

Council on Aging Board

AGENDA - 10:30 a.m. Monday, 7/11/2022

Votes may be taken on one or more of the following:

OPENING - Nancy Butler, Chair

MINUTES June minutes for approval

REPORTS

1. COA Reports for June - food pantry, warrants
2. Friends of the COA Reports – financial and/or other
3. OCES Report
4. Director of Elder Affairs Report – Colleen Thompson

UPDATES AND DISCUSSION

1. Regular COA Programs – discussion of issues, questions, ideas only as necessary.
Brown Bag pickup/delivery taken over by Jim M.
2. COA Board membership – Dave Zeoli resignation
3. Newsletter (August content ideas)
4. Activities and Events
 - A. 2022 Events - set dates, food and locations
 - August 17 - Summer Day – Cookout at the Upland Club “Ragtime” Jack Radcliff.
 - Sep/Oct - Autumn Day – Pie à la Mode, September 28th or October 5
Possible Entertainment: Richard Hughes - silent movie pianist or Steve Lanzillotta - Wingate piano guy
 - December 7 - Christmas/Holidays – Lunch, Tom & Sheila Monaghan as Mr. and Mrs. Claus. Lunch at 12:00, entertainment at 12:45/1:00
How will we provide lunch without Dave Z? Pot luck?
 - B. 2022 Scheduled Activities – none at this time
 - C. Other ideas
5. Volunteer’s luncheon?

OTHER - Any other business that legally comes before this board – This item is included to provide members of the public with notice that matters not reasonably anticipated by the Chair could be raised, deliberated, or even voted at this meeting.

NEXT MEETING – Tentatively Monday, 8/8/22, 10:30AM. Generally held on the second Monday of each month at 10:30, or as called by the COA Chair.

ADJOURNMENT

2022 POSSIBLE EVENTS AND ACTIVITIES

PIANIST – Steve Lanzillotta, 781-826-4074, stvelanzi@comcast.net Does not sing but has a good patter. Recommended by Sharon MacLeod. He performs regularly at Wingate.

2023 POSSIBLE EVENTS AND ACTIVITIES

Hat Trick Mystery Theatre - Sally Wright. Director www.hattrickmysterytheatre.com. 774-454-3575

Hat Trick Mystery Theatre have performed at many COA functions in the past. We could certainly modify our show to last between an hour and an hour and a half. With any show, we can gauge the temperature of the audience re when to bring it to a conclusion.

Our shows are comedic, guess whodunnit mysteries, with plenty of audience participation (if willing). Everyone will have a description of the scenario and characters (the actors), plus some of the audience will become characters - again if they are willing. We perform throughout dinner, tea, cocktails, or in your case a Pie Social (which sounds great by the way), whatever works for each individual organization.

For your size audience I would bring in 4 to 5 actors. Our lowest price range for COA, non- profits, etc. is \$700. Let me know if this is within your budget and if not, what would work for you. Please feel free to call me at with any further questions or thoughts.

Neil Sullivan, Massachusetts Exercise Therapy Inc., 774-269-5456, neilpatrickssullivan@outlook.com

Balance & Conditioning Exercise Class consists of strength & conditioning exercises, stretches and various balance drills designed to increase balance, strength and flexibility. The stretching and strengthening exercises utilized in the class are focused on specific key muscles and joints designed to increase the ROM (range of motion) and strength in order to bring greater stability and increased awareness and reaction time so as to improve balance and prevent falls.

Strength & Fitness Circuit Training Class is a combination of Strength and Flexibility training designed to safely and effectively (1) Build Strength, Endurance and Stamina (2) Increase Range of Motion and Flexibility (3) Improve Balance, Stability and Coordination. A typical class includes warm-up & Stretching followed by 8-10 Low-Impact Isometric and Resistance exercise stations which alternate between muscle groups, such as upper body, lower body and core.

Arthritis Class is structured on the AEA Arthritis Foundation curriculum and designed to allow participants to exercise without putting excess strain on their joints and muscles. The class includes gentle passive and active movements/exercises as well as stretches to help increase joint flexibility, range of motion, and muscular strength. As an essential and effective component in the health and wellness of individuals with arthritis, the aim of this exercise class is to increase functional ability and self-care, as well as decrease pain and depression.

GATRA

Are people interested in a cannabis presentation? They've had them in Duxbury. Shannon Maxwell sent me something from Duxbury but it didn't arrive in time to let people know. Mail is terrible these days.