



The Golden Gazette

Treasure of the Hills Senior Center

October 2025

Volume XXXV

Number 10

TOTH Prepares for Annual Meeting and Board Elections

Treasure of the Hills Senior Center (TOTH) will hold our Board Elections and Annual Meeting in October, giving members the opportunity to shape the leadership and discuss the future of the Center.

This year's slate is running unopposed. Officers serve one-year terms, while directors serve two-year terms. The candidates are as follows:

- **President** – Ellen Fannin
- **Vice President** – Sue Holmes
- **Treasurer** – Denny Clauson
- **Secretary** – Lisa Leirvaag
- **Director** – Jeanne Allison
- **Director** – Emma Sue Johnson

Early voting opens Monday, October 20, and will close at noon on Wednesday, October 29, as the Annual Meeting begins.

The Annual Meeting will be held on Wednesday, October 29 at 12:00 noon. Lunch will be served prior to the meeting, and all members are encouraged to sign up in advance and attend.

In addition to reports from board members and the announcement of election results, the meeting will feature an important discussion on the proposed City of Cedar Park takeover of the Senior Center. Leadership hopes this will provide an opportunity for members to share their views and ask questions about what this change could mean for the Center's future.

TOTH encourages all members to participate in the voting process and join the conversation at this year's Annual Meeting.

Wednesday, October 29—12:00 noon



Get ready for the biggest Senior Expo yet! The 2025 Senior Expo will take place on Saturday, October 4, from 9:00 a.m. to 1:00 p.m. at the Cedar Park Recreation Center, 1435 Main St., Cedar Park. This year's event is the largest Expo yet.

Hosted by Treasure of the Hills Senior Center (TOTH), the Expo is our major annual fundraiser. By attending, you're not only exploring valuable resources and making connections—you're also helping support the programs and services that keep TOTH programs thriving.

This year's Expo will feature more exhibitors than ever before, with local businesses, health-care providers, nonprofits, and organizations all gathered in one place. Whether you're interested in health and wellness, financial, various types of resources, volunteer opportunities, or senior-friendly housing and services, you'll find it here.

What to Expect:

- 65 exhibitor booths with valuable information and door prizes offered by many of the vendors
- Informative presentations on a variety of topics for seniors
- Opportunities to meet professionals and discover resources designed for seniors and their families

Admission is free, and everyone is welcome—seniors, caregivers, family members, and anyone who wants to learn more about the services available in our area.

Mark your calendars, invite your friends, and join us for a day you won't soon forget!

Saturday, October 4—9:00 a.m. to 1:00 p.m.
Cedar Park Recreation Center, 1435 Main St.

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 20th of the previous month.

Email submissions to gazette.toth@gmail.com

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Nametags: To Wear or Not to Wear

Let's be honest—remembering names isn't always easy. We've all had that moment where a familiar face walks up and we're thinking, *OMG, what's their name again?* That's exactly why nametags are such a wonderful part of life here at TOTH. Nametags may seem small and unnecessary around friends, but they have a big impact, especially in a senior center setting.

Wearing a nametag makes it easier for everyone to connect. It takes the stress out of introductions, helps conversations flow, and makes new members feel welcome right away. Plus, it's such a kindness to those of us, (and let's be honest, it's all of us) who sometimes need a little help remembering a person's name. A quick glance at a nametag can save someone from that awkward "I know you, but I can't recall your name" moment.

Here at Treasure of the Hills, we provide every new member with their first nametag—our tags are nice, sturdy plastic with magnetic backs (no pinholes in your clothes!). If your tag ever goes missing, which they are known to do, don't worry. Just let the office know, and we'll order you a replacement. The cost is \$10, and you'll be back to wearing your name with pride in no time.

I used to keep my nametag sitting in the console tray between my two front seats, along with other items, like Kleenex, pens, napkins, grandchildren's miscellaneous small toys. Then, one day, it disappeared. I searched and searched, but to no avail. I ordered a new one. Not long ago, several months later, the old one reappeared from under the front car seat. Now, I keep both of them in the coin cubby, readily available to put on when I arrive at the Center.

So, right before you come in, pop on your nametag even if you think you are only going to see people who know you. It's a simple little thing that makes a *big* difference. After all, the Senior Center is about friendship and community—and what better way to start a conversation than by calling someone by name?

TREASURER'S REPORT

By Denny Clauson, Board Treasurer

- August income \$8,991
- August expenses \$5,708
- Investment Fund increased \$2,365
- Memorial Fund increased \$778

Income for the last two months high due to vendor payments for Senior Expo

YTD we are several thousand under our 2025 Budget.



Vice Versa

Insights from the VP

By Sue Holmes, Board Vice President



Hey folks, here are a few reminders for what's happening in October.

- The Walburg OktoberFest has a full bus. If you want to drive yourself, you can still go, but you will be on the public waiting list. The price for the buffet is \$24.99.
- The October 15th **Lunch & Learn** will be presented by Advanced Pain Care. The topic is "Pain Management." Please sign up so we can have a head count.
- On October 22nd, a **Snack & Learn** with Humana doing a presentation on "Gut Health."
- Veterans: I'll be sending out texts to the veterans that we need pictures from for the Wall of Honor.



TOTH member and Gazette Photographer Shirley City takes advantage of the new beverage refrigerator in the Great Room. We will keep it stocked with drinks, but always welcome donations.



From the Director

By Lisa Leirvaag

Last year, a special committee appointed by the BOD started to revise the TOTH Policies & Procedures. The committee's final draft was submitted to the board this spring and approved after a thorough review early this fall.

You can find this extensive document together with the TOTH Bylaws in a binder in the front office.

I would like to draw your attention to Section III-3 Code of Conduct. Part of this chapter is attached to the TOTH Membership Application. The following sentences from this section sum up how we should conduct ourselves at all times when we are at the center:

"Members must deal with one another with respect and kindness in the same manner as they would those welcomed into their homes. Our goal is for TOTH and its members to be known for their friendliness and concern for the feelings of others."

"The TOTH Senior Center should be a place where differences of opinion are handled in a civil, courteous, and respectful manner."

As members of TOTH, we all have one thing in common: We are over 50. We come to TOTH to socialize and to have fun. To keep our Center a friendly and inclusive place where every member feels safe, respected and connected, we must avoid controversial and divisive issues.

Be sure to vote in the Board Elections beginning October 20.

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Jeb Seibel

TOTH Member

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Get Ready for Some Fun! Walburg Oktoberfest

It's October! And, it's time for our bus trip to the Walburg Oktoberfest on Friday, October 12th!

The bus is full and there is a wait list, so if for any reason you registered but now cannot go, please contact Josh Rodrigue, 512-401-5500, at the Rec Center.

We will meet at the Cedar Park Rec Center, 1435 Main St., at 4:00 p.m. The bus will leave the Rec Center around 4:30 and travel to the **Walberg** German Restaurant for their Oktoberfest celebration. We will enjoy a delicious German meal at the restaurant, and then be treated to authentic German music and entertainment in the Beer Garden. Be sure to bring some extra cash for any beverages you want during the evening.

After enjoying the music, we'll get back on the bus around 8:15-8:30 p.m., and return to the Rec Center by 9:00 p.m.

We want to thank the Cedar Park Parks & Recreation Department for partnering with TOTH on this fun event.



Rubber Bridge Group Looking for Players (and a New Lead!)

Do you enjoy a good game of cards and friendly competition? The Rubber Bridge group is looking for more players to join in the fun! The group meets every Tuesday morning from 9:30 a.m. to 12:00 p.m. and would love to welcome new faces to the table.

In addition, the group is in need of a new lead. After faithfully serving, Eileen Brown will be stepping down from her role. We thank Eileen for her dedication and the time she has given to keeping this group going.

If you enjoy bridge and might be interested in helping lead, or if you just want to play, come by on a Tuesday morning or let the office know you'd like to get involved. It's a great way to sharpen your mind, make friends, and enjoy a few hours of lively card play!

Sunshine Volunteer Needed

For many years, Jan Clark has been the kind and thoughtful person behind the scenes sending get well cards to Treasure of the Hills members who were ill. She also oversaw memorial acknowledgments when needed. Unfortunately, Jan is now facing health challenges of her own and is no longer able to continue in this role.



We want to recognize Jan for her dedication and caring spirit. Since joining TOTH in 2016, she has been a steady source of encouragement and compassion to many. She has lifted up countless members with her notes, and now it's our turn to keep her in our thoughts.

That means we are in need of a new volunteer to step into this important role. If you enjoy sending cards and sharing a little cheer with others, this might be a perfect fit for you. The time commitment is flexible, but the impact is significant. If you are interested in helping, please contact the TOTH office, 512-331-6000.

TOTH Joins Band of the Hills Fall Festival

Mark your calendars for an afternoon of music, fun, and community spirit! Treasure of the Hills Senior Center is excited to participate in the Band of the Hills Fall Festival on Sunday, October 12, 2025, at Lakeline Park in Cedar Park.

The festival runs from 2:00 to 7:00 p.m. and promises a lively lineup of performances of area bands, plus various small ensembles throughout the day.

This family-friendly event is free and open to all ages. Alongside the music, other local non-profits will be sharing resources, and food trucks will be on hand with delicious cuisine to enjoy. Come out, bring your family and friends, stop by the TOTH booth and celebrate the season with us!

Sunday, October 12—2:00 to 7:00 p.m.
(See the flyer for the Festival on page 13)



What's Happening ...



CEDAR PARK
PARKS & RECREATION

by Josh Rodrigue, Recreation Manager
Parks & Recreation Department

A Few Slots Still Open For Archery Class

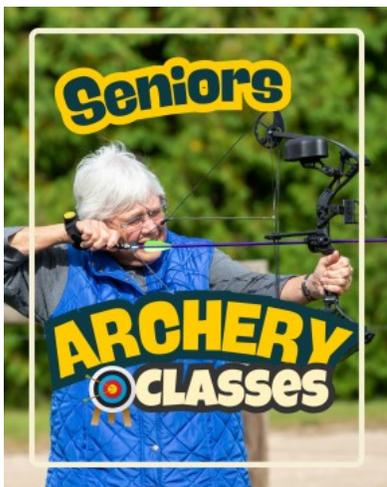
The Parks & Recreation Department of the City of Cedar Park is offering a Beginner Archery class, a fun and engaging way to get introduced to the timeless sport of archery. There are only a few spaces open.

This program is designed for beginners and will combine learning with play. Participants will gain knowledge about archery safety, the proper way to handle a bow and arrow, and drills that help sharpen skills and build confidence on the range.

Dates: Wednesdays, October 15 – November 12

Fee: \$25 per person

Location: RE|CREATE (old library/new recreation facility) 550 Discovery Blvd, Cedar Park, TX 78613



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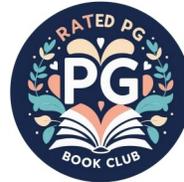
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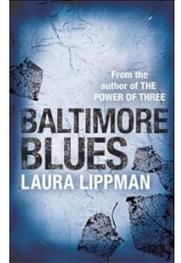
By Chris Campbell

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



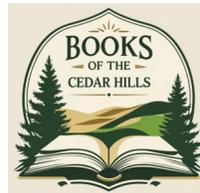
Friday, October 10 —9:30 a.m.

The Rated PG Book Club meets on the 2nd Friday of the month, although the November and December dates have been moved to the 1st Friday of the month.



The October book is *Baltimore Blues*, by Laura Lippman. The book is available on Audible and Kindle. The Rated PG Book Club is open to all and drop-ins are welcome!

Friday, October 24 —9:30 a.m.



The “Books in the Cedar Hills” Book Club meets on the 4th Friday of each month, although the November and December dates have been moved to the 3rd Friday of the month.



The October book is *Dark Angel*, by John Sandford. 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.

November Books

To help you get ahead on your reading, here are the books for the **October** discussions:

Rated PG Book Club—The November 7th book is *Abby Cooper, Psychic Eye*, by Victoria Laurie.

BCH Book Club—The November 21st book is *Tom Lake*, by Ann Patchett.



We are grateful for **DONATIONS**

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!

Constable's Corner ★

by Constable Jeff Anderson



Beware: A Growing Wave of Scams Targeting the Elderly

Recent months have seen a rise in scams targeting the elderly, using sophisticated and deceptive tactics that exploit their vulnerabilities, resulting in significant financial and emotional distress. Families and caregivers must be aware of these scams to protect their loved ones.

Common Scams Targeting Seniors:

1. Impersonation Scam: Scammers pose as officials or utility companies, claiming debts or demanding personal information, often using threats to instill fear.
2. Romance Scams: Online dating platforms are exploited to build fake relationships, leading to requests for money under false pretenses.
3. Tech Support Scams: Perpetrators claim to represent tech companies, offering unnecessary services and often gaining remote access to victims' devices.
4. Prize and Lottery Scams: Victims receive notifications of winnings that require them to pay fees or taxes to claim.
5. Health Insurance Scams: Scammers offer fake plans or urgent health updates, soliciting

personal information for identity theft.

Protecting Against Scams:

- Stay Informed: Discuss scams regularly and encourage open conversations about suspicious communications.
- Never Share Personal Information: Remind seniors not to disclose sensitive information over the phone or online.
- Verify Sources: Always verify the identity of anyone asking for money or personal information.
- Use Technology Wisely: Encourage basic online safety practices, including avoiding unknown links and keeping antivirus software updated.

Resources for Assistance:

- National Elder Fraud Hotline: Call 1-833-372-8311 for assistance and to report scams.
- Federal Trade Commission (FTC): Visit www.ftc.gov for information on scams and protective measures.
- AARP Fraud Watch Network: Find tips and reporting resources at www.aarp.org/fraudwatchnetwork.
- Local Law Enforcement: Report incidents to local police for guidance and help in tracking scammers.

Conclusion

As technology evolves, so do the tactics used by scammers. Staying informed and vigilant is crucial for seniors and their families to combat these threats. Always verify suspicious inquiries to remain safe.





Northwestern Mutual

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Shannon Molinari and Rosalynd Shaw maintain individual financial planning practices with Northwestern Mutual. Northwestern Mutual is the marketing name for The Northwestern Mutual Life Insurance Company (NMIC) and its subsidiaries in Milwaukee, WI.



**COME JOIN
THE FUN!**

**September Session:
Monday, October 20
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 October:
TBA**

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



Jokes contributed by Sterling Hartman

- 😊 Q.: Why did the bicycle fall over?
A.: Because it was too tired.
- 😊 Q.: Why did the Texas Longhorn audition for a movie?
A.: It wanted to be a “moo-vie” star.
- 😊 Q.: Why are Texas cowboys’ hats turned up at the sides?
A.: That’s the only way three Texans can fit in the pickup.
- 😊 Old age is like a roll of toilet paper, the closer it gets to the end, the faster it goes.

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Healthy Hints

10 Health and Wellness Facts

Maintaining optimal health is a multifaceted process, involving everything from nutrition and exercise to sleep and stress management. Here are some interesting and fun wellness facts that shed light on the interconnectedness of our physical and mental health.

1. More germs are transferred by shaking hands than by kissing.
2. Our hands come into contact with millions of germs and bacteria each day.
3. In the US, only around 35% of adults have perfect vision (20/20) without glasses, contacts, or corrective surgery.
4. Age-related eye diseases are among the leading causes of blindness and low vision.
5. A 2019 meta-analysis found that for each kilogram increase in birth weight, infants had a 44% increased risk of childhood food allergies.
6. Lack of sleep can kill someone sooner than starvation.
7. Chronic sleep deprivation is linked to a higher risk for cardiovascular disease, insulin resistance, obesity, and a host of other life-threatening conditions.
8. The relationship between stress and sleep is clear: When you’re stressed, your body releases cortisol, which keeps you alert.
9. Sleep problems have a ripple effect on society, and sleep debt is said to cost the U.S. between \$280 and \$411 billion annually.
10. Exercise can be as effective as medication for treating mild to moderate depression.

Weird Facts About the Human Body

Written by [April Seifert](#); Reviewed by [Tyler Wright](#)
<https://purple.com/blog/30-weirdly-fascinating-health-body-facts#20-amazing-facts-about-the-human-body>



By Kevin Hallett

Senior Scribblers,

We met twice in September. At the first meeting, we caught up after several members had vacations toward the end of August. We also listened to a wonderfully poetic short story from Mary on her first visit to the group.

The group chose a short story by Ellen for October's Golden Gazette.

For this month, our meetings will be on October 8th and 22nd, starting at 9:30 am. As always, all TOTH members interested in discovering the fun of writing are welcome to our meetings held in the puzzle room.

A New Car

Rewritten and edited by Ellen Fannin, Originally written by Mayo Cleveland, (Ellen's father) circa 1984

Buying a new car today carries its own kind of thrill, but it's nothing like what it meant when automobiles were truly *new*, when they were rare enough to turn every head on the road. That was an excitement all its own.

I remember the day my grandfather decided he needed a car. He had never driven before—he had barely ridden in a car more than a few times—but the farm was several miles from town, and he was tired of making the trip by buggy or spring wagon. He set his sights on a brand-new Ford.

My father, his son-in-law, agreed to take him to town and give him what advice he could about the care and use of this new contraption. They



made their way to the dealer. At that time, the decision about which car was much simpler than it is now. Cars only came in

black, and the choice of style was either a roadster with one seat or a touring car. Grandpa picked his Ford, the touring car, and listened as the salesman explained the controls. The salesman then took Grandpa to a vacant block for a short driving lesson. No driver's licenses in those days—just enough confidence and courage to take the wheel.

As luck would have it, while they were in town, the hired hand, Mose, came by with supplies. Mose was a tall, gaunt man, well over six feet, his frame stretched thin by hard work. They loaded him into the back seat, and off they went—Grandpa at the wheel, my father following behind in his own car to make sure all went well. With the top folded down, as most folks drove in fair

weather, they headed toward the farm.

Everything went smoothly until they turned the final corner toward the gate. That gate stood between two tall posts with a crossbar overhead, the gate itself built of solid lumber to keep the stock in. But, oops, here was the trouble. The car couldn't simply drive through—the gate had to be unlatched and swung open.

Grandpa steered toward it, but in the critical moment he forgot the one thing he needed most—how to stop. Years of habit took over. He pulled back hard on the steering wheel as if it were a set of reins and shouted, "Whoa, whoa, whoa!"

In the back seat, Mose leapt up, arms stretched to the heavens, pleading, "Lawd, help us!"

The Ford crashed straight through the gate, splintering it to pieces. Luckily, the impact killed the motor, leaving the car stalled. My father, who was laughing at the hilarious spectacle, had to slam on his brakes to keep from colliding with them.

That was the day my grandfather brought home his first automobile—and the day the family learned that a new car could bring more than excitement. It could bring chaos, too. But oh, what a story it left behind.

Note: My father wrote a series of stories a few months before he passed about his life as a child and young man. As brilliant as he was, a true renaissance man, he was not great at writing stories. He would start out telling a wonderful story but get bogged down in technical aspects of the machinery he was telling about. But the content was great and I didn't want to lose it. This is a rewrite with the technical jargon taken out. Thanks, Daddy!

UPCOMING EVENTS

October 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, October 9 at 6:00 p.m.

(The dinner has been moved to the second Thursday due to the Senior Expo Vendor Reception.)

Longhorn Steakhouse

1469 E. Whitestone Blvd., Cedar Park

(Limit 20)

Contact: MarEllen Basalyga, 512-905-1102

Meet & Eat Lunch Group

Tuesday, October 21 at 1:00 p.m.

Frea's Seafood & Steaks

10903 Pecan Park Blvd., Austin

(Limit 20)

Contact: MarEllen Basalyga, 512-905-1102

Monthly Breakfast

Saturday, October 25, 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.)

GenLink Monthly Session

You are invited to join us for the monthly technology session with the GenLink students. Bring your electronics and any question you have. The students provide one-on-one help with technology issues.

The students of GenLink will also be at the Senior Expo on Saturday, October 4th. They will be in the Game Room just off the Lobby straight ahead as you enter. You are invited to stop by with your electronics and they will help you with any questions you have.

Saturday, October 18—10:00 a.m.

October Presentations, Meetings & Events

2025 Senior Expo

Saturday, October 4—9:00 a.m. to 1:00 p.m.

(see article on page 1)

Senior Scribblers Writer's Group

Wednesdays, October 8 & 22 —9:30 a.m. *(see article on page 8)*

(see article on page 8)

Rated PG Book Club

Friday, October 10—9:30 a.m.

(see article on page 5)

Walburg Oktoberfest

Friday, October 10—Meet at Rec Center @ 4:00

(see article on page 4)

Band of the Hills Fall Festival

Sunday, October 12—2:00 to 7:00 p.m.

Lunch & Learn: Pain Management

Wednesday, October 15—12:00 noon

(see article on page 3)

GenLink Technology Session

Saturday, October 18—10:00 a.m.

(see article to the left)

Voting for Board Members Begins

Monday, October 20—9:00 a.m.

(see article on page 1)

Music Bingo

Monday, October 20—3:00 p.m.

Bring snacks to share and come enjoy the fun!

(see more detail on page 7)

Snack & Learn: Gut Health

Wednesday, October 22—10:00 a.m.

(see article on page 3)

BCH Book Club (Books in the Cedar Hills)

Friday, October 24—9:30 a.m.

(see article on page 5)

Voting for Board Members Closes

Wednesday, October 29—12:00 noon

TOTH Annual Meeting & Lunch

Wednesday, October 29—12:00 noon

(see article on page 1)

Dementia Awareness

On **Thursday, September 25**, Valeria Rios and Robert Slack, with Area Agency on Aging (AAA) and the Aging & Disability Resource Center (ADRC) of the Capital Area, presented a Snack & Learn on “Dementia Awareness and Risk Reduction Strategies.” They shared valuable resources and information designed to support older adults, persons with disabilities, and their caregivers. Flyers on various topics are available in lobby at the Center, and they will have a table at the Senior Expo.

Parking Stops



When parking in the TOTH parking lot, we are asking that you try not to bump the parking stops. When they are bumped, it can cause the rebar that is an-

choring them in the ground to lift up and cause damage to the undercarriage of cars, damage that can be, and has been costly.

Cruisin' with Recycled Teenagers

by Mary Riordon



December Caribbean Cruise

The December Caribbean Cruise will have their next meeting on Wednesday, November 5th at 10:30 a.m. The group of 29 cruisers will discuss renting a bus for the trip to and from Galveston. This will also be the time to order your “Recycled Teenager” t-shirts. They are \$10 each.

The cruise is from December 7 through 14 on the MSC Seascape out of Galveston.

If you are interested in going, there may still be rooms available. Email Karen Gordon at karen@tailoredtravelmn.com for pricing.

Future Cruises/Trips

Several cruisers are interested in going around England, Scotland, Wales and **Ireland** next spring.

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- Flu Vaccine
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- Type 2 Diabetes
- High Cholesterol
- Asthma
- COVID-19 Vaccination
- RSV Vaccination
- Migraine



October Birthdays

Angie Adams 1	Helen Meyer 10	Pat Fiero 21
Jan Clark 2	Janet Drumm 13	Elizabeth Anne Knapp 23
Lillie Heim 4	Gregory Lahr 16	Keith Regan 24
Charlie Stermer 5	Evelyn Myers 17	Jeromy Tolleson 24
Larry Hagler 6	Mary Ann Pacocha 18	Jerry Troyer 25
Cindy Rhea 6	Myra Burke 19	Darryl St. Marie 26
Lois Carlson 8	Beatrice Harper 20	Nina Cavanaugh 27
Bill Cocke 8	Karen Enlow 21	Jayn Looper 27
Beda Johanson 9		Colleen Sanchez 30



October Anniversaries



Jenny & Ira Rogers 15
Gerri & Jim West 26
Colleen & Keith Regan 30



Hugs & Sunshine



- Jan Clark
- George & John DeMarines
- Dwayne Johnson
- Jimmie Marshman
- Evelyn Myers
- Carolyn White

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.



September 2025 NEW MEMBER RECOGNITION

We are so grateful to our new members at Treasure of the Hills (or TOTH, as we know it). 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!

September
Leonard Janetzke
Nancy Siefert
Tom Howard

welcome!



COCHRUN GROUP
Medicare - Health - Life Insurance

The Cochrun Group
1150 S Bell Blvd Bldg 5
Cedar Park, Tx 78613
www.thecochrungroup.com
512-354-7661

Providing Medicare Solutions for our Clients and our Community for over 20 years.



KEVIN HARRIS
Licensed Agent
512-715-2573
kevinharris@thecochrungroup.com

We do not offer every plan available in your area. Currently we represent 11 organizations which offer 82 products in your area. Please contact Medicare at 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information an all of your option.



Salerno Seniors

Starting in September No Senior Eats Alone Tuesdays 11:45 am

Come meet new friends! There is no reason to eat alone. Join us Tuesdays at 11:45 am.

We will find you a lunch buddy or more. We will give you some conversation topics. Why not make a new friend while you are having lunch?

Starting in October 16th Thursdays at Salerno

First Things First - First Th. @ noon
The key to healthy aging is doing the first things first. Together we will explore what these are and hold each other accountable.

Live Music with Prime Rewind at 7 pm

Meet the Author - Second Th. @ noon
There is so much talent in Central Texas. Be inspired to write your own story or simply learn what lead others to write theirs.

Octopi Love Crochet + group - 1:30-4
Love to crochet or knit? This is a purpose and passion driven group to spread love to the world - "Let love Octopi your heart!"

Ask a Health Pro - Third Th. @ noon
Have lunch with a local health care provider. Learn about what they do and walk away with some tips you can use to be healthier.

Live Music with Prime Rewind at 7 pm

Longevity Lunch - Fourth Th. @ noon
Come learn tips about what keeps you healthy as you grow older so you can have the quality of life you desire as you age.

Octopi Love Crochet + group - 1:30-4
Love to crochet or knit? This is a purpose and passion driven group to spread love to the world—"Let love Octopi your heart!"

About Salerno Seniors

Salerno Cucina Italiana is co-owned by Karina Loyo Ph.D., MBA, Gerontologist and author of the Longevity Blueprint for Health, Wealth and Purpose. She is passionate about working with older adults and their families. She is dedicated to providing them with a community-based restaurant to uplift them and inspire them to live their best lives.

Salerno Lunch Specials

Salerno's lunch specials are \$14.99 for pasta & salad, sub and a side, or pizza.



Salerno Cucina Italiana

512-351-9580
salernotx.com

1310 Cypress Creek Road
Cedar Park, TX 78613



**CEDAR
PARK**
PARKS & RECREATION

BAND OF THE HILLS FALL FESTIVAL



LAKELINE PARK, CEDAR PARK, TX

SUNDAY, OCT. 12TH, 2025 2PM-7PM

WITH PERFORMANCES BY:

**BAND OF THE HILLS, BRUSHY CREEK BRASS BAND, THE COMMUNITY BAND OF CENTRAL TEXAS,
HILL COUNTRY COMMUNITY BAND AND VARIOUS SMALL ENSEMBLES**

🎵 FREE 🎵 FAMILY FRIENDLY 🎵 LOCAL NON-PROFITS & FOOD TRUCKS 🎵



FALL GARDEN TOUR



**AND ART SHOW
2025**

**SATURDAY, OCT 25
10AM - 3PM**

- 5 GORGEOUS LOCAL AREA HOME GARDENS
- TALENTED LOCAL ARTISTS IN EACH GARDEN
- \$20 PER PERSON, CHILDREN UNDER 12 FREE
- ALL PROCEEDS SUPPORT EDUCATIONAL GARDEN GRANTS



SCAN FOR TICKETS

TICKETS AT:

[HCBLOOMERS.ORG/FALL-TOUR](https://hcbloomers.org/fall-tour)

**HELPING LISD SCHOOLS FOSTER A LOVE
OF NATURE THROUGH GARDEN GRANTS**

BOARD OF DIRECTORS

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Lisa Leirvaag

Directors

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Emma Sue Johnson

Sandy Williams

MANAGING DIRECTOR

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: Open

Sunshine: Open

Mem'l Garden: Jim Anderson

Historian: Ruby Banks

Gail Brennen

Library: Ruby Banks

Bulletin Board: Open

Newsletter: Ellen Fannin

Website: Open

REGULAR ACTIVITIES AND EVENTS

Breakfast (monthly)	Pat Fiero & Frank Mignoli	Sign up Required
Lunch & Learn/Snack & 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 (currently on hiatus)	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	
Technology Classes (3rd Saturday)	GenLink Students	Sign up Required
Book Clubs (2nd & 4th Fridays)	Chris Campbell	
Senior Scribblers (2nd & 4th Wednesdays)	Kevin Hallett	

GAMES

Bingo (Weekly on Monday)	Barbara Duprey	
Bingo (Weekly on Friday)	Barbara St. Marie	
Bunco (Weekly on Wednesday)	Ruby Banks/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 Tues. & Fri.)	Sue Holmes	Sign up w/Leader
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)

Open

Sign up Required

October 2025

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

October 9 TOTH Dinner Club: Longhorn Steakhouse* — 1469 E. Whitestone Blvd., Cedar Park—6:00 p.m.
October 21 Meet & Eat: Freda's Seafood & Steaks* — 10903 Pecan Park Blvd., Austin —1:00 p.m.

*The red asterisk indicates that Sign-Up is required

5 	6 9 ⁰⁰ Sit & Fit 10 ³⁰ BBCP Pinochle 1 ⁰⁰ Cribbage 1 ⁰⁰ Bingo	7 9 ³⁰ Rubber Bridge* 10 ⁰⁰ Canasta* 12 ³⁰ Poker 1 ⁰⁰ Dup Bridge 1 ⁰⁰ Pinochle	8 9 ⁰⁰ Sit & Fit 9/10 ⁰⁰ Cardiology 9 ³⁰ Senior Scribblers* 11 ⁰⁰ Exec Comm Mtg 1 ⁰⁰ Bunco* 3 ⁰⁰ Crochet Class*	9 10 ⁰⁰ T'ai Chi 10/11 ⁰⁰ Mahjong 11 ³⁰ Pinochle 12 ⁰⁰ Quilting Bee 12 ⁰⁰ Mex Train* 6 ⁰⁰ TOTH Dinner Club*	10 9 ⁰⁰ Sit & Fit 9 ³⁰ Rated PG Book Club 10 ³⁰ Bingo 10 ³⁰ Pinochle* 12 ³⁰ Poker 1 ⁰⁰ Dup Bridge* 4 ⁰⁰ Oktoberfest Trip	11 1 ⁰⁰ Dup Bridge*
12  2 ⁰⁰ -7 ⁰⁰ Band of the Hills Fall Festival/ Lakeline Park	13 9 ⁰⁰ Sit & Fit 10 ⁰⁰ Board Mtg 10 ³⁰ BBCP Pinochle 1 ⁰⁰ Cribbage 1 ⁰⁰ Bingo	14 9 ³⁰ Rbr Brdg* 10 ⁰⁰ Canasta* 12 ³⁰ Poker 1 ⁰⁰ Dup Bridge* 1 ⁰⁰ Pinochle	15 9 ⁰⁰ Sit & Fit 9 ⁰⁰ /10 ⁰⁰ Cardiology 12 ⁰⁰ Lunch & Learn: Pain Management 1 ⁰⁰ Bunco* 3 ⁰⁰ Crochet Class*	16 10 ⁰⁰ T'ai Chi 10/11 ⁰⁰ Mahjong 11 ³⁰ Pinochle 12 ⁰⁰ Quilting Bee 12 ³⁰ Mex Train*	17 10 ³⁰ Bingo 10 ³⁰ Pinochle* 12 ³⁰ Poker 1 ⁰⁰ Dup Bridge*	18 10 ⁰⁰ GenLink Technology
19 	20 Voting for Board Opens 9 ⁰⁰ Sit & Fit 10 ³⁰ BBCP Pinochle 1 ⁰⁰ Cribbage 1 ⁰⁰ Bingo 3 ⁰⁰ Music Bingo*	21 9 ³⁰ Rbr Brdg* 10 ⁰⁰ Canasta* 12 ³⁰ Poker 1 ⁰⁰ Meet & Eat* 1 ⁰⁰ Dup Bridge* 1 ⁰⁰ Pinochle	22 9 ⁰⁰ Sit & Fit 9 ⁰⁰ /10 ⁰⁰ Cardiology 9 ³⁰ Senior Scribblers* 10 ⁰⁰ Snack & Learn: Gut Health/Humana* 1 ⁰⁰ Bunco* 3 ⁰⁰ Crochet Class*	23 10 ⁰⁰ T'ai Chi 10/11 ⁰⁰ Mahjong 11 ³⁰ Pinochle 12 ⁰⁰ Quilting Bee 12 ⁰⁰ Mex Train*	24 9 ⁰⁰ Sit & Fit 9 ³⁰ BCH Book Club 10 ³⁰ Bingo 10 ³⁰ Pinochle* 12 ³⁰ Poker 1 ⁰⁰ Dup Bridge*	25 9 ⁰⁰ Monthly Breakfast*
26 	27 9 ⁰⁰ Sit & Fit 10 ³⁰ BBCP Pinochle 1 ⁰⁰ Cribbage 1 ⁰⁰ Bingo	28 9 ³⁰ Rbr Brdg* 10 ⁰⁰ Canasta* 12 ³⁰ Poker 1 ⁰⁰ Dup Bridge* 1 ⁰⁰ Pinochle	29 9 ⁰⁰ Sit & Fit 9 ⁰⁰ /10 ⁰⁰ Cardiology Voting Closes at Noon 12 ⁰⁰ Annual Meeting & Lunch* 1 ⁰⁰ Bunco* 3 ⁰⁰ Crochet Class*	30 10 ⁰⁰ T'ai Chi 10/11 ⁰⁰ Mahjong 11 ³⁰ Pinochle 12 ⁰⁰ Quilting Bee 12 ⁰⁰ Mex Train*	31 10 ³⁰ Bingo 10 ³⁰ Pinochle* 12 ³⁰ Poker 1 ⁰⁰ Dup Bridge*	

Treasure of the Hills Senior Center