



Photographs Courtesy of Beth Shedd

The mission of the Wellesley Council on Aging is to serve as the primary resource for residents over the age of 60; to empower individuals to reach their goals; to offer comprehensive programs, services, and assistance that optimize quality of life; and to enable meaningful connections and collaborations that inspire a spirit of community across generations in our town.

January/February 2019 Registration:

Thursday, January 3 (Wellesley residents)

Friday, January 4 (non-Wellesley residents)

All programs require pre-registration unless otherwise noted.

How To Register:

There are three ways to register for programs:

1. Online through *MyActiveCenter* (<https://myactivecenter.com>)
2. In-person, during open registration, at the TPC
3. By phone: 781-235-3961

Please note: Registration begins at 9:00 a.m. for all methods listed above. Online registration is available if you have received your keytag and created a *MyActiveCenter* account.

IMPORTANT: For fee-based activities, you **MUST** pay at the time of registration (see chart below for accepted payment methods):

Registration Method	Form of payment accepted
MyActiveCenter	Credit Card
In-person at TPC	Credit Card, Cash, Check (payable to Town of Wellesley)
By Phone	Credit Card

NOTE: MyActiveCenter.com is a secure site ([https](https://myactivecenter.com)) - does not store credit card information - nor does MySeniorCenter when staff key in a card number.

A New Year, A New You!

Whether you are new to exercising or you've been active all your life, it's important to always have goals to propel you forward! As a new year begins, we want to remind you that there are many opportunities available through the COA to help you achieve your health, wellness, and fitness goals! The TPC Fitness Room is open to Wellesley residents, age 60 and over, who have completed an orientation session, read and signed the required forms, and paid the membership fee (\$25 for six months; \$40 for twelve months). The equipment in the Fitness Room includes (1) Upright Cycle; (1) Recumbent Cycle; (1) Treadmill; (1) Elliptical; (2) Sci-Fit Total Body Recumbent Stepper; (1) Weight Bench with dumbbells of varying weights. To schedule an appointment for fitness room orientation, call the COA at 781-235-3961. The COA is in the process of exploring opportunities for personal trainers to be on site at TPC to help with motivation, goal setting, and providing feedback and accountability to their clients. If you are a Wellesley resident, over the age of 60, who is interested in working with a personal trainer at the TPC, please provide your name, phone number and email address to a COA staff member or send an email to: COA@wellesleyma.gov As our plans develop further, we'll be able to reach out to all who have expressed interest to share updates and information.



Program Information and Policies

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. Individuals under age 60 are invited to participate if space permits. If a certain program is restricted to Wellesley residents only, it will be noted in the description. Please note that many of our programs require pre-registration.

Program Cancellation

Programs that do not attain the minimum enrollment will be cancelled 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 called if your class is cancelled, otherwise, plan on attending.

Make Up Classes

One potential make-up date will be agreed upon by instructors and staff for all fee-based programs that run several consecutive weeks. All students will have this information prior to registration. No refunds will be given if you cannot attend the make-up class. Make up dates/times may differ from the regularly scheduled class day/time.

Refund Policies

Cancelled Class

Full Refund will be given for a cancelled class.

Class Refunds

Refunds will be issued when COA staff is notified prior to the start of the second scheduled class. The refund amount will be equal to the total of the remaining classes. No exceptions will be made.

One-time Only Program Refund (less than \$20.00) Full refund if you contact the COA one business day prior.

One-time Only Program Refund (more than \$20.00) Refund minus a \$5.00 administrative fee if you notify the COA one business day prior.

Day Trip Refund

Refund policies for day trips will be clearly stated on all publicity materials for each individual trip (e.g. COA newsletter, day trip flyer, and newspaper article). Therefore, refunds will be issued only when in compliance with the stated refund policy. Refund policies will always state, "no refund issued after X date."

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.

Please Note: Although we make every effort to ensure that the information in our newsletter is accurate, there are times when we inadvertently leave something out or make an error, or information has changed since the publishing date. Please feel free to call us at

Filled Classes/Waitlist

You are encouraged to register as soon as possible. Programs are filled on a first come, first served basis. We do not "hold" spots. Once a program fills, you may call or visit the COA to be added to the waiting list. For programs requiring pre-registration and/or fee-based programs, drop-ins are not permitted. To check your waitlist status, please call the COA.

Fitness Participants

All individuals who participate in fitness programs offered by the Wellesley COA are required to sign our Exercise Release and Participant Agreement. Forms will be distributed on the first class date (for group classes) or membership start date (for fitness room). Forms must be reviewed and updated annually.

Inclement Weather

All COA activities (day and evening) will be cancelled when Wellesley Public Schools are closed. The COA bus will not run when Wellesley Public Schools are closed. If Wellesley Public Schools have a delayed opening, all COA programs WILL STILL START at their regularly scheduled time, unless you are informed otherwise. Additionally, information about class cancellations, delayed starts, etc. will be clearly stated on the outgoing voicemail message of the COA. Call 781-235-3961 after 8:00 a.m. to hear detailed information. Information will also be posted on our website at www.wellesleycoa.org



Food/Beverages

All are welcome to enjoy coffee and tea on the first floor of the Tolles Parsons Center. Only water is permitted on the 2nd floor.

Participant Photograph Policy

Periodically, the COA photographs/videotapes program participants for promotional use. Unless participants informs us of their desire not to be photographed, the COA will use photographs/videotapes for promotional purposes

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

Friendly Reminders!

Fragrances: As a courtesy to all of our participants, when using perfumes or body lotions, we ask you to be mindful of those with allergies and sensitivities to fragrances.

Scholarship Funds Available: Funds may be available to subsidize or pay for COA classes, activities or trips for Wellesley residents. Call the COA for more information.

Tolles Parsons Center parking: Should you find the TPC parking lot to be full upon your arrival, there are usually spots available along both sides of Washington Street in front of the center. TPC visitors are welcome to park in these spaces.



MySeniorCenter/MyActiveCenter

MyActiveCenter Helpful Tip

When registering for a program on MyActiveCenter, you must first click on the event within the calendar that appears on the page. If the program is a multi-week series, a pop-up window will appear – click the green continue button. **Next, you must click the green “Register” button that appears above the calendar. Important: depending on the size of your device’s screen, you may need to scroll UP to see this green button!** You will not continue the registration process until you click this green “Register” button, which brings you to registration pop-up window.

Learn more about online registration by signing up for our “Learn MyActiveCenter” session on **Friday, February 22, 1:00 p.m. -2:30 p.m.** This small group class will show participants how to create an account and how to register online for free and fee-based programs. There also will be time for questions. Participants are welcome to bring their own laptop, iPad or tablet to use during the session. Basic internet skills are required in order to participate. The COA will also have iPads available for use for those who do not bring a device. Participants must be issued a key tag – please stop by the TPC reception desk to get a key tag if you need one and bring it with you to the session. Max: 6. Due to the nature of the class, no late entry will be permitted.

Can’t make the session? We also have step-by-step instructions with screenshots available at the TPC reception desk and on our website (under the “Programs and Services” heading).

Online Registration Incentive! All those who register for programs online will be entered into a drawing to win a \$25 gift card to Roche Bros. or Whole Foods Market! We will randomly select two winners at the end of the registration cycle. Drawing prizes are funded by a grant from EOEa.

Use our MySeniorCenter touch screens and enter to win!

Each day you check in at our touch screens and select “Drawing Entry” (in addition to selecting your daily activities), you will receive an entry into the monthly drawing for a \$25 gift card. A winner will be selected at random at the end of each month. By checking in to your programs and activities at Tolles Parsons Center, you are helping us provide accurate participation data to both the Town of Wellesley and the Massachusetts Executive Office of Elder Affairs (EOEA), which may result in additional funding for programs and services. You must check in using our touch screens to enter! The more days you visit TPC and use the touch screen, the more entries you receive for that month’s drawing. Entries do not carry over to the next month. Our volunteer greeters and COA staff will be happy to show you how to use our touch screen and answer any questions you may have. The prize for January is a \$25 gift card to Wellesley Books and the prize for February is a \$25 gift card to Tutto Italiano. Drawing prizes are funded by a grant from EOEa.

Welcome Breakfast to be Repeated!

Monday, March 11, 7:30 a.m. – 8:45 a.m.

Pre-registration required.

Nineteen people began their day with our “Welcome Breakfast” at the Tolles Parsons Center on November 19. Attendees learned more about COA programs, services and volunteer opportunities while enjoying a light breakfast. For many, this was their first visit to the TPC and they enjoyed touring the building and learning more about the center and its various meeting and activity rooms. Everyone received their MySeniorCenter key tag (used to check-in for programs and activities) and many opted to sign up for email communications from the COA. The COA will host another Welcome Breakfast on Monday, March 11, 7:30 a.m. – 8:45 a.m. Come on by before regular COA business hours to join Director of Senior Services, Gayle Thieme, and COA Board members for a brief information session, light breakfast, and tour of the center. We look forward to welcoming you to the TPC!

The TPC will be closed and there will be no bus service on the following dates:

Mondays, January 1 (New Year’s Day!), January 21 (Martin Luther King Jr. Day) and February 18 (Presidents’ Day)

Wellesley

Council on Aging Staff:

Gayle Thieme
Director of Senior Services

Linda Clifford
Assistant Director of Senior Services

Kate Burnham
Health and Social Services Administrator

Ashley Shaheen
Senior Activities Coordinator

Elizabeth Bradley
Office Administrator

Jill Dube & Judy Siggins
Transportation Coordinators

Beth Harrington
Activities Assistant

Sara Raveret
Volunteer Coordinator

Betsy Visvis
Office Assistant

**James Murphy,
Rick Waldman &
Dana Wilson**
Bus Drivers

Dawnmarie Cole
Custodian, FMD

Board of Directors:

Kathleen Vogel, Chair

Lisa Heyison, Vice-Chair

Dianne Sullivan, Secretary

Members
**Diane Campbell
Anne Marie Gross
Thomas Kealy
Penelope Lawrence
Barbara Offenhartz
Frank Pinto**

Friends of the Wellesley COA Leadership

**Peter Godfrey
Fred Keuthen
Cynthia Sibold
Joan Sullivan**

**Tolles Parsons Center
Hours of Operation:
Monday through Friday
9:00 a.m. - 4:00 p.m.
781.235.3961
www.wellesleycoa.org
coa@wellesleyma.org**



Special Events

Alternative Medications

Dietary Supplements: Just because they're natural doesn't mean they're safe!

Monday, January 14, 10:30 a.m. – 11:30 a.m.

Herbal Remedies. Vitamins and Minerals. Dietary supplements. They are all marketed as “natural” products; however, these products can have serious side effects, and even some essential vitamins and minerals that can cause problems when taken in excessive amounts. Learn why it is important to do your homework and investigate the potential benefits and risks of dietary and herbal supplements. The presenter is Ann Mazzola, RN, Clinical Care Manager for Home Instead, the sponsor of this program. Max: 20.

Mocktails by Maplewood

Tuesday, January 15, 2:30 p.m. – 3:30 p.m.

Join us every other month for an elegant afternoon Mocktail Party. Delicious hors d'oeuvres and signature non-alcoholic “mocktails” provided by chef Vi of Maplewood at Weston senior living community. Jude Barry, Sinatra-inspired singer will entertain during this event. Special thanks goes to the sponsor Care with Care Home Health Care, LCC for securing the entertainment. Max: 50.

How the new tax law may affect you!

Thursday, January 17, 1:30 p.m. – 3:00 p.m.

Get your questions answered and learn about the nuances of the new tax law before you file your tax return. The session will be led by Jeffrey Solomon, C.P.A. who is Managing Partner of Katz, Nannis & Solomon, a Needham based full service accounting firm. Jeff is a past Chairman of the Board of Directors of the Massachusetts Society of CPAs. Max: 75.

A Series on Mindfulness

Instructor: Neil Motenko

Tuesday, January 22, and Monday, February 11, 1:30 p.m. – 2:30 p.m.

What is it about mindfulness practice that reduces stress and helps us approach difficult situations less reactively and with more clarity and discretion? Neil will review the basic principles and benefits of mindfulness and stress reduction, how the emerging science corroborates those benefits, and how we can support mindfulness practices by the attitudes we bring to them. Each session will be interactive and include a guided practice and emphasis on how we can integrate practice into our daily lives. Every presentation will cover new material and also reinforce the basics, with content that is accessible to all attendees, even those who may not have attended prior presentations in the series. Newcomers are welcome at any time. Special thanks goes to the sponsor Wingate Chestnut Hill for generously sponsoring these programs. Max: 75.

Get to Know COA Transportation Services

Wednesday, January 23, 1:30 p.m. – 3:00 p.m.

Join COA Assistant Director Linda Clifford and Transportation Coordinators Jill Dube and Judy Siggins to learn about the COA bus service, Volunteer Drivers Program (VDP) and other transportation options for Wellesley seniors. Transportation staff will provide an overview of our services and scheduling process, in addition to information on how we can help you navigate non-COA transportation services. There will be ample time for questions and new passenger registration. After the presentation, board the COA bus in the TPC parking lot, to view the interior and meet one of our bus drivers! No actual bus rides will be provided during this program. Max: 30.

The Boston Molasses Flood

Friday, January 25, 10:30 a.m. - 11:30 a.m.

In the early afternoon of January 15, 1919, a fifty-foot steel tank filled with over two million gallons of molasses collapsed in Boston's North End sending its sticky contents in a fifteen-foot wave through the neighborhood streets. The disaster was blamed on immigrant anarchists. The event knocked Prohibition and the end of World War I out of the headlines and resulted in a huge civil law suit that was not resolved until 1925. This program is given by Gary Hylander, Historian. Special thanks goes to the sponsor, Riverbend of South Natick, short-term rehab and skilled nursing care. Max: 75.

The Power to Command Frequently Causes Failure to Think Charlene Smith, Authorized Biographer of Nelson Mandela and Political Journalist

Sunday, January 27, 2:00 p.m.

Wellesley Main Library, 530 Washington Street

No pre-registration required.

So writes Barbara Tuchman in her marvelous, *The March of Folly*. Charlene Smith, authorized biographer of Nelson Mandela, and a political journalist who has covered the White House and politics and economics on four continents, looks at how, “the trappings of power deceive us, endowing the possessors with a quality larger than life,” but sadly, often leading to “the insidious spell of wooden-headedness.” Smith who is also a trained trauma counselor and popular writing teacher, looks at how any sort of power, whether in politics, at work, or even the family can cause us to become obstinate bullies who take no counsel and cause misery. She will argue that individualism most often leads to downfall and that true greatness lies in inclusivity, consultation, and putting the group before oneself. Her lecture will cause you to think, inspire you perhaps to debate, and ultimately leave you inspired and fill you with a sense of new purpose at home, at work, and as a member of your community. This program is part of the 2018-2019 Evening and Weekend Lectures co-sponsored by the Wellesley Council on Aging, and Wellesley Free Library. This lecture series is made possible by a grant through the Wellesley Hills Juniors Women's Club.



Special Events

Classical Piano Concert of 19th Century Piano Masterworks

Tuesday, January 29, 1:30 p.m. – 2:30 p.m.

We are excited to welcome back pianist Archie Richards. He will perform a one-hour classical piano concert of 19th Century Piano Masterworks. The 1st Movement of Beethoven's Waldstein Sonata, Debussy's Clair de Lune, and Chopin's famous Ballad in G Minor will be played. Max: 75.

Chinese Cooking Classes

Wednesdays, January 30 and February 13,

10:00 a.m. – 12:00 p.m.

Location: Recreation Department, 90 Washington Street

Instructor: Roberta Hing

Cost: \$20.00 for one-class OR \$40.00 for two!

Join chef, Roberta Hing, for a two-part Chinese cooking series in celebration of Chinese New Year. Participants will learn simple techniques that they can use to replicate the dishes at home. Attendees are welcome to actively participate or simply watch and learn. Each class will be a complete 3-course meal.

On January 30 participants will make Xian Bing, a savory stuffed pancake, Cantonese style steamed fish, and stir-fried sesame asparagus and on February 13 participants will make crispy shrimp toast, twice-cooked pork, and Asian broccoli salad. Min: 8/ Max: 12

Diabetic Shoe Clinic

Wednesday, January 30, 1:30 p.m.

Is Medicare your Primary Insurance? If so, you are eligible to receive a pair of diabetic shoes and inserts FREE to you if you are Diabetic! Please bring your Medicare card and any other supplemental insurance cards as well and the completed doctor's order (pick-up order from TPC). If you have any questions please call Amy Baxter, Pro Medical East at 603-944-1311. Min: 7.

The Boston Police Strike Of 1919:

Friday, February 1, 10:30 a.m. - 11:30 a.m.

Boston Patrolmen were rated among the finest law enforcement officers in the nation. Beneath the surface however, all was not well. Police stations were in disrepair, wages were low and the hours were long, in some cases almost eighty a week. When patrolmen voted to unionize and went on strike in 1919, their actions were condemned as subversive and radical. Most officers were fired. "There is no right to strike," said Governor Coolidge, "against the public safety by anybody, anywhere, anytime." This program is given by Gary Hylander, Historian. Special thanks goes to the sponsor, Riverbend of South Natick, short-term rehab and skilled nursing care. Max: 75.

Celebrating Chinese New Year in Wellesley

Friday, February 1, 1:30 p.m. – 2:30 p.m.

Wellesley's Morton Circle Singers are welcoming the Chinese New Year with Chinese and American folk songs. Playing the Chinese violin (Arhu) and a fan dance are also featured. Light refreshments provided. Max: 75.

Sign & Speak: S-ee A-nd H-ear W-ords

Instructor: Robert McGuane

Monday, February 4, 10:00 a.m. - 12:00 noon

Cost: \$10.00

This beginning workshop will focus on the American Sign Language (ASL) Manual Alphabet and how to apply fingerspelling to first letters and word abbreviations. Participants will focus on the use of signing and speaking to support the late deafened, the hard of hearing and interfacing with the Deaf who sign. Learning sign language can also help individuals connect with the younger generation who use Baby Sign Language. In addition, participants will learn how to give and receive support for natural, conscious or unconscious lip-reading. Robert will present two additional workshops on March 4 and April 9 from 10:00 a.m. - 12:00 p.m. Min: 4/ Max: 10

Dine with the Director

Monday, February 4, 12:00 p.m. – 1:00 p.m.

Join Gayle Thieme, COA Director of Senior Services, for lunch and lively conversation at the TPC! Gayle invites you to provide feedback on existing programs and services and your experience at TPC. She is also interested in hearing your ideas for new programs and/or how services can be enhanced. The lunch menu is spinach and feta quiche, small carrot ginger soup and a chocolate chip oatmeal cookie. You must register by 9:30 a.m. on Friday, February 1.

NEW! Brain Health Fitness - Come and Play!

Thursday, February 7, 10:30 a.m. – 11:30 a.m.

Based on the cutting-edge science of Neuroplasticity, Ageless Grace® Brain Health Fitness is an invigorating, unique workout for your Brain and your Body. This class is ideal for anyone who wants to stay youthful and vibrant, and especially for those who like to laugh and have fun! Wear comfortable clothing and bring a water bottle. Taught by Amy Podolsky, a national Ageless Grace® Brain Health Trainer and Educator. Max: 30.

Sages and Seekers Informational Session

Friday, February 8, 10:30 a.m.

The non-profit organization Sages & Seekers, is recruiting Seniors to participate in a 7-week intergenerational program with High School students at The Rivers School in Weston. The goal of the program is to pair you with a teen with whom you will share your life experiences. Your commitment is once per week for 7 consecutive weeks at Rivers starting April 2, 2019. If you are not able to attend this informational session please contact Susan Blumenfeld, Program Coordinator at (508) 277-0669 or by email sages.seekers@gmail.com or visit the website www.sagesandseekers.org Max: 75

Join us for a Recipe Swap

Tuesday, February 12, 10:00 a.m. – 11:30 a.m.

Come relax in the Café and talk food! Please bring in a recipe to share with the group and leave with many new recipes to try. Light refreshments will be provided.



Special Events

Hunnewell Elementary School Card Decorating Activity

Wednesday, February 13, 12:30 p.m. – 1:15 p.m.

Join students from the Hunnewell Elementary School on Wednesday, February 13, 2:30 p.m. for it's 5th annual Valentine's Day party. We will be working with the students to make Valentines for our annual Valentine's Luncheon on February 14.

The End to Alzheimer's (Repeat Presentation)

Wednesday, February 13, 1:00 p.m. – 2:00 p.m.

Have you ever worried about Alzheimer's Disease and thought there was nothing you could do, things have changed. Dr. Bredesen, a world renowned expert in neurodegenerative disease and author of "The End of Alzheimer's" has had success in preventing and reversing early Alzheimer's through exercise, diet and blood analysis. Dr. Copland, a Wellesley chiropractor for 32 years and COA Volunteer is certified in the Bredesen Protocol. She will give an overview of Dr. Bredesen's work and what you can do to prevent Alzheimer's Disease. **Due to the popularity of this presentation in October and November we have scheduled another presentation. This is intended for new participants only! You must pre-register.** Max: 25

Valentine's Day Lunch

Thursday, February 14, 12:00 noon - 1:15 p.m.

Cost: \$4.00

Enjoy a sweet afternoon with all of your COA sweethearts!

Express Gourmet of Wellesley will cater a delicious lunch during our annual Valentine's Day Lunch. The lunch menu is chicken kabob over rice and veggies and vanilla pudding. You must register by 9:30 a.m. on Wednesday, February 13. During lunch you will enjoy live entertainment by Tom Madden. Tom has been performing on voice, keyboards, guitar, and trombone for over thirty years. After performing in Hawaii with the "Lullaby of Swing" show as a featured vocalist, trombonist, and arranger, he returned to Boston where he created his own band, Java Jive. Special thanks goes to Briarwood Rehabilitation Center in Needham for sponsoring the entertainment! Max: 50.

Staging Using your Own Things

Tuesday, February 19, 1:30 p.m. – 2:30 p.m.

If you are thinking about downsizing or moving to a new spot, this is for you. Staging is a MUST in the real world these days, but can cost a fortune. Learn how to showcase your home. Even if you aren't ready to sell – this class can help brighten up your home. The presenter is Betsy Millane, Realtor at Keller Williams. Max: 75.

Avoid Financial Scams and Frauds!

Wednesdays, January 9 OR February 20, 1:30 p.m. – 3:00 p.m.

Financial exploitation is a growing threat in the United States and Americans lose hundreds of millions of dollars annually through financial fraud. Older adults can face particular challenges in detecting frauds and scams. Awareness is your best defense! Come learn about a few common

telephone and internet based scams (including debt collection scams, IRS scams, lottery and sweepstakes scams, identity theft and more). We'll go over tips on how to protect yourself and what to do if you think you've become a victim. This session will be presented by John Farrell, COA Volunteer. John is a Wellesley resident with over 25 years of experience in the consumer financial protection field. Please register for only one date. Max: 20.

Nutrition for Healthy Aging

Thursday, February 21 at 10:30 a.m. – 11:30 a.m.

Join local Registered Dietitian Elissa Goldman for an interactive and engaging nutrition and health workshop. Join us on February 21st to learn all about nutrition for older adults, osteoporosis, heart healthy eating, cooking healthy for 1-2, and more. There is something for everyone in this program! Please email your nutrition related questions to Elissa by e-mail elissa@nutritionbyelissa.com by January 31st. Special thanks goes to Wingate Residences at Boylston Place in Chestnut Hill for sponsoring this program. Max: 75.

Hikes Through History

Friday, February 22, 10:30 a.m. – 11:30 a.m.

A hike is more than a stroll through the woods when you know how the land was used in the past. In Massachusetts, many parks and trails have been carved out of historical sites, whether ancient Native villages, industrial sites, or grand estates. Author and speaker Alison O'Leary, an award-winning journalist and contributor to the Appalachian Mountain Club's new guide Best Day Hikes Near Boston will use maps and historic photos as she describes more than a dozen day trip destinations with historical significance and interesting features in Eastern Massachusetts. Max: 75.

Frank King Musical Lecture, Connie Francis

Tuesday, February 26, 1:30 p.m. – 2:30 p.m.

Frank's lecture will focus on the number one worldwide female vocalist from the late 50's through the early 60's - the great CONNIE FRANCIS, featuring a medley of all her top ten hits and the interesting stories behind "Who's Sorry Now", "Where the Boys Are", and "Everybody's Somebody's Fool". Also included: the rare recordings she made before she became famous, and the roller-coaster details of her personal life and four marriages. Mr. King holds a Masters in Broadcasting from Boston University and a BA from Princeton. Max: 75.

Garden Travel Safety Presentation

Friday, March 1, 9:30 a.m. - 11:00 a.m.

Ellen Staelin and Frances Antonelli will give a presentation on two of their travel trips, Japanese Gardens and Alhambra Islamic Gardens. A representative from the Wellesley Police Community Outreach will provide information on travel safety. Refreshments provided. Max: 75.



COA Happenings

Home Energy Cost Savings

Wednesday February 6, 1:30 p.m. - 3:00 p.m.

This seminar will review available programs that help reduce energy usage. This program is sponsored by the Wellesley Sustainable Energy Committee! Max: 20.

Coming Soon Archery Indoors at Natick Community Senior Center!

FREE TRIAL! Wednesday, March 13, 10:30 a.m. – 11:30 a.m.

Location: Natick Community-Senior Center, 117 East Central Street, Natick

Session: Wednesdays, March 20 – April 10, 10:30 a.m. – 11:30 a.m.

Cost: \$88.00

Location: Natick Community-Senior Center, 117 East Central Street, Natick

Registration is managed by the Natick Community-Senior Center. Please call 508-647-6540 to register. Registration opens February 1, 2019.

Discover your new favorite leisure activity indoors this winter and increase flexibility and improve muscle memory through the gentle repetition of the shot process. This timeless activity is one that can be enjoyed at any age regardless of athletic ability or skill and it is quickly becoming a favorite sport in the Massachusetts Senior Games! Our certified instructors will guide you through a light warm-up / stretch routine each class before shooting the bows to ensure that your accuracy is spot on. All equipment is provided. Program hosted by On the Mark Archery. Program needs a minimum of 10 to run, so bring a friend to learn together!

Food, Friendship and Fun at the Tolles Parsons Center!

Two fabulous Wellesley restaurants cater the lunches – Wellesley Bakery (Mondays & Wednesdays) and Express Gourmet (Tuesday, Thursday, Friday). Diners are charged \$4.00 per meal (pay upon arrival) and must sign up no later than 9:30 a.m. the day prior. Lunch is served at 12:00 p.m. Menus are available at the TPC or on the COA website: www.wellesleycoa.org Please inform COA staff and volunteers of any food allergies at the time of registration. The senior lunch program is generously subsidized by the Friends of the Wellesley Council on Aging and The New Era Fund.

COA Musical Lunches

Enjoy background piano music during lunch from 12:00 p.m. - 1:00 p.m. on the following dates:

Mondays, January 7, and 28, and February 25

Jacque Van Haelst, Newton resident and COA Volunteer

Tuesdays, January 8, and 22 and February 5

Wednesdays, January 9 and 23 and February 6 and 20

Ken Batts, Wellesley resident and COA Volunteer

Wednesday, January 30 and Tuesday, February 19

Dori Lefebvre, Holliston resident and COA Volunteer

Breakfast Club (Max: 15.)

Wednesday, January 9 and February 6, 8:00 a.m.-9:30 a.m.

Captain Marden's, 279 Linden Street, Wellesley

Delicious Dining Lunch Outing (Max: 15.)

Wednesday, January 23, 12:00 noon - 1:30 p.m.

Cheesecake Factory, 1245 Worcester Street, Natick/Natick Mall

Wednesday, February 20, 12:00 noon - 1:30 p.m.

Morse Tavern, 85 East Central Street, Natick



Chair Massage

Tues, January 15, 29 and February 26, 9:30 a.m.-11:30 a.m.

Cost: \$10.00 per 15 minute appointment Call to register.

Come and try a deeply relaxing chair massage with Lee Carpenter, licensed Compassionate Touch Practitioner. **The Chair Massage Appointments scheduled on January 29 are for NEW participants only!**

Newsletter Preview Party

Monday, February 25, 10:30 a.m. - 11:30 a.m.

COA's Programming Team, Beth Harrington, Activities Assistant, and Ashley Shaheen, Senior Activities Coordinator, will give you an inside look at programs scheduled in March and April! Refreshments served. Max: 25.

Pool Opportunities at the TPC!

Wellesley High School Interact Key Club Plays Pool

Weds, January 16 and February 20, 2:45 p.m. - 3:45 p.m.

We are excited to welcome back the Key Club on the third Wednesday of the month to play pool! Come and play a game of pool!

Pool Tournament

Friday, January 18, 10:00 a.m. No pre-registration required.

Come on down and participate in an 8-ball Pool Tournament! This tournament is open to all, regardless of experience, and there is no fee to participate!

Learn to Play Pool

Fridays, January 11 & 25 February 8 & 22,

10:00 a.m. - 12:00 p.m. No pre-registration required.

Instructor: COA Volunteer, Dick Carey, with help from Local Pool Sharks, will provide basic instructions on how to hold and use a cue and how to shoot and play different games. Come for one or all sessions! All are welcome.



Monday	Tuesday	Wednesday	Thursday	Friday
9:15 - 10:15 Walking Group 9:00 - 12:00 Drop-in Pool 12:15 - 2:45 Bridge *Free Grocery Shopping -COA Bus	9:00-12:30 Card/Game Room Drop-in Hours 9:30 - 11:30 Gaming the Brain 1:00-3:00 Cribbage Club *Morning Trip to Food Pantry - COA Bus	9:15 - 10:15 Walking Group 9:30-11:00 Community Service Bears Group 9:30-11:30 Scrabble 1:00-4:00 Chinese Mah Jong	9:00-12:30 Card/Game Room Drop-in Hours 1:00-4:00 Mah Jong 2:00-3:30 Knitting 12:00 - 1:30 Friedman's Photography Club	9:00-11:00 Card/Game Room Drop-in Hours (Every other week starting on January 4 1:00 - 4:00 Drop-in Pool
January 2019	The COA is closed and the bus will not run. 1	10:00-11:00 Keep Well Clinic (TPC) 12:00 p.m. - 1:00 p.m. Lunch: Spinach and feta quiche and a 1/2 garden salad and chocolate chip oatmeal cookie 12:45-3:45 SHINE 2	10:30 - 12:00 Parkinson's Support Group 12:00 - 1:00 Lunch: American chop suey and a chocolate cupcake 3	10:30-12:00 Low Vision Group 12:00-1:00 Lunch: smoked brisket, cole slaw, garlic bread and vanilla pudding 1:15 Movie: A Wrinkle in Time (2018) 4
12:00-1:00 Musical Lunch with Jacquie Van-Haelst: 1/2 Roasted chicken on multigrain and chicken vegetable soup and a blueberry muffin 1:30 - 2:30 Learn to Knit 2:00 - 3:00 Conversational French Group 7	9:30 - 11:00 Mixed Level Yoga 9:30 - 11:30 Gaming the Brain 10:00 - 12:00 Learn to Knit II 10:00 - 11:15 Intermediate German 11:15 - 12:45 Mixed Level Yoga 12:00-1:00 Musical Lunch with Ken Batts: Turkey club panini and coffee ice cream 1:00 - 2:30 Sing-A-Long 1:30-2:30 Keep Well Clinic: 315 Weston Road 8	8:00-9:30 Breakfast Club at Captain Mardens 8:15-9:15 Water Aerobics (Longfellow) 9:15 - 9:45 Cardio Sculpt 10:30 - 11:30 World War I 11:00 - 12:00 Once Upon a Time 12:00-1:00 Musical Lunch with Ken Batts: 1/2 Turkey on multigrain, chicken noodle soup and a chocolate chip oatmeal cookie 12:45 - 3:45 SHINE 1:30-3:00 Avoid Financial Scams and Frauds 1:30 - 3:30 Acrylic Painting 2:00 - 3:00 Tai Chi for Better Balance 9	9:15-10:00 Seated Strength and Balance 10:00 Noomereat Game 10:30 - 11:45 Judaism 12:00 - 1:00 Lunch: Pulled pork, Greek pasta salad, garlic bread and cake 1:30-2:30 Chair Yoga 2:45-3:45 Gentle Yoga 10	9:15-10:15 Qi Gong 10:00-12:00 Learn to Play Pool 12:00 - 1:00 Lunch: Salmon over field green salad and chocolate ice cream 1:15 Movie: July 22 (2018) 11
9:15 - 10:15 Fit for Life 10:30 - 11:30 Traditional Tai Chi 10:30 - 11:30 Alternative Medications 11:45 - 12:45 Zumba Gold (Rec. Dept.) 12:00 - 1:00 Lunch: 1/2 Chicken tarragon on multigrain, small chicken lemon rice soup and a butterscotch oatmeal cookie 1:30 - 2:30 Learn to Knit 1:30 - 2:30 Pilates 2:45 - 3:45 Pilates 14	9:30-11:00 Mixed Level Yoga 9:30 - 11:30 Chair Massage 9:30 - 11:30 Gaming the Brain 10:00 - 11:15 Intermediate German 10:00-12:00 Learn to Knit II 11:15-12:45 Mixed Level Yoga 12:00-1:00 Lunch: Steak tips over vegetables and chocolate muffin 1:30-2:30 Keep Well Clinic: Morton Circle 1:30-3:00 Cartooning/ Whimsical Drawing 2:30 - 3:30 Mocktails by Maplewood 15	8:15-9:15 Water Aerobics (Longfellow) 9:15-9:45 Cardio Sculpt 10:30 - 11:30 World War I 10:30 - 11:30 No Partner Needed Ballroom Line Dance Class 12:00-1:00 Lunch: Chicken pot pie, 1/2 garden salad and a blueberry muffin 12:45-3:45 SHINE 1:00 - 2:30 Shakespeare Discussion Group 1:30 - 3:30 Acrylic Painting 2:00-3:00 Tai Chi for Better Balance 2:45 - 3:45 Wellesley High School's Interact Club joins us for pool! 16	9:15-10:00 Seated Strength and Balance 10:00 - 11:30 Come and create a no-sew fleece blanket 10:30 - 11:45 Judaism 12:00-1:00 Lunch: Salmon over rice pilaf and veggies and a peanut butter cookie 1:30-2:30 Chair Yoga 1:30 - 3:00 How the new tax law may affect you! 1:30-3:00 Bingo 2:45 - 3:45 Gentle Yoga 4:00 COA Board Meeting 17	9:15-10:15 Qi Gong 10:00 Pool Tournament 12:00-1:00 Lunch: Turkey delight, Utz chips and a chocolate chip cookie 1:15 Movie: ROMA (2018) 18
The COA is closed and the bus will not run. 21	9:30-11:00 Mixed Level Yoga 9:30 - 11:30 Gaming the Brain 10:00-11:15 Intermediate German 10:00-12:00 Learn to Knit II 11:15-12:45 Mixed Level Yoga 12:00-1:00 Musical Lunch with Ken Batts: Chicken broccoli ziti and ice cream 1:30-2:30 Keep Well Clinic: 41 River Street 1:30-3:00 Cartooning/Whimsical Drawing 1:30 - 2:30 A Series on Mindfulness 22	8:15 - 9:15 Water Aerobics (Longfellow) 9:15 - 10:15 Cardio Sculpt 10:30 - 11:30 World War I 12:00-1:00 Musical Lunch with Ken Batts: 1/2 Roasted chicken on multigrain, vegetarian white bean soup and a chocolate chip cookie 12:00 - 1:30 Delicious Dining: Cheesecake Factory 12:45-3:45 SHINE 1:30 - 3:00 Get to Know COA Transportation Services 1:30 - 3:30 Acrylic Painting 2:00 - 3:00 Tai Chi for Better Balance 23	9:15 - 10:00 Seated Strength and Balance 10:30 - 11:45 Judaism 12:00 - 1:00 Lunch: Tomato, pesto mozzarella panini, bbq chips and chocolate pudding 1:30-2:30 Chair Yoga 2:00 - 3:00 Learn to Play the Ukulele 2:45- 3:45 Gentle Yoga 24	9:15 - 10:15 QiGong 10:00-12:00 Learn to Play Pool 10:30 - 11:30 The Boston Molasses Flood 12:00 - 1:00 Lunch: Chicken kabob over rice and veggies and vanilla ice cream 1:15 Movie: Newsies (1992) *On Sunday, January 27, 2:00 p.m. Charlene Smith, Authorized Biographer of Nelson Mandela and Political Journalist will give a lecture "The Power to Command Frequently Causes Failure to Think" at the Wellesley Main Library 25
9:15-10:15 Fit for Life 9:30 - 11:30 Gaming the Brain 10:30-11:30 Traditional Tai Chi 11:45 - 12:45 Zumba Gold (Rec Dept.) 12:00 - 1:00 Musical Lunch with Jacquie Van Haelst: 1/2 Tuna on multigrain, split pea soup and a butterscotch oatmeal cookie 1:30-2:30 Pilates 1:30-3:00 Memory Lane Cafe 1:30 - 2:30 Learn to Knit 2:45-3:45 Pilates 28	9:30-11:30 Chair Massage 9:30 - 11:30 Gaming the Brain 9:30-11:00 Mixed Level Yoga 10:00-11:15 Intermediate German 10:00 - 12:00 Learn to Knit II 11:15 - 12:45 Mixed Level Yoga 12:00 - 1:30 Lunch: Turkey delight, UTZ chips and a chocolate chip cookie 1:30 - 3:00 Cartooning/Whimsical Drawing 1:30-2:30 Keep Well Clinic: Grove Street 1:30 - 2:30 Classical Piano Concert of the 19th Century Piano Masterworks 29	8:15-9:15 Water Aerobics (Longfellow) 9:15-9:45 Cardio Sculpt 10:00 - 12:00 Chinese Cooking Class at Rec Dept. 10:30-11:30 World War I 12:00-1:00 Musical Lunch with Dori Lefebvre: 1/2 Turkey on multigrain, small chicken vegetable soup and a chocolate chip cookie 12:45-3:45 SHINE 1:30-3:30 Acrylic Painting 1:30 Diabetic Shoe Clinic 2:00-3:00 Tai Chi for Better Balance 30	9:15 - 10:00 Seated Strength and Balance 10:30 - 11:45 Judaism 10:45 Departure for the Jackson Homestead House 12:00 Lunch: Salmon over field green salad and chocolate ice cream 1:30-2:30 Chair Yoga 2:00 - 3:00 Learn to Play the Ukulele 2:45-3:45 Gentle Yoga * Morning bus trip to Walmart, Target, Christmas Tree Shop or Shopper's World 31	

Monday	Tuesday	Wednesday	Thursday	Friday					
9:15 - 10:15 Walking Group 9:00 - 12:00 Drop-in Pool 12:15 - 2:45 Bridge *Free Grocery Shopping -COA Bus	9:00-12:30 Card/Game Room Drop-in Hours 9:30 - 11:30 Gaming the Brain 1:00-3:00 Cribbage Club *Morning Trip to Food Pantry - COA Bus	9:15 - 10:15 Walking Group 9:30-11:00 Community Service Bears Group 9:30-11:30 Scrabble 1:00-4:00 Chinese Mah Jong	9:00-12:30 Card/Game Room Drop-in Hours 12:00 - 1:30 Friedman's Photography Club 1:00-4:00 Mah Jong 2:00-3:30 Knitting	9:00-11:00 Card/Game Room Drop-in Hours (Every other week) 1:00 - 4:00 Drop-in Pool					
<h1>FEBRUARY 2019</h1>				1					
9:15-10:15 Fit for Life 10:00- 12:00 Sign & Speak: See and Hear Words 10:30-11:30 Traditional Tai Chi 11:45-12:45 Zumba Gold (Rec Dept.) 12:00 - 1:00 Dine with the Director: Spinach and feta quiche, carrot ginger soup and a chocolate chip oatmeal cookie 1:30-2:30 Pilates 1:30 - 2:30 Learn to Knit 2:45-3:45 Pilates	4	9:30-11:00 Mixed Level Yoga 9:30 - 11:30 Gaming the Brain 10:00 - 11:15 Intermediate German 10:00 - 12:00 Learn to Knit II 11:15-12:45 Mixed Level Yoga 12:00 - 1:00 Musical Lunch with Ken Batts: American chop suey and a chocolate cupcake 1:30-3:00 Cartooning/Whimsical Drawing 1:30-3:30 Keep Well Clinic: 315 Weston Road	5	8:15-9:15 Water Aerobics (Longfellow) 8:00-9:30 Breakfast at Captain Mardens 9:15-9:45 Cardio Sculpt 10:00 - 11:00 Keep Well Clinic (TPC) 10:30-11:30 World War I 12:00-1:00 Musical Lunch with Ken Batts: Roasted chicken on multigrain, chicken vegetable soup and a blueberry muffin 12:45-3:45 SHINE 1:30-3:30 Acrylic Painting 1:30 - 3:00 Home Energy Cost Savings 2:30 - 4:00 Technology Club 2:00-3:00 Tai Chi for Better Balance	6	9:15-10:00 Seated Strength and Balance 10:30 - 12:00 Parkinson's Support Group 10:30 - 11:30 Brain Health Fitness 10:30-11:45 Judaism 12:00-1:00 Lunch: Smoked brisket, cole slaw, garlic bread and vanilla pudding 1:30-2:30 Chair Yoga 2:00 - 3:00 Learn to Play the Ukulele 2:45-3:45 Gentle Yoga	7	9:15-10:15 Qi Gong 10:00 - 12:00 Learn to Play Pool 10:00 - 12:00 Acrylic Painting Workshop 10:30 - 11:30 Sages and Seekers Informational Session 12:00 - 1:00 Lunch: Turkey club panini, sunchips and coffee ice cream 1:15 Movie: Black Panther	8
9:15-10:15 Fit for Life 10:00 - 3:30 Tax Appointments 10:30-11:30 Traditional Tai Chi 11:45-12:45 Zumba Gold (Rec Dept.) 12:00 - 1:00 Lunch: 1/2 tuna on multi-grain, broccoli and dill soup and a butterscotch oatmeal cookie 1:30-2:30 Pilates 1:30 - 2:30 Mindfulness 1:30 - 2:30 Learn to Knit 2:45-3:45 Pilates	11	9:30 - 11:00 Mixed Level Yoga 9:30 - 11:30 Gaming the Brain 10:00-12:00 Learn to Knit II 10:00 - 11:30 Recipe Swap 10:00-11:15 Intermediate German 11:15 - 12:45 Mixed Level Yoga 12:00-1:00 Lunch: pulled pork, Greek pasta salad, garlic bread and cake 1:00 - 2:30 Sing-a-long 1:30-2:30 Keep Well Clinic: Morton Circle 1:30- 3:00 Cartooning/Whimsical Drawing	12	8:15-9:15 Water Aerobics(Longfellow) 9:15-9:45 Cardio Sculpt 10:00 - 12:00 Cooking Class (Rec. Dept.) 10:30-11:30 World War I 11:00 - 12:00 Once Upon a Time 12:00 - 1:00 Quiche Lorraine, vegetarian white bean soup and a cookie 12:30 - 1:15 Hunnewell Elementary School Card Decorating Activity 12:45-3:45 SHINE 1:30-3:30 Acrylic Painting 1:00 - 2:00 The End to Alzheimer's 2:00-3:00 Tai Chi for Better Balance 2:30 - 4:00 Shakespeare Discussion Group	13	9:15-10:00 Seated Strength and Balance 10:00-12:00 Chinese Brush Painting 12:00-1:15 Valentine's Day Lunch Chicken kabob over rice and veggies and vanilla ice cream 1:30-2:30 Chair Yoga 2:00 - 3:00 Learn to Play the Ukulele 2:45-3:45 Gentle Yoga 4:00 COA Board Meeting	14	9:15-10:15 Qi Gong 12:00-1:00 Lunch: Tomato, pesto, mozzarella panini, bbq chips and chocolate pudding 1:15 Movie: Southside With You (1989)	15
The COA is closed and the bus will not run.	18	9:30-11:00 Mixed Level Yoga 9:30 - 11:30 Gaming the Brain 10:00-12:00 Learn to Knit II 10:00-11:15 Intermediate German 11:15-12:45 Mixed Level Yoga 12:00-1:00 Musical Lunch with Dori Lefebvre: chicken caesar salad and an oatmeal cookie 1:30-2:30 Keep Well Clinic: 41 River Street 1:30 - 2:30 Staging Using your Own Things	19	9:15-9:45 Cardio Sculpt 10:30-11:30 World War I 10:30 - 11:30 No Partner Needed Ballroom Line Dancing Class 12:00-1:00 Musical Lunch with Ken Batts: roasted chicken on multigrain, chicken, lemon rice soup and a cookie 12:00 - 1:30 Dining: Morse Tavern 1:30-3:30 Acrylic Painting 1:30 - 3:00 Avoid Financial Scams 2:00-3:00 Tai Chi for Better Balance 2:45 - 3:45 Interact Club Plays Pool	20	9:15-10:00 Seated Strength and Balance 10:00 - 12:00 Chinese Brush Painting 10:30-11:30 Nutrition for Healthy Aging 12:00-1:00 Lunch: Steak tips over vegetables and a chocolate muffin 1:30-3:00 Bingo 1:30-2:30 Chair Yoga 1:30 - 3:00 Personal Investment Forum 2:00 - 3:00 Learn to Play the Ukulele 2:45-3:45 Gentle Yoga	21	9:15-10:15 Qi Gong 10:00 - 12:00 Learn to Play Pool 10:30 - 11:30 Hikes Through History 12:00 - 1:00 Lunch: American chop suey and a chocolate cupcake 1:00 - 2:30 Informational Session on MyActive-Center 1:15 Movie: The Guernsey and Literary Potato Peel Society (2018)	22
9:15 - 10:15 Fit for Life 10:00 - 3:30 Tax Appointments 10:30 - 11:30 Traditional Tai Chi 10:30 - 11:30 Newsletter Preview Party 11:45 - 12:45 Zumba Gold (Rec Dept.) 12:00 - 1:00 Musical Lunch with Jacquie Van-Haelst : Chicken pot pie, carrot ginger soup and butterscotch oatmeal cookie 12:30 - 3:00 Play Reading Group 1:30 - 2:30 Learn to Knit 1:30 - 3:00 Memory Lane Cafe 1:30 - 2:30 Pilates 2:45 - 3:45 Pilates	25	9:30 - 11:30 Chair Massage 9:30 - 11:30 Gaming the Brain 10:00 - 11:15 Intermediate German 10:00 - 12:00 Learn to Knit II 12:00 - 1:00 Lunch: Chicken broccoli ziti and ice cream 1:30 - 2:30 Musical Lecture on Connie Francis 1:30 - 2:30 Keep Well Clinic: Grove Street	26	10:30 - 11:30 World War I 12:00 - 1:00 Lunch: 1/2 tuna on multigrain, vegetarian split pea soup and a chocolate chip cookie 12:45 - 3:45 SHINE 1:30 - 3:30 Acrylic Painting 2:00 - 3:00 Tai Chi for Better Balance	27	12:00 - 1:00 Lunch: Salmon over rice pilaf and a peanut butter cookie 1:30 - 2:30 Chair Yoga 2:00 - 3:00 Learn to Play the Ukulele 2:45 - 3:45 Gentle Yoga *Morning bus trip to Natick Mall	28		

Clubs/Groups and Educational Classes

Friedman's Photography Club

Thursdays, January 3 - February 28, 12:00 p.m. - 1:30 p.m.

No-pre-registration required.

This group will meet weekly, alternating between peer discussion, and instruction led by Mark Maiden, owner of Mark FJ Maiden Photography and member of several professional photography organizations. **Please note the times!**

Technology Club

Wednesday, February 6, 2:30 p.m. - 4:00 p.m.

Instructors: COA Volunteers, Julia Paladino and Nicholas Meara

Come and bring your technology questions to discuss with Wellesley High School technology wizards! These classes will help you gain valuable technology skills. Min: 2/ Max: 10.

Did you know that the COA owns 12 iPads? Participants are welcome to sign out an iPad at the front registration desk! We encourage new users to learn iPad basics by scheduling an appointment with our tech volunteer, Lois Clayson. Lois offers one-on-one technology assistance. Appointment times vary. Please call the COA for an appointment time.

Personal Investment Forum

Topic of Interest: How the new tax law may affect you!

Thursday, January 17, 1:30 p.m. - 3:00 p.m.

(See page 4 for details)

Peer Discussion: Thursday, February 21, 1:30 p.m. - 3:00 p.m.

This group will meet monthly, alternating between peer discussion and bringing in expert speakers. Attendees can discuss their investment strategies and ideas and will be able to share information and ask questions.

Shakespeare Discussion Group

Wednesdays, January 16, 1:00 p.m. - 2:30 p.m. and February 13, 2:30 p.m. - 4:00 p.m.

Facilitator: COA Volunteer, Terry Catchpole

Have a great, fun time joining with neighbors who share your love of Shakespeare – and your love of reading from and talking about the Bard's great work! The group will next read from and discuss Richard II and the next session will specifically focus on acts one and two.

Play Reading Group

Mondays, February 25, 12:30 p.m. - 2:00 p.m. and March 4, 12:30 p.m. - 3:00 p.m.

Instructors: COA Volunteers, Barbara Tarlin and Rita Ford

Script: \$10.00 **Play:** Present Laughter by Noel Coward

Have you always wanted to try acting? Do you enjoy reading out loud? Join the play reading group led by COA volunteers, Barbara Tarlin and Rita Ford. Max: 10.

NEW! Once Upon a Time

Wednesdays, January 9 and February 13,

11:00 a.m. – 12:00 p.m.

Facilitators: COA Volunteers, Lee Carpenter and Carol Shedd

Do you remember your favorite picture book as a child? Or the one your child or grandchild has asked to have read to them over and over again? In this program, we'll share our recollections of these older stories and introduce different versions and exciting new picture books. Everyone has a story to tell. Come tell us yours! Min: 6./ Max: 10.

Book Discussion Group– Like to read? Like to talk to others about what you read? Then you are an ideal candidate to join a new possible book discussion group at COA that will read and meet monthly to discuss works of fiction and non-fiction. If you are interested contact Ashley Shaheen, Senior Activities Coordinator by phone at 781-235-3961 or by e-mail at ashaheen@wellesleyma.gov

NEW! Learn to Play the Ukulele

Thursdays, January 24 - February 28, 2:00 p.m. - 3:00 p.m.

Instructor: Daniel Metraux

Cost: \$30.00

Learn the instrument that's won the hearts of music lovers around the world! The ukulele is easy to learn and inexpensive. It is the perfect accompaniment to Johnny Cash, Willie Nelson, Peter Paul and Mary, the Beatles, The Everly Brothers, Elvis, and so many others. Bring your own ukulele! All are welcome. If needed, there will be a make-up class on Thursday, March 7, 2:00 p.m.

Min: 7. Max: 25



Conversational French Group

Monday, January 7, 2:00 p.m. - 3:00 p.m.

Instructor: COA Volunteer Jacquie Van Haelst

Jacquie, a former French Instructor will facilitate casual conversation on gardening, cooking, French geology and more! This group is appropriate for participants with past knowledge of the language. Max: 10.

Intermediate German

Instructor: COA Volunteer, Gerda Plouffe

Tuesdays, January 8 - February 26, 10:00 a.m. - 11:15 a.m.

Gerda, our long-time volunteer German teacher, welcomes new participants to her class, particularly those who have some past knowledge of the language. Call the COA to express interest and we will have Gerda contact you. Min: 6/ Max: 13

Educational Classes

World Religions: Judaism

Instructor: David Bernat, PhD

Thursdays, January 10 - February 7, 10:30 a.m. - 11:45 a.m.

The third component of the course will focus on Judaism. In 5 substantive sessions, we will explore the origins and history of the Jewish people and delve into the major authoritative texts and core beliefs, values, and practices of Judaism. This course is taught by David Bernat, Executive Director of the Synagogue Council of MA, a Lecturer in Judaic Studies and UMass Amherst, and who is active in the Adult Learning arena in Greater Boston. Bernat has a PhD in Biblical Interpretation from Brandeis University and his research and writing focuses on Jewish ritual and on violence and zealotry in the Hebrew Scriptures. He is the author of *Sign of the Covenant*, and co-editor of *Religion and Violence: The Biblical Heritage*. Max: 30. The course is funded by a grant from the Executive Office of Elder Affairs.

NEW! World War I: The Great War

Wednesdays, January 9 - May 8, 10:30 a.m. - 11:30 a.m.

Instructor: Professor Vejas Gabriel Liulevicius, Ph.D.

From August 1914 to November 1918, an unprecedented catastrophe gripped the world that continues to reverberate into our own time. World War I was touched off by a terrorist act in Bosnia and all too quickly expanded far beyond the expectations of those who were involved to become the first "total war" - the first conflict involving entire societies mobilized to wage unrestrained war, devoting all their wealth, industries, institutions, and the lives of their citizens to win victory at any price. This course is part of a DVD Lecture Series, *The Great Courses*. *Special thanks goes to David Hearn, COA participant, for lending his DVDs to the COA.* Max: 30.

Learn to Knit

Mondays, January 7 - February 25 (no class on January 21 and February 18), 1:30 p.m. - 2:30 p.m.

Instructors: COA Volunteers, Margaret Lyne and Susan Clapham

Materials Fee: \$10.00 Max: 6.

Join us for a Beginning Knitting class taught by COA volunteers, Margaret Lyne and Susan Clapham. You will learn how to knit a hat.

Learn to Knit 2

Tuesdays, January 8 - May 28, 10:00 a.m. - 12:00 noon

Instructors: COA Volunteers, Margaret Lyne, Susan Clapham and Phyllis Spinale

Materials Fee: \$10.00 Max: 15.

All participants in Learn to Knit II should have completed Learn to Knit I.



Fitness Classes

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

Fit for Life/ Instructor: Jane Golder

Mondays, January 14 - February 25, 9:15 a.m. - 10:15 a.m.
(No class on 1/21 and 2/18)

Cost: \$25.00 (5 weeks) Min: 12/Max: 17.

Jane Golder has been providing fitness classes in the Metrowest area since 1986. Cardio for your heart, strength for your muscles and bones, balance, agility, coordination, core and flexibility will allow you to keep up with those activities you need and love to do. If needed, the make-up date is Monday, March 4, 9:15 a.m. - 10:15 a.m.

Zumba Gold /Instructor: Ketty Rosenfeld

Mondays, January 14 - February 25, 11:45 a.m. - 12:45 p.m.
(No class on 1/21 and 2/18)

Cost: \$25.00 (5 weeks) Min: 12/ Max: 20.

Location: Recreation Department, 90 Washington St.

The design of this class introduces easy-to-follow Zumba® choreography which focuses on balance, range of motion, strength and coordination while also raising heart rates and improving cardiovascular ability. If needed, the make-up class is Monday, March 4, 11:45 a.m. - 12:45 p.m.

Traditional Tai Chi/ Instructor: Jon Woodward

Mondays, January 14 - February 25, 10:30 a.m. -11:30 a.m.
(No class on 1/21 and 2/18)

Cost: \$25.00 (5 weeks) Min: 10/Max: 25.

T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body, utilizing slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being. In this class you will be introduced to T'ai Chi and will learn many of the postures and movements of the forms as well as basic concepts and deeper philosophies. If needed, the make-up date is Monday, March 4 10:30 a.m. -11:30 a.m.

Pilates (2 Classes to Choose From!)

Instructor: Lisa Wilkins

Mondays, January 14 - February 25, 1:30 p.m. - 2:30 p.m. OR 2:45 p.m. - 3:45 p.m.

(No class on 1/21 and 2/18)

Cost: \$25.00 (5 weeks) Min: 6/ Max: 10.

Lisa has been instructing fitness classes for over 25 years, she really enjoys helping people of all ages and abilities achieve their fitness goals. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. If needed, the make-up date is Monday, March 4, 1:30 p.m. and 2:45 p.m.



Fitness Classes

Mixed Level Yoga Classes/ Instructor: Judy Scribner-Moore
Tuesdays, January 8 - February 19, 9:30 a.m.-11:00 a.m.
Cost: \$77.00 (7 weeks) Min: 10/Max: 18.

Tuesdays, January 8 - February 19, 11:15 a.m. - 12:45 p.m.
Cost: \$77.00 (7 weeks) Min. 8/Max: 10.

Judy combines 30 years of teaching experience, interpersonal and mindfulness skills, and knowledge of anatomy and physiology, to guide new and experienced students in yoga poses and relaxation exercises that support healthy aging. Students are encouraged to bring a firm blanket to each class. Both classes are open to beginning and continuing students. If needed, a make-up date is scheduled on Friday, March 15, 9:30 a.m. - 11:00 a.m. (first class) and 11:15 a.m. - 12:45 p.m. (second class).

Water Aerobics: Gentle Joints with Core Strength

Wednesdays, January 9 - February 13, 8:15 a.m. - 9:15 a.m.
Cost: \$60.00 (6 weeks) Min: 10/Max: 20.

Location: Longfellow Health Club, 203 Oak Street, Natick, MA.
Gentle Joints with Core Strength is a deep-water class will focus on individual muscle groups. If needed, the make-up class is Wednesday, February 20, 8:15 a.m. - 9:15 a.m.

Cardio Sculpt

Instructor: Daniel Salerno

Wednesdays, January 9 - February 20, 9:15 a.m. - 9:45 a.m.
Cost: \$21.00 (7 weeks) Max: 15

Cardio Sculpt is an effective, efficient group fitness program designed to build optimal health so you can live your life the way you want to. If your time is limited but you still want great results, Cardio Sculpt is for you. This program delivers all Aspects of Fitness (cardio, strength, agility, flexibility, core conditioning and more). If needed, the make-up date is, Wednesday, February 27, 10:30 a.m.

Tai Chi for Better Balance/ Instructor: Jon Woodward

Wednesdays, January 9 - February 27, 2:00 p.m. - 3:00 p.m.
Cost: \$40.00 (8 weeks) Min. 10/Max. 25.

This simplified T'ai Chi program consists of a series of gentle, meditative movements from the ancient Chinese practice of Tai Chi. The movements are easy to perform and help to cultivate relaxation and overall well-being. If needed, the make-up date is Wednesday, March 13, 2:00 p.m. - 3:00 p.m.

FREE! No Partner Needed Ballroom Line Dance Classes

Weds, January 16 and February 20, 10:30 a.m. - 11:30 a.m.
Instructor: Paul Hughes

Dance to popular songs with ballroom and Latin steps with no partner needed! Get into the groove and learn routines with sequences of steps to several songs that can be used with any Ballroom, Latin or Swing Rhythm (ie: Waltz, Foxtrot, Tango, Swing, Rumba, Cha Cha, Samba, Salsa, Merengue, Bachata etc.) Min. 4/ Max: 12

Seated Strength and Balance/Instructor: Pearl Pressman
Thursdays, January 10 - February 21, 9:15 a.m. - 10:00 a.m.
Cost: \$28.00 (7 weeks) Min. 12/ Max. 30

This is a 45 minute seated class designed to accommodate individuals of various fitness levels and abilities. The class begins with a thorough warm-up for both the joints and the muscles. The warm-up is followed by strength training and balance exercises for the body using hand weights, resistance bands and body weight. The class concludes with gentle stretching exercises. If needed, the make-up date is Thursday, February 28, 9:15 a.m.

Chair Yoga/ Instructor: Cyndi Koss

Thursdays, January 10 - February 28, 1:30 p.m. - 2:30 p.m.
Cost: \$40.00 (8 weeks) Min. 8/ Max: 14.

Build strength and stability. Find tranquility! Move at your own pace. Poses are done while sitting, leaning or standing holding onto a chair. This class encourages better circulation, builds bone density, and balance. Sleep better. Build leg and core strength. Improves mental clarity, breathing and posture. Stretch your mind body awareness. Move with more confidence and ease. Cyndi Koss, Wellesley resident. Graduate of Down Under School of Yoga. 500 hour registered Yoga Alliance teacher. 25 years of yoga experience. If needed, the make-up date is Thursday, March 7, 1:30 p.m. - 3:30 p.m.

Gentle Yoga/ Instructor: Cyndi Koss

Thursdays, January 10 - February 28, 2:45 p.m. - 3:45 p.m.
Cost: \$40.00 (8 weeks) Max: 8

Build strength and tranquility! Optimize your well being. Beginner level class ideal for those new to yoga. Relieve stiffness and release stress. Create healthier joints. Ease the pain of arthritis. Learn healthy alignment. Strengthen heart and lung function. Improve balance, circulation and posture. Improve mental clarity. Move with more steadiness and ease. Use of supportive props is encouraged. Students must be able to move down to the mat and stand back up again. Feel energized. Discover the health enhancing benefits of yoga. If needed, the make-up date is Thursday, March 7, 2:45 p.m.

Qi Gong /Instructor: Bob Doherty

Fridays, January 11 - February 22, 9:15 a.m. - 10:15 a.m.
Cost: \$35.00 (7 weeks) Min: 8/Max: 20.

Qi Gong is a gentle and relaxing exercise proven to be a highly effective way to maintain your health, increase energy and vitality, and promote healing. Qi Gong is effective at reducing the effects of aging and an aid to fall prevention. If needed, the make-up date is Friday, March 1, 9:15 a.m. - 10:15 a.m.

Art Classes and Activities

Drop-in Activities

Acrylic Painting / Instructor: Maris Platais

Wednesdays, January 9 - February 27, 1:30 p.m. - 3:30 p.m.

Cost: \$96.00 (8 weeks)

Call the COA for a supply list. Min: 8 / Max: 14.

Bring photo references or work from memory and field sketches. Demonstrations and critiques are offered throughout this course. If needed, the make-up date is Wednesday, March 13, 1:30 p.m. - 3:30 p.m.

Come and create a no-sew Fleece Blanket

Thursday, January 17, 10:00 a.m. - 11:30 a.m.

Cost: \$5.00

Help fight the winter chill with this fun, easy craft project. We will be making two sided, fringed lap blankets. All materials will be provided. Max: 10

Introduction to Chinese Brush Painting

Instructor: Nan Rumpf

Thursday, February 21, 10:00 a.m. to 12:00 p.m.

Cost: \$10.00

All materials will be provided.

Come join us as we explore the rewards of interpreting nature's beauty through the ancient art of Chinese Brush Painting. This single session workshop is designed for beginners. All necessary materials will be provided by the instructor who will guide you through the various brushstrokes used to depict some of the flora and fauna of our natural world. We will finish up by painting a composition of the wild orchid. Min: 6/ Max: 9

NEW! Cartooning/Whimsical Drawing

Instructor: Alfred DeAngelo

Tuesdays, January 15 - February 12, 1:30 p.m. - 3:00 p.m.

(5 weeks) Cost: 60.00

Min: 4/Max: 10

If you doodle while on the phone, and like to sketch out faces, animals or other ideas, then this Cartooning and Whimsical Drawing course is for you. You will be guided through the basics of cartooning; drawing faces with an emphasis on expression, how to draw characters in motion, how to plan stories, gags, and lettering correctly. Bring pencils, paper and your imagination. For a list of required supplies, please email Alfred De Angelo at alfred.deangelo@gmail.com. If needed, a make-up date is Tuesday, February 19, 10:00 a.m.

Acrylic Painting Workshop /Instructor: Eddie Bruckner

Friday, February 8, 10:00 a.m. - 12:00 noon

Cost: \$25.00 Min: 4/ Max: 10 Professional artist Eddie Bruckner will instruct the class guiding students through a beautiful landscape painting. This fun and relaxing acrylic painting class will focus on mixing colors, brushwork, and a variety of acrylic painting techniques and is open to artists of all levels (especially beginners!). At the end of the class, you'll take home your very own masterpiece! The deadline to register is February 6. There are no refunds after Wednesday, February 6.

Mondays:

Walking Group (Tolles Parsons Center)

9:15 a.m.-10:15 a.m.

Volunteer Leader, Anne Turtle

Pool

9:00 a.m. -12:00 p.m.

Bridge

12:15 p.m.-2:45 p.m.

Tuesdays:

Gaming the Brain

9:30 a.m. - 11:30 a.m.

Cribbage Club

Volunteer, Fran Weinberg

1:00 p.m.-3:00 p.m.

Sing-A-Long

January 8 and February 12

Volunteer, Holly Mikula

1:00 p.m. - 2:30 p.m.

Wednesdays:

Walking Group

9:15 a.m.-10:15 a.m.

Volunteer, Jim Reilly

Community Service Bears

9:30 a.m. -11:00 a.m.

Scrabble

9:30 a.m.-11:30 a.m.

Chinese Mah Jong

1:00 p.m. -4:00 p.m.

Thursdays:

Mah Jong

1:00 p.m. -4:00 p.m.

Volunteer, Sandy Mills

Knitting

2:00 p.m.-3:30 p.m.

Volunteer, Barbara Peacock-Coady

Bingo (3rd Thursday of the month)

1:30 p.m. -3:00 p.m.

Fridays:

Learn to Play Pool (2nd and 4th Friday of the month) from 10:00-12:00 noon

Volunteers, Dick Carey and John Bradshaw

FREE Movies at 1:15 p.m.

Movie Descriptions:

Friday, January 4: A Wrinkle in Time (2018) Rated: PG

Meg Murry and her little brother, Charles Wallace, have been without their scientist father, Mr. Murry, for five years, ever since he discovered a new planet and used the concept known as a tesseract to travel there. Joined by Meg's classmate Calvin O'Keefe and guided by the three mysterious astral travelers known as Mrs. Whatsit, Mrs. Who and Mrs. Which, the children brave a dangerous journey to a planet that possesses all of the evil in the universe.

Friday, January 11: July 22 (2018) Rated: R

A dramatization of Norway's deadliest terrorist attack, in which a right-wing extremist murders 77

teens at a youth camp in 2011.

Friday, January 18: ROMA (2018) Rated: R

The most personal project to date from Academy Award (R)-winning director and writer Alfonso Cuarón (Gravity, Children of Men, Y Tu Mama Tambien), ROMA follows Cleo (Yalitza Aparicio), a young domestic worker for a family in the middle-class neighborhood of Roma in Mexico City. Delivering an artful love letter to the women who raised him, Cuarón draws on his own childhood to create a vivid and emotional portrait of domestic strife and social hierarchy amidst political turmoil of the 1970s.

Friday, January 25: Newsies (1992)

In this musical, homeless New York City newsboy Jack "Cowboy" Kelly (Christian Bale) befriends two newcomers to his trade, brothers David (David Moscow) and Les Jacobs (Luke Edwards). When publisher Joseph Pulitzer (Robert Duvall) sets new rules that make it harder for the young newspaper salesmen to make a buck, the boys go on strike. Bryan Denton (Bill Pullman), a journalist who's sympathetic to their plight, gives them some tips in public relations, as the newsboys' battle grips the city.

Friday, February 1 - No Movie

Friday, February 8: Blank Panther (2018) Rated: PG-13

After the death of his father, the king of Wakanda, young T'Challa returns home to the isolated high-tech African nation to succeed to the throne and take his rightful place as king. But when a powerful enemy reappears, T'Challa's mettle as king -- and Black Panther -- is tested when he's drawn into a formidable conflict that puts the fate of Wakanda and the entire world at risk. Faced with treachery and danger, he must release the full power of Black Panther to defeat his foes and secure the safety of his people and their way of life.

Friday, February 15: Southside With You (2016) Future U.S.

President Barack Obama (Parker Sawyers) and lawyer Michelle Robinson (Tika Sumpter) go on a fateful first date in the summer of 1989.

Friday, February 22: The Guernsey Society and Literary Potato Peel Society (2018)

In 1946 a London-based writer begins exchanging letters with residents on the island of Guernsey, which was German-occupied during WWII. Feeling compelled to visit the island, she starts to get a picture of what it was like during the occupation.



New Games in the New Year!

NEW! Gaming the Brain

Tuesdays, January 8 - February 26, 9:30 a.m. - 11:30 a.m.

Do you want to boost your memory by simply playing games? Join members of the Wellesley Hills Junior Women's Club on Tuesday mornings for games meant to help improve memory. We will have different games and memory boosting activities each week. We will also introduce specialized iPad applications that help boost memory and recall skills. Take home a new handout each week with additional games or puzzles to do at home and tips to help boost your memory. We look forward to having you join us for a bit of fun and conversation, all while "Gaming the Brain." **Pre-registration required.**

Join us for the launch of Noomerate, a New Trivia-Based Board Game

Thursday, January 10, 10:00 a.m.

Roche Brothers gift certificate awarded to each winner!

(Gift certificates courtesy of Phil Gormley, game designer)

On Thursday, January 10, 10:00 a.m., the COA will be hosting the launch of Noomerate, a trivia game where all the answers are numbers (e.g. "How many days did the Iran hostage crisis last?") You don't need to know the exact answer; you just need to know where it fits on your evolving number line – e.g. "Between 372 and 950". Players construct the game board by selecting eight of the 24 available categories and then answering questions from those categories. Answer 10 questions plus a bonus question correctly to win. Three to six people can participate and a game takes 30-60 minutes to play. Produced by Wellesley game designer Phil Gormley, the test versions of Noomerate are fresh out of production. Phil will be doing a special game session just for participants of the Tolles Parsons Center. Ideally, we'll secure 4 to 8 people to play the game. Please call the COA to sign up 781-235-3961. Game play is generally 30 to 60 minutes.



Day Trips

Jackson Homestead House, Newton

Thursday, January 31, 10:45 a.m. (Departure from the Tolles Parsons Center, 500 Washington Street) - 1:00 p.m. (Approximate return time to the Tolles Parsons Center, 500 Washington Street)

Cost: \$10.00 Max: 11.

The Jackson Homestead in the village of Newton Corner is an historic house that served as a station on the Underground Railroad before the Civil War. The museum is handicapped accessible. Round trip transportation using the COA bus.

A suggested donation of \$3.00 per passenger for special trips using the COA bus is requested. Please consider donating \$3.00 for the Jackson Homestead House.

A Possible March Day Trip: Basketball Hall of Fame and MGM Casino in Springfield

The Wellesley COA is considering a trip to visit the Basketball Hall of Fame museum and MGM Casino in Springfield on Thursday, March 14. The trip will include transportation and museum entrance fee. The price per person will be approximately \$40.00. Please call Ashley Shaheen, Senior Activities Coordinator at 781-235-3961 by **Monday, January 14** to express interest in this trip!

Volunteer Corner



COA Volunteer Drivers Program: We want you to join our team!

Are you looking for a meaningful and flexible volunteer opportunity? Help Wellesley's seniors stay healthy, vibrant and independent! We can always use the assistance of volunteer drivers to provide rides to seniors around Wellesley and surrounding communities. Our drivers use their own vehicles to bring people to and from the TPC, Library, various shopping destinations, hair salons, medical appointments and more. In FY 18, our volunteer drivers drove a combined total of 3,642 miles! You can provide rides based on your own availability, and we get requests for transportation during the day, occasional evenings and on weekends, too. To request an application and/or to get more information, please call 781-235-3046 or email drive@wellesleyma.gov

Tolles Parsons Center Keep Well Clinics

Wednesday, January 2 and February 6, 10:00 a.m. - 11:00 a.m.

Keep Well Clinics are free to all Wellesley residents. Drop by to meet with Wellesley Health Department's public health nurse. Have your blood pressure monitored and your health questions answered.



Public Health
Prevent. Promote. Protect.
Wellesley Health Department



COA and Community Resources/Services

Dear C.O. Abby,

I am glad this column is anonymous because I have been worried about my neighbor, who is also my dear friend. She stopped driving six months ago at the recommendation of her Doctor, she is not going out for her daily walks and I've noticed that she has been wearing the same red sweater for the last few weeks. I am worried about my friend - this is someone who was vibrant and active and now she doesn't always return my calls or accept my invitations to join me for coffee. Please let me know if you can help!

Sincerely,
Cathy Concerned

Dear Cathy,

I am sure it is troubling to you to see these changes with your friend. If you are worried that she might be suffering from cognitive issues or have other concerns, you can contact the Wellesley Council on Aging and request that our Health & Social Services Administrator, Kate Burnham, make a home visit to your friend. This is called a "Well Being Check". Kate also works closely with the Nurses at the Wellesley Health Department and she can arrange a joint visit so that a medical professional can evaluate. Feel free to call Kate at (781) 235-3961 for more information.

Parkinson's Support Group

Thursdays, January 3 and February 7, 10:30 a.m.-12:00 p.m.

Please join us for a monthly Parkinson's Support Group at the Tolles Parsons Center. This group is designed to support the diagnosed individual as they cope with this disease. Professionally facilitated meetings will take place on the 1st Thursday of the month from 10:30am-12:00pm. All are welcome to attend and Consider joining us for lunch afterwards, (pre-registration is required.)The group is free of charge with a special thanks to our generous sponsors: the American Parkinson's Disease Association of Massachusetts and Newbridge on the Charles.

2019 Fuel Assistance Program

The Low Income Home Energy Assistance Program (LIHEAP) provides financial assistance towards the cost of your heating bills – benefit levels vary and funds are paid directly to your provider. For a single person household, the gross income limit is \$35,510. For households with two people, the gross income limit is \$46,437. To apply for LIHEAP, please contact the Council on Aging at 781-235-3961. The Massachusetts Good Neighbor Energy Fund (GNEF) is a fuel assistance program administered by the Salvation Army. The purpose of GNEF is to assist households within the Commonwealth having gross household income between 60 and 80% of the state's median income levels, and thus do not qualify for federal (LIHEAP) fuel assistance. For 2018-2019, a single person's gross income must fall between \$35,510 and \$47,347 and for two people, the total household income must fall between \$46,437 and \$61,916 to qualify for GNEF. This year's maximum Fund disbursement is \$300 per eligible household. Applying to GNEF is easy: all that is required is income verification, proof of identity and your current energy bill (for oil and propane gas, **a delivery slip within the past 60 days is required**).To apply for GNEF, please contact the Council on Aging at 781-235-3961.

LOW VISION GROUP

Join us on the first Friday of the month at 10:30 am for our Low Vision Group. This group is open to individuals with all types and stages of vision loss. Meetings alternate monthly with an educational guest speaker and participants discuss the various challenges associated with vision loss while maintaining an independent lifestyle.

Friday, January 4 at 10:30 a.m.

(Open Discussion)

Friday, February 1 at 10:30 a.m.

(Guest Speaker)

Almira N. Simons Fund

The Almira N. Simons Fund is a private fund for Wellesley residents age 60 and older which provides financial assistance to persons 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. Any senior who believes they are in need of assistance should contact the Wellesley COA Health and Social Services Administrator (Outreach Worker) and together, they will complete the Simons Fund application. The senior's financial situation must be fully described and the request clearly stated. Should the request be for home repair or other larger amounts of funding, the applicant will be informed if two cost estimates, from different companies, are required. The completed application is forwarded to The Friends of Wellesley Council on Aging as this organization is responsible for making a determination as to whether the senior is eligible for assistance and how much assistance will be given. For approved applications, the company from which the senior is to receive service must agree to bill the senior for the service. The invoice must be in the senior's name. The Almira Simons Fund must not be listed as the designated payee on any invoice. The invoice, in the senior's name, must be forwarded to the Friends of Wellesley Council on Aging for payment. Invoices will be paid directly to the vendor of the product or service. The Simons Fund is intended to provide one-time only assistance for bills, home repairs, etc. If home care is being provided through the Simons Fund, it should be for a limited amount of time. The amount of time will be designated prior to funding approval.

Memory Lane Café

Guests are having lots of fun at the monthly Memory Lane Cafés here at the TPC! Please join us for refreshments and wonderful entertainment on the following dates from 1:30 p.m. - 3:00 p.m.
January 28: Singing, Piano Duo-Will McMillan, tunes by Oscar Hammerstein - Sponsored by Newbridge on the Charles
February 25: "Ageless Grace Brain Health Fitness"  Sponsored by Newbridge on the Charles

COA and Community Resources/Services

Get out and about this winter with the help of COA Transportation Services

Now that winter weather is upon us, don't let it stop you from getting to where you need to go! The COA bus service and Volunteer Drivers Program are great options if you do



not enjoy driving in winter weather conditions. Sit back and enjoy the ride without the worry! The COA bus will pick you up at home and take you anywhere in town between the hours of 8:45 a.m. - 3:30 p.m. Monday-Friday. The bus also travels to Newton-Wellesley Hospital, Beth Israel Deaconess Hospital (Needham), Metrowest Medical Center (Natick) and Woodland T station in Newton. There is no cost to ride the bus, but advance reservations are required. The Volunteer Drivers Program provides rides using their own vehicles, 24 hours a day, 7 days a week, dependent on volunteer availability. Volunteers will drive you anywhere within Wellesley and surrounding towns. Passengers are responsible for parking charges and tolls.

To discuss your transportation needs this winter, please call 781-235-3046 to speak with Transportation Coordinators Jill Dube and Judy Siggins, both of whom are well versed in all available options. Please note: on days when Wellesley Public Schools are closed due to inclement weather, the COA bus will not run.



Wellesley College Auditing – Spring Semester 2019

If you are interested in auditing a class at Wellesley College, the Spring Semester will begin on Monday, January 28th. Please visit the Council on Aging website at www.wellesleycoa.org and click the "Programs and Services" link, then "Audit a Class at Wellesley College". There you will find information regarding timelines, offerings, and the registration process.

Tax Assistance: AARP Volunteer Tax Counselors are accepting appointments on Mondays, February 11- April 8. This service is intended for people who are unable to afford private assistance. Please bring your tax returns from last year, your 1099s, and any other relevant tax income, brokerage statements, and asset documents for your 2018 returns. Call for the COA at 781-235-3961 for an appointment.

We want you to be "in the know"

The COA encourages you to subscribe to receive COA news via email - a great (and easy) way to stay up to date with all that is going on with the COA! Simply visit our website at www.wellesleycoa.org and click the button that says "subscribe to COA News". You will be prompted to enter your name and email address and once you submit, you will automatically be added to our distribution list. We also invite you to "like" us on Facebook - another communication tool used to spread the word about COA happenings! Find us at facebook.com/WellesleyCOA

COA Board Meetings at Tolles Parsons Center

Thursday, January 17, 4:00 p.m.

Thursday, February 14, 4:00 p.m.

Meetings are open to the public.

NEWERA | FUND
Friends of the Wellesley Council on Aging

Support the Council on Aging and Wellesley Seniors

The Friends of the Wellesley Council on Aging express our appreciation to the generous donors to the NEW ERA FUND who have helped reach the halfway point of our goal to raise \$1.5 million dollars in support of the Council on Aging. Your donations are used to develop and expand the programs and services provided by the COA to enrich the lives of Wellesley Seniors. The application of the funds so far includes the expansion of the lunch program from 3 to 5 days, the purchase of a piano, pool table, patio furniture and outdoor benches. The New Era Fund is there to supplement the Town's budget provisions to help develop innovative programs and activities, augment upgrades of equipment and furnishings at the Tolles Parsons Center, expand capacity for the most popular and effective programs related to health and wellness, help provide outreach to senior neighbors in need, and enhancing a welcoming atmosphere for social contact and interaction. Please join our current donors to help reach our goal of \$1.5 million and support our Wellesley Seniors by donating today.

The Friends of the Wellesley Council on Aging, a 501 (c) (3) charitable organization, established the New Era Fund in partnership with the Foundation for MetroWest. Donations can be made by:

- Making your check payable to New Era Fund-Foundation for MetroWest and mailing to Foundation for MetroWest, 3 Eliot St, Natick, MA 01760
- Credit Card at www.foundationformetrowest.org and select "Give Now", and under "Gift Information" select "Other Fund" and type "New Era Fund" in space provided
- Stock and Securities Transfer or Planned Giving by contacting 781-235-7111

For additional information please visit website www.newerafund.org



Happy to announce that William Raveis Real Estate is the official REALTOR® partner of the

BOSTON RED SOX™



WILLIAM RAVEIS
REAL ESTATE • MORTGAGE • INSURANCE
Karen Gorman
TheGormans@Raveis.com
339-222-8103

Rehabilitation and Skilled Nursing



Three Vision Drive, Natick • 508-651-9200
www.SalmonHealth.com



617.893.9824
Serving the Greater Boston Area
Steven Conroy - Owner
www.lugaway.com | Info@lugaway.com

- Home Cleanouts
- Garage Cleanouts
- Office Cleanouts
- Storage Unit Cleanouts
- Estate Cleanouts
- Yard Sale Cleanouts
- Furniture
- Appliances
- Televisions
- Construction Debris
- Yard Waste
- Donation Pick Up

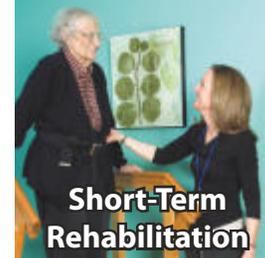
HELP PROTECT YOUR FAMILY & HOME
CALL NOW! 1-888-862-6429



HOME SECURITY TEAM



Skilled Nursing and Rehabilitation
781-997-1100 • www.elizabethseton.org
125 Oakland St., Wellesley Hills, MA



Short-Term Rehabilitation

A MINISTRY OF THE SISTERS OF CHARITY (HALIFAX)

PROTECTING SENIORS NATIONWIDE MEDICAL ALERT SYSTEM



\$29.95/MO
BILLED QUARTERLY

PLUS SPECIAL OFFER

CALL NOW! 1.877.801.7772
WWW.24-7MEDALARM.COM



GIVING BACK TO THE SENIOR COMMUNITY

Thank you, MP

Free Services to Help Seniors Prepare Their Homes for the Market, Sell and Transition to the Next Stage of Life

As real estate, legal and moving professionals dedicated to helping people transition from one home to another, we understand how stressful and overwhelming this process can be. We want to make it easier. Through the Maria Project, we are giving selected seniors and people with disabilities a package of free services that will include everything needed for a smoother transition.

The package includes:

- Organizing personal possessions
- House repair and clean-up
- Packing and moving
- Real Estate representation
- Legal Services

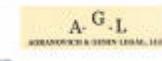
We will be there at every step of the process.

To apply or nominate someone, visit mariaproject.org or call **617-331-7848**.

We will meet with candidates at their homes at their convenience.

The Maria Project was inspired by Leon Gelfand in honor of his grandmother, Maria.

Maria Project organizers include Home Ready Solutions; Stolovetz Real Estate Professionals; Agnew & Gera Legal, LLC and Gerde Grant.



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT
careers@4LPi.com • www.4LPi.com/careers



Selling a home?

A Senior Helping Seniors
Over 40 Years of Experience



Bill FitzPatrick
508-420-1800



Wellesley Real Estate



Introducing the Care Dimensions Hospice House

Combining the comfort of home
with the benefits of round-the-clock medical care

When hospice patients require specialized care for acute pain and symptom management, our new 18-bed Care Dimensions Hospice House in Lincoln on the Waltham line, offers hospital-level care in a warm, home-like environment. Our interdisciplinary team provides patients and their families with individualized medical, emotional, and spiritual support to make a difficult time a little easier.

With 40 years of compassionate expertise in caring for people with advanced illness, Care Dimensions is Massachusetts' premier non-profit provider of hospice, palliative care, and grief support, and is nationally recognized for quality and innovation. Let our experience improve yours – ask for Care Dimensions by name.

Watch our video tour at CareDimensions.org
or call 781-373-6616 to learn more
about the new Care Dimensions Hospice House.



A TRADITION of COMPASSIONATE SERVICE

The combination of Henry J. Burke & Sons and Burke & Blackington Funeral Homes have been serving Wellesley, Newton and surrounding communities for over 80 years with a tradition of compassionate service.



Burke Family Funeral Homes

*An Independent Family-Owned Business,
Serving Local Communities for Three Generations.*

56 Washington Street, Wellesley Hills, MA 02481 Tel: 781 235 1481
1479 Washington Street, West Newton, MA 02465 Tel: 617 527 0986
www.burkefamilyfuneralhomes.com



Wilder, Shea & Himmelberger, LLP

Leslie B. Shea, Esq. • David J. Himmelberger, Esq.

Your local attorneys providing legal services in:
Estate Planning, Wills and Trusts, Probate, and Real Estate

Member, National and Massachusetts Academies of Elder Law Attorneys

781-237-8180

David@wshlawoffice.com

One Hollis Street, Suite 400, Wellesley, MA 02482



GEORGE F. DOHERTY & SONS

FUNERAL SERVICE

477 Washington St. • Wellesley

781-235-4100

Bobby Morgenstern

Your Realtor for Life!



617-686-8619

COLDWELL BANKER
RESIDENTIAL - WELLESLEY
WELLESLEY'S #1 OFFICE
27 YEARS IN A ROW!



www.bobbymorgenstern.com



SCANDINAVIAN LIVING CENTER

A UNIQUE & WELCOMING ASSISTED LIVING COMMUNITY

206 WALTHAM STREET • WEST NEWTON

617-527-6566 | www.slcenter.org

TRAIN with SHAIN

IN HOME PERSONAL TRAINING
FOR SENIORS

Gait, Balance/Fall Prevention
& Strength Training

(508) 231-6378

www.trainwithshain.net

FULLY INSURED

HERITAGE

AT FRAMINGHAM

Independent Living, Assisted Living & Memory Care

747 Water Street • Framingham, MA
508-665-5300

www.heritageassistedliving.org



MARY ANN MORSE

HEALTHCARE CENTER

Short-Term Rehabilitation, Memory & Long-Term Care

43 Union Street • North, MA
508-433-2400

www.maryannmorse.org



Live Well at Home

- Holistic, Active Caregiving with our Balanced Care Method™
 - 24/7 Live-in or Hourly Care
- Call Us Today! 781-239-0060**



HomeCareAssistanceMassachusetts.com

► Reach the Senior Market
ADVERTISE HERE

CONTACT

Lisa Templeton to place an ad today!
ltempleton@lpiseniors.com
or (800) 477-4574 x6377



WATERSTONE
AT WELLESLEY

MODERN. VIBRANT. REWARDING.
Discover Senior Living!

Schedule your visit today.

339.686.9918

WaterstoneAtWellesley.com



27 Washington Street | Wellesley, MA 02481

Photo: Shirley Tili

Wake up to Wingate



AT WESTON

Short-term Rehab | Long-term | Respite Care

781-585-4101

WingateHealthcare.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Wellesley Council on Aging, Wellesley, MA 06-5195



WELLESLEY COUNCIL *on* AGING

500 Washington Street
Wellesley, MA 02482

PRSR NON-PROFIT
U.S. POSTAGE
PAID
FRAMINGHAM, MA
PERMIT 179

Hours of Operation:
Monday through Friday
9:00 a.m. - 4:00 p.m.
781.235.3961
www.wellesleycoa.org



Discovery Centers for Civic Engagement

The Wellesley Council on Aging is launching a new initiative to help our Tolles Parsons Center better serve our community. Discovery Centers for Civic Engagement are designed to help people, aged 55 and older, find a stronger purpose in their work, engagement in their communities, and balance in their lives. The Tolles Parsons Center is one of six Councils on Aging in Eastern Massachusetts where Discovery Centers will be piloted starting in the first quarter of 2019. Discovery Centers provide peer coaching to help people engage with nonprofits, government agencies and other organizations in an effort to use their skills and experience in volunteer work. Trained Transition Navigators® (peer coaches from our community) will be available in our Center to mentor people seeking opportunities to volunteer. The Discovery Centers will also provide resources such as a Discovery Toolkit which lists volunteer opportunities in our community. Working with ESC Discovery (a program of Empower Success Corps, a Boston-based nonprofit) a seminar series will be conducted at our Center covering topics such as “Discover Your Purpose,” “Thinking Beyond the Money,” “Discover Your Encore,” and “Discover the New Retirement.” “One of the main goals of the Discovery Center is to re-position COAs and help them play a broader role in their communities,” said David Guydan, Director of ESC Discovery. “We look forward to working with the Wellesley COA to change community perceptions of older adults and their abilities to make a real difference and positive impact in the world.”

Discovery Centers for Civic Engagement Information Session Monday January 7, 1:30 p.m. - 2:30 p.m.

We invite you to join Willia Cooper, Transition Navigator Coordinator and David Guydan, Director, ESC Discover at Empower Success Corps as they share information about Discovery Centers and the role of Transition Navigators. This is a great opportunity to learn more about the role of a Transition Navigator and how they can help you and/or to learn more about how you can volunteer at the Tolles Parsons Center as a Transition Navigator! If you are unable to attend, but would like to learn more about the Transition Navigator role, please contact Gayle Thieme, Director of Senior Services at GThieme@wellesleyma.gov