

July/August 2021



WELLESLEY
COUNCIL *on* AGING

Chinese Brush Painting Titled:
Kingfisher – Ink and Chinese
Watercolors on Asian Paper
Artwork by Nan Rumpf.
Nan is a Wellesley resident
and a member of the
Wellesley Society of Artists.

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 July/August 2021

Wellesley Residents:

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

Non-Wellesley Residents:

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

All programs require pre-registration unless otherwise noted.

HOW TO REGISTER:

There are two ways to register for programs:

1. Online through MyActiveCenter

(<https://myactivecenter.com>)

Pay by credit card

2. By phone: 781-235-3961

Pay by credit card, or mail-in check

(payable to Town of Wellesley)

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

Important: For fee-based activities, 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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OPT OUT!

With the new fiscal year, we are mailing every household with a member over age 59 this newsletter for the next year. If you wish to "Opt Out" of receiving hard copies, please contact us to be removed from this mailing list at coa@wellesleyma.gov or 781-235-3961.



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

Dianne Sullivan

Kathleen Vogel

COA Board Meeting Dates

Meetings will take place at the Tolles Parsons Center

Thursday, July 15th at 4:00 p.m.

Thursday, August 19th at 4:00 p.m.

Community Sessions (via ZOOM)

Tuesday, July 13th at 1:00 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 are available to subsidize or pay for COA classes, activities, lunches, or programs for Wellesley residents. Contact our outreach/social worker at 781-235-3961 or kburnham@wellesleyma.gov for further assistance.

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/Volunteer Corner



"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

—Aristotle

As we enter a new fiscal year in July, we begin the time for what now will be forever known as the "new normal." We will be embarking on a journey where we take

what we never thought was possible, virtual programming, and combine it with in-person programming and social opportunities; all while striving for excellence—excellence in programming; excellence in customer service; and excellence in community building.

While there are many of our participants who are truly excited and ready to embrace returning to in-person opportunities, we recognize that there are also participants who are more apprehensive about the return. We want to continue to support an environment, both in-person and remote, where everyone feels comfortable and included. So, as we launch our re-opening in July, we will be launching a hybrid platform that will slowly grow into more in-person opportunities as time passes.

For July and August, we will be opening our building to all participants. Those who wish to join us in person will have the opportunity to participate in: coffee in the café; drop-in cards, games, and crafts; structured cards and games; movies twice a week; lunch twice a week; fitness center appointments; Tuesdays on the Patio with Kate; and structured activities. For the summer months, our fitness classes, lectures, and groups will remain online.

As we approach the fall, we will be working on reaching out to our participants, instructors, and presenters alike to gauge interest and ability to return some programming to in-person. Even in doing so, we will begin developing a longer range plan for continuing to offer some opportunities in-person and some online to better fulfill participants' needs.

As we begin thinking about the fall, we would like to build towards creating an environment where everyone feels welcome and included. In doing so, we would like groups/clubs to be open to anyone interested in joining. If you are interested in starting a new group, or having a group return to using space at the Tolles Parsons Center, please contact Amy Rose in Activities to obtain more information about the process. We will be evaluating all requests equally and will be looking at how closely groups align to our mission, inclusiveness, need, balance, and space availability.

Those who visit us in July/August will notice a few differences to our building and staffing. For the summer months, we will be joined by some students working for the Wellesley Youth Commission (the green shirts) who will be greeting participants at the main entrance, walking around the Tolles Parsons Center to say hello and to assist, and serving as fitness center attendants. As we move towards the fall, we will be looking to fill those roles with volunteers. Interested adult volunteers should contact Sally Miller directly for more information.

Other exciting and noteworthy changes that we will be making as we move forward include: making all exercise classes drop-in starting in July, so participants can sign-up for as few or as many classes that work for their schedule; an increase in lunch attendance from 10 to 15; and an opportunity to opt-out for the fiscal year of receiving a hard copy of the newsletter.

As we move forward, please know that we continue to strive towards excellence in all that we do! We hope everyone has a wonderful summer!

Heather M. Munroe
Director of Senior Services

Congratulations class of 2021 to our amazing volunteers

Volunteer Corner

An important part of the COA mission is to enable meaningful intergenerational connections. We are fortunate to have wonderful Wellesley High School student volunteers on our team. We would like to give a special shout out to our amazing volunteer Class of 2021 Graduates: Hayden and Kira Carr, Jeffrey Cheng, and Nicholas Meara. Hayden, Kira, and Jeffrey joined our front desk volunteer Greeter team when they were sophomores and juniors in high school. During their senior year, all three joined our Phone Pal Program making weekly calls and forming nice relationships with their senior 'pals.' This past year the Hayden and Kira also ran fun games of BINGO over Zoom. Nicholas came to us when he was a sophomore in high school and formed an after-school Tech Club. When COVID hit, he jumped on board to help seniors learn to use Zoom to be able to participate in our remote programs. Congratulations and many thanks to our volunteer Graduates! We wish them well as they embark on their next journey in life!

Volunteer Opportunities

Looking forward, we have been working on building up programming to include volunteer opportunities. With the opening of the Patio, volunteers are needed this summer to lead activities, serve lunch, and help tend to the potted plants. Anticipating more of the TPC opening in the fall, we will also be looking for volunteers to act as Greeters, Liaisons, and Fitness Center Attendants. As always, volunteers are welcome to share a special talent, hobby, or interest. Keep an eye out for more details on future opportunities, and contact us with any ideas and interests you may have!

**Volunteers
NEEDED**

Sally Miller
Volunteer Coordinator



Program Events *free online programs*

Programs are one hour unless otherwise noted

Virtual Wang Theatre Tour

Tuesday, July 6th

2:30 p.m.

Wang Theatre

Experience the beauty and wonder of the historic Wang Theatre live in your home through our Virtual Tour! Go behind the scenes of one of Boston's most prominent landmarks! The Boch Center is opening its doors digitally with new virtual tours of the historic Wang Theatre. Guests will go behind the scenes and see hallways walked by entertainers like Bruce Springsteen, Ella Fitzgerald, Mikhail Baryshnikov, Queen, Elton John, Lady Gaga, Liza Minnelli, and more! This is not a prerecorded video; each tour is led by a trained guide that will take viewers through the building and backstage and answer questions about its unique history; from its roots as a hotel and glamorous days as a movie "cathedral," to today's role as an impressive venue for performances and events.

Piano Hour

Thursdays, July 8th and August 12th

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.



THREE PART LECTURE SERIES

Japan: The Rising Sun

Thursdays, July 8th – 22nd

2:00 p.m.

Larry Lowenthal

A three-part series on the national character of Japan (host of the Summer Olympics 2021), as revealed in her modern history, culture, religion, political structures, economy, literature, traditions, rituals, and customs.

Part One: We will get a lay of the land and learn about modern history, demographics, government, and foreign relations. We will explore Japan's traditional rituals, festivals, and age old customs. Learn about business etiquette that every foreign businessperson should know. An introduction to cuisine, living arrangements, family relations, the national religion of Shintoism, and the national sport of sumo wrestling.

Part Two: Will focus on Japan and World War II, the Bushido Code of the Samurai Warrior, the rise of fascism in the 1930s, and the spiritual and political role of Emperor Hirohito. We will also take a look at the Japanese soldier and the Japanese military system. Concluding with the ongoing controversy over the dropping of the atomic bombs on Hiroshima and Nagasaki.

Part Three: Will focus on Japan today. We will look at the Japanese people, reckoning with the past, and Japanese "shame culture." A look at post-war Japanese culture as an index to Japanese national character, theatre, cinema, novelists, and post-war poets. We will conclude with the relationship between Japan and America as we head into the summer Olympics, which Japan is hosting for 2021.

Community Outreach Session

Tuesday, July 13th

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.

East Africa - Birthplace of Mankind

Tuesday, July 13th

2:30 p.m.

Barry Pell

Archeological finds and human-like footprints show that our earliest ancestors may have been roaming the east African plains over 3 million years ago. East Africa, the birthplace of mankind, has many superlatives - the highest mountain and largest lake on the continent, the most animals, and the world's best national parks for wildlife. Its nine countries have also experienced a large share of the continent's turbulence, suffering, and warfare in recent years. This program will explore the region and explain how it evolved from the "cradle of humanity" to a place of immense beauty, deep history, and a religious faith and adherence to traditional values. The lecturer has made numerous trips to the region; this presentation will be accompanied by his photography.

The Kimono in Print: 300 Years of Japanese Design

Wednesday, July 14th

2:00 p.m.

Worcester Museum of Art Virtual Tour

Join us for a private virtual tour of the Worcester Art Museum's exhibit *The Kimono in Print: 300 Years of Japanese Design*. This is the first show devoted to examining the kimono as a major source of inspiration and experimentation in Japanese print culture, from the Edo period (1603-1868) to the Meiji period (1868-1912). This dialogue between print and kimono design is illustrated by Japanese prints, primarily drawn from the Museum's 3,000 Japanese ukiyo-e woodblock prints. Central to the exhibit is a one-of-a-kind contemporary wedding kimono by Chiso, the important 465-year-old Kyoto-based kimono house. The Worcester Wedding Kimono is the first ever kimono commissioned as artwork for an art museum.

FOUR-PART LECTURE SERIES

The Poetry of Popular Song

Tuesdays, July 20th – August 10th

2:00 p.m.

Brian O'Connell

This four-part series of lectures will present the ways in which poetry intersects with song and popular music. There are very many examples in popular music of delightful poetry interwoven with unforgettable tunes. In fact, many times the listener is relatively unaware that the tune they are enjoying is actually a poem. We will look at four different genres within popular music in our quest to find the poetry within the song and listen to musical interpretations by various artists.

Part One: Musical Theater – George and Ira Gershwin, Rodgers and Hammerstein, Stephen Sondheim, and Kander and Ebb.

Part Two: The American Songbook – Great standard tunes from the '30s to '50s, including Harold Arlen, Cole Porter, and Irving Berlin.

Part Three: Folk Music – Singer/songwriters who added original tunes to the "folk music revival" of the '60s, including Bob Dylan and Joni Mitchell.

Part Four: The Beatles and The Band – As rock music evolved during the '60s into the '70s, so did the level and scope of the lyrics.

Retirement in the Low Interest Rate Environment

Wednesday, July 21st

2:00 p.m.

Galina Pekurovskaya, Financial Advisor,
The Bulfinch Group

During this online presentation, the audience will learn about the current state of the economy and how their retirement plans need to be adjusted so their money can last as long as they do.

Family Music Hour

Wednesday, July 28th

2:00 p.m.

The Griffith Family and Ken Batts

Join us for a virtual music performance by Wellesley residents Ken Batts and the Griffith Family. Their musical performance will include Ragtime, Great American Songbook, Beatles music, and several classical selections performed on a variety of instruments, including piano, guitar, and accordion.

In American Waters

Wednesday, August 11th

2:00 p.m.

Peabody Essex Museum Virtual Tour

For over 200 years, artists have been inspired to capture the beauty, violence, poetry, and transformative power of the sea in American life. Oceans play a key role in American society no matter where we live, and the sea continues to inspire painters today to capture its mystery and power. Join us for a private virtual tour of the PEM exhibit, *In American Waters*, which reveals that marine painting is so much more than ship portraits. We will discover the sea as an expansive way to reflect on American culture and environment, learn how coastal and maritime symbols moved inland across the United States, and question what it means to be "in American waters." The tour will include works by a diverse range of modern and historical artists including Georgia O'Keeffe and Norman Rockwell.



James Edward Buttersworth (1817 - 1894). Yacht Racing off Sandy Hook, about 1877. Oil on canvas. Collection of Alan Granby and Janice Hyland.

Program Events

free online programs

Hearing Loss and Effects on Communication

Thursday, August 12th

2:00 p.m.

Debra Maibor, MA licensed Speech/
Language Pathologist

Debra Maibor, a Speech/Language Pathologist, is offering this informational Zoom session to provide an overview of hearing, causes and types of hearing issues and loss, and the effects on communication. The program will include information on resources available for those with hearing issues and tips for improving hearing experiences in your daily lives, including accessing programs on Zoom. There will be time allotted for questions and answers.

Bitcoin and Blockchain: A Talk on Cryptocurrencies

Tuesday, August 17th

2:00 p.m.

Steven Gordon, Babson College Professor

Have you ever wondered what all the fuss is about bitcoin? Why does it have value? How can you buy it? How can you store it safely? How might you use it? What is a blockchain and how do blockchains support bitcoin and other cryptocurrencies? How do cryptocurrencies differ from one another? Join us for a program given by Steven Gordon, Professor of Information Technology Management at Babson College, as we address, at a very elementary level, these and other questions surrounding cryptocurrencies and blockchain technology.

The Wilds of Southern Belize

Thursday, August 19th

2:00 p.m.

Joy Marzolf, Naturalist and Educator

Join Joy Marzolf, a naturalist and educator, for a virtual trip to see the stunning wildlife of Southern Belize, located in Eastern Central America. Belize shares borders with Guatemala and Mexico, and from the crystal blue ocean waters and inland to the nearby mountains, it is amazingly diverse. Wildlife along the Southern coast, and nearby rivers, includes magnificent tiger herons, fast flyers like the cinnamon hummingbird and the peregrine falcon, and large swimmers like manatees and crocodiles. Traveling inland to the rainforest brings sightings of spectacular butterflies, birds like the black headed trogon, but also mammals like the elusive jaguar and bands of coatimundi.

Program Events

in person

Activity: BINGO in the American Legion Room

Thursdays, July 8 and 22, and Aug 5 and 19

1:30 p.m. – 3:00 p.m.

Join us for a fun afternoon of BINGO in the American Legion Room.

Fun Filled Fridays

Fridays, July 9 – 30 and August 6 - 27

10:30 a.m.

Each week we will gather on the Patio for an activity that will be announced in advance. Join our volunteers as we solve riddles, work on crossword puzzles, or trivia. A chance to gather together on the patio and participate in a facilitated program. Let's kick off summer with some fun activities on the patio together. We will move indoors if the weather calls for it.

FREE Al Fresco Night on the COA Patio

Wednesday, July 21st

(Rain date Thursday, July 22nd)

Wednesday, August 11th

(Rain date Thursday, August 12th)

5:00 - 7:00 p.m.

COA Staff

Join fellow friends at the Wellesley COA for an al fresco dinner and music on the patio! Participants will enjoy an Italian-themed meal with background music provided by COA Volunteer Ken Batts playing melodic selections of Cafe music from around the world on the accordion and keyboard. This event will be limited to 12 residents of Wellesley and transportation will be provided to and from the COA by the COA bus. Please communicate any food allergies at the time of registration. Please let us know which date you wish to sign-up for and where you would like transportation. **Max: 12 Wellesley Residents**

Lunch

Two days per week - Wednesdays and Fridays

12:30 p.m.

Join us at the TPC on our outdoor patio for lunch on Wednesdays and Fridays from 12:30 p.m. – 1:30 p.m. Lunch reservations require prepayment and financial assistance is available. Starting, July 7th.

Max: 15 Wellesley Residents

Movies

Wednesdays and Fridays at 1:15 p.m.

Each week we will show the same movie on Wednesdays and Fridays at 1:15 p.m. Please call us to find out which movie will be showing and to reserve your seat. **Max: 10 Wellesley Residents**

Lunch at the COA (Wellesley Residents Only)

Are you missing lunch at the Tolles Parsons Center? Well, wait no longer! Lunches are back in July and August. We will be able to accommodate up to 15 people on the patio for each lunch. Due to space restrictions, we will be offering this program only to Wellesley Residents at this time. We know this is not a large number, but, we hope to increase this over time.

When?

Lunch will be held twice a week in July/August, on Wednesdays and Fridays from 12:30 PM - 1:30 PM.

Where will we eat?

Lunch will be served on the patio. The idea behind lunch is to provide a nice meal to our senior residents along with an opportunity for safe socialization. In the event of inclement weather, lunch will be served in the multipurpose room. If you do not want to eat inside, we will make every effort to deliver your lunch.

How do I sign-up for Lunch?

Interested in signing up for lunch? Call us at **781-235-3961** to get signed-up today. Please note that due to limited space, lunch will be limited to Wellesley Seniors over 60 only and each caller will only be able to sign-up and pay for a maximum of two people.



Bingo on the patio

What is the cost of Lunch?

All lunches must be prepaid at the time of ordering (credit card or check). We have a sliding scale on the costs for lunches. When you call to register, you will be asked if you would like to have your cost subsidized by the Friends of the WCOA, or if you would like to pay the full cost. The full cost of lunch will be \$10 and the subsidized cost of lunch will be \$5. If you have any financial concerns, please contact Kate at kburnham@wellesleyma.gov for assistance. All financial transactions are kept private.

When is the last day I can make changes to my Lunch reservation?

The last day to sign-up for Wednesday's Lunch is Monday at 4 PM; and the last day to sign-up for Friday's Lunch is Wednesday at 4 PM.

Lunch Menu for JULY

Vendor	Lunch Date	Meal
North End Pizza	Wed. 7/7	Chicken Salad Wrap
North End Pizza	Fri. 7/9	Chicken Kabob Lunch
Comella's	Wed. 7/14	Chicken Greek Wrap
Comella's	Fri. 7/16	Albacore Tuna Garden Salad
Express Gourmet	Wed. 7/21	Turkey Delight Sandwich and a Cookie
Express Gourmet	Fri. 7/23	Blackened Chicken Caesar Salad and a Cookie
Captain Marden's	Wed. 7/28	Tuna Salad Plate and a Roll
Captain Marden's	Fri. 7/30	Salmon Wrap, Coleslaw, and Cornbread

Lunch Menu for AUGUST

Vendor	Lunch Date	Meal
North End Pizza	Wed. 8/4	Chicken Salad Wrap
North End Pizza	Fri. 8/6	Chicken Kabob Lunch
Comella's	Wed. 8/11	Chicken Greek Wrap
Comella's	Fri. 8/13	Albacore Tuna Garden Salad
Express Gourmet	Wed. 8/18	Turkey Delight Sandwich and a Cookie
Express Gourmet	Fri. 8/20	Blackened Chicken Caesar Salad and a Cookie
Captain Marden's	Wed. 8/25	Salmon Salad Plate and a Roll
Captain Marden's	Fri. 8/27	Tuna Wrap, Coleslaw, and Cornbread



JULY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>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>			<p>-1-</p> <p>10:00 T'ai Chi (May/June class) 11:00 Mindful Living 8:00 TV Channel Comcast 9 or Verizon 39</p>	<p>-2-</p> <p>12:30 Lunch 1:15 Movie</p>
<p>-5-</p> <p>The Tolles Parsons Center is CLOSED in observation of Independence Day NO ACTIVITIES</p> <p>2:00 TV Channel Comcast 9 or Verizon 39</p>	<p>-6-</p> <p>9:15 Mixed Yoga Class A 10:30 Mixed Yoga Class B 11:00 Retired, Now What? 2:30 Virtual Tour of Wang Theatre</p>	<p>-7-</p> <p>9:15 Cardio Sculpt Class A 12:30 Lunch 1:15 Movie 6:00 TV Channel Comcast 9 or Verizon 39</p>	<p>-8-</p> <p>10:00 T'ai Chi 11:00 Mindful Living 12:00 Piano Hour 1:30 BINGO 2:00 Japan: The Rising Sun 8:00 TV Channel Comcast 9 or Verizon 39</p>	<p>-9-</p> <p>9:15 Qi Gong 10:30 Fun Filled Fridays 11:15 Senior Muscle Conditioning 12:30 Lunch 1:00 Cardio Sculpt Class B 1:15 Movie</p>
<p>-12-</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 2:30 Restorative Yoga</p>	<p>-13-</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 1:00 Community Outreach Session (COA Board) 2:30 East Africa - Birthplace of Mankind</p>	<p>-14-</p> <p>9:15 Cardio Sculpt Class A 11:00 SAIL 12:30 Lunch 1:15 Movie 2:00 The Kimono in Print 6:00 TV Channel Comcast 9 or Verizon 39</p>	<p>-15-</p> <p>9:15 Seated Strength & Balance Class B 10:00 T'ai Chi 11:00 Mindful Living 2:00 Japan: The Rising Sun 3:00 Pilates Class B 4:00 COA Board Meeting 8:00 TV Channel Comcast 9 or Verizon 39</p>	<p>-16-</p> <p>9:15 Qi Gong 10:30 Fun Filled Fridays 11:15 Senior Muscle Conditioning 12:30 Lunch 1:00 Cardio Sculpt Class B 1:15 Movie</p>
<p>-19-</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 2:30 Restorative Yoga</p>	<p>-20-</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 Poetry of Popular Song</p>	<p>-21-</p> <p>9:15 Cardio Sculpt Class A 11:00 SAIL 12:30 Lunch 1:15 Movie 2:00 Retirement in the Low Interest Rate Environment 5:00 Al Fresco Night at COA 6:00 TV Channel Comcast 9 or Verizon 39</p>	<p>-22-</p> <p>9:15 Seated Strength & Balance Class B 10:00 T'ai Chi 10:00 Current Events 11:00 Mindful Living 1:30 BINGO 2:00 Japan: The Rising Sun 3:00 Pilates Class B 8:00 TV Channel Comcast 9 or Verizon 39</p>	<p>-23-</p> <p>9:15 Qi Gong 10:30 Fun Filled Fridays 11:15 Senior Muscle Conditioning 12:30 Lunch 1:00 Cardio Sculpt Class B 1:15 Movie</p>
<p>-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 2:30 Restorative Yoga</p>	<p>-27-</p> <p>9:15 Mixed Yoga Class A 10:00 Balls and Bands 10:30 Mixed Yoga Class B 11:00 Caring for a Loved One? 1:00 Tai-Yo-Ba 2:00 Poetry of Popular Song</p>	<p>-28-</p> <p>9:15 Cardio Sculpt Class A 11:00 SAIL 12:30 Lunch 1:15 Movie 2:00 Family Music Hour 6:00 TV Channel Comcast 9 or Verizon 39</p>	<p>-29-</p> <p>9:15 Seated Strength & Balance Class B 10:00 T'ai Chi 11:00 Mindful Living 3:00 Pilates Class B 8:00 TV Channel Comcast 9 or Verizon 39</p>	<p>-30-</p> <p>9:15 Qi Gong 10:30 Fun Filled Fridays 11:15 Senior Muscle Conditioning 12:30 Lunch 1:00 Cardio Sculpt Class B 1:15 Movie</p>

AUGUST 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-2-	-3-	-4-	-5-	-6-
<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 Balls and Bands</p> <p>10:30 Mixed Yoga Class B</p> <p>11:00 Retired, Now What?</p> <p>1:00 Tai-Yo-Ba</p> <p>2:00 Poetry of Popular Song</p>	<p>9:15 Cardio Sculpt Class A</p> <p>11:00 SAIL</p> <p>12:30 Lunch</p> <p>1:15 Movie</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</p> <p>1:30 BINGO</p> <p>3:00 Pilates Class B</p> <p>8:00 TV Channel Comcast 9 or Verizon 39</p>	<p>9:15 Qi Gong</p> <p>10:30 Fun Filled Fridays</p> <p>11:15 Senior Muscle Conditioning</p> <p>12:30 Lunch</p> <p>1:00 Cardio Sculpt Class B</p> <p>1:15 Movie</p>
-9-	-10-	-11-	-12-	-13-
<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>9:15 Mixed Yoga Class A</p> <p>10:00 Balls and Bands</p> <p>10:30 Mixed Yoga Class B</p> <p>11:00 Widowed & Living Alone</p> <p>1:00 Tai-Yo-Ba</p> <p>2:00 Poetry of Popular Song</p>	<p>11:00 SAIL</p> <p>12:30 Lunch</p> <p>1:15 Movie</p> <p>2:00 In American Waters</p> <p>5:00 Al Fresco Night at COA</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</p> <p>12:00 Piano Hour</p> <p>2:00 Hearing Loss and Effects on Communication</p> <p>3:00 Pilates Class B</p> <p>8:00 TV Channel Comcast 9 or Verizon 39</p>	<p>9:15 Qi Gong</p> <p>10:30 Fun Filled Fridays</p> <p>11:15 Senior Muscle Conditioning</p> <p>12:30 Lunch</p> <p>1:15 Movie</p>
-16-	-17-	-18-	-19-	-20-
<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>10:00 Balls and Bands</p> <p>11:00 Building New Social Connections</p> <p>1:00 Tai-Yo-Ba</p> <p>2:00 Bitcoin and Blockchain</p>	<p>9:15 Cardio Sculpt Class A</p> <p>11:00 SAIL</p> <p>12:30 Lunch</p> <p>1:15 Movie</p> <p>6:00 TV Channel Comcast 9 or Verizon 39</p>	<p>9:15 Seated Strength & Balance Class B</p> <p>1:30 BINGO</p> <p>2:00 Wilds of Southern Belize</p> <p>3:00 Pilates Class B</p> <p>4:00 COA Board Meeting</p> <p>8:00 TV Channel Comcast 9 or Verizon 39</p>	<p>10:30 Fun Filled Fridays</p> <p>12:30 Lunch</p> <p>1:00 Cardio Sculpt Class B</p> <p>1:15 Movie</p>
-23-	-24-	-25-	-26-	-27-
<p>1:00 Zumba Gold</p> <p>2:00 TV Channel Comcast 9 or Verizon 39</p> <p>2:30 Restorative Yoga</p>	<p>11:00 Caring for a Loved One?</p>	<p>12:30 Lunch</p> <p>1:15 Movie</p> <p>6:00 TV Channel Comcast 9 or Verizon 39</p>	<p>10:00 Current Events</p> <p>8:00 TV Channel Comcast 9 or Verizon 39</p>	<p>10:30 Fun Filled Fridays</p> <p>12:30 Lunch</p> <p>1:15 Movie</p>
-30-	-31-	<div style="display: flex; align-items: center;"> <div> <p>Tune into Wellesley Media Community Channel Comcast 9 or Verizon 39</p> <p><i>Comcast 9 and Verizon 39 refers to television channels, no registration is necessary</i></p> <p>Monday 2:00 p.m. • Wednesday 6:00 p.m.</p> <p>Thursday 8:00 p.m. • Saturday 11:00 a.m.</p> </div> </div>		
<p>2:00 TV Channel Comcast 9 or Verizon 39</p>	<p>9:00 Registration for Wellesley Residents September and October</p>			

Fitness Offerings on ZOOM



Fitness Classes will all be Online Via Zoom For July/August

All fitness classes are fee-based unless otherwise noted.

All classes run six weeks and are now offered as a drop-in option. You may sign up for one, or any number of classes. Please see the calendar pages for the exact days of classes.

All fitness classes will run as planned as long as a five person minimum is met. The COA has the right to cancel underenrolled classes up to one business day prior to the class. Max 50 participants unless otherwise stated in the description.

MONDAYS

Seated Strength & Balance Class A	9:15 a.m.45 Minutes	\$4 per class
Pilates Class A	11:00 a.m. ...60 Minutes	\$5 per class
Zumba Gold	1:00 p.m.60 Minutes	\$5 per class
Yoga – Restorative	2:30 p.m.30 Minutes	\$3 per class

TUESDAYS

Yoga – Mixed Class A	9:15 a.m.60 Minutes	\$10 per class
Balls & Bands	10:00 a.m. ...45 Minutes	\$4 per class
Yoga – Mixed Class B	10:30 a.m. ...60 Minutes	\$10 per class
Tai- Yo-Ba	1:00 p.m.45 Minutes	\$4 per class

WEDNESDAYS

SAIL Class	11:00 a.m....45 Minutes	FREE
Cardio Sculpt Class A	9:15 a.m.30 Minutes	\$3 per class

THURSDAYS

Seated Strength & Balance Class B	9:15 a.m.45 Minutes	\$4 per class
T'ai Chi Mini Routines	10:00 a.m. ...60 Minutes	\$5 per class
Pilates Class B	3:00 p.m.60 Minutes	\$5 per class

FRIDAYS

Qi Gong	9:15 a.m.60 Minutes	\$5 per class
Senior Muscle Conditioning	11:15 a.m. ...45 Minutes	\$4 per class
Cardio Sculpt Class B	1:00 p.m.30 Minutes	\$3 per class

FREE INTRODUCTORY CLASS

SAIL (Stay Active and Independent for Life) Class

We look forward to you joining us for a 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.

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.

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).

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. This is a one-hour class

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

www.wellesleyrec.org



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.

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. 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.

Senior Muscle Conditioning

This 45-minute 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. Instructor Kim Crowley, 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. This class is held on Fridays.

T'ai Chi

Learn to move with flow, improve your balance, and enjoy a meditative state of mind. In this hour-long class, you will laugh and have fun with Instructor, Jon Woodward. T'ai Chi is a gentle and meditative exercise known to promote healing and well-being. It is an excellent exercise to improve physical balance. In this class, we will learn, explore, and practice sequences of T'ai Chi movements with poetic names such as "Waving Hands in Clouds" and "White Crane Spreads Wings." T'ai Chi can make you feel healthier and more vibrant, can bring you to a deeper state of being, and will improve your balance. All in a very fun and welcoming environment. Beginners are always welcome.

Tai-Yo-Ba

This 50-minute 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 guided by instructor Cam Bergeron on Tuesdays.

Yoga – Mixed Level

These classes provide 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. Two options on Tuesdays. 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.

Max: 15

Yoga – Restorative

This mat class with Rebecca Reber is a time for conscious relaxation, using props to support muscles in a gentle and 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. Classes are held for 30-minutes on Mondays.

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.



Lunch on the patio

Groups/Classes

Wellness: Mindful Living Online

Thursdays, July 1 – July 29 (5 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: Current Events Discussion Online

Thursdays, July 22 and August 26

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**

Learn to Play Mah Jong in person this fall!

We are gauging interest for Learn to Play Mah Jong at the TPC for September and October. Please contact coaactivities@wellesleyma.gov or call Amy at 781-235-3961 to express interest in this class.

IN PERSON?

► Calling all groups for fall in person room usage.

If you would like to start meeting at the TPC in September, we are taking those requests at this time. Requests are not guaranteed but will be considered as we phase into an inclusive and in-person environment. Please contact coaactivities@wellesleyma.gov to complete an interest form.

Transportation

Things are picking up as pandemic restrictions continue to lift! With more in-person activities increasing at the Tolles Parson's Center, we're hopeful to see more folks take our bus to the TPC whether it be for a movie, an in-person program, or lunch! Additionally, given recent updates from the Governor, ridership capacity is now at 100%, 12 people! Please note that all riders must still wear face coverings, but keep an eye out for future updates.

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

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**

If you have any questions, would like to register to take the bus, or need assistance, please give us a call at **781-235-3961**. If you are already signed-up, please call MWRTA directly to book a ride at **508-820-4650**.

Safe travels!

Gregory Wilson

Assistant Director of Senior Services



Fitness Center Appointments Available

Interested in working out in our COA Fitness Center? We will be expanding from 30 to 50 appointments a week. Each appointment will be 45-minutes and will allow two people at each appointment. The appointment will continue on the same day and time for July and August. These appointments will be back-to-back. In order to sign-up for an available appointment, all participants must be Wellesley Residents over the age of 60 and have a completed Doctor's Form on file. Want to sign-up with your spouse, sure thing! Rather bring a Town friend, that works too! Call **781-235-3961** for more information.

COA Reopening Plan July/August

Fitness Classes and Lectures will remain fully remote (on Zoom) for July & August, with a partial expected return in September/October based on the program, instructor availability, and participant desire.

Groups will be invited back in September/October. Current space availability allows for growth of programming as we move into September, October and beyond.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.
American Legion										
Bridge		X								
Cribbage				X						
Chinese Mah Jong						X				
Mah Jong							X			
Ping Pong										X
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.
Arts & Crafts										
Drop In Arts & Crafts	X	X	X	X	X	X	X	X	X	X
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.
Café										
Coffee Served	X	X	X	X	X	X	X	X	X	X
Library Open	X	X	X	X	X	X	X	X	X	X
Seating Available	X	X	X	X	X	X	X	X	X	X
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.
Cards/Pool Room										
Walk in Cards/Games/Pool	X	X	X	X			X			X
Scrabble - Structured						X				
Bingo - Structured							X			
Newcomers to Pool Learning to Play									X	
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.
Conference Room										
Tech Help			X	X						
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.
Multi Purpose Room										
Lunch						X				X
Movie						X				X
Activity (Inclement Weather)									X	
Tuesdays on the Patio (Inclement weather)		X								
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.	A.M.	P.M.
Patio										
Lunch/Activity						X			X	X
Tuesdays on the Patio			X							
Open to Public	X	X		X	X		X	X		



Programs/Outreach/Resources

Health and Human Services

Kate's Corner

NEW! Topic-based (in person) discussion groups

Have you been curious about Tuesdays on the Patio? These conversation groups are welcoming to anyone interested in an opportunity to share in dialog and promote meaningful connections with others in the Wellesley community. Kate Burnham, Social Worker at the Tolles Parsons Center, leads the groups in a structured format. Registration is required. For more information, call Kate directly at **781-235-3961**.

Tuesdays on the Patio

(Group will meet indoors for inclement weather)

11:00 a.m. –12:00 p.m.

(Wellesley residents only **Max: 9**)

July 6, August 3:

Topic: Retired, Now What?

July 13, August 10:

Topic: Widowed & Living Alone

July 20, August 17:

Topic: Building New Social Connections

July 27, August 24:

**Topic: Caring for a Loved One?
You are not alone**

Medicare's **FREE** Preventive Services

Have you been putting off getting some routine screenings or other services? Don't forget that Medicare covers many preventive services at no cost to you. Talk with your doctor to find out what tests or other services you may need. You may also get this information by going to **medicare.gov** and logging in to your Medicare account or create an account if you don't have one already.

The COVID-19 vaccine, flu shots, and screenings for cancer, diabetes, depression, obesity, and cardiovascular disease are some of the free services you may be able to receive.

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a virtual SHINE appointment, call **781-235-3961**. For other SHINE related matters, call **1-800-243-4636**.

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



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