

**Meeting of the Northborough Council on Aging  
August 14, 2018 7:00 Senior Center**

*The role of the Northborough Council on Aging is to maintain or increase the quality of life for the mature citizens of our community. We do this through support advocacy, planning, coordination, and implementation of programs that bring mature citizens together for social, recreational, and educational purposes. We seek to educate the entire community and enlist its support and participation.*

- 1. Call to Order:** A meeting of the Council on Aging of the Town of Northborough was called to order at 7:06 PM by Adrienne Cost, Chair with the following also present:
- |                          |                                     |
|--------------------------|-------------------------------------|
| Jerry Anderson, Member   | Phylis Muthee, Member               |
| Linda Cragin, Member     | Anita Hagspiel, Pres., Friends      |
| Alice Stapelfeld, Member | Kelly Burke, Senior Center Director |

The following were not present: Tony Pini

**2. Approval of the Minutes:**

The minutes for the July 10, 2018 meeting were approved.

Adrienne shared that Ed Bombard is in the hospital and a card was circulated.

**3. Friends' Report**

The Tropical Paradise event was well attended, went very well and feedback was very positive. There were several new attendees and they remarked that they plan to come to other events. There will be a Spaghetti Dinner fundraiser on Oct. 12<sup>th</sup> with a sauce competition.

Applefest is coming up and discussion followed on how to attract attention and educate about the Senior Center. The theme for the National Council on Aging's Senior Center month in September is: Senior Centers Building Momentum: Growing, Learning, Giving, Connecting... There was a good discussion about many different ideas. The challenge is attendees are there to have a good time so we need something to attract their attention. Anita has investigated a Dunk Tank, we still have the corn hole game, we also have a Velcro dart board... Companies like Wegman's and realtors attend just for visibility/name recognition. It was decided to develop a game with the Velcro dart board.

**4. Director's Report**

Kelly reported that the YMCA selected Northboro for a CDC funded, evidence based program on preventing diabetes; individuals 65+ who meet certain criteria can attend with Medicare coverage. There will also be a new session of the Diabetes self-management program in Sept., Honoring Choices with an ice cream social, Cardio and weight training, a dietician will present on the Mediterranean diet, several programs focused on the eyes, a summer end BBQ and a new book club starting.

**5. WRTA Advisory Report**

There is an interim administrator and a new automatic payment system will start.

**6. Bay Path Report**

No Report

**7. Old Business/Community Awareness**

See discussion about Applefest.

**8. New Business**

The meeting adjourned at 8:00 pm.

Linda Cragin  
Secretary