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Seneca Towns Engaging People for Solutions

4 Towns Covert Lodi Ovid Romulus

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**Personal Health & Wellness Working Group**

**Monday January 5th, 10:30 am-11:30 am**

**Ovid Library and by Zoom**

- **Welcome & Introductions**
  - ☐ Deb Bush, Doris Depew, Isabelle Ceddia, Tom Bouchard, Theresa Lahr, Sarah Strichartz

- **Project: Grandparent Core Classes**
  - Sarah gave an update on progress with doing classes at school, awaiting further information
  - Sarah has emailed crochet instructor re: Saturday class, will follow-up
  - Sewing: Draw String Bags – Deb will look for pattern
  - Canning: Jam or jelly? - contact CCE/ have at OFD community room
    - 10am to 12pm timeframe?

- **Project: Programming for Senior Citizens**
  - Phyllis is getting time and date set with Holy Cross Catholic Church re: Bingo for Seniors event
  - Deb has made initial contact with Ovid Willard Lions Club re: transportation help and some funds for event
  - Sarah at United Way is helping to provide Bingo cards and markers

- **Communiversity Class:**

  Scheduled:
  - February 21st : chili class – Deb Bush

  Ideas:

  - Declutter class: Spring – Linda Dixon
  - Canning class at OFD – collaborate with CCE

- **Request:** Group members bring ideas for March and beyond

- **Open Forum**
  - Tom reports Pastor Rob at OFC was talking about a mural for the side of the church
    - Will work on how a project like that could be started

  - February is Cancer Prevention Month
    - Isabelle Ceddia with CSP will be tabling at Ovid Food Pantry Community room, 2nd Monday of the month, 10am –12pm
      - Sarah Strichartz will assist with helping Pantry customers attend
      - Door prize will be raffled to encourage participation
      - Sarah will contact Karen at OFC about using a space at the church