

# **Hopkinton Senior Recreation Council**

## **Minutes of Meeting of September 19, 2011**

**Members Present:** Joanne Woodward, Chair, Judith Sanborn, June Garvin, Jack Ward, Gloria Symonds, Marilyn Ceriello Bresaw, Jessica Bailey, Recreation Director, and Sara Darby, Pro-Tem Secretary.

**Members Absent:** Elaine Lambert.

**Visitors Present:** Janet Krzyzaniak, Lillian Landry, Allita Paine, Mary Bradbury, Merle Dustin, Rebekah Brigham, and Sue Allen.

**Call to Order:** The meeting was called to order at 1:30 pm by Chairperson Joanne Woodward.

**New Exercise Programs:** Jessica Bailey introduced Rebekah Brigham, a Certified Personal Trainer, who will be conducting new exercise programs in the Fitness Room at the Slusser Senior Center starting in October, 2011. Rebekah presented an overview of these programs, as follows:

- **Body Sculpting:** To be held at 8:00 a.m. on Tuesdays and Thursdays. The exercises include, but are not limited to, strength training (use of weights), and improving balance.
- **Zumba Fitness:** To be held at 4:00 p.m. on Tuesdays and Thursdays. Includes aerobic exercises to music.
- **Core Conditioning:** To be held at 8:00 a.m. on Wednesdays. Exercises focus on, but are not limited to, improving balance and coordination.
- **Beginner Zumba Fitness:** To be held at 9:30 a.m. on Wednesdays. Jessica will ask Rebekah about changing the time to 9:00 a.m. Class includes aerobic exercises to music. Each song has four steps in it, and the same moves are repeated. There is not so much emphasis on the steps.

**Prices:**

- Monthly Membership: \$50.00 a month for residents, and \$55.00 per month for non-residents, for unlimited use of all classes.
- There will be a punch ticket for 5 classes for \$35.00 (\$7.00 per class). The punch ticket must be used within 3 months.
- \$10.00 per class for drop-ins. The \$10.00 can be applied toward a monthly membership.

Jessica Bailey said that the funds will go through the Hopkinton Recreation Department, and Rebekah is paid per registration. Flyers with all the information regarding Rebekah's programs were distributed. All the classes will be included on the Senior Activities Calendar for October.

Lillian Landry asked if the classes are modified to fit one's ability level. Rebekah said yes, that she can have individuals in a group participating at different levels according to their ability.

Lillian explained about Zumba. She has Zumba tapes she'll bring in to show to interested seniors.

Sue Allen said that she goes to Rebekah's exercise programs, and that about 12-15 people who were participating in Rebekah's programs at the previous location will participate in the programs at the Slusser Senior Center.

### **Updates:**

#### **Horseshoe Pit:**

Don Lane has not gone any further with this project, and he is no longer on the Senior Recreation Council. Jessica will talk to Greg and Herm about it and get their input about where to place the pit. There is concern about dust from the road with cars going by. Further discussion of this will be tabled until the spring of 2012.

#### **Computer Lessons:**

Sara Darby said that she has been giving free computer lessons to interested seniors on a one-to-one basis, but she cannot do this in the summer, as she is too busy with work related to the town recreation programs. It was suggested that Nini Allen be contacted to see if the Senior to Senior group can provide computer lessons for seniors. Jessica said that Sara can give computer lessons if a senior requests it, until other arrangements are finalized.

#### **Music Groups:**

Jim Barnes provided musical entertainment at the last Senior BBQ Lunch. Some council members felt the seniors present talked too much through his performance. A suggestion was made that in the future, entertainment could be done separate from the Senior Lunch.

#### **Recreation Administrative Assistant:**

Jessica Bailey explained that Sara Darby, Recreation Administrative Assistant, will make sure that all the front desk shifts are covered by volunteers. If a volunteer is unable to do his/her shift, he or she is expected to find a substitute and let Sara know who it will be. If any volunteer is unable to find a substitute, he or she should contact Sara, and she will cover the shift. Jessica will have a meeting with all the volunteers soon to discuss how this will work.

#### **New Business:**

#### **Bulletin Boards:**

Gloria Symonds asked what the policy is regarding the bulletin board across from the front desk, as it's getting cluttered. Jessica said the board was for general senior information and Slusser

Senior Center programs. The bulletin board next to Jessica's office is for flyers for community programs and events. If anyone requests that a sign or flyer be posted on either bulletin board, it should be put in Jessica's box on her office door, so she can review it before it is posted. Jessica said that no flyers regarding personal business or advertising will be posted at the Slusser Senior Center.

### **VNA Flu Shot Clinic:**

Marilyn Ceriello Bresaw said the VNA Flu Shot Clinic will be held at the Slusser Senior Center on Monday, September 26<sup>th</sup> from 12:00-2:00 p.m. There may be a lot of people coming, so those who want to get a flu shot should plan accordingly.

### **VNA Educational Series:**

Marilyn said there will be a VNA talk about beating the winter woes on October 19<sup>th</sup> at 1:00 p.m. Other VNA talks will be presented at the Slusser Senior Center in December 2011, and in February and April of 2012.

### **Mini-Bus:**

Jessica Bailey said she is trying to get licensing for the mini-bus. The mini-bus is not available for much of the school year.

### **Visitors' Input:**

Lillian Landry asked if we need to register with the state in regard to Bingo. Joanne Woodward said that as long as the prizes are \$500.00 and under, we do not need to register with the state. Joanne said that only seniors can participate in Bingo at the Slusser Senior Center.

Jessica Bailey said she recently went to a networking breakfast for senior center directors and others who work with seniors. At the meeting, she said that if anyone wants to sponsor a Senior Lunch at the Slusser Senior Center, they can have a few minutes to tell the seniors about the services they provide. Several people expressed an interest in hosting a Senior Lunch. A question was raised about whether individuals and/or groups hosting a lunch know that they can be reimbursed for the cost of the food. Jessica said that some groups want to pay for the food themselves, and some want to be reimbursed – they have the option. There has been some trouble finding volunteers to host Senior Lunches. Jessica said that Janet Krzyzaniak is working on this.

Lillian Landry said that the Slusser Senior Center had two yard sales, and that there was \$1,200.00 to \$1,400.00 left over. Lillian asked what this money was spent for, and if there is still money left from the yard sales. It is believed that some of it went to the maintenance trust. Jessica said Bob Blanchette might know what this money was spent for, and she will ask him about it. If Bob can't give Jessica the information, she will ask Justin La Vigne when he returns from his hike.

Allita Paine said that the cost for the Senior Lunches was increased from \$3.00 to \$4.00, and she asked if the cost still needs to be \$4.00. She said that everyone feels obligated to pay \$4.00, but it's on a donation basis. She felt that the lunches should be breaking even, not making a profit. Jessica can re-emphasize to the seniors that \$4.00 is a suggested donation, not a requirement. She said that after she has been here a year, she'll have a better idea of how we're doing regarding breaking even on the lunches. Allita said that lately, the meals seem relatively inexpensive. Merle Dustin said that pasta is served too often and this cuts down on attendance at Senior Lunch, as the seniors are getting tired of it. Merle suggested serving more jellied salads.

There was a question about whether anyone under age 50 can attend the 4:00 p.m. Zumba classes. It was agreed that if one exception is made, then we'll have to make other exceptions. Jessica will ask Rebekah Brigham if she is willing to move a Zumba class to 4:30 p.m. in order to accommodate adults under 50 who wish to attend.

There being no further business, Joanne Woodward moved that the meeting be adjourned, seconded by Judith Sanborn. The meeting adjourned at 2:30 p.m. by unanimous vote.

The next meeting of the Senior Recreation Council is scheduled for Monday, October 17, 2011, at 1:30 p.m. at the Slusser Senior Center.

Respectfully submitted,

Sara Darby  
Pro-Tem Secretary

Minutes approved on October 17, 2011.  
/SLD