

Lakeville Council on Aging Meeting Minutes of January 3, 2024

The Lakeville Council on Aging held a meeting on Wednesday, January 3, 2024 at the Lakeville Senior Center. The meeting was called to order at 10:03 am by Chairman Deveney Boyadjian.

Roll call: Taken by Donna Adams

Present: Donna Adams, Joanne Bowes, Deveney Boyadjian, Lori Fahey, Paula Houle, Charlene Montleon, Nancy Richmond, Evajune White,

Alternate: Rosemary Duclos, Gail Dragicevich

Absent: Patricia Mustacaros, Hilary Wood

Review of December Events:

Holiday Luncheon was very well attended by 140 members

Caroling – 20 members attended

Brain Builders was attended by 12 people. This is still being offered for free

Movies – low attendance (4-7) possibly due to holidays and illnesses going around. Will have 2-3 movies per month during the winter

The Hearing Clinic is always full every month with a waiting list

Coping with Grief was very well attended

Bingo and luncheon had lower numbers in December possibly due to the holidays

9 members attend the Old Colony Elder Services information session

A total of 6 people attended Chocolate Making with Nina

Holiday Fraud Prevention had only 4 sign-ups

New Year's Eve Café was a huge success

Exercise Programs:

Healthy Hearts will now be offered 2 days a week.

Tai Chi 2 times a month instead of 4

There was a discussion regarding the Yoga class. Charlene said the instructor is doing more cardio and stretching than traditional yoga. Lori will speak with Amy.

Old Business:

Volunteer drivers to transport shut-ins or people who do not drive at night to the polls or town meetings were brought up at last month's meeting. This is not something that can be done through the board.

Senior Work-Off Program – Deveney did get more information and at this time it is not feasible due to lack of space at the town hall and this program will cost the town money.

A motion was made by Deveney to approve the minutes from the December 6, 2023 meeting. The motion was approved by Charlene Montleon and seconded by Paula Houle.

New Business:

Deveney would like all members to continue working on developing a mission statement for the board.

A motion was made by Deveney to adjourn the meeting at 11:10 The motion was approved by Charlene Montleon and seconded by Evajune White

Next Meeting: Wednesday, February 7, 2024, at 10:00 am

Respectfully Submitted by: Donna M Adams