



DAY TRIP - The Spirit of Boston
Thursday, July 27th

Depart Wellesley Community Center, 219 Washington Street

Departure: 9:30 a.m.
Returns Approximately: 4:30 p.m.
\$99 per person due at registration

Come aboard The Spirit of Boston and set sail around Boston Harbor for the perfect afternoon getaway! You will enjoy a delicious Grand Buffet luncheon during the two-hour cruise of Boston's historic harbor. The price includes everything except drinks and photos. Bon Voyage! **Wellesley residents only, space is limited.** This is a non-refundable purchase. Registration deadline is July 17, 2023.

July Social COA VAN TRIP

Larz Anderson Auto Museum

Tuesday, July 18th

**Departs 9:15 a.m. from The Tolles Parsons Center,
500 Washington Street**

FREE



**Join us as we take a short van trip to tour the
Larz Anderson Museum, in Brookline, MA**

The Larz Anderson Auto Museum is home to "America's Oldest Car Collection." For more than eighty-five years the Larz Anderson Auto Museum has been supporting the community through a variety of educational programs, exhibits, and lectures. **Wellesley residents only, space is limited.**



August Social COA VAN TRIP

The Little Mermaid Play

Wednesday, August 2nd

**Departs at 1:00 p.m. from The Tolles Parsons Center,
500 Washington Street**

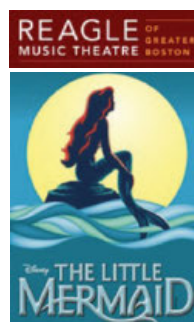
Play starts at 2:00 p.m.

\$15.00 per person due at registration



**Board the COA van and head to Reagle Music Theatre
of Greater Boston, 617 Lexington St, Waltham, MA**

Based on Hans Christian Andersen's beloved tale and the classic



animated film, Disney's *The Little Mermaid* is an astonishingly beautiful love story for the ages. With music by eight-time Academy Award winner, Alan Menken, lyrics by Howard Ashman and Glenn Slater and a compelling book by Doug Wright, this fishy fable will capture your heart with its irresistible songs, including "Under the Sea," "Kiss the Girl" and "Part of Your World." **Wellesley residents only, space is limited.**

Wellesley Council on Aging Staff

Deborah Greenwood

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dgreenwood@wellesleyma.gov

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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, July 20th at 4:00 p.m.

Thursday, August 17th at 4:00 p.m.

Additional meetings will be posted as needed.

Tolles Parsons Center Hours of Operation

Monday through Friday
9:00 a.m. - 4:00 p.m.

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

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.

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.

REGISTRATION July/August 2023 (Registration is ongoing)

Wellesley Residents:

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

Non-Wellesley Residents:

Starting Thursday,
June 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.



"The Best way to predict your future is to create it."

—Abraham Lincoln



Summer is upon us, and we have plenty to do here at the Tolles Parsons Center. Stop by for lunch, exercise class or a cup of coffee. Meet with friends new and old, enjoy the patio or the AC during the dog days of summer.

Remember to stay hydrated, protect your skin, dress comfortably. Stay indoors during the hottest part of the day. We are open from 9 a.m. to 4 p.m. to enjoy the climate control of the TPC, sign up for a

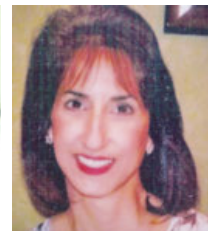
class to learn something new or drop in anytime. We are here for your needs and enjoyment.

Deborah Greenwood,
Director of Senior Services

A Warm Welcome To Our New Team Members



Assistant Director
Frank Lam



Department Assistant
Sue Avakian



Beat the heat this summer at the Tolles Parsons Center

Come cool down and enjoy a movie, play some pool, or just relax and catch up on one of the great book selections in our lending library.

Transportation

**Thank you to
Richard Howell
for all his dedication
to supporting our
seniors with their
transportation needs.**

We will miss you!



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**

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

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.**

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**.

Program Events *free programs*

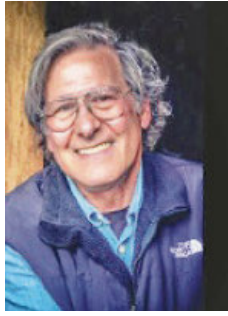
Pre-registration is required for all events. Programs are one hour and limited to 50 participants unless otherwise noted.

Making More Meaningful Photographs

Thursday, July 6th
1:30 p.m.

Ron Rosenstock, Photographer

In creating art, attention, intention, and awareness are required. It's no different in photography. Being present to the moment, having a purpose to make photographs and a heightened sense of appreciation and gratitude will all contribute to making more meaningful photographs. Ron will share numerous experiences and images from around the world. Ron's photographs are in the collection of the Peabody Essex Art Museum, The Worcester Art Museum, The Fitchburg Art Museum, The International Center for Photography in NYC., and the Fogg Art Museum at Harvard University as well as in numerous private collections. Ron has published six books of his photographs and presently leads photo tours to various destinations around the world.



FIVE PART SERIES

Words Galore

Mondays, July 10th - August 14th
1:30 p.m.

Val Walker, MS, Author,
Educator, Consultant

Val is a contributing blogger for Psychology Today and the author of The Art of Comforting. Join Val for a fun and lively hour of wordplay and brain twisters—a logophile's paradise. We learn new words as well as explore the history of old words and delve into the origins of words. We enjoy limericks, riddles, famous quotes, puns, and fascinating trivia about trendy words. We play guessing games with the dictionary and words within-word games. Inspired by Shakespeare, Ogden Nash, or Edward Lear, we challenge our wits and might end up with a few laughs.



Back to Basics on iPhone and iPad

Thursday, July 13th
1:30 p.m.

Kevin Figueroa, KevTech Services

This introductory class introduces new users to the basics of navigation and features of the iPhone and iPad device. Kevin will cover the hardware of the iPhone, including the buttons, volume switch, cameras, and speakers; navigation to important areas of the phone; and iPhone applications for calling and messaging.

Retail Fun: Building #19 and More!

Tuesday, July 18th
1:30 p.m.

Therapy Gardens - Chris Torres,
Podcaster

Remember when retail was fun? Learn the humble beginnings, spectacular rises and the tragic downfalls of three local retail icons - Building #19, Child World and Filene's Basement. Have fun and share memories - good, bad, and weird from this special time in retail history!



What Are These Spots on My Skin!?

Thursday, July 20th
1:30 p.m.

Sara Berg and Mariko Yasuda, Dermatologists
with DermWellesley

Join us for a program with local dermatologists to learn more about our skin and how to take care of it. The presentation will cover the various most common normal skin growths as well as features to be aware of that may be signs of more concerning spots. The program will also touch upon some basic skin care and sun preventative measures.

BBQ with the Blue

Friday, July 21st
12:00 p.m.

Hosted by the Wellesley Police Department

Join fellow friends and neighbors for this summertime favorite at the COA! Wellesley Police Officers will patrol the grill and serve hot dogs, hamburgers and the traditional fixings for a cookout. **Wellesley residents only. Max: 50**



Creating a Nation: The Founding Fathers in American Art

Tuesday, July 11th
1:30 p.m.

Jane Oneail, Culturally Curious

From battle scenes to formal portraits, artists played a major role in defining the early history of the republic. This program will explore the work of artists Copley and Stuart among others who helped to shape popular perspectives on leaders and the nature of leadership in a democracy.



ZOOM



First Ladies

Tuesday, July 25th

1:30 p.m.

**Rich Rubino, Author
and Commentator of
American Politics**



Author Rich Rubino will regale us with stories of past First Ladies and their relationships with their husbands. The first lady is not an elected position; she carries no official duties and receives no salary. Nonetheless, she attends many official ceremonies and functions of the state either along with or in place of the president.

Fintastic Sharks and Rays!

Tuesday, August 1st

1:30 p.m.

Joy Marzolf, Naturalist and Educator



Sharks are ancient and amazing animals. How large were the teeth of the pre-historic megalodon shark? How does a shark find its food? Just how smart are sharks? What is it like to be underwater diving with them? Learn what makes these animals special through images from around the world of the great white, hammerhead, tiger, lemon, whale sharks and so much more.

FOUR PART SERIES

The Kennedy Saga

**Thursdays, August 3rd, 10th, 24th and
September 7th**

1:30 p.m.

Rick Tulipano, Historian and Author

The Kennedys are the most legendary family in American history. This four-part presentation examines the triumphs and tragedies of the Kennedy clan, from the arrival of their ancestors in 19th-century America right up to the present day.

PART ONE: Famine to Fame

Thursday, August 3rd 1:30 p.m.

The first Kennedys (and the first Fitzgeralds) emigrated to the U.S. from Ireland in the mid-1800s. In Boston, they were confronted by anti-Irish prejudice, but the Kennedy/Fitzgerald scions overcame numerous obstacles to create a wealthy dynasty imbued with a powerful sense of destiny. However, the oldest Kennedy's daughter was excluded from the family. In this presentation, we'll pay special attention to "the original sin" of the Kennedys.

PART TWO: Ambition Achieved

Thursday, August 10th 1:30 p.m.

John Fitzgerald Kennedy achieved the pinnacle of political power. But the controversies that shadowed his ascent to the presidency only multiplied after he was assassinated in Dallas. Yet his shocking death gave rise to an American version of the Camelot legend. We'll examine the truths and falsehoods of the Kennedy/Camelot mystique.

PART THREE: Camelot Betrayed

Thursday, August 24th 1:30 p.m.

The Kennedys were determined to win back the presidency, but their ambition would cost them dearly. Yet, more than any assassin, it was the Kennedys themselves who inadvertently destroyed the Camelot image. As we examine the details of their self-inflicted decline, we'll focus on a place called Chappaquiddick.

PART FOUR: What Happened to the Kennedys?

Thursday, September 7th 1:30 p.m.

In our final presentation, we'll see how America's "prince" became the last casualty of the Kennedy legend. Nevertheless, the clan continues to weave its way through the 21st century. Although their aspirations are more muted these days, the Kennedys are still front-page news.

Red Sox VP Visits the

Tolles Parsons Center

Tuesday, August 8th

1:30 p.m.

**Marcell Bhangoo,
Senior Vice President,
Client & Sponsor Services**



What does over two decades at the Red Sox get you? Join us for a conversation with Marcell Bhangoo, Senior Vice President, Client & Sponsor Services (and Wellesley resident) on what a day in the life of a female Red Sox executive feels like. She'll talk about all things hospitality, services, sponsorship, and how the landscape of baseball has changed in her tenure, starting out as a college student answering phones in the ticket office and working her way through the organization to her current role. Get to know the "behind the scenes" of 81 productions at the ballpark and how it's more than just baseball.

Marcell will have Tickets and Red Sox Swag to hand out!

Small Steps for Better Heart Health

Tuesday, August 15th

1:30 p.m.

**Commie Ayuk, MPH,
Community Engagement Coordinator
Community Health Newton-Wellesley Hospital**



The food you eat, how you handle stress, and how much exercise you get has a big impact on your heart health. Making small changes can have a large, positive impact on your health and how you feel.

This is an interactive talk to discuss Small Steps For Better Heart Health.

This discussion will cover highlights of a heart-healthy diet, review the latest physical activity recommendations and look at how resiliency techniques can help you manage stress.



Program Events *free programs*

Pre-registration is required for all events. Programs are one hour and limited to 50 participants unless otherwise noted.

BUS TRIP Encore Casino

Tuesday, August 17th

Bus departs from The Wellesley Community Center at 219 Washington Street at 9:30 a.m.

Return approximately 4:30 p.m.

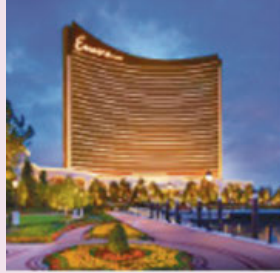
\$35 per person due at registration

Encore, Encore, we all want to go to Encore! Try your luck with 2,800+ slot machines, including classic favorites, automated tables, and the newest game titles. Enjoy 166 table games, from craps and roulette to blackjack and baccarat, all at state-of-the-art tables with superior service. It all adds up to an exciting, memorable five-star experience unlike anywhere else in Boston.

Trip Includes:

Roundtrip Transportation and \$20 Free Slot Play (subject to change at the discretion of the casino)

Wellesley residents only, space is limited.



Hawaiian Luau and Musical Performance

**Friday, August 25th
12:00 p.m.**

Robert Black, Elvis Impersonator and Tribute Artist



Join fellow friends and neighbors for the return of this summertime favorite at the COA! We will enjoy traditional Luau cuisine along with music performed by Elvis Impersonator, Robert Black, during this lively, fun filled event. **Wellesley residents only. Max: 50**

Frank Sinatra, Sammy Davis Jr. and the Rat Pack Early Years

**Tuesday, August 29th
1:30 p.m.**

Debra Block, Theatre Director and Educator



Join Debra Block, for a program that will examine the lives, loves, songs and films of Frank Sinatra, Sammy Davis Jr. and Dean Martin. This interactive program will focus on these three charismatic members of The Rat Pack during their early years, the 40's - 60's.

UFOs & Spy Balloons, What's Real?

**Tuesday, August 22nd
1:30 p.m.**

Therapy Gardens - Chris Torres, Podcaster

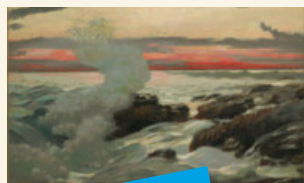


Come hear what the experts are saying. And you might be surprised! Join podcaster and paranormal enthusiast Chris Torres (we promise he's not a crackpot!) as he takes you through the most recent developments on the topic of UFOs, including the New York Times article that broke the story!

Seaside Escapes: The Art & Architecture of the New England Coast

**Wednesday, August 23rd
1:30 p.m.**

Jane Oneail, Culturally Curious



ZOOM

From artist colonies to robber baron "summer cottages," the New England shoreline has inspired countless creative works. This program looks at seascapes by beloved American artists including Winslow Homer and Edward Hopper as well as the over-the-top elegance of Newport, RI summer homes designed for the titans of industry in the nineteenth century. Gloucester's eccentric summer retreat Beauport is also featured.

Andria's Admin Arena



Did you know that so much happens behind the scenes in the Admin suite at the Tolles Parsons Center? Ever wonder why our staff and volunteers ask you to check in at the Kiosk or at the front desk or ask you to pre-register for an event? We track event and fitness class attendance for a few reasons:

1. to provide monthly reports for budgeting
2. gather interest in topics to sustain future programming
3. some of our fee-based events have a minimum requirement to run the program so if you are not pre-registered, the course may get canceled

The Fitness Center for our Wellesley residents has been well attended. For those who participate, thank you for maintaining your doctor's note and keeping it in good standing (expires annually).

The Lunch attendance has really picked up over the last six months and it's been so nice to see all the happy and smiling faces! Do you like the choices? How is the portion size? I would love to hear any feedback you have on the lunches. We are continually working with our vendors to bring you the best experience.



COA Lunch Promotion

Meals are \$6 or *Free for Wellesley residents who qualify and served Tues.-Fri. at the Tolles Parson Center.

The Friends of the Wellesley Council on Aging (FWCOA) will continue to sponsor a lunch promotion welcoming all residents ages 60+. Lunch from local restaurants (listed below) is served by volunteers at noon on Tuesdays – Fridays.





See the delicious menu selections for July/August made possible by our wonderful local establishments:


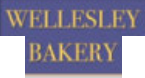



• The Linden Store • Captain Marden's • Wellesley North End Pizza • Wellesley Bakery • Express Gourmet • Cheesy Street Grill

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




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

All lunches MUST be ordered and paid for at least TWO Business days in advance. No refunds.


JULY	TUESDAY -4-	WEDNESDAY -5-	THURSDAY -6-	FRIDAY -7-
	HOLIDAY	Chicken Salad Wrap	Turkey Bacon Wrap	Garden Veggie Wrap & a Cookie
	-11- Egg Salad BLT Wrap & a Cookie	-12- Cranberry Chicken Wrap & a Cookie	-13- Grilled marinated chicken, romaine, roasted red peppers, red onions, hummus, lemon oregano on focaccia bread & a Cookie	-14- Grilled Chicken Caesar Salad & a Cookie
	-18- Spinach Quiche, Chicken Noodle Soup & a Blueberry Muffin	-19- Broccoli Cheddar Quiche, Chicken Lemon Rice Soup & a Plain Croissant	-20- Ham Mushroom Quiche, Gazpacho Soup & a Pumpkin Muffin	-21- NO LUNCH
	-25- Salmon Croquettes, Cornbread & Green Beans	-26- Tuna Salad Plate & Cornbread	-27- Salmon Salad Plate & Cornbread	-28- Baked Haddock, Carrots & Cornbread

AUGUST	TUESDAY -1-	WEDNESDAY -2-	THURSDAY -3-	FRIDAY -4-
	Full BLT Grilled Cheese Sandwich with Sea Salt Chips	Individual Cheese Pizza with Side House Salad	1/2 Ham, Swiss, & Dijon mustard Grilled Sandwich with Tomato Soup	Chicken Caesar Salad with a Cup of Mac & Cheese
	-8- 1/2 Chicken Tarragon Sandwich & a Chocolate Chip Cookie	-9- 1/2 Tuna Fish Sandwich, Chicken Noodle Soup & a Chocolate Cookie	-10- Spinach Feta Quiche, Gazpacho Soup & a Pumpkin Muffin	-11- 1/2 Roasted Chicken Sandwich, Chicken Lemon Rice & a Blueberry Muffin
	-15- 1/2 Ham, Turkey, & Swiss Special, Chips, Water & a Cookie	-16- 1/2 Chicken Salad Sandwich on Whole Wheat, Chips, Water & a Cookie	-17- 1/2 Chopped Ham & Pickle Sandwich, Chips, Water, and a Cookie	-18- 1/2 Isabella Sandwich on Whole Wheat, Chips, Water & a Cookie
	-22- Turkey Delight Sandwich & a Cookie	-23- Grilled marinated chicken, romaine, roasted red peppers, red onions, hummus, lemon oregano on focaccia bread & a Cookie	-24- Garden Veggie Wrap & a Cookie	-25- NO LUNCH
	-29- Fish Cake, Rice Pilaf & Cornbread	-30- Salmon Croquettes, Cornbread & Green Beans	-31- Baked Haddock with Herb Stuffing & Honey Glazed Carrots	

JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-3-	-4-	-5-	-6-	-7-
12:00 All Levels Yoga		9:15 Hi Low Fitness 10:00 Keep Well Clinic 12:00 Cardio Dance & Strength - LaBlast 1:15 Movie - Music Man (1962) 2h 31m 1:30 Acrylic Painting 2:00 Men in Retirement	9:15 Seated Strength & Balance 9:15 All Levels Yoga 11:00 Mindful Living w/Lisa 1:30 Making Meaningful Photographs w/Ron Rosenstock 2:00 Women in Retirement	1:15 Movie - Dog Gone (2022) Rated PG 1h 34m
-10-	-11-	-12-	-13-	-14-
9:15 Fit for Life 10:30 Core & More 11:00 Pilates 12:00 All Levels Yoga 1:30 New Words Galore 2:30 Chair Yoga	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 11:00 Kate's Social Connections 12:00 Senior Muscle Conditioning 1:30 Founding Fathers in American Art	9:15 Hi Low Fitness 11:00 Chair Yoga 1:15 Movie - Cabaret (1972) Rated PG 2h 4m 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 Back to Basics iPhone/iPad	9:15 Yoga for Better Balance 10:00 Origami Flowers 11:15 Senior Muscle Conditioning 1:15 Movie - Wedding Season (2022) Rated PG 1h 37m
-17-	-18-	-19-	-20-	-21-
9:15 Fit for Life 10:30 Core & More 11:00 Pilates 12:00 All Levels Yoga 1:30 New Words Galore 2:30 Chair Yoga	9:15 Tour of Larz Anderson Auto Museum via COA Van 9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 11:00 Kate's Social Connections 1:30 Retail Fun: Bldg #19 and More! 12:00 Senior Muscle Conditioning	9:15 Hi Low Fitness 10:00 Keep Well Clinic 11:00 Chair Yoga 12:00 Cardio Dance & Strength - LaBlast 1:15 Movie - Funny Face (1957) 1h 43m 2:00 Men in Retirement	9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 11:00 Mindful Living w/Lisa 1:30 What Are These Spots on My Skin? 1:30 Bingo 2:00 Women in Retirement	11:15 Senior Muscle Conditioning 12:00 Wellesley Police BBQ
-24-	-25-	-26-	-27-	-28-
9:15 Fit for Life 10:30 Core & More 11:00 Pilates 1:30 New Words Galore 2:30 Chair Yoga	9:15 Yoga for Better Balance 9:15 Seated Strength & Balance 11:00 Kate's Social Connections 12:00 Senior Muscle Conditioning 12:00 Musical Lunch  1:30 PM First Ladies	9:15 Hi Low Fitness 11:00 Chair Yoga 12:00 Cardio Dance & Strength - LaBlast 1:15 Movie - Hamilton (2020) Rated PG-13 2h 40m 1:30 Acrylic Painting	9:15 Seated Strength & Balance 9:30 Spirit of Boston Day Trip 10:00 Pilates 11:00 Mindful Living w/Lisa	9:15 Yoga for Better Balance 10:00 Jewelry Making 11:15 Senior Muscle Conditioning 12:00 Musical Lunch  1:15 Movie - Whitney Houston : I Wanna Dance with Somebody (2022) Rated PG 13 2h 25m
-31-				
11:00 Pilates 12:00 All Levels Yoga 1:30 New Words Galore 2:30 Chair Yoga				

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


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

AUGUST 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-1-	-2-	-3-	-4-
	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 11:00 Kate's Social Connections 12:00 Senior Muscle Conditioning 1:30 Fintastic Sharks & Rays	9:15 Hi Low Fitness 10:00 Keep Well Clinic 11:00 Chair Yoga 12:00 Cardio Dance & Strength - LaBlast 1:00 The Little Mermaid Play via COA Van 1:15 Travel w/Rick Steves Travel as a Spiritual Act 1h	9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 11:00 Mindful Living w/Lisa 1:30 The Kennedy Saga Part 1 Famine to Fame	9:15 Yoga for Better Balance 11:15 Senior Muscle Conditioning 1:15 Movie - The Woman King (2022) Rated PG-13 2h 15m
-7-	-8-	-9-	-10-	-11-
9:15 Fit for Life 10:30 Core & More 11:00 Pilates 12:00 All Levels Yoga 1:30 New Words Galore 2:30 Chair Yoga	9:15 Yoga for Better Balance 9:15 Seated Strength & Balance 11:00 Kate's Social Connections 1:30 Red Sox VP Visits the Tolles Parson Center	9:15 Hi Low Fitness 11:00 Chair Yoga 1:15 Travel w/Rick Steves Cruising Burgundy and the Alps 1h 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 1:30 The Kennedy Saga Part 2 Ambition Achieved 2:00 Women in Retirement	9:15 Yoga for Better Balance 11:15 Senior Muscle Conditioning 1:15 Movie - Jerry & Marge Go Large (2022) Rated PG-13 1h 30m
-14-	-15-	-16-	-17-	-18-
9:15 Fit for Life 10:30 Core & More 11:00 Pilates 12:00 All Levels Yoga 1:30 New Words Galore	9:15 Seated Strength & Balance 11:00 Kate's Social Connections 12:00 Senior Muscle Conditioning 1:30 NWH Small Steps for Better Health	9:15 Hi Low Fitness 10:00 Keep Well Clinic 1:15 Travel w/Rick Steves Italy Food for Lovers 1h 1:30 Acrylic Painting	9:15 Seated Strength & Balance 9:15 All Levels Yoga 9:30 Trip to Encore 10:00 Pilates 11:00 Mindful Living w/Lisa 1:30 Bingo	9:15 Yoga for Better Balance 10:00 Dried Flower Cards 11:15 Senior Muscle Conditioning 1:15 Movie - Hustle (2022) Rated R 1h 57m
-21-	-22-	-23-	-24-	-25-
9:00 Coffee with a Cop 9:15 Fit for Life 10:30 Core & More 11:00 Pilates 12:00 All Levels Yoga 2:30 Chair Yoga	9:15 Seated Strength & Balance 11:00 Kate's Social Connections 12:00 Senior Muscle Conditioning 1:30 UFOs & Spy Balloons, What's Real?	9:15 Hi Low Fitness 11:00 Chair Yoga 12:00 Cardio Dance & Strength - LaBlast 1:15 Travel w/Rick Steves Iran Personal Impressions 1h 1:30 Acrylic Painting 1:30 Seaside Escapes 2:00 Men in Retirement	9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 11:00 Mindful Living w/Lisa 1:30 The Kennedy Saga Part 3 Camelot Betrayed 2:00 Women in Retirement	11:15 Senior Muscle Conditioning 12:00 Luau Lunch with Musical Entertainment by Elvis Impersonator Robert Black 
-28-	-29-	-30-	-31-	
9:15 Fit for Life 10:30 Core & More 11:00 Pilates 12:00 All Levels Yoga 2:30 Chair Yoga	9:15 Seated Strength & Balance 11:00 Kate's Social Connections 12:00 Senior Muscle Conditioning 12:00 Musical Lunch 🎵 1:30 Frank, Sammy, and the Rat Pack's Early Years	9:00 Wellesley Registration 9:15 Hi Low Fitness 11:00 Chair Yoga 12:00 Cardio Dance & Strength - LaBlast 1:30 Acrylic Painting	9:00 Non-Wellesley Registration 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 11:00 Mindful Living w/Lisa 12:00 Musical Lunch 🎵	



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.



Karen Karten

Instructor Spotlight

Join Karen on
Wednesdays • 12:00 Noon
for an invigorating
LaBlast Cardio Workout

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

* Tuesdays July 11, 18, and 25th and August 1st and 8th:
Yoga for Better Balance, 9:15 AM, 60 minutes, In Person, \$5

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.**

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**

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**

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,
July 5th – August 30th

(No class August 2nd)

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. **Max: 14**

ART: Origami Kusudama Flowers Workshop

Friday, July 14th

10:00 – 11:30 a.m.

Instructor: Lisa Walker of

Pop Up Art School

Cost: \$20



Origami Kusudama Flowers are made of 5 individual folded units that are glued together. No prior experience with origami needed! During the class, you'll make 1 to 2 completed flowers. Peruse a selection of craft materials and embellish the finished flowers with sparkly centers and stems. **Max: 15**

ART: Jewelry Making Workshop

Friday, July 28th

10:00 a.m. – 1:00 p.m.

Instructor: Joyce Creiger,
Artist and Photographer

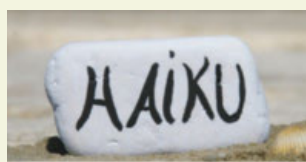
Cost: \$25



Take time out of the sun and enjoy a morning of jewelry making under the direction of artist, Joyce Creiger, who will supply all the tools and materials. During this workshop you will have a wide selection of glass beads to create a necklace or bracelets using a hand wrapped or crocheted technique. By the end of the class you will have a finished piece or two of jewelry which could be a great gift or you can walk home wearing a new bobble. **Max: 8**

Haiku Corner

Wellesley Tolles Parson
Space for seniors to gather
Memories are made



ART: Dried Flower Cards Workshop

Friday, August 18th

10:00 a.m. – 1:00 p.m.

Instructor: Joyce Creiger, Artist and Photographer

Cost: \$25



Tap into your creativity during this dried flower cards workshop offered by artist Joyce Creiger. You will design and create seasonal greeting cards or artwork using real dried flowers supplied by Joyce. Make them abstract or realistic, and send the cards to friends and family or frame your art piece for your home, it's up to you!. **Max: 10**

WELLNESS: Mindful Living with Lisa

Thursdays, July 6th – August 31st

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.

Community Service Bears



The Community Service Bears volunteer group wrapped up another successful year making hand-sewn Teddy Bears for donation to area organizations serving those in need of a warm cuddle to brighten their day.

The Bear volunteers meet weekly on Wednesday mornings from September through June. This long-standing, well-run group averages a total of 200 Bears each year and puts in over 800 volunteer hours. The bears are stuffed with love and make their way to local police and fire departments, area hospitals, and other nonprofit organizations. If you know of an organization that would love to find a home for one of the bears, please let us know. All are welcome to join this special group to help make a difference in the lives of others. You don't have to be a sewer, cutters and stuffers are also needed. For more information or to get involved with creating the bears, please contact us.

Wednesday Afternoon Entertainment

Each Wednesday in July and August the Tolles Parsons Center will show a curated selection of entertainment.

Wednesdays at 1:15 p.m.

JULY MOVIE MUSICALS

July 5th

The Music Man (1962)

July 12th

Cabaret (1972)

July 19th

Funny Face (1957)

July 26th

Hamilton (2020)

AUGUST LET'S TRAVEL WITH RICK STEVES

August 2nd

Travel as a Spiritual Act

August 9th

Cruising Burgundy and the Alps

August 16th

Italy Food for Lovers

August 23rd

Iran Personal Impressions



Tolles Parsons Newsletter Name-That-News Challenge

The Newsletter has a name!

We polled our patrons on a name for our newsletter that contains programming for the center. We had a few multiple choices and a chance for patrons to write in ideas.

After a spirited vote the community settled on:

TOLLES PARSONS HAPPENINGS

Be on the lookout for the new name premiering in the September/October Newsletter

Movies with Marie

Join us for a movie over the summer!

Our Friday Movies at the COA will be hosted by Wellesley resident Marie Brown. Marie will bring her extensive knowledge and passion for movies to facilitate movie-focused discussions prior to and post-movie.

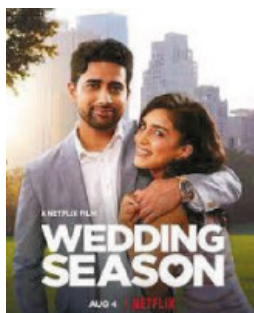
To kick off Movies with Marie we will have popcorn and other movie snacks available and one lucky moviegoer will receive an AMC Theatre gift card each week.



JULY • Reel Talk • Fridays 1:15 p.m.



Based on the true story of a father and son who repair their fractured relationship during a forced hike of the Appalachian trail to find their beloved lost dog.
2023 | PG | July 7 | 1h 35m

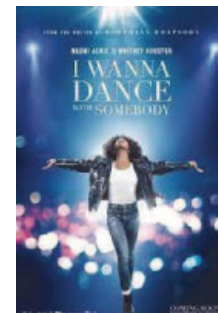


Pressured by their parents to find spouses, Asha and Ravi pretend to date during a summer of weddings, only to find themselves falling for each other.
2022 | PG | July 14 | 1h 38m

NO MOVIE THIS DAY

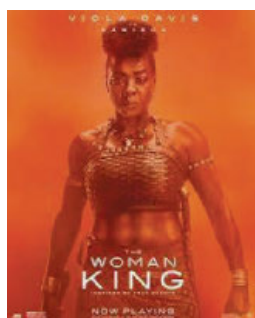


BBQ with the Blue
Friday, July 21st
12:00 p.m.
Hosted by the Wellesley Police Department



A joyous, emotional, heartbreaking celebration of the life and music of Whitney Houston, one of the greatest female R&B pop vocalists of all time
2022 | PG-13 | July 28 | 2h 24m

AUGUST • Reel Talk • Fridays 1:15 p.m.



A historical epic inspired by the true events that happened in The Kingdom of Dahomey, one of the most powerful states of Africa in the 18th and 19th centuries.
2022 | PG-13 | Aug 4 | 2h 15m



A true story of retiree Jerry and his wife Marge Selbee. They discover a loophole in the MA lottery and win millions.
2022 | PG-13 | Aug 11 | 1h 36m



A basketball scout discovers a phenomenal street ball player while in Spain and sees the prospect as his opportunity to get back into the NBA.
2022 | R | Aug 18 | 1h 57m

NO MOVIE THIS DAY



Luau Lunch with Elvis
Friday, August 25th
12:00 p.m.



Programs/Outreach/Resources

HEALTH AND HUMAN SERVICES

Kate's Corner

GROUP: Women in Retirement

**Thursdays, July 6th & 20th, and
August 10th & 24th**

2:00 p.m. – 3:00 p.m. Open to ALL!

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, July 11th – August 29th
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, July 5th & 19th and
August 9th & 23rd**

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

**Monday, August 21st
9:00 a.m. – 10:30 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!

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.

Volunteer Corner

The COA is privileged to have several long-time volunteers who have committed their time to facilitate regular weekly and monthly programs and activities. Notably, Fran Weinberg has been volunteering to lead Cribbage since 2010 and Terry Catchpole has been volunteering to lead literary discussion groups since 2016!

Both these programs have a steady following of male and female participants who enjoy the opportunity for community and connection.



Cribbage is a fun card game that can be played in groups of two, three, or four. No experience is necessary and Fran is eager to teach anyone interested in joining this friendly and welcoming

group. Cribbage meets weekly on Tuesday afternoons.

Terry's current literary programs include the following that meet monthly on Wednesday afternoons: World History (usually the first Wednesday of each month), Poetry (second), Shakespeare (third), and American Literary Classics (fourth). No special knowledge or expertise is required to enjoy any of the literary programs. Both instructors welcome new participants and invite you to drop in or sign up and join the fun.

Please see the COA Newsletter or give us a call for more information. Thank you Fran and Terry for your many valuable years of volunteer service!

If you or someone you know has a special talent or area of expertise to share with the COA Community, please let us know. We are always looking to enrich our programming through members' skills and talents in our community, either through a recurring group activity or a stand-alone presentation.

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 the COA at **781-235-3961** to schedule a 45-minute in-person appointment. Please do not call Lois at her home to schedule appointments. Thank you Lois for your many years of volunteer service!

WE LOVE
OUR VOLUNTEERS

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!

Programs/Outreach/Resources

Friends of the Wellesley Council on Aging

The Friends of the Wellesley Council on Aging gratefully acknowledges these organizations for their generous contributions to the 2023 "Circle of Friends." Their support helps provide funding for the programs and services provided by the Council on Aging including the lunch program, special events, coffee & tea service, entertaining and educational programs, and trips throughout the year.

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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."

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 – 12:30 Bridge Group	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 – 4:00 Card/Game/Pool (Billiards)	10:00 – 12:00 Pool (Billiards) Practice	12:30 – 4:00 Ping Pong
9:15 – 10:15 Walking Group	10:00 – 12:00 Knitting Group	9:15 – 10:15 Walking Group	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	10:00 – 11:00 Keep Well at TPC (first and third)	1:30 – 3:30 BINGO (Third Thursday)	1:00 – 3:30 Painting
		12:30 – 4:00 Scrabble Group	2:00 – 4:00 Knitting Group	

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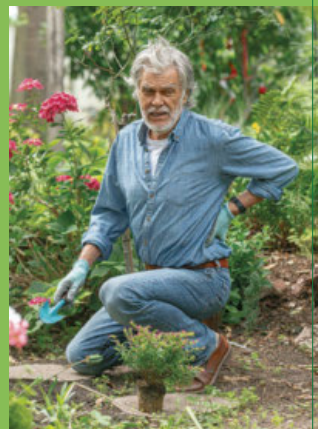
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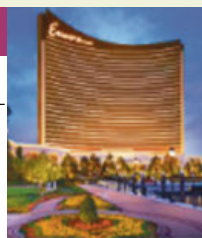
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