

Community Meeting Minutes - January 11, 2021

- Present in person: Melissa, Trish, Keiran, Derek, Coen, Theresa, Justin, Lisa
- Present online: Christin, Karen, Naomi
- Melissa began the meeting by reading the rights and responsibilities
- Plan a trip to another PSA for February?
 - Maybe in the spring to Nashua and Manchester
- We would like to hang member artwork and photos in the center. Asked folks to offer artwork they would like us to hang and made sure that everyone has
- Trish would like to offer cooking classes. Melissa and Trish will work on a survey to see what folks would like to cook. Melissa and Trish to talk and plan
- Yankee Candle Trip moved from January to February
- February will be bring a friend month
- Lisa talked about the Roku TVs and about downloading apps
- We talked about creating a space on a wall in the center to display photos and names of staff members as well as Board members
- We spoke about being sure that everyone is signing up for things
 - Trips, daily sign-in, parties, shopping etc.
- The gym is ready to go downstairs
 - We have a waiver that must be signed before use. Orientations are available with Melissa or Christine. There is a medical release for anyone who may need approval from their doctor.
- FPU classes beginning January 24th
 - Sign up with staff member
 - 3-week series
 - Available in person and via Zoom

- NHMHPA meeting
 - Third Tuesday of the month at 10am via Zoom
 - See Facebook for link
- Group Ideas / Suggestions
 - Living in the moment / Happy things
 - Happy things hour on February Schedule
 - World History
 - Self-talk / self-confidence
 - No pets group
 - Karaoke group
 - Hiking group
 - Improv / Humor
 - Humor / Happy things hour beginning in February
 - TV Club
 - Goals Creation
 - Exercise / Yoga
 - Navigating Relationships
 - Life Skills
 - Self-Care
 - Knitting Group
 - Domestic Violence Survivors
 - A poll is being placed on Facebook to gauge interest in new groups as well as finding out which of the low attendance / no attendance groups should be considered for being replaced