



WELLESLEY COUNCIL *on* AGING

January/February 2023

Artwork by Wellesley resident Judy Noonan, watercolor painting titled, *Early Evening Walk*.

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 January/February 2023

Wellesley Residents:

Starting Wednesday, December 28th at 9:00 a.m.

Non-Wellesley Residents:

Starting Thursday, December 29th 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.

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Mary Bowers Café and Lounge

It was another eventful year in the Mary Bowers Café and Lounge! Hundreds of library books and lots of jigsaw puzzles were borrowed. Thanks again for your donations. The library journal generated a lot of interest. The community puzzle was more popular than ever. Magazines, newspapers, coffee table books, Crossword, Sudoku, and Word Search were available to use while in the area. As always, friends enjoyed gathering in the café for coffee and conversation.



Wellesley Council on Aging Staff

Kate Burnham, LICSW
Acting Director of Senior Services

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, January 19th at 4:00 p.m.

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

Community Session, Tuesday, January 10th at 1:00 p.m. in person at the TPC.

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

Program Information and Policies

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

PILOT Programs

We enjoy bringing free trial classes to our patrons. Many of these classes generate great interest and often have wait lists. If you sign-up for a PILOT program, please be sure to notify us ASAP if you are no longer able to attend, so that we can offer the class to someone on the wait list. In order to keep our programs reaching as many participants as possible, no-shows will be removed from the remaining free PILOT classes in a particular series.

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 the Acting Director



When I began working for Wellesley in January 2016, I watched the senior community come together to make their voices heard and their votes count at Town Meeting in April 2016. I then had the privilege to witness the Tolles Parsons Center become a reality from the ground up. I like to think that Billie Tolles and Evelyn Parsons would be proud to see the building stand today, bearing their names and embracing the mission of the Council on Aging. Their dream is now ours to carry forward and COA Staff work to create opportunities for older adults who are looking to build strong foundations for a healthy aging lifestyle.

If you are over age sixty and have not had a chance to take a tour of the Tolles Parsons Center, please make it a point to stop in and see the amenities this building offers to the Wellesley community. Enjoy a cup of hot tea and sit by the fire while you read the paper, work out in the gym or catch up with old friends. The winter months of January and February are always long and dreary, so beat the winter blues by attending one of our educational events, enjoy an affordable lunch or come in for some live music. If you'd like, we can also provide you with round trip, door to door transportation at no cost!

For many, embracing a healthy aging mindset is crucial to enjoying later retirement years. Now is the time to engage your mind, body and soul to become healthier and stronger; I hope you will experience all that is available at the Tolles Parsons Center.

Sincerely,
Kate

Program Events IN PERSON free programs

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

The Art of Using Ayurvedic Spices

Thursday, January 26th

1:30 p.m.

Anjana Bhargava, Ayurvedic Wellness Practitioner

The pure joy of preparing a meal starting with the aroma of the spices from my spice box, to the rainbow colors of turmeric, cloves, red chilies and green bay and curry leaves, is like a slice of heaven. They stimulate your senses with their smells and colors and become part of the soul food for both your mind and body. The Sanskrit word for health, Svastha, means state in which mind, soul and senses are established harmoniously to experience a feeling of wellness, being grounded and bliss. Ayurveda provides a treasure chest of spices and herbs to help to achieve these health goals. Join this inspiring talk by Anjana to learn about Ayurvedic principles and its spices with their health benefits.

Chinese New Year Celebration Lunch

Friday, January 27th

12:00 p.m.

COA Staff

Let's celebrate the Chinese New Year together at the COA! We will gather for a delicious lunch of Chinese food while surrounded by festive decorations to mark the Year of the Rabbit in 2023. **Max: 30**



Care Continuum

Thursday, February 2nd

1:30 p.m.

Michelle Woodbrey, 2 Sisters Senior Living Advisors

How do you want to be cared for as you age? Let's define your goals and get clear about what you want if you need support in the future. Learn what options are available to help you stay in control and live the way you desire. This presentation will show ways that you can design your own continuum of care plan. By offering an overview of senior care options in Massachusetts as well as an explanation of the financial factors involved, attendees will have a clearer sense of the landscape when it comes to their personal care choices and learn how to design your own continuum of care.

Great Love Songs of Broadway

Thursday, February 9th

1:30 p.m.

Michael Goodwin, Singer and Songwriter



Let's celebrate Valentine's Day early with a program and performance given by singer/songwriter Michael Goodwin on some of the greatest love songs to have come from the Great White Way. Rogers and Hart thrilled with "My Funny Valentine" before Rogers and Hammerstein broke everyone's heart with "If I Loved You." Travel to Europe with Tevya and Golde, then take a Great Love Songs quiz before dancing to your heart's delight with the cast of Grease. Come fall in love again with a song from almost every decade of the past 100 years.

Valentine's Day Brunch

Tuesday, February 14th

11:00 a.m.

COA Staff



Let's gather together and celebrate Valentine's Day with a delicious brunch of quiche, fruit, muffins and more, with all of your COA sweethearts on Valentine's Day! We will celebrate the day and our friendships together as we enjoy a yummy meal along with music performed by COA Volunteer Ken Batts. **Max: 30**

Financial Fraud Tips for Seniors

Thursday, February 16th

1:30 p.m.

Diane Jordan, Middlesex Savings Bank

Diane Jordan, a Community Banking Officer and Branch Manager of the Wellesley Office of Middlesex Savings Bank, will discuss current financial scams targeting seniors and offer tips to avoid being a victim of fraud.

Palau: The Natural Wonders of the Rock Islands

Thursday, February 23rd

1:30 p.m.

Joy Marzolf, Naturalist and Educator



Located in Micronesia, Palau is a small, but beautiful island nation. While it is difficult to get there, the wildlife, both above and below, make this a special place. Visitors often come to snorkel with the famous stingless jellies of Jellyfish Lake, but there is so much more to see. Collared kingfishers and rufous herons hunt for fish and white tailed tropic birds, noddy terns, and even fruit bats, can be seen soaring overhead around the many mushroom shaped islands. Further out in the water, dolphins play in the waves, but below the water reveals a huge diversity of life. From giant clams and reef sharks to sea turtles feasting on sponges, there are many big things to see underwater, but do not forget the small things! In the shallow waters of the sheltered bay, colorful mandarin fish hide among small finger coral while in deeper water anemonefish dart in and out of their anemone homes. Join us for images and videos from this tropical island paradise!

Nutrition as We Age

Tuesday, February 28th

1:30 p.m.

Alyssa Pittman, Registered Dietician

Nutritionally, our bodies have different needs throughout our lives. Calories, protein, calcium, iron and so many other nutrients are needed in different amounts. This presentation will focus on these nutrients, as well as metabolic changes, and address proper nutrition as we age.

Program Events ON ZOOM free programs

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

A Series on Mindfulness

Mondays, January 9th and February 13th

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.**

SIX PART SERIES

Six Great American Writers: their lives, writings and legacies

Tuesdays, January 10th – February 14th

2:00 p.m.

Larry Lowenthal, Educator

Part One:

Ralph Waldo Emerson (1803-1892)

January 10th at 2:00 p.m.

Ralph Waldo Emerson - essayist, philosopher, abolitionist, theologian and poet - was one of the most impactful voices in the American literary tradition. Emerson's powerful views on individualism, self-reliance, spirituality and nonconformity, rendered in superb rhetoric, deeply affected writers as diverse as Whitman, Emily Dickinson, Lincoln, Melville, Marcel Proust, Oscar Wilde and Virginia Woolf.

Part Two:

Henry David Thoreau (1817-1872)

January 17th at 2:00 p.m.

Thoreau was an American naturalist, essayist, poet and philosopher, best known for his book, *Walden*, a reflection on simple living among natural surroundings, and his essay, "Civil Disobedience," an argument for civil defiance in an unjust state. "Civil Disobedience" had a major influence on the non-violent tactics of Mahatma Gandhi and Martin Luther King.

Part Three:

Stephen Crane (1871-1900)

January 24th at 2:00 p.m.

Despite a tragically short life, Stephen Crane's literary output of novels, short stories, poems and journalism placed him in the front rank of American writers. Crane today is considered by modern critics to be one of the most innovative writers in our tradition, a master in the genres of realism, naturalism and impressionism. "The Open Boat," for example, is one of the most analyzed, anthologized and admired short stories in world literature.

Part Four:

Robert Frost (1874-1963)

January 31st at 2:00 p.m.

Robert Frost achieved a level of glittering fame during his lifetime that lay far beyond the dreams of most poets. Known for his realistic depictions of rural New England life and for his masterful command of everyday speech, Frost frequently used common place settings and characters to examine subtle psychological, social and philosophic themes.

Part Five:

John Steinbeck (1902-1968)

February 7th at 2:00 p.m.

John Steinbeck was, at one time, the most popular writer in America and one of the most popular writers in the world. When he won the Nobel Prize in 1962, the Swedish Academy dubbed him "a giant of American letters." *The Grapes of Wrath*, Steinbeck's undisputed masterpiece, has never been out of print since its publication in 1939, and is now considered a landmark in the history of American fiction. The book has sold over 14 million copies and is one of the most widely read novels in American high schools and colleges. Paradoxically, the novel is also one of the most banned books in American libraries and schools, a strange contradiction that deserves close analysis.

Part Six:

Eugene O'Neill (1888-1953)

February 14th at 2:00 p.m.

Winner of the Nobel Prize in 1936, Eugene O'Neill today is considered the greatest of all American playwrights. He was the first American dramatist to introduce the European technique of realism, earlier associated with Chekhov, Ibsen and Strindberg. His tragedy, "Long Day's Journey Into Night," along with his other late masterpiece, "The Iceman Cometh," are numbered on the short list of the finest American plays of the 20th century, alongside Tennessee Williams' "A Streetcar Named Desire" and Arthur Miller's "Death Of A Salesman."



Program Events ON ZOOM free programs

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

TWO PART SERIES

Secret Stories Behind the World's Most Iconic Paintings

Wednesday, January 11th and

Tuesday, February 21st

1:30 p.m.

Jane Oneail, Culturally Curious



From *American Gothic* to *Whistler's Mother* to *Nighthawks*, there are some images that are so ubiquitous in our culture that we have stopped looking at them closely. This two part program delves into these iconic works and shares the secret stories behind their creation and reception. Grant Wood. *American Gothic*, 1930. Art Institute of Chicago.

Ice Magic

Wednesday, January 18th

2:00 p.m.

John Root, Naturalist



Join us for an online program given by naturalist John Root, who will present a program featuring images of snowflakes, frost, frost flowers, ice bubbles, icicles, icebergs, and elegant patterns on stream and lake surfaces. Enjoy the beauty of these patterns and learn about the natural conditions that create them.

Mindfulness Practice with Neil Motenko

Mondays, January 30th and February 27th

1:30 - 2:15 p.m.

Neil Motenko, Mindfulness Teacher

Join Neil Motenko for a new monthly program on mindfulness, which is in addition to the long-standing monthly "Series on Mindfulness." This new program will be 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 in a community of practice. Newcomers to Neil's series are welcome at any time.

In Collaboration with The Center at the Heights.

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.

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!

EVENING PROGRAM

Some Forgotten Black Women of the Civil Rights Movement

Wednesday, February 1st

7:00 p.m.

Donna Halper, Historian and Radio Consultant

When most people think of the Civil Rights Movement, names like Martin Luther King, James Farmer, or John Lewis come to mind. Too often women are either written out of history entirely or mentioned for one brave act- like Rosa Parks. In reality, Black women played a key role in the fight for Civil Rights and their contributions to the movement are only recently getting more attention. In this presentation, media historian and Professor Donna Halper will discuss why these Black women advocates were often ignored by the media (despite their groundbreaking work.) She will also tell you the rest of the story about Rosa Parks, and introduce you to some other women who helped to bring about the end of segregation, including Claudette Colvin, Fannie Lou Hamer, Septima Poinsette Clark, Diane Nash, Ella Baker, and Mary McLeod Bethune. **This event is made possible by a generous grant from The Wellesley Hills Junior Women's Club.**

EVENING PROGRAM

The Importance of the Black Press

Wednesday, February 15th

7:00 p.m.

Donna Halper, Historian and Radio Consultant

In greater Boston, most white residents read newspapers like the Boston Globe, the Boston Herald, or the Boston Post. But the Black community was often overlooked by these publications, which is why newspapers like the Boston Chronicle and the Boston Guardian were so important. They covered the stories that the mainstream press ignored, and helped Black Bostonians to feel that their issues mattered. The same was true in other cities- the Chicago Defender or the Pittsburgh Courier or the Baltimore Afro-American were a lifeline for Black readers. In this presentation, media historian and Professor Donna Halper will look at the history of the Black press, and discuss some pioneering Black sportswriters, political reporters, investigative journalists, and opinion columnists. Some remained with the Black press, others were eventually hired by white publications, but all made a difference for their readers. Among the people to be discussed are Mabe Kountze, Frank "Fay" Young, Nell Dodson Russell, Joe Bostic, Wendell Smith, Alice Dunnigan, Carl Rowan, Ted Poston, and Ethel Payne. **This event is made possible by a generous grant from The Wellesley Hills Junior Women's Club.**

COA Lunch Updates 2023 New Year's 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 January/February 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 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.

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

1/10/23 ... Cheesy Street Grill Breakfast Sandwich with Egg & Cheese & Cliff bar

1/17/23 ... Captain Marden's Salmon Croquettes, Cornbread & Green Beans

1/24/23 ... North End Pizza Turkey Bacon Wrap

1/31/23 ... Express Gourmet..... Grilled Chicken Caesar Salad & Cookie

2/7/23 Wellesley Bakery 1/2 Turkey Sandwich with Lettuce, Tomato, Mayo & Vegetarian Split Pea Soup & Choc. Chip Oatmeal Cookie

2/21/23 ... Cheesy Street Grill 1/2 Cheddar Bacon Grilled Sandwich & Choc. Chip Cookie

2/28/23 ... Captain Marden's Baked Salmon Casserole with Green Beans & Rice

Wednesdays • 12:00 p.m.

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

1/4/23 Wellesley Bakery 1/2 California Roll Up, Chicken Noodle Soup & Pumpkin Muffin

1/11/23 ... Cheesy Street Grill 1/2 Grilled Cheese Sandwich with Egg & Cheese & Vanilla Cliff Bar

1/18/23 Capatain Marden's Tuna Salad Plate & Cornbread

1/25/23 ... North End Pizza Chicken Salad Wrap

2/1/23 Express Gourmet..... Turkey Delight Sandwich & Cookie

2/8/23 Wellesley Bakery 1/2 Chicken Tarragon Sandwich on Multi-Grain with Lettuce, Tomato, Chicken Vegetable Soup & Pear Ginger Muffin

2/15/23 ... The Linden Store 1/2 Isabella Sandwich on Whole Wheat, Chips, Water & Cookie

2/22/23 ... Cheesy Street Grill 1/2 BBQ Chicken Grilled Sandwich & Welch's Fruit Snacks

Thursdays • 12:00 p.m.

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

1/5/23 Wellesley Bakery Spinach Feta Quiche, 1/2 Garden Salad & Choc. Chip Cookie

1/12/23 ... Cheesy Street Grill 1/2 Ground Beef, Cheddar Cheese, Pickles & Thousand Island Dressing Grilled Sandwich, with Chips

1/19/23 ... Captain Marden's Salmon Salad Plate & Cornbread

1/26/23 ... North End Pizza Eggplant Parmesan Focaccia

2/2/23 Express Gourmet..... Cranberry Chicken Wrap & Cookie

2/9/23 Wellesley Bakery 1/2 Roasted Chicken Sandwich on Multi-Grain with Lettuce, Tomato, Butter Squash Soup & Choc. Chip Oatmeal Cookie

2/16/23 ... The Linden Store 1/2 Ham, Turkey, & Swiss Special, Chips, Water & Cookie

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

Fridays • 12:00 p.m.

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

1/6/23 Wellesley Bakery Broccoli Cheddar Quiche, Chicken Noodle Soup & Butterscotch Oatmeal Cookie

1/13/23 ... Cheesy Street Grill Homemade Mac & Cheese & Pretzels

1/20/23 ... Captain Marden's Baked Haddock with Herb Stuffing & Honey Glazed Carrots

2/3/23 Express Gourmet..... Egg Salad BLT Wrap & Cookie

2/10/23 ... Wellesley Bakery Quiche Lorraine, Chicken Lemon Rice Soup & Chocolate Chip Oatmeal Cookie

2/17/23 ... The Linden Store 1/2 Chicken Salad Sandwich on Whole Wheat, Chips, Water & Cookie

2/24/23 ... Cheesy Street Grill 1/2 Chicken, Cheddar Cheese, Bacon, Tomato & Chipotle Mayo Grilled Sandwich & Mini Chocolate Mint bar



JANUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-2- The Tolles Parsons Center is CLOSED in observation of New Year's Day NO ACTIVITIES	-3- 9:15 Seated Strength & Balance 10:00 Adv Beg Mah Jongg (Dec session) 10:00 Balls and Bands 11:00 Social Connections 12:00 Lunch 1:00 Mah Jongg Instruction (Dec session)	-4- 10:00 Keep Well Clinic 10:00 SAIL 12:00 Cardio Dance & Strength 1:00 My Two Cents Discussion 1:30 Acrylic Painting Makeup Class	-5- 9:15 All Levels Yoga 9:15 Seated Strength & Balance 11:00 Mindful Living 12:00 Lunch	-6- 10:45 Short Stories with Deb 11:15 Senior Muscle Conditioning 12:00 Lunch 1:15 Where the Crawdads Sing (2022) Mystery, Thriller, Rated PG-13, 2 h 5 m
-9- 9:00 Shopping trip to Market Basket in Waltham 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	-10- 9:15 Seated Strength & Balance 10:00 Adv Beg Mah Jongg (Dec session) 10:00 Balls and Bands 11:00 Social Connections 12:00 Senior Muscle Conditioning 12:00 Lunch 1:00 Mah Jongg Instruction (Dec session) 1:00 Community Session 2:00 Ralph Waldo Emerson	-11- 9:15 Hi Low Fitness 10:00 SAIL 11:00 Chair Yoga 12:00 Cardio Dance & Strength 1:00 Poetry of the Romantic Period Discussion 1:30 Secret Stories of Iconic Paintings, Part I 1:30 Acrylic Painting 2:00 Men in Retirement	-12 9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Pilates 11:00 Mindful Living 12:00 Lunch 1:30 Become a Soup Master!	-13- 10:45 Short Stories with Deb 11:15 Senior Muscle Conditioning 12:00 Lunch 1:15 Movie - Persuasion (2022) Romance, Drama, Rated PG, 1 h 49 m
-16- The Tolles Parsons Center is CLOSED in observation of Martin Luther King, Jr. Day NO ACTIVITIES	-17- 9:15 Seated Strength & Balance 10:00 Adv Beg Mah Jongg 10:00 Balls and Bands 11:00 Social Connections 12:00 Senior Muscle Conditioning 12:00 Musical Lunch 1:00 Mah Jongg Instruction 2:00 Henry David Thoreau	-18- 9:15 Hi Low Fitness 10:00 SAIL 10:00 Keep Well Clinic 11:00 Chair Yoga 12:00 Cardio Dance & Strength 1:00 Shakespeare Discussion 1:30 Acrylic Painting 2:00 Ice Magic	-19- 9:00 Coffee & Donuts WPD 9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Pilates 11:00 Mindful Living 12:00 Musical Lunch 1:30 Cybersecurity Awareness 1:30 BINGO 4:00 COA Board Meeting	-20- 10:00 Succulent Garden Workshop 10:45 Short Stories with Deb 11:15 Senior Muscle Conditioning 12:00 Lunch 1:15 Movie - Julia (2021) Documentary, Rated PG-13, 1 h 35m
-23- 9:15 Fit for Life 10:30 Core and More 11:00 Pilates 12:00 All Levels Yoga 1:00 Watercolor for All 2:30 Chair Yoga	-24- 9:15 Seated Strength & Balance 10:00 Adv Beg Mah Jongg 10:00 Balls and Bands 11:00 Social Connections 12:00 Senior Muscle Conditioning 12:00 Lunch 2:00 Stephen Crane 1:00 Mah Jongg Instruction	-25- 9:15 Hi Low Fitness 10:00 SAIL 11:00 Chair Yoga 1:00 American Literary Classics Book Discussion 1:30 Acrylic Painting	-26- 9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Pilates 11:00 Mindful Living 12:00 Lunch 1:30 Ayurvedic Spices	-27- 10:45 Short Stories with Deb 11:15 Senior Muscle Conditioning 12:00 Chinese New Year Lunch
-30- 9:15 Fit for Life 10:30 Core and More 11:00 Pilates 12:00 All Levels Yoga 1:00 Watercolor for All 1:30 Mindfulness Practice with Neil 2:30 Chair Yoga	-31- 9:15 Seated Strength & Balance 10:00 Adv Beg Mah Jongg 10:00 Balls and Bands 11:00 Social Connections 12:00 Lunch 2:00 Robert Frost 1:00 Mah Jongg Instruction	 VIRTUAL  IN PERSON	 See Page 15 For Drop In Activities not reflected in the calendar.	



FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		-1-	-2-	-3-
		9:15 Hi Low Fitness 10:00 SAIL 10:00 Keep Well Clinic 11:00 Chair Yoga 12:00 Cardio Dance & Strength 1:00 My Two Cents Discussion 1:30 Acrylic Painting 7:00 Forgotten Black Women of the Civil Rights Mvmt	9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Pilates 11:00 Mindful Living 12:00 Lunch 1:30 Care Continuum	10:45 Short Stories with Deb 11:15 Senior Muscle Conditioning 12:00 Lunch 1:15 Movie - The Courier (2020) Mystery, Historical, Drama, Rated PG-13, 1 h 50 m
-6-	-7-	-8-	-9-	-10-
9:15 Fit for Life 10:30 Core and More 11:00 Pilates 12:00 All Levels Yoga 1:00 Watercolor for All 2:30 Chair Yoga	9:15 Seated Strength & Balance 10:00 Adv Beg Mah Jongg 10:00 Balls and Bands 11:00 Social Connections 12:00 Senior Muscle Conditioning 12:00 Lunch 2:00 John Steinbeck 1:00 Mah Jongg Instruction	9:15 Hi Low Fitness 10:00 SAIL 11:00 Chair Yoga 12:00 Cardio Dance & Strength 1:00 Poetry of the Romantic Period Discussion 1:30 Acrylic Painting 2:00 Men in Retirement	9:00 Shopping Trip to Walmart/Christmas Tree Shops 9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Pilates 11:00 Mindful Living 12:00 Lunch 1:30 Great Love Songs of Broadway	10:00 Heart Basket Workshop 10:45 Short Stories with Deb 11:15 Senior Muscle Conditioning 12:00 Lunch 1:15 Movie - West Side Story (2021) Romance, Musical, Rated PG-13, 2 h 30 m
-13-	-14-	-15-	-16-	-17-
9:00 AARP Tax Assistance 9:15 Fit for Life 10:30 Core and More 11:00 Pilates 12:00 All Levels Yoga 1:00 Watercolor for All 1:30 A Series on Mindfulness 2:30 Chair Yoga	9:00 Coffee & Donuts WPD 9:15 Seated Strength & Balance 10:00 Adv Beg Mah Jongg 10:00 Balls and Bands 11:00 Social Connections 11:00 Valentine's Day Brunch 12:00 Senior Muscle Conditioning 1:00 Mah Jongg Instruction 2:00 Eugene O'Neill	9:15 Hi Low Fitness 10:00 SAIL 10:00 Keep Well Clinic 11:00 Chair Yoga 12:00 Cardio Dance & Strength 1:00 Shakespeare Discussion 1:30 Acrylic Painting 7:00 Importance of the Black Press	9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Pilates 11:00 Mindful Living 12:00 Lunch 1:30 Financial Fraud and Seniors 1:30 BINGO 4:00 COA Board Meeting	10:45 Short Stories with Deb 11:15 Senior Muscle Conditioning 12:00 Lunch 1:15 Movie - Fences (2016) Drama, Rated PG-13, 2 h 13 m
-20-	-21-	-22-	-23-	-24-
The Tolles Parsons Center is CLOSED in observation of Presidents' Day NO ACTIVITIES	9:15 Seated Strength & Balance 10:00 Adv Beg Mah Jongg 10:00 Balls and Bands 11:00 Social Connections 12:00 Senior Muscle Conditioning 12:00 Lunch 1:00 Mah Jongg Instruction 1:30 Secret Stories of Iconic Paintings, Part II	9:00 Registration for Wellesley Residents March/April Programs & Activities 9:15 Hi Low Fitness 10:00 SAIL 12:00 Cardio Dance & Strength 1:00 American Literary Classics Book Discussion 1:30 Acrylic Painting	9:00 Registration for non-Wellesley Residents March/April Programs & Activities 9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Pilates 11:00 Mindful Living 12:00 Lunch 1:30 Palau: The Natural Wonders of the Rock Islands	10:45 Short Stories with Deb 11:15 Senior Muscle Conditioning 12:00 Lunch 1:15 Movie - Elvis (2022) Biography, Drama, Music, Rated PG-13, 2 h 40 m
-27-	-28-	 VIRTUAL  IN PERSON	 See Page 15 For Drop In Activities not reflected in the calendar.	
9:00 AARP Tax Assistance 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	10:00 Adv Beg Mah Jongg 11:00 Social Connections 12:00 Senior Muscle Conditioning 12:00 Musical Lunch 1:30 Nutrition as We Age			

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

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

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

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 NEW TIME ON WEDNESDAY!

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

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.**

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**

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

www.wellesleyrec.org



Page 11

Art Classes/Workshops/Groups IN PERSON

ART: Acrylic Painting

Wednesdays, January 11th – February 22nd (7 weeks)
1:30 p.m. – 3:30 p.m.

Instructor: Maris Platais

Cost: \$140 per session

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. **Min: 8/Max: 14**

ART: Watercolor for All!

Mondays, January 23rd, 30th and
February 6th, 13th (4 weeks)

1:00 p.m. – 2:30 p.m.

Instructor: Cindy Shorris

Cost: \$60 per session

Come join us in a step by step watercolor class for all levels. We will learn some fun techniques and will all go home with frameable works of art each week! Wouldn't you love some new art on your walls? Maybe a bouquet of flowers? Or some birch trees with a cardinal resting on a branch? This class will be fun and relaxing for all! **Max: 8**

CLASS: Mah Jongg Instruction

Tuesdays, January 17th – February 21st (six weeks)
1:00 p.m. – 2:30 p.m.

Instructor: Sue Seltzer Cost: \$90 per session

Mah Jongg is a fast moving game that will sharpen cognitive, memorization, and decision making skills. This is a beginners American Mah Jongg class. You will learn what the tiles are and how to play the game using many strategies. You should be able to play at any American Mah Jongg table after completing this class. You will need a Mah Jongg card and you can purchase this directly from Sue for \$10.00 or get one on your own. Six classes each session. **Max: 4**

CLASS: Advanced Beginner Mah Jongg

Two Sessions: Tuesdays, January 17th – February 7th
or February 14th – March 7th (four weeks)

10:00 a.m. – 11:30 a.m.

Instructor: Sue Seltzer

Cost: \$60 per session

You must know how to play basic Mah Jongg before taking this class. Discovering effective ways to improve and understand your knowledge of the Mah Jongg card, to make playing easier and faster. This class will teach how to pick a hand, strategies include how to work with more than one hand at a time. Thinking about what and when to pass during the Charleston. In addition, you will learn defensive strategies.

WELLNESS: Mindful Living with Lisa

Thursdays, January 5th –
February 23rd (8 weeks)

11:00 a.m. – 12:00 p.m.

Instructor: Lisa Campbell, Mindfulness Teacher

Cost: \$5 per class

ZOOM

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: Succulent Garden

Friday, January 20th

10:00 – 12:00 p.m.

Instructor: Jessica Pohl,

Floral Designer

Cost: \$25



Succulents are popular for a reason! Green thumb or not, learn how to plant and care for these low maintenance beauties. Participants will create a terrarium using succulents, sand, decorative stones, and optional decorative items that you provide. Suggestions include fairy garden items such as chairs, figures, animals. Making terrariums is easy, creative and fun! **Max: 15**

WORKSHOP: Heart Basket

Friday, February 10th

10 a.m. – 12 p.m.

Instructor: William Krier

Cost: \$20



Join William Krier in this fun basket weaving workshop to create a whimsical heart to decorate your home or share some love with someone important to you! No experience needed for this class and each participant will go home with a completed heart basket. All materials are included. **Max: 8**

GROUP: My Two Cents –

Today's Headlines Chat

Wednesdays, January 4th and February 1st

1:00 - 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

The latest global crisis. The new congressional outrage. The hottest Wellesley news. All are grist for discussion 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: Short Stories with Deb

Fridays, January 6th – February 24th

Back at the
COA!

10:45 a.m. – 11:45 a.m.

Facilitator: COA Volunteer, Deb Takacs

Please join us every other 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!

GROUP: Poetry of the Romantic Period Discussion

Wednesdays, January 11th and February 8th

1:00 - 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

Who doesn't love the poets of the Romantic period? Wordsworth, Byron, Keats and all the others? They produced some of the most glorious works in the English language – exhilarating to read, profoundly moving to discuss. This highly interactive discussion group will read from and talk about the poets, their poems, their lives, their loves. The discussion resource is the Dover Thrift Edition, *English Romantic Poetry – An Anthology*, available online or at Wellesley Books. The January and February meetings will focus on the poems of Samuel Taylor Coleridge.

GROUP: Shakespeare Discussion

Wednesdays, January 18th and

February 15th

1:00 - 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

The Shakespeare Discussion Group will next discuss and read from Shakespeare's collection of sonnets. Together with his stature as one of the greatest English-language playwrights, Shakespeare is also considered one of the greatest of its poets. The group will read from and discuss the first quarter of the 154 sonnets in January and the second quarter in February. Join the fun and celebrate your inner sonneteer! Or just come and listen!

GROUP: American Literary Classics Book Discussion

Wednesdays, January 25th and

February 22nd

1:00 - 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 January meeting will discuss Mark Twain's vividly compelling autobiographical tale of his work as a riverboat captain, *Life on the Mississippi*. The February meeting will discuss John Updike's memorable fictional dissection of the (very) private lives of New England townsmen, *The Witches of Eastwick*.

Transportation

Wellesley offers free transportation to local destinations on business days between the hours of 8:45am – 3:30pm. 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**

Back by popular demand, the COA will be offering two out of town shopping trips to Market Basket and Walmart. (Limit 10 passengers) Reservations for these destinations must be set at least one week in advance by calling the COA.

Monday January 9th

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

Thursday February 9th

WALMART/CHRISTMAS TREE SHOPPES (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. For more information, please call MWRTA at **508-820-4650**. For a copy of the registration form and shuttle schedule, stop by the Tolles Parson's Center!

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
January 19th and February 14th
9:00 a.m. – 10:30 a.m.



Join Wellesley Police Department Officers Evan Rosenberg and Tim Dennehy for a donut, a cup of coffee and conversation. Ask questions, discuss your concerns or learn more about various scams that are targeting seniors around town. No registration is required.

GROUP: Social Connections

Tuesdays, January 3rd – February 28th
11:00 a.m. – 12:00 p.m.

Are you new to Wellesley or looking to meet others in the community and expand your network of friendships? Please join us for an hour of fun conversation to make connections with others who are looking for the benefits of positive, in-person discussion and shared experiences. We are welcoming to all, the smiles are guaranteed!

GROUP: Men in Retirement – Discussion

Wednesdays, January 11th and February 8th
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**.

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."

Are You Concerned About Increasing Winter Heating Costs? Apply For Fuel Assistance Today!

The Low Income Home Energy Assistance Program (LIHEAP) provides financial assistance towards the cost of your winter heating bills. Benefit levels vary and funds are paid directly to your provider. For a single person household, the gross income limit is \$42,411 and households with two people the gross income limit is \$55,461. To apply for LIHEAP, please contact the Council on Aging at **781-235-3961**.

FRIENDS OF THE WELLESLEY COUNCIL ON AGING

Health & Wellness Fair 2022 Enjoyed By All



Representative Alice Peisch drawing a raffle ticket with Tom Kealy of the Friends at the Health & Wellness Fair

On October 13th the Council on Aging and The Friends of the Wellesley Council on Aging hosted a free Health & Wellness Fair attracting over 150 visitors. It was the first major event since the opening Tolles Parsons Center, utilizing all four major rooms and the café, with over 40 table-top exhibitors displaying services and equipment tailored to the needs of residents 60 and over. The exhibitors included organizations providing home health care, senior housing & health facilities, financial and legal guidance, help with Medicare & Medicaid, health insurance, fraud protection for seniors, physical therapy, at home meal offerings, eye care, massage therapy, technology aids for seniors, home modifications to improve resident safety, and several health screening tests conducted by the Lions Club.

The event ran from 11:00 a.m. to 2:00 p.m., and included free raffle drawings every ½ hour. One of the highlights included a visit by State Representative Alice Peisch who drew one of the raffle prizes for a lucky winner! It was an impressive turnout with visitors and exhibitors filling the entire facility of the Council on Aging. After the event many exhibitors expressed positive feedback and the desire to return again next year! To that end, the Friends and the COA staff will soon start planning for a repeat event in October 2023.

The Friends wish to express our thanks to the COA staff and the many volunteers who contributed to the success of the Health & Wellness Fair, and look forward to another valuable program for all seniors next year.

Programs/Outreach/Resources



AARP Foundation Tax Assistance Mondays February 13th – April 10th

The AARP Foundation Tax Assistance program will be returning to the Tolles Parsons Center on Monday's starting on February 13th. 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. Beginning on February 13th, AARP Tax Volunteers will have nine available appointments each Monday, with the exception of the holiday on the 20th of February. 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**.

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	10:00 – 12:00 Experienced Knitters	9:00 – 4:00 Card/Game/Pool (Billiards)	12:30 – 4:00 Mah Jongg	12:30 – 4:00 Mexican Train Dominoes
12:30 – 4:00 Ping Pong	12:30 – 4:00 Cribbage Groups	9:15 – 10:15 Walking Group	1:30 – 3:30 BINGO (Third Thursday)	1:00 – 3:30 Painting
	1:00 – 2:30 All Abilities Knitting	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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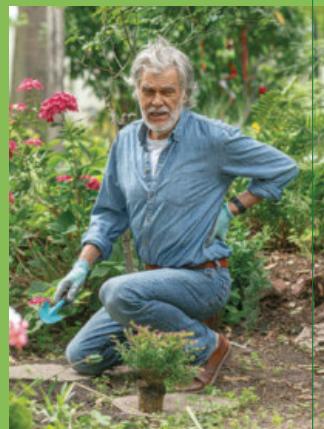

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