

TOWN OF PRINCETON
COUNCIL ON AGING BOARD MEETING MINUTES
TUESDAY, JANUARY 8, 2019
12:15 P.M.

PRINCETON SENIOR CENTER, 206 WORCESTER ROAD

PRESENT:	COUNCIL MEMBERS:	Barbara Guthrie, Wendy Pape, Susan Stolberg, Terry Thompson, Michael Warren
	DIRECTOR:	Aimee Kindorf
	GUEST:	Anne Nueberg
UNABLE TO ATTEND:	COUNCIL MEMBERS:	Jane Fife, Beverly Kohlstrom
	ADVISORY MEMBER:	William Andrysick

The December 4, 2018 meeting minutes were approved as presented.

FEBRUARY AND MARCH PROGRAMMING. In recognition of Valentine's Day, it was agreed to have a social event on Wednesday, February 13, 2019, 1:00 p.m. Cookies, Cupcakes, Tea and Coffee will be served. Patsy Mollica will be asked to provide music for a singalong.

A "welcome to Spring" luncheon will be held on Tuesday, March 26th. Sandwiches and fruit will be served. Comedian, Steve Henderson will provide entertainment.

Chair yoga will be offered for a 4 week trial period. Classes will be 45 minutes in length at a cost of \$4.00/class. Ten people have signed up to date. Discussion was held on the need to raise the prices for the exercise classes being offered.

A grief support group led by Kate Sullivan, a retired licensed social worker, will be offered soon.

Rick Gardner has agreed to lead a hike once a month. It was suggested it be offered on a Thursday in place of the Thursday walking group. Snow shoeing may be an alternative.

A five session course on "Balance for Life" (a combination of exercise and education) will be offered later in the spring. Tentative cost will be \$25.00.

A program on fraudulent schemes seniors need to be aware of will be offered in March. Tentative date is Wednesday, March 13th. Another program specifically geared to IT fraud may be held at a later date.

Mike Warren reported he had been in contact with someone in Northborough who recently started a "Dull Men's Club." The organization is nationwide but there is no formality to the membership. More information will be forthcoming. Mike would like to start by having an informal men's coffee hour twice monthly perhaps on Fridays starting in February.

VOLUNTEER DEVELOPMENT. A town wide volunteer fair will be held on Saturday, February 3, 2019, 1-3 p.m. at the Congregational Church. Wendy, Mike and Barbara will represent the COA board. Copies of the COA monthly newsletter will be available. A sign-up sheet will be available for people who may be interested in joining a "Friends of COA" organization. It was also suggested we provide a list of possible volunteer opportunities such as: Friendly Visitor, Office Support, Serving & Cleaning Up for Congregate Meals, Drivers (need to check on liability insurance requirements), etc. It was suggested that we invite

anyone interested in volunteering to a coffee social in the spring to further promote the need for volunteers.

ESTABLISHMENT OF A "FRIENDS OF PRINCETON SENIORS" ORGANIZATION. Aimee distributed the directions on how to set-up a nonprofit organization to establish a "friends" group. Purpose of the organization would be to raise money for programming needs which have been identified by the COA board. Ann Nueberg has volunteered to work on the project. Ann's expertise is grant writing. The board voted to move forward in forming a "Friends of Princeton Seniors" organization.

UPDATE ON SENIOR CENTER SPACE. Dave Cruise and Town Administrator, Nina Nazarian, joined the meeting to give board members an update on the status of the renovations to be made in the Sonoma space, the new home of the COA. Dave Cruise provided the history of how the original cost estimates were derived by Dave and Jim O'Coin prior to the May, 2018 town meeting. Due to unknown changes in building codes and increased costs of items such as lighting, plumbing, etc. actual costs now exceed the original estimates. The lease will be for 20 years with an option for the town to terminate it after 5 years. The town will be responsible for ongoing maintenance inside. The landlord is responsible for the outside of the building. It is anticipated the lease will be signed within a week. Renovations are expected to take 3 months to complete. Since the process is taking longer than anticipated concern was expressed that budgeted funds expected to be used for the move and equipment might not be spent before the end of the fiscal year (June 30th). Nina noted that monies can be encumbered before the end of the fiscal year which then must be spent by September 30th.

Meeting was adjourned at 2:30 p.m. The next CoA board meeting will be held on Tuesday, February 5, 2019. 12:15 p.m.