



## WELLESEY COUNCIL ON AGING SENIOR LUNCH PROGRAM

### January 2019

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 will be running late, please alert our office. 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 consult with COA Staff regarding any allergies or dietary restrictions at the time of registration.** Menu selections are subject to change. Please call the Wellesley COA with any questions at 781-235-3961.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>January 1</u> <b>The COA is closed and the bus will not run. Happy New Year!</b>	<u>January 2</u> Spinach and feta quiche and a ½ garden salad and chocolate chip oatmeal cookie	<u>January 3</u> American chop suey and a chocolate cupcake	<u>January 4</u> Smoked brisket, cole slaw, garlic bread and vanilla pudding
<u>January 7</u> ½ Roasted chicken on multigrain and chicken vegetable soup and a blueberry muffin	<u>January 8</u> Turkey club panini and coffee ice cream	<u>January 9</u> ½ Turkey on multigrain, chicken noodle soup and a chocolate chip oatmeal cookie	<u>January 10</u> Pulled pork, Greek pasta salad, garlic bread and cake	<u>January 11</u> Salmon over field green salad, and chocolate ice cream
<u>January 14</u> ½ Chicken tarragon on multigrain, chicken lemon rice soup and a butterscotch oatmeal cookie	<u>January 15</u> Steak tips over vegetables and a chocolate muffin	<u>January 16</u> Chicken pot pie, ½ garden salad and a blueberry muffin	<u>January 17</u> Salmon over rice pilaf and veggies and a peanut butter cookie	<u>January 18</u> Turkey Delight Sandwich, Potato chips and a chocolate chip cookie
<u>January 21</u> <b>The COA is closed and the bus will not run.</b>	<u>January 22</u> Chicken broccoli ziti and ice cream	<u>January 23</u> ½ Roasted chicken on multigrain, vegetarian white bean soup and a chocolate chip cookie	<u>January 24</u> Tomato, pesto, and mozzarella panini, bbq chips and chocolate pudding	<u>January 25</u> Chicken kabob over rice and veggies and vanilla ice cream
<u>January 28</u> ½ Tuna on multigrain, split pea soup and a butterscotch oatmeal cookie	<u>January 29</u> Turkey Delight Sandwich, Potato chips and a chocolate chip cookie	<u>January 30</u> ½ Turkey on multigrain, small chicken vegetable soup and a chocolate chip cookie	<u>January 31</u> Salmon over field green salad and chocolate ice cream	

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](http://www.wellesleyfriendscoa.org)





**Free Friday Movies at the Wellesley Council on Aging**  
**January 2019**  
**Movies start at 1:15 p.m.**

**January 4: A Wrinkle in Time (2018) 1 hr. 50mins. Movie ends at 3:05pm**

Following the discovery of a new form of space travel as well as Meg's father's disappearance, she, her brother, and her friend must join three magical beings - Mrs. Whatsit, Mrs. Who, and Mrs. Which - to travel across the universe to rescue him from a terrible evil.

**January 11: July 22 (2018) 2hrs. 23mins. Movie ends at 3:38pm**

A dramatisation of Norway's deadliest terrorist attack, in which a right-wing extremist murders 77 teens at a youth camp in 2011.

**January 18: Roma (2018) 2hrs. 15mins. Movie ends at 3:30pm**

A story that chronicles a year in the life of a middle-class family in Mexico City in the early 1970s.

**January 25: Newsies (1992) 2hrs. 1 min. Movie ends at 3:16pm**

In this musical, homeless New York City newsboy Jack "Cowboy" Kelly (Christian Bale) befriends two newcomers to his trade, brothers David (David Moscow) and Les Jacobs (Luke Edwards). When publisher Joseph Pulitzer (Robert Duvall) sets new rules that make it harder for the young newspaper salesmen to make a buck, the boys go on strike. Bryan Denton (Bill Pullman), a journalist who's sympathetic to their plight, gives them some tips in public relations, as the newsboys' battle grips the city.