



The Golden Gazette

Treasure of the Hills Senior Center

September 2025

Volume XXXV

Number 9

Meet the Candidates Ice Cream Social at the Senior Center

TOTH invites you to a sweet afternoon of community connection at our “Meet the Candidates” Ice Cream Social on Tuesday, September 10 at 2:00 p.m.

This special event offers a relaxed and friendly setting to meet 2026 Board candidates, and to also enjoy some delicious ice cream. We’ll be serving up a variety of ice cream flavors and toppings to make your afternoon even sweeter.

Don’t miss this wonderful opportunity to indulge your curiosity and satisfy your sweet tooth while getting to know the individuals running for the Board. Join us for good conversation and delicious ice cream. Please register in advance so we can ensure there’s plenty of ice cream available.

Early voting for the board will take place during the week leading up to the Annual Meeting, with voting closing at noon on October 29th when the Annual Meeting commences.

Wednesday, September 10—2:00 p.m.

Annual Meeting Set for October 29

Make plans now to attend the TOTH Annual Meeting on Wednesday, October 29 at 12:00 noon. Lunch will be prior to the meeting.

At the Annual Meeting, we will have reports from board members and announce the results of the board election.

Most importantly, we want to open a discussion concerning the proposed City takeover of the Senior Center and provide a time to answer any questions our members may have.

Balloon Museum and Lunch Outing

Mark your calendars for a special day of friendship, good food, and fascinating sights! On Thursday, September 18 at 2:00 p.m., you are invited to come enjoy an exciting trip to the Balloon Museum at 2930 W. Anderson Lane in Austin.

The adventure begins at the Senior Center at 11:30 a.m., where participants will gather and organize carpools. Before the museum visit, the group will head to Jack Allen’s Kitchen, 3010 W. Anderson Lane, for a delicious lunch, known for its fresh, flavorful Texas cuisine.

Afterward, everyone will continue to the museum for a 2:00 p.m. entrance to explore its fun and colorful displays. The unique exhibits showcase monumental inflatable artworks and captivating light installations by renowned international artists. You’re not just observing here; you’re invited to interact with these larger-than-life pieces, making it a playful and memorable journey for all ages.

The cost for the museum is \$40, and payment should be made at TOTH by Monday, September 8 to reserve your spot.

Lunch costs are not included, so be sure to

bring extra funds for your meal. The museum tour is 1 1/2 to 2 hours long.

Don’t miss this chance to share a memorable afternoon with friends while enjoying this traveling attraction. Sign up early at the Senior Center and secure your seat for this uplifting experience!

Thursday, September 18—\$40/person



Golden Gazette

Volume XXXV No. 9

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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President's Message

By Ellen Fannin

As I write this, my suitcases are all packed and ready for me to board our flight to Seattle where I will embark on the Discovery Princess for an exciting 7-day Alaskan cruise. By the time you read this, I will be on my way back from what I hope was an exciting adventure, full of memories, fun and time spent with friends.

Time is a funny thing. When we were young, at least for me, time felt endless. Summers seemed to stretch on forever. Birthdays and Christmas mornings would take way too long to arrive, and waiting would be unbearable. As I look back, childhood seemed to be marked by anticipation—looking forward, whether it was special events or just growing up. Every day felt full, maybe because every experience was new.

As we age, however, time begins to quicken. Years slip by with unrealized swiftness, and the once anticipated events of adulthood—graduations, careers, families—are but memories. The same span of 12 months that once felt eternal now passes in the blink of an eye. I recently read that psychologists suggest this happens because “each year becomes a smaller fraction of our lived experience. At 5 years old, one year is 20% of your life; at 50, it’s just 2%.”

Maybe time feels different because we change. More often than not, we are not looking ahead with eager anticipation but rather looking back with reflection. Life has been filled with responsibilities, routines and obligations that gobble up our time, and before we know it, decades have flown by.

But don't despair. There is a gift in this awareness. It is the reminder to savor the present. Time may feel shorter, but we can choose to make it fuller—by slowing down, paying attention, and cherishing the fleeting moments that, in the end, make a full and memorable life. I invite you to join me in endeavoring to make the most of the time we have; to appreciate the acquaintances and friendship that grace our lives, the events and small moments that fill our days. To echo the words and steal the line from Robin Williams... “Carpe diem” (*Seize the day!*).

TREASURER'S REPORT

By Denny Clauson, Board Treasurer

- July Income: \$7,802
- July Expenses: \$11,642

Note July expenses include \$4,500 for new refrigerator and \$2,000 donations for July 4th flood relief, which will be covered by Memorial Fund.

- Investment fund increased by \$3,707
- Memorial fund increased by \$1,045

Year to date we are approximately \$4,000 under planned 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 September.

Oktoberfest

Don't forget to register for the Walburg Oktober Fest on Friday, October 10th. Seats are filling up fast, so it is essential to sign up soon. If the bus reaches capacity, a waiting list will be available, as there are often last minute cancellations.

Lunch & Learn

The September 17th Lunch & Learn will be "Techniques to Prevent Falls." Please sign up so we can have a head count.

Snack & Learn

We've had some issues with the "Snack & Learn" scheduled for September 25th. The event has been cancelled, but because the topic of "Early Signs of Alzheimer's and Dementia" is an important one, we are looking to book another speaker. Stay tuned.

Veterans

We have rescheduled Jen Rojas, Veteran Benefits Specialist, to present the recent changes regarding veteran benefits. Be sure to attend on Wednesday, September 10th at 10:00 am. Snacks will be furnished.

Tour of LISD Early College School

We have received an invitation from Leander ISD to visit and tour their Early College High School.

The Early College HS initiative is an open-enrollment program that blends college and high school coursework, enabling students to earn up to two years of college credit (60 hours), tuition-free, while enrolled in high school. Applicants must be current LISD 8th-grade students in good standing to be advanced to the 9th grade.

If you are interested in joining us for the tour, please sign up in the front office by Wednesday, September 10th. Depending on the interest, we can carpool to the location.

Friday, September 12—10:00 a.m.



From the Director

By Lisa Leirvaag

- We will have to wait a little longer for the black mesh folding chairs because they are presently out of stock. If nothing happens soon, we'll have to consider other options.
- The continuous rise in events and activities is again leading to scheduling and other administrative challenges. While it's easy to conceive great ideas, their execution proves to be significantly more challenging, particularly when there is a lack of adequate space and a dependable workforce to carry them out.
- The office is closed on Labor Day, Monday, September 1.
- There will be no breakfast served in September.

Pinochle Schedule Update

Following the pinochle trainings in August, there are additional players who are interested in creating foursomes to play on a regular basis. There is a list of players available in the front office. If you are interested in joining a foursome or if you are willing to serve as a sub, you can add your name to the list.

Because there is a demand for space at the Center during peak activity times, it is necessary to designate specific times for groups and events. Based on the input from the participants in the pinochle trainings, the following schedule has been created. These will be the publicized times on the TOTH calendar.

Mondays – 10:30 a.m. to 1:00 p.m. – Library
Fridays – 1:00 p.m. to 3:00 p.m. – Puzzle Room

If you and the others in your foursome wish to play at any other time, and there is space available, you will need to reserve a space with Lisa in advance.



What's Happening ...



CEDAR PARK
PARKS & RECREATION

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

Beginner Archery Class Offered

The Parks & Recreation Department of the City of Cedar Park is excited offer a Beginner Archery class, a fun and engaging way to get introduced to the timeless sport of archery. This program is designed for beginners and will combine learning with play. Through games and friendly competition, 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

Whether you're trying something new or looking for a unique activity, this class is a great opportunity to enjoy the outdoors and develop new skills in a safe, supportive environment. Devin Hill, our newest Outdoor Programs Coordinator will be the contact for the class. For questions or help with registration, email devin.hil@cedarparktexas.gov or call (512) 401-5513.



with *Frank Mignoli*

Come join us and celebrate Mexico Culture Day on Wednesday, September 24th at 12:00 noon. There will be a slide presentation on interesting facts and information about our neighbor south of the border. At the same time, you will enjoy a Mexican lunch of cheese enchiladas, pico de gallo, chili con queso, refried beans and dessert.

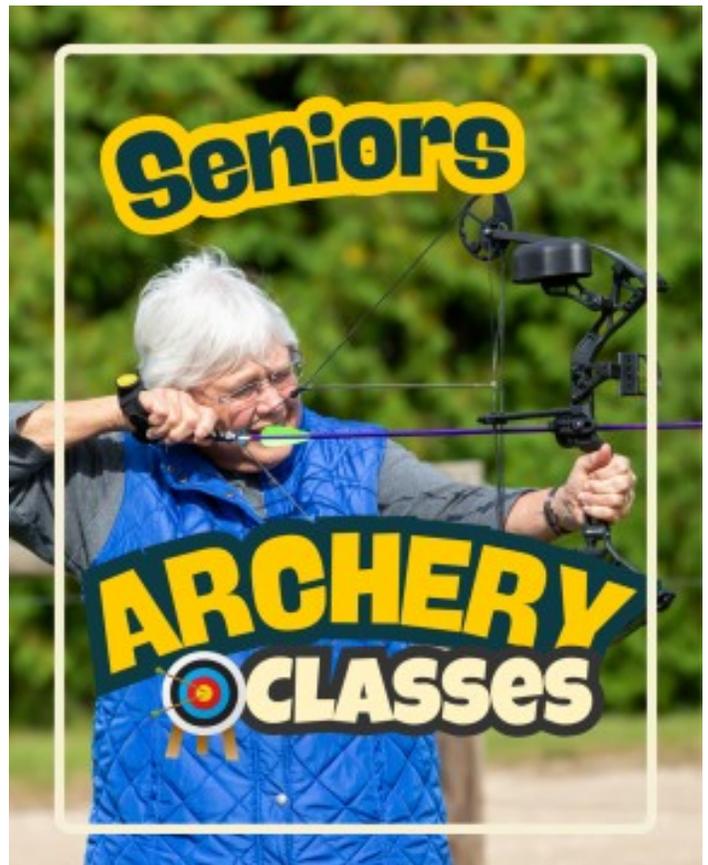


The attendance will be limited to 40, so sign up as soon as possible. TOTH members are free; guests are \$5. We do, of course, always accept donations.

Wednesday, September 24—12:00 noon

Thank you to this months advertisers:

The Cochrun Group • Northwestern Mutual
Jeb Seibel • Toyota of Cedar Park





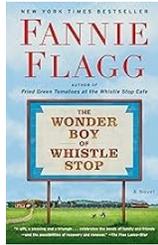
By Chris Campbell

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

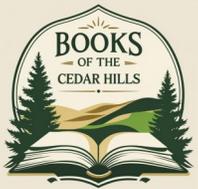


Friday, September 12 —9:30 a.m.

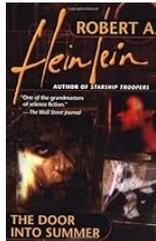
The Rated PG Book Club meets on the 2nd Friday of the month. The September book is *The Wonder Boy of Whistle Stop*, by Fannie Flagg. The book is available on Audible and Kindle. The Rated PG Book Club is open to all and drop-ins are welcome!



Friday, September 26 —9:30 a.m.



The “Books in the Cedar Hills” Book Club meets on the 4th Friday of each month. The September book is *The*



Door Into Summer, by Robert A. Heinlein. 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.

October Books

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

Rated PG Book Club—The October 10th book is *Baltimore Blues*, by Laura Lippman

BCH Book Club—The October 24th book is *Tom Lake*, by Ann Patchett.



Northwestern Mutual

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Helping seniors prepare for longer retirements, rising healthcare costs and legacy planning

Member National and Resident Share insurance individual financial planning practices with Northwestern Mutual. Northwestern Mutual is the marketing name for The Northwestern Mutual Life Insurance Company (NMLIC) and its subsidiaries in Milwaukee, WI.



by Ellen Fannin, Expo Coordinator

The Senior Expo will soon be happening, and things are moving quickly.

VOLUNTEER MEETING

A meeting for the Expo Volunteers is scheduled for Thursday, September 11 at 10:00 a.m. Updates and assignments will be made at this meeting. If you are unable to attend, please contact Ellen Fannin, fanninellen@gmail.com or text 512-689-3438 so that she will be able to include your assignment.

PARKING LOT SHUTTLE

One of the challenges we faced last year, as well as in previous years, was concerning parking. With our return to the Rec Center, we now have access to the entire parking lot. However, there is still the issue of seniors having to walk from the outlying parking area. We are extremely fortunate to have Toyota of Cedar Park donating the use of a van for the hours of the Expo.

THANK YOU, SPONSORS

We are also excited to have ten sponsors this year. We are grateful for their support of the Expo. They include:

Gold Sponsors

- City of Cedar Park/Parks & Recreation Dept.
- Toyota of Cedar Park

Silver Sponsors

- Asher Point Independent Living
- Capital Wound
- Seniorific News

Bronze Sponsors

- Altus Hospice/Homewatch CareGivers
- The Cochrun Group
- Maple Ridge Gracious Retirement Living
- Northwestern Mutual
- Suvida Healthcare
- Thrivent Financial
- WellMed/United Healthcare

The Expo is free to attendees, and there will be a variety of businesses with products and services that are geared to helping seniors improve their lives. Be sure to come to the Expo and bring friends and family, too!

Constable's Corner ★

by Constable Jeff Anderson



Dear Treasure of the Hills Seniors,
As we transition into the fall season, the Williamson County Constables Office - Precinct 2 would like to share important safety tips to ensure your well-being.

Safety Tips:

Personal Safety: Stay aware of your surroundings and avoid distractions, such as your phone, when walking in public.



Home Security: Keep doors and windows locked. Verify the identity of any unexpected visitors before opening your door.



Fraud Awareness: Be cautious of unsolicited calls or messages requesting personal information. Shred sensitive documents to protect your information.



Driving Safety: Stay attentive while driving, especially as school resumes. Consider taking a refresher course.



Emergency Contacts: Keep a list of emergency contacts handy and set up a daily check-in system with a friend or family member. Stay safe!



By Kevin Hallett

Senior Scribblers,

We met once in August, on the 13th. With many members out on vacation, we did not hold a meeting on the fourth Wednesday. The summer heat

has made for a slow month with our minds and hearts on some leisure time with our families and friends.

Because of the break, we did not select a short story for September's Golden Gazette, but we will pick up the pace again during our September meetings on the 10th and 24th. As always, all TOTH members interested in discovering the fun of writing are welcome to our meetings held in the puzzle room starting at 9:30 on the second and fourth Wednesdays of each month.

Cruisin' with Recycled Teenagers

by Mary Riordon



The Alaskan Cruise Group returned from their seven-day cruise on August 31st, and are already talking about another cruise in 2026. We'll have more to report in the October Gazette.

December Caribbean Cruise

The December Caribbean Cruise will have their next meeting on Wednesday, November 5th at 10:30 a.m. In the meantime, if you are interested in joining the Recycled Teenagers on this cruise, you can contact our representative, Karen Gordon at karen@tailoredtravelmn.com. She will help you with the pricing on cabins and more.

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

If you are interested in going, but don't have a roommate, contact Mary Riordon at 512-260-8876 (landline).

Future Cruises/Trips

Do you have a destination that you have been wanting to travel to? Let us know. There may be others who would like to go as well.

Upcoming Presentations:

Lunch & Learns Snack & Learns



Wednesday, September 10—

Snack & Learn at 10:00 a.m. :

"Veteran's Information," rescheduled, by Jen Rojas of Bluewater Home Care.

Wednesday, September 17—Lunch & Learn at

12:00 noon: "Good News About Fall Prevention," presented by Audra Cunningham of Comforts of Home Health Care.

Wednesday, September 24—Culture Day at

12:00 noon: "Mexico" with Frank Mignoli.

Wednesday, October 15—Lunch & Learn at

12:00 noon: "Pain Management" with Advanced Pain Care.

Wednesday, October 22—Lunch & Learn at

12:00 noon: "Gut Health & Superfoods" with Humana.



**COME JOIN
THE FUN!**

**September Session:
Monday, September 15
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 September:
TBA** (*Danii is still working on it.*)

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



Chuckles & Grins

Jokes contributed by Sterling Hartman

😄 It's better to grow old with a sense of humor than to grow old with no sense at all.

😄 Now that I have gotten older, everything is starting to click for me. My knees, my back, my neck

😄 Old age makes us great at multi-tasking. Why, I can sneeze and pee at the same time.

Q: How do you know the toothbrush was invented in Oklahoma?

A: If it had been invented anywhere else, it would have been called a teeth brush

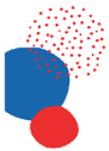
😄 A priest, a vicar and a rabbit walk into a blood bank. What blood type are you they ask the rabbit. Rabbit says: "I am probably a typo."

Healthy Hints

We recently had a presentation on "Health and Hydration" at the Center, so we are keeping the discussion going here. No matter what time of year it is, keeping hydrated is important for overall health. Here are some interesting facts gleaned from an online article.*

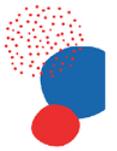
- 1) **Water Composition:** The human body is about 60% water. This percentage can vary based on age, gender, and body composition.
- 2) **Brain Function:** Proper hydration improves brain function. Dehydration can lead to impaired mood, memory, and cognitive performance.
- 3) **Temperature Regulation:** Water helps regulate body temperature through sweating and respiration.
- 4) **Joint Lubrication:** Staying hydrated keeps joints lubricated, reducing the risk of joint pain and disorders.
- 5) **Nutrient Transport:** Water aids in the transportation of nutrients and oxygen to cells.
- 6) **Daily Water Intake:** Understanding how much water you need daily can be confusing. Various factors influence this requirement.
- 7) **General Recommendation:** The common advice is to drink eight 8-ounce glasses of water a day, known as the "8x8 rule."
- 8) **Individual Needs:** Water needs vary based on age, weight, activity level, and climate.
- 9) **Food Sources:** About 20% of daily water intake comes from food. Fruits and vegetables like watermelon and cucumber are excellent sources.
- 10) **Exercise Impact:** Physical activity increases water loss through sweat, necessitating higher water intake.
- 11) **Climate Influence:** Hot and humid weather can increase the need for water to prevent dehydration.

From: <https://ohmyfacts.com/health-wellness/23-facts-about-hydration/>



WALBURG OKTOBERFEST

FRIDAY, October 10 • Meet at the Rec Center at 4 pm • Return approx. 9 pm



The Walburg Oktoberfest bus trip, at the time of this writing, was fully booked with several on the wait list. Because we are still over a month out, we are looking into options for additional transportation. However, our first step was to contact the Walburg German restaurant where we will be having dinner, to confirm that

they will be able to handle a larger crowd. We should have an answer the first part of the month (September).

If you have not yet registered, but would like to go, you can scan the QR code in the office or go by the Rec Center. The fee is \$34 per person. This fee pays for the dinner and the transportation.

The Brag Box is where you can share your achievements, whether they involve yourself, your children, your grandchildren, or any other sources of pride and joy. 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.



Sterling Hartman: My great-grandson Jack Blanda set a new personal record at the Junior Olympics in Houston. He injured his hamstring back in February and has been rehabilitating ever since. He was able to start training again in May to try to qualify for the Junior Olympics. He was very happy to qualify and then to get a personal record while there.



Sue Holmes: My granddaughter, Madison Holmes, graduated with her Master's Degree in Sociology on August 16th. After spending four years at University Mary Hardin Baylor in Belton, she moved to Ann Arbor, Michigan to get her Masters in Sociology. She is moving back to Austin where she will work as a therapist at a teenage girls group home. I'm glad to have my granddaughter home!!



BLUE WATER HOMECARE & HOSPICE
PRESENTS



VETERANS AGING IN PLACE *Conference*

A free resource conference for senior
Veterans & Their Families



- Informative Speakers on senior veteran care
- Resources for aging in place
- Complimentary **Breakfast & Lunch**
- Door prizes & giveaways
- **Legacy Award** honoring a local veteran

***This event is for VETERANS AND THEIR FAMILY MEMBERS ONLY:**
This will be a valuable session for veterans and their caregivers!
Join us to learn, connect, and celebrate our veteran community



FRIDAY, SEPT 19TH 2025
9:00 AM - 2:00 PM
AT HEROES RESOURCE CENTER
1150 S BELL BLVD, CEDAR PARK, TX



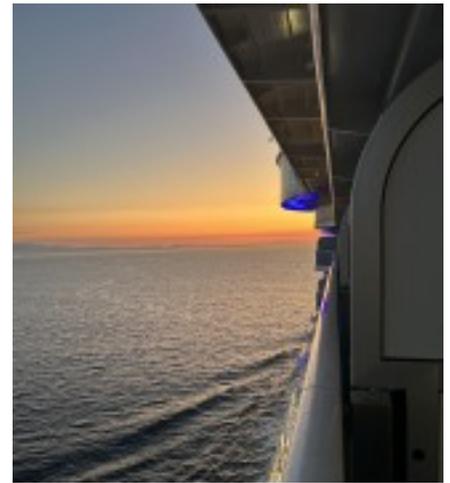
Register at: <https://tinyurl.com/BlueWaterHomecare>



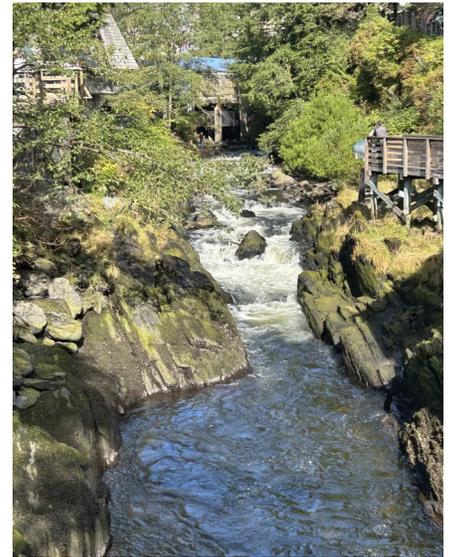
Photo Gallery: Alaskan Cruise



The eleven intrepid Alaskan cruisers: (standing l to r) Ellen Fannin, MarEllen Basalyga, Letha Zuckero, Mary Riordon, Mary-Gail Hamilton, Cindy Howard, Cindy Rhea, Ann Bor-delon and Heidi Eichenauer. (kneeling) Evelyn Myers and Peggy Vanek.



Sunset first day.



Though the salmon were running in Ketchikan, the camera had a hard time picking them up, but it's still really pretty scenery.



Whale watching in Juneau.



Gorgeous scenery as entering Endicott Arm on the way to Dawes Glacier.

YOU ARE INVITED TO ATTEND THE



2025 SENIOR EXPO

Presented by Treasure of the Hills Senior Center,
in cooperation with the City of Cedar Park

Saturday, October 4

9:00 a.m. to 1:00 p.m.

Cedar Park Recreation Center

1435 Main Street - Cedar Park, TX

Thank You to Our 2025 SPONSORS!

Gold—City of Cedar Park/Parks & Recreation Department
Toyota of Cedar Park

Silver—Asher Point Independent Living • Capital Wound
Seniorific News

Bronze—Altus Hospice/Homewatch CareGivers • The Cochrun Group
Maple Ridge Gracious Retirement Living
Northwestern Mutual
Suvida Healthcare • Thrivent Financial
WellMed/United Healthcare

◆ FREE ADMISSION

◆ FREE PARKING

Shuttle Van provided by Toyota of Cedar Park

◆ INFORMATIVE PRESENTATIONS

◆ DOOR PRIZES

◆ 50+ VENDORS

All with services & products for seniors

◆ FLU & COVID SHOTS

Free with Medicare B

UPCOMING EVENTS

September 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, September 4 at 6:00 p.m.

Almarah Grill Mediterranean Cuisine

12129 Ranch Road 620, Austin

(Limit 20)

Contact: MarEllen Basalyga, 512-905-1102

Meet & Eat Lunch Group

Tuesday, September 16 at 1:00 p.m.

Cedar Park Café

2005 Little Elm, #1500, Cedar Park

(Limit 20)

Contact: MarEllen Basalyga, 512-905-1102

Monthly Breakfast

No Monthly Breakfast in September

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.

Saturday, September 20—10:00 a.m.

September Presentations, Meetings & Events

Senior Scribblers Writer's Group

Wednesdays, September 9 & 23 —9:30 a.m. (see article on page 6)

Snack & Learn: Veterans Information

Wednesday, September 10—10:00 a.m.

(see article on page 6)

Meet the Candidates Ice Cream Social

Wednesday, September 10—2:00 p.m.

(see article on page 1)

Senior Expo Volunteer Meeting

Thursday, September 11—10:00 a.m.

(see add'l info in Expo article, page 5)

Rated PG Book Club

Friday, September 12—9:30 a.m.

(see article on page 5)

Tour of LISD Early College High School

Friday, September 12—10:00 a.m.

(see article on page 3)

Music Bingo

Monday, September 15—3:00 p.m.

Bring snacks to share and come enjoy the fun!

(see more detail on page 7)

Lunch & Learn: Fall Prevention

Wednesday, September 17—10:00 a.m.

(see article on page 6)

Balloon Museum & Lunch Outing

Thursday, September 18—11:30 a.m. to 4:00 p.m.

(see article on page 1)

GenLink Technology Session

Saturday, September 20—10:00 a.m.

Bring your smart phone, tablet or laptop.

(see article to the left)

Culture Day: Mexico

Wednesday, September 24—12:00 noon

(see article on page 4)

BCH Book Club (Books in the Cedar Hills)

Friday, September 26—9:30 a.m.

(see article on page 5)

SOS
COMPUTERS

Tech Support for Seniors by a Senior

Jeb Seibel

TOTH Member

512-379-7352 • jeb.seibel@yahoo.com

Home Visits | PC Repair | Security

Backups | Device Setup

September Birthdays

Melba Ford..... 1	Patsy Lair 12	Maggie Ingraham 23
Thomas Brandt..... 2	Phyllis Epps..... 13	George McKee 23
Mary Bustin..... 4	Gerri West..... 19	Sheila Perkins..... 26
Bonnie Meyer 6	Laurie Glomski 21	Helen McGarrah 29
Phyllis Walker 9		Bertie Perry 29

September Anniversaries



Diane & Norman Houle 1
Jan & C.W. Clark..... 13
Kathy & Lyle Williamson..... 25



July/August 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!

July

Judy Bouffard • Joyce Bergeman

August

Diane Houle • Norman Houle
 Mahvash Morad • Trina Wilkins
 Amelia Malone • Felix Malone
 Gloria Garrido de Carrillo
 Julio Carrillo Novoa
 Dotti Lippincott

welcome!



Hugs & Sunshine

Maggie Evans • Barbara Duprey

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.

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.



COCHRUN GROUP
Medicare - Health - Life Insurance

The Cochrun Group
 1150 S Bell Blvd Bldg 5
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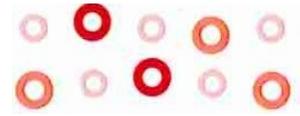
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KEVIN HARRIS
 Licensed Agent
 512-715-2573
kevinharris@thecochrungroup.com

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.

Participants Needed for New Velocity RSV Vaccine Clinical Trial



Velocity Clinical Research in North Austin have begun a new vaccine study for seniors 60 years and older. They have partnered with Moderna for this vaccine study.

This is an excellent opportunity to help our Austin area community in the healthcare realm. Check out the information below to see if you qualify. There is compensation if you are accepted for the study. There is also a flyer in the front office at TOTH available that provides additional information.

If you are interested in signing up, or if you have any further questions, you can call (512) 506-8287, Monday-Friday, and ask for Valerie.

Here is what you need to know:



Clinical Research for RSV – Although effective vaccines against RSV exist for adults aged 60 and older, the protection provided is not lifelong. Research is currently being done to see if an existing vaccine for RSV (mRNA-1345) may be effective in providing additional protection when it is given as a revaccination after receiving Arexvy or Abrysvo.



About the RSVital Trial – The RSVital Trial is evaluating an investigational vaccine called mRNA-1345 to determine if it may provide additional protection against RSV in adults aged 60 and older when given as a revaccination.

"Revaccination" means getting a vaccine again after you've already had it. This is done to help maintain protection against certain diseases.



Who Can Join the Trial?

To join the trial, individuals must:

- Be at least 60 years old
- Be in generally good health (*Chronic (long-term) medical conditions are allowed if the condition is stable.*)
- Have received an initial dose of Arexvy or Abrysvo at least 12 months before the first trial visit (Documentation of the participant's prior RSV vaccination will need to be provided)

The trial doctor will explain additional requirements and answer any questions interested individuals may have.



About the Investigational Vaccine – Normally, vaccines for viruses are made from a weakened or inactive (not live) virus, but the mRNA-1345 investigational vaccine is different. It is made from messenger ribonucleic acid (mRNA), a molecule that naturally occurs in the body and tells cells how to make protein. In this case, the protein is a small part of RSV that is thought to help the body's immune system protect itself if it ever comes across the actual virus.

The investigational vaccine being researched in the RSVital Trial (mRNA-1345) has already been tested in other trials for general safety and effectiveness. It is currently approved by the US Food and Drug Administration (FDA) as a single dose for the prevention of RSV in adults aged 60 and older.



Benefits and Risks – All clinical trials and investigational treatments have risks, including the potential to make participants sick or uncomfortable. Although safety precautions are in place, a participant's condition could remain the same, improve, or get worse. Individuals who take part are at risk for side effects. This should be discussed with the clinical trial staff and, if they choose, with the participant's regular doctor.

Information learned from this trial may help researchers learn more about the investigational vaccines being evaluated.

Please ask the trial team any questions you have about trial participation.



Compensation for Participation – Compensation will be provided for participants' trial-related time. More information about compensation can be found in the informed consent form, and the clinical trial team can also give interested individuals more details.



EMERGENCY PREPAREDNESS FAIR

Wednesday, September 3 @ 4:00 - 7:00 p.m.
Recreation Center Community Rooms (1435 Main St)



Learn how to make a household emergency plan and discover new ways to stay informed before, during, and after emergencies!

Speak with first responders, participate in giveaways, and MORE at this FREE and family-friendly fair!

cedarparktexas.gov/EMFair

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: 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 (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	
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 Mon. & Fri.)		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)

Eileen Brown

Sign up Required

September 2025

Sunday



Monday



Tuesday

9³⁰ Rubber Bridge*
10⁰⁰ Canasta*
10³⁰ Pinochle
12³⁰ Poker
1⁰⁰ Dup Bridge

Wednesday

9⁰⁰ Sit & Fit
9⁰⁰/10⁰⁰ Cardiology
10⁰⁰ Jewelry Class*
11⁰⁰ Exec Comm Mtg
1⁰⁰ Bunco*
3⁰⁰ Crochet Class*

Thursday

10⁰⁰ T'ai Chi
10/11⁰⁰ Mahjong
12⁰⁰ Quilting Bee
12⁰⁰ Mexican Train*
6⁰⁰ TOTH Dinner Club*

Friday

9⁰⁰ Sit & Fit
10³⁰ Bingo
12³⁰ Poker
1⁰⁰ Dup Bridge*
1⁰⁰ Pinochle*

Saturday

1⁰⁰ Dup Bridge* **6**



9⁰⁰ Sit & Fit
10⁰⁰ Board Mtg
10³⁰ Pinochle
1⁰⁰ Cribbage
1⁰⁰ Bingo

9³⁰ Rubber Bridge*
10⁰⁰ Canasta*
12³⁰ Poker
1⁰⁰ Dup Bridge

9⁰⁰ Sit & Fit
9/10⁰⁰ Cardiology
9³⁰ Senior Scribblers*
10⁰⁰ Snack & Learn: Veterans
1⁰⁰ Bunco*
2⁰⁰ Meet the Candidates
3⁰⁰ Crochet Class*

10⁰⁰ T'ai Chi
10/11⁰⁰ Mahjong
10⁰⁰ Senior Expo
Volunteer Meeting
12⁰⁰ Quilting Bee
12⁰⁰ Mex Train*

9⁰⁰ Sit & Fit
9³⁰ Rated PG Book Club
10³⁰ Bingo
12³⁰ Poker
1⁰⁰ Dup Bridge*
1⁰⁰ Pinochle

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9⁰⁰ Sit & Fit
10³⁰ Pinochle
1⁰⁰ Cribbage
1⁰⁰ Bingo
3⁰⁰ Music Bingo*

9³⁰ Rbr Brdg*
10⁰⁰ Canasta*
12³⁰ Poker
1⁰⁰ Meet & Eat*
1⁰⁰ Dup Bridge*

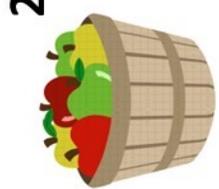
9⁰⁰ Sit & Fit
9⁰⁰/10⁰⁰ Cardiology
10⁰⁰ Jewelry Class*
12⁰⁰ Lunch & Learn: Fall Prevention
1⁰⁰ Bunco*
3⁰⁰ Crochet Class*

10⁰⁰ T'ai Chi
10/11⁰⁰ Mahjong
11³⁰ Balloon Museum & Lunch Outing
12⁰⁰ Quilting Bee
12³⁰ Mex Train*

10³⁰ Bingo
12³⁰ Poker
1⁰⁰ Dup Bridge*
1⁰⁰ Pinochle

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10⁰⁰ GenLink Technology



9⁰⁰ Sit & Fit
10³⁰ Pinochle
1⁰⁰ Cribbage
1⁰⁰ Bingo

9³⁰ Rbr Brdg*
10⁰⁰ Canasta*
12³⁰ Poker
1⁰⁰ Dup Bridge*

9⁰⁰ Sit & Fit
9⁰⁰/10⁰⁰ Cardiology
9³⁰ Senior Scribblers*
10⁰⁰ Jewelry Class*
12⁰⁰ Culture Day*
1⁰⁰ Bunco*
3⁰⁰ Crochet Class*

10⁰⁰ T'ai Chi
10/11⁰⁰ Mahjong
12⁰⁰ Quilting Bee
12⁰⁰ Mex Train*

9⁰⁰ Sit & Fit
9³⁰ BCH Book Club
10³⁰ Bingo
12³⁰ Poker
1⁰⁰ Dup Bridge*
1⁰⁰ Pinochle

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NO BREAKFAST THIS MONTH



9⁰⁰ Sit & Fit
10³⁰ Pinochle
1⁰⁰ Cribbage
1⁰⁰ Bingo

9³⁰ Rbr Brdg*
10⁰⁰ Canasta*
12³⁰ Poker
1⁰⁰ Dup Bridge*

9⁰⁰ Sit & Fit
9⁰⁰/10⁰⁰ Cardiology
9³⁰ Senior Scribblers*
10⁰⁰ Jewelry Class*
12⁰⁰ Culture Day*
1⁰⁰ Bunco*
3⁰⁰ Crochet Class*

10⁰⁰ T'ai Chi
10/11⁰⁰ Mahjong
12⁰⁰ Quilting Bee
12⁰⁰ Mex Train*

9⁰⁰ Sit & Fit
9³⁰ BCH Book Club
10³⁰ Bingo
12³⁰ Poker
1⁰⁰ Dup Bridge*
1⁰⁰ Pinochle

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NO BREAKFAST THIS MONTH

September 4 TOTH Dinner Club: Almarah Grill Mediterranean Cuisine* — 12129 RR620, #450, Austin, TX—6:00 p.m.
September 16 Meet & Eat: Cedar Park Cafe* — 2005 Little Elm, #1500—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.

Treasure of the Hills Senior Center