



WELLESLEY COUNCIL *on* AGING

May/June 2021

Artwork titled "Land by the Sea" is by Wellesley resident Dayle Bodnar. Dayle is a member of the Wellesley Society of Artists and was a student in Maris Platais' course in acrylic painting at the COA.

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 May/June 2021

Wellesley Residents:

Starting Tuesday, April 27th at 9:00 a.m.

Non-Wellesley Residents:

Starting Wednesday, April 28th 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

Wednesday, June 9th, at 10:30 a.m.

Police on the Patio, see page 14.

Wednesday, June 23th, at 3:00 p.m.

Medicare Virtual Event, see page 14.



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

April Clarke, Departmental Assistant

Susan DiBenedetto, Departmental 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

Liz Becker

Tory DeFazio

Lori Ferrante

Bob Ferrell

Gerry Hume

Tom Kealy

Dianne Sullivan

Kathleen Vogel

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, May 20th at 4:00 p.m.

Thursday, June 17th 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 assistance 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. 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



"Celebrate endings—for they precede new beginnings."

—Jonathan Lockwood Huie

It was one year ago this month, March, that we sadly closed the doors of the Tolles Parsons Center due to COVID-19. As we look forward to a post-pandemic time, we begin to see a path that leads us to the reopening of the lively Tolles Parsons Center that once was. We know that there are many patrons who are excited and eager to return as soon as possible; we also recognize that there are just as many patrons who are concerned about safety and would like to be cautious as we move forward.

In order to strike the balance between and among everyone's interests, we have proposed a reopening plan that is gradual, conservative, and flexible amid continual changes with the pandemic. The plan has been reviewed by the Health Department and the COA Board. We will post our reopening plan on the front page of our website and will continually update it as things progress and change.

What does that mean for May and June, you may be asking yourself? Well, for one thing, that means movies are back! We will be offering indoor movies in our multipurpose room to five socially distanced participants each Friday. If we have more than five people interested, we will offer multiple showings of a particular movie on the same day.

It also means that the outdoor patio will be open with tables and chairs available for use. We will be asking that: the patio space still be limited to 10 people at any given time; that people abstain from consuming food or beverages at this time; and that everyone be mindful of the amount of time with which they occupy the space to allow for others' use. While staff will not be wiping down the tables and chairs on the patio, wipes and a trashcan will be available for anyone who would like to wipe down a space prior to or after use.

Once the patio is open, we will be scheduling an activity each week outside. Activities will be volunteer-led and will be limited to eight/nine participants. Lunch will be offered one day per week outside on the patio. Lunch will be pre-paid, and our menu will be available weekly on our website, in our weekly email news blasts, and in the Townsman. The patio will be closed to general use during these scheduled events.

Looking forward to seeing everyone,

Heather M. Munroe
Director of Senior Services

March/April Newsletter Error

We had multiple poems submitted by Rosalie Crevo in our last issue and apologize for the error in spelling her name correctly.

Transportation Corner



In my first few months since joining the COA team, I've been able to interact with and get to know a number of folks remotely. As our plans shift to allow more people onsite, I look forward to connecting further with everyone in-person! That being said, we are happy to announce that we were able to increase our passenger capacity to 50 percent, which means that we can now have up to six riders at a time!

As a reminder, our bus service is available Monday – Friday starting at 8:45 AM, with the last pickup at 3:30 PM. Grocery shopping is prioritized in the mornings on Wednesday and Friday, while Food Pantry trips are prioritized on Tuesdays starting at 2 pm.

If you need to go to the Food Pantry, please call them in advance. Due to the Food Pantry's limited hours, the hours of our bus operation, and current restrictions on passenger numbers, we are unable to accommodate all requests to the Food Pantry on the same day. The Food Pantry has delivery options available, and our driver is also able to drop-off deliveries. If you have any questions or concerns, you can contact the Food Pantry staff by calling **781-235-1188**.

Our bus brings riders to the following locations:

- All locations within **Wellesley**
- Newton Wellesley Hospital/Psychiatry in **Newton**
- Metro West Medical Center and Mass General Brigham Urgent Care in **Natick**
- Beth Israel Deaconess Hospital, Family Medicine, and doctor's offices on Chestnut Street in **Needham**

We hope that with the continued rollout of vaccines and the changing weather, we'll be able to continue increasing our transportation services and eventually reach a new "normal." 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**. Already signed-up, call MWRTA directly to book a ride at **508-820-4650**.

I hope to see you soon!

Gregory Wilson
Assistant Director of Senior Services



Program Events *free online programs*

Programs are one-hour unless otherwise noted

Organic Gardening for Everyone

Tuesday, May 4th

2:00 p.m.

John Root, Naturalist and Landscaper

“Organic Gardening for Everyone” is a 60-minute PowerPoint presentation providing practical advice and inspiration to gardeners of all ages and physical conditions on growing vegetables, fruits, herbs, and flowers organically. Topics include: composting and mulching to promote healthy soil; using space efficiently; growing plants from seed; succession planting; inviting beneficial wildlife; controlling weeds and pests naturally; and preserving homegrown produce. Questions and comments will be welcome at the conclusion of the program. ***This program is supported in part by a grant from the Wellesley Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.***

Grandparenting Discussion: Special Needs

Wednesday, May 5th

1:30 p.m.

Karen Mariscal, Special Needs Law

Does your grandchild have special needs? Join Attorney Karen Mariscal in a discussion on how you can help. Learn about special needs trusts, ABLE accounts, adaptive summer camps, and more. Questions welcomed.

8 Days A Week - One Week of Music

Thursday, May 6th

2:00 p.m.

Frank King, former WBUR radio host

This musical lecture will feature one song for each of the 7 days of the week, including Simon & Garfunkel’s first hit, one of the Gershwin’s most beautiful songs, a funny Al Jolson number, a “Saturday” medley by our greatest crooners, and an ultra-rare Rodgers & Hammerstein flop. ***Special thanks goes to BAYADA for generously sponsoring this program.***

Davis Museum: Tea Talk

Friday, May 7th

2:00 p.m.

Davis Museum - Wellesley College Virtual Tour

Pour a cup of tea and join us for a gallery talk led by Wellesley College Student Guides on tea objects from the Davis’s permanent collections.

THREE PART LECTURE SERIES

Women in US History

Mondays, May 10th – 24th

2:30 p.m.

Norah Dooley

This three-part series will cover women in US history through the lives and accomplishments of interesting women, both legendary and lesser known, of the past. At the end of each session there will be time for questions and guided discussion.

Part 1: This presentation will examine the history of women in world history and women’s studies, as well as explore the nature of women’s lives in the US today and the language used to define their experiences.

Part 2: This presentation will focus on women as citizens from 1777–1920, when “inalienable rights” became a reality. The program will explore women who were Revolutionary War heroes, Mill Girls, Abolitionists, Civil War heroes and Suffragists.

Part 3: The final presentation covers 1920–2021, from Suffrage to #MeToo. This 100 year period of struggle and success, includes winning the right to vote, as well as many female “firsts,” from astronauts to zooloists in the 20th and 21st centuries. The session will conclude with where are we today?

Community Outreach Sessions

Tuesday, May 11th

1:00 p.m.

COA Board

The Community Outreach Session runs every other month. This event will be hosted on Zoom and will provide an interactive forum for information to be communicated from Board representatives to the residents and from the residents to the Board representatives. Let’s look to the future and how we might continue to grow and develop! 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 call.

Living with Illness
Tuesday, May 11th
1:30 p.m.
Care Dimensions

This program discusses some of the challenges of living with a serious illness as well as ways to support individuals and families through this process.

Zoom in on a Great Book
Wednesday, May 12th
2:00 p.m.
Lorna Ruby, Wellesley Books

Lorna Ruby, senior book buyer for the Wellesley Book Store, will present her recommendations for books to read this spring and summer. Lorna will personalize each of her favorite books to read and enjoy by giving the highlights of each selection, which range from light to serious, from funny to tragic.

Piano Hour
Thursdays, May 13th and June 10th
12:00 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 will play popular music from the 1890s to the 1960s, including Ragtime, Great American Songbook and Beatles music.

Norman Rockwell: Moments Spent Outdoors
Thursday, May 13th
2:00 p.m.
Norman Rockwell Museum Virtual Tour

In this virtual program, brought to you by The Norman Rockwell Museum, Chief Curator and Deputy Director Stephanie Plunkett and Chief Educator Mary Berle will share and discuss images from Rockwell's body of work celebrating moments spent outdoors. Norman Rockwell's art often contains comforting scenes of Americans enjoying the outdoors. Though he was born and raised in New York City, Rockwell showed a fondness for spending time outside. Program participants will learn about images Rockwell created throughout his career that capture moments, some of them humorous, that may connect us to memories of our own experiences outdoors.

A Series on Mindfulness
Tuesdays, May 18th and June 8th
1:30 p.m.
Neil Motenko

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.*

USSR- Russia - Myths, Mysteries and Spying
Thursday, May 20th
2:00 p.m.
Henry Quinlan

We are excited to have this one-hour presentation based on his 30+ years' involvement with the former Soviet Union and Russia. Henry lived in Moscow for five years during the demise of the USSR and the rise of the new Russia. This presentation will entertain and educate the audience with many highlights, current issues and time for your questions.

Geology Walk of Wellesley
Tuesday, May 25th
2:00 p.m.
Carolyn Collins, WPS Science Department Head

Join Carolyn Collins, Science Department Head for the Wellesley Public Schools, for a virtual walking tour of Wellesley. The program will be a trip through time as Carolyn explains geologic history through the varied and interesting geological sites around town. There are five locations highlighted on this virtual walk which are examples of the geologic features found in Wellesley, including: a volcano; tectonic plates; glacier erratics; eskers and kettle holes; and a Roxbury puddingstone formed on the west coast of Africa.

Small Ships, Epic Stories
Wednesday, May 26th
2:00
Hull Lifesaving Museum Virtual Tour

The Hull Lifesaving Museum celebrates the work of lifesavers who braved the storm-tossed frigid waters along the coast of Massachusetts to save mariners in peril. The crew, mostly composed of coastal mariners, put themselves at risk so that others might live. Mike McGurl, Executive Director of the Hull Lifesaving Museum, will share with us the underlying stories of the lifesavers and the rescues they endeavored over a century ago. In addition, Mike will give a virtual tour of the museum itself and its ship and boat exhibitions.



Program Events *free online programs*

THREE PART SERIES

History of Korea

Wednesdays, June 2nd - 16th

2:00 p.m.

John Gardella, retired AP history teacher

In this three-part history of Korea, retired history teacher, John Gardella, will cover Korea from its ancient beginnings to its deeply divided status in the 21st century.

Part 1: This presentation will cover Korea's ancient history beginning more than four-thousand years ago; the domination of Korea by the Chinese Han; the development of the Three-Kingdoms; the Mongol domination of Korea; the 19th century foreign interference in Korea; Japanese Colonial rule of Korea; Korea during WW II and the division of Korea at the 38th parallel. A group discussion will follow the presentation.

Part 2: This presentation will cover the First and Second Republics in South Korea; The development of Communist North Korea; Korea during the Cold War including the Korean War, the Armistice and occupation by the United States and Russia; The political, economic and social development of the Democratic People's Republic in North Korea led by Kim Il-sung, and the Republic of Korea led by President Syngman Rhee followed by President Park Chung Hee. A group discussion will follow.

Part 3: This presentation will cover the two Koreas in the 21st century with the prosperous democratic capitalist South Korea and the totalitarian communist North Korea. The relationship between the two Koreas, as well as their relationship with the United States and the greater world will also be included. A group discussion will follow.

'Now, What Was I Thinking?'

How to Boost Your Memory

Thursday, June 3rd

2:00 p.m. - 3:45 p.m.

Jeanette Leardi, Gerontologist

Do you feel that you are forgetting more things on a regular basis? And are you worried that this might be a symptom of Alzheimer's disease or some other form of dementia? In this engaging presentation based on the latest neuroscientific research, you'll learn fascinating truths about how your memory works and about the different kinds of memory processed by the human brain. You'll also learn various strategies for maintaining — and boosting — your brain's capacity to remember.

Grief and Loss

Thursday, June 10th

1:30 p.m.

Care Dimensions

Explores various types of loss, how people grieve, and ways to support those who are grieving.

Loneliness: A State of Mind

Tuesday, June 15th

2:00 p.m.

Lynn Croft

During the COVID pandemic many folks have been experiencing feelings of loneliness. Or perhaps other times in your daily life you have felt lonely. This presentation will explore what is loneliness and what drives those feelings. Additionally, Lynn offers some practical suggestions to ward off feeling lonely.

Juneteenth: Exploring and Celebrating

Thursday, June 17th

2:00 p.m.

Rev. Deborah Clark

In July of 2020, Juneteenth was officially recognized as a holiday in Massachusetts, to be celebrated each year on June 19th. Juneteenth has a long history, dating back to the day, in 1865, that the Union army rode into Galveston, Texas and told enslaved people about emancipation. It was two years after the Emancipation Proclamation. In this hour-long virtual conversation, we will delve into the history of Juneteenth, how it has been celebrated in different parts of the country. We will explore the new role it is playing in our state and our nation today. We will talk about what it means for us to celebrate this holiday in a way that honors a painful history and lifts up courage and hope.



Wellesley Police Update

Hello Wellesley Seniors! We are Wellesley Police Officers Tim Dennehy and Evan Rosenberg. We are the new Elder Affairs Officers for the Wellesley Police Department. In this role, we are a resource for you on any non-emergency police related matters. Feel free to call us at **781-235-1212** extension 7912 or email us at wpdelderaffairs@wellesleyma.gov.

We both look forward to serving you,

Tim and Evan

*Join us Wednesday, June 9th, at 10:30 a.m.
Police on the Patio, see page 14 for details.*

TWO PART SERIES

The Hudson River School:
America's First Landscape Painters
Fridays, June 18th and 25th
2:00 p.m.

Deborah H. Stein, PhD, History of Art and Architecture

"So compelling was the Hudson's beauty...it was regarded as a special gift of God." This declaration by a twentieth-century folk historian captured the central motivation of America's first landscape painters, dubbed later the Hudson River School. In this two-session course, we will explore the sources and motivations of the nineteenth-century Hudson River School, their stylistic choices, and their artistic legacy.

Part 1: The first session will provide a brief review of the artistic climate in the young American nation at the start of the century and will then introduce the formative phase of the Hudson River School led by Thomas Cole and Asher Durand.

Part 2: The second session will consider the work of the artists who followed Cole and Durand, building on their romantic naturalism in diverse ways. This second wave included such artists as: John Kensett, Albert Bierstadt, and Frederic Church. We will conclude by looking ahead to the more atmospheric work of George Inness.

Dubai to the Maldives: Travels from Desert to Paradise

Tuesday, June 22nd
2:00 p.m.

Joy Marzolf, Naturalist and Educator

Join Joy Marzolf, a naturalist and educator, as she travels to the Maldives via Dubai in the UAE. The desert country of Dubai shows dramatic contrasts of modern growth, traditional gold and spice markets and life in the desert, including camel herders. The Maldives, a lush tropical paradise, is another contrast. This series of low-lying coral atolls is located in the Indian Ocean, just south of Sri Lanka and India. From massive whale sharks to rare hawksbill turtles, schools of manta rays and tiny beautifully colored fishes, the Maldives has an astounding variety of life to see. Join us for scenes of these graceful animals and images of wildlife throughout the Maldives.

Musical Performance 'This Land is Your Land'

Wednesday, June 30th
2:00 p.m.

Roger Tincknell, singer, yodeler, multi-instrumentalist

Join us for a celebration of our country with a musical performance by Roger Tincknell, an accomplished folksinger, yodeler, songwriter and multi-instrumentalist. The program travels the country with "Americana" songs performed on a variety of instruments including guitar, banjo, mandolin, harmonica, ukulele, Irish bodhran and Latin percussion. Roger's performance will include patriotic, regional folk songs, old time country, swing, show tunes, cowboy yodeling and familiar traditional sing-alongs.

The TPC Re-opening Plan for May/June 2021

We are proud to announce that we have put together a reopening plan for the Tolles Parsons Center (TPC). We have worked on our first draft of our reopening plan which is a strategic and slow reentry and transition to in-person activities at the TPC. All plans are contingent upon the continual progress of conditions related to COVID-19 and approval(s) by the Health Department.

At this time, this plan has been reviewed by the Director/Assistant Director, the Health Department, the Programming Working Group, and the COA Board. We understand that there may continue to be frustrations as participants continue to get vaccinated and everyone is eager to return to the building. Please be assured that we are thinking everything through thoroughly and working to ensure continued and increasing service while keeping everyone's health and safety at the forefront.

The plan as published shows the expected changes for the months of May and June only. If you are interested in seeing the most up-to-date plan, and/or looking further ahead at what we project, please check out the full plan on our website at www.wellesleycoa.org. The plan below is broken out by category: building access; Covid precautions; programming in-person; programming - remote; services- in-person; services - remote; and transportation. In the plan below, a colored-in space means the service/program is expected to be operating/in affect that month. Numbers in parentheses indicate the maximum number of participants for that activity during that month. Please note that while programs begin to slowly return to the TPC, most, if not all, of our programs will continue to be available as a remote option. If you have any questions or concerns, please contact us at **781-235-3961** or coa@wellesleyma.gov.

BUILDING ACCESS	MAY	JUN
By Appointment Only		
Outdoor Patio Open	(10)	(10)

COVID PRECAUTIONS	MAY	JUN
Restricted Bathroom Access		
Fitness room cleaned between appointments		
One-on-One Appt- area wiped down between apt		
Self-Attestation Sign-in Sheet		

PROGRAMMING - IN PERSON	MAY	JUN
Fitness Center (1 households/apt)		
Lunch - Outside- 1x/week	(10)	(10)
Movies in Multipurpose Room	(5)	(10)
Activity on the Patio (Trivia, Bingo, etc)- 1x/week	(10)	(10)

(Continued on page 11)





MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-3-	-4-	-5-	-6-	-7-
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 Restorative Yoga	9:15 Mixed Yoga Class A 10:00 Conversational German Group 10:00 Balls and Bands 10:30 Mixed Yoga Class B 11:00 Community Concerns 1:00 Tai-Yo-Ba 2:00 Organic Gardening for Everyone	9:15 Cardio Sculpt Class A 11:00 SAIL 1:30 Grandparenting Discussion 6:00 TV Channel Comcast 9 or Verizon 39	9:15 Seated Strength & Balance Class B 11:00 Mindful Living 2:00 Eight Days a Week 3:00 Pilates Class B 8:00 TV Channel Comcast 9 or Verizon 39	9:15 Qi Gong 11:15 Senior Muscle Conditioning 1:00 Cardio Sculpt Class B 2:00 Davis Museum
-10-	-11-	-12-	-13-	-14-
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 Restorative Yoga 2:30 Women in US History	9:15 Mixed Yoga Class A 10:00 Conversational German Group 10:00 Balls and Bands 10:30 Mixed Yoga Class B 11:00 Widowed & Living Alone 1:00 Community Sessions 1:00 Tai-Yo-Ba 1:30 Living With Illness	9:15 Cardio Sculpt Class A 11:00 SAIL 2:00 Lorna Ruby Book Talk 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 Norman Rockwell Museum 3:00 Pilates Class B 8:00 TV Channel Comcast 9 or Verizon 39	9:15 Qi Gong 11:15 Senior Muscle Conditioning 1:00 Cardio Sculpt Class B
-17-	-18-	-19-	-20-	-21-
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 Restorative Yoga 2:30 Women in US History	9:15 Mixed Yoga Class A 10:00 Conversational German Group 10:00 Balls and Bands 10:30 Mixed Yoga Class B 11:00 Building New Social Connections 1:00 Tai-Yo-Ba 1:30 Mindfulness with Neil	9:15 Cardio Sculpt Class A 11:00 SAIL 1:00 Shakespeare Discussion Group 6:00 TV Channel Comcast 9 or Verizon 39	9:15 Seated Strength & Balance Class B 11:00 Mindful Living 2:00 Russia 3:00 Pilates Class B 4:00 COA Board Meeting 8:00 TV Channel Comcast 9 or Verizon 39	9:15 Qi Gong 11:15 Senior Muscle Conditioning 1:00 Cardio Sculpt Class B
-24-	-25-	-26-	-27-	-28-
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 Restorative Yoga 2:30 Women in US History	9:15 Mixed Yoga Class A 10:00 Conversational German Group 10:00 Balls and Bands 10:30 Mixed Yoga Class B 11:00 Loved One with Memory Loss 1:00 Tai-Yo-Ba 2:00 Geology Walk of Wellesley	9:15 Cardio Sculpt Class A 11:00 SAIL 2:00 Small Ships, Epic Stories 6:00 TV Channel Comcast 9 or Verizon 39	9:15 Seated Strength & Balance Class B 10:00 Current Events 11:00 Mindful Living 1:00 American Literary Classics Book Discussion 3:00 Pilates Class B 8:00 TV Channel Comcast 9 or Verizon 39	9:15 Qi Gong 11:15 Senior Muscle Conditioning 1:00 Cardio Sculpt Class B

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The Tolles Parsons Center is CLOSED in observance of Memorial Day. No online activities.

2:00 TV Channel Comcast 9 or Verizon 39



Tune into Wellesley Media Community Channel
 The local cable TV channels courtesy of Wellesley Media
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.

JUNE 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-1-	-2-	-3-	-4-
	<p>9:15 Mixed Yoga Class A 10:00 Balls and Bands 10:30 Mixed Yoga Class B 11:00 Community Concerns 1:00 Tai-Yo-Ba</p>	<p>9:15 Cardio Sculpt Class A 11:00 SAIL 2:00 History of Korea 6:00 TV Channel Comcast 9 or Verizon 39</p>	<p>9:15 Seated Strength & Balance Class B 11:00 Mindful Living 2:00 How to Boost your Memory 3:00 Pilates Class B 8:00 TV Channel Comcast 9 or Verizon 39</p>	<p>9:15 Qi Gong 11:15 Senior Muscle Conditioning 1:00 Cardio Sculpt Class B</p>
-7-	-8-	-9-	-10-	-11-
<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 2:30 Restorative Yoga</p>	<p>9:15 Mixed Yoga Class A 10:00 Balls and Bands 10:30 Mixed Yoga Class B 11:00 Widowed & Living Alone 1:00 Tai-Yo-Ba 1:30 Mindfulness with Neil</p>	<p>9:15 Cardio Sculpt Class A 10:30 Police on the Patio 11:00 SAIL 2:00 History of Korea 6:00 TV Channel Comcast 9 or Verizon 39</p>	<p>9:15 Seated Strength & Balance Class B 11:00 Mindful Living 12:00 Piano Hour 1:30 Grief and Loss 3:00 Pilates Class B 8:00 TV Channel Comcast 9 or Verizon 39</p>	<p>9:15 Qi Gong 11:15 Senior Muscle Conditioning 1:00 Cardio Sculpt Class B</p>
-14-	-15-	-16-	-17-	-18-
<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 2:30 Restorative Yoga</p>	<p>9:15 Mixed Yoga Class A 10:00 Balls and Bands 10:30 Mixed Yoga Class B 11:00 Building New Social Connections 1:00 Tai-Yo-Ba 2:00 Loneliness: A State of Mind</p>	<p>9:15 Cardio Sculpt Class A 11:00 SAIL 2:00 History of Korea 6:00 TV Channel Comcast 9 or Verizon 39</p>	<p>9:15 Seated Strength & Balance Class B 11:00 Mindful Living 2:00 Juneteenth: Exploring and Celebrating 3:00 Pilates Class B 4:00 COA Board Meeting 8:00 TV Channel Comcast 9 or Verizon 39</p>	<p>9:15 Qi Gong 11:15 Senior Muscle Conditioning 1:00 Cardio Sculpt Class B 2:00 The Hudson River School: America's First Landscape Painters</p>
-21-	-22-	-23-	-24-	-25-
<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 2:30 Restorative Yoga</p>	<p>9:15 Mixed Yoga Class A 10:00 Balls and Bands 10:30 Mixed Yoga Class B 11:00 Loved One with Memory Loss 1:00 Tai-Yo-Ba Dubai to the 2:00 Maldives: Travels from Desert to Paradise</p>	<p>9:15 Cardio Sculpt Class A 11:00 SAIL 1:00 Shakespeare Discussion Group 6:00 TV Channel Comcast 9 or Verizon 39</p>	<p>9:15 Seated Strength & Balance Class B 10:00 Current Events 11:00 Mindful Living 1:00 American Literary Classics Book Discussion 3:00 Pilates Class B 8:00 TV Channel Comcast 9 or Verizon 39</p>	<p>9:15 Qi Gong 11:15 Senior Muscle Conditioning 1:00 Cardio Sculpt Class B 2:00 The Hudson River School: America's First Landscape Painters</p>
-28-	-29-	-30-		
<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 2:30 Restorative Yoga</p>	<p>9:00 Registration for Wellesley Residents July and August Programs</p>	<p>9:00 Registration for non-Wellesley Residents July and August Programs 2:00 This Land Is Your Land 6:00 TV Channel Comcast 9 or Verizon 39</p>		



Fitness Offerings on ZOOM



Fitness Classes will all be Online Via Zoom For May/June

All fitness classes are fee-based unless otherwise noted.
 All classes run eight (8) weeks unless they are a drop-in option.
 There are no classes Monday, May 31st in observance of Memorial Day.
 Max 50 participants unless otherwise stated.

MONDAYS

Seated Strength & Balance	9:15 AM.....45 Minutes	\$32	
Pilates	11:00 AM.....60 Minutes	\$40	
Zumba Gold	1:00 PM	60 Minutes	\$40
Yoga – Restorative	2:30 PM	30 Minutes Drop-In...\$3 per class	

TUESDAYS

Yoga – Mixed Class A	9:15 AM.....60 Minutes	\$80	
Balls & Bands	10:00 AM.....45 Minutes	FREE	
Yoga – Mixed Class B	10:30 AM.....60 Minutes	\$80	
Tai- Yo-Ba	1:00 PM	45 Minutes	\$32

WEDNESDAYS

Cardio Sculpt	9:15 AM.....30 Minutes	\$24
SAIL Class	11:00 AM.....45 Minutes	FREE

THURSDAYS

Seated Strength & Balance	9:15 AM.....45 Minutes	\$32	
Pilates	3:00 PM	60 Minutes	\$40

FRIDAYS

Qi Gong	9:15 AM.....60 Minutes	\$40
Senior Muscle Conditioning	11:15 AM.....45 Minutes	\$32
Cardio Sculpt	1:00 PM	30 Minutes Drop-In...\$3 per class

SATURDAYS

Mixed Bag Exercise	Six Weeks May 8 – June 19 (no class May 29)	9:15 AM.....Varies	FREE
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FREE INTRODUCTORY CLASSES

Balls and Bands Class

This class is taught by Derry Tanner, retired nurse and certified personal trainer, and is a 45-minute class using body weight movement and exercises with 8” balls and resistance bands. This class will 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. For new students, you may choose to purchase supplies for a \$5 fee.

SAIL (Stay Active and Independent for Life) Class

We look forward to you joining us for a new and free SAIL exercise class with Derry Tanner on Wednesdays at 11:00 a.m., a 45-minute class. Derry is a retired nurse, public health professional and Certified Personal Trainer. SAIL is a safe and effective fitness class for adults incorporating research-tested strength, balance and flexibility exercises. The class incorporates both seated and standing exercises, so please have a sturdy chair available. It is also helpful to have light hand weights.

Mixed Bag Saturday Fitness Class

We look forward to offering a new exercise class option on Saturdays at 9:15 a.m., a 30-minute class which is free and has a drop-in feature. Each week the class offered will be a different type of class and instructor. We will announce in the email news blast which type of class will be offered the following Saturday, and you are welcome to sign-up and join in to try it out! Priority is given to Wellesley residents age 60 and over. If space permits, non-Wellesley residents age 60 and over are welcome to participate. Space is limited and set by the instructor each week. Registration will open when the class is announced in the email news blast. These classes will run for six weeks, May 8 – June 19, with a break during Memorial Day Weekend.

Cardio Sculpt

This class is taught by Daniel Salerno. 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). The Friday class gives you the flexibility and option to drop-in. 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



Pilates

Lisa Wilkins has been instructing fitness classes for over 25 years. She really enjoys helping people of all ages and abilities achieve their fitness goals. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. We offer two one hour classes per week on Mondays at 11:00 a.m. and Thursdays at 3:00 p.m.

Qi Gong

Bob Doherty leads this 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. It is offered for 60 minutes on Fridays at 9:15 a.m.

Seated Strength and Balance

This is a 45-minute seated class designed to accommodate individuals of various fitness levels and abilities. It is offered twice a week on Mondays and Thursdays at 9:15 a.m. Pearl Pressman begins with a thorough warm-up for both the joints and the muscles. The warm-up is followed by strength training and balance exercises for the body using hand weights, resistance bands and body weight.

Yoga – Mixed Level

These classes provide ample time to balance active postures with relaxation and restoration. With over 35 years of teaching experience, Judy Scribner-Moore offers a profound understanding of posture and movement and the challenges of aging. We offer two options, Tuesdays at 9:15 a.m. and 10:30 a.m. for an hour, this class offers a variety of tools for meditation and mindfulness. Providing 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.

Yoga Restorative

This 30 minute mat class with Rebecca Reber 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, held on Mondays at 2:30 p.m.

Zumba Gold

The design of this 60 minute 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. Join Ketty Rosenfeld for this energetic and fun class on Mondays at 1:00 p.m.

The TPC Re-opening Plan for May/June 2021

(Continued from page 7)

In the plan below, a colored-in space means the service/program is expected to be operating/in affect that month. Numbers in parentheses indicate the maximum number of participants for that activity during that month. If you have any questions or concerns, please contact us at **781-235-3961** or coa@wellesley.ma.gov.

PROGRAMMING - REMOTE	MAY	JUN
Phone Pal Program		
Pen Pal Program		
Puzzology Program		
Television Programming		
Fitness Classes (some will move to in person only)		
Large Lectures		
Programs not offered in person		

SERVICES- IN PERSON	MAY	JUN
IT Support (Lois)- 1 day/week (Tue)		
1-on-1 with Social Worker - 1 day/week (Tue)		
Group Meetings with Social Worker		

SERVICES - REMOTE	MAY	JUN
SHINE - 1 day/week (Wed)		
IT Support (Lois)- 1 day/week (Thu)		
Legal Help - 1 day/week (1st Thu of month)		
Hot Meal Delivery Program - 1 day/week (Wed)		

TRANSPORTATION	MAY	JUN
COA Bus	(6)	(8)

The Tolles Parsons Center welcomes two new Departmental Assistants. Say hello to Susan DiBenedetto and April Clarke.



Susan DiBenedetto has over 20 years experience working in the corporate world. Seeing her grandchildren and taking walks are her favorite things to do. The opportunity to assist others, especially seniors, is a long-time passion of hers. Susan is excited and very happy to be a part of the Wellesley COA.



April Clarke joined us as a temp in March to assist in the Departmental Assistant role at the COA. You may get her on the other end of the line when you call us. April is happy to be a part of the staff at the Tolles Parsons Center and she finds it rewarding to help others.



Art, Groups, and Educational Classes

Group: American Literary Classics Book Discussion

Thursdays, May 27th and June 24th

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

Hosted by COA Volunteer, Terry Catchpole

You know that great American classic you always wanted to read... or re-read from 30 years back? Well, here is your chance! The Wellesley COA is continuing its American Literary Classics book discussion program with a series of regular monthly Zoom discussion meetings which will focus on a single great American novel each meeting. The May meeting will feature a highly interactive discussion of F. Scott Fitzgerald's *The Great Gatsby*. The June Zoom meeting will discuss three essays by Henry David Thoreau: "Walking," "A Winter Walk," and "A Walk to Wachusett." We'd love to see you there!! **Max: 15**

Wellness: Mindful Living Online

Thursdays, May 6th – June 24th (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 and anywhere to help keep you feeling well.

Group: Shakespeare Discussion

Wednesdays, May 19th and June 23rd

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

Hosted by: COA Volunteer, Terry Catchpole

The Shakespeare Discussion Group will next meet online via Zoom on May 19th to discuss and read from Acts One and Two of *Othello*. The following month, on June 23rd, the group will meet online to discuss and read from Acts Three, Four, and Five of *Othello*. 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!!

Group: Current Events Discussion

Thursday, May 27th and Thursday, June 24th

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**

Group: Conversational German Class Online

Weekly on Tuesdays in May

10:00 a.m. - 11:15 a.m.

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.

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 COA Volunteer, Nathalie deFontnouvelle

Are you conversational in French; intermediate or advanced? There are three groups per week on Tuesdays, Wednesday and Thursdays, from 10:30 a.m. to noon. This is not a structured class; class size is limited as the goal is really to practice talking in a relaxed setting.

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.

Zoom into Mah Jongg 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.

IT Help with Lois

NEW In-Person Option on Tuesdays

Lois, our long-time tech volunteer, will be in-house at the TPC for your one-on-one appointments. Each appointment will be 45 minutes long and appointments will be scheduled for: **11:00 AM, 12:00 PM, 1:00 PM, 2:00 PM, and 3:00 PM.** Call us today at **781-235-3961** to schedule an appointment.

Alternatives:

Not ready for in-person help just yet? Do you have questions you would prefer remote help? Thursdays are still reserved for remote appointments.

What kind of help is offered:

Lois can help with: computer use questions; phone technology; troubleshooting tech issues; pointers and help expanding your IT skills, and many more areas.

Water Exercise at Longfellow

Wellesley COA and Longfellow Health Club in Natick partnered, and are excited to offer Water Exercise classes for the upcoming spring and summer season. Our certified and experienced teachers provide a fabulous and fun workout, modified to your level of ability. Water Exercise is a perfect place to build cardiovascular endurance and strength with little or no impact. Longfellow is following all of the COVID-19 safety guidelines. The pool is outside for the summer season. For details on pricing and class packages, please contact Jane Polley: JaneLongfellowNutrition@gmail.com or **508-653-4633**.

Outdoor Patio is Open

Need to get out of the house? Meet up with a friend? The outdoor patio will reopen starting in April. To comply with COVID restrictions and safety precautions, we will be limiting the patio to 10 people until the end of June. There will be cleaning wipes and trash available on the patio for anyone's use. Please be respectful of other people who may be waiting to enjoy the patio and limit your time to an hour if there is further interest. In order to accommodate some outdoor activities, the patio may be closed to accommodate some outdoor activities.

Lunch is Back!

Join us at the TPC on our outdoor patio for lunch on Wednesdays from 12:30 – 1:30 p.m. Due to COVID restrictions, we will be limiting lunch to 10 Wellesley guests for the months of May/June. Lunch reservations require prepayment and financial assistance is available.

Volunteer Corner

Volunteerism has been difficult during this past year due to restrictions, but did you know we have close to 60 active volunteers serving their time remotely? We also have numerous additional volunteers eager to assist as opportunities arise. The pandemic certainly transformed how we engage qualified volunteers in this ever-changing world. Our volunteers are working remotely to engage with the community through weekly phone calls, tech support, vaccine appointment assistance, language and activities instruction, and language translation. Creative use of technology has facilitated online training and has allowed volunteers access to real time information to meet the needs for things such as vaccine assistance and follow-up. The responsiveness and number of hours our volunteers put in, especially through vaccine assistance, is truly astounding and your feedback and gratitude have been shared.

In March, I had the opportunity to attend a workshop sponsored by the Massachusetts Service Alliance. The presenter, Beth Steinhorn, was inspiring and offered a perspective on viewing volunteerism not just as a program to manage, but as a program to embrace as a strategy to integrate volunteers to achieve our mission. I couldn't agree more! Our mission (as stated on the cover of this Newsletter) offers many opportunities to integrate volunteers in this respect, both through continued remote programs as well as safe reopening onsite possibilities.

Reopening plans are in the works and now is a great time for creativity. While all is subject to changing conditions, some anticipated safe onsite and/or outdoor volunteer roles aligned with reopening include lunch servers/deliverers, patio game leaders and TPC welcomers. Also, when we get the green light, we will look to revamp our volunteer driver program. We welcome volunteers of all ages, skills and talents. If you or someone you know may be interested in joining (or rejoining) our volunteer team, please contact us!

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**.

Programs/Outreach/Resources

Health and Human Services Kate's Corner

NEW! Topic-based, facilitated discussion groups

Introducing facilitated discussion groups designed to offer residents an opportunity to share in dialogue and promote meaningful conversations. Kate Burnham, Health & Social Services Administrator at the Tolles Parsons Center, will lead the groups in a structured format. For more information, call Kate directly at **781-235-3961**.

Tuesdays on the Patio
at 11:00am (Wellesley residents only. **Max: 9**)

- May 4th, June 1st:** 1st Tuesday topic: **Community Concerns**
May 11th, June 8th: 2nd Tuesday topic: **Widowed & Living Alone**
May 18th, June 15th: 3rd Tuesday topic: **Building New Social Connections**
May 25th, June 22nd: 4th Tuesday topic: **Loved one with Memory Loss**

Police on the Patio

Wednesday June 9th 10:30 a.m.

***(Indoors for inclement weather)**

Join us on Wednesday, June 9th at 10:30 am to sit down with Wellesley Police Department's Elder Affairs Officers Evan Rosenberg and Tim Dennehy and learn how their years of experience continue to keep Wellesley seniors stay safe in the Community. Bring your questions or bring up your concerns and join Evan and Tim on the patio of the Tolles Parsons Center.
(Wellesley residents only. **Max: 7**)

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.



High Prescription Drug Costs?

Prescription Advantage May Help!

Prescription Advantage (www.prescriptionadvantagemma.org) is a state assistance program which may lower the amount you pay for prescription drugs. Members are also allowed to join or change their Medicare drug plan or Medicare Advantage plan. Eligibility is based on **income only** and there is **no asset limit!**

Who can join?

For **Massachusetts residents eligible for Medicare**, Prescription Advantage may provide secondary drug coverage if you are:

- 65 or older with an annual income at or less than \$64,400 for a single person or \$87,100 for a married couple; OR
- Under 65 with a disability, with an annual income at or less than \$24,214 for a single person or \$32,750 for a married couple

The SHINE Program can help you apply for Prescription Advantage. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE phone appointment, call your local Senior Center. For other SHINE related matters, call **1-800-243-4636**, then press 4.

SAVE THE DATE: Welcome to Medicare Virtual Event

June 23, 2021
3:00 p.m. - 7:00 p.m.

**If you're new to Medicare,
this is for you!**
Register at shiptacenter.org

**The Wellesley COA provides opportunities for volunteers of all ages and abilities.
If you or anyone you know may be interested in volunteering, please contact us!**



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

Springwell, a MA nonprofit, provides comprehensive services and resources to adults age 60+, individuals with disabilities and their caregivers. In-home services are available to all income levels, ranging from sliding scale fee programs for those with low income to private care management services for others. The Caregiver Support Specialist assists all family caregivers with their challenging, stressful role. The Information and Consultation Department answers questions and helps with planning, decision-making and accessing public and private services. Call Springwell at **617-926-4100** for more information about services, or visit the website at www.springwell.com.

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
The Society of St. Vincent de Paul.....	781-235-1060
Wellesley Friendly Aid Association.....	781-235-3960

Local Council on Aging Centers

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

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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