



## Town of Middlefield Council on Aging

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### COUNCIL ON AGING MEETING

October 1, 2014

1:30 P.M. at the Senior Center

### MINUTES

**Board Members Present:** Chairman Howard Knickerbocker, Judy Artioli, Kim Baker, Judy Hoag, Marge Batorski and Priscilla Suriner.

Regrets: Laurie Lafreniere and Ed Vivier

Chairman Howard Knickerbocker opened the meeting at 1:30 P.M.

**Tai Chi:** Doreen Black provided a letter describing her qualifications and a variety of services that she could provide and the costs of those services. Doreen explained the benefits of Tai Chi and Balance classes and invited people to come to one of her classes at the Melbourne Place. Doreen provided introductory chair massages to the seniors last month. Most of the people's concerns were with the quality of life. Balance was a major issue. Tai Chi works on balance, health and wellness.

Howard made a motion to have Doreen teach Tai Chi & Qi Gong weekly for eight weeks starting Monday October 20 at 10:00 A.M. at a price of \$30.00 per session. Kim seconded the motion. All were in favor. 0 opposed.

Judy Hoag reminded the Board that the grant is due in October. Judy left the meeting at 2:10. Doreen will make up flyers to advertise the classes.

**Comedy Revue:** Steve Henderson launched his presentation of a forty minute one act play called Mabel and Jerry. Steve submitted letters of recommendation and his resume. Steve will apply for a Cultural Grant. Times and dates were discussed. It was generally agreed to have a matinee on a Saturday around Valentine's Day. The fee would amount to whatever the Cultural Committee grant would provide. Steve is expecting an attendance of at least 25 people. Priscilla Suriner left the meeting.

**C.O.R.I. Checks:** Howard will do the CORI checks on the volunteer drivers for the Council on Aging. Because of a lack of quorum, the minutes will be deferred to the next meeting.

**Next Meeting:** Next meeting is November 5, 2014 @ 1:30 P.M. The meeting ended at 2:40 P.M.

Respectfully submitted,  
Suzanne C. Lemieux  
Recording Secretary