*COA meeting Wednesday March 12, 2025*

The meeting was called to order by BJ at 3:05pm

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

**General Business:** A motion was made and seconded to approve the meeting minutes of February 12, 2025.

**Past Activities:**

**February Third Thursday Coffee Hour**: Was cancelled due to the storm- will reschedule Deirdra (or try to) for May coffee morning.

**Scheduled Future Activities:**

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

***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. Consensus was to have ALL Thursdays in March/April from 3-5pm for seniors- $10 to bowl and shoes. Paid for by COA. Will revisit a possible cost in the future to bowlers, but for now will remain free to seniors. 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. 1-5 residents have come each week. Will consider viability of this program for future.

**March Third Thursday Coffee Morning:** Will be on March 20th. Rachel will 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 and chocolate Trivia- Donna purchased 4 chocolate choices to vote on and a Trivia game will be played. Diane will make chocolate zucchini muffins and Kelle will make chocolate cake.

**April Third Thursday Coffee Morning:** Will be on April 17th and will be a ‘Loon Talk’ by Henry Dandeneau.

**May Third Thursday Coffee Morning:** Deirdra from Shelburne Falls Estate Planning if possible.

**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 part of the rest. The new bus quote is $ 990 dollars for a 14 person bus- BJ has reserved. BJ has purchased for COA 15 shed tickets to August 3rd- yo-yo MA and Emmanuel Axe at 230pm. Tickets were purchased for $38.95 each, but will sell to residents for $50 to help subsidize cost of bus. First come first serve. Rachel do a flyer in Goal Post with BJs write-up. Donna will sign seniors up, collect money (checks) and give tickets out. Seniors will also receive a ‘To-Bring” list so they do not forget important items (ie. sunscreen, hat, etc).
* ***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. Still waiting to hear back.
* ***Summer Social Pickleball tourney-*** During summer social there will be a pickle ball tournament- the COA will spend about $100 for prizes (gift cards) for winners. Will revisit this when it gets closer. Also seniors will be asked to bake for our goodie table again.
* ***Summer senior luncheons:*** Will be repeated like last year in conjunction with the park. July 17th and August 21st and COA will be in charge of drinks, desserts, and chips.

**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 April 9 at 3pm.

Meeting adjourned 3:43pm