Bowdoinham Advisory Committee on Aging
AGENDA DRAFT: January 09, 2017, 2:30 PM – 4:30 PM
The Kendall Room, Bowdoinham Town Office

1. Establish Quorum
2. Acceptance of November Minutes-
3. Amendments to the agenda-
4. January 2016 Calendar Review/Approval
5. Team Building Discussion—Reschedule potluck for late Spring (Kathy)
6. Recruitment of new members for ACOA
7. Discussion of Schedule for planning meetings
8. Activity Reports:
    A. Potential New Activities/Collaborations
        Ladies Day Out—Suggestions include:
            Breakfast/Lunch ("tea" with a famous person in Bowdoinham History—collaborate with
            Bowdoinham Historical Society?)
            Activities: line dancing, cheese/soap making class, balance (PT), SS/Seated Yoga,
            Contact Midcoast for Cancer Prevention or Health Topic
        Arts Class—writing small grant application from Maine Arts Commission
            Limited session class in theatre, fine art, drawing, etc.
    B. Shipmates. Note: Theresa has stepped back. Missy will be giving Shipmates reports ongoing
        i. Trips
        ii. Cribbage
        iii. Lunch with Lynn
        v.   Supplies -coffee, etc., donation jar
        vi. Wii report
    C. Special Events and Interest Group Reports-
        i. Line Dancing (Bob Curtis)
        ii. Yoga (Joan Smith)
        iii. Bowdoinham Outdoors (Dick Rose)
9. Social Media Report (staff)
    A. We have permission to start a Facebook page with the name ACOA chose for the initiative.
    B. Group picture for opening page
10. Committee Reports:
    A. Wellness Report- (Kathy)
    B. Resource Connection- (Rachel)
    C. Safety and Accessibility- (Bob)
    D. Publicity-(Patty and Dick)
11. Local Age Friendly Services/Programs/Activities
    A. Rides INC. -(Joan Smith)
    B. Village Lodge Handy Brigade -(Joan Smith)
    C. ACOA/BFP (Bowdoinham Food Pantry) Project (Joanne Savoie—will send to Kathy to deliver?)
12. Other comments from ACOA members
13. Staff Report:
    A. Transportation Survey
    B. Domain discussion and Exercise.
14. Request for Agenda Items for Next Meeting
15. Adjourn to next meeting: February 20, 2016, 2:30 to 4:30