



The Golden Gazette

Treasure of the Hills Senior Center

November 2025

Volume XXXV

Number 11

Thanksgiving Lunch Scheduled for Nov. 19

The Annual TOTH Thanksgiving Luncheon is scheduled for Wednesday, November 19 at 12:00 noon. This highly popular event is open to TOTH members and their spouses. Members are free of charge; non-member spouses and other guests are \$5. It is imperative to register for this popular event as soon as possible, as seating is limited. Please, only one guest per person.

In addition to the delicious meal curated by Chef Felix, attendees will be treated to a musical performance by Paul Klemperer.

Table Decor

As we do each year, we are recruiting volunteers to come express their creativity and decorate the tables for the luncheon. If you are interested in providing centerpieces for one or two tables, there is a sign-up in the front office, or you can contact Lisa Leirvaag in the front office or email her at toth.director.tx@gmail.com. Tables can be decorated on Tuesday evening, November 18, or early Wednesday morning, November 19.

Menu

Chef Felix is back with his delicious cuisine. The menu for the Thanksgiving luncheon includes

Herbed Turkey & Gravy, Roasted Garlic Whipped Potatoes, Homemade Stuffing, Sautéed Green Beans with Garlic Butter, and Dinner Rolls. Dessert will be a variety of pies which are being provided by The Springs HealthCare and Rehabilitation.

Entertainment

We are pleased to have saxophonist Paul Klemperer as our entertainment. For over 35 years, Paul has captivated audiences worldwide with his versatile performances on saxophone, clarinet, and flute. Blending R&B, jazz, blues, Latin, country, classical, and international styles, he brings a personal and soulful touch to every event. From festival stages and nightclubs to classrooms and private gatherings, Paul's technical mastery, broad repertoire, and deep connection with audiences create memorable musical experiences wherever he plays.



Register for the luncheon right away.

Spanish Classes Open for Registration!

¡Hola, amigos! If you've ever wanted to learn Spanish or brush up on your conversational skills, now is the perfect time to start! Weekly Conversational Spanish Classes will be offered every Thursday morning from 10:30 to 11:30 a.m., beginning November 6 in the Great Room. Your instructor, Leslie Blanton, brings 34 years of classroom experience teaching Spanish. Her lessons are fun, interactive, and easy to follow, helping you gain confidence in speaking Spanish

in everyday situations. Each class is just \$5 per person per session, and participants are welcome to join at any time.

Leslie also recommends using Duolingo, the world's most popular language-learning app, to supplement your lessons and keep your skills sharp between classes.

A sign-up sheet is available in the front office, so be sure to add your name and join the fun!

**Thursdays, beginning November 6 • 10:30 a.m.
Great Room • \$5 per person per session**

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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A Season for Gratitude

As the temperatures finally start to cool and Thanksgiving approaches, I find myself thinking about what it really means to be thankful. It's easy to get caught up in the cooking, the shopping, and the planning — but when we slow down for a moment, we realize that the heart of this season isn't about the turkey or the pies. It's about people. It's about connection. And it's about taking a moment to appreciate the good that surrounds us every day.

Gratitude doesn't always come from big, flashy moments — sometimes it's in the simple things. At TOTH, it's the volunteers who set up tables and chairs, cook and coordinate meals, answer the phone, act as leaders of games and other groups, decorate the bulletin board. It is also a friendly smile when you walk into the center, a shared laugh during a class, or a helping hand when someone needs it. These small acts of kindness are what makes our community feel like home.

Thanksgiving gives us a chance to say, "I see you, and I appreciate you." Whether you're spending the holiday surrounded by family, with friends, or even enjoying a quiet day to yourself, I hope you take a moment to reflect on the people and experiences that have brought warmth to your life this year.

From the leadership at TOTH, we're grateful for *you* — for the laughter, the stories, and the spirit you bring to this community. You make it special every single day.

Wishing you a joyful Thanksgiving filled with love, gratitude, and good company.



TREASURER'S REPORT

By Denny Clauson, Board Treasurer

- Income: \$5,455
- Expenses: \$13,074
- Investment Fund : Increased \$2,607
- Memorial Fund: Increased \$1,026
- Total value of investments: \$308,000
- YTD expenses approximately \$5,000 under budget.



Vice Versa

Insights from the VP

By Sue Holmes, Board Vice President



Hey folks,

Our next bus trip is in December. We are going to the Zach Scott Theater in South Austin to see "A Christmas Carol" on December 4th. Check out the article on page 4 with the QR code. We only have 35 spots, so get registered right away.

There are changes to Medicare in 2026. Plan on attending the Lunch & Learn on November 5th. Andrea Coles will explain all the changes. You can also sign up for a meeting with her to review your current Medicare Supplement plans.

Board Notes

- TOTH will serve as a Williamson County polling location on Tuesday, November 4th, Election Day. The TV Room will be occupied all day!
- Special Event in December: Wednesday, December 3 at 12:00 noon - Lunch & Learn - Presentation by Altus Hospice Austin and Homewatch CareGivers of Austin
- There will be NO BREAKFAST in November and December!
- Hitashvi Patel won the TOTH door prize at the Senior Expo - a one-year membership. Welcome to Treasure of the Hills!





The Cochrun Group
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KEVIN HARRIS
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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.



From the Director

By Lisa Leirvaag

Recycling 101

Each room at the center has a trash container with a white plastic bag and a blue plastic container without a bag. The blue container is for recyclable waste.



The other day, I saw half a cracker in the blue container. Old crackers might be reusable, they are certainly compostable, but they are not recyclable.

Here are some tips for what can be placed in the blue container:

- **EMPTY** plastic bottles with the cap on (Rinse and dry if they contained anything other than water!)
- Aluminum, tin and steel cans rinsed clean and dried
- Office paper, junk mail, newspapers, magazines and cardboard



DO NOT PLACE

- Styrofoam cups and containers
- Napkins, paper towels (neither used nor unused)
- Plastic bags, drinking straws
- Any food-contaminated paper, cardboard or plastic in the blue container!

Go to <https://recyclingsimplified.com/> to find out more about proper recycling.

Happy
THANKSGIVING



COMPUTERS

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Senior Bus Trip:

“A Christmas Carol” at the Zach Theatre

Get into the holiday spirit with a festive evening in Austin! Join us for a special senior bus trip to the Zach Theatre to see their beloved production of *A Christmas Carol* on Thursday, December 4. This is a wonderful opportunity to enjoy a classic



holiday story in a charming setting, perfect for celebrating the season with friends. Don't miss out on this delightful experience!

Our evening will begin with a hearty Bar-B-Q dinner at the Cedar Park Recreation Center be-

fore we depart for the theatre. Dinner, theatre tickets, and round-trip transportation are all included in the registration fee of \$75.

Once at the Zach Theatre, you'll be treated to an unforgettable performance filled with music, laughter, and the timeless story of redemption and Christmas cheer. Be sure to bring a little spending money if you'd like to purchase drinks or souvenirs while at the theatre.

We'll gather at the Cedar Park Recreation Center (1435 Main St., Cedar Park, TX) for dinner at 4:00 p.m. Once we've eaten we'll depart the Rec Center at approximately 5:30 p.m. The Zach has a lounge area and live music prior to the performance. Following the show, the bus will return us to the Rec Center. Please make arrangements in advance if you'll need a ride home from the Recreation Center after the trip.

To register, scan the QR code. Seating is limited to 35, so don't delay. If you have any difficulties with registration, contact Josh Rodrigue at josh.rodrigue@cedarparktexas.gov or call 512-401-5517.

Don't miss this chance to celebrate the season with good food, great company, and one of Austin's most cherished holiday traditions!



Thursday, December 4, 2025—\$75.00 per person
(includes dinner, transportation, and theatre ticket)

← Snack & Learn: Hypnosis for Health →



We have something a little different — and very relaxing — planned for our next Snack & Learn!

Corrine Tam, a Certified Consulting Hypnotist and fellow neighbor from Cedar Park will provide her presentation on **“Hypnosis for Health: Manage Chronic Pain & Sleep Issues.”** Corrine will explore how the mind-body connection can help you sleep better and manage chronic pain more effectively.

After a brief discussion, Corrine will lead everyone through a guided meditation for relaxation —

a perfect way to experience how hypnosis can calm the mind and refresh the spirit.

Corrine has received extensive training. She has shared her programs at Cedar Park Library, Brushy Creek Community Center, and several local retirement communities — all with wonderful feedback.

If you're curious about how hypnosis can support your health and well-being, this session is for you! Come enjoy some snacks, good company, and a chance to unwind. Be sure to register in advance so we can plan accordingly.

Tuesday, November 12—10:00 a.m.

Understanding Social Security

Join us for an informative educational workshop designed to help you understand how Social Security works and how your choices can impact your retirement income. After attending, you'll be equipped to make informed decisions about when and how to claim your benefits — knowledge that can make a real difference in your financial future.

Topics We Will Discuss:

- How recent Social Security laws affect your retirement strategy
- Why waiting to take Social Security may or may not be your best move
- What happens if your spouse is still working
- How part-time work affects your benefits
- What to know if you are divorced or widowed
- Ways to maximize your Social Security benefits
- How to reduce taxes on Social Security

Bonus Topics Include:

- Strategies to reduce taxation after you begin receiving benefits
- How to bridge the gap between Social Security and your desired retirement income
- Ways to maximize the value of your IRA, 401(k), TSP, or Pension Plan
- How Roth Conversions can create tax-free lifetime income
- Tax-efficient strategies for structuring Required Minimum Distributions (RMDs)

About the Presenter:

Rick has been a licensed insurance agent since 1992, specializing in Long-Term Care Planning, Medicare, Social Security, Trust, and Retirement Strategies. With over 30 years of experience, Rick is passionate about helping his clients. His personal experience providing long-term care for his mother deepened his understanding of the challenges families face, inspiring his commitment to guiding others through every stage of retirement and care planning.

This is an excellent opportunity to gain valuable insight and practical tools to strengthen your retirement strategy. Don't miss it!

Sign up in the front office to attend this presentation.

Monday, November 17—10:00 a.m.

TOTH Polling Location for General Election

Treasure of the Hills is once again a polling place for Williamson County voters during the general election on Tuesday, November 4th. The voting booths will be set up in the TV Room and voters will enter through the patio entrance. Anyone who lives in Williamson County from any precinct can vote at the Center.

There are 17 proposed amendments to the state constitution on the ballot. It is recommended that you review a sample ballot before voting. There are several available websites that have sample ballots and explanations of the proposed amendments. One of the best bi-partisan sites is the League of Women Voters.

Make sure you're registered to vote before heading to the polls. You can verify your voter registration online at votetexas.gov website.

Take your photo ID. Voters 70 or older can bring a photo ID that has been expired for any length of time.

Remember that you can't use cellphones, cameras, computers or any kind of recording device in a room where people are voting. If you were planning to have some notes, you will need to write them out or type them up.

COVID-19 and Flu Vaccinations

If you haven't received your flu shot or need a Covid booster, Cedar Park Express Pharmacy will provide Covid-19 and flu shots at TOTH on Monday, November 3rd, from 10:00 a.m. to 12:00 noon. Please remember to bring your Medicare/Supplemental Insurance card. Shots are free with proof of insurance. Sign-up required!



Northwestern Mutual

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

Healthy Hints

At the October Lunch & Learn, Nichole Thornton, Market Point Sales Rep with Humana, shared a program on “Gut-Friendly Foods.” The following is a listing of the eight foods that may offer benefits for your digestive system. This information is taken from one of the handouts Nichole had at the presentation. A complete copy of the flyer is available in the front office.

Gut-Friendly Foods

- **Yogurt:** Contains healthy bacteria called probiotics. Mix it with fruit and granola or add it to smoothies. Look for live and active cultures and check nutrition facts on the label for calories, fat and sugar content.
- **Fermented Foods:** Contains beneficial easy-to-digest bacteria. Selected foods include sauerkraut, kefir, buttermilk, sourdough, kimchi, kombucha, tempeh and miso. It may take a while to get used to the taste, so add them in gradually. Watch out for added salt.
- **Cruciferous Vegetables:** High fiber content may help prevent constipation. Glucosinolates may lower the risk of cancer. Examples include arugula, bok choy, broccoli, brussels sprouts, cabbage, cauliflower and kale. May aggravate the digestive tract of some people, especially those with irritable bowel syndrome.
- **Whole Grains:** Good source of fiber to help keep things moving. Examples include whole-wheat flour, oats and brown rice. Choose 100% whole grains instead of refined. Not for those with celiac disease or gluten sensitivity.
- **Lean Meat and Fish:** Easier to digest than fatty red meat, which may cause heartburn and increase your risk of colorectal cancer. Choose salmon, herring, sardines, tuna, chicken and turkey rather than red meat. Don't forget about non-meat protein sources such as eggs, beans and peas, nuts and nut butters, tofu and tempeh.
- **Fruits:** Contain lots of fiber that helps regulate digestion, plus high in vitamin and mineral content. Try to get 1 ½ to 2 cups of fruit daily. Fruits with fiber include bananas,

Lunch and Learn: Understanding Medicare Changes for 2026



Join us at Treasure of the Hills Senior Center on Wednesday, November 5 at 12:00 noon, for an informative Lunch and Learn featuring Andrea Coles from Senior Health Professionals. Andrea will guide us through the upcoming Medi-

care changes for 2026, explaining what's new, what's staying the same, and how these updates could impact your health coverage and costs.

This session will also review important details about the Medicare Open Enrollment Period, which runs through December 7. During this time, you can review your current plan, make changes, or enroll in a new Medicare Advantage or prescription drug plan for the coming year. Whether you're new to Medicare or already enrolled, this program will help you make informed decisions and avoid costly mistakes.

A light lunch will be provided, and space is limited—please sign up by Monday, November 3, to reserve your spot.

Don't miss this opportunity to get clear, reliable information and answers to your Medicare questions!



strawberries, apples, pears, raspberries and oranges. If you suffer from diverticulitis, you may need to avoid fruits with seeds during a flare-up or attack.

- **Ginger:** May help relieve nausea related to chemotherapy. It comes in many different forms: fresh, spice, candies, tea. Herbs can interact with medications, so talk to your healthcare provider.
- **Water:** Helps you stay well hydrated. It also works in tandem with fiber to move food through intestines. Drink water instead of sodas, fruit juices or coffee. Talk to your doctor about how much water you need. Signs of dehydration include feeling thirsty, urinating less than usual, having dark-colored urine, dry skin or feeling dizzy or faint.



By Chris Campbell

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



Friday, November 7 —9:30 a.m.

In November and December, the Rated PG Book Club will meet on the 1st Friday of the month due to

the holiday schedule. We will resume the 2nd Friday schedule in January.

The November book is *Abby Cooper, Psychic Eye*, by Victoria Laurie. The book is available on Audible and Kindle. The Rated PG Book Club is open to all and drop-ins are welcome!



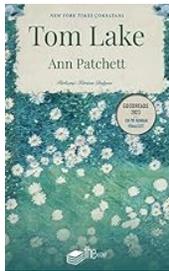
Friday, November 21 —9:30 a.m.

The "Books in the Cedar Hills"

Book Club gathers on the 3rd Friday in both November and December due to the

holiday schedule. We will resume the 4th Friday schedule in January.

The November book is *Tom Lake*, by Ann Patchett. 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.

December Books

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

Rated PG Book Club—The December 5th book is *Bells, Spells and Murders*, by Carol J. Perry.

BCH Book Club—The December 19th book is *Isola*, by Allegra Goodman.

Book Club Christmas Party Let's Celebrate!

By Chris Campbell

Some of us have been chatting about ending the year with a little extra cheer — a Book Club Christmas Party! We thought it would be fun to combine our final meeting of the year with a casual holiday get-together.

Here's what we have in mind so far:

- **Date & Time:** Friday, December 19, starting at 1:00 p.m.
- **Location:** *The Secret Lantern Books and Games* — just a block or two west of the new library. (They've already given us a warm welcome!)
- **Food:** We're considering having pizza delivered, though the store may have some food options of its own by then. Members are also welcome to suggest or arrange alternatives.
- **Secret Santa:** We might add a gift exchange — perhaps drawing names in advance, with a suggested gift of a new trade paperback.

Before we move forward, we'll need a commitment from at least eight members to make it happen. If you'd like to join in the fun (and maybe help plan), please let Chris Campbell know as soon as possible at cecema@earthlink.net. Let's wrap up the year with good books, good food, and good company!

Holiday Schedule for November

Due to the holiday schedule, the Senior Scribblers and the two book Clubs, Rated PG Book Club and Books in the Cedar Hills, are changing their meeting dates in November and December. Rather than the 2nd and 4th weeks of the month, they are switching to the 1st and 3rd weeks of the month so as not to interfere with Thanksgiving and Christmas holidays.

Here are their scheduled dates for November:

Senior Scribblers

Wednesday, November 5 at 9:30 a.m.
Wednesday, November 19 at 9:30 a.m.

Rated PG Book Club

Friday, November 7 at 9:30 a.m.

Books in the Cedar Hills Book Club

Friday November 21 at 9:30 a.m.



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!



**November Session:
Monday, November 17
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 November:
TBA**

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



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

**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 31 +/- cruisers will discuss the bus trip details 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.

Wednesday, November 5—10:30 a.m.

Future Cruises/Trips: Several cruisers are interested in going around England, Scotland, Wales and Ireland next spring. Interested?

Thank you to this months advertisers:

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HELP US FEED 800 FAMILIES



Drop off @ TOTH by Friday, Nov. 14

**Donations for
Thanksgiving**

Treasure of the Hills is accepting food donations for Reveal through November 14th. There is a donation bin in the reception area at the Center. The donated items will be distributed to families in our area.

Reveal Resource Center is a nonprofit 501(c)(3) food pantry, clothes closet and diaper ministry serving 500 low-to-moderate income families weekly. Each week, Reveal distributes 20,000 pounds of food with the help of 80 to 150 volunteer 'servants'.

Several TOTH members volunteer their time at Reveal.



By Kevin Hallett

Senior Scribblers,

We met twice in October to discuss various topics, including the pacing of stories and the utilization of AI in writing. The group has diverse opinions regarding feedback, but it's clear that everyone's perspectives can be accommodated.

The group chose a short fiction story by Kevin for November's Golden Gazette. For this month, our meetings will be on Guy Fawkes' Day (November 5th) and November 19th, starting at 9:30 am. As always, all TOTH members interested in discovering the magic of writing are welcome to our meetings held in the puzzle room.

Editor's Note: *Kevin Hallett, the team leader for Senior Scribblers and author of this month's story, is also a published author of an 8-volume science fiction fantasy series titled Defenders of Vosj. Kevin has gifted TOTH with a copy of Volume 1 aptly titled Defender of Vosj. You can find it in the library. The entire series is available on Amazon.*



A Deserving Man

By Kevin Hallett

They should discover the murder at seven. That's when Gil Caster's assistant, Marie, arrives at his ten-bedroom mansion to help him prepare for the morning's appointments.

I wait from my high vantage spot as the night sky lightens from black to dark gray. Then light-blue creeps into the eastern sky, so she should arrive soon. I peer down in silence as seven o'clock comes and goes. Gil's assistant is a no-show.

The sun is peeking over the distant horizon when two police vehicles pull up without sirens. I know I should leave before they discover me hiding here, but something compels me to wait a little longer to witness the big discovery.

Three detectives, wearing regulation gray-brown raincoats, disappear through the open front door just below me, while the fourth remains outside, leaning against the hood of his car. I hear the whine of sirens coming closer. Red or white flashes come through the shrubby gaps as an ambulance pulls up the long, secluded drive.

The driver gets out to chat with the policeman, who lights a cigarette. I wonder what they discuss. Something about the millionaire Mr. Gil Caster, I think cynically. The magnificent Gil Caster, philanthropist, political mover, and morality champion, who is the power behind the gov-

ernor's throne. That swine Gil Caster, who raped me when I was fifteen.

It took twenty-five years to reawaken what he did. A quarter century to realize I'm not to blame for being unable to stop him, that I didn't invite him to defile me. He earned his death, and I am one of many who deserved to give it to him.

He was standing in his kitchen preparing his breakfast when I confronted him. The sixty-year-old bastard didn't even remember my name, one of dozens who sought help from him with their school projects. It had surprised me when he accepted my invitation all those years ago, suggesting we meet at a secluded place in the late afternoon, so town leaders couldn't interrupt them.

For decades I suppressed the memory, but when my daughter was fifteen, the recollection came bubbling up like stomach acid. Yesterday I read about tonight's Governor's Ball. How could I protect my children while this animal continued to walk our earth?

An hour ago, he stood by the open refrigerator as it illuminated his pale, flaccid face while I pointed my gun at him. He appealed to me, saying I was mistaken about him. But I shot him anyway. Then I stepped to his body to shoot him again. I cursed him as his blood spread over the black marble tiles, covering the quartz chips that reflected the light. *(continued on page 10)*

A Deserving Man (continued from page 9)

Now the first responders are standing outside the successful Gil Caster's mansion. Judging by the view below me, I must be watching from his balcony over the columned entrance, though I don't recall how I got here.

When the medical crew goes inside, I remain. When the press show up, I linger, waiting for them to drag the bastard's body out. When they wheel out the body bag, I smile. The news folk crowd around the gurney, snapping photos until they reach the ambulance.

It surprises me to see the EMT squad return to the house as an anxious calm falls again. Ten minutes later, they come out with a second corpse in a sack. More pictures as they push it to the vehicle before loading it efficiently into the back. Once the doors close, it pulls away with lights flashing but no sirens. I wonder who is in that other body bag.

Then I spot the young woman, Marie, leaving the house with the police. She wears a gray-

brown raincoat with her hands cuffed behind her. I observe them leading her to their car before easing her into the rear seat. From this high vantage, I cannot peer inside the vehicle.

I relive the confrontation in my mind. Gil stands in front of the refrigerator with his crescent moon face. He is saying something about me. Telling me I imagined it all, when in fact every detail remains seared into my brain. The smell of the fresh cut grass, the heat of the sun in the cloudless sky. I remember each second now.

Then she came in, dressed in a pale-yellow bathrobe that failed to cover her naked backside. Marie was barely sixteen. I wondered how long she'd been with him; was she my daughter's age when he first seduced her?

I saw my teenager in her, so I shot Gil Caster once then twice.

When Marie began screaming, I turned. She had a gun pointed at me.

That's the last thing I recall.



I'm My Own Grandpa

A Song by Willie Nelson

Now, many, many years ago, when I was twenty-three, I was married to a widow, who was pretty as could be.

The widow had a grown-up daughter, had a hair of red, my father fell in love with her, and soon they were wed.

This made my dad my son-in-law and changed my very life, my daughter was my mother "Cause she was my father's wife."

To complicate the matters, even though it brought me joy, I soon became the father of a bouncing baby boy.

My little baby then became a brother-in-law to dad and soon became my uncle, though it made me very sad.

For if he was my uncle that also made him the brother of the widow's grown-up-daughter, who of course was my step-mother.

I'm my own grandpa, I'm my own grandpa, It sounds funny I know but it really is so, I'm my own grandpa.

My father's wife then had a son that kept them on the run and he became my grandchild for he was my daughter's son.

My wife is now my mother's mother and it makes me blue because she is my wife she's my grandmother too.

I'm my own grandpa, I'm my own grandpa, It sounds funny I know but it really is so, I'm my own grandpa

Now if my wife is my grandmother then I am her grand-child, and every time I think of it. It nearly drives me wild.

For now I have become, the strangest cause you ever saw, as husband of my grandmother, I am my own grandpa.

Contributed by Sterling Hartman

Constable's Corner ★

by Constable Jeff Anderson



Happy Halloween, everyone!



As we celebrate this spooky season, let's make sure our loved ones, especially our senior community, stay safe while having fun!

Here are some tips to remember:

1. ****Stay Visible****: Use reflective strips on costumes or carry a flashlight to ensure you are seen by others while trick-or-treating.
2. ****Walk Safely****: Stick to well-lit areas and sidewalks and avoid walking alone at night.
3. ****Be Mindful of Treats****: Check candy for any allergies and avoid hard candies or choking hazards.
4. ****Home Safety****: If you're not expecting visitors, keep your lights off to avoid any surprises!
5. ****Keep Emergency Numbers Handy****: Have important contacts saved on your phone in case of an emergency.

Let's keep the spirits high and the festivities safe!



Jewelry Classes featuring Bead Work

by Betsi Newbury

Jewelry-Making Class Update

For those interested in beading and jewelry-making, you may have noticed there haven't been weekly classes recently. That's because the ladies are without an instructor.

As the previous instructor, I unfortunately ran out of time due to other projects I am involved with, which led me to give up the jewelry class at TOTH.

So, if anyone out there is or knows someone who would like to volunteer to teach others the art of bead weaving and stringing, please contact Lisa Leirvaag or Ellen Fannin at Treasure of the Hills Senior Center.

Thanks, *Betsi Newbury*



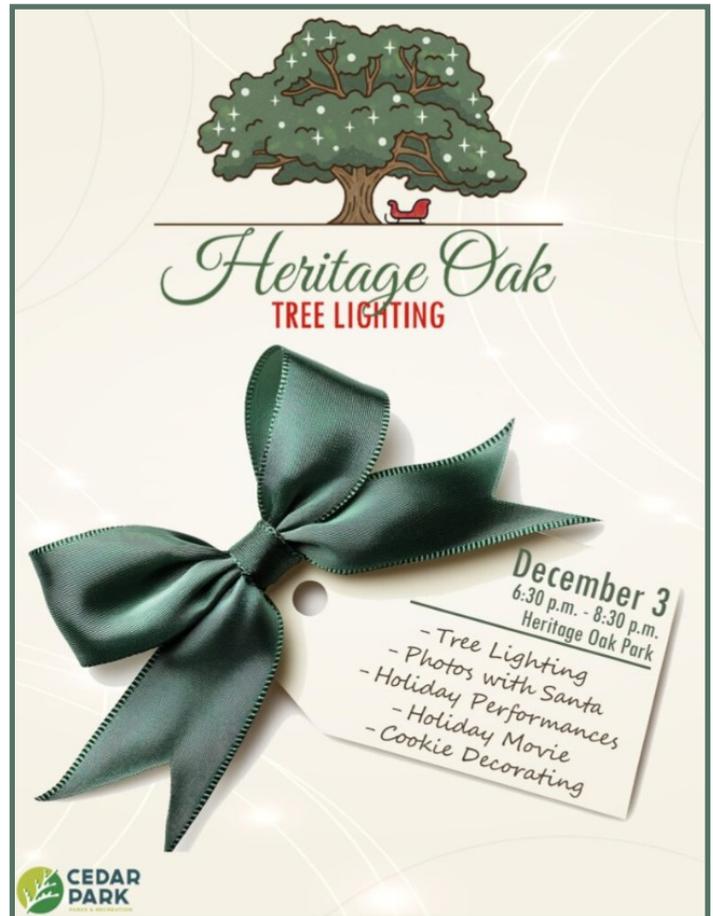
**CEDAR
PARK**
PARKS &
RECREATION

What's Happening ...



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

The Parks & Recreation Department of Cedar Park want to extend this invitation to each of you during the holiday season.



UPCOMING EVENTS

November 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, November 6 at 5:30 p.m.

Dahlia Café

2450 Ranch to Market Road 1869

(Limit 20)

Contact: MarEllen Basalyga, 512-905-1102

Meet & Eat Lunch Group

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

Snow Pea Asian Bistro

14028 US 183, Unit D-170, Austin

(Limit 20)

Contact: MarEllen Basalyga, 512-905-1102

Monthly Breakfast

There are no Monthly Breakfasts in November and December.

November Closure Dates

November brings two holiday closures to TOTH:

- On Tuesday, November 11, the Center will be closed in honor of Veterans Day. We will reopen on Wednesday, November 12th.
- For the Thanksgiving holiday, the Center will be closed Thursday, November 27 thru Sunday, November 30. The Center will reopen on Monday, December 1st.

GenLink Monthly Session

You are invited to join us for the monthly technology session with the GenLink students on Saturday, November 15 at 10:00 a.m. Bring your electronics and any question you have. The students provide one-on-one help with technology.

Saturday, November 15—10:00 a.m.

November Presentations, Meetings & Events

Covid-19 & Flu Vaccinations

Monday, November 3—10:00 a.m. to 12:00 p.m.
(see article on page 5)

Election Day/Polling at TOTH

Tuesday, November 4—7:00 a.m. to 7:00 p.m.
(see article on page 5)

Senior Scribblers Writer's Group

Wednesdays, November 5 & 19—9:30 a.m.
Note the date changes due to the holidays.
(see article on page 9)

Lunch & Learn: Medicare 2026

Wednesday, November 5—12:00 p.m.
(see article on page 6)

Spanish Classes

Thursday, November 6—10:30 a.m.
(see article on page 1)

Rated PG Book Club

Friday, November 7—9:30 a.m.
(see article on page 7)

Snack & Learn: Hypnosis for Health

Wednesday, November 12—10:00 a.m.
(see article on page 4)

GenLink Technology Session

Saturday, November 15—10:00 a.m.
(see article to the left)

Social Security Seminar

Monday, November 17—10:00 a.m.
(see article on page 5)

Music Bingo

Monday, November 17—3:00 p.m.
(see more detail on page 8)

Thanksgiving Luncheon

Wednesday, November 19—12:00 noon
(see article on page 1)

BCH Book Club (Books in the Cedar Hills)

Friday, November 21—9:30 a.m.
Note the date change due to the holidays.
(see article on page 7)

November Birthdays

Jimmie Marshman 4	Leonard Janetzke 14	Ronald Baehl..... 23
Mary Ann Coleman 6	Pat Thomas 15	Mary Ann Sandgarten 23
Joan Neely 6	John DeMarines 16	Mick Sandgarten..... 23
Mae Duncan..... 7	June Peterson..... 16	Jess Lienhart 26
Jim Anderson 8	Bill Heim 17	Frank Mignoli..... 26
Pamela Haynes 8	Barbara St. Marie 17	Nancy Siefert..... 26
Ruben Trevino 9	Dave Schedler 19	Gene Storie 26
Bill Clarke 11	Maggie Evans..... 20	Patty Biles 29
Colleen Regan..... 11	Alice Quigley 20	Del Darling 29
Bill Turner 12	Mary Ann Bird 21	Warren Klein..... 29
Duane Johnson 13	Kathleen Smith 21	Jim West 30
	Gaylynn Anderson..... 22	



Sept/Oct
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
Brenda Walker

October
Heidi Eichenauer
Teketha Wise
Suzanne Redfield
Hitashvi Patel

welcome!

November Anniversaries



Yvonne & David Hale 11
Lois & Ken Birdwell 27



Hugs & Sunshine



Ruby Banks • Jan Clark
Jimmie Marshman • Ann Mignoli
Pat Thomas

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 you are doing well.



A huge "Thank You" to Colleen Sanchez who has stepped in to be our Sunshine Volunteer after Jan Clark had to step down due to health reasons. Colleen will be responsible for sending out get well cards and overseeing memorial acknowledgements. But it is so important that you let us know if you are ill or have experienced a loss.

Photo Gallery: TOTH Activities



WEDNESDAY MORNING GOLF

Crystal Falls Golf Course is where our TOTH golf group plays on Wednesday mornings, with 2 tee times. From left to right: Frank Mignoli (captain, calls himself head hacker), Ruben Trevino and Darrel Docking all impressively shooting par here on Hole 2.

BAND OF THE HILLS FALL FESTIVAL

Treasure of the Hills participated with the music festival on October 12th, hosted by Band of the Hills, a long-time supporter of the Senior Expo. Pictured are Sue Holmes and Ellen Fannin. Nina Cavanaugh and Pat Fiero also helped with the booth.



TOTH MONTHLY BREAKFAST

There was a full house for the October Monthly Breakfast. This was the final Monthly Breakfast for 2025.

Photo Gallery: Walburg Oktoberfest



Josh Rodrique, Michael Molina and Devin Hill from the Parks & Rec Department joined us for the trip.



Phyllis Walker and Shirley City enjoyed having Phyllis' grandson, Dylan George join them in the fun of the evening.



Sue Holmes, who managed all the arrangements with the restaurant, was there to have some fun, too!



There's no doubt that Bob and Kathy Bonardi were having fun!



Forty-five (+/-) intrepid travelers made their way to Walburg, TX for the Oktoberfest on October 10th. Following an interesting and adventurous bus trip, they arrived in Walburg where they filled the tables. They drank the local brews, ate delicious German cuisine, danced to the polka and enjoyed themselves throughout the evening.



Photo Gallery: Senior Expo



Huge "Thank You" to Toyota of Cedar Park for the Shuttle Van!



Bird's eye view of the floor during the Expo!



Pat Fiero and Jean Wiedenfeld at the TOTH table.



The hard-working ladies of The Treasure of the Hills Senior Center – thank you for all you do to keep our community shining!



Welcome to the Expo!



GenLink Students came to help sporting their new T-shirts..



Councilman Kevin Harris, Mayor Jim Penniman-Morin, Councilwoman Anne Duffy, Levi Murray of EMS, Councilman Mel Kirkland and Expo Coordinator Ellen Fannin.

Photo Gallery: Vendor Reception & Senior Expo



Preparations for the Reception



Sandy Williams and Gail Brennen ready to greet the vendors.



Vendors networking with each other.



TOTH volunteers interacting with vendors.



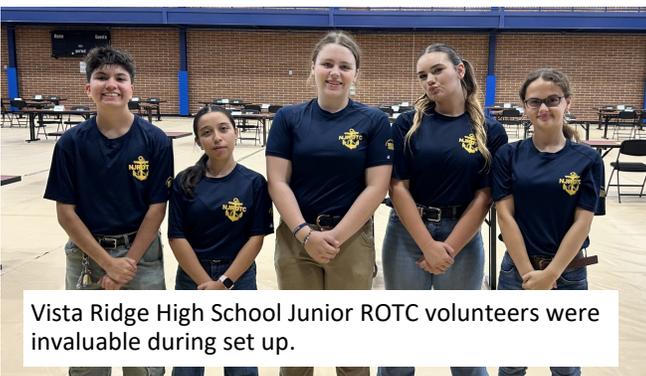
← Welcome banner at the entrance.

It looks patriotic, but actually they were just chasing an errant balloon. →



← Before ...and...After ↑

Reward lunch for the volunteers after the Expo!



Vista Ridge High School Junior ROTC volunteers were invaluable during set up.



Vendors were busy throughout the Expo.



BOARD OF DIRECTORS

President

Ellen Fannin

Vice President

Sue Holmes

Treasurer

Denny Clauson

Secretary

Lisa Leirvaag

Directors

Jim Anderson

Pat Fiero

Emma Sue Johnson

Sandy Williams

MANAGING DIRECTOR

Lisa Leirvaag

Email:

toth.director.tx@gmail.com

512-331-6000

STANDING COMMITTEES

Finance

Denny Clauson

Nominating

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: Colleen Sanchez

Sunshine: Colleen Sanchez

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/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)	Open	
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., Thur. & Fri.) ...	Sue Holmes	Sign up w/Leader
Pinochle (Weekly on Monday)	Becky Goad	
Poker (Weekly on Tues.)	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 w/Leader |

Rubber Bridge

Tuesday (weekly) Open | Sign up Required |

November 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



November 6 TOTH Dinner Club:
Dahlia Café* — 2450 Ranch to Market Rd 1869, Liberty Hill—5:30 p.m.
November 18 Meet & Eat:
Snow Pea Asian Bistro* — 14028 US Hwy 183, Unit D-170—1:00 p.m.

*The red asterisk indicates that Sign-Up is required

<p>2 Time Change </p>	<p>3 9⁰⁰ Sit & Fit 10⁰⁰ Covid & Flu Vaccinations 10³⁰ BBCP Pinochle 1⁰⁰ Cribbage 1⁰⁰ Bingo</p>	<p>4 Election Day 9³⁰ Rubber Bridge* 10⁰⁰ Canasta* 1⁰⁰ Dup Bridge 1⁰⁰ Pinochle</p>	<p>5 9⁰⁰ Sit & Fit 9/10⁰⁰ Cardiology 9³⁰ Senior Scribblers* 10³⁰ Cruise Meeting 11⁰⁰ Exec Comm Mtg 12⁰⁰ Medicare L&L 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>6 10⁰⁰ Tai Chi 10/11⁰⁰ Mahjong 10³⁰ Conv Spanish* 11⁰⁰ Pinochle 12⁰⁰ Quilting Bee 12³⁰ Mex Train* 6⁰⁰ TOTH Dinner Club*</p>	<p>7 9⁰⁰ Sit & Fit 9³⁰ Rated PG Book Club 10³⁰ Bingo 10³⁰ Pinochle 12³⁰ Poker 1⁰⁰ Dup Bridge*</p>	<p>8 1⁰⁰ Dup Bridge 10⁰⁰ GenLink Technology</p>
<p>9 </p>	<p>10 9⁰⁰ Sit & Fit 10⁰⁰ Board Mtg 10³⁰ BBCP Pinochle 1⁰⁰ Cribbage 1⁰⁰ Bingo</p>	<p>11 Center Closed </p>	<p>12 9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Cardiology 10⁰⁰ Snack & Learn: Hypnosis for Health 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>13 10⁰⁰ Tai Chi 10/11⁰⁰ Mahjong 10³⁰ Conv Spanish* 11⁰⁰ Pinochle 12⁰⁰ Quilting Bee 12³⁰ Mex Train*</p>	<p>14 10³⁰ Bingo 10³⁰ Pinochle 1⁰⁰ Dup Bridge*</p>	<p>15</p>
<p>16 </p>	<p>17 9⁰⁰ Sit & Fit 10⁰⁰ Soc Sec Sem* 10³⁰ BBCP Pinochle 1⁰⁰ Cribbage 1⁰⁰ Bingo 3⁰⁰ Music Bingo*</p>	<p>18 9³⁰ Rbr Brdg* 10⁰⁰ Canasta* 12³⁰ Poker 1⁰⁰ Meet & Eat* 1⁰⁰ Dup Bridge* 1⁰⁰ Pinochle</p>	<p>19 9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Cardiology 9³⁰ Senior Scribblers* 12⁰⁰ Thanksgiving Luncheon* 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>20 10⁰⁰ Tai Chi 10/11⁰⁰ Mahjong 10³⁰ Conv Spanish* 11⁰⁰ Pinochle 12⁰⁰ Quilting Bee 12³⁰ Mex Train*</p>	<p>21 9⁰⁰ Sit & Fit 9³⁰ BCH Book Club 10³⁰ Bingo 10³⁰ Pinochle 1⁰⁰ Dup Bridge*</p>	<p>22</p>
<p>23 </p>	<p>24 9⁰⁰ Sit & Fit 10³⁰ BBCP Pinochle 1⁰⁰ Cribbage 1⁰⁰ Bingo</p>	<p>25 9³⁰ Rbr Brdg* 10⁰⁰ Canasta* 12³⁰ Poker 1⁰⁰ Dup Bridge* 1⁰⁰ Pinochle</p>	<p>26 9⁰⁰ Sit & Fit 9⁰⁰/10⁰⁰ Cardiology 1⁰⁰ Bunco* 3⁰⁰ Crochet Class*</p>	<p>27 Center Closed</p>	<p>28 Center Closed </p>	<p>29</p>
<p>30</p>						

Treasure of the Hills Senior Center