COUNCIL ON AGING BOARD MEETING MINUTES

WEDNESDAY, SEPTEMBER 6, 2023

9:00 A.M.

PRINCETON SENIOR CENTER, 206 WORCESTER ROAD

PRESENT: BOARD MEMBERS: Jane Giumette (Via Zoom), Barbara Guthrie, William Lindquist, Donna

MacKenzie, Susan Stolberg, Mike Warren

BOARD ALTERNATE: Fran Thomas

DIRECTOR: Judith Webster

ADMIN ASSISTANT: Kelly Aveni

ABSENT: Wendy Pape

**Minutes** of the August 2, 2023 meeting were approved as presented.

**Financial Reports.** The PMLD bill for June has not been received but the money has been encumbered. The balance of the EOEA monies is carried over into the new fiscal year. The dollar amount per senior resident is unknown at this time.

**Summer BBQ.** Tables and chairs have been ordered and will be delivered at dawn the day of the event. Mike and men from the men’s group will set them up that morning. Equipment from the Center will be brought to Krashes Field the afternoon before the event. Registration table will be manned by Kelly, Sue and Barbara. Fran will cut up the vegetables for the salad. Jane will pick up the hoodsies. The Giumettes will direct the parking as people arrive. The registration table will be divided into 3 sections by alphabet. Name tags will be available. Mike and the men’s group will cook the burgers and hot dogs. Other members of the board will help serve. Extra coolers and tents will be available. Judith is waiting to hear back from the EMT’s about using their big tent and grill.

**Programming/Services. Pickleball** is being played on Tuesday, Wednesday and Friday mornings. The nets are stored at the field when not in use. The nets are for “senior” use only. At this time the town recreation department does not have pickleball equipment. A first aid kit has been purchased for use by the seniors playing pickleball.

**Conversational Spanish** had been scheduled for Tuesday mornings but the teacher backed out. Judith will try and find someone else so that the class may be made available.

A talk on **Engines & Fuels** will be given on September 15th by Rick Rys. The program is open to the public (not just members of the men’s group).

**Craft Classes.** A **Beading Class** will be held on September 13th. There is no charge and the beads will be supplied. The class is limited to 15 people. A **Polymer Beading Class** will be held on November 16th. There will be a fee (amount unknown at this time) and the class will be limited to 12 people. Bobbye Samdahl will offer a **Basket making** workshop on October 25th. Cost is unknown. The class will be limited to 12 people. A **Felting class** will hopefully be offered in January. Judy Dino will lead a **Paper Ornaments class** in November. A **Holiday Centerpiece** workshop will hopefully be offered in early December.

The date of the **Flu Clinic** has been changed from September to October 11th. Shots will be given out by the VNA and will include only Flu shots.

Topics for future **Health Lecture Series** include Osteoporosis, Falls Prevention and Prostate. Judith is hopeful that another CPR course will be held this year as well.

Discussion was held about the large number of attendees coming to the chair yoga class and whether it might be feasible to offer the class two days a week and limit the number attending each class. It was noted that the instructor’s Frog Pond classes will be starting up soon at the Congregational Church which may affect the numbers at the Senior Center.

**Partner with Princeton Day** will be held on September 30th from 11:00-3:00 at Krashes Field. Growing Places will attend and sell the Senior Center’s spice blends.

**New Business. Newsletter.** It was noted that more than 30 percent of the people living in Princeton are seniors. With the growing population, the newsletter will be coming more expensive to mail and take longer to prepare for mailing. Judith would like to send out a mailing (to be either included with the newsletter or sent out separately) which would ask residents for their demographic information as well survey people regarding their programming requests/ideas for the Center to pursue.

It was suggested that the next newsletter recognize Tom Lyons for his donation of firewood for Princeton Seniors in need and also market our lending library of books and puzzles.

Meeting was adjourned at 10:45 a.m.

**NEXT MEETING: WEDNESDAY, OCTOBER 4, 2023, 9:00 A.M.**