

## MEETING MINUTES

### WINTHROP COUNCIL ON AGING

**Date:** Thursday, September 11, 2025  
**Time:** 10:30 AM  
**Location:** Robert A. DeLeo Senior Center  
35 Harvard Street, Winthrop, MA 02152

**Present:** Matt Rodes, Director, Council on Aging  
Nicole Rizzotto, Assistant Director and Outreach Coordinator, Council on Aging  
Linda Cronin  
Kathy Driscoll  
Cynthia Huff  
Heather Martin  
Mary Vitale

**Absent:** Alice Haskell, Chair, Council on Aging

#### **I. Call to Order**

The Meeting was called to order by Matt Rodes, Director, Council on Aging, at 10:34 AM.

#### **II. Approval of Minutes**

A Motion was made by Linda Cronin and seconded by Heather Martin to approve the Minutes of the August 14, 2025 Council on Aging Meeting. The Minutes were approved.

#### **III. Programs Report**

- A. Matt Rodes distributed Rose Kaye's updated report on upcoming Senior Center events and activities. There are some new additions for the rest of this year, and Rose is working on events for 2026.**
- B. Matt Rodes reported that Peter Bruce from The Parc will be playing the guitar during our in-house lunch dining on November 6.**
- C. Matt Rodes reported that we have a Valentine's Day ice cream party scheduled for February 11 of 2026. This event is being sponsored by Mystic Valley Elder Services who are celebrating their 50<sup>th</sup> anniversary. We have an allowance of \$1,500 to spend for this event. Alan LaBella will be the entertainment. Matt indicated that we may possibly change the menu for this event.**
- D. Matt Rodes reported that we have a Mothers Day party scheduled for May 12, 2026. Roger Tincknell will be the entertainment for this event through a Cultural Council Grant.**

- E. Matt Rodes reported that our recent session on “Aging Fearlessly/Joyfully” was a big success, and there will be a follow-up presentation on October 28 with the focus being tools and technology for older adults.
- F. Matt Rodes reported that tickets are still available for the September 24 Fall Fling, and there is still space available for the Hip-Hop Line Dancing event on September 23.

#### **IV. Outreach Report**

Matt Rodes reported that Nicole Rizzotto continues to receive many medical escort ride requests. He reported that we are planning to purchase a van for these types of rides and for rides to areas out of our service area, which would leave the van available for the more local ride requests which continue to increase.

#### **V. Director’s Report**

- A. Matt Rodes reported that we have added a new security camera to our parking lot. This should be up and running soon.
- B. Matt Rodes reported that van ride requests continue to increase. He reported that the van will be off-road on September 12 for maintenance and on December 3 for driver training. Matt reported that we will be hiring a new driver as we will now have an additional vehicle. The plan is to have the minivan available three days a week, most likely Tuesday, Wednesday and Thursday from 9AM to 3PM. He indicated that the new minivan will be handicap accessible.
- C. Matt Rodes reported that the Friends of the Winthrop Council on Aging’s La Siesta fundraiser event will be held on September 17. Raffle tickets can be purchased at La Siesta during the event or here at the Senior Center at the front desk.
- D. Matt Rodes reported that we will soon have a new addition to the Council on Aging. Andrea DeSouza is in the process of filling out the required forms and will officially become a member of the Council on Aging when appointed by the Town Council.
- E. Matt Rodes reported that he spoke to the Town Manager about a Wine Night as discussed at our last meeting. He indicated that we will not be able to hold this at the Senior Center, but he will ask the Friends of the Winthrop Council on Aging if they could contact Bespoke at Michael’s Mall about holding this event there. He will ask them to speak to Linda Cronin about this proposed event.
- F. Matt Rodes reported that a cardio-drumming demonstration will be held here at the Senior Center on October 7, and if there is interest in this event, it could be scheduled for once a month. This will be conducted by a woman who conducts a class at the Reading Senior Center.

G. Matt Rodes reported that we are planning in the near future to have the Senior Center remain open later on Mondays, perhaps until 6:00 PM. He indicated that the Friends of the Winthrop Council on Aging could host dinners during this later day opening, and perhaps Movie Day could move to a later time, with pizza and a movie. He also suggested perhaps the cardio-drumming class could be held on this later open day as well as activities such as the recent coaster painting session held by PACE.

H. Linda Cronin showed the Council a copy of a “Blue Book for Seniors” she had recently picked up which provides helpful information on different household services, etc. The book she obtained was limited to the Boston area, and Linda will check to see if they have any similar book that would be more focused on similar services in our area.

VI. Old Business

There were no updates to report.

VII. New Business

There was no new business to report.

VIII. Adjournment

There being no further business, a Motion to adjourn was made by Heather Martin and seconded by Cynthia Huff. The meeting was adjourned at 10:53 AM. Our next meeting will be on Thursday, October 9, 2025.

Respectfully Submitted

Kathy Driscoll, Secretary, Winthrop Council on Aging

Adopted by the Board at the meeting of  
October 9, 2025

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Alice Haskell, Chair  
Winthrop Council on Aging