

## Meeting of Shutesbury, MA Council on Aging Wednesday January 9, 2019 5:30 PM EST

Town Hall

1 Cooleyville Rd. Shutesbury, MA 01072

Senior Lounge

COA Agenda for Wednesday January 9, 2019 at 5:30pm

- Approve minutes of December 2018
- Discuss Annual Report
- Discuss Saturday Exercise program
- Discuss updates on Pot Luck, Med-Ride, Foot Clinic, Exercise

Classes and Village Neighbors

- Other items

Confirm next COA meeting on 2.13.19

Important dates:

- Community Pot Luck first Tuesday of each month
- Foot Clinic THIRD WEDNESDAY of each month
- Lots of on-going exercise activities-yoga and strength training