

SEPTEMBER 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| | | -1- | -2- | -3- |
| | | 8:00 Registration for non-Wellesley residents September and October Programs | 11:00 Mindful Living 1:30 BINGO | 11:15 Senior Muscle Conditioning 12:30 Lunch 1:30 Movie - Finding Your Feet |
| | | | | |
| -6- | -7- | -8- | -9- | -10- |
| The Tolles Parsons Center is CLOSED in observation of Labor Day NO ACTIVITIES | 10:00 Balls and Bands 11:00 Retired, Now What? 12:30 Lunch | 9:15 Cardio Sculpt Class A 10:00 SAIL 11:15 Osteo 1:00 Line Dancing 1:00 Shared Experiences Group 1:30 Acrylic Painting | 10:00 Tai Chi 10:30 Art Fun for Everyone 11:00 Mindful Living 2:00 Norman Rockwell Museum | 9:15 Qi Gong 10:30 Learn to Play Mah Jongg 11:15 Senior Muscle Conditioning 12:30 Lunch 1:00 Cardio Sculpt Class B 1:30 Movie - The Father |
| | | | | |
| -13- | -14- | -15- | -16- | -17- |
| 9:15 Fit for Life 11:00 Pilates Class A 1:30 Mindfulness with Neil 2:30 Chair Yoga | 9:15 Seated Strength & Balance Class A 10:00 Balls and Bands 11:00 Widowed & Living Alone 12:30 Lunch 1:00 Tai-Yo-Ba 1:00 Community Outreach Session (COA Board) 2:00 Harvest Fest Social | 10:00 SAIL 11:15 Osteo 10:30 Learn to Play Mah Jongg 1:00 Line Dancing 1:00 Shakespeare Discussion Group 1:30 Acrylic Painting 2:30 Flex and Stretch | 9:15 Seated Strength & Balance Class B 10:00 Tai Chi 11:00 Mindful Living 1:30 BINGO 3:00 Pilates Class B 4:30 COA Board Meeting | 9:15 Qi Gong 10:00 Hearing Aide Check 10:30 Learn to Play Mah Jongg 12:30 Lunch 1:30 Movie - First Cow |
| | | | | |
| -20- | -21- | -22- | -23- | -24- |
| 9:15 Fit for Life 11:00 Pilates Class A 2:30 Chair Yoga | 9:15 Seated Strength & Balance Class A 10:00 Balls and Bands 11:00 Making New Social Connections 12:30 Lunch 1:00 Tai-Yo-Ba 2:00 Introduction to Vintage Car Racing | 9:15 Cardio Sculpt Class A 10:00 SAIL 10:30 Learn to Play Mah Jongg 11:00 Friends of the Wellesley Council on Aging Meeting/Open House 11:15 Osteo 1:00 Line Dancing 1:30 Acrylic Painting 2:30 Flex and Stretch | 9:15 Seated Strength & Balance Class B 10:00 Tai Chi 10:00 Current Events 10:30 Art Fun for Everyone 11:00 Mindful Living 1:00 American Literary Classics Book Discussion 2:00 Caption Call Presentation 3:00 Pilates Class B | 9:15 Qi Gong 10:30 Learn to Play Mah Jongg 11:15 Senior Muscle Conditioning 12:30 Lunch 1:00 Cardio Sculpt Class B 1:30 Movie - A Beautiful Day in the Neighborhood |
| | | | | |
| -27- | -28- | -29- | -30- | |
| 9:15 Fit for Life 11:00 Pilates Class A 2:30 Chair Yoga | 9:15 Seated Strength & Balance Class A 10:00 Balls and Bands 11:00 Caring for a Loved One? 12:30 Lunch 1:00 Tai-Yo-Ba | 9:15 Cardio Sculpt Class A 10:00 SAIL 10:30 Learn to Play Mah Jongg 1:00 Line Dancing 1:30 Acrylic Painting 2:30 Flex and Stretch | 9:15 Seated Strength & Balance Class B 9:30 Asian Paper Workshop 10:00 Tai Chi 11:00 Mindful Living 1:30 BINGO 2:00 The Golden Age of Music: Dean Merin 3:00 Pilates Class B | |

 Color indicates: **VIRTUAL**
 Black indicates: **IN PERSON**

OCTOBER 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

 Color indicates: **VIRTUAL**

 Black indicates: **IN PERSON**

| | | | | |
|---|---|---|--|--|
| -4- | -5- | -6- | -7- | -8- |
| <p>9:15 Fit for Life</p> <p>11:00 Pilates Class A</p> <p>2:30 Chair Yoga</p> | <p>9:15 Seated Strength & Balance Class A</p> <p>10:00 Balls and Bands</p> <p>11:00 Retired, Now What?</p> <p>12:30 Lunch</p> <p>1:00 Tai-Yo-Ba</p> <p>2:00 Wake Up Your Mind Presentation</p> | <p>9:15 Cardio Sculpt Class A</p> <p>10:00 Keep Well Clinic</p> <p>10:00 SAIL</p> <p>1:00 Line Dancing</p> <p>1:30 Acrylic Painting</p> <p>2:30 Flex and Stretch</p> <p>5:00 Wednesday Welcome</p> | <p>9:15 Seated Strength & Balance Class B</p> <p>10:00 Tai'i Chi</p> <p>10:30 Art Fun for Everyone</p> <p>11:00 Mindful Living</p> <p>2:00 The British Are Coming! (Just Andrew Lloyd Weber)</p> <p>3:00 Pilates Class B</p> | <p>9:15 Qi Gong</p> <p>10:30 Learn to Play Mah Jongg</p> <p>11:15 Senior Muscle Conditioning</p> <p>12:00 BBQ with the Blue - Wellesley Police Dept</p> <p>1:00 Cardio Sculpt Class B</p> |
| -11- | -12- | -13- | -14- | -15- |
| <p>The Tolles Parsons Center is CLOSED in observation of Indigenous People's Day NO ACTIVITIES Marathon Monday</p> | <p>9:15 Seated Strength & Balance Class A</p> <p>10:00 Balls and Bands</p> <p>11:00 Widowed & Living Alone</p> <p>12:30 Lunch</p> <p>1:00 Tai-Yo-Ba</p> <p>2:00 Living with a Serious Illness</p> | <p>9:15 Cardio Sculpt Class A</p> <p>10:00 SAIL</p> <p>11:15 Osteo</p> <p>1:00 Line Dancing</p> <p>1:00 Shared Experiences Group</p> <p>1:30 Acrylic Painting</p> <p>2:30 Flex and Stretch</p> | <p>9:15 Seated Strength & Balance Class B</p> <p>10:00 Tai'i Chi</p> <p>11:00 Mindful Living</p> <p>2:00 Loneliness Unbroken - Edgar Allan Poe</p> <p>3:00 Pilates Class B</p> | <p>9:15 Qi Gong</p> <p>10:00 Hearing Aid Check</p> <p>10:30 Learn to Play Mah Jongg</p> <p>11:15 Senior Muscle Conditioning</p> <p>12:30 Lunch</p> <p>1:00 Cardio Sculpt Class B</p> <p>1:30 Movie - Book Club</p> |
| -18- | -19- | -20- | -21- | -22- |
| <p>9:15 Fit for Life</p> <p>11:00 Pilates Class A</p> <p>1:30 Mindfulness with Neil</p> <p>2:30 Chair Yoga</p> | <p>9:15 Seated Strength & Balance Class A</p> <p>11:00 Making New Social Connections</p> <p>12:30 Lunch</p> <p>1:00 Tai-Yo-Ba</p> <p>2:00 What to Know About Swallowing as We Age</p> | <p>9:15 Cardio Sculpt Class A</p> <p>10:00 Keep Well Clinic</p> <p>11:15 Osteo</p> <p>10:30 Learn to Play Mah Jongg</p> <p>11:00 Friends of the Wellesley Council on Aging Meeting</p> <p>1:00 Shakespeare Disc Group</p> <p>1:30 Acrylic Painting</p> <p>2:30 Flex and Stretch</p> | <p>9:15 Seated Strength & Balance Class B</p> <p>10:30 Art Fun for Everyone</p> <p>11:00 Mindful Living</p> <p>1:30 BINGO</p> <p>3:00 Pilates Class B</p> <p>2:00 A Focus on Impressionism</p> <p>4:30 COA Board Meeting</p> | <p>10:30 Learn to Play Mah Jongg</p> <p>11:15 Senior Muscle Conditioning</p> <p>12:30 Lunch</p> <p>1:00 Cardio Sculpt Class B</p> <p>1:30 Movie - Little Women</p> |
| -25- | -26- | -27- | -28- | -29- |
| <p>9:15 Fit for Life</p> <p>11:00 Pilates Class A</p> <p>1:00 Fall Decor Craft</p> <p>2:30 Chair Yoga</p> | <p>9:00 Registration for Wellesley Residents November and December Programs</p> <p>11:00 Caring for a Loved One?</p> <p>12:30 Lunch</p> <p>2:00 Wellesley Climate Action Plan</p> | <p>9:00 Registration for non-Wellesley Residents November and December Programs</p> <p>10:30 Learn to Play Mah Jongg</p> <p>11:15 Osteo</p> <p>1:30 Acrylic Painting</p> | <p>10:00 Current Events</p> <p>1:00 American Literary Classics Book Discussion</p> <p>2:00 Opera Talk - Boris Godunov</p> <p>7:00 The Untold Story of the Cuban Missile Crisis</p> | <p>10:30 Learn to Play Mah Jongg</p> <p>12:30 Lunch</p> <p>1:30 Movie - Murder on the Orient Express</p> |

