



JUNEAU COMMISSION ON AGING- ACTIVITIES SUBCOMMITTEE AGENDA

June 19, 2023 at 3:00 PM

Bartlett Regional Hospital (BRH) Classroom

A. CALL TO ORDER

B. ROLL CALL

C. APPROVAL OF AGENDA

D. PUBLIC PARTICIPATION ON NON-AGENDA ITEMS

E. AGENDA TOPICS

1. Where Do We Start as a Subcommittee?

- **Recreation/exercise**

1. Overview of current opportunities for seniors. I suggest we look at the research and report that I did and see what needs to be edited. Create a clean report for JCOA.
2. Delineate what we believe the CBJ can do: short term and long term.
3. Meet with Parks and Rec when we decide what to ask for. Some initial ideas include creating exercise classes for seniors; asking about existing buildings that can be used for senior exercise classes or even a senior center; senior discounts for city activities; senior discounts for the "winter pass."
4. Contact non-CBJ entities with requests to provide more opportunities for senior fitness.

- **Socializing**

1. What do we know about how seniors socialize in Juneau? How would JCOA or CBJ create and promote social gatherings? How do we reach out to isolated individuals, or should we first "build it and they will come?" Does the JCOA survey give us some answers?

- **Senior Center.** This is the elephant in the room: Juneau does not have a decent Senior Center. I deeply believe having a vibrant and inviting senior center is key to both exercise and social programs for Juneau seniors. Should this subcommittee take this on? If so:

1. The biggest grants to support seniors in Juneau go to Catholic Community Services. Should we work with CCS or should we ask them to eventually turn over the program to a comprehensive senior resource center with Juneau seniors as its only concern? I envision a program similar to the Fairbanks Senior Center.
2. Ask the CBJ or a non-profit to create a separate program like the village-to-village model. Look at the community of Bellingham, WA, which has a senior center funded by NTS grants, and they have a grassroots non-profit, volunteer-run village-to-village program called Bellingham at Home.

F. NEXT MEETING DATE

G. ADJOURNMENT

ADA accommodations available upon request: Please contact the Clerk's office 36 hours prior to any meeting so arrangements can be made for closed captioning or sign language interpreter services depending on the meeting format. The Clerk's office telephone number is 586-5278, TDD 586-5351, e-mail: city.clerk@juneau.gov.