




WELLESEY COUNCIL ON AGING SENIOR LUNCH PROGRAM

February 2019

Join us for lunch from Express Gourmet of Wellesley (Tuesdays, Thursday, 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.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				February 1 Steak tips over rice and veggies and a chocolate chip cookie
February 4 Spinach and feta quiche, carrot ginger soup and a chocolate chip oatmeal cookie	February 5 American chop suey and a chocolate cupcake	February 6 Roasted chicken on multigrain, chicken vegetable soup and a blueberry muffin	February 7 Smoked brisket, cole slaw, garlic bread and vanilla pudding	February 8 Turkey club panini, Sunchips and coffee ice cream
February 11 ½ Tuna on multigrain, broccoli and dill soup and a butterscotch oatmeal cookie	February 12 Pulled pork, Greek pasta salad, garlic bread and cake	February 13 Quiche Lorraine, vegetarian white bean soup and a cookie	February 14 Chicken Kabob over rice and veggies and vanilla ice cream	February 15 Tomato, pesto mozzarella panini, bbq chips and chocolate pudding
February 18 The COA is closed and the bus will not run.	February 19 Chicken Caesar salad and an oatmeal cookie	February 20 ½ Roasted chicken on multigrain, chicken rice soup and a cookie	February 21 Steak tips over vegetables and a chocolate muffin	February 22 American chop suey and a chocolate cupcake
February 25 Chicken pot pie, carrot ginger soup and a butterscotch oatmeal cookie	February 26 Chicken broccoli ziti and ice cream	February 27 ½ Tuna on multigrain, vegetarian split pea soup and a chocolate chip cookie	February 28 Salmon over rice pilaf and a peanut butter cookie	

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.com





Free Friday Movies at the Wellesley Council on Aging

February 2019

Movies start at 1:15 p.m.

February 1: No Movie will be shown today.

Celebrating Chinese New Year will be held from 1:30pm - 2:30pm. For a more detailed description of this offering, please refer to page 5 in the newsletter.

February 8: Black Panther (2018) 2hrs. 15mins. Movie ends at 3:30pm.

After the death of his father, T'Challa returns home to the African nation of Wakanda to take his rightful place as king. When a powerful enemy suddenly reappears, T'Challa's mettle as king -- and as Black Panther -- gets tested when he's drawn into a conflict that puts the fate of Wakanda and the entire world at risk. Faced with treachery and danger, the young king must rally his allies and release the full power of Black Panther to defeat his foes and secure the safety of his people.

February 15: Southside With You (2016) 1hr. 26mins. Movie ends at 2:41pm.

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

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

2hrs. 4mins. Movie ends at 3:19pm.

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