



**COUNCIL ON AGING
MEETING MINUTES
MIDDLEFIELD TOWN HALL
2021-11-03**

Members: Chair Judith Hoag, Treasurer Laura Lafreniere, Director Lois Leonardo-Bell, Sharon Barry, Char Gero, Patricia R. Jones, Crystal Main, Marilyn Miller and Marge Pierre.

Guests: Doreen Black & Barbara Miller

Regrets: Noreen Suriner

Meeting began at 1:00.

MINUTES: A motion was made and seconded to approve 2021/10/13 minutes with edits. Motion passed unanimously.

PROGRAMS:

- Doreen Black made a presentation about Tai Chi, Qi Gong, meditation, yoga and self-hypnosis that she teaches. Doreen shared her history and demonstrated a Tai Chi move. It was decided to hold the first class on Monday, November 22 at 9:00 that will include a combination of all programs for 8 weeks.
- Foot Clinic is scheduled for January 17 & 18.
- Quilting class is scheduled for November 12. There are 1 or 2 openings. Sewing machine is required.
- Flu Clinic was discussed. Duane will be contacted to find out what Berkshire Regional Planning Commission's contract includes.

FORMULA GRANT: Lois will make inquiries about the Formula Grant program, because she has not received any information as of yet.

GRANTS: Selectboard Member Curt Robie updated the progress of the building's maintenance project. They have received some estimates from Eversource to install energy efficient lighting in all town buildings. John Savery is working on a plan to move the panels in the back closet, and a list of equipment needed for upstairs. A grant for \$30,000 has been submitted for a generator. Curt described the other issues concerning the senior center.

GOLDEN CANE AWARD: To be further discussed when a full board is present.

ADJOURNMENT: Motion made and seconded to adjourn at 3:07. Motion passed.

Respectfully submitted, Suzanne C. Lemieux
Recording Secretary