



# Saint Patrick's Day Luncheon

March

17



The St. Patrick's Day luncheon is graciously provided by the Campana Fund established by Richard Campana for the enrichment of Wellesley Seniors.



THE EXPERTS IN MYSTERY ENTERTAINMENT

## WHODUNIT

In partnership with  
The Murder Mystery Co.,  
The Wellesley Council on Aging  
presents a special luncheon  
and Murder Mystery

April 1st

12:00 p.m.  
Cost: \$30



SEE PAGE 2 FOR REGISTRATION INFORMATION.

Wellesley Residents Registration Starting February 25, 2025

Non-Wellesley Residents Registration Starting February 26, 2025



## Wellesley Council on Aging Staff

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**Dana Wilson, Bus Driver**

**Jeanie Clark, Bus Driver**

**Jerome Gafe, Bus Driver**

**Dawnmarie Cole, Custodian FMD**

## Wellesley COA Board of Directors

**Kathleen Vogel, Chair**

**Marlene Allen, Vice Chair**

**Susan Rosofsky, Co Secretary**

**Corinne Monahan, Co Secretary**

**Patricia Decker**

**Patty Chen**

**Judy Gertler**

**Peter Gape**

**Robert McCarthy**

**Dianne Sullivan**

**Tina Wang**

## COA Board Meeting Dates

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

**Thursday, March 20th at 4:00 p.m.**

**Thursday, April 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.

## Contact Info

781-235-3961

[www.wellesleycoa.org](http://www.wellesleycoa.org)

coa@wellesleyma.gov

## Wellesley COA Mission Statement:

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.

## 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 March/April 2025

### Wellesley Residents:

Starting Tuesday,  
**February 25th at 9:00 a.m.**

### Non-Wellesley Residents:

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

All programs require pre-registration unless otherwise noted.

## REGISTER FOR PROGRAMS AT THE COA



**Sign up for programming at the COA right from the comfort of your home**

**myactivecenter.com**

**Takes you to the  
Wellesley COA site to  
register for programs**



**Tolles Parsons Center, 500 Washington St., Wellesley**

**By Phone Call 781-235-3961**



**To all COA Patrons:**

This newly initiated column has been added to the Newsletter to keep our patrons better informed about the work that the COA Board is undertaking on behalf of you "Our Wellesley Seniors". We hope you will enjoy receiving these timely updates in the Newsletter.

There has been renewed and continued interest within the Town for the desire to make the Tolles-Parson's kitchen a reality in 2025. We, as a Board, fully support a "Redo" of the existing kitchen which would enable it to become a viable, working licensed kitchen that would greatly enhance the building's usage for you, our Seniors.

Unfortunately, there has been misinformation circulated causing concerns about changes to COA programming. Be reassured that there will be no changes to existing programming. The FMD has done a feasibility design study that would enable the kitchen to become fully licensed. FMD has included this project in their 2026 budget which would be approved at Town Meeting in March 2025. Then fingers crossed construction would begin. Hooray!!

The other exciting news for all Wellesley Seniors is the COA Board has partnered with the University of Massachusetts Gerontology Institute to conduct a Needs Assessment for all Wellesley residents, 60 and older. On January 10th, the program was outlined and presented to the COA Board. Upon completion of the study, a comprehensive report will be presented to the COA Board. The report will inform the Board when making recommendations to the Town for enhancing and enriching the lives of our patrons. (This meeting may be viewed on YouTube channel-  
<https://youtu.be/za-ymojw09A>)

We hope this gives all patrons an appreciation and awareness of what the COA Board is undertaking on our Seniors' behalf. Please reach out with any questions, concerns, ideas and, yes, even wishes which would enrich your experiences as a Wellesley Senior citizen more rewarding.

**Susan Rosefsky**  
COA Board Secretary



[www.wellesleycoa.org](http://www.wellesleycoa.org)

## COUNCIL ON AGING *Happenings*

### KevTech

**Mondays, March 3rd, 24th and  
April 7th, 28th**

**1:30 p.m.**

**Kevin Figueroa, KevTech**



Join KevTech for hands-on assistance with your iPhone! Whether it's setting up apps, managing contacts, or learning new features, KevTech is here to simplify your smartphone experience. Perfect for seniors looking to stay connected and confident with technology. Sign up today! **Max: 20**

### My Active Center Workshop

**Tuesdays, March 4th**

**and April 1st**

**12:00–1:00 p.m.**



**my active center**

**Michelle Mordan, COA Volunteer**

We are excited to offer a hands-on workshop to help you learn to register for COA programming on-line! During this interactive session, you will learn to set up your profile on the My Active Center website, browse our programming and sign-up for programs from the comfort of your home.

**Registration required. Limit 2 per session.**

### My Active Center Walkthrough w/Pizza

**Wednesday, March 5th**

**1:30 p.m.**

**Hosted by the COA Team and  
the CEO of My Active Center**



Discover the ease of signing up for programs and activities from the comfort of your home with the MyActiveCenter website! Our team is here to demystify and guide you through the on-line sign-up process! Enjoy a slice of pizza during the workshop.

### Author Talk

**Thursday, March 6th**

**1:30 p.m.**

**Mike Bernard, Author, playwright  
and screenwriter**



Mike Bernard is a multi-optioned screenwriter, author and playwright. His work has been recognized internationally in the Academy Nicholl Fellowship, PAGE, ScreenCraft, New York and Los Angeles Screenplay competitions. His 'midlife crisis' writing career began when all his children and all his money went off to college. Mike will present his 'Boston Irish Belt Trilogy' novels: Gaelic and Garlic: A Boston Love Story; The Crossing Guards; and Crossing the Sagamore. The discussion will include local inspirations, writing process, Hollywood screenplay adaptations, Irish Catholic guilt and passive aggressive mothers (definitely not his own).



## The Yellow Dot Program

Monday, March 10th

1:30 p.m.

**Yellow Dot Program,  
Sheriff Patrick McDermott's Office**



The "Yellow Dot" Program helps save lives of senior drivers and other citizens during a car crash by alerting first responders to a yellow decal on the driver's side rear window. The decal signals first responders to check in the glove compartment for the corresponding "Yellow Dot" folder with crucial emergency information to help the victim.

## Square Dancing

Tuesday, March 11th

1:30 p.m.

**Steve Park, Square Dance Caller**



If you remember square dancing in gym class at school, I want to let you know it is not your grandmother's dance any longer. Today's square dance is set to enjoyable music and done at a walking speed (it is not a race). If you like puzzles, solving problems and working with other friends, you will enjoy square dancing. Great exercise for the body and mind!

## Nice and the French Riviera -

**Medieval Villages,  
Contemporary Art, and  
Breathtaking Coastlines**

Wednesday, March 12th

1:30 p.m.

**Barry Pell, World Traveler and Photojournalist**



Join Barry Pell for a program on his recent travels to the Riviera, which stretches along France's southeast Mediterranean coast and rambles into the mountainous Alps. The region got its nickname from vacationing Brits, but to the French it is known for the dazzling azure blue color of the sea - La Côte d'Azur. This sunny sliver of land has been occupied for over three thousand years by different rulers, who left their mark on the landscape, architecture, lifestyle and food. The unique play of light in the region has attracted a legion of artists from Matisse to Picasso for over a century. Barry Pell, the lecturer, lived in Nice for one month and explored and photographed the region's historic palaces, magnificent seafront, and cliff-hanging villages.

## One-On-One Technology Assistance

Tuesdays, March 4th – April 29th

12:30 – 3:30 p.m.

**Lois Clayson,  
Technology Consultant**

**Cost: \$25**



If you need technical assistance with your cell phone, laptop, etc., please call the COA at **781-235-3961** to schedule a 45-minute appointment. Lois has been running her private consulting practice for over 27 years. We are grateful Lois has generously offered her services to the Wellesley Council on Aging members at this significant discount. **Appointments are non-refundable.**

## The Irish in Boston

Thursday, March 13th

1:30 p.m.

**Anthony Sammarco, Author**



Join us for a program given by Anthony Sammarco, who will explore the 19th and 20th century people and institutions that were founded by and for the Irish immigrants and their descendants. Some of the prominent ones are Boston College, Carney Hospital, St. Elizabeth Hospital, the House of the Good Shepherd, the House of the Angel Guardian, and many churches such as the Cathedral of the Holy Cross and Immaculate Conception in Boston's South End. The Irish immigration of the 1840s changed the face of Boston over the ensuing century. Generations of Irish in Boston have contributed to the fabric of the city's life in business, government, and the church.

## Richard Campana Annual St. Patrick's Day Celebration

**Lunch and Musical Performance**

Monday, March 17th

12:00 p.m.

**Matt Wright Trio, Musicians**



Let's gather together to celebrate the heritage and culture of Ireland with a delicious lunch of traditional Irish food and a musical performance by the Matt Wright trio! Matt is a classical guitarist, lutenist, vocalist and guitar teacher who frequently performs around Boston. He and his guest musicians will be playing a variety of traditional instruments and performing Classic Celtic music. This event is generously sponsored by the Richard Campana Fund. **Max. 55. Registration required.**

## Mindfulness with Neil Motenko

**Mondays, March 17th and April 14th**

1:30 p.m.

**Neil Motenko,  
Mindfulness Teacher**



Join Neil Motenko for **A Series on Mindfulness**. Explore fundamentals, manage stress and change, and practice mindfulness through guided, interactive sessions. Each session stands alone – newcomers welcome anytime!

## History of Feminism in Music

**Tuesday, March 18th**

1:30 p.m.

**John Clark, Music Historian**



This program is a 100-year history (1870 to 1970) of the music that played a vital part in American women's struggles for equal status and equal rights. It begins in the late 19th and early 20th centuries with the music of women's suffrage and labor strikes. Next come the early songs of female independence associated with the "flappers" of the Roaring Twenties, like "The Charleston" and "Last of the Red Hot Mamas." And there's lots more, from World War II's Rosie the Riveter to "These Boots Are Made for Walkin'" and modern feminist anthems like "I'm a Woman" and "I Am Woman." You'll hear songs by widely diverse artists including, Sophie Tucker, Joan Baez, Mimi Farina, Aretha Franklin, Peggy Lee, Lesley Gore, Barbra Streisand, Nancy Sinatra, Helen Reddy and country music groundbreakers like Kitty Wells and Loretta Lynn.



**Fire Safety Presentation**  
**Wednesday, March 19th**  
**1:30 p.m.**

**Paul Delaney, SAFE Program Coordinator, Public Education Wellesley Fire Rescue Department**



Join **Lt. Paul Delaney** of the Wellesley Fire Department for essential fire safety tips on topics like smoke/CO detector placement, cooking safety, fire escape plans, space heaters, electrical and battery safety, smoking and home oxygen safety, and the 911 system. A Q&A session will follow. **Don't miss this chance to learn how to keep your home and loved ones safe!**

**Fierce Females: Women in Art, Part III**

**Wednesday, March 19th**

**1:30 p.m.**

**Jane Oneail, Culturally Curious**

**ZOOM**



The art world has long overlooked the groundbreaking contributions of countless talented women. This program shines a spotlight on fierce female artists who defied societal norms and pushed the boundaries of creativity yet remain underappreciated in the annals of art history. The program features a diverse array of artists and media, from the bold expressionist prints of Kathe Kollwitz to ebullient Impressionist paintings by Berthe Morisot. In celebrating these visionary women, we help to redefine artistic greatness for future generations.

**May I Have a Word with You?**

**Thursday, March 20th and**

**April 17th**

**10:30 – 11:30 a.m.**

**Jeff Zupan, COA Patron and Volunteer**



Want to have some fun enjoying the wonders of the English language? Join Jeff Zupan to explore puns, quotes, limericks, witticisms, putdowns and more to take our language to new highs (and lows?)

**The Bard Goes to the Opera**  
**PART III: MacBeth**

**Thursday, March 20th**

**1:30 – 3:00 p.m.**

**Erika Reitshamer, Opera Lecturer**



Join Erika Reitshamer for an opera talk on *Macbeth* by Giuseppe Verdi. The star soprano Anna Netrebko creates a sensation with a riveting performance as the malevolent Lady Macbeth. Zeljko Lucic brings dramatic intensity and vocal authority to the title role of Macbeth, who is driven to murder and deceit by his ambitious wife. Erika 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.

**Aging Well – Downsizing Made Easy**

**Tuesday, March 25th**

**1:30 p.m.**

**Kelly Kurtz, Keller Williams Realty North Central**

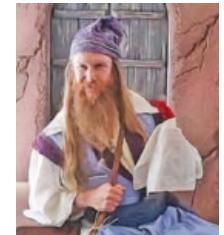


For many seniors, a lifetime of memories and possessions can accumulate into overwhelming clutter, making downsizing decluttering seem like an insurmountable challenge. Our seminar offers guidance and support to seniors seeking to simplify their lives and create spaces that promote peace, functionality, and well-being. This seminar provides a compassionate and practical approach to tackling the emotional and logistical aspects of decluttering and downsizing.

**Ed the Wizard**

**Wednesday, March 26th**

**1:30 p.m.**



Join Ed the Wizard for his "Magic for Seniors." From mind-reading to coins to cards, there will be something magical for all, including the teaching of easy impromptu magic effects that patrons can perform for their grandchildren. Be prepared to be amazed, amused, and possibly volunteer with Ed the Wizard's award-winning performance.

**Muscial Baseball Show**

**Thursday, March 27th**

**1:30 p.m.**

**Howie Newman, Singer-Songwriter**



Performing a unique, interactive and highly entertaining program, local singer-songwriter (and former sportswriter) Howie Newman will sing baseball songs, offer up baseball trivia and tell stories about his days as a sportswriter on the Red Sox beat. Howie covered baseball for the Patriot Ledger, Lowell Sun, Boston Globe and Lynn Item as well as several other newspapers and magazines. **The show also includes a free raffle for a baseball CD and a display of his personal baseball memorabilia.**

**Murder Mystery Luncheon**

**Tuesday, April 1st**

**12:00 p.m.**

**Murder Mystery Company**  
**Ticket Price \$30**



You are cordially invited to partake in an afternoon steeped in mystery and suspense! Join us at the Wellesley Council on Aging for a **Murder Mystery Luncheon**, where shadows of intrigue will dance among the clinking of cutlery and the murmur of alibis. Settle in for a sumptuous meal as a puzzling crime unfolds before your very eyes. Be prepared to deduce, deliberate, and perhaps discover that the culprit is seated closer than you think. Bring your keen wit and sharp instincts, for this luncheon promises not only delicious fare but also a thrilling escapade into the unknown. Spaces are limited, so do RSVP posthaste to secure your seat at the scene of the crime. Dare you dine and deduce? The truth awaits—if you can uncover it! **Max: 30 Registration required.**

## Spiders: Webs and Wonder

Thursday, April 3rd

1:30 p.m.

Tia Pinney, Mass Audubon



While arachnophobia is common, we can learn to embrace our inner arachnophiles! These critical web-weavers play an important role in the ecosystem and deserve our respect and interest. Spiders are beautiful, fascinating, and ecologically important. Learn about spider types, behaviors, biology, and the intricate webs they're famous for. Whether you're trying to overcome your fears or indulging in your fascination, this program will weave a captivating case for the humble spider.

## Heart to Home Meals

Tuesday, April 8th

1:30 p.m.

Richard Rogers,  
Heart to Home Meals



Join Richard Rogers of Heart to Home Meals to learn more about brain health and nutrition! Richard was standing in front of a gas oven in his restaurant when it exploded, causing a traumatic loss of memory and cognitive impairment. He dealt with it in a way that made it possible to continue working in his business, doing what he loves best, cooking. Richard, "The Forgetful Chef," speaks with groups, providing hope to others with a serious, sentimental, and humorous look at this issue. Relating his experience in regaining much of his cognitive abilities and memory function, he discusses the latest information on how to improve brain health at any age.

## M&T Bank – Identity Theft and Identity Fraud

Thursday, April 10th

1:30 p.m.

Sharmila Roy, Relationship  
Banker, M&T Bank Wellesley Branch



Join Sharmila Ray for an engaging session on identity theft and identity fraud. Seniors are extremely vulnerable to financial exploitation and are increasingly being targeted by professional fraudsters. Learn about the tactics scammers use to safeguard yourself against these threats and help you identify scams to protect yourself from theft.

## Exploring the Sky Islands

Monday, April 14th

1:30 p.m.

Joy Marzolf, Joys of Nature



The Sky Islands of Arizona are among the most diverse ecosystems in the world and contain the highest biodiversity in the US. Due to their rapid elevation from the desert below, some areas remain temperate even on the hottest summer days. It is this variety of climate zones, from desert to tropical and temperate climates, that support a vast range of wildlife. This diversity includes over half the bird species of North America, 29 bat species, over 3,000 species of plants, and 104 species of mammals. From the brilliant feathers of the elegant trogon and the camouflage of the tiny whiptail lizard to the striking pattern of the Arizona sister butterfly and the agile coatimundi with its long furry tail, the Sky Islands have many creatures that are rarely seen. See images of some of these rarely seen creatures and learn about current challenges to these Sky Island ecosystems, from climate change to invasive species and more.

## True Story Behind the Lincoln

Assassination

Tuesday, April 15th

1:30 p.m.

Honorable Dennis J. Curran, Retired  
Justice of Massachusetts Superior Court



Many of the commonly-held myths about the murder of our 16th President are utterly false. Although assassin John Wilkes Booth fired the gun that killed the President, there were many fingers on that trigger. The Confederate Secret Service, a foreign bank account, multiple assassins, and an orchestrated underground plot conspired to decapitate the Union government, a plan set in motion many months before the evening of April 14, 1865. The trials of the assassin-conspirators are both riveting and revelatory and shed light on the use of military tribunals versus civilian trials, a debate that continues today.

## Treasures of the Gardner Museum

Wednesday, April 16th

1:30 p.m.

Jane Oneail, Culturally Curious



The Isabella Stewart Gardner Museum in Boston houses an exquisite collection of art spanning centuries and cultures, all displayed in a stunning Venetian-style palazzo. This program offers visitors a glimpse into the fascinating world of Isabella Stewart Gardner, an eccentric patron of the arts who carefully curated every aspect of her eclectic museum. From masterpieces by Rembrandt and Titian to delicate textiles and precious works on paper, the Gardner Museum invites you to explore a captivating blend of art, history, and one woman's extraordinary vision.

## VOLUNTEER CORNER

April is National Volunteer Appreciation Month!



Volunteers are essential to the smooth operation of the COA. From the Community Service Bears and Café and Library Care groups to Serving Lunch, being Greeters, providing Tech Support, riding the

COA Bus, Driving, and Leading Groups, our volunteer's time and commitment to the Wellesley COA and the seniors we serve is greatly appreciated! A volunteer appreciation Special Event will be held in June - detail to come. Please take a moment to thank all our amazing volunteers for all they do for the COA!



## FOUR PART SERIES: Making Sense of the

Arab-Israeli Conflict

Wednesdays, April 16th, 23rd, 30th and May 7th

1:30 p.m.

Rick Tulipano,  
Historian and Author



Many people are understandably bewildered by the strife that swirls around the Jewish state of Israel. This four-part series explains every important aspect of that cultural clash, from its ancient roots right up to the present day.

### PART ONE (1300 B.C.E. – 1948)

Wednesday, April 16th at 1:30 p.m.

Beginning with the creation of Israel over 3,000 years ago, we'll travel through the centuries to examine the development of the Zionist movement, which led directly to the rebirth of Israel in 1948.

### PART TWO (1949 – 1976)

Wednesday, April 23rd at 1:30 p.m.

We will chronicle the crises, controversies, and wars that spurred Israel's growth as a nation, but also intensified international opposition to the Jewish state.

### PART THREE (1977 – 2006)

Wednesday, April 30th at 1:30 p.m.

Covers the peace initiatives that brought hope to millions on both sides of the Arab/Israeli divide. But will also take note of new organizations whose purpose was to thwart peace at all costs.

### PART FOUR (2007 – 2024)

Wednesday, May 7th at 1:30 p.m.

Details the beliefs and actions that have propelled the Arab/Israeli struggle into the 21st century, right down to the horror of October 7th and beyond. As we assess the present-day situation, will sum up the tragic dynamic that stymies all efforts to achieve a just peace.

## The Bard Goes to the Opera

### PART FOUR: Otello

Thursday, April 17th

1:30 – 3:00 p.m.

Erika Reitshamer,  
Opera Lecturer



Join Erika Reitshamer for her opera talk on Verdi's ultimate tragedy, Otello. It is a miraculous union of music and Shakespeare's drama, a masterpiece as profound philosophically as it is thrilling theatrically. Plácido Domingo stars in his greatest role and Renée Fleming is his Desdemona.

## Building Local Resilience and Adaptation to Climate Change in Wellesley

Tuesday April 22nd

1:30 p.m.

Dira Johanif, Senior Climate Resilience Associate



### Concerned about extreme weather and flooding in Wellesley?

Join us to learn how flooding affects our community and hear from Communities Responding to Extreme Weather (C.R.E.W.) and Charles River Watershed Association on how nature-based solutions like planting trees, removing pavement, and creating rain gardens can help protect towns. Get tips on emergency preparedness, connect with neighbors to share your flood solution ideas, and inform local leaders on supporting our community.

## Neve Sahni Vocal Performance

Thursday, April 24th

1:15 p.m.

Neve Sahni, Dana Hall High School Student



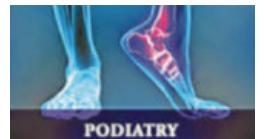
Join us for a vocal performance by Neve Sahni, a sophomore at The Dana Hall School in Wellesley. Neve has been singing for six years and is a member of the Premier Choir within The Boston Children's Chorus. She attended a vocal program over the summer at The Boston Conservatory at Berklee College to gain deeper musical knowledge and expand her repertoire. The performance will comprise a variety of music, including classical, baroque era, and American art songs. Neve loves to sing and enjoys sharing her passion with other people.

## Podiatry Clinic

Friday, April 25th

9:15 a.m. - 12:00 p.m.

Dr. Alissa Kuizinas, Podiatrist



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

## The Inspiring Story of Doc Pomus

Tuesday, April 29th

1:30 p.m.

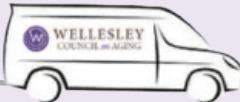
Frank King, former WBUR Radio Host



In his next music lecture, Frank King will tell the heartbreak story of unknown composer Doc Pomus (Jerome Felder), who fought crippling adversity to become one of our most prolific and celebrated songwriters. Also included: the story behind three big hits from 1953; one of the most infamous moments in the history of American broadcasting, featuring Arthur Godfrey and Julius LaRosa; a lovely "September Song" medley; the beautiful "lost" ballad from "Peter Pan"; and more.



# Transportation



## Volunteer Driver Program

Now accepting rides. Please note that booking availability is limited and whenever possible rides should be made at least 5 business days in advance. Staff will make every effort to accommodate all requests, however, the program depends upon volunteer availability. To schedule a ride or get further details, please contact Kathy Savage at the COA at **781-235-3961** or [ksavage@wellesleyma.gov](mailto:ksavage@wellesleyma.gov).

## 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, and are provided on a **first come first served** basis. Service hours are **Monday-Friday from 6:45 a.m. – 8:45 p.m.** CatchConnect is a **free** service for WCOA Members until June of 2025.

Current service areas include:

- All addresses within Wellesley
- Waban MBTA Green Line Station
- Newton Wellesley Hospital
- Natick Community Center

- Woodland MBTA Green Line Station
- And more locations coming soon!

To get started with this program, either download the MWRTA CATCH app on your smartphone or call **508-283-5083**. If you have any questions, please email [info@mwrtacom](mailto:info@mwrtacom).

## 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 Parsons Center. Fares are charged each way. To learn more about this shuttle service, please contact the MWRTA 508-820-4650. This service is **free of charge** for WCOA Members.

## Special Shopping Trips

To receive announcements about these trips, you can either subscribe to our e-news blast or call the Wellesley Council on Aging at 781-235-3961 to inquire about the schedule and locations of upcoming trips. **Are there any local shopping destinations you would be interested in going to?** Please send your suggestions to Kathy Savage, [ksavage@wellesleyma.gov](mailto:ksavage@wellesleyma.gov) or call **781-235-3961**.



## BEWARE OF MEDICARE FRAUD AND SCAMS

With approximately 67 million beneficiaries on Medicare, and the number consistently growing, more seniors are suspected to be victims of Medicare fraud and abuse. Remember that Medicare will never unexpectedly call, text, or email you. False billing and offering free products are some of the most common Medicare scams. Learn to protect yourself by following a few easy steps:

1. Do not give out your Medicare number or any personal information such as your Social Security number.
2. Routinely check your Medicare statements or your Medicare summary notice to make sure charges are accurate.
3. Call the Senior Medicare Patrol office (**1-800-892-0890 x1352**) to report any fraud or get help with your situation.
4. If you think a call might be real, hang up and call **1-800-MEDICARE (1-800-633-4227)** to check.

Remember SHINE counselors are available year-round to assist with all of your Medicare needs including screening for assistance programs, reviewing claims, and much more. To schedule a SHINE appointment, call your local Senior Center. For other SHINE-related questions, call **1-800-243-4636** (option 4) to be connected



with our regional voicemail line. A volunteer will call you back.



# COA LUNCH

**Meals are \$6 for Wellesley residents and \$12 for non-Wellesley 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.**

March	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-4-	-5-	-6-	-7-
	Slicked Turkey, Bacon, Cheddar Cheese, Avocado with Lettuce, Tomato & Chipotle Mayo on Baked Baquettine & a Chocolate Chip Cookie	Prosciutto, Mozzarella, Tomatoes, Basil, Roasted Peppers with Olive Oil & Vinegar on Baguettine and Chips	Small Meatball Sub with Chocolate Chip Cookie	Grilled Chicken Breast Wrap with Greens, Feta Cheese, Black Olives, Tomatoes, Cucumbers & Balsamic Dressing with a Chocolate Chip Cookie
	<b>-11-</b>	<b>-12-</b>	<b>-13-</b>	<b>-14-</b>
	Gyro Salad (Lamb Meat, Feta Cheese, and Tzatziki Sauce) & a Brownie	Chicken Broccoli Alfredo & a Chocolate Chip Cookie	Roast Beef Sandwich on a Roll with Small Tossed Salad & Chips	Grilled Chicken with Rice and Vegetable Mix & a Chocolate Chip Cookie
	<b>-18-</b>	<b>-19-</b>	<b>-20-</b>	<b>-21-</b>
	Turkey, Cheddar Cheese, Cucumber, Tomatoes on Wheat Bread & a Cookie	Ham, Deli Mustard, Swiss Cheese, Tomato, and Caramelized Onions on a Soft Croissant & a Cookie	Cranberry Chicken Wrap & a Cookie	Grilled Marinated Chicken, Romaine, Roasted Red Peppers, Red Onions, Hummus, Lemon Oregano on Focaccia Bread & a Cookie
	<b>-25-</b>	<b>-26-</b>	<b>-27-</b>	<b>-28-</b>
	Salmon Salad Plate & Cornbread	Baked Haddock with Herb Stuffing & Honey Glazed Carrots	Salmon Croquettes, Cornbread & Green Beans	Fish Cake, Rice Pilaf & Cornbread
April	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-1-	-2-	-3-	-4-
	NO LUNCH	Vegetable Omelette with a Chocolate Chip Cookie	Sweet Italian Sausage with Mozzarella/Romano Cheese Focaccia Sandwich and Chips	Greek Salad with Steak Tips and a Cookie
	<b>-8-</b>	<b>-9-</b>	<b>-10-</b>	<b>-11-</b>
	Chicken Lemon Rice Soup, Spinach Feta Quiche, Plain Croissant & a Chocolate Chip Cookie	Vegetarian Split Pea Soup, Roasted Chicken with Lettuce and Tomato & a Pumpkin Muffin	Chicken Tarragon Sandwich with Lettuce and Tomato, Chicken Noodle Soup & a Chocolate Chip Cookie	Chicken Vegetable and Broccoli Quiche & a Chocolate Chip Cookie
	<b>-15-</b>	<b>-16-</b>	<b>-17-</b>	<b>-18-</b>
	Chicken Parmigiana with Ziti and Side Tossed Salad	Seafood Salad with a Chocolate Cookie	Spaghetti & Meatballs, Small Side House Salad with Italian Dressing	Chicken Gyro & Baklava
	<b>-22-</b>	<b>-23-</b>	<b>-24-</b>	<b>-25-</b>
	Baked Haddock with Herb Stuffing & Honey Glazed Carrots	Herb & Mustard Crusted Salmon Loaf, Whipped Potatoes, and Peas & Carrots	Fish Cake, Rice Pilaf & Cornbread	Salmon Croquettes, Cornbread & Green Beans
	<b>-29-</b>	<b>-30-</b>	<b>-MAY 1-</b>	<b>-MAY 2-</b>
	Full Isabella Sandwich on Whole Wheat & a Cookie	Maple Glazed Turkey Breast, Honey Baked Ham, Sharp Cheddar Cheese, BLT & Blue Cheese Dressing with a Chocolate Chip Cookie	Turkey, Bacon, Cheddar Cheese, Avocado with Lettuce, Tomato & Chipotle Mayo on Whole Wheat Wrap and Chips	White Chicken Salad, Mixed Field Greens, Tomatoes, Cucumbers & a Chocolate Chip Cookie

# MARCH 2025 Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>-3-</b>  9:15 Fit for Life 10:30 Core and More 1:30 KevTech 2:30 Chair Yoga	<b>-4-</b>  9:15 Seated Strength and Balance 10:00 Experienced Knitting 11:00 Social Connections 12:00 My Active Center Workshop 1:00 All Abilities Knitting  <b>VOTING DAY AT THE COA</b>	<b>-5-</b>  9:15 Hi Low Fitness 10:00 Keep Well Clinic 12:00 Cardio Dance and Strength – LaBlast 1:00 World History Book Discussion 1:30 My Active Center Walkthrough 2:00 Men in Retirement	<b>-6-</b>  9:15 Seated Strength and Balance 10:00 Pilates 10:30 Tai Chi 1:30 Mike Bernard Author Talk 2:00 Women in Retirement	<b>-7-</b>  9:15 Yoga for Better Balance 1:15 Movie: Cabrini 
<b>-10-</b>  9:15 Fit for Life 10:30 Core and More 10:30 Photography Club 12:00 All Levels Yoga 1:30 Yellow Dot Program 2:30 Chair Yoga	<b>-11-</b>  9:15 Seated Strength and Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 1:30 Square Dancing	<b>-12-</b>  9:15 Hi Low Fitness 12:00 Cardio Dance and Strength – LaBlast 1:00 Great Poems Discussion 1:30 The French Riviera 2:00 Men in Retirement	<b>-13-</b>  9:00 Coffee and Donuts with Wellesley Police 9:15 Seated Strength and Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Tai Chi 12:30 Tell Us What You're Reading 1:30 The Irish in Boston 2:00 The Afternoon Discussion Group	<b>-14-</b>  9:15 Yoga for Better Balance 1:15 Movie: Queen Bees 
<b>-17-</b>  12:00 Richard Campana Annual St. Patrick's Day Luncheon  1:30 Watercolor for All Session One 1:30 Mindfulness with Neil Motenko	<b>-18-</b>  9:15 Seated Strength and Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 1:30 History of Feminism in Music	<b>-19-</b>  9:15 Hi Low Fitness 10:00 Keep Well Clinic 1:00 Shakespeare Discussion 1:30 Fire Safety Presentation 1:30 Fierce Females: Women in Art, Part III 2:00 Men in Retirement	<b>-20-</b>  9:15 Seated Strength and Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Tai Chi 10:30 May I Have a Word w/You? 1:00 Bingo 1:30 The Bard Goes to the Opera Part Three: MacBeth 2:00 Women in Retirement 4:00 COA Board Meeting	<b>-21-</b>  9:15 Yoga for Better Balance 10:00 Beadable Pens 1:15 Movie: I Am Woman 
<b>-24-</b>  9:15 Fit for Life 10:30 Core and More 10:30 Photography Club 12:00 All Levels Yoga 1:30 Watercolor for All Session One 1:30 KevTech 2:30 Chair Yoga	<b>-25-</b>  9:15 Seated Strength and Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 11:00 Social Connections 1:00 All Abilities Knitting 1:30 Downsizing Made Easy	<b>-26-</b>  9:15 Hi Low Fitness 12:00 Cardio Dance and Strength – LaBlast 1:00 American Literary Classics Book Discussion 1:30 Ed the Wizard 2:00 Men in Retirement	<b>-27-</b>  9:15 Seated Strength and Balance 9:15 All Levels Yoga 10:00 Pilates 10:30 Tai Chi 1:30 Musical Baseball Show 2:00 The Afternoon Discussion Group	<b>-28-</b>  9:15 Yoga for Better Balance 1:15 Movie: Will and Harper 
<b>-31-</b>  9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga 1:30 Watercolor for All Session One 2:30 Chair Yoga	<p>The Wellesley COA celebrates the diversity of our community and welcomes people of all abilities, gender identities, races, religions, and ethnicities</p> 		<p>See Back Cover For Drop In Activities not reflected in the calendar.</p> 	

# APRIL 2025 Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>VIRTUAL</b> <b>IN PERSON</b>	<b>-1-</b> <b>9:15</b> Seated Strength and Balance <b>10:00</b> Experienced Knitting <b>11:00</b> Social Connections <b>12:00</b> My Active Center Workshop <b>12:00</b> Murder Mystery Luncheon  <b>1:00</b> All Abilities Knitting	<b>-2-</b> <b>8:00</b> Trip to Mohegan Sun Casino <b>9:15</b> Hi Low Fitness <b>10:00</b> Keep Well Clinic <b>12:00</b> Cardio Dance and Strength – LaBlast <b>1:00</b> World History Book Discussion <b>2:00</b> Men in Retirement	<b>-3-</b> <b>9:15</b> Seated Strength and Balance <b>9:15</b> All Levels Yoga <b>10:00</b> Pilates <b>10:30</b> Tai Chi <b>1:30</b> Spiders: Webs and Wonders <b>2:00</b> Women in Retirement	<b>-4-</b> <b>1:15</b> Movie: You Gotta Believe 
<b>-7-</b> <b>9:15</b> Fit for Life <b>10:30</b> Core and More <b>12:00</b> All Levels Yoga <b>1:30</b> Watercolor for All Session One <b>1:30</b> KevTech <b>2:30</b> Chair Yoga	<b>-8-</b> <b>9:15</b> Seated Strength and Balance <b>9:15</b> Yoga for Better Balance <b>10:00</b> Experienced Knitting <b>11:00</b> Social Connections <b>1:00</b> All Abilities Knitting <b>1:30</b> Heart to Home Meals	<b>-9-</b> <b>9:15</b> Hi Low Fitness <b>12:00</b> Cardio Dance and Strength – LaBlast <b>1:00</b> Great Poems Discussion <b>2:00</b> Men in Retirement	<b>-10-</b> <b>9:15</b> Seated Strength and Balance <b>9:15</b> All Levels Yoga <b>10:00</b> Pilates <b>10:30</b> All About Honey <b>10:30</b> Tai Chi <b>12:30</b> Tell Us What You're Reading <b>1:30</b> M&T Bank Identity Theft & Identity Fraud <b>2:00</b> The Afternoon Discussion Group	<b>-11-</b> <b>9:15</b> Yoga for Better Balance <b>1:15</b> Movie: Joy 
<b>-14-</b> <b>9:15</b> Fit for Life <b>10:30</b> Core and More <b>10:30</b> Photography Club <b>12:00</b> All Levels Yoga <b>1:30</b> Exploring the Sky Islands <b>1:30</b> Watercolor for All Session Two <b>1:30</b> Mindfulness with Neil Motenko <b>2:30</b> Chair Yoga	<b>-15-</b> <b>9:15</b> Seated Strength and Balance <b>9:15</b> Yoga for Better Balance <b>10:00</b> Experienced Knitting <b>11:00</b> Social Connections <b>1:00</b> All Abilities Knitting <b>1:30</b> True Story Behind the Lincoln Assassination	<b>-16-</b> <b>9:15</b> Hi Low Fitness <b>10:00</b> Keep Well Clinic <b>12:00</b> Cardio Dance and Strength – LaBlast <b>12:30</b> Felted Egg <b>1:00</b> Shakespeare Discussion <b>1:30</b> Making Sense of the Arab-Israeli Conflict <b>1:30</b> Treasures of the Gardner Museum <b>2:00</b> Men in Retirement	<b>-17-</b> <b>9:15</b> Seated Strength and Balance <b>9:15</b> All Levels Yoga <b>10:00</b> Pilates <b>10:30</b> Tai Chi <b>10:30</b> May I Have a Word w/You? <b>1:00</b> Bingo <b>1:30</b> The Bard Goes to the Opera Part Four: Otello <b>2:00</b> Women in Retirement <b>4:00</b> COA Board Meeting	<b>-18-</b> <b>9:15</b> Yoga for Better Balance <b>1:15</b> Movie: Conclave 
<b>-21 -</b> <b>Council on Aging is CLOSED NO ACTIVITIES</b>	<b>-22-</b> <b>9:15</b> Seated Strength and Balance <b>9:15</b> Yoga for Better Balance <b>10:00</b> Experienced Knitting <b>11:00</b> Social Connections <b>1:00</b> All Abilities Knitting <b>1:30</b> Building Local Resilience and Adaptation to Climate Change	<b>-23-</b> <b>9:00</b> Wellesley Registration <b>9:15</b> Hi Low Fitness <b>12:00</b> Cardio Dance and Strength – LaBlast <b>1:00</b> American Literary Classics Book Discussion <b>1:30</b> Making Sense of the Arab-Israeli Conflict <b>2:00</b> Men in Retirement	<b>-24-</b> <b>9:00</b> Non-Wellesley Registration <b>9:15</b> Seated Strength and Balance <b>9:15</b> All Levels Yoga <b>10:00</b> Pilates <b>10:30</b> Tai Chi <b>1:15</b> Neve Sahni Vocal Performance <b>2:00</b> The Afternoon Discussion Group	<b>-25-</b> <b>9:00</b> Coffee and Donuts with Wellesley Police <b>9:15</b> Yoga for Better Balance <b>9:15</b> Podiatry Clinic <b>1:15</b> Movie: Reagan 
<b>-28 -</b> <b>9:15</b> Fit for Life <b>10:30</b> Core and More <b>10:30</b> Photography Club <b>12:00</b> All Levels Yoga <b>1:30</b> Watercolor for All Session Two <b>1:30</b> KevTech <b>2:30</b> Chair Yoga	<b>-29 -</b> <b>9:15</b> Seated Strength and Balance <b>10:00</b> Experienced Knitting <b>11:00</b> Social Connections <b>1:00</b> All Abilities Knitting <b>1:30</b> The Inspiring Story of Doc Pomus	<b>-30 -</b> <b>9:15</b> Hi Low Fitness <b>12:00</b> Cardio Dance and Strength – LaBlast <b>1:30</b> Making Sense of the Arab-Israeli Conflict <b>2:00</b> Men in Retirement	<b>Monday, May 5</b> <b>1:30</b> Watercolor for All! Session Two	<b>Monday, May 12</b> <b>1:30</b> Watercolor for All! Session Two
			<b>Wednesday, May 7</b> <b>1:30</b> Making Sense of the Arab-Israeli Conflict	



# Fitness ONLINE AND IN PERSON

**ALL CLASSES \$5.00**



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

Class Capacity is set by the instructor.

Waitlists are not available for Pre-Paid exercise class.

**Fit for Life** is a 60-minute in-person fitness class led by **Jane Golder**, designed to help you stay active and ready for everyday life. It focuses on:

- **Cardio** for heart health
- **Strength** for muscles and bones
- **Balance, agility, and coordination**
- **Core and flexibility** to maintain your ability to perform daily activities



With a **maximum of 20 participants**, this class ensures personalized attention and fun, engaging exercises for older adults aiming to stay fit and healthy.

**Core and More** is a 45-minute in-person class led by **Jane Golder**, designed to strengthen core muscle groups and improve posture. The class includes exercises that:

- Strengthen the **abdomen** and **back** muscles
- Increase **flexibility**
- Use props like squishy balls, resistance bands, light weights, and chairs
- Incorporate **bodyweight exercises** for safe muscle lengthening



The class also focuses on strengthening the **legs, back, glutes, and abdominals**, promoting better posture, balance, and pain relief.

Some mat work is involved, and participants are encouraged to wear **grippy socks** (shoeless). The class has a **maximum of 17 participants** for focused attention.

**All Levels Yoga** is a slow-paced Vinyasa Flow class that blends breath, movement, and alignment, suitable for both beginners and intermediate participants.

Key features include:

- Focus on improving **balance, flexibility, and strength** in everyday life
- Participants should be able to move from a **supine to a standing** position comfortably
- Led by certified instructor **Peter Kelly** (E-RYT 200)
- Classes are **60 minutes**, held twice a week on **Mondays and Thursdays**
- **Maximum of 20 participants**, ensuring personalized guidance and attention



This in-person class emphasizes both physical health and having fun!

**Chair Yoga** with **Rebecca Reber** is an online class conducted via Zoom, focusing on gentle movements that benefit both body and mind. Here's what to expect:

- Begins with a **calming meditation**
- Incorporates **breathwork** and **gentle movements** to enhance **strength, balance, and flexibility**
- Ends with **Savasana** (relaxation pose)
- Suitable for both beginners and experienced practitioners
- Accessible and convenient through **Zoom**, allowing **up to 50 participants**



This class offers a great way to stay active and centered from the comfort of your home.

**Seated Strength and Balance** is a 45-minute online class, perfect for individuals of all fitness levels and abilities. Led by **Pearl Pressman**, this class includes:

- A thorough **warm-up** for joints and muscles
- **Strength training** and **balance exercises** using:
  - Hand weights
  - Resistance bands
  - Bodyweight exercises
- Classes are held **twice a week on Tuesdays and Thursdays** via Zoom
- Suitable for **up to 50 participants**



This seated class ensures a safe and effective workout for improving strength and balance, all from the comfort of home.

**Hi-Low Fitness** with **Lourdes Fournier** is a low-impact, 45-minute in-person workout designed to energize your active lifestyle. The class features:

- A variety of exercises focusing on **total body strength** and **cardio endurance**
- A **chair** is available for seated or standing support
- The class includes:
  - **Warm-up**
  - **Cardio endurance** exercises
  - **Strength training** using hand-held weights and resistance bands
  - **Cool down and stretching**



With a **maximum of 20 participants**, this class is ideal for those looking for a balanced, low-impact workout to maintain strength and fitness.

### **Cardio Dance and Strength — LaBlast!**

with **Karen Karten** is a fun, low-impact dance fitness class that incorporates weight training. Key features of the class include:

- 60 minutes of dancing and strength exercises
- Simple steps based on popular dances like:
  - Disco
  - Salsa
  - Foxtrot
  - Swing
- A wide range of music genres to keep the workout lively and enjoyable
- No prior dance experience or dance partner is needed



With a **maximum of 23 participants**, this in-person class offers a fun way to get fit and stay active while dancing to a variety of music styles.

**Pilates** with **Lisa Wilkins** is an online Zoom class designed to improve flexibility, strength, and endurance.

Key features include:

- Led by Lisa Wilkins, who has over 25 years of fitness instruction experience
- Focuses on:
  - Alignment
  - Breathing techniques
  - Developing a strong core
- Enhancing coordination and balance
- Pilates, when practiced consistently, improves flexibility, strength, and control throughout the entire body
- Conducted via Zoom, with a **maximum of 50 participants**



This class suits people of all ages and abilities, making it a versatile way to achieve fitness goals from home.

**Yoga for Better Balance** Join **Cyndi Koss** for a beginner-friendly yoga class designed to help you build strength, stability, and better balance. Perfect for newcomers to yoga or anyone seeking to move with more confidence.



- **Benefits:** Strengthen your body, enhance balance, and ease stiffness. Gentle, mindful movements help relieve stress and boost energy levels.
- **Who Can Join:** Great for beginners or those wanting to improve mobility. Participants must be able to transition from standing to the mat and back again.
- **Capacity: Limited to 18 participants**

**Tai Chi** returns to the Wellesley COA with martial arts instructor **Jim True** leading this 45-minute in-person class. Jim has nearly 50 years of experience in tai chi and brings a fun, relaxed, informative and well-balanced curriculum of Tai Chi and Qigong to every class. Key features of the class include:



- A flow of slow-motion movements and postures to benefit better balance, mobility, and coordination
- Mind-body exercise that combines movements, meditation and deep breathing
- The class will be Yang Style and focus on the Yang short form, the eight pieces of silk brocade and Qigong energy flow
- **Capacity: Limited to 18 participants**



# ART CLASSES/WORKSHOPS/GROUPS *In Person*

## ART: Watercolor for All!

**Session One:** Mondays, March 17th, 24th, 31st and April 7th



**Session Two:** Mondays, April 14th, 28th and May 5th, 12th

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: Beadable Pens Class

**Friday, March 21st**

10:00 – 11:00 a.m.



**Instructor:** Joyce Creiger

**Cost:** \$15

Join Joyce Creiger for this fun and creative class where you will customize and personalize your own pens. These decorative writing instruments will jazz up your desk supplies and are wonderful gifts too! All materials will be provided. **Max: 12**

## WORKSHOP: All About Honey

**Thursday, April 10th**

10:00 - 11:30 a.m.



**Instructor:** Land's Sake Farm

**Cost:** \$5

Learn all about the science behind honey: from the community of insects who make it, to how to best store and use it in the kitchen! This workshop will include a discussion of beekeeping, a honey taste test, and communal creations of a few honey-centric recipes. Participants will take home a jar of infused honey at the end of the workshop. **Max: 15**

## The Wellesley COA Welcomes New Members

- Exercise classes
- Technology
- Movie screenings
- Ping pong
- Walking groups
- Mah-Jongg
- Pool (billiards)
- Educational lectures
- Seasonal events
- Arts & crafts
- Card games
- Book clubs

**HELLO THERE!**

*New Member*

## ART: Felted Egg Class

**Wednesday, April 16th**

12:30 p.m. – 3:30 p.m.



**Instructor:** Elizabeth Stubbs

**Cost:** \$30

Spring is coming soon! And with it, joyful celebration. In many cultures, eggs are symbolic of this season of rebirth. Join Elizabeth Stubbs for an afternoon of creating beautiful, felted eggs out of soft, colorful, unspun sheep's wool and if you wish, beads. Each participant will be able to complete at least one egg, and will take home materials for a few more. **Max: 12**

## CLASS: Knitting

**Tuesdays, March 4th – April 29th**

**Experienced Knitting:** 10:00 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

**Mondays, March 10th, 24th**



**and April 14th, 28th**

**10:30 a.m. – 12:00 p.m.**

**Photo Credit:** Terry Horrigan, COA Photo Club

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!



**HOST: Terry Catchpole** These discussion groups are highly interactive sessions, with all participants invited to participate. No special knowledge is required. A great way to enjoy lively conversations with your neighbors!

### **GROUP: World History Book Discussion**

**Wednesdays, March 5th and April 2nd**

**1:00 – 2:30 p.m.**

**Facilitators: COA Volunteers, Terry Catchpole and Stephen Maire**

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

- **March 5, 2025** – *The Naked Neanderthal – A New Understanding of the Human Creature*, by Ludovic Slimac (208 pages)
- **April 2, 2025** – *Unsinkable – Five Men and the Indomitable Run of the USS Plunket*, by James Sullivan (416 pages)
- **May 7, 2025** – *Paved Paradise - How Parking Explains the World*, by Henry Grabar (368 pages)
- **June 4, 2025** – *The Year 1000 – When Explorers Connected the World and Globalization Began*, by Valerie Hansen (320 pages)



### **GROUP: Great Poems Discussion**

**Wednesdays, March 12th and**

**April 9th**

**1:00 – 2:30 p.m.**

**Facilitator: COA Volunteer, Terry Catchpole**

Come enjoy reading and discussing the finest poems by our most-loved poets! Come celebrate their brilliant language, colorful lives and provocative thought! Coming up:

- **March 12, 2025** – *William Wordsworth, Favorite Poems*, Pages 1–32 (Dover Thrift Edition)
- **April 9, 2025** – *William Wordsworth, Favorite Poems*, Pages 32–63 (Dover Thrift Edition)
- **May 14, 2025** – *John Keats, Lyric Poems*, Pages 1–34 (Dover Thrift Edition)
- **June 11, 2025** – *John Keats, Lyric Poems*, Pages 34–62 (Dover Thrift Edition)



### **GROUP: Shakespeare Discussion**

**Wednesdays, March 19th and April 16th**

**1:00 – 2:30 p.m.**

**Facilitator: COA Volunteer, Terry Catchpole**



Participants read from and discuss works of the world's greatest playwright! Join the fun and celebrate your inner thespian! No expertise required. Coming up:

- **March 19, 2025** – *Pericles*, Acts One and Two
- **April 16, 2025** – *Pericles*, Acts Three, Four and Five
- **May 21, 2025** – *Measure For Measure*, Acts One and Two
- **June 18, 2025** – *Measure For Measure*, Acts Three, Four and Five

### **GROUP: Tell Us What You're Reading Discussion**

**Thursdays, March 13th and April 10th**

**NEW**

**12:30 – 1:30 p.m.**

**Facilitators: COA Volunteers, Polly Conlon and Terry Catchpole**

Participants share their recent reading experiences and recommend books that others will enjoy. No reading assignments! Just talk about what you're reading.



### **GROUP: American Literary Classics Book Discussion**

**Wednesdays, March 26th and**

**April 23rd**

**1:00 – 2:30 p.m.**

**Facilitator: COA Volunteer, Terry Catchpole**

Here's your chance to read (or re-read) that great American play or novel you always wanted to dig into. Participants read favorite passages and join in an engaging, friendly exchange. Coming up:

- **March 26, 2025** – *The Color Purple*, Alice Walker (288 pages)
- **April 23, 2025** – *Fences*, August Wilson (101 pages)
- **May 28, 2025** – *The Long Goodbye*, Raymond Chandler (379 pages)
- **June 25, 2025** – *The Autobiography of Alice B. Toklas*, Gertrude Stein (234 pages)



# PROGRAMS/OUTREACH/RESOURCES

## OUTREACH

NEW

### GROUP: The Afternoon Discussion Group

**Thursdays, March 13th, 27th and April 10th, 24th**  
**2:00 – 3:00 p.m.**

Engaging in stimulating conversation or having a philosophical discussion is the central goal of this facilitated group. Participants are asked to prepare their selected conversation topics to discuss. Respectful conversation only. Please arrive with curiosity and an open mind. Open to all highbrows who are interested in launching this new group. The meetings will take place every other Thursday afternoon. For questions, please contact Kate Burnham, **781-235-3961**. **Please note: RSVP Required, Max 10**

### GROUP: Social Connections

**Tuesdays, March 4th, 11th, 18th, 25th**  
**and April 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, March 5th, 12th, 19th, 26th**  
**and April 2nd, 9th, 16th, 23rd, 30th**  
**2:00 – 3:00 p.m. Open to ALL!**

This group for retired men meets weekly with an open discussion format. Topics can focus on a variety issues such as building up a healthy lifestyle while adapting to changes after the end of a professional role. **All are welcome.**

### GROUP: Women in Retirement

**Thursdays, March 6th, 20th and April 3rd, 17th**  
**2:00 – 3:00 p.m. Open to ALL!**

This group for retired women will discuss ideas to enhance your retirement years while positively navigating life's changes. The meetings are held in an open discussion format giving participants an opportunity to build new connections. **All are welcome.**

### Donuts & Coffee with Wellesley Police

**Thursday, March 13th and**  
**Friday, April 25th**  
**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!

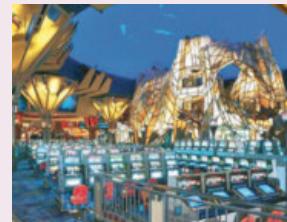
## BUS TRIPS

Trips Depart from  
**219 Washington Street, Wellesley, MA**

### Trip to Mohegan Sun Casino!

**Wednesday, April 2nd**  
**\$39 per person**

Join the Wellesley COA and escape to the magical Mohegan Sun, with 150,000 square feet of non-stop excitement. Try your luck at your choice of nearly 3,000 state-of-the-art slot machines!



Feel the thrill of winning at one of 170 table games like Blackjack, Poker, Baccarat, Sic Bo, Caribbean Stud or Pai Gow Poker! Mohegan Sun Casino also offers you the ultimate in dining and shopping experiences! The trip includes deluxe motorcoach transportation and casino time from 10:00 a.m. to 4:00 p.m. The bus will depart Wellesley at 8:00 a.m. and approximate return time is 5:45 p.m.

**All participants need to be able to independently go up and down stairs. Refunds will not be available after the cut off date of March 26th. Max: 55**

### Kennebunkport Day Trip

**Thursday, June 5th**  
**\$99 per person for Wellesley Residents**  
**\$129 per person for non-Wellesley Residents**

Join the COA for a daytrip to Kennebunkport, ME! First stop is lunch at Mike's Clam Shack in Wells, ME where you will have the choice of lobster, baked haddock or baked stuffed chicken. After a delicious meal we will take a 90 minute guided tour of southern Maine's coastal villages of Kennebunk and Kennebunkport, including Dock Square and Ocean Avenue along the Kennebunk River. The driving tour will also include the Bush Family estate at Walker's Point and you will hear about the seaside Franciscan Monastery, the legend of the elegant Wedding Cake House and the shipbuilding history of these villages. After the tour we will enjoy some free time to shop and stroll in Kennebunkport's quaint shopping village before departing for Wellesley. The bus will depart Wellesley at approximately 9:30 a.m. and return at approximately 6:30 p.m. All participants need to be able to independently go up and down stairs. **Refunds will not be available after the cut off date of April 18th. Max: 55**



**OUR MISSION** is to enrich the lives of Wellesley Citizens aged 60 and over by providing financial support for enhanced facilities, programs, activities, and other needs for the Wellesley Council on Aging.

## Captain Mardens Again Sponsoring Coffee And Tea Service In 2025



**Captain Marden's seafood** restaurant and store is again joining the Friends of the Wellesley Council on Aging to provide free coffee and tea service to all patrons visiting the COA in 2025.

**Captain Marden's** has partnered with the Friends in providing this service for the past three (3) years, enabling visitors to enjoy free coffee and tea in a warm atmosphere for casual and friendly social connections.



## FWCOA 2024 HEALTH FAIR

Wellesley Seniors enjoying the vendor presentations at the Health Fair.



**“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



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel. No. (optional): \_\_\_\_\_ E-Mail (optional): \_\_\_\_\_

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



Donate online at  
[www.wellesleyfriendscoa.org/donate](http://www.wellesleyfriendscoa.org/donate)

Please check:  \$25  \$50  \$100  \$250  Other \$ \_\_\_\_\_

Checks should be made payable to the “Friends of the 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](http://www.wellesleyfriendscoa.org).

*The Friends of Wellesley Council on Aging is a registered 501(c)(3) non-profit charitable organization. Tax ID# 46-2371545*

**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.”

# FRIDAY MOVIES With Marie

Join us on Fridays 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.

NO : 012345

FRIDAY  
**MOVIE**  
TICKET



Fridays 1:15 p.m.

## MARCH/Reel Talk

**MARCH 7th | PG-13 | Biography/History/Drama**



### Cabrini (2024)

This powerful epic of Francesca Cabrini, an Italian immigrant who arrives in New York City in 1889 and is greeted by disease, crime, and impoverished children. Cabrini sets off on a daring mission to convince the hostile mayor to secure housing and healthcare for society's most vulnerable. With broken English and poor health, Cabrini uses her entrepreneurial mind to build an empire of hope. **2h 25m**

**MARCH 14th | PG 13 | Comedy/Romance**



### Queen Bees (2021)

Helen is an independent widow who moves into the Pine Grove Senior Community and discovers that, just like high school, it is full of cliques and flirtatious suitors. What she initially avoids leads her to exactly what she has been missing: new friendships and a new chance for love with newcomer Dan. **1h 40m**

**MARCH 21st | PG-13 | Biography/Music/Drama**



### I Am Woman (2020)

In 1966, single-mother Helen Reddy leaves her old life in Australia for New York and stardom, only to find that the industry doesn't take her seriously. She befriends legendary rock journalist Lillian Roxon, who becomes her closest confidante and inspires Helen to write and sing the iconic song "I Am Woman" which becomes the anthem for the second-wave feminist movement and galvanizes a generation of women to fight for change. **2h**

**MARCH 28th | R | Documentary**



### Will & Harper (2024)

In this intimate portrayal of friendship, transition and America, Will Ferrell and his close friend of thirty years decide to go on a cross-country road trip to explore a new chapter in their relationship. **1h 54m**

## APRIL/Reel Talk

**APRIL 4th | PG | Sport/Drama**



### You Gotta Believe (2024)

The film follows the inspirational true story of a team of Little Leaguers who dedicate their season to a player's dying father and, in the process, defy all odds to make it to the Little League Baseball World Series championship in a game that became an ESPN classic and pushed forward the Little League pitch count rule. **1h 44m**

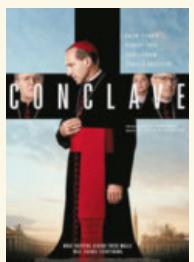
**APRIL 11th | PG-13 | Biography/Drama/History**



### Joy (2024)

Spanning from 1968 to 1978, the film will follow three trailblazers facing opposition from the church, state, media and medical establishment, in their pursuit of the world's first 'test tube baby', Louise Joy Brown. The three figures are a young nurse, a visionary scientist and an innovative surgeon. **1h 54m**

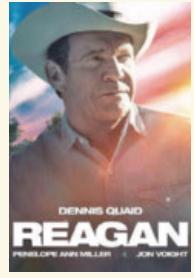
**APRIL 18th | PG | Thriller/Mystery**



### Conclave (2024)

Cardinal Lawrence (Ralph Fiennes) is tasked with running this covert process after the "unexpected death of the beloved Pope. Once the Catholic Church's most powerful leaders have gathered from around the world and are locked together in the Vatican halls, Lawrence uncovers a trail of deep secrets left in the dead Pope's wake—secrets which could shake the foundations of the Church. **2h**

**APRIL 25th | PG-13 | Drama/History**



### Reagan (2024)

From dusty small-town roots, to Hollywood, and then commanding the world stage, REAGAN is a cinematic journey of overcoming the odds. Told through the voice of Viktor Petrovich, a former KGB agent whose life becomes inextricably linked with Ronald Reagan's when Reagan first caught the Soviets' attention as an actor. Dennis Quaid's portrayal of Reagan offers a profound exploration of the enduring impact of the power of one man. **2h 21m**



500 Washington Street  
Wellesley, MA 02482



## SHINE Serving the Health Insurance Needs of Everyone.

Shine Counselors provide information, counseling and assistance regarding health insurance and health benefits options, free of charge or obligation to elders, age 65 and over, that have Medicare.

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Appointment sign up by calling the COA for available dates.

### Hours of Operation:

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

The COA occasionally schedules events and/or trips outside of normal business hours.

781-235-3961  
[www.wellesleycoa.org](http://www.wellesleycoa.org)



## 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** Monday - Friday 9 a.m. - 4 p.m. unless otherwise noted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:00 - 4:00</b> Billiards	<b>9:00 - 12:30</b> Card/Game/Billiards	<b>9:00 - 11:30</b> Community Service Bears	<b>9:00 - 12:30</b> Card/Game/Billiards	<b>9:00 - 4:00</b> Billiards
<b>9:00 - 12:30</b> Card/Games	<b>10:00 - 12:00</b> Billiards Match	<b>9:00 - 12:30</b> Bridge Group	<b>10:00 - 12:00</b> Billiards Practice	<b>9:15 - 10:15</b> Walking Group
<b>9:15 - 10:15</b> Walking Group	<b>12:30 - 4:00</b> Cribbage Groups	<b>9:00 - 4:00</b> Card/Game/Billiards	<b>12:30 - 4:00</b> Mah Jongg	<b>Meet at Morses Pond</b>
<b>12:30 - 4:00</b> Ping Pong		<b>9:15 - 10:15</b> Walking Group	<b>1:00 - 3:00</b> BINGO (Third Thursday)	<b>12:30 - 4:00</b> Ping Pong
		<b>10:00 - 11:00</b> (First and Third)	<b>2:00 - 4:00</b> Knitting Group	<b>12:30 - 4:00</b> Mexican Dominoes
		<b>12:30 - 4:00</b> Scrabble Group		<b>1:00 - 3:30</b> Painting