



Highlights

May/June
2016

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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, April 27

(Wellesley residents)

Thursday, April 28

(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.

Purchase your tickets today for our 5th annual evening social!

STAFF:

GAYLE THIEME

Director of Senior Services

LINDA CLIFFORD

Assistant Director of Senior Services

KATE BURNHAM

Health and Social Services Administrator

ASHLEY SHAHEEN

Senior Activities Coordinator

ELIZABETH BRADLEY

Program and Office Assistant

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Office Assistant

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MIGUEL LESSING

Chair

DIANE CAMPBELL

Vice-Chair

THOMAS KEALY

Treasurer

NEWSLETTER MAILING

COORDINATOR:

MARY BOWERS, Volunteer

Rock the Night Away!

Wellesley Council on Aging &
The Friends of the Wellesley Council on Aging
present
Live music from the 50's, 60's & 70's

Saturday, May 7, 2016
7:00pm-9:30pm
Ticket #

Wellesley College
106 Central Street, Wellesley
Diana Chapman Walsh Alumnae Hall, Ballroom

When: Saturday, May 7, 2016

Tickets: \$12.00

RSVP: 781-235-3961

**Transportation available!
Call 781-235-3046**

**The COA is closed and the bus will not run:
Monday, May 30 (Memorial Day)**

Special Happenings: Pre-registration required

8th Grade Community Day of Service Wednesday, May 4, 9:00 a.m.

Once again the COA will be hosting a great group of 8th graders from the Wellesley Middle School as part of their annual Community Day of Service. This is a wonderful opportunity for intergenerational exchange and for you to get acquainted with some of your Wellesley neighbors. The students will be broken up into groups and they will visit with our Community Service Bears group, Wednesday Walking group and our Scrabble group. The students will be bringing delicious refreshments to share and enjoy. Come and show your support of the COA and mingle with students.



Technology Club Wednesday, May 4, 1:00-2:30 p.m.

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



NEW! Floral Arranging Class Monday, May 9, 1:00-2:00 p.m.

Barbara Gage-Mulford will teach a fun floral arranging class at the COA. You will bring home a beautiful medium-sized fresh cut arrangement, great for brightening your day or gift-giving. She will provide cut flowers, clean, recycled vases and tools of the trade. Min. 6. Max. 20. Cost: \$10.00



Celebrate Cinco De Mayo with the COA (Free!) Thursday, May 5, 12 noon

It's a party, so get your body moving and your heart singing for our second annual Cinco De Mayo celebration! Chef Uwe from the Falls at Cordingly Dam (Assisted Living Facility in Newton) is creating a Mexican Celebration Buffet for all to enjoy. After lunch, you will be entertained by a piano concert, *Latin Rhythms*, by Ann Stimson. She will play Latin-inspired music with comments on who wrote and performed the music and how they were influenced by their milieu.



Housing Options Tour: New Pond Village, Walpole Thursday, May 12, 11:15 a.m.- 4:00 p.m.

Itinerary:

- | | |
|-----------------|---|
| 11:15 a.m. | Depart from COA |
| 12:00-1:00 p.m. | Lunch at New Pond Village |
| 1:00-2:00 p.m. | Tour of the community |
| 2:00-3:00 p.m. | Educational program, <i>Why Don't They Make Good Movies Anymore and Where to Find Them</i> , with Boston Globe Film Critic, Ty Burr |
| 3:15 p.m. | Depart for return to COA |

Description of the Facility:

New Pond Village is located on 29 beautifully wooded acres in Walpole, Massachusetts, the award-winning New Pond Village sets the hospitality standard for Independent Living. Also offered is Supportive Care for those who will benefit from assistance with short or long-term daily care needs. Like a friendly country resort, New Pond Village offers excellent services and amenities, an active lifestyle, and a vibrant environment.

Max. 24

NEW POND VILLAGE
A BRIGHTVIEW SENIOR LIVING COMMUNITY

Special Happenings: Pre-registration required

NEW! Spring in your step! Friday, May 20, 9:00 a.m.

In addition to our regular Monday and Wednesday walking groups, the COA has planned a walk departing from the courtyard opposite Starbucks at Linden Square, 180 Linden Street. From this location the group will walk through the North 40 and streets in the Crest Road neighborhood. Afterwards, enjoy complimentary coffee/tea at the Linden Store on Linden Street. Special thanks goes to Holly Bitz, Assistant Marketing Manager for Linden Square, for making this community connection! Max. 30

Celebrate National Older Americans Month Friday, May 20, 11:45 a.m.

Join us for a luncheon and live musical entertainment as we celebrate National Older Americans Month. Guests will enjoy lunch (assorted sandwiches, chips, and beverages) catered by Express Gourmet. After lunch, there is a live performance by the talented Golden Tones chorus. Sign up by 9:30 a.m., Wednesday, May 19. Max. 50. Cost: \$4.00 (pay upon arrival)



Recipe Swap Wednesday, May 25, 2:00 p.m.

Are you bored with cooking the same old thing? Join us and bring your favorite summer recipes to share with friends at the COA. Healthy refreshments provided.

Lunch & Learn: Fatigue and Sleep Disorders Thursday, June 2, 12 noon

Older age and sleep disturbances seem to go hand-in-hand. Did you know that more than one-third of seniors complain of insomnia? Chronic insomnia leads to decreased quality of life, anxiety and mood disorders, challenged social interactions, decreased cognitive functioning, and increased morbidity risk. Sleep disturbances among seniors is becoming an important public health issue. Join this educational presentation by Betsy Connolly, Executive Director of Traditions of Wellesley. During the presentation, you will enjoy lunch: fresh melon wrapped in prosciutto, summer berry salad with grilled chicken, and apple cake. This program is sponsored by Traditions of Wayland, Independent and Assistant Living Facility in Wayland. Max. 35

Author Talk—Invitation from Waterstone Tuesday, May 24, 3:00 p.m.

Barbara Shapiro, who wrote the *The Art Forger* and *The Muralist*, will give an author talk at Waterstone at Wellesley, 23 Washington Street. She will also sign her books. To RSVP call Waterstone at Wellesley at 781-235-1614.

5th Annual Wii Bowling Tournament Monday, June 6, 9:30 a.m.

Everyone is invited to participate or watch our 5th Annual Wii Bowling Tournament, complete with trophies for the winners! Come and share in the fun with our awesome Wellesley Hills Junior Women's Club volunteers and cheer on the bowlers. Trophies will be awarded to the top three scorers. Refreshments provided.



Golf Tournament at Nehoiden Wednesday, June 8, 8:30 a.m.

This is the COA's 8th golf tournament in partnership with Nehoiden Golf Course. Once again, they will open their golf course, free of charge, to Wellesley residents age 60+ for a 9-hole round of golf. Tee-off is at 9 a.m. (shotgun start). Golfers are welcome to meet at the Golf House on the sixth hole just above the parking lot for refreshments at 8:30 a.m., and will be given their cards at that time. Nehoiden is a walking course. Motorized carts are not allowed so each golfer must bring his/her own golf clubs and pull carts. Parking is available in the lot on Rt. 16 across from the Wellesley College Club. In case of inclement weather, the alternate date is Wednesday, June 15 at 8:30 a.m. Golfers will be notified by 3:00 p.m. the day before if there will be a postponement. You may reserve as a twosome, threesome, or foursome with friends, or register yourself and we will find a foursome for you. Thank you to the Friends of Wellesley Council on Aging for donating giveaways and raffle prizes. Max. 24.



Special Happenings: Pre-registration Required

Luau Celebration

Monday, June 13, 12:00 noon

A luau is a “feel-good” celebration and this year you will enjoy a luncheon with a Polynesian twist and we will welcome back New England’s Premier Elvis Presley Impersonator, Robert Black—because you deserve the best! He has a dynamic stage presence and produces the remarkable voice quality of Elvis. Elvis did love Hawaii; he would visit frequently and he even made three movies in Hawaii (*Blue Hawaii*, *Girls Girls Girls* and *Paradise, Hawaiian Style*). A special thanks goes to our generous sponsor, The Mary Ann Morse Healthcare Center in Natick, Massachusetts for sponsoring this lively, fun-filled afternoon.
Max. 75.



Breakfast Club

Monday, May 9, 8:00 a.m.

Captain Marden’s, 279 Linden Street, Wellesley

Wednesday, June 15, 8:00 a.m.

Captain Marden’s, 279 Linden Street, Wellesley
Choose your own breakfast and pay for it at that time.

Max. 15

Delicious Dining Lunch Outing

Monday, May 23, 12 noon

Margaritas, 725 Cochituate Road, Framingham

Monday, June 27, 12 noon

The Cottage, 190 Linden Street, Wellesley
Choose your own lunch and pay for it at that time.
Max. 12



Free Hearing Screening

Monday, June 13, 1:00-4:00 p.m.

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

Art Demonstration

Thursday, June 16, 9:30 a.m.

Join us for an art demonstration by Clara Kent Dennison. Her monotypes and watercolors have been exhibited at the Massachusetts State House and she was awarded an Official Citation from the State Senate for “Recognition of Artistic Interpretation of The Scenic Beauty of the Blackstone River Valley” and “Purgatory Chasm State Reservation.” Special thanks to Salmon Adult Day Health in Natick for sponsoring this program.

4th Annual Senior Art Show

**Wellesley Free Library, 530 Washington Street
June 2016**

The COA, Waterstone at Wellesley, and the Wellesley Free Library invite you to the 4th annual art show highlighting the work of senior artists. During the month of June, view the varied pieces created by these talented individuals. The showing will be held in both the Wakelin Room and the main lobby. There will be an opening reception (Thursday, June 2, 7-8:30 p.m.), a community celebration (Sunday, June 5, 2:00 - 4:00 p.m.), and plenty of opportunities for all to view the art. To RSVP for the two events above, please contact Sue Dellorco, Receptionist at Waterstone via e-mail: sdellorco@waterstoneatwellesley.com or by phone at 781-235-1614.



Presentations: Pre-registration required

Strategies for Gifting to Children

Friday, May 6, 10:30-11:30 a.m.

Join us for a presentation by David Rubin, MBA, Investment Advisor for New York Life Insurance Company in Waltham, who will discuss strategies for giving gifts of money to the children in your life. Learn about opportunities to give the child you love a gift that will last a lifetime.

Meet and Greet Coffee Hour with Our New Volunteer Coordinator

Tuesday, May 10, 10:30 a.m.



In March, the Wellesley Council on Aging welcomed Cynthia Sibold as our new part-time Volunteer Coordinator. Cynthia and her family have lived in Wellesley for over 10 years, and she has held many volunteer positions within the community. Cynthia will be hosting a Meet and Greet Coffee Hour on Tuesday, May 10 at 10:30 a.m. Please stop by to introduce yourself and share your ideas about volunteer positions at the COA. Cynthia's hours will be Tuesday, Thursday and Friday from 9:00 a.m.- 2:00 p.m. and if you are interested in learning more about volunteer opportunities, please contact Cynthia at 781- 235-3961.

Diabetes and Life

Friday, May 13, 10:30 a.m.

Join us for an educational presentation by Leslie Griffin, M.S., APRN-BC (Board Certified Adult Nurse Practitioner), as she reviews the following topics: Type 1 and Type II diabetes, insulin vs. oral agents, tips for travel and diet pitfalls. Questions are encouraged after the presentation.

What is the Role of a Correction/Community Outreach Officer?

Friday, May 20, 10:30 a.m.

Carolyn Pecevech from the Norfolk County Sheriff's Office will discuss her various roles as a Correction/Community Outreach Officer. Please join us for this interesting and insightful presentation. This program is sponsored by TRIAD, a three-way partnership among seniors, law enforcement and the COA.

Exploring Opera with Helen Sagan, "The Opera Lady"

Thursday, May 26, 10:30 a.m.

Verdi's *La Forza del Destino*

Leonora is a Spanish noblewoman in love with an outsider, Don Alvaro. The "Force of Destiny" story is filled with twists and turns as the two lovers are separated for years only to be reunited, tragically, as Leonora dies at the hands of her vengeful brother. Verdi's action-packed *La Forza del Destino* contains some of the most beautiful arias and duets in Italian opera literature and is sure to enthrall all audiences. This program will be held at the COA, 219 Washington Street.

Handbells—A Musical Experience (Rescheduled from February 2016)

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

If you think that bells only ring in towers, or at the Salvation Army donation bucket at Christmas time, you're mistaken. Come and learn how handbells came to be, what it takes to play them, and what beautiful sounds they create. You'll even have an opportunity to ring one if you'd like! Diane Burke, presenter, has been ringing bells for over 20 years. She is the Director of the Lincoln Ringers from First Parish in Lincoln.



Reverse Mortgages

Friday, June 17, 10:30 a.m.

David Tourtillott, CRMP® of Homestead Mortgage, conducts an educational workshop on the pros and cons of the Federally Insured Reverse Mortgage Program and how to use a reverse mortgage to age in place or to downsize into a smaller, more affordable home.

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

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: 7-wk session Mondays, May 2– June 27 (no class 5/30 and 6/20)

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

Cost: \$49.00

Make-up class: Friday, July 1, 11:00 a.m.-12:00noon

Dates: 9-wk session Wednesdays, May 4– June 29

Time: 11:00 a.m.—12:00 p.m.

Cost: \$63.00

Make-up class: Friday, July 1, 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: 9-wk session May 4– June 29

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

Cost: \$63.00

Make-up class: Thursday, June 30, 3:00 p.m.-4:00p.m.

Line Dancing

Instructor: Nancy Diduca

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

Dates: 6-wk session Thursdays, May 12– June 16

Time: 1:00-2:00 p.m. **Cost:** \$30.00

Make-up class: Thursday, June 23, 1:00 p.m.-2:00 p.m.

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: Mondays, May 2– June 20 (no activity on 5/30)

Time: 1:00-3:00 p.m. **Cost:** \$1.00/activity

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: Tuesdays, May 3– June 21

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: \$108.00 **Make-up class:** Friday, June 24, 9:30 a.m.

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: 7-wk session Mondays, May 2-June 27 (no class 5/30 and 6/20) **Time:** 8:30 a.m.– 9:30 a.m. **Cost:** \$49.00

Make-up class for the 8:30 a.m. class: Friday, July 1, 9:00 a.m.—10:00 a.m.

Dates: 7-wk session Mondays, May 2–June 27 (no class 5/30 and 6/20) **Time:** 9:45-10:45 a.m. **Cost:** \$49.00

Make-up class for the 9:45 a.m. class: Friday, July 1, 10:00-11:00 a.m.

Dates: 7-wk session Thursday, May 5– June 30 (no class 5/12 and 6/9) **Time:** 9:30 a.m.—10:30 a.m. **Cost:** \$49.00

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

Dates: 7-wk session Thursday, May 5– June 30 (no class 5/12 and 6/9) **Time:** 10:45-11:45 a.m. **Cost:** \$49.00

Make-up class for the 10:45 a.m. class: Friday, July 1, 3:00 p.m.-4:00 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. **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: 8-wk session, Weds., May 11– June 29

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

Cost: \$108.00.

Make-up class: Monday, July 11, 1:30-3:30 p.m.

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

Ukulele Classes

Instructor: Daniel Metraux

Try the class, sing the songs you used to love and meet the wonderful instructor, Daniel Metraux.

Dates: Thursdays, May 12– June 16

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

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



NEW! Mah Jong Classes

Instructor: Carol Rosenstock, COA Volunteer

This course will introduce you to the basic elements of American Mah Jong, including identifying the tiles, reading the Mah Jong card, and reviewing rules of play. By the second class, students will be playing a game. Priority given to those who expressed interest during the March/April newsletter cycle. Min.4 Max.8

Dates: Wednesdays, May 11– June 22

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

Cost: \$8.00 for a large print Mah Jong card

Make-up class: Wednesday, June 29, 2:00-4:00 p.m.

Magic Classes

Instructor: Gil Stubbs

Gil Stubbs, experienced magician and host of the Wellesley Cablevision show, "Gil Stubbs' World of Magic," will teach a course in close-up magic.

In this four-week course, you will learn magic with cards, coins, dollar bills, string, rope, rubber bands, pens, paper clips, tableware, napkins and handkerchiefs. Students will get a set of notes that describes each trick in detail. Min. 6 Max. 12

Dates: Tuesdays, May 3-31

Time: 1:00-2:30 p.m. **Cost:** \$30.00

Make-up class: Tuesday, June 7, 1:00-2:30 p.m.

NEW! Painting Flowers in Watercolors

Instructor: Cecilia Sharma

Learn a step-by-step approach for painting flowers from reference

photographs. With a focus on shape,

color, light and shadow, you will learn how to create

value pattern, smooth washes for petals, dark background and shadows to add detail and drama to your watercolor painting. Min. 8 Max. 14

Dates: 3 day workshop, Monday, June 20, Tuesday, June 21, and Wednesday, June 22

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

Cost: \$75.00

Make-up date: Thursday, June 23, 10:00-12:30 p.m.

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



NEW! A History of Impressionism

Instructor: Dr. Richard Brettell

They appeared in a period of upheaval. They saw the rebuilding of Paris, the rise of industrialism, the ruin of the Franco-Prussian war. They displayed their startling and shocking works in a series of exhibitions from 1874 to 1886. And by the 1890s, this "loose coalition" of artists who rebelled against the formality of the French

Academy had created the most famous artistic movement in history. "They" were the Impressionists, and Professor Brettell is your expert curator and guide to a movement that created a new, intensely personal vision of the world.

These classes are part of the DVD lecture

series, Great Courses. Max. 20

Dates: Tuesdays, May 10– July 26

Times: 10:30-11:30 a.m.

Music Appreciation

Instructor: Frank Ruscitti, COA Volunteer

This four week class that will be an entertaining and informative look into the development of American music from the post WWI period through the Disco Period. We will trace the development of this music beginning with the Jazz Era, continuing into the Big Band period, proceeding to the development of Rhythm and Blues/Rock & Roll (DooWoop as it is commonly called), entering the music forgotten 1960's and ending with the Disco period. Emphasis will be on playing "original" tunes and/or discussing the artists that made them as well as events of the tunes. Min. 6 Max. 20

Dates: Thursdays, June 2– June 23

Times: 10:00-11:30 a.m.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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
 12:30-3:00 Art for Fun (Warren)
 1:00-3:00 Bridge
 7:00-8:30 Pickleball (Warren)
 Town Band

9:30 Yoga
 11:15 Yoga
 11:45 Lunch: Blackened salmon over rice pilaf, and a chocolate chip cookie
 1-2:30 Cribbage
 1:00-2:30 Magic
 1:30-2:30 Keep Well— 315
 Weston Road

9:15 Walking Group COA
 9:30-10:30 8th Grade Community Day of Service
 9:30-10:30 Coffee
 9:30-11:00 Community Service Bears
 9:30-11:30 Scrabble/Cards
 9:45-10:45 Tai Chi
 10:00-11:00 Keep Well (COA)
 10:00-12:00 Better Balance
 1:00-4:00 SHINE
 1:00-4:00 Technology Club
 1:00-2:30 French
 1:00-2:30 *Free Grocery Shopping Trip—COA Bus

9:15 Book Discussion Group
 9:30-10:30 Better Bones
 10:45-11:45 Celebrate Cinco De Mayo
 12 noon Mahlong
 1:00-4:00

10:30-11:30 Strategies for Gifting to Children
 11:45 Lunch: Blackened Chicken Quesadilla with a small garden salad and an oatmeal cookie
 12:45 Movie: Viva Las Vegas
 Rock The Night Away is on Saturday, May 7, 7:00 p.m. at Wellesley College, Diana Chapman Walsh Alumnae Hall Ballroom.

8:30-9:30 Better Bones
 9am 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
 1:00-3:00 Pickleball (Warren)
 12:30-3:00 Bridge
 7:00-8:30 Town Band
 (Middle School)

9:30 Yoga
 10:30-11:30 A History of Impressionism
 11:15 Yoga
 11:45 Lunch: Roast turkey club Panini (turkey, mayo, tomato, bacon on our homemade focaccia bread, chips, and mint chip ice cream)
 1:00-2:30 Cribbage
 1:00-2:30 Magic
 1:30-2:30 Keep Well— 41 River St.

9:15 Walking Group COA
 9:30-10:30 Coffee
 9:30-11:30 Scrabble/Cards
 9:45-10:45 Tai Chi
 11:00-12:00 Better Balance
 1:00-4:00 SHINE
 1:00-2:30 French
 1:00-2:30 Mah Long class
 2:00-4:00 * Free Grocery Shopping Trip—COA Bus

10:30 Book Discussion Group
 10:30-11:30 Better Bones
 10:45-11:45 Mahlong
 1-4 Bingo
 1:30-3:00 Line Dancing
 1:00-2:00 Ukulele Class
 2:00-3:00

9:00 Spring in your step
 10:30 What is the Role of a Correction/Community Outreach Officer?
 11:45 Celebrate National Older Americans Month
 12:45 Movie: The 33

8:30-9:30 Better Bones
 9am 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
 12:30-3:00 Bridge
 12:00-3:00 Delicious Dining—Margaritas
 1:00-3:00 Pickleball (Warren)
 7:00-8:30 Town Band
 (Middle School)

9:30 Yoga
 10:30-11:30 A History of Impressionism
 11:15 Yoga
 11:45 Lunch : Chicken kabob over rice pilaf and a chocolate chip cookie
 1:00-2:30 Cribbage
 1:30-2:30 Keep Well— 60 Grove St.
 1:00-2:30 Magic
 3:00 Author Talk -Invitation from Waterstone

9:15 Walking Group COA
 9:30-10:30 Coffee
 9:30-11:30 Scrabble/Cards
 9:45-10:45 Tai Chi
 11:00-12:00 Better Balance
 1:00-4:00 SHINE
 1:00-2:30 French
 1:30-3:30 Acrylic Painting (Warren)
 2:00-4:00 Mah Long class
 2:15 Depart for the Gropius House
 * Free Grocery Shopping Trip—COA Bus

8:30 Depart for the Museum of WW II
 9:30-10:30 Better Bones
 10:30 Exploring Opera with Helen Sagan
 10:45-11:45 Better Bones
 1-4 Mahlong
 1:00-2:00 Line Dancing
 2:00-3:00 Ukulele Class
 2:00-3:30 Knitting
 * Morning trip to Christmas Tree Shop OR Target OR Walmart

11:45 Lunch: Rt. 16 Roast Beef, garlic herb spread, lettuce, tomato and caramelized onion sandwich, garden salad and vanilla ice cream
 12:45 Movie: Our Brand is Crisis

COA CLOSED AND THE 30 BUS WILL NOT RUN MEMORIAL DAY

9:30 Yoga
 10:30-11:30 A History of Impressionism
 11:15 Yoga
 11:45 Lunch: Steak tips over garden Salad and chocolate ice cream
 1:00-2:30 Cribbage
 1:00-2:30 Magic

9:15 Walking Group COA
 9:30-10:30 Coffee
 9:30-11:30 Scrabble/Cards
 9:45-10:45 Tai Chi
 11:00-12:00 Better Balance
 1:00-4:00 SHINE
 1:00-2:30 French
 1:30-3:30 Acrylic Painting (Warren)
 2:00-4:00 Recipe Swap
 2:00-4:00 Mah Jong Class
 *Free Grocery Shopping Trip—COA Bus

8:30 Depart for the Museum of WW II
 9:30-10:30 Better Bones
 10:30 Exploring Opera with Helen Sagan
 10:45-11:45 Better Bones
 1-4 Mahlong
 1:00-2:00 Line Dancing
 2:00-3:00 Ukulele Class
 2:00-3:30 Knitting
 * Morning trip to Christmas Tree Shop OR Target OR Walmart

9:00 Spring in your step
 10:30 What is the Role of a Correction/Community Outreach Officer?
 11:45 Celebrate National Older Americans Month
 12:45 Movie: The 33

MAY 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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Tolles Parsons Center Update



On Tuesday April 5, 2016, Wellesley Town Meeting approved Article 24 to fund construction of the Tolles Parsons Center at 494-496 Washington Street to house the Council on Aging and its programs. A town-wide vote will take place on **Tuesday, May 10, 2016** requesting approval of a debt exclusion to fund the construction.

If you need transportation to/from the polls, please contact the Wellesley Council on Aging transportation office at **781-235-3046**. Absentee ballots are available from the Town Clerk's office, by mail or in person. The Town Clerk's office is located at the Wellesley Town Hall, 525 Washington Street. Call 781-431-1019 x2250 for information.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

June 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.

During the month of June, view the 4th annual Senior Art Show at the Wellesley Free Library, 530 Washington Street.

<p>8:30-9:30 Better Bones 9am Walking (Whole Foods) 9:30 5th Annual Wii Bowling Tournament 10:00-12:30 Art for Fun 9:45-10:45 Better Bones 11:00-12:00 Better Balance 12:30-3:00 Bridge 1:00-3:00 Pickleball (Warren) 7:00-8:30 Town Band (Middle School)</p>	<p>6 9:30 Yoga 10:30-11:30 A History of Impressionism 11:15 Yoga 11:45 Lunch: Turkey delight sandwich, garden salad and vanilla ice cream 1:30-2:30 Cribbage 1:30-2:30 Keep Well— 315 Weston Rd.</p>	<p>1 9:15 Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 10:00-11:00 Keep Well (COA) 9:45-10:45 Tai Chi 11:00-12:00 Better Balance 11:00-12:00 SHINE 1:00-4:00 Acrylic Painting (Warren) 1:30-3:30 French 1:00-2:30 Mah Jong class 2:00-4:00 *Free Grocery Shopping Trip—COA Bus</p>	<p>2 9:30-10:30 Better Bones 10:00-11:30 Music Appreciation 10:45-11:45 Better Bones 12noon Lunch and Learn: Fatigue and Sleep 1:00-4:00 MahJong 1:00-2:00 Line Dancing 2:00-3:00 Ukulele class 7:00-8:30 Artist's Reception (Wellesley Main Library—Wakelin Room)</p>	<p>3 11:45 Lunch: Lemon chicken piccata over linguini, steamed veggies, and reese's peanut butter cookie 12:45 Movie: Spotlight The Community Celebration for the Senior Art Show will be Sunday, June 5, 2:00-4:00 p.m.</p>
<p>8:30-9:30 Better Bones 9am Walking (Whole Foods) 9:45-10:45 Better Bones 10:00-12:30 Art for Fun (Warren) 11:00-12:00 Better Balance 12:00 Luau 1:00-4:00 Free Hearing Screenings 1:00-3:00 Pickleball (Warren) 12:30-3:00 Bridge 7:00-8:30 Town Band (Middle School)</p>	<p>7 9:30 Yoga 10:30-11:30 A History of Impressionism 11:15 Yoga 11:45 Lunch: Turkey delight sandwich, garden salad and vanilla ice cream 1:30-2:30 Cribbage 1:30-2:30 Keep Well— 315 Weston Rd.</p>	<p>8 8:30 Golf Tournament at Nohorden 9:15 Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 10:45 Depart for the Norwood Theater 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 2:00-4:00 Mah Jong Class Please note: There is no grocery shopping trip scheduled today—moved to Friday, June 10</p>	<p>9 10:00-11:30 Music Appreciation 1:00-4:00 MahJong 1:00-2:00 Line Dancing 2:00-3:00 Ukulele class 2:00-3:30 Knitting</p>	<p>10 10:30 Handbells—A Musical Experience 11:45 Lunch: Chicken broccoli ziti and chocolate pudding 12:45 Movie: The Bridge of Spies * Free Grocery Shopping Trip—COA Bus today, June 10.</p>
<p>13 9am Walking (Whole Foods) 10:00-12:30 Better Bones 11:00-12:00 Art for Fun (Warren) 12:00 Better Balance 1:00-4:00 Luau 1:00-4:00 Free Hearing Screenings 1:00-3:00 Pickleball (Warren) 12:30-3:00 Bridge 7:00-8:30 Town Band (Middle School)</p>	<p>14 9:30 Yoga 10:30-11:30 A History of Impressionism 11:15 Yoga 11:45 Lunch: Pulled pork sandwich with a side of cole slaw and homemade mint chip ice cream 1:30-2:30 Cribbage 1:30-2:30 Keep Well— Morton Circle</p>	<p>15 8:00 Breakfast Club—Captain Marden's 9:15 Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 9:45-10:45 Tai Chi 11:00-12:00 Better Balance 1:00-4:00 SHINE 1:00-2:30 French 2:00-4:00 Mah Jong Class 2:30-3:30 Acrylic Painting (Warren) *Free Grocery Shopping Trip—COA Bus</p>	<p>16 9:30 Art Demo 9:30-10:30 Better Bones 10:00-11:30 Music Appreciation 10:45-11:45 Better Bones 1:00-4:00 MahJong 1:00-2:00 Line Dancing 1:30-3:00 Bingo 2:00-3:00 Ukulele class</p>	<p>17 10:30 Reverse Mortgages 11:45 Lunch: Chicken parm over ziti, garden salad and vanilla pudding 12:45 Movie: The Danish Girl</p>
<p>20 9am Walking (Whole Foods) 10:00-12:30 Painting Flowers (Warren) 1:00-3:00 Pickleball (Warren) 12:30-3:00 Bridge</p>	<p>21 9:00-11:00 Free Legal Clinics 9:30 Yoga 10:00-12:30 Painting Flowers (Warren) 10:30-11:30 A History of Impressionism 11:15 Yoga 11:45 Lunch: American chop suey, garden salad and an oatmeal raisin cookie 1:00-2:30 Cribbage 1:30-2:30 Keep Well— 41 River St.</p>	<p>22 9:15 Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 10:00-12:30 Painting Flowers (Warren) 11:00-12:00 Better Balance 1:00-4:00 SHINE 1:00-2:30 French 2:00-4:00 Mah Jong Class 2:30-3:30 Acrylic Painting (Warren) *Free Grocery Shopping Trip—COA Bus</p>	<p>23 9:30-10:30 Better Bones 10:00-11:30 Music Appreciation 10:45-11:45 Better Bones 1:00-4:00 MahJong 2:00-3:30 Knitting</p>	<p>24 11:45 Lunch: Chicken tomato pesto and mozzarella Panini and chocolate pudding 12:45 Movie: The Concession</p>
<p>27 8:30-9:30 Better Bones 9am Walking (Whole Foods) 9:45-10:45 Better Bones 11:00-12:00 Better Balance 12:00 Delicious Dining—The Cottage 12:30-3:00 Bridge</p>	<p>28 10:30-11:30A History of Impressionism 11:45 Lunch: Blackened salmon over rice pilaf and a chocolate chip cookie 1:00-2:30 Cribbage 1:30-2:30 Keep Well— 60 Grove Street</p>	<p>29 9:15 Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 11:00-12:00 Better Balance 1:00-4:00 SHINE 1:00-2:30 French 2:00-4:00 Mah Jong Class 2:30-3:30 Acrylic Painting (Warren) *Free Grocery Shopping Trip—COA Bus</p>	<p>30 9:30-10:30 Better Bones 10:45-11:45 Better Bones 10:45 Depart to the Concord Museum 1:00-4:00 MahJong * Morning trip to the Natick Mall— COA Bus</p>	

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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. June 6 (tournament) is the final meeting for this year— see you in the fall.

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, May 19 & June 16, 1:30 p.m.-3:00 p.m.



Community Service Bears: This group meets Wednesday morning (Sept.-May) from 9:30-11:00 a.m. Wednesday, May 11 is the final meeting for this year— see you in the fall.

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.

Book Discussion Group: Every other Thursday 9:15 a.m. – 10:15 a.m. (see calendar for dates). May 19, 10:30 a.m. will be the last meetings and afterwards the group will go out to lunch! 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.

Pickleball: 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. No pickleball on 6/27.

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

May 6: Viva Las Vegas (1964) Race car driver Lucky Jackson (Elvis Presley) pulls into Las Vegas, ready for the city's first-ever Grand Prix. He needs money to buy a new engine, so he takes a job as a waiter at a casino. Lucky courts the swimming pool manager, Rusty Martin (Ann-Margret). **NR, 86 minutes. Get ready to dance the night away on Saturday, May 7 for our evening event, Rock the Night Away! See page 1 for details.**

May 13: Room (2015) After being abducted, raped and imprisoned in a small windowless room, a young woman gives birth and is forced to raise her son, Jack, in the same improvised space. But after five years, Jack's mother begins planning their escape. Starring: Sean Bridgers, Joan Allen and Brie Larson Rated R (Language and Adult Subject Matter), 113 minutes

May 20: 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.

May 27: Our Brand is Crisis (2015) After leaving the bruising world of Washington, D.C. politics, expert campaign consultant Jane Bodine finds herself lured back into the fray when she agrees to help a reviled Bolivian president hang on to his job in the next election. Starring: Sandra Bullock, Billy Bob Thornton, and Anthony Mackie. Rated R, 108 minutes.

June 3: Spotlight (2015) Revealing a string of cover-ups stretching back decades, a team of "Boston Globe" reporters exposes the Catholic Archdiocese's history of keeping reports about child molestation and other priest-initiated abuse under wraps Starring: Mark Ruffalo, Michael Keaton and Rachel McAdams. Rated R (Language and Adult Subject Matter), 129 minutes.

June 10: The Bridge of Spies (2015) At the height of the Cold War in 1960, the downing of an American spy plane and the pilot's subsequent capture by the Soviets draws Brooklyn attorney James Donovan into the middle of an intense effort to secure the aviator's release. Starring: Tom Hanks, Mark Rylance, and Amy Ryan. Rated PG-13 (Violence and Language), 142 minutes.

June 17: The Danish Girl (2015) In 1930, Danish painter Einar Wegener elects to have gender-reassignment surgery, with the blessing of his wife, Gerda. This true-life narrative of personal courage also sheds light on the medical origins of transsexual surgery. Starring: Eddie Redmayne, Alicia Vikander and Ben Whishaw. Rated R (Sexual Content and Nudity), 120 minutes.

June 24: Concussion (2015) When Dr. Bennet Omalu's autopsy studies lead him to conclude that multiple concussions could be the underlying cause of the brain disorders suffered by many U.S. football players, he encounters harsh resistance from the NFL establishment. Starring Will Smith, Alec Baldwin, Gugu Mbatha-Raw. Rated PG-13 (Language and Adult Subject Matter), 123 minutes.

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).

Gropius House-Lincoln, MA

Wednesday, May 18, 2:15 p.m.-5:15 p.m.

Walter Gropius, founder of the German design school known as the Bauhaus, was one of the most influential architects of the twentieth century. He designed the Gropius House as his family home when he came to Massachusetts to teach architecture at Harvard's Graduate School of Design. The house has revolutionary impact and the COA is excited to visit this National Landmark. Space is limited to 11 people (first come, first served). A tour requires standing and walking. Individuals who are unable to climb the staircase may visit the first floor.

Cost: \$8.00 entrance fee. Please bring cash.

Museum of World War II in Natick, MA

Thursday, May 26, 8:30 a.m.– 1:00 p.m.

Back by popular demand.... we visit the Museum of World War II in Natick, Massachusetts. This museum holds the most comprehensive collection of original World War II artifacts in the world. The exhibition—nearly 7,000 pieces—integrates human, political and military stories. What makes this museum so unique is that you have the opportunity to touch many of these artifacts. We will depart the COA at 8:30 a.m. and return at 12 noon for a complimentary lunch (sandwiches, chips and soda). Round-trip transportation using the COA bus will be provided. Space is limited to 11 people (first come, first served).

Cost: \$15.00 entrance fee. Please bring cash.



The Norwood Theatre presents

Hairspray—The Broadway Musical

Wednesday, June 8, 10:45 a.m. –4:15 p.m.

The Norwood Theatre and The Colonial Café are proud to partner to present their first Lunch-Theatre combo package for a special performance of *Hairspray— The Broadway Musical*. The meal includes baked stuffed chicken with mashed potatoes, a small salad, vegetable, and a dessert before the show.

Hairspray is set in 1962 Baltimore, Maryland where the teenager Tracy Turnblad pursues stardom as a dancer on a local TV show and rallies against racial segregation. 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 COA.**

The Concord Museum

Thursday, June 30, 10:45 a.m. –1:30 p.m.

The Concord Museum in historic Concord, MA houses one of the oldest and most treasured collections of Americana in the country. The COA will have a private tour through this gateway to Concord's remarkable revolutionary and literary history. The Concord Museum is a place where all of Concord's remarkable past is brought to life through an inspiring collection of historical, literary, and decorative arts treasures. After the trip, enjoy a complimentary lunch (sandwiches, chips and soda) Round trip transportation using the COA bus will be provided. Space is limited to 11 people (first come, first served).

Cost: \$10.00 (Payment due upon reservation)

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.



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 (Gropius House, Museum of World War II, Norwood Theatre Trip, and The Concord Museum). Donations will be used to support the COA Transportation Program.

Transportation

Council on Aging (COA) Transportation Services

The COA operates a 12-passenger, wheelchair accessible bus that provides curb-to-curb service anywhere within Wellesley 9:00 a.m.-3:00 p.m., Monday-Friday. The bus also travels to Newton-Wellesley Hospital in Newton, Beth Israel Deaconess Hospital in Needham, MetroWest Medical Center in Natick and Woodland T station in Newton. Tickets are \$1.00 for each one-way ride (\$2.00 round-trip) and may be purchased at the COA. Each Wednesday, the bus only travels to Roche Bros. and Whole Foods Market, and this trip is FREE (no tickets required). On the last Thursday of the month, the bus travels to either the Natick Mall or Wal-Mart/Target/Christmas Tree Shop (alternating months).

The COA Volunteer Drivers Program provides rides from volunteers using their own vehicles. Rides are provided 24 hours a day, 7 days a week, dependent on volunteer availability. Volunteers will drive passengers anywhere within Wellesley and surrounding towns. There is no cost for the rides; however, passengers are responsible for parking charges and tolls.

Scheduling Reminders:

- Reservations are required for all rides, and requests must be made at least 3 days and up to 1 month in advance. Kindly call ahead to check availability.
- Ride requests for the bus are taken on a first come, first served basis. The bus travels to many destinations in and around Wellesley. As a result, the daily schedule often fills quickly.
- For passengers wanting to travel to the same destination at the same time over multiple days or weeks, requests for each ride must be made with the Transportation Coordinators.
- To discuss your transportation needs, please contact COA Transportation Coordinators Jill Dube and Judy Siggins at 781-235-3046 or drive@wellesleyma.gov



Outreach

We are taking a new spin on our Resource Spotlight with a “Q&A” style section provided by Kate Burnham, Health and Social Services Administrator. We all remember “Dear Abby” and our very own C.O. Abby (C.O.A.) might be a fun, new way to learn about resources. Let us know what you think!



Dear C.O. Abby,

My dear friend is experiencing a long recovery from a hip replacement and she can't get around her house very well. She wants to live in her home as long as she possibly can and would like to learn more about how she can make this happen. Do you have any information that can help her stay safe?

Sincerely, Concerned Friend

Dear Concerned,

What a great question! There are many ways seniors can continue to live in their homes safely— but it will take proper planning and some modifications such as having a ramp put in place or grab bars installed in the shower. Many Occupational Therapists can do in home safety assessments, and our COA Health & Social Services Administrator, Kate Burnham, provides free in-home visits to discuss changes to make your home safer. If you would like a home visit or to explore alternative housing options, contact Kate at the COA at (781) 235-3961 or at KBurnham@wellesleyma.gov

Dear C. O. Abby,

I get the copy of Highlights and see many interesting events and activities offered at the COA but I just haven't gotten around to signing up... I think this is because I don't know where to begin! I have always been a bit shy, but I love socializing once I meet people and make connections. Do you have any ideas on how to get more involved?

Sincerely, Coming Out of Her Shell

Dear Shelly,

Boy, do we have a program for you— our newly established “COA Ambassador Program!” Led by two wonderful women, Mary Bowers and Joanne Kilsdonk, our official Ambassadors are just what you need. They will reach out to you and have a cup of coffee or tea, answer questions, give you a tour and introduce you to others. Once you're ready, Ambassadors can help you get registered for COA events. Just give the COA call at (781) 235-3961 and mention this article!

NEWS & Updates

Friends of the Wellesley Council on Aging

Attention: *All* subscribers to *The Boston Globe* can go to www.bostonglobe.com/grant and nominate The Friends of the Wellesley Council On Aging to receive *free* advertising. At the above website, Globe subscribers should type their subscriber ID in the first green box. (The ID may be found on your billing invoice or you can always call 1-888-MY-GLOBE to obtain it.) In the second box, subscribers should type in Friends of the Wellesley Council On Aging. That's it! We will then receive \$75 in free advertising per subscription. Thank you so very much for your help!

Tolles Parsons Senior Center Update

As this newsletter goes to print, Annual Town Meeting (ATM) has just begun and the Tolles Parsons Center is Article 24 – *“To see if the Town will vote to raise and appropriate, transfer from available funds, or borrow a sum of money, to be expended under the direction of the Permanent Building Committee,*

for construction of the Tolles Parsons Center (senior center) to be located at 496 Washington Street; or take any



other action in relation thereto.” Assuming approval at the ATM, there will be a town-wide debt exclusion vote in May. For updates on the project, please subscribe to COA news (Tolles Parsons Center updates) by visiting our website at: www.wellesleyma.gov/coa

REMINDER: Register your information with the Wellesley COA!

As noted in our last newsletter, the COA is requesting that folks take a few minutes to update their information with our office. You can complete the COA registration form on our website: www.wellesleyma.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.

Need help with prescription drug costs?

Prescription Advantage may be your answer!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on *income only* and there is *no asset limit!* You can join if you are a Massachusetts resident, eligible for Medicare, and are:

- 65 years or older with an annual income at or less than \$59,400 for a single person or \$80,100 for a married couple OR
- Under 65 years and disabled, with an annual income at or less than \$22,334 for a single person or \$30,118 for a married couple.

There is no charge for joining Prescription Advantage, if you have an annual income at or less than \$35,640 for a single person and \$48,060 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a appointment with a SHINE volunteer, call the COA at 781-235-3961.

FREE Legal Clinics

Tuesday, June 21, 9:00-11:00 a.m.

The Wellesley Council on Aging is excited to continue our partnership with MetroWest Legal Services (MWLS) for free legal clinics at the COA! This is an opportunity to meet with an attorney from MWLS in person to discuss your particular legal issue(s). Legal clinic meetings are 15-20 minutes in length and are by appointment only. Please call 781-235-3961 to schedule an appointment.

COA Technology Upgrades

The COA extends special thanks to James Joyce, Director of Wellesley Media Corporation, for helping us select and assemble the COA's new AV equipment. Come and enjoy “state of the art” sound and picture during our FREE Friday movies—see page 10 for details.



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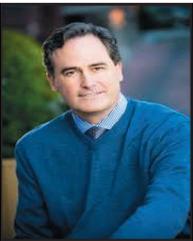
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Wellesley Council on Aging, Wellesley, MA 06-5195

Sensational Speakers

Live Longer and Be Happier: Embrace the Power 9® Tuesday, May 17, 10:30 a.m.

Dr. Geoffrey Burns, Physician/Owner of Renaissance Family Medicine of Wellesley, will describe 9 lifestyle characteristics that will help you live a longer and happier life! These characteristics were discovered in 2004, when Dan Buettner, explorer, teamed up with National Geographic and the world's best longevity researchers to identify pockets around the world where people live measurably longer better. In these "Blue Zones" they found that people reach age 100 at rates 10 times greater than in the United States. After identifying 5 of the world's Blue Zones, Dan and National Geographic took teams of scientists to each location to identify lifestyle characteristics that might explain longevity. They found that the lifestyles of all



Blue Zones residents shared nine specific characteristics. We call these characteristics the Power 9®.

Pre-register by calling the COA at 781-235-3961.

After the presentation, consider staying for our delicious catered lunch. Lunch is served at 11:45 a.m. and pre-registration is required. Cost: \$4.00

Seven Steps to Managing Your Memory: What's Normal, What's Not and What to Do About It Thursday, May 12, 7:00 p.m.

Wakelin Room– Wellesley Main Library

Have you ever walked into a room to get something and then could not remember what you went in to get? Do you sometimes have trouble finding your car in a parking lot after a soccer game or grocery shopping? Do you spend too much time looking for your keys, wallet, or running shoes? Based on his in-press book, Dr. Andrew Budson will discuss seven steps to help you figure out if your memory is normal or not, and how to use physical activity, specific foods, mental exercises, and cognitive strategies to strengthen your memory. A graduate of Wellesley High, Budson is a leading light in the field of neurology and holds top positions in neurology at Veterans Affairs Boston Healthcare System, Boston University Alzheimer's Disease Center, Boston University School of Medicine, Harvard Medical School, and Brigham and Women's Hospital. He is a clinician, professor, researcher, consultant, author, and recipient of numerous awards for his ground-breaking work. The above lecture is part of the 2015-2016 Evening and Weekend Lecture Series co-sponsored by the Wellesley Council on Aging and the Wellesley Free Libraries.



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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