

### July/August 2019 Registration:

Thursday, June 27 (Wellesley residents) • Friday, June 28 (non-Wellesley residents)

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

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.

### 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.

### Join us for a Maine Day Trip!

**When Pigs Fly Bakery with Lunch at Warren's in Kittery and a Tour of Kennebunkport**

**Monday, August 26, 2019, 9:00 a.m.**

(Departure from the Wellesley Community Center, 219 Washington St.)

**Return time appx. 6:30 p.m.**

**Cost: \$75.00 Min: 35 Max: 55**

Start your tour off with a visit to When Pigs Fly Bakery in Kittery, Maine where they bake old-world, artisan breads fresh, every day, using the finest organic, natural ingredients. Next, you will have a delicious lunch at Warren's also in Kittery. Located right on the water, Warren's offers fantastic food, views, and service. You begin your meal with a trip to Warren's famous Salad Bar, with over 60 different items to choose from including soup and breads. After lunch, you will travel to Kennebunkport for a guided tour of the area, and time for shopping in Dock Square. A delightful way to spend a day! Trip includes: Transportation, lunch, dining room gratuities and taxes, guided tour, shopping on your own. Please indicate your meal choice at the time of registration: Seafood Casserole / Fried Baby Shrimp / Ritzy Filet of Haddock / Crab Crusted Salmon / Top Sirloin Steak / Chicken Parmesan.

**No refunds if you cancel after August 16.**



# 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 (781) 235-3961 to verify any information.

## 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](http://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.



# Summer Events and Happenings

## AUGUST CLOSURE – Tolles Parsons Center

**PLEASE NOTE:** Tolles Parsons Center will be closed for warranty work and carpet replacement from Friday August 9 - Friday August 16 (scheduled to re-open Monday August 19). The COA staff offices will be relocated to another town building during this period and our phones will be redirected to these temporary offices. Please call us at 781-235-3961 if you need anything during this time. We will have some programs running in other Town locations during this closure. To get the daily schedule, please call the COA or visit our website at [www.wellesleyma.gov](http://www.wellesleyma.gov)

### Morses Pond, Wellesley Tuesday, July 9, 10:00 a.m.-1:30 p.m.

Grab your sunscreen, hat, and swimsuit and join us at Morses Pond for a day of fun in the sun! Bring a picnic lunch and enjoy a beautiful day with the COA. If it happens to “rain on our parade,” the rain date will be Tuesday, July 16, from 10:00 a.m.-1:30 p.m. Special thanks to the Wellesley Recreation Department for allowing us to enjoy the day free of charge! If you need a ride, please indicate at the time of registration. Max: 20.



### Wellesley Historical Society Show and Tell: Tuesday, July 9, 1:30 p.m. - 2:30 p.m. and Tuesday, August 6, 9:30-10:30 a.m.

The COA is continuing our partnership with the Wellesley Historical Society to offer a monthly program. Join Wellesley Historical Society's archivist and collections manager, Taylor Kalloch, for a monthly show and tell program. Each month we will highlight items from different areas of our collection. You will have an opportunity to view the items up close; we will discuss the items' history, how they are used by researchers, and their value as educational resources; and we will provide insight into how we store and care for the items. In July, Taylor will share an item from the Society's painting collection and in August, an item from the Society's clothing collection. For more information visit [www.wellesleyhistoricalsociety.org](http://www.wellesleyhistoricalsociety.org). Special thanks goes to Wingate Residences for generously sponsoring this program. Max: 75.

### Opera Talk with Helen Sagan, “The Opera Lady” Eugene Onegin, by Peter Ilyich Tchaikovsky Thursday, July 11 1:30 p.m. – 2:30 p.m.

Tchaikovsky's setting of the famous drama in verse by Aleksandr Pushkin is one of the greatest of all Russian opera literature. It is the tragic story of an ill-fated love between an innocent young woman and a world-weary aristocrat. Tchaikovsky's luscious musical score draws the listener into the emotionally charged story. Notable are the famous letter scene and the duel between Onegin and his best friend, Lensky. Max: 75.

### 5th Annual BBQ co-sponsored by the Wellesley COA and Wellesley Police Department Friday, July 12, 12:00 p.m. - 2:00 p.m.

We are delighted to team up with the Wellesley Police Department for the 5th consecutive year for our fun and delicious summer BBQ! Guests will enjoy hamburgers and hot dogs with all the fixin's! Food will be cooked outdoors, but guests will be seated in the air-conditioned comfort of the John and Dwin Schuler Multi-Purpose Room. After lunch we will enjoy entertainment by the Winiker Band and guests will enjoy complimentary dessert. We extend our appreciation to the Wellesley Patrolman's Union, in particular Tim Barros, President of the Union and Matthew Wall, Patrolman and Elder Affairs Officer, for organizing and planning this event with the COA. Please register by Friday, July 5. Max: 75.

## 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

Judy Siggins  
Transportation Coordinator

Beth Harrington  
Activities Assistant

Betsy Visvis  
Office Assistant

Rick Waldman & Dana Wilson  
Bus Drivers

Dawnmarie Cole  
Custodian, FMD

## 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.

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

781.235.3961

[www.wellesleycoa.org](http://www.wellesleycoa.org)  
[coa@wellesleyma.gov](mailto:coa@wellesleyma.gov)

The TPC will be closed and there will be no bus service on Thursday, July 4.



# Summer Events and Happenings

## Chair Massage

**Mondays, July 15, August 5, and August 26, 9:30 a.m.-11:30a.m.**

**Cost: \$10.00 per 15-minute appointment**

Come and try a deeply relaxing chair massage with Lee Carpenter, licensed Compassionate Touch Practitioner.

## “Bhutan - Travels in the Land of the Thunder Dragon”

**Presenter: Barry Pell**

**Monday, July 15, 1:30 - 2:30 p.m.**

The small and predominantly Buddhist kingdom of Bhutan, squeezed between China and India, is tucked within the rugged Himalaya mountains and mostly covered with thick forest. Monasteries, often massive and commanding, abound, with crimson-robed monks performing centuries-old rituals. The country has no traffic lights, smoking is illegal, and employees must wear traditional clothing during work hours. Years ago, Gross National Happiness was identified by the nation as being more important than Gross National Product. Barry Pell recently traveled through the country, meeting its people and learning about their history and culture. Accompanied by his photography, he will discuss insights into a fascinating way of life that has only just begun to change after centuries of isolation. Max: 75.

*Barry Pell is a world traveler and photojournalist. He has traveled widely over five decades, visiting and documenting landscapes and cultures in nearly 170 countries ON ALL CONTINENTS. Mr. Pell has also lived and traveled in China, Eastern Europe, North Africa, and South America. He currently lectures on international cultures at schools, universities and institutions in the Boston area.*

## Top 10 Things To Do Before The End Of The Year Tuesday, July 16, 10:00-11:00 a.m.

We are pleased to welcome Bob Abbott of AXA Advisors, LLC of Wellesley and his Associate, Attorney Dale Tamburro of Belmont for this important and informative workshop. Do you want a court, the legislature, your family, or your friends deciding what should happen if you either die or become incapacitated? Instead, would you want to make your own decisions as to who will care for your children, who will take care of you, who will receive your property and assets, or who will make important decisions for you in the event you are unable to do it for yourself. Attend this workshop and learn the tools necessary to ensure that your wishes and needs are satisfied in the most efficient and economical way for the rest of your life, if you become incapacitated and when you die. Light refreshments will be provided. Max: 75.

## Mocktails by Maplewood

**Tuesday, July 16, 2:30 p.m. - 3:30 p.m.**

Delicious hors d'oeuvres and signature non-alcoholic “mocktails” provided by Chef Vi of Maplewood at Weston senior living community. Entertainment by classical guitarist Mark Leighton. Special thanks goes to the sponsor Care with Care Home Health Care, LCC for securing the entertainment. Max: 50.

## Once Upon a Time

**Wednesdays, July 17 and August 7,**

**11:00 a.m.-12:00 p.m.**

**Facilitator: COA Volunteer, Lee Carpenter**

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 will 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.

## A Series with Justin Locke Sign up for one or both!

### Join the Pops, See the World

**Thursday, July 18, 2:30-3:30 p.m.**

Cash your per diem check, pack your tux, hop on a charter flight, and discover what it's like to travel the world with 90 wacky musicians who make up the most famous orchestra in the world. These are stories of touring the globe with the Boston Pops, including the Japan Tour with John Williams and the national tour with Henry Mancini. Max: 75.

### 700 Nutcrackers Is a Lot of Nutcrackers

**Thursday, August 29, 2:30-3:30 p.m.**

Justin Locke returns to share the grand finale of his many zany stories from the world of professional classical musicians. This will include tales of playing in the pit for Broadway shows and the opera, being “in the truck” for live Pops TV broadcasts, playing disastrous “kiddie concerts,” and yes, playing over 700 Nutcracker Ballets (and they wonder why musicians are so insane). There will also be lots of classic “gig disaster stories” and . . . you will also find out what it is that conductors actually do! Max: 75.

*Justin Locke has led a multifaceted life in show business. Along with his 18-year stint playing bass with the Pops and Symphony, he is also the creator of family concert programs which are performed by orchestras all over the world; his “Peter VS. the Wolf” has been done in the Teatro Municipal of Rio de Janeiro and just last season by the Berlin Kozerthaus.*



# Summer Events and Happenings

## Elder Law Update

Friday, July 19th 10:30-11:30 a.m.

The COA welcomes back Elder Law Attorney Timothy R. Loff for the Massachusetts Bar Association Elder Law Education Program. He will share important updates on many different Elder Law areas including Medicare, Medicaid, Long-Term Care Insurance, Reverse Mortgages, Estate and Trust Administration, and Estate and Special Needs Planning. Attorney Loff welcomes your questions. He has been working in Elder Law for over 30 years and is a retired Director and still very active in the Massachusetts Chapter of the National Academy of Elder Law Attorneys. A former Wellesley resident he now lives in Natick and his law office is in Newton. Max: 75.

## Communication and Dementia

Presenter: Claire Henry

Monday, July 29, 1:30 p.m. – 2:30 p.m.

Alzheimer's disease has become one of the greatest health concerns in this country. Dementia is considered a progressive disorder that, over time, will affect the individual's ability to understand basic everyday facts, such as names, dates and places. The dementia gradually affects the individual's ability to communicate and process language. This continuing education event will enable the learner to explain particular communication challenges that occur when interacting with the dementia client. This program discusses functional strategies to use during skilled intervention and provides best practices for intervention in order to support the cognitively impaired adult. Claire Henry is the Lourdes Memory Center Director at St. Patrick's Manor in Framingham. She strives to enhance the quality of life for those individuals with Alzheimer's and other related behavioral diseases. Max: 75.

## The Golden Age of Crooners and Records by Frank King

Thursday, July 30, 2:30-3:30 p.m.

Frank King will tell the heartbreaking story of unknown composer Doc Pomus, who fought crippling adversity to become one of our most prolific and celebrated songwriters. Also included: the story behind 3 big hits from 1953; one of the most infamous moments in the history of American broadcasting, featuring Arthur Godfrey and Julius LaRosa; a lovely "September Song" medley; the beautiful "lost" ballad from "Peter Pan"; and more. Special thanks goes to our generous sponsor Verdelli Real Estate at Laer. Max: 75.

## Musical Ventriloquist Kevin Driscoll

Monday, August 5

1:30-2:30 p.m.



The COA is delighted to welcome Kevin Driscoll, Musical ventriloquist, to the TPC on Monday, August 5 at 1:30 p.m. According to Driscoll, "Seniors remember Charlie McCarthy from the Ed Sullivan TV Show. Some even remember listening to Edgar Bergen's Sunday night NBC Charlie McCarthy Radio Show. When I bring out my Charlie McCarthy replica puppet, seniors recognize him and call out his name." Driscoll recently returned from his performance and sessions with Jeff Dunham and 700 plus professional ventriloquists at the International CONVENTion of Ventriloquists in Cincinnati. Driscoll performed at the International CONVENTion of Ventriloquists with Darci Lynn, the 12-year-old ventriloquist who went on to win a million dollars on TV's America's Got Talent. Driscoll, who has taught music for many years, enjoys how his job allows him to combine three of his passions. Driscoll says he loves that he gets to combine music, ventriloquism, and education while bringing joy to his audiences. Light refreshments will be provided. Max: 75.

## 9th Annual Ice Cream Social

Tuesday August 6, 1:30 p.m.-2:30 p.m.

Get out of the heat and into our air conditioning for an afternoon featuring ice cream sundaes, and a live performance by Triology, a band that consists of three experienced musicians: Tal Shalom-Kobi, bass player and music educator, Reed Cournoyer, pianist and vocalist, and Renato Malavasi, drummer. This year we welcome back our generous sponsor, Walgreens. They will provide delicious cool treats—just the thing for a sizzling summer day! Max: 75.

**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](http://www.wellesleycoa.org) and follow these 3 easy steps:

1. Click the button that says "subscribe to COA News".
2. Enter your name and email address.
3. Confirm your subscription: You will receive an email from "listserv@civicplus.com" to confirm your subscription request. If you do not receive this email, please check your spam folder. Please note that you will not receive any COA communications until you complete this step.

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](https://facebook.com/WellesleyCOA)



# Summer Events

## Seniors invited to tour the new Wellesley Sports Center

**Tentative date: Monday, August 12**

**Time: TBD**

As this newsletter goes to print, the COA is working to arrange an opportunity for seniors to tour the new Wellesley Sports Center, a multi-use recreation center scheduled to open in the Summer of 2019. The facility will feature two NHL regulation ice surfaces (one fully sled hockey compatible), indoor synthetic turf field, competition swimming pool, warm up pool, sports rehabilitation, strength training, fitness/dance studio, track, and an academic coaching center. All of this will be conveniently located at 900 Worcester Street, Wellesley (Route 9). Please register for this tentative date and once the plans are finalized, all who have registered will be contacted with the details. Transportation to and from the Sports Center will be on your own. If you need transportation, contact our Transportation Coordinator for assistance 781-235-3046.



## 6th Annual Luau Sponsored by Mary Ann Morse Healthcare Center

**Friday, August 23, 12:00 p.m. - 2:00 p.m.**

For the last 5 years, the Luau has been a COA summertime favorite and we are pleased welcome back Mary Ann Morse Healthcare Center of Natick who will once again sponsor this celebration! You will enjoy a delicious luncheon with a Polynesian twist and we will welcome back New England's Premier Elvis Presley Impersonator, Robert Black—because you deserve the best! He has a dynamic stage presence and produces the remarkable voice quality of Elvis. Elvis did love Hawaii! Max: 75

# Outreach

## Dear C.O. Abby,

I recently attended a wonderful event at the Tolles Parsons Center discussing the LGBT (Lesbian Gay Bi-sexual Transgender) Senior Citizen Community. I know there must be older adults in our town who may identify as LGBT and not know about support and programs available to our community. As a long-term closeted gay individual over the age of 70, I can assure you we still face plenty of stigma and judgement even in these modern days of the 21st century. It took me a very long time to gain the courage to come out to my friends and family; I would love an opportunity to meet other seniors in town who are open-minded, who share my beliefs and who want to wave the rainbow flag! Can you help connect me with others who feel this way, too?

Sincerely,  
Silver Rainbow

## Dear Rainbow,

Thank you for your letter. The topic of the LGBT community is still (unfortunately) lingering with stigma in the older adult community and has become difficult to erase. Fortunately, Massachusetts has been a progressive leader in this cultural shift to be open and affirming. As the country as a whole becomes more open and accepting, senior citizens must know there are safe places to be out and to be yourself. This Fall, the Tolles Parsons Center will offer more programs geared to the LGBT older adult community. It is our hope that seniors who have experienced discrimination due to their sexual orientation feel safe and welcome at the TPC. For specific resources, to share your program ideas and to receive information about current LGBT groups, please call Kate Burnham, Health & Social Services Administered at (781) 235-3961.

## Farmers' Market Coupons

The Massachusetts Farmers' Market Nutrition Program provides seniors with coupons for fresh fruits and vegetables redeemable at local Farmers' Markets and works to support nutrition and education goals by encouraging the selection and preparation of fresh produce. These coupons are distributed by Springwell, the senior nutrition program for Wellesley residents; a booklet of 10 coupons, each worth \$2.50, for a total of \$25.00 in coupons can be used at local Farmers' Markets. A limited number of coupon booklets will be distributed on a first-come, first-serve basis. If there are more people than available booklets, a raffle will be held to determine who receives the coupons. Recipients must be aged 60+ or under 60 with a disability living in housing primarily occupied by the elderly and receiving Springwell nutrition services. Financial eligibility requirements for a single person Household must have income less than or equal to \$1,926 per month and a two person Household with income less than or equal to \$2,607 per month. **Coupon booklets will be distributed at the Tolles Parsons center on Thursday July 25 from 1:30-2:30pm.** For questions, please contact Health & Social Services Administrator Kate Burnham at (781) 235-396.

# Outreach/Community Resources/Services



## Keep Well Clinics

The Wellesley Health Department invites you to the Keep Well Clinics where you can have your blood pressure monitored and health questions answered. For more information, call the Health Department at 781-235-0135 or visit [www.wellesleyma.gov/health](http://www.wellesleyma.gov/health) The summer Keep Well schedule (location/dates/times) is listed below:

**315 Weston Road – July 2 and August 6, 1:30-2:30 p.m.**

**Morton Circle – July 9 and August 13, 1:30-2:30 p.m.**

**41 River Street – July 16 and August 20, 1:30-2:30 p.m.**

**50 Grove Street (1:30-2:15 p.m.) &**

**60 Grove Street (2:20-3:00 p.m.) – July 23 and August 27**

**Tolles Parsons Center – July 3 and August 7, 10:00-11:00 a.m.**

**Wellesley Free Library, 530 Washington Street –**

**July 17 and August 21, 11:00 a.m. -12:00 p.m.**

## Medicare's Free Preventive Services

Many preventive services are covered by Medicare with no deductible or co-pay. These services are free whether you have Original Medicare or a Medicare Advantage plan, such as an HMO. Disease prevention and early detection services can keep you from getting certain diseases or can help you find health problems early, when treatment works best. Talk with your doctor or health care provider to find out what tests or other services you may need. There are rules which state when and how often Medicare will pay for these.

### Some of the free services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Bone mass measurements
- Cardiovascular screening
- Diabetes screening and prevention program
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call the Wellesley COA at 781-235-3961.

## Parkinson's Support Group

**Thursdays, July 11 and August 1, 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 sponsor First Light Home Care.

## 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, July 5 at 10:30 a.m.**

**(Open Discussion)**

**Friday, August 2 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.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:00-12:00 Drop-in Pool <b>1</b></p> <p>9:15-10:15 Walking Group</p> <p>12:15-2:45 Bridge</p> <p>*Free Grocery Shopping – COA Bus</p>	<p>9:00-12:30 Card/Game Room Drop-in hours <b>2</b></p> <p>9:30-11:00 Level II Mixed Yoga</p> <p>11:15-12:45 Level I Mixed Yoga</p> <p>12:00-1:00 Lunch (Steak tips over veggies and chocolate ice cream)</p> <p>1:00-3:00 Cribbage Club</p> <p>1:30-2:30 Keep Well Clinic – 315 Weston Road</p> <p>*Morning Trip to Food Pantry – COA Bus</p>	<p>9:15-10:15 Walking Group <b>3</b></p> <p>9:15-9:45 Cardio Sculpt (make up from 6/5)</p> <p>9:30-11:00 Scrabble</p> <p>10:00-11:00 Keep Well Clinic @ TPC</p> <p>12:00-1:00 Musical Lunch with Stephen Xu (½ Tuna on Multigrain, gazpacho soup and a chocolate chip cookie)</p> <p>1:00-3:00 Open Art Studio</p> <p>1:00-4:00 Chinese Mah Jong</p>	<p><b>Tolles Parsons Center Closed</b> <b>4</b></p> <p><b>4th of July Holiday</b></p>	<p>10:30 LOW VISION GROUP <b>5</b></p> <p>12:00-1:00 Lunch (Turkey delight, Utz chips and a chocolate chip cookie)</p> <p>1:00-4:00 Drop-in pool</p> <p>1:15 Movie - Pillow Talk (1959) (Movie shown at the TPC)</p>
<p>9:00-12:00 Drop-in Pool <b>8</b></p> <p>9:15-10:15 Walking Group</p> <p>9:15-10:15 Fit For Life</p> <p>10:30-11:30 Traditional Tai Chi</p> <p>12:15-2:45 Bridge</p> <p>1:30-2:30 Pilates</p> <p>1:30-2:30 Zumba Gold (Warren)</p> <p>*Free Grocery Shopping – COA Bus</p>	<p>9:00-12:30 Card/Game Room Drop-in hours <b>9</b></p> <p>9:30-11:00 Level II Mixed Yoga</p> <p>11:15-12:45 Level I Mixed Yoga</p> <p>10:00-1:30 Trip to Morses Pond</p> <p>12:00-1:00 Lunch (Salmon over field green salad and chocolate ice cream)</p> <p>1:00-3:00 Cribbage Club</p> <p>1:30-2:30 Historical Collections Talk</p> <p>1:30-2:30 Keep Well Clinic – Morton Circle</p> <p>*Morning Trip to Food Pantry – COA Bus</p>	<p>7:30-8:30 Water Aerobics <b>10</b></p> <p>8:00-9:30 Breakfast Club at Captain Mardens</p> <p>9:15-9:45 Cardio Sculpt</p> <p>9:15-10:15 Walking Group</p> <p>9:30-11:00 Scrabble</p> <p>10:30-11:30 No Partner Needed Ballroom Line Dance Class</p> <p>12:00-1:00 Lunch (Quiche Lorraine, garden salad and a butterscotch oatmeal cookie)</p> <p>1:00-3:00 Open Art Studio</p> <p>1:00-4:00 Chinese Mah Jong</p> <p>2:00-3:00 Tai Chi for Better Balance</p>	<p>9:00-12:30 Card/Game Room Drop-in Hours <b>11</b></p> <p>9:15-10:00 Seated Strength and Balance</p> <p>10:30-12:00 Parkinson's Support Group</p> <p>12:00-1:00 Lunch (Chicken kabob over rice and veggies and vanilla ice cream)</p> <p>1:00-4:00 Mah Jong</p> <p>1:30-2:30 Opera Talk with Helen Sagan</p> <p>2:00-3:30 Knitting</p>	<p>10:00-12:00 Learn to Play Pool <b>12</b></p> <p>12:00-2:00 Summer BBQ</p> <p>1:00-4:00 Drop-in pool</p>
<p>9:00-12:00 Drop-in Pool <b>15</b></p> <p>9:30-11:30 Chair Massage</p> <p>9:15-10:15 Walking Group</p> <p>9:15-10:15 Fit For Life</p> <p>10:30-11:30 Traditional Tai Chi</p> <p>12:15-2:45 Bridge</p> <p>1:30-2:30 Pilates</p> <p>1:30-2:30 Zumba Gold (Warren)</p> <p>1:30-2:30 Bhutan – Travels in the Land of the Thunder Dragon</p> <p>*Free Grocery Shopping – COA Bus</p>	<p>9:00-12:30 Card/Game Room Drop-in hours <b>16</b></p> <p>10:00-12:00 Learn to Knit II</p> <p>10:00-11:00 Presentation: Top 10 Things to Do Before the End of the Year</p> <p>10:00-1:30 Trip to Morses Pond (Rain Date)</p> <p>12:00-1:00 Lunch (American chop suey and a chocolate cupcake)</p> <p>1:00-3:00 Cribbage Club</p> <p>1:30-2:30 Keep Well Clinic – 41 River Street</p> <p>2:30-3:30 Mocktails by Maplewood</p> <p>*Morning Trip to Food Pantry – COA Bus</p>	<p>7:30-8:30 Water Aerobics <b>17</b></p> <p>9:15-9:45 Cardio Sculpt</p> <p>9:15-10:15 Walking Group</p> <p>9:30-11:00 Scrabble</p> <p>10:30-11:30 Zendooodle workshop</p> <p>10:30-11:30 No Partner Needed Ballroom Line Dance Class</p> <p>11:00-12:00 Once Upon a Time</p> <p>11:00-12:00 Keep Well Clinic Wellesley Free Library</p> <p>12:00-1:00 Musical Lunch with Dori Lefebvre (½ California rollup, chicken barley soup and a mini blueberry muffin)</p> <p>1:00-3:00 Open Art Studio</p> <p>1:00-4:00 Chinese Mah Jong</p> <p>2:00-3:00 Tai Chi for Better Balance</p>	<p>9:00-12:30 Card/Game Room Drop-in Hours <b>18</b></p> <p>9:15-10:00 Seated Strength and Balance</p> <p>12:00-1:00 Musical Lunch with Diane Gagne (Tomato pesto mozzarella panini, BBQ chips and chocolate pudding)</p> <p>1:00-4:00 Mah Jong</p> <p>1:30-3:00 Bingo</p> <p>2:00-3:30 Knitting</p> <p>2:30-3:30 Join the Pops, See The World</p>	<p>10:30-11:30 Elder Law Updates <b>19</b></p> <p>12:00-1:00 Musical Lunch with Stephen Xu (Steak tips over veggies and a chocolate muffin)</p> <p>1:00-4:00 Drop-in pool</p> <p>1:15 Movie – Instant Family (2018) (Movie shown at the TPC)</p>
<p>9:00-12:00 Drop-in Pool <b>22</b></p> <p>9:15-10:15 Walking Group</p> <p>9:15-10:15 Fit For Life</p> <p>10:30-11:30 Traditional Tai Chi</p> <p>12:15-2:45 Bridge</p> <p>1:30-2:30 Pilates</p> <p>1:30-2:30 Zumba Gold (Warren)</p> <p>*Free Grocery Shopping – COA Bus</p>	<p>9:00-12:30 Card/Game Room Drop-in hours <b>23</b></p> <p>9:30-11:00 Level II Mixed Yoga</p> <p>11:15-12:45 Level I Mixed Yoga</p> <p>12:00-1:00 Lunch (Turkey delight, Utz chips and a chocolate chip cookie)</p> <p>1:00-3:00 Cribbage Club</p> <p>1:30-2:15 Keep Well Clinic 50 Grove</p> <p>2:20-3:00 Keep Well Clinic 60 Grove</p> <p>*Morning Trip to Food Pantry – COA Bus</p>	<p>7:30-8:30 Water Aerobics <b>24</b></p> <p>9:15-9:45 Cardio Sculpt</p> <p>9:15-10:15 Walking Group</p> <p>9:30-11:00 Scrabble</p> <p>10:30-11:30 No Partner Needed Ballroom Line Dance Class</p> <p>12:00-1:00 Lunch (½ Chicken tarragon, chicken vegetable soup and a chocolate chip cookie)</p> <p>12:00-1:30 Delicious Dining Lunch Outing to Blue on Highland</p> <p>1:00-3:00 Open Art Studio</p> <p>1:00-4:00 Chinese Mah Jong</p> <p>2:00-3:00 Tai Chi for Better Balance</p>	<p>9:00-12:30 Card/Game Room Drop-in Hours <b>25</b></p> <p>9:15-10:00 Seated Strength and Balance</p> <p>12:00-1:00 Lunch (Pasta primavera, bread and coffee ice cream)</p> <p>1:00-4:00 Mah Jong</p> <p>1:30-2:30 Farmers' Market Coupon booklet distributed at the Tolles Parsons center</p> <p>2:00-3:30 Knitting</p> <p>2:00-3:00 Tai Chi for Better Balance</p> <p>*Morning bus trip to Walmart, Target, Christmas Tree Shop or Shopper's World</p>	<p>10:00-12:00 Learn to Play Pool <b>26</b></p> <p>12:00-1:00 Musical Lunch with Stephen Xu (Salmon over field green salad and chocolate ice cream)</p> <p>1:00-4:00 Drop-in pool</p> <p>1:15 Movie – Three Identical Strangers (2018) (Movie shown at the TPC)</p>
<p>9:00-12:00 Drop-in Pool <b>29</b></p> <p>9:15-10:15 Walking Group</p> <p>9:15-10:15 Fit For Life</p> <p>10:30-11:30 Traditional Tai Chi</p> <p>12:15-2:45 Bridge</p> <p>1:30-2:30 Communication and Dementia</p> <p>1:30-2:30 Pilates</p> <p>1:30-2:30 Zumba Gold (Warren)</p> <p>*Free Grocery Shopping – COA Bus</p>	<p>9:00-12:30 Card/Game Room Drop-in hours <b>30</b></p> <p>9:30-11:00 Level II Mixed Yoga</p> <p>10:00-12:00 Learn to Knit II</p> <p>11:15-12:45 Level I Mixed Yoga</p> <p>12:00-1:00 Lunch (Tuna salad and coffee ice cream)</p> <p>1:00-3:00 Cribbage Club</p> <p>2:30-3:30 Musical Lecture with Frank King</p> <p>*Morning Trip to Food Pantry – COA Bus</p>	<p>7:30-8:30 Water Aerobics <b>31</b></p> <p>9:30-11:00 Level II Mixed Yoga</p> <p>9:15-10:15 Walking Group</p> <p>9:30-11:00 Scrabble</p> <p>10:30-11:30 No Partner Needed Ballroom Line Dance Class</p> <p>12:00-1:00 Lunch (½ Turkey on multigrain, gazpacho soup and a chocolate chip oatmeal cookie)</p> <p>1:00-3:00 Open Art Studio</p> <p>1:00-4:00 Chinese Mah Jong</p> <p>2:00-3:00 Tai Chi for Better Balance</p>	<h1>July 2019</h1>	

# August 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>9:00-12:30 Card/Game Room Drop-in Hours <b>1</b></p> <p>9:15-10:00 Seated Strength and Balance</p> <p>10:30-12:00 Parkinson's Support Group</p> <p>12:00-1:00 Musical Lunch with Diane Gagne (Salmon over field green salad and chocolate ice cream)</p> <p>1:00-4:00 Mah Jong</p> <p>2:00-3:30 Knitting</p>	<p>10:30 LOW VISION GROUP <b>2</b></p> <p>12:00-1:00 Musical Lunch with Jacquie Van Haelst (American chop suey and a chocolate cupcake)</p> <p>1:00-4:00 Drop-in pool</p> <p>1:15 Movie - Won't You Be My Neighbor (2018) (Movie shown at the TPC)</p>
<p>9:00-12:00 Drop-in Pool <b>5</b></p> <p>9:15-10:15 Walking Group</p> <p>9:15-10:15 Fit For Life</p> <p>9:30-11:30 Chair Massage</p> <p>10:30-11:30 Traditional Tai Chi</p> <p>12:15-2:45 Bridge</p> <p>1:30-2:30 Kevin Driscoll, Musical Ventriloquist</p> <p>1:30-2:30 Pilates</p> <p>1:30-2:30 Zumba Gold (Warren)</p> <p>*Free Grocery Shopping - COA Bus</p>	<p>9:00-12:30 Card/Game Room Drop-in hours <b>6</b></p> <p>9:30-10:30 Historical Collections Talk</p> <p>12:00-1:00 Lunch (Steak tips over veggies and a chocolate muffin)</p> <p>1:00-3:00 Cribbage Club</p> <p>1:30-2:30 9th Annual Ice Cream Social</p> <p>1:30-2:30 Keep Well Clinic- 315 Weston Road</p> <p>*Morning Trip to Food Pantry - COA Bus</p>	<p>7:30-8:30 Water Aerobics <b>7</b></p> <p>8:00-9:30 Breakfast Club at Captain Mardens</p> <p>9:15-10:15 Walking Group</p> <p>9:30-11:00 Scrabble</p> <p>10:00-11:00 Keep Well Clinic @ TPC</p> <p>11:00-12:00 Once Upon a Time</p> <p>12:00-1:00 Musical Lunch with Dori Lefebvre (½ Chicken tarragon on multigrain, split pea soup and a chocolate chip cookie)</p> <p>1:00-3:00 Open Art Studio</p> <p>1:00-4:00 Chinese Mah Jong</p> <p>2:00-3:00 Tai Chi for Better Balance</p>	<p>9:00-12:30 Card/Game Room Drop-in Hours <b>8</b></p> <p>9:15-10:00 Seated Strength and Balance</p> <p>12:00-1:00 Lunch (Tuna salad and coffee ice cream)</p> <p>1:00-4:00 Mah Jong</p> <p>1:30-3:00 Bingo</p> <p>2:00-3:30 Knitting</p>	<p>12:00-1:00 Lunch (Pasta primavera, bread and coffee ice cream) <b>9</b></p> <p>1:15 Movie - If I Could Only Imagine (Movie shown at the Wakelin Room - Wellesley Free Library)</p> <p style="text-align: center;">TPC is closed today (see page 3) Call the COA at 781-235-3961 for a listing of today's scheduled activities and locations</p>
<p>1:30-2:30 Zumba Gold (Warren) <b>12</b></p> <p>*Free Grocery Shopping - COA Bus</p> <p style="text-align: center;">TPC is closed today (see page 3) Call the COA at 781-235-3961 for a listing of today's scheduled activities and locations</p>	<p>12:00-1:00 Lunch (Chicken broccoli ziti and ice cream) <b>13</b></p> <p>1:30-2:30 Keep Well Clinic - Morton Circle</p> <p>*Morning Trip to Food Pantry - COA Bus</p> <p style="text-align: center;">TPC is closed today (see page 3) Call the COA at 781-235-3961 for a listing of today's scheduled activities and locations</p>	<p>7:30-8:30 Water Aerobics <b>14</b></p> <p>12:00-1:00 Lunch (½ Turkey on multigrain, gazpacho, and a butterscotch oatmeal cookie)</p> <p style="text-align: center;">TPC is closed today (see page 3) Call the COA at 781-235-3961 for a listing of today's scheduled activities and locations</p>	<p>12:00-1:00 Lunch (Tomato pesto mozzarella panini, BBQ chips and chocolate pudding) <b>15</b></p> <p style="text-align: center;">TPC is closed today (see page 3) Call the COA at 781-235-3961 for a listing of today's scheduled activities and locations</p>	<p>12:00-1:00 Lunch (Tuna salad and coffee ice cream) <b>16</b></p> <p>1:15 Movie - Singing in the Rain (Movie shown at the Wakelin Room - Wellesley Free Library)</p> <p style="text-align: center;">TPC is closed today (see page 3) Call the COA at 781-235-3961 for a listing of today's scheduled activities and locations</p>
<p>9:00-12:00 Drop-in Pool <b>19</b></p> <p>9:15-10:15 Walking Group</p> <p>12:15-2:45 Bridge</p> <p>1:30-2:30 Zumba Gold (Warren)</p> <p>*Free Grocery Shopping - COA Bus</p>	<p>9:00-12:30 Card/Game Room Drop-in hours <b>20</b></p> <p>12:00-1:00 Lunch (Turkey delight, Utz chips and chocolate chip cookie)</p> <p>1:00-3:00 Cribbage Club</p> <p>2:45-3:45 Learn the Basics of German Language and Culture</p> <p>*Morning Trip to Food Pantry - COA Bus</p>	<p>9:15-10:15 Walking Group <b>21</b></p> <p>9:30-11:00 Scrabble</p> <p>11:00-12:00 Keep Well Clinic Wellesley Free Library</p> <p>12:00-1:00 Lunch (½ California rollup, chicken barley soup and a mini blueberry muffin)</p> <p>1:00-4:00 Chinese Mah Jong</p>	<p>9:00-12:30 Card/Game Room Drop-in Hours <b>22</b></p> <p>12:00-1:00 Lunch (Chicken kabob over rice and veggies and vanilla ice cream)</p> <p>1:00-4:00 Mah Jong</p> <p>2:00-3:30 Knitting</p> <p>2:45-3:45 Learn the Basics of German Language and Culture</p>	<p>10:00-12:00 Learn to Play Pool <b>23</b></p> <p>12:00-2:00 Luau Sponsored by Mary Ann Morse Healthcare Center</p> <p>1:00-4:00 Drop-in pool</p>
<p>9:00-12:00 Drop-in Pool <b>26</b></p> <p>9:00-6:30 Day Trip to Kennebunkport</p> <p>9:15-10:15 Walking Group</p> <p>9:30-11:30 Chair Massage</p> <p>10:30-11:30 Traditional Tai Chi</p> <p>12:15-2:45 Bridge</p> <p>1:30-2:30 Zumba Gold (Warren)</p> <p>*Free Grocery Shopping - COA Bus</p>	<p>9:00-12:30 Card/Game Room Drop-in hours <b>27</b></p> <p>9:30-11:00 Level II Mixed Yoga</p> <p>10:00-12:00 Learn to Knit II</p> <p>11:15-12:45 Level I Mixed Yoga</p> <p>12:00-1:00 Lunch (Pasta primavera, bread and coffee ice cream)</p> <p>1:00-3:00 Cribbage Club</p> <p>1:30-2:15 Keep Well Clinic 50 Grove</p> <p>2:20-3:00 Keep Well Clinic 60 Grove</p> <p>2:45-3:45 Learn the Basics of German Language and Culture</p> <p>*Morning Trip to Food Pantry - COA Bus</p>	<p>9:15-10:15 Walking Group <b>28</b></p> <p>9:30-11:00 Scrabble</p> <p>12:00-1:00 Lunch (½ Ham and Swiss on multigrain, chicken vegetable soup and a chocolate chip cookie)</p> <p>1:00-3:00 Open Art Studio</p> <p>1:00-4:00 Chinese Mah Jong</p> <p>2:00-3:00 Tai Chi for Better Balance</p>	<p>9:00-12:30 Card/Game Room Drop-in Hours <b>29</b></p> <p>9:15-10:00 Seated Strength and Balance</p> <p>12:00-1:00 Lunch (Steak tips over veggies and a chocolate muffin)</p> <p>1:00-4:00 Mah Jong</p> <p>2:00-3:30 Knitting</p> <p>2:30-3:30 700 Nutcrackers Is a lot of Nutcrackers</p> <p>2:45-3:45 Learn the Basics of German Language and Culture</p> <p>*Morning trip to Natick Mall</p>	<p>12:00-1:00 Lunch (Salmon over field green salad and chocolate ice cream) <b>30</b></p> <p>1:00-4:00 Drop-in pool</p> <p>1:15 Movie - Casablanca (1942) (Movie shown at the TPC)</p>

# Fitness Information/Classes

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## Yoga with Judy

**REMINDER:** There are now class requirements to participate in the 9:30 a.m. (Level II) Mixed Yoga session. Carefully read the class description before registering!

### Level 1 Mixed Yoga

**Tuesdays, July 2 – August 27 (no class 7/16; 8/6; 8/13; 8/20), 11:15 a.m. - 12:45 p.m.**

**Cost: \$55.00 (5 weeks) Min: 8/Max: 10.**

**Instructor: Judy Scribner-Moore**

This class is open to novice and experienced students. Class size is limited to 10 students ensuring ample individual attention. Judy combines 35 years of teaching experience, interpersonal and mindfulness skills, and knowledge of anatomy and physiology to guide new and experienced students in a relaxed and alignment oriented practice of yoga poses that foster flexibility, and strength. Please bring a firm blanket to each class. If needed, the make-up class is Friday, September 6, 11:15 a.m.

### Level II Mixed Yoga

**Tuesdays, July 2 – August 27 (no class 7/16; 8/6; 8/13; 8/20), 9:30 a.m.-11:00 a.m.**

**Cost: \$55.00 (5 weeks) Min: 10/Max: 18.**

**Instructor: Judy Scribner-Moore**

Please note that prior attendance in either Judy's 9:30 class or Judy's beginning level class, or Judy's approval, is required to register for the Level II Mixed Yoga. If needed, the make-up class is Friday, September 6, 9:30 a.m.



### Fit for Life/ Instructor: Jane Golder

**Mondays, July 8 – August 5, 9:15 a.m. - 10:15 a.m.**

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

Jane Golder has been providing fitness classes in the Metrowest area since 1986. Join Jane for an hour of fitness fun that will ready you for everyday life! 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, August 26, 9:15 a.m. - 10:15 a.m.

### Zumba Gold /Instructor: Ketty Rosenfeld

**\*PLEASE NOTE NEW CLASS TIME FOR THE SUMMER\***

**Mondays, July 8 – August 26, 1:30-2:30 p.m.**

**Cost: \$40.00 (8 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.

### Traditional Tai Chi/ Instructor: Jon Woodward

**Mondays, July 8 – August 26 (no class 8/12 or 8/19)**

**10:30 a.m. -11:30 a.m.**

**Cost: \$30.00 (6 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, September 9, 10:30-11:30 a.m.

### Pilates

**Instructor: Lisa Wilkins**

**Mondays, July 8 – August 5, 1:30 p.m. - 2:30 p.m.**

**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, August 25, 1:30 p.m.

### Water Aerobics (Note earlier start time)

**Wednesdays, July 10 – August 14, 7:30-8:30 a.m.**

**Cost: \$60.00 (6 weeks) Min: 10/Max: 20.**

**Instructor: Laila Vehvilainen**

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, August 21, 7:30 a.m.

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

**[www.wellesleyrec.org](http://www.wellesleyrec.org)**

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# Fitness Information/Classes

## Cardio Sculpt

**Instructor: Daniel Salerno**

**Wednesdays, July 10- July 31, 9:15 a.m. - 9:45 a.m.**

**(30-minutes)**

**Cost: \$12.00 (4 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, August 7, 9:15 a.m.

## Tai Chi for Better Balance/ Instructor: Jon Woodward

**Wednesdays, July 10 – August 28, 2:00 – 3:00 p.m.**

**(no class 8/14 or 8/21)**

**Cost: \$30.00 (6 weeks) Min: 10/Max: 25.**

This simplified Tai 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, September 4, 2:00 p.m. - 3:00 p.m.



## No Partner Needed Ballroom Line Dance Classes

**Wednesdays, July 10 – July 31, 10:30 a.m. - 11:30 a.m.**

**Cost: \$20.00 (4 weeks) Min: 4/Max: 12**

**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.) If needed, the make-up date is Wednesday, August 7, 10:30 a.m. - 11:30 a.m.

## Archery Indoors

**Wednesday, July 10 – July 31, 10:30-11:30 a.m.**

**Cost: \$88.00 (4 weeks)**

**Location: Natick Community-Senior Center**

This timeless activity is one that can be enjoyed at any age regardless of athletic ability or skill. Our certified instructors will guide you through a light warmup/stretch routine each class before shooting the bows. All equipment is provided. Program hosted by On the Mark Archery. Min 10 needed. Register with the Natick Community-Senior Center: 508-647-6540.

## Seated Strength and Balance/Instructor: Pearl Pressman

**Thursdays, July 11 – August 29, 9:15-10:00 a.m.**

**(no class 8/15 or 8/22)**

**Cost: \$24.00 (6 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. If needed, the make-up date is September 5, 9:15 a.m.

## TPC Fitness Room

The Fitness Room at the Tolles Parsons Center is available to all Wellesley residents, age 60 and over, who complete an orientation session and read, sign and submit the required forms. 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. Currently, use of the fitness room is on a first come, first served basis. This is subject to change as we monitor the interest of this offering. To schedule an appointment for Fitness Room orientation, call the COA at 781-235-3961.

**The Fitness Room hours are:**

**Monday, Wednesday, Thursday, Friday - 9:00 a.m. to 3:45 p.m.**

**Tuesday - 9:00 a.m. to 3:00 p.m.**



# Clubs/Groups/Dining and Educational Classes

## **Breakfast Club (Max: 15.)**

**Wednesday, July 10 and August 7, 8:00 a.m.-9:30 a.m.**

Captain Marden's, 279 Linden Street, Wellesley

## **Delicious Dining Lunch Outing (Max: 15.)**

**Wednesday, July 24, 12:00 noon-1:30 p.m.**

Blue on Highland, 882 Highland Ave., Needham

### **Dine at the Tolles Parsons Center!**

Two fabulous Wellesley restaurants cater the COA senior lunch program – Wellesley Bakery and Express Gourmet. The lunch program is entirely managed by COA volunteers who serve the meals and enjoy interacting with our lunch guests. 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](http://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. Lunch is served 4 days/week (Tuesday through Friday).

### **COA Musical Lunches**

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

**Wednesdays, July 17 and August 7**

Dori Lefebvre, Holliston resident and COA Volunteer

**Wednesday, July 3 & Fridays July 19 and 26**

Stephen Xu, new COA student volunteer and Wellesley resident

**Friday, August 2**

Jacque Van Haelst, Wellesley resident and COA Volunteer

**Thursday, July 18 and Thursday, August 1**

Diane Gagne, Wellesley resident and COA Volunteer



**Ken Batts**

## **Learn the basics of the German language and culture**

**August 20, 22, 27, 29 (4 dates)**

**2:45-3:45 p.m.**

Neil Sharma is a rising senior at Wellesley High School and he has been volunteering at the COA (after school) as a greeter at our reception desk since the COA moved to the TPC! Neil has been taking German at Wellesley Public Schools for the last 5 years and will be enrolled in Advanced Placement German in his senior year. This summer Neil plans to spend 4 weeks studying German language and culture in Stuttgart, Germany. Beginning August 20, Neil will offer a class at the TPC where he intends to teach the basics of the German language as well as the German Culture! This will be a fun interactive class that will go beyond learning German in a classroom-like setting. He expects to continue with the class in September (those dates and times are TBD). Max: 12.

### **Green Thumbs Update**

The Green Thumbs Community Gardening Group has gotten off to a good start despite the lack of a real New England spring this year! When you are out on the patio at the TPC, please notice the potted pansies brightening the area. Look for more additions to our garden in the months to come. The Green Thumbs welcome new volunteers! If you are interested in joining us for some gardening fun, please contact COA Office Assistant, Betsy Visvis at 781-235-3961 or email: [BVisvis@wellesleyma.gov](mailto:BVisvis@wellesleyma.gov)



# Drop-in Activities

## MONDAYS:

### Pool

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

### Walking Group

(Tolles Parsons Center)

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

Volunteer Leader, Anne Turtle

### Bridge

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

## TUESDAYS:

### Card/Game Room

9:00 a.m.-12:30 p.m.

### Cribbage Club

Volunteer,

Fran Weinberg

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

## WEDNESDAYS:

### Walking Group

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

Volunteer, Jim Reilly

### Scrabble

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

### Chinese Mah Jong

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

## THURSDAYS:

### Card/Game Room

9:00 a.m.-12:30 p.m.

### Mah Jong

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

### Bingo

July 18, August 8

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

### Knitting

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

## FRIDAYS:

### Learn to Play Pool

July 12, July 26, Aug. 23

10:00 a.m.-12:00 noon

Volunteers, Dick Carey

and John Bradshaw

### Drop-in pool

July 5, July 19, Aug. 2, Aug. 30

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

## FREE Friday Movies at 1:15 p.m.

### July 5th

#### Pillow Talk

(1959) Romance/Musical

1h 42m (movie ends at 2:57pm)

Movie shown at the TPC

Playboy songwriter Brad Allen's (Rock Hudson) succession of romances annoys his neighbor, interior designer Jan Morrow (Doris Day), who shares a telephone party line with him and hears all his breezy routines. After Jan unsuccessfully lodges a complaint against him, Brad sets about to seduce her in the guise of a sincere and upstanding Texas rancher. When mutual friend Jonathan (Tony Randall) discovers that his best friend is moving in on the girl he desires, however, sparks fly.

### July 19th

#### Instant Family PG-13

(2018) Drama/Comedy-drama

2 hours (movie ends at 3:15)

Movie shown at the TPC

A couple find themselves in over their heads when they foster three children.

### July 26th

#### Three Identical Strangers PG-13

(2018) Drama/Documentary

1h 37m (movie ends at 2:52pm)

Movie shown at the TPC

Identical triplets become separated at birth and adopted by three different families. Years later, their amazing reunion becomes a global sensation, but it also unearths an unimaginable secret that has radical repercussions.

### August 2nd

#### Won't You Be My Neighbor PG-13

(2018) Documentary

1h 34m (movie ends at 2:49pm)

Movie shown at the TPC

Filmmaker Morgan Neville examines the life and legacy of Fred Rogers, the beloved host of the popular children's television show Mister Rogers' Neighborhood.



### August 9th

#### If I Could Only Imagine PG

(2018) Drama/Musical

1h 51m (movie ends at 3:06pm)

Movie shown at the Wellesley Free Library, Wakelin Room

Growing up in Greenville, Texas, Bart Millard suffers physical and emotional abuse at the hands of his father, Arthur. When Arthur becomes terminally ill, he finds redemption by embracing his faith and rediscovering his love for his son. Years later, Bart's troubled childhood and mended relationship with his dad inspires him to write the hit song "I Can Only Imagine" as singer of the Christian band MercyMe.

### August 16th

#### Singing in the Rain G

(1952) Romance/Musical

1h 43m (movie ends at 2:58pm)

Movie shown at the Wellesley Free Library, Wakelin Room

When the transition is being made from silent films to 'talkies', everyone has trouble adapting. Don and Lina have been cast repeatedly as a romantic couple, but when their latest film is remade into a musical, only Don has the voice for the new singing part. After a lot of practise with a diction coach, Lina still sounds terrible, and Kathy, a bright young aspiring actress, is hired to record over her voice.

### August 30th

#### Casablanca PG

(1942) Drama/Romance

1h 42m (movie ends at 2:57 pm)

Movie shown at the TPC

Rick Blaine (Humphrey Bogart), who owns a nightclub in Casablanca, discovers his old flame Ilsa (Ingrid Bergman) is in town with her husband, Victor Laszlo (Paul Henreid). Laszlo is a famed rebel, and with Germans on his tail, Ilsa knows Rick can help them get out of the country.



# MySeniorCenter/COA News and Updates

## Fond Farewell from Sara Raveret, Volunteer Coordinator

Thank you to the many COA volunteers, participants, and staff members who have made my job so enjoyable over the last two years! I am very grateful to have had the opportunity to meet you and to work alongside of you. The Wellesley residents and COA participants are incredibly lucky to have the wonderful pool of COA volunteers who donate their time and talents to make the Tolles Parsons Center such a welcoming, vibrant, hub of activity!

## Mary Bowers Cafe and Lounge Update

Thanks to a committed and active group of volunteers, the library is up and running with many novels published within the last ten years plus biographies and other non-fiction works. We are grateful to those who have donated books and want to encourage you book owners to scour your book shelves for books you no longer need to add to our collection. (Books should be published since 2009 and in good condition). All are welcome to take out books and keep as long as needed. No forms to fill out! Just return books to the bin provided. Also there are word game publications for use on site only. We would also like to extend appreciation to Bill Stanwood, a member of the COA Photography Club, for capturing photographs of “COA Volunteers in action” in honor of the Volunteer Appreciation Week Celebration in April. Bill’s beautiful photos are on display on the bookshelves. If there are suggestions for the Mary Bowers Café and Lounge, please use the suggestion box provided. We want to hear from you!

## Need help with technology? Lois can help! Tuesdays, by appointment

COA Volunteer, Lois Clayson, is available for 1:1 appointments with seniors who are seeking technology assistance. Whether you need help with an Ipad, smart phone, or any other technology need, we encourage you to call the COA and make an appointment to meet with Lois! Technology assistance is also available through the Wellesley Free Library. Please visit their website at: [www.wellesleyfreelibrary.org](http://www.wellesleyfreelibrary.org) or call 781-235-1610 to learn more.



## my seniorcenter™

### 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 July is a \$25 gift card to Captain Marden’s and the prize for August is a \$25 gift card to Fiorella’s Express.**

## Discovery Center for Civic Engagement

*“Helping you discover what’s possible in the second half of life”*



Summertime is a good time to start planning for your volunteer engagements in the Fall. Set up a meeting with one of our trained Transition Navigators in the TPC Discovery Center. Meeting with a “peer mentor” can get you on the road to volunteering with a social purpose at one of the many opportunities for engagement that we have identified in Wellesley and surrounding communities, as well as at our own Council on Aging. Call the COA at 781-235-3961 to schedule an appointment with one of our Transition Navigators.

# Art

## Zendoodle Workshop

Wednesday, July 17

10:30-11:30 a.m.

Cost: \$8.00

We are pleased to welcome Art teacher, Linda Landsberg who will conduct a relaxing activity, exploring the elements of design. We will concentrate on drawing small blocks of patterns at a time to create our own Zendoodle. All materials will be provided. Max: 12.



## “Open Art Studio”

Wednesday afternoons

1:00 – 3:00 p.m.

Many of our Art Instructors are taking the “summer off” and we have fielded several requests from our Senior Artists who have asked us to block time each week where people can come with their projects and spend time in our Arts & Crafts Room working on their masterpieces! We are happy to accommodate these requests and invite all who wish visit the TPC for this purpose to do so on Wednesday afternoons in July and August (except August 14 and 21). In order to ensure ample space will be available, we will limit the number of participants on any given date to 14. Please pre-register for the specific dates you would like to enjoy the “Open Art Studio”.



# COA Transportation

## Council on Aging (COA) Transportation Services

The COA operates a 12 passenger, wheelchair accessible bus that provides curb-to-curb shared ride service anywhere within Wellesley between the hours of 8:45 a.m. - 3:30 p.m. Monday-Friday. The bus also travels to Newton-Wellesley Hospital in Newton, Beth Israel Deaconess Hospital in Needham, Metrowest Medical Center in Natick and Woodland T station in Newton. Each Monday, the bus only travels to Roche Bros. and Whole Foods Market and on the last Thursday of the month, the bus travels to either the Natick Mall or Wal-Mart/Target/Christmas Tree Shop/ Shopper’s World (alternating months).



## The COA Volunteer Drivers Program

The program provides rides from volunteers using their own vehicles. Rides are provided 24 hours a day, 7 days a week, dependent on volunteer availability. Volunteers will drive passengers anywhere within Wellesley and surrounding towns. There is no cost for the rides; however, passengers are responsible for parking charges and tolls. To discuss your transportation needs, please contact our COA Transportation Coordinators at 781-235-3046 or [drive@welleslyma.gov](mailto:drive@welleslyma.gov)



# Join The Friends of the Wellesley Council on Aging

The Friends of the Wellesley Council on Aging are introducing an opportunity to become a member of, and to contribute to, the Friends. Please join the Friends of Wellesley Council on Aging and lend your support for the vital programs and services offered by the Council on Aging (COA).

The "Friends" is a non-profit, charitable organization whose mission is to advocate for, and to offer monetary support to enhance, the offerings of our COA.

Contributions help provide programs, services and fixtures not funded within the Town budget. The budget process cannot possibly anticipate all of the costs connected with the efficient operation of the Tolles Parsons Center over the course of a year. The goal of the Friends is to provide a source of funds to help with such costs. It's the "extras that make a nice difference."

Be a Friend by adding your encouragement via a contribution that reflects your goodwill towards our COA and the Tolles Parsons Center.

Please see the "Be a Friend" tear out section on the last page of this COA newsletter and consider making a tax deductible contribution to help support the Tolles Parsons Center and the seniors in Wellesley

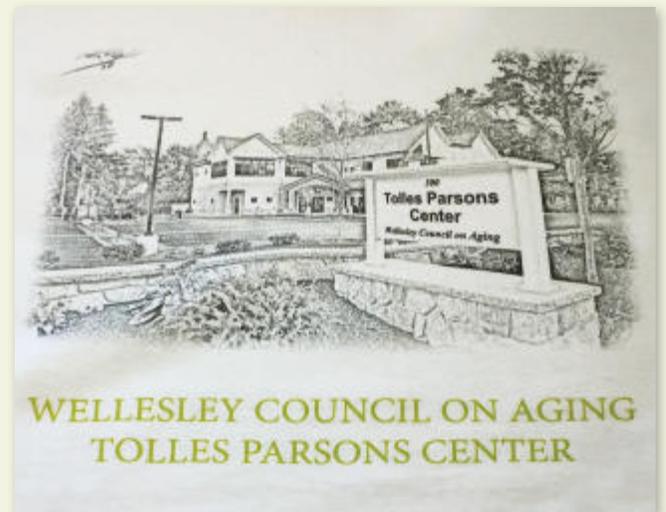


FWCOA Leadership (Pictured from left to right)  
Joan Sullivan, Fred Keuthen, and Cynthia Sibold

## Summer is here.....Get a Tshirt!

Be on the cutting edge of COA fashion! Buy a COA Tshirt and help support the programs and services of the COA. You can pick up your very own Tshirt at the Reception desk anytime. Cost is \$10. If you can't decide what to wear when coming to the COA or just traveling around Town, rest assured you will always be dressed in good taste if sporting a COA Tshirt!

**Dawnmarie Cole,  
Custodian at the TPC, is  
sporting a COA Tshirt!  
Get yours today!**



**Please visit [www.wellesleyfriendscoa.org](http://www.wellesleyfriendscoa.org) for more information about  
The Friends of Wellesley Council On Aging.**

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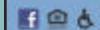
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Enclosed is my contribution to the Friends of Wellesley Council on Aging to support the valuable programs and services offered to the residents of Wellesley age 60 and over.\*

“Checks should be made payable to the “Friends of the Wellesley Council on Aging” and dropped off at the Tolles Parsons Center or mailed to:”

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Please check:  Yes  No

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

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