

TOWN OF PRINCETON  
COUNCIL ON AGING BOARD MEETING MINUTES  
TUESDAY, SEPTEMBER 11, 2018  
12:30 P.M.

PRINCETON SENIOR CENTER, 206 WORCESTER ROAD

PRESENT: COUNCIL MEMBERS: Jane Fife, Barbara Guthrie, Beverly Kohlstrom, Wendy Pape, Susan Stolberg, Terry Thompson  
ADVISORY MEMBER: Willian Andrysick  
DIRECTOR: Aimee Kindorf

UNABLE TO ATTEND: Mike Warren, Council Member

The August 16, 2018 COA Board meeting minutes were approved as presented.

HEALTH FAIR. The annual town Health Fair will be held on Thursday, October 4, 2018, 11:00 a.m. – 1:00 p.m. at the Town Annex Building. Aimee is in the process of reaching out to potential vendors. Flu shots will be available during the 2 hour period of the fair. The Fire and Police Departments and the Foot Care people have been confirmed as attending. Aimee will send out additional information as it is confirmed. Two or three people will be needed for set up that morning. Light refreshments will be available (suggestions were fruit, juice and cookies).

CULTURAL COUNCIL GRANTS. The COA Board usually selects programs that are applicable for cultural council grants. Grants may be in the areas of humanities, arts and/or science. Aimee has been reviewing previous programs funded by these grants. Beverly agreed to get more information on the “Swinging Singing Seniors” group. Aimee suggested that a grant be written to bring in performer, Roger Tinkell. Wendy agreed to research another group.

FUTURE PROGRAMMING. Suggestions included a walking club, health and wellness programs (including additional exercise programs), a book club and increased foot care clinic hours. A representative from SHINE will be invited to come in November to discuss health care options.

It was noted that the cost of the Foot Care clinic may have to increase as the current fees are not at a breakeven level. The Foot Care nurse has suggested that the town contribute to help cover actual costs.

Wendy noted that the Princeton Congregational Church will be hosting “Wholesome Happenings” monthly luncheons. Dates are 10/3, 11/7, 12/5, 3/6, 4/3 and 5/1.

Harrington Farms will host a luncheon for senior citizens in December.

After much discussion, it was agreed to host a Halloween Coffee Hour on Friday, October 26<sup>th</sup> at 1:00 p.m.. Costumes will be encouraged. Light refreshments (coffee/tea/punch/cookies/crackers & cheese) will be offered. Program details are yet to be determined.

It was agreed to start a walking club on 2 Thursdays a month. Walkers will meet at the COA Center at 9:00 a.m.. October dates are scheduled for the 11<sup>th</sup> and 25<sup>th</sup>. Aimee will offer light refreshments for the conclusion of the walk. Barbara will search for someone to lead the group. Walks will take place in the COA neighborhood.

Discussion centered on finding a way to better market our COA programs. Words like “seniors, elderly and old” are turn offs for people.

OTHER BUSINESS. Aimee noted that she plans to start a facebook page. She will also add an insert to the October newsletter asking residents for programming ideas.

There was no further news on collecting additional chairs from the Lunenburg Senior Center or on cleaning the chairs already received.

A meeting in the new COA “Sonoma” space will be held on September 12<sup>th</sup>.

NEXT MEETING: It was agreed to hold future meetings on the first Tuesday of the month to better accommodate the printing of the monthly newsletter. Meetings will begin at 12:15 p.m. Our next meeting will be held on **Tuesday, October 2, 2018**. Aimee will bring information about the COA budget to help with future planning.

Respectfully Submitted

Barbara Guthrie, Secretary