



WELLESLEY  
COUNCIL *on* AGING

May/June 2024

# Bus Trips



JULY

16

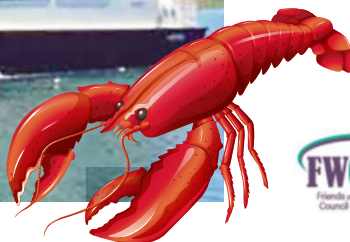


## Lobster Roll Cruise

Tuesday, July 16th, 2024

\$99 Per Person Wellesley Resident

\$129 Per Person Non-Wellesley Resident



Registration deadline 6/25/24



Council on  
Aging   
Night Happenings

## Music of the Night

COA lights up the night with music!



COMMUNITY FUND  
FOR WELLESLEY

MAY

1



WINIKER MUSIC

Wednesday, May 1st, 5:30 p.m.

JUNE

26



PEKING and the MYSTICS  
★ ★ To Go ★ ★

Wednesday, June 26th, 5:30 p.m.

SEE PAGE 2 FOR REGISTRATION INFORMATION.



PAGE 1

## Wellesley Council on Aging Staff

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Jeanie Clark, Bus Driver

Jerome Grafe, Bus Driver

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## Wellesley COA Board of Directors

Kathleen Vogel, Chair

Marlene Allen, Vice Chair

Susan Rosefsky, Secretary

Patty Chen

Lori Ferrante

Robert McCarthy

Cynthia Sibold

Dianne Sullivan

Corinne Monahan

Tony Parker

Tina Wang

## COA Board Meeting Dates

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

Thursday, May 16th at 4:00 p.m.

Thursday, June 20th 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



Please note that there may be a specific refund policy for a particular program. The specific policy information will be noted in the program description.

No refund for exercise classes unless the class is canceled by the instructor.

## Participant Photograph Policy



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

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

## REGISTRATION May/June 2024

### Wellesley Residents:

Starting Wednesday,  
April 24th at 9:00 a.m.

### Non-Wellesley Residents:

Starting Thursday,  
April 25th 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.



# COUNCIL ON AGING *Happenings*

## COA ART DISPLAY: Share your art! Ongoing, May – December 2024



A reminder to all COA artists that our home-grown art display continues to provide you with an opportunity to share a mutual appreciation and enjoyment of your art with other members of the COA and the wider Wellesley communities. The colorful art displayed throughout the building has also greatly enlivened and enhanced the visual environment of the Tolles Parsons Center while supporting and encouraging artistic talent among us.

The display is open to any Wellesley resident senior (60+), or anyone who has taken a visual arts class at the COA. Any two-dimensional visual art that is suitable for wall hanging is welcome, including, but not limited to, oil and acrylic paintings, watercolor paintings, drawings, collages, etchings or other print techniques, photographs, or other digital art.

The next selection of artworks will be installed in early July and will be on display until late fall, so start thinking now about what works YOU would like to show! Artists interested in taking part may request further information by emailing [coa@wellesley.ma.gov](mailto:coa@wellesley.ma.gov) or speaking with COA Volunteer Art Coordinator Mark Maiden. We look forward to seeing your creations!

## The Art of the Scandal: Thefts, Vandals and Forgeries

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

Jane Oneail, Culturally Curious

Join Jane Oneail for a program that explores some of the most brazen criminal acts in the art world and features works by artists including da Vinci, Michelangelo and Rembrandt. Learn more about works that were targeted and how they were recovered and restored for our enjoyment today. **Registration required.**

ZOOM



## NIGHT PROGRAM

Wednesday, May 1st  
5:30 p.m.

Bo and Bill Winiker



Bo and Bill Winiker began their professional music careers at the age of ten and thirteen years, respectively. Bo graduated from the New England Conservatory of Music and remained a member of the Grammy-award-winning New England Conservatory Ragtime Ensemble for 25 years, touring around the world. He has soloed with the New York Philharmonic Orchestra, performed at the White House and recorded the movie soundtrack for "A League of Their Own" with Billy Joel. Bo has also conducted the Boston Pops Swing Orchestra and his horn playing, singing, and band-leading have been described as captivating. Bo's brother, Bill Winiker, graduated from the Boston Conservatory of Music, where he mastered a range of percussion instruments. Bill is known for his light touch and his swinging beat. Together, the Winiker Brothers' Band can be seen performing all over New England, bringing their infectious energy to every performance. **Registration required.**

Generations Law Group  
Thursday, May 2nd  
1:30 p.m.



## Attorney Tiffany Kudravetz of Generations Law Group

Join attorney Tiffany Kudravetz of Generations Law Group as she describes what to look for in aging adults who may be more prone to become a victim to the multiple types of scams. Tiffany will lead you to discover how the financial exploitation harms the aging adult and the effects it has on their wellbeing; legal safeguards that can be put in place through pre-planning; steps that can be taken during a crisis; and community and other resources that can be of assistance.

**Registration required.**

Cinco de Mayo Lunch  
Friday, May 3rd  
12:00 p.m.



## Santiago Lopez Duo Musical Performance

Join us for an afternoon of Cinco de Mayo festivities! Indulge in traditional Mexican cuisine and immerse yourself in the vibrant atmosphere as we celebrate this cultural holiday. We are thrilled to announce that Santiago Lopez, a versatile and expressive guitarist, will be providing live entertainment at the event. Let his captivating melodies transport you to the heart of Mexico as you enjoy the company of friends and community. Don't miss out on this exciting celebration of Cinco de Mayo! **Registration required.**

World Religions Series  
PART FOUR: Christianity

Mondays, May 6th, 13th, 20th and  
June 3rd

1:30 p.m.

COA Volunteer, Sister Marie Elena Dio



Join Sister Marie Elena Dio for a series on the major religious traditions. Part Four of the series will focus on Christianity. The origins and founder of Christianity will be discussed, as well as methods of Scriptural Interpretation, spirituality, and differences among Christian denominations. **Registration required.**

## A Series on Mindfulness

Mondays, May 6th and June 3rd  
1:30 p.m.

Neil Motenko, Mindfulness Teacher

A Series on Mindfulness continues via zoom with a review of the many ways that mindfulness can benefit us, affording the opportunity to be present, in wise relationship with whatever is arising in our lives, and to cultivate qualities such as kindness, equanimity and compassion that can help us navigate life's challenges. Each session focuses on a specific topic (to be announced shortly in advance), is interactive, includes guided practices, and covers basic mindfulness principles. Although this is part of a series, each session stands on its own, and newcomers are welcome at any time. **In collaboration with The Center at the Heights. Registration required.**

ZOOM



## Cybersecurity Today

Tuesday, May 7th

1:30 p.m.

### Douglas Crystall, Tech Founder



Join Douglas as he demystifies today's tech and identifies red flags and scams everyone should be aware of in today's tech-centric world. Douglas is a local Wellesley resident and founder of Truvideo, the vanguard AI communication platform for the service industry, with a rich technical pedigree, Douglas has spearheaded numerous prosperous software ventures including Imceda Software, acquired by Quest Software for \$61m. **Registration required.**

## Jumpstart Your Healthy Lifestyle with Proven Strategies for Wellness

### PART THREE

Wednesday, May 8th

1:30 p.m.

### Newton Wellesley Hospital



John Scherry, PT, CCS, CSCS will discuss the importance of flexibility and strengthening, the benefits of stretching and resistance training to your heart and overall health and lead a demonstration of what you can safely implement in your routine. Daniel Destin, NWH Exercise Physiologist, will explain how to get the most out of your exercise routine by incorporating dynamic warmups before your physical activity. Learn activity-specific movements that can help you reduce the body aches and tightness that you feel at the start of your exercise session. **Registration required.**

## NIGHT PROGRAM

### Music Bingo with Mark Bloomstein

Wednesday, May 8th

5:30 p.m.

Enjoy listening to your favorite songs from days gone by as you cross off songs instead of numbers on your Bingo Card and earn *Bingo Bucks* to get prizes through Bingo's, 4 Corners, Name that Tune, and answering trivia questions from your host! **Registration required.**



## Words Galore

Thursdays, May 9th, 23rd, and

June 13th, 27th

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. We learn new words as well as explore the history of old words and delve into the origins of words. We enjoy limericks, riddles, famous quotes, puns, and fascinating trivia about trendy words. We play guessing games with the dictionary and words within-word games. Inspired by Shakespeare, Ogden Nash, or Edward Lear, we challenge our wits and might end up with a few laughs.



## Golden Tones Chorus

Thursday, May 9th

1:30 p.m.



**Now in our 35th season**, Golden Tones Chorus is a group of about 60 retired (but young-at-heart) people who love to sing and dance. We present fun shows with singing, dancing, and humor and take these shows where they are most needed in the community, particularly to senior citizen residences. We also perform in schools, faith communities, and at public events – almost 50 concerts a year, reaching more than 2,000 people. While we're at it, we socialize together and care for one another. Singing together creates a community, as we support one another to keep learning, and encourage each other to stay active, healthy, and creative. **Registration required.**

## Mother's Day Tea!

Friday, May 10th

1:30 p.m.

### Sponsored by Wingate Living



Come join Wingate Living for some tea and tea sandwiches prepared by their excellent culinary team, and learn about the luxurious senior living options, including the exciting new Independent Living Community, One Wingate Way East, as well as a musical performance by **Michael Goodwin**. **Registration required.**

## Aging on Purpose

Tuesday, May 14th

1:30 p.m.

### Doug Peck, Seniors Helping Seniors

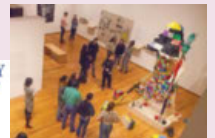


So many seniors are living longer today than generations before them. We call these extra years the "Longevity Dividend" and it's an incredible gift. But how does one make the most of this gift? In this presentation, you will learn why having a purpose, at any age, is so important. The single most important factor in determining how long, and how well, you will live. How ageism is a health risk. What it means to 'age on purpose' and how seniors are changing the world. **Registration required.**

## COA VAN TRIP: Davis Museum

Wednesday, May 15th

1:00 p.m.



Join us for a visit to the newly reopened Davis Museum at Wellesley College. The trip will include a one hour docet led tour and one hour of free time to explore. The Davis Museum traces its origins to the October 23, 1889 dedication of the Farnsworth Art Building on the Wellesley College campus. It housed collections that dated to the founding of the College in 1875, when founder Henry Fowle Durant (1822-81) began a campaign to acquire original paintings, drawings, prints, and photographs, as well as plaster casts of classical sculpture, in service of a liberal arts education for women. Drawing and painting were integral to the first curriculum at the College; when Wellesley introduced the teaching of art history in 1885, it distinguished itself as one of the first American colleges to offer the subject. **Registration required.**



## NIGHT PROGRAM

Jim Porcella

Wednesday, May 15th  
5:30 p.m.



Jim grew up in Medford, MA, and started playing drums at the age of fourteen. While attending The Berklee School of Music in Boston he began performing around the New England area. Jim began a jazz vocal career and has recorded seven critically acclaimed CDs, performed in jazz and cabaret settings in the Northeast, London, San Francisco, The Virgin Islands, and Vancouver. He was also the featured vocalist at Boston's Ritz Carlton and Boston's prestigious Bay Tower Room. Jim has been the featured vocalist with the Artie Shaw Orchestra, and also is the leader of the swing band "Bombay Jim and the Swinging Sapphires" **Registration required.**

## Beyond the Freedom Trail: Local Places Where History Was Made

Wednesday, May 22nd  
1:30 p.m.

Elizabeth Merrick, Author

ZOOM



You might be familiar with the major historic sites in Boston, but there's a multitude of lesser-known places where history was also made. In this illustrated talk, you will learn about these fascinating sites in the Boston area. They illuminate strands of political, cultural and social history that unfolded right here. This engaging virtual tour will take you to places close at hand yet often missed by locals and visitors alike. **Registration required.**

## NIGHT PROGRAM

A Night with Shelly Otis

Wednesday, May 22nd  
5:30 p.m.



As a performer and arranger for the harp, Shelley Otis plays an unexpected variety of music including original compositions, covers of newly released music, jazz standards, and traditional Celtic tunes, and is also a member of several ensembles including the Celtic band Ulster Landing and the children's music group the Jumping Monkeys. **Registration required.**

## Wellesley Wonderful Weekend

Saturday, May 18th  
Noon – 3:00 p.m.



WELLESLEY  
COUNCIL on AGING



Join us at the Wellesley Council on Aging for an open house from Noon–3 PM! Step inside and discover all that our center has to offer. Take a guided tour of our facilities, including our activity rooms, fitness center, and social spaces. Learn about the wide range of programs and services available to seniors in our community. Whether you're interested in fitness classes, educational workshops, social events, or volunteer opportunities, there's something for everyone at the Wellesley Council on Aging. **Stop by and see for yourself during our open house!**

## Mindfulness Practice with Neil

Monday, May 20th  
1:30 – 2:15 p.m.

Neil Motenko, Mindfulness Teacher

Join Neil Motenko for his monthly program on mindfulness practice, which is in addition to the long-standing monthly "Series on Mindfulness." This program is more practice-oriented, with one or two guided meditations, discussion about the meditation practice(s) of the day, a focus on integrating practice into daily life, and offerings of poetry and sayings relating to mindfulness practice. This presents another monthly opportunity for us to gather online in a community of practice. Newcomers to Neil's series are welcome at any time. **In Collaboration with The Center at the Heights. Registration required.**

ZOOM

## KevTech, Taking & Organizing Photos on iPhone & iPad

Tuesday, May 21st  
1:30 p.m.

Kevin Figueroa, Kev Tech

In this class, we learn 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: 15**



## Gullah Geechee - African Communities on the Barrier Islands of the American South

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

Barry Pell, World Traveler and Photojournalist

The Gullah Geechee are descendants of people from Sierra Leone and other neighboring countries of the West African rice coast. They were kidnapped, enslaved, and taken to the barrier islands and coastal Low Country of North Carolina, South Carolina, Georgia, and Florida. Over the centuries, the Gullah Geechee communities have retained a deep connection to Africa in their skills, language, arts and traditions. Barry Pell recently traveled to the barrier islands and adjacent coast where the Gullah Geechee people have lived for centuries, first as rice plantation slaves and then as freedmen. In this program, accompanied by his photography, Barry will discuss how they have preserved their African roots, heritage, and culture, while resisting pressures by developers for their valuable and pristine lands. **Registration required.**



## On Safari in Tanzania: Wildlife of Serengeti and Ngorongoro Crater - Lions, Leopards, Rhinos and More!

Wednesday, May 29th  
1:30 p.m.

Joy Marzolf, Naturalist

Discover the amazing wildlife of the plains of Ngorongoro Crater and the Serengeti. Prides of lions can be found among the grasses, including large males and mothers with small playful cubs, causing grazers like impala, gazelle, and zebra to gather in herds for protection. Some, like the leopard and rhino, are solitary and a rare and exciting find. In the trees above, weaver birds can be seen constantly working on new nests, while larger birds like the spectacular gray crowned crane and enormous ostrich strut among the grasses. Water draws many animals including hippos, flocks of flamingos and wading birds. In the Serengeti large rocky outcrops dotted with trees create the perfect habitat for small animals like the hyrax, while nearby in the grassland one might see their closest relative, the African elephant. These famous National parks often enable visitors to see the "big five" animals and many more.

**Registration required.**



## NIGHT PROGRAM

**Madeleine Metraux**

**Wednesday, May 29th**

**5:30 p.m.**



At the unbelievable age of 16, Madeleine has a shockingly mature soprano with an impressive range and a stage presence to match. With a level of professionalism and confidence beyond her years, she plans to pursue a vocal performance degree in Geneva, Madeleine attends high school in Massachusetts and has spent considerable time performing for the senior community. **Registration required.**

## Rhumba! Samba! Tango! Mambo!

**Thursday, May 30th**

**1:30 p.m.**

**John Clark, Music Historian**



Join us for a fun and lively music presentation on the history of Latin American music. The influence of Latin American music on American popular music comes mostly from South American and Cuban dance music, starting with "The Peanut Vendor" in 1928 and "The Carioca," an Oscar winning dance hit for Fred Astaire in 1934. The 1940s ushered in the popularity of Latin hits by Xavier Cugat ("Brazil"), Stan Kenton ("Tampico") and Jimmy Dorsey ("Besame Mucho"), while Carmen Miranda and Desi Arnaz sizzled on the big screen. In the fifties chart success came to mambo king Prez Prado with "Cherry Pink & Apple Blossom White" and Mexican rock & roller Ritchie Valens with "La Bamba." The 1960s was a mixed bag with the folkie "Guantanamera", Herb Alpert's pop mariachi, "The Lonely Bull," and Grammy winner "Girl From Ipanema" by Getz & Gilberto. You can move your feet or sing along with this high energy, upbeat program!

## Smooth Transitions

**Tuesday, June 4th**

**1:30 p.m.**

**Ann Newbury, Owner of Smooth Transitions of MA**



Physically or emotionally stressed over the need to change your living arrangements? Overwhelmed with all the monumental decisions that have to be made? Confused or do not know where to start? Alone? Does your family live out-of-town or feel overloaded with their career and other obligations? Ann Newberry, owner of Smooth Transitions of Massachusetts will discuss in a humorous presentation, the art of downsizing and decluttering and how to survive the move to a smaller living space. The goal is to take the stress out of changing your address!

## COA VAN TRIP:

**Wellesley College Botanic Garden**

**Wednesday, June 5th**

**1:30 p.m.**



Join us for a trip to the Wellesley College Botanic Gardens, which serves the campus and public community as an educational garden, with thousands of diverse plant species across 22 acres of outdoor gardens, greenhouses, and a visitor center, within the College campus. From the award-winning Global Flora Conservatory, which champions sustainable design, to the innovative Edible Ecosystem teaching garden, an experimental food forest, students and visitors of all ages can find inspiring ways to connect with plants and the environment. **Registration required.**

## NIGHT PROGRAM

**Trivia Bingo with Mark Bloomstein**

**Wednesday, June 5th**

**5:30 p.m.**



Enjoy team based Trivia as you cross off your Bingo Card and earn *Bingo Bucks* to get you prizes through Bingo's, 4 Corners, and answering trivia questions from your host! Try your Trivia luck and compete for prizes in an energetic fun filled evening.

## Recommends for Summer Reads!

**Thursday, June 6th**

**1:30 p.m.**

**Lorna Ruby, Wellesley Books Buyer**



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

## THREE PART SERIES: Understanding the Civil War

**Mondays, June 10th, 24th and July 8th**

**1:30 p.m.**

**Rick Tulipano, Historian and Author**



### Part One: How the Civil War Changed Us

**Monday, June 10th 1:30 p.m.**

We cannot understand America if we don't understand the U.S. Civil War. That epic conflict revamped our nation in ways that many modern Americans do not realize. But in this talk we'll see how our way of life was forever transformed by "the war between the states."

### Part Two: The Truth About the Civil War

**Monday, June 24th 1:30 p.m.**

The U.S. Civil War ended over 150 years ago. Yet persistent controversies and outright myths still manage to find their way into print. In this talk we will reveal the truth about a number of dubious claims that swirl around America's deadliest conflict.

### Part Three: Those Who Overcame

**Monday, July 8th 1:30 p.m.**

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.**

## Medicaid Savings Program

**Tuesday, June 11th**

**1:30 p.m.**

**Jake Taber, MA Senior Action Council**



- An expanded state benefit for Medicare recipients that can pay for many seniors' part B premiums and more;
  - Timely information for Masshealth recipients on how to make sure you don't lose coverage this year
  - Changes to SNAP benefits, and how you can maximize your benefit by deducting more medical expenses
  - How to join your local MSAC chapter in advocating for seniors' rights
- Registration required.**

## Magic with Illusionist, Lyn Dillies

Wednesday, June 12th

1:30 p.m.



Lyn's spectacular, eye-defying illusions have been astounding audiences for over two decades. In 2013 she was the first female illusionist in history to receive the prestigious Milbourne Christopher Award – the Academy Award of Magic – from the Society of American Magicians (past recipients have included David Copperfield, Penn and Teller and Siegfried and Roy), and the Merlin Award for Female Illusionist of the Year from the International Magician's Society in 2009. Lyn has made numerous television appearances and has shared the stage with such notable entertainers as Marvin Hamlisch, Jeff Dunham, Bill Engvall and Mikhail Baryshnikov. **Registration required.**

## NIGHT PROGRAM

Matt Wright

Wednesday, June 12th

5:30 p.m.



Matthew Wright attended the Peabody Conservatory as an undergraduate and studied classical guitar. Upon moving to Boston, he took up the lute seriously and studied at The Longy School of Music, earning a Master of Music degree. He is an active performer and arranger of music ranging from Renaissance to rock. Matthew is the lutenist for folk/early music group Seven Times Salt, teaches guitar at Brimmer & May and Belmont Hill Schools, and is a contributing writer to the Lute Society of America. **Registration required.**

## Musical Lecture on Connie Francis

Thursday, June 13th

1:30 p.m.

Frank King, former WBUR Radio Host



Join Frank King for a musical lecture focused on the number one worldwide female vocalist from the late 50's through the early 60's - the great CONNIE FRANCIS. The program will feature a medley of her top ten hits and the interesting stories behind "Who's Sorry Now", "Where the Boys Are" and "Everybody's Somebody's Fool." Also included: the rare recordings she made before she became famous, and the roller-coaster details of her personal life and four marriages. **Registration required.**

## Winter & Woo

Friday, June 14th

1:30 p.m.



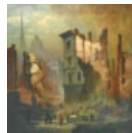
Anything that needs saying can be said with music from The Great American Songbook and a pair of musicians to bring those tunes alive. This duo is just what the soul needs and what the doctor ordered. Renowned Boston Pops pianist Bob Winter and vocalist and former MGH internist Elaine Woo will serenade you with old favorites and some sparkling new ones as well! **Registration required.**

## The Great Boston Fire of 1872

Tuesday, June 18th

1:30 p.m.

Anthony Sammarco, Author



*Inferno: The Great Boston Fire of 1872* was written to commemorate the 150th anniversary of a devastating fire that destroyed sixty-five acres of land in Boston, from Washington Street, between Summer Street and Milk Street, fanning eastward towards the wharves projecting into Boston Harbor. The fire was said to have destroyed 776 buildings in Boston's downtown, causing over \$73 million in damage (or \$1,682,000,000 in 2022 dollars), killing an estimated twenty people, and leading to stricter building regulations in Boston. Fires have always been a constant source of anxiety, but this inferno was cataclysmic and beyond the comprehension of many people. The city of Boston took action and appointed a city architect that would oversee all buildings in the city. **Registration required.**

## Summer Solstice Celebration Southern BBQ

Friday, June 21st

12:00 p.m.



Let's kick off the official start of summer together with fellow friends at the COA! We will gather for a delicious southern BBQ lunch and enjoy a fun musical performance.

**Registration required.**

## Celebrating COA Volunteers!

Wednesday, June 26th

2:30 p.m.



All volunteers, young and old, are invited to join us for our annual Volunteer Appreciation Ice Cream Social event. COA Staff and Board Members will be scooping ice cream and serving snacks and refreshments in the Multipurpose Room. Volunteers are a vital part of our community. Our many wonderful volunteers include the Community Service Bears and the Café and Library Care Groups, Lunch Servers, Greeters, Discussion and Game Leaders, and the "Friends of the WCOA". Their volunteer time and commitment to the Wellesley COA and the seniors we serve are invaluable. We look forward to a fun afternoon spending time together to show our appreciation! If you are a volunteer or have volunteered in the past, please call the COA to register or email [smiller@wellesleyma.gov](mailto:smiller@wellesleyma.gov). **Registration required.**

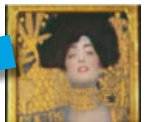
## All That Glitters is Gold: Gustav Klimt

Wednesday, June 26th

1:30 p.m.

Jane Oneail, Culturally Curious

ZOOM



Join Jane Oneail for an online program on Austrian painter Gustav Klimt, who is associated with a number of artist movements including Art Nouveau and Symbolism, but in the end, he developed a distinctive style all his own. This program introduces audiences to the idiosyncratic artist and reviews his famous gold paintings as well as his lesser-known works. **Registration required.**

## NIGHT PROGRAM

Peking and the Mystics

Wednesday, June 26th

5:30 p.m.



One sunny day in the spring of 1973, a few Tufts University grads got together for lunch at a local Chinese eatery. The meal produced some remarkable harmony, and the rest, as they say, is history. More than four decades later, Peking and the Mystics is still running on all cylinders. The group, which includes three original guys, is comprised of five Tufts grads who were all members — in different years, with no overlap — of the university's acclaimed singing group, the Beelzebubs. PATM has toured nationally and internationally (including trips to the Far East and South America), recorded four CDs, appeared on television and radio, and been featured in local and national print media. The group's eclectic a cappella repertoire, made up of original arrangements by PATM members themselves, incorporates swing, jazz, doo-wop, and pop music of every decade from the 890s to the 2000s. **Registration required.**



## The Great Musicals of the 70s, Part One

Thursday, June 27th

1:30 p.m.

Michael Goodwin, Singer and Songwriter



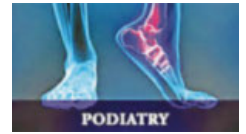
The Musicals of the 70s really started pushing the envelope of what was possible in musical theater. With unusual storylines and a more realistic view of the world, the 70s changed the face of musical theater forever. We get our motors running with *Grease*. Then we have a serious talk with Sondheim in *Follies* and *Sweeney Todd* before *Annie* brings us home. As always, there will be singing, lecture, video clips from various shows, and many opportunities to participate. We always encourage everyone to sing along and get involved. **Registration required.**

## Podiatry Clinic

Friday, June 28th

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

NO : 012345

★ FRIDAY  
**MOVIE**  
TICKET ★



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

MAY 17th | Comedy/Drama | PG-13 | 1h 31m



### The Miracle Club (2023)

Set in 1967, the story of three generations of close friends of Ballygar, a hard-knocks community in Dublin, who have one tantalizing dream: to win a pilgrimage to the sacred French town of Lourdes. When the chance to win presents itself, the women seize it. The women secure tickets and set out on the journey that they hope will change their lives. Old wounds are reopened along the way, forcing the women to confront their pasts even as they travel in search of a miracle.

MAY 24th | Historical Drama | PG-13 | 1h 52m



### The Dig (2021)

Based on a true story, on the eve of World War II, a British widow hires a self-taught archaeologist to dig up mysterious formations on her land, leading to a staggering find in the burial ground.



MAY 31st | Drama/Romance | R | 2h 10m

### The Phantom Thread (2018)

Renowned dressmaker Reynolds Woodcock and his sister Cyril are at the center of British fashion in 1950s London – dressing royalty, movie stars, heiresses, socialites and debutantes. Women come and go in Woodcock's life, providing the confirmed bachelor with inspiration and companionship. His carefully tailored existence soon gets disrupted by Alma, a young and strong-willed woman who becomes his muse and lover.

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

JUNE 7th | Musical/Drama | PG-13 | 2h 21m



### The Color Purple (2023)

A story of love and resilience based on the novel and the Broadway musical, THE COLOR PURPLE is a decades-spanning tale of one woman's journey to independence. Celie faces many hardships in her life, but ultimately finds extraordinary strength and hope in the unbreakable bonds of sisterhood.

JUNE 28th | Romance/Drama/Fantasy | PG-13 | 1h 53m



### The Age of Adaline (2015)

Adaline Bowman (Blake Lively) has miraculously remained a youthful 29 years of age for nearly eight decades, never allowing herself to get close to anyone lest they discover her secret. However, a chance encounter with a charismatic philanthropist named Ellis Jones reawakens Adaline's long-suppressed passion for life and romance. When a weekend with Ellis' parents threatens to expose the truth, Adaline makes a decision that changes her life forever.



# 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:

• Wellesley Bakery • Wellesley North End Pizza • Express Gourmet • Captain Marden's • The Linden Store • Mark's Pizza & Subs • Cheesy Street Grill



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.**

May	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>-1-</b>	<b>-2-</b>	<b>-3-</b>
		Salmon Croquettes, Cornbread and Green Beans	Baked Haddock with Herb Stuffing and Honey Glazed Carrots	<b>NO LUNCH</b>
	<b>-7-</b>	<b>-8-</b>	<b>-9-</b>	<b>-10-</b>
	Turkey Delight Sandwich and a Cookie	Grilled Chicken Caesar Salad and a Cookie	Garden Veggie Wrap and a Cookie	Cranberry Chicken Wrap and a Cookie
	<b>-14-</b>	<b>-15-</b>	<b>-16-</b>	<b>-17-</b>
	Gazpacho Soup and ½ Salad and Blueberry Muffin	Chicken Lemon Rice and Spinach Feta Quiche and a Plain Croissant	Ham Mushroom Quiche, ½ Salad and a Pumpkin Muffin	Chicken Noodle Soup and ½ Chicken Tarragon Sandwich
	<b>-21-</b>	<b>-22-</b>	<b>-23-</b>	<b>-24-</b>
	Meatball Parmigiana Focaccia with Chips	Garden Veggie Wrap and a Cookie	Turkey Delight Sandwich and a Cookie	Grilled Chicken Caesar Salad and a Cookie
	<b>-28-</b>	<b>-29-</b>	<b>-30-</b>	<b>-31-</b>
	Tuna Salad Plate and Cornbread	Salmon Croquettes, Cornbread and Green Beans	Salmon Salad Plate and Cornbread	Baked Haddock with Herb Stuffing and Honey Glazed Carrots and Cornbread

June	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>-4-</b>	<b>-5-</b>	<b>-6-</b>	<b>-7-</b>
	Chicken Vegetable and Broccoli Quiche and a Chocolate Chip Cookie	Lorraine Quiche, Gazpacho Soup, and a Pumpkin Muffin	Chicken Lemon Rice Soup, ½ Roasted Chicken Sandwich, and a Blueberry Muffin	Chicken Noodle Soup and ½ Chicken Tarragon Sandwich
	<b>-11-</b>	<b>-12-</b>	<b>-13-</b>	<b>-14-</b>
	Chicken Parmigiana with Ziti	Chicken Tenders with French Fries	1/2 Roast Beef Sandwich with BBQ Sauce and a Side Salad with Italian Dressing	Two Slices of Pizza with Vegetables and a Brownie
	<b>-18-</b>	<b>-19-</b>	<b>-20-</b>	<b>-21-</b>
	Half Tuscan Sausage Pizza with a Side Greek Salad	<b>NO LUNCH</b>	Whole Caesar Salad with Grilled Chicken	<b>NO LUNCH</b>
	<b>-25-</b>	<b>-26-</b>	<b>-27-</b>	<b>-28-</b>
	Full Ham, Turkey, and Swiss Special Wrap	Full Chicken Salad Sandwich	Full Meatball Sub with Provolone Cheese	Full Isabella Sandwich on Whole Wheat

# MAY 2024 Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <div> <b>HAIKU</b>  Night events are here!  Check out something new and fun,  Programs are robust!  <i>Andria DeSimone</i> </div>		<b>-1-</b>	<b>-2-</b>	<b>-3-</b>
		<b>9:15</b> Hi Low Fitness <b>10:00</b> Keep Well Clinic <b>12:00</b> LaBlast - Cardio Dance & Strength <b>1:00</b> World History Book Discussion <b>1:30</b> Acrylic Painting <b>1:30</b> The Art of the Scandal <b>2:00</b> Men in Retirement <b>5:30</b> Bo and Bill Winiker Band	<b>9:15</b> All Levels Yoga <b>9:15</b> Seated Strength & Balance <b>10:00</b> Pilates <b>1:00</b> MyTwo Cents <b>1:30</b> Generations Law Group <b>2:00</b> Women in Retirement	<b>12:00</b> Cinco de Mayo Lunch 
<b>-6-</b>	<b>-7-</b>	<b>-8-</b>	<b>-9-</b>	<b>-10-</b>
<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> World Religion — Christianity <b>1:30</b> Series on Mindfulness w/Neil <b>2:30</b> Chair Yoga	<b>9:15</b> Yoga for Better Balance <b>9:15</b> Seated Strength & Balance <b>10:00</b> Experienced Knitters <b>11:00</b> Social Connections <b>1:00</b> All Abilities Knitting <b>1:30</b> Cybersecurity Today	<b>9:15</b> Hi Low Fitness <b>12:00</b> LaBlast - Cardio Dance & Strength <b>1:00</b> Great American Poems Discussion <b>1:30</b> Acrylic Painting <b>1:30</b> Jumpstart Healthy Lifestyle <b>2:00</b> Men in Retirement <b>5:30</b> Music Bingo with Mark Bloomstein	<b>9:15</b> All Levels Yoga <b>9:15</b> Seated Strength & Balance <b>10:00</b> Pilates <b>10:30</b> Words Galore <b>1:30</b> Golden Tones	<b>9:15</b> Yoga for Better Balance <b>10:00</b> Succulent Garden <b>1:30</b> Mother's Day Tea 
<b>-13-</b>	<b>-14-</b>	<b>-15-</b>	<b>-16-</b>	<b>-17-</b>
<b>9:15</b> Fit for Life <b>10:30</b> Core and More <b>12:00</b> All Levels Yoga <b>1:30</b> Watercolor Class — Spring Flowers <b>1:30</b> World Religion — Christianity <b>2:30</b> Chair Yoga	<b>9:15</b> Seated Strength & Balance <b>10:00</b> Experienced Knitters <b>11:00</b> Social Connections <b>1:00</b> All Abilities Knitting <b>1:30</b> Aging on Purpose	<b>9:15</b> Hi Low Fitness <b>10:00</b> Keep Well Clinic <b>12:00</b> LaBlast - Cardio Dance & Strength <b>1:00</b> COA Van Trip — Davis Museum <b>1:00</b> Shakespeare Discussion <b>1:30</b> Acrylic Painting <b>2:00</b> Men in Retirement <b>5:30</b> Jim Porcella	<b>8:00</b> Breakfast Club <b>9:15</b> All Levels Yoga <b>9:15</b> Seated Strength & Balance <b>1:30</b> BINGO <b>2:00</b> Women in Retirement <b>4:00</b> COA Board Meeting	<b>9:00</b> Coffee with an Officer <b>1:15</b> Movie - The Miracle Club 
<b>-20-</b>	<b>-21-</b>	<b>-22-</b>	<b>-23-</b>	<b>-24-</b>
<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> World Religion — Christianity <b>1:30</b> Watercolor Class — Summer Sea <b>1:30</b> Mindfulness Practice w/Neil <b>2:30</b> Chair Yoga	<b>9:15</b> Yoga for Better Balance <b>9:15</b> Seated Strength & Balance <b>10:00</b> Experienced Knitters <b>11:00</b> Social Connections <b>1:00</b> All Abilities Knitting <b>1:30</b> KevTech, Taking & Organizing Photos on iPhone & iPad	<b>9:15</b> Hi Low Fitness <b>12:00</b> LaBlast - Cardio Dance & Strength <b>1:00</b> American Literary Classics Book Discussion <b>1:30</b> Acrylic Painting <b>1:30</b> Beyond the Freedom Trail <b>2:00</b> Men in Retirement <b>5:30</b> A Night with Shelly Otis	<b>9:15</b> All Levels Yoga <b>9:15</b> Seated Strength & Balance <b>10:00</b> Pilates <b>10:30</b> Words Galore	<b>1:15</b> Movie - The Dig 
<b>-27-</b>	<b>-28-</b>	<b>-29-</b>	<b>-30-</b>	<b>-31-</b>
<b>The Tolles Parsons Center is CLOSED in observation of Memorial Day NO ACTIVITIES</b>	<b>9:15</b> Yoga for Better Balance <b>9:15</b> Seated Strength & Balance <b>10:00</b> Experienced Knitters <b>11:00</b> Social Connections <b>1:00</b> All Abilities Knitting <b>1:30</b> Gullah Geechee — African Communities	<b>9:15</b> Hi Low Fitness <b>1:30</b> Acrylic Painting <b>1:30</b> On Safari in Tanzania <b>2:00</b> Men in Retirement <b>5:30</b> Madeleine Metraux	<b>9:15</b> Seated Strength & Balance <b>10:00</b> Pilates <b>1:30</b> Rhumba! Samba! Tango! Mamba!	<b>10:00</b> Terracotta Lighthouse <b>1:15</b> Movie — The Phantom Thread 

# JUNE 2024 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>-3-</b>	<b>-4-</b>	<b>-5-</b>	<b>-6-</b>	<b>-7-</b>
<b>9:15</b> Fit for Life <b>10:30</b> Core and More <b>1:30</b> World Religion — Christianity <b>1:30</b> Series on Mindfulness w/Neil <b>2:30</b> Chair Yoga	<b>9:15</b> Yoga for Better Balance <b>9:15</b> Seated Strength & Balance <b>10:00</b> Experienced Knitters <b>11:00</b> Social Connections <b>1:00</b> All Abilities Knitting <b>1:30</b> Smooth Transitions	<b>9:15</b> Hi Low Fitness <b>12:00</b> LaBlast - Cardio Dance & Strength <b>1:00</b> World History Book Discussion <b>1:30</b> Acrylic Painting <b>1:30</b> COAVan Trip: Wellesley College Botanic Garden <b>2:00</b> Men in Retirement <b>5:30</b> Trivia Bingo with Mark Bloomstein	<b>9:15</b> Seated Strength & Balance <b>10:00</b> Pilates <b>1:00</b> My Two Cents <b>1:30</b> Recommends for Summer Reads! <b>2:00</b> Women in Retirement	<b>9:15</b> Yoga for Better Balance <b>10:00</b> Stencil Canvas Bag <b>1:15</b> Movie —The Color Purple 
<b>-10-</b>	<b>-11-</b>	<b>-12-</b>	<b>-13-</b>	<b>-14-</b>
<b>9:15</b> Fit for Life <b>10:30</b> Core and More <b>1:30</b> Understanding the Civil War, Part One: How the Civil War Changed Us <b>2:30</b> Chair Yoga	<b>9:15</b> Yoga for Better Balance <b>9:15</b> Seated Strength & Balance <b>11:00</b> Social Connections <b>1:30</b> Medicaid Savings Program	<b>9:15</b> Hi Low Fitness <b>12:00</b> LaBlast - Cardio Dance & Strength <b>1:00</b> Great American Poems Discussion <b>1:30</b> Acrylic Painting <b>1:30</b> Lyn Dillies <b>1:30</b> Winter & Woo <b>2:00</b> Men in Retirement <b>5:30</b> Matt Wright	<b>8:00</b> Breakfast Club <b>9:15</b> All Levels Yoga <b>9:15</b> Seated Strength & Balance <b>10:00</b> Pilates <b>10:30</b> Words Galore <b>1:30</b> Musical Lecture on Connie Francis	<b>9:15</b> Yoga for Better Balance <b>1:30</b> Winter & Woo 
<b>-17-</b>	<b>-18-</b>	<b>-19-</b>	<b>-20-</b>	<b>-21-</b>
<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	<b>9:00</b> Coffee with an Officer <b>9:15</b> Seated Strength & Balance <b>11:00</b> Social Connections <b>1:30</b> The Great Boston Fire of 1872	<b>The Tolles Parsons Center is CLOSED in observation of Juneteenth NO ACTIVITIES</b>	<b>9:15</b> All Levels Yoga <b>9:15</b> Seated Strength & Balance <b>10:00</b> Pilates <b>11:00</b> Ayurvedic Folk Art <b>1:00</b> Shakespeare Discussion <b>1:30</b> BINGO <b>2:00</b> Women in Retirement <b>4:00</b> COA Board Meeting	<b>12:00</b> Summer Solstice Celebration Southern BBQ and Musical Performance 
<b>-24-</b>	<b>-25-</b>	<b>-26-</b>	<b>-27-</b>	<b>-28-</b>
<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> Understanding the Civil War, Part Two: The Truth About the Civil War <b>2:30</b> Chair Yoga	<b>9:15</b> Seated Strength & Balance <b>11:00</b> Social Connections	<b>9:00</b> Wellesley Registration <b>9:15</b> Hi Low Fitness <b>12:00</b> LaBlast - Cardio Dance & Strength <b>1:00</b> American Literary Classics Book Discussion <b>1:30</b> Acrylic Painting <b>1:30</b> All That Glitters is Gold: Gustav Klimt <b>2:00</b> Men in Retirement <b>2:30</b> Celebrating COA Volunteers! <b>5:30</b> Peking and the Mystics	<b>9:00</b> Non-Wellesley Registration <b>9:15</b> All Levels Yoga <b>9:15</b> Seated Strength & Balance <b>10:00</b> Pilates <b>10:30</b> Words Galore <b>1:30</b> The Great Musicals of the 70s, Part One	<b>9:15</b> Podiatry Clinic <b>1:15</b> Movie — The Age of Adaline 

**-JULY 8-**

**1:30** Understanding the Civil War, Part Three: Those Who Overcame

**See Page 17**

For Drop In Activities not reflected in the calendar.

**VIRTUAL**

**IN PERSON**



# Fitness ONLINE AND IN PERSON

**ALL CLASSES  
\$5.00  
PER  
CLASS**



Rebecca

## Instructor Spotlight

Join **Rebecca Reber** Monday afternoons for **ZOOM Chair Yoga**. Rebecca has been specializing in senior yoga for 10 years. Enjoy the benefits of mind, body, breath connection stretching every part of the body.

**Chair Yoga – Monday, 2:30 p.m.**

MONDAYS	Time	Duration	ZOOM	In Person	May	June
Fit for Life	9:15 a.m.	60 Minutes			6,13, 20	3, 10, 17, 24
Core and More	10:30 a.m.	45 Minutes			6,13, 20	3, 10, 17, 24
All Levels Yoga	12:00 p.m.	60 Minutes			6,13, 20	17, 24
Chair Yoga	2:30 p.m.	45 Minutes	zoom		6,13, 20	3, 10, 17, 24
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			7, 21, 28	4, 11
WEDNESDAYS						
Hi Low Fitness	9:15 a.m.	45 Minutes			1, 8, 15, 22, 29	5, 12, 26
Cardio Dance & Strength – LaBlast	12:00 p.m.	60 Minutes			1, 8, 15, 22	5, 12, 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			2, 9, 16, 23	13, 20, 27
Pilates	10:00 a.m.	60 Minutes	zoom		2, 9, 23, 30	6, 13, 20, 27
FRIDAYS						
Yoga for Better Balance	9:15 a.m.	60 Minutes			10	7, 14

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 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 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. Join us **in person** for this 45-minute class with **Jane Golder**. Class is shoeless; grippy (non-slip) socks are suggested. **Max: 17**

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

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. Join us in person with our certified E-RYT 200 instructor **Peter Kelly**. The goal will be to achieve greater balance, flexibility, and strength in one's 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 45-minute 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**

## Yoga for Better Balance **TWICE A WEEK!**

Join **Cyndi Koss** for this **in person** beginner-level class ideal for those new to yoga. Develop strength and stability. Move with confidence as you sharpen your balance and begin to move with greater ease. Increase your energy while relieving stiffness and stress. Participants must be able to move down to the mat and back up again. Use of supportive props is encouraged. **Max: 18**

## Hi Low Fitness

Join us for a beneficial class with **Lourdes Fournier**. This is a low-impact class 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 really 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: Acrylic Painting

Wednesdays, May 1st, 8th, 15th, 22nd, 29th and June 5th, 12th, 26th

1:30 p.m. – 3:00 p.m.

Instructor: Maris Platais

Cost: \$160



Join us for in person painting. Bring photo references or work from memory and field sketches. Individual critiques and occasional demonstrations are offered throughout the course. Call the COA for a supply list. **Max: 14**

## ART: Terracotta Lighthouse

Friday, May 31st

10:00 a.m. – 11:30 a.m.

Instructor: Karen Kelley

Cost: \$25



Come create an actual working lighthouse using terra cotta flowerpots. Absolutely no crafty experience is necessary and all materials are provided and prepped for you. Display it in your yard, patio, balcony or even inside your home. Create a traditional red and white lighthouse or mix it up with colors and designs that are uniquely yours. Bring your imagination and join us for a fun morning in May. **Max: 12**

## CLASS: Knitting

Tuesdays May 7th – June 4th

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

All Abilities Knitting 1:00 – 2:30 p.m.

COA Volunteers offer two knitting classes, All Abilities and Experienced Knitting. For more information, please call the COA at 781-235-3961.

## WORKSHOP: Succulent Garden

Friday, May 10th

10:00 a.m. – 12:00 p.m.

Instructor: Jessica Pohl, Floral Designer

Cost: \$25



Succulents are popular for a reason! Green thumb or not, learn how to plant and care for these low maintenance beauties. Participants will create a terrarium using succulents, sand, decorative stones, and optional decorative items that you provide. Suggestions include fairy garden items such as chairs, figures, animals. Making terrariums is easy, creative and fun! **Max: 15**

## ART: Watercolor Class – Spring Flowers

Monday, May 13th

1:30 p.m. – 3:00 p.m.

Instructor: Cindy Shorris

Cost: \$15



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

## ART: Watercolor Class – Summer Sea

Monday, May 20th

1:30 p.m. – 3:00 p.m.

Instructor: Cindy Shorris

Cost: \$15



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

## ART: Stencil Canvas Bag

Friday, June 7th

10:00 a.m. – 11:30 a.m.

Instructor: Joyce Creiger, Artist

Cost: \$20



Making stenciled canvas tote bags is a simple project with amazing and useful results. You are provided with a tote bag that already has a painted surface that we provide and then you select your favorite stencil and with acrylic magic markers you follow the stencil filling in all the areas of the open stencil until it is completed. After removing the stencil, you can embellish the design further or leave as is to use as a luxurious bag ready to take with you to the market or out for the afternoon with friends. **Max: 10**

## ART: Ayurvedic Folk Art

Thursday, June 20th

11:00 a.m. – 1:00 p.m.

Instructor: Anjana Bhargava,  
Madhubani painter  
and folk artist

Cost: \$15



Madhubani painting is a centuries old Indian folk art originating in northern India. Traditionally practiced by women, the art is characterized by eye catching geometrical patterns and bright colors. In this class, students will learn to work with permanent markers and colored markers as they explore traditional and detailed work based on different themes. Students will learn how to draw the art's traditional motifs and borders, ultimately creating their own piece of Madhubani art. **Max: 10**

## 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!

## **GROUP: World History**

### **Book Discussion**

**Wednesdays, May 1st and June 5th**

**1:00 – 2:30 p.m.**

**Facilitator: COA Volunteer, Terry Catchpole**

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

- May 1, 2024 - *Endurance – Shackleton's Incredible Voyage*, by Alfred Lansing (280 pages)
- June 5, 2024 - *Flirting With Danger – The Mysterious Life of Marguerite Harrison, Socialite Spy* by Janet Wallach (277 pages).
- 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, May 2nd and June 6th**

**1:00 – 2:30 p.m.**

**Facilitator: COA Volunteer, Terry Catchpole**

Reparations for descendants of American slaves? Right-to-life legislation? Is Wellesley overbuilt? Is Biden too old? 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, May 8th and June 12th**

**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:

- May 8, 2024 – Great sonnets #3
- June 12, 2024 – Great sonnets #4
- 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, May 15th and**

**Thursday, June 20th**

**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:

- May 15, 2024 – *The Tempest*, Acts One and Two
- June 20, 2024 – *The Tempest*, Acts Three, Four and Five
- 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: Breakfast Club**

**Thursdays, May 16th and June 13th**

**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: American Literary Classics Book Discussion**

**Wednesdays, May 22nd and June 26th**

**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:

- May 22, 2024 – *Appointment in Samarra* by John O'Hara (220 pages)
- June 26, 2024 – *Slaughterhouse Five* by Kurt Vonnegut (275 pages)
- September 25, 2024 – *Light in August* by William Faulkner (480 pages)
- October 23, 2024 – *Play It As It Lays* by Joan Didion (217 pages)
- November 27, 2024 – *Death Comes For The Archbishop* by Willa Cather (256 pages)



# PROGRAMS/OUTREACH/RESOURCES

## OUTREACH

### GROUP: Social Connections

**Tuesdays, May 7th, 14th, 21st, 28th and  
June 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 connections in Wellesley.

### GROUP: Men in Retirement NEW DAY!

**Wednesdays, May 1st, 8th, 15th, 22nd, 29th  
and June 5th, 12th, 20th, 26th  
2:00 – 3:00 p.m. Open to ALL!**

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, May 2nd, 16th, and June 6th, 20th 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  
Friday, May 17th and  
Tuesday, June 18th  
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 Frank Lam 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

## Thank You for Boston Marathon Run

The Friends of the Wellesley Council on Aging express thanks and appreciation to Susan Godfrey for her dedication to train for and run the Boston Marathon on April 15th to raise funds for the Council on Aging. And thank you to all who donated in support of Susan's great run. All proceeds from Susan's Marathon run go toward expanding the programs and services provided by the Council on Aging to Wellesley Seniors.



## Coffee & Tea Service Again Sponsored By Captain Mardens

Captain Marden's seafood restaurant and store has once again made a significant contribution to help defray the costs of Coffee and Tea service in the Mary Bowers' Café, assuring free availability to all patrons, staff and guests at the COA in 2024. The Friends of the Wellesley Council on Aging gratefully acknowledge Captain Marden's generous donation.

## 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."

The Wellesley COA provides opportunities for volunteers of all ages and abilities. If you or anyone you know may be interested in volunteering, please contact us!



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

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





WELLESLEY  
COUNCIL *on* AGING

# Bus Trips



Upcoming Bus Excursions from Wellesley COA Join us for some exciting day trips scheduled for 2024, venturing from The Cape 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 6/25/24**



**JULY  
16**

## LOBSTER ROLL CRUISE

**Tuesday, July 16th**

**\$99 Per Person** Wellesley Resident

**\$129 Per Person** Non-Wellesley Resident

Embark on a captivating Cape Cod journey aboard the "Lobster Roll" from Dennis, treating yourself to stunning views of Sesuit Harbor and Cape Cod Bay. Savor a choice of Lobster Roll, Roast Beef Roll Up, or Vegetarian Roll Up during the 90-minute cruise. Conclude with leisure time in downtown Hyannis, relishing a sweet cone from Katie's Ice Cream Shop. This curated experience blends scenic beauty, culinary delights, and charming town exploration, promising cherished memories of a quintessential summer day on Cape Cod.

**Registration deadline 8/29/ 24**



**SEPT  
19**

## CHARLES RIVER CRUISE

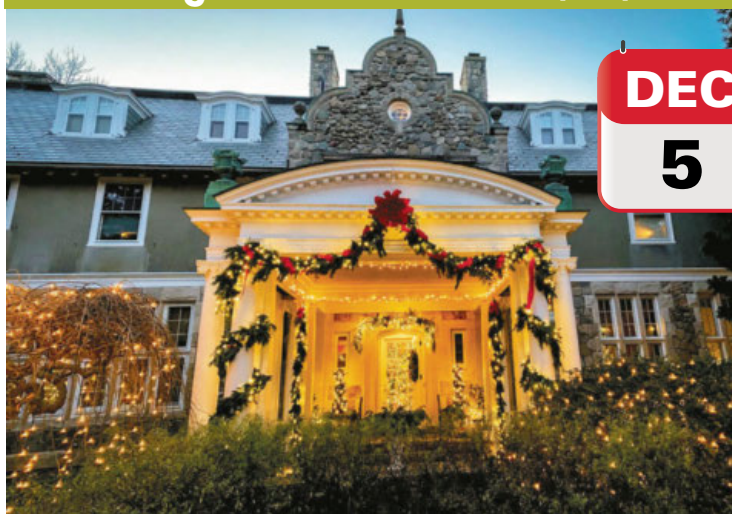
**September 19th**

**\$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 Cambridgeside 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!

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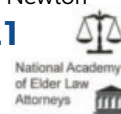
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# WELLESLEY COUNCIL *on* AGING

500 Washington Street  
Wellesley, MA 02482

## 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)

## Hello There!

### Do you no longer need our mailed newsletter?

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## Wellesley COA Spotlight

### Café and Library Spotlight



The Mary Bowers Café and Lounge Lending Library, run by dedicated volunteers, offers a cozy space stocked with books, puzzles, and more. To manage demand, we suggest returning items within a month and borrowing a maximum of two at a time. Donated items should be in good condition. Have you seen the library journal in front of the book bins? It's for writing comments about books from this library that you enjoyed.

### Walking Group Spotlight



The COA Walking Group has been meeting regularly for over 35 years! The group was originally formed by long-time resident and walking enthusiast Betty Baghai who led the group for 28 years. Many thanks to our volunteer, Anne Turtle, for spearheading this group and keeping this tradition going. The walkers meet on Mondays and Wednesdays at 9:15 a.m. at the Tolles Parsons Center parking lot and on Fridays at Morse's Pond (Turner Road). After walking, the group meets for coffee and continued conversation in the Café.

All are welcome to join in!