

WELLESLEY
COUNCIL on AGING

July/August 2025



DAY TRIP

Lunch on The Cape and Plymouth Harbor Cruise on the Pilgrim Belle



Wednesday, September 10th

Departs: 9:45 a.m.

Returns Approximately: 4:45 p.m.

\$99 per person for Wellesley Residents

\$130 per person for non-Wellesley Residents

Registration deadline is August 19th

Trip Departs from
219 Washington Street, Wellesley, MA

Join the Wellesley COA for a day trip to Plymouth Harbor and The Cape! We will begin our trip with a delicious buffet lunch at The Daniel Webster Inn in Sandwich, Massachusetts. The Inn is proudly recognized as a Distinguished Restaurant of North America, placing it in the top 1% of restaurants in the country. After lunch, we will travel to Plymouth, where we will cruise Plymouth Harbor in comfort and style aboard the Pilgrim Belle, a Mississippi-style paddle wheeler. On our cruise, relax and enjoy a narrated account of this historic town and seaport and a mariners' view of Plymouth Rock, Mayflower II, Plymouth Beach, Clark's Island and Gurnet Lighthouse. Pilgrim history, maritime lore and fascinating information about commercial fishing and lobstering await you on this 75-minute cruise. All participants need to be able to independently go up and down stairs. Refunds will not be available after August 19th.

Backyard Cornhole Tournaments

Wednesdays, July 16th and August 13th

1:30 – 3:00 p.m.

Patricia Thames, COA Volunteer

Back by popular demand! This summer the COA is hosting two cornhole tournaments enthusiastically led by volunteer Patricia Thames! No experience necessary to play this fun and easy outdoor game. Prizes will be awarded to the top three teams and refreshments will be served.

Refreshments and prizes generously sponsored by Wingate of Needham. Registration required. Max 16



Dried Flower Wreaths

Tuesday, August 12th

10:00 a.m.

Land's Sake Farm

Cost: \$5

In this workshop we will explore the world of dried flowers, creating wreaths that can be used as crowns, centerpieces or wall hangings. We will discuss different wreath making methods, and different ways to preserve and work with three-dimensional dried flowers. **Registration required. Max: 15**



SEE PAGE 2 FOR REGISTRATION INFORMATION.

Wellesley Council on Aging Staff

Deborah Greenwood
Director of Senior Services
dgreenwood@wellesleyma.gov

Kathryn Savage, Assistant Director
ksavage@wellesleyma.gov

Kate Burnham, LICSW
Health and Social Services Administrator
kburnham@wellesleyma.gov

Andria DeSimone, Office Administrator
adesimone@wellesleyma.gov

Kevin McDonald, Senior Activities Coordinator
kmcDonald@wellesleyma.gov

Susan Avakian, Department Assistant
savakian@wellesleyma.gov

Sarah Paglione, Activities Assistant
spaglione@wellesleyma.gov

Nancy Hill, Activities Assistant
nhill@wellesleyma.gov

Sally Miller, Volunteer Coordinator
smiller@wellesleyma.gov

Rick Waldman, Bus Driver
Dana Wilson, Bus Driver
Jeanie Clark, Bus Driver
Dawnmarie Cole, Custodian FMD

Wellesley COA Board of Directors

Kathleen Vogel, Chair
Marlene Allen, Vice Chair
Susan Rosefsky, 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, July 17th at 4:00 p.m.

Thursday, August 21st 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.wellesleyma.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 July/August 2025

Wellesley Residents:

Starting Tuesday,
June 24th at 9:00 a.m.

Non-Wellesley Residents:

Starting Wednesday,
June 25th at 9:00 a.m.

All programs require pre-registration unless otherwise noted.

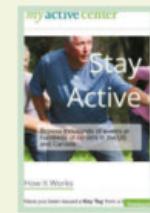
REGISTER FOR PROGRAMS AT THE COA



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





Starting July 1st — An Open Letter to All Patrons

We want to share some important news regarding an exciting update at the Wellesley Council on Aging. Beginning in **July**, we will begin remodeling our kitchen to better serve you with improved equipment, functionality, and comfort. During this renovation, we will need to make several temporary adjustments to our programming and space usage:

- **Afternoon Activities, including movies**, will be relocated to the **American Legion Room** on the second floor. While we are fortunate to have this space available, its smaller size may limit the number of participants we can accommodate for some programs.
- **Lunch service** (Tuesday–Friday) will continue and will be held in the **Arts & Crafts Room or the Café** during the remodel. We appreciate your flexibility as we make this shift.
- **Exercise classes** will temporarily move to **Zoom** so you can continue your routines safely and comfortably from home. Bonus – No sign-up limits due to space

We understand that these changes may cause some inconvenience, and we sincerely appreciate your patience and understanding.

These short-term adjustments will help us continue offering services while we improve an essential part of our center. We're excited about the upgrades ahead and look forward to unveiling a fresh new kitchen space.

If you have any questions or need help navigating these changes, please don't hesitate to reach out to our team.

Thank you for being part of the Wellesley COA community.



COUNCIL ON AGING Happenings

Mark Laren Musical Performance

Tuesday, July 1st

1:30 p.m.

Mark Laren brings the classic rock, soul, and blues soundtrack of your life back to the stage — with the unforgettable hits we grew up on and still crank up today. From gritty guitar riffs to smooth soul grooves, it's timeless music played with heart, soul, and serious chops. Catch Mark live and relive the golden age of great music! **Registration required. Max: 35**



New Sound Assembly Vocal Performance

Wednesday, July 2nd

1:30 p.m.

New Sound Assembly in perfect harmony! This talented vocal group delivers rich, toe-tapping barbershop and a cappella performances that blend classic favorites with fresh energy. Don't miss your chance to enjoy their uplifting sound—it's music that makes you smile. **Registration required. Max: 35**



Kev Tech

**Mondays, July 7th, 21st
and August 4th, 18th**

1:30 p.m.

Kevin Figueiroa/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! **Registration required. Max: 20**



Beat the heat this summer at the Tolles Parsons Center

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



Bladder Health
Tuesday, July 8th
1:30 p.m.
Dr. Neeraj Kohli



Ditch the pads and pills and regain control! Please join Dr. Neeraj Kohli, Urogynecologist and founder of Boston Urogyn in Wellesley, MA. Dr. Kohli specializes in the treatment of pelvic floor disorders and will speak about bladder and bowel dysfunction, common symptoms people experience, and treatment options available. **Registration required.** **Max: 35**

Great American Songbook Performance
Wednesday, July 9th
1:30 p.m.
Elaine Woo, Vocalist



Experience an unforgettable musical journey with Vocalist Elaine Woo and her accompanists. A former MGH internist, Elaine will enchant you with timeless classics from The Great American Songbook, along with a selection of captivating new pieces. This performance is designed to soothe the soul and delight the senses—truly, just what the doctor ordered. **Registration required.** **Max: 35**

Jazz Guitar Performance
Thursday, July 10th
1:30 p.m.
Kevin Scollins, Guitarist



Guitarist Kevin Scollins attended Berklee College of Music, where he was awarded the Jimi Hendrix Scholarship, the highest honor awarded to one recipient each year by the Berklee Guitar Department. Kevin now works as a bandleader, sideman, and educator across New England. **Registration required.** **Max: 35**

Backyard Cornhole Tournament
Wednesdays, July 16th and August 13th
1:30-3:00 p.m.
Patricia Thame, COA Volunteer



Back by popular demand! This summer the COA is hosting two cornhole tournaments enthusiastically led by volunteer Patricia Thame! No experience necessary to play this fun and easy outdoor game. Prizes will be awarded to the top three teams and refreshments will be served. **Refreshments and prizes generously sponsored by Wingate of Needham.** **Registration required.** **Max: 16**

The Art of the Selfie: Artist Reflections from the Renaissance to Today

Wednesday, July 16th

1:30 p.m.

Jane Oneail, Culturally Curious

ZOOM



From the enigmatic gaze of Rembrandt to the bold brushstrokes of Van Gogh, self-portraits have long captivated both artists and viewers alike. This exhibition traces the evolution of the genre from the Renaissance to the present day, showcasing works by masters such as Frida Kahlo, Egon Schiele, and Cindy Sherman. How did the advent of photography in the 19th century influence the way artists portrayed themselves? Explore the changing notions of identity, self-expression, and artistic technique across five centuries of visual storytelling. **Registration required.**

Ophthalmology Talk

Thursday, July 17th

2:00 p.m.

Dr. Candal, Ophthalmologist



Dr. Eugenio Candal, a Yale-trained ophthalmologist who recently joined a practice in Wellesley, will be talking about cataract surgery (including laser-assisted cataract surgery) what the options are, and when to have it. Join us for an informative session with a local ophthalmology expert who will cover common age-related eye conditions like cataracts, glaucoma, and macular degeneration. Learn how to protect your vision, recognize warning signs, and explore treatment options. A clear look at keeping your eyes healthy as you age! **Registration required.** **Max: 35**

Personal Protection! A Self Defense Class

Tuesday, July 22nd

10:30 a.m.

Jim True, Tai Chi and Personal Protection Instructor



Join Jim True for this Personal Protection program designed to increase a person's self-awareness and awareness of their surroundings, and if necessary be able to successfully defend yourself from a non-physical or physical confrontation. The objective of the class is a realistic self-defense program that combines traditional and modern martial arts methods to recognize and stop an attack simply, quickly, and effectively. The program covers safety awareness for common situations that might arise in the home, shopping or traveling. Participants will gain self-confidence and reduce their action response time by developing a set of quick, effective physical and mental self-defense techniques. **Registration required.** **Max: 12**

MBTA Talk

Tuesday, July 22nd

1:30 p.m.

MBTA Staff



The Mobility Center

The MBTA Mobility Center will be presenting on how to use the MBTA accessibly and comfortably. Topics to be covered include:

- Accessibility • Navigating the T and trip planning • Safety
- Reduced fare programs (Blind access pass, TAP, Senior Pass, Income Eligible Reduced Fare)
- 1:1 customized training • How to ask for help while in transit
- Paratransit eligibility • The MBTA's new contactless fare payment options

Registration required. **Max: 35**



**Investing and Financial
Planning Today: An Overview
Wednesday, July 23rd**

1:30 p.m.

**Scott Tomoda, Senior Vice President,
Senior Financial Advisor and Portfolio Manager,
Merrill Lynch Pierce, Fenner & Smith, Inc.**

**Christine Droney, ChFC®, CFP®, CPWA®, CRPC™,
First Vice President, Wealth Management Advisor,
Merrill Lynch Pierce, Fenner & Smith, Inc.**

Join Scott Tomoda and Christine Droney of Merrill Lynch for a presentation on the current state of the markets and financial planning. Scott will focus on the economy, markets and outlook including the key issues currently impacting markets like tariffs/trade/inflation/interest rates/tax package. Christine will focus on key financial planning considerations for seniors. Please join us for this important and informative discussion. **Registration required. Max: 35**

Springwell

Wednesday, July 23rd



1:30 p.m.

Larry Poirier, Springwell Outreach Manager

Springwell is the local Area Agency on Aging appointed by the Massachusetts Executive Office of Aging & Independence for the residents of Wellesley. Springwell's goal is to provide information, services and support in order to assist elders in the securing and maintaining of independent living in a home environment. **Registration required. Max: 35**

The Diet and Chronic Disease Connection

Thursday, July 24th



**NEWTON-WELLESLEY
HOSPITAL**

1:30 p.m.

**Jane Barr,
Newton-Wellesley Hospital**

A healthy diet plays a crucial role in managing chronic disease by influencing key factors such as inflammation, blood sugar levels, weight, and overall health. Healthy nutrition can help prevent or manage the symptoms of conditions like diabetes, heart disease, obesity, and hypertension. This program will focus on making healthy choices and provide tools to help manage disease progression and improve quality of life for those with chronic conditions. Jane Barr, MPH, LDN of MGB Newton-Wellesley Hospital's Community Collaborative Heart Health and Wellness Council.

Registration required. Max: 35



**The Big Dig
Monday, July 28th**

1:30 p.m.

**David Kruh, former Big Dig
Spokesperson**



ZOOM

David Kruh, a former Big Dig spokesperson, will tell the **WHOLE** story of the country's most expensive construction job. How Boston, straining for space to grow, cut down hills and filled in swamps and widened streets until the city was stalled in perpetual gridlock. Then we will journey deep inside the project's tunnels and soar high above the towers of Boston's stunning new bridge over the Charles River, and learn about the amazing technological advances used to build this monstrous project in a working city. And yes, how the price climbed to a reported \$22 billion. Whether you're interested in Boston history, a fan of technology, or just an angry taxpayer who wants to see the actual hole into which the government dumped your money, this is a must-see program. **Registration required.**

Recommendations for Summer Reads!

Tuesday, July 29th

1:30 p.m.

Lorna Ruby, Wellesley Books Buyer



Join Lorna Ruby, a buyer from Wellesley Books and lifelong book enthusiast, as she presents her recommendations for warm weather reads. The program will include a mix of new releases of fiction and nonfiction to enjoy as the weather heats up this summer. **Registration required. Max: 35**

**The Magic Touch – Refresh Your Home
without Spending a Cent!**

Wednesday, July 30th

10:30 a.m.

**Paula Meridan, Principal, Global Real Estate
Advisor, Certified Seniors Professional**



Ever wish your home had a fresh, new look without breaking the bank? Paula, a global real estate advisor and former interior designer, will show you how to transform your space without spending a single penny! With years of experience staging and designing homes from Arizona to Boston, New York to Florida, Paula has a keen eye for style and simple tricks that make a big impact. By rearranging furniture, shifting accessories, and reimagining what you already own, she'll help you create a brand-new look effortlessly.

How it works:

- Bring photos or a video of the space you'd like to refresh
- Get expert ideas for a stylish transformation—instantly!
- No cost, no obligation—just inspiration!

As one happy client said, "Paula can make even a brown bag look good!"

Don't wait—your dream space is just a few adjustments away! Call the COA to reserve your spot. **Registration required. Max: 8**



My Olympic Moments

Thursday, July 31st

1:30 p.m.

Dr. Robert Leach, Orthopedist and COA Patron

Bob Leach is the former Chairman of Orthopedics at BU Medical School and was the orthopedic surgeon for the Celtics for many years. He will discuss personal memories from the Olympics in 1980 and 1984 when he was the Head Physician. Also among the many memories, he will recount stories about marathon winner Joan Benoit and hockey captain Michael Eruzione, both New Englanders.

Please join us for this special presentation by one of our very own COA patrons. **Registration required. Max: 35**



Late Summer Wildflowers and Insects

Tuesday, August 5th

1:30 p.m.

Tia Pinney, Mass Audubon



The end of summer is very active with lots of wildflowers and insects about. From fields and field edges filled with milkweed, asters, and goldenrods to wetlands with carnivorous pitcher plants and cardinal flowers, each habitat has its own community of perennials and insects. Learn how these organisms interact and their importance in the ecosystems we live in. **Registration required. Max: 35**

Part One: The Golden Age

of Musical Theater

Wednesday, August 6th

1:30 p.m.

Michael Goodwin, Musical Performer



What makes a classic a classic? We'll have fun finding the answer in this first installment of a four part series on The Golden Age of Musical Theater. There will be singing, a lecture, video clips from various shows, and many opportunities to participate. We always encourage everyone to sing along and get involved.

Registration required. Max: 35

Coyotes: Is That a "Coywolf" in My Backyard?

Monday, August 11th

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. **Registration required. Max: 35**

Les Paul & Mary Ford

Tuesday, August 12th

1:30 p.m.

Frank King, former WBUR Radio Host



Frank King will focus on the lives and songs of the fabulous husband-and-wife team LES PAUL & MARY FORD, including Les' groundbreaking experiments that led to the invention of the electric guitar and multitrack recording. Also included: three hit records from the great year of 1954; a rarely heard duet by Frank Sinatra and Dinah Shore connected to the fate of the Red Sox; and more surprises. **Registration required. Max: 35**

Tiny Gardens Workshop

Thursday, August 14th

1:30 p.m.

Therapy Gardens



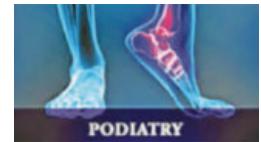
Make a Tiny Coastal Garden. This creative and calming workshop invites participants to design their own miniature coastal scene using a curated blend of sand, shells, driftwood, beach glass, and other natural elements. Inspired by the textures and colors of the seashore, this session encourages reflection, storytelling, and sensory engagement. **Registration required. Max: 18**

Podiatry Clinic

Friday, August 15th

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.**

Protections and Abominations:

Tariffs in U.S. History

Tuesday, August 19th

1:30 p.m.

Paolo DiGregorio, Historian and Archaeologist



In 2025, the news is full of talk about tariffs and trade. Yet the discussion of tariffs is not a new one in the U.S. Tariffs have been a part of American policy and politics since the beginning of the Republic. This talk will explore the history of tariffs and trade in the United States from 1789 to today.

Registration required. Max: 35



American Palaces: The Grandeur of Biltmore and Vizcaya
Wednesday, August 20th
1:30 p.m.
Jane Oneail, Culturally Curious

ZOOM



Ready to embark on a journey through America's most exquisite estates? Discover the splendor of America's grand estates and gardens in this captivating introduction to architectural and botanical masterpieces. Explore the opulent Biltmore Estate, with its majestic architecture and sprawling gardens, and wander through the enchanting Vizcaya Museum and Gardens, where European elegance meets tropical allure. Immerse yourself in the rich history and stunning beauty of these iconic landmarks, and envision a world where luxury and nature intertwine seamlessly. **Registration required.**

Violin and Vocals
Thursday, August 21st
1:30 p.m.

Skye Darling, Vocalist and Musician

Hailing from Scotland, Skye Darling is a Boston-based violinist, guitarist, and singer-songwriter. She has been featured at Silk Road's Global Musician's Workshop Festival and was selected as one of Portsmouth Music Hall's Emerging Artists. **Registration required. Max: 35**



The Relaxing Earth
Monday, August 25th
1:30 p.m.
Will Baird, Musician



What is The Relaxing Earth? Live music and beautiful film footage of nature to relax the viewer. For over 25 years Will Baird has entertained thousands of listeners as an opening act for artists such as Tracy Chapman and Livingston Taylor, as well as in hundreds of other settings. Today, Will provides calming music in The Cancer Center at Newton-Wellesley Hospital. **Registration required. Max: 35**

Kona Truck
Thursday, August 28th
1:00 p.m.
Kona Shaved Ice Truck



Kona Ice is Coming to the COA! Cool off with a sweet treat from the colorful Kona Ice truck! Swing by for a refreshing shaved ice, made just how you like it. It's the perfect way to add a little tropical fun to your day—bright flavors, chill vibes, and smiles guaranteed!

Registration required.
Max: 50



ANDRIA'S HAIKU CORNER
Thanks for all the terrific submissions!
Below are the top 4 winners.



Sunsets,
pink and orange,
blazing descent of sun,
glazing my summer friends gold-spun
'til dark.

Anne Theriault

Hoot owl
in the still night
keeping me company
with gentle hoo-hoos in moonlight.

Then flight

Anne Theriault

Fruit fly
Into my eye,
Up my nose, in my face,
Flying at windows, in my plates
Dog days...

Anne Theriault

Beyond
The clearing the
Field unfurls very green
A singular Shinto priest sits
Watching.

Bill Lyons

A Haiku is traditionally three lines, but a Cinquain is presented as a five-line poem 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.

What Is ChatGPT?
A Helpful Tool for Everyday Questions!

Have you heard the buzz about ChatGPT but aren't quite sure what it is? Think of it as a friendly computer assistant that you can chat with—like asking Google, but smarter and more conversational. **You can use ChatGPT to:**

- Get help writing a letter, resume, or speech
- Ask questions about history, health topics, or hobbies
- Find new recipes or get travel ideas
- Learn how to use your phone or computer more effectively
- Even solve crossword clues!



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.**

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@mwrtा.сом.

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**.



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.

July	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-1-	-2-	-3-	-4-
Wellesley NORTH END	Vegetable Omelet & a Fruit Cup	Steak and Cheese Grinder & Garden Salad	Grilled Chicken Caesar Wrap & Chips	NO LUNCH
WELLESLEY BAKERY	-8-	-9-	-10-	-11-
	Gazpacho Soup, ½ Roasted Chicken with Lettuce, Tomato on French Bread & a Chocolate Chip Cookie	Chicken Lemon Rice Soup, ½ Ham with Lettuce and Tomato on a Multigrain & a Chocolate Chip Oatmeal Cookie	Chicken Noodle Soup, ½ Chicken Tarragon Multigrain Sandwich w/Lettuce & Tomato	Spinach Quiche, ½ Salad & a Blueberry Muffin
Captain Marden's Seafoods	-15-	-16-	-17-	-18-
	Tuna Salad Wrap, Cornbread & Coleslaw	Fish Cake, Peas, Carrots & Cornbread	Baked Haddock with Herb Stuffing, Honey-glazed Carrots & Cornbread	Salmon Salad Plate, Cornbread & Tomato & Cucumber Salad
Marks PIZZA & SUBS	-22-	-23-	-24-	-25-
	Chef's Salad & a Brownie	Sliced Lamb Meat, Feta Cheese with Tzatziki Sauce & Small Garden Salad	Roast Beef Sandwich on a Roll with Small Tossed Salad & Chips	Greek Medley Wrap & a Brownie
Express GOURMET	-29-	-30-	-31-	AUG 1
	½ Roasted Chicken, Lettuce, Tomato on Multigrain Bread & a Chocolate Chip Cookie	Crushed Avocado, Lime Juice, Cilantro, Grilled Chicken Breast, Tomato, Lettuce & a Cookie	Egg Salad BLT Wrap with Cucumber, Red Onion, Red & Green Pepper & a Cookie	Cranberry Chicken Wrap & a Cookie
August	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-5-	-6-	-7-	-8-
The Linden Store	Isabella Sandwich on Whole Wheat & a Cookie	Turkey, Stuffing, Cranberry Sauce, Lettuce, Mayonnaise on a Small Roll & a Cookie	Grilled Chicken Breast Wrap with Balsamic Dressing, Field Greens, Feta Cheese, Black Olives, Tomatoes, Cucumber & Chips	Meatball Sub with Provolone Cheese & a Cookie
WELLESLEY BAKERY	-12-	-13-	-14-	-15-
	Gazpacho Soup, ½ Salad & a Butterscotch Cookie	Vegetarian Split Pea Soup, ½ Roasted Chicken on French Bread w/Lettuce, Tomato & a Cranberry Muffin	Ham and Mushroom Quiche, ½ Salad & a Butter Croissant	Gazpacho Soup & ½ Greek Roll
Captain Marden's Seafoods	-19-	-20-	-21-	-22-
	Baked Haddock with Herb Stuffing, Honey Glazed Carrots & Cornbread	Salmon & Potato Pie with Broccoli & Cornbread	Tuna Salad Wrap, Green Beans & Cornbread	Fish Cake, Peas, Carrots & Cornbread
Marks PIZZA & SUBS	-26-	-27-	-28-	-29-
	Sliced Turkey Breast Wrap with Lettuce, Tomato, Mayonnaise & Cranberry Sauce with Chips	Shrimp Broccoli Alfredo & a Garden Salad	Grilled Chicken Wrap with Broccoli & Garlic Over Field Greens with Lite Raspberry Vinaigrette Dressing	Steak Tips Over Caesar Salad



JULY 2025 Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-1-	-2-	-3-	-4-
	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 11:00 Social Connections 1:30 Mark Laren Musical Performance	10:00 Keep Well Clinic 12:00 Cardio Dance & Strength — LaBlast 1:30 New Sound Assembly Vocal Performance 2:30 Men in Retirement	9:15 Seated Strength & Balance 9:15 All Levels Yoga 2:30 The Afternoon Discussion Group	The Tolles Parsons Center is CLOSED in Observation of Independence Day NO ACTIVITIES
-7-	-8-	-9-	-10-	-11-
9:15 Fit For Life 10:30 Core and More 12:00 All Levels Yoga 1:30 Kev Tech	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 11:00 Social Connections 1:30 Bladder Health	12:00 Cardio Dance & Strength — LaBlast 1:30 Great American Songbook Musical Performance 2:30 Men in Retirement	9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 1:30 Jazz Guitar Performance 2:30 Women in Retirement	9:15 Yoga for Better Balance 10:30 Economy Watch: Financial Discussion Group 1:15 Movie: La Dolce Villa 
-14-	-15-	-16-	-17-	-18-
9:15 Fit For Life 10:30 Core and More 12:00 All Levels Yoga 2:30 Chair Yoga	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:00 Beaded Coil Bracelet Workshop 11:00 Social Connections	10:00 Keep Well Clinic 1:30 Backyard Cornhole Tournament 1:30 The Art of the Selfie 2:30 Men in Retirement	9:00 Coffee and Donuts with Wellesley Police 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Tai Chi 1:00 BINGO 2:00 Ophthalmology Talk 2:30 The Afternoon Discussion Group 4:00 Board Meeting	9:15 Yoga for Better Balance 1:15 Movie: A Real Pain 
-21-	-22-	-23-	-24-	-25-
9:15 Fit For Life 10:30 Core and More 12:00 All Levels Yoga 1:30 Kev Tech 2:30 Chair Yoga	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:30 Self Defense 11:00 Social Connections 1:30 MBTA Talk	1:30 Springwell 1:30 Investing and Financial Planning Today: An Overview 1:30 Pebble Art Workshop 2:30 Men in Retirement	9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Tai Chi 1:30 The Diet and Chronic Disease Connection 2:30 Women in Retirement	9:15 Yoga for Better Balance 10:30 Economy Watch: Financial Discussion Group 1:15 Movie: Nonnas 
-28-	-29-	-30-	-31-	
9:15 Fit For Life 10:30 Core and More 12:00 All Levels Yoga 1:30 The Big Dig 2:30 Chair Yoga	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 11:00 Social Connections 1:30 Lorna Ruby Recommendations for Summer Reads! 2:00 Summer Floral Arrangement	10:30 The Magic Touch -Refresh Your Home without Spending a Cent 12:00 Cardio Dance & Strength — LaBlast 2:30 Men in Retirement	9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Pilates 10:30 Tai Chi 1:30 My Olympic Moments 2:30 The Afternoon Discussion Group	

AUGUST 2025 Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VIRTUAL IN PERSON 		<p>The Wellesley COA celebrates the diversity of our community and welcomes people of all abilities, gender identities, races, religions, and ethnicities</p>		-1- 9:15 Yoga for Better Balance 1:15 Movie: King Richard 
See Back Cover For Drop In Activities not reflected in the calendar.				
-4- 12:00 All Levels Yoga 1:30 Kev Tech	-5- 9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 11:00 Social Connections 1:30 Late Summer Wildflowers and Insects	-6- 10:00 Shell Frame Workshop 10:00 Keep Well Clinic 1:30 The Golden Age of Musical Theater 2:30 Men in Retirement	-7- 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 2:30 Women in Retirement	-8- 9:15 Yoga for Better Balance 10:00 Shell Frame Workshop 10:30 Economy Watch: Financial Discussion Group 1:15 Movie: A Complete Unknown 
-11- 9:15 Fit For Life 10:30 Core and More 12:00 All Levels Yoga 1:30 Coyotes 2:30 Chair Yoga	-12- 9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:00 Dried Flower Wreath Workshop 11:00 Social Connections 1:30 Les Paul & Mary Ford	-13- 1:30 Backyard Cornhole Tournament 2:30 Men in Retirement	-14- 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Tai Chi 1:30 Tiny Gardens Workshop 2:30 The Afternoon Discussion Group	-15- 9:15 Yoga for Better Balance 9:15 Podiatry Clinic 1:15 Movie: Ballad of Wallis Island 
-18 - 9:15 Fit For Life 10:30 Core and More 12:00 All Levels Yoga 1:30 Kev Tech 2:30 Chair Yoga	-19- 9:00 Coffee and Donuts with Wellesley Police 9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 11:00 Social Connections 1:30 Protections and Abominations: Tariffs in U.S. History	-20- 10:00 Keep Well Clinic 12:00 Cardio Dance & Strength — LaBlast 1:30 American Palaces: The Grandeur of Biltmore and Vizcaya 2:30 Men in Retirement	-21- 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Tai Chi 1:00 BINGO 1:30 Violin and Vocals 2:30 Women in Retirement 4:00 Board Meeting	-22- 9:15 Yoga for Better Balance 10:30 Economy Watch: Financial Discussion Group 1:15 Movie: Perfect Days 
-25- 9:15 Fit For Life 10:30 Core and More 12:00 All Levels Yoga 1:30 The Relaxing Earth 2:30 Chair Yoga	-26- 9:00 Wellesley Registration 9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 11:00 Social Connections	-27- 9:00 Non-Wellesley Registration 12:00 Cardio Dance & Strength — LaBlast 2:30 Men in Retirement	-28- 9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Pilates 10:30 Tai Chi 2:30 The Afternoon Discussion Group 1:00 Kona Truck	-29- 9:15 Yoga for Better Balance 1:15 Movie: The Friend 



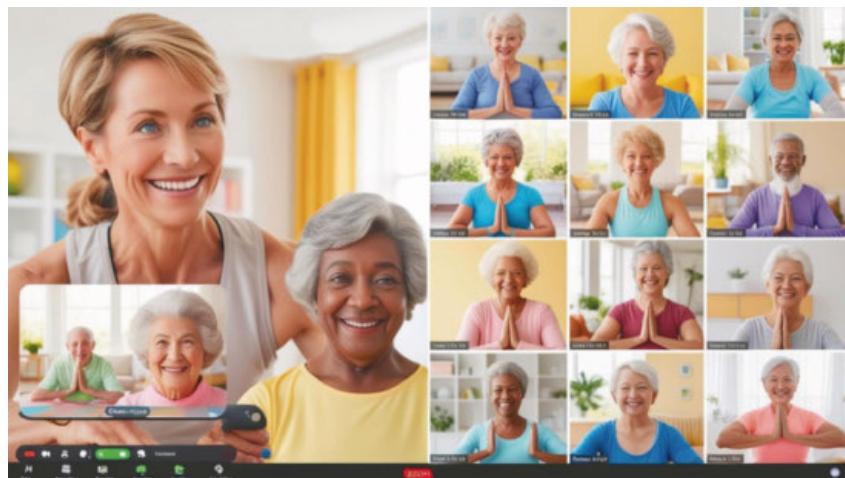


Temporary Change to Exercise Classes

Due to the upcoming kitchen remodel starting July 1, all exercise classes will temporarily move to Zoom.

This change allows us to continue offering your favorite fitness programs safely and without interruption during construction. We appreciate your flexibility and look forward to seeing you online!

Need help using Zoom? We're happy to assist, just give us a call or stop by the front desk.



MONDAYS	TIME	DURATION	LOCATION	JULY	AUGUST
Fit for Life	9:15 a.m.	60 Minutes	ZOOM	7, 14, 21, 28	11, 18, 25
Core and More	10:30 a.m.	45 Minutes	ZOOM	7, 14, 21, 28	11, 18, 25
All Levels Yoga	12:00 p.m.	60 Minutes	ZOOM	7, 14, 21, 28	4, 11, 18, 25
Chair Yoga	2:30 p.m.	45 Minutes	ZOOM	14, 21, 28	11, 18, 25
TUESDAYS					
Seated Strength & Balance	9:15 a.m.	45 Minutes	ZOOM	1, 8, 15, 22, 29	5, 12, 19, 26
Yoga for Better Balance	9:15 a.m.	60 Minutes	ZOOM	1, 8, 15, 22, 29	5, 12, 19, 26
WEDNESDAYS					
Hi Low Fitness	9:15 a.m.	45 Minutes	ZOOM	OFF	OFF
Cardio Dance & Strength – LaBlast	12:00 p.m.	60 Minutes	ZOOM	2, 9, 30	20, 27
THURSDAYS					
Seated Strength & Balance	9:15 a.m.	45 Minutes	ZOOM	3, 10, 17, 24, 31	7, 14, 21, 28
All Levels Yoga	9:15 a.m.	60 Minutes	ZOOM	3, 10, 17, 24, 31	7, 14, 21, 28
Pilates	10:00 a.m.	60 Minutes	ZOOM	10, 17, 24, 31	7, 14, 21, 28
Tai Chi	10:30 a.m.	45 Minutes	ZOOM	17, 24, 31	14, 21, 28
FRIDAYS					
Yoga for Better Balance	9:15 a.m.	60 Minutes	ZOOM	11, 18, 25	1, 8, 15, 22, 29



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

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



This class ensures personalized attention and fun, engaging exercises for older adults aiming to stay fit and healthy.

Core and More is a 45-minute 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).

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

Key features include:

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



This class emphasizes both physical health and having fun!

Chair Yoga with **Rebecca Reber** is a class 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



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 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



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 workout designed to energize your active lifestyle. The class features:

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



This class is ideal for those looking for a balanced, low-impact workout to maintain strength and fitness.

Cardio Dance and Strength — LaBlast!

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

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



This class offers a fun way to get fit and stay active while dancing to a variety of music styles.

Pilates with **Lisa Wilkins** is a 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



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.



Tai Chi returns to the Wellesley COA with martial arts instructor **Jim True** leading this 45-minute 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
- Mindbody 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



ART CLASSES/WORKSHOPS/GROUPS *In Person*

WORKSHOP: Beaded Coil

Bracelet

Tuesday, July 15th

10:00 - 11:30 a.m.

Instructor: Carson Eddy

Cost: \$20



Join us to learn this simple coiled bracelet beading technique. A selection of memory wire, assorted colorful beads, and metal and enamel charms will be available. This beading technique is quite flexible and can be used with a wide variety of beads, enabling you to design and create future projects. Take your bracelet home to wear, keep, or gift. **Max: 6**

WORKSHOP: Pebble Art

Wednesday, July 23rd

1:30 - 3:30 p.m.

Instructor: Kerry Vilorio

Cost: \$30



Come join us in creating your own custom pebble art picture using various styles of beach stones, driftwood and shells directly hand picked off local New England beaches. Each design will be glued to cardstock (a variety of colors will be available) and enclosed within a weathered gray frame. Feel free to bring any special beach shells, stones or sea glass from home that you may want to incorporate within your picture. **Max: 15**

WORKSHOP:

Summer Floral Arrangement

Tuesday, July 29th

2:00 p.m.

Instructor: Jessica Pohl

Cost: \$20



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

WORKSHOP: Shell Frame

Wednesday, August 6th

10:00 a.m.

Instructor: Joyce Creiger

Cost: \$20



Have some summer fun and create your own personalized photo frame. Participants have the option to paint their frames as well as decorate them with seashells to create a beautiful frame for your home décor or to give to friends and family. All materials are supplied. **Max: 12**

WORKSHOP: Dried Flower

Wreath

Tuesday, August 12th

10:00 a.m.

Land's Sake Farm

Cost: \$5



In this workshop we will explore the world of dried flowers, creating wreaths that can be used as crowns, centerpieces or wall hangings. We will discuss different wreath making methods, and different ways to preserve and work with three-dimensional dried flowers. **Max: 15**

GROUP: Economy Watch: A Financial Discussion Group

Fridays, July 11th, 25th

and August 8th, 22nd

10:30 a.m.



This group is designed to create a welcoming and informative space for to discuss and better understand current economic trends and financial topics that affect seniors' lives. The group will focus on education, resource-sharing, and peer conversation — not individual financial advice. **Important Note:** This group is strictly for educational and discussion purposes. It will not offer personalized financial advice or investment recommendations.

Registration required. **Max: 10**

Missed a Program at the Wellesley COA? No Problem!

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!

<https://www.youtube.com/user/WellesleyChannelTV/videos>



One-On-One Technology

Assistance

Tuesdays

12:30 – 3:30 p.m.

Lois Clayson, Technology Consultant

Cost: \$25



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.**



ENJOY YOUR SUMMER!

Terry Catchpole's discussion groups will return this fall!

GROUP: World History

Book Discussion

Date and Time

To Be Determined

Facilitators: COA Volunteers,
Terry Catchpole and Stephen Maire

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

- **September** – *The Horde – How the Mongols Changed the World*, Marie Favereau (384 pages)
- **October** – *Fragile Cargo – The World War Two Race to Save the Treasures of China's Forbidden City*, Adam Brookes (384 pages)
- **November** – *The First Day on the Somme – Gripping Account of the Blackest Day in British Military History*, Martin Middlebrook (316 pages)
- **December** – *Across the Airless Wilds – The Lunar Rover and the Triumph of the Final Moon Landings*, Earl Swift (384 pages)



GROUP: Great Poems Discussion

Date and Time

To Be Determined

Facilitator: COA Volunteer,
Terry Catchpole

Come enjoy reading and discussing the finest poems by our most-loved poets! The perfect respite in turbulent times – brilliant language and stimulating thought! All selections from the Dover Thrift Edition, *English Victorian Poetry: An Anthology*, available at Wellesley Books.

Coming up:

- **September** – Alfred, Lord Tennyson, (27 pages)
- **October** – Thomas Hood and Edward Lear (35 pages)
- **November** – Robert Browning (25 pages)
- **December** – Elizabeth Barrett Browning (18 pages)



GROUP: Tell Us What You're Reading Discussion

Date and Time

To Be Determined

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

Date and Time

To Be Determined

Facilitator: COA Volunteer,
Terry Catchpole

Participants read from and discuss works of the world's greatest playwright! Coming up:

- **September** – *Richard II*, Acts One and Two
- **October** – *Richard II*, Acts Three, Four and Five
- **November** – *Henry IV, Part One*, Acts One and Two
- **December** – *Henry IV, Part One*, Acts Three, Four and Five



GROUP: American Literary Classics Book Discussion

Date and Time

To Be Determined

Facilitator: COA Volunteer, **Terry Catchpole**

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

- **September** – *The Age of Innocence*, Edith Wharton (229 pages)
- **October** – *A River Runs Through It*, Norman Maclean (161 pages)
- **November** – *Self-Reliance and Other Essays*, Ralph Waldo Emerson (117 pages)
- **No December session**



So many books...



PROGRAMS/OUTREACH/RESOURCES

OUTREACH

GROUP: The Afternoon Discussion Group

Thursdays, July 3rd, 17th, 31st

and August 14th, 28th

2:30 – 3:30 p.m.

Engaging in stimulating conversation or having a philosophical discussion is the central goal of this facilitated group. Open to all, meetings take place every other Thursday afternoon. For questions, please contact Kate Burnham, **781-235-3961**. Please note: Registration required. Max: 10

GROUP: Social Connections

Tuesdays, July 1st, 8th, 15th, 22nd, 29th

and August 5th, 12th, 19th, 26th

11:00 a.m. – 12:00 p.m.

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

GROUP: Men in Retirement

Wednesdays, July 2nd, 9th, 16th, 23rd, 30th

and August 6th, 13th 20th, 27th

2:30 – 3:30 p.m. Open to ALL!

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

GROUP: Women in Retirement

Thursdays, July 10th, 24th

and August 7th, 21st

2:30 – 3:30 p.m. Open to ALL!

This group meets every other Thursday afternoon and participants discuss various topics and share ideas to enhance their retirement years. The meetings are held in an open discussion format and can be a wonderful opportunity to make friends and build new connections in the community. **All are welcome.**

Donuts & Coffee with Wellesley Police

Thursday, July 17th and

Tuesday, August 19th

9:00 – 10:30 a.m.

Mary Bowers Café

Come support the Wellesley Police Department and learn about various scams targeting older adults in Wellesley, ask questions about specific law enforcement topics, or enjoy a donut and listen!

VOLUNTEER CORNER

Community Service Teddy Bear Project

The Community Service Teddy Bear Project wrapped up another productive year, creating over 200 adorable stuffed Teddy Bears adorned in hand-knit sweaters.

This special volunteer group has been meeting to create hand-sewn Teddy Bears for at least 25 years. The dedicated group of volunteers meets weekly on Wednesday mornings, where you can find sewing machines humming, patterns being cut, bears being stuffed, and sweaters being knit,

all with TLC. The Teddy Bears are donated to area nonprofits to brighten the lives of those in need of comfort. We recently added Make-A-Wish foundation to our list of recipients, and we are thrilled our Bears are being included in "Wish Packages" for Children navigating chronic illnesses. Our wonderful knitting volunteer, Emily Sparks, is a Board member there and helps deliver the Bears to this very impactful organization. The group takes the summer off, but all are welcome to join when they resume in September. In the meantime, if you know of a nonprofit that would benefit from receiving Teddy Bears, please contact Sally Miller, as we are always looking to expand our donation list.



Volunteer Opportunity: \$1,500 Off Your Property Tax

The Senior Work-Off Program allows qualifying residents to reduce property taxes in exchange for volunteer service to the municipality. To qualify for the exemption, you must have reached the age of 60 as of July 1 of the tax year and meet gross income

requirements. For fiscal year 2026, applicants may work a maximum of 100 hours (\$1,500 tax credit divided by minimum wage of \$15.00). For applications and income qualifications, please call the Wellesley Assessors office directly at **781-431-1019**. For questions about volunteer placement, please contact Health & Social Services Administrator **Kate Burnham** at **781-235-3961** or **kburnham@wellesleyma.gov**





Friends of the WELLESLEY COUNCIL ON AGING

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.

2025 CIRCLE OF FRIENDS We gratefully acknowledge these donors

PLATINUM SPONSORS

Captain Mardens
Jarvis Appliance
Needham Bank

GOLD SPONSORS

Newton Wellesley Hospital
North Hill
Riverbend At South Natick
Sun Life Financial

BRONZE SPONSORS

Hoffman Insurance Services
Visiting Angels Senior Home Care
Waterstone At Wellesley
Wellesley Dental Group



SILVER SPONSORS

Advanced Sports Therapy
Avita Of Needham
Brookline Bank
Elizabeth Seton Residences
Firstlight Home Care
Lasell Village
Volante Farms
West Newton Hearing Center

The Friends wish to gratefully acknowledge these 2025 Circle of Friends corporate donors who annually provide funds to enhance the programs and services provided by the Wellesley Council on Aging.



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

For payment by check, please use form below



Name: _____

Address: _____

Tel. No. (optional): _____ E-Mail (optional): _____

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

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

Checks should be made payable to the “Friends of 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



Donate online at
www.wellesleyfriendscoa.org/donate

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

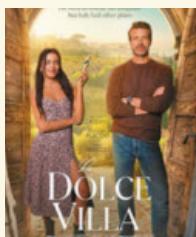
FRIDAY
MOVIE
TICKET



• Reel Talk – Fridays 1:15 p.m. •

JULY/AUGUST

JULY 11th | Not Rated | Romance/Comedy



La Dolce Villa (2025)

Successful businessman Eric travels to Italy to stop his daydreaming daughter Olivia from restoring a crumbling villa. Italy, however, has different plans for him as it delivers on its legendary promise of beauty, magic, and romance. **1h 39m**

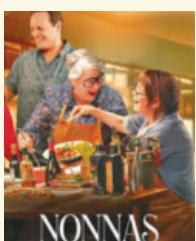
JULY 18th | R | Comedy/Drama



A Real Pain (2024)

Mismatched cousins David (Jesse Eisenberg) and Benji (Kieran Culkin) reunite for a tour through Poland to honor their beloved grandmother. The adventure takes a turn when the odd-couple's old tensions resurface against the backdrop of their family history. Kieran Culkin won the Oscar for Best Supporting Actor 2025 in this role. **1h 29m**

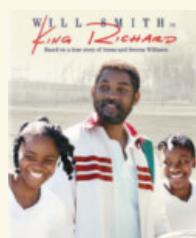
JULY 25th | Not Rated | Comedy



Nonnas (2025)

Based on a true story, after the loss of his mother, a man risks everything to honor her by opening an Italian restaurant in Staten Island with a group of local grandmothers as the chefs. **1h 51m**

AUGUST 1st | PG-13 | Biography/Drama



King Richard (2021)

Armed with a clear vision and a brazen 78-page plan, Richard Williams is determined to write his daughters, Venus and Serena, into history. Training on Compton, California's neglected tennis courts—rain or shine—the girls are shaped by their father's unyielding commitment and their mother's balanced perspective and keen intuition, defying the seemingly insurmountable odds. **2h 26m**

AUGUST 8th | R | Biography/Music/Drama



A Complete Unknown (2024)

New York, 1961. An enigmatic 19-year-old from Minnesota arrives with his guitar and revolutionary talent, destined to change the course of American music. He forges intimate relationships with music icons of Greenwich Village on his meteoric rise, culminating in a groundbreaking and controversial performance that reverberates worldwide. **2h 20m**

AUGUST 15th | PG-13 | Comedy/Drama/Music



Ballad of Wallis Island (2025)

The Ballad of Wallis Island follows Charles, an eccentric lottery winner who lives alone on a remote island and dreams of getting his favorite musicians, Mortimer-McGwyer back together. His fantasy quickly turns into reality when the bandmates and former lovers accept his invitation to play a private show at his home on Wallis Island. **1h 40m**

AUGUST 22nd | PG | Drama



Perfect Days (2023)

Hirayama seems utterly content with his simple life as a cleaner of toilets in Tokyo. Outside of his very structured everyday routine he enjoys his passion for music and books. A series of unexpected encounters gradually reveal more of his past. A deeply moving and poetic reflection on finding beauty in the everyday world around us. **2h 4m**

AUGUST 29th | R | Romance/Comedy



The Friend (2025)

Writer and teacher Iris finds her comfortable, solitary New York life thrown into disarray after her closest friend and mentor dies suddenly and bequeaths her his beloved 150 lb. Great Dane. The dog immediately creates problems, from furniture destruction to eviction notices. Iris finds herself unexpectedly bonding with the animal, she comes to terms with her past. **2h 3m**

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Hours of Operation:

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

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