



**WELLESLEY**  
COUNCIL *on* AGING

**May/June 2023**

### Fitness-Fun-Community

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.



Be on the lookout in your utility bill for an informative look at the Wellesley Council on Aging

In the coming months, we will be having a call for ART. Your submission will be considered by ArtWellesley.org for inclusion in the Tolles Parson Center show starting on June 1st, 2023. I can't wait to see

what ART comes to brighten the Center soon, enriching our lives and community.

Studies show the world population is getting older; the year 2030 will mark a critical milestone in this demographic shift. Individuals from the sizable baby boomer generation will be older than 65, and senior citizens will outnumber children 5 to 1 for the first time in US history.

Wellesley seniors and families know maintaining senior health is about more than preventing or treating physical issues. We at Wellesley COA strive to keep seniors active and socially engaged post-retirement to help them lead long and productive lives. Social connections are so important for everyone, we have all learned from the covid pandemic that we need each other.

With the closing of Town Hall for renovation we can pilot some evening programs on-site. What would bring you into the senior center? What topics and interests can you share with your community? Please let us know.

**Warm regards,**  
**Deborah Greenwood,**  
**Director of Senior Services**

*"Some people want it to happen,  
some wish it would happen,  
others make it happen."*  
— Michael Jordan

### **DAY TRIP** REGISTRATION IS ONGOING FOR THIS TRIP ONLY **Blithewold Gardens/Mansion – Tour and High Tea** **Wednesday, May 24th**

**Depart Wellesley Community Center**  
**219 Washington Street, at 9:00 a.m.**

**Return approximately 4:15 p.m.**

**\$120 per person due at registration**

Join us for a trip to Blithewold Mansion and Gardens in Bristol, Rhode Island with grand views of the estate is nationally

significant in the history of the state. One of the nation's premier authors, Place and 45-room mansion. The gardens are filled with heirlooms from the 18th and 19th centuries. The gardens that are mysterious to explore. The collection of rare and unusual plants, specimen trees, an impressive greenhouse, and whimsical stonework project a character that is romantic, fresh and inspiring, and unique to Blithewold. Please note: there is some walking, stairs, uneven surfaces and standing for this day trip. This is a non-refundable purchase.

#### **TOUR INCLUDES:**

- Deluxe Yankee Line motorcoach transportation
- Admission and docent lead tour of Blithewold Mansion, Gardens & Arboretum. This 90-minute tour tells the story of the Van Wickle/McKee family, the original owners of this beautiful seaside garden estate visiting each of the ten gardens, the Bamboo Grove, the Summerhouse and the Lord and Burnham greenhouse complex.
- High Tea included in the mansion at 1:00 pm, where you will delight in a cup of tea, freshly baked scones with sweet cream, and a 3-tiered tray filled with sweet and savory treats.

**Registration deadline is Tuesday, May 2nd.**  
**Space is limited.**

**SEE PAGE 3 FOR REGISTRATION INFORMATION.**



## Wellesley Council on Aging Staff

**Deborah Greenwood**  
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**Rick Waldman**, Bus Driver

**Dana Wilson**, 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, May 18th at 4:00 p.m.**

**Thursday, June 15th 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](http://www.wellesleycoa.org)

[coa@wellesleyma.gov](mailto:coa@wellesleyma.gov)

# 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.

## Class 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.

## 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/recordings 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.**

**\*When making your reservation please note that you are part of Wellesley COA for a free ride.**

## 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](mailto: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.



Designed by Primary Concepts [primaryconceptsdesign.com](http://primaryconceptsdesign.com)

## REGISTRATION IS ONGOING

May/June 2023

### Wellesley Residents:

Starting Wednesday, April 26th at 9:00 a.m.

### Non-Wellesley Residents:

Starting Thursday, April 27th 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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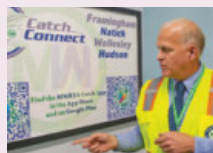
## Program Events **IN PERSON** *free programs*

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

### MWRTA Transportation Options

**Tuesday, May 2nd**  
**1:30 p.m. – 2:30 p.m.**

**Jon Fetherston, MWRTA**



Join the Community Outreach Manager from the MetroWest Regional Transit Authority who will answer questions about the MWRTA, how to book rides on Catch Connect, the COA bus, and much more. Free giveaways, brochures, and maps will also be provided. If you, a friend, or a family member have transportation needs or questions, this would be a helpful event to attend. Questions, in advance, can be submitted to: [jon.fetherston@mwrtta.com](mailto:jon.fetherston@mwrtta.com) or 774-509-1737

### Cinco de Mayo Celebration Lunch

**Friday, May 5th**  
**12:00 p.m.**



Let's celebrate Mexico's culture and heritage together on this Mexican holiday! We will join fellow COA friends and neighbors for a meal featuring traditional Mexican fare and festive music. **Wellesley residents only. Max 50**

### Junkets with Julia: Cheery Memories of Julia Child Author Talk

**Tuesday, May 9th**  
**1:30 p.m.**

**Cynthia Wight Rossano, Writer and Editor**



Join us for an author talk given by long-time Wellesley resident Cynthia Rossano, who recently published *Junkets with Julia: Cheery Memories of Julia Child*. This book is a small tribute to the author's friend of many years, Julia Child, the renowned 'French Chef,' who was arguably the most famous cook of her time throughout the culinary world. The book highlights a selection of junkets shared by Julia and the author from their first meeting in Cambridge, Massachusetts, to Julia's death in Montecito, California. Running through the book is a ribbon of a deep and lasting friendship, that of a renowned friend who knew everything there is to know about the fine arts of the kitchen, and her friend who considered peanut butter sandwiches the *ne plus ultra* of fine dining.

### Musical Ventriloquist

**Thursday, May 4th**  
**1:30 p.m.**

**Kevin Driscoll,**  
**Ventriloquist and Musician**



How long has it been since you saw a ventriloquist? Wait no more! The COA is delighted to welcome back musical ventriloquist Kevin Driscoll, who will engage us with his puppet replica of Charlie McCarthy from the Ed Sullivan TV Show, along with other puppet "friends." Kevin Driscoll, a graduate of the Berklee College of Music, has taught music for many years, and his program is filled with comedic fun. Join us for an afternoon of surprises and laughter!





# Program Events **IN PERSON** *free programs*

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

## **EVENING PROGRAM**

Retirement Series

**What Should I Do with the Rest of My Life?**

**Wednesday, May 10th**

**7:00 p.m.**

**In Person: Wellesley Free Library – Wakelin Room and on Zoom**

Bruce Frankel, President of The Life Planning Network and Chief Content Officer of Redstring, a community building company Bruce Frankel, author of the best-selling "What Should I Do with the Rest of My Life?" shares the wise and inspiring people in his prizewinning book who in later life discovered a new calling, purpose, and success – from founding a micro-finance program in Africa to becoming a sculptor to founding the World Erotic Museum or becoming an honored elementary school teacher. **Presented in partnership with Wellesley Neighbors and Wellesley Free Library and held at the Wellesley Free Library, 530 Washington Street – Wakelin Room. This event is made possible by a generous grant from The Wellesley Hills Junior Women's Club.**

**HYBRID**

## **Song Secrets of 1956**

**Thursday, May 11th**

**1:30 p.m.**

**Frank King, former WBUR Radio Host**

Join Frank King for a musical lecture on "Song Secrets of 1956" - the year pop music collided with the birth of Rock 'N Roll. You will find out about the Dean Martin hit that had a second life as an anthem for refugees worldwide; Elvis' hit based on a Civil War song; the great Teresa Brewer's multiple big hits in '56; Vic Damone's biggest career hit that was almost dropped from "My Fair Lady"; and the 10-year-old responsible for the first #1 rock 'n roll record; and more.



## **Travels in the Historic Lands of the Basque People**

**Tuesday, May 16th**

**1:30 p.m.**

**Barry Pell, Photojournalist**

Join us for a presentation given by Barry Pell on the Basque region, located in the western Pyrenees Mountains, straddling the border between Spain and France. The territory is the home of the Basque people, who have existed for thousands of years, and are defined by a unique language, a distinctive cuisine, and some singular music, dance and sports. Basque identity coexisted with the Roman Empire, survived the conflicts of the Middle Ages and later wars between Spain and France, and was severely repressed during the dark years of Spain's Franco dictatorship. It is now re-emerging with full vigor and great pride. Barry Pell traveled for one month along the region's majestic coastline and into the cities and remote villages of the mountain interior. This program will be accompanied by his photography.



## **What's the Buzz: Bees, Butterflies, and More!**

**Tuesday, May 23rd**

**1:30 p.m.**

**Lara Kazo, Mass Audubon Naturalist**



Insects are the most diverse animal species in the world. Massachusetts alone has over 1,000 species of insects that live and feed on the plant life of New England. Learn about the moths, beetles, bees, and butterflies of Massachusetts and their importance for the ecosystem. Unearth the secret life of our native bees that are essential to the pollination of wildflowers and crops, including those required for ice cream!

## **Beatles and Beyond**

**Thursday, May 25th**

**1:30 p.m.**

**Roger Tincknell, Singer and Multi-instrumentalist**



Join us for a fun afternoon of 60s and 70s pop music performed by Roger Tincknell, an accomplished musician, singer and songwriter. The program of pop, folk, country and classic rock songs will include the greatest hits of the Beatles to the Rolling Stones, the Animals to the Beach Boys. The performance by Roger will include the guitar, banjo, mandolin, ukulele, among other instruments. **This program is supported in part by a grant from the Wellesley Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.**

## **Nutrition as We Age**

**Thursday, June 1st**

**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.

## **The World of Dolls**

**Tuesday, June 6th**

**1:30 p.m.**

**Janice McIntyre, Antique/Vintage Doll Collector and Restorer**



Please join us for a fun and informative presentation about "The World of Dolls" given by Janice McIntyre, who established the Jenny Baby's Doll Hospital in Hopkinton to restore antique, vintage and modern day dolls. Janice will present a history of dolls going back to the 1800's along with a display of over 60 antique and vintage dolls in her collection. You will learn about the varied materials that go into making dolls and discover a variety of clothing and hairstyles over the last few centuries. As we take a walk down memory lane from Shirley Temple to Patty Play Pal to the Ginny doll and many more, we will enjoy some tea and treats together. If you have a doll you would like to share with the group, please feel free to bring it in and share after the presentation.

**NEW Monthly Social COA Van Trip**  
**A Tour of the Massachusetts State House by Alice Peisch**  
**Wednesday, June 7th**  
**Departs COA at 10:00 a.m.**  
**Tour begins at 11:00 a.m.**  
**Representative Peisch's office will**  
**provide lunch at the State House**



The magnificent setting of our state government for over two centuries has become an outstanding museum reflecting the history of Massachusetts since colonial times. Its spacious marble-floored corridors are lined with portraits of Massachusetts governors and murals depicting our state's unique heritage. Adamsses, Hancocks, Reveres, and Winthrops live on in statues and paintings recreating the glory of their times. Of course, the State House is also a vital place of work for the leadership that guides our state today. You are welcome to observe the Senate and House of Representatives as they convene in their handsomely appointed chambers. Past and present are partners in the Massachusetts State House.  
**Space is limited.**

**The Folly of Hubris – An Exploration**  
**of The Battle of Bunker Hill**

**Thursday, June 8th**  
**1:30 p.m.**



**Johnny Kinsman, Actor and Storyteller**

Mistakes, coincidences, personal intrigue and the folly of hubris ignited a conflagration that became the most important battle of the American Revolution: The Battle of Bunker Hill. Were British soldiers really so cavalier that they actually sat down for a meal in full view of the colonial soldiers' redoubt? Were colonists so audacious that they waged an assault on King George's army with little more than shovels and pick axes? Presenter Johnny Kinsman will transport audiences to June 17, 1775, when the forces of a mighty empire met the impassioned rage of an oppressed people. With slides and narrative, he will recount the very personal stories and sacrifices made by fiery colonists who would no longer suffer a tyrant, and resolute British soldiers who would die in defense of their empire.

**Fine & Danny: The Movie Music of**  
**Mr. and Mrs. Danny Kaye**

**Thursday, June 15th**  
**1:30 p.m.**

**Frank King, former WBUR Radio Host**



Join Frank King for a musical lecture on the professional and personal lives of two great talents, Danny Kaye and Sylvia Fine - better known as Mrs. Danny Kaye. Sylvia was truly the woman behind her man: the composer of many of his most famous songs and musical routines. Frank King will play the best of Danny and Sylvia's beautiful music from their long careers as one of the greatest show business teams, including the ballad that Cole Porter called "the perfect love song" and the songs that catapulted Danny to stardom in the early 1940's. Mostly known for her tongue-twisting novelty songs for Danny Kaye, this lecture will bring back Sylvia Fine's gorgeous ballads and lullabies, all but forgotten. You will learn some interesting facts about Danny Kaye's life and career as well.

**Summer Solstice Celebration Lunch and**  
**Musical Performance**

**Tuesday, June 20th**  
**12:00 p.m.**



**The Rockin Chairs, 1950's Rock and Roll Show Band**

Let's kick off the official start of summer together with fellow friends at the COA! We will gather together for a delicious lunch generously provided by Olympia Roofing of Topsfield, MA. After lunch we will enjoy musical entertainment by The Rockin Chairs who will perform the greatest rock songs from the 1950's. Their program also includes interesting stories about the famous singers, the songs, the bands — and some of the crazy things that went on behind the scenes in the music business. **Wellesley residents only. Max 50**

**Get Those Old Family Photographs Out of Shoeboxes:**  
**A workshop on how to identify and preserve**  
**historical and family photographs**

**Tuesday, June 27th**  
**1:30 pm**

**Anne McCauley, Professor of the History**  
**of Photography and Modern Art, Emeritus,**  
**Department of Art and Archaeology,**  
**Princeton University**

Daguerreotype? Ambrotype? Tintype? Figuring out the type of antique and vintage family photographs you have is a key to discovering their age and how best to care for them. This workshop, given by Wellesley resident Anne McCauley, former art history professor at Princeton, is an opportunity for you to bring in some of your treasured family photos and learn how to identify old images and preserve them for future generations. We will enjoy light refreshments as we learn the do's and don'ts of being the custodians of our family's photographic history.

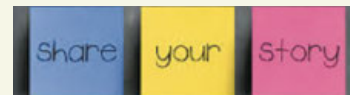


**Max: 15**

**The Wellesley Council on Aging is seeking**  
**speakers to address our vibrant community.**

We have Wellesley residents come in and share life experiences with our seniors. With topics as diverse as summering with President Bush, local authors, tips from the Red Sox corporate office, and Junkets with Julia. These speakers have chosen to share their passion for storytelling with the Wellesley Seniors.

**Do you have a story to tell?**



**Contact [kmcdonald@wellesleyma.gov](mailto:kmcdonald@wellesleyma.gov) for details**

# 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, May 1st and June 12th**

**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.**

## A Series on Mindfulness

**Mondays, May 15th and June 5th**

**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.**

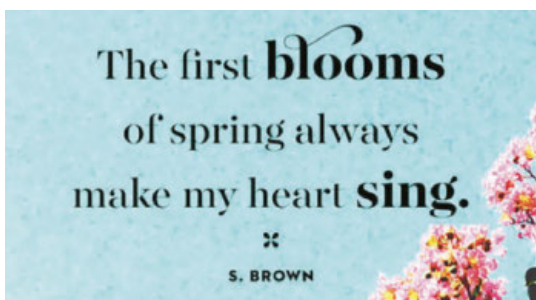
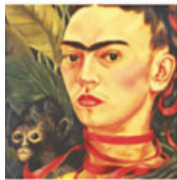
## Frida Kahlo: Love, Pain and Painting

**Thursday, May 18th**

**1:30 p.m.**

**Jane Oneail, Culturally Curious**

Frida Kahlo has become a household name in recent years, with movies, books and countless products dedicated to her art and likeness. This program will go beyond the artist's famous facial hair and penetrating stare and explore her life and her work, particularly as it relates to the trolley accident she survived as a teen and her passionate and often tumultuous marriage to fellow artist Diego Rivera.



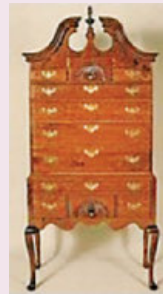
## EVENING PROGRAM

**What's It Worth? Antiques Road Show**

**Thursday, May 18th**

**6:00 – 8:00 p.m.**

**Mike Ivankovich, Author,  
Auctioneer, Appraiser and  
Radio Show Host**



Join us for an online program with appraiser Mike Ivankovich, who will introduce us to "What Determines Value"...and reveal what your antiques, collectibles, and personal treasures are really worth today. You may tune in to watch or participate by having items appraised. There are limited spots available for sharing a valuable with Mike and please call the Tolles Parsons Center at (781) 235-3961 to be added to the list.

**This is co-sponsored by The Wellesley Free Library and is made possible by a generous grant from The Wellesley Hills Junior Women's Club.**

## Bending Towards Justice: African Americans as Subject and Creators in American Art

**Tuesday, June 13th**

**1:30 p.m.**

**Jane Oneail, Culturally Curious**



Martin Luther King, Jr. once said "The arc of the moral universe is long, but it bends towards justice." This program examines that arc as it relates to African American history enshrined in American Art. From colonial era portraits to 19th century and Jim Crow-era prints to 1960s Civil Rights photography, this program will provide a visual overview of African American oppression, struggle and progress towards equality.

## Bright Moments of Jazz and Rock

**Thursday, June 29th**

**2:00 p.m.**

**Tom Doran, Bassist/Vocalist for Soul, Funk, Blues,  
Jazz and Rock**

This program celebrates the great bands and stars of pop, rock and jazz. We will listen to recordings, watch videos, and talk about a wide variety of musicians and bands. Social, historical, and musical context will be provided. Examples of the artists who will be included are Aretha Franklin, Michael McDonald, Elvis, James Brown, the Temptations, Stan Getz, Miles Davis, Ella Fitzgerald, and B.B. King. We will listen, watch, and discuss the greats. We will also take a look at what it takes for bands to be successful in the Internet era. You will expand your jazz and rock music appreciation and have fun doing it. Come and share your bright moments!



# 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 May/June 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](mailto: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. No refunds.**

### Tuesdays • 12:00 p.m.

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

5/2/23 .... Express Gourmet..... Grilled Chic. Caesar Salad & Cookie

5/9/23 .... Wellesley Bakery ..... Chicken Noodle Soup,  
1/2 Salad & a Blueberry Muffin

5/16/23 .. Captain Marden's ..... Baked Salmon Casserole with  
Green Beans & Rice

5/23/23 .. Cheesy Street Grill ..... 1/2 Ground Beef, Cheddar Cheese,  
Pickles & Thousand Island Dressing  
Grilled Sandwich with Chips

5/30/23 .. North End Pizza ..... Turkey Bacon Wrap

6/6/23 .... Express Gourmet..... Grilled Marinated Chicken, Romaine,  
Roasted Red Peppers, Red Onions,  
Hummus, Lemon Oregano on Focaccia  
Bread & Cookie

6/13/23 .. The Linden Store ..... 1/2 Chicken Salad Sandwich  
on Whole Wheat, Chips, Water  
& Cookie

6/27/23 .. Wellesley Bakery ..... Chicken Vegetable Soup, Broccoli  
Quiche & Chocolate Chip Cookie

### Wednesdays • 12:00 p.m.

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

5/3/23 .... Express Gourmet..... Cranberry Chicken Wrap & Cookie

5/10/23 .. Wellesley Bakery ..... Chicken Lemon Rice Soup, Spinach  
Feta Quiche & a Plain Croissant

5/17/23 .. Captain Marden's ..... Tuna Salad Plate & Cornbread

5/24/23 .. Cheesy Street Grill ..... Bacon Pizza Slice with  
Side Caesar Salad

5/31/23 .. North End Pizza ..... 1/2 Vegetarian Calzone &  
Cape Cod Potato Chips

6/7/23 .... Express Gourmet..... Garden Veggie Wrap & Cookie

6/14/23 .. The Linden Store ..... 1/2 Ham, Turkey, & Swiss Special,  
Chips, Water & Cookie

6/21/23 .. Captain Marden's ..... Fish Cake, Rice Pilaf & Cornbread

6/28/23 .. Wellesley Bakery ..... Lorraine Quiche, Gazpacho Soup  
& Pumpkin Muffin

### Thursdays • 12:00 p.m.

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

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

5/11/23 .. Wellesley Bakery ..... Ham & Mushroom Quiche,  
1/2 Salad & a Pumpkin Muffin

5/18/23 .. Captain Marden's ..... Salmon Salad Plate & Cornbread

5/25/23 .. Cheesy Street Grill ..... 1/2 Ham, Swiss Cheese,  
& Dijon Mustard Grilled Sandwich  
with a Salted Caramel Cookie

6/1/23 .... North End Pizza ..... 1/2 Meatball Sub with Parmigiana  
Cheese & a Brownie

6/8/23 .... Express Gourmet..... Turkey Delight Sandwich & Cookie

6/15/23 .. The Linden Store ..... BBQ Chicken Breast w/Pepper  
Jack Cheese, BLT and Ranch  
Dressing, Water & Cookie

6/22/23 .. Captain Marden's ..... Salmon Salad Plate & Cornbread

6/29/23 .. Wellesley Bakery ..... Chicken Lemon Rice, 1/2 Roasted  
Chicken Sandwich & Blueberry Muffin

### Fridays • 12:00 p.m.

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

5/12/23 .. Wellesley Bakery ..... Chicken Lemon Rice Soup,  
1/2 Chicken Tarragon Sandwich  
& Chocolate Chip Cookie

5/19/23 .. Captain Marden's ..... Salmon Croquettes, Cornbread  
& Green Beans

5/26/23 .. Cheesy Street Grill ..... 1/2 Cheddar Bacon Grilled  
Sandwich & Chocolate Chunk Cookie

6/2/23 .... North End Pizza ..... Chicken Salad Wrap

6/9/23 .... Express Gourmet..... Grilled Chicken Caesar Salad  
& Cookie

6/16/23 .. The Linden Store ..... 1/2 Isabella Sandwich on Whole  
Wheat, Chips, Water & Cookie

6/23/23 .... Captain Marden's ..... Baked Haddock, Carrots & Cornbread


6/30/23 .. Wellesley Bakery ..... Chicken Noodle Soup,  
1/2 Chicken Tarragon Sandwich  
& Pear Ginger Muffin



# MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>-1-</b>	<b>-2-</b>	<b>-3-</b>	<b>-4-</b>	<b>-5-</b>
<b>9:15</b> Fit for Life <b>10:00</b> Market Basket Bus Trip <b>10:30</b> Core & More <b>11:00</b> Pilates <b>12:00</b> All Levels Yoga <b>1:30</b> Mindfulness Practice w/Neil <b>2:30</b> Chair Yoga	<b>9:15</b> Seated Strength & Balance <b>9:30</b> NIA <b>10:00</b> Balls & Bands <b>10:00</b> Experienced Knitting <b>11:00</b> Social Connections <b>12:00</b> Senior Muscle Conditioning <b>1:00</b> All Abilities Knitting <b>1:30</b> MWRTA Transportation Options	<b>9:15</b> Hi Low Fitness <b>10:00</b> SAIL <b>10:00</b> Keep Well Clinic <b>11:00</b> Chair Yoga <b>12:00</b> Cardio Dance Strength - Lablast <b>1:30</b> Acrylic Painting	<b>9:15</b> Seated Strength & Balance <b>9:15</b> All Levels Yoga <b>10:00</b> Pilates <b>11:00</b> Mindful Living w/Lisa <b>1:30</b> Musical Ventriloquist	<b>10:00</b> Short Stories w/Deb <b>11:15</b> Senior Muscle Conditioning <b>12:00</b> Cinco de Mayo Lunch
<b>-8-</b>	<b>-9-</b>	<b>-10-</b>	<b>-11-</b>	<b>-12-</b>
<b>9:15</b> Fit for Life <b>10:30</b> Core & More <b>11:00</b> Pilates <b>12:00</b> All Levels Yoga <b>1:30</b> Spring Floral Workshop <b>2:30</b> Chair Yoga	<b>9:15</b> Seated Strength & Balance <b>9:30</b> NIA <b>10:00</b> Trader Joes Bus Trip <b>10:00</b> Balls & Bands <b>10:00</b> Experienced Knitting <b>11:00</b> Social Connections <b>12:00</b> Senior Muscle Conditioning <b>1:00</b> All Abilities Knitting <b>1:30</b> Junkets with Julia Child	<b>9:15</b> Hi Low Fitness <b>10:00</b> SAIL <b>11:00</b> Chair Yoga <b>12:00</b> Cardio Dance Strength - Lablast <b>1:00</b> World History Discussion <b>1:30</b> Acrylic Painting <b>2:00</b> Men in Retirement <b>7:00</b> What Should I Do with the Rest of My Life	<b>9:15</b> Seated Strength & Balance <b>9:15</b> All Levels Yoga <b>10:00</b> Pilates <b>11:00</b> Mindful Living w/Lisa <b>1:00</b> My Two Cents <b>1:30</b> Song Secrets of 1956 <b>2:00</b> Women in Retirement	<b>9:15</b> Yoga for Better Balance <b>10:00</b> Short Stories w/Deb <b>1:15</b> Movie - The Duke 2022 Comedy/Drama Rated R - 1h 36m
<b>-15-</b>	<b>-16-</b>	<b>-17-</b>	<b>-18-</b>	<b>-19-</b>
<b>11:00</b> Pilates <b>12:00</b> All Levels Yoga <b>1:00</b> Decoupage Shell Workshop <b>1:30</b> A Series on Mindfulness w/Neil <b>2:30</b> Chair Yoga	<b>9:15</b> Seated Strength & Balance <b>10:00</b> Balls & Bands <b>10:00</b> Experienced Knitting <b>11:00</b> Social Connections <b>12:00</b> Musical Lunch 🎵 <b>12:00</b> Senior Muscle Conditioning <b>1:00</b> All Abilities Knitting <b>1:30</b> Travels in the Historic Lands of the Basque People	<b>9:15</b> Hi Low Fitness <b>10:00</b> SAIL <b>10:00</b> Keep Well Clinic <b>11:00</b> Chair Yoga <b>12:00</b> Cardio Dance Strength - Lablast <b>1:00</b> Best Loved Poems <b>1:30</b> Acrylic Painting	<b>9:15</b> Seated Strength & Balance <b>9:15</b> All Levels Yoga <b>10:00</b> Pilates <b>11:00</b> Mindful Living w/Lisa <b>12:00</b> Musical Lunch 🎵 <b>1:30</b> Frida Kahlo <b>1:30</b> BINGO <b>4:00</b> COA Board Meeting <b>6:00</b> Antiques Road Show	<b>9:15</b> Yoga for Better Balance <b>10:00</b> Short Stories w/Deb <b>11:00</b> NEW - Meet with The Activities Team <b>11:15</b> Senior Muscle Conditioning <b>1:15</b> Movie -The Dog 2022 Comedy Rated PG13 - 1h 41m
<b>-22-</b>	<b>-23-</b>	<b>-24-</b>	<b>-25-</b>	<b>-26-</b>
<b>9:15</b> Fit for Life <b>10:30</b> Core & More <b>11:00</b> Pilates <b>12:00</b> All Levels Yoga <b>2:30</b> Chair Yoga	<b>9:15</b> Seated Strength & Balance <b>10:00</b> Balls & Bands <b>10:00</b> Experienced Knitting <b>11:00</b> Social Connections <b>12:00</b> Senior Muscle Conditioning <b>1:00</b> All Abilities Knitting <b>1:30</b> What's the Buzz: Bees, Butterflies, and More!	<b>9:00</b> Bus Trip to Blithewold - High Tea <b>9:15</b> Hi Low Fitness <b>10:00</b> SAIL <b>11:00</b> Chair Yoga <b>12:00</b> Cardio Dance Strength - Lablast <b>1:00</b> Shakespeare Discussion <b>1:30</b> Acrylic Painting <b>2:00</b> Men in Retirement	<b>9:15</b> Seated Strength & Balance <b>9:15</b> All Levels Yoga <b>10:00</b> Pilates <b>11:00</b> Mindful Living w/Lisa <b>1:30</b> Beatles and Beyond <b>2:00</b> Women in Retirement	<b>9:00</b> Coffee & Donuts w/Cop <b>10:00</b> Short Stories w/Deb <b>11:15</b> Senior Muscle Conditioning <b>1:15</b> Movie - See How They Run 2022 Mystery/Comedy Rated PG13 - 1h 38m
<b>-29-</b>	<b>-30-</b>	<b>-31-</b>		
<b>The Tolles Parsons Center is CLOSED in observation of Memorial Day NO ACTIVITIES</b>	<b>9:15</b> Seated Strength & Balance <b>9:30</b> NIA <b>10:00</b> Balls & Bands <b>10:00</b> Experienced Knitting <b>11:00</b> Social Connections <b>12:00</b> Senior Muscle Conditioning <b>1:00</b> All Abilities Knitting	<b>9:15</b> Hi Low Fitness <b>10:00</b> SAIL <b>11:00</b> Chair Yoga <b>1:00</b> American Literary Classics Book Discussion <b>1:30</b> Acrylic Painting		

 **VIRTUAL**  
 **IN PERSON**  
 **HYBRID**

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



# JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div> <div></div> VIRTUAL           <div></div> IN PERSON         </div> <div> <p><b>See Page 15</b> For Drop In Activities not reflected in the calendar.</p> </div>			-1-	-2-
-5-	-6-	-7-	-8-	-9-
9:15 Fit for Life 10:30 Core & More 11:00 Pilates 12:00 All Levels Yoga 1:30 A Series on Mindfulness w/Neil 2:30 Chair Yoga	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 World of Dolls	9:15 Hi Low Fitness 10:00 SAIL 10:00 Tour of the State House 10:00 Keep Well Clinic 11:00 Chair Yoga 12:00 Cardio Dance & Strength - Lablast 1:00 World History Discussion 1:30 Acrylic Painting 2:00 Men in Retirement	9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Walmart Bus Trip 10:00 Pilates 11:00 Mindful Living w/Lisa 1:00 My Two Cents 1:30 Exploration of The Battle of Bunker Hill 2:00 Women in Retirement	9:15 Yoga for Better Balance 10:00 Short Stories w/Deb 11:15 Senior Muscle Conditioning 1:15 Movie - The Good House 2022 Romance/Comedy Rated R - 1h 43m
-12-	-13-	-14-	-15-	-16-
9:15 Fit for Life 10:30 Core & More 11:00 Pilates 12:00 All Levels Yoga 1:00 Zentangle Drawing Class 1:30 Mindfulness Practice w/Neil 2:30 Chair Yoga	9:15 Seated Strength & Balance 9:30 NIA 10:00 Balls & Bands 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:30 Bending Toward Justice	9:15 Hi Low Fitness 10:00 SAIL 11:00 Chair Yoga 12:00 Cardio Dance & Strength - Lablast 1:00 Best Loved Poems 1:30 Acrylic Painting	9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 11:00 Mindful Living w/Lisa 1:30 Movie Music of Mr and Mrs Danny Kaye 1:30 BINGO 4:00 COA Board Meeting	9:15 Yoga for Better Balance 10:00 Short Stories w/Deb 11:15 Senior Muscle Conditioning 1:15 Movie - Hidden Figures 2016 History/Drama Rated PG - 1h 15m
-19-	-20-	-21-	-22-	-23-
<b>The Tolles Parsons Center is CLOSED in observation of Juneteenth NO ACTIVITIES</b>	9:00 Coffee & Donuts w/Cop 9:15 Seated Strength & Balance 9:30 NIA 10:00 Balls & Bands 11:00 Social Connections 12:00 Summer Solstice Lunch	9:15 Hi Low Fitness 10:00 SAIL 10:00 Keep Well Clinic 11:00 Chair Yoga 12:00 Cardio Dance & Strength - Lablast 1:00 Shakespeare Discussion 1:30 Acrylic Painting 2:00 Men in Retirement	9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 11:00 Mindful Living w/Lisa 11:00 Social Connections 12:00 Musical Lunch 2:00 Women in Retirement 2:30 Volunteer Celebration	9:15 Yoga for Better Balance 10:00 Short Stories w/Deb 1:15 Movie - Ticket to Paradise 2022 Romantic Comedy Rated PG - 1h 44m
-26-	-27-	-28-	-29-	-30-
9:15 Fit for Life 10:30 Core & More 11:00 Pilates 12:00 All Levels Yoga 1:30 Spring Floral 2:30 Chair Yoga	9:15 Seated Strength & Balance 10:00 Balls & Bands 11:00 Social Connections 1:30 Family Photos Workshop	9:00 Registration for Wellesley Residents July/August Programs & Activities 9:15 Hi Low Fitness 10:00 SAIL 11:00 Chair Yoga 12:00 Cardio Dance & Strength - Lablast 1:00 American Literary Classics Book Discussion	9:00 Registration for non-Wellesley Residents July/August Programs & Activities 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 11:00 Mindful Living w/Lisa 2:00 Bright Moments of Jazz	10:00 Short Stories w/Deb 1:15 Movie - The Pink Panther 1964 Comedy Rated PG - 1hr 53m



# 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.



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

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

[www.wellesleyrec.org](http://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: 18**

### 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**

### NEW CLASS Yoga for Better Balance

Join Cyndi Koss for this **in person** beginner-level class ideal for those new to yoga. Develop strength and stability. Move with confidence as you sharpen your balance and begin to move with greater ease. Increase your energy while relieving stiffness and stress. Participants must be able to move down to the mat and back up again. Use of supportive props is encouraged. **Max: 18**





# Art Classes/Workshops/Groups IN PERSON

## **ART: Acrylic Painting**

**Wednesdays, May 3rd – June 21st**

**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**

## **ART: Spring Floral Arrangement Workshop**

**Monday, May 8th**

**1:30 p.m.**

**Instructor: Jessica Pohl, Floral Designer**

**Cost: \$30**



Get into the spring spirit while making an easy and creative spring floral arrangement! Using washi tape (printed or solid Japanese tape used for scrap-booking), we will create a decorative and structural grid on a clear glass square vase. The tape will provide structural support for our spring flowers. This design can be used all spring by changing the water and flowers as needed. **Max: 15**

## **ART: Decoupage Shell Workshop**

**Monday, May 15th**

**1:00 – 3:00 p.m.**

**Instructor: Hilary Chandler, TiN RABBIT Décor**

**Cost: \$30**



Come and learn how to apply decorative paper napkins to a scallop shell and an oyster shell to create a beautiful jewelry or trinket tray. These make great gifts, or a keepsake. All shells will be completed with gold leaf edging and sealed with water-based varnish. All materials are included. **Max: 14**

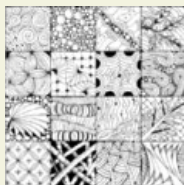
## **ART: Zentangle Drawing Class**

**Monday, June 12th**

**1:00 – 2:30 p.m.**

**Instructor: Cindy Shorris**

**Cost: \$15**



Zentangle is a method of drawing miniature abstract works of art consisting of patterns. They look like doodles, but they are much more. Zentangle was created by a monk and an artist to promote concentration and creativity, thereby increasing personal well being. Cindy Shorris will help you with this relaxing easy-to-learn art form that you can continue at home. Please be sure to bring reading glasses if needed, as this is a miniature art form. **Max: 8**

**ZOOM**

## **WELLNESS: Mindful Living with Lisa**

**Thursdays, May 4th – June 29th**

**11:00 a.m. – 12:00 p.m.**

**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.

## **GROUPS: Knitting**

**Tuesdays, May 2nd – June 6th**

**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: Short Stories with Deb**

**Fridays, May 5th – June 30th**

**10:00 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!

## **GROUP: Best Loved Poems Discussion**

**Wednesdays, May 17th and June 14th**

**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 discuss the great English-language poems of all schools, 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 May meeting will focus on the best works of a group of poets including William Blake, Robert Burns, and William Wordsworth, while the June session will include the most-loved works of John Keats, Percy Bysshe Shelley, Lord Byron, and others.

## GROUP: World History Book Discussion

Wednesdays, May 10th and June 7th

1:00 p.m. – 2:30 pm

NEW  
GROUP

**Facilitator: COA Volunteer, Terry Catchpole**

Participants in this new group will discuss books covering facets of the broad sweep of world history. It will begin with the May session discussion of *Soviet Judgment at Nuremberg*, Francine Hirsch's riveting account of the unique challenges Soviet lawyers faced in working with attorneys from the US, Britain, and France in bringing war crime charges against top German officials after World War Two. The June session will discuss *Myth America*, in which leading historians "take on the biggest legends and lies about our past," with twenty individual chapter-essays on topics including Founding Myths, America First, Police Violence, and Voter Fraud. (Note: future book suggestions are welcomed and encouraged!)

## GROUP: Shakespeare Discussion

Wednesdays, May 24th and June 21st

1:00 p.m. – 2:30 pm

**Facilitator: COA Volunteer, Terry Catchpole**

The Shakespeare Discussion Group will next discuss and read from Shakespeare's *The Winter's Tale*, the richly compelling work in which Shakespeare virtually creates a new form of drama – the romance, interweaving the tragic antics of a mad king and the comic revelries of two love-besotted couples. The May session will discuss and read from acts one and two of *The Winter's Tale*, while the June session will cover acts three, four, and five. Join the fun and celebrate your inner thespian! No expertise required. Just come and savor some of the most brilliant language ever written!

## GROUP: American Literary Classics Book Discussion

Wednesdays, May 31st and June 28th

1:00 p.m. – 2:30 pm

**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 May meeting will discuss *The Death of a Salesman*, Arthur Miller's scorching drama of a ruthless American business world experienced by dispirited salesman Willy Loman. The June meeting will discuss *The Maltese Falcon*, the classic Dashiell Hammett crime thriller in which ace detective Sam Spade pursues the illusive black bird while dealing with the criminal antics of Joel Cairo, Kasper Gutman, and their nefarious pals.

## GROUP: My Two Cents – Today's Current Affairs Chat

Thursdays, May 11th and June 8th

1:00 p.m. – 2:30 pm

NEW DAY  
OF WEEK

**Facilitator: COA Volunteer Terry Catchpole**

Reparations for descendants of American slaves? Right-to-life legislation? Is Wellesley overbuilt? How about those Chinese balloons? These are the type of headline happenings discussed in this free-flowing, open-ended 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!

# 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**

**For the below three bus trips only, please call 781-235-3961.**

**Monday, May 1st**

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

**Tuesday, May 9th**

**TRADER JOE'S (NEEDHAM)** 10:00am -12:00pm

**Thursday, June 8th**

**WALMART (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.
- Dana Farber
- Jamaica Plain V.A.
- Beth Israel
- N.E. Baptist
- Joslin Clinic
- Brigham & Women's
- 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:

- All addresses within Wellesley
- Waban MBTA Green Line Station
- Newton Wellesley Hospital
- Natick Community Center
- Woodland MBTA Green Line Station
- 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@mwrt.com](mailto:info@mwrt.com).



# Programs/Outreach/Resources

## HEALTH AND HUMAN SERVICES Kate's Corner

**GROUP: Women in Retirement**  
Thursdays, May 11th, 25th, and  
June 8th, 22nd  
2:00 p.m. – 3:00 p.m. Open to ALL!

**NEW  
GROUP**

By popular demand, we are pleased to launch a group for retired female professionals who are looking to connect with others and discuss navigating the new chapter of retirement. The open discussion format offers an opportunity to build new connections and learn from others who share common joys, challenges, or ideas. All are welcome.

**GROUP: Social Connections**  
Tuesdays, May 2nd – June 27th  
11:00 a.m. – 12:00 p.m.

As we age, friendships remain important to help improve happiness and health, however, making and maintaining friendships can become more difficult in later life. The goal of this group is for participants to build up a network of new social connections in Wellesley.

**GROUP: Men in Retirement**  
Wednesdays, May 10th, 24th and June 7th, 21st  
2:00 p.m. – 3:00 p.m. Open to ALL!

This group meets twice a month in an open discussion format. Topics focus on building up a healthy retirement lifestyle while adapting to changes inherent with the aging process and loss of a professional role. All are welcome.



**Donuts & Coffee with Wellesley Police**  
Friday, May 26th and  
Tuesday, June 20th  
9:00 a.m. – 11:00 a.m.  
Mary Bowers Café



Come support the Wellesley Police Department and learn about various scams targeting older adults in town, ask questions about specific law enforcement topics, or come enjoy a free donut and just listen!

## 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!**

**COA VOLUNTEER CELEBRATION!**  
Calling All COA Volunteers Past and Present  
Please Join Us for Our Volunteer  
Appreciation Ice Cream Social  
Thursday, June 22nd  
2:30 p.m.



All volunteers, young and old, are invited to join us for our annual Volunteer Appreciation event. We will scoop ice cream and serve snacks and refreshments in the Multipurpose Room. Volunteers are a vital part of our community. Our many wonderful volunteers include the Community Service Bears and the Café and Library Care Groups, Lunch Servers, Greeters, Discussion and Game Leaders, and the "Friends of the WCOA". Their volunteer time and commitment to the Wellesley COA and the seniors we serve are invaluable.

We look forward to a fun afternoon spending time together to show our appreciation! If you are a volunteer, past or present, please call the COA to register or email [smiller@wellesleyma.gov](mailto:smiller@wellesleyma.gov).

## Volunteer Opportunity

The Wellesley Council on Aging is seeking a Movie buff volunteer to host our weekly movie shown here at the COA.

Beyond just starting up a movie we seek a volunteer that would introduce the movies to the patrons with some movie facts and trivia and build out a library of future showings based on patron feedback and requests.

**Movies are shown most  
Fridays at 1:15.**  
Please contact **Sally Miller**  
[smiller@wellesleyma.gov](mailto:smiller@wellesleyma.gov)  
for additional details.



## FRIENDS OF THE WELLESLEY COUNCIL ON AGING



In May, the Friends of Wellesley Council on Aging will be starting their "Be A Friend" campaign. Wellesley residents aged 60 and over comprise 23% of our town's population, projected to continue growing by 20% over the next 10 years. Many of these residents look forward to exciting new chapters in their lives. The Friends of the Wellesley Council on Aging actively assists these residents by raising funds that are not covered by the town budget to enhance the programs and services provided by the Council on Aging. Look for more information coming in May.

**Should you wish to send along your donation now, please use the form on the back page of this newsletter to donate to the "Be A Friend" fund by mail or via charge card online.**



# Programs/Outreach/Resources



**NEW!**

**Meet with the Activities Team Sarah and Kevin**

**Friday, May 19th**

**11:00 a.m.**

An open discussion on what programs the team is working on and input from patrons on future activities at the Center.

## 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](mailto:unkldandan@aol.com).

## 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 Wellesley 8-ball Pool Travel Team is 1 of 8 teams in the MetroWest division of an Eastern Massachusetts Senior Travel League comprising 27 teams. The 10-week spring season of 10 matches started on March 7, and the Wellesley team has gotten off to a very good start winning 2 of the first 3 matches. This places Wellesley in a 3-way tie for second place in the division. The team stands a very good chance of improving on its 5th-position finish last fall. In addition, the team engages in an in-house scrimmage every Wednesday afternoon. This has proven to be very popular with the team members and consistently draws 8 players every week. **John Bradshaw**, Wellesley Travel Team Captain.

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




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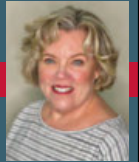
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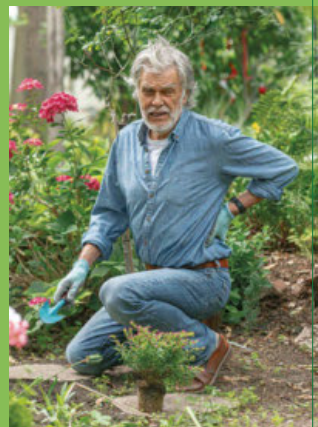
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## **NEW Monthly COA Van Trip** **Tour the Massachusetts State House**

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See page 5 for details.



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