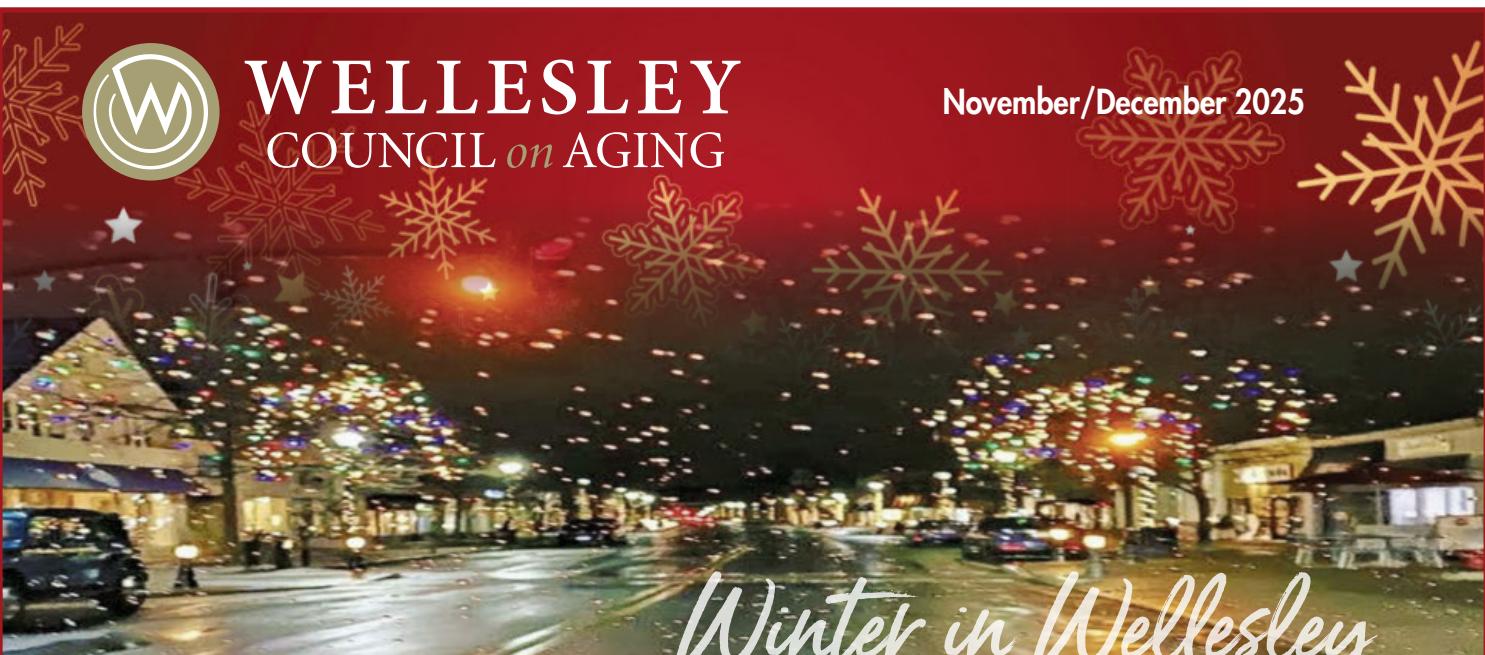




# WELLESLEY COUNCIL *on* AGING

November/December 2025



## *Winter in Wellesley*

**A Message to Our Community** As the season of gratitude and celebration arrives, we thank you—our patrons, volunteers, and neighbors—for making the Tolles Parsons Center a place of connection and joy year-round. Whether you joined a class, shared a meal, or simply stopped in to say hello, you've helped build the welcoming community we're so proud of. From all of us at the COA: Happy Thanksgiving, Happy Holidays, and best wishes for a joyful New Year. —The Wellesley Council on Aging Staff



### **Annual Thanksgiving Luncheon Hosted by the Wellesley Fire Department**

**Saturday, November 22nd**

**12:00 p.m. – 2:00 p.m.**

**Doors open at noon, lunch will be served at 12:30 p.m.  
at the Wellesley Country Club, 300 Wellesley Avenue**



Thanks to the generosity of the Wellesley Fire Department, Wellesley residents age 60 and over are invited to enjoy a festive afternoon of friendship, community, and a delicious Thanksgiving meal.

**Space is limited and pre-registration is required. Registration starts on October 28th at 9:00 a.m.**



## Wellesley Council on Aging Staff

### OPEN

Director of Senior Services

**Kathryn Savage**, Assistant Director  
ksavage@wellesleyma.gov

**Kate Burnham, LICSW**

Health and Social Services Administrator  
kburnham@wellesleyma.gov

**Andria DeSimone**, Office Administrator  
adesimone@wellesleyma.gov

**Kevin McDonald**, Senior Activities Coordinator  
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**Susan Avakian**, Department Assistant  
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**Sarah Paglione**, Activities Assistant  
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**Nancy Hill**, Activities Assistant  
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**Sally Miller**, Volunteer Coordinator  
smiller@wellesleyma.gov

**Rick Waldman**, Bus Driver

**Dana Wilson**, Bus Driver

**Jeanie Clark**, Bus Driver

**Dawnmarie Cole**, Custodian FMD

## Wellesley COA Board of Directors

**Judy Gertler**, Chair

**Peter Gape**, Vice Chair

**Patricia Decker**, Secretary

**Patty Chen**

**Timothy Fulham**

**Bernard Horan**

**Margaret Lyne**

**Robert McCarthy**

**Corinne Monahan**

**Barbara Searle**

**Tina Wang**

## COA Board Meeting Dates

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

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

**Thursday, December 18th, at 4:00 p.m.**

Additional meetings will be posted as needed. Start time subject to change.

## 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



## Celebrating Wellesley

Look for our new "Celebrating Wellesley" graphic throughout the newsletter! This special marker highlights programs that showcase our town — from local history and community voices to events featuring Wellesley traditions and vendors. When you see the logo, you'll know it's something proudly rooted in Wellesley.

## 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.

**REFUND** 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/recording for promotional purposes.

**These policies are subject to revision and will be reviewed at least annually.**

## REGISTRATION November/December 2025

### Wellesley Residents:

Starting Tuesday, **October 28th at 9:00 a.m.**

**Non-Wellesley Residents:** Starting Wednesday, **October 29th 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**





## A message from the Council on Aging Board Chair

The Council on Aging Board is proud to serve our community by supporting programs and services that help older adults live active, healthy, and connected lives. Our role is to provide guidance, oversight, and advocacy for the Council on Aging as it continues to expand opportunities for social, educational, recreational, and wellness activities.

We are saying goodbye to four Board members: Kathleen Vogel, Marlene Allen, Dianne Sullivan and Susan Rosefsky. We thank them for their years of service. With their departures, we welcome Timothy Fulham, Bernard Horan, Margaret Lyne and Barbara Searle. We are very excited about the contributions that these new members will make to our Board.

This year the Board will focus on developing a long-range strategic plan. The needs assessment that UMass is conducting for us will provide a foundation for developing this plan. The survey that many of you completed provides key data for this assessment.

We hope to begin the process of becoming designated as an Age Friendly community. We are committed to ensuring that every resident feels welcome and supported and that resources are available for those who need them the most.

We welcome feedback from you, our community members. Your ideas and input help us shape programs that truly reflect the needs and interests of older adults in Wellesley. Whether it's suggesting a new activity, volunteering your time, or simply sharing your thoughts, your voice matters.

The board meets monthly, and our meetings are open to the public. We invite you to attend in person and learn more about what we do and join us in strengthening the Council on Aging for today and into the future.

Together, we can continue to build a vibrant, caring community where every resident has the opportunity to thrive.

**Judy Gertler, COA Board Chair**

## COUNCIL ON AGING *Happenings*

### Kev Tech – NEW SCHEDULE

Finding Transportation Using Uber & Lyft

**Mondays, November 3rd, 17th**

**1:30 p.m.**

**Kevin Figueroa/Gus Dantas, KevTech**



KevTech will now be offered twice each month, with the same topic taught in both sessions. **Patrons may register for only one session per topic.** This class dives into two popular ride-share apps, Uber and Lyft, and teaches participants to use them to find rides, order groceries, and much more. We learn to book rides for ourselves and others, add payment methods, and stay safe while ordering rides. **Registration required. Max: 20**

### Flu Clinic

**Tuesday, November 4th**

**9:00 a.m. – 12:00 p.m.**

**Wellesley Health Department**



Celebrating Wellesley



Ages 16+. Walk-ins welcome, but registration is recommended. Visit the Health Department website to register or for more information visit the Health Department website or use the QR code. Anyone ages 65+ is eligible to receive a high-dose vaccine. Call 781-235-0135 to register.



### Larchmont Remembered

**Wednesday, November 5th**

**1:30 p.m.**

**Daniel Harrington, Author**



Larchmont Remembered is a live presentation about the sinking of the steamship Larchmont in 1907, a maritime tragedy that took place off the coast of Block Island, RI in February of 1907. The fascinating presentation covers the story of the ship, its crew and passengers, as well as accounts of survival, panic, murder, and miracles. Join us to hear all the details from presenter Daniel Harrington! **Registration required. Max: 35**

### Meditation to Soothe the Soul

**Thursdays, November 6th, 13th, 20th**

**and December 4th, 11th, 18th**

**10:00 a.m.**

**Diane Anderson, COA Volunteer**



Join us for a gentle meditation and support group exploring the RAIN practice (Recognize, Allow, Investigate, Nurture). This simple yet powerful approach helps ease stress, process emotions, and build resilience. Each session includes guided meditation and optional sharing in a supportive, welcoming space. Open to all—no prior meditation experience needed. **Registration required.**

**Max: 10**



## Veteran's Day Breakfast

**Friday, November 7th**

**9:30 – 10:30 a.m.**

Veterans are cordially invited to join us in the Café for a continental breakfast to thank and celebrate those who served. Coffee, pastries and other breakfast items will be available to enjoy. **Registration Required.** **Max: 20**



## Two Truths and a Lie

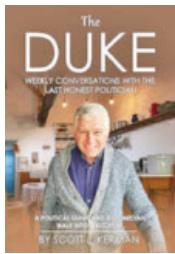
**Monday, November 10th**  
**1:30 p.m.**  
**Therapy Gardens**



Join us for this lively, interactive game that blends fun with learning! Test your knowledge on health, history, current events, and a surprise wild card category as you work to spot the lie. A friendly way to challenge your brain, share some laughs, and enjoy time with others. **Registration Required.** **Max: 35**

## The Duke

**Wednesday, November 12th**  
**1:30 p.m.**  
**Scott Kerman, Author**



Through a series of weekly conversations, Kerman explores not only the major political events and decisions that shaped Dukakis's journey, but also the personal philosophies, ethical dilemmas, and everyday reflections that underscore the claim of being "the last honest politician." Most piercingly, the book sees Dukakis reflect on the blunders that doomed his 1988 presidential campaign—some of which still haunt him. This book promises to be a compelling narrative for anyone interested in political ethics, leadership, and the enduring challenge of maintaining integrity in public service, providing a thoughtful and revealing portrait through ongoing dialogue. **Registration Required.** **Max: 35**

## Great Jazz Singers Two Part Series

**Thursday, November 13th and**  
**Monday, November 24th**  
**2:00 p.m.**



**Allen Morrison, Jazz Journalist and Historian**

**Part One (1920-1950) – "From Satchmo to Lady Day"** Allen will trace the development of the art of jazz singing from 1920-1950, with classic film clips and audio recordings of such major figures as Louis Armstrong, Bessie Smith, Bing Crosby, Ethel Waters, the Boswell Sisters, and Billie Holiday. **Registration required.** **Max: 35**

**Part Two (1950-Present) – "From Ella to Today's Stars"** Allen presents the most important jazz singers of the modern era through film clips and rare audio recordings of such major 20th century figures as Ella Fitzgerald, Frank Sinatra, Sarah Vaughan, and Tony Bennett. The program will also introduce the current generation of spectacular jazz singers who are carrying forward the jazz vocal tradition. **Registration required.** **Max: 35**

## Monuments, Memories, and Putting the Past on a Pedestal

**Tuesday, November 18th**  
**1:30 p.m.**  
**Dan Osborne, Author and History Educator**



Our shared memories of the past aren't only taught in classrooms and preserved in textbooks. Monuments and memorials tell stories, shape memories, and form our collective understanding of the past. Through marble and bronze, monuments are ways we construct meaning of the past and broadcast values and visions for the type of society we claim to be and aspire to become, all through these narratives of the past. This presentation explores the visual languages of monuments and the implications of how we determine what stories to tell and how to teach history lessons in our public places. **Registration required.** **Max: 35**

## Celebrating Wellesley

**Sing along with Marie Brown!**  
**Wednesday, November 19th**  
**1:30 p.m.**  
**Marie Brown, COA Volunteer**



Do you like to sing in the shower? Do you miss the "oldies but goodies"—songs from the 50's and 60's? Join Marie Brown (host of our Friday afternoon movies) to sing some of our favorite "hits." Don't worry about remembering the lyrics—we'll show them on the movie screen. And, as the custom was in the old days, you'll have an opportunity to dedicate a song to someone. Don't forget to send in your song requests before our meeting, with dedications if you wish. Also in this session, we're planning a special seasonal surprise that will delight you! **Registration required.** **Max: 30**

## The Mysterious Dreamscapes of Salvador Dalí

**Wednesday, November 19th**  
**1:30 p.m.**  
**Jane Oneail, Culturally Curious**



Salvador Dalí, the enigmatic Spanish Surrealist, left an indelible mark on the world of art with his striking and often bewildering creations. But what drove this eccentric artist to produce such dreamlike and provocative works? From melting clocks to elephants with spindly legs, Dalí's paintings challenged reality and invited viewers to explore the depths of their subconscious. This program delves into the life, inspirations, and enduring fame of Salvador Dalí, unraveling the mysteries behind his fantastical visions. **Registration required.**

## Celebrating Wellesley

**Food Safety Program**  
**Thursday, November 20th**  
**1:30 p.m.**  
**Jhana Wallace,  
Wellesley Health Department**



Should you wash poultry before you cook it? How long can leftovers sit out? How real are expiration dates on food? Learn the answers to these questions and more! Get ready for the holidays and join the Wellesley Health Department for a fun and informative discussion on food safety. We'll dive into myths and facts about food safety, answer your questions, and learn the best way to prevent the spread of germs! **Registration Required.** **Max: 35**



**Before the Mayflower**  
**Tuesday, November 25th**  
**1:30 p.m.**  
**Paolo DiGregorio,**  
**Historian and Archaeologist**



Over 400 years ago the Mayflower set sail from Plymouth, England, carrying over 100 passengers and crew members. This led to a collision of cultures, peoples, and worlds. But what happened before that fateful journey? Paolo DiGregorio, historian, archaeologist and educator, will speak on the history of New England prior to the arrival of the pilgrims, and what happened after they arrived. **Registration required. Max: 35**

**Warm Up to  
a Good Book!**  
**Monday, December 1st**  
**1:30 p.m.**  
**Lorna Ruby, Wellesley Books**



**Celebrating Wellesley**



Join Lorna Ruby, a buyer from Wellesley Books and lifelong book enthusiast, as she presents her recommendations for winter weather reads. The program will include a mix of new releases of fiction and nonfiction to enjoy as the weather gets cold this winter. **Registration required.**  
**Max: 35**

**Elder Law Update**  
**Wednesday, December 3rd**  
**2:30 p.m.**  
**Tim Loff, Elder law Attorney**



Join us for a presentation on the latest in Elder Law. Attorney Loff will share important updates on many different Elder Law areas including Medicaid, Long-Term Care Insurance, Reverse Mortgages, Estate and Trust Administration and Estate and Special Needs Planning. **Registration required.**  
**Max: 35**

**Exploring Zanzibar Above  
and Below**  
**Thursday, December 4th**  
**1:30 p.m.**  
**Joy Marzolf, Joys of Nature**



The Islands of Zanzibar, and nearby Pemba, are located just off the coast of the Tanzania mainland. While this area is steeped in history, nature abounds. One can see large animals like enormous Aldabra tortoises, and primates like red colobus and blue monkeys. Bird life varies widely from the tiny endemic Pemba Island sunbird to various kingfishers and even larger hornbills. Along the coast one might see shorebirds and land crabs, while under the sparkling waters is another world. From tiny, colorful fish to huge titan triggerfish and moray eels, the underwater world is equally amazing. Come explore the beauty and natural wonders of these exotic islands. **Registration required.**  
**Max: 35**

**Kev Tech – NEW SCHEDULE**  
**Back to Basics:**  
**An Intro to Smartphones and Tablets**  
**Mondays, December 8th, 22nd**  
**1:30 p.m.**  
**Kevin Figueroa/Gus Dantas, KevTech**



KevTech will now be offered twice each month, with the same topic taught in both sessions. **Patrons may register for only one session per topic.** This introductory class introduces new users to the basics of using the iPhone and iPad. We cover the hardware of the iPhone and iPad, important areas of the devices, and accessing common tools like the flashlight, alarm, and camera. **Registration required. Max: 20**

**The Nature of Winter**  
**Tuesday, December 9th**  
**1:30 p.m.**  
**Tia Pinney, Mass Audubon**



Join us for a talk on the seasonal dynamics of winter in Massachusetts. Topics will include how animals, plants and people prepare for the cold weather months. Tia will also provide ideas and resources for observing and supporting wildlife near your home this winter. **Registration required.**  
**Max: 35**

**A Christmas Carol**  
**Wednesday, December 10th**  
**1:30 p.m.**  
**Johnny Kinsman, Actor and Lecturer**



This holiday season, immerse yourself in the enchanting world of Charles Dickens' beloved tale, *A Christmas Carol*. Join Actor Johnny Kinsman in a dramatic reading of the novella with richly illustrated slides derived from the very script Dickens himself followed during the story's 1867 United States debut, which just happened to be in the good old city of Boston! So come make merry with Dickens, Kinsman and Tiny Tim in December. **Registration required. Max: 35**

**Eating to Prevent Type 2 Diabetes**  
**Thursday, December 11th**  
**1:30 p.m.**  
**Lauren Abeles,  
Registered Dietitian Nutritionist**



What, how, and when you eat all play an important role in lowering your risk for type 2 diabetes. In this workshop, you'll learn practical strategies to keep your blood sugar steady, spot hidden sources of added sugar, and understand how exercise, stress, and sleep affect your health. We'll focus on simple, realistic changes you can make over time. **Registration required. Max: 35**

**Inclement Weather**

Wellesley Council on Aging follows the school cancellation policy in case of inclement weather. If Wellesley Public Schools are closed due to weather, the Wellesley Council on Aging will also be closed.



## Holiday Musical Performance

Monday, December 15th

1:30 p.m.

**Mary Clark, Soprano**

A graduate of the Boston Conservatory of Music, Mary Colarusso has dazzled audiences with her powerful soprano voice in opera, Broadway, patriotic, Irish, and 1940s favorites. She has starred in lead roles with the Boston Bel Canto Opera Company, which she helped found in 1995, and with the Lowell Opera Company in Rigoletto and La Traviata. Mary has also appeared with the Boston Classical Orchestra and the Boston Civic Symphony. Renowned for her stirring performances of the National Anthem, she has sung for the New England Patriots, Bruins, and Celtics, as well as at the 2020 Olympic Trials. Her recording of Puccini's O Mio Babbino Caro is featured on the film *The Touch*. Together with her husband, baritone Daniel Clark, "The Singing Trooper," Mary tours the nation with dynamic programs that inspire and entertain. **Registration required. Max: 35**



## Boston Tea Party Tasting!

Tuesday, December 16th

1:30 p.m.

**Therapy Gardens**



Sip the Revolution. Taste the Rebellion. This unique tasting experience blends storytelling, historical insights, and five authentic tea profiles from the colonial era—Bohea, Congou, Souchong, Hyson, and Pekoe. Participants learn about the famous ships, the Sons of Liberty, and the surprising luxury behind each cup. Enjoy a curated sampling while exploring the roots of revolution as we mark the original December 16, 1773 Boston Tea Party. **Registration required. Max: 35**

## Behind the Curtain:

**Edgar Degas, the Ballet & Beyond**

Wednesday, December 17th

1:30 p.m.

**Jane Oneail, Culturally Curious**

**ZOOM**



Discover the captivating world of Edgar

Degas, a master of Impressionism known for his intimate portrayals of ballet dancers and everyday Parisian life. Through his innovative use of pastels and unconventional compositions, Degas captured fleeting moments with remarkable clarity and emotion. His works, ranging from elegant ballerinas to candid scenes at the racetrack, offer a unique glimpse into 19th-century French society. **Registration required.**

**Max: 35**

## Dean Martin

Wednesday, December 17th

1:30 p.m.

**Frank King, former WBUR Radio Host**



Join us for Frank King's program on the life and songs of the one and only "Dino" - DEAN MARTIN, including his biggest hits, plus the surprising stories behind some great hit songs from the year 1955 (do you know what all those lyrics to "16 Tons" are actually about?) and other surprises – such as the original lyrics to "Blue Moon" no one's ever heard! **Registration required. Max: 35**



Celebrating Wellesley

## COA Holiday Party and Musical Performance by The Winiker Trio

Thursday, December 18th

12:00 – 1:30 p.m.

**Wellesley Country Club**

**300 Wellesley Avenue, Wellesley, MA**

**Cost is \$25 per person**

The holiday season is the perfect time to come together, and we're delighted to invite you to our **COA Holiday Party at the Wellesley Country Club**.

Guests will enjoy a festive luncheon featuring a fresh fall salad, chicken breast francese with lemon sauce, potato gratin, seasonal vegetables, and a chef's choice of dessert. Surrounded by friends, fellow patrons, and neighbors in a traditional holiday setting, the afternoon will be filled with laughter, fun, and holiday cheer. Special musical entertainment will be provided by **The Winiker Trio**. The staff of the Council on Aging look forward to celebrating this wonderful tradition with you!

**This event is open to Wellesley residents age 60 and over. Registration is required and starts on October 28th at 9:00 a.m.**



Celebrating Wellesley

## Cocoa and Cookies in the Café

Tuesday, December 23rd

1:30 – 3:00 p.m.



Celebrate the season and take a break from holiday bustle with an informal gathering in the café. Drop in and catch up with friends. Cocoa and cookies will be served. **Registration required.**

**Max: 25**



**CLUB: COA Photography**  
**Mondays, November 3rd, 17th**  
**and December 8th**  
**10:30 a.m. – 12:00 p.m.**  
**Photo Credit: Terry Horrigan**



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 want to share 'tips and tricks' and their passion for photography.

**CLASS: Knitting**

**Tuesdays, November 4th – December 16th**  
**Experienced Knitting: 10:00 a.m. – 12:00 p.m.**  
**All Abilities Knitting: 1:30 p.m. – 3:00 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 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. 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. New participants will be put in touch with the instructors to determine the appropriate level of class.

**Max: 14 for each class.**

**HOLIDAY CARD**



**Celebrating Wellesley**

**WRITING to Honor Veterans**  
**Hosted by Friends of Wellesley Veterans**

**Kick-Off Meeting in the Cafe**  
**Thursday, November 6th**  
**9:30 a.m. – 10:30 a.m.**



**Card Writing Workshops**  
**in the Arts & Crafts Room**  
**Thursdays, November 20th**  
**and December 4th**  
**9:30 a.m. – 10:30 p.m.**

We are pleased to continue our collaboration with Jan Hastings and the West Roxbury Veterans Hospital by writing cheerful messages to Veterans this holiday season. The Friends of Wellesley Veterans will host a kickoff meeting in the Cafe on November 6th with **refreshments provided by Needham Bank**. The Arts & Crafts Room will be available on Thursday mornings, November 20th and December 4th, for volunteers to gather and write cards. Blank cards will be provided, may also be picked up and completed at home. Jan will deliver the completed cards to patients at the VA Hospital the week of December 8th. **Register in advance or drop in.**

**ECONOMY WATCH: A Financial**

**Discussion Group**  
**Fridays, November 14th and**  
**December 12th, 26th**  
**10:30 a.m.**



This group is designed to create a welcoming and informative space to discuss and better understand current economic trends and financial topics that affect seniors' lives. The group will focus on education, resource-sharing, and peer conversation — not individual financial advice. **Important Note:** This group is strictly for educational and discussion purposes. It will not offer personalized financial advice or investment recommendations. **Registration required. Max: 10**

**PUN CORNER WITH ANDRIA**

We're excited to reveal the winners of our latest contest! Congratulations to Arthur Priver for his fantastic winning pun:



**1st Place Winner**

I used to have a fear of hurdles, but I got over it.

A huge **2nd place** shoutout to Anne Theriault

Why is the country of Panama like a dentist?  
Because it offers a route canal



And finally, our **3rd place winner** from our very own Kevin McDonald from the Activities Team

Do you know that dogs can't operate an MRI Machine?  
But catscan.



Thank you to everyone who participated —  
your efforts made it a tough competition!  
Stay tuned for more contests in the future!

**ONE-ON-ONE TECHNOLOGY ASSISTANCE**

**Tuesdays**

**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.**



# 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.**

## Current service areas include:

- All addresses within Wellesley
- Waban MBTA Green Line Station
- Newton Wellesley Hospital
- Woodland MBTA Green Line Station

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@mwrtा.сом](mailto:info@mwrtा.сом).

## 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**.



## Medicare Open Enrollment

**October 15th – December 7th**

Don't miss your chance to change plans  
**SHINE can help!**

It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year. Medicare plans including premiums, doctor networks, and covered drugs can change yearly, so it is very important to check your options for 2026.

Call your Senior Center and ask for a SHINE appointment. If appointments are booked in your area, **1-800-Medicare** is available 24 hours a day to assist with plan searches as well. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. For Medicare related matters (other than an appointment), call **781-453-8076**. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.



## Now Hiring Van Drivers

The Wellesley Council on Aging (COA) is seeking responsible individual(s) to drive the COA bus. The COA Bus Driver provides safe transportation to medical appointments, stores, and social engagements for Wellesley's senior citizens via a 12-passenger wheelchair accessible bus. The incumbent keeps exact passenger records and performs daily safety checks. The work requires a clean driving record, organizational and interpersonal skills, and concern for the safety of passengers and equipment.



**Apply on our website: [www.wellesleyma.gov/](http://www.wellesleyma.gov/)**

**Hourly Rate \$26.15**



# 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.

**Please note the following update and reminder concerning our Lunch Program. Effective immediately, lunches will no longer be available to be taken out. The COA Lunch Program was established to provide congregate meals and socialization to patrons sixty years old and older. The program is intended to encourage socialization among our patrons in person while enjoying a healthy meal. Additionally, due to staffing and food safety regulations, it is not feasible for our center to provide take-out meal service to patrons.**

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

NOV.	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-4-	-5-	-6-	-7-
Captain Marden's Seafoods	Fish cake, peas, carrots & cornbread	Baked haddock with herb stuffing, honey-glazed carrots & cornbread	Salmon & potato pie with broccoli & cornbread	Tuna salad wrap, green beans & cornbread
WELLESLEY BAKERY	-11-	-12-	-13-	-14-
Wellesley NORTH END	NO LUNCH	1/2 honey baked ham with lettuce & tomato on multigrain, chicken noodle soup & pumpkin muffin	Spinach feta quiche with sun-dried tomato, chicken vegetable soup & blueberry muffin	Ham mushroom quiche, vegetarian split pea soup & cranberry muffin
	-18-	-19-	-20-	-21-
Wellesley NORTH END	Chef salad with turkey, ham, roast beef, and provolone cheese	Steak and cheese grinder & garden salad	Vegetable omelet & a fruit cup	Grilled chicken caesar wrap & chips
	-25-	-26-	-27-	-28-
The Linden Store	Turkey, stuffing, cranberry sauce, lettuce, and mayonnaise on a small roll with a cookie	Grilled chicken breast wrap with balsamic dressing, field greens, feta cheese, black olives, tomatoes, cucumber & chips	NO LUNCH	NO LUNCH
DEC.	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-2-	-3-	-4-	-5-
Captain Marden's Seafoods	Fish cake, peas, carrots & cornbread	Salmon & potato pie with broccoli & cornbread	Baked haddock with herb stuffing, honey-glazed carrots & cornbread	Tuna salad wrap, green beans & cornbread
EXPRESS GOURMET	-9-	-10-	-11-	-12-
MARKS PIZZA & SUBS	Egg salad BLT wrap with cucumber, red onion, red & green pepper & a cookie	Cranberry chicken wrap & a cookie	Grilled marinated chicken, romaine, roasted red peppers, red onions, hummus, lemon oregano on focaccia bread & a cookie	Crushed avocado, lime juice, cilantro, grilled chicken breast, tomato, lettuce & a cookie
MARKS PIZZA & SUBS	-16-	-17-	-18-	-19-
MARKS PIZZA & SUBS	Roast beef sandwich on a roll with small tossed salad & chips	Sliced turkey breast wrap with lettuce, tomato, mayonnaise & cranberry sauce wrap with chips	NO LUNCH	Grilled chicken wrap with broccoli & garlic over field greens with lite raspberry vinaigrette dressing
MARKS PIZZA & SUBS	-23-	-24-	-25-	-26-
MARKS PIZZA & SUBS	Shrimp broccoli alfredo & a garden salad	NO LUNCH	NO LUNCH	NO LUNCH
MARKS PIZZA & SUBS	-30-	-31-		
	Grilled chicken over caesar salad	NO LUNCH		



# NOVEMBER 2025 Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>-3-</b>  9:15 Fit for Life 10:30 Core and More 10:30 Photo Club 12:00 All Levels Yoga 1:30 KevTech Using Uber and Lyft 2:30 Chair Yoga	<b>-4-</b>  9:00 Flu Clinic 9:15 Seated Strength and Balance 10:00 Experienced Knitting 11:00 Social Connections 1:30 All Abilities Knitting	<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 Larchmont Remembered 2:30 Men in Retirement	<b>-6-</b>  9:15 Seated Strength and Balance 9:15 All Levels Yoga 9:30 Holiday Card Writing Kick Off Meeting 10:00 Total Body Sculpting 10:00 Meditation 10:30 Tai Chi 2:30 The Afternoon Discussion Group	<b>-7-</b>  9:15 Yoga for Better Balance 9:30 Veteran's Day Breakfast 11:00 Still-Life Sketching 1:15 Movie: Air Force Elite Thunderbirds 
<b>-10-</b>  9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga 1:30 Two Truths and a Lie 2:30 Chair Yoga	<b>-11-</b>  <b>The Tolles Parsons Center is CLOSED in Observance of VETERAN'S DAY NO ACTIVITIES</b>	<b>-12-</b>  9:15 Hi Low Fitness 12:00 Cardio Dance and Strength – LaBlast 1:00 Great Poems Discussion 1:30 The Duke 2:30 Men in Retirement	<b>-13-</b>  9:00 Donuts and Coffee with Wellesley Police 9:15 Seated Strength and Balance 9:15 All Levels Yoga 10:00 Total Body Sculpting 10:00 Meditation 10:00 Swarovski Crystal Bracelet 10:30 Tai Chi 12:30 Tell Us What You're Reading 2:00 Great Jazz Singers Part One 2:30 Women in Retirement	<b>-14-</b>  9:15 Yoga for Better Balance 10:30 Economy Watch 1:15 Movie: Thursday Murder Club 
<b>-17-</b>  9:15 Fit for Life 10:30 Core and More 10:30 Photo Club 12:00 All Levels Yoga 1:30 Kev Tech Using Uber and Lyft 1:30 Watercolor for All! 2:30 Chair Yoga	<b>-18-</b>  9:15 Seated Strength and Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 10:30 Tai Chi 11:00 Social Connections 1:30 All Abilities Knitting 1:30 Monuments, Memories and Putting the Past on a Pedestal	<b>-19-</b>  10:00 Keep Well Clinic 12:00 Cardio Dance and Strength – LaBlast 1:00 Shakespeare Discussion 1:30 Sing Along with Marie Brown! 1:30 The Mysterious Dreamscapes of Salvador Dali' 2:30 Men in Retirement	<b>-20-</b>  9:15 Seated Strength and Balance 9:15 All Levels Yoga 9:30 Card Writing Workshop 10:00 Total Body Sculpting 10:00 Meditation 10:30 Tai Chi 1:15 Bingo 1:30 Food Safety 2:30 The Afternoon Discussion Grp 4:00 COA Board Meeting	<b>-21-</b>  9:15 Yoga for Better Balance 11:00 Thanksgiving Cornucopia 11:00 Still- Life Sketching 1:15 Movie: My Oxford Year  <b>-22-</b>  12:00 Annual Thanksgiving Luncheon Wellesley Country Club
<b>-24-</b>  9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga 1:30 Watercolor for All! 2:00 Great Jazz Singers Part Two 2:30 Chair Yoga	<b>-25-</b>  9:15 Seated Strength and Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 10:30 Tai Chi 11:00 Social Connections 1:30 All Abilities Knitting 1:30 Before the Mayflower	<b>-26-</b>  9:15 Hi Low Fitness 1:00 American Literary Classics Book Discussion 2:30 Men in Retirement	<b>-27-</b>  <b>The Tolles Parsons Center is CLOSED in Observance of THANKSGIVING NO ACTIVITIES</b>	<b>-28-</b>  9:15 Yoga for Better Balance 1:15 Movie: Moonstruck 



The Wellesley COA celebrates the diversity of our community and welcomes people of all abilities, gender identities, races, religions, and ethnicities

**VIRTUAL**

**IN PERSON**



**See Back Cover**

For Drop In Activities not reflected in the calendar.



# DECEMBER 2025 Happenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>-1-</b>	<b>-2-</b>	<b>-3-</b>	<b>-4-</b>	<b>-5-</b>
<b>12:00</b> All Levels Yoga <b>1:30</b> Warm Up to a Good Book <b>1:30</b> Watercolor for All! <b>2:30</b> Chair Yoga	<b>9:15</b> Seated Strength and Balance <b>9:15</b> Yoga for Better Balance <b>10:00</b> Experienced Knitting <b>10:30</b> Tai Chi <b>11:00</b> Social Connections <b>1:30</b> All Abilities Knitting	<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> Victorian Holiday Decoration <b>2:30</b> Elder Law Update <b>2:30</b> Men in Retirement	<b>9:15</b> Seated Strength and Balance <b>9:15</b> All Levels Yoga <b>9:30</b> Card Writing Workshop <b>10:00</b> Total Body Sculpting <b>10:00</b> Meditation <b>10:30</b> Tai Chi <b>1:30</b> Exploring Zanzibar <b>2:30</b> The Afternoon Discussion Group	<b>9:15</b> Yoga for Better Balance <b>10:00</b> Winter Greens Centerpiece <b>11:00</b> Still- Life Sketching <b>1:15</b> Movie: The Way We Were 
<b>-8-</b>	<b>-9-</b>	<b>-10-</b>	<b>-11-</b>	<b>-12-</b>
<b>9:15</b> Fit for Life <b>10:30</b> Core and More <b>10:30</b> Photo Club <b>12:00</b> All Levels Yoga <b>1:30</b> KevTech Intro to Smartphones <b>1:30</b> Watercolor for All! <b>2:30</b> Chair Yoga	<b>9:15</b> Seated Strength and Balance <b>9:15</b> Yoga for Better Balance <b>10:00</b> Experienced Knitting <b>10:30</b> Tai Chi <b>11:00</b> Social Connections <b>1:30</b> All Abilities Knitting <b>1:30</b> The Nature of Winter	<b>9:15</b> Hi Low Fitness <b>12:00</b> Cardio Dance and Strength – LaBlast <b>1:00</b> Great Poems Discussion <b>1:30</b> A Christmas Carol <b>2:30</b> Men in Retirement	<b>9:15</b> Seated Strength and Balance <b>9:15</b> All Levels Yoga <b>10:00</b> Total Body Sculpting <b>10:00</b> Meditation <b>10:00</b> Paper Flower Making <b>10:30</b> Tai Chi <b>12:30</b> Tell Us What You're Reading <b>1:15</b> Boston Pops Day Trip <b>1:15</b> Bingo <b>1:30</b> Eating to Prevent Diabetes <b>2:30</b> Women in Retirement	<b>9:15</b> Yoga for Better Balance <b>10:30</b> Economy Watch <b>1:15</b> Movie: Sunday Best: The Untold Story of Ed Sullivan 
<b>-15-</b>	<b>-16-</b>	<b>-17-</b>	<b>-18-</b>	<b>-19-</b>
<b>12:00</b> All Levels Yoga <b>1:30</b> Oyster Shell Ornaments <b>1:30</b> Holiday Musical Performance <b>2:30</b> Chair Yoga	<b>9:15</b> Seated Strength and Balance <b>9:15</b> Yoga for Better Balance <b>10:00</b> Experienced Knitting <b>10:30</b> Tai Chi <b>11:00</b> Social Connections <b>1:30</b> All Abilities Knitting <b>1:30</b> Boston Tea Party Tasting!	<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> Shakespeare Discussion <b>1:30</b> Dean Martin <b>1:30</b> Behind the Curtain: Edgar Degas the Ballet and Beyond <b>2:30</b> Men in Retirement	<b>9:15</b> Seated Strength and Balance <b>9:15</b> All Levels Yoga <b>10:00</b> Meditation <b>10:00</b> Total Body Sculpting <b>10:30</b> Tai Chi <b>12:00</b> COA Holiday Party at Wellesley Country Club <b>2:30</b> The Afternoon Discussion Grp <b>4:00</b> COA Board Meeting	<b>9:15</b> Yoga for Better Balance <b>11:00</b> Still- Life Sketching <b>1:15</b> Movie: Wake Up Dead Man <b>2:00</b> Stencil Canvas Bag 
<b>-22 -</b>	<b>-23-</b>	<b>-24-</b>	<b>-25-</b>	<b>-26-</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> KevTech Intro to Smartphones <b>2:30</b> Chair Yoga	<b>9:00</b> Donuts and Coffee with Wellesley Police <b>9:15</b> Seated Strength and Balance <b>10:30</b> Tai Chi <b>11:00</b> Social Connections <b>1:30</b> Cocoa and Cookies in the Café	<b>The Tolles Parsons Center will CLOSE at noon in Observance of CHRISTMAS EVE</b>	<b>The Tolles Parsons Center is CLOSED in Observance of CHRISTMAS NO ACTIVITIES</b>	<b>10:30</b> Economy Watch <b>1:15</b> Movie: Serendipity 
<b>-29-</b>	<b>-30-</b>	<b>-31-</b>		
<b>9:15</b> Fit for Life <b>10:30</b> Core and More <b>12:00</b> All Levels Yoga	<b>9:00</b> Wellesley Registration <b>9:15</b> Seated Strength and Balance <b>10:30</b> Tai Chi <b>11:00</b> Social Connections	<b>9:00</b> Non-Wellesley Registration <b>The Tolles Parsons Center will CLOSE at noon in Observance of NEW YEAR'S EVE</b>		



# Fitness ONLINE AND IN PERSON

**ALL CLASSES \$5.00**

**In-Person Exercise classes resume at the COA!**

MONDAYS	TIME	DURATION	ZOOM	IN PERSON	NOVEMBER	DECEMBER
Fit for Life	9:15 a.m.	60 Minutes		●●	3, 10, 17, 24	8, 22, 29
Core and More	10:30 a.m.	45 Minutes		●●	3, 10, 17, 24	8, 22, 29
All Levels Yoga	12:00 p.m.	60 Minutes		●●	3, 10, 17, 24	1, 8, 15, 22, 29
Chair Yoga	2:30 p.m.	45 Minutes	● zoom		3, 10, 17, 24	1, 8, 15, 22
TUESDAYS						
Seated Strength & Balance	9:15 a.m.	45 Minutes	● zoom		4, 18, 25	2, 9, 16, 23, 30
Yoga for Better Balance	9:15 a.m.	60 Minutes		●●	18, 25	2, 9, 16
Tai Chi	10:30 a.m.	45 Minutes		●●	18, 25	2, 9, 16, 23, 30
WEDNESDAYS						
Hi Low Fitness	9:15 a.m.	45 Minutes		●●	5, 12, 26	3, 10, 17
Cardio Dance & Strength – LaBlast	12:00 p.m.	60 Minutes		●●	5, 12, 19	3, 10, 17
THURSDAYS						
Seated Strength & Balance	9:15 a.m.	45 Minutes	● zoom		6, 13, 20	4, 11, 18
All Levels Yoga	9:15 a.m.	60 Minutes		●●	6, 13, 20	4, 11, 18
NEW CLASS Total Body Sculpting	10:00 a.m.	60 Minutes	● zoom		6, 13, 20	4, 11, 18
	10:30 a.m.	45 Minutes		●●	6, 13, 20	4, 11, 18
FRIDAYS						
Yoga for Better Balance	9:15 a.m.	60 Minutes		●●	7, 14, 21, 28	5, 12, 19

**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

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).

**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**

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**



**zoom**

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**



**zoom**

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**



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



This in-person class offers a fun way to get fit and stay active while dancing to a variety of music styles.

**Total Body Sculpting** is a total body sculpting class designed to build strength, improve posture, and enhance everyday movement. Key features include:

- Uses hand weights and body weight for a full-body workout
- Focuses on core strength, balance, and stability
- Helps improve overall posture and ease of daily living
- Suitable for all fitness levels



**zoom**

This energizing class combines strength and functional training, making it a great way to tone muscles, boost balance, and increase overall fitness.

**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.



**Tai Chi** is now twice a week at 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



# ART CLASSES/WORKSHOPS/GROUPS *In Person*

## ART: Still-Life Sketching

Fridays, November 7th, 21st and December 5th, 19th

11:00 a.m. – 12:00 p.m.

Claire Wu, Wellesley College Student and COA Volunteer



Ever wonder how different lighting transforms an ordinary object into something extraordinary? Let's explore it together! In this still-life sketching class, we'll dive into shading, value, and saturation while sketching all kinds of everyday objects—a perspective you may have never noticed before! Beginners, intermediates, and seasoned artists alike are all welcome to join! **Registration required. Max: 6**

## WORKSHOP: Swarovski Crystal Bracelet

Thursday, November 13th

10:00 a.m. – 12:00 p.m.

Instructor: Carson Eddy

Cost: \$15



Join us in designing and making your Swarovski crystal bracelet with a traditional or magnetic clasp. You will select from an assortment of Swarovski crystal beads, gold or silver clasps, and learn fundamental beading techniques. You will go home with your finished bracelet and step-by-step instructions. Tools will be available for your use during class. **Registration required. Max: 6**

## WORKSHOP: Thanksgiving Cornucopia

Friday, November 21st

11:00 a.m. – 12:30 p.m.

Instructor: Jessica Pohl, Floral Designer

Cost: \$25



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

## ART: Watercolor for All!

Mondays, November 17th, 24th and December 1st, 8th

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! **Registration required. Max: 8**

## WORKSHOP: Victorian Holiday Decoration

Wednesday, December 3rd

2:00 p.m.

Instructor: Jackie Howes, Retired Teacher

Cost: \$10



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

## WORKSHOP: Winter Greens Centerpiece

Friday, December 5th

10:00 – 11:30 a.m.

Wellesley Hills Garden Club

Cost: \$10



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

## WORKSHOP: Paper Flower Making

Thursday, December 11th

10:00 – 12:00 p.m.

Instructor: Mary Garrigan

Cost: \$15



What would the holidays be without flowers? Come join Mary and learn how to make flowers to brighten your day. In this class we will shape and assemble lifelike flowers. You will take home two or more flowers at the end of the class. **Registration required. Max: 8**

## WORKSHOP: Oyster Shell Ornaments

Monday, December 15th

1:30 - 3:00 p.m.

Instructor: Cindy Shorris

Cost: \$20



Get in the Holiday Spirit! In this Oyster Shell Ornament class you will be decoupageing a design of your choice onto prepared shells. Finishing touches will include a ribbon and gold leaf edge. These make great gifts for a friend, or for you to hang on your own tree! **Registration required. Max: 8**

## WORKSHOP: Stencil Canvas Bag

Friday, December 19th

2:00 – 3:30 p.m.

Instructor: Joyce Creiger, Artist

Cost: \$20



Making stenciled canvas tote bags is a simple project with amazing and useful results. You are provided with a tote bag that has a painted surface and is ready for the stencil you select. You will use acrylic markers to follow the stencil and you can embellish the design further or leave as is to use when you go shopping or to give as a gift. **Registration required. Max: 10**



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

### GROUP: World History Book Discussion

Wednesdays, November 5th and December 3th

1:00 p.m. – 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:

- **November 5th** – *The First Day on the Somme – Gripping Account of the Blackest Day in British Military History*, Martin Middlebrook (316 pages)
- **December 3rd** – *Across the Airless Wilds – The Lunar Rover and the Triumph of the Final Moon Landings*, Earl Swift (384 pages)
- **January 7th** – *The Crucible of Islam – How One of the World's Great Religions Took Shape*, G. W. Bowersock (159 pages)
- **February 4th** – *The Sea People – The Puzzle of Polynesia*, Christina Thompson (365 pages)



### GROUP: Great Poems Discussion

Wednesdays, November 12th and December 10th

1:00 p.m. – 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole



Come enjoy reading and discussing the finest poems by our most-loved poets! The perfect respite in turbulent times – brilliant language and stimulating thought! All selections from the Dover Thrift Edition, *English Victorian Poetry: An Anthology*, available at Wellesley Books. Coming up:

- **November 12th** – Robert Browning (25 pages)
- **December 10th** – Elizabeth Barrett Browning and Edward Fitzgerald (20 pages)
- **January 14th** – Emily Bronte, Arthur Hugh Clough and Mathew Arnold (25 pages)
- **February 11th** – Coventry Patmore, George Meredith and Dante Gabriel Rosetti (20 pages)

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

Thursdays, November 13th and December 11th and January 15th and February 12th

12:30 p.m. – 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: Shakespeare Discussion

Wednesdays, November 19th and December 17th

1:00 p.m. – 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

Participants read from and discuss works of the world's greatest playwright! Coming up:

- **November 19th** – *Henry IV, Part One*, Acts One and Two
- **December 17th** – *Henry IV, Part One*, Acts Three, Four and Five
- **January 21st** – *Henry IV, Part Two*, Acts One and Two
- **February 18th (Note: a Friday)** – *Henry IV, Part Two*, Acts Three, Four and Five



### GROUP: American Literary Classics Book Discussion

Wednesday, November 26th

1:00 p.m. – 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 are ready to dig into. Participants read favorite passages and join in an engaging, friendly exchange. Coming up:

- **November 26th** – *Self-Reliance and Other Essays*, Ralph Waldo Emerson (Dover Thrift Edition; 117 pages)
- **No December session**
- **January 28th** – *Misery*, Stephen King (310 pages)
- **February 25th** – *The Jungle*, Upton Sinclair (290 pages)

So many books...



# PROGRAMS/OUTREACH/RESOURCES

## OUTREACH

### GROUP: The Afternoon Discussion Group Thursdays, November 6th, 20th and December 4th, 18th 2:30 – 3:30 p.m.

This is a group to share stories, exchange ideas, and engage in meaningful conversation. Topics are chosen by participants, ensuring each session reflects the real interests and experiences of the group – from health and happiness to purpose, legacy, and everyday joys. Engaging in stimulating conversation or having a philosophical discussion is the central goal of this facilitated group. Open to all, meetings take place every other Thursday afternoon. **Registration required. Max: 10**

### GROUP: Social Connections

#### Tuesdays, November 4th, 18th, 25th and December 2nd, 9th, 16th, 23rd, 30th 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 friendships in Wellesley.

### GROUP: Men in Retirement

#### Wednesdays, November 5th, 12th, 19th, 26th and December 3rd, 10th, 17th 2:30 – 3:30 p.m. Open to ALL!

This group for retired men meets weekly with an open discussion format. Topics can focus on a variety of 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, November 13th and December 11th 2:30 – 3:30 p.m. Open to ALL!

This group meets every other Thursday afternoon and participants discuss various topics and share ideas to enhance their retirement years. The meetings are held in an open discussion format and can be a wonderful opportunity to make friends and build new connections in the community. **All are welcome.**

### Donuts & Coffee with Wellesley Police Thursday, November 13th and Tuesday, December 23rd 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!



## VOLUNTEER CORNER

### Thank You to Our Incredible Volunteers!

Volunteers are a vital part of the Wellesley Council on Aging. Their dedication not only supports our daily operations but also enriches the lives of everyone in our community. We're grateful to live in a town where community service is deeply valued.

This summer, we welcomed a vibrant group of student interns and volunteers who brought fresh energy to our programs. As autumn arrived, many of our long-term volunteers returned, continuing their invaluable service.

We're always eager to welcome new faces to our volunteer team! If you're looking for a meaningful way to give back, consider joining us in one of these ongoing roles:



#### Lunch Servers

Help serve lunch to senior citizens Tuesday through Friday. A healthy meal and a friendly face go a long way.



#### Front Door Greeters

Be the first smile people see. Greet members and visitors, assist with our sign-in kiosk, and offer tours to newcomers.



#### Grocery Assistance & COA Bus Support

Ride along on weekly trips to Roche Bros., the Food Pantry, and monthly shopping outings. Volunteers help seniors with groceries and getting safely to their doors.



#### Volunteer Drivers

Provide rides for homebound seniors to medical appointments, grocery stores, or social visits. Flexible hours—serve when you can.

For more information, please visit our website at [wellesleyma.gov/416/Volunteer-with-the-COA](http://wellesleyma.gov/416/Volunteer-with-the-COA) or contact our Volunteer Coordinator, Sally Miller

## Financial Assistance towards Winter Heating Bills

The Low Income Home Energy Assistance Program (LIHEAP) is now open! Homeowners who are income eligible are awarded a credit towards their home energy costs for electric, oil or gas. Income thresholds must be under \$45,392 for a one-person household and under \$59,359 for a two-person household. For more questions or to schedule a time to complete an application, please call COA Social Worker **Kate Burnham at 781-235-3961.**



**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.

## Health & Wellness Fair



The Friends wish to thank the COA staff, volunteers, and the exhibitors shown here for helping make the 4th annual Health & Wellness Fair a success again this past October.

**We look forward to another edition next year!**

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The Exercise Coach Wellesley N/C  
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Wellesley Neighbors  
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Yoga Six



**“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



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(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 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*



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

**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



• Reel Talk – Fridays 1:15 p.m. •

## NOVEMBER/DECEMBER

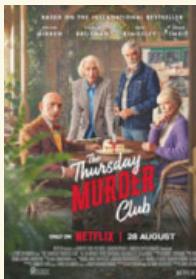
NOVEMBER 7th | PG-13 | Documentary



### Air Force Elite: Thunderbirds (2025)

For the first time ever, go inside the cockpit with the US Air Force's legendary flight squadron, and witness the unprecedented training, peril, and personal sacrifice it takes to push the limits of aviation as a member of one America's most revered demonstration teams, the Thunderbirds. 1h 31m

NOVEMBER 14th | PG-13 | Mystery/Comedy



### Thursday Murder Club (2025)

This movie will keep you guessing and laughing! Based on Richard Osman's bestselling novel. Set in a peaceful retirement village, the story follows four sharp-minded residents who meet weekly to solve cold cases. But when a real murder occurs nearby, their amateur sleuthing turns into a high-stakes investigation. 2h

NOVEMBER 21st | PG-13 | Romance/Drama



### My Oxford Year (2025)

An ambitious American fulfilling her dream of studying at Oxford falls for a charming Brit hiding a secret that may upend her perfectly planned life. 1h 52m

NOVEMBER 28th | PG | Romance/Comedy



### Moonstruck (1987)

No sooner does Italian-American widow Loretta accept a marriage proposal from her doltish boyfriend, than she finds herself falling for his younger brother, Ronny. She tries to resist, but Ronny lost his hand in an accident he blames on his brother, and has no scruples about aggressively pursuing her while Johnny is out of the country. As Loretta falls deeper in love, she comes to learn that she's not the only one in her family with a secret romance. 1h 41m

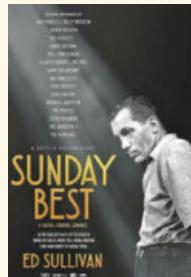
DECEMBER 5th | PG | Romance



### The Way We Were (1973)

Opposites attract when, during their college days, Katie Morosky (Barbra Streisand), a politically active Jew, meets Hubbell Gardiner (Robert Redford), a feckless WASP. Years later, in the wake of World War II, they meet again and, despite their obvious differences, marry. Hubbell wants to be a screenwriter, so the two move to California despite Katie's objections. They prosper there, but as the Hollywood blacklist looms, Katie's activism threatens her husband's reputation. 1h 58m

DECEMBER 12th | Biography/Documentary



### Sunday Best: The Untold Story of Ed Sullivan (2025)

Ed Sullivan broke barriers by booking black artists on his Sunday night variety show. This documentary spotlights the TV pioneer's legacy of equality. 1h 27m

DECEMBER 19th | PG-13 | Mystery/Thriller/Comedy/Drama



### Wake Up Dead Man: A Knives Out Mystery (2025)

This third film in the Knives Out series, starring Daniel Craig as detective Benoit Blanc, is a mystery centered around an "impossible crime" within a small-town church community. 2h 21m

DECEMBER 26th | PG-13 | Romance/Comedy



### Serendipity (2001)

On a magical night when they are in their 20s, Jonathan (John Cusack) meets Sara (Kate Beckinsale). He finds it love at first sight, but Sara believes in destiny. After 10 years the two – with 3,000 miles between them – must decide if fate wants them to be together again. When love feels like magic, it is called destiny; when destiny has a sense of humor, it is serendipity. 1h 30

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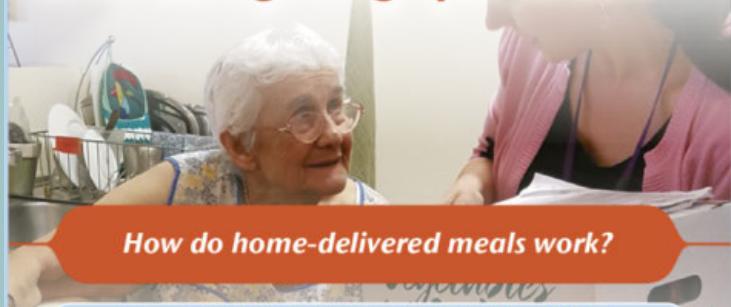


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Monday - Friday  
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The COA occasionally schedules events and/or trips outside of normal business hours.

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## 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 – 1:00</b> Billiards Match	 <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>1:00 – 4:00</b> Cribbage Groups	 <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>9:15 – 10:15</b> Walking Group	 <b>12:30 – 4:00</b> Mah Jongg	 <b>12:30 – 4:00</b> Mexican Dominoes
 <b>1:30 – 4:00</b> Ping Pong		 <b>10:00 – 11:00</b> Keep Well at TPC (First and Third)	 <b>1:15 – 3:15</b> BINGO Nov. 20th and Dec. 11th	 <b>1:30 – 3:30</b> Painting
		 <b>12:30 – 4:00</b> Scrabble Group	 <b>1:30 – 4:00</b> Knitting Group	 <b>1:30 – 4:00</b> Ping Pong