

Durham Senior Citizen's Board

Meeting Minutes

March 23, 2016 at 1:00 P.M.

Durham Activity Center

Call to Order: Meeting was called to order at 1:05 P.M. by Chairwoman Lainy Melvin.

Roll Call: Members Present: Lainy Melvin, Henry Coe, Karin Thody, Norm Hicks, MaryEllen Dontigney, Stu Keating, Jim Martinelli, and Bev Pedersen.

Staff Present: Recreation Director Sherry Hill and Human Resources Director Amanda Pedersen.

Members Absent: Dede Levy and Secretary Diane Miramant.

Guest: Tom Cushing, Tai Chi Instructor

Approve Agenda: *MaryEllen Dontigney made a motion to approve the agenda for this meeting. Jim Martinelli seconded. Motion passed.*

Approve Minutes: *Norm Hicks made a motion to approve the minutes of February 24, 2016 as presented. Stu Keating seconded. Motion passed.*

Tom Cushing, Tai Chi Instructor: We discussed possibilities of Tom teaching Tai Chi classes. He can do 25-30 people in the Durham Activity Center. His Fall Prevention Program is usually 12 weeks with two times a week. Our proposed class (Second Session) is also twice a week for 8 – 12 weeks (preferably 12) for an hour each session. All times and numbers are negotiable. Tai Chi is a choreographed set of movements including pieces of Martial Arts, internal energy, and moving with balance. It is an ancient Chinese practice of self defense with a health component. It is great for older people as well as anybody of all ages. It is not vigorous, and you don't have to be an athlete to participate. He would charge \$100 per class. If it gets funded and approved, it could start as soon as we want. We are looking at Tuesday and Thursday mornings at 10:30.

Reports:

Amanda Pedersen, Human Resources Director:

- April newsletter not quite ready.
- Next week, Kennedy Center from Norwich will put on a presentation on "Learn How to go in Durham" on the 30th after lunch. It is how to use public transportation in Durham.
- Soup & Salad on 4/1/16; 53 people have signed up for it. It will feature a State Police presentation by Resident Trooper Larry Morello and Sgt. Rob Derry.
- Luncheon on 3/27 will have a reminder by the State Police on how to bring back unused prescriptions to the State Police.
- 3/30/16- Bring unused prescriptions to State Police office at 24 Town House Rd., Durham.

- May 12, noon- “Lunch & Listen”. Masonic Home will provide lunch and discuss hearing and hearing aids with the attendees present.
- Still working on Renters Rebate.

Sherry Hill, Recreation Director:

- Tea Party- was wonderful with 21 people in attendance. They had all different teas and deserts. Lainy and Amanda made sandwiches. Bev Pedersen ran a game. It has been suggested to do it every year.
- LSMFT- Ask Stu Keating what that means!
- Spring Bingo- \$1 a card. Sherry will look at the calendar. Possibly the 3rd or 4th Wednesday.
- Korn School- There will be no more evening recreation programs. They will now be at the Durham Activity Center.

Old Business:

- Soup and Salad is looking great for 4/1/16. Stu’s neighbor, Louise Smith, who is the first African American Woman State Police Officer, will also attend along with her husband.
- Spring Fling Luncheon- will be Friday, May 6th at Memorial School. It will be our soup and salad luncheon for that month. They will, however, provide the food.
- DMIAAB sticker- Whether Seniors get a reduced rate will be dependent upon their budget.

New Business:

- June 3rd Soup and Salad will feature Dr. Steve Levy speaking on Lyme Disease.
- Coginchaug Valley Education Foundation is looking for people to apply for grants. The application due date is 5/2/16. We determined that our Soup and Salad luncheons may qualify as they mostly have education programs presented. They cost us between \$300 and \$600 each, depending upon the program presented. Lainy will look into it further.

Board members’ concerns, comments, and ideas: None

Adjourn: *Norm Hicks made a motion to adjourn at 2:04 P.M. Jim Martinelli seconded the motion. Motion passed.*

Respectfully submitted,

Karin Thody

Substitute Secretary