*COA meeting Wednesday May 8, 2024*

The meeting was called to order by BJ Roche at 3:02pm

Attendees: BJ (chair), members, Brooke (from 305-307pm), Kelle, Kathy, and Town Nurse Rachel, Walter Quist and Lori Pike (from 300-330pm).

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

**Scheduled Future Activities:**

*Foot Clinics*: Continue to go well and are popular with residents. The prices of foot clinics will increase 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.

*Third Thursday Coffee Hour*: Have been increasingly popular. April 18th was the Lifepath informational during the coffee morning. Brooke bought cornbread, Kelle made bread and coffee cake and, Rachel made a crock pot of turkey chili. 2 Lifepath workers came and gave a presentation about the services offered in Rowe.

The Third Thursday coffee morning on May 16th will be a plate decopage ‘modgepodge’ with Anna Humbert, and the Claris tablet folks coming to speak with residents who received a tablet from 10am-11am- there will be a yogurt bar (Rachel and Brooke will get supplies) and a baked good (Kathy).

The Third Thursday Coffee morning June 20th will be held at the park- BJ to confirm/reserve with the park.

*Walking Club with Rachel and Kelle-* to start the first Monday in June- June 3rd- and will continue each Monday in June (and beyond if people would like to continue). 1 Hour long from 10am-11am. Was advertised in Goal Post- will put in June issue also, and will make robocall for this ongoing event. Walt Quist spoke about the walking club- would be happy to see residents utilizing trails. Walt was happy to make copies of trail maps for COA. Spoke about walking safety (in pairs, let people know you are going and when you would return, tick prevention, etc.). It was spoken about if there were enough people to break into 2 different groups of ability (or one trail walking group, one road walking group). Release forms will be signed on the day prior to walking commencement.

**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. Lori Pike spoke about combining in **July and August will be held with the Park’s ‘SENIOR PICNIC’- July 18th and August 15th. The July date may also be changed to be able to incorporate the Picnic/coffee morning with the summer rec program and raptor rehabilitator Tom Ricardi. (MORE TO COME)**
* *Summer event to Tanglewood*- it was discussed to rent a 14 person bus paid for by COA to offer transportation to Tanglewood event on 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 received pricing of $30/person for lawn seats). BJ will enquire about seats under cover also. 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. *A motion was made, seconded, and unanimously approved for the COA to pay for the 14 person bus to Tanglewood at the price of $893.76.*
* *Summer Lake BBQ*-Taking place on Sunday July 14th. Bill Knittle is the potential entertainment- he is checking the date with his bandmates. The event is being organized by many town-folk and ***the COA will contribute by providing desserts, soft drinks, and tickets for panini truck to offset cost of a meal ($5/per senior).*** ***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.*** Lori Pike will check in to make sure enough staff/lifeguards will be available. A volunteer sign-up sheet will be made for residents to help out with jobs such as parking, safety, food tables, etc.
* *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. There will be a mission statement that will be drafted, a brief explanation given at the annual town meeting and a sign-up sheet will be created by BJ to have at the annual town meeting and then in the Town Hall. 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.
* Sandwich board: *A motion was made, seconded, and unanimously approved for the COA to pay for half the cost of the new sandwich board (split cost with BOH).*

**STILL IN THE WORKS (FUTURE)**

* *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.
* *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 June 12th at 3pm.

Meeting adjourned 3:52pm