

Tyngsborough Council on Aging  
Center for Active Living 169 Westford Rd

January 20, 2026

The January 2026 Council on Aging meeting was called to order by Rose Mitchell at 3:28.

Those in attendance:

Bev Rudeen  
Dianne Larose  
Joanne Kalabokis  
Bob McCarthy  
Bea Stankard  
Rose Mitchell  
Adele Coughlin

Not in attendance:

Pam Russell  
Cherie Meuse  
Margaret Reppenhagen

Also in attendance were Director Barbara Roche, and Administrative Assistant and Tracy Pecora. Rae Ann Jacek from the Tyngsborough Commission on Disability was also in attendance.

There being no meeting in December 2025 the November 18, 2025 minutes were read and a motion to accept the minutes was made by Bea and seconded by Joanne. The vote was 5 – 0 – 2.

#### Director's Report

Barbara noted she is now working with Colin on the Budget for next fiscal year and that we are on target for this year.

She reported on recent and upcoming events into February including Chinese New Year Celebration the Ice Cream Social sponsored by the Fire Department and the Valentine's Day Party on Feb 13.

Barbara has also been working with Colin on the Council on Aging Policy and Procedure Manual. Some changes to the dress code have been included. Colin is conferring with town counsel and will work with Barbara to bring it to the COA Board for a vote by email.

A discussion was put forth by Rose about the evening activities. Some of the discussion revolved around commitment to programs, getting more help to run programs, the established every other week Bingo, and finding other programs on the off weeks that will bring in more "younger" still working seniors. There were many suggestions from the Board for programming such as trivia games, healthy living lectures from Age Span and a comedy night. Many of the suggested events that came from the survey done last year, have been implemented but are not drawing large participation.

It was noted that there are many other town affiliated organizations using the Center we cannot just pick any evenings to use the building.

Rose thanked all for their suggestions and a good discussion on evening activities.

## Dementia Friendly Subcommittee

Rae Ann Jacek reported a Memory Café will be held Feb 25<sup>th</sup> from 12:00 to 1:00. They will be making memory boxes.

Cherie is doing a Dementia Friendly Session with Lynn Brennen. Lucille Jerome will be giving a talk on dementia topics on March 11.

Rae Ann Jacek from the Commission on Disability reported that Age Span will meet with her committee on Feb 9 at 3:30 to discuss what they have to offer. She also noted that the town clerk will talk about accommodation for voting on the public access TV.

Rae Ann reported that Shawn Walsh is looking into grants for implementing an automatic interior door. The cost is estimated to be from \$3100 to \$3600.

Rose asked if there was any other business and there being none she asked for a motion to adjourn. Joanne made a motion to adjourn, Adele seconded. The meeting was adjourned at 4:30.

The vote was 7 -0-0 to adjourn. The next meeting will be Feb 17 at 3:30.

Respectfully Submitted,

Beverly Rudeen

Secretary