



WELLESLEY COUNCIL *on* AGING

March/April 2023

Photograph by Wellesley resident Priscilla Messing, North Fourth Gardens

The Wellesley Council on Aging serves as the community resource for Wellesley's older adult residents (60+), their families, and caregivers.

The Council acts as the primary advocate for Wellesley's older adults by providing social services, meal and transportation services, socializing opportunities, and educational and physical activity programs to foster well-being and community.

REGISTRATION IS ONGOING

March/April 2023

Wellesley Residents:

Starting Wednesday, February 22nd at 9:00 a.m.

Non-Wellesley Residents:

Starting Thursday, February 23rd at 9:00 a.m.

All programs require pre-registration unless otherwise noted.

HOW TO REGISTER

There are three ways to register for programs:

1. Online

through MyActiveCenter

(<https://myactivecenter.com>) Pay by credit card

2. By phone: 781-235-3961

Pay by credit card, or mail-in check

(payable to Town of Wellesley)

3. In person

at the Tolles Parsons Center,

500 Washington Street

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, payment is required when registering.

Note: MyActiveCenter.com and MySeniorCenter are secure websites (<https://>). They do not store credit card information.

INSIDE

- 2 PROGRAM INFORMATION AND POLICIES
- 3 NOTE FROM THE NEW DIRECTOR Deborah Greenwood
- 3 PROGRAM EVENTS IN PERSON
- 6 PROGRAM EVENTS ON ZOOM
- 7 COA LUNCH OPTIONS
- 8 CALENDAR March/April 2023
- 10 FITNESS OFFERINGS
Fee-based programs online and in person
- 12 ART CLASSES/WORKSHOPS/GROUPS IN PERSON
Free and Fee-based programs in person
- 13 TRANSPORTATION
- 14 PROGRAMS/OUTREACH/RESOURCES

Third Thursday of the Month BINGO!
Thursdays, March 16th and April 20th
1:30 p.m. - 3:30 p.m.

Please join us for an afternoon of BINGO on the third Thursday of each month from 1:30pm to 3:30pm.

Stay tuned for specially themed prizes and games! Please contact the COA to Register. Drop-ins also welcome!



Wellesley Council on Aging Staff

Deborah Greenwood
Director of Senior Services

Kate Burnham, LICSW
Health and Social Services Administrator

Kevin McDonald, Senior Activities Coordinator

Sarah Paglione, Activities Assistant

Andria DeSimone, Office Administrator

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

Tony Parker, Chair

Susan Rosefsky, Secretary

Marlene Allen

Tory DeFazio

Lori Ferrante

Cynthia Sibold

Dianne Sullivan

Kathy Trumbull

Kathleen Vogel

Tina Wang

COA Board Meeting Dates

Please contact the COA to participate in the Citizen's Speak portion.

Thursday, March 16th at 4:00 p.m.

Thursday, April 20th 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.

Contact Info

781-235-3961
www.wellesleycoa.org
coa@wellesleyma.gov

Inclement Weather In the event of inclement weather, participants are encouraged to call the center to confirm that we are open. All online classes will run as scheduled.

Program Information and Policies

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

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. If a certain program is restricted to Wellesley residents only, it will be noted in the description. A Wellesley resident is defined as someone who primarily lives in Wellesley. Proof of residency can be any of the following: a state-issued photo ID, a utility bill, a lease, rent receipt, a voter ID, or any other printed identification that contains the resident's name and address. Please note that all of our programs require pre-registration unless otherwise noted.

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 notified by phone and/or email 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. 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.

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.

Participant Photograph Policy

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

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

COA BUS

To schedule a ride, please call the MWRTA Reservation Call Center: 508-820-4650.

Scholarship Funds Available:

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

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 Deborah The New Director



"Individual commitment to a group effort—that is what makes a teamwork, a company work, a society work, a civilization work."

—Vince Lombardi

I am excited to be the new Director of the Wellesley COA and I have met so many wonderful, educated, involved and caring individuals during my first few weeks. I am learning about the Wellesley community, absorbing

information that has been shared about how the TPC came to be and residents' vision for the future.

As I begin my work with the COA Board, we will be talking more in depth about our vision and strategic planning; this is an amazing opportunity to look at where we can go from here. With the pandemic making changes in the way we function as a society; we have learned much. One of my biggest takeaways is that we need each other, that social contact combined with a sense of belonging and inclusion, is necessary for maintaining our mental health and continued ability to thrive in our community.

The Tolles Parsons Center is a place for making social connections and having new experiences, we offer various programs, and I would love to hear your suggestions for the future. I welcome you to

reach out to me directly with any ideas or topics that may be of interest to you or join us as a volunteer to contribute to your community and the senior population.

I look forward to meeting more of you and making further connections throughout the Wellesley community. Please feel free to stop by and introduce yourself, share your thoughts and recommendations with me as we move forward into the future together.

Warm regards,

Deborah Greenwood
Director of Senior Services



A meet and greet was held on January 11, 2023.

Program Events IN PERSON free programs

Programs are one hour and limited to 50 participants unless otherwise noted.

A&W Ukulele Players

Thursday, March 2nd

1:30 p.m.

The A&W Ukulele Players comprises ukulele enthusiasts from all over the Greater Boston area. Over the years, they have been delighting audiences with their mix of songs spanning the decades from the 1920s to the 2010s. Join us for this fun musical event to kick off the month of March!



Johnny Mathis Musical Lecture

Thursday, March 9th

1:30 p.m.

Frank King, former WBUR Radio Host

Join Frank King for his musical program that will focus on the legendary Johnny Mathis, including "Chances Are" and many other Mathis hits from his long career. You will learn about his life story, including the difficult career choice he faced as a teenager. Also included: the story behind three hit songs from the great music year of 1948; a rare duet by Frank Sinatra and Judy Garland; plus a few surprises.

Elder Law Update

Friday, March 10th

10:00 a.m.

Tim Loff, Attorney

Join us for a presentation on the latest in Elder Law. Attorney Loff will share important updates on many different Elder Law areas including Medicaid, Long-Term Care Insurance, Reverse Mortgages, Estate and Trust Administration, and Estate and Special Needs Planning.



St. Patrick's Day Celebration

Lunch and Irish Music Performance

Friday, March 17th

12:00 p.m.

Ragtime Jack Radcliffe, Singer/Songwriter/Musician

Let's gather together and celebrate the heritage and culture of Ireland with a delicious lunch of traditional Irish food with fellow friends and neighbors at the COA! We will continue the celebration following the lunch with a festive musical performance by Ragtime Jack Radcliffe who will perform our favorite Irish songs. **Wellesley Residents Only. Max: 50**



Program Events IN PERSON free programs

Programs are one hour and limited to 50 participants unless otherwise noted.

Faroe Islands – Rugged Nature

in the North Atlantic

Tuesday, March 21st

1:30 p.m.

Barry Pell,
Photojournalist

The Faroes are a group of eighteen remote islands

settled by Vikings over a thousand years ago. Their volcanic origin, and later erosion by retreating Ice Age glaciers, has given the islands an austere beauty of steep ridges, sharp pyramidal peaks, and deep rounded valleys. Carpeted in myriad shades of green from summer rains and winter snowmelt, the islands are filled with cascading waterfalls and verdant fields dotted with turf-roofed wooden houses, ancient churches, and lots of gently grazing sheep. Barry Pell recently traveled to nearly all the Faroe Islands, photographing the landscape and meeting its people. He left with the impression that the wild, wet and windy Faroes are the most beautiful of all the places he has traveled.



Motown's First Decade

Thursday, March 23rd

1:30 p.m.

John Clark, Music Historian

Join us for a program given by John Clark on Motown's early days. The program will discuss the role of producer and entrepreneur Barry Gordy, who was the mastermind behind Motown, a hit-making music empire that rivaled the success of the major record labels and even the Beatles in the mid-1960s. We will also learn about Motown's co-founder, Smokey Robinson, who had the first hit with "Shop Around" and went on to produce and write for Mary Wells, the Marvelettes, Marvin Gaye, The Temptations and his own group, the Miracles. The team of Holland, Dozier and Holland had the magic touch for many hits by Martha & the Vandellas and the Four Tops and an incredible ten chart-toppers for the Supremes. Motown started Stevie Wonder out as a Ray Charles imitator, but by decade's end he was writing and producing his own hits. The Four Tops gave us two iconic hits with "Can't Help Myself" and "Reach Out I'll Be There" and Marvin Gaye hit all the right notes on one of the most successful records of the decade, "I Heard it Through the Grapevine." With the success of Motown in the sixties, black music fully entered the American mainstream and left behind a trail of unforgettable hits.

Tips on Technology for Seniors

Thursday, March 30th

1:30 p.m.

John Ryan, Director of Security for Citizens Bank

Technology can be daunting, but it doesn't have to be. During this interactive session you will learn new ways to get more out of technology while having fun in the process.

Netherlands: Land of Wind, Water and Wildlife

Tuesday, April 4th

1:30 p.m.

Joy Marzolf, Naturalist and Educator

To many, windmills are the iconic symbol of the Netherlands. For many centuries, the Dutch have controlled the flow of water with dikes and windmills in order to reclaim land from the sea. In more recent years, they have added vast storm barriers to protect their population from stronger storms and higher seas. While much of the land is engineered, there have been great efforts to protect the nature that remains. From year round and migratory birds to mammals, butterflies and flowers, signs of nature can be found in surprising abundance across the grasslands, forests, wetlands and seashores. Join us for a tour of the history and amazing wildlife of the Netherlands.



DAY TRIP

Isabella Stewart Gardner Museum in Boston

Thursday, April 6th

Depart Wellesley Community Center

219 Washington Street, at 10:45 a.m.

Return approximately 4:15 p.m.

\$110.00 due at registration



Join us for a fun and culturally rich day out in Boston! The trip will include a luncheon at the Venezia Restaurant offering spectacular waterfront views of the Boston skyline, admission and guided tour of the Isabella Stewart Gardner Museum, and transportation provided by a deluxe Yankee Line motor coach. Please choose your entrée for lunch when you register for the trip. The meal choices will include: Boston Baked Haddock with seasoned crumbs, Chicken Parmigiana with homemade pasta, Chicken Piccata sautéed with white wine, lemon, and capers, and Pasta Primavera, a penne pasta tossed with seasonal vegetables, garlic, and olive oil. After lunch, we head to the iconic Isabella Stewart Gardner Museum and enjoy a one-hour docent led tour. You will have time to experience the beautiful courtyard gardens and galleries at your leisure after the tour. Registration deadline is Monday, March 20. Space is limited. Please note: There is some walking, stairs, uneven surfaces and standing for this day trip. This is a non-refundable purchase. Questions? Please call the Tolles Parsons Center at **781-235-3961**.

Love is in the Air:

From Partners to Parenthood

Tuesday, April 11th

1:30 p.m.

Lara Kazo,
Mass Audubon Naturalist



What birds mate for life? What about raccoons? How do animals attract a mate? Join Mass Audubon Naturalist, Lara Kazo, for this presentation about the mating habits of wildlife in Massachusetts and how they vary between species. Discover how the seasons influence mating, reproduction, and raising offspring. Learn about different mating behaviors and raising young in the wild in our area.



EVENING PROGRAM

Retirement Series

Purpose and the Four Dimensions of Life Change

Wednesday, April 12th

7:00 p.m.

Wellesley Free Library – Wakelin Room

Fred Mandell, Fortune 100 Senior Executive,
Author, Artist

Join us for a program given by Fred Mandell, who will discuss navigating life changes, which can be a tricky business, characterized by fits and starts, self-doubt and uncertainty, a simultaneous sense of liberation and vulnerability. Building on the research for his book *Becoming a Life Change Artist* (co-authored with Kathy Jordan) Fred will introduce the idea of developing a creative mantra as a way to crystalize a sense of purpose and to act as a navigational guide through the four dimensions of life change. Fred will draw on the wisdom, experience and life stories of the great artists to show how change is a fundamentally creative process that offers the opportunity to imprint our uniqueness on what comes next.

Co-sponsored by the Wellesley Free Library and held at the Wellesley Main Library, 530 Washington Street – Wakelin Room. This event is made possible by a generous grant from The Wellesley Hills Junior Women's Club.

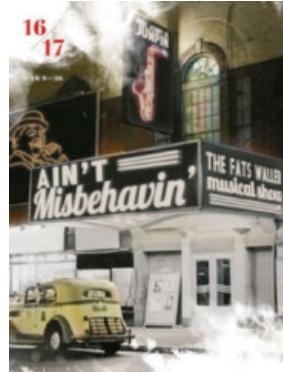
The Beauty of the Blue: Great Jazz Standards of the 20th Century

Thursday, April 13th

1:30 p.m.

Michael Goodwin,
Singer/Songwriter

Join us for a musical program with singer/songwriter Michael Goodwin on the great Jazz songs of the 20th century. Some of the highlights of the program will be "Ain't Misbehavin'" and "Can't Take That Away" among many others. As always, there will be singing, a lecture, video clips and many opportunities to participate.



Back Pain Program

Friday, April 14th

10:00 a.m.

Josh Kaplan, Physical Therapist

Join us for a program given by Doctor of Physical Therapy, Josh Kaplan, to help you understand back pain and learn some tips for improvement of back issues. During the program, Josh will discuss the anatomy of the back, pain management and movements you can use to help decrease back pain.

EVENING PROGRAM

Retirement Series

The Couple's Retirement Puzzle

Wednesday, April 19th

7:00 p.m.

Wellesley Free Library – Wakelin Room

Dori Mintzer, Retirement Coach and Speaker

Whether you are in a same-sex or heterosexual marriage or relationship, when you retire, your retirement will impact not just you but your relationship and the entire family system. It is not unusual for couples to not be on the same page when it comes to retirement planning or living during the retirement transition years. In this presentation, you will learn some of the fundamentals for effective communication with your partner/spouse or whomever is important in your life. It will also go over some of the most important conversations to have as well as strategies to help you learn to compromise so you are able to create both an individual vision as well as a shared vision which, hopefully, takes into account some of what each of you want and need. **Co-sponsored by the Wellesley Free Library and held at the Wellesley Main Library, 530 Washington Street – Wakelin Room. This event is made possible by a generous grant from The Wellesley Hills Junior Women's Club.**

Remember Rabbit Ears?

Thursday, April 20th

1:30 p.m.

Stanley Forman, Retired Engineer and Lecturer

Join us for a fun and informative program with Stanley Forman who will discuss how television was invented and the skullduggery between television entrepreneurs! Rival inventions and a possible theft of a key idea all lead to the development and growth of television through the 20th century.

Taste of Israel

Tuesday, April 25th

1:30 p.m.

Dr. Ron Rubin, Co-founder
of Therapy Gardens



You read about Israel in the news all the time. But what is it really like to be there? What is hype and what is real? Why is this small piece of land so central to Judaism, Christianity, and Islam? Find out about the history and culture of the Holy Land through a special one-hour tour of the land, people, and food. A sampling of authentic Israeli food will be provided.

Spring into a Good Book

Thursday, April 27th

1:30 p.m.

Lorna Ruby, Wellesley Books Buyer

Join Lorna Ruby, book expert and buyer for Wellesley Books, for a program on her recommendations for books to read this spring and summer. Lorna will personalize her book suggestions by giving the highlights of each selection from a variety of genres, including popular fiction and mystery, some under-the-radar gems, and new non-fiction books. For all book lovers, a great way to kick start your summer reading list!



Program Events ON ZOOM free programs

Pre-registration is required for all events. Programs are one hour unless otherwise noted.

Mindfulness Practice with Neil

Mondays, March 6th and April 10th

1:30 – 2:15 p.m.

Neil Motenko, Mindfulness Teacher

Join Neil Motenko for his monthly program on mindfulness practice, which is in addition to the long-standing monthly "Series on Mindfulness." This program is more practice-oriented, with one or two guided meditations, discussion about the meditation practice(s) of the day, a focus on integrating practice into daily life, and offerings of poetry and sayings relating to mindfulness practice. This presents another monthly opportunity for us to gather online in a community of practice. Newcomers to Neil's series are welcome at any time.

In Collaboration with The Center at the Heights.

Boston's History Told Through Places of Worship

Tuesdays, March 7th and 14th

2:00 p.m.

Elizabeth Merrick, Author

Boston has many historic churches and other places of worship that are remarkable for their architecture, beauty, and connection to the early development of the city. Houses of worship are not only places for religious congregations to gather, they are also signposts to the history of the communities in which they are located. This two-part online series will cover a varied selection of historic religious sites built from colonial times to the early 20th century. These special places will illuminate key aspects of Boston's history. The programs will focus especially on houses of worship that still function today and are open to the public. What is noteworthy about each of these buildings? What does each of these places tell us about the life and times of this city? Each program will include an illustrated talk and time for questions. Participants will leave with an enriched understanding of Boston's history, an appreciation for our wealth of historic churches, and plenty of ideas for visiting historic religious sites on their own.



A Series on Mindfulness

Mondays, March 13th and April 24th

1:30 p.m.

Neil Motenko, Mindfulness Teacher

A Series on Mindfulness continues via zoom with a review of the many ways that mindfulness can benefit us, affording the opportunity to be present, in wise relationship with whatever is arising in our lives, and to cultivate qualities such as kindness, equanimity and compassion that can help us navigate life's challenges. Each session focuses on a specific topic (to be announced shortly in advance), is interactive, includes guided practices, and covers basic mindfulness principles. Although this is part of a series, each session stands on its own, and newcomers are welcome at any time. **In collaboration with The Center at the Heights.**

EVENING PROGRAM

Extreme Survival

Wednesday, March 15th

7:00 p.m.

Michael Tougias, Author

When faced with unimaginable circumstances, how do you find a way to push through? To answer this question of survival against all odds, New York Times bestselling author Michael Tougias interviewed over 100 people with harrowing experiences, first chronicling their stories, then discussing in detail the lessons they learned. Tougias also researched historical figures from Shackleton to Mary Rowlandson (captive during King Philips War) to John McCain when he was a POW. During this presentation, Michael will highlight a selection of these stories and share what each of us is capable of when under pressure. Learn how to rise against the odds in your personal life by implementing this resilient mindset. **This event is made possible by a generous grant from The Wellesley Hills Junior Women's Club.**



Cassatt and Company: The Women Impressionists

Thursday, March 16th

1:30 p.m.

**Jane Oneail,
Culturally Curious**

The visual arts revolution that was Impressionism is, too often, only understood through the lens of the leading male practitioners - Monet, Renoir and Degas. How did the women Impressionists contribute to this novel style and how did their work differ from their male contemporaries? This program explores the paintings of Marie Bracquemond, Berthe Morisot, Mary Cassatt and others and considers the unique challenges they faced as women artists in a male-dominated profession.



Granite State Gallery: NH Art and Artists

Through the Years

Tuesday, April 18th

2:00 p.m.

**Jane Oneail,
Culturally Curious**

New Hampshire has attracted and inspired artists since the colonial era. What is distinctive about the art made here? This program will consider works by itinerant and folk painters, landscape artists drawn to the state's scenic vistas, and modern artists that adopted bold styles to depict everyday life in the Granite State. Augustus Saint-Gaudens, Childe Hassam, and Maxfield Parrish are some of the artists discussed in this program.



COA Lunch Promotion

January–June 2023: COA lunch is \$6 or *Free for Wellesley residents who qualify.

The Friends of the Wellesley Council on Aging (FWCOA) is sponsoring a six-month lunch promotion welcoming all residents ages 60+. Lunch from local restaurants (listed below) is served by volunteers at 12:00pm on Tues, Wed, Thurs and Fridays. See the delicious menu selections for March/April made possible by our wonderful local establishments:

- The Linden Store
- Captain Marden's
- North End Pizza
- Wellesley Bakery
- Express Gourmet
- Cheesy Street Grill

Contact COA Social Worker Kate Burnham to confidentially discuss eligibility for free lunches: KBurnham@wellesleyma.gov or **781.235.3961**.

(During the promotion, the \$10 cost option for lunches is being eliminated. Everyone, except for those who are eligible for free lunch, will pay \$6.00. Donations are always welcome to support the continued generosity of FWCOA programs.)

All lunches **MUST** be ordered and paid for at least **TWO Business days** in advance.

Tuesdays • 12:00 p.m.

Deadline to Register/Pay: Fridays at 3 p.m.

3/7/23 Wellesley Bakery Ham & Mushroom Quiche, 1/2 Garden Salad & Blueberry Muffin

3/14/23 Cheesy Street Grill Breakfast Sandwich with Egg & Cheese & a Cliff bar

3/21/23 ... The Linden Store BBQ Chicken Breast w/Pepperjack Cheese, BLT and ranch dressing, Water & Cookie

3/28/23 ... North End Pizza Turkey Bacon Wrap

4/4/23 Express Gourmet..... Grilled Chicken Caesar Salad & Cookie

4/11/23 ... Wellesley Bakery 1/2 Turkey Sandwich with Lettuce, Tomato, Mayo, Vegetarian Split Pea Soup & Choc. Chip Oatmeal Cookie

4/18/23Captain Marden's Salmon Croquettes, Cornbread & Green Beans

4/25/23 ... Cheesy Street Grill 1/2 Cheddar Bacon Grilled Sandwich & Chocolate Chip Cookie

Wednesdays • 12:00 p.m.

Deadline to Register/Pay: Mondays at 3 p.m.

3/1/23..... Captain Marden's Salmon Croquettes, Cornbread & Green Beans

3/8/23 Wellesley Bakery 1/2 California Roll Up, Chicken Noodle Soup & Pumpkin Muffin

3/15/23.... Cheesy Street Grill Homemade Mac & Cheese & Pretzels

3/22/23.... The Linden Store 1/2 Isabella Sandwich on Whole Wheat, Chips, Water & Cookie

3/29/23 ... North End Pizza Chicken Salad Wrap

4/5/23 Express Gourmet..... Turkey Delight Sandwich & Cookie

4/12/23 ... Wellesley Bakery 1/2 Chicken Tarragon Sandwich on Multi-Grain with Lettuce, Tomato, Chicken Vegetable Soup & Pear Ginger Muffin

4/19/23 ... Capatain Marden's ... Tuna Salad Plate & Cornbread

4/26/23 ... Cheesy Street Grill 1/2 BBQ Chicken Grilled Sandwich & Mini Chocolate bar

Thursdays • 12:00 p.m.

Deadline to Register/Pay: Tuesdays at 3 p.m.

3/2/23 Captain Marden's Tuna Salad Plate & Cornbread

3/9/23 Wellesley Bakery Spinach Feta Quiche, 1/2 Garden Salad & Chocolate Chip Cookie

3/16/23 ... Cheesy Street Grill 1/2 Grnd. Beef, Cheddar Cheese, Pickles & Thousand Island Dressing Grilled Sandwich with Chips

3/23/23.... The Linden Store 1/2 Ham, Turkey, & Swiss Special, Chips, Water & Cookie

3/30/23 ... North End Pizza Eggplant Parmesan Focaccia

4/6/23 Express Gourmet..... Cranberry Chicken Wrap & Cookie

4/13/23 ... Wellesley Bakery 1/2 Roasted Chicken Sandwich on Multi-Grain w/Lettuce, Tomato, Butternut Squash Soup & Chocolate Chip Oatmeal Cookie

4/20/23 ... Captain Marden's Salmon Salad Plate & Cornbread

4/27/23.... Cheesy Street Grill 1/2 Grilled Cheese with Lettuce & Tomato and Tater Tots

Fridays • 12:00 p.m.

Deadline to Register/Pay: Wednesdays at 3 p.m.

3/3/23 Captain Marden's Salmon Salad Plate & Cornbread

3/10/23.... Wellesley Bakery Broccoli Cheddar Quiche, Chicken Noodle Soup & Butterscotch Oatmeal Cookie

3/24/23 ... The Linden Store 1/2 Chicken Salad Sandwich on Whole Wheat, Chips, Water & Cookie

3/31/23 ... North End Pizza Chicken Parm Foccacia

4/7/23 Express Gourmet..... Egg Salad BLT Wrap & Cookie

4/14/23 ... Wellesley Bakery Quiche Lorraine, Chicken Lemon Rice Soup & Chocolate Chip Oatmeal Cookie

4/21/23 ... Captain Marden's Baked Haddock with Herb Stuffing & Honey Glazed Carrots

4/28/23 ... Cheesy Street Grill 1/2 Chicken, Cheddar Cheese, Bacon, Tomato & Chipotle Mayo Grilled Sandwich & Mini Choc. Bar



MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>VIRTUAL</p> <p>IN PERSON</p>		<p>-1-</p> <p>10:00 Keep Well Clinic 12:00 Cardio Dance & Strength - La Blast 1:30 Acrylic Painting</p>	<p>-2-</p> <p>10:00 Pilates 12:00 Musical Lunch 1:30 A&W Ukulele Players</p>	<p>-3-</p> <p>10:45 Short Stories with Deb 1:15 Movie - Mrs. Harris Goes to Paris (2022), 1h 55m</p>
<p>-6-</p> <p>9:00 Shopping Trip to Market Basket in Waltham 11:00 Pilates 1:30 Mindfulness Practice with Neil 2:30 Chair Yoga</p>	<p>-7-</p> <p>Voting at the Tolles Parsons Center 9:15 Seated Strength & Balance 10:00 Balls & Bands 10:00 Experienced Knitting 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:00 All Abilities Knitting 2:00 Boston's History Told Through Places of Worship</p>	<p>-8-</p> <p>9:00 Donuts & Coffee w/COP 9:15 Hi Low Fitness 10:00 SAIL 11:00 Chair Yoga 12:00 Cardio Dance & Strength - La Blast 1:00 My Two Cents 1:30 Acrylic Painting 2:00 Men in Retirement</p>	<p>-9-</p> <p>9:15 Seated Strength & Balance 10:00 Pilates 1:30 Johnny Mathis Musical Lecture</p>	<p>-10-</p> <p>10:00 Elder Law Update 10:45 Short Stories with Deb 11:15 Senior Muscle Conditioning 1:15 Movie - The Banshees of Inisherin (2022), 1h 39m</p>
<p>-13-</p> <p>9:15 Fit for Life 10:30 Core and More 11:00 Pilates 12:00 All Levels Yoga 1:30 A Series on Mindfulness 2:30 Chair Yoga</p>	<p>-14-</p> <p>9:15 Seated Strength & Balance 9:30 NIA 10:00 Balls & Bands 10:00 Experienced Knitting 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:00 "Off the Record" with COA Board 1:00 All Abilities Knitting 2:00 Boston's History Told Through Places of Worship</p>	<p>-15-</p> <p>9:15 Hi Low Fitness 10:00 Keep Well Clinic 10:00 SAIL 11:00 Chair Yoga 1:00 Best Loved Poems Discussion 1:30 Acrylic Painting 7:00 Extreme Survival</p>	<p>-16-</p> <p>9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Pilates 11:00 Mindful Living with Lisa 1:30 Cassatt & Company: The Women Impressionists 1:30 BINGO 4:00 COA Board Meeting</p>	<p>-17-</p> <p>10:45 Short Stories with Deb 11:15 Senior Muscle Conditioning 12:00 St Patricks Day Lunch Celebration and Music Performance</p> 
<p>-20-</p> <p>9:15 Fit for Life 10:30 Core and More 11:00 Pilates 12:00 All Levels Yoga 2:30 Chair Yoga 1:00 Collage Art Workshop</p>	<p>-21-</p> <p>9:15 Seated Strength & Balance 9:30 NIA 10:00 Balls & Bands 10:00 Experienced Knitting 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:00 All Abilities Knitting 1:30 Faroe Islands - Rugged Nature in the North Atlantic</p>	<p>-22-</p> <p>9:15 Hi Low Fitness 10:00 SAIL 11:00 Chair Yoga 12:00 Cardio Dance & Strength - La Blast 1:00 Shakespeare Discussion 1:30 Acrylic Painting</p>	<p>-23-</p> <p>9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 11:00 Mindful Living with Lisa 1:30 Motown's First Decade</p>	<p>-24-</p> <p>10:45 Short Stories with Deb 1:15 Movie - CODA (2021), 2h 45m</p>
<p>-27-</p> <p>11:00 Pilates 12:00 All Levels Yoga 2:30 Chair Yoga</p>	<p>-28-</p> <p>9:15 Seated Strength & Balance 10:00 Balls & Bands 10:00 Experienced Knitting 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:00 All Abilities Knitting</p>	<p>-29-</p> <p>9:15 Hi Low Fitness 10:00 SAIL 11:00 Chair Yoga 12:00 Cardio Dance & Strength - La Blast 1:00 American Literary Classics Book Discussion 1:30 Acrylic Painting 2:00 Men in Retirement</p>	<p>-30-</p> <p>9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 11:00 Mindful Living with Lisa 1:30 Tips on Technology for Seniors</p>	<p>-31-</p> <p>10:45 Short Stories with Deb 11:15 Senior Muscle Conditioning 1:15 Movie - See How They Run (2022), 1h 38m</p>

APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-3- 9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga 2:30 Chair Yoga	-4- 9:15 Seated Strength & Balance 10:00 Balls & Bands 10:00 Experienced Knitting 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:00 All Abilities Knitting 1:30 Netherlands: Land of Wind, Water, and Wildlife	-5- 9:15 Hi Low Fitness 10:00 Keep Well Clinic 10:00 SAIL 11:00 Chair Yoga 12:00 Cardio Dance & Strength - La Blast 1:00 My Two Cents 1:30 Acrylic Painting	-6- 9:00 Shopping Trip to Market Basket in Waltham 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:45 Bus Trip to Gardner Museum 11:00 Mindful Living with Lisa	-7- 10:45 Short Stories with Deb 11:15 Senior Muscle Conditioning 1:15 Movie - Top Gun: Maverick (2022) 2 h 11h
-10- 9:15 Fit for Life 10:30 Core and More 11:00 Pilates 12:00 All Levels Yoga 1:30 Mindfulness Practice with Neil 2:30 Chair Yoga	-11- 9:15 Seated Strength & Balance 9:30 NIA 10:00 Balls & Bands 10:00 Experienced Knitting 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:00 "Off the Record" with COA Board 1:00 All Abilities Knitting 1:30 Love is in the Air: From Partners to Parenthood	-12- 9:15 Hi Low Fitness 10:00 SAIL 11:00 Chair Yoga 12:00 Cardio Dance & Strength - La Blast 1:00 Best Loved Poems Discussion 1:30 Acrylic Painting 2:00 Men in Retirement 7:00 Purpose and the Four Dimensions of Life Change	-13- 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 11:00 Mindful Living with Lisa 1:30 The Beauty of the Blue: Great Jazz Standards of the 20th Century	-14- 10:00 Back Pain Program 10:45 Short Stories with Deb 11:15 Senior Muscle Conditioning 1:15 Movie - Glass Onion: A Knives Out Mystery (2022), 2h 45m
-17- The Tolles Parsons Center is CLOSED in observance of Patriots Day NO ACTIVITIES	-18- 9:15 Seated Strength & Balance 9:30 NIA 10:00 Experienced Knitting 11:00 Social Connections 12:00 Musical Lunch  12:00 Senior Muscle Conditioning 1:00 All Abilities Knitting 2:00 Granite State Gallery: NH Art and Artists Through the Years	-19- 9:15 Hi Low Fitness 10:00 Keep Well Clinic 11:00 Chair Yoga 12:00 Cardio Dance & Strength - La Blast 1:00 Shakespeare Discussion 1:30 Acrylic Painting 7:00 The Couple's Retirement Puzzle	-20- 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 11:00 Mindful Living with Lisa 12:00 Musical Lunch  1:30 Remember Rabbit Ears? 1:30 BINGO 4:00 COA Board Meeting	-21- 9:30 Small Market Basket Workshop 10:45 Short Stories with Deb 11:15 Senior Muscle Conditioning 1:15 Movie - Father Stu (2021), 2h
-24- 9:15 Fit for Life 10:30 Core and More 11:00 Pilates 12:00 All Levels Yoga 1:30 A Series on Mindfulness 2:30 Chair Yoga	-25- 9:00 Donuts & Coffee w/COP 9:15 Seated Strength & Balance 9:30 NIA 10:00 Experienced Knitting 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:00 All Abilities Knitting 1:30 Taste of Israel	-26- 9:00 Registration for Wellesley Residents May/June Programs & Activities 9:15 Hi Low Fitness 11:00 Chair Yoga 1:00 American Literary Classics Book Discussion 2:00 Men in Retirement	-27- 9:00 Registration for non-Wellesley Residents May/June Programs & Activities 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 11:00 Mindful Living with Lisa 1:30 Spring into a Good Book	-28- 10:45 Short Stories with Deb 11:15 Senior Muscle Conditioning 1:15 Movie - The Phantom of the Open (2022), 1h 46m

See Page 15
For Drop In Activities not reflected in the calendar.

 **VIRTUAL**
 **IN PERSON**

Fitness Offerings ONLINE AND IN PERSON

- All fitness classes are fee-based unless otherwise noted.
- All classes vary in length and are drop-in.
- Dates reflected below and in the calendar pages.
- All fitness classes will run as planned as long as a five person minimum is met.

The COA has the right to cancel under enrolled classes up to one business day prior to the class. **Max 50 participants** unless otherwise stated.



MONDAYS	Time	Duration	ZOOM	In Person	March	April	Cost
Fit for Life	9:15 a.m.	60 Minutes		👤	13, 20	3, 10, 24	\$5 per class
Core and More	10:30 a.m.	45 Minutes		👤	13, 20	3, 10, 24	\$4 per class
Pilates	11:00 a.m.	60 Minutes	⌚		6, 13, 20, 27	10, 24	\$5 per class
All Levels Yoga	12:00 p.m.	60 Minutes		👤	13, 20, 27	3, 10, 24	\$5 per class
Chair Yoga	2:30 p.m.	45 Minutes	⌚		6, 13, 20, 27	3, 10, 24	\$4 per class
TUESDAYS							
Seated Strength & Balance	9:15 a.m.	45 Minutes	⌚		7, 14, 21, 28	4, 11, 18, 25	\$4 per class
NIA	9:30 a.m.	60 Minutes		👤	14, 21	11, 18, 25	\$5 per class
Balls & Bands	10:00 a.m.	45 Minutes	⌚		7, 14, 21, 28	4, 11	\$4 per class
Senior Muscle Conditioning	12:00 p.m.	45 Minutes	⌚		7, 14, 21, 28	4, 11, 18, 25	\$4 per class
WEDNESDAYS							
Hi Low Fitness	9:15 a.m.	45 Minutes		👤	8, 15, 22, 29	5, 12, 19, 26	\$4 per class
SAIL	10:00 a.m.	45 Minutes	⌚		8, 15, 22, 29	5, 12	\$4 per class
Chair Yoga	11:00 a.m.	45 Minutes	⌚		8, 15, 22, 29	5, 12, 19, 26	\$4 per class
Cardio Dance & Strength – LaBlast	12:00 p.m.	60 Minutes		👤	1, 8, 22, 29	5, 12, 19	\$5 per class
THURSDAYS							
Seated Strength & Balance	9:15 a.m.	45 Minutes	⌚		9, 16, 23, 30	6, 13, 20, 27	\$4 per class
All Levels Yoga	9:15 a.m.	60 Minutes		👤	16, 23, 30	6, 13, 20, 27	\$5 per class
Pilates	10:00 a.m.	60 Minutes	⌚		2, 9, 16, 23, 30	13, 20, 27	\$5 per class
FRIDAYS							
Senior Muscle Conditioning	11:15 a.m.	45 Minutes	⌚		10, 17, 31	7, 14, 21, 28	\$4 per class

Aside from a variety of COA fitness classes, the Recreation Department has many senior fitness programs.

www.wellesleyrec.org



Fit for Life

Join Jane for 60 minutes of fitness fun **in person** that will ready you for everyday life! Cardio for your heart, strength for your muscles and bones, balance, agility, coordination, core, and flexibility will allow you to keep up with those activities you need and love to do. **Max: 17**

Core and More

Join Jane for this class designed to build core muscle groups while improving posture through a variety of exercises that strengthen the abdomen and back muscles and increase flexibility. Using a variety of props, such as squishy balls, resistance bands, light weights, and chairs, as well as bodyweight, we will safely lengthen the muscles against gravity. By effectively strengthening the legs, back, glutes, and abdominals, you will walk away with better posture and balance, as well as less pain. Some mat work is included. Join us **in person** for this 45-minute class with Jane Golder. Class is shoeless; grippy (non-slip) socks are suggested. **Max: 17**

Pilates **TWICE A WEEK!**

Lisa Wilkins 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. **We offer two 60-minute classes per week online via Zoom on Mondays and Thursdays.**

All Levels Yoga **TWICE A WEEK!**

This class is designed for a slow paced Vinyasa Flow, combining breath, movement, and alignment. This class is for both beginner and intermediate levels alike. Participants are expected to move from a supine position to a standing position without difficulty. Join us in person with our certified E-RYT 200 instructor Peter Kelly. The goal will be to achieve greater balance, flexibility, and strength in one's everyday life, and having fun while we're at it! **We offer two 60-minute classes per week in person on Mondays and Thursdays. Max: 15**

Chair Yoga **TWICE A WEEK!**

Come join us for Chair Yoga classes with Rebecca Reber **online via Zoom**. The class begins with a calming meditation and then works through the body with breath and gentle movements to help with strength, balance, and flexibility. The class will end with Savasana. Whether you are new to yoga or have been practicing for years you will enjoy the benefits through body and mind in this class. **We offer two 45-minute classes per week online via Zoom on Mondays and Wednesdays.**

Seated Strength and Balance **TWICE A WEEK!**

This is a 45-minute seated class designed to accommodate individuals of various fitness levels and abilities. Pearl Pressman 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. **We offer two 45-minute classes per week online via Zoom on Tuesdays and Thursdays.**

NIA

Nia is a cardio dance workout done in bare feet to all music genres. Join Nia Black Belt Instructor, Leslie Appleby, **in person** as she introduces Nia and its 52 basic moves. Nia borrows from the dance arts, martial arts, and healing arts, providing a unique approach to dance fitness and well-being. Leslie's athletic spirit and eclectic playlists tone the body and the soul. Nia is for everyone! **Max: 15**

Balls and Bands

This class is taught by Derry Tanner and is a 45-minute class using body weight movement and exercises with 8" balls and resistance bands. This **online via Zoom** class will build muscle strength, improve balance, and increase flexibility and joint range of motion. Many exercises will be done standing, and you will need a sturdy chair for support. A one-time \$5.00 fee for the equipment is required the first time of registration, unless you would like to purchase these on your own.

Senior Muscle Conditioning **TWICE A WEEK!**

This 45-minute class offers a full body workout, sensitive to special needs and adaptations. The class uses a chair, a light set of dumbbells, and a resistance band. If necessary, soup cans and a rolled towel or a belt can be used instead. Instructor Kim Crowley specializes in helping people find a path to wellness that they enjoy. Her knowledge, motivational style, energy, and compassion make participants feel safe, engaged, and understood. **We offer two 45-minute classes per week online via Zoom Tuesdays and Fridays.**

Hi Low Fitness

Join us for a beneficial class with Lourdes Fournier. This is a low-impact class that offers a variety of exercises designed to energize your active lifestyle using movements that focus on building total body strength plus cardio endurance. A chair is available if needed for seated and standing support. This 45-minute **in person** workout includes a warm up, cardio endurance, body strength using hand-held weights and bands followed by a cool down and stretching. **Max: 15**

SAIL (Stay Active and Independent for Life)

We look forward to you joining us for SAIL exercise class with Derry Tanner **online via Zoom**. SAIL is a safe and effective fitness class for adults incorporating research-tested strength, balance, and flexibility exercises. This 45-minute class incorporates both seated and standing exercises, so please have a sturdy chair available. It is also helpful to have light hand weights.

Cardio Dance and Strength — LaBlast!

Join Karen for a low impact dance fitness class that includes weight training. In this 60-minute **in person** class, we'll use simple steps based on a variety of dances like Disco, Salsa, Foxtrot, and Swing. Music from all genres will keep you moving and smiling through your workout. No experience or dance partner needed. **Max: 20**

Art Classes/Workshops/Groups IN PERSON

ART: Acrylic Painting

Wednesdays, March 1st – April 19th (8 weeks)

1:30 p.m. – 3:30 p.m.

Instructor: Maris Platais

Cost: \$160

Join us for in person painting. Bring photo references or work from memory and field sketches. Demonstrations and critiques are offered throughout this course. Call the COA for a supply list. **Max: 14**

WELLNESS: Mindful Living with Lisa

Thursdays, March 16th –

April 27th (7 weeks)

11:00 a.m. – 12:00 p.m.

ZOOM

Instructor: Lisa Campbell, Mindfulness Teacher

Cost: \$5 per class

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.

WORKSHOP:

Collage Art

Monday, March 20th

1:00 – 2:30 p.m.

Instructor: Cindy Shorris

Cost: \$15

Tap into your creativity with art instructor Cindy Shorris to make a collage that can easily be framed for your home or a gift to a loved one. This art composition will be created with various materials such as paper, fabric, cloth and household objects. Cindy welcomes participants to bring photos, magazines, or other objects that are meaningful to add to the mix. The size of the collage will be 8" x 10". **Max: 8**



WORKSHOP:

Small Market Basket

Friday, April 21st

9:30 – 1:30 p.m.

Instructor: William Krier

Cost: \$35

Join William Krier in making your own market basket. This 9"x6" basket can be used in almost any room, including the kitchen. This class is open to anyone interested in basket weaving. If you have taken a previous class, this will add to your knowledge and skills. The basket is generally completed in 3-4 hours. **Max: 8**



GROUP: Short Stories with Deb

Fridays, March 3rd – April 28th

10:45 a.m. – 11:45 a.m.

Facilitator: COA Volunteer, Deb Takacs

Please join us every Friday before lunch for a Short Story with Deb. This group meets to discuss various short stories in all forms. You will receive a copy of the story ahead of time to prepare for the discussion. Participant comments and suggestions are most welcome!

GROUPS: Knitting

Tuesdays, March 7th – April 25th

Experienced Knitting: 10 a.m. – 12:00 p.m.

All Abilities Knitting: 1:00 p.m. – 2:30 p.m.

Facilitators: COA Volunteers, Margaret Lyne, Sara Jennings, Corinne Monehan



We offer two separate knitting instruction classes led by volunteers based on ability. The Experienced Knitting class meets in the morning and is for more experienced knitters. Less experienced and new knitters should register for the afternoon class. In the Experienced Knitting class the instructors work on collaborative projects as well as an individual one, if the knitter wishes. In the All Abilities class there will be group projects at the appropriate knitting level for each participant. Facilitators will group knitters of similar abilities into projects. When ready, knitters can choose to have an individual project as well. Knitters are responsible for purchasing yarn and supplies for their project or may select from designated donation bins. Due to the limited class size, new participants will be put in touch with the instructors to determine the appropriate level class. **Max: 14**

GROUP: My Two Cents –

Today's Current Affairs Chat

Wednesdays, March 8th and April 5th

1:00 p.m. – 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

Reparations for descendants of American slaves? Right-to-life legislation? Is Wellesley overbuilt? These are some of the headline happenings discussed in this free-flowing, open-ended in-person chat group. Your two cents, his or her two cents, everyone's two cents encouraged and welcome. All in a polite, respectful, collegial environment. Opinions, yes; arguments, no! Come tell us what's on your mind!

GROUP: Best Loved Poems Discussion
Wednesdays, March 15th and April 12th
1:00 p.m. – 2:30 p.m.
Facilitator: COA Volunteer, Terry Catchpole

Having completed discussion of the great poems of the Romantic Period, the poetry group moves on to discussion of the great poems of all schools in the English language, from the early anonymous ballads to the works of recent poets such as W. H. Auden, Carl Sandburg, and Robert Frost. This highly interactive discussion group will read from and talk about the poets, their poems, and their lives. The discussion resource is the Dover Thrift Edition, *100 Best-Loved Poems*, available online or at Wellesley Books. The March meeting will focus on the best works of a group of poets including John Milton, John Donne, and Ben Jonson, while the April session will include the most-loved works of Robert Burns, William Wordsworth, William Blake, and others.

GROUP: Shakespeare Discussion
Wednesdays, March 22nd and April 19th
1:00 p.m. – 2:30 pm
Facilitator: COA Volunteer, Terry Catchpole

The Shakespeare Discussion Group will next discuss and read from Shakespeare's majestic tragedy, *Macbeth*. Lord and Lady Macbeth, Duncan, Banquo, the three witches – that gang's all here in what many critics have hailed as Shakespeare's greatest, most compelling tragedy. The March session will discuss and read from acts one and two of *Macbeth*, while the April session will cover acts three, four, and five. Join the fun and celebrate your inner thespian! Or just come and listen!

GROUP: American Literary Classics Book Discussion
Wednesdays, March 29th and April 26th
1:00 p.m. – 2:30 p.m.
Facilitator: COA Volunteer, Terry Catchpole

You know that great American play or novel you always wanted to read...or re-read from 30 years back? Here's your chance! The American Literary Classics book discussion program each month focuses on a single great work by an American author. The March meeting will discuss *Their Eyes Were Watching God*, Zora Neale Hurston's searing tale of a fiercely independent Black woman in post-Civil War America and her search for selfhood through three marriages and a life of poverty, disruption, and travail. The April meeting will discuss Sherwood Anderson's knowingly insightful fictional account of small-town American life, *Winesburg, Ohio*.



Transportation

Wellesley offers free transportation to local destinations on business days between the hours of 8:45 a.m. – 3:30 p.m. COA staff register all first time passengers and help answer initial questions; reservations for rides are scheduled by calling the MWRTA directly at **508-820-4650**.

Step 1: New users can sign up by calling the COA at **781-235-3961**

Step 2: Call MWRTA to schedule your reservations **508-820-4650**

Wellesley offers free transportation to local destinations on business days between the hours of 8:45 a.m. – 3:30 p.m. COA staff register all first time passengers and help answer initial questions; reservations for rides are scheduled by calling the MWRTA directly at **508-820-4650**.

Monday March 6th

MARKET BASKET (WALTHAM) 10:00am -12:00pm

Thursday April 16th

WALMART/CHRISTMAS TREE SHOPS (NATICK) 10:00am -12:00pm

In the event of inclement weather, riders will be notified as soon as possible if your ride is cancelled.

MWRTA Hospital shuttle

Do you need a ride to a medical appointment in the Boston area? MetroWest Regional Transit Authority's (MWRTA) hospital shuttle service provides door-to-door service for Wellesley residents to:

- West Roxbury V.A.
- Jamaica Plain V.A.
- N.E. Baptist
- Brigham & Women's
- Dana Farber
- Beth Israel
- Joslin Clinic
- New England Deaconess

The shuttle service operates every Tuesday, Wednesday, and Thursday from 8:30 a.m. – 6:00 p.m. Shuttle riders must complete and submit the registration form to 15 Blandin Ave., Framingham, MA 01702 or drop it off at the Tolles Parson's Center. Fares are currently waived, and riders will receive notice from MWRTA before they start collecting fares. To learn more about this shuttle service, please contact the MWRTA **508-820-4650**.

MWRTA CatchConnect

CatchConnect is a curb-to-curb transit system designed with flexibility in mind! Trips must be booked when you are ready for a ride, which is provided on a first come first served basis. Fares are currently waived, but customers will receive a \$3 promotional credit upon signup, which can be used once fare collection starts. Service hours are **Monday-Friday from 6:45 a.m. – 6:45 p.m.** Current service areas include:

Current service areas include:

- All addresses within Wellesley
- Newton Wellesley Hospital
- Woodland MBTA Green Line Station
- Waban MBTA Green Line Station
- Natick Community Center
- And more locations coming soon!

To get started with this program, either download the MWRTA CATCH app on your smartphone or call **508-283-5083**. If you have any questions, please email info@mwrta.com.



Programs/Outreach/Resources

HEALTH AND HUMAN SERVICES

Kate's Corner



Donuts & Coffee with Wellesley Police

Wednesday, March 8th and

Tuesday, April 25th

9:00 a.m. – 11:00 a.m.

The Mary Bowers Café



Join Wellesley Police Department Elder Affairs Officers Evan Rosenberg and Tim Dennehy for a cup of coffee, a donut and casual conversation. This is an open opportunity to ask questions about community concerns, to learn about common scams targeting older adults or specific law enforcement topics of interest. No registration is required; please stop by to say hello to Tim and Evan, they look forward to meeting you!

GROUP: Social Connections

Tuesdays, March 7th - April 25th

11:00 a.m. – 12:00 p.m.

This social discussion group is an opportunity to connect with others who are looking for the benefits of positive, in-person experiences. Expand your social calendar and hopefully your network of new friends!

GROUP: Men in Retirement – Discussion

Wednesdays, March 8th, 29th and

April 12th, 26th

2:00 p.m. – 3:00 p.m. In person, open to all!

Retirement is a major life change that can often bring up challenges such as feeling a loss of identity or a desire to reinvent oneself. After spending many decades dedicated to a career, the retirement process can also lead to increased feelings of boredom and loneliness for some men. This group will discuss various strategies to combat negative feelings, identify meaningful activities and offer participants an opportunity to meet other local retirees looking to discuss the same topic. The goal will be to gain a new sense of purpose and make social connections as you navigate retirement. Group will be facilitated by COA Social Worker, Kate Burnham. Feel free to call with questions **781-235-3961**.

NEW!

“Off the Record” with a COA Board member

Tuesday, March 14th at 1:00 p.m.

Tuesday, April 11th at 1:00 p.m.

Please mark your calendars to join us for a casual and open conversation with a COA Board member. Each month we will have a different Board member join us to discuss residents' concerns, to listen to suggestions and get new ideas on how to achieve goals of fulfilling the COA's mission. This is a wonderful opportunity for the Board to hear your thoughts directly and for you to put progress in motion through conversations and feedback.

Volunteer Corner

The Technology Doctor is In! We are very fortunate to have Lois Clayson as our amazing volunteer Technology Consultant extraordinaire. Lois has been volunteering with the Wellesley COA for over 7 years!

Lois' fascinating background as an entrepreneur and Computer Consultant, combined with her warm hearted and compassionate capacity for helping people, is an enormous asset and wealth of knowledge for our community.

One-on-One Technology Assistance with Lois is available:

Tuesdays, 12:30 p.m. – 3:30 p.m. and

Thursdays, 9:15 a.m. – 12:15 p.m.

Please call **781-235-3961** to schedule a 45-minute in-person appointment. Thank you Lois for your many years of volunteer service!

The Wellesley COA provides opportunities for volunteers of all ages and abilities. If you or anyone you know may be interested in volunteering, please contact us!

FRIENDS OF THE WELLESLEY COUNCIL ON AGING

Free Coffee & Tea Service Funded By Captain Marden's



The Friends of the Wellesley Council on Aging gratefully acknowledge that Captain Marden's Seafood restaurant and store has donated funds to provide free coffee and tea service to all in the Mary Bowers Café for 2023.

Photography Group

The Photography Group invites all seniors to participate. They meet at the Warren Recreation Center (Room 110 – Computer Lab, 90 Washington Street, Wellesley, MA, 02481). These meetings are from 9:30 a.m. until 11:00 a.m. every other Tuesday through April 18, 2023. For more information, please contact Dan Gee, unkldandan@aol.com.



Programs/Outreach/Resources

AARP Foundation Tax Assistance Mondays – April 10th



The AARP Foundation Tax Assistance program will be returning to the Tolles Parsons Center on Mondays. AARP volunteers provide tax return preparation at no cost to anyone who needs the assistance. AARP Foundation Tax-Aide volunteers are trained to help file a variety of income tax forms and schedules. In certain situations, however, the volunteers may be unable to provide assistance. The Volunteer Protection Act requires that the volunteers stay within the scope of tax law and policies set by the IRS and AARP Foundation. Appointments are on Mondays and each appointment will last for 75 minutes. Appointments are available on a first-call first-served basis. In order to make an appointment, please contact the Tolles Parsons Center at **781-235-3961**. **Limited space remaining!**

Almira N. Simons Fund

This is a private fund which provides financial assistance to Wellesley residents age 60 and over who are in need. Home repair, adaptive equipment, medical bills, and limited home care are just a few examples of the kinds of things with which the fund can help. Contact the Wellesley COA Health and Social Services Administrator (Outreach Worker) to discuss the completion of a Simons Fund application. The completed application should be forwarded to the Wellesley Council on Aging to the attention of "The Friends of the Wellesley Council on Aging."

8-ball Travel Pool League

The Spring MetroWest Pool Travel League 10 week season will start on Tuesday, March 7th, and run through consecutive Tuesdays until May 7th. The team has been busy during the off season this winter putting in lots of practice time, playing practice travel league matches at Needham on their 9 foot tables and participating in our own in-house travel team matches on Wednesday afternoons. It will be interesting to see if all this practice translates into improving our current 5th position ranking out of the 8 MetroWest teams.

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**

Financial Assistance Programs

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

Local Council on Aging Centers

Natick..... **508-647-6544**
Needham..... **781-455-7555**
Newton **617-796-1660**
Weston..... **781-786-6280**

Wellesley COA Bus Transportation

MWRTA Reservation Line ... **508-820-4650**

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.... **800-532-5279**

COA In Person/Drop in Activities

Rooms are reserved for each of these programs and we look forward to your attendance. All activities are **drop-in** unless otherwise noted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 4:00 Pool (Billiards)	9:00 – 12:30 Card/Game/Pool (Billiards)	9:00 – 11:00 Community Service Bears	9:00 – 12:30 Card/Game/Pool (Billiards)	9:15 – 10:15 Walking Group)
9:00 – 12:30 Card/Games	10:00 – 12:00 Pool (Billiards) Match	9:00 – 12:30 Bridge Group	10:00 – 12:00 Pool (Billiards) Practice	12:30 – 4:00 Ping Pong
9:15 – 10:15 Walking Group	12:30 – 4:00 Cribbage Groups	9:00 – 4:00 Card/Game/Pool (Billiards)	12:30 – 4:00 Mah Jongg	12:30 – 4:00 Mexican Train Dominoes
		9:15 – 10:15 Walking Group	1:30 – 3:30 BINGO (Third Thursday)	1:00 – 3:30 Painting
		10:00 – 11:00 Keep Well at TPC (first and third)	2:00 – 4:00 Knitting Group	
		12:30 – 4:00 Scrabble Group		



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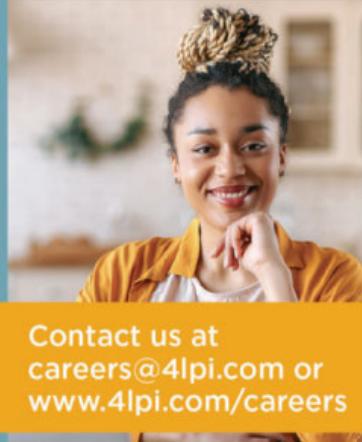
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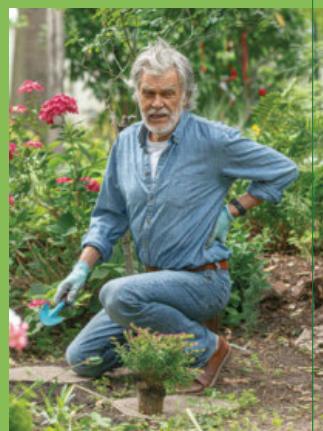

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DAY TRIP
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See page 4 for details.



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