

**COMMISSION ON AGING
REGULAR MEETING MINUTES
MARCH 9, 2026**

Present: Michael Bekech, Chairman
Ilene Harris
Kevin McGowan
Wendy Fiore

Absent: Joe Palazzo
Esther Williams
Carol Coyle

Also Present: Kristen Caramanica, Director

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EAST LIME, CT.
2025 MAR 11 7 56 31
Council of the Town of East Lyme
TOWN CLERK

1. PRELIMINARY BUSINESS

- a. **Pledge of Allegiance.** The Pledge of Allegiance was observed.

Chairman Bekech called the March 9, 2026 Commission on Aging Regular Meeting to order at 5 p.m.

- b. **Delegations.** There were no guests.
- c. **Approval of Meeting Minutes February 9, 2026.** Mr. Bekech asked for additions, deletions, or corrections to the February 9, 2026 Commission on Aging Minutes.

MOTION (1): Ms. Harris moved to approve the February 9, 2026 Commission on Aging Minutes, as presented. Seconded by Ms. Fiore. Mr. McGowan abstained from voting. (3-0-1) Motion carried.

- d. **Correspondence.** An email from the daughter of a senior expressed how much her mother and father enjoyed coming to the Senior Center. Her father enjoys the leadership of Shirley Lan at Guitar Jam and her parents appreciate programs such as Fit Dance they attend.

2. STATUS REPORT

- a. **Transportation.** Ms. Caramanica reported one of our bus drivers backed into a wall. The bus was repaired. There was no injury. We paid the \$500 deductible.

She informed the Commission lift operation training offered by the state for our bus drivers will be held on May 28. Four drivers will attend.

On May 2 Youth Family and Human Services will have Touch a Truck. Senior Center will have a bus in attendance.

- b. **Senior Trips.** On Wednesday March 25th at 11:15 a.m. the ROMEO group will go to the Hideaway Wood Fired Pizza Restaurant. A trip is planned to Kensington's at the Norwich Inn, in Norwich.

c. **Day Trips.** On April 16 a trip is scheduled to go to Maple Madness & Magic Wings. On April 22 we have a trip to the Bobby Darin & Frank Sinatra Show. On May 14 a trip will go to the Aqua Turf to see the New York Bee Gees and on May 27 a trip is scheduled to go to Stories Beneath the Surface at Quabbin Reserve. A trip is scheduled to go to the Culinary Institute of America on Wednesday June 10. On June 24 a trip is scheduled to go to the New York Botanical Garden.

d. **Overnight Trips.** An overnight trip will go to Summertime on Cape Cod and Nantucket from August 18-20. On September 27 through October 9, a trip will be Exploring Scotland and on November 30 to December 6, 2026 we will have a Southern Charm Holiday.

e. **Programs.** Every Friday seniors can have their blood pressure taken from 11:30 a.m. to 1:30 p.m.; massage therapy is held on March 11 and March 25 from 12:30 p.m. to 3:30 p.m. and on March 19 from 10 a.m. to 1 p.m. A Foot Clinic will be held on March 26 from 9 a.m. to 3 p.m. and a Hearing Clinic will be held on March 5 from 11 a.m. to 1 p.m.; Memory in Motion will be held April 1 through June 10 from 1:30 p.m. to 2:15 p.m.

Ms. Caramanica reported because of snowy days we now are changing our policy on refunds. In the event of an unexpected cancellation of the class, we will continue to notify attendees via e-mail at least one hour in advance. We reserve the right to reschedule or cancel any advertised class due to weather. As we try our best to reschedule, refunds will not be offered due to any unforeseen cancellation of an individual class.

She informed the Commission our Yoga Instructor is unable to continue teaching Yoga. We are looking for a qualified instructor.

A program on Assisted Living Facilities will be held on April 21 from 1 p.m. to 3 p.m.

3. OLD BUSINESS

a. **Budget Update.** Mr. Bekech reported he and Ms. Caramanica attended a Board of Selectmen budget meeting. Ms. Caramanica gave a long presentation. She added she had no questions and there will be no budget hearing with the Board of Finance for the Commission on Aging budget.

b. **AARP Tax Update.** Ms. Caramanica informed the Commission due to snow days a new schedule was needed. Two Saturdays were scheduled. We had a custodian.

4. NEW BUSINESS

a. **Volunteer Appreciation.** Mr. Caramanica asked Commission members to give her ideas to show appreciation to Senior Center volunteers.

b. **Discussion of Correspondence of Agendas.** Ms. Caramanica reported she was considering emailing agendas rather than mailing them to save on postage.

MOTION (2): Ms. Harris moved to send future agendas by email. Seconded by Mr. McGowan. (4-0) Unanimous.

5. **EX OFFICIO REPORT** Ms. Hardy was unable to attend and there was no report.

6. **PUBLIC DISCUSSION.** There were no guests.

7.BOARD RESPONSE. There was no need for the Commission to respond.

The next meeting of this Commission is on April 13, 2026 at 5 p.m.

8.ADJOURNMENT

MOTION (3): Ms. Harris moved to adjourn the Commission on Aging March 9, 2026 Regular Meeting at 5:45 p.m. Seconded by Ms. Fiore. (4-0) Unanimous.

Respectfully Submitted,

Frances Gheri, Recording Secretary