



The Golden Gazette

January 2024

Treasure of the Hills Senior Center

Volume XXXIV

Number 1

PRESIDENT'S MESSAGE

by Ellen Fannin

Happy New Year! As we step into this brand-new year, I would like to take this opportunity to thank all those who helped with the past holiday activities. From decorating to the luncheon and all the other activities, we are blessed with so many wonderful volunteers who stepped up to do a spectacular job of making the building and events festive and welcoming.

I specifically want to acknowledge the three board members who are stepping off the board. TOH could not have functioned without the service provided by these volunteers.

Ann Mignoli served as Board Secretary this past year and was a true asset to me as president. She did a wonderful job of making sure the agendas were done and the minutes were posted and often shared wonderful ideas. Thank you, Ann, for your dedication to our Center.

Phil MacDonald and Floresa Williams both completed their terms on the board. Thank you to both of them for the work they did and contributions they made over the last two years.

I am looking forward to the coming year and hope to schedule additional presentations and workshops. Several people have shared some wonderful ideas and we are always looking for more. Please take the time to share any thoughts you may have regarding new events.

One thing we are working on is finding a new location for the Senior Expo. We are quickly outgrowing the Cedar Park Recreation Center and are in need of a larger venue. We have started some discussions with the City to find a place that would allow us to grow. Additionally, we would like to move the date from August to late September or October. We will keep everyone apprised of any developments.

One final thought: Beginning in April 2023, which is Volunteer Recognition Month, we began featuring a Volunteer of the Month. This year, beginning in January, we will be changing our approach.

The first month of each quarter (January, April, July and October), we will feature long time members in "Honoring Our Heritage." This month we are honoring Lois Carlson. She and her husband Leonard were charter members of Treasure of the Hills in 1990.

The second month of the quarter (February, May, August and November), we will recognize new members from the previous three months.

The third month of the quarter (March, June, September and December), we will honor a Volunteer of the Quarter.

Again, Happy New Year and may 2024 bring you joy and prosperity!



FROM THE DIRECTOR

by Lisa Leirvaag

There are two important events in January:

January 3rd - Constable Jeff Anderson will talk about scams. This is a very useful topic. Questions are welcome, and hopefully many will be able to attend.

January 10th – Fall prevention workshop by Dr. Seifert. We can't have enough of those!

In February and possibly part of March, every Wednesday from 9 a.m. to 4 p.m., AARP Foundation Tax-Aide will use our center to provide free tax services to individuals of all ages in the local community, with special emphasis on low-income and senior clients. That means that a few activities will have to be cancelled or rescheduled.

We are planning on setting up an event calendar for the whole year. Suggestions are welcome! Culture Day was very popular in 2023. How about reviving it? Culture is not just about foreign countries and cuisines, it's about many things like art, history, and music. Remember – "Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." – Henry Ford



BOARD NOTES

by Ann Mignoli

The Bylaws Review Committee completed its review and forwarded the results to every Board member. A called Board meeting for the purpose of reviewing the results was held on 12/27/23. This year's Board members and members of the newly elected Board attended.

A new Non-standing Committee will be appointed to review the current Policies and Procedures in 2024

As the outgoing Board Secretary, I would like to thank and acknowledge Barbara Duprey for her patience and hard work on the Gazette.



TREASURER'S REPORT

by Denny Clauson

November income: \$6,084, which included an anonymous donation of \$2000 and a \$250 donation from PEC

November expenses: \$5,860

Investments:

Large fund increased \$14,190

Memorial fund increased \$4,164

Note: it was a very good month for stocks, which helps our investments. And traditionally there is a "Santa Clause" rally in December for stocks, so we should see more gains by the end of the year.



IN MEMORIAM

Jeri Finn

MEMORIAL FUND

A contribution was made in honor of Ann Irwin by Lisa Leirvaag



MEMBERSHIP DUES

Members must renew by February 15th to retain membership privileges. Note that dues are now \$35 and can be paid with a credit card at the front desk.

The Rex Reed Benevolent Fund is available for people who are financially unable to pay the dues. If you or somebody you know needs this assistance, apply in writing to the Treasurer. The request may be approved by the President or Executive Committee.

YEARS OF MEMBERSHIP

by Barbara Duprey

Our current members have been here for various lengths of time (maybe not continuously). There are obviously lots more recent members than old-timers, as you would expect, but I thought it might be interesting to see a breakdown on the number of people who have been members for different periods:

Less than 2 years	96
2 to 4 years	97
5 to 9 years	39
10 to 14 years	32
15 to 19 years	15
20 to 24 years	8
25 to 29 years	8
30 to 34 years	1



(Answers to puzzles on page 4)

Scrambled Quote

Nothing so needs reform as other people's habits. -- Mark Twain

Cryptogram

I believe there are more instances of the abridgment of the freedom of the people by gradual and encroachments of those in power than by violent and sudden usurpations. -- James Madison

SIT & FIT

by Pat Fiero

Greetings! The holidays are behind us and as we look forward to the new year, maybe some of you have made a resolution to get healthy, lose some of those holiday pounds or, to just try something new! I would like to suggest Sit and Fit. The exercises are perfect for our senior bodies. I suggest that you start slow and work up to your ability. You will begin to feel the effects in just a few sessions, especially more energy, and better balance. We meet on Monday, Wednesday and Friday at 9:00. The session lengths vary from 30 to 50 minutes. You don't need to come all three days, just when it fits your schedule.

I look forward to seeing some new faces in the coming weeks!



CRUISE

by Mary Riordon

Cruisers and not -yet-registered Cruisers:

A meeting for the April 20-28, 2024, Carnival cruisers is on the calendar for January 10, 2024 in the TOTH library at 10AM.

Bring your enthusiasm, questions, and planned activity options. Call me (512-260-8876, no texts) if you are registered but cannot attend.



CRAFTERS & HOBBYISTS!

Do you have a special talent for a craft or with a hobby that you can share with other TOTH members? Floral design, photography, cross-stitch, the perfect golf swing, making bread? Maybe a new game? What do you do to relax and have fun?

We would like to schedule some instructional classes that would be only one to two hours in length. It could be focused on one item or topic, or be more general. Come share your talents and knowledge.

Contact the front office if you are interested in being a presenter.



JEWELRY CLASS

by Mary Riordon

The 1st and 3rd Wednesday "Connie's Crew" classes are taking a break and will be back in March, 2024. The 2nd and 4th Wednesday "Donated Jewels" will continue but the 2nd Wednesday in January will be delayed because the cruise meeting is also scheduled at 10 am in the library.



ACTIVITY INTEREST

The TOTH membership form asks for members to indicate what kinds of things they enjoy doing (though the specific form has changed over time about what is collected into our database). One thing that becomes obvious when looking at the database is that for nearly everything, the number of people who have indicated interest doesn't match at all well with the number of members who actually participate.

We'd really like to understand this better, so if you're in the 'interested but not participating' group, we'd appreciate your letting Lisa or one of the receptionists know why. Scheduled day or time not convenient? Signup sheets already full or not at TOTH to sign them (hint — call the front desk)? Not run as you'd really like? We may be able to make adjustments that make things work better for you, but we have to know if there's a problem first!

Here's a breakdown of some of the more striking numbers. This includes members who listed a specific activity, but not those who said something more general, like 'all cards and games' — and then there are those who participate without having indicated the activity in any way. So this just gives a rough idea.

- Jewelry Making (36)
- Quilting (40)
- Bridge (84)
- Bingo (85)
- Bunco (60)
- Canasta (62)
- Mahjong (34)
- Pinocle (24)
- Mexican Train/
Dominos (48)
- 42 (25)
- Cruises (51)



PUBLICITY POSITION

We are looking for a member to fill the open Publicity and Public Awareness position. Are you the outgoing type who loves to meet new people, is familiar with social media (especially Facebook), and is a bit computer savvy, you might be just the person we're looking for!

If you are interested, please contact Ellen Fanin or Lisa Leirvaag for more information.

The Publicity and Public Awareness Committee is responsible for generating awareness of the Senior Center to the news media and outlets that are read and/or frequented by its target audiences.

The committee publicizes all TOTH activities to its membership and other interested constituencies.

The committee develops and utilizes an email list to make announcements a few days before the event, and again the day before the event.

The committee chair will

- Establish a media list and send out news releases highlighting special events and unique activities.
- Ensure copies of publicity announcements are maintained and filed by the Managing Director.
- Make special announcements by other committees or officers.



SIGNUPS TO NOTE

Two signup sheets are available in the reception area that you may not have noticed.

- The pinochle group is looking for more members and now has a signup sheet. The hope is to have two tables, each with four players. Each table needs four players. Substitutes are also welcome; they will be notified if they are needed for a particular session.
- Quite a number of members indicated an interest in walking. We would like to start groups to get together for this, so sign up if you would like to participate in this fun (and very healthy!) exercise.



Scrambled Quote

Use each letter in the bottom row to fill one of the blanks above it.

█			█				█			█		
█						█						█
E	S	T	H	E	B	G	T	R	O	P	A	
N	O	T	H	I	E	F	O	S	O		L	
		S	H	R	N	I	P	S	M		N	
		D		S	R			E				

Cryptogram

Replace each code letter with its corresponding plain text.

F LGQFGTG JRGMG SMG KZMG FPEJSPUGE ZV JRG
 SLMFHWKGPJ ZV JRG NGZNQG LB WMSHASQ SPH
 EFQGPJ GPUMZSURKGPJE ZV JRZEG FP NZDGM JRSP
 LB TFZQGPJ SPH EAHGHP AEAMNSJFZPE. -- CSKGE
 KSHFEZP

(Answers on Page 2)

CALENDAR NOTES

- TOTH is closed January 1st and 15th
- Bunco is suspended indefinitely
- Rubber bridge is now at 9:30
- Mexican Train is now at 12:30
- On January 3rd at noon there will be a presentation about scams by Constable Jeff Anderson from Williamson County. A soup lunch will be served; the cost is \$4.
- Dinner Club is January 4th at 5 pm at the Texican Café, 11066 Pecan Park Blvd
- On January 10th at 10:30, balance expert Dr. Ryan Seifert PT, DPT will host a Balance and Fall Prevention Workshop

- Meet & Eat is January 15th at 1 pm at County Line Bar and Grill, 5204 FM 2222, Austin
- Breakfast is back (January 27th at 9 am)!

Coming Up

Tax services will be provided free at TOTH by AARP Foundation Tax Aide on Wednesdays in February and early March, by appointment.



HONORING OUR HERITAGE

by Ellen Fannin — A quarterly recognition of long-time members

This month, we are honoring Lois Carlson. Lois has been a member of Treasure of the Hills since its inception in 1990. Although she is not able to come enjoy the Center now due to physical limitations, her heart still belongs here.



Lois at TOTH next to the tree that was planted in memory of her husband, Len.

She and her husband, Len, were members of AARP 3085 where, at one of the monthly meetings, Jeanne Felldin shared her dream of a Senior Center in our area. The group set to work to establish a center, and on September 29, 1990, hosted a ribbon cutting ceremony marking the beginning of Treasure of the Hills Senior Center.

Lois wrote a wonderful article several years ago that tells of all the activities that the founding members participated in that resulted in what we now enjoy as our Senior Center. We have a copy of the article available in the Front Office for anyone to read.

Lois loved to play canasta and continued playing until COVID hit. She was instrumental in starting the Red Hat group at TOTH, went on several cruises and was very active in other areas as well. Most weeks, you could find her at the Center three or four days out of the week, always volunteering and helping out wherever she could.

Early on, there was no paid position at the Center and everyone was a volunteer. So, when the receptionist group was started, Lois became the Monday morning receptionist. This was her favorite thing to do because she got to know so many of the people who were part of the Center. With every new member, she would call them and talk with them about the activities and get them involved. She added a personal touch to the position and it gave her the opportunity to meet everyone no matter their background.

When Len passed in 1995, Lois continued with the activities, saying that she didn't know what she would have done without the Center. It was so much a part of her life.

Today, Lois still lives in her home and celebrated her 99th birthday last October. Although she has lost her eyesight, her memory is still good and she loves to recall all the incredible activities and events that made Treasure of the Hills what it is today.

We are so grateful for the devotion and dedication Lois has had to Treasure of the Hills. The foundation that she and other charter members formed has made our organization strong and viable. We honor Lois and all she stands for within our heritage.

Lois at the Center celebrating her 95th birthday in 2019.



Lois and friends at Christmas lunch several years ago.

Lois with her canasta buddies.



Lois at a Thanksgiving luncheon.



JANUARY BIRTHDAYS

Barbara Johnson	05
Linda Rettinger	10
Doris Stone	10
Karen Goodman	13
Nella Easley	14
Ann Powell	16
Lisa Leirvaag	17
Zane Lowenstein	17
Harvey Koerner	18
Toni Maxwell	19
Connie Lane	21
Ellen Fannin	22
Nancy Lee Weller	22
Ken Birdwell	23
Joy Eddy	23
Jerry Thomas	23
Dodie Domanski	25
Ginny Beckley	26
James Nickerson	29
Dick Planck	29
Paul Flatley	30
Mary Newman	30
Jon Devries	31
Ann Mignoli	31

JANUARY ANNIVERSARIES



Lorri and Ralph Walborn	11
Harry and Mary Kate Woodruff	23
Denise Fitzgerald and Tom Paul	31



NEW MEMBERS

Colleen and Keith Regan
Cathy Warmerdam

FROM THE EDITOR

by Barbara Duprey

I'm anticipating another great year to come for TOTH! 2023 was full of events we'll remember — and some we'll be doing again, after really good fundraising successes. A lot of people pitched in and made them come together. Thank you so much!

Remember that, like these events, this newsletter is a joint effort — not just me and my wonderful team, but all our volunteers.

If you are a team lead, and we haven't had a recent article here about that activity, I'd love to get a short article from you to publish. Another idea is to write something up about a recent experience that you think other members might enjoy having, too — like a fun place to travel, or a cuisine you love that you don't think enough people are really aware of, and a local restaurant that serves it.

There's no guarantee that your article will be published immediately — the amount of space left after the 'bespoke' articles are placed in a new issue varies widely! But it will certainly find a home here soon, so please send it to me, or give it to Lisa or a receptionist. I'm looking forward to hearing from you!

Please send feedback on the Gazette to bduprev@austin.rr.com.

A hug for you, my friend



Floresa Williams
Gail Middleton
Philip MacDonald

BOARD OF DIRECTORS

President: Ellen Fannin
Vice President:
Chris Campbell
Treasurer: Denny Clauson
Secretary: Zane Lowenstein
Directors:
Frank Mignoli
Pat Thomas
Becky Goad
Sandy Williams

MANAGING DIRECTOR

Lisa Leirvaag
toth.director.tx@gmail.com

GOLDEN GAZETTE

Editor: Barbara Duprey
bduprey@austin.rr.com

COMMITTEES

Finance: Denny Clauson
Nominating: (Open)
Hospitality:
MarEllen Basalyga
Special Events & Resource Dev.:
(Open)
Publicity & Public Awareness:
(Open)

OPERATIONS

Building Maintenance:
City of Cedar Park
(contact Lisa Leirvaag)
Kitchen Mgr: Lisa Leirvaag
Supplies: Lisa Leirvaag

OPERATIONS (CONT.)

Membership:
Lisa Leirvaag,
Jeanne Allison,
Barbara Duprey
Receptionists: Mary Riordon
Bookkeeping: Lori Rainey
Memorials: Jan Clark
Sunshine: Jan Clark
Memorial Garden:
Lisa Leirvaag
Historian: Ruby Banks,
Gail Brennen
Library: Ruby Banks
Bulletin Board: Becky Goad
Website Review: (Open)



ACTIVITIES

Breakfast *: Pat Fiero,
Frank Mignoli
Salad/Soup *: Frank Mignoli
Meet & Eat *:
MarEllen Basalyga
TOTH Dinner Club *:
MarEllen Basalyga
Golf: Frank Mignoli
Sit & Fit: Pat Fiero
T'ai-chi: Dr. Tom Barrett
Crafts/Jewelry Making *:
Mary Riordon
Quilting Bee: Cindy Glenn

GAMES

Bingo
Monday: Barbara Duprey
Friday: Becky Goad,
Barbara St. Marie
Canasta *: Bobbie McKissick
Cribbage: Stan DeRocher
Hearts *: Chris Campbell
Mahjong: Georgia White
Mexican Train:
MarEllen Basalyga
Pinochle: (Open)
Poker: Jerry Rubin
42: Nancy Kingston

BRIDGE

Duplicate Bridge *
Tuesday: Frank Mignoli
1st & 3rd Tuesday:
Sheila Perkins
Friday: Ken Birdwell
3rd Friday: Joyce Francis,
Sheila Perkins
Saturday: Carolyn Patrick
Rubber Bridge *
Ed Williams, Eileen Brown

* Signup Required



Contact information for these members is available —
call 512-331-6000.

January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
* Signup Required # Signup Required & Pay in Advance	DAILY: 9 ⁰⁰ Sit&Fit 11 ⁰⁰ '42' 1 ⁰⁰ Cribbage 1 ⁰⁰ Bingo	DAILY: 9 ³⁰ RbrBrdg* 10 ⁰⁰ Canasta* 1 ⁰⁰ DupBrdg* 1 ⁰⁰ Poker	DAILY: 9 ⁰⁰ Sit&Fit 9 ⁰⁰ and/or 10 ⁰⁰ Hearts*	DAILY: 10 ⁰⁰ T'ai-chi 11 ⁰⁰ Mahjong 11 ³⁰ Pinochle 12 ⁰⁰ Quilting 12 ³⁰ MexTrain	DAILY: 9 ⁰⁰ Sit&Fit 10 ³⁰ Bingo 1 ⁰⁰ DupBrdg*	
	1 CLOSED for New Years	2 DAILY+ 9 ³⁰ DupBrdg*	3 DAILY + 12⁰⁰ About Scams 10 ⁰⁰ ExCmte	4 DAILY+ 5⁰⁰ TOTH Dinner Club*	5 DAILY	6
7	8 DAILY+ 10 ⁰⁰ BOD	9 DAILY	10 DAILY+ 10³⁰ Fall Prevention 10 ⁰⁰ Jewelry Making*	11 DAILY	12 DAILY +	13 1 ⁰⁰ DupBrdg*
14	15 CLOSED for MLK Day	16 DAILY+ 1 ⁰⁰ Meet&Eat*	17 DAILY +	18 DAILY	19 DAILY 9 ⁴⁵ DupBrdg* 11 ⁰⁰ Finance Cmte	20
21	22 DAILY	23 DAILY	24 DAILY + 10 ⁰⁰ Jewelry Making*	25 DAILY	26 DAILY	27 9⁰⁰ Break-fast Day
28	29 DAILY	30 DAILY	31 DAILY			



Please Remember:
Sign in and out
Sign up for classes and meals

Missing something? Check the Lost and Found!

Gazette Deadline —
17th of each month



Treasure of the Hills Senior Center

408 Ridgewood Drive, Cedar Park, TX 78613

Phone 512-331-6000

Open Monday-Friday 9am-3pm

www.toth-seniors.com