











## WELLESEY COUNCIL ON AGING SENIOR LUNCH PROGRAM

### March 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.**

 = Piano Musical Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>March 1</b> Turkey delight, Potato chips, chocolate chip cookie
<b>March 4</b>  ½ Roasted chicken on multigrain, split pea soup and a chocolate chip oatmeal cookie	<b>March 5</b> Turkey club panini and coffee ice cream	<b>March 6</b>  Spinach and feta quiche, ½ garden salad and a chocolate chip cookie	<b>March 7</b> Pulled pork, Greek pasta salad, garlic bread cake	<b>March 8</b> Salmon over field green salad and chocolate ice cream
<b>March 11</b> ½ Tuna on multigrain, broccoli dill soup and a butterscotch oatmeal cookie	<b>March 12</b>  Steak tips over veggies and a chocolate muffin	<b>March 13</b> Chicken pot pie, ½ garden salad and a chocolate chip cookie	<b>March 14</b> Salmon over rice pilaf and veggies and a peanut butter cookie	<b>March 15</b> Pasta primavera, bread and coffee ice cream
<b>March 18</b> ½ Turkey on multigrain, chicken noodle soup and a blueberry muffin	<b>March 19</b>  Chicken broccoli ziti and ice cream	<b>March 20</b>  Chicken tarragon on multigrain, vegetarian bean soup and a chocolate chip oatmeal cookie	<b>March 21</b> Chicken kabob over rice and veggies and vanilla ice cream	<b>March 22</b> Tomato pesto mozzarella panini, bbq chips and chocolate pudding
<b>March 25</b>  ½ Roasted chicken on multigrain, carrot ginger soup and a butterscotch cookie	<b>March 26</b>  Turkey delight, Potato chips, chocolate chip cookie	<b>March 27</b> ½ Ham and Swiss on multigrain, vegetarian split pea soup, chocolate chip cookie	<b>March 28</b> Salmon over field green salad and chocolate ice cream	<b>March 29</b> Tuna salad and coffee ice cream

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](http://www.wellesleyfriendscoa.com)





## **Free Friday Movies at the Wellesley Council on Aging** **March 2019**

**Movies start at 1:15 p.m.**

**March 1: First Man (2018) 2 hrs. 22 mins. Movie ends at 3:37pm.**

On the heels of their six-time Academy Award®-winning smash, La La Land, Oscar®-winning director Damien Chazelle and star Ryan Gosling reteam for Universal Pictures' First Man, the riveting story of NASA's mission to land a man on the moon, focusing on Neil Armstrong and the years 1961-1969. A visceral, first-person account, based on the book by James R. Hansen, the movie will explore the sacrifices and the cost—on Armstrong and on the nation—of one of the most dangerous missions in history. Written by Academy Award® winner Josh Singer (Spotlight), the drama is produced by Wyck Godfrey & Marty Bowen (The Twilight Saga, The Fault in Our Stars) through their Temple Hill Entertainment banner, alongside Chazelle and Gosling. Isaac Klausner (The Fault in Our Stars) executive produces. DreamWorks Pictures co-finances the film.

**March 8: Wind River (2017) 1 hr. 50 mins. Movie ends at 3:05pm.**

Cory Lambert is a wildlife officer who finds the body of an 18-year-old woman on an American Indian reservation in snowy Wyoming. When the autopsy reveals that she was raped, FBI agent Jane Banner arrives to investigate. Teaming up with Lambert as a guide, the duo soon find that their lives are in danger while trying to solve the mystery of the teen's death.

**March 15: No Movie will be shown today.**

St. Patrick's Day Celebration will be held from 2:45 p.m. – 3:45 p.m. For a more detailed description of this offering, please refer to page 5 in the newsletter.

**March 22: Crazy Rich Asians (2018) 2 hrs. 1 min. Movie ends at 3:16 pm.**

Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend's wedding in Singapore. She's also surprised to learn that Nick's family is extremely wealthy and he's considered one of the country's most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far, far worse -- Nick's disapproving mother.

**March 29: Can you Ever Forgive Me (2018) 1 hr. 47 mins. Movie ends at 3:02 pm.** Celebrity biographer Lee Israel makes her living profiling the likes of Katharine Hepburn, Tallulah Bankhead, Estee Lauder and journalist Dorothy Kilgallen. When Lee is no longer able to get published because she has fallen out of step with current tastes, she turns her art form to deception, abetted by her loyal friend Jack.