

September/October 2024



WELLESLEY COUNCIL *on* AGING



COA Patrons Visit the Davis Museum

Free Screenings and Information

**TOLLES PARSONS
3RD ANNUAL COMMUNITY**

Health & Wellness Fair



**Thursday
October 17**

**AT TOLLES
PARSONS CENTER**

10:30AM - 1:30PM

Wellness Tips - Blood
Pressure - Women's
Health - Legal -
Demonstrations
and more!



**WELLESLEY
COUNCIL *on* AGING**



SEE PAGE 2 FOR REGISTRATION INFORMATION.



PAGE 1

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Wellesley COA Board of Directors

Kathleen Vogel, Chair

Marlene Allen, Vice Chair

Susan Rosefsky, Secretary

Patty Chen

Patricia Decker

Judy Gertler

Peter Grape

Robert McCarthy

Corinne Monahan

Dianne Sullivan

Tina Wang

COA Board Meeting Dates

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

Thursday, September 19th at 4:00 p.m.

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

Additional meetings will be posted as needed.

Council on Aging Hours of Operation

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

April - Sept., Wednesdays, 9 a.m. - 7 p.m.

Note: Night hours end September 18th

Contact Info

781-235-3961

www.wellesleycoa.org
coa@wellesleyma.gov

Wellesley COA Mission Statement:

The Wellesley Council on Aging serves as the community resource for Wellesley's older adults' 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.

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.

REGISTRATION September/October 2024

Wellesley Residents:

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

Non-Wellesley Residents:

Starting Thursday,
August 29th at 9:00 a.m.

All programs require pre-registration unless otherwise noted.

HOW TO REGISTER

There are three ways to register for programs:

- 1. Online** through MyActiveCenter (<https://myactivecenter.com>) Pay by credit card
- 2. By phone** **781-235-3961** Pay by credit card, or mail-in check (payable to Town of Wellesley)
- 3. In person** at the Council on Aging, 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.

COUNCIL ON AGING *Happenings*

Exploring Medicare Advantage Plans

Tuesday, September 3rd

1:30 p.m.

Charles Williams, Blue Cross



Have you ever wondered about the Medicare Advantage plans advertised on TV? Join us as a Blue Cross Blue Shield of Massachusetts representative unravels the options. Learn about Medicare Advantage Plans, the differences between HMOs and PPOs, and get a closer look at the Blue Cross Blue Shield Medicare Advantage plans. Discover the cost-sharing and extra benefits associated with these plans. Don't miss this chance to understand your healthcare options better! With various plan types available, understanding how different options work is crucial. It's not a one size fits all situation, but being aware of the variations empowers you to make informed decisions. (BCBSMA product-specific information is shared)

Editing Photos on iPhone & iPad

Monday, September 9th

1:30 p.m.

Kevin Figueroa, Kev Tech



This class explores the features available in the iPhone for editing photos. We discuss different ways to organize our photos, then select a photo to practice editing with. We learn about filters, adjusting colors and lighting, and cropping/resizing our photos. **Max: 20**

The Beautiful and Unique Nature of Raja Ampat: From Birds of Paradise to Walking Sharks

Tuesday, September 10th

1:30 p.m.

Joy Marzolf, The Joys of Nature



Raja Ampat is composed of a group of islands in Northern Indonesia, so one of the best ways to explore is by boat. The landscape, both above and below, is strikingly beautiful. Above the water it is home to unique and colorful wildlife, from hornbills and bright red lorikeets to the Red Bird of Paradise with its flamboyant mating display. Below the water, see a huge variation of marine life including the endemic walking shark and enormous cuttlefish that can change color among the corals and roots of the nearby mangroves. Join us for a virtual trip to see the unique scenery and wildlife of these islands.

NIGHT PROGRAM

Piano Concert

Wednesday, September 4th

5:30 p.m.

Sergei Novikov



At the age of six, Novikov began his musical studies on the three-stringed balalaika. His proficiency and determined attitude led his parents to enroll him in the Moscow School of Art, where he was introduced to the accordion. At the age of seven, he switched to piano and made rapid progress during the remainder of his training at the school. In his teens, Novikov traveled throughout Russia with a pop band selling out big stadiums. Since his immigration to the United States in 1990 Novikov has become a major force in contemporary composing and has a large following in New England, Pennsylvania, and Florida. His sounds reflect influences and nuances of Classical, Jazz, Spanish, Latin, Russian, Blues, Tango, Electronica, and other styles. The Boston Globe described his work by stating, "Sergei Novikov brings an intelligence, craft and elegance to his arrangements that popular New Agers lack."

SHINE, 2025 Medicare Open Enrollment

Wednesday, September 11th

1:30 p.m.

Carolyn Anderson, SHINE Representative



You may have heard that big changes are coming to Medicare drug coverage in 2025! Each January, Medicare health insurance premiums change, health care and drug coverage changes, providers contract with different plans, and new benefits are introduced. Join representatives from MetroWest SHINE for an unbiased overview of what's new in Medicare for 2025 and about the importance of reviewing your Medicare coverage each fall during Medicare Open Enrollment, which runs from October 15th to December 7th.

YOUR HOME: Lower Energy Costs, Increase Comfort and Health, Capture State/Federal Rebates and Incentives and More!

Thursday, September 5th

1:30 p.m.

Fred Burger, Town of Wellesley

Climate Action Committee

Phyliss Theermann, Sustainable Wellesley



Do you want to:

- Cut your fuel costs and take advantage of financial incentives?
- Get a no-cost energy audit?
- Update an aging heating system?
- Add air conditioning?
- Protect the people and places you love by helping to fight climate change?
- Make your home less drafty and more comfortable by improving your insulation at almost no cost to you?
- Improve your indoor air quality?

If you answered yes to any of these questions or are just curious about the Town of Wellesley's no-cost energy coaching program, please register for this program. Members of Wellesley's Climate Action Committee and Sustainable Wellesley will explain how the Energy Coaching Program can help you contribute to a healthier environment and more comfortable home while saving money! During this program you will learn about home insulation, energy efficient heat pumps, and more. Healthy snacks will be provided!



NIGHT PROGRAM

Karaoke Night With Vic Paul
Wednesday, September 11th
5:30 p.m.

Get ready for an unforgettable evening of music and fun! Vic Paul, a seasoned karaoke host, is bringing his vast experience and passion for music to the Wellesley COA. With an extensive playlist of over 60,000 songs, there's something for everyone to enjoy. Whether you're an experienced singer or a first-timer, this is the perfect opportunity to showcase your talent or simply enjoy the performances.



Words Galore

Thursdays, September 12th and 26th,
October 10th and 24th,
10:30 a.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.



World Religions Series

PART FIVE: Islam

Mondays, September 16th, 23rd, 30th
and October 7th
1:30 p.m.

Sister Marie Elena Dio, COA Volunteer

Join Sister Marie Elena Dio for Part Five in the series on the major religious traditions. Part Five is the last in the series and will focus on Islam. In four sessions, we will discuss the origins and founder of Islam, the Q'uran, major beliefs and practices. We will also explore divisions within Islam which effect current situations in the Middle East.



Newton Swing Band Performance

Tuesday, September 17th
1:30 p.m.

The Newton Swing Band is back at the Wellesley COA! The band originated over 35 years ago when two Newton residents happened to meet. Over a conversation they found that they both were musicians and shared an interest in music from the Great American Songbook. They decided to start a band and managed to enlist instrumentalists and singers who shared their interest in music from the 1920s to the 1970s. Today the band includes nearly 20 members and performs at various venues in the Greater Boston area.



Leonardo da Vinci: Invention and Creation

Wednesday, September 18th
1:30 p.m.

Jane Oneail, Culturally Curious

Leonardo da Vinci is a name synonymous with genius. His ideas and his work helped to define the High Renaissance in Italy and they still mesmerize audiences worldwide today. This program provides an introduction to the artist and some of his most celebrated works including *The Last Supper* and the *Mona Lisa*.



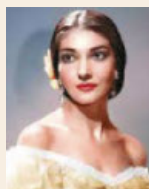
ZOOM

A Voice Fest: Great Operatic Divas

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

Erika Reitshamer, Opera Lecturer

Join Erika Reitshamer for a program on opera's greatest divas! Enjoy an audiovisual potpourri of female opera singers in each voice category, illustrated with arias and scenes by famous singers of the past and present. Take a vocal ride down the scale from the high coloratura soprano to the low alto range. Erika Reitshamer was born and educated in Germany and is a passionate and life-long fan of opera. She is a noted lecturer in the greater Boston area and teaches at Regis College for their Lifelong Learning Programs.



A Series on Mindfulness: A Review of the Basics and Dealing with Pre-Election Anxieties

Mondays, September 16th and October 21st
1:30 p.m.

Neil Motenko, Mindfulness Teacher

Neil resumes "A Series on Mindfulness" with a review of mindfulness fundamentals and an opportunity to practice together. The September and October sessions in this Series will serve as a refresher for those who have attended previous programs and an orientation for newcomers to the series. As always, a review of the fundamentals reminds us of the many benefits of mindfulness, for example, in dealing better with difficult thoughts and emotions, stress and anxiety, and change in our ever-changing lives and world. We will specifically cover and provide tools to deal with anxiety or other emotions relating to the upcoming election. The sessions will be interactive, include guided practices, and cover how to integrate practice into our lives. Each session in the series stands on its own. Newcomers to Neil's series are welcome at any time.



ZOOM

NIGHT PROGRAM

Skyline Jazz Band

Wednesday, September 18th
5:30 p.m.

The Skyline Jazz Band is led by Dave Ramsay on piano and Greg Silva on upright bass and vocals.

Their repertoire consists of classic jazz standards and songs from the Great American Songbook. Dave has recorded and toured extensively with the Maynard Ferguson big band and has also toured with jazz trumpeter Tiger Okoshi. Greg has been performing professionally since he was 15 and for the past 36 years, he has lived in the Boston area performing, composing, teaching, touring and recording music. Some of the artists Greg has opened for are Ray Charles, Santana, Steve Winwood, Tito Puente and Wynton Marsalis, to name a few. Together, Dave and Greg's chemistry brings the audience along with them as they perform some of the greatest songs ever composed.



The Bus and Miss Rosa: A Civil Rights Tour in Georgia and Alabama

Tuesday, September 24th

1:30 p.m.

Brooks and Jeanie Goddard



Join us for a program on the Road Scholar Civil Rights tour Brooks and Jeanie Goddard took last September. All on the same bus, the Goddards went to major civil rights locations we all heard about growing up: the home of MLK, Rosa Parks Museum, The Legacy Museum, The National Monument for Peace and Justice, the Edmund Pettus Bridge, Birmingham's Kelly Ingram Park and the bombed 16th Street Baptist Church. Brooks Goddard has been a teacher since 1963 in various schools including Deerfield Academy, secondary schools in Kenya, and a 30-year career at Wellesley High School. For the past 23 years he has worked with adults in various learning environments. Jeanie was a long time English teacher at Wellesley High School until 2005 when she started her 4-year career at the BU School of Education's teaching of English program.

Alzheimer Program

Wednesday, September 25th

1:30 p.m.

Norma Milligan, Alzheimer's Association, Senior Regional Manager, Programs and Services

Healthy Living For Your Brain & Body

Learn about important research into diet/nutrition, exercise, cognitive activity and social engagement, and develop a plan for healthy aging.



The Great Musicals of the 70s, Part Two

Thursday, September 26th

1:30 p.m.

Michael Goodwin, Singer and Songwriter



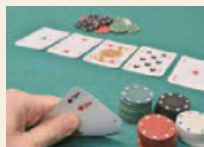
Two of Broadway's biggest hits came out of the 70s, but there were also some hidden gems with some great music. In the second part of the Great Musicals of the 70s, we start with *Godspell*. Then we get a little edgy with *Chicago* and *Company*. But the 70s wouldn't be complete without a sendoff from *A Chorus Line*. As always, there will be singing, lecture, video clips from various shows, and many opportunities to participate. We always encourage everyone to sing along and get involved.

Texas Hold'em Poker Tutorial

Friday, September 27th

1:00 p.m.

Rich Woener, COA Volunteer



This will be a quick tutorial on the fundamentals of Texas Hold'em. You will learn how the tournament works and enough about the game of Texas Hold'em to play in the tournament.

Texas Hold'em Poker Tournament

1:30 p.m.

Join volunteer Rich Woerner for a Texas Hold'em poker tournament. This tournament will be run just like the World Series of Poker on TV. Players will start with 2,000 chips and play until there is only one player left with chips. Suitable for both experienced and inexperienced players. If you would like to learn the game or get a quick refresher course before the tournament, sign up for the tutorial above. Prizes will be awarded to the top 3 finishers. **Registration required. Max: 12**

Crooners Comedy

Tuesday, October 1st

1:30 p.m.

Frank King, former WBUR Radio Host



An important part of the "Golden Era" of music was the lighthearted "novelty songs" that proliferated from the late '40s through the early '60s. In this special lecture given by Frank King, you'll be smiling as you listen to amusing ditties by Jimmy Durante, Ethel Merman, Allan Sherman, Teresa Brewer, The Four Lads, and others. Along the way you'll discover:

- The cute tune about the place in Massachusetts that has the longest name of any place in the USA
- The surprising story of the life of Dale Evans (before and with Roy Rogers)
- The funny song that commemorates the end of the Middle Ages 500 years earlier, and more

Oktoberfest Celebration

Wednesday, October 2nd

2:00 p.m.



Time to break out the lederhosens & dirndls, it's OKTOBER-FEST!!! Come celebrate with friends at the COA and enjoy traditional German food and beverage along with lively music for this fun fall fest!

Why the Salem Witch-Hunt Matters Today

Thursday, October 3rd

1:30 p.m.

Rick Tulipano, Historian and Author



People come from all over the world to see the town where the infamous American witchcraft trials occurred. But what really happened in Salem, Massachusetts, 331 years ago? In this talk we'll see how the suspicions of a community spiraled out of control and led to appalling injustices. We'll also examine the reasons why the Salem story is so relevant today.

Medicare Talk

Tuesday, October 8th

10:00 a.m.

2025 Medicare Open Enrollment



You may have heard that big changes are coming to Medicare drug coverage in 2025! Each January, Medicare health insurance premiums change, health care and drug coverage changes, providers contract with different plans, and new benefits are introduced. Join representatives from MetroWest SHINE for an unbiased overview of what's new in Medicare for 2025 and about the importance of reviewing your Medicare coverage each fall during Medicare Open Enrollment, which runs from October 15th to December 7th.



Science of Fall Colors
Tuesday, October 8th
1:30 p.m.
Mass Audubon



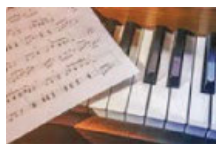
Fall foliage in New England is beautiful, unique, and ecologically important. Specific trees, climate, and weather are all needed to create the wide range of colors we witness. Learn why some trees change color as they shed their leaves, and why the display varies from year to year. The colorful foliage display and subsequent leaf drop are part of an annual cycle that maintains healthy habitats. Discover the impact climate change is having on foliage, how fallen leaves function in an ecosystem, and how "leaving the leaves" in your yard or neighborhood can help mitigate the impacts of climate change.

Tolles Parsons Center 7th Anniversary Luncheon Celebration
Friday, October 11th
12:00 p.m.



Join fellow friends and neighbors to mark the 7th anniversary of the Tolles Parsons Center as a place for seniors to gather, enjoy meals and coffee, take classes, and engage in workshops and presentations. The TPC, home of the Council on Aging in Wellesley, opened in October of 2017 and we are excited to celebrate this anniversary with you! **Special thanks goes to the Friends of the Wellesley Council on Aging for sponsoring this event.**

Fall Piano Performance
Tuesday, October 15th
1:15 p.m.
Michael Leidig, Pianist



Join us for a lovely afternoon of autumnal tunes performed on the piano by Michael Leidig, who performs throughout New England. The theme of his program will be the fall season and will include 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. Come in and enjoy this autumnal musical journey through time! **Special thanks goes to the Friends of the Wellesley Council on Aging for sponsoring this event.**

Art History's Best Dressed
Wednesday, October 16th
1:30 p.m.

Jane Oneail, Culturally Curious

Satins, silks, velvets and furs - through the years, artists have flattered their subjects with beautiful clothes rendered with awe-inspiring detail. This lighthearted program reviews some of the great fashions throughout the history of painting (with a few wardrobe malfunctions thrown in for good measure!).



ZOOM

How to Research Senior Living Communities
Monday, October 21st
1:30 p.m.
Sarah Pompeo, Fox Hill Village



Join Sarah Pompeo, Chief Sales Officer at Fox Hill Village, for an informative session on researching senior living communities. Sarah brings over 25 years of experience in independent living, assisted living, and memory care and will guide you through the different levels of care offered within Life Plan communities. Whether you're exploring options for yourself or a loved one, Sarah will share valuable insights and share important questions to ask during your visits. Plus, don't miss out on the chance to win a raffle prize provided at the event!

Extreme Weather
Wednesday, October 23rd
1:30 p.m.
Harvey Leonard, WCVB-TV Chief Meteorologist Emeritus



Join Harvey Leonard, WCVB-TV Chief Meteorologist Emeritus, for a talk about some of the extreme weather conditions we have been experiencing. Leonard will discuss how meteorologists predict them and how residents can respond to weather events.

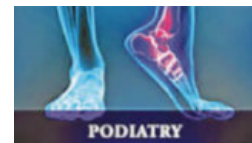
Patagonia, the Strait of Magellan and Tierra del Fuego – South America's Remote and Timeless Landscape
Thursday, October 24th
1:30 p.m.



Barry Pell, World Traveler and Photojournalist

Long before humans arrived in South America, the far south of the continent was chiseled and carved by glaciers forming a land of rugged mountain spires and watery channels. In the early 1500s, Magellan passed through the strait that now bears his name. Today the region is one of the continent's major attractions. Barry Pell has traveled extensively through this land learning about its history, people, and the magnificent landscape of its lakes and forests. In this program, he will discuss its exploration and settlement and, accompanied by his photography, will show what makes this immense and remote land as breathtaking today as it was during the era of exploration.

Podiatry Clinic
Friday, October 25th
9:15 a.m. – 12:00 p.m.
Dr. Alissa Kuizinas, Podiatrist



Dr. Kuizinas is offering 15 minute podiatry appointments at the COA in Wellesley. The cost of the appointment is \$40 and is directly payable to Dr. Kuizanas by check, cash or credit card. **Registration required.**

Candy We All Remember and Loved!
Monday, October 28th
1:30 p.m.
Dan Dunn, Lecturer



Join Dan Dunn for a history of sweet confections we all enjoy. Learn why M&M's were created and about the origins of Hershey, Mars, and even our local NECCO. In addition to stories and trivia, samples of some of our confectionary favorites will be available!

How We Remember the 5th of November: Beyond Guy Fawkes and the Gunpowder Plot of 1605

Tuesday, October 29th

1:30 p.m.

Johnny Kinsman, Writer, Actor and Presenter

Remember, remember the 5th of November, the Gunpowder treason and plot... If the Pope had simply granted a divorce to King Henry VIII of England, then the Church of England might never have picked a fight with Rome. Were that the case, think of the lives that might have been spared in the hundreds of years of tumult between the Catholics and the Protestants of England, Wales, Scotland, Ireland, and the world. But, alas, the divorce was not granted, and the battle lines were drawn, and the persecution did ensue, and so in 1605 a man named Guy Fawkes set out as part of a swashbuckling crew to administer their version of justice with "The Gunpowder Plot." In this talk we discuss who the real Guy Fawkes was, how he found himself at the center of this infamous event, and how, over the centuries, his likeness and spirit have developed into a troubling harbinger of chaos to those in command, and rallied underdogs in the quest to speak truth to power.



The Haunted History of New England

Wednesday, October 30th

1:30 p.m.

Chris Daley, Author and Historian

Join Chris Daley for a presentation on the haunted history of New England which melds together historical fact with legend and myth to produce an interesting and sometimes shocking new look at events that really happened and the stories of haunting that followed them. The topics addressed in this presentation will be: Mercy Brown "The Vampire" of Exeter, Rhode Island; the cursed Freetown State Forest in Massachusetts; the horrors of the Lizzie Borden House in Fall River; a haunted forest in the wilds of Connecticut; the ghostly happenings at the Mount Washington Hotel; and evidence of ghosts at the John Alden House in Duxbury, MA.



Ghostbusters Halloween Movie and Treats!

Thursday, October 31st

1:30 p.m.

Get into the spirit of Halloween with an afternoon of seasonal goodies and a showing of the 1984 classic Halloween movie *Ghostbusters*. Costumes are welcome and encouraged!



Excellent Opportunity For Individuals Concerned About The Safety Of Children.

The Town of Wellesley Police Department is currently looking to hire School Crossing Guards. We are seeking dependable individuals to assure the safety of school children crossing the streets as they go to and from school. Interested individuals need not be Wellesley residents. The morning shift is from 8:00 a.m. to 8:30 a.m. and the afternoon shift is from 3:00 p.m. to 3:30 p.m. On Wednesdays, the afternoon shift is from 12:00 p.m. to 12:30 p.m. Salary is \$18.39/hour plus a \$7.50 stipend for each shift. Fresh air and smiling children's faces are included. Please send a resume in word or PDF form to jobs@wellesley.ma.gov or submit a Town of Wellesley Employment Application to the Human Resources Department, Town Hall, 525 Washington Street, Wellesley, MA 02482. AA/EOE



ANDRIA'S HAIKU CORNER

Thanks for all the terrific submissions!

Below are the top 5 winners.

Swirls and darkening
sunset golds, red, and yellows
Good rest harkening

Anne Theriault

"No Worries!" What's that?
The world is falling apart!
We must fix it stat!

Anne Theriault

Curious, little
beady eyes....flitting goldfinch.
Yellow streak! He's gone.

Anne Theriault

Seen in winter months
lost in the multiplying
verdure of summer

Bill Lyons

Eating chive blossoms
Cooked into pale yellow eggs
Such amazing joy!

Andrea Johnson

Haiku is a type of short form poetry that originated in Japan, and can be traced back from the influence of traditional Chinese poetry. Traditional Japanese haiku consist of three phrases composed of 17 phonetic units in a 5, 7, 5 pattern; that include a kireji, or "cutting word"; and a kigo, or seasonal reference

Thank You To Our Summer Volunteers

This summer we had a nice mix of students here during summer breaks. Students served lunch, greeted members, and assisted our bus drivers with grocery trips. This was a nice opportunity to give many of the year-long regular volunteers some time off while increasing intergenerational experiences.

As the students return to school this fall, we welcome back some of our long-standing volunteers. We also

anticipate additional volunteer openings for Greeters and Lunch Servers as well as Drivers for our Volunteer Driver Program. If you or someone you know is interested in learning more about these opportunities, please have them contact our Volunteer Coordinator, Sally Miller.



During July and August, a group of service-minded seniors met to write cheerful messages on patriotic cards for veterans at the VA Hospital in West Roxbury. We completed 100 cards that will be delivered in early September. We are grateful to have this opportunity to engage our community to let veterans know they are appreciated.

We would also like to thank Tess Griffin and Terri Horrigan for their "Green Thumb" help keeping our Patio plants watered and Joann Jones for planting them. Many thanks to the FWCOA for subsidizing the purchase of the potted plants, which adds a lovely pop of color to our patio.



Registration deadline 11/14/24

DEC

5

Bus Trip

CHRISTMAS IN NEWPORT

December 5th

\$99 Per Person Wellesley Resident

\$125 Per Person Non-Wellesley Resident

Trip departs from 219 Washington Street, Wellesley, MA



Join Wellesley COA on a day trip to Newport, RI, during the enchanting Christmas season! Start with a tour of the Breakers Mansion, adorned with festive decorations to ignite your holiday spirit. Indulge in a scrumptious lunch at Johnny's Restaurant, offering mouthwatering choices like Baked Stuffed Scrod, Chicken Piccata, or Pasta Primavera. Then, explore more Christmas magic at Marble House before enjoying free time for shopping in downtown Newport. Create unforgettable holiday memories with us! **Each trip requires a minimum of 25 patrons to proceed, with a maximum capacity of 55. Should the minimum seat requirement not be met by the cutoff date, the trip will regrettably be canceled, with refunds promptly issued. Refunds will not be available after the cutoff date. All participants need to be able to independently go up and down stairs.**

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!



Transportation



Volunteer Driver Program

Now accepting rides. Please note that booking availability is limited. To schedule a ride or get further details, please contact COA Staff at **781-235-3961**.

COA Bus

Wellesley offers free transportation to local destinations **Monday – 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. 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
- And more locations Line Station coming soon!

To get started with this program, either download the MWRTA CATCH app on your smartphone or call **508-283-5083**. If you have any questions, please email info@mwrt.com

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 charged each way. To learn more about this shuttle service, please contact the MWRTA **508-820-4650**.

Special Shopping Trips

To receive announcements about these trips, you can either subscribe to our e-news blast or reach out to the Wellesley Council on Aging at **781-235-3961** to inquire about the schedule and locations of upcoming trips.

COA LUNCH

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

TO ORDER CALL 781-235-3961

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.



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 -3-	WEDNESDAY -4-	THURSDAY -5-	FRIDAY -6-
	Chicken Broccoli Alfredo & a Chocolate Chip Cookie	Greek Medley Wrap with a Brownie	Seafood Salad with Small Side Tossed Salad	Gyro Salad (Lam Meat, Feta Cheese, and Tzatziki Sauce) with a Brownie
	-10-	-11-	-12-	-13-
	BBQ Chicken Breast w/Pepper Jack Cheese, BLT and Ranch Dressing & a Cookie	Grilled Marinated Chicken, Romaine, Roasted Red Peppers, Red Onions, Hummus, Lemon Oregano on Focaccia Bread & a Cookie	Cranberry Chicken Wrap & a Cookie	Egg Salad BLT Wrap & a Cookie
	-17-	-18-	-19-	-20-
	Baked Haddock with Herb Stuffing & Honey Glazed Carrots	Herb & Mustard Crusted Salmon Loaf, Whipped Potatoes, Peas & Carrots	Fish Cake, Rice Pilaf & Cornbread	Tuna Salad Plate & Cornbread
	-24-	-25-	-26-	-27-
	Full Meatball Sub with Provolone Cheese	Full Isabella Sandwich on Whole Wheat	Chicken Salad with Lettuce, Tomato on Pumpernickel	Turkey, Bacon, Cheddar Cheese, Avocado with Lettuce, Tomato & Chipotle Mayo on Whole Wheat Wrap
Oct.	TUESDAY -1-	WEDNESDAY -2-	THURSDAY -3-	FRIDAY -4-
	Chicken Gyro & Baklava	½ Roast Beef Sandwich with BBQ Sauce and a Side Salad with Italian Dressing	Shrimp Broccoli Alfredo & a Chocolate Chip Cookie	Chicken Parmigiana with Ziti
	-8-	-9-	-10-	-11-
	½ Ground Beef, Cheddar Cheese, Pickles & Thousand Island Dressing Grilled Sandwich with Chips	½ Cheddar Bacon Grilled Sandwich & a Chocolate Chunk Cookie	Grilled Asiago, Goat, and Sharp Cheddar Cheese Sandwich with Tomato Soup	NO LUNCH
	-15-	-16-	-17-	-18-
	Meatball Parmigiana Focaccia with Chips	Fresh Vegetables and Provolone Focaccia Served Hot with Chips	NO LUNCH	Chicken Parmesan Focaccia with Chips
	-22-	-23-	-24-	-25-
	Chicken Noodle Soup, Spinach Feta Quiche & a Choc Chip Cookie	Chicken Lemon Rice Soup, Ham & Mushroom Quiche & Choc Chip Oatmeal Cookie	Chicken Vegetable Soup, ½ Roasted Chicken & Butterscotch Cookie	Vegetarian Split Pea, Broccoli Quiche & Blueberry Muffin
	-29-	-30-	-31-	-NOV. 1-
	Herb & Mustard Crusted Salmon Loaf, Whipped Potatoes, Peas & Carrots	Fish Cake, Rice Pilaf & Cornbread	Baked Haddock with Herb Stuffing & Honey Glazed Carrots	Salmon Salad Plate & Cornbread

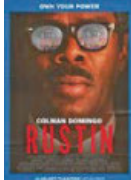
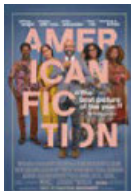


SEPTEMBER 2024 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-2-	-3-	-4-	-5-	-6-
Council on Aging is CLOSED in observation of Labor Day NO ACTIVITIES	VOTING 9:15 Seated Strength & Balance 9:30-11:00 Drop in with Kate 11:00 Social Connections	9:15 Hi Low Fitness 10:00 Keep Well Clinic 12:00 Cardio Dance & Strength 1:00 World History Book Discussion 2:00 Men in Retirement 5:30 Sergei Novikov	9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 1:00 My Two Cents 1:30 Lower Energy Costs 2:00 Women in Retirement	9:15 Yoga for Better Balance 1:15 Movie 
-9-	-10-	-11-	-12-	-13-
9:15 Fit for Life 10:30 Core and More 10:30 Photography Club 12:00 All Levels Yoga 1:30 KevTech: Editing Photos on iPhone & iPad 2:30 Chair Yoga	9:15 Yoga for Better Balance 9:15 Seated Strength & Balance 9:30-11:00 Drop in with Kate 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 1:30 The Beautiful and Unique Nature of Raja Ampat	9:15 Hi Low Fitness 12:00 Cardio Dance & Strength 1:00 Great American Poems Discussion 1:30 Shine, 2025 Medicare Open Enrollment 2:00 Men in Retirement 5:30 Karaoke Night with Vic Paul	8:00 Breakfast Club 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Words Galore 1:30 A Voice Fest: Great Operatic Divas 2:00 Aging Alone	9:15 Yoga for Better Balance 10:00 Lippan Folk Art 1:15 Movie 
-16-	-17-	-18-	-19-	-20-
9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga 1:30 Watercolor for All 1:30 A Series of Mindfulness 1:30 World Religions: Islam 2:30 Chair Yoga	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 9:30-11:00 Drop in with Kate 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 1:30 Newton Swing Band	9:15 Hi Low Fitness 10:00 Keep Well Clinic 12:00 Cardio Dance & Strength 1:00 Shakespeare Discussion 1:30 Leonardo da Vinci: Invention and Creation 2:00 Men in Retirement 5:30 Skyline Jazz Band	9:00 Donuts & Coffee with Wellesley Police 9:15 Seated Strength & Balance 9:15 All Levels Yoga 9:30 Charles River Cruise 10:00 Pilates 1:00 Bingo 2:00 Women in Retirement 4:00 COA Board Meeting	9:15 Yoga for Better Balance 10:00 Lippan Folk Art 1:15 Movie 
-23-	-24-	-25-	-26-	-27-
9:15 Fit for Life 10:30 Core and More 10:30 Photography Club 12:00 All Levels Yoga 1:30 World Religions: Islam 1:30 Watercolor for All 2:30 Chair Yoga	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 9:30-11:00 Drop in with Kate 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 1:30 The Bus and Miss Rosa: A Civil Rights Tour	9:15 Hi Low Fitness 12:00 Cardio Dance & Strength 1:00 American Literary Classics Discussion 1:30 Alzheimer Program 2:00 Men in Retirement	9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Words Galore 1:30 The Great Musicals of the 70s, Part Two 2:00 Aging Alone	1:00 Texas Hold'em Poker Tutorial 1:30 Texas Hold'em Poker Tournament 1:15 Movie 
-30-	 See Page 17 For Drop In Activities not reflected in the calendar.			
9:15 Fit for Life 10:30 Core and Lore 12:00 All Levels Yoga 1:30 World Religions: Islam 1:30 Watercolor for All 2:30 Chair Yoga				

HAIKU
 Red, yellow, orange
 Pumpkin Spice and candles glow
 Love the autumn air!
 Andria DeSimone

OCTOBER 2024 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VIRTUAL IN PERSON	-1- 9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 9:30-11:00 Drop in with Kate 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 1:30 Crooners Comedy	-2- 9:15 Hi Low Fitness 10:00 Keep Well Clinic 1:00 World History Book Discussion 2:00 Oktoberfest Celebration 2:00 Men in Retirement	-3- 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 1:00 My Two Cents 1:30 Why the Salem Witch-Hunt Matters Today 2:00 Women in Retirement	-4- 9:15 Yoga for Better Balance 1:15 Movie 
	-7- 9:15 Fit for Life 10:30 Core and More 10:30 Photography Club 12:00 All Levels Yoga 1:30 World Religions: Islam 1:30 Watercolor for All 2:30 Chair Yoga	-8- 9:15 Seated Strength & Balance 9:30-11:00 Drop in with Kate 10:00 Medicare Talk 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 1:30 Science of Fall Colors	-9- 9:15 Hi Low Fitness 12:00 Cardio Dance & Strength 12:30 Felted Wool Painting 1:00 Great American Poems Discussion 2:00 Men in Retirement	-10- 8:00 Breakfast Club 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Words Galore 2:00 Aging Alone
-14- Council on Aging is CLOSED in observation of Columbus Day NO ACTIVITIES	-15- 9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 9:30-11:00 Drop in with Kate 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 1:15 Fall Piano Performance	-16- 9:15 Hi Low Fitness 10:00 Keep Well Clinic 1:30 Art History's Best Dressed 2:00 Men in Retirement	-17- 9:15 Seated Strength & Balance 10:00 Pilates 10:30-1:30  Health & Wellness Fair 4:00 COA Board Meeting	-18- 9:15 Yoga for Better Balance 10:00 Woven Trinket Basket 1:00 Shakespeare Discussion 1:15 Movie 
-21- 9:15 Fit for Life 10:30 Core and More 10:30 Photography Club 12:00 All Levels Yoga 1:30 A Series of Mindfulness 1:30 How to Research Senior Living Communities 1:30 Watercolor for All 2:30 Chair Yoga	-22- 9:00 Donuts & Coffee with Wellesley Police 9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 9:30-11:00 Drop in with Kate 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting	-23- 9:15 Hi Low Fitness 12:00 Cardio Dance & Strength 12:30 Felted Wool Painting 1:00 American Literary Classics Discussion 1:30 Extreme Weather 2:00 Men in Retirement	-24- 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Words Galore 1:30 Patagonia, the Strait of Magellan and Tierra del Fuego	-25- 9:15 Podiatry Clinic 9:15 Yoga for Better Balance 1:15 Movie 
-28- 9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga 1:30 Candy We All Remember and Loved! 1:30 Watercolor for All 2:30 Chair Yoga	-29- 9:15 Seated Strength & Balance 9:30-11:00 Drop in with Kate 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 1:30 How We Remember the 5th of November	-30- 9:00 Wellesley Registration 9:15 Hi Low Fitness 12:00 Cardio Dance & Strength 12:30 Felted Wool Painting 1:30 The Haunted History of New England 2:00 Men in Retirement	-31- 9:00 Non-Wellesley Registration 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Pilates 1:00 BINGO 1:30 Ghostbusters Halloween Movie and Treats! 2:00 Aging Alone	

Fitness ONLINE AND IN PERSON



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

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

Fit for Life

Join Jane for 60 minutes of fitness fun **in person** that will ready you for everyday life! Cardio for your heart, strength for your muscles and bones, balance, agility, coordination, core, and flexibility will allow you to keep up with those activities you need and love to do. **Max: 18**

Core and More

Join **Jane Golder** 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**

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: 20**

Chair Yoga

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. **ZOOM Max: 50**

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. ZOOM Max: 50**

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**

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: 20**

Cardio Dance and Strength — LaBlast!

Join **Karen Karten** 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**

Pilates

Lisa Wilkins has been instructing fitness classes for over 25 years. She really enjoys helping people of all ages and abilities achieve their fitness goals. If practiced with consistency, Pilates improves flexibility, builds strength, and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. **ZOOM Max: 50**



ART CLASSES/WORKSHOPS/GROUPS *In Person*

ART: Watercolor for All!

Session One: Monday, September 16th, 23rd, 30th and October 7th

Session Two: Mondays, October 21st, 28th, November 4th, 18th

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**



CLASS: Needle Felted Wool Painting

Wednesdays, October 9th, 23rd, 30th and November 6th

12:30 – 3:30 p.m.

Instructor: Elizabeth Stubbs, Felt Wool Artist

Cost: \$50

Join felt artist Elizabeth Stubbs for a fun four-week class making wool paintings together. Wool painting is an enjoyable and easy to learn technique. Using soft, unspun sheep's wool and a barbed needle, each of us will create 2 paintings that will be a cheerful addition to your home décor this winter or to give as gifts. Additionally, you will have the tools and skills to complete more on your own time. **Max: 12**



ART: Lippan Folk Art

September 13th and 20th

10:00 a.m. – 12:00 p.m.

Instructor: Anjana Bhargava, Madhubani Painter and Folk Artist

Cost: \$20

In this class we will learn a cultural style of painting called Lippan Folk Art, which is a traditional fine art of Rajasthan and Gujarat's desert regions of India. 'Lippan' means 'to apply.' Camels, birds, trees, blooms, peacocks, and other nature-inspired motifs are depicted on the majority of houses using mud, thread, and mirrors. Mud and mirror work is mostly done by women from the Rabari ethnic group. Now that the mud-mirror work is accessible in frames/wooden panels, it has found its way into modern marketplaces and online-stores, where it has found a home as a wall décor in homes and offices. You will learn about this style and create art pieces of your own. **Max: 15**



WORKSHOP: Dried Flower Fall Wreath

Friday, October 11th

10:00 – 11:30 a.m.

Instructor: Jessica Pohl, Floral Designer

Cost: \$30

Please join floral designer Jessica Pohl for an everlasting wreath workshop. Learn how to incorporate locally dried flowers, foliage and other decorative elements on a handmade vine base. The wreath will last throughout all the seasons. All supplies will be provided. **Max: 12**



WORKSHOP: Woven Trinket Basket

Friday, October 18th

10:00 a.m. – 1:00 p.m.

Instructor: Carson Eddy, Author, Jewelry and Fiber Artist

Cost: \$27

Using flax cord and linen yarn learn to basketweave this useful little trinket basket. Several colorways will be available to choose from in class. Perfect for your bedside table or front hall table to hold jewelry, coins, or keys. These little baskets are a wonderful gift too. Take home your completed trinket basket, detailed instructions, and shopping resources. **Max: 8**



CLASS: Knitting

Tuesdays, September 10th – October 29th

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 every other Monday, Starting September 9th

10:30 a.m. – 12:00 p.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!

GROUP: Breakfast Club
Thursdays, September 12th
and October 10th
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.

GROUP: World History
Book Discussion
Wednesdays, September 4th
and October 2nd
1:00 – 2:30 p.m.



Facilitator: COA Volunteers, Terry Catchpole and Stephen Maire

Participants discuss books covering facets of the broad sweep of world history. Coming up:

- September 4, 2024 - *Aftermath – German Life in the Fallout of the Third Reich, 1945-1955*, by Harald Jähner and Shaun Whiteside (416 pages)
- October 2, 2024 - *Second Founding - How the Civil War and Reconstruction Remade the Constitution*, by Eric Foner (304 pages)
- November 6, 2024 - *The Lost City of Z - A Tale of Deadly Obsession in the Amazon*, by David Grann (277 pages)
- December 4, 2024 - *Red Memory - The Afterlives of China's Cultural Revolution*, by Tania Branigan (300 pages)
- January 8, 2025 - *Getting Out of Saigon – How a 27-Year-Old Banker Saved 113 Vietnamese Civilians*, by Ralph White (320 pages)
- February 5, 2025 - *Fifth Sun – A New History of the Aztecs*, by Camilla Townsend (336 pages)

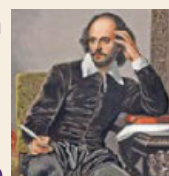
GROUP: My Two Cents –
Today's Current Affairs Chat
Thursdays, September 5th
and October 3rd
1:00 – 2:30 p.m.



Facilitator: COA Volunteer, Terry Catchpole

Israel vs. Palestine. State house vs. City Hall. 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: Great American Poems Discussion
Wednesdays, September 11th and
October 9th
1:00 – 2:30 p.m.



Facilitator: COA Volunteer, Terry Catchpole

Come and enjoy reading from and discussing the finest poems by our most-loved 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. Coming up:

- September 11, 2024 – *Song of Myself* by Walt Whitman
- October 9, 2024 – *Evangeline, A Tale of Acadie* by Henry Wadsworth Longfellow
- November 13, 2024 – *Selected Poems #1*, by Emily Dickinson
- December 11, 2024 – *Selected Poems #2*, by Emily Dickinson
- January 15, 2025 – *Paradise Lost #1*, by John Milton
- February 12, 2025 – *Paradise Lost #2*, by John Milton

GROUP: Shakespeare Discussion
Wednesday, September 18th and
Friday, October 18th
1:00 – 2:30 p.m.



Facilitator: COA Volunteer, Terry Catchpole

The Shakespeare Discussion Group reads from and discusses works of the world's greatest playwright! Join the fun and celebrate your inner thespian! No expertise required. Coming up:

- September 18, 2024 – *As You Like It*, Acts One and Two
- October 18, 2024 – *As You Like It*, Acts Three, Four and Five
- November 20, 2024 – *Troilus and Cressida*, Acts One and Two
- December 18, 2024 – *Troilus and Cressida*, Acts Three, Four and Five
- January 22, 2025 – *Midsummer's Night's Dream*, Acts One and Two
- February 19, 2025 – *Midsummer's Night's Dream*, Acts Three, Four and Five

GROUP: American Literary
Classics Book Discussion
Wednesdays, September 25th and
October 23rd
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! This discussion program each month focuses on a single great work by an American author. Coming up:

- September 25, 2024 – *Light in August* by William Faulkner (480 pages)
- October 23, 2024 – *The Member of the Wedding*, by Carson McCullers (163 pages)
- November 27, 2024 – *Death Comes for the Archbishop* by Willa Cather (256 pages)
- January 29, 2025 – *In Cold Blood*, by Truman Capote (343 pages)
- February 26, 2025 – *The Bell Jar*, by Sylvia Plath (245 pages)

PROGRAMS/OUTREACH/RESOURCES

OUTREACH

GROUP: Social Connections

Tuesdays, September 3rd, 10th, 17th, 24th and October 1st, 8th, 15th, 22nd, 29th
11:00 a.m. – 12:00 p.m.

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

GROUP: Men in Retirement

Wednesdays, September 4th, 11th, 18th, 25th and October 2nd, 9th, 16th, 23rd, 30th
2:00 – 3:00 p.m. Open to ALL!

This group now meets once a week 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 5th, 19th and October 3rd
2:00 – 3:00 p.m. Open to ALL!

Participants will meet twice a month in a group for retired women who are looking to connect with others and discuss navigating the changes of daily life. The open discussion format offers an opportunity to build new connections and learn from others who share common joys, challenges, or ideas to enhance your retirement years. **All are welcome.**

 **Donuts & Coffee with Wellesley Police**
Thursday, September 19th and Tuesday, October 22nd
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!

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.



GROUP: Aging Alone

Thursdays, September 12th, 26th and October 10th, 31st
2:00 – 3:00 p.m.

NEW GROUP

Are you living alone and concerned about what will happen if you face an unexpected health challenge or experience a medical emergency in the future? This short-term group is designed to empower single/widowed/divorced and childless seniors who want to learn about staying in control as they age. Meetings will take place twice a month and the group will explore topics such as making legal preparations, understanding housing options, hiring medical advocates, accessing community resources and more. Seniors encouraged to join this group will be those who live alone, have no adult children or no outside family support.

Registration required. Max: 8

Drop in hours with KATE

Tuesday Mornings
Starting September 3rd
9:30 – 11:00 a.m.

NEW

The Wellesley COA Social Worker, Kate Burnham will now be offering office hours for residents who are looking for consultation, resources or help getting connected to specific types of support. Starting on September 3rd, Kate will be available weekly on Tuesday mornings between 9:30-11:00am for Wellesley residents. Seniors or their families can stop by the Social Services office on the 2nd floor and Kate will meet with people on a first come, first served basis for 15 minute sessions. For questions or more information, please contact Kate directly via email at: **kburnham@wellesleyma.gov**

MEDICARE OPEN ENROLLMENT

SHINE can help! Call soon to schedule your appointment

October 15th through December 7th

COMING SOON

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/PPO), you should be mailed an information packet from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2025. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! Come meet with a SHINE counselor to go over any changes and make sure you're in the right plan for you!

Trained SHINE (Serving the Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential and unbiased counseling on Medicare options. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call **1-800-243-4636**. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.

Friends of the WELLESLEY COUNCIL ON AGING



- Free Health Screenings • Raffle Prizes
- Snacks Provided • Free Admission

Health Fair

Thursday October 17th
10:30 a.m. – 1:30 p.m.

Over 40 Exhibitors
Held at Tolles Parsons Center



WELLESLEY
COUNCIL on AGING

DROP BY TO REVIEW THESE OPTIONS FOR IMPROVING QUALITY OF LIFE & WELLNESS

- Vascular Care & Testing
- Vision and Eye Pressure Testing
- Nutrition and Meal Guidance
- Navigating Medicare
- Generational Legal Guidance
- Stretch Lab Therapy
- Resources from the Wellesley Department of Health
- Massage Therapy
- Home Health Care Resources
- Financial Planning
- Senior Living Alternatives
- Acupuncture Therapy

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.



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

For payment by check, please use form below

Name: _____ Address: _____
Tel. No. (optional): _____ E-Mail (optional): _____
(No personal information will be used or shared for commercial purposes.)

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** M-F 9-4 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	9:00 – 4:00 Billiards
9:00 – 12:30 Card/Games	10:00 – 12:00 Billiards Match	9:00 – 12:30 Bridge Group	10:00 – 12:00 Billiards Practice	9:15 – 10:15 Walking Group Meet at Morses Pond
9:15 – 10:15 Walking Group	12:30 – 4:00 Cribbage Groups	9:00 – 4:00 Card/Game/Billiards	10:00 – 12:00 Rummikub	12:30 – 4:00 Ping Pong
12:30 – 4:00 Ping Pong		9:15 – 10:15 Walking Group	12:30 – 4:00 Mah Jongg	12:30 – 4:00 Mexican Dominoes
		10:00 – 11:00 Keep Well at TPC (First and Third)	1:00 – 3:00 BINGO (Third Thursday)	1:00 – 3:30 Painting
		12:30 – 4:00 Scrabble Group	2:00 – 4:00 Knitting Group	



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.

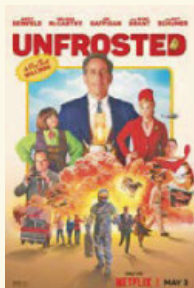
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★ FRIDAY
MOVIE
TICKET



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

SEPT. 6th | Comedy | PG-13 |



Unfrosted (2024)

Michigan, 1963. Kellogg's and Post, sworn cereal rivals, race to create a pastry that will change the face of breakfast forever. A tale of ambition, betrayal, sugar, and menacing milkmen, *Unfrosted* stars writer/director Jerry Seinfeld. **1h 33m**

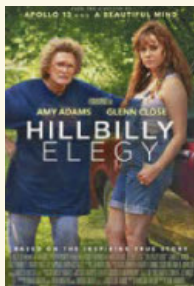
SEPT. 13th | History/Drama | PG |



The Long Game (2024)

In 1956, JB Peña and his wife moved to the small town of Del Rio, TX, partly for a job as a school superintendent, but mostly to fulfill JB's dream of joining the prestigious, all-white Del Rio Country Club. So when JB is rejected on the basis of his skin color, he is devastated. With little experience and even fewer resources, JB convinces the boys to start their own high school golf team, starting them all on a journey where they learn that it takes more than just golf skills to make history. Based on *Mustang Miracle* by Humberto G. Garcia. **1h 52m**

SEPT. 20th | Drama | R |



Hillbilly Elegy (2020)

Based on the bestselling memoir by J.D. Vance, *Hillbilly Elegy* is a modern exploration of the American Dream and three generations of an Appalachian family as told by its youngest member, a Yale Law student forced to return to his hometown. **1h 56m**

SEPT. 27th | Documentary | Not Rated |

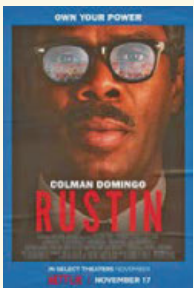


Tea with Dames (2018)

Spend a delightfully bawdy afternoon with four legends of British stage and cinema - Maggie Smith, Judi Dench, Eileen Atkins and Joan Plowright - as they spill the tea on life, love and art. They are longtime friends who invite viewers to join them for a weekend in the country as they catch up with one another, reminisce, and share their candid, delightfully irreverent thoughts on everything from art to aging to love to a life lived in the spotlight. **1h 23m**

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

OCT. 4th | Drama/Biography/History | PG-13 |



Rustin (2023)

The architect of 1963's momentous March on Washington, Bayard Rustin was one of the greatest activists and organizers the world has ever known. He challenged authority, never apologized for who he was, what he believed, or who he desired. And he did not back down. The Reverend Martin Luther King Jr., Adam Clayton Powell Jr., and Ella Baker, dared to imagine a different world, and inspired a movement in a march toward freedom. **1h 48m**



**FRIDAY, OCTOBER 11TH
12:00 p.m.**

**TOLLES PARSONS CENTER
ANNIVERSARY EVENT**

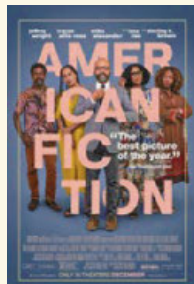
OCT. 18th | History/Drama/Sports/Biography | PG-13 |



Boys in the Boat (2023)

The Boys in the Boat is a sports drama based on the #1 New York Times bestselling non-fiction novel. The film, directed by George Clooney, is about the 1936 University of Washington rowing team that competed for gold at the Summer Olympics in Berlin. This is an inspirational true story. **2h 4m**

OCT. 25th | Comedy/Drama | R |



American Fiction (2024)

American Fiction confronts our culture's obsession with reducing people to outrageous stereotypes. Jeffrey Wright stars as Monk, a frustrated novelist who's fed up with the establishment profiting from "Black" entertainment that relies on tired and offensive tropes. To prove his point, Monk uses a pen name to write an outlandish "Black" book of his own, a book that propels him to the heart of hypocrisy and the madness he claims to disdain. **1h 57m**

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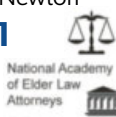
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WELLESLEY COUNCIL *on* AGING

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Monday, Tuesday, Thursday, Friday
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Wednesday Extended Hours

(April 3rd - September 18th)
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The COA occasionally schedules events and/or trips outside of normal business hours.

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COA Activities

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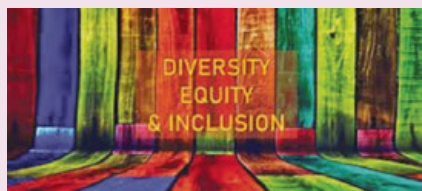
Scan the QR code, or pick up a paper copy available at the COA.

Diversity, Equity & Inclusion Community Survey

Do Wellesley residents and stakeholders have equal opportunity?

Does everyone feel a sense of belonging?

Wellesley is a community that highly values diversity, human dignity and respect for all individuals. In order to demonstrate Wellesley's commitment and help establish a more welcoming Town, the Select Board created the Wellesley DE&I Initiative. This survey is one of the components of the Initiative.



Your voice is very important to helping Wellesley create and maintain environments of fair treatment, equal opportunity, belonging and inclusion for all residents and stakeholders. Thank you for taking this survey