



The Golden Gazette

Treasure of the Hills Senior Center

July 2025

Volume XXXV

Number 7



Celebrating



Independence Day!

Pull out your red, white and blue! We're celebrating July 4th a couple of days early this year!

On Wednesday, July 2nd, TOTH is hosting an Independence Day (indoor) Picnic. The menu includes hamburgers and hot dogs with all the trimmings!

And, for dessert...we are hosting a Red, White and Blue Dessert Contest, with prizes for the top three winners! All desserts need to be red, white and/or blue; one, two or all three colors.

To add to the fun, we're rewarding those who dress to impress in patriotic attire with prizes for the best-dressed male and female participants! We will also have some other games that will help to make the day festive.

The sign-up sheets have been available since mid-June but if you act quickly, you may still have a chance to get on the list.

Wednesday, July 2nd—12:00 noon

Veterans & Caretakers Informational Program

Veterans and their caretakers, spouses and family members are invited to a Snack & Learn program on Thursday, July 24th at 10:00 a.m. Jen Rojas, Veteran Specialist and representative from Blue Water Homecare, will discuss various programs that are new and free for veterans.

We are in the process of establishing a Wall of Honor dedicated to TOTH veterans. We encourage you to share photographs of the veteran in your life for inclusion on this wall.

Coffee and bagels will be served at the program. Be sure to sign-up in advance.

Thursday, July 24—10:00 a.m.

Culture Day: Costa Rica

Darrel Docking and his 9-year-old grandson, Evan Rajiah, will host a Culture Day presentation and lunch on Wednesday, July 23 at 12:00 noon.

This presentation is a result of a third grade school assignment that Darrel's grandson did this past school year; an assignment which Darrel felt would make an excellent topic for Culture Day.

We are limited to a maximum of 40 participants, so it is imperative that you register in advance. The lunch is free to members; guests are \$5. Sign-up today.

Wednesday, July 23—12:00 noon



July Lunch & Learn

Self Defense

At the July 16th Lunch & Learn, State Trooper Mike Reisen will discuss and demonstrate self defense tactics that we can use to protect ourselves.

This Lunch & Learn is hosted by Keep Safe Care. One of the services provided by Keep Safe is transportation along with a caregiver who will transport you to your next doctor's appointment, therapy session, or social meeting. They also provide assistance during recuperation from surgery, illness or other infirmities. You will have the opportunity to learn more about these services at the lunch.

Be sure to register for this Lunch & Learn by Monday, July 14th.

Wednesday, July 16—12:00 noon



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

Volunteers, particularly those who work diligently behind the scenes, often remain unrecognized for their invaluable contributions. They carry out their tasks with a genuine sense of joy, fully aware that their efforts are making a meaningful difference in the community.

I would like to take this opportunity to spotlight three such individuals (and there are many more) who quietly go about their jobs which help Treasure of the Hills run smoothly.

Connie Ellis—Connie has been taking care of the bulletin boards for the past 14 months. She always made sure that they were up-to-date, attractive and informational. The times when I requested something specific for the bulletin board, she graciously went about making it happen. I am so grateful to Connie for all the work and dedication she poured into the bulletin boards.

Nancy Weller—When I received the email from Connie that she was “ready to pass this opportunity (the bulletin boards) on to someone else, I have to admit, I felt a little panicked. It is not always the easiest thing to find members to step up to do certain tasks. At one of the recent lunches, Nancy Weller pulled me aside and asked about helping with the bulletin boards. Wow! Talk about wonderful timing! Nancy agreed to take over the job! Thank you, Nancy, for reminding me that there are many who want to help!

Sue Holmes—Sue is the Vice-President of the Board, and one of her responsibilities is scheduling and coordinating programs. What an incredible job she has been doing! Not only has she scheduled “Lunch & Learns” throughout 2025, but she is already scheduling them for 2026. When she ran out of slots for “Lunch & Learns” she instituted what we have deemed “Snack & Learns” that take place mid-morning. And, if that isn’t enough, she often cooks for and serves at the lunches. Sue, you are a true blessing! Thank you!

TREASURER’S REPORT

By Denny Clauson, Board Treasurer

May Income: \$3,074
 May Expenses: \$3,442

Investment Fund increased \$8,633
 Memorial Fund increased \$2,014



- \$20,000 was transferred from Investment Fund to checking account to cover expenses into the fall.
- Carpet throughout the center was cleaned for a cost of just under \$1,000.

Vice Versa

Insights from the VP

By Sue Holmes, Board Vice President



Hello, members. Thanks to all of you who volunteer.

July 4th Picnic on July 2nd

Be sure to sign up for our July 2nd indoor Independence Day picnic! Our pitmasters (Jim Anderson and Denny Clauson) are cookin' up hot dogs and hamburgers. Don't forget the "Red, White & Blue" Dessert Cook-off!! There are more details about the event in the article on page 1.

Calling All Veterans!

For our service veterans and their spouses, we have a Snack & Learn on Thursday, July 24th at 10:00 a.m. specifically for you. The program is by a Veteran Specialist who will share about the newest changes in VA benefits.

Also, be prepared to get your picture taken for the Wall of Honor that we are creating that will feature all of our veterans.

As the name "Snack & Learn" suggests, there will be snacks for you to enjoy. Be sure to register in advance.

Upcoming Presentations:

Lunch & Learns & Snack & Learns



We have a range of engaging and informative presentations scheduled in the upcoming months. Here's a tentative outline to help you organize your schedule.

August 13—Snack & Learn

"Health and Hydration," presented by Brookdale Senior Living NW Hills

August 20—Lunch & Learn

"Nutrition: Gut Health and Superfoods," presented by Humana.

September 10—Snack & Learn

"Warning Signs of Alzheimer's & Dementia," presented by Brookdale Senior Living NW Hills

September 17—Lunch & Learn

"Techniques for Avoiding Falls," presented by Comfort & Home Health Care

Watch for more details in the coming months and be sure to attend.



From the Director

By Lisa Leirvaag

Back from vacation!

Thank you, Sandy, for holding up the fort! Everything went so well in my absence, I will take vacations more often from now on.

The Board decided that it is time to replace our folding chairs. We ordered a set of four new folding chairs that can be tested before we order more.

Pat Fiero noticed that there is mold growing in the refrigerator. The Board is considering getting a new commercial refrigerator. In the meantime, do not keep food in the refrigerator! If you bring perishable snacks, take leftovers home with you.



Cruisin' with the Recycled Teenagers



The Recycled Teenagers have two cruises planned for 2025.

The first is the Alaskan Cruise on the Discovery Princess. They will be departing from Seattle on Sunday, August 24th, though most travelers are arriving on the 23rd and will be staying at nearby hotels for the night.

Our rep for the Alaskan Cruise at Princess is Dan Swislow, dswislow@princesscruises.com.

Next Meeting: Wednesday, July 30—10:30 a.m.

There is also a 7-day Caribbean Cruise scheduled for December 7 through 14 on the MSC Seascape out of Galveston.

The rep for this cruise is Karen Gordon, karen@tailoredtravelmn.com. For pricing, available cabins, transfers to the ship, and more info, email Karen.

Our local person with cruise info is Mary Riordon, 512-260-8876 (a landline, so no texting).

Next Meeting: Wednesday, July 2—10:30 a.m.



LIFE-CHANGING, EARTH-SHATTERING ANNOUNCEMENT REGARDING BOOK CLUB!

By Chris Campbell

The "Cozy Club" has a new name! (Are you sitting down? Good, that's the best way to read.) Henceforth it shall be called (until we change it again...) "RATED PG BOOK CLUB"! This club will meet at the same time, 9:30 to 10:30 on the 2nd Friday of each month.

In June, Betsi set a wonderful precedent by sending a set of talking points for the book she had recommended and served as the discussion leader at the meeting. Super helpful!

We want to ensure that no one feels obligated to replicate the actions of others if their recommendation is chosen in the future, although a precedent has been set!

Additionally, I would appreciate your feedback: Could we possibly limit the number of recommendations to three per individual? If someone wishes to swap one of their prior recommendations for a new one, that would be acceptable. All current recommendations will remain (even if more than three), unless the recommender (recommendant?; person recommending) wants one or more of theirs removed. Thoughts?

For Future Recommendations:

After the title, and author's name, put (PG) if the book is in fact a PG read. For other books, no designation is needed...unless it's one of THOSE books (wink, wink).

July Book Discussions

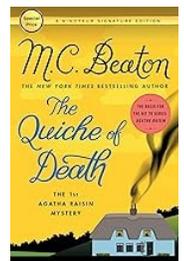
The book clubs are always open to anyone who would like to join in the discussion.

Friday, July 11 —9:30 a.m.

The newly-named "Rated PG Book Club" meets

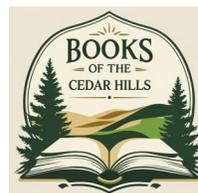


on the 2nd Friday of the month. The July book is *The Quiche of Death*, by M.C. Beaton. The book is available on Audible and Kindle. The Rated PG Book Club is open to all and drop-ins are welcome!

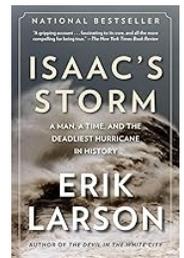


Friday, June 25 —9:30 a.m.

The "Books in the Cedar Hills" Book Club



meets on the 4th Friday of each month. The July book is *Isaac's Storm*, by Erik Larson. This book is available in hardcover, paperback, Audible and Kindle. 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.



Celebrate Independence Day in Cedar Park!

The festivities will include live music, carnival rides, inflatable attractions, food vendors, a fireworks display, and a movie in the park immediately after the fireworks. This is one of the most spectacular celebrations in Cedar Park, and it's an event you won't want to miss!

Friday, July 4, 2025 • 5:00 to 11:30 p.m.

Elizabeth Milburn Park 1901 Sun Chase Blvd Cedar Park, TX



B-Fit Exercise Classes

Treasure of the Hills is partnering with Brookdale Senior Living/Northwest Hills for a monthly B-Fit exercise class.

Beginning on Friday, August 1st at 9:45 a.m., an instructor from Brookdale, along with some of their residents, will host a B-Fit exercise class that is open and free for all TOTH members. The half hour class will end at 10:15, and give everyone time to take a break and then go to the bingo session at 10:30 a.m.

The classes will be the first Friday of the month and all are invited to attend.

The B-Fit program combines the latest research and guidelines to promote physical fitness tailored specifically for older adults. The program includes cardio, core, and lower body strength exercises.

The four principles of B-Fit are:

B—Brain health can be improved through exercise.

F—Functional abilities can be improved or maintained through exercise, especially resistance training.

I—Increase repetitions, amount of resistance and amount of time gradually to help improve fitness.

T—Tailor the class to each individual resident by using the suggested modification.

Friday, August 1—9:45 a.m.



July 4th Safety Tips

Happy Independence Day! As we celebrate the 4th of July, let's keep safety in mind! Here are some essential tips:

1. **Firework Safety:** Always use fireworks outdoors, away from buildings and flammable materials. Keep a bucket of water or a hose nearby in case of emergencies.
2. **Grilling Safety:** Keep grills at least 10 feet away from your home and any flammable objects. Never leave them unattended!
3. **Sun Protection:** Stay hydrated and use sunscreen to protect your skin while enjoying outdoor activities.
4. **Pet Safety:** Keep your pets indoors during firework displays to prevent stress and anxiety.

When to Call 911:

- If there's a fire that can't be controlled.
- If someone is injured and needs immediate assistance.
- If there's a dangerous situation or a crime in progress.

When NOT to Call 911:

- For non-emergency situations (like fireworks complaints).
- For general information or to report a minor injury.

Let's celebrate safely!



Support Through the Chamber

On Wednesday, July 9th, TOTH will participate in the Cedar Park Chamber of Commerce Non-Profit Expo. This will be a wonderful opportunity to talk with local businesses about the Expo and promote the return to the Cedar Park Rec Center and the additional sponsorship benefits.

It also provides the opportunity to acquaint more and more people with the Senior Expo to help boost attendance.

The Chamber has been a great resource for us in promoting the Expo. Many of the Chamber members are regular vendors at the Expo.

We took advantage of the Chamber's E-Blast program that reaches 7,000 emails. The real benefit was that the first e-blast was free for non-profits like Treasure of the Hills. On June 23rd, we sent out an email blast and started seeing results right away.



**July Session:
Monday, July 21
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 July:
Cars, Planes and Trains**

*Wanna sing along?
Join us at the Sing-Along Table!*

New Poker Session Forming

Calling all Poker players! There is a new group forming for Poker on Friday afternoons from 12:30 to 4:00 p.m. The first session will be on July 11th due to the holiday. Tuesday Poker continues at the same time.

Fridays—12:30 to 4:00 p.m.—TV Room



Chuckles & Grins

Q: How are the moon and dentures alike?

A: They both come out at night



I called the incontinence hotline recently. They asked if I could hold.

Q: How many Texans does it take to change a lightbulb?

A: Just one, but they'll tell you how they did it bigger and better than anyone else.

Jokes contributed by Sterling Hartman

Writer's Group to Meet Twice Monthly

The newly formed writer's group, Senior Scribblers, had their inaugural meeting in June. The group will meet on the 2nd and 4th Wednesdays of the month at 10:00 a.m.



Each session, participants are encouraged to bring copies of a story, memoir, scene, or passage to share with others. Attendees will have the opportunity to read these pieces, and feedback will be provided in the following meeting.

Contributions to be printed in upcoming issues of the Golden Gazette will be selected. Look for the first article in the August issue.

Healthy Hints

Foods You May Be Eating Wrong:

Pineapple – The core has the most bromelain (anti-inflammatory). Don't toss it!

Mushrooms – Don't wash them with water. Gently wipe instead; they absorb water and lose nutrients.

Chocolate – Storing it in the fridge kills the flavor. Keep it at room temperature for the best taste.

Potatoes – Eating them hot spikes blood sugar. Let them cool to create gut-friendly resistant starch.

Green Tea – Over-steeping destroys antioxidants. Steep for just 2-3 minutes

Kiwi – The skin is edible and packed with fiber. Just wash and bite!

Cinnamon – Use Ceylon rather than Cassia. One heals; the other can harm,

Bell Peppers – Cut from the bottom, not the stem. It's cleaner and less messy.

Garlic – Let it sit for 10 minutes after chopping. This activates allicin (the beneficial compound).

Broccoli – Don't boil it! Steam or eat it raw for maximum nutrients.

From:

<https://www.facebook.com/behumanbekind/>

Velocity Clinical Trials

Looking for Clinical Research Participants

Editor's Note: At the June 4th "Lunch & Learn," Valerie Tufano with Velocity Clinical Research, shared great information regarding the current clinical trials that Velocity is hosting. The information below will help you understand better the work they do. Let me draw attention to the final two sentences. The tests and medical procedures they perform are absolutely free to the participant, and the participants are often compensated for their time and travel.

- **Clinical Research Makes Our Communities stronger & allows for new medical breakthroughs.**
- **Want to help the Greater Good?**
- **Do you wonder how you can participate?**

Velocity Clinical Research in North Austin would like to invite you to participate in a clinical trial. Seniors are crucial for clinical trials because they represent a large and growing segment of the population, and many drugs, vaccines and medical treatments are specifically designed for seniors. Your participation also helps researchers understand how aging affects drug responses for medical treatments.

- **Be part of the change your community needs Today!**

Give Velocity Clinical Research a call today or email them with interest, and they will reach out to give you more information.

Velocity is now offering complimentary ultrasounds as well, FREE of charge to local residents, to be screened for Fatty Liver Disease. Just call for an appointment!



Valerie Tufano, Physician Assistant with Velocity Clinical Research at the June 4th Lunch & Learn.

Velocity Clinical Research
12515 Research Park Loop; Austin, TX 78759
Phone: **(512) 506-8287, extension 1109**
Email: vtufano@velocityclinical.com

Now offering trials in:

- Weight loss
- COVID-19 Booster Vaccine
- Type II Diabetes
- Cardiovascular Health/ High cholesterol
- High Blood Pressure
- Asthma
- Fatty Liver Disease

No insurance or financial payments are ever collected from participants.

Participants may be compensated for their time and travel.



Do you have diabetes, obesity, high blood pressure, or high cholesterol?

You may be at risk for liver disease

Metabolic dysfunction-associated steatotic liver disease (MASLD) is a growing concern, affecting about 1 in 4 Americans. Despite its prevalence, many people are unaware of risk factors and the potential long-term damage to their health.

Liver disease can be silent but significant, and is often linked with conditions like diabetes, obesity, and high blood pressure. **If these conditions sound familiar, it's time to assess your liver health.**

If you have one of the conditions above...

You may be eligible for a LIVER HEALTH SCAN at NO COST!

- ✓ Measures liver fat content and stiffness
- ✓ Fast and painless with same-day results
- ✓ No insurance or authorization needed



See if you're eligible to get a liver health scan at no cost!
Scan the code above or contact Velocity at:

(512) 506-8287

Velocity
CLINICAL RESEARCH

MASH CARE
Council to Accelerate
Research Excellence

Velocity Clinical Research
12515-2 Research Blvd, Ste. 225
Austin, TX 78759

Learn more about clinical trials at VelocityClinicalTrials.com

UPCOMING EVENTS

July 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, July 3 at 6:00 p.m.

Santa Catarina Mexican Restaurant, 500 Cypress Creek Rd., #170, Cedar Park
Contact: MarEllen Basalyga, 512-905-1102

Meet & Eat Lunch Group

Tuesday, July 15 at 1:00 p.m.

Hunan Ranch Chinese Restaurant, 14900 Avery Ranch Blvd., Ste. C300, Austin
Contact: MarEllen Basalyga, 512-905-1102

Monthly Breakfast

Saturday, July 26, 9:00 a.m.

TOTH Senior Center Great Room

(Free for members; \$5 for guests. Sign up in advance; deadline is June 24. Seating is limited to 40 people.)



TOTH Golf

The TOTH Golf Group meets every Wednesday morning at the Crystal Falls Golf Course in Leander. There are two different tee times, usually 7:40 and 8:40 a.m. To join the group, contact Frank Mignoli, fjm81@austin.rr.com. The Crystal Falls Golf Course has different greens fee rates depending on your status. You can visit the website, crystalfalls.golf.com/rates/ to find the rates.



GenLink Technology Assistance

Need help with your smart phone, tablet or laptop? Attend the next GenLink session!

Next Meeting: Saturday, July 19—10:00 a.m.

July Presentations, Meetings & Events

Independence Day Celebration

Wednesday, July 2—12:00 noon

(see article on page 1)

Senior Scribblers Writer's Group

Wednesdays, July 9 & 23—10:00 a.m.

(see article below)

December Caribbean Cruise Meeting

Wednesday, July 9—10:30 a.m.

(see article on page 3)

Rated PG Book Club

Friday, July 11—9:30 a.m.

(see article on page 4)

Lunch & Learn: Self Defense

Wednesday, July 16—12:00 noon

(see article on page 1)

GenLink Technology Session

Saturday, July 19—10:00 a.m.

Bring your smart phone, tablet or laptop.

Music Bingo

Monday, July 21—3:00 p.m.

Bring snacks to share and come enjoy the fun!

(see more detail on page 6)

Culture Day: Costa Rica

Wednesday, July 23—12:00 noon

(see article on page 1)

Snack & Learn: Veterans Benefits

Thursday, July 24—10:00 a.m.

(see article on page 1)

BCH Book Club (Books in the Cedar Hills)

Friday, July 25—9:30 a.m.

(see article on page 4)

Alaskan Cruise Meeting

Wednesday, July 30—10:30 a.m.

(see article on page 3)



Thank you for your donations!

July Birthdays

Gail Brennen 1	Carroll Hartman..... 16	Jeanne Allison 26
Ken Alexander 2	Richard Stein 17	Mark Chadwick..... 26
Annie Berry 2	Christa Montoya 18	C.W. Clark 27
Sue Holmes 4	Yvonne Hale 20	Mike Davison..... 27
Allan Ness 6	Vicky Chapman 22	Jim Brittnacher 28
Letha Zuckero 7	Mary Riordon 22	Sharon McLain 29
David Sechrest 13	Mike Perkins 23	Yolanda Blanco 31
Matt Hickey 14	Mary Baehl 24	Terrie Boland 31
	Gerri Caputo..... 25	

July Anniversaries



Nancy & Jeromy Tolleson 4
Lori & Doc Rainey 8
Joan & Victor Sitton 11
Maggie & Bob Ingraham 17
Lori & Matt Hickey..... 20
Debi & Helmut Rosin..... 22
Barbara & Darryl St. Marie 27
Mary Ann & Mick Sandgarten 28



Hugs & Sunshine



Ruby Banks • Barb Elrod
Emma Sue Johnson
Pat Thomas • Phyllis Walker

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. Every member is important to us and we want to know that your are doing well.



May/June 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!

May

Fran Robertson	Lynda Harrison
Bernie Gibbons	Cyndi Katsus
Paul Katsus	Bob Turner
Bill Turner	Toni Turner

June

Sandra Phillips
Diana Hiebeler
Robert Ritter

welcome!

The Brag Box is an exciting new section in the Golden Gazette where you can share your achievements, whether they involve yourself, your children, your grandchildren, or any other sources of pride and joy. While many may focus on their grandchildren this month, we also encourage you to highlight your own activities and events that bring you happiness.

To submit something to be included in the newsletter, you can email your information along with a photo (if you have one) to gazette.toth@gmail.com. You can also text the information and photo to **512-689-3448**.

To be in the following month's issue, the information will need to be received no later than the 20th of the month.

Below are some "brags" for July!



Linda Rettinger - My granddaughter, Jordan Reedy, graduated from Texas Tech University with a Bachelor of Science in Speech, Language, and Hearing Sciences earning Magna Cum Laude honors. She plans to pursue her graduate degree to become a Speech Pathologist. We are so proud of her.

Chris Campbell—The two latest additions to my published concert band pieces; "Kaleidoscope" and "Snow Swirls!" These are advertised nationwide and some of the previous ones have even sold overseas. Including string orchestra pieces, these are the 18th and 19th pieces that have been distributed by three different publishers. Two more pieces have been accepted for next year: "You Do You" and "Winter Dreamscape." The publishers send me these complimentary copies and I make a percentage in royalties on each copy sold! Yipee!



Darrel Docking – This is me and my 9-year-old grandson, Evan. He was the inspiration for the July Culture Day on Costa Rica. It stems from a Grade 3 Quest project that Evan worked on at Block House Creek Elementary. And, he did an excellent job! Since we hadn't had a Culture Day session since last July, I asked Evan if he was interested in working with me to create a presentation. He was enthusiastic. We'll be preparing a menu of foods (not yet decided) that are popular in Costa Rica.

(The Culture Day presentation and lunch are scheduled for July 23 at 12:00 noon.)

Photo Gallery: Father's Day Lunch



Chefs Sue Holmes and Pat Fiero served a delicious Taco Plate lunch to the dads and spouses.

Prize Winners at the Father's Day Lunch



Oldest Father: Frank Mignoli at age 87



Most Children (2), Grandchildren (6) and Great-Grandchildren (14): Sterling Hartman



Father's Day Trivia Game: Helmut Rosin



Father's Day Friendly Feud Game: Darrel Dock-

Other Dads (and spouses) at the Father's Day Lunch



Dads are Special!

Top Row, left to right: Denny & Barb Clauson; George & John DeMarines; Eileen & Bill Brown; Bill Turner (new member)
Bottom Row, left to right: Jerry Troyer; Mark Chadwick; Paul Katsus (new member); Carroll Hartman (new member)

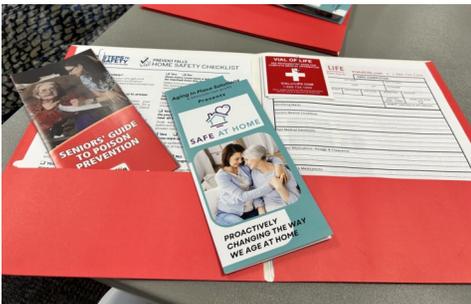
Photo Gallery: Fire and Emergency Safety

At the Lunch & Learn on June 18th, Administrative Assistant Chief & Fire Marshal Adam Story and Assistant Emergency Management Coordinator Chase Harris, presented a program on safety tips that could help every senior.

Assistant Chief Story reacquainted us with the “Vial of Life” program. This program helps first responders in emergencies so that they have the medical information needed to treat you or a member of your family. Copies of the Vial of Life form are available in the lobby at the Center. See the information below on how to set up a Vial of Life kit.

Chase Harris shared information that will help us in a weather-related emergency.

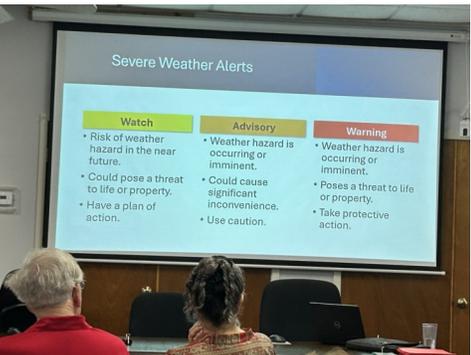
A delicious lunch of pulled pork sandwiches and coleslaw was served. The chefs were Sue Holmes and Pat Fiero. Thank you, Ladies, for the delicious lunch!



Top Left: Assistant Chief Adam Story distributes information on Vial of Life.

Top Right: Assistant Coordinator Chase Harris with Emergency Management.

Left : Information packet distributed to attendees that included information on fall prevention and poison prevention.



A slide explaining the difference in weather Watch, Advisory or Warning.

Lunch & Learns are presented monthly on Wednesdays. The event includes a free lunch and an informational program that could help you in your daily life. Be sure to register for upcoming Lunch & Learns.

How to Set Up Your VIAL OF LIFE Kit:

1. Fill Out the Vial of Life Form

- Fill out the form located on reverse side. Answer all or any pertinent questions. All fields are optional.
- Make blank copies of this form to keep information current or go to VialOfLife.com to maintain and store updated information online.

3. Place Baggie on Fridge Door

- Securely tape the plastic baggie to the front of your fridge. Place the baggie at eye level so that first responders can easily find your complete medical information.

2. Prepare Your Plastic Baggie

- Place one Vial of Life decal on the front of a plastic baggie. Fold filled out form and place in the baggie.
- You may also consider adding the following items: Copy of EKG, DNR (Do Not Resuscitate), Living Will or Equivalent, Recent Picture of Self.

4. Place the Second Decal on Your Front Door

- Place the second decal on your front door at eye level. This lets your local first responders know where your medical information is located.

Thanks to the Vial of Life, first responders will have all the medical information they need to best treat you...

Allergies to Medications	Allergic to Penicillin and Anticonvulsants
Doctors Name and Telephone Number	Dr. Gerald Johnson 555-688-7787

Save, Update and Print Your Medical Information Online at:
VIALOFLIFE.com

BOARD OF DIRECTORS

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Lisa Leirvaag
Email:
toth.director.tx@gmail.com
512-331-6000

STANDING COMMITTEES

Finance
Denny Clauson
Nominating
Open
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: Nancy Weller
Newsletter: Ellen Fannin
Website: Open

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).....	Open	
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
Pinocle (Weekly on Tues. & Thur.)	On break for July	
Poker (Weekly Tues. & Fri.)	CW Clark	

BRIDGE

Duplicate Bridge
Tuesday (weekly)
 Frank Mignoli | Sign up Required || Friday (weekly)..... | Ken Birdwell..... | Sign up Required |
| 2nd Saturday..... | Carolyn Patrick..... | Sign up Required |
| Rubber Bridge Tuesday (weekly) | Eileen Brown..... | Sign up Required |

July 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>6</p> 	<p>9⁰⁰ Sit & Fit 1⁰⁰ Cribbage 1⁰⁰ Bingo</p>	<p>7</p>	<p>9³⁰ Rubber Bridge* 10⁰⁰ Canasta* 12³⁰ Poker 1⁰⁰ Dup Bridge</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 10⁰⁰ Senior Scribblers 10³⁰ Dec Cruise Mtg 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>9⁰⁰ Sit & Fit 9³⁰ Rated PG Book Club 10³⁰ Bingo 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>5</p>
<p>13</p> 	<p>9⁰⁰ Sit & Fit 10⁰⁰ Board Mtg 1⁰⁰ Cribbage 1⁰⁰ Bingo</p>	<p>8</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 10⁰⁰ Senior Scribblers 10³⁰ Dec Cruise Mtg 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 10⁰⁰ Senior Scribblers 10³⁰ Dec Cruise Mtg 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>9⁰⁰ Sit & Fit 10³⁰ Bingo 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>12</p>
<p>20</p> 	<p>9⁰⁰ Sit & Fit 1⁰⁰ Cribbage 1⁰⁰ Bingo 3⁰⁰ Music Bingo*</p>	<p>15</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Lunch & Learn- Self Defense* 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Lunch & Learn- Self Defense* 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>9⁰⁰ Sit & Fit 10³⁰ Bingo 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>19</p>
<p>27</p> 	<p>9⁰⁰ Sit & Fit 1⁰⁰ Cribbage 1⁰⁰ Bingo</p>	<p>29</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 10³⁰ Alaskan Cruise Meeting 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Culture Day: Costa Rica* 1⁰⁰ Bunco*</p>	<p>9⁰⁰ Sit & Fit 9³⁰ BCH Book Club 10³⁰ Bingo 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>26</p>
<p>28</p>	<p>9⁰⁰ Sit & Fit 1⁰⁰ Cribbage 1⁰⁰ Bingo</p>	<p>31</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 10³⁰ Alaskan Cruise Meeting 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Culture Day: Costa Rica* 1⁰⁰ Bunco*</p>	<p>9⁰⁰ Sit & Fit 10³⁰ Bingo 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>18</p>
<p>21</p>	<p>9⁰⁰ Sit & Fit 1⁰⁰ Cribbage 1⁰⁰ Bingo 3⁰⁰ Music Bingo*</p>	<p>22</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Culture Day: Costa Rica* 1⁰⁰ Bunco*</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Culture Day: Costa Rica* 1⁰⁰ Bunco*</p>	<p>9⁰⁰ Sit & Fit 10³⁰ Bingo 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>17</p>
<p>24</p>	<p>9⁰⁰ Sit & Fit 1⁰⁰ Cribbage 1⁰⁰ Bingo 3⁰⁰ Music Bingo*</p>	<p>23</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Culture Day: Costa Rica* 1⁰⁰ Bunco*</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Culture Day: Costa Rica* 1⁰⁰ Bunco*</p>	<p>9⁰⁰ Sit & Fit 10³⁰ Bingo 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>16</p>
<p>25</p>	<p>9⁰⁰ Sit & Fit 1⁰⁰ Cribbage 1⁰⁰ Bingo 3⁰⁰ Music Bingo*</p>	<p>24</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Culture Day: Costa Rica* 1⁰⁰ Bunco*</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Culture Day: Costa Rica* 1⁰⁰ Bunco*</p>	<p>9⁰⁰ Sit & Fit 10³⁰ Bingo 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>15</p>
<p>26</p>	<p>9⁰⁰ Sit & Fit 1⁰⁰ Cribbage 1⁰⁰ Bingo 3⁰⁰ Music Bingo*</p>	<p>25</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Culture Day: Costa Rica* 1⁰⁰ Bunco*</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Culture Day: Costa Rica* 1⁰⁰ Bunco*</p>	<p>9⁰⁰ Sit & Fit 10³⁰ Bingo 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>14</p>
<p>27</p>	<p>9⁰⁰ Sit & Fit 1⁰⁰ Cribbage 1⁰⁰ Bingo</p>	<p>28</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 10³⁰ Alaskan Cruise Meeting 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Culture Day: Costa Rica* 1⁰⁰ Bunco*</p>	<p>9⁰⁰ Sit & Fit 10³⁰ Bingo 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>13</p>
<p>28</p>	<p>9⁰⁰ Sit & Fit 1⁰⁰ Cribbage 1⁰⁰ Bingo</p>	<p>29</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 10³⁰ Alaskan Cruise Meeting 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Culture Day: Costa Rica* 1⁰⁰ Bunco*</p>	<p>9⁰⁰ Sit & Fit 10³⁰ Bingo 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>12</p>
<p>29</p>	<p>9⁰⁰ Sit & Fit 1⁰⁰ Cribbage 1⁰⁰ Bingo</p>	<p>30</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 10³⁰ Alaskan Cruise Meeting 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Culture Day: Costa Rica* 1⁰⁰ Bunco*</p>	<p>9⁰⁰ Sit & Fit 10³⁰ Bingo 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>11</p>
<p>30</p>	<p>9⁰⁰ Sit & Fit 1⁰⁰ Cribbage 1⁰⁰ Bingo</p>	<p>31</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 10³⁰ Alaskan Cruise Meeting 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Culture Day: Costa Rica* 1⁰⁰ Bunco*</p>	<p>9⁰⁰ Sit & Fit 10³⁰ Bingo 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>10</p>
<p>31</p>	<p>9⁰⁰ Sit & Fit 1⁰⁰ Cribbage 1⁰⁰ Bingo</p>	<p>32</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 10³⁰ Alaskan Cruise Meeting 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Culture Day: Costa Rica* 1⁰⁰ Bunco*</p>	<p>9⁰⁰ Sit & Fit 10³⁰ Bingo 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>9</p>
<p>32</p>	<p>9⁰⁰ Sit & Fit 1⁰⁰ Cribbage 1⁰⁰ Bingo</p>	<p>33</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 10³⁰ Alaskan Cruise Meeting 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Culture Day: Costa Rica* 1⁰⁰ Bunco*</p>	<p>9⁰⁰ Sit & Fit 10³⁰ Bingo 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>8</p>
<p>33</p>	<p>9⁰⁰ Sit & Fit 1⁰⁰ Cribbage 1⁰⁰ Bingo</p>	<p>34</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 10³⁰ Alaskan Cruise Meeting 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Hearts* 10⁰⁰ Jewelry Class* 12⁰⁰ Culture Day: Costa Rica* 1⁰⁰ Bunco*</p>	<p>9⁰⁰ Sit & Fit 10³⁰ Bingo 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>7</p>

Thursday, July 3rd Dinner Club—6:00 p.m.
Santa Catarina Mexican Restaurant
500 Cypress Creek Road, #170
Tuesday, July 15 Meet & Eat—1:00 p.m.
HunanRanch Chinese Restaurant
14900 Avery Ranch Blvd., C300, Austin

Center Closed for the Holiday



CALENDAR NEWS

- Thursday Pinochle is taking July off and will resume on August 7th.
- Ladies' Bridge on the 1st and 3rd Tuesdays and the 3rd Friday has been discontinued.
- Art Beat Dance & Movement has been discontinued.

Treasure of the Hills Senior Center