



A Message from the Director

Hello again,

As we move into November and December, I find myself reflecting on how much there is to be grateful for here at the Wellesley Council on Aging. Since joining the COA, I have continued to see how deeply this community values connection, learning, service, and—perhaps most importantly—one another.

This edition of our newsletter is filled with opportunities to gather and enjoy the season together. From educational presentations, technology classes, music, wellness programs, and creative activities to our Thanksgiving Luncheon, Stockbridge day trip, and Holiday Open House, there is truly something for everyone. I am especially excited about the new intergenerational project connecting current Wellesley High School students with older WHS alumni. Creating opportunities for different generations to share their stories, experiences, and talents is a meaningful way to strengthen our entire community.

As the year comes to a close, I also want to express my sincere appreciation to our staff, volunteers, Board members, community partners, and patrons. Your time, flexibility, ideas, and continued support make everything we do possible. Whether you lead a group, welcome a new participant, volunteer at lunch, share feedback, or simply bring your energy and friendship into the building, you help make the Tolles Parsons Center the vibrant and welcoming place it is.

I hope you will join us for a familiar favorite, try something new, and take time to connect with friends throughout the coming months. On behalf of the entire COA team, I wish you and your loved ones a warm, peaceful, and joyful season.

Warmly,

Sehar Kiani

Director of Senior Services
Wellesley Council on Aging



**Registration Deadline
November 10th**

DAY TRIP: Stockbridge, the Red Lion Inn and Norman Rockwell Museum

Thursday, December 10th

**Departs from 219 Washington Street, Wellesley, MA, at 8:15 a.m. with an approximate return time of 6:15 p.m.
\$129 per person for Wellesley Residents • \$162 per person for Out-of-Town Residents**

Join us for a day trip to Stockbridge, MA, located in the heart of the beautiful Berkshires. We will start the day with shopping in quaint downtown Stockbridge, followed by lunch at the Red Lion Inn. The Red Lion Inn is filled with historic charm and has hosted quite a few presidents over the years. For lunch, you will have the choice of Chicken Pot Pie, Pot Roast or Roasted Haddock. Lunch will also include a salad of mixed greens,

coffee/tea and warm fruit crisp for dessert! After lunch, we will visit the Norman Rockwell Museum. This museum features the world's largest collection of original Norman Rockwell art, and is a wonderful way to experience his art, life and legacy in his picturesque New England hometown. **All participants must be able to independently go up and down stairs. Refunds will not be available after November 10th.**

Wellesley Council on Aging Staff

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Wellesley COA Board of Directors

Patricia Decker, Chair
Judy Gertler, Vice Chair
Tina Wang, Secretary
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Margaret Lyne
Corinne Monahan
Ann Raider
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COA Board Meeting Dates

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

Thursday, November 19th at 4:00 p.m.

Thursday, December 17th, 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

November/December 2026



WELLESLEY RESIDENTS:

Starting
Tuesday, October 27th
at 9:00 a.m.



NON-WELLESLEY RESIDENTS:

Starting
Wednesday, October 28th
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



Designed by Primary Concepts primaryconceptsdesign.myportfolio.com



COUNCIL ON AGING *Happenings*

VOTING DAY NOVEMBER 3RD

Flu Clinic

Wednesday, November 4th

10:00 a.m. – 12:00 p.m.

Wellesley Council on Aging



As flu season begins there are several steps you can take to keep you and your family safe and healthy: **Get Vaccinated.** The Health Department still has the following clinic scheduled for The Council on Aging. **Register via the Wellesley Health Department, scan the QR code or call 781-489-4356.**

For homebound residents: The Health Department offers in-home vaccination for residents who are unable to leave their homes to attend a clinic.

<https://tinyurl.com/28hr9hm7>



Dolly Parton Tribute

Wednesday, November 4th

1:30 p.m.

Amanda Meli as Dolly



Get ready for a little bit of Nashville right here in Wellesley! Amanda Meli is a talented vocalist and multi-instrumentalist whose warm personality, wonderful voice, and natural stage presence make her a favorite with audiences. Performing on both guitar and banjo, Amanda brings an authentic country sound—and plenty of personality—to every performance. For this special show, Amanda celebrates the music and unmistakable charm of Dolly Parton, bringing Dolly's legendary songs to life with heart, humor, and a little country sparkle. Expect familiar favorites, great stories, plenty of opportunities to sing along, and an afternoon celebrating one of country music's most beloved entertainers. **Registration required.**

EVENING EVENT

Resources and Relaxation for Care Partners

Wednesday, November 4th

4:00 p.m. – 6:30 p.m. at the Wellesley COA

The Newton Wellesley Hospital Community Collaborative is hosting a free event to support those who are caring for an aging loved one at home. Please join us for an evening of connection, learning and relaxation featuring Reiki, breathing techniques and chair massage.

Registration required.

Mass General Brigham
Newton-Wellesley Hospital

The Newton-Wellesley Hospital
Community Collaborative
Stronger Together for a Healthier Community



Using iMovie for Beginners

Monday, November 9th

1:30 p.m.

KevTech

Cost: \$5.00



iMovie is Apple's movie-making app. In this class, we learn how beginners can turn photos and videos from our library into a memorable slideshow commemorating a trip or event. We cover adding music, stylizing our slideshows, and more. **Registration required.**

Tech Tuesday

Online Shopping

Tuesday, November 10th

1:30 p.m.



Shop online with more confidence! Learn how to recognize fake reviews, understand return policies, avoid common delivery and payment scams, and make safer purchasing decisions. We'll share practical tips to help you protect your money and personal information while shopping online. **Registration required.**

The Sistine Ceiling: A Grand Tour

Thursday, November 12th

1:30 p.m.



David Bernat, Scholar, Author and College Educator

Join us for a program on the Sistine Chapel, with a focus on Michaelangelo's ceiling, comprised of multiple frescos. These painted frescoes, of varying dimension, depict, in the main, Biblical scenes and characters, reflecting key Christian beliefs of the Renaissance period. Thus, we can view the ceiling as a masterwork of scriptural interpretation and Catholic religious doctrine, expressed through artistic representation. This program will discuss the background for the commission, the choice of Biblical episodes figures, and their arrangement, and Michaelangelo's methods. **Registration required.**

Learn to Play Mah Jongg!

Mondays, November 16th, 23rd

and December 7th, 14th

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**



Small Steps to Better Heart Health

Monday, November 16th

1:30 p.m.

Jane Barr, Newton Wellesley Hospital



The food you eat, how you handle stress, and how much exercise you get has a big impact on your heart health. Making small changes can have a large, positive effect on your health and how you feel. The discussion will cover highlights of a healthy diet, take a look at key ingredients that nourish your heart, review the latest physical activity recommendations, and look at how resiliency techniques can help you manage stress. This program is presented by Jane Barr, MPH, LDN of MGB Newton Wellesley Hospital's Community Collaborative Heart Health and Wellness Council. **Registration required.**

From Amsterdam to Suriname: The Art and Adventure of Maria Merian's Extraordinary Discoveries

Tuesday, November 17th

1:30 p.m.

Eric Simon, Ph.D., Professor of Biology at New England College



We welcome the return of Professor Eric Simon to the COA to discuss the groundbreaking contributions of Maria Sibylla Merian, a 17th-century artist and naturalist who revolutionized our understanding of insects through her stunningly detailed illustrations. This talk explores how her pioneering work bridged art and science, laying the foundation for modern entomology and ecological study. She was truly a woman ahead of her times, and her influence has rung across the centuries. **Registration required.**

Songs of the Season

Wednesday, November 18th

1:30 p.m.

Michael Goodwin, Singer/Songwriter



What are some of the things we can be thankful for? Friends, family, good food, cherished memories, helpful neighbors, and the simple joys that brighten each day! Join Michael for a heartwarming and entertaining celebration filled with laughter, songs, and stories about the many ways we give thanks and express gratitude. Together, we'll reflect on the people, moments, and traditions that make life special. Come share in the fun, lift your spirits, and kick off the holiday season with music, memories, and plenty of reasons to be thankful! **Registration required.**

Wide Open Spaces: Great Landscapes in Art

Wednesday, November 18th

1:30 p.m.

Jane Oneail, Culturally Curious



Journey through the evolving relationship between artists and the natural world as landscape painting transformed from mere background decoration to one of art's most profound and expressive genres across cultures and centuries. This program traces how different artistic traditions have interpreted and reimagined the land around us. What drives artists to stand before mountains, fields, and forests, attempting to capture not just their appearance but their very essence and emotional resonance? Discover how the simple act of painting the world outside our windows has become a profound meditation on place, memory, climate, and our ever-changing connection to the earth itself. **Registration required.**

Bingo

Thursdays, November 19th

and December 17th

1:15 – 2:45 p.m.



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. Max: 24**

Muffin Tin Pies Baking Class

Friday, November 20th

10:00 – 11:30 a.m.

Land's Sake Farm

Cost: \$15



Join us for a fun holiday workshop making a variety of seasonal pies with fresh produce! We will make mini hand pies in muffin tins, creating individualized desserts, learning secrets to flaky crust, decoration and delicious fillings. **Registration required. Max: 15**

Annual Thanksgiving Luncheon

Hosted by the Wellesley Fire Department

Saturday, November 21st

12:00 p.m. – 2:00 p.m.

at the Wellesley Country Club
300 Wellesley Avenue



Thanks to the generosity of the Wellesley Fire Department, Wellesley residents age 60 and over are invited to enjoy a festive afternoon of friendship, community, and a delicious Thanksgiving meal.

Wellesley Residents: Registration opens October 27th at 9:00 a.m.

Space is limited and pre-registration is required.



Spirit of Christmas

Monday, November 23rd

1:30 p.m.

Ken Turino, Author



Join us for an enchanting journey through Christmases of the past! This richly illustrated lecture reveals how Christmas in America evolved from its controversial beginnings in 17th-century New England—when it was banned!—to the cherished holiday we celebrate today. Discover surprising origins behind beloved traditions, from trimming trees and decking halls to Santa Claus's coming to town. You'll see how Christmas shifted from raucous revelry to the warm, family-centered celebration we know and love. Perfect for history buffs and holiday enthusiasts alike, this presentation will illuminate the fascinating story behind the making of a "traditional" American Christmas. **Registration required.**

What Actually Happened at the First Thanksgiving? Tuesday, November 24th 1:30 p.m. Plimoth Patuxet Museum



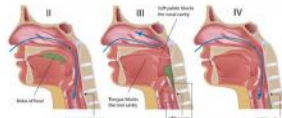
In this interactive program guided by a Plimoth Patuxet Museums Historian, we will unpack the only surviving account of the 1621 harvest celebration today known as the "First Thanksgiving." After sorting fact from fiction, we will engage in perspective-taking and discuss how the event might have been perceived by both the Wampanoag and English participants. **Registration required.**

Tech Tuesday Connecting for the Holiday Tuesday, December 1st 1:30 p.m. Therapy Gardens



Stay connected with family and friends throughout the holiday season! Explore texting, email, Zoom, shared photo albums, and eCards through easy-to-follow demonstrations—so no one misses a special holiday moment. **Registration required.**

What to Know About Swallowing as We Age Wednesday, December 2nd 1:30 p.m. Debbie Maibor, Speech/ Language Pathologist



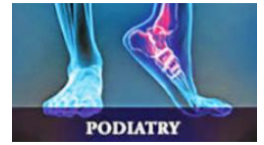
Join us for an informational program presented by Debbie Maibor, on the process of swallowing and swallowing problems. As we age, we may find we are having some concerns or problems with swallowing. This informative meeting will focus on understanding the three phases of swallowing and some associated problems. We will discuss various foods, textures, and swallowing diets. Safe eating strategies will be suggested. **Registration required.**

Egypt & the Nile River Valley Thursday, December 3rd 1:30 p.m. Barry Pell, World Traveler and Photojournalist



There is something about ancient Egypt that fascinates nearly everyone. Extending back five thousand years, it is arguably the oldest and greatest civilization of the ancient world. The Nile, the longest river on earth, was the life-blood of this arid land, shaping Egypt's history, controlling its economy, and determining its destiny. The lecturer traveled on the Nile, exploring ancient cities, temples depicting a pantheon of gods in pictures and hieroglyphic writing, and tombs that were filled with all the luxuries their pharaohs took with them into the next world. His travels also included the ancient capital Alexandria and the present capital Cairo. The program will be accompanied by his photography. **Registration required.**

Podiatry Clinic Friday, December 4th 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.**

Using YouTube, Netflix, and Other Streaming Services Monday, December 7th 1:30 p.m. KevTech Cost: \$5.00



Netflix and YouTube are among many services that allow you to "stream" movies, TV shows, and videos. They offer engaging options and offer an exciting alternative—or addition—to regular cable TV. This class teaches participants how these services work and how users can find interesting content to enjoy. **Registration required.**

Boston Tea Party Tasting! Tuesday, December 8th 1:30 p.m. Therapy Gardens



Sip the Revolution. Taste the Rebellion. This unique tasting experience blends storytelling, historical insights, and five authentic tea profiles from the colonial era—Bohea, Congou, Souchong, Hyson, and Pekoe. Participants learn about the famous ships, the Sons of Liberty, and the surprising luxury behind each cup. Enjoy a curated sampling while exploring the roots of revolution as we mark the original December 16, 1773 Boston Tea Party. **Registration required. Max: 35**

Sing along with Marie Brown! Wednesday, December 9th 1:30 p.m. Marie Brown, COA Volunteer



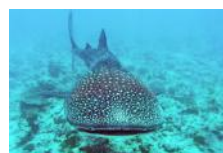
Do you miss the "oldies but goodies"—songs from the 50's and 60's? Then join volunteer Marie Brown for her SING ALONG! Gather with Marie to sing some of your favorite "hits." Don't worry about remembering the lyrics—we'll show them on the movie screen. And, as the custom was in the old days, you'll have an opportunity to dedicate a song to someone. Maybe not a boyfriend or girlfriend now, but instead perhaps a grand-daughter or grandson! And with Marie as host, you know—there will be candy! **Registration required. Max: 30**

Protein: Sources and Its Importance for Healthy Aging Thursday, December 10th 1:30 p.m. Lauren Abeles, Registered Dietician



Learn why protein is essential for maintaining muscle, strength, and overall health as we age. Discover the best animal and plant-based protein sources, how much you need, and simple ways to add more protein to your meals and snacks. **Registration required.**

**Dubai to the Maldives:
Travels from Desert to Paradise**
Monday, December 14th
1:30 p.m.
Joy Marzolf, Joys of Nature



A camel ride in the desert or a visit to the spice market, are just a few local adventures one can experience in Dubai. But don't forget the desert animals and a bit of history! Camels can be seen grazing in the desert, but smaller animals, like tiny lizards can be harder to find. Wildlife and ancient history make Dubai a unique stop on the way to the underwater paradise of the Maldives. The Maldives is made up of a series of low lying coral atolls in the Indian Ocean, just south of Sri Lanka and India. A lush tropical paradise, it is also known for its amazing marine life. From massive, but harmless, whale sharks to rare hawksbill turtles and tiny beautifully colored fishes, the Maldives has an astounding variety of life to see. Large schools of manta rays, sometimes up to 200 or more in number, are also found near these islands. Join us for scenes of these graceful animals and images of wildlife throughout the Maldives. **Registration required.**

Winter Holiday Piano Performance
Tuesday, December 15th
1:30 p.m.
Michael Leidig, Jazz/Classical Pianist



Join us for an afternoon of cold weather tunes performed by pianist Michael Leidig. The theme of his program will be the winter holidays and will include a blend of well-known jazz, classical, and pop music. Michael weaves interpretations of a wide variety of music from jazz greats like Louis Armstrong, Nat King Cole and Sinatra to popular/rock artists such as Burt Bacharach, The Beatles and Elvis to classical composers including Chopin, Mozart and Pachelbel. Come and enjoy this musical journey of love through time! **Registration required.**

Music & Movement Program
Wednesday, December 16th
1:30 p.m.
Sponsored by Wingate



Join us for a fun and engaging Music & Movement Program led by Wingate Memory Care Director, Jose Soto! Participants will enjoy music, gentle movement, social interaction, and plenty of smiles in a welcoming and supportive environment. This program is designed to encourage engagement, stimulate memories, and promote overall well-being through the joy of music. **Registration required.**

**Heavenly Messengers:
Angels in Renaissance Art**
Wednesday, December 16th
1:30 p.m.
Jane Oneail, Culturally Curious



Enter the divine world of Renaissance angels, where master artists transformed celestial beings from the rigid, otherworldly figures of medieval art into radiant messengers of unprecedented beauty, grace, and human emotion. From Fra Angelico's serene Annunciation angels to Leonardo's mysterious angel in the Virgin of the Rocks, these heavenly creatures became some of the most innovative and beloved images in Western art. This program reveals how angels became the perfect subjects for artists to showcase their technical brilliance while exploring profound questions about the divine, the human, and the mysterious space where heaven and earth meet. **Registration required.**

Holiday Party Open House at the COA
Friday, December 18th
10:00 a.m. – 3:00 p.m.



Join us for a festive day at the COA as we celebrate the holiday season together!

We'll start the day with a casual **continental breakfast from 10:00-11:00 a.m.**, followed by **hors d'oeuvres at noon**. Later in the afternoon, stop by the Café for a warm cup of **hot cocoa** and some holiday cheer. Throughout the COA, you'll find **festive activities, seasonal treats, and plenty of opportunities to gather with friends**. A special highlight of the day will be a **Holiday Piano Performance featuring Sergei starting at 1:30 p.m.**, filling the COA with the sounds of the season. Come for an activity or stay for the day—we look forward to celebrating the season with you!

Sweet Treats and Golden Tones Chorus Performance
Monday, December 21st
1:30 p.m. Cider and Cookies
2:30 p.m. Musical Performance



Let's get into the holiday spirit with some sweet treats followed by a fun musical performance by the Golden Tones Chorus, now in their 38th season. The Golden Tones Chorus is a group of retired (but young-at-heart) people who love to sing and dance and present fun shows with singing, dancing, and humor. They share their talents with the community through almost 50 concerts a year, reaching more than 2,000 people. **Registration required.**

Tommy Rull Holiday Show
Tuesday, December 22nd
1:30 p.m.



Celebrate the joy of the season with a festive afternoon of classic Christmas favorites and timeless hits! Enjoy beloved songs made famous by Frank Sinatra, Neil Diamond, Barry Manilow, Perry Como, Louis Armstrong, Elvis Presley, Kenny Rogers, and many others. Sing along, reminisce, and get into the holiday spirit! **Registration required.**

Calling All Wellesley High School Alumni!



Celebrating Wellesley

Did you attend **Wellesley High School**? We'd love to hear your story! WHS photography teacher **Doug Johnson** and Video & TV Production teacher **Julie Spilka** are bringing current students together with older WHS alumni for a special photography and oral history project. Participants will be photographed and interviewed by students, sharing memories of their time at WHS and their connections to the Wellesley community. The portraits and stories will be featured in exhibitions at the **Wellesley Free Library and Wellesley High School**. We hope to preserve them at StoryCorps and the Library of Congress, creating a lasting record for the future. It's a wonderful opportunity for **two generations of WHS students to meet, share stories, and learn from one another**. Interested in participating?

Please contact Doug Johnson at: johnsond@wellesleyps.org



Help us keep the Multipurpose Room *Safe and Welcoming!*



VOLUNTEER CORNER

Looking for a fun way to meet new people, get creative, and give back to the community? Come join the COA's Community Service Bears group!



Our wonderful volunteers—Helen, Paula, Kathy, June, Alice, Debbie, Elaine, Debby, JoAnn, and Penny, enjoy spending time together while creating charming handmade teddy bears. The bears are donated to organizations including Make-A-Wish, Dana-Farber, Boys Town, and area hospitals and churches. These cuddly companions bring comfort and joy to people throughout the community.

The group would love to welcome some new members! Whether you enjoy sewing by machine or by hand, knitting, or simply being part of a friendly and creative group, there's a place for you here. You can sew bears, knit them sweet little sweaters, cut out patterns, stuff teddy bears, or help with other tasks. No sewing experience? No problem! There are lots of ways to help out while enjoying good company and making new friends.

The Community Service Bears are also accepting donations of yarn (no wool yarn, please) and working sewing machines.

Want to learn more? Stop by the Arts and Crafts Room on **Wednesdays from 9:00 a.m.–12:00 p.m., September through June**. Meet the group, enjoy some conversation, see the bears in progress, and find out how you can be part of this warm and welcoming volunteer group.

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, November 13th
and December 11th**

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, November 2nd, 16th, 30th
and December 14th**

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, November 3rd, 10th, 17th
and December 1st, 8th, 15th**

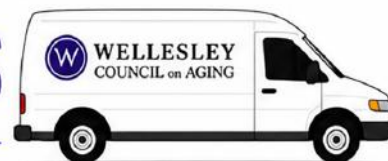
Experienced Knitting: 10:00 a.m. – 12:00 p.m.

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**





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.

NOV.	TUESDAY -3-	WEDNESDAY -4-	THURSDAY -5-	FRIDAY -6-
	Fish sandwich with lettuce, tomato, onion, pickle, cheese tartar sauce, lemon & coleslaw	Salmon salad plate, cornbread, and tomato & cucumber salad	Fish cake, peas, carrots & cornbread	Baked haddock with herb stuffing, honey glazed carrots & cornbread
	Greek medley wrap (feta cheese, lettuce, tomato, onions, black olives, cucumber, and Greek dressing) & a brownie	NO LUNCH	Chef's salad (turkey, ham, roast beef, cheese and boiled egg) & a brownie	Chicken parmigiana with ziti w/side garden salad
	Avocado, spinach, green peppers, broccoli, zucchini, and cheddar cheese omelet, home fries & wheat toast	Roasted turkey club with crispy bacon, tomatoes, romaine lettuce, mayo & chips	Metro egg sandwich- Canadian bacon, spinach, tomato, & cheddar cheese sandwich with fruit cup	Grilled chicken BLT wrap with fruit cup
	½ Vegetarian calzone & Cape Cod potato chips	Grilled chicken Caesar wrap & chips	NO LUNCH	Chef salad with turkey, ham, roast beef, and provolone cheese

DEC.	TUESDAY -1-	WEDNESDAY -2-	THURSDAY -3-	FRIDAY -4-
	Baked haddock with herb stuffing, honey glazed carrots & cornbread	Fish sandwich with lettuce, tomato, onion, pickle, cheese tartar sauce, lemon & coleslaw	Salmon & potato pie with broccoli & cornbread	Fish cake, peas, carrots & cornbread
	Ham and mushroom quiche and chicken vegetable soup with blueberry muffin	Spinach feta quiche and chicken noodle soup & chocolate chip cookie	Chicken noodle soup and ½ chicken tarragon sandwich & chocolate chip cookie	Butternut squash soup and ½ roasted chicken, lettuce, tomato & butterscotch oatmeal cookie
	Chicken quesadilla with pico de gallo, avocado, salsa, and sour cream on a bed of romaine lettuce and coleslaw	Sautéed mushrooms, eggplant, black olives, broccoli, and feta cheese panini & chips	Reuben - homemade cooked corned beef, Swiss cheese, Russian dressing, and sauerkraut on rye bread and small house salad	NO LUNCH
	Egg salad BLT wrap with cucumber, red onion, red & green pepper & a cookie	Crushed avocado, lime juice, cilantro, grilled chicken breast, tomato, lettuce & a cookie	NO LUNCH	NO LUNCH
	California - sliced turkey, lettuce, tomatoes, bacon with guacamole and a touch of garlic mayo & brownie	Red Sox Wrap - broasted chicken tenders with Mark's famous honey mustard, lettuce & tomatoes with small side salad	NO LUNCH	

NOVEMBER 2026 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-2-	-3-	-4-	-5-	-6-
10:30 Photography Club 1:30 Watercolor for All	9:15 Seated Strength & Balance 10:00 Experienced Knitting 11:00 Social Connections 1:30 All Abilities Knitting	10:00 Flu Clinic 1:00 World History Book Discussion 1:30 Dolly Parton Tribute 2:30 Men in Retirement 4:00 Resources and Relaxation for Care Partners	9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Total Body Sculpting 10:00 Quilling Card Class 2:30 The Afternoon Discussion Group	9:15 Yoga for Better Balance 1:15 Movie: Nuremberg 
-9-	-10-	-11-	-12-	-13-
9:15 Fit for Life 10:30 Great Poems Discussion 10:30 Core and More 12:00 All Levels Yoga 1:30 Using iMovie for Beginners 1:30 Watercolor for All 2:30 Chair Yoga	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 10:30 Tai Chi 11:00 Social Connections 1:30 Online Shopping 1:30 All Abilities Knitting	The Tolles Parsons Center is CLOSED TODAY in Observance of VETERAN'S DAY No Activities	9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Total Body Sculpting 10:00 Mosaics 10:30 Tai Chi 1:30 The Sistine Ceiling: A Grand Tour 1:00 Tell Us What You're Reading 2:30 The Afternoon Discussion Group	9:15 Yoga for Better Balance 10:30 Economy Watch 1:15 Movie: 9 to 5 
-16-	-17-	-18-	-19-	-20-
9:15 Fit for Life 10:00 Learn to Play Mah Jongg! 10:30 Core and More 10:30 Photography Club 12:00 All Levels Yoga 1:30 Small Steps to Better Heart Health 1:30 Watercolor for All 2:30 Chair Yoga	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 10:30 Tai Chi 11:00 Social Connections 1:30 From Amsterdam to Suriname: The Art and Adventure of Maria Merian 1:30 All Abilities Knitting	10:00 Keep Well Clinic 12:00 Cardio Dance & Strength – LaBlast 1:00 Shakespeare Discussion 1:30 Songs of the Season 1:30 Wide Open Spaces: Great Landscapes in Art 2:30 Men in Retirement	9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Total Body Sculpting 10:00 Gold Foil Cards and Gift Tags 10:30 Tai Chi 1:15 Bingo 2:30 The Afternoon Discussion Group 4:00 Board Meeting	10:00 Muffin Tin Pies Baking Class 1:15 Movie: Our Souls at Night 
-23-	-24-	-25-	-26-	-27-
9:15 Fit for Life 10:00 Learn to Play Mah Jongg! 10:30 Core and More 10:30 American Literary Classics 12:00 All Levels Yoga 1:30 Spirit of Christmas 1:30 Watercolor for All 2:30 Chair Yoga	9:00 Donuts & Coffee with Wellesley Police 9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:30 Tai Chi 11:00 Social Connections 1:30 What Actually Happened the First Thanksgiving	12:00 Cardio Dance & Strength – LaBlast 2:30 Men in Retirement	The Tolles Parsons Center is CLOSED TODAY in Observance of THANKSGIVING No Activities	9:15 Yoga for Better Balance 1:15 Movie: You've Got Mail 
-30-				
9:15 Fit for Life 10:30 Photography Club 10:30 Core and More 12:00 All Levels Yoga 2:30 Chair Yoga				

October 27

9:00 WELLESLEY
REGISTRATION

October 28

9:00 NON-WELLESLEY
REGISTRATION

See page 8
for in person Drop in Activities.

DECEMBER 2026 *Happenings*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VIRTUAL IN PERSON	-1-	-2-	-3-	-4-
	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 10:30 Tai Chi 11:00 Social Connections 1:30 Connecting for the Holiday 1:30 All Abilities Knitting	10:00 Keep Well Clinic 12:00 Cardio Dance & Strength – LaBlast 1:00 World History Book Discussion 1:30 What to Know About Swallowing as We Age 2:30 Men in Retirement	9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Total Body Sculpting 10:00 Pop-up Poinsettia Vase 10:30 Tai Chi 1:30 Egypt and the Nile River Valley 2:30 The Afternoon Discussion Group	9:15 Yoga for Better Balance 9:15 Podiatry Clinic 10:00 Winter Greens Centerpiece 1:15 Movie: Champagne Problems 
-7-	-8-	-9-	-10-	-11-
9:15 Fit for Life 10:00 Learn to Play Mah Jongg! 10:30 Core and More 12:00 All Levels Yoga 1:30 Using YouTube, Netflix and Other Streaming Services 2:30 Chair Yoga	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 10:30 Tai Chi 11:00 Social Connections 1:30 Boston Tea Party Tasting! 1:30 All Abilities Knitting	12:00 Cardio Dance & Strength – LaBlast 1:00 Great Poems Discussion 1:30 Sing Along with Marie Brown 2:30 Men in Retirement	8:15 Day Trip to Stockbridge Donuts & Coffee with Wellesley Police 9:00 9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Total Body Sculpting 10:30 Tai Chi 1:00 Tell Us What You're Reading 1:30 Protein Sources and Its Importance 2:30 The Afternoon Discussion Group	9:15 Yoga for Better Balance 10:00 Paper Christmas Trees 10:30 Economy Watch 1:15 Movie: Fisherman's Friends 
-14-	-15-	-16-	-17-	-18-
9:15 Fit for Life 10:00 Learn to Play Mah Jongg! 10:30 Photography Club 10:30 Core and More 12:00 All Levels Yoga 1:30 Dubai to the Maldives: Travels from Desert to Paradise 1:30 Oyster Shell Ornaments 2:30 Chair Yoga	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:00 Experienced Knitting 10:30 Tai Chi 11:00 Social Connections 1:30 Winter Holiday Piano Performance 1:30 All Abilities Knitting	10:00 Keep Well Clinic 12:00 Cardio Dance & Strength – LaBlast 1:00 Shakespeare Discussion 1:30 Music and Movement Program 1:30 Heavenly Messengers: Angels in Renaissance Art 2:30 Men in Retirement	9:15 Seated Strength & Balance 9:15 All Levels Yoga 10:00 Total Body Sculpting 10:30 Tai Chi 1:30 Bingo 2:30 The Afternoon Discussion Group 4:00 Board Meeting	10:00 Holiday Open House 
-21-	-22-	-23-	-24-	-25-
9:15 Fit for Life 10:30 Core and More 10:30 American Literary Classics 12:00 All Levels Yoga 1:30 Sweet Treats and Golden Tones Performance 2:30 Chair Yoga	9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:30 Tai Chi 11:00 Social Connections 1:30 Tommy Rull Holiday Show	12:00 Cardio Dance & Strength – LaBlast 1:15 Movie: A Castle for Christmas  2:30 Men in Retirement	The Tolles Parsons Center is OPEN 9 a.m. – 12 p.m. in Observance of CHRISTMAS EVE	The Tolles Parsons Center is CLOSED TODAY in Observance of CHRISTMAS No Activities
-28-	-29-	-30-	-31-	-JANUARY 1-
9:15 Fit for Life 10:30 Core and More 12:00 All Levels Yoga	9:00 WELLESLEY REGISTRATION 9:15 Seated Strength & Balance 9:15 Yoga for Better Balance 10:30 Tai Chi 11:00 Social Connections	9:00 NON-WELLESLEY REGISTRATION 12:00 Cardio Dance & Strength – LaBlast 1:15 Movie: The Sting  2:30 Men in Retirement	The Tolles Parsons Center is OPEN 9 a.m. – 12 p.m. in Observance of NEW YEAR'S EVE	The Tolles Parsons Center is CLOSED TODAY in Observance of NEW YEAR'S DAY No Activities

Fitness ONLINE AND IN PERSON

**ALL CLASSES
\$5.00**



DAY	CLASS	TIME	DURATION	FORMAT (IN PERSON OR ZOOM)	NOV.	DEC.
MONDAYS	Fit for Life	9:15 a.m.	60 Minutes	 In Person	9, 16, 23, 30	7, 14, 21, 28
	Core and More	10:30 a.m.	45 Minutes	 In Person	9, 16, 23, 30	7, 14, 21, 28
	All Levels Yoga	12:00 p.m.	60 Minutes	 In Person	9, 16, 23, 30	7, 14, 21, 28
	Chair Yoga	2:30 p.m.	45 Minutes	 Zoom	9, 16, 23, 30	7, 14, 21
TUESDAYS	Seated Strength & Balance	9:15 a.m.	45 Minutes	 Zoom	3, 10, 17, 24	1, 8, 15, 22, 29
	Yoga for Better Balance	9:15 a.m.	60 Minutes	 In Person	10, 17, 24	1, 8, 15, 22, 29
	Tai Chi	10:30 a.m.	45 Minutes	 In Person	10, 17, 24	1, 8, 15, 22, 29
WEDNESDAYS	Cardio Dance & Strength – LaBlast	12:00 p.m.	60 Minutes	 In Person	18, 25	2, 9, 16, 23, 30
THURSDAYS	Seated Strength & Balance	9:15 a.m.	45 Minutes	 Zoom	5, 12, 19	3, 10, 17
	All Levels Yoga	9:15 a.m.	60 Minutes	 In Person	5, 12, 19	3, 10, 17
	Total Body Sculpting	10:00 a.m.	60 Minutes	 Zoom	5, 12, 19	3, 10, 17
	Tai Chi	10:30 a.m.	45 Minutes	 In Person	12, 19	3, 10, 17
FRIDAYS	Yoga for Better Balance	9:15 a.m.	60 Minutes	 In Person	6, 13, 27	4, 11

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**



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:

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

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**



Walking Group Walk and Talk Health



NEWTON-WELLESLEY
HOSPITAL

**Weekly starting January 12th, 2027
Tuesday and Thursday 9:30 – 10:30 a.m.**

Cost: Free

A weekly self-led walking group for seniors offered in collaboration with Newton Wellesley Hospital (NWH), the Wellesley Council on Aging (COA) and Babson College. Improve your cardiovascular health while connecting with members in your community while walking Babson's indoor track or the beautiful campus. A Newton Wellesley Hospital clinician from different specialties will provide a short presentation on varied health topics at the start of the walk and answer your questions while walking once a month. See the newsletter each month for the details and health topic.



ART CLASSES/WORKSHOPS/GROUPS *In Person*

ART: Watercolor for All!

Mondays, November 2nd, 9th, 16th and 23rd

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: Pop-up Poinsettia Vase

Thursday, December 3rd

10:00 – 12:00 p.m.

Instructor: Mary Garrigan

Cost: \$20

You can make flowers out of paper. You can make cards out of paper. So, let's combine the two and make a vase of flowers that can also be sent as a card! In this session, we will be making a stunning vase of paper flowers just right for the holidays. These flowers actually fold up, so you can put them in an envelope and send to someone special. All materials will be provided. **Registration required. Max: 10**



ART: Quilling Card Class

Thursday, November 5th

10:00 – 12:00 p.m.

Instructor: Mary Garrigan

Cost: \$20

It may look complicated, but it really isn't. With a little bit of glue and ordinary strips of paper you can make beautiful works of art. Come and join in the fun of quilling. We will roll strips of paper and create stunning pieces that can be assembled to make cards or pictures to frame, give to a friend, or keep for yourself. All materials will be provided. **Registration required. Max: 10**



ART: Winter Greens Centerpiece

Friday, December 4th

10:00 – 11:30 a.m.

Wellesley Hills Garden Club

Cost: \$10

Please join us to celebrate the holiday season with members of the Wellesley Hills Garden Club. Create your own arrangement with guided instruction. Beautiful winter greens and a container will be provided for all participants. **Registration required. Max: 14**



ART: Mosaics

Thursday, November 12th

10:00 – 12:00 p.m.

Instructor: Rita Foglia

Cost: \$20

This class is for both beginners and those with some experience. You will make a beautiful mosaic using stained glass, tiles, beads, and anything else you would like to incorporate into the design. The possibilities are endless. You will be introduced to the materials and techniques necessary to produce a small decorative mosaic. Materials and tools will be provided, but if you have something you would like to incorporate into your piece, such as beads, old jewelry, or broken dishes, feel free to bring them along. **Registration required. Max: 12**



ART: Paper Christmas Trees

Friday, December 11th

10:00 – 11:30 a.m.

Instructor: Joyce Creiger and Andrea Archer

Cost: \$20

Join Joyce and Andrea for a fun holiday workshop to make paper Christmas trees. Participants fold pages from magazines or books to create 3-D paper Christmas Trees for home décor or to give to friends and family. **Registration required. Max: 14**



ART: Gold Foil Cards and Gift Tags

Thursday, November 19th

10:00 – 12:00 p.m.

Instructor: Hilary Chandler

Cost: \$25

Create beautiful, embossed gold foil gift tags for the holidays or greeting cards. Select from different images to make up your one-of-a-kind art piece to spruce up any present! All materials are included to create up to 4 - 6 pieces. **Registration required. Max: 8**



ART: Oyster Shell Ornaments

Monday, December 14th

1:30 - 3:00 p.m.

Instructor: Cindy Shorris

Cost: \$20

Get in the Holiday Spirit! In this Oyster Shell Ornament class you will be decoupage a design of your choice onto prepared shells. Finishing touches will include a ribbon and gold leaf edge. These make great gifts for a friend, or for you to hang on your own tree! **Registration required. Max: 8**





OUTREACH *and Resources*

GROUP: Social Connections

**Tuesdays, November 3rd, 10th, 17th, 24th
and December 1st, 8th, 15th, 22nd, 29th
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, November, 4th, 18th, 25th
and December 2nd, 9th, 16th, 23rd, 30th
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.**



Kate Burnham, Health & Social Services Administrator

GROUP: The Afternoon Discussion Group

**Thursdays, November 5th, 12th, 19th
and December 3rd, 10th, 17th
2:30 – 3:30 p.m.**

**NOW
WEEKLY!**

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. Registration required.**

Max: 10

Donuts & Coffee with Wellesley Police

**Tuesday, November 24th
and Thursday, December 10th
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!



TAX RELIEF PROGRAMS



Scan this code today
for more information

Did you know the Town of Wellesley offers several property tax relief programs to help eligible residents? Certain Veterans, individuals with disabilities, and residents who meet age and income requirements may qualify for exemptions or other forms of relief. Please note, the gross annual income limit for the FY27 Senior Tax Deferral Program has increased significantly from \$50,000 to \$112,000 allowing more residents to take advantage of this important program. If you or someone you know may qualify for any of our programs, we encourage you to learn more.
~ From the Board of Assessors.

Visit wellesleyma.gov/taxrelief or contact the Assessor's Office today at **781-431-1019 x2272**. Applications must be received by April 1, 2027.

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, November 4th and December 2nd
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:

- **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)
- **January 6:** *Origin – A Genetic History of the Americas*, Jennifer Raff (276 pages)
- **February 3:** *The Quest for El Cid*, Richard Fletcher (246 pages)



GROUP: Great Poems Discussion

Monday, November 9th
10:30 a.m. – 12:00 p.m.
and Wednesday, December 9th
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; *The Waste Land and Other Poems* by T. S. Eliot; and *Selected Canterbury Tales* by Geoffrey Chaucer. Coming up:

- **November 9, 10:30 a.m. – 12:00 p.m. (note: Monday):** Frost - "The Sound of Trees," "The Gum-Gatherer" and other poems (25 pages)
- **December 9, 1:00 – 2:30 p.m.:** Chaucer – "The Knight's Tale," part one, from *Canterbury Tales* (25 pages)
- **January 13:** Eliot – "The Love Song of J. Alfred Prufrock," "Gerontion" and other poems (25 pages)
- **February 10:** Chaucer – "The Knight's Tale," part two, from *Canterbury Tales* (25 pages)



GROUP: Tell Us What You're Reading Discussion

Thursdays, November 12th and December 10th
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, November 18th and December 16th
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:

- **November 18:** *Henry VI, Part Three*, Acts One and Two
- **December 16:** *Henry VI, Part Three*, Acts Three, Four and Five
- **January 20:** *Titus Andronicus*, Acts One and Two
- **February 17:** *Titus Andronicus*, Acts Three, Four and Five



GROUP: American Literary Classics Book Discussion

Mondays, November 23rd and December 21st
10:30 a.m. – 12:00 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:

- **November 23, 10:30 a.m. – 12 noon (note: Monday):** *The Awakening*, Kate Chopin (215 pages)
- **December 21, 10:30 a.m. – 12 noon (note: Monday):** *What We Talk About When We Talk About Love*, Raymond Carver (159 pages)
- **January 27, 1:00 – 2:30 p.m. (note: Wednesday):** *Enemies, A Love Story*, Isaac Bashevis Singer (228 pages)
- **February 24, 1:00 – 2:30 p.m. (note: Wednesday):** *Spoon River Anthology*, Edgar Lee Masters (263 pages)



So many books...



Friends of the Wellesley Council on Aging



Tolles Parsons
ANNUAL COMMUNITY



**Health &
Wellness
Fair**



The Friends of the Wellesley Council on Aging extend their sincere appreciation to the COA staff, maintenance custodian William Coronado-Morales, our volunteers, and all of the exhibitors who helped make the 2026 Health & Wellness Fair on October 15th another great success.

The Friends also hosted a table at the event to encourage retired residents to share their skills, experience, and time as volunteers in support of Council on Aging programs and services.

For more information about volunteer opportunities, please contact Jennifer Yuan, Volunteer Coordinator, at jyuan@wellesleyma.gov.



“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
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Checks should be made payable to the “Friends of the Wellesley Council on Aging” and mailed to:
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

(No personal information will be used or shared for commercial purposes.)

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
MOVIE
TICKET



• Reel Talk – Fridays 1:15 p.m. •

NOVEMBER/DECEMBER

NOVEMBER 6th | PG-13 | History/Drama



Nuremberg (2025)

As the Nuremberg trials are set to begin, a U.S. Army psychiatrist gets locked in a dramatic psychological showdown with accused Nazi war criminal Hermann Göring. **2h 28m**

NOVEMBER 13th | PG | Comedy



9 to 5 (1980)

Three female secretaries (Dolly Parton, Jane Fonda and Lily Tomlin) decide to get revenge on their sexist boss by abducting him and running the business themselves. The trio, spend a night fantasizing about killing the slave-driving chauvinist. One of them panics the following day when she suspects she really has poisoned the tyrant. **1h 50m**

NOVEMBER 20th | Drama



Our Souls at Night (2017)

Addie Moore (Jane Fonda) and Louis Waters (Robert Redford,) a widow and widower, have lived next door to each other for years. Addie tries to make a connection with her neighbor, the two begin sleeping together platonically, with the innocent goal of alleviating their shared loneliness. As their relationship deepens, they deal with grief and loss, a romance begins to blossom. **1h 43m**

NOVEMBER 27th | PG | Drama/Romance/Comedy



You've Got Mail (1998)

Struggling boutique bookseller Kathleen Kelly (Meg Ryan) hates Joe Fox (Tom Hanks), the owner of a corporate book chain store that moved in across the street. When they meet online, they begin an anonymous Internet romance, oblivious of each other's identity. Eventually Joe learns that the enchanting woman is actually his business rival. **2h**

DECEMBER 4th | Comedy/Romance/Holiday



Champagne Problems (2025)

Sydney Price is a determined executive who gets her chance to lead a major acquisition for Chateau Cassell. Sydney has a run-in with a stranger and soon discovers that he is the founder's son of the company she is hoping to acquire. Sydney and Henri find themselves irresistibly drawn to each other. **1h 39m**

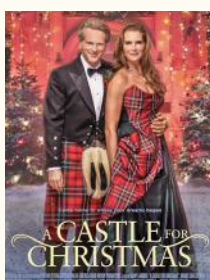
DECEMBER 11th | PG-13 | Comedy/Music/Drama



Fisherman's Friends (2020)

Inspired by the true story of a group of Cornish fishermen who were discovered by a London music manager and signed to a record deal with Universal Records. The fishermen achieved a top ten hit with their debut album of traditional sea shanties. **1h 52m**

DECEMBER 23rd | Holiday/Romance/Comedy



A Castle for Christmas (2021)

To escape a scandal, a bestselling author (Brooke Shields) journeys to Scotland, where she falls in love with a castle – and faces off with the grumpy duke who owns it. **1h 38m**

DECEMBER 30th | PG | Comedy/Drama



The Sting (1973)

Following the murder of a mutual friend, con man Johnny Hooker (Robert Redford) teams up with old pro Henry Gondorff (Paul Newman) to take revenge on the ruthless crime boss responsible, Doyle Lonnegan. Hooker and Gondorff set about implementing an elaborate scheme. As their big con unfolds, things don't go according to plan, requiring some last-minute improvisation. **2h 9m**



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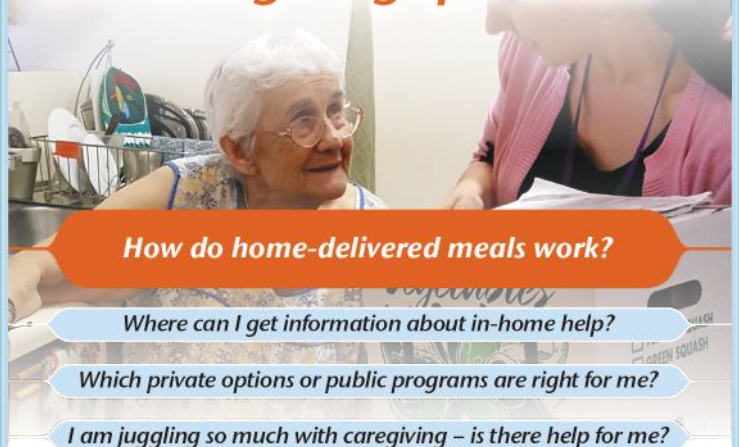
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Hours of Operation:

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

The COA occasionally schedules events and/or trips outside of normal business hours.

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Inclement Weather

Wellesley Council on Aging follows the school cancellation policy in case of inclement weather. If Wellesley Public Schools are closed due to weather, the Wellesley Council on Aging will also be closed.



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Annual Thanksgiving Luncheon
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Thanks to the generosity of the Wellesley Fire Department, Wellesley residents age 60 and over are invited to enjoy a festive afternoon of friendship, community, and a delicious Thanksgiving meal.



Wellesley Residents: Registration opens October 27th at 9:00 a.m.



Space is limited and pre-registration is required.

