STEPS
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Seneca Towns Engaging People for Solutions

Personal Health & Wellness Working Group
Monday September 5th, 11:00am-12:00am
Phyllis's Home

- **Welcome & Introductions**
  - Deb Bush, Phyllis Motill, Donna Anderson, Linda Pacelli-Dixon, Doris Depew, Tom Bouchard, Theresa Lahr, Sarah Strichartz

- **Discussion:** New Programming Ideas

  - **Seniors:**

    - **Penny Bingo**
    - **Mental health class: Phyllis will contact United Way**

  - **Teens:**

    - **Grandparent Core: at school/afterschool/weekend classes**
      - **Mental health / Old School Skills**
        - **Sewing / crochet / wood crafts**
        - **Thrifting your style: Deb will contact Connie**
        - **Changing a tire**
        - **Month of learning: different each week**
        - **Financial literacy: gambling, credit card awareness**
        - **Makerspace night @ Romulus Gym**
        - **Sarah will contact HS Counselors**

- **Open Forum**
- **Decision to continue meeting 1st Monday of the month, 10:30am to 11:30am**

Next Meeting: October 6th, 2025