

**BROCKTON COUNCIL ON AGING  
BOARD OF DIRECTORS ZOOM MEETING  
Monday, October 5, 2020  
10:00 AM  
Mary Cruise Kennedy Senior Center**

## **Minutes of the Board Meeting**

Meeting Called to Order 10:00 AM – Reading of the Governor’s Open Meeting Law changes

### **Roll Call**

**Members Present:** Richard Bath, David Andrews, Clayton Reichenberg, Teddi Biourassa, Robert Graham, Joan Madden

**Members Absent:** Irene and Daniel Clague (excused), Barbara Fox (excused), Jane Moynihan, and Carol Delorey (excused)

**Hearing of Visitors:** There were no visitors

**Approval of BOD Last Meeting’s Minutes:** Motion to approve was made by David Andrews and seconded by Robert Graham. Motion was passed by unanimous vote.

**Treasurer’s Report-Howard Fund** – No report was available

Director’s Report – Janice Fitzgerald

- Janice welcomed Kathie Gale who will help Dotty with Open Enrollment.
- The front counters will undergo a transformation. It will be made wheelchair accessible and partitions will be added as well.
- The Flu Clinic – October 13 & 15
- Drug take back will be on October 24<sup>th</sup> from 10 AM to 2 PM
- Grab and Go will be postponed starting October 8<sup>th</sup> and running through to November 24<sup>th</sup>
- The Parking Lot expansion will begin on October 13 and will take any where from 30 to 60 days to complete.
- Janice will be organizing a Groundbreaking with the Mayor TBD

**Motion was made by David Andrews and seconded by Robert Graham to accept the Director’s Report – vote was unanimous**

### **Program Activities Report - Michelle Brace**

#### **Upcoming Virtual Events**

- Monday, October 19<sup>th</sup> at 1:00 pm Virtual Book Club, *An American Marriage*, by **Tayari Jones**
- Monday, October 19<sup>th</sup> at 2:00 pm Virtual Music Trivia with Deb Kerr
- Saturday, October 24<sup>th</sup> from 10:00am -2:00pm National Drug Take-Back Day

**COA Programs on Brockton Community Access Channel 9**

- *The Addams Family Mondays* at 10:00 & Thursdays at 11:00am
- “Two Grannies on the Road” Tuesdays, Fridays at 11:00am and Saturdays at 2:30pm
- **Yoga Class** with Patricia Lewis Murphy Wednesdays at 9:00 am, Fridays at 7:00 am and Saturdays at 11:00am

### **Virtual Exercise Programs**

#### **Daily Yoga with Judy and Hilary Potts.**

A daily Gentle Yoga class is offered Monday, Wednesday, and Friday from 10:00-11:00am. You will need the following materials for class: Chair, Please contact Judy at: [fitnesgrammy@gmail.com](mailto:fitnesgrammy@gmail.com) for more information about this program.

#### **Strength Training at Home with Katy Potts**

Warm up and strength train using bands and weights in this class with Katy. Then follow it up with stretching exercises to improve balance, muscle strength, and flexibility. The cost to attend is \$2.50 per class for these virtual classes. Please contact Katy at: [wolfk9@rcn.com](mailto:wolfk9@rcn.com) to join this class.

#### **YMCA 360-Online Exercise/On Demand**

If you are interested in finding more virtual exercise classes that you may join at your leisure, then check out the YMCA 360-Online Exercise/On Demand Videos at: [ymca360.org](http://ymca360.org) and click the link for Active Older Adults for a variety of classes.

**Motion to accept was made by David Andrews and seconded by Joan Madden – Vote was unanimous**

#### **Health Education Outreach – Dottie Slack**

- Dotty and Kathie are doing open enrollment
- Ruthie – handling the Fuel Assistance Program

**Committee Report - Building Committee Update – See Director’s Report**

**Adjournment of Board of Directors: Motion to adjourn was made by David Andrews and Seconded by Joan Madden/Robert Graham – Vote was unanimous.**