



September/October  
2016

# Highlights

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<http://www.wellesleyma.gov/coa>

The mission of 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.

## REGISTRATION BEGINS:

**Tuesday, August 30**  
**(Wellesley residents)**

**Wednesday, August 31**  
**(non-Wellesley 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.

### STAFF:

**GAYLE THIEME**  
Director of Senior Services  
**LINDA CLIFFORD**  
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**ASHLEY SHAHEEN**  
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**BETSY VISVIS**  
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**JAMES MURPHY & RICK WALDMAN**  
Bus Drivers  
**HECTOR MACDONALD**  
On-call Bus Driver  
**NEWSLETTER MAILING COORDINATOR:**  
**MARY BOWERS**, Volunteer

## FALL BACK TO THE 50s

**Friday, October 21, 7:00-9:30 p.m.**  
Wellesley Recreation Department  
90 Washington Street - Gymnasium  
**Tickets: \$5.00**

Come dressed in your best 50s style costumes (optional) and enjoy a few hours of music from the era. This evening will feature music, dancing, and hits of the fabulous 50s. The Wellesley Council on Aging, Wellesley Recreation Department, and the Wellesley High School Key Club are excited to team up and co-sponsor this fun evening out! Show off your dance moves and teach high school students dances from the 50s. Key Club members will serve refreshments and lead contests with prizes! If you need a ride, call Council on Aging Transportation at 781-235-3046. Special thanks goes to the Friends of the Wellesley Council on Aging for sponsoring this event.

**Start the party early**—join us to see Grease on Friday, October 21 at 12:30p.m. at the Wellesley Community Center—Henderson Hall.

**Holiday Schedule:** The COA is closed and the bus will not run on Monday, September 5 (Labor Day) and October 10 (Columbus Day).



## Special Happenings: Pre-registration required

### Welcome Back Social

**Friday, September 9, 11:45 –12:30 p.m.**

Join the COA for the first social of the season! Express Gourmet of Wellesley will cater a luncheon of assorted sandwiches, chips, and beverages. During lunch, you will listen to the musical stylings of Larry Buckley on the piano. Cost: \$4.00. Max. 50. Special thanks to the Friends of the Wellesley Council on Aging for generously subsidizing this event.

### Celebrate Grandparents' Day at California Pizza Kitchen

**Sunday, September 11, 12:00-2:00 p.m.**

Whether you are a grandparent or not, celebrate the day with the COA! Join us for lunch at California Pizza Kitchen, 183 Linden Street, and receive a **special 10% discount**. Upon registration, you will receive a coupon. Join us for a great meal, and even better company with family and COA friends.



### Hearing Screenings

**Monday, September 19, 1:00-4:00 p.m.**

In just 10 minutes, Mass Audiology can check your ear canal for wax build-up and screen you for hearing loss with an audiometer. If you already have hearing aids, they can check them and replace your batteries and/or answer any questions you may have about your hearing device.

### Anfora Personal Catering Offers a FREE Luncheon

**Monday, September 26, 12:00-1:00 p.m.**

Igor Katsenelenbogen, owner of Anfora Personal Catering, a service that provides freshly prepared meals delivered to the customer's residence, will provide a complementary luncheon at the COA. The luncheon will include: quiche with a mixed greens salad, eggplant parmesan, freshly squeezed juice, and a pear frangipane tart. His service provides 3 deliveries per week and it is well suited for older people who are not able to go shopping, and prepare healthy meals. For more information, please visit: [www.anforaboston.com](http://www.anforaboston.com) Our Health and Social Services Administrator Kate Burnham will be attending and can share additional resources. Max: 20

### Golf Tournament

**Wednesday, September 14, 8:30-12:00 noon**

This is the COA's 9th golf tournament in partnership with Nehoiden Golf Course. Once again, they will open their golf course, free of charge, to Wellesley residents age 60+ for a 9-hole round of golf. Tee-off is at 9 a.m. (shotgun start). Golfers are welcome to meet at the Golf House on the sixth hole for refreshments at 8:30 a.m., and will be given their cards at that time. Nehoiden is a walking course. Motorized carts are not allowed so each golfer must bring his/her own golf clubs and pull carts. Parking is available in the lot on Rt. 16 across from the Wellesley College Club. The rain date is Wednesday, September 21 at 8:30 a.m. Golfers will be notified by 3:00 p.m. the day before if there will be a postponement. Thank you to the Friends of Wellesley Council on Aging for donating giveaways and raffle prizes. Max: 24



### Housing Options Tour—Orchard Cove, Canton

**Thursday, September 29, 10:30-3:00 p.m.**

#### Itinerary:

*10:30 a.m. Pick-up Wellesley COA*

*11:00 a.m. Arrive Orchard Cove*

*11:15 a.m. Tour of the Community*

*12:00 noon Luncheon*

*1:15 p.m. Introduction to Orchard Cove*

*1:30 p.m. "Lifelong Vitality: How to Achieve Your Goals At Any Age."* Orchard Cove's award-winning Vitalize360 program helps residents accomplish their life goals by empowering them to take a proactive, preventive approach to living life to its fullest. Beginning with a proven, computerized assessment, a Vitalize360 coach works with residents to create a personalized wellness plan.

*2:30 p.m. Departure to COA*

**Description of the community:** "Orchard Cove in Canton is a vibrant continuing care retirement community immersed in culture and creativity and built on a philosophy that choice, independence and a holistic approach to wellness lead to fulfilling and stimulating lifestyles. We provide an exceptional continuum of care at three levels: Independent Living, Enhanced Living, Skilled Nursing and Rehabilitation Care. Orchard Cove is sponsored by Hebrew SeniorLife, an internationally recognized leader in geriatric research, training and education for more than a century." Max: 26



## Special Happenings: Pre-registration Required

### A Crooners' Caravan Tour of New England Thursday, October 13, 10:30-11:30 a.m.

Hop on the (virtual) tour bus and travel to the birthplaces of some of our greatest singers and composers - all New England natives - and enjoy listening to some of their best songs along the way. This special musical tour includes the "original crooner" from Vermont; the star of Camelot and a brilliant composer/conductor, both from Lawrence, Massachusetts; the "Father of Broadway Musicals" from Providence; the tragic story of a great singer from Dorchester; a songbird from Newton; a Malden balladeer who accidentally created one of the funniest moments in the history of the Tonight Show; and more. (All this, without ever leaving Wellesley!) Your tour guide is Frank King. Mr. King holds a Masters in Broadcasting from Boston University and a BA from Princeton. A lifelong devotee of recorded music, he formerly hosted music programs on WBUR radio. His lectures draw from the music and art from his personal collection of over 2,000 record albums. A special thank you goes to Briarwood Rehabilitation and Healthcare in Needham for sponsoring this program.



### Spooktacular

**Tuesday, October 25, 1:00-2:00 p.m.**

Once again we will host our annual "SPOOKTACULAR" with crafts, games, and a spooky parade and a costume competition with a panel of esteemed judges.



### Protect Your Identity with Mobile Shredding

**Monday, October 24, 10:30-12:30 p.m.**

You are invited to safely dispose of sensitive and personal documents to further protect yourselves from identity theft and fraud. In 2009, the dollar amount stolen was \$21 billion, equating to an incident of identity fraud every few seconds. Protect yourself and your identity. Come and speak to DA Michael Morrissey's staff and shred tax, financial, legal and other documents free of charge. This event, organized to heighten awareness about identity theft and fraud, is sponsored by Norfolk District Attorney Michael Morrissey. Light refreshments.

### Breakfast Club

**Wednesday, September 7, 8:00-9:30 a.m.**

Captain Marden's, 279 Linden Street, Wellesley  
Choose your own breakfast and pay for it at that time.

**Wednesday, October 5, 8:00-9:30 a.m.**

Station 5 Grille, 17 Watson Street, Natick  
Choose your own breakfast and pay for it at that time.  
Max: 15

### Lunch Outing-- Delicious Dining

**Monday, September 12, 12:00-1:30 p.m.**

Bertucci's, 380 Washington Street, Wellesley  
Choose your own lunch and pay for it at that time.

**Wednesday, October 19, 12:00-1:30 p.m.**

The Cheesecake Factory, 1245 Worcester Street, Natick  
Choose your own lunch and pay for it at that time.  
Max: 12



### Fire Safety Pancake Breakfast Monday, October 17, 8:30-10:00 a.m.

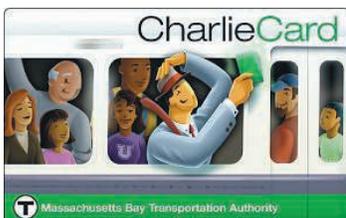
In honor of National Fire Prevention Week, (October 9-15, 2016), the brave firefighters of the Wellesley

Fire Department will once again host a pancake breakfast at the COA. Lt. Paul Delaney will give an educational presentation and will share fire safety tips. There will be giveaways and more — come and see for yourself!!

### Sign up for your MBTA Senior Charlie Card

**Tuesday, October 18, 11:00-1:00 p.m.**

The MetroWest Regional Transit Authority (MWRTA) will be available to take your picture and fill out the necessary paperwork for a new MBTA Senior Charlie card. Seniors (65+) receive significant discounts on rides and passes. Please be sure to bring proof of age such as a Driver's License, State I.D., or Passport.



### Save The Date: December 3 "REINVEST IN YOU"

Be sure to make plans to attend the bi-annual Conference and Expo, "REINVEST IN YOU", to be held Saturday, December 3<sup>rd</sup> at Wellesley High School, 9:00 AM – 3:00 PM. This informative day will include speakers and workshops geared to attendee's approaching retirement, recently retired, as well as all of us who wish to maximize our enjoyment of a vibrant and healthy lifestyle. We'll explore several key paths including Discover Your Encore, Thinking Beyond the Money, Health & Wellness, Connections and Relationships, and Financial Preparation. In addition, there will be over 40 exhibitors allowing you to explore products and services geared to your needs in the coming years. Registration and program details will be available in October, but for now, mark your calendar for "REINVEST IN YOU" on December 3<sup>rd</sup> and plan to attend the Conference & Expo on successful aging.....preparing for the next exciting chapter of your life.



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

### **Raising Cultural Awareness: Crossing Cultures with Confidence**

**Thursday, September 8, 10:30-11:30 a.m.**

How do you differentiate what is culture and what might be “personality?” Culture is invisible and complex. Yet we are often not conscious of its impact – in other words, we simply don’t know what we don’t know. This interactive workshop, facilitated by Cynthia Sibold, COA Volunteer, will provide participants the opportunity to explore their own cultural values, learn practical tips to enhance intercultural communication and gain skills for navigating cultural interactions. Cynthia has spent her professional career working with international families and executives for over 25 years helping them adapt in new cultural environments.



### **Traditional Chinese Presentation**

**Friday, September 9, 10:30-11:30 a.m.**

In ancient times, Chinese people believed that traditional Chinese culture is a gift from heavens. Over the course of 5,000 years, Chinese music was developed through different dynasties and across regions. Each dynasty created its very own musical form. China also has over 50 ethnic minorities with their distinct ways of life. It’s no surprise that the sub-culture is deeply embedded into each ethnicity’s music style. Now, for the first time ever, the beauty and spirit of this ancient musical form are combined seamlessly with a Western symphony orchestra. Can you imagine what that sounds like? This presentation is led by Bob Goudreau, volunteer for the Falun Dafa Association of New England, the local host and organizer of Shen Yun Performing Arts.

### **You Are Not Healthy Without Good Oral Health**

**Friday, September 16, 10:30-11:30 a.m.**

Dr. Touradj Amelia of Aesthetic, Reconstructive and Implant Dentistry, will share why adequate nutrition is a vital factor in promoting health and well-being. Poor oral health can be a detrimental factor to nutritional status and health. A compromised nutritional status, in turn, can further undermine the integrity of the oral cavity. Diet and nutrition should be considered as an integral part of the oral health assessment and management of the elderly.



### **Exploring Opera with Helen Sagan, The Opera Lady**

**Wednesday, October 19, 2:00-3:00 p.m.**

*Don Giovanni*: The Rake is Punished  
The ultimate seducer, Don Giovanni (Don Juan of legend), leaves a wake of fallen women behind him. In Seville, his luck changes. He kills the Commendatore, father of his recent love-interest, Donna Anna. At a feast hosted by Don Giovanni, the statue of the deceased commander comes alive, dragging the non-repentant seducer to the fires of Hell. Mozart’s brilliant score includes a treasure-trove of arias, duets and ensemble pieces.



### **What is Uber?**

**Friday, October 21, 10:30-11:30 a.m.**

With Uber, go where you want, when you want. Just tap a button and you can get quick, safe and reliable transportation within minutes. All you need is the free smartphone app which allows you to request a ride from nearby drivers at any time! The fares are affordable (\$2 base fare + \$1.24/mile + \$0.20/minute) and there’s no need for cash or tips. Payments are automatically charged to the credit card on file. Join Susan Effler, New England Marketing Manager, and Fatmir Shkurti, New England Marketing Coordinator, to learn more about Uber and how you can get your first ride for free!

### **Health Care Options**

**Tuesday, October 25, 10:00-11:00 a.m.**

The presentation, led by a Blue Cross Blue Shield of Massachusetts representative, is geared towards individuals on Medicare who may have questions about their health plan or other available plan types. It will focus on the differences between Medigap and Medicare Advantage plans and explain when enrollees can switch plans.

### **A Very Dangerous Woman: Anne Hutchinson**

**Friday, October 28, 10:30-11:30 a.m.**

Arriving in Boston from England in September, 1634, Anne Hutchinson, along with her husband and eleven children, settled into their new life in the Massachusetts Bay Colony. Deeply religious and a skilled midwife, Hutchinson was embraced by the Puritan community. Soon however, she began to hold religious meetings in her home and to question the Biblical authority of the minister’s sermons. When she refused to remain silent, Boston clergymen, together with Governor John Winthrop, condemned Hutchinson as “a Very Dangerous Woman” who stubbornly refused to recant her “fowl and Damnable Heresies.” A special thank you goes to The Residences at Wingate, in Needham, for sponsoring this program.



**Exercise Classes: Pre-registration required**

**Make-up classes:** For each fee-based fitness session, a make-up class is listed. This class is held only if the COA or instructor cancels a class within the session!

**Drop-in classes:** There are several DROP IN classes available this fall. The drop in classes are NOT included in the session, rather, these are optional for enrolled students & open to new students wishing to try the class. Pre-registration is NOT required for the DROP IN classes. Payment is due upon arrival. See below:

Class	Day	Time	Date	Price
Yoga	Tues	9:30-11:00	Oct 4	\$15
Yoga	Tues	9:30-11:00	Oct 11	\$15
Better Bones	Mon	9:45-10:45	Oct 3	\$7
Better Balance	Mon	11:00-12:00	Oct 3	\$7

**Better Balance**

**Instructor:** Leslie Worris, MPH, RYT  
The class will help improve posture, strength, flexibility, core, gait, mobility, stability, breath, and endurance, and help maintain your independence. Min: 8/ Max: 20

Day	Time	Date	Price
Mon 11-12	Sep 12,19,26, Oct 17,24,31		\$42
Wed. 11-12	Sep 14,21,28, Oct 5,19,26		\$42

*Make-up date: Friday, November 4, 9-10 a.m.*  
*Make-up date: Friday, November 4, 12-1 p.m.*

**Tai Chi for Health**

**Instructor:** Leslie Worris, MPH, RYT.  
This class is especially ideal to free up stiff joints and muscles, and decrease stress. Min: 10/Max: 22

Day	Time	Date	Price
Wed.	9:45-10:45	Sep 14,21,28, Oct 5,19,26	\$42

*Make-up date: Friday, November 4, 11-12 p.m.*

**Line Dancing**

**Instructor:** Nancy Diduca  
Come on down and enjoy some great music, good exercise and even better company. Min. 6/ Max: 20

Day	Time	Date	Price
Thurs	1-2	Sep 15,22,29, Oct 6,13,20	\$30

*Make-up: Thursday, October 27, 1-2 p.m.*

**Senior Core and Fitness**

(Co-sponsored with Recreation Department)

**Instructor:** Sharon Fillyaw  
Location: Rec Department, 90 Washington St.

You will learn how to react before, during and after a fall and how to do so if injured. Call the Recreation Department at 781-235-2370 to register. Min: 15/ Max: 20



Day	Time	Date	Price
Fri	2:15-3:15	Sep 16, 23, 30, Oct 7,14,21,28, Nov 4,18,Dec 2	\$50

**For information on Ping-Pong and Pickleball please see page 12 for details.**

**Yoga**

**Instructor:** Judy Scribner-Moore  
Judy combines 30 years of teaching experience, interpersonal and mindfulness skills, and knowledge of anatomy and physiology, to guide new and experienced students in yoga poses and relaxation exercises that support healthy aging. Students are encouraged to bring their own yoga mats and a firm blanket to each class.  
Min: 10/ Max: 18

Day	Time	Date	Price
Tues	9:30-11:00	Sep 6,13,20,27, Oct 18,25	\$85
<i>Make-up date: Friday, October 28, 9:30-11:00 a.m.</i>			
Tues	11:15-12:45	Sep 6,13,20,27, Oct 18,25	\$85
<i>Make-up date: Friday, October 28, 9:30-11:00 a.m.</i>			

**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 and core strength, balance and endurance. We will work in a chair, stand, and use a mat on the floor. Please bring two sets of free weights, a towel and water. Min: 12/ Max: 24

Day	Time	Date	Price
Mon	9:45-10:45	Sep 12,19,26, Oct 17,24,31	\$42
<i>Make-up date: Friday, November 4, 10:00-11:00 a.m.</i>			
Thurs	9:30-10:30	Sep 15,22,29, Oct 6,13,27	\$42
<i>Make-up date: Friday, November 4, 1:00-2:00 p.m.</i>			
Thurs	10:45-11:45	Sep 15,22,29, Oct 6,13,27	\$42
<i>Make-up date: Friday, November 4, 2:00-3:00 p.m.</i>			

**NEW Qi Gong**

**Instructor:** Bob Doherty, certified QiGong Instructor  
QiGong is a practice of aligning movement, posture, and awareness for a better you. This exercise class is designed for all ages and fitness levels. It can be done sitting or standing. With roots in ancient Chinese Medicine, QiGong is traditionally viewed as a health practice which cultivates ones "intrinsic life energy" or Qi(Chi). Practice involves slow, stylized repetition of fluid movements, a calming mindfulness and visualization of guiding Qi through the body. QiGong is considered by some to be an exercise and by others a type of alternative medicine, or a meditation practice.  
Min. 8/Max: 20

Day	Time	Date	Price
Fri	9:15-10:15	Sep 16 & 30	FREE
Fri	9:15-10:15	Oct 14, 21,28, Nov 4	\$20

*Make up: Friday, November 11, 9:15-10:15 a.m.*

**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.

**IMPORTANT!** As a courtesy to all of our participants, when using perfumes or body lotions, we ask you to be mindful of those with allergies and sensitivities to fragrances.

## Classes : Pre-registration required

### Acrylic Painting

**Instructor: Maris Platais**

Maris will guide you in reaching your full potential as an artist. Bring photo references or work from memory and field sketches. Demonstrations and critiques are offered throughout this course.

Location: Rec Department, 90 Washington St.

Min: 8 / Max: 16



Day	Time	Date	Price
Wed	1:30-3:30	Sep 7,14,21,28, Oct 5,19,26, Nov 2	\$108

*Make-up date: Mon, Nov 7, 1:30-3:30 p.m.*

### Art for Fun

**Instructor: Cecilia Sharma**

Come and enjoy individual hands-on instruction and explore a variety of techniques that are fun and exciting! Through a series of painting exercises, you will learn layering of paint, developing textures, shapes and create the illusion of light.

Location: Rec Department, 90 Washington Street St

Min: 8 / Max: 14

Day	Time	Date	Price
Mon	10:00-12:30	Sep 12,19,26, Oct 17,24,31, Nov 7,14	\$175

*Make-up class: Mon, Nov 21, 10-12:30 p.m.*

### NEW Beginners Pottery

**Instructor: Ramune Jauniskis**

Location: Rec Department, 90 Washington St.

Learn basic hand building (and wheel throwing) while creating beautiful, functional, and decorative pieces.

Participants will be encouraged to explore their own ideas as well as work on suggested projects that will be demonstrated at the beginning of class. All work will be kiln fired. Min: 8 Max: 10

Day	Time	Date	Price
Thur	10:00-12:00	Nov 3,10, 17	\$35



### NEW Arts and Crafts: Picked From Pinterest

Discover the rewards of finding a new hobby or rediscover your hidden artistic talents by joining us for our arts and crafts activity inspired by Pinterest! Have you heard of Pinterest?! It is a social network that allows users to "pin" fun, creative ideas for arts and crafts, centerpieces and more! The COA Programming Team will pick a simple seasonal activity for all to enjoy. On Monday, September 19 we will create an autumn wreath and on October 17 we will create decorative pom pom pumpkins.

Min: 6 / Max: 20

Day	Time	Date	Price
Mon	2:00-4:00	Sep 19	\$5
Mon	2:00-4:00	Oct 17	\$5

### NEW Fall Floral Arranging Class

**Instructor: Barbara Gage-Mulford**

Join us for a fun fall floral arranging class at the COA. You will bring home a beautiful, medium-sized fresh cut arrangement, great for brightening your day or gift-giving. Barbara will provide cut seasonal flowers, clean, recycled vases and tools of the trade.

Min: 6/ Max: 20

Day	Time	Date	Price
Mon	1:30-2:30	Sep 12	\$10

### French

**Instructor: COA Volunteer, David Myersmith**

Join David and his devoted students to refine your French pronunciation and dramatically increase your vocabulary. You'll be amazed at how fast your high school or college French comes back. No pressure, no grammar, no homework. Just a delightful learning experience. Classes meet year-round, weekly on Wednesdays from 1:00-2:30 p.m.



Day	Time	Date	Price
Wed	1:00-2:30	Sep 7,14,21,28, Oct 5,19,26	Free

### German

**Instructor: Gerda Plouffe**

This group is mainly continuing students. New participants are always welcome if they have had German in the past. Call the COA to express interest and we will have our German instructor, Gerda Plouffe, contact you.

Day	Time	Date	Price
Tues	10:00-11:15	Sep 13,20,27, Oct, 4,11,18,25	Free

### NEW World Religions

**Instructor: Sister Marie Elena Dio**

Approximately 8 in 10 people in the world identify with a religious group. That's about 83% of the global population. About 16% are "nones," having no religious affiliation, although most do hold some spiritual beliefs. Today's media illustrate much confusion and misinformation about the meaning of "religion" and about what particular faith traditions teach. The COA will offer a five-part series on Major World Religions: Hinduism, Buddhism, Judaism, Christianity, Islam. Sessions will include origins, scriptures, beliefs, practices. Each part is independent and can be attended separately. The first session will be on Hinduism, the third largest world religion. Max: 30

Day	Time	Date	Price
Thur	10:30-11:30	Sep 15,22,29, Oct 6, 13	Free

## Classes: Pre-registration required

### NEW Life-Writing Course

**Instructors:** COA Volunteers, Julia and Alex Bucci

Writing about our own lives allows us to tell our stories to family and friends. It also offers us a chance to reflect on the meaning and beauty of our own lives. You do not



have to think of yourself as a writer to enjoy this hands-on workshop. We will write and compile stories, letters, poems, and reflections that explore the unique events, experiences, and insights that have shaped our individual lives. In-class writing exercises will allow us to access memories and details as we have fun writing together and sharing our work.

**Materials:** students will need to bring something to write with/on: notebooks, pens, laptops, and/or iPads.

Min:6 Max:12

Day	Time	Date	Price
Wed	2:30-4:00	Sep 14,21, Oct 5,19,26, Nov2,9,1	Free

### NEW Sign Language (Co-sponsored by the Rec Dept.)

**Instructor:** Robert McGuane

In addition to hearing aids, etc., the ASL Manual alphabet is one of the options advocated by the Massachusetts Commission for the Deaf & Hard of Hearing (MCDHH) to support the late deafened or recently hard of hearing. The Manual Alphabet is the foundation of American Sign Language (ASL).

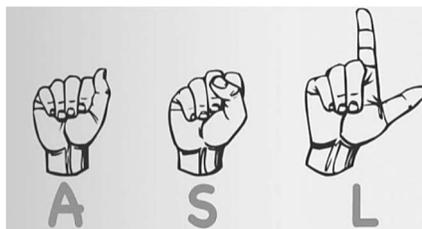
However, for manual communicators who use fingerspelling, the manual alphabet is a complete and essential language. For low vision lip readers,

including persons diagnosed with age-related macular degeneration (AMD), the ASL Manual Alphabet is a low vision aid. Families and caregivers should learn this valuable skill. Baby or Basic Sign Language beginning signers can learn more ASL by completely learning the Manual Alphabet. Call the Recreation Department at 781-235-3961 to register.

Location: Rec Department, 90 Washington St

Min: 7/Max: 12

Day	Time	Date	Price
Beginner (Wed)	7 - 9 p.m.	Sep 21	\$20
Intermediate (Wed)	7 - 9 p.m.	Oct 19	\$20
Advanced (Wed)	7 - 9 p.m.	Nov 16	\$20



### NEW Minds in Motion:

**Instructor:** Jerry Cianciolo

When the Spanish cellist, Pablo Casals, turned 95, a reporter asked him why he continued to practice four to five hours a day. Mr. Casals answered, "Because I think I'm making progress." Casals was living proof that regardless of age, the desire to improve ourselves, to explore new challenges, and to embrace new topics never ends. Such zeal for learning, and the health benefits accruing from it, led to the creation of Minds in Motion, a mentally challenging 8-week workshop. Research has shown that remaining cognitively active throughout life is associated with a lower risk of Alzheimer's disease, according to the National Institutes of Health. One large observational study found that the risk of developing the disease was 47 percent lower, on average, for those who frequently engaged in mentally challenging activities than for those who did them less often. Minds in Motion takes its cue from these and other key findings. One is continually challenged to defend personal judgments, express opinions, and reevaluate a range of long-held positions and beliefs. The opposite of a lecture course, these lively one-hour sessions cover substantive topics that encourage participants to stretch intellectually and emotionally. Min: 12/ Max: 15

Day	Time	Date	Price
Fri	1:00-2:00	Sep 9,16,23,30,Oct 7,14,21,28	\$25

*Make-up date: Friday, November 4, 1:00-2:00 p.m.*

### NEW Ancient Greek Civilization

**Instructor:** Professor Jeremy McInerney, Ph.D.

Why do the ancient Greeks occupy such a prominent place in conceptions of Western culture and identity? What about them made generations of influential scholars and writers view Hellenic culture as the uniquely essential starting point for understanding the art and reflection that define the West? Does this view tell the whole story? Join Professor Jeremy McInerney as he discusses these questions during this 12-week course. We will show two lectures (30 minutes each) on Tuesdays, with a coffee break in between. This 12-week course is part of The Great Courses—DVDs that bring engaging professors from the best universities to you. Max:24



Day	Time	Date	Price
Tues	10:00-11:15	Sep 6,13,20,27,Oct18,25 Nov 1,8,15,22,29, Dec 6	FREE

September 2016

**Do you need a ride to and from our activities? If so, contact the Wellesley Council on Aging Transportation Coordinator at 781-235-3046. \* Only destination served by the COA Bus on this date.**

**The COA is closed and the bus will not run. Labor Day!**

<p>5 9am 9:45-10:45 10:00-12:30 11:00-12:00 12:00-1:30 12:30-3:00 1:00-3:00 1:30-2:30</p> <p>Walking (Whole Foods) Better Bones Art for Fun (Rec Dept.) Better Balance Delicious Dining— Bertucci's Bridge Pickleball (Rec Dept.) Fall Floral Arranging Class</p>	<p>6 9:30-11:00 11:15-12:45 10:00-11:15 11:45-12:30 1-2:30 1:30-2:30</p> <p>Yoga Yoga Ancient Greek Civilization Lunch: Roast beef and Swiss panini and reese cookie Cribbage Keep Well— 315 Weston Road</p>	<p>7 8:00-9:30 9:15 9:30-10:30 9:30-11:30 10:00-11:00 1:00-2:30 1:30-3:30 1:00-4:00</p> <p>Breakfast Club— Captain Marden's Walking Group COA Coffee Scrabble/Cards Keep Well (COA) French Acrylic Painting (Rec Dept.) SHINE *Free Grocery Shopping Trip—COA Bus</p>	<p>8 9:45-12:45 10:30-11:30 11:45-12:30 11:30-1:00 1:00-4:00</p> <p>Technology Appointments Raising Cultural Awareness Crossing Cultures with Confidence Lunch (Bruegger's) Photography Club Mah Jong</p>	<p>9 10:30-11:30 11:45-12:30 1:00-2:00</p> <p>Traditional Chinese Presentation Welcome Back Social Minds in Motion Celebrate Grandparent's Day at California Pizza Kitchen is on Sunday, September 11, 12-2:00 p.m.</p>
<p>12 9am 9:45-10:45 10:00-12:30 11:00-12:00 12:00-1:30 12:30-3:00 1:00-4:00 1:30-2:30</p> <p>Walking (Whole Foods) Better Bones Art for Fun (Rec Dept.) Better Balance Delicious Dining— Bertucci's Bridge Pickleball (Rec Dept.) Fall Floral Arranging Class</p>	<p>13 9:30-11:00 11:15-12:45 10:00-11:15 10:00-11:15 11:45-12:30 1:00-2:30 1:30-2:30</p> <p>Yoga Yoga Free Legal Clinics German Ancient Greek Civilization Lunch: Chicken quesadilla garden salad and a chocolate muffin Cribbage Keep Well— Morton Circle</p>	<p>14 8:30-12:00noon 9:15 9:30-10:30 9:30-11:00 9:30-11:30 9:45-10:45 11:00-12:00 1:00-2:30 1:00-2:30 2:30-4:00 1:00-4:00</p> <p>Golf Tournament Walking Group COA Coffee Community Service Bears Scrabble/Cards Tai Chi Better Balance Acrylic Painting (Rec Dept.) French Life-Writing Course SHINE * Free Grocery Shopping Trip—COA Bus</p>	<p>15 9:30-10:30 9:45-12:45 10:30-11:30 10:45-11:45 11:45-12:30 1-4 1:00-2:00 1:30-3:00 2:00-3:30</p> <p>Better Bones Technology Appointments Hinduism class Better Bones Lunch (Bruegger's) Mah Jong Line Dancing Bingo Knitting</p>	<p>16 9:15-10:15 10:30-11:30 11:45-12:30 12:30 1:00-2:00 2:15-3:15</p> <p>Qi Gong (Free) You Are Not Healthy Without Good Oral Health Lunch: Turkey delight sandwich, chips, and oatmeal raisin cookie Movie: Miracles from Heaven (1hr 49 minutes) Minds in Motion Senior Core and Fitness (Rec Dept.)</p>
<p>19 9am 9:30-11:30 9:45-10:45 10:00-12:30 11:00-12:00 12:30-3:00 1:00-4:00 1:00-3:00 2:00-4:00</p> <p>Walking (Whole Foods) Wii Bowling Better Bones Art for Fun (Rec Dept.) Better Balance Bridge Hearing Screenings Pickleball (Rec Dept.) Arts and Crafts</p>	<p>20 9:30-11:00 11:15-12:45 10:00-11:15 10:00-11:15 11:45-12:30 1:00-2:30 1:30-2:30</p> <p>Yoga Yoga Free Legal Clinics German Ancient Greek Civilization Lunch: Smoked brisket, garlic bread and cole slaw and chocolate pudding Cribbage Keep Well— 41 River Street</p>	<p>21 9:15 9:30-10:30 9:30-11:30 9:30-11:00 9:45-10:45 11:00-12:00 1:00-4:00 1:00-2:30 1:30-3:30 2:30-4:00 1:00-4:00 7:00-9:00</p> <p>Walking Group COA Coffee Scrabble/Cards Community Service Bears Tai Chi Better Balance SHINE Acrylic Painting (Rec Dept.) Life Writing Course SHINE Sign Language Class (Rec Dept.) *Free Grocery Shopping Trip—COA Bus</p>	<p>22 9:30-10:30 9:45-12:45 10:30-11:30 10:45-11:45 11:45-12:30 1:00-2:00 1:30-3:00 2:00-3:30</p> <p>Better Bones Technology Appointments Hinduism Class Better Bones Lunch (Bruegger's) Photography Club Mah Jong Line Dancing</p>	<p>23 8:00-5:00 11:45-12:30 12:30 1:00-2:00 2:15-3:15</p> <p>Scallop Festival Lunch: Chicken kabobs over rice pilaf, steamed veggies and chocolate chip cookie Movie: My Big Fat Greek Wedding 2 (1hr 34 minutes) Minds in Motion Senior Core and Fitness (Rec Dept.)</p>
<p>26 9am 9:30-11:30 9:45-10:45 10:00-12:30 11:00-12:00 12:00-1:00 1:00-3:00 12:30-3:00</p> <p>Walking (Whole Foods) Wii Bowling Better Bones Art for Fun (Rec Dept.) Better Balance Anora Personal Catering Offers a Free Luncheon Pickleball (Rec Dept.) Bridge</p>	<p>27 9:30-11:00 11:15-12:45 10:00-11:15 10:00-11:15 11:45-12:30 1:00-2:30 1:30-2:30</p> <p>Yoga Yoga German Ancient Greek Civilization Lunch: Salmon over garden salad and mint chip ice cream Cribbage Keep Well— 60 Grove Street</p>	<p>28 9:00-3:00 9:15 9:30-10:30 9:30-11:00 9:45-10:45 9:30-11:30 1:00-4:00 1:00-2:30 1:30-3:30</p> <p>VIP Tour UMass Medical School Walking Group COA Coffee Community Service Bears Better Balance Tai Chi Scrabble/Cards SHINE French Acrylic Painting (Rec Dept.) SHINE * Free Grocery shopping Trip—COA Bus</p>	<p>29 9:30-10:30 9:45-12:45 10:30-3:00 10:45-11:45 10:30-11:30 11:45-12:30 1-4 1:00-2:00 2:00-3:30</p> <p>Better Bones Technology Appointments Housing Options Tour Better Bones Hinduism Class Lunch (Bruegger's) Mah Jong Line Dancing Knitting</p>	<p>30 9:15-10:15 11:45-12:30 12:30 1:00-2:00 2:15-3:15</p> <p>Qi Gong (Free) Lunch: Pulled pork sandwich, chips and vanilla ice cream Movie: Whiskey, Tango, Foxtrox (1hr 51 minutes) Minds in Motion Senior Core and Fitness (Rec Dept.)</p>

\* Morning trip to Christmas Tree Shop OR Target OR Walmart



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**HELP PROTECT YOUR FAMILY CALL NOW! 1-888-862-6429**



HOME SECURITY TEAM

# Evening-and-Weekend Lecture Series 2016-2017

All lectures are co-sponsored by the Wellesley Council on Aging  
& the Wellesley Free Library



**Sunday**  
**November 6, 2016**  
**2:00 pm**  
**Wakelin Room**  
**Wellesley Main Library**

## ***“From Ocean to Table and Challenges Along the Way”***

**Members of the Marden Family, Wellesley’s local seafood purveyor**

Bringing seafood from the waters of the world to your dinner plate is a journey that involves many stakeholders. Today’s consumer insists upon traceability, sustainability and accountability starting with the fisherman and finishing with the fishmonger. We will explore where your seafood comes from, how it was caught and the length of time it takes to get to your plate. Members of the Marden family, Wellesley’s local seafood purveyor, will discuss the many challenges facing the industry including the regulatory environment and the role of aquaculture in our food future.

**Sunday**  
**November 20, 2016**  
**2:00 pm**  
**Wakelin Room**  
**Wellesley Main Library**

## ***“The Loss of the U.S.S. Quincy”***

**Bob Begin, Historian**

In honor of Veterans Day, local historian Bob Begin will discuss the history of the heavy cruiser U.S.S. Quincy, from her launching in her namesake city during the Great Depression to her fateful role in the Pacific during World War II. He will also explore the lives of some of the men who served onboard during the War. This lecture is co-sponsored by the Wellesley Historical Society.

**Sunday**  
**March 5, 2017**  
**2:00 pm**  
**Wakelin Room**  
**Wellesley Main Library**

## ***“How Sports Have Changed Over the Decades”***

**Barry Gallup, Senior Associate Athletic Director of Football and Alumni Relations at Boston College**

In recent decades, athletics for men and women have undergone a transformation. Barry Gallup, Senior Associate Athletic Director of Football and Alumni Relations at Boston College, will discuss the impact, both positive and negative, on how sports have changed over the years. He will share his views on why the focus on athletics has shifted and how the emphasis has been placed on specialization instead of participation, developing leadership skills, accepting failure and defeat, and valuing teamwork.

*Continued on reverse*

**Thursday  
April 6, 2017  
7:00 pm  
Wakelin Room  
Wellesley Main Library**

**“The Fine Art of Conservation: Masterpieces, Ephemera and Fakes”  
Pamela Hatchfield, Robert P. and Carol T. Henderson Head of Objects  
Conservation at the Museum of Fine Arts Boston**

The conservation of cultural heritage encompasses a deep understanding of how things are made, how they are used, how they age, and what is necessary to best preserve them. Pamela Hatchfield, Robert P. and Carol T. Henderson Head of Objects Conservation at the Museum of Fine Arts, Boston (MFA) will share stories about how objects and sculpture are studied and cared for at the MFA, the complexities of authenticating objects, and the discoveries made possible by careful looking and advanced technologies. She will also reveal what it was like to spend 8 hours underneath the cornerstone of the Massachusetts State House, and talk about the long journey of Paul Revere’s Time Capsule.

**Thursday  
May 11, 2017  
7:00 pm  
Wakelin Room  
Wellesley Main Library**

**“A View from the Inside”  
Lon Povich, Governor Baker’s Chief Legal Counsel**

Lon Povich is Governor Baker’s Chief Legal Counsel, responsible for providing advice on the broad array of legal issues that come before Governor Baker and his senior team. Lon will speak on his path that led to this interesting and exciting legal job, describe the efforts undertaken by him and his team to support the Governor’s agenda, review some particular projects of note, and field questions from the audience on issues concerning the Governor and the administration.

*The Wellesley Council on Aging Transportation Services may be available to provide transportation for these events.  
If you need transportation, please call the Wellesley Council on Aging Transportation Coordinators at  
(781) 235-3046 at least 3 business days in advance.*

*The Evening-and-Weekend Lecture Series is made possible by a generous grant from  
The Wellesley Hills Junior Women’s Club.*





**F**or 41 years, about 300 seniors from Wellesley, Weston, Needham, Newton and about 20 other towns have met for 10 weeks each spring and fall for classes that provide intellectual stimulation, vigorous discussion and good fellowship. Come join us. Our classes cover a wide range. A synopsis of each course and brief teacher biography can be found on the inside pages.

### PRESIDENT'S MESSAGE

Welcome. Fourteen courses are offered this fall, including four new ones. Two teachers return from hiatuses (Renate Olsen and Tom Doran), and two teachers (Steve Lowe and Gerry Weisenberg) are taking sabbaticals and plan to return in the spring.

Thanks to all who filled out the questionnaire distributed this past spring. The information and suggestions were very valuable. Thirteen volunteered to serve on various committees, including a Curriculum Committee to find new teachers.

We received many positive comments about the 40th Anniversary Celebration luncheon held this past May. We have decided to make a luncheon an annual event, included in your registration fee. It will probably be in late October, after classes.

As usual, we encourage you to bring friends.

—Bruce Belason

### FALL 2016 COURSE SUMMARY

#### 10-11 CLASSES

- AMERICAN ISSUES
- BALLROOM BASICS
- BRIGHT MOMENTS OF JAZZ AND ROCK
- GREATER BOSTON CULTURAL INSTITUTIONS
- LEARNING TO EXPRESS YOURSELF IN FRENCH
- POETRY FOR THE PEOPLE VIII: SAMPLING SHAKESPEARE
- WOLLEN SIE DEUTSCH SPRECHEN?

#### 11:30-12:30 CLASSES

- A POET LOOKS AT POLITICAL POWER STRUGGLES
- A THINKING PERSON'S GUIDE TO GOD: *SESSIONS 6-10*
- CONSERVATION INFORMATION FOR SUBURBANITES: *SESSIONS 1-5*
- GODS AND "BROADS"
- HISTORY POTPOURRI: *SESSIONS 1-5*
- WEEKLY NEWS DISCUSSION GROUP
- WRITING YOUR STORY

**PLEASE DO NOT PARK IN THE CHURCH LOTS, FIRE LANES OR RESERVED SPACES.**

#### WHEN

- Mondays: Sept. 19 – Nov. 28
- No classes: Oct. 10
- Class #1: 10 –11
- Refreshments: 11–11:30
- Class #2: 11:30–12:30

**INCLEMENT WEATHER:** Classes cancelled only if Wellesley schools are closed. Classes start at the usual time if the Wellesley schools' opening is delayed.

#### WHO

Seniors 55 and over; residents of **any** town.

#### WHERE

**Unitarian Universalist  
Society of Wellesley Hills**  
309 Washington St. (Rte. 16)  
Wellesley Hills, MA, 02481

#### QUESTIONS/CONTACT INFORMATION

**Web** [www.wwllcourses.org](http://www.wwllcourses.org)  
**Email** [info@wwllcourses.org](mailto:info@wwllcourses.org)  
**Phone** (781) 205-4204

WWLL, P.O. Box 812248,  
Wellesley, MA, 02482-0016

#### COST (PER PERSON)

- One course \$40
- Two courses \$70

#### DIRECTORS

- |                |                  |
|----------------|------------------|
| Bruce Belason, | <i>President</i> |
| Peter Hansen,  | <i>Secretary</i> |
| Stan Treitman, | <i>Treasurer</i> |
| Ross Atkin     | Marian Stevens   |
| Ann Dolbear    | Jill Strang      |
| Jay Kaplan     | Sue Taylor       |
| May Persson    | Fran Weisse      |
| Jack Rubin     | Joe Weisse       |
| Bill Stanwood  |                  |

**Thanks!** Wellesley-Weston Lifetime Learning (WWLL) extends special thanks to the Wellesley Council on Aging for including this brochure in their bi-monthly newsletter mailing.

*The Registration Form is on the back page. Details can also be found at [www.wwllcourses.org](http://www.wwllcourses.org). WWLL is a qualified 501(c)(3) organization.*

## 10:00AM CLASSES

### AMERICAN ISSUES

Guest speakers will explore the historical context of issues in the news today. Each session will include questions and comments from the floor. Sessions will be videographed and shown on Wellesley Media Cable television.

**Sept. 19:** William Shaughnessy, Wellesley Water and Sewer Dept., Ensuring a Safe Water Supply

**Sept. 26:** Hon. Raymond J. Brassard, Mass. Superior Court Judge

**Oct. 3:** Paul Willen, Federal Reserve Bank of Boston

**Oct. 17:** Alex Newman, *The Wellesley Patch*, The Opioid Crisis

**Oct. 24:** Trish Wesley Umbrell, Natick Community Organic Farm

**Oct. 31:** Sue Crossley, Family Promise, Homelessness on Our Doorstep

**Nov. 7:** Richard La Tour, Region II coordinator, Com. of Mass. Emergency Agency, Our Emergency Lifeline on Route 9

**Nov. 14:** Barbara Thomas, professor emerita, Clark University, Women in Africa

**Nov. 21:** Eric Jay Dolin, author, *Brilliant Beacons: A History of the American Lighthouse*

**Nov. 28:** Alan Schechter, professor emeritus, Wellesley College, Election analysis: Directions for Foreign Policy

**Course Organizers:** Ann Dolbear, Jill Strang and Sue Taylor

**Videographer:** Bill Stanwood

### BALLROOM BASICS

Dancing is the perfect combination of physical activity, social interaction and mental stimulation. It's a full body workout for the mind, body and spirit. Learn the basic step elements, posture, poise, lead/follow, technique, etc. Merengue, waltz, foxtrot, tango, swing, rumba, salsa/cha cha. **No partner or prior experience necessary.**

**Teacher:** Paul Hughes is a certified member of the Dance Teachers Club of Boston, the American Society of Teachers of Dance and National Dance Council of America, and teaches ballroom dancing in the Cambridge Public Schools.

### BRIGHT MOMENTS OF JAZZ AND ROCK

**Minimum enrollment 6:** This course celebrates the great bands and stars of pop, rock and jazz of the 20th century. We listen to recordings, watch videos, and talk about a wide variety of musicians and bands. Social, historical and musical context will be provided. Artists included are Fats Domino, Bob Marley, Bob Dylan, Santana, Miles Davis, Elvis Presley, BB King, Charlie Parker, Carole King, Michael Jackson and Buddy Holly.

**Teacher:** Tom Doran is a bassist/vocalist who has been playing locally for (gulp!) 45 years. He plays in the "Tendermen" Rock band and "Soul Concern" Soul/R&B band. Tom has developed and taught courses at WWLL in the jazz and rock idioms. He loves to talk about and play music.

## GREATER BOSTON CULTURAL INSTITUTIONS

Boston, a major cultural center, boasts a wealth of museums, libraries, gardens, historic destinations, art galleries, authors, etc.

The following will visit WWLL this semester:

**Sept. 19:** Kathleen Fahey, Curator, Wellesley Historical Society

**Sept. 26:** Joseph Bagley, archeologist and author: *A History of Boston in 50 Artifacts*

**Oct. 3:** Katherine Tallman, director, Coolidge Corner Theatre

**Oct. 17:** Sandra Houston, president, Longyear Museum

**Oct. 24:** Dennis Sardella, Museum of Russian Icons

**Oct. 31:** Dory Klein, Norman B. Leventhal Map Center, BPL

**Nov. 7:** Daud Alzayer, Revolutionary Characters Manager, The Bostonian Society

**Nov. 14:** TBD

**Nov. 21:** Eric Jay Dolin, author, *Brilliant Beacons: A History of the American Lighthouse*

**Nov. 28:** Tom Beardsley, "The Radical Life of the Last Baby Born at Concord's Old Manse: Sophia Ripley Ames Boyer (1907-1972)"

**Course Organizers:** Ross Atkin and Fran Weisse

### LEARNING TO EXPRESS YOURSELF IN FRENCH

Using *The First French Reader* by Stanley Applebaum as a basis for conversation, we learn to narrate in French the action in those stories, and to describe the characters, the setting and the meaning. We will then apply our new knowledge to events in our personal lives. An intermediate level of French capability is required. Text is available at Amazon.com and Schoenhof's.

**Teacher:** Norman Gaudet taught French at Newton North. A graduate of Boston College, he has an AMT from Harvard and did advanced studies in French at the Sorbonne.

### POETRY FOR THE PEOPLE VIII: SAMPLING SHAKESPEARE

The class will take a close look at 20 of Shakespeare's most famous speeches, monologues and soliloquies from 11 of The Bard's plays. We'll discuss the pieces for their language, popularity, the contexts in which they're found, and their unforgettable qualities. This class best functions with participation from its students in their efforts to share the thoughts and insights with which the class progresses. Everyone's viewpoint counts. Everyone's contribution is welcome.

**Teacher:** Charles Kamar has a bachelor's from Boston State and a master's from Boston University. He has taught English at all secondary grade levels and spent the last 20 years of his career at Newton North, where in 1998 he won the Paul E. Elicker Award for Excellence in Teaching.

### WOLLEN SIE DEUTSCH SPRECHEN?

An hour of conversation for students of German and for German speakers. Basic knowledge of the German language is necessary. We read stories, plays, newspaper articles and poems. Participants write small essays, which we correct in class and use as

basis to review or teach grammar points. Talents represented in the group make for a lively class.

**Teacher:** Renate Olsen has a bachelor's and a master's from New York State University at Albany. She has taught English and German in high school. She had a Fulbright scholarship in Germany and is a retired serials librarian at Regis College.

### 11:30-12:30PM CLASSES

#### A POET LOOKS AT POLITICAL POWER STRUGGLES

We take a close look at how Robert Penn Warren writes about power struggles as he tells his story in *All the King's Men*, a novel set in the South during the 1930s. We examine imagery in the novel and look at some of Penn Warren's related poetry as we try to discern the essentials of his style. Most of our time will be spent in discussion, but we will also experiment with some modeled writing.

**Teacher:** Helen F. Smith has taught at the Winsor School, Newton North and in Armenia, Hungary, Kyrgyzstan, the Republic of Georgia, Romania and Zambia. A Smith College graduate, she edits texts about writing and journalism.

#### A THINKING PERSON'S GUIDE TO GOD

##### FIVE SESSIONS STARTING OCTOBER 31

Many of us have questions about God, philosophy and theology. Depending upon personal belief, one may be a theist, a deist, an agnostic or an atheist. What do these terms mean? Why is the question of belief in God important? What is philosophy and how does it differ from theology? This course examines arguments for the existence of God, various concepts of God, atheists' objections to belief in God, the so-called "New Atheists," and the nuances of Christian, Jewish and Islamic beliefs. Suggested readings: Karen Armstrong, *A History of God*, William E. Kaufman, *A Jewish Philosophical Response to the New Atheists*

**Teacher:** William E. Kaufman Ph.D. is Rabbi Emeritus of Temple Beth El in Fall River, Mass. He also served as adjunct professor of philosophy at Rhode Island College. He is the author of seven books and numerous articles.

#### CONSERVATION INFORMATION FOR SUBURBANITES

##### SESSIONS 1-5

A series of presenters will cover a range of resource sustainability issues pertinent to Wellesley and other suburban communities.

**Sept. 19:** Quentin Prideaux, Climate Change and Massachusetts

**Sept. 26:** Natural Resources Commission, Fuller Brook Park reconstruction project and rain gardens

**Oct. 3:** Rick Lent, Elders Climate Action

**Oct. 17:** Cricket Vlass, Landscaping with Native Plants

**Oct. 24:** Wellesley WasteWise, Food and other waste reduction

**Course Organizer:** Quentin Prideaux, president of Sustainable Wellesley ([www.sustainablewellesley.org](http://www.sustainablewellesley.org)), a volunteer organiza-

tion whose mission is to engage residents, business and the town in the actions required for sustainability.

#### GODS AND "BROADS"

Although the emphasis in the plays we read is on four remarkable women, tension between the masculine and the feminine is the dominant motif. Underscoring the dictum that the more things change the more they remain the same, the great dramatists of the golden age of Greece focus on religion, politics and sex: the three major topics that still engage us today. Plays: Aeschylus—*Agamemnon*, tr. Lattimore; Euripides—*Electra*, tr. Vermeule; Euripides—*Iphigenia in Aulis*, tr. Walker; Aristophanes—*Lysistrata*, tr. Fitts. Any translation acceptable, however.

**Teacher:** Lois Ziegelman, Ph.D., Brandeis, is a professor emerita from Framingham State College, where she taught World Literature and Drama for 31 years. A recipient of five fellowships from the National Endowment for the Humanities, she has studied, taught and performed works from Classical Antiquity through the 20<sup>th</sup> century.

#### HISTORY POTPOURRI

##### SESSIONS 1-5

This course presents various historical events as studied by motivated amateur historians.

**Sept. 19:** Bob Lewis, Pursuit of Germany's WWII Battleship Bismarck

**Sept. 26:** May and Tom Chin, Chinese Immigration and Growing up in Chinese Laundries

**Oct. 3:** Bruce Belason, America's Transcontinental Expansion

**Oct. 17:** Bruce Belason, The Rocky Mountain Fur Trade: 1805-40

**Oct. 24:** Bob Lewis, Washington's Chief of Artillery, Henry Knox

**Speakers:** Bruce Belason spent his career as an engineer in the aerospace industry. Bob Lewis is a retired Navy carrier-based patrol plane commander. May and Tom Chin's parents emigrated from China in the early 1900s. They both grew up and worked in their respective parents' hand laundries in Boston.

#### WEEKLY NEWS DISCUSSION GROUP

**Maximum enrollment 20:** A moderated group will congenially focus on a wide range of significant events and topics in local, national and international news including business, health, politics, science, social issues, sports and technology. Each class will have a suggested discussion list. Join us with your knowledge, interest, views, questions and conversation. Volunteers are welcome to research and report on topics of interest.

**Moderators:** There will be a moderator and co-moderator for each class. They will be George Martins, who taught chemistry for many years, and Joe Weisse, Jay Kaplan and Jack Rubin, all of whom have helped moderate current events discussion groups at WWLL in past years.

#### WRITING YOUR STORY (memoir, NOT autobiography)

**Maximum enrollment 20:** Our memories are an essential part of



who we are. This class is a community for those with stories to tell and reasons to write them down—to recapture treasured moments, leave a record for family and understand the past. Writing is done at home, then read aloud in class; comments focus on helping the writer. For those who can stay, the class extends to 1 p.m.

**Leader:** Pat Herlinger, B.A., UC Berkeley. Elementary teaching certificate. Teaching experience at the elementary level (classroom, substitute, remedial).

You may view selected past WWLL classes on your computer at [www.wellesleymedia.org/ondemand.html](http://www.wellesleymedia.org/ondemand.html). These broadcasts are available to residents of all towns.

### NOTES

**HANDICAP ACCESSIBILITY:** Unfortunately not all classrooms are handicap accessible.

**PARKING:** We realize parking is a challenge. Parking is limited at the church. *Please do not park in the church lot's fire lanes or reserved spaces.* Advisable to arrive early. On-street metered parking available (You can exceed the posted two-hour limit, but must keep the meter fed.) For walkers there is free parking at the Congregational Church, 207 Washington Street.

**DIRECTIONS:** To get to WWLL you can find directions on WWLL's website: [www.wwllcourses.org/directions.html](http://www.wwllcourses.org/directions.html)

### REGISTRATION PROCEDURE

1. Fee(s) per person all courses: One course \$40. Two courses \$70.
2. A course meeting fewer than 10 sessions still costs \$40. When the course doesn't meet, you may attend any other course that **meets at the same time.**
3. **Our receipt of the Registration Form and your check completes your registration unless you hear from us.**
4. On-site registration welcome beginning September. 19, but early registration is very helpful.

CUT HERE

### FALL 2016 REGISTRATION FORM

MAKE CHECK PAYABLE TO WWLL. MAIL TO WWLL, P.O. BOX 812248, WELLESLEY, MA 02482-0016

Last name: \_\_\_\_\_ First name: \_\_\_\_\_

Street: \_\_\_\_\_ Apt: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email address: \_\_\_\_\_

#### 10-11 CLASSES

- AMERICAN ISSUES
- BALLROOM BASICS
- BRIGHT MOMENTS OF JAZZ AND ROCK
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- GODS AND "BROADS"
- HISTORY POTPOURRI: *SESSIONS 1-5*
- WEEKLY NEWS DISCUSSION GROUP
- WRITING YOUR STORY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9am Walking (Whole Foods) Wii Bowling 9:45-10:45 Better Bones (Drop-in) 11:00-12:00 Better Balance (Drop-in) 12:30-3:00 Bridge</p>	<p>9:30-11:00 Yoga (Drop-in) 10:00-11:15 German 11:45-12:30 Lunch: Chicken parm over pasta, garden salad and a reese cookie 1:30-2:30 Cribbage 1:30-2:30 Keep Well – 315 Weston Road</p>	<p>8:00-9:30 Breakfast Club—Station 5 Grillé 9:15 Walking Group COA 9:30-10:30 Coffee 9:30-11:00 Community Service Bears 10:00-11:30 Scrabble/Cards 9:45-10:45 Keep Well (COA) 11:00-12:00 Tai Chi 11:00-12:00 Better Balance 1:30-3:30 Acrylic Painting (Rec Dept.) 1:00-2:30 French 1:04-4:00 SHINE 2:30-4:00 Life Writing Course *Free Grocery Shopping Trip— COA Bus</p>	<p>9:15-10:15 Book Discussion Group 9:45-12:45 Technology Appointments 9:30-10:30 Better Bones 10:30-11:30 Hinduism class 10:30-11:30 Better Bones 10:45-11:45 Photography Club 11:30-1:00 Ping Pong (Rec Dept.) 11:45-12:30 Lunch (Bruegger's) 1:00-4:00 Mahjong 1:00-2:00 Line Dancing</p>	<p>11:45 Lunch: Chicken tomato pesto mozzarella panini and black raspberry ice cream 12:30 Movie: Joy (2hr. 4 minutes) 1:00-2:00 Minds in Motion 1:00-3:00 Ping Pong (Rec Dept.) 2:15-3:15 Senior Core and Fitness (Rec Dept.)</p>
<p>10 Columbus Day COA closed and The COA Bus will not run.</p>	<p>9:30-11:00 Yoga (Drop-in) 10:00-11:15 German 11:45-12:30 Lunch: Brewster wrap, sun chips, and Oreo ice cream 1:30-2:30 Cribbage 1:30-2:30 Keep Well – Morton Circle</p>	<p>9:15 Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 9:30-11:00 Community Service Bears 1:00-4:00 SHINE *Free Grocery Shopping Trip— COA Bus</p>	<p>9:30-10:30 Better Bones 9:45-12:45 Technology Appointments 10:30-11:30 A Crooner's Tour of New England 10:45-11:45 Better Bones 11:45-12:30 Lunch (Bruegger's) 10:30-11:30 Hinduism Class 1:00-4:00 Mahjong 1:00-2:00 Line Dancing 2:00-3:30 Knitting</p>	<p>8:00-5:00 Foxwoods 9:15-10:15 Qi Gong 11:45 Lunch: Chicken broccoli ziti and a chocolate cookie 12:30 Movie: Eye in the Sky (1hr. 42 minutes) 1:00-2:00 Minds in Motion 2:15-3:15 Senior Core and Fitness (Rec Dept.)</p>
<p>8:30-10:00 Fire Safety Pancake Breakfast 9am Walking (Whole Foods) 9:30-11:30 Wii Bowling 9:45-10:45 Better Bones 10:00-12:30 Art for Fun (Rec Dept.) 11:00-12:00 Better Balance 12:30-3:00 Bridge 1:00-3:00 Pickleball (Rec Dept.) 2:00-4:00 Arts and Crafts</p>	<p>9:30-11:00 Yoga 11:15-12:45 Yoga 10:00-11:15 German 10:00-11:15 Ancient Greek Civilization 11:45-12:30 Lunch: American chop suey, garden salad and vanilla pudding 1:00-2:30 Cribbage 1:00-1:00 Sign up for your MBTA Senior Charlie Card 1:30-2:30 Keep Well— 41 River Street</p>	<p>9:15 Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 9:45-10:45 Community Service Bears 11:00-12:00 Tai Chi 1:00-2:00 Better Balance 1:30-3:30 French 2:00-3:00 Acrylic Painting (Rec Dept.) Helen Sagan 12:00-1:30 Lunch -Chessecake Factory 1:00-2:30 Technology Club 1:00-4:00 SHINE 2:30-4:00 Life Writing Course 7:00-9:00 Sign Language Class (Rec Dept.) *Free Grocery Shopping Trip— COA Bus</p>	<p>9:15-10:15 Book Discussion Group 9:45-12:45 Technology Appointments 11:30-1:00 Photography Club 11:45-12:30 Lunch (Bruegger's) 1:00-4:00 Mahjong 1:00-2:00 Line Dancing 1:30-3:00 Bingo</p>	<p>9:00-12:00 SHINE 9:15-10:15 Qi Gong 10:30-11:30 What is Uber? 11:45 Lunch: RT16 sandwich, Doritos and coffee ice cream 12:30 Movie: Grease (1hr 50 minutes) 1:00-2:00 Minds in Motion 2:15-3:15 Senior Core and Fitness (Rec Dept.) Fall Back to the 50s dance is tonight, October 21, 7:00-9:30 p.m. at the Wellesley Recreation Department, 90 Washington Street—Gymnasium.</p>
<p>9am Walking (Whole Foods) 9:45-10:45 Wii Bowling 10:30-12:00 Art for Fun (Rec Dept.) 10:00-12:30 Protect Your Identity with Mobile Shredding 12:30-2:30 Play Reading Group 11:00-12:00 Better Balance 1:00-3:00 Pickleball (Rec Dept.) 12:30-3:00 Bridge</p>	<p>9:30-11:00 Yoga 11:15-12:45 Yoga 10:00-11:00 Health Care Options 10:00-11:15 German 10:00-11:15 Ancient Greek Civilization 11:45-12:30 Lunch: Steak tips over rice, garden salad and an oatmeal cookie 1:00-2:00 Spooktaacular 2:00-3:30 Cribbage</p>	<p>9:15 Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Community Service Bears 9:30-11:30 Scrabble/Cards 9:45-10:45 Tai Chi 1:00-12:00 Better Balance 1:00-2:30 French 1:30-3:30 Acrylic Painting (Rec Dept.) 1:30-4:00 Life Writing Course 1:00-4:00 SHINE *Free Grocery Shopping Trip—COA Bus</p>	<p>9:30-10:30 Better Bones 9:45-12:45 Technology Appointments 10:45-11:45 JFK National Historic Site 11:45-12:30 Lunch (Bruegger's) 1:00-4:00 Mahjong 2:00-3:30 Knitting * Morning trip to the Natick Mall—COA Bus</p>	<p>9:15-10:15 Qi Gong 9:00-12:00 SHINE 10:30-11:30 A Very Dangerous Woman 11:45 Lunch: Lemon chicken piccata over linguini, garden salad and a chocolate chip cookie 12:30 Movie: 45 Years ( 1 hr 35 minutes) 1:00-2:00 Minds in Motion 2:15-3:15 Senior Core and Fitness (Rec Dept.)</p>
<p>9:00 Walking (Whole Foods) 9:30-11:30 Wii Bowling 9:45-10:45 Better Bones 10:00-12:30 Art for Fun (Rec Dept.) 11:00-12:00 Better Balance 12:30-3:00 Play Reading Group 12:30-3:00 Bridge 1:00-3:00 Pickleball (Rec Dept.)</p>	<p>31</p>	<p>31</p>	<p>27</p>	<p>28</p>

**October 2016**

**Do you need a ride to and from our activities? If so, contact the Wellesley Council on Aging Transportation Coordinator at 781-235-3046. \* Only destination served by the COA bus on this date.**



## **Clubs and Groups: Pre-registration required**

### **Friedman's Photography Club**

**Thursday, Sep 8, 11:30-1:00 p.m.**

On Thursday, July 8, the COA lost our beloved volunteer photography instructor, Ed Friedman. We are beyond grateful that Ed shared his passion and talent with the COA. The Friedman's Photography Club, named in Ed's honor, will meet every other Thursday afternoon 11:30-1:00 p.m. (see calendar for dates) at the COA starting on September 8. Dom DeLeo, COA volunteer and photography student, will facilitate this club. The club encourages new members and we ask each participant to e-mail 3 photographs to Dom prior to each meeting. Dom will create a photo slideshow and the group will review, edit, and critique the photographs. For more information, please contact Ashley Shaheen, Senior Activities Coordinator at 781-235-3961.



Ed, 4th from the left with his students at the 4th Annual Senior Art Show in June. Thank you, Ed.

### **Technology Cub Wednesday, October 19, 1:00-2:30 p.m.**

The COA is pleased to welcome Eleanor Boyd, Wellesley High School Key Club member as the new leader of the monthly COA technology club—starting October 19. Bring your iPhone, iPad, or other device for this interactive discussion. The COA extends our appreciation to Matthew Keep, former technology club leader, and we wish him the best at Duke University this fall.

### **Play Reading Group**

**Monday, October 24, 12:30-2:30 p.m. (play discussion) and Monday, October 31, 12:30-3:00 p.m. (performance)**

Have you always wanted to try acting? Do you enjoy reading out loud? Join the play reading group led by COA volunteers Barbara Tarlin and Rita Ford. *Please note: You MUST register with the COA by Friday, September 30 to be cast in a role in this reading. The cost of the script is \$10.*

### **Book Discussion Group**

**Thursday, October 6, 9:15-10:15 a.m.**

Facilitated by Joellen Toussaint, COA Volunteer, the group will discuss the summer readings: *The Shepard's Life: A Tale of the Lake District* by James Rebanks, *Alexander Hamilton* by Ron Chernow, *The Finest Hours: The True Story of the Coast Guard's Most Daring Sea Rescue* by Casey Sherman and Michael J. Tougas, *The Storied Life of A.J. Fikry* by Gabrielle Zevin, and *The Turner House* by Angela Flournoy. The book meets every other Thursday at 9:15 a.m.

## **FREE FRIDAY MOVIES: START AT 12:30 p.m., unless otherwise noted.**

**September 2: Daddy's Home (2015)** After marrying an alluring divorcee with two children, Brad steps eagerly into his role as stepdad. However, chronic interference from the kids' suave natural father leads to a slapstick rivalry between the two determined men. Starring: Will Ferrell, Mark Wahlberg, and Linda Cardellini. Rated PG-13, 1hr. 35 min.

**September 9—no film Welcome Back Social**

**September 16: Miracles from Heaven (2016)** Based on real-life events, this intriguing drama recounts the story of young Annabel Beam, who suffers from an incurable digestive disorder. But when a string of miracles leads to her complete recovery, Annabel's family and doctors are mystified. Starring: Jennifer Garner, Kylie Rogers, and Martin Henderson. Rated: PG, 1hr 49 min.

**September 23: My Big Fat Greek Wedding 2 (2016)** In this screwball sequel to the 2002 hit romantic comedy, there's a new wedding on the horizon for the wacky Portokalos class-and with it comes a new assortment of family crises and secrets. Starring: Nia Vardalos, John Corbett and Lainie Kazan. Rated: PG-13, 1hr 34 min.

**September 30: Whiskey Tango Foxtrot (2016)** Based on reporter Kim Barker's memoirs about her experiences covering the Afghanistan war, this satirical look at a hopelessly confused conflict also chronicles the obstacles encountered by female journalists in a rigidly conservative region. Rated: R, 1hr 51 min.

**October 7: Joy (2015)** After 10 years of trying to mass-market the revolutionary floor mop she had invented, housewife Joy Mangano strikes gold with a personal pitch on QVC that turns her miracle Mop into an overnight marketing miracle. Starring: Jennifer Lawrence and Bradley Cooper Rated: PG-13, 2hr. 4 min.

**October 14: Eye in the Sky (2015)** Leading an operation to nab a terrorist and her collaborators in Kenya, Col. Katherine Powell ends up in a political and moral quagmire as the mission changes and a drone strike is ordered, putting a young girl at risk of becoming collateral damage. Starring: Helen Mirren and Aaron Paul Rated: R, 1 hr. 42 min.

**October 21: Grease (1978)** John Travolta and Olivia Newton-John star in this hit musical comedy that chronicles the summer fling between Danny and good girl, Sandy. Rated: PG 1hr. 50 min.

**October 28: 45 Years (2015)** Geoff and Kate Mercer's plans for a 45th anniversary party are upset by some unexpected news: A body found in the Swiss Alps has been identified as Geoff's long-ago love Katya, who perished in an accident 50 years earlier. Starring: Charlotte Rampling, Tom Courtenay, and Geraldine James. Rated R, 1hr 35 min.

**Day Trips: Pre-registration required**

**Reminder:** Participants can register for day trips in one of two ways: 1) in person, during open registration (payment is required at time of registration) or 2) by phone (if registering by phone, you must mail a check or pay in person at the COA prior to the registration dates AND you must call to confirm your spot during open registration. Do not assume you are registered for a trip because you paid in advance).

**Scallop Festival in Falmouth****Friday, September 23, 8:00-5:00 p.m.****Cost: \$72.00. Min: 30**

Join us as we travel to the 47th Annual Scallop Festival, named one of "The Top 100 Events" by the American Bus Association. This celebration features spectacular food and non stop entertainment! Lunch is included, you have your choice of the Scallop Dinner (fried scallops, French fries, cole slaw, roll, butter and tarter sauce) or the herb roasted chicken dinner (herb roasted chicken, French fries, cole slaw, roll, butter and cranberry sauce). You are free to enjoy all the musical entertainment, craft booths and mid-way of rides and games. Before the festival we will enjoy a 90 minute cruise of the Cape Cod Canal. Please note: The restrooms are located on the dock and on the cruise, but in order to access the restrooms on the cruise you need to use the staircase. **Trip includes:** roundtrip transportation, cruise, festival admission and lunch. Full payment due upon reservation. No refund if you cancel after September 9. Last day to register is September 9.



A group enjoying a trip to Kennebunkport this summer in July!

**Foxwoods!****Friday, October 14, 8:00-5:00 p.m.****Cost: \$28.00 Min: 30**

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 or full festival buffet & \$10.00 slot dollars, and transportation. Please remember to bring a valid photo ID. **Full payment due upon reservation.** No refunds if you cancel after September 30 Last Day to register is September 30.

**VIP Tour to UMASS Medical School****Wednesday, September 28, 9:00-3:00 p.m.****Cost: \$25.00 Max: 40**

The VIP Tour will include a welcome reception/introductory event at UMass Medical School, demonstration in the simulation center, tour of the research facility, meeting with a researcher, and lunch at UMass Medical School with selected staff.

UMass Medical School is the Commonwealth's public Medical School and was founded just half a century ago. It has grown into a dynamic, highly ranked institution with a powerful impact that begins in Worcester, extends throughout all regions of the state and now reaches around the globe. Already among the most entrepreneurial medical schools in the nation, UMass Medical School focuses on initiatives that accelerate discovery, innovation, and translation that will improve the human condition. Whether you are thinking about knee or hip replacements, the progress of Zika around the world, or medical education for yourself or a loved one, don't miss this rare opportunity to go inside this state-of-the-art medical/research institution on a VIP guided tour. **Trip includes:** roundtrip transportation, lunch, and tour

**John Fitzgerald Kennedy National Historic Site****Thursday, October 27, 10:45-1:15 p.m.****Cost: Free Max: 11**

In 1966, Rose Kennedy, John's mother, returned to her family's first home and the birthplace of John F. Kennedy with the intention of sharing the values and expectations she believed defined her children's early years. Today, visitors travel back in time through Mrs. Kennedy's memories to understand the Kennedy family's early years and how she helped Americans memorialize John Kennedy. Join us for a guided tour of this historic site. Please note: The JFK site is not handicapped accessible. **Trip includes:** roundtrip transportation, and tour



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 (JFK Historic Site) Donations will be used to support the COA Transportation Program.

## Drop-In Activities

**Walking Groups:** Weather permitting, the **Monday** group meets at Whole Foods at 9:00 a.m. with its volunteer leader, Anne Turtle. Our **Wednesday** group meets at the Community Center at 9:15 a.m. led by volunteer Jim Reilly. Each group enjoys coffee at the completion of their walk.

### NEW Ping Pong

**Friday, Sep 2 and Friday, Oct 7, 1:00-3:00 p.m.**

The COA and the Recreation Department are co-sponsoring Ping Pong! This is a sport in which 2 or 4 players hit a lightweight ball back and forth across a table using a small paddle—the perfect Friday afternoon activity! This game is good for hand-eye coordination, too. The activity will meet at the Recreation Department, 90 Washington Street, in Room 008. Cost: \$1/session. This is an ongoing activity that will meet the first Friday of every month.



**Mah Jong:** Thursdays, 1:00-4:00 p.m.

**Bridge:** Mondays, 12:30 p.m. –3:00 p.m.

**Scrabble:** Wednesdays, 9:30 a.m. –11:30 a.m.

**Cribbage Club:** Tuesdays, 1:00 p.m. -2:30 p.m. Fran Weinberg, COA volunteer, provides instruction for new Players.

**Bingo:** Thursdays, Sep 15 & October 20, 1:30 p.m.-3:00p.m.

**Knitting:** Every other Thursday 2:00-3:30 p.m.

**Wii Bowling:** Our awesome volunteers from the Wellesley Hills Junior Women's Club are back to lead our Wii program on Monday mornings at 9:30 a.m. Games resume on September 19.

**Community Service Bears:** These lovingly bears are distributed to children needing a bear to hug. This group resumes on September 14.

**Pickleball:** Pickleball is a combination of tennis, racquetball and ping-pong.

This activity meets at the Recreation Department, 90 Washington Street.

Mondays, Sep 12-Dec 19, 1:00-3:00 p.m.

No activity on 10/3, 10/10 and on 11/28.



## News & Updates

### REMINDER: Register your information with the Wellesley COA!

The COA is continuing to request that that folks take a few minutes to update their information with our office. You can complete the COA registration form on our website: [www.wellesleyma.gov/coa](http://www.wellesleyma.gov/coa) or call the office to provide the information by phone 781-235-3961. If you prefer, you may fill out a hard copy of our COA registration form which is available at the COA.

### Free Legal Clinics

**Tuesday, September 20, 9:00-11:00 a.m.**

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). The meetings are 15-20 minutes in length and are by appointment only.

### Do Not Ignore Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. *This information is important because it explains changes in your plan for 2017.* During Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to CHANGE your plan for next year. Call the COA to get a SHINE appointment during Open Enrollment!

### Wellesley College Auditing

If you are interested in auditing a class at Wellesley College, the Fall Semester will begin on Thursday, September 1st. Please visit the Council on Aging website at [www.wellesleyma.gov/coa](http://www.wellesleyma.gov/coa) and click the "Auditing-Wellesley College" link on the left side of the page to learn more about this unique opportunity. There you will find information regarding timelines, offerings, and the registration process.

### Blowing Your Horn Beats Monday Night TV Join the Wellesley Town Band!

It doesn't matter if you're rusty or your horn is dusty, or if you play regularly or haven't played in 40 (or more!) years. Join us! The Wellesley Town Band is beginning it's fourth year, and we invite wind instrumentalists and percussionists with an interest in enjoying the camaraderie of playing music just for fun in a relaxed atmosphere to join us. The 30 member band is comprised of semi-professionals to rank amateurs from high-school age through 80+ years. If you're not sure about joining, bring your instrument and come and sit in for a rehearsal or two. But beware, you'll end up joining us! The band rehearses Monday evenings from 7 to 8:30 in the Wellesley High School band room. Our season will begin Sept. 19, 2016, and run through June 28, 2017. Four concerts are already scheduled with a couple more to come. For more information contact Mark Maiden at 781 237 5203.



## Transportation

### COA Transportation “by the numbers”

In fiscal year 2016 (July 1, 2015 - June 30, 2016) the Council on Aging bus and Volunteer Drivers Program (VDP) provided a combined **5,403** one-way rides to **254** individuals! **1,578** of those rides were to/from Roche Bros and another **887** were to/from the COA. **169** destinations were served!

Autumn is the perfect time to expand *your* world with the COA’s transportation services. New passengers receive two FREE bus tickets. The COA bus holds 12 passengers and provides curb-to-curb service anywhere within Wellesley between the hours of 9:00 a.m. - 3:00 p.m. Monday-Friday. The bus also travels to Newton-Wellesley Hospital in Newton, Beth Israel Deaconess Hospital in Needham, Metrowest Medical Center in Natick and Woodland T station in Newton. Tickets are \$1.00 for each one-way ride (\$2.00 round-trip) and can be purchased at the COA office. Each Wednesday, the bus only travels to Roche Bros. and Whole Foods Market and this trip is FREE (no tickets required). On the last Thursday of the month, the bus travels to either the Natick Mall or Wal-Mart/Target/Christmas Tree Shop (alternating months). The VDP provides rides from volunteers using their own vehicles. Rides are provided 24 hours a day, 7 days a week, dependent on volunteer availability. Volunteers will drive passengers anywhere within Wellesley and surrounding towns. There is no cost for the rides; however, passengers are responsible for parking charges and tolls. Volunteers provide rides for medical appointments, social engagements, shopping, errands, and more!

Reservations are required for all rides and must be made at least 3 business days and up to 30 days in advance. To discuss your transportation needs, please contact the COA Transportation Office at 781-235-3046 and our Transportation Coordinators, Judy Siggins and Jill Dube will assist you.



## Outreach

Dear C.O. Abby,  
How can I tell my daughter to stop worrying about me? Says she’s concerned that I live alone and what she is forgetting is that I am the same independent woman I’ve always been! I know it’s normal for adult children to be concerned about their parents as they age, but I’m starting to feel resentful about this. Please help.  
Sincerely,  
Nervous Nellies Mom

Dear Nellies Mom,  
A good start might be looking into a Personal Emergency Response System. This small, discreet pendant can be worn as a necklace or a bracelet and is waterproof. If a senior has a fall or suddenly feels ill, it will signal emergency responders at the press of a button. In addition, it might be time to have an open discussion about her concerns. The Council on Aging Health & Social Service Administrator, Kate Burnham, can help facilitate the conversation and discuss independent living resources. Feel free to call Kate at 781-235-3961 to learn more about scheduling a meeting at your home, the COA or mutually agreed upon location.  
Best, Abby

Dear C.O. Abby,  
I have been in denial for months but I think it is time that I confess. Lately it seems I can’t remember a thing; I forget my glasses, my keys and even my dogs name! The Doctor told me I have very early stages of Alzheimer’s Disease. I’m having a great deal of trouble accepting this. What’s available to help me cope while I still have most of my marbles?  
Sincerely,  
Professor Blank

Dear Professor,  
I can’t imagine how difficult this must be and thank you for writing in. The first idea that comes to mind is the “Power and Purpose” program offered by the Alzheimer’s Association. You and others who are newly diagnosed can participate in bi-monthly “Alz Meet-ups” together with loved ones: guided Museum tours, gardening workshops, trips to the theatre or coffee dates. The local Alzheimer’s Association is located in Watertown and is a fantastic resource. They have support groups for family members and for people like you, who may need to talk with others in the same situation and not feel judgement or shame. You deserve the emotional support!  
Best, Abby

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**Tolles Parsons Center Update—500 Washington Street**

On June 20, 2016, a large group congregated at the TPC site (now officially 500 Washington Street) for the groundbreaking ceremony! It was wonderful to share this long awaited celebration with so many people who have supported the project for more than a decade! As this newsletter goes to print, site preparation is well underway and foundation forms are to be set and some concrete pouring will happen before the end of July. A Design Consultant will be hired to start in October who will work with the COA and the Permanent Building Committee on fixtures, furniture and equipment and interiors. It is exciting to pass by the site and see all the activity! For ongoing updates, folks are encouraged to sign up for email notifications - visit [www.wellesleyma.gov/coa](http://www.wellesleyma.gov/coa) and click "subscribe to COA news".



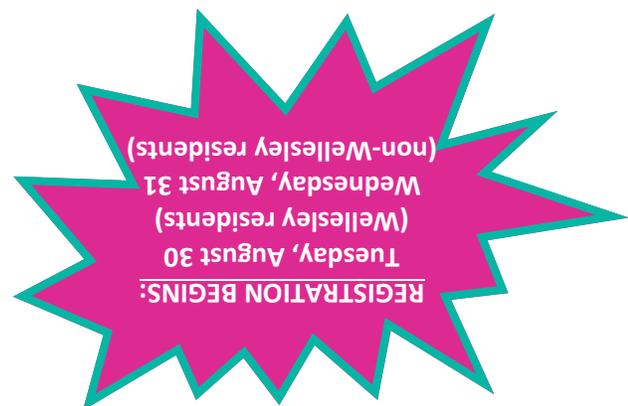
**The Wellesley COA Lunch Program is expanding!**



You can now enjoy lunch at the COA 3 times per week (Tuesdays, Thursdays, and Fridays)! Bruegger's Bagels, located at 97 Central Street in Wellesley, will be catering lunch on Thursdays (starting Sept. 8). Express Gourmet will continue to cater delicious lunches on Tuesdays and Fridays. As

this newsletter goes to print, Bruegger's is working to develop a pre-planned menu which will include a variety of soups and sandwiches that will delight our diners! The menu will be available at the COA before the end of August. Guests are charged \$4.00 per meal and must sign up in advance by calling the COA at 781-235-3961. Please be sure to make your reservation no later than 9:30 a.m. the day prior. Lunch is served at 11:45 a.m. The Friends of the Wellesley Council on Aging generously subsidize the lunch program and COA volunteers serve the meals. Last fiscal year (7/1/15-6/30/16) a total of 1,415 meals were served! If you haven't yet enjoyed lunch at the COA, join us this fall and bring a friend! Great food and company at a reasonable cost!

**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.



**REGISTRATION BEGINS:**  
Tuesday, August 30  
(Wellesley residents)  
Wednesday, August 31  
(non-Wellesley residents)

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