

**Advisory Committee on Aging
Town of Bowdoinham
Meeting February 11, 2019**

- A. Call to order
- B. Establish a quorum
- C. Approve January minutes
- D. Additions to Agenda
- E. Committees updates:
 - 1. Program and activities
 - a. Planning meeting 3/12 @ Coombs building, Kendall Room 9 AM
 - 2. Wellness:
 - a. Activities for 2019
 - 1. Healthy Steps for Older Adults training (Rachelle)
 - 2. Wellness Fair? Dr. Teel? Other ideas?
 - 3. Public Relations
 - a. May/ June newsletter- Topic: Garden Club, Writer- Rachelle
 - b. July/ August newsletter- summer fun? Other ideas?
 - 4. Celebrate Bowdoinham
 - a. Ideas?
- F. Discussions:
 - 1. Recap from January discussion with Dr. Teel. Next steps?
- G. AARP/Senior Summit Updates- none this month
 - 1. AARP at Concinnity Pub in Bath
 - 2. Senior Summit- Feb. 22
- H. Other items
- I. Items for next meeting
- J. Adjourn to next meeting March 11th.

2018-19 Meeting dates:

March 11
April 8
May 13
June 10

Parking Lot

Ideas for Fall 2019 Community Fair: Bring local services together to share, Handy Brigade, etc, shredding, flu shots. On Saturday