



July/August
2016

Highlights

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219 Washington Street Wellesley, MA 02481
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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 BEGINS:

Tuesday, June 28
(Wellesley residents)
Wednesday, June 29
(non-Wellesley 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.

TOLLES PARSONS CENTER UPDATE

The Wellesley COA is thrilled with the passage of the town-wide vote on May 10, 2016 – to approve construction of the Tolles Parsons (Senior) Center at 494-496 Washington Street. The groundbreaking is scheduled for early July with completion expected in Fall 2017. Several COA staff members, volunteers, and participants enjoyed celebrating this happy news while extending thanks to the community as we proudly marched in the 48th annual Wellesley Veterans' parade held on May 22 (see photo below).



Holiday Schedule: The COA is closed and the bus will not run on Monday, July 4.

STAFF:

GAYLE THIEME

Director of Senior Services

LINDA CLIFFORD

Assistant Director of Senior Services

KATE BURNHAM

Health and Social Services Administrator

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JILL DUBE & JUDY SIGGINS

Transportation Coordinators

CYNTHIA SIBOLD

Volunteer Coordinator

BETH HARRINGTON

Activities Assistant

BETSY VISVIS

Office Assistant

JAMES MURPHY & RICK

WALDMAN

Bus Drivers

AL VOICI & HECTOR MACDONALD

On-call Bus Drivers

NEWSLETTER MAILING

COORDINATOR:

MARY BOWERS, Volunteer

Special Happenings: Pre-registration required

2nd Annual BBQ co-sponsored by the Wellesley COA and Wellesley Police Department Friday, July 15, 11:30 a.m.

Join us for our summer BBQ! For the second consecutive year the COA is teaming up with the Wellesley Police Department to co-sponsor this fun summer social. We will serve hamburgers and hot dogs with all the fixin's! Food will be cooked outdoors, but guests will be seated in the air-conditioned comfort of Henderson Hall. After lunch we will experience the dynamic power and passion of Sgt. Daniel M. Clark also known as The Singing Trooper! This world-renowned entertainer has made appearances with the Boston Pops at Symphony Hall, performed the National Anthem for the New England Patriots, the Boston Red Sox, the Boston Bruins, the Boston Celtics and ***NOW he is performing for the first time for the Wellesley Council on Aging.*** Afterwards guests will enjoy complimentary ice cream. We extend our appreciation to the Wellesley Patrolman's Union, in particular Tim Barros, President of the Union and Ron Poirier, Patrolman, for organizing and planning this event with the COA. *Please register by Friday, July 8.*



New Program Ideas? Come & Share!

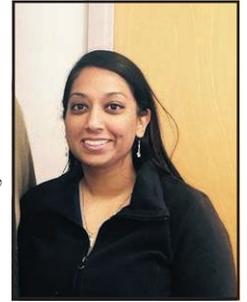
Tuesday, July 19, 10:00 a.m.

The COA would like to offer more educational, recreational and social opportunities in the year ahead and we invite you to join the programming team for a casual get-together where you will be encouraged to share ideas and interests. We look forward to a lively discussion which we hope will lead to the development and implementation of several new offerings. Light refreshments will be provided. If you are unable to attend this meeting but have ideas to share, please contact Ashley Shaheen, Senior Activities Coordinator at 781-235-3961 or email ashaheen@wellesleyma.gov

Meet Sarada Kalpee, Director of West Suburban Veterans Services

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

Join us in welcoming Sarada Kalpee, new Director of West Suburban Veterans Services, for a Meet and Greet Coffee Hour at the COA. Kalpee, 33, has been in the U.S. Army Reserves since 2002 and currently holds the rank of staff sergeant. In 2013, she was deployed to Afghanistan, where she served for 12 months as a senior mechanic as part of Operation Enduring Freedom. She started as a Veterans' Service Officer in Boston, and her MetroWest assignment became effective in early February. If you are not able to attend this meet and greet, Kalpee encourages all Veterans to stop by during her office hours at Wellesley Town Hall, 525 Washington Street (Mondays and Fridays from 9:00-4:00 p.m.)



Ice Cream Social

Tuesday, August 16, 1:00 p.m.



Get out of the heat and into our air conditioning for an afternoon featuring ice cream sundaes and entertainment. This year we welcome back our generous sponsor, Walgreens. They will provide cool treats—just the thing for a sizzling summer day! Entertainment for the afternoon will be provided by the COA's ukulele students, led by their talented instructor Daniel Metraux. This music will encourage you to sing along! All ages are welcome, so grab your friends and family members and bring them to this fun and festive social! *Please register by Friday, August 9.*

Gershwin Piano Concert

Thursday, August 18, 10:00 a.m.

George Gershwin's musical gifts flourished in New York's stimulating environment during a time when there was music in the air. Dianne Impallaria, COA Volunteer, will perform his works which will inspire and bring fond memories to all. You will listen to themes from Rhapsody in Blue, his classical preludes, and songs from Broadway and film.

Special Happenings: Pre-registration Required

All ages
welcome!

Become an artist for a day!

Wednesday, August 3, 3:00 p.m.

Grab your grandchildren, nieces, and nephews for an art activity on the grass in front of the Wellesley Community Center. This activity is inspired by Jackson Pollock's style of drip painting and will have your loved ones laughing while creating a masterpiece. Please wear comfortable clothing that you don't mind getting dirty. After this fun painting activity, join us for a sweet treat from an ice cream truck! Special thanks to Briarwood Rehabilitation Healthcare Center in Needham for sponsoring this afternoon social. Rain date: Wednesday, August 17, 3:00 p.m.

Seasonal Birthday Bash

Wednesday, August 24, 1:00 p.m.

It's time to celebrate the birthdays of those born in the months of May, June, July and August. Grab your friends and join in the fun at the COA's seasonal celebration. You will be in for a treat with SURPRISE entertainment! We encourage everyone to attend, even if these are not your birthday months.



Coloring Craze Continues

Friday, August 19, 10:30 a.m.

Take your mind away from the stressful things in life and participate in this new phenomenon—adult coloring! This activity is relaxing, simple and easy. Materials will be provided. All participants will be entered in a raffle to win a FREE coloring book!

NEW!

Art a la carte

July 5, July 26 and August 23, 1:00 –4:00 p.m.

Do you love to paint, draw, edit photographs, but do not have a place to practice on your own? Boy, do we have a solution for you! Join us for our open creating time—all community artists are welcome to come and create! Materials will NOT be provided and there will be NO instruction, but you will benefit from fellow artists. We look forward to welcoming artists of all mediums during open creating time. Max. 12



Croquet

Every other Monday afternoon, July 11– August 22, 2:00-3:30 p.m.

This competitive and fun activity will continue to meet every other Monday afternoon, 2:00-3:30 p.m. (see calendar for specific dates). This activity will meet out on the grass in front of the Wellesley Community Center.



Let's Play Pickleball OUTSIDE!

Monday, July 18, 9:00-11:00 a.m. and

Monday, August 8, 9:00-11:00 a.m.

Based on your feedback, we have scheduled 2 outdoor pickleball games this summer at the Kelly Memorial Field (behind Bates School). We suggest that you park on Pine Plain Road and walk to the court. These games are weather permitting, but we also secured rain dates, so mark those dates in your calendar too: Monday, August 1, 9:00-11:00 a.m. and Monday, August 22, 9:00-11:00 a.m. Aside from these outside games, we will have Pickleball at the Recreation Department on Wednesdays from 10:00-1:00 p.m.—see page 5 for details.



Breakfast Club

Wednesday, July 20, 8:00 a.m.

Captain Marden's, 279 Linden Street, Wellesley

Monday, August 22, 8:00 a.m.

The Maugus, 300 Washington Street, Wellesley

Choose your own breakfast and pay for it at that time. Max. 15

Delicious Dining - Lunch Outing

Monday, July 11, 12 noon

Margaritas, 725 Cochituate Road, Framingham

Wednesday, August 3, 12 noon

Blue on Highland, 882 Highland Avenue, Needham

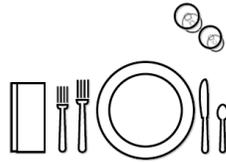
Choose your own lunch and pay for it at that time. Max. 12

Special Happenings: Pre-registration Required

NEW! Picasso and Placemats

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

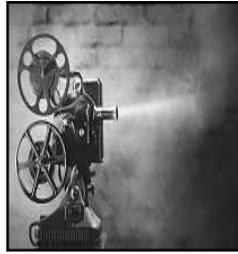
A placemat is a necessary thing for a table setting, especially for the COA's catered lunch program on Tuesdays and Fridays. We are looking for helpers to *JAZZ UP* the placemats we use for our guests. This is the perfect intergenerational activity, so grab your family and friends to join in the fun! Materials and refreshments will be provided.



Trivial Pursuit

Wednesday, August 10, 2:00 p.m.

Test your knowledge and play this game in which the winner is determined by a player's ability to answer general knowledge and popular culture questions.



Monday Morning Movies

Back by popular demand, we are re-showing the following films: *The 33*, and *Mr. Holmes*. Get out of the heat and come on down to the COA to enjoy these films.

Monday, July 18, 10:00 a.m.: *The 33* (2015) Unspooling one of the most compelling true-life tales of survival in the modern age, this gripping drama chronicles the massive 69-day effort to rescue 33 Chilean miners who were trapped more than 2,000 feet underground. Rated PG-13 (Language), 127 minutes.

Monday, August 8, 10:00 a.m.: *Mr. Holmes* (2015) Long retired to a country farmhouse, 93-year-old Sherlock Holmes tends his apiary and reflects on his remarkable career. Rated PG, 103 minutes. Starring: Ian McKellen, Laura Linney, and Milo Parker.

Presentations: Pre-registration required

Elder Law

Friday, July 8, 10:30-11:30 a.m.

The COA welcomes back Timothy R. Loff, Esq., who will share important updates on many different topics including recent developments in Medicaid, Medicare, long-term care insurance, reverse mortgages, and estate and trust administration laws. Mr. Loff encourages questions from the audience. He has been working in elder law for over 20 years. He resides in Wellesley and his law office is in Newton.

Senior Home Care Options

Friday, July 29, 10:30-11:30 a.m.

Michael Wilsker, co-owner of Always Best Care Senior Services, will speak about the difference between hiring a private caregiver and hiring an agency-employed caregiver. He will answer the following questions: What risks, if any, come with hiring a private caregiver? What happens when a private caregiver cannot come in? What kind of insurance does a private caregiver carry? Why does it cost more to hire an agency caregiver? What government programs are available to help the senior who cannot afford private or agency care? What role does long-term care insurance play? Our Health and Social Services Administrator Kate Burnham will be attending and available to answer questions and share resources.

Ageless Grace

Friday, August 26, 10:30-11:30 a.m.

Ageless Grace is a brain fitness program that consists of simple exercise tools designed for all ages and abilities. In January 2016 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, balance, confidence and playfulness.

Save The Date

FLASHBACK TO THE '50s

Friday, October 21, 7:00-9:30 p.m.



Location: Wellesley Recreation Department, 90 Washington Street.

Co-sponsored by the Recreation Department, Council on Aging and The Wellesley High School Key Club

More information on this dance will appear in the September/October 2016 newsletter.

Exercise Classes: Pre-registration required

Better Balance

Instructor: Leslie Worris, MPH, RYT

The class will help improve posture, strength, flexibility, core, gait, mobility, stability, breath, and endurance, and help maintain your independence. Please bring two sets of weights and water. Beginners are welcome. Min. 8 Max 20

Dates: 6-wk session Mondays, July 11—August 22 (No class 7/4, 8/8)

Time: 11:00 a.m.-12:00 noon

Cost: \$42.00

Make-up class: Wednesday, August 24, 9:00-10:00 a.m.

Dates: 5-wk session, July 13— Aug 17 (no class 7/6 and 7/27)

Time: 11:00 a.m.—12:00 p.m.

Cost: \$35.00

Make-up class: Wednesday, August 24, 12:00-1:00 p.m.

Tai Chi for Health

Instructor: 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. Min. 10 Max. 22

Dates: 5-wk session, Wednesday, July 13—August 17 (No class 7/6, 7/27)

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

Cost: \$35.00

Make-up class: Wednesday, August 24, 11:00-12:00 noon

Line Dancing

Instructor: Nancy Diduca

Join Nancy as she guides you through many popular dances. Come on down and enjoy some great music, good exercise and even better company. Min. 6 Max. 20

Dates: 4-wk session Thursdays, July 7— July 28

Time: 1:00-2:00 p.m. **Cost:** \$20.00

Make-up class: Thursday, August 4, 1:00 p.m.-2:00 p.m.



YOGA

Instructor: Judy Scribner-Moore

Judy combines 30 years of teaching experience, interpersonal and mindfulness skills, and knowledge of anatomy and physiology, to guide new and experienced students in yoga poses and relaxation exercises that support healthy aging. Students are encouraged to bring their own yoga mats and a firm blanket to each class.

Min. 15 Max. 18

Dates: 6-wk Tuesdays, July 5-August 16 (no class 8/2)

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

Cost: \$85.00 **Make-up class:** Friday, September 9, 9:30 a.m.

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 and core strength, balance and endurance. We will work in a chair, stand, and use a mat on the floor. Please bring two sets of free weights, a towel and water. Min. 12 Max. 28

Dates: 6-wk session Mondays, July 11—August 22 (No class 7/4, 8/8) **Time:** 9:45-10:45 a.m. **Cost:** \$42.00

Make-up class for the 9:45 a.m. class: Wednesday, August 24, 10:00-11:00 a.m.

Dates: 5-wk session Thursday, July 14— August 18 (No class 7/7, 7/28) **Time:** 9:30 a.m.—10:30 a.m. **Cost:** \$35.00

Make-up class for the 9:30 a.m. class: Wednesday, August 24, 1:00-2:00 p.m.

New Day and Time!

Pickleball (No pre-registration required)

No Instructor

Pickleball is a combination of tennis, racquetball and ping-pong and it is the fastest growing paddle sport in the U.S. This activity meets at the Recreation Department, 90 Washington Street.

Dates: Wednesdays, July 6—August 17

Time: 10:00-1:00 p.m.

Cost: \$1.00/activity

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.

IMPORTANT!

As a courtesy to all of our participants, when using perfumes or body lotions, we ask you to be mindful of those with allergies and sensitivities to fragrances. We appreciate your cooperation.

Classes : Pre-registration required

Acrylic Painting

Instructor: Maris Platais

Maris 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 course. Min 8. Max 16.

Dates: 6-wk session, Weds., July 13– August 17

Time: 1:30-3:30 p.m.

Cost: \$81.00.

Make-up class: Monday, August 22,

1:30-3:30 p.m.

This class will be held at the Wellesley Council on Aging, 219 Washington Street.

NEW! Great Masters: Mozart— His Life and Music

Instructor: Professor Robert Greenberg

He composed his first symphony at the age of 8. His middle name means “loved of God.” And Austrian Emperor Joseph II accused his music of having “too many notes.” This course is a biographical and musical study of Wolfgang Amadeus Mozart (1756-1791), who composed more than 600 works of beauty and brilliance in just over 20 years. We will show two lectures (45 minutes. each) on Tuesdays, with a coffee break in between. This 4-week course is part of The Great Courses—DVDs that bring engaging professors from the best universities to you.

Dates: 4-wk session, Tuesdays, August 9– 30

Time: 10:00-11:45 a.m.

Class 1: Introduction and Leopold and the Grand Tour

Class 2: Mozart the Composer— The Early Music and Paris

Class 3: The Flight from Salzburg and Arrival in Vienna and Life in Vienna

Class 4: Operas in Vienna and The Last Years



NEW! Drawing and Painting Class

Instructor: Barbara Mulford

Join artist Barbara Mulford for a 4-week workshop for beginner and intermediate artists. This is a great workshop for someone who has never drawn or painted and for those looking to return to art, but who don't want the hassle of gathering the materials together. Work in your favorite medium (pencil, charcoal, pastel, watercolor or acrylic) or experiment with new media.

Week 1: Draw from a still life.

Week 2: Work with color using acrylic paint on canvas.

Weeks 3 & 4: Work on subject of choice using media of choice. Light instruction, some demonstration, and guidance are provided. All materials are provided.

Min. 6 Max. 12

Dates: 4-wk session, Thursdays, July 21– August 11

Time: 1:00-3:00 p.m.

Cost: \$40.00

Make-up class: Thursday, August 18, 1:00-3:00 p.m.



NEW! Drum Workshop

Instructor: Steve Benedetto

This interactive drumming workshop is where students learn unique drumming exercises to improve health and well being, engage in discussions about drum history, and participate in group play-alongs. Each participant receives a unique instrument to create rhythms with during the workshop! Min. 10 Max. 18

Date: Thursday, July 14

Time: 10:00 a.m. –11:00 a.m.

Cost: \$10.00



Wire Jewelry Making

Instructor: COA Volunteer Carmen Cheung

We are please to welcome back COA volunteer, Carmen Cheung, a 17-year-old high school student, who will lead a jewelry-making workshop. She has been creating wire and beaded jewelry for over two years and she looks forward to sharing her passion with you. Create a variety of jewelry using craft wire and make rings, pendants, and earrings! Learn about the different tools needed to create wire jewelry and several tricks and tips. Wire jewelry uses craft wire, beads, stones, and creativity to create unique pieces. Min. 6 Max. 12

Date: Thursdays, July 7

Time: 2:00-4:00 p.m.

Cost: \$5.00 paid upon registration



Classes

Ukulele Class

Thursday, August 11, 2:00-3:00 p.m.

Have you heard the news? Daniel Mettraux's ukulele class will be performing at the COA's annual Ice Cream Social on Tuesday, August 16 at 1:00 p.m. We hope all ukulele students will attend on Thursday, August 11, 2:00 p.m. to prepare for the performance. Cost: \$5.00.



Join us!



Are you looking to try something new? Why not participate in the COA's Book Discussion Group facilitated by Joellen Toussaint, COA Volunteer and Circulation Assistant from the library?! Enjoy the summer readings: *The Shepard's Life: A Tale of the Lake District* by James Rebanks, *Alexander Hamilton* by Ron Chernow, *The Finest Hours: The True Story of the Coast Guard's Most Daring Sea Rescue* by Casey Sherman and Michael J. Tougais, *The Storied Life of A.J. Fikry* by Gabrielle Zevin, and *The Turner House* by Angela Flournoy, and we look forward to welcoming you this fall on October 6. The book group is co-sponsored by the Wellesley Free Library and the COA.

NEW TIME!

FREE FRIDAY MOVIES: NOW START AT 12:30 p.m., unless otherwise noted.

July 1: Miss You Already (2015) Best friends forever, Milly and Jess are confident they'll weather all of life's struggles together, no matter how different their worlds become. But their relationship is tested when Milly is diagnosed with cancer just as Jess finally gets pregnant. Starring: Toni Collette, Drew Barrymore, Dominic Cooper and more. Rated PG-13, 112 minutes.

July 8: In the Heart of the Sea (2015) Revisiting the incredible true tale of the whaling ship Essex, which was rammed and sunk by a sperm whale in 1820, this historical drama chronicles the crew's horrific 90-day struggle to survive amid storms, hunger and despair. Starring: Chis Hemsworth, Benjamin Walker and Cillian Murphy. Rated PG-13, 122 minutes.

July 15: No movie today—COA Annual BBQ

July 22: The Lady in the Van (2015) In this touching human drama adapted from writer Alan Bennett's bestselling memoir, he befriends the elderly Miss Shepherd, who's living in a van that's been parked in his driveway for 15 years. Starring Maggie Smith, Alex Jennings, and Jim Broadbent. Rated PG-13, 104 minutes.

July 29: Youth (2015) On vacation in the Alps, two friends on the verge of turning 80 look to each other for support as both rush to face potentially momentous career landmarks, realizing that time is no longer on their side. Starring Michael Caine, Harvey Keitel and Rachel Weisz. Rated R (Sexuality and Language), 118 minutes.

August 5: Brooklyn (2015) After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations -- and two men. Rated PG-13, 111 minutes.

August 12: All Roads Lead to Rome (2016) New Yorker Maggie takes her teenage daughter to the Tuscan village where she spent time in her own youth. Their floundering mother-daughter relationship worsens, however, when the mother of an ex-lover absconds with their car. Starring: Sarah Jessica Parker, Raoul Bova and Rosie Day. Rated PG-13, 90 minutes.

August 19: The Revenant (2015) Set in the 1820s American frontier, this snowy thriller follows fur trapper Hugh Glass as he relentlessly seeks retribution against the companions who left him for dead in the Missouri River's icy waters after he was mauled by a bear. Starring: Leonardo DiCaprio, Tim Hardy and Domhnall Gleeson. Rated R (Violence, Sexual Assault and Language), 156 minutes.

August 26 The Big Short (2015) Before the housing and credit bubble of 2007 triggers an international economic meltdown, a handful of financial outsiders sees the crash coming and bets against the big banks in a daring play that could reap them huge profits. Starring: Christian Bale, Steve Carell, and Ryan Gosling. Rated R (Language and Sexuality), 130 minutes.

July 2016

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.

<p>The COA is closed and the bus will not run. Independence Day!</p>	<p>9:30 Yoga 10:30-11:30 A History of Impressionism 11:45 Lunch: Chicken, broccoli, ziti and chocolate pudding 1-2:30 Cribbage 1:30-2:30 Keep Well— 315 Weston Rd 1:00-4:00 Art a la carte</p>	<p>9:15 Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Serabble/Cards 10:00-1:00 Pickleball (Warren) 10:00-11:00 Keep Well (COA) 1:00-2:30 French *Free Grocery Shopping Trip—COA Bus</p>	<p>10:00-1:30 COA Day at Morses Pond 1:00-2:00 Line Dancing 1:00-4:00 Mah Jong 2:00-3:30 Knitting 2:00-4:00 Jewelry Making</p>	<p>11:45 Lunch: Turkey delight sandwich, garden salad and homemade vanilla ice cream 12:30 Movie: Miss You Already (112 minutes)</p>
<p>9am Walking (Whole Foods) 9:45-10:45 Better Bones 11:00-12:00 Better Balance 12:00 Delicious Dining— Margaritas 12:30-3:00 Bridge 2:00-3:30 Croquet</p>	<p>9:30 Yoga 10:30-11:30 A History of Impressionism 11:45 Lunch: Smoked brisket, corn bread, cole slaw and chocolate ice cream 1:00-2:30 Cribbage 1:30-2:30 Keep Well— Morton Circle</p>	<p>9:30 Depart for Kennebunkport 9:15 Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Serabble/Cards 10:00-1:00 Tai Chi 10:00-1:00 Pickleball (Warren) 11:00-12:00 Better Balance 1:30-3:30 Acrylic Painting 2:00 French * Free Grocery Shopping Trip—COA Bus</p>	<p>9:30-10:30 Better Bones 10:00-11:00 Interactive Drumming Workshop 1-4 Mahjong 1:00-2:00 Line Dancing</p>	<p>11:30 Annual BBQ</p>
<p>9am Walking (Whole Foods) 9:45-10:45 Better Bones 10:00 Pickleball (Kelly Field) 11:00-12:00 Movie: The 33 11:00-12:00 Better Balance 12:30-3:00 Bridge COA Bus Trip to Market Basket</p>	<p>9:30 Yoga 10:00 New Program Ideas? Come and Share! 10:30-11:30 A History of Impressionism 11:45 Lunch : Steak tips over garden salad and a chocolate chip cookie 1:00-2:30 Cribbage 1:30-2:30 Keep Well— 41 River Street</p>	<p>8:00 Breakfast Club at Marden's 9:15 Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Serabble/Cards 10:00-1:00 Tai Chi 10:00-1:00 Pickleball (Warren) 11:00-12:00 Better Balance 1:00-4:00 SHINE 1:00-2:30 French 1:30-3:30 Acrylic Painting *Free Grocery Shopping Trip—COA Bus</p>	<p>9:30-10:30 Better Bones 1-4 Mahjong 1:00-2:00 Line Dancing 1:00-3:00 Drawing and Painting Class 1:30-3:00 Bingo 2:00-3:30 Knitting</p>	<p>11:45 Lunch: Chicken kabob over rice pilaf and homemade mint ice cream 12:30 Movie: The Lady in the Van (104 minutes)</p>
<p>9am Walking (Whole Foods) 9:45-10:45 Better Bones 11:00-12:00 Better Balance 12:30-3:00 Bridge 2:00-3:30 Croquet</p>	<p>9:30 Yoga 10:30-11:30 A History of Impressionism 11:45 Lunch: Lemon chicken piccata over linguini, steamed vegetables and a chocolate chip cookie 1:00-2:30 Cribbage 1:30-2:30 Keep Well— 60 Grove St. 1:00-4:00 Art a la carte</p>	<p>9:15 Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Serabble/Cards 10:00-1:00 Pickleball (Warren) 1:00-4:00 SHINE 1:00-2:30 French 1:30-3:30 Acrylic Painting *Free Grocery Shopping Trip—COA Bus</p>	<p>10:45 Depart for the Golf on the Village Green 1-4 Mahjong 1:00-2:00 Line Dancing 1:00-3:00 Drawing and Painting Class * Morning trip to Christmas Tree Shop OR Target OR Walmart</p>	<p>10:30-11:30 Senior Home Care Options 11:45 Lunch: Blackened salmon over rice pilaf, steamed vegetables, and homemade vanilla ice cream 12:30 Movie: Youth (118 minutes)</p>



KEEP YOUR BUSINESS ON TARGET! ADVERTISE HERE



This is a doggone great SPOT to advertise your business!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:45 9am 9:45-10:45 11:00-12:00 12:30-3:00	1 Martha's Vineyard Walking (Whole Foods) Better Bones Better Balance Bridge	11:45	2 Lunch: Chicken parmesan over ziti, garden salad and homemade chocolate ice cream Cribbage Keep Well - 315 Weston Rd.	9:15 9:30-10:30 9:30-11:30 10:00-11:00 10:00-1:00 9:45-10:45 11:00-12:00 12:00 1:30-3:30 1:00-2:30 3:00	3 Walking Group COA Coffee Scrabble/Cards Keep Well (COA) Pickleball (Warren) Tai Chi Better Balance Blue on Highland Acrylic Painting French Become an artist for a day *Free Grocery Shopping Trip- COA Bus	9:30-10:30 1:00-4:00 1:00-3:00 2:00-3:30	4 Better Bones MahJong Drawing and Painting Class Knitting	10:30 11:45 12:30	5 Meet and Greet with Sarada Kalpee Lunch: Pulled pork sandwich, potato chips and chocolate pudding Movie: Brooklyn (111 minutes)
9am 9:00-11:00 10:00 12:30-3:00 2:00-3:30	8 Walking (Whole Foods) Pickleball (Kelly Field) Movie Mr. Holmes Bridge Croquet	9:30 10:00 11:45 1:30-2:30 1:30-2:30	9 Yoga Great Masters Lunch: Turkey delight sandwich, garden salad and homemade vanilla ice cream Cribbage Keep Well - Morton Circle	9:15 9:30-10:30 9:30-11:30 10:00-1:00 11:00-12:00 1:00-4:00 1:30-3:30 1:00-2:30 2:00 6:30	10 Walking Group COA Coffee Scrabble/Cards Tai Chi Pickleball (Warren) Better Balance SHINE Acrylic Painting French Trivial Pursuit Depart for Broadmoor Wildlife Sanctuary *Free Grocery Shopping Trip- COA Bus	9:30-10:30 1:00-4:00 1:00-3:00	11 Better Bones MahJong Ukulele class Drawing and Painting Class	10:00 11:45 12:30	12 Picasso and Placements Lunch: American chop suey, garden salad and an oatmeal raisin cookie Movie: All Roads Lead to Rome (90 minutes)
9am 9:45-10:45 11:00-12:00 12:30-3:00	15 Walking (Whole Foods) Better Bones Better Balance Bridge COA Bus Trips to Market Basket	9:30 10:00 11:45 2:30-3:30 1:00 1:30-2:30	16 Yoga Great Masters Lunch: Chicken broccoli and ziti and homemade mint chip ice cream Cribbage Ice Cream Social Keep Well- 41 River Street	9:15 9:30-10:30 9:30-11:30 10:00-1:00 9:45-10:45 11:00-12:00 12:00 1:00-2:30 1:30-3:30	17 Walking Group COA Coffee Scrabble/Cards Tai Chi Pickleball (Warren) Better Balance Nature Travel Talk on Greece French Acrylic Painting *Free Grocery Shopping Trip- COA Bus	9:30-10:30 10:00 1:00-4:00 2:00-3:30 1:30-3:00	18 Better Bones Gershwin Concert MahJong Knitting Bingo	10:30 11:45 12:30	19 Adult Coloring Lunch: Smoked brisket, cole slaw, garlic bread, and a Reese's peanut butter cookie Movie: The Revenant (156 minutes)
8:00 9am 9:45-10:45 11:00-12:00 10:00-12:30 2:00-3:30 12:30-3:00	22 Breakfast Club—Mangus Walking (Whole Foods) Better Bones Better Balance Painting Flowers (Warren) Croquet Bridge	10:00 11:45 1:00-2:30 1:30-2:30 1:00-4:00	23 Great Masters Lunch: Roast kabob over rice pilaf, garden salad and a chocolate chip muffin Cribbage Keep Well- 60 Grove Street. Art a la carte	9:15 9:30-10:30 9:30-11:30 1:4-00 1:00-2:30 1:00	24 Walking Group COA Coffee Scrabble/Cards SHINE French Seasonal birthday bash *Free Grocery Shopping Trip-COA Bus	10:45 1:00-4:00	25 Depart for Chocolate Therapy MahJong * Morning trip to the Natick Mall—COA Bus	10:30 11:45 12:30	26 Ageless Grace Lunch: Blackened salmon over rice pilaf, steamed vegetables, and homemade vanilla ice cream Movie: the Big Short (130 minutes)
9am 12:30-3:00	29 Walking (Whole Foods) Bridge	10:00 11:45 1:00-2:30	30 Great Masters Lunch: Roast turkey Panini on focaccia bread, potato chips and a chocolate chip cookie Cribbage	9:15 9:30-10:30 9:30-11:30 1:00-2:30	31 Walking Group COA Coffee Scrabble/Cards French *Free Grocery Shopping Trip-COA Bus				

August 2016

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.



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Day Trips: Pre-registration required

Reminder: Participants can register for day trips in one of two ways: 1) in person, during open registration (payment is required at time of registration) or 2) by phone (if registering by phone, you must mail a check or pay in person at the COA prior to the registration dates AND you must call to confirm your spot during open registration. Do not assume you are registered for a trip because you paid in advance).

Morses Pond, Wellesley**Thursday, July 7, 10:00 a.m.-1:30 p.m.**

Grab your sunscreen, hat, and swimsuit and join us at Morses Pond for a day of fun in the sun! Bring a picnic lunch and enjoy a beautiful day with the COA. If it happens to “rain on our parade,” the rain date will be Tuesday, July 12 from 10:00 a.m.-1:30 p.m. Special thanks to the Wellesley Recreation Department for allowing us to enjoy the day free of charge! If you need a ride, please indicate at the time of registration. **Max. 20**

Waltham Museum, Waltham**Wednesday, July 13, 2:00– 4:30 p.m.**

In the museum located in the former Waltham Watch factory, you’ll admire watches, clocks, and machines. You’ll learn the story of the Waltham Watch Company and how it inspired and shaped the future of America’s manufacturing success. Round-trip transportation using the COA bus will be provided. Space is limited to 11 people (first come, first served).

Golf on the Village Green, Natick**Thursday, July 28, 10:45 a.m.-1:00 p.m.**

Come enjoy a summertime favorite on the Village Green in Natick! Play a few rounds of miniature golf with other “pros,” followed by pizza and soda for lunch provided by the COA. Round-trip transportation using the COA bus will be provided. Space is limited to 11 people (first come, first served). **Cost: \$8.00** pay to the COA

FREE Market Basket (Waltham) Shopping Trips**Mondays, July 18 and August 15**

For more information, please consult the Transportation Update on page 12.



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 (Waltham Museum, Golf on the Village Green, Broadmoor Wildlife Sanctuary, and Chocolate Therapy). Donations will be used to support the COA Transportation Program.

Broadmoor Wildlife Sanctuary—Evening Nature Walk**Wednesday, August 10, 6:30-9:00 p.m.**

Broadmoor is an ever-changing environment teeming with wildlife: dragonflies, turtles, otters and more! Easy-to-rugged, well-groomed trails lead you through the shade of mature woodlands into open fields and along the edges of vibrant streams, ponds, and marshland. During this evening walk you will be listening for night sounds and looking for bats and fireflies. *Please be mindful that this is a walking trail on gravel and dirt!* Before the walk, the group will cool off with an ice cream treat! Round trip transportation using the COA bus will be provided. Space is limited to 11 people (first come, first served). **Cost: \$11.00** pay to the COA.

Chocolate Therapy, Framingham**Thursday, August 25, 10:45 a.m.—1:00 p.m.**

Chocolate Therapy is dedicated to providing unique handmade artisan chocolates as well as locally produced chocolates. During your time at Chocolate Therapy you will see how chocolate is made, tour the facility, decorate a chocolate mold and dip in their chocolate fountain with items such as Oreos, marshmallows, and strawberries. This Chocolate Therapy visit will also include a pizza lunch at the store. Round trip transportation using the COA bus will be provided. Space is limited to 11 people (first come, first served). **Cost: \$25.00** pay to the COA

Kennebunkport, Maine**Wednesday, July 13, 9:30-7:00 p.m.**

Join us as we travel to Kennebunkport, Maine for one of Bloom Tours’ most popular day trips. Our first stop will be lunch at Mike’s Clam Shack in Wells for a Lobster Bake. Following lunch, we will take a 1 ½ hour guided bus tour of the southern Maine coastal villages of Kennebunk and Kennebunkport. See Dock Square in Kennebunkport and follow Ocean Avenue along the Kennebunk River. Drive by the Bush Family estate at Walker’s Point. You’ll hear about the seaside Franciscan Monastery and the legend of the elegant Wedding Cake House and the shipbuilding history of these villages. We will have free time to shop and stroll in Kennebunkport’s quaint shopping village before departing for home. **Meal choice:** Lobster, NY Strip Steak, Baked Haddock or Baked Stuffed Chicken. **Trip includes:** round-trip transportation, guided tour and lunch. Full payment due upon reservation. No refund if you cancel after July 1. Last day to register is July 1. **Cost: \$80.00.** Min. 30.

Day Trips Continued: Pre-registration required

Martha's Vineyard

Monday, August 1, 7:45-6:30 p.m.

Explore Martha's Vineyard with Bloom Tours this summer. We will board the Island Queen in Falmouth for a relaxing ride. The ferry will arrive in Oak Bluffs, Martha's Vineyard. We will take a narrated tour through Oak Bluffs, Vineyard Haven and West Tisbury. This includes a 2 hour stop in Edgartown for lunch (on own) and shopping. This is the best way to see Martha's Vineyard! **Trip includes:** roundtrip transportation, ferry and tour of Martha's Vineyard. Full payment due upon reservation. No refund if you cancel after July 18. Last day to register is July 18. Cost: \$79.00



Scallop Festival in Falmouth

Friday, September 23, 8:00-5:00 p.m.

Join Wellesley COA and Bloom Tours as we travel to the 47th Annual Scallop Festival, named one of "The Top 100 Events" by the American Bus Association. This celebration features spectacular food and non stop entertainment! Lunch is included, you have your choice of the Scallop Dinner (fried scallops, French fries, cole slaw, roll, butter and tarter sauce) or the herb roasted chicken dinner (herb roasted chicken, French fries, cole slaw, roll, butter and cranberry sauce). You are free to enjoy all the musical entertainment, craft booths and mid-way of rides and games. Before the festival we will enjoy a 90 minute cruise of the Cape Cod Canal. Please note: The restrooms are located on the dock and on the cruise, but in order to access the restrooms on the cruise you need to use the staircase. **Trip includes:** roundtrip transportation, cruise, festival admission and lunch. Full payment due upon reservation. No refund if you cancel after September 9. Last day to register is September 9. Cost: \$72.00. Min. 30.

Plan ahead, sign up now for Foxwoods!

Friday, October 14, 8:00-5:00 p.m.

No one offers more gaming choices than Foxwoods Resort Casino, the internationally recognized gaming destination. With its six casinos, Foxwoods offers more than 7,400 slot machines, 388 table games, and the world's largest bingo hall. Keno lovers can play the ever-popular Keno throughout the property, as well as in a comfortable Keno lounge. Foxwoods offers many dining options. Enjoy the complimentary delicious buffet luncheon or choose to use your voucher towards a credit at many of the other great food establishments. Trip includes: \$10.00 food coupon or full festival buffet & \$10.00 slot dollars, and transportation. Please remember to bring a valid photo ID. **Full payment due upon reservation.** No refunds if you cancel after September 30 Last Day to register is September 30.



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Drop-In Activities



The walking group enjoyed refreshments at The Linden Store after a walk through the North 40 and the Community Gardens.

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

Bridge: Mondays, 12:30 p.m. –3:00 p.m.

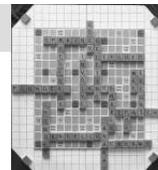
Scrabble: Wednesdays, 9:30 a.m. –11:30 a.m.

Cribbage Club: Tuesdays, 1:00 p.m. -2:30 p.m. (except Tuesday 16—start time is 2:30 p.m.) August Fran Weinberg, our volunteer instructor, provides instruction for those new to the game.

Bingo: Thursdays, July 21 & August 18, 1:30 p.m.-3:00p.m.

Knitting: Every other Thursday 2:00-3:30 p.m. (see calendar for details)

French: Wednesdays, 1:00 p.m.-2:30 p.m.
Participez avec David et Wendy Myersmith et leurs étudiants dévoués pour améliorer votre prononciation française et pour augmenter votre vocabulaire de manière remarquable.



Walking Groups: Weather permitting, the **Monday** group meets at Whole Foods at 9:00 a.m. with its volunteer leader, Anne Turtle. Our **Wednesday** group meets at the Community Center at 9:15 a.m. led by volunteer Jim Reilly. Each group enjoys coffee at the completion of their walk.

Transportation

Council on Aging (COA) Transportation Services SPECIAL Group Grocery Shopping Trips to Market Basket! FREE!

The COA is pleased to announce two new FREE group shopping trips to Market Basket in Waltham using the COA bus. On **Monday, July 18**, and **Monday, August 15**, the bus will operate as usual during the morning and then spend the afternoon transporting passengers to and from Market Basket. The bus will make one trip to and from the store on these dates. Passengers will be picked up and dropped off at their homes (exact times TBD, but pick-ups will occur after 12:30 p.m., and the bus will return to Wellesley around 4:00 p.m.). There is a limit of one trip per person - passengers may choose to go in either July or August, not both. Each shopper will be given a new, re-usable INSULATED zippered tote bag that will help keep cold items cold. A limit of 7 bags per passenger applies. Call **781-235-3961** on the registration dates listed on the front page of this newsletter to sign up. First come, first served! **NOTE:** The COA bus will continue its free group trips to Roche Bros. on the Wednesday of the weeks the special Market Basket trips are scheduled (Wednesday, July 20 and Wednesday, August 17).

The COA bus runs from 9:00 a.m.-3:00 p.m., Monday-Friday. Kindly call our Transportation Coordinators, Jill Dube and Judy Siggins, at 781-235-3046 to request a ride and/or discuss your transportation needs.



Outreach

C.O. Abby (C.O.A.) is a huge hit! Thank you Kate Burnham, Health and Social Services Administrator, for giving the outreach corner a new twist. We all remember “Dear Abby” and our very own C.O. Abby (C.O.A.) is a fun, new way to learn about resources.



Dear C.O. Abby,

I am 78 years old and have recently been considering downsizing to a senior living community. I've been putting it off because I don't know where to begin; my house is full of memories and full of stuff! I don't want to burden my children by asking for help and I would love to learn how people make this happen! Any tips?

Sincerely,

Mary on the Move

Dear Mary,

It sounds like you're facing a big life change - looking into the rooms in your home, reminiscing about good times and cherished memories... and the next minute, wondering what furniture to sell or give away. There are professionals who can help you through this process and take care of everything- down to the very last detail. Call Kate Burnham, Health & Social Services Coordinator at (781) 235-3961 and she can get you connected to a professional “Move Manager” in the area.

Dear C.O. Abby,

Now that it's the height of summer, the humidity and heat waves are here and we're all wishing for a cool breeze. Do you know where I can find one besides opening my freezer door?

Sincerely,

Stan Sweltering

Dear Stan,

Here is some interesting news: as you age, you're at higher risk for heat stress because the aging body does not adjust as well to sudden changes in temperatures as it once did. Some seniors take prescription medicines that impair your ability to regulate its temperature or that inhibit perspiration. As always, be sure to drink plenty of water, limit strenuous activity and feel free to cool off here at the Council on Aging; we're open from 9:00am-4:00pm, Monday--Friday.

News & Updates

Friends of the Wellesley Council on Aging THANK YOU TO OUR MARATHON RUNNERS

On Patriots' Day, April 18th, warm weather encompassed the Boston Marathon starting line in Hopkinton, as 30,000 runners took off on their quest to Boston. Elizabeth Bradley and Graham Masiwa represented the Friends of the Wellesley Council on Aging, running the entire distance to raise funds for Wellesley seniors. Elizabeth, our Program and Office Assistant at the COA, and Graham, Physical Education Teacher and Coach at Dana Hall, were in excellent form as they ran through Wellesley, smiling and accepting high-fives as they geared up for the last 12 miles. Even a late shift to a cool head-wind from the east did not prevent them from completing the Marathon, and meeting their fund-raising goal. Their spirit, their thoughtfulness in giving, and their fantastic endurance is appreciated and admired by all. On behalf of all Wellesley seniors and the COA, thank you Elizabeth and Graham for a super run!



REMINDER: Register your information with the Wellesley COA!

The COA is continuing to request that that folks take a few minutes to update their information with our office. You can complete the COA registration form on our website: www.wellesley.ma.gov/coa or call the office to provide the information by phone 781-235-3961. If you prefer, you may fill out a hard copy of our COA registration form which is available at the COA.

Volunteering at the COA

Are your children or grandchildren looking for a rewarding experience to enrich their lives and lives of Wellesley seniors? Would they like to learn more about the wonderful community where you spend some of your time? Do they have a talent to share? The COA has many summer volunteer opportunities ideal for students - playing croquet or scrabble, serving lunch, grocery help and helping with special events like the Ice Cream Social and annual BBQ. If you think they might be interested in learning more about volunteering at the COA, please have them contact Volunteer Coordinator, Cynthia Sibold at csibold@wellesley.ma.gov.

Special Thanks to the 2015-2016 Wellesley High School Key Club

The COA Staff and community wishes to recognize and thank the volunteers of the Wellesley High School Key Club and their Advisor, Maura Renzella (Director of Youth Services) for their amazing contributions to the COA over the course of the past school year. The goal of the WHS Key Club is to improve the community through dedication to community service. In 2015-2016, Key Club volunteers contributed hundreds of hours helping the COA at events such as "Rock the Night Away" and other events throughout the year. On behalf of the staff and other volunteers at the COA, we wish the graduating high school seniors the best of luck in their future endeavors and look forward to another year of successful partnership. Thank you - we could not have done it without you!

Rock The Night Away was a rockin' good time!

On Saturday, May 7, the Wellesley Council on Aging and the Friends of the Wellesley Council on Aging hosted our 5th annual evening social,



Rock The Night Away! Over 100 guests attended this event and it was a fun-filled evening with live music, dancing, and socializing with friends at Wellesley College's Diana Chapman Walsh Alumnae Hall Ballroom. This event was a rockin' good time! To see photos of the event, head to www.wellesley.ma.gov/coa and click on COA Lookback- News and Photos.. A special thank you goes to Paige Tobie, COA Volunteer, for capturing these great shots!

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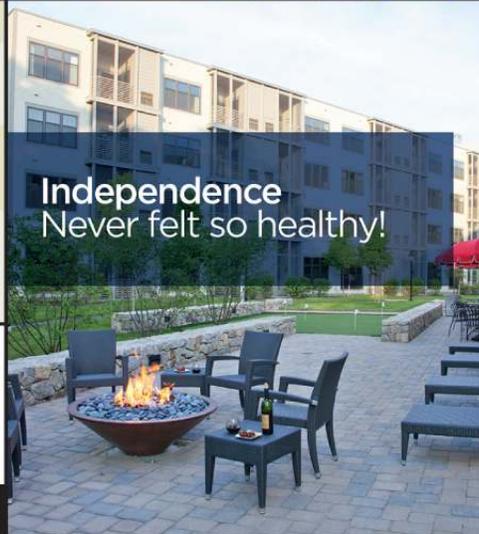
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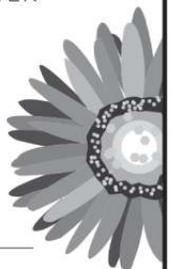
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Sensational Speaker**Nature Travel Talk on Greece****Wednesday, August 17****12 noon (hors d'oeuvres at 11:30 a.m.)**

Macedonia and Thrace are bordered on the north by the high mountains of Bulgaria, by Turkey in the east and the Aegean Sea to the south. We'll visit this hotspot for migrating raptors, home to Alexander the Great, with fields studded in wild anemones, iris, and olive trees. The presenter is Wellesley resident Elissa Landre, Sanctuary Director of Mass Audubon's Broadmoor Wildlife Sanctuary. She has led tours in Belize, Hawaii, Trinidad, and Tobago, Costa Rica, Hawaii, Ecuador, and Mexico. She has consulted on interpretation, guide training, and marketing ecotourism at national parks in Bolivia and Poland, holds a master's degree in biology, runs a bird-banding station at Broadmoor, and is the past president of the Association of Field Ornithologists. Before the lecture, you are invited to enjoy hors d'oeuvres and desserts by Chef Uwe, Falls at Cordingly Dam. To register for this program, please call the COA at 781-235-3961.



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.

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