



Highlights

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(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 Tuesday, April 28 (Wellesley residents) and Wednesday, April 29 (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.

Programs take place at the Wellesley Council on Aging, 219 Washington Street, unless otherwise noted.

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Holiday Schedule: The COA is closed and the bus will not run on Monday, May 25 due to Memorial Day.

Purchase your tickets today for our 4th annual evening social: *Saturday Night Fevah!*



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

Tickets: \$12.00

RSVP: 781-235-3961

If you need transportation, please call the Volunteer Drivers Program at 508-479-9301.

PLEASE NOTE: Although we make every effort to ensure that the information in our newsletter is accurate, there are times when we inadvertently leave something out or make an error, or information has changed since the publishing date. Please feel free to call us at (781) 235-3961 to verify any programming information.

Socials and Events: Pre-registration required.

8th Grade Community Day of Service Wednesday, May 6, 9:00 a.m.

Once again the COA will be hosting a great group of 8th graders from the Wellesley Middle School as part of the annual Community Day of Service.

This is a wonderful opportunity for intergenerational exchange and for you to get acquainted with some of your younger Wellesley neighbors. As this newsletter goes to print, the details of this program have yet to be determined.

For more information, please inquire at the time of registration.



Mr. Dente and Manav playing cards at last year's event!

Celebrate Cinco De Mayo with the COA Tuesday, May 5, 11:30 a.m.

It's a party, so get your body movin' and your heart singing for our very first Cinco De Mayo celebration! La Riviera Gourmet of Wellesley will cater a luncheon to include chicken and beef soft tacos, Spanish rice and *buñuelos* for dessert. During lunch, you will be entertained with Spanish, Flamenco, and Jazz music by our very own Miguel Melendez. The cost is \$4.00 per person. Special thanks to the Friends of the Wellesley Council on Aging for generously subsidizing this event. You must sign up by 9:30 a.m. on Monday, May 4.

Lunch & Learn—Superfoods! Thursday, May 14, 12 noon

Meagen Springer, MPT, will lead a discussion on the Top Ten Superfoods Made Special. Come and learn about the leading superfoods for increased wellness, how they protect against disease, and ways to easily incorporate them into your everyday diet. A FREE luncheon, including many of the superfoods, will be provided courtesy of the Residences at Wingate in Needham, the sponsor for this program.

Celebrate National Older Americans Month Thursday, May 28, 12:15 p.m.

Join us for a FREE luncheon and live musical entertainment as we celebrate National Older Americans Month. Whitney Place, Assisted Living Residence in Natick, will sponsor a delicious luncheon which includes wraps, pasta salad, and dessert. After lunch enjoy a live concert by the amazing Tommy Rull! He will take you on a musical journey through the years consisting of a wide variety of different cultural styles of vocal performance and music with songs made famous by many different artists... Sinatra, Manilow, Louis Armstrong, Cole Porter, Perry Como, Engelbert, Neil Diamond, Lou Rawls and more... *A GOOD TIME FOR ALL!* This musical program is supported in full by a grant from the Wellesley Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

4th Annual Wii Bowling Tournament June 1, 9:30 a.m.

Everyone is invited to participate or just watch our 4th Annual Wii Bowling Tournament, complete with trophies for the winners! Come and share in the fun with our awesome Wellesley Hills Junior Women's Club volunteers and cheer on the bowlers. Trophies will be awarded to the top three scorers. Refreshments provided. The photo below is Elaine Pipes, who won first place at the tournament last year. Who will take first place this year?!



Get outside ~ play croquet at the COA!

After this wacky winter, the COA can't wait to implement some fun outside activities. One of our favorite summertime activities from last year was croquet and we are looking forward to the first game on **Monday, June 8, 2:30-3:30 p.m.** Croquet will meet every other Monday afternoon (see calendar for details). This activity will meet out on the greens in front of the community center. Do you forget how to play? No worries, we have friendly COA volunteers on hand to assist. **This activity is weather permitting.**

Socials: Pre-registration required

Lunch & Performance

Thursday, June 4, 12:15 p.m.



Join us for a FREE lunch (sandwiches, salad, soup, pasta and dessert), sponsored by The Falls at Cordingly Dam, Assisted Living facility in Newton, and a performance of *Meet Julia Child, the beloved*

French Chef, by the Delvena Theatre Company!

Enjoy a live performance featuring Lynne Moulton as Julia Child doing what she does best. Learn more about her life – from her privileged childhood in California when she had no interest in food, except for eating what the family’s private chef prepared, to becoming one of the culinary legends of all time. The audience will have the opportunity to view Julia on the set of *The French Chef* television show, an amusing and fun experience! A discussion will follow the performance. This program is supported in full by a grant from the Wellesley Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

3rd Annual Senior Art Show at the Wellesley Free Library, 530 Washington Street

The Wellesley Council on Aging, Waterstone at Wellesley, and The Wellesley Free Library invite you to the 3rd annual art show highlighting the work of senior artists. During the month of June, view the varied pieces created by these talented individuals. The showing will be held 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.

To RSVP for either of these events, please contact Sue Dellorco, Receptionist at Waterstone via email: sdellorco@waterstoneatwellesley.com or by phone at 781-235-1614.

Golf Tournament

Wednesday, June 10, 8:30 a.m.

This is the 6th golf tournament in partnership with Nehoiden Golf Course. They will once again open their golf course, free of charge, to Wellesley residents age 60 and over for a 9-hole round of golf. Tee-off is at 9 a.m. (shotgun start). Golfers are welcome to meet at the Golf House on the sixth hole just above the parking lot for refreshments at 8:30 a.m., and will be given their cards at that time. Nehoiden is a walking course. Motorized carts are not allowed so each golfer must bring his/her own golf clubs and pull carts. Parking is available in the lot on Rt. 16 across from the Wellesley College Club. In case of inclement weather, the alternate date will be Wednesday, June 17 at 8:30a.m. Golfers will be notified by 3:00 p.m. the day before if there will be a postponement. There is no charge for this event, but pre-registration is required. You may reserve as a twosome, threesome, or foursome with friends, or register yourself and we will find a foursome for you. Thank you once again to the Friends of Wellesley Council on Aging for donating giveaways and raffle prizes. The maximum number of golfers is 24.

Luau Celebration

Monday, June 15, 12:00 noon

A luau is “a feel good celebration” and this year you will enjoy a luncheon with a Polynesian twist and LIVE entertainment by New England’s Premier Elvis Presley Impersonator, Robert Black—because you deserve the best! He has a very dynamic stage presence and produces the remarkable voice quality of Elvis. There are many, many Elvis impersonators, but very few sound like the KING himself! Elvis did love Hawaii; he would visit frequently and he even made three movies in Hawaii (*Blue Hawaii*, *Girls Girls Girls* and *Paradise, Hawaiian Style*).



A special thanks goes to our very generous sponsor, The Mary Ann Morse Healthcare Center in Natick, MA for sponsoring this lively, fun-filled afternoon. For more information on their facility, please view their website: www.maryannmorse.org

Sensational Speakers: Pre-registration required.

Making Each Breath Healthy Friday, May 1, 10:30 a.m.

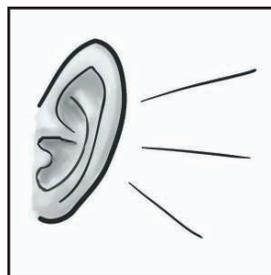
Every day we breathe in and out nearly 20,000 times. That's a lot of work for the lungs. Over time the likelihood of having a serious lung problem increases, especially for smokers. Lung problems that are more common among older people include chronic obstructive pulmonary disease, pneumonia, and lung cancer. A nurse educator will host this program sponsored by Blue Cross Blue Shield of Massachusetts.

Know Your Transportation Options Tuesday, May 12, 10:30 a.m.

Jill Dube, COA Transportation Coordinator will give an informational presentation on the many different transportation options available for Wellesley seniors. Jill will review frequently asked questions and there will be ample time for her to respond to your individual questions.

Hearing Presentation: Learn How Hearing Stimulates Your Brain Friday, May 22, 10:30 a.m.

Steve Bennett, hearing instrument specialist from Miracle Ear, will inform you about the importance of hearing and overall health. Also, learn how hearing aids help to stimulate brain activity.



Foot Pain is Not Normal! Friday, June 19, 10:30 a.m.

Do you have foot pain and just think it is because you have put many miles on your feet over the years? Well, that's not the case. Many foot issues can be solved by a simple office visit with your Podiatrist. Learn about various foot conditions and how they can be managed. Also learn how Medicare can cover a visit to a Podiatrist for foot issues and routine foot care/maintenance.

3 Keys to "Right Sizing" Your Next Move Friday, May 8, 10:30 a.m.

Is it Time for You to Make a Real Estate Move? This program is for the 50+ population who find themselves in transition with their living space. After the program, you will 1.) be more equipped emotionally and intellectually to make your "right size" decision; 2.) learn if what you want is feasible; and 3.) know if, and when, it is the right time to start your process. Presenter is Daryl Lippman, Senior Real Estate Specialist with Berkshire Hathaway HomeServices Town and Country Real Estate.

Reverse Mortgages Friday, May 15, 10:30 a.m.

Please join us as David Tourtillott, CRMP® (Certified Reverse Mortgage Professional), from Homestead Mortgage will host a workshop to inform seniors on the pros and cons of reverse mortgages, how to use a reverse mortgage to age in place or to downsize into a smaller more affordable home, and the recent changes implemented by the Federal Housing Administration.

Older Wiser Driver –TRIAD Topic Friday, May 29, 10:00 a.m.

This educational presentation given by John Paul of AAA Southern New England is intended to provide information to aging adults in order to promote safer driving habits and improved driving performance. John Paul has spent his entire career in the automotive business; he is a regular guest on many radio and television programs. Joe Canavan, Director of the TRIAD division, will also assist people with the Yellow Dot Program. Donuts and coffee will be provided.

Signs of Stroke Friday, June 26, 10:30 a.m.

Nancy Weinberg, Newton Wellesley Hospital Nurse Educator, will cover the basic signs of stroke: what is a stroke, what are the warning signs (early recognition) and the actions to take and finally, reduction of risk factors. This presentation will be interactive, so bring all of your questions.

After the presentation (s), consider staying for our delicious catered lunches.

Lunch is served at 11:45 a.m. on Tuesdays and Fridays and pre-registration is required. Cost: \$4.00

Sensational Speakers, Cont'd: Pre-registration required.

Adult Day Health

Friday, June 5, 10:30 a.m.

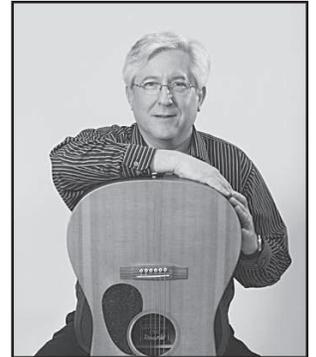
Come join us at the Wellesley COA to learn all about what Whitney Place Adult Day Health Center at Natick has to offer and to meet the Director, Jessica Giguere. Their welcoming environment has a senior center "feel" with medical supervision, allowing people with physical and cognitive impairments comfort and companionship while participating in stimulating activities of all kinds. Great meals, transportation and more are featured. The Center is part of family-owned and operated SALMON Health and Retirement. Visit www.SalmonHealth.com

Interested in touring Whitney Place Adult Day Health with your loved one? The Wellesley COA would like to organize a small group tour of this day program on a weekday afternoon later in June. Date TBD. If you are interested, please call Linda Clifford at 781-235-3961.

Sin to Swing: The Evolution of Jazz in America

Friday, June 12, 10:00 a.m.

The COA is thrilled to welcome back Kevin Comtois, Professor at Northern Essex Community College, with this presentation that takes us into the history and musical culture of New Orleans, the birth of a new music called Jazz, the many colorful songwriters of this music, and its evolution to Swing and Big Band music. Using recorded music, film clips, and still images we will examine how the politics and social conditions of late 19th century New Orleans were integral in the creation of a whole new musical culture, and how that culture spread throughout the United States. An emphasis will be placed on the musicians who created Jazz, how that music spread rapidly throughout the United States, the conditions that led young people of the 1930s and 1940s to embrace it, and its patriotic use for a war-weary nation.



After the presentation (s), listed above, consider staying for our delicious catered lunches. Lunch is served at 11:45 a.m. on Tuesdays and Fridays and pre-registration is required. Cost: \$4.00

2014-2015 Evening and Weekend Lecture Series

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.wellesleyma.gov/coa.

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

Programs: Pre-registration required

Museum Masterpieces: The Metropolitan Museum of Art Sports Corner!

Tuesdays May 19-June 30, 10:30 a.m.

We are excited to offer a viewing of "Museum Masterpieces: The Metropolitan Museum of Art," a DVD lecture series presented by Professor Richard Brettell, the Margaret McDermott Distinguished Professor of Art and Aesthetics at The University of Texas at Dallas. This course is part of The Great Courses—DVDs that bring engaging professors from the best universities to you. This 6-week course will meet in the Senior Room at the COA. We will show two lectures (30 minutes each) on Tuesdays, with a coffee break in between:

- Class 1: The Making of the Museum & The Art of Ancient Greece & Rome
- Class 2: Ancient Egyptian Art & Asian Art
- Class 3: The Ancient Near East & Islamic Art & European Painting I—The Renaissance
- Class 4: European Painting II—16th-17th Centuries & European Painting III—18th Century
- Class 5: European Painting IV—19th Century & Drawing Prints
- Class 6: Photographs & European Decorative Arts

Note: The DVDs will be borrowed from the Wellesley Free Library.

Max: 15

After the classes, consider joining us for our delicious catered lunch at 11:45 a.m. Pre-registration required for both the class and luncheon. The cost for lunch is \$4.00 per person.



Darts: Join us every other Monday afternoon from **2:00-3:30 p.m.** (see calendar for dates) and participate in this fun, but competitive activity in Babson Hall.



Sports Trivia: Do you consider yourself a sports trivia junkie? Can you name all of the Heisman Trophy winners? Do you know which baseball players are in the 3,000 strikeout club? Test your sports knowledge at the COA as we launch a *NEW* Sports Trivia activity on **Tuesday, June 9 at 10:30 a.m.** Challenge yourself and challenge your friends with our fun and addicting sports trivia questions! The COA extends special thanks to Logan Comeau, Director of Community Relations at The Falls at Cordingly Dam, Assisted Living Facility in Newton for organizing and facilitating this fun & factual event. There will be refreshments and prizes.

Tennis: The COA is delighted to announce a new collaboration with the Wellesley Recreation Department; we will be organizing tennis matches at the tennis courts on Washington Street! Do you like to play? If so, sign up with Ashley Shaheen, Senior Activities Coordinator, at 781-235-3961, by **Thursday, May 14** so she can organize a match for you!

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, May 12, 8:00 a.m.

Captain Marden's, 279 Linden Street, Wellesley

Tuesday, June 9, 8:30 a.m.

Johnny's Luncheonette, 30 Langley Rd, Newton Centre

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 on:

Monday, May 4, 12 noon

Amarin of Thailand, 27 Grove Street, Wellesley

Monday, June 1, 12 noon

Ken's Steakhouse, 95 Worcester Rd, Framingham

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

MAY 2015

<p>9am Walking (Lib) 9:30 Wii Bowling 9:30-10:30 Better Bones 10:00-12:30 Art for Fun 12:00 Delicious Dining— Amarin of Thailand 11:00-12:00 Better Balance 12:30-3 Bridge 7:00-8:30 Town Band</p>	<p>4</p>	<p>9:30-11:00 Yoga 11:15-12:45 Yōga 11:30 Cinco De Mayo 1-2:30 Cribbage 1:30-2:30 Keep Well— 315 Weston Road</p>	<p>5</p>	<p>6</p> <p>Walking Group COA 8th Grade Community Day of Service 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 Better Balance 11:00-12:00 Keep Well (COA) 1:00-2:30 French 1:00-2:30 SHINE 1:00-4:00 Technology Club 1:30-3:30 Acrylic Painting</p>	<p>7</p> <p>Better Bones MahJong Magic class</p> <p>9:30-10:30 1-4 1:00-2:30</p> <p>7:00 U.S.-China Relations: Possible Futures - Wellesley Free Library</p>	<p>8</p> <p>3 Keys to "Right Sizing Your Home" Lunch Movie: Thank God It's Friday Saturday Night Fevah is tomorrow night at Diana Chapman Walsh Alumnae Hall!</p> <p>10:30 11:45 12:45</p>
<p>9am Walking (Lib) 9:30-10:30 Better Bones 10:00-12:30 Art for Fun 11:00-12:00 Better Balance 11:30 Sunrise of Wayland 12:30-3:00 Bridge 7:00-8:30 Town Band</p>	<p>11</p>	<p>8:00 BF Club—Captain Mardens 9:30-11:00 Yoga 10:30 Know Your Transportation Options 11:15-12:45 Yoga 11:45 Lunch 1-2:30 Cribbage 1:30-2:30 Keep Well— Morton Circle</p>	<p>12</p> <p>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 SHINE 1:00-4:00 French 1:30-3:30 Acrylic Painting</p>	<p>13</p> <p>Book Discussion Group Better Bones Lunch & Learn—Superfoods MahJong Magic class Ukulele class Knitting</p> <p>9:15 9:30-10:30 12:00 1-4 1:00-2:30 2:00-3:00 2:00-3:30</p>	<p>14</p> <p>Reverse Mortgages Lunch Movie: On Golden Pond</p> <p>10:30 11:45 12:45</p>	<p>15</p>
<p>7:15 Depart for COA Day trip— On Golden Pond 9am Walking (Lib) 9:30 Wii Bowling 9:30-10:30 Better Bones 10:00-12:30 Art for Fun 11:00-12:00 Better Balance 12:30-3:00 Bridge 2:00-3:30 Darts 7:00-8:30 Town Band</p>	<p>18</p>	<p>9:30-11:00 Yoga 10:30 Museum Masterpieces 11:15-12:45 Yoga 11:45 Lunch 1:00-2:30 Cribbage 2:30 Putting Tournament at Waterstone 1:30-2:30 Keep Well— 41 River Street</p>	<p>19</p> <p>Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 9:45-10:45 Tai Chi 11:00-12:00 SHINE 1:00-4:00 French 1:00-2:30 Acrylic Painting</p>	<p>20</p> <p>Better Bones MahJong Magic class Bingo Ukulele class</p> <p>9:30-10:30 1-4 1:00-2:30 1:30-3:00 2:00-3:00</p>	<p>21</p> <p>Learn How Hearing Stimulates Your Brain Lunch Movie: Birdman</p> <p>10:30 11:45 12:45</p>	<p>22</p>
<p>COA Closed and the bus will not run Memorial Day</p>	<p>25</p>	<p>9:30-11:00 Yoga 10:30 Museum Masterpieces 11:15-12:45 Yoga 11:45 Lunch 1-2:30 Cribbage 1:30-2:30 Keep Well— 60 Grove Street</p>	<p>26</p> <p>Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 9:45-10:45 Tai Chi 11:00-12:00 SHINE 1:00-4:00 French 1:00-2:30 Acrylic Painting</p>	<p>27</p> <p>Better Bones MahJong Magic class Bingo Ukulele class</p> <p>9:30-10:30 1-4 1:00-2:30 1:30-3:00 2:00-3:00</p>	<p>28</p> <p>Older Wiser Driver Lunch Movie: The Grand Budapest Hotel</p> <p>10:00 11:45 12:45</p>	<p>29</p>



KEEP YOUR BUSINESS ON TARGET! ADVERTISE HERE



This is a doggone great SPOT to advertise your business!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9am Walking (Lib) 9:30-10:30 Better Bones 9:30-4th Annual Wii Bowling Tournament 10:00-12:30 Art for Fun 11:00-12:00 Better Balance 12:00 Delicious Dining—Ken's Steakhouse 12:30-3:00 Bridge 2:00-3:30 Darts 7:00-8:30 Town Band	2 9:30-11:00 Yoga 10:30 Museum Masterpieces 11:15-12:45 Yoga 1:15-12:45 Lunch 1-2:30 Cribbage 1:30-2:30 Keep Well—315 Weston Road	3 9am Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 9:45-10:45 Tai Chi 11:00-12:00 Better Balance 10:00-11:00 COA (Keep Well) 1:00-2:30 FRENCH 1:00-4:00 SHINE 1:30-3:30 Acrylic Painting	4 9:30-10:30 Better Bones 12:15 Lunch & Performance 1:00-4:00 MahJongg 2:00-3:00 Ukulele Class	5 10:30 Adult Day Health 11:45 Lunch 12:45 Movie: Whiplash 1:00-2:30 Technology Club
8 9am Walking (Lib) 9:30-10:30 Better Bones 10:00-12:30 Art for Fun 11:00-12:00 Better Balance 12:30-3:00 Bridge 2:00-3:30 Croquet 7:00-8:30 Town Band	9 8:30 BF Club—Johnny's Luncheonette 9:30-11:00 Yoga 10:30 Museum Masterpieces 11:15-12:45 Sports Trivia 1:15-12:45 Yoga 1:45 Lunch 1-2:30 Cribbage 1:30-2:30 Keep Well—Morton Circle	10 8:30 Golf Tournament at Nehoiden 9am Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 9:45-10:45 Tai Chi 11:00-12:00 Better Balance 1:00-4:00 SHINE 1:00-2:30 FRENCH 1:30-3:30 Acrylic Painting Opening Artists Reception—Wellesley Free Library	11 9:30-10:30 Better Bones 1:00-4:00 MahJongg 2:00-3:00 Ukulele Class 2:00-3:30 Knitting	12 10:00 Sin to Swing 11:45 Lunch 12:45 Movie: Foxcatcher On Sunday, June 14 is the Community Celebration for the Senior Artist Reception—Wellesley Free Library
15 9am Walking (Lib) 9:30-10:30 Better Bones 10:00-12:30 Art for Fun 11:00-12:00 Better Balance 12:00 Luau Celebration 12:30-3:00 Bridge 2:00-3:30 Darts 3:00 Fishing Derby at Waterstone 7:00-8:30 Town Band	16 9:00-11:00 Free Legal Clinics 9:30-11:00 Yoga 10:30 Museum Masterpieces 11:15-12:45 Yoga 1:45 Lunch 1-2:30 Cribbage 1:30-2:30 Keep Well—41 River Street	17 9am Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 9:45-10:45 Tai Chi 11:00-12:00 Better Balance 1-4:00 SHINE 1:00-2:30 FRENCH 1:30-3:30 Acrylic Painting	18 9:30-10:30 Better Bones 1-4 MahJongg 1:00-3:00 Free Hearing Screenings 1:30-3:00 Bingo 2:00-3:00 Ukulele Class	19 10:30 Foot Pain Is Not Normal 11:45 Lunch 12:45 Movie: The Best of Me
22 9am Walking (Lib) 9:30-10:30 Better Bones 11:00-12:00 Better Balance 12:30-3:00 Bridge 2:00-3:30 Croquet	23 9:30-11:00 Yoga 10:30 Museum Masterpieces 11:15-12:45 Yoga 1:45 Lunch 1-2:30 Cribbage 1:30-2:30 Keep Well—60 Grove Street	24 9am Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 9:45-10:45 Tai Chi 11:00-12:00 Better Balance 1-4:00 SHINE 1:00-2:30 FRENCH 1:30-3:30 Acrylic Painting	25 9:30-10:30 Better Bones 11:30 Depart for Danforth Museum 1-4 MahJongg 2:00-3:00 Ukulele Class 2:00-3:30 Knitting	26 10:30 Signs of Stroke 11:45 Lunch 12:45 Movie: The Judge
29 9am Walking (Lib) 9:30-10:30 Better Bones 11:00-12:00 Better Balance 12:30-3:00 Bridge 2:00-3:30 Darts	30 9:30-11:00 Yoga 10:30 Museum Masterpieces 11:15-12:45 Yoga 1:45 Lunch 1-2:30 Cribbage	<h1>JUNE 2015</h1>		

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

Cost-effective apartment options available.

Traditions OF WAYLAND
 10 Green Way | Wayland, MA 02786
 Independent & Assisted Living
 Dementia/Memory Care

Schedule your visit today at
508-358-0700

KEEP YOUR BUSINESS ON TARGET! ADVERTISE HERE




Day Trips: Pre-registration required.

Lunch & Danforth Museum

Thursday, June 25, 11:30 a.m.-3:30 p.m.

We will depart the Community Center at 11:30 a.m. and leave for an artsy day. We will enjoy a delicious lunch at the Olive Garden in Framingham (pay on your own) and then travel to the Danforth Museum for exploration. This museum focuses on American art from 18th century to present day. Danforth Art is dedicated to showing the very best examples of contemporary art by both emerging and established artists, as well as exploring the School of Boston Expressionism. Their compelling exhibitions and permanent collection of over 3,500 works of art offer countless opportunities for all ages to explore a range of media and artistic forms of expression. Round trip transportation using the COA bus. **Space is limited to 12 people** (first come, first served). Cost: \$9.00 (cash only— pay to the COA) **Full payment due upon reservation.**

Davis Museum

Thursday, May 28, 12:45 p.m.

We will depart the Wellesley Community Center at 12:45 p.m. and leave for an afternoon at the Davis Museum in Wellesley. The group will receive a docent led tour of the Davis's distinguished permanent collections from around the globe; holdings include paintings, sculptures, works on paper, photographs, and decorative objects, from antiquity to the contemporary moment. The Davis museum has an important role in serving as a resource for cross-disciplinary teaching and study. Upon returning to the COA, you will be treated to complimentary coffee, tea and desserts. Round trip transportation using the COA bus. **Space is limited to 12 people** (first come, first served).



Invitations from Waterstone at Wellesley:

Golf Putting Tournament Tuesday, May 19, 2:30 p.m.

Waterstone at Wellesley has invited the COA to attend a golf putting tournament at their community, 24 Washington Street. Refreshments will be provided.

Fishing Derby Monday, June 15, 3:00 p.m.

Waterstone and the COA are excited to announce a brand new fishing derby that will meet during the summer at Waterstone at Wellesley, 24 Washington Street. Join us on **Monday, June 15 at 3:00 p.m.** to fish off of their bridge—catch and release! Light refreshments will be provided.

If you need transportation, please call the Volunteer Drivers Program at 508-479-9301.

On Golden Pond Tour

Monday, May 18, 7:15 a.m. –6:00 p.m.

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 and Wellesley COA are taking you to Squam Lake in New Hampshire where the movie was filmed 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 will stop at the Mills Falls Marketplace in Meredith before returning home. This marketplace 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 and Shopping.

Full payment due upon reservation.

No refunds if you cancel after May 7.

Cost: \$80.00. Min. 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.

May 1: The Theory of Everything (2014) With his body progressively ravaged by ALS, world-famous physicist Stephen Hawking must rely on his wife, Jane, to continue his life's work as he faces various challenges. This affecting biographical drama centers on the couple's fertile partnership. Rated PG-13, 123 minutes.

May 8: Thank God It's Friday (1978) It's Friday night and time to head to the hottest disco in town for the big dance contest in this 1970s groove-fest. A wild assortment of crazy characters shows up, and the Commodores supply the music. Singer Nicole (Donna Summer) is convinced she's going to get her big break, while Marv "Leather Man" Gomez (Chick Vennera) wanders the club dispensing advice. "Thank God It's Friday" won an Oscar and a Golden Globe for the song "Last Dance." Rated PG, 89 minutes. *Get ready to dance the night away on Saturday, May 9 for our evening event, Saturday Night Fevah! See page 1 for details.*

May 15: On Golden Pond (1981) Henry Fonda -- in his final role -- plays peevish retired professor Norman Thayer, who's making his yearly excursion with his wife to their idyllic summerhouse. But a hostile teen left in their care short-circuits the couple's tranquility. Rated PG, 109 minutes.

May 22: Birdman (2014) Michael Keaton delivers a winking performance in this 2015 Oscar-winning dark comedy about a cinematic superhero trying to forge a comeback with a Broadway play. With none of the super-powers of his former character, the actor struggles to rebuild his career and life. Rated R, 119 minutes.

May 29: The Grand Budapest Hotel (2014) Between the world wars, Gustave H, the concierge at a prestigious European hotel, takes a bellboy named Zero as a trusted protégé. Meanwhile, the upscale guests are involved in an art theft and a dispute over a vast family fortune. Rated R, 100 minutes.

June 5: Whiplash (2014) Driven by his demanding music teacher, drummer Andrew is determined to succeed as a jazz musician -- even if it destroys his personality. Under the shadow of his father's failed artistic attempts, Andrew practices until his hands bleed. Rated R, 107 minutes.

June 12: Foxcatcher (2014) Preparing for the 1988 Olympics, two sibling wrestlers cross paths with a paranoid schizophrenic millionaire in this drama based on a true story. The competitive Schultz brothers soon learn their new acquaintance is a dangerous distraction. Rated R, 134 minutes

June 19: The Best of Me (2014) In this wistful drama, sparks reignite between former high school flames when they return to their hometown decades later for a funeral. But painful memories of the past may prevent them from having a future together. Rated PG-13, 118 minutes.

June 26: The Judge (2014) Big city lawyer Hank Palmer returns to his childhood home where his father, the town's judge, is suspected of murder. Hank sets out to discover the truth and, along the way, reconnects with his estranged family. Rated R, 141 minutes.

Housing Options Tours: Pre-registration required.

Sunrise of Wayland Monday, May 11

Itinerary:

11:30 a.m.	Pick up at COA
12:00 noon	Lunch & Tour
1:30 p.m.	Entertainment—Pianist
3:30 p.m.	Depart from Sunrise of Wayland

As described by Sunrise: *Sunrise Senior Living in Wayland has a traditional assisted living community and a secured Reminiscence neighborhood for people with memory impairment. We have three full shifts of staff 24/7 and the widest continuum of care in the area. Sunrise includes all you meals, housekeeping, laundry, 5-8 activities/day and even a telephone in your suite rate. A resident only pays for personal care when needed. Most people say we have a wonderful homelike feeling in our community with our fireplace and even a dog and cat. Family members, friends and pets are welcome anytime. Max. 12*

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, May 5 – June 23

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, June 26, 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: 7-week session Mondays, May 4– June 22 (no class 5/25)

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

Cost: \$49.00

Make-up class, if needed, will be Thursday, July 9, 10:30 a.m. –11:30 a.m.

Dates: 8-week session Wednesdays, May 6– June 24

Time: 11:00 a.m.—12:00 p.m.

Cost: \$56.00

Make-up class, if needed, will be Thursday, July 9, 11:45 a.m.– 12:45 p.m. Min.8/ Max. 20

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: 7-week session Mondays, May 4– June 22 (no class 5/25)

Time: 9:30 a.m.– 10:30 a.m.

Cost: \$49.00

Make-up class, if needed, will be Tuesday, June 23, 3:00-4:00 p.m.

Dates: 8-week session Thursday, May 7– June 25

Time: 9:30 a.m.—10:30 a.m

Cost: \$56.00

Make-up class, if needed, will be Tuesday, July 7, 3:00-4:00p.m. Min. 15/Max. 25

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 stiff joints and muscles, and decrease stress, and is good for overall health and balance. Chairs will be available.

Dates: 8-week session Wednesdays, May 6– June 24

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

Cost: \$56.00

Make-up class, if needed, will be Thursday, July 9, 3:00p.m.-4:00p.m. Min.10 /Max. 22



**KEEP
CALM
AND
PRATICE
TAI CHI**

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

Acrylic Painting Classes, Wednesdays May 6-June 24, 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, June 29, 1:30-3:30 p.m. Min 8. Max 12. Please call the COA for a supply list. Cost: \$108.00

Ukulele Classes, Thursdays May 14- June 25, 2:00-3:00 p.m.

Purchase a ukulele (approx \$50) and join us for this fun and engaging class which has everyone at the COA singing! 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, July 2, 2:00-3:00 p.m. Min. 8 Max. 15 Cost: \$35.00.

Free Hearing Screening June 18, 1:00-3:00 p.m.

Give yourself ten minutes to have your hearing professionally checked by Mass Audiology. In just 10 minutes they can check your ear canal for wax buildup and screen you for hearing loss with an audiometer. If you already have hearing aids, they can check them and replace your batteries and/or answer any questions you may have about your hearing device. **Appointments are required for this testing.**

Show Off Your Talent

Do you love to perform and entertain others? If so, be a contestant in our first-ever talent show. This show, tentatively scheduled for the fall, is open to all who would like to share their talents with others, whether it may be music, dance, poetry, etc. If you are interested in performing, please contact Ashley Shaheen, Senior Activities Coordinator, at 781-235-3961.



Magic Class, Thursdays May 7-28, 1:00-2:30 p. m.

The COA welcomes back Gil Stubbs, experienced magician and host of the Wellesley Cablevision show, "Gil Stubbs' World of Magic," for a course in close-up magic. In this four-week course, you will learn magic with cards, coins, dollar bills, string, rope, rubber bands, pens, paper clips, tableware, napkins and handkerchiefs. Each student will get a set of notes that describes each trick in detail. Only if needed, the make-up date will be June 4, same time as class. Min. 6 Max. 12 Cost: \$30.00



Technology Club

Wed. May 6 & Fri. June 5, 1:00-2:30 p.m.

The COA is thrilled with the success of the technology club and we are happy to report that we are continuing to schedule these club meetings once a month. We have two tech-savvy Wellesley High School Key Club members, Matthew Keep and Kennan Ashbrook, who are leading these monthly meetings. There are so many new devices to learn about, so why not join this club and learn the new technology trends!

A Perfect Volunteer Experience Awaits You!



Being a volunteer driver means that you are guaranteed to feel good about yourself knowing that you are helping seniors get to places that they cannot get to on their own.

Being a volunteer driver means you will meet wonderful Wellesley seniors.

Being a volunteer driver is flexible. We do not require any specific times you need to drive or how much you drive. You sign up when you are able to drive.

Our current volunteer driver team is 17% male, and volunteer drivers range in age from 43 to 85 (average 62).

If you like to drive and like to help seniors, contact us at 508-479-9301 or email: drive@wellesleyma.gov

It's beautiful out there! Why not?

Resource Spotlight!

This issue we are highlighting MetroWest Legal Services (MWLS), located in Framingham. MWLS provides free legal services to people aged 60 and older through its Senior Citizen's Legal Project. Services provided by the MWLS advocates range from information and referral to legal representation. MWLS assists with civil legal matters including: Housing (eviction, foreclosure, subsidized application denials), Public Benefits (Social Security, SSI, Unemployment, DTA/SNAP, MassHealth), Consumer Rights and Bankruptcy, Durable Powers of Attorney, Health Care Proxies, Defense of Guardianships/Conservatorships, Nursing Home Issues, and Domestic Relations. There are no income limits for this program. For more information or to speak to an intake worker, please call the MWLS office at 508-620-1830 or 1-800-696-1501.

In addition, the Wellesley Council on Aging is pleased to announce a NEW partnership with MWLS that will bring free legal clinics to the COA! This is an opportunity to meet with an attorney from MWLS in-person to discuss your particular legal issue(s). Clinics will be held on the third Tuesday of every other month from 9:00-11:00am. The first clinic is scheduled for **Tuesday, June 16**, and meetings (15-20 minutes in length) are by appointment only. Please call the 781-235-3961 to schedule an appointment.

Drop In Activities

Get active and join our Monday & Wednesday morning walking groups!



Monday Walking Group:

Heading out from Whole Foods, the Monday walking group heads in any direction on local walking trails, streets, and nearby campuses. They have recently walked on the North 40, the Fuller Brook path, the

aqueduct abutting Nehoiden Golf Course, the Cottage Street historic district and more! On foot they observe wildlife, trees, flowers, invasives, birds and animals, and construction projects. They recently spied a very large turtle swimming in Fuller Brook – one of the walkers with very sharp eyes pointed it out. The Walking Group is grateful for the variety of options available for exploring Wellesley. Newcomers are most welcome. Walks take place in most kinds of weather; they are cancelled on very rainy days. (Description written by volunteer Anne Turtle, our Monday walking group leader.) *Special thanks to Friends of the Wellesley Council on Aging for sponsoring hot coffee for the walkers after they enjoy their walks!*

Wednesday Walking Group: Meets at the Wellesley Community Center at 9 a.m., led by COA volunteer Jim Reilly. Afterwards the group enjoys coffee and a snack at the COA.

Wii Bowling: The Wellesley Hills Junior Women's Club continues to lead our weekly Wii program on Monday mornings at 9:30 a.m. Monday, June 1 (tournament) is the final meeting for this year-see you in the fall.

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

Cribbage: Tuesday afternoons from 1:00-2:30 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 meets every Wednesday morning from 9:30-11:00 a.m. Wednesday, May 13 is the final meeting for this year-see you in the fall!

Computer Assistance: Availability of helpful volunteers varies. Please contact the COA for more information.

Conversational French: This class meets every Wednesday afternoon 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 meets every other Thursday afternoon from 2:00-3:30 p.m. (See calendar for dates.) Special thanks to COA volunteer, Barbara Peacock -Coady, for organizing the group!

Bingo: Thursday afternoons May 21 and June 18 at 1:30 p.m.

Mah Jong: Every Thursday afternoon, 1:00-4:00 p.m.

Book Discussion Group: This group meets every other Thursday morning from 9:15-10:15 a.m. (See calendar for dates.) May 28, 10:30 a.m. will be the last meeting and afterwards the group will go out to lunch! *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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Thank you to the Charles River District Medical Society

The Wellesley Council on Aging (COA) recently received a \$3,000 donation from the Charles River District Medical Society. This donation has been designated for residents of Wellesley over the age of 60 who are experiencing financial hardships. The gift is specifically intended to assist with heating and utility costs or other related emergencies. In previous years, the Charles River District Medical Society donated funds to support the Wellesley COA transportation programs. The Wellesley COA is most grateful for their continued support. It is gifts like this that enable our organization to better meet the needs of Wellesley’s older adults. Individuals in need of assistance should contact the Wellesley COA at 781-235-3961.

The Charles River District Medical Society is one of 20 district medical societies that comprise the Massachusetts Medical Society, the statewide professional association of physicians with more than 24,000 members. The District covers 16 communities west of Boston, including Waltham, Needham, Newton, and Wellesley; has nearly 1,000 members who work and live in those communities; and each year makes a contribution to a local agency to support services for residents in need. For more information, visit www.massmed.org.

In the photo: Wellesley resident, Dr. Hu Caplan, member of the Charles River District Medical Society, with Gayle Thieme, Director of Senior Services, Wellesley Council on Aging



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