*COA meeting Monday, July 10, 2024*

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

Attendees: members, Donna, Rachel, Diane, and Kelle.

**General Business:** A motion was made and seconded to approve the meeting minutes of June 17, 2024.

**Scheduled Future Activities:**

*Foot Clinics*: Continue to go well and are popular with residents. The prices of foot clinics will increase in July from $50/hour and $20/per person to $60/hour and $25/per person (average increase of $115 a clinic). There was discussion about proposing a co-pay in the future, but it was decided to continue to keep it free to residents for the time being and to have residents who utilize the Foot clinics to take a survey about whether they would be ok/able to afford the co-pay for the clinic to offset cost- if many residents agree to do a voluntary donation (suggest $20) then we will put out a donation box inside clinic. The survey will be given out on July 11th at the Foot Clinic (and possibly during the August clinic also). We will discuss findings of survey after it has been completed by residents.

*Third Thursday Coffee Hour*:

The Third Thursday coffee morning on June 20th was going to be held outside the town hall, but due to high temperatures it was decided to move it inside. There was an icecream bar, which the residents loved and the turnout was great!

The Third Thursday Coffee morning for July 18th will be held at the Park as the senior picnic from 11am-1pm. The park personnel will supply the BBQ food, salads, and paper goods. The COA will supply desserts and drinks. Kelle will provide a baked good and Rachel will get the drinks (seltzers, waters, iced-tea). Other COA members were reached out to, to help with baked goods also.

*Walking Club with Rachel and Kelle-* to continue through the summer. 1 Hour long from 10am-11am. Was advertised in Goal Post- will put in August issue also, and Donna will make robocall reminders for this ongoing event. Walkers have signed medical release forms. The walking club is going really well with between 6-8 folks joining each week- mostly trail walking.

**Potential Future Activities**:

* *August Coffee Morning*- to be held at park gazebo (if weather permits)- cornhole tournament, other games to be incorporated. Lori Pike spoke about combining in **August will be held with the Park’s ‘SENIOR PICNIC’- August 15th. There will be a BBQ (park) and desserts/drinks (COA).**
* *Summer Lake BBQ*-Taking place on Sunday July 14th. The event was organized by many town-folk and ***the COA will contribute by providing desserts, soft drinks, and tickets for panini truck for seniors to receive a free panini sandwich. Desserts will be bought/made and also seniors asked to contribute desserts on the day.*** An email was sent to BJ/COA members to assign tasks/times for this event within the COA.
* *September Coffee Morning*- National Grid talk. Donna to email to find out more info and organize.
* *October Coffee Morning*- Fall craft. Will discuss further when the time gets closer.
* *November Coffee Morning*- Wreath making/ kissing ball making. Walking group to collect items for this (if kissing ball making). Potentially intertwining with a veteran’s day memorial celebration also.
* *Holiday Luncheon*- potentially to take place early December. Will research potential restaurant options/ catered options.

**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.
* *Pet talk-* getting a local veterinarian/retired vet to come and chat about pet safety/health/ answer pet questions.
* *Paint and sip*- Donna found a studio out of Wilmington VT and will contact
* *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.
* *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*- *to be tabled until next summer due to concerns regarding weather/lack of coverage/ not enough time to organize and gauge interest.*

Donna ordered more supplies for the summer social event. We will assess what else we will need after this event.

Next meeting is Wednesday August 14th at 3pm.

Meeting adjourned 4:00pm