



November/December  
2015

# Highlights

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

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

Registration for programs listed in this newsletter will begin on Tuesday, October 27 (Wellesley residents) and Wednesday, October 28 (non residents).

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.

#### STAFF:

GAYLE THIEME  
Director of Senior Services  
LINDA CLIFFORD  
Health and Social Services Administrator  
ASHLEY SHAHEEN  
Senior Activities Coordinator  
ELIZABETH BRADLEY  
Program and Office Assistant  
JILL DUBE  
Transportation Coordinator  
JUDY SIGGINS  
Transportation Coordinator  
JODI CRIMMINS  
Volunteer Coordinator  
BETH HARRINGTON  
Activities Assistant  
JAMES MURPHY & RICK WALDMAN  
Bus Drivers  
AL VOICI & HECTOR MACDONALD  
On-call Bus Drivers  
**OFFICERS:**  
MIGUEL LESSING  
Chair  
DIANE CAMPBELL  
Vice-Chair  
THOMAS KEALY  
Treasurer  
SHIRLEY QUINN  
Secretary  
**NEWSLETTER MAILING COORDINATOR:**  
MARY BOWERS, Volunteer

***Christopher Grace, Illusionist***  
**Thursday, November 19, 7:30 p.m.**  
Wellesley High School, 50 Rice Street,  
Katherine L. Babson, Jr. Auditorium  
Free Admission



Christopher Grace is a Bostonian who has made a name for himself traveling the globe, blowing people's minds. Christopher entertains and performs some brain-bending Jedi mind tricks. His show is full of comedy and theatrics that put forth the illusion of apparent supernatural powers. On the other hand, these brain tricks could be just as easily attributed to the forces of psychology, persuasion and suggestion. So, which is it?

*Come to his show and find out!*

**Presented by The Wellesley Council on Aging, Friends of the Wellesley Council on Aging and the Wellesley High School Key Club.**

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



### **A Tribute to Veterans**

**Thursday, November 12, 9:00 a.m.**

Join us as we celebrate all of the brave veterans who have served our country. Come and enjoy a light breakfast, patriotic music and good company. After breakfast, Kevin Rogers, Friends of the Boston Harbor Islands Community Outreach Coordinator, will give an educational presentation, "War is Over—How the Boston Harbor Islands Were Used During and After World War II." Discussion topics will include: coastal defense artillery sites, submarine nets, harbor mines, and locations that supported the war effort such as training facilities and POW camps. Mr. Rogers will also discuss Cold War use of the islands and the post-military era. After the lecture, there will be time for questions and answers.

### **Painting Party**

**Monday, November 16, 1:00 p.m.**



Enjoy a whole different kind of art experience that is more like fun art, not fine art. Suzanne Henderson, owner of Paint 'n Pour in Waltham will lead a two-hour paint class with step-by-step instructions. All materials and refreshments will be provided. This program is generously sponsored by The Commons in Lincoln, an independent and assistant living community. Max. 25

### **49th Annual Thanksgiving Dinner**

**Saturday, November 21, 12:30 p.m.**

The forty-ninth annual Senior Citizens Thanksgiving Dinner for seniors who reside in Wellesley will take place on Saturday, November 21 at 12:30 p.m. at the Gordon Trim Dining Hall, Babson College, Forest Street, Wellesley. Wellesley veterans started the dinner in 1966 and continued the event through 2013. As of 2014, this occasion is being sponsored by The Wellesley Fire Department. Reservations for the dinner may be made by calling the COA beginning on Tuesday, October 27 and ending Thursday, November 12. Please note that everyone is *required* to have a reservation. If you need transportation, please call The COA Transportation Department at 781-235-3046. Donations are welcome. Please make checks payable to "Wellesley Fire Department/Senior Dinner" and mail to the Wellesley Fire Department, 457 Worcester Street, Wellesley Hills, 02481.

### **COA Happy Holidays Party**

**Friday, December 4, 12:30-2:30p.m.**

It's that time of year again – time to celebrate and get into the holiday spirit! Each year over 100 people join in this wonderful celebration. Guests will be treated to lunch catered by Express Gourmet. The menu will include assorted sandwiches, beverages, desserts. This year we are proud to present The Lincoln Ringers, a 13-ringer community handbell ensemble whose mission includes bringing awareness of their musical genre to audiences. The group plays on 5 octaves of handbells, and 4 octaves of handchimes, under the direction of Diane Burke. **The party is free, but you must register, reserve and pick up a ticket no later than Friday November 20.** There will be no exceptions and you must present your ticket at the door. Please come and join in the festivities! Call to reserve your ticket 781-235-3961. **PLEASE NOTE:** Priority for the Happy Holidays party will be given to Wellesley residents. Non-residents will be put on a wait list and will be contacted the week of the party if there is space available.

### **Join us for a Holiday Sing-A-Long!**

**Wednesday, December 9, 6:00-8:00 p.m.**

Jingle bells, jingle bells, jingle all the way.... Do you like to sing? Do you love the holidays? If so, join us for a holiday sing-along on Wednesday, December 9 in the community room at 503 Washington Street led by talented pianist, Larry Buckley. This is the 3rd annual sing-a-long in partnership with the Wellesley Housing Authority. Refreshments will be provided. Please call The COA Transportation Department at 781-235-3046, if you need a ride.



### **Festival of Trees**

**Thursday, December 10, 10:00 a.m.**

The COA invites you to a special holiday excursion to view the Massachusetts Horticultural Society's Festival of Trees at Elm Bank. We will meet at Elm Bank to see these beautifully decorated holiday trees. All trees are raffled off, with proceeds going to help maintain the gardens at Elm Bank. To participate in the raffle you may purchase a sheet of 26 tickets for \$10. The drawing will be held on December 13 and you do not have to be present to win, but you need to confirm by phone. This indoor tour of trees is approximately one hour long. The cost is \$5.00 per person to be paid at the door. Transportation is on your own. Please call The COA Transportation Department at 781-235-3046, if you need a ride.

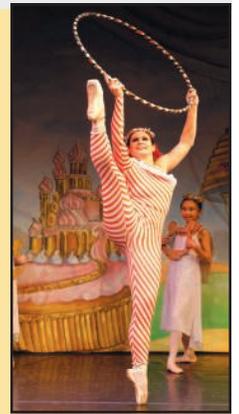
## Social/Events: Pre-registration required

### Seasonal Birthday Bash Monday, December 7, 3:00 p.m.

Join us as we celebrate National Cotton Candy Day and the birthdays of those born in September, October, November and December. We will serve cotton candy and other refreshments, and host a variety of fun holiday games and activities. This program is open to all ages, so bring your grandchildren, nephews and nieces, too. Special thanks to the Friends of the Wellesley Council on Aging for providing refreshments.

### Excerpts from The Nutcracker Monday, December 28, 2:00 p.m.

The COA welcomes back the very talented members of Methuen Ballet Ensemble to perform excerpts from *The Nutcracker*. This is the 3rd annual performance at the COA. Ballerinas will guide you through the *Land of Sweets* in Tchaikovsky's second act of the holiday classic. **FREE! All are welcome.** Light refreshments will be provided.



### Concert: Baroque to Jazz Friday, December 18, 3:00 p.m.

Come listen to the music of the great composers from the Baroque Period up to the music of Gershwin and Porter. This mini-recital will include a brief description of the composers and their style, including the following pieces: Bach's Goldberg Variations, Chopin Waltzes, Brahms Intermezzo and Claude Debussy Preludes, as well as popular pieces of George Gershwin and Cole Porter. The performer is COA volunteer, Dianne Impallaria, an independent music teacher in Wellesley for over 30 years.

## Holiday Extravaganza Week

The COA invites you to participate in several fun and festive activities during our first-ever Holiday Extravaganza Week, December 14-18. If you attend one of the activities listed below, you will be entered in a raffle to win a \$50 COA gift certificate. The more activities you attend, the more chances you have to win! We will pick one lucky winner on Friday, December 18 after the movie, *Elf*.



**Cake Decorating  
Mon., December 14, 2:00 p.m.**  
Chef Uwe Werner, graduate of the Hotel Management School in Heidelberg, Germany, and current chef at The Falls

at Cordingly Dam, will lead a cake decorating activity featuring the famous Sacher Torte. Chef Werner looks forward to decorating with you and sharing some baking tips, too! Special thanks to the Falls at Cordingly Dam, an assisted living facility in Newton, for sponsoring the program.



**Wreath Decorating  
Tues., December 15, 10:30 a.m.**

Decorate a cedar-and-juniper wreath with ornaments and let it greet your guests all winter long. Wreaths are easy and fun to make, especially with friends at the COA! Refreshments provided.



**Coloring  
Wed., December 16, 2:00 p.m.**

Be creative, and color during this holiday season. Did you know coloring alleviates stress? Join us as we cope with holiday-related chaos—by coloring! Hot chocolate and cookies will be served. Note: This activity is in addition to our monthly coloring activity( 11/9 & 12/21).



**MUSICAL Bingo  
Thursday, December 17, 1:30 p.m.**

Join us as we mix the friendly competition of bingo with everyone's love of music for a winning combination.

You will be humming along to your favorite holiday songs as we play musical bingo. Refreshments provided and prizes, too!

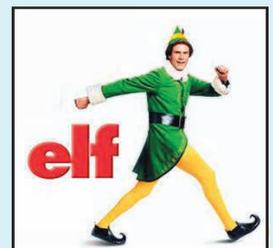


**Wear-your-favorite-holiday-attire-day!  
Friday, December 18, 11:45 a.m.**

Wear your favorite holiday attire and participate in this fun event.

Participants will be entered in a raffle to win a FREE COA luncheon pass. Lunch is catered by Express Gourmet on Tuesdays and Fridays. The cost is \$4.00.

Call the COA for menu selection. Special thanks to the Friends of the Wellesley Council on Aging for subsidizing this lunch program. After lunch, we will be showing the movie, *Elf* ( see page 11 for details). Stay and watch.



## ***Presentations Continued: Pre-registration required***

### **Health Plan Options for People with Medicare**

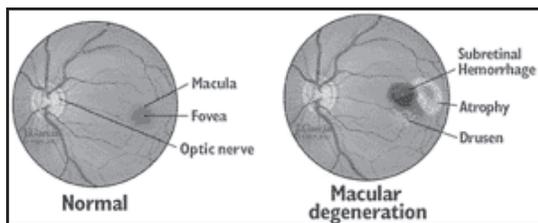
**Monday, November 2, 10:30 a.m.**

Are you ready for the Medicare Annual Election Period or are you approaching Medicare eligibility? Do you know what type of health insurance is best for you? A Blue Cross and Blue Shield of Massachusetts representative will be presenting a brief overview of how Medigap plans and Medicare Advantage plans work with Medicare. The presentation will help attendees understand the weights and balances between Medigap and Medicare Advantage plans. Members of (non group) Medex, Blue MedicareRx, Medicare HMO Blue, Medicare PPO Blue will also have the opportunity to ask questions regarding any 2016 changes. All are welcome regardless of insurance coverage. Special thanks to the Wellesley Health Department for co-sponsoring this program. Light refreshments will be provided.

### **Cataracts, Glaucoma and Degeneration of the Eye**

**Tuesday, November 3, 10:30 a.m.**

Jill Smith, M.D., partner at Newton Wellesley Eye Associates and Chief of Ophthalmology at Newton-Wellesley Hospital, and Jill Carmody, M.D., general ophthalmologist, at Newton Wellesley Eye Associates, will share information on cataracts, glaucoma, and macular degeneration of the eye. Special thanks to the Newton Wellesley Hospital Speakers Bureau for organizing this program.



### **Veterans Talk**

**Friday, November 6, 10:30 a.m.**

Join us for a talk by Donald Liberte, a Vietnam War Veteran who returned to Vietnam recently and took fascinating photos of his experience. Learn about the history of Vietnam and Mr. Liberte's experiences returning from war and going back to visit. He will share a video/slideshow of his recent trip. Donald was a member of the 69<sup>th</sup> Combat Engineers in Vietnam and he is the current Treasurer of American Veterans of Foreign Wars Post 51. He has been involved in local politics for twenty years and he currently works for Benchmark Senior Living. Special thanks to the Falls at Cordingly Dam for sponsoring this program.

### **Ageless Grace**

**Tuesday, November 17, 10:30 a.m.**

Ageless Grace is a brain fitness program that consists of simple exercise tools designed for all ages and abilities. In August 2015, a certified Ageless Grace educator from Care Solutions Inc., home health care service provider in Westborough, came to the COA and shared a handful of fun exercises focused on the healthy longevity of the body, mind, emotion and spirit. Due to the popularity of this program, we have scheduled another presentation so you can learn additional exercises. Each of the 21 tools focuses on different anti-aging techniques, including joint mobility, spinal flexibility, right-left brain coordination, cognitive function, systemic stimulation, balance, confidence and playfulness.

### **Fall Prevention with Tai Chi**

**Friday, November 20, 10:30 a.m.**

Are you worried about falling? Do you know someone who fell? If so, join us for an interactive presentation on fall prevention, the correct way to get up from a fall, and how practicing Tai Chi can help improve balance and reduce your fall risk. This workshop is led by Mary Demakes, RN of Private Home Health Care, and Kuan Chung Chen of Tai Chi Acupuncture & Wellness Center. They both have over 25 years of experience. This program is sponsored by Private Home Health Care.

### **Making the Most of Your Fixed Income Investments**

**Tuesday, December 1, 10:30 a.m.**

Zenaida Buenaventura, Financial Advisor at Morgan Stanley, will give an educational presentation on making the most of your fixed income investments. Learn how you could create a fixed income strategy that is best suited to your financial goals and how to conservatively manage your investments in changing market conditions.

### **Fraud and Scams**

**Tuesday, December 8, 10:30 a.m.**

U. S. Postal Inspector Bernadette Lundbohm from the Postal Inspection Service will discuss the latest frauds and scams targeting seniors through the U.S. mail. Inspector Lundbohm will also provide Wellesley seniors with the tools and steps necessary to avoid becoming victims of these scams. This program is sponsored by TRIAD, a three-way partnership among seniors, law enforcement and the COA.

## Classes : Pre-registration required

### Classical Mythology

**Tuesdays, November 3– January 19,  
10:00 a.m. –11:30 a.m.**

Professor Elizabeth Vandiver, 1998 recipient of the American Philological Association's Excellence in Teaching Award, anchors her presentation in some basics. What is a myth? Which societies use myths? What are some of the problems inherent in studying classical mythology. She also discusses the most influential 19th-and 20th-century thinking about myth's nature and function, psychological theories of Freud and Jung. This 12-week course is part of The Great Courses—DVDs that bring engaging professors from the best universities to you. We will show two lectures (30mins. each) on Tuesdays, with a coffee break in between.

Class 1: Introduction & What is Myth?

Class 2: Why is Myth? & "First Was Chaos"

Class 3: The Reign of the Olympians & Immortals & Mortals

Class 4: Demeter, Persephone, and the Conquest of Death & The Eleusinian Mysteries and the Afterlife

Class 5: Apollo and Artemis & Hermes and Dionysus

Class 6: Laughter-Loving Aphrodite Intervals Revisited and Expanded & Culture, Pre-history and the "Great Goddess"

Class 7: Human, Heroes, and Half-Gods & Theseus and the "Test-and-Quest" Myth

Class 8: From Myth to History and Back again & The Greatest Hero of All.

Class 9: The Trojan War & The Terrible House of Atreus

*Classes 10-12 will be listed in the January/February edition of Highlights.*

*Note: The DVDs will be borrowed from the WFL.*

### Brain Exercise Group

**Wednesdays, November 18 &  
December 16, 1:30 p.m.**

Brooke Rivero, certified Speech-Language Pathologist & COA volunteer, trained in cognitive interventions will led this group. If you can exercise your arms and legs, you can definitely exercise the brain! This group will participate in fun and challenging brain teasers and puzzles, that will strengthen your memory and overall cognitive abilities.

We will also learn strategies that are helpful for compensating for those small moments of forgetfulness that we all experience. Max. 12



### American Gunslingers Thursdays, November 12– December 17, (no class 11/26) 10:30-12 noon



Daniel Seligman, new COA volunteer, is a retired engineer, having worked for several high technology firms along Route 128. His real love is the history of the American West, which he has indulged in extensive readings and travels over the same period. He holds a Ph.D. degree in physics from Yale University. His five-week course presents the lives of five gunslingers who lived in the American West in the late 19th century and are well-known in American popular culture. The American West has been portrayed extensively in westerns and other media and subjected, on the one hand, to broad exaggeration, and, on the other, to a more recent tendency to uninformed debunking. The intent is to present the unvarnished truth, as far as it can be ascertained from historical records. There are five weekly seminars, each addressing one of following: Wild Bill Hickok, Wyatt Earp, Bat Masterson, Buffalo Bill Cody and Annie Oakley.

### Technology Club

**Wednesdays, November 4 & December 9,  
1:00-2:30 p.m.**

Join Matthew Keep, Wellesley High School Key Club member and COA volunteer, for our next technology club meetings. Bring your iPhone or iPad for this interactive discussion.

### Line Dancing

**Thursdays, November 5-December 17,  
1:00-2:00 p.m. (No class 11/26)**

Join Nancy Diduca, our energetic line dancing instructor, for another fun 6 week session of line dancing classes. *All levels are welcome. No partner needed.* The make-up class, only if needed, will be Thursday, January 7, 1:00-2:00 p.m. Cost: 30.00 Min. 6 Max. 15

**Ukulele Classes: Thursdays, Nov. 5–  
Dec. 17 (no class 11/26) 2:00-3:00 p.m.**

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. For this newsletter cycle, we are switching to a drop-in class and students will pay the instructor \$5.00 cash per class.

**Acrylic Painting: Wednesdays, November 18  
– December 23 1:30p.m.-3:30 p.m.**

Instructor, Maris Platais will guide you in reaching your full potential as an artist. Bring photo references or work from memory and field sketches. Demonstrations and critiques are offered throughout this 6 week session. Only if needed, the make-up date will be Monday, December 28, 2:00-4:00p.m. Min 8. Max 12. Cost: \$108.00

### ***Housing Options Tour: Pre-registration required***

**The Residence at Watertown Square**  
**Thursday, December 3, 10:45 a.m. –3:00 p.m.**



#### **Itinerary:**

10:45 a.m. Pick-up at COA  
 11:15 a.m. Tour  
 12:00 noon Lunch  
 1:00 p.m. Educational program  
 2:15 p.m. Departure from The Residence at Watertown Square

As described by The Residence at Watertown Square: *Every senior community has its own character, look and feel. The Residence at Watertown Square is a brand new community for independent, assisted and memory care residents that combines warmth and welcoming with modern service and conveniences. Our Reflections Memory Care neighborhood is renowned for its approach and benefits from our partnership with Brigham & women's Hospital and Harvard Medical School. Max. 12*

### ***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:

**Thursday, November 5, 8:00 a.m.**

Frescafe, 158 East Central Street, Natick

**Thursday, December 3, 8:00 a.m.**

Captain Marden's, 279 Linden Street, Wellesley

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

#### **Delicious Dining Group**

Everyone is welcome to meet our group for lunch on:

**Monday, November 23, 12 noon**

Morse Tavern, 85E Central Street, Natick

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

**Max: 15**

Enjoying lunch at Ken's Steakhouse



**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.

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

**YOGA:** This class is open to beginning and experienced students. We balance active yoga poses that stretch, strengthen and tone with relaxing poses so participants leave feeling renewed. Particular attention is given to alignment of the skeleton in poses that help promote strong bones, balancing and concentration. Students are encouraged to bring their own yoga mats, but extra mats are available. All other equipment will be provided. Instructor, Judy Scribner-Moore combines 27 years of teaching experience, interpersonal and mindfulness skills, and knowledge of anatomy and physiology, to guide and facilitate each student's way. She is skilled at adapting classical postures to meet individual needs and goals.

**Dates:** 6-week session Tuesdays, November 10– December 15

Intermediate Level 2 (prior experience in Level 2 is a prerequisite)

**Time:** 9:30-11:00 a.m.

Intermediate Level 1

**Time:** 11:15-12:45 p.m.

**Cost:** \$80.00 Min. 12/Max. 18

Make-up class, if needed, will be Friday, January 15, 9:30-11:00 a.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9am Walking (Whole Foods) 9:30 Wii Bowling 9:30-10:30 Better Bones 10:30 Health Plan Options for People with Medicare 11:45 Art for Fun (Warren) 11:00-12:30 Better Balance 12:30-3:00 Bridge 2:00-3:30 Town Band 7:00-8:30 (Middle School)</p>	<p>10:00-11:30 Classical Mythology 10:00 German 10:30 Cataracts, Glaucoma, and Degeneration of the Eye 11:45 Lunch 1:2:30 Cribbage 1:30-2:30 Keep Well— 315 Weston Road</p>	<p>9 am Walking Group COA 9:30-10:30 Coffee 9:30-11:00 Community Bears 9:45-10:45 Tai Chi 9:30-11:30 Scrabble/Cards 10:00-11:00 Keep Well (COA) 11:00-12:00 Better Balance 1:00-4:00 SHINE 1:00-2:30 Technology Club 1:00-2:30 French 1:30-3:30 Acrylic Painting *Free Grocery Shopping Trip—COA Bus</p>	<p>8:00 Breakfast Club—Frescafe 9:30-10:30 Better Bones 10:45-11:45 Better Bones 1-4 Mahlong 1:00-2:00 Line Dancing 2:00-3:00 Ukulele Class 7:00 Annual Wellesley Spelling Bee</p>	<p>9:30-12:30 SHINE 10:30 Veterans Talk 11:45 Lunch 12:45 Movie: Aloha</p>
<p>9am Walking (Whole Foods) 9:30 Wii Bowling 9:30-10:30 Better Bones 10:00-12:30 Art for Fun (Warren) 11:00-12:00 Better Balance 12:30-3:00 Bridge 2:00-3:30 Coloring 7:00-8:30 Town Band (Middle School)</p>	<p>9:30 Yoga 10:00-11:30 Classical Mythology 10:00 German 10:00 Yoga 11:15 Lunch 11:45 Cribbage 1:2:30 Keep Well— Morton Circle</p>	<p>The COA is closed and the bus will not run— Veteran's Day!</p>	<p>9:15 Book Discussion Group 9:00 A Tribute to Veterans 10:30-12:00 American Gunslingers 1-4 Mahlong 2:00-3:00 Ukulele class 1:00-2:00 Line Dancing 2:00-3:30 Knitting</p>	<p>9:30-12:30 SHINE 11:45 Lunch 12:45 Movie: The Second Best Exotic Marigold Hotel</p>
<p>9am Walking (Whole Foods) 9:30 Wii Bowling 9:30-10:30 Better Bones 10:00-12:30 Art for Fun (Warren) 11:00-12:00 Better Balance 12:30-3:00 Painting Party 1:00 Town Band 7:00-8:30 (Middle School)</p>	<p>9:30 Yoga 10:00 Classical Mythology 10:30 German 10:30 Ageless Grace 11:15 Yoga 11:45 Lunch 1:00-2:30 Cribbage 1:30-2:30 Keep Well— 41 River Street</p>	<p>9 am Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Community Service Bears 9:45-10:45 Tai Chi 11:00-12:00 Better Balance 1:00-4:00 SHINE 1:00-3:30 Acrylic Painting 1:00-2:30 French 1:30 Brain Exercise Group 2:30-7:30 * Shopping Trip to the Wrentham Outlets *Free Grocery Shopping Trip— COA Bus</p>	<p>9:30-10:30 Better Bones 10:45-11:45 Mahlong 11:45 *Research Institute of Paper History and Technology 10:30-12:00 American Gunslinger 1:30-3:00 Bingo 1:00-2:00 Line Dancing 2:00-3:00 Ukulele Class 7:30 Illusionist, Christopher Grace (Wellesley High School, 50 Rice Street) *Morning trip to the Natick Mall—COA Bus</p>	<p>9:30-12:30 SHINE 10:30 Fall Prevention with Tai Chi 11:45 Lunch 12:45 Movie: Spy  The annual Thanksgiving Dinner is tomorrow, November 21 at Babson College, Forest Street.</p>
<p>9am Walking (Whole Foods) 9:30 Wii Bowling 9:30-10:30 Better Bones 11:00-12:00 Delicious Dining— 12:00 Morse Tavern 12:30-3:00 Bridge 7:00-8:30 Town Band (Middle School)</p>	<p>9:30 Yoga 10:00 German 10:00-11:30 Classical Mythology 11:15 Yoga 11:45 Lunch 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 9:45-10:45 Tai Chi 11:00-12:00 Better Balance 1:00-4:00 SHINE 1:30-3:30 Acrylic Painting *Free Grocery Shopping Trip— COA Bus</p>	<p>The COA is closed and the bus will not run. Happy Thanksgiving!</p>	<p>The COA is closed and the bus will not run.</p>
<p>9am Walking (Whole Foods) 9:30 Wii Bowling 9:30-10:30 Better Bones 11:00-12:00 Better Balance 12:30-3:00 Bridge 7:00-8:30 Town Band (Middle School)</p>	<p>9:30 Yoga 10:00 Classical Mythology 10:30 German 10:30 Ageless Grace 11:15 Yoga 11:45 Lunch 1:00-2:30 Cribbage 1:30-2:30 Keep Well— 41 River Street</p>	<p>9 am Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Community Service Bears 9:45-10:45 Tai Chi 11:00-12:00 Better Balance 1:00-4:00 SHINE 1:00-3:30 Acrylic Painting 1:00-2:30 French 1:30 Brain Exercise Group 2:30-7:30 * Shopping Trip to the Wrentham Outlets *Free Grocery Shopping Trip— COA Bus</p>	<p>The COA is closed and the bus will not run.</p>	<p>The COA is closed and the bus will not run.</p>

**NOVEMBER 2015**

*Do you need transportation to and from our activities?  
If so, contact the Wellesley Council on Aging Transportation Coordinator at 781-235-3046.  
\* Only destination served by the COA Bus on this date.*



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



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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**December 2015**  
*Do you need a ride to and from our activities? If so, contact the Wellesley Council on Aging Transportation Coordinator at 781-235-3046.  
 \* Only destination served by the COA Bus on this date.*

**7**  
 9am Walking (Whole Foods)  
 9:30 Wii Bowling  
 10:00 Better Bones  
 11:00-12:00 Bridge  
 1:00-3:00 Boyz n' Bash  
 3:00-5:00 Town Band (Middle School)  
 7:00-8:30

**1**  
 9:30 Yoga  
 10:00 German  
 10:00-11:30 Classical Mythology  
 11:00-11:30 Making the Most of Your Fixed Income Investments  
 11:15 Yoga  
 11:45 Lunch  
 1:2-3:00 Cribbage  
 1:30-2:30 Keep Well - 315 Weston Road

**2**  
 9 am Walking Group COA  
 9:30-10:30 Coffee  
 10:30-11:30 Scrabble/Cards  
 11:00-11:45 Tai Chi (COA)  
 11:45-12:00 Better Bones  
 12:00-12:00 Community Service Bears  
 1:00-1:00 Acrylic Painting  
 1:30-3:30 SHINE  
 1:00-4:00 French  
 1:00-2:30 Departure for dinner at the Wellesley Free Library  
 \* Free Grocery Shopping Day- COA Bus

**3**  
 8:00 Breakfast Club—Captain Marden's  
 9:15 Book Discussion  
 9:30 Better Bones  
 10:45-11:45 Better Bones  
 10:45 The Residence at Watertown Square  
 10:30-12:00 American Gunslingers  
 1:00-2:00 Line Dancing  
 1:00-4:00 Mahjong  
 2:00-3:00 Ukulele class  
 2:00-3:30 Knitting

**4**  
 9:30-12:30 SHINE  
 12:30 COA Happy Holidays Party

**14**  
 9 am Walking (Whole Foods)  
 9:30 Wii Bowling  
 10:00 Better Bones  
 11:00-12:00 Bridge  
 12:30-3:00 Cake Decorating  
 2:00

**8**  
 9:30 Yoga  
 10:00-11:30 Classical Mythology  
 10:00 German  
 10:30 Fraud and Scams  
 11:15 Yoga  
 11:45 Lunch  
 1:2-3:00 Cribbage  
 1:30-2:30 Keep Well - Morton Circle  
 6:45 Tackling Food Waste at the Wellesley Free Library—Wakelin Room

**9**  
 9:30-10:30 Walking Group COA  
 10:30-11:30 Coffee  
 11:30-12:00 Scrabble/Cards  
 12:00-12:00 Community Service Bears  
 1:00-1:00 Tai Chi  
 1:00-4:00 Better Balance  
 1:00-4:00 SHINE  
 1:30-3:30 Acrylic Painting  
 1:00-2:30 Technology Club  
 1:00-2:30 French  
 6:00 Sing-A-Long in the Community Room at 503 Washington Street  
 \*Free Grocery Shopping Trip- COA Bus

**10**  
 9:30-10:30 Better Bones  
 10:00 Festival of Trees at Elm Bank  
 10:30-12:00 American Gunslingers  
 1:045-11:45 Better Bones  
 1:00-2:00 Mahjong  
 1:00-2:00 Line Dancing  
 2:00-3:00 Ukulele class  
 \* Morning trip to The Natick Mall

**11**  
 7:30 Depart for the Stockbridge Holiday Tour  
 11:45 Lunch  
 12:45 Movie: Cinderella

**15**  
 9:00-11:00 Legal Clinics  
 9:30 Yoga  
 10:00 German  
 10:00-11:30 Classical Mythology  
 10:30 Wreath Decorating  
 11:15 Yoga  
 11:45 Lunch  
 1:00-2:30 Cribbage  
 1:30-2:30 Keep Well— 41 River Street

**15**  
 9:00-11:00 Legal Clinics  
 9:30 Yoga  
 10:00 German  
 10:00-11:30 Classical Mythology  
 10:30 Wreath Decorating  
 11:15 Yoga  
 11:45 Lunch  
 1:00-2:30 Cribbage  
 1:30-2:30 Keep Well— 41 River Street

**16**  
 9 am Walking Group COA  
 9:30-10:30 Coffee  
 10:30-11:30 Scrabble/Cards  
 11:00-11:45 Community Service Bears  
 11:45-12:00 Tai Chi  
 1:00-12:00 Better Balance  
 1:00-4:00 SHINE  
 1:30-3:30 Acrylic Painting  
 1:00-2:30 French  
 1:00-2:30 Brain Exercise Group  
 1:30 Coloring  
 2:00 \*Free Grocery Shopping Trip- COA Bus

**17**  
 9:15 Book Discussion  
 9:30-10:30 Better Bones  
 10:45-11:45 Better Bones  
 10:30-12:00 American Gunslinger  
 1-4 Mahjong  
 1:30-3:00 MUISICAL Bingo  
 1:00-2:00 Line Dancing  
 1:00-2:30 Knitting  
 2:00-3:00 Ukulele class  
 \* Morning trip to Christmas Tree Shop OR Target OR Walmart—COA Bus

**18**  
 Wear-your-favorite-holiday-attire-day!  
 11:45 Lunch  
 12:45 Movie: Elf  
 3:00 Concert: Baroque to Jazz

**21**  
 9am Walking (Whole Foods)  
 9:30 Wii Bowling  
 10:00 Better Bones  
 11:00-12:00 Bridge  
 12:30-3:00 Coloring  
 2:00-3:30 Town Band (Middle School)  
 7:00-8:30

**22**  
 10:00-11:30 Classical Mythology  
 10:00 German  
 11:45 Lunch  
 12:30-2:00 Cribbage  
 1:30-2:30 Keep Well— 60 Grove Street

**23**  
 9 am Walking Group COA  
 9:30-10:30 Coffee  
 10:30-11:30 Scrabble/Cards  
 11:00-11:45 Tai Chi  
 1:00-12:00 Better Balance  
 1:00-4:00 SHINE  
 1:30-3:30 Acrylic Painting  
 \*Free Grocery Shopping Trip-COA Bus

**24**  
 Book Discussion  
 Better Bones  
 American Gunslinger  
 Mahjong  
 MUISICAL Bingo  
 Line Dancing  
 Knitting  
 Ukulele class  
 \* Morning trip to Christmas Tree Shop OR Target OR Walmart—COA Bus

**25**  
 The COA is closed and the bus will not run.  
 Christmas Day!

**28**  
 9am Walking (Whole Foods)  
 9:30 Wii Bowling  
 10:00 Bridge  
 12:30-3:00 Excerpts from The Nutcracker  
 2:00 Town Band (Middle School)  
 7:00-8:30

**29**  
 10:00-11:30 Classical Mythology  
 10:00 German  
 11:45 Lunch  
 12:30-2:00 Cribbage

**30**  
 9 am Walking Group COA  
 9:30-10:30 Coffee  
 10:30-11:30 Scrabble/Cards  
 11:00-11:45 SHINE  
 1:00-12:00 Better Balance  
 1:00-4:00 SHINE  
 1:30-3:30 Acrylic Painting  
 \*Free Grocery Shopping Trip-COA Bus

**31**  
 The COA closes at 1:00 p.m.  
 The COA bus will run until 1:00 p.m.



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



**Thank You to our Sponsors for their support**

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

**Better Bones:** 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! We will work in a chair, stand, and use a mat on the floor. This is an advanced-beginner to intermediate level class led by Leslie Worris, MPH, RYT. Please bring two sets of free weights, a towel and water.

**Dates:** 8-week session Mondays, November 2– December 21

**Time:** 9:30 a.m.– 10:30 a.m. Min. 15 Max. 27 **Cost:** \$56.00

Make-up class, if needed, will be Friday, January 15, 3:00-4:00 p.m.

**Dates:** 5-week session Thursday, November 5– December 17 (no class 11/12, and 11/26)

**Time:** 9:30 a.m.—10:30 a.m. Min. 12 Max. 20 **Cost:** \$35.00

Make-up class for the 9:30 a.m. class, if needed, will be Friday, January 15, 1:00-2:00 p.m.

**Dates:** 5-week session Thursday, November 5– December 17 (no class 11/12 and 11/26)

**Time:** 10:45-11:45 a.m. Min. 12 Max. 20 **Cost:** \$35.00

Make-up class for the 10:45 a.m. class, if needed, will be Friday, January 15, 2:00-3:00 p.m.



**Better Balance:** 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. This class is led by Leslie Worris, MPH, RYT. Please bring two sets of weights and water. Beginners are welcome.

**Dates:** 8-week session Mondays, November 2– December 21

**Times:** 11:00 a.m.-12:00 p.m. Min. 6 Max. 18 **Cost:** \$56.00

Make-up class, if needed, will be Friday, January 22, 1:00-2:00 p.m.

**Dates:** 7-week session Wednesdays, November 4– December 23 (no class 11/11)

**Time:** 11:00 a.m.—12:00 p.m. Min. 6 Max. 20 **Cost:** \$49.00

Make-up class, if needed, will be Friday, January 22, 2:00-3:00 p.m.



**TAI CHI FOR HEALTH:** 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. Instructed by Leslie Worris, MPH, RYT, 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:** 7-week session Wednesdays, November 4– December 23 ( No class 11/11)

**Time:** 9:45 a.m. -10:45 a.m. Min. 10 Max. 22 **Cost:** \$49.00

Make-up class, if needed, will be Friday, January 22, 3:00-4:00 p.m.

### ***New at the COA: Ambassador Program***

The Wellesley Council on Aging (COA) is pleased to announce the launch of our new Ambassador Program! Are you new to the COA? Don't know where to begin? Or perhaps you have previously joined an activity, but wish to make a stronger personal connection? The Ambassador Program is for you. The COA currently has two active participants (Joanne Kilsdonk and Mary Bowers) who are volunteering their time to be "Ambassadors" for COA programs and events. With your consent, Mary or Joanne will call you to talk more about the "ins-and-outs" of participating at the COA, answer questions you may have about the registration process and personally invite you to join an upcoming program or event that is of mutual interest. If you would like to be contacted by one of our Ambassadors, please call Linda Clifford, Health and Social Services Administrator at 781-235-3961 or email [lclifford@wellsleyma.gov](mailto:lclifford@wellsleyma.gov).

#### **Meet the Ambassadors!**



Joanne

Mary

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

#### **Reminder: Day Trip Policy**

Payment for all day trips must be made at the time of reservation. Payment confirms your reservation. Registration opens on Tuesday, October 27 ( Wellesley residents) and Wednesday, October 28 (non Wellesley residents). If you would like to send in a check in advance of the registration dates, you may do so, but do not assume that you are registered for a trip because you mailed in payment. You **MUST** call during open registration to confirm your spot. Refund policies for day trips will be clearly stated on all publicity materials for each individual trip. Therefore, refunds will be issued only when in compliance with the stated

#### **Let's go shopping at the Wrentham Outlets! Wednesday, November 18, 2:30 p.m.—7:30 p.m.**

Are you looking to start or finish your holiday shopping? If so, consider joining us on a shopping adventure! In addition to being a top shopping destination, the Wrentham Outlets is also a culinary delight, offering several dining options for hungry shopping enthusiasts. If you are interested in taking a break from the stores and joining our group dinner, please indicate your interest at the time of registration. The COA bus will provide round trip transportation. Maximum: 10

#### **Research Institute of Paper History and Technology**

**Thursday, November 19, 11:45 a.m.**

Enjoy a complimentary lunch (assorted sandwiches, chips and soda) at the COA before heading to the International Paper Museum in Brookline. The Research Institute of Paper History and Technology is a nonprofit organization, established in 1994. It occupies a handsome, 100-year old building, originally used as a carriage house. Now the building houses a complete hand papermaking facility and a museum of international papermaking that holds the tremendous collection of books, handmade paper and artifacts used in the making of paper, all of which have been collected by Elaine and Donna Koretsky over the past thirty years. Donna Koretsky will lead a guided tour of the facility and share the history of paper making! There is a suggested donation of \$10.00. **Please note: This building is not handicapped accessible, and attendees will need to climb stairs to access the second level of the museum.** The COA bus will provide round trip transportation. Max. 11

Suggested Donation: \$10.00



#### **Stockbridge Holiday Tour Friday, December 11, 7:30 a.m. (departure) - 7:30 p.m. (return)**

Join *Bloom Tours* and *Wellesley COA* as we head to Stockbridge, MA. We start this crisp

December day with a visit to the Norman Rockwell Museum. View the Rockwell exhibit as well as the featured "Harvey Dunn and His Students" exhibit. Following the museum, we are off to a delicious lunch at *The Red Lion Inn* located in the heart of the beautiful Berkshires. This historic Inn is filled with New England charm, and has hosted quite a few presidents over the years. After our lunch you will have some free time in downtown Stockbridge for a little last-minute holiday shopping. We will depart late afternoon for *Bright Nights* in Forest Park, Springfield MA. You don't want to miss this lighting spectacular! Reserve this one early! *Lunch choice is: Chicken Pot Pie or Yankee Pot Roast. Each selection comes with soup and dessert. Cost: \$80.00* \* Special thanks goes to the Friends of the Wellesley Council on Aging for generously subsidizing this trip! Full payment due upon reservation. No refunds if you cancel after November 30. Min. 30



#### **Dinner at the Wayside Inn Wednesday, December 2, 5:00 p.m.**

We will depart the Wellesley Community Center at 5:00 p.m. for a delicious dinner at the beautiful Wayside Inn restaurant in Sudbury. What better way to celebrate the holidays than with good food and company! Order off the menu and pay on your own. The bus is limited to 12 passengers.

**A suggested donation of \$3.00 per passenger for special trips using our COA bus is requested. Please consider adding an additional \$3.00 to your trip fee (The Wrentham Outlets Shopping Trip, Research Institute of Paper History and Technology and dinner at the Wayside Inn). Donations will be used to support the COA Transportation Program.**

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

**November 6: Aloha(2015)** Returning to Hawaii to coordinate the launch of a revolutionary weapons satellite, defense contractor Brian Gilcrest reconnects with an old flame. Before long, however, he's distracted by the alluring Air Force officer assigned to be his escort. Rated PG-13, 105 minutes. Starring: Bradley Cooper, Emma Stone, and Rachel McAdams.

**November 13: The Second Best Exotic Marigold Hotel (2015)** In a sequel to the Golden Globe-nominated film, hotel owner Sonny is overwhelmed with the task of finding a second property to accommodate the influx of new residents, while his upcoming wedding plans may be too much for the hotel's staff to handle. Rated PG, 123 minutes. Starring Penelope Wilton, David Strathairn, and Judi Dench.

**November 20: Spy (2015)** assuming CIA analyst Susan Cooper is far from being a James Bond type, but when she's thrust into the field to investigate the disappearance of her partner, she turns into an improbable superspy. Rated R, 115 minutes. Starring: Melissa McCarthy, Jason Statham, and Rose Byrne.

**November 26: COA is closed and the bus will not run—Happy Thanksgiving!**

**December 4: No movie today—COA Annual Happy Holidays Party**

**December 11: Cinderella (2015)** In this live-action retelling of Disney's animated classic, young Ella escapes from a life of drudgery by way of a fairy godmother whose magic brings Ella face-to-face with the prince of her dreams. Rated PG, 105 minutes. Starring: Lily James, Cate Blanchett, and Holliday Grainger.

**December 18: Elf (2003)** Buddy the Elf doesn't feel like he fits in with the other elves of the North Pole. But this Christmas, when he learns that he's adopted, he journeys to New York to find his real father ... and maybe spread a little Christmas cheer. Rated PG, 95 minutes. Starring: Will Ferrell, and James Caan.

**December 25: COA is closed and the bus will not run—Christmas Day!**

**Community Updates****Important Notice Regarding Your Arrival to Wellesley Community Center!**

On September 28, 2015, the Board of Selectman, for safety reasons, voted to disallow a left hand turn into the Wellesley Community Center (WCC). The Wellesley Police Department has been assigned the task of implementing this order with communication, signage and enforcement in the near future (exact date not yet known). The recommended entrance to the WCC for drivers headed East is to continue past the Wellesley Hills Branch Library, take a right at Grantland Road and a right onto the ramp that brings you back to the light at Rt. 16. All are encouraged to begin now to experience this approach to the WCC for your safety, even though it is not yet legally required. COA staff recommend that you subscribe to COA news and alerts by visiting our website: [www.wellesleyma.gov/coa](http://www.wellesleyma.gov/coa) as this will serve one mechanism for the COA to provide updates on this important change.

**Invitation: Annual Wellesley Market Place**

The Wellesley Hills Junior Women's Club (WHJWC) will host the 39th Annual Wellesley Marketplace on Saturday, November 21<sup>st</sup> at the Wellesley Middle School, 50 Kingsbury Street. Shoppers will access over 200 local vendors selling gourmet foods, jewelry, clothing and artwork.

Tickets will be available online ([whjwc.org](http://whjwc.org)), at Roche Brothers and at Marketplace. Premium tickets for exclusive pre-event shopping (9-10AM) must be purchased in advance at Roche Brothers' courtesy booth or online.

**26th Annual Wellesley Spelling Bee Thursday, November 5, 7:00 p.m.**

The COA "Spellbinders" will be competing again this year in the Annual Wellesley Spelling Bee sponsored by the Wellesley Education Foundation. The event takes place at the Sprague School. Please come out and support our team! The Spellbinders were the champions of the Bee in 2012 and 2013.

**Volunteer "shout-outs"**

The COA would like to acknowledge all of our wonderful *Highlights* newsletter volunteers for their efficient and speedy assembly of this important bi-monthly publication! Thanks for all of your great work! Additionally, our Community Service Bears Group has reconvened on Wednesdays from 9:30am-11:00am and they are looking for more participants. If you love to sew, and would like to be part of this wonderful team providing sweet huggable teddy bears, please contact Jodi Crimmins, Volunteer Coordinator at [Jcrimmins@wellesleyma.gov](mailto:Jcrimmins@wellesleyma.gov) or 781-235-3961.

**Wellesley Town Band Winter Concert Sunday, December 20, 3:00 p.m.**

The Wellesley Town Band will present its 3rd annual winter concert on Sunday, December 20th, at 3:00 at the Community Center. Take a couple of hours to relax from busy holiday activities and enjoy your own town band's pop concert of extraordinary sounds. Included in this family-friendly performance will be renditions of well known show pieces, marches, and lots of toe-tapping classical band tunes. Last year's concert was standing-room-only, so be sure to arrive early. The concert is free, and refreshments will be served.



### ***Tolles-Parsons Center Update***

The Tolles-Parsons Center project is moving forward following the issuance of a Project of Significant Impact Special Permit by the Wellesley Planning Board in August. During the next several months the Permanent Building Committee will be guiding the project through the next stages of the permitting process, including requesting the recommendations of the Design Review Board and Site Plan Review by the Zoning Board of Appeals (ZBA) which will conduct its first Public Hearing on November 19<sup>th</sup>. Approval by the ZBA will allow the project to proceed to the bidding stage and to be presented to the annual Town Meeting in March 2016. Approval by Town Meeting will move the project to a town-wide funding vote. Construction would begin late Spring 2016 with completion scheduled for late Summer 2017.

### ***SHINE Update***

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should have received a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016. *It is important to review, understand and save this information!* During **Medicare Open Enrollment, from October 15<sup>th</sup> to December 7<sup>th</sup>**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available at the COA. Please call 781-235-3961 to set up an appointment.

### ***Transportation News***

Anyone needing transportation information or wishing to schedule rides with the COA bus and/or COA Volunteer Drivers Program (VDP) should call **781-235-3046** or email: [Drive@wellesleyma.gov](mailto:Drive@wellesleyma.gov). Our Transportation Coordinators are ready to assist you with all of your transportation needs. The COA bus and the VDP provide rides for medical appointments, shopping, errands, and social engagements. Our Transportation staff can share information or refer you to other transportation options as needed.

Please welcome Al Voci, our new on-call COA bus driver. He joins our regular drivers Jamie Murphy and Rick Waldman, and fellow on-call driver Hector MacDonald.

*They are pictured from left to right: Jamie Murphy, Al Voci, Hector MacDonald, and Rick Waldman.*



**Special Note:** On the Highlights Calendar, you will now find an \* by our weekly Wednesday Free Grocery Trips and Special Trips (last Thursday of the month). Please note: this means those are the only locations served by the COA Bus on those dates. We hope this is a handy reference for your planning purposes.

### **COA TRANSPORTATION DETAILS:**

**COA Bus:** Door-to-door service with 12-passenger vehicle which takes you anywhere in town between 9 a.m. – 3 p.m. (last ride at 2:30 p.m.), Monday through Friday. Destinations outside of Wellesley include Newton Wellesley Hospital, Metrowest Medical Center, Beth Israel Deaconess Hospital, and the Woodland T Stop. There are also monthly shopping outings on the last Thursday of the month to shopping destinations such as Walmart, Christmas Tree Shop Plaza, Natick Mall, Target, and more. Please call to find out the destination and schedule. Tickets are \$1.00 each (\$2.00 round-trip). Tickets may be purchased at the COA office or mail a check, payable to the Town of Wellesley, along with a stamped, self-addressed envelope. There are **FREE** grocery trips on Wednesdays to Roche Bros. or Whole Foods (no tickets required). **Volunteer Drivers Program (VDP):** Volunteer drivers provide rides using their own vehicles. VDP offers rides 24 hours/day – 7 days/week based on volunteer availability. Rides are provided anywhere within the town of Wellesley and surrounding towns. The VDP does not provide rides to Boston. There is no cost for VDP and volunteers do not accept tips. The COA accepts donations in the form of cash or check to help support the transportation program. **Cancellations:** Passengers are responsible for notifying the COA Transportation Coordinator and/or the VDP driver as soon as possible when unable to keep a reservation!

**Updates**

**Fuel Assistance Funds are Available - You May Be Eligible**

The Low Income Home Energy Assistance Program (LIHEAP) provides financial assistance towards the cost of your heating bills. Benefit levels vary and funds are paid directly to your provider. For a single-person household, the gross income limit is \$33,126. For households with two people, the gross income limit is \$43,319. The Good Neighbor Energy Fund (GNEF) assists households who are slightly over income for LIHEAP. More information about GNEF, including the income guidelines and program opening date, will be available in early 2016. For additional information please contact Linda Clifford, Health and Social Services Administrator, at 781-235-3961 or [lclifford@wellesleyma.gov](mailto:lclifford@wellesleyma.gov).

**Looking for Seniors to Share Their Personal History**

The nonprofit organization Sages & Seekers, is recruiting Seniors (65 and up) to participate in a 7-week intergenerational program with local High School students at *The Rivers School* in Weston. Seniors, come share your life experience and invaluable knowledge. You have so much to offer the world; your maturity and experience allow for a larger perspective of life from which younger generations can learn. The goal of the program is to pair you with a teen with whom you will meet once a week to share your life experiences. Your commitment is 7 consecutive weeks at Rivers starting March 29, 2016. Contact: Iryna Priester (508) 596-3393 [Irynawp@gmail.com](mailto:Irynawp@gmail.com) for more information.



**Resource Spotlight**

**A SOAR 55 Caregiver Support Volunteer Can Help You Navigate the Challenging Road of Caregiving**

As a caregiver, you have taken on an enormous task and are likely feeling overwhelmed. Most people are not aware of just what this role entails, nor can they imagine what lies ahead. Fortunately, there are many wonderful professional programs that offer critical support and guidance. But, what if you could regularly talk one-on-one with a caring peer who understands what you are going through? Someone who would not only regularly lend a supportive "ear," but would also help you access local resources according to your specific needs, and share valuable coping mechanisms learned through both life experience and training?

SOAR 55 Caregiver Support Volunteers want to help you navigate the road ahead. Interested in knowing more? Please visit their website at [www.soar55.org](http://www.soar55.org) and contact Debra Mozill, Caregiver Support Volunteer Program Manager, at [dmozill@soar55.org](mailto:dmozill@soar55.org) and 617-969-5906 x190.

The Wellesley Council on Aging is excited to continue our partnership with MetroWest Legal Services (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 9:00-11:00 a.m. The next clinic is scheduled for Tuesday, December 15, and meetings (15-20 minutes in length) are by appointment only. Please call the 781-235-3961 to schedule an appointment.

**Suggestion Box (Your ideas matter!)**

**Do you have any ideas for trips, activities, or programs that you would like to see offered at the Wellesley Council on Aging?**

\_\_\_\_\_  
\_\_\_\_\_

**Do you know anyone interested in presenting/performing/teaching at the COA (including yourself)?**

\_\_\_\_\_  
\_\_\_\_\_

**Suggested by (Please print name):** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Phone number:** \_\_\_\_\_

**Please return completed form to Ashley Shaheen, Senior Activities Coordinator, or email at [ashaheen@wellesleyma.gov](mailto:ashaheen@wellesleyma.gov)**

*Anyone who provides a suggestion will be entered into a raffle to win a COA gift certificate!*



# MARY ANN MORSE

HEALTHCARE CENTER

Short-Term Rehabilitation,  
Memory & Long-Term Care

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



## HERITAGE

AT FRAMINGHAM

Independent Living, Assisted Living, & Memory Care

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

**GEORGE F. DOHERTY  
& SONS**

### FUNERAL SERVICE

477 Washington St. • Wellesley  
781-235-4100

# How can you know the best homecare agency?

## There's only one way:

### Client satisfaction survey results.

Only one agency in the Boston area won the  
Leader in Excellence Award in 2015



## Newton 617-795-2727

## WINGATE RESIDENCES

INDEPENDENT LIVING - ASSISTED LIVING - MEMORY CARE

Experience the best senior living in Needham



NOW AVAILABLE  
Furnished and Non-  
Furnished Studios and  
1 Bedroom Apartments  
Contact Jamielynn  
(781) 455-9080  
jsalisbury@wingatehealthcare.com

235 Gould Street, Needham, MA 02494 | (781) 455-9080 | wingateresidences.com



## HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429



### Keep your Mom Happy and Safe in her own home

Educated • Well-traveled • Experienced caregiver  
Providing Live-In household and property management  
Home cooked meals, companionship, transportation,  
Emotional and physical support - Weekly, monthly, long term

**Christine Samuelson**  
617-244-8789

Recent local references



## Spotlight Your Special Event Here

- Grand Opening
- Special Offer/Sale
- Seasonal Event
- Anniversary/Birthday
- 1- or 2-month ad space available



### Contact LPi for more information!

## 1-800-477-4574



## WHITNEY PLACE

ADULT DAY HEALTH CENTERS



## 508-655-9767

NATICK • NORTHBRIDGE

www.SalmonHealth.com

The Wellesley/Weston Pinnacle Report



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

*Ken Hoffman*

555 Washington St.  
Wellesley

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

www.PinnacleHouses.com

# THIS SPACE IS AVAILABLE



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

## DUCKETT - JS WATERMAN & SONS

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

318 Union Ave. • Framingham **508-875-8541**  
A SERVICE FAMILY AFFILIATE OF AFFS AND SERVICE CORPORATION INTERNATIONAL  
206 Winter St., Fall River, Massachusetts 02720 • Phone 508-676-2454



## Scandinavian Living Center

*A welcoming place for everyone*

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

206 WALTHAM STREET  
WEST NEWTON  
**617-527-6566**  
[www.slcenter.org](http://www.slcenter.org)

SCANDINAVIAN LIVING CENTER



• Growing company currently hiring  
• Ad Sales Executives  
• Sales experience preferred  
• Full-time  
• Uncapped commissions  
• Competitive benefits program offered  
• Overnight travel required  
E-mail [Jobs@4LPi.com](mailto:Jobs@4LPi.com) for more information

## STONER & Company

YOUR GUIDE THROUGH THE MEDICARE MAZE

**Peter D. Stoner, President**

**Office (781) 431-7550**

**Cell (781) 640-2381**

[pstoner@stonermedicare.com](mailto:pstoner@stonermedicare.com)

## Parmenter Community Health Care

[www.parmenter.org](http://www.parmenter.org)

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

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

*Jewish Hospice accreditation.*

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



### Dr. Michael Mitry, DPM, ACFAS - PODIATRIST Advanced Podiatry of Needham

Through our office, patients are covered for all foot problems including routine care, nail cuttings, and corn/callus removals.

781.444.4044 • [www.advancedpodiatryneedham.com](http://www.advancedpodiatryneedham.com)  
60 Dedham Avenue • Suite 105 • Needham, MA

## PROTECTING SENIORS NATIONWIDE

PUSH



TALK



24/7 HELP



**\$19.95\*/Mo. + 1 FREE MONTH**

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

**TOLL FREE: 1-877-801-5055**

*\*First Three Months*

**HOLIDAY SPECIAL**



LET US PLACE YOUR AD HERE.

## HENRY J. BURKE & SONS FUNERAL HOME

An Independent, Family-Owned Business  
Since 1933

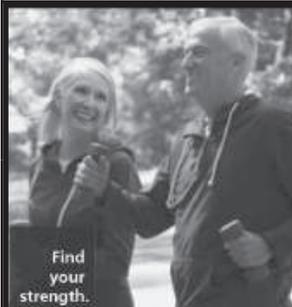
**781-235-1481**

56 Washington Street, Wellesley Hills, MA  
[www.burkefamilyfuneralhomes.com](http://www.burkefamilyfuneralhomes.com)



For Advertising Information, call LISA TEMPLETON at LPi today!

**(800) 888-4574 ext. 3450**  
**LTempleton@4LPi.com**



Find your strength.

SPAULDING-  
DUPONT CENTER  
WELLESLEY

65 Walnut Street  
Suite 260  
Wellesley, MA 02481

**Now accepting new patients.**

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

Please call 781.431.9144, or visit [www.spauldingrehab.org](http://www.spauldingrehab.org)

Find us:

## Program: Tackling Food Waste



### December 8, 6:45 pm – 9 pm Wakelin Room at Wellesley Free Library

According to the EPA, every year, Americans waste \$165 billion worth of food. Worldwide, 1/3 of all food is lost or wasted. In the US, we use 25% of our potable water and as much as 4% of our energy to grow food that is never eaten. This occurs while 1 in 6 Americans is food insecure. The wasted food in our landfills, at least 20% of the trash, is spewing methane gas that has a significantly more potent impact on climate than carbon dioxide. Meanwhile, the average family of 4 could save more than \$1,000 a year by being

less wasteful. There is much we can do right here in Wellesley to tackle this issue and reduce waste. To learn more about this issue and what can be done, the program includes: **“Just Eat It”** – An entertaining, award winning documentary about food waste inspired by WHS graduate **Jonathan Bloom’s** book “American Wasteland” that was recently aired on MSNBC. He is considered one of the top experts on this issue. Followed by a presentation: **Ashley Stanley** – Wellesley native who is the founder of Lovin Spoonfuls, a service that is picking up surplus edible perishable food at places such as Wellesley’s Roche Bros and Whole Foods and redistributing it to those in need. This program is sponsored by the 3R (Reduce, Reuse, Recycle) Working Group, a collaboration of the Department of Public Works, The Natural Resources Commission and the Sustainable Energy Committee and co-sponsored by Council on Aging, the Wellesley High School Green Team, Sustainable Wellesley, The Farmers Market and The League of Women Voters. If you need transportation, please call The COA Transportation Department at 781-235-3046

**Holiday Schedule:** The COA is closed and the bus will not run on Nov. 11, Nov. 26, Nov. 27, Dec. 24, and Dec. 25. The COA closes at 1:00 p.m. on Dec. 31.

**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.

PERMIT NO. 56697

Boston, MA 02481

**PAID**

Non Profit org.  
U.S. Postage

Wellesley, MA 02481  
219 Washington Street

**Wellesley Council on Aging**