



WELLESLEY COUNCIL *on* AGING

January/February 2021



Winter Wonderland/Brook Path
Photo credit: Laurie Kay

The mission of the Wellesley Council on Aging is to serve as the primary resource for residents over the age of 60; to empower individuals to reach their goals; to offer comprehensive programs, services, and assistance that optimize quality of life; and to enable meaningful connections and collaborations that inspire a spirit of community across generations in our town.

REGISTRATION IS ONGOING January/February 2021

Wellesley Residents:

Starting Tuesday, December 29th at 9:00 a.m.

Non-Wellesley Residents:

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

All programs require pre-registration unless otherwise noted.

HOW TO REGISTER:

There are two ways to register for programs:

1. Online through MyActiveCenter

(<https://myactivecenter.com>)

Pay by credit card

2. By phone: 781-235-3961

Pay by credit card, or mail in check

(payable to Town of Wellesley)

Please note: Registration begins at 9:00 a.m. for all methods listed above. Online registration is available if you have an account with us and created a MyActiveCenter account.

Important: For fee-based activities, you MUST pay at the time of registration.

Note: MyActiveCenter.com and MySeniorCenter are secure website (<https>). They do not store credit card information.

INSIDE

2 PROGRAM INFORMATION AND POLICIES

3 DIRECTOR'S NOTE
Heather M. Munroe

THE BOARD'S VIEW
Marlene Allen, COA Chair

4 PROGRAM EVENTS
Free online programs

8 ART, GROUPS, AND EDUCATIONAL CLASSES

9 TRANSPORTATION CORNER

10 CALENDAR
January/February 2021

12 FITNESS OFFERINGS ON ZOOM
Fee based programs

14 PROGRAMS/RESOURCES

15 OUTREACH/RESOURCES

DON'T MISS OUT

BEGINNING JANUARY 4, 2021

Appointments can be made for February with AARP Tax-Aide, see page 7.

NEW GROUPS AND CLASSES

See pages 8, 12, 14, and 15.



Wellesley Council on Aging Staff

Heather M. Munroe,
Director of Senior Services

Gregory Wilson,
Assistant Director of Senior Services

Kate Burnham,
Health and Social Services Administrator

Amy Rose, Senior Activities Coordinator

Sarah Paglione, Activities Assistant

Andria DeSimone, Office Administrator

Roslyn Comenitz, Department Assistant

Sally Miller, Volunteer Coordinator

Rick Waldman, Bus Driver

Dana Wilson, Bus Driver

Richard Howell, Bus Driver

Dawnmarie Cole, Custodian, FMD

Wellesley COA Board of Directors

Marlene Allen, Chair

Penny Lawrence, Vice Chair

Susan Rosefsky, Secretary

Lori Ferrante

Robert Ferrell

Gerry Hume

Thomas Kealy

Tony Parker

Dianne Sullivan

Kathleen Vogel

Vacancy

COA Board Meeting Dates

Meetings are currently being held online via Zoom. Please contact the COA to participate in the Citizen's Speak portion.

- Thursday, January 21st at 4:00 p.m.
- Thursday, February 18th at 4:00 p.m.

* Additional meetings will be posted as needed.

Tolles Parsons Center Hours of Operation

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

Contact Info

781-235-3961

www.wellesleycoa.org

coa@wellesleyma.gov

Program Information and Policies

For questions or help call the COA: 781-235-3961

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. Individuals under age 60 are invited to participate if space permits. If a certain program is restricted to Wellesley residents only, it will be noted in the description. Please note that all of our programs require pre-registration.

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.

Make-up Classes

One potential make-up date will be agreed upon by instructors and staff for all fee-based programs that run several consecutive weeks. All students will have this information prior to registration. No refunds will be given if you cannot attend the make-up class. Make-up dates/times may differ from the regularly scheduled class day/time.

Refund Policies

Canceled Class

Full refund will be given for a canceled class.

Class Refunds

Refunds will be issued when COA staff is notified prior to the start of the second scheduled class. The refund amount will be equal to the total of the remaining classes. No exceptions will be made.

Program Specific Refund Policy

Please note that there may be a specific refund policy for a particular program. The specific policy information will be noted in the program description.

Participant Photograph Policy

Periodically, the COA photographs/records program participants for promotional use. Unless participants inform us of their desire not to be photographed/recorded, the COA may use photographs/recordings for promotional purposes.

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

COA BUS

To schedule a ride, please call MWRTA Reservation Call Center 508-820-4650.

Scholarship Funds Available:

Funds may be available to subsidize or pay for COA classes, activities, or programs for Wellesley residents. Contact our outreach/social worker at 781-235-3961 or kburnham@wellesleyma.gov

Please Note: Although we make every effort to ensure that the information in our newsletter is accurate, there are times when we inadvertently leave something out or make an error, or information has changed since the publishing date. Please feel free to call us at 781-235-3961 to verify any information.



Director's Note



"You'll never get bored when you try something new. There's really no limit to what you can do." –Dr. Seuss

And just like that, we are entering 2021! 2020 has been unique, challenging, interesting, and I'd even go so far as to say, uncanny. Since April, we have embraced new "virtual" ways of providing services and have found different

ways to connect with many of our patrons. As we enter a new year, we would like to present everyone with some new changes we are making to our newsletter and our programming! Our goal for calendar year 2021 is to make our programs more accessible to more patrons, whether that means through looking at financial resources; physical abilities; technological abilities; available times; or other challenges.

This year, we would like to begin a transition to making the newsletter more about all of you! Please join us in our progression as we continue to solicit more materials from each of you. Our January/February edition features the winner of our photo contest. For March/April, we would like to continue our photo contest and add a poetry contest, again with the entry(ies) to be featured in our newsletter. As we progress throughout the year, we will look toward new ways of bringing our patrons directly into our bimonthly newsletters.

With a new year, we are also bringing new virtual programs and program formats. With January being the kick start time for many to think about getting more fit and active, we are adding new fitness programs. In particular, we will be adding more Zoom fitness: Osteo (for the second time), Muscle & Strength Conditioning (especially helpful for those with Parkinsons), and Tai-Yo-Ba. Each of these programs will pilot in January/February and will be free for all participants. As we progress through the year, we will strive to offer a few pilot/promo fitness courses each cycle. For those who love our current fitness programs, many will still be offered.

Staying with the theme, for a new take on some current programs, we should talk about La Blast and Cardio Sculpt. In January/February, La Blast on Zoom will be back, but at a new time, Wednesday evenings, at 6 p.m. We are excited to offer our first active, evening, fitness class and hope that those who joined us in the past will rejoin us, and those who never could make the class, will join us after work or daily activities. In addition to our evening fitness class, we will be offering our second Cardio Sculpt Zoom class of the week, on Fridays at 1pm as an optional drop-in class. What does that mean? If you love Cardio Sculpt on Fridays and want to sign up for the entire session, you can, and if you only want to sign-up for a few classes, you can do that too. As a drop-in Zoom class, you can register and pay for a class as late as two hours in advance, you will receive a Zoom link, and be good to roll! This may be a great option for those who are busy, have appointments, or are not always sure they are up for the class!

From physical health to mental health, keep a close eye on the Tolles Parsons Center this spring! Our Activities team and our Social Worker have teamed up to launch some excellent programming focused around Healthy Aging and Aging in Place.

As always stay healthy and safe and have a wonderful holiday season!

Heather M. Munroe
Director of Senior Services

The Board's View

Carrying out the mission of the Council on Aging involves layers of responsibility and structure. For instance, budget preparation rolls around in the fall of every year in preparation for spring Annual Town Meeting. The six cycles of registration and programming each year require constant and significant planning and production. Social services through the COA Social Worker are continuous.

Underlying all of that must be a staffing structure as well as board policies and procedures to provide the foundation for everything that happens. A few years ago, work began on the necessary transition from by-laws to policies and procedures. Before that work was completed, the COA experienced a nearly complete turnover of staff, necessitating more focus and effort on hiring new personnel with perhaps different alignment. And in the midst of all of that came the pandemic. It has been a little like trying to tie your shoes and run at the same time.

The Board and the Director are in the process of completing Board Policies and Procedures and filling the remaining two staff openings. Being short-staffed has placed considerable stress on the office and has slowed but not stopped the ability to launch new initiatives. Even with staffing and pandemic constraints, staff members are to be commended for their good work, including the development of some exciting new programs. Soon to be again fully staffed, the COA is eager to develop even more programming and services to the growing and diverse population of older residents of Wellesley.

Marlene Allen, Chair
COA Board

We would like to announce the addition to our Team.

Gregory Wilson will be joining us late December as our new Assistant Director!

Newsletter Prose or Poetry Contest!

Thank you to all who submitted an entry for our "Winter Wonderland" contest. **Congratulations to Wellesley resident, Laurie Kay for her cover photo on the Fuller Brook path last winter.** As mentioned, our remaining entries will be used in future newsletters, emails and on our website.

Next we are holding a **writing contest** for all seniors. Those interested in entering must be Wellesley residents to submit works of prose or poetry.

Submissions must be received no later than January 22nd at 4:00 p.m. To submit your prose or poetry:

- 1. Electronically**– please email to coaactivities@wellesleyma.gov, and include your name and contact information.
- 2. By mail**– please mail your submission to:
Tolles Parsons Center, 500 Washington Street,
Wellesley, MA 02482.



Program Events *free online programs*

EVENING PROGRAMS

Living With Coyotes

Thursday, January 7th

7:00 p.m. – 8:00 p.m.

John Maguranis

Learn all about the most misunderstood and remarkable animal in North America. We will learn about their behavior, habitats and how to identify coyotes. Explore the myths and facts regarding pet and human safety as well as the coyote's diet. In this presentation you will discover the origin and history of this animal that lives in New England that so many people talk about.

The Archaeology of Human Behavior- What makes us human?

Tuesday, January 12th

7:00 p.m. – 8:00 p.m.

Paolo DiGregorio

The answer to this seemingly simple question is tremendously complex. We are, of course, shaped by our biology. But what is it that makes us distinct, and how have we come to dominate the planet? This lecture will look at some aspects of our prehistory, and discuss some of the cultural traits that created human society.

Becoming an Anti-Racist Ally: A Lifelong Journey of Awareness, Attitude, and Action

Thursday, February 18th

7:00 p.m. – 8:00 p.m.

Rev. Dr. Deborah L. Clark

In recent years, there has been increasing attention paid to the realities of racial injustice in our nation. For people of color, it is nothing new: they have always been aware of the depth of racism in our nation. For many of us who are white, it is a time of awakening to something we have not been attentive to. It is challenging to recognize ways we have been part of the problem. It is daunting to figure out how to be part of the solution. What does it mean to be an Anti-Racist Ally? Rev. Dr. Deborah L. Clark will share her own experience and journey so far, and invite you to reflect on your own journey of awareness, attitude and action.

Two Special Evening Meditations

Tuesdays, January 26th and February 23rd

7:00 p.m. – 8:00 p.m.

Lisa Campbell

Would you like to have more peace, happiness, and joy in your life? Would you like to experience less stress and better health? Let Lisa Campbell, certified meditation and mindfulness teacher, show you that what you seek is already within you. A great way to unwind for the day and a practice you can use to help keep you feeling well.

Winter & Emergency Preparedness

Tuesday, January 5th

1:30 p.m. – 2:30 p.m.

American Red Cross

Like it or not, winter is here. This year, more than any other, will bring new challenges. Join us as the American Red Cross helps us prepare to stay safe during emergencies, winter weather, and home fires. Participants will also receive info about virtual materials and resources. The program is designed to help people understand, prepare for and respond appropriately to disasters.

Healthy Aging

Wednesday, January 6th

2:30 p.m. – 3:30 p.m.

Lynn Croft

As we age, our nutritional needs as well as our daily habits have an impact on HOW we age. Genetics plays a smaller role than our own behavior. 70 to 80% of our vitality is up to us! Learn about the difference between Chronological Age and Health Age. There will be tips on how to age with better health, including healthier eating, nutrition and how to get a better night's sleep. Lynn Croft is a Professional Healthcare Advocate who educates about Healthcare Advocacy as well as offers presentations on how to be your own advocate and healthy aging. You can learn more at www.Advocating4YourHealth.com

Online Trivia

Friday, January 8

2:00 p.m. – 3:00 p.m.

COA Staff

Put on your thinking caps and test your knowledge with friends at the COA. Category suggestions are welcome!

Russian Iconography Past and Present

Monday, January 11th

2:00 p.m. – 3:00 p.m.

Russian Icon Museum Virtual Tour

Explore the Museum of Russian Icons through the virtual lecture "Iconography Past and Present," presented by Amy Consalvi, Director of Education. Icons serve many purposes and are one of the most important aspects of Russian culture, but who made them and how? What function did they serve? Using the Museum's extensive collection, this lecture explores the form and function of an icon and how Russian history is woven through them.

Piano Hour

Thursdays, January 14th and February 11th

12:00 p.m. – 1:00 p.m.

Ken Batts

Those familiar with lunch at the Tolles Parsons Center know we have the good fortune of volunteers to play the piano for patrons during this hour. Ken Batts, Wellesley resident and COA Volunteer will provide us with an online musical lunch via Zoom. Please join us at noon on these dates for a lunchtime concert with Ken. He will play popular music from Ragtime through Great American Songbook to the Beatles.

Dolphins Live from the Lagoon

Thursday, January 14th

2:00 p.m. – 3:00 p.m.

Dolphin Research Center, Grassy Key, FL

Join us lagoon side at Dolphin Research Center in the Florida Keys for an exciting and interactive session all about dolphins! One of their trainers will be chatting with us while conducting a training session with a member of their dolphin family. You will be inspired by these magnificent marine mammals during this presentation. Participants will be able to chat questions to the trainer during and after the session with the dolphin. We hope to “sea” you there!

Parents Don't Want Parenting: Plans to Keep YOU in Charge When Adult Children Attempt Role Reversals

Friday, January 15th

2:00 p.m. – 3:00 p.m.

Michelle Woodbrey, 2Sisters Senior Living Advisors

You will enjoy a heartfelt discussion about why your adult children begin to “parent” you. We will discuss planning and communication in order to refocus your relationship from negativity into one focused on your wishes.

A Series on Mindfulness with Neil Motenko

Tuesdays, January 19 and February 16

1:30 – 2:45 p.m.

A Series on Mindfulness with Neil Motenko continues with an exploration of the benefits of mindfulness for seniors, including the foundational attitudes we can bring to mindfulness practice and the qualities of mind and heart that the practice can cultivate. The sessions will be interactive, reinforce the basics as we also cover new material, reference neuroscience, and include guided practices. Newcomers are always welcome. *Special thanks goes to Wingate Chestnut Hill for generously sponsoring this program.*

Zoom into Mah Jongg with instructor Sharon Katz

Our instructor, Sharon Katz has been adapting her teaching to Zoom so that we can play and learn Mah Jongg while at home. Please contact the COA by phone or email coaactivities@wellesleyma.gov to express interest in this class and we will put you in contact with the instructor.

What's Age Got to Do with It?

Busting the Myths About Getting Older

Friday, January 22nd

2:00 p.m. – 4:00 p.m.

Jeanette Leardi, Gerontologist

It's a fact of life that no matter who you are, you're aging. But do you really know what aging means? Is getting old something to fear and dread, or does it lead to surprising benefits not possible to enjoy at younger ages? This engaging presentation will help you discover what aging is — and what it isn't. Drawing from the latest scientific research, the lecture busts social myths and negative stereotypes about older adults and offers practical tips for disrupting the ageism that keeps people of all generations from fully contributing to society.

LECTURE SERIES

History of China Lecture Series

Wednesdays, January 20 – February 10

2:30 p.m. – 3:30 p.m.

John Gardella

Part One:

This lecture will discuss the formation of China from the Ancient period through the end of the Imperial Dynasties in 1911. The development of Chinese culture, Imperial government and the Sinocentric worldview, the weakening of China and the failure of dynastic rule will be included.

Part Two:

This lecture will discuss the history of Modern China from 1911 to 1949. The Chinese Revolution leading to the short lived Republic of China, the development of China's Nationalist and Communists factions, the Chinese Civil War leading to the success of the Communists Party and the formation of the People's Republic of China.

Part Three:

This lecture will discuss the history of the People's Republic of China under Chairman Mao from 1950 to 1976. China's relationship with the Soviet Union and participation in the Korean War, Mao's leadership and his many attempts at reforms leading to chaos, the Cultural Revolution, the Gang of Four, and Mao's legacy will all be covered in this presentation.

Part Four:

This lecture will discuss China's rapid rise from a third-world nation to a global power. The power struggle for control of the Chinese Communist Party after Mao's death, Deng Xiaoping's economic, social and political reforms, Tiananmen Square and its aftermath, attempts at democratic reforms and the rise of the capitalist-business class, the consolidation of power under Xi Jinping, and a look at China's role as a world power in the 21st century will all be covered in this presentation.



Program Events *free online programs*

LECTURE SERIES

Robert Frost, America's Mystic Poet, Lecture Series

Mondays, January 25 – February 8

2:30 p.m. – 3:30 p.m.

Brian O'Connell

Robert Frost is considered to be one of the greatest American poets, but often his work is dismissed by many as the uncomplicated musings of a rustic New Hampshire farmer, too simplistic to warrant serious consideration. It is the aim of these lectures to dispel this myth as we delve into the universal questions that Frost explores, which each human being grapples within their journey through life – whether they are young or old. Such questions as: what is our relationship with the divine; free will and the significance of choice, the importance of keeping one's promises in spite of overwhelming odds, and the love found in sharing simple moments. We will dig into meaning of symbolic language to find that a tree, cloud, frozen lake, house and even a horse may have a deeper inner meaning. By unfolding these meanings we begin to see many of the universal truths that Frost presents to his readers.

Part One: "Choose Something Like a Star"

This poem deals with perhaps the deepest question that humans face: what is our relationship with the divine? Frost deals with this dilemma by harkening back to Moses and by seeing what science has to add, before giving the reader his enigmatic solution.

Part Two: "Stopping by Woods on a Snowy Evening" and "The Pasture"

"Stopping by Woods on a Snowy Evening" finds us yet again pondering our relationship with the divine, particularly when our lives appear bleak. It deals with universal choices that all of us share between giving in to despair and in finding the courage and reasons to persevere. In "The Pasture" we will look at Frost's tender side and the importance of living in the moment and sharing those moments with the ones we love.

Part Three: "The Road Not Taken" and "Mending Wall"

"The Road Not Taken" has been called "the most misread poem in America." We will explore various interpretations of this seemingly straightforward yet enigmatic poem, touching on aspects of choice and the Hindu concept of karma. Do we control our destiny or is it preordained and we merely play our part? In "Mending Wall" we shall look into another of Frost's oft quoted poems and explore the nature of boundaries, interpersonal and otherwise.

TED Talk Discussion

Tuesday, January 26th

1:30 p.m. – 2:30 p.m.

COA Staff

TED Talks are influential videos from expert speakers on education, business, science, tech and creativity. The topic will be emailed to you in advance and we will discuss the program, after we watch the TED Talk online together.

A Rainbow of Crooner Colors Musical Lecture

Thursday, January 28th

1:30 p.m. – 2:30 p.m.

Frank King

Join Frank King for a musical lecture where you'll get to hear the standout songs of the Golden Era – including rare, seldom-heard recordings - and also learn some fascinating secrets about the singers and the songs. A Rainbow of Crooner Colors is a musical trip from Red to Indigo, with a song for each color, from When the Red, Red Robin Comes Bob-Bob-Bobin' Along to Mood Indigo, including the unknown, fascinating stories behind the songs, and an eclectic array of singers from Al Jolson to Linda Ronstadt. For a finale: an Over the Rainbow singalong! *Special thanks goes to Evans Park at Newton Corner for generously sponsoring this program.*

Finance – Your Questions and Topics Answered

Friday, January 29th

2:00 p.m. – 3:00 p.m.

Ratio Wealth Group

Join Derek and Lauren as they discuss the markets and financial planning. They invite topics and questions to be submitted in advance to coactivities@wellesley.ma.gov to be included in a great conversation about investments and finance.

New Zealand: Penguins, Parrots & Pods

Thursday, February 4th

1:30 p.m. – 2:30 p.m.

Joy Marzolf

New Zealand is home to many rare birds and marine mammals including the comical yellow-eyed penguin. Watch and listen as the bell bird and Antipodes Island parrot demonstrate that they have it all- "looks, personality and talent." Not to be outdone, rare New Zealand sea lions make quite an impression as they interact on isolated South Island beaches, pods of rare Hector's dolphins frolic near coastal shores and dusky dolphins play with kayakers as they travel deep into the fiords of southern New Zealand. Join us for sights and sounds of animal personalities from this amazing country. *Special thanks goes to BAYADA Home Health Care for generously sponsoring this program.*

How to Talk to Your Doctor and Be Your Own Advocate
Friday, February 5th
2:00 p.m. – 3:00 p.m.
Lynn Croft

In the current healthcare environment, patients must learn to become their own advocate. Lynn Croft is a Professional Healthcare Advocate. Her program not only educates with the keys to better communication, but includes useful handouts that can be used as guides. Her goal is to educate the public for better outcomes from their physician visits! Lynn Croft is a Professional Healthcare Advocate who educates about Healthcare Advocacy and offers presentations on how to be your own advocate and healthy aging. You can learn more at www.Advocating4YourHealth.com.

Online Trivia
Tuesday, February 9th
1:30 p.m. – 2:30 p.m.
COA Staff

Put on your thinking caps and test your knowledge with friends at the COA. Category suggestions are welcome!

Lunar New Year
Friday, February 12th
2:00 p.m. – 3:00 p.m.
Sapir Ng

The Chinese (Lunar) New Year is a holiday of great celebration, symbolism and mythology. Celebrated by one-fifth of the world's population each year, it is known as the Lunar New Year or the Spring Festival and falls between January and February of the Gregorian calendar. It celebrates the end of the winter season and signals the beginning of spring. The holiday is celebrated for 15 days, with different rituals and festivities designated for each of the 15 days. It is a time families and friends get together to say goodbye to the old and welcome the new. Come join us to learn about the origin, folklore, and traditions of Lunar New Year.

Art Keeps Us Human
Monday, February 22nd
1:30 p.m. – 2:30 p.m.
ArtMatters: Art Education by Jane Blair

Art teaches. Art communicates. Art has humor, adventure and passion. Art matters! People are the only living creatures who make art. It is a uniquely human activity, and the sole reason we have an advanced civilization. We use visual images to communicate with one another as a species. Art transcends language, different cultures, time and distance. Join us for a mini-history of western civilization through art, from the caves to the shuttle, to see and understand how art and civilization depend upon each other. Be sure to bring your sense of humor and your sense of Human.

TED Talk Discussion
Tuesday, February 23rd
11:00 a.m. – 12:00 p.m.
COA Staff

TED Talks are influential videos from expert speakers on education, business, science, tech and creativity. The topic will be emailed to you in advance and we will discuss the program, after we watch the TED Talk online together.

The Ancient Silk Road - Journey Across Central Asia
Friday, February 26th
1:30 p.m. – 2:30 p.m.
Barry Pell

In this photographic lecture, we explore the historic cities of the Silk Road - including Samarqand, Bukhara and Kashgar - places that flourished for over 1,000 years along the trading routes that connected across 5,000 miles between central China and Istanbul at the doorstep of Europe. The presentation will focus on the legacies of the Silk Road trade on these places, including architecture, religion, language, ceremonies and food. Photography will highlight the travels of the lecturer as he followed the caravan routes of the Silk Road traders threaded over high passes through rugged, snowy mountain ranges and across large and forbidding deserts.

AARP Tax Assistance

AARP will return to work with patrons of the Tolles Parsons Center for free, providing tax return preparation to anyone who needs it, beginning on February 1, 2021. AARP Foundation Tax-Aide volunteers are trained to help you file a variety of income tax forms and schedules. In certain situations, however, the volunteers may be unable to provide assistance. The Volunteer Protection Act requires that the volunteers stay within the scope of tax law and policies set by the IRS and AARP Foundation. The current plan is that there will be modified in-person sessions, where one Tax-Aide volunteer will work with a patron to exchange paperwork, complete questions with COVID safeguards in place, and cleaning time in between appointments. All details are preliminary and could change as COVID 19 changes.



Appointments can be made beginning on January 4th, first-come, first-served. The appointments will be scheduled on Mondays, beginning February 1st for 1 hour and 15 minutes

each, there will be a total of six appointments available each Monday. To schedule an appointment, please call the Tolles Parsons Center at 781-235-3961 beginning on January 4th or email us at coa@wellesley.ma.gov.

Art, Groups, and Educational Classes

NEW GROUP

Sports Fanatics

Mondays, January 4 and February 1 at 1:00 p.m.
Tuesdays, January 19 and February 16 at 10:00 a.m.

Hosted by: Mark Goldman

As games and sports programming return, there's plenty to talk about, like fan-free arenas, shortened seasons, trades, how leagues and unions will adjust to new needs, and what the future holds here and abroad. Join the lively conversation and connect online with other sports fans. **Max: 20**

NEW GROUP

Giants of American Literature Book Discussion

Thursday, January 21 and Thursday, February 25
1:00 p.m. – 2:30 p.m.

Hosted by: COA Volunteer, Terry Catchpole

You know that great American novel you always wanted to read... or re-read from 30 years back? Well, here is your chance! The Wellesley COA is continuing its Giants of American Literature program with a series of regular monthly Zoom discussion meetings which will focus on a single great American novel each meeting. The first meeting will feature a highly interactive discussion of William Faulkner's terrific novel, *As I Lay Dying*. The second Zoom meeting will discuss Ernest Hemingway's classic novel, *The Sun Also Rises*. **Max: 15**

Wellness: Mindful Living Online

Thursdays, January 7 – February 18

11:00 a.m. – 12:00 p.m.

Instructor: Lisa Campbell

Would you like to have more peace, happiness, and joy in your life? Would you like to experience less stress and better health? Let Lisa Campbell, certified meditation and mindfulness teacher, show you that what you seek is already within you. Each week we laugh, share mindful insights, practice different meditation and mindfulness techniques (including a practice that the Alzheimer's Foundation recommends for boosting brain function), as well as easy techniques you can use anytime and anywhere to help keep you feeling well.

Zoom into Watercolor Techniques with

Instructor: Cecilia Sharma

Our instructor, Cecilia has been adapting her teaching to Zoom so that you can gather online to paint and learn while at home. Please contact the COA by phone or email coactivities@wellesleyma.gov to express interest in this class and we will put you in contact with the instructor.

Shakespeare Discussion

Wednesday, January 13 and Wednesday, February 17
1:00 p.m. – 2:30 p.m.

Hosted by: COA Volunteer, Terry Catchpole

The Shakespeare Discussion Group will next meet online via Zoom to discuss and read from Acts One and Two of *Julius Caesar*. The following month, the group will again meet online via Zoom to discuss and read from Acts Three, Four, and Five of *Julius Caesar*. As in our live meetups, online sessions will consist of highly interactive and engaging discussions of the play complimented by extensive group readings from the play script. Let us know of your interest and we will send you the Zoom link. Join the fun and celebrate your inner thespian!

Current Events Discussion

Thursday, January 28 and Thursday, February 25
10:00 a.m. – 11:00 a.m.

Hosted by: Joe Weisse

Discuss international, national, state and local issues of the day with Joe Weisse, the host of Conversations on the Natick Cable Government Channel. Joe serves on the Natick Safety Committee, is a town meeting member, and a former state agency Public Information Officer. **Max: 12**

Conversational French

Four groups per week

Mondays, Tuesdays, Thursdays and Fridays
1:00 p.m. – 2:15 p.m.

Hosted by: Nathalie deFontnouvelle

Are you conversational in French; intermediate or advanced? Come join Nathalie, a native speaker, to improve your conversational French. There are four groups per week on Mondays, Tuesdays, Thursdays and Fridays from 1:00 p.m. until 2:15 p.m. This is a fun way to improve your fluency in French, and make new Francophile friends. This is not a structured class; class size is limited as the goal is really to practice talking in a relaxed setting. For more information, please contact COA Volunteer, Nathalie deFontnouvelle at: Wellesley.Nathalie@gmail.com.

Conversational German Class Online

Weekly on Tuesdays, 10:00 a.m. – 11:15 a.m.

Hosted by: COA Volunteer, Renate Olsen

Improve your conversational German with Renate Olsen, a former high school teacher and long-time conversational German teacher for seniors in the area. Renate will lead this program for participants who have a basic knowledge of the German language and in addition to conversational German, will include reading simple stories and poems, listening to native speakers on YouTube and occasionally writing a few sentences.

Transportation Corner

Announcement: Calling for Volunteers

If you are looking for a volunteer opportunity, we have a few options that you may be interested in:

1. Phone Pal Volunteer
2. IT TECH Volunteer
3. Yard Work Volunteer



We want you to be “in the know”

The COA encourages you to subscribe to receive COA news via email - a great (and easy) way to stay up to date with all that is going on with the COA! Simply visit our website at www.wellesleycoa.org and follow these 3 easy steps:

1. Click the button that says “subscribe to COA News.”
2. Enter your name and email address.
3. Confirm your subscription: You will receive an email from “listserv@civicplus.com” to confirm your subscription request. If you do not receive this email, please check your spam folder. Please note that you will not receive any COA communications until you complete this step.

We also invite you to “like” us on facebook– another communication tool used to spread the word about COA happenings! Find us at facebook.com/WellesleyCOA



As we are preparing for 2021, our rides have continued to pick up. In October, we provided 117 rides to 17 passengers on 17 days to 12 different destinations. We will continue to keep our eyes on the effect of the pandemic and ensure that we are providing the highest level of safety to all of our patrons. We will continue

to work with the Wellesley Health Department as the COVID 19 situation changes. As a reminder, the bus is available from Monday-Friday from 8:45 am with last pickup at 3:30 pm. Priority will be given to specific destinations during certain times where listed below:

	MORNINGS 8:45 a.m. – 12:00 p.m.	AFTERNOONS 12:00 p.m. – 3:30 p.m.
MONDAY	Any approved destination	
TUESDAY	Any approved destination	Food Pantry
WEDNESDAY	Grocery Trip	Any approved destination
THURSDAY	Any approved destination	
FRIDAY	Grocery Trip	Any approved destination

The following outlines the approved destinations where the COA Bus will travel. If there is a destination that is not on this list outside of the Town of Wellesley, we do not currently provide service to that location. Please contact our office to inquire further.

1. All destinations in the Town of **Wellesley**;
2. Destinations in the Town of **Newton**:
 - a. Newton-Wellesley Hospital, 2014 Washington Street,
 - b. Newton-Wellesley Psychiatry, 2364 Washington Street,
 - c. Woodland “T” Stop;
3. Destinations in the Town of **Natick**:
 - a. MetroWest Medical Center, 67 Union Street,
 - b. Mass General Brigham Urgent Care, 219 North Main Street; and

4. Destinations in Town of **Needham**:
 - a. Beth Israel Deaconess Hospital, 148 Chestnut Street
 - b. Doctor’s Offices, 105 Chestnut Street
 - c. Beth Israel Deaconess Health Care Family Medicine, 392 Chestnut Street

We know transportation is difficult for our patrons and in the days of COVID19, very challenging at times. We are working to stay apprised of any alternative transportation options that may be available. If you have any questions, would like to get signed up with MWRTA, or need assistance, please give us a call at 781-235-3961.

To book a ride directly with MWRTA, call 508-820-4650.





JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				- 1 - The Tolles Parsons Center is CLOSED in observance of New Year's Day No online activities
- 4 -	- 5 -	- 6 -	- 7 -	- 8 -
9:15 Seated Strength & Balance Class A 11:00 Pilates Class A 1:00 Zumba Gold 1:00 Sports Fanatics Discussion 2:00 TV Channel Comcast 9 or Verizon 39	9:00 Mixed Yoga 10:00 Conversational German Group 11:00 T'ai Chi Mini Routines 1:30 Winter & Emergency Preparedness 3:00 Tai-Yo-Ba	9:15 Cardio Sculpt Class A 11:15 Osteo Class 1:00 Chair Yoga 2:00 Caregiving Support Group 2:30 Healthy Aging Presentation 6:00 LaBlast 6:00 TV Channel Comcast 9 or Verizon 39	9:15 Seated Strength & Balance Class B 11:00 Mindful Living 3:00 Pilates Class B 7:00 Living With Coyotes 8:00 TV Channel Comcast 9 or Verizon 39	9:30 Qi Gong 11:15 Senior Muscle Conditioning 1:00 Cardio Sculpt Class B 2:00 Trivia
- 11 -	- 12 -	- 13 -	- 14 -	- 15 -
9:15 Seated Strength & Balance Class A 11:00 Pilates Class A 1:00 Zumba Gold 2:00 Russian Iconography Past and Present 2:00 TV Channel Comcast 9 or Verizon 39	9:00 Mixed Yoga 10:00 Conversational German Group 11:00 T'ai Chi Mini Routines 3:00 Tai-Yo-Ba 7:00 The Archaeology of Human Behavior	9:15 Cardio Sculpt Class A 11:15 Osteo Class 1:00 Chair Yoga 1:00 Shakespeare Discussion Group 6:00 LaBlast 6:00 TV Channel Comcast 9 or Verizon 39	9:15 Seated Strength & Balance Class B 11:00 Mindful Living 12:00 Piano Hour 2:00 Dolphins Live from the Lagoon 3:00 Pilates Class B 8:00 TV Channel Comcast 9 or Verizon 39	9:30 Qi Gong 11:15 Senior Muscle Conditioning 1:00 Cardio Sculpt Class B 2:00 Parents Don't Want Parenting Presentaton
- 18 -	- 19 -	- 20 -	- 21 -	- 22 -
The Tolles Parsons Center is CLOSED in observance of Martin Luther King, Jr. Day No online activities 2:00 TV Channel Comcast 9 or Verizon 39	9:00 Mixed Yoga 10:00 Sports Fanatics Discussion 10:00 Conversational German Group 11:00 T'ai Chi Mini Routines 1:30 Mindfulness with Neil 3:00 Tai-Yo-Ba	9:15 Cardio Sculpt Class A 11:15 Osteo Class 1:00 Chair Yoga 2:00 Caregiving Support Group 2:30 China History Lecture Part One 6:00 LaBlast 6:00 TV Channel Comcast 9 or Verizon 39	9:15 Seated Strength & Balance Class B 11:00 Mindful Living 1:00 American Literature Book Group 3:00 Pilates Class B 4:00 COA Board Meeting 8:00 TV Channel Comcast 9 or Verizon 39	9:30 Qi Gong Online 11:15 Senior Muscle Conditioning 1:00 Cardio Sculpt Class B 2:00 What's Age Got to Do with It? Busting the Myths About Getting Older
- 25 -	- 26 -	- 27 -	- 28 -	- 29 -
9:15 Seated Strength & Balance Class A 11:00 Pilates Class A 1:00 Zumba Gold 2:00 TV Channel Comcast 9 or Verizon 39 2:30 Robert Frost Lecture Part One	9:00 Mixed Yoga 10:00 Conversational German Group 11:00 T'ai Chi Mini Routines 1:30 TED Talk 3:00 Tai-Yo-Ba 7:00 Mindful Meditation	9:15 Cardio Sculpt Class A 11:15 Osteo Class 1:00 Chair Yoga 2:30 China History Lecture Part Two 6:00 LaBlast 6:00 TV Channel Comcast 9 or Verizon 39	9:15 Seated Strength & Balance Class B 10:00 Current Events Discussion 11:00 Mindful Living 1:30 Rainbow of Crooner Colors Musical Lecture 3:00 Pilates Class B 8:00 TV Channel Comcast 9 or Verizon 39	9:30 Qi Gong 11:15 Senior Muscle Conditioning 1:00 Cardio Sculpt Class B 2:00 Finance Talk

FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-1-	-2-	-3-	-4-	-5-
9:15 Seated Strength & Balance Class A 11:00 Pilates Class A 1:00 Zumba Gold 1:00 Sports Fanatics Discussion 2:00 TV Channel Comcast 9 or Verizon 39 2:30 Robert Frost Lecture Part Two	9:00 Mixed Yoga 10:00 Conversational German Group 11:00 T'ai Chi Mini Routines 3:00 Tai-Yo-Ba	9:15 Cardio Sculpt Class A 11:15 Osteo Class 1:00 Chair Yoga 2:00 Caregiving Support Group 2:30 China History Lecture Part Three 6:00 LaBlast 6:00 TV Channel Comcast 9 or Verizon 39 7:00 Knowledge is Power	9:15 Seated Strength & Balance Class B 11:00 Mindful Living 1:30 New Zealand Presentation 3:00 Pilates Class B 8:00 TV Channel Comcast 9 or Verizon 39	9:30 Qi Gong 1:00 Cardio Sculpt Class B 2:00 How to Talk to Your Doctor and Be Your Own Advocate Presentation
-8-	-9-	-10-	-11-	-12-
9:15 Seated Strength & Balance Class A 11:00 Pilates Class A 1:00 Zumba Gold 2:00 TV Channel Comcast 9 or Verizon 39 2:30 Robert Frost Lecture Part Three	9:00 Mixed Yoga 10:00 Conversational German Group 11:00 T'ai Chi Mini Routines 1:30 Trivia 3:00 Tai-Yo-Ba	9:15 Cardio Sculpt Class A 11:15 Osteo Class 1:00 Chair Yoga 2:30 China History Lecture Part Four 6:00 LaBlast 6:00 TV Channel Comcast 9 or Verizon 39	9:15 Seated Strength & Balance Class B 11:00 Mindful Living 12:00 Piano Hour 3:00 Pilates Class B 8:00 TV Channel Comcast 9 or Verizon 39	9:30 Qi Gong 11:15 Senior Muscle Conditioning 1:00 Cardio Sculpt Class B 2:00 Lunar New Year Presentation
-15-	-16-	-17-	-18-	-19-
<p style="text-align: center;">The Tolles Parsons Center is CLOSED in observance of President's Day No online activities 2:00 TV Channel Comcast 9 or Verizon 39</p>	9:00 Mixed Yoga 10:00 Sports Fanatics Discussion 10:00 Conversational German Group 11:00 T'ai Chi Mini Routines 1:30 Mindfulness with Neil 3:00 Tai-Yo-Ba	9:15 Cardio Sculpt Class A 11:15 Osteo Class 1:00 Chair Yoga 1:00 Shakespeare Discussion Group 2:00 Caregiving Support Group 6:00 LaBlast 6:00 TV Channel Comcast 9 or Verizon 39	9:15 Seated Strength & Balance Class B 11:00 Mindful Living 3:00 Pilates Class B 4:00 COA Board Meeting 7:00 Becoming an Anti-Racist Ally 8:00 TV Channel Comcast 9 or Verizon 39	9:30 Qi Gong 11:15 Senior Muscle Conditioning 1:00 Cardio Sculpt Class B
-22-	-23-	-24-	-25-	-26-
1:30 Art Keeps Us Human 2:00 TV Channel Comcast 9 or Verizon 39	10:00 Conversational German Group 11:00 TED Talk 7:00 Mindful Meditation	9:00 Registration for Wellesley Residents 6:00 TV Channel Comcast 9 or Verizon 39	9:00 Registration for non-Wellesley Residents 10:00 Current Events Discussion 1:00 American Literature Book Group 8:00 TV Channel Comcast 9 or Verizon 39	11:15 Senior Muscle Conditioning 1:30 The Ancient Silk Road — Journey Across Central Asia



Tune into Wellesley Media Community Channel Comcast 9 or Verizon 39

Comcast 9 and Verizon 39 refers to television channels, no registration is necessary

Monday 2:00 p.m. • Wednesday 6:00 p.m. • Thursday 8:00 p.m. • Saturday 11:00 a.m.



Fitness Offerings on ZOOM

zoom



Fitness Classes will all be Online Via Zoom For January And February

All programs are fee based unless otherwise noted.

All programs run seven (7) weeks unless otherwise noted.

FREE

Senior Muscle Conditioning

January 8 – February 26

Fridays, 11:15 a.m. – 12:00 p.m. (45 minutes)

(No class February 5)

Instructor: Kim Crowley

This class offers a full body workout, sensitive to special needs and adaptations. Class uses a chair, a light set of dumbbells and a resistance band. If necessary, soup cans and a rolled towel or a belt can be used instead. Kim specializes in helping people find a path to wellness that they enjoy. Her knowledge, motivational style, energy, and compassion make participants feel safe, engaged, and understood.

FREE

Osteo Exercise Online

January 6 – February 17

Wednesdays, 11:15 a.m. – 12:15 p.m. (60 minutes)

Instructor: Dr. Patricia Sullivan

This is a bit strenuous: stretching and strengthening, and moving around to music. Sullivan has been a physical therapist for over 50 years and has written four books on Therapeutic Exercise, and for 35 years has taught at Northwestern University, Boston University, and at the MGH Institute of Health Professions. Patricia has taught therapists in 20 countries and is internationally recognized as an expert in physical therapy and providing exercise therapy.

FREE

Tai-Yo-Ba

January 5 – February 16

Tuesdays, 3:00 p.m. – 3:50 p.m. (50 minutes)

Instructor: Cam Bergeron

This 50 minute exercise class focuses on balance, coordination, flexibility, and mobility. Tai-Yo-Ba is a combination of American physical therapy, Burdenko therapy method, and functional fitness. Participants will be mentally engaged the entire time to increase activation from brain to body. Participating in this class will improve activities of daily living, regain function of the body, and help alleviate pains. Exercises will be performed seated and standing. Only equipment needed is a stationary, sturdy, no armed chair.

T'ai Chi Mini Routines

January 5 – February 16

Tuesdays, 11:00 a.m. – 12:00 p.m. (60 minutes)

Instructor: Jon Woodward

Cost: \$35

T'ai Chi is a gentle and meditative exercise known to promote healing and well-being and is an excellent exercise to improve physical balance. In this Zoom class, we will learn and practice very short "mini routines" that can be strung together into longer routines. Each mini routine is only about a minute long, making this class ideal for both beginner and experienced T'ai Chi students.

2021-DROP IN CLASS OPTION

Cardio Sculpt

CLASS A

January 6 – February 17

Wednesdays, 9:15 a.m. - 9:45 a.m.

(30-minutes)

Instructor: Daniel Salerno

Cost: \$21

Cardio Sculpt is an effective, efficient group fitness program designed to build optimal health so you can live your life the way you want. If your time is limited but you still want great results, Cardio Sculpt is for you. This program delivers all aspects of fitness (cardio, strength, agility, flexibility, core conditioning and more).

CLASS B

January 8 – February 19

Fridays, 1:00 p.m. – 1:30 p.m.

(30-minutes)

Instructor: Daniel Salerno

Cost: \$21 for 7 classes or \$3 per class

We will start the new year with the option to drop into this fitness classes. Choose any amount of classes and work around your schedule.

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

www.wellesleyrec.org



Seated Strength and Balance

CLASS A

January 4 – February 8

Mondays, 9:15 a.m. – 10:00 a.m. (45 minutes)
(5 weeks – no class January 18 and February 15)

Instructor: Pearl Pressman

Cost: \$25

CLASS B

January 7 – February 18

Thursdays, 9:15 a.m. – 10:00 a.m. (45 minutes)

Instructor: Pearl Pressman

Cost: \$35

This is a 45 minute seated class designed to accommodate individuals of various fitness levels and abilities. The class begins with a thorough warm-up for both the joints and the muscles. The warm-up is followed by strength training and balance exercises for the body using hand weights, resistance bands and body weight.

Yoga—Chair

January 6 – February 17

Wednesdays, 1:00 p.m. – 2:00 p.m. (60 minutes)

Instructor: Cyndi Koss

Cost: \$35

Move at your own pace. Poses are done while sitting, leaning or standing holding onto a chair. This class encourages better circulation, builds bone density, and balance. Build leg and core strength. Improve mental clarity, breathing and posture. Move with more confidence and ease. Cyndi Koss, Wellesley resident, Graduate of Down Under School of Yoga, 500 hour registered Yoga Alliance teacher, 25 years of yoga experience.

Qi Gong

January 8 – February 19

Fridays, 9:30 a.m. – 10:30 a.m. (60 minutes)

Instructor: Bob Doherty

Cost: \$35

Qi Gong is a gentle and relaxing exercise proven to be a highly effective way to maintain your health, increase energy and vitality, and promote healing. Qi Gong is effective at reducing the effects of aging and aids fall prevention.

Zumba Gold

January 4 – February 8

Mondays, 1:00 p.m. – 2:00 p.m. (60 minutes)
(5 weeks – no class January 18 and February 15)

Instructor: Ketty Rosenfeld

Cost: \$25

This class introduces easy-to-follow Zumba® choreography focusing on balance, range of motion, strength and coordination, while also raising heart rates and improving cardiovascular ability.

Pilates

CLASS A

January 4 – February 8

Mondays, 11:00 a.m. – 12:00 p.m. (60 minutes)
(5 weeks – no class January 18 and February 15)

Instructor: Lisa Wilkins

Cost: \$25

CLASS B

January 7 – February 18

Thursdays, 3:00 p.m. – 4:00 p.m. (60 minutes)

Instructor: Lisa Wilkins

Cost: \$35

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

Yoga—Mixed

Tuesday, January 5 – February 16

Tuesdays, 9:00 a.m. – 10:30 a.m. (90 minutes)

Instructor: Judy Scribner-Moore

Cost: \$70

This class is open to novice and experienced students, with class size limited to ensure ample, individual attention. With over 35 years of teaching experience, and over 50 of personal yoga and meditation practice, Judy combines interpersonal and mindfulness skills with knowledge of anatomy and physiology. She guides new and experienced students in a relaxed and alignment-oriented practice of classical yoga postures, the practice of which fosters flexibility, strength, concentration and clarity. Please bring a firm blanket, strap or belt, yoga block, tennis or other similar ball, and sturdy chair without arms to each class. **Max: 15**

NEW EVENING CLASS

LaBlast

January 6 – February 17

Wednesdays, 6:00 p.m. – 7:00 p.m. (60 minutes)

Instructor: Karen Karten

Cost: \$35

LaBlast is a dance fitness program based on all the dances you see on "Dancing with the Stars." It's partner free ballroom dance fitness to all kinds of music. It includes cardio and weight-training using simple dance patterns. No experience necessary! Come learn the Cha Cha, Quickstep, Foxtrot, Rumba and more. It's a workout in disguise to help keep you feeling well.



Programs/Resources

FREE ONLINE CLASSES At the Wellesley FREE Library

Learn American Sign Language

Thursday January 7, 14, 21, 18, 2021

7:00 p.m.

In this introductory 4 session class learn basic vocabulary and phrases including:

- The ASL manual alphabet
- Numbers
- Days of the week
- Foods and snacks
- ASL negations and affirmations
- Basic ASL sentence structure

* Limited to 20 participants who must attend all 4 sessions. Registration required.

This workshop is generously sponsored by the Friends of the Wellesley Free Libraries. Registration is required as space is limited. Register in advance by calling 781-235-1610 x1117 or online at wellesleyfreelibrary.org.

Virtual Cooking with Chocolate - Sweet & Savory

Thursday, February 4, 2021

7:00 p.m.

Chocolate is not just dessert; it's everything you need! Join chef Liz Barbour of The Creative Feast as she explores chocolate as both a sweet and savory ingredient. Learn about the different types of chocolate, how to select a chocolate based on its fat and sugar content, and how to use chocolate as the main ingredient in recipes that are not just for dessert. Enjoy a cooking demonstration of two delicious chocolate recipes-one sweet and one savory. Register in advance by calling 781-235-1610 x1117 or online at wellesleyfreelibrary.org. After registering, you will receive a confirmation email containing information about joining the webinar. Sponsored by the Friends of the Wellesley Free Libraries.

Volunteer Corner

Warm wishes to all during this cold time of year! We are happy to report that our Phone Pal program has brought a lot of joy to both patrons and volunteers. We continue to look to expand this program. Please contact us if you would like to participate!

As the holidays approach, there has been an outpouring from the community looking for ways to connect with us. In addition to working with the Tenacre Country Day School 6th graders in our Pen Pal program, we are seeking creative ways to engage with other Wellesley school age residents and community organizations to foster our mission of intergenerational connection. For these endeavors to be successful we need you, our senior members, to participate! Please let us know if you have any ideas, and keep an eye out for upcoming opportunities in this Newsletter as well as our weekly email blasts.

It has been exciting to see so many additional members join our remote programs. Our tech support volunteers have had great success getting folks comfortable using their devices to join in our programs. Personally, it was a delight for me to help sign up one of our 95 year old members for 10 of our remote Zoom presentations! She mentioned how much joy these programs bring to her and wishes more of her friends would participate. If you are on the fence about using technology, please give us a call. We have wonderful volunteers eager to assist you.

Stay safe, warm and connected in the New Year!

Sally Miller

Volunteer Coordinator



One-on-One Zoom Help

Not sure how to download it? Want to know more about the chat feature? Would you like to set up your own Zoom meeting with friends? Heard you can access Zoom through your phone, but not sure how? These questions and more are easily answered with a one-on-one Zoom Help appointment with a selected volunteer at the COA. As Zoom becomes ever more popular and mainstream, we want to answer any questions you may have about the ins and outs of this online meeting place. Please call us to schedule a private Zoom Help session at **781-235-3961**.

Lois can help! One-on-One Technology Assistance

To schedule an online/phone appointment with Lois for one-on-one technology assistance, appointments must be made through the COA and not directly with Lois.

**Appointments are made for
Tuesdays and Thursdays**

Please call us for scheduling and any other questions you might have at **781-235-3961**.

Outreach/Resources

NEW

Three Part Evening Series

Aging in Place

Session 1: "Knowledge is Power"

Wednesday, February 3rd, 7:00 p.m.

Connect with our panel of experts to discuss the concept of Aging in Place. If you plan on living in your home for the long term, join us and learn if that possibility is an option for you. Participants will become more knowledgeable about a variety of topics such as medical, physical and environmental adaptations and how this can help you to remain out of residential care facilities. The goal of this program is to gain knowledge and feel confident with a broad understanding of the concept of aging in place. Questions are welcome and can be submitted in advance via email to COA@wellesleyma.gov and used anonymously as discussion points.

(Part 2 & 3 will appear in March and April newsletter)

SPEAKER: Jessica Maxwell, PT, DPT, PhD has almost 25 years' experience as a Physical Therapist and professor of PT, and is the Owner of Preservation Physical Therapy and Wellness, in Natick, MA. She empowers aging adults to age in place safely by assessing their personal physical interaction with their home environment, and considers any short or long-term solutions to increase quality of life.

SPEAKER: Ailene Gerhardt, independent Board-Certified Patient Advocate (BCPA) and founder of Beacon Patient Solutions LLC. Both in her private practice and in her community education programs, she works to inform and assist with navigating our complex healthcare system and to provide the tools to become educated, confident health care consumers. Ailene will share tips and tools for effective planning that will assist solo agers, widows, widowers, and couples.

SPEAKER: Roy Carreiro is a Massachusetts Licensed General Contractor with over 25 years of experience specializing in remodeling, carpentry and custom woodworking. In addition to his full time remodeling business, Roy gives back to the community by working with some of Metrowest's leading Senior Homecare agencies to take on smaller jobs that are often very difficult to hire contractors for; Roy does this work with patience and insight to help older adults continue to live at home with increased dignity and safety.

NEW

Bi-Monthly Caregiving Support Group

1st & 3rd Wednesdays 2:00 p.m. – 3:00 p.m.

January 6th, January 20th

February 3rd, February 17th

Have you been feeling isolated and overwhelmed while caring for a loved one during this global pandemic? You are not alone! Join us to make connections with others who are on a similar journey. This will be a closed group, space is limited to five (5) participants and is open to Wellesley residents over age 60. Meetings will take place virtually on Zoom beginning on Wednesday January 6th 2021; First & Third Wednesdays from 2:00-3:00pm. (Group will run until June.)



Almira N. Simons Fund

The Almira N. Simons Fund 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. Any senior who believes they are in need of assistance should contact the Wellesley COA Health and Social Services Administrator (Outreach Worker) to discuss the completion of a Simons Fund application. The senior's financial situation must be fully described and the request clearly stated. The completed application should be forwarded to The Wellesley Council on Aging to the attention of The Friends of the Wellesley Council on Aging. The Friends of Wellesley Council on Aging is responsible for making a determination whether the senior is eligible for assistance and how much assistance will be given. For approved applications, the company from which the senior is to receive service must agree to bill the senior for the service. The invoice must be in the senior's name. The Almira Simons Fund must not be listed as the designated payee on any invoice. Invoices will be paid directly to the vendor of the product or service. The Simons Fund is intended to provide one-time only assistance for bills, home repairs, etc. If home care is being provided through the Simons Fund, it should be for a limited amount of time. The amount of time will be designated prior to funding approval.

With Medicare Plans, does it matter which pharmacy you use?

YES, the pharmacy you use could make a big difference in the cost of your drugs!



All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price.

The SHINE Program remains available for remote counseling and assistance. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. For SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, number and town. A volunteer will call you back, as soon as possible.



Outreach/Resources

Resource Spotlight

Looking to save money on your winter heating bills, property taxes, or affordable in-home care? Read on to learn more about these wonderful programs available to residents who qualify.

LIHEAP

Fuel Assistance is available through SMOC (South Middlesex Opportunity Council) through LIHEAP (Low Income Home Energy Assistance Program) until April 30, 2021. Criteria on income guidelines: single person household with yearly income below \$39,105 or two person households with annual income below \$51,137. For an application and more information on this benefit, please call Kate Burnham, Health & Social Services Administrator at 781-235-3961.

Senior Work-Off Program

Do you own a home in Wellesley and would like to save \$1,500 on your property taxes? Volunteer your time to the Town of Wellesley through the Senior Work-Off Program. Eligible households can apply through the Town Hall Assessor's office. Applications are available online. Yearly income maximum for single person households is \$46,262 and married couples is \$69,393. Volunteer opportunities are presented to seniors when applications are processed and approved. Call 781-235-3961 to get application.

Springwell

Affordable in-home care is available to frail, low-income residents who qualify from Springwell, the State-funded elder services agency that covers Wellesley seniors. Springwell is a non-profit organization offering many services on a sliding scale basis. Single person yearly income limits must be under \$28,800 and married households under \$40,800. For more information on services available and eligibility requirements, call Springwell directly at 617-926-4100.

Resource Reference Guide

Community-Based Senior Service Organizations

The Alzheimer's Association Hotline	800-272-3900
Jewish Family & Children's Services	781-647-5327
Springwell.....	617-926-4100
Wellesley Council on Aging.....	781-235-3961

Financial Assistance Programs

The Almira Simons Fund (Wellesley COA) .	781-235-3961
Wellesley Friendly Aid Association.....	781-235-3960
The Society of St. Vincent de Paul.....	781-235-1060

Local Council on Aging Centers

Weston	781-786-6280
Newton	617-796-1660
Needham	781-455-7555
Natick.....	508-647-6544

Medical Supplies

Andrews Pharmacy (324 Weston Rd).....	781-235-1001
Byrne Medical Supplies	508-655-3656
CVS Wellesley	781-235-0219

Patient Advocacy

Beacon Patient Solutions.....	617-651-2140
Patient Advocacy Foundation.....	800-532-5279

Wellesley COA Bus Transportation

MWRTA Reservation Line	508-820-4650
------------------------------	--------------

Visit the Wellesley Town Website for the latest information on COVID-19

coronavirus-wellesleyma.hub.arcgis.com/

Need help or have questions call 781-239-0256 • Monday-Friday 9 a.m.-4 p.m.

Maura Shannon, LMT
THERAPEUTIC MASSAGE
 Reduce Stress & Anxiety
 Treat Inflammation & Pain
 Promote Health & Well-Being
(508) 653-9008
 MLTShannon1@gmail.com
 Certified and Licensed for over 23 Years

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

Newton Memorial Art Company
Forever
 FINEST QUALITY CUSTOM MEMORIALS
 Monuments | Markers | Mausoleums
 On-site Engraving | Warranted Forever

617-244-2013
 732 WALNUT STREET, NEWTON MA
 WWW.NEWTONMEMORIALART.COM
 Family owned and operated.
 We design in our office and carve in our shop.


Elizabeth Seton RESIDENCE
 Skilled Nursing and Rehabilitation
 781-997-1100 • www.elizabethseton.org
 125 Oakland St., Wellesley Hills, MA


Short-Term Rehabilitation

FALL PREVENTION • ACCESSIBILITY • AGING IN PLACE

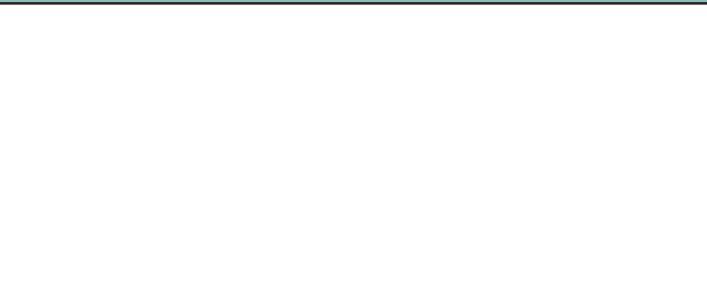
 Maximizing Mobility
FREE HOME SAFETY ASSESSMENTS
GRAB BARS, STAIRLIFTS, RAMPS, & MORE
 16 Production Road | Walpole, MA
508.269.9227 | OakleyHomeAccess.com | MA reg 193504

In-Home Elder Care
Personal Care | Companionship

Mature Caregivers™
 Contact Gayle Thieme, LSW Director, Client Care
 Waltham, MA | 888-320-6700 | MatureCaregivers.com


PREMIER REMOVAL SERVICE 617-893-9824
 Steven Conroy - Owner
 www.lugaway.com | info@lugaway.com

- Home Cleanouts
- Garage Cleanouts
- Office Cleanouts
- Storage Unit Cleanouts
- Estate Cleanouts
- Furniture • Appliances
- Televisions • Yard Waste
- Construction Debris
- Demolition



SKINNER
VALUE YOUR COLLECTION.
 One item or entire collections. Experts in 30 specialties; offering auction, insurance, probate, and estate planning services.
 evaluations@skinnerinc.com
 508.970.3299



EVERY OBJECT HAS A STORY
worth telling, worth finding.

For buyers, consignors, and the passionately curious
 FIND WORTH AT SKINNERINC.COM


 Steve Verdelli and Mary Bowers
 "Steve and his team sold my house quickly. The entire experience was seamless for me, and I could not be more thankful for The Verdelli Group." – Mary Bowers
 The Verdelli Group holds the esteemed designation of SRES in Real Estate, "Senior Real Estate Specialist" in addition to over 15 years of working with seniors and specific needs of this population.

Our goal as Realtors is to find new living situations as our lives change. Is it time to start a new chapter that offers you freedom from home maintenance and more time for travel and new adventures?

THE VERDELLI GROUP
 617 922-4714


 BERKSHIRE HATHAWAY
 HomeServices
 Commonwealth Real Estate


 ANOTHER HOME SOLD

It's about possibilities, not responsibilities



Luxury Senior Living at the Crossroads of Needham, Newton & Wellesley

Concierge Services • Black Car Services
Cultural, Educational and Social Events
Chef Prepared Meals • 24 Hour Security
Beautiful Outdoor Grounds

Call for your personalized tour today: 781-247-6638

235 Gould Street | Needham

WingateHealthcare.com

WINGATE RESIDENCES
AT NEEDHAM

THE NEIGHBORHOOD
MEMORY CARE AT WINGATE



Call for Your Personalized Tour Today : 781-455-9080

At Wingate, you and your loved one will experience the finest in Assisted Living and Memory Care in a warm, sophisticated and inviting setting. Our community brings people together, while supporting interaction among family and friends.

235 Gould Street | Needham, MA | WingateHealthcare.com



A TRADITION of COMPASSIONATE SERVICE

The combination of Henry J. Burke & Sons and Burke & Blackington Funeral Homes have been serving Wellesley, Newton and surrounding communities for over 85 years with a tradition of compassionate service.



Burke Family Funeral Homes

*An Independent Family-Owned Business,
Serving Local Communities for Three Generations.*

56 Washington Street, Wellesley Hills, MA 02481 Tel: 781 235 1481

1479 Washington Street, West Newton, MA 02465 Tel: 617 527 0986

www.burkefamilyfuneralhomes.com



Wilder, Shea & Himmelberger, LLP

Leslie B. Shea, Esq. • David J. Himmelberger, Esq.

Your local attorneys providing legal services in:
Estate Planning, Wills and Trusts, Probate, and Real Estate

Member, National and Massachusetts Academies of Elder Law Attorneys

781-237-8180

David@wshlawoffice.com

One Hollis Street, Suite 400, Wellesley, MA 02482



\$25 OFF CLEANOUT COUPON

JUNK it NOW! us

WE LOAD & TAKE EVERYTHING!

"We empty - the Junk Bag"

Call Tom 1-855-533-JUNK (5865)

www.junkitnow.us

Cell 508-308-2279

Bobby Morgenstern

Your Realtor for Life!



617-686-8619

COLDWELL BANKER
RESIDENTIAL - WELLESLEY
WELLESLEY'S #1 OFFICE
27 YEARS IN A ROW!



www.bobbymorgenstern.com



A Unique & Welcoming Assisted Living Community

206 WALTHAM STREET, WEST NEWTON
617-527-6566 • www.slcenter.org

TRAIN with SHAIN

IN HOME PERSONAL TRAINING
FOR SENIORS

Gait, Balance/Fall Prevention
& Strength Training

(508) 231-6378

www.trainwithshain.net

FULLY INSURED

Family owned and operated for over 22 years!
Specializing in the quality care of your loved one.

Helping hands, Happy hearts



Call Today 508-359-4675 • www.CareResolutions.com

Independent Life Style: CNA, HHA,
Companion

Dementia/Alzheimer care and
consultation in your home or
assisted living centers

Transportation

Family centered, relationship
focused

Offering hourly, live-in, overnights
and more

Emergency fill-in service for
caregivers

Auxiliary service in assisted living
and nursing home environments

Pet Therapy

Serving All of Eastern
Massachusetts



Best in Home Care
2015, 2016, 2017
2018 & 2019
By Senior Advisor

CUSTOMIZED CARE
Monday - Live-In • Overnight • Weekend



Riverbend of South Natick

Exceptional Short-Term Rehab & Nursing Care



- Short Term Rehab
- Physical Therapists on Site
- Respite Stays Welcome
- On Call Physicians
- 24 Hour Nursing
- Hospice & Support

34 South Lincoln Street, South Natick, MA

(508)653-8330



www.rehabassociates.com/riverbend



WATERSTONE
AT WELLESLEY

MODERN. VIBRANT. REWARDING.
Discover Senior Living!

Schedule your visit today.

339.686.9918

WaterstoneAtWellesley.com

27 Washington Street | Wellesley, MA 02481



In home nursing care by
experienced RNs and LPNs customized
to the needs of your family

Post-surgery /Hospital Discharge • Stroke • Wound care • Injections
Infusion Therapy • Medication Administration • Hospice Care Assistance
Physical Assessments for MD's

We come to your home, rehabs, assisted living residences and
provide medical support for family events and travel.

Concierge Nursing Services

See website for more: www.nursing-on-demand.com

Private pay only • Call for free consultation: 617-249- 5305

MARY ANN MORSE
AT HERITAGE

Independent Living, Assisted Living,
Memory Care & Mental Health,
Social Day for Seniors

747 Water Street, Framingham

508-665-5300

MARY ANN MORSE
HEALTHCARE CENTER

Short-Term Rehabilitation, Memory
& Long-Term Care

45 Union Street, Natick

508-433-4404

www.maryannmorse.org

A non-profit, deeply trusted provider of exceptional quality senior living and
care options in MetroWest for over 25 years



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpieniors.com

Wellesley Council on Aging, Wellesley, MA 06-5195



WELLESLEY COUNCIL *on* AGING

500 Washington Street
Wellesley, MA 02482

Hours of Operation:

Monday through 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

AARP Foundation

TAX-AIDE

Free tax assistance for those who need it most

APPOINTMENTS CAN BE MADE

Beginning January 4, 2021

See page 7

PRSRNT NON_PROFIT
U.S. POSTAGE
PAID
FRAMINGHAM, MA
PERMIT 179



"Be A Friend"

Enclosed is my contribution 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.*

"Checks should be made payable to the "Friends of the Wellesley Council on Aging" and dropped off at the Tolles Parsons Center or mailed to:"

Friends of Wellesley Council on Aging

P.O. Box 812422
Wellesley, MA 02482

Thank you for your consideration.

I would like to volunteer for the Friends!

Please check: Yes No

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

Name: _____

Address: _____

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

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

* Please tell us on a separate sheet of paper if your contribution is made for a specific purpose, such as in honor or in memory of a friend or loved one.

**For more information about the Friends of Wellesley Council on Aging,
please visit www.wellesleyfriendscoa.org**