

September/October 2021



WELLESLEY
COUNCIL *on* AGING

Photo by Katherine DeMarco One of a pair of swans making their home at Rosemary Brook.

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 September/October 2021

Wellesley Residents:

Starting Tuesday, August 31st at 9:00 a.m.

Non-Wellesley Residents:

Starting Wednesday, September 1st 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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Speaker Series Suggestions?

We are looking for Evening Lecture/Speaker Ideas and want your thoughts... please email us at: coactivities@wellesleyma.gov with your suggestions for interesting programs and speakers at night.



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*

Susan DiBenedetto, *Departmental Assistant*

Bev Wax, *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

Kathy Trumbull

Kathleen Vogel

Tina Wang

COA Board Meeting Dates

Meetings will take place at the
Tolles Parsons Center (TPC)

Thursday, September 16th at 4:30 p.m.

Thursday, October 21st at 4:30 p.m.

Community Sessions, Tuesday, September 14th
at 1:00 p.m. in person at TPC

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/Board Update



*"To improve is to change;
to be perfect is to change often."*
—Winston Churchill

As fall approaches, we find ourselves in another time of change. In contrast to a year ago, we hope these changes are a breath of fresh air and welcoming. At the Tolles Parsons Center, the Team has been hard at work finding ways to bring more programs back in-person, provide more social and drop-in opportunities, and continue to meet the high demand for online programs.

Some of the highlights for September and October include: continuation of drop-in scheduled card games; drop-in scheduled ping pong; drop-in billiards and cards and games; facilitated discussions on Tuesdays with Kate; the return and launch of groups; in-person drop-in fitness classes; continuation of online drop-in fitness classes; in-person lectures; continuation of online lectures; in-person events; in-person classes; coffee, newspapers, and ipads available in the café.

A few of the noteworthy activities this cycle include: Wellesley Police Department Barbeque in October and Welcome Wellesley Wednesday night where we invite Wellesley Older Adults to come check us out and engage in some of the activities that we offer at the Tolles Parsons Center.

Before jumping into the fall, we want to take a moment and thank our summer student employees, the Green Shirts. The Green Shirts is a program that is run by the Wellesley Youth Commission connecting Wellesley Students with work in the community. We were very fortunate to have some amazing students with us this summer to help us open, welcome, and interact with our patrons. We would like to do a shout out to these amazing students: Martin, Sonali, Meiwenn, Darvin, and Erica.

We look forward to seeing more of you in the fall. If you have any suggestions or concerns, please do not hesitate to reach out to us!

Heather M. Munroe
Director of Senior Services

▶ Have you signed up for our weekly email blasts?

Stay up-to-date with news on the Wellesley COA
wellesleyma.gov
Click Subscribe to News



Flu Clinic - The Health Department will be in person at the Tolles Parsons Center in early November to provide senior high dose flu vaccines. The exact date will be determined and announced in our next newsletter.

Update from the Board

The COA Board is very pleased to announce two new members to our Board, Dr. Lisa Wang and Kathy Trumbull. They join the Board as we approach the review of our mission and the development of a new 5-year strategic plan. This will be the first re-visioning of those important guiding concepts since the COA has been in the Tolles Parson Center.

If you have not already returned to the TPC, please do so! In addition to regular programming, usually there are open spaces for pick-up games, newspaper browsing, arts and crafts, and socializing with others. Our talented staff continues to adapt scheduling to sync with both our emerging post pandemic status and the transition to the "drop in" scheduling people have requested.

Come! We are open!

Marlene Allen
Board Chair

Retired Flag Drop-Off Box

The Tolles Parsons Center is now the home of a custom-made Retired Flag Drop-Off Box thanks to Eagle Scout candidate Quinn Healey. For Quinn's Eagle Scout Project, he built flag retirement boxes for people to drop off old, worn down American flags that will be periodically collected and properly disposed of at an annual ceremony on flag day.



**Thanks Quinn and
Congratulations on the
completion of your
Eagle Scout Project!**

Tune into Wellesley Media Community Channel

Comcast 9 or Verizon 39 Comcast 9 and Verizon 39 refers to television channels, no registration is necessary
Monday 2:00 p.m. • Wednesday 6:00 p.m. • Thursday 8:00 p.m. • Saturday 11:00 a.m.



Program Events *free programs*

Programs are one hour and on Zoom unless otherwise noted

Norman Rockwell: Moments Spent Outdoors

Thursday, September 9th

2:00

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

Mondays, September 13th and October 18th

1:30 p.m.

Neil Motenko

"Resist, and the tide will sweep you off your feet. Allow, and grace will carry you to higher ground." These wise words from the Danna Faulds poem, "Allow," capture a way of being, a way of relating to what arises in life, by which mindfulness can help us deal with life's challenges. A Series on Mindfulness with Neil Motenko resumes this autumn with an exploration of how this "way of being" can enable us to handle difficult thoughts and emotions skillfully. These online sessions will include guided practices, be interactive, reinforce basics mindfulness principles and cover new material. Although this is part of a series, each session stands on its own, and newcomers are always welcome.

Community Outreach Session

Tuesday, September 14th

1:00 p.m.

COA Board

The Community Outreach Session runs every other month. This event will be hosted in person 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? Join us! **Max: 10**

Harvest Social

Tuesday, September 14th

2:00 p.m.

The summer days are behind us and we invite you to join us for the first in person social of the season! Come and enjoy socializing with friends, season themed desserts and light refreshments. **Special thanks go to One Wingate Way and Wingate Residences at Needham for generously sponsoring this program.**

Hearing Aid Check (15-minute appointments)

Friday, September 17th and October 15th

10:00 a.m. – 12:00 p.m.

Paul Dole, Flynn Associates

Flynn Associates will be on-site to provide service to existing hearing aid users. They will help troubleshoot non-working aids, clean and check for wax or debris, and provide small repairs. Call the COA to book your 15-minute appointment at **781-235-3961**.

Introduction to Vintage Car Racing

Tuesday, September 21st

2:00 p.m.

Phil Gott, Veteran Car Racer

Fueled by Baby Boomers with the time and money to revisit the cars of their dreams, Vintage Racing is one of the fastest growing forms of motorsport. Veteran racer Phil Gott will introduce you to this many faceted sport. The formal presentation will cover the sport, the cars, the men and women involved, who can get involved (everyone!), where local events are held and how you can participate (vintage car not required). Courtesy of Phil's son David, there will be a brief behind-the-wheel view of vintage racing at Thompson Motorsports Park. Weather permitting, Phil will bring his 1965 Triumph TR4A champion vintage race car for you to look over. There will be plenty of time for questions and informal discussion.

Caption Call Presentation

Thursday, September 23rd

2:00 p.m.

Do you find you are saying "what" a lot? Living with hearing loss can be a long and frustrating journey for many people. Trying to keep up with conversations and concentrate on what is being said can be overwhelming, and often the easier thing to do is not participate at all. This is particularly true when speaking on the phone. However, there is hope. The Caption Call captioning service and phone can give you the confidence and independence to use the phone again without worries. You can connect with life again. Learn about this beneficial and FREE program for seniors.

The Golden Age of Music – Dean Martin

Thursday, September 30th

2:00 p.m.

Frank King

Between the Big Band years of the '30s and '40s and the onslaught of Rock 'n Roll was a "Golden Age" of beautiful recorded music. It was a period when the great vocalists sang the timeless standards of the American Songbook, accompanied by full orchestras and glorious arrangements by masters like Nelson Riddle and Gordon Jenkins. This online lecture will focus on the life and songs of the one and only "Dino" – Dean Martin. Plus we will hear the surprising stories behind some big hit songs from the year 1955, and other surprises – such as the original lyrics to "Blue Moon" no one's ever heard!

IN PERSON

IN PERSON

IN PERSON

IN PERSON

IN PERSON



BBQ with the Blue
Friday, October 1st
12:00 p.m.

IN PERSON

Hosted by Wellesley Police Department

Please join us on Friday October 1st at 12:00 p.m. for the Annual COA BBQ hosted by the Wellesley Police Department. Officers will patrol the grill and serve hot dogs, hamburgers and the traditional fixings for a cookout. Wear your favorite shade of blue to show support for Wellesley's Finest! **Wellesley Residents only. Max: 50**

Wake Up Your Mind!
How to Get the Most from Sleep, Dreams and Rest
Tuesday, October 5th
2:00 p.m. – 3:15 p.m.

Jeanette Leardi, Gerontologist

Your brain is active all day, solving problems, organizing, creating memories, and doing lots of other important tasks. But do you know about the many important jobs your brain performs while you doze or sleep? Your brain is a non-stop functioning organ that relies on vital "down time" in order to keep you healthy, effective, and strong. In this engaging online presentation based on the latest neuroscientific research, you'll learn fascinating truths about what happens in your head while you're unconscious. You'll discover why you dream, why you need to get enough sleep and rest, and how you can do all three effectively in order to improve the quality of your life.

The British Are Coming! (Just Andrew Lloyd Weber)
Thursday, October 7th
2:00 p.m.

IN PERSON

Michael Goodwin, Singer/Songwriter

Join us for a tribute to Andrew Lloyd Webber as we explore the talent of this iconic composer with an in-person program and performance given by singer/songwriter Michael Goodwin. We will learn about the man behind Phantom of the Opera, his most enduring work, and we will also travel to Argentina with Evita, explore the religious tension in Jesus Christ Superstar and Joseph, and sing in the moonlight with Cats. The program will include the performance of various numbers, lecture, video clips and recap some of his most historical musical undertakings. **Special thanks go to One Wingate Way and Wingate Residences at Needham for generously sponsoring this program.**

Living with a Serious Illness
Tuesday, October 12th
2:00 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. Join us for an online presentation with Care Dimensions.

Loneliness Unbroken:
Edgar Allan Poe's Dark Journey from Boston to Baltimore
Thursday, October 14th
2:00 p.m.
Johnny Kinsman, actor and storyteller

IN PERSON

Edgar Allan Poe has been lauded as one of America's most important writers- not only for the body of work he created, but also for the greatness he continues to stir in others. In an apropos twist of dark irony, Poe, the subject of enthusiastic admiration for generations after his death, spent much of his bleak career unappreciated, friendless, and, at times, even reviled. Poe's hapless upbringing and frequent poverty formed the tragic beauty of his writing, and his enigmatic demise sparked a curious appreciation of his work that began only after his untimely end. In this in person presentation accompanied by illustrative and documentary slides, Johnny Kinsman will chronicle the formative relationships and major events in Poe's complicated life, and will read excerpts from his celebrated work.

What to Know About Swallowing as We Age
Tuesday, October 19th
2:00 p.m.
Debbie Maibor, Speech/Language Pathologist

Join us for an informational program on Zoom presented by Debbie Maibor, Speech/Language Pathologist, on the process of swallowing and swallowing problems. As we age, we may find we are having some concerns or problems with swallowing. This informative meeting will focus on understanding the three phases of swallowing and some associated problems. We will discuss various foods, textures, and swallowing diets. Safe eating strategies will be suggested. There will be time allotted at the end of the session for questions and answers.

Wednesday

welcome

IN PERSON

Wednesday, October 6th
5:00 p.m. – 7:00 p.m.
Tolles Parsons Center

We invite you to join us as we open our doors to newcomers and seniors wanting to learn more about the COA. This is an opportunity to meet-and-greet with staff and volunteers, participate in a few sample exercise programs, play some pool (billiards) with our Wellesley Pool League. Drop into an art class and participate in a discussion with Kate (listed below). Join the Friends of the COA in refreshments, learn about Mah Jongg and a variety of other classes and services offered to the seniors of Wellesley.

Take Control on How to Age Well
with Kate Burnham,
Health & Social Services Administrator

Knowing how to plan for the future is not a simple task but understanding the basics and the framework of what really is important can help us to make informed decisions. Join Kate in a casual Q&A to learn about local resources and common topics that come up in Wellesley such as: overview of housing options for downsizing, what type of care is really covered by insurance, estate planning essentials and other information that is both useful and empowering to understand as we age!



Program Events *free programs*

Programs are one hour and on Zoom unless otherwise noted

A Focus on Impressionism

Thursday, October 21st

2:00 p.m.

The Clark Art Institute Virtual Tour

Join us for a private tour of "The Clark" located in Williamstown, MA which is one of only a handful of institutions globally with a dual mission as an art museum and a distinguished center for research. A Clark Art Institute educator will give us a close look and discussion of selected Impressionist paintings from the Clark collection. Together, we will explore how the Impressionists' brushwork, use of light and color, and new subject matter broke the status quo to forge a revolutionary new form of painting.

Fall Décor Craft

Monday, October 25th

1:00 p.m.

BAYADA Home Health Care

Together, let's create a beautiful, framed seasonal button art to bring color and texture to your fall mantel. We look forward to creating with you! **Special thanks go to BAYADA Home Health Care for generously sponsoring this program.**

IN PERSON

Wellesley Climate Action Plan

Tuesday, October 26th

2:00 p.m.

Mary Beth Martello, Town of Wellesley's Climate Action Director

Join a discussion on what climate change means to you and future generations. Climate change is impacting Wellesley now. Have you noticed an increase in extreme rainstorms, fallen trees, flooding, record-breaking temperatures, and poor air quality and wondered what you can do? The Town of Wellesley is taking action and you can too. Join the Town of Wellesley's Sustainability Director, Dr. Marybeth Martello, in a discussion of the Town's Climate Action Plan and what it means for you.

IN PERSON

Opera Talk: Boris Godunov

Thursday, October 28th

2:00 p.m.

Helen Sagan, music educator

Join us for a lecture led by former music teacher Helen Sagan on Mussorgsky's Boris Godunov, one of the greatest works of Russian opera. A massive piece, it is based on Pushkin's drama of the same name. Here, Boris Godunov is the regent of the young heir of Ivan the Terrible. The boy, Dmitri, is murdered and Boris becomes the next tsar. Years later, a monk pretends to be the heir Dmitri and tries to overthrow Boris. Through a great famine and political intrigues, Boris, haunted by Dmitri's murder, goes insane and dies. Mussorgsky's Boris is best known for its great Coronation Scene and the Death Scene finale of the opera.

IN PERSON

EVENING PROGRAM

The Untold Story of the Cuban Missile Crisis

Thursday, October 28th

7:00 p.m.

Michael Tougias, best selling author and speaker

In this virtual multimedia presentation based on his recently published co-authored book *Above & Beyond: John F. Kennedy and America's Most Dangerous Cold War Spy Mission*, New York Times bestselling author Michael Tougias first chronicles the thirteen harrowing days of the Cuban Missile Crisis and then outlines the steps President Kennedy made to reach a decision on a course of action. Special emphasis is given to the heroes of the crisis: the U-2 pilots who flew unarmed missions over Cuba. Most people don't realize one of our pilots was shot down and killed over Cuba, almost leading to the start of WWII. Tougias will show slides of the events and discuss four lesser known incidents that put the world in peril.

Student/Senior Pen Pals The fall season is upon us and school is opening for the 2021-2022 school year.



The Tenacre School in Wellesley and their 6th grade students, who are approximately 11-12 years old, would like to continue the tradition of writing a monthly pen pal letter to our COA patrons. You will have the same student for the entire school year (Sept. – June). This is a great opportunity to discover/share life stories with the students as you learn about the younger generation. May the fall colors inspire you to join with the Tenacre School students and participate in being a pen pal.

If interested, please contact Susan at the COA, **781-235-3961** or **email: sdibenedetto@wellesleyma.gov**. I am confident you will enjoy this safe and sociable activity.

Wellesley Residents only. Max: 27



COA Lunch Options

September/October (Wellesley Residents Only)

Starting this fall, we will be once again offering lunch three times a week thanks to the financial support of the Friends of the Wellesley COA (FWCOA). This fall we will be changing up lunch and adding a third lunch option. Lunches will now be served in-person by our volunteers on Tuesdays and Fridays. We will be adding a delivery option for lunches on Wednesdays where you can choose to have your meal delivered to you at home or receive your lunch at the Tolles Parsons Center where you can enjoy your lunch at your leisure in our Cafe.

Please remember that all lunches must be ordered and paid for at least two business days in advance of the meal. Lunches on Tuesdays and Fridays will be served by COA Volunteers, lunch on Wednesdays if delivered to the cafe will be provided but will not be staffed.

Tuesdays • 12:30 p.m.-1:30 p.m.

In-Person (Multipurpose Room) Max: 15

Deadline to register/pay: Fridays at 4 p.m.

9/7/2021 Wellesley Bakery Spinach feta with Sun Dried Tomato Quiche, 1/2 Garden Salad, Choc. Chip Cookie
9/14/2021 Linden Store 1/2 Chicken Salad Sandwich on Whole Wheat, Chips, Cookie
9/21/2021 Express Gourmet Turkey Delight Sandwich, Cookie
9/28/2021 Captain Marden's Salmon Wrap, Coleslaw, and a Roll
10/5/2021 North End Pizza Chicken Salad Wrap
10/12/2021 Comella's Albacore Tuna Garden Salad
10/19/2021 Express Gourmet Turkey Delight Sandwich, Cookie
10/26/2021 Captain Marden's Salmon Salad Plate and a Roll

Wednesdays • 12:30 p.m.

Delivery or In-Person* Max: 45

**In Person here means that you are welcome to receive delivery at the Cafe and enjoy your lunch there, but you must request it at time of order. No volunteers/staff will be available for assistance.*

Deadline to Register/Pay: Mondays at 4 p.m.

9/1/2021 North End Pizza Chicken Kabob Lunch
9/8/2021 Wellesley Bakery Gazpacho Soup, 1/2 Chicken Tarragon Sandwich with Lettuce and Tomato, Cookie
9/15/2021 Linden Store 1/2 Ham, Turkey, & Swiss Special, Chips, Water, Cookie
9/22/2021 Express Gourmet Grilled Chicken Caesar Salad, Cookie
9/29/2021 Captain Marden's Salmon Salad Plate and a Roll
10/6/2021 North End Pizza Chicken Kabob Lunch
10/13/2021 Comella's Turkey Club Sandwich
10/20/2021 Express Gourmet Grilled Chicken Caesar Salad, Cookie
10/27/2021 Captain Marden's Salmon Croquettes, Cornbread, Green Beans

Friday • 12:30 p.m. - 1:30 p.m.

In-Person (Multipurpose Room) Max: 15

Deadline to Register/Pay: Wednesdays at 4 p.m.

9/3/2021 North End Pizza Turkey Bacon Wrap
9/10/2021 Wellesley Bakery 1/2 Turkey Sandwich with Lettuce and Tomato, 1/2 Garden Salad, Cookie
9/17/2021 Linden Store 1/2 Hummus Wrap, Chips, Water, Cookie
9/24/2021 Express Gourmet Chef Salad, Cookie
10/8/2021 North End Pizza Turkey Bacon Wrap
10/15/2021 Comella's Chicken Greek Wrap
10/22/2021 Express Gourmet Chef Salad, Cookie
10/29/2021 Captain Marden's Tuna Wrap, Coleslaw, and Cornbread

Transportation Corner

As we shift from summer to fall, consider taking a ride to the COA, any spot in Wellesley, or any approved destination on our COA bus! Taking public transportation is beneficial for community health, fuel efficiency, traffic, and more! Additionally, we are working to launch our Volunteer Driver Program. Stay tuned for more information!

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 2:00 p.m..

COA bus brings riders to the following locations:

- All locations in **Wellesley**
- Newton Wellesley Hospital/Psychiatry in **Newton**
- Metro West Medical Center & Mass General Brigham Urgent Care in **Natick**
- Beth Israel Deaconess Hospital, Family Medicine, & doctor offices on Chestnut St. in **Needham**

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

Safe travels!

Gregory Wilson, Assistant Director of Senior Services

MWRTA Hospital shuttle

Do you need a ride to a medical appointment in the Boston area? MetroWest Regional Transit Authority's (MWRTA) hospital shuttle service provides door-to-door service for Wellesley residents to:

- West Roxbury V.A.
- Brigham & Women's
- Joslin Clinic
- Jamaica Plain V.A.
- Dana Farber
- New England Deaconess
- N.E. Baptist
- Beth Israel

The shuttle service operates every Tuesday, Wednesday, and Thursday from 8:30 a.m. – 6:00 p.m.. Shuttle riders must complete and submit the registration form to 15 Blandin Ave., Framingham, MA 01702 or drop it off at the Tolles Parson's Center. Fares are currently waived, and riders will receive notice from MWRTA before they start collecting fares. For more information, please call MWRTA at **508-820-4650**. For a copy of the registration form and shuttle schedule, stop by the Tolles Parson's Center!

MWRTA CatchConnect

CatchConnect is a curb-to-curb transit system designed with flexibility in mind! Trips must be booked when you are ready for a ride, which is provided on a first come first served basis. Fares are currently waived, but customers will receive a \$3 promotional credit upon signup, which can be used once fare collection starts. Service hours are Monday-Friday from 6:45 a.m. - 6:45 p.m. **Current service areas include:**

- All addresses within Wellesley
- Waban MBTA Green Line Station
- Newton Wellesley Hospital
- Natick Community Center
- Woodland MBTA Green Line Station
- And more locations coming soon!

To get started with this program, either download the MWRTA CATCH app on your smartphone or call **508-283-5083**. If you have any questions, please email info@mwrta.com.



SEPTEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		-1-	-2-	-3-
		8:00 Registration for non-Wellesley residents September and October Programs	11:00 Mindful Living 1:30 BINGO	11:15 Senior Muscle Conditioning 12:30 Lunch 1:30 Movie - Finding Your Feet
-6-	-7-	-8-	-9-	-10-
The Tolles Parsons Center is CLOSED in observation of Labor Day NO ACTIVITIES	10:00 Balls and Bands 11:00 Retired, Now What? 12:30 Lunch	9:15 Cardio Sculpt Class A 10:00 SAIL 11:15 Osteo 1:00 Line Dancing 1:00 Shared Experiences Group 1:30 Acrylic Painting	10:00 Ta'i Chi 10:30 Art Fun for Everyone 11:00 Mindful Living 2:00 Norman Rockwell Museum	9:15 Qi Gong 10:30 Learn to Play Mah Jongg 11:15 Senior Muscle Conditioning 12:30 Lunch 1:00 Cardio Sculpt Class B 1:30 Movie - The Father
-13-	-14-	-15-	-16-	-17-
9:15 Fit for Life 10:00 Exploring Watercolor Techniques 11:00 Pilates Class A 1:00 Zumba Gold 1:30 Mindfulness with Neil 2:30 Chair Yoga	9:15 Seated Strength & Balance Class A 10:00 Balls and Bands 11:00 Widowed & Living Alone 12:30 Lunch 1:00 Tai-Yo-Ba 1:00 Community Outreach Session (COA Board) 2:00 Harvest Fest Social	10:00 SAIL 11:15 Osteo 10:30 Learn to Play Mah Jongg 1:00 Line Dancing 1:00 Shakespeare Discussion Group 1:30 Acrylic Painting 2:30 Flex and Stretch	9:15 Seated Strength & Balance Class B 10:00 Ta'i Chi 11:00 Mindful Living 1:30 BINGO 3:00 Pilates Class B 4:30 COA Board Meeting	9:15 Qi Gong 10:00 Hearing Aide Check 10:30 Learn to Play Mah Jongg 12:30 Lunch 1:30 Movie - First Cow
-20-	-21-	-22-	-23-	-24-
9:15 Fit for Life 10:00 Exploring Watercolor Techniques 11:00 Pilates Class A 1:00 Zumba Gold 2:30 Chair Yoga	9:15 Seated Strength & Balance Class A 10:00 Balls and Bands 11:00 Making New Social Connections 12:30 Lunch 1:00 Tai-Yo-Ba 2:00 Introduction to Vintage Car Racing	9:15 Cardio Sculpt Class A 10:00 SAIL 10:30 Learn to Play Mah Jongg 11:00 Friends of the Wellesley Council on Aging Meeting/Open House 11:15 Osteo 1:00 Line Dancing 1:30 Acrylic Painting 2:30 Flex and Stretch	9:15 Seated Strength & Balance Class B 10:00 Ta'i Chi 10:00 Current Events 10:30 Art Fun for Everyone 11:00 Mindful Living 1:00 American Literary Classics Book Discussion 2:00 Caption Call Presentation 3:00 Pilates Class B	9:15 Qi Gong 10:30 Learn to Play Mah Jongg 11:15 Senior Muscle Conditioning 12:30 Lunch 1:00 Cardio Sculpt Class B 1:30 Movie - A Beautiful Day in the Neighborhood
-27-	-28-	-29-	-30-	
9:15 Fit for Life 10:00 Exploring Watercolor Techniques 11:00 Pilates Class A 1:00 Zumba Gold 2:30 Chair Yoga	9:15 Seated Strength & Balance Class A 10:00 Balls and Bands 11:00 Caring for a Loved One? 12:30 Lunch 1:00 Tai-Yo-Ba	9:15 Cardio Sculpt Class A 10:00 SAIL 10:30 Learn to Play Mah Jongg 1:00 Line Dancing 1:30 Acrylic Painting 2:30 Flex and Stretch	9:15 Seated Strength & Balance Class B 9:30 Asian Paper Workshop 10:00 Ta'i Chi 11:00 Mindful Living 1:30 BINGO 2:00 The Golden Age of Music: Dean Merfin 3:00 Pilates Class B	

 Color indicates: VIRTUAL
 Black indicates: IN PERSON

OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 **Color indicates: VIRTUAL**
 **Black indicates: IN PERSON**

- 1 -
9:15 Qi Gong
10:30 Learn to Play Mah Jongg
11:15 Senior Muscle Conditioning
12:00 BBQ with the Blue - Wellesley Police Dept
1:00 Cardio Sculpt Class B

-4-	-5-	-6-	-7-	-8-
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9:15 Fit for Life
10:00 Exploring Watercolor Techniques
11:00 Pilates Class A
1:00 Zumba Gold
2:30 Chair Yoga

9:15 Seated Strength & Balance Class A
10:00 Balls and Bands
11:00 Retired, Now What?
12:30 Lunch
1:00 Tai-Yo-Ba
2:00 Wake Up Your Mind Presentation

9:15 Cardio Sculpt Class A
10:00 Keep Well Clinic
10:00 SAIL
1:00 Line Dancing
1:30 Acrylic Painting
2:30 Flex and Stretch
5:00 Wednesday Welcome

9:15 Seated Strength & Balance Class B
10:00 Ta'i Chi
10:30 Art Fun for Everyone
11:00 Mindful Living
2:00 The British Are Coming! (Just Andrew Lloyd Weber)
3:00 Pilates Class B

9:15 Qi Gong
12:30 Lunch
1:30 Movie - I Am Greta
1:00 Cardio Sculpt Class B

-11-	-12-	-13-	-14-	-15-
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The Tolles Parsons Center is CLOSED in observation of Indigenous People's Day NO ACTIVITIES Marathon Monday

9:15 Seated Strength & Balance Class A
10:00 Balls and Bands
11:00 Widowed & Living Alone
12:30 Lunch
1:00 Tai-Yo-Ba
2:00 Living with a Serious Illness

9:15 Cardio Sculpt Class A
10:00 SAIL
11:15 Osteo
1:00 Line Dancing
1:00 Shared Experiences Group
1:30 Acrylic Painting
2:30 Flex and Stretch

9:15 Seated Strength & Balance Class B
10:00 Ta'i Chi
11:00 Mindful Living
2:00 Loneliness Unbroken - Edgar Allan Poe
3:00 Pilates Class B

9:15 Qi Gong
10:00 Hearing Aid Check
10:30 Learn to Play Mah Jongg
11:15 Senior Muscle Conditioning
12:30 Lunch
1:00 Cardio Sculpt Class B
1:30 Movie - Book Club

-18-	-19-	-20-	-21-	-22-
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9:15 Fit for Life
10:00 Exploring Watercolor Techniques
11:00 Pilates Class A
1:00 Zumba Gold
1:30 Mindfulness with Neil
2:30 Chair Yoga

9:15 Seated Strength & Balance Class A
11:00 Making New Social Connections
12:30 Lunch
1:00 Tai-Yo-Ba
2:00 What to Know About Swallowing as We Age

9:15 Cardio Sculpt Class A
10:00 Keep Well Clinic
11:15 Osteo
10:30 Learn to Play Mah Jongg
11:00 Friends of the Wellesley Council on Aging Meeting
1:00 Shakespeare Disc Group
1:30 Acrylic Painting
2:30 Flex and Stretch

9:15 Seated Strength & Balance Class B
10:30 Art Fun for Everyone
11:00 Mindful Living
1:30 BINGO
3:00 Pilates Class B
2:00 A Focus on Impressionism
4:30 COA Board Meeting

10:30 Learn to Play Mah Jongg
11:15 Senior Muscle Conditioning
12:30 Lunch
1:00 Cardio Sculpt Class B
1:30 Movie - Little Women

-25-	-26-	-27-	-28-	-29-
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9:15 Fit for Life
10:00 Exploring Watercolor Techniques
11:00 Pilates Class A
1:00 Zumba Gold
1:00 Fall Decor Craft
2:30 Chair Yoga

9:00 Registration for Wellesley Residents November and December Programs
11:00 Caring for a Loved One?
12:30 Lunch
2:00 Wellesley Climate Action Plan

9:00 Registration for non-Wellesley Residents November and December Programs
10:30 Learn to Play Mah Jongg
11:15 Osteo
1:30 Acrylic Painting

10:00 Current Events
1:00 American Literary Classics Book Discussion
2:00 Opera Talk - Boris Godunov
7:00 The Untold Story of the Cuban Missile Crisis

10:30 Learn to Play Mah Jongg
12:30 Lunch
1:30 Movie - Murder on the Orient Express



Fitness Offerings *online and in person for September/October*

- All fitness classes are fee-based unless otherwise noted.
- All classes run six weeks and are now offered as a drop-in option. Please see the calendar pages and descriptions below 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 under enrolled classes up to one business day prior to the class. Max 50 participants unless otherwise stated.

MONDAYS	Time	Duration	ZOOM	In Person	September	October	Cost
Fit for Life	9:15 a.m.	45 Minutes			13, 20, 27	4, 18, 25	\$4 per class
Pilates Class A	11:00 a.m.	60 Minutes			13, 20, 27	4, 18, 25	\$5 per class
Zumba Gold	1:00 p.m.	60 Minutes			13, 20, 27	4, 18, 25	\$5 per class
Chair Yoga	2:30 p.m.	45 Minutes			13, 20, 27	4, 18, 25	FREE
TUESDAYS							
Seated Strength & Balance Class A	9:15 a.m.	45 Minutes			14, 21, 28	5, 12, 19	\$4 per class
Balls & Bands	10:00 a.m.	45 Minutes			7, 14, 21, 28	5, 12	\$4 per class
Tai- Yo-Ba	1:00 p.m.	45 Minutes			14, 21, 28	5, 12, 19	\$4 per class
WEDNESDAYS							
Cardio Sculpt Class A	9:15 a.m.	30 Minutes			8, 22, 29	6, 13, 20	\$3 per class
SAIL Class	10:00 a.m.	45 Minutes			8, 15, 22, 29	6, 13	\$4 per class
Osteo	11:15 a.m.	45 Minutes			8, 15, 22	13, 20, 27	\$4 per class
Line Dancing	1:00 p.m.	60 Minutes			8, 15, 22, 29	6, 13	FREE
Flex and Stretch	2:30 p.m.	45 Minutes			15, 22, 29	6, 13, 20	\$4 per class
THURSDAYS							
Seated Strength & Balance Class B	9:15 a.m.	45 Minutes			16, 23, 30	7, 14, 21	\$4 per class
T'ai Chi	10:00 a.m.	60 Minutes			9, 16, 23, 30	7, 14	\$5 per class
Pilates Class B	3:00 p.m.	60 Minutes			16, 23, 30	7, 14, 21	\$5 per class
FRIDAYS							
Qi Gong	9:15 a.m.	60 Minutes			10, 17, 24	1, 8, 15	\$5 per class
Senior Muscle Conditioning	11:15 a.m.	45 Minutes			3, 10, 24	1, 15, 22	\$4 per class
Cardio Sculpt Class B	1:00 p.m.	30 Minutes			10, 24	1, 8, 15, 22	\$3 per class

Balls and Bands Class

This class is taught by Derry Tanner and is a 45-minute class using body weight movement and exercises with 8" balls and resistance bands. This online via Zoom 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. A one-time \$5.00 fee for the equipment is required at time of registration, unless you would like to purchase these on your own.

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 Wednesday class will be in person and the Friday class online via Zoom. **In Person Max: 15**

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

www.wellesleyrec.org



FREE ONLINE CLASS

Chair Yoga

Come join us for Chair Yoga with Rebecca Reber online via Zoom. The class begins with a calming meditation and then work through the body with breath and gentle movements to help with strength, balance and flexibility. The class will end with Savasana. Whether you are new to yoga or have been practicing for years you will enjoy the benefits through body and mind of this 45-minute class.

FREE IN PERSON CLASS

Line Dancing

60-minute beginner line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated and then danced to contemporary music that you will enjoy! No need to have a partner, it is something for everyone and no experience is necessary! Join us in person for this class with Instructor Paul Hughes. **Max: 20**

Fit for Life

Join Jane for an hour of fitness fun that will ready you for everyday life! Cardio for your heart, strength for your muscles and bones, balance, agility, coordination, core and flexibility will allow you to keep up with those activities you need and love to do. **Max: 17**

Flex and Stretch

This 45-minute class includes seated and standing stretches to lengthen and strengthen muscles. We will work the whole body and focus on areas that hold tension and stress with Instructor, Rebecca Reber.

Osteo

This is a bit strenuous: stretching and strengthening, and moving around to music. Dr. Patricia Sullivan has been a physical therapist for over 50 years and has written four books on Therapeutic Exercise, and for 35 years has taught at Northwestern University, Boston University, and at the MGH Institute of Health Professions. This class will be offered online for 45 minutes.

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 classes per week online.

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 and is offered online.

SAIL

(Stay Active and Independent for Life) - We look forward to you joining us for SAIL exercise class with Derry Tanner online. 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.

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 online. 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.

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 in duration exercise class focuses on balance, coordination, flexibility, and mobility. Tai-Yo-Ba is a combination of American physical therapy, Burdenko therapy method, and functional fitness. Participants will be mentally engaged the entire time to increase activation from brain to body. Participating in this class will improve activities of daily living, regain function of the body, and help alleviate pains. Exercises will be performed seated and standing guided by instructor, Cam Bergeron.

Zumba Gold

The design of this class introduces easy-to-follow Zumba® choreography which focuses on balance, range of motion, strength and coordination while also raising heart rates and improving cardiovascular ability. Join Ketty Rosenfeld for this energetic and fun class. **Max: 20**



Art/Groups/Educational Classes

Programs are in person unless otherwise noted

FREE PILOT CLASS

Art Fun for Everyone

Thursdays, September 9th, 23rd and October 7th, 21st

Four Workshops sign up for one or all

10:30 a.m. – 12:00 p.m.

Instructors: Anne-Laure Lehman and Cindy Shorris

Join us in making “art-fun” together, creating projects such as: memory boxes, family trees, giftable ceramics, and terra cotta pots (with plants). All levels welcome. Pablo Picasso claims “All children are born artists. The problem is how to remain an artist once [we] grow up.” Gather for four Thursday mornings to savor expressing ourselves and our imaginations through colors, shapes, textures and more. All materials will be provided, and we will complete projects in our workshops together. **Max:16**

Acrylic Painting

Wednesdays, September 8th - October 27th (8 weeks)

1:30 p.m. - 3:30 p.m.

Instructor: Maris Platais

Cost: \$160.00

Join us for in-person painting. Bring photo references or work from memory and field sketches. Demonstrations and critiques are offered throughout this course. Call the COA for a supply list. **Min: 8/Max: 14**

Exploring Watercolor Techniques

Mondays, September 13th – October 25th (6 weeks)

10:00 a.m. – 12:30 p.m.

Instructor: Cecilia Sharma

Cost: \$120

Learn to paint in watercolors with an emphasis on techniques and design. This step-by-step in person instruction will introduce you to the spontaneity of the medium as you create glazes, highlights, textures, and the final artwork. No class on Monday, October 11th due to the holiday. **Min: 8/Max: 12**

Asian Paper and Watercolor Collage Workshop

Thursday, September 30th

9:30 a.m. – 1:30 p.m.

Cost: \$40 includes paper
supply list separate

Nan Rumpf



In this single session workshop, we will explore combining Asian paper collage with watercolor paints. The various textures of the papers and the slight resist quality of the glue, result in interesting textural accidents when watercolor paints are added to produce unique textured paintings. Demos will be given. This single session workshop is four hours long. Asian paper is supplied, please bring your own watercolor paper and watercolor painting supplies.

Learn to Play Mah Jongg

Wednesdays and Fridays (12 classes)

10:30 a.m. – 11:45 a.m.

Instructor: Sharon Katz

Cost: \$65

REQUIREMENT: Students must bring a 2021 card with them to class (\$9 small or \$10 large). It can be purchased online via <https://www.nationalmahjonggleague.org>.

One Bam! Two Dot! Three Crack! Calling all beginners who want to learn how to play Mah Jongg, and finally have the time. Join us for this twice a week in person instruction of Mah Jongg and the enthusiasts who are reaping the social and intellectual benefits of playing this challenging tile game. Players will learn the basics: identifying tiles and rules, choosing a hand by interpreting the Mah Jongg card, setting the table and dealing, passing tiles, and playing a round. Participants will also learn how to play online using the REAL MAH JONGG app so they can practice at home in between classes. iPads will be available for use during class instruction.

Dates of in person classes: September 10, 15, 17, 22, 24 & 29 and October 1, 15, 20, 22, 27 & 29. Wellesley Residents only. Max: 12

Senior Pool Travel Team Update:

After the very long down time during the pandemic, unsurprisingly the Wellesley Cues are busy trying to regain the pool skills they had pre-pandemic. The expanded times for playing pool at the Tolles Parsons Center is helping immensely with this endeavor. The team’s practice sessions are held on Tuesday and Thursday mornings from 10:00 a.m. to 12:00 p.m. with casual play on Mondays and Wednesdays. I’m confident that we will be ready for the start of the fall ten week season on Tuesday, September 7th.

Pool lessons for beginners are once again scheduled for Friday mornings 10:00 a.m. to 12:00 p.m. for those curious about the game. It’s always nice to see people taking an interest in the game, and finding out what it’s all about. The contact information for the team captain is on the bulletin board in the game room.

Group: Experienced Knitters

Tuesdays, September 14th – December 14th

10:00 a.m. - 12:00 p.m.

Facilitator: COA Volunteer, Margaret Lyne

This group is for continuing participants only and will be in person. This is an established group of long time knitters at the COA. New knitters should register for the afternoon group. Knitters will choose and purchase yarn for their projects. A \$15 fee will be paid directly to the facilitator for supplies. The group will have the option of completing a group project or working individually on a project of their choice. **Max: 14.**

Group: All Abilities Knitting

Tuesdays, September 14th – December 14th
1:00 – 2:30 p.m.

Facilitator: COA Volunteer, Margaret Lyne

All abilities are welcome, to this in person group. The teachers focus on each knitter and set the correct pace. If you are new to the group a \$25 fee will be paid to the facilitator for supplies. If you are an experienced knitter, the fee is \$15 for materials. **Max: 14.**

Group: Current Events Discussion

Thursday, September 23rd and October 28th
10:00 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: Shared Experiences

Wednesdays, September 8th and October 13th
1:00 p.m. – 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

The new Wellesley COA Shared Experiences Open Forum invites you to come and chat with your neighbors about that terrific book you just read, the movie or series you just watched, the place you just visited – or any experience you want to share. And your neighbors will share theirs with you – and maybe give you an idea or two about what you can do next! Everyone gets a chance to speak and share – or just listen to the conversations. The facilitator will keep the conversation flowing and then distribute a summary of topics mentioned.

Group: Shakespeare Discussion

Wednesdays, September 15th and October 20th
1:00 p.m. – 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

The Shakespeare Discussion Group will next discuss and read from *Henry IV, Part One*. This is considered one of Shakespeare’s best history plays, introducing two of his most memorable characters – Prince Hal (later to be King Henry V) and his mentor/drinking pal, Sir John Falstaff. Sessions will consist of highly interactive discussions plus group readings from the script. Join the fun and celebrate your inner thespian!! The first Wednesday will focus on Acts One and Two; the October date on Acts Three, Four, and Five.

Group: American Literary Classics Book Discussion

Thursdays, September 23rd and October 28th
1:00 p.m. – 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

You know that great American novel you always wanted to read...or re-read from 30 years back? Well, here’s your chance! The American Literary Classics book discussion program each month focuses on a single great American classic. The group will meet Thursday, September 23, 2021, from 1 – 2:30 p.m., for a highly interactive discussion of Willa Cather’s *O Pioneers!* Cather is brilliant in capturing the sweep and grandeur of the US prairielands and the rugged nobility of its settlers. Following this, on Thursday, October 28, 2021, from 1 – 2:30 p.m., the group will discuss Nathaniel Hawthorne’s memorable breakthrough novel, *The Scarlet Letter*, a work whose heroine, Hester Prynne, has been called by one critic “the principal female character in all our national literature.”

Wellness: Mindful Living

Thursdays, September 2nd – October 21st (8 weeks)
11:00 a.m.

Instructor: Lisa Campbell

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



COA Building Use for Activities in person/drop-in

With the building now open for full use, we have invited back these drop-in activities. For more information, please contact us. Rooms are reserved for each of these programs and we look forward to your attendance. All activities are **Drop-in** unless otherwise noted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 4:00 Pool (Billiards)	9:00 – 12:30 Card/Game/Pool (Billiards)	9:00 – 12:30 Card/Game/Pool (Billiards)	9:00 – 12:30 Card/Game/Pool (Billiards)	9:00 – 12:00 SHINE
9:00 – 12:30 Card/Games	10:00 – 12:00 Pool (Billiards) Practice	9:15 – 10:15 Walking Group	9:00 – 12:30 Tech Assistance	(by appt)
9:15 – 10:15 Walking Group	12:30 – 4:00 Tech Assistance	9:30 – 11:00 Community Service Bears	(by appt)	9:00 – 12:30 Card/Game/Pool (Billiards)
12:30 – 4:00 Bridge Group	(by appt)	10:00 – 11:00 Keep Well at TPC (first and third)	10:00 – 12:00 Pool (Billiards) Practice	10:00 – 12:00 (Billiards) Beginners Lessons
	12:30 – 4:00 Cribbage Group	12:30 – 4:00 Chinese Mah Jongg	12:30 – 4:00 Mah Jongg	12:30 – 4:00 Pool (Billiards)
		12:30 – 4:00 Card/Game/Pool (Billiards)	2:00 – 4:00 Knitting Group	12:30 – 4:00 Ping Pong
		1:00 – 4:00 SHINE (by appt)		

Programs/Outreach/Resources

Health and Human Services

Kate's Corner

Topic-based discussion groups

IN PERSON

Join us for an open 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)

September 7th, October 5th:
Retired, Now What?

September 14th, October 12th:
Widowed & Living Alone

September 21st, October 19th:
Making New Social Connections

September 28th, October 26th:
Caring for a Loved One

Volunteer Corner:

With our July 1st reopening date, the summer saw the return of some of our on-site volunteer opportunities. The Cafe and Library group has dusted off the shelves and are reviewing some of the 'Borrow and Return' policies and procedures. Volunteer Lunch Servers have been added to meet the needs of the expanding lunch program. Our volunteer Dot Reed restarted BINGO in June on the Patio and our wonderful Community Service Bears group met to plan for their September return! This volunteer group meets regularly to create adorable stuffed bears that are donated to various hospitals and non-profits. If you have an interest in sewing and would like to join this group, please let us know!

In July the COA held a Volunteer Appreciation Event to give thanks and share our gratitude to the volunteers who served us remotely during COVID and to those volunteers who reached out to us to restart their on-site groups. We can never do enough to thank all our volunteers who are vital to the operating of the COA and our mission to engage meaningful connections and create a spirited sense of community across generations!

This summer we had the pleasure of having Wellesley student 'Green Shirts' assist us as Front Door Greeters and TPC Liaisons. As these students head back to school, we will be looking for volunteers to fill these roles. Volunteers selected in these roles will be assigned a regular weekly morning or afternoon shift. Please contact Sally Miller for further information and keep an eye out more details in our news and announcements. And, as always, if you have a special interest or talent to share, we would love to hear from you too!

Get \$1,500 off your property taxes?

Homeowners in Wellesley over the age of 60 and who earn less than \$70,000 (if married) or under \$45,000 if single, may qualify for the "Senior Work Off Program". This is a wonderful opportunity to volunteer at a Town of Wellesley Department and "work off" the \$1,500 in taxes. Anyone who is interested in participating can register at the Assessor's Office directly and those who would like to learn more are encouraged to call Kate Burnham, Health & Social Services Administrator at the Council on Aging (781) 235-3961. Kate will discuss the program criteria and explain the options available for Volunteer placement.

One-on-One Technology Assistance

Tuesdays, 12:30 p.m. - 4:00 p.m. and

Thursdays, 9:00 a.m. - 12:30 p.m.

COA Volunteer: Lois Clayson

IN PERSON

To schedule an in person appointment with Lois for one-on-one technology assistance, appointments must be made through the COA and not directly with Lois. Appointments are made for Tuesdays and Thursdays. Please call us for scheduling and any other questions you might have at **781-235-3961**.

Metro West Legal Services

Thursdays September 2nd and October 7th

1:00 p.m. - 3:00 p.m.

BY PHONE

The Metro West Legal Services (MWLS) will be providing four, 20-minute legal counseling sessions over the phone. This free service provides civil legal advocacy to protect and advance the rights of the poor, elderly, disabled, and other disenfranchised people. For more information or to schedule an appointment, call 781-235-3961. There is no cost for this program.

Friends' Meeting/Open House

Wednesday, September 22nd, 2021 at 11:00 a.m.

Welcome back to the Tolles Parsons Center (TPC)!

Now that the Wellesley Council on Aging (COA) is once again opening the building to on-site activities the Friends of the Wellesley Council on Aging (FWCOA) will be resuming in-person meetings at the TPC. On Wednesday, September 22, 2021 at 11:00 a.m. the FWCOA will be conducting a combined meeting and open house. Anyone who may be interested in learning about or potentially joining the FWCOA is cordially invited to attend. Please come to find out about the many ways you can help the FWCOA, and how the FWCOA helps the COA. We look forward to seeing you on September 22nd.

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!



Programs/Outreach/Resources

Medicare

OPEN
Enrollment

IN PERSON

SHINE can help!

Call soon to schedule your appointment for any time from October 15th through December 7th.

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September.

It is important to understand and save this information because it explains the changes in your plan for 2022. **Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly!**

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call **1-800-243-4636**, then press or say 4. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.

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

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.

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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- Facilitate *family decision-making*.
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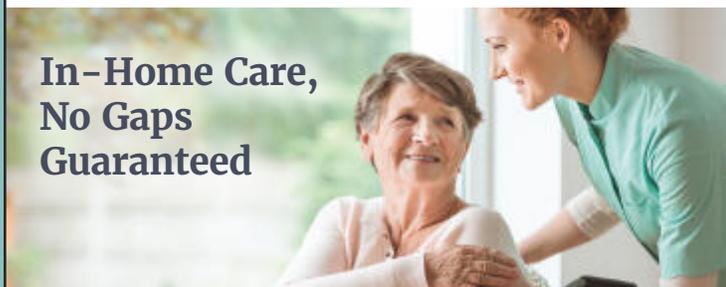
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