



WELLESEY COUNCIL ON AGING SENIOR LUNCH PROGRAM

April 2019

Join us for lunch from Express Gourmet of Wellesley (Tuesdays, Thursdays, Fridays) and Wellesley Bakery (Mondays and Wednesdays). Guests are charged \$4.00 per meal and must sign-up no later than 9:30 a.m. the day prior. Note: Guests under 60 are charged the full price of \$9.00. Lunch is served at 12:00pm. If you're no longer able to attend or will be running late, please call the COA at 781-235-3961. If we do not hear from you or you do not check in by 12:15pm on the day of lunch, your meal will be given to someone on the waitlist. **Menu selections are subject to change and substitutions are not available. Please consult with COA Staff regarding any allergies or dietary restrictions at the time of registration.**

= Musical Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 1	April 2	April 3	April 4	April 5
½ Tuna on multigrain, chicken lemon rice soup and a chocolate chip oatmeal cookie	Pulled pork, cole slaw, corn bread and cake	Chicken pot pie, ½ garden salad and a chocolate chip cookie	Chicken kabob over rice and veggies and chocolate pudding	Pasta primavera, bread and coffee ice cream
April 8	April 9	April 10	April 11	April 12
½ Roasted chicken on multigrain, butternut squash soup and a cookie	American chop suey and a chocolate cupcake	Quiche Lorraine, ½ garden salad and a chocolate chip oatmeal cookie	Tomato, pesto mozzarella panini, bbq chips and chocolate pudding	Salmon over field green salad and chocolate cake
April 15	April 16	April 17	April 18	April 19
The COA is closed and the bus will not run. Patriot's Day	Pulled pork, Greek pasta salad, garlic bread and cake	Chicken tarragon on multigrain, white bean soup and a chocolate chip cookie	Chicken kabob over rice and veggies and vanilla ice cream	Tomato pesto mozzarella panini and chocolate pudding
April 22	April 23	April 24	April 25	April 26
Ham and Swiss on multigrain, split pea soup and a butterscotch oatmeal cookie	Chicken Caesar salad and an oatmeal cookie	Spinach and feta quiche, carrot ginger soup and a chocolate chip cookie	Steak tips over veggies and a chocolate muffin	American chop suey and a chocolate cupcake
April 29	April 30			
Dine with the Director ½ Roasted chicken on multigrain, chicken lemon rice soup and a blueberry muffin	Smoked brisket, cole slaw, garlic bread and vanilla pudding			

Special Thanks to the Friends of the Wellesley Council on Aging (FWCOA) for subsidizing this senior lunch program. For more information about FWCOA, visit their website: www.wellesleyfriendscoa.org





Free Friday Movies at the Wellesley Council on Aging

April 2019

Movies start at 1:15 p.m.

April 5: A Star is Born (2018) 2 hrs. 14 mins. Movie ends at 3:29pm.

Seasoned musician Jackson Maine discovers -- and falls in love with -- struggling artist Ally. She has just about given up on her dream to make it big as a singer until Jackson coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jackson fights an ongoing battle with his own internal demons.

April 12: The Wife (2018) 1 hr. 41 mins. Movie ends at 2:56pm.

Joan and Joe remain complements after nearly 40 years of marriage. Where Joe is casual, Joan is elegant. Where Joe is vain, Joan is self-effacing. And where Joe enjoys his very public role as the great American novelist, Joan pours her considerable intellect, grace, charm and diplomacy into the private role of a great man's wife. As Joe is about to be awarded the Nobel Prize for his acclaimed and prolific body of work, Joan starts to think about the shared compromises, secrets and betrayals.

April 19: The Leisure Seeker (2018) 1 hr. 53 mins. Movie ends at 3:08pm.

Traveling in their family Leisure Seeker vintage recreational vehicle, John and Ella Spencer take one last road trip from Boston to the Hemingway House in the Florida Keys before his Alzheimer's and her cancer can catch up with them.

April 26: Green Book (2018) 2 hrs. 10 min. Movie ends at 3:25 pm.

Dr Don Shirley is a world-class African-American pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian-American neighbourhood in the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation.