



WELLESLEY  
COUNCIL *on* AGING

May/June 2025



Join us as we celebrate Mom with art, music and a Moms day lunch!

"A mother's love knows no age, her wisdom, kindness, and warmth remain timeless treasures in our hearts." — Anonymous



Join  
the Fun



## COA Annual Bar-B-Q with the Blue!

JUNE  
20



Musical guest brought to you by



SEE PAGE 2 FOR REGISTRATION INFORMATION.



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## Wellesley Council on Aging Staff

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**Jeanie Clark, Bus Driver**

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**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, May 15th at 4:00 p.m.**

**Thursday, June 12th 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](http://www.wellesleycoa.org)

coa@wellesleyma.gov

## Wellesley COA Mission Statement:

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

## Age Policy



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

## Class Program Cancellation



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

## Program Specific Refund Policy



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 2025

### Wellesley Residents:

Starting Wednesday,  
**April 23rd at 9:00 a.m.**

### Non-Wellesley Residents:

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

All programs require pre-registration unless otherwise noted.

## REGISTER FOR PROGRAMS AT THE COA



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

**myactivecenter.com**

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



**Tolles Parsons Center, 500 Washington St., Wellesley**

**By Phone Call 781-235-3961**





## To all COA Patrons:

The mission of the Wellesley COA is always stated on the top of page 2 of each newsletter. It is the responsibility of the Board to carry out that mission by providing the resources and assets to be effective today and setting the course for successful growth and development into the future. The Board develops and manages its own budget, which includes operation costs, staff salaries, and building needs. The Board also develops policies, seeks funding, balances the use of its assets, strives to serve more people, and searches for ways to adapt, meet demand, and improve.

Most recently a study to assess the needs of Wellesley's older residents began. The results of this study by the UMass Gerontology Institute will help not only guide the COA, but also the Town of Wellesley to make changes necessary to be designated, and actually become an Age Friendly Community. The Transportation Program is under review, as is ongoing Policy review. While always looking ahead to new initiatives, another focus of the Board is to meet demand of popular programs and accommodate more patrons who wish to attend events. And of course, the Board is nearing the end of a three-and-a-half year effort and request to the Town to complete the original building project and make the necessary alterations to the existing kitchen area to meet the licensing requirements that would allow the kitchen to be used. Without a licensed kitchen, the only allowable use of the existing kitchen for the lifetime of the building is as a pass-thru for prepacked, single serve delivered food with disposable accessories and a wash station for coffee pots.

The Board welcomes inquiries and input from patrons via direct discussion, suggestions in the suggestion box, or email at [coa@wellesleyma.gov](mailto:coa@wellesleyma.gov). Meetings are recorded for viewing at any time at [wellesleymedia.org](http://wellesleymedia.org).

**Marlene Allen, COA Vice Chair**

## BUS TRIP

### Kennebunkport Day Trip

**Thursday, June 5th**

**Departure time is 9:30 a.m.**

**Approximate return time is 6:30 p.m.**

**Registration deadline is May 14th**

**\$99 per person for Wellesley Residents**

**\$129 per person for non-Wellesley Residents**



Join the COA for a day trip to Kennebunkport, ME! Our first stop will be lunch at Mike's Clam Shack in Wells, ME where you will have a meal choice of lobster, NY strip steak, baked haddock or baked stuffed chicken.

After a delicious meal we will continue on for a 90 minute guided tour of southern Maine's coastal villages of Kennebunk and Kennebunkport. Highlights of the tour will include Dock Square, Ocean Avenue along the Kennebunk River and the Bush family estate at Walker's Point, among many other places of interest. After the tour, we will enjoy some free time to shop and stroll in Kennebunkport's charming shopping village before departing for Wellesley. **All participants need to be able to independently go up and down stairs. Refunds will not be available after May 14th.**



## COUNCIL ON AGING *Happenings*

### Is That A "Coywolf" In My Back Yard?

**Thursday, May 1st**

**1:30 p.m.**

**Robert Michelson, President,  
Photography By Michelson, Inc.**

Join nature photographer Robert (Bob) Michelson as he follows the eastward expansion and hybridization of coyotes to the East Coast. This species was never found east of the Mississippi River before 1900. Coyotes seen in New England are larger than their western cousins and look more like a large German Shepherd. As coyotes expanded their range north into Canada, they interbred with whatever dog was available – the gray wolf. Our coyotes are hybrid animals, not pure bred coyote. They can hunt in both open plain, and forest habitat. Wolves only hunt in forest, and coyote in open plains. Bob's photos have been featured in numerous magazines including *Field and Stream* and museums including the New England Aquarium.



### Cinco de Mayo Lunch

**Monday, May 5th**

**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. 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.** **Wellesley residents only. Max: 75.**



## My Active Center Workshop

Tuesdays, May 6th, 20th and June 17th

12:00 – 1:00 p.m.

Michelle Mordan, COA Volunteer



We are excited to offer a hands-on workshop to help you learn to register for COA programming on-line! During this interactive session, you will learn to set up your profile on the My Active Center website, browse our programming and sign-up for programs from the comfort of your home. **Registration required. Limit 2 per session.**

## The UN a Presentation/Discussion

Tuesdays, May 6th, 13th, 20th, 27th

1:30 p.m.

Sister Marie Dio



### 79 Years Later: Is the UN Still Relevant?

Join us for a **four-part series** exploring the **United Nations'** role in today's world. Topics include the UN's mission, global impact, civil society's role, and needed reforms. Is the UN still essential, or is change overdue? **Don't miss this thought-provoking discussion!**

## A Salute To Mom

Thursday, May 8th

12:00 p.m.

Dan Clarke, The Singing Trooper



Join us for a heartwarming afternoon as we celebrate Mothers and Mother Figures with great food, wonderful company, and live entertainment at the Wellesley COA. This special event features a memorable performance by Dan Clarke – The Singing Trooper, whose powerful voice and uplifting songs will make this a truly unforgettable tribute. Come relax, enjoy, and share in the joy of honoring the incredible women in our lives. **Generously sponsored by Fox Hill Village and the Friends of the Wellesley Council on Aging. Registration required. Max: 55.**

## Mindfulness with Neil Motenko

Mondays, May 12th and June 2nd

1:30 p.m.

Neil Motenko, Mindfulness Teacher



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!

## Mother's Day Piano Performance

Monday, May 12th

1:30 p.m.

Michael Leidig, Pianist



Join us for a lovely afternoon of music performed on the piano by Michael Leidig, who performs throughout New England. The theme of his program will be music connected to Mother'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 in and enjoy this Mother's Day musical journey!

## Lincoln Bell Ringers Musical Performance

Wednesday, May 14th

2:00 p.m.



The Lincoln Hand Bell Ringers will bring an enchanting combination of precision and magic to their musical performance while Director Diane Burke provides fascinating context about the musical pieces performed both familiar and new.

## Creatively Connecting to Our Living Stories

Thursday, May 15th

10:00 a.m.

Franci DuMar



As we age, many of us enjoy sharing and passing down meaningful stories about our lives. However, sometimes we don't notice the hidden messages, questions, and feelings that lay dormant underneath our stories, that are ready to be investigated more fully. In this workshop, participants will identify a story from their life that has important meaning to them. Through brief creative group activities, including visual art, movement, writing, and enactment, participants will explore the themes of their stories in unique and uplifting ways. This workshop is tailored towards individuals who enjoy storytelling, learning new skills, and finding connection with others through meaningful discussion. No previous creative experience required. Instead, openness and willingness to try something new is encouraged!

## The Bard Goes to the Opera

PART FIVE: Falstaff

Thursday, May 15th

1:30 – 3:00 p.m.



Join Erika Reitshamer for an opera talk on *Falstaff* by Giuseppe Verdi. *Falstaff* is based on *The Merry Wives of Windsor* and *Henry IV*. It is the composer's last opera, at the age of 80, when he surprised the world with a delightful comedy. In the opera discussed, Renato Bruson sings Sir John and Katia Ricciarelli is Alice Ford. Erika Reitshamer was born and educated in Germany and is a passionate and life-long fan of opera. She is a noted lecturer in the great Boston area.

## KevTech

Mondays, May 19th and

June 2nd, 16th

1:30 p.m.

Kevin Figueroa/Gus Dantas, 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**



## Fifty Years of Broadway

Wednesday, May 21st

1:30 p.m.

### David Polansky, Musician

This one-man show takes audiences on a musical journey through Broadway's golden years (1921–1978), featuring beloved classics from iconic productions. Enjoy hits like "Second Hand Rose" (*Ziegfeld Follies*, 1921), "Fascinating Rhythm" (*Lady Be Good*, 1923), and "Old Man River" (*Show Boat*, 1927). Other featured favorites include *Girl Crazy*, *Oklahoma!*, *West Side Story*, *Fiddler on the Roof*, and *Ain't Misbehavin'*. A must-see for Broadway lovers. **Sponsored by FWC OA.**



## Perennial Muses: Flowers in Art

Wednesday, May 21st

1:30 p.m.

### Jane Oneail, Culturally Curious

Have you ever wondered about the hidden messages blooming within famous paintings? Throughout the history of art, flowers have been more than just beautiful decorations - they've served as powerful symbols, carrying secret meanings known to artists and their patrons. From the purity of lilies in Renaissance Madonnas to the fleeting nature of life represented by wilting bouquets in Dutch still lifes, each petal and stem tells a story. This fascinating exploration of flora in art will unveil the language of flowers, revealing how these delicate blooms have shaped our visual culture and continue to inspire artists - and flower lovers! - to this day.

ZOOM



## A Musical Salute to The Sound of Music

Thursday, May 22nd

1:30 p.m.

### Ruth Harcovitz, Singer

Join us at the Wellesley Council on Aging for a special performance by the talented Ruth Harcovitz, as she brings *The Sound of Music* to life with her charm, magnetism, and artistry. Ruth's beautiful voice and captivating presence will fill the hall with song, celebrating the beloved melodies from this timeless classic. **Don't miss this uplifting and unforgettable musical event!** **Sponsored by a grant from the Wellesley Cultural Council.**



## Protect Yourself from Medicare Fraud!

Thursday, May 29th

1:30 p.m.

### Presenter Judy Gertler

**Did you know that over \$60 billion of Medicare funds are lost to fraud every year?** Join a representative of the Massachusetts Senior Medicare Patrol (SMP) Program and participate in a discussion on how Medicare beneficiaries are instrumental in preventing, detecting, and reporting Medicare Fraud. We all can have an active role in protecting Medicare for ourselves and future generations. This free information workshop will provide you with the tools to become a more informed and engaged healthcare consumer, as well as explore the need to be vigilant and protect yourself from becoming a victim of deceptive marketing and medical identity theft. Additionally, this informational session will provide you with other important information to assist you in navigating the increasingly complex healthcare system.



## Patsy Cline

Tuesday, June 3rd

1:30 p.m.

### Frank King, former WBUR Radio Host



Join Frank King for a musical lecture on the gorgeous recordings and tragic life of the one and only PATSY CLINE, considered to possess one of the most beautiful voices of all time, who crossed over from her country music roots to become a major popular star. Also: the story behind 3 big hits from the Great Year of 1959, and the interesting history of one of the most recorded songs of all time: Hoagy Carmichael's "Stardust."

## Music with Marie at the Wellesley COA!

Wednesday, June 4th

1:30 p.m.

### Marie Sings



Join us for a wonderful musical experience with Marie, an experienced vocalist who studied Theatre Arts at UMass Boston. Marie brings her passion for music to the stage, performing acoustic sets and classic favorites. She currently sings lead vocals in local cover bands, writes and records original music, and has a background in teaching theatre and improv to students. **Come enjoy a fun and engaging musical afternoon at the COA!** **Sponsored by FWC OA.**

## Madagascar - African Tradition in a Natural Paradise

Thursday, June 5th

1:30 p.m.

### Barry Pell, World Traveler and Photojournalist



The world's fourth largest island, Madagascar's history and culture are a fascinating blend of its people, who descended from Indonesians, Europeans and mainland Africans. Long before humans arrived, Madagascar separated from the African continent and evolved hundreds of species of animals found nowhere else on earth. In this photographic presentation, the lecturer will journey to the island's historic sites and national parks to introduce the customs and lives of the Malagasy people and the extraordinary animals in this unique land.

## The Cotton Club

Monday, June 9th

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.



## Dragonflies, Damselflies and Spreadwings:

**Beautiful and Beneficial**

**Tuesday, June 10th**

**1:30 p.m.**

**Joy Marzolf, Joys of Nature**



What is the difference between a dragonfly and damselfly? What are they doing in our yards? How do you tell males from females? Enjoy beautiful images of these animals and learn more about these amazing flyers and how their presence in our neighborhoods can benefit all of us!

## Churchill: His Life and Times

**Wednesday, June 11th**

**1:30 p.m.**

**Jon Huibregtse,  
Framingham State History Professor**



Join us at the Wellesley COA for a fascinating talk on the life and legacy of Winston Churchill, presented by Jon Huibregtse, History Professor at Framingham State University. Learn about Churchill's remarkable leadership, wartime decisions, and lasting impact on the world in this engaging and insightful lecture. **Don't miss this opportunity to dive into the extraordinary life of one of history's most influential figures!** Sponsored by Carmel Terrace.

## Small Steps to Better Heart Health

**Newton-Wellesley Hospital**

**Thursday, June 12th**

**1:30 p.m.**

**Presented by Jane Barr**



**NEWTON-WELLESLEY  
HOSPITAL**

The food you eat, how you handle stress and how much exercise you get has a big impact on your heart health. Making small changes can have a large, positive effect on your health and how you feel. Jane Barr, MPH, LDN Community Wellness Coordinator, will lead an interactive discussion sharing guidelines for a heart healthy lifestyle. Brought to you by MGB Newton Wellesley Hospital's Community Collaborative Heart Health and Wellness Council.

## A Salute to the Flag

**Friday, June 13th**

**1:30 p.m.**

**Presented by Wellesley Veteran Bill Sinnott**



Join us at the **Wellesley COA** for a special talk

honoring the history and significance of the **American flag**.

Learn about its origins, symbolism, and the traditions that make it a lasting emblem of our nation's values. **Celebrate patriotism and heritage** in this engaging and informative presentation.

Bill was previously an Assistant District Attorney for Norfolk County for four years and then an Assistant United States Attorney, prosecuting narcotics, gang, and money laundering cases for the New England Organized Crime Drug Enforcement Task Force for over eleven years.

Bill is a retired Colonel in the Marine Corps Reserve whose thirty-year service included peacekeeping duties in Bosnia and security oversight in Iraq with the First Marine Expeditionary Force. Colonel Sinnott served as an Intelligence Officer for most of his active and reserve career.

## The History of Emancipation and Juneteenth

**Tuesday, June 17th**

**1:30 p.m.**

**Chris Daley, Historian and Author**



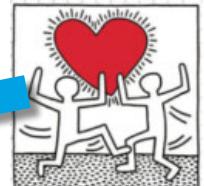
This presentation offers an exciting and engaging exploration of key events and milestones in the journey to freedom. It covers the abolitionist movement, the election of Abraham Lincoln, Fremont's Emancipation, Hunter's Emancipation, and General Benjamin Butler's "Contraband of War" orders. It delves into the Emancipation Proclamation—its timing, political implications, and the people it directly impacted—as well as the gradual emancipation of enslaved individuals by Federal troops as they advanced through Confederate states. The presentation also highlights the end of the Civil War, the arrival of Federal troops in Texas, and the historic issuance of General Order No. 3 on June 19, 1865, in Galveston, Texas. Finally, it traces Juneteenth's evolution from a local Galveston celebration to its recognition as a national holiday.

## From Graffiti to Museum Galleries: The Art & Advocacy of Keith Haring

**Wednesday, June 18th**

**1:30 p.m.**

**Jane Oneail, Culturally Curious**



Keith Haring's vibrant and iconic art captured the spirit of 1980s New York City, blending pop art, graffiti, and social activism. What made his bold, energetic figures and symbols so universally appealing? Haring's work, characterized by its simplicity and accessibility, addressed pressing issues including AIDS awareness. From subway stations to museums, Haring's art continues to inspire and provoke thought decades after his untimely death.

## CELEBRATING COA VOLUNTEERS!

**Wednesday, June 18th**

**2:30 p.m.**

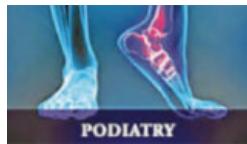
We cordially invite **all volunteers** to our annual Volunteer Appreciation Ice Cream Social. COA Staff and Board Members will be scooping ice cream and serving other refreshments in the Multipurpose Room. Volunteers are a vital and valued part of our community. Our many wonderful volunteers include the Community Service Bears and the Café and Library Care Groups, Lunch Servers, Greeters, Discussion and Game Leaders, Bus Assistants, Drivers, and the "Friends of the WCOA". Volunteers contribute thousands of hours to the smooth operation of the COA and their generous service and dedication are greatly appreciated!!!

We look forward to celebrating our wonderful volunteers and showing our appreciation. **If you are a volunteer or have volunteered in the past, please call the COA to register for this celebration or email [smiller@wellesleyma.gov](mailto:smiller@wellesleyma.gov).**



**Podiatry Clinic**  
**Friday, June 20th**  
**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. Kuizanas by check, cash or credit card. **Registration required.**



**BBQ with the Blue**  
**Friday, June 20th**  
**12:00 p.m.**



**Hosted by the Wellesley Police Department**  
**Musical Performance by Joey Voices**

Join fellow friends and neighbors for this summertime favorite at the COA! Wellesley Police Officers will patrol the COA with the help of the Captain Marden's Food truck. You have a delicious choice of Fish Sandwich, Clam Strips or Cheese Burger. Fries and The Captain's

famous Clam Chowder will also be served. Get ready for a fun afternoon with Wellesley's finest. **Registration required. Wellesley residents only. Max: 50.**



**Wellesley Health Department Coffee**

**Monday, June 23rd**  
**10:30 a.m.**

**Anne Marie McCauley, R.N. Public Health Nurse**  
**Jhana Wallace, Community Health Outreach Coordinator**

Learn more about one of our Town Departments! Meet with members of the Wellesley Health Department for information, conversation, questions and light refreshments. Members of the Health Department will share information about the services they provide and health issues relevant to COA members. They will also answer questions about any current health issues that are on your mind. (Please note that blood pressure checks will not be available at this event).



**Steve Rudolph Trio**  
**Tuesday, June 24th**  
**1:30 p.m.**

**The Steve Rudolph Trio**



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

**The History of Howard Johnson's: 28 Flavors of Ice Cream!**  
**Wednesday, June 25th**  
**1:30 p.m.**  
**Anthony Sammarco, Historian and Author**



Howard Johnson created an orange-roofed empire of ice cream stands and restaurants that stretched from Maine to Florida, and all the way to the West Coast. With a reputation for good food at affordable prices, hungry customers would regularly return for more. The attractive white Colonial Revival restaurants, with eye-catching porcelain tile roofs, illuminated cupolas and sea blue shutters, were described in *Reader's Digest* in 1949 as the epitome of "eating places that look like New England town meeting houses dressed up for Sunday." Highlighted in television shows such as *Mad Men* and films like Netflix's 2019 *The Irishman*, it's obvious that Howard Johnson's occupies an indelible and pleasant place in popular culture. Boston historian and author Anthony Sammarco recounts how Howard Johnson introduced twenty-eight flavors of ice cream, the "Tendersweet" clam strips, grilled frankfords and a menu of delicious and traditional foods that families eagerly enjoyed when they traveled.

**Shelley Otis and the Harp Beat Duo**  
**Thursday, June 26th**  
**1:30 p.m.**



As a performer and arranger for the harp, Shelley Otis plays an unexpected variety of music, including covers of newly released music, jazz standards, traditional Celtic tunes, and original compositions. She provides music at more than 100 weddings and private events per year and has been featured in concerts as a soloist and in several ensembles, including the Celtic band Ulster Landing and with the children's music group Boston HarpBeat. She maintains a five-star rating on the Bash, WeddingWire, the Knot, and Gig Salad, and has been a recipient of the Couple's Choice award and the Best of Weddings award. **Sponsored by the FWCOA.**

**The Boston Public Garden: The Soul of the City**  
**Monday, June 30th**  
**1:30 p.m.**  
**Johnny Kinsman, Actor and Lecturer**



In this presentation by Johnny Kinsman, we will examine the history of the garden itself, discuss the art and artistry of this open-air museum, and explore things large and small, animate and inanimate, including the pedal-powered swans inspired by an epic opera, the beloved bronze ducklings that waddled into our hearts from the pages of a children's book, the snack-seeking squirrels that give better driving directions than most locals, and... what exactly are those white squares in the trees?! This talk will be accompanied by slides and stories, so a sense of curiosity is encouraged!

# 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](mailto: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
- Woodland MBTA Green Line Station

To get started with this program, either download the MWRTA CATCH app on your smartphone or call **508-283-5083**. If you have any questions, please email [info@mwrtacom](mailto: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](mailto:ksavage@wellesleyma.gov) or call **781-235-3961**.



## HAVE YOU HEARD ABOUT THE MEDICARE SAVINGS PROGRAM?



If eligible, you can get great benefits that will pay for your Part A, B, and D premiums, as well as any late enrollment fees. It will also cap your medication costs making your drugs more affordable. At the highest level, it will protect you from getting billed for Medicare copays and deductibles. The savings are endless!

The great news is MSP can work with your existing Medicare plan

since it is not insurance! If you like your current Medicare plan, you don't have to change it. Plus, the application is only 1 page...what are you waiting for? See the chart on the right to see if you're eligible:

Remember SHINE counselors are available year-round to assist with all of your Medicare needs including screening for public assistance, going over claims, and much more. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local senior center. For other SHINE related matters, call 1-800-243-4636. Once you

get the SHINE answering machine, leave your name, number and town. A volunteer will call you back, as soon as possible.

### MEDICARE SAVINGS PROGRAM

YOU ARE:	YOUR INCOME IS BELOW:
SINGLE	\$2,935.00 PER MONTH
MARRIED	\$3,966.00 PER MONTH

# COA LUNCH

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

**TO ORDER CALL 781-235-3961**

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



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.**

May	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			-1-	-2-
			Turkey, Bacon, Cheddar Cheese, Avocado with Lettuce, Tomato & Chipotle Mayo on Whole Wheat Wrap & Chips	White Chicken Salad, Mixed Field Greens, Tomatoes, Cucumbers & a Chocolate Chip Cookie
<b>WELLESLEY BAKERY</b>	<b>-6-</b>	<b>-7-</b>	<b>-8-</b>	<b>-9-</b>
	Ham & Mushroom Quiche and ½ Garden Salad & Blueberry Muffin	½ California Roll Up, Chicken Noodle Soup & Chocolate Muffin	<b>NO LUNCH</b>	Spinach Feta Quiche, ½ Garden Salad & a Chocolate Chip Cookie
	<b>-13-</b>	<b>-14-</b>	<b>-15-</b>	<b>-16-</b>
	Turkey, Bacon, Romaine, Tomatoes, Pepper Jack Cheese, Cranberry Sauce on White Bread	Cranberry Chicken Wrap & a Cookie	½ Roasted Chicken, Lettuce, Tomato on Multigrain Bread & Chocolate Chip Cookie	Ham, deli mustard, swiss cheese, Tomato, Caramelized Onions on a Soft Croissant & a Cookie
<b>Captain Marden's Seafoods</b>	<b>-20-</b>	<b>-21-</b>	<b>-22-</b>	<b>-23-</b>
	Herb & mustard crusted salmon loaf, whipped potatoes, peas & carrots	Tuna salad plate, cole slaw & Cornbread	Salmon croquettes, cornbread & green beans	Baked haddock with herb stuffing & honey glazed carrots
<b>Wellesley NORTH END</b>	<b>-27-</b>	<b>-28-</b>	<b>-29-</b>	<b>-30-</b>
	½ Vegetarian Calzone & Cape Cod Potato Chips	Grilled Veggie Wrap with Provolone Cheese, Broccoli, Mushrooms, Onion, Green Peppers, Tomato, and Lettuce with a Chocolate Chip Cookie	Meatball Parmigiana Focaccia with Chips	<b>NO LUNCH</b>
June	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>-3-</b>	<b>-4-</b>	<b>-5-</b>	<b>-6-</b>
<b>WELLESLEY BAKERY</b>	½ Roasted Chicken, with Lettuce, Tomato, Chicken Noodle Soup & Oatmeal Cookie	½ Turkey Sandwich with Lettuce, Tomato & Mayo with Chicken Lemon Rice Soup & Chocolate Chip Oatmeal Cookie	½ Chicken Tarragon Sandwich on Multigrain with Lettuce, Tomato, Chicken Vegetable Soup & a Pear Ginger Muffin	Spinach Feta Quiche with Sun Dried Tomato, Gazpacho Soup & a Chocolate Chip Cookie
	<b>-10-</b>	<b>-11-</b>	<b>-12-</b>	<b>-13-</b>
	Gyro Salad (Lamb Meat, Feta Cheese, and Tzatziki Sauce) & a Brownie	Chicken Gyro & Baklava	Chicken Kabob Wrap with Chips	Shrimp Broccoli Alfredo & a Chocolate Chip Cookie
	<b>-17-</b>	<b>-18-</b>	<b>-19-</b>	<b>-20-</b>
	Small Meatball Sub & a Chocolate Chip Cookie	Prosciutto, Mozzarella, Tomatoes, Basil, Roasted Peppers with Olive Oil & Vinegar on Baguette and Chips	<b>NO LUNCH</b>	<b>NO LUNCH</b>
<b>Captain Marden's Seafoods</b>	<b>-24-</b>	<b>-25-</b>	<b>-26-</b>	<b>-27-</b>
	Baked Haddock with Herb Stuffing & Honey Glazed Carrots	Salmon Croquettes, Cornbread & Green Beans	Fish Cake, Broccoli & Cornbread	Herb & Mustard Crusted Salmon Loaf, Whipped Potatoes, and Peas & Carrots



# MAY 2025 Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>VIRTUAL</b> <b>IN PERSON</b>  <p><b>See Back Cover</b></p>	 <p>The Wellesley COA celebrates the diversity of our community and welcomes people of all abilities, gender identities, races, religions, and ethnicities</p>		<p><b>-1-</b></p> <p><b>9:15</b> Seated Strength &amp; Balance  <b>9:15</b> All Levels Yoga  <b>10:00</b> Pilates  <b>10:30</b> Tai Chi  <b>1:30</b> Coyotes: Is that a Coywolf in My Backyard?  <b>2:00</b> Women in Retirement</p>	<p><b>-2-</b></p> <p><b>9:15</b> Yoga for Better Balance  <b>1:15</b> Movie: Chicago  </p>
<b>-5-</b> <p><b>12:00</b> Cinco de Mayo Lunch  <b>2:30</b> Chair Yoga</p>	<b>-6-</b> <p><b>9:15</b> Seated Strength &amp; Balance  <b>9:15</b> Yoga for Better Balance  <b>10:00</b> Experienced Knitting  <b>11:00</b> Social Connections  <b>12:00</b> My Active Center Workshop  <b>1:00</b> All Abilities Knitting  <b>1:30</b> The U.N.</p>	<b>-7-</b> <p><b>9:15</b> Hi Low Fitness  <b>10:00</b> Keep Well Clinic  <b>12:00</b> Cardio Dance &amp; Strength – La Blast  <b>1:00</b> World History Book Discussion  <b>2:30</b> Men in Retirement</p>	<b>-8-</b> <p><b>9:15</b> Seated Strength &amp; Balance  <b>10:00</b> Pilates  <b>12:00</b> A Salute to Mom  <b>2:00</b> The Afternoon Discussion Group</p>	<b>-9-</b> <p><b>9:15</b> Yoga for Better Balance  <b>10:00</b> Japanese Silk Fan Painting  <b>1:15</b> Movie: Phantom of the Opera  </p>
<b>-12-</b> <p><b>9:15</b> Fit for Life  <b>10:30</b> Core and More  <b>10:30</b> Photography Club  <b>12:00</b> All Levels Yoga  <b>1:30</b> Mother's Day Piano Performance  <b>1:30</b> Mindfulness with Neil Motenko  <b>2:30</b> Chair Yoga</p>	<b>-13-</b> <p><b>9:15</b> Seated Strength &amp; Balance  <b>9:15</b> Yoga for Better Balance  <b>10:00</b> Experienced Knitting  <b>11:00</b> Social Connections  <b>1:00</b> All Abilities Knitting  <b>1:30</b> The U.N.</p>	<b>-14-</b> <p><b>9:00</b> Donuts &amp; Coffee with Wellesley Police  <b>9:15</b> Hi Low Fitness  <b>1:00</b> Great Poems Discussion  <b>2:00</b> Lincoln Bell Ringers Musical Performance  <b>2:30</b> Men in Retirement</p>	<b>-15-</b> <p><b>9:15</b> Seated Strength &amp; Balance  <b>9:15</b> All Levels Yoga  <b>10:00</b> Pilates  <b>10:00</b> Living Strategies  <b>10:30</b> Tai Chi  <b>12:30</b> Tell Us What You're Reading Discussion  <b>1:00</b> Bingo  <b>1:30</b> The Bard Goes to the Opera Part Five: Falstaff  <b>2:00</b> Women in Retirement  <b>4:00</b> Board Meeting</p>	<b>-16-</b> <p><b>9:15</b> Yoga for Better Balance  <b>10:00</b> Spring Floral Arrangement Workshop  <b>1:15</b> Movie: Moulin Rouge  </p>
<b>-19-</b> <p><b>9:15</b> Fit for Life  <b>10:30</b> Core and More  <b>12:00</b> All Levels Yoga  <b>1:30</b> KevTech  <b>1:30</b> Spring Collage Class  <b>2:30</b> Chair Yoga</p>	<b>-20-</b> <p><b>9:15</b> Seated Strength &amp; Balance  <b>9:15</b> Yoga for Better Balance  <b>10:00</b> Experienced Knitting  <b>11:00</b> Social Connections  <b>12:00</b> My Active Center Workshop  <b>1:00</b> All Abilities Knitting  <b>1:30</b> The U.N.</p>	<b>-21-</b> <p><b>9:15</b> Hi Low Fitness  <b>10:00</b> Keep Well Clinic  <b>12:00</b> Cardio Dance &amp; Strength – La Blast  <b>1:00</b> Shakespeare Discussion  <b>1:30</b> Fifty Years of Broadway  <b>1:30</b> Perennial Muses: Flowers in Art  <b>2:30</b> Men in Retirement</p>	<b>-22-</b> <p><b>9:15</b> Seated Strength &amp; Balance  <b>9:15</b> All Levels Yoga  <b>10:00</b> Pilates  <b>10:30</b> Tai Chi  <b>1:30</b> A Musical Salute to the Sound of Music  <b>2:00</b> The Afternoon Discussion Group  <b>2:00</b> Women in Retirement</p>	<b>-23-</b> <p><b>9:15</b> Yoga for Better Balance  <b>1:15</b> Movie: The Music Man  </p>
<b>-26-</b> <p><b>The Tolles Parsons Center is CLOSED in Observation of Memorial Day NO ACTIVITIES</b></p>	<b>-27-</b> <p><b>9:15</b> Seated Strength &amp; Balance  <b>9:15</b> Yoga for Better Balance  <b>10:00</b> Experienced Knitting  <b>11:00</b> Social Connections  <b>1:00</b> All Abilities Knitting  <b>1:30</b> The U.N.</p>	<b>-28-</b> <p><b>9:15</b> Hi Low Fitness  <b>12:00</b> Cardio Dance &amp; Strength – La Blast  <b>1:00</b> American Literary Classics Book Discussion  <b>2:30</b> Men in Retirement</p>	<b>-29-</b> <p><b>9:15</b> Seated Strength &amp; Balance  <b>9:15</b> All Levels Yoga  <b>10:00</b> Pilates  <b>10:30</b> Tai Chi  <b>1:30</b> Protect Yourself from Medicare Fraud!  <b>2:00</b> Women in Retirement</p>	<b>-30-</b> <p><b>9:15</b> Yoga for Better Balance  <b>11:30</b> Movie: Wicked  <b>2:00</b> Women in Retirement  </p>

# JUNE 2025 Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>-2-</b>  9:15 Fit for Life 10:30 Core and More 10:30 Photography Club 12:00 All Levels Yoga 1:30 KevTech 1:30 Mindfulness with Neil Motenko 2:30 Chair Yoga	<b>-3-</b>  9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 1:30 Patsy Cline	<b>-4-</b>  9:15 Hi Low Fitness 10:00 Keep Well Clinic 12:00 Cardio Dance & Strength – La Blast 1:00 World History Book Discussion 1:30 Music with Marie at the Wellesley COA! 2:30 Men in Retirement	<b>-5-</b>  9:15 Seated Strength & Balance 9:15 All Levels Yoga 9:30 Kennebunkport Trip 10:00 Collaged Scallop Shells 10:00 Pilates 10:30 Tai Chi 1:30 Madagascar 2:00 The Afternoon Discussion Group	<b>-6-</b>  9:15 Yoga for Better Balance 1:15 Movie: Juror #2 
<b>-9-</b>  9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga 1:30 The Cotton Club 1:30 Watercolor for All! 2:30 Chair Yoga	<b>-10-</b>  9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 1:30 Dragonflies, Damselflies and Spreadwings	<b>-11-</b>  9:00 Donuts & Coffee with Wellesley Police 9:15 Hi Low Fitness 12:00 Cardio Dance & Strength – La Blast 1:00 Great Poems Discussion 1:30 Churchill: His Life and Times 2:30 Men in Retirement	<b>-12-</b>  9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 10:00 Pressed Flower's Class 10:30 Tai Chi 12:30 Tell Us What You're Reading Discussion 1:00 Bingo 1:30 Small Steps to Better Heart Health 2:00 Women in Retirement 4:00 Board Meeting	<b>-13-</b>  9:15 Yoga for Better Balance 1:30 A Salute to the Flag 
<b>-16-</b>  9:15 Fit for Life 10:30 Core and More 10:30 Photography Club 12:00 All Levels Yoga 1:30 KevTech 1:30 Watercolor for All! 2:30 Chair Yoga	<b>-17-</b>  9:15 Seated Strength & 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 The History of Emancipation and Juneteenth	<b>-18-</b>  9:15 Hi Low Fitness 10:00 Keep Well Clinic 12:00 Cardio Dance & Strength – La Blast 1:00 Shakespeare Discussion 1:30 The Art and Advocacy of Keith Haring 2:30 Volunteer Ice Cream Social 2:30 Men in Retirement	<b>-19-</b>  <b>The Tolles Parsons Center is CLOSED in Observation of Juneteenth NO ACTIVITIES</b>	<b>-20-</b>  9:15 Podiatry Clinic 12:00 BBQ with the Blue  
<b>-23 -</b>  9:15 Fit for Life 10:30 Wellesley Health Department Coffee 10:30 Core and More 12:00 All Levels Yoga 2:30 Chair Yoga	<b>-24-</b>  9:00 Wellesley Registration 9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 11:00 Social Connections 1:30 Steve Rudolph Trio	<b>-25-</b>  9:00 Non-Wellesley Registration 9:15 Hi Low Fitness 12:00 Cardio Dance & Strength – La Blast 1:00 American Literary Classics Book Discussion 1:30 The History of Howard Johnson's: 28 Flavors of Ice Cream! 2:30 Men in Retirement	<b>-26-</b>  9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Tai Chi 1:30 Shelley Otis and the Harp Beat Duo 2:00 Women in Retirement	<b>-27-</b>  9:15 Yoga for Better Balance 1:15 Movie: Here 
<b>-30 -</b>  12:00 All Levels Yoga 1:30 The Boston Public Garden: The Soul of the City 2:30 Chair Yoga	<p><b>Missed a Program at the Wellesley COA? No Problem!</b></p> <p>We know life gets busy, and sometimes you can't make it to an event you were looking forward to. If you missed a program at the Wellesley Council on Aging, we've got you covered! Visit Wellesley Media to see if it was recorded!</p> <p><a href="https://www.youtube.com/user/WellesleyChannelTV/videos">https://www.youtube.com/user/WellesleyChannelTV/videos</a></p>			



# Fitness ONLINE AND IN PERSON

**ALL CLASSES \$5.00**



MONDAYS	Time	Duration	ZOOM	In Person	May	June
Fit for Life	9:15 a.m.	60 Minutes		●●	12, 19	2, 9, 16, 23
Core and More	10:30 a.m.	45 Minutes		●●	12, 19	2, 9, 16, 23
All Levels Yoga	12:00 p.m.	60 Minutes		●●	12, 19	2, 9, 30
Chair Yoga	2:30 p.m.	45 Minutes	zoom		5, 12, 19	2, 9, 16, 23, 30
TUESDAYS						
Seated Strength & Balance	9:15 a.m.	45 Minutes	zoom		6, 13, 20, 27	3, 10, 17, 24
Yoga for Better Balance	9:15 a.m.	60 Minutes		●●	6, 13, 20, 27	3, 10, 17, 24
WEDNESDAYS						
Hi Low Fitness	9:15 a.m.	45 Minutes		●●	7, 14, 21, 28	4, 11, 18, 25
Cardio Dance & Strength – LaBlast	12:00 p.m.	60 Minutes		●●	7, 21, 28	4, 11, 18, 25
THURSDAYS						
Seated Strength & Balance	9:15 a.m.	45 Minutes	zoom		1, 8, 15, 22, 29	5, 12, 26
All Levels Yoga	9:15 a.m.	60 Minutes		●●	1, 15, 22, 29	5, 12
Pilates	10:00 a.m.	60 Minutes	zoom		1, 8, 15, 22, 29	5, 12, 26
Tai Chi	10:30 a.m.	45 Minutes		●●	1, 15, 22, 29	5, 12, 26
FRIDAYS						
Yoga for Better Balance	9:15 a.m.	60 Minutes		●●	2, 9, 16, 23, 30	6, 13, 27

Class Capacity is set by the instructor.

Waitlists are not available for Pre-Paid exercise class.

**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**



**zoom**

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**



**zoom**

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 23 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**



**zoom**

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: Japanese Silk Fan Painting

Friday, May 9th

10:00 a.m.

Instructor: Joyce Creiger

Cost: \$15



Join Joyce Creiger for a class on the traditional art of decorating silk fans with delicate brushwork and vibrant pigments. Joyce will guide you in creating a beautiful spring motif for this decorative piece for your home. All materials are provided. **Max: 12**

## WORKSHOP: Spring Floral Arrangement

Friday, May 16th

10:00 a.m.

Instructor: Jessica Pohl

Cost: \$30



Spring is the season for blooming flowers in an amazing array of colors! Let your creativity flow and make your own floral arrangement while Jessica Pohl, from A Natural Arrangement, shares tips on floral design. All materials are provided. Each attendee will leave with a spring floral arrangement in a colorful box container to brighten up your home. **Max: 12**

## ART: Spring Collage Class

Monday, May 19th

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. Instructor Cindy Shorris is always in awe of the uniqueness of each artist's choices, whether realistic or abstract and looks forward to seeing your creations! **Max: 8**

## ART: Collaged Scallop Shells

Thursday, June 5th

10:00 a.m.

Instructor: Joyce Creiger

Cost: \$15



Come and create a summer seashore keepsake with Joyce Creiger. You will learn how to apply decorative paper napkins to scallop shells to create a beautiful jewelry or trinket tray. These decorative creations make great gifts too! All shells will be completed with 24 kt. gold leaf edging. **Max: 12**

## ART: Watercolor for All!

Mondays, June 9th, 16th

1:30 -3:00 p.m.

Instructor: Cindy Shorris

Cost: \$30



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 themed painting and will be fun and relaxing for all! **Max: 8**

## ART: Pressed Flowers Class

Thursday, June 12th

10:00 – 11:30 a.m.

Land's Sake Farm

Cost: \$5



In this workshop, we will explore different flower pressing methods: using books, flower presses, and microwaves, as well as what to do with the flowers after they're pressed and how to best preserve them. Participants will create pressed flower candle holders and a variety of pressed flower cards. **Max: 15**

## CLASS: Knitting

Tuesdays, May 6th – June 17th

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, May 12th and

June 2nd, 16th

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!

**HOST: Terry Catchpole** These discussion groups are highly interactive sessions, with all participants invited to participate. No special knowledge is required. A great way to enjoy lively conversations with your neighbors!

### **GROUP: World History Book Discussion**

**Wednesdays, May 7th and June 4th**

**1:00 – 2:30 p.m.**

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

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

- **May 7, 2025** – *Paved Paradise - How Parking Explains the World*, by Henry Grabar (368 pages)
- **June 4, 2025** – *The Year 1000 – When Explorers Connected the World and Globalization Began*, by Valerie Hansen (320 pages)
- **September 3, 2025** – *The Horde - How the Mongols Changed the World*, by Marie Favereau (384 pages)
- **October 1, 2025** – *Across the Airless Wilds - The Lunar Rover and the Triumph of the Final Moon Landings* by Earl Swift (384 pages)



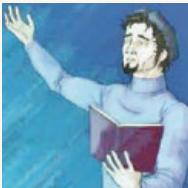
### **GROUP: Great Poems Discussion**

**Wednesdays, May 14th and**

**June 11th**

**1:00 – 2:30 p.m.**

**Facilitator: COA Volunteer, Terry Catchpole**



Come enjoy reading and discussing the finest poems by our most-loved poets! Come celebrate their brilliant language, colorful lives and provocative thought! Coming up:

- **May 14, 2025** – John Keats, *Lyric Poems*, Pages 1 - 34 (Dover Thrift Edition)
- **June 11, 2025** – John Keats, *Lyric Poems*, Pages 34 - 62 (Dover Thrift Edition)
- **September 10, 2025** – Alfred, Lord Tennyson, *English Victorian Poetry* (Dover Thrift Edition)
- **October 8, 2025** – Thomas Hood and Edward Lear, *English Victorian Poetry* (Dover Thrift Edition)

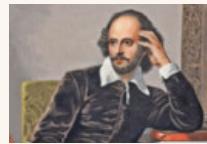
### **GROUP: Tell Us What You're Reading Discussion**

**Thursdays, May 15th and June 12th**

**12:30 – 1:30 p.m.**

**Facilitators: COA Volunteers, Polly Conlon and Terry Catchpole**

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



### **GROUP: Shakespeare Discussion**

**Wednesdays, May 21st and**

**June 18th**

**1:00 – 2:30 p.m.**

**Facilitator: COA Volunteer, Terry Catchpole**

Participants read from and discuss works of the world's greatest playwright! Join the fun and celebrate your inner thespian! Coming up:

- **May 21, 2025** – *Measure For Measure*, Acts One and Two
- **June 18, 2025** – *Measure For Measure*, Acts Three, Four and Five
- **September 17, 2025** – *Richard II*, Acts One and Two
- **October 17, 2025** – *Richard II*, Acts Three, Four and Five (Note this is on Friday)



### **GROUP: American Literary Classics Book Discussion**

**Wednesdays, May 28th and**

**June 25th**

**1:00 – 2:30 p.m.**

**Facilitator: COA Volunteer, Terry Catchpole**

Here's your chance to read (or re-read) that great American play or novel you always wanted to dig into. Participants read favorite passages and join in an engaging, friendly exchange. Coming up:

- **May 28, 2025** – *The Long Goodbye*, Raymond Chandler (379 pages)
- **June 25, 2025** – *The Autobiography of Alice B. Toklas*, Gertrude Stein (234 pages)
- **September 24, 2025** – *The Age of Innocence*, Edith Wharton (384 pages)
- **October 22, 2025** – *A River Runs Through It*, Norman Maclean (161 pages)

**So many books...**



# PROGRAMS/OUTREACH/RESOURCES

## OUTREACH

### GROUP: The Afternoon Discussion Group

**Thursdays, May 8th, 22nd and June 5th**

**2:00 – 3:00 p.m.**

Engaging in stimulating conversation or having a philosophical discussion is the central goal of this facilitated group. Participants are asked to prepare their selected conversation topics to discuss. Respectful conversation only. Please arrive with curiosity and an open mind. Open to all highbrows who are interested in launching this new group. The meetings will take place every other Thursday afternoon. For questions, please contact Kate Burnham, **781-235-3961**. Please note: **RSVP Required, Max 10**

### GROUP: Social Connections

**Tuesdays, May 6th, 13th, 20th, 27th, and June 3rd, 10th, 17th, 24th**

**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, May 7th, 14th, 21st, 28th and June 4th, 11th, 18, 25th**

**2:30 – 3:30 p.m. Open to ALL!**

This group for retired men meets weekly with an open discussion format. Topics can focus on a variety issues such as building up a healthy lifestyle while adapting to changes after the end of a professional role. **All are welcome.**

### GROUP: Women in Retirement

**Thursdays, May 1st, 15th, 29th and June 12th, 26th**

**2:00 – 3:00 p.m. Open to ALL!**

This group for retired women will discuss ideas to enhance your retirement years while positively navigating life's changes. The meetings are held in an open discussion format giving participants an opportunity to build new connections. **All are welcome.**

### Donuts & Coffee with Wellesley Police

**Wednesday, May 14th and**

**Wednesday, June 11th**

**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!

## LENDING LIBRARY SPOTLIGHT

A fabulous group of dedicated volunteers maintains our beautiful Lending Library. We appreciate their commitment to making it a warm and welcoming space. While the shelves are well-stocked with books, puzzles, magazines, and word games, **we always seek more donations, especially current books in good condition and 500 piece puzzles (no missing pieces).**

Borrowed items do not need to be checked out. The suggested borrowing limit is two items at a time, and we suggest returning books and puzzles within one month to keep them in circulation for other patrons. Thank you all for your donations and for letting us know how much you enjoy the library!



**Pictured:** Terri Horrigan, Sheila Nugent, Sally Miller, Tess Griffin, JoAnn Miles.

**Missing:** Joanne Johnson, Cyetta McCormick)

## HAIKU CONTEST

Embrace the art of brevity! We invite you to participate in our unique Haiku contest, where your entries will be crafted in the Cinquain style. This means each Haiku, traditionally three lines, will be presented as a five-line Cinquain, adhering to the syllable count of 2, 4, 6, 8, and 2, while maintaining the Haiku's essence of nature and seasonal reflection within the final three lines. Please send submissions to Andria DeSimone at [adesimone@wellesleyma.gov](mailto:adesimone@wellesleyma.gov) by June 1st. The top winners' entries will be listed in our July/August newsletter! **Example:**



## One-On-One Technology Assistance

**Tuesdays**

**12:30 – 3:30 p.m.**

**Lois Clayson,  
Technology Consultant**

**Cost: \$25**



**1-on-1 Tech Help**

*By Appointment*

If you need technical assistance with your cell phone, laptop, etc., please call the COA at **781-235-3961** to schedule a 45-minute appointment. Lois has been running her private consulting practice for over 27 years. We are grateful Lois has generously offered her services to the Wellesley Council on Aging members at this significant discount. **Appointments are non-refundable.**



**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.



## VOLUNTEER AWARD IN MEMORY OF FRANK LAM

Wellesley Council on Aging holds an "Annual Volunteer Appreciation Ice Cream Social". This year the event saluting our volunteers will be held on **Wednesday June 18th at 2:30 p.m.**, and will feature the **2025 FRANK LAM DISTINGUISHED VOLUNTEER AWARD** presented by the Friends of the Council on Aging.



This annual award recognizes a volunteer who combines generosity and positive energy to help others, with the spirit of giving demonstrated by Frank Lam during his valued time and service at the Wellesley Council on Aging. Invitations will be sent to volunteers to attend the June 18th appreciation event.



**"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



Name: \_\_\_\_\_

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(No personal information will be used or shared for commercial purposes.)



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

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

Checks should be made payable to the "Friends of the Wellesley Council on Aging" and mailed to:

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

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

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



Fridays 1:15 p.m.

MAY 2nd | PG-13 | Musical/Crime



## Chicago (2002)

Murderesses Velma Kelly (Catherine Zeta-Jones) (a chanteuse and tease who killed her husband and sister after finding them in bed together) and Roxie Hart (Renée Zellweger) (who killed her lover when she discovered he wasn't going to make her a star) find themselves on death row together and fight for the fame that will keep them from the gallows in 1920s Chicago. 1h 53m

MAY 9th | PG-13 | Musical/Romance



## Phantom of the Opera (2004)

Begins when an opera ghost terrorizes the cast and crew of the French Opera House while tutoring a chorus girl. He finally drives the lead soprano crazy so she and her friend leave. The girl is able to sing lead one night but the soprano doesn't want her show stolen so she comes back. 2h 23m

MAY 16th | PG-13 | Musical/Romance



## Moulin Rouge (2001)

The year is 1899, and Christian, a young English writer, has come to Paris to follow the Bohemian revolution taking hold of the city's drug and prostitute-infested underworld. And nowhere is the thrill of the underworld more alive than at the Moulin Rouge, a night club where the rich and poor men alike come to be entertained by the dancers. 2h 7m

MAY 23rd | G | Musical/Family



## The Music Man (1962)

A masterful con artist tries to bilk a staid Midwestern community, with unexpected results, in this contemporary rethinking of the legendary Broadway musical and lively 1962 film, updated to reflect several early-21st-century sensibilities. 2h 30m

MAY 30th | PG | Musical/Fantasy



## Wicked (2024)

Elphaba, a young woman ridiculed for her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads. 2h 40m

11:30 a.m.

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JUNE/Reel Talk

JUNE 6th | PG-13 | Thriller/Drama



## Juror #2 (2024)

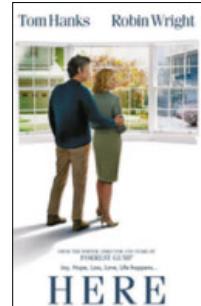
While serving as a juror in a high-profile murder trial, a family man finds himself struggling with a serious moral dilemma, one he could use to sway the jury verdict and potentially convict or free the wrong killer. 1h 54m

JUNE 20th Bar-B-Q with the blue

Join the Fun



JUNE 27th | PG-13 | Fantasy/Drama



## Here (2024)

From the director, writer, and stars of Forrest Gump (1994), An original film about multiple families and a special place they inhabit. The story travels through generations, capturing the human experience in its purest form. Directed by Robert Zemeckis, written by Eric Roth and Zemeckis and told much in the style of the acclaimed graphic novel by Richard McGuire on which it is based, Tom Hanks and Robin Wright star in this tale of love, loss, laughter and life, all of which happens, right Here. 1h 44m

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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
<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
<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>Meet at Morses Pond</b>
<b>12:30 - 4:00</b> Ping Pong		<b>9:15 - 10:15</b> Walking Group	<b>1:00 - 3:00</b> BINGO (Third Thursday)	<b>12:30 - 4:00</b> Ping Pong
		<b>10:00 - 11:00</b> (First and Third)	<b>2:00 - 4:00</b> Knitting Group	<b>12:30 - 4:00</b> Mexican Dominoes
		<b>12:30 - 4:00</b> Scrabble Group		<b>1:00 - 3:30</b> Painting