Council on Aging
September 3, 2025
Grange Hall, Town Hall Lower Level

1. Meeting called to order at 9:20 AM. Members present: Chuck Rafoni, Ron Mayer, Mary Dow, Jean Haight, Barbara Martin, Joan Simmons.
2. August COA minutes were reviewed and approved.
3. Apple Picking field trip: Ron will try to market the event at Bone Builders. Chuck will post it on the Senior Newsletter.
4. Sea Glass Field Trip: September 10, 2025. 16 people have signed up to date, Chuck will call the restaurant to confirm the number. At least one car will be needed, Chuck, Ron and Jean have offered to drive. Our choice of ice cream following the lunch will be changed to Dairy Queen, which is on the route home. This will minimize the amount of walking needed.
5. Fit Over 50 Classes: Continuing well. May need some equipment if additional classes are planned.
6. Age Span Grant: There is a $100,000 grant available to be split among our regional area towns. Possible ideas for the grant: exercise classes, transportation, weekly grocery runs, reiki class (yes)
7. September lunches: 9/3 Shrimp risotto, 9/10 Sea Glass field trip, 9/17 Hawaiian chicken, 9/24 Tyngsboro Friends of the Elderly luncheon.
8. October lunches: 10/1 Traveling Chef Pot Roast, 10/8 Comedian/ Meatloaf lunch provided by Dinner Made Simple, 10/15 TBA, 10/22 TBA, 10/29 Halloween Pizza Party.
9. How do we implement the change in lunch cost donations? Raise price to $5.00 in January 2026. Communicate that now to participants.
10. Barbara will reach out to Greater Lowell Voke for Christmas party, possibly an early November visit by us to them.
11. Birthday Cards by school students: needed soon. Chuck will reach out to the schools for this.
12. Possible other trips: Merrimack Repertory Theater, Nashua theater near library, The Palace in Manchester
13. Next meeting October 8, 2025, 9:15 AM

Submitted by Jean Haight, COA Secretary