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# Highlights

March/April 2014

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**COUNCIL ON AGING**

Holiday Schedule

COA is Closed and  
the Bus Will not run:  
on Monday, April 21, 2014

REGISTRATION FOR PROGRAMS LISTED IN THIS NEWSLETTER WILL BEGIN ON Wednesday, February 26th (WELLESLEY RESIDENTS), and Thursday, February 27th (NON RESIDENTS) REGISTRATION REMAINS OPEN FOR ALL PROGRAMS, UNLESS OTHERWISE NOTED AS LONG AS SPACE IS AVAILABLE! 781-235-3961



The group takes a break from cooking to smile for a group shot!

Our January healthy cooking classes were a big hit! Special thanks to the Wellesley Health Department for funding this great program!

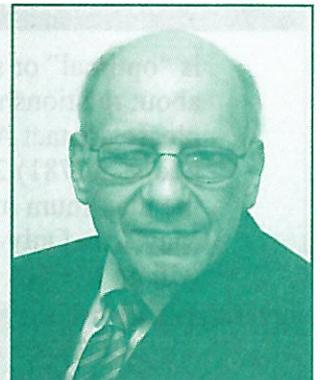
Taste, color, texture and more were examined during Healthy Cooking classes conducted by Leslie Worris.

Not only did folks cook and taste delicious meals, they bonded over music and enjoyed each others company!

*See page 7 for more opportunities with community partners!*

**IS BRAIN DRAIN INEVITABLE? STRATEGIES FOR BRAIN HEALTH  
FRIDAY, APRIL 25 AT 10:00 A.M.**

The specter of dementia haunts all of us who are over a certain age. If I don't know where I left my keys, am I in trouble? This lecture will discuss the evidence suggesting that we can delay, slow, or even, prevent age-related changes in our brain function. **This free lecture will be given by Paul Raia, Ph.D, Vice President of Professional and Clinical Services of the Alzheimer Associations Massachusetts and New Hampshire Chapter.**



### **LIFELONG LEARNING!**

The Wellesley COA is pleased to announce three lifelong learning courses in the months ahead. The COA continues to partner with Framingham State University and we hope to expand our continuing education opportunities with surrounding colleges and community partners. We welcome your suggestions for future continuing education programs! Please contact Ashley Shaheen, Senior Activities Coordinator at (781) 235-3961 or email [ashaheen@wellesleyma.gov](mailto:ashaheen@wellesleyma.gov)

#### **“1964-2014: A HALF-CENTURY OF POLITICAL CONFLICT AND SOCIAL CHANGE HISTORY”**

#### **The COA welcomes back Alan Schetcher, Professor of American constitutional issues, politics and public policy at Wellesley College!**

This 6 week course meets Tuesdays from 10-12 noon. The schedule includes Professor Schechter's lecture, a coffee

break and time for discussion.. **Class Schedule:** **March 11:** The Roots of Conflict: Differing Perspectives on the Constitution, **March 18:** From the Civil Rights Revolution of the 1960's to Voter ID laws today, **March 25:** Appraising 50 Years of Women's Rights, **April 1** The War on Poverty Then and the War on the Poor Now, **April 8:** From Health Care for the Elderly to the Affordable Care Act, **April 15:** What is the Future of the Republican Party? The cost of this program is \$30.00 and the maximum number of students is 50. Minimum number is 30. The make-up date (only if needed) is scheduled for April 22, same time as the course.

The COA is delighted to announce another wonderful opportunity for lifelong learning through our partnership with Framingham State University! Wellesley resident, Phil Jutras, PhD, is an adjunct professor of management at FSU. He also directs the Green Enterprise Institute in

#### **TRIGGERS OF ECONOMIC AND CREATIVE CHANGE IN NEW ENGLAND (1814-2014)**

Waltham, MA and serves as a trustee of the Charles River Museum of Industry & Innovation. His four week course will meet Fridays from 10 -11:15am. **The course description & dates are as follows:** **March 7:** Overview of the major economic developments in the 1800's and early 1900's; **March 14:** Field trip to the Charles River Museum of Industry and Innovation in Waltham, MA. **(Please note: there is a \$5.00 admission fee).** *Once the class size is determined, the COA will work with the instructor on possible group transportation to/from the museum;* **March 21:** The advent of management of intensive labor industries; The classical organization method (seen today in hospitals and in government/military); Scientific management and the era of efficiency (seen today in McDonalozation of Society); **March 28:** From textiles/shoes/leather industry to the new river of intellectual energy and innovation of Rte. 128; World War II manufacturing transition to War materials; The aftermath of WWII and the GI bill for education and housing; The birth of suburbia – transportation, roads, commuter trains/ autos/ rapid-transit; Housing construction, cars and appliances in large demand; The culture of suburban work and life...the blue collar middle class Waltham, Quincy, Worcester, New Haven. **Special thanks to Dr. Jutras for offering this program free of charge. The only cost to participants is the \$5 admission fee to the museum on March 14!** Minimum # students = 8.

#### **THE PSYCHOLOGY OF LATE ADULT DEVELOPMENT**

The COA welcomes Christina Belogour Ph.D., for a 5 week course on Tuesdays from 10-12noon. Dr. Belogour is a psychology professor at Bay Path College, a private women's college. Her course will investigate the following questions: What are the psychological and social issues of late adulthood? What is “optimal” or successful aging? What are the main personality issues of late adulthood? What is unique about relationships in late adulthood? What is the moral of the story of old age? For her complete syllabus, please contact Ashley Shaheen, COA Senior Activities Coordinator at [ashaheen@wellesleyma.gov](mailto:ashaheen@wellesleyma.gov) or phone at (781) 235-3961. The cost of this program is \$25.00. The minimum number of students is 10 and the maximum number is 50. **Dates are as follows:** Tuesdays, April 29th, May 13th, May 20th and May 27th. Only if needed, the make-up date will be Friday, May 30th same time as class. 10% of proceeds will go to COA programming fund.

**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.

**UPCOMING EVENING & WEEKEND LECTURE SERIES PROGRAMS!**

*These lectures are co-sponsored by the Wellesley Council on Aging and the Wellesley Free Library*



**“Are We Alone in the Universe”**

**Sunday, March 30, 2014 at 2:00pm~Wakelin Room~ Wellesley Main Library**

The sky is full of stars that we can see, and there are many more that we can see only in a telescope. The larger the telescope, the larger is the number that we can see. We can even tell that many of those stars are just like our sun. In the last twenty-five years or so we have learned that large numbers of stars have their own systems of planets. The big question is how many have one or more planets similar to our earth with an atmosphere similar to ours. When such planets do exist, how many will be able to sustain life. Can we ever hope to communicate with beings on another such planet? We will answer some of these very interesting questions with the expert assistance of Scott Birney, Wellesley College Emeritus Professor of Astronomy. If you would like to read about astrology in advance, take advantage of the following books: Observational Astronomy, co-authored by Scott Birney with Guillermo Gonzalez and David Oesper (2006) and had several different editions over the years; and Modern Astronomy, 2nd Edition by Scott Birney (1974).

**“Making Medicare Work for You” Thursday, April 10, 2014 at 7:00 pm~ Wakelin Room~Wellesley Main Library**

Dorene Nemeth, MetroWest Regional SHINE Director for over 10 years, will help you understand the complex choices available to you under Medicare. She will provide a basic overview of Medicare and related programs so that you will have the information necessary to make educated and informed decisions about your Medicare healthcare coverage. The SHINE Program (Serving Health Insurance Needs of Everyone), funded by the Centers for Medicare & Medicaid Services and administered by the Massachusetts Executive Office of Elder Affairs, is one of the few resources individuals can turn to for free, confidential, unbiased information about Medicare.

**HAVE FUN & SOCIALIZE! Call the COA to register for the programs listed below:**

**ST. PATRICK’S DAY BREAKFAST**

On Monday, March 17th at 9:00am wear your green and come hungry for our annual St. Patrick’s Day breakfast—featuring entertainment by our very own Larry Buckley at the piano. Enjoy a light breakfast and listen to all the holiday classics.



**CELEBRATING NEW ENGLAND**

On Friday, March 21st at 9:00am the COA will celebrate the diverse heritage of the New England Region by presenting a performance by Parents’ Choice Award winning storyteller Davis Bates. Entitled Celebrating New England: Stories and Songs for Everyone, the program will involve the audience in a variety of cultural traditions. It will include farming stories and songs from the past and present, sea songs & chanteys, Native American stories, ghost stories and family tales. There will also be plenty of sing-alongs, and even a short lesson in how to play music with spoons from a kitchen drawer. *This performance is funded, in part, by a grant from the Wellesley Cultural Council, a local agency supported by the Massachusetts Cultural Council, and by the Wellesley COA.*

**A BIRTHDAY BASH!!!!**

If you celebrate a birthday in the months of March or April, come celebrate your special day at the COA. If your birthday does not fall in March or April, 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, March 28th at 3:00pm after the movie premiere of Red 2.**

Is it your birthday month? Do you have song suggestions? Let us know by Monday, March 10th! 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.



**APRIL FOOL’S DAY WITH TONY FUNCHES**

Back by **POPULAR** demand, the COA is thrilled to announce the return of Tony Funches, the former lead vocalist of *The Platters* for a special April Fool’s day performance!

Join us on Tuesday, April 1st at 1:30pm for Tony’s lively and fun performance! Tony has performed in many places around the world and is looking forward to another appearance at the COA.

People proclaim his performance as a “can’t miss event!” Refreshments will be provided.

**SENSATIONAL SPEAKERS! Call to register 781-235-3961**



**ESTATE PLANNING**

**Tuesday, March 11, 11:00am**

Join Attorneys Vincent O'Brien and Daniel Wilcox from Fryer & O'Brien, LLC for a **FREE** informative presentation on estate planning to include a general overview of wills, powers of attorney and health care proxies. There will be a break for lunch (either bring your lunch or order lunch through the COA). After lunch there will be ample time for a group discussion and Q&A. Lunch reservations due by 10 a.m. on March 10th.

**PROTECT YOURSELF FROM MEDICARE FRAUD**

**Tuesday, April 8th at 10:00am**

Come meet a representative of the MA. Senior Medicare Patrol Program and hear how to protect yourself from Medicare fraud. This **FREE** workshop will provide you with the tools to become a better, more engaged health care consumer. The Senior Medicare Patrol Program is a national program funded by the federal government commissioned to reduce the amount of Medicare fraud by helping beneficiaries and their caregivers become more engaged health care consumers. The annual estimate of Medicare fraud is between \$60 to \$120 billion! You can help protect Medicare and make sure benefits are available when you need them by making sure the claims paid on your account are accurate. If you cannot attend this workshop but would like help with your Medicare Summary Statements, call the Massachusetts Senior Medicare Patrol office toll free at 800-892-0890, ext. 1337.

**TRIAD**

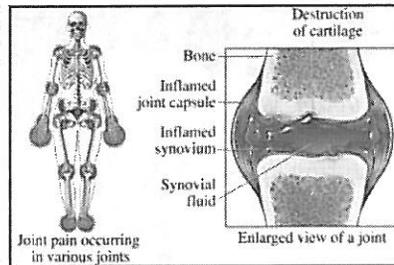
**Monday, March 24th at 10:00am**

Join the Norfolk County Division for their presentation on the "Are you okay program". This is a free daily telephone program that checks on the wellbeing of senior citizens or people with disabilities. Donuts and coffee provided!



**RHEUMATOID ARTHRITIS**

**Thursday, April 10th at 12:00 noon**



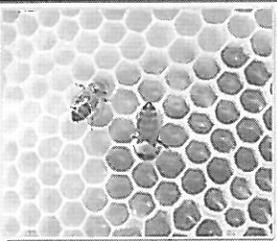
Dr. Toby Bates of Harvard Vanguard will be presenting a patient educational program on Rheumatoid Arthritis. Dr. Bates will be happy to answer any

questions after the presentation. AbbVie (A Pharmaceutical Research and Development Company) is the sponsor of this program. They will provide lunch for the attendees For more information about the sponsor reference their website: <http://www.abbvie.com/>

**BEE KEEPING!**

**Monday, March 31st at 10:00am**

Find out about the fun of beekeeping and the marvels of the bees' world. What determines a bee's gender, or whether she will



be royalty? Organized labor without need of unions! Become a bee veterinarian but you will need to get very close. A year around the hives. Beekeeper Miguel Lessing keeps bees in Wellesley and will share the wonders of the world of bees with you. **FREE** for all!

**TRANSPORTATION LUNCH & LEARN**

**Friday, April 4th at 11:45am.**

Join COA staff members Jill Dube (Transportation Options Coordinator) and Lois Camberg (Volunteer Drivers Program Coordinator) for this opportunity to learn about our Volunteer Drivers Program, the COA bus service & other transportation options for Wellesley seniors! Please register in advance by calling the COA at 781-235-3961 & indicate if you would like to have lunch. You must make your lunch reservation the day before by 10 a.m.

**STEPS TOWARDS BETTER HEARING & THE LATEST HEARING TECHNOLOGY**

**Monday, April 28th at 1:00pm**

Mass Audiology will conduct a presentation on how you will learn the signs of hearing loss, how to be evaluated, where to go for help and the latest technology available. Following the lecture there will be a free screening for those interested. Pre-registration is required for both the presentation and the hearing.



**Choices, choices and more choices!**

**The COA has something for everyone. Come and see for yourself! Call the COA to register!**

**BOSTON BASEBALL HISTORY**  
**1871-2013**



Join Herb Crehan for 4 sessions, Thursdays, April 17th, May 1st, May 8th and May 15th from 10:00-11:25am.

This course tells the story of professional baseball in Boston from the first game of the Boston Red Stockings, who were the predecessors of the Boston Braves, through the Boston Red Sox of today. Our discussions during the five weekly sessions will center on the players who played in Boston and the significance of baseball on the culture of Boston and New England. Minimum 13 Maximum 25. **The cost for the course is \$20.00. These classes will meet at the Warren Recreation Center, 90 Washington Street. (Only if needed, the make up date will be May 22, 10-11:25am)**

**MEDITATION FOR RELAXATION - and more!**

Join COA volunteer, Sister Marie Elena Dio for 4 sessions, Thursdays, March 13, 20, 27 and April 3rd from 10:00am-11:00am.

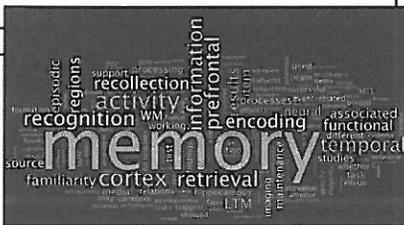
Scientists, health practitioners, and religious leaders are increasingly researching and supporting the many benefits of silent meditation: decreased stress, greater attentiveness, self-awareness, harmony. This introductory workshop will provide a basic understanding of and practical methods for beginning a meditation practice. Method: Lecture, discussion, practice. Maximum number of 8 students. **FREE!**

**MEET THE COMPOSER!**

Led by Dianne Impallaria, an accomplished pianist!

**3 sessions: April 16th, April 23rd and May 7th from 10:30-12noon.** Aschille Claude Debussy is a unique composer who did not follow the musical origins of most composers. Debussy's musical style has been compared to that of the impressionist painters, yet he disliked this comparison. One of the most interesting composers of the late 19th and 20th century, his music is exotic and filled with harmonies unlike any other composer of his time. Find out about the man and his music. **Minimum 8 and Maximum 12.** The cost for the entire class is \$30.00. Payment due one day prior.

**MEMORY PROGRAM**



Led by volunteer instructor Blanca Morales

Do you want to improve your memory skill? The main objective of the program is to work in simple exercises to improve the memory, attention level, calculus, executive functions, creativity and well-being. In small groups we will try to learn more about the different types of memory and attention and how all this influences in our daily life. **7 sessions, Mondays, March 3, 10, 17, 24, 31, April 7, 14 from 10-11:30am** Minimum number is 4. Maximum number 9. **FREE!**

**INTERMEDIATE BRIDGE**

Led by volunteer instructor Doris Burke  
**8 sessions: Tuesdays from 10-12noon:**  
**March 11, 18, 25, April 1, 8, 15, 22, 29**

If you know the fundamentals of bridge and would like to increase your knowledge of the game or if you have not played bridge for some time and would like to take up this fascinating game again, this course is your opportunity. We will review the basics and the common conventions and then go on to new material such as transfer bids, strong and weak two bids, negative doubles, etc. The second half of each class will be devoted to pre-dealt and randomly dealt hands. Come, learn and enjoy!! **Minimum 12 Maximum 16. FREE!**

**ART CLASSES ~ ~ ~ call the COA to register 781-235-3961**

**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: April 14, 28, May 5, 12, 19, June 2, 9, and 16. (Only if needed the make-up date will be June 23rd, 10-12:30pm). The cost for the class is \$125.00. The minimum number of students is 8 and the maximum number is 15 students.

**ACRYLIC PAINTING**

Maris Platais will begin another 8 week session of his popular class. All ability levels are welcome. One-on-one critiques and demonstrations of painting techniques, with emphasis on design, perspective, color mixing, atmosphere and color harmony.

Dates are as follows: March 12, 26, April 2, 9, 16, 23, 30, May 7 (No class March 19) **Time: Wednesdays from 1:30-3:30 pm.** (Only if needed, the make-up date will be Monday, May 12th). The minimum amount of students is 8 and the maximum is 12. Please call the COA for a supply list. Cost is \$108.00 per person.

A Maris Platais original painting



**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.



**March 7: Lee Daniels' The Butler (2013)** Oscar-winner Forest Whitaker delivers a powerful performance as Cecil Gaines, who served as the White House butler under eight presidents. His three decades of service unfold against a backdrop of unparalleled change in American history. Rated PG-13, 113 minutes

**March 14: Blue Jasmine (2013)** The high life leads to high anxiety for a fashionable New York City homemaker in crisis who finds herself forced to live a more modest lifestyle in San Francisco. Woody Allen directs an ensemble cast that includes Cate Blanchett and Alec Baldwin. Rated PG-13, 98 minutes

**March 21: Captain Phillips (2013)** In this exciting adventure based on true events that made international headlines, Tom Hanks portrays Capt. Richard Phillips, who is taken hostage by Somali pirates after they hijack his cargo ship, and the U.S. Navy's efforts to rescue him. Rated PG-13, 134 minutes

**March 28th: Red 2 (2013)** Ex-CIA agent Frank Moses and his crew return for another high-stakes mission, scouring the globe for a missing nuclear device. Along the way, they'll face off against assassins, terrorists and corrupt government officials. Rated PG-13, 116 minutes

**April 4th: Jobs (2013)** Ashton Kutcher delivers a tour de force performance as Apple founder Steve Jobs in this biopic that spans three decades of the entrepreneur's life. The story follows Jobs from the obscurity of a Palo Alto garage to global fame as a technology icon. Rated PG-13, 122 minutes

**April 11th: Last Vegas (2013)** Four sixtysomething pals -- Billy, Paddy, Archie and Sam -- gather in Las Vegas to celebrate Billy's upcoming nuptials with the intention of running wild for four straight days. But Sin City has gotten a lot crazier than they could've ever imagined. Rated PG-13, 105 minutes

**April 18th: Cutie and the Boxer (2013)** Nominated for the 2014 Best Documentary Oscar, this film explores the work and marriage of Ushio and Noriko Shinohara, who took America's art scene by storm after leaving Japan for New York. Rated R, 81 minutes

**April 25th: Enough Said (2013)** Julia Louis-Dreyfus and James Gandolfini star in this charming comedy about a divorced woman venturing into a relationship with a sweet man. But things get tricky when she discovers the man she's dating is the hated ex-husband of her new best friend. Rated PG-13, 93 minutes



Raymond Voter enjoying his 82nd birthday on the Bourne Scallop Festival in September 2013

**TAKE A DAY AWAY WITH THE COA!**

**On Thursday, April 24th at 8:45 am** we will depart the Council on Aging for our trip to Mystic Aquarium .Say hello to the Beluga Whales and catch a Sea Lion Show. Visit the popular Titanic Exhibit. Get transported 12,450 feet below the sea. After your visit to the aquarium, enjoy free time for lunch and shopping at Mystic Village. This Early American Village is abundant with picturesque settings of flowers, trees, duck ponds and a waterwheel. The shopkeepers in the Village pride themselves on offering shoppers some of the most interesting and unique items from all over the world. Also a highlight at Olde Mistick Village is the good food. Come enjoy this Mystical day! The cost is \$59 per person and we will return approximately at 6 pm. Full payment is due upon sign up. As stated in our payment policy, you will not be added to the day trip roster until payment is received in full. Refunds are available if cancellation is received before April 17th. Call the COA to register.  
Minimum of 30.

**WIN A TRIP TO SEE  
YOUNG AT HEART at THE WILBUR THEATRE!**

The COA has a raffle opportunity for 19 lucky people to win a trip to the Young at Heart evening performance in downtown Boston on **Thursday, April 3.** The Young at Heart chorus, based in Western Massachusetts, is a senior musical group that tours all over the world. You can find them at <http://www.youngatheartchorus.com>. They present a unique, inspiring image through the creation of originally staged musical and theater performances that incorporate songs not commonly sung by older Americans. We are able to offer this trip free of charge thanks to a generous donation of tickets and group transport! We will depart the COA at 6:00 p.m. and return approximately 9:45/10 p.m. Here's all you need to do for a chance to win: Call the COA and provide your name and phone # for the raffle! The raffle drawing will take place at our St. Patrick's Day breakfast on March 17 at 9 a.m. Winners do NOT need to be present to win. Our donors have asked that winners, who wish to (but are not obligated to), make a monetary donation to the Wellesley COA for use for future COA program opportunities! The Wellesley COA is extremely grateful to the anonymous donors – what a creative and generous gift you have given – thank you!

**COMMUNITY COLLABORATIONS**

The great offerings featured on this page include partnerships with The Wellesley Libraries, Waterstone at Wellesley, Wellesley Health Department, Dana Hall School of Music, Springwell and the Wellesley Fire Department! Have other partnerships to suggest? Let us know!



**KEEP UP WITH TECHNOLOGY!**

These computer workshops give you the tools necessary to become a friendlier user of current technology trends. *The following computer classes are co-sponsored by the Friends of the Wellesley Council on Aging and the Friends of the Wellesley Free Library.*

**March 13, 1-3pm: All about Facebook~**We all hear about it, but what exactly is Facebook? Whether you are just curious and want to learn more about Facebook, or if you are interested in setting up a Facebook account, come to this session to learn what you can do with this huge social networking tool.

**April 10: 1-3pm: Ask your technology questions!~** We hear so many new words these days, but what do they mean? If you've ever wondered what a smartphone does, or what happens when you follow someone on Twitter, come to this discussion, and ask away! We will spend some time looking at technology sources and tools, and try to answer all of your questions .

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

**AN OPERA PRE-TALK WITH HELEN SAGAN**

**“The Opera Lady”**

**Tuesday, April 22nd at 6:30 pm**

**Hills Branch Library, 210 Washington Street**

The Wellesley Council on Aging and the Friends of the Wellesley Free Library present Exploring Opera Series *Così fan Tutte*, by Wolfgang A. Mozart: Take two loving couples and a cynical old philosopher and it equals a delightfully witty, comic opera. Mozart's most intriguing opera has engaged audiences for generations. This presentation is meant to enhance the enjoyment of the HD Live at the MET performance of *Così fanTutte* in local theaters on Saturday, April 26th, as well as provide background information and musical selections of the opera to all participants.

This event is free and open to the public!  
Call the COA to register (781)- 235-3961.

**BRIDGE AT WATERSTONE**

**Monday, March 10th from 12:30-3:00pm**

Waterstone has graciously invited all experienced bridge players to a game at their residence. Refreshments will be provided. The COA **will not** host bridge on this date.

**ARE YOU PREPARED FOR AN EMERGENCY?**

**Friday, March 14th, from 11:15-12:30pm**

At this “Lunch and Learn” presentation, you will be entertained and informed about emergency preparedness. Dawn Sibor M. Ed., Emergency Preparedness Coordinator from the Brookline Public Health Department will provide templates and tools you can use to prepare yourself, your family, and your pets for all kinds of emergencies. Along with a delicious **FREE** lunch and important information, you will leave with many useful goodies. Call the COA! Maximum 25

**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. As this newsletter goes to print we do not have the dates for the next Jam. Please contact the COA if you are interested in participating in the next jam.

**ANNUAL TRAVELING CHEF LUNCHEON**

**Tuesday, April 22nd from 12-2pm**

Join us for a delicious hand carved roast beef lunch sponsored by Springwell. If you wish to make a contribution, the suggested donation is \$2.00 per person. After lunch we welcome Tommy Rull's program, “A Musical Journey Through the Years”. *Mr. Rull's program is supported in part by a grant from the Wellesley Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.* **Call to register by Tuesday, April 15: 781-235-3961.**

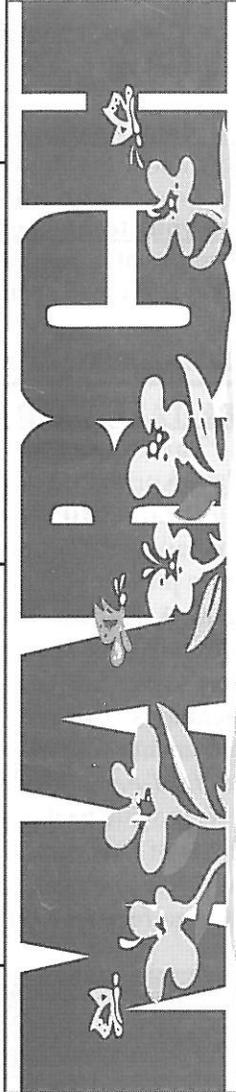


Did you know fire detectors need to be change twice a year? If you have forgotten common fire safety tips, please join us at our next program. This photo was taken at our Fire Safety program in the January!

**Fire safety~ Friday, April 4th from 9-11am**

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 and tour the fire station. Call the COA (781-235-3961) to register.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9am Walking (Lib)</p> <p>9:30-11:30 Wii</p> <p>9:30-10:30 Better Bones</p> <p>10:00-11:30 Memory Program</p> <p>10:00-12:30 Art for Fun (Warren)</p> <p>11:00-12:00 Better Balance</p> <p>12:30-3 Bridge</p>	<p>8:00 Breakfast Club (Captain Marden's)</p> <p>10:00-11:15 German Lunch</p> <p>11:45 Cribbage</p> <p>1:00-2:30 Keep Well -315</p> <p>1:30-2:30 Weston Road</p>	<p>9 am Walking Group COA</p> <p>9:30-10:30 Comm Bears</p> <p>9:30-11:30 Scrabble/Cards</p> <p>9:45-10:45 Tai Chi</p> <p>10:00-11:00 Keep Well-COA</p> <p>11:00-12:00 Chess</p> <p>11:00-12:00 Better Balance</p> <p>1:00-2:30 French SHINE</p> <p>1:00-4:00 Acrylic Painting</p>	<p>9:30-10:30 Book Discussion Group</p> <p>9:30-10:30 Better Bones</p> <p>1-2 Line Dancing</p> <p>1-4 Mah/long</p>	<p>10:00-11:15 Triggers of Economic and Creative Change</p> <p>11:45 Lunch</p> <p>12:45 Movie: Lee Daniel's The Butler</p>
<p>9am Walking (Lib)</p> <p>9:30-11:30 Wii</p> <p>9:30-10:30 Better Bones</p> <p>10:00-11:30 Memory Program</p> <p>10:00-12:30 Art for Fun (Warren)</p> <p>11:00-12:00 Better Balance</p> <p>12:00-4:00 AARP Tax APPTS</p> <p>12:30-3 Bridge (AT WATERSTONE)</p>	<p>9:30-11:00 Yoga</p> <p>10:00-11:15 German</p> <p>10:00 Political Conflict &amp; Social Change</p> <p>10:00-12 Intermediate Bridge</p> <p>11:00 Estate Planning</p> <p>11:15-12:45 Yoga Lunch</p> <p>11:45 Cribbage</p> <p>1:2-30 Keep Well -</p> <p>1:30-2:30 Morton Circle</p>	<p>9 am Walking Group COA</p> <p>9:30-10:30 Coffee</p> <p>9:30-11:00 Comm Bears</p> <p>9:30-11:30 Scrabble/Cards</p> <p>9:45-10:45 Tai Chi</p> <p>10:30-11:30 Chess</p> <p>11:00-12:00 Better Balance</p> <p>1:00-2:30 French SHINE</p> <p>1:00-4:00 Acrylic Painting</p>	<p>9:30-10:30 Better Bones</p> <p>10:00-11:00 Mediation for Relaxation</p> <p>1-2 Line Dancing</p> <p>1-4 Mah/long</p>	<p>10:00-11:15 Triggers of Economic and Creative Change (Charles River Museum of Industry and Innovation)</p> <p>11:15-12:30 Lunch and Learn by Health Department</p> <p>11:45 Lunch</p> <p>12:45 Movie: Blue Jasmine</p>
<p>9am Saint Patrick's Day Breakfast</p> <p>9am Walking (Lib)</p> <p>9:30-11:30 Wii</p> <p>9:30-10:30 Better Bones</p> <p>10:00-11:30 Memory Program</p> <p>10:00-12:30 Art for Fun (Warren)</p> <p>11:00-12:00 Better Balance</p> <p>12:00-4:00 AARP Tax APPTS</p> <p>12:30-3:00 Bridge</p>	<p>9:30-11:00 Yoga</p> <p>10:00-11:15 German</p> <p>10:00 Political Conflict &amp; Social Change</p> <p>10:00-12:00 Intermediate Bridge</p> <p>11:15-12:45 Yoga Lunch</p> <p>11:45 Cribbage</p> <p>1:2-30 Keep Well -</p> <p>1:30-2:30 41 River Street</p>	<p>9 am Walking Group COA</p> <p>9:30-10:30 Coffee</p> <p>9:30-11:00 Comm. Bears</p> <p>9:30-11:30 Scrabble/Cards</p> <p>9:45-10:45 Tai Chi</p> <p>10:30-11:30 Chess</p> <p>11:00-12:00 Better Balance</p> <p>1:00-2:30 French SHINE</p> <p>1:00-4:00 NO ACRYLIC PAINTING</p>	<p>9:30-10:30 Book Discussion Group</p> <p>9:30-10:30 Better Bones</p> <p>10:00-11:00 Mediation for Relaxation</p> <p>12:15-4:00 Housing Options Waterstone</p> <p>1-2 Line Dancing</p> <p>1-4 Mah/long</p> <p>1:30 -3 Bingo</p>	<p>9am Celebrating New England</p> <p>10:00-11:15 Triggers of Economic and Creative Change</p> <p>11:45 Lunch</p> <p>12:45 Movie: Captain Philips</p>
<p>9am Walking (Lib)</p> <p>9:30-11:30 Wii</p> <p>9:30-10:30 Better Bones</p> <p>10:00-11:30 TRIAD</p> <p>10:00-12:30 Memory Program</p> <p>10:00-12:30 Art for Fun (Warren)</p> <p>11:00-12:00 Better Balance</p> <p>12:00 Dining Group (Fiorella's)</p> <p>12:00-4:00 AARP Tax APPTS</p> <p>12:30-3 Bridge</p>	<p>9:30-11:00 Yoga</p> <p>10:00-11:15 German</p> <p>10:00 Political Conflict &amp; Social Change</p> <p>10:00-12:00 Intermediate Bridge</p> <p>11:15-12:45 Yoga Lunch</p> <p>11:45 Cribbage</p> <p>1:2-30 Keep Well -</p> <p>1:30-2:30 Grove Street</p>	<p>9 am Walking Group COA</p> <p>9:30-10:30 Coffee</p> <p>9:30-11:00 Comm. Bears</p> <p>9:30-11:30 Scrabble/Cards</p> <p>9:45-10:45 Tai Chi</p> <p>10:30-11:30 Chess</p> <p>11:00-12:00 Better Balance</p> <p>1:00-2:30 French SHINE</p> <p>1:30-3:30 Acrylic Painting</p>	<p>9:30-10:30 Better Bones</p> <p>10:00-11:00 Mediation for Relaxation</p> <p>1-4 MahJong</p> <p>NO LINE DANCING</p>	<p>10:00-11:15 Triggers of Economic and Creative Change</p> <p>11:45 Lunch</p> <p>12:45 Movie: Red 2</p> <p>3:00 Birthday bash with the Newton Sing Band!</p>
<p>9am Walking (Lib)</p> <p>9:30-11:30 Wii</p> <p>9:30-10:30 Better Bones</p> <p>10:00-11:30 Bee Keeping</p> <p>10:00-12:30 Memory Program</p> <p>10:00-12:30 Art for Fun (Warren)</p> <p>11:00-12:00 Better Balance</p> <p>12:00-4:00 AARP Tax APPTS</p> <p>12:30-3:00 Bridge</p>	<p>9:30-11:00 Yoga</p> <p>10:00-11:15 German</p> <p>10:00 Political Conflict &amp; Social Change</p> <p>10:00-12:00 Intermediate Bridge</p> <p>11:15-12:45 Yoga Lunch</p> <p>11:45 Cribbage</p> <p>1:2-30 Keep Well -</p> <p>1:30-2:30 Grove Street</p>	<p>9 am Walking Group COA</p> <p>9:30-10:30 Coffee</p> <p>9:30-11:00 Comm. Bears</p> <p>9:30-11:30 Scrabble/Cards</p> <p>9:45-10:45 Tai Chi</p> <p>10:30-11:30 Chess</p> <p>11:00-12:00 Better Balance</p> <p>1:00-2:30 French SHINE</p> <p>1:30-3:30 Acrylic Painting</p>	<p>9:30-10:30 Better Bones</p> <p>10:00-11:00 Mediation for Relaxation</p> <p>1-4 MahJong</p> <p>NO LINE DANCING</p>	<p>10:00-11:15 Triggers of Economic and Creative Change</p> <p>11:45 Lunch</p> <p>12:45 Movie: Red 2</p> <p>3:00 Birthday bash with the Newton Sing Band!</p>



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	<p>9:30-11:00 10:00-11:15 10:00 Political Conflict &amp; Social Change 10:00-12 11:15-12:45 11:45 1:30 2:30 1:30-2:30</p>	<p>Yoga German Conflict &amp; Social Change Intermediate Bridge Yoga Lunch TONY RUNCHESE! Cribbage Keep Well - 315 Weston Road</p>	<p>9 am 9:30-10:30 9:30-11:00 9:30-11:30 9:45-10:45 10:00-11:00 11:00-12:00 1:00-2:30 1:00-4:00 1:30-3:30</p>	<p>Walking Group COA Coffee Comm. Bears Scrabble/Cards Tai Chi Keep Well (COA) Chess Better Balance French SHINE Acrylic Painting</p>	<p>9am 9:30-11:30 9:30-10:30 10:00-11:30 11:30-3:00</p>	<p>9:30-11:00 10:00-11:15 10:00 Political Conflict &amp; Social Change 10:00-12 11:15-12:45 11:45 1:2:30 1:30-2:30</p>	<p>Yoga German Conflict &amp; Social Change Intermediate Bridge Yoga Lunch Cribbage Keep Well - Morton Circle</p>	<p>9 am 9:30-10:30 9:30-11:00 9:30-11:30 9:45-10:45 10:30-11:30 11:30 11:00-12:00 1:00-2:30 1:00-4:00 1:30-3:30</p>	<p>Walking Group COA Coffee Comm. Bears Scrabble/Cards Tai Chi Chess Dining Group (The Cheese Factory) Better Balance French SHINE Acrylic Painting</p>	<p>9am 9:30-11:30 9:30-10:30 10:00-11:30 10:00-12:30 11:00-12:00 12:30-3:00</p>	<p>9:30-11:00 10:00-11:15 10:00 Political Conflict &amp; Social Change 10:00-12 11:15-12:45 11:45 1:2:30 1:30-2:30</p>	<p>Yoga German Conflict &amp; Social Change Intermediate Bridge Yoga Lunch Cribbage Keep Well - 41 River Street</p>	<p>9 am 9:30-10:30 9:30-11:00 9:30-11:30 9:45-10:45 10:30-11:30 10:30-12 11:00-12:00 1:00-2:30 1:4:00 1:30-3:30</p>	<p>Walking Group COA Coffee Comm. Bears Scrabble/Cards Tai Chi Chess Meet the Composer Better Balance French SHINE Acrylic Painting</p>	<p><b>COA IS CLOSED AND BUS WILL NOT RUN!</b> 9am Walking Lib</p>	<p>9:30-11:00 10:00-11:15 10:00-12 11:15-12:45 12:00-2:00 2:30 1:30-2:30 6:30pm An Opera Pre-Talk with Helen Sagan (Hills Branch Library)</p>	<p>9 am 9:30-10:30 9:30-11:00 9:30-11:30 9:45-10:45 10:30-11:30 10:30-12 11:00-12:00 1:00-2:30 1:00-4:00 1:30-3:30</p>	<p>Walking Group COA Coffee Comm. Bears Scrabble/Cards Tai Chi Chess Meet the Composer Better Balance French SHINE Acrylic Painting event for jukebox Sat. Night</p>	<p>9:00-11:00 11:45 12:45</p> <p>Fire Safety Lunch (Transportation Lunch and Learn) Movie: Jobs</p>
<p>9am 9:30-11:30 9:30-10:30 10:00-12:30 11:00-12:00 12:30-3:00</p>	<p>8:00 Breakfast Club (Maungus) 9:30-11:00 10:00-12:00 10:00-11:15 11:15-12:45 11:45 10:00-12 1:2:30</p>	<p>Yoga Yoga Psychology Course German Yoga Lunch Intermediate Bridge Cribbage</p>	<p>9am 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 1:00-4:00 1:30-3:30</p>	<p>Walking Group COA Coffee Comm. Bears Scrabble/Cards Tai Chi Chess Better Balance French SHINE Acrylic Painting</p>															



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**TO DO LIST!**

- 1) meet new or old neighbors
- 2) Get a parking spot
- 3) Find a roommate

Anything else?

Find businesses that support your community at **SeekAndFind.com**

**UPDATES!!!!**

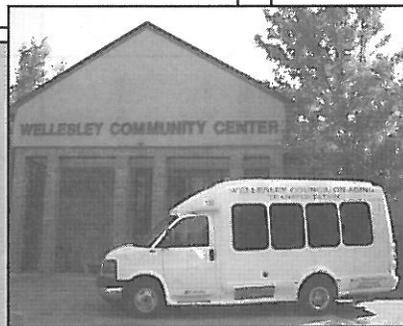
FRIENDS OF  
WELLESLEY  
COUNCIL ON AGING  
**TOWN-  
WIDE DONATION  
APPEAL FOR  
SENIORS IN  
UTILITY BILL**

The Friends of

Wellesley Council on Aging is launching the first town-wide fund-raising campaign, requesting donations from residents to support increased services and programs provided to Wellesley Seniors by the COA. The appeal flyer will be included in the Town of Wellesley's February utility invoices. To send your donation, use the form included with your utility bill, or go to [www.wellesleyfriendscoa.com](http://www.wellesleyfriendscoa.com). Checks should be made payable to **Friends of Wellesley Council on Aging** and mailed to 219 Washington Street, Wellesley, MA 02481. The Friends of Wellesley Council on Aging is a newly formed non-profit organization dedicated to raise funds for the Wellesley Council on Aging to help foster a more vibrant aging experience for Wellesley Seniors.

**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.



**TOLLES-PARSONS CENTER**

The plans for the Tolles-Parsons Center continue to move along despite the setbacks. In November of 2013, the Planning Board denied a special permit for the project due in part to its concerns about traffic, parking and pedestrian safety. The Board of Selectmen determined that it would not appeal this decision but would endeavor to work with the Planning Board so that a new application for the special permit could be filed. As a result of the unfavorable decision, the Board of Selectmen sought and received an additional appropriation of \$308,000 for the project from the 2013 Special Town Meeting. These funds will be used to address issues raised by the Planning Board, to resubmit the application for the special permit and to complete design, permitting and construction documents.

The goal is to bring a completed project to the 2014 Special Town Meeting and seek construction funds.

**SHINE**

**The Affordable Care Act (Obamacare) Exchanges and Medicare**

Much media attention is being focused on the Affordable Care Act and the deadline for people to enroll through the health insurance exchanges (also known as marketplaces).

Medicare beneficiaries should know the following: The health insurance exchanges are for people without health insurance, and **not for Medicare beneficiaries.** Beneficiaries who have Medicare Part A and B meet the requirement for health insurance. Medicare supplement plans (Medigaps), are not sold in the health insurance exchanges. In most cases, it is illegal to sell health insurance exchange policies to Medicare beneficiaries. People with Medicare **do not need to re-enroll or get new Medicare cards.** Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

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



**Volunteerism:** Volunteers are love in motion!

Please save the date of **Friday, April 11<sup>th</sup> from 11am-1pm** for the Volunteer Appreciation Brunch, held here at the Wellesley COA. Invitations will be sent to volunteers in

March. *As this newsletter goes to print, the COA has received only 25 responses to our volunteer survey. This is 1/4 of the responses we hoped to receive.* Your response will help us to create a better volunteer experience for you and also assist us to find the best way to encourage new volunteers. The COA is asking current, past, and prospective volunteers to take a few minutes to complete our volunteer survey online. The link to the survey is on the COA website: [www.wellesleyma.gov/coa](http://www.wellesleyma.gov/coa). Hard copies are available at the COA office if necessary. If you are interested in volunteering, please contact Lorraine Clough, Volunteer Coordinator, at (781) 235-3961 or email her at [lclough@wellesleyma.gov](mailto:lclough@wellesleyma.gov)

**COA Volunteer Drivers Program!**

Do you wonder where the Volunteer Drivers drive their passengers? In January, volunteers helped Wellesley seniors get to: swimming for exercise, COA & library programs, the food pantry, an office in Framingham to sign up for a state program, several hair salons, the post office, CVS, the Apple store in Natick to fix a computer, long-term care facility to visit a spouse, and a veterinarian for a passenger's cat! Rides were also provided for medical and physical therapy appointments. The Volunteer Drivers Program is thriving! Call 508-479-9301 if you would like a ride or would like to drive. Also call (508-479-9301) if you have any questions, comments or concerns. **Your input is valued!**



**SAVE THE DATE WELLESLEY DAY OF SERVICE**

*Wellesley Volunteers* is hosting the first annual Wellesley Day of Service to be held on **Sunday, May 4, 2014**. Wellesley Day of Service is a day of volunteer activities that will bring together volunteers of all ages to complete a variety of community projects for the benefit of non-profit organizations and municipal departments throughout the town of Wellesley. Volunteers will work in teams on morning or afternoon projects throughout the town with a luncheon celebration at midday. All Wellesley residents can participate in the day's volunteer events, depending on the logistics of the specific project. Any individuals, families, groups and Wellesley-based corporations can volunteer. To learn more about the Wellesley Day of Service and how to get involved, please contact Megan Burns, Marketing Coordinating for *Wellesley Volunteers* at [wellesleyvolunteers@gmail.com](mailto:wellesleyvolunteers@gmail.com) or 781-237-1230.

Services

**You May Be Eligible! Fuel Funds Available**

**The Low Income Home Energy Assistance Program (LIHEAP)** continues to be available for those who qualify through April 30th. This program provides financial assistance toward the cost of your heating bills—benefit levels vary. 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 Good Neighbor Energy Fund (GNEF)** is also accepting applications. This fund assists those who are over-income for 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 maximum \$250 benefit that is paid directly to your fuel provider. For more information or to schedule an appointment to apply, please contact Linda Clifford, Health and Social Services Administrator, at 781-235-3961 or [lclifford@wellesleyma.gov](mailto:lclifford@wellesleyma.gov).

Linda Clifford



**AARP TAX ASSISTANCE:** AARP volunteer tax counselors are accepting appointments on **Monday afternoons through April 7**. This service is intended for people who are unable to afford private assistance. Please bring your tax returns from last year, your 1099's, and any other relevant tax, income, and asset documents for your 2012 returns. Please call the COA to schedule your appointment 781-235-3961.

\*\*\*\*\* **GET FIT AND HAVE FUN!** \*\*\*\*\*

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!



### YOGA ~ Instructor: Judy Scribner-Moore

**Intermediate Level 2 (prior experience in Level 2 class is a prerequisite):** Classes meet on Tues. mornings, 9:30-11 am

**Intermediate Level 1 (beginners are welcome):** Classes meet on Tues. 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 \$100.00 for the 8 wk. session. Dates: March 11, 18, 25, April 1, 8, 15, 22, 29 (Only if needed, make-up class will be Friday, May 9th same time as original class) Minimum 12 Maximum 18**

### Line Dancing ~ Instructor: Regina Sharpe

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**

**March 27th This is a drop-in activity----\$4.00 fee is paid to the instructor each week.**



### BETTER BONES ~ Instructor: Leslie Worris, MPH, RYT

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 & 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. **Min # 15 Max # 25 Mondays (8 wk. session \$56): March 3, 10, 17, 24, 31, April 7, 14, 28 (No class 4/21) Only if needed, make-up class will be 5/8, 3-4pm. Thursdays (8 wk. session \$56): March 6, 13, 20, 27, April 3, 10, 17, May 1. Only if needed, make-up class will be 5/9, 2-3pm**

### 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. **Min # 10 Max# 22 Wednesdays, 9:45-10:45 am: March 5, 12, 19, 26, April 2, 9, 16, 23, 30 (9 wk. session \$63) (Only if needed, make-up class will be 5/9, 3-4pm).**

### BETTER BALANCE, INDEPENDENT& UPRIGHT LIVING ~ Instructor: Leslie Worris, MPH, RYT

Are You 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! **Min# 8 Max # 20 Mondays: March 3, 10, 17, 24, 31, April 7, 14, 28 (No class 4/21) (8 wk. session \$56).(Only if needed, make-up class will be 4/29, 3-4pm) Wednesdays: March 5, 12, 19, 26, April 2, 9, 16, 23, 30 (9 wk. session \$63).(Only if needed, make-up class will be 5/9, 1-2pm)**

**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.

## CALLING ALL FOOD LOVERS!!!!

### DELICIOUS DINING GROUP

Everyone is welcome to meet our group for lunch on **Monday, March 24th at 12:00pm** at **Fiorella's** (187 North Street, Newton, MA 02460) and **Wednesday, April 9th at 11:30pm** at **The Cheesecake Factory** (1245 Worcester Street, Natick) Choose your own lunch and pay for it at that time. Call to register. Maximum 12

### BREAKFAST CLUB

Are you looking for an exciting way to kick-start your day! Join the breakfast club for a delicious breakfast on **Tuesday, March 4th at 8:00am** at *Captain Marden's* (279 Linden Street, Wellesley, MA) and *Maugus* on **Tuesday, April 29th at 8:00am (300 Washington Street)** Choose your own breakfast and pay for it at that time. Call to register. Maximum 12.



**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 March 20th and April 17th 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: On Tuesdays April 1st, and April 22nd cribbage will start at 2:30pm**  
**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: *March 5 and April 2*, 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

**NEW!!!! THURSDAY KNITTING AT THE COA !**

Do you have knitting projects ready to start or needing to be completed? If so, the Wellesley Council on Aging invites you to join a new social knitting group. Starting on April 3, 2014 the group will meet **every other THURSDAY from 2:00-3:30pm**. Please join us to knit, chat, share and work on your knitting projects! For more information call the COA 781-235-3961. Special thanks to COA volunteer, Barbara Peacock-Coady for suggesting this new group and for agreeing to help organize!

**FRENCH:**

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

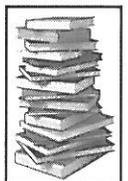


**CANASTA ANYONE?**

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.

**BOOK DISCUSSION GROUP:**

The book group meets **every other Thursday from 9:30-10:30 am (March 6, March 20, April 3rd and April 17th)** 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 .





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Wellesley Council on Aging proudly present:  
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## CALLING ALL ARTISTS & ART LOVERS!

The Wellesley Council on Aging & Waterstone at Wellesley are partnering again this year to plan the 2<sup>nd</sup> annual art show highlighting the work of senior artists! Whatever medium you work in is welcome. In early May, the pieces will be displayed at Waterstone. There will be an opening reception, a community celebration, and plenty of opportunities where all are invited to view

the art. We are pleased to be able to provide this opportunity not only to the artists who participate in the Council on Aging art classes, but all Wellesley seniors who are creating art.

If you are interested in displaying your work at the show, please contact Ashley Shaheen, Senior Activities Coordinator at the Wellesley Council on Aging 781-235-3961 or email:

[AShaheen@wellesleyma.gov](mailto:AShaheen@wellesleyma.gov)



## 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!**



Spend the first day of Spring touring Waterstone at Wellesley on **Thursday, March 20th:**

12:15 Pick up at Wellesley COA

12:30 Enjoy Lunch

1:30 Tour of the Waterstone community

2:30-3:30 Lecture by Dr. Ira Silver entitled, "Rampage: Getting beneath the jarring headlines about school violence"

3:45 Return to Wellesley COA

**Description of the facility:** Waterstone at Wellesley is Wellesley's premier independent living and assisted living community. Live amid beauty and elegance, where exceptional services, amenities, dining and more offer the ultimate in convenience and indulgence. **Max 14**



Please join us at Norumbega Point at Weston for an informative, fun filled afternoon.

On **Monday, April 7, 2014:**

11:30 Pick up at Wellesley COA

12:00 Tour of the Norumbega Point Community

12:30 – 1:30 Enjoy Lunch

1:30 – 2:30 The Story Behind the Music  
The Classical Period 1730-1820

2:30 Return to Wellesley COA

**Description of the facility:** Norumbega Point at Weston is an Independent & Assisted Living Community located on the shores of the Charles River in Weston. An intimate upscale community of just 93 one and two bedroom apartments, offering full kitchens, large closets and patios/balconies. Norumbega Point blends custom assisted living options with all the amenities and services of our luxury retirement community. **Max 12**

### **SUBSCRIBE TO COA NEWS!**

The COA is delighted to offer you the opportunity to receive information, articles and updates via email! This is a great way for you to stay informed and connected! Please visit the COA website: [www.wellesleyma.gov/coa](http://www.wellesleyma.gov/coa) and on the main page you will see the online form where you can view the available options and select all that appeal to you. Options include: program updates & alerts; weekly activity schedule; Tolles-Parsons Center updates; legislative alerts and volunteer opportunities. You must have a valid email address to subscribe to COA news.

### **PRE-PARTY PREPARATIONS!**

**Wednesday, April 23rd at 1:30pm**

*We **NEED** and **WANT** your help!* Get your creative juices flowing & join us on **Wednesday, April 23 from 1:30-3:30 p.m.** as we make centerpieces and favors for our May 3 evening event: *Juxebox Saturday Night: Music of the 50s, 60s and 70s* (see insert in this newsletter for all the event details!) The COA will provide all of the necessary materials, but we need “worker bees” to “get the job done!” Grab a friend or two and join us for a productive and fun-filled afternoon! Refreshments will be provided. If you are interested in joining the planning committee for the May 3 event, please contact Ashley Shaheen at 781-235-3961 or email [ashaheen@wellesleyma.gov](mailto:ashaheen@wellesleyma.gov)



### **Parade Anyone?**

The COA would like your input and ideas as we consider the possibility of participating in the annual parade during Wellesley's Wonderful Weekend (Sunday, May 18). What is the best way to showcase the COA? We need creative people to share ideas, help with planning & organizing AND march with the COA! All who are interested should contact Ashley Shaheen, Senior Activities Coordinator #781-235-3961 or email [AShaheen@wellesleyma.gov](mailto:AShaheen@wellesleyma.gov)

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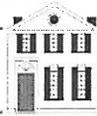
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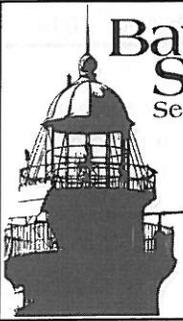
Please contact Jean at 781 296-1495  
or jpbushnell@itngreaterboston.org

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Representatives are available Monday-Friday 8:00 a.m.-8:00 p.m.  
(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.

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