



# Highlights

January/February  
2016

Published by: Wellesley Council on Aging  
219 Washington Street Wellesley, MA 02481  
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(781) 235-3961  
<http://www.wellesleyma.gov/coa>

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

## **REGISTRATION BEGINS:**

Tuesday, January 5  
(Wellesley residents)

Wednesday, January 6  
(non-Wellesley residents)

\*\*\* **IMPORTANT NOTE** \*\*\*

Fitness *Friendly* registration  
begins Monday, January 4

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.

## **2016 – A New Year of Possibilities**

Greetings and Happy New Year! I look forward to your participation in the many COA programs that we have planned. Here at the COA we strive to offer something for everyone and we are always interested in hearing your ideas for new programs. This newsletter includes a special “2 For 1” promotion which offers 50% off the cost of fitness classes for current fitness students *AND* a friend who is new to the COA (please refer to the insert for all of the details). The Wellesley COA is pleased to offer a wide variety of fitness programs and we look forward to seeing many returning students and welcoming new students!

The months ahead will include continued advocacy for the Tolles Parsons (Senior Center) project and we encourage you to stay informed by signing up for email updates. Please visit our website at [www.wellesleyma.gov/coa](http://www.wellesleyma.gov/coa) and select the options that interest you through our “subscribe to COA news”

feature. The COA looks forward to enhancing and expanding our programs and services in the not so distant future in the Tolles Parsons Center. Thank you for your continued support!  
-Gayle Thieme, LSW



## **Inclement Weather**

All COA activities (day and evening) will be cancelled when Wellesley Public Schools are closed. If Wellesley Public Schools have a delayed opening, all COA programs **WILL STILL START** at their regularly scheduled time, unless you are informed otherwise. Additionally, information about class cancellations, delayed starts, etc. will be clearly stated on the outgoing voice mail message of the Council on Aging. Call 781-235-3961 after 8:30am to hear detailed information.

### **STAFF:**

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#### **COORDINATOR:**

MARY BOWERS, Volunteer

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

### **Need Help With Your New Devices? Wednesday, January 27, 2:00-3:00 p.m.**

Did you receive new technology from the holidays? Do you know how to use your iPhone, iPad, iPod, laptop, or FitBit? If not, join us and have all your questions answered by our COA volunteer technology experts. Max. 20

### **Soup Tasting Thursday, January 28, 12 noon**

Did you know January is National Soup Tasting Month? Whether you've got a taste for chilled soup to keep you cool in summer or a hearty, steaming bowl to warm your bones, Chef Uwe Werner, graduate of the Hotel Management School in Heidelberg, Germany, and current chef at The Falls at Cordingly Dam, will offer a variety of soups that will satisfy any craving. Special thanks to the Falls at Cordingly Dam, an Assisted Living Residence in Newton, for sponsoring the program.

### **Chinese New Year Celebration Monday, February 8, 12noon**

Chinese New Year is a special time when families and friends come together to celebrate the New Year. The Wok, located in Wellesley, will cater this year's Chinese cuisine: crab rangoon, pork fried rice, scallion pancakes and chicken wings. After lunch, you will be entertained by the Phoenix Towards the Sun Singing and Dancing group. Their purpose is to bring happiness to people through singing and dancing, promoting their health and longevity. We look forward to "ringing" in the New Year with all of you! This event is co-sponsored by the Wellesley Council on Aging and the Friends of the Wellesley Council on Aging. **Cost:** \$5.00 cash paid upon reservation. Max. 50.



### **Valentine's Day Card Decorating Wednesday, February 10, 1:00 p.m.**

Creating Valentine's Day Cards is fun and rewarding and of course the cards mean so much more to those on the receiving end. We welcome back Hunnewell Helps, a service organization that teaches Hunnewell Elementary students from kindergarten through fifth grade about the meaning of community (Wellesley and beyond), for a card decorating activity. Once the cards are complete we will donate them to Newton Wellesley Hospital so patients can enjoy them. Light refreshments will be served.

#### **Happy Valentines Day!**



### **A Valentine's Day Luncheon Wednesday, February 17, 12:30 p.m.**

Enjoy a sweet afternoon with friends at our annual Valentine's Day social complete with lunch and live entertainment. This year, The Falls at Cordingly Dam, Assisted Living Residence in Newton, will sponsor a luncheon: sandwiches, soup and salad, to all of our valentines. After lunch, you will listen to sensational sounds by The Wellesley College Chamber Music Society.



**Wellness Week: Pre-registration required**



The COA invites you to participate in Wellness Week. The *New Year* is filled with NEW possibilities, and we encourage you to attend one or all of these activities below:

**1 New Year = New Recipes**  
**Monday, January 11, 2:00 p.m.**  
 The *New Year* calls for *New Recipes* to spice up your repertoire? Are you bored with cooking the same old thing? Join us and bring your favorite *HEALTHY* recipes to share with friends at the COA! Healthy refreshments provided.

**2 Health & Wellness Panel Discussion**  
**Tuesday, January 12, 10:00 a.m.**  
 Join us and have all your health questions answered by specialists in the field. A panel discussion will be led by a physical therapist, massage therapist and a personal trainer. Live demonstrations will follow. Questions are encouraged throughout the discussion. This program is sponsored by Joint Ventures PT and Fitness in Wellesley.

**3 Showing: The Elders Ensemble**  
**Prometheus Dance Company**  
**Wednesday, January 13, 2:00 p.m.**  
 Dancing keeps you young! The Elders Ensemble is a group of 8 post-professional dancers, ages 60-92, and they performed original dance/theater pieces at the Needham Council on Aging this past October. If you missed this co-sponsored performance, join us for the showing. You will be inspired and empowered after watching this performance.

**4 Healthy Eating Cooking Class**  
**Thursday, January 14, 1:00 p.m.**  
 Healthy Eating Specialist, Kate Blaski, will provide a recipe, cooking demonstration and sample dish using easy food swaps to avoid dairy, meat, refined sugar and processed fat. Max. 20. Special thanks goes to Bayada Home Health for sponsoring this program. This class will be held at Whole Foods, 442 Washington Street.

**5 Documentary: Age of Champions**  
**Friday, January 15, 12:45 p.m.**  
*Age of Champions* is the award-winning PBS documentary following five competitors who sprint, leap, and swim for gold at the National Senior Olympics. You'll meet a 100-year-old tennis champion, 86-year-old pole vaulter, and rough-and-tumble basketball grandmothers as they triumph over the limitations of age. The *Washington Post* called the film "infectiously inspiring" and theater audiences across the country have fallen in love with its light-hearted take on growing older.



**Presentations: Pre-registration required**

**What is Sagers and Seekers?**  
**Friday, January 8, 10:30 a.m.**  
 The COA is excited to host an informational session for Sagers and Seekers. The non-profit organization Sages & Seekers, is recruiting Seniors (65 and up) to participate in a 7-week intergenerational program with local High School students at *The Rivers School* in Weston. The goal of the program is to pair you with a teen with whom you will meet once a week to share your life experiences. Your commitment is 7 consecutive weeks at Rivers starting March 29, 2016. For more information, contact Iryna Priester by phone (508) 596-3393 or email her at [Irynawp@gmail.com](mailto:Irynawp@gmail.com). If you need transportation, call the COA Transportation Services at 781-235-3046.



**Medication Safety**  
**Friday, January 15, 10:30 a.m.**  
 Medication Safety is a very important issue with regards to the health of seniors. Surveys have shown that many seniors take multiple medications daily. This increases the risk of drug interactions. Sometimes over the counter drugs, herbal medicines and dietary supplements can interact with other prescription drugs. All these interactions can lead to harmful effects, which can sometimes be fatal. The Poison Control Center is a free service where seniors can call for any information regarding their medication or if they feel sick from taking medicine. The hotline is 1800-222-1222 and is available 24 hours a day throughout the year. A representative from the poison control center will give this presentation which will focus on common medication mistakes, safe medicine use tips and medication management tools.

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

### **Intergenerational Programs**

**Thursday, January 21, 10:00 a.m.**

Do you have suggestions to share for intergenerational programs? The COA would like to offer more of these opportunities in the year ahead and we invite you to join us for a casual get together where you will be encouraged to share ideas and interests. We look forward to a lively discussion which we hope will lead to the development and implementation of several new intergenerational offerings. Light refreshments will be provided. If you are unable to attend this meeting but would like to share ideas, please contact Ashley Shaheen, Senior Activities Coordinator at 781-235-3961 or email [AShaheen@wellesleyma.gov](mailto:AShaheen@wellesleyma.gov)

### **Ageless Grace**

**Friday, January 22, 10:30 a.m.**

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

### **Handbells– a unique musical experience**

**Friday, February 5, 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.

Max. 20

*Fun fact:* The Lincoln Ringers performed during the 2015 COA Happy Holidays Party.



### **“Give’Em Hell, Harry!”**

**Friday, February 12, 10:30 a.m.**

As we enter the election year 2016, let's revisit the greatest upset in presidential election history. The 1948 “whistle-stop” election was the first presidential election after the war and the first since Roosevelt's death. The election of 1948 still commands the imagination of the nation. A feisty Truman ran and won a fabled upset victory over Governor Thomas Dewey. On the morning after the election, a grinning Truman held over his head for all to see the headline of the Chicago Tribune “Dewey Defeats Truman. This lecture will be given by Gary L. Hylander, Ph.D. Special thanks goes to New Pond Village, Independent Living community in Walpole, for sponsoring this lecture.



### **TRIAD Topic: Fall Prevention**

**Friday, February 19, 10:30 a.m.**

Norfolk Sheriff's Triad Officer Cheryl Bambery will give a presentation on fall prevention for seniors. This presentation will provide seniors with information to help them avoid falls and the injuries associated with them. Falls Prevention booklets will also be handed out. This program is sponsored by TRIAD, a three-way partnership among seniors, law enforcement and the COA.

### **Activity Update: Mah Jong**

The Mah Jong group invites experienced players to join their games on Thursday afternoons at 1:00 p.m. at the Wellesley Community Center. If you have not mastered the game, we encourage you to take lessons. If you are interested in learning how to play this game, contact Ashley Shaheen, COA Senior Activities Coordinator at 781-235-3961 or email [ashaheen@wellesleyma.gov](mailto:ashaheen@wellesleyma.gov).



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

### **Technology Club** **Wednesdays, January 6 & February 3** **1:00-2:30 p.m.**

Join Matthew Keep, Wellesley High School Key Club member and COA volunteer, for these 2 technology club meetings. Bring your iPhone or iPad for this interactive discussion. This is the perfect opportunity to learn about your new holiday gadgets!

### **Ukulele Classes** **Thursdays, January 14– February 18,** **2:00-3:00 p.m.**

Join us for this fun and engaging class. This instrument is easy to play and doesn't require any musical training. Try the class, sing the songs you used to love and meet the wonderful instructor, Daniel Metraux. For this newsletter cycle, we are continuing to hold drop-in classes and students will pay the instructor \$5.00 cash per class.



### **NEW!** **Senior Core & Balance** **Fridays, January 15– March 25** **(no class 2/19), 2:00-3:00 p.m.**

Core and Balance with Sharon is a new and exciting approach to fall prevention and recovery. The class focuses on leg, shoulder and core strength along with balance. Sharon Fillyaw is a national level bodybuilder who enjoys working with the senior population to assist them in becoming more self reliant. You will learn how to react before, during and after a fall and how to do so if injured.. Sharon's Full Body and Fitness workout airs on the Wellesley Community Access channel. It is a demanding but fun class designed to get you more fit. This class is for all fitness levels so come on out and enjoy the fun! This class is co-sponsored by the Wellesley Council on Aging and the Wellesley Recreation Department. Cost: \$35.00. Min. 12/Max. 18 This call will be held at the Recreation Department, 90 Washington Street **Call the Recreation Department at 781-235-2370 to register.**

### **NEW!** **Jewelry Making Workshops**

Carmen Cheung, a 17 year old high school student and new COA volunteer, will lead 2 jewelry making workshops at the COA during her school vacation. She has been creating wire and beaded jewelry for over 2 years and she looks forward to sharing her passion with you.

#### **Wire Jewelry Making**

**Tuesday, February 16, 9:45-11:45 a.m.**

Create a variety of jewelry using craft wire and make rings, pendants, and earrings! Learn about the different tools needed to create wire jewelry and several tricks and tips. Wire jewelry uses craft wire, beads, stones, and creativity to create unique pieces.

Cost: \$5.00 paid upon registration.

Min. 6 Max. 12

#### **Beadwork**

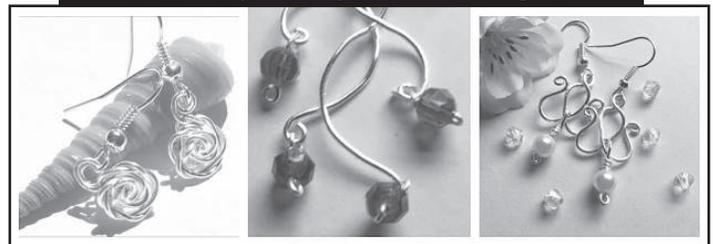
**Thursday, February 18, 9:45-11:45 a.m.**

Beading requires concentration and patience, but finished products are sure to delight. Make a bracelet or some lovely earrings by using simply beading thread and needles.

Cost: \$5.00 paid upon registration

Min. 6 Max. 12

Jewelry made by Carmen Cheung



### **Acrylic Painting: Wednesdays,** **January 13– March 9 (no class on 2/17),** **1:30p.m.-3:30 p.m.**

Instructor, Maris Platais will guide you in reaching your full potential as an artist. Bring photo references or work from memory and field sketches. Demonstrations and critiques are offered throughout this 8 week session. Only if needed, the make-up date will be Monday, March 14, 1:30-3:30 p.m. Min 8. Max 16. Cost: \$108.00. This class will be held at the Recreation Department, 90 Washington Street.



## Classes: Pre-registration required

### Art for Fun: Mon., Feb. 1—March 28 (no class Feb. 15) 10:00-12:30 p.m.

Join this fun class by exploring and experimenting with watercolor. Cecilia Sharma teaches techniques with great clarity and has over 20 years of professional education and dedication to her art. She engages her students with demonstration and helps them learn the art of composition, value, and color to produce vibrant art in a fun and friendly atmosphere. Website: [Ceciliasharma.com](http://Ceciliasharma.com). This class is held at the Recreation Department, 90 Washington Street. Only if needed, the make-up date will be Monday, April 4, 10:00-12:30 p.m. Min. 8 Max. 14. Cost: \$150

### De-stress and self-express by coloring Fridays, January 29 and February 26, 10:00-11:30 a.m.

Take your mind away from the stressful things in life and participate in this new phenomenon—adult coloring! This activity is relaxing, simple and easy. Coloring books, colored pencils and will be provided.



### Trivial Pursuit

#### Thursday, January 28, 3:00 p.m.

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

### **NEW** Experiencing Hubble: Understanding the Greatest Images of the Universe Tuesdays, January 26—March 8, 10:30 a.m. –11:30 a.m.

Dr. David M. Meyers is a Professor of Physics and Astronomy at Northwestern University, where he is also the Director of Dearborn Observatory and Co-Director of the Center for Interdisciplinary Exploration and Research in Astrophysics. For those new to astronomy, *Experiencing Hubble* reviews all the background needed for a well-informed tour of the otherworldly realm investigated by Hubble. And for experienced stargazers, Dr. Meyers gives a fascinating insider's perspective on the work of the superstar of telescopes. This 6-week course is part of The Great Courses—DVDs that bring engaging professors from the best universities to you. We will show two lectures (30mins. each) on Tuesdays, with a coffee break in between. Note: The DVDs will be borrowed through WFL.

### Play Reading Group

#### Mondays, Feb. 29 and March 7, 12:30 p.m.

Have you always wanted to try acting? Do you enjoy reading out loud? Join us on Monday, February 29 for a discussion of a play (to be selected) and again on Monday, March 7 for the performance, led by COA volunteer Barbara Tarlin. *Please note:* All new/returning members MUST register with the COA by Tuesday, February 2 to be cast in a role in the fall reading. The cost of the script is to be determined, but usually is about \$10 and should be ready for pick-up with your role assignment two weeks before the first meeting.



## Food Lovers Delight: Pre-registration required.

### Breakfast Club

Join us for a delicious breakfast and a delightful time with friends. The Breakfast Club will enjoy breakfast on:

#### Thursday, January 7, 8:00 a.m.

Captain Marden's, 279 Linden Street, Wellesley  
Choose your own breakfast and pay for it at that time. **Max:** 12

### Delicious Dining Group

Everyone is welcome to meet our group for lunch on: Choose your own lunch and pay for it at that time.

#### Thursday, February 18, 12 noon

Wellesley College Club, 727 Washington Street, MA.  
Enjoy a delicious luncheon buffet with a special meat carving station. The cost of the buffet is \$20.00 and you can pay for it at that time. **Max:** 11

January 2016

*Do you need transportation to and from our activities?  
If so, contact the Wellesley Council on Aging Transportation Coordinator at  
781-235-3046.*

*\* Only destination served by the COA Bus on this date.*

**The COA is closed and the bus will not run—New Year's Day!**

<p>8:30-9:30 9am Better Bones Walking (Whole Foods) Wii Bowling Better Bones 9:45-10:45 Better Balance 11:00-12:00 12:30-3:00 7:00-8:30 Town Band (Middle School)</p>	<p>10:00-11:30 10:00 11:45 1-2:30 1:30-2:30 Keep Well—315 Weston Road</p>	<p>9:15 9:30-10:30 9:30-11:00 9:30-11:30 9:45-10:45 10:00-11:00 1:00-12:00 1:00-4:00 1:00-2:30 1:00-2:30 French *Free Grocery Shopping Trip— COA</p>	<p>6 Walking Group COA Coffee Community Service Bears Scrabble/Cards Tai Chi Keep Well (COA) Better Balance SHINE Technology Club French *Free Grocery Shopping Trip— COA</p>	<p>7 8:00 The Breakfast Club/Captain Marden's 9:30-10:30 10:45-11:45 1-4 2:00-3:30 Better Bones Better Bones Mahjong Knitting</p>	<p>8 10:30 What is Sagers and Seekers? 11:45 12:45 Lunch Movie: Ricki and the Flash</p>
<p>8:30-9:30 9am Better Bones Walking (Whole Foods) Wii Bowling Better Bones 9:45-10:45 Better Balance 11:00-12:00 12:30-3:00 2:00 7:00-8:30 Town Band (Middle School)</p>	<p>10:00-11:30 10:00 11:45 1-2:30 1:30-2:30 Keep Well—315 Weston Road</p>	<p>9:15 9:30-10:30 9:30-11:00 9:30-11:30 9:45-10:45 11:00-12:00 1:00-4:00 1:30-3:30 1:00-2:30 1:00-2:30 French *Free Grocery Shopping Trip— COA</p>	<p>13 Walking Group COA Coffee Community Service Bears Scrabble/Cards Tai Chi Better Balance SHINE Acrylic Painting (Warren) French 2:00 Showing: Promethus Dance Co. *Free Grocery Shopping Trip— COA Bus</p>	<p>14 9:15 Book Discussion Group 9:30-10:30 10:45-11:45 10:00-11:30 1-4 1:00-2:00 1:00 2:00-3:00 Better Bones Better Bones Photography Principles and Practice Mahjong Line Dancing Healthy Eating Cooking Class (Whole Foods) Ukulele Class</p>	<p>15 10:30 Medication Safety 11:45 12:45 2:00-3:00 Lunch Movie: Age of Champions Senior Core &amp; Balance (Warren)</p>
<p><b>The COA is closed and the bus will not run—Martin Luther King Jr. Day!</b></p>	<p>10:00-11:30 10:00 11:45 1-2:30 1:30-2:30 Keep Well—41 River Street</p>	<p>9:15 9:30-10:30 9:30-11:30 9:45-10:45 11:00-12:00 1:00-4:00 1:00-2:30 1:30-3:30 Acrylic Painting (Warren) *Free Grocery Shopping Trip— COA Bus</p>	<p>20 Walking Group COA Coffee Community Service Bears Scrabble/Cards Tai Chi Better Balance SHINE French *Free Grocery Shopping Trip— COA Bus</p>	<p>21 9:30-10:30 10:45-11:45 10:00-11:30 1-4 1:00-2:00 1:30-3:00 2:00-3:00 2:00-3:30 Better Bones Better Bones Intergenerational Programs Photography Principles and Practice Mahjong Line Dancing Bingo Ukulele Class Knitting</p>	<p>22 10:30 Ageless Grace 11:45 12:45 2:00-3:00 Lunch Movie: Hot Pursuit Senior Core &amp; Balance (Warren)</p>
<p>8:30-9:30 9am Better Bones Walking (Whole Foods) Wii Bowling Better Bones 9:45-10:45 Better Balance 11:00-12:00 12:30-3:00 7:00-8:30 Town Band (Middle School)</p>	<p>10:00-11:30 10:00 11:45 1-2:30 1:30-2:30 Keep Well—60 Grove Street</p>	<p>9:15 9:30-10:30 9:30-11:00 9:30-11:30 9:45-10:45 11:00-12:00 1:00-4:00 1:00-2:30 1:30-3:30 Acrylic Painting (Warren) *Free Grocery Shopping Trip— COA Bus</p>	<p>27 Walking Group COA Coffee Community Service Bears Scrabble/Cards Tai Chi Better Balance SHINE French *Free Grocery Shopping Trip— COA Bus</p>	<p>28 9:15 Book Discussion Group 9:30-10:30 10:45-11:45 10:00-11:30 12:00 1-4 1:00-2:00 1:00-3:00 2:00-3:00 OR *Morning trip to Christmas Tree Shop OR Target OR Walmart Better Bones Better Bones Photography Principles and Practice Metropolitan Art Museum Scrabbling Museum Santitas Mahjong Line Dancing Ukulele Therapeutic Pursuit Christmas Tree Shop OR Target</p>	<p>29 10:00 De-stress &amp; Self-express by coloring 11:45 12:45 2:00-3:00 Lunch Movie: The Age of Adaline Senior Core &amp; Balance</p>



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



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

# 2for1

## Fitness *Friendzy*

### WHO?

**Wellesley residents** who are current participants in a Wellesley COA fitness class **AND** your friend who has NOT participated at the COA, but would like to! You and your friend qualify for our 2 for 1 "Fitness **Friendzy**" offer!

### WHAT?

The **2 for 1 promotion** entitles both you and your friend to **50% off** your fitness class fee! This is a one-time-only promotion and is limited to the **first 30 registrants**.

### WHEN?

**January / February 2016!** The 2 for 1 promotion applies to: For **NEW** participants = any one of the **SELECT** fitness classes (noted below); For current participants = any one COA fitness class that meets at the Wellesley Community Center.

### WHERE?

Classes take place at the Wellesley Community Center, 219 Washington Street, Wellesley. This promotion invites **NEW** participants to join:

- Line Dancing (Thursdays, 1:00-2:00 p.m.)
- Better Bones (Mondays 8:30-9:30 a.m. OR Thursdays 10:45-11:45 a.m.)
- Better Balance (Mondays or Wednesdays 11:00-12:00noon)
- Yoga Level 1 (Tuesday, 11:15 a.m.-12:45 p.m.)

*\*\*\* Please see pages 9 and 10 in Highlights newsletter for complete description of our fitness classes\*\*\**

### WHY?

The Wellesley COA is always looking to attract new people! This is a great way for folks to become involved in our offerings and what better way to get involved than through a friend!

### HOW?

To take advantage of the "Fitness **Friendzy**" offer, registration opens **Monday, January 4, 2016**. Registration will begin at 9:00 a.m. Call the COA at 781-235-3961 or visit our office at 219 Washington Street in Wellesley. The 2 for 1 promotion will be available until we reach 30 registrants.





**Example 1:** Sally, a Wellesley resident, loves her Thursday afternoon line dancing class at the COA. Sally was talking about the class with her friend Barbara who is also a Wellesley resident. Barbara has never taken a Wellesley COA fitness class and is interested in joining. Since Barbara is NEW to COA fitness, both she and Sally qualify for the 2 for 1 “Fitness *Friendzy*” promotion! The regular fee for this 6-week session is \$30 but Sally and Barbara will each pay ½ price – only \$15.00!

**Example 2:** Wellesley resident, Tom, has been participating in Tai Chi on Wednesday mornings for a few years. His neighbor, Phil, new to the COA, is interested in joining a fitness class. Tom encourages Phil to join one of the eligible fitness classes for new participants. Both Tom and Phil will get the 50% discount. Tom on his Tai Chi class and Phil on his selected 2 for 1 class.

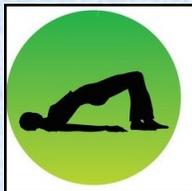
## To register, it's as easy as 1-2-3!



**1. Grab a friend who lives in Wellesley and is NEW to the COA.**



**2. Have your friend choose a class from the eligible classes (see reverse).**



**3. Register you and a friend for a class and each receive 50% off. *Registration opens: Monday, January 4, at 9:00 a.m.***

**Call: 781-235-3961**

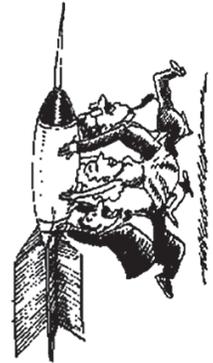
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9am 9:30 10:00-12:30 12:30-3:00 1:00-3:00 7:00-8:30	1 Walking (Whole Foods) Wii Bowling Art for Fun Bridge Pickleball (Warren) Town Band (Middle School)	9:30 10:00 10:30-11:30 11:45 1:2:30 1:30-2:30	2 Yoga German Experiencing Hubble Yoga Lunch Cribbage Keep Well – 315 Weston Road	9:15 9:30-10:30 9:30-11:30 10:00-11:00 9:30-11:00 1:30-3:30 1:00-4:00 1:00-2:30 *Free Grocery Shopping Day- COA Bus	3 Walking Group COA Coffee Scrabble/Cards Keep Well (COA) Community Service Bears Acrylic Painting (Warren) SHINE French Technology Club *Free Grocery Shopping Day- COA Bus	10:00-11:30 1:00-2:00 1:00-4:00 2:00-3:00 2:00-3:30	4 Photography Principles and Practice Line Dancing Mahjong Ukulele class Knitting	10:30 11:45 12:45 2:00-3:00	5 Handells—a unique musical Experience Lunch Movie: The Forger Senior Core & Balance (Warren)
9am 9:30 10:00-12:30 12:30-3:00 1:00-3:00 7:00-8:30	8 Walking (Whole Foods) Wii Bowling Art for Fun Chinese New Year Celebration Bridge Pickleball (Warren) Town Band (Middle School)	9:30 10:00 10:30-11:30 11:15 11:45 1:2-30 1:30-2:30	9 Yoga Experiencing Hubble German Yoga Lunch Cribbage Keep Well – Morton Circle	9:15 9:30-10:30 9:30-11:30 9:45-10:45 11:00-12:00 1:00-4:00 1:30-3:30 1:00-2:30 *Free Grocery Shopping Trip- COA Bus	10 Walking Group COA Coffee Scrabble/Cards Community Service Bears Tai Chi Better Balance SHINE Acrylic Painting (Warren) French Valentine's Card Decorating *Free Grocery Shopping Trip- COA Bus	9:15 9:30-10:30 9:30-11:30 9:45-10:45 11:00-12:00 1:00-4:00 1:30-3:30 1:00-2:30 *Free Grocery Shopping Trip- COA Bus	11 Book Discussion Group Better Bones Photography Principles and Practice Better Bones Mahjong Line Dancing Ukulele class	10:30 11:45 12:45 2:00-3:00	12 "Give 'Em Hell Harry" Lunch Movie: Grace of Monaco Senior Core & Balance (Warren)
The COA is closed and the bus will not run—President's Day!		9:30 9:45-11:45 10:00 10:30-11:30 11:15 11:45 1:00-2:30 1:30-2:30	16 Yoga Jewelry Making German Experiencing Hubble Yoga Lunch Cribbage Keep Well— 41 River Street	9:15 9:30-10:30 9:30-11:30 9:45-10:45 11:00-12:00 1:00-4:00 1:30-3:30 1:00-2:30 *Free Grocery Shopping Trip- COA Bus	17 Walking Group COA Coffee Scrabble/Cards Community Service Bears Tai Chi Better Balance Valentine's Day Luncheon SHINE French *Free Grocery Shopping Trip- COA Bus	9:15 9:30-10:30 9:30-11:30 9:45-10:45 11:00-12:00 1:00-2:30 1:30-3:30 1:00-2:30 *Free Grocery Shopping Trip- COA Bus	18 Better Bones Better Bones Jewelry Making 12:00 Dining—Wellesley College Club Mahjong Bingo Line Dancing Knitting Ukulele class	10:30 11:45 12:45	19 Fall Prevention Lunch Movie: Pitch Perfect 2
8:30-9:30 9am 9:45-10:45 10:00-12:30 11:00-12:00 12:30-3:00 1:00-3:00 7:00-8:30	22 Better Bones Walking (Whole Foods) Better Bones Art for Fun (Warren) Better Balance Bridge Pickleball (Warren) Town Band (Middle School)	9:30 10:00 10:30-11:30 11:15 11:45 12:30-2:00 1:30-2:30	23 Yoga Experiencing Hubble German Yoga Lunch Cribbage Keep Well— 60 Grove Street	9:15 9:30-10:30 9:30-11:30 9:45-10:45 11:00-12:00 1:00-2:30 1:30-3:30 1:00-2:30 *Free Grocery Shopping Trip- COA Bus	24 Walking Group COA Coffee Scrabble/Cards Community Service Bears Tai Chi Better Balance SHINE French *Free Grocery Shopping Trip- COA Bus	9:15 9:30-10:30 9:30-11:30 9:45-10:45 11:00-12:00 1:00-2:30 1:30-3:30 1:00-2:30 *Free Grocery Shopping Trip- COA Bus	25 Book Discussion Group Better Bones Better Bones Depart for the DeCordova Sculpture Park Mahjong * Morning trip to the Nattek Mall- COA Bus	10:00 11:45 12:45 2:00-3:00	26 De-stress & self-express by coloring Lunch Movie: Tomorrowland Senior Core & Balance (Warren)
8:30-9:30 9am 9:45-10:45 10:00-12:30 9:30 11:00-12:00 12:30-3:00 1:00-3:00 7:00-8:30	29 Better Bones Walking (Whole Foods) Better Bones Art for Fun (Warren) Wii Bowling Better Balance Bridge Play Reading Pickleball (Warren) Town Band (Middle School)								

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

### **Line Dancing**

Join Nancy Diduca, our energetic line dancing instructor, for another fun 6 week session of line dancing classes. *All levels are welcome. No partner needed.*

**Dates:** 6-week session Thursdays, January 14– February 18

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

**Cost:** \$30.00 Min. 6 Max. 20

The make-up class, only if needed, will be Thursday, February 25, 1:00-2:00 p.m.

\* *For new participants this class is eligible for the 2 for 1 promotion, see insert for details.*



### **YOGA**

Instructor, Judy Scribner-Moore 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. She is skilled at introducing and adapting classical yoga postures to meet individual needs and goals. Students are encouraged to bring their own yoga mats and a firm blanket to each class. Other supportive props are provided as needed.

**Dates:** 7-week session Tuesdays, January 12– February 23

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

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

Intermediate Level 1

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

\* *For new participants the 11:15 a.m. yoga class is eligible for the 2 for 1 promotion, see insert for details.*

**Cost:** \$95.00 Min. 10/Max. 18

Make-up class, if needed, will be Friday, February 26, 9:30-11:00 a.m.

### **Better Bones**

This is an advanced-beginner to intermediate level class led by Leslie Worris, MPH, RYT. You will use free weights, resistance bands, balls, and gentle yoga, including body weight resistance, to improve functional muscular strength 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.

**There will be a drop-in Better Bones class held on Monday, January 4, 8:30-9:30 a.m. and on Monday, January 4, 9:45-10:45 a.m. Cost: \$7.00 paid to instructor.**

**Dates:** 4-week session Mondays, January 11– February 29 (no classes 2/1, 2/8, 2/15)

**Time:** 8:30 a.m.– 9:30 a.m. Min. 15 Max. 24 **Cost:** \$28.00

\* *For new participants the Monday 8:30 a.m. Better Bones class is eligible for the 2 for 1 promotion, see insert for details.*

Make-up class for the 8:30 a.m. class, if needed, will be Friday, March 4, 9:00-10:00 a.m.

**Dates:** 4-week session Mondays, January 11– February 29 (no classes 2/1, 2/8, 2/15)

**Time:** 9:45-10:45 a.m. Min. 15 Max. 24 **Cost:** \$28.00

Make-up class for the 9:45 a.m. class, if needed, will be Friday, March 4, 10:00-11:00 a.m.

**Dates:** 7-week session Thursday, January 7–February 25 (no class 2/4)

**Time:** 9:30 a.m.—10:30 a.m. Min. 15 Max. 24 **Cost:** \$49.00

Make-up class for the 9:30 a.m. class, if needed, will be Friday, March 4, 1:00-2:00 p.m.

**Dates:** 7-week session Thursday, January 7– February 25 (no class 2/4)

**Time:** 10:45-11:45 a.m. Min. 15 Max. 24 **Cost:** \$49.00

\* *For new participants the Thursday 10:45 a.m. Better Bones class is eligible for the 2 for 1 promotion, see insert for details.*

Make-up class for the 10:45 a.m. class, if needed, will be Friday, March 4, 3:00-4:00 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.

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

**Better Balance:** This class is led by Leslie Worris, MPH, RYT. The class will help improve posture, strength, flexibility, gait, mobility, stability, breath, and endurance, and help maintain your independence. Please bring two sets of weights and water. Beginners are welcome.

**There will be a drop-in Better Balance class held on Monday, January 4 and Wednesday, January 6 at 11:00 a.m. Cost: \$7.00 paid to instructor.**

**Dates:** 4-week session Mondays, January 11–February 29 (No class 2/1, 2/8,2/15)

**Times:** 11:00 a.m.-12:00 p.m. Min. 8 Max. 20 **Cost:** \$28.00

Make-up class, if needed, will be Friday, March 4, 11:00 –12:00 noon

\* For new participants the Monday 11:00 a.m. Better Balance class is eligible for the 2 for 1 promotion, see insert for details.

**Dates:** 6-week session Wednesdays, January 13– February 24 (no class 2/3)

**Time:** 11:00 a.m.—12:00 p.m. Min. 8 Max. 20 **Cost:** \$42.00

Make-up class, if needed, will be Friday, March 4, 12:00– 1:00 p.m.

\* For new participants the Wednesday 11:00 a.m. Better Balance class is eligible for the 2 for 1 promotion.



**TAI CHI FOR HEALTH:** . Instructed by Leslie Worris, MPH, RYT, this class is especially ideal to free up stiff joints and muscles, and decrease stress, and is good for overall health and balance.

**There will be a drop-in Tai Chi class held on Wednesday, January 6, 9:45-10:45 a.m. Cost: \$7.00 paid to instructor.**

**Dates:** 6-week session Wednesdays, January 13– February 24 ( No class 2/3)

**Time:** 9:45 a.m. -10:45 a.m. Min. 10 Max. 22 **Cost:** \$42.00

Make-up class, if needed, will be Thursday, March 3, 3:00-4:00 p.m.

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

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

Payment for all day trips must be made at the time of reservation. Payment confirms your reservation. If you would like to send in a check in advance of the registration dates, you may do so, but do not assume that you are registered for a trip because you mailed in payment. You **MUST** call during open registration to confirm your spot.

### **Metropolitan Waterworks Museum Thursday, January 28, 11:00 a.m.**

We will depart the Wellesley Community Center at 11:00 a.m. for a guided tour at the Metropolitan Waterworks Museum, located on the site of the original Chestnut Hill Reservoir and pumping station. Ever wonder where your water comes from? Before you say “from the tap,” think again. It had to get to the tap from somewhere. But where? And how? Join us on this trip and find out! After returning to the COA, you will be treated to a complimentary lunch (assorted sandwiches, chips and soda). Cost: \$5.00 (cash –paid upon reservation). The COA bus will provide round trip transportation. Max. 11.

**A suggested donation of \$3.00 per passenger for special trips using our COA bus is requested. Please consider adding an additional \$3.00 to your trip fee (The Waterworks Museum and The DeCordova Museum and Sculpture Park. Donations will be used to support the COA Transportation Program.**

### **DeCordova Sculpture Park and Museum Thursday, February 25, 10:45 a.m.-1:00 p.m.**

DeCordova Sculpture Park and Museum is a 30-acre sculpture park and contemporary art museum on the shore of Flint’s Pond in Lincoln, MA. After a guided tour enjoy lunch at their café (pay on own) followed by time on your own to explore the museum. Your only cost is admission of \$12 per person (pay to the COA upon reservation). This trip is limited to 20 people. The COA bus is reserved for group transport of up to 11 people (first come first serve) and will depart the Community Center at approximately 9:45 a.m. Folks may also drive separately, or contact the COA Transportation Office at 781-235-3046.



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

**January 8: Ricki and the Flash (2015)** Abandoning her family to chase -- and ultimately attain -- her dream of rock stardom, guitarist Ricki Rendazzo returns years later to try to mend fences. Unfortunately, her estranged sons and daughter want little to do with her ... at first. Rated PG-13, 101 minutes. Starring: Meryl Streep, Kevin Kline and Mamie Gummer.

**January 15: Age of Champions (2011)** *Age of Champions* is the award-winning PBS documentary following five competitors who sprint, leap, and swim for gold at the National Senior Olympics. 70 minutes

**January 22: Hot Pursuit (2015)** Assigned to protect the sexy widow of a drug kingpin, a straitlaced Texas police detective is forced to take flight with her precious cargo when an assortment of bad cops and ruthless hit men start closing in on the pair. Rated PG-13, 87 minutes. Starring: Reese Witherspoon, Sofia Vergara, and John Carroll Lynch

**January 29: The Age of Adaline (2015)** After 29-year-old Adaline recovers from a nearly lethal accident, she inexplicably stops growing older. As the years stretch on and on, Adaline keeps her secret to herself -- till she meets a man who changes her life. Rated PG-13, 112 minutes. Starring: Ellen Burstyn, Harrison Ford and Michiel Huisman.

**February 5: The Forger (2015)** With his son dying from cancer, art forger and prison inmate Ray Cutter is desperate to share some time with him. A local mobster offers to arrange Ray's early release -- but only if he copies a priceless painting and switches it with the original. Rated R, 92 minutes. Starring: John Travolta, Christopher Plummer and Tye Sheridan

**February 12: Grace of Monaco (2015)** Six years after Grace Kelly's storybook life led her to become the Princess of Monaco, the actress weighs an offer to resume her career in Hollywood while helping her country in a dispute with France. Rated: NR, 103 minutes. Starring: Nicole Kidman, Tim Roth and Frank Langella

**February 19: Pitch Perfect 2 (2015)** Hoping to be the first American group ever to win a prestigious international a cappella competition, the Barden Bellas return in this song-filled sequel and come up against a rival group of European singers who are also determined to win. Rated PG-13, 115 minutes. Starring: Anna Kendrick, Rebel Wilson, and Britney Snow.

**February 26: Tomorrowland (2015)** Sharing the ability to perceive a utopian alternate dimension known as Tomorrowland, a reclusive inventor and a relentlessly curious teen begin a perilous quest to unlock the secrets of the magical world. Rated PG, 130 minutes. Starring: George Clooney, Hugh Laurie and Britt Robertson.

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

The Low Income Home Energy Assistance Program (LIHEAP) provides financial assistance towards the cost of your heating bills – benefit levels vary and funds are paid directly to your provider. For a single person household, the gross income limit is \$33,126. For households with two people, the gross income limit is \$43,319. The Good Neighbor Energy Fund (GNEF) assists households who are slightly over income for LIHEAP (gross income limit of \$44,168 for households with one person and \$57,759 for two person households). GNEF opens for applications on January 4, 2016. For more information on GNEF, see the Resource Spotlight below and to apply, please contact the Council on Aging at 781-235-3961.

**Resource Spotlight****The Massachusetts Good Neighbor Energy Fund**

This edition of the Resource Spotlight features the Massachusetts Good Neighbor Energy Fund (GNEF), a fuel assistance program administered by the Salvation Army. The purpose of GNEF is to assist households within the Commonwealth faced with temporary financial difficulty who are unable to meet their winter energy needs. The program is specifically for those having gross household income between 60 and 80 percent of the state's median income levels, and thus do not qualify for federal fuel assistance. For 2015-2016, a single person's gross income must fall between \$33,126 and \$44,168 and for two people, the total household income must fall between \$43,319 and \$57,759 to qualify for GNEF. This year's maximum Fund disbursement is \$300 per eligible household. Applying to GNEF is easy: all that is required is income verification, proof of identity and your current energy bill (for oil and propane gas, a delivery slip within the past 60 days is required). To apply, please contact the Council on Aging at 781-235-3961. Since 1985, the Fund has raised more than \$19.3 million and assisted over 83,500 needy families. If you wish to "Give the Gift of Warmth", you can simply send a check payable to "Good Neighbor Energy Fund" directly to The Salvation Army, 25 Shawmut Road, Canton, MA 02021-1408. Your tax deductible donation goes straight to the Fund and The Salvation Army, the administrator of the Fund, sees that your contribution assists a Massachusetts family this winter.

## ***Wellesley College Auditing– Spring Semester 2016***

If you are interested in auditing a class at Wellesley College, the **Spring Semester** will begin on **Monday, January 25<sup>th</sup>**. Please visit the Council on Aging website at [www.wellesleyma.gov/coa](http://www.wellesleyma.gov/coa) and click the “Auditing-Wellesley College” link on the left side of the page to learn more about this unique opportunity. There you will find information regarding timelines, offerings, and the registration process.

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

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

### ***COA Staff Updates***

In early November, Linda Clifford was promoted to the position of Assistant Director of Senior Services. This is a brand new position for the COA. In her new role, Linda oversees the COA’s transportation programs, assists with preparing and monitoring of COA budgets, and evaluates programs and services. As this newsletter goes to print, the COA is actively interviewing for the position of Health and Social Services Administrator (the position formerly held by Linda Clifford). In early December, the COA bid a fond farewell to Jodi Crimmins, Volunteer Coordinator. Current volunteers and/or individuals interested in volunteering should contact Gayle Thieme, Director of Senior Services until a new Volunteer Coordinator is hired. Please send an email to [GThieme@wellesleyma.gov](mailto:GThieme@wellesleyma.gov) or call 781-235-3961.

### ***Transportation News***

#### **Get out and about this winter with the help of COA Transportation Services**

Now that winter weather is upon us, don’t let it stop you from getting to where you need to go! The COA bus service and Volunteer Drivers Program are great options if you do not enjoy driving in winter weather conditions. Sit back and enjoy the ride without the worry! The COA bus will pick you up at home and take you anywhere in town between the hours of 9:00 a.m. - 3:00 p.m. Monday-Friday. The bus also travels to Newton-Wellesley Hospital, Beth Israel Deaconess Hospital (Needham), Metrowest Medical Center (Natick) and Woodland T station in Newton. Tickets are \$1.00 for each one-way ride, or \$2.00 round-trip. The Volunteer Drivers Program provides rides using their own vehicles, 24 hours a day, 7 days a week, dependent on volunteer availability. Volunteers will drive you anywhere within Wellesley and surrounding towns. There is no cost for the program, however passengers are responsible for parking charges and tolls. To discuss your transportation needs this winter, please contact the COA Transportation Office at 781-235-3046 to speak with Transportation Coordinators Jill Dube and Judy Siggins. Please note: on days when Wellesley Public Schools are closed due to inclement weather, the COA bus will not run.



#### ***CORRECTION Regarding Your Arrival to Wellesley Community Center***

Our last issue of *Highlights* stated that the Board of Selectman voted to disallow a left hand turn into the Wellesley Community Center (WCC). This is incorrect. Individuals heading East on route 16 who wish to continue making the left hand turn into the WCC may still do so. An **alternative** would be for drivers headed East to continue past the Wellesley Hills Branch Library, take a right at Grantland Road and a right onto the ramp that brings you back to the light at Rt. 16. The COA apologizes for the misinformation.

## Tax Assistance



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

## FWCOA Updates

### Are you looking for a new Volunteer Experience?



The Friends of the Wellesley Council on Aging (FWCOA) are a group of dedicated volunteers who have worked tirelessly to build an organization that supports the Wellesley Council on Aging. Since we were formed in 2013, we have raised funds that are being used to subsidize a very popular lunch program, support day trips covering a wonderful range of destinations, and co-host many programs and events.

As we continue to grow we need help to accomplish all of the above and more. We invite you to join us as we continue to make a difference. We are looking for individuals with various backgrounds and experiences, who will be dedicated volunteers. Currently we have a variety of areas that need to be filled including board members, event planning, finance, website development, social media, marketing, generating new ideas and rolling up sleeves to get things done.

If you would like to learn more about how you can become a part of this vibrant organization, please contact Barbara Peacock-Coady at [bpcoady@comcast.net](mailto:bpcoady@comcast.net) or 781-237-1156.



### Help Us to Help You!

The Friends of the Wellesley Council On Aging (FWCOA) have partnered with Equal Exchange, a Non-Profit Co-Op whose members travel to all parts of the developing world forming relationships with local farmers and craftspeople. Their products are purchased at a fair, living wage, and in turn sold to other non-profits throughout the United States. The FWCOA receives a generous 20% of the profits from the purchases you make. To purchase these wonderful products all you need to do is go to the FWCOA website homepage at [www.friendswellesleycoa.com](http://www.friendswellesleycoa.com) and click on the link to Equal Exchange. You will see a myriad of products including popular choices of coffee, tea and chocolate. **ALL PRODUCTS ARE ORGANIC!** In addition, there are lovely crafts, soaps and candles, all **HOMEMADE** and of good quality. **ANY PROFITS WE RECEIVE GO RIGHT BACK TO THE COA** to help fund the many numerous events and programs enjoyed by all. Please take a few minutes to check out our Fundraiser, you won't be disappointed.

## Community Updates

### The Wellesley Free Library Foundation 2nd Annual Indoor Mini-Golf Event Saturday, January 30, 5:00-8:00 p.m. and Sunday, January 31, 9:00-1:00 p.m.

The Main Library will be transformed into a 18-hole mini-golf course with greens and holes winding between the stacks and down the stairs. In addition to mini-golf, the Library will offer a 19th Hole with food, a raffle and fun family activities. Last year, 550 golfers experienced the magic of mini-golf in the library during the two-day event.

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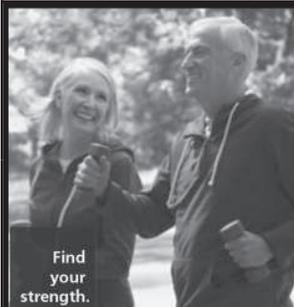
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## NEW Offerings In The New Year

### Pickleball

**Mondays, Jan. 25– March 7 (no game on Feb. 15), 1:00-3:00 p.m.**

Pickleball is a combination of tennis, racquetball and ping-pong and the activity is played on a 20 x 44 ft court. Pickleball is the fastest growing paddle sport in the U.S. The paddle is about 15” long, and typically made of wood, aluminum or composite. The ball is similar to a plastic wiffle ball. The great thing about pickleball is that it takes very little time to learn how to play! Pickleball is a great activity for ALL ages and we encourage YOU to join in the fun! All equipment is provided for this drop-in program. This activity will be held at the Recreation Department, 90 Washington Street. Cost: \$1.00/drop-in. This activity is co-sponsored by the Wellesley Recreation Department and the COA. Call the COA at 781-235-3961 to express interest in this game.

**The COA is closed and the bus will not run: January 1, January 18, and February 15.**

### Photography Principles and Practice

**Thursdays, Jan. 14– Feb.11, 10:00-11:30 a.m.**



With the advent of modern digital cameras, much of the manual nature of the calculations has now been taken over by the camera itself, making the task of the photographer much simpler. As with a lot of modern technology which saves us time and effort, we lose something along the way. In this case we lose the basic understanding of how the older photographic masters like Ansel Adams, Edward Weston and others went about making photographic masterpieces. In this course, taught by Ed Friedman, COA Volunteer and skilled photographer, you will learn the history of photography (with examples) and how to resolve various technical issues such as: What are all the buttons/menus on the camera for? What makes for a good exposure? What are some rules for composition of a photograph? What does image post processing mean? A digital camera is required for this course. For post processing discussions, access to a laptop is highly desirable. Min. 5 Max. 12 Call the COA to register.

**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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