

**JOIN US FOR A WEEK OF (FREE) WELLNESS ACTIVITIES!**  
**MAY 12<sup>TH</sup> – MAY 16<sup>TH</sup>**

\*\*\* *Pre-registration is required for all of the following events – call the Council on Aging at 781-235-3961.* \*\*\*

**Monday, May 12th : 10:00 – 11:00 a.m.** ~ “Extra Tour” at CVS, 188 Linden Street, Wellesley. This is a **FREE**, interactive event specifically designed to address the health concerns of active seniors. Extra Tour provides an excellent opportunity for seniors to gather at CVS on Linden Street for an extraordinary experience. The Extra Tour features information on: Taking Care of aging skin, The pharmacist’s role in prescriptions and healthcare, The differences between generic and brand name drugs, Pain relievers and over-the-counter medications, Vitamins and nutritional supplements, Preserving and sharing memories with digital photos. In addition, the pharmacist meets with each group member to share important healthcare information and answer questions. The unique interactive format allows participants to feel comfortable while addressing important issues concerning their health and well-being. **Space is limited to 15 seniors. Participants must provide their own transportation to and from CVS. If this tour generates great interest, the Council on Aging may be able to set up another tour on a future date.**

**Monday, May 12<sup>th</sup>: 10:30 – 11:30 a.m.** ~ **Special presentation, “Fun, Fitness, and Fellowship” by Amy Hicks, M.Ed.** Amy has an impressive resume reflecting many years of dedication to fitness, recreation and physical education. She is a Senior Olympian – National Senior Games / Senior Olympics since 1991. Amy is a master athlete in Track & Field, Swimming and Synchronized Swimming at the State, National and International levels. Her presentation will include The Games History and purpose, variety of sporting events, qualifying, format for competition, benefits and challenges from participation. Some highlights of the senior Olympics from 1991-2007 will be shared. Come and learn how you, too, could become a participant in the local and state games! The presentation will take place at the Wellesley Community Center.

**Tuesday, May 13<sup>th</sup>: 10:30 – 11:30 a.m.** ~ **Special presentation, “Taking Responsibility for Aging Well” by Doctor Janet Jankowiak.** Dr. Jankowiak is a board certified neurologist with special training in Geriatric and Behavioral Neurology as well as Neurorehabilitation. She has been an active patient advocate for many years, particularly promoting the concept of “preventive” neurology, successful aging, and dealing with chronic neurologic diseases. She was Chair of the Committee on Geriatric Medicine of the Massachusetts Medical Society, helping to create brochures on Simple Measures for Healthy Aging, as well as serving on a committee to explore the issues of the impaired driver. In December 2005 the MMS sponsored her to attend the White House Conference on Aging, which is held every 10 years and makes recommendations to the President and Congress regarding development of policies on aging. She holds certification within the American Medical Writers Association. She was Co-founder and Co-editor of the *Neurology Patient Page*, the American Academy of Neurology on-line review of neurological articles written especially for patients and families, and currently serves on the editorial board of *Neurology Now*, a magazine written for the lay public about neurological issues. In addition, Dr. Jankowiak has a passion for synchronized swimming and completes at the national level as part of the US Masters Synchronized Swimming. **Presentation will be at the Community Center.**

**Tuesday, May 13<sup>th</sup>, 1:00 – 2:00 p.m.** ~ **Join Ruth Harriet Jacobs, Ph.D. as she shares her play “Happy Birthday”, A play for elders acted by elders.** This play is warmly entertaining

and sensitive dealing with a “second coming of age”. It explores new roles and new views. It is rich, energetic and inspiring. The play is cast with members from the audience (volunteers) who will read from large print scripts. Questions and discussions will follow the play led by the author of the play, Dr. Ruth Harriet Jacobs, a senior scholar at the Wellesley College Wellesley Centers for Women. Dr. Jacobs is the author of nine books, including “Be An Outrageous Older Woman” and “ABC’s for Seniors – Successful Aging Advice From an Outrageous Gerontologist. **Program to be held at the Community Center.**

**Wednesday, May 14<sup>th</sup>, 9:45-10:45 a.m. ~ CHAIR YOGA – Free demonstration - taught by Leslie Worris, MPH.** What a great opportunity for seniors to try a **free** class and see if you might want to sign up for future classes! This is a “can-do” class for first-timers, seniors, those with injuries, or anyone living with special challenges, such as limited mobility, or recent surgery. This class is perfect for students who find it difficult to transition to and from the floor. The class will explore a great variety of Yoga poses, both sitting and standing with a chair assist. Increase flexibility, strength, balance, mobility, circulation, and decrease stress. Chair yoga encourages proper breathing and better posture. Meditation and relaxation techniques are included. **This free class will be held in Babson Hall at the Community Center.**

**Thursday, May 15<sup>th</sup>, 10:30-11:30 a.m. ~ Join Nancy Keith, RD from Springwell as she lectures on “The Modified MY PYRAMID For Older Adults” – “Steps to a Healthier You”.** There is a new version of the food pyramid by Tufts University called the Modified My Pyramid for Older Adults. Come learn about the new graphics and which nutrients are emphasized. **Presentation will be held at the Community Center.**

**Thursday, May 15<sup>th</sup>, 2:00 – 3:00 p.m. ~ TRY TAI CHI – for FREE !** Instructor, Josh Fink has been teaching beginner and intermediate Tai Chi classes for the Council on Aging and Recreation Department for many years. Tai Chi is a state of relaxation of both body and mind. If done regularly, it can improve muscle tone, flexibility, balance, and coordination. Many people find it boosts their energy, stamina and agility, sharpens their reflexes, and gives a sense of overall well-being. **Come on down and try it out for free! Location: Community Center.**

**Friday, May 16<sup>th</sup>, 10:00 – 11:00 a.m. ~ OSTEOPOROSIS : Lecture by: Doctor William MacDonald, D.O., Beth Israel Deaconess Family Medicine.** Doctor McDonald is originally from Columbus, Ohio where he practiced for 4 years before moving to Boston. He is a graduate from Ohio University’s College of Osteopathic Medicine in Athens, OH. His post-doctoral training was in Family Medicine at Doctor’s Hospital / Ohio Health in Columbus, Ohio. Doctor McDonald is currently working for Beth Israel Deaconess Hospital in Needham and he sees patients of all ages – newborns through geriatrics. **Presentation will be held at the Community Center.**

**Friday, May 16<sup>th</sup>, 12:45 p.m. ~ Friday Matinee Movie “Racing Against the Clock”.** This movie tells the stories of 5 incredible women between the ages of 50 and 82 who compete against each other and ultimately themselves, in their quest to reach the World Master’s Athletic Championships in Puerto Rico in June 2003. Vibrant, inspiring and courageous, these women shatter preconceptions about aging and about the human spirit. 80 minutes. Film to be shown at the Wellesley Community Center. Pre-registration is not required.

<p>Special Thanks to The <b>“Health Wellesley” Committee</b> for co-sponsoring some of these events. For more information on <b>Healthy Wellesley</b>, please visit their website <a href="http://www.wellesley.ma.gov/health">www.wellesley.ma.gov/health</a> - click on the link for Healthy Wellesley or call The Wellesley Health Department # 781-235-0135.</p>
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