**Town of Boylston**

**Council on Aging**

**Meeting Minutes**

**February 2020**

**Date of Meeting:** Wednesday, February 5th, 2020 at 6pm

**Location:** Ward Nicholas Meeting Room, 221 Main Street, Boylston, MA 01505

**Time:** 6:05 pm

**Members Present:** Dennis Goguen, Chairperson; Warren Leach, Member; Kathy Lohnes, COA Assistant; Ed MacDonald, Member; Deborah Goodrich, Member; Ozzie Sauer, Member; David Wheeler, Member

**Absent:** ---

**Guests:** Janet Sargood, videographer; Kristin Higgins, owner, Center Balance; Andrea MacRitchie, resident

**Announcements:** Senior Citizens Society Meeting on Monday, February 10th for Valentine’s Day bingo. March meeting will be the annual St. Patrick’s Day lunch at Worcester Technical High School, March 17th, tickets are subsidized at $10. No COA programs or van on February 17th in observance of President’s Day. Office is also closed.

**New Business:** Kristin Higgins, Owner of Center Balance in Clinton spoke with the board to discuss leading a Silver Sneakers fitness class on Fridays at the Town House. Would like COA approval. Kristin spoke of her credentials. Would like to hold a Friday class of a combination of Tai Chi, Yoga & Qigong. Boylston resident, Andrea MacRitchie spoke of Kristin’s classes and how much they have medically helped her. Board approved updated fitness program waiver form. COA received $2,500 from the Lillian A. Luksis Charitable Fund. Kathy sent thank you letter.

**Old Business:** Laura continues to meet and talk with Kathy and Dennis to assist with office functions. Job ad for a new COA Coordinator has been placed. Resumes coming in. Dennis would like to increase COA staff hours to accommodate more community outreach. Warren and Kathy continue to work on getting a tech help class together between Tahanto students and Boylston seniors. Setting a date for the tech class has proven to be a challenge. Kathy will again contact Tahanto and the student president of the Honor Society. Federal Census is happening this year. Should provide a much clearer picture of how many seniors live in Boylston and increase our funding.

**Program Updates:** Art program instructor is pregnant and found a full time job. Art program is on hold for now. Kathy will look into other options. Attendance at fitness programs has increased in all classes. COA grant from the Cultural Council is $350.

**Comments:**

**Next Meeting:** Wednesday, March 4th at 6pm

**Adjournment:** 7:03pm