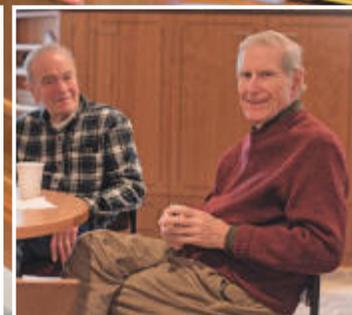




Mary Bowers (standing) with friends in the Mary Bowers Café



Please Note Our Time Change for Registration!

September/October 2019 Registration:

Wellesley Residents – Thursday, September 5 at 10:00 a.m.
Non-Wellesley Residents – Friday, September 6 at 10:00 a.m.
All programs require pre-registration unless otherwise noted

Special registration date for personal training only – Wednesday, September 4 at 10:00 a.m. (See page 10 for details)

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 10:00 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.

Mary Bowers Café and Lounge – *The Heart of TPC*

It delights us to see how much our participants are enjoying time spent in the Mary Bowers Café and Lounge! Described by one participant as the “crossroads for the center”, the café is a welcoming place to meet friends, to make new connections or to “hang out” – perhaps as you make your way to or from a COA activity. We encourage you to visit the recently established library which is stocked with many novels published within the last ten years plus biographies and other non-fiction works. Donations of books are always welcome (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. You will also find a number of newspapers and magazines to enjoy and we look forward to the addition of the New York Times and the Wall Street Journal in September thanks to the Friends of the Wellesley Council on Aging. *Special thanks to our dedicated library volunteers: Diane Audette, Lisa Cowley, Tess Griffin, Penny Lawrence, Judy Murphy, and Sheila Nugent.*



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

Sally Miller, *Volunteer Coordinator*

Beth Harrington, *Activities Assistant*

Betsy Visvis, *Office Assistant*

Rick Waldman, *Bus Drivers*

Dana Wilson, *Bus Drivers*

Richard Howell, *Bus Drivers*

Dawnmarie Cole, *Custodian, FMD*

Friends of the Wellesley COA Leadership

Peter Godfrey

Fred Keuthen

Joan Sullivan

Wellesley COA Board of Directors

Kathleen Vogel, *Chair*

Lisa Heyison, *Vice Chair*

Dianne Sullivan, *Secretary*

Marlene Allen

Diane Campbell

Tom Kealy

Penny Lawrence

Frank Pinto

Susan Rosefsky

COA Board meeting dates

Meetings take place at the Tolles Parsons Center

- Thursday, Sept. 19 at 4:00 p.m.
- Thursday, Oct. 17 at 4:00 p.m.

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

coa@wellesleyma.gov

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

- Monday, Sept., 2 (Labor Day)
- Monday, Oct. 14 (Columbus Day)

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

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 inform 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.



2019-2020 Evening and Weekend Lecture Series

Co-sponsored by the Wellesley Council on Aging
and the Wellesley Free Library

All lectures are held at the Wellesley Main Library, 530 Washington Street – Wakelin Room

Sunday, October 6 2019, 2:00 p.m.

“The Italians in Boston”

Stephen Puleo, Historian and Author

Stephen Puleo is the author of the Boston Globe best seller *The Boston Italians: A Story of Pride, Perseverance, and Paesani*, from the Years of the Great Immigration to the Present Day. This well-researched and engaging history has been described as “a compelling document that honors the generations of immigrants who inspired it.” A former award-winning newspaper reporter and contributor to *American History* magazine, Puleo holds a master’s degree in history and wrote his thesis on Italian immigration and the settlement of Boston’s North End. A highly regarded speaker in our series previously, Stephen Puleo returns to our stage to speak about the rich history of Italian immigrants in Boston from the 19th century right up to the present. He will focus, in particular, on the role of Boston’s North End in the Italians’ remarkable and inspiring rise “from rags to riches.” This program is co-sponsored by the Wellesley Historical Society.

Sunday, November 17, 2019, 2:00 p.m.

“Black Holes and the Event Horizon Telescope”

Dom Pesce, Postdoctoral fellow, Harvard-Smithsonian Center for Astrophysics

Black holes have long been a source of great interest and mystery. They are objects at the center of galaxies that are so dense that not even light can escape them, and therefore black holes cannot be seen by the human eye. However, when a black hole and a star are close together, high-energy light is made. Scientists have tried to use satellites and telescopes in space to see this light. Following on a century of research into the mysterious nature of black holes, finally on April 10, 2019 a very exciting break-through happened: the first ever direct image of a black hole and its vicinity was published based on observations made by the Event Horizon Telescope (EHT). Join us to hear about this remarkable scientific journey. Dom Pesce, EHT postdoctoral fellow at the Harvard University Black Hole Initiative, will be on hand to describe the quest to assemble the Event Horizon Telescope -- an Earth-sized network of dishes with a resolution several thousand times better than that of the Hubble Space Telescope -- and how it was used to take the first ever picture of a black hole.

Sunday, January 12, 2020, 2:00 p.m.

“Changing Times”

Shirley Leung, Interim Editorial Page Editor, Business Writer, The Boston Globe

Shirley Leung is a columnist who has written about everything from the intersection of business and politics to gender issues in the workplace. She is also a WGBH contributor to “Boston Public Radio” and “Greater Boston” as well as a regular guest on New England Cable News. In 2018, Boston Magazine named her to its list of the “100 Most Influential People in Boston.” She was a finalist

in 2015 and 2017 for the Gerald Loeb Award for Commentary, the most prestigious honor in business journalism. Leung is currently the Interim Editorial Page Editor for *The Boston Globe*. Previously, she was the *Globe’s* business editor, where she oversaw its award-winning coverage of the 2008 financial crisis. Prior to the *Globe*, Leung was a staff reporter at *The Wall Street Journal*. A graduate of Princeton University, Leung started her career at her hometown paper, *The Baltimore Sun*. She will be speaking about the challenges businesses face in our changing times.

Thursday, March 12 2020, 7:00 p.m.

“Jazz Throughout the Twentieth Century”

Eric Jackson, Host, “Eric in the Evening,” WGBH 89.7

Eric Jackson, the host of WGBH’s “Eric in the Evening,” is widely considered the Dean of Boston Jazz Radio. Over the years, Jackson has hosted more than 3,000 interviews with music greats ranging from Wynton Marsalis to Ornette Coleman to Dizzy Gillespie. He became a regular part of the WGBH lineup in 1977 with “Artists in the Night,” an overnight jazz music showcase. “Eric in the Evening” debuted in 1981 and with it his emergence as one of public broadcasting’s most popular on-air personalities. Jackson keeps his show fresh by playing music from all corners of the jazz world, celebrating artists’ birthdays - a way to bring less familiar musicians into the mix - and giving his own wide-ranging taste free rein. In a single show he might play jazz from the 1920s and electronic music composed last year. In addition to public broadcasting, Jackson is also a member of the Northeastern University faculty where he teaches a course entitled *The African American Experience through Music*. WGBH recently celebrated Jackson’s more than 40 years on-air with “Eric Jackson Week.”

Sunday, April 26, 2020, 2:00 p.m.

“Volante Farms: A Century of Growing”

Teri Volante Boardman, Co-Owner

Italian immigrants Peter and Caterina Volante began Volante Farms as a truck farm in 1917 in Newton. It was predominately a truck farm then, delivering every morning to the Boston Produce Market. Shortly after WWII, Peter and Caterina’s daughter Margie opened the first physical farm stand in front of the family’s home. By the end of the 1950’s the stand was the primary source of income for the farm. In 1962, Ferdinand and Anne Volante moved their family from the farm in Newton to Needham. Anne, her sister Margie, Ferdinand and his brother Eugenio ran the farm together until 1973 when Al, Ferdinand and Anne’s son, were given the responsibility of everyday operations. Volante Farms has now grown into a year-round one stop shop for the community. As a celebration of their centennial in 2017, the Volante Family published a cookbook which has both recipes and family history intermingled throughout its pages. Fourth generation owner Teri Volante Boardman will delve into the history of her family business and how it has evolved and grown over the years.

The Wellesley Council on Aging Transportation Services may be available to provide transportation for these events. If you need transportation, please call the Wellesley Council on Aging Transportation Coordinators at 781-235-3046 at least 3 business days in advance.

The Evening-and-Weekend Lecture Series is made possible by a generous grant from
The Wellesley Hills Junior Women’s Club.



Special Events

COA Musical Lunches

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

As this newsletter goes to print, the following musical lunches are scheduled (more may be added and will be depicted on monthly lunch menus):

- **Ken Batts: September 4, 5, 18, 19 & October 2, 3, 16, 17**
- **Dore Lefebvre: September 11 & October 25**
- **Jacque Van Haelst, October 10**



Welcome Back Social

Monday, September 9

1:30-3:00 p.m.

The summer days are behind us and we invite you to join us for the first social of the season! Come and enjoy socializing with friends, light refreshments, and entertainment. Max: 75.

The Wild Side of Wellesley

Friday, September 13

10:00-11:00 a.m.

The Town of Wellesley, with its many green spaces, is home to a diverse collection of flora and fauna. With miles of town trails traversing varied habitats, Wellesley residents can explore meadows, ponds, rivers, and forests, seeing a wide assortment of plants and animals that make up the complex biodiversity in town. Join the NRC's Environmental Education and Outreach Coordinator, Lisa Moore, as she highlights the animal life that make their home in Wellesley, and get a chance to observe and touch a collection of artifacts found out on the trails. Max: 75.

Dancing Though the Decades with Dance Caliente

Monday, September 16

2:00-3:30 p.m.

This is a 'Not-To-Be-Missed' Ballroom Dance show! Eileen Herman-Haase and Raul Nieves, owners of Dance Caliente will entertain you with romantic Ballroom and Latin theatrical dancing, dazzle you with glamorous period costumes, inform you with amusing 'historical' stories about the dances and energize you with lots of mini dance lessons throughout the show. *This program is partially funded by a generous grant from the Massachusetts Cultural Council.*

A Series on Mindfulness

Tuesday, September 17 and Tuesday, October 15

1:30-2:30 p.m.

Dan Harris, who wrote **10% Happier**, defines mindfulness as "a skill, generated most commonly through meditation, where you learn to see what's happening in your head right now, clearly, so that you don't get yanked around by it." A Series on Mindfulness continues in September with an emphasis on how mindfulness can heighten awareness of how our minds work and help us deal more skillfully with difficult or conditioned thoughts and emotions so as to reduce stress, enhance well-being, and better respond to life's challenges. In October the series will cover the benefits of mindfulness in managing pain and discomfort. Each session will be interactive and include guided practices 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 go to Wingate Chestnut Hill for generously sponsoring these programs!* Max: 75.

Recipe Swap

Thursday, September 19

10:00 - 11:30 a.m.

Bring a favorite Fall recipe or any recipe to share and leave with new ideas to try! Light refreshments will be served. Max: 10.



Get To Know Your Community Leaders

Meghan Jop, Executive Director of General Government Services
Friday, September 20

10:00-11:30 a.m.

Meghan Jop was appointed as Executive Director in March 2019. Meghan has worked for the Town

in various capacities for the past 17 years. She worked as the Town's professional municipal planner for 11 years, with 4 years as Planning Director before beginning work as the Assistant Executive Director in September 2013. Meghan will give an overview of the Executive Director's office and discuss current Town projects, initiatives, and policies largely focusing on the Town's efforts to increase the supply of affordable and diversified housing stock in addition to a brief update on the status of the Hardy, Hunnewell, and Upham School projects. Max: 75.

The Basics of Balance

Monday, September 23

2:00-3:00 p.m.

Did you know that this date is Falls Prevention Awareness Day? Don't let the fear of falling keep you down! Join Jean Feder-Ewell, a physical therapist from Connections Physical Therapy in Wellesley, to learn about how we can maintain and improve our balance as we age. Jean specializes in neuro physical therapy and focuses her treatment on evaluation and improvement of balance. Learn strategies and exercises to maximize your balance and mobility! Max: 75.

Special Events

Three Opera Talks with Helen Sagan *You can sign up for one or all three!*

Tuesday, September 24 at 2:30 p.m.
Turandot by Giacomo Puccini

Puccini's last opera, Turandot, explores the determination of the unknown Prince Calaf to overcome the resistance of the Chinese Princess Turandot to marry. In answering her three riddles, Calaf wins a reprieve from death and the chance to win the love of Turandot. Most famous of the Puccini musical score is the aria "Nessun dorma."

Tuesday, October 22 at 2:30 p.m.
Manon by Jules Massenet

Based on a French novel, Massenet's opera tells the story of two lovers, the beautiful and capricious Manon and the ardent aristocrat Des Grieux. Lured by the glitter and wealth of Paris, Manon abandons her lover. In a final twist, she is sentenced to exile, only to die in the arms of Des Grieux who has given up his life for her. Massenet's score is filled with luscious music, the most recognizable of which is Manon's "Gavotte."

Thursday, November 7 at 2:30 p.m.
Madama Butterfly by Giacomo Puccini

Puccini's tragic opera concerns the age-old clash of cultures. Cio-Cio-San, a Japanese geisha, gives up her family and religion to join an American naval officer, Pinkerton, in a temporary marriage arrangement. Abandoned by Pinkerton, Cio-Cio-San awaits his return, only to be faced with such sorrow that she takes her own life.

Golf Tournament

Wednesday, September 25, 8:30 a.m.

Nehoiden will open their golf course to Wellesley residents age 60+ for a 9-hole round of golf. Golfers should meet at the picnic tables in the parking lot nearest to the first tee at 8:30 a.m. for refreshments and to receive their scorecard. Groups will tee off at 9 a.m. and participants will be directed to their starting hole. Please note the new starting location from previous years. Nehoiden is a walking course. Motorized carts are not allowed so each golfer must carry his/her own golf bag. Pull carts are allowed. The golf tournament is generously sponsored by Harrington McCarthy LLP, a law firm in Wellesley. Max: 24.

Hearing and Overall Health (rescheduled from June 14)

Thursday, September 26

11:00 a.m. – 12:00 noon

Everything you ever wanted to know about hearing loss - and then some! Topics will include ear anatomy, how we hear, types of hearing loss, the effects of hearing loss on communication, the effects of untreated hearing loss, and the association of hearing loss with other major health issues such as diabetes. Melissa Mahaffey, AuD, Director of West Newton Hearing Center is the presenter of this program. Max: 30.

Aging with Wisdom / Author Talk & Book Signing

Olivia Ames Hoblitzelle

Friday September 27

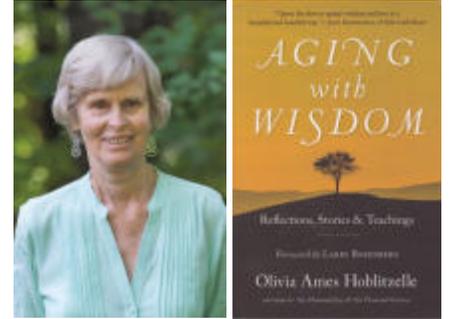
10:00–11:30 a.m.

How do we find meaning and beauty in aging?

How do we respond to living in an age-phobic culture?

How do we cultivate an inner life resilient enough to handle the vicissitudes of old age?

Olivia's talk, based on her book, offers new perspectives on aging and inspiration for potentially the most meaningful chapter of our lives. Olivia Hoblitzelle, a pioneer in Mind/Body medicine, is a writer and teacher whose work is inspired by more than forty years of practice in psychology, Buddhist meditation, and the wisdom traditions. Her bestselling book *Ten Thousand Joys & Ten Thousand Sorrows: A Couple's Journey Through Alzheimer's* (2010) won many awards and is still in print. Books will be available for purchase (\$16.95) and signing. Payment by cash or check only. Max: 75.



Getting Around Using Uber & Lyft

Tuesday, October 1

1:30-3:00 p.m.

Are you looking for ways to save on transportation costs but go further? Do you want to keep healthy & stay active in your community? Are you curious how rideshare (like Uber & Lyft) might work for you? Learn to use your smartphone intelligently and ride-share. We will introduce participants to ride-sharing, answer questions, and download the app. Please bring your smartphone and your Apple ID or Google password.



Presenter, Jane Gould, PhD. is the author of "Aging in Suburbia," a book about transportation choices and future mobility. She is trained as a transportation planner and has more than fifteen years of experience developing change-agent campaigns for transit and public agencies. She keeps an interactive blog on technology, Dear Smartphone and has been an active trainer for rideshare and on-demand mobility since 2016. Jane helped develop TRIPPS (trippsmass.org) and is a longtime volunteer. Max: 75.

Classical Piano Concert

Thursday, October 3

1:30-2:30 p.m.

We are delighted to welcome back Archie Richards who will perform a one-hour classical piano concert, featuring Beethoven's Moonlight Sonata. Most people are familiar with the solemn first movement, but not the fast, dramatic third movement. The concert will also include several works by Frederick Chopin. Archie became a professional musician in 2008, when he was 72. He plays concerts and singalongs in senior centers and retirement homes in the Boston area.

Special Events

Public Safety Information Cookout

Friday, October 4

11:30 a.m. – 1:30 p.m.

Early October is a great time for a cookout and we are delighted to welcome Sheriff McDermott who will discuss the Norfolk County Sheriff's Office public safety programs that are particularly beneficial to the senior citizens of Wellesley. Norfolk County Sheriff's Office will supply and staff members will cook and serve Hot Dogs, Hamburgers and cold drinks. The COA will provide cookies for dessert. There will also be a K 9 demonstration! Max: 75.

Chair Massage

Mondays October 7 & 21, 9:30 – 11:30 a.m.

Cost: \$12 for 20-minute massage

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

Celebrating TPC!

Monday, October 7

9:00 a.m. – 4:00 p.m.

The Tolles Parsons Center opened in October 2017 and we are ready to celebrate the 2nd anniversary (birthday) of TPC! All who visit the TPC on Monday, October 7 are welcome to stop by the reception desk to receive a complimentary mini cupcake!



Home Energy Cost Savings

Friday, October 18, 1:00-2:00 p.m.

Learn about home energy savings, no-cost audits and advantages of solar panels. This program is sponsored by the Wellesley Sustainable Energy Committee! Max: 20.

The Language of Flowers

Friday, October 25

9:00 – 11:30 a.m.

This program is co-sponsored with The Wellesley Garden Club and The Wellesley Garden Study Group. Celebrate flowers and the stories that have been told about them through the ages with this delightful event. Master storyteller



Diane Edgecomb, accompanied by Celtic harper Margot Chamberlain, brings to life the legends that surround favorite garden flowers revealing the deep meaning cultures around the world have found there. The centerpiece of the performance is the Persian legend of the Nightingale and Rose. Diane's original adaptation of this exotic legend follows the journey of the rose through the ages, weaving together the heartfelt myths that surround it. Expect to laugh, to be moved, to leave your cares behind. *Light refreshments will be provided.* Max: 75.

Halloween Celebration

Spooky movie and treats!

Monday, October 28

1:00 – 3:30 p.m.

Celebrate Halloween at the TPC with some yummy spooky treats and a suspenseful classic Alfred Hitchcock movie "Rear Window". *Movie description:* A newspaper photographer with a broken leg passes time recuperating by observing his neighbors through his window. He sees what he believes to be a murder, and decides to solve the crime himself. With the help of his nurse and girlfriend, he tries to catch the murderer without being killed himself. Max: 75.

Musical Lecture on Patsy Cline by Frank King

Tuesday, October 29

1:30 – 2:30 p.m.

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

Mr. King holds a Masters in Broadcasting from Boston University and a BA from Princeton. A lifelong devotee of recorded music, he formerly hosted music programs on WBUR radio. His lectures draw from the music and art from his personal collection of over 2500 record albums. Max: 75.

Evening Program!

Understanding Social Security

Tuesday, October 8

7:00-8:30 p.m. at TPC

Presenter: Alec Rosen, a Certified Financial Planner, Accredited Investment Fiduciary and Senior Account Manager at Adviser Investments in Newton

For many Americans, Social Security is the single largest asset they have in retirement, and the majority of recipients do not maximize their Social Security benefits. During this presentation, we will discuss the benefits and services provided by the Social Security Administration, eligibility for retirement benefits and online tools and resources. We will cover the following topics: Optimal times to apply, spousal coordination, minimizing taxes and effectively integrating Social Security with an overall retirement strategy. There will also be a special emphasis on the Windfall Elimination Provision and Government Pension Offset impacting those who are eligible for Social Security and also receive a pension from work not covered by Social Security. Whether you're single, married, divorced or widowed, there may be ways to maximize the Social Security benefits you receive. Max: 75.

Fire Safety Pancake Breakfast

Friday, October 11, 9:00 - 10:30 a.m.

The brave firefighters of the Wellesley Fire Department will once again host a pancake breakfast in honor of National Fire Prevention Week. Lt. Paul Delaney will give an educational presentation and will share fire safety tips. Max: 65.



Clubs, Groups and Educational Classes

Breakfast Club (Max: 15.)

**Wednesday, September 11 and
October 2, 8:00 - 9:30 a.m.**

**Captain Marden's, 279 Linden Street, Wellesley
Delicious Dining Lunch Outing (Max: 15.)**

**Wednesday, Sept 18 12:00 noon - 1:30 p.m.
The Wok, 180 Worcester Street, Wellesley**

Intermediate German

Instructor: COA Volunteer, Gerda Plouffe

Tuesdays, September 17 - October 29, 10:00 - 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.

Conversational French Group

Mondays, September 16, October 7 & 21, 1:00 - 2:00 p.m.

Instructor: COA Volunteer, Jacquie Van Haelst

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

Learn to Play Mah Jong - Cost: \$12

**Instructors: Susan Camuti, COA Volunteer and a group of
experienced Mah Jong Players**

Thursdays, October 3, 10, 17, 24 (4 weeks, 12:00 noon - 1:00 p.m.)

Come learn beginner Mah Jong. You will learn all the basics to play at a beginner level. Fee includes an Official Mah Jong League card and instruction booklet. Max: 12.

Learn to Knit 1 - Cost: \$10

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

September 17 - December 10

Instructor: COA Volunteer, Margaret Lyne

New knitters will complete a hat as their first project (yarn and needles supplied under the supply cost for registration). For their next project, we will help choose an appropriate project and materials will need to be provided by the knitters. All levels of beginner are welcome, the teachers focus on each knitter and set the correct pace. Members of Learn to Knit 1 who want to continue from last spring, should register for this class and new participants are welcome, too! Max: 14.

Learn to Knit 2 - Cost: \$10

(pay cash or check at the first class. Check payable to Town of Wellesley)

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

September 17 - December 10

Instructor: COA Volunteer, Margaret Lyne

This group is for continuing participants only. This is a continuation from the Spring course (new knitters should register for Learn to Knit 1). Knitters will choose and purchase yarn for their projects. The group will have the option of completing a group project or working individually on a project of their choice. Max: 14.

World Religions: Hinduism

Instructor: COA Volunteer, Sister Marie Elena Dio

Thursdays, October 3 - October 31, 10:30 - 11:45 a.m.

This is a 5-part series on the major religious traditions. Part I, Hinduism, consists of 5 classes which will be a general introduction to studying religion, and four sessions on the origins, scriptures, beliefs and practices of Hinduism. Each session includes lecture, visuals, and Q & A. Max: 30.

Friedman's Photography Club

Instructor: COA Volunteer, Mark Maiden

Thursdays (weekly) beginning Sept 5, 1:30 - 3:30 p.m.

This group will continue to 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. Max: 20.

Senior Travel Pool League

Wellesley is a part of the Metro-West Division of the Massachusetts Senior Travel 8-Ball League. The following dates are when the matches will be played at TPC (10:00 a.m.): **September 17, October 1, October 15, October 29, and November 5.** Call Wellesley Team Captain, John Bradshaw at 617-240-2130 for more information.

American Civil War

Wednesdays, September 11-April 1, 2020, 10:30 - 11:30 a.m.

Leading Civil War historian Professor Gary W. Gallagher richly details the effects of the Civil War on all Americans. This course is part of a DVD lecture series, The Great Courses. *Special thanks goes to David Hearn, COA participant, for lending his DVD to the COA.* Max: 30.

Shakespeare Discussion Group

Wednesday Sept. 18, 1:00 - 2:30 p.m. and

Wednesday, October 16th, 1:00 - 2:30 p.m.

The Shakespeare Discussion Group will next meet on Wednesday, September 18, 2019, from 1:00 - 2:30 p.m., to discuss and read from Acts One and Two of Henry V. Following that gathering, the group will meet on Wednesday, October 16, 2019, from 1:00 - 2:30 p.m., to discuss and read from Acts Three, Four, and Five of Henry V. Come join the fun and celebrate your inner thespian!!

Once Upon a Time

Wednesdays, September 18 & October 16

11:00 a.m. - 12:00 noon

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: 4 / Max: 10.

Play Reading Group - Cost: \$10

Monday October 21 from 12:30-2:00 p.m. and

Monday October 28 from 12:30-3:00 p.m.

Co-leaders, Barbara Tarlin and Rita Ford, COA Volunteers

If you like to play a character and read aloud, join us to discuss and then "perform" Tovarich, a comedy by Jacque Deval. It was a smash hit both on Broadway and in Europe in 1936 and, though dated in time, still works today. This amiable and engaging play sentimentally tells the tale of White Russians from the court of the late Czar who are impoverished in Paris. Max: 10.



Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2 The COA is closed and the bus will not run	9:00–12:30 Card/Game Room Drop-in hours 3 12:00–1:00 Lunch 12:00–3:00 p.m. Tech Assistance (by appt) 1:00–3:00 Cribbage Club 1:30–2:30 Keep Well Clinic–315 Weston Road *Morning Trip to Food Pantry–COA Bus	9:15–10:15 Walking Group 4 9:30–11:00 Community Service Bears 9:30–11:30 Scrabble 10:00 Registration for Personal Training Only 10:00–11:00 Keep Well Clinic @ TPC 12:00–1:00 Musical Lunch with Ken Batts 12:45–3:45 SHINE (by appt) 1:00–4:00 Chinese Mah Jong	9:00–12:30 Card/Game Room Drop In Hours 5 10:00 Registration for Sept/Oct programs (Wellesley Residents) 12:00–1:00 Musical Lunch with Ken Batts 1:00–4:00 Mah Jong 1:30–3:30 Friedman's Photography Club 2:00–3:30 Knitting	10:00 Registration for Sept/Oct programs (Non-Wellesley Residents) 10:30 LOW VISION GROUP 10:30–12:00 Parkinson's Support Group 12:00–1:00 Lunch 1:00–4:00 Drop-in pool 1:15–Movie Stan and Ollie (2018) 6
9:00–12:00: Drop-in Pool 9 9:15–10:15: Walking Group 9:15–10:15 Fit For Life 10:00–12:30 Watercolor Techniques 10:30–11:30 Traditional Tai Chi 11:45–12:45 Zumba Gold (Warren) 12:15–2:45 Bridge 11:45–12:45 Zumba Gold (Warren) 1:00–3:15 Personal Training 1:30–3:00 Welcome Back Social *Free Grocery Shopping–COA Bus	9:00–12:30: Card/Game Room Drop-in hours 10 9:30–11:00 Level II Mixed Yoga 11:15–12:45 Level I Mixed Yoga 12:00–1:00 Lunch 12:00–2:00 Metro West Legal Services 12:00–3:00 Tech Assistance (by appt) 12:45–3:45 Personal Training 1:00–3:00 Cribbage Club 1:30–2:30 Meet and Greet New Volunteer Coordinator, Sally Miller 1:30–2:30 Keep Well Clinic–Morton Circle *Morning Trip to Food Pantry–COA Bus	8:00–9:30 Breakfast Club at Captain Mardens 11 8:15–9:15 Water Aerobics 9:15–9:45 Cardio Sculpt 9:15–10:15 Walking Group 9:30–11:00 Community Service Bears 9:30–11:30 Scrabble 10:30–11:30 Great Course- American Civil War 10:30–11:30 Line Dance Class 12:00–1:00 Musical Lunch with Dori Lefebvre 12:45–3:45 SHINE (by appt) 1:00–3:15 Personal Training 1:00–4:00 Chinese Mah Jong 1:30–3:30 Acrylic Painting 2:00–3:00 Tai Chi for Better Balance	9:00–12:30 Card/Game Room Drop-in Hours 12 9:15–10:00 Seated Strength and Balance 12:00–1:00 Lunch 12:45–3:45 Personal Training 1:00–4:00 Mah Jong 1:30–3:30 Friedman's Photography Club 1:30–2:30 Chair Yoga 2:00–3:30 Knitting 2:45–3:45 Gentle Yoga	9:15–10:15 QiGong 13 10:00–11:00 The Wild Side of Wellesley 10:00–12:00 Learn to Play Pool 12:00–1:00 Lunch 1:00–4:00 Drop-in pool 1:15 Movie Mary Poppins Returns (2018)
9:00–12:00: Drop-in Pool 16 9:15–10:15: Walking Group 9:15–10:15 Fit For Life 10:00–12:30 Watercolor Techniques 10:30–11:30 Traditional Tai Chi 9:00–12:00: Drop-in Pool 11:45–12:45 Zumba Gold (Warren) 12:15–2:45: Bridge 1:00–2:00 Conversational French Group 1:00–3:15 Personal Training 1:30–2:30 Pilates 2:00–3:30 Dancing Through the Decades with Dance Caliente 2:45–3:45 Pilates *Free Grocery Shopping–COA Bus	9:30–11:00 Level II Mixed Yoga 17 10:00–12:00 Learn to Knit II 10:00 Senior Travel Pool League Match 10:00–11:15 Intermediate German 11:15–12:45 Level I Mixed Yoga 12:00–1:00 Lunch 12:00–3:00 Tech Assistance (by appt) 12:45–3:45 Personal Training 1:00–2:30 Learn to Knit I 1:00–3:00 Cribbage Club 1:30–2:30 Keep Well Clinic–41 River Street 1:30–2:30 Mindfulness *Morning Trip to Food Pantry–COA Bus	8:15–9:15 Water Aerobics 18 9:15–9:45 Cardio Sculpt 9:15–10:15 Walking Group 9:30–11:00 Community Service Bears 9:30–11:30 Scrabble 10:30–11:30 Great Course- American Civil War 10:30–11:30 Line Dance Class 11:00–12:00 Once Upon a Time 12:00–1:00 Musical Lunch with Ken Batts 12:00–1:30 Delicious Dining at The Wok 12:45–3:45 SHINE (by appt) 1:00–3:15 Personal Training 1:00–2:30 Shakespeare Discussion Group 1:00–4:00 Chinese Mah Jong 1:30–3:30 Acrylic Painting 2:00–3:00 Tai Chi for Better Balance	9:00–12:30 Card/Game Room Drop-in Hours 19 9:15–10:00 Seated Strength and Balance 10:00–11:30 Recipe Swap 12:00–1:00 Musical Lunch with Ken Batts 12:45–3:45 Personal Training 1:00–4:00 Mah Jong 1:30–3:30 Friedman's Photography Club 1:30–3:00 Bingo 1:30–2:30 Chair Yoga 2:00–3:30 Knitting 2:45–3:45 Gentle Yoga 4:00–6:00 COA Board Meeting	9:15–10:15 QiGong 20 10:00–11:30 Get to Know Community Leaders – Meghan Jop 12:00–1:00 Lunch 1:00–4:00 Drop-in pool 1:15–Movie From Here to Eternity (1953)
9:00–12:00: Drop-in Pool 23 9:15–10:15: Walking Group 9:15–10:15 Fit For Life 10:00–12:30 Watercolor Techniques 10:30–11:30 Traditional Tai Chi 11:45–12:45 Zumba Gold (Warren) 12:00–Day trip lunch at TPC 12:15–2:45 Bridge 1:00 Depart for Downton Abbey Exhibit 1:00–3:15 Personal Training 1:30–2:15 Keep Well Clinic – 50 Grove Street 1:30–2:30 Pilates 2:00–3:00 The Basics of Balance 2:20–3:00 Keep Well Clinic–60 Grove Street 2:45–3:45 Pilates *Free Grocery Shopping–COA Bus	9:00–12:30: Card/Game Room Drop-in hours 24 9:30–11:00 Level II Mixed Yoga 10:00–12:00: Learn to Knit II 10:00–11:15 Intermediate German 11:15–12:45 Level I Mixed Yoga 12:00–1:00 Lunch 12:00–3:00 p.m. Tech Assistance (by appt) 12:45–3:45 Personal Training 1:00–2:30 Learn to Knit I 1:00–3:00 Cribbage Club 1:30–2:15 Keep Well Clinic 50 Grove 2:20–3:00 Keep Well Clinic–60 Grove 2:30–3:30 Opera Talk with Helen Sagan *Morning Trip to Food Pantry–COA Bus	8:15–9:15 Water Aerobics 25 8:30 COA Golf Tournament 9:15–9:45 Cardio Sculpt 9:15–10:15 Walking Group 9:30–11:00 Community Service Bears 9:30–11:30 Scrabble 10:30–11:30 Line Dance Class 10:30–11:30 Great Course- American Civil War 12:00–1:00 Lunch 12:45–3:45 SHINE (by appt) 1:00–3:15 Personal Training 1:00–4:00 Chinese Mah Jong 1:30–3:30 Acrylic Painting 2:00–3:00 Tai Chi for Better Balance	9:00–12:30 Card/Game Room Drop-in Hours 26 9:15–10:00 Seated Strength and Balance 10:00–12:00 Intro to Chinese Brush Painting 11:00–12:00 Hearing and Overall Health 12:00–1:00 Lunch 12:45–3:45 Personal Training 1:00–4:00 Mah Jong 1:30–3:30 Friedman's Photography Club 1:30–2:30 Chair Yoga 2:00–3:30 Knitting 2:45–3:45 Gentle Yoga	9:15–10:15 QiGong 27 10:00–11:30 Aging with Wisdom/Author Talk and Book Signing 10:00–12:00 Learn to Play Pool 12:00–1:00 Lunch 1:00–4:00 Drop-in pool 1:15–Movie The Philadelphia Story (1940)
9:00–12:00: Drop-in Pool 30 9:15–10:15: Walking Group 12:15–2:45: Bridge *Free Grocery Shopping–COA Bus	<h1>September 2019</h1>			

Monday	Tuesday	Wednesday	Thursday	Friday
October 2019	<p>9:30-11:00 Level II Mixed Yoga 1 10:00-12:00 Learn to Knit II 10:00-11:15 Intermediate German 10:00 Senior Travel Pool League Match 11:15-12:45 Level I Mixed Yoga 12:00-1:00 Lunch 12:00-3:00 p.m. Tech Assistance (by appt) 12:45-3:45 Personal Training 1:00-2:30 Learn to Knit I 1:00-3:00 Cribbage Club 1:30-2:30 Keep Well Clinic-315 Weston Road 1:30-3:00 Getting Around with Uber and Lyft *Morning Trip to Food Pantry-COA Bus</p>	<p>8:00-9:30 Breakfast Club at Captain Mardens 2 8:15-9:15 Water Aerobics 9:15-9:45 Cardio Sculpt 9:15-10:15 Walking Group 9:30-11:00 Community Service Bears 9:30-11:30 Scrabble 10:00-11:00 Keep Well Clinic (TPC) 10:30-11:30 Great Course- American Civil War 10:30-11:30 Line Dance Class 12:00-1:00 Musical Lunch with Ken Batts 12:45-3:45 SHINE (by appt) 1:00-3:15 Personal Training 1:00-4:00 Chinese Mah Jong 1:30-3:30 Acrylic Painting 2:00-3:00 Tai Chi for Better Balance</p>	<p>9:00-12:30 Card/Game Room Drop-in Hours 3 9:15-10:00 Seated Strength and Balance 10:00-11:30 Arts and Crafts -Fall Leaf Candle Holder and Rustic Pine Cone Door Hanging 10:30-11:45 World Religions - Hinduism 12:00-1:00 Musical Lunch with Ken Batts 12:00-1:00 Learn to Play Mah Jong 12:45-3:45 Personal Training 1:00-4:00 Mah Jong 1:30-3:30 Friedman's Photography Club 1:30-2:30 Classical Piano Concert 1:30-2:30 Chair Yoga 2:00-3:30 Knitting 2:45-3:45 Gentle Yoga</p>	<p>9:15-10:15 QiGong 4 10:30 LOW VISION GROUP 10:30-12:00 Parkinson's Support Group 11:30-1:30 Public Safety Information Cookout 1:00-4:00 Drop-in pool</p>
<p>9:00-4:00 Celebrating TPC! 7 9:00-12:00: Drop-in Pool 9:15-10:15: Walking Group 9:15-10:15 Fit For Life 9:30-11:30 Chair Massage 10:00-12:30 Watercolor Techniques 10:30-11:30 Traditional Tai Chi 11:45-12:45 Zumba Gold (Warren) 12:15-2:45: Bridge 1:00-2:00 Conversational French Group 1:00-3:15 Personal Training 1:30-2:30 Pilates 2:45-3:45 Pilates *Free Grocery Shopping-COA Bus</p>	<p>9:00-12:30: Card/Game Room Drop-in hours 8 9:30-11:00 Level II Mixed Yoga 10:00-12:00: Learn to Knit II 10:00-11:15 Intermediate German 11:15-12:45 Level I Mixed Yoga 12:00-1:00 Lunch 12:00-3:00 Tech Assistance (by appt) 12:45-3:45 Personal Training 1:00-2:30 Learn to Knit I 1:00-2:30 Sing-a-long 1:00-3:00 Cribbage Club 1:30-2:30 Keep Well Clinic-Morton Circle 7:00-8:30 p.m. Understanding Social Security *Morning Trip to Food Pantry-COA Bus</p>	<p>9:15-10:15 Walking Group 9 9:30-11:00 Community Service Bears 9:30-11:30 Scrabble 10:30-11:30 Great Course- American Civil War 12:00-1:00 Lunch 12:45-3:45 SHINE (by appt) 1:00-3:15 Personal Training 1:00-4:00 Chinese Mah Jong</p>	<p>9:00-12:30 Card/Game Room Drop-in Hours 10 9:15-10:00 Seated Strength and Balance 10:00-12:00 Chinese Brush Painting 10:30-11:45 World Religions - Hinduism 12:00-1:00 Musical Lunch with Jacquie Van Haelst 12:00-1:00 Learn to Play Mah Jong 12:45-3:45 Personal Training 1:00-4:00 Mah Jong 1:30-3:30 Friedman's Photography Club 1:30pm-2:30pm Chair Yoga 2:00-3:30 Knitting 2:45-3:45 Gentle Yoga</p>	<p>9:00-10:30 Fire Safety Breakfast 11 9:15-10:15 QiGong 10:00-12:00 Learn to Play Pool 12:00-1:00 Lunch 1:00-4:00 Drop-in pool 1:15 Movie The Intern (2015)</p>
<p>Columbus Day 14 The COA is Closed and the bus will not run</p>	<p>9:30-11:00 Level II Mixed Yoga 15 10:00-12:00 Learn to Knit II 10:00-11:15 Intermediate German 10:00 Senior Travel Pool League Match 11:15-12:45 Level I Mixed Yoga 12:00-1:00 Lunch 12:45-3:45 Personal Training 1:00-2:30 Learn to Knit I 1:00-3:00 Cribbage Club 1:30-2:30 Keep Well Clinic-41 River Street 1:30-2:30 Mindfulness</p>	<p>8:15-9:15 Water Aerobics 16 9:15-9:45 Cardio Sculpt 9:15-10:15 Walking Group 9:30-11:00 Community Service Bears 9:30-11:30 Scrabble 10:30-11:30 Great Course- American Civil War 10:30-11:30 Line Dance Class 11:00-12:00 Keep Well Clinic (TPC) 11:00-12:00 Once Upon A Time 12:00-1:00 Musical Lunch with Ken Batts 12:45-3:45 SHINE (by appt) 1:00-3:15 Personal Training 1:00-2:30 Shakespeare Discussion Group 1:00-4:00 Chinese Mah Jong 1:30-3:30 Acrylic Painting 2:00-3:00 Tai Chi for Better Balance</p>	<p>9:00-12:30 Card/Game Room Drop-in Hours 17 9:15-10:00 Seated Strength and Balance 10:00-12:00 Chinese Brush Painting 10:30-11:45 World Religions - Hinduism 12:00-1:00 Musical Lunch with Ken Batts 12:00-1:00 Learn to Play Mah Jong 12:45-3:45 Personal Training 1:00-4:00 Mah Jong 1:30-3:30 Friedman's Photography Club 1:30-2:30 Chair Yoga 1:30-3:00 Bingo 2:00-3:30 Knitting 2:45-3:45 Gentle Yoga 4:00-6:00 COA Board Meeting</p>	<p>9:00-12:00 SHINE by apt. 18 9:15-10:15 QiGong 12:00-1:00 Lunch 1:00-2:00 Home Energy Cost Savings 1:00-4:00 Drop-in pool 1:15 Movie Top Hat (1935)</p>
<p>9:00-12:00 Drop-in Pool 21 9:15-10:15 Walking Group 9:15-10:15 Fit for Life 9:30-11:30 Chair Massage 10:00-12:30 Watercolor Techniques 10:30-11:30 Traditional Tai Chi 11:45-12:45 Zumba Gold (Warren) 12:15-2:45 Bridge 12:30-2:00 Play Reading Group 1:00-2:00 Conversational French Group 1:00-3:15 Personal Training 1:30-2:30 Pilates 2:45-3:45 Pilates *Free Grocery Shopping-COA Bus</p>	<p>9:30-11:00 Level II Mixed Yoga 22 10:00-12:00 Learn to Knit II 10:00-11:15 Intermediate German 11:15-12:45 Level I Mixed Yoga 12:00-1:00 Lunch 12:45-3:45 Personal Training 1:00-2:30 Learn to Knit I 1:00-3:00 Cribbage Club 1:30-2:15 - Keep Well Clinic-50 Grove Street 2:20-3:00 Keep Well Clinic-60 Grove Street 2:30-3:30 Opera Talk with Helen Sagan *Morning Trip to Food Pantry-COA Bus</p>	<p>8:15-9:15 Water Aerobics 23 9:15-9:45 Cardio Sculpt 9:15-10:15 Walking Group 9:30-11:00 Community Service Bears 9:30-11:30 Scrabble 10:30-11:30 Great Course- American Civil War 12:00-1:00 Lunch 12:45-3:45 SHINE (by appt) 1:00-3:15 Personal Training 1:00-4:00 Chinese Mah Jong 1:30-3:30 Acrylic Painting 2:00-3:00 Tai Chi for Better Balance</p>	<p>9:00-12:30 Card/Game Room Drop-in Hours 24 9:15-10:00 Seated Strength and Balance 10:00-12:00 Chinese Brush Painting 10:30-11:45 World Religions - Hinduism 12:00-1:00 Lunch 12:00-1:00 Learn to Play Mah Jong 12:45-3:45 Personal Training 1:00-4:00 Mah Jong 1:30-3:30 Friedman's Photography Club 1:30-2:30 Chair Yoga 2:00-3:30 Knitting 2:45-3:45 Gentle Yoga</p>	<p>9:00-12:00 SHINE by apt. 25 9:00-11:30 The Language of Flowers 10:00-12:00 Learn to Play Pool 12:00-1:00 Musical Lunch with Dori Lefebvre 1:00-4:00 Drop-in pool 1:15 Movie Rain Man (1988)</p>
<p>9:00-12:00 Drop-in Pool 28 9:15-10:15 Walking Group 9:15-10:15 Fit for Life 10:00-12:30 Watercolor Techniques 10:30-11:30 Traditional Tai Chi 12:15-2:45: Bridge 12:30-3:00 Play Reading Group 1:00-3:15 Personal Training 1:00-3:30 Halloween Celebration-Spooky Movie-Treats 1:30-2:30 Pilates 2:45-3:45 Pilates *Free Grocery Shopping-COA Bus</p>	<p>9:30-11:00 Level II Mixed Yoga 29 10:00-12:00: Learn to Knit II 10:00-11:15 Intermediate German 10:00 Senior Travel Pool League Match 11:15-12:45 Level I Mixed Yoga 12:00-1:00 Lunch 12:00-3:00 Tech Assistance (by appt) 12:45-3:45 Personal Training 1:00-2:30 Learn to Knit I 1:00-3:00 Cribbage Club 1:30-2:30 Musical Lecture on Patsy Cline by Frank King *Morning Trip to Food Pantry-COA Bus</p>	<p>Norman Rockwell Day Trip all day 30 (Depart from 219 Washington St) 9:15-10:15 Walking Group 9:30-11:00 Community Service Bears 9:30-11:30 Scrabble 10:30-11:30 Great Course- American Civil War 12:00-1:00 Lunch 12:45-3:45 SHINE (by appt) 1:00-4:00 Chinese Mah Jong</p>	<p>9:00-12:30 Card/Game Room Drop-in Hours 31 10:00-12:00 Chinese Brush Painting 10:30-11:45 World Religions - Hinduism 12:00-1:00 Lunch 1:00-4:00 Mah Jong 1:30-3:30 Friedman's Photography Club 2:00-3:30 Knitting</p>	October 2019

Fitness Offerings

Personal Training Sessions Resume This Fall!

PLEASE NOTE: Registration for Personal Training Begins Wednesday, September 4, at 10 a.m.

- **Cost: \$200.00 for 4-week session** • **Must be Wellesley resident age 60+** • **All sessions are 1:1 (Trainer/Participant)**
 - Open to individuals who previously met with Dan or Lisa for Personal Training and/or brand new participants
 - Slots will be filled on a first come, first served basis
- Payment in full will confirm your personal training registration • Sign up for one session only (4 dates per session)
 - You must commit to all dates in the session • Refunds will not be issued for sessions you do not attend

Personal Training September Session

Mondays

Dan Salerno
September 9, 16, 23, 30
1:00-1:45 p.m.
1:45-2:30 p.m.
2:30-3:15 p.m.

Tuesdays

Lisa Wilkins
September 10, 17, 24, October 1
12:45-1:30 p.m.
1:30-2:15 p.m.
2:15-3:00 p.m.
3:00-3:45 p.m.

Wednesdays

Dan Salerno
September 11, 18, 25, October 2
1:00-1:45 p.m.
1:45-2:30 p.m.
2:30-3:15 p.m.

Thursdays

Lisa Wilkins
September 12, 19, 26, October 3
12:45-1:30 p.m.
1:30-2:15 p.m.
2:15-3:00 p.m.
3:00-3:45 p.m.

Personal Training October Session

Mondays

Dan Salerno
October 7, 21, 28, November 4
1:00-1:45 p.m.
1:45-2:30 p.m.
2:30-3:15 p.m.

Tuesdays

Lisa Wilkins
October 8, 15, 22, 29
12:45-1:30 p.m.
1:30-2:15 p.m.
2:15-3:00 p.m.
3:00-3:45 p.m.

Wednesdays

Dan Salerno
October 9, 16, 23, 30
1:00-1:45 p.m.
1:45-2:30 p.m.
2:30-3:15 p.m.

Thursdays

Lisa Wilkins
October 10, 17, 24, 31
12:45-1:30 p.m.
1:30-2:15 p.m.
2:15-3:00 p.m.
3:00-3:45 p.m.

Fit for Life / Instructor: Jane Golder
Mondays, 9:15 - 10:15 a.m., Sept. 9 - Oct. 28,
(no class Sept. 30 and Oct. 14)
Cost: \$30 (6 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 Oct. 4, 9:15 - 10:15 a.m.

Zumba Gold / Instructor: Ketty Rosenfeld
Mondays, 11:45 a.m. - 12:45 p.m., Sept. 9 - Oct. 21,
(no class Sept. 30 and Oct. 14)
Cost: \$25 (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 date is Oct. 28, 11:45 a.m. - 12:45 p.m.

Traditional Tai Chi / Instructor: Jon Woodward
Mondays, 10:30 - 11:30 a.m., Sept 9 - Oct. 28
(no class Sept. 30 and Oct. 14)
Cost: \$30 (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, Nov. 4, 10:30-11:30 a.m.

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 / Instructor: Judy Scribner-Moore
Tuesdays, 11:15 a.m. - 12:45 p.m., Sept. 10 - Oct. 29
Cost: \$88 (8 weeks) Min: 8/Max: 10.

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, Nov. 1 at 11:15 a.m.

Level II Mixed Yoga / Instructor: Judy Scribner-Moor
Tuesdays, 9:30 - 11:00 a.m., Sept. 10 - Oct. 29,
Cost: \$88 (8 weeks) Min: 10/Max: 18.

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, Nov. 1 at 9:30 a.m.

Water Aerobics / Instructor: Laila Vehvilainen
Wednesdays, 8:15 - 9:15 a.m., Sept 11-Oct. 23, (no class Oct. 9)
Cost: \$60 (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, Oct. 30 at 8:15 a.m.



Fitness Offerings

Pilates / Instructor: Lisa Wilkins
Mondays, 1:30 - 2:30 p.m., Sept. 16 - Oct. 28
(no class Sept. 30 and Oct. 14)
Cost: \$25 (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, Nov. 4 at 1:30 p.m.

Pilates / Instructor: Lisa Wilkins
Mondays, 2:45 - 3:45 p.m., Sept. 16 - Oct. 28
(no class Sept. 30 and Oct. 14)
Cost: \$25 (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, Nov. 4 at 1:30 p.m.

Cardio Sculpt / Instructor: Daniel Salerno
Wednesdays, 9:15 - 9:45 a.m. (30-minutes), Sept 11-Oct 23
(no class Oct. 9)
Cost: \$18 (6 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, Oct. 30, 9:15 a.m.

Tai Chi for Better Balance / Instructor: Jon Woodward
Wednesdays, 2:00 - 3:00 p.m., Sept 11-Oct. 23 (no class on Oct 9)
Cost: \$30 (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, Oct. 30, 2:00 p.m. - 3:00 p.m.

Line Dancing / Instructor: Paul Hughes
Wednesdays, 10:30 - 11:30 a.m., Sept 11-Oct 23, (no class Oct. 9)
Cost: \$30 (6 weeks) Min: 4/Max: 12.

Dancing is the perfect combination of physical activity, social interaction and mental stimulation. It's a full body workout for the mind, body and spirit. 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. If needed, the make-up date is Wednesday, Oct 30, 10:30 - 11:30 a.m.

Seated Strength and Balance / Instructor: Pearl Pressman
Thursdays, 9:15 - 10:00 a.m., Sept. 12 - Oct. 24
Cost: \$28 (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. If needed, the make-up date is Oct. 31 at 9:15 a.m.

Chair Yoga / Instructor: Cyndi Koss
Thursdays, 1:30 - 2:30 p.m., Sept. 12 - Oct. 24
Cost: \$35 (7 weeks) Min: 8/ Max: 14.

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. Build leg and core strength. Improves mental clarity, breathing and posture. 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 Oct. 31 at 1:30 p.m.

Gentle Yoga / Instructor: Cyndi Koss
Thursdays, 2:45 - 3:45 p.m., Sept. 12 - Oct. 24
Cost: \$35 (7 weeks) Max: 8.

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 Oct. 31 at 2:45 p.m.

Qi Gong / Instructor: Bob Doherty
Friday, 9:15 - 10:15 a.m., Sept. 13 - Oct. 18
Cost: \$30 (6 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. Make up class if needed is Oct. 25 at 9:15 a.m.

Archery Indoors
Location: Natick Community Senior Center
Free demo: Wednesday, Sept. 11 at 10:30 a.m.
Wednesday, Sept. 18, 25; Oct. 2, 9
Cost: \$88 (4-weeks) Min: 10 needed.

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 to ensure. All equipment is provided. Program hosted by On the Mark Archery. Call the Natick Community Senior Center to register 508-647-6544.

Art

Acrylic Painting/Instructor Maris Platais
Wednesdays, 1:30 – 3:30 p.m., Sept. 11 – Oct. 23
(no class Oct. 9) (6 weeks)
Call the COA for a supply list.
Cost: \$72 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, October 30, 1:30-3:30 p.m.

Watercolor Techniques
Mondays, 10:00 a.m. – 12:30 p.m., Sep. 9 – Oct. 28
(no class Sept. 30 and Oct. 14) (6 weeks)
Cost: \$120 Min: 8/ Max: 12

Learn to paint in watercolors with an emphasis on techniques and design. This step-by-step instructor will introduce you to the spontaneity of the medium as you create glazes, highlights, textures, and the final artwork. If needed, the make-up date is Monday, November 4, 10:00 a.m. - 12:30 p.m.

Introduction to Chinese Brush Painting
Instructor Nan Rumpf
Thursday, 10:00 a.m. – 12:00 noon, Sept. 26
Cost: \$20

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. Nan will guide you through the various brushstrokes used to depict some of the flora and fauna of our natural world. You will finish up by painting a composition of the Pussy Willow.

Chinese Brush Painting Class/Instructor Nan Rumpf
Thursdays, 10:00 a.m. – 12:00 noon, Oct. 10 – Nov. 7 (5 weeks)
Cost \$100 Min: 6/ Max: 12

Learn to interpret nature's flora and fauna with ink, brush and Chinese watercolors using expressive gesture strokes based on Asian brush painting techniques. No previous experience is required. The subjects for this series will be The Pig, The Rose, Lotus & Dragonfly, Zen Wash, Waterfall on Pi paper (specialty paper will be provided by the instructor) Please ask for a materials list and bring materials to the class.

Arts and Crafts Project
Fall Leaf Candle holder and Rustic Pinecone Door Hanging
Thursday, 10:00 – 11:30 a.m., Oct. 3
Cost: \$5

Join us for 2 fun and easy art projects that you will be happy to display in your home. All materials will be provided.



Day Trips

The COA does Downton Abbey!
Monday, Sept. 23, 12:00 noon Lunch at TPC
1:00 p.m. Depart TPC for Downton Abbey Exhibit
Appx. Return Time 5:00 p.m.
Cost: \$37.50

The group will start their memorable day with a light lunch at TPC (assorted sandwiches, chips, and fruit) before boarding the motor coach into Boston for the Downton Abbey exhibit. This limited time exhibit consists of a self-guided tour where you will see all your favorite Downton characters and learn about special behind the scenes information that went into the making of the popular show. A visit to the gift shop rounds out this fun day. *Special thanks to the Friends of the Wellesley Council on Aging for generously funding the transportation costs for this outing!* Max: 27

Norman Rockwell Museum with Lunch at The Red Lion Inn
Wednesday, Oct. 30th
Depart Wellesley Community Center, 219 Washington Street at 8:30 a.m. Approximate Return time 6:30 p.m.
Cost: \$87 per person



The trip begins with a delicious lunch at the famous Red Lion Inn. Located right on Main Street, the Red Lion Inn has welcomed travelers and visitors since 1773. Lunch includes Berkshire Green Salad with House Vinaigrette and your choice of Hand Carved Native Turkey with Farmhouse Stuffing OR Yankee Pot Roast with Pan Gravy, and Warm Fruit Crisp for dessert, Coffee, Decaf and Hot Tea. **Please indicate your meal choice at the time of registration.** Following lunch, the group will visit The Norman Rockwell Museum, the place he called home for the last 25 years of his life. You will view original paintings, personal belongings from his home and studio, see the paints, brushes, and easel he used to create his paintings as you tour the museum. One can almost feel his presence. **No refunds if you cancel after October 11.**

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 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

Drop-in Activities



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.

Bingo

Join us for a fun afternoon of Bingo on Sept. 19 and Oct. 17 from 1:30-3:00 p.m.

Sing-A-Long

Join us for a fun afternoon sing-a-long on Oct. 8 from 1:00-2:30 p.m. Thanks to COA Volunteer, Holly Mikula for facilitating this activity.

FREE Friday Movies at 1:15 p.m.

September 6

Stan and Ollie 2018 Rated PG Drama/Comedy-drama • 1h 39m

Laurel and Hardy -- the world's greatest comedy team -- face an uncertain future as their golden era of Hollywood films remain long behind them. Diminished by age, the duo set out to reconnect with their adoring fans by touring variety halls in Britain in 1953. The shows become an instant hit, but Stan and Ollie can't quite shake the past as long-buried tension and Hardy's failing health start to threaten their precious partnership.

September 13

Mary Poppins Returns 2018 Rated PG Fantasy/Adventure

2h 10m (movie ends at 3:25 p.m.)
Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time in their lives.

September 20

From Here to Eternity 1953 Drama/Romance

1h 58m (movie ends at 2:13 p.m.)
At an Army barracks in Hawaii in the days preceding the attack on Pearl Harbor, lone-wolf soldier and boxing champion "Prew" Prewitt (Montgomery Clift) refuses to box, preferring to play the bugle instead. Hard-hearted Capt. Holmes (Philip Ober) subjects Prew to a grueling series of punishments while, unknown to Holmes, the gruff but fair Sgt. Warden (Burt Lancaster) engages in a clandestine affair with the captain's mistreated wife (Deborah Kerr).

September 27

The Philadelphia Story 1940 Romance/Comedy 1h 52m

This classic romantic comedy focuses on Tracy Lord (Katharine Hepburn), a Philadelphia socialite who has split from her husband, C.K. Dexter Haven (Cary Grant), due both to his drinking and to her overly demanding nature. As Tracy prepares to wed the wealthy George Kittredge (John Howard), she crosses paths with both Dexter and prying reporter Macaulay Connor (James Stewart). Unclear about her feelings for all three men, Tracy must decide whom she truly loves.

October 4

No Movie (cookout)

October 11

The Intern PG -13 2015 Drama/Comedy-drama 2h 1m (movie ends at 3:16 p.m.)

Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower Ben Whittaker (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers, including Jules Ostin (Anne Hathaway), the boss and founder of the company. Whittaker's charm, wisdom and sense of humor help him develop a special bond and growing friendship with Jules.

October 18

Top Hat 1935 Comedy music/Romance 1h 41m (movie ends at 2:56 p.m.)



The story centers on wealthy Dale Tremont (Ginger Rogers), on holiday in London and Venice. She assumes that American entertainer Jerry Travers (Fred Astaire) is the husband of her friend Madge (Helen Broderick) -- who's actually the wife of Jerry's business manager Horace Hardwick (Edward Everett Horton).

October 25

Rain Man PG 1988 Drama/Melodrama 2h 14m (movie ends at 3:29 p.m.)

When car dealer Charlie Babbitt (Tom Cruise) learns that his estranged father has died, he returns home to Cincinnati, where he discovers that he has an autistic older brother named Raymond (Dustin Hoffman) and that his father's \$3 million fortune is being left to the mental institution in which Raymond lives. Motivated by his father's money, Charlie checks Raymond out of the facility in order to return with him to Los Angeles. The brothers' cross-country trip ends up changing both their lives.

COA/Community Updates

Important Updates – COA Senior Lunch Program

Over the last year, 389 unique diners have enjoyed 3,000 meals at the Tolles Parsons Center! Two fabulous Wellesley restaurants cater our lunch program – Wellesley Bakery (Wednesdays) and Express Gourmet (Tuesday/Thursday/Friday). The lunch program is entirely managed by COA volunteers who serve the meals and enjoy interacting with our lunch guests. For more than 5 years, the Friends of the Wellesley Council on Aging (FWCOA) have very generously subsidized lunches for all diners (age 60+).

PLEASE NOTE: effective September 1, 2019, the subsidy will continue to be available to Wellesley residents over the age of 60.

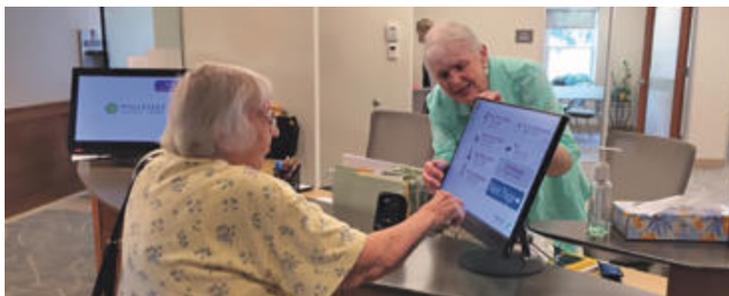
The subsidy will no longer apply to non-Wellesley residents. The fee will be \$9.00 per meal for all non-Wellesley diners.

Wellesley diners (age 60+) accepting full FWCOA subsidy will continue to pay \$4.00 but are welcome to pay more (up to \$9.00) if they so choose. Lunch payments will continue to be due to our lunch cashier upon arrival. For the time being, the lunch registration process will remain the same – call the COA at 781-235-3961 or visit the TPC to make your lunch reservation(s). Reservations must be made one business day prior by 9:30 a.m. Lunch is served at 12:00 noon and 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. As always, we extend our deepest appreciation to the FWCOA for their continued support and generous subsidy of our lunch program.



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 September is a \$25 gift card to Roche Bros. and the prize for October is a \$25 gift card to Whole Foods.



Use our MySeniorCenter touch screens and enter to win!

Wellesley—Weston Lifetime Learning Fall 2019 Semester

Wellesley—Weston Lifetime Learning’s (WWLL) 44th consecutive year of non-credit courses for seniors will begin on Sept. 9 and run for 10 Monday mornings at 10 and 11:30 a.m. at the Wellesley Community Center (219 Washington St.). Join your peers in the camaraderie of continuing to learn.

Fifteen courses are offered. Three courses offer different guest speakers each week: American Issues, History Potpourri, and Greater Boston Cultural Institutions. Other courses include Poetry, Drama, Literature, Science, Energy and Climate Change, Jazz and Rock, History, Writing Your Story, and Western Gunslingers. The fee is \$60 for one course and \$110 for two courses.

More information can be obtained at the website: wwllcourses.org, or phone: 781-205-4204, or email: info@wwllcourses.org. Brochures with full information about all courses, and registration procedure, are available at the library and COA.

Wellesley College Auditing – Fall Semester 2019

If you are interested in auditing a class at Wellesley College this fall, please visit the Wellesley 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.

Shine Update

It’s that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), you should be mailed an information packet from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2020. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! During the annual Medicare Open Enrollment, you will have a chance to CHANGE your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call the COA at 781-235-3961 to schedule your SHINE appointment during the Open Enrollment, which is from **October 15 through December 7**. **REMINDER: Bring your Medicare card and drug list to your appointment!**

Discovery Center For Civic Engagement at the TPC



The leaves are changing, the kids are back to school and those long, lazy days of summer have come to an end. Now is the perfect time to discover ways that you can get involved and give back to the community by setting up a meeting with one of our Transition Navigators in the TPC Discovery Center. These peer mentors can walk you through different volunteer opportunities that match your skills and interests. If you’ve been asking yourself, “What’s next?” and want to find ways to make a difference, call the COA at 781-235-3961 to schedule an appointment with one of our Transition Navigators.

Updates/Outreach

Volunteer Corner

In mid-July we welcomed Sally Miller as our new Volunteer Coordinator. Sally is a Wellesley resident who has been active in the schools and community including Wellesley Service League and National Charity League, Inc. She joined the Wellesley Friends Aid Board in 2013 where she provides outreach to seniors and residents with disabilities living in some of the public housing sites in Wellesley. **Sally invites all current and prospective volunteers to join her for a "Meet & Greet" on Tuesday, September 10 at 1:30 p.m.** Light refreshments will be served. Call the COA to register 781-235-3961.



Sally Miller (Center)

Dear COAbby,

Over the last few months, some acquaintances of mine have passed away. Unfortunately, I wasn't aware of their passing and I missed attending their services and was unable to pay my respects to their loved ones. A friend mentioned to me recently that there is an online subscription service that will send obituary notices directly to your email. Can you tell me about this and help me to get these notifications sent to me?

Thank you,
Grieving Gretta

Dear Gretta,

I am sorry for your recent losses but I'm so glad you asked about this resource! You can register to receive obituary notices through legacy.com. Simply visit their website at: <https://www.legacy.com/> and at the bottom of the home page, click the box which says "sign up & receive email alerts". This will bring you to a page where you can enter keywords (example: Wellesley) and agree to the terms of service and you will begin getting obituary notices, based on your preferences, directly to your inbox. There is no charge for this service. Kate Burnham, Health and Social Services Administrator at the Wellesley Council on Aging is available to assist anyone who needs help getting this set up or you can make an appointment to meet with our technology volunteer, Lois Clayson who will help you. Call 781-235-3961 to request assistance.

Parkinson's Support Group Update: NEW MEETING DAY!

The Parkinson's Support Group will now meet on the 1st Friday of the month from 10:30-11:30 a.m. This group is designed to support the diagnosed individual as they cope with this disease and all are welcome to attend. Participants are encouraged to consider joining us for lunch afterwards (pre-registration is required). This professionally facilitated group is offered free of charge with a special thanks for our generous sponsor, First Light Home Care.

Friday, September 6th at 10:30 a.m.

Friday, October 4th at 10:30 a.m.

LOW VISION GROUP



Please join us on the first Friday of the month at 10:30 a.m. 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 September 6th at 10:30 a.m.
(Open Discussion)

Friday October 4th at 10:30 a.m.
(Guest Speaker)

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.wellesley.ma.gov/health The fall Keep Well schedule (location/dates/times) is listed below:

SCHEDULE

315 Weston Rd – 1:30-2:30 p.m., Sept. 3, Oct. 1, Nov. 5, Dec. 3

Morton Circle – 1:30-2:30 p.m., Sept. 10, Oct. 8, Nov. 12, Dec. 10

41 River Street – 1:30-2:30 p.m., Sept. 17, Oct. 15, Nov. 19, Dec. 17

50 Grove Street – 1:30-2:15 p.m., Sept. 24, Oct. 22, Nov., 26, Dec. 24

60 Grove Street – 2:20-3:00 p.m., Sept. 24, Oct. 22, Nov., 26

**Tolles Parsons
Center**

– 10:00-11:00 a.m., Sept. 4, Oct. 2, Nov. 6, Dec. 4

– 11:00 a.m.-12:00 noon, Oct. 16, Nov. 20, Dec. 18



Updates/Outreach

Metro West Legal Services

Tuesday September 10, 12:00 noon - 2:00 p.m.

The Metro West Legal Services (MWLS) will be providing six, 20-minute legal counseling sessions at the Tolles Parsons Center on Tuesday September 10, from 12:00 noon-2:00 p.m. This free service provides civil legal advocacy to protect and advance the rights of the poor, elderly, disabled, and other disenfranchised people. For more information or to schedule an appointment, call 781-235-3961. There is no cost for this program.

Green Thumbs Update

The **Green Thumbs Community Gardening Group** has been working together with the Town of Wellesley's Horticulturist Cricket Vlass and her staff to make some beautiful additions to the patio garden. Begonias, impatiens, ferns, cora bells, coleus and more are all a part of our expanding garden. Please take a few moments to enjoy the garden if you are having lunch or coffee on the patio. For those interested in helping with the gardening, please contact Betsy Visvis, COA Office Assistant, at 781-235-3961 or email: bvisvis@wellesleyma.gov. Many thanks to the Green Thumbs volunteers who helped with the planting, and who faithfully water the plants during the spring and summer months!

Council on Aging (COA) Transportation Services



We are pleased to announce the hiring of Richard Howell as a COA Bus Driver! Richard will primarily drive the bus on Wednesdays and Fridays and cover other days as needed. Please join us in welcoming Richard to our team! We also extend our best wishes to Judy Siggins who left the position of Transportation Coordinator in early August. We are ready and waiting to

assist you with your transportation needs! To request a ride on the COA bus or with our Volunteer Drivers Program, please call 781-235-3046 or send an email to drive@wellesleyma.gov

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!

News from The Friends

The Friends of the Wellesley Council on Aging is pleased to announce that starting in September the New York Times and the Wall Street Journal will be available on a daily basis in the Mary Bowers Café. The Friends are sponsoring these two popular newspaper publications with a view to further enhancing the Café experience. Gerry Hume who often visits the Tolles Parsons Center is one of the members of the Friends who initiated the push for the addition of these two daily papers. When asked Gerry states: "The Mary Bowers Café is a great place to socialize with friends over a cup of coffee or to spend a few moments perusing one of the publications already available. Now with the addition of the Times and the Journal there are two more good reasons to enjoy the TPC."

The Friends wish to extend special thanks to all those who have been contributing to the "Be a Friend" campaign by tearing off the form on the last page of the previous two editions of the newsletter and sending in a donation. Also thank you to the friends of Bill Murphy who have honored his many years of support for the COA by making a contribution in his name to the Friends. A donation to remember a loved one or special person is a most thoughtful way to help the Friends and the Council on Aging.

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.



Please visit www.wellesleyfriendscoa.org for more information about The Friends of Wellesley Council On Aging.



We had great participation all summer long at our Tuesday afternoon Cribbage Club! Come join the fun on Tuesdays 1:00-3:00 p.m.!

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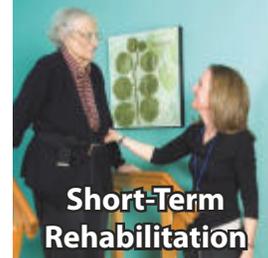
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With 40 years of compassionate expertise in caring for people with advanced illness, Care Dimensions is Massachusetts' premier non-profit provider of hospice, palliative care, and grief support, and is nationally recognized for quality and innovation. 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.



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