*COA meeting Wednesday November 20th, 2024*

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

Attendees: Chair BJ, members Donna, Diane, Rachel and Kelle and resident Justine Krumm

**General Business:** A motion was made and seconded to approve the meeting minutes of October 9th, 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 was set up in the October Foot clinic with a document of explanation. 3 more donations were received for the November Foot clinic (a total of $120). A few residents told Rachel or the Foot care nurse that ‘they forgot and would reimburse next time’.

***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.

***November Third Thursday Coffee Hour*:** The Third Thursday Coffee morning for November is on November 21st and is holiday wreath making. We have 26 people who signed up to make wreaths and 3 extras. Donna will go to Jacksonville bakery to pick up cinnamon buns, Diane will bake and Kelle will also bake.

***Bowling club*-** at Shelburne Falls bowling alley. December 5th and 19th from 3-5pm for seniors- $10 to bowl and shoes. Paid for by COA. 5 Seniors have signed up.

***Tree lighting*-** December 8th –(Decorating the 6th) to coincide with potluck, music..residents to bring a treat to share.

***Holiday Luncheon***- To take place December 13th from 12-2ish Brooke has booked with Ashfield Lake House. They will do a 3 or 4 choice menu (1 gluten free/vegi option) and also a spread of desserts- Will need to pre-reg with Donna by December 3rd. Will need to know any food allergies and if willing to give a ride or would need a ride. (No December Third Thursday Coffee morning).

**January Third Thursday Coffee Hour**: To take place January 16th- Donna to lead residents in vision board making. We will start to order supplies for this

**January Tech Talk with Justine:** To take place Wednesday January 29th from 1-3pm. Residents will bring laptops and Justine will lead a workshop on Cyber security, Google Calendar and Google Docs. Will advertise in Goal Post.

***Winter Fitness Program with Deb Lively***- This will start February 3rd and will be Mondays and Wednesdays (ending at end of March) from 230pm-4pm and will include a 5 or 6 station circuit training. The COA will pay Deb what hourly rate the park pays her.

 **Future Activities in the works (but getting close)**:

* ***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) BJ to do a write up for Goal Post.
* *“****Winter Helpers”*-** A group of people willing to help with grocery shopping, picking up meds, library books for seniors during the winter months (especially during impending storms). To potentially run during the winter months and will require a group of volunteers. Residents will be able to ‘sign-up’ as a helper or someone who needs help. Susan White from Lifepath will be coming to our next meeting to talk about logistics and legalities of a program like this.

**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 December 11th at 3pm.

Meeting adjourned 4:11pm