

Class Title	Day	Date Starts	Begins2	Ends	Length	Fee	Max	Notes/Description
ACT - Online Trivia	Friday	2021-03-05	2:00 PM	3:00 PM	One day	Free	100	COA staff leads an exciting game of trivia
ACT - Online Trivia	Wednesday	2021-04-07	2:00 PM	3:00 PM	One day	Free	100	COA staff leads an exciting game of trivia
ART - Chinese Brush Painting	Monday	2021-03-22	2:00 PM	4:00 PM	Five days	\$100	10	Nan Rumpf Introduction to Chinese Brush Painting
DIS - Community Sessions	Tuesday	2021-03-09	1:00 PM	2:00 PM	One day	Free	100	COA Board open discussion on citizen topics
DIS - TED Talks	Friday	2021-03-26	2:00 PM	3:00 PM	One day	Free	100	Various topics discussed, topic list emailed in advance
DIS - TED Talks	Friday	2021-04-30	2:00 PM	3:00 PM	One day	Free	100	Various topics discussed, topic list emailed in advance
FIT - Balls and Bands	Tuesday	2021-03-02	10:00 AM	10:45 AM	Eight weeks	\$5	100	45 minute class with 8 inch ball and resistance band to build strength. One time \$5 supply fee - class is FREE
FIT - Cardio Sculpt A	Wednesday	2021-03-03	9:15 AM	9:45 PM	Eight weeks	\$24	50	Dan Salerno's Cardio Sculpt class, muscle conditioning
<a href="https://wellesleyma.gov/DocumentCenter/View/">https://wellesleyma.gov/DocumentCenter/View/</a>	Friday	2021-03-05	1:00 PM	1:30 PM	Eight weeks	\$3	50	Dan Salerno's Cardio Sculpt class, muscle conditioning, drop in class
FIT - LaBlast	Wednesday	2021-03-03	6:00 PM	7:00 PM	Eight weeks	\$40	100	Karen Karten leads a dance class that has ballroom and cardio fitness moves
FIT - Osteo	Wednesday	2021-03-03	11:15 AM	12:15 PM	Eight weeks	\$32	50	Heather to add this content so it is correct
FIT - Pilates A	Monday	2021-03-01	11:00 AM	12:00 PM	Eight weeks	\$40	50	Lisa Wilkins teaches a Pilates class
FIT - Pilates B	Thursday	2021-03-04	3:00 PM	4:00 PM	Eight weeks	\$40	50	Lisa Wilkins teaches a Pilates class
FIT - Qi-Gong	Friday	2021-03-05	9:15 AM	10:15 AM	Eight weeks	\$40	50	Bob Doherty teaches a slow moving movement Qi Gong class
FIT - Seated Strength and Balance A	Monday	2021-03-01	9:15 AM	10:00 AM	Eight weeks	\$32	40	Pearl Pressman's chair class that concentrates on strength and muscle conditioning
FIT - Seated Strength and Balance B	Thursday	2021-03-04	9:15 AM	10:00 AM	Eight weeks	\$32	40	Pearl Pressman's chair class that concentrates on strength and muscle conditioning
FIT - Senior Muscle Conditioning	Friday	2021-03-05	11:15 AM	12:00 PM	Eight weeks	Free	50	Kim Crowley leads a full body workout sensitive to special needs and adaptations
FIT - Tai Chi	Thursday	2021-03-04	10:00 AM	11:00 AM	Eight weeks	\$40	25	Jon Woodward teaches this Tai Chi class that incorporates poses and breathing in "mini routines"
FIT - Tai-Yo-Ba	Tuesday	2021-03-02	1:00 PM	1:50 PM	Eight weeks	Free	50	Cam Bergeron leads a class: combination of physical therapy, Burdenko therapy and functional fitness
FIT - Yoga Chair	Wednesday	2021-03-03	1:00 PM	2:00 PM	Eight weeks	\$40	30	Cyndi Koss's yoga class in a chair
FIT - Yoga Mixed Level Class A	Tuesday	2021-03-02	9:00 AM	10:30 AM	Eight weeks	\$80	18	Judy's Mixed Yoga Class
FIT - Yoga Mixed Level Class B	Tuesday	2021-03-02	11:00 AM	12:30 PM	Eight weeks	\$80	18	Judy's Mixed Yoga Class
FIT - Yoga Restorative - Drop in	Monday	2021-03-01	2:30 PM	3:00 PM	Eight weeks	\$3	15	Drop in 30 minute class with Rebecca Reber
FIT - Zumba Gold	Monday	2021-03-01	1:00 PM	2:00 PM	Eight weeks	\$40	100	Ketty Rosenfeld leads an easy to follow dance class that has Latin and International rhythms
GRP - Conversational German	Tuesday	2021-03-02	10:00 AM	11:15 AM	Ongoing	Free	100	Conversational German with Renate Olsen, includes simple stories and poems
GRP - Current Events Discussion	Thursday	2021-03-25	10:00 AM	11:00 AM	Two days	Free	12	Discuss international, national, state and local issues of the day with Joe Weisse, 3/25 and 4/22
GRP - Friends for an Hour	Tuesday	2021-03-16	11:00 AM	12:00 PM	Four days	Free		Kate's Group - ask her
GRP - Giants of Literature Book Discussion	Wednesday	2021-03-31	1:00 PM	2:30 PM	Two days	Free	15	COA Volunteer Terry Catchpole leads two discussions on Salinger and Whitman: 3/31 and 4/28
GRP - Shakespeare Discussion Group	Wednesday	2021-03-17	1:00 PM	2:30 PM	Two days	Free	15	Read from Acts One and Two of Twelfth Night March 17 and April 21
MUS - A Celtic Celebration	Wednesday	2021-03-17	2:00 PM	3:00 PM	One day	Free	100	Celebrate St. Patrick's Day with a performance by Davis Bates
MUS - Piano Hour	Thursday	2021-03-11	12:00 PM	1:00 PM	Two days	Free	100	Enjoy your lunch virtually while listening to the piano played by Ken Batts, 3/11 and 4/8
PRE - A Year in Chile	Friday	2021-04-23	2:00 PM	3:00 PM	One day	Free	100	Barry Pell presents about his year in Chile
PRE - Australia: Above and Beyond	Friday	2021-04-09	2:00 PM	3:00 PM	One day	Free	100	Join Joy Marzolf for a program on the wildlife of Australia
PRE - Be A Good Ancestor	Friday	2021-03-12	2:00 PM	3:00 PM	One day	Free	100	Learning to research your history and leave behind yours
PRE - Opera Talk - Faust	Tuesday	2021-04-27	1:30 PM	2:30 PM	One day	Free	100	Helen Sagan presents Faust by Charles Gounod
PRE - Opera Talk - Rigoletto	Thursday	2021-03-04	1:30 PM	2:30 PM	One day	Free	100	Helen Sagan presents Rigoletto by Giuseppe Verdi
PRE - Rounders to Baseball	Tuesday	2021-03-30	1:00 PM	2:00 PM	One day	Free	100	History of baseball presentation
SER - A Series on Mindfulness	Tuesday	2021-03-09	1:30 PM	2:45 PM	Two days	Free	100	Neil Motenko Mindfulness series, 3/9 and 4/13
SER - Aging in Place	Wednesday	2021-03-10	7:00 PM	8:00 PM	Two days	Free	100	Kate - part two and three of three part series. 3/10 and 4/7
SER - Climate Justice	Thursday	2021-04-15	2:00 PM	3:00 PM	Three days	Free	100	Norah Dooley three part series on Climate Justice: Yesterday, Today and Tomorrow
SER - Introduction to the Alexander Technique	Wednesday	2021-03-10	7:00 PM	8:00 PM	Two days	Free	100	EVENING Two Part Program March 10 and 17 - improving balance and posture
SER - Mindful Living Series	Thursday	2021-03-04	11:00 AM	12:00 PM	Eight weeks	Free	100	Lisa Campbell, shows you that what you seek is already within you, meditation
SER - The Giants of American Literature Part Two	Tuesday	2021-03-16	2:30 PM	3:30 PM	Six days	Free	100	Larry Lowenthal will cover six literary giants in part two of our series. 3/16, 3/23, 3/30, 4/6, 4/13, 4/20
VIR - Deeds Not Words: NE Quilt Museum	Friday	2021-03-19	2:00 PM	3:00 PM	One day	Free	100	Virtual tour of an exhibition of 29 quilts/textile arts celebrating Centennial of the 19th Amendment
VIR - Taking Shape: McMullen Museum of Art	Thursday	2021-04-01	1:30 PM	2:30 PM	One day	Free	100	Explore the McMullen Museum of Art - Abstract Art from the Arab World 1950's - 1980's
VIR - Whales Today: New Bedford Whaling Museum	Friday	2021-04-16	2:00 PM	3:00 PM	One day	Free	100	Explore the science of whales with the New Bedford Whaling Museum
WEL - Aging With Dignity	Friday	2021-03-12	10:30 AM	11:30 AM	One day	Free	100	Care Dimensions Program to help understand choices and successful aging
WEL - Knee Pain: Causes & Effective Treatment	Monday	2021-03-15	1:00 PM	2:00 PM	One day	Free	100	Learn what causes knee pain and proper treatment
WEL - Living Well	Monday	2021-04-12	10:30 AM	11:30 AM	One day	Free	100	Care Dimensions program on the barriers faced as we age
WEL - Regis College Students Health & Wellness	Thursday	2021-03-04	1:00 PM	2:00 PM	Six days	Free	20	Regis students hold health and wellness groups - overseen by Amy
WEL - Regis College Students Health & Wellness	Thursday	2021-03-04	3:00 PM	4:00 PM	Six days	Free	20	Regis students hold health and wellness groups - overseen by Amy
WRK - Spring Floral Centerpiece	Wednesday	2021-03-24	1:00 PM	2:00 PM	One day	Free	10	Wellesley Service League - Art in Bloom session