






WELLESEY COUNCIL ON AGING SENIOR LUNCH PROGRAM

December 2018

The Wellesley Council on Aging and the Friends of the Wellesley Council on Aging are thrilled to partner with Express Gourmet of Wellesley (Tuesdays, Thursday, Fridays) and Wellesley Bakery (Mondays and Wednesdays) for our popular senior lunch program. Guests are charged \$4.00 per meal and must sign-up no later than 9:30 a.m. the day prior. Note: Guests under 60 are charged the full price of \$9.00. Lunch is served at 12:00pm. If you're no longer able to attend or running late, please alert us. If we do not hear from you or you do not check in by 12:15pm on the day of lunch, your meal will be given to someone on the waitlist. Please inform COA Staff of any allergies at the time of registration. Please call the Wellesley COA with any questions at 781-235-3961.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>December 3</u> ½ Ham and cheese sandwich on multigrain, vegetarian split pea soup, and a chocolate chip oatmeal cookie</p>	<p><u>December 4</u> Turkey delight, Potato chips and a chocolate chip cookie</p>	<p><u>December 5</u> ½ Roasted chicken on multigrain, small chicken vegetable soup and a mini blueberry muffin</p>	<p><u>December 6</u> Chicken kabob over rice and veggies and vanilla ice cream</p>	<p><u>December 7</u> No Lunch Today COA Happy Holidays Party!</p>
<p><u>December 10</u> ½ Tuna on multigrain, small broccoli and dill soup and a butterscotch oatmeal cookie</p>	<p><u>December 11</u> Salmon over field green salad and chocolate ice cream</p>	<p><u>December 12</u> Quiche Lorraine, small vegetarian white bean soup and a chocolate chip cookie</p>	<p><u>December 13</u> American chop suey and a chocolate cupcake</p>	<p><u>December 14</u> Smoked brisket, cole slaw, garlic bread and vanilla pudding</p>
<p><u>December 17</u> ½ Turkey on multigrain, butternut squash soup and a blueberry muffin</p>	<p><u>December 18</u> Turkey club panini, Sunchips and coffee ice cream</p>	<p><u>December 19</u> ½ Roasted chicken on multigrain, small carrot ginger soup and a chocolate chip oatmeal cookie</p>	<p><u>December 20</u> Pulled Pork, Greek pasta salad, garlic bread and cake</p>	<p><u>December 21</u> Chicken Caesar salad and an oatmeal cookie</p>
<p><u>December 24</u> The COA closes at 1pm. No Lunch will be served.</p>	<p><u>December 25</u> The COA is Closed Merry Christmas!</p>	<p><u>December 26</u> No Lunch today. Pizza Party and "Elf" Movie. Please see page 7 of the newsletter!</p>	<p><u>December 27</u> Menu Change: <i>Wellesley Bakery to cater today!</i> ½ Roasted Chicken on Multigrain, Carrot Ginger Soup, Chocolate Chip Cookie</p>	<p><u>December 28</u> Menu Change: <i>Wellesley Bakery to cater today!</i> Spinach and Feta Quiche, Garden Salad, Chocolate Chip Oatmeal Cookie</p>
<p><u>December 31</u> The COA closes at 1pm. No Lunch will be served.</p>				

Special Thanks to the Friends of the Wellesley Council on Aging (FWCOA) for subsidizing this senior lunch program. For more information about FWCOA, visit their website: www.wellesleyfriendscoa.org





Free Friday Movies at the Wellesley Council on Aging
December 2018
Movies start at 1:15 p.m.

December 7: No Movie Today. COA Annual Happy Holidays Party!
Please reference page 5 of the newsletter for more information.

December 14: RBG (2018) 1hr. 38mins. Movie ends at 2:53pm

An intimate portrait of an unlikely rock star: Justice Ruth Bader Ginsburg. With unprecedented access, the filmmakers explore how her early legal battles changed the world for women.

December 21: No Movie Today. Consider attending the Goldenaires Holiday Program. For more details, please reference page 6 of the newsletter.

December 28: Mamma Mia! Here We Go Again (2018) 1hr. 54mins. Movie ends at 3:09pm

In 1979 young Donna, Tanya and Rosie graduate from Oxford University -- leaving Donna free to embark on a series of adventures throughout Europe. On her journeys, she makes the acquaintances of Harry, Bill and Sam -- the latter whom she falls in love with, but he's also the man who breaks her heart. In the present day, Donna's pregnant daughter, Sophie, dreams of renovating a taverna while reuniting with her mother's old friends and boyfriends on the Greek island of Kalokairi.