

TOLLES PARSONS *Happenings*

DAY TRIP - Harts Turkey Train

Friday, October 6th

Depart Wellesley Community Center, 219 Washington Street

Departure and
Return Time: TBD

\$129 per person
due at registration

We arrive in Meredith, NH on the shores of Lake Winnepesaukee for the Turkey Train. ALL ABOARD the dining car to enjoy our turkey luncheon provided by Hart's Turkey Farm. Our meal includes roast turkey, whipped potatoes, butternut squash, beverage, and a delicious dessert to top it all off. Take in the fall foliage as the train rides along the shores of the lake and surrounding wooded areas. **Wellesley residents only, space is limited. This is a non-refundable purchase. Special thanks goes to the Friends of the Wellesley Council on Aging for sponsoring this event. Registration deadline is September 22, 2023.**



Tolles Parsons
2nd Annual Community

Health & Wellness Fair



FREE

Wednesday
October 11th
AT TOLLES
PARSONS CENTER
10:30 AM - 1:30 PM

Get Free Screenings & Information

- Wellness Tips - Blood Pressure
- Women's Health - Legal -
- Demonstrations - & many more

Wellesley Council on Aging Staff

Deborah Greenwood

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dgreenwood@wellesleyma.gov

Frank Lam, Assistant Director
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Kate Burnham, LICSW

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Sally Miller, Volunteer Coordinator
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Rick Waldman, Bus Driver

Dana Wilson, Bus Driver

Dawnmarie Cole, Custodian FMD

Wellesley COA Board of Directors

Kathleen Vogel, Chair

Susan Rosefsky, Secretary

Marlene Allen

Patty Chen

Lori Ferrante

Robert McCarthy

Cynthia Sibold

Dianne Sullivan

Corinne Monahan

Tony Parker

Tina Wang

COA Board Meeting Dates

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

Thursday, September 21st at 4:00 p.m.

Thursday, October 19th 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

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.

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.

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.

REGISTRATION September/October 2023 (Registration is ongoing)

Wellesley Residents:

Starting Wednesday,
August 30th at 9:00 a.m.

Non-Wellesley Residents:

Starting Thursday,
August 31st 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.

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.



Friday Movies with Marie

Join us on Friday's for a Movie at the COA, 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. We will have popcorn and other movie snacks available.

SEPTEMBER/OCTOBER • Reel Talk • Fridays 1:15 p.m.

SEPTEMBER 1st

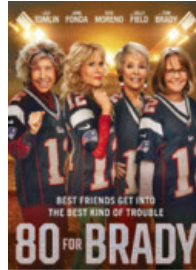
2022 | R
1h 56m



Based on a true story, a conman poses as an undercover MI5 agent and kidnaps countless victims amidst a high-stakes manhunt, until the woman who fell for him brings him to justice.

SEPTEMBER 8th

2023 | PG
1h 38m



A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.

SEPTEMBER 15th

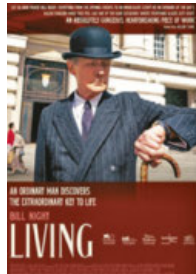
2022 | PG
2h 30m



Growing up in post-World War II era Arizona, young Sammy Fabelman aspires to become a filmmaker as he reaches adolescence.

SEPTEMBER 22nd

2022 | PG-13
2h 24m



The story of an ordinary man (Bill Nighy), reduced by years of oppressive office routine, who turn his dull life into something wonderful.

SEPTEMBER 29th

2022 | PG-13
2h 8m



It's 1943. The Allies are determined to break Hitler's grip on occupied Europe, and plan an all-out assault on Sicily; but they face an impossible challenge.

OCTOBER 6th

2023 | PG-13
1h 30m



Now full-time detectives struggling to get their private eye agency off the ground, Nick and Audrey find themselves at the center of an international abduction when their friend is kidnapped at his own lavish wedding.

OCTOBER 20th

2018 | PG-13
1h 50m



The plus-size, teenage daughter of a former beauty queen signs up for her mom's pageant as a protest that escalates when other contestants follow, revolutionizing the pageant and their small Texas town.

OCTOBER 27th

2023 | PG-13
2h 19m



This aerial war epic tells the harrowing true story of two elite US Navy fighter pilots during the Korean War. Their heroic sacrifices would ultimately make them the Navy's most celebrated wingmen.

Transportation

Wellesley offers free transportation to local destinations **Tuesday – Friday** 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**

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
- More Line Station 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@mwrtma.com

The **Volunteer Driver Program** will be resuming soon!! If you are interested in being a Volunteer Driver, please contact Frank Lam at flam@wellesleyma.gov for more information.



TOLLES PARSONS *Happenings*

The Golden Age of Musical Theatre, Part One

Tuesday, September 5th
1:30 p.m.

Michael Goodwin, Singer/Songwriter

What makes a classic a classic? We'll have fun finding the answer in this first installment of a four-part series on The Golden Age of Musical Theater given by singer/songwriter Michael Goodwin. Part one of this series will focus on the musicals *South Pacific*, *Oklahoma*, *Annie Get Your Gun* and more. This musical program will include singing, lecture, video clips from various shows, and many opportunities to participate. Michael always encourages everyone to sing along and get involved!



Matters of Concern to the Community

Wednesday, September 6th
1:00 p.m.

Jay Higgins, District Aide

Jay Higgins, District Aide and Senior Liason for Congresswomen Catherine Clark's Office, will be visiting with the Wellesley Council on Aging to meet with patrons and discuss matters of concern to the community.



A Series on Mindfulness

Mondays, September 11th and October 16th
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.**

ZOOM

WORLD RELIGIONS SERIES

PART ONE: Hinduism

Mondays, September 11th–October 16th
(no session on October 9th)
1:30 p.m.

**Instructor: COA Volunteer,
Sister Marie Elena Dio**

Join Sister Marie Elena Dio for a five-part series on the major religious traditions. Part One of the series is on Hinduism and consists of 5 classes which will be a general introduction to studying religion, and four sessions on the origins, scriptures, beliefs and practices of Hinduism. Each session includes lecture, visuals, and Q&A.



YouTube for Seniors

Tuesday, September 12th
1:30 p.m.

Therapy Gardens

Tired of paying for hundreds of channels with nothing to watch? Learn how to set up a custom profile on YouTube. From there, we will review YouTube channels and creators of interest to seniors. Cooking. Travel. Music. How To videos. We will also review online safety, what's free, and what's not, and lots more! There's something for everyone! No computer is needed to participate – just yourself. Bring your questions to this fun and casual workshop.



Musical Lecture – Miss Peggy Lee

Thursday, September 14th
1:30 p.m.

Frank King, former WBUR radio host

Join Frank King, lifelong devotee of recorded music and former host of WBUR radio, for a musical lecture on "Miss" Peggy Lee, who was not only a great singer, but a great lyricist as well. The program will also include: a rare Sinatra duet from radio days; the surprising history of the song "Autumn Leaves"; a strange and funny duet by Rosemary Clooney and Marlene Dietrich, "Too Old to Cut the Mustard"; and more.



Mindfulness Practice with Neil

Mondays, September 18th and October 30th
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.**

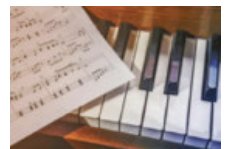
ZOOM

Grandparents Day Piano Performance

Tuesday, September 19th
2:00 p.m.

Michael Leidig, Pianist

If you have special memories of your grandparents, or being a grandparent, join us for a piano performance by Michael Leidig, who performs throughout New England. His solo piano performances are a blend of well-known jazz, classical, and pop music. Michael weaves interpretations of a wide variety of music from jazz greats like Louis Armstrong, Nat King Cole and Sinatra to popular/rock artists such as Burt Bacharach, The Beatles and Elvis to classical composers including Chopin, Mozart and Pachelbel. He will perform songs of love and remembrance for Grandparent's Day. Come in and enjoy this musical journey through time!



The Wyeths: An American Artistic Dynasty

Wednesday, September 20th

1:30 p.m.

Jane Oneail, Culturally Curious

Join Jane Oneail online for a program that focuses on the Wyeth family of artists, who are known for their somber realism and subtle storytelling. This presentation will explore the style of painting and illustration established by N.C. Wyeth in the early 1900s and passed on and re-interpreted by his children, primarily Andrew Wyeth, and his grandson Jamie Wyeth. Learn more about their favorite subjects, their influences and their enduring impact in the art world.

ZOOM



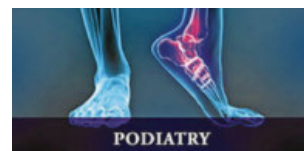
Podiatry Clinic

Friday, September 29th

9:15 a.m. – 12:00 p.m.

Dr. Alissa Kuizinas, Podiatrist

Dr. Kuizinas is offering 15 minute podiatry appointments at the Tolles Parsons Center. The cost of the appointment is \$40 and is directly payable to Dr Kuizinas by check, cash, or credit card.



Fraud 2023: The Latest on Scams, Elder Financial Exploitation & Identity Theft

Tuesday, October 3rd

1:30 p.m.

Lisa Boccabella, SVP Enterprise Risk Management, The Village Bank

Come find out about the latest fraud scams, elder financial exploitation and identity theft. Learn about red flags, how to spot a scam and what to do to prevent you from becoming a victim of ID theft. Handouts will be provided to share with family and friends.

East Timor and Indonesia:

A Turbulent History,

A Peaceful Rebuilding

Thursday, September 21st

1:30 p.m.

Barry Pell, World Traveler and Photojournalist

East Timor, located north of Australia, is one of the world's newest nations. But its independence was hard fought - first from the Portuguese, and then from Indonesia, with whom it fought a 24-year war. The Timorese are now getting on with rebuilding their nation, and the charm and grace of the people embody the seemingly unlimited potential of the country. Barry Pell traveled throughout East Timor to see how the country is progressing in this time of peace. This program will be accompanied by his photography, and will also explore the history, landscape and fascinating culture of the nearby Indonesian archipelago.



Leaping Lizards Live Animal Program!

Tuesday, September 26th

1:30 p.m.

Joy Marzolf, Naturalist and Educator

Join us for a fun and interesting program given by Joy Marzolf on the lives of lizards. From a tiny anole and a huge Komodo dragon to the venomous Gila monster, lizards can look very different. How are they similar? How do their differences actually help lizards survive around the world and even here? Find out about some of the amazing abilities of different lizards and don't miss our special lizard guests.



The Folly of Hubris –

An Exploration of

The Battle of Bunker Hill

Thursday, October 5th

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.



Meeting with Kevin and Sarah (Activities Team)

Thursday, September 28th, 11:00 a.m.

An open discussion on what programs the team is working on and input from patrons on activities at the Tolles Parsons Center. We'll review future activities at the center for 2023 and a preview of 2024. **Bring your wishlist!**

The Exercise Coach - Wellesley

Thursday, September 28th

1:30 p.m.

Jeffrey Cotter, Owner

The folks from The Exercise Coach in Wellesley will stop by the Tolles Parsons Center to talk about the benefits of strength training as we age. Learn how their unique, 20-minute, twice-a-week workouts can get you the results you need to stay healthy and thrive.

TheExerciseCoach

Standing Guard: Protect What You've Worked For

Thursday, October 12th

1:30 p.m.

Connor MacIsaac, Financial Advisor, Edward Jones

Join us for a financial talk given by Connor MacIsaac, a Financial Advisor with Edward Jones in Wellesley. This program will go over strategies designed to help you guard your valuable assets and protect pre- and post-retirement income. Connor will also discuss the impact of longevity, withdrawal strategies, anticipating rising costs, reviewing insurance/Long Term Care protection, and healthcare cost concerns. A brief market outlook will also be included during the presentation.



TOLLES PARSONS *Happenings*

**Tolles Parsons Center
6th Anniversary
Luncheon (See Back Cover for Details)
Friday, October 13th**

Come join fellow friends and neighbors to mark the anniversary of the TPC as a place for seniors to gather, enjoy meals and coffee, take classes, and engage in workshops and presentations.



**Boston Baseball Talk
"What was Johnny Pesky Really Like?"**

**Tuesday, October 17th
1:30 p.m.**

**Herb Crehan, Author and Contributing
Writer for Red Sox Magazine**

Herb Crehan has been interviewing and writing feature articles on former Red Sox stars for the team's official program and alumni magazine for 27 seasons. Over the years the question he has been asked most frequently is "What was Johnny Pesky really like?" Join us for Herb's presentation featuring eight of your favorite Red Sox Baseball Players, from the 1940s to the 21st century. He will share his insights about each player and include colorful stories about his interviews. Herb will leave plenty of time for your questions.



Corvids of Massachusetts

Tuesday, October 24th

1:30 p.m.

Lara Kazo, Mass Audubon Naturalist



Corvidae, Crows, Ravens, Blue Jays.... Why are they different from the other birds at our feeder? This program discusses why these birds are considered "intelligent" in the animal world. Learn about their behavior and habitats in this fun multimedia presentation.

This presentation will also discuss some of the literature and art that surrounds these birds

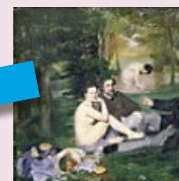
**Shaken: Art that Rocked Audiences
from the Renaissance to Today**

Wednesday, October 25th

1:30 p.m.

Jane Oneal, Culturally Curious

ZOOM



The history of art is filled with stories of paintings and sculptures that ruffled feathers and riled audiences. Sometimes artists intended to make a splash and sometimes they unintentionally fell into controversy. This program considers some of the biggest scandals in the art world in terms of audience reception and includes works such as Donatello's David, Manet's Luncheon on the Grass, and Sargent's famous Madame X.

**The Golden Age of Musical Theatre
PART TWO**

Thursday, October 19th

1:30 p.m.

**Michael Goodwin,
Singer/Songwriter**



Join us for Part Two of Michael Goodwin's series on The Golden Age of Musical Theatre. Michael calls this the "Lerner and Lowe Show" because he starts with Brigadoon and ends with My Fair Lady. But don't worry, we also get to visit with Shakspeare in Kiss Me, Kate and explore love and tragedy in Maine in Carousel. As always, there will be singing, lecture, video clips from various shows, and many opportunities to participate. Everyone is always encouraged to sing along and get involved.

Silent Movie Program:

The General starring Buster Keaton

Thursday, October 26th

1:30 p.m.

Richard Hughes, Pianist



Join us for a special event with Richard Hughes, who will perform live piano accompaniment while watching one of the all time greatest silent movies, *The General*, starring Buster Keaton. The setting is the Civil War and a band of Northern soldiers have embarked on a bold plan to steal one of the South's most prized locomotives - *The General*. As they commandeer the train, its engineer, Buster Keaton, watches in dismay. In a split second, he decides to chase after the train - on foot or any other means that begins the longest chase scene in silent movie history. This great comedy-action film is packed full of sight gags and thrills from beginning to end.

KevTech, iPhone Basics

Monday, October 23rd

2:00 p.m.

**Kevin Figueroa,
KevTech Services**

Learn basics, new apps, and how to become more iPhone savvy.

Bring your questions.

Max: 15



Halloween Program

Tuesday, October 31st

1:30 p.m.

Elderly Brothers



Join us for an afternoon of Halloween fun with the Elderly Brothers as they present Halloween entertainment and fun, serving up mint-condition "oldies" rock 'n' roll with pitch-perfect harmonies and soulful improvisations as fresh as the originals. No sleepwalk down memory lane with these guys. Their radiant renditions and audience interaction are unsurpassed.

COA Lunch

Meals are \$6 and served Tuesday – Friday at the Tolles Parsons Center.

The Friends of the Wellesley Council on Aging (FWCOA) will continue to sponsor lunch 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 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**.

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

| SEPT. | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
|  | | | | -1- Salmon Salad Plate & Cornbread |
|  | -5- Garden Veggie Wrap and a Cookie | -6- Egg Salad BLT Wrap and a Cookie | -7- 1/2 Vegetarian Calzone and Cape Cod Potato Chips | -8- Turkey Bacon Wrap |
|  | -12- Grilled Marinated Chicken, Romaine, Roasted Red Peppers, Red Onions, Hummus, Lemon Oregano on Focaccia Bread and a Cookie | -13- Grilled Chicken Caesar Salad and a Cookie | -14- Cranberry Chicken Wrap and a Cookie | -15- BBQ Chicken Breast w/ Pepper Jack Cheese, BLT and Ranch Dressing and a Cookie |
|  | -19- Spinach Feta Quiche, Chicken Noodle Soup and a Butterscotch Cookie | -20- Chicken Tarragon Sandwich, Chicken Lemon Rice Soup and a Chocolate Chip Oatmeal Cookie | -21- Ham, Mushroom Quiche, 1/2 Garden Salad and a Pumpkin Muffin | -22- 1/2 Roasted Chicken Sandwich, Vegetarian Split Pea Soup and a Blueberry Muffin |
|  | -26- Salmon Croquettes, Cornbread and Green Beans | -27- Tuna Salad Plate and Cornbread | -28- Salmon Salad Plate and Cornbread | -29- Baked Haddock, Carrots and Cornbread |

| OCT. | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
|  | -3- 1/2 Isabella Sandwich on Whole Wheat, Chips, Water and a Cookie | -4- 1/2 Chicken Salad Sandwich on Whole Wheat, Chips, Water and a Cookie | -5- 1/2 Ham, Turkey, & Swiss Special, Chips, Water and a Cookie | -6- 1/2 Chicken Salad Sandwich on Whole Wheat, Chips, Water and a Cookie |
|  | -10- 1/2 Cheddar Bacon Grilled Sandwich and a Chocolate Chunk Cookie | -11- NO LUNCH | -12- 1/2 Ground Beef, Cheddar Cheese, Pickles and Thousand Island Dressing Grilled Sandwich with Chips | -13- NO LUNCH |
|  | -17- Turkey Delight Sandwich and a Cookie | -18- Grilled Chicken Caesar Salad and a Cookie | -19- Garden Veggie Wrap and a Cookie | -20- Cranberry Chicken Wrap and a Cookie |
|  | -24- Salmon Croquettes, Cornbread and Green Beans | -25- Tuna Salad Plate and Cornbread | -26- Salmon Salad Plate and Cornbread | -27- Baked Haddock, Carrots and Cornbread |
|  | -31- 1/2 Tuna Sandwich, Vegetarian White Bean Soup and a Chocolate Chip Cookie | | | |

SEPTEMBER 2023



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

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.

 **VIRTUAL**
 **IN PERSON**

See Page 15

For Drop In Activities not reflected in the calendar.

| -4- | -5- | -6- | -7- | -8- |
|--|--|---|--|---|
| <p>The Tolles Parsons Center is CLOSED in observation of Labor Day NO ACTIVITIES</p> | <p>9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:00 All Abilities Knitting 1:30 Part One - Golden Age of Musical Theatre</p> | <p>9:15 Hi Low Fitness 10:00 Keep Well Clinic 11:30 Chair Yoga 12:00 LaBlast/Cardio Dance 1:00 Matters of Concern (Rep Clark's Sr Aide) 1:00 World History Book Discussion 2:00 Men in Retirement</p> | <p>9:15 Seated Strength & Balance 10:00 Pilates 10:00 Men's Glee Club 11:00 Living Well w/Lisa Campbell 1:00 My Two Cents Current Affairs Chat 2:00 Women in Retirement</p> | <p>9:15 Yoga for Better Balance 11:15 Senior Muscle Conditioning 1:15 Movie (See Page 3)</p> |
| -11- | -12- | -13- | -14- | -15- |
| <p>9:15 Fit for Life 10:30 Core & More 11:00 Pilates 12:00 All Levels Yoga 1:30 World Religions Intro 1:30 Watercolor for all 1:30 A Series on Mindfulness 2:30 Chair Yoga</p> | <p>9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:00 All Abilities Knitting 1:30 YouTube for Seniors</p> | <p>9:15 Hi Low Fitness 11:30 Chair Yoga 12:00 LaBlast/Cardio Dance 1:00 Best Loved Poems 1:30 Acrylic Painting</p> | <p>8:00 Breakfast Group Captain Marden's 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 10:00 Men's Glee Club 11:00 Living Well w/Lisa Campbell 1:30 Frank King - Miss Peggy Lee</p> | <p>9:15 Yoga for Better Balance 10:00 Hand Dyed Silk Scarf 12:00 Musical Lunch  1:15 Movie (See Page 3)</p> |
| -18- | -19- | -20- | -21- | -22- |
| <p>9:15 Fit for Life 9:30 Photo Club 10:30 Core & More 11:00 Pilates 12:00 All Levels Yoga 1:30 World Religions Hinduism 1:30 Watercolor for all 1:30 Mindfulness Practice w/Neil Motenko 2:30 Chair Yoga</p> | <p>9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:00 All Abilities Knitting 2:00 Grandparents Day Piano Performance</p> | <p>9:15 Hi Low Fitness 10:00 Keep Well Clinic 11:30 Chair Yoga 12:00 LaBlast/Cardio Dance 1:00 Shakespeare Discussion 1:30 Acrylic Painting 1:30 The Wyeths - Jane Oneail 2:00 Men in Retirement</p> | <p>9:00 Coffee w/Cop 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 10:00 Men's Glee Club 11:00 Living Well w/Lisa Campbell 1:30 East Timor - Barry Pell 1:30 BINGO 2:00 Women in Retirement</p> | <p>9:15 Yoga for Better Balance 11:15 Senior Muscle Conditioning 1:00 Fall Floral Design 1:15 Movie (See Page 3)</p> |
| -25- | -26- | -27- | -28- | -29- |
| <p>11:00 Pilates 12:00 All Levels Yoga 1:30 World Religions Hinduism 1:30 Watercolor for all 2:30 Chair Yoga</p> | <p>9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:00 All Abilities Knitting 1:30 Leaping Lizards Joy Marzolf</p> | <p>9:15 Hi Low Fitness 11:30 Chair Yoga 1:00 American Literary Classics 1:30 Acrylic Painting</p> | <p>9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 10:00 Men's Glee Club 11:00 Meeting with Activities 11:00 Living Well w/Lisa Campbell 1:30 Exercise Coach</p> | <p>9:15 Yoga for Better Balance 9:15 Podiatry Clinic 12:00 Musical Lunch  1:15 Movie (See Page 3)</p> |

OCTOBER 2023

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| -2- | -3- | -4- | -5- | -6- |
| 9:30 Photo Club 11:00 Pilates 12:00 All Levels Yoga 1:30 World Religions Hinduism 1:30 Watercolor for all 2:30 Chair Yoga | 9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:00 All Abilities Knitting 1:30 Elder Fraud/Scams The Village Bank 1:30 NEW Book Discussion | 9:15 Hi Low Fitness 10:00 Keep Well Clinic 11:30 Chair Yoga 12:00 LaBlast/Cardio Dance 1:00 World History Book Discussion 1:30 Acrylic Painting 2:00 Men in Retirement | 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 10:00 Men's Glee Club 11:00 Living Well w/Lisa Campbell 1:00 Two Cents Current Affairs Chat 1:30 The Battle of Bunker Hill 2:00 Women in Retirement | DAY TRIP to Harts Turkey Train in NH 9:15 Yoga for Better Balance 11:15 Senior Muscle Conditioning 1:15 Movie (See Page 3) |
| -9- | -10- | -11- | -12- | -13- |
| The Tolles Parsons Center is CLOSED in observation of Indigenous Peoples' Day NO ACTIVITIES | No in-Person Programing 9:15 Seated Strength & Balance |  Health Fair NO ACTIVITIES | 8:00 Breakfast Club - Captain Mardens 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 10:00 Men's Glee Club 11:00 Living Well w/Lisa Campbell 1:00 Best Loved Poems 1:30 Protect What You've Worked For - Edward Jones | 11:15 Senior Muscle Conditioning 12:00 TPC Anniversary Lunch  |
| -16- | -17- | -18- | -19- | -20- |
| 9:15 Fit for Life 9:30 Photo Club 10:30 Core & More 11:00 Pilates 12:00 All Levels Yoga 1:30 World Religions Hinduism 1:30 A Series on Mindfulness 2:30 Chair Yoga | 9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:00 All Abilities Knitting 1:30 Red Sox History - Herb Crehan | 9:00 Coffee w/Cop 9:15 Hi-Low Fitness 10:00 Keep Well Clinic 11:30 Chair Yoga 12:00 LaBlast/Cardio Dance 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 10:00 Men's Glee Club 11:00 Living Well w/Lisa Campbell 1:30 Golden Age of Musical Theater Part 2 1:30 BINGO 2:00 Women in Retirement | 10:00 Clay Cactus Workshop 11:15 Senior Muscle Conditioning 1:15 Movie (See Page 3) |
| -23- | -24- | -25- | -26- | -27- |
| 9:15 Fit for Life 10:30 Core & More 11:00 Pilates 12:00 All Levels Yoga 1:30 KevTech iPhone Class 2:30 Chair Yoga | 9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:00 All Abilities Knitting 1:30 Corvids Of Massachusetts | 9:00 Wellesley Registration 9:15 Hi Low Fitness 11:30 Chair Yoga 12:00 LaBlast/Cardio Dance 1:00 American Literary Classics 1:30 Acrylic Painting 1:30 Shaken Art that Rocked Audiences | 9:00 Out-of-Town Registration 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 10:00 Men's Glee Club 11:00 Living Well w/Lisa Campbell 1:30 Silent Movie - The General | 9:15 Yoga for Better Balance 11:15 Senior Muscle Conditioning 1:15 Movie (See Page 3) |
| -30- | -31- | | | |
| 9:15 Fit for Life 9:30 Photo Club 10:30 Core & More 11:00 Pilates 12:00 All Levels Yoga 1:00 Zentangle Class 1:30 Mindfulness Practice - w/Neil 2:30 Chair Yoga | 9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:00 All Abilities Knitting 1:30 Halloween w/The Elderly Bros | | | |



Fitness Offerings **ONLINE AND IN PERSON**



Lourdes Fournier

Instructor Spotlight

Join Lourdes for **Hi Low Fitness Wednesdays • 9:15 am** this Low Impact Class is sure to get you energized.

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

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 **TWICE A WEEK!**

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**

HAIKU

Classes make me smile,
I move and groove and feel great!
Healthy life, at last!

Andria DeSimone



Art Classes/Workshops/Groups IN PERSON

ART: Watercolor for All!

Mondays, September 11th – October 2nd
1:30 – 3:00 p.m.

Instructor: Cindy Shorris

Cost: \$60 for the 4 week session



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

ART: Acrylic Painting

Wednesdays, September 13th – October 25th

(No class October 11th)

1:30 – 3:30 p.m.

Instructor: Maris Platais

Cost: \$120



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**

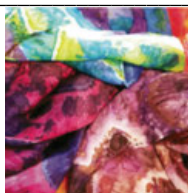
ART: Hand Dyed Silk Scarves Workshop

Friday, September 15th

10:00 – 11:30 a.m.

Joyce Creiger, Artist and Photographer

Cost: \$30



Would you like to spruce up your fall wardrobe? Or create a wonderful gift for a friend? Join Joyce Creiger and create a beautiful silk scarf using bleeding tissue paper with special silk dyes. All materials included.

Max: 12

ART: Fall Floral Design

Friday, September 22nd

1:00 – 2:00 p.m.

Cost: \$25



Appreciate the bounty of the season! Early fall is one of the best times to pick from your garden. In this class you will learn what to look for, what to plant and make a simple mass arrangement from locally sourced flowers and foliage. Please feel free to bring some of your own too! Dahlias, phlox, black-eyed susans and hydrangeas are common in yards this time of the year. **Max: 15**

ART: Clay Cactus and Succulent Sculptures Workshop

Friday, October 20th

10:00 – 11:30 a.m.

Pop Up Art School

Cost: \$20



Join us in learning how to sculpt a cactus and succulent with air dry clay. You won't have to worry about killing these adorable potted desert dwellers! The Pop up Art School will show you how to make the pots, the cacti and succulent, and how to finish them with acrylic paint. **Max: 15**

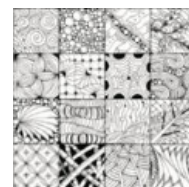
ART: Zentangle Drawing Class

Monday, October 30th

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**

CLASS: Knitting

Tuesdays, September 5th – October 31st

(No classes October 10th)

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

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

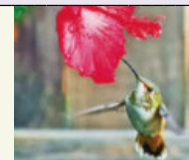
COA Volunteers/Instructors - Margaret Lyne, Susan Clapham, Corinne Monahan, Sara Jennings, and Emily Sparks

We offer two separate knitting instruction classes led by volunteers. 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 individual ones, 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 of class. **Max: 14 for each class**

CLUB: COA Photography

Meetings are every other Monday, starting September 18th

9:30 – 11:00 a.m.



If you are interested in improving your photography skills and sharing your images with others, come and join the COA Photography Club! Whether you just use the camera on your phone, or have a 'fancy' camera with multiple lenses, there is always so much more to learn about the wonderful world of photography. The Club has a friendly and enthusiastic group of members with a wide range of photographic experience who love to share 'tips and tricks' and their passion for photography. If you want to know what an 'f-stop' is, or what an 'ISO setting' does, or just want to get helpful feedback on your photos, then this is the group for you! Regular activities include assigned photographic topics to stimulate creativity and extend technical skills, informal instruction, and image sharing and discussion.

GROUP: Book Discussion **NEW**

Tuesday, October 3rd

1:30 p.m.

Facilitator: COA Volunteer, Polly Conlon

Do you enjoy reading? Would you like to discuss with others some interesting fiction and non-fiction books? Then we welcome you to join a new book discussion group at the COA led by retired librarian, Polly Conlon. The group will read and discuss a book each month. The books will vary in genre. We'll start on Tuesday, October 3rd at 1:30 p.m. with a fun selection, *The Thursday Murder Club* by Richard Osman. Future dates for the Book Discussion Group and the book selections will be discussed as well at the October meeting. **Max: 12**

GROUP: Breakfast Club

Thursdays, September 14th and

October 12th

8:00 – 9:30 a.m.

Captain Marden's

Join friends and neighbors from the COA for a fun and delicious breakfast at Captain Marden's in Wellesley. Registration is required and the group will meet at the restaurant located at 279 Linden Street. Each participant is responsible for the cost of their meal. **Max: 15**

GROUP: World History Book Discussion

Wednesdays, September 6th and October 4th

1:00 – 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

Participants discuss books covering facets of the broad sweep of world history. The September session will discuss American financier Bill Browder's highly personal account of his battles with Putin's Russia, *Red Notice – A True Story of High Finance, Murder, and One Man's Fight For Justice* (380 pages). The October session will focus on David Grann's *The Wager – A Tale of Shipwreck, Mutiny, and Murder*, a gripping story of the wreck of a UK Navy ship on the South American coast during England's war with Spain in 1740 – 41. Abandoned on shore, the Wager's crew suffer pangs of starvation and passions for mutiny as they plot a feasible return to England (257 pages).

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

Thursdays, September 7th and October 5th

1:00 – 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

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

GROUP: Best Loved Poems Discussion

Wednesday, September 13th and

Thursday, October 12th

1:00 - 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

The poetry group celebrates the great poems of all schools, from the early anonymous ballads to the works of recent poets such as Ezra Pound and Wallace Stevens. 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 September meeting will focus on the best works of a group of poets including Walt Whitman, Emily Dickinson and Rudyard Kipling (14 pages) while the October session will include the most-loved works of Robert Frost, Carl Sandburg, and Dylan Thomas (15 pages).

GROUP: Shakespeare Discussion

Wednesdays, September 20th and October 18th

1:00 – 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

The Shakespeare Discussion Group will next discuss and read from *The Tragedy of Coriolanus*. One of Shakespeare's final tragedies, the drama follows the career of a real-life Roman general who is exiled from Rome for his autocratic behavior and who then recruits a rebel force to march against the Empire's rulers. The September session will discuss and read from acts one and two of *Coriolanus* (58 pages), while the October session will cover acts three, four, and five (78 pages). 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, September 27th and October 25th

1:00 – 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

You know that great American play or novel you always wanted to read... or re-read from 30 years back? Here's your chance! The American Literary Classics book discussion program each month focuses on a single great work by an American author. The September meeting will discuss Theodore Dreiser's *Sister Carrie*, a pioneering work called by critics "the greatest of all American urban novels," telling the story of country girl Carrie Melber and her move to the big city in search of the American dream (451 pages). The October meeting will discuss Henry Wadsworth Longfellow's celebrated epic poem, *Evangeline – A Tale of Arcadia*, as it accounts the travails of the eponymous heroine who, with her kinsmen, is expelled by the British from their home in eastern Canada – called Arcadia – and goes in search of her lover Gabriel (74 pages).

GROUP: Men's Glee Club

Thursdays, September 7th – October 26th

10:00 – 11:45 a.m.

Looking for singers to perform a wide variety of music including, show tunes, doo wop, folk, barbershop and patriotic songs. Mission to share our love of singing, to bring music, fun and joy to our audiences.

Programs/Outreach/Resources

OUTREACH

GROUP: Social Connections

Tuesdays, September 5th – October 31st
(No group October 10th)
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, September 6th & 20th
October 4th & 18th
2:00 – 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.

GROUP: Women in Retirement

Thursdays, September 7th & 21st
October 5th & 19th
2:00 – 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.



Donuts & Coffee with Wellesley Police

Thursday, September 21st and
Wednesday, October 18th

9:00 – 10:30 a.m.

Mary Bowers Café



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

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

Tuesdays, 12:30 – 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!

NEW! Living Well

Thursdays, Starts September 7th
11:00 a.m. – 12:00 p.m.

ZOOM

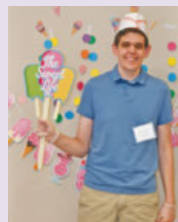
Instructor: Lisa Campbell, Mindfulness Teacher

Cost: \$5 per class

A fun, creative, and inspiring weekly class filled with mindfulness-based practices that help you live your very best life. Improve your mental clarity and increase resiliency while reducing stress and anxiety. Learn positive psychology techniques to strengthen a positive mindset and heart-centered practices of gratitude and compassion to deepen your appreciation for life. We are learning to live our lives incredibly well – join us! All levels are welcome. Lisa Campbell is the founder of Mindfulfilled Meditation, LLC. She holds meditation and mindfulness teaching certifications from the Kripalu School of Mindful Outdoor Leadership, Unified Mindfulness, and the McLean Meditation Institute. www.mindfulfilled.com

VOLUNTEER CORNER

Thank You To Our Summer Students



This summer we were fortunate to have a nice mix of students employed by the Town Youth Commission known as the Green Shirts and students at large who were interested in earning volunteer hours during their summer breaks.

Students filled in for summer volunteer openings as Greeters, Lunch Servers, as well as assisting

bus riders with groceries. This provided a nice opportunity to give many of the regular year-long volunteers some time off while also increasing intergenerational experiences at the Center.

This fall we welcome back some of our long-standing volunteers to their recurring shifts. We also anticipate additional openings for volunteer Greeters and Lunch Servers. If you or someone you know is interested in volunteering with the Wellesley COA, please contact us by submitting the volunteer application found on the COA Website.

Card Writing for Veterans

During July and August, a group of seniors met weekly to decorate 100 patriotic cards donated by Jan Hastings, a volunteer member of the Veterans with Disabilities Auxiliary. Jan will arrange to have the cards delivered to the West Roxbury VA Hospital in early September. The group will reconvene for the holidays to spread more cheer. Future meeting times will be announced.

We are grateful to have this opportunity to let veterans know why we appreciate them and call them the greatest generation.



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



Friends of the Wellesley Council on Aging

Friends of the Wellesley Council on Aging

We gratefully acknowledge 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.

Platinum Sponsor

Captain Mardens
Needham Bank

Riverbend At South Natick
Sun Life Financial
Waterstone At Wellesley

Firstlight Home Care
Lasell Village
Visiting Angels
Volante Farms

Gold Sponsors

House Works
Jarvis Appliance
Mature Caregivers
North Hill

Silver Sponsors

Advanced Sports Therapy
Brookline Bank
Corcoran & Havlin Insurance
David Himmelberger Law
Elizabeth Seton Residences

Bronze Sponsors

Hoffman Insurance
Services
West Newton
Hearing Center

Thank You From The Friends

The Friends of the Wellesley Council on Aging wish to take this opportunity to say "THANK YOU" to the generous donors who continue to support the COA, and to the dedicated Staff who have worked to assure that Wellesley Seniors have access to programs, services, and activities online and in person. The Friends are staffed entirely by volunteers, eliminating administration fees; all funds donated go directly to the Wellesley Council on Aging.

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."



"BE A FRIEND" Contribute to the Friends of Wellesley Council on Aging to support the valuable programs and services offered to the residents of Wellesley age 60 and over.

For payment by check, please use form below



NEW! Donate online at
www.wellesleyfriendscoa.org/donate

Name: _____ (No personal information will be used or shared for commercial purposes.)

Address: _____

Tel. No. (optional): _____ E-Mail (optional): _____

Please check: ☐ \$25 ☐ \$50 ☐ \$100 ☐ \$250 Other \$ _____

Checks should be made payable to the "Friends of Wellesley Council on Aging" and mailed to:
Friends of Wellesley Council on Aging, P.O. Box 812422, Wellesley, MA 02482

* Please attach a separate sheet of paper if your contribution is made for a specific purpose, such as in honor or in memory of a loved one.
For more information about the **Friends of Wellesley Council on Aging**, or to volunteer, please visit: www.wellesleyfriendscoa.org
The Friends of Wellesley Council on Aging is a registered 502(c)(3) non-profit charitable organization. Tax ID# 46-2371545

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



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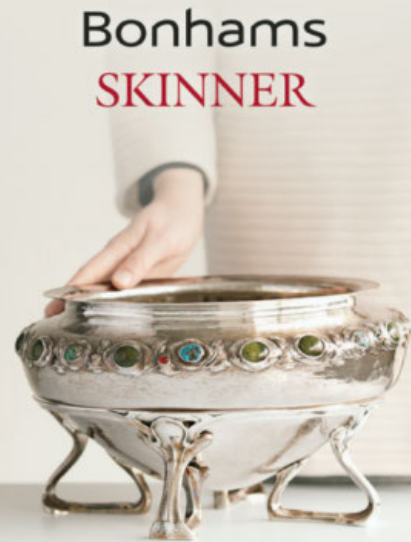


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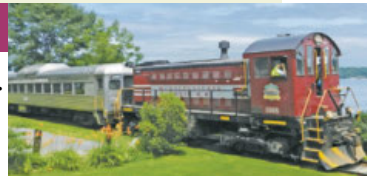
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DAY TRIP - Harts Turkey Farm

Friday, October 6th

See Cover for Details.



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