*COA meeting Wednesday February 12, 2025*

The meeting was called to order by Rachel at 3:03pm

Attendees: members Donna, Diane, Rachel and Kelle.

**General Business:** A motion was made and seconded to approve the meeting minutes of January 8, 2025.

**Past Activities:**

**January Third Thursday Coffee Hour**: Took place January 16th- Donna lead residents in vision board making. Donna ordered all supplies needed. Magazines were collected- about 5-6 residents joined. Diane baked and BJ picked up buns from the Jacksonville bakery.

**January Tech Talk with Justine:** Took place Wednesday January 29th from 1-3pm. Justine lead a workshop on Cyber security, Google Calendar and Google Docs. Advertised in Goal Post, robo call, and flyer sent with emergency preparedness survey EDDM. 3 residents showed up and a few others called to say they could not make it. There was inclimate weather that day. This program had GREAT feedback and will be repeated at the library sometime in the spring.

**Scheduled Future Activities:**

***Foot Clinics*:** Continue to go well and are popular with residents. The prices of foot clinics have increased in July from $50/hour and $20/per person to $60/hour and $25/per person (average increase of $115 a clinic). Findings of survey shows that most attendees were willing and able to contribute a $20 voluntary donation for the foot clinic time slot. Foot clinic from beginning of February was rescheduled until February 20th due to snow.

***Walking Club with Rachel and Kelle****-* to continue indefinitely as long as weather permits. Great feedback from residents with this club. 1-1.5 Hour long from 10am-11(30)am. Continue to be advertised in Goal Post. Walkers have signed liability release forms. Continued in winter weather as road walking- amount of participants has decreased.

***Bowling club*-** at Shelburne Falls bowling alley. Possibly ALL Thursdays in March from 3-5pm for seniors- $10 to bowl and shoes. Paid for by COA. No need to sign up. Contact BJ for more info. 3 lanes have been reserved.

***Winter Fitness Program with Deb Lively***- Started February 3rd and is Mondays and Wednesdays (ending at end of March) from 230pm-4pm. This is a loose program where Deb can tailor to fit needs of residents. The COA will pay Deb what hourly rate the park pays her ($25/hr). Donna put out Robocall on Sunday Feb 9th due to low attendance the first week. 3-5 residents have come the 2nd week in Feb.

**February Third Thursday Coffee Morning:** Will be on February 20th – BJ booked in Deirdre the attorney that specializes in elder law. She will talk about living will, estate planning, etc. Rachel will do cookies, Kelle will bake

**March Third Thursday Coffee Morning:** Will be on March 20th. Rachel will also do an educational talk about Health Care Proxy and MOLST forms with a presentation board and materials for people to take home/look at. There will be a chocolate tasting/rating- Donna will get the 5 chocolate choices to vote on and then 1 extra for fun (spicy one). Diane will make chocolate zucchini muffins

**April Third Thursday Coffee Morning:** Will be on April 17th and will hopefully be a ‘Loon Talk’ by Henry Dandeneau- Rachel will reach out to see if Henry can do this date.

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

* ***Summer event to Tanglewood*-** Bus to be paid for in part by Cultural Council grant money ($500) and the COA (or ticket sales) will cover the rest. The new bus quote is $ 900 dollars ($200 more than last year). COA will purchase 15 shed tickets to August 3rd- yo-yo MA and Emmanuel Axe at 230pm. Tickets are $40 each, but will sell to residents for $50 to help subsidize cost of bus. First come first serve. BJ will purchase and get reimbursed, once tickets go on sale.
* ***Grant from Lifepath:*** COA applied for $3K grant for beach wheelchair, TV for fitness room, cooler for summer socials and higher chair for elders in town hall. We will hear back at the beginning of March about if we got the grant.
* ***Summer Social Pickleball tourney-*** During summer social there will be a pickle ball tournament- the COA will spend about $200 for prizes (gift cards) for winners. Will revisit this when it gets closer.

**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:** .

Next meeting is Wednesday March 12th at 3pm.

Meeting adjourned 4:01pm