



CONNECT



LEARN



ENGAGE

Wellesley Council on Aging

219 Washington Street
Wellesley, MA 02481

781-235-3961

www.wellesleyma.gov/coa



COA Offerings

Health & Wellness

Yoga
Strength Training
Balance & Flexibility
Walking Groups
Tai Chi
Line Dancing
Pickleball
Wii Bowling
Golf
Brain Fitness
Meditation
Healthy Cooking Classes

Social & Recreational

Musical Performances
Play Reading
Day Trips
Parties & Celebrations
Intergenerational Events
Cribbage
Bridge
Scrabble
Croquet
Bingo
Mah Jong
Sewing & Knitting
Arts & Crafts

Educational

Language Classes
Lifelong Learning Seminars
Book Discussion Groups
Technology Clubs
Evening & Weekend
Lecture Series

and more!

The **MISSION** of the Wellesley Council on Aging (COA) 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 the generations in our town.

Hours of Operation

Monday - Friday, 9:00 a.m. - 4:00 p.m.

The COA sometimes schedules events and/or trips outside of normal business hours.

Building Friendships



Join your fellow residents in a variety of programs that reflect your interests including health & wellness, educational seminars & workshops, weekly lunches, games, entertaining performances, and day trips to interesting and educational destinations.

Schedule of Programs & Events

Detailed program and event information can be found in the COA's bi-monthly newsletter, *Highlights*, which is available at the COA or online at:

www.wellesleyma.gov/coa

Lunch Program



**Tuesdays and Fridays
at 11:45 a.m.**

Our catered lunches provide diners with an opportunity to enjoy a delicious meal while socializing with friends. The cost is \$4.00 and reservations can be made by calling the COA at **781-235-3961**. Please make your reservations by 9:30 a.m. the day prior.

Menus are available at the COA or on our website: **www.wellesley.ma.gov/coa**

Legal Services

MetroWest Legal Services provides free legal assistance in the areas of housing, government benefits, health insurance and other matters. Call the COA to make an appointment **781-235-3961**.

SHINE (Serving the Health Insurance Needs of Everyone)

Certified SHINE Counselors provide free health insurance information, assistance, and counseling to Medicare beneficiaries and their caregivers. Call the COA to make an appointment **781-235-3961**.



Outreach

The Council on Aging employs a Health and Social Services Administrator who is available to provide information and assistance on a wide variety of topics such as:

- Housing options
- In-home services
- Fuel assistance
- Nutrition assistance
- Financial assistance
- Caregiver support
- Property tax relief

The Health and Social Services Administrator is available for home or office consultations with seniors and/or family members.



Transportation



Telephone: 781-235-3046

Email: drive@wellesleyma.gov

The COA Bus service and Volunteer Drivers Program provide transportation to Wellesley seniors (60+). Our Transportation Coordinators will assist you with your transportation needs. Requests must be made at least three business days in advance and are accepted up to one month in advance.

COA Bus

- 12 passenger/2 wheelchair lift equipped bus – drivers are employed by the COA
- Monday through Friday, 9 a.m. – 3 p.m.
- Rides for medical appointments, social engagements, shopping, and more
- Cost: \$1 each way (\$2 round trip)
- FREE weekly group grocery shopping trips to Roche Bros. and Whole Foods
- Monthly group shopping trip to Natick Mall and/or other destinations

Volunteer Drivers Program

- COA volunteers provide rides using their own vehicles
- Rides are provided 24 hours a day, 7 days a week (based on volunteer availability)
- Rides provided within Wellesley and to surrounding towns
- Rides for medical appointments, social engagements, shopping, and more
- No cost — donations to support the program are welcomed



Volunteer Opportunities

There are many ways to enrich your life and the lives of others by volunteering with the COA. Examples include:

- Driving seniors
- Planning events
- Serving meals
- Taking photos
- Facilitating classes
- Making teddy bears for children
- Serving on committees
- Posting event flyers
- Assembling newsletters
- Designing websites
- Providing office assistance
- Preparing income taxes
- Joining the Friends of Wellesley COA