Council on Aging
April 2, 2025
Grange Hall, Town Hall lower level
9:15 AM

1. Meeting called to order at 9:21. Present: Ron Mayer, Mary Dow, Jean Haight, Barbara Martin, Joan Simmons, Chuck Raffoni
2. Minutes of March 2025 meeting reviewed and approved.
3. Brunch/Concert: Chuck would like to include all Town Hall staff and will reach out to the Fire Department for numbers. Ron Mayer will make reservations at the Groton Music Hall. Farmhouse Café will be providing plates, silverware and all condiments. Chuck as reserved the room the day before for setup. Approximately five tables will be utilized for eating, and one for the buffet.
4. May is Senior Citizen Month. The only 90 year old is Ethel Reardon. Barbara will reach out to her to see what she would like. Possibilities: invite her and her family to one of our Wednesday lunches, invite her to join as at the Voke for lunch or give her a gift. Last year, the 90 year olds were given a $50 gift certificate to the Farmhouse Café.
5. Field trip to the GLRVHS: date is set for May 14th, time to be determined. The choices will be either Chicken Pie or Haddock. Numbers will be needed the week before, given to Barbara who is our contact person.
6. Grants for the Seniors: 2 new exercise classes! YMCA instructors will be at the Town Hall for a Barre Class, 11:30 on Mondays, and a Zumba Gold class, Tuesday at 5:30. In addition, the final Wednesday of each month, lunch attendees will receive some groceries from Tully Farm. What is available will change as the season changes, this will be for April, May and June.
7. Nutrition Classes: Chuck is looking into getting this started for the seniors.
8. Possible Field Trip: The Butterfly Place, Westford. The Butterfly Place is open from 10-4, but they can offer a Senior Event from Tuesday to Friday from 1-3, at a reduced price of $8.00. There is a tent area available that can be reserved for us to have a picnic ahead of time. Perhaps a Tuesday in June (3rd?). Seniors will bring their own lunch and we will provide a dessert. Ron is Coordinating this.
9. Seaglass Restaurant Field Trip: Possibly schedule this is early fall (week after Labor Day?) Limit to 20-24 people, COA will cover the cost of the bus.
10. Jean noted that she will be away for both the April 16th and 23rd meals.
11. May Meals: 5/7 Traveling Chef, 5/14 Voke trip, 5/21 Age Span, 5/28 Pizza and Salad

12. Barry Scott: (Lost 45's) Chuck felt it would be best to have him com at one of the regular lunches, perhaps the summer barbecue.
13. David Shiles: Schedule on a Monday at the Library?
14. Summer theme ideas? Bring your grandchildren to lunch, High School Reunion, Baby pictures, Show and Tell day
15. Birthday Cards: should be in process

Next meeting: May 7th. 9:15 AM

Minutes by Jean Haight, Secretary, Council on Aging