

MINUTES OF THE NEENAH COMMITTEE ON AGING
Thursday, March 21, 2024
9:00 a.m.
Hauser Committee Room, Neenah City Administration Building

Present: Vice-Chair Mike Veith and committee members Herb Allen, Susan Antonneau, Kristi Branchford, and Pati Goodman. (Four members were present in the Hauser Room and one member was present via Teams.) **Also Present:** City of Neenah Assistant Planner Carol Kasimor; Kate Yates, ForeverWell program, Fox Cities YMCA; and Jim Lauer, Neenah.

Public Appearances:

Kate Yates, Fox Cities YMCA ForeverWell program director, reported on travel opportunities residents will have with the Y later this year and into 2025. There will also be an evidence-based Brain and Body Fitness class offered beginning in fall 2024.

Approval of minutes of the February 15, 2024 meeting:

On a motion by Allen, seconded by Branchford and carried, the minutes of the February 15, 2024 meeting were approved as distributed.

Discussion of 2024 School for Seniors:

Committee members began planning for the 2024 School for Seniors. Inquiries will be made for the availability of St. Mark's Lutheran Church in Neenah for Friday, September 27. A Day in the Park will be held September 10 and the Senior Expo will be held September 18.

The following topics were discussed for presentation at the event:

- Fall prevention (Week of September 23 - 27 is focused on fall prevention)
- Motivational topic with audience participation
- Dementia resources (ADRC, Fox Valley Memory Project)
- Crime prevention officer (scams, other topics of interest)

Information tables will be offered again. Information about programs and other opportunities provided by the Neenah-Menasha YMCA will be provided.

Adjournment:

On a motion by Branchford, seconded by Allen and carried, the meeting was adjourned at 10:00 a.m.

Respectfully submitted,



Carol Kasimor, Assistant Planner