

Minutes from virtual COA Board meeting April 15, 2021



Present: Director Josephine Madrazo, LeeAnn Cerretani, Dick Kelsay, Joan Hoey, Tom Keogh, Neal Boldrighini, and Mary Hourigan. Excused: Paula Topjian and Lynette Boldrighini, Asst. Director

Called to order 3:35 pm Chairman Dick Kelsay read the Mass CDC guidelines for virtual town board meetings.

Minutes of 3/15/21 Accepted. Motion: Tom Keogh, Second Joan Hoey. Vote by roll call. Unanimous 6 votes in favor.

Warrants: no changes. Accepted. Motion: Neal, Second LeeAnn. Vote by roll call. Unanimous 6 votes in favor.

Treasurer's Report by Tom- Gift account \$6073.45. Accepted. Motion: Joan, Second LeeAnn. After this I think Dick just said, then we will place it on file- not sure there was a vote. ????

Director's Report- Josephin stated that beginning May the COA will reintroduce past and new programs not exceeding 20 people per program.

New Offerings: Mondays in person LeAnna Sheehan- operates a full-service fitness studio in Mansfield since 2006,

Strong: Body and Mind

- Strong: Body and Brain offers a fun and energetic workout for all fitness levels.
- This workout will offer seated as well as standing options to build strength, stamina, balance, flexibility, and brainpower!

Endurance Wednesdays in person

- Endurance is a class for all fitness levels and will work for all major muscle groups in the body, while also incorporating active movements to fulfill your body's need for cardiovascular activity.
- We will be sure to lengthen those muscles, tendons, and ligaments. Workouts will vary week to week so that you will never get bored

Elisha:

- Table Chat 1x a month
- Crafting 2x a month – all supplies provided by COA

Reintroducing:

- **Drums Alive** (Kelly Sipe) Tuesdays and Thursdays 9 am in person and virtually
- Monthly **Book Club**
- Weekly **Knit, Crotchet, and Chat**
- Weekly **Bingo**
- Monthly **Bereavement Group**
- Weekly **Painting**
- **Trips starting in July – December booked**

- Lake Winnepesaukee, Narragansett Lighthouse Tour, Main Famous Bull, and Claw Lobster bake tour, Encore Casino, Newport Playhouse, Norman Rockwell, Vermont Foliage, Salem Cross Christmas, and the Boston Pops

New Program Veg Your Way to Healthy Eating at Any Age-Debra Diamond (Mansfield Resident). Debra is a certified in Plant-Based Nutrition Moving Medicine forward Master Class in Plant-based clinical experience. She will discuss protein, carbohydrates fat, and vitamins what they are where they come from and how they fit into your health.

Jo stated that three people have signed up to help with the Veteran's Memorial clean-up project. There was a drive-through lunch today and at least one more planned for May.

Following the news that bus trips will resume this summer requiring participants to show proof of vaccination before boarding buses, Neal asked if the COA will ask for vaccination certificates from members? Jo answered that so far the town has not required this.

Dick asked if, with more relaxed regulations concerning numbers of people allowed in the large room at the COA, could we hold our future meetings there? Jo answered that for now, the town requires that all meetings be held virtually at least until August.

Tom asked Jo if there was one more thing that you could add to your list of activities, what would it be? How can the Board help? A lively discussion followed. Jo stated that she would like to be able to have more speakers and presentations for large groups, but for now, we are limited to 20 people maximum. She would like us to look around town to see what opportunities there are for seniors to become more involved. We discussed the types of activities that would attract our senior population to come out and become involved. Bocci, wellness/fitness exercise on the South Common, movies at Patriot Place, cookouts, general get-togethers for visiting with each other were some suggestions. Collaboration with Parks and Recreation was suggested.

It was decided that Jo get in touch with other COA Directors, and see what other senior centers are doing at this time of transition from isolation to more open participation by members. The Board also agreed that the staff with the Board's help should prepare a brief survey seeking to determine the long term and short term wishes for programming from among our town's senior population.

New Business: Nominations for Board Officers- A motion was made by Joan and seconded by LeeAnn to approve the following slate of officers, to be voted on at our May meeting:

Chairman- Dick Kelsay
Vice-Chairman- Neal Boldrighini
Secretary- Mary Hourigan
Treasurer- Tom Keogh

A show of hands approved the nominations.

Neal reported that three people have signed on to work on the Veterans Memorial clean-up project. Dick Kelsay volunteered on the spot.

The computer and mobile devices education program will not start until September, due to the availability of the instructor. Jo suggested we look to some high school students needing to accumulate volunteer hours for this. No decision was made.

Tom rekindled the discussion the Board has had in the past concerning signs that would direct people to the COA building and also clearer signage on the building itself. He volunteered to approach Public Works Director Lee Azinheira to determine what is involved if we wish to add some signs. It was suggested that this be on the agenda for the next meeting.

Vote to adjourn at 5:25 pm- Motion: Neal. Second Tom. Roll call vote was unanimous 6 voting in favor.