









WELLESLEY COUNCIL ON AGING SENIOR LUNCH PROGRAM

January 2020

Join us for lunch from Express Gourmet of Wellesley (Tuesdays, Thursdays, Fridays) and Wellesley Bakery (Wednesdays). Guests are charged \$4.00 per meal and must sign-up no later than 9:30 a.m. the day prior. Note: Non-residents and 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

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: center;"><u>January 1</u></p> <p>The COA is closed and the bus will not run. Happy New Year!</p>	<p style="text-align: center;"><u>January 2</u></p> <p>Chicken pot pie and a chocolate chip cookie</p>	<p style="text-align: center;"><u>January 3</u></p> <p>Beef Stew over Rice and a Brownie</p>
<p style="text-align: center;"><u>January 7</u></p> <p>Turkey, gravy, mashed potatoes, green beans and a brownie</p>	<p style="text-align: center;"><u>January 8</u> </p> <p>½ Chicken on multigrain + small chicken vegetable soup + Mini muffin</p>	<p style="text-align: center;"><u>January 9</u> </p> <p>Steak tips over vegetables and a chocolate muffin</p>	<p style="text-align: center;"><u>January 10</u></p> <p>Chicken kabob over rice and veggies and an oatmeal cookie</p>
<p style="text-align: center;"><u>January 14</u></p> <p>Chicken Cordon Bleu Mashed Potatoes and Cheesecake</p>	<p style="text-align: center;"><u>January 15</u> </p> <p>½ Chicken tarragon on multigrain + small chicken lemon rice soup + Butterscotch oatmeal cookie</p>	<p style="text-align: center;"><u>January 16</u> </p> <p>American chop suey and a chocolate cupcake</p>	<p style="text-align: center;"><u>January 17</u></p> <p>Chicken broccoli ziti and ice cream</p>
<p style="text-align: center;"><u>January 21</u></p> <p>Pork Fried Rice and cheesecake</p>	<p style="text-align: center;"><u>January 22</u> </p> <p>Quiche Lorraine + small carrot ginger soup + chocolate chip oatmeal cookie</p>	<p style="text-align: center;"><u>January 23</u> </p> <p>Salmon over rice pilaf, veggies and a peanut butter cookie</p>	<p style="text-align: center;"><u>January 24</u></p> <p>Chicken Fried Rice and a chocolate cupcake</p>
<p style="text-align: center;"><u>January 28</u></p> <p>Beef Stew, Mashed Potatoes and Cheesecake</p>	<p style="text-align: center;"><u>January 29</u></p> <p>½ Tuna on multigrain + small chicken noodle soup Butterscotch cookie</p>	<p style="text-align: center;"><u>January 30</u></p> <p>Turkey, gravy, mashed potatoes, green beans and a brownie</p>	<p style="text-align: center;"><u>January 31</u></p> <p>Eggplant Parmesan over Ziti and Chocolate Chip Cookie</p>

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

January 2020

Movies start at 1:15 p.m.

January 3: Jiro Dreams of Sushi – PG - 2011 · Documentary - 1h 23m (ends at 2:40 p.m.)

This delectable documentary profiles sushi chef Jiro Ono, an 85-year-old master whose 10-seat, \$300-a-plate restaurant is legendary among Tokyo foodies. Ono is also a father, whose sons struggle to live up to his legacy and make their own marks.

January 10: Rocketman - R - 2019 · Biography/Fantasy - 2h 1m (ends at 3:20)

This one-of-a-kind musical biopic embarks on the spectacular journey of Elton John in his rise to fame. With incredible performances of Elton's most beloved songs, discover how a small-town boy became one of the most iconic figures in rock & roll.

January 17: The Farewell - PG - 2019 · Drama/Comedy-drama - 1h 40m (ends at 3:00 p.m.)

Billi's family returns to China under the guise of a fake wedding to stealthily say goodbye to their beloved matriarch -- the only person that doesn't know she only has a few weeks to live.

January 24: Matilda - PG - 1996 · Fantasy/Comedy - 1h 42m (ends at 3:00 p.m.)

This film adaptation of a Roald Dahl work tells the story of Matilda Wormwood (Mara Wilson), a gifted girl forced to put up with a crude, distant father (Danny DeVito) and mother (Rhea Perlman). Worse, Agatha Trunchbull (Pam Ferris), the evil principal at Matilda's school, is a terrifyingly strict bully. However, when Matilda realizes she has the power of telekinesis, she begins to defend her friends from Trunchbull's wrath and fight back against her unkind parents.

January 31: A Dog's Way Home - PG -2019· Drama/Adventure - 1h 37m (ends at 2:55 p.m.)

As a puppy, Bella finds her way into the arms of Lucas, a young man who gives her a good home. When Bella becomes separated from Lucas, she soon finds herself on an epic 400-mile journey to reunite with her beloved owner. Along the way, the lost but spirited dog touches the lives of an



orphaned mountain lion, a down-on-his-luck veteran and some friendly strangers who happen to cross her path.

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