*COA meeting Wednesday August 14, 2024*

The meeting was called to order by BJ Roche at 3:00pm

Attendees: Chair BJ, members Donna, Rachel, Diane, and Brooke and resident Mike Denson

**General Business:** A motion was made and seconded to approve the meeting minutes of July 10, 2024.

**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. A donation box will be purchased and residents who use the service will be made aware by Rachel of the voluntary donation/box. Cash or check made out to ‘Town of Rowe’. The hope is that this will start in October.

*Third Thursday Coffee Hour*:

The Third Thursday Coffee morning for July 18th was held at the Park as the senior picnic from 11am-1pm. The park personnel supplied the BBQ food, salads, and paper goods. The COA supplied desserts and drinks. The event had about 20-25 residents in attendance and fun was had by all.

A repeat of the Senior Picnic Park/COA collaboration will be held on Thursday August 15th from 11-1. COA is in charge of desserts (Donna and Diane) and drinks (leftover soda, seltzer and iced-tea) and some paper goods.

*Walking Club with Rachel and Kelle-* to continue indefinitely. Great feedback from residents with this club. 1-1.5 Hour long from 10am-11(30)am. Continue to be advertised in Goal Post- Donna will make robocall reminders for this ongoing event. Walkers have signed liability release forms.

*Summer Lake BBQ*-Took place on Sunday July 14th. The event was organized by many town-folk and ***the COA contributed by providing desserts, soft drinks, and tickets for panini truck for seniors to receive a free panini sandwich.***

***BJ paid for the Paninis and was subsequently reimbursed. The total cost was around $900 for the senior’s paninis.***

**Future Activities**:

* *September Coffee Morning*- National Grid talk. Donna to email to find out more info and organize. Will get puzzles for residents to enjoy together.
* *October Coffee Morning*- personal tech and smartphone apps education? BJ to contact GCC and see if anyone available to lead this presentation/workshop.
* *November Coffee Morning*- Wreath making- to order wreaths from Carol Lively. Walking group to collect items for decorations. Potentially intertwining with a veteran’s day memorial celebration also. Rachel to contact Jim Mckee for ideas about veteran’s day celebration.
* *Holiday Luncheon*- potentially to take place mid-December- December 13th?. Brooke will reach out to Ashfield Lake House to see if they will host us from noon-2pm.
* *Winter Fitness Program with Deb Lively*- Donna to reach out to Deb and see what she would be willing to do during the winter. 1-2 days/week program from January-March.
* *Tree lighting*- Beginning of December (December 6th?)- to coincide with potluck, music..COA to provide desserts. More details will be discussed at a later meeting.

**STILL IN THE WORKS (FUTURE)**

* *Holiday Snacks (healthy)-* demonstration how to make healthy snacks for the holidays. Putting together a small (easy) cookbook or folks to take home.
* *Bowling Club-* 1-2 times a month during the winter at the Shelburne Falls Bowling Alley- BJ to contact bowling alley for hours of operation and logistics.
* *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.
* *Summer event to Tanglewood*- *BJ to look into a bus trip for August 2025. Bus to be paid for by Cultural Council grant money? Residents to purchase own tickets? (shed tickets)*

**Other Business:**

Michael Denson will join the COA. To be put on the next Selectboard meeting for approval.

Next meeting is Wednesday September 11th at 3pm.

Meeting adjourned 3:44 pm