



COMMONWEALTH OF MASSACHUSETTS  
Town of Southwick  
Council on Aging  
454 COLLEGE HIGHWAY, SOUTHWICK, MA 01077  
Telephone (413) 569-5498 Fax (413) 569-5327  
Town Web Address: [www.southwickma.org](http://www.southwickma.org)  
E Mail Address: [Councilonaging@southwickma.net](mailto:Councilonaging@southwickma.net)

## COUNCIL ON AGING BOARD MINUTES Monday, September 11, 2017

Meeting held at Senior Center Meeting Room, called to order by Paula LeBlanc at 10:02 AM.

Present: Roy Benson, Herb Pace, Joan Plancon, Cindy Sullivan, Carol Laughlin, Paula LeBlanc, Associate members, Donna Charron, Harriet Fischer

Absent: Mary Jane Connolly

A moment of silence was held in remembrance of September 11<sup>th</sup>.

No Public Comment

Minutes reviewed—motion made to accept by Roy, seconded by Joan, no discussion, motion carried unanimously

Bills reviewed—motion made to accept by Paula, seconded by Joan, no discussion, motion carried unanimously

### **New Business:**

Update from COA director:

- Mural additions—Room was painted. Ed will tone down the edges of the mural. Class money will pay to bring out the mural more and tie it in with the new green color on the walls.
- On September 18<sup>th</sup> from 12-1 an event is planned to discuss the house numbering project. The Fire chief will be present and the Visiting Angels will sponsor an Ice cream social. The First 100 seniors to sign up receive the sign for free, seven are signed up already. Community members can pay \$25 to receive one. Cindy has to set up a revolving account with the town and the money will be collected in the spring.
- Jack and his guitar will play at lunch on the 18<sup>th</sup>. This was donated by the Friends of the Senior Center through a grant by the Cultural Council.
- Flu clinic will be held on 10/5 from 9:30 to 12, put on by Rite Aid.
- A health fair will be held on 9/21. 37 vendors are signed up. Joan suggested setting up a table have everyone sign in and be able to get a count of participants. She volunteered to run it.

Mary Alice Martin has sent a letter resigning from the COA. Motion to accept by Carol, seconded by Paula, no discussion, motion carried unanimously.

Motion to nominate Donna Charron as regular member and send to select board for approval, was made by Paula, seconded by Carol.

Update on:

Classes— starting up again, Ellie will do Tai Chi, Renee Rix is doing Chair Yoga. She will also do yoga dance every other Friday.

A new Zumba instructor is needed, Amy can no longer do it on Thursday.

Transportation—The numbers fluctuate on usage. People cannot get on the van until the driver is there.

Dining Center—Fish not a favorite. Some new people.

Starting in October, the alternative meal will be added every day. The same meal will be offered daily each week and change each Monday.

Brown Bag— The calls to remind people to pick them up, seems to be working. The numbers of participants is down.

Finances—Good

### **Old Business**

Exercise room has been painted.

Cindy has a meeting to start up the pen pal program and reading program at the school again.

Herb made motion to adjourn, seconded by Carol, motion carried unanimously.

Meeting adjourned at 11 AM

Next Meeting Monday, October 16 due to the holiday, at 10:00 AM

Respectfully submitted

Carol Laughlin