



July/August  
2015

# Highlights

Published by: Wellesley Council on Aging  
219 Washington Street Wellesley, MA 02481  
Office Hours: Monday through Friday 9:00 a.m.- 4:00 p.m.  
(781) 235-3961  
<http://www.wellesleyma.gov/coa>

Registration for  
programs listed in this  
newsletter will begin  
on June 30 (Wellesley  
residents) and July 1  
(non residents).

Please make sure to register and pay for your class(es) at least one business day in advance of the scheduled session start date. Failure to do so may result in cancellation of the class, if the minimum number of students is not met or cancellation of your space in the class if we have a wait list. Programs take place at the Wellesley Council on Aging, 219 Washington Street, unless otherwise noted.

## Current Events Discussion Group Tuesdays, July 7– August 25 (no class 7/21 & 8/11), 10:30-11:30 a.m.



*What's trending in the news?!* Join John Schuler, lifelong resident of Wellesley, and Immediate Past Chair of the COA Board of Directors, as he facilitates a brand new current events discussion group at the COA. His prolific civic engagement includes Town Meeting Member, Election Officer, Wellesley Historical Society and the Wellesley Club. This is an opportunity to discuss current events with others in an open environment. Participation is encouraged and topics will range from worldly to domestic current events bringing in parallel occurrences from the past. Max. 18

After the discussion group, consider staying for our delicious catered lunches. Lunch is served at 11:45 a.m. on Tuesdays and Fridays and pre-registration is required for both the discussion group and lunch.

**Mission Statement:** 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 the generations in our town.

### STAFF:

GAYLE THIEME

Director of Senior Services

LINDA CLIFFORD

Health and Social Services Administrator

ASHLEY SHAHEEN

Senior Activities Coordinator

ELIZABETH BRADLEY

Program and Office Assistant

JILL DUBE

Transportation Coordinator

BETH HARRINGTON

Activities Assistant

RICK WALDMAN

Bus Driver

JAMES MURPHY

Bus Driver

### NEWSLETTER MAILING

#### COORDINATOR:

MARY BOWERS, Volunteer

**Holiday Schedule: The COA is closed  
and the bus will not run on  
Friday, July 3.**

## **Socials and Events: Pre-registration required.**

### **A Taste of Entertainment Thursday, July 16, 2:00 p.m.**

Our friends from Boylston Place at Chestnut Hill, Independent and Assisted Living, will delight us with a sampling of tasty summer berry treats from their kitchen. During this afternoon social, you will enjoy a musical program by Dave Mindell. Mr. Mindell is a vocalist with a love & passion for the rock-n-roll musical classics! His show, the Rockin Robins, renders a lively, energetic and stellar performance that will shake up your afternoon. Mr. Mindell has performed at numerous events in the New England area and we look forward to welcoming him to the Wellesley Council on Aging.

*We encourage you to have a listen to Mr. Mindell's voice, he delivers a near flawless duplicate sound of some of the greatest artists from 50s, 60s & 70s:  
[www.therockinrobinonline.com](http://www.therockinrobinonline.com)*

### **Summer Time Fun for Everyone Wednesday, August 26, 1:00 p.m.**

All ages are welcome to enjoy this family friendly film, HOME (2015): After a hive-minded alien race called the Boov conquer the Earth, they relocate the planet's human population -- all except for a little girl named Tip (Rihanna), who's managed to hide from the aliens. When Tip meets a fugitive Boov called Oh (Jim Parsons), there's mutual distrust. However, Oh is not like his comrades; he craves friendship and fun. As their distrust fades, the pair set out together to find Tip's mother, but, unbeknown to them, the Gorg -- enemies of the Boov -- are en route. Afterwards join us for a sweet treat from an Ice Cream Truck.

Special thanks to Briarwood Rehabilitation Healthcare Center in Needham for sponsoring this afternoon social.



### **Ice Cream Social Tuesday, August 18, 1:00 p.m.**

Get out of the heat and into our air conditioning for an afternoon featuring ice cream sundaes and entertainment. This year we welcome back our generous sponsor, Walgreens. They will provide cool treats—just the thing for a sizzling summer day! Entertainment for the afternoon will be provided by accordion player, Eddie Marando, a sure-fire crowd pleaser, who always gets us up dancing and has us singing along. ***Please register by Friday, August 1.***



Mr. Twitchell enjoying a sweet treat!

### **Birthday Bash Friday August 21, 3:00 p.m.**

It's time to celebrate the birthdays of those born in the months of May, June, July and August. Grab your friends and join in the fun at the COA's seasonal celebration. We encourage everyone to attend, even if these are not your birthday months. Once again, we will be entertained by the talented Newton Swing Band with a fun, and uplifting performance. Thank you to the Friends of the Wellesley Council on Aging for providing refreshments.



It's time to celebrate!

## **Presentations: Pre-registration required**

### **Understanding Investment Risk Tuesday, July 7, 10:30 a.m.**

Zenaida Buenaventura, Financial Advisor for Morgan Stanley, will provide an overview of investment risk and help you understand how to manage this risk when developing an investment strategy and selecting investment options. Many factors can play a role in the potential risks and returns associated with investment. A thorough understanding of the risks involved with investing is important when selecting the investments that are right for you.

### **Brain Exercise Group Fridays, July 10, 10:00 a.m. & August 14, 10:00 a.m.**

Brooke Rivero, certified Speech-Language Pathologist & COA volunteer, trained in cognitive interventions will lead this group. If you can exercise your arms and legs, you can definitely exercise the brain! This group will consist of participating in fun and challenging brain teasers and puzzles, to strengthen your memory and overall cognitive abilities. We will also learn strategies that are helpful for compensating for those small moments of forgetfulness that we all experience.

### **Elder Financial Abuse Tuesday, July 21, 10:00 a.m.**

Melissa Murphy, Branch Manager at the Wellesley Branch Century Bank and Zabi Abhar, Assistant Branch Manager will lead a one hour seminar which will cover the following topics: elder financial exploitation and who is at risk, and how to recognize and reduce the risk of elder financial exploitation.

### **Veterans Coffee Club Tuesday, July 28, 9:00 a.m.**

Join us for coffee, donuts and discussion for our first ever Veterans coffee club. This club meets every other month. Come and share your stories with others who have served for our country. Special thanks to West Suburban Veteran's Services for co-facilitating this program at the COA.

**NEW!**

### **The Senior Photo Identification Card: TRIAD**

#### **Wednesday, July 22, 10:00 a.m.**

This new program will supply seniors with a secondary form of identification, free of charge, from the Sheriff's Office in conjunction with the Wellesley TRIAD and Council on Aging. In order to receive this free photo ID senior will need to provide one of the following: a valid Mass Drivers License, a valid US Passport or A valid Mass RMV Photo ID. For more information, please contact the Norfolk County Sheriff's office at 781-751-3516 or by email at [jcanavan@norfolksheriffma.org](mailto:jcanavan@norfolksheriffma.org). Donuts and coffee will be provided.

*\*\* TRIAD is part of a national program that is a three-way partnership between seniors, law enforcement agencies and the Council on Aging. This partnership works together to reduce criminal victimization of senior citizen and to enhance their awareness of support services.*

### **Elder Law**

#### **Friday, July 24, 10:30 a.m.**

The COA welcomes back Timothy R. Loff, Esq. who will share important updates on many different topics including recent developments in Medicaid, Medicare, Long-term Care Insurance, Reverse Mortgages, and Estate and Trust Administration laws. Mr. Loff encourages questions from the audience. Mr. Loff is a Director of the Massachusetts Chapter of the National Academy of Elder Law Attorneys and he has been working in Elder Law for over 20 years. He resides in Wellesley and his law office is in Newton.

### **Lunch & Learn: The Secrets to Aging Well Thursday, August 13, 12 noon**

Christina Della Croce, Vice President of Parmenter Home Care & Hospice and Betsy Connolly, Executive Director of Traditions of Wayland, Independent, Assisted, and Memory Care living facility are pleased to bring you a 60 minute interactive presentation on The Secrets to Aging. During this presentation you will hear results of the Longevity Project and listen to a 95 year old resident who shares his life experience. Special thanks to the Traditions of Wayland for sponsoring this lunch and learn program. Lunch will include: a grilled chicken salad and assorted berries, fresh rolls with butter and a delicious dessert.

**Max: 20**

**After the presentation (s) held on Tuesdays/Fridays, consider staying for our delicious catered lunches.  
Lunch is served at 11:45 a.m. and pre-registration is required. Cost: \$4.00**

### ***Sensational Speakers: Pre-registration required.***

#### **What is Springwell?**

##### **Wednesday, August 12, 12:30 p.m.**

Join us for a complimentary pizza lunch at 12:30 p.m. and at 1:00 p.m. listen to Ruth Beckerman-Rodau, Chief Executive Officer at Springwell, as she provides an overview of the organization and the services that they provide. Springwell is a private, non-profit organization that has been creating, managing, and coordinating a wide range of services for more than 35 years. Their mission is to provide comprehensive services to seniors, individuals with disabilities and those who provide care, guided by a commitment to an individual's right to live independently in the community.

#### **Get more from your lunch!**

##### **Thursday, August 20, 11:30-1:30 p.m.**

Join Healthy Cooking Coach Sarah Howes for an easy cooking demonstration using seasonal and unprocessed food. She will prepare a plant-based lunch concentrating on nutrient dense foods with great sources of protein and healthy fats.

This program is sponsored by Bayada Home Health Care located in Auburndale, MA.

and ***it will be held at the Recreation Department, 90 Washington Street.*** Special thanks to the Recreation Department for allowing us to use their kitchen.

#### **Ageless Grace**

##### **Friday, August 21, 10:30 a.m.**

Care Solutions Inc., home health care service provider in Westborough, will provide a certified ageless grace educator for this morning program. This program-21 Simple Tools for Lifelong Comfort and Ease-can be done by almost anyone of any age or ability. The movement sequences focus on the healthy longevity of the body, mind, emotions and spirit. All the exercises are designed to be practiced in a chair, and they consist of movements that are natural and organic-there is no need for special choreography. Each of the 21 Tools focuses on different anti-aging techniques, for example: joint mobility, spinal flexibility, right-left brain coordinating, cognitive function, systemic stimulation, balance, confidence and playfulness. This easy to learn tools of Ageless Grace promote the three Rs of lifelong comfort and ease-response, recover and react efficiently and safely. After the presentation, consider joining us for our delicious catered lunch at 11:45 a.m. Pre-registration is required for both the presentation and lunch. Cost: \$4.00

### ***Programs: Pre-registration required.***

#### **Monday Morning Musicals!**

##### **Mondays, July 20, August 3 & 17, 10:00 a.m.**

Join us for an upbeat MOVIE musical to kick-start your day!

##### **Monday, July 20, 10:00 a.m.**

Singing in the Rain (1952)

103 minutes

##### **Monday, August 3, 10:00 a.m.**

Hairspray (2007)

117 minutes

##### **Monday, August 17, 10:00 a.m.**

Mary Poppins (1964)

139 minutes

#### **Trivial Pursuit**

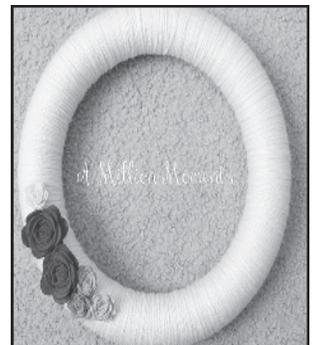
##### **Wednesday, July 29, 2:00 p.m.**

Test your knowledge and play this game in which the winner is determined by a player's ability to answer general knowledge and popular culture questions.

#### **It's time to decorate!!!**

##### **Wednesday, August 19, 2:00 p.m.**

Summer is coming to an end, but don't let that get you down! Instead, prepare for the Fall with this crafting activity where you will make an adorable knitted wreath. This will not take very long to make and it will add "spice" to any door. All materials will be provided.



## **Classes : Pre-registration required**

### **Museum Masterpieces: The Metropolitan Museum of Art, Part 2 Wednesdays, July 8-August 12, 10:30 a.m.**

We are excited to continue showing the course, Museum Masterpieces: The Metropolitan Museum of Art, a DVD lecture series presented by Professor Richard Brettell, the Margaret McDermott Distinguished Professor of Art and Aesthetics at The University of Texas at Dallas. This course is part of The Great Courses—DVDs that bring engaging professors from the best universities to you. This 6-week course will meet in the Senior Room at the COA. We will show two lectures (30 minutes each) on Wednesdays, with a coffee break in between:

**Class 1: European Sculpture & The Arts of Africa and Oceania**

**Class 2: The Ancient New World & Musical Instruments and Arms and Armor**

**Class 3: Costumes & Textiles & American Art-1650-1865**

**Class 4: American Art-1865-1900 & 20th Century Art-Before World War II**

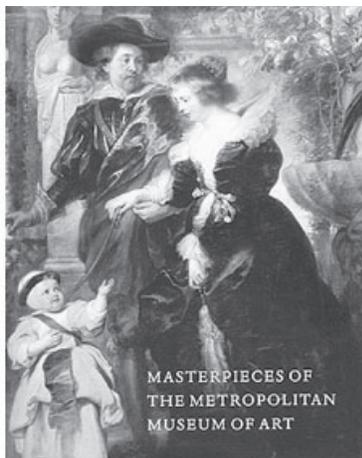
**Class 5: 20th Century Art-After World War II & The Robert Lehman Collection –1400-1800**

**Class 6: The Robert Lehman Collection-1800-1960 & The People of the Museum**

*Note: The DVDs will be borrowed from the Wellesley Free Library.*

#### **Max: 15**

If you missed Part 1 of this course, do not worry because the lectures are unique and independent of each other. If you would like to view Part 1, please visit the Wellesley Main Library to check-out the DVD lectures.



### **Line Dancing Thursdays July 23-August 20, 1:00-2:00p.m.**

Join Nancy Diduca, our energetic line dancing instructor, for another fun session of line dancing classes. For the summer, we are switching to a drop-in class and students will pay the instructor \$5.00 cash per class. *All levels are welcome. No partner needed.*



Nancy Diduca, COA line dancing instructor, led some fun dances at our annual signature evening event, Saturday Night Fevah! If you are interested in hearing more about the event, please see page 13.

### **Music Appreciation Throughout the 20th Century Thursdays, July 16– August 6 10:00-11:15 a.m.**

COA volunteer Frank Ruscitti, retired high school history teacher, will lead a four week class that will be an entertaining and informative look into the development of American music from the post WWI period through the Disco Period. Come one, come all to this nostalgic excursion into the origins of American music. We will trace the development of this music beginning with the Jazz Era, continuing into the Big Band period, proceeding to the development of Rhythm and Blues/Rock & Roll (DooWoop as it is commonly called), entering the music forgotten 1960's and ending with the Disco period. Emphasis will be on playing "original" tunes and/or discussing the artists that made them as well as events of the tunes. Frank has a plethora of materials that he could show you as well as thousands of original songs that he could play. It is not like any other music appreciation program you would take... it's FREE and FUN and it's great music.

**Housing Options Tour: Pre-registration required.**

**Boylston Place in Chestnut Hill  
Wednesday, August 5, 11:30 a.m.-2:30 p.m.**

**Itinerary:**

- 11:30 a.m. Pick up at COA
- 12:00 noon Lunch
- 1:00p.m Tour
- 2:00p.m. Departure from Boylston Place

As described by Boylston Place: *Boylston Place at Chestnut Hill offers gracious independent as well as Assisted Living in an apartment setting. Located in Chestnut Hill we offer a number of very distinctive amenities that you won't find anyplace else. We extend an invitation to come for a visit and to have lunch if when you are going to be in the area. We believe you will be very pleased with what you see. Max. 12*

**Day Trip: Pre-registration required.**

**Reminder: Day Trip Policy**



Payment for all day trips must be made at the time of reservation. Payment confirms your reservation. Registration opens on Tuesday, June 30 ( Wellesley residents) and Wednesday, July 1 (non Wellesley residents). If you would like to send in a check in advance of the registration dates, you may do so, but do not assume that you are registered for a trip because you mailed in payment. You MUST call during open registration to confirm your spot. Refund policies for day trips will be clearly stated on all publicity materials for each individual trip. Therefore, refunds will be issued only when in compliance with the stated refund policy. Refund policies will always state “no refunds issued after X date.”

**Lobster Roll Cruise**

**Friday, August 28, 9:30 a.m. –5:00 p.m.**

We start the day off by traveling to Dennis to enjoy a 90 minute cruise offering the most spectacular views from the desks of the “Lobster Roll”, a custom built dinner cruise boat. Glide through the calm waters of Sesuit Harbor and into the serene beauty of Cape Cod Bay with its incredible picturesque coastline. While on board, you will enjoy a choice of Lobster Roll, Roast Beef Roll Up or a Vegetarian Roll Up. In the afternoon, we visit Katie’s Homemade Ice Cream in Hyannis. Here you will be treated to complimentary ice cream cone before heading home. What better way to spend a summer day!

**Trip includes:** Roundtrip transportation, lunch and an ice cream cone

**Full payment due upon reservation.**

No refunds if you cancel after August 17

**Cost:** \$70.00 **Min.** 30



**Plan ahead, sign up now for Foxwoods  
Thurs.,October 15, 8:00 a.m.-5:00 p.m.**

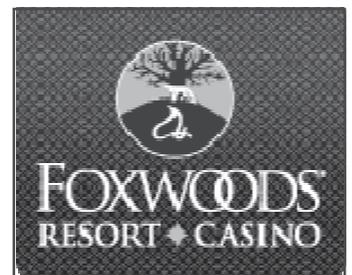
No one offers more gaming choices than Foxwoods Resort Casino, the internationally recognized gaming destination. With its six casinos, Foxwoods offers more than 7,400 slot machines, 388 table games, and the world’s largest bingo hall. Keno lovers can play the ever-popular Keno throughout the property, as well as in a comfortable Keno lounge. Foxwoods offers many dining options. Enjoy the complimentary delicious buffet luncheon or choose to use your voucher towards a credit at many of the other great food establishments.

**Trip includes:** \$10.00 Food Coupon of Full Festival Buffet & \$15.00 SD, and Transportation

**Full payment due upon reservation.**

No refunds if you cancel after October 1

**Cost:** \$28.00 **Min.** 30



MONDAY

TUESDAY

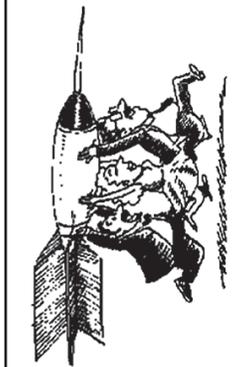
WEDNESDAY

THURSDAY

FRIDAY

# July 2015

<p>9am 9:30-10:30 11:00-12:00 12:30-3:00 2:00-3:30</p> <p>Walking (Whole Foods) Better Bones Better Balance Bridge Croquet</p>	<p>8:00 9:30-11:00 10:30 10:30-11:30 11:45 1-2:30 1:30-2:30</p> <p>BF Club: Captain Marden's Yoga Understanding Investment Risk Current Events Discussion Group Lunch Cribbage Keep Well— 315 Weston Road</p>	<p>9 am 9:30-10:30 9:30-11:30 9:45-10:45 10:30 11:00-12:00 1:00-4:00</p> <p>Walking Group COA Coffee Scrabble/Cards Tai Chi Museum Masterpieces: Part 2 Better Balance SHINE Free Grocery Shopping Trip—COA Bus</p>	<p>1-4</p> <p>Mah/long</p>	<p>3</p> <p>The COA is closed and the bus will not run.</p>
<p>9am 9:30-10:30 11:00-12:00 12:30-3:00 12:30-3:00</p> <p>Walking (Whole Foods) Better Bones Better Balance Darts Bridge</p>	<p>9:30-11:00 10:30-11:30 11:30 1:00-2:30 1:30-2:30</p> <p>Yoga Current Events Discussion Group Summer BBQ Cribbage Keep Well— Morton Circle</p>	<p>9 am 9:30-10:30 9:30-11:30 9:45-10:45 10:30 11:00-12:00 1:00-4:00</p> <p>Walking Group COA Coffee Scrabble/Cards Tai Chi Museum Masterpieces: Part 2 Better Balance SHINE Free Grocery Shopping Trip—COA Bus</p>	<p>16</p> <p>Better Bones Music Appreciation Mah/long Bingo A Taste of Entertainment</p>	<p>17</p> <p>Lunch Movie: The Last Five Years</p>
<p>9am 9:30-10:30 10:00 11:00-12:00 12:00 12:30-3:00 2:00-3:30</p> <p>Walking (Whole Foods) Better Bones Singing in the Rain Better Balance Delicious Dining: La Riviera Café Bridge Croquet</p>	<p>10:00 9:30-11:00 11:45 1:00-2:30 1:30-2:30</p> <p>Elder Financial Abuse Yoga Lunch Cribbage Keep Well— 41 River Street</p>	<p>9 am 9:30-10:30 10:00 9:30-11:30 9:45-10:45 10:30 11:00-12:00 1:00-4:00</p> <p>Walking Group COA The Senior Photo Identification Card: TRIAD Scrabble/Cards Tai Chi Museum Masterpieces: Part 2 Better Balance SHINE Free Grocery Shopping Trip—COA Bus</p>	<p>23</p> <p>Better Bones Day Trip to Moses Pond Music Appreciation Mah/long Line Dancing Knitting</p>	<p>24</p> <p>Elder Law Lunch Movie: Get On Up</p>
<p>9am 9:30-10:30 11:00-12:00 12:30-3:00 2:00-3:30</p> <p>Walking (Whole Foods) Better Bones Better Balance Bridge Darts</p>	<p>9:00 9:30-11:00 10:30-11:30 11:45 1-2:30 1:30-2:30</p> <p>Veterans Coffee Club Yoga Current Events Discussion Group Lunch Cribbage Keep Well— 60 Grove Street</p>	<p>9 am 9:30-10:30 9:30-11:30 9:45-10:45 10:30 11:00-12:00 1:00-4:00</p> <p>Walking Group COA Coffee Scrabble/Cards Tai Chi Museum Masterpieces: Part 2 Better Balance SHINE Trivial Pursuit Free Grocery Shopping Trip—COA Bus</p>	<p>30</p> <p>Better Bones Trip: The Golden Ball Tavern Music Appreciation Mah/long Line Dancing Morning Trip to The Natick Mall— COA Bus</p>	<p>31</p> <p>Lunch Movie: The Imitation Game <i>Tanglewood trip is tomorrow.</i></p>



**KEEP YOUR BUSINESS ON TARGET! ADVERTISE HERE**

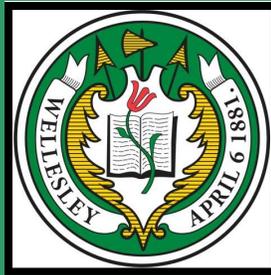
**This is a doggone great SPOT to advertise your business!**

# Wellesley Council on Aging Transportation Services

*Need A Lift? Let Us Drive You There!*



*Bus Service*



*Volunteer Drivers Program*

## Getting Around Town Is Easier Than Ever!

The Wellesley Council on Aging (COA) offers convenient door-to-door transportation services that pick you up at home and take you anywhere in the town or to surrounding towns. Rides are provided for medical appointments, social engagements, shopping, errands, and more! Go ahead and book that hair or medical appointment, head to the COA for activities, visit the library, grab lunch with a friend, or partake in some shopping.

## How do I get started?

Call the Wellesley COA Senior Transportation Line at **781-235-3046** and discuss your transportation needs with the COA Transportation Coordinator. Transportation requests will be accepted up to one (1) month in advance. Reservations should be made as soon as possible, but must be made at least three (3) business days in advance. When you call, the Coordinator will let you know if the COA bus is able to provide your ride(s) and/or they will add your request to the VDP database. To request a ride by email, use

**[Drive@wellesleyma.gov](mailto:Drive@wellesleyma.gov)**

## What does it cost and what are the hours of service?

Tickets are required for rides with the COA Bus. Tickets are \$1.00 each. The hours of operation are 9:00 a.m. – 3:00 p.m. Purchase your tickets in person at the COA office or have them mailed to your home.\* There is no cost for the VDP and volunteers do not accept tips. The VDP offers rides 24 hours a day, 7 days a week based on driver availability.

**\*SEE DETAILED INFORMATION ON THE BACK OF THIS PAGE.**

# Wellesley Council on Aging Transportation Services



## Bus Service

The Wellesley Council on Aging (COA) bus picks you up at your home and takes you anywhere in town between 9:00 a.m. and 3:00 p.m., Monday through Friday. Destinations outside of Wellesley include Newton Wellesley Hospital (Newton), Metrowest Medical Center (Natick), Beth Israel Deaconess Hospital (Needham), and Woodland T Stop (Newton).

### Cost:

Tickets are \$1.00 each way or \$2.00 round-trip. You can purchase tickets between 9:00 a.m. and 4:00 p.m. at the Council on Aging office at 219 Washington Street / Wellesley, MA 02481. Alternatively, you can mail a check, payable to the Town of Wellesley, along with a stamped, self-addressed envelope. Your tickets will be sent by mail, usually within 2 to 3 days. *There are FREE Grocery trips on Wednesdays to Roche Bros. or Whole Foods (No Tickets Required).*

### Monthly Shopping Trips:

Join us on the last Thursday of every month to shopping destinations such as Walmart, Christmas Tree Shop Plaza, the Natick Mall, Target, and more! Call to find out the destination and schedule.

**Cancellations:** Passengers are responsible for notifying the COA Transportation Coordinator and/or the VDP driver as soon as possible when unable to keep a reservation.

## Volunteer Drivers Program (VDP)

Volunteer drivers provide rides using their own vehicles. The VDP offers rides 24 hours a day, 7 days a week based on volunteer availability. Rides are provided anywhere within the Town of Wellesley and to surrounding towns. *The VDP does not provide rides to Boston.*

### Cost:

There is no cost for the VDP and volunteers do not accept tips. The COA accepts donations in the form of cash or check (made payable to Town of Wellesley) to help support the Transportation program. Donations can be dropped off, mailed, or given directly to your driver. Passengers are responsible for parking charges and tolls.

To request a ride, call

**781- 235-3046**

Email:

**Drive@wellesleyma.gov**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9am 9:30-10:30 10:00 11:00-12:00 12:30-3:00 2:00-3:30	Walking (Whole Foods) <sup>3</sup> Better Bones Hairspray Better Balance Bridge Croquet	8:00 9:30-11:00 10:30-11:30 11:45 1-2:30 1:30-2:30	BF Club: Mel's Yoga Current Events Discussion Group Lunch Cribbage Keep Well - 315 Weston Road	9 am 9:30-10:30 9:30-11:30 9:45-10:45 10:30 11:00-12:00 11:30-2:30 10:00-11:00 1:00-4:00	Walking Group COA Coffee Scrabble/Cards Tai Chi Museum Masterpieces: Part 2 Better Balance Housing Options: Boylston Place COA (Keep Well) SHINE Free Grocery Shopping Trip- COA Bus	9:30-10:30 10:00-11:15 1:00-4:00 1:00-2:00 2:00-3:30	Better Bones Music Appreciation MahJong Line Dancing Knitting	11:45 12:45	Lunch Movie: Unbroken
9am 9:30-10:30 11:00-12:00 12:30-3:00 2:00-3:30	Walking (Whole Foods) Better Bones Better Balance Bridge Darts	11:45 1-2:30 1:30-2:30	Lunch Cribbage Keep Well - Morton Circle	9 am 9:30-10:30 9:30-11:30 9:45-10:45 10:30 11:00-12:00 12:30 1:00-4:00	Walking Group COA Coffee Scrabble/Cards Tai Chi Museum Masterpieces: Part 2 What is Springswell? Better Balance SHINE Free Grocery Shopping Trip- COA Bus	9:30-10:30 1:00-4:00 12:00 1:00-2:00	Better Bones MahJong The Secrets to Aging Well Line Dancing	10:00 11:45 12:45	Brain Exercise Group Lunch Movie: Wild
9am 9:30-10:30 10:00 11:00-12:00 12:00 12:30-3:00 2:00-3:30	Walking (Whole Foods) Better Bones Mary Poppins Better Balance The Local Bridge Croquet	9:00-11:00 9:30-11:00 10:30-11:30 11:45 1:00 2:00-3:30 1:30-2:30	Free Legal Clinics Yoga Current Events Discussion Group Lunch Ice Cream Social Cribbage Keep Well- 41 River Street	9 am 9:30-10:30 9:30-11:30 9:45-10:45 11:00-12:00 1-4:00 2:00	Walking Group COA Coffee Scrabble/Cards Tai Chi Better Balance SHINE It's time to decorate Free Grocery Shopping Trip- COA Bus	9:30-10:30 11:30-1:30 1-4 1:00-2:00 1:30-3:00 2:00-3:30	Better Bones Get more from your lunch (Warren) MahJong Line Dancing Bingo Knitting	10:30 11:45 12:45 3:00	Ageless Grace Lunch Movie: Annie Birthday Bash
9am 9:30-10:30 11:00-12:00 12:30-3:00 2:00-3:30	Walking (Whole Foods) Better Bones Better Balance Bridge Darts	9:30-11:00 10:30-11:30 11:45 1-2:30 1:30-2:30	Yoga Current Events Discussion Group Lunch Cribbage Keep Well- 60 Grove Street	9 am 9:30-10:30 9:30-11:30 9:45-10:45 11:00-12:00 1-4:00 2:00	Walking Group COA Coffee Scrabble/Cards SHINE Summertime Fun for Everyone Free Grocery Shopping Trip-COA Bus	1-4 11:00	MahJong Trip: Lunch & Movie Morning trip to Christmas Tree Shop Target/ Walmart -COA Bus	9:30 11:45 12:45	Depart from the WCOA for the Lobster Roll Cruise Lunch Movie: American Sniper
9am 9:30-10:30 11:00-12:00 12:30-3:00 2:00-3:30	Walking (Whole Foods) Better Bones Better Balance Bridge Darts								

# August 2015



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### Day Trips Continued: Pre-registration required.

#### Local Trip: Morses Pond Thursday, July 23, 10:00-1:30 p.m.

Grab your sunscreen, hat, and swimsuit and join us at Morses Pond for a day of fun in the sun! Bring a picnic lunch and enjoy a beautiful day with the COA. If it happens to "rain on our parade" the rain date will be Monday, August 17, from 10:00 a.m.-1:30 p.m. Special thanks to the Wellesley Recreation Department for allowing us to enjoy the day free of charge! If you need a ride, please indicate at the time of registration. **Max.** 20



*Some COA participants enjoying a beautiful day at Morses Pond last year!*

#### The Golden Ball Tavern– Weston, MA. Thursday, July 30, 10:30 a.m.

Enjoy light morning refreshments at the Wellesley Council on Aging at 10:30 a.m. before heading off to The Golden Ball Tavern in Weston, MA. Built in 1768 on the Boston Post Road in Weston, the Golden Ball Tavern was established and operated by prominent Weston resident, Isaac Jones. The tavern "at the sign of the Golden Ball" operated as an inn from 1770 to 1793 and played a pivotal role in the unfolding of the Revolutionary War when it served as a base for British spies. The house and Tavern were later occupied and carefully preserved for 200 years by six generations of the Jones family until it was acquired by the Golden Ball Tavern Trust in the 1960's. Here history still lives and breathes, telling the story of change through time. Come and explore this unique Revolutionary era tavern and learn of "the spies who went out in the cold", the "other" tea party, and the eventful visit of Paul Revere's men. Round trip transportation using the COA bus. Space is limited to 11 people (first come, first served). There is no entrance fee, but donations are accepted at the Museum.

#### Local Trip: Lunch & A Movie Thursday, August 27, 11:00 a.m.

Back by popular demand we have scheduled another lunch and movie outing. We will depart the Wellesley Community Center at 11:00 a.m. for an afternoon with good company, delicious food, and a movie shown at the AMC Theater in Framingham. We will enjoy a lovely lunch at the Aegean Restaurant in Framingham (pre-set menu will be given at the time of registration). After lunch we will travel to the AMC Theater to see a movie. The movie selection will be determined approximately 3-5 days prior and participants will be notified by phone. Round trip transportation using the COA bus. Space is limited to 12 people (first come, first served).



**Cost:** \$30.00 –please pay cash.

#### Rehearsal at Tanglewood Saturday, August 1, 7:30 a.m.

We will depart the Wellesley Community Center, 219 Washington Street at 7:30 a.m. and leave for a musical morning at Tanglewood in Lenox, MA. We will enjoy a Saturday-morning rehearsal: Andris Nelsons conducts Haydn, Dean and Strauss featuring cellist Yo-Yo Ma. We encourage you to bring a brown-bag luncheon. Round trip transportation using the COA bus. Space is limited to 11 people (first come, first served). Payment is due upon reservation. **Cost:** \$38.25



A suggested donation of \$3.00 per passenger for special trips using our COA bus is requested. Please consider adding an additional \$3.00 to your trip fee (The Golden Ball Tavern; Lunch & A Movie; Rehearsal at Tanglewood). Donations will be used to support the COA Transportation Program.

## ***Food Lovers Delight: Pre-registration required.***

### **Breakfast Club**

Join us for a delicious breakfast and a delightful time with friends. The Breakfast Club will enjoy breakfast on:

**Tuesday, July 7, 8:00 a.m.**

Captain Marden's, 279 Linden Street, Wellesley

**Tuesday, August 4, 8:00 a.m.**

Mel's Commonwealth Café, 310 Commonwealth Rd, Wayland

Choose your own breakfast and pay for it at that time. **Maximum: 12**

### **Delicious Dining Group**

Everyone is welcome to meet our group for lunch on:

**Monday, July 20, 12 noon**

La Riviera Gourmet, 390 Washington Street, Wellesley

**Monday, August 17, 12 noon**

The Local, 11 Forest St., Wellesley

Choose your own lunch and pay for it at that time.

**Maximum: 12**

**FREE FRIDAY MOVIES:** If the Friday movie runs longer than two hours, and you need a ride home, contact our Transportation Office (781-235-3046). Please call at least three days in advance.

**July 10: Still Alice (2014)** When 50-year-old linguistics professor Alice Howland begins having trouble remembering words, her symptoms ultimately lead to a diagnosis of early-onset Alzheimer's -- which forces Alice and her family to make radical changes in their lives. Rated PG-13, 101 minutes.

**July 17: The Last Five Years (2015)** Telling their story through song, novelist Jamie and his actress wife Cathy retrace the blossoming and decay of their five-year romance from opposite ends of the timeline and meeting in the middle -- with Jamie's marriage proposal. Rated PG-13, 94 minutes.

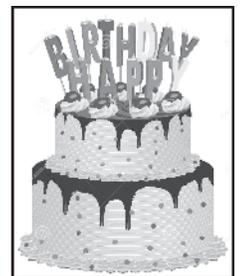
**July 24: Get On Up (2014)** This powerhouse biopic traces the legendary James Brown's rocky road from humble origins to superstardom as the Godfather of Soul. The film also reveals the demons -- drugs, violence and near-bankruptcy -- that haunted Brown on his rise to fame. Rated PG-13, 139 minutes.

**July 31: The Imitation Game (2014)** Chronicling mathematical wizard Alan Turing's key role in Britain's successful effort to crack Germany's Enigma code during World War II, this historical biopic also recounts how his groundbreaking work helped launch the computer age. Rated PG-13, 114 minutes

**August 7: Unbroken (2014)** This inspiring tale of survival is based on the real-life experiences of Louis Zamperini, an American pilot held by the Japanese during World War II. After his plane crashes into the Pacific Ocean, Zamperini spends 47 days adrift before his capture. Rated PG-13, 137 minutes.

**August 14: Wild (2014)** Undone by a broken marriage and her mother's death, Cheryl Strayed has been on a years-long reckless tear, fueled by addiction and despair. In a bid to save her life, she decides to hike the entire Pacific Crest Trail -- alone and with no experience. Rated R, 115 minutes.

**August 21: Annie (2014)** Adapting the blockbuster Broadway musical for the big screen, this heartwarming tale charts the sad childhood of spirited little orphan Annie. But after tycoon Benjamin Stacks rescues her, Annie's life is transformed in ways she never imagined. Rated PG, 118 minutes. *All are welcome to enjoy this family fun film! Afterwards, enjoy cake and entertainment at our seasonal birthday bash! See page 2 for details.*



**August 28: American Sniper (2014)** Based on his memoir of the same name, this military biopic centers on legendary sniper Chris Kyle, who amassed a record number of kills on the battlefield during his 10-year career as a Navy SEAL. Rated R, 132 minutes.

## ***Fitness Classes: Pre-registration required.***

### **YOGA**

#### **Instructor: Judy Scribner-Moore**

This class is open to beginning and experienced students. We balance active yoga poses that stretch, strengthen and tone with relaxing poses so participants leave feeling renewed. Particular attention is given to alignment of the skeleton in poses that help promote strong bones, balancing and concentration. Students are encouraged to bring their own yoga mats, but extra mats are available. All other equipment will be provided.

Judy combines 27 years of teaching experience, interpersonal and mindfulness skills, and knowledge of anatomy and physiology, to guide and facilitate each student's way. She is skilled at adapting classical postures to meet individual needs and goals.

**Dates:** 7-week session Tuesdays, July 7 –August 25 (no class 8/11)

**Time:** 9:30-11:00 a.m.

**Cost:** \$90.00

Min. 14/Max. 18

Make-up class, if needed, will be Friday, September 11, 9:30-11:00 a.m.



### **BETTER BALANCE**

#### **Instructor: Leslie Worris, MPH, RYT**

Are you afraid of falling? The class will help improve posture, strength, flexibility, gait, mobility, stability, breath, and endurance, and help maintain your independence. Participants use balls, bands, and weights, and the class incorporates yoga and chi gong. Please bring two sets of weights and water. Classes meet on Mondays and/or Wednesdays from 11:00 a.m.-12:00 p.m. Beginners are welcome.

**Dates:** 8-week session Mondays, July 6– August 24

**Times:** 11:00 a.m.-12:00 p.m.

**Cost:** \$56.00

Make-up class, if needed, will be Tuesday, August 26, 9:00-10:00 a.m.

**Dates:** 7-week session Wednesdays, July 8– August 19

**Time:** 11:00 a.m.—12:00 p.m.

**Cost:** \$49.00

Make-up class, if needed, will be Thursday, August 20, 10:45 a.m.– 11:45 p.m. Min.8/ Max. 20

### **BETTER BONES**

#### **Instructor: Leslie Worris, MPH, RYT**

You will use free weights, resistance bands, balls, and gentle yoga, including body weight resistance, to improve functional muscular strength and endurance. Balance, flexibility and posture work are also included. The loss of muscles that occurs with age is reversible! Increase your bone density and prevent falls. This class is especially designed for students who want to regain strength, freedom of movement and increase metabolism. We will work in a chair, stand, and use a mat on the floor. This is an advanced-beginner to intermediate level class. Please bring two sets of free weights, a towel and water.

**Dates:** 8-week session Mondays, July 6-August 24

**Time:** 9:30 a.m.– 10:30 a.m.

**Cost:** \$56.00

Make-up class, if needed, will be Wednesday, August 26, 11:00-12:00noon

**Dates:** 6-week session Thursday, July 9– August 20 (no class August 6)

**Time:** 9:30 a.m.—10:30 a.m

**Cost:** \$42.00

Make-up class, if needed, will be Tuesday, August 25, 3:00-4:00p.m. Min. 15/Max. 25

### **TAI CHI FOR HEALTH**

#### **Instructor: Leslie Worris, MPH, RYT**

Tai Chi is a form of martial art. It is practiced throughout the world as an effective exercise for health. It consists of fluid, gentle movements that are relaxed and slow in tempo. It can be practiced almost anywhere and is a suitable form of exercise for just about anyone. This class is especially ideal to free up stiff joints and muscles, and decrease stress, and is good for overall health and balance. Chairs will be available.

**Dates:** 7-week session Wednesdays, July 8– August 19

**Time:** 9:45 a.m. -10:45 a.m.

**Cost:** \$49.00

Make-up class, if needed, will be

Thursday, August 20, 12:00noon-1:00p.m.

Min.10 /Max. 22



**Scholarship Funds are Available:** The C. Eleanor Genovese Fund is intended to subsidize or pay for COA classes, activities or trips for Wellesley residents. Call the COA for more information. Anyone wishing to contribute to this fund should speak with Gayle Thieme, Director of Senior Services, 781-235-3961.

## **Resource Spotlight!**

**Are You OK?:** This issue's Resource Spotlight is the "Are You OK?" program through the Norfolk County Sheriff's Office, in conjunction with Fallon Ambulance. "Are You OK?" is a daily telephone call that checks on the well-being of seniors who have registered for the service. Program participants receive a telephone call asking "Are You OK?" at the same chosen time each day. If there is no answer, a second phone call is placed five minutes later. If there is still no answer, a designated family member or friend is notified, and if needed, local public safety officials are contacted to check on the person. The program offers flexibility – seniors can subscribe permanently, or for brief periods (for example, after returning home from the hospital). Arrangements can also be made for vacations and holidays. This free program uses only a telephone number, with no equipment to purchase! Subscribers can maintain their independent lifestyle with added peace of mind as well as reassurance for loved ones. The daily phone call can also function as a reminder to take medication! To register for "Are You OK?" or for more information, please call 1-866-900-RUOK (7865). Brochures are also available at the Council on Aging.

The Wellesley Council on Aging is excited to continue our partnership with Metro West Legal Services (MWLS) that will bring free legal clinics to the COA! This is an opportunity to meet with an attorney from MWLS in-person to discuss your particular legal issue(s). Clinics will be held on the third Tuesday of every other month from 9:00-11:00am. The second clinic is scheduled for Tuesday, August 18, and meetings (15-20 minutes in length) are by appointment only. Please call the 781-235-3961 to schedule an appointment.

## **Drop In Activities**

**Bridge:** Monday afternoons from 12:30-3:00 p.m.

**Cribbage:** Tuesday afternoons from 1:00-2:30 p.m., except for August 18. Cribbage will be held from 2:00-3:30 p.m. due to the Ice Cream Social at 1:00 p.m. COA volunteer Fran Weinberg will provide instruction for those new to the game.

**Coffee Hour:** Wednesday mornings from 9:30-10:30 a.m.

**Scrabble:** Wednesday mornings from 9:30-11:30 a.m.

**Computer Assistance:** Availability of helpful volunteers varies. Please contact the COA for more information.

**Knitting at the COA:** The group meets every other Thursday afternoon from 2:00-3:30 p.m. (See calendar for dates.)

**Bingo:** Thursday afternoons July 16 and August 20, 1:30p.m.

**Mah Jong:** Every Thursday afternoon, 1:00-4:00 p.m.

**Book Discussion:** This group will reconvene in the fall. The summer reading is as follows: *Dreamland* (Sam Quinones), *Dead Wake* (Erik Larson), *Spectator Bird* (Wallace Stegner), *Ordinary Grace* (William Krueger). The first book for the fall will be *The Hanging Judge*, a novel by Michael Ponsor. The author will visit WFL & Mass Bay on Oct. 27. More detailed information will be in the Sept./Oct. edition of Highlights.

**Monday Walking Group:** Heading out from Whole Foods, the Monday walking group heads in any direction on local walking trails, streets, and nearby campuses. *Special thanks to Friends of the Wellesley Council on Aging for sponsoring hot coffee for the walkers after they enjoy their walks!*

**Wednesday Walking Group:** Meets at the Wellesley Community Center at 9 a.m., led by COA volunteer Jim Reilly. Afterwards the group enjoys coffee and a snack at the COA.

**Darts:** Join us every other Monday afternoon, 2:00-3:30 p.m. (see calendar for specific dates), and see if you can get a bullseye!

**Croquet:** This competitive, but fun activity will continue to meet every other Monday afternoon, 2:00-3:30 p.m. (see calendar for specific dates). This activity will meet out on the greens in front of the community center.

Check out our darts activity  
every other Monday afternoon!



## Updates

### COA Staff Updates:

#### Fond Farewells:

**Miguel Melendez** left his position as COA bus driver in April. The COA appreciates Miguel's dedication as we transitioned to having the bus service "under our umbrella" last July 1. **Lorraine Clough** left her position as Volunteer Coordinator in mid-May. Lorraine worked with more than 200 volunteers ranging from age 9 to age 92! We thank her for all of her good work growing and enhancing our volunteer program.

**Lois Camberg** retired from her position as Coordinator of the COA Volunteer Driver's Program (VDP) on June 30. The COA extends deepest appreciation to Lois for an outstanding job overseeing the VDP since inception (2011). She is to be commended for all of her efforts recruiting and coordinating volunteers and for always doing her very best to meet the transportation requests that came her way. Under Lois's leadership, the VDP provided has more than 5, 500 rides for Wellesley seniors!

**\*\*\*Please reference the enclosed insert to learn about important changes to COA transportation programs effective July 1, 2015 \*\*\***

#### Warm Welcomes:

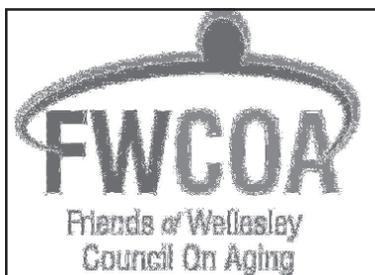
In May, the COA welcomed **Jamie Murphy** and **Hector MacDonald** as new COA bus drivers. Jamie will be serving as a regular part time driver and Hector will be on-call. The COA is in the process of hiring for a few open positions. Stay tuned for hiring updates.

### That's What Friends are For...

The Friends of the Wellesley Council on Aging are very excited by all we have been able to do for the Council on Aging since we were formed in 2013. We add spice to the lives of Wellesley seniors by funding programs, subsidizing a very popular lunch program, engaging the community in a variety of ways and hosting major events.

It takes a group of dedicated volunteers to accomplish all of the above and more. We invite you to join us as we continue to make a difference. We are seeking volunteers for our board who have skills in planning, finance, website development, social media, marketing, generating new ideas and rolling up sleeves to get things done.

If you are interested in learning more about how you can become a part of this vibrant organization please contact Barbara Peacock-Coady at [bpcoady@comcast.net](mailto:bpcoady@comcast.net). We look forward to hearing from you.



### Saturday Night Fevah was a tremendous success!

The Wellesley Council on Aging and the Friends of Wellesley Council on Aging hosted our 4th annual signature evening social on Saturday, May 9 titled Saturday Night Fevah! Over 120 guests attended this event and it was a fun-filled evening with music, dancing and reminiscing with friends at Wellesley College's Diana Chapman Walsh Alumnae Hall Ballroom. DJ Tommy Sheehan had people moovin' & groovin' to the music. This social was the best one yet and we thank everyone who was involved!



*Guests danced all night long with music from the 60s, 70s, and 80s!*

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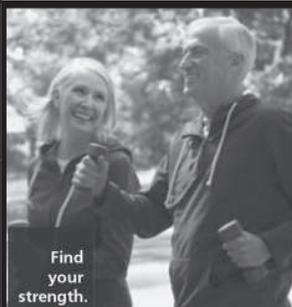
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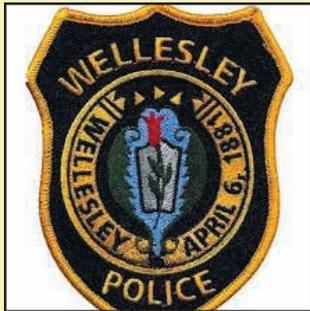
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## Summer BBQ Tuesday, July 14, 11:30 a.m.

Join us for our summer BBQ! This year the COA is teaming up with the Wellesley Police Department to co-sponsor this fun summer social. We will serve hamburgers and hot dogs with all the fixin's! Food will be cooked outdoors, but guests will be seated in the air- conditioned comfort of Henderson Hall. After lunch we welcome back the ever- popular TONY FUNCHES, former lead singer of the Platters, with a guaranteed captivating performance. Afterwards enjoy a complimentary sweet treat from an ice cream truck!



Mr. Tony Funches



Wellesley Council on Aging

We extend our appreciation to Wellesley Patrolman's Union, in particular Tim Barros, President of the Union and Evan Rosenberg, School Resource Officer for organizing and planning this event with the COA.

**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 programming information.

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