

MEETING MINUTES

WINTHROP COUNCIL ON AGING

Date: Thursday, October 9, 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

Guest: Andrea DeSouza – awaiting Town Council Appointment as a new COA Member

I. Call to Order

The Meeting was called to order by Matt Rodes, Director, Council on Aging, at 10:30 AM.

II. Approval of Minutes

A Motion was made by Cynthia Huff and seconded by Linda Cronin to approve the Minutes of the September 11, 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. He reported that Rose is working on events for 2026, and the calendar is filling up. He reported that another Game Show has been scheduled for January 2026. He reported that we also have a Valentine's Party and a Mothers Day event scheduled for 2026 as well. The entertainment for these events are in the process of applying for Grants from the Cultural Council, and they are expected to be granted.**
- B. Matt Rodes reported that the Exercise for Arthritis monthly session conducted by the PACE Program has now been canceled. Matt is going to suggest to PACE that perhaps we could have a "one-off" session with them at a future point.**
- C. There was a discussion regarding the recent informational coffee and donuts meeting with the CLEAR Team which all attendees thought was excellent. Linda Cronin indicated she**

had received an email from the local “Patch” newsletter in which there is a section where readers may write a “shout out” to a group/organization and/or individual such as the CLEAR Team and/or its members, and she will forward this email to the other Council members. Among the many services offered by the CLEAR Team is in-home vaccinations for home-bound individuals. Matt Rodes indicated that anyone wishing for this service could call the Senior Center as well as the CLEAR Team. Nicole Rizzotto indicated that the Meals on Wheels drivers can often alert us to individuals in need of any services such as this.

- D. Cynthia Huff asked if the Police Community Outreach sessions at the Senior Center would be returning. Matt Rodes reported that with Lt. Crisafi recently retiring, there was no one available to take over this program at the moment.

IV. Outreach Report

There were no new updates to report. Nicole Rizzotto reported that she still continues to receive many requests for medical appointment rides.

V. Director’s Report

- A. Matt Rodes introduced Andrea DeSouza who will be a new member of the Council on Aging after being officially appointed at the next Town Council Meeting.
- B. Matt Rodes reported that we have now purchased a new minivan which we should have in the spring. An additional driver will be hired at that time. As a result of the increase in requests for the van transportation, we will no longer be able to provide van transportation to “out of area” locations such as Reading and Swampscott.
- C. Matt Rodes reported that we are still planning in the near future to have the Senior Center remain open later on Mondays, perhaps until 6:00 PM. He reported that this would likely take place after the first of the year. He indicated that the Friends of the Winthrop Council on Aging are interested in hosting pasta dinners, etc. during this later day opening, and perhaps Movie Day could move to a later afternoon time on this day, as well as some informational sessions and special programs. He also suggested perhaps the cardio-drumming class could be held on this later open day as well; Nicole Rizzotto reported that she had reached out to the North Reading cardio-drumming instructor who held a well-attended demonstration recently at our Senior Center to see if she might be interested in conducting a monthly class here, and if she is not able to do this, perhaps she could recommend someone else who is certified in this program. Matt indicated that we will have the van available for transportation during this later opening day.
- D. Matt Rodes reported that our Holiday Party will once again be hosted by and held at The Elks, on December 7, at 2:00 PM. Nicole Rizzotto is working on the November Newsletter, and this activity will be noted in the November Newsletter. Matt indicated that our van will be available for transportation for this event.

- E. Matt Rodes reported that the Friends of the Winthrop Council on Aging's recent fundraiser at La Siesta went very well and raised approximately \$1,000.
- F. In response to a question from Heather Martin regarding the Senior Center bowling being canceled due to there no longer being anyone available to clear the lanes, Matt Rodes indicated he could look into this.
- G. There was a discussion regarding the indoor walking group that had in the past been walking in the high school. Matt Rodes indicated that the school is no longer available for this activity as they have too many school-related activities taking place, but if there was interest in reforming this group, perhaps we could find another place to walk.
- H. Matt Rodes reported that there is no updated information on the proposed Wine Night. He will talk to the Friends of the Winthrop Council on Aging about this at their next meeting.
- I. Matt Rodes reported that all newly-installed security cameras, both inside the Center and outside in the parking lot, are now up and running.

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 Linda Cronin. The meeting was adjourned at 11:01 AM. Our next meeting will be on Thursday, November 13, 2025.

Respectfully Submitted

Kathy Driscoll, Secretary, Winthrop Council on Aging

**Adopted by the Board at the meeting of
November 13, 2025**

**Alice Haskell, Chair
Winthrop Council on Aging**