



November/December
2016

Highlights

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219 Washington Street Wellesley, MA 02481
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<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:
Monday, October 24
(Wellesley residents)
Tuesday, October 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.

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NEWSLETTER MAILING

COORDINATOR:

MARY BOWERS, Volunteer

TOLLES PARSONS CENTER CONSTRUCTION IS WELL UNDERWAY

As of the end of September 2016, the Tolles Parsons Center foundation is complete! Underground piping for plumbing (toilet rooms, sinks and kitchen) is being installed, along with electric conduits. In November, we can expect the structural steel to be erected and roof trusses will arrive for installation. The exterior walls of the building will be framed in November and December and roof sheathing and shingles will be installed by the end of the year. All utilities have been brought onto the site and the storm water drainage system is installed. Washington Street landscaping walls will be installed, along with granite curbs and sidewalks (except for the entrance and exit drives, which will be subjected to ongoing construction truck traffic). Site trees along Washington Street will be planted and the site fence will be moved back to about 20 feet from the street curb. By the end of December, the building should be weather-tight, the site should be paved and construction of the building interior should be underway. ***Special thanks to Dick Thuma, TPC Project Manager, for sharing this update and construction photos.***



Holiday Schedule: The COA is closed and the bus will not run on Friday, November 11 (Veterans Day), Thursday, November 24 (Thanksgiving Day), Friday, November 25, Friday, December 23 (COA closes at 1:00 p.m. Bus will run until 12:30 p.m.), Monday, December 26 (Christmas Holiday), Friday, December 30 (COA closes at 1:00 p.m. Bus will run until 12:30 p.m.)

Special Happenings: Pre-registration required

Housing Options Tour— Newbury Court, Concord Wednesday, November 2 , 10:00-3:45 p.m.

Itinerary:

10:00 a.m. *Pick-up at the Wellesley COA*
 11:00 a.m. *Tour of Newbury Court*
 12:00-1:00 p.m. *Lunch*
 1:30-3:30 p.m. *Presentation: Downsizing
 Your Home to Upsize Your Life*
 3:15 p.m. *Depart for return to COA*

Description of Newbury Court

“Lifestyle: *Life. Style.* Newbury Court in Concord MA offers both in abundance. A life steeped in culture, music, art, nature, and most important, community. An elegant style where fine dining and sumptuous surroundings are the norm and service is always excellent. Set on 35 magnificent acres of conservation land, Newbury Court overlooks the Sudbury River with its rolling meadows and bountiful wildlife. Nearby Concord Center offers a unique blend of history, shopping and dining options, and public transportation into Boston, only 20 miles away. For singles and couples, 62 or older, Newbury Court offers a truly exceptional quality of life with a distinctly gracious style”. Max. 14.

Annual Fire Safety Pancake Breakfast (rescheduled from October)

Monday, November 7, 9:00-10:30 a.m.

The brave firefighters of the Wellesley Fire Department will once again host a pancake breakfast at the COA. Lt. Paul Delaney will give an educational presentation and will share fire safety tips. There will be giveaways and more — come and see for yourself!!



All About Pies
Wellesley Recreation Department
90 Washington Street
Wednesday, November 9,
1:00-2:30 p.m.

From traditional to unconventional, seasonal and decadent, pies are an important part of every holiday and gathering. Kate Blaski, Healthy Eating Specialist from Whole Foods Market, will show us ideas and recipes to create a pie masterpiece that will be good for your soul and your body. Special thanks goes to Bayada Home Health Care, in Auburndale, for sponsoring this demonstration. Max. 20.

A Tribute to Veterans

Thursday, November 10, 9:00-10:30 p.m.

Join us as we celebrate all of the brave veterans who have served our country. Come and enjoy a light breakfast, patriotic music and good company. Sarada Kalpee, Director of West Suburban Veterans Service, will join us for this event. Kalpee, 33, has been in the U.S. Army Reserves since 2002 and currently holds the rank of staff sergeant. She started as a Veterans’ Service Officer in Boston, and her MetroWest assignment became effective in early February. Tom Madden will be joining us this morning with live music. Playing keyboards and guitar along with self-created tracks, Tom provides his audience with a full band sound as he sings the great songs of our lives. He has played all over the country, from Hawaii to Florida, and from Nova Scotia to Seattle. He has led his own band, Java Jive, for over 30 years, and recently retired from that group so that he can perform as a solo artist.



Breakfast Club

Wednesdays, Nov 16 & Dec 14 , 8:00-9:30 a.m.

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

Lunch Outing – Delicious Dining

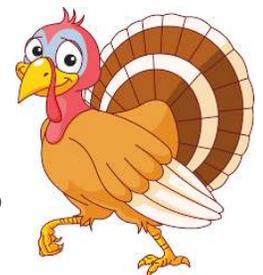
Monday, November 21, 12-1:30 p.m.

Morse Tavern, 85 East Central Street, Natick
 Choose your own lunch and pay for it at that time.

50th Annual Thanksgiving Dinner

Saturday, November 19, 12:30 - 2:30 p.m.

The fiftieth annual Senior Citizens Thanksgiving Dinner for **seniors who reside in Wellesley** will take place on Saturday, November 19 at 12:30 p.m. at the Gordon Trim Dining Hall, Babson College, Forest Street, Wellesley. Wellesley veterans started the dinner in 1966 and continued the event through 2013. As of 2014, this occasion is being sponsored by The Wellesley Fire Department. Reservations for the dinner may be made by calling the COA beginning on Monday, October 24 and ending Thursday, November 10. Please note that everyone is *required* to have a reservation. If you need transportation, please call The COA Transportation Department at 781-235-3046. Donations are welcome. Please make checks payable to “Wellesley Fire Department/Senior Dinner” and mail to the Wellesley Fire Department, 457 Worcester Street, Wellesley 02481.



Special Happenings: Pre-registration Required

Francisco Rafart Performs The Chapman Stick Thursday, December 1, 1:00-2:00 p.m.

Francisco Rafart, COA volunteer and talented performer will play the Chapman Stick. This is an electric musical instrument devised by Emmett Chapman in the early 70s. The Chapman Stick is a member of the guitar family, and has ten or twelve individually tuned strings, and has been used on music recordings to play bass lines, melody lines, chords, and textures. Come and enjoy good music, and learn about this rare instrument.



Robin Young Highlights "Reinvest in You" Conference & Expo Wellesley High School Saturday, December 3, 8:30-2:30 p.m.

Robin Young, host of *Here & Now* on WBUR, Peabody award-winning film maker and winner of several television Emmy Awards, will be the Keynote Speaker and Panel Moderator at *REINVEST IN YOU* Conference and Expo. The flyer enclosed provides an overview of the panel discussion and workshops designed to help people at midlife and beyond navigate the transition to the second half of life. The event is presented by the Wellesley Council on Aging, The Friends of the Wellesley Council on Aging, The Wellesley Health Department, and the Encore Boston Network. Make plans now to register to attend this informative and exciting event.

COA Happy Holidays Party

Friday, December 9, 12:30-2:30 p.m.

It's that time of year again – time to celebrate and get into the holiday spirit! Each year over 100 people join in this wonderful celebration. Guests will be treated to lunch catered by Express Gourmet. The menu will include assorted sandwiches, beverages, and dessert. **The party is free, but you must register, reserve and pick up a ticket no later than Friday, November 30.** There will be no exceptions and you must present your ticket at the door. Please come and join in the festivities! This year, the COA welcomes The Bill McGoldrick Acoustic Duo, one of the most popular acoustic acts in New England. Bill McGoldrick and Pamela Steibler (featured singer) are both graduates of Berklee College of Music. Call 781-235-3961 to reserve your ticket. **PLEASE NOTE:** Priority for the Happy Holidays Party will be given to Wellesley residents. Non-residents will be placed on a wait list and will be contacted the week of the party if there is space available.

Happy Holidays

Festival of Trees

Wednesday, December 7, 11:30-12:30 p.m.

The COA invites you to a special holiday event to view the Massachusetts Horticultural Society's indoor Festival of Trees at Elm Bank. We will meet at Elm Bank to see these beautifully decorated holiday trees. All trees are raffled off, with proceeds going to help maintain the gardens at Elm Bank. To participate in the raffle you may purchase a sheet of 26 tickets for \$10. The drawing will be held on **December 11** and you do not have to be present to win, but you need to confirm by phone. **The cost is \$5.00 per person to be paid to the COA.** Transportation is on your own. Please call the COA Transportation Department at 781-235-3046, if you need a ride.



Join us for a Holiday Sing-A-Long!

Friday, December 16, 6:00-7:00 p.m.

Jingle bells, jingle bells, jingle all the way....Do you like to sing? Do you love the holidays? If so, join us for a holiday sing-along on Friday, December 16 in the community room at 503 Washington Street led by talented pianist, Larry Buckley. This is the 4th annual sing-a-long in partnership with the Wellesley Housing Authority. Refreshments will be provided. Please call the COA Transportation Department at 781-235-3046, if you need a ride. **All are welcome!**



Seasonal Birthday Bash with Pianist, Dianne Impallaria Tuesday, December 20, 10:30-11:30 a.m.

Join us as we celebrate the birthdays of those born in September, October, November and December. Dianne Impallaria, pianist, returns with your favorite holiday tunes. During this holiday season come listen or sing along to all your favorite music and celebrate your birthday!

Excerpts from *The Nutcracker*

Tuesday, December 27

1:00-2:00 p.m.

The COA welcomes back the very talented members of Methuen Ballet Ensemble to perform excerpts from *The Nutcracker*. This is the 4th annual performance at the COA. Ballerinas will guide you through the *Land of Sweets* in Tchaikovsky's second act of the holiday classic. **FREE! All are welcome.** Light refreshments will be provided.



2nd Annual Holiday Extravaganza Week: The COA invites you to participate in several fun and festive activities during our Holiday Extravaganza Week, December 12-16. If you attend one of the activities listed below, you will be entered in a raffle to win a \$50 COA gift certificate.



Holiday Card Decorating

Monday, December 12, 10:30-11:30 a.m.

We are excited to announce that students from the Wellesley Nursery School in the Hills, will be joining us in creating holiday cards. Cards will be delivered to Newton Wellesley Hospital so patients may enjoy some holiday cheer.



Gingerbread and Holiday Cookies

Tuesday, December 13, 2:30-3:30 p.m.

Chef Michael Burrill at The Traditions of Wayland will lead a gingerbread and holiday cookie decorating activity. Special thanks to the Traditions of Wayland, an assisted living facility, for sponsoring the program.



Snow Globes

Wednesday, December 14, 2:00-3:00 p.m.

The shimmering magic of snowfall is always transfixing, whether it's outside your window or inside a snow globe. Come and create your own unique snow globe out of a mason jar and holiday trinkets. Cost: \$5.00.



Musical Bingo

Thursday, December 15, 1:30-3:00 p.m.

You will be humming along to your favorite holiday songs as we play musical bingo. Max. 20.



Wear-your-favorite-holiday-attire Day!

Friday, December 16, 11:45-12:30 p.m.

Wear your favorite holiday attire and join us for lunch! The cost is \$4.00 and pre-registered is required. After lunch, we will be showing the movie, *Miracle on 34th Street* (see page 10 for details). Stay and watch.

Upcoming lectures in the 2016-2017 Evening and Weekend Lecture Series
Pre-registration is not required.



From Ocean to Table and Challenges Along the Way

Wellesley Main Library—Wakelin Room

Sunday, November 6, 2:00-3:30 p.m.

Bringing seafood from the waters of the world to your dinner plate is a journey that involves many stakeholders. Today's consumer insists upon traceability, sustainability and accountability starting with the fisherman and finishing with the fishmonger. We will explore where your seafood comes from, how it was caught and the length of time it takes to get to your plate. Members of the Marden family, Wellesley's local seafood purveyor, will discuss the many challenges facing the industry including the regulatory environment and the role of aquaculture in our food future.

The Loss of the U.S.S. Quincy

Wellesley Main Library—Wakelin Room

Sunday, November 20, 2:00-3:30 p.m.

In honor of Veterans Day, local historian Bob Begin will discuss the history of the heavy cruiser U.S.S. Quincy, from her launching in her namesake city during the Great Depression to her fateful role in the Pacific during World War II. He will also explore the lives of some of the men who served onboard during the War. This lecture is co-sponsored by the Wellesley Historical Society.



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

Presentations: Pre-registration required

Ethical Issues in a Changing World

Tuesday, November 1, 10:00-11:30 a.m.

Have we lost our moral compass?

Have we lowered our ethical barometer?

Do we have a values crisis in our country?

Can we balance productivity and success with morality and fairness?

Join us for an interactive and thought-provoking presentation on morals, shared values, and doing the "right" thing. Mr. Gerald Bruder is President of a St. Louis-based firm specializing in public speaking, training, and human resources development. His primary concern focuses on solving problems that impede organization productivity, using a unique and participative approach. He will encourage you to examine concepts of right and wrong in an entertaining and light-hearted way. He guarantees laughter! This is not about being told what to do and what not to do because of laws and rules; it's about being motivated to THINK about concepts of right and wrong. It's more complicated than you may think. This program is co-sponsored with the Needham Council on Aging.



Learn the Benefits of Super Snacking

Friday, November 4, 10:30-11:30 a.m.

Are you concerned that you don't eat "three meals a day?" Maybe your appetite is less, or food doesn't taste and smell as great as it used to. Maybe you don't have the energy to cook a meal or to go food-shopping. Yet, good nutrition is vital to maintain high energy levels and to prevent illness. Many of the packaged snacks available at stores are high in sodium, fat, added sugar and preservatives, while offering little nutrition. Join us for this fun and informative class by Nancy Oliveira, MS, RDN, LDN, senior dietitian at the Nutrition Clinic at Brigham and Women's Faulkner Hospital, as we learn ideas for quick easy snacks that are inexpensive, easy to prepare, and provide vital nutrition. You will also learn about certain nutrients important for older adults and the foods that contain them. A sampling of delicious snacks will be provided! This program is sponsored by Senior Homecare Solutions, West Roxbury.



Come and Meet a Correction/Community Outreach Officer

Friday, November 18, 10:30-11:30 a.m.

Carolyn Pecevich 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. The program is sponsored by TRIAD, a three-way partnership among seniors, law enforcement and the COA.

Have Your Antiques Appraised

Tuesday, December 6, 10:30-11:30 a.m.

Valerie Achorn, President of Simplified Lives, a move managing company, will lead a discussion on downsizing and decluttering. After the presentation Steven Fusco, owner of Associated Estate and Appraisal Company, will appraise your antiques. Please only bring one favorite treasure to be appraised.



A Christmas Carol by Charles Dickens

Friday, December 9, 10:30-11:30 a.m.

"Marley was dead, to begin with." With this spare sentence, Dickens draws the reader into his Yuletide classic *A Christmas Carol*. Written in four weeks, it is a ghost story which recounts the plight of the Cratchit family and traces the moral regeneration of Bob Cratchit's miserly boss, Ebenezer Scrooge, after he is visited by the ghosts of Christmas past, present and future. Gary Hylander Ph.D, presenter, is an independent scholar who specializes as a presidential historian, and professor of history at Framingham State University. A special thank-you goes to The Residences at Wingate, in Needham, for sponsoring this program. Max. 30.

Grandparents, Grandkids, and Grandfriends: Nurturing These Precious Relationships

Friday, December 16, 10:30-11:30 a.m.

For centuries, the relationships between the oldest and youngest members of families were precious. Today, things have changed so much and the demands of contemporary culture— from cell phones and social media to afterschool activities and school pressures—can weaken these bonds. Join us to learn more about societal changes and how to approach them with a spirit of empowerment rather than fear. Learn about strategies to strengthen these bonds— regardless of whether your grandchildren are newborns, in school or launching careers. This informative and interactive workshop will be presented by Andrea J. Fonte Weaver, Founder and Executive Director of Bridges Together Inc. and nationally recognized intergenerational specialist. Thank you to the Carriage House at Lee's Farm, assisted living facility in Wayland, for sponsoring this program. Max. 30

Exercise Classes: Pre-registration required

Make-up classes: For each fee-based fitness session, a make-up class is listed. This class is held only if the COA or instructor cancels a class within the session!

Better Balance

Instructor: Leslie Worris, MPH, RYT-500, TIYT
The class will help improve balance, strength, core, posture, flexibility, gait, mobility, stability, breath, and endurance. Help maintain your independence. Please bring two sets of weights, resistance band and water. Min: 8/ Max: 20

Day	Time	Date	Price
Mon	11-12	Nov. 7,14,21,28, Dec 5,12, 19	\$49
<i>Make-up date: Friday, January 20, 9-10a.m.</i>			
Wed.	11-12	Nov. 2, 9, 16, 23, 30, Dec 7,14,21	\$56
<i>Make-up date: Friday, January 20, 12-1p.m.</i>			

Tai Chi for Health

Instructor: Leslie Worris, MPH, RYT-500, TIYT
Tai Chi consists of fluid, gentle movements that are relaxed and slow in tempo. It is a suitable form of exercise for just about anyone. Tai Chi is ideal to improve balance, gait, coordination, free up stiff joints and muscles, decrease stress, good for overall health and is meditative.
Min: 10/Max: 22

Day	Time	Date	Price
Wed.	9:45-10:45	Nov 2,9,16,23,30, Dec 7,14,21	\$56
<i>Make-up date: Friday, January 20, 11-12 p.m.</i>			

Line Dancing

Instructor: Nancy Diduca
Come on down and enjoy some great music, good exercise and even better company. Min. 6/
Max: 20

Day	Time	Date	Price
Thurs	1-2	Nov 10,17, Dec. 1,8, 15	\$25
<i>Make-up: Thursday, January 5, 1:00-2:00 p.m.</i>			



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.

Qi Gong

Instructor: Bob Doherty, certified QiGong Instructor
QiGong is a practice of aligning movement, posture, and awareness. This exercise class is designed for all ages and fitness levels. With roots in ancient Chinese Medicine, QiGong is traditionally viewed as a health practice which cultivates ones "intrinsic life energy". Practice involves slow, stylized repetition of fluid movements and a calming mindfulness and visualization.

Min. 8/Max: 20

Day	Time	Date	Price
Fri	9:15-10:15	Nov 18, Dec 2,9,16	\$20
<i>Make up: Friday, January 6, 9:15-10:15 a.m.</i>			

**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. The intermediate class is from 9:30-11:00 a.m. followed by the beginner class from 11:15-12:45 p.m. is the beginner level.
Min: 10/ Max: 18

Day	Time	Date	Price
Tues	9:30-11:00	Nov 1,8,15,22,29, Dec 13	\$85
<i>Make-up date: Friday, December 16, 10:30-12:00 noon</i>			
Tues	11:15-12:45	Nov 1,8,15,22,29, Dec 13	\$85
<i>Make-up date: Friday, December 16, 10:30-12:00 noon</i>			

Better Bones

Instructor: Leslie Worris, MPH, RYT-500, TIYT
Improve functional, muscular and core strength, balance, posture, flexibility and endurance. You will use free weights, resistance bands, balls, and gentle yoga, including body weight resistance. We will work in a chair, stand, and use a mat on the floor. Please bring two sets of free weights, resistance band, towel and water.
Min: 12/ Max: 24

Day	Time	Date	Price
Mon	9:45-10:45	Nov 7,14,21,28, Dec 5,12,19	\$49
<i>Make-up date: Friday, January 20, 10:00-11:00 a.m.</i>			
Thurs	9:30-10:30	Nov 3, 10, 17, Dec 1,8,15,22	\$49
<i>Make-up date: Friday, January 20, 1:00-2:00 p.m.</i>			
Thurs	10:45-11:45	Nov 3,10,17, Dec 1,8, 15, 22	\$49
<i>Make-up date: Friday, January 20, 2:00-3:00 p.m.</i>			

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.

Location: Rec Department, 90 Washington St.

Min: 8 / Max: 16

Day	Time	Date	Price
Wed	1:30-3:30	Nov. 9,16,23,30, Dec 7,14,21	\$95
Make-up date: Wed, Nov 28, 1:30-3:30 p.m.			



Art for Fun

Instructor: Cecilia Sharma

Come and enjoy individual hands-on instruction and explore a variety of techniques that are fun and exciting! Through a series of painting exercises, you will learn layering of paint, developing textures, shapes and create the illusion of light.

Location: Rec Department, 90 Washington St.

Min: 8 / Max: 14

Day	Time	Date	Price
Mon	10:00-12:30	Nov 28, Dec 5,12,19, Jan 9	\$110
Make-up class: Mon, Feb.6, 10-12:30 p.m.			

Arts and Crafts

Discover the rewards of finding a new hobby or rediscover your hidden artistic talents by joining us for our arts and crafts activity!

On November 28, you will create a snowman candle holder (led by COA volunteer, Raphi Kang), and on December 8 you will use holiday inspired stamps to create holiday greeting cards (led by COA volunteer, Beth Anderson). Min: 6 / Max: 20

Day	Time	Date	Price
Mon	2:00-4:00	Nov. 28	\$5
Thur	9:30-10:30	Dec 8	\$5



Magic Course

Instructor: Gil Stubbs

Gil Stubbs, who was voted "Best of Boston" by the Society of American Magicians in 2011, will be teaching a four-lesson course in close-up magic that is tailored to the needs and capabilities of seniors, covering magic with cards, coins, dollar bills, string, rope, rubber bands, pens, paper clips, tableware, napkins, and handkerchiefs. Min. 5/ Max: 10



Day	Time	Date	Price
Tues	1:00-2:30	Nov 1,15,22,and 29	\$30
Make-up class: Tuesday, Dec 6, 1:00-2:30 p.m.			

NEW Create a Yule Log

Instructor: Barbara Gage-Mulford

A birch yule log is a festive non-denomination decoration suitable for the holiday season. Join us for this fun and relaxed class. You will decorate and bring home a birch log with mercury glass LED candle holder, LED candle, greens and a festive bow.



The birch is sustainably harvested in northern Maine by the artist and the landowner. All materials and tools of the trade are provided by instructor Barbara Gage-Mulford. Min: 6/ Max: 20

Day	Time	Date	Price
Mon	1:30-2:30	Nov 7	\$20

French

Instructor: COA Volunteer, David Myersmith

Join David and his devoted students to refine your French pronunciation and dramatically increase your vocabulary. 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. Classes meet year-round, weekly on Wednesdays from 1:00-2:30 p.m.



Day	Time	Date	Price
Wed	1:00-2:30	Nov 2,9,16,30, Dec 7,14,21	Free

World Religions

Instructor: Sister Marie Elena Dio

The second part of our series, *World Religions*, will be a consideration of Buddhism which developed later than Hinduism, during the great Axial Age of Religions. We will study the founder, Scriptures, beliefs, practices, and divisions of Buddhism as well as the different methods of Buddhist meditation. There was significant interest in this series when it was advertised in our Fall newsletter. Therefore, priority will first be given to returning students and then to the individuals on the waiting list. Please call the COA to express your interest. Max: 30

Day	Time	Date	Price
Thur	10:30-11:45	Dec 1,8,15, 22	Free
Make-up date: Thursday, December 29, 10:30-11:45			

NEW Beginners' Pottery

Instructor: Ramune Jauniskis

Location: Rec Department, 90 Washington St.

Learn basic hand building (and wheel throwing) while creating beautiful, functional, and decorative pieces. Participants will be encouraged to explore their own ideas as well as work on suggested projects that will be demonstrated at the beginning of class. All work will be kiln fired. Min: 8 Max: 10

Day	Time	Date	Price
Thur	10:30-12:00	Nov 3,10, 17	\$35

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NOVEMBER 2016

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

<p>9:30-11:00 Yoga 11:15-12:45 Yoga 10:00-11:30 Ethical Issues in a Changing World 10:00-11:15 German 10:00-11:15 Ancient Greek Civilization 11:45-12:30 Lunch: Beef Stew, steamed veggies, and ice cream 1-2:30 Cribbage 1:00-2:30 Magic 1:30-2:30 Keep Well-315 Weston Road 2:00-3:30 Tech Time</p>	<p>9:15 Walking Group COA 2 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 9:30-11:00 Community Service Bears 9:45-10:45 Tai Chi 11:00-12:00 Better Balance 10:00-11:00 Depart to Newbury Court 10:00 French 1:00-2:30 Acrylic Painting (Rec Dept.) 1:30-3:30 Technology Club 1:00-2:30 SHINE 2:30-4:00 Life Writing Course</p>	<p>9:30-10:30 SHINE 9:15-10:15 Qi Gong 10:30-11:30 Learn the Benefits of Super Snacking 11:45-12:30 Lunch: Turkey Club Panini, chips and a Reese's cookie 12:30 Movie: The Boss (1hr 39 min) 1:00-3:00 Ping Pong (Rec. Dept.) 2:15-3:15 Senior Core and Balance (Rec) "From Ocean to Table and Challenges Along the Way" - Sunday, November 6, 2:00 p.m. at the Wellesley Main Library</p>	<p>9:00-10:30 Fire Safety Pancake Breakfast 9am Walking (Whole Foods) 9:30-11:30 Wii Bowling 9:45-10:45 Better Bones 10:00-12:30 Art for Fun (Rec Dept.) 11:00-12:00 Better Balance 12:30-3:00 Bridge 1:00-3:00 Pickleball (Rec Dept.) 1:00-2:30 How to Create a Yule Log * Free Grocery Shopping Trip-COA Bus</p>	<p>9:30-11:00 Yoga 11:15-12:45 Yoga 10:00-11:15 German 10:00-11:15 Ancient Greek Civilization 11:45-12:30 Lunch: Chicken cordon bleu over linguini, garden salad and a chocolate chip cookie 1-2:30 Cribbage 1:30-2:30 Keep Well— Morton Circle 2:00-3:30 Tech Time</p>	<p>9:15 Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 9:30-11:00 Community Service Bears 9:45-10:45 Tai Chi 11:00-12:00 Better Balance 10:00-11:00 Depart to Newbury Court 10:00 French 1:00-2:30 Acrylic Painting (Rec Dept.) 1:30-3:30 Technology Club 1:00-2:30 SHINE 2:30-4:00 Life Writing Course</p>	<p>9:15-10:15 Qi Gong 10:30-11:30 Come and Meet a Correction Outreach Officer 11:45-12:30 Lunch: Turkey sandwich 12:30 Movie: Mother's Day (1hr 58 min) 2:15-3:15 Senior Core and Fitness (Rec Dept.) Annual Thanksgiving Dinner is tomorrow, Saturday, November 19, 12:30 p.m. at Babson College. "The Loss of the U.S.S. Quincy" - Sunday, November 20, 2:00 p.m. at the Wellesley Main Library</p>
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The COA is closed and the bus will not run. Veterans Day

The COA is closed and the bus will not run. Thanksgiving Day!



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HOME SECURITY TEAM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DECEMBER 2016

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

<p>9am Walking (Whole Foods) 9:30-11:30 Wii Bowling 9:45-10:45 Better Bones 10:00-12:00 Art for Fun (Rec Dept.) 11:00-12:00 Better Balance 1:00-3:00 Pickleball (Rec Dept.) 12:30-3:00 Bridge 4:00- 8:00 Dinner at the Wayside Inn *Free Grocery Shopping Trip-COA Bus</p>	<p>10:00-11:15 German 10:30-11:30 Have Your Antiques Appraised 10:00-11:15 Ancient Greek Civilization 11:45-12:30 Lunch: Salmon over garden salad, mint chocolate chip ice cream 1:00-2:30 Cribbage 1:30-2:30 Keep Well – 315 Weston Rd 2:00-3:30 Tech Time</p>	<p>9:15 Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 9:45-10:45 Tai Chi 10:00-12:00 Better Balance 10:00-11:00 Keep Well (COA) 11:30-12:30 Festival of Trees 9:30-11:00 Community Service Bears 1:00-4:00 SHINE 1:00-2:30 French 1:00-2:30 Technology Club 1:30-3:30 Acrylic Painting</p>	<p>9:15-10:15 Qi Gong 9:30-10:30 Better Bones 10:30-11:30 Better Bones 10:45-11:45 Better Bones 11:45-12:30 Lunch 10:30-11:45 Buddhism 1:00-4:00 MahJong 1:00-2:00 Line Dancing 2:00-3:30 Knitting</p>	<p>9:15-10:15 Qi Gong 9:30-10:30 SHINE 9:15-10:15 Qi Gong 11:45 Lunch: Chicken kabobs over rice plaf, steamed veggies, and chocolate chip cookie 12:30 Movie: The Meddler (1hr 43 min) 1:00-3:00 Ping Pong (Rec Dept.) 2:15-3:15 Senior Core and Fitness (Rec Dept.) Reinvest in You is tomorrow, Saturday, December 3 at Wellesley High School</p>
<p>9am Walking (Whole Foods) 9:30-11:30 Wii Bowling 9:45-10:45 Better Bones 10:30-11:30 Holiday Card Decorating 10:00-12:30 Art for Fun (Rec Dept.) 11:00-12:00 Better Balance 12:30-3:00 Bridge 1:00-3:00 Pickleball (Rec Dept.) *Free Grocery Shopping Trip-COA Bus</p>	<p>9:30-10:30 Yoga 11:15-12:45 Yoga 10:00-11:15 German 11:45-12:30 Lunch: Chicken parm over pasta, garden salad, and Reese cookie 1:00-2:30 Cribbage 1:30-2:30 Keep Well— Morton Circle 2:00-3:30 Tech Time 2:30-3:30 Gingerbread and Holiday Cookies</p>	<p>8:00-9:30 BF (Captain Mardens) 9:15 Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 9:30-11:00 Community Service Bears 9:45-10:45 Tai Chi 11:00-12:00 Better Balance 1:00-2:30 French 1:30-3:30 Acrylic Painting (Rec Dept.) 1:00-4:00 SHINE 2:00-3:00 Snow Globes</p>	<p>9:15-10:15 Qi Gong 9:30-10:30 Better Bones 10:45-11:45 Better Bones 10:30-11:45 Buddhism 11:30-1:00 Photography Club 11:45-12:30 Lunch 1:00-4:00 MahJong 1:00-2:00 Line Dancing 1:30-3:00 Holiday Musical Bingo *Morning to the Natick Mall-COA Bus</p>	<p>8:15 Trip to the Newport Mansions 9:00-12:00 SHINE 9:15-10:15 Qi Gong 11:45 Lunch: Chicken kabobs over rice plaf, steamed veggies, and chocolate chip cookie 12:30 Movie: The Meddler (1hr 43 min) 1:00-3:00 Ping Pong (Rec Dept.) 2:15-3:15 Senior Core and Fitness (Rec Dept.) Reinvest in You is tomorrow, Saturday, December 3 at Wellesley High School</p>
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<p>The COA is closed and the bus will not run</p>	<p>10:00-11:15 German 11:45-12:30 Lunch: American Chop suey, garden salad and vanilla pudding 1:00 Excerpts of The Nutcracker 2:00-3:30 Cribbage 1:30-2:30 Keep Well- 60 Grove Street 2:00-3:30 Tech Time</p>	<p>9:15 Walking Group COA 9:30-10:30 Coffee 9:30-11:30 Scrabble/Cards 1:4:00 SHINE 1:30-3:30 Acrylic Painting (Rec Dept.) * Free Grocery Shopping Trip—COA Bus</p>	<p>11:45-12:30 Lunch 1:00-4:00 MahJong</p>	<p>11:45-12:30 Lunch: Rt 16 sandwich, Doritos, and coffee ice cream The COA closes at 1:00 p.m</p>



Clubs and Groups: Pre-registration required

Friedman's Photography Club

Thursdays, Nov 3, 17, Dec 1, 15, 11:30-1:00 p.m.

The Friedman's Photography Club, will continue to meet every other Thursday afternoon 11:30-1:00 p.m. (see calendar for dates). Dom DeLeo, COA volunteer and photography student, will facilitate this club. The club encourages new members and we ask each participant to e-mail 3 photographs to Dom prior to each meeting. Dom will create a photo slideshow and the club will participate in peer review. The club will also share resources, consider trips and guest speakers. Max. 10 For more information, please contact Ashley Shaheen, Senior Activities Coordinator at 781-235-3961.



Technology Club

Wednesdays, Nov 2 and Dec 7, 1:00-2:30 p.m.

Eleanor Boyd, Wellesley High School Key Club member and COA Volunteer will lead the monthly technology club. Come to this free technology seminar taught by Wellesley High School Students and learn how to use your phone, tablet and/ computer. Bring your iPhone, iPad, or other device for this interactive discussion. Max. 15

Book Discussion Group

Joellen Toussaint, COA Volunteer and Circulation Assistant at the Wellesley Main Library, will facilitate this book discussion group that meets every other Thursday at 9:15 a.m. (see calendar for details). For a book listing, please call the COA.



Tech Time

Tuesdays, Nov 1, 8, 15, 22, 29

Dec. 6, 13, 20, 27, 2:00-3:30 p.m.

In need of a quick tech tune-up? Bring your tech troubles to COA volunteer, Lois Clayson for this informal, multi-person workshop. Sign up for one or more dates. This workshop is perfect for the person who has a specific problem and needs brief instruction. Stay as long as you want! Aside from group assistance, Lois also gives one-on-one instruction—call the COA for additional information. Max: 4 on each date

Intergenerational Program Opportunities

The staff at the Wellesley Nursery School in the Hills would like to develop a pen pal program with students and senior citizens. They are also looking for volunteers to read to their students. If you are interested in either of these volunteer opportunities, please call Ashley Shaheen, Senior Activities Coordinator at 781-235-3961.

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

November 4: The Boss (2016) After serving time in lockup for insider trading, corporate tycoon Michelle Darnell sets out to reshape her public image. But her hilarious attempts at forgiveness make it difficult to find redemption. Starring: Melissa McCarthy, Peter Dinklage, and Kristen Schaal Rated: R, 1hr 39min (Sexual Content and Language)

November 11— COA Closed (Veteran's Day)

November 18: Mother's Day (2016) Offering an ensemble tribute to mothers everywhere, this star-studded comedy focuses on an assortment of moms and their intertwining lives as their annual day of recognition approaches. Starring: Jennifer Aniston, Jason Sudeikis, Julia Roberts Rated PG-13, 1hr58min

November 25— COA Closed (Thanksgiving Break)

December 2: The Meddler (2016) On the heels of her husband's death, Marnie Minervini moves to Los Angeles and begins interfering with her daughter Lori's life. But after Marnie's chance encounter with a charismatic security guard, she turns her attention in a different direction. Starring: Susan Sarandon, Rose Byrne, J.K. Simmons Rated PG-13, 1hr43min

December 9—no film COA Annual Happy Holidays Party

December 16—Miracle on 34th Street (1947) When Santa falls down drunk in the Thanksgiving Day Parade, reluctant Macy's supervisor Doris Walker (Maureen O'Hara) offers the job to a bearded Kris Kringle (Edmund Gwenn, who won a Best Supporting Actor Oscar) purporting to be the real Santa! During the Christmas season, he shares a flat with Doris's neighbor (John Payne), who has eyes for Doris. Kris hopes to unite the two while winning over Doris's skeptical 6-year-old daughter (Natalie Wood). Rated: NR, 1hr 36 min

December 23—no film (COA closes at 1pm)

December 30— no film (COA closes at 1p.m.)



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).

Newport Mansion Christmas and La Salette Shrine Friday, December 2, 8:15-7:00 p.m.

Cost: \$80.00 **Min.** 30

The glitter of gold and the sparkle of silver will dazzle you as Bloom Tours brings you to two magnificent mansions all decked out for the holiday season. We start the day with a tour of The Breakers, a symbol of the Vanderbilt Family's social and financial preeminence at the turn of the century in America. After a morning of elegance, we are off to the Pier Restaurant in Newport for a delicious lunch. We will then visit the architectural landmark known as Marble House. Music, tours, and spectacular decorations highlight the celebration of Christmas at these Newport Mansions and you don't want to miss it. The day is not over yet. We depart Newport and make our way to Attleboro MA to view the Christmas Festival of Lights at the La Salette Shrine. You have to see it to believe it. We invite you to make special holiday memories with your COA friends by visiting The Breakers, Marble House and La Salette Shrine with us! Trip includes: Roundtrip transportation, admission to both mansions and lunch. Full payment due upon reservation. No refund if you cancel after November 18.

John Adams Courthouse Tour, Boston Monday, November 14, 1:30-5:00 p.m.

Cost: Free **Max:** 11

Join us for a free tour of the John Adams Courthouse, the beautiful home of the Massachusetts Supreme Judicial Court, the nation's oldest court. Opened in 1894, this restored courthouse is named in honor of the 2nd President of the United States. In addition to the spectacular Great Hall with its 16 lifestyle figures and Rufus Choate statue, the courthouse contains two exhibits rooms: John Adams, Architect of American Government, and Sacco and Vanzetti, Justice on Trial. The tour also includes visiting the courtroom and, if interested, a meeting with an Appeals Court Justice.



Isabella Stewart Gardner Museum Thursday, November 17, 11:30 – 4:00 p.m.

Cost: \$39.00 **Max:** 11

The Isabella Stewart Gardner Museum houses an art collection of world importance, including significant examples of European, Asian and American art, from paintings and sculpture to tapestries and decorative arts. In 1990, thirteen of the museum's works were stolen; the high-profile crime remains unsolved and the artwork's location is still unknown. Today, the museum hosts exhibitions of historic and contemporary art, as well as concerts, lectures, and community programs. Before the guided tour of the museum, the group will enjoy lunch at Café G. Trip includes: Roundtrip transportation, museum admission, a guided tour and lunch at Café G. Full payment due upon reservation.



Dinner at the Wayside Inn Monday, December 5, 4:00-8:00 p.m.

Cost: Pay on own. **Max:** 11

We will depart the Wellesley Community Center at 4:00 p.m. for a delicious dinner at the beautiful Wayside Inn restaurant in Sudbury. What better way to celebrate the holidays than with good food and company!



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 (John Adams Courthouse Tour, Isabella Stewart Gardner Museum, and the Wayside Inn) Donations will be used to support the COA Transportation Program.

Drop-In Activities

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.

Ping Pong

Friday, Nov 4 and Friday, Dec 2, 1:00-3:00 p.m. The COA and the Recreation Department are co-sponsoring Ping Pong! This game is good for hand-eye coordination, too. The activity will meet at the Recreation Department, 90 Washington Street, in Room 008. Cost: \$1/session. This is an ongoing activity that will meet the first Friday of every month.

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

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

Cribbage Club: Tuesdays, 1:00 p.m. -2:30 p.m. Fran Weinberg, COA volunteer, provides instruction for new Players

Bingo: Thursdays, Nov 17 & Dec 15, 1:30 p.m.-3:00p.m.

Knitting: Every other Thursday 2:00-3:30 p.m.

Wii Bowling: Mondays, 9:30 a.m.

Community Service Bears: Wednesdays, 9:30-11:00 a.m.

Pickleball: Pickleball is a combination of tennis, racquetball and ping-pong. This activity meets at the Recreation Department, 90 Washington Street. Mondays, Nov 7-Dec 19, 1:00-3:00 p.m. No activity on 11/28. Cost: \$1.00

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

If you are interested in learning how to play Mah Jong, contact Ashley Shaheen, Senior Activities Coordinator, at 781-235-3961.



News & Updates

REMINDER: Register your information with the Wellesley COA!

The COA is continuing to request that that folks take a few minutes to update their information with our office. You can complete the COA registration form on our website: www.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.

To our active COA participants:

The Board of the Council on Aging is dedicated to support all Wellesley seniors in meeting their multitude of needs as outlined in the COA Mission Statement. The COA Board members are dedicated volunteers each offering their unique talents in a group setting to fulfill the mission, which now includes the reality of the long awaited Tolles Parsons Center. To better accomplish our mission, the board is seeking highly active users of the various COA services to join the Board. If you are interested in making this commitment, please contact Elizabeth Bradley, Program and Office Assistant at the Wellesley Council on

Aging.

Thank you,
Diane Campbell, Chair
COA Board of Directors



Meet and Greet with Carolyn Burt, NEW COA Volunteer Coordinator Thursday, November 3, 10:30 –11:30a.m.

We are pleased to welcome Carolyn Burt as our new part-time Volunteer Coordinator. She is formerly Volunteer Placement Coordinator and Volunteer Nonprofit Management Consultant for SOAR 55 (Service Opportunities After Reaching 55). Please stop by on November 3 to introduce yourself and share your ideas about volunteer opportunities at the COA. If you are interested in learning more about volunteer opportunities, please contact Carolyn at 781-235-3961. Carolyn's hours will be Monday, Thursday and Friday from 10:00 a.m. – 3:00 p.m.



Free Legal Clinics

Tuesday, December 20, 9:00-11:00 a.m.

The COA 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). Meetings are by appointment only.



WEF Spelling BEE

Wednesday, November 9, 7:00 p.m.

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

Transportation

Transportation Updates: NEW group grocery shopping day and take advantage of early voting! NEW! Effective **Monday, November 7, 2016**, the free group grocery shopping day is changing from Wednesdays to Mondays. Going forward, the COA bus will now provide transportation to only Roche Bros and Whole Foods on Mondays (no tickets required). All destinations served by the COA bus will be available for passenger travel on Tuesdays, Wednesdays, Thursdays, and Fridays, 9:00 a.m.-3:00 p.m. * **The COA will be closed on Monday, December 26— group shopping will be on Wednesday, December 28.**



Bus passenger testimonial: *"I have used the COA bus for many years to go to a lot of places in Wellesley. I do not have a car and have walking problems. The COA bus has enabled me to attend many functions locally. In addition to taking the bus to appointments, I also take the bus to Roche Brothers on Wednesdays, and to The Natick Mall once a month. Judy and Jill are always helpful in setting up bus appointments and the bus drivers are unfailingly good natured, friendly, and helpful. I feel lucky to have the COA bus service".*



Early voting: Town-wide early voting will take place at the Warren Recreation Building at 90

Washington St. during the two weeks leading up to Election Day (October 24 – November 4; hours vary, contact the Town Clerk's Office for additional details). All registered voters may cast their ballot in advance of Election Day during this early voting period. The COA bus and Volunteer Drivers Program (VDP) are available to provide transportation to and from the early voting site – avoid the rush of Election Day! The COA bus and VDP will also be available to provide transportation to the polls on Tuesday, November 8. Please contact the COA Transportation Office at **781-235-3046** to speak with Transportation Coordinators Jill Dube and Judy Siggins for more information and to request a ride.

Outreach

Dear C.O. Abby,
My neighbor recently told me she receives some assistance with her heating bill and this sounds wonderful. I would love to learn more.
Sincerely, Maxine Furniss

Dear Maxine,
Your inquiry about help with heating bills is timely now that winter is upon us. If your total MONTHLY income is UNDER \$2,833 (1 person) or \$3,705 (2-person household), then you can receive financial support for heating expenses through a program called "LIHEAP" (Low Income Home Energy Assistance Program). Additionally, the Massachusetts Good Neighbor Energy Fund (GNEF) is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance (LIHEAP). Income guidelines and opening date for the GNEF are expected in early 2017. Call and schedule an appointment with COA Health & Social Services Administrator Kate Burnham who can help you apply for fuel assistance programs (781) 235-3961.

Dear C.O. Abby,
I am wondering if there are any programs to reduce my property taxes- I should tell you that I am not interested in a deferral and not sure what I'd qualify for. I haven't gone down to the Assessor's office at Town Hall to look into this yet and thought I'd ask you, Abby!
Sincerely, Jean Noleen

Dear Jean,
A property tax relief program that is near and dear to Abby's heart is called the "Senior Work Off" abatement. A homeowner who meets income eligibility requirements and is age 60+ can VOLUNTEER in a town department and receive up to \$1,000 off per year. The MONTHLY income maximum for this program is \$3,474 (1 person) or \$5,211 (2 person) for those receiving Social Security income. To learn more, all and schedule an appointment with COA Health & Social Services Administrator Kate Burnham (781) 235-3961.

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The Wellesley Council on Aging has recently purchased an **Assistive Listening System (ALS)** that will help hard of hearing individuals enjoy our programs, day trips, seminars, classes, and more! If you've ever found it challenging to hear a tour guide, museum docent, lecturer or class instructor, using this state of the art equipment will improve your experience. Here's one example explaining how the equipment can help you or someone you know who has hearing loss: You want to attend a lecture at the COA and you are reluctant to attend because you think you won't be able to hear the speaker. All you need to do is inform the COA that you would like to use the ALS while attending the lecture. The speaker will wear a microphone that transmits their voice to a portable receiver that you will wear. The ALS may also be used to help people hear the audio within a movie broadcast or to improve hearing the sounds that come through a PA system. The ALS consists of 2 transmitters and 10 receivers allowing many COA participants to benefit. The system can be used in two different programs taking place at the same time with no interference. Funding from the MA Executive Office of Elder Affairs, via the Service Incentive Grant of Fiscal Year 2016, made it possible for the Wellesley COA to purchase the ALS at a deep discount. For more information, call the COA at 781-235-3961.



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



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