



# WELLESLEY COA SENIOR LUNCH PROGRAM

## July 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><b>July 1</b> Turkey Delight Sandwich (Turkey, Honey Mustard, Apple slices, Sprouts &amp; Bacon) Garden Salad Homemade Vanilla Ice Cream</p>
<p><b>July 5</b> Chicken, Broccoli, Ziti Chocolate Pudding</p>	<p><b>July 8</b> Chicken, Tomato, Pesto (no pine nuts) &amp; fresh mozzarella Panini Reese Cookie</p>
<p><b>July 12</b> Smoked Brisket Corn Bread Cole Slaw Chocolate Ice Cream</p>	<p><b>July 15</b> Please Note: No Lunch Today Annual COA BBQ! (pre-registration required)</p>   
<p><b>July 19</b> Steak Tips over Garden Salad Chocolate Chip Cookie</p>	<p><b>July 22</b> Chicken Kabob over Rice Pilaf Homemade Mint Chip Ice Cream</p>
<p><b>July 26</b> Lemon Chicken Piccata over Linguini Steamed Vegetables Chocolate Chip Cookie</p>	<p><b>July 29</b> Blackened Salmon over Rice Pilaf Steamed Vegetables Homemade Vanilla Ice Cream</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](http://www.wellesleyfriendscoa.com)



Turn page for July movie schedule!



## Free Friday Movies at the Wellesley Council on Aging

July 2016

Movies start at 12:30 p.m.

Please note new, **EARLIER** start time!

**July 1: Miss You Already (2015)** Best friends forever, Milly and Jess are confident they'll weather all of life's struggles together, no matter how different their worlds become. But their relationship is tested when Milly is diagnosed with cancer just as Jess finally gets pregnant. Starring: Toni Collette, Drew Barrymore, Dominic Cooper and more. Rated PG-13, 112 minutes.

**July 8: In the Heart of the Sea (2015)** Revisiting the incredible true tale of the whaling ship Essex, which was rammed and sunk by a sperm whale in 1820, this historical drama chronicles the crew's horrific 90-day struggle to survive amid storms, hunger and despair. Starring: Chis Hemsworth, Benjamin Walker and Cillian Murphy. Rated PG-13, 122 minutes.

**July 15: No movie today—COA Annual BBQ**

**July 22: The Lady in the Van (2015)** In this touching human drama adapted from writer Alan Bennett's bestselling memoir, he befriends the elderly Miss Shepherd, who's living in a van that's been parked in his driveway for 15 years. Starring Maggie Smith, Alex Jennings, and Jim Broadbent. Rated PG-13, 104 minutes.

**July 29: Youth (2015)** On vacation in the Alps, two friends on the verge of turning 80 look to each other for support as both rush to face potentially momentous career landmarks, realizing that time is no longer on their side. Starring Michael Caine, Harvey Keitel and Rachel Weisz. Rated R (Sexuality and Language), 118 minutes.

