

# Adams Council on Aging

## Advisory Board Meeting

Monday, December 4, 2023

2:00-3:00 PM

3 Hoosac St Adams, MA 01220

### AGENDA

#### 1. Call to order

#### 2. Reading and acceptance of minutes

November 2023

#### 3. Program/Outreach Report

##### a. Recent Events

November: 11/1 Holiday Party Planning Meeting; 11/2 CPR/First Aid Training for staff; 11/6 BINGO at Sweetwood; 11/7 ESBC Lunch & Learn "Nutrition Myths De-Bunked"; 11/8 Veterans Day Event, Living After Loss Support Group, AARP Tax Aide Volunteer Fair; 11/9 Closing at Noon; 11/10 Closed; 11/13 Bus trip to MGM SOLD OUT; 11/13 Meraki Discounted Haircuts; 11/14 Mobile Food Bank, Caregiver Support Group; 11/15 Bingo w/ HNE, FCC Food Pantry; 11/16 Thanksgiving Linen Lunch, Chair Massages; 11/20 Shelf Stable Soup Discussion w/nbCC WOW Workshops, Brown Bag (day & time change due to Thanksgiving); 11/21 Foot & BP Clinics, Craft w/ Izzie; 11/22 Closing at noon; 11/23 & 24 Closed; 11/27 Lunch w/ Moon Pies, Social Group; 11/28 Mobile Food Bank; 11/29 Meal Site Volunteer Food Safety Training from ESBC, Hospice Remembrance Ceremony; 11/30 Retirement Party for John Naughton

##### b. Upcoming Events/Programs

December: 12/1 NBSWMD & Composting; 12/5 CHP Vaccine Clinic; 12/6 Craft w/ Izzie; 12/7 follow up to Fire Cider WOW Workshop w/ nbCC; 12/7 Holiday Party volunteer meeting; 12/11 Brown Bag (day & time change due to Thanksgiving), tentative return of Karen DeOrdio/SHINE; 12/12 Mobile Food Bank, Caregiver Support Group, Holiday Party at Bounti Fare, Office closing at 2:30pm; 12/13 Bingo w/ Kayla from the Commons, Grief Support Group; 12/14 Holiday Lunch from Elder Services, BART Student Chorus, Possible Hazard Mitigation Plan Public meeting w/ Town contractor; 12/18 Social Group; 12/19 Foot Care and BP Clinics, Sounds & Soup (& Pie) Event; 12/20 Town Staff Holiday Party, Friends Holiday Tea; 12/22 Closed; 12/25 Closed; 12/26 Mobile Food Bank Canceled by Food Bank; 12/28 NYE Lunch w/ Mocktails and music by Lighten Up, Toast to Chuck Gebauer's last day.

January: TBD

RECEIVED-POSTED  
23 NOV 29 PM 4: 11  
TOWN CLERK  
ADAMS MASS.  
NIFRK

4. Old Business

- a. Service Incentive Grant due 11/9/23
- b. Holiday Party Tue 12/12/23 at Bounti Fare

5. New Business

- a. Roundtable Discussion on programs/initiatives for 2024

6. Friends of the ACOA report

7. Member items

8. Next meeting: Monday, January 8<sup>th</sup> (due to New Year Holiday) at 2pm

9. Adjournment