



The Golden Gazette

Treasure of the Hills Senior Center

May 2025

Volume XXXV

Number 5

Mother's Day Tea Luncheon

Treasure of the Hills is hosting a Mother's Day Tea Luncheon for Wednesday, May 7 at 12:00 noon in the Great Room. Ladies, you are encouraged to wear your "tea finery," including gloves and hats...if you want to. It's time to have some fun!



You are invited to come be part of the fun. You need to register as soon as possible since we are limiting the seating to 40 people.

If you take pleasure in arranging beautiful tables, we invite you to join us as a table hostess. This is a wonderful opportunity to showcase your exquisite dishes and design a stunning centerpiece.

Each table will seat six people including the hostess. There is a list of the recommended items in the front office where you can sign up to be a hostess. Let your imagination soar and come up with a beautiful, unique or even quirky design.

We also need people to help furnish the food. The menu will include savory finger sandwiches, breads and spreads, veggies and cheeses, and of course, desserts. TOTH will provide a variety of teas, as well as water, coffee and lemonade. The handout in the front office will provide more details and ideas for you.

A special program is being planned to round out the event.

Be sure to register to attend and consider being a table hostess and/or providing some of the food. The Tea Luncheon is free to TOTH members; guest will be \$5 each. Register today to re-

TOTH and GenLink To Be Featured in PULSE E-newsletter

The City of Cedar Park Communications & Engagement Department will feature TOTH and the GenLink students in the May 23rd issue of the City's e-newsletter, Pulse.

Representatives from the City will interview attendees during the May 17th session with the GenLink students. The session is from 10:00 to 11:30 a.m. at the Center.

GenLink is a non-profit, student organization at McNeil High School. Their mission is to engage with seniors in a variety of ways.

At TOTH, the students come each month to help our members with issues they have encountered with their smart phones (Androids and iPhones), tablets or laptops. These technology sessions are offered free of charge.

You are invited to come take advantage of this service and attend the next session.

Saturday, May 17—10:00 to 11:30 a.m.

Center Closing for Spring Cleaning and Maintenance

The Center will be closed from Thursday, May 22 through Monday, May 26.

On Thursday and Friday, May 22 & 23, we will be having the carpets cleaned and the City will be doing some minor maintenance in and around the building.

Monday, May 26 is Memorial Day and we will be closed for the holiday.

The Center will reopen on Tuesday, May 27.

Golden Gazette

Volume XXXV

No. 5

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**

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President's Message

By Ellen Fannin

I was recently talking with a friend about Treasure of the Hills. She is not a member, but was interested in what sort of activities we have at the Center. I began to enumerate them, and as the list went on, she became more and more impressed.

When I am putting together the monthly newsletter, the Golden Gazette, I am grateful that so many people step up and provide articles and information to include. However, there is always additional articles to be written, and I always wait to write my column last, hoping that a theme of needed information will emerge.

What has come forward for me this month is volunteerism. It became evident to me, when sharing with my friend, that it takes a lot of people to make all these things happen. Believe me, I am extremely grateful to all those who step up to help, as evidenced by the Expo volunteers, to mention a few. And yet, we often find that we are calling on the same people over and over to help out.

Now, I understand that the majority of us TOTH members are retired, and most likely have done a fair amount of volunteering in our lifetime. We've done our part, and now it is time to relax.

It is a concept that resonates deeply within the group. However, a significant issue arises with this mindset. Who will volunteer to take on the necessary tasks? Relying on the same individuals repeatedly will soon lead to the inevitable risk of burnout.

Every month, there are opportunities to help that don't require a lot of effort; things as simple as wiping down tables or putting away chairs. Of course, there are also other jobs that require more effort.

My request to you, if you have read this far, is to look through the newsletter (especially see the bottom of page 5), and find a place where you can help out.

TREASURER'S REPORT

By Denny Clauson, Board Treasurer

March Income : \$3,976

March Expenses : \$5,643

Investment Fund : Decreased \$6,867

Memorial Fund : Decreased \$1,722



Stock Market volatility decreasing value on paper for funds, will continue to do so in April.

(Denny had his second hip replacement surgery on April 16th. His recovery is going well and we look forward to having him back at the center soon.)

Vice Versa Insights from the VP

By Sue Holmes, Board Vice President

Hello, members.

Thanks to all of you who have volunteered to help with Lunch & Learns.

May looks like a very busy month.

On May 7th, we will have a Mother's Day Tea Luncheon to celebrate the women of TOTH. Men may also attend, but we are limited to seating for 40. We need volunteers to decorate and host the tables, as well as volunteers to bring finger sandwiches, fruits, vegetables and desserts. We will furnish a variety of teas, plus coffee and lemonade. *(See the article for more details on page 1.)*

On May 21st, the Lunch & Learn presentation will be about Physical Therapy for back and joint issues. Lunch is provided by MarEllen and Sue. The menu is sliders, salad and dessert.

I'm collecting ideas for Day Trips. The two trips we have taken in conjunction with the Parks & Recreation Department, the Painted Churches Tour in September and the Hill Country Wine Tour in April, were great successes. And, people are asking for more. Send your suggestions to me at sue.holmes1950@gmail.com.



Lunch and Learn



May Topic:

Back and Joint Pain

Sometimes, it seems that back and joint pain are just a way of life for seniors. But, are there things we can do to relieve some of the pain.

On Wednesday, May 21st, a representative from Spine & Sports Physical Therapy will present a program at the Lunch & Learn addressing back and joint pain issues.

A light lunch will be provided by TOTH members MarEllen Basalyga, Sue Holmes and Nancy Weller.

Please register by May 19th so that plans for the meal can be made. Lunch is free to TOTH members; guests are \$5.

Wednesday, May 21—12:00 noon



From the Director

By Lisa Leirvaag

- One of the glass panels in the exterior door to the TV/Game Room was shattered. When and how is unknown. It was first discovered on Sunday, April 6. The City's Maintenance Crew has been informed and is working with the problem.
- Please note that the freezer is off limits for members' personal use. Members may use the refrigerator, but please mark your items with your name. Otherwise, they might disappear. Pat Fiero and I check the refrigerator regularly, and all items out of date will be disposed of.
- The TV/Game Room will again be a polling place on Saturday, May 3.
- TOTH will be closed from Thursday, May 22 through May 26, 2025 and open again Tuesday after Memorial Day. Breakfast Day is cancelled for the month of May. The carpet in the Great Room will be cleaned on May 22.
- I will be on vacation from May 19 through June 6. Sandy Williams will be substituting for me in the office. She will not do any of my volunteer functions, nor will she set up or take down tables and chairs before and after games and activities. Her normal working hours will be from 8:30 a.m. to 12:30 p.m.



Come out of your shell...

Writer's Group Forming

By Kevin Hallett

Have you ever thought of writing? Whether it's a published novel, a memoir of your life, or just a short story for your grandkids to enjoy. Do you remember when you first saw a color TV screen? Our lives are full of wonders waiting to be revitalized in a story.

We are looking for those interested in a writing group at TOTH. A sign-up sheet will be in the front office, and we plan for a first meeting in June to discuss the group's ambitions and structure.

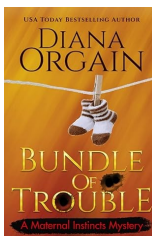
We're all writers waiting to come out of our shells.

BOOK CLUBS

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

Friday, May 9 —10:00 a.m.

The Cozy Club Book Club meets on the 2nd Friday of the month. The May book is *Bundle of Trouble*, by Diana Orgain. The Cozy Book Club is open to all and drop-ins are welcome!



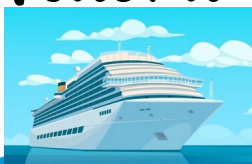
Friday, May 30 —10:00 a.m.



The “Books in the Cedar Hills” Book Club typically gathers on the 4th Friday of each month. However, please note that due to the closure of the Center in late May, we will instead meet on the 5th Friday this month. The May book is *What is Happening in Egypt, Texas?*, by Brian Vansky. The BCH Book Club is open to all and drop-ins are welcome!

The book club discussions are led by TOTH members. The groups are always open to new book suggestions.

Cruisin' to Alaska with the Recycled Teenagers



The next meeting for the Alaskan Cruise on the Discovery Princess will be on Wednesday, May 14 at 10:30 a.m. Come learn more about the details for the trip!

Please note that the balance of your fees are due in May. The cruise will take place from August 24 to August 31, 2025, departing from and returning to Seattle port. Remember that passports are required and must be current for six months after the return date to Seattle.

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). Happy Cruising!

Next Meeting: Wed., May 10—10:30 a.m.

Jewelry Classes featuring Bead Work

by Betsi Newbury

Our little group of Wednesday Beaders finally found a pattern that stumped all of us. It was just a pair of earrings that looked so easy. It's unfortunate that the pattern consisted solely of words, with only one image of the completed piece, and the written instructions were quite disorganized. Each step in the pattern actually contained multiple components, requiring us to check off items as we completed them to make sure nothing was overlooked.

Ultimately, instead of a *pair* of earrings, we decided to stop with *half a pair* and call our finished pieces a pendant. I know now not to suggest patterns that don't include step-by-step pictures along with the words, regardless of how easy it looks.



Blanca Barrera's Bracelets



Elaine Allan's Bracelet

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2025 SENIOR EXPO

Presented by Treasure of the Hills Senior Center, in cooperation with the City of Cedar Park
Saturday, October 4 ♦ 9:00 AM to 1:00 PM ♦ Cedar Park Rec Center

Planning for the 2025 Senior Expo is underway! This is year 19 for the Expo! It will be held on Saturday, October 4th, from 9:00 a.m. to 1:00 p.m. at the Cedar Park Rec Center, 1435 Main Street, Cedar Park.

The Expo is free to attend and we want to encourage everyone to come and bring a friend. The Senior Expo is our major fundraiser each year. Last year, we made almost \$10,000, funds that go to help support the programs and activities at Treasure of the Hills.

At the Volunteer & Planning meeting in April, the 2025 plans were introduced. Here are some of the highlights for 2025:

- ♦ We have a new look! We've designed a new logo which utilizes updated colors and graphics and gives us a fresh new look. We hope you like it!
- ♦ We are moving back to the Cedar Park Rec Center, but now the Expo will be held in the Gymnasium so that we can accommodate the 60+ vendors we expect to have.
- ♦ Parking will not be an issue! We will not be competing with any other activities at the Rec Center, so we have access to the entire parking lot. Even with that, we may still rent a golf

cart or two to help shuttle less-mobile attendees to the building entrance.

- ♦ The Community Rooms (where we used to hold the Expo) are also at our disposal. We are offering sponsors the opportunity to host a presentation in one of the rooms.
- ♦ The Communications & Engagement Department at the City of Cedar Park are stepping up to help us with publicity and marketing. One of the first things they are helping us with is updating our website. They are also going to feature TOTH and the GenLink students in the May 23 Pulse e-newsletter (*See article on page 1.*)
- ♦ The City has graciously agreed to once again facilitate the production of the program for us.

Volunteers Needed

We have 18 different teams that help make the Expo happen, so we need volunteers to help. Several of the teams work in the weeks prior to the Expo, some during the Expo, and others after the Expo. If you are interested in helping out in some way and would like more information, email expo.toth@gmail.com and we will send you a list and description of the teams.

Nominating Team Needed

We are in urgent need of three individuals who are willing to serve on the Nominating Team. Please consider helping the Center by serving on this Team. Contact either Lisa Leirvaag, toth.director.tx@gmail.com or Ellen Fannin, fanninellen@gmail.com for additional information.

Each year, we elect Board officers (President, Vice-President, Secretary and Treasurer) and two Board Directors. The job of the Nominating Team is to identify and recruit candidates for these positions and present the names at a Membership Meeting in September.

Very often, the board members currently serving are willing to run again, making the work of the Nominating Committee very simple. However, if a board member is not willing to run again, the Nominating Committee would need to find an individual willing to serve on the board. There can always be more than one candidate for any of the open positions. Information regarding board positions can be found in the By-Laws, Article IV & V.

The current Board Officers are: President, Ellen Fannin; Vice-President, Sue Holmes; Secretary, Lisa Leirvaag; Treasurer, Denny Clauson. Two Board Directors terms are being completed;



Understanding Catalytic Converter Theft and How to Prevent It.

Catalytic converter theft has recently surged, posing a significant concern for vehicle owners nationwide. This crime has become so prevalent that it has garnered attention from law enforcement agencies and environmental groups. Understanding the reasons behind this trend, the implications of theft, and effective prevention strategies is essential for car owners.

What Drives Catalytic Converter Theft?

Catalytic converters are crucial components of a vehicle's exhaust system, designed to reduce harmful emissions. They contain precious met-

als, such as platinum, palladium, and rhodium, which are highly sought after for their value on the black market. As the prices for these metals continue to rise, so does the incentive for thieves to steal catalytic converters. Vehicles that sit higher off the ground, such as SUVs and trucks, are more susceptible to theft because they provide easier access to the catalytic converter. Also, hybrid vehicles, which often have more efficient and valuable catalytic converters, have become prime targets.

Consequences of Catalytic Converter Theft

The theft of a catalytic converter can lead to several issues for vehicle owners. The immediate impact is a costly repair bill, as replacing a stolen converter can range from \$1,000 to \$3,000, depending on the make and model of the car. Moreover, driving a vehicle without a catalytic converter can increase emissions, creating environmental concerns. Beyond financial implications, the theft of these components often leaves car owners without transportation while repairs are made, causing inconvenience and disruption to their daily lives.

Prevention Strategies

Fortunately, there are several measures vehicle owners can take to protect themselves from catalytic converter theft:

1. **Parking Choices:** Always park in well-lit areas or garages. Thieves prefer dark, secluded spaces where they can work without being seen.
2. **Security Features:** Invest in anti-theft devices for catalytic converters. These can include locks, cages, or clamps that make it more difficult for thieves to remove the converter quickly.
3. **Identification Marking:** Consider marking your catalytic converter with identifiable information, such as your vehicle's VIN. This can deter thieves and assist law enforcement in recovering stolen converters.
4. **Community Awareness:** Work with local law enforcement to raise awareness about catalytic converter theft in your community. Neighborhood watch programs can be crucial in monitoring suspicious activity.
5. **Video Surveillance:** Installing security

(continued on page 7)

There's Gold Underneath Your Car (and thieves know about it)



Not literal gold, of course, but your catalytic converter contains small amounts of precious metals like platinum that are worth even more than gold. Thefts of these devices are on the rise. Larger and hybrid vehicles are at greater risk. If your 'check engine' light suddenly comes on, and you notice your car sounds different, you could be a victim. Protect yourself the same way you guard against car theft. Be careful where you park, consider investing in a security alarm, and have good insurance coverage

Understanding Catalytic Converters...

(continued from page 6)

cameras in your driveway or parking area can discourage thieves and provide evidence if a theft occurs.

6. Regular Check-Ins: Check on fleet vehicles or those that remain parked for extended periods regularly. This can help spot any issues before a theft occurs.

Conclusion

Catalytic converter theft is an escalating issue that car owners must be aware of. While it can feel daunting, taking proactive steps can significantly reduce the chances of becoming a victim. By understanding the threat and implementing effective prevention strategies, vehicle owners can protect their investments and contribute to a safer community.



**May Session:
Monday, May 19
3:00 to 5:00 p.m.
Great Room**

**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 May:
70s & 80s Country
Come join the fun!**



Here's a tip if you've never played before:
Download the Shazam app on your
phone in advance to help you
identify the songs.



On Saturday, April 26th, TOTH members Darrel Docking and Gail Brennen had the privilege of welcoming home Honor Flight veterans from WWII, the Korean and the Vietnam Wars. They were returning from a once-in-a-lifetime trip to Washington D.C.

Although Memorial Day is a time to honor and remember the men and women who died while serving in the U.S. military, it can also serve as an occasion to acknowledge the sacrifices made by so many who have served our country.



Gail shared, "We thank all our veterans for their service. There were a couple of hundred enthusiastic family, friends, and very appreciative people cheering the 50 returning veterans who truly deserved this show of appreciation for their service so many years ago. "We want to encourage past veterans and members of TOTH to participate in this trip of a lifetime event."

The Honor Flight Network is a national non-profit organization comprised of independent hubs working together to achieve the Honor Flight mission. Honor Flight was created with a simple, yet powerful, mission – honoring our nation's veterans by bringing them to Washington, D.C. to visit the memorials built to commemorate their service and sacrifice.

Transporting approximately 22,500 veterans annually, Honor Flight Network has flown over 300,000 veterans to Washington, D.C.

UPCOMING EVENTS

May 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, May 1 at 6:00 p.m. *(note time change)*

Abby's Crab Shack, 202 Walton Way, #101

Cedar Park

Contact: MarEllen Basalyga, 512-905-1102

Meet & Eat Lunch Group

Tuesday, May 20 at 1:00 p.m.

Muang Thai; 13945 US 183, C180, Austin

Contact: MarEllen Basalyga, 512-905-1102

Monthly Breakfast

There will not be a monthly breakfast in May. The Center will be closed for Spring cleaning and maintenance.

What's Happening ...



by Josh Rodrigue, **Recreation Manager**
Parks & Recreation Department

The concert nights are free to attend. They will include food and alcohol for purchase, activities for everyone, and giveaways.

Lakeline Park is located at 1510 Alexis Dr. Bring your own chairs and blankets to sit on. All concerts start at 6:30 p.m.

Concert Schedule

May 2 – Country Night

May 16 – Queen Cover Band

Visit <https://www.cedarparktexas.gov/160/Parks-Recreation> for additional upcoming events.

May Presentations, Meetings & Events

Mother's Day Tea Luncheon

Wednesday, May 7—12:00 noon

(see article on page 1)

Cozy Club Book Club

Friday, May 9—10:00 a.m.

(see article on page 4)

Art Beat Dance & Movement Class

2nd & 4th Tuesdays, May 13 & 27—10:00 a.m.

Sign up in the front office; \$5 per session.

Recycled Teenagers Cruise Meeting

Wednesday, May 14—10:30 a.m.

(see article on page 4)

GenLink Technology Help

Saturday, May 17—10:00 a.m.

(see article on page 1)

Music Bingo

Monday, May 19—3:00 p.m.

Bring snacks to share and come enjoy the fun!

(see more detail on page 7)

Lunch & Learn: Back & Joint Pain

Wednesday, May 21—12:00 noon

(see article on page 3)

BCH Book Club (Books in the Cedar Hills)

Friday, May 30—10:00 a.m.

(see article on page 4)



Art Beat
FOUNDATION

Art Beat Dance & Movement classes meet on the 2nd and 4th Tuesdays of the month at 10:00 to 11:00 a.m. Each session is led by a trained instructor who teaches dance steps while you get some exercises and have some fun! Sessions are \$5. Come join the fun!

IN MEMORIAM



Elyse Peavy

TOTH Member since December 2019

Marian Elyse Hall Peavy, age 88, passed away peacefully on April 9, 2025, surrounded by the love of her family. She had been a member of Treasure of the Hills Senior Center since December 2019.

Elyse's life was defined by love, laughter, and loyalty. She was the matriarch, the glue, the one who never let go of tradition or let a moment with family go unappreciated. Her spirit lives on in every tomato vine blooming in spring, every shared toast, and every story told around the dinner table.

IN MEMORIAM



Jayne Van Osten

TOTH Member 20?? To 2020

Jayne Van Osten passed away in late March at the age of 79.

She and her husband, Bill, were both active members from 2015 until COVID. They often helped in the kitchen, assisting Frank Mignoli with the monthly breakfast, and were involved with the Thanksgiving and Christmas luncheons. At that time, the meals were potluck but Jayne and her husband provided the main course.

A Message of Gratitude from Mary Riordon

I would like to thank everyone who sent cards and condolences for my husband's passing. I felt a hug with each one.

We will be taking a cruise in July to spread his ashes in the Caribbean.

Mary's husband, Ken, passed on March 24th.



The following individuals donated a memorial for Ken Riordon who passed in March.

Beda Johanson
Phyllis Walker

The following individual donated a memorial for Elyse Peavy who passed in April.

Phyllis Walker

If you would like to make a memorial donation honoring a TOTH member, please contact Lisa Leirvaag in the office.



May Birthdays

Lori Hickey	2	Wilma McFall	12	Neil Weiller	21
Sue Chesnut	9	Stan Derocher	13	Arlene O'Brien	22
George Demarines.....	9	Sandra Heatherley	18	Mary Hartsell.....	26
Barb Clauson	11	Ann Marie Logrippo	18	Carrie Pace	27
Elaine Allan	12	Rashmi Shah	19	Ruby Banks	29
Irene Berkel.....	12	Tom Rohrer.....	21		



April 2025

NEW MEMBER RECOGNITION

We want to take this opportunity to welcome our new members. We are so grateful that you have joined us. 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!

April

Barry Feigenbaum
Florence Zuckero
Viv Brett-Littlechild
Bob Rosario
Linda Rosario
Bob Bonardi
Kathy Bonardi
Gregory Lahr
Don Roach
Yvonne Roach

welcome!

May Anniversaries



Cindy & Peter Klein	16
Carolyn & Roger Patrick	19
Tracie & Gene Storie	22
Colleen & Joshua Sanchez	25



Hugs & Sunshine

Denny Clauson
Dodie Domanski

If you or another member of TOTH is experiencing an illness or loss and need a little more sunshine in their lives, please contact the front office, 512-331-6000, to let us know.

We’ve all gone through, and may still be going through, a rough patch physically or emotionally. This is when we need to surround ourselves with others who often want to help in any way they can. Every member is important to us and we want to know that your are doing well.

Thank you

Special thanks to Dennis Domanski, former TOTH President, for finding a “home” for the player piano that was in the TV Room. We have been searching for a new home for the piano and all the music rolls, and Dennis was able to succeed. Thank you, Dennis!

Help Needed for a New Refugee Family

A refugee family of five has arrived in our area from Afghanistan. The father is a doctor and infectious disease specialist. He and his wife have three children, a girl age 9, and two young boys, ages 7 and 4.

They lost everything in Afghanistan and came to the U.S. with nothing. The father has been able to get a low-paying job, but the income is not sufficient to cover their rent. Some items, in addition to any monetary donations, that would be helpful are a sewing machine, a pressure cooker, vacuum cleaner and a mobile phone.

If you know of anyone who might have any of these items to donate, or funds to donate to this worthy cause, please contact Elaine Allan at 512-750-7730 or borntohelp1961@gmail.com.

TOTH member Elaine Allan works with refugee families from Afghanistan and Africa to help them settle in the USA.



You are invited to share jokes, sayings and other humorous items. Email them to the Gazette at gazette.toth@gmail.com.

Contributed by Sterling Hartman



On his first trip to New Jersey, a hick from Iowa met a girl at a bar and asked her, "Did you go to Rutgers?"

The girl responded, "Yale"

He responded "OK, DID YOU GO TO RUTGERS?"



Q: Where do bad rainbows go?

A: To prism. It is a light sentence, but it gives them time to reflect.



The police officer came to my house with the siren screaming and lights flashing and asked me where I was between five and six. He seemed irritated when I answered "Kindergarten at Kingsley School in Waterloo, Iowa."

Helpful Information for Men Regarding Women

In an effort to help men better understand women, here are some useful hints.

When she says, "I'm fine:" She wants you to ask again and genuinely listen.

When she gets silent: She's overthinking about what's bothering her.

When she looks away: She's hiding her emotions, not her feelings.

When she asks too many questions: She's seeking reassurance, not control.

When she argues with you: She cares deeply and doesn't want to lose you.

When she seeks your attention: She's longing for love not validation.

When she cries in front of you: She's showing you her trust and vulnerability.

When she holds your hand tightly: She's silently asking you to never let her go.

@BeHumanBeKind

Healthy Hints

Things Everyone Should Know

- ◆ Blood pressure should be around 120/80 mmHg for adults.
- ◆ A normal resting heart rate is 60-100 beats per minute.
- ◆ Ideal body temperature is about 98.6°F (37°C).
- ◆ BMI between 18.5 and 24.9 is considered healthy.
- ◆ Blood sugar should be 70-99 mg/dL fasting.
- ◆ Daily water intake should be around 8 cups or more.
- ◆ Oxygen levels below 95% may indicate a health issue.
- ◆ Cholesterol levels should be under 200 mg/dL.
- ◆ Waist circumference over 40" (men) or 35" (women) may signal health risks.
- ◆ Daily step goal for good health is at least 10,000 steps.
- ◆ The amount of blood in the body is 5-6 liters.

@BeHumanBeKind

Photo Gallery: Wine Tour—The Thirsty Mule

On Wednesday, April 2nd, 45+ TOTH and Rec Center members visited two wineries. The first winery was The Thirsty Mule. Not only was it a winery, but it was home to the Schitz Creek Distillery. Participants were treated to generous wine tastings and beer tastings. Plus, they left with a souvenir wine glass.



Good Drink!



Good Fun!



Photo Gallery: Wine Tour—Torr Na Lochs

The next stop was at the Torr Na Lochs Winery, outside of Burnet. Tables were reserved for the group on the beautiful patio overlooking Inks Lake. Lunch was served, along with tastings of five wines. The owner of the winery stopped by to talk with the folks, and everyone took advantage of the beautiful vistas to get some great photos. The longhorns even came to say “Thanks for coming,” as we were loading the bus to come home.



Great
Wine
Tour!

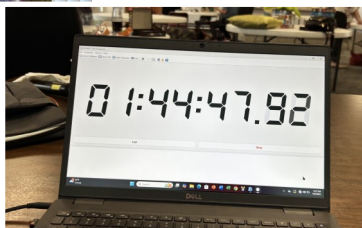
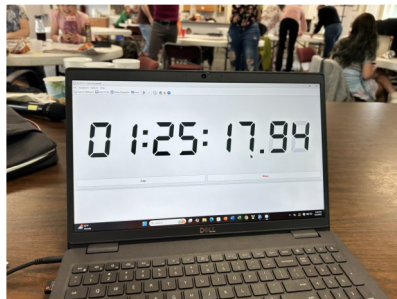
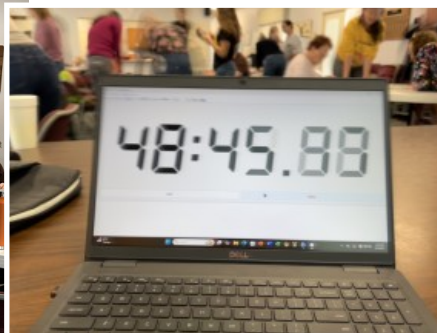


Photo Gallery: Puzzler Party

Treasure of the Hills and the City Parks & Recreation Department hosted our third Puzzler Party in April.

There were seven teams competing to complete a 500-piece puzzle in the quickest time and win prize money. Our reigning champs, Terry's Team, took first place again with a time of 48 minutes and 45 seconds.

The second and third teams came in at 1:25:17 and 1:44:47 respectively.



BOARD OF DIRECTORS

President

Ellen Fannin

Vice President

Sue Holmes

Treasurer

Denny Clauson

Secretary

Lisa Leirvaag

Directors

Jim Anderson

Pat Fiero

Emma Sue Johnson

Sandy Williams

MANAGING DIRECTOR

Lisa Leirvaag

Email:

toth.director.tx@gmail.com

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	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 (weekly when in session)	Betsi Newbury	Sign up Required
Golf (weekly)	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 (weekly)	Sue Chesnut	
Art Beat Dance & Movement (2nd & 4th Tuesdays)	Outside Instructor	Sign up Required
Technology Classes (3rd Saturday)	GenLink Students	Sign up Required
Book Clubs (2nd & 4th Fridays)	Chris Campbell	

GAMES

Bingo (Weekly on Monday)	Barbara Duprey	
Bingo (Weekly on 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 Thursday)	Georgia White	Sign up Required
Mexican Train (Weekly)	MarEllen Basalyga	Sign up Required
Music Bingo (3rd Monday)	Ellen Fannin	Sign up Required
Pinochle (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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May 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 1 Dinner Club: Abby's Crab Shack*—202 Walton Way, #101—6:00 p.m.

May 20 Meet & Eat: Muang Thai*—13945 US 183, C180—1:00 p.m.

* The red asterisk indicates that Sign-Up is required
Reminder: Sign In & Out each visit to the Center and tidy up after activities.



4
 9⁰⁰ Sit & Fit
 1⁰⁰ Cribbage
 1⁰⁰ Bingo

5
 9³⁰ Ladies Brdg*
 9³⁰ Rubber Bridge*
 10⁰⁰ Canasta*
 11⁰⁰ Pinochle
 12³⁰ Poker
 1⁰⁰ Dup Bridge

6
 9⁰⁰ Sit & Fit
 9⁰⁰/10⁰⁰ Hearts*
 10⁰⁰ Jewelry Class*
 12⁰⁰ Mother's Day
 Tea Luncheon*
 1⁰⁰ Bunco*
 3⁰⁰ Crochet Class*

7
 10⁰⁰ T'ai Chi
 11⁰⁰ Mahjong
 11¹⁵ Pinochle
 12⁰⁰ Quilting Bee
 12⁰⁰ Mex Train*

8
 9⁰⁰ Sit & Fit
 10⁰⁰ Cozy Book
 Club
 10³⁰ Bingo
 1⁰⁰ Dup Bridge*

9
 1⁰⁰ Dup Bridge*
10



11
 9⁰⁰ Sit & Fit
 10⁰⁰ Board Mtg
 1⁰⁰ Cribbage
 1⁰⁰ Bingo

12
 9³⁰ Rbr Brdg*
 10⁰⁰ Canasta*
 10⁰⁰ Art Beat Class*
 11⁰⁰ Pinochle
 12³⁰ Poker
 1⁰⁰ Dup Bridge*

13
 9⁰⁰ Sit & Fit
 9⁰⁰/10⁰⁰ Hearts*
 10⁰⁰ Jewelry Class*
 10³⁰ Cruise Meeting*
 1⁰⁰ Bunco*
 3⁰⁰ Crochet Class*

14
 10⁰⁰ T'ai Chi
 11⁰⁰ Mahjong
 11¹⁵ Pinochle
 12⁰⁰ Quilting Bee
 12⁰⁰ Mex Train*

15
 9³⁰ Ladies Brdg*
 9⁰⁰ Sit & Fit
 10³⁰ Bingo
 1⁰⁰ Dup Bridge*

16
 10⁰⁰ GenLink
 Technology Class*
17



18
 9⁰⁰ Sit & Fit
 1⁰⁰ Cribbage
 1⁰⁰ Bingo
 3⁰⁰ Music Bingo*

19
 9³⁰ Ladies Brdg*
 9³⁰ Rbr Brdg*
 10⁰⁰ Canasta*
 11⁰⁰ Pinochle
 12³⁰ Poker
 1⁰⁰ Dup Bridge*
 1⁰⁰ Meet & Eat*

20
 9⁰⁰ Sit & Fit
 9⁰⁰/10⁰⁰ Hearts*
 10⁰⁰ Jewelry Class*
 12⁰⁰ Lunch & Learn:
 Back & Joint Pain*
 1⁰⁰ Bunco*
 3⁰⁰ Crochet Class*

21
 10⁰⁰ T'ai Chi
 11⁰⁰ Mahjong
 11¹⁵ Pinochle
 12⁰⁰ Quilting Bee
 12⁰⁰ Mex Train*

22
 Center
 Closed for
 Carpet Cleaning
 & Maintenance
23

24
 NO BREAKFAST
 IN MAY
25



26
 Center Closed
 IN LOVING MEMORY OF
 MEMORIAL DAY
 THOSE WHO HAVE DIED
 IN THE LINE OF DUTY

27
 9³⁰ Rbr Brdg*
 10⁰⁰ Canasta*
 10⁰⁰ Art Beat Class*
 11⁰⁰ Pinochle
 12³⁰ Poker
 1⁰⁰ Dup Bridge*

28
 9⁰⁰ Sit & Fit
 9⁰⁰/10⁰⁰ Hearts*
 10⁰⁰ Jewelry Class*
 1⁰⁰ Bunco*
 3⁰⁰ Crochet Class*

29
 10⁰⁰ T'ai Chi
 11⁰⁰ Mahjong
 11¹⁵ Pinochle
 12⁰⁰ Quilting Bee
 12⁰⁰ Mexican Train*

30
 9⁰⁰ Sit & Fit
 10⁰⁰ BCH Book Club
 10³⁰ Bingo
 1⁰⁰ Dup Bridge*

31

Treasure of the Hills Senior Center