



WELLESLEY COUNCIL *on* AGING

March/April 2021

Artwork is by Wellesley resident and artist Tom Doran

Image is digital compounding and is part of a series called "flowers/not flowers".

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 March/April 2021

Wellesley Residents:

Starting Wednesday, February 24th at 9:00 a.m.

Non-Wellesley Residents:

Starting Thursday, February 25th 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, payment is required at the time of registration.

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

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DON'T MISS OUT

RESIDENT POETRY

See pages 3, 5, 8, 11 and 12.

REGIS COLLEGE STUDENTS ARE BACK!

Our Collaboration with Regis College and their students, 2021.
See page 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*

Tony Parker, *Vice Chair*

Susan Rosefsky, *Secretary*

Lori Ferrante

Robert Ferrell

Gerry Hume

Thomas Kealy

Dianne Sullivan

Kathleen Vogel

Vacancies (2)

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, March 18th at 4:00 p.m.

Thursday, April 15th 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 the 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



"Spring will come and so will happiness. Hold on. Life will get warmer."

—Anita Krizzan

Spring is just around the corner! Warmer weather, vaccines, and more chances for social interaction are just ahead. Like everyone else, we are so excited to move forward and start seeing people again! We have had a

long winter and have been planning some more program launches and expansions for the spring. Even with vaccines ahead, we do not anticipate a full reopening with social gatherings in the building until at least July.

We will be looking to extend our Hot Meal Program to our Wellesley seniors as a paid lunch delivery program once a week. We are working with the Friends to seek funding to offset the costs of meals to keep the price around \$10 per meal. The scheduled restaurant and meal selection will be provided ahead of time through news blasts and the Townsman. We will require non-refundable pre-payment by credit card or check. The meal(s) would be delivered by our drivers/volunteers between 12 noon and 1:00 p.m.

Starting in March, pending improving COVID conditions and Board of Health approval, we will begin offering one-on-one IT in-person appointments with Lois, our IT volunteer. Seniors will be able to make an appointment in advance and are required to answer screening questions before meeting with Lois in person to ask their IT questions. All safety protocols will be followed.

For those who wish to Zoom in person, your wishes may be granted. In March, again pending COVID conditions and Board of Health approval, we will begin booking appointments for Wellesley residents to independently use our rooms and borrow an IPAD for a block of time to participate in COA-run Zoom lectures/exercise programs. We are still working out the details, please call us if you are interested.

Pilot exercise programs continue for March/April. Looking for what's new and exciting? Or an opportunity to try out some new programs? We are offering another new complimentary class, Balls and Bands, which does have a one-time supply cost of \$5 per person. In addition, we will continue to offer the Muscle Conditioning and Tai-Yo-Ba classes free of charge.

Social Worker appointments will resume with our Kate in March, again pending all things COVID. These appointments will be on one day of the week and will allow for a 15-minute check-in meeting in person at the office with Kate.

Vaccinations! It's the end of January and we are getting bombarded with vaccination questions. Hopefully by the time this newsletter is published, we will have more answers. To date, the best sources of current information are <https://wellesleyma.gov/1466/Coronavirus-Information>. You can also visit the state's COVID-19 vaccination informational website here: <https://www.mass.gov/info-details/massachusetts-covid-19-vaccine-information>. As we receive verified information from the Board of Health, we will disseminate the information through robo calls, news blasts, the Townsman, and social media.

Heather M. Munroe
Director of Senior Services

Board Membership

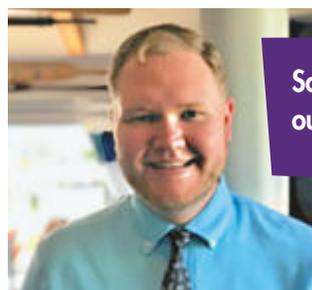
Volunteering is not only a major component of COA programming, it is the essence of the COA Board function itself. Board members are all volunteers! The Board, when filled, has 11 members appointed for rotating 3-year terms by the Select Board. Some members ask for consideration to stay on for another 3-year term; still others leave early for reasons such as health, work, or a move out of town. The Board expects some openings every year.

Ideally, Board membership should be composed of people with a variety of ages, skills and backgrounds, along with a temperament to work collaboratively with the group. Non-officer time commitment is usually one Board meeting per month and occasionally a special Board meeting or working group meeting. Currently, regular meetings are held via Zoom on the third Thursday of each month at 4 p.m.

The Board oversees a staff of 5 full-time and 4 part-time employees, plus 3 bus drivers, as well as a projected FY22 operating budget of \$643,366, of which \$489,218 would be provided through Wellesley taxes (authorized by Town Meeting) and the remainder through grants and gifts. The staff, under the supervision of Director Heather Munroe, is responsible for the overall operations of the COA, which includes the implementation of all programs, social services, transportation services, grant applications, and all other functions that support and further the Council's mission.

Might you be interested in joining the COA Board to help enhance the lives of our older adults and "give back to the community"? If so, contact the Town Clerk for an application to be considered for Board membership in the future.

Marlene Allen
COA Board Chair



Say hello to Gregory Wilson,
our new Assistant Director!

Poetry by Rosalie A. Crevor

From the Heart

What a day this has been from heaven above
For all to be together was a gesture of love
The laughs, the joy, which came from all of us
Was a thing to be remembered, and for us not to make a fuss.



Program Events *free online programs*

Opera Talk: Rigoletto by Giuseppe Verdi

Thursday, March 4th
1:30 p.m. – 2:30 p.m.

Helen Sagan

Rigoletto is the court jester to the lecherous Duke of Mantua. When the Duke seduces his daughter Gilda, Rigoletto seeks revenge, only to find that his own daughter has become the victim of his deadly plot. Verdi's taut drama is filled with exciting music which has enthralled audiences for generations. You will immediately recognize the signature arias of "Caro Nome" and "La Donna è Mobile."

Online Trivia

Friday, March 5th and Wednesday, April 7th
2:00 p.m. – 3:00 p.m.

COA Staff

Do you love playing Trivia? Join your fellow friends at the COA online and test your knowledge of interesting and random facts on a broad range of subjects. Category suggestions are welcome!

Community Sessions

Tuesday, March 9th
1:00 p.m. – 2:00 p.m.

COA Board Representatives

The COA Board offers a Community Session on Zoom with a few board members, held on the third Thursday every other month. Have some suggestions for the Board? Do you have questions? All are welcome! No Zoom account? No problem. We have a phone number where you can connect and participate in the session.

A Series on Mindfulness: Mindfulness and Aging

Tuesdays, March 9th and April 13th
1:30 p.m. – 2:45 p.m.

Neil Motenko

Mindfulness practice can be very helpful as we navigate the challenges of aging and bring awareness to qualities of the mind and heart that we cultivate as we age. A Series on Mindfulness with Neil Motenko continues with an exploration of mindfulness and aging. These sessions will cover basic principles and foundational attitudes we can bring to mindfulness practice, as well as specific science about the benefits of mindfulness for seniors. The sessions will be interactive, reference neuroscience, and include guided practices. Newcomers are always welcome. **Special thanks goes to Wingate Chestnut Hill for generously sponsoring this program.**

SPECIAL EVENING PROGRAM

Introduction to the Alexander Technique

Wednesdays, March 10th and 17th
7:00 p.m. – 8:00 p.m.

Jill Geiger

Interested in improving your posture and balance, moving with ease and relieving stiffness, pain, and tension? Poor posture, stiffness and pain are often caused by habits of unnecessary tension. By teaching how to recognize and unlearn these common habits, the Alexander Technique enables individuals of all ages to improve balance and posture, reduce tension and stress and experience lasting relief from chronic pain. In this class, you'll experience how its principles can be applied to everyday activities to help you feel, move and look better. You'll leave with some practical tips to use in your daily life.

Piano Hour

Thursdays, March 11th and April 8th
12:00p.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, who is playing popular music from the 1890's to the 1960's, including Ragtime, Great American Songbook and Beatles music.

Aging with Dignity

Friday, March 12th
10:30 a.m. – 11:30 a.m.

Care Dimensions

We welcome back Care Dimensions to help today's elders understand their choices. This presentation will illustrate keys to successful aging and the ways in which healthcare providers can support elders in understanding their choices.

Be a Good Ancestor

Friday, March 12th
2:00 p.m. – 3:00 p.m.

Seema-Jayne Kenney

While you may feel there's nothing important or noteworthy about your life, sometime within the next 100 years, someone who is researching their own history is going to want to know more about you. We'll look at a few ways to leave them something to find.

Knee Pain: Causes & Effective Treatments

Monday, March 15th

1:00 p.m. - 2:00 p.m.

**Dr. Mike Stare, Doctor of Physical Therapy,
Fitness Professional, national lecturer**

Knee pain is one of the most common conditions, affecting millions and costing billions annually. In addition to pain, it affects our ability to do the things we love. It can also contribute to serious health problems, like falls, heart conditions and obesity. Please join Dr. Mike Stare, PT, DPT, to learn what causes knee pain and the proper treatments that can reduce and prevent knee pain and injuries. Dr. Stare will share current research showing how these challenging issues can be solved, giving you strategies that you can use right away.

Workshop: Spring Floral Centerpiece

Wednesday, March 24th

1:00 p.m. - 2:00 p.m.

Wellesley Service League



Spring is right around the corner, and the Wellesley Service League would like to invite you to an "Art in Bloom" session to create another beautiful arrangement for your home! We will be inspired through the work of local Wellesley artist, Elizabeth Huntington (1878-1963), to create our own spring centerpiece, and enjoy some conversation and floral tea as we work together on Zoom. **Max: 10**

SIX WEEK LECTURE SERIES

The Giants of American Literature Part Two

Tuesdays, March 16th – April 20th

2:30 p.m. – 3:30 p.m.

Larry Lowenthal

Join us as we welcome back lecturer Larry Lowenthal for another six-part series on The Giants of American Literature. He will explore their lives, their works and their impact on American and global culture. Each week he will offer up a new author: Langston Hughes, Thomas Wolfe, Edna St. Vincent Millay, Saul Bellow, Sylvia Plath and Philip Roth. American literature has made an indelible impact on the world's imagination. This series will examine the unique characteristics of each of these American literary geniuses, and why they have proven to be permanently beloved by readers of every language. Portions of their works will be read and analyzed at each session and video presentations will be shown each week.

A Celtic Celebration Performance

Wednesday, March 17th

2:00 p.m. - 3:00 p.m.

Davis Bates, Storyteller and Singer

Join the COA's celebration of St. Patrick's Day with a virtual performance by award winning storyteller Davis Bates. The program, "A Celtic Celebration," will include tales and songs from Ireland, Scotland and Wales, including stories of seal folk and wee folk. There will be plenty of sing-alongs, and even a short lesson on how to play music with spoons from a kitchen drawer.

Deeds Not Words:

Celebrating 100 Years of Women's Suffrage

Friday, March 19th

2:00 p.m. - 3:00 p.m.

New England Quilt Museum Virtual Tour

New England Quilt Museum curator, Pamela Weeks, leads a virtual tour of Deeds Not Words, an exhibition of 29 quilts and textile arts celebrating the Centennial of the 19th Amendment, which guaranteed women's right to vote in the U.S. The exhibit captures the history of this time and a breadth of quilting techniques, including traditionally pieced and appliqued quilts, along with quilts incorporating photo transfer, painting on fabric and computer manipulated images.

TED Talk Discussions

Fridays, March 26th and April 30th

2:00 p.m. – 3:00 p.m.

COA Staff

TED Talks are short, powerful talks from expert speakers that are devoted to "ideas worth spreading". The talks cover a broad range of subjects, including: scientific, cultural, political, humanitarian and academic topics. The topic of the TED Talk will be emailed to you in advance and we will gather together online to watch the TED Talk video, a discussion led by a COA staff member will follow.

Let's get ready for baseball season!

**Sign up for this event and the drive-thru
goodie bags from our sponsor!**

Rounders to Baseball:

History of America's Favorite Game

Tuesday, March 30th

1:00 p.m. – 2:00 p.m.

Anne Barrett

Variations of baseball have been played for hundreds of years, including a rousing game of stoolball at Plimoth Plantation and games to pass the time during the Civil War. The game bred gambling scandals and rivalries so bitter that the 1904 World Series was cancelled. It also popularized Cracker Jacks, baseball cards and Broadway songs. Trace the game's social, historical and professional evolution from 19th century "townball" to the formation of the major leagues. Audience members have said, "This isn't just for baseball fans, it's for anyone who loves history!" **Special thanks goes to Newton Wellesley Center for Alzheimer's Care for generously sponsoring this program.**

Poetry by Rosalie A. Crevor

Joy

A basket of joy is what you give to me
A day of happiness filled with glee
A day of sadness – never you see
Because you're you and I am me!



Program Events *free online programs*

Taking Shape: Abstract Art from the Arab World, 1950s-1980s

Thursday, April 1st
1:30 p.m. - 2:30 p.m.

McMullen Museum of Art - Boston College Virtual Tour

Explore mid-twentieth-century abstract art from North Africa, West Asia, and the Arab diaspora—a vast geographic expanse that encompasses diverse cultures, ethnicities, languages, and religions. The exhibition is drawn from the collection of the Barjeel Art Foundation based in Sharjah, UAE, and includes paintings, sculpture, drawings, and prints that reflect the wide range of nonfigurative art practices that flourished in the Arab world over four decades. An educator from the McMullen Museum of Art will explore with us the effects of decolonization and the rise and fall of Arab nationalisms on the works of the featured artists - a varied group of Arab, Berber, Armenian, Circassian, Jewish, Persian and Turkish descent.

Australia: Above and Below

Friday, April 9th
2:00 p.m. - 3:00 p.m.

Joy Marzolf, The Joys of Nature

Joy Marzolf leads us on a virtual exploration of the unique wildlife of Australia. Tour through the temperate rainforests of Southern Queensland and the tropical rainforests of the Northeast. Enjoy views from above and then below as we also visit the home of “Nemo” and many other beautiful creatures found on the Great Barrier Reef. Prior to founding The Joys of Nature, Joy was a Naturalist and Educator at Mass Audubon’s Broadmoor Wildlife Sanctuary.

Living Well

Monday, April 12th
10:30 a.m. – 11:30 a.m.

Care Dimensions

A conversation of what it means to live well, the barriers we face, and how we can start to do so. Learn to make every moment count during this presentation. Care Dimensions is the largest hospice in Massachusetts and for 42 years, has been a driving force in expanding access to hospice and palliative care in Massachusetts.

THREE PART SERIES

Climate Justice: Yesterday, Today and Tomorrow

Thursdays, April 15th – 29th

2:00 p.m. – 3:00 p.m.

Norah Dooley

The UN report said it, the media acknowledges it more regularly; our world is in a “climate crisis”. Australia and the Amazon are burning and ice is melting at an alarming rate. Yet, the solutions and innovations needed to remediate our dire situation exist. In a three-part series, Norah Dooley will use the latest research, engaging video clips and news reports to give lively presentations and lead discussions on: how we got here; where we are; and what we can do about the current climate crisis. Although youth are getting the most air time, there is a rich history and important role for us seniors!

Whales Today

Friday, April 16th

2:00 p.m.- 3:00 p.m.

New Bedford Whaling Museum Virtual Tour

Explore the science of whales with one of the New Bedford Whaling Museum educators in real-time! Participants will discover what makes a whale a whale, what people have in common with whales, and what we can do to help protect them in our oceans today. This highly visual program allows participants to ask questions in real-time while exploring life-sized whale models and looking at real whale artifacts.

A Year in Chile

Friday, April 23rd

2:00 p.m. – 3:00 p.m.

Barry Pell

Chile is the most remote country on the South American continent. It occupies a narrow slice of land squeezed between the south Pacific Ocean and the towering and rugged Andes Mountains. The lecturer, Barry Pell, and his wife chose Chile’s capital, Santiago, to live, to teach English, and to explore the country’s culture, landscape and people for one year. In this presentation, he will take you on a journey from the parched dunes of the Atacama Desert in the north, through the fertile wine valleys, and into the south’s stunning lake region, massive glaciers and fjords. The program will be accompanied by Mr. Pell’s photography of a country he considers to be South America’s most beautiful. Barry Pell is a world traveler and photojournalist. He has traveled widely over five decades, visiting and documenting landscapes and cultures in nearly 170 countries on all continents. He currently lectures on international cultures at schools, universities, libraries and community groups in the Boston area.

Opera Talk: Faust by Charles Gounod

Tuesday, April 27th

1:30 p.m. – 2:30 p.m.

Helen Sagan

The legend of Faust has been set by many authors, playwrights and opera composers. The best known opera, based on part 1 of Goethe’s famous drama, is Faust, written by Charles Gounod. In the true spirit of 19th-century romanticism, the opera pours out the tragedy of an innocent girl, Marguerite, and the desires for youth and love of Dr. Faust, who has made a pact with the devil, Mephistofeles.

Transportation Corner



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

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

	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

In the new calendar year, we have started to see an increase in bus ride requests. As of the end of December, we dropped capacity down to two riders at a time, and expect to increase back to four before March.

As a reminder, the bus is available Monday-Friday from 8:45 am with last pickup at 3:30 pm. Grocery shopping is prioritized in the mornings on Wednesday and Friday, Food Pantry trips are prioritized on Tuesdays starting at 2 pm, when the Food Pantry is open.

If you are looking to receive items or catch a ride to the Food Pantry, please call them in advance. Due to the current limited hours of the Food Pantry, the hours of bus operation, and the restriction on passenger numbers, we are unable to accommodate all requests to the Food Pantry on the same day. The Food Pantry does have delivery options available and our driver is also able to drop off deliveries when needed.

If you have any questions or concerns, you can contact the staff at the Food Pantry by calling **781-235-1188**.

Our bus brings riders to a myriad of destinations including: all locations within Wellesley; Newton Wellesley Hospital/ Psychiatry in Newton; Metro West Medical Center and Mass General Brigham Urgent Care in Natick; and Beth Israel Deaconess Hospital, Family Medicine, and doctor's offices on Chestnut street in Needham.

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**.

Heather M. Munroe
Director of Senior Services



MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-1-	-2-	-3-	-4-	-5-
<p>9:15 Seated Strength & Balance Class A</p> <p>11:00 Pilates Class A</p> <p>1:00 Zumba Gold</p> <p>2:00 TV Channel Comcast 9 or Verizon 39</p> <p>2:30 Restorative Yoga</p>	<p>9:15 Mixed Yoga Class A</p> <p>10:00 Conversational German Group</p> <p>10:00 Balls and Bands</p> <p>11:00 Mixed Yoga Class B</p> <p>1:00 Tai-Yo-Ba</p>	<p>9:15 Cardio Sculpt Class A</p> <p>11:15 Osteo Class</p> <p>1:00 Chair Yoga</p> <p>6:00 LaBlast</p> <p>6:00 TV Channel Comcast 9 or Verizon 39</p>	<p>9:15 Seated Strength & Balance Class B</p> <p>10:00 T'ai Chi Mini Routines</p> <p>11:00 Mindful Living</p> <p>1:00 Regis College Students</p> <p>1:30 Opera Talk Rigoletto</p> <p>3:00 Pilates Class B</p> <p>3:00 Regis College Students</p> <p>8:00 TV Channel Comcast 9 or Verizon 39</p>	<p>9:15 Qi Gong</p> <p>11:15 Senior Muscle Conditioning</p> <p>1:00 Cardio Sculpt Class B</p> <p>2:00 Online Trivia</p>
-8-	-9-	-10-	-11-	-12-
<p>9:15 Seated Strength & Balance Class A</p> <p>11:00 Pilates Class A</p> <p>1:00 Zumba Gold</p> <p>2:00 TV Channel Comcast 9 or Verizon 39</p> <p>2:30 Restorative Yoga</p>	<p>9:15 Mixed Yoga Class A</p> <p>10:00 Conversational German Group</p> <p>10:00 Balls and Bands</p> <p>11:00 Mixed Yoga Class B</p> <p>1:00 Community Sessions</p> <p>1:00 Tai-Yo-Ba</p> <p>1:30 Mindfulness with Neil</p>	<p>9:15 Cardio Sculpt Class A</p> <p>11:15 Osteo Class</p> <p>1:00 Chair Yoga</p> <p>6:00 LaBlast</p> <p>6:00 TV Channel Comcast 9 or Verizon 39</p> <p>7:00 Alexander Technique</p> <p>7:00 Aging in Place Series</p>	<p>9:15 Seated Strength & Balance Class B</p> <p>10:00 T'ai Chi Mini Routines</p> <p>11:00 Mindful Living</p> <p>12:00 Piano Hour</p> <p>1:00 Regis College Students</p> <p>3:00 Pilates Class B</p> <p>3:00 Regis College Students</p> <p>8:00 TV Channel Comcast 9 or Verizon 39</p>	<p>9:15 Qi Gong</p> <p>10:30 Aging with Dignity</p> <p>11:15 Senior Muscle Conditioning</p> <p>1:00 Cardio Sculpt Class B</p> <p>2:00 Be a Good Ancestor</p>
-15-	-16-	-17-	-18-	-19-
<p>9:15 Seated Strength & Balance Class A</p> <p>11:00 Pilates Class A</p> <p>1:00 Zumba Gold</p> <p>1:00 Knee Pain Presentation</p> <p>2:00 TV Channel Comcast 9 or Verizon 39</p> <p>2:30 Restorative Yoga</p>	<p>9:15 Mixed Yoga Class A</p> <p>10:00 Conversational German Group</p> <p>10:00 Balls and Bands</p> <p>11:00 Friends for an Hour Group</p> <p>11:00 Mixed Yoga Class B</p> <p>1:00 Tai-Yo-Ba</p> <p>2:30 Literary Giants</p>	<p>9:15 Cardio Sculpt Class A</p> <p>11:15 Osteo Class</p> <p>1:00 Chair Yoga</p> <p>1:00 Shakespeare Discussion Group</p> <p>2:00 A Celtic Celebration</p> <p>6:00 LaBlast</p> <p>6:00 TV Channel Comcast 9 or Verizon 39</p> <p>7:00 Alexander Technique</p>	<p>9:15 Seated Strength & Balance Class B</p> <p>10:00 T'ai Chi Mini Routines</p> <p>11:00 Mindful Living</p> <p>1:00 Regis College Students</p> <p>3:00 Pilates Class B</p> <p>3:00 Regis College Students</p> <p>3:00 COA Board Meeting</p> <p>8:00 TV Channel Comcast 9 or Verizon 39</p>	<p>9:15 Qi Gong</p> <p>11:15 Senior Muscle Conditioning</p> <p>1:00 Cardio Sculpt Class B</p> <p>2:00 Quilt Museum Virtual Tour</p>
-22-	-23-	-24-	-25-	-26-
<p>9:15 Seated Strength & Balance Class A</p> <p>11:00 Pilates Class A</p> <p>1:00 Zumba Gold</p> <p>2:00 TV Channel Comcast 9 or Verizon 39</p> <p>2:00 Chinese Brush Painting</p> <p>2:30 Restorative Yoga</p>	<p>9:15 Mixed Yoga Class A</p> <p>10:00 Conversational German Group</p> <p>10:00 Balls and Bands</p> <p>11:00 Mixed Yoga Class B</p> <p>1:00 Tai-Yo-Ba</p> <p>2:30 Literary Giants</p>	<p>9:15 Cardio Sculpt Class A</p> <p>11:15 Osteo Class</p> <p>1:00 Chair Yoga</p> <p>1:00 Workshop: Spring Floral Centerpiece</p> <p>6:00 LaBlast</p> <p>6:00 TV Channel Comcast 9 or Verizon 39</p>	<p>9:15 Seated Strength & Balance Class B</p> <p>10:00 T'ai Chi Mini Routines</p> <p>10:00 Current Events</p> <p>11:00 Mindful Living</p> <p>1:00 Regis College Students</p> <p>3:00 Pilates Class B</p> <p>3:00 Regis College Students</p> <p>6:00 What It's Worth</p> <p>8:00 TV Channel Comcast 9 or Verizon 39</p>	<p>9:15 Qi Gong</p> <p>11:15 Senior Muscle Conditioning</p> <p>1:00 Cardio Sculpt Class B</p> <p>2:00 TED Talk</p>
-29-	-30-	-31-	<p>Poetry by Rosalie A. Crevor</p> <p><i>Our Friends</i></p> <p>Years will come and years will go And then we'll come to know What fun we had along the way One could tell and show</p> <p>Our friends and family dear to us Will be delightful and a pleasure And never cause a fuss</p> <p>Let's toast to all the people That are kind and thoughtful too For they're the ones to be there To help us to be true</p>	
<p>9:15 Seated Strength & Balance Class A</p> <p>11:00 Pilates Class A</p> <p>1:00 Zumba Gold</p> <p>2:00 TV Channel Comcast 9 or Verizon 39</p> <p>2:00 Chinese Brush Painting</p> <p>2:30 Restorative Yoga</p>	<p>9:15 Mixed Yoga Class A</p> <p>10:00 Conversational German Group</p> <p>10:00 Balls and Bands</p> <p>11:00 Friends for an Hour Group</p> <p>11:00 Mixed Yoga Class B</p> <p>1:00 Tai-Yo-Ba</p> <p>1:00 Rounders to Baseball</p> <p>2:30 Literary Giants</p>	<p>9:15 Cardio Sculpt Class A</p> <p>11:15 Osteo Class</p> <p>1:00 Chair Yoga</p> <p>1:00 Giant of American Literature Book Discussion</p> <p>6:00 LaBlast</p> <p>6:00 TV Channel Comcast 9 or Verizon 39</p>		

APRIL 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Tune into Wellesley Media Community Channel Comcast 9 or Verizon 39 <i>Comcast 9 and Verizon 39 refers to television channels, no registration is necessary</i> Monday 2:00 p.m. • Wednesday 6:00 p.m. Thursday 8:00 p.m. • Saturday 11:00 a.m.			<p align="center">-1-</p> <p>9:15 Seated Strength & Balance Class B 10:00 T'ai Chi Mini Routines 11:00 Mindful Living 1:00 Regis College Students 1:30 McMullen Museum Tour 3:00 Pilates Class B 3:00 Regis College Students 8:00 TV Channel Comcast 9 or Verizon 39</p>	<p align="center">-2-</p> <p>9:15 Qi Gong 11:15 Senior Muscle Conditioning 1:00 Cardio Sculpt Class B</p>
<p align="center">-5-</p> <p>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 2:00 Chinese Brush Painting 2:30 Restorative Yoga</p>	<p align="center">-6-</p> <p>9:15 Mixed Yoga Class A 10:00 Conversational German Group 10:00 Balls and Bands 11:00 Mixed Yoga Class B 1:00 Tai-Yo-Ba 2:30 Literary Giants</p>	<p align="center">-7-</p> <p>9:15 Cardio Sculpt Class A 11:15 Osteo Class 1:00 Chair Yoga 2:00 Online Trivia 6:00 LaBlast 6:00 TV Channel Comcast 9 or Verizon 39 7:00 Aging in Place Series</p>	<p align="center">-8-</p> <p>9:15 Seated Strength & Balance Class B 10:00 T'ai Chi Mini Routines 11:00 Mindful Living 12:00 Piano Hour 1:00 Regis College Students 3:00 Pilates Class B 3:00 Regis College Students 8:00 TV Channel Comcast 9 or Verizon 39</p>	<p align="center">-9-</p> <p>9:15 Qi Gong 11:15 Senior Muscle Conditioning 1:00 Cardio Sculpt Class B 2:00 Australia: Above and Below</p>
<p align="center">-12-</p> <p>9:15 Seated Strength & Balance Class A 10:30 Living Well 11:00 Pilates Class A 1:00 Zumba Gold 2:00 TV Channel Comcast 9 or Verizon 39 2:00 Chinese Brush Painting 2:30 Restorative Yoga</p>	<p align="center">-13-</p> <p>9:15 Mixed Yoga Class A 10:00 Conversational German Group 10:00 Balls and Bands 11:00 Friends for an Hour Group 11:00 Mixed Yoga Class B 1:00 Tai-Yo-Ba 1:30 Mindfulness with Neil 2:30 Literary Giants</p>	<p align="center">-14-</p> <p>9:15 Cardio Sculpt Class A 11:15 Osteo Class 1:00 Chair Yoga 6:00 LaBlast 6:00 TV Channel Comcast 9 or Verizon 39</p>	<p align="center">-15-</p> <p>9:15 Seated Strength & Balance Class B 10:00 T'ai Chi Mini Routines 11:00 Mindful Living 2:00 Climate Change 3:00 Pilates Class B 8:00 TV Channel Comcast 9 or Verizon 39</p>	<p align="center">-16-</p> <p>9:15 Qi Gong 11:15 Senior Muscle Conditioning 1:00 Cardio Sculpt Class B 2:00 New Bedford Whaling Museum Virtual Tour</p>
<p align="center">-19-</p> <p align="center">The Tolles Parsons Center is CLOSED in observance of Patriot's Day No online activities 2:00 TV Channel Comcast 9 or Verizon 39</p>	<p align="center">-20-</p> <p>9:15 Mixed Yoga Class A 10:00 Conversational German Group 10:00 Balls and Bands 11:00 Mixed Yoga Class B 1:00 Tai-Yo-Ba 2:30 Literary Giants</p>	<p align="center">-21-</p> <p>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</p>	<p align="center">-22-</p> <p>9:15 Seated Strength & Balance Class B 10:00 T'ai Chi Mini Routines 10:00 Current Events 11:00 Mindful Living 2:00 Climate Change 3:00 Pilates Class B 4:00 COA Board Meeting 8:00 TV Channel Comcast 9 or Verizon 39</p>	<p align="center">-23-</p> <p>9:15 Qi Gong 11:15 Senior Muscle Conditioning 1:00 Cardio Sculpt Class B 2:00 Chile Presentation</p>
<p align="center">-26-</p> <p>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 2:00 Chinese Brush Painting 2:30 Restorative Yoga</p>	<p align="center">-27-</p> <p>10:00 Conversational German Group 11:00 Friends for an Hour Group 1:30 Opera Talk Faust</p>	<p align="center">-28-</p> <p>9:00 Registration for Wellesley Residents May and June Programs 1:00 Giant of American Literature Book Discussion 6:00 TV Channel Comcast 9 or Verizon 39</p>	<p align="center">-29-</p> <p>9:00 Registration for non-Wellesley Residents May and June Programs 2:00 Climate Change 8:00 TV Channel Comcast 9 or Verizon 39</p>	<p align="center">-30-</p> <p>2:00 TED Talk</p>



Fitness Offerings on ZOOM

zoom



Fitness Classes will all be Online Via Zoom For March and April

All programs are fee-based unless otherwise noted.
All classes run eight (8) weeks unless they are a drop-in option.
Max 50 participants unless otherwise stated.

FREE INTRODUCTORY CLASSES

Balls and Bands Exercise Class **FREE**

Instructor: Derry Tanner

March 2nd – April 20th (8 weeks)

Tuesdays, 10:00 a.m. – 10:45 a.m. (45 minutes)

Come join Derry Tanner, retired nurse and certified personal trainer, for a new Balls and Bands exercise class on Zoom. Balls and Bands is a 45-minute class using body weight movement and exercises with 8" balls and resistance bands to build muscle strength, improve balance and increase flexibility and joint range of motion. Many exercises will be done standing, and you will need a sturdy chair for support. The exercise balls and resistance bands will be provided for pick up at the senior center prior to the first class. **A one-time \$5.00 fee for the equipment is required at time of registration, unless you would like to purchase these on your own.**

Senior Muscle Conditioning **FREE**

Instructor: Kim Crowley

March 5th – April 23rd (8 weeks)

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

This class offers a full body workout, sensitive to special needs and adaptations. The class uses a chair, a light set of dumbbells and a resistance band. If necessary, soup cans and a rolled towel or a belt can be used instead. 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. We are so excited to offer this class to our community and hope you will consider joining us online.

Tai-Yo-Ba **FREE**

Instructor: Cam Bergeron

March 2nd – April 2nd

Tuesdays, 1:00 p.m. – 1:50 p.m. (50 minutes)

This 50-minute in duration 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. The only equipment needed is a stationary, sturdy, no armed chair.

Cardio Sculpt

Instructor: Daniel Salerno

CLASS A

March 3rd – April 21st

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

(30 minutes)

Cost: \$24

CLASS B DROP-IN OPTION

March 5th – April 23rd

Fridays, 1:00 p.m. – 1:30 p.m.

(30 minutes)

Cost: \$3 per class

This class gives you the flexibility and option to drop-in. Choose any amount of classes and work around your schedule.

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).

LaBlast

Instructor: Karen Karten

March 3rd – April 21st

Wednesdays, 6:00 p.m. - 7:00 p.m.

(60 minutes)

Cost: \$40

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.

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

www.wellesleyrec.org



Osteo Exercise

Instructor: Dr. Patricia Sullivan

March 3rd – April 21st

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

Cost: \$40

This is a bit strenuous: stretching and strengthening, and moving around to music, a chair, exercise band and water are recommended for this class. Our instructor 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.

Pilates

Instructor: Lisa Wilkins

CLASS A

March 1st – April 26th (no class April 19th)

Mondays, 11:00 a.m. - 12:00 p.m. (60 minutes)

Cost: \$40

CLASS B

March 4th - April 22nd

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

Cost: \$40

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.

Qi Gong

Instructor: Bob Doherty

March 5th – April 23rd

Fridays, 9:15 a.m. – 10:15 a.m. (60 minutes)

Cost: \$40

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 an aid to fall prevention.

Seated Strength and Balance

Instructor: Pearl Pressman

CLASS A

March 1 – April 26th (no classes April 19th)

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

Cost: \$32

CLASS B

March 4th – April 22nd

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

Cost: \$32

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.

T'ai Chi Mini Routines

Instructor: Jon Woodward

March 4th – April 22nd

Thursdays, 10:00 a.m. – 11:00 a.m. (60 minutes)

Cost: \$40

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.

Yoga - Chair

Instructor: Cyndi Koss

March 3rd – April 21st

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

Cost: \$40

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. Improves 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.

Poetry by Rosalie A. Crevor

Happy Days

Laughter, Laughter is everywhere
So much fun between here
and there
Swinging and playing and
climbing up trees
Swinging and swaying along
the breeze.

Poetry by Rolly Wester

The River

It's so peaceful on the river
When the sun has gone to bed
And the coolness of the evening
Puts ideas in my head
Of cruising up that river
And never touching shore

Of having all my troubles

Catch up with me no more

There's a party on the river

When the darkness covers it

The frogs all start a' croaking

And the lightning bugs get lit

The fish come to the surface

And in the cool night air

The moonbeams hit their silvery fins

And there's lightness everywhere

And when the party's over

And the stars are tucked away

When the sun is climbing out of bed

To light another day

It's so peaceful on the river

As serene as it can be

I feel so close to heaven

When that river's close to me



Fitness Offerings on ZOOM

Yoga - Mixed Level

Instructor: Judy Scribner-Moore

Class A

March 2nd – April 20th

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

Cost: \$80

Class B

March 2nd – April 20th

Tuesdays, 11:00 a.m. - 12:30 p.m. (90 minutes)

Cost: \$80

These classes provide ample time to balance active postures with relaxation and restoration. With over 35 years of teaching experience, Judy offers a profound understanding of posture and movement and the challenges of aging. The individual guidance she provides is based on the most recent research on yoga for optimal healthy aging. Judy also offers a variety of tools for meditation and mindfulness, as well as ideas for applying classroom learning to everyday activities. With deeper awareness of alignment principles and how they apply to one's particular physiology, students enjoy the benefits of "oiling" and liberating joints; strengthening muscle, bone and core; and supporting circulation, balance and calm focus in any activity outside of class. Walking, driving, housework, sitting in dentist or computer chair, sleeping, etc. become opportunities for bolstering holistic health. The use of chairs, walls and other supports are encouraged as needed to assure accessibility for all abilities and levels of experience. **Min: 15/Max: 1**

Yoga – Restorative DROP-IN OPTION

Instructor: Rebecca Reber

March 1st – April 26th (no class April 19th)

Mondays, 2:30 p.m. – 3:00 p.m. (30 minutes)

Cost: \$3 per class

This mat class is a time for conscious relaxation, using props to support muscles in a gentle comfortable position. The goal is ultimate comfort for our bodies, which will allow our minds to relax, switching out of our fight and flight mode and into rest and digest and into our parasympathetic nervous system. There are many benefits of Restorative yoga including stress management, healthier respiration, improved digestion, better sleep, pain relief, weight loss and emotional well-being.

This class gives you the flexibility and option to drop in.
Choose any amount of classes and work around your schedule.

Zumba Gold

Instructor: Ketty Rosenfeld

March 1st – April 26th (no class April 19th)

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

Cost: \$40

The design of this class introduces easy-to-follow Zumba® choreography which focuses on balance, range of motion, strength and coordination while also raising heart rates and improving cardiovascular ability.

Poetry by Alan Bodnar

Necco Wafers Make a Comeback

The morning paper brought the news
that Necco wafers are coming back.

In the Civil War and World War Two,
our soldiers ate them for a snack.

Practice hosts for the Paschal feast,
they passed to children from a practice priest.

For Arctic journeys, they were in supply.
You favored the chocolate, and so did I.

And so, my dear, we made a pact
to split the chocolate, half to each.

There was nothing that we lacked.
All was there within our reach.

In simpler days when a candy disk
could make us smile and feel much safer,

When there was no pandemic risk,
and the world was sweet as a candy wafer.

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.



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.**

Art, Groups, and Educational Classes

Wellness: Mindful Living Online

Thursdays, March 4th – April 22nd (8 weeks)

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, to help keep you feeling well.

Zoom into Watercolor Techniques

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 coaactivities@wellesleyma.gov to express interest in this class and we will put you in contact with the instructor.

Friends for an Hour Zoom Group

(Wellesley residents, age 60+)

Tuesdays, March 16th, 30th and April 13th, 27th

11:00 a.m. – 12:00 p.m.

Hosted by: COA Staff, Kate Burnham

There is an empty place inside all of us since this pandemic entered our society and changed the world as we know it. We struggle with immense sadness for those who we have lost while accepting the reality that our beloved Country remains divided. Let's escape from that place and become "friends for an hour" to discuss how our future will be brighter. Use this on-line forum as a place to build up social connections and bring your voice to the table. Make a decision to challenge yourself to try something new and connect with others in Wellesley who are looking to pursue meaningful discussion and conversations. Sessions will be moderated, open to invitation for guest speakers, as requested. Email suggestions to COA@wellesleyma.gov

Shakespeare Discussion

Wednesdays, March 17th and April 21st

1:00 p.m. - 2:30 p.m.

Hosted by: COA Volunteer, Terry Catchpole

The Shakespeare Discussion Group will meet online via Zoom to discuss and read from Acts One and Two of Twelfth Night. The following month, the group will meet again online via Zoom to discuss and read from Acts Three, Four, and Five of Twelfth Night. 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. Join the fun and celebrate your inner thespian!!



Chinese Brush Painting Online

Mondays, March 22nd, 29th and April 5th, 12th, 26th

2:00 p.m. – 4:00 p.m.

Instructor: Nan Rumpf

Cost: \$100

Experience the meditative satisfaction of the Chinese Brush Painting process. We will be painting the following subjects on double Shuen paper: the cockscomb flower, the lipstick plant with small bird, volcanos, yellow mountain pine tree, the Japanese crane. Join us via Zoom.

Current Events Discussion

Thursday, March 25th and Thursday, April 22nd

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**

Giants of American Literature Book Discussion

Wednesdays, March 31st and April 28th

1:00 - 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 J. D. Salinger's celebrated collection of short stories, *Nine Stories*. The second Zoom meeting will discuss Walt Whitman's "Song of Myself", the lead-off poem in the *Leaves of Grass* collection. **Max: 15**

If you are interested in any of these three classes please contact the COA at coaactivities@wellesleyma.gov and we will put you in contact with the instructor.

Zoom into Conversational French with instructor 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 not a structured class; class size is limited as the goal is really to practice talking in a relaxed setting.

Zoom into Conversational German with 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. Weekly on Tuesdays from 10:00 a.m. until 11:15 a.m. Renate will lead this program for participants who have a basic knowledge of the German language.

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.



Programs/Outreach/Resources

EVENING SERIES

Aging in Place: Home, Sweet Home?

Part II

Wednesday March 10th
7:00 p.m. – 8:00 p.m.

Part III

Wednesday April 7th
7:00 p.m. – 8:00 p.m.

Take control of your future and prepare for aging gracefully while you consider the options to learn if remaining in your home will be possible for you. Does your home have a walk in shower on the first floor? Will you require the expertise of a Medical Advocate to navigate the multiple doctors appointments and prescription drugs? What would it feel like to remain active with specialized fitness and physical therapy tailored for you inside and outside of your home?

The format will be a discussion on Aging in Place scenarios or obstacles and will be moderated by COA Social Worker, Kate Burnham. The panel will encourage participation with advance questions to COA@wellesleyma.gov. Please join us and learn more about your options for staying safe at home in the future by understanding the steps you will need to consider today.

Our three speakers return joining us for Part II and Part III of the discussion:

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. In addition, Jessica provides in clinic one-on-one physical therapy treatment for all conditions, and preventative group classes to maintain balance and strength, two of the most important ingredients to aging in place.

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.

The best way to get the most out of our later years, make sure it meets our needs and goals, and reflects what is important to us, is to prepare and plan. Aging in place often yields better health outcomes and a greater quality of life. Ailene Gerhardt, will share tips and tools for effective planning that will assist solo agers, widow/ers, and couples.

SPEAKER: Roy Carreiro is a Massachusetts Licensed General Contractor with over 25 years of experience specializing in remodeling, carpentry and custom woodworking. He works with Homeowners by carefully listening to their needs and customizing work to enhance homeowner's independence and safety, in the years to come. In addition to his full time remodeling business, Roy takes on smaller jobs that are often very difficult to hire contractors; Roy does this work with the same level of patience and insight to help older adults continue to live at home with increased dignity and safety.

Thank You From The Friends

The Friends of the Wellesley Council on Aging send along our deepest appreciation to all who have been donating to the Friends in support of the programs and services provided by the COA to Wellesley's older adults. In the spring of 2019, the Be a Friend ongoing charitable contribution program was first introduced in this newsletter. The Be a Friend program has received your wonderful and caring support ever since. In these difficult times, we thank the dedicated COA staff and the board of directors for effectively pivoting to provide a continuous stream of virtual online educational, health and exercise, and entertainment programs while keeping us safe within our homes. Your continued financial support will enable the program offerings to grow and expand. In the meantime, we all look forward to when the Tolles Parsons Center will reopen, with both virtual and "live" programs available to all. Thank you to all for your Be a Friend donations, large and small... they all make a difference in our support for the COA and more. It's a workout in disguise to help keep you feeling well.



Can You Change Your Medicare Plan?



You may still be able to change plans during 2021. If you believe you are in the wrong plan due to an enrollment error or being given wrong information, you may be allowed to make a change.

If you have been in a Medicare Advantage (HMO or PPO) plan since the beginning of the year, a change can be made once from January 1 through the end of March. You can switch to a different Medicare Advantage plan or go back to Original Medicare and a drug plan, and add a Medigap plan, if you want.

You may also be able to change plans if you're a Prescription Advantage member, if you're getting Extra Help with your Medicare drug coverage, if you've have recently moved, or for other reasons.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on these issues and all Medicare options. Due to COVID-19, counseling is being done by phone. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call **1-800-AGE-INFO (1-800-243-4636)**, then press or say 3. Once you get the SHINE answering machine, leave your name, town and phone number.



Outreach/Resources

Celebrating COA Volunteers!

We are all eagerly anticipating the arrival of Spring 2021 when, with the March equinox on the 20th, we can look forward to enjoying increasing sunlight hours with earlier dawns and later sunsets. This is even more heartening as we begin to imagine the possibility of being able to ease back into venturing out a bit more, as guidelines permit. This past year brought many challenges to all, including how to connect volunteers with our community in safe, meaningful and creative ways. We have been very fortunate to have a committed group of volunteers, both young and old, who have stepped up to make connections and enrich our lives.

We are especially thankful for the volunteers who stepped up to provide COVID-19 vaccination registration assistance when the guidelines for people age 75+ opened up. With a quick turnaround, we pulled together a team of volunteers, provided training and implemented a program to offer 1:1 assistance to help Wellesley residents navigate the on-line appointment registration process. Our sincere gratitude goes out to these volunteers as they continue to offer their assistance as the vaccine roll out evolves.

National Volunteer Week takes place every year during the third week in April. At this time, we would like to take the opportunity to thank our many volunteers for their generous acts of kindness and their invaluable contributions. Since the pandemic began, we heard from many people in our community seeking ways to help. We currently have individual volunteers serving remotely as conversational Phone Pals, remote language instructors, remote technology support, occasional yard work and, lest we forget, our wonderful Community Bear volunteers who took on the early challenge of sewing hundreds of masks. We also have community organizations such as The Wellesley Service League and members of both private and public schools connecting through letter writing, home-made cards and crafts. Our collaboration with the Regis College volunteer graduate students has added informative and engaging wellness sessions to our wide array of remote programming.

These initiatives will continue into the spring and we look forward to exploring new volunteer opportunities when guidelines may be eased and we welcome spring with longer and brighter days. In the meantime,

please join us in appreciating and recognizing all the wonderful volunteers who touch our lives!



Sally Miller
Volunteer Coordinator

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.

Regis College Students are back!

**Our Collaboration with Regis College and their students for 2021
Regis College Master's of Science in Occupational Therapy (MSOT) Program
Level I Fieldwork Group Placement Information!**

Regis College MSOT Program has been an integral program in the School of Health Sciences and the surrounding communities. The graduate students participate in four academic semesters which include unique fieldwork placements including groups and six months of level II fieldwork placements.

Graduate students from the Regis College MSOT Program have been co-leading and leading groups at the Wellesley Council on Aging. They have also co-lead and led groups at the Weston Council on Aging. These groups have been focused on aging in place, health and wellness, art and crafts and discussions around our current world pandemic. The graduate students participate in a group dynamics graduate course with a lab and the description for that course is below.

Group Dynamics involves the exploration of the interactions that occur in small and large group systems. Classes and readings focus on theories of group process that lead to effective group functioning, theories of small group functioning and elements of group process that lead to effective group formation, development, and closure. Group experiences in class will assist in integrating theoretical learning, building upon skills for group observation, leadership, and individual membership. The class will be part of its own laboratory in small group dynamics.

Feedback from all the stakeholders involved including but not limited to clients who attend the council on aging sites, graduate students, fieldwork educators, various staff, volunteers, families and professors has been overwhelmingly positive. These partnerships are helping people age in place, learn about healthy living, and provide support during these challenging and unprecedented times.

These groups have taken place in person and via Zoom. Please sign up for a group co-lead by Regis MSOT students and you will be pleasantly surprised by the skilled group leadership, organization, and evidence based practice that is shared.

Respectfully submitted by, Mary Jean Hughes Ed.D., MA, OTR/L



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 contact Kate Burnham, Health & Social Services Administrator at **781-235-3961** or by email kburnham@wellesleyma.gov.

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. Please contact Kate Burnham, at **781-235-3961** or by email kburnham@wellesleyma.gov for an 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
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Visit the Wellesley Town Website for the latest information on COVID-19

coronavirus-wellesleyma.hub.arcgis.com/

Need help or have questions call 781-235-3961 • Monday-Friday 9 a.m.-4 p.m.



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 The first club will start on Jan. 15, 2021 and will be run via Zoom by Yuval Malinsky, CEO of Vigorous Mind, Inc. To register go to: www.vigorousmind.com or call 617-244-2644


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**For more information about the Friends of Wellesley Council on Aging,
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