



While the building is closed, we are open online and by phone. www.wellesleycoa.org 781-235-3961

November/December 2020 Registration

Wellesley Residents: - Wednesday, October 28th at 9:00 a.m.

Non-Wellesley Residents: - Thursday, October 29th at 9:00 a.m.

All programs require pre-registration unless otherwise noted.

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://myactivecenter.com>). It does not store credit card information. MySeniorCenter does not store information either.

We're looking for your "best shot" for the cover of our January/February 2021 Newsletter. New year, new cover! Art? Nature? Portrait? Landscape? Painting? Drawing? We want it all. The theme for our January/February newsletter will be "Winter Wonderland."

We will feature one picture for our January/February 2021 Newsletter. The remaining photos/pictures may be used throughout our newsletter, email blasts, and on our website.

Submissions need to be received no later than November 20th at 4:00 pm. To submit a photo:

1. **Electronically** - please email the photo in JPEG format to coactivities@wellesleyma.gov, include your name and contact information in the email.
2. **By Mail** - please mail your submissions to:
Wellesley COA, 500 Washington Street
Wellesley, MA 02482.

While we encourage all patrons to participate, we will select a Wellesley patron's work to be featured.



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

Gerry Hume

Thomas Kealy

Tony Parker

Dianne Sullivan

Kathleen Vogel

Vacancy

COA Board Meeting Dates

Meetings are currently being held online via Zoom. Please contact the COA to participate in the Citizen's Speak portion.

- Thursday, November 19th at 4:00 p.m.
- Thursday, December 17th at 4:00 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
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 canceled 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 canceled, 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

Canceled Class

Full refund will be given for a canceled 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.

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, please call
MWRTA Reservation Call Center
508-820-4650.

Scholarship Funds Available:

Funds may be available to subsidize or pay for COA classes, activities, or programs for Wellesley residents. Contact our outreach/social worker at 781-235-3961 or kburnham@wellesleyma.gov



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.

A Note from the Director

“Patience is not the ability to wait, but the ability to keep a good attitude while waiting.” –Anonymous

Winter, here we come! It may only be September as I write this update, but oh my, are those 30 degree mornings feeling chilly. It has been a unique and busy fall here at the Tolles Parsons Center. The Fitness Center is up and running, our Phone Pal Pilot program has launched, we are participating in a Pen Pal program with a local school, we have partnered with Regis College for graduate school student led programs, and we gained new ground with live streaming.



Our Fitness Center opened up to appointments after Labor Day. We are excited to report that we have 24 time slots weekly which we have been able to schedule for 30 patrons, some of whom are multiple members of the same household. Those participating seem to enjoy the opportunity to work out in a safe space. As we move forward into the fall, we will continue to monitor and evaluate health information and cleaning protocols to ensure everyone's continued safety. If you would like to be added to the Fitness Center waiting list, please give us a call.

Our Phone Pal pilot program officially launched in September. We were able to connect seven volunteers with ten patrons. All volunteers are required to complete a virtual training and commit to a 15-60 minute weekly phone call with a patron. We are finding that many of our patrons would prefer to connect with another older adult. That being said, we are looking to recruit more volunteers who are compassionate and interesting individuals who could commit to a weekly phone call. If this sounds interesting to you, or if you or someone you know could benefit from building a relationship with another community member, please give us a call.

Students, students, and more students: we are working to connect our patrons with the youthful energy of the community. This fall we are connecting seniors with 6th graders at the Ten Acre School through participation in a Pen Pal program. Students and seniors will exchange monthly letters through the TPC, throughout the school year. In addition, we have partnered with Regis College to bring graduate student-led programs to the Wellesley COA. This fall we began working with Regis College to host graduate students who will run remote programs with our patrons. This partnership will allow us to expand our community collaboration and add an intergenerational component. The graduate students have led various health and wellness programs in the last few weeks and will continue to do so through October. In addition, with Amy and Sally's efforts, we were able to connect a number of Regis students with our current instructors. We look forward to working with students from the Dental Graduate program at Regis in November and December.

Many think of spring as the time of new beginnings, but for us at the TPC, the autumn is where new things are happening! On September 22, with the help of Wellesley Media, we were able to record and broadcast live the performance of Harp for a Harmonious Fall on the cable access station and the Wellesley Media Channel.

On a final note, we would like to thank all of you for your patience and continued efforts to keep everyone healthy and safe. We will continue to work on ideas and programs that we can begin to slowly launch as we move forward. Please check our weekly articles in the Townsman and in our email news blasts for the latest information.

**Stay healthy and safe,
Heather M. Munroe (Budrewicz)
Director of Senior Services**

From Problem to Progress

Hopefully we will likely never experience another severely isolating experience such as this pandemic in our lifetime. How do we cope with all of this? How do we sustain our well-being? What do we need in place to improve our resiliency?

I found my second career of selling real estate (first career was teaching math) dealt with broad emotional swings and needed a way to grow through them. What I came to internalize is that ***every experience is a learning experience***. Use the past to help inform future strategies and then move on.

The pandemic exposed at least two areas in which the COA should grow. And we are working on both of them.

One area that is key, whether in a pandemic or not, is “connections.” In whatever situation we find ourselves, our lives are enriched and indeed sustained through connections with others. Whether in person or via media, extending beyond ourselves enriches our lives. Some of our new programs will be helping to do just that. And our plan is to continue to increase the ways our patrons can connect to others and the larger world.

A second is to develop a food program that can better serve those elders with food insecurity now and can then grow to involve more of our regular elder population to include gatherings with food, both in the TPC and perhaps in restaurants. This type of program will also help increase socialization and improve connections. Efforts are now underway to pursue such a program.

The Wellesley COA staff and board are energized to grow and improve programs and services to the age 60+ citizens of Wellesley!

**Marlene Allen, Chair
COA Board
coa@wellesleyma.gov**

Missing out on Citizen's Speak during remote Board meetings?

Give us a call at 781-235-3961

or email us at

coa@wellesleyma.gov

to sign up to speak at our next meeting.



Program Events *free online presentations*

Would You Like to Learn How to Register Online for your Programs at the TPC?

Do you register online, but still have questions? Join us, along side Eric from **My Active Center on a Zoom session on October 27th at 11am.** We will be reviewing how to register for programs on My Active Center and going over concerns/questions that patrons may have with using the software. After joining our session, we hope that you will feel ready to register online, or more confident, and prepared for registration which begins the 28th of October.

Fraud Prevention, Cybersecurity and Scams
Thursday, November 5th
1:30 p.m. – 2:30 p.m.
Robin Putnam,
Office of Consumer Affairs
Amy Schram,
Better Business Bureau



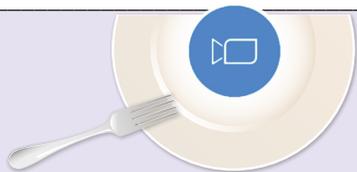
This online presentation will teach us how to spot and avoid online scams and necessary cybersecurity as we all spend more time online. Join Robin and Amy as they lead a discussion on topics such as: online shopping tips, return policies, defective merchandise, warranties, lost or stolen packages, gift certificates, credit card skimming devices and how to spot them. The focus will be on identity theft and fraud prevention, plus your questions and concerns.

Oral Health Presentation
Thursday, November 5th
10:30 a.m. – 11:30 a.m.
Regis College
Dental Hygiene Students



Join us in our collaboration with Regis College and their dental hygiene students for an online program on Oral Health. They will cover dry mouth management and give recommendations for electric toothbrushes and techniques. Also, nutrition to keep the mouth healthy and the importance of professional maintenance. They will also explain the availability of their dental clinic in Waltham. Includes plenty of time for questions, too.

Dine and Discuss with the COA Director
Friday, November 6th
12:00 p.m. – 1:00 p.m.
Heather Munroe



Grab your lunch, sign onto Zoom, and here we go! Have you met the new Director of Senior Services, Heather Munroe? If you did prior to the pandemic, do you remember what she looks like? Do you have ideas or thoughts on our current services, or missed opportunities? Don't wait any longer, zoom in to see and hear about the happenings at the Tolles Parsons Center. No computer, no problem, call the COA today for the conference line and pin number to join by phone.

A Series on Mindfulness
Mondays, November 9th and December 14th
1:30 p.m. – 2:45 p.m.
Neil Motenko

The holiday season presents an opportunity to explore how mindfulness – being awake to our lives -- can cultivate qualities of the heart. A Series on Mindfulness with Neil Motenko resumes in November with an exploration of how mindful awareness can nurture qualities of patience, forgiveness, joy and equanimity. In December, the series will review how mindfulness can foster qualities of kindness and compassion, including through meditation practice. Each session will be interactive and include guided practices, and each will cover new material and also reinforce basic mindfulness principles. Newcomers are always welcome.

Conversation with A State Representative
Tuesday, November 10th
1:30 p.m. – 2:30 p.m.
Rep. Alice Peisch



Constituents may join Rep. Peisch to speak and learn about general legislative information. Peisch represents Wellesley, Weston and Precinct 10 in Natick and will be online with us for an informative hour.

The Giants of American Literature
Tuesdays, November 10 – December 15
2:30 p.m. – 3:30 p.m.
Larry Lowenthal

SIX PART LECTURE SERIES

Join us as we welcome lecturer Larry Lowenthal for this exciting six part series on The Giants of American Literature. He will explore their lives, their works and their impact on American and global culture. Each week he will offer up a new author. Walt Whitman, Emily Dickinson, Ernest Hemingway, F. Scott Fitzgerald, William Faulkner and J.D. Salinger. American literature has made an indelible impact on the world's imagination. This series will examine the unique characteristics of each of these American literary geniuses, and why they have proven to be permanently beloved by readers of every language. Portions of their works will be read and analyzed at each session and video presentations will be shown each week.

Piano Hour

Thursdays, November 12th and December 10th

12:00 p.m. – 1:00 p.m.

Ken Batts

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. Ken Batts, Wellesley resident and COA Volunteer, will provide us with an online musical lunch via Zoom. Please join us at noon on these dates for a lunchtime concert with Ken.

Pushing the Envelope – A History of the United States Post Office Thursday, November 12th 2:00 p.m. – 3:00 p.m. Henry Lukas

By viewing images of vintage US postage stamps, learn about the history of the US Post Office from the first letters carried on the Boston Post Road to the current postal controversies. Hear about the expansion of the Post Office after the Revolution, the introduction of home delivery, the short-lived Pony Express, the carrying of mail by railroads, buses and trollies, the start of Parcel Post, the start of zip codes, postal strikes, the introduction of Forever and personalized stamps and the impact of email on the PO's financial situation. See images of the many creative ways mail has been carried including rockets, dog sleds, camels and mules in the Grand Canyon. Also see images of some of the most popular holiday stamps. The program is being presented by Henry Lukas, Education Director at the Spellman Museum of Stamps & Postal History at Regis College in Weston.



Antarctica - Travels at the End of the World

Friday, November 13th

1:30 p.m. – 2:30 p.m.

Barry Pell

Antarctica is the coldest, windiest, driest place on earth. Two-thirds of all our planet's fresh water is locked up there in the form of ice in a continent twice the size of Australia. The last continent to be understood, it is a harsh and unforgiving environment that challenged and took the lives of many early explorers. Although an ice sheet covers 99 percent of the land, the exposed areas along the coast nourish a wealth of tiny plants and sea creatures which in turn support the world's greatest concentrations of wildlife in the sea, on land, and in the air. The lecturer, Barry Pell, traveled by ship to Antarctica for two weeks. Based on his travels on the sea and excursions onto the land, he will discuss and show his photography of this most magnificent and unique continent.

*Special thanks goes to
Evans Park at Newton
Corner for generously
sponsoring this program.*



Fact or Fiction? Investigating the First Thanksgiving Monday, November 16th

3:00 - 4:00 p.m.

Plimoth Patuxet

Discover the real history of Thanksgiving and long-held traditions of gratitude in Indigenous and colonial America. What really happened at the First Thanksgiving? Who was at the table and why? Explore the history behind the legend by comparing accounts of the harvest feast and examining colonial and Indigenous artifacts.

PLIMOTH PATUXET
COMMEMORATING 400 YEARS
1620-2020

Broadway Lady: Love Songs

Thursday, November 19th

1:30 p.m. – 2:30 p.m.

Andrea Lyman

We are happy to have actress/vocalist Andrea Lyman perform via Zoom “Broadway Lady: Love Songs Featuring Music by Gershwin, Rodgers and Hart, and Cole Porter” for us. Andrea Lyman, graduate of Boston Conservatory of Music, has performed in Europe and across the United States. She sang in shows at Radio City Music Hall and Off-Broadway. She has performed locally on stage in shows such as RUTHLESS and AIN'T MISBEHAVIN and in local films, commercials and web series.



WWII Presentation – Drastic Differences between WWII in Europe vs the Pacific

Friday, November 20th

2:00 p.m. - 3:00 p.m.

Tim Gray, President, Founder & Filmmaker of
WWII Foundation

The fight in the Pacific during World War II and the battle going on in Europe were entirely two different wars, in terms of the environment, conditions and enemy. Who had it worse if there can be such a thing in war. Those in Europe or those in the Pacific? Tim Gray looks to answer that question based on history, research and his frequent travels to battlefields on remote islands in the Pacific and sprawling fields of Europe.



TED Talk Discussion
Friday, November 27th
1:00 p.m. – 2:00 p.m.
COA Staff

TED

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.



Program Events *free online presentations*

Portraits of Women: Virtual Tour
Thursday, December 3rd
2:00 p.m. – 3:00 p.m.
Davis Museum

Explore the Davis Museum at Wellesley College through a virtual tour featuring portraits which tell stories about women—including Wellesley alumnae and faculty—who impacted the world around them in both big and small ways. A portrait, or an artwork that represents a particular person, interprets the identity of its subject for viewers, and you will explore how diverse artists have used portraiture to honor women and their contributions to their societies. This virtual tour with a trained Davis Student Guide utilizes 3D scans and high-resolution images of works in the permanent collections.



Elder Financial Scams and How to Protect Yourself
Friday, December 4th
2:00 p.m. – 3:00 p.m.
Needham Bank



Anyone can be the target of fraud, but there are many scams that are designed to take advantage of the senior population in our communities. The best way to protect yourself from falling victim to fraud is by understanding what popular scams are out there and what to do if you are targeted. Representatives from Needham Bank will present a webinar that provides details on how these scams work, how to protect yourself from falling victim, and what to do if your information has been compromised.

Opera Talk - The Marriage of Figaro by Wolfgang Amadeus Mozart
Thursday, December 10th
1:30 p.m. -2:30 p.m.
Helen Sagan

The Marriage of Figaro is often considered to be the perfect comic opera. With sparkling melodies and an amusing plot about the lecherous Count Almaviva put in his place by his clever servant Figaro, Mozart's opera is brilliantly composed and endlessly entertaining. The Marriage of Figaro is not to be missed!



Year in Morocco
Thursday, December 17th
1:30 p.m. – 2:30 p.m.
Barry Pell

Barry Pell lived one year teaching English in Casablanca and traveling throughout Morocco. In this program, he will take you on a journey through the country's walled cities and their ancient markets, across the rugged Atlas Mountains with traditional Berber villages, and into the desolate and dune-covered Sahara Desert. The presentation, accompanied by Mr. Pell's photography, will highlight Morocco's exquisite historic architecture and the lives, traditions, and ceremonies of its Arab and Berber people. *Special thanks goes to Evans Park at Newton Corner for generously sponsoring this program.*



Online Puzzles and Games
Wednesday, December 23rd
1:00 p.m. – 2:00 p.m.
COA Staff

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

TED Talk Discussion
Monday, December 28th
10:30 p.m. – 11:30 a.m.
COA Staff



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.



Photo Credit: Mark FJ Maiden Photography



Reminder:
we are looking for your "best shot" for our Jan/Feb newsletter.

Art, Groups, and Educational Classes

Workshop: Winter Greens Centerpiece
Wednesday, December 9th
Time: 1:00 p.m. - 2:00 p.m.
Wellesley Service League



Please join members of the Wellesley Service League on Zoom to create a small, seasonal centerpiece for your home using beautiful, winter green foliage. Scissors will be required, but all other supplies will be provided by the WSL and dropped off at your home if you live in Wellesley (if space permits and you are out of town, you are responsible for picking up your supplies in advance of the online session.) Max:10

Art: Chinese Ink Brush Painting
Instructor: Nan Rumpf
Mondays, 2:00 p.m. - 4:00 p.m.
November 9 – December 14 (6 weeks)
Cost: \$120



These lessons would work for beginners as well as artists with some experience with Chinese brush painting. These six classes will start off with a demonstration of all of the basic strokes and information about the materials. A materials list will be provided. Please ask for it when you sign up. Then we will paint the following subjects: river reflections; the rabbit; garden pea and yellow butterfly; gladiolus and praying mantis; goldfish and the chicken.

Art: Zoom into Watercolor Techniques with Instructor Cecilia Sharma

Our instructor, Cecilia has been adapting her teaching to Zoom so that you can gather online to paint and learn while at home. Please contact the COA to express interest in this class and we will put you in contact with the instructor.

Wellness: Mindful Living Online
Thursdays, November 5 – December 17
(no class November 26)
11:00 a.m. – 12:00 p.m.
Instructor: Lisa Campbell

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.



Group: Shakespeare Discussion
Wednesdays, November 18 and December 16
1:00 p.m. – 2:30 p.m.

The Shakespeare Discussion Group will next meet online via Zoom to discuss and read from Acts One and Two of Romeo and Juliet. The following month, the group will again meet online via Zoom to discuss and read from Acts Three, Four, and Five of Romeo and Juliet. As in our 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.

Group: Current Events Discussion Online
Hosted by: Joe Weisse
Thursday, November 19 and Thursday, December 17
10:00 a.m. – 11:00 a.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

Group: Conversational French
COA Volunteer, Nathalie deFontnouvelle
Weekly on Tuesdays and Fridays
1:00 p.m. - 2:15 p.m.

Are you conversational in French? Intermediate or advanced? Come join Nathalie, a native speaker, to improve your conversational French. Prior to each session, participants will receive by email brief videos or documentaries in French to watch, or news articles or literature to read, to prepare for the group discussion. This is a fun way to improve your fluency in French, and make new Francophile friends. This is not a structured class. The goal is really to practice talking in a relaxed setting. For more information, email: Wellesley.Nathalie@gmail.com.

Group: Conversational German Class Online
COA Volunteer, Renate Olsen
Weekly on Tuesdays, 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.

Group: 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.

Volunteer Corner

Photos courtesy of Beth Shedd



Sally Miller,
Volunteer Coordinator

It's hard to believe fall has arrived and winter is upon us! COA volunteers have been busy helping us meet the changing needs of our programs during COVID.

In September, we launched our Phone Pal Program matching 10 volunteers with seniors for friendly phone conversation, and have since added 12 volunteers. So far the feedback from everyone has been wonderful! It's a win-win for both the seniors and the volunteers. Let us know if you would like to connect with a volunteer, or if you would like to become a Phone Pal volunteer!

We have had lots of success helping many of you get up and running on ZOOM. As time wears on, many folks are discovering the benefit of getting over their technology hurdles and are realizing the benefits of being able to participate in our remote programs and exercise classes, as well as joining family and friends on ZOOM to socialize.

Give us a call and we will put you in touch with one of our Tech volunteers to help you get set up and enjoy using your device.

We have two volunteers running foreign language "conversation" classes, two in French and one in German. Thank you Nathalie deFontnouvelle and Renate Olsen respectively! We would love to add classes in other languages such as Spanish, Russian and Mandarin. If you or someone you know may be interested in leading a class, let us know and we can work with you to help you get started.

As leaves are falling and winds pick up, you may find yourself in need of some yard work and clean up. We have a small group of volunteers who have signed up to assist you with occasional small yard work. For larger jobs, including snow removal, we can provide you with a list of referrals that Springwell has provided.

We are fortunate to live in a community with so many wonderful volunteers and volunteer organizations. We would like to give a special thanks to Wellesley Service League, Regis College and the Tenacre Country Day School for reaching out to engage with us in creative ways.

Stay safe, be well and we hope to "see" you soon on ZOOM!



Saturday, November 21st

Wellesley veterans started the dinner in 1966 and continued the event through 2013. This occasion has been sponsored by The Wellesley Fire Department since 2014.

Please note that everyone is required to have a reservation. Join us for a new take on our traditional Thanksgiving Dinner open to all Wellesley residents over the age of 60. On Saturday, November 21st, the Wellesley

Fire Department will be hosting a remote Thanksgiving Dinner. Wellesley firefighters and volunteers will endeavor to deliver prepared Thanksgiving Dinners to Seniors who sign up in advance.

Dinners will be delivered between 11:00 a.m. – 12:00 p.m. on Saturday, November 21st. Advance registration is required. Call Wellesley COA 781-235-3961. Max: 200.



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**.

Lois can help!

One-on-One Technology Assistance

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

Appointments are made for Tuesdays and Thursdays

Please call us for scheduling and any other questions you might have at **781-235-3961**.

Transportation Corner

Announcement:

Calling for Volunteers

If you are looking for a volunteer opportunity, we have a few options that you may be interested in:

1. Phone Pal Volunteer
2. IT TECH Volunteer
3. Yard Work Volunteer



We want you to be “in the know”

The COA encourages you to subscribe to receive COA news via email - a great (and easy) way to stay up to date with all that is going on with the COA! Simply visit our website at www.wellesleycoa.org and follow these 3 easy steps:

1. Click the button that says “subscribe to COA News.”
2. Enter your name and email address.
3. Confirm your subscription: You will receive an email from “listserv@civicplus.com” to confirm your subscription request. If you do not receive this email, please check your spam folder. Please note that you will not receive any COA communications until you complete this step.

We also invite you to “like” us on facebook- another communication tool used to spread the word about COA happenings! Find us at facebook.com/WellesleyCOA



Two months into our transition to MetroWest Regional Transit Authority (MWRTA) Reservation Center partnership, all is well. Our transportation needs have begun picking up and we are now seeing passengers requesting rides on at least four out of five days each week. Over the past few weeks, we have seen an uptick in the number of requests to doctor’s appointments and grocery store trips.

During the month of August, we provided 78 rides to 18 patrons, and we went to four distinct destinations (Whole Foods, Roche Brothers, the Food Pantry, and Newton Wellesley Hospital).

Starting October 1st, the hours of the Wellesley Food Pantry, and the location have changed. As such, we have amended our bus schedule and daily destinations to reflect the new time of the Food Pantry on Tuesday afternoons.

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

The following outlines the approved destinations where the COA Bus will travel. Please note we have added 105 Chestnut Street in Needham. If there is a destination that is not on this list outside of the Town of Wellesley, we do not currently provide service to that location. Please contact our office to inquire further.

1. All destinations in the Town of **Wellesley**;
2. Destinations in the Town of **Newton**:
 - a. Newton-Wellesley Hospital, 2014 Washington Street,
 - b. Newton-Wellesley Psychiatry, 2364 Washington Street,
 - c. Woodland “T” Stop;
3. Destinations in the Town of **Natick**:
 - a. MetroWest Medical Center, 67 Union Street,
 - b. Mass General Brigham Urgent Care, 219 North Main Street; and
4. Destinations in Town of **Needham**:
 - a. Beth Israel Deaconess Hospital, 148 Chestnut Street
 - b. Doctor’s Offices, 105 Chestnut Street
 - c. Beth Israel Deaconess Health Care Family Medicine, 392 Chestnut Street

We know transportation is difficult for our patrons and in the days of COVID19, very challenging at times. We are working to stay apprised of any alternative transportation options that may be available.

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

	MORNINGS 8:45 a.m. – 12:00 p.m.	AFTERNOONS 12:00 p.m. – 3:30 p.m.
MONDAY	Any approved destination	
TUESDAY	Any approved destination	Food Pantry
WEDNESDAY	Grocery Trip	Any approved destination
THURSDAY	Any approved destination	
FRIDAY	Grocery Trip	Any approved destination





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:15 - 10:00 Seated Strength & Balance Online 11:00 - 12:00 Pilates Online 1:00 - 2:00 Zumba Gold Online 2:00 - 3:00 Wellesley Media - TV</p>	<p>3</p> <p>Voting Day No online activities</p>	<p>4</p> <p>9:15 - 9:45 Cardio Sculpt Online 1:00 - 2:00 Chair Yoga Online 2:30 - 3:30 Gentle Yoga Online 6:00 - 7:00 Wellesley Media - TV</p>	<p>5</p> <p>9:15 - 10:00 Seated Strength & Balance Online 10:30 - 11:30 Oral Health Presentation Online 11:00 - 12:00 Mindful Living Online 1:30 - 2:30 Scam Prevention Online 3:00 - 4:00 Pilates Online 8:00 - 9:00 Wellesley Media - TV</p>	<p>6</p> <p>9:30 - 10:30 Qi Gong Online 10:30 - 11:30 La Blast Online 12:00 - 1:00 Dine & Discuss w/ Director Online 1:00 - 1:30 Cardio Sculpt Online 1:00 - 2:15 Conversational French Online</p>
<p>9</p> <p>9:15 - 10:00 Seated Strength & Balance Online 11:00 - 12:00 Pilates Online 1:00 - 2:00 Zumba Gold Online 1:30 - 2:45 Mindfulness with Neil Online 2:00 - 3:00 Wellesley Media - TV 2:00 - 4:00 Chinese Brush Painting Online</p>	<p>10</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 1:30-2:30 Rep. Alice Peisch Online Discussion 2:30 - 3:30 Giants of American Literature Online</p>	<p>11</p> <p>The Tolles Parsons Center is CLOSED in observance of Veteran's Day. No online activities</p>	<p>12</p> <p>9:15 - 10:00 Seated Strength & Balance Online 11:00 - 12:00 Mindful Living Online 12:00 - 1:00 Piano Hour Online 2:00 - 3:00 Stamp Museum Presentation 3:00 - 4:00 Pilates Online 8:00 - 9:00 Wellesley Media - TV</p>	<p>13</p> <p>9:30 - 10:30 Qi Gong Online 10:30 - 11:30 La Blast Online 1:00 - 1:30 Cardio Sculpt Online 1:00 - 2:15 Conversational French Online 1:30 - 2:30 Barry Pell - Antarctica Presentation</p>
<p>16</p> <p>9:15 - 10:00 Seated Strength & Balance Online 11:00 - 12:00 Pilates Online 1:00 - 2:00 Zumba Gold Online 2:00 - 3:00 Wellesley Media - TV 2:00 - 4:00 Chinese Brush Painting Online 3:00 - 4:00 Plimoth Thanksgiving Online</p>	<p>17</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 2:30 - 3:30 Giants of American Literature Online</p>	<p>18</p> <p>9:15 - 9:45 Cardio Sculpt Online 11:15 - 12:15 Osteo Class Online 1:00 - 2:00 Chair Yoga Online 1:00 - 2:30 Shakespeare Discussion Online 2:30 - 3:30 Gentle Yoga Online 6:00 - 7:00 Wellesley Media - TV</p>	<p>19</p> <p>9:15 - 10:00 Seated Strength & Balance Online 10:00 - 11:00 Current Events Discussion Online 11:00 - 12:00 Mindful Living Online 1:30 - 2:30 Broadway Lady: Love Songs 3:00 - 4:00 Pilates Online 4:00 - 6:00 COA Board Meeting Online 8:00 - 9:00 Wellesley Media - TV</p>	<p>20</p> <p>9:30 - 10:30 Qi Gong Online 10:30 - 11:30 La Blast Online 1:00 - 1:30 Cardio Sculpt Online 1:00 - 2:15 Conversational French Online 2:00 - 3:00 World War II Online Presentation</p>
<p>23</p> <p>9:15 - 10:00 Seated Strength & Balance Online 11:00 - 12:00 Pilates Online 1:00 - 2:00 Zumba Gold Online 2:00 - 3:00 Wellesley Media - TV 2:00 - 4:00 Chinese Brush Painting Online</p>	<p>24</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 2:30 - 3:30 Giants of American Literature Online</p>	<p>25</p> <p>9:15 - 9:45 Cardio Sculpt Online 11:15 - 12:15 Osteo Class Online 1:00 - 2:00 Chair Yoga Online 2:30 - 3:30 Gentle Yoga Online 6:00 - 7:00 Wellesley Media - TV</p>	<p>26</p> <p>The Tolles Parsons Center is CLOSED in observance of Thanksgiving Day. No online activities</p>	<p>27</p> <p>1:00 - 2:00 TED Talk Discussion Online</p>
<p>30</p> <p>9:15 - 10:00 Seated Strength & Balance Online 11:00 - 12:00 Pilates Online 1:00 - 2:00 Zumba Gold Online 2:00 - 3:00 Wellesley Media - TV 2:00 - 4:00 Chinese Brush Painting Online</p>	<h1>November 2020</h1>			



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 2020	1 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 2:30 - 3:30 Giants of American Literature Online	2 9:15 - 9:45 Cardio Sculpt Online 11:15 - 12:15 Osteo Class Online 1:00 - 2:00 Chair Yoga Online 2:30 - 3:30 Gentle Yoga Online 6:00 - 7:00 Wellesley Media - TV	3 9:15 - 10:00 Seated Strength & Balance Online 11:00 - 12:00 Mindful Living Online 2:00 - 3:00 Davis Museum Virtual Tour 3:00 - 4:00 Pilates Online 8:00 - 9:00 Wellesley Media - TV	4 9:30 - 10:30 Qi Gong Online 10:30 - 11:30 La Blast Online 1:00 - 1:30 Cardio Sculpt Online 1:00 - 2:15 Conversational French Online 2:00 - 3:00 Elder Financial Scams and How to Protect Yourself Online w/ Needham Bank
7 9:15 - 10:00 Seated Strength & Balance Online 11:00 - 12:00 Pilates Online 1:00 - 2:00 Zumba Gold Online 2:00 - 3:00 Wellesley Media - TV 2:00 - 4:00 Chinese Brush Painting Online	8 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 2:30 - 3:30 Giants of American Literature Online	9 9:15 - 9:45 Cardio Sculpt Online 11:15 - 12:15 Osteo Class Online 1:00 - 2:00 Chair Yoga Online 1:00 - 2:00 Winter Greens Centerpiece Online 2:30 - 3:30 Gentle Yoga Online 6:00 - 7:00 Wellesley Media - TV	10 9:15 - 10:00 Seated Strength & Balance Online 11:00 - 12:00 Mindful Living Online 12:00 - 1:00 Piano Hour Online 1:30 - 2:30 Opera Talk The Marriage of Figaro 3:00 - 4:00 Pilates Online 8:00 - 9:00 Wellesley Media - TV	11 9:30 - 10:30 Qi Gong Online 10:30 - 11:30 La Blast Online 1:00 - 1:30 Cardio Sculpt Online 1:00 - 2:15 Conversational French Online
14 9:15 - 10:00 Seated Strength & Balance Online 11:00 - 12:00 Pilates Online 1:00 - 2:00 Zumba Gold Online 1:30 - 2:45 Mindfulness with Neil Online 2:00 - 3:00 Wellesley Media - TV 2:00 - 4:00 Chinese Brush Painting Online	15 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 2:30 - 3:30 Giants of American Literature Online	16 9:15 - 9:45 Cardio Sculpt Online 11:15 - 12:15 Osteo Class Online 1:00 - 2:30 Shakespeare Discussion Online 6:00 - 7:00 Wellesley Media - TV	17 9:15 - 10:00 Seated Strength & Balance Online 10:00 - 11:00 Current Events Discussion Online 11:00 - 12:00 Mindful Living Online 1:30 - 2:30 Barry Pell - Year in Morocco event 3:00 - 4:00 Pilates Online 4:00 - 6:00 COA Board Meeting Online	18 9:30 - 10:30 Qi Gong Online 10:30 - 11:30 La Blast Online 1:00 - 1:30 Cardio Sculpt Online 1:00 - 2:15 Conversational French Online
21 9:15 - 10:00 Seated Strength & Balance Online 11:00 - 12:00 Pilates Online 1:00 - 2:00 Zumba Gold Online 2:00 - 3:00 Wellesley Media - TV	22 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	23 9:15 - 9:45 Cardio Sculpt Online 11:15 - 12:15 Osteo Class Online 1:00 - 2:00 Online Puzzles and Games 6:00 - 7:00 Wellesley Media - TV	24 The Tolles Parsons Center will close at 1:00 p.m. in observance of Christmas Eve no online activities	25 The Tolles Parsons Center is CLOSED in observance of Christmas. No online activities
28 10:30 - 11:30 TED Talk Discussion Online 2:00 - 3:00 Wellesley Media - TV	29 9:00 - 11:00 Registration for January - February Programs and Events - Wellesley Residents	30 9:00 - 11:00 Registration for January - February Programs and Events - non-Wellesley Residents	31 The Tolles Parsons Center will close at 1:00 p.m. in observance of New Year's Eve no online activities	December 2020

Fitness Offerings on ZOOM *fee based programs*

Personal Zoom Training Online Sessions

Call us at 781-235-3961

Online Via Zoom Personal Training Sessions

If Interested Please Contact The COA For More Information!

Tuesdays at 1:00 p.m. or 2:00 p.m. for 45 minutes with Lisa

• Cost: \$50 per session • Must be Wellesley resident age 60+ • All sessions are 1:1 (Trainer/Participant)



Fitness classes will all be
ZOOM and ONLINE for November/December

FREE INTRODUCTORY CLASS

FREE OSTEO EXERCISE ONLINE

(60 minutes)

Wednesdays, 11:15 a.m. – 12:15 p.m.

November 18 – December 23 (6 weeks)

Dr. Patricia Sullivan will be teaching an Osteo class FREE for six weeks. This is a bit strenuous: stretching and strengthening, and moving around to music utilizing a chair as needed and an optional resistance band. She has been a physical therapist for over 50 years and has written four books on Therapeutic Exercise, and for 35 years has taught at Northwestern University, Boston University, and at the MGH Institute of Health Professions. Patricia has taught therapists in 20 countries and is internationally recognized as an expert in physical therapy and providing exercise therapy. We are so excited to offer this class to our community FREE for this holiday season and hope you will consider joining us online.

ZUMBA GOLD/Instructor: Ketty Rosenfeld

(60 minutes)

Mondays, 1:00 p.m. – 2:00 p.m.

November 2 – December 21 (8 weeks)

Cost: \$40

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 (60 minutes)

Instructor: Lisa Wilkins

CLASS A

Mondays, 11:00 a.m. - 12:00 p.m.

November 2 – December 21 (8 weeks)

Cost: \$40

NEW
Class Time

CLASS B

Thursdays, 3:00 p.m. – 4:00 p.m.

November 5 – December 17

(6 weeks – no class November 26)

Cost: \$30

NEW
Class Time

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.

SEATED STRENGTH AND BALANCE (45 minutes)

Instructor: Pearl Pressman

CLASS A

Mondays, 9:15 a.m. – 10:00 a.m.

November 2 – December 21 (8 weeks)

Cost: \$40

CLASS B

Thursdays, 9:15 a.m. - 10:00 a.m.

November 5 – December 17 (6 weeks – no class November 26)

Cost: \$30

NOW OFFERING
TWO CLASSES PER WEEK

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 (60 minutes)
Wednesdays, 1:00 p.m. - 2:00 p.m.
November 4 – December 9 (5 weeks)
Cost: \$25

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.

GENTLE YOGA/Instructor: Cyndi Koss (60 minutes)
Wednesdays, 2:30 p.m. - 3:30 p.m.
November 4 – December 9 (5 weeks)
Cost: \$25

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.



MIXED YOGA (90 minutes)
Instructor: Judy Scribner-Moore
Tuesdays, 9:00 a.m. – 10:30 a.m.
November 10 – December 22 (7 weeks)
Cost: \$77

Tuesdays, 11:00 a.m. - 12:30 p.m.
November 10 – December 22 (7 weeks)
Cost: \$77

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.



CARDIO SCULPT (30-minutes)
Instructor: Daniel Salerno

**NOW OFFERING
TWO CLASSES PER WEEK**

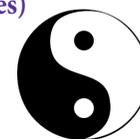
CLASS A
Wednesdays, 9:15 a.m. - 9:45 a.m.
November 4 – December 23
(7 weeks – no class November 11)
Cost: \$24

CLASS B
Fridays, 1:00 p.m. – 1:30 p.m.
November 6 – December 18
(6 weeks – no class November 27)
Cost: \$21



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).

QI GONG/Instructor: Bob Doherty (60 minutes)
Fridays, 9:30 a.m. – 10:30 a.m.
November 6 – December 18
(6 weeks – no class November 27)
Cost: \$30



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.

LABLAST/Instructor: Karen Karten (60 minutes)
Fridays, 10:30 a.m. - 11:30 a.m.
November 6 – December 18
(6 weeks – no class November 27)
Cost: \$30



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.

T’AI CHI MINI ROUTINES/Instructor: Jon Woodward (60 minutes)
Tuesdays, 11:00 a.m. – 12:00 p.m.
November 10 – December 22 (7 weeks)
Cost: \$35

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.

Photos courtesy of Beth Sheehy



Kate Burnham, Health & Social Services

Dear COAbby,

I am wondering if the Council on Aging might offer any in-person programs in the near future as I noticed some other COA's are starting to open slowly. I feel safe to sit at a distance with other people and could really benefit from getting out of my house! I know this might not be possible yet, but hope you can let me know as updates become available for seniors who are eagerly looking to get back into the Tolles Parsons Center.

Sincerely,
Mr. V. Curious

Dear Mr. C,

The primary goal is for the Tolles Parsons Center to remain a safe place while we continue to be a resource for the community at large. As we consider planning into an unknown future, we hope to offer a few very small, closed, in-person discussion or support groups. All group topic ideas are welcome, please email us at COA@wellesleyma.gov to let us know any thoughts you may have on participating and/or your thoughts on ways to feel safe returning to programs inside the Tolles Parsons Center, this spring. As always, you can find the most up-to-date information from our email blasts. No email? Call us directly 781-235-3961 Monday thru Friday between 9:00am- 4:00pm

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

Do you have a question for COAbby?
Send it to kburnham@wellesleyma.gov

Resource Spotlight

Looking to save money on your property taxes, winter heating bills or affordable in-home care? Read on to learn more about these wonderful programs available to residents who qualify.

SENIOR WORK-OFF PROGRAM

Do you own a home in Wellesley and would like to save \$1,500 on your property taxes? Volunteer your time to the Town of Wellesley through the Senior Work-Off Program. Eligible households can apply through the Town Hall Assessor's office. Applications are available online. Yearly income maximum for single person households is \$46,262 and married couples is \$69,393. Volunteer opportunities are presented to seniors when applications are processed and approved. Call 781-235-3961 to get application.

LIHEAP

Fuel Assistance is available through SMOC (South Middlesex Opportunity Council) through LIHEAP (Low Income Home Energy Assistance Program) until April 30, 2021. Criteria on income guidelines: Single person household with yearly income below \$39,105 or two person households with annual income below \$51,137. For an application and more information on this benefit, please call Kate Burnham, Health & Social Services Administrator at 781-235-3961.

SPRINGWELL

Affordable in home care is available to frail, low-income residents who qualify from Springwell, the State-funded elder services agency that covers Wellesley seniors. Springwell is a non-profit organization offering many services on a sliding scale basis. Single person yearly income limits must be under \$28,800 and married households under \$40,800. For more information on services available and eligibility requirements, call Springwell directly at 617-926-4100.

Resource Reference Guide

COMMUNITY BASED SENIOR SERVICE ORGANIZATIONS

The Alzheimer's Association Hotline	800-272-3900
Jewish Family & Children's Services.....	781-647-5327
Springwell	617-926-4100
Wellesley Council on Aging.....	781-235-3961

WELLESLEY FINANCIAL SUPPORT PROGRAMS

The Almira Simons Fund (Wellesley COA)	781-235-3961
Wellesley Friendly Aid Association	781-235-3960
The Society of St. Vincent de Paul.....	781-235-1060

MEDICAL SUPPLIES

Andrews Pharmacy (324 Weston Rd).....	781-235-1001
Byrne Medical Supplies.....	508- 655-3656
CVS Wellesley.....	781-235-0219

PATIENT ADVOCACY

Beacon Patient Solutions.....	617-651-2140
Patient Advocacy Foundation.....	800-532-5274

Updates/Outreach

Our Collaboration with Regis College and their students for 2020-2021

Regis College MSOT Program Level I Fieldwork Group Placement Information!

Regis College MSOT Program has been an integral program in the School of Health Sciences and the surrounding communities. The graduate students participate in four academic semesters which include unique fieldwork placements including groups and six months of level II fieldwork placements.

Graduate students from the Regis College MSOT Program have been co-leading and leading groups at the Wellesley Council on Aging. They have also co-led and led groups at the Weston Council on Aging. These groups have been focused on aging in place, health and wellness, art and crafts and discussions around our current world pandemic. The graduate students participate in a group dynamics graduate course with a lab and the description for that course is below.

Group Dynamics involves the exploration of the interactions that occur in small and large group systems. Classes and readings focus on theories of group process that lead to effective group functioning, theories of small group functioning and elements of group process that lead to effective group formation, development, and closure. Group experiences in class will assist in integrating theoretical learning, building upon skills for group observation, leadership, and individual membership. The class will be part of its own laboratory in small group dynamics.

Feedback from all the stakeholders involved including but not limited to clients who attend the council on aging sites, graduate students, fieldwork educators, various staff, volunteers, families and professors has been overwhelmingly positive. These partnerships are helping people age in place, learn about healthy living, and provide support during these challenging and unprecedented times.

These groups have taken place in person and via Zoom. Please sign up for a group co-led by Regis MSOT students and you will be pleasantly surprised by the skilled group leadership, organization, and evidence based practice that is shared.

Respectfully submitted by, Mary Jean Hughes Ed.D., MA, OTR/L

Are you interested in these Online Groups for the winter months?

The COA would like to form these online groups:

- ✓Coffee and Conversations Men's Group
- ✓Book Discussion Group

If interested please contact Sarah, Activities Assistant at spaglione@wellesleyma.gov

Sudoku Puzzles

Answers on page 16

Sudoku Puzzle 1

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

				1	6			
	6				4		5	
					8	3	4	
8	7				3	4		1
					9			
				7			6	5
	5		3				7	4
	3		9					
				8			1	

DIFFICULTY: ★★★☆

Sudoku Puzzle 2

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

		9				8		3
4			3					
6		3	2			7		
	4		6	5				
7			8					
				9	7	6	2	
	5			8				
	9				4			5
					2			

DIFFICULTY: ★★★☆



Updates/Outreach

Elections Update

The September Primary and Local Election was a Success! Many thanks to the Tolles Parsons Center for hosting Early In-Person Voting for the September Election.

Almost 9,000 voters requested Vote-by-Mail ballots. Almost 7,000 Vote-by-Mail ballots were returned. In addition, 2,000 voters voted in person.

The Tolles Parsons Center will be hosting Early In-Person Voting for the November 3rd General Election from October 17th to October 30th. Weekend hours are 9 am to 1 pm and weekday hours are 9 am to 4 pm.

Voters who have not yet requested a Vote-by-Mail ballot may do so by returning their request application to: Town Hall at Elections@wellesleyma.gov by USPS mail, or in the Town Hall dropbox.

If you would like to check to see if you already requested a ballot, go to Track My Ballot at www.sec.state.ma.us/wheredoivotema/track/trackmyballot.aspx. If it says "Pending", your request has been received and a ballot will be mailed when it is available.

The ballots are still at the printer and will be mailed by October 13th.

Polling places will be open on Tuesday, November 3rd for traditional voting. All school based locations have been moved.

- Precincts A (Bates), B (Sprague) and C (Upham) are located at the Municipal Light Plant at 4 Municipal Way (next to the Fire Station). The Woodlawn Avenue entrance will be open for election day.
- Precincts D (Schofield) and E (Fiske) are located at the Warren Building at 90 Washington Street.
- Precinct F (Dana Hall) is located at the Wellesley Congregational Village Church at 2 Central Street.
- Precinct G (Wellesley Free Library) is not changing and will be at the Wellesley Free Library.
- Precinct H (Tolles Parsons Center) is not changing and will be at the Tolles Parsons Center.

Any questions, please email Elections@Wellesleyma.gov or call the Town Clerk's Office at 781-431-1019, extension 2252.

Medicare Open Enrollment ends December 7th Don't miss your chance to change plans



Call SHINE for help over the phone

It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year. For the best comparison, you should have a MyMedicare.gov account. If you don't have one already, you can go to MyMedicare.gov to easily create one, or SHINE can help you do it.

Call your Senior Center and ask for a SHINE phone appointment. At the time of your appointment you should have ready your:

MyMedicare.gov account Username and Password (if you have an account)

Medicare card # and other drug/health insurance cards and benefit information

Prescription drug list (dosage, quantity, frequency)

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call 1-800-243-4636 then press or say 4. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back as soon as possible.

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.

THE SHINE PROGRAM
Serving the Health Insurance Needs of Everyone

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

Visit the Wellesley Town Website for the latest information on COVID-19 coronavirus-wellesleyma.hub.arcgis.com/
Need help or have questions call 781-239-0256 Mon.-Fri. 9 a.m.-4 p.m.

Answer to Sudoku 1

3	8	4	5	1	6	7	2	9
7	6	9	2	3	4	1	5	8
1	2	5	7	9	8	3	4	6
8	7	2	6	5	3	4	9	1
5	1	6	8	4	9	2	3	7
9	4	3	1	7	2	8	6	5
6	5	8	3	2	1	9	7	4
4	3	1	9	6	7	5	8	2
2	9	7	4	8	5	6	1	3

Answer to Sudoku 2

1	2	9	7	4	5	8	6	3
4	7	5	3	6	8	9	1	2
6	8	3	2	1	9	7	5	4
9	4	2	6	5	1	3	7	8
7	6	1	8	2	3	5	4	9
5	3	8	4	9	7	6	2	1
2	5	4	9	8	6	1	3	7
3	9	6	1	7	4	2	8	5
8	1	7	5	3	2	4	9	6



WELLESLEY COUNCIL *on* AGING

500 Washington Street
Wellesley, MA 02482

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



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“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