



January/February
2015

Highlights

Published by: Wellesley Council on Aging
219 Washington Street Wellesley, MA 02481
Office Hours: Monday through Friday 9:00 a.m. - 4:00 p.m.
(781) 235-3961
<http://www.wellesleyma.gov/coa>

The mission of the Wellesley Council on Aging is to serve as the primary resource for residents over the age of 60; to empower individuals to reach their goals; to offer comprehensive programs, services, and assistance that optimize quality of life; and to enable meaningful connections and collaborations that inspire a spirit of community across the generations in our town.

Registration for programs listed in this newsletter will begin on Monday, January 5 (Wellesley residents) and Tuesday, January 6 (non-residents). Registration remains open for all programs unless otherwise noted, as long as space is available.



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 cancellation of the class, if the minimum number of students is not met, or cancellation of your space in the class, if we have a wait list.

STAFF:

GAYLE THIEME
Director of Senior Services
LINDA CLIFFORD
Health and Social Services Administrator
ASHLEY SHAHEEN
Senior Activities Coordinator
ELIZABETH BRADLEY
Program and Office Assistant
LOIS CAMBERG
Volunteer Drivers Program Coordinator
JILL DUBE
Transportation Coordinator
LORRAINE CLOUGH
Volunteer Coordinator
BETH HARRINGTON
Activities Assistant
MIGUEL MELENDEZ
Bus Driver
RICK WALDMAN
Bus Driver

NEWSLETTER MAILING COORDINATOR:

MARY BOWERS, Volunteer

OFFICERS:

JOHN SCHULER, Chairman
SANDRA BUDSON, Vice Chairperson
SHIRLEY QUINN, Secretary
MIGUEL LESSING, Treasurer

Fabulous Food & Friends

Bring your appetite with you when you visit the Wellesley COA! Check out our NEW dining program featuring delicious catered lunches by The Linden Store (Tuesdays) and La Riviera Café (Fridays).



Special thanks to the Friends of the Wellesley Council on Aging for subsidizing this new lunch program!

See page 12 for details!

Holiday Schedule: The Council on Aging will be closed on Thursday, January 1, Monday, January 19 and Monday, February 16 due to the respective holidays. The bus will not run on these dates.

Socials and Events: Pre-registration required.

Need Help With Your New Devices? Wednesday, January 7, 12 noon

Did you receive new technology from the holidays? Do you know how to use your iPhone, iPad, iPod, laptop, or FitBit? If not, join us and have all your questions answered by our COA volunteer technology experts.

Tea Tasting Thursday, January 22, 1:00 p.m.

Come learn about the history and health benefits of tea while sampling several different kinds! You will determine the quality and tastes of many flavored teas. Drinking tea has a relaxing effect, so join us for a relaxing afternoon! Thank you to the Falls at Cordingly Dam, Assisted and Memory Care Living facility in Newton for sponsoring this program.

Valentine's Day Card Decorating Wednesday, February 4, 1:00 p.m.



Hunnewell Helps participates in a playground clean up day!

Creating Valentine's Day Cards is fun and rewarding and of course the cards mean so much more to those on the receiving end. Join Hunnewell Helps, a service organization that teaches Hunnewell Elementary students from kindergarten through fifth grade about the meaning of community (Wellesley and beyond), for a card decorating activity. Once the cards are complete we will donate them to Newton Wellesley Hospital so patients can enjoy them. Light refreshments will be served.

This is Hunnewell Helps first activity with the Wellesley Council on Aging and the students are looking forward to it!



Wellesley College Chamber Society Board Members

A Valentine's Day Social Wednesday, February 11, 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. A special thank you goes to Whitney Place, Assisted Living Residences in Natick for sponsoring delicious refreshments. *Transportation may be available from the Volunteer Drivers Program, please call 508-479-9301 at least 3 business days in advance.*



Indian Classical Dance Tuesday, February 17, 10:00 a.m.

Ashwini Vytheswaran, fourteen year old Wellesley Middle School eighth grader, will share her ethnic dancing and Indian culture with the COA. She is a very talented dancer and recently placed second in her age group in an Indian music and dance competition. During this ninety minute program Ashwini will explain her culture, showcase her talents and answer any questions that you may have. Themed refreshments will be provided courtesy of Ashwini's family.

The COA planned this program during school vacation week—so bring your grandchildren, nieces or nephews too!



Socials and Events: Pre-registration required.

Come and Celebrate the Chinese New Year Thursday, February 19, 12:00 noon

Chinese New Year is a special time when families and friends come together to celebrate the New Year. The COA is starting a new tradition this year ~ we will be celebrating this exciting occasion with a fun-filled social. Special thanks goes to Briarwood Rehabilitation & Healthcare Center, Subacute Rehab and Nursing Community, located in Needham for providing a complete Chinese luncheon and themed entertainment for an afternoon of “ringing” in the New Year.

Welcoming Day

Wednesday, February 25, 10:30 a.m.

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 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”. Light refreshments will be served.

Pizza Party with Senator Ross Monday, February 23, 12 noon

Senator Richard Ross will host a free pizza party at the COA. He looks forward to meeting you and will listen to any ongoing concerns in the community.

String Jam! Next Date: TBA

The COA is excited to continue partnership with the Dana Hall School of Music with our monthly string jam sessions! 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. For more information, contact music@danahall.org or call 781-237-6542!

Sensational Speakers: Pre-registration required.

TRIAD Topic: Protect Yourself From Medicare Fraud

Friday, January 16, 10:00 a.m.

Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year? Come meet a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program and participate in a discussion on how to protect, detect, report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations. This *free* information workshop will provide you with the tools to become a more informed and engaged health care consumer. This event is jointly sponsored by the **Norfolk County Sheriff's TRIAD Program, the Wellesley Council on Aging and the Massachusetts Senior Medicare Patrol Program.** The Massachusetts Senior Medicare Patrol Program is funded in part by grant number 90MP0097 from the Administration For Community Living, Department of Health and Human Services, Washington, DC 20201. If you cannot attend this workshop but have questions about your healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefits statements, please call the MA SMP Program office at 800-892-0890.

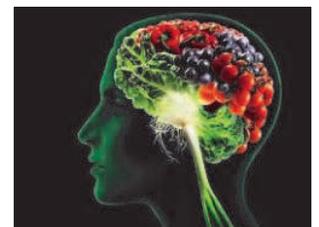
Brain Health and Memory Session Friday, January 30, 10:00 a.m.

As we age there are many changes that our mind may experience, but what is normal and what is not? Changes in memory is a normal part of aging, but memory “loss” and an inability to participate in your daily tasks is not. Did you know that we can actually prevent decline and memory changes as we age?! This informational session will be led by Brooke Rivero, certified Speech-Language Pathologist and experienced Cognitive Communication Clinician; she will discuss new research topics involving memory and cognitive abilities flexible and sharp! This is a group for both individuals and family members questioning good practice for brain health or cognitive changes.

Save the Date: On Friday, March 13, 10:30-3:00 p.m.

the COA will host a Virtual Dementia Tour. This program will be sponsored by Century Health Systems, Inc. For more information on the Virtual Dementia Tour, please visit

www.secondwinddreams.com



***Sensational Speakers:
Pre-registration required.***

Important Information!



**Hearing Presentation: Learn How Hearing Stimulates Your Brain
Friday, February 13, 10:30 a.m.**

Steve Bennett, hearing instrument specialist from Miracle Ear, will discuss the importance of hearing for quality of life. He will help you understand how your ears give you information about things going on around you daily and the importance between the connection for hearing and overall health. Also, learn how hearing aids help to stimulate brain activity.

**State Representative Alice Peisch Holds Office Hours at the Wellesley Council on Aging
Monday, January 5, 9:30-10:30 a.m.**

People will be seen on a first come-first served basis. This is a drop in event.

Inclement Weather

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.

Welcome New COA Staff Member

The Wellesley Council on Aging welcomes Elizabeth Bradley as our new Program and Office Assistant! Elizabeth joined our staff on December 22 and she'll be busy with orientation and training in the next few weeks. Elizabeth is looking forward to meeting you all. Please stop into our main office and introduce yourself!

2014-2015 Evening and Weekend Lecture Series

**"The Dark Side of Corporate Governance and the Financial Crisis"
Thursday, January 22, 7:00 pm**

Wakelin Room - Wellesley Main Library

The Financial Crisis of 2008–09 raises questions about the assumptions that underpin corporate governance. Dr. Minnick will use the Financial Crisis as a tool to explore topical issues in corporate governance. The presentation will cover some of the purported causes of, and the suggested cures for, the financial crisis, including a lack of accountability of boards/management to shareholders, misaligned compensation structures, and insufficient risk management controls. Dr. Kristina Minnick is currently an Associate Professor at Bentley University. Her teaching focus is corporate and international finance, and her research focus is executive compensation, corporate governance and corporate finance. She lives in Wellesley with her husband, son, two daughters and dog.



"Ballet Perspectives"

Thursday, February 12, 7:00 p.m.

Wakelin Room-Wellesley Main Library

Cuban-born José Mateo is founder and artistic director of José Mateo Ballet Theatre, one of America's leading producers of new ballets, and the area's most innovative school for quality ballet training. Mateo holds a BA in Art History from Princeton University where he began his formal training in ballet and modern techniques. After a New York-based career as a dancer, Mateo moved to Boston where he worked as an administrator at Harvard University's Fogg Art Museum and quickly gained a reputation as a teacher and choreographer. His choreographic works have been recognized alongside international touring companies in The Boston Globe's "10 Best Dance Events" in 1990, 1995, 2001, 2002, 2003, 2004, and 2008. He is also a winner of the state recognized fellowship in Choreography. Based on his past and anticipated future civic contributions, in 2005 Mateo was named to the inaugural class of Barr Fellows by Barr Foundation.



These lectures are co-sponsored by the Wellesley Council on Aging and the Wellesley Free Libraries. To view a complete listing, please visit the COA's website www.wellesleyma.gov/coa

If you need transportation, please call the VDP at (508) 479-9301 at least 3 business days in advance.

Day Trips: Pre-registration required.
Museum of World War II
Thursday, January 29,
8:30 a.m.

Join us for a unique experience as we visit the Museum of World War II in Natick, MA. This museum holds the most comprehensive collection of original World War II artifacts in the world, the exhibition- nearly 7,000 pieces- integrates the human, political and military stories. What makes this museum so unique is that you have the opportunity to touch many of these artifacts! We will depart the COA at 8:30 a.m. and the group will return at 12 noon for a complimentary lunch (sandwiches, chips and soda). Round trip transportation using the COA bus. Space is limited to 12 people (first come, first served). **Cost: \$15.00** entrance into the museum -please bring cash.

Lunch and Movie Outing
Thursday, February 26, 11:30 a.m.

We will depart the Wellesley Community Center at 11:30 a.m. for an afternoon with good company, delicious food, and a movie shown at the AMC Theater in Framingham. We will enjoy a lovely lunch at the Aegean Restaurant in Framingham (pre-set menu will be given at the time of registration). After lunch we will travel to the AMC Theater to see a movie. The movie selection will be determined approximately 2 weeks prior and participants will be notified by phone. Round trip transportation using the COA bus. Space is limited to 12 people (first come, first served). **Cost: \$30** -please pay cash.



FREE FRIDAY MOVIES: All movies begin at 12:45 p.m, unless otherwise noted.

Several of these selections were chosen by our regular movie goers. Please note: If the Friday movie runs longer than two hours, and you need a ride home, contact our Volunteer Drivers Program (508) 479-9301. Please call at least three days in advance to see if a volunteer is available.

January 2: Chef (2014) When chef Carl Casper's plans for opening a restaurant in Los Angeles fail to pan out, he returns home to Miami and debuts a food truck instead. While trying to regain his zest for cookery, Carl also tries to mend his fractured family ties. Rated R—Language, 115 minutes.

January 9: Blended (2014) In this romantic comedy, Jim and Lauren find themselves on a dreadful blind date. Afterwards, the two single parents cross paths once again -- but this time at a vacation resort with their kids in tow. Rated PG-13, 117 minutes

January 16 : Lone Survivor (2013) Mark Wahlberg stars as Navy SEAL Marcus Luttrell in this action-drama based on an ill-fated real-life mission to bring down a Taliban boss. The stakes get even higher when Luttrell and his unit are ambushed in the Hindu Kush region of Afghanistan. Rated R— Language & Violence, 120 minutes

January 23: The Trip to Bountiful (2014) Unhappily living with her son and snobby daughter-in-law, elderly Carrie Watts longs to reconnect with her past by visiting the place she grew up. Undeterred by her son's opposition, Carrie boards a bus and sets off for her hometown on her own . Rated PG, 90 minutes.

January 30: The Hundred-Foot Journey (2014) Relocating from India to a quiet village in the south of France, chef Hassan Kadam and his family open a restaurant called Maison Mumbai. But when their business starts to thrive, a competing restaurateur launches a war between the eateries. Rated PG, 122 minutes

February 6: America: Imagine the World Without Her (2014) What would the world look like if America never existed? Dinesh D'Souza, best-selling author and creator of 2016: OBAMA'S AMERICA, explores this fascinating question in this stirring, thought-provoking documentary. Rated PG-13, 105 minutes.

FREE FRIDAY MOVIES CONTINUED

February 13: The Other Woman (2014) When she finds out that her boyfriend is married and that she's his mistress, a woman teams up with the jerk's wife to get revenge. Nicki Minaj makes her live-action debut in this comedy about getting the upper hand in a relationship. Rated PG-13, 109 minutes.

February 20: Muppets Most Wanted (2014) In the middle of their global tour, the Muppets inadvertently get mixed up in a perilous drama involving a gang of international jewel thieves. It isn't easy being Kermit the Frog, who happens to be a dead ringer for the world's top criminal. Rated PG, 107 minutes.

FAMILY FUN!! After showing *The Muppets Most Wanted*, the COA will treat you and your loved ones to hot cocoa and delicious desserts! This family oriented movie is shown during school vacation week, so bring along your relatives, for they too, can enjoy an afternoon at the COA!



February 27: Magic in the Moonlight (2014) Exposing a phony soothsayer proves harder than expected when the debunker (an Englishman) becomes smitten with the purported fraud (a French beauty). This deft romantic comedy unwinds amid the gilt and glamour of the French Riviera in the 1920s. Rated PG-13, 98 minutes

Housing Options Tours: Pre-registration required.**Golden Pond****Thursday, January 15****Itinerary:**

11:30 a.m. Pick-up at COA

12:00 noon Lunch

12:30 p.m. Tour

1:15 p.m. Educational Program—Health and History of Eating

2:15 p.m. Departure/return to COA

Description of the Facility:

Golden Pond is committed to exceeding expectations with unparalleled service while honoring resident choice, dignity, and independence all while promoting peace of mind. Golden Pond Assisted Living offers many living options including independent and tradition assisted living, memory care, and Geripsych **Max. 10**

Cabot Park Village**Wednesday, February 25****Itinerary:**

11:30 a.m. Pick-up at COA

12:00-1:00 p.m. Lunch

1:00-2:00 p.m. Tour

2:00 p.m. Entertainment

3:00 p.m. Departure

Description of the Facility:

Cabot Park Village is one of Benchmark Senior Living's Independent Communities. As the Premier Independent Living Community in the area, Cabot Park Village offers Seniors an opportunity to truly live independently while enjoying many support services and amenities. The daily activities program of films, concerts, lectures and stimulating games makes Cabot Park Village the perfect setting for Independent Living. **Max 14**

Food Lovers Delight: Pre-registration required.

Breakfast Club: Join us for a delicious breakfast and a delightful time with friends. The Breakfast Club will enjoy breakfast on:

Tuesday, January 27, 8:00 a.m.

Captain Marden's, 279 Linden Street, Wellesley

Tuesday, February 24, 8:00 a.m.

Zaftigs Delicatessen, 1298 Worcester Rd, Natick

Choose your own breakfast and pay for it at that time. **Maximum: 12**

**Delicious Dining Group**

Everyone is welcome to meet our group for lunch:

Monday, January 12 at 12noon

The Wok, 180 Worcester St, Wellesley

Monday, February 9 at 12noon

The Olive Garden, 1 Worcester Rd, Framingham

Choose your own lunch and pay for it at that time.

Maximum: 12

JANUARY 2015

<p>9am Registration Opens for Wellesley residents 9am Walking (Lib) 9:30 Wii Bowling 9:30-10:30 Better Bones (\$7) 9:30-10:30 Alice Peisch Holds Office Hours 11:00-12:00 Better Balance (\$7) 12:30-3:00 Bridge</p>	<p>9am Registration Opens for non-residents 9:30-11:00 Yoga (\$14) 10:00-11:15 German Lunch 11:45 Cribbage 1-2:30 Keep Well—315 Weston Road</p>	<p>9 am Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 9:30-11:00 Community Bears 9:45-10:45 Tai Chi (\$7) 10:00-11:00 COA (Keep Well) 11:00-12:00 Better Balance (\$7) 12:00 Need Help With Your New Devices? French SHINE 1:00-2:30 French SHINE 1:00-4:00</p>	<p>9:30-10:30 Book Discussion Group 9:30-10:30 Better Bones (\$7) 1-4 Mahjong 1:00-3:00 OverDrive: downloadable audiobooks and e-books from the library 2:00-3:30 Knitting</p>	<p>11:45 Lunch 12:45 Movie: Chef</p>
<p>9am Walking (Lib) 9:30 Wii Bowling 9:30-10:30 Better Bones 11:00-12:00 Better Balance 12:00 Dining Destination—The Wok Bridge 12:30-3:00 Town Band</p>	<p>9:30-11:00 Yoga 11:15-12:45 German Lunch 11:45 Cribbage 1-2:30 Keep Well—Morton Circle</p>	<p>9 am Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 9:30-11:00 Community Bears 9:45-10:45 Tai Chi 11:00-12:00 Better Balance 1:00-2:30 French SHINE 1:00-4:00 Acrylic Painting</p>	<p>9:30-10:30 Book Discussion Group 9:30-10:30 Better Bones 11:30 Housing Options Tour—Golden Pond 1:30-3:00 Bingo 1-4 Mahjong 2:00-3:00 Ukulele class</p>	<p>10:00 TRIAD: Protect Yourself From Medicare Fraud 11:45 Lunch 12:45 Movie: Lone Survivor</p>
<p>The COA is closed and the bus will not run.</p>	<p>9:30-11:00 Yoga 11:15-12:45 Yoga Lunch 10:00-11:15 German Lunch 1:00-2:30 Cribbage 1:30-2:30 Keep Well—41 River Street</p>	<p>9 am Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 9:30-11:00 Community Bears 9:45-10:45 Tai Chi 11:00-12:00 Better Balance 1:00-2:30 French SHINE 1:00-4:00 Acrylic Painting</p>	<p>9:30-10:30 Book Discussion Group 9:30-10:30 Better Bones 1-4 Mahjong 1:00 Tea Tasting 2:00-3:00 Ukulele Class 2:00-3:30 Knitting 7:00 2014-2015 Evening and Weekend Lecture Series presents: The Dark Side Of Corporate Governance and the Financial Crisis</p>	<p>10:00-11:30 Troubadours and Troublemakers: The Music and Politics of Woody Guthrie, Pete Seeger and Bob Dylan 11:45 Lunch 12:45 Movie: The Trip to Bountiful</p>
<p>9am Walking (Lib) 9:30 Wii Bowling 9:30-10:30 Better Bones 10:00-11:30 Memory Program 11:00-12:00 Better Balance 12:30-3:00 Bridge 7:00-8:30 Town Band</p>	<p>8:00 The BF Club—Captain Marden's 9:30-11:00 Yoga 10:00-11:15 German Lunch 11:15-12:45 Yoga 11:45 Cribbage 1-2:30 Keep Well—60 Grove Street</p>	<p>9 am Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 9:30-11:00 Community Bears 9:45-10:45 Tai Chi 11:00-12:00 Better Balance 1:00-2:30 French SHINE 1:00-4:00 Acrylic Painting</p>	<p>8:30 Museum of WW II 9:30-10:30 Better Bones 1-4 Mahjong 2:00-3:00 Ukulele Class</p>	<p>10:00 Brain Health and Memory Session 11:45 Lunch 12:45 Movie: The Hundred-Foot Journey</p>



KEEP YOUR BUSINESS ON TARGET! ADVERTISE HERE




This is a doggone great SPOT to advertise your business!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9 am 9:30 10:00-11:30 10:00-12:30 12:30-3:00 7:00-8:30</p> <p>Walking (Lib) Wii Bowling Memory Program Art for Fun Bridge Town Band</p>	<p>9:30-11:00 10:00-11:15 11:15-12:45 11:45 1:00-2:30 1:30-2:30</p> <p>Yoga (\$14) German Yoga Lunch Cribbage Keep Well— 315 Weston Road</p>	<p>9 am 9:30-10:30 9:30-11:30 9:30-11:00 10:00-11:00 1:00-2:30 1:00-4:00 1:30-3:30</p> <p>Walking Group COA Coffee Scrabble/Cards Community Bears COA (Keep Well) Valentine's Day Card Decorating French SHINE Acrylic Painting</p>	<p>9:30 1:00-4:00 2:00-3:30 2:00-3:00</p> <p>Book Discussion Group MahJong Knitting Ukulele Class</p>	<p>11:45 12:45 World Without Her</p> <p>Lunch Movie: America: Imagine the</p>
<p>9am 9:30 9:30-10:30 10:00-12:30 10:00-11:30 11:00-12:00 12:00</p> <p>Walking (Lib) Wii Bowling Better Bones Art for Fun Memory Program Better Balance The Dining Destination — The Olive Garden Bridge Town Band AARP Tax Assistance</p>	<p>9:30-11:00 10:00-11:15 11:15-12:45 11:45 1:30-2:30</p> <p>Yoga German Yoga Lunch Cribbage Keep Well— Morton Circle</p>	<p>9 am 9:30-10:30 9:30-11:30 9:30-11:00 10:00-11:00 1:00-4:00 1:00-2:30 1:30-3:30</p> <p>Walking Group COA Coffee Scrabble/Cards Community Bears Tai Chi Better Balance SHINE A Valentine's Day Social French Acrylic Painting</p>	<p>9:30-10:30 1:00-4:00 2:00-3:00</p> <p>Better Bones MahJong Beyond the Call: Text, Chat, and Video Chat Ukulele Class</p>	<p>10:30 11:45 12:45</p> <p>Hearing Presentation: Learn How Hearing Stimulates Your Brain Lunch Movie: The Other Woman</p>
<p>The COA is closed and the bus will not run.</p>	<p>9:30-11:00 10:00 11:15-12:45 11:45 1:2:30 1:30-2:30</p> <p>Yoga German Indian Classical Dance Yoga Lunch Cribbage Keep Well— 41 River Street</p>	<p>9 am 9:30-10:30 9:30-11:30 9:30-11:00 11:00-12:00 1:00-2:30 1:30-3:30</p> <p>Walking Group COA Coffee Scrabble/Cards Community Bears Tai Chi Better Balance SHINE Acrylic Painting</p>	<p>9:30 9:30-10:30 12:00 New Year 1-4 1:30-3:00 2:00-3:00</p> <p>Book Discussion Group Better Bones Come and Celebrate the Chinese MahJong Bingo Ukulele Class</p>	<p>11:45 12:45</p> <p>Lunch Movie: Muppets Most Wanted Hot cocoa and refreshments provided after the movie</p>
<p>9am 9:30 9:30-10:30 10:00-12:30 10:00-11:30 11:00-12:00 12:00</p> <p>Walking (Lib) Wii Bowling Better Bones Art for Fun Memory Program Better Balance Pizza Party with Senator Ross Bridge Town Band AARP Tax Assistance</p>	<p>8:00 10:00-11:15 11:45 1:2:30 1:30-2:30</p> <p>The BF C Lube— Zafitags Delicatessen German Lunch Cribbage Keep Well— 41 River Street</p>	<p>9 am 9:30-10:30 9:30-11:30 10:30 9:30-11:00 9:45-10:45 11:00-12:00 11:30 1:00-2:30 1:30-3:30</p> <p>Walking Group COA Coffee Scrabble/Cards Welcoming Day Community Bears Tai Chi Better Balance Housing Options Tour— Cabot Park Village SHINE French Acrylic Painting</p>	<p>9:30-10:30 11:30 2:00-3:30</p> <p>Better Bones Lunch and Movie Outing MahJong Knitting</p>	<p>11:45 12:45</p> <p>Lunch Movie: Magic in the Moonlight</p>

February 2015



**KEEP YOUR
BUSINESS
ON TARGET!
ADVERTISE HERE**

Having a good time never gets old

Traditions of Wayland is a community full of vital, vibrant older adults as exciting as you! By taking full advantage of all that is going on, you can pursue new dreams alongside your peers, stay inspired and live every day as your best day.



Who will be your new neighbor?
Professor • Engineer
Entrepreneur • Artist

OF WAYLAND
10 Green Way | Wayland, MA 01979
Independent & Assisted Living
Dementia/Memory Care

Schedule your visit today at
508-358-0700

Classes : Pre-registration required



Photo Caption: Students enjoyed their last ukulele session on November 20, but they look forward resuming their lessons in the New Year. **All are welcome to join the group!**

Ukulele Classes

6 week session, Thursdays, Jan 15– Feb 19, 2:00 p.m.-3:00p.m.

It's the New Year, so why not purchase a ukulele (approx \$50) and join us for a fun and entertaining class. This instrument is easy to play and doesn't require any musical training. Try the class, sing the songs you used to love and meet the wonderful Daniel Metraux. You need to purchase a ukulele for his 6 week course. Min 8 Max 15 Cost: \$30 . Make-up date, only if needed is Thursday, February 26, 2:00-3:00 p.m.

Acrylic Painting Classes

Wednesdays, January 14– March 4 from 1:30p.m.-3:30 p.m.

Instructor, Maris Platais will guide you in reaching your full potential as an artist. He will teach you how to see and to capture the mood through value contrasts and color nuances, brushwork and texture. Bring photo references or work from memory and field sketches. Demonstrations and critiques are offered throughout the course of the class. Maris is a member of The Guild of Boston Artists, The Academic Artists Association, as well as a signature member of The American Society of Marine Artists. He has taught drawing and design at the Boston Museum of Fine Arts for many years, and has conducted classes and workshops for many art organizations throughout New England. Google Maris Platais for examples of his work. Only if needed, the make-up date will be Monday, March 9, 1:30-3:30 p.m. Min 8. Max 12. Please call the COA for a supply list. Cost: \$108.00

Scholarship Funds are Available: The C. Eleanor Genovese Fund is intended to subsidize or pay for COA classes, activities or trips for Wellesley residents. Call the COA for more information. Anyone wishing to contribute to this fund should speak with Gayle Thieme, Director of Senior Services, 781-235-3961.

Computer Classes

Co-sponsored by the Friends of the Wellesley Council on Aging and Friends of the Wellesley Free Library. Call the Wellesley Main Library (781-235-1610 x1105) to register. Limited space. Priority to Wellesley seniors. **Instructor: Anna Litten**

Thursday, January 8: 1:00-3:00 p.m.: OverDrive: downloadable audiobooks and e-books from the library.

Did you know that you can check out audiobooks and e-books for your Kindle, iPad, or other device? In this session, we'll look at using OverDrive to find and download books and audiobooks for a variety of devices. Please feel free to bring your own device, or, borrow one of the library's iPads to see how this great tool can work.

Feb. 12: 1:00-3:00 p.m.: Beyond the Call: Text, Chat, and Video Chat: Make your computer or mobile device a great tool for communicating with loved ones both near and far. In this workshop we'll look at using communication technologies including text and video chat. We'll talk about how mobile devices can also play a role in communication beyond the phone.



Art for Fun: Mondays, February 2– March 30, (No class 2/16) 10 a.m.-12:30 p.m.

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 Instructor, Cecilia Sharma. These classes meet at the **Warren Recreation Center, 90 Washington Street**. Only if needed the make-up date will be Monday, April 6, same time as class. The cost for the class is \$125.00. A supply list is available at the Council on Aging and new participants are welcome! Min 8 Max 14

Classes Continued. Pre-registration required.**YOGA****Instructor: Judy Scribner-Moore**

A typical class balances active yoga poses that stretch, strengthen and tone with relaxing poses, so participants leave feeling renewed. Students are encouraged to bring a firm blanket and yoga mat. However, extra mats are available, and all other equipment will be provided. Judy combines 27 years of teaching experience, interpersonal and mindfulness skills, and knowledge of anatomy and physiology, to guide and facilitate each student's way. She is skilled at adapting classical postures to meet individual needs and goals.

There will be a drop-in Yoga class held Tuesday, January 6, 9:30-11:00 a.m.

Cost: \$14.00 paid to instructor.

Dates: 6-week session Tuesdays, Jan 13– Feb 17

Intermediate Level 2 (prior experience in Level 2 is a prerequisite: 9:30-11:00 a.m.)

Intermediate Level 1: 11:15-12:45p.m.

Cost: \$80

Min. 10/Max. 18

Make up date for both classes will be Friday, February, 20, 9:30-11:00 a.m.

**BETTER BALANCE****Instructor: Leslie Worriss, MPH, RYT**

Are you afraid of falling? The class will help improve posture, strength, flexibility, gait, mobility, stability, breath, and endurance, and help maintain your independence. Participants use balls, bands, and weights, and the class incorporates yoga and chi gong. Please bring two sets of weights and water. Classes meet on Mondays and/or Wednesdays from 11:00 a.m.-12:00 p.m. Beginners are welcome.

There will be a drop-in Better Balance class held on Monday, January 5, 11:00-12:00 p.m.

Cost: \$7.00 paid to the instructor.

Dates: 4 week session Mondays, Jan 12– Feb 23 (no class 1/19, 2/2, 2/16)

Times: 11:00 a.m.-12:00 p.m.

Cost: \$28.00

Make -up class, if needed, will be March 6, 2:00 p.m. –3:00 p.m.

There will be a drop-in Better Balance class held on Wednesday, January 7, 11:00-12:00 p.m. Cost: \$7.00 paid to the instructor.

Dates: 6 week session Wednesdays, Jan 14-Feb 25 (no class 2/4)

Time: 11:00 a.m.—12:00 p.m.

Cost: \$42

Make- up class, if needed, will be Friday, March 13, 1:00-2:00p.m. Min.8/ Max. 20

TAI CHI FOR HEALTH**Instructor: Leslie Worriss, 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, and, decrease stress and is good for overall health and balance. Chairs will be available.

There will be a drop-in Tai Chi class held Wednesday, January 7, 9:45-10:45 a.m. Cost: \$7.00 paid to the instructor.

Dates: 6 week session Wednesdays, Jan 14-Feb 25 (No class 2/4)

Time: 9:45 a.m. -10:45 a.m.

Cost: \$42

Make -up class, if needed, will be Friday, March 6, 3:00p.m.-4:00p.m. Min.10 /Max. 22

BETTER BONES**Instructor: Leslie Worriss, MPH, RYT**

You will use free weights, resistance bands, balls, and 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 especially 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 two sets of free weights, a towel and water.

There will be a drop-in Better Bones class held Monday, January 5, 9:30-10:30 a.m. Cost: \$7.00 paid to the instructor.

Dates: 4 week session Mondays, Jan 12–Feb 23 (No class 1/19, 2/2, 2/16)

Time: 9:30 a.m.– 10:30 a.m.

Cost: \$28

Make- up class, if needed, will be Friday, March 13, 2:00-3:00 p.m.

There will be a drop-in Better Bones class held Thursday, January 8, 9:30-10:30 a.m. Cost: \$7.00 paid to the instructor.

Dates: 6 week session Thursday, Jan 15- Feb 26 (No class 2/5)

Time: 9:30 a.m.—10:30 a.m.

Cost: \$42

Make- up class, if needed, will be Friday, March 6, 1:00-2:00p.m. Min. 15/Max. 25



Classes

Memory Program

Mondays, Jan 26-March 23 10:00 a.m.-11:30 a.m. (No class 2/16)

Do you want to improve your memory skill? The main objective of the program is to work on 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 of this influences our daily life. This is led by COA volunteer, Blanca Morales. **FREE!** Minimum number is 4. Maximum number 20.

Wellesley Community Band

January 12-April 13 (No class 1/19 & 2/16), 7-8:30 p.m.

“ I love playing in the Wellesley Town Band. I learn lots, have a good time at practice, and enjoy the comradery of fellow musicians in a casual, low-key atmosphere” . Comment from one of the musicians, Dot.

The town's wind band offers players at all levels to join it's relaxed Monday evening gatherings of brass, woodwind and percussion players. There are no auditions; everyone is welcome to join. We play a mix of concert band favorites, light classics, show tunes and marches. Dust off that old horn and extend or recapture the joy of youthful music making. We pretty much follow the school year with three eleven week sessions September through June. This program is being run in collaboration with the Council on Aging, Recreation & School Departments. The band is conducted by Henry Platt. You can register online at www.wellesleyma.gov/recreation or call the Recreation Department. For players who just show up with horn in hand, registration forms will be available at start-up time. Band will meet Mondays from 7-8:30pm, January 12 - April 13 (No class 1/19 & 2/16) If you'd like more information, call 781-235-2370. To register online, use activity #145899-01. Website: www.wellesleyma.gov/recreation Cost is \$50/person.



Updates

Fuel Assistance Funds are Available - You May Be Eligible!

The Low Income Home Energy Assistance Program (LIHEAP) provides financial assistance towards the cost of your heating bills – benefit levels vary and funds are paid directly to your provider. For a single person household, the gross income limit is \$32,618. For households with two people, the gross income limit is \$42,654. The Good Neighbor Energy Fund (GNEF) assists households who are slightly over income for LIHEAP (maximum gross income of \$43,491 for a single-person household and \$56,872 for two people). GNEF will open for applications in early January. For additional information please contact Linda Clifford, Health and Social Services Administrator, at 781-235-3961 or lclifford@wellesleyma.gov

COA Transportation

The Wellesley COA understands the importance of transportation to senior citizens who are unable to drive either temporarily or permanently. Jill Dube, COA Transportation Coordinator, (781-235-3046) will assist Wellesley seniors to find the right option to get them to where they need and want to go. In addition to the COA bus and the COA Volunteer Drivers Program, Springwell (through Federal Funding) operates a Volunteer Medical Escort Program and funds the Busy Bee transportation service. Both of these programs can assist Wellesley seniors to get to Boston medical appointments as well as appointments closer by. While we cannot guarantee a ride every time to every place you want to go, that is our eventual goal! Contact Jill Dube to review options or to book a ride on our COA bus!



Updates

Happy New Year from the Friends of the Wellesley Council on Aging

The Friends of the Wellesley Council on Aging wish everyone a Happy, Healthy and Rewarding New Year. The past year has been a busy and productive one for the FRIENDS, providing funding to the COA to expand programs and services. Examples of how donations have been used at the COA include:

- The establishment of a fund for seniors experiencing financial challenges to meet their basic needs or are faced with unexpected expenses
- Providing funds to keep the costs of events and programs affordable for all, including the newly launched catered lunch program
- Computer and social media classes for seniors
- A new picnic table where guests can socialize in nice weather
- Computer tools to process outreach requests more efficiently

We look forward to expanding on the success of 2014, and ask what kind of programs and services would you like to see funded in 2015? Call the COA or email the FRIENDS at wellesleyfriendscoa@gmail.com with your comments and suggestions. In addition, you can support Wellesley Seniors by joining the FRIENDS and volunteering your skills and time, or becoming a member of the "Circle of Friends" with a financial donation.



Volunteering is Food for the Soul!

Beginning last November new meals, delivered by local restaurants, were introduced to the participants of our Tuesday and Friday lunch program. We are fortunate that 4 new lunch volunteers joined the 3 amazing ladies that have been serving lunch at the COA for many years. Attendance has grown, so we are very fortunate to have the additional capable assistance. Please contact Lorraine Clough, Volunteer Coordinator, at 781-235-3961 or lclough@wellesleyma.gov if you would like to help serve lunch and socialize with our enjoyable group of diners.

Lunch Program Details

Continued from page 1

Lunch is served at 11:45 a.m. and the cost per person is \$4.00 per meal. Reservations are required by calling the COA at 781-235-3961. Please make your reservation by 9:30 a.m. the day prior. The monthly menu is available at the COA office or on the COA website: www.wellesleyma.gov/coa There is a limit of 18 people on each date – so don't delay – call today!

Wellesley Service League Presents: Wellesley Mens Group Meetings at the Wellesley Friendly Aid

Tuesday, January 13th, 2-3:00pm

Kevin Walsh is a Wellesley resident and seasoned sports and news broadcaster with Comcast SportsNet New England and New England Cable News. Kevin is also the author of three books, his most recent one titled *The Perfect Catch*, which chronicles a fishing trip his father organized for his three sons over Thanksgiving one year, and allows the four men to reconnect as friends and bond as men. Kevin will discuss his experiences both as a broadcaster and share stories from the three books he has written. **Tuesday, February 10th, 2-3:00pm** Olivier de Weck, Professor of Aeronautics and Astronautics and Engineering Systems at MIT, will speak about space exploration and logistics as well as humanity as a multi-planet species. All Wellesley senior men are invited for refreshments and conversation. For information or a ride please contact Patti DuFour at pattidu4@verizon.net or 781-718-1874.

Tax Assistance

AARP volunteer tax counselors are accepting appointments on **Monday afternoons through April 6**. 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 2014 returns. Please call the COA to schedule your appointment 781-235-3961.

Updates

Tolles Parson Senior Center Project

For updates on the Tolles-Parsons Senior Center Project, you are encouraged to subscribe for email updates through the Town of Wellesley website. Visit www.wellesleyma.gov and click “subscribe to news” then select Tolles-Parsons Center News. Whenever a new event or document is posted to the website you will receive a copy of that posting in your personal EMail box, automatically.

Wellesley College Auditing

If you are interested in auditing a class at Wellesley College this Spring, please visit the Wellesley Council on Aging website at www.wellesleyma.gov/coa and click on Auditing-Wellesley College link to the left of the page. There you will find information regarding timelines, offerings, and the registration process.

New Mission Statement

It's a new day at the Wellesley Council on Aging. While continuing to provide all of our tried and true programs and services, we have expanded exponentially over the past few years – and will continue to do so – to serve everyone in our growing and changing community. Special thanks to the Long Range Strategic Planning Committee for recognizing this expansion and drafting a new mission statement to reflect it: Susan Kagan Lange, Chair; Sheryl Goodridge; Tom Kealy; John G. Schuler; Gayle Thieme, Director of Senior Services. Our new mission statement appears for the first time on the front page of this issue of *Highlights*. We invite you to take a look and then join us as we continue to do our best to connect, empower, assist and inspire our community and the whole town.

Drop In Activities

Walking Groups: The Monday group meets at the rear of the Main Library at 9 a.m. with their volunteer leader, Anne Turtle. The Wednesday group meets at the Community Center at 9 a.m., led by volunteer Jim Reilly.

Anne Rippy Turtle, Monday Morning Walking Leader encourages you to join the group! She comments on the group's walking experience, “We are grateful for the variety of options available to us for exploring Wellesley. Newcomers are most welcome – our meeting place is the Wellesley library parking lot. We walk in most kinds of weather; it's primarily icy or very rainy days that we cancel.”

Wii Bowling: Our awesome volunteers from the Wellesley Hills Junior Women's Club continue to lead our weekly Wii program on Monday mornings at 9:30a.m. No wii bowling on Jan. 19 and Feb. 16.

Bridge: Monday afternoons from 12:30-3:00 p.m.

Cribbage: Tuesday afternoons from 1-2:30 p.m. COA volunteer Fran Weinberg will provide instruction for those new to the game.

Coffee Hour: Wednesday mornings from 9:30-10:30 a.m.

Scrabble: Wednesday mornings from 9:30-11:30 a.m.

Community Service Bears: This group of dedicated women have been making teddy bears for children for many years. This group meets every Wednesday morning from 9:30-11:00 a.m.

Computer Assistance: Please contact the COA if you need/want computer assistance or have other technology needs. There are often volunteers and students able to help, but availability varies. Please call for information: 781-235-3961.

Conversational French: Did you take French in high school or college? This conversation-only class meets Wednesday afternoons from 1:00-2:30 p.m. led by volunteers David and Wendy Meyersmith. Call the COA if you are interested in joining the group.

Knitting at the COA: The group will continue to meet every other Thursday afternoon from 2:00-3:30 p.m. (see calendar for dates). Special thanks to COA volunteer, Barbara Peacock-Coady for suggesting this new group and for agreeing to help organize!

Bingo: Thursday afternoons January 15 and February 19 at 1:30 p.m.



Mah Jong: Thursdays afternoons, 1:00-4:00 p.m.

Are you interested in learning how to play Mah Jong? Sandy Mills, experienced player, would enjoy teaching you how to play the game. If you are interested, contact the COA.

Book Discussion Group: Meetings will continue to meet every other Thursday mornings (see calendar for details). *The book group is co-sponsored by the Wellesley Free Library (WFL) and the COA. The facilitator is Joellen Toussaint, Circulation Assistant (WFL).*

MARY ANN MORSE
HEALTHCARE CENTER

Short-Term Rehabilitation,
Memory & Long-Term Care

Natick ■ 508-433-4400
www.maryannmorse.org/cp

HERITAGE
AT FRAMINGHAM

Independent Living, Assisted Living, & Memory Care

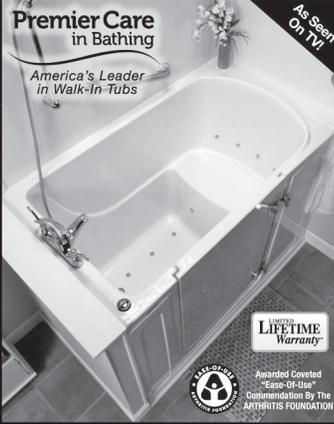
Framingham ■ 508-665-5300
www.heritageassistedliving.org/cp



Bathe Safely And Easily

Premier Care
in Bathing

America's Leader
in Walk-In-Tubs



As Seen
On TV!

LIFETIME
Warranty

Awarded Covered
"Ease-Of-Use"
Recommendation By The
ARTHRITIS FOUNDATION

Payments As Low As \$150 Per Month*

**America's Best Walk-In Baths
Are Now More Affordable!**

Don't miss this low cost way to enjoy a relaxing bath again, without the fear of slipping or falling. A luxurious, Walk-In Bath from Premier Care in Bathing offers you the ultimate in safety and ease of use. The walk-in door allows barrier-free access. The low threshold entry is easy on your legs. The optional bubbly Hydrovescent Therapy soothes away aches. If you or a loved one struggle taking a bath, independence and safety are only a phone call away.

- ▶ No More Fear of Slipping or Falling
- ▶ Premium Quality for High Performance
- ▶ Our Fully Licensed Installers Can Do Most Any Install, and in Most Cases in Just One to Two Days

SENIOR DISCOUNTS & FINANCING

Call Now Toll-Free for
FREE Information Kit

1-800-345-0181

www.GoToPremierBath.com
Promo Code 20727

*Limited time only. Subject to approved credit. Example: Based on 9.9% APR, a down payment equal to 1/3 of contract amount, and a monthly payment of \$150 for 120 months. By submitting this request, I agree that Premier Care in Bathing may contact me by telephone using automated technology at the telephone number provided above. I understand this consent is not a condition of purchase. **Limited lifetime Warranty subject to terms and conditions.

HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429



the WINGATE experience **peace-of-mind**

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



Discover a
worry-free
lifestyle this
winter at

The Residences at Wingate.

Under one roof, our residents enjoy the safety, socialization and wellness programs you've wished for while maintaining the luxurious lifestyle you deserve.

residencesatwingate.com

Call (781) 455-9080 today for a tour!
235 GOULD STREET NEEDHAM, MA 02494



Permanent Makeup



**Soft Looking Eyebrows & Eyeliner
Stays on every day**

Angelbare.com 781-235-0111

We Care Every Day In Every Way.

Experienced senior care for total peace of mind

- Errands • Shopping • Light Housekeeping
- Friendly Companionship • Flexible Hourly Care
- Meal Preparation • Respite Care for Families • Live-in Care



www.VisitingAngels.com/Newton
617.795.2727

Each Visiting Angels agency is independently owned and operated.



WHITNEY PLACE
ADULT DAY HEALTH CENTERS



508-655-9767

NATICK • NORTHBRIDGE

www.SalmonHealthAndRetirement.com



555 Washington St.
Wellesley

The Wellesley/Weston Pinnacle Report

"...one of the best, most informative
real estate reports I have ever read."

Ken Hoffman

For your free copy and/or a complimentary
home market analysis, call 781-237-5000.

www.PinnacleHouses.com



508-359-4675

www.carerolutions.com

Insured & Bonded

Dignity & Independence Wherever You Live
The Right Choice for Your Homecare Needs

Home Healthcare Service Serving MA Families

Resolutions, Inc.

- Comprehensive Homecare
- Live ins • Companions
- Home Health Aides
- Alzheimer Care Specialists





Bay StateSM
Senior Care, Inc.

781.237.1978

Compassionate Caregivers
24-hour/7 days a week on-call service

Call us today
to schedule a complimentary in-home assessment

"The Senior Care Experts"
www.baystateseniorcare.com



One Call
For Funeral and Cremation Services.
Dignity Memorial[®] Providers

DUCKETT - JS WATERMAN & SONS

656 Boston Post Road, Sudbury • PO BOX 660
781-235-4110 978-443-5777
METROWEST FUNERAL & CREMATION SERVICES

WADSWORTH CHIAPPINI

318 Union Ave. • Framingham

508-875-8541

A SERVICE FAMILY AFFILIATE OF AFFS AND SERVICE CORPORATION INTERNATIONAL
206 Winter St., Fall River, Massachusetts 02720 • Phone 508-676-2454



SCANDINAVIAN
LIVING CENTER

Scandinavian Living Center

A welcoming place for everyone

A unique family-like assisted living
community open to all nationalities

206 WALTHAM STREET
WEST NEWTON
617-527-6566
www.slcenter.org

Parmenter 
Community Health Care[®]

www.parmenter.org

266 Cochituate Road | Wayland, MA • Tel: 508-358-3000

Visiting Nurse Care • Palliative Care
Hospice Care • Hospice Residence
Community Services • Food Pantry

Jewish Hospice accreditation.

For 57 Years, your local independent nonprofit healthcare at it's best.

PROTECTING SENIORS NATIONWIDE

PUSH

TALK

24/7 HELP



\$19.95*/Mo. + 1 FREE MONTH

- No Long-Term Contracts
- Price Guarantee
- American Made

TOLL FREE: 1-877-801-5055

**First Three Months*

**HOLIDAY
SPECIAL**



**HENRY J. BURKE
& SONS
FUNERAL HOME**

An Independent, Family-Owned Business
Since 1933

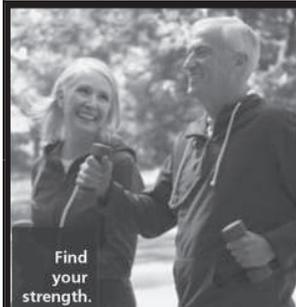
781-235-1481

56 Washington Street, Wellesley Hills, MA
www.burkefamilyfuneralhomes.com



For Advertising Information, call
LISA TEMPLETON at LPi today!

1 (800) 888.4574 ext. 3450
ltempleton@4LPi.com



Find
your
strength.

SPAULDING[®]
OUTPATIENT CENTER
WELLESLEY

65 Walnut Street
Suite 260
Wellesley, MA 02481

Now accepting new patients.

- Geriatric mobility problems
- Fall prevention
- Non-surgical musculoskeletal problems
- Non-interventional spine condition
- Optimizing functional independence

Please call 781.431.9144, or
visit www.spauldingrehab.org



SeekAndFind.com
is **NEW** and **IMPROVED**



Now it's even easier to shop these advertisers.
Show them your support!

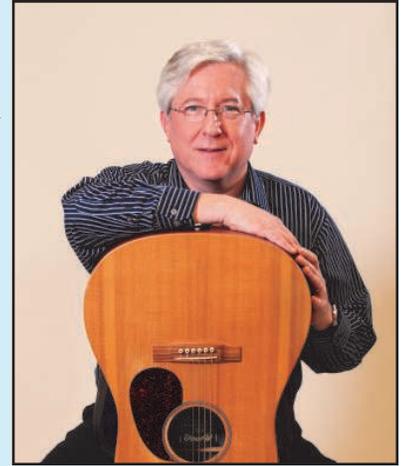
**Troubadours and Troublemakers:
The Music and Politics of Woody Guthrie, Pete Seeger and Bob Dylan
Friday, January 23, 2015, 10:00-11:30 a.m.
Call the COA to register 781-235-3961.**

This presentation by Kevin Comtois, instructor at Northern Essex Community College, will examine three of the greatest protest singers of the twentieth century: Woody Guthrie, Pete Seeger and Bob Dylan. Using recorded music, film clips and still images, we will take an American journey through history and geography. We will start by using music to examine the social and economic conditions of the Great Depression as we follow Woody Guthrie through the Dust Bowl. We will then travel across the United States as Woody works his way to New York City where we meet Peter Seeger. We'll leave Woody to follow the travels of Pete as he sings his way through the American heartland, World War II, McCarthyism, the Civil Rights movement and the 1950s folk revival where we meet Bob Dylan. We will then leave Pete to examine Dylan's songs that outlines the social and political conditions in the 60s. We will examine Dylan's evolution to rock and roll and end with his classic performance at the 1965 Newport Folk Festival.

This program is sponsored by Northern Essex Community College Speakers Bureau.

Join us for lunch at the COA after the presentation at 11:45 a.m.

You must register for lunch one day in advance before 9:30 a.m.



PERMIT NO. 56697
Boston, MA 02481

PAID

Non Profit org.
U.S. Postage

Wellesley, MA 02481
219 Washington Street

Wellesley Council on Aging