



The Golden Gazette

Treasure of the Hills Senior Center

February 2025

Volume XXXV

Number 2

February Concert

Neon Bridges Concert

Treasure of the Hills presents a free concert with Neon Bridges, aka David Sollee, on Wednesday, February 5 at 1:00 p.m.

Step into a world of vibrant melodies and heartwarming rhythms with Neon Bridges, the musical persona of David Sollee. Growing up amidst the rich cultural tapestries of Sumatra, Indonesia, and Lagos, Nigeria, David brings a global perspective to his music. Since 2015, he has been captivating audiences in Austin with his baritone ukulele performances, crafting sounds that resonate with the eclectic spirit of the city.

David's musical journey began with the bass guitar, followed by self-taught mastery of the guitar and piano. A transformative experience hiking the Appalachian Trail introduced him to the ukulele, leading him to embrace a new direction in his artistry. Before becoming a full-time musician in Austin, he studied voice and music business, enhancing his self-taught skills.

In 2018, David's adventurous spirit took him international, as he performed a summer of music in Greece, further enriching his sound. Back in Austin, he has played over 1,000 shows at more than 30 venues, from the iconic 6th Street and beyond, becoming a fixture in the local music scene with numerous residency slots.

Beyond the stage, David is a devoted father to a spirited 4-year-old boy. This deeply personal side of his life brings warmth and authenticity to his music, connecting listeners to the stories behind the songs.

Concert: Wednesday, February 5—1:00 p.m.



Art Beat Dance & Movement for Seniors

Following a successful demonstration by Art Beat, we are now scheduling two sessions each month on the 2nd and 4th Tuesdays from 10:00 to 11:00 a.m. Sessions will be \$5 per person, and you can join at any time.



Dance classes are inclusive for anyone, male and female. Students may stand or sit during the class. Every class addresses balance, flexibility, coordination and socialization.

There is a flyer in the front office at the Center that details the benefits of dance and how it can improve not only balance, but mental and emotional health as well.

Tuesday, February 11 & 25—10:00 to 11:00 a.m.



2024 Volunteers of the Year

Be sure to stop by the office and cast your vote for the 2024 Volunteers of the Year. Ballots are available in the front office. You can nominate two (2) people who you feel have made a difference with their volunteer efforts and contributions of their time and talent to TOTH during 2024. Simply write the names on the slips of paper provided and drop them into the box. Voting will be open through February 15th. The individuals receiving the most votes will be named the 2024 Volunteers of the Year in the March issue of the Golden Gazette.

Golden Gazette

Volume XXXV

No. 2

A monthly publication of Treasure of the Hills Senior Center, 408 Ridgewood Dr., Cedar Park, TX 78613, 512-331-6000, www.toth-seniors.com. Open Monday thru Friday, 9:00 a.m. to 3:00 p.m. Membership is \$35 annually.

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Deadline for articles is the 17th of the previous month.

Email submissions to gazette.toth@gmail.com

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President's Message

By Ellen Fannin

Here we are already in February! And, we have many things in the works for the coming months.

To keep you apprised of what has been going on, we have extended Lisa's hours to an additional five hours each week. We all know she works far beyond the hours she is paid for, but with the additional activities, the Board wanted to provide her some additional paid hours.

We have a new, faster and better printer in the front office that will give us excellent color copies, and do it quickly.

Our new sound system is 95% done. There are only a few minor things that need to be tweaked, but those things do not affect the sound quality. A huge "thank you" to Jim Anderson for learning the sound system so that now he can add "sound guy" to his "head gardener" title.

We want to thank Sue Holmes for stepping up to provide the lunch for the January Lunch & Learn. The organization scheduled to provide it was unable to do so at the last minute. Sue, along with Evelyn Myers who provided the cobblers, went to work and cooked a great (and warm) meal of soups, salad, bread and dessert. Thank you!

Regarding the Lunch & Learn, the presentation was excellent! Rob Shands of Red Leaf, the real estate developer, Julia Mitschke, head of the new library and Amy Link, Director of Development Services with the City, gave us great information about the Bell District and the upcoming plan. We are so grateful to Fran Irwin with the City of Cedar Park for helping us with the panel members.

We are always looking for volunteers who are willing to step in and help with a variety of tasks. It could be helping to organize an event or just helping to clean up after a meeting. Let us know of your availability and how you would like to contribute.

TREASURER'S REPORT

By Denny Clauson, Board Treasurer

December income: \$3,410

December expenses \$10,140

(which includes \$5,125 paid out of Memorial Fund)

Total investments for the month decreased by \$9,417.

Note: Investments for all of 2024 increased by about \$30,000.

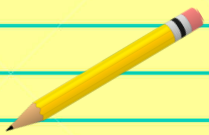
For the year, we performed about \$6,300 better than our planned budget. This is mainly due to efforts by Ellen Fannin and the many volunteers who made the Senior Expo such a huge success.



Vice Versa

Insights from the VP

By Sue Holmes, Board Vice President



Happy February!!

The Lunch and Learn for February 19th is the Cedar Park Police Department. They will be talking about Senior Safety. Let me know if you have any questions or concerns that you would like included (sue.holmes1950@gmail.com) and I'll pass it along to them. Lunch will be chicken gnocchi soup, beef stew soup, vegetable soup, and salad.

Music Bingo is a lot of fun. If you haven't attended, please try to attend on Monday, February 17th; the genre is Ladies of Country Music.



From the Director

By Lisa Leirvaag

From the Editor:

Although Lisa said she didn't have anything to report, we are happy to let you know that she, in addition to being as busy as ever keeping the Center running efficiently, was able to take a couple of well-deserved days off in mid-January.

We are so fortunate to have such a dedicated and hard-working Managing Director. We want her to know how much she is appreciated and valued. Thank you, Lisa!



NEW MEMBER RECOGNITION

October-November-December-January

We want to take this opportunity to welcome our new members for the past four months. We are so grateful that you have joined up. Treasure of the Hills (or TOTH, as we know it) is a special place where you can develop some wonderful friendships and participate in fun and entertaining events. Please know how much we appreciate each of you!

OCTOBER

John Bilanych
Mollie Dirck
Melba Ford
Fiona Willcox

NOVEMBER

Mary Bustin
Marty Callahan
Nina Cavanaugh
Luann Garcia
Sandra Heatherley
Dee Rensch
Cindy Rhea
Jenny Rogers
Ruben Trevino
Kathie Turner

DECEMBER

Phyllis Jordan
Bertie Perry
Rashmi Shah
Charlie Stermer

JANUARY

Allan Ness
Barbara Baldwin
Marcia Baumgartner
Sheila Chadwick
Karen Enlow
Carroll Hartman
Patricia Hollis
Cindy Howard
Janet Drumm
Hermina Minnerup
Mary Ann Sandgarten
Letha Zuckero

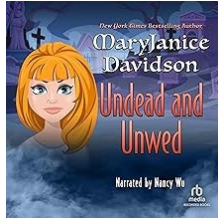
welcome!



The book clubs are always open to anyone who would like to join in the discussion.

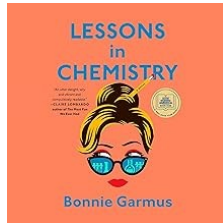
Friday, February 14 —10:00 a.m.

The Cozy Club Book Club meets 2nd Friday of the month. The February book is *Undead and Unwed*, by Mary Janice Davidson. The book club is open to all and drop-ins are welcome!



Friday, February 28 —10:00 a.m.

The Books in the Cedar Hills Book Club meets 4th Friday of the month. The February book is *Lessons in Chemistry*, by Bonnie Garmus. The book club is open to all and drop-ins are welcome!



Bead Weaving Classes

Changes are in the works for jewelry classes at Treasure of the Hills Senior Center in 2025. Below are the new guidelines for the classes that will be focusing on bead weaving. A photo of the first class project is below.

- The classes will be presented by Betsi Newbury on Wednesdays from 10:00 a.m. to 12:00 noon, and will focus on bead weaving techniques only. Bead stringing will not be covered other than steps also used in bead weaving, such as adding a clasp.
- Attendees should have some knowledge of bead weaving.
- As with training at bead stores, one project at a time will be presented. Project selection will be a joint collaboration. Some classes may cover different aspects of bead weaving such as adding a clasp or learning a specific stitch.
- There will be a separate sign-up sheet for each project, and attendance will be limited to only those on the sheet. Walk-ins will not be permitted once a new project starts.
- Betsi will provide a project packet to everyone who signs up for a class which will include a copy of the pattern and a supplies list. She will also make samples of each piece. Students will be responsible for providing their supplies. Betsi will work with class members if online ordering is required.
- Meetings will be held **weekly** for the duration of a project. After completion, there will be at least a two-week break to give attendees time to gather supplies for the next and to give Betsi time to prepare packets and samples.
- Betsi does not consider herself a teacher and is also involved in other side projects such as book editing. Therefore, she will give this new setup until the end of March and make a decision at that time regarding whether she continues with these sessions.



Grouper Helps You Access Benefits to Cover Group Activities

Treasure of the Hills Senior Center

Benefits With Friends

Research has found that staying active and having fun with friends is a winning combination. If you're 65+ with a qualifying health plan, Grouper provides an annual \$50 payment and additional \$20 payments every three months for continued in-person group activities with Treasure of the Hills Senior Center. Check it out at GrouperGroups.com/THSC and join the Social Fitness movement!

Cruisin' to Alaska

with the Recycled Teenagers



The Recycled Teenagers Alaskan cruise is planned for August 24 - August 31, 2025, on the Discovery Princess taking off from and returning to the Seattle port. It sounds like a long time away, but deposits should be made soon. Final payments are due two months (June) before the departure date.

Passports are required and need to be current for six months after the ship returns to Seattle. In other words, your passport should not expire until after February of 2026.

Princess gives a credit to veterans who email a copy of their discharge paper. (\$100 for a 7-day cruise.)

Our rep at Princess, Dan Swislow, can be reached at dswislow@princesscruises.com. For pricing, available cabins, transfers to the ship, and more info, email Dan.

Our local person with cruise info is Mary Riordon, 512-260-8876 (*a landline, so no texting*). Our next meeting will be in March, but is not yet scheduled. Stay tuned for more information in the near future.

Happy Cruising!



A Lovely Message

Once upon a time...
When **Window** was just a square hole in a room...
And **Application** was something written on a paper...
When **Keyboard** was a piano...
And **Mouse** just an animal...
When **File** was an important office material...
And **Hard Drive** just an uncomfortable road trip...
When **Cut** was done with a knife..
And **Paste** with glue...
When **Web** was a spider's home...
And **Virus** was the flu...
When **Apple** and **Blackberry** were just fruits...
That's when we had a lot of time for family and friends.

Constable's Corner



by Constable Jeff Anderson



Stay warm and cozy this season with indoor portable heating equipment! Remember to prioritize safety while enjoying the comfort of your heated spaces.

Here are a few tips:

1. Always keep heaters away from flammable materials.
2. Never leave them unattended while in use.
3. Ensure proper ventilation to prevent overheating.
4. Check for any wear and tear on electrical cords and plugs.



Monday, February 17
3:00 to 5:00 p.m.

(Note new time)

Bring your favorite Snack to Share
TOTH will provide drinks
\$2 per card/No card limit
(2 max is recommended)

Cash Prizes

Music Genre for February
Women of Country Music

Sign up by February 14 in front office

Music Bingo is held on
the 3rd Monday of the month.

Come Join the Fun and Sing Along!

Please notify the TOTH office when
any of your contact information
(address, email, phone number)
changes so that we can keep
the TOTH database up to date.

VALENTINE GREETINGS

Valentine's Day is a day set aside where we can show our appreciation, gratitude and love for special people in our lives. In that vein, Treasure of the Hills is providing a way that you can thank your friends at TOTH and send them a message to let them know how much you appreciate them.

Starting on Monday, February 10th, in the front office, you will find blank hearts that you can use to write a brief note to friends at TOTH who you appreciate. We have set aside space on the bulletin boards in the hallway where you can post the hearts.

Write a message on the heart and then put it on the bulletin board in the hallway. Feel free to write a heart for more than one person.

The hearts can be taken on or after Valentine's Day.

Everyone is encouraged to participate!



A Mission to Help Others Create a Better Life

TOTH member Elaine Allan has a mission... working to help refugee families of Afghan and African wars who have settled in the Austin/ Cedar Park area. These people have been driven from their homes due to the violence and ravages of war and are here on government visas. They have come from their homeland to the US with little or nothing. It is difficult to imagine what it would be like to leave everything you know and everything you own behind and come to a strange country to create a new life.

Several of the refugee women were, and are, seamstresses; one was a tailor in Afghanistan. Patti Klein, a TOTH member, donated sewing machines and small serger earlier, and another friend of TOTH donated 25 yards of fabric. The refugee women were extremely grateful for these kind and thoughtful donations. These women want to be able to provide for their families by using their talent to bring in money and make clothing and other household items.

If you have or know anyone who has a used, working sewing machine, there is a need for at least two additional machines for other women. If

you don't have a machine, but have the funds to help, sewing machines are available at Walmart for \$200 or less.

Donations of fabric are also greatly appreciated.* The types of fabric they can use are solid colors or patterns to be made into clothing, throw pillows, and cloth that is strong enough to be made into tote bags. Any fabric needs to be in lengths of two or more yards. Please no yarn, suede, vinyl, leather, silly patterns, etc.

Sewing accessories are also needed, items such as scissors, bobbins, thread, tape measures, seam rippers, etc. If you sew or used to sew, you know there are many things needed when making garments.

To donate, or if you would like to learn more about this project, you can call, text or email Elaine Allan at 512-750-7730 or bornto-help1961@gmail.com.

** If you have quite a lot of fabric, consider giving some to the refugee sewing training class at the AISD Refugee Office, located at Webb Middle School's portable on the westernmost part of the school.*

Transportation Needs for Members To and From the Center

If transportation is an issue for you or someone you know, we need your input!

There is no doubt that as we age, we are less able or willing to drive. Many of our members have lost their ability to drive safely and are more homebound and unable to participate in activities at Treasure of the Hills.

To help address these problems, board members have been in communication with a service that could help remedy this issue.

The Plan

Keep Safe Care-Cedar Park, in addition to their private caregiving services outlined in the adjoining article, are able to provide transportation to our members in order to assist them in maintaining socialization and being active.

We are proposing a plan to provide group transportation to events such as Bridge, Bingo, outings for luncheons, museum tours, and more!

Keep Safe Care would arrive at your home; transport you to our center and arrange to transport you back home at the end of the day. They provide licensed staff and are fully insured and strive to provide quality services.

The Ask

We need your help in determining the need and the individuals who might benefit from this service. If you or someone you know needs transportation to and from TOTH in order to participate in activities, please complete the sign up sheet in the front office at TOTH. Someone will contact you if additional information is needed.

Maintaining An Active Lifestyle in Older Adults Through Socialization

The Significance of Social Connections for Senior Well-being

Editor's Note: The following article was provided to us by Alicia Reisen, owner/operator of Keep Safe Care-Cedar Park. As you read through the article, you will see that Treasure of the Hills is already participating in and taking advantage of the suggestions.

Introduction

As individuals age, it becomes increasingly vital to maintain an active and engaged lifestyle to benefit overall health and well-being. Socialization stands out as one of the most effective methods to achieve this goal. For older adults, staying socially connected can have profound effects on both physical and mental health. This document explores the benefits of socialization for seniors, strategies to encourage social engagement, and examples of activities that can help older adults remain active and connected.

The Benefits of Socialization for Older Adults

Socialization provides numerous advantages for older adults, enhancing their overall quality of life. The key benefits include:

Improved Mental Health

Regular social interaction can significantly reduce the risk of depression and anxiety among older adults. Engaging in conversations, sharing experiences, and building relationships fosters a sense of belonging and purpose. Research has shown that seniors who maintain strong social networks are less likely to experience cognitive decline and memory loss.

Enhanced Physical Health

Socialization positively affects physical health as well. Participating in group activities, such as walk

(continued on next page)

Maintaining an Active Lifestyle *(continued from previous page)*

ing clubs or exercise classes, encourages seniors to stay active and maintain mobility. Moreover, having a support system motivates older adults to take better care of their health and adhere to medical advice.

Increased Longevity

Strong social connections have been linked to increased longevity. Older adults who are socially engaged often have lower rates of chronic illnesses and a greater ability to recover from health setbacks. The companionship and support provided by friends and family help seniors navigate the challenges of aging more effectively.

Strategies to Encourage Social Engagement

To help older adults stay socially active, it is important to provide opportunities and support for social engagement. The following strategies can be implemented:

Community Programs

Community centers and senior organizations often offer a variety of programs designed to promote socialization among older adults. These can include group exercise classes, art and craft sessions, book clubs, and educational workshops. Providing accessible and affordable options for seniors to participate in these activities is crucial.

Technology and Social Media

In today's digital age, technology plays a vital role in keeping older adults connected. Teaching seniors how to use smartphones, tablets, and social media platforms can help them stay in touch with family and friends, regardless of distance. Virtual gatherings, video calls, and online communities can bridge the gap for those with mobility issues or those who live far from loved ones.

Volunteer Opportunities

Volunteering is an excellent way for older adults to remain active and give back to their communities. Many organizations welcome senior volunteers, offering roles ranging from mentoring and tutoring to assisting at local events. Volunteering provides a sense of purpose and offers opportunities to meet new people and form lasting friendships.

Intergenerational Activities

Intergenerational programs that bring together older adults and younger generations can be mutually beneficial. Activities such as storytelling sessions, gardening projects, and technology workshops allow seniors to share their knowledge and experience while learning new skills from younger participants. These interactions enrich the lives of both age groups and strengthen community bonds.

Examples of Social Activities for Older Adults

There are numerous activities that can help older adults stay socially engaged and active. Here are a few examples:

Exercise Groups

Joining a group exercise class, such as yoga, tai chi, or water aerobics, can provide physical benefits while fostering social connections. Many community centers offer classes specifically tailored to older adults, ensuring a safe and supportive environment.

Hobby Clubs

Encouraging seniors to join clubs that align with their interests, such as gardening, knitting, or photography, can help them connect with like-minded individuals. Hobby clubs provide a platform for participants to share their passions, learn new skills, and build friendships.

(continued on next page)

Maintaining an Active Lifestyle (continued from previous page)

Games and Puzzles

Organizing game nights or puzzle-solving sessions can be a fun and stimulating way for older adults to socialize. Activities like card games, board games, and jigsaw puzzles promote cognitive health while offering opportunities for laughter and camaraderie.

Social Events

Attending social events, such as potluck dinners, movie nights, or cultural festivals, can help seniors expand their social circles and experience new things. These events, hosted by community centers, religious organizations, or senior living communities, provide a welcoming space for older adults to connect.

Conclusion

Socialization is a vital component of a healthy and fulfilling life for older adults. By staying socially active, seniors can enjoy improved mental and physical health, a greater sense of purpose, and increased longevity. Encouraging social engagement through community programs, technology, volunteering, and intergenerational activities can help older adults stay connected and thrive. By fostering a supportive and inclusive environment, we can ensure that older adults continue to lead active and vibrant lives.

As we explore the potential partnership with Keep Safe Care-Cedar Park, we'd love to get your feedback. Keep Safe Care-Cedar Park is a Senior Caregiving Organization founded on the principles of providing the best care possible to its clients. Alicia Reisen, owner of Keep Safe Care-Cedar Park, has reached out to our center with the idea that by providing transportation services to our clients; we can partner together to ensure our members maintain their independence and optimize their health.

We want to hear from you! Please contact us here at the office to provide your feedback as to whether a transportation option; if available, would it be something you would utilize.

Keep Safe Care-Cedar Park also offers a wide range of services as well and we are providing you with their information and urge you to please reach out to Alicia Reisen at 512-887-8277 should you have any questions at all about their services.

With a Full Access Card

Learn more

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Cedar Park Library Digital Apps

At the January Lunch & Learn, we heard about the several apps available to access digital books, magazines, movies, etc. Here is information on how to use them:

Cedar Park Public Library offers a plethora of digital items to Full Access card members. Find what you are looking for in any of our four digital library collections —

- **Kanopy:** TV and movies
- **Libby:** eBooks and eAudiobooks
- **CloudLibrary:** eBooks, eAudiobooks, magazines, and newspapers
- **Hoopla:** eBooks, eAudiobooks, music, movies, and more.

Browse online or in the app(s). Login is easy with your 7-digit library card number and your 4-digit PIN.

Need help? Ask staff at the Info Desk on floor 2 or call (512) 401-5600 during open hours for assistance.

UPCOMING EVENTS

February Shared Meals

Members and friends are invited to join us for any of these events. Please remember that reservations are required! You can register in the front office of the Center or call 512-331-6000.

TOTH Dinner Club

Thursday, February 6 at 5:30 p.m.

Lupe Tortilla; 4501 183A Toll Road, Suite B
Contact: MarEllen Basalyga, 512-905-1102

Meet & Eat Lunch Group

Tuesday, February 18 at 1:00 p.m.

Nick's Breakfast & Coffee; 901 E. Crystal Falls Blvd., #101
Contact: MarEllen Basalyga, 512-905-1102

Monthly Breakfast

Saturday, February 22, 9:00 a.m.

TOTH Senior Center Great Room

(Free for members; \$5 for guests. Sign up in advance; deadline is January 23. Seating is limited to 40 people.)

Please always check the sign up sheets in the Front Office of TOTH to make sure you have signed up for any upcoming event that you want to participate in. It is also important to make sure you register only one time for any event.



Senior Safety

The February Lunch & Learn is being presented by the Cedar Park Police Department. They will be sharing ideas and information to keep us safe. Be sure to sign up. Lunch will be provided free of charge.

Wednesday, February 19—12:00 p.m.

February Presentations, Meetings & Events

Neon Bridges Concert

Tuesday, February 5—1:00 p.m.

(see article on page 1)

Jewelry Class

Wednesdays, February 5, 12, 19, 26—10:00 a.m.

(see article on page 4)

Art Beat Dance & Movement Class

2nd & 4th Tuesdays, February 11 & 25—10:00 a.m. *(see article on page 1)*

Cozy Club Book Club

Friday, February 14—10:00 a.m.

(see article on page 4)

GenLink Technology Help

Saturday, February 15—10:00 a.m.

(see article on page 12)

Music Bingo

Monday, February 17—3:00 p.m.

Bring snacks to share. Music Genre: Ladies of Country Music. *(see more detail on page 5)*

Lunch & Learn: Senior Safety

Wednesday, February 19—12:00 noon

Sign up in advance. Lunch is free for members.

BCH Book Club (Books in the Cedar Hills)

Friday, February 28—10:00 a.m.

(see article on page 4)

Seniorific News

What does Seniorific have for our Millions of Readers:

Humor	Games	Medicare News
Health News	Lifestyle	Education
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February Birthdays

Nancy Osuna 1	David Brewer9	Nancy Hayter 19
Marilyn McCarthy 2	Lynn Moynihan 11	Jane Herrin 21
Porter Kier 3	Janet MacFarland 13	Henry Luna..... 23
Emilie Steude 3	Lyle Williamson 13	Vern Heck 24
Emma Sue Johnson 6	Patricia Hollis 15	Renay Lenz..... 24
Carrol Hastings 7	Kathy Moskwa 15	Lori Rainey 24
Bobbie McKissick 7	Lynne Bounds..... 16	Gloria Hoss 25
Peter Klein 8	Ken Williams 17	Lin Pastore 25
Doc Rainey..... 8	Roger Patrick 18	Jacquee Guida..... 27
	Marty Callahan 19	

February Anniversaries



Kathie & Art Bacque2	Lin & Rich Pastore 20
Dodie & Dennis Domanski.....3	Emma Sue & Duane Johnson..... 24
Rosa & Zia Din 14	Renay & Greg Lenz..... 24
Rashmi & Pragna Shah 19	Patti & Warren Klein..... 29

IN MEMORIAM



Rhoda Lloyd

Rhoda died on Saturday, January 18. She joined TOTH in 2011 and was an avid Canasta player.

MEMBERSHIP DUES

Members must renew by February 15th to retain membership privileges. Dues are \$35 annually and can be paid with cash, check or credit card at the front desk.

The Rex Reed Benevolent Fund is available for members 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.



We are grateful for the DONATIONS

Thank you to everyone who has donated so that we can continue to provide the meals at TOTH free of charge. These donations help to defray the cost of meals and other supplies so that all TOTH members are able to participate in any event they desire.

There are donation boxes in the front office and in the Great Room where you can drop any donation, large or small. They are appreciated!



A Nostalgic Senior Adult Day Center



- * Dementia/Alzheimers Trained Staff
- * On-Site Music
- * Dietician Approved Snacks and Meals
- * Full & Half Day Options
- * Accepts VA & Medicaid
- * Possible LTC



Adult Day Care in Austin Texas

www.townsquare.net

11200 Research Blvd., #100 Austin, TX 78759

Hours: Mon-Fri 9:00 am - 2:00 pm Closed on Weekends



Call 512-375-4328 to learn more!

Photo Gallery: GenLink Technology Session

The students from the non-profit, GenLink, presented a technology class on Saturday, January 18 for approximately 20 TOTH members. The students start each session with an icebreaker. The question in January was “what do we remember from our childhood that is different today.” Participants talked about their experiences as a youth.



After this brief interaction, the students began to help each person, one-on-one, with issues they had with their phones.



The session ended with a couple of fun games of bingo! Everyone went away having learned something new and having fun!



We will continue to offer these sessions on a monthly basis on the third Saturday of the month from 10:00 to 11:30 a.m. Come join us at anytime!



The next session will be on Saturday, February 15th from 10:00 to 11:30 a.m. in the Library Room. The focus for the February meeting is laptops, but bring any device you need help with. The GenLink students will help you learn how to set up, use and manage your smart phone, tablet, laptop...any electronic device you have questions about. Bring your devices and questions.

GenLink Technology Session—Saturday, February 15—10:00 to 11:30 a.m.

BOARD OF DIRECTORS

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Vice President
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512-331-6000

STANDING COMMITTEES

Finance
Denny Clauson
Nominating
TBA
Special Events & Resource Dev.
Sue Holmes
Communications & Publicity
Open

OPERATIONS

Bldg Maintenance: Cedar Park (City)
(Lisa Leirvaag is TOTH contact)
Bookkeeping: Lori Rainey
Kitchen & Supplies: Lisa Leirvaag
Membership: Lisa Leirvaag
Jeanne Allison
Barbara Duprey
Reception: Mary Riordon
Memorials: Jan Clark
Sunshine: Jan Clark
Mem'l Garden: Jim Anderson
Historian: Ruby Banks
Gail Brennen
Library: Ruby Banks
Bulletin Board: Connie Ellis
Newsletter: Ellen Fannin
Website: Barb & Denny Clauson

REGULAR ACTIVITIES AND EVENTS

Breakfast (monthly)	Pat Fiero & Frank Mignoli	Sign up Required
Lunch & Learn (monthly)	Sue Holmes	Sign up Required
Meet & Eat Lunch (monthly – locally)	MarEllen Basalyga	Sign Up Required
TOTH Dinner Club (monthly – locally)	MarEllen Basalyga	Sign up Required
Jewelry Making	Betsi Newbury & Mary Riordon	Sign up Required
Golf	Frank Mignoli	
Sit & Fit (3 x week)	Pat Fiero & Rosa Din	
T'ai-Chi (weekly)	Dr. Tom Barrett	
Quilting Bee (weekly)	Cindy Glenn	
Crochet Class	Sue Chesnut	
Art Beat Dance & Movement (2nd & 4th Tuesdays) Instructor		Sign up Required

GAMES

Bingo (Monday)	Barbara Duprey	
Bingo (Friday)	Barbara St. Marie	
Bunco (1st & 3rd Wednesday)	Ruby Banks	Sign up Required
Bunco (2nd & 4th Wednesday)	Barbara St. Marie	Sign up Required
Canasta (Weekly)		Sign up Required
Cribbage (Weekly)	Stan DeRocher	Sign up Required
Hearts (Weekly)	Chris Campbell	
Mahjong (Weekly on Mon. & Thurs.)	Joyce Francis & Georgia White	Sign up Required
Mexican Train (Weekly)	MarEllen Basalyga	Sign up Required
Music Bingo (3rd Monday)	Ellen Fannin	Sign up Required
Pinocle (Weekly on Tue. & Thurs.)	Becky Goad	
Poker (Weekly)	CW Clark	

BRIDGE

Duplicate Bridge

Tuesday (weekly)	Frank Mignoli	Sign up Required
1st & 3rd Tuesday	Sheila Perkins	Sign up Required
Friday (weekly)	Ken Birdwell	Sign up Required
3rd Friday	Joyce Francis/Sheila Perkins	Sign up Required
2nd Saturday	Carolyn Patrick	Sign up Required

Rubber Bridge

Tuesday (weekly)	Eileen Brown	Sign up Required
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February 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday




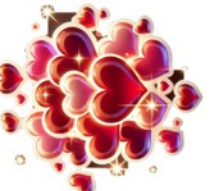
Saturday

* The red asterisk indicates that Sign-Up is required

Reminder: Sign In & Out each visit to the Center and tidy up after activities.

February 6 Dinner Club: Lupe's Tortilla, 4501 183A Toll Road, Suite B, Cedar Park—5:30 p.m.

February 18 Meet & Eat: Nick's Breakfast & Coffee, 901 E. Crystal Falls Blvd., #101, Cedar Park—1:00 p.m.

 <p>2</p>	<p>9⁰⁰ Sit & Fit 11⁰⁰ Mahjong * 1⁰⁰ Cribbage 1⁰⁰ Bingo</p>	<p>3</p>	<p>9³⁰ Dup Brdg* 9³⁰ Rubber Bridge* 10⁰⁰ Canasta* 11⁰⁰ Pinochle 12³⁰ Poker 1⁰⁰ Dup Bridge</p>	<p>4</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 11⁰⁰ Exec Comm 1⁰⁰ Bunco* 1⁰⁰ Concert 3⁰⁰ Crochet Class*</p>	<p>5</p>	<p>10⁰⁰ T'ai Chi 11⁰⁰ Mahjong 11¹⁵ Pinochle 12⁰⁰ Quilting Bee 12⁰⁰ Mexican Train* 5³⁰ TOTH Dinner*</p>	<p>6</p>	<p>9⁰⁰ Sit & Fit 10³⁰ Bingo 1⁰⁰ Dup Bridge*</p>	<p>7</p>	<p>1</p> <p>1⁰⁰ Dup Bridge*</p>
 <p>9</p>	<p>9⁰⁰ Sit & Fit 10⁰⁰ Board Mtg 11⁰⁰ Mahjong * 1⁰⁰ Cribbage 1⁰⁰ Bingo</p>	<p>10</p>	<p>9³⁰ Rbr Brdg* 10⁰⁰ Canasta* 11⁰⁰ Pinochle 10⁰⁰ Art Beat Class* 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>11</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>12</p>	<p>10⁰⁰ T'ai Chi 11⁰⁰ Mahjong 11¹⁵ Pinochle 12⁰⁰ Quilting Bee 12⁰⁰ Mexican Train*</p>	<p>13</p>	<p>9⁰⁰ Sit & Fit 10⁰⁰ Cozy Book Club 10³⁰ Bingo 1⁰⁰ Dup Bridge* <i>Happy Valentine's Day</i></p>	<p>14</p> <p>10⁰⁰ GenLink Technology Class *</p>	
 <p>16</p>	<p>9⁰⁰ Sit & Fit 11⁰⁰ Mahjong* 1⁰⁰ Cribbage 1⁰⁰ Bingo 3⁰⁰ Music Bingo*</p>	<p>17</p>	<p>9³⁰ Dup Brdg* 9³⁰ Rbr Brdg* 10⁰⁰ Canasta* 11⁰⁰ Pinochle 12³⁰ Poker 1⁰⁰ Meet & Eat* 1⁰⁰ Dup Bridge*</p>	<p>18</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Lunch & Learn: Senior Safety 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>19</p>	<p>10⁰⁰ T'ai Chi 11⁰⁰ Mahjong 11¹⁵ Pinochle 12⁰⁰ Quilting Bee 12⁰⁰ Mexican Train*</p>	<p>20</p>	<p>9⁰⁰ Sit & Fit 9³⁰ Dup Bridge* 10³⁰ Bingo 1⁰⁰ Dup Bridge*</p>	<p>21</p> <p>9⁰⁰ Monthly Breakfast *</p>	
 <p>23</p>	<p>9⁰⁰ Sit & Fit 11⁰⁰ Mahjong* 1⁰⁰ Cribbage 1⁰⁰ Bingo</p>	<p>24</p>	<p>9³⁰ Rbr Brdg* 10⁰⁰ Canasta* 10⁰⁰ Art Beat Class* 11⁰⁰ Pinochle 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>25</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>26</p>	<p>10⁰⁰ T'ai Chi 11⁰⁰ Mahjong 11¹⁵ Pinochle 12⁰⁰ Quilting Bee 12⁰⁰ Mexican Train*</p>	<p>27</p>	<p>9⁰⁰ Sit & Fit 10⁰⁰ BCH Book Club 10³⁰ Bingo 1⁰⁰ Dup Bridge*</p>	<p>28</p>	

Treasure of the Hills Senior Center

408 Ridgewood Dr. • Cedar Park, TX 78613 • Phone 512-331-6000 • Open Monday-Friday, 9 am-3 pm • www.toth-seniors.com • Email: gazette.toth@gmail.com