STEPS
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Seneca Towns Engaging People for Solutions

Personal Health & Wellness Working Group

Monday, May 4th, 2026
10:30am-11:30am
Ovid Library and by Zoom

In Attendance: Phyllis Motill, Deb Bush, Doris Depew, Tracy Brown-Simmons, Karen Burcroff, Theresa Lahr, Isabelle Ceddia, Sarah Strichartz, AJ VanCuren, Mia Coles

Project: Programming for Senior Citizens: Next bingo event set for 05/07/26

Project: Grandparent Core Classes

- Working on sewing project - bag
- CCE Canning Class: have at OFD
- Cooking Class: Salsa Class 05/30/26, 10am at the Ovid Federated Church

Update from Mickey:

- Strawberry Festival 5K
- Self-defense for Women Class – postponed until Fall 2026

Class ideas:

- Bird Class – unclear idea, will hold for now
- Clutter Class for May: Will set up with Linda
- Natural Cleaning Class/ MH benefits: Deb / Sarah – hold for now

Open Forum: Tracy Brown Tobacco Action Coalition of the Finger Lakes
American Lung Association

Upcoming Events: 04/16/26 - Vision Board Class: STEPS Office 4pm-7pm
04/27/2026 - E3 meeting 6:30pm via zoom

Next Meeting: 05/04/2026