Council on Aging
May 7, 2025
Grange Hall, Town Hall, Lower Level
9:15 AM

1. Meeting called to order at 9:17AM. Members present: Mary Dow, Ron Mayer, Barbara Martin, Chuck Raffoni, Jean Haight. Missing: Joan Simmons.
2. The minutes of the COA April 2, 2025 meeting were reviewed and approved unanimously. Jean will forward to Sue Fayne for posting.
3. Upcoming Senior lunches: 5/7 Mother's Day Lunch/ small flower bouquets to be given, 5/14 Trip to GLRTHS, count needed by Friday at noon, 5/21 Age Span Steak Fajitas (Ron will help, Mary away), 5/28 Pizza, salad and dessert (Chuck away), also the Farmers Market.
   June Meals: 6/4 Age Span- chicken stir fry, dessert by Jean, 6/11 Chicken Caesar Salad, dessert by Carol, 6/18 Traveling Chef Pasta meal, 6/25 Pizza, salad and dessert (Jean will make salad)

Butterfly Place trip- June 3rd. Meet at 12:15 with your lunch and a beverage, dessert will be provided (Jean). Cost is $8.00, COA will cover the admission for up to 20 people.

4. July Meals so far: July 2- no meal due to holiday, 7/9 BBQ- Traveling Chef, rest to be determined. August 13 Traveling Chef Taco Bar, rest to be determined. Jean and Mary mentioned that they will not as available as usual during July and August.
5. Free Exercise classes: we would love to have more people join the classes! Ron will ask Linda Gill to announce them at Bone Builders. Nutrition Education Grant: Liz will provide a 30 minute session on healthy snacks for seniors, date TBA.
6. Communication: how to strengthen and get the word out. Jean suggested using the email list in addition to the E-alerts.
7. Age Span and Amazon: providing 2 Ring devices free of charge to a limited number of seniors. Each contact will be made individually, and a person will install and set up the system for you. Chuck will make copies of the information and hand it out at the senior lunches.
8. Birthday Cards made by the students are a huge hit! Barbara feels she has enough to go through October.
9. Congratulations to Ron for organizing and the success of the Brunch/ Concert at the Groton Music Center.

Meeting adjourned at 10:20 AM.

Minutes submitted by Jean Haight, Secretary, Council on Aging