



TOWN OF ACUSHNET

**Acushnet Council on Aging
59 ½ S. Main Street
Acushnet, MA 02743**

AGENDA

Meeting: August 12, 2015 at the COA at 10:00 a.m. We are being videoed and audioed.

May I have a motion to open our meeting: Motion to accept meeting minutes.

Old Business: Welcome to Diane Ferreira our new staff assistant.

Cribbage players League plays on Monday at 12:00pm. Drop in games on Friday at 12:00 pm.

Strong Women Monday and Wednesday at 10:00 am.

Tuesday's from 10:15-11:00 socialize over crossword puzzles for one hour.

Gentle Yoga with Karen Cocoran is now offered on **Tuesday's at 11:15 am.**
This is a slow, go at your own pace

New Business: A new automated check-in system called MySeniorCenter will be installed soon. It is being used in over 800 senior centers across the U.S. and Canada. All visitors and volunteers will be given a small key tag. This card will not contain any personal information. It will allow the new system to recognize you. Staff members will be on hand to help you operate the new system.

Belly Dance for fun and fitness starting on Thursday's in September with instructor Ellie Higgins. Call COA for more info. 508-998-0280

Lisa Nuno, Liensed Manicurist, is available every other Friday from 9:00-2:00 for your toe nail care. Call for appointment 508-9980280

Zumba class on Friday's at 1:00 pm.

SHINE (Serving the Health Insurance Needs of Everyone) is a state program that provides free health Insurance information, counseling and assistance to Mass residents. Call COA to make an appointment to meet with a SHINE Counselor.

THANK YOU! Programs provided by the COA are made possible in whole or part by a GRANT from Mass. Executive of Elder Affairs Title III funding, Coastline Elder Services and the Assosiation for the relief of Aged Women,

Acushnet Senior Center is now a **“Safe Zone”** for meetings on any transactions with an unknown source to you. If they are unwilling to meet you in a safe zone than it probably is not legitimate. Be Safe.

Acushnet COA will be closed on Monday September 7th in observance of Labor Day. No meals on wheels.

Red Cross Blood Drive September 9th from 1:00-6:00 pm at the Senior Center. Walk-ins welcome or call for appointment 1-800- REDCROSS or 1-800 733-2767.

Coming October 18-20, 2015 3 day Sands Bethlehem Casino Trip. Call for info 508-998-0280.

Adjourn:

Next Meeting: September 9th, 2015

Pauline Teixeira
Chairperson: Acushnet Council on Aging