

New Year's Traditions 2025



**Join us as we welcome
the Year of the Snake**

 **Date: January 31st**
 **Time: 12:00 p.m.**

Enjoy a vibrant afternoon filled with traditional food, cultural festivities, and fun. Let's come together to honor this special occasion and share in the excitement of the Chinese New Year!

**CHINESE
NEW YEAR**

**We can't wait to
celebrate with you!**



SEE PAGE 2 FOR REGISTRATION INFORMATION.

Wellesley Residents Registration Starting December 30, 2024
Non-Wellesley Residents Registration Starting December 31, 2024

Wellesley Council on Aging Staff

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Rick Waldman, Bus Driver

Dana Wilson, Bus Driver

Jeanie Clark, Bus Driver

Jerome Gafe, Bus Driver

Dawnmarie Cole, Custodian FMD

Wellesley COA Board of Directors

Kathleen Vogel, Chair

Marlene Allen, Vice Chair

Susan Rosofsky, Co Secretary

Corinne Monahan, Co Secretary

Patricia Decker

Patty Chen

Judy Gertler

Peter Gape

Robert McCarthy

Dianne Sullivan

Tina Wang

COA Board Meeting Dates

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

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

Thursday, February 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.

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 January/February 2025

Wellesley Residents:

Starting Monday,

December 30th at 9:00 a.m.

Non-Wellesley Residents:

Starting Tuesday,

December 31st at 9:00 a.m.

All programs require pre-registration unless otherwise noted.

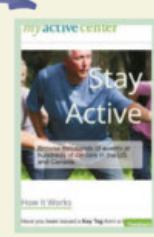
REGISTER FOR PROGRAMS AT THE COA



Sign up for programming at the COA right from the comfort of your home

myactivecenter.com

**Takes you to the
Wellesley COA site to
register for programs**



Tolles Parsons Center, 500 Washington St., Wellesley

By Phone Call 781-235-3961





Inclement Weather

Wellesley Council on Aging follows the school cancellation policy in case of inclement weather. If Wellesley Public Schools are closed due to weather, the Wellesley Council on Aging will also be closed.

COUNCIL ON AGING *Happenings*



KevTech

Mondays, January 6th, 27th and February 3rd, 24th
1:30 p.m.

Kevin Figueroa, KevTech



Join KevTech for hands-on assistance with your iPhone! Whether it's setting up apps, managing contacts, or learning new features, KevTech is here to simplify your smartphone experience. Perfect for seniors looking to stay connected and confident with technology.
Sign up today! **Max: 20**

What's New in Astronomy?

Tuesday, January 7th
1:30 p.m.
Jim McLaren, Former Teacher and Adult Education Lecturer



Join Jim McLaren for an overview of current developments in Astronomy. In all the sciences, the pace of new discovery accelerates with each passing year and it's hard to keep up. Astronomy is no exception. New measuring tools come on line constantly (the James Webb telescope is only one example) and our view of the universe widens each time. We will look locally at the solar system, and proceed to the most distant reaches of the universe. There is a lot of strange stuff out there that cries out for explanations. Come and learn about what we know and how we know it . . . and what we don't know as well.

All that Glitters is Gold: Gustav Klimt

Wednesday, January 8th

1:30 p.m.

Jane Oneail, Culturally Curious

ZOOM



Austrian painter Gustav Klimt 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.

Happier Longevity

Wednesday, January 8th

1:30 p.m.

Anne Ipsen, Ph.D., Author and Former Professor of Public Health



In this talk, Dr. Ipsen will share her double journey of exploration into longevity and happiness. Central to her talk is her translation of the work of Dr. Tal Ben-Shahar, "the guru of happiness," and his concept of the wellness SPIRE for post-retirement seniors like herself. But first, she will review research on aging by positive psychologists Lunger and Levy on how a positive attitude affects physical and emotional well-being, and how to counteract the negative bias of ageism.

Terrarium Gardening

Thursday, January 9th

1:30 p.m.

Therapy Gardens



Explore the fascinating world of terrariums! Discover the variety of terrariums, the best plants to use, along with essential techniques for care and maintenance. After that, you will design and build a beautiful miniature terrarium to take home. Join us for this fun and educational experience and bring a bit of nature indoors this winter. All materials will be supplied, and you supply the creativity! **Max: 30**



Chair Massage

Friday, January 10th

9:15 a.m. – 12:15 p.m.

Ellen Thompson, Certified Massage Therapist

Try a deeply relaxing chair massage to relieve post-holiday stress with certified massage therapist Ellen Thompson! Sign up for a 15-minute appointment slot. **Generously sponsored by the Friends of the Wellesley Council on Aging.** Registration required. **Free.**

Navigating the Digital World:

Technology Tips for Everyday Life

Monday, January 13th

1:30 p.m.

John Ryan, Financial Systems and Security Architect



Join us for an engaging session on *Embracing Technology*, where we'll explore how today's tools and trends can make everyday life easier, safer, and more enjoyable. From understanding the essentials of smartphones and smart home devices to practical tips on using the internet confidently, this talk will help you navigate technology with ease. Come ready to learn, share, and have fun as we uncover new ways to stay connected and informed!

Has Anyone Seen \$500 Million in Stolen Art Lying Around Boston?

Tuesday, January 14th

1:30 p.m.

Bob Ainsworth, Retired CFO and Controller, Author

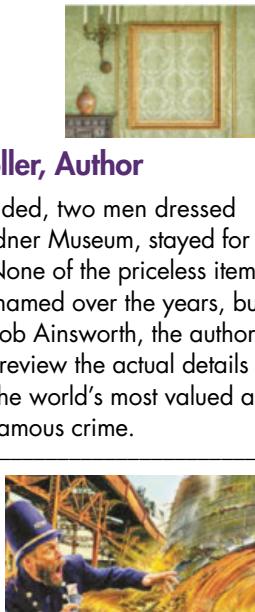
An hour or so after the 1990 St. Patrick's Day ended, two men dressed as Boston cops entered the Isabella Stewart Gardner Museum, stayed for about 90 minutes, and left with 13 pieces of art. None of the priceless items have been found. Numerous suspects have been named over the years, but none have been arrested. Many are now dead. Bob Ainsworth, the author of DUPED, a fictional account of the robbery, will review the actual details of the theft, the suspects, and the motives behind the world's most valued art theft. He will also tell of his own brush with the infamous crime.

Molasses: From the Slave Trade to the Great Flood

Wednesday, January 15th

1:30 p.m.

Anthony Sammarco, Author



Molasses is described as a sweet, syrupy byproduct made during the extraction of sugars from sugarcane. Molasses has a rich history in the Caribbean where sugarcane is cultivated, and was a popular sweetener throughout the United States in the early 20th century. Massachusetts has an integral connection to molasses as it was part of the Triangle Trade, the 18th century world economy: Rum from New England was traded in Africa for slaves, which were brought to the West Indies and the Caribbean where they cultivated sugar cane. The sugar cane was later refined into molasses, which was shipped to New England and often used in the distillation of rum. In his lecture on "Molasses," Anthony Sammarco will explore the Isaac Royall Family of Medford and the Lawrence Rum Distillery on Ship Avenue (now Riverside Avenue) and trace the history of molasses from the 18th century through the teetotalism and abolitionist causes of the 19th century to the Great Molasses Flood of 1919, which became an integral part of the North End of Boston's history.

Devil with a Brush: Caravaggio's Dramatic Masterpieces

Wednesday, January 15th

1:30 p.m.

Jane Oneail, Culturally Curious



ZOOM

Caravaggio's turbulent life story reads like a crime thriller, making him one of art history's most captivating and controversial figures. He was a revolutionary Italian painter of the Baroque era, as famous for his violent temper and criminal behavior as he was for his groundbreaking artistic techniques. Caravaggio's paintings reflect his tumultuous life with dramatic lighting and intense realism. The program provides an overview of the artist's life and body of work.

May I Have a Word With You?

Thursday, January 16th and

February 20th

10:30 – 11:30 a.m.

Jeff Zupan, COA Patron and Volunteer



Hosted By Jeff Zupan

Want to have some fun enjoying the wonders of the English language? Join Jeff Zupan to explore puns, quotes, limericks, witticisms, putdowns and more to take our language to new highs (and lows?).

The Bard Goes to the Opera

Part One: Romeo and Juliet

Thursday, January 16th

1:30 – 3:00 p.m.

Erika Reitshamer, Opera Lecturer



When Roberto Alagna and Leontina Vedova star opposite each other, temperature rises nearly to boiling. They were – and always will be – the best-known pair of lovers in the world. Presenter Erika Reitshamer was born and educated in Germany and is a passionate and lifelong fan of opera. Erika is a noted lecturer in the greater Boston area and teaches at Regis College for their Lifelong Learning Programs.

Wellesley COA Reading Adventure

Tuesday, January 21st

1:30 p.m.

Hosted by Lorna Ruby, Wellesley Books & Terry Catchpole, COA Volunteer



Come, hear of all the many opportunities that Wellesley COA members have to enrich their lives and join a joyous community of avid readers! Wellesley Books book-buying expert Lorna Ruby will talk about the books you should be reading – on your own, with your friends, with your grandchildren! COA volunteer Terry Catchpole will talk about the four COA monthly literature discussion groups and how you can enjoy them – Poetry, World History, Shakespeare and American Literary Classics. Come, join the reading adventure.

Scam and ID Theft Bingo

Win prizes as you learn about scams and how to avoid them

Wednesday, January 22nd

1:30 p.m.

Michael Morrissey, Norfolk County District Attorney



The elder population is increasingly vulnerable to financial exploitation. As scammers have become more innovative with their schemes, we must get more creative about how to empower seniors with the tools and knowledge to avoid them. Fraud Bingo helps us teach seniors how to recognize scams that could have a devastating impact on their financial wellbeing and encourages them to report potential scams to the Federal Trade Commission and law enforcement. The game is played like regular Bingo but with an added twist: each square has a message about fraud, identity theft, or scams. Winners of the Scam and ID Theft Bingo games win prizes.

Beyond Kilimanjaro: From Elephants to Sunbirds

Thursday, January 23rd

1:30 p.m.

Joy Marzolf, Joys of Nature



Tanzania offers more than just Mount Kilimanjaro. Nearby, Mount Meru and Arusha National Park showcase incredible biodiversity in a cooler climate. Visitors can spot baboons, blue monkeys, and striking black-and-white colobus monkeys in the trees. Colorful butterflies and nectar-drinking sunbirds are drawn to flowering shrubs, while hornbills perch overhead. Elephants and giraffes graze among the trees and grasses. Further west, Lake Manyara National Park is a haven for wildlife, with large herds of elephants roaming the forest and hippos cooling off in the water. Tanzania's natural beauty extends far beyond its famous peak.

TWO PART EVENING SERIES

Freud and the Age of Psychology

Thursdays, January 23rd and 30th

7:00 p.m.

Larry Lowenthal, Educator



Part One: Freud and The Interpretation of Dreams

Sigmund Freud revolutionized the way we think about ourselves. His psychoanalytic terms such as ID, Ego, Libido, Neurosis and Oedipus Complex have become part of our everyday vocabulary. But do we really know what they mean? Part One will explore Freud's great work, *The Interpretation of Dreams*, which contains two revolutionary discoveries: generally that all dreams represent the fulfillment of wishes, and that the functioning of dreams provide systematic evidence of the unconscious.

Part Two: Exploration of the Origins of the "Age of Psychology"

Although philosophic interest in the human mind dates back to the ancient civilizations of Egypt, Persia, Greece, China and India, Part Two will focus on the 20th century and the "Freud Wars." The fascinating challenges to the founder of psychoanalysis, the therapeutic method of unlocking the unconscious depths of human behavior and a radical treatment of neurotic disorders.

Mindfulness with Neil Motenko

Mondays, January 27th and February 24th

1:30 p.m.

Neil Motenko, Mindfulness Teacher



ZOOM

Join Neil Motenko for A Series on Mindfulness. Explore fundamentals, manage stress and change, and practice mindfulness through guided, interactive sessions. Each session stands alone—newcomers welcome anytime!

Fascinating Funghi

Tuesday, January 28th

1:30 p.m.

Tia Pinney, Mass Audubon



Mushrooms are the fascinating reproductive parts of fungi that busily connect different pieces of the forest. We will cover the basics of fungi – what they are, how they function, why they're important, the different types, and how and where they appear. We hope to add to your understanding of and appreciation for the ecological significance and beauty of fungi.

My Active Center Walkthrough w/Pizza

Wednesday, January 29th

1:30 p.m.

Hosted by the COA Team and the CEO of My Active Center



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! Enjoy a slice of pizza during the workshop.

My Favorite Stories from 50 Years in Publishing

Thursday, January 30th

1:30 p.m.

Henry Quinlan, Owner and Publisher of Omni Publishing



This presentation features Henry Quinlan's encounters with Spies, Cops, Detectives, Fire Commissioner, Athletes, FBI Agents, CIA Agents, Entrepreneurs, Movie Stars, Presidents, and more during his 50 years in the publishing business. Stories involve KC Jones of the Celtics, Prince William of the UK, Babe Ruth, President Herbert Walker Bush, President Gorbachev, Astronaut Wally Schirra, Nancy Schron Sculptress of "Make Way for Ducklings", Movie Star Mitzy Gaynor, Whitey Bulger, Jack Haley, aka The Tin Man, and more. All are true stories!

Chinese New Year Lunch Celebration and Performance

Friday, January 31st

12:00 p.m.



Let's celebrate the Chinese New Year together at the COA! We will gather for a delicious lunch of Chinese food while surrounded by festive decorations and a special performance to mark the Year of the Snake in 2025. **Did you know Dumplings symbolize wealth and prosperity!**



Gotland - Sweden's Paradise Island and Medieval Wonder
Tuesday, February 4th
1:30 p.m.

Barry Pell, World Traveler and Photojournalist

Gotland, located in the Baltic Sea, is Sweden's largest island. Little known or visited by Americans, Gotland has a stunning landscape and a coastline dominated by sculptural sea stacks, limestone monoliths created by natural erosion during the last Ice Age. It is also historically significant, with its main town, Visby, a gem filled with Viking and medieval age architectural riches. A designated UNESCO World Heritage Site and the center of Baltic trade between the 12th and 14th centuries, Visby is the best-preserved walled town in northern Europe. Barry Pell, the lecturer, visited Gotland and Sweden's capital, Stockholm, during the country's national Midsummer holiday. This program includes his photography.

Portable Induction Cooktop

Demonstration

Wednesday, February 5th
1:30 p.m.

Quentin Prideaux, Sustainable Wellesley Board Member



Come and learn about the latest in cooking - induction cooktops! Whether small and portable or built-in, they are faster, cleaner, tidier, and more flexible than what you have today. Quentin Prideaux from Sustainable Wellesley will provide an overview of induction cooking, answer questions, and demonstrate an under \$200 portable induction stove with plenty of power.

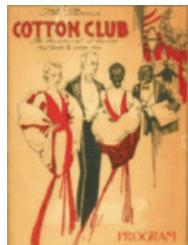
The Cotton Club

Thursday, February 6th
1:30 p.m.

Debra Block, Theater Director and Film Educator

Join us for a program given by Debra Block on The Cotton Club in Harlem during the 1920's.

There were many clubs in this era, but the biggest and best was the Cotton Club. We will learn about its significant contribution to the Jazz Age of the 1920's as well as discuss the discord of the Cotton Club as a "white only" venue which had entertainers who were primarily black. Ella Fitzgerald, Lena Horne, the Nicholas Brothers, Bill "BoJangles" Robinson and other great artists got their start there. Come groove to the music and sounds of the Cotton Club and learn about its storied past.



Valentine Piano Performance

Monday, February 10th
1:30 p.m.

Michael Leidig, Jazz/Classical Pianist



Join us for an afternoon of "lovely" music performed by pianist, Michael Leidig. The theme of his program will be Valentine's Day and will include a blend of well-known jazz, classical, and pop music. Michael weaves interpretations of a wide variety of music from jazz greats like Louis Armstrong, Nat King Cole and Sinatra to popular/rock artists such as Burt Bacharach, The Beatles and Elvis to classical composers including Chopin, Mozart and Pachelbel. Come and enjoy this musical journey of love through time!



Peter, Paul and Mary!
Tuesday, February 11th
1:30 p.m.
Frank King, former WBUR Radio Host

Peter Paul and Mary



In this musical lecture you'll learn all about the premier group of the 1960s folk music revival – Peter, Paul & Mary, including:

- The backgrounds of all three individual singers
- The interesting story of how they came together
- The deep folk roots of their iconic first album in 1962
- Highlights of their record-setting decade as a trio
- The reasons for their breakup in 1970
- Their personal lives and support of a multitude of liberal causes
- And plenty of their music, including their Top 10 hits and a few of Mr. King's favorites

Life Transition Binder

Wednesday, February 12th
1:30 p.m.

LifeLink Consulting LLC

Sandra Batra, Life Link Consulting

Join Sandra Batra as she explains how you can create a Life Transition Binder, a resource that pulls together all your important life details into one place, including: personal data, property, financial, retirement and insurance details, medical, and service provider information. This organizational tool allows you to remain in control and independent as you age. If something were to happen to you this is the resource your loved ones would turn to so they can help support and assist you.

DIY Candy Charcuterie Board

Thursday, February 13th
1:30 p.m.



Tara Jankowski, Adult Programming Specialist, Librarian

Learn how to create a Valentine's Day treat that's as delightful to look at as it is to eat! This candy charcuterie board class will teach you how to create a delicious and eye-catching candy board that will be the hit of any occasion! Each participant will be able to create their own board to take home. **Max: 20 Cost: \$10.**

Valentine's Day Brunch

Friday, February 14th
11:00 a.m.



Let's gather together and celebrate Valentine's Day with a delicious brunch of quiche, fruit, muffins and more, with all of your COA sweethearts on Valentine's Day! We will celebrate the day and our friendships as we enjoy a yummy meal along with live music. **Max: 30**

**Rhythm and Hues:
Harlem Renaissance
Wednesday, February 19th
1:30 p.m.
Jane Oneail, Culturally Curious**



ZOOM

The Harlem Renaissance, a cultural explosion in the 1920s, saw African American artists challenge stereotypes and celebrate their heritage. From the poetic simplicity of Jacob Lawrence to the cosmopolitan portrait photographs of James Van Der Zee, this era produced works that continue to resonate today. Discover the visionaries who gave voice to the African American experience and forever changed the landscape of American culture.

**Chowders, Bisques,
Chilis & Stews
Wednesday, February 19th
1:30 p.m.
Therapy Gardens**



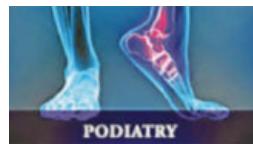
Nothing says comfort food like homemade chili or stew. Lose the canned Dinty Moore and come learn how to make a variety of mild and medium-spiced chilis and stews from ground beef, pork, venison, chicken, and more. We will also review different stew and bisque recipes. Master template recipes for meat-based and vegetarian dishes will be provided. We will also review select products to help make your cooking (and your life) easier.

**The Bard Goes to the Opera
Part Two: Hamlet
Thursday, February 20th
1:30 – 3:00 p.m.
Erika Reitshamer, Opera Lecturer**



Hamlet by Ambroise Thomas is a star vehicle for the right baritone in this punishing title role. Ophelia creates one of the most gripping Mad Scenes in all of opera. Simon Keenlyside and Natalie Dessay will be the stars. Most critics hail the opera as a masterpiece, but the librettists did take some liberties. Erika is a noted lecturer in the greater Boston area and teaches at Regis College for their Lifelong Learning Programs.

**Podiatry Clinic
Friday, February 21st
9:15 a.m. – 12:15 p.m.
Dr. Alissa Kuizinas, Podiatrist**



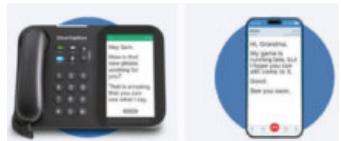
Dr. Kuizinas is offering 15 minute podiatry appointments at the COA in Wellesley. The cost of the appointment is \$40 and is directly payable to Dr. Kuizinas by check, cash or credit card. Registration required.

**Staying Ahead of the Fraudsters
Tuesday, February 25th
1:30 p.m.
Richard Graham, Moody's**

Seniors are increasingly being targeted by professional fraud groups. Learn from **Richard Graham from Moody's** about the tactics scammers use and how to safeguard yourself against these threats. This session will provide practical advice to help you recognize scams and protect your personal and financial security in today's digital world.



**ClearCaptions: Stay Connected with Every Word
Thursday, February 27th
1:30 p.m.
Jared Valanzola -
ClearCaptions**



Clearly, a good call. Never miss a moment of conversation again! ClearCaptions provides real-time captions for your phone calls, allowing you to read every word your callers say. Best of all, this service is available at no cost to eligible users. Stay connected and enjoy every conversation with clarity—because every word matters!

**Trip to Mohegan Sun Casino!
Wednesday, April 2nd
Trip departs from
219 Washington Street,
Wellesley, MA
\$39 per person**



Join the Wellesley COA and escape to the magical Mohegan Sun, with 150,000 square feet of non-stop excitement. Try your luck at your choice of nearly 3,000 state-of-the-art slot machines! Feel the thrill of winning at one of 170 table games like Blackjack, Poker, Baccarat, Sic Bo, Caribbean Stud or Pai Gow Poker! Mohegan Sun Casino also offers you the ultimate in dining and shopping experiences! The trip includes deluxe motorcoach transportation and casino time from 10:00 a.m. to 4:00 p.m. The bus will depart Wellesley at 8:00 a.m. and approximate return time is 5:45 p.m. **All participants need to be able to independently go up and down stairs. Refunds will not be available after the cut off date of March 26th. Max: 55**

COA Pool Team Update

The Wellesley senior 8-Ball travel league players divided into two teams for the Fall 2024 Travel League competition. Team Wellesley Hills has 6 players and team Wellesley has 7. Along with the return of Bellingham to the league, the Metro-West division expanded back out to 8 teams: Needham, Natick, Holliston, Walpole A, Walpole B, Bellingham, Wellesley and Wellesley Hills. While team Wellesley was not able to finish the 10 week season in the top four, team Wellesley Hills secured 2nd place with a score of 8 wins and 2 losses. This is our best finish since we started participating in the senior travel league beginning in 2018, and a testament to the commitment of the players to improving their game.

**John Bradshaw and
Jimmy Morrissey
Wellesley Hills
and Wellesley
team captains**



Transportation



Volunteer Driver Program

Now accepting rides. Please note that booking availability is limited and whenever possible rides should be made at least 5 business days in advance. Staff will make every effort to accommodate all requests, however, the program depends upon volunteer availability. To schedule a ride or get further details, please contact Kathy Savage at the COA at **781-235-3961** or ksavage@wellesleyma.gov.

COA Bus

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

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

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

MWRTA CatchConnect

CatchConnect is a curb-to-curb transit system designed with **flexibility** in mind! Trips must be booked when you are ready for a ride, and are provided on a **first come first served** basis. Service hours are **Monday-Friday from 6:45 a.m. – 8:45 p.m.** CatchConnect is a **free** service for WCOA Members until June of 2025.

Current service areas include:

- All addresses within Wellesley
- Waban MBTA Green Line Station
- Newton Wellesley Hospital
- Natick Community Center

Does Your Medical Advantage Plan cover Doctor Appointment Transportation?

Did you know that some Medicare Advantage plans include transportation to medical appointments? If you rely on transportation to get to your doctor's office, lab tests, or other important health visits, this could be a real help.

Here's how you can check if you're covered:

1. **Review Your Plan:** Take a look at your Medicare Advantage plan details. You should be able to find information about transportation benefits in the summary of benefits or by contacting your plan provider.



- Woodland MBTA Green Line Station
- And more locations 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@mwrtacom.

MWRTA Hospital shuttle

Do you need a ride to a medical appointment in the Boston area? MetroWest Regional Transit Authority's (MWRTA) hospital shuttle service provides door-to-door service for Wellesley residents to:

- West Roxbury V.A. • Dana Farber • Jamaica Plain V.A.
- Beth Israel • N.E. Baptist • Joslin Clinic
- Brigham & Women's • New England Deaconess

The shuttle service operates every **Tuesday, Wednesday, and Thursday from 8:30 a.m. – 6:00 p.m.** Shuttle riders must complete and submit the registration form to 15 Blandin Ave., Framingham, MA 01702 or drop it off at the Tolles Parsons Center. Fares are charged each way. To learn more about this shuttle service, please contact the MWRTA 508-820-4650. This service is **free of charge** for WCOA Members.

Special Shopping Trips

To receive announcements about these trips, you can either subscribe to our e-news blast or call the Wellesley Council on Aging at 781-235-3961 to inquire about the schedule and locations of upcoming trips. **Are there any local shopping destinations you would be interested in going to?** Please send your suggestions to Kathy Savage, ksavage@wellesleyma.gov or call **781-235-3961**.



2. **Call Your Provider:** If you're not sure, give your insurance provider a call! They can quickly confirm if transportation is included and explain any limits on the number of trips covered.
3. **Ask About Options:** Some plans may cover rides through services like Uber or Lyft, while others might use traditional transportation providers. Be sure to ask about any specific rules or requirements.

By checking, you'll know whether you have one less thing to worry about when it comes to getting to those important health appointments. Don't hesitate to reach out if you need help navigating this—your health and well-being are important!

COA LUNCH

**Meals are \$6 Wellesley residents and \$12 for non-Wellesley
and served Tuesday – Friday at the Council on Aging.**

TO ORDER CALL 781-235-3961

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



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

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

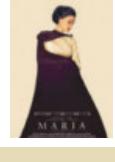
January	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		-1-	-2-	-3-
		NO LUNCH	Turkey, Bacon, Cheddar Cheese, Avocado with Lettuce, Tomato and Chipotle Mayo on Whole Wheat Wrap and Chips	Full Isabella Sandwich on Whole Wheat and a Cookie
	-7-	-8-	-9-	-10-
	Greek Medley Wrap with a Brownie	1/2 Roast Beef Sandwich with a Side Salad and Italian Dressing	Gyro Salad (Lamb Meat, Feta Cheese, and Tzatziki Sauce) with a Brownie	Chicken Kabob Wrap with Chips
	-14-	-15-	-16-	-17-
	Grilled Marinated Chicken, Romaine, Roasted Red Peppers, Red Onions, Hummus, Lemon Oregano on Focaccia Bread and a Cookie	Cranberry Chicken Wrap and a Cookie	Ham, Deli Mustard, Swiss Cheese, Tomato, and Caramel Onions on a Soft Croissant and a Cookie	Turkey/Cheddar Cheese, Cucumber, Tomatoes on Wheat Bread and a Cookie
	-21-	-22-	-23-	-24-
	Fish Cake, Rice Pilaf and Cornbread	Herb & Mustard-Crusted Salmon Loaf, Whipped Potatoes, and Peas and Carrots	Salmon Salad Plate and Cornbread	Baked Haddock with Herb Stuffing and Honey Glazed Carrots
	-28-	-29-	-30-	-31-
	Greek Salad with Grilled Chicken	1/2 Farmer's Garden Pizza and Side Caesar Salad	1/2 Bella Pizza and Side Caesar Salad with Chicken	NO LUNCH
February	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-4-	-5-	-6-	-7-
	White Chicken Salad, Mixed Field Greens, Tomatoes, Cucumbers and Chips	Maple Glazed Turkey Breast, Honey Baked Ham, Sharp Cheddar Cheese, BLT and Blue Cheese Dressing with a Chocolate Chip Cookie	Turkey, Bacon, Cheddar Cheese, Avocado with Lettuce, Tomato and Chipotle Mayo on Whole Wheat Wrap and Chips	Full Isabella Sandwich on Whole Wheat with a Chocolate Chip Cookie
	-11-	-12-	-13-	-14-
	Meatball Parmigiana Focaccia with Chips	Grilled Veggie Wrap with Provolone Cheese, Broccoli, Mushrooms, Onion, Green Peppers, Tomato, and Lettuce with a Chocolate Chip Cookie	Greek Salad with Steak Tips and a Cookie	NO LUNCH
	-18-	-19-	-20-	-21-
	Spinach Quiche, Chicken Noodle Soup and a Blueberry Muffin	1/2 Roasted Chicken, Chicken Lemon Rice Soup and Plain Croissant	1/2 Chicken Tarragon Sandwich, Chicken Vegetable Soup and Chocolate Chip Cookies	Ham, Mushroom Quiche, Chicken Lemon Rice Soup and a Pumpkin Muffin
	-25-	-26-	-27-	-28-
	Baked Haddock with Herb Stuffing and Honey Glazed Carrots	Herb & Mustard Crusted Salmon Loaf, Whipped Potatoes, and Peas and Carrots	Fish Cake, Rice Pilaf and Cornbread	Salmon Croquettes, Cornbread and Green Beans



JANUARY 2025 Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	VIRTUAL IN PERSON  See Back Cover For Drop In Activities not reflected in the calendar.	-1- Council on Aging is CLOSED in Observation of New Year's Day NO ACTIVITIES	-2- 9:15 Seated Strength and Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Tai Chi 1:30 Steve Sweeney Comedian	-3- 1:15 Movie: Lady in the Van 
-6-	-7-	-8-	-9-	-10-
9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga 1:30 Watercolor for All! Session One 1:30 KevTech 2:30 Chair Yoga	9:15 Seated Strength and Balance 10:00 Experienced Knitting 11:00 Social Connections 12:00 My Active Center Workshop 1:00 All Abilities Knitting 1:30 What's New in Astronomy	9:15 Hi Low Fitness 12:00 Cardio Dance and Strength – LaBlast 1:00 World History Book Discussion 1:30 All that Glitters is Gold: Gustav Klimt 1:30 Happier Longevity 2:00 Men in Retirement	9:15 Seated Strength and Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Tai Chi 1:30 Terrarium Gardening 2:00 Women in Retirement	9:00 Coffee and Donuts with Wellesley Police 9:15 Chair Massage 1:15 Movie: Unsung Hero 
-13-	-14-	-15-	-16-	-17-
9:15 Fit for Life 10:30 Core and More 10:30 Photography Club 12:00 All Levels Yoga 1:30 Navigating the Digital World 1:30 Watercolor for All! Session One 2:30 Chair Yoga	9:15 Seated Strength and Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 1:30 Has Anyone Seen \$500 Million in Stolen Art?	9:15 Hi Low Fitness 10:00 Keep Well Clinic 12:00 Cardio Dance and Strength – LaBlast 1:00 Great American Poems 1:30 Molasses: From the Slave Trade to the Great Flood 1:30 Devil with a Brush: Caravaggio's Dramatic Masterpieces 2:00 Men in Retirement	8:00 Breakfast Club 9:15 Seated Strength and Balance 9:15 All Levels Yoga Pilates 10:00 Pilates 10:30 May I Have a Word 10:30 Tai Chi 1:00 Bingo 1:30 The Bard Goes to the Opera: Romeo and Juliet 4:00 COA Board Meeting	9:15 Yoga for Better Balance 1:15 Movie: Apollo 13: Survival 
-20-	-21-	-22-	-23-	-24-
The Tolles Parsons Center is CLOSED in Observation of Martin Luther King Jr. Day NO ACTIVITIES	9:15 Seated Strength and Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 12:00 My Active Center Workshop 1:00 All Abilities Knitting 1:30 Wellesley COA Reading Adventure	9:15 Hi Low Fitness 12:00 Cardio Dance and Strength – LaBlast 1:00 Shakespeare Discussion 1:30 Scam and Theft Bingo 2:00 Men in Retirement	9:15 Seated Strength and Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Tai Chi 1:30 Beyond Kilimanjaro 2:00 Women in Retirement 7:00 Freud and the Age of Psychology, Part One	9:15 Yoga for Better Balance 10:00 Crystal Bracelet 1:15 Movie: One Life 
-27-	-28-	-29-	-30-	-31-
10:30 Photography Club 12:00 All Levels Yoga 1:30 Mindfulness with Neil 1:30 KevTech 1:30 Watercolor for All! Session One 2:30 Chair Yoga	9:15 Seated Strength and Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 1:30 Fascinating Fungi	9:15 Hi Low Fitness 1:00 American Literary Classics Book Discussion 1:30 My Active Center Walkthrough w/Pizza 2:00 Men in Retirement	9:15 Seated Strength and Balance 9:15 All Levels Yoga 10:00 Pilates 10:00 Silk Scarf Rock Dyeing 10:30 Tai Chi 1:30 50 Years in Publishing 7:00 Freud and the Age of Psychology, Part Two	12:00 Chinese New Year Celebration

FEBRUARY 2025 Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-3-	-4-	-5-	-6-	-7-
9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga 1:30 KevTech 1:30 Watercolor for All! Session One 2:30 Chair Yoga	9:15 Seated Strength and Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 12:00 My Active Center Workshop 1:00 All Abilities Knitting 1:30 Gotland- Sweden's Paradise Island	9:15 Hi Low Fitness 10:00 Keep Well Clinic 12:00 Cardio Dance and Strength – LaBlast 1:00 World History Book Discussion 1:30 Portable Induction Cooktop 2:00 Men in Retirement	9:15 Seated Strength and Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Tai Chi 1:30 The Cotton Club 2:00 Women in Retirement	9:15 Yoga for Better Balance 1:15 Movie: The Six Triple Eight 
-10-	-11-	-12-	-13-	-14-
9:15 Fit for Life 10:30 Core and More 10:30 Photography Club 12:00 All Levels Yoga 1:30 Valentine Piano Performance 1:30 Watercolor for All! Session Two 2:30 Chair Yoga	9:15 Seated Strength and Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 1:30 Peter, Paul and Mary	9:15 Hi Low Fitness 12:00 Cardio Dance and Strength – LaBlast 1:00 Great American Poems 1:30 Valentine's Day Florals Workshop 1:30 Life Transition Binder 2:00 Men in Retirement	8:00 Breakfast Club 9:15 Seated Strength and Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Tai Chi 1:30 Dreams Collage Art Class 1:30 DIY Candy Charcuterie Board	11:00 Valentine's Day Brunch 
-17-	-18-	-19-	-20-	-21-
Council on Aging is CLOSED in Observation of Washington's Birthday NO ACTIVITIES	9:15 Seated Strength and Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 12:00 My Active Center Workshop 1:00 All Abilities Knitting 1:30 Meet the Activities Team	9:00 Coffee and Donuts with Wellesley Police 9:15 Hi Low Fitness 10:00 Keep Well Clinic 12:00 Cardio Dance and Strength 1:00 Shakespeare Discussion 1:30 Chowders, Bisques, Chilis and Stews 1:30 Rhythm & Hues: Harlem Renaissance 2:00 Men in Retirement	9:15 Seated Strength and Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Tai Chi 10:30 May I Have a Word 1:00 Bingo 1:30 The Bard Goes to the Opera Part Two: Hamlet 2:00 Women in Retirement 4:00 COA Board Meeting	9:15 Yoga for Better Balance 9:15 Podiatry Clinic 1:15 Movie: Thelma 
-24 -	-25-	-26-	-27-	-28-
9:15 Fit for Life 10:30 Core and More 10:30 Photography Club 12:00 All Levels Yoga 1:30 Kev Tech 1:30 Watercolor for All! Session Two 1:30 Mindfulness with Neil 2:30 Chair Yoga	9:00 Wellesley Registration 9:15 Seated Strength and Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 1:30 Staying Ahead of Fraudsters 2:00 Men in Retirement	9:00 Non-Wellesley Registration 9:15 Hi Low Fitness 12:00 Cardio Dance and Strength – LaBlast 1:00 American Literary Classics Book Discussion 2:00 Men in Retirement	9:15 Seated Strength and Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Tai Chi 1:30 Clear Captions	9:15 Yoga for Better Balance 1:15 Movie: Maria 
			Monday, March 3	Monday, March 10
			1:30 Watercolor for All! Session Two	1:30 Watercolor for All! Session Two



AARP Foundation Tax Assistance - February 10th Through April 7th

The AARP Foundation Tax Assistance program will be at the Council on Aging at no cost to anyone who needs the assistance. The Volunteer Protection Act requires that the volunteers stay within the scope of tax law and policies set by the IRS and AARP Foundation. Nine available appointments each Monday, with the exception of the holiday on the 19th of February. Each appointment will last for 75 min. Appointments are available on a first-call first-served basis. In order to make an appointment, please contact the Council on Aging at **781-235-3961**.



Fitness ONLINE AND IN PERSON

ALL CLASSES \$5.00



MONDAYS	Time	Duration	ZOOM	In Person	January	February
Fit for Life	9:15 a.m.	60 Minutes		●●	6, 13	3, 10, 24
Core and More	10:30 a.m.	45 Minutes		●●	6, 13	3, 10, 24
All Levels Yoga	12:00 p.m.	60 Minutes		●●	6, 13, 27	3, 10, 24
Chair Yoga	2:30 p.m.	45 Minutes	zoom		6, 13, 27	3, 10, 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		●●	14, 21, 28	4, 11, 18, 25
WEDNESDAYS						
Hi Low Fitness	9:15 a.m.	45 Minutes		●●	8, 15, 22, 29	5, 12, 19, 26
Cardio Dance & Strength – LaBlast	12:00 p.m.	60 Minutes		●●	8, 15, 22	5, 12, 19, 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, 30	6, 13, 20, 27
Pilates	10:00 a.m.	60 Minutes	zoom		2, 9, 16, 23, 30	6, 13, 20, 27
NEW Tai Chi	10:30 a.m.	45 Minutes		●●	2, 9, 16, 23, 30	6, 13, 20, 27
FRIDAYS						
Yoga for Better Balance	9:15 a.m.	60 Minutes		●●	17, 24	7, 21, 28

Aside from a variety of COA fitness classes, the Recreation Department has many senior fitness programs.
www.wellesleyrec.org



Fit for Life is a 60-minute in-person fitness class led by **Jane Golder**, designed to help you stay active and ready for everyday life. It focuses on:

- **Cardio** for heart health
- **Strength** for muscles and bones
- **Balance, agility, and coordination**
- **Core and flexibility** to maintain your ability to perform daily activities



With a **maximum of 20 participants**, this class ensures personalized attention and fun, engaging exercises for older adults aiming to stay fit and healthy.

Core and More is a 45-minute in-person class led by **Jane Golder**, designed to strengthen core muscle groups and improve posture. The class includes exercises that:

- Strengthen the **abdomen** and **back** muscles
- Increase **flexibility**
- Use props like squishy balls, resistance bands, light weights, and chairs
- Incorporate **bodyweight exercises** for safe muscle lengthening



The class also focuses on strengthening the **legs, back, glutes, and abdominals**, promoting better posture, balance, and pain relief.

Some mat work is involved, and participants are encouraged to wear **grippy socks** (shoeless). The class has a **maximum of 17 participants** for focused attention.

All Levels Yoga is a slow-paced Vinyasa Flow class that blends breath, movement, and alignment, suitable for both beginners and intermediate participants.

Key features include:

- Focus on improving **balance, flexibility, and strength** in everyday life
- Participants should be able to move from a **supine to a standing** position comfortably
- Led by certified instructor **Peter Kelly** (E-RYT 200)
- Classes are **60 minutes**, held twice a week on **Mondays and Thursdays**
- **Maximum of 20 participants**, ensuring personalized guidance and attention



This in-person class emphasizes both physical health and having fun!

Chair Yoga with **Rebecca Reber** is an online class conducted via Zoom, focusing on gentle movements that benefit both body and mind. Here's what to expect:

- Begins with a **calming meditation**
- Incorporates **breathwork** and **gentle movements** to enhance **strength, balance, and flexibility**
- Ends with **Savasana** (relaxation pose)
- Suitable for both beginners and experienced practitioners
- Accessible and convenient through **Zoom**, allowing **up to 50 participants**



This class offers a great way to stay active and centered from the comfort of your home.

Seated Strength and Balance is a 45-minute online class, perfect for individuals of all fitness levels and abilities. Led by **Pearl Pressman**, this class includes:

- A thorough **warm-up** for joints and muscles
- **Strength training** and **balance exercises** using:
 - Hand weights
 - Resistance bands
 - Bodyweight exercises
- Classes are held **twice a week on Tuesdays and Thursdays** via Zoom
- Suitable for **up to 50 participants**



This seated class ensures a safe and effective workout for improving strength and balance, all from the comfort of home.

Hi-Low Fitness with **Lourdes Fournier** is a low-impact, 45-minute in-person workout designed to energize your active lifestyle. The class features:

- A variety of exercises focusing on **total body strength** and **cardio endurance**
- A **chair** is available for seated or standing support
- The class includes:
 - **Warm-up**
 - **Cardio endurance** exercises
 - **Strength training** using hand-held weights and resistance bands
 - **Cool down and stretching**



With a **maximum of 20 participants**, this class is ideal for those looking for a balanced, low-impact workout to maintain strength and fitness.

Cardio Dance and Strength — LaBlast!

with **Karen Karten** is a fun, low-impact dance fitness class that incorporates weight training. Key features of the class include:

- 60 minutes of dancing and strength exercises
- Simple steps based on popular dances like:
 - Disco
 - Salsa
 - Foxtrot
 - Swing
- A wide range of music genres to keep the workout lively and enjoyable
- No prior dance experience or dance partner is needed



With a **maximum of 20 participants**, this in-person class offers a fun way to get fit and stay active while dancing to a variety of music styles.

Pilates with **Lisa Wilkins** is an online Zoom class designed to improve flexibility, strength, and endurance.

Key features include:

- Led by Lisa Wilkins, who has over 25 years of fitness instruction experience
- Focuses on:
 - Alignment
 - Breathing techniques
 - Developing a strong core
- Enhancing coordination and balance
- Pilates, when practiced consistently, improves flexibility, strength, and control throughout the entire body
- Conducted via Zoom, with a **maximum of 50 participants**



This class suits people of all ages and abilities, making it a versatile way to achieve fitness goals from home.

Yoga for Better Balance Join **Cyndi Koss** for a beginner-friendly yoga class designed to help you build strength, stability, and better balance. Perfect for newcomers to yoga or anyone seeking to move with more confidence.



- **Benefits:** Strengthen your body, enhance balance, and ease stiffness. Gentle, mindful movements help relieve stress and boost energy levels.
- **Who Can Join:** Great for beginners or those wanting to improve mobility. Participants must be able to transition from standing to the mat and back again.
- **Capacity:** Limited to 18 participants

Tai Chi returns to the Wellesley COA with martial arts instructor **Jim True** leading this 45-minute in-person class. Jim has nearly 50 years of experience in tai chi and brings a fun, relaxed, informative and well-balanced curriculum of Tai Chi and Qigong to every class.



Key features of the class include:

- A flow of slow-motion movements and postures to benefit better balance, mobility, and coordination
- Mind-body exercise that combines movements, meditation and deep breathing
- The class will be Yang Style and focus on the Yang short form, the eight pieces of silk brocade and Qigong energy flow
- **Capacity:** Limited to 18 participants



ART CLASSES/WORKSHOPS/GROUPS *In Person*

ART: Watercolor for All!

Session One: Mondays, January, 6th, 13th, 27th and February 3rd

Session Two: Mondays, February 10th, 24th and March 3rd, 10th
1:30 – 3:00 p.m.

Instructor: Cindy Shorris

Cost: \$60 for the 4-week session



Come join us in a step-by-step watercolor class for all levels. We will learn some fun techniques and will all go home with frameable works of art each week! Wouldn't you love some new art on your walls? Maybe a bouquet of flowers? Or some birch trees with a cardinal resting on a branch? This class will be fun and relaxing for all! **Max: 8**

ART: Crystal Bracelet with Magnetic Clasp

Friday, January 24th
10:00 – 11:30 p.m.

Instructor: Carson Eddy
Cost: \$15

Join us to design and create your own crystal bracelet. We will use magnetic clasps which make it easy to take your bracelet off and on. An assortment of crystal beads will be available for you to select from. You will then go home with your finished bracelet and step-by-step instructions. Tools will also be available for your use during class. **Max: 6**

ART: Silk Scarf Rock Dyeing Class

Thursday, January 30th
10:00 – 11:30 a.m.

Instructor: Joyce Creiger
Cost: \$20



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

ART: Valentine's Day Florals!

Wednesday, February 12th
1:30 – 3:00 p.m.

Instructor: Jessica Pohl
Cost: \$25

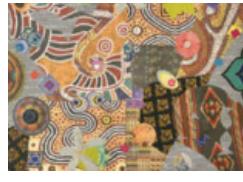


Just in time for Valentine's Day! Join Jessica from A Natural Arrangement to create an arrangement for yourself or a loved one with fresh flowers and a pretty pink vase. All materials are provided. **Max: 12**

ART: "Dreams" Collage Art Class

Thursday, February 13th
1:30 – 3:00 p.m.

Instructor: Cindy Shorris
Cost: \$15



This class is designed to encourage individual expression using collage/mixed media techniques. You are welcome to bring photos of family or travel to personalize your collage, but supplies will also be provided. I am always in awe of the uniqueness of each artist's choices, whether realistic or abstract. I look forward to seeing your creations! **Max: 8**

CLASS: Knitting

Tuesdays, January 7th – February 25th

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

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

COA Volunteers/Instructors - Margaret Lyne, Susan Clapham, Corinne Monahan, Sara Jennings, and Emily Sparks

We offer two separate knitting instruction classes led by volunteers. The Experienced Knitting class meets in the morning and is for more experienced knitters. Less experienced and new knitters should register for the afternoon class. In the Experienced Knitting class, the instructors work on collaborative projects as well as individual ones, if the knitter wishes.

In the All Abilities class, there will be group projects at the appropriate knitting level for each participant. Facilitators will group knitters of similar abilities into projects. When ready, knitters can choose to have an individual project as well. Knitters are responsible for purchasing yarn and supplies for their project or may select from designated donation bins. Due to the limited class size, new participants will be put in touch with the instructors to determine the appropriate level of class. **Max: 14 for each class**

CLUB: COA Photography

Mondays, January 13th, 27th and February 10th, 24th
10:30 a.m. – 12:00 p.m.



Photo Credit: Terry Horrigan, COA Photo Club

If you are interested in improving your photography skills and sharing your images with others, come and join the COA Photography Club! Whether you just use the camera on your phone, or have a 'fancy' camera with multiple lenses, there is always so much more to learn about the wonderful world of photography. The Club has a friendly and enthusiastic group of members with a wide range of photographic experience who love to share 'tips and tricks' and their passion for photography. If you want to know what an 'f-stop' is, or what an 'ISO setting' does, or just want to get helpful feedback on your photos, then this is the group for you!

GROUP: Breakfast Club

Thursdays, January 16th and February 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.





HOST: Terry Catchpole The discussion groups described below are highly interactive sessions, all are encouraged to participate. No special knowledge is required. A great way to enjoy lively interaction with your neighbors!

World History Book Discussion

Wednesdays, January 8th and February 5th

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:

- **January 8, 2025** – *Getting Out of Saigon – How a 27-Year-Old Banker Saved 113 Vietnamese Civilians*, by Ralph White (320 pages).
- **February 5, 2025** – *Fifth Sun – A New History of the Aztecs*, by Camilla Townsend (336 pages).
- **March 5, 2025** - *The Naked Neanderthal – A New Understanding of the Human Creature*, by Ludovic Slimac (208 pages).
- **April 2, 2025** – *Unsinkable – Five Men and the Indomitable Run of the USS Plunket*, by James Sullivan (416 pages).



Great American Poems Discussion

Wednesdays, January 15th and February 12th

1:00 – 2:30 p.m.

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. Coming up:



- **January 15, 2025** – *Paradise Lost #1*, by John Milton
- **February 12, 2025** – *Paradise Lost #2*, by John Milton
- **March 12, 2025** – *Favorite Poems #1*, William Wordsworth (Dover Thrift Edition)
- **April 9, 2025** – *Favorite Poems #2*, William Wordsworth (Dover Thrift Edition)

Shakespeare Discussion

Wednesdays, January 22nd and February 19th

1:00 – 2:30 p.m.

Participants read from and discuss works of the world's greatest playwright! Join the fun and celebrate your inner thespian! No expertise required. Coming up:

- **January 22, 2025** – *Midsummer's Night's Dream*, Acts One and Two
- **February 19, 2025** – *Midsummer's Night's Dream*, Acts Three, Four and Five
- **March 19, 2025** – *Pericles*, Acts One and Two
- **April 16, 2025** – *Pericles*, Acts Three, Four and Five



American Literary Classics Book Discussion

Wednesdays, January 29th and February 26th

1:00 – 2:30 p.m.



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:

- **January 29, 2025** – *In Cold Blood*, by Truman Capote (343 pages)
- **February 26, 2025** – *The Bell Jar*, by Sylvia Plath (245 pages)
- **March 26, 2025** – *The Color Purple*, Alice Walker (288 pages)
- **April 23, 2025** – *Fences*, August Wilson (101 pages)



PROGRAMS/OUTREACH/RESOURCES

OUTREACH

GROUP: Social Connections

Tuesdays, January 7th, 14th, 21st, 28th
and February 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

Wednesdays, January 8th, 15th, 22nd, 29th
and February 5th, 12th, 19th, 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, January 9th, 23rd and
February 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, January 10th and
Wednesday, February 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!

Tech Support with our Technology Consultant, Lois Clayson, has transitioned

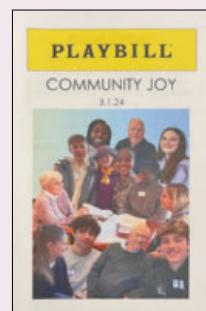


from a no-charge service to a paid service. There will be a \$25 charge for your 45-minute appointment. We suggest you accumulate your tech issues before booking to maximize the time spent during your appointment. Appointments are non-refundable. Lois has been running her private consulting practice for over 26 years. We are grateful Lois has generously offered her services to the Wellesley Council on Aging members at this significant discount.



VOLUNTEER CORNER WHS EVOLUTION PROJECT

The Wellesley High School *Evolutions* Program is inviting seniors to participate in the **Community Joy** unit. Seniors will share their stories with students, who will create skits based on these conversations. The program begins with an introduction meeting in January and includes one-on-one discussions in February. In mid-March, the students will perform their skits during a special event at the WHS Little Theater. All are welcome to attend. To join this exciting intergenerational experience, please contact Sally Miller for more details.



BINGO AT THE COA

BINGO takes place on the 3rd Thursday of each month from 1 p.m. to 3 p.m. Dedicated volunteers run this event. Prizes include gift certificates generously donated by the Friends of the Council on Aging and donated items from community members.

A special shout out to our volunteer, Patricia Thames, for her generosity, warmth, and enthusiasm in making this a fun event! Registering in advance is preferred, but drop-in participation is always welcome!



Volunteer Patricia Thames with her twin sister, JoAnne Miller

My Active Center Workshop

Tuesdays, January 7th, 21st and

February 4th, 18th

12:00 – 1:00 p.m.

Hosted by Michelle Mordan

NEW

The Wellesley Council on Aging is excited to offer a hands-on workshop to help you explore and make the most of the

My Active Center website! This interactive session will guide you step-by-step through setting up your profile and show you how to browse and register for our exciting programs. **Limit: 2 per time slot**

What You'll Learn:

- How to create an account and link it to the Wellesley COA.
- Navigating the site to find events, activities, and classes that interest you.
- Tips and tricks for registering with ease.
- Troubleshooting common issues.

Already a member?

Log in to view the latest activities at your centers

example@er .

Remember me

Forgot password?

LOGIN

OUR MISSION is to enrich the lives of Wellesley Citizens aged 60 and over by providing financial support for enhanced facilities, programs, activities, and other needs for the Wellesley Council on Aging.

Tolles Parsons
3rd Annual Community
Health & Wellness Fair



Thank You To All The Exhibitors Who Participated!

Assisted Living Locators
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Heart to Home Meals
Heavany Hands Senior Care
It's Good to be Home
Mass General Brigham-Community Co
Lions Club
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Mature Caregivers
Naturepedic Organic Mattress Gallery

Newton Wellesley Hospital
Patriach Healthcare
Premier Dental Group
Riverbend of South Natick
Rutledge Properties
Seniors Helping Seniors
Shine, Sr Med Patrol, Prescrip Advantage
Smooth Transitions Massachusetts
Spaulding Outpatient Center
Springwell
Stretch Lab
The Falls at Cordingly Dam
The Residence @Natick South
The Residences at Wingate
The Vascular Care Group
Therapeutic Massage
Visiting Angels
Waterstone at Wellesley
Wellesley Health Dept
Wellesley Neighbors



“Be A Friend” Contribute to the Friends of Wellesley Council on Aging to support the valuable programs and services offered to the residents of Wellesley age 60 and over.

For payment by check, please use form below



Donate online at
www.wellesleyfriendscoa.org/donate

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(No personal
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Checks should be made payable to the “Friends of the Wellesley Council on Aging” and mailed to:

Friends of Wellesley Council on Aging, P.O. Box 812422, Wellesley, MA 02482

*Please attach a separate sheet of paper if your contribution is made for a specific purpose, such as in honor or in memory of a loved one.

For more information about the **Friends of Wellesley Council on Aging** or to volunteer, please visit: www.wellesleyfriendscoa.org.

The Friends of Wellesley Council on Aging is a registered 501(c)(3) non-profit charitable organization. Tax ID# 46-2371545

Almira N. Simons Fund This is a private fund which provides financial assistance to Wellesley residents age 60 and over who are in need. Home repair, adaptive equipment, medical bills, and limited home care are just a few examples of the kinds of things with which the fund can help. Contact the Wellesley COA Health and Social Services Administrator (Outreach Worker) to discuss the completion of a Simons Fund application. The completed application should be forwarded to the Wellesley Council on Aging to the attention of “The Friends of the Wellesley Council on Aging.”



FRIDAY MOVIES With Marie

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

NO : 012345

FRIDAY
MOVIE
TICKET



JANUARY

Reel Talk

Fridays 1:15 p.m.

JANUARY 3rd | PG |



The Lady in the Van (2015)

A true story of Alan Bennett's strained friendship with Miss Mary Shepherd, an eccentric homeless woman who Bennett befriended in the 1970s before allowing her temporarily to park her van in the driveway of his house. She stayed there for fifteen years. Bennett learns that Miss Shepherd is really Margaret Fairchild (died 1989), a former gifted pupil of pianist Alfred Cortot. 1h 44m

JANUARY 10th | PG |



Unsung Hero (2024)

When David Smallbone's successful music company collapses, he moves his family from Down Under to the States, searching for a brighter future. With nothing more than their six children, their suitcases, and their love of music, David and his pregnant wife Helen set out to rebuild their lives. Based on a remarkable true story. 1h 53m

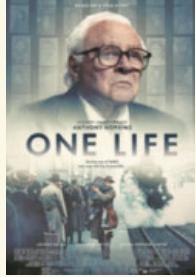
JANUARY 17th | TV-14 |



Apollo 13: Survival (2024)

In April 1970, NASA faced the greatest crisis in its history; three astronauts halfway to the moon on a spacecraft that had suffered a catastrophic explosion. 1h 38m

JANUARY 24th | PG |



One Life (2023)

The true story of Sir Nicholas 'Nicky' Winton, a young London broker who, in the months leading up to World War II, rescued 669 predominantly Jewish children from the Nazis. Nicky visited Prague in December 1938 and found families who had fled the rise of the Nazis in Germany and Austria, living in desperate conditions. He realized it was a race against time to rescue children before the borders closed. 1h 49m

FEBRUARY

Reel Talk

Fridays 1:15 p.m.

FEBRUARY 7th | PG-13 |



The Six Triple Eight (2024)

During the height of the conflict in World War II circa 1943, much of the mail previously reaching soldiers on the front lines has been halted. As warehouses begin to overflow with unfulfilled deliveries, soldiers' hopes are dashed as they lose contact with their families back home. To fix this problem, the 6888th Battalion, the Women's Army Corps' all-Black battalion, including over 800 female soldiers is sent to tackle the impossible challenge of sorting years' worth of backlogged mail. The Six Triple Eight are determined to deliver hope to soldiers and families across the world. 1h 7m

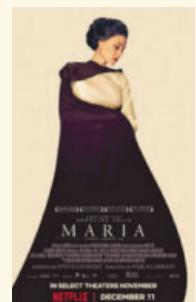
FEBRUARY 21st | PG-13 |



Thelma (2024)

When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her. 1h 38m

FEBRUARY 28th | PG-13 |



Maria (2024)

Maria Callas, the world's greatest opera singer, lives the last days of her life in 1970s Paris, as she confronts her identity and life. 1h 4m

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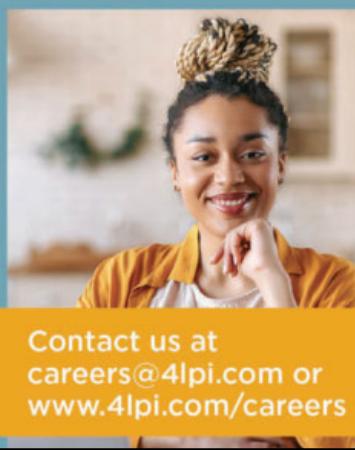
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Wellesley Council on Aging, Wellesley, MA 06-5195



WELLESLEY COUNCIL *on* AGING

500 Washington Street
Wellesley, MA 02482

Hours of Operation:

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

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

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COA In Person/Drop in Activities

Rooms are reserved for each of these programs and we look forward to your attendance. All activities are **drop-in** Monday–Friday 9 a.m. – 4 p.m. unless otherwise noted.

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