Indoor Walking Track at The Cambridge School of Weston
Mondays, Wednesdays & Thursdays, 9:00-11:30 am

The Weston COA and The Cambridge School of Weston are pleased to announce an exciting new partnership. The Cambridge School of Weston has graciously agreed to allow walkers to use their beautiful indoor track. The track is a raised loop above their gymnasium in the health and fitness center (11.5 laps equals 1 mile). It features large picture windows overlooking the tranquil woods. You must register with the COA before your first walk. To register for this opportunity, contact the COA at 781-786-6280. We will provide you with directions, parking instructions and other important details.

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Photo courtesy of Nicole Mordecai
COA INFORMATION

COA Staff

Director
Mignonne Murray
murray.m@westonmass.org

Administrative Assistant
Sandy Coburn
coburn.s@westonmass.org

Office Assistants
Audrey Pepper
pepper.a@westonmass.org
Maria Teager
teager.m@westonmass.org

Program & Volunteer Coordinator
Kristen Frady
frady.k@westonmass.org

Social Workers
Michelle Gucciardi, MS, LICSW
gucciardi.m@westonmass.org
Ireta Metchik, MSW, LCSW
metchik.i@westonmass.org

Van Drivers
Frank Dayton
Victor Gaybor

Council on Aging Board
Gerri Scoll, Chair
Marge Ackerman, Vice Chair
Alice Benson
Betsey Brew Boyd
Jane Donnelly
Leslye Fligor
Susan Ruskin-Friend
Robert Froh
Melissa Galton
Jean MacQuiddy
Thomas Nicholson
Carol Ott
Prather Palmer

Associate Board Members
Vida Goldstein
Wayne Johnson
Teresa Young

Friends of Weston’s COA
Holly Tolley, Chair
Sharman Andersen
Barbara Baker
Melissa Brokalakis
Cathy Konover
Shirley Small-Rougeau
William Rousseau

Info & FAQs

How Do I Register For a Program?
In person: Monday–Friday, 9:00–4:00
Address: 20 Alphabet Lane, Weston, MA 02493
Phone: 781-786-6280
Email: westoncoa@westonmass.org

While we ask that you register for most programs there is often room if you have not pre-registered. We ask for pre-registration so we can notify you of a change if the class is cancelled or postponed. Currently all of our exercise classes are drop-in, no need to sign-up.

Stay up to Date
Find Us Online: http://www.weston.org/COA
Facebook: http://www.facebook.com/COAWeston
Subscribe to receive the newsletter before it gets to your mailbox by going to www.weston.org and click “Stay Informed” then select the COA under “Notify Me.”

Trip Payment and Cancellation Policy:
Trip payment is required upon sign up unless otherwise noted.
Cancellations with a full refund are available until 2 business days before the trip. Within that timeframe trip payments are non-refundable unless the vacancy can be filled.

What is the Weston COA?
The Council on Aging is a Town of Weston department that provides programs and services to older adults. We offer educational classes, social events, affordable drop-in weekly exercise classes, health insurance information, housing decision help, van service, trips to the grocery store and day trips, art exhibits and much, much more. We have two social workers on staff who are experts in older adults and consult with residents free of charge on everything from ways to stay at home, finding a new living situation, home health help, fuel assistance, transportation and help filling out forms. We are older adult experts in your community who want to help.

The COA makes recreational, medical, legal & other services available but we do not endorse or recommend any specific agency or provider.

Inclement Weather Policy
If the Weston Public Schools are closed due to inclement weather, COA programs will be cancelled, but our offices will remain open unless the Town Hall is closed.
PROGRAMS & CLASSES

Community Lunch
Thursday, February 6, 11:00-1:00
Gathering Room at the COA
The Women’s Community League (WCL) of Weston offers lunch at the COA on the first Thursday of each month. Come by for a sandwich, soup and cookies and bring a friend. There is a suggested donation of $4.50 for lunch items. For more information go to wclweston.org.

Mandarin Chinese Conversation
Friday, February 14, 10:30-12:00
This group offers an opportunity for native Mandarin Chinese speakers and language learners to meet members of the community and speak with one another in Chinese. Call the COA to sign up. Transportation is available to Weston residents. Call the COA in advance to schedule a ride, as transportation is limited.

AARP Income Tax Assistance Appointments
Wednesdays, February 12-April 8, 10:00-4:00
Trained AARP volunteers return to the COA to provide free assistance to taxpayers 60 and older in preparing their returns. They will assist you with basic tax forms and questions; those with complex tax issues may be referred to professional tax consultants. After scheduling your appointment you’ll be mailed an intake information sheet which will need to be completed prior to your appointment. Also, bring the following documents with you: copies of last year’s federal and state income tax returns; all records of income, including W-2, 1098, 1099 and 1095 forms. Contact the COA to schedule your appointment.

Valentine’s Day Lunch
Friday, February 14, 12:00-1:00
Roses are red, violets are blue, we hope to spend Valentine’s Day with you! Celebrate Valentine’s Day with food and friends at the COA. Contact the COA to sign up by February 10, as seating is limited. Sponsored by Adelaide of Newton.

Local & Global Discussion Group
Thursday, February 13, 1:15-3:15
The meeting topic this month is What Artificial Intelligence Knows About Us, and We Don’t Know About AI, which follows the Foreign Policy Association’s Great Decisions chapter on artificial intelligence and data.

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Spend Fridays with the Queen
Fridays, February 7, 14, 21 & 28, 1:00 at the COA
We will be playing the new season of The Crown. We will start Season 3 on Friday, February 7 and play two episodes each Friday through March 6.

Valentine’s Day Lunch
Friday, February 14, 12:00-1:00
Roses are red, violets are blue, we hope to spend Valentine’s Day with you! Celebrate Valentine’s Day with food and friends at the COA. Contact the COA to sign up by February 10, as seating is limited. Sponsored by Adelaide of Newton.

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The 2020 edition of the Great Decisions books are available at the COA. Stop by the front desk to purchase one at a discounted price of $20.

Meetings are open to all who are interested in a civil discussion of the issue with wide participation around the table. For further information on this meeting or on the group in general, contact Paul Sullivan at paulsullivan@yahoo.com or 781-893-5005 or Susan Wagner at susanwgnr@gmail.com or 508-733-8810.

Art Appreciation:
An Introduction to Modern Art
Mondays, February 24-March 23, 10:00-11:00
Artist and educator Daveda Movitz returns for another popular series. During this 5-week course, we’ll look at 19th century Realism through 20th century abstract Expressionism. See longer description on page 4.
PROGRAMS & CLASSES

Arts Languages

**Art Appreciation: An Introduction to Modern Art**
Mondays, February 24-March 23, 10:00-11:00
Artist and educator Daveda Movitz returns for a 5-week course where we'll look at 19th century Realism through 20th century abstract Expressionism. We'll analyze the development of such modern "isms" as Impressionism, Fauvism, post-Impressionism, Expressionism, Cubism, Surrealism and Abstract Expressionism, moving from Europe to the United States. On March 30, class participants will visit the Museum of Fine Arts to see original works with Daveda. Contact the COA to sign up.

**COA Art Gallery: March Exhibit**
*Weston High School Student Art Show*
Reception: Wednesday, March 4, 3:00-4:30
The show highlights the best work of the first semester WHS visual arts classes. Stop by to see this exciting and impressive exhibit.

**Watercolor Instruction: Marla Greenfield**
Tuesdays, March 17-April 21, 9:30-12:00
We will experiment with blending the paints on the paper, underpainting and glazing/layering. Issues such as composition, the importance of value, and breaking the process down into manageable steps will be examined. Prior watercolor experience recommended. Students should bring their own reference or composition. Limit 14. Cost: $115 for 6 weeks.

**Drop-In Art**
Mondays & Wednesdays 9:30-12:00
Spend a morning or two with fellow artists catching up on your projects.

**Knit for Project Linus**
Mondays, February 10 & 24, 12:30-2:00
Knitters and crocheters of all ages and skill levels are welcome. We have supplies to get you started. Stop by the COA to see the blankets and afghans on display before they are donated to children in need.

Music and Games

**Intermediate Bridge Lessons**
Thursdays, through February 13, 10:00-12:00
Step up your bridge game with Stuart Whittle. Limit 24, call to sign up. **Cost: $115 for 6 weeks or $25 per class.** The next 6-week session begins February 20.

**Ukulele with Daniel Metraux**
Tuesdays in February, 2:00-3:00
**Cost: $5** per class or a monthly prepayment of $12 at the first of the month.

**Mah Jongg Play**
Tuesdays, February 4, 11, 18 & 25, 1:00-3:30
Fridays, February 7, 14 & 28, 10:00-12:00

**Chess Play**
Thursday, February 6 & 20, 1:30-3:30
Drop by the COA for a friendly game of chess.

**Arts Languages**

**French Conversation & Culture**
With Shirley Reiss & Daniel Métraux
Mondays, February 10 & 24, 1:00-2:00
Practice your French in a relaxed setting with others who enjoy this beautiful language.

**Conversational Spanish With Raquel Halty**
Tuesdays, 1:30-3:00
Join this group to practice your Spanish language skills.

**Technology Help**

**One-on-One Technology Tutoring**
Mondays, February 3, 10 & 24, 9:00-10:00
Wednesdays, February 5, 12, 19 & 26, 10:00-12:00
Bring your device and your questions and our "techies," Anjana Bhargava and Dan Siagel, will help you to be more comfortable with your powerful tools. Call the COA for your free 30-minute session.

**Program fees should not prevent COA participation. If they do, speak with one of our Social Workers, Michelle or Ireta, to see how we can help.**
**Gloria: A Life at the A.R.T. in Cambridge**  
**Wednesday, February 19, 12:30-5:00**  
A new play about Gloria Steinem and the women she has partnered with in a decades-long fight for equality, is brought to life by a dynamic ensemble of performers at the American Repertory Theater. Fifty years after Gloria began raising her voice and championing those of others, her vision is as urgent as ever. Gloria's belief in talking circles as a catalyst for change offers us all a path forward. The first act is Gloria's story; the second is our own. **Cost: $30**, payable at sign up. Limit 10. Cancellation deadline: Feb. 14.

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**Longfellow House Washington's Headquarters National Historic Site**  
**Where American Character and Culture Were Shaped Presentation**  
**Tuesday, March 17, 1:00-2:00 at the COA**  
The Longfellow House Washington's Headquarters National Historic Site has a rich and unique history; it was home to Henry W. Longfellow, one of the world's foremost 19th century poets, and served as headquarters for General George Washington during the Siege of Boston, July 1775-1776. Join us for a presentation on the site's history and preservation efforts by the National Park Service. Contact the COA to sign up.

**Longfellow House Tour**  
**Tuesday, March 24, 12:00-3:00**  
Over the years, many well-known visitors have passed through the Longfellow House's doors... and now it is your turn! Take the opportunity to bring history to life with a 1-hour guided tour of this historic home and property. Priority will be given to those who attend the March 17 presentation. Contact the COA to sign up. Limit 12. Cancellation deadline: Friday, March 20.

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**BSO Rehearsal & Pre-Performance Talks**  
Experience a BSO concert in the making. BSO Open Rehearsals offer audience members a unique perspective on the creative dynamic between orchestra and conductor. Learn how the orchestra refines its performance by repeating passages or focusing on a particular movement. Prior to the rehearsal there will be a 30-minute talk about the program.  
**Thursday, March 5, 8:30-1:00**  
Program highlights: Thorvaldsdottir, Prokofiev, and Sibelius conducted by Hannu Lintu with featured pianist Seong-Jin Cho.  
**Thursday, April 2, 8:30-1:00**  
Program highlights: HK Gruber/Gershwin/Rachmaninof conducted by Andris Nelsons with featured pianist Jean-Yves Thibaudet.  

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The Friends of Weston’s Council on Aging (FCOA) and Weston Travel Service sponsor trips which support the Friends of Weston's COA. For more info about these trips, contact Cindy Spencer at Weston Travel Service at 781-891-9110 or westontravel@comcast.net.

**Classic Danube River Cruise**  
**October 2020**  
Spend 11 days enjoying the rich cultures of Germany, Austria, Hungary and Slovakia, which includes a 7-day cruise experiencing the stunning scenery along the Danube River. Air travel and trip insurance are included. On a state-of-the-art vessel you’ll encounter the rich architectural history of castles, cathedrals and palaces in Bratislava, Budapest, Vienna and Munich, as well as the charms of Bavaria.
Mondays
9:00 am | Exercise for Everybody
10:05 am | Zumba
11:15 am | Functional Fitness
1:00 pm | Yoga

Tuesdays
9:30 am | Traditional Tai Chi
11:00 am | Tai Chi for Balance

Wednesdays
9:30 am | Gentle Yoga
10:30 am | Meditation (Free)
11:00 am | Functional Fitness
1:00 pm | Muscle Building

Thursdays
9:15 am | Yoga
11:30 am | Stronger Senior
12:15 pm | Line Dancing: Level 2
1:15 pm | Line Dancing: Level 1

Fridays
12:00 pm | Fitness Fridays
1:00 pm | Muscle Building

Call the COA for fitness class descriptions. All drop-in classes $5.

Intergenerational Program

Show & Tell with Weston’s Youngest
Wednesday, February 26, 2:00-3:00
Maplewood at Weston, 99 Norumbega Road
Join the children of the Weston Community Children’s Association (WCCA) for an old-fashioned show and tell with. Come and hear what’s on the minds of Weston’s younger citizens in this intergenerational program that’s fun for all. Cookies and treats will be served and you’ll leave with a smile. Contact the COA to sign up.

Free DVDs

There is a broad selection of new DVDs at the COA that are available for you to add to your personal collections. You can choose from documentaries on topical subjects and classic movies and series including: The Making of a Lady, Mr. Selfridge and Pollyanna. Drop by the COA to take a look at the collection. Thank you to Fatemeh Mojtabai for the donation of the DVDs.

Seeking Sages for Sages & Seekers
This nonprofit organization is recruiting adults age 62+ to participate in an intergenerational program at The Rivers School in Weston. “Sages” are paired one-on-one with a 10th grade student to share life experiences and invaluable knowledge. The program runs for 7 weeks April 1-May 14. For more information contact sages@rivers.org.

Volunteer Opportunities

Weston Community Chorus welcomes new singers. All voices are welcome and there is no audition required. Attend a practice, Mondays through April, 7:15-9:30 pm at the Weston High School music room, to check them out! Contact: provenzanton@weston.org for additional information or visit commchorus.org

Boston Saengerfest Men’s Chorus is one of the largest male choruses in the Boston area. You are welcome to attend one of their practices on Mondays, 7:00-9:30 pm at First Parish Church, 349 Boston Post Road to check them out. For additional information go to saengerfest.org.
Q&A from the COA Social Workers

Q: I would like to participate in events and classes I see advertised in the COA monthly newsletter. However, I am on a tight budget and really cannot afford these expenses. At the same time, I often feel very lonely and would like to be around people more. Can you help me?

A: Thank you for asking this question, as we believe others share your concerns. Program fees should not prevent COA participation. Michelle and Ireta, our social workers, are available to confidentially discuss your individual situation. Many COA programs are offered at no cost and you are always welcome to just stop by for coffee and socializing. We are usually able to work with all Weston older adults to ensure that everyone can attend COA events. In addition, it may be helpful for you to see Michelle or Ireta to complete a “benefits check-up” to see if you may be eligible for entitlements.

Support Groups

Caregivers Support Group
Thursday, February 6, 10:00-11:30
If you are seeing memory changes in a loved one, this group might help you. Members share stories and wisdom as well as resources and strategies for coping with the challenges of caring for someone at any stage of dementia. Contact leader Emily Hutcheson, M. Ed., at 781-891-8046, or emhutch31@gmail.com for more information.

Neuropathy Support Group
Thursday, February 20, 1:00-3:00
The group is open to anyone with neuropathy as well as family and friends. For more information, or if you would like to receive email updates on neuropathy support group meetings, contact Leslie Levine at lcmacgr@gmail.com.

Health Insurance Help

Can I Still Change My Medicare Plan?
You may still be able to change plans during 2020, if any of the following apply to you:

Exceptional Circumstances: If you believe you made the wrong plan choice because of inaccurate or misleading information, you can call 1-800-633-4327 to request enrollment in a different plan.

Medicare Advantage Open Enrollment: If you are in a Medicare Advantage (HMO or PPO) plan at the beginning of the year, a change can be made through the end of March.

For Prescription Advantage members or those getting “Extra Help” paying for prescription drugs: You can change your Medicare Advantage plan or drug plan during the year.

5-Star Special Enrollment Period: You have an opportunity to enroll in a top-rated plan once during the year.

Medigap Plan: You can enroll in a Medigap plan or switch to a different plan throughout the year.

Health Insurance Appointments
Thursdays, February 6, 13 & 27, 10:00 & 11:15
The Weston COA has SHINE Counselors available to help Medicare-eligible individuals with health insurance issues, such as:

- Help with drugs that are not covered by your plan;
- Understanding your coverage with a retiree health plan;
- Reducing costs if you cannot afford your premiums or co-pays;
- Deciding when and how to enroll in Medicare

Trained SHINE counselors offer free, confidential counseling on Medicare-related issues. Contact the COA to make an appointment.
COMMUNITY SERVICES

Veteran’s Agent Hours
Wednesdays in February
Town Hall: 9:30-12:00 / COA: 1:00-4:00
Sarada Kalpee, Director of Veteran Services for the Town of Weston ensures Weston Veterans of the benefits they have earned and entitled to. These include service connected disabilities, health care through the VA Hospitals, property tax exemptions and aid for attendance for surviving spouses. Contact Sarada to schedule an appointment by calling 781-850-5504 or email her at skalpee@westsuburbanveterans.com.

Drug & Sharps Disposal
Safely dispose of medications and ointments year-round at the Weston Police Department. Liquids and aerosol cans are not accepted. There is a separate disposal container for sharps.

File of Life
Stop by the COA to pick up a File of Life card which contains your emergency contacts, medications, health issues etc. and enables medics to obtain a quick history during an emergency.

Friendly Call Program
If you would like daily or periodic check-in phone calls, a COA staff member is available to connect with you. Call the COA to be added to the Friendly Call list.

Durable Medical Equipment Loan
The COA offers medical equipment to borrow. Walkers, wheelchairs, rollators, canes, shower chairs and raised toilet seats are usually available. Call ahead for equipment availability or for a list of items being accepted for donation.

Homebound? Need a Book?
The Weston Public Library will deliver & pick up library materials—books, audio, DVDs weekly to anyone who is homebound as well as to those in local housing facilities. Call the Reference Desk at 781-786-6165 for more info.

Food Pantry
Weston residents of any age may visit the food pantry, located at the COA, for nonperishable items, including canned tuna, soup, canned vegetables, pasta, cereal and various personal household items. This is a confidential service. Donations of toiletries & non-perishable food are always welcome.

Ask an Attorney
Monday, February 10, 1:00-2:00
Elder Law Attorney, Maana P. Hickson, is available to discuss legal issues by appointment. Areas that can be discussed are estate planning, long-term care planning, Medicaid applications and estate and trust administration. Call the COA to schedule a free 15-minute appointment.

Blood Pressure Screening
Wednesdays, February 5 & 19, 9:30-11:00
Get your blood pressure checked at the COA by volunteer nurses.

Podiatry
Podiatry Appointments with Dr. Tuler, DPM
Fridays, February 7 & 28, 1:00-3:00
For any questions about payment or coverage call Dr. Tuler at 781-893-0161.

New Town Hall Hours
The Weston Town Hall has evening hours! The change is being initiated to assist residents who find it difficult to get to Town Hall during daytime hours. The change in hours is on a trial basis through May and are as follows:
- Monday, Wednesday, Thursday: 8:00-5:00
- Tuesday: 8:00-7:00
- Friday: 8:00-12:30

How to Report Elder Abuse
If you suspect Elder Abuse call 800-922-2275, 24 hours a day to make a report. Reports can be made anonymously. If it is an emergency or life-threatening situation call 911.
COMMUNITY SERVICES

Info to Your Inbox
The COA, other town departments and committees send out info all the time but if you don’t subscribe you may be missing it. To sign up for notifications visit: www.weston.org/list.aspx

What’s Going on in Weston
Find out Weston’s happenings with the Weston Media Center. Town Government meetings, public school, library, music cooking and historical events are available on your tablet or smartphone at www.westonmedia.org.

Friends of the COA (FCOA)
The Friends of Weston’s Council on Aging (FCOA) raises funds to supplement the programs and services offered by the COA and to provide financial aid to qualified individuals ages 60+ who have no other resources in which to turn. Please consider making a donation to support the FCOA. For more information about the FCOA email westonfcoa@gmail.com.

Weston Art & Innovation Center
The Weston AIC provides a vibrant learning environment that exposes people to new ideas, processes and skills development through classes, workshops and open studio time. Check out their calendar of programs, classes and events at westonaic.org or call 781-786-6177.

Home Safety Checks
The Weston Fire Department and Weston COA are sponsoring home safety checks, which include smoke & carbon monoxide alarms, cooking safety, smoking safety, heating safety, electrical safety and escape plans. If you’re interested, call the COA. A Social Worker will ask you a series of questions and decide if a visit from the Weston Fire Dept. is warranted. If so, she will contact the WFC and someone will contact you to schedule a visit.

Town of Weston Tax & Fee Relief
The Town of Weston has several programs for older adults &/or low income residents to save on town services.
- Transfer Station Sticker Waiver
- Water Discount Program
- Weston Service Program
- Community Preservation Surcharge Exemption
- Property Tax Exemption Limits Set at Maximum
- Property Tax Deferral Program
For more information contact Michelle or Ireta at the COA.

Utility Bill Help
Money for Heating Costs
The federal fuel assistance program helps pay for heating costs during the winter for eligible individuals and families of all ages. The income limits are higher than you might think, and they do not look at how much money you have in the bank. Contact Michelle Gucciardi at the COA for more information or to complete an application. You can also contact SMOC, the Southern Middlesex Opportunity Council at 508-620-2342.

Weston Service Program
The Weston Service Program is open to homeowners 60+, veterans and disabled adults to provide services to the Town of Weston in exchange for compensation which is to be applied to the real property tax obligation of said person. The resident will be matched with a Town Department where they will provide up to 100 hours of service at $12 an hour. Applications are being accepted on a rolling basis as space allows. For an application visit www.weston.org/205/Weston-Service-Program.
TRANSPORTATION PROGRAMS

Weston Shuttle

Curb-to-Curb Van Service
Monday-Friday, 9:30-3:00
Ride the van within Weston, Wellesley, Wayland, Waltham, Newton-Wellesley Hospital and the Riverside and Woodland MBTA stations. Meet a friend for lunch, get a ride to the COA for a class or appointment, go to any of the towns listed above for shopping, banking, medical appointments and more. Call the COA to request your ride at least 2 business days in advance. If you need transportation beyond these destinations, contact us to see if we can get you there. Rides are free of charge, available to Weston residents 60 and older.

Discount Taxi Vouchers
Discount vouchers for JFK Taxi rides can be purchased at the COA by cash or check. Vouchers continue to include Weston, Natick, Framingham, Lincoln, Newton, Waltham, Wayland and Wellesley. Rides within Weston are $2 and outside Weston are $7. Call JFK directly at 508-653-4500 between 6:00 am—8:00 pm to book your ride. For rides outside of these hours, advanced reservations are required. Call Audrey Pepper at the COA for additional information.

Remember, our van is free of charge! Try the Weston Shuttle and save both you and the town.

Grocery Shopping

Monday, February 10
12:30-3:00
Whole Foods & Roche Bros. Linden Square in Wellesley

Wednesday, February 5
1:00-3:00
Russo’s Market in Watertown

Thursdays, February 13 & 27
9:30-12:00
Market Basket in Waltham

Thursdays, February 6 & 20
9:30-12:00
Hannaford in Waltham

Natick Mall

Wednesday, February 26, 11:00-3:00
We provide free transportation to and from your home or the COA. Call to sign up.

Meet a friend for lunch, do some errands or take a walk! Walking is great exercise, and the mall is a great place to do some laps away from traffic and bad weather. Get your workout without special exercise equipment other than comfortable walking shoes. Malls are pedestrian-friendly with level floors, benches, water fountains and accessible restrooms. To increase your cardio workout take the stairs between floors instead of the escalator!

Transportation for Medical Appointments

F.I.S.H.
The F.I.S.H. (Weston’s Friends in Service Helping) program matches local volunteer drivers with older adults needing occasional or short term rides to medical appointments. If you or a loved one has a transportation need in the area, including Boston, call the COA 4-6 business days before your appointment. We’ll work with our network of volunteers to line up a driver, subject to availability and free of charge except for tolls and parking.
# February Calendar

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<tr>
<td>9:00 Exercise/Every Body</td>
<td>9:00 Tai Chi/Traditional</td>
<td>9:30 Drop-in Art</td>
<td>9:15 Yoga</td>
<td>10:00 Bridge: Play of the Hand</td>
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<td>9:00 Tech Tutor</td>
<td>9:30 Watercolor Class</td>
<td>9:30 Gentle Yoga</td>
<td>9:30 Shop/Market Basket</td>
<td>10:00 Mah Jongg Play</td>
</tr>
<tr>
<td>9:30 Drop-in Art</td>
<td>9:30 Short Stories</td>
<td>10:00 Tech Tutor</td>
<td>10:00 Bridge Lessons</td>
<td>10:00 Fitness Fridays</td>
</tr>
<tr>
<td>10:05 Zumba</td>
<td>9:30 Tai Chi/Balance</td>
<td>10:30 Meditation</td>
<td>10:00 Caregivers Support Group</td>
<td>1:00 Muscle Building</td>
</tr>
<tr>
<td>11:15 Functional Fitness</td>
<td>11:00 Great Courses: Food</td>
<td>11:00 Functional Fitness</td>
<td>10:00 SHINE</td>
<td>1:00 Movie: <em>The Crown</em></td>
</tr>
<tr>
<td>12:30 Project Linus</td>
<td>100 Mah Jongg Play</td>
<td>11:00 Natick Mall</td>
<td>11:00 Community Lunch</td>
<td>No Fitness Fridays</td>
</tr>
<tr>
<td>1:00 Yoga</td>
<td>1:30 Spanish</td>
<td>100 Muscle Building</td>
<td>11:30 Stronger Seniors</td>
<td>No Bridge: Play of the Hand</td>
</tr>
<tr>
<td>1:00 French Conversation</td>
<td>2:00 Ukulele</td>
<td>100 Veteran's Agent</td>
<td>12:15 Line Dancing/Level 2</td>
<td>No Mah Jongg Play</td>
</tr>
<tr>
<td>1:00 Art Appreciation</td>
<td>1:00 Veteran's Agent</td>
<td>1:15 Line Dancing/Level 1</td>
<td>11:15 Line Dancing/Level 1</td>
<td></td>
</tr>
<tr>
<td>1:00 Yoga</td>
<td>1:00 Tai Chi</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:00 French Conversation</td>
<td>1:00 Tech Tutor</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Presidents Day

COA Closed

### Jan 20 Alphabet Lane, Weston, MA 02493 | Phone: 781-786-6280 | Website: Weston.org//COA
Mailing for this newsletter is funded by the Friends of Weston’s Council on Aging. Newsletter printing is supported in part by the Massachusetts Executive Office of Elder Affairs.

A BIG THANKS to the Women’s Community League of Weston (WCL) for hosting the holiday party at the COA on December 18. Over 120 Weston residents and friends enjoyed the beautiful winter decorations, festive music, delicious sandwiches and treats.

Photo: WCL party co-chairs, Colleen Kettle & Leslye Fligor.

Photo: Residents and friends at the COA Holiday Party.

Photo: Town Manager, Leon Gaumond.

Photo: Mrs. Sami, Bonny Musinsky and Dena Yorra catching up.

Photo: Iva Brown singing carols.

Photos by David S. Marshall Photography.