*COA meeting Wednesday August 20th, 2025*

The meeting was called to order by BJ at 3:08pm

Attendees: chair BJ, members Donna, Rachel, Kelle, and Diane,

**General Business:** A motion was made and seconded to approve the meeting minutes of July 9, 2025.

**Past Activities:**

**July Third Thursday Coffee Morning:** Was on July 24th at the park and was one of 2 senior luncheons from 11am-1pm. Good turnout, around 20-25 people. Park staff set up, cleaned up, cooked and served the food.

**Tanglewood:** Event went well. People seemed to enjoy the music and that they did not have to worry about driving/parking. Will potentially think of repeating next year.

**Scheduled Future Activities:**

***Summer senior luncheon:*** August 21st from 11-1 and COA will be in charge of drinks, desserts, and chips.

-BJ purchased soft drinks (coke, diet coke, ginger ale, seltzer and water) and chips

**Diane and BJ will bring desserts**

***Foot Clinics*:** Continue to go well- will continue this program with a $20 voluntary co-pay for those who can afford it.

***Walking Club*** *-* to continue indefinitely as long as weather permits. Great feedback from residents with this club. 1-1.5 Hour long from 10am-1130am. Continue to be advertised in Goal Post. Walkers have signed liability release forms.

***Bowling club*-** COA members passed a vote to allocate $1,500 from the budget to subsidize bowling for residents in the fall/winter. Stephano will start to re-organize this for residents for the near future.

**Fallapalooza**: Goal post article to include request that seniors partake in a corn or apple dish to be made for the event.

**Third Thursday Coffee Mornings September:** To be held on September 18th-Turkey talk from Henry Dandeneau. Rachel to get a prize for a turkey trivia question.

**Third Thursday Coffee Morning October:**  To be held October 16th- Estate planning talk from Deidre Gleason.

**Third Thursday Coffee Morning November:** To be held November 20th.Wreath making- Carol Lively has accepted request for wreaths again this year

**Third Thursday Coffee Morning December**: No coffee morning- Senior luncheon instead, possibly December 5th or 12th, BJ to contact Rowe camp and conference center to check availability.

**Third Thursday Coffee Morning January:** vision boards or boxes

**Third Thursday Coffee Morning February**: ?Kelle’s sister Mardi to do a craft?

**Future Activities in the works (but getting close)**:

**Magic Wings Butterfly Garden:** organize a trip using carpool, but COA pay for entry fee for seniors. To organize for one of the winter months.

**Puzzle and Coffee Day:** organizing 1 day a week that is always ‘puzzle and coffee day’ and we each take turns setting it up and cleaning up. Possibly on one of the round tables upstairs.

***Grant from Lifepath:*** The money has come through- the wheelchair and the TV purchased and ready to use, coolers have been purchased. $568 left to use- Rachel to look into coat rack on wheels, boot tray, coffee maker, Keurig/K-cups, and mini fridge.

We need to develop some programming to use the television. BJ suggested showing the zoom broadcast of Kate Peppard’s yoga class, but the consensus seems to be that people have been doing it at home so much that they would not come out to do it in the fitness center.

Road Scholar offers some online travel lectures, BJ will look into other programs that we might host during the week- this will be more of a fall/winter/spring activity.

***Handy Person List***: live Google doc still being added to, but there is enough contact details to get the list into the community. We are unsure of the logistics of putting this list out to the public- BJ will get in touch with Joanne Semanie to ask if able to add to town’s website.

**Rockwell Museum Trip**- post-poned

**Mohawk State Forest**- Post-poned

**Potential future activities (but still being brainstormed)**

* *Holiday Snacks (healthy)-* demonstration how to make healthy snacks for the holidays. Putting together a small (easy) cookbook or folks to take home.
* *Community Welcome Guide:* idea brought forth to provide a guide to the area, services, maps, things to do etc for new seniors/residents in town. May be a multi-committee/board effort. Includes local food, shopping, fun/outdoor, handman, medical care, park maps. BJ will create a Google Doc to start adding ideas to this.
* *Rowe “Village”-* a spin-off of the ‘Village” that was set up in Shutesbury, Leverret and Wendell, providing free services /rides to seniors in town. Pre-reg/appointments would be required. Services include handman work, gardening, assistance with household chores, grocery shopping, rides/med rides etc. This is a very large undertaking requiring a lot of research- we will follow up on this at a later date.
* *SENIOR PROM-* a multi-town prom for seniors at the Mohawk HS with music, dancing, drinks and food. To take place in Spring/early summer 2026…will begin the planning for this in the future.
* *Paint and sip*- Donna to look into this for the winter- may be a zoom event, possibly paid for in part by the cultural council.
* *Positivity Speaker*- ? Richie Davis who was a community journalist and author. GCC or Rowe Camp may have suggested speakers- will look into this at a future time. ?Cultural Council to pay for this with grant money.
* *Metal Detecting Club-* still in the works- need to get permissions to walk on personal/town owned land.
* *Pet talk-* getting a local veterinarian/retired vet to come and chat about pet safety/health/ answer pet questions.
* *Combining with other Town COA’s to hold events* (Ie. Heath, Monroe, Charlemont)- Donna has contacted local towns and has invited them to the April coffee morning to hear about Lifepath.
* *Suggestion Box*- It was discussed to put a suggestion box at the Town Hall entrance and in the Library for the seniors/community members to make suggestions of what activities they would like to see or topics they would like to get more information about.
* *Check-in communities/Buddy system*- Household groups of 3-4 would combine to make a ‘pod’ and check-in on each other at least weekly in whatever way suits them- Ie. Text, email, phone call, in-person, social media, etc. The COA would then do a matching process and create the ‘pods’ after sign up is complete. This is voluntary and people/households would be able to add themselves to the pods or discharge themselves as they desire. This will be tabled for the future due to lack of interest/confusion.

**Other Business/MISC:**

BJ brought information related to audio aids during town meetings. Has been in contact with the Town of Ashfield, who had received a grant for hearing assistive devices. There is an informational in Ashfield in early September that BJ will attend to learn more.

Next meeting is Wednesday September 10th at 3pm.

Meeting adjourned 3:57pm