



March/April
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:
Wednesday, February 24
(Wellesley residents)
Thursday, February 25
(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.

STAFF:

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Director of Senior Services
LINDA CLIFFORD
Assistant Director of Senior Services
KATE BURNHAM
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ELIZABETH BRADLEY
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BETH HARRINGTON
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Chair
DIANE CAMPBELL
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Treasurer
**NEWSLETTER MAILING
COORDINATOR:**
MARY BOWERS, Volunteer



Tolles Parsons Senior Center Update

Architectural drawings for a two-story building on Washington Street across from Morton Park and the Police Station have been completed. The building will include a lobby/greeter area for check-in, a lounge space with fireplace and outdoor patio for socializing, a kitchen and dining space, and activity rooms with space for fitness equipment and billiard tables. All parking will be on site which includes a separate drop-off lane. Construction bids will be presented at the Annual Town Meeting in March. Assuming approval, there will be a town-wide debt exclusion vote in May. Construction can begin in July. We encourage you to subscribe for email updates on the TPC project. See page 13 for details.

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.

The COA is closed and the bus will not run: Monday, April 18

Socials and Events: Pre-registration required

Saint Patrick's Day Lunch Friday, March 11, 11:45 a.m.

Luck of the Irish! Wear your green (early) and come hungry for our annual Saint Patrick's Day celebration! Express Gourmet of Wellesley will cater a luncheon to include corned beef and cabbage. During lunch, you will be entertained by members of The Winiker Band with a traditional Irish performance. Special thanks to Briarwood Rehabilitation & Healthcare Center, Needham for co-sponsoring the entertainment. The cost is \$4.00 per person (pay upon arrival). Special thanks to the Friends of the Wellesley Council on Aging for generously subsidizing this event. Sign up by 9:30 a.m. on Thursday, March 10. Max. 50.

TONY FUNCHES Entertains our Seasonal Birthday Bash!

Friday, April 1, 10:30 a.m. – 11:30 a.m.
It's time to celebrate the birthdays of those born in the months of Jan., Feb., March and April. Grab your friends and join in the fun at the COA's seasonal celebration. We encourage everyone to attend, even if these are not your birthday months. We will be entertained by the one and only Tony Funches, former lead singer of The Platters. Tony has performed multiple times at the COA and he is always a crowd pleaser. Thank you to the Friends of the Wellesley Council on Aging for providing refreshments. Consider registering for lunch afterwards (11:45 a.m.). Cost for lunch: \$4.00 (pay upon arrival). Sign up by 9:30 a.m. on Thursday, March 31.

Piano Concert: Influence of Spanish Music on Claude Debussy Friday, April 8, 3:00 p.m.

COA volunteer Dianne Impallaria, Summa Cum Laude graduate of Northeastern University and private music teacher in Wellesley for 30 years, will be performing the works of Enrique Granados, Isaac Albeniz, and Claude Debussy. The program offers an overview of Spanish music and its influence on the French composer, Claude Debussy.

Thinking Beyond The Money April 7, 7:00 p.m. – 8:30 p.m. Wellesley Main Library—Wakelin Room

“Retirement” is one of those fuzzy words that means different things to different people. Some look forward to it and others don't want to think about it at all. Those who do plan ahead for retirement focus almost entirely on the financial issues. Join us for this informative, interactive seminar that offers a framework designed to connect non-financial decisions with the financial planning process. While money is a very important part of retirement planning, it is far from everything. Just as early financial planning is important, thinking ahead to retirement in a creative and comprehensive way can help by identifying key considerations that support health, happiness, purpose, community and more – all key to a full and satisfying life in the “encore” years. “Thinking Beyond the Money” presents a new definition of retirement, promotes effective planning and offers a practical model for considering the possibilities, midlife and beyond, by prioritizing six targets: home, security, fitness, connection, purpose and balance. Enjoy an entertaining and fun evening with a community of peers. We encourage attendance with spouses and significant others to enrich the experience. Invite your friends and neighbors. Each participant leaves with a set of worksheets to inspire and motivate completion of a personal plan. Presented by the Wellesley Council on Aging, Friends of the Wellesley Council on Aging and the Wellesley Free Library, and offered by Discovering What's Next, a program of ESC of New England under a grant from The Fund for Wellesley with additional support from Middlesex Savings Bank.



4th Annual Senior Art Show Calling all artists and art lovers!



The Wellesley Council on Aging and Waterstone at Wellesley are happy to announce that they will be partnering again with the Wellesley Free Library to present the 4th annual art show highlighting the work of senior artists! During the month of June, art pieces will be displayed at the Wellesley Main Library in both the Wakelin Room and the main lobby. There will be an opening reception (Thursday, June 2, 7-8:30 p.m.), a community celebration (Sunday, June 5, 2:00-4:00 p.m.), and plenty of opportunities where all are invited to view the art. If you are interested in displaying your work at the show, please contact Ashley Shaheen, Senior Activities Coordinator at the Wellesley Council on Aging [781-235-3961](tel:781-235-3961) or email: AShaheen@wellesleyma.gov by Friday, April 15.

Presentations: Pre-registration required

Senior Circuit Breaker

Friday, March 4, 11:00 a.m.

Senator Richard Ross will host this informational seminar on the Senior Circuit Breaker Tax Credit. He will be joined by Brian Lynch of the Massachusetts Department of Revenue. The Senior Circuit Breaker is a tax credit for senior citizens whose property payments account for more than 10% of their annual income. Eligible seniors will receive a dollar credit on their Massachusetts tax return for every dollar that their total property tax, water, and sewer bills exceed 10% of their income. A maximum of \$1,070 credit is available. Additionally, if the taxpayer has not claimed the tax credit in the past, (s)he may claim it for the previous three years. To be eligible, taxpayers, aged 65 years or older, must own or rent their principal residence in Massachusetts, and have an annual income of: \$57,000 or less for a single filer who is not head of household; \$71,000 or less for a head of household; and \$85,000 or less for joint filers. If a taxpayer's property is assessed at \$693,000 or higher (?), (s)he is not eligible for the tax credit. In 2013 the Circuit Breaker Tax Credit provided \$83 million in credits to nearly 69,000 taxpayers.

Improving Wellness and Quality of Life through Oral Health

Friday, March 11, 10:30 a.m.

Did you know that maintaining oral health and hygiene are key factors in helping you not only to look and feel younger, but also stay healthier? This is an integral but often overlooked aspect of a mature adult's general health. Supporting good oral health plays a powerful role in the prevention of many chronic diseases, helps to successfully manage existing conditions, protects the brain, improves cognitive function, and preserves a beautiful smile! Join the discussion led by Dr. Touradj Ameli and his team to learn more about the connection between oral health and overall health, and how you can implement simple strategies to protect your health and wellness for many years to come. This program is sponsored by Aesthetic, Reconstructive & Implant Dentistry (ARID) Newton-Wellesley and Wellesley Masonic Lodge.



Massachusetts Senior Games

Friday, March 18, 10:30 a.m.

Larry Libow, Managing Director of The Massachusetts Senior Games, will join us for a presentation on the Games. He will describe winter and summer events, the history of the National and Massachusetts Senior Games, and provide information about participating athletes. Questions welcomed.



Lights, Camera, Action!

**COA visit to Wellesley Public Media,
310 Washington Street
Friday, April 8, 10:00-11:30 a.m.**

Tour the Wellesley Media studio and learn how to produce a TV studio show. This includes operating a camera, directing a studio TV show, using a green screen, and producing a finished product. The program will allow for each person to try out all of the different roles in a TV studio. Min. 4 Max. 12

Limited on street parking is available on Washington Street—carpooling is encouraged.

Anticipatory Grief

Friday, April 15, 9:30 a.m.

Mary Crowe, LICSW, ACHP-SW, Education Specialist for Care Dimensions (formerly Hospice of the North Shore & Greater Boston) will lead this workshop and will be discussing the meaning of anticipatory grief and its impact on families and loved ones. You will learn how to find the resources you need to give you support throughout this process. This program is sponsored by Partners HealthCare at Home Spaulding Rehabilitation Network.

Exploring Opera with Helen Sagan, "The Opera Lady"

Wednesday, April 20, 10:00 a.m.

Richard Strauss's *Elektra* is one of the most riveting of the early 20th century operas. Drawn from Greek mythology, the opera centers around Elektra's revenge for the murder of her father, King Agamemnon. With its stark and taut musical score, *Elektra* continues to electrify audiences and is a landmark work in the history of opera. Not to be missed! *This program will be held at the COA, 219 Washington Street.*

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

2015-2016 Evening and Weekend Lecture Series



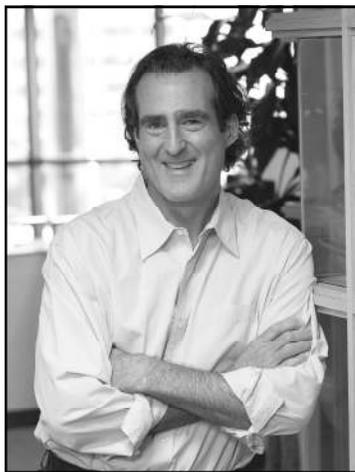
Our Future with Bees

Sunday, March 6, 2:00 p.m.

Wakelin Room—Wellesley Main Library

The world's bees can create economic and ecological sustainability, if only we let them. We know the vital importance of bees, yet we also know that they are dying off and that this decline is one of the single greatest threats to our natural environment today. As an antidote to this threat, Noah Wilson-Rich, Ph.D.

discusses what the future human condition looks like in a world that incorporates bees into our architecture, healthcare, and everyday lives. Wilson-Rich is founder and chief scientific officer of The Best Bees Company, a Boston-based research organization and beekeeping service. His book, *The Bee: A Natural History*, has been called "an everyman's guide to all things bee." An avowed expert in his field, he is a highly regarded biologist, professor, beekeeper, author, two-time TEDx speaker, and *New York Times* contributor.



A Worm's Tale: Secrets of Evolution and Immortality

Thursday, April 14, 7:00 p.m.

Wakelin Room—Wellesley Main Library

Everything alive today shares a common ancestry of nearly 4 billion years duration. Humans, even scientists, cannot conceive or understand the implications of this timescale! Consequently, we **always, always** underestimate living things. Recent investigations reveal the remarkable sophistication of the "information technology" inside all organisms. This talk presented by Dr. Craig C. Mello will review the place of mankind in the universe, the amazing history of our evolutionary origins, and the remarkable biological mechanisms that propagate, from one generation to the next, the information that makes each of us unique.

Mello is an Investigator of the Howard Hughes Medical Institute, holds the Blais University Chair in Molecular Medicine and is Co-director of the RNA

Therapeutics Institute at the University of Massachusetts Medical School. He has received numerous prestigious awards and prizes, and, with Andrew Fire, the 2006 Nobel Prize in Physiology or Medicine.

Save the date: Thursday, May 12, 7:00 p.m.

Wakelin Room—Wellesley Main Library

Seven Steps to Managing Your Memory: What's Normal, What's Not and What to Do About It
Dr. Andrew Budson

The above lectures are co-sponsored by the Wellesley Council on Aging and the Wellesley Free Libraries.

To view a complete series listing, please visit the COA's website www.wellesley.ma.gov/coa

If you need transportation, please call the COA Transportation Office at 781-235-3046.

Food Lovers Delight: Pre-registration required.

Breakfast Club

Join our group for breakfast on:

Thursday, March 3, 8:00 a.m.

Three Squares, 669 Highland Ave, Needham

Thursday, April 14, 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

Join our group for lunch on:

Monday, March 14, 12 noon

Jin's Asian Cuisine, 11 Washington Street, Wellesley

Monday, April 4, 12 noon

The Villa, 124 E Plain Street, Wayland

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

Max. 12

NEW!

Supper Club: Tired of cooking for one? Tired of eating alone? If you are interested in taking turns cooking and hosting a meal for 6 or so singles, contact Elaine Elliot who will arrange an organizational meeting. elliotek@verizon.net or 781-237-9629.

Carpool to the COA and earn a "CHIP"!



CHIP stands for “Carpool Habit Incentive Program”. Fitness class participants who carpool with their fellow classmates during the March/April session will earn credit (“CHIPS”) that can be applied as a discount on their May/June 2016 fitness class registration fee(s).

Q. Why should COA participants care about carpooling?

A. It’s your opportunity to “chip in” to reduce traffic, decrease the environmental impact of vehicles on the road and increase parking availability.

Q. Who is eligible to earn “CHIPS”?

A. Every COA participant in all March/April fee-based fitness programs. The driver and the passenger cannot live in the same household.

Q. How do I earn “CHIPS”?

A. Eligible participant drivers will earn a \$2.00 CHIP and eligible participant passengers will earn a \$1.00 CHIP each day they carpool to the COA together to attend their fitness class during the March/April session. Credit earned is non-transferable and must be redeemed towards May/June 2016 fitness class registration fees.

Q. Will I receive an actual chip or token when I carpool?

A. No. Each driver and passenger must sign-in on the CHIP clipboard that will be provided at the start of each fitness class. COA staff will keep track of each participant’s credit earned for the entire session. Please be sure to sign the clipboard to ensure you are credited for carpooling!

Q. Why are only fitness class participants eligible?

A. The CHIP program is a trial program for March/April. Depending on the success of the trial and available funding, the COA will consider expanding the program to include additional events and activities in the future.

Fitness Classes: Pre-registration required

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.

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, March 7– April 11
Time: 11:00 a.m.-12:00 noon
Cost: \$42.00
Make-up class: Friday, May 13, 11:00 a.m.-12:00noon
Dates: 8-wk session Wednesdays, March 2– April 20
Time: 11:00 a.m.—12:00 p.m.
Cost: \$56.00
Make-up class: Friday, May 13, 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: 8-wk session March 2– April 20
Time: 9:45 a.m. -10:45 a.m.
Cost: \$56.00
Make-up class: Friday, May 5, 3:00 p.m.-4:00p.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. 10/Max. 18
Dates: 8-wk session Tuesdays, March 1– April 26 (no class 3/29)
Intermediate Level 2 (prior experience in Level 1 is a prerequisite) **Time:** 9:30-11:00 a.m.
Intermediate Level 1 **Time:** 11:15-12:45 p.m.
Cost: \$95.00 **Make-up class:** Friday, April 29, 9:30 a.m.

Line Dancing

Instructor: Nancy Diduca
Join Nancy Diduca, as she guides you through many popular dancers. She will also lead some dancers during our May 7 evening social, Long Live Rock n’Roll! So come on down and enjoy some great music, good exercise and even better company. Min. 6 Max. 20
Dates: 6-wk session Thursdays, March 10– April 14
Time: 1:00-2:00 p.m. **Cost:** \$30.00
Make-up class: Thursday, April 21, 1:00 p.m.-2:00 p.m.

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

Better Bones—4 class times to choose from!

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. 15 Max. 24

Dates: 6-wk session Mondays, March 7– April 11 **Time:** 8:30 a.m.– 9:30 a.m. **Cost:** \$42.00

Make-up class for the 8:30 a.m. class: Friday, May 13, 9:00 a.m.—10:00 a.m.

Dates: 6-wk session Mondays, March 7– April 11 **Time:** 9:45-10:45 a.m. **Cost:** \$42.00

Make-up class for the 9:45 a.m. class: Friday, May 13, 10:00-11:00 a.m.

Dates: 7-wk session Thursday, March 3– April 21 (no class 3/10) **Time:** 9:30 a.m.—10:30 a.m **Cost:** \$49.00

Make-up class for the 9:30 a.m. class: Friday, May 13, 1:00 p.m.—2:00 p.m.

Dates: 7-wk session Thursday, March 3– April 21 (no class 3/10) **Time:** 10:45-11:45 a.m **Cost:** \$49.00

Make-up class for the 10:45 a.m. class: Friday, May 13, 3:00 p.m.-4:00 p.m.



Classes : Pre-registration required

Western Gunslingers

Instructor: Dan Seligman

The course consists of a series of Powerpoint seminars on the lives of five “bad guys” who lived in the American West in the late 19th century. It can be viewed as a sequel to a previous series entitled *American Gunslingers* (The Good Guys), but it stands on its own and there is no prerequisite. As with the earlier course, the intent is to present the unvarnished truth as far as it can be ascertained from historical records, free of the broad exaggeration with which the American West has been treated in the past by westerns and other media, as well as a more recent tendency to uninformed debunking. Each seminar will address one of the following: Jesse James, Billy the Kid, John Wesley Hardin, Black Bart, and Butch Cassidy. Min. 6. Max. 20.

Dates: 5-wk session, Thursdays, March 3-31

Time: 10:30 a.m. -12noon

Meditation Part II

Instructor: Sister Marie-Elena Dio

This is a basic workshop for those who wish to review, revitalize, or reinforce their meditation practice in a group setting. Sessions will include some instruction and discussion, but emphasis will be on practice. Prerequisite: some previous introductory workshop on meditation practice. Min. 6 Max. 20

Dates: 4-wk session, Thursdays, April 7-28

Time: 10:30 a.m.—11:30 a.m.

Acrylic Painting

Instructor: Maris Platais

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 8-wk session. Min 8. Max 16.

Dates: 8-wk session, Wednesdays, March 16-May 4

Time: 1:30-3:30 p.m **Cost:** \$108.00.

Make-up class: Monday, May 9, 1:30-3:30 p.m.

This class will be held at the Recreation Department, 90 Washington Street.



Art for Fun

Instructor: Cecilia Sharma

Join this fun class by exploring and experimenting with watercolor. Cecilia Sharma teaches techniques with great clarity and has over 20 years of professional education and dedication to her art. She engages her students with demonstration and helps them learn the art of composition, value, and color to produce vibrant art in a fun and friendly atmosphere. Website: Ceciliasharma.com. Min. 8 Max. 14

Dates: 8 wk session, Mondays, April 11—June 6 (no class on 4/18)

Time: 10:00 a.m.-12:30 p.m.

Cost: \$150.00.

Make-up date: Monday, June 13, 10:00-12:30 p.m.

This class is held at the Recreation Department, 90 Washington Street.

MONDAY

March 2016
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.

TUESDAY

9:30 Yoga
11:15 Yoga
10:30-11:30 Experiencing Hubble
Lunch: chicken tomato pesto and mozzarella Panini, and chocolate pudding
1-2:30 Cribbage
1:30-2:30 Keep Well— 315 Weston Road

9:15 Walking Group COA
9:30-10:30 Coffee
9:30-11:00 Community Service Bears
9:30-11:30 Scrabble/Cards
9:45-10:45 Tai Chi
10:00-12:00 Keep Well (COA)
1:00-12:00 Better Balance
1:00-2:30 SHINE
1:00-2:30 Technical Club
1:30-2:30 Acrylic Painting (Warren)
1:30-3:30 Acrylic Painting Trip— COA Bus

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9:30-10:30 Coffee
9:30-11:00 Community Service Bears
9:30-11:30 Scrabble/Cards
9:45-10:45 Tai Chi
10:00-12:00 Better Balance
1:00-4:00 SHINE
1:00-2:30 French
1:30-3:30 Acrylic Painting (Warren)
*Free Grocery Shopping Trip— COA Bus

8:30-9:30 Better Bones
9am Walking (Whole Foods)
9:30 Wii Bowling
9:45-10:45 Better Bones
11:00-12:00 Better Balance
10:00-12:30 Art for Fun (Warren)
12:30-3:00 Bridge
1:00-3:00 Pickleball (Warren)
7:00-8:30 Town Band (Middle School)

WEDNESDAY

9:30 Yoga
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THURSDAY

8:00 BF Club—Three Squares
9:30-10:30 Better Bones
10:45-11:45 Western Gunslingers
1:00-4:00 Mahjong
2:00-3:30 Knitting

9:15 Book Discussion Group
10:30-12:00 Western Gunslingers
1-4 Mahjong
1:00-2:00 Line Dancing
2:00-3:00 Ukulele class

10:30 Improving Wellness and Quality of Life through Oral Health
11:45 Saint Patrick's Day Lunch & Live Entertainment by the Winkler Band
Longwood Symphony Orchestra trip tomorrow, Sunday, March 12.

FRIDAY

11:00 Senior Circuit Breaker
11:45 Lunch: American chop suey with small garden salad and homemade vanilla ice cream
12:45 Movie: He Named Me Malala
2:30-4:00 Brain Exercise Group
Our Future with Bees lecture is on Sunday, March 6, 2:00 p.m. at the Wellesley Main Library

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7:00-8:30 Town Band (Middle School)

THURSDAY

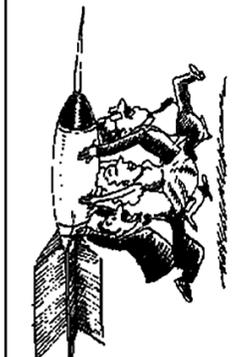
8:00 BF Club—Three Squares
9:30-10:30 Better Bones
10:45-11:45 Western Gunslingers
1:00-4:00 Mahjong
2:00-3:30 Knitting

9:15 Book Discussion Group
10:30-12:00 Western Gunslingers
1-4 Mahjong
1:00-2:00 Line Dancing
2:00-3:00 Ukulele class

10:30 Improving Wellness and Quality of Life through Oral Health
11:45 Saint Patrick's Day Lunch & Live Entertainment by the Winkler Band
Longwood Symphony Orchestra trip tomorrow, Sunday, March 12.

FRIDAY

11:00 Senior Circuit Breaker
11:45 Lunch: American chop suey with small garden salad and homemade vanilla ice cream
12:45 Movie: He Named Me Malala
2:30-4:00 Brain Exercise Group
Our Future with Bees lecture is on Sunday, March 6, 2:00 p.m. at the Wellesley Main Library

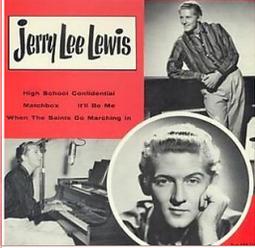
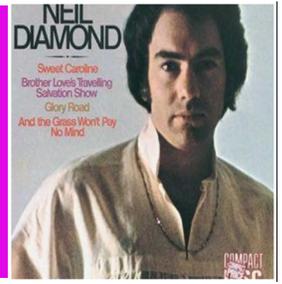


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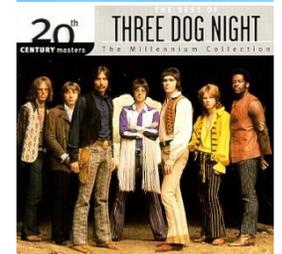
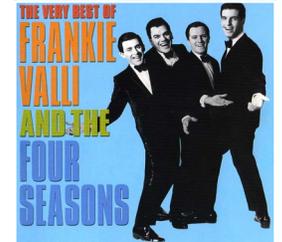
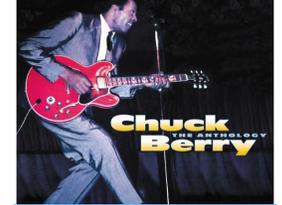
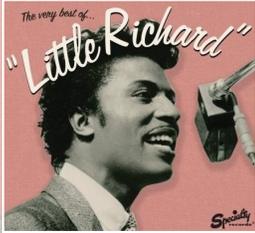
This is a doggone great SPOT to advertise your business!



The Wellesley COA &
The Friends of the Wellesley COA
proudly present:



Rock the Night Away With The Rockoholics



The Rockoholics will perform top hits from the 50s, 60s & 70s!

**5th Annual
Signature
Event**

When: Saturday, May 7, 7:00-9:30 p.m.
Where: Wellesley College, 106 Central Street.
Diana Chapman Walsh Alumnae Hall,
Ballroom
Tickets: \$12.00 each. Call the COA,
781-235-3961 to register!
Need a Ride? Call COA Transportation at
781-235-3046

Refreshments ~ Dancing ~ Socializing ~ Raffle Prizes & MORE!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

April 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.*

10:30-11:30 Seasonal Birthday Bash
11:45 Lunch: Turkey delight sandwich (Turkey, Honey mustard, apple slices, sprouts, on mult), garden salad and vanilla ice cream
12:45 Movie: Mr. Holmes
2:30-4:00 Brain Exercise Group
3:00 Quilt Show

8:30-9:30 Better Bones
9am Walking (Whole Foods)
9:30 Wii Bowling
9:45-10:45 Better Bones
11:00-12:00 Better Balance
12:00 Delicious Dining—The Villa Bridge
12:30-3:00 Tax Appointments
1:00-3:00 Pickleball (Warren)
7:00-8:30 Town Band (Middle School)

9:15 Walking Group COA
9:30-10:30 Coffee
9:30-11:30 Scrabble/Cards
10:00-11:00 Community Service Bears
10:00-11:00 Keep Well (COA)
9:45-10:45 Tai Chi
11:00-12:00 Better Balance
1:00-4:00 SHINE
1:30-3:30 Acrylic Painting (Warren)
1:00-2:30 French
1:00-2:30 Technology Club
*Free Grocery Shopping Trip—COA Bus

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1:00-4:00 SHINE
1:30-3:30 Acrylic Painting (Warren)
1:00-2:30 French
1:00-2:30 Technology Club
*Free Grocery Shopping Trip—COA Bus

9:30-11:30 Class: Economic Inequality and Its Consequences
9:30 Yoga
10:00 German
11:15 Yoga
11:45 Lunch: Chicken, broccoli, ziti, and chocolate pudding
1-2:30 Cribbage
1:30-2:30 Keep Well— 315 Weston Rd.

8:30-9:30 Better Bones
9am Daffodil Days Tour
9:30 Walking (Whole Foods)
9:30 Wii Bowling
9:45-10:45 Better Bones
10:00-12:30 Art for Fun (Warren)
11:00-12:00 Better Balance
12:00-4:00 Tax Appointments
1:00-3:00 Pickleball (Warren)
12:30-3:00 Bridge
7:00-8:30 Town Band (Middle School)

9:15 Book Discussion Group
9:30-10:30 Better Bones
10:30-11:30 Meditation Two
10:45-11:45 Better Bones
1:00-4:00 Mahjong
2:00-3:00 Line Dancing
2:00-3:30 Ukulele class
7:00-8:30 Thinking Beyond The Money—Wellesley Main Library

8:30-9:30 Better Bones
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1:00-2:30 French
1:00-2:30 Technology Club
*Free Grocery Shopping Trip—COA Bus

9:30-11:30 Class: Policing and Race Relations
9:30 Yoga
10:00 German
11:15 Yoga
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 St.

8:30-9:30 Better Bones
9am Daffodil Days Tour
9:30 Walking (Whole Foods)
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1:00-2:30 French
1:00-2:30 Technology Club
*Free Grocery Shopping Trip—COA Bus

9:30-11:30 Class: Making Sense of the 2016 Election
9:30 Yoga
10:00 German
11:15 Yoga
11:45 Lunch: Chicken parm over ziti, garden salad and vanilla pudding
1:00-2:30 Cribbage
1:30-2:30 Keep Well— 60 Grove Street

8:30-9:30 Better Bones
9am Daffodil Days Tour
9:30 Walking (Whole Foods)
9:30 Wii Bowling
9:45-10:45 Better Bones
10:00-12:30 Art for Fun (Warren)
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1:00-2:30 Technology Club
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YOUR SUPPORT MATTERS!

Classes : Pre-registration required

Technology Club

Instructor: Matthew Keep

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

Dates: Wednesdays, March 2 and April 6

Time: 1:00-2:30 p.m.

Political Crises Here and Abroad: Is Conflict Inevitable?

Instructor: Alan Schechter

The COA welcomes back Alan Schechter, professor of American constitutional issues, politics and public policy at Wellesley College. The schedule includes Professor Schechter's lecture, a coffee break and time for discussion.

The class schedule follows:

March 15: Apocalypse in Mesopotamia

March 22: The Refugee Crisis in Europe

March 29: The Struggle Against Terrorism

April 5: Economic Inequality and Its Consequences
(No class on April 12)

April 19: Policing and Race Relations

April 26: Making Sense of the 2016 Elections

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

Cost: \$30.00.

Make-up class: Tuesday, May 3, 9:30-11:30 a.m.

Consider staying after class for our delicious catered lunch by Express Gourmet at 11:45 a.m.

Join us for lunch!

Have you heard the news? The COA offers delicious lunches catered by Express Gourmet on Tuesdays and Fridays at 11:45 a.m. Guests are charged \$4.00 per meal and sign up in advance no later than 9:30 a.m. the day prior. Special thanks to the FWCOA for subsidizing this program. Call the COA at 781-235-3961 to make your reservation.

For lunch selections, please refer to the enclosed calendar.



Ukulele Classes



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 continuing to hold drop-in classes and students will pay the instructor.

Dates: Thursdays, March 10-April 14

Times: 2:00 p.m.-3:00 p.m.

Cost: Drop-in, \$5.00 per class.

Brain Exercise Group

Instructor: Brooke Rivero

Brooke Rivero, certified Speech-Language Pathologist and COA volunteer, trained in cognitive interventions, will lead 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

Dates: Fridays, March 4, 18, April 1 and April 15

Time: 2:30-4:00 p.m.

Reading Group

Mondays, May 16 and May 23, 12:30 p.m.

Have you always wanted to try acting? Do you enjoy reading out loud? Join us on Monday, May 16 for a discussion of a play (to be selected) and again on Monday, May 23 for the performance, led by COA volunteer Barbara Tarlin. *Please note:* All new/returning members MUST register with the COA by Friday, April 1 to be cast in a role in this reading. The cost of the script is to be determined, but usually is about \$10 and should be ready for pick-up with your role assignment two weeks before the first meeting.

Pickleball

The COA is delighted with the success of our newest activity, Pickleball in collaboration with the Wellesley Recreation Department! Pickleball is a



combination of tennis, racquetball and ping-pong and it is the fastest growing paddle sport in the U.S. This is a drop-in (cost: \$1.00) activity that meets at the Recreation Department, 90 Washington Street, on Mondays from 1:00-3:00 p.m. For more information, call 781-235-3961.

Drop– In Activities

Wii Bowling: Mondays, 9:30 a.m.-11:30 a.m. Facilitated by volunteers from the Wellesley Hills Junior Women's Club.

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.



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

Cribbage Club: Tuesdays, 1:00 p.m. -2:30 p.m. Fran Weinberg, our volunteer instructor, provides instruction for those new to the game.

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

Mah Jong: Thursdays 1:00 p.m. -4:00 p.m. Previous experience required. Please call for more information 781-235-3961.

Bingo: Thursdays, March 17 & April 21, 1:30 p.m.-3:00 p.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.

Rétablissement/Renaissance Français

Participez avec David et Wendy Myersmith et leurs étudiants dévoués pour améliorer votre prononciation française et pour augmenter votre vocabulaire de manière remarquable. Lisez et bavardez des histoires charmantes au sujets divers, amusants et intéressants. Vous serez ahuri que votre Français du niveau lycée ou du collège reviendra! Pas de devoir, pas de grammaire difficile, pas de pression!! Simplement une expérience décontractée et merveilleuse.

Translation: Join David Myersmith and his devoted students to refine your French pronunciation and dramatically increase your vocabulary. Read charming vignettes David prepares about his family's extensive travel in France, Belgium and Holland. You'll be amazed at how fast your high school or college French comes back. No pressure, no grammar, no homework. Just a delightful learning experience.



Book Discussion Group: Every other Thursday 9:15 a.m. –10:15 a.m. (see calendar for dates). The book group is co-sponsored by the Wellesley Free Library and the COA. The facilitator is Circulation Assistant from the Library, Joellen Toussaint. Call the COA for a book list.

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

March 4: He Named Me Malala (2015) Vividly portraying the obstacles Pakistani women face in getting an education because of prohibitions by the Taliban, this affecting documentary chronicles the story of Malala Yousafzai, a 15-year-old who was shot because of her advocacy efforts. Rated PG-13, 87 minutes.

March 11: No movie—Saint Patrick's Day Lunch

March 18: Irrational Man (2015) A middle-aged professor at a small Rhode Island college edges close to his breaking point, until he finds renewed purpose in his life after embarking on an unusual relationship with one of his students. Rated R, 95 minutes. Starring: Jamie Blackley, Joaquin Phoenix, and Parker Posey.

March 25: The Intern (2015) Agreeing to participate in a community outreach program, e-commerce entrepreneur Jules Ostin hires a 70-year-old intern -- who ends up bringing his special brand of business savvy to her fashion enterprise. Rated PG-13, 121 minutes. Starring: Robert De Niro, Anne Hathaway, and Rene Russo

April 1: 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.

April 8: The Man from U.N.C.L.E. (2015) With both their countries threatened by a powerful global crime cartel, the CIA's Napoleon Solo and KGB operative Illya Kuryakin must work together in this Cold War thriller inspired by the classic 1960s TV series. Rated PG-13, 116 minutes. Starring: Henry Cavill, Armie Hammer and Hugh Grant.

April 15: Max (2015) In this affecting drama based on real events, military dog Max is adopted by the family of his trainer, who was killed in Afghanistan. Besides helping the family overcome their grief, Max's arrival provides new clues about the soldier's death. Rated PG, 11 minutes. Starring: Lauren Graham, Joseph Julian Soria, and Josh Wiggins.

April 22: I'll See You in My Dreams (2015) With her well-ordered life thrown out of balance by the death of her beloved canine companion, aging widow Carol Petersen -- who hasn't dated in 20 years -- unexpectedly finds herself involved with two very different men. Rated PG-13, 95 minutes. Starring: Blythe Danner, Martin Starr, and Sam Elliot.

April 29: Infinitely Polar Bear (2015) When his wife heads to New York for an 18-month job, bipolar Harvard dropout Cameron is left to care for their two daughters. Struggling with his illness, Cameron brings his innate creativity -- and love of his children -- to the challenge. Rated R, 88 minutes. Starring: Mark Ruffalo, Zoe Saldana, Imogene Wolodarsky and more.

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).

Longwood Symphony Orchestra

Saturday, March 12, 6:00 p.m. (departure time at WCC)- 11:00 p.m. (return time)

Enjoy a benefit concert by the Longwood Symphony Orchestra at Jordan Hall in Boston to support area homeless women and families. Health Care Without Walls (formerly Women of Means) serves the area's most vulnerable population by providing free medical care to homeless women and families. Since 1991, the Longwood Symphony Orchestra has helped raise funds and awareness for area non-profit organizations that aid the medically underserved. Nationally recognized for its musical quality, the orchestra's members are primarily healthcare professionals from Boston's leading hospitals and universities, including doctors, medical students, research scientists, nurses, therapists and caregivers – many of whom pursued music studies before turning to medicine. The proceeds from this concert will help pay for medical supplies, nursing staff and other services that complement the free care provided by Health Care Without Walls. A pre-concert reception will also feature a brief introduction to the ways in which both the LSO and HCWW serve the community. **Cost: \$35.00** Max. 11.



Taza Chocolate Factory Tour

Wednesday, March 16, 2:00 p.m. (departure time at WCC) - 5:15 p.m. (return time)

Learn how stone ground chocolate is made and sample the results during this tour of the Taza Chocolate Factory in Somerville, MA. The COA bus is reserved for group transport of up to 11 people (first come, first served). Folks may also drive separately or contact the COA Transportation Office at 781-235-3046.

Cost: \$7.00 (pay to COA)

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 (Longwood Symphony Orchestra, Taza Chocolate Factory and the Quilt Show) Donations will be used to support the COA Transportation Program.

Quilt Show

Friday, April 1, 3:00 p.m. (departure time WCC) - 7:30 p.m. (return time)

Quinobequin Quilters will be presenting a Quilt Show at the Masonic Hall in Needham. Over 100 quilts will be on display. Quilting has changed dramatically over the last 20 years, and today's Quilt Show bears more resemblance to an art exhibit than a craft fair. There will be traditional patterns interpreted with reproduction fabrics, and there will be exciting new patterns constructed from a wide variety of contemporary fabrics, as well as a few "fiber art" pieces. Vendors will be selling quilting tools, fabric, jewelry and other items. **Entrance fee: \$7.00.** Afterwards the group will enjoy light dinner at Panera in Needham—pay on your own. Max. 11.

Daffodil Days Tour With Lunch at The Pier Monday, April 11, 9:00 a.m. (departure time at WCC) - 6:00 p.m. (return time)

Bloom Tours and Wellesley COA are heading to Bristol, Rhode Island's Blithewold Mansion for Daffodil Days! Celebrate spring at this beautiful thirty-three acre estate on Narragansett Bay with a spectacular display of more than 50,000 daffodils. These brilliant yellow daffodils trumpet the arrival of spring at the mansion. Following your visit and guided tour at Blithewold, you are off to feast on a wonderful lunch at Newport's The Pier restaurant, located right on Howard Wharf and renowned for having the finest waterfront vistas in Newport! Here you enjoy your choice of baked catch of the day or baked stuffed chicken breast, both served with potato and vegetable, or shrimp scampi served over fettuccini. Complete with coffee and yummy dessert. After lunch enjoy a little time strolling downtown Newport before heading home.

Trip includes: roundtrip transportation, admission and tour at Blithewold, lunch & free time. **Full payment due upon reservation.** No refund if you cancel after March 30. **Cost: \$80.00.** Min. 30.

Tanglewood this summer?

The COA would like to plan another trip to Tanglewood this summer. If you are interested in attending a concert, please contact the COA so your name can be added to our list and we will contact you with details when the trip is set.

Transportation News

Shop with Help from the COA

Did you know that the COA bus can take you shopping? Avoid the headache of finding parking and long walks to the store entrance by riding the bus! Every Wednesday, the COA bus offers FREE shopping trips to Roche Bros. or Whole Foods Market. Reservations at least 3 business days in advance are required and passengers are limited to 7 bags each. On the last Thursday of the month, the bus goes to either the Natick Mall or popular stores in Framingham (passenger's choice of Wal-Mart, Target or Christmas Tree Shop). Reservations at least 3 business days in advance and tickets (\$1.00 each way) are required for the Thursday trips. These shopping trips fill quickly so passengers may reserve their spots up to 30 days in advance. Experience what current passengers have shared with us about using the COA bus to go shopping. Mary B. took the bus to the Natick Mall and had this to say about bus driver Rick Waldman: "What a great driver and kind man. He knew just what to do...it was a pleasure being his passenger!" Also, Sheila L. had this to say about the Wednesday grocery trips: "I was beyond delighted with the transportation to Roche Bros...dazzled would be more appropriate! [Bus driver] Jamie Murphy was helpful and informative." What are you waiting for? Ride the COA bus this spring. Call the Transportation Department at 781-235-3046 for all of your transportation needs and questions. Our Coordinators will schedule your rides on the COA bus and/or with Volunteer Drivers.



Resource Spotlight

The Wellesley Council on Aging is excited to continue our partnership with Metro West 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). The next clinic will be held on Tuesday, March 15 from 9:00 a.m.-11:00 a.m. and meetings (15-20 minutes in length) are by appointment only. Please call 781-235-3961 to schedule an appointment.

Donation of Medical Supplies

The COA is pleased to announce that we have received an extremely generous donation of medical supplies. The donor wishes to remain anonymous and all donated items are brand new. The inventory of the donations is listed below. Kindly call Health and Social Services Administrator Kate Burnham at 781-235-3961 to reserve any of the items. There is a limit of one item per person. All items are first come, first served and must be picked up at the COA during business hours (Monday-Friday 9:00 a.m.-4:00 p.m.).

Item Description	Number Available
Raised Toilet Seat (in box)	1
Deluxe Fly-weight Transport Chair	1
Band-Aids (60 ct. box)	1
Over the counter Reading Glasses (+2.00)	3 (together in one package)
Over the counter Reading Glasses (+2.50)	3 (together in one package)
Glucose Meter Test Strips (25 ct. box)	4
Offset Grip Cane	2 (1 blue, 1 orange)
Quad Cane	1
Omron 7 Series Wrist Blood Pressure Monitor	1
Omron 10 Series Cuff Blood Pressure Monitor	1
Johnson & Johnson 125 piece First Aid Kit	2
CVS Hearing Aid Batteries, Size 10 (32 ct.)	1
Rayovac Hearing Aid Batteries, Size 13 (32 ct.)	1
Rayovac Hearing Aid Batteries, Size 13 (24 ct.)	1
Depend Underwear, Women's Small (42 ct.)	1
Tena Protective Guards for Men (48 ct.)	2

Have you subscribed to COA news? If not, what are you waiting for?

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→

The COA is delighted to offer you the opportunity to receive information, articles and updates via email! This is a great way for you to stay informed and connected. Please visit the COA website: www.wellesleyma.gov/coa and on the main page you will see the online form where you can view the available options and select all that appeal to you. Options include: program updates & alerts; weekly activity schedule; Tolles-Parsons Center updates; legislative alerts; and volunteer opportunities. You must have a valid email address to subscribe to COA news.

All new subscribers during March/April 2016 will be entered in a raffle to win a \$50 COA gift certificate! A winner will be chosen on Monday, May 2 and notified by email.

COA Staff Updates



In January, the Wellesley Council on Aging welcomed Kate Burnham, LCSW, as our new Full-Time Health and Social Services Administrator (Outreach Worker). Kate is available by appointment for in-home assessments or for consultations at the COA office. Her role includes, but is not limited to, explaining community programs and benefits, assisting with applications to needed programs, aiding seniors in their search for services, and acting as an advocate & supporting seniors in need. If you would like to meet with Kate, please call for an appointment 781-235-3961 or email KBurnham@wellesleyma.gov

Tax Assistance

AARP volunteer tax counselors are accepting appointments on **Monday afternoons through April 4**. This service is intended for people who are unable to afford private assistance. Please bring your tax returns from last year, your 1099's, and any other relevant tax, income, and asset documents for your 2015 returns. Please call the COA to schedule your appointment 781-235-3961.

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 application deadline is April 30, 2016. The Good Neighbor Energy Fund (GNEF) assists households that are slightly over income for LIHEAP (gross income limit of \$44,168 for households with one person and \$57,759 for two-person households). GNEF is now open for applications which are accepted until funds run out. For more information on both programs, please contact the Council on Aging at 781-235-3961.

Support your Boston Marathon Friends



The Friends of the Wellesley COA (FWCOA) are thrilled to announce their participation in the 2016 Boston Marathon! In connection with the Boston Athletic Association's charity program, the Town of Wellesley has allocated two entries for charity runners to represent FWCOA in this year's marathon. In addition to running, each team member has committed to a **fundraising goal of \$4,000**. With your help, we hope to go above and beyond this amount! You can contribute by mailing a check made payable to the Friends of the Wellesley Council on Aging (please include "marathon" on the memo line) to 219 Washington, St. Wellesley, MA 02481, or online at www.wellesleyfriendscoa.com.

Please join us in cheering on Team FWCOA on Monday, April 18, 2016 for the 120th running of the Boston Marathon!



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Who Do We Serve? Help Us Answer This Question!

It is extremely important for the COA to know who we are serving. We must have accurate and complete information on file for all individuals utilizing COA programs and/or services including, but not limited to, program participants, transportation users, diners with our lunch program and individuals served through outreach. The COA receives grant funding every year from the Executive Office of Elder Affairs and we are required to submit an annual report. No identifying information is shared – only numbers (data). It is essential that the COA regularly review our data and use the information to guide us in making good decisions and to identify programming trends. ***WE NEED YOUR HELP!*** Please take a few moments to complete the form below and return to the COA office or send via postal mail to: Wellesley COA, 219 Washington Street, Wellesley, MA 02481. Alternatively, you may complete the form online by visiting our website: www.wellesley.ma.gov/coa On our main page, you will see our REGISTRATION FORM – simply complete this form and hit the submit button. COA staff will review the information received and make any necessary adjustments to the information we have on file. **Privacy is important to us; therefore, we will not share your information with anyone!** Thank you for helping us “clean- up” our records!

WELLESLEY COUNCIL ON AGING REGISTRATION FORM

please print clearly

First Name:	Last Name:			
Street Address:				
City:	State:	Zip Code:		
Phone Number:	Email:			
Date of Birth:				
Ethnic Status (please circle):	Caucasian	African American	Latino/Hispanic	Native American
	Asian	Other:		

Return to: Wellesley Council on Aging 219 Washington Street, Wellesley, MA 02481



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