

## Senior Advisory Board Minutes

February 22, 2012

10:30 a.m.

Cobb Recreation/Senior Activity Center

The Quarterly Meeting of the Senior Citizens Advisory Board was held at Cobb Recreation/Senior Center. Those in attendance were: Leroy King, Myrle Raley, Cynthia Cooke, Harriet Connor, Eddie Hodges, Linda Rutledge, Joe Lopez, Fred Helmcamp, and Emory Walton. Staff members present were: Lesli Andrews, Larry Johnson, Kelly Messer, and Julie Sartor.

Call to Order: Leroy King called the meeting to order and introduced Larry Johnson, Interim Director of Community Services.

Approval of Minutes: Minutes of the previous meeting held on October 19, 2012 were reviewed. A motion was made by Emory Walton with a second by Harriet Connor to approve the minutes as presented. The motion carried.

Cobb Senior Program: Lesli Andrews introduced Betty Lindsay, Coordinator of the Recreation/Senior Program at Cobb Recreation/Senior Center. Ms. Lindsay talked about senior programs and activities. These activities include games, dominoes, walking, canasta, and exercise classes. On Tuesday and Thursday there is a new exercise program where you sit in a chair and use exercise bands. Ms. Lindsay said they have adapted this exercise program so that everyone is able to do it. On Thursday afternoons a Canasta group meets and they usually play until around 4:30 p.m. Meet and Eat is a new program and once a month they choose a restaurant where they gather to have dinner and fellowship. Last month they met at the Chicken House and twenty one seniors attend. On the first and third Thursday of each month they have game night at the center. They bring snacks to share and play games. Ms. Lindsay also told the board about the kitchen remodel and how excited she is about the remodel. Ms. Lindsay asked everyone to be sure and check it out before leaving.

Participation Report: All board members received a copy of the quarterly participation report, which included numbers for September-November 2011. Ms. Andrews talked about some numbers down from this time last year, but overall across the board the participation numbers are up. Mr. King indicated that there always lots of things going on at Rose Park including dances, computer classes, and many activities. Joe Lopez said that they are getting some new people coming to Sears and we need to encourage people to come to some of the smaller centers. Mr. King said we need to get the word out and utilize all of the centers. Eddie Hodges asked if bus transportation to all of the centers and Ms. Andrews told yes there is. Ms. Andrews said people are given the option to go to which center they would like and people usually go where friends are and gravitate to the things they like to do, example, G. V. Daniels has a big crowd that plays dominoes everyday.

Upcoming Events: Ms. Andrews told the board about the upcoming events which include a Soul Food fundraiser at G. V. Daniels this coming Friday. If you are interested you can call Daniels and order a plate. Volunteer Appreciation will be celebrated in April and all the centers will have their own recognition programs for their volunteers. March 22<sup>nd</sup> there will be a dominoes tournament at Rose Senior Center and this event is being planned with G. V. Daniels and will

encourage participation from all centers. Ms. Rutledge offered to donate bottled water for this event. May 25<sup>th</sup> will be the annual Living Well Health and Fitness Jamboree.

Meeting Adjourned at 11:00 a.m.

Minutes approved by:

Leroy King 22 Aug 2012  
Presiding Officer Date

Julie Sartor 8-22-12  
Julie Sartor – Secretary for the Board Date