



2025 Volunteers of the Year

By Ann Bordelon

This month, we honor the true “Treasure of the Hills”—our volunteers! They are the absolute foundation of our organization and the reason our community shines all year long. There are dozens of them—they are multi-talented and hardworking—and they make it happen.

So, this month we honor two of these volunteers who have been judged by the membership to be our Volunteers of the Year...Sue Holmes and Darrell Docking. They have both spent many hours working on a variety of projects during 2025. So, when you see them at TOTH, stop and say, “Thanks.” They have earned it.



Sue Holmes

Sue Holmes

Sue Holmes can’t do enough for TOTH. “This place rescued me,” she says. “After I lost my brother and one of my sons in 2022, I didn’t know what to do with myself. I hid from the world, but when I discovered TOTH, I started a new chapter in my life.”

So far, it’s been a busy chapter. She is Vice President of the TOTH Board and chairman of the Special Events and Resource Development Committee. In this capacity, she is in charge of the

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Darrell Docking

TOTH Expands Programs to Help Members Stay Active and Connected

Staying socially connected and physically active is more than just good advice for seniors — it’s essential for overall health and well-being. Research continues to show that maintaining strong social ties and regular activity supports both mental sharpness and physical health. Even corporate America has taken note, promoting wellness initiatives that encourage active lifestyles at every age.

Here in our own community, Treasure of the Hills Senior Center plays a vital role in making that possible.

The Center has long offered exercise classes, games, activities, and social events designed to keep members engaged and connected. Now, we are proud to announce several new additions to the calendar beginning in March — expanding opportunities for fun, fitness, and friendship.

Card game enthusiasts will be pleased to know that two separate sessions of Skip-Bo will now be offered, giving more members the chance to join in the friendly competition and camaraderie the game provides. The added session ensures that more players can participate and enjoy this fast-paced and engaging activity.

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Daylight Saving Time Begins

March 8, 2026

Set your clocks ahead one hour



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Editor & Graphics: Ellen Fannin

Proofreaders:

Jeanne Allison • Lisa Leirvaag
Doc Rainey

Contributors

Jeanne Allison • Jeff Anderson
MarEllen Basalyga • Ann Bordelon
Chris Campbell • Shirley City
Denny Clauson • Kevin Hallett
Sterling Hartman • Pamela Haynes
Sue Holmes • Lisa Leirvaag •
Grant Meeks • Linda Rettinger
Mary Riordon

Deadline for articles is the 20th of the previous month.

Email submissions to gazette.toth@gmail.com

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From Then to Now: 80 Years of Change

Recently, I was talking with a young woman, probably in her mid-thirties, and she mentioned the changes in society and lifestyle she has experienced just in her lifetime. Her specific examples were the growth of the internet and smart phones. She asked me about the changes I had experienced in my almost eight decades.

If you stop and think about it, those of us who have lived through the past 80 years have witnessed more change than any generation before us.

We were born into a world of rotary phones, handwritten letters, and black-and-white television housed in huge cabinets. I remember, as a child, having a party line for our telephone. Long-distance phone calls were expensive and saved for only special occasions. Our news came from the morning newspaper or the evening broadcast. Today, we carry in our pockets and purses small devices that let us hear the news almost as it is happening, and we are able to talk face-to-face with someone across the globe in seconds.

Our homes have changed too. Large families living in modest houses were once common. Today, families are smaller, and many households have two working adults. Kitchens are now filled with gadgets and devices to make life easier. Microwaves, dishwashers, and ice makers were unknown. Our milk was delivered to our porch in glass bottles with a round cardboard disk serving as the lid. Grocery shopping has now shifted from the neighborhood markets to large supermarkets—and now even to online ordering that can either be picked up at our convenience or delivered to our front door.

Transportation has transformed as well. As kids, my siblings and I would pile into the family car for the long drive to my grandmother’s house. Mom would have made a pallet in the back of the station wagon so all of us could sleep. I also remember my mother’s first flight on an airplane, a propellor airplane, and what a special event that was.

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TREASURER’S REPORT

By Denny Clauson, Board Treasurer

- January income \$7,357
- January Expenses \$6,495
 - Investment Fund increased \$3,300
 - Memorial Fund increased \$725
 - Total investments \$298,479



Vice Versa

Insights from the VP

By Sue Holmes, Board Vice President

Hey members, we had a good time at the February Dessert Potluck. We played a couple of games and visited with other members.

On Monday, March 2nd at 10 am, we have a Snack and Learn about In Home Foot Care. One of our members used this service and reported that it was thorough and worth the money.

On Wednesday March 11th, we have a Snack and Learn about Proper Home Care.

On March 18th, we have a Lunch and Learn about Research Studies for Seniors.

There is also a sign-up sheet to find out how many members are interested in a Spring Wine Tour.

I hope to see you at these events!!



Current Clinical Trials

PPD/Trial Med conducts clinical research studies in an effort to test new medications that might lead to improved treatment options for patients. They will present a Lunch & Learn program on Wednesday, March 18 regarding current clinical trials.

Their goal is to partner with community groups to ensure that diverse populations have information regarding the research process and access to studies nearby. Clinical trials are overseen by physicians who monitor and care for the patient throughout the trial. Study related labs are provided at no cost to the participant and compensation is provided to those who qualify.

Sign-up to attend this Lunch & Learn. As always, lunch is provided at no cost to members.

Wednesday, March 18 – 12:00 noon

Behind the Desk

by Jeanne Allison, Office Manager

One Month In — and What a Welcome It's Been!

I can hardly believe my first month here at the senior center has already flown by. From day one, I've felt incredibly welcomed, and I've truly loved reconnecting with friends from the past while also meeting so many wonderful new faces.

My very first day was certainly memorable. Two of our members experienced falls, which was understandably scary, but I'm grateful to share that both are on the road to recovery. It reminded me right away how important this community is and how much we all look out for one another.

I have a special thank you to Lisa not only for being a special friend thru the years but for the patience she had in training and excellent way she left the office.

Thank you all for such a warm welcome. I'm looking forward to continuing to get to know each of you and sharing many more moments together in the months ahead.



In-Home Foot Care

Monday, March 2
10:00 a.m.

Join Jean Stephens, RN and Certified Foot Care Specialist as she shares about the service she provides to seniors at the Snack & Learn session.

Be sure to register in advance for this session where you will learn valuable information about foot care.

Proper Home Care

Wednesday, March 11
10:00 a.m.

Nicole Bennett of Proper Home Care is a registered nurse with over 25 years experience. Nicole will share with us the philosophy of Proper Home Care, a philosophy that sets them apart.

Be sure to register to attend this informative talk by March 9th.

2025 Volunteers of the Year

(continued from page 1)

Lunch & Learn sessions where businesses and organizations share their expertise and services with TOTH members. Since she took over, the program has expanded to include Snack & Learn sessions. In 2025, thanks to Sue's efforts, TOTH members learned about progress on the Bell District, recycling, senior safety, Medicare changes, hypnosis, medical research, health and hydration, pain management, and more.

In addition, Sue works with the Cedar Park Parks & Recreation Department to set up day trips to nearby events like Oktoberfest. Another project was creation of the Veterans Wall of Honor which recognizes TOTH members who have served in the military.

"I helped with the 2025 Senior Expo, too," she says. "That was a lot of work, but I enjoyed it. Ellen (TOTH President Ellen Fannin) is so organized."

When she is at the center, Sue makes it a point to check on all the groups who are in session that day. "I like to keep up with everybody."

Sue's background includes writing software reference documents for programmers. Two of her sons live nearby, and she shares her home with Steve, her pet tortoise, and a Rhodesian ridgeback dog named Gladys Knight. "I'm blessed," she says, "I'm learning so much from the Lunch & Learn people and from the Parks & Recreation staff—and the folks here at TOTH put up with my craziness."

"Sue is a joy to work with," says Ellen. "She has so many good ideas and so much energy. I can hardly wait to see what she does for us in 2026."

Darrell Docking

"I have no idea why I was picked as a Volunteer of the Year," says Darrell Docking. "I just showed up now and then, put some tables together and moved stuff around."

Actually, Darrell put those tables together quite a few times and moved a whole lot of stuff around for quite a few TOTH events during 2025. "I don't know what we would have done without Darrell," says TOTH President Ellen Fannin. "Every time I turned around, there he was, wrestling with those huge tables and hauling boxes

somewhere, and always in a good mood. He's a treasure for sure."

In addition to setups and takedowns for TOTH events, Darrell has hosted three Culture luncheons: one about his home country of Canada; one about the island of Mauritius, where his son-in-law grew up; and a third on Costa Rica because of his grandson's school project. "I really enjoyed doing the one with my grandson," he noted.

Darrell came to Texas from Ontario, Canada, by way of Connecticut and Louisiana. He worked for Dow Chemical in Lake Jackson, Texas, for 25 years before retiring in 2019. His older daughter lives in Freeport, Texas, while his younger daughter lives with her husband and two children in Leander.

He's been a member of TOTH since 2022 and enjoys playing cribbage and golf with other members. He also attends Meet & Eat and TOTH Dinner Club gatherings. "This is a healthy, welcoming place. If you can't have a good time here, you're in trouble," he chuckles.



A group of 12 TOTH members met for a lunch with long-time TOTH member and Past President Carolyn White (see arrow). Carolyn moved to Montgomery, TX near Houston in 2023. She served as Board President for 2 1/2 years, and still keeps in touch with several TOTH members.



Crafters enjoyed a Cricut Demonstration and Quilling instruction at the February 90-Minute Craft class. Everyone learned how to make paper flowers and quilled butterflies.

TOTH Expands Programs

(continued from page 1)

For those looking to get moving, a new walking group will begin meeting three times a week, offering members a chance to enjoy light exercise while visiting with friends. Walking together provides not only physical benefits but also meaningful conversation and connection.

Creativity is also taking center stage. New craft classes have been added for members who would like to explore new skills and talents. Whether learning a new technique or rediscovering a longtime hobby, participants will have the opportunity to create, learn, and enjoy the satisfaction of making something with their own hands.

These additions reflect the Center's continued commitment to supporting seniors in living vibrant and engaged lives. In a world that increasingly recognizes the importance of staying active, our Senior Center remains a cornerstone of connection, purpose, and community. For more information about these upcoming activities, see the stories on pages 7 and 10. You are also encouraged to check the March calendar or contact the front office.

Food Facts That Might Surprise You

- Two bananas give enough energy for a 90-minute workout.
- Apples wake you up better than coffee.
- Cucumber before bed helps you wake up refreshed.
- Three carrots give energy to walk three miles.
- Beetroot boosts endurance by up to 16%.
- Dark chocolate sharpens focus within 30 minutes.
- Almonds have more potassium than bananas.
- Ginger reduces muscle pain by up to 25%.
- Kiwi before bed improves sleep quality.
- Chia seeds help maintain hydration and steady energy.
- Blending frozen bananas turns them into creamy ice cream with no dairy or added sugar.

Volunteer at Ascension Seton Cedar Park



Make a meaningful difference in your community.

Why volunteer?

Volunteers support our patients, visitors and care teams every day.

- Make a meaningful difference
- Connect with others
- Explore healthcare careers
- Give back to your community



Service areas:

- Information Desk
- Emergency Department
- Nursing Units
- ICU
- Day Surgery
- Pet Therapy
- Happy Cart



Volunteer Requirements:

- 18+ years old
- Online application
- Required immunizations & TB test
- Background check & drug screen
- 3-4 hours weekly (6-month commitment)
- Orientation & training



Ready to serve?

Scan the QR code or contact:
Mary Clare Spear
mary.spear@ascension.org



Ascension
Seton



Calling All Crafters!

Craft Show Vendors to Meet on March 18

A craft show is being planned at Treasure of the Hills for Saturday, March 28th and will coincide with our March Monthly Breakfast.

The crafters who are planning to participate in the Craft Show will have a brief planning meeting on Wednesday, March 18 at 10:00 a.m.

The show is open for participation to anyone who wishes to exhibit and sell their creations.

Here are the details for potential vendors:

- Contact Mary Riordon to reserve a space. She is at the front desk on Mondays and Wednesdays from 10:00 a.m. to 3:00 p.m. She can also be reached by phone, 512-260-8876 (land line only) or email msriordon@yahoo.com.
- The Craft Show will be in the TV Room.
- The hours for the show are from 10:00 a.m. to 1:00 p.m. The show is open to the public.
- The Center will provide a table and two chairs. Table coverings and other display equipment should be provided by the vendor.
- Set up can be on Friday evening prior to the show from 5:00 to 7:00 p.m. or beginning at 8:00 a.m. the day of the show.
- Each vendor is accountable for their own sales and financial transactions.
- There is no charge for the space. Vendors will pay TOTH 20% of their sales. Please price items accordingly. Vendors are responsible for turning in their funds at the end of the show.

Let us know as soon as possible if you plan to participate as a vendor and be sure to come to the meeting on March 18th at 10:00 a.m.



Our Longest Day

The Senior Scribblers are calling on TOTH members to submit a story that illustrates the longest day in their lives. Stories can be emailed to gazette.toth@gmail.com or a hard copy can be dropped off in the front office. There is a designated space for the stories.

The Senior Center is blessed with lots of untapped talent and life experiences, and we want to use that to create a compilation of stories to share with others.

If you want to write your own story, you are welcome to do so. But if writing is the only barrier to sharing your story, one of the Scribblers will be glad to ghostwrite it after collecting the details from you.

Come and share a significant piece of your history with your fellow members. We've all been through the wringer more than once, and our strength is that we are still here.

Stories are due by April 10th.

The Senior Scribblers group meets on the second and fourth Wednesdays at 9:30 a.m.

Bingo Upgrade

We have been trying to find a solution to make it easier for Bingo players to know what numbers have been played.



TOTH member Leo Riggi, with 47 years of IT experience, has come up with a simple, easy and cost-effective solution.

The plan is to use our existing TOTH laptop, which is already configured to work with the projector in the Bingo Room. He would then attach a USB video camera mounted above the Bingo numbers board to display the numbers on the big screen. Simple and easy!

Leo and Barbara St. Marie have both offered to donate the needed camera. All the Center needed to purchase was a camera mount.

"I truly believe," Leo says, "this small upgrade will make a big difference for our Bingo players, and I'm more than willing to handle the technical setup."

Thank you, Leo, for the solution and your willingness to set it up!



CREATE
LEARN
CONNECT

Basic Flower Arranging Class for Beginners

Have you ever admired a beautiful floral arrangement and thought, “I wish I could do that!” Now you can!



We’re offering a **Basic Flower Arranging Class**

designed for beginners and anyone who simply loves flowers. The class will be held on Wednesday, March 25th from 10:30 a.m. to 12:00 noon. This relaxed, hands-on class will guide you step-by-step through the process of creating your own fresh floral arrangement.

We’ll begin by watching a brief, but helpful YouTube tutorial together to learn the basics—how to choose flowers, add greenery, create balance, and shape a pleasing design. Then, you’ll put what you’ve learned into practice by creating your very own arrangement to take home.

What’s Included:

- Instruction via video tutorial
- Some flowers (*both live and silk*) and vases provided
- Hands-on time to design your arrangement
- Floral clippers or special greenery
- Cost: \$10 (*Flowers can be expensive, and this small fee helps cover supplies.*)

Participants are also welcome to bring:

- Their own flowers
- A favorite vase or container
- If you bring your own supplies, there is no charge.

****When you register to attend, please indicate if you are bringing your own supplies.****

Whether you want to brighten your home, create thoughtful gifts, or simply enjoy a creative afternoon, this class is a wonderful way to explore your artistic side in a friendly and encouraging setting.

Space may be limited to 10 participants, so be sure to sign up soon! Let’s gather, create, and bring home something beautiful.

Wednesday, March 25—10:30 a.m.—Library

****Cost \$10, unless you bring your own****

Our new “90-Minute Crafts” program is off to a wonderful start—and we’re excited to continue offering a wide variety of fun, hands-on classes!

Each session gives you the opportunity to learn a new craft and leave with something you created yourself. Whether you’re experienced or just curious to try something new, these classes are designed to be enjoyable, relaxed, and creative. Most classes are limited to 8–10 participants to ensure plenty of individual attention. There is a small materials fee for each class—typically \$5 to \$10, depending on the project.

Classes are held on the fourth Wednesday of the month from 10:30 a.m. to 12:00 noon in the Library.

We’re also looking for talented members who would like to share their skills! If you enjoy crafting—whether it’s cooking, sewing, painting, paper crafts, or something entirely unique—we would love to feature your talent in an upcoming class.

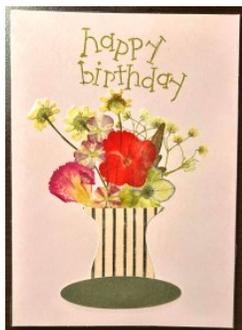
To participate sign up in the front office. To volunteer as an instructor, please contact the front office at 512-331-6000 or email Ellen Fannin at fanninellen@gmail.com.

Come create, learn, and connect—one craft at a time!



Pressed Flower Cards

Pressed Flower Card classes continue on the third Wednesday of the month at 10:30 a.m. in the Library. Taffy Gauger provides all the needed materials and is there to help with instructions. Taffy plans to continue to offer the class once a month for as long as there is interest. Supplies cost is \$5 per person.



Be sure to sign up in advance. Payment can be made at the time of the class.

Wednesday, March 18—10:30 a.m.—\$5

BOOK CLUBS

By Chris Campbell

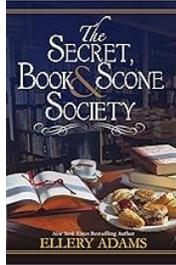
The book clubs are always open to anyone who would like to join in the discussion.

Friday, March 13 —9:30 a.m.



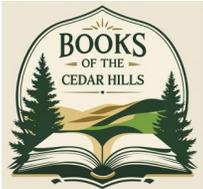
The Rated PG Book Club meets on the 2nd Friday of the month at 9:30 a.m.

The March book is *The Secret, Book & Scone Society*, by Ellery Adams. The book is available in paperback, on Audiobooks and Kindle. The Rated PG Book Club is open to all and drop-ins are welcome!



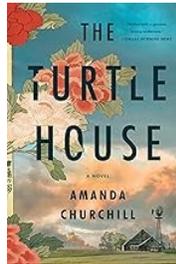
Friday, March 27 —9:30 a.m.

The "Books in the Cedar Hills" Book Club gathers on the 4th Friday of the month at 9:30 a.m.



The March book is *The Turtle House*, by Amanda Churchill.

This book is available in 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.

April Books

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

Rated PG Book Club—The April 10th book is *Murder in Starry Cove*, by Lucinda Harrison.

BCH Book Club—The April 24th book is *The Peace War*, by Vernor Vinge.



First Aid & Adult CPR Class

For those registered for the First Aid & Adult CPR, the class will be on Wednesday, March 4th from 9:00 a.m. to 3:00 p.m.

Be sure to wear comfortable clothing. We will be providing lunch for all participants.

Registration for this **free** class will close on Friday, February 27. Make sure to register before that date if you wish to attend.



COME JOIN THE FUN!

**March 2026 Session:
Monday, March 16
3:00 to 5:00 p.m.
Great Room**

**Bring your favorite snack to share;
\$2 per card/No card limit
(2 max is recommended)**

Cash Prizes

**Music Genre for March:
Women of Country**

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!*



Contributed by Sterling Hartman

A lady goes to the bar on a cruise ship and orders a Scotch with two drops of water. She says, "I'm on this cruise to celebrate my 80th birthday and it's today."

The bartender says, "Well, in that case, I'll buy you one, too."

"Thanks," the lady replies. "A Scotch with two drops of water."

The man on her left says, "Happy Birthday! This one is on me."

Again the lady responds, "Thanks, I'll take a Scotch with two drops of water."

"I'm dying of curiosity," the man says. "Why the Scotch with only two drops of water?"

The old woman replies, "Sonny, when you're my age, you've learned how to hold your liquor. Holding my water is a whole other issue."





By Kevin Hallett

The Senior Scribblers met twice in February and submitted stories under two topics: History and Dreams.

The Senior Scribblers are putting together a booklet of short stories from the group. However, we spend so much time in our meetings discussing our stories that we often forget to select the stories. Ah well, we'll get around to it. After all, none of us are going anywhere soon.

Not to be slowed by past performance, we are also looking at another booklet filled with member stories about their longest day, which will take a bit longer to put together. There is a separate article in the Golden Gazette on this compilation .

In March, we will be meeting on the 11th and 25th. Stop by to join us at 9:30 am in the Puzzle Room.

The Ultimate Shopping Trip

by Pamela Haynes

All nineteen women and one male soldier were sitting in the lobby of a fashionable hotel in Florence, Italy, surrounded by luggage and dozens of carefully wrapped treasures—porcelain and glass chandeliers, onyx telephones, Venetian glassware, Capodimonte porcelain, wood carvings, leather handbags, wallets, belts, and more. We truly looked like “The Clampetts Go to Hollywood”—except in our case, it was Italy. We wouldn't be able to check in for another hour, and we were dying to get out into the city and start shopping!

Five days earlier, this zealous group of shoppers had left Germany for an eight-day shopping tour of northern Italy. We hired a bus and drove into the Dolomite Mountains to purchase the lovely Anri woodcarvings, then continued on to Vicenza, just outside Venice, where we stayed for several days.

The next day we visited several factories, including a furniture factory where I ordered a lovely pair of Queen Anne chairs—which I still have today. Eventually, we went on to Venice, where we shopped from dawn to dusk, rode the vaporetto to Piazza San Marco, and treated ourselves to a gondola ride.

Carolyn Beale and I had organized the tour. We were good friends, and our husbands commanded the two battalions of the 15th Infantry Regiment. Since we were the organizers, every complaint came straight to us. Despite that responsibility, we were thoroughly enjoying the adventure—that is, until we arrived in Florence

(Firenze). There, our German bus driver informed us that on a previous trip his bus had been vandalized, and he was unwilling to be responsible for securing it again. As a result, we had to haul all our treasures into the hotel and wait in the lobby until our rooms were ready.

Eventually, we were free to explore the shops on the Ponte Vecchio, eat gelato while watching the Arno River flow by, admire St. Francis's hair shirt in the Basilica di Santa Croce, view Michelangelo's David, and wander through the Uffizi Gallery. Of course, our favorite shopping spots were the many vendors surrounding the museum.

Finally, it was time to return to Germany. We repacked the bus—designed to hold forty passengers. We filled the entire storage compartment underneath, every overhead rack inside, and every seat with ourselves and our “treasures.” This didn't even include the larger items, such as the furniture we had arranged to have shipped separately to Germany. There wasn't room for a single additional passenger—and remember, there were only twenty of us! I call that a successful trip, never mind what our husbands said.

My lesson from that adventure? It's only money. The memories last a lifetime.



Firenze in the early morning. The Ponte Vecchio is on the far left over the Arno River.

Shuffle, Stack & Smile: **Join the Fun with Weekly Skip-Bo!**

Looking for a fun new way to connect, laugh, and enjoy a little friendly competition?

Join us for Skip-Bo, a lively and easy-to-learn card game that's perfect for players of all skill levels!



Often described as a blend of strategy and luck, Skip-Bo challenges players to build number sequences while outsmarting their opponents. With simple rules and fast-moving turns, it's a game that keeps everyone engaged—whether you're a seasoned card player or just learning the ropes. Special wild cards add excitement and surprise twists that can quickly change the game's direction.

Best of all, Skip-Bo is about more than just winning—it's about fellowship, conversation, and sharing a few laughs along the way. Come join the fun and see why this classic card game has become a favorite game for so many!

We have two weekly sessions of Skip-Bo. On Mondays, the first group plays from 10:00 a.m. to 12:00 noon in the Library. On Thursdays, a second group meets from 10:00 to 11:30 a.m. in the TV Room.

You are welcome to join at anytime.

Mondays, March 2, 9, 16, 23, 30
10:00 to 12:00 p.m.

Thursdays, March 5, 12, 19, 26
10:00 to 11:30 a.m.

TOTH Polling Place on March 3

Treasure of the Hills Senior Center will once again serve as a polling location for Williamson County voters during the Primary Elections on March 3rd. Voting will take place in the TV Room.

Treasure of the Hills is listed on the Wilcotx.gov website as a Republican voting location for Precinct 278. The Democratic voting location for Precinct 278 is at the ACC Cypress Creek, 1555 Cypress Creek Rd, Bldg. 1000, Room 1102.

New Walking Group Starting March 3!

Want a little light exercise and great conversation?

Join our new Walking Group beginning Tuesday, March 3! We'll meet at the Center every Tuesday, Thursday, and Saturday from 9:00–10:00 a.m. for a refreshing walk around the neighborhood. It's a wonderful way to stay active, enjoy the outdoors, and connect with friends.

A sign-up sheet is available in the front office—be sure to add your name today!

For more information, please contact Diana Hiebeler at 512-567-5802.

Inaugural Walk:

Tuesday, March 3—9:00 a.m.

**Walk every Tuesday, Thursday and Saturday
9:00 to 10:00 a.m.**

Some interesting facts about walking:

- Walking after meals lowers blood sugar more than sitting or lying down.
- A steady walking pace improves heart health more than occasional intense workouts.
- Walking activates lymph flow, helping your body remove waste.
- Outdoor walking boosts memory better than indoor movement.
- Walking daily strengthens knees instead of wearing them out.
- A 10-minute walk can reduce anxiety within minutes.
- Walking improves digestion by stimulating gut movement.
- Morning walks help reset your sleep-wake cycle.
- Walking regularly reduces chronic inflammation over time.
- Walking increases creative thinking and problem-solving ability.
- Consistent walking improves sleep quality more than sleeping longer





A Special Thank You to Our Senior Center

I would like to begin by extending my sincere appreciation to the Cedar Park Senior Center for welcoming me in for a tour and allowing me to participate in Music Bingo. It was a pleasure engaging with participants, seeing the energy in the room, and experiencing firsthand the strong sense of community that makes the Senior Center so special. Thank you for your hospitality and for the meaningful work you do to keep seniors active, connected, and engaged.

TRAPS Conference Highlights

Our Parks & Recreation team recently attended the Texas Recreation & Parks Society (TRAPS) conference, where we participated in a week full of professional development, networking, and team building. Throughout the conference, we engaged in informational sessions designed to expand our knowledge, explore innovative programming ideas, and strengthen our ability to serve the Cedar Park community.



In addition to educational sessions, we attended social and networking events that allowed us to connect with professionals from across the state, exchange ideas, and build relationships that will continue to benefit our community programming.

Celebrating Excellence Congratulations, Josh Rodrigue!



We are incredibly proud to share that our Recreational Manager-Programs, Josh Rodrigue, was named the recipient of the **Jerry Garrett Memorial Young Professional of the Year Award** at the TRAPS Conference.

This prestigious award recognizes one outstanding professional across the entire state of Texas in the field of Parks and Recreation. This honor reflects Josh's leadership, dedication, innovation, and commitment to serving our community at the highest level.

Congratulations, Josh! Cedar Park is fortunate to have you leading and inspiring our team.

Upcoming Programs

We're excited to bring a variety of engaging programs to Cedar Park community in the coming months! From active outdoor adventures to creative and social experiences, there is something for everyone to enjoy.

Seniors can look forward to opportunities like Senior Archery, and Kayaking 101 for Seniors, designed to promote confidence, wellness, and time spent outdoors in a supportive environment.

Our community-wide events, including Music & Movement in the Park and Kaleidospoke, offer fun, interactive experiences that bring residents together through live entertainment, movement, and creativity.

See Program Details on page 12.

For more information and details on events, visit <https://www.cedarparktexas.gov/160/Parks-Recreation> or scan the QR codes to register.)

Upcoming Event & Program Details

Beginner Archery for Seniors

This course is a great introduction to the sport of archery. Through games and healthy competition, participants will learn about safety on an archery range, proper ways to handle a bow and arrow, and drills to practice and improve their archery skills.

When: March 25th – April 15th

Where: Riviera Springs Clubhouse

Time: 1:00pm – 2:00pm (Every Wednesday)

Registration: cedarparktexas.gov/play or scan QR code on flyer

Kayaking 101 for Seniors

Kayaking 101 is a beginner course designed to introduce participants to the fundamentals of kayaking in a safe, supportive environment. Participants will learn the basics of kayaking including safety, entry in the water and common strokes. By the end of the class, participants will be comfortable going on their own kayaking adventures.

When: Tuesday, April 7th

Where: Brushy Creek Lake Park

Time: 11:30am – 1:30pm

Cost: \$15 for single/ \$25 for Tandem

Registration: cedarparktexas.gov/play or scan QR code on flyer

Music & Movement in the Park

Connect learners of all ages to music and dance!

When: Saturday, March 28th

Where: Nelson Ranch Park

Time: 10:00am – 11:00am

Registration: cedarparktexas.gov/play (Under Cedar Park Outdoors Tab)

Kaleidospoke

Join us for a glow bike ride & after-party!

When: Friday, March 20th

Where: The Bell District

Time: 7:00pm – 9:30pm

Registration: cedarparktexas.gov/kaleidospoke



WED

1:00 PM TO
2:00 PM

Seniors BEGINNER ARCHERY

MARCH 25TH TO
APRIL 15TH / AGES 50+



SCAN THE QR CODE TO REGISTER
OR VISIT CEDARPARKTEXAS.GOV/PLAY



KAYAKING 101



FOR SENIORS!

AGES
50+

\$15 Single | \$25 Tandem

Tuesday, April 7th

11:30 AM TO 1:30 PM

Brushy Creek Lake Park



SCAN THE QR CODE TO
REGISTER OR VISIT
CEDARPARKTEXAS.GOV/PLAY



IRS 2026 Tax Filing Updates for Seniors

As we head into the 2026 filing season, there are a few important updates seniors should know about. If you are age 65 or older, some changes may work in your favor—especially when it comes to deductions.

Enhanced Deduction for Seniors

One of the most notable updates is a new enhanced deduction for seniors, included in recent tax legislation. This deduction is in addition to the current extra standard deduction already available to older taxpayers.

Here's what you need to know:

- For tax years 2025–2028, taxpayers age 65 or older may qualify for an additional \$6,000 deduction per person
- Married couples filing jointly may qualify for \$12,000 if both spouses are eligible
- You must be 65 on or before the last day of the tax year
- The deduction is available whether you take the standard deduction or itemize

It begins to phase out for those with modified adjusted gross income over \$75,000 (\$150,000 for joint filers)

This could mean meaningful tax savings for many older adults.

Earned Income Tax Credit (EITC)

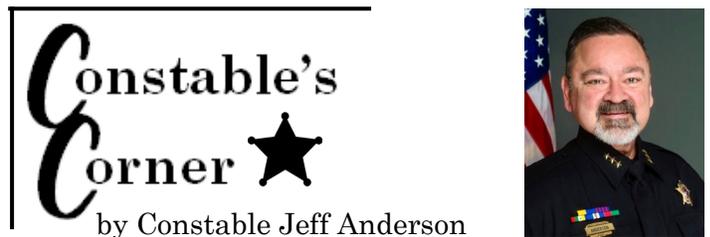
If you or a family member is still working, the Earned Income Tax Credit may provide additional savings.

- The maximum income limit for claiming the credit for the 2025 tax year is \$68,675
- The actual credit amount varies depending on income, filing status, and family size
- Even part-time workers may qualify, so it's worth checking.

Free Tax Preparation Help

You don't have to file alone! Several trusted programs offer free assistance:

- Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) provide free help to low- to moderate-income taxpayers and individuals age 60 or older. Call 800-906-9887 to find a nearby location.
- AARP Foundation Tax-Aide offers free tax preparation at thousands of locations nationwide



by Constable Jeff Anderson

A Message to Our Senior Citizens from the Williamson County Precinct 2 Constable's Office



To the seniors in our community — your wisdom, strength, and life experiences continue to inspire us every day. You've helped build the neighborhoods we proudly serve, and your resilience reminds us what true leadership looks like.

We want you to know that you are valued, respected, and never forgotten. Whether you're staying active, volunteering, spending time with family, or simply sharing your stories, you make our community stronger.

Our office is committed to supporting and protecting you. Stay connected, stay engaged, and remember — your voice, your history, and your presence matter more than ever.

Together, we continue building a safe, caring, and united community for every generation.



during filing season. Call 888-227-7669 for information.

Check Your Withholding

If you are still working, remember that wages are subject to income tax, Social Security tax, and Medicare tax—even if you are receiving Social Security benefits. It's wise to review your withholdings to avoid surprises at tax time.

Social Security Information

If you receive Social Security benefits, you can access important documents such as a replacement Form SSA-1099 or SSA-1042S by creating a "My Social Security" account online at [SSA.gov/myaccount](https://www.ssa.gov/myaccount).

Additional Resources

For more detailed guidance, look for:

- Publication 554, *Tax Guide for Seniors*
 - IRS information for seniors and retirees
- IRS Tax Tips subscription updates
- Staying informed can help you make the most of available deductions and credits—and possibly keep more money in your pocket this year.

UPCOMING EVENTS

March 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, March 5 at 5:30 p.m.

Cedro's Scratch Italian & Wine Bar

14028 Hwy. 183, Ste. 210, Austin

(Limit 15)

Contact: MarEllen Basalyga, 512-905-1102

Meet & Eat Lunch Group

Tuesday, March 17 at 1:00 p.m.

The Burger Bar

2005 Litte Elm, Bldg. A, Ste. 100, Cedar Park

(Limit 15)

Contact: MarEllen Basalyga, 512-905-1102

Monthly Breakfast

Saturday, March 28, 9:00 a.m.

TOTH Senior Center Great Room

(Free for members; \$5 for guests. Sign up in advance; deadline is March 26. Seating is limited to 40 people.)

GenLink Technology Session

The March GenLink Technology Session will be on Saturday, March 21st at 10:00 a.m. Bring your smart phones, tables and/or laptops and receive assistance with your challenges.

2026 Holiday Closures

May 25—Memorial Day

June 19—Juneteenth

July 3—Independence Day

September 7—Labor Day

November 11—Veteran's Day

November 26 & 27—Thanksgiving

December 24 & 25—Christmas

March Presentations, Meetings & Events

GriefShare

Monday, March 2, 9, 16, 23 & 30—10:30 a.m.

Snack & Learn: Home Foot Care

Monday, March 2—10:00 a.m.

(see article on page 3)

Conversational Spanish Classes

Thursdays, March 5, 12, 19, 26—10:30 a.m.

Senior Scribblers Writer's Group

Wednesdays, March 11 & 25—9:30 a.m.

(see article & stories on page 9)

Snack & Learn: Proper Home Care

Wednesday, March 11—10:00 a.m.

(see article on page 3)

Rated PG Book Club

Friday, March 13—9:30 a.m.

(see article on page 8)

Music Bingo

Monday, March 16—3:00 p.m.

(see more detail on page 8)

Craft Show Vendor Meeting

Wednesday, March 18—10:00 a.m.

(see article on page 6)

Pressed Flower Cards

Wednesday, March 18—10:30 a.m.

(see article on page 7)

Lunch & Learn: PPD Research Studies

Wednesday, March 18—12:00 p.m.

(see article on page 3)

GenLink Technology Session

Saturday, March 21 (tentative)—10:00 a.m.

90-Minute Crafts: "Basic Flower Arranging"

Wednesday, March 25—10:30 am to 12:00 pm

(see article on page 7)

BCH Book Club (Books in the Cedar Hills)

Friday, March 27—9:30 a.m.

(see article on page 8)

Always check the Weekly Update for changes in events.

March Birthdays

Mike Berry 1	Leo Riggi.....9	Donald Benson21
Rosa Din 1	Amy Hubert 10	Beverly Ball 22
Mary Williams 1	Chris Campbell 11	Martene Hahn..... 22
Bob Bonardi 2	Tena Pinion 11	Mollie Dirck 23
Baldev Chaudhari 3	Taffy Gauger 13	Joan Sitton 23
Luann Garcia 3	Bonnie Crawford..... 14	Linda McDaniel 25
Jane Howard 4	Nancy Nunn 14	Don Roach 25
John Lazaretti 6	Marjorie Smith 16	Henri Stanford 25
Darrell Docking 7	Linda Carlson 17	Margie Nolen 26
Lisa O'Connor 7	Deborah St. Pierre..... 18	Ellen Bailey 27
Carolyn Brewer..... 9	J.C. Henderson 19	Connie Robertson..... 31
	Marcia Baumgartner 20	

March Anniversaries



Vee & Bill Cocke6
Carolyn & David Brewer 15
Amelia & Felix Malone20
Clara & Ray Mucciacciaro22
Janet & Bob MacFarland.....28
Ana & George McKee30

NEW MEMBER RECOGNITION January/February



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

January 2026

Michele Elliott
Bill Lange
Laila Marawi
Liz Willingham
Sophia Chandler

February 2026

Linda Meier
Pati Cruce
Lisa O'Connor
Gaye Reid
Francine Barnes
Mark Haase

welcome!



Hugs & Sunshine



Michele Elliott
Pat Fiero
Miriam Hallett
Lisa Leirvaag
Zane Lowenstein
Henrietta Stanford

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.

President's Message:

From Then to Now

(continued from page 2)

Healthcare advances have perhaps been among the most remarkable changes. Names like Salk, Barnard and DeBakey come to mind. Vaccines, antibiotics, heart surgery, joint replacements, and improved cancer treatments have extended life expectancy and improved quality of life. Many of us have benefited directly from medical breakthroughs that simply did not exist in our youth.

Education has expanded as well. College attendance is far more common, and learning can now take place online from virtually anywhere in the world.

Culturally, we have seen enormous social changes—movements for civil rights, expanded opportunities for women, and greater awareness of diversity and inclusion. Music has moved from vinyl records, to 8-tracks, to cassettes, to CDs, to streaming services. Entertainment has shifted

from drive-in theaters and transistor radios to on-demand movies and music available anytime.

Perhaps one of the most significant shifts has been in community life. There was a time when neighbors gathered on front porches and churches and civic clubs were central meeting places. Kids would play outside until dark and only come in when Mom called for dinner. Today, few know their neighbors and connect only within workplace or organizational groups. Many connections today are formed digitally. More and more couples find each other through online apps.

Through it all, one thing remains constant: the resilience and adaptability of our generation. We have learned new technologies, adjusted to new social norms, and continue to grow through each decade of change.

As I reflected on how far society has come, I have realized that we were not just witnesses to history, we were and continue to be a part of it. The stories, that are many, carry living reminders of a world that has transformed in ways that were once unimaginable.



THE UNITED STATES
AIR FORCE BAND
WASHINGTON, DC

CONCERT BAND
AND
SINGING SERGEANTS

Colonel Owen Schaffield
- COMMANDER AND CONDUCTOR -

Sunday, March 29th at 3 p.m.
Don Tew Performing Arts Center
3301 S. Bagdad Road
Leander, TX 78641

For information on FREE tickets please go to [usairforceband.com](https://www.usairforceband.com)

Free Tickets to Air Force Concert Band Performance

Your United States Air Force Concert Band & Singing Sergeants will be in the Austin area during their Spring Tour, March 29th-30th!

Don't miss this rare and exciting opportunity to hear great patriotic music, the music of Wick- ed and as always, a salute to celebrate our veterans!

Sunday, March 29th at 3:00 p.m.

Leander, TX

Don Tew Performing Arts Center

and

Monday, March 30th at 7:00 p.m.

San Marcos, TX

Texas State University

Click here for more information and to get your FREE tickets: <https://www.music.af.mil/USAFBand/Events/National-Tours/Concert-Band/>

**Thank you for supporting your
United States Air Force Band!**

Photo Gallery: Lisa's Retirement Party

Photos courtesy of Shirley City and Linda Rettinger



On February 2nd, we celebrated Lisa's retirement. Below are photos of the cakes and gifts she received, not to mention all the well wishes from the many attendees.



*A "Thank You" from Lisa:
I truly appreciate your warm wishes,
thoughtful cards, and generous gifts. Your
kindness made my retirement feel extra special.
—Lisa Leirvaag*



Photo Gallery: Valentine Dessert Potluck

Photos courtesy of Shirley City and Linda Rettinger



Yummm! Valentine Desserts galore!



Sue Holmes and Beda Johansen worked the kitchen and served the goodies.



Mary Riordon sneaked in from the front office to get some sweets.



Ellen Fannin and Shirley City check the trivia answers.



Above: Folks enjoying the desserts, games and conversation.

Far Left: The prizes and games.

Left Mid: Maggie Evans with her prize for winning the Bingo game.

Left: Debi Rosin won the Trivia game. The drinking cup she won matches her shirt.

BOARD OF DIRECTORS

President
Ellen Fannin
Vice President
Sue Holmes
Treasurer
Denny Clauson
Secretary
Lisa Leirvaag
Directors
Jeanne Allison
Jim Anderson
Pat Fiero
Emma Sue Johnson

OFFICE MANAGER

Jeanne Allison
Email:
toth.director.tx@gmail.com
512-331-6000

STANDING COMMITTEES

Finance
Denny Clauson
Nominating
TBD
Special Events & Resource Dev.
Sue Holmes
Communications & Publicity
Open

OPERATIONS

Bldg Maintenance: Cedar Park
(Jeanne Allison is TOTH contact)
Bookkeeping: Lori Rainey
Kitchen & Supplies: Lisa Leirvaag
Membership: Barbara Duprey
Reception: Mary Riordon
Memorials: Colleen Sanchez
Sunshine: Colleen Sanchez
Mem'l Garden: Jim Anderson
Historians: Ruby Banks
Gail Brennen
Library: Ruby Banks
Bulletin Board: Open
Newsletter: Ellen Fannin
Website: Outside Vendor

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
Golf (weekly)	Frank Mignoli	
Sit & Fit (3x week)	Pat Fiero & Diana Hiebeler	
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	
Conversational Spanish (Thursdays).....	Leslie Blanton	
90-Minute Crafts (various Wednesdays).....	Ellen Fannin	Sign up Required

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	
Hearts (Weekly).....	Chris Campbell	
Mahjong (Weekly on Thursday).....	Georgia White	
Mexican Train (Weekly).....	MarEllen Basalyga.....	Sign up Required
Music Bingo (3rd Monday).....	Ellen Fannin	Sign up Required
Pinochle (Weekly on Tuesday)	Sue Holmes.....	Sign up w/Leader
Poker (Weekly on Tues.)	CW Clark	
Skip-Bo (Monday & Thursday).....	Leo Riggi & Linda Staas	

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
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March 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1



8



15



22



29



VOTING LOCATION

9⁰⁰ Walking Group 3
9³⁰ Rbr Brdg*
10⁰⁰ Canasta*
12³⁰ Poker
1⁰⁰ Dup Bridge*
1⁰⁰ Pinochle

9⁰⁰ Sit & Fit

9⁰⁰ First Aid/CPR* 4
9/10⁰⁰ Cardiology
1⁰⁰ Bunco*
3⁰⁰ Crochet Class*

9⁰⁰ Walking Group 5

10/11⁰⁰ Mahjong
10⁰⁰ Skip-Bo
10³⁰ Conv Spanish*
12⁰⁰ Quilting Bee
12⁰⁰ Mexican Train*
5³⁰ TOTH Dinner Club*

9⁰⁰ Sit & Fit

10³⁰ Bingo
11⁰⁰ Exec Comm Mtg
1⁰⁰ Dup Bridge*

7

9⁰⁰ Walking Group

9⁰⁰ Walking Group 10

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

9⁰⁰ Sit & Fit

9/10⁰⁰ Cardiology 11
9³⁰ Senior Scribblers*
10⁰⁰ Snack & Learn*
1⁰⁰ Bunco*
3⁰⁰ Crochet Class*

9⁰⁰ Walking Group 12

10/11⁰⁰ Mahjong
10⁰⁰ Skip-Bo
10³⁰ Conv Spanish*
12⁰⁰ Quilting Bee
12⁰⁰ Mexican Train*

9⁰⁰ Sit & Fit

9³⁰ Rated PG Book Club
10³⁰ Bingo
1⁰⁰ Dup Bridge*

14

9⁰⁰ Walking Group
1⁰⁰ Dup Bridge

9⁰⁰ Walking Group 17

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

9⁰⁰ Sit & Fit

9⁰⁰/10⁰⁰ Cardiology 18
10⁰⁰ Craft Show
Vendor Meeting
10³⁰ Press Flowers*
12⁰⁰ Lunch & Learn*
1⁰⁰ Bunco*
3⁰⁰ Crochet Class*

9⁰⁰ Walking Group 19

10/11⁰⁰ Mahjong
10⁰⁰ Skip-Bo
10³⁰ Conv Spanish*
12⁰⁰ Quilting Bee
12⁰⁰ Mexican Train*

9⁰⁰ Sit & Fit

10³⁰ Bingo
1⁰⁰ Dup Bridge*

21

9⁰⁰ Walking Group
10⁰⁰ GenLink Tech Session*

9⁰⁰ Walking Group 24

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

9⁰⁰ Sit & Fit

9/10⁰⁰ Cardiology 25
9³⁰ Senior Scribblers*
10³⁰ 90-Minute Craft*
1⁰⁰ Bunco*
3⁰⁰ Crochet Class*

9⁰⁰ Walking Group 26

10/11⁰⁰ Mahjong
10⁰⁰ Skip-Bo
10³⁰ Conv Spanish*
12⁰⁰ Quilting Bee
12⁰⁰ Mexican Train*

9⁰⁰ Sit & Fit

9³⁰ BCH Book Club
10³⁰ Bingo
1⁰⁰ Dup Bridge*

28

9⁰⁰ Walking Group
9⁰⁰ Monthly Breakfast*
10⁰⁰ CRAFT SHOW

9⁰⁰ Walking Group 31

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

March 5 TOTH Dinner Club: Cedro's Scratch Italian & Wine Bar*

14028 Hwy. 183, Ste. 210—5:30 p.m.—Limit: 15

March 17 Meet & Eat: The Burger Bar*

2005 Little Elm, Bldg. A, Ste. 100—1:00 p.m.—Limit: 15

March 28 Monthly Breakfast: Treasure of the Hills*

—9:00 a.m.—Limit: 40

*The red asterisk indicates that Sign-Up is required

Treasure of the Hills Senior Center