



WELLESLEY COUNCIL ON AGING SENIOR LUNCH PROGRAM MARCH 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><u>March 3</u></p> <p>LUNCH WILL NOT BE SERVED DUE TO VOTING</p> | <p><u>March 4</u> 🎵</p> <p>½ Turkey club rollup + small chicken lemon rice soup + chocolate chip cookie</p> | <p><u>March 5</u> 🎵</p> <p>Chicken cordon bleu veggies and coffee ice cream</p> | <p><u>March 6</u> 🎵</p> <p>Tuna salad on a bed of lettuce, chips and pudding</p> |
| <p><u>March 10</u> 🎵</p> <p>Roasted chicken, gravy, mashed potatoes, green beans and a brownie</p> | <p><u>March 11</u></p> <p>Quiche Lorraine + ½ garden salad + mini blueberry muffin</p> | <p><u>March 12</u> 🎵</p> <p>Meatloaf w/ mashed potatoes, corn and an oatmeal raisin cookie</p> | <p><u>March 13</u> 🎵</p> <p>Pasta Primavera and Tiramisu</p> |
| <p><u>March 17</u></p> <p>LUNCH WILL NOT BE SERVED DUE TO VOTING</p> | <p><u>March 18</u> 🎵</p> <p>½ Tuna on multigrain + small vegetarian split pea soup Chocolate chip oatmeal cookie</p> | <p><u>March 19</u> 🎵</p> <p>Chicken piccata over linguine and a chocolate cupcake</p> | <p><u>March 20</u> 🎵</p> <p>Salmon over rice pilaf and veggies and coffee ice cream</p> |
| <p><u>March 24</u> 🎵</p> <p>Chicken kabob over rice and veggies and mint chip ice cream</p> | <p><u>March 25</u></p> <p>½ Roasted chicken on multigrain + small vegetarian white bean soup + chocolate chip cookie</p> | <p><u>March 26</u></p> <p>Chicken pot pie and oreo ice cream</p> | <p><u>March 27</u> 🎵</p> <p>Eggplant parmesan over ziti and a chocolate chip cookie</p> |
| <p><u>March 31</u> 🎵</p> <p>Beef stew over rice pilaf and a brownie</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.com



Free Friday Movies at the Wellesley Council on Aging

March 2020

Movies start at 1:15 p.m.

March 6th - The Best of Enemies - PG-13 - 2019 · Drama/History - 2h 13m (ends at 3:35 p.m.)

The true story of the unlikely relationship between Ann Atwater, an outspoken civil rights activist, and C.P. Ellis, a local Ku Klux Klan leader. During the racially charged summer of 1971, Atwater and Ellis come together to co-chair a community summit on the desegregation of schools in Durham, N.C. The ensuing debate and battle soon lead to surprising revelations that change both of their lives forever.

March 13th - Judy - PG - 13 - 2019 - Music/Musical - 1h 58m (ends at 3:13 p.m.)

Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband.

March 20th - The Peanut Butter Falcon - PG-13 - 2019 - Action & Adventure 1h 33m (ends at 2:48 p.m.)

Zak, a young man with Down syndrome, runs away from a residential nursing home to fulfill his dream of attending the pro wrestling school of his idol, The Salt Water Redneck. On the road, Zak meets Tyler, a small-time outlaw who becomes Zak's unlikely coach and ally. Together, they set out on a wild, life-changing journey and try to convince Eleanor, a kind nursing-home employee charged with bringing Zak back, to join them.

March 27th - Finding Your Feet - PG-13 - 2017 · Drama/Melodrama 1h 54m (ends at 3:09 p.m.)

When "Lady" Sandra Abbott discovers that her husband of 40 years is having an affair with her best friend, she seeks refuge in London with her estranged, older sister Bif. The two could not be more different - Sandra is a fish out of water next to her outspoken, serial dating, free-spirited sibling. But different is just what Sandra needs at the moment, and she reluctantly lets Bif drag her along to a community dance class, where she starts finding her feet.

