



WELLESLEY COA SENIOR LUNCH PROGRAM

March 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>March 1</u> Chicken, Tomato, Pesto & Mozzarella Panini Potato Chips Chocolate Pudding</p>	<p><u>March 4</u> American Chop Suey Garden Salad Homemade Vanilla Ice Cream</p>
<p><u>March 8</u> Beef Stew over White Rice Vanilla Pudding</p>	<p style="text-align: center;"> <u>March 11</u> </p> <p style="text-align: center;"> Corned Beef Cabbage Shamrock Cookie <i>Join us for a St. Patrick's Day Luncheon!</i> </p>
<p><u>March 15</u> Blackened Chicken Quesadilla Garden Salad Oatmeal Cookie</p>	<p><u>March 18</u> Pulled Pork Sandwich Cole Slaw Homemade Mint Chip Ice Cream</p>
<p><u>March 22</u> Blackened Salmon over Rice Pilaf Steamed Vegetables Chocolate Chip Cookie</p>	<p><u>March 25</u> Smoked Brisket Pasta Salad Garlic Bread Homemade Mint Chip Ice Cream</p>
<p><u>March 29</u> Lemon Chicken Piccata over Linguini Steamed Vegetables 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 March movie schedule!



Free Friday Movies at the Wellesley Council on Aging

March 2016

Movies start at 12:45 p.m.

March 4: He Named Me Malala (2015) Vividly portraying the obstacles Pakistani women face in getting an education because of prohibitions by the Taliban, this affecting documentary chronicles the story of Malala Yousafzai, a 15-year-old who was shot because of her advocacy efforts. Rated PG-13, 87 minutes.

March 11: No movie—Saint Patrick's Day Lunch

March 18: Irrational Man (2015) A middle-aged professor at a small Rhode Island college edges close to his breaking point, until he finds renewed purpose in his life after embarking on an unusual relationship with one of his students. Rated R, 95 minutes. Starring: Jamie Blackley, Joaquin Phoenix, and Parker Posey.

March 25: The Intern (2015) Agreeing to participate in a community outreach program, e-commerce entrepreneur Jules Ostin hires a 70-year-old intern -- who ends up bringing his special brand of business savvy to her fashion enterprise. Rated PG-13, 121 minutes. Starring: Robert De Niro, Anne Hathaway, and Rene Russo.

