

Council on Aging Minutes for November 28, 2018

Present: David Dann, Melissa Makepeace O'Neil, Susan Millinger, Linda Avis Scott, David Wheeler. Joined later by guests from the Recreation Committee, Rita Farrell and Christine Robinson.

Special Meeting called to order at 5:37 by David Dann.

Minutes of November 7, 2018: It was moved and seconded to approve the minutes as amended. The motion passed unanimously.

Business

1. Discussion of Special recognition of MedRide Drivers and Marilyn Tibbetts during the Community Lunch on December 4

The drivers have been invited by David D. David himself, Andy Fairfield (accompanied by Sally), Elaine Puleo and Susan Rice are planning to attend. JoAnn Bernhard may be able to attend. David will say a few words of thanks and appreciation to and for the MedRide drivers before the meal; Linda will do the same for Marilyn (if she is able to attend.)

2. Further Discussion about Kathy Sward's proposal for COA-sponsored presentations

The results of David D's conversation with Kathy about price and dates were presented.

1. Kathy's price is very reasonable: \$90 for each session; \$270 for the three. *A motion was made, seconded and passed unanimously to allocate \$270 to Kathy Sward for the three programs.*

2. Kathy will not be available on the second Saturday in March, so the third program will be on the third Saturday. The January and February programs will be on the second Saturday of the month, as previously planned.

3. The flyer prepared in advance by Melissa, Susan, David Wheeler and Linda was approved with minor alterations, including the addition of a line saying something like "No cost to participants. Sponsored by COA."

4. The COA meeting on December 12 will be primarily a folding party for the flyer.

3. Recreation Committee presentation on planned programs

Two members of the Recreation Committee, Rita Farrell and Christine Robinson, were present to talk about the exercise/physical fitness classes the committee was planning to sponsor. (These would be run when the Library Director was not running physical activity classes.) Since late November, the Recreation Committee has continued Gentle Yoga, and Kathy Sward's Strength Training for Seniors (only one class) and Therapeutic Yoga. The RC wanted to see if there was interest in continuing the classes and willingness to pay a small fee. After an initial survey to gauge interest, the RC decided to run a short series (of five sessions of each of the three classes). It also decided to charge a nominal fee, and charge it up front so that the RC had a known amount of money to pay the instructors. 13-14 people per class were needed to cover costs.

The Recreation Committee is not able to offer Chair Yoga because of low numbers. It wishes it could. It also would like to be able to offer reduced rates for some participants.

The RC is considering the possibility of continuing the three classes they are now sponsoring in a winter session (mid-January to mid-March.) It is also considering a meditation class.

David Dann indicated that the COA has been co-sponsoring the Library's exercise/physical activity classes. He also noted that the Rec Committee is in the position of being able to charge for classes, which COA cannot do.

The Rec Committee has description of local hikes on its page at Shutesbury.org. Perhaps the RC might want to make its programs and activities more widely known through *The Geezette*.

4. Volunteer Drivers Mileage Expense Form

Brief discussion of a form for mileage for volunteer drivers for MedRide drivers (not all of whom wish reimbursement for mileage.) The form contains what Accountant Gail Weiss said was needed.

A COA member's signature will be required. It is assumed that usually, the forms will be signed in COA meetings.

Next Meetings:

Regular December Meeting, Dec 12, 5:30 p.m., will primarily be a Folding Meeting (for flyer)

Regular January Meeting, the second Wednesday, January 9, 2019 at 5:30.

Meeting adjourned, 6:30 p.m.

Respectfully submitted, Susan Millinger, secretary