



A Message from the Director

Hello everyone,

As I continue settling into my role as Director of Senior Services, I want to thank everyone who has welcomed me so warmly to the Tolles Parsons Center. I have enjoyed meeting patrons, volunteers, staff, Board members, Town colleagues, and community partners, and I continue to learn more each day about what makes this community so special.

One thing that has stood out to me is how much the COA means to the people who walk through our doors. Whether someone comes for a class, fitness program, lunch, a game, support, volunteering, or simply to see a familiar face, that sense of connection is at the heart of what we do.

My goal is to build on the strong foundation already in place while thoughtfully looking for opportunities to grow. I want the COA to continue being a welcoming, vibrant, and supportive place where Wellesley residents age 60 and older feel valued, included, and connected.

Whether you are joining us for a long-time favorite program or trying something new for the first time, I hope you find something at the COA that brings you joy, connection, and a sense of belonging.

Warmly,

Sehar Kiani

Director of Senior Services
Wellesley Council on Aging



Tolles Parsons
ANNUAL COMMUNITY



**Health &
Wellness
Fair**



FRIENDS OF
WELLESLEY COUNCIL
ON AGING



FREE!

**Thursday
October 15**

**AT TOLLES
PARSONS CENTER
10:30 a.m. – 1:30 p.m.**

See page 5
for more information.

Wellesley Council on Aging Staff

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Andy Bigham, Bus Driver
Alessandro Castellani, Bus Driver
Terrence Donovan, Bus Driver
Beth Sansone, Bus Driver
Rick Waldman, Bus Driver

Wellesley COA Board of Directors

Patricia Decker, Chair
Judy Gertler, Vice Chair
Tina Wang, Secretary
Susan Clapham
Timothy Fulham
Bernard Horan
Margaret Lyne
Corinne Monahan
Ann Raider
Barbara Searle
Renee Spencer

COA Board Meeting Dates

Please contact the COA to participate in the Citizen's Speak portion.

Thursday, September 17th at 4:00 p.m.
Thursday, October 15th, at 4:00 p.m.

Additional meetings will be posted as needed.
Start time subject to change.

Council on Aging Hours of Operation

Monday through Friday
9:00 a.m. - 4:00 p.m.

Contact Info

781-235-3961
www.wellesleycoa.org
coa@wellesleyma.gov

Wellesley COA Mission Statement:

The Wellesley Council on Aging serves as the community resource for Wellesley's older adult residents (60+), their families, and caregivers. The Council acts as the primary advocate for Wellesley's older adults by providing social services, meal, and transportation services, socializing opportunities, and educational and physical activity programs to foster well-being and community.

Class Program Cancellation

Programs that do not meet minimum enrollment will be canceled one business day prior to the scheduled start date. Full tuition will be refunded. We reserve the right to reschedule or modify classes. If your class is canceled, you will be notified by phone and/or email. Otherwise, plan on attending.

Program Refund Policy

Some programs may have a specific refund policy. Details will be clearly noted in the program description. Exercise classes are non-refundable unless canceled by the instructor.

Photograph Policy

Periodically, the COA photographs/records program participants for promotional use. Unless participants inform us of their desire not to be photographed/recorded, the COA may use photographs/recordings for promotional purposes.

These policies are subject to revision and will be reviewed at least annually.

REGISTRATION

September/October 2026



WELLESLEY RESIDENTS:

Starting
Tuesday, August 25th
at 9:00 a.m.



NON-WELLESLEY RESIDENTS:

Starting
Wednesday, August 26th
at 9:00 a.m.

..... All programs require pre-registration unless otherwise noted.

REGISTER FOR PROGRAMS AT THE COA



Sign up for programming at the COA from the comfort of your home.

myactivecenter.com

Takes you to the Wellesley COA site to register for programs.



Explore
Browse programs and activities



Register
Sign up easily online



Stay Informed
Get updates and reminders



Secure & Private
Your information is protected



Tolles Parsons Center
500 Washington St., Wellesley



By Phone Call
781-235-3961



COUNCIL ON AGING *Happenings*

SEPTEMBER 1ST – VOTING DAY

Motown & More

Wednesday, September 2nd
1:30 p.m.

Irving Lewis, Singer



Take a musical journey through the golden age of soul, rhythm & blues, and timeless pop classics with the unforgettable *Motown & More* starring Irving Lewis. A seasoned entertainer with decades of experience, Irving has thrilled audiences throughout New England and beyond with his smooth vocals, charismatic stage presence, and passion for the music that defined a generation. From the irresistible grooves of The Temptations, Smokey Robinson, Marvin Gaye, The Four Tops, and The Spinners to beloved classics by artists like Frank Sinatra, Bruno Mars, and other crowd favorites, *Motown & More* offers something for everyone. Whether you're singing along, tapping your feet, or dancing in your seat, you'll be treated to an afternoon filled with memories, laughter, and outstanding live entertainment.

Registration required.

The Power of Pigment: Understanding Color in Art

Wednesday, September 2nd
1:30 p.m.

Jane Oneil, Culturally Curious



The history of color unveils remarkable stories—from purple dye extracted from sea snails to ultramarine blue once more precious than gold itself. Artists deploy color strategically to create pathways through their compositions, creating movement that guides your experience. What hidden messages might you discover when you begin to see paintings not just as images, but as carefully orchestrated color symphonies designed to evoke emotion and direct attention? **Registration required.**

Music by Richard

Thursday, September 3rd
1:30 p.m.

Richard Amir, Pianist



Richard will play standards from Broadway, The Great American Songbook, and the movies. The tunes will cover a time continuum from Stephen Foster to John Williams. Listen to George M. Cohan's rousing standards and hear the music from Irving Berlin, Jerome Kern, Harold Arlen, Gershwin, Cole Porter, Rodgers and Hammerstein, and Lerner and Lowe. Sing along if you choose...relax and enjoy!

Registration required.

Tech Tuesday Everyday AI Tools

Tuesday, September 8th
1:30 p.m.

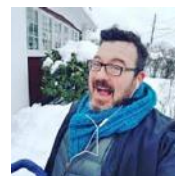


Curious about what artificial intelligence (AI) can do beyond simple questions? Join us for an informative presentation exploring practical ways AI can assist with everyday tasks. Learn how AI can help with writing letters and emails, planning vacations and day trips, discovering recipes, organizing information, brainstorming ideas, and finding answers to everyday questions. **Registration required.**

Modern Classics of Musical Theater – An Hour with Andrew Lloyd Webber

Wednesday, September 9th
1:30 p.m.

Michael Goodwin, Singer/Songwriter



Celebrate the unforgettable music of Andrew Lloyd Webber, one of Broadway's most celebrated composers. Enjoy an hour of beloved songs from hit musicals including *The Phantom of the Opera*, *Cats*, *Evita*, *Joseph and the Amazing Technicolor Dreamcoat*, and more. **Registration required.**

The Orkney Islands – The People and Culture of Scotland's North

Thursday, September 10th
1:30 p.m.

Barry Pell, Photojournalist and World Traveler



The Orkney Islands are a spectacular combination of dramatic rocky landscapes, human settlements dating back five thousand years, an array of bird and animal life, and a Scottish population with a distinctive dialect and way of life. Barry Pell traveled to a dozen of the twenty inhabited islands, hiking to remote lighthouses and bird reserves, and speaking with local people in villages and towns. In this program, accompanied by his photography, he shares with you the history, culture and his impressions of this remote and timeless land. **Registration required.**

iPhone Essentials: Control Center and Files

Monday, September 14th
1:30 p.m.

KevTech

Cost: \$5.00



This class covers a variety of tools and features built into the iPhone and iPad. We learn to share our locations with our friends and family, make safe, secure payments with our phones, and converse in different languages using the Translate app.

Registration required.



Why the Gut Microbiome is so Important to Good Health

Tuesday, September 15th

1:30 p.m.

Lauren Abeles, Registered Dietician Nutritionist

This presentation explores the important role the gut microbiome plays in overall health and well-being. Learn what the microbiome is, how it supports essential bodily functions, and the ways your food and beverage choices can influence its balance and health.

Registration required.



Pixel Perfect: Chuck Close and Photorealist Painting

Wednesday, September 16th

1:30 p.m.

Jane Oneail, Culturally Curious

Enter the mesmerizing world of Chuck Close and the Photorealist movement, where artists challenged everything we thought we knew about painting by creating meticulously detailed works that seem to leap off the canvas as living photographs. Close's monumental portraits—painted pixel by painstaking pixel using techniques that transform tiny squares of color into startlingly lifelike faces—represent both the pinnacle of technical virtuosity and a profound meditation on how we see and process visual information. This program examines Close's revolutionary grid system, his place within the broader Photorealist movement, and his pursuit of perfect visual realism. **Registration required.**



BINGO

Thursdays, September 17th and October 22nd

1:15 — 2:45 p.m.

Patricia Thames, COA Volunteer

Join us for a friendly and fun bingo competition. Get to know your fellow patrons and win prizes in a convivial and lively atmosphere led by Patricia Thames, and other COA volunteers!

Registration required.



Madagascar: A Land Like No Other

Monday, September 21st

1:30 p.m.

Joy Marzolf, Joys of Nature

Join Joy Marzolf for a program on the history, culture and some of the unique and rare wildlife of Madagascar. The presentation will include remnants of a past monarchy in Antananarivo, as well as the Kirindy Forest Preserve, which is one of the few remaining dry forests of the West. These rare forests are home to red-fronted brown and red-tailed sportive lemurs, as well as the rare narrow-striped mongoose and unique fossa, the largest mammalian carnivore in Madagascar. A hole in a tree might even reveal a white browed owl or a tiny mouse lemur. In the branches, stunning sunbirds or flycatchers find perches while cryptic chameleons hide in plain sight. **Registration required.**



The Cooper Center Music Makers Performance

Tuesday, September 22nd

1:30 p.m.

The Cooper Center Music Makers, formerly known as the Newton Swing Band, are back at the Wellesley COA! The Cooper Center Music Makers are a group of about 20 mostly amateur musicians who enjoy playing and singing a repertoire mostly from the Great American Songbook. The band's 'home' is the recently constructed Cooper Center for Active Living in Newtonville and they practice every Tuesday afternoon, from 1:30 to 3:00 p.m., and all are welcome to sit in on practices, and sing along! **Registration required.**



Shine Informational Session

Wednesday, September 23rd

1:30 p.m.

2026 Medicare Open Enrollment

You may have heard that big changes are coming to Medicare drug coverage in 2026! Each January, Medicare health insurance premiums change, health care and drug coverage changes, providers contract with different plans, and new benefits are introduced. Join representatives from MetroWest SHINE for an unbiased overview of what's new in Medicare for 2026 and about the importance of reviewing your Medicare coverage each fall during Medicare Open Enrollment, which runs from October 15th to December 7th. **Registration required.**



State Songs of the USA!

Thursday, September 24th

1:30 p.m.

John Clark, Music Historian

As we mark America's 250th Anniversary, take a musical journey across the US as we listen to and explore the fascinating stories behind the official state songs. Most of the tunes highlighted are very recognizable and will include: "Home on the Range" (Kansas), "You Are My Sunshine" (Louisiana), "Yankee Doodle" (Connecticut), "Oklahoma" (Oklahoma) and "Georgia on My Mind" (Georgia). Whether you are a music lover or history enthusiast, we invite you to sing or hum along if the mood strikes you or the spirit moves! **Registration required.**



Learn to Play Mah Jongg!

Mondays, September 28th and October 5th, 19th, 26th

10:00 - 11:30 a.m.

Instructor: Cindy Shorris

Cost: \$75 for the 4-week session

Have you been curious about the clacking of the tiles or looking for a fun new social game? Join Cindy Shorris for this beginner American Mah Jongg class which will help you learn the basics of this tile-based game that challenges the mind and encourages strategic thinking. Mah Jongg sets will be provided and all participants should order a 2026 Mah Jongg Card in large print at www.nationalmahjonggleague.org **Registration is required.**



Max: 8

Bone Health

Monday, September 28th

1:30 p.m.

Donna Foster-LaRoque, Group Training Director and Jane Polley, MS, RD, LDN, Nutrition and Water Exercise Director, Longfellow Wellesley



This program will include a combination of nutrition education and information about the benefits of strength training for improving and maintaining bone health. The presentation will incorporate a demonstration of simple, effective movements that help strengthen bones and support overall health. There will be time at the end for questions and discussion. **Registration required.**

Beavers in Massachusetts

Tuesday, September 29th

1:30 p.m.

Tia Pinney, Mass Audubon Senior Naturalist



Few animals can change entire landscapes like beavers. The American Beaver is an incredible engineer and can be found transforming wetland habitats throughout Massachusetts. We'll cover beaver taxonomy, life cycle, history, construction techniques, and how they contribute to the biodiversity of critical wetlands. We'll also discuss beaver conservation and how we can co-exist with these fascinating animals. **Registration required.**

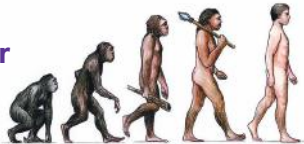
TWO-PART SERIES

Evolution: Darwin Himself Would Be Astounded

Wednesdays, September 30th and October 7th

1:30 p.m.

Jim McClaren, retired Teacher and Adult Education Lecturer



Part One: The first week will focus on what Darwin said (and didn't say) about how evolution works. Natural selection is an immensely powerful idea backed up by mountains of evidence which continue to grow daily. It has been and remains, however, an easy target for misreading and misapplication. **Registration required.**

Part Two: Week two will focus on evidence supporting evolution that has accumulated since Darwin: evidence he could not have predicted in his wildest imagination. That evidence comes from fields as diverse as paleontology, geology, cosmology, and ecology; but especially genetics, both classical and molecular. **Registration required.**

Oktoberfest Celebration!

Thursday, October 1st

2:00 p.m.



Time to break out the lederhosens & dirndls, it's OKTOBERFEST!!! Come celebrate with friends at the COA and enjoy traditional German food and beverage along with lively music for this fun fall fest! **Registration required.**

Taking and Editing Videos

Monday, October 5th

1:30 p.m.

KevTech

Cost: \$5.00



In this class, we dive into the Camera app on the iPhone, exploring different features of the camera and adjustments that can be made for taking pictures in different settings. We also go into Photos and discuss organizing photos into albums. **Registration required.**

Tech Tuesday

Social Media for Actual Socializing

Tuesday, October 6th

1:30 p.m.



Tired of the nonsense and negativity online? This session shows you how to connect meaningfully and introduces hidden gems better suited for genuine interactions. Whether you're tech-savvy or just starting out, you'll learn to use social media to build meaningful connections— your way. **Registration required.**

Cryptocurrency Fraud Awareness

Thursday, October 8th

1:30 p.m.

Madonna Cournoyer, Assistant Attorney

General, Insurance and Financial Services Division



The presentation is a brief review of the problem of cryptocurrency scams and its impact on the senior community, a focus on the use of crypto kiosks within those scams, suggestions on how to spot crypto scams, and resources for assistance if people have been scammed. **Registration required.**

TWO-PART SERIES

Opera Talk and Travelogue Through Germany

Tuesdays, October 13th, 27th

1:30 – 3:00 p.m.

Erika Reitshamer, Opera Lecturer



Join Erika Reitshamer for a two-part musical travelogue through Germany's legendary concert halls and opera houses from north to south. Learn about great classical composers, celebrated conductors and opera singers, superb architecture and fascinating history.

Part One: Focuses on Hamburg, Berlin, Dresden and Leipzig. **Registration required.**

Part Two: Highlights Bayreuth, Frankfurt, Stuttgart, Baden-Baden and Munich. **Registration required.**

Health & Wellness Fair

Thursday, October 15th

10:30 a.m. – 1:30 p.m.



Enjoy free admission, free health screenings, free snacks and free raffle tickets. Exhibitors will provide many options for improving quality of life & wellness including:

- Vision & Eye Pressure Testing
- Navigating Medicare
- Stretch Lab Therapy
- Home Health Care Resources
- Senior Living Alternatives
- Resources from Wellesley Health Dept.
- Nutrition & Meal Guidance
- Generational Legal Guidance
- Dental Health
- Financial Planning



"A Time of Revolution" Wellesley Historical Society Fall Exhibit Tours

Thursdays, October 15th, 29th
1:30 p.m.
323 Washington Street,
Wellesley, MA



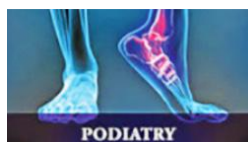
Celebrating Wellesley



Take a special docent led tour offered on two separate days of the newly opened exhibit "A Time of Revolution" at the Wellesley Historical Society's History and Exhibit Center. This engaging visit tells the story of two different time periods in Wellesley history: 200 years ago and 100 years ago. The exhibit explores the multi-faceted meanings of "revolution" by studying both the American Revolution and Wellesley's cultural revolution that unfolded in the 1920s. **Patrons will meet at 323 Washington Street. Transportation will not be provided. Registration required. Max: 12**

Podiatry Clinic

Friday, October 16th
9:15 a.m. – 12:15 p.m.
Dr. Alissa Kuizinas, Podiatrist



Dr. Kuizinas is offering 15-minute podiatry appointments at the COA in Wellesley. The cost of the appointment is \$45 and is directly payable to Dr. Kuizinas by check, cash or credit card. **Registration required.**

The Art of the Dumpling
Roberta Hing Chef/Cooking Instructor
Monday, October 19th
12:00 – 2:00 p.m.
Cost \$25



Join us for a hands-on culinary adventure as you learn to craft crispy potstickers and flavorful wontons with traditional pork or chicken fillings, paired with irresistible homemade dipping sauces. We'll finish the class with a sweet and crispy dessert dumpling. You'll master several folding techniques and discover the secrets to perfectly cooked dumplings. It's a wonderful opportunity to cook, laugh, and share a memorable experience with friends. **Registration required. Max 10.**

"From France with Love"
Musical Lecture
Wednesday, October 21st
1:30 p.m.
Frank King, former WBUR
Radio Host



Join Frank King for a musical lecture "From France with Love" which will feature the surprising stories behind several American hit records that began their life as French songs, including Frank Sinatra's "My Way"; Bobby Darin's "Beyond the Sea"; and the beautiful ballad "If You Love Me." **Registration required.**

Creating Hope:
The New Deal and WPA Art
Wednesday, October 21st
1:30 p.m.
Jane Oneil, Culturally Curious



Discover one of the most ambitious cultural experiments in American history, when the federal government employed thousands of artists, photographers, and muralists to document and beautify a nation struggling through the Great Depression. The Works Progress Administration and Farm Security Administration programs transformed unemployed creative professionals into chroniclers of American resilience, producing iconic images that would define how we remember this pivotal era. How did government patronage shape artistic vision, and what happens when democracy itself becomes both patron and subject of American art? This program reveals how New Deal arts programs created a collective portrait of America that celebrated the dignity of ordinary people while laying the foundation for a uniquely democratic approach to supporting the arts. **Registration required.**

The American Revolution
in World History
Monday, October 26th
1:30 p.m.
Jon Huibregtse, Ph.D.
Retired Framingham
State University Professor



From the French Revolution to Mao Zedong's movement in China, revolutionaries across the world have drawn inspiration from the American Revolution and its leaders, including George Washington. In 1945, Ho Chi Minh modeled the Vietnamese Declaration of Independence on the language of Jefferson and Adams. This lecture analyzes the global impact of the American Revolution and its enduring influence over the past 250 years. **Registration required.**

Warm Up with a
Good Book
Tuesday, October 20th
1:30 p.m.

Lorna Ruby, Wellesley Books



Celebrating Wellesley



Join Lorna Ruby, a buyer from Wellesley Books and lifelong book enthusiast, as she presents her recommendations for winter weather reads. The program will include a mix of new releases of fiction and nonfiction to enjoy as the weather gets cold this winter. **Registration required.**

Hits of Neil Diamond

Wednesday, October 28th

1:30 p.m.

Charlie Lask, Singer



Few artists have created as many timeless sing-along favorites as Neil Diamond, and Charlie Lask brings them to life in an energetic, heartfelt tribute that celebrates one of America's greatest entertainers. Since 2005, Charlie has been performing his acclaimed Neil Diamond tribute throughout the East Coast and on cruise ships, earning a reputation for his outstanding vocals, engaging personality, and high-energy audience interaction. Whether it's "Sweet Caroline," "Cracklin' Rosie," "Song Sung Blue," "America," or "Forever in Blue Jeans," Charlie captures the spirit and excitement that made Neil Diamond a music legend. This isn't an impersonation—it's a celebration. Charlie invites audiences to clap, sing along, and relive the soundtrack of a generation in a fun-filled afternoon of music, memories, and timeless hits. **Registration required.**

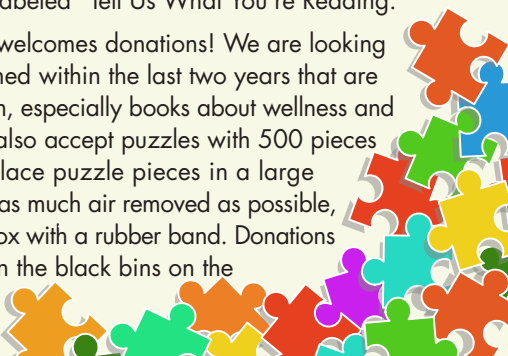


VOLUNTEER CORNER

A huge thank you to our amazing library volunteers: Tess, Miriam, JoAnn, Joan, Cynthia, and Cyetta. They work throughout the week to keep our library organized, welcoming, and well stocked for everyone to enjoy. Their time and dedication help make the library a very special place for COA patrons. We hope you'll stop by and check out the library!

Have you checked out the wonderful library at the COA? Whether you're looking for your next great novel, a large-print book, a puzzle book, or a jigsaw puzzle to enjoy at home, there's something for everyone. There's also a cozy sitting area where you can relax with a book or newspaper. If you've discovered a favorite read and would like to share it with others, or if you're searching for your next favorite book, be sure to browse the black notebook labeled "Tell Us What You're Reading."

The library also welcomes donations! We are looking for books published within the last two years that are in good condition, especially books about wellness and aging well. We also accept puzzles with 500 pieces or less. Please place puzzle pieces in a large zip-top bag with as much air removed as possible, then secure the box with a rubber band. Donations may be placed in the black bins on the library counter.



ONE-ON-ONE TECHNOLOGY ASSISTANCE

Tuesdays, 12:30 – 3:30 p.m.

Lois Clayson, Technology Consultant

Cost: \$25

1-on-1 Tech Help
By Appointment

If you need technical assistance with your cell phone, laptop, etc., please call the COA at **781-235-3961** to schedule a 45-minute appointment. Lois has been running her private consulting practice for over 27 years. We are grateful Lois has generously offered her services to the Wellesley Council on Aging members at this significant discount. **Appointments are non-refundable.**

ECONOMY WATCH:

A Financial Discussion Group

Fridays, September 4th, 18th and October 2nd, 16th, 30th

10:30 a.m.



This group is designed to create a welcoming and informative space to discuss and better understand current economic trends and financial topics that affect seniors' lives. The group will focus on education, resource-sharing, and peer conversation — not individual financial advice. Important Note: This group is strictly for educational and discussion purposes. It will not offer personalized financial advice or investment recommendations. **Registration required. Max: 10**

CLUB: COA Photography

Mondays, September 14th, 28th and October 19th

10:30 a.m. – 12:00 p.m.

Photo Credit: Peter Rome



If you are interested in improving your photography skills and sharing your images with others, come and join the COA Photography Club! Whether you just use the camera on your phone, or have a 'fancy' camera with multiple lenses, there is always so much more to learn about the wonderful world of photography. The Club has a friendly and enthusiastic group of members with a wide range of photographic experience who want to share 'tips and tricks' and their passion for photography.

CLASS: Knitting

Tuesdays, starting September 15th

Experienced Knitting: 10:00 a.m. – 12:00 p.m.

All Abilities Knitting: 1:30 p.m. – 3:00 p.m.

COA Volunteers/Instructors - Margaret Lyne, Susan Clapham, Corinne Monahan, Sara Jennings, and Emily Sparks

We offer two separate knitting instruction classes led by volunteers. The Experienced Knitting class meets in the



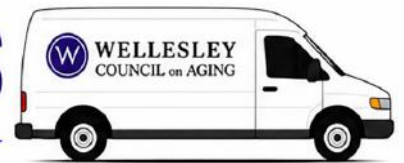
morning and less experienced and new knitters should register for the afternoon class. In the Experienced Knitting class, the instructors work on collaborative projects as well as individual ones. In the All Abilities class, there will be group projects at the appropriate knitting level for each participant. Facilitators will group knitters of similar abilities into projects. When ready, knitters can choose to have an individual project as well. Knitters are responsible for purchasing yarn and supplies for their project or may select from designated donation bins. New participants will be put in touch with the instructors to determine the appropriate level of class. **Registration required.**

Max: 14 for each class



TRANSPORTATION SERVICES

Options for Wellesley Residents



WELLESLEY COA BUS FREE LOCAL TRANSPORTATION



Monday – Friday | 8:45 a.m. – 3:30 p.m.

- ✓ Free rides to local destinations
- ✓ First-time riders must register with COA
- ✓ Please call **2 days in advance** to schedule your ride

STEP 1

Call COA to register
781-235-3961

STEP 2

Call MWRTA to schedule your ride
508-820-4650



DESTINATIONS INCLUDE:

- Grocery stores • Banks • Medical appointments
- Senior Center • Post office • And more!



MWRTA CATCHCONNECT ON-DEMAND SERVICE



Curb-to-curb transportation



First come, first served



Open to all Wellesley residents

HOURS



Mon – Fri:
6:45 a.m. – 8:45 p.m.

Sat – Sun:

8:00 a.m. – 6:00 p.m.



SERVICE AREA

- Wellesley
- Waban Green Line
- Woodland Green Line
- Newton-Wellesley Hospital



Get started:

Download the MWRTA Catch app
or call **508-283-5083**



MWRTA HOSPITAL SHUTTLE

Door-to-door service to Boston-area hospitals for Wellesley residents.



SERVICE DAYS & HOURS

Tuesdays, Wednesdays,
and Thursdays
8:30 a.m. – 6:00 p.m.

Learn more or register:

Call MWRTA **508-820-4650**
for details.

FREE
for WCOA
Members

All services are subject to change. Please call to confirm schedules and availability.
Questions: Call the Wellesley Council on Aging at 781-235-3961.

COA In Person/Drop in Activities

Rooms are reserved for each of these programs and we look forward to your attendance.
All activities are **drop-in** Monday–Friday 9 a.m. – 4 p.m. unless otherwise noted.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 9:00 – 4:00 Billiards	 9:00 – 1:00 Billiards Match	 9:00 – 11:30 Community Service Bears	 9:00 – 12:30 Card/Game/Billiards	 9:00 – 4:00 Billiards
 9:00 – 12:30 Card/Games	 1:00 – 4:00 Cribbage Groups	 9:00 – 12:30 Bridge Group	 10:00 – 12:00 Billiards Practice	 9:15 – 10:15 Walking Group Meet at Morses Pond
 9:15 – 10:15 Walking Group		 9:15 – 10:15 Walking Group	 12:30 – 4:00 Mah Jongg	 12:30 – 4:00 Mexican Dominoes
 12:30 – 4:00 Ping Pong		 10:00 – 11:00 Keep Well at TPC (First and Third)	 12:30 – 4:00 Knitting Group	 12:30 – 3:30 Painting
 1:00 – 3:00 Rummikub		 12:30 – 4:00 Scrabble Group		 12:30 – 4:00 Ping Pong



COA LUNCH

Meals are \$8 for Wellesley residents and \$12 for non-Wellesley and served Tuesday – Friday at the Council on Aging.

TO ORDER CALL 781-235-3961

The Friends of the Wellesley Council on Aging (FWCOA) will continue to sponsor lunch welcoming all residents ages 60+.

Lunch from local restaurants (listed below) is served by volunteers at noon on Tuesdays – Thursdays and at 11:30 a.m. on Fridays. See the delicious menu selections made possible by our wonderful local establishments.

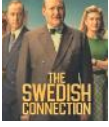
Please note that the cost of lunch for Wellesley residents has been increased to \$8 per meal. This change reflects rising costs from our local restaurant partners and helps ensure the continued quality and sustainability of the COA lunch program.

The COA Lunch Program was established to provide congregate meals and socialization to patrons sixty years old and older. The program is intended to encourage socialization among our patrons in person while enjoying a healthy meal. Due to staffing and food safety regulations, it is not feasible for our center to provide take-out meal service to patrons.

All lunches MUST be ordered and paid for at least TWO Business days in advance. No refunds.

SEPT.	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	-1-	-2-	-3-	-4-
	Grilled chicken BLT wrap with fruit cup	Metro egg sandwich, Canadian bacon, spinach, tomato, & cheddar cheese sandwich with fruit cup	Chicken taco salad, romaine lettuce, pico de gallo, Mexican cheese, avocado, salsa, sour cream, and dressing	Primo omelet, roasted red peppers, mushrooms, bacon, and cheddar cheese with fruit cup
	-8-	-9-	-10-	-11-
	Tuna salad wrap, green beans & cornbread	Fish sandwich with lettuce, tomato, onion, pickle, cheese, tartar sauce, lemon & coleslaw	Baked haddock with herb stuffing, honey glazed carrots & cornbread	Salmon salad plate, cornbread, and tomato & cucumber salad
	-15-	-16-	-17-	-18-
	Sliced turkey breast wrap with lettuce, tomato, mayonnaise & cranberry sauce wrap with chips	Shrimp broccoli alfredo & a garden salad	Grilled chicken wrap with ham, cheese, lettuce, tomato & a cookie	Chef's salad (turkey, ham, roast beef, cheese, and boiled egg) & a brownie
	-22-	-23-	-24-	-25-
	Spinach quiche, chicken noodle soup & blueberry muffin	Broccoli cheddar quiche, chicken lemon rice soup & plain croissant	Ham mushroom quiche, chicken lemon rice soup & pumpkin muffin	1/2 chicken tarragon sandwich, chicken vegetable soup & blueberry muffin
	-29-	-30-		
	Chef salad with turkey, ham, roast beef, and provolone cheese	Chicken parmesan with marinara sauce, baked mozzarella, garlic bread & side salad		
OCT.	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			-1-	-2-
			Steak and cheese grinder & garden salad	Meat lasagna with marinara sauce, garlic bread & side salad
	-6-	-7-	-8-	-9-
	Salmon and vegetable stir fry with rice, roasted broccoli & cornbread	Fish cake, peas, carrots & cornbread	Baked haddock with herb stuffing, honey glazed carrots & cornbread	Salmon & potato pie with broccoli & cornbread
	-13-	-14-	-15-	-16-
	Fried mac & cheese with French fries, small side salad & a cookie	Antipasto salad - turkey, ham, salami, cheese & hardboiled egg	NO LUNCH	Two slices of Margherita pizza with pepperoni, small side salad & a cookie
	-20-	-21-	-22-	-23-
	1/2 tuna sandwich, chicken lemon rice & chocolate chip cookie	1/2 roasted chicken, spinach feta quiches & pumpkin muffin	1/2 roasted chicken sandwich, chicken lemon soup & chocolate chip oatmeal cookie	Ham and mushroom quiche, chicken vegetable soup & butterscotch oatmeal cookie
	-27-	-28-	-29-	-30-
	Turkey, green apple slices, bacon, honey mustard on multigrain bread & a cookie	Smoked ham, tomatoes, Swiss cheese, deli mustard on a croissant with chips	Marinated chicken, romaine, roasted red peppers, red onions, hummus, lemon oregano on focaccia bread & a cookie	Garlic roasted portabella mushrooms marinated in balsamic vinaigrette, fresh mozzarella, caramelized onions, homemade focaccia bread & a cookie

SEPTEMBER 2026 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VIRTUAL IN PERSON	-1-	-2-	-3-	-4-
	VOTING DAY 9:15 Seated Strength & Balance 11:00 Social Connections	9:15 Hi Low Fitness 10:00 Keep Well Clinic 12:00 Cardio Dance & Strength – LaBlast 1:30 Motown & More 1:30 The Power of Pigment: Understanding Color in Art 2:30 Men in Retirement	9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Total Body Sculpting 10:30 Tai Chi 1:30 Music by Richard 2:30 Women in Retirement	9:15 Yoga for Better Balance 10:30 Economy Watch 1:15 Movie: Chris & Martina: The Final Set 
-7-	-8-	-9-	-10-	-11-
CLOSED TODAY in Observance of LABOR DAY No Activities	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 9:30 Still-Life Sketching 10:30 Tai Chi 11:00 Social Connections 1:30 Everyday AI Tools	9:15 Hi Low Fitness 12:00 Cardio Dance & Strength – LaBlast 1:00 World History Book Discussion 1:30 Modern Classics of Musical Theater 2:30 Men in Retirement	9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Welcome to Fall Art Class 10:00 Total Body Sculpting 10:30 Tai Chi 1:30 The Orkney Islands 2:30 The Afternoon Discussion Group	9:15 Yoga for Better Balance 1:15 Movie: Lilly 
-14-	-15-	-16-	-17-	-18-
9:15 Fit for Life 10:30 Core and More 10:30 Photo Club 12:00 All Levels Yoga 1:30 KevTech: iPhone Essentials 2:30 Chair Yoga	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 9:30 Still-Life Sketching 10:00 Experienced Knitting 10:30 Tai Chi 11:00 Social Connections 1:30 The Gut Microbiome 1:30 All Abilities Knitting	9:15 Hi Low Fitness 10:00 Keep Well Clinic 12:00 Cardio Dance & Strength – LaBlast 1:00 Great Poems Discussion 1:30 Pixel Perfect: Chuck Close and Photorealist Painting 2:30 Men in Retirement	8:30 Cape Cod Canal Day Trip 9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Total Body Sculpting 10:30 Tai Chi 1:00 Tell Us What You're Reading 1:15 BINGO 2:30 Women in Retirement 4:00 Board Meeting	10:30 Economy Watch 1:15 Movie: The Sheep Detectives 
-21-	-22-	-23-	-24-	-25-
12:00 All Levels Yoga 1:30 Madagascar: A Land Like No Other 2:30 Chair Yoga	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 9:30 Still-Life Sketching 10:00 Experienced Knitting 10:30 Tai Chi 11:00 Social Connections 1:30 All Abilities Knitting 1:30 The Cooper Center Music Makers Performance	9:00 Donuts & Coffee with Wellesley Police 9:15 Hi Low Fitness 12:00 Cardio Dance & Strength – LaBlast 1:00 Shakespeare Discussion 1:30 Shine Information Session 2:30 Men in Retirement	9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Total Body Sculpting 10:00 Dried Flower Cards 10:30 Tai Chi 1:30 State Songs of the USA 2:30 The Afternoon Discussion Group	9:15 Yoga for Better Balance 1:15 Movie: The Swedish Connection 
-28-	-29-	-30-	August 25 9:00 WELLESLEY REGISTRATION	
9:15 Fit for Life 10:00 Learn to Play Mah Jongg 10:30 Core and More 10:30 Photo Club 12:00 All Levels Yoga 1:30 Bone Health 1:30 Watercolor for All 2:30 Chair Yoga	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 9:30 Still-Life Sketching 10:00 Experienced Knitting 10:30 Tai Chi 11:00 Social Connections 1:30 Beavers in Massachusetts 1:30 All Abilities Knitting	9:15 Hi Low Fitness 12:00 Cardio Dance & Strength – LaBlast 1:00 American Literary Classics Book Discussion 1:30 Evolution Part I 2:30 Men in Retirement	August 26 9:00 NON-WELLESLEY REGISTRATION	



OCTOBER 2026 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 See page 8 for in person Drop in Activities.			- 1 -	- 2 -
			9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Pumpkin and Paper Flower Making 10:00 Total Body Sculpting 10:30 Tai Chi 2:00 Oktoberfest 2:30 Women in Retirement	9:15 Yoga for Better Balance 10:30 Economy Watch 1:15 Movie: Soul on Fire 
- 5 -	- 6 -	- 7 -	- 8 -	- 9 -
9:15 Fit for Life 10:00 Learn to Play Mah Jongg 10:30 Core and More 12:00 All Levels Yoga 1:30 Kev Tech: Taking and Editing Videos 1:30 Watercolor for All 2:30 Chair Yoga	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 9:30 Still-Life Sketching 10:00 Experienced Knitting 10:30 Tai Chi 11:00 Social Connections 1:30 Social Media for Actual Socializing 1:30 All Abilities Knitting	10:00 Keep Well Clinic 12:00 Cardio Dance & Strength – LaBlast 1:00 World History Book Discussion 12:30 Needle Felted Owl 1:30 Evolution Part 2 2:30 Men in Retirement	9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Total Body Sculpting 10:30 Tai Chi 1:00 Tell Us What You're Reading 1:30 Cryptocurrency Fraud Awareness 2:30 The Afternoon Discussion Group	9:15 Yoga for Better Balance 1:15 Movie: Arthur's Whiskey 
- 12 -	- 13 -	- 14 -	- 15 -	- 16 -
CLOSED TODAY in Observance of INDIGENOUS PEOPLE'S DAY No Activities	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 9:30 Still-Life Sketching 10:00 Experienced Knitting 10:30 Tai Chi 11:00 Social Connections 1:30 Opera Talk and Travelogue Through Germany Part I 1:30 All Abilities Knitting	1:00 Great Poems Discussion No Afternoon Activities Due to Health Fair Setup	9:15 Seated Strength & Balance 10:00 Total Body Sculpting 10:30 Annual Health and Wellness Fair 1:30 Wellesley Historical Society Fall Exhibit Tour 4:00 Board Meeting	9:00 Donuts & Coffee with Wellesley Police 9:15 Yoga for Better Balance 9:15 Podiatry Clinic 10:30 Economy Watch 1:15 Movie: The Bank of Dave 
- 19 -	- 20 -	- 21 -	- 22 -	- 23 -
9:15 Fit for Life 10:00 Learn to Play Mah Jongg 10:30 Core and More 10:30 Photo Club 12:00 The Art of the Dumpling 1:30 Watercolor for All 2:30 Chair Yoga	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 9:30 Still-Life Sketching 10:00 Experienced Knitting 10:30 Tai Chi 11:00 Social Connections 1:30 All Abilities Knitting 1:30 Warm Up with a Good Book	9:15 Hi Low Fitness 10:00 Keep Well Clinic 12:00 Cardio Dance & Strength – LaBlast 1:00 Shakespeare Discussion 1:30 From France with Love 1:30 Creating Hope: The New Deal and WPA Art 2:30 Men in Retirement	9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Total Body Sculpting 10:30 Tai Chi 1:15 BINGO 2:30 The Afternoon Discussion Group	9:15 Yoga for Better Balance 1:15 Movie: The Devil Wears Prada 2 
- 26 -	- 27 -	- 28 -	- 29 -	- 30 -
9:15 Fit for Life 10:00 Learn to Play Mah Jongg 10:30 Core and More 12:00 All Levels Yoga 1:30 The American Revolution in World History 1:30 Watercolor for All 2:30 Chair Yoga	9:00 WELLESLEY REGISTRATION 9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 9:30 Still-Life Sketching 10:00 Experienced Knitting 10:30 Tai Chi 11:00 Social Connections 1:30 All Abilities Knitting 1:30 Opera Talk and Travelogue Through Germany Part 2	9:00 NON-WELLESLEY REGISTRATION 9:15 Hi Low Fitness 12:00 Cardio Dance & Strength – LaBlast 1:00 American Literary Classics Book Discussion 1:30 Hits of Neil Diamond 2:30 Men in Retirement	9:15 All Levels Yoga 9:15 Seated Strength & Balance 10:00 Total Body Sculpting 10:30 Tai Chi 1:30 Wellesley Historical Society Fall Exhibit Tour 2:30 Women in Retirement	10:30 Economy Watch 

Fitness ONLINE AND IN PERSON

ALL CLASSES \$5.00

DAY	CLASS	TIME	DURATION	FORMAT (IN PERSON OR ZOOM)	SEPT.	OCT.
MONDAYS	Fit for Life	9:15 a.m.	60 Minutes	 In Person	14, 28	5, 19, 26
	Core and More	10:30 a.m.	45 Minutes	 In Person	14, 28	5, 19, 26
	All Levels Yoga	12:00 p.m.	60 Minutes	 In Person	14, 21, 28	5, 26
	Chair Yoga	2:30 p.m.	45 Minutes	 Zoom	14, 21, 28	5, 19, 26
TUESDAYS	Seated Strength & Balance	9:15 a.m.	45 Minutes	 Zoom	1, 8, 15, 22, 29	6, 13, 20, 27
	Yoga for Better Balance	9:15 a.m.	60 Minutes	 In Person	8, 15, 22, 29	6, 13, 20, 27
	Tai Chi	10:30 a.m.	45 Minutes	 In Person	8, 15, 22, 29	6, 13, 20, 27
WEDNESDAYS	Hi Low Fitness	9:15 a.m.	45 Minutes	 In Person	2, 9, 16, 23, 30	21, 28
	Cardio Dance & Strength – LaBlast	12:00 p.m.	60 Minutes	 In Person	2, 9, 16, 23, 30	7, 21, 28
THURSDAYS	Seated Strength & Balance	9:15 a.m.	45 Minutes	 Zoom	3, 10, 17, 24	1, 8, 15, 22, 29
	All Levels Yoga	9:15 a.m.	60 Minutes	 In Person	3, 10, 17, 24	1, 8, 22, 29
	Total Body Sculpting	10:00 a.m.	60 Minutes	 Zoom	3, 10, 17, 24	1, 8, 15, 22, 29
	Tai Chi	10:30 a.m.	45 Minutes	 In Person	3, 10, 17, 24	1, 8, 22, 29
FRIDAYS	Yoga for Better Balance	9:15 a.m.	60 Minutes	 In Person	4, 11, 25	2, 9, 16, 23

Fit for Life is a 60-minute in-person fitness class led by **Jane Golder**, designed to help you stay active and ready for everyday life. It focuses on:

- **Cardio** for heart health
- **Strength** for muscles and bones
- **Balance, agility, and coordination**
- **Core and flexibility** to maintain your ability to perform daily activities

This class ensures personalized attention and fun, engaging exercises for older adults aiming to stay fit and healthy. **Max: 25**



Core and More is a 45-minute in-person class led by **Jane Golder**, designed to strengthen core muscle groups and improve posture. The class includes exercises that:

- Strengthen the **abdomen** and **back** muscles
- Increase **flexibility**
- Use props like squishy balls, resistance bands, light weights, and chairs
- Incorporate **bodyweight exercises** for safe muscle lengthening

The class also focuses on strengthening the **legs, back, glutes, and abdominals**, promoting better posture, balance, and pain relief. Some mat work is involved, and participants are encouraged to wear **grippy socks** (shoeless). **Max: 22**



All Levels Yoga is a slow-paced Vinyasa Flow class that blends breath, movement, and alignment, suitable for both beginners and intermediate participants. Key features include:

- Focus on improving **balance, flexibility, and strength** in everyday life
- Participants should be able to move from a **supine to a standing** position comfortably
- Led by certified instructor **Peter Kelly** (E-RYT 200)
- Classes are **60 minutes**, held twice a week on **Mondays and Thursdays**

This in-person class emphasizes both physical health and having fun! **Max: 22**



Chair Yoga with **Rebecca Reber** is an online class conducted via Zoom, focusing on gentle movements that benefit both body and mind. Here's what to expect:

- Begins with a **calming meditation**
- Incorporates **breathwork** and **gentle movements** to enhance **strength, balance, and flexibility**
- Ends with **Savasana** (relaxation pose)
- Suitable for both beginners and experienced practitioners
- Accessible and convenient through **Zoom**, allowing **up to 50 participants**

This class offers a great way to stay active and centered from the comfort of your home. **Max: 50**



Seated Strength and Balance is a 45-minute online class, perfect for individuals of all fitness levels and abilities. Led by **Pearl Pressman**, this class includes:

- A thorough **warm-up** for joints and muscles
- **Strength training** and **balance exercises** using:
 - Hand weights
 - Resistance bands
 - Bodyweight exercises
- Classes are held **twice a week** on **Tuesdays and Thursdays** via Zoom
- Suitable for **up to 50 participants**

This seated class ensures a safe and effective workout for improving strength and balance, all from the comfort of home. **Max: 50**



Hi-Low Fitness with **Lourdes Fournier** is a low-impact, 45-minute in-person workout designed to energize your active lifestyle. The class features:

- A variety of exercises focusing on **total body strength** and **cardio endurance**
- A **chair** is available for seated or standing support
- The class includes:
 - **Warm-up**
 - **Cardio endurance** exercises
 - **Strength training** using hand-held weights and resistance bands
 - **Cool down** and **stretching**

This class is ideal for those looking for a balanced, low-impact workout to maintain strength and fitness. **Max: 23**



Cardio Dance and Strength — LaBlast!

with **Karen Karten** is a fun, low-impact dance fitness class that incorporates weight training. Key features of the class include:

- 60 minutes of dancing and strength exercises
- Simple steps based on popular dances like:
 - Disco
 - Salsa
 - Foxtrot
 - Swing
- A wide range of music genres to keep the workout lively and enjoyable
- No prior dance experience or dance partner is needed

This in-person class offers a fun way to get fit and stay active while dancing to a variety of music styles. **Max: 25**



Total Body Sculpting is a total body sculpting class designed to build strength, improve posture, and enhance everyday movement. Key features include:

- Uses hand weights and body weight for a full-body workout
- Focuses on core strength, balance, and stability
- Helps improve overall posture and ease of daily living
- Suitable for all fitness levels

This energizing class combines strength and functional training, making it a great way to tone muscles, boost balance, and increase overall fitness. **Max: 50**



zoom

Yoga for Better Balance Join **Cyndi Koss** for a beginner-friendly yoga class designed to help you build strength, stability, and better balance. Perfect for newcomers to yoga or anyone seeking to move with more confidence.

- **Benefits:** Strengthen your body, enhance balance, and ease stiffness. Gentle, mindful movements help relieve stress and boost energy levels.
- **Who Can Join:** Great for beginners or those wanting to improve mobility. Participants must be able to transition from standing to the mat and back again.

Max: 22



Tai Chi is now twice a week at the Wellesley COA with martial arts instructor **Jim True** leading this 45-minute in-person class. Jim has nearly 50 years of experience in tai chi and brings a fun, relaxed, informative and well-balanced curriculum of Tai Chi and Qigong to every class. Key features of the class include:

- A flow of slow-motion movements and postures to benefit better balance, mobility, and coordination
- Mind-body exercise that combines movements, meditation and deep breathing
- The class will be Yang Style and focus on the Yang short form, the eight pieces of silk brocade and Qigong energy flow

Max: 25



ART CLASSES/WORKSHOPS/GROUPS *In Person*

ART: Still-Life Sketching

Tuesdays, starting September 8th
9:30 – 10:30 a.m.

Instructor: Claire Wu, COA Volunteer
Cost: \$15 materials fee for the
8-week session

Ever wonder how different lighting transforms an ordinary object into something extraordinary? Let's explore it together! In this still-life sketching class, we'll dive into shading, value, and saturation while sketching all kinds of everyday objects—a perspective you may have never noticed before! Beginners, intermediates, and seasoned artists alike are all welcome to join!

Registration required. Max: 8



ART: Watercolor for All!

Mondays, September 28th and
October 5th, 19th and 26th
1:30 – 3:00 p.m.

Instructor: Cindy Shorris
Cost: \$75 for the 4-week session

Come join us in a step-by-step watercolor class for all levels. We will learn some fun techniques and will all go home with frameable works of art each week! Wouldn't you love some new art on your walls? Maybe a bouquet of flowers? Or some birch trees with a cardinal resting on a branch? This class will be fun and relaxing for all! Registration required. Max: 8



ART: Welcome to Fall!

Thursday, September 10th
10:00 a.m. – 12:00 p.m.

Instructor: Karen Kelley
Cost: \$20

Be the envy of the neighborhood! Join Karen Kelley for this fun class to make your own beautiful 14-inch round Welcome sign featuring a colorful fall tree. Using a fun little secret "cheat," you'll create a tree that looks far more difficult than it really is. Absolutely no artistic ability is necessary. Registration required. Max: 15



ART: Pumpkin and Paper Flower Making

Thursday, October 1st
10:00 a.m. – 12:00 p.m.

Instructor: Mary Garrigan
Cost: \$20

Who wouldn't like flowers that don't need any care? Come join Mary and learn how to make flowers that won't die. In this class we will shape and assemble lifelike flowers. You will take home an arrangement at the end of the class. Registration required. Max: 10



ART: Dried Flower Cards

Thursday, September 24th
10:00 – 11:30 a.m.

Instructors: Joyce Creiger and
Andrea Archer
Cost: \$20

Tap into your creativity during this dried flower cards workshop where you will design and create seasonal greeting cards or artwork using real dried flowers. Make them abstract or realistic and send the cards to friends and family or frame your art piece for your home, it's up to you! All materials will be provided.

Registration required. Max: 12



ART: Needle Felted Owl

Wednesday, October 7th
12:30 – 3:30 p.m.

Instructor: Elizabeth Stubbs
Cost: \$30

Create a beautiful snowy owl in this fun and relaxing class. Needle felting is easy to learn and fun to do. This class is suitable for beginners as well as those with some previous needle felting experience. All materials will be provided. Registration required. Max: 12



Celebrating Wellesley



DECODING WELLESLEY'S SEAL



ARROWS & TOMAHAWKS

Represent the original inhabitants of the area and the importance of Wellesley's early history.



THE BOOK

Represents Wellesley's dedication to education, including Wellesley College and its public schools.



THE FLOWER

Honors the renowned Hunnewell gardens and symbolizes the town's commitment to the future.



APRIL 6, 1881

Wellesley was incorporated on April 6, 1881.



OUTREACH *and Resources*

GROUP: Social Connections

Tuesdays, September 1st, 8th, 15th, 22nd, 29th and October 6th, 13th, 20th, 27th
11:00 a.m. – 12:00 p.m.

As we age, friendships remain important to help improve happiness and health, however making and maintaining friendships can become more difficult in later life. The goal of this group is for participants to build up a network of new social friendships in Wellesley.

GROUP: Men in Retirement

Wednesdays, September 2nd, 9th, 16th, 23rd, 30th and October 7th, 21st, 28th
2:30 – 3:30 p.m. Open to ALL!

This group for retired men meets weekly with an open discussion format. Topics can focus on a variety of issues such as building up a healthy lifestyle while adapting to changes after the end of a professional role. **All are welcome.**

GROUP: Women in Retirement

Thursdays, September 3rd, 17th and October 1st, 29th
2:30 – 3:30 p.m. Open to ALL!

This group meets every other Thursday afternoon and participants discuss various topics and share ideas to enhance their retirement years. The meetings are held in an open discussion format and can be a wonderful opportunity to make friends and build new connections in the community. **All are welcome.**

GROUP: The Afternoon Discussion Group

Thursdays, September 10th, 24th and October 8th, 22nd
2:30 – 3:30 p.m.

This is a group to share stories, exchange ideas, and engage in meaningful conversation. Topics are chosen by participants, ensuring each session reflects the real interests and experiences of the group — from health and happiness to purpose, legacy, and everyday joys. Engaging in stimulating conversation or having a philosophical discussion is the central goal of this facilitated group. Open to all, meetings take place every other Thursday afternoon. **Registration required.**

Max: 10

Donuts & Coffee with Wellesley Police

Wednesday, September 23rd and Friday, October 16th
9:00 – 10:30 a.m.

Mary Bowers Café

Come support the Wellesley Police Department and learn about various scams targeting older adults in Wellesley, ask questions about specific law enforcement topics, or enjoy a donut and listen!



Kate Burnham, Health & Social Services Administrator



wellesley friendly aid

neighbors helping neighbors



Wellesley Friendly Aid Association

219 Washington Street
Wellesley, MA 02481



Phone: 781-235-3960



www.wellesleyfriendlyaid.org

Medical Equipment *Here for You!* ♥

Wellesley Friendly Aid has a variety of medical equipment available for Wellesley residents to borrow at no cost.

Neighbors helping neighbors stay safe, independent, and well.



♥ *Thank you for supporting our community!*



These discussion groups are highly interactive sessions, with all attendees invited to participate. No special knowledge is required. A great way to enjoy lively conversations with your neighbors!

GROUP: World History Book Discussion

Wednesdays, Sept. 9th and Oct. 7th

1:00 p.m. – 2:30 p.m.

Facilitators: COA Volunteers, Terry Catchpole and Stephen Maire

Participants read, enjoy and discuss works of history covering our world and beyond. The group reads works that cover known and little-known dimensions of history. Coming up:

- **September 9:** *Packing For Mars – The Curious Science of Life in the Void*, Mary Roach (318 pages)
- **October 7:** *Apple In China – The Capture of the World's Greatest Company*, Patrick McGee (384 pages)
- **November 4:** *The Journey and Ordeal of Cabeza de Vaca – His Account of the Disastrous First European Exploration of the American Southwest*, Alvar Nunez Cabeza de Vaca (143 pages)
- **December 2:** *Juki Girls, Good Girls – Gender and Cultural Politics in Sri Lanka's Global Garment Industry*, Caitrin Lynch (296 pages)



GROUP: Great Poems Discussion

Wednesdays, Sept. 16th and Oct. 14th

1:00 p.m. – 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

Enjoy reading and discussing the finest poems by our most-loved poets! The perfect peaceful escape from our turbulent times – brilliant language and stimulating thought! Discussion content will be taken from these Dover Thrift Edition collections available at Wellesley Books: *The Road Not Taken and Other Poems* by Robert Frost and *Selected Canterbury Tales* by Geoffrey Chaucer. Coming up:

- **September 16:** Frost - "The Road Not Taken," "The Cow in Apple Time" and other poems (23 pages)
- **October 14:** Chaucer - "The General Prologue" to *Canterbury Tales* (26 pages)
- **November 9:** Frost - "The Sound of Trees," "The Gum-Gatherer" and other poems (25 pages)
- **December 9:** Chaucer - "The Knight's Tale," part one, from *Canterbury Tales* (25 pages)



GROUP: Tell Us What You're Reading Discussion

Thursdays, Sept. 17th and Oct. 8th

1:00 p.m. – 2:00 p.m.

Facilitators: COA Volunteers, Polly Conlon and Terry Catchpole

Participants share their recent reading experiences and recommend books that others will enjoy. No reading assignments! Just talk about what you're reading.

GROUP: Shakespeare Discussion

Wednesdays, Sep. 23rd and Oct. 21st

1:00 p.m. – 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

Participants read from and discuss works of the world's greatest playwright! Join the fun and celebrate your inner thespian! Coming up:

- **September 23:** *Henry VI, Part Two*, Acts One and Two
- **October 21:** *Henry VI, Part Two*, Acts Three, Four and Five
- **November 18:** *Henry VI, Part Three*, Acts One and Two
- **December 16:** *Henry VI, Part Three*, Acts Three, Four and Five



GROUP: American Literary Classics Book Discussion

Wednesday, Sept. 30th and Oct. 28th

1:00 p.m. – 2:30 p.m.

Facilitator: COA Volunteer, Terry Catchpole

Here's your chance to read (or re-read) that great American play or novel you always wanted to dig into. Participants read favorite passages and join in an engaging, friendly exchange. Coming up:

- **September 30:** *Deliverance*, James Dickey (278 pages)
- **October 28:** *The Call of the Wild*, Jack London (100 pages)
- **November 23:** *The Awakening*, Kate Chopin (215 pages)
- **December 21:** *What We Talk About When We Talk About Love*, Raymond Carver (159 pages)



So many books...





2026 CIRCLE OF FRIENDS DONORS

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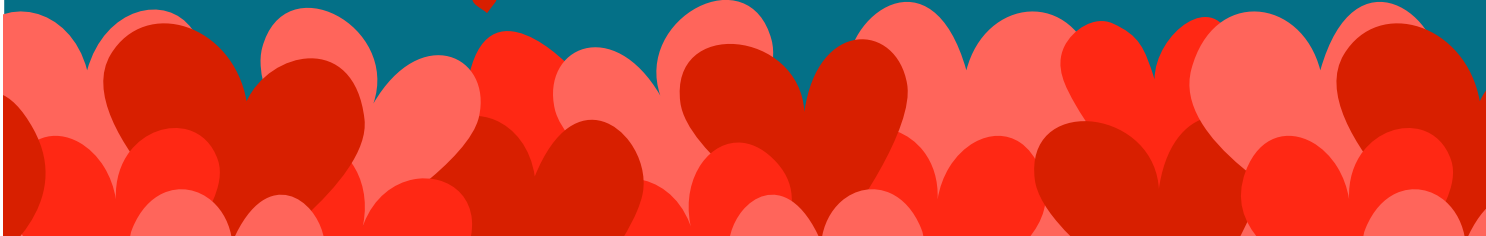
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"Be A Friend" Contribute to the Friends of Wellesley Council on Aging to support the valuable programs and services offered to the residents of Wellesley age 60 and over.

For payment by check, please use form below



Donate online at
www.wellesleyfriendscoa.org/donate



Name: _____

Address: _____

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Friends of Wellesley Council on Aging, P.O. Box 812422, Wellesley, MA 02482

*Please attach a separate sheet of paper if your contribution is made for a specific purpose, such as in honor or in memory of a loved one.

For more information about the **Friends of Wellesley Council on Aging** or to volunteer, please visit: www.wellesleyfriendscoa.org.

The Friends of Wellesley Council on Aging is a registered 501(c)(3) non-profit charitable organization. Tax ID# 46-2371545

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Almira N. Simons Fund This is a private fund which provides financial assistance to Wellesley residents age 60 and over who are in need. Home repair, adaptive equipment, medical bills, and limited home care are just a few examples of the kinds of things with which the fund can help. Contact the Wellesley COA Health and Social Services Administrator (Outreach Worker) to discuss the completion of a Simons Fund application. The completed application should be forwarded to the Wellesley Council on Aging to the attention of "The Friends of the Wellesley Council on Aging."

FRIDAY MOVIES *With Marie*

Join us on Fridays for a movie at the COA, hosted by Wellesley resident Marie Brown. Marie will bring her extensive knowledge and passion for movies to facilitate movie-focused discussions prior to the movie. We will have popcorn and other movie snacks available.

NO : 012345

★ FRIDAY
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• Reel Talk – Fridays 1:15 p.m. •

SEPTEMBER/OCTOBER

SEPTEMBER 4th | Documentary



Chris & Martina: The Final Set (2026)

Explores Chris Evert and Martina Navratilova's decades-long dominance of women's tennis and a friendship even cancer couldn't upset. **1h 33m**

SEPTEMBER 11th | PG-13 | Biography/Drama



Lilly (2024)

Based on the remarkable true story of Lilly Ledbetter, a hard-working Alabama tire factory supervisor whose goal is to lift her family into the middle class. When Lilly discovers that for 20 years she's been earning only half of what men with the same job are paid – only because she is a woman – she begins a long journey to fight for justice. **1h 33m**

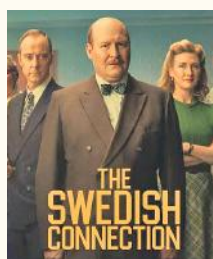
SEPTEMBER 18th | PG | Comedy/Thriller



The Sheep Detectives (2026)

In this witty, mystery, George (Hugh Jackman) is a shepherd who reads detective novels to his beloved sheep every night, assuming they can't understand. But when a mysterious incident disrupts life on the farm, the sheep realize they must become the detectives. As they follow the clues and investigate human suspects, they prove that even sheep can be brilliant crime-solvers. **1h 49m**

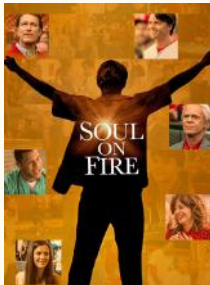
SEPTEMBER 25th | PG-13 | Drama/History



The Swedish Connection (2026)

In this little-known true story, a Swedish bureaucrat becomes an unlikely war hero as he attempts to save Jewish lives during the darkest days of WWII. **1h 42m**

OCTOBER 2nd | PG | Biography/Drama



Soul on Fire (2025)

Based on John O'Leary's bestselling memoir, "On Fire", this film is an emotional and faith-filled portrait of resilience as O'Leary not only battles to survive but ultimately discovers what it means to truly live. This film is a celebration of heroes. **1h 52m**

OCTOBER 9th | PG | Comedy



Arthur's Whiskey (2024)

A charming comedy about living in the moment. When Joan's husband dies, she discovers he had invented an anti-aging elixir. Sharing it with her two friends Linda (Diane Keaton) and Susan, the three waste no time in painting the town red, but soon realize it's very different than what they remember. **1h 35m**

OCTOBER 16th | PG-13 | Comedy/Biography/Drama



The Bank of Dave (2023)

Based on true-life experiences of Dave Fishwick; he tells how a working-class Burnley man and self-made millionaire fought to set up a community bank so he could help local businesses survive and thrive. He takes on financial institutions of London to fight for the first banking license issued in over 100 years. **1h 47m**

OCTOBER 23rd | PG-13 | Comedy/Drama



The Devil Wears Prada (2026)

Twenty years after making their iconic turns as Miranda, Andy, Emily and Nigel-Meryl Streep, Anne Hathaway, Emily Blunt and Stanley Tucci return to New York City and offices of Runway Magazine. In "The Devil Wears Prada 2," Andy Sachs reunites with Miranda Priestly as they navigate their careers amid the decline of magazine publishing. **1h 59m**

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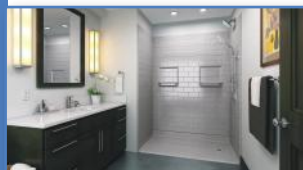
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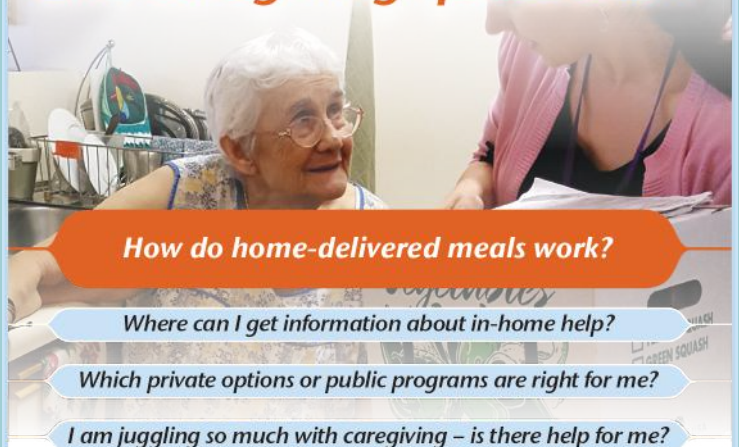
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