



While the building is closed we are open online and by phone [www.wellesleycoa.org](http://www.wellesleycoa.org) 781.235.3961

### September/October 2020 Registration

Wellesley Residents: - Thursday, August 27th at 9:00 a.m.

Non-Wellesley Residents: - Friday, August 28th at 9:00 a.m.

All programs require pre-registration unless otherwise noted

PLEASE NOTE: Registration for Personal Training begins Thursday, August 27th at 9:00 a.m.

The mission of the Wellesley Council on Aging is to serve as the primary resource for residents over the age of 60; to empower individuals to reach their goals; to offer comprehensive programs, services, and assistance that optimize quality of life; and to enable meaningful connections and collaborations that inspire a spirit of community across generations in our town.

### How To Register:

There are two ways to register for programs:

1. Online through MyActiveCenter (<https://myactivecenter.com>)
2. By phone: 781-235-3961

**Please note:** Registration begins at 9:00 a.m. for all methods listed above. Online registration is available if you have an account with us and created a MyActiveCenter account.

**IMPORTANT:** For fee-based activities, you MUST pay at the time of registration (see chart below for accepted payment methods):

Registration Method	Form of Payment Accepted
MyActiveCenter	Credit Card
By Phone	Credit Card, Mail In Check (payable to Town of Wellesley)

**NOTE:** MyActiveCenter.com is a secure website (<https>) - It does not store credit card information. MySeniorCenter does not store credit card information.

The "Are You Ok?" program is a daily telephone reassurance program offered by the Sheriff's Office in partnership with Fallon Ambulance. Each morning, enrolled seniors receive a call to check on their well-being. If an individual fails to respond or requires assistance, staff notifies their family, and if necessary, local police and/or emergency services. This program is offered free of charge to Norfolk County residents and has saved the lives of a number of seniors.



The program is provided 365 days a year for seniors and people with disabilities. Calls are placed from 6am-10am daily at the time chosen by the individual. The automated call takes approximately 24 seconds and is monitored by a Norfolk Deputy Sheriff or Fallon Ambulance Staff. Individuals may determine how many days a week the call is placed and may suspend calls when they know they will be away from home. The monitoring of these calls is a great tool in determining the needs of an individual while at the same time allowing elderly residents living alone to have a sense of security knowing that a public safety professional is checking on their well-being.

Seniors interested in signing up for this no cost, potentially lifesaving, program are encouraged to contact 1-866-900-7865.



## Wellesley Council on Aging Staff:

Heather M. Munroe,  
Director of Senior Services

Kate Burnham,  
Health and Social Services Administrator

Amy Rose, Senior Activities Coordinator

Sarah Paglione, Activities Assistant

Andria DeSimone, Office Administrator

Roslyn Comenitz, Department Assistant

Sally Miller, Volunteer Coordinator

Rick Waldman, Bus Driver

Dana Wilson, Bus Driver

Richard Howell, Bus Driver

Dawnmarie Cole, Custodian, FMD

## Wellesley COA Board of Directors

Marlene Allen, Chair

Penny Lawrence, Vice Chair

Susan Rosefsky, Secretary

Lori Ferrante

Robert Ferrell

Lisa Heyison

Gerry Hume

Thomas Kealy

Tony Parker

Dianne Sullivan

Kathleen Vogel

## COA Board meeting dates

Meetings are currently being held online via Zoom, please contact the COA to participate in the Citizen Speak portion.

- Wednesday, September 16 at 1:00 p.m.
- Wednesday, October 21 at 1:00 p.m.

\* Additional meetings will be posted as needed.

Tolles Parsons Center  
Hours of Operation:  
Monday through Friday  
9:00 a.m. - 4:00 p.m.

The COA occasionally schedules events and/or trips outside of normal business hours.

781.235.3961

[www.wellesleycoa.org](http://www.wellesleycoa.org)  
[coa@wellesleyma.gov](mailto:coa@wellesleyma.gov)

# Program Information and Policies

## Age Policy

Priority is given to Wellesley residents age 60 and over. If space permits, non-Wellesley residents age 60 and over are welcome to participate. Individuals under age 60 are invited to participate if space permits. If a certain program is restricted to Wellesley residents only, it will be noted in the description. Please note that many of our programs require pre-registration.

## Program Cancellation

Programs that do not attain the minimum enrollment will be cancelled one business day in advance of the scheduled start date. Full tuition will be refunded. We reserve the right to reschedule or change classes. You will be called if your class is cancelled, otherwise, plan on attending.

## Make-up Classes

One potential make-up date will be agreed upon by instructors and staff for all fee-based programs that run several consecutive weeks. All students will have this information prior to registration. No refunds will be given if you cannot attend the make-up class. Make-up dates/times may differ from the regularly scheduled class day/time.

## Refund Policies

### Cancelled Class

Full Refund will be given for a cancelled class.

### Class Refunds

Refunds will be issued when COA staff is notified prior to the start of the second scheduled class. The refund amount will be equal to the total of the remaining classes. No exceptions will be made.

### One-time Only Program Refund

Refund minus a \$5.00 administrative fee if you notify the COA one business day prior.

### Program Specific Refund Policy

Please note that there may be a specific refund policy for a particular program. The specific policy information will be noted in the program description.

**Please Note:** Although we make every effort to ensure that the information in our newsletter is accurate, there are times when we inadvertently leave something out or make an error, or information has changed since the publishing date. Please feel free to call us at (781) 235-3961 to verify any information.

For questions or help call  
the COA: 781-235-3961

## Participant Photograph Policy

Periodically, the COA photographs/videotapes program participants for promotional use. Unless participants inform us of their desire not to be photographed, the COA may use photographs/videotapes for promotional purposes.

**These policies are subject to revision and will be reviewed at least annually.**

## COA BUS

To schedule a ride, starting August 2020, please call MWRTA Reservation Call Center 508-820-4650.

## Friendly Reminders!

**Scholarship Funds Available:**  
Funds may be available to subsidize or pay for COA classes, activities or trips for Wellesley residents. Call Kate Burnham for more information.

**ONE SMALL  
POSITIVE THOUGHT  
IN THE MORNING  
CAN CHANGE YOUR  
WHOLE DAY**



# A Note from the Director, Heather M. Munroe

***“The only way to make sense out of change is to plunge into it, move with it, and join the dance.” –Alan Watts***



Happy Autumn! We often think of fall as a time of change, and luckily that is one thing that remains true this year. We look forward to working with all of you as we continue down the ever changing future of the Council on Aging.

It is hard to believe that we are already preparing our fall 2020 Newsletter. We have been in an odd weather pattern as of late, hot weather coupled with rainy days followed by cool weather. It seems like it is a constant challenge to determine what season it is, and now we are bracing to enter into the next one. As September approaches, it will be interesting to see how different this year will be compared with prior years with constant changes and challenges, along with what services and operations will return.

Here at the Tolles Parsons Center, we have been working closely with Town Officials, the Board of Health, and keeping apprised of State, Massachusetts Council on Aging (MCOA), and Executive Office of Elder Affairs (EOEA) updates on the pandemic. As we provide services to our most vulnerable population, we are proceeding with caution in considering which programs can resume, and if so, when. We have received numerous inquiries as to what our programming will look like in the fall and if there will be opportunities for in-person services. Many COA's are pondering the same questions as we are: Can we open? Is it safe? How do we keep our patrons and staff safe? At this time, we will continue to offer all of our courses and programs remotely and will continue to re-evaluate the situation as things evolve.

Our team has been successful at bringing excellent programs to all of you in a remote format for the past few months, and we would like to continue to enhance those offerings as the fall approaches. Amy and Sarah have done an amazing job with our September/October line-up of programs, including the addition of evening programming and new television content. We have actually found that we are able to accommodate more patrons in our exercise classes than we had previously been able to do when we held classes in person and many patrons continue to participate when they are out of town; in the past, we used to experience lulls during up-and-down times during the balance of the year. We are very excited about our course offerings this fall. We hope to expand the audience we reach with the continued addition of television programming.

Since the beginning of July, we have taken a renewed approach to customer service. We have come together as a team to staff the TPC adequately to answer all phone calls and emails that come through. We are now able to reach all of our patrons whom are registered on My Senior Center/My Active Center through emails with our news blasts that Amy sends out weekly and we are working with My Senior Center to provide automated email links to those who sign up for our programs.

As we continue to operate remotely, we are working to better reach those whom we may be missing with our online programming. We are excited to launch our pilot Phone Pal program where we will connect isolated patrons with dedicated volunteers to commit to a regular weekly phone call.

As things change and we have updates to share, we will be connecting with our patrons through weekly email blasts and updates to our website. If you are unable to connect electronically, please let us know so we can work on a means of communication to stay connected.

Sincerely,  
Heather M. Munroe (Budrewicz)

# Social distancing

“Social distancing” is an unfortunate term. When the country shut down, we were all told to practice social distancing. What we were *really* being asked to do is to practice *physical* distancing, an obvious necessity during the pandemic. Socialization, on the other hand, is more dependent on our personal networks and living conditions. Here at the Wellesley COA, the board and staff immediately recognized the challenges of helping our older population, especially those who live alone and those without families or other support systems nearby, through this period of both physical and social distancing.

Every challenge is also an opportunity. It forces a different perspective on what we do, what we don't do, and the possibilities we never considered before. We learn to adapt and even grow through challenges.

Working both alone and with other resources, we continued to offer most social services. The staff developed programs on Zoom to help keep our patrons both active and engaged. Recognizing that those without Internet were still shut out, and with the cooperation of Wellesley Media, we added televised programs. Programming continues to be added for both Internet and television platforms. Communication and customer service are being improved. Our new transportation partnership with MetroWest Regional Transit Authority (MWRTA) has begun and will improve our service. What remains as our greatest challenge, however, is socialization. We are planning to introduce at least one new permanent program to build a framework of connections to those who are more isolated. In the meantime, it is hoped each of us will reach out regularly to someone more severely isolated. In giving this way, we also receive.

As of this writing, our building and grounds are closed to all but staff. We are connected to local and state officials and organizations that will inform us as to when and how we can start to open. Program planning occurs at least two to three months in advance of the start of a cycle. Recognizing that our population is the most vulnerable, we will continue planning for 100% virtual platforms until we are cleared to open.

It has been a crazy, atypical year with almost all new staff, several new board members, and the pandemic. We are thrilled with the arrival July 1st of Heather Munroe, our new Director of Senior Services, and are looking forward to filling the assistant director position soon. Through it all, our staff and board remain deeply committed to serve our older population. We are moving ahead!

**Marlene Allen**  
COA Board Chair

***The COA Board can be reached via email at  
coa@wellesleyma.gov.***





Tune into Wellesley Media Community Channel Comcast 9 or Verizon 39

Monday 2:00 p.m. Wednesday 6:00 p.m. Thursday 8:00 p.m. Saturday 11:00 a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>August 31</b></p> <p>10:00 - 12:30 Watercolor Techniques Online 1:00 - 2:00 Zumba Gold Online 1:30 - 2:30 Pilates Online 2:00 - 3:00 Wellesley Media - TV</p>	<p><b>1</b></p> <p>9:00 - 10:30 Mixed Yoga Online 10:00 - 11:15 Conversational German Online 11:00 - 12:30 Mixed Yoga Online 11:00 - 12:00 T'ai Chi Mini Routines Online 1:00 - 2:15 Conversational French Online</p>	<p><b>2</b></p> <p>9:15 - 9:45 Cardio Sculpt Online 6:00 - 7:00 Wellesley Media - TV</p>	<p><b>3</b></p> <p>9:15 - 10:00 Seated Strength &amp; Balance Online 10:00 - 11:00 Mindful Living Online 11:30 - 12:30 Pilates Online 12:45 - 3:45 Personal Training Online 8:00 - 9:00 Wellesley Media - TV</p>	<p><b>4</b></p> <p>9:30 - 10:30 Qi Gong Online 10:30 - 11:30 La Blast Online 1:00 - 2:15 Conversational French Online 2:00 - 3:00 BINGO Online</p>
<p><b>7</b></p> <p><b>The Tolles Parsons Center is CLOSED in observance of Labor Day. No online activities</b></p>	<p><b>8</b></p> <p>9:00 - 10:30 Mixed Yoga Online 10:00 - 11:15 Conversational German Online 10:30 - 12:00 Art Making Online 11:00 - 12:30 Mixed Yoga Online 11:00 - 12:00 T'ai Chi Mini Routines Online 12:45 - 3:45 Personal Training Online 1:00 - 2:15 Conversational French Online 1:30 - 2:30 Planning for Medicare Presentation</p>	<p><b>9</b></p> <p>9:15 - 9:45 Cardio Sculpt Online 12:00 - 1:00 Piano Hour Online 1:00 - 2:00 Chair Yoga Online 1:00 - 3:15 Personal Training Online 2:30 - 3:30 Gentle Yoga Online 3:00 - 4:00 Fiddler on the Roof: Family Relationships 6:00 - 7:00 Wellesley Media - TV</p>	<p><b>10</b></p> <p>9:15 - 10:00 Seated Strength &amp; Balance Online 10:00 - 11:00 Mindful Living Online 11:30 - 12:30 Pilates Online 12:45 - 3:45 Personal Training Online 1:30 - 2:30 Sleeping Well Presentation Online 7:00 - 8:00 History of Plagues, Pestilence, and Pandemics Evening Presentation 8:00 - 9:00 Wellesley Media - TV</p>	<p><b>11</b></p> <p>9:30 - 10:30 Qi Gong Online 10:30 - 11:30 La Blast Online 1:00 - 2:15 Conversational French Online 2:00 - 3:00 Tea and TableTopics Online</p>
<p><b>14</b></p> <p>10:00 - 12:30 Watercolor Techniques Online 10:30 - 11:30 TED Talk Online Discussion 1:00 - 3:15 Personal Training Online 1:00 - 2:00 Zumba Gold Online 1:30 - 2:30 Pilates Online 2:30 - 3:30 Author Tom Keating Online Presentation 2:00 - 3:00 Wellesley Media - TV</p>	<p><b>15</b></p> <p>9:00 - 10:30 Mixed Yoga Online 10:00 - 11:15 Conversational German Online 10:30 - 12:00 Art Making Online 11:00 - 12:30 Mixed Yoga Online 11:00 - 12:00 T'ai Chi Mini Routines Online 12:45 - 3:45 Personal Training Online 1:00 - 2:15 Conversational French Online 2:00 - 3:00 Preserving Mental Health When Social Distancing Online Presentation</p>	<p><b>16</b></p> <p>9:15 - 9:45 Cardio Sculpt Online 1:00 - 2:30 Shakespeare Discussion Group Online 1:00 - 2:00 Chair Yoga Online 1:00 - 3:15 Personal Training Online 1:00 - 3:00 COA Board Meeting Online 1:30 - 2:00 Musical Lecture with Frank King – Dinah Shore 2:30 - 3:30 Gentle Yoga Online 6:00 - 7:00 Wellesley Media - TV</p>	<p><b>17</b></p> <p>9:15 - 10:00 Seated Strength &amp; Balance Online 10:00 - 11:00 Mindful Living Online 11:30 - 12:30 Pilates Online 12:45 - 3:45 Personal Training Online 1:30 - 2:30 Talk Radio and a Look at Media in 2020 with Jordan Rich Online Presentation 8:00 - 9:00 Wellesley Media - TV</p>	<p><b>18</b></p> <p>9:30 - 10:30 Qi Gong Online 10:30 - 11:30 La Blast Online 1:00 - 2:15 Conversational French Online 2:00 - 3:00 Online Trivia</p>
<p><b>21</b></p> <p>10:00 - 12:30 Watercolor Techniques Online 10:30 - 11:30 Coffee and Conversations Online 1:00 - 3:15 Personal Training Online 1:00 - 2:00 Zumba Gold Online 1:30 - 2:30 Pilates Online 2:00 - 3:00 Wellesley Media - TV</p>	<p><b>22</b></p> <p>9:00 - 10:30 Mixed Yoga Online 10:00 - 11:15 Conversational German Online 10:30 - 12:00 Art Making Online 11:00 - 12:30 Mixed Yoga Online 11:00 - 12:00 T'ai Chi Mini Routines Online 12:45 - 3:45 Personal Training Online 1:00 - 2:15 Conversational French Online 3:00 - 4:00 Harp For a Harmonious Fall Online</p>	<p><b>23</b></p> <p>9:15 - 9:45 Cardio Sculpt Online 12:00 - 1:00 Piano Hour Online 1:00 - 2:00 Chair Yoga Online 1:00 - 3:15 Personal Training Online 2:30 - 3:30 Gentle Yoga Online 2:30 - 3:30 Cold War Part One Online Presentation 6:00 - 7:00 Wellesley Media - TV</p>	<p><b>24</b></p> <p>9:15 - 10:00 Seated Strength &amp; Balance Online 10:00 - 11:00 Mindful Living Online 11:30 - 12:30 Pilates Online 12:00 - 1:00 Current Events Discussion Online 12:45 - 3:45 Personal Training Online 1:30 - 2:30 Short Skirts, Oh My! History of Women's Rights Online Presentation 8:00 - 9:00 Wellesley Media - TV</p>	<p><b>25</b></p> <p>9:30 - 10:30 Qi Gong Online 10:30 - 11:30 La Blast Online 1:00 - 2:15 Conversational French Online 2:00 - 3:00 Antiques Roadshow Online</p>
<p><b>28</b></p> <p>10:00 - 12:30 Watercolor Techniques Online 10:30 - 11:30 Chicken Soup for the Soul Online 1:00 - 3:15 Personal Training Online 1:00 - 2:00 Zumba Gold Online 1:30 - 2:30 Pilates Online 2:30 - 3:30 Author Talk - Rose Grant Online 2:00 - 3:00 Wellesley Media - TV</p>	<p><b>29</b></p> <p>9:00 - 10:30 Mixed Yoga Online 10:00 - 11:15 Conversational German Online 10:30 - 12:00 Art Making Online 11:00 - 12:30 Mixed Yoga Online 11:00 - 12:00 T'ai Chi Mini Routines Online 12:45 - 3:45 Personal Training Online 1:00 - 2:15 Conversational French Online</p>	<p><b>30</b></p> <p>9:15 - 9:45 Cardio Sculpt Online 1:00 - 2:00 Chair Yoga Online 1:00 - 3:15 Personal Training Online 2:30 - 3:30 Gentle Yoga Online 2:30 - 3:30 Cold War Part Two Online Presentation 6:00 - 7:00 Wellesley Media - TV</p>	<h1>September 2020</h1>	



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>October 2020</h1>			<b>1</b>	<b>2</b>
			9:15 - 10:00 Seated Strength & Balance Online 10:00 - 11:00 Mindful Living Online 11:30 - 12:30 Pilates Online 12:45 - 3:45 Personal Training Online 8:00 - 9:00 Wellesley Media - TV	9:30 - 10:30 Qi Gong Online 10:30 - 11:30 La Blast Online 1:00 - 2:15 Conversational French Online 1:30 - 2:30 Fire Safety Presentation Online
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
10:00 - 12:30 Watercolor Techniques Online 10:30 - 11:30 Exercise Your Mind Online 1:00 - 3:15 Personal Training Online 1:00 - 2:00 Zumba Gold Online 1:30 - 2:30 Pilates Online 2:00 - 3:00 Wellesley Media - TV	9:00 - 10:30 Mixed Yoga Online 10:00 - 11:15 Conversational German Online 10:30 - 12:00 Art Making Online 11:00 - 12:30 Mixed Yoga Online 11:00 - 12:00 T'ai Chi Mini Routines Online 12:45 - 3:45 Personal Training Online 1:00 - 2:15 Conversational French Online 2:00 - 3:00 SHINE Informational Session Online	9:15 - 9:45 Cardio Sculpt Online 1:00 - 2:00 Chair Yoga Online 1:00 - 3:15 Personal Training Online 2:30 - 3:30 Gentle Yoga Online 2:30 - 3:30 Cold War Part Three Online Presentation 6:00 - 7:00 Wellesley Media - TV	9:15 - 10:00 Seated Strength & Balance Online 10:00 - 11:00 Mindful Living Online 11:30 - 12:30 Pilates Online 12:45 - 3:45 Personal Training Online 1:30 - 2:30 The Golden Ages of Television with Jordan Rich 3:00 - 4:00 Mashpee Wampanoag Cultural Presentation Online 8:00 - 9:00 Wellesley Media - TV	9:30 - 10:30 Qi Gong Online 10:30 - 11:30 La Blast Online 10:30 - 11:30 Care Proxy, Five Wishes Online 1:00 - 2:15 Conversational French Online 2:00 - 3:00 Tea & TableTopics Online
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>The Tolles Parsons Center is CLOSED in observance of Columbus Day.  No online activities</b>	9:00 - 10:30 Mixed Yoga Online 10:00 - 11:15 Conversational German Online 10:30 - 12:00 Art Making Online 11:00 - 12:30 Mixed Yoga Online 11:00 - 12:00 T'ai Chi Mini Routines Online 12:45 - 3:45 Personal Training Online 1:00 - 2:15 Conversational French Online 2:00 - 3:00 Mental Health when Social Distancing Online Presentation	9:15 - 9:45 Cardio Sculpt Online 12:00 - 1:00 Piano Hour Online 1:00 - 2:30 Shakespeare Discussion Group Online 1:00 - 2:00 Chair Yoga Online 1:00 - 3:15 Personal Training Online 2:30 - 3:30 Gentle Yoga Online 2:30 - 3:30 Cold War Part Four Online Presentation 6:00 - 7:00 Wellesley Media - TV	9:15 - 10:00 Seated Strength & Balance Online 10:00 - 11:00 Mindful Living Online 11:30 - 12:30 Pilates Online 12:45 - 3:45 Personal Training Online 8:00 - 9:00 Wellesley Media - TV	9:30 - 10:30 Qi Gong Online 10:30 - 11:30 La Blast Online 1:00 - 2:15 Conversational French Online 2:00 - 3:00 Scattergories Online
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
10:00 - 12:30 Watercolor Techniques Online 10:30 - 11:30 TED Talk Discussion Online 1:00 - 3:15 Personal Training Online 1:00 - 2:00 Zumba Gold Online 1:30 - 2:30 Pilates Online 2:00 - 3:00 Wellesley Media - TV 7:00 - 8:00 Bay State Phantoms Online Presentation	9:00 - 10:30 Mixed Yoga Online 10:00 - 11:15 Conversational German Online 10:30 - 12:00 Art Making Online 11:00 - 12:30 Mixed Yoga Online 11:00 - 12:00 T'ai Chi Mini Routines Online 12:45 - 3:45 Personal Training Online 1:00 - 2:15 Conversational French Online 2:30 - 3:30 Larz Anderson Auto Museum Virtual Tour Online	9:15 - 9:45 Cardio Sculpt Online 1:00 - 3:15 Personal Training Online 1:00 - 2:00 Chair Yoga Online 1:00 - 3:00 COA Board Meeting Online 2:30 - 3:30 Gentle Yoga Online 6:00 - 7:00 Wellesley Media - TV	9:15 - 10:00 Seated Strength & Balance Online 10:00 - 11:00 Mindful Living Online 11:30 - 12:30 Pilates Online 12:00 - 1:00 Current Events Discussion Online 12:45 - 3:45 Personal Training Online 3:00 - 4:00 The End of a Good Feeling: Electoral Crisis Online Presentation 8:00 - 9:00 Wellesley Media - TV	9:30 - 10:30 Qi Gong Online 10:30 - 11:30 La Blast Online 1:00 - 2:15 Conversational French Online 2:30 - 3:45 Narragansett Beer Online Program, Tour and Tasting!
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
10:00 - 12:30 Watercolor Techniques Online 10:30 - 11:30 Book Idea Exchange Online 1:00 - 3:15 Personal Training Online 1:00 - 2:00 Zumba Gold Online 1:30 - 2:30 Pilates Online 2:00 - 3:00 Wellesley Media - TV	9:00 - 10:30 Mixed Yoga Online 10:00 - 11:15 Conversational German Online 10:30 - 12:00 Art Making Online 11:00 - 12:30 Mixed Yoga Online 12:45 - 3:45 Personal Training Online 1:00 - 2:15 Conversational French Online 1:00 - 2:00 Harvey Leonard Online Discussion and Q & A	9:30 - 11:30 Registration for November - December Programs and Events - Wellesley Residents 12:00 - 1:00 Piano Hour Online 1:00 - 3:15 Personal Training Online 1:30 - 2:30 Musical Lecture with Frank King - Les Paul & Mary Ford Online Presentation 6:00 - 7:00 Wellesley Media - TV	9:30 - 11:30 Registration for November - December Programs and Events 8:00 - 9:00 Wellesley Media - TV	

# Special Events *free online presentations*

**Mindful Living Online Instructor: Lisa Campbell**  
**Thursdays, September 3 – October 22**  
**8 weeks, 11:00 a.m. – 12:00 p.m.**

Would you like to have more peace, happiness, and joy in your life? Would you like to experience less stress and better health? Let Lisa Campbell, certified meditation and mindfulness teacher, show you that what you seek is already within you. Each week we laugh, share mindful insights, practice different meditation and mindfulness techniques (including a practice that the Alzheimer's Foundation recommends for boosting brain function), as well as easy techniques you can use anytime and anywhere to help keep you feeling well.

**Piano Hour**  
**Wednesdays, September 9th, September 23rd ,**  
**October 14th and October 28th**  
**12:00p.m. – 1:00 p.m.**  
**Jacquie Van Haelst**

Those familiar with lunch at the Tolles Parsons Center know we have the good fortune of volunteers to play the piano for patrons during this hour. Jacquie Van Haelst, Newton resident and COA Volunteer (Conversational French Facilitator) will provide us with an online musical lunch via Zoom. Please join us at noon on these dates for a lunchtime concert with Jacquie.

**Planning for Medicare**  
**Tuesday, September 8th**  
**1:30 p.m. – 2:30 p.m.**  
**Blue Cross & Blue Shield**

'Planning for Medicare' is a presentation led by a Blue Cross Blue Shield of Massachusetts Senior Plan Consultant. This presentation is directed toward individuals approaching Medicare eligibility. Topics include health insurance after employer coverage, an explanation of Medicare, the Medicare eligibility and enrollment timelines, and additional plans such as Medigap, Medicare Advantage and Part D drug coverage. We discuss direct pay plans available to early retirees, and COBRA.

**Fiddler on the Roof: Family Relationships**  
**Wednesday, September 9th**  
**3:00 p.m. – 4:00 pm.**  
**Debi Block**

Fiddler on the Roof is based on Yiddish author and playwright Sholom Aleichem's "Tevya and his Daughters" which he started writing in 1894. The story centers on Tevya, the father of five, who must cope with the strong willed actions of his three older daughters, each one's choice of husband pushes him further away from the customs of his religious traditions in the small Russian village of Anatevka. We will discuss 6-8 scenes including "Tradition," and "Matchmaker: After discussing these scenes, participants will consider: Is or was there a "Tevya" in your family: Have you ever had to compromise your beliefs because your child challenged them? What do you think of the idea of a "matchmaker?" Were any of your family members matched up? Does a dating service serve the same purpose? Singing is encouraged with muted mics -ZOOM does not like singing all together!

**Sleeping Well – Tips for a Better Sleep**  
**Thursday, September 10th**  
**1:30 p.m. – 2:30 p.m.**  
**Robb Webb, RPSGT, RST Sleep Lab Manager**

Do you chronically have trouble getting a good night's rest? Do you wake up feeling un-refreshed? An estimated 50-70 million US adults have sleep or wakefulness disorders. Join Robb Webb, RPSGT, RST Sleep Lab Manager, MetroWest Sleep Disorders Center, MetroWest Medical Center as he talks about the causes of sleep difficulties, how to identify them, and treatment/procedures to help you get back on track with a healthier life!

**We All Fall Down: A Brief History of**  
**Plagues, Pestilence, and Pandemics**  
**Thursday, September 10th**  
**7:00 p.m. – 8:00 p.m.**  
**Paolo DiGregorio**

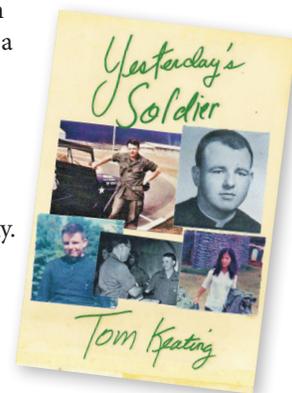
**SPECIAL**  
**EVENING**  
**PROGRAM**

Life in the 21st century has come to a virtual standstill due to a global pandemic. Yet, this is not the first instance of disease impacting global civilization. In fact, throughout human history, infectious diseases have impacted and shaped societies and cultures. Empires have fallen and civilizations have declined due to destructive epidemics and pandemics. This lecture will examine several of these episodes. Mr. DiGregorio is a Visiting Lecturer in the History Department at Bridgewater State University (Bridgewater, MA) and an Instructor in the Anthropology Department at Wheaton College (Norton, MA). Additionally, he has several years of experience as a Park Ranger with the National Park Service and as a professional archaeologist.



**Meet the Author – Veteran Tom Keating**  
**Monday, September 14th**  
**2:30 p.m. – 3:30 p.m.**

"Yesterday's Soldier" is a different Vietnam War memoir. Packed into this tidy book is the story of a young man's coming of age in troubled times. The author, after years of studying for the priesthood in a religious seminary, leaves and is quickly exposed to the Selective Service. His belief in God and his country inspired him to enlist in the US Army during the Vietnam War, and he proceeds through the Army's infantry training cycle of weapons and war tactics, which clash with his years of prayer. His faith and his ideals cause him to struggle with being trained to kill, and so he becomes a conscientious objector. He survives the Army's systematic punishment ("the Treatment") during the long months of waiting for a decision in his case as he defies the will of his family, his church, and faces criminal charges by the US Army. "Yesterday' Soldier" is his story of that journey from prayer to war.



**Preserving Mental Health When Social Distancing**  
**Tuesday, September 15th**  
**2:00 p.m. – 3:00 p.m.**  
**Kate O'Donnell, LICSW**

Feeling stressed, lonely or uneasy recently? Join Kate O'Donnell LICSW, Weston's Law Enforcement Clinical Support Program Clinician, in a Zoom discussion. She will describe the challenges brought on by social distancing, and give examples of ways to cope.

**Musical Lecture – Dinah Shore**  
**Wednesday, September 16th**  
**1:30 p.m. – 2:30 p.m.**  
**Frank King**

Frank King's lecture will focus on the life and songs of the great Dinah Shore. This will include her amazing string of top-charting songs from her 50-year career, as well as the highlights of her interesting personal life: growing up in the only Jewish family in her small home town in Tennessee; winning an early battle with polio; her two marriages; and many romances, most famously with Burt Reynolds - 20 years her junior. Mr. King holds a Masters in Broadcasting from Boston University and a BA from Princeton. A lifelong devotee of recorded music, he formerly hosted music programs on WBUR radio. His lectures draw from the music and art from his personal collection of over 2400 record albums.

**Talk Radio and a Look at Media in 2020**  
**Thursday, September 17th**  
**1:30 p.m. – 2:30 p.m.**  
**Jordan Rich**

An examination of local and national news/talk both on radio and television. How has media changed over the years? What about media bias? Where do people get their information? Also, a behind the scenes look at talk radio from Jordan Rich, who has been in the business for decades.

**Harp for a Harmonious Fall**  
**Tuesday, September 22nd**  
**3:00 p.m. – 4:00 p.m.**  
**Harpist, Mary King and Mindfulness Instructor, Angela Cote**

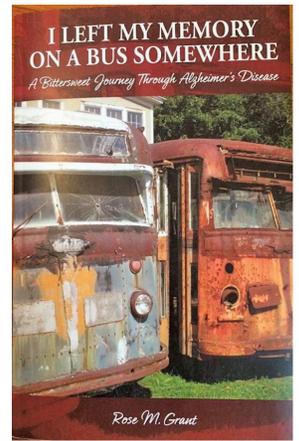
Harp for a Harmonious Fall is a special event to welcome in the new season of fall. Join Harpist, Mary King and Mindfulness Instructor, Angela Cote for a relaxing and refreshing experience. Each participant will sit comfortably while listening to the gentle, soothing and warming sounds of the harp while being verbally guided into relaxation through the body and breath. Allow the music of the harp to create a pleasing expression and harmony for the body and mind while opening to greater peace, love, blessings, joy and hope.

**Short Skirts, Oh My! History of Women's Rights**  
**Thursday, September 24th**  
**1:30 pm. – 2:30 p.m.**  
**Anne Barrett**

When Abigail Adams begged her husband to "remember the ladies" in drafting a new code of laws, John wrote back that he "could not but laugh" at her extraordinary suggestion. Less than 150 years later, women were working, voting, and experiencing the first taste of freedoms unheard of just a generation earlier. This lecture traces the exciting social and historical milestones in the fight for women's rights. Special thanks goes to BAYADA Home Health Care for generously sponsoring this program.

**Author Talk**  
**"I Left My Memory on a Bus Somewhere"**  
**Monday, September 28th**  
**2:30 p.m. – 3:30 p.m.**  
**Rose Grant**

Join us for an afternoon of inspiration, reflection and education as local author Rose Grant discusses her book. Rose is a retired school teacher, who opened her heart and created a brilliant read about her painful and at times, immensely humorous journey as an Alzheimer's caregiver.



**Fire Safety Presentation**  
**Friday, October 2nd**  
**1:30 p.m. – 2:30 p.m.**  
**Wellesley Fire Department**

Fire safety begins with being prepared. The Wellesley Fire Department will talk about ways you can prevent fires and burns in your home. An overview of how to test your smoke alarms monthly. Did you know there are special smoke alarms available that will help you wake up even if you have trouble hearing? We look forward to learning ways to protect and educate ourselves and have the opportunity to ask questions and gather more information.

**SHINE Informational Session**  
**Tuesday, October 6th**  
**2:00 p.m. – 3:00 p.m.**  
**Fred Keuthen**

The SHINE program is a great way to obtain free and unbiased Medicare information any time of the year. Everyone on Medicare should consider making an appointment with a SHINE counselor each year through the Council on Aging during the Open Enrollment Period (10/15 – 12/7) for Part D drug plans and Medicare Advantage Plans to determine the most appropriate coverage for the coming year. Those on Medicare or those who soon will be can attend this one hour discussion of Medicare basics. It will help put in perspective the information received in the mail and seen on TV. General questions will be answered.

**The Golden Ages of Television**  
**Thursday, October 8th**  
**1:30 p.m. – 2:30 p.m.**  
**Jordan Rich**

Jordan looks at three of TV's Golden Ages, the 1950's featuring live drama, game shows and the beginning of TV news, the second Golden Age in the 1970's with Norman Lear ushering in fresh honesty, and the third Golden Age where we currently find ourselves, with more choices than ever, but improved quality programming overall!



# Special Events *free online presentations*

## Mashpee Wampanoag Cultural Presentation

Thursday, October 8th

3:00 p.m. – 4:00 p.m.

Kitty Hendricks-Miller

Join us for a celebration of Indigenous People and learn more about the daily life of the Wampanoag in the 17th century, as well as their lives in New England today. Kitty Hendricks-Miller of the Mashpee Wampanoag Education Department will share with us the connection Wampanoag and other Native People have to Mother Earth, their seasonal way of life and their respect for all living beings. The interactive presentation will include elements of the Wampanoag language, along with artifacts of traditional life, such as animal furs, tools and jewelry made from shell, stone and bone.

## Care Proxy, Five Wishes and More!

Friday, October 9th

10:30 a.m. – 11:30 a.m.

Care Dimensions

Making Decisions When It Matters Most: Conversations about Health Care Proxy, Five Wishes and More! This program will discuss the importance of advance care planning and making one's health care wishes known through use of Five Wishes and other planning tools.

## Preserving Mental Health When Social Distancing

Part Two

Tuesday, October 13th

2:00 p.m. – 3:00 p.m.

Kate O'Donnell, LICSW

Feeling stressed, lonely or uneasy recently? Join Kate O'Donnell LICSW, Weston's Law Enforcement Clinical Support Program Clinician, in a Zoom discussion. She will describe the challenges brought on by social distancing, and give examples of ways to cope.

Bay State Phantoms  
Monday, October 19th  
7:00 p.m. – 8:00 p.m.

John Horrigan

We are approaching Halloween when ghosts and goblins make their annual appearance. Get in the spirit with an amusing look at some of the odd encounters with unexplained creatures in Massachusetts history! Learn about the Bridgewater Triangle, The Red-Headed Hitchhiker of Route 44, The Dover Demon, The Mansfield Thunderbird, The Bridgewater Bumper Shaker, UFO Sightings, the Gloucester Sea Serpent, the Lady In Black, the Haunted Hoosac Tunnel, Spectre Leaguers, Phantom Airships of 1909, Scituate Sea Monster, Abington Black Dog, the Beast of Truro, Phantom Clowns and more. Join New England Folklorist John Horrigan as he presents an amusing slide show entitled "Bay State Phantoms".

**SPECIAL  
EVENING  
PROGRAM**



## Larz Anderson Auto Museum Online Tour

Tuesday, October 20th

2:30 p.m. – 3:30 p.m.

Anne-Marie Goguen

Join our private tour of this lavish and original 1888 carriage house located on the grounds of the former Weld Estate, once belonging to Larz and Isabel Anderson.

The couple began their love affair with the automobile in 1899 with the purchase of a Winton Runabout, and added over 30 more motorcars to their numerous carriages over the course of the next 50 years. The online tour with program educator Anne-Marie Goguen, will allow for an even closer look at "America's Oldest Car Collection" than an in-person tour. The program will focus on the unique history of the Carriage House, the Andersons, the extensive car collection and the current exhibit The Golden Age: Era of Distinction, Style and Grace 1915-1948.



## The End of Good Feeling: Adams, Jackson, and the Electoral Crisis of the 1820s

Thursday, October 22nd

3:00 p.m. – 4:00 p.m.

Paolo DiGregorio

The late 1810s and early 1820s are often referred to as "The Era of Good Feeling", a period in US history when there was apparent political and social unity. However, by the time of the election of 1824, that unity had dissolved, and bitter political rancor and partisanship had become the model of national politics. This lecture will examine the elections of 1824 and 1828, and the birth of modern American politics.

## "Hi, Neighbor, have a 'Gansett!'"

### Narragansett Beer Online Program

Friday, October 23rd

2:30 p.m. – 3:45 p.m.

Narragansett

Join the COA's celebration of Oktoberfest with an online program from Narragansett Beer Company's brand director and head of operations. Sit back and sip a sample of Narragansett beer while you hear about the 130 year history of this local brewery from neighboring Rhode Island as it grew to be the largest lager beer brewery in New England, and then nearly closed during Prohibition and went on to recover through the surprising help of Dr Seuss! The story of the 'Gansett glory days and its "Hi Neighbor" marketing campaign is a tale worth telling. You will also hear about the process of brewing as it has changed over time to today's state-of-the art brewing facility in Pawtucket. Questions will be welcome after the presentation.



## Meteorology: Online Discussion and Q & A

Tuesday, October 27th

1:00 p.m. – 2:00 p.m.

Harvey Leonard

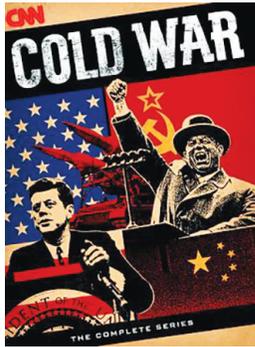
Join us for this incredible opportunity to chat with Chief Meteorologist, Harvey Leonard from WCVB. He will discuss climate, weather patterns and all things weather! There will also be time for your questions.

**Musical Lecture - Les Paul & Mary Ford**  
**Wednesday, October 28th**  
**1:30 p.m. – 2:30 p.m.**  
**Frank King**

In this lecture, Frank King will focus on the lives and songs of the groundbreaking team of LES PAUL & MARY FORD. Also included: Three hit records from the great year of 1954; a rarely heard duet by Frank Sinatra and Dinah Shore; a very funny novelty tune, “I Said My Pajamas”, and more surprises. Special thanks goes to BAYADA Home Health Care for generously sponsoring this program.

**SPECIAL FALL SERIES**

**Four Talks On The Cold War**  
**Wednesdays, September 23, 30 and October 7, 14**  
**2:30 p.m. – 3:30 p.m.**  
**Rick Tulipano**



**Part One:** “Who started the Cold War?” This talk begins with a brief definition of the Cold War. I then show how one man was mainly responsible for causing the Cold War.

**Part Two:** “Why did the Cold War get worse in the late 1940s?”

Using stories and biographical information about relevant individuals, this talk delves into the Marshall Plan, the Berlin Blockade, McCarthyism, the Chinese Revolution, and the Korean War.

**Part Three:** “Why did the Cold War last so long?” Again, this talk focuses on the human element—as well as little known facts—to discuss the Vietnam War, Maoism in China, the Berlin Wall, and the Cuban Missile Crisis.

**Part Four:** “Is the Cold War really over?” Most of this final talk focuses on the Arms Race, the destruction of the Berlin Wall, and the collapse of the Soviet Union. But I also question whether the old Cold War has morphed into a new kind of Cold War. To address that possibility, I summarize the current global situation (i.e., China’s ambitions, Putin’s “kleptocracy” in Russia, the rise of militant Islam, etc).

**Fitness Center**

We have received numerous phone calls from our patrons, many of which are eager to return to our Fitness Center and have inquired as to when we would be opening our doors once the State entered into Phase 3 in July. We are currently working with the Board of Health and our team to see if we can create a safe environment to allow seniors back to the Fitness Center on a one-household at a time basis. If we are able to, we would need to create a system to rotate interested users through our Fitness Center, leaving enough time between users to clean. At this time, we would like to see what the interest levels are in such a reopening. If you would be interested in returning to our Fitness Center this fall, please give us a call at (781) 235-3961 or email us at [COA@wellesleyma.gov](mailto:COA@wellesleyma.gov).



**Vote Safe, Vote from Home!**

**Request your Vote-by-Mail ballot today!**

Secretary of State William Galvin sent all registered voters Vote-by-Mail applications on July 15th. If you have not received your application, please go to <https://wellesleyma.gov/247/Vote-By-Mail-Ballot> for the application and instructions.

Applications may be mailed, emailed or dropped off at Town Hall in the Elections and Payment Drop Box.

Please note that the State application mailing will not be forwarded to a secondary address.

Wellesley will be conducting the State Primary AND Board of Selectmen Special Election on September 1, 2020. If you would like to receive both ballots, please mark *All 2020 Election* on the Vote-by-Mail Application.

**Ballots will be mailed to voters in August.**

Voters are encouraged to send their Vote-by-Mail applications in early and to return their ballots as soon as possible.

While we encourage voters to Vote-by-Mail, in-person voting will be available from August 22-28 at the Tolles Parsons Center/COA and at polling locations on September 1st. Due to COVID, the polling locations are under review and will be finalized in August.

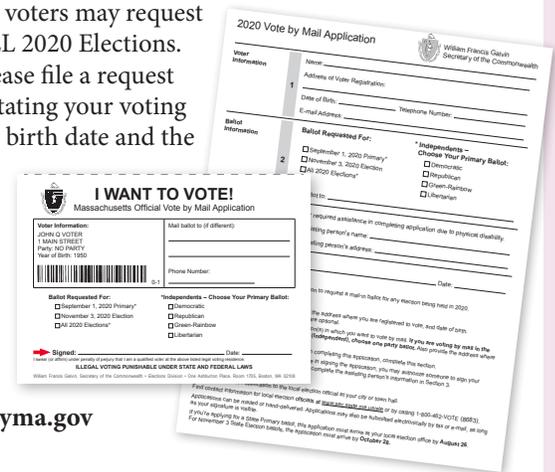
Voters at the Wellesley Free Library and Tolles Parson Center Council on Aging will vote at their regular location. All school based locations (Wellesley Public and Dana Hall) are being re-located.

**Vote-By-Mail Ballot Wellesley, MA**

Due to COVID-19, all voters may request a ballot by mail for ALL 2020 Elections.

To request a ballot, please file a request with the Town Clerk stating your voting name and address and birth date and the address where your ballot is to be sent.

Ballot request forms, with a signature, may be emailed or mailed or dropped in the Elections & Payment Drop Box outside of Town Hall: [wellesleyma.gov](http://wellesleyma.gov)



# Online Activities *free*

## ONLINE Activities with Amy and Sarah

Each week, your Activities Department will bring a fun and interactive activity or online forum via Zoom. We welcome all ideas and topics, so let us know if you have something in mind to connect with friends and neighbors at the COA.

### Please mark your calendars and join us for fall events

If you cannot join us online, but would like some puzzles and printed games mailed to you, please contact us. We will send printed versions to your home!

### Monday's 10:30 a.m.

#### TED Talk Sept 14th



TED Talks are influential videos from expert speakers on education, business, science, tech and creativity. The topic will be emailed to you in advance and we will discuss the program, after we watch the TED Talk online together.



#### Coffee and Conversation Sept 21st

Let's enjoy stimulating conversation and coffee together as we take turns talking about whatever is of interest on the day!

#### Chicken Soup for the Soul Sept 28th

We will meet online to read several short story selections from one of the Chicken Soup for the Soul books, followed by a group discussion.

#### Exercise Your Mind Oct 5th

Keep your mind sharp and join us online for some "exercises" to strengthen the brain. We will have fun keeping our minds young through specially designed word games and brainteasers.

#### TED Talk Oct 19th



TED Talks are influential videos from expert speakers on education, business, science, tech and creativity. The topic will be emailed to you in advance and we will discuss the program, after we watch the TED Talk online together.

#### Book Idea Exchange Oct 26th

Gather together online with friends at the COA and share with others a favorite book to include on your must-read list!

### Friday's 2:00 p.m.

#### Bingo Sept 4th

Calling all players to try their luck and win prizes by joining us online for some fun rounds of BINGO!

#### Tea and TableTopics Sept 11th

Take time out for tea in the afternoon and enjoy conversations started by TableTopics - a selection of conversation starters of fun, engaging questions.



#### Trivia Sept 18th

Put on your thinking caps and test your knowledge of trivia with friends at the COA. Category suggestions are welcome!

#### Antiques Roadshow Sept 25th

Share a trinket, treasure or collection from long ago or just last year with fellow friends at the COA. We will meet, talk and learn more about each other through sharing something we want to show and tell about!



#### Tea and TableTopics Oct 9th

Take time out for tea in the afternoon and enjoy conversations started by TableTopics - a selection of conversation starters of fun, engaging questions.



#### Scattergories Oct 16th

Get creative within categories and join us for a fun online interactive game of Scattergories!



# Transportation Corner

As fall approaches, we expect that our transportation program will pick up. Prior to COVID-19, we had planned to transition our dispatch services from the Tolles Parsons Center to the Metro West Regional Transit Authority (“MWRTA”). Our plans came to a halt when the pandemic hit and our transportation operations were reduced. As we write this article at the end of July, transportation has begun to pick up and a revised MWRTA cutover date of August 3rd has been established.

For those of you who have used our transportation services in the past, currently utilize it, or hope to one day in the future, you may wonder what a cutover to MWRTA means for bus service at the Tolles Parsons Center (“TPC”). For those of you who currently use our bus services, you may recall that when you first started using our services, you had to complete an application at the TPC. Similar to being a new user at the TPC, you will again need to complete a one-time application so that your information is in the MWRTA system, prior to using the bus after August 3rd. When our patrons call the TPC for transportation needs, they are greeted by a staff member who takes their request and later calls them back to confirm their trip. Starting in August, patrons will call a different number and a staff member at the MWRTA will assist them with booking their trip. The rider will receive an automated call 24 hours in advance of their trip to confirm the ride and time.

When our riders use our bus, they have been greeted by our well-loved bus drivers, Rick, Richard, and Dana. All three of our drivers will continue to be the guides to our patrons to assist them with their daily travels while using our bus. Most patrons have had the opportunity to interact with our transportation coordinators. This role is currently being filled by Rachel who is an employee from Robert Half. Once we complete the cutover, Robert Half will no longer provide staffing for that function. We would like to thank Rachel for her assistance with our transportation program over the past year and wish her the best in her future endeavors with Robert Half.

The administrative operations for the bus will also be adjusted in August in order to provide better service to our patrons. Starting on August 3rd, we will be amending our current scheduled operations providing priority for certain types of trips on certain days. Our grocery days will move to Wednesdays and Fridays, and Food Pantry trips will continue to be on Tuesdays. In an effort to accommodate more needs, we will be expanding the service area to now include all of the following locations:

- (1) All destinations in the Town of Wellesley;
- (2) Destinations in Newton:
  - a. Newton-Wellesley Hospital, 2014 Washington Street,
  - b. Newton-Wellesley Psychiatry, 2364 Washington Street,
  - c. Woodland “T” Stop;
- (3) Destinations in Natick:
  - a. Metrowest Medical Center, 67 Union Street,
  - b. Mass General Brigham Urgent Care, 219 North Main Street; and
- (4) Destinations in Needham
  - a. Beth Israel Deaconess Hospital, 148 Chestnut Street
  - b. Beth Israel Deaconess Health Care Family Medicine, 392 Chestnut Street



Due to the on-going COVID-19 pandemic, we have instituted safety protocols that will continue as we move into the fall of 2020. The following protocols are in place to keep our passengers and drivers safe.

1. All passengers/drivers must wear a mask;
2. All passengers should use hand sanitizer, as provided by the bus driver, prior to entering the bus;
3. No more than four (4) passengers will be allowed on the bus at one time;
4. All passengers must sit in a signed-marked seat;
5. All passengers must practice social distancing;
6. Drivers will wipe down the hand rails and doors in between pick-ups and drop-offs;
7. The Bus will be sprayed down at the end of each day and fully cleaned.

To book a trip starting August 3rd, here is what you need to know:

- (1) Call the TPC ahead of time and complete a MWRTA rider application;
- (2) Call MWRTA Reservation Call Center to book your trip;
- (3) Remember that Food Pantry runs are given priority on Tuesdays 9-12; and grocery trips are given priority on Wednesdays and Fridays from 9-12;
- (4) Book your trip 2 business days to 14 calendar days in advance;
- (5) You will receive an automated confirmation call the day before your trip by 9 p.m. with a pick-up time.
- (6) Enjoy your trip.

If you have any questions, would like to get signed up with MWRTA, or need assistance, please give us a call at (781) 235-3961.

**Heather M. Munroe**  
Director of Senior Services

## Bus Schedule & Daily Destinations

The bus is available from Monday-Friday from 8:45 am with last pickup at 3:30 pm. Priority will be given to specific destinations during certain times where listed below.

	<b>MORNINGS</b> 8:45 a.m. – 12 p.m.	<b>AFTERNOONS</b> 12 p.m. – 3:30 p.m.
<b>MONDAY</b>	Any approved destination	Any approved destination
<b>TUESDAY</b>	Food Pantry	
<b>WEDNESDAY</b>	Grocery Trip	
<b>THURSDAY</b>	Any approved destination	
<b>FRIDAY</b>	Grocery Trip	



# Fitness Offerings *fee based programs*

## Personal Training Sessions

**PLEASE NOTE: Registration for ONLINE Personal Training Begins Thursday, August 27th**

- **Cost: \$50 per session** • **Must be Wellesley resident age 60+** • **All sessions are 1:1 (Trainer/Participant)**
  - Open to individuals who previously met with Dan or Lisa for Personal Training and/or brand new participants
    - Slots will be filled on a first come, first served basis
  - Payment in full will confirm your personal training registration • Sign up for one session only 3 or 4 dates per session
    - You must commit to all dates in the session • Refunds will not be issued for sessions you do not attend

### Personal Training September Session

#### Mondays

Dan Salerno  
September 14, 21, 28  
1:00-1:45 p.m.  
1:45-2:30 p.m.  
2:30-3:15 p.m.

#### Tuesdays

Lisa Wilkins  
September 8, 15, 22, 29  
12:45-1:30 p.m.  
1:30-2:15 p.m.  
2:15-3:00 p.m.  
3:00-3:45 p.m.

#### Wednesdays

Dan Salerno  
September 9, 16, 23, 30  
1:00-1:45 p.m.  
1:45-2:30 p.m.  
2:30-3:15 p.m.

#### Thursdays

Lisa Wilkins  
September 3, 10, 17, 24  
12:45-1:30 p.m.  
1:30-2:15 p.m.  
2:15-3:00 p.m.  
3:00-3:45 p.m.

### Personal Training October Session

#### Mondays

Dan Salerno  
October 5, 19, 26  
1:00-1:45 p.m.  
1:45-2:30 p.m.  
2:30-3:15 p.m.

#### Tuesdays

Lisa Wilkins  
October 6, 13, 20, 27  
12:45-1:30 p.m.  
1:30-2:15 p.m.  
2:15-3:00 p.m.  
3:00-3:45 p.m.

#### Wednesdays

Dan Salerno  
October 7, 14, 21, 28  
1:00-1:45 p.m.  
1:45-2:30 p.m.  
2:30-3:15 p.m.

#### Thursdays

Lisa Wilkins  
October 1, 8, 15, 22  
12:45-1:30 p.m.  
1:30-2:15 p.m.  
2:15-3:00 p.m.  
3:00-3:45 p.m.

## Fitness classes will all be ZOOM and ONLINE for September/October

**T'ai Chi Mini Routines/Instructor: Jon Woodward**  
**Tuesdays, 11:00 a.m. – 12:00 p.m., (60-minutes)**  
**September 1 – October 20 (8 weeks)**  
**Cost: \$40**

T'ai Chi is a gentle and meditative exercise known to promote healing and well being and is an excellent exercise to improve physical balance. In this Zoom class, we will learn and practice very short "mini routines" that can be strung together into longer routines. Each mini routine is only about a minute long, making this class ideal for both beginner and experienced T'ai Chi students.

**Cardio Sculpt/Instructor: Daniel Salerno**  
**Wednesdays, 9:15 a.m. - 9:45 a.m., (30-minutes)**  
**September 2 – October 21 (8 weeks)**  
**Cost: \$24**

Cardio Sculpt is an effective, efficient group fitness program designed to build optimal health so you can live your life the way you want. If your time is limited but you still want great results, Cardio Sculpt is for you. This program delivers all aspects of fitness (cardio, strength, agility, flexibility, core conditioning and more).

**Gentle Yoga/Instructor: Cyndi Koss**  
**Wednesdays, 2:30 p.m. - 3:30 p.m., (60-minutes)**  
**September 9 – October 21 (7 weeks)**  
**Cost: \$35**

This is a beginner level class ideal for those new to yoga. Relieve stiffness and release stress. Create healthier joints. Ease the pain of arthritis. Learn healthy alignment. Strengthen heart and lung function. Improve balance, circulation and posture. Improve mental clarity. Move with more steadiness and ease. Use of supportive props is encouraged. Students must be able to move down to the mat and stand back up again.

**Seated Strength and Balance/Instructor: Pearl Pressman**  
**Thursdays, 9:15 a.m. - 10:00 a.m., (45-minutes)**  
**September 3 – October 22 (8 weeks)**  
**Cost: \$40**

This is a 45 minute seated class designed to accommodate individuals of various fitness levels and abilities. The class begins with a thorough warm-up for both the joints and the muscles. The warm-up is followed by strength training and balance exercises for the body using hand weights, resistance bands and body weight.

**Chair Yoga/Instructor: Cyndi Koss**  
**Wednesdays, 1:00 p.m. - 2:00 p.m., (60-minutes)**  
**September 9 – October 21 (7 weeks)**  
**Cost: \$35**

Move at your own pace. Poses are done while sitting, leaning or standing holding onto a chair. This class encourages better circulation, builds bone density, and balance. Build leg and core strength. Improves mental clarity, breathing and posture. Move with more confidence and ease. Cyndi Koss, Wellesley resident, Graduate of Down Under School of Yoga, 500 hour registered Yoga Alliance teacher, 25 years of yoga experience.

**Qi Gong/Instructor: Bob Doherty**  
**Fridays, 9:30 a.m. – 10:30 a.m., (60-minutes)**  
**September 4 – October 23 (8 weeks)**  
**Cost: \$40**

Qi Gong is a gentle and relaxing exercise proven to be a highly effective way to maintain your health, increase energy and vitality, and promote healing. Qi Gong is effective at reducing the effects of aging and an aid to fall prevention.



**Zumba Gold/Instructor: Ketty Rosenfeld**  
**Mondays, 1:00 p.m. – 2:00 p.m., (60-minutes)**  
**August 31 – October 26 (7 weeks)**  
**No Class September 7 and October 12**  
**Cost: \$35**

The design of this class introduces easy-to-follow Zumba® choreography which focuses on balance, range of motion, strength and coordination while also raising heart rates and improving cardiovascular ability.

**Pilates – TWO CLASSES**

**Instructor: Lisa Wilkins**

**CLASS A**

**Mondays, 1:30 p.m. - 2:30 p.m., (60-minutes)**

**August 31 – October 26 (7 weeks)**

**No Class September 7 and October 12**

**Cost: \$35**

**CLASS B**

**Thursdays, 11:30 a.m. – 12:30 p.m., (60-minutes)**

**September 3 – October 22 (8 weeks)**

**Cost: \$40**

Lisa has been instructing fitness classes for over 25 years. She really enjoys helping people of all ages and abilities achieve their fitness goals. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

**NOW OFFERING  
TWO CLASSES  
PER WEEK**

**Mixed Yoga – TWO CLASSES**

**Instructor: Judy Scribner-Moore**

**CLASS A**

**Tuesdays, 9:00 a.m. - 10:30 a.m., (90-minutes)**

**September 1 – October 27 (9 weeks)**

**Cost: \$99**

**CLASS B**

**Tuesdays, 11:00 a.m. - 12:30 p.m., (90-minutes)**

**September 1 – October 27 (9 weeks)**

**Cost: \$99**

These classes are open to novice and experienced students, with class size limited to ensure ample, individual attention. With over 35 years of teaching experience, and over 50 of personal yoga and meditation practice, Judy combines interpersonal and mindfulness skills with knowledge of anatomy and physiology. She guides new and experienced students in a relaxed and alignment-oriented practice of classical yoga postures, the practice of which fosters flexibility, strength, concentration and clarity. Please bring a firm blanket, strap or belt, yoga block, tennis or other similar ball, and sturdy chair without arms to each class.

**LaBlast/Instructor: Karen Karten**

**Fridays, 10:30 a.m. - 11:30 a.m., (60-minutes)**

**September 4 – October 23 (8 weeks)**

**Cost: \$40**

LaBlast is a dance fitness program based on all the dances you see on “Dancing with the Stars”. It’s partner free ballroom dance fitness to all kinds of music. It includes cardio and weight-training using simple dance patterns. No experience necessary! Come learn the Cha Cha, Quickstep, Foxtrot, Rumba and more. It’s a workout in disguise.

## Volunteer Corner

During these unprecedented and challenging times there are a number of patrons and volunteers in our community who have stepped up to truly make a difference.

Very early on, as the need for masks intensified, three of our patrons from our Community Care Bear Club; JoAnn Jones, Priscilla Messing and Rosetta Solari decided they would respond to the overwhelming need and break out their machines to sew masks. They researched different sewing patterns, collected fabric remnants, and very importantly connected with the area Sewing Covid-19 Help group and went to work. As the volunteer sewers tried to distribute masks locally, they discovered many organizations would not accept them. Fortunately, Linda Cowin Nigensohn (leader of the area Sewing COVID-19 Help group) had strong connections and was able to find many causes eager to accept them. This community effort resulted in close to 18,000 masks! In April our patrons reached out to the COA and a donation of over 900 masks were received. When we spoke to JoAnn she exclaimed how impressed she was with the results of the working group and that for all the horribleness of this pandemic “its nice to see people come together.” Thank you to all the sewers out there for your resourcefulness, generosity, and hard work. Your efforts are greatly appreciated by all!

Our resident Tech Support volunteer, Lois Clayson, has stepped up virtually and continues to bring her much sought after and talented support remotely. Lois’s passion for helping patrons solve their technology issues, including helping people get set up to use ZOOM, has been an invaluable resource for the COA. Lois has the ability to take over the mouse on your computer using Team Viewer software making her remote sessions very productive. Whatever your tech issues are Lois is here for you!

When COVID-19 first hit volunteer Nathalie de Fontnouvelle came to us with many ideas. Her passion and creative ways of making connections with seniors is refreshing. Nathalie has a special talent for engaging and conversing with her students in her ZOOM French classes and can’t wait for the day when they can meet in person and share some French wine and cheese! We continue to have a large response of people who want to help out and will be in contact with our active volunteers as things develop. Many thanks to all our volunteers.



# Art, Groups, and Educational Classes

**NEW PROGRAM**

**Kids at heART ART-MAKING ON-LINE!**  
Are you a kid at heart?

**Instructors: Anne-Laure Lehman and Cindy Shorris**

**Session One: (4 weeks)**  
**Tuesdays, September 8 – 29**  
**10:30 a.m. – 12:00 p.m.**

**Session Two: (4 weeks)**  
**Tuesdays, October 6 – 27**  
**10:30 a.m. – 12:00 p.m.**

**Cost: \$50 per session**

Take one or both, four week sessions. Join us by video to get our creative juices flowing together as we enjoy creating collage, multimedia and painting projects. All levels welcome. Pablo Picasso claims “All children are born artists. The problem is how to remain an artist once he grows up.” Gather for four Tuesday mornings to savor expressing ourselves and our imaginations through colors, shapes and symbols. All materials will be dropped off to your home, and we will complete the projects in our virtual workshops together. Join the adventure in a four week session, available both in September and October. **Min: 4/Max: 16.**

## Watercolor Techniques Online

**Instructor: Cecilia Sharma**

**Session One: (4 weeks)**  
**Mondays, Aug. 31 – Sept. 28**  
**(no class September 7)**  
**10:00 a.m. – 12:30 p.m.**

**Session Two: (4 weeks)**  
**Mondays, Oct. 5 – Nov. 2**  
**(no class October 12)**  
**10:00 a.m. – 12:30 p.m.**

**Cost: \$75 per session**

Take one or both, four week sessions. Learn to paint in watercolors with an emphasis on techniques and design. This step-by-step instruction will introduce you to the spontaneity of the medium as you create glazes, highlights, textures, and the final artwork. **Min: 8/Max: 14.**

## Shakespeare Discussion Group

**Wednesday, September 16th and Wednesday, October 14th**  
**1:00 p.m. – 2:30 p.m.**

The Shakespeare Discussion Group will next meet online via Zoom on Wednesday, September 16, 2020, from 1 – 2:30 pm, to discuss and read from Acts One and Two of Richard III. The next month, the group will again meet online via Zoom on Wednesday, October 14, 2020, from 1 – 2:30 pm, to discuss and read from Acts Three, Four, and Five of Richard III. As in our previous live meetups, online sessions will consist of highly interactive and engaging discussions of the play complimented by extensive group readings from the play script. Let us know of your interest and we will send you the Zoom link. Join the fun and celebrate your inner thespian!!



*Photo taken by Tony Powell of the Wellesley Senior Travel Team playing a match against Needham last fall 2019. What a great room to play pool in! We sincerely hope to get back to this great social activity at some point in the future and miss this activity at the TPC!*

## Current Events Discussion Online

**Hosted by: Joe Weisse**

**Thursday, September 24th and October 22nd**  
**12:00 p.m. – 1:00 p.m.**

Discuss international, national, state and local issues of the day with Joe Weisse, the host of Conversations on the Natick Cable Government Channel. Joe serves on the Natick Safety Committee, is a town meeting member, and a former state agency Public Information Officer. **Max: 12**

## Conversational French Group Weekly on Tuesdays and Fridays 1:00 p.m. - 2:15 p.m.

Before each session, participants will receive some brief French videos, documentaries or news to watch on YouTube, as well as some short French articles or literature to read, to prepare for the group discussion. This is a fun way to improve your fluency in conversational French with new Francophile friends from Wellesley and nearby towns! All levels are welcome. Tuesdays aim to provide a moderate paced discussion, while Fridays aim to provide a fast paced discussion. Come to every session or just drop by whenever you have time, it is very informal. Please email: Wellesley.Nathalie@gmail.com to register and receive the Zoom meeting number to join online. A bientot!

## Conversational German Class Online

**Instructor: COA Volunteer, Renate Olsen**

**Tuesdays, September 1 - October 27, 10:00 a.m. - 11:15 a.m.**

Improve your conversational German with Renate Olsen, a former high school teacher and long-time conversational German teacher for seniors in the area. Renate will lead this program for participants who have a basic knowledge of the German language and in addition to conversational German, will include reading simple stories and poems, listening to native speakers on YouTube and occasionally writing a few sentences.

## Zoom into Mah Jongg with instructor Sharon Katz

Our instructor, Sharon Katz has been adapting her teaching to Zoom so that we can play and learn Mah Jongg while at home. Please contact the COA to express interest in this class and we will put you in contact with the instructor.



## One-on-One Zoom Help

Not sure how to download it? Want to know more about the chat feature? Would you like to set up your own Zoom meeting with friends? Heard you can access Zoom through your phone, but not sure how? These questions and more are easily answered with a one-on-one Zoom Help appointment with a selected volunteer at the COA. As Zoom becomes ever more popular and mainstream, we want to answer any questions you may have about the ins and outs of this online meeting place. Please call us to schedule a private Zoom Help session at (781) 235-3961.

## Dear COAbby,

I am 77 years old, caring for my husband who suffers from early stage dementia. We participated in Memory Cafes at different locations until COVID19. We miss the socialization they provide and are beginning to feel isolated. I think I could benefit from sharing experiences with other Caregivers. Are there Caregiver Support Groups available online?

Thank you,  
Sally Searching

## Dear Sally,

Thank you for your letter, you are not alone in finding it challenging during this uncertain time. The Alzheimer Association is still operating and continuing to help families living with dementia. Their 24/7 helpline, 1-800-272-3900, is available to anyone who needs to talk about the challenges of dementia and programming. They also offer virtual and/or phone programs such as a Caregiver Support Group and other educational programs. They will soon offer virtual ALZ Meetups for social engagement with peers. You will find more information on their website <https://www.communityresourcefinder.org/> At present, I think this would be a good alternative until the Memory Cafes return.

For more information call, Kate Burnham Health & Social Services Administrator at (781) 235-3961.

## Wellesley Health Department

The Wellesley Health Department Social Worker, Joyce Saret, LICSW, is offering phone call support for residents who may be feeling sad or anxious. Callers can reach out to Joyce directly on Tuesdays from 1:00 p.m. - 2:00 p.m. and on Fridays from 8:30 a.m. - 9:30 a.m. at (781) 489-4354.

### Community Based Senior Service Organizations

**Springwell:** (617) 926-4100 “Provides diverse services in a variety of settings and communities. The Massachusetts Executive Office of Elder Affairs appointed Springwell as the Aging Services Access Point, Area Agency on Aging. For more information on aging resources or questions on in home care options, call the Information and Consultation Department at (617) 926-4100.

**The Alzheimer’s Association Helpline:** (800) 272-3900 operates 24 hours a day, seven days a week, in 140 languages. Call if you have questions about: Alzheimer’s disease or memory loss, medications and treatment options, brain health and care options, Caregiving tips or on-going emotional support.

**Jewish Family & Children’s Services:** (781) 647-5327 Provides “services for Older Adults, combines compassion and expertise to help aging individuals and their families navigate life transitions and changing circumstances. Our work promotes connection and social engagement; improves the ability to manage challenges posed by chronic illness; and increases awareness of and access to resources that support aging in community.”

### Wellesley Financial Support Programs

**The Almira Simons Fund:** (via Wellesley Council on Aging) Financial support for Wellesley seniors in need who meet criteria for assistance. For an application and more information, call Kate Burnham at the Wellesley Council on Aging (781) 235-3961.

### Wellesley Friendly Aid Association:

“a community-based, non-profit organization that works to improve the well-being and quality of life of the residents of Wellesley; offering assistance to Wellesley individuals and families of all incomes and ages who have a variety of unmet needs.” Contact Karen Mondell, Executive Director at (781) 235-3960.

### The Society of St. Vincent de Paul

(St. John/St Paul Collaborative) Provides assistance with food, rent, mortgage, and utility bills. Contact SVdP@sjspwellesley.org or call St. John’s the Evangelist Catholic Church at 781-235-0045 or St. Paul Church at 781-235-1060.

### Medical Supplies

**CVS Wellesley:** (Linden/Central/Worcester St. locations) Will deliver (781) 235-0219

**Andrews Pharmacy:** (781) 235-1001 located at 324 Weston Rd., Wellesley. Curbside pick up or delivery

**Byrne Medical Supply:** (508) 655-3656 located at 16 Main St, Natick. Curbside pick-up or delivery

### Patient Advocacy

#### Beacon Patient Solutions:

<https://www.beaconpatientsolutions.com> (617) 651-2140 “helps clients and their family members/caregivers tackle the challenges of navigating today’s complex healthcare system by empowering our clients to become educated and confident health care consumers. We offer professional compassionate guidance to navigate complex systems. Our assistance helps you acquire the resources and facts to make informed decisions that reflect your personal values.”

#### Patient Advocacy Foundation:

<https://www.patientadvocate.org/> 1-(800) 532-5274 “Our case managers advocate and mediate on behalf of patients to provide avenues of access for therapies, therapeutic agents and devices deemed medically efficacious by the medical and scientific communities while working to find sources of reimbursement to pay for care.”

### Private Home Care Search Options

#### Home Care Alliance of Massachusetts:

(617) 482-8830 A non-profit trade association of home care agencies that promotes home care as an integral part of the health care delivery system. Founded in 1969, our mission is to “unite people and organizations to advance community health through care and services in the home.”

*Continued on page 16*



# Updates/Outreach

Continued from page 15

## Senior Housing Search Options

### Massachusetts Assisted Living Association:

<https://www.mass-ala.org> (781) 622-5999

Serves as the voice of assisted living in Massachusetts, providing information and education, and advocating on behalf of our members and the seniors they serve. Promotes a model of care which treats all residents with dignity, provides privacy and encourages independence and freedom of choice."

### Mass Housing:

<https://www.masshousing.com> (617) 854-1000

MassHousing will confront the housing challenges facing the Commonwealth to improve the lives of its people. MassHousing will achieve its mission and its business goals through: Investment in staff development and continuous organizational improvement; Innovation and agility in the delivery of responsible lending products, housing opportunities and services; and an intense focus on the needs of our customers and the people and communities we serve.

## Senior Nutrition and Grocery options

### Springwell Home Delivered Meals:

(617) 926-4100 Available for frail, homebound seniors who are unable to prepare nutritious meals.

### Supplemental Nutrition Assistance Program (SNAP):

"Food Stamps" call the Department of Transitional Assistance (DTA), DTA Assistance Line at (877) 382-2363 DTA Assistance Line is open from 8:15 a.m. to 4:45 p.m.

### Wellesley Food Pantry:

During COVID19 the Pantry is offering curbside pick up and home delivery to enrolled seniors. Clients do not need to come to the pantry or get out of their cars; phone in an order by Friday for Tuesday pick-up. Please contact the Wellesley Food Pantry directly to complete an application (781) 235-1188 or email [manager@wellesleyfoodpantry.org](mailto:manager@wellesleyfoodpantry.org).

*Disclaimer: These links are being provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by the Wellesley Council on Aging.*

Visit the Wellesley Town Website  
for the latest information on COVID-19  
[coronavirus-wellesley.ma.hub.arcgis.com/](https://coronavirus-wellesley.ma.hub.arcgis.com/)

Need help or have questions  
call 781-239-0256 Mon.-Fri. 9 a.m.-4 p.m.

## Wellesley College Auditing

Due to the pandemic and current academic structure for the fall semester at Wellesley College, our patrons (and alumnae of the college in general) will not have the opportunity to audit classes until September 2021 at minimum. Please check back with us during that time to inquire about the status.

## Wellesley Friendly Aid



If you've had to borrow medical equipment due to an operation, illness or injury, then you're probably familiar with Wellesley Friendly Aid. We've been a fixture in town since 1909, providing an array of services and programs to Wellesley residents. And that includes lending out on a temporary basis equipment such as walkers, rollators, tub benches, wheelchairs, commodes, shower chairs and the like. The folks who use these items are so grateful they can borrow them, most for up to six months, and then return, thereby saving money. Who doesn't like that?

We also partner with the Wellesley Service League on our Friendship Circle program for senior women. Participants enjoy an activity, presentation or speaker followed by a lovely lunch and time to socialize. Many, many wonderful ladies have cherished Friendship Circle since it began in the 1940s.

We're proud to provide programming for residents of all ages and backgrounds, from camp scholarships to mentoring for Wellesley High School students to socials for seniors in public housing.

If you want to borrow medical equipment, please call 857-636-0617 to make an appointment. Karen Mondell, our program administrator, will be glad to help you.

## Lois can help! One-on-One Technology Assistance

To schedule an appointment with Lois for one-on-one technology assistance, appointments must be made through the COA and not directly with Lois.

**Appointments are on the following days only:**

**Tuesdays: 12:30 p.m. - 3:00 p.m.**

**Thursdays: 11:30 a.m. - 2:00 p.m.**

Please keep in mind that more technical issues may not be resolved through email, phone call, or Zoom Video Conference call and that these issues may have to wait until the COA reopens. Thank you for your patience and understanding during this unusual time. Please call us for scheduling and any other questions you might have at 781-235-3961.

## Medicare Questions?

Certified SHINE counselors are [still here to help!](#)  
**FREE** confidential phone counseling is available  
on all aspects of health insurance to  
anyone on Medicare.

Call the Wellesley COA at  
**781-235-3961** to make a  
phone appointment with  
a certified SHINE counselor.

## SHINE Appointments

SHINE volunteers are available on Wednesdays for one on one appointments at 12:45 p.m., 1:45 p.m. and 2:45 p.m. Starting on Friday, October 16th, they will be available on Wednesdays and Fridays through Open Enrollment which ends on December 7th. One on one appointments on Fridays will be at 10:00 a.m., 11:00 a.m. and 12:00 p.m. Please call the COA at 781-235-3961 to schedule your appointment.



# WELLESLEY COUNCIL *on* AGING

500 Washington Street  
Wellesley, MA 02482

## Generous Donors from CASINO NIGHT 2020

**PLATINUM SPONSORS**  
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**SILVER SPONSORS**  
Agnes Vision of Wellesley  
Linda and Tim O'Brien  
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The Friends of Wellesley Council on Aging gratefully acknowledge these sponsors who have generously transferred their donation to the "Circle of Friends", in support of the programs and services provided by the COA, after cancellation of the Casino Night event.



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Hours of Operation:

Monday through Friday

9:00 a.m.- 4:00 p.m.

*The COA occasionally schedules events and/or trips outside of normal business hours.*

781.235.3961

[www.wellesleycoa.org](http://www.wellesleycoa.org)



## "Be A Friend"

Enclosed is my contribution to the Friends of Wellesley Council on Aging to support the valuable programs and services offered to the residents of Wellesley age 60 and over.\*

"Checks should be made payable to the "Friends of the Wellesley Council on Aging" and dropped off at the Tolles Parsons Center or mailed to:"

**Friends of Wellesley Council on Aging**

P.O. Box 812422  
Wellesley, MA 02482

*Thank you for your consideration.*

Please check:  \$25  \$50  \$100 Other \$ \_\_\_\_\_

**I would like to volunteer for the Friends!**  
Please check:  Yes  No

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel. No. (optional): \_\_\_\_\_ E-Mail (optional): \_\_\_\_\_

(No personal information will be used or shared for commercial purposes.)

\*Please tell us on a separate sheet of paper if your contribution is made for a specific purpose, such as in honor or in memory of a friend or loved one.

**For more information about the Friends of Wellesley Council on Aging, please visit [www.wellesleyfriendscoa.org](http://www.wellesleyfriendscoa.org)**