

COMMISSION ON AGING

TOWN OF CANTON

Regular Meeting
Monday, October 3, 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, September 12, 2016

NEW BUSINESS

- Mental Health First Aid Training with North Central Regional Health Board: Tuesday, September 18th & 25th from 8:30-1:00PM- open to CoA Members
- Code of Ethics – Acknowledgement Form due October 3rd to CAO office.

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

SENIOR CENTER COORDINATOR'S REPORT

- **A Matter of Balance Workshop:** Thursdays 9/1-10/20.
- **Senior Center Month kick-off party:** 9/2 with 55 people in attendance.
- **Food for Thought:** Nikki DeRosa, RDN of Shop Rite of Canton on 9/9; 8 attendees.
- **Community Conversation Group:** meets every other Friday. Met on 9/9 & 9/23.
- **Scholarly Hour:** Finished in September. Great attendance and feedback.
- **Balance Assessments & Blood Pressure Clinic:** 9/14
- **Indoor Rowing Class:** 9/24-10/19 at Power 10 in Avon. 8 out of 16 spots filled.
- **Medicare Options:** with Medicare Mentors on 9/16 cancelled due to instructor illness.
- **Latin Beat:** 9/20 in conjunction with the library; did not go well.
- **Fall Prevention Awareness Day:** 9/22; raffled off an 8 week session for ½ off.
- **Wii Bowling Match:** 9/26 against East Hartford.
- **Adult Coloring:** 9/26; no attendees.
- **Cooking Demo & Lunch:** 9/27; about 10 people attended.
- **Flu Clinic at the CCC:** Wednesday, October 5th from 12-2pm.
- **Community Conversation:** Friday, October 7th & 21st at 12:45pm.
- **Oktoberfest:** Monday, October 17th at 12noon. Cost \$5.00.
- **Scholarly Hour:** Mondays, October 24th – November 28th. Museum Masterpieces at the National Gallery in London.
- **Adult Coloring:** Monday, October 24th at 2pm.
- **Fall Brunch:** Tuesday, October 25th at 11am with Nikki DeRosa, RDN. Free of charge.
- **Jeopardy:** Wednesday, October 26th at 1pm with Home Helpers.
- **Chronic Disease Self-Management Workshop:** Offered by FVHD on Thursdays, October 27th – December 1st.
- **Caregivers Series:** Thursdays, October 27th – November 10th at 5pm.
- **SAVE THE DATE:** AARP Safe Driving on 11/2/16.
- **SAVE THE DATE:** Veteran's Day Celebration in Avon on 11/14/16. Cost \$5.00.
- **SAVE THE DATE:** Winter Wonderland on 12/30/16.

ADJOURN

NEXT SCHEDULED MEETING: Monday, November 7, 2016 "Senior Program Room", LL, CCC