*COA meeting Wednesday April 10, 2024*

The meeting was called to order by BJ Roche at 307pm

Attendees: BJ (chair), members Donna, Brooke, Kelle, and Town Nurse Rachel, Deb Lively stopped in at 350pm for 5 minutes.

**General Business:** A motion was made and seconded to approve the meeting minutes of March 13, 2024.

*Foot Clinics*: Continue to go well and are popular with residents. The Foot clinic scheduled for April 4th had to be rescheduled to April 11th due to the snowstorm.

*Third Thursday Coffee Hour*: Have been increasingly popular. April 18th will be the Lifepath informational during the coffee morning. Brooke will make cornbread, Kelle will make a loaf of bread and bring a baked good, Rachel will make a crock pot of chilli. It was suggested to have a ‘will you bake for the coffee hour?’ sign-up sheet to help more residents feel involved/contributing if they would like. May 16th coffee morning will be a plate decopage ‘modgepodge’ and a yogurt bar.

*Exercise Class with Deb Lively and Rachel Lewis (March Madness):* 8 participants (all women) of variety of ages/abilities. Was very positive for getting people more mobile and also making connections. The program finishes March 27th. A walking club to start on June 3rd (4 Mondays in a row to start with) was suggested to continue the group exercise.

-Potential future activities:

* *June, July and August Coffee Mornings*- to be held at park gazebo (if weather permits)- cornhole tournament, other games to be incorporated.
* *Walking Club*- begins June 3rd, Mondays X4 weeks (if popular then continue if able) for 1 hour of moderate walking. Meet at Town Hall. Bring appropriate footwear, water bottle, bug net/bug spray. To promote in Goal Post next month.
* *Photographer presentation* (Jaime Malcom Brown) to potentially take place on a Friday in May around 1pm- to be combined with school luncheon for residents. BJ is speaking with photographer and Bill Knittle to organize this. Cultural Council will fund this. ***This is still trying to be organized***.
* *Paint and sip*- Donna found a studio out of Wilmington VT and will contact

* *Movie day at town hall*- possibly in conference room on big screen TV.
* *Technology workshop*- BJ will construct a survey for residents with questions regarding technology use, needs/wants, different apps, etc.
* *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.
* *Summer Lake BBQ*-Potentially on a Saturday in July. Bill Knittle has agreed for band to be entertainment. Possibly this will be a purchased ticket event for BBQ food. The ‘events group’ is planning this event- ***the COA will contribute by providing the desserts.*** ***Desserts will be made by last name: A-J to bring Pies, K-O to bring cookies or finger dessert and P-Z to bring cake/fruit.*** It was suggested by Deb Lively that we hold a Fishing Derby for the town- it was spoken about to possibly try to incorporate this in the summer BBQ event.
* *Summer event to Tanglewood*- it was discussed to possibly rent a bus (paid for by COA) to offer transportation to an event such as Tanglewood. The potential date is August 18th to see Yo-yo-Ma and the Boston Symphony Orchaestra at 230pm. Residents would need to pay for their own tickets to the event. BJ is enquiring about discounted tickets for seniors/group rates and enquiring about cost of bus. Residents would need to pre-reg with BJ at her email: [roche.bj@gmail.com](mailto:roche.bj@gmail.com) or they can call Rachel/Donna to sign up. More info to come on this.
* *Check-in communities/Buddy system*- The beginnings of a check-in community was discussed where 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. There will be a mission statement that will be drafted by Donna/BJ which will be reviewed at the next meeting. There will be an informal discussion/presentation led by Susan Gleason regarding this buddy system just prior to the Annual Town Meeting and will give the opportunity for residents to sign up (completely optional). The COA would then 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.
* *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.

Next meeting is Wednesday May 8 at 3pm.

Meeting adjourned 4:00pm