

September/October 2025



WELLESLEY  
COUNCIL *on* AGING



## DAY TRIP: Boston Holiday Pops Concert! Thursday, December 11th

**Departs: 1:15 p.m.**

**Returns Approximately: 6:00 p.m.**

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

**\$162 per person for non-Wellesley Residents**

**Registration deadline is November 10th**

**Trip Departs from**

**219 Washington Street, Wellesley, MA**

Join the Wellesley COA for one of Boston's most beloved traditions – a Holiday Pops concert at historic Symphony Hall. The matinee performance will capture the magic of the holiday season and the winter charms of New England by performing the Boston Pops' signature Sleigh Ride, as well as other holiday classics and seasonal favorites. Santa Claus himself will make a guest appearance before the traditional Boston Pops Holiday Sing-a-long brings this special performance to a close. **Seats are located in the 1st balcony and all participants need to be able to independently go up and down stairs. Refunds will not be available after November 10th.**



## Tolles Parsons Center 4th Annual Community

**Get Free Screenings & Information**



# Health & Wellness Fair

**Thursday  
October 16th**

**AT THE TOLLES  
PARSONS CENTER  
10:30 a.m. – 1:30 p.m.**



- Wellness Tips -
- Blood Pressure -
- Women's Health -
- Legal - Demonstrations & much more -



WELLESLEY  
COUNCIL *on* AGING



**Health Fair Sponsored by the Friends of the COA**

## Wellesley Council on Aging Staff

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Rick Waldman, Bus Driver

Dana Wilson, Bus Driver

Jeanie Clark, Bus Driver

Dawnmarie Cole, Custodian FMD

## Wellesley COA Board of Directors

Judy Gertler, Chair

Peter Grape, Vice Chair

Patricia Decker, Secretary

Kathleen Vogel

Marlene Allen

Susan Rosefsky

Corinne Monahan

Patty Chen

Robert McCarthy

Dianne Sullivan

Tina Wang

## COA Board Meeting Dates

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

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

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

Additional meetings will be posted as needed. Start time subject to change.

## 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](mailto:coa@wellesleyma.gov)



## Celebrating Wellesley

Look for our new "Celebrating Wellesley" graphic throughout the newsletter! This special marker highlights programs that showcase our town — from local history and community voices to events featuring Wellesley traditions and vendors. When you see the logo, you'll know it's something proudly rooted in Wellesley.

## 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



REFUND

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

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

## Participant Photograph Policy



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

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

## REGISTRATION September/October 2025

### Wellesley Residents:

Starting Tuesday, **August 26th at 9:00 a.m.**

### Non-Wellesley Residents:

Starting Wednesday, **August 27th at 9:00 a.m.**

**All programs require pre-registration unless otherwise noted.**

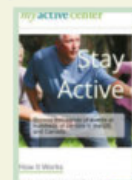
## REGISTER FOR PROGRAMS AT THE COA



**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**



# A *NEW* kitchen is on the way

Pardon our appearance as we make way for a new and improved kitchen at the COA!

The construction is well underway for the COA kitchen remodel and you may experience loud noises as the construction continues.



## COUNCIL ON AGING *Happenings*

### Discover Wellesley Neighbors: Aging in Place with Community

Thursday, September 4th  
1:30 p.m.

Joan Minklei, Executive Director of Wellesley Neighbors

Curious about how to stay connected, supported, and independent as you age? Join us for an engaging information session about **Wellesley Neighbors**, a nonprofit membership organization for older adults who want to remain in their homes and communities with confidence. Learn how members benefit from social gatherings, educational programs, transportation assistance, and help with everyday tasks — all while building meaningful connections with peers and volunteers. This is a great opportunity to meet current members, ask questions, and discover how Wellesley Neighbors can enrich your life. **Registration required. Max: 35.**



Celebrating Wellesley

**WN** Wellesley Neighbors  
Dover Natick Needham Wellesley Weston

### Medicare 101

Tuesday, September 9th  
1:30 p.m.

Paul Conner, Mass General



Mass General Brigham

Confused about Medicare? You're not alone. Join us for **Medicare 101**, an informative session with Paul Conner, a seasoned Medicare expert from Mass General Brigham who will walk you through the basics, answer common questions, and help you understand your options. Whether you're new to Medicare or just need a refresher, this session is a great place to start.

**Registration required. Max: 35.**

### Sing along with Marie Brown!

Thursday September 11th  
1:30 pm

Marie Brown, COA Volunteer



Do you like to sing in the shower? Do you miss the "oldies but goodies"—songs from the 50's and 60's? Well, we do—and we are introducing a new activity this fall. **SING ALONG!** During this program, we will gather with Marie Brown (host of our Friday afternoon movies) to sing some of our favorite "hits." Don't worry about remembering the lyrics—we'll show them on the movie screen. And, as the custom was in the old days, you'll have an opportunity to dedicate a song to someone. Maybe not a boyfriend or girlfriend now, but instead perhaps a granddaughter or grandson! And with Marie as host, you know—there will be candy! **Registration required. Max: 25.**

### Economy Watch: A Financial Discussion Group

Fridays, September 5th, 19th  
and October 3rd, 17th, 31st  
10:30 a.m.

This group is designed to create a welcoming and informative space 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.**



### Kev Tech

September 8th, 22nd  
and October 1st, 20th  
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! **Registration required. Max: 20.**



### Tommy Rull Music Performance

Tuesday, September 16th  
1:30 p.m.



Take a "walk down memory lane" and share an hour of music, laughter and a really good time with Tommy Rull, singer/entertainer's show, "A Musical Journey Through the Years." Enjoy the music of Sinatra, Neil Diamond, Kenny Rogers, Paul Anka, Elvis, Roy Orbison, Perry Como, Louis Armstrong, Engelbert, Barry Manilow and many others. Sing along to your favorite songs and if "the spirit moves you," get up and dance. **Registration required. Max: 35.**





## Impossible Realities: The Art of M.C. Escher

**Wednesday, September 17th**  
**1:30 p.m.**

**Jane Oneail, Culturally Curious**



**ZOOM**

M.C. Escher, the Dutch graphic artist, was a master of mind-bending creations, blending art and mathematics. Born in 1898, Escher's journey from a struggling student to a renowned artist is as fascinating as his intricate lithographs and woodcuts. This program will explore Escher's life, his unique artistic vision, and the mathematical concepts that underpin his most famous works, offering a glimpse into the imagination of one of the 20th century's most innovative artists. **Registration required.**

## Fall Cornhole with Cider and Donuts

**Wednesday, September 17th**  
**1:30 -3:00 p.m.**

**Patricia Thames,  
COA Volunteer**



Our popular Cornhole Tournament returns this fall with cider, donuts and prizes! No experience needed – beginners welcome! Expect friendly competition and fun during this outdoor tournament on our back patio (weather permitting). Please join us! **Registration required. Max: 16.**

## Real Pirates Set Sail with the Real Pirates Adventure

**Thursday, September 18th**  
**1:30 p.m.**



Ahoy there! Join the crew from Real Pirates Adventure in Salem as they bring the golden age of piracy to life right here at the Wellesley Council on Aging. This engaging presentation will walk us through the true story of "Black Sam" Bellamy and the infamous pirate ship *Whydah Gally*—the only fully authenticated pirate shipwreck ever discovered. You'll learn about the real pirates of New England, their daring exploits, and what daily life was like on the high seas. The program includes authentic artifacts, historical storytelling, and a behind-the-scenes look at how history and archaeology brought this incredible story to the surface—literally! Whether you're a lifelong history buff or just curious about pirates beyond the Hollywood myths, this is a one-of-a-kind experience you won't want to miss. **Registration required. Max: 35.**



Volunteer Appreciation  
Ice Cream Social

## Family & Friends CPR

**Friday, September 19th**  
**10:30 a.m. – 12:30 p.m.**

**Lt. Paul T. Delaney**

**SAFE Program Coordinator,**

**Public Education/Wellesley Fire Rescue Department**



**Celebrating Wellesley**



American Heart Association

**CPR & First Aid**

**Emergency Cardiovascular Care**

Family & Friends CPR is a classroom-based, video-led course that includes skills practice throughout. Skills are taught by using the AHA's research-proven practice-while-watching technique, which allows participants to practice on a CPR training mannequin while skills are demonstrated in the course video. Please join Lt. Paul Delaney of the Wellesley Fire Department for this important safety training class. **Registration required. Max: 15.**

## Tomoko Iwamoto Violin Performance

**Wednesday, September 24th**  
**1:30 p.m.**

**Tomoko Iwamoto, Violinist**



Born in Osaka, Japan, Tomoko started playing the violin at age 6. She was a scholarship student at Berklee College of Music. While primarily a "jazzy" violinist, Tomoko plays in many styles from classical to rock, pop to jazz to world music, demonstrating a great sense of improvisation. She leads a gypsy jazz quartet "440" featuring beautiful violin and clarinet harmonies. In recent years, Tomoko has appeared as a guest with Women in World Jazz, and performs with legendary clarinetist, Billy Novick in the swing jazz trio "Jazz Tapestry." **Registration required. Max: 35.**

## Friends of the Council on Aging Meet & Greet Wednesday, September 24th 5:00 p.m. – 6:00 p.m. Al Fresco event on the COA Patio

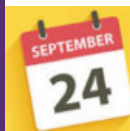
Come meet the Friends Group and enjoy Shake Shack Burgers and dogs and the famous Shake Shack French Fries. **Registration required. Max: 25.**



**Celebrating Wellesley**



**Catered  
by  
Shake  
Shack**



**Meet  
&  
Greet**



## Ponzi, Madoff and Other Scammers Through the Ages Thursday, September 25th 1:30 p.m.

**Bob Ainsworth, Author and  
Retired CFO and Controller**



A Ponzi Scheme—everyone has heard of the term thanks to Bernie Madoff and other fraudsters, but do you really know what it means? Where the idea came from? How did it operate? Who was the man whose name Ponzi lives in infamy? This presentation will cover the 1920's scams of Carlo Ponzi in Boston and other fraudsters, including a man who sold the Brooklyn Bridge and another who sold the Eiffel Tower. More recent scams by Bernie Madoff, Elizabeth Holmes and cryptocurrency fraudsters will also be discussed. Learn what you can look for to avoid becoming a victim! **Registration required. Max: 35.**



## From Volcanoes to the Columbia River: A Journey through Time and Nature

**Tuesday, September 30th**

**1:30 p.m.**

**Joy Marzolf, Joys of Nature**



The Pacific Northwest is known for its mountains, but visible volcanic activity in the area dates back many millions of years and continues into the present. While providing dramatic landscapes, these areas are also known for a long history of native inhabitants and for the wildlife that can be found nearby. Mountain chickadees and Steller's jays can be found flying around Crater Lake, the deepest lake in the US, while ground squirrels scamper among rugged and ancient lava flows in the high plains desert. Some, like Mt Hood reveal snowcapped peaks and waterfalls like Multnomah Falls, while on the other side of the Columbia River, Mount St Helens still shows signs of the 1980 eruption as well as the return of plants and animals. Join us for a journey through time from the mountains to the high plains of Oregon and Southern Washington. **Registration required. Max: 35.**

## Quack to the Future: The Inside Story of Boston's Iconic Amphibians

**Thursday, October 2nd**

**1:30 p.m.**

**Johnny Kinsman, Actor and Lecturer**



Have you ever wondered what it's like to drive a "Duck Boat" for Boston Duck Tours in a Championship Parade? Or about the name of the cartoon duck in the logo, and why he wears a Sergeant's hat? Or what happens to the wheels when going from truck-to-boat in the Charles River? If so, then this talk is for you! The story begins in the 1990s when Andy Wilson went on a road trip and one day awoke in a motel room and saw a WWII-era D.U.K.W., better known as a "Duck Boat," rumbling past his window giving amphibious tours of the town. That sparked an idea that changed his life and made a huge splash in the city of Boston—the ripples of which are now felt all over the world! Join storyteller, tour guide, and company-insider Johnny Kinsman for a presentation that highlights the fun and wacky world of Boston Duck Tours through archives and anecdotes, and offers a behind-the-scenes look at how quack-by-quack, tour-by-tour, and decade-by-decade, this phenomenon has grown from a feather-brained idea that jussst might work into the cornerstone of our city's tourism that celebrates Boston at its very best! **Registration required. Max: 35.**

## Shine

**Monday, October 6th**

**1:30 p.m.**

**2026 Medicare Open Enrollment**

**Michelle Gucciardi, Presenter**



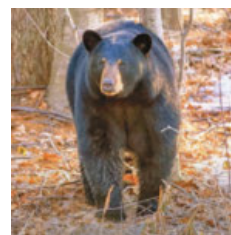
The annual Medicare Open Enrollment period, during which Medicare beneficiaries can select different coverages for the following year, will be starting soon. Each January, Medicare health insurance premiums change, health care and drug coverage change, providers contract with different plans, and new benefits are introduced. Join representatives from MetroWest SHINE for an unbiased overview of what's new in Medicare for 2026 and the importance of reviewing your Medicare coverage each fall during Medicare Open Enrollment, which runs from October 15th to December 7th. **Registration required. Max: 35.**

## Living with Wildlife in Massachusetts

**Tuesday, October 7th**

**1:30 p.m.**

**Tia Pinney, Mass Audubon**



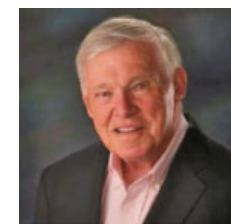
Join Biologist and Mass Audubon Senior Naturalist, Tia Pinney, to learn about commonly encountered wildlife in Massachusetts, such as deer, coyote, and raccoons, and their intersection with the wild and developed spaces we inhabit. The program will also cover how to peacefully co-exist with these unique neighbors here in the Commonwealth. **Registration required. Max: 35.**

## Artificial Intelligence for Seniors

**Wednesday, October 8th**

**1:30 p.m.**

**Henry Quinlan, Owner and  
Publisher of Omni Publishing**



Join us for a program given by Henry Quinlan to explain what artificial intelligence is, how it can benefit seniors, and to introduce easy-to-use AI tools designed with seniors in mind. Henry will go over how AI can promote independent living, financial management and help write YOUR story. He also shares some of the more unusual ways AI is being used today and offers important insights into the risks and dangers associated with this rapidly evolving technology. **Registration required. Max: 35.**

## Italians in Boston's North End

**Thursday, October 9th**

**1:30 p.m.**

**Anthony Sammarco,  
Historian and Author**



After the Civil War, Boston's population increased dramatically through both matriculation as well as through immigration. By 1870, half of Boston's 250,000 population was comprised of immigrants or the children of immigrants. There were many immigrant groups, and by 1900 the North End became known as "Little Italy" due to a large population of people who traced their ancestry to Southern Italy. The neighborhood experienced many changes during this time; for example the Paul Revere House became the Banca Italiana and home of the F.A. Godutti Cigar Factory. The neighborhood continued to evolve over the years but still retains much of its Italian American heritage. In this illustrated lecture, historian Anthony Sammarco will trace the Italians coming to Boston who created a thriving neighborhood in Boston. **Registration required. Max: 35.**



Volunteer Appreciation  
Ice Cream Social



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**The Swirling World of Art Nouveau**  
**Wednesday, October 15th**  
**1:30 p.m.**  
**Jane Oneail, Culturally Curious**

**ZOOM**



Have you ever been captivated by the sinuous curves and organic forms of Art Nouveau? This enchanting artistic movement, which flourished from the 1890s to the 1910s, revolutionized visual arts and architecture with its emphasis on natural shapes, flowing lines, and decorative elegance. At the forefront of this style was Alphonse Mucha, a Czech artist whose iconic posters and illustrations epitomized the grace and beauty of Art Nouveau. This program explores the key characteristics of Art Nouveau and delves into Mucha's masterful works, uncovering how his distinctive style influenced not only graphic design but also the architecture and interior decor of the era.

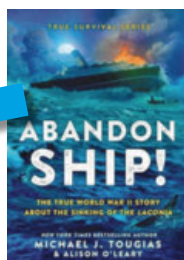
**Registration required.**

**The Strange Case of the Laconia:**  
**A WWII Story of Disaster, Survival,**  
**and a Cover-Up**

**Thursday, October 16th**  
**1:30 p.m.**

**Michael Tougias, Author**

**ZOOM**



When a ship the size of the Titanic, the Laconia, was sunk by a U-boat, some of its nearly 3,000 British passengers and Italian POW's were rescued by the very U-boat that sank their ship. Highly unusual, but the story becomes more bizarre. The survivors thought their ordeal of floating in shark infested ocean was over...until an American plane unleashed its bombs. New York Times Bestselling author Michael Tougias offers an edge-of-your-seat slide presentation about this incident, perhaps the most unusual in all of WWII. The event was covered up by authorities, but Tougias shares the complete account including the incredible story of four British citizens who survived seven weeks adrift at sea with only two tablespoons of water per day and little food.

**Registration required.**

**TWO-PART SERIES**

**Genetics: 23 and You**

**Thursdays,**  
**October 23rd and 30th**  
**1:30 p.m.**

**Jim McClaren, Former Teacher and**  
**Adult Education Lecturer**

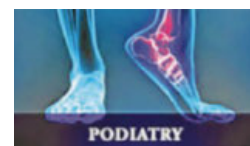


**Thursday, October 23:** What is a "gene"? Fundamentally, genes are carriers of information. Humans transmit information via language. Genes transmit information via their own language: the language of DNA. This session will explain how we deciphered that language and look at how we put it to use.

**Thursday, October 30:** OK, once we have learned how genes carry information via their own unique language, what can we do with that knowledge? Probably more than you are aware and likely more than you can imagine. We will look at genetic engineering, genome reading, criminal forensics, and more. (Would you like your genome to be on file somewhere?)

**Registration required. Max: 35.**

**Podiatry Clinic**  
**Friday, October 24th**  
**9:15 a.m. – 12:00 p.m.**  
**Dr. Alissa Kuizinas, Podiatrist**



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

**Registration required.**

**Louis Prima & Keely Smith**

**Monday, October 27th**  
**1:30 p.m.**

**Frank King, former WBUR**  
**Radio Host**



Join us for a program given by Frank King who will focus on the dynamic duo of LOUIS PRIMA & KEELY SMITH. You'll learn about - and listen to - Louis' roller-coaster music career before he met Keely; his funny hit records from the 1940's; how they first teamed up in Virginia Beach; how Louis & Keely lit up the Casbah Lounge at the Sahara Hotel and made it THE place to be seen in Las Vegas; the story behind their biggest hit, "That Old Black Magic"; and the story of their personal lives, including after they split up. **Registration required. Max: 35.**

**Greenland – A Journey**  
**into the Land of Ice**

**Tuesday, October 28th**  
**1:30 p.m.**

**Barry Pell, World Traveler**  
**and Photojournalist**



Greenland is the world's largest island and least densely populated place on earth. With about eighty percent of the land covered by ice, the population is limited to a handful of habitable places along the coast. Traveling by boat, plane and helicopter (there are no roads) in this Danish colony, the lecturer photographed the stunning beauty of the ice floes, glaciers and icebergs. In this program, he will discuss the island's history and culture, how global warming is changing the landscape and impacting the lives of its people who depend on fishing and hunting for their survival, and the recent focus on Greenland for its valuable natural resources. **Registration required. Max: 35.**

**The Salem Witchcraft Trials**

**Wednesday, October 29th**  
**1:30 p.m.**

**Presented by Honorable**  
**Dennis J. Curran, Justice,**  
**Massachusetts Superior Court (Ret.)**



These trials constitute one of the most mysterious and fascinating events in American history. Discover the "perfect storm" of conditions that culminated in tragic circumstances that have haunted us for centuries. We will explode five myths behind the outbreak of allegations of witchcraft in colonial America, examine the villains and heroes involved, and try to determine the reasons behind a raging mass hysteria. Whether we live in 17th century New England or today, people are susceptible to the same dark fears and influences. The Salem Witchcraft trials serve as a powerful reminder of the frailty of the human condition. **Registration required. Max: 35.**



## ANDRIA'S CORNER

Do you like puns? Are you a sucker for a good chuckle? I am! Email me your funniest puns/jokes, and the top five winners will be listed in our next newsletter.

Andria - [adesimone@wellesleyma.gov](mailto:adesimone@wellesleyma.gov)



### Some of my favorites:

Why aren't koalas actual bears?  
They don't meet the koalafications.



Why is England the wettest country?  
Because so many Kings and Queens have been reigning there.



I wish I liked archery more.....  
There are too many drawbacks.

## One-On-One Technology Assistance

**Tuesdays**  
**12:30 – 3:30 p.m.**

**Lois Clayton,**  
**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.**

## Get Ready for Another Great Season of Senior Travel Pool!





This fall, Wellesley is once again proud to participate in the Eastern Massachusetts Senior Pool Travel League. The league features 29 teams from across the region, with Wellesley competing as part of the eight-team MetroWest Division. Wellesley will continue to field two teams in the league, with matches taking place every Tuesday from **September 2nd through November 4th**. Each match begins at **10:00 a.m.** and can last up to three hours, depending on how play unfolds. In the event of a tie, a short three-game tiebreaker round will determine the winner. With a home match scheduled every week throughout the season, the Tolles Parsons Center will be buzzing with excitement each Tuesday morning. Whether you're a player, a fan, or just curious about the game, we welcome you to stop by and enjoy the action. The Pool League is a fun and friendly way to bring communities together and showcase some serious talent on the tables. Let's have a great season!

**CLUB: COA Photography**  
**Mondays September 8th, 22nd**  
**and October 6th, 20th**  
**10:30 a.m. – 12:00 p.m.**




**Photo Credit: Bill Stanwood, 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 want to share 'tips and tricks' and their passion for photography.



**Celebrating Wellesley**




**Public Health**  
Prevent. Promote. Protect.  
Wellesley Health Department


**Wellesley Health Department**

**Keep Well Clinics:** Have your blood pressure monitored and health questions answered

**KEEP WELL CLINIC**  
**10:00 - 11:00 AM**

Wednesdays, September 3 & 17  
Wednesdays, October 1 & 15

 **WELLESLEY COUNCIL on AGING**



**Celebrating Wellesley**




**Popovers**  
at Church Square

**JOIN US FOR POPOVER WEEK AT THE COA!**

**POPOVERS AT CHURCH SQ**  
**WILL DROP OFF FRESH POPOVERS EACH MORNING**  
**OCTOBER**  
**14, 15, 16, 17**  
**9:00 AM IN THE CAFE**  
**DROP IN FOR A POPOVER\***

\*Quantities will be limited first come first serve





# 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@mwrtta.com**.

## MWRTA Hospital shuttle

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

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

The shuttle service operates every **Tuesday, Wednesday, and Thursday from 8:30 a.m. – 6:00 p.m.** Shuttle riders must complete and submit the registration form to 15 Blandin Ave., Framingham, MA 01702 or drop it off at the Tolles 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**.



## Now Hiring Van Drivers



The Wellesley Council on Aging (COA) is seeking responsible individual(s) to drive the COA bus. The COA Bus Driver provides safe transportation to medical appointments, stores, and social engagements for Wellesley's senior citizens via a 12-passenger wheelchair accessible bus. The incumbent keeps exact passenger records and performs daily safety checks. The work requires a clean driving record, organizational and interpersonal skills, and concern for the safety of passengers and equipment.

Apply on our website  
[www.wellesleyma.gov/](http://www.wellesleyma.gov/)



**WELLESLEY**  
COUNCIL *on* AGING

Hourly Rate \$26.15





# 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](mailto:KBurnham@wellesleyma.gov) or **781.235.3961**.

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

Sept.	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>-2-</b>	<b>-3-</b>	<b>-4-</b>	<b>-5-</b>
	Grilled Chicken Caesar Wrap & Chips	Vegetable Omelet & a Fruit Cup	½ Vegetarian Calzone & Cape Cod Potato Chips	Steak and Cheese Grinder & Garden Salad
	<b>-9-</b>	<b>-10-</b>	<b>-11-</b>	<b>-12-</b>
	Spinach Quiche, Chicken Noodle Soup & Blueberry Muffin	Chicken Lemon Rice Soup, Broccoli Cheddar Quiche & Plain Croissant	Ham, Mushroom Quiche, Chicken Lemon Rice Soup & Pumpkin Muffin	Chicken Vegetable Soup, ½ Chicken Tarragon Sandwich & Blueberry Muffin
	<b>-16-</b>	<b>-17-</b>	<b>-18-</b>	<b>-19-</b>
	Fish Cake, Peas, Carrots & Cornbread	Baked Haddock wth Herb Stuffing, Honey-Glazed Carrots & Cornbread	Tuna Salad Wrap Cornbread & Coleslaw	Salmon Salad Plate, Cornbread & Tomato & Cucumber Salad
	<b>-23-</b>	<b>-24-</b>	<b>-25-</b>	<b>-26-</b>
	Chef's Salad (Turkey, Ham, Roast Beef, Cheese and Boiled Egg) & a Brownie	Shrimp Broccoli Alfredo & a Garden Salad	Greek Medley Wrap (Feta Cheese, Lettuce, Tomato, Onions, Black Olives, Cucumber and Greek Dressing) & a Brownie	Roast Beef Sandwich on a Roll with Small Tossed Salad & Chips
	<b>-30-</b>			
	Crushed Avocado, Lime Juice, Cilantro, Grilled Chicken Breast, Tomato, Lettuce & a Cookie			

Oct.	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>-1-</b>	<b>-2-</b>	<b>-3-</b>
		Turkey, Cheddar Cheese, Cucumber, Tomatoes on Wheat Bread & a Cookie	Turkey, Bacon, Romaine, Tomatoes, Pepper Jack Cheese, Cranberry Sauce on White Bread	Cranberry Chicken Wrap & a Cookie
	<b>-7-</b>	<b>-8-</b>	<b>-9-</b>	<b>-10-</b>
	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	Isabella Sandwich on Whole Wheat & a Cookie
	<b>-14-</b>	<b>-15-</b>	<b>-16-</b>	<b>-17-</b>
	Chicken Lemon Rice Soup, ½ Tuna Sandwich & Chocolate Chip Cookie	Spinach Feta Quiche, ½ Roasted Chicken & Pumpkin Muffin	<b>NO LUNCH</b>	Ham, Mushroom Quiche, Chicken Vegetable Soup & Butterscotch Oatmeal Cookie
	<b>-21-</b>	<b>-22-</b>	<b>-23-</b>	<b>-24-</b>
	Salmon & Potato Pie with Broccoli & Cornbread	Baked Haddock with Herb Stuffing, Honey Glazed Carrots & Cornbread	Fish Cake, Peas, Carrots & Cornbread	Tuna Salad Wrap Cornbread & Coleslaw
	<b>-28-</b>	<b>-29-</b>	<b>-30-</b>	<b>-31-</b>
	Chicken Parmigiana with Ziti, with Side Garden Salad	Seafood Salad wth Small Side Tossed Salad	Chicken Kabob Wrap with Chips	Antipasto Salad with Chocolate Chip Cookie



# SEPTEMBER 2025 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-1-	-2-	-3-	-4-	-5-
<b>The Tolles Parsons Center is CLOSED in Observation of Labor Day NO ACTIVITIES</b>	<b>9:15 Seated Strength &amp; Balance</b> <b>9:15</b> Yoga for Better Balance <b>10:30</b> Tai Chi <b>11:00</b> Social Connections	<b>9:15</b> Hi Low Fitness <b>10:00</b> Keep Well Clinic <b>12:00</b> Cardio Dance & Strength – LaBlast <b>1:00</b> World History Book Discussion <b>2:30</b> Men in Retirement	<b>9:15 Seated Strength &amp; Balance</b> <b>9:15</b> All Levels Yoga <b>10:00 Pilates</b> <b>10:30</b> Tai Chi <b>1:30</b> Discover Wellesley Neighbors <b>2:30</b> Women in Retirement	<b>9:15</b> Yoga for Better Balance <b>10:30</b> Economy Watch <b>1:15</b> Movie: September 5th 
-8-	-9-	-10-	-11-	-12-
<b>9:15</b> Fit for Life <b>10:30</b> Core & More <b>10:30</b> Photography Club <b>1:30</b> KevTech	<b>9:00</b> Experienced Knitting <b>9:15 Seated Strength &amp; Balance</b> <b>9:15</b> Yoga for Better Balance <b>10:30</b> Tai Chi <b>11:00</b> Social Connections <b>1:30</b> Medicare 101 <b>1:30</b> All Abilities Knitting	<b>9:15</b> Hi Low Fitness <b>9:30</b> Plymouth Harbor Cruise <b>12:00</b> Cardio Dance & Strength – LaBlast <b>1:00</b> Great Poems Discussion <b>2:30</b> Men in Retirement	<b>9:15 Seated Strength &amp; Balance</b> <b>10:00 Pilates</b> <b>10:30</b> Tai Chi <b>12:30</b> Tell Us What You're Reading <b>1:30</b> Sing Along with Marie Brown! <b>2:30</b> The Afternoon Discussion Group	<b>9:15</b> Yoga for Better Balance <b>11:00</b> Still-Life Sketching <b>1:15</b> Movie: The Founder 
-15-	-16-	-17-	-18-	-19-
<b>9:15</b> Fit for Life <b>10:30</b> Core & More <b>12:00</b> All Levels Yoga <b>2:30</b> Chair Yoga	<b>9:00</b> Experienced Knitting <b>9:15 Seated Strength &amp; Balance</b> <b>9:15</b> Yoga for Better Balance <b>10:30</b> Tai Chi <b>11:00</b> Social Connections <b>1:30</b> All Abilities Knitting <b>1:30</b> Tommy Rull Music Performance	<b>9:15</b> Hi Low Fitness <b>10:00</b> Keep Well Clinic <b>12:00</b> Cardio Dance & Strength – LaBlast <b>1:00</b> Shakespeare Discussion <b>1:30</b> Impossible Realities: The Art of M.C. Escher <b>1:30</b> Fall Cornhole Tournament <b>2:30</b> Men in Retirement	<b>9:00</b> Donuts & Coffee with Wellesley Police <b>9:15 Seated Strength &amp; Balance</b> <b>9:15</b> All Levels Yoga <b>10:00 Pilates</b> <b>10:00</b> Paper Flower Making <b>10:30</b> Tai Chi <b>1:00</b> Bingo <b>1:30</b> Real Pirates Adventure <b>2:30</b> Women in Retirement <b>4:00</b> Board Meeting	<b>9:15</b> Yoga for Better Balance <b>10:30</b> Family and Friends CPR <b>10:30</b> Economy Watch <b>1:15</b> Movie: I'm Still Here 
-22-	-23-	-24-	-25-	-26-
<b>9:15</b> Fit for Life <b>10:30</b> Core & More <b>10:30</b> Photography Club <b>12:00</b> All Levels Yoga <b>1:30</b> Kev Tech <b>2:30</b> Chair Yoga	<b>9:00</b> Experienced Knitting <b>9:15 Seated Strength &amp; Balance</b> <b>9:15</b> Yoga for Better Balance <b>10:30</b> Tai Chi <b>11:00</b> Social Connections <b>1:30</b> All Abilities Knitting	<b>9:15</b> Hi Low Fitness <b>1:00</b> Needle Felted Pumpkins and Gourds <b>1:00</b> American Literary Classics Book Discussion <b>1:30</b> Tomoko Iwamoto Violin Performance <b>2:30</b> Men in Retirement <b>5:00</b> Friends of the Council on Aging Meet & Greet 	<b>9:15 Seated Strength &amp; Balance</b> <b>9:15</b> All Levels Yoga <b>10:00 Pilates</b> <b>10:30</b> Tai Chi <b>1:30</b> Ponzi, Madoff and Other Scammers Through the Ages <b>2:30</b> The Afternoon Discussion Group	<b>9:15</b> Yoga for Better Balance <b>11:00</b> Still- Life Sketching <b>1:15</b> Movie: Faraway 
-29-	-30-	<div> <div></div> <div><b>VIRTUAL</b></div> <div></div> <div><b>IN PERSON</b></div> </div> <div>  <p><b>See Back Cover</b> For Drop In Activities not reflected in the calendar.</p> </div>		
<b>12:00</b> All Levels Yoga <b>1:30</b> Watercolor For All <b>2:30</b> Chair Yoga	<b>9:00</b> Experienced Knitting <b>9:15 Seated Strength &amp; Balance</b> <b>9:15</b> Yoga for Better Balance <b>10:30</b> Tai Chi <b>11:00</b> Social Connections <b>1:30</b> All Abilities Knitting <b>1:30</b> From Volcanoes to the Columbia River			


















# OCTOBER 2025 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>The Wellesley COA celebrates the diversity of our community and welcomes people of all abilities, gender identities, races, religions, and ethnicities</p>		-1-	-2-	-3-
		<b>9:15</b> Hi Low Fitness <b>10:00</b> Keep Well Clinic <b>12:00</b> Cardio Dance & Strength – LaBlast <b>1:00</b> World History Book Discussion <b>1:30</b> Kev Tech <b>2:30</b> Men in Retirement	<b>9:15</b> Seated Strength & Balance <b>9:15</b> All Levels Yoga <b>10:00</b> Faux Woodburning Coasters <b>10:00</b> Pilates <b>10:30</b> Tai Chi <b>1:30</b> Quack to the Future <b>2:30</b> Women in Retirement	<b>9:15</b> Yoga for Better Balance <b>10:30</b> Economy Watch <b>1:15</b> Movie: The Piano Lesson 
-6-	-7-	-8-	-9-	-10-
<b>9:15</b> Fit for Life <b>10:30</b> Core & More <b>10:30</b> Photography Club <b>12:00</b> All Levels Yoga <b>1:30</b> Watercolor For All <b>2:30</b> Chair Yoga <b>1:30</b> Shine 2026 Medicare Open Enrollment	<b>9:00</b> Experienced Knitting <b>9:15</b> Seated Strength & Balance <b>9:15</b> Yoga for Better Balance <b>10:30</b> Tai Chi <b>11:00</b> Social Connections <b>1:30</b> All Abilities Knitting <b>1:30</b> Living with Wildlife in Massachusetts	<b>9:15</b> Hi Low Fitness <b>12:00</b> Cardio Dance & Strength – LaBlast <b>1:00</b> Great Poems Discussion <b>1:30</b> Artificial Intelligence for Seniors <b>2:30</b> Men in Retirement	<b>9:15</b> Seated Strength & Balance <b>9:15</b> All Levels Yoga <b>10:00</b> Pilates <b>10:00</b> Paper Sunflower Making <b>10:30</b> Tai Chi <b>1:00</b> Tell Us What You're Reading <b>1:30</b> Italians In Boston's North End <b>2:30</b> The Afternoon Discussion Group	<b>9:15</b> Yoga for Better Balance <b>11:00</b> Still-Life Sketching <b>1:15</b> Movie: The Best Exotic Marigold Hotel 
-13-	-14-	-15-	-16-	-17-
<b>The Tolles Parsons Center is CLOSED in Observation of Indigenous Peoples Day NO ACTIVITIES</b>	<b>9:00</b> Popovers in Café <b>9:00</b> Experienced Knitting <b>9:00</b> Donuts & Coffee with Wellesley Police <b>9:15</b> Seated Strength & Balance <b>9:15</b> Yoga for Better Balance <b>10:30</b> Tai Chi <b>11:00</b> Social Connections <b>1:30</b> All Abilities Knitting	<b>9:00</b> Popovers in Café <b>10:00</b> Keep Well Clinic <b>1:30</b> The Swirling World of Art Nouveau	<b>9:00</b> Popovers in Café <b>9:15</b> Seated Strength & Balance <b>10:00</b> Pilates <b>10:30</b> Annual Health & Wellness Fair <b>1:30</b> The Strange Case of the Laconia <b>4:00</b> Board Meeting	<b>9:00</b> Popovers in Café <b>9:15</b> Yoga for Better Balance <b>10:30</b> Economy Watch <b>1:00</b> Shakespeare Discussion <b>1:15</b> Movie: Fly Me to the Moon 
-20-	-21-	-22-	-23-	-24-
<b>9:15</b> Fit for Life <b>10:30</b> Core & More <b>10:30</b> Photography Club <b>12:00</b> All Levels Yoga <b>1:30</b> Kev Tech <b>1:30</b> Watercolor For All <b>2:30</b> Chair Yoga	<b>9:00</b> Experienced Knitting <b>9:15</b> Seated Strength & Balance <b>9:15</b> Yoga for Better Balance <b>10:30</b> Tai Chi <b>11:00</b> Social Connections <b>1:30</b> All Abilities Knitting	<b>9:15</b> Hi Low Fitness <b>12:00</b> Cardio Dance & Strength – LaBlast <b>1:00</b> American Literary Classics Book Discussion <b>2:30</b> Men in Retirement	<b>9:15</b> Seated Strength & Balance <b>9:15</b> All Levels Yoga <b>10:00</b> Pilates <b>10:00</b> Candles and Waxed Leaves <b>10:30</b> Tai Chi <b>1:00</b> Bingo <b>1:30</b> Genetics: 23 and You, Part I <b>2:30</b> The Afternoon Discussion Group	<b>9:15</b> Podiatry Clinic <b>9:15</b> Yoga for Better Balance <b>11:00</b> Still-Life Sketching <b>1:15</b> Movie: The Penguin Lessons 
-27-	-28-	-29-	-30-	-31-
<b>9:15</b> Fit for Life <b>10:30</b> Core & More <b>12:00</b> All Levels Yoga <b>1:30</b> Louis Prima & Keely Smith <b>1:30</b> Watercolor For All <b>2:30</b> Chair Yoga	<b>9:00</b> Wellesley Registration <b>9:00</b> Experienced Knitting <b>9:15</b> Seated Strength & Balance <b>9:15</b> Yoga for Better Balance <b>10:30</b> Tai Chi <b>11:00</b> Social Connections <b>1:30</b> All Abilities Knitting <b>1:30</b> Greenland – A Journey into the Land of Ice	<b>9:00</b> Non-Wellesley Registration <b>9:15</b> Hi Low Fitness <b>12:00</b> Cardio Dance & Strength – LaBlast <b>1:30</b> The Salem Witchcraft Trials <b>2:30</b> Men in Retirement	<b>9:15</b> Seated Strength & Balance <b>9:15</b> All Levels Yoga <b>10:00</b> Pilates <b>10:30</b> Tai Chi <b>1:30</b> Genetics 23 and You, Part II <b>2:30</b> Women in Retirement	<b>9:15</b> Yoga for Better Balance <b>10:30</b> Economy Watch <b>1:15</b> Movie: Hocus Pocus 

# Fitness ONLINE AND IN PERSON

**ALL CLASSES \$5.00**

**In-Person Exercise classes resume at the COA!**

<b>MONDAYS</b>	<b>TIME</b>	<b>DURATION</b>	<b>ZOOM</b>	<b>IN PERSON</b>	<b>SEPTEMBER</b>	<b>OCTOBER</b>
Fit for Life	9:15 a.m.	60 Minutes			8, 15, 22	6, 20, 27
Core and More	10:30 a.m.	45 Minutes			8, 15, 22	6, 20, 27
All Levels Yoga	12:00 p.m.	60 Minutes			15, 22, 29	6, 20, 27
Chair Yoga	2:30 p.m.	45 Minutes			15, 22, 29	6, 20, 27
<b>TUESDAYS</b>						
Seated Strength & Balance	9:15 a.m.	45 Minutes			2, 9, 16, 23, 30	7, 14, 21, 28
Yoga for Better Balance	9:15 a.m.	60 Minutes			2, 9, 16, 23, 30	7, 14, 21, 28
 Tai Chi	10:30 a.m.	45 Minutes			2, 9, 16, 23, 30	7, 14, 21, 28
<b>WEDNESDAYS</b>						
Hi Low Fitness	9:15 a.m.	45 Minutes			3, 10, 17, 24	1, 8, 22, 29
Cardio Dance & Strength – LaBlast	12:00 p.m.	60 Minutes			3, 10, 17	1, 8, 22, 29
<b>THURSDAYS</b>						
Seated Strength & Balance	9:15 a.m.	45 Minutes			4, 11, 18, 25	2, 9, 16, 23, 30
All Levels Yoga	9:15 a.m.	60 Minutes			4, 18, 25	2, 9, 23, 30
Pilates	10:00 a.m.	60 Minutes			4, 11, 18, 25	2, 9, 16, 23, 30
Tai Chi	10:30 a.m.	45 Minutes			4, 11, 18, 25	2, 9, 23, 30
<b>FRIDAYS</b>						
Yoga for Better Balance	9:15 a.m.	60 Minutes			5, 12, 19, 26	3, 10, 17, 24, 31



**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

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).

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

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



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

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

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



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

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

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



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

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

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



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

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

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



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

**Tai Chi** is now twice a week at 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

**Now twice a week!**



# ART CLASSES/WORKSHOPS/GROUPS *In Person*

**ART: Still-Life Sketching**  
 Fridays, September 12th, 26th  
 and October 10th, 24th  
 11:00 a.m. – 12:00 p.m.

Claire Wu, Wellesley College Student  
 and COA Volunteer



Ever wonder how different lighting transforms an ordinary object into something extraordinary? Let's explore it together! In this still-life sketching class, we'll dive into shading, value, and saturation while sketching all kinds of everyday objects—a perspective you may have never noticed before! Beginners, intermediates, and seasoned artists alike are all welcome to join! **Registration required. Max: 6.**

**WORKSHOP: Paper Flower Making**  
 Thursday, September 18th  
 10:00 a.m. – 12:00 p.m.  
 Instructor: Mary Garrigan  
 Cost: \$15



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

**WORKSHOP: Needle Felted Pumpkins and Gourds**  
 Wednesday, September 24th  
 1:00 p.m. – 4:00 p.m.  
 Instructor: Elizabeth Stubbs  
 Cost: \$20



Fall into the autumn spirit with felt artist Elizabeth Stubbs during an afternoon workshop creating festive felt pumpkins and gourds. Using soft, unspun sheep's wool and a barbed needle, we will create a three-dimensional pumpkin or gourd that will be a festive addition to your fall décor. All materials will be supplied and each participant will go home with a completed pumpkin or gourd and supplies to make another. **Registration required. Max: 12.**

**ART: Watercolor for All!**  
 Mondays, September 29th and  
 October 6th, 20th and 27th  
 1:30 p.m. – 3:00 p.m.  
 Instructor: Cindy Shorris  
 Cost: \$60 for the 4-week session



Come join us in a step-by-step watercolor class for all levels. We will learn some fun techniques and will all go home with frameable works of art each week! This class will be fun and relaxing for all! **Registration required. Max: 8.**

**WORKSHOP: Faux Woodburning Coasters**  
 Thursday, October 2nd  
 10:00 a.m. – 11:30 a.m.  
 Instructor: Joyce Creiger  
 Cost: \$20



Discover a modern twist on the age-old art of woodburning—without the heat or hazard! Using special wood-burning paste, stencils, and a heat gun, you'll design and create a set of four custom wood coasters. From intricate mandalas to bold geometric patterns, this technique allows for crisp lines and beautiful detail with no prior experience needed. Great for gifts—or to keep for yourself. All materials provided. **Registration required. Max: 12.**

**WORKSHOP: Paper Sunflower Making**  
 Thursday, October 9th  
 10:00 a.m. – 12:00 p.m.  
 Instructor: Mary Garrigan  
 Cost: \$15



What would fall be without sunflowers? Come join Mary and learn how to make sunflowers that won't die. In this class we will shade, shape and assemble lifelike flowers. You will take home two or more creations at the end of the class. **Registration required. Max: 8.**

**WORKSHOP: Candles and Waxed Leaves**  
 Thursday, October 23rd  
 10:00 a.m. – 11:30 a.m.  
 Instructors from Land's Sake Farm  
 Cost: \$5



Bring the hive to your table with beautiful candles and waxed-leaf centerpieces! In this workshop we'll try our hand at various crafts that will keep color and light with us throughout the colder months. **Registration required. Max: 15.**

**CLASS: Knitting**  
 Tuesdays, Starting September 9th  
 Experienced Knitting: 9:00 a.m. – 11:00 a.m.  
 All Abilities Knitting: 1:30 p.m. – 3:00 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 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. 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. New participants will be put in touch with the instructors to determine the appropriate level of class. **Max: 14 for each class.**



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

**GROUP: World History Book Discussion**  
**Wednesdays, September 3rd and October 1st**  
**1:00 p.m. – 2:15 p.m.**



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

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

- **September 3rd** – *The Horde – How the Mongols Changed the World*, Marie Favereau (384 pages)
- **October 1st** – *Fragile Cargo – The World War Two Race to Save the Treasures of China's Forbidden City*, Adam Brookes (384 pages)
- **November 5th** – *The First Day on the Somme – Gripping Account of the Blackest Day in British Military History*, Martin Middlebrook (316 pages)
- **December 3rd** – *Across the Airless Wilds – The Lunar Rover and the Triumph of the Final Moon Landings*, Earl Swift (384 pages)

**GROUP: Great Poems Discussion**  
**Wednesdays, September 10th and October 8th**  
**1:00 p.m. – 2:15 p.m.**  
**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 10th** – Alfred, Lord Tennyson, (27 pages)
- **October 8th** – Thomas Hood and Edward Lear (35 pages)
- **November 12th** – Robert Browning (25 pages)
- **December 10th** – Elizabeth Barrett Browning and Edward Fitzgerald (18 pages)

**GROUP: Tell Us What You're Reading Discussion**  
**Thursdays, September 11th and October 9th**  
**12:30 p.m. – 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**  
**Wednesday, September 17th and Friday, October 17th**  
**1:00 p.m. – 2:15 p.m.**  
**Facilitator: COA Volunteer, Terry Catchpole**



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

- **September 17th** – *Richard II*, Acts One and Two
- **October 17th** – *Richard II*, Acts Three, Four and Five
- **November 19th** – *Henry IV, Part One*, Acts One and Two
- **December 17th** – *Henry IV, Part One*, Acts Three, Four and Five

**GROUP: American Literary Classics Book Discussion**  
**Wednesdays, September 24th and October 22nd**  
**1:00 p.m. – 2:15 p.m.**  
**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 24th** – *The Age of Innocence*, Edith Wharton (229 pages)
- **October 22nd** – *A River Runs Through It*, Norman Maclean (161 pages)
- **November 26th** – *Self-Reliance and Other Essays*, Ralph Waldo Emerson (Dover Thrift Edition; 117 pages)
- **No December session**

So many books...

# PROGRAMS/OUTREACH/RESOURCES

## OUTREACH

### **GROUP: The Afternoon Discussion Group**

**Thursdays, September 11th, 25th  
and October 9th, 23rd  
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, September 2nd, 9th, 16th, 23rd, 30th  
and October 7th, 14th, 21st, 28th  
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, September 3rd, 10th, 17th, 24th  
and October 1st, 8th, 22nd, 29th  
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, September 4th, 18th  
and October 2nd, 30th  
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, September 18th and**  
**Tuesday, October 14th**  
**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

### **Thank you to the Wellesley Service League (WSL) volunteers!**

We would like to extend a huge thank you to the Wellesley Service League (WSL) volunteers for their service to our Lunch Program. WSL provides volunteer services to organizations



**Wellesley Service League Volunteers Sporting Their Blue and White Aprons During Lunch.**

in and around Wellesley. Each fall, they welcome a new "class" of volunteers. The volunteers make a 5-year commitment to volunteer a minimum of 65 service hours across a dozen organizations, and we are fortunate to be one of them! WSL volunteers serve lunch at the COA on Wednesdays and pick up and deliver lunches to the COA two days a week. We are grateful to have this ongoing relationship with WSL and value their commitment to helping us meet the needs of our popular Lunch Program.

### **Volunteer Appreciation Ice Cream Social**



**Claire Remeika, Award Recipient, and Sally Miller, Volunteer Coordinator**

On June 18th, we held our annual Volunteer Appreciation Ice Cream Social. This year, a new annual Distinguished Volunteer Service Award in memory of Frank Lam was presented to Claire Remeika. Claire has been a COA volunteer Lunch Server since 2019. She consistently goes above and beyond to help out whenever needed. It is an honor to recognize her with this award.

### **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](mailto: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.

**FREE Admission | FREE Health Screenings | FREE Snacks | FREE Raffle Chances**

**Join us for the annual**

## Health & Wellness Fair



**Thursday, October 16, 2025**  
**10:30 a.m. – 1:30 p.m.**  
**at the Wellesley Council on Aging**  
**500 Washington Street**



- Vascular Care & Testing
- Vision & Eye Pressure Testing
- Massage Therapy
- Nutrition & Meal Guidance
- Navigating Medicare
- Acupuncture Therapy
- Generational Legal Guidance
- Stretch Lab Therapy
- Dental Health
- Home Health Care Resources
- Financial Planning
- Senior Living Alternatives
- Resources from the Wellesley Health Department



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

*For payment by check, please use form below*



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



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

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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

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

**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  
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TICKET



• Reel Talk – Fridays 1:15 p.m. •

## SEPTEMBER/OCTOBER

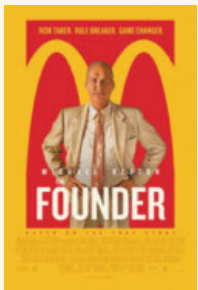
SEPTEMBER 5TH | R | History/Drama/Sports



**September 5 (2024)**

This historical drama film focuses on the 1972 Munich Olympic hostage crisis from the perspective of the ABC Sports crew. The film highlights their transition from covering the Olympics to reporting on the hostage situation involving Israeli athletes and showcases the intense and emotional experience of live broadcasting during a global tragedy. 1h 34m

SEPTEMBER 12TH | PG-13 | Biography/History/Drama



**The Founder (2017)**

The true story of how Ray Kroc (Michael Keaton), a struggling salesman, met Mac and Dick McDonald. Kroc was impressed by the brothers' speedy system of making the food and saw franchise potential. Kroc soon maneuvers himself into a position to be able to pull the company from the brothers and create a multi-billion dollar empire. 1h 55m

SEPTEMBER 19TH | PG-13 | Drama/Biography/History



**I'm Still Here (2024)**

Based on a true story, this film depicts Brazil during the early 70s as the country faces the tightening grip of a military dictatorship and Eunice Paiva, a mother of five, must reinvent herself and her family when authorities abduct her husband. 2h 15m

SEPTEMBER 26TH | Romance/Comedy/Drama



**Faraway (2023)**

Zeynep Altin is at the end of her rope. Overworked and pushed around by her husband, daughter and aging father, she leaves Munich and escapes to an island in Croatia to the house her mother bought secretly years ago and gifted to her in her will. She hopes to find peace, freedom and herself. If only the former owner, Josip, an islander through and through, wasn't still living on the same property. 1h 49m

OCTOBER 3RD | PG-13 | Drama/Music



**The Piano Lesson (2024)**

Set in 1936 Pittsburgh during the aftermath of the Great Depression, *The Piano Lesson* follows the lives of the Charles family in the Doaker Charles household and an heirloom, the family piano, which documents the family history through carvings made by their enslaved ancestor. 1h 49m

OCTOBER 10th | PG-13 | Comedy/Drama



**The Best Exotic Marigold Hotel (2014)**

Some British retirees decide to retire to exotic and less expensive – India. Lured by advertisements for the newly restored Marigold Hotel they arrive to find the Marigold is a shell of its former self. Though their new home is not quite what they had imagined, they find life and love can begin again when they let go of their pasts. 2h 4m

OCTOBER 17TH | PG-13 | Romance/Comedy/Drama/History



**Fly Me to the Moon (2024)**

Brought in to fix NASA's public image, sparks fly as marketing maven Kelly Jones wreaks havoc on launch director Cole Davis's already difficult task. When the White House deems the mission too important to fail, the countdown truly begins. 2h 12m

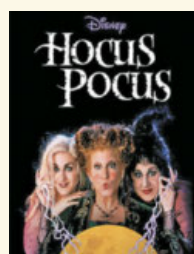
OCTOBER 24TH | PG-13 | Comedy/Drama



**The Penguin Lessons (2024)**

Inspired by the true story of a disillusioned Englishman who went to work in a school in Argentina in 1976. Expecting an easy ride, Tom discovers a divided nation and a class of unteachable students. However, after he rescues a penguin from an oil-slicked beach, his life is turned upside-down. 1h 50m

OCTOBER 31ST | PG | Holiday/Comedy/Fantasy



**Hocus Pocus (1993)**

Conjured up by some unsuspecting pranksters, a tricky trio of 300-year-old witches set out to cast a spell on the town and reclaim their youth. But first, they must get their act together and outwit three kids and a talking cat. 1h 35m

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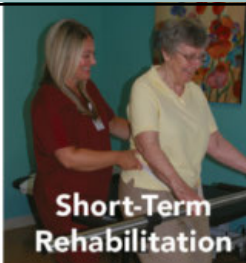
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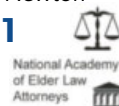
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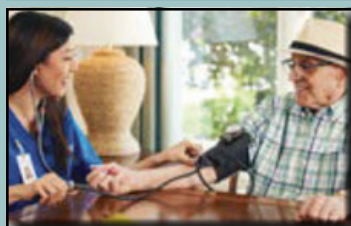
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**Brain:** Trouble with thinking or memory loss



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#### Hours of Operation:

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

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

781-235-3961  
[www.wellesleycoa.org](http://www.wellesleycoa.org)



Meet **THE ACTIVITIES TEAM!** 























**Tuesday, October 21st, 1:30 p.m.**

From classes and speakers to trips and special events. Kevin, Sarah, and Nancy work together to bring a wide range of programs to the COA. **But the best ideas often come from you.** Have a suggestion for something new or something you'd like to see return? Your feedback helps shape the schedule and keeps our offerings fresh, fun, and meaningful.

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U.S. POSTAGE  
**PAID**  
FRAMINGHAM, MA  
PERMIT 179

## 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 - 1:00</b> Billiards Match	 <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>1:00 - 4:00</b> Cribbage Groups	 <b>9:00 - 12:30</b> Bridge Group	 <b>10:00 - 12:00</b> Billiards Practice	 <b>9:15 - 10:15</b> Walking Group Meet at Morses Pond
 <b>9:15 - 10:15</b> Walking Group		 <b>9:00 - 4:00</b> Card/Game/Billiards	 <b>12:30 - 4:00</b> Mah Jongg	 <b>12:30 - 4:00</b> Mexican Dominoes
 <b>1:30 - 4:00</b> Ping Pong		 <b>9:15 - 10:15</b> Walking Group	 <b>1:00 - 3:00</b> BINGO Sept. 18th and Oct. 23rd	 <b>1:30 - 3:30</b> Painting
		 <b>10:00 - 11:00</b> Keep Well at TPC (First and Third)	 <b>1:30 - 4:00</b> Knitting Group	 <b>1:30 - 4:00</b> Ping Pong
		 <b>12:30 - 4:00</b> Scrabble Group		