

COMMISSION ON AGING

MEETING

SENIOR CENTER

AUGUST 5, 2024

The meeting began at 9:02 am.

Present: Bruce Lorentzen; Richard Wolf; David Goodman; Alison McElhone; Terry Castellano; Julia Braedon; Wyn

Minutes: approved unanimously

Dial-a-Ride: Number of rides:

June: 123 rides

July: 123 rides

The vast majority are for medical appointments. There were 14 refusals (but they were rescheduled) due to emphasis on Wednesdays at the Senior Center.

We no longer have a back up driver.

The position is open.

Social Services: Allison unable to attend.

Senior Services: Anne is now working 24 hours; Linda is working 19 hours.

Fire Department Luncheon was a great success.

Pickleball participation is continuing to increase; special pickleball events are coming up.

Line dancing is about to begin.

Alison McElhone mentioned the need for activities that “exercise” the mind such as possibly introducing musical instruments. Julia mentioned that she is looking into language classes.

David suggested co-sponsoring an activity with Westport.

General discussion: alternatives to dial-a-ride

Richard would like to see activities that attract more men.

ARPA grant came through.

Julia is looking into finding a PT person to instruct at the exercise area.

Friends: They are expecting a donation in January 2025 that will help underwrite the lecture/exercise program conducted by the licensed physical therapist.

One opening on the COA,

Open discussion: David asked if the Center has intergenerational programming. Julia said yes. Alison would like to see more inter activity with the high school.

The Center is working with the Historical Society.

Adjournment: 10:10 am.

Respectfully submitted,

Terry Castellano