

COMMISSION ON AGING

TOWN OF CANTON

Regular Meeting

Monday, September 12, 2016

12noon: Canton Community Center, "Senior Program Room" (lower level)

- CALL TO ORDER
- PUBLIC PARTICIPATION (*5 minute time limit per speaker on any item*)
- REVIEW MINUTES
 - Regular Meeting Monday, August 1, 2016

NEW BUSINESS

- Dementia Training with Pamela Atwood: Tuesday, September 13th from 10-11:30AM- open to CoA Members

OLD BUSINESS

- Canton Senior Center logo-ongoing project with Eduardo Barrios
- Canton Senior & Social Services/Commission on Aging ANNUAL REPORT 2015-2016- ongoing project
- Requests to the town:
 - SENIOR CENTER lettering on CCC building –at the printer
 - Transportation Donations into rolling acct- brought up at BoS Meeting but not voted on favorably
- SENIOR CENTER COORDINATOR'S REPORT
- **Kayak Adventure & Lunch:** August 3rd in conjunction with Plainville Senior Center there were 14 adventurers.
- **Hoover Dam – Past and Present:** by Kurt Glaser from Home Helpers on August 10th- 20 attendees.
- **Monday & Wednesday Movie Matinees:** Every Monday & Every other Wednesday in August- not many on Mondays but had between 4 and 8 attendees on Wednesdays.
- **Scholarly Hour:** 6 week lecture series on *Museum Masterpieces at The Louvre*. We finished up the 4th session in August. We had over 15 attendees during some lectures.
- **Sinatra: Voice for a Century:** August 16th in conjunction with the library, 18 attendees.
- **Adult Coloring After Noon:** New on-going program starting August 22nd. Every 4th Monday of the month. We had 6 people attend.
- **A Matter of Balance workshop:** Thursday, September 1st. Filled all 14 spots for the 8 weeks.
- **Senior Center Month kick-off party:** Friday, September 2nd with 55 people in attendance.
- **Food for Thought:** Nikki DeRosa, RDN of Shop Rite of Canton on Friday, September 9th at 1:00 pm.
- **Community Conversation Group:** meets Friday, September 9th at 1:00 pm.
- **Scholarly Hour:** Last 2 sessions this month, 9/12 and 9/19 at 11:00 am.
- **Balance Assessments & Blood Pressure Clinic:** Wednesday, September 14th at 11:00 am.
- **Indoor Rowing Class:** starts 9/24-10/19 at Power 10 in Avon.
- **Medicare Options:** with Medicare Mentors on Friday, September 16th at 1:00 pm.
- **Latin Beat:** Tuesday, September 20th at 2:00 pm in conjunction with the library.
- **Fall Prevention Awareness Day:** Thursday, September 22nd. Tai Chi every Thursday.
- **Wii Bowling Match:** Monday, September 26th at 9:30 am.
- **Adult Coloring:** Monday, September 26th at 2:00 pm.
- **Cooking Demo & Lunch:** Tuesday, September 27th at 12noon.
- **SAVE THE DATE:** Flu Clinic on October 5th.
- **SAVE THE DATE:** Oktoberfest on October 17th.

ADJOURN

NEXT SCHEDULED MEETING: Monday, October 3, 2016 "Senior Program Room", LL, CCC