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

1. Meeting called to order at 9:15. Present: Ron Mayer, Mary Dow, Barbara Martin, Joan Simmons, Chuck Raffoni, Jean Haight.
2. Minutes from the October 2025 meeting were reviewed and approved.
3. Upcoming lunches: 11/5- field trip to Greater Lowell Vocational School, 11/12- Eggplant Parmigiana, 11/19-Swedish meatballs. For December, 12/3- Chicken rice soup (Barbara), 12/10- Holiday party sponsored by the Police Union and catered by the GLRVS, 11/17- Traveling chef meal, Yankee Swap. Chuck will follow up on meals from Age Span.
4. Programming: Dean will be returning once a month for computer help. Flu Shot program from Nashoba Health. Next year, Chuck will advocate more for there to be a clinic in Dunstable. The town pays a service fee to the Nashoba Board of Health for such services. If need be, flu shots can be provided to the home bound residents. The nurse will be returning after the New Year for the once monthly Wednesday visits.
5. Spring Music Program to Groton Woods: Bebe Wood, daughter of a town resident, will be a guest teacher in March, so we will plan to go on March 18th for her show. Chuck will be the contact person to the Music Center, and will reach out to the Fire Department for a pre-show meal as we did before. Also, April 15th there will Irish Music with guitar and fiddler players. Also, Merrimack Rep Theatre tickets are available for their shows; groups of 6 at $20 each person. Based on the success of the field trip to the Sea Glass, we would consider other locations locally. We would meet at the restaurant, Thai, Greek or Mexican.
6. Bingo: was a success in October! We will plan on 1x month Bingo after one of the lunches. We will need consumable prizes, so we will charge a nominal fee to play, $5.00? We will use the money we take in for the prizes and our budget. We will launch on January 7th at our New Year's Lunch.
7. Grant/Wellness programs: our goal will be to have an option each day. Currently we have Monday- Barre Fusion, Wednesday and Friday- Bone Builders. We would like to add Chair Yoga on either Tuesday or Thursday, Reiki massage sessions once a month, either on a table or chair and Chair Massage. All of these need to be scheduled. The budget for Reiki is $55 for a 2 hour session, and folks would sign up

for a slot. Barbara has some contacts for Reiki, she will reach out to them. Could Elements Massage be used as a resource? Chuck will do some research.

8. Bulletin Board: The goal will be to refresh it 4x a year, seasonally. Could it be used as a place to sign up for events, in addition to the Library? Jean will get the background material and create some signs for it.
9. Email between board members: has been difficult. Chuck will try some sample emails to see if we can get this figured out.

Minutes by Jean Haight, Secretary of the Council on Aging