Champion



Did you know the holiday album title that has shipped the most copies in the United States is Elvis Presley's 1957 LP **Elvis' Christmas Album**, which has shipped 17 million copies? Luckily, we have the 2024 Elvis National Tribute Festival Champion right here in Massachusetts: **Dan Fontaine!** Dan is a gifted band leader, an award-winning Elvis Tribute Artist, and has competed nationally and internationally. Originally fronting Fellowship of The King, Dan currently performs his newest tribute show, "Viva Las Elvis" feat. Memphis Sun Mafia Band. **Registration required.**

**Cornhole Olympics!**  
Thursday, August 1st  
1:30 p.m.

**Patricia Thames, COA Volunteer**



Let the games begin! Step up to the podium and join us at the Wellesley COA for the Cornhole Olympics! Channel your inner Olympian for an afternoon of spirited competition, camaraderie, prizes and summer refreshments. Whether you're going for gold or just here for the fun, this event promises excitement and community connection.

**Why Compete?**

- **Prizes!**
- **Olympic Fun:** Experience the thrill of the games as you compete for glory in a friendly cornhole tournament.
- **Gold Medal Health:** Cornhole is a fantastic low-impact sport that enhances hand-eye coordination, balance, and flexibility—perfect for keeping seniors active and healthy.
- **Victory in Community:** Forge new friendships and strengthen old ones in a fun and supportive environment.

Regardless of your experience level, everyone is invited to participate in this Olympic-themed extravaganza! Be sure to register in advance to ensure your place in the games.

**Note:** If the weather doesn't cooperate, we'll bring the games indoors. **Registration required.**

**Learn How to Sign Up for COA Programs Online**  
Thursday, July 25th  
1:30 p.m.

**COA Staff/My Senior Center Expert**



Discover the ease of signing up for programs and activities from the comfort of your home with the **MyActiveCenter website!** Our team is here to demystify and guide you through the on-line sign-up process! Whether it's fitness classes, arts and crafts, or social events, registering is now easier and more convenient than ever through our on-line portal. **Registration required.**



**Medicare 101**  
**Monday, August 5th**  
**1:30 p.m.**



**Paul Conner, Mass General Brigham Health Plan**

Come learn about Medicare from every angle. We'll help you understand the health care, coverage, and benefits of Medicare and walk through our Medicare Advantage plans centered on you. **Registration required.**

**Resilience: The History of the American Defenders of Bataan and Corregidor**

**Tuesday, August 6th**  
**1:30 p.m.**

**Anne Wilayto Bishop**



Hear the remarkable life story of Staff Sergeant Henry "Hank" Wilayto, a Polish immigrant's son. Hank survived 7 years in foster care after his mother's untimely death when he was 8. He later enlisted in the Armed Forces and was stationed in the Philippine Islands. There, he endured the infamous Bataan Death March and spent 3½ years in Japanese prison camps. Upon his return, he became a founding member of the American Defenders of Bataan and Corregidor, a national organization that served thousands of POW veterans. Don't miss this extraordinary tale, along with precious artifacts, as shared by his daughter, Anne Wilayto Bishop. **Registration required.**

**Local Food Trivia: Yesterday and Today**  
**Wednesday, August 14th**  
**1:30 p.m.**

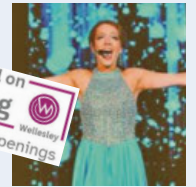


**Dave Wheeler, Founder of SeniorU**

Hermits, Johnnycakes, Moxie and more! We will take a walk down memory lane of some of our favorite regional foods, brands, and companies from yesterday to today, including where they were created and sold. Some are obvious, but some aren't. Do you think you can be stumped? Join Dave Wheeler who will present them Jeopardy-style and put your local knowledge to the test. Local food trivia themed refreshments will be served. **Registration required.**

**NIGHT PROGRAM**

**Grace Etkorn**  
**Wednesday, August 14th**  
**5:30 p.m.**



Originally from Chicago, Grace has been in the Boston area for three years. Her talents span the country, with roles like "Annie" and "Kate" on the 30th Anniversary National Tour of *Annie* and "Sophie" on NBC's *Chicago Fire*. She also won the Illinois-Best Actress at the Jimmy Awards on the Minskoff Stage. Recently, she performed in Greater Boston Stage Company's *Beehive: The 60's Musical*, understudying multiple female roles. Grace's blend of musical theater and jazz classics, delivered in her clear, expressive mezzo-soprano, captivates audiences and offers a touch of Broadway magic. **Registration required.**

**Micronesia, Melanesia and Polynesia – Unraveling the Mysteries of the South Pacific**

**Thursday, August 15th**  
**1:30 p.m.**

**Barry Pell, World Traveler and Photographer**



The South Pacific has been celebrated in literature, art, and music. Yet, the island countries that dot the Pacific Ocean are mysterious unknowns to most Americans. Barry Pell has traveled throughout both the south and north Pacific countries and territories. In this program, he will explain the distinctions between the regions of Micronesia, Melanesia and Polynesia in terms of their geography, history, culture and people. The program will be accompanied by Mr. Pell's photography of the islands. **Registration required.**

**NIGHT PROGRAM**

**Galileo, The Starry Messenger**  
**Wednesday, August 7th**  
**5:30 p.m.**

**Mike Francis, Actor and Storyteller**



Almost four hundred years ago, an unknown court mathematician in Italy delved into the secrets of the universe and laid the foundation for modern science. Galileo Galilei turned his telescope to the heavens to discover mountains and craters on the moon, four moons of Jupiter, and countless stars never before seen. Even more important, his method of observation and mathematical analysis taught future scientists the way to discover the laws of nature. *The Starry Messenger* program is a dramatic fun-filled adaptation of Galileo's short treatise "Siderius Nuncius." Galileo (dressed in 17th-century costume) arrives to present a public lecture on his most recent discoveries made using his newly devised spyglass. As he describes those discoveries, Galileo's new method of observation and measurement of nature becomes apparent. Throughout the presentation, audience members are actively involved in experiments and demonstrations. After the lecture, Galileo answers questions about his experiments, his life and his times. **Registration required.**

**Music Through the Decades**

**Monday, August 12th**  
**1:30 p.m.**

**David Polansky, Musician**

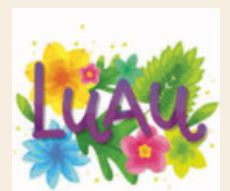


The Norman Rockwell Museum commissioned David Polansky to develop "Music Through The Decades", a fun-filled hour in which the audience learns how the last hundred-plus years of American and world history have inspired so many of the songs we love. Using keyboard, trumpet, and vocals, David presents the music of George M. Cohan, Fats Waller, Irving Berlin, Hoagy Carmichael, and a host of others - music inspired by the advent of the automobile, the two world wars, the Roaring 20's, the great depression, the wild west, and much more. David engages the audience, taking questions, performing requests, and telling very funny anecdotes about famous musicians as well as some about his own life as a musician. **Registration required.**

**Luau Lunch and Musical Performance**

**Friday, August 16th**  
**12:00 p.m.**

**Roger Tincknell, Singer and Multi-Instrumentalist**



Join fellow friends and neighbors for this summertime favorite at the COA! We will enjoy traditional Luau cuisine along with tropical songs and dances performed by Roger Tincknell during this lively, fun filled event. **Registration required.**

**REAL ID Workshop**  
**Monday, August 19th**  
**1:30 p.m.**



AAA will offer its REAL ID workshop at the COA. A REAL ID or a valid passport will be required to fly within the US starting May 7, 2025. This workshop will help you decide if a REAL ID is right for you and how to obtain one. The new federal and state requirements for renewing a Driver's License or ID card will also be explained. Join us to learn more. **Registration required.**

**Financial Literacy**  
**Tuesday, August 20th**  
**1:30 p.m.**

**Gene Hile, Wealth Management and Investment Banker**



Gene began his Wall Street career in New York City and later moved to Boston. He specialized in wealth management, retirement plan consulting, behavioral investment advice and marketing initial public offerings ( IPOs) for companies including MTV, Maine Savings Bank, and The New Bedford Institution for Savings. Gene's individual wealth management clients included a United States Supreme Court justice, a presidential cabinet member, first families( Revere) of New England, and many Fortune 500 corporate executives. Currently, Gene teaches and mentors students at The University of Virginia, Connecticut College, The University of Notre Dame, Boston University, and The University of Miami. Gene and his wife Ann have lived in Wellesley for 40 years. **Registration required.**

**Downeast Connections:**  
**Artists Inspired by Maine**  
**Wednesday, August 21st**  
**1:30 p.m.**

**Jane Oneail, Culturally Curious**

Maine's remote, rocky shoreline has been a beacon to American artists for generations. This program will survey the work of some of the most celebrated artists inspired by the state's distinct landscape and way of life. The program features work by artists including Winslow Homer, Andrew Wyeth, and Ashley Bryan.

**Registration required.**

**ZOOM**



**NIGHT PROGRAM**  
**Madeleine Metraux**  
**Wednesday, August 21st**  
**5:30 p.m.**

At just 16 years old, Madeleine boasts a remarkably mature soprano voice with an impressive range and stage presence. Beyond her years in professionalism and confidence, she plans to pursue a vocal performance degree in Geneva, Switzerland. Currently attending high school in Massachusetts, Madeleine has dedicated considerable time to performing for senior communities, showcasing her talent and bringing joy to audiences of all ages. **Registration required.**

Council on Aging  
**W**  
Night Happenings

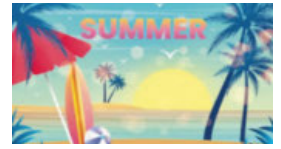


**Summer Beach Party**  
**Musical Program**  
**Thursday, August 22nd**  
**1:30 p.m.**

**Michael Goodwin, Singer/Songwriter**

Celebrate the summer with Michael Goodwin as he sings your favorite tunes from summer shows! Selections will include some of our favorite summer hits from the 40s, 50s, and 60s, including songs from the Beatles, The Beach Boys, and Elvis Presley himself.

**Registration required.**

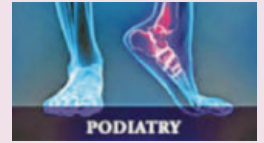


**Podiatry Clinic**  
**Friday, August 23rd**  
**9:15 a.m. – 12:00 p.m.**

**Dr. Alissa Kuizinas, Podiatrist**

Dr. Kuizinas is offering 15 minute podiatry appointments at the Tolles Parsons Center. The cost of the appointment is \$40 and is directly payable to Dr. Kuizanas by check, cash or credit card.

**Registration required.**



**Musical Lecture on America's Sweetheart**  
**Doris Day**

**Tuesday, August 27th**  
**2:00 p.m.**

**Frank King, former WBUR Radio Host**

Join Frank King for a musical lecture on America's sweetheart, DORIS DAY. Frank's lecture will focus on the life and songs of the great DORIS DAY, plus the surprising stories behind some big hit songs from the year 1951, and other surprises – such as the lost verse to "Over the Rainbow" no one's ever heard! **Registration required.**



**NIGHT PROGRAM**  
**Wednesday, August 28th**  
**4:30 p.m.**

**Just when you thought it was safe to get back in the water!**

When a killer shark unleashes chaos on a beach community off Cape Cod, it's up to a local sheriff, a marine biologist, and an old seafarer to hunt the beast down.

**Registration required.**

Council on Aging  
**W**  
Night Happenings



**Woo and Friend**  
**Thursday, August 29th**  
**1:30 p.m.**

Experience an unforgettable musical journey with Vocalist Elaine Woo and her accompanists. A former MGH internist, Elaine will enchant you with timeless classics from The Great American Songbook, along with a selection of captivating new pieces. This performance is designed to soothe the soul and delight the senses—truly, just what the doctor ordered.

**Registration required.**



# FRIDAY MOVIES *With Marie*

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

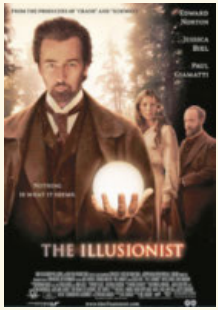
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★ FRIDAY ★  
**MOVIE**  
TICKET



## JULY • Reel Talk • Fridays 1:15 p.m.

**JULY 5th | Mystery/Drama | PG-13 |**



**The Illusionist (2006)**  
A master magician named Eisenheim (Edward Norton) vies with Crown Prince Leopold (Rufus Sewell) of Vienna for the hand of noblewoman Sophie (Jessica Biel), the girl he once loved. He brings his considerable powers to bear on the prince, as she is about to be named royal fiancée. However, a police inspector named Uhl (Paul Giamatti) tries to warn Eisenheim that he is playing a very dangerous game. **1h 50m**



**JULY 19th | Romance/Drama | PG-13 |**



**Past Lives (2023)**  
Nora and Hae Sung, two deeply connected childhood friends, are wrested apart after Nora's family emigrates from South Korea. Two decades later, they are reunited in New York for one fateful week as they confront notions of destiny, love, and the choices that make a life, in this heartrending modern romance. **Nominated for Best Picture Oscar 2024. 1h 46m**



**JULY 26th | Romance/Drama/History**



**I'll Find You (2022)**  
It's the 1930's. Two young lovers, ROBERT, a Catholic opera singer and RACHEL, a Jewish violin virtuoso, dream of one day performing together at legendary Carnegie Hall. When they're torn apart by the German invasion of Poland, Robert vows to find Rachel, no matter what. **1h 56m**



## AUGUST • Reel Talk • Fridays 1:15 p.m.

**AUG 2nd | History/Drama | R |**



**The Chicago 7 (2020)**  
In 1969, seven people were charged by the federal government with conspiracy and more, arising from the protests at the 1968 Democratic National Convention in Chicago. **Nominated for Best Picture Oscar 2021. 2h 9m**

**AUG 9th | Drama/Sports | PG-13 |**



**The Beautiful Game (2024)**  
Mal (Bill Nighy) is the manager of England's homeless football team, taking his players to Rome with the hope of being crowned champions of the Homeless World Cup, a global street soccer tournament. At the last minute he decides to bring with them a talented striker Vinny, who could give them a real chance at winning, but only if he's ready to let go of his past and become part of the team. Made with the support of the Homeless World Cup, *The Beautiful Game* is a film of second chances - where homeless teams from around the world find that all roads lead to Rome, and everything's to play for. **2h 4m**

**AUG 23rd | Musical/Fantasy/Comedy | PG |**



**Wonka (2023)**  
Based on the extraordinary character at the center of Charlie and the Chocolate Factory, Roald Dahl's most iconic children's book and one of the best-selling children's books of all time, "Wonka" tells the wondrous story of how the world's greatest inventor, magician and chocolate-maker became the beloved Willy Wonka we know today. **1h 56m**

**AUG 30th | Drama | R |**



**Ferrari (2023)**  
Ferrari is set during the summer of 1957. Behind the spectacle and danger of 1950's Formula 1, ex-racer, Enzo Ferrari, is in crisis. Bankruptcy stalks the company he and his wife, Laura, built from nothing ten years earlier. Their tempestuous marriage struggles with the mourning for their one son, and Ferrari struggles with the acknowledgment of another. His drivers' lust to win pushes them out to the edge. He wagers all in a roll of the dice on one race, the treacherous 1,000 mile race across Italy, the iconic Mille Miglia. **2h 10m**



# COA LUNCH

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

TO ORDER CALL 781-235-3961

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



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

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

July	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-2-	-3-	-4-	-5-
	Meatball Parmigiana Focaccia & Chips	Turkey Bacon Wrap & Chips	★ ★ NO LUNCH ★ ★	½ Vegetarian Calzone & Cape Cod Potato Chips
	-9-	-10-	-11-	-12-
	Grilled Chicken Caesar Salad & a Cookie	Turkey, Bacon, Romaine, Tomatoes, Pepper Jack Cheese, Cranberry Sauce on White Bread	Cranberry Chicken Wrap & a Cookie	NO LUNCH
	-16-	-17-	-18-	-19-
	½ Roasted Chicken, Lettuce, Tomato on Multi Grain Bread with Gazpacho Soup & Chocolate Chip Cookie	Spinach Feta Quiche with Sun Dried Tomato, ½ Salad & Pumpkin Muffin	½ Tuna, Lettuce & Tomato on Multi Grain Bread, Chicken Noodle & Chocolate Chip Oatmeal	½ Chicken Tarragon w/Lettuce, Tomato on Multigrain Grain Bread, Chicken Lemon Rice Soup & Butterscotch Cookie
	-23-	-24-	-25-	-26-
	Tuna Salad Plate & Cornbread	Salmon Croquettes, Cornbread & Green Beans	Salmon Salad Plate & Cornbread	Baked Haddock with Herb Stuffing, Honey Glazed Carrots & Cornbread
	-30-	-31-		
	Full Isabella Sandwich on Whole Wheat	Full Meatball Sub with Provolone Cheese		
August	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			-1-	-2-
			Grilled Chicken Breast Wrap w/Balsamic Dressing, Field Greens, Feta Cheese, Black Olives, Tomatoes & Cucumbers	Hummus Wrap with Field Greens, Roasted Red Peppers, Tomatoes, Cucumbers, Carrots, Pepper & Black Olives
	-6-	-7-	-8-	-9-
	Shrimp Broccoli Alfredo & a Chocolate Chip Cookie	Chicken Kabob Wrap with Chips	Spaghetti & Meatballs & Small Side House Salad with Italian Dressing	½ Roast Beef Sandwich with Side Salad & Italian Dressing
	-13-	-14-	-15-	-16-
	½ Cheddar, Asiago, and Goat Cheese Grilled Cheese Sandwich with Tomato Soup	½ Grilled Ham and American Cheese Sandwich with Tator Tots	½ Grilled Chicken, Lettuce, Tomato & American Cheese Sandwich with a Warm Soft Pretzel	NO LUNCH
	-20-	-21-	-22-	-23-
	Baked Haddock with Herb Stuffing, Honey Glazed Carrots & Cornbread	Salmon Salad Plate & Cornbread	Salmon Croquettes, Cornbread & Green Beans	Tuna Salad Plate & Cornbread
	-27-	-28-	-29-	-30-
	½ Farmer's Garden Pizza & Side Caesar Salad	Greek Salad with Grilled Chicken	½ Bella Pizza & Side Caesar Salad with Chicken	½ Tuscan Sausage Pizza & Side Caesar Salad

# JULY 2024 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>-1-</b>	<b>-2-</b>	<b>-3-</b>	<b>-4-</b>	<b>-5-</b>
<p><b>9:15</b> Fit for Life  <b>10:30</b> Core and More  <b>12:00</b> All Levels Yoga  <b>2:30</b> Chair Yoga</p>	<p><b>9:15</b> Seated Strength &amp; Balance  <b>11:00</b> Social Connections  <b>1:30</b> Get Better Sleep!</p>	<p><b>9:15</b> Hi Low Fitness  <b>10:00</b> Keep Well Clinic  <b>12:00</b> LaBlast – Cardio Dance &amp; Strength  <b>1:30</b> Billy Novick Duo  <b>2:00</b> Men in Retirement</p>	<p style="text-align: center;">★  <b>The Tolles Parsons Center is CLOSED in observation of 4th of July</b>            ★ <b>NO ACTIVITIES</b>            ★</p>	<p><b>1:15</b> Movie</p> 
<b>-8-</b>	<b>-9-</b>	<b>-10-</b>	<b>-11-</b>	<b>-12-</b>
<p><b>12:00</b> All Levels Yoga  <b>1:30</b> Understanding the Civil War Part Three: Those Who Overcame</p>	<p><b>9:15</b> Seated Strength &amp; Balance  <b>11:00</b> Social Connections  <b>1:30</b> Creeque Alley Acoustic Duo</p>	<p><b>9:15</b> Hi Low Fitness  <b>1:30</b> Southern Baja Sur, Mexico: Marine Giants-Humpbacks and Whale Sharks  <b>2:00</b> Men in Retirement  <b>5:30</b> The Steve Rudolph Trio</p>	<p><b>9:15</b> All Levels Yoga  <b>9:15</b> Seated Strength &amp; Balance  <b>10:00</b> Pilates  <b>10:00</b> Decoupage Shell Workshop  <b>10:30</b> Words Galore  <b>1:30</b> Register of Deeds  <b>2:00</b> Women in Retirement</p>	<p><b>12:00</b> BBQ with the Blue</p> 
<b>-15-</b>	<b>-16-</b>	<b>-17-</b>	<b>-18-</b>	<b>-19-</b>
<p><b>9:15</b> Fit for Life  <b>10:30</b> Core and More  <b>1:30</b> KevTech, Taking &amp; Organizing Photos on iPhones &amp; iPad  <b>2:30</b> Chair Yoga</p>	<p><b>9:15</b> Seated Strength &amp; Balance  <b>10:15</b> Lobster Roll Cruise  <b>11:00</b> Social Connections</p>	<p><b>9:15</b> Hi Low Fitness  <b>10:00</b> Keep Well Clinic  <b>12:00</b> LaBlast – Cardio Dance &amp; Strength  <b>1:30</b> Revolutionary Design: Modern Architecture in New England  <b>2:00</b> Men in Retirement  <b>5:30</b> Elizabeth Steen, Accordionist</p>	<p><b>8:00</b> Breakfast Club  <b>9:00</b> Coffee with an Officer  <b>9:15</b> Seated Strength &amp; Balance  <b>10:00</b> Pilates  <b>4:00</b> COA Board Meeting</p>	<p><b>1:15</b> Movie</p> 
<b>-22-</b>	<b>-23-</b>	<b>-24-</b>	<b>-25-</b>	<b>-26-</b>
<p><b>9:15</b> Fit for Life  <b>10:30</b> Core and More  <b>12:00</b> All Levels Yoga  <b>1:30</b> Magic for Seniors  <b>2:30</b> Chair Yoga</p>	<p><b>9:15</b> Seated Strength &amp; Balance  <b>11:00</b> Social Connections  <b>1:30</b> Animal World</p>	<p><b>9:15</b> Hi Low Fitness  <b>12:00</b> LaBlast – Cardio Dance &amp; Strength  <b>1:30</b> End of Life Planning  <b>2:00</b> Men in Retirement  <b>5:30</b> Elvis Christmas In July</p> 	<p><b>9:15</b> All Levels Yoga  <b>9:15</b> Seated Strength &amp; Balance  <b>10:00</b> Pilates  <b>1:30</b> Learn How to Sign Up for COA Programs Online  <b>1:30</b> BINGO  <b>2:00</b> Women in Retirement</p>	<p><b>10:00</b> Block Printing Workshop  <b>1:15</b> Movie</p> 
<b>-29-</b>	<b>-30-</b>	<b>-31-</b>		
<p><b>9:15</b> Fit for Life  <b>10:30</b> Core and More  <b>12:00</b> All Levels Yoga  <b>2:30</b> Chair Yoga</p>	<p><b>9:15</b> Seated Strength &amp; Balance  <b>11:00</b> Social Connections  <b>1:30</b> Coastal Birds</p>	<p><b>9:15</b> Hi Low Fitness  <b>12:00</b> LaBlast – Cardio Dance &amp; Strength  <b>2:00</b> Men in Retirement  <b>3:00</b> Nonagenarians Birthday Celebration!  <b>5:30</b> Jack Coleman, Singer/Songwriter</p>	<p style="text-align: center;"><b>HAIKU</b>            Night events are here!            Check out something new and fun,            Programs are robust!            Andria DeSimone</p>	

# AUGUST 2024 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**See Page 17**

For Drop In Activities not reflected in the calendar.

 **VIRTUAL**

 **IN PERSON**

			<b>-1-</b>	<b>-2-</b>
			<p><b>9:15</b> All Levels Yoga  <b>9:15</b> Seated Strength &amp; Balance  <b>10:00</b> Pilates  <b>10:00</b> Paper Flower Making  <b>1:30</b> Cornhole Olympics!</p>	<p><b>1:15</b> Movie</p> 
<b>-5-</b>	<b>-6-</b>	<b>-7-</b>	<b>-8-</b>	<b>-9-</b>
<p><b>1:30</b> Medicare 101  <b>2:30</b> Chair Yoga</p>	<p><b>9:15</b> Seated Strength &amp; Balance  <b>11:00</b> Social Connections  <b>1:30</b> Resilience: The History of the Defenders of Bataan and Corregidor</p>	<p><b>9:15</b> Hi Low Fitness  <b>10:00</b> Keep Well Clinic  <b>1:30</b> KevTech, Exploring Outdoor Photography  <b>2:00</b> Men in Retirement  <b>5:30</b> Galileo, The Starry Messenger</p>	<p><b>8:00</b> Breakfast Club  <b>9:15</b> All Levels Yoga  <b>9:15</b> Seated Strength &amp; Balance  <b>10:00</b> Pilates  <b>10:00</b> Paper Flower Making  <b>10:30</b> Words Galore  <b>2:00</b> Women in Retirement</p>	<p><b>1:15</b> Movie</p> 
<b>-12-</b>	<b>-13-</b>	<b>-14-</b>	<b>-15-</b>	<b>-16-</b>
<p><b>9:15</b> Fit for Life  <b>10:30</b> Core and More  <b>12:00</b> All Levels Yoga  <b>1:30</b> Music Through the Decades</p>	<p><b>9:15</b> Seated Strength &amp; Balance  <b>11:00</b> Social Connections</p>	<p><b>12:00</b> LaBlast – Cardio Dance &amp; Strength  <b>1:30</b> Local Food Trivia: Yesterday and Today  <b>2:00</b> Men in Retirement  <b>5:30</b> Songs w/Grace Etzkorn</p>	<p><b>9:15</b> All Levels Yoga  <b>9:15</b> Seated Strength &amp; Balance  <b>10:00</b> Pilates  <b>1:30</b> Micronesia, Melanesia and Polynesia  <b>1:30</b> BINGO  <b>4:00</b> COA Board Meeting</p>	<p><b>12:00</b> Luau Lunch and Musical Performance</p> 
<b>-19-</b>	<b>-20-</b>	<b>-21-</b>	<b>-22-</b>	<b>-23-</b>
<p><b>9:00</b> Coffee with an Officer  <b>9:15</b> Fit for Life  <b>10:30</b> Core and More  <b>12:00</b> All Levels Yoga  <b>1:30</b> AAA REAL ID Workshop  <b>2:30</b> Chair Yoga</p>	<p><b>9:15</b> Seated Strength &amp; Balance  <b>11:00</b> Social Connections  <b>1:30</b> Financial Literacy</p>	<p><b>9:15</b> Hi Low Fitness  <b>10:00</b> Keep Well Clinic  <b>12:00</b> LaBlast – Cardio Dance &amp; Strength  <b>1:30</b> Downeast Connections: Artists Inspired by Maine  <b>2:00</b> Men in Retirement  <b>5:30</b> Music w/Madeleine Metraux</p>	<p><b>9:15</b> All Levels Yoga  <b>9:15</b> Seated Strength &amp; Balance  <b>10:00</b> Pilates  <b>1:30</b> Summer Beach Party Musical Program  <b>2:00</b> Women in Retirement</p>	<p><b>9:15 – 12:00</b> Podiatry Clinic  <b>1:15</b> Movie</p> 
<b>-26-</b>	<b>-27-</b>	<b>-28-</b>	<b>-29-</b>	<b>-30-</b>
<p><b>9:15</b> Fit for Life  <b>10:30</b> Core and More  <b>12:00</b> All Levels Yoga  <b>2:30</b> Chair Yoga</p>	<p><b>9:15</b> Seated Strength &amp; Balance  <b>11:00</b> Social Connections  <b>2:00</b> Musical Lecture on America's Sweetheart Doris Day</p>	<p><b>9:00</b> Wellesley Registration  <b>9:15</b> Hi Low Fitness  <b>12:00</b> LaBlast – Cardio Dance &amp; Strength  <b>2:00</b> Men in Retirement  <b>4:30</b> Movie – Jaws</p> 	<p><b>9:00</b> Non-Wellesley Registration  <b>9:15</b> All Levels Yoga  <b>9:15</b> Seated Strength &amp; Balance  <b>10:00</b> Pilates  <b>1:30</b> Woo and Friend</p>	<p><b>1:15</b> Movie</p> 



# Fitness ONLINE AND IN PERSON



<b>MONDAYS</b>	<b>Time</b>	<b>Duration</b>	<b>ZOOM</b>	<b>In Person</b>	<b>July</b>	<b>August</b>
Fit for Life	9:15 a.m.	60 Minutes			1, 15, 22, 29	12, 19, 26
Core and More	10:30 a.m.	45 Minutes			1, 15, 22, 29	12, 19, 26
All Levels Yoga	12:00 p.m.	60 Minutes			1, 8, 22, 29	12, 19, 26
Chair Yoga	2:30 p.m.	45 Minutes			1, 15, 22, 29	5, 19, 26
<b>TUESDAYS</b>						
Seated Strength & Balance	9:15 a.m.	45 Minutes			2, 9, 16, 23, 30	6, 13, 20, 27
<b>WEDNESDAYS</b>						
Hi Low Fitness	9:15 a.m.	45 Minutes			3, 10, 17, 24, 31	7, 21, 28
Cardio Dance & Strength – LaBlast	12:00 p.m.	60 Minutes			3, 17, 24, 31	14, 21, 28
<b>THURSDAYS</b>						
Seated Strength & Balance	9:15 a.m.	45 Minutes			11, 18, 25	1, 8, 15, 22, 29
All Levels Yoga	9:15 a.m.	60 Minutes			11, 25	1, 8, 15, 22, 29
Pilates	10:00 a.m.	60 Minutes			11, 18, 25	1, 8, 15, 22, 29

Aside from a variety of COA fitness classes, the Recreation Department has many senior fitness programs.  
[www.wellesleyrec.org](http://www.wellesleyrec.org)

## Fit for Life

Join **Jane Golder** for 60 minutes of fitness fun **in person** that will ready you for everyday life! Cardio for your heart, strength for your muscles and bones, balance, agility, coordination, core, and flexibility will allow you to keep up with those activities you need and love to do. **Max: 18**

## Core and More

Join **Jane Golder** for this **in person**, 45 minute class designed to build core muscle groups while improving posture through a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. Using a variety of props, such as squishy balls, resistance bands, light weights, and chairs, as well as bodyweight, we will safely lengthen the muscles against gravity. By effectively strengthening the legs, back, glutes, and abdominals, you will walk away with better posture and balance, as well as less pain. Some mat work is included. Class is shoeless; grippy (non-slip) socks are suggested. **Max: 17**

## All Levels Yoga **TWICE A WEEK!**

Join us **in person** with our certified E-RYT 200 instructor **Peter Kelly**. This class is designed for a slow paced Vinyasa Flow, combining breath, movement, and alignment. This class is for both beginner and intermediate levels alike. Participants are expected to move from a supine position to a standing position without difficulty. The goal will be to achieve greater balance, flexibility, and strength in your everyday life, and having fun while we're at it! **We offer two 60-minute classes per week in person on Mondays and Thursdays. Max: 20**

## Chair Yoga

Come join us for Chair Yoga classes with **Rebecca Reber online via Zoom**. The class begins with a calming meditation and then works through the body with breath and gentle movements to help with strength, balance, and flexibility. The class will end with Savasana. Whether you are new to yoga or have been practicing for years you will enjoy the benefits through body and mind in this class. **ZOOM Max: 50**

## Seated Strength and Balance **TWICE A WEEK!**

This is a seated class designed to accommodate individuals of various fitness levels and abilities. **Pearl Pressman** begins with a thorough warm-up for both the joints and the muscles. The warm-up is followed by strength training and balance exercises for the body using hand weights, resistance bands, and body weight. **We offer two 45-minute classes per week online via Zoom on Tuesdays and Thursdays. ZOOM Max: 50**

## Hi Low Fitness

Join us for a low-impact class with **Lourdes Fournier** that offers a variety of exercises designed to energize your active lifestyle using movements that focus on building total body strength plus cardio endurance. A chair is available if needed for seated and standing support. This 45-minute **in person** workout includes a warm up, cardio endurance, body strength using hand-held weights and bands followed by a cool down and stretching. **Max: 20**

## Cardio Dance and Strength – LaBlast!

Join **Karen Karten** for a low impact dance fitness class that includes weight training. In this 60-minute **in person** class, we'll use simple steps based on a variety of dances like Disco, Salsa, Foxtrot, and Swing. Music from all genres will keep you moving and smiling through your workout. No experience or dance partner needed. **Max: 20**

## Pilates

**Lisa Wilkins** has been instructing fitness classes for over 25 years. She enjoys helping people of all ages and abilities achieve their fitness goals. If practiced with consistency, Pilates improves flexibility, builds strength, and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. **ZOOM Max: 50**



# ART CLASSES/WORKSHOPS/GROUPS *In Person*

## ART: Decoupage Shell Workshop

Thursday, July 11th

10:00 – 12:00 p.m.

Instructor: Hilary Chandler,

TIN RABBIT Décor

Cost: \$30

Come and learn how to apply decorative paper napkins to a scallop shell and an oyster shell to create beautiful jewelry or a trinket tray that make great gifts or keepsakes. All shells will be completed with gold leaf edging and sealed with water-based varnish. All materials are included. **Max: 11**



## ART: Paper Flower Making

Thursdays, August 1st and 8th

10:00 – 12:00 p.m.

Instructor: Mary Garrigan

Cost: \$15 Per Class

Learn to make flowers that you never have to water! We will learn how to shape paper flowers so they look like the real thing. Come join in the fun of playing with paper and take home a flower or a bunch of flowers you can proudly display. All materials included. **Max: 8**



## ART: Block Printing Workshop

Friday, July 26th

10:00 – 12:00 p.m.

Instructor: Anne Nydam

Cost: \$15

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

All materials are included. **Max: 12**



## One-On-One Technology Assistance with Lois

Tuesdays, 12:30 – 3:30 p.m. and

Thursdays, 9:15 a.m. – 12:15 p.m.

Please call the COA at **781-235-3961** to schedule a 45-minute in-person appointment. Please do not call Lois at her home to schedule appointments. Thank you Lois for your many years of volunteer service!

## Haiku Poems



Summer is here, yay!

Enjoy our night programming,

All splendid events!

Do you like Haikus? If so, submit your Haiku to Andria DeSimone, Office Administrator, [adesimone@wellesley.ma.gov](mailto:adesimone@wellesley.ma.gov) by **July 12th** and your entry could be featured in our Sept/October newsletter!



Cinco de Mayo Lunch



KevTech



Girl Scouts Visit the COA



Frank Lam



Cybersecurity

**GROUP: Breakfast Club**  
Thursdays, July 18th and  
August 8th  
8:00 – 9:30 a.m.  
Captain Marden's



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

**GROUP: World History  
Book Discussion**  
Wednesdays, September 4th  
and October 2nd  
1:00 – 2:30 p.m.



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

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

- September 4, 2024 - *Aftermath – German Life in the Fallout of the Third Reich, 1945-1955*, by Harald Jähner and Shaun Whiteside (416 pages)
- October 2, 2024 - *Second Founding - How the Civil War and Reconstruction Remade the Constitution*, by Eric Foner (304 pages)
- November 6, 2024 - *The Lost City of Z - A Tale of Deadly Obsession in the Amazon*, by David Grann (277 pages)
- December 4, 2024 - *Red Memory - The Afterlives of China's Cultural Revolution*, by Tania Branigan (300 pages)

**GROUP: My Two Cents –  
Today's Current Affairs Chat**  
Thursdays, September 5th and  
October 3rd  
1:00 – 2:30 p.m.



**Facilitator: COA Volunteer, Terry Catchpole**

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

**GROUP: Great American Poems  
Discussion**  
Wednesdays, September 11th and  
October 9th  
1:00 – 2:30 p.m.



**Facilitator: COA Volunteer, Terry Catchpole**

Come and enjoy reading from and discussing the finest poems by our most-loved poets! No special skills or knowledge required. Just love of brilliant language and provocative thought. The group will read from and talk about the poets, their poems, and their lives in a highly interactive discussion. Coming up:

- September 11, 2024 – *Song of Myself* by Walt Whitman
- October 9, 2024 – *Evangeline, A Tale of Acadie* by Henry Wadsworth Longfellow
- November 13, 2024 – *Selected Poems #1*, by Emily Dickinson
- December 11, 2024 – *Selected Poems #2*, by Emily Dickinson

**GROUP: Shakespeare Discussion**  
Wednesday, September 18th and  
Friday, October 18th  
1:00 – 2:30 p.m.



**Facilitator: COA Volunteer,  
Terry Catchpole**

The Shakespeare Discussion Group reads from and discusses works of the world's greatest playwright! Join the fun and celebrate your inner thespian! No expertise required. Coming up:

- September 18, 2024 – *As You Like It*, Acts One and Two
- October 18, 2024 – *As You Like It*, Acts Three, Four and Five
- November 20, 2024 – *Troilus and Cressida*, Acts One and Two
- December 18, 2024 – *Troilus and Cressida*, Acts Three, Four and Five

**GROUP: American Literary  
Classics Book Discussion**  
Wednesdays, September 25th and  
October 23rd  
1:00 – 2:30 p.m.



**Facilitator: COA Volunteer, Terry Catchpole**

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

- September 25, 2024 – *Light in August* by William Faulkner (480 pages)
- October 23, 2024 – *The Member of the Wedding*, by Carson McCullers (163 pages)
- November 27, 2024 – *Death Comes for the Archbishop* by Willa Cather (256 pages)

# PROGRAMS/OUTREACH/RESOURCES

## OUTREACH

### GROUP: Social Connections

**Tuesdays, July 2nd, 9th, 16th, 23rd, 30th and August 6th, 13th, 20th, 27th**  
**11:00 a.m. – 12:00 p.m.**

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

### GROUP: Men in Retirement

**Wednesdays, July 3rd, 10th, 17th, 24th, 31st and August 7th, 14th, 21st, 28th**  
**2:00 – 3:00 p.m. Open to ALL!**

**NEW DAY**

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

### GROUP: Women in Retirement

**Thursdays, July 11th, 25th and August 8th, 22nd**  
**2:00 – 3:00 p.m. Open to ALL!**

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



**Donuts & Coffee with Wellesley Police**  
**Thursday, July 18th and Monday, August 19th**  
**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!

## Scholarship Funds Available:



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

## Transportation



### Volunteer Driver Program

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

### COA Bus

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

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

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

### MWRTA CatchConnect

CatchConnect is a curb-to-curb transit system designed with flexibility in mind! Trips must be booked when you are ready for a ride, which is provided on a first come first served basis.

Service hours are Monday-Friday from **6:45 a.m. – 6:45 p.m.** Current service areas include:

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

To get started with this program, either download the MWRTA CATCH app on your smartphone or call **508-283-5083**.

If you have any questions, please email **info@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 Parson's Center. Fares are charged each way. To learn more about this shuttle service, please contact the MWRTA **508-820-4650**.

### Special Shopping Trips

To receive announcements about these trips, you can either subscribe to our e-news blast or reach out to the Wellesley Council on Aging at **781-235-3961** to inquire about the schedule and locations of upcoming trips.



# Friends of the WELLESLEY COUNCIL ON AGING

The Council on Aging extends its gratitude to the **Friends of the Council on Aging** and the generous **Wellesley Merchants** for their contribution of local gift cards. These popular gift cards serve as prizes for raffles and giveaways to COA Patrons, adding joy and excitement to our events. Your support not only enhances our programs but also fosters a sense of community and appreciation among our patrons.



Thank you for your continued generosity and commitment to enriching the lives of seniors in our community.

## 2024 Marathon Runner Raises \$7,100 For The Council On Aging



The Friends of the Wellesley Council on Aging wish to thank Susan Godfrey for running the Boston Marathon on behalf of the Council on Aging, and thank all the generous donors who supported her run. All funds raised will be going to support the programs and services provided to Wellesley seniors by the Council on Aging.

## 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."



**"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.



**NEW!** Donate online at [www.wellesleyfriendscoa.org/donate](http://www.wellesleyfriendscoa.org/donate)

For payment by check, please use form below

Name: \_\_\_\_\_ (No personal information will be used or shared for commercial purposes.)

Address: \_\_\_\_\_

Tel. No. (optional): \_\_\_\_\_ E-Mail (optional): \_\_\_\_\_

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

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

\* Please attach a separate sheet of paper if your contribution is made for a specific purpose, such as in honor or in memory of a loved one.  
 For more information about the **Friends of Wellesley Council on Aging**, or to volunteer, please visit: [www.wellesleyfriendscoa.org](http://www.wellesleyfriendscoa.org)  
 The Friends of Wellesley Council on Aging is a registered 502(c)(3) non-profit charitable organization. Tax ID# 46-2371545

## COA In Person/Drop in Activities

Rooms are reserved for each of these programs and we look forward to your attendance. All activities are **drop-in** M-F 9-4 unless otherwise noted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:00 – 4:00</b> Billiards	<b>9:00 – 12:30</b> Card/Game/Billiards	<b>9:00 – 12:30</b> Bridge Group	<b>9:00 – 12:30</b> Card/Game/Billiards	<b>9:00 – 4:00</b> Billiards
<b>9:00 – 12:30</b> Card/Games	<b>10:00 – 12:00</b> Billiards Match	<b>9:00 – 4:00</b> Card/Game/Billiards	<b>10:00 – 12:00</b> Scrapbooking/ Vet Card Writing	<b>9:15 – 10:15</b> Walking Group Meet at Morses Pond
<b>9:15 – 10:15</b> Walking Group	<b>12:30 – 4:00</b> Cribbage Groups	<b>9:15 – 10:15</b> Walking Group	<b>10:00 – 12:00</b> Billiards Practice	<b>12:30 – 4:00</b> Ping Pong
<b>12:30 – 4:00</b> Ping Pong		<b>10:00 – 11:00</b> Keep Well at TPC (First and Third)	<b>12:30 – 4:00</b> Mah Jongg	<b>12:30 – 4:00</b> Mexican Dominoes
		<b>12:30 – 4:00</b> Scrabble Group	<b>1:00 – 3:00</b> BINGO (Third Thursday)	<b>1:00 – 3:30</b> Painting
		<b>OPEN TO 7:00</b> Wednesdays Only	<b>2:00 – 4:00</b> Knitting Group	



**WELLESLEY**  
COUNCIL *on* AGING

# Bus Trips



Join us for some exciting day trips scheduled for 2024, venturing from Wellesley to Boston and to Newport. For Wellesley residents, all trips are priced at \$99, courtesy of the generous backing from the Friends of the Council on Aging (out-of-town rates as indicated). Each trip requires a minimum of 25 patrons to proceed, with a maximum capacity of 55. Should the minimum seat requirement not be met by the cutoff date, the trip will regrettably be canceled, with refunds promptly issued. Refunds will not be available after the cutoff date.

**Registration deadline 8/29/ 24**



**SEPT**  
**19**

## CHARLES RIVER CRUISE

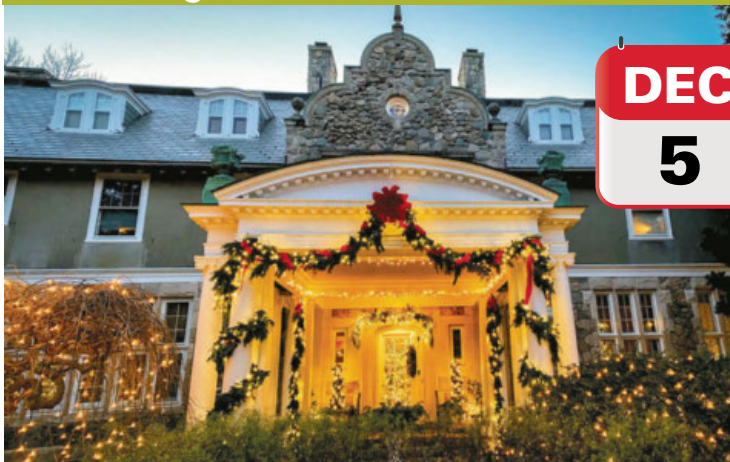
**September 19th**

**\$99 Per Person** Wellesley Resident

**\$120 Per Person** Non-Wellesley Resident

Wellesley COA just loves Boston, and this 70-minute narrated tour, hosted by Charles Riverboat Company. This cruise is fully narrated. You will see the historic sights of Boston and Cambridge. Experience places from Beacon Hill to Harvard all while cruising the Charles River. Boat is climate controlled. After the cruise you will be treated to lunch at The Cheesecake Factory. Choose an entree from a fantastic menu and cheesecake for dessert, of course! After lunch take some time for shopping at the Cambridge side Galleria.

**Registration deadline 11/14/24**



**DEC**  
**5**

## CHRISTMAS IN NEWPORT

**December 5th**

**\$99 Per Person** Wellesley Resident

**\$125 Per Person** Non-Wellesley Resident

Join Wellesley COA on a day trip to Newport, RI, during the enchanting Christmas season! Start with a tour of the Breakers Mansion, adorned with festive decorations to ignite your holiday spirit. Indulge in a scrumptious lunch at Johnny's Restaurant, offering mouthwatering choices like Baked Stuffed Scrod, Chicken Piccata, or Pasta Primavera. Then, explore more Christmas magic at Marble House before enjoying free time for shopping in downtown Newport. Create unforgettable holiday memories with us!

## Should You Delay Medicare Enrollment?

Most people first become eligible for Medicare when they turn 65. To avoid a lifetime penalty, it is important you sign up during your Initial Enrollment Period (IEP). Your IEP begins three months prior to your 65th birthday, and ends three months past your birthday month. To have Medicare start the month of your birthday, you will want to enroll 3 months before you turn 65, or else it will begin the first of the following month.

There is an exception for people still working past age 65. If you are covered through your employer group health plan and there are 20 or more employees, you may delay enrolling in Medicare without penalty. This also applies if you are covered through your



## Medicare

spouse's current employment. However, once employment ends, other coverage, such as COBRA or a Health Connector plan, **will not prevent the penalty.**

For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. **To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.**



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## Hours of Operation:

Monday, Tuesday, Thursday, Friday  
9:00 a.m. - 4:00 p.m.

## Wednesday Extended Hours

(April 3rd - September 18th)  
9:00 a.m. - 7:00 p.m.

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

**781-235-3961**

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

## COA Activities

# REGISTER NOW

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## Volunteer Corner:



A big thank you goes out to the Community Service Bears group for another wonderful year of creating Teddy Bears for charity. This volunteer group has been consistently meeting since at least 1996! Each year over 200 Bears are sewn and adorned in hand-knit sweaters. The Bears make their way to people of all ages needing comfort. This year donations were made to Newton Wellesley Hospital Child Life Center, Dana Farber, Daniel's Table, Family Promise Metro West, local police, fire and health departments, and other area organizations. If you know of an organization with clients or patients who would benefit from receiving a Bear, please let us know. The Bears Group meets weekly on Wednesday mornings from September through early June. New volunteer participants are always welcome to join this friendly group. Sewing skills are helpful but helping hands for pattern cutting and stuffing are needed too.

We are pleased to continue our collaborations with Jan Hastings and the West Roxbury Veteran's Hospital by writing cheerful messages to Vets who are in the hospital. The Arts and Crafts Room will be available on Thursday mornings in July and August for volunteers to gather and write cards. Blank cards will be provided as well as supplies to decorate the cards. The cards will be delivered to the hospital in early September.