

November/December 2023



WELLESLEY
COUNCIL *on* AGING

HOLIDAY *Happenings*

On behalf of the Council on Aging staff, we would like to wish you all a joyous Holiday season and a healthy and prosperous New Year! We are proud to offer programs and services that embrace our mission to foster well-being and community. It is our hope that you will have an opportunity to relax and recharge during the Holidays and spend time with loved ones to enjoy festive traditions.

We are dedicated to offering new, engaging programs and we are grateful for your continued support.

Thank you for being a part of our COA Community!



Thank you again for everything!
The Council on Aging Staff



May you continue to receive gifts of love, peace and happiness!



DAY TRIP

Norman Rockwell's Home for the Holidays!
Thursday, December 7th

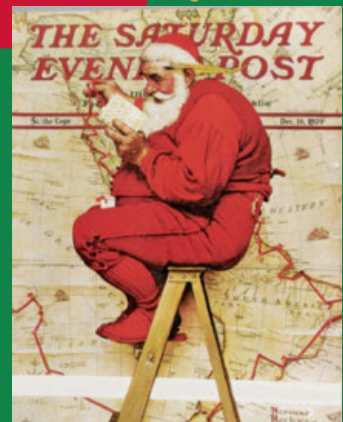


Lunch at the



*and Guided Tour
of the Norman Rockwell Museum*

\$129 – See page 5 for details.



SEE PAGE 2 FOR REGISTRATION INFORMATION.



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Wellesley Council on Aging Staff

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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, November 16th at 4:00 p.m.

Thursday, December 21st 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. No refund for exercise classes unless the class is canceled by the instructor.

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 November/December 2023 (Registration is ongoing)

Wellesley Residents:

Starting Wednesday,
October 25th at 9:00 a.m.

Non-Wellesley Residents:

Starting Thursday,
October 26th 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.





Inclement Weather

Wellesley Council on Aging follows the school cancellation policy in case of inclement weather. No school due to weather, the Wellesley Council on Aging will be closed.

TOLLES PARSONS *Happenings*



Be Red Cross Ready: Fire Emergency and Other Disaster Preparedness

Wednesday, November 1st

2:00 p.m.

Sharifa Trotman, Red Cross Disaster Program Manager of Greater Boston

The Red Cross of Greater Boston is presenting this program to seniors to share information on how to prepare for and respond appropriately to disasters likely to occur in our community. The primary focus of this presentation will be Home Fire Emergency Preparedness, but will also touch upon other potential disasters. There will be time for Q&A.



Fall Into a Good Book

Thursday, November 2nd

1:30 p.m.

Lorna Ruby, Wellesley Books Buyer

Join Lorna as she presents her recommendations for cold weather reads. The program will include audiobooks, a mix of new releases of fiction and nonfiction, along with a few old chestnuts to revisit and enjoy as the weather turns colder. Lorna was born to talk about books, as an avid reader and manager of bookstores.



Author Talk: Sixty Blades of Grass

Friday, November 3rd

1:30 p.m.

Elizabeth Milane, Author and Realtor

Join us for a program with local author Betsy Milane about her newly published book, *Sixty Blades of Grass*, which is based on her family's experience with the Dutch underground during World War II. The book is a riveting story of danger and betrayal that explores what it takes to lay down one's life for another in the most harrowing of circumstances.



SIX PART SERIES

Great Nations of the World

Tuesdays, November 7th, 14th, 21st, 28th and December 5th, 12th

1:30 p.m.

Larry Lowenthal, Educator

Great Nations of the World: Ireland, France, United Kingdom, Germany, Israel, Italy—The people, the culture, the history, the political structure and the current status in the international arena.



Transfer Your Old Photos or Movies

Tuesday, November 7th

1:30 p.m.

Mark Swirsky, Photographer

Mark Swirsky will be at the Council on Aging on November 7th to meet with patrons who wish to explore how to transfer their old photos or movies to a DVD or thumb drive. A message from Mark: My specialty is preserving all of your special moments and memories. I convert 8mm & 16mm movie film reels, videotapes of all formats, and photos and slides to a digital format - either DVD or USB thumb drive. I also do photo restoration - I scan your faded, cracked, discolored, or torn photographs, and then restore a digitized version of your damaged photos back to new, and sometimes even better than new. Bring your photos and old movies for a 1:1 meeting with Mark.



A Salute to Our Vets

Wednesday, November 8th

1:30 p.m.

Mike LePage, Professional Renactor

Mike LePage as Paul Revere will visit the center to enthrall the audience with historical storytelling. Michael LePage brings Boston's favorite patriot vividly to life. Learn about the details of his Midnight Ride, his many children, and his work as a gold and silversmith. Mike LePage has been a Historical Interpreter since 1992 and has played historical characters since 1998 including John Adams, Paul Revere, Dr. Joseph Warren, Peter Oliver, a British Soldier, a Civil War Soldier, and Baseball Player/Manager John McGraw.



Arequipa – Peru's Enchanting Land of Volcanoes

Thursday, November 9th

1:30 p.m.

Barry Pell, World Traveler and Photojournalist

Arequipa, the Spanish colonial-era capital of Peru, is nestled in the Andes Mountains and framed by three snow-capped volcanoes. The entire old town, declared a UNESCO World Heritage site, is filled with baroque buildings constructed from sillar, a white volcanic stone. At its center is the leafy Plaza de Armas, a stately main square from where the city grew and which serves today to attract families, visitors, vendors and musicians. Barry Pell and his wife lived in Arequipa for one month, experiencing the city as residents, and learning about its vivid indigenous and Spanish history and culture. The program will be accompanied by Mr. Pell's photography.



TOLLES PARSONS *Happenings*



A Series on Mindfulness

Mondays, November 13th and December 11th
1:30 p.m.

Neil Motenko, Mindfulness Teacher

ZOOM

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.

Can You Hear Me Now?

Thursday, November 16th
1:30 p.m.

Stanley Forman, Retired Engineer and Lecturer

The telephone is a 19th-20th century marvel. Explore the rise of the telephone and its universal implementation. But did Alexander Graham Bell invent or steal the idea? Hear this story of intrigue and possible theft!



Annual Thanksgiving Luncheon: Saturday, November 18th

The Council on Aging is delighted to announce the annual Thanksgiving Luncheon, **generously hosted by the Wellesley Fire Department** and held at the Wellesley Country Club.



Event Details:

► **Date:** Saturday, November 18th

Time: 12:00 p.m. – 3:00 p.m.

Location: Wellesley Country Club, 300 Wellesley Avenue

Event Description: Wellesley seniors are invited to join us for a traditional Thanksgiving meal at the beautiful Wellesley Country Club. Thanks to the Wellesley Fire Department's generosity, this event promises to be a heartwarming and memorable occasion.

Registration: Pre-registration is required for this event and fills up quickly, registration can be done at the Council on Aging. Please make sure to register in advance to secure your spot for this special Thanksgiving Luncheon. We look forward to sharing this festive occasion with our Wellesley community and celebrating the spirit of Thanksgiving together. **This event is exclusively for Wellesley residents 60+.**

Leaping Lizards Live Animal Program!

Tuesday, November 21st
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.



WORLD RELIGIONS SERIES PART TWO: Buddhism

**Mondays, November 13th –
December 4th**
1:30 p.m.

COA Volunteer, Sister Marie Elena Dio



Join Sister Marie Elena Dio for a series on the major religious traditions. Part Two of the series is on Buddhism, which developed later than Hinduism, during the great Axial Age of Religions. The program series will cover the founder, Scriptures, beliefs, practices and divisions of Buddhism as well as the different methods of Buddhism. Each session includes lecture, visuals, and Q&A.

Italian Family Cooking & Recipes

Tuesday, November 14th
1:30 p.m.

**Therapy Gardens,
Healthy Living Programs**



In many families, food and memories are closely connected. Join us to learn recipes for a variety of red sauces that go with everything from pasta to eggplant in this gorgeous presentation. Family recipes for Braciola, Pasta e fagioli, Italian cookies, and more! Great for home cooks, gardeners, and anyone who appreciates Italian food and culture. Tons of recipes and some great old photos will be shared.

From Durer to Brueghel: Masterworks of the Northern Renaissance

Wednesday, November 15th
1:30 p.m.

Jane Oneail, Culturally Curious

ZOOM



The Renaissance in Northern Europe was a period of groundbreaking artistic achievement. Artists like Albrecht Durer and Pieter Bruegel the Elder created works that described daily life in astonishing detail, often with religious overtones. This program introduces leading artists from the period and decodes their meticulously rendered symbols.

Words Galore

Wednesdays, November 22nd and December 20th
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.

Forget the Fruitcake! Edible Gifts People Actually Want to Eat

Friday, November 24th
1:30 p.m.



Therapy Gardens, Healthy Living Programs

Join Therapy Gardens for an engaging and informative presentation on edible gifts that you can make at home. We will review ideas for making fancy holiday treats, seasonal spice and mulling mixes, and tons more. We discuss where to get both ideas and supplies for your gift ideas, either online or in person. This is a great, fun way to spend a little time doing something fun and inexpensive!

Mindfulness Practice with Neil

Mondays, November 27th and December 18th
1:30 – 2:15 p.m.

Neil Motenko, Mindfulness Teacher

ZOOM

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.

BlueCross - Medicare Can Be Confusing, We're Here to Help

Tuesday, November 28th
1:30 p.m.



Join our free seminar on the difference between Medicare Supplement Plans versus Medicare Advantage Plans. We know how important it is to find coverage that fits your needs. That's why we offer both Medicare Supplement and Medicare Advantage plans—and why our Medicare experts are leading a free seminar to help you understand the differences between the two different plan types. This is an educational session on how Medicare plans differ.

What's in a Name? Boston Place Names as Signposts to History

Wednesday, November 29th
1:30 p.m.

Elizabeth Merrick, Author

ZOOM



So often we don't really think about what's behind the names of our streets, neighborhoods and landmarks. But let's do so together! These names reflect people and events that have shaped Boston. In this illustrated talk, we'll virtually travel around the city and delve into some of the names that mark our street signs, buildings, and other places of note. History will come alive in ways that enrich our sense of place and illuminate connections between the past and present.

Rhumba! Samba! Tango! Mamba!

Thursday, November 30th
1:30 p.m.

John Clark, Music Historian



Join us for a fun and lively music presentation on the history of Latin American music. The influence of Latin American music on American popular music comes mostly from South American and Cuban dance music, starting with "The Peanut Vendor" in 1928 and "The Carioca," an Oscar winning dance hit for Fred Astaire in 1934. The 1940s ushered in the popularity of Latin hits by Xavier Cugat ("Brazil"), Stan Kenton ("Tampico") and Jimmy Dorsey ("Besame Mucho"), while Carmen Miranda and Desi Arnaz sizzled on the big screen. In the fifties chart success came to mambo king Prez Prado and Mexican rock & roller Ritchie Valens. The 1960s was a mixed bag with the folkie "Guantanamera", Herb Alpert's pop mariachi, "The Lonely Bull," and Grammy winner "Girl From Ipanema" by Getz & Gilberto. You can move your feet or sing along with this high energy, upbeat program!

Immune System Boost Program

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

Holli Bassin, Functional Medicine Health Coach and Author



Learn some healthy strategies and how to create positive sustainable choices. We will also talk about how the connection between your diet, lifestyle, and environment can be a basis for long term good health. And how certain nutrients need to be replete to boost your immune system.

History of Filene's Department Store

Wednesday, December 6th
1:30 p.m.

Tony Sammarco, Author



Referred to as the "Balzac of Boston History," Anthony Sammarco is a noted historian and author of over sixty books on the history and development of Boston, and he lectures widely on the history and development of his native city. He commenced writing in 1995, and his books *Lost Boston*, *Jordan Marsh: New England's Largest Store*, *Christmas Traditions in Boston*, *The History of Howard Johnson's: How A Massachusetts Soda Fountain Became a Roadside Icon*, and *The Baker Chocolate Company: A Sweet History* have made the bestsellers list.

DAY TRIP – Norman Rockwell's Home for the Holidays!

Lunch at The Red Lion Inn and Guided
Tour of the Norman Rockwell Museum

Thursday, December 7th

Departure/Return Time: To Be Determined

Cost: \$129 for Wellesley residents,
\$159 for out-of-town participants



Join us for a visit to the picture-perfect New England village of Stockbridge, MA. We will enjoy lunch at the historic Red Lion Inn, which has been serving travelers since 1773 and is celebrating its 250th anniversary. Lunch options are Yankee pot roast or hand carved roast turkey, both with gravy, as well as hot soup of the day and holiday dessert with coffee/tea. Admission to the Norman Rockwell Museum is included along with a guided tour of the "Home for the Holidays" exhibit, which features original *Saturday Evening Post* cover tearsheets, and many of Norman Rockwell's most memorable and enduring holiday images. **This is a non-refundable purchase.**

Day Trip Includes:

- Deluxe motorcoach transportation
- Lunch at historic Red Lion Inn
- Admission to Norman Rockwell Museum and special guided tour
- Time for browsing on Main Street





Holiday Music with Students from Tenacre Country Day School

Thursday, December 7th
12:00 p.m.



The students from Tenacre School in Wellesley will serenade the Council on Aging patrons with some holiday classic tunes and then sit with patrons to enjoy lunch. Stop by to enjoy the songs of the season during lunch, which is \$6 and should be ordered by December 5th.

BlueCross – Planning for Medicare - Countdown to 65

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



Need help understanding your Medicare health insurance options? "Planning for Medicare-Countdown to 65" is a seminar that helps you understand your Medicare health insurance options, whether or not you're planning to retire. This presentation and discussion led by Blue Cross Blue Shield of Massachusetts will cover the topics below.

Topics include:

- Medicare and Medicare Parts A and B
- Medicare enrollment timeline
- Medigap plans that supplement Medicare coverage
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans
- Plans and programs available to early retirees, such as COBRA

Making Better Travel Photos

Wednesday, December 13th
1:30 p.m.

Ron Rosenstock, Author and Photographer



Join us for a program on how to make better travel photos with examples from Ron Rosenstock's travels around the world. 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.

Away in a Manger: The Nativity in Art from the Renaissance to Modern Day

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

ZOOM

Jane Oneail, Culturally Curious



Celebrate the season with a program that explores the artistic interpretations of the story of Jesus' birth. For centuries artists have imagined and reinterpreted the central characters in the story of the nativity. Compare and contrast works and see how important iconography has been utilized and adapted over the years.

COA Annual Happy Holidays Party and Sounds of the Season Musical Performance

Friday, December 15th
12:00 p.m.



Michael Goodwin, Singer/Songwriter

It's that time of year again - time to celebrate and get into that holiday spirit! Guests will be treated to a hot, seasonal lunch and dessert, to be determined. After lunch you will enjoy a musical performance by singer/songwriter Michael Goodwin, who will explore the origins of the Christmas carol, discover a little Hanukkah magic and sing some familiar holiday favorites. The party is free, but you must register by calling us at 781-235-3961 or stop by the TPC to sign up. **Wellesley residents only. Max: 55**

Holiday Harmony Histories

Thursday, December 21st
1:30 p.m.

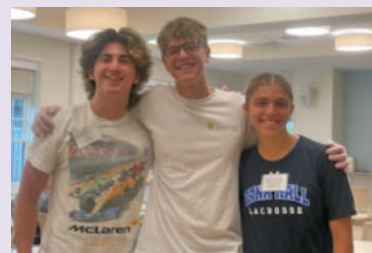


Frank King, former WBUR Radio Host

Join Frank King, lifelong devotee of recorded music and former host of WBUR radio, for a musical lecture on "Holiday Harmony Histories." Frank will discuss the fascinating origins of eight beloved Christmas and Hanukkah songs, including: the ongoing battle over the birthplace of "Jingle Bells," the smash hit Christmas song about a hippopotamus, the song some believe was really code for an "Underground Catechism," the Christmas song that mentions palm trees and Beverly Hills, and the holiday song about a gambling toy.

VOLUNTEER CORNER

The fall brought the return of many of our regular recurring volunteers as well as the addition of several new people. We also welcomed Wellesley Service League's (WSL's) new "Provisional" class of 22 volunteers. WSL is a top-notch, long-standing volunteer organization in town. Members commit to 5 years of service across various Wellesley organizations. We are fortunate to be in partnership with them. Each week WSL sends volunteer members to serve lunch on Wednesdays and deliver lunches on Wednesdays and Thursdays. The fall also brought back our after-school Front Door Greeters. Wellesley High School students walk over to greet members and assist staff with end-of-day duties. We all enjoy having their youthful presence in the building.



COA Lunch

Meals are \$6 and served Tuesday – Friday at the Council on Aging.

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 • Oath Pizza

*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.

NOV.	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		-1-	-2-	-3-
		Spinach Feta Quiche, Chicken Lemon Rice Soup & a Pear Ginger Muffin	1/2 Garden Salad, 1/2 Turkey Sandwich & a Chocolate Chip Cookie	Quiche Lorraine, Carrot Ginger Soup & a Pumpkin Muffin
	-7-	-8-	-9-	-10-
	Garden Veggie Wrap & a Cookie	Meatball Parmagiana Foccacia With Chips	Egg Salad BLT Wrap & a Cookie	NO LUNCH
	-14-	-15-	-16-	-17-
	Salmon Salad Plate & Cornbread	Fish Cake, Rice Pilaf & Cornbread	Salmon Croquettes, Cornbread & Green Beans	Baked Haddock with Herb Stuffing & Honey Glazed Carrots
	-21-	-22-	-23-	-24-
	BBQ Chicken Grilled Sandwich & Mini Chocolate Bar	Homemade Mac & Cheese & Pretzels	NO LUNCH	Turkey Grilled Cheese Sandwich and a Side of Mac & Cheese 
	-28-	-29-	-30-	
	1/2 Isabella Sandwich on Whole Wheat, Chips, Water & a Cookie	1/2 Ham, Turkey, & Swiss Special, Chips, Water, and a Cookie	1/2 Chicken Salad Sandwich on Whole Wheat, Chips, Water & a Cookie	

DEC.	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				-1-
				Hummus Wrap, Chips, Water & a Cookie
	-5-	-6-	-7-	-8-
	Chicken Noodle Soup, Spinach Quiche & a Blueberry Muffin	Chicken Lemon Rice Soup, Broccoli Cheddar Quiche, & a Plain Croissant	Gazpacho Soup, Ham Mushroom Quiche & a Pumpkin Muffin	Vegetarian Split Pea Soup , 1/2 Roasted Chicken Sandwich & Chocolate Chip Cookie
	-12-	-13-	-14-	-15-
	Baked Haddock, Carrots & Cornbread	Tuna Salad Plate & Cornbread	Salmon Salad Plate & Cornbread	NO LUNCH
	-19-	-20-	-21-	-22-
	Tuscan Sausage Pizza with a Side Greek Salad	Greek Salad with Grilled Chicken	Farmer's Garden Pizza with a Side Caesar Salad	NO LUNCH
	-26-	-27-	-28-	-29-
	Grilled Chicken Caesar Salad & a Cookie	Cranberry Chicken Wrap & a Cookie	Egg Salad BLT Wrap & a Cookie	NO LUNCH

NOVEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 		-1-	-2-	-3-
		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 2:00 Men in Retirement 2:00 Red Cross Fire Emergency	9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Holiday Card Writing for Vets 10:00 Pilates 1:00 My Two Cents - Today's Current Affairs 1:30 Fall Into a Good Book 2:00 Women in Retirement	9:00 Walking Group meets at Morses Pond 9:15 Yoga for Better Balance 11:15 Senior Muscle Conditioning 1:30 Sixty Blades of Grass - Author Talk
-6-	-7-	-8-	-9-	-10-
9:15 Fit for Life 10:30 Core & More 11:00 Pilates 12:00 All Levels Yoga 1:30 Watercolor for all 2:30 Chair Yoga	9:15 Seated Strength & Balance 10:00 Experienced Knitting 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:00 All Abilities Knitting 1:30 Great Nations of the World 1:30 Book Discussion with Polly 1:30 Transfer Old Photos/Movies	9:30 Flu Clinic 11:30 Chair Yoga 1:00 Great Poems 1:30 A Salute to Our Vets 	8:00 Captain Marden's Breakfast Club 9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Pilates 10:00 Holiday Card Writing for Vets 1:30 Arequipa - Peru's Enchanting Land of Volcanoes	The Tolles Parsons Center is CLOSED in observation of Veterans Day NO ACTIVITIES
-13-	-14-	-15-	-16-	-17-
9:15 Fit for Life 9:30 Photography Club 10:30 Core & More 11:00 Pilates 12:00 All Levels Yoga 1:30 World Religion Buddhism 1:30 Watercolor for all 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 Great Nations of the World 1:30 Italian Family Cooking	9:15 Hi Low Fitness 10:00 Keep Well Clinic 11:30 Chair Yoga 12:00 LaBlast/Cardio Dance 1:00 Shakespeare Discussion 1:15 Special Showing of Hamilton 1:30 Masterworks of Northern Renaissance 2:00 Men in Retirement	9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Holiday Card Writing for Vets 1:30 Can You Hear Me Now? 1:30 Bingo 2:00 Women in Retirement 4:00 COA Board Meeting	9:00 Walking Group meets at Morses Pond 9:15 Yoga for Better Balance 10:00 Collage Art Workshop 11:15 Senior Muscle Conditioning 1:15 Movie (see back page) -18- 12:00 Thanksgiving Luncheon  Wellesley Country Club
-20-	-21-	-22-	-23-	-24-
9:15 Fit for Life 10:30 Core & More 11:00 Pilates 12:00 All Levels Yoga 1:00 Thanksgiving Cornucopia 1:30 World Religion Buddhism 2:30 Chair Yoga	9:00 Coffee with a Cop 9:15 Seated Strength & Balance 10:00 Experienced Knitting 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:00 All Abilities Knitting 1:30 Great Nations of the World 1:30 Leaping Lizards	9:15 Hi Low Fitness 11:30 Chair Yoga 1:30 Words Galore	The Tolles Parsons Center is CLOSED in observation of Thanksgiving NO ACTIVITIES	9:00 Walking Group meets at Morses Pond 1:30 Forget the Fruitcake- Edible Gifts
-27-	-28-	-29-	-30-	
9:30 Photography Club 11:00 Pilates 12:00 All Levels Yoga 1:30 World Religion Buddhism 1:30 Mindfulness Practice w/Neil 2:30 Chair Yoga	9:15 Yoga for Better Balance 9:15 Seated Strength & Balance 10:00 Experienced Knitting 11:00 Social Connections 12:00 Senior Muscle Conditioning 1:00 All Abilities Knitting 1:30 Great Nations of the World 1:30 Blue Cross - Medicare	12:00 LaBlast/Cardio Dance 1:00 American Literary Classics Book Discussion 1:30 What's in a Name? Boston Place Names as Signposts to History	9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Pilates 10:00 Holiday Card Writing for Vets 1:30 Rhumba!, Samba!, Tango!, Mamba!	 

DECEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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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.

-1-
9:00 Walking Group meets at Morses Pond 9:15 Yoga for Better Balance 11:15 <i>Senior Muscle Conditioning</i> 1:15 Movie (see back page) 1:30 Victorian Holiday Decoration Workshop

-4-	-5-	-6-	-7-	-8-
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9:15 Fit for Life 10:30 Core & More 11:00 <i>Pilates</i> 12:00 All Levels Yoga 1:30 Watercolor for all 1:30 World Religion Buddhism 2:30 <i>Chair Yoga</i>	9:15 Yoga for Better Balance 9:15 <i>Seated Strength & Balance</i> 10:00 Experienced Knitting 11:00 Social Connections 12:00 <i>Senior Muscle Conditioning</i> 1:00 All Abilities Knitting 1:30 <i>Great Nations of the World</i> 1:30 Immune System Boost Program 1:30 Book Discussion with Polly	9:15 Hi Low Fitness 10:00 Keep Well Clinic 11:30 <i>Chair Yoga</i> 12:00 LaBlast/Cardio Dance 1:00 World History Book Discussion 1:30 History of Filene's Department Store 2:00 Men in Retirement	TBD Norman Rockwell Day Trip 9:15 All Levels Yoga 9:15 <i>Seated Strength & Balance</i> 10:00 <i>Pilates</i> 12:00 Tenacre Students Visit 1:00 My Two Cents - Today's Current Affairs 2:00 Women in Retirement	9:00 Walking Group meets at Morses Pond 9:15 Yoga for Better Balance 11:15 <i>Senior Muscle Conditioning</i> 1:00 Winter Greens Centerpiece 1:15 Movie (see back page)
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-11-	-12-	-13-	-14-	-15-
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9:15 Fit for Life 9:30 Photography Club 10:30 Core & More 11:00 <i>Pilates</i> 12:00 All Levels Yoga 1:30 Watercolor for all 1:30 <i>A Series on Mindfulness</i> 2:30 <i>Chair Yoga</i>	9:15 Yoga for Better Balance 9:15 <i>Seated Strength & Balance</i> 10:00 Experienced Knitting 11:00 Social Connections 12:00 <i>Senior Muscle Conditioning</i> 1:00 All Abilities Knitting 1:30 <i>Great Nations of the World</i> 1:30 Blue Cross - Planning for Medicare	9:15 Hi Low Fitness 11:30 <i>Chair Yoga</i> 12:00 LaBlast/Cardio Dance 1:00 Great Poems 1:30 Making Better Travel Photos Ron Rosenstock	8:00 Captain Marden's Breakfast Club 9:15 All Levels Yoga 9:15 <i>Seated Strength & Balance</i> 10:00 <i>Pilates</i> 1:30 <i>Away in a Manger: Nativity Art</i>	9:00 Coffee with a Cop 9:00 Walking Group meets at Morses Pond 11:15 <i>Senior Muscle Conditioning</i> 12:00 Holiday Party and Musical Performance by Michael Goodwin 2:00 Women in Retirement
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-18-	-19-	-20-	-21-	-22-
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9:15 Fit for Life 10:30 Core & More 11:00 <i>Pilates</i> 12:00 All Levels Yoga 1:30 <i>Mindfulness Practice w/Neil</i> 2:30 <i>Chair Yoga</i>	9:15 <i>Seated Strength & Balance</i> 10:00 Experienced Knitting 11:00 Social Connections 12:00 <i>Senior Muscle Conditioning</i> 1:00 All Abilities Knitting	9:15 Hi Low Fitness 10:00 Keep Well Clinic 11:30 <i>Chair Yoga</i> 12:00 LaBlast/Cardio Dance 1:00 Shakespeare Discussion 1:30 Words Galore 2:00 Men in Retirement	9:15 All Levels Yoga 9:15 <i>Seated Strength & Balance</i> 10:00 <i>Pilates</i> 1:30 Holiday Harmony Histories - Frank King 1:30 Bingo 2:00 Women in Retirement 4:00 COA Board Meeting	11:15 <i>Senior Muscle Conditioning</i> The Tolles Parsons Center will CLOSE at 12:00 p.m.
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-25-	-26-	-27-	-28-	-29-
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The Tolles Parsons Center is CLOSED in observation of Christmas Day NO ACTIVITIES	10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting	9:00 Wellesley Registration 9:15 Hi Low Fitness	9:00 Non-Wellesley Registration 9:15 All Levels Yoga 9:15 <i>Seated Strength & Balance</i> 10:00 <i>Pilates</i> 12:45 Movie (see back page)	11:15 <i>Senior Muscle Conditioning</i> The Tolles Parsons Center will CLOSE at 12:00 p.m.
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Fitness Offerings **ONLINE AND IN PERSON**



Peter Kelly

Instructor Spotlight

Join Certified E-RYT 200 Yoga Instructor Peter Kelly to increase flexibility and quiet the mind.

Mondays • 12:00 p.m.

Thursdays • 9:15 a.m.

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

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: 18**

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**



Art Classes/Workshops/Groups IN PERSON

ART: Watercolor for All!

**Mondays, November 6th and 13th,
December 4th and 11th
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: Winter Greens Centerpiece Workshop

Friday, December 8th

1:00 p.m.

Wellesley Hills Garden Club

Coast: \$10



Please join us to celebrate the holiday season with members of the Wellesley Hills Garden Club. Create your own arrangement with guided instruction. Beautiful winter greens and a container will be provided for all participants. **Wellesley residents only. Max: 14**

CLASS: Knitting

Tuesdays, November 7th – December 26th

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,
November 13th, 27th and December 11th
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.

One-On-One Technology Assistance with Lois

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!

ART: Collage Art Workshop

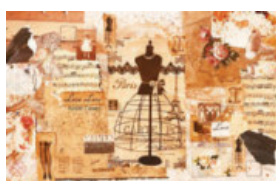
Friday, November 17th

10:00 a.m.

Joyce Creiger, Artist

Cost: \$25

Tap into your creativity with art instructor Joyce Creiger to make collages that can be used as placemats, coasters, bookmarks, etc. for your home or gifts for friends and family. These art compositions will be created with various materials such as paper, fabric, magazine clippings, etc. Joyce welcomes participants to bring photos or other meaningful materials to add to the mix. **Max: 12**



ART: Thanksgiving Cornucopia

Monday, November 20th

1:00 – 2:30 p.m.

**Instructor: Jessica Pohl,
Floral Designer**

Cost: \$30

Join Jessica Pohl of A Natural Arrangement Floral Design to compose a wonderful Thanksgiving centerpiece representing the bountiful fall harvest. Also called the horn of plenty, the cornucopia arrangement is typically composed of gourds, flowers and dried material making an overflowing seasonal tablescape. If you attended last year's workshop and still have your cornucopia, please feel free to bring it along! All materials are included. **Max: 15**



ART: Victorian Holiday Decoration Workshop

Friday, December 1st

1:30 p.m.

**Instructor: Jackie Johnson,
Retired Teacher**

Cost: \$10

'Tis the season to be jolly, while learning about Christmas customs and other holiday traditions around the world. Come to the Wellesley annex of Santa's workshop to make a Victorian ornament (very easy to make) to hang on your Christmas tree, or on a door, or a cabinet, or the wall, or to give as a gift. **Max: 15**

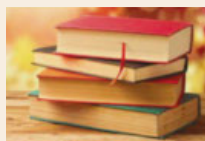


GROUP: Holiday Card Writing for Veterans at the West Roxbury VA Hospital
Thursdays, October 19th - November 30th
10 a.m. – 12:00 p.m.

Arts & Crafts Room

Have you ever wanted to thank veterans for the valor, duty, and selfless sacrifice they shared to preserve our freedom? Here's your chance! You are invited to join a group of civic-minded seniors to collaborate on cheerful holiday messages, share stories, and decorate holiday greeting cards. This is a continuation of our partnership with Jan Hastings, a volunteer member of the Veterans with Disabilities Auxiliary. Jan will deliver the cards to veterans at the West Roxbury VA Hospital in early December. All materials will be provided. Registration in advance and drop-ins are welcome.

GROUP: Book Discussion
Tuesdays, November 7th and December 5th
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. The November and December book selections will be decided at the October 3rd meeting. You can inquire about those book selections by calling the COA at **781-235-3961**. **Max: 12**

GROUP: Breakfast Club
Thursdays, November 9th and December 14th
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. Sign-ups will close one day in advance. **Max: 15**

GROUP: Great Poems Discussion
Wednesdays, November 8th and December 13th
1:00 – 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

Come and enjoy reading and discussing the greatest poems by the greatest poets! No special skills or knowledge required. Just love of brilliant language and provocative thought. The group will read from and talk about the poets, their poems, and their lives in a highly interactive discussion. The group's resource is the Dover Thrift Edition *101 Great American Poems*, available online or at Wellesley Books. The November meeting will focus on the best works of a group of poets including Henry Wadsworth Longfellow and Edgar Allen Poe (20 pages) while the December session will include the most-loved works of Walt Whitman, Emily Dickinson and others (20 pages).

GROUP: World History Book Discussion
Wednesdays, November 1st and December 6th
1:00 – 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

Participants discuss books covering facets of the broad sweep of world history. The November session will discuss *How Spies Think – Ten Lessons In Intelligence* (293 pages) in which British master spy David Omand (officially ex-head of the UK's Government Communications Headquarters) provides a disturbingly insightful look at today's global intelligence landscape. In doing this, Sir David draws upon his extensive first-hand experience and cites dozens of recent real-world spycraft incidents (hello, President Putin). The December session will focus on *Wine & War – The French, The Nazis & The Battle For France's Greatest Treasure*, by Don and Petie Kladstrup (248 pages) – A premier account of a little-known World War Two battleground front: The French wine industry's struggle to ward off Nazi plundering of its treasure and destruction of its vineyards.

GROUP: Shakespeare Discussion
Wednesdays, November 15th and December 20th
1:00 – 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

The Group will next discuss and read from *The Two Gentlemen of Verona*, Shakespeare's early comedy on the themes of friendship vs. loyalty, friendship becoming love, and how people in love often act so foolishly! The November session will discuss and read from acts one and two of *The Two Gentlemen of Verona* (58 pages), while the December 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 Shakespeare's marvelous words!

GROUP: American Literary Classics Book Discussion
Wednesday, November 29th
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 November meeting will discuss *Beloved* (324 pages), Toni Morrison's heart-wrenching, Pulitzer-winning novel of post-Civil War America and the persistence of racial stratification. The story is told through the experience of the ferociously independent former enslaved woman Sethe, her living daughter Denver, and the spirit of her deceased infant daughter Beloved – killed by her mother years before as a means of escaping the bonds of slavery. No December meeting.

GROUP: My Two Cents – Today's Current Affairs Chat
Thursdays, November 2nd and December 7th
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!

Programs/Outreach/Resources

OUTREACH

GROUP: Social Connections

Tuesdays, November 7th – December 26th
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, November 1st, 15th and December 6th, 20th
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, November 2nd, 16th and December 7th, 21st
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
Tuesday, November 21st and Friday, December 15th
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!

Pool Team

The pool players at Wellesley have been enjoying immensely the recent improvements to the pool activity. New table covering, two new sets of high-quality balls, a ball cleaner, and movement of the tables away from the wall bring the pool activity to a higher level of quality which rewards improvements made in playing skill. The activity is very well attended, and the Wellesley Travel Team will definitely benefit from these improvements in their fall 2023 competition with other Metro-West towns.



John Bradshaw, Wellesley Travel Team Captain

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**

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

Please join us in welcoming our newest COA driver - Jeanie Clark!

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. 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.



FLU CLINIC
Wednesday, November 8th
9:30 – 11:00 a.m.
COA, 500 Washington St.

GET
 your
FLU SHOT



Ages 16+. Walk-ins welcome but registration is recommended. Visit the Health Department website to register or for more information. wellesleyma.gov/1883/Flu-Clinics or use the QR code. Anyone ages 65+ is eligible to receive a high-dose vaccine.

Friends of the Wellesley Council on Aging

Health Fair **Another Success!**

The Health & Wellness Fair held at the Council on Aging on October 11th was another resounding show of support for the COA displayed by a large attendance of patrons, over 40 exhibitors, and wonderful support from the volunteers and staff of the COA. Visits from State Rep Alice Peisch and the Wellesley Select Board headlined a great turnout throughout the exhibit hours. The Friends of the Wellesley Council on Aging stands proud to have been a part of the program that provided positive visibility and exposure to all the great services and programs provided by the Council on Aging in the beautiful Tolles Parsons facility.

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		



Maura Shannon, LMT
**THERAPEUTIC
 MASSAGE**
 Reduce Stress & Anxiety
 Treat Inflammation & Pain
 Promote Health & Well-Being
(508) 653-9008
MLTShannon1@gmail.com
 Certified and Licensed for over 27 Years

**GEORGE F. DOHERTY
 & SONS**
**FUNERAL
 SERVICE**
 477 Washington St. • Wellesley
781-235-4100

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NOVEMBER 17th 2022 | Drama | PG-13 | 1h 34m



The Quiet Girl

Rural Ireland. 1981. Nine-year-old Cait is sent away from her overcrowded, dysfunctional family to live with foster parents for the summer. Quietly struggling at school and at home, she has learned to hide in plain sight from those around her. She blossoms in their care, but in this house where there are meant to be no secrets, she discovers one painful truth.

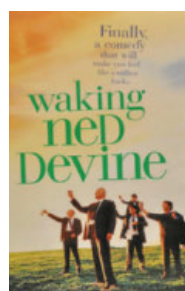
DECEMBER 8th 2023 | Comedy | PG-13 | 1h 47m



The Book Club: The Next Chapter

The highly anticipated sequel follows our four best friends as they take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure.

DECEMBER 1st 1998 | Comedy | PG | 1h 31m



Waking Ned Devine

The lucky winner of the national lottery is Ned Devine, so taken by his good fortune that he now can't be waked, because he died from the shock of it! News of the win spread quickly in the scenic little Irish village of Tully More, but not the secret news of Ned's demise. With lottery officials closing in to confirm the prize claimed by the deceased Devine, Ned's closest friends scheme to keep the prize money close to home, in memory of Ned of course!

DECEMBER 28th 1965 | Drama | G | 2h 52m



The Sound of Music

Based on the real life story of the Von Trapp family singers. A young novice is sent by her convent in 1930s Austria to become a governess to the seven children of a widowed naval officer.

**This movie is on Thursday and
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