Council on Aging
August 20, 2025
Grange Hall, Town Hall Lower Level
9:15 AM

1. Members Present: Mary Dow, Ron Mayer, Jean Haight, Chuck Raffoni, Barbara Martin, Joan Simmons. Meeting called to order at 9:34 AM.
2. Minutes from the July 16th meeting were reviewed and approved.
3. Birthday Cards from the children: A nice thank you was received and posted online, expressing gratitude to the children and the Council on Aging. Chuck has met with Rosanne of the GDRSC to ensure this program will continue. The card supply will end in October and it is suggested that children write their own personal messages instead of using an insert.
4. Chuck has received calls for respite care. Chelmsford has a respite program and is willing to serve Dunstable. The cost is $20 per hour plus a service fee, with a minimum of 2 hours.
5. The Fit over 50 Class: this will continue for 5 weeks, at a cost of $35. Drop ins will pay $10 per class. It is hoped that a combination chair/ mat yoga will be offered in the future.
6. Field Trip to Salisbury Beach: scheduled for September 10th, leave the Library at 10:45 AM. The Sea Glass will be our destination. The van will hold 14 people, others will travel by car, with a maximum of 25 total. The cost will be $35, includes a soup or salad, entrée, soft drink. If anyone chooses an item over the $31 options, there will be an additional fee. When we finish, we will walk outside, ice cream available at participants' own cost.
7. Barry Scott: great program, great meal, lots of positive comments.
8. Apple Picking Trip: combine with lunch at Buckley's café in Hollis, then go to Lull Farm. Date: September 25th, rain date October 2nd. This is a "pay your own way" trip, group will meet at Buckleys at 11:15 AM.
9. September meals: 9/3 Shrimp Risotto (Traveling Chef), 9/10 Field Trip, 9/17 Hawaiian meal (Age Span), 9/24 Comedian, lunch by Dinner made Simple.
10. Next meeting 9/3/25 at 9:15 AM.

Minutes Submitted by Jean Haight, Secretary, Council on Aging