Dunstable Council on Aging
December 5, 2025
Grange Hall, Town Hall Lower Level
Minutes

1. Meeting called to order at 9:20 AM. Present: Ron Mayer, Mary Dow, Barbara Martin, Joan Simmons, Chuck Raffoni, Jean Haight.
2. Minutes from the November 5, 2025 meeting were reviewed. One correction: Under Item 7; Change to reflect that "we are hoping to keep the budget for the Reiki sessions to $55.00 per hour". Chuck will make corrections before submitting for posting.
3. Reiki: Barbara knows someone who may be interested in leading this, Jody MacDonald from Dracut.
4. December 10th Holiday Luncheon: Final count is due today, Chuck will get it to Barabara. We will need to: assemble table materials- tablecloths, centerpieces, plates, napkins, silverware and beverages. Those who can help should arrive at 10 am on December 10th for set up.
5. COA is on the Selectman's schedule to discuss setting up a revolving account for some taking in and reimbursement of expenditures.
6. We will stop using the recycled plastic containers to send home extra food. This is due to sanitary reasons. Also, the new suggested lunch price is $5.00 for those who can pay, if they cannot, that is okay.
7. January Meals: 1/7- Asian Rice Bowls with choice of chicken or tofu, 1/14- Beef Tacos by Dinner Made Simple (Chuck gets dessert), 1/21- Broccoli Cheese stuffed Chicken by Age Span (Jean will do dessert), 1/28- Pizza, Salad (Anne Fennochetti) and Dessert.
8. BINGO- will be held once a month. January 7th will be our first time and particpants will pay $5 to play one card. After discussion, it was decided to have 5 games. The first 4 will have prizes of gift cards from Dunkin Donuts, 2 @ $5 and 2 @ $10. The final game will have multiple winners and the cash intake from the players will determine the amount given. Ron volunteered to call the bingo numbers.
9. Age Span Grant:
    a. Barre Fusion- next 5 weeks are free to participants.
    b. Chair Yoga- Sherada would like to wait to begin till after the New Year.
    c. Chair Massage- Will be held at the Library on a Wednesday, 11:30-1:30. The person will be coming from Moon River Wellness, hoping he has his own

chair to bring. Sign ups will determine the length of each individual massage. The cost of this is $150 for each 2 hour session.

d. Crystal Sound Bowl Healing- This will take place at Town Hall, not sure if it will be upstairs or downstairs. Participants will bring mats, blankets and pillows. The cost for this session is $100. Suggestion is to have it on a Sunday afternoon and have 20-25 people attend.
e. Reiki- to be determined.

10. The COA bulletin board in Town Hall has been refreshed, if there is anything to add, please let Chuck or Jean know.
11. Thanksgiving Meals: a few comments were received about the lack of Thanksgiving meals this year. These meals were provided through a Town trust and not the COA. It is believed the schools were also involved. The COA will make available for home delivery the Traveling Chef meal on December 17th, the last meal before the Holiday break. Chuck will post this information and COA board members will help deliver. This issue will be discussed again in the future.
12. All emails between COA board members and Chuck need to be sent "bcc"- blind carbon copy for transparency, and please use "reply all" when communicating.

Meeting adjourned at 10:40. Next meeting on January 14th, 9:15 AM.

Minutes submitted by Jean Haight, COA Secretary