



WELLESLEY COA SENIOR LUNCH PROGRAM

August 2016

The Wellesley Council on Aging and the Friends of the Wellesley Council on Aging are thrilled with the success of our senior lunch program in partnership with Express Gourmet of Wellesley! 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. There is a limit of 26 people on each date and the COA will run a waiting list if needed. Lunch is served at 11:45 a.m. Please note the menu is subject to change. Please call the Wellesley Council on Aging with any questions at 781-235-3961.

TUESDAY	FRIDAY
<p><u>August 2</u> Chicken Parmesan over Ziti Garden Salad Homemade Chocolate Ice Cream</p>	<p><u>August 5</u> Pulled Pork Sandwich Potato Chips Chocolate Pudding</p>
<p><u>August 9</u> Turkey Delight Sandwich <i>(Turkey, Honey Mustard, Apple slices, Sprouts & Bacon)</i> Garden Salad Homemade Vanilla Ice Cream</p>	<p><u>August 12</u> American Chop Suey Garden Salad Oatmeal Raisin Cookie</p>
<p><u>August 16</u> Chicken Broccoli & Ziti Chocolate Chip Cookie</p>	<p><u>August 19</u> Smoked Brisket Cole Slaw Garlic Bread Reese's Peanut Butter Cookie</p>
<p><u>August 23</u> Chicken Kabob over Rice Pilaf Garden Salad Chocolate Muffin</p>	<p><u>August 26</u> Blackened Salmon over Rice Pilaf Steamed Vegetables Homemade Vanilla Ice Cream</p>
<p><u>August 30</u> Roast Turkey Panini on Focaccia Bread Potato Chips Chocolate Chip Cookie</p>	

Special thanks to the Friends of the Wellesley Council on Aging (FWCOA) for subsidizing this senior lunch program!
 For more information about FWCOA, visit their website:

www.wellesleyfriendscoa.com



Turn page for August movie schedule!



Free Friday Movies at the Wellesley Council on Aging

August 2016

Movies start at 12:30 p.m.

August 5: Brooklyn (2015) After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations -- and two men. Rated PG-13, 111 minutes.

August 12: All Roads Lead to Rome (2016) New Yorker Maggie takes her teenage daughter to the Tuscan village where she spent time in her own youth. Their floundering mother-daughter relationship worsens, however, when the mother of an ex-lover absconds with their car. Starring: Sarah Jessica Parker, Raoul Bova and Rosie Day. Rated PG-13, 90 minutes.

August 19: The Revenant (2015) Set in the 1820s American frontier, this snowy thriller follows fur trapper Hugh Glass as he relentlessly seeks retribution against the companions who left him for dead in the Missouri River's icy waters after he was mauled by a bear. Starring: Leonardo DiCaprio, Tim Hardy and Domhnall Gleeson. Rated R (Violence, Sexual Assault and Language), 156 minutes.

August 26 The Big Short (2015) Before the housing and credit bubble of 2007 triggers an international economic meltdown, a handful of financial outsiders sees the crash coming and bets against the big banks in a daring play that could reap them huge profits. Starring: Christian Bale, Steve Carell, and Ryan Gosling. Rated R (Language and Sexuality), 130 minutes.

