Dunstable Council on Aging
March 4, 2026
Grange Hall, Town Hall Lower Level
Minutes

1. Meeting called to order at 9:15 AM. Present: Ron Mayer, Mary Dow, Barbara Martin, Jean Haight and Chuck Raffoni. Minutes of the February 11, 2026 meeting were reviewed and approved.
2. Birthday Card update: Barbara has enough cards for now.
3. Brunch/Concert on March 18th: All the sets have filled for this event. The tickets from the Groton Music Hall will be released on March 11th. Chuck will get them for everyone. Items needed for the brunch are tablecloths and centerpieces. Farmhouse Café will supply everything else, and some firemen are expected to help serve the buffet.
4. "All Shook Up" event on May 16th: Some tickets still available, Chuck will print out the paper tickets, and we will distribute them to all who have paid.
5. Crystal Sound Bowl Event: March 8th, 2 PM in the Grange Hall. Participants should wear comfortable clothing and bring a mat/blanket/ pillow or can sit in a chair.
6. Signup lists for events: Can we have a more streamlined way to see the sign ups for all events, including lunches? Chuck suggested creating a google document that we (board members) can add to? This is a process we will work on.
7. Reiki Event: will be booked for an upcoming Wednesday lunch.
8. Chair Massage: Was a good event. It was available for 2 hours, and each person had a 7–10-minute experience. Can we repeat this? It is possible, but Reiki will be booked first.
9. Chair Yoga: still up in the air.
10. Fitness Fusion: continuing for now.
11. Game Time: Ron suggested a Senior Jeopardy Game; Chuck will look into this.
12. May: Older American Month: There are 4 residents turning 90 this year, we will investigate a lunch at the Lowell Voke and invite them to come, COA will pay for their lunch and one guest. Barbara will check possible dates.
13. Rebranding of COA: Can we change our name to "Active Aging"? it seems to fit more of what we are doing and want to do.
14. April and May lunches: All still to be determined at this point.
15. Digital Equity Grant: Some requirements need to be included, so Dean may not be able to run the courses. High School students must be involved. We can still do mini courses but the timing is unsure, and we are waiting to hear from Lacey from the School Committee.
16. Dinner for Seniors at GDRHS: waiting to hear the event details.
17. Barry Scott: Chuck will try to book him for either July 15th or 22nd. We hope to coordinate with Traveling Chef for the meal. Last year's BBQ was a great choice!

Submitted by Jean Haight, COA Secretary