**COUNCIL ON AGING BOARD**  
Minutes November 14, 2023 10:30 a.m.

Members Present: Chair Nancy Butler, Cindy Bloomquist, Geri Cellini, Dottie Martel, Inez Murphy   
Friends of COA Present: Geri Cellini, Cindy Bloomquist   
Guests: John and Brenda Traynor   
Staff Present: Jean Pacheco Staff Absent: Director Colleen Thompson  
  
1. **Opening**: Chair Nancy Butler opened the meeting at 10:40 a.m.

2. **Minutes**: October minutes were approved as written.

3. **Reports**:   
A. Business Report – Jean Pacheco  
 1) Warrants for September: $438.75  
 2) Pantry served 28 people, 22 households

B. Friend’s Report

1) Bank Balance $5,936.80.

2) There was some discussion about increasing snow removal reimbursement.

3) CB will get GATRA multi-ride tickets/card ($15) if requested.

4) Raffles will be prepared for the Christmas luncheon at the Upland Club.

C. OCES Report – None.

D. Director's Report – A written report was sent to NB and JP. Director has a bad cold.

4. **Other Business:**

1. Exercise classes – All meet in the Old Town House and cost $5./class.
2. Qi Gong classes with Kathryn Demers will begin January 9th at 9 a.m. Bring water to stay hydrated and wear footwear appropriate for wooden floors.
3. Yoga with Mary Wilson continues on Wednesdays at 5 p.m.
4. Cardio-Fit classes with Lori Hunter continue on Wednesday and Friday mornings, 9-10 a.m.
5. Health Clinic and Health Ed./Ask a Nurse sessions continue on Wednesday mornings as scheduled.
6. It was unanimously agreed to skip the December COA Board meeting. We will revisit the possible change in meeting day/time at the January meeting.
7. We will schedule a GATRA informational meeting to be held in 2024.
8. It was approved to let the police department use the med van when needed. They will maintain the vehicle and fill it with gas.
9. December 13 Holiday Lunch at the Upland Club. The Board agreed that members will make desserts.

The meeting was adjourned at 11:30 am.

The next meeting is scheduled for Tuesday, January 9th at 10:30

Minutes were prepared by Geri Cellini and transcribed by COA staff.