

Sturgis Advisory Council Meeting

January 15, 2019

Seniors Present: Marge Perech

Staff Present: Katie Hughes, Nutrition Director and Samantha Stone, Life Enrichment Coordinator

Meeting began at 9:03 a.m.

Katie went over last month's meeting minutes. She asked Marge how the Mentoring Program is going with Colon High School. Marge suggested we do a brief article in the COA Newsletter about the program. She said that the ineligibility reports went from three pages to one page since she started with the kids. The Colon Athletic Director is pleased with the progress.

Katie said this is an excellent program and we would love to see it grow. Sam agreed that it's such a wonderful outreach into our community. Katie stated that pairing seniors and teens/kids together is a great idea.

Sam suggested that in addition to highlighting this volunteer program in the newsletter that perhaps we could put it into the PowerPoints as well at the centers. Sam also said it would be nice to do interviews once in a while asking "Why do you enjoy volunteering?" Marge said we could maybe do that quarterly.

Sam talked about upcoming activities and events. There was discussion about Marge starting her new exercise classes. Going forward we would need to watch class sizes. Marge is comfortable with a max of 25 students at a time.

Sam said she would like to start a Zumba Gold class in Sturgis and is looking for an instructor. Marge said she would keep her ears open for that. Both Katie and Marge love the idea of Zumba Gold.

Discussion centered on various theaters/ auditoriums that the seniors may have interest in visiting through our trip program. Katie said we should try Miller Auditorium in Kalamazoo. Marge mentioned a possible trip to "A Hole in the Wall". Sam wrote both of these down. This conversation was brought up because Sam mentioned her overnight trip to the "Wagon Wheel Theater". Marge and Katie both think this trip will be successful and of great interest to the members. Sam said we are doing multiple trips next month (Escapeology, Wagon Wheel Theater, Casino Trip). We may possibly do a third trip to the casino this month yet if she can find a driver.

We discussed a Trivia Team being formed. Marge said she could go with Sam to a Trivia night at a restaurant to see if it would be of interest, but she likes the idea of a Trivia Team. Sam said she would also like to start doing Trivia at Dinner Night Out. Sam said we could name the tables

ahead of time and have them on tent cards at each table. Marge said she would love to help Sam come up with the questions for that. Sam said she would like to do more games at Dinner Night Out in the future. Plinko went over well at the Elvis Party. Marge agreed that we should do Plinko again.

Katie said Nutrition is going well. This is primarily because we have such excellent volunteers doing the Meals on Wheels and working our kitchen. All of the individuals that come in and donate their time really make a huge impact. Katie is amazed by the outpour of support coming from our members, but at the same time she is not surprised. She said we have a lot of great volunteers here. Marge agreed that it's a great group. The volunteers at lunch really work hard and it's 100% for others. Sam mentioned the volunteers that volunteer well after the hours of 'work time' such as the individuals who help out with Dinner Night Out. We really could not do it without their help.

Meeting was adjourned at 9:55 a.m.

Next meeting date in Sturgis is March 19th at 9 a.m.