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Highlights

January/February 2014

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Wellesley Council on Aging

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COUNCIL ON AGING

Holiday Schedule

COA is Closed and
the Bus Will not run:

Wednesday, January 1st

Monday, January 20th

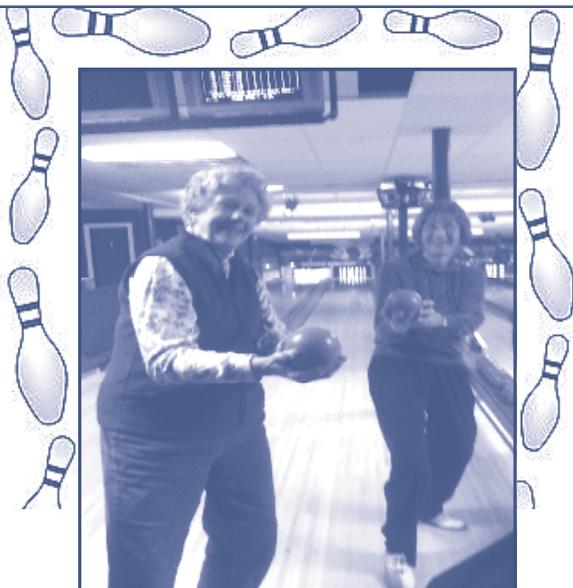
Monday, February 17th

REGISTRATION FOR PROGRAMS LISTED IN THIS NEWSLETTER WILL BEGIN ON Friday, December 27th (WELLESLEY RESIDENTS), and Monday, December 30th (NON RESIDENTS)

REGISTRATION REMAINS OPEN FOR ALL PROGRAMS, UNLESS OTHERWISE NOTED

AS LONG AS SPACE IS AVAILABLE! 781-235-3961

Two COA participants pose at our first ever bowling event at the Needham Bowlway in November.



WELCOMING DAY AT THE COA!

Are you new to Wellesley? Are you new to the "senior scene"? The Wellesley COA has something for everyone! The COA is a vibrant and active organization where people come together to participate in a wide variety of social, recreational and educational programs and new participants are always welcome! The COA will be hosting a "Welcoming Day" on **Wednesday, January 15 from 9:30-11:30 a.m.** The day will begin with a meet and greet with some of the COA staff and they will provide a brief overview of the COA. You will then have an opportunity to meet some COA participants, volunteers and instructors and you will have a "sneak peek" at some of the activities that are taking place on site. Spend the morning at the COA and you will see why many of our participants call the COA their "home away from home". Please call to register

781-235-3961. Light refreshments will be served.

Let's Jam!

Looking for a fun social AND musical activity? Dana Hall School of Music is hosting a monthly **String Jam!** This event is FREE and open to anyone (all ages welcome!) who plays a stringed orchestral instrument (Violin, Viola, Cello or Bass) at an advanced beginner level. Local freelance violist/violinist, Anna Griffith will lead relaxed readings of pieces covering a variety of styles. The kick off is scheduled on Saturday, January 25 from 2-4pm, at the Dana Hall School of Music, 103 Grove Street in Wellesley. Please RSVP to music@danahall.org or call 781-237-6542 by Thursday, January 23. *The COA is delighted to have formed a partnership with Dana Hall School of Music and we will be announcing additional opportunities in the months ahead.*

SAVE THE DATE: 3rd Annual COA Evening Social is

Saturday, May 3rd from 7:00-9:00pm.

Look for details in the March/April edition of Highlights!

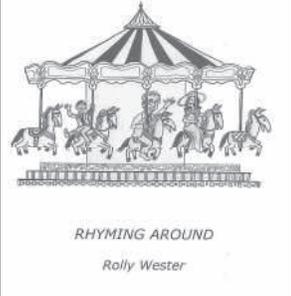
SENSATIONAL SPEAKERS!

Keeping the Kids at Bay: How to get your adult children off your back and at your side

Friday, January 10th at 10:00am

Are your children pressing you to move out of your home? Do they want you to move to: 1) a smaller place; 2) a place where you won't need to drive; 3) a one-story space; or 4) where someone can watch over you? Who do they think they are, huh?

Join Michael R. Abend, Director of Extended Family of Wayland, as he outlines some steps to keep your kids off your back!



"Rhyming Around"

Thursday, January 16th at 11:00am

Local Wellesley author Rolly Wester presents readings from his self-published book of poems, "Rhyming Around." A delightful romp through the trials and tribulations of aging, commentaries on everyday life, and keen observations of the nearly

mundane, written in rhyme with humor and love. The book is illustrated with titles including "Young Ladies in Red Cars on Highways" and "In a Dentist's Chair, Impatiently." His book will be available for \$9.95.

Managing Your Healthcare in the 21st Century

Friday, January 17th at 10:00am

Join Rhiannon Stare, RN, from BAYADA Home Health as she presents *Working with Your Health Care Provider*. The presentation will include: warning signs and symptoms of common health issues in older adults, when to call your physician, keeping medical records, managing medications, and connecting with your health care professional.

TRIAD~ Thursday, January 23rd at 10am

U. S. Postal Inspector Bernadette Lundbohm from The Postal Inspection Service will present about current fraud scams perpetrated through the U. S. Mail and she will provide seniors with the tools and steps necessary to avoid becoming victimized. Additionally, the Yellow Dot Program will be available for those wishing to sign up.

Light refreshments will be provided.



5 Simple Exercises to Increase Your Strength Today

Friday, February 7th at 10:00am

Steve Satin is an Exercise Physiologist and President of Satin Wellness, an In-Home Personal Training Company, established in 1991. This program includes safe and effective exercises even if you have heart disease, diabetes, arthritis, joint and/or back pain. The presenter will demonstrate exercises that can be done by anyone; whether you have an injury or are physically fit.

Circuit Breaker Forum~ Tuesday, February 25th at 1:00pm

Join us for an informational seminar on the Senior Circuit Breaker Tax Credit with Senator Ross and Brian Lynch from the Massachusetts Department of Revenue. The Senior Circuit Breaker is a tax credit for senior citizens whose property payments exceed 10% of their annual income.

Call the COA to register (781) 235-3961.

Jeff Goldman, physical therapist at Newton Physical Therapy, working on his patient Mary Bowers during an in-house presentation in November.



Please reference this page for upcoming presentations. Do you have any ideas for future presentations? If so, contact Ashley (781) 235-3961 to share your ideas.

LUNCH & LEARN

"LONG TERM CARE - WHAT IS YOUR PLAN"?

Thursday, February 20th at 12:00 pm

Do you have longevity in your family? Do you know what your plan would be if you were to need long term care? Join us on for a Lunch and Learn program with Susie Caspar of Caspar Long Term Care Planning. Susie has specialized in long term care insurance and planning for over ten years. She will share her knowledge and will respond to your questions. Special thanks to Michael Grant Wilsker, VP and Care Coordinator of Always Best Care Senior Services for sponsoring this lunch and learn program.



Natick Veterans Oral History Project

Friday, February 28th at 10:00am

Join Maureen L. Sullivan, Coordinator at the Morse Institute library (Natick, MA), as she explains the Oral History Project. The mission of the project is to collect and preserve the personal recollections of those men and women who have served our country in the armed forces past and present. After the presentation ask Maureen how you can have your story recorded at the library. You don't need to be a Natick resident to have your story recorded!

Healthful Aging (Research Talk)

Friday, February 14th at 10:00am

What is healthful aging, and what are the psychological factors that contribute to healthful aging? What is within our control? Dr. Laura Hsu, an Assistant Professor of Human Development at Merrimack College, will offer answers from academic literature and offer recommendations, based on empirical studies and observations, of how to age more positively. After her presentation, she will be recruiting participants for her research study on manual dexterity. If you want to be a participant here are some things to keep in mind: **Eligibility:** Must be 70 years or older and be right hand dominant. **Time commitment:** About 2 hours per week for four weeks. A portion of the study will be completed from home. **Tasks:** Completing questionnaires, cognitive tests, physiological measures (blood pressure, pinch and hand grip strength, and vision), and either writing or reading from magazines that you will get to keep. **Compensation:** Participants will receive \$20 cash, a free magazine, and a cognitive performance report upon completion of the study. Call the COA (781) 235-3961 register. If you have questions regarding the study, contact Dr. Hsu at Merrimackstudy@gmail.com / (978) 837-3583.





These two Tuesday movies will have you prepared for the premiere of Before Midnight on Friday, February 14th. This series begins at 12:30

January 28th: Before Sunrise (1995)

February 4th: Before Sunset (2004)



You Picked The Flick ! FREE FRIDAY MOVIES ! All Movies begin at 12:45pm.

Several of these selections were chosen by our regular movie goers!

Share your movie suggestions with Ashley! Please note: If the Friday movie runs longer than 2 hours, and you need a ride home, contact our Volunteer Driver's Program (508) 479-9301 ! Please call at least 3 days in advance to see if a volunteer is available.

January 3: Unfinished Song (2012) A cantankerous retiree discovers an untapped gift while wrestling with the impending death of his beloved wife in this inspirational musical drama from director Paul Andrew Williams. Rated PG-13, 94 minutes

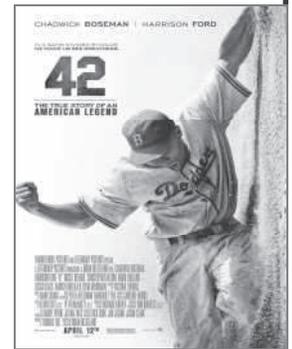
January 10: Shutter Island (2010) The film opens in 1954 as World War II veteran and current federal marshal Teddy Daniels (Leonardo DiCaprio) and his new partner, Chuck (Mark Ruffalo), ferry to Shutter Island, a water-bound mental hospital housing the criminally insane. They have been asked to investigate the disappearance of Rachel Solando (Emily Mortimer), a patient admitted to the asylum after she murdered her three children. As Teddy quizzes Dr. Cawley (Ben Kingsley), the head of the institution, he begins to suspect that the authorities in charge might not be giving him the whole truth, and that a terrible fate may befall all the patients in the spooky Ward C -- a unit devoted to the most heinous of the hospital's inmates. Rated R, 137 minutes.

January 17: The Help (2011) A 1960s-era Mississippi debutante sends her community into an uproar by conducting a series of probing interviews with the black servants behind some of her community's most prominent families. Skeeter (Emma Stone) has just graduated from college, and she's eager to launch her career as a writer. In a moment of inspiration, Skeeter decides to focus her attention on the black female servants who work in her community. Rated PG-13, 146 minutes

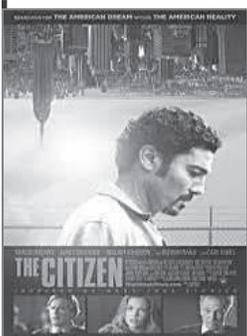
January 24: Zero, Dark Thirty (2012) Kathryn Bigelow and Mark Boal, the Academy Award-winning duo behind The Hurt Locker, reteam for this drama detailing the hunt for Osama bin Laden, which stars Oscar nominee Jessica Chastain as the intelligence expert who dedicated a decade of her life to tracking down the world's most wanted terrorist. Rated R, 157 minutes

January 31: The King's Speech (2010) Emmy Award-winning director Tom Hooper (John Adams) teams with screenwriter David Seidler (Tucker: A Man and His Dreams) to tell the story of King George VI. When his older brother abdicates the throne, nervous-mannered successor George "Bertie" VI (Colin Firth) reluctantly dons the crown. Though his stutter soon raises concerns about his leadership skills, King George VI eventually comes into his own with the help of unconventional speech therapist Lionel Logue (Geoffrey Rush). Rated R, 119 minutes

February 7: 42(2013) Brian Helgeland's historical sports drama/biopic 42 relates the historic 1947 baseball season in which Brooklyn Dodgers general manager Branch Rickey (Harrison Ford) decides to sign the first black Major League player, Jackie Robinson (Chadwick Boseman). Although Robinson faces ugly, vicious racism from other clubs, fans, and on occasion his own teammates, Rickey encourages him to not fight back. By following that advice, Robinson allows his remarkable athletic talent to speak for itself, and soon the first-year player becomes one the most popular players on the team, eventually securing the Rookie of the Year award Rated PG-13, 128 minutes



February 14: Before Midnight (2013) Nine years after Before Sunset, their highly-regarded sequel to Before Sunrise, director Richard Linklater reteams with Ethan Hawke and Julie Delpy for Before Midnight, which finds their characters together raising twin daughters. Jesse (Hawke) attempts to maintain a relationship with Hank, his teenage son from his first marriage, but their bond is strained even though Hank has just spent the summer with his dad and step-family. Meanwhile, Celine (Delpy) must make a difficult decision about her career. Rated R, 109 minutes/ *A Trilogy: Before Sunrise (Jan 28) and Before Sunset (Feb 4) will also be shown at the COA.*



February 21: The Heat (2013) The story begins when egotistical, ambitious FBI agent Sarah Ashburn (Bullock) is promised consideration for a big promotion if she can bring down a drug lord setting up shop in Boston, she's forced to team with loud-mouthed local cop Shannon Mullins (McCarthy). The two hate each other at first sight, but as they dig deeper into the mysterious identity of their prey, they forge an abiding respect and friendship. **"The funniest movie of the year"** . Rated R, 117 minutes

February 28 : The Citizen (2012) Inspired by actual events, Sam Kadi's debut feature The Citizen traces the experiences of a Middle Eastern man (Khaled Nabawy) who wins the lottery for a green card, and arrives in New York City the day before the September 11, 2001, terrorist attacks. Rated PG-13, 99 minutes

COMMUNITY COLLABORATIONS!

We are thrilled to bring you several partnerships with other town departments. If you have any ideas for future community collaborations contact Ashley (781) 235-3961.

Keep Up With Technology!

The COA is excited to announce another partnership opportunity with the Wellesley Free Library. These computer workshops give you the tools necessary to become a friendlier user of current technology trends. Hopefully, with the resources provided, you will see the wealth of information that technology can offer.

The following computer classes are co-sponsored by the Friends of the Wellesley Council on Aging and the Friends of the Wellesley Free Library:

Thursday, January 9, at 1:00pm :Introduction to Searching: Finding Local Information Online The internet can be a great place to find information about local events, organizations, and more. In this class for beginning users, we will look at using the internet to find great local information.

Instructor: Anna Litten, Technology Education Coordinator

Skills required for this class: no skills are required for this session, but familiarity with the mouse is helpful.

Thursday, February 13, at 1:00pm : E-Readers, Tablets and More: Choose the right technology option for you! There are technology options for everyone right now, but which is the right choice for you? In this session we will learn about the differences between different technology options and even get a chance to use a few technology toys. **Instructor:** Anna Litten, Technology Education Coordinator

Skills required for this class: None

*****Call the Wellesley Main Library (781-235-1610 x1105) to register. Space is limited.** Priority to Wellesley senior residents.



FIRE SAFETY

Lieutenant Paul Delaney, Public Education Officer, will host a fire safety program at the Wellesley Fire Station. After the program, folks are invited to enjoy refreshments, tour the fire station and have a ride on a fire truck. Call the COA (781-235-3961) to register.

Mark your calendars for Friday, January 24th from 10am-12noon. (If needed: Make-up date will be February 21st from 10am-12noon).



Soups, Stews and Meals for One or Two

The Wellesley Health Department and Council on Aging Present: A healthy cooking course for **Wellesley seniors:** Winter is on its way. Come in from the cold and learn how to cook delicious and nutritious meals with a Mediterranean flair.

Have fun learning recipes while breaking bread with new friends.

COST: FREE! Sponsored by The Wellesley Health Department with funds awarded by West Suburban Community Health Network (CHNA 18).

When: Fridays, January 10, 17, and 24 (Make-up date: January 31st 1:00-3:00pm)

Time: 1:00-3:00pm **Maximum number of students is 16.**

Where: Warren Recreation and Health Building 90 Washington Street
Call the COA to register (781) 235-3961.

NEW!!!!!! HOUSING OPTIONS TOUR PROGRAM

Do you have a plan? Do you know where you are going to live in 5, 10, 15 or 20 years from now? Are you going to stay in your home as you age or are you going to downsize and find a spot that is more suitable to your needs?

Our NEW Housing Options Tour program provides you with an opportunity to explore some options!



The Residences at Wingate, Needham, MA
Thursday, January 9th

Meet at the Wellesley Council on Aging at **10:30 am** and we will travel together to the Residences at Wingate in Needham, MA (Group transportation courtesy of Wingate). On this Housing Options Tour you will be treated to lunch, a tour, and will have entertainment by the ever popular **Gary Hylander.**

Description of the facility: The Residences at Wingate offers Independent, Assisted Living and Memory Care options on a beautifully landscaped campus. Residents and families can expect a sophisticated ambiance which exudes warmth and luxury. There are personalized services, specialized programs and distinctive dining venues designed to meet the needs of all. **Maximum 14**



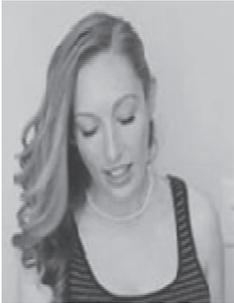
Mary Ann Morse Health Care Center, Natick, MA
Thursday, February 6th

Meet at the Wellesley Council on Aging at **11:30 am** and we will travel together to Mary Ann Morse Health Care Center in Natick, MA (Group transportation courtesy of Mary Ann Morse Healthcare Center). On this Housing Options Tour you will be treated to lunch, and a tour. **Description of the facility:** Mary Ann Morse Healthcare Center provides a short term rehabilitation program for patients who are recovering from injury, joint replacements, surgery or other medical conditions. With an interdisciplinary approach to rehabilitative care, they work with you to reach your highest level of functioning and independence to get you back home. They also offer long term care and memory care for those residents that need the daily support of their team and clinical services. **Maximum 13**

Call and register for these three social gatherings!

Cozy Up and Sing-A-Long

Join us on **Tuesday, January 7th at 1:00pm** to enjoy a performance by Emily Marks. Her program titled, *Those Were The Days*, is an interactive jazz show that brings you back! Come and sing songs by Frank Sinatra, Ella Fitzgerald and many more.



Relax, sit back and reminisce! Hot chocolate and other refreshments will be provided.

Let's Celebrate!

If you celebrate a birthday in the months of January or February, come celebrate your special day at the COA. If your birthday does not fall in January or February, come and celebrate the birthdays of friends at the COA.

The talented Newton Swing Band will be the entertainment during the birthday bash on Friday, January 31st at 3:00pm after the movie premiere of The King's Speech. Thank you to the Friends of the Wellesley Council on Aging for providing refreshments!

Transportation may be available from the Volunteer Drivers Program, please call 508-479-9301 at least 3 business days in advance.



A Valentine's Day Social

Love and friendship are in the air at the Council on Aging.



Celebrate with us on **Wednesday, February 12th at 2:00pm.**

Enjoy a sweet afternoon with friends at our annual Valentine's Day social and listen to sensational sounds by The Wellesley College Chamber Music Society. *Transportation may be available from the Volunteer Drivers Program, please call 508-479-9301 at least 3 business days in advance.*

Art Classes

Call the COA (781) 235-3961

Acrylic Painting

Maris Platais will begin another 8 week session of his popular class. All ability levels are welcome. To see his extraordinary work, Google "Maris Platais". Dates are as follows: January 8,15,29 (No class 1/22), February 5, 12,19,26 and March 5. **Time: Wednesdays from 1:30-3:30 pm.** (Only if needed, the make-up date will be Monday, March 10th. The minimum amount of students is 8 and the maximum is 12.



Please call the COA for a supply list. Cost is \$81.00/person.

Art for Fun

Students enjoy individual hands-on instruction with an emphasis on developing washes, values, textures, variety of color, edges and shapes, as well as creating the illusion of light under instruction by Cecilia Sharma.

These classes meet at the **Warren Recreation Center, 90 Washington Street.** The 8 week session will be held **Mondays 10am. – 12:30pm** on the following dates: February 3rd, 10th, 24th, March 3rd, 10th, 17th, 24th and 31st. (Only if needed the make-up date will be April 7th, 10am-12:30pm). The cost for the class is \$125.00. A supply list is available at the Council on Aging and new participants are welcome! The minimum number of students is 8 and the maximum number is 15 students.

Genealogy Classes

Seema Kenney, who is an experienced instructor, will lead the session. She holds a certificate from Boston University in Genealogical Research. While still researching her own family, she has opened Mass Researchers to provide services to others and enhance the portfolio that is required to become a certified genealogist. Seema is a member of the Upton Historical Society, the New England Historical Genealogical Society, the Association of Professional Genealogists, and the Massachusetts Society of Genealogists.



Thursday, January 23rd at 2:00pm – Using Census Reports – Census Reports are one of the most common tools for genealogical research. This presentation focuses on the federal census reports – the purpose, the instructions and methods of the enumerators, and the hidden gems you find when reading the entire page and putting your ancestors information into historical context. *Make-Up date on January 30th at 2:00pm*

Thursday, February 20th at 2:00pm – Tracing Mass Land Records – Land records are a popular source for genealogical research. Learn how to use the State's Registry of Deeds website to trace your ancestor's Massachusetts property from owner to owner and get a better picture of your ancestor's financial standing.

Make-up date on February 27th at 2:00pm

Cost: \$ 5/class or \$10.00 for two classes Sign up for one, or two classes! Minimum number of students is 7. Maximum number of students is 20. Payment due one day prior to the start of the class. Call to register (781) 235-3961.

Breakfast Club



Building upon our success of our first Breakfast Club outing, the COA is delighted to continue this wonderful program. The Breakfast Club will enjoy breakfast **at Captain Marden's** (279 Linden Street, Wellesley, MA) **on Tuesday, January 14th at 8:00am and Mel's Commonwealth Café** (310 Commonwealth Road, Wayland, MA) **on Tuesday, February 11th at 8:00 am.** Choose your own breakfast and pay for it at that time. Please do call us at least one week in advance and let us know if you will join. **Maximum 12.** Call the COA (781) 235-3961 to register.



Delicious Dining Group

Everyone is welcome to meet our group for lunch at **Lemon Thai Cuisine** (555B Washington Street, Wellesley, MA) **at 12:00pm on Monday, January 27th** Choose your own lunch and pay for it at that time. Please do call us at least one week in advance and let us know if you will join. Our dining destination in February will be to **Sweet Basil** (942 Great Plain Ave, Needham, MA) **at 12:00pm on Monday, February 24th. \$20 for an all inclusive lunch. Maximum 12. Call the COA (781) 235-3961 to register and payment is required at least one day prior to luncheon.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

JANUARY

<p>9am 9:30-11:30 9:30-10:30 11:00-12:00 12:30-3</p>	<p>Walking (Lib) Wii Better Bones Better Balance Bridge</p>	<p>9:30-11:00 10:00-11:15 11:15-12:45 11:45 1:00-2:00 2:00-3:30 1:30-2:30</p>	<p>Yoga German Yoga Lunch "Cozy Up and Sing Along" Cribbage Keep Well -315 Weston Road</p>	<p>1 New Year's Day! COA is Closed Bus will NOT run</p>	<p>1-4 MahJong</p>	<p>11:45 12:45 Lunch Movie: Unfinished Songs</p>
<p>9am 9:30-11:30 9:30-10:30 11:00-12:00 12:30-3</p>	<p>Walking (Lib) Wii Better Bones Better Balance Bridge</p>	<p>9:30-11:00 10:00-11:15 11:15-12:45 11:45 1:20-30 1:30-2:30</p>	<p>Yoga German Yoga Lunch Cribbage Keep Well - Morton Circle</p>	<p>8:00 Breakfast Club-Captain Marden's Yoga German Yoga Lunch Cribbage Keep Well - Morton Circle</p>	<p>9:30-10:30 11:00-11:30 11:45 1:00-3:00 1:30-3:00</p>	<p>10:00-11:00 11:45 12:45 1:00-3:00 1:00-3:00 1:00-3:00 1:00-3:00 1:00-3:00</p>
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9am 9:30-11:30 10:00-12:30 9:30-10:30 11:00-12:00 12:30-3:00 Walking (Lib) Wii Art for Fun (Warren) Better Bones Better Balance Bridge	9:30-11:00 10:00-11:15 11:15-12:45 11:45 12:30 1-2:30 1:30-2:30 Yoga German Yoga Lunch Movie: Before Sunset Cribbage Keep Well - 315 Weston Road	9 am 9:30-10:30 9:30-11:00 10:00-11:00 11:00-12:00 1:00-2:30 1pm 1:30-3:30 Walking Group COA Coffee Comm. Bears Scrabble/Cards Keep Well (COA) Chess French SHINE Acrylic Painting	11:30-2:00 1-2 1-4 Housing Options Tour- Mary Ann Morse Health Care Center Line Dancing MahJong	10:00-11:00 11:45 12:45 5 Simple Exercises to Increase Your Strength Today <i>Lunch(Gab with Gayle)</i> Movie: 42
9am 9:30-11:30 10:00-12:30 9:30-10:30 11:00-12:00 12:30-3 Walking (Lib) Wii Art for Fun (Warren) Better Bones Better Balance Bridge	8:00 9:30-11:00 10:00-11:15 11:15-12:45 11:45 1-2:30 1:30-2:30 Breakfast Club-Mel's Commonwealth Cafe Yoga German Yoga Lunch Cribbage Keep Well - Morton Circle	9 am 9:30-10:30 9:30-11:00 9:30-11:30 9:45-10:45 10:30-11:30 11:00-12:00 1:00-2:30 1pm 2pm 1:30-3:30 Walking Group COA Coffee Comm. Bears Scrabble/Cards Tai Chi Chess Better Balance French SHINE VALENTINE'S DAY SOCIAL Acrylic Painting	9:30-10:30 9:30-10:30 1-2 1-4 1:30-3:00 2:00-3:00 Better Bones Book Discussion Line Dancing MahJong Choose the right technology option for you MahJong	10:00 11:45 12:45 Healthful Aging Lunch Movie: Before Midnight
17 President's Day Center is Closed Bus will not run 9am Walking Group (Lib)	9:30-11:00 10:00-11:15 11:15-12:45 11:45 1-2:30 1:30-2:30 Yoga German Yoga Lunch Cribbage Keep Well - 41 River Street	9 am 9:30-10:30 9:30-11:30 9:45-10:45 10:30-11:30 11:00-12:00 1:00-2:30 1pm 1:30-3:30 Walking Group COA Coffee Scrabble/Cards Tai Chi Chess Better Balance French SHINE Acrylic Painting	9:30-10:30 12:00-1:00 1-2 1-4 1:30-3:00 2:00-3:00 Better Bones Do you have Longevity in your Family? Line Dancing MahJong <i>Bingo</i> <i>Genealogy</i>	11:45 12:45 Lunch Movie: The Heat
9am 9:30-11:30 10:00-12:30 12:00 9:30-10:30 11:00-12:00 12:30-3 Walking (Lib) Wii Art for Fun (Warren) Dining Destination Sweet Basil (Needham) Better Bones Better Balance Bridge	10:00-11:15 11:45 1-2:30 1:00-2:00 1:30-2:30 German Lunch Cribbage Circuit Breaker Forum Keep Well - 60 Grove Street	9 am 9:30-10:30 9:30-11:30 9:45-10:45 10:30-11:30 11:00-12:00 1:00-2:30 1pm 1:30-3:30 Walking Group COA Coffee Scrabble/Cards Tai Chi Chess Better Balance French SHINE Acrylic Painting	9:30-10:30 9:30-10:30 1-2 1-4 Better Bones Book Discussion Line Dancing MahJong	10:00-11:00 11:45 12:45 Natick Veterans Oral History Project Lunch Movie: The Citizen

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A NEW YEAR FOR A NEW YOU!~For all COA fee-based programs, additional dates are listed as POTENTIAL make up classes. Classes will only be held on these dates if the make-up class is, in fact, needed (i.e. inclement weather, instructor is ill, etc) **FRIENDLY REMINDER FROM THE COA!** Class registration and payment policy

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 cancelation of the class, if the minimum # of students is not met, or cancelation of your space in the class, if we have a wait list. Thank you for your cooperation!

"I appreciate my students' ready grasp of the intrinsic, holistic nature of a well-rounded yoga practice and how little an authentic and enriching yoga experience has to do with innate ability to bend like a pretzel or stand on one's hands"
-Judy Scribner-Moore (Yoga Instructor)



YOGA
Intermediate Level 2 (prior experience in Level 2 class is a prerequisite): Classes meet on Tuesday mornings, 9:30-11 am Intermediate Level 1 (beginners are welcome): Classes meet on Tuesday mornings, 11:15 am-12:45 pm Judy has practiced meditation since 1972 and yoga since 1981, and has been teaching both since 1987. She is skilled at adapting classical yoga postures to meet individual needs, often using chairs, walls and other props to make poses accessible to all levels of experience and mobility. **The cost is \$87.50 for the 7 week session. Dates: January 7, 14, 21, 28, February 4, 11,18 (No class 2/25) (Only if needed, make-up class will be Friday, February 21st same time as original class)**

Line Dancing
 Bring your smile and join the fun as we line dance every Thursday from 1-2PM. We are a friendly, happy, group who support each other. You may just hear one of your favorite songs! **No class on Thursday Jan. 2, 2014. This is a drop-in activity--- \$4.00 fee is paid to the instructor each week.**



I love hearing participants say with a smile, "I'm starting to get this by coming every week.....I'm exercising and it's fun!" What a pleasure it is for me to see both their coordination and confidence improving. -Regina Sharpe (Line Dancing Instructor)

"Watching students take initiative to empower themselves to stay well and seeing their accomplishments."
- Leslie Worris (Instructor of Tai Chi for Health, Better Bones and Better Balance, Independent and Upright Living)



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 the stiff joints and muscles, decrease stress and is good for overall health and balance. Chairs will be available. **Minimum # of Students: 10 Maximum # of Students: 22 Wednesdays, 9:45-10:45 am: January 8, 15, 22, 29, February 12, 19, 26 (No class: 2/5) 7 week session \$49(Only if needed, make-up class will be 3/7, 3-4pm).**

BETTER BONES
 Instructor, Leslie Worris MPH, RYT. This is a class where you will use free weights, resistance bands, balls, 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 specially 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 2 sets of free weights, a towel and water. Classes meet Mondays and/or Thursdays from 9:30am-10:30am. **Minimum # of Students: 15 Maximum # of Students: 25 Mondays: January 6, 13, 27, February 3, 10, 24 (No class 1/20 and 2/17)6 week session \$42 (Only if needed, make-up class will be March 7, 2:00-3:00pm) Thursdays: January 9, 16, 23, 30, February 13, 20, 27 (No class 2/6).....7 week session \$49. (Only if needed, make-up class will be March 4, 3-4pm)**

BETTER BALANCE, INDEPENDENT& UPRIGHT LIVING
 Instructor, Leslie Worris MPH, RYT. Are Your Afraid of Falling? The class will help improve posture, strength, flexibility, gait, mobility, stability, breath, endurance and help maintain your independence. Participants use balls, bands, weights and the class incorporates yoga and chi gong. Please bring 2 sets of weights and water. Classes meet on Mondays and/or Wednesdays from 11:00 am-12:00 pm. Beginners are welcome! **Minimum # of Students: 8 Maximum # of Students: 20**
Minimum # of Students: 8 Maximum # of Students: 20
Mondays: January 6, 13, 27, February 3, 10, 24 (No class 1/20 and 2/17)6 week session \$42. (Only if needed, make-up class will be March 6, 3-4pm)
Wednesdays: January 8, 15, 22, 29, February 12, 19, 26 (No class 2/5) 7 week session \$49. (Only if needed, make-up class will March 7, 1-2pm)

COFFEE HOUR: Warm yourselves up —stop by for a delicious cup of coffee and a snack every *Wednesday morning from 9:30-10:30am*. Come in to socialize or join a scrabble game.

All Welcome!

COMMUNITY BEARS: A group of dedicated women have been making teddy bears for children for many years at the Council on Aging – we call this activity the “Community Service Bears Project”. These lovingly made bears are distributed to children needing a bear to hug. The group meets *every Wednesday morning from 9:30-11:00 a.m.*

BINGO: Join us for BINGO on *Thursdays January 16th and February 20th 1:30-3pm*.

Call the COA to register.

CHECK OUT THE CRIBBAGE CLUB: Play or learn Cribbage on *Tuesday afternoons from 1-2:30pm*. New players are always welcome. Fran Weinberg, our volunteer instructor, provides instruction for those new to the game. Drop in or call for more information. ***Please note:** Tuesday, January 7th, cribbage will start at 2:00pm

SCRABBLE: Our Scrabble group meets every *Wednesday morning 9:30-11:30 am*. Drop in or call for information.

WALKING GROUPS: Our Wednesday group meets at the Community Center at *9am*. Led by volunteer Jim Reilly, they regroup for coffee and a snack at the completion of their walk. The Monday group meets at the rear of the main library at *9am* with their volunteer leader, Anne Turtle.

BRIDGE: Drop-in Bridge games are *Mondays :12:30-3pm*

MAH JONG: Mah Jong games are played on *Thursdays 1-4pm*.

CHESS: Chess is back on Wednesday mornings 10:30 -11:30am.

***Please note:** *January 8th and February 5th*, chess will start at 11:00 am.*

WII BOWLING: Our awesome volunteers from the Wellesley Hills Junior Women’s Club are back to lead our weekly Wii program on *Monday mornings at 9:30 am-11:30am*

COMPUTER ASSISTANCE: Please contact the COA if you need/want computer assistance or other technology

needs. There are often volunteers and students willing/able to help but dates/times vary. Please call for info:

781-235-3961



BOOK DISCUSSION GROUP:

The book group meets **every other Thursday from 9:30-10:30 am (will resume January 16th)** at the COA. Call the COA for an updated book list. The book group is co-sponsored by the Wellesley

Free Library and the COA. The facilitator is Circulation

Asst. from the Library, Joellen Toussaint . **See calendar for details!**

FRENCH:

Did you take French in High School or College? This conversation only class meets *Wednesdays 1-2:30pm (will resume January 15th)*. Led by volunteers David and Wendy Myersmith.



CANASTA ANYONE?

We have heard from a few people who are interested in playing this card game. If you are interested, we will add your name to the list! Which dates and times work well with your schedule? Contact the COA.

SHINE UPDATES

Can I still change my Medicare Plan?

The 2013 Medicare Open Enrollment period ended on December 7, but some people may still be allowed to change plans. For those with a **Medicare Advantage Plan**: Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you **cannot** switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs: You can change your plan anytime during the year. Those with Prescription Advantage can do this only **once** each year. Those with “Extra Help” can change every month.

SHINE appointments are available at the Wellesley Council on Aging. Please call to schedule your appointment 781-235-3961.

Fuel Funds are Available

The **Good Neighbor Energy Fund (GNEF)** opens on February 3, 2014 with applications accepted on or after January 2, 2014. A cooperative effort between sponsoring Massachusetts energy companies, the Salvation Army and caring neighbors throughout the state, the GNEF has raised over 18.8 million and assisted more than 82,000 households with a month's energy expense since its inception in 1985. This fund assists those that are over-income for the Low Income Home Energy Assistance Program (LIHEAP) with a maximum gross annual income of \$42,753 for a 1-person household and \$55,908 for a 2-person household. GNEF is a \$350 benefit that is paid directly to your fuel provider. For information or to apply, please contact Linda Clifford at 781-235-3961. **LIHEAP** continues to be available for those who qualify. This program provides financial assistance (amounts vary based on income and fuel type) with the cost of oil, gas, propane, kerosene, & other forms of heating. For a single person household, the gross income limit is \$32,065. For a two-person household, the gross income limit is \$41,932. The Wellesley Council on Aging continues to be an intake site for LIHEAP for those aged 60 and over. If you are interested in learning more about this program or to apply, please contact Linda Clifford at 781-235-3961. If you know someone under the age of 60 that may be interested in applying, please have him/her contact Karen Mondell at Wellesley Friendly Aid, 781-235-3960. *** If you have exhausted your fuel assistance benefits and continue to struggle with high heating expenses, please call Linda Clifford at 781-235-3961 to see if there are any additional programs available.

VOLUNTEER CORNER: The Wellesley COA welcomes Lorraine Clough as our new Volunteer Coordinator. Lorraine will be hosting a “meet and greet” for prospective volunteers on **Tuesday, January 28 at 11:00 a.m.** The COA is always looking for new volunteers and we encourage you to come and learn about volunteer opportunities! Please call the COA at 781-235-3961 to register. Light refreshments will be served.

VOLUNTEER SURVEY : The COA is looking for feedback from past, present, and future volunteers! A survey has been developed by the COA staff and will be available as of January 1, 2014 on the COA website – www.wellesleyma.gov/coa If you do not have internet access and would like to complete the survey, please contact Lorraine Clough at 781-235-3961.

SCHOLARSHIP FUNDS ARE AVAILABLE Want to participate in one of our programs but can’t afford it? Call the COA and ask about the C. Eleanor Genovese Fund which may be able to subsidize or pay for your class in full if you are a Wellesley resident.

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Or visit www.thmp.org/sco.

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(From Oct. 1 - Feb. 14 representatives are available

7 days a week, 8:00 a.m. - 8:00 p.m.)

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, copayments/coinsurance may change on January 1 of each year.

Tufts Health Plan is an HMO plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. Enrollment in Tufts Health Plan depends on contract renewal. Tufts Health Plan Senior Care Options is a voluntary MassHealth (Medicaid) benefit in association with EOHHS and CMS. You must continue to pay your Medicare Part B premium.

H2256_S_2014_35 Accepted

Evening- and- weekend Lecture Series 2013-2014

**“Empowering Consumers in an Ever-Changing Marketplace”
Thursday, January 30th at 7:00pm ~ Wakelin Room ~ Wellesley
Main Library**

Just as we thought we were getting a handle on Smartphones, Facebook and Twitter, along came Sidecar, mobile banking, prepaid cards, paperless receipts, increased data gathering, new laws, new court decisions, and a dazzling array of new apps. Join attorney Marie Taylor and consumer advocate Cindy Matloff, the *Consumer Gals* from Consumers Empowered, Inc., as they show us how to take the best advantage of these changes and use them to remain savvy and empowered consumers. **NEW ADDITIONS TO THIS SERIES:** **Sunday, March 30th at 2:00pm** “Are We Alone in the Universe” by Scott Birney, Wellesley College Emeritus Professor of Astronomy and **Thursday, June 12th at 7:00pm** join Erica Hirshler, Croll Senior Curator of Paintings, Art of Americas, Museum of Fine Arts. whose topic is TBA. To view a complete listing of the series, visit the COA website <http://www.wellesleyma.gov/coa>

MEET THE COA STAFF!

Do you know the COA staff and what their respective roles are within the department? In the months ahead, the members of the COA staff are setting aside time to talk with folks informally during our regularly scheduled lunch program. Your first opportunity is to “Learn with Linda” (*Health and Social Services Administrator*) on Tuesday, January 21 at 11:45 a.m. Come again and “Gab with Gayle” (*Director of Senior Services*) on Friday, February 7th at 11:45 a.m. Please call the COA at 781-235-3961 to register and indicate if you would like to have lunch. You must make your lunch reservation the day before by 10 a.m.

RIDE THE COA BUS!

You’ve seen the Council on Aging bus all around town, right? Well, what are you waiting for.....come and take a ride on the bus! The COA will issue **2 FREE COA BUS TICKETS** (a \$2.00 value) to any **NEW PASSENGER** and all passengers will receive **2 FREE COA BUS TICKETS** in their birthday month! The COA will also be holding a monthly drawing (using redeemed COA bus tickets) and each month, one lucky passenger will receive **4 FREE COA BUS TICKETS!** The COA bus service is a great way to get to places you need and want to get to – medical appointments, social engagements, and shopping/errands. The service runs Monday through Friday from 9 a.m. – 3 p.m. and reservations are made by calling 781-938-7841. If you would like additional information about the service, please call the Council on Aging 781-235-3961!

**A friendly reminder for these upcoming
snowy months!**

All COA activities (day and evening) will be cancelled when Wellesley Public Schools are closed. If Wellesley Public Schools have a delayed opening, all COA programs WILL STILL START at their regularly scheduled time, unless you are informed otherwise. Additionally, information about class cancellations, delayed starts, etc. will be clearly stated on the outgoing voice mail message of the Council on Aging. Call 781-235-3961 after 8:30 am to hear detailed information.



Come Join Our COA Play Reading Group, led by Fran Weinberg, the leader of our cribbage club and a professional acting coach, teacher and theatre director. Call the COA (781-235-3961) for more information.

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