



March/April  
2015

# Highlights

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<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 Tuesday, February 24 (Wellesley residents) and Wednesday, February 25 (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:

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SANDRA BUDSON, Vice Chairperson  
SHIRLEY QUINN, Secretary  
MIGUEL LESSING, Treasurer

**Holiday Schedule: The COA is closed and the bus will not run on Monday, April 20 due to Patriot's Day!**

## *Greetings from Director of Senior Services, Gayle Thieme:*

Many new and creative programs have been introduced over the last year and it has been wonderful to meet many new people and to see more of the folks who have been actively participating. I want to acknowledge the great work of Ashley Shaheen, Senior Activities Coordinator, who works so hard to organize, plan, and execute the programs as well as packaging all that is planned for the months ahead and sharing the information with us through this bi-monthly newsletter. Several COA programs have proven to be quite popular - sometimes resulting in waiting lists! People have remarked that "this is a good problem to have" and while I agree, I also recognize that this can result in disappointment and frustration for some. Please know that we make every effort to repeat the over-subscribed programs whenever possible, giving priority to individuals who were wait-listed. Registration days are very busy for the staff and we do our best to make the process as fair as possible with phone and in-person registration. Please remember that all trips require payment at the time of registration (unless otherwise noted). For all fee-based programs, we invite you to mail payments to the office in advance, BUT, you must call or visit the office to formally register for the programs. If you have not already signed up to receive COA news via email, please consider doing so! This is a great way to learn about program updates, receive weekly activity schedules and more! Visit [www.wellesleyma.gov/coa](http://www.wellesleyma.gov/coa) or sign up with a COA staff member. Thanks to everyone for helping us make the COA a great place for friendship and fun! Looking forward to seeing you at the great activities we have planned in March and April!



## ***Socials and Events: Pre-registration required.***

### **Saint Patrick's Day Breakfast Tuesday, March 17, 9:00 a.m.**

Luck of the Irish! Wear you green and come hungry for our annual Saint Patrick's Day breakfast-featuring *SURPRISE* entertainment! Special thanks goes to Briarwood Rehabilitation & Healthcare Center, Subacute Rehab and Nursing Community, located in Needham for sponsoring this breakfast.

### **Do you have the Fevah?! Monday, April 13, 1:00 p.m.**

We need and want your help! Get your creative juices flowing and join us as we make centerpieces and favors for our May 9 evening event: *Saturday Night Fevah* (see insert in this newsletter for 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. Light refreshments will be provided.



### **Calling all artists and art lovers!**

The Wellesley Council on Aging & Waterstone at Wellesley are happy to announce that they will be partnering with the Wellesley Free Library this year to plan the 3<sup>rd</sup> annual art show highlighting the work of senior artists! Whatever medium you work in is welcome. During the month of June, these art pieces will be displayed at the Wellesley Main Library in both the Wakelin Room and the main lobby. There will be an opening reception (Wednesday, June 10, 7-8:30 p.m.), a community celebration (Sunday, June 14, 2:00 -4:00 p.m.), 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](tel:781-235-3961) or email: [AShaheen@wellesleyma.gov](mailto:AShaheen@wellesleyma.gov) by Friday, April 17.*

### **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](mailto:music@danahall.org) or call 781-237-6542.

### **Celebrate Good Times! Friday, April 10, 3:00 p.m.**

It's time to celebrate the birthdays of those born in the months of January, February, March and April. Grab your family and join in the fun at the COA's seasonal celebration. We encourage everyone to attend, even if these are not your birthday months. Once again, we will be entertained by the very talented Newton Swing Band with a fun, and uplifting performance. Thank you to the Friends of the Wellesley Council on Aging for providing refreshments. This photo taken by Gary Productions, depicts the "good times" that the band provides. If you need a ride, please contact the Volunteer Drivers Program at 508-479-9301.



### ***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, March 10, 8:00 a.m.**

Captain Marden's, 279 Linden Street, Wellesley

**Tuesday, April 14, 8:00 a.m.**

Mel's Commonwealth Café, 310 E. Commonwealth Ave., Wayland

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, March 30, 12 noon**

The Cottage, 190 Linden Street, Wellesley (Cash only)

**Monday, April 27, 12 noon**

The Villa Restaurant, 124 East Plain Street, Wayland

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

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

### **Fraud and Scams in Postal Mail Friday, March 6, 10:00 a.m.**

U. S. Postal Inspector Bernadette Lundbohm from The Postal Inspection Service will educate you about current fraud scams perpetrated through the U. S. Mails and provide seniors with the tools and steps necessary to avoid becoming victimized. This program is sponsored by the Norfolk County Sheriff's TRIAD program. Joe Canavan, Director of the TRIAD division, will also assist people with the Yellow Dot Program. Donuts and coffee will be provided.

### **Virtual Dementia Tour Friday, March 13, 10:30-3:00 p.m.**

Learning to create a positive environment for those with dementia can only come from attempting to walk in their shoes. This tour will instill hope in professional and family caregivers, providing them with a tool to move from sympathy to empathy and better understand the behaviors and needs of their loved ones and patients. This program will be sponsored by Century Health Systems, Inc. For more information on the Virtual Dementia Tour, please visit: [www.secondwinddreams.com](http://www.secondwinddreams.com)

### **Sign up for your MBTA Senior Charlie Card Wednesday, March 18, 11:00-1:00p.m,**

The MetroWest Regional Transit Authority (MWRTA) will be available to take your picture and fill out the necessary paperwork for a MBTA Senior Charlie card. Seniors (65+) receive significant discounts on rides and passes. \*Please be sure to bring proof of age such as a Driver's License, State I.D., or Passport. Please call Jill Dube, Transportation Coordinator, at 781-235-3046, with all your questions regarding transportation.



### **Low Vision and Aging Friday, March 20, 10:30 a.m.**

Most people find that their vision changes as they get older. Some changes are normal; but, some changes are associated with age-related diseases, like macular degeneration, glaucoma, cataract, or diabetic eye disease. In this program, you will learn more about these conditions, as well as benefits and services available through the Commission for the Blind and other agencies. You will have an opportunity to learn about helpful and interesting low vision aids, and how to help people with low vision. Andrea Schein, public educator for the BRIDGE Elder Blind Program at the Massachusetts Commission for the Blind, will lead this session.

### **Senior Circuit Breaker Tax Credit Tuesday, March 24, 10:30 a.m.**

Senator Richard Ross will be joined by Brian Lynch of the Massachusetts Department of Revenue and Representative Shawn Dooley for this informative program. The Senior Circuit Breaker is a tax credit for senior citizens whose property payments exceed 10% of their annual income. Eligible seniors will receive a dollar credit on their Massachusetts tax return for every dollar that their total property tax, water and sewer bills exceed 10% of their income. A maximum \$1000 credit is available. Additionally, if the taxpayer hasn't claimed the tax credit in the past, he/she may claim it for the previous three years. To be eligible, taxpayers, 65 years or older, must own or rent their residence in Massachusetts and have an annual income of: \$56,000 or less for a single filer; \$70,000 or less for a head of household; and \$84,000 or less for joint filers. If a taxpayer's property is assessed at \$691,000 or less, he/she is not eligible for the tax credit. Come and have your questions answered.

### **Shedding Light on Sugar Friday, March 27, 10:00 a.m.**

Lauren E. Decker MS, RD, LDN, CDE, Registered Dietitian will discuss the basics of sugar knowledge, including definition of sugars, what it means for your health, label reading, and simple changes you can make to improve your diet. This is the second presentation in collaboration with Newton Wellesley Hospital and the following COAs: Wellesley, Waltham, Weston and Newton. Light refreshments will be served. This program will be held at the WCOA.

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

#### **Avoid Falling Victim to Scams Tuesday, April 14, 10:00 a.m.**

This program is designed to educate individuals about how scam artists operate. During the presentation representatives from the Better Business Bureau will review typical tricks scammers utilize to try and steal sensitive information. They will also go over tactics on how to avoid being targeted by scam artists. This program is sponsored by the Better Business Bureau.

#### **Steering Clear at 60+ Friday, April 17, 9:00 a.m.**

Debra A. Kerrigan, Occupational Therapist and Coordinator of the Drive Safe Program at Newton-Wellesley Hospital will host this 60 minute presentation. She will review the physiological, visual, and cognitive changes that occur with aging and how to adapt to those changes in order to continue driving safely. She will also go over warning signs that might signal a need for a driving evaluation and what happens during a driving evaluation.



#### **Italian Verismo Opera: Mascagni's *Cavalleria Rusticana* and Leoncavallo's *Pagliacci* Thursday, April 16, 7:00 p.m.**

Helen Sagan, "The Opera Lady", will host an opera talk on Mascagni's *Cavalleria Rusticana* and Leoncavallo's *Pagliacci* at the Wellesley Free Library—Wakelin Room. Two great verismo (or "realistic") operas of the late 19th century share passion, illicit liaisons and violence in the hard-scrabble peasant villages of southern Italy. *Cavalleria* has soaring melodies in the setting of Easter Sunday and *Pagliacci* brings us the heart-stopping aria, "Vesti la giubba," made famous by Enrico Caruso. This program is co-sponsored by the Friends of the Wellesley Council on Aging and The Wellesley Free Library. If you need transportation, please call the VDP at (508) 479-9301 at least 3 business days in advance.

#### **Bites and Bugs in Dermatology Friday, April 24, 10:30 a.m.**

Local Wellesley dermatologist Michael Krathen, MD will speak about ticks, mites, and bites in preparation for summer. How can you tell if you are at risk for Lyme disease? What can you do to prevent illness? Bring your questions too!

### ***2014-2015 Evening and Weekend Lecture Series***

#### **"What is Innovation and why is it Important?"**

**Sunday, March 1, 2:00 p.m. Wakelin Room—Wellesley Main Library**

Technology and innovation are key drivers of the Massachusetts economy, fueling job creation and economic growth across the state. Wellesley resident Pamela Goldberg is CEO of the Massachusetts Technology Collaborative, the first woman to lead this agency in its 30-year history. She will discuss what makes Massachusetts a global leader in technology, how the state helps drive innovation and entrepreneurship, and what cities and towns in Massachusetts can do to keep our innovation economy thriving. Ms. Goldberg has an extensive background in innovation, entrepreneurship and finance and is an experienced leader. She works closely with Governor Patrick's administration to support important economic development initiatives leading to public/private partnerships creating jobs for residents of our Commonwealth. Currently, the Massachusetts Technology Collaborative is working to advance technology-based solutions that improve the health care system, expand high-speed internet access and strengthen the growth and development of this state's technology sector.



#### **"U.S.-China Relations: Possible Futures"**

**Thursday, May 7, 7:00 p.m. Wakelin Room—Wellesley Main Library**

Wellesley resident Stacie Goddard is the Jane Bishop '51 Associate Professor of Political Science at Wellesley College. She specializes in international relations, with a focus on the causes and conduct of major war. In this lecture, Professor Goddard will present an overview of U.S.-China relations in the 21st century. She will explain possible flash points and areas of potential cooperation between the two great powers. Known to her peers as an incredibly



popular professor at Wellesley College and an amazing presenter, Professor Goddard has been a recipient of the prestigious Pinanski Prize awarded annually by Wellesley College to honor excellence in teaching.

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.wellesley.ma.gov/coa](http://www.wellesley.ma.gov/coa) If you need transportation, please call the VDP at (508) 479-9301 at least 3 business days in advance.

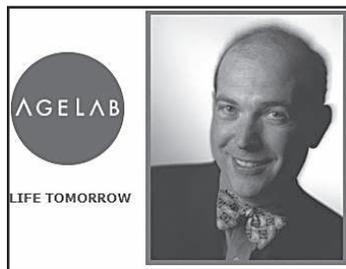
### **Day Trips: Pre-registration required.**

#### **MIT AGE LAB**

**Saturday, March 21, 8:00 a.m.-12noon**

We will depart the Community Center at 8:00 a.m. and leave for stimulating day. Before heading off to the MIT Agelab, we will enjoy breakfast at Captain Marden's (pay on own). Next we will visit the MIT Agelab, based within MIT's School of Engineering's Engineering Systems Division, the MIT AgeLab is a multidisciplinary research program that works with business, government, and NGO's to improve the quality of life of older people and those who care for them. During our time at the MIT Agelab, Angelina Gennis (Research Associate, MIT Agelab & New England University Transportation Center) and Julie Miller (Research Associate, MIT Agelab) will introduce several of their research tools and describe related projects both completed and on-going that explore the usability of technology not only for older adults, but across the lifespan. They also hope to facilitate intergenerational discussion about how to re-think designing for users at different ages and capabilities. Round trip transportation using the COA bus. Space is limited to 11 people (first come, first served).

Special thanks to the folks at the MIT Agelab for accommodating our group!



#### **Metropolitan Opera Live in HD**

**Saturday, April 25, 11:00 a.m.**

The Metropolitan Opera Live in HD performance of the twin-billed *Cavalleria Rusticana* and *Pagliacci* comes to local theaters on Saturday, April 25 at 12:30 PM. Be a part of a bus trip to Dedham's Legacy Place Theater for this performance. We will leave the Wellesley Community Center on Saturday, April 25 at 11:00 a.m. in order to secure a good seat at the theater. Bring a picnic lunch or buy lunch at the theater to join the "tail-gating" audience awaiting the start of the MET live broadcast. Round trip transportation using the COA bus. Space is limited to 11 people (first come, first served). **Cost: \$22.00**

#### **My Fair Lady**

**Sunday, April 12,  
11:30 a.m.-5:00p.m.**

We depart the Community Center at 11:30 a.m. and leave for a relaxing and entertaining day. We will enjoy lunch at Not Your Average Joes (pay on own) and afterwards we will see the musical, *My Fair Lady* by the Wellesley Players at the Arsenal Center for the Arts in Watertown. This musical is based upon book and Lyrics by Alan Jay Lerner and Music by Frederick Loewe. The story concerns Eliza Doolittle, a Cockney flower girl who takes speech lessons from professor Henry Higgins, a phoneticist, so that she may pass as a lady. The musical's 1956 Broadway production was a momentous hit, setting what was then the record for the longest run of any major musical theatre productions in history. Round trip transportation using the COA bus. Space is limited to 11 people (first come, first served). **Cost: \$23.00 (performance only)**

#### **On Golden Pond Tour**

**Monday, May 18, 7:15 a.m. (departure time at WCC) -6:00 p.m. (return time)**

We all remember Henry Fonda's last movie *On Golden Pond*. His Oscar winning co-star Katherine Hepburn and his daughter Jane Fonda were also memorable in this loving film. Bloom Tours & Wellesley COA is taking you to Squam Lake in New Hampshire where the movie was filmed some 30 + years ago! You'll experience an unforgettable guided tour on this amazing lake and learn about the natural history and the wildlife that makes Squam so special, as well as view locations where the famous movie was filmed. Following the cruise, you will enjoy lunch at Walter's Basin Restaurant. This is lakeside dining at its best as it sits beside the serene beauty of Little Squam Lake. Choice of: Pulled Pork Sandwich, Walnut/Cranberry Chicken Salad or Fried Haddock Sandwich, with coffee and dessert. After lunch, we stop at the Mills Falls Marketplace in Meredith before returning home. This market place features shops, restaurants, a 40' Waterfall and views of Lake Winnepesaukee. A perfect day in the beautiful lakes region of NH!  
Trip includes: Roundtrip Transportation, Lunch, Guided Lake Cruise & Shopping.  
**Full payment due upon reservation.**  
No refunds if you cancel after May 7.  
**Cost: \$80.00. Minimum 30**

**FREE FRIDAY MOVIES:**

*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.

**March 6: Boyhood (2014)** After divorcing, a mother and father continue to share the task of guiding their young son through youth and adolescence, and finally to adulthood. As the years roll by, the relationships among the three characters continue to evolve as well. Rated R—Sex and Nudity, Violence & Profanity, 164 minutes.

**March 13: The Fault in Our Stars (2014)** Teenager Hazel, who has pushed people away since her cancer diagnosis, reluctantly joins a support group, where she bonds with a boy named Gus. Together, they face the challenge of building a relationship under the shadow of terminal illness. Rated PG-13, 126 minutes.

**March 20: The Giver (2014)** In a future society called The Community, pain, war and disease have eradicated, as have individuality and free will. When a teenager named Jonas learns the truth about the real world, he must decide whether to reveal all or remain quiet. Rated PG-13, 94 minutes.

**March 27: Gone Girl (2014)** Based on Gillian Flynn's novel of the same name, this unsettling thriller follows the mercurial Nick Dunne, who finds himself dogged by police and caught in a media maelstrom after he becomes the prime suspect in his wife's disappearance. Rated R—Sex and Nudity, Violence & Profanity, 149 minutes.

**April 3: The Good Lie (2014)** In this fact-based drama, a young Sudanese War refugee wins a lottery that allows him to start life anew in the United States. But adapting to his new home presents challenges—both for the “lost boy” and for the American woman who's helping him. Rated PG-13, 110 minutes.

**April 10: The Love Punch (2013)** Richard and Kate might be divorced, but they still share a retirement nest egg. So when it goes missing, they go after the financier they hold responsible by staging a heist on the Côte d'Azur. Rated PG-13, 95 minutes.

**April 17: Jersey Boys (2014)** Adapted from the hit Broadway musical, this nostalgic look at the Four Seasons and their bumpy offstage lives stretches across four decades. Each of the musical act's four original members presents a different set of memories from their shared past. Rated R—Sex and Nudity, Violence & Profanity, 134 minutes.

**April 24: The Identical (2014)** Borrowing freely from the legend of Elvis Presley's life, this absorbing family drama follows young Ryan Wade as he pursues a musical career, unaware that he's the twin brother of rock superstar Drexel Hemsley. Rated PG, 107 minutes.

### ***Housing Options Tours: Pre-registration required.***

#### **Fox Hill Village, Westwood, MA.**

**Thursday, March 12**

##### **Itinerary:**

11:00 a.m.	Pick up at COA
11:30 to 12:30 p.m.	Tour of Fox Hill Village
12:30 to 2:15 p.m.	Lunch
2:30 to 3:30 p.m.	Art Matters lecture
3:30 p.m.	Depart from Fox Hill Village

**Description of Facility:** Fox Hill Village is an elegant and active retirement community, offering a unique co-operative ownership structure. On 83 acres of spectacular grounds, Fox Hill Village offers abundant activities, outstanding dining, and all of the fine amenities and conveniences you deserve.

Maximum: 20

#### **Whitney Place, Natick, MA.**

**Thursday, April 9**

##### **Itinerary:**

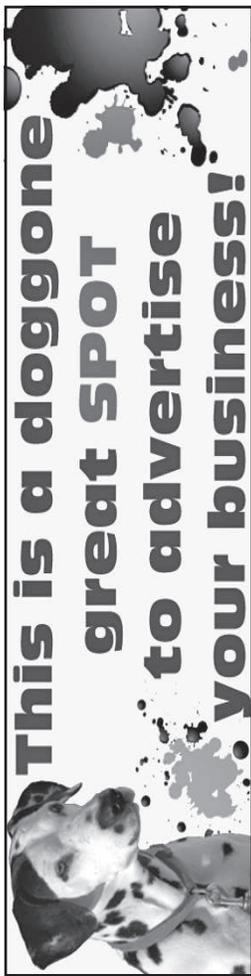
11:30	Pick up at COA
12:15	Lunch
1:30	Tour of Whitney Place
2:00	Entertainment

**Description of facility:** Whitney Place is a Family owned and operated Assisted Living Residence. We have Traditional Assisted Living neighborhood and a Memory Support Neighbor. Also, on this campus we have Adult Day Program, Early Childhood Education, Skilled Nursing and Rehab.

Maximum: 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9am Walking (Lib) 9:30 Wii Bowling 9:30 Better Bones 10:00-11:30 Memory Program 11:00-12:30 Art for Fun 11:00-12:00 Better Balance 12:00-3:00 AARP Tax Assistance 12:30-3:00 Bridge 7:00-8:30 Town Band</p>	<p>10:00-11:15 German 11:45 Lunch 1-2:30 Cribbage 1:30-2:30 Keep Well— 315 Weston Rd</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 10:00-11:00 COA (Keep Well) 11:00-12:00 Better Balance 11:00-12:30 Technology Club 1:00-2:30 French 1:00-2:30 SHINE 1:30-3:00 Acrylic Painting</p>	<p>9:15 Book Discussion Group 9:30-10:30 Better Bones 1-4 MahJong</p>	<p>10:00 Fraud and Scams in Postal Mail 11:45 Lunch 12:45 Movie: Boyhood</p>
<p>9am Walking (Lib) 9:30 Wii Bowling 9:30 Better Bones 10:00-11:30 Memory Program 11:00-12:30 Art for Fun 11:00-12:00 Better Balance 12:00-3:00 AARP Tax Assistance 12:30-3 Bridge 7:00-8:30 Town Band</p>	<p>8:00 BF Club—Captain Marden's 9:30-11:00 Yoga 10:00-11:15 German 11:15-12:45 Yoga 11:45 Lunch 1-2:30 Cribbage 1:30-2:30 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 11:00-12:30 French 1:00-4:00 SHINE 1:30-3:00 Acrylic Painting</p>	<p>9:30-10:30 Better Bones 10:30-12:30 Six Cutting-Edge Questions 11:00 Housing Options Tour: Fox Hill Village 1-4 MahJong 1:00-3:00 Understanding the Ipad-Jackie's Room 2:00-3:30 Knitting 2:00-3:00 Ukulele class</p>	<p>10:30-3:00 Virtual Dementia Tour 11:45 Lunch 12:45 Movie: The Fault in Our Stars</p>
<p>9am Walking (Lib) 9:30 Wii Bowling 9:30 Better Bones 10:00-11:30 Memory Program 11:00-12:00 Better Balance 12:00-3:00 AARP Tax Assistance 12:30-3:00 Bridge 7:00-8:30 Town Band</p>	<p>9:00 Saint Patrick's Day BF 9:30-11:00 Yoga 10:00-11:15 German 11:15-12:45 Yoga 11:45 Lunch 1-2:30 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 11:00-1:00 Sign up for your MBTA Senior Charlie Card 1:00-2:30 French 1:00-4:00 SHINE 1:30-3:00 Acrylic Painting</p>	<p>9:15 Book Discussion Group 9:15-10:15 Better Bones 10:30-12:30 Six Cutting-Edge Questions 10:00 Classic Movie 1:30-3:00 Bingo 1-4 MahJong 2:00-3:00 Ukulele class</p>	<p>10:30 Low Vision and Aging 11:45 Lunch 12:45 Movie: The Giver Trip tomorrow: MIT Agelab</p>
<p>9am Walking (Lib) 9:30 Wii Bowling 9:30 Better Bones 10:00-11:30 Memory Program 11:00-12:00 Better Balance 12:00-3:00 AARP Tax Assistance 12:30-3:00 Bridge 7:00-8:30 Town Band</p>	<p>9:30-11:00 Yoga 10:30 Senior Circuit Breaker Tax Credit 11:15-12:45 Yoga 11:45 Lunch 10:00-11:15 German 1:00-2:30 Cribbage 1:30-2:30 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 1:00-4:00 SHINE 1:00-2:30 French 1:30-3:00 Acrylic Painting</p>	<p>8:30 Depart for WWII Trip 9:30-10:30 Better Bones 10:30-12:30 Six Cutting-Edge Questions 1-4 MahJong 1:00-2:00 Meditation for relaxation 1:00-2:00 Better Balance 2:00-3:00 Ukulele Class 2:00-3:30 Knitting</p>	<p>10:00 Shedding Light on Sugar 11:45 Lunch 12:45 Movie: Gone Girl</p>
<p>9am Walking (Lib) 9:30 Wii Bowling 9:30 Better Bones 10:00-12:30 Art for Fun 11:00-12:00 Delicious Dining—The Cottage 12:00-12:00 Better Balance 12:30-3:00 Bridge 12:00-4:00 AARP Tax Assistance 7:00-8:30 Town Band</p>	<p>9:30-11:00 Yoga 10:00-11:15 German 11:15-12:45 Yoga 11:45 Lunch 1-2:30 Cribbage</p>			

# March 2015



**This is a doggone great SPOT to advertise your business!**



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



# April 2015

<p>9am 9:30-10:30 9:30-11:30 9:30-11:00 9:45-10:45 11:00-12:00 10:00-11:00 1:00-2:30 1:00-2:30 1:00-4:00 1:30-3:30</p>	<p>9 am Walking Group COA Coffee Scrabble/Cards Community Bears Tai Chi Better Balance COA (Keep Well) Technology Club French SHINE Acrylic Painting</p>	<p>9:15 9:30-10:30 10:30-12:30 10:00 1:00-4:00 1:00-2:00 1:00-2:00 2:00-3:00</p>	<p>9:15 9:30-10:30 10:30-12:30 10:00 1:00-4:00 1:00-2:00 1:00-2:00 2:00-3:00</p>	<p>9:15 9:30-10:30 10:30-12:30 10:00 1:00-4:00 1:00-2:00 1:00-2:00 2:00-3:00</p>
<p>9am 9:30 9:30-10:30 10:00-12:30 11:00-12:00 12:30-2:00 2:30-3:00 11:00-3:00 7:00-8:30 12:00-4:00</p>	<p>Walking (Lib) Wii Bowling Better Bones Art for Fun Better Balance Play Reading Group Bridge Tax Appointments Town Band AARP Tax Assistance</p>	<p>9:30-10:30 10:00-11:15 10:00-11:15 11:15-12:45 11:45 1:2:30 1:30-2:30 Keep Well— 315 Weston Rd</p>	<p>9 am Walking Group COA Coffee Scrabble/Cards Community Bears Tai Chi Better Balance SHINE French Acrylic Painting</p>	<p>9:30-10:30 10:30-12:30 10:00 1:00-4:00 1:00-2:00 1:00-2:00 2:00-3:00</p>
<p>9am 9:30 9:30-10:30 10:00-12:30 11:00-12:00 12:30-3:00 1:00 7:00-8:30</p>	<p>Walking (Lib) Wii Bowling Better Bones Art for Fun Better Balance Play Reading Group Bridge Do you have the Fevah? Town Band</p>	<p>9:30-11:00 10:00-11:15 10:00-11:15 10:00-11:15 11:15-12:45 11:45 1:2:30 1:30-2:30 Keep Well— Morton Circle</p>	<p>9 am Walking Group COA Coffee Scrabble/Cards Community Bears Tai Chi Better Balance SHINE French Acrylic Painting</p>	<p>9:15 9:30-10:30 10:30-12:30 10:00 1:00-4:00 1:00-2:00 1:00-2:00 2:00-3:00</p>
<p>COA Closed and the Bus will not run. Patriot's Day! Walking Lib</p>	<p>9am 9:30 9:30-10:30 10:00-11:15 10:00-11:15 11:15-12:45 11:45 1:2:30 1:30-2:30 Keep Well— 41 River Street</p>	<p>9 am Walking Group COA Coffee Scrabble/Cards Community Bears Tai Chi Better Balance SHINE French Acrylic Painting</p>	<p>9:15 9:30-10:30 10:30-12:30 10:00 1:00-4:00 1:00-2:00 1:00-2:00 2:00-3:00</p>	<p>9:15 9:30-10:30 10:30-12:30 10:00 1:00-4:00 1:00-2:00 1:00-2:00 2:00-3:00</p>
<p>9am 9:30 9:30-10:30 10:00-12:30 12:00-12:30 11:00-12:00 12:30-3:00</p>	<p>Walking (Lib) Wii Bowling Better Bones Art for Fun Delicious Dining—The Villa Better Balance Bridge</p>	<p>9:30-11:00 10:00-11:15 11:15-12:45 10:00-11:15 11:45 1:2:30 1:30-2:30 Keep Well— 60 Grove Street</p>	<p>9:15 9:30-10:30 10:00 1:00-4:00 1:00-2:00 1:00-2:00 2:00-3:00</p>	<p>9:15 9:30-10:30 10:00 1:00-4:00 1:00-2:00 1:00-2:00 2:00-3:00</p>



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## **Classes : Pre-registration required**

### **Art for Fun: Mondays, April 13-June 15, 10:00-12:30 p.m. (no class 4/20 & 5/25)**

Join this fun class by exploring and experimenting with watercolor. Cecilia Sharma teaches techniques with great clarity and has over 20 yrs of professional education and dedication to her art. She engages her students with demonstration and helps them to learn the art of composition, value and color to produce vibrant art in a fun and friendly atmosphere. Website: Ceciliasharma.com. Only if needed, the make-up date will be Monday, June 22, 10:00-12:30 p.m. Min. 8 Max. 14 Cost: \$150. These classes meet at the Warren Recreation Center, 90 Washington Street.

### **Acrylic Painting Classes Wednesdays, March 11- April 29, 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. Google Maris Platais for examples of his work. Only if needed, the make-up date will be Monday, May 4, 1:30-3:30 p.m. Min 8. Max 12. Please call the COA for a supply list. Cost: \$108.00

### **Meditation for relaxation Thursdays, March 26-April16, 1:00-2:00 p.m.**

Scientists, health practitioners, and religious leaders are increasingly researching and supporting the many benefits of silent meditation: decreased stress, greater attentiveness, self-awareness, and harmony. This introductory workshop, taught by COA volunteer, Sister Marie Elena Dio, will provide a basic understanding of and practical methods for beginning a meditation practice. Lecture, discussion, practice. FREE. Max. 25

### **Ukulele Classes Thursdays, March 12- April 16, 2:00-3:00 p.m.**

Try something new at the COA! Purchase a ukulele (approx \$50) and join us for this fun and engaging 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 instructor, Daniel Metraux. Only if needed, the make-up date will be Thursday, April 30, 2:00-3:00 p.m. Min. 8 Max. 15 Cost: \$30.00.

### **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, March 12, 1:00-3:00:** Understanding the iPad: What exactly is an iPad? How is it different from a computer? What are some good uses for this tool? Is this the right tool for you? In this session, we'll answer all of these questions, and give you time to play with the library's iPads as well. Feel free to bring your own iPad, or sign up at registration to borrow one of the library's iPads.

**Thursday, April 9, 1:00-3:00:** Finding Books and Other Materials at the WFL: In this hands on session, we'll look at using the library catalog to find books and other materials. We look at locating items, placing holds, and other tips for finding items in our library.

**NEW! Technology Club!**  
**Wednesdays, March 4 and April 1, 1:00-2:30 p.m.**



We are happy to announce that the COA is starting a new Technology Club in partnership with the Wellesley High School Key Club. Talented and skilled high schools students will lead this club which meets once per month at the COA. One technology device will be discussed at each session, please contact Ashley Shaheen, Senior Activities Coordinator at 781-235-3961 or email, [ashaheen@wellesley.ma.gov](mailto:ashaheen@wellesley.ma.gov) to find out what device will be discussed at the March 4 session! There are so many new devices to learn about, so why not join this club and learn about the new technology trends!

## ***Fitness Classes: 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. Judy uses 28 years of teaching experience, along with interpersonal skills and knowledge of anatomy and physiology, to guide students in meeting individual needs and goals. Students are encouraged to bring a firm blanket and yoga mat. However, extra mats are available, and all other equipment will be provided.

**Dates:** 8-week session Tuesdays, March 10– April 28

**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:** \$105

Min. 10/Max. 18

Make up date for both classes will be Friday, April 24, 9:30-11:00 a.m.



### **BETTER BALANCE**

**Instructor: Leslie Worris, 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.

**Dates:** 8 week session Mondays, March 2– April 27 (no class 4/20)

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

**Cost:** \$56.00

Make-up class, if needed, will be Friday, May 8, 2:00-3:00 p.m.

**Dates:** 9 week session Wednesdays, March 4– April 29

**Time:** 11:00 a.m.—12:00 p.m.

**Cost:** \$63.00

Make-up class, if needed, will be Friday, May 15, 1:00-2:00p.m. Min.8/ Max. 20

### **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, and, decrease stress and is good for overall health and balance. Chairs will be available.

**Dates:** 9 week session Wednesdays, March 4– April 29

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

**Cost:** \$63.00

Make-up class, if needed, will be Friday, May 8, 3:00p.m.-4:00p.m. Min.10 /Max. 22

### **BETTER BONES**

**Instructor: Leslie Worris, 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.

**Dates:** 8 week session Mondays, March 2– April 27 (No class 4/20)

**Time:** 9:30 a.m.– 10:30 a.m.

**Cost:** \$56.00

Make-up class, if needed, will be Friday, May 8, 1:00-2:00 p.m.

**Dates:** 9 week session Thursday, March 5– April 30

**Time:** 9:30 a.m.—10:30 a.m., except classes on March 19 and April 16 which will begin at 9:15 a.m.

**Cost:** \$63.00

Make-up class, if needed, will be Friday, May 15, 2:00-3:00p.m. Min. 15/Max. 25



**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.

**Classes: Pre-registration required**

**American Music  
Appreciation  
Throughout the 20th  
Century  
Tuesdays, April 7– April  
28, 10:00-11:15 a.m.**

COA volunteer Frank Ruscitti, retired high school history teacher, will lead a 4-week class that will be an entertaining and informative look into the development of American music from the post WWI period through the Disco Period. Come one, come all to this nostalgic excursion into the origins of American music. We will trace the development of this wonderful music beginning with the Jazz Era, continuing into the Big Band period, proceeding to the development of Rhythm and Blues/Rock & Roll (DooWop as it is commonly called), entering the much forgotten 1960's and ending with the Disco period. Emphasis will be on playing "original" tunes and/or discussing the artists that made them as well as events of the times. Frank has a plethora of materials that he could show you as well as thousands of original songs that he could play. It is not like any other music appreciation program you would take... it's FREE and FUN and it's great music! The focus of the program will be enjoyment of the music. Max. 20 *Consider staying for our delicious lunches, too!*

**Six Cutting -Edge Questions in  
American Politics  
Thursdays, March 12– April 16, 10:30  
a.m.– 12:30 p.m.**

The COA welcomes back Alan Schechter, Professor of American constitutional issues, politics and public policy at Wellesley College. This 6 week course meets Thursdays from 10:30-12:30 p.m. The schedule includes: Professor Schechter's lecture, a coffee break and time for discussion. Class Schedule: March 12: Is a new cold war starting? March 19 Can Government Action Slow Global Warming? March 26: Is a devastating water shortage inevitable? April 2: Is immigration reform possible? April 9: What will it take to regulate campaign spending? April 16: Is gridlock a permanent feature of American Politics? Only if needed, the make up date will be Thursday, April 23, 10:30-12:30 p.m. Min. 30 Max. 50

**Line Dancing  
Thursdays, March 26-April 30, 1:00-2:00  
p.m.**

Your favorite style of dancing is back at the COA –line dancing! Join dancing extraordinaire Nancy DiDuca, as she guides you through many popular dances. She will also lead some of these dances during our May 9 evening social, *Saturday Night Fevah!* So come on down and enjoy some great music, good exercise and even better company! The make-up class, only if needed, will be Thursday, May 7, 1:00-2:00 p.m. Cost: \$30.00. Min. 6 Max .15

Photo taken at last year's event Jukebox Saturday Night; expect another fun filled evening this year on Saturday, May 9—Saturday Night Fevah!



**Play Reading Group: Calling All Senior  
Stars!!**

**Monday, April 6, 12:30-2:00 p.m.  
Monday, April 13, 12:30-3:00 p.m.**

Join us on Monday, April 6, for a discussion of the play and different characters and again on April 13 to take a part and read the play aloud. Are you another Marlon Brando, Robert DeNiro, Judi Dench, or Helen Mirren? Have you always wanted to try acting? Come join our COA Play Reading Group, led by COA volunteer Barbara Tarlin. \*\*\* Please note: All new/returning members MUST register with the COA by Friday, March 6 to be cast in a role in the spring reading. The cost of the script is to be determined, but usually is about \$10.00 and should be ready for pick up with your assignment one week before the first meeting.



## Updates

### FRIENDS LAUNCH 2015 TOWN-WIDE FUND-RAISING CAMPAIGN

Watch for the donor appeal letter from the Friends of Wellesley Council on Aging to arrive in the mail within the next few weeks. Residents age 60 and over comprise 20% of the Wellesley population, yet our Council on Aging receives less than 4% of the town budget. The goal of the Friends' donor program is to help reduce that gap in funding. We are staffed exclusively by volunteers, eliminating administrative costs, thus ensuring that donations go directly to support the Council on Aging. Your donations in 2014 funded key services and programs at the COA including:

- A greatly improved luncheon program
- Providing transportation to events and performances
- Establishing an emergency fund for seniors in need
- Underwriting event costs to make them affordable to all
- Furnishing a handicapped accessible picnic table for socializing when weather permits
- Supporting computer classes at Wellesley Library



These and many other new programs could not have happened without support from the community, and we look forward to continued support in 2015. For additional information or volunteer for the Friends of Wellesley Council on Aging visit [www.wellesleyfriendscoa.com](http://www.wellesleyfriendscoa.com).

### COA Wheels in Motion

Our COA bus service and our Volunteer Drivers Program work collaboratively to ensure that we are meeting as many transportation requests as possible. Please consider using these services to get to your medical appointments, out for grocery shopping and errands, and to your social engagements – including COA activities! Our transportation staff is ready and waiting to listen to your transportation needs and help get you set up with rides. Call 781-235-3046 to book a ride on the COA bus or to talk with Jill Dube, Transportation Coordinator. Call 508-479-9301 to request a ride with a volunteer driver or to speak with Lois Camberg, Program Coordinator.  
*Let Us Get You There!*

### Fuel Assistance Funds are Available - You May Be Eligible!

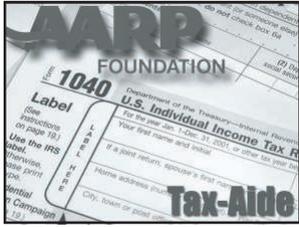
The Low Income Home Energy Assistance Program (LIHEAP) provides financial assistance towards the cost of your heating bills – benefit levels vary and funds are paid directly to your provider. For a single person household, the gross income limit is \$32,618. For households with two people, the gross 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](mailto:lclifford@wellesleyma.gov)

### Volunteers help spread the word!

Posting flyers in local businesses is a good way to get publicity for COA events and spread the word to individuals of all ages throughout the Town. We have a handful of volunteers that post flyers in the windows or on bulletin boards of local businesses. Some also drive to out of town locations to post or leave flyers advertising larger events that would interest a broader group. We appreciate the time these volunteers donate to help spread the word about the exciting offerings that the COA provides. If you would like to volunteer to help in this or any other way please contact: Lorraine Clough, Volunteer Coordinator at 781-235-3961 or email [lclough@wellesleyma.gov](mailto:lclough@wellesleyma.gov).

**NEW!!! Resource Spotlight!** Starting with this issue, we will be presenting one local resource that may be of interest to Highlights readers. This installment features the Massachusetts College of Pharmacy and Health Sciences (MCPHS) Pharmacy Outreach Program. This program provides free and confidential information to all Massachusetts residents regarding their medications. Do you ever have a question about your medication and cannot reach your physician? Do you ever wonder why a certain medication is not covered by your insurance plan? The MCPHS Pharmacy Outreach program can help. Case managers and pharmacists are available to answer your pharmacy related questions, as well as find programs to assist with the costs of your medications. MCPHS Pharmacy Outreach services are available free of charge Monday-Friday by calling their toll-free number: 1-866-633-1617. To learn more, visit: [www.mcphs.edu/pharmacyoutreach](http://www.mcphs.edu/pharmacyoutreach)

## Updates



### 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 at 781-235-3961 to schedule your appointment.

### Mens Group Meetings at The Wellesley Friendly Aid Building, 219 Washington Street

All Wellesley senior men are invited for refreshments and conversation. For information or a ride please contact Patti DuFour at [pattidu4@verizon.net](mailto:pattidu4@verizon.net) or 781-718-1874. Tuesday, March 10th, 2-3:00pm, David Locke, Wellesley lawyer and former Massachusetts State Senator will speak on his experiences in public service. Tuesday, April 14th, 2-3:00 pm, Tom Fontaine, President and CEO of Wellesley Bank will speak on current financial and banking matters.

## Drop In Activities

**Walking Groups:** The Monday group meets at rear entrance of the 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.

**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 Monday, April 20.

**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.

## Classic Movie Come Back!

**Classic Movies:** Enjoy your favorite films on Thursdays: March 19—The Wizard of Oz, April 2—Casablanca, April 16—Gone With The Wind, and April 30—The Godfather. All movies will start at 10:00 a.m.

## NEW! Photo Sharing!

Dust off your photo albums because we're having a Photo Sharing Party! Join us on **Thursday, April 23 at 10:00 a.m.** for an informal gathering at the COA where you can relax and socialize while sharing cherished photos of family, friends, travel, adventures, and other special moments. Feel free to bring family members and friends to share in the fun and reminiscing. Light refreshments will be served.

**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 March 19 and April 16 at 1:30 p.m.

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

**Book Discussion Group:** This group will continue to meet every other Thursday morning (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).*



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# Saturday Night Fever!

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**WHEN:** Saturday, May 9  
7:00-10:00p.m.

**WHERE:** Wellesley College,  
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Ballroom

**TICKETS:** \$12.00 each  
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## New COA Lunch Program = Food, Friendship, and Fun!



In the photo above: Gayle Thieme, Director of Senior Services and David Hebert, Owner of La Riviera Café, shake hands as they celebrate this wonderful community partnership which has made the COA an even better place to be on Tuesdays and Fridays at the lunch hour! David remarks, “it is a good time to fellowship over a good meal” and our lunch guests couldn’t agree more! Special thanks to our dedicated lunch volunteers and to the Friends of the Wellesley Council on Aging for generously subsidizing this program.

### Here’s how it works:

The catered lunches by La Riviera Café are served Tuesdays and Fridays at 11:45 a.m. at the Wellesley COA. Guests are charged \$4.00 per meal.

Pre-registration is required by calling the COA at 781-235-3961. Please be sure to make your reservation no later than 9:30 a.m. the day prior. Limit: 18. A pre-planned menu is available at the COA or on our website: [www.wellesleyma.gov/coa](http://www.wellesleyma.gov/coa)

In the photo below: On January 23 we had our largest lunch attendance to date!

*What are you waiting for? Sign up today!*



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**Wellesley Council on Aging**