

**Commission on Aging
Regular Meeting
Marlborough Town Hall
Wednesday, February 15, 2023
11:00 AM**

Minutes are considered "draft minutes" until approved at the following meeting

1. Call to Order

Colleen Kaplan called the meeting to order at 11:04 AM. Members present were Barbara Armfield, Donna Mosher, Rita McGary, Sarah Cameron and Melissa Jordan.

Absent: Karen Currier

Also present: Ray Bull, Parks and Recreation Director, Betty O'Brien, Board of Selectmen

2. Approval of Minutes

Tabled

3. Additions to the Agenda

None

4. Review February 14th Event

C. Kaplan reported one person showed up for the February 14th event. Discussed the need to advertise earlier and in more places. B. Armfield stated seniors have not come to any events at the Senior Center since Covid. Discussed whether providing transportation would increase attendance. Discussed the ad for the event in the Rivereast News Bulletin and whether it made the event sound like a regular weekly lunch - rather than a special Valentines Day luncheon. Questioned if a different format would have made it more noticeable. C. Kaplan suggested future events be advertised on the Town website and Facebook. There was discussion regarding whether seniors are attending Senior Centers in neighboring towns. S. Cameron noted Covid led to isolation in all generations and people may have gotten comfortable staying home. Discussed advertising the Commission on Aging events separately from the Senior Center events.

5. Discussion of our mission: How to improve involvement, attract new commission members, write a mission statement?

The mission statement was discussed and will be updated at future meetings.

Sarah Cameron volunteered to work on communications including creating a Commission on Aging Facebook Page, posting COA information on the Marlborough/Marlborough Happenings Facebook pages and working with the Rivereast News Bulletin.

C. Kaplan read suggestions for activities that were collected at Marlborough Day which included: Gardening, swimming pool, bus trips, welcome greeters for new residents, authors/book clubs, art classes, movement classes, bowling league, gardening or raised beds, more relevant activities at senior center like cards, games, chair yoga, cornhole, senior yoga, put activities on Facebook, local concerts/shows, beach day, outings to different states, oil painting/lessons, tai chi and moving meditation, quilling, juggling, trips to dinners out, friendly shoppers and friendly visitors, more walking paths, smart phone training classes, museum touring, water aerobics, bonfire area for social gatherings, mystery bus trip, game nights, crafts that include people of all ages, line dancing, Mexican train, bingo, low impact exercise, pickle ball, more social reach-out, Medicare classes, basic self-defense, fishing day for veteran's at the lake, spa services, light therapy, walking shelter dogs and upgrade senior center.

Discussed whether activities can be held at the Senior Housing. C. Kaplan noted COA activities can be held at various locations but should be advertised together to make them easy to find.

6. Needs Assessment: How to begin, Contact other COA's

C. Kaplan will discuss Needs Assessment with East Hampton. Discussed creating a survey.

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7. Updates from Vi Schwarzmann and Ray Bull

Ray Bull, Parks and Recreation Director reported the following:

- Trips planned for spring include Boston Red Sox vs LA Angels, Blue Angels Air show, Yankees vs Padres, Yankees vs Red Sox
- He reached out to Hemlocks regarding using the pool for water aerobics and was told they are not renting the pool at this time
- He is working on bringing a yoga class at the Senior Center

8. Public Comments

B. O'Brien commented she is impressed with what COA is trying to accomplish.

9. Adjournment

C. Kaplan made a motion to adjourn at 12:25 PM. B. Armfield seconded the motion. The meeting was adjourned.

Respectfully Submitted,
Debbie Pearson, Board Clerk