

## MONDAY MORNING MEETING MINUTES

Meeting Date: January 22, 2024

Monday Morning Meeting - January 22, 2024

The meeting started with a teaser performance from Jason and Patrick who will be doing a Happy Hour on Thursday from 4-5:30 for us. We all then said the Pledge of Allegiance. Gary led us in singing the National Anthem and O'Canada.

WELCOME BACK!

New Guests: Sue Fortune from Perham, MHN and Mike Harland (sp?) from WI. Returning Guests were: Ginny and Mike Crayne, Joan Brady, and Steve and Linda Wood. We are glad you are here!!

Wellness Report: Prayers were asked for Tim David's brother, Charles, who is having a new pacemaker and defibrillator placed. Nancy Rickert was moved to Solara and would like visitors, but please call before you come so she can coordinate her rehab schedule. Bethy Chos husband, Tony, has had a stroke which affected his speech. He has been moved to Virginia, MN for rehab. Sally Bonsal's daughter, Betsy, passed away last Monday.

Pastor Dave reminded us that Bible Study is 9:45-10:45 in the AC room. All are welcome. He led us in prayer for those who are struggling, to give them comfort, and for our Nation and peace.

Al reminded us that the Volleyball court is NOT a dog park. Please do not let your dogs do their business on the court, or it will need to be locked. Also, all dogs need to be leashed and picked up after. Garbage days are Monday and Friday by 8:00 a.m. Do not put out early to keep animals out of it. Thanks to volunteers which make this Park run! Also, there is a messaging system called Remind that we use to send out Water Shut off and Veggie Man alerts. Come to the front Office to get on the text list.

Guest Speaker: Dave Almquist from Rio Grande Valley Hospital labs spoke on the Wellness screening. The Basic screening is \$25 for 50 tests which physicians cannot order. You take control of the results and will get a printout that you can take to your doctor. The Male Executive profile is \$55 which given you the 50 tests plus prostate and testosterone levels. Testosterone level is important because low results are the leading cause of depression, suicide in men, and can cause sleep disruption and weight gain. The Female Executive panel is \$35 and includes TSH and Iron plus 50 tests – important because it can cause moodiness, loss of hair, and point to thyroid issues. There is also a CA125 test for ovarian and breast cancer. The labs will be drawn on February 2<sup>nd</sup> at 7 a.m. in the AC Room. MUST FAST 8-10 hours before. On February 14<sup>th</sup>, Dave will return at 1:00 pm in the Al Barnes to explain results. They will call you sooner if there is anything urgent in your results. Sign up sheet on Medical Board.

Guest Speaker: Stan Schwenke from Skymed. This is their 12<sup>th</sup> year at TOT. There are new one year memberships for discounted rates. On Friday, February 26<sup>th</sup> Skymed will be hosting a luncheon at noon in the AC room. There is also a travel agency at Skymed who can book the best prices guaranteed. See Stan for more info.

Our Town deadline is Jan. 29<sup>th</sup>. Please email articles to Deb Bashaw at [tot.ourtown@gmail.com](mailto:tot.ourtown@gmail.com) or drop in her mail slot next to her door.

Happy Hours today and Thursday from 4-5:30 pm.

Sandy Bogart told us about a tub of old mail that was just discovered under some empty tubs in the mailroom. If you just recently got mail from December, it was in that tub. Make sure you open and close your mailbox as you come and go. Also, please put unit number and lot number on all mail and packages.

Valentine's Day festivities will kick off at noon to 4:00 on 2/14. Sign up for potluck. Activities will provide sloppy joes. There will be games, dancing, raffles and Corn Hole doubles tournament. Sign up back board. If you do not have a partner for Corn Hole, they will find one for you. Steven May's dance will follow at 7 pm.

On February 4<sup>th</sup>, Justic Terry will be in concert from 3-5:00 pm. He is fantastic. If you are a vet, you will appreciate him. \$8 at door.

On February 8<sup>th</sup>, Shake, Rattle and Roll will be here from 2-4:00 pm. Tickets at Activity Office. \$9 in advance, \$10 at door.

On February 11<sup>th</sup>, we have an Illusionist, Roger Wayne, to amaze and delight us. \$8 at the door.

This Saturday, January 27<sup>th</sup>, there is a dance with Edith and Diego, 7-10 pm.

We have received 2 more medals – Kathy Thate won Silver in Billiards Doubles with her partner Kerry. Jeff Seeger won Silver in Hearts. Congratulations to both! Remember tomorrow is Walk n Talk at 9 at Fireman's Park. You had to be registered already. Bring 2 cans for the Food Bank.

Next week – Register NOW for: Pinochle, Bowling Mixed Doubles, the Movie Show (might be a Western), Contract Bridge, Bean Bag Toss Men, Bean Bag Toss Women, Bake Off and Bean Bag Toss Mixed. Thank you to all who have participated so far. Good luck this week!

On January 29<sup>th</sup>, there is a Missouri luncheon at Mr. Gatti's. Sign up at the back of the Hall.

Rocket Ranch bus tour – We were supposed to go to Rocket Ranch today but it was canceled because of weather. We still need MORE people to sign up. We are trying to set a new date with another park to fill our 45-person bus. They are building a privacy fence, so this may be the year to go. Those that came back Thursday told us the tour was fantastic!! Help fill the bus! \$50. Sign up in back of the Hall.

Thirsty Thursdays this week will be at Mama Mia's on Business 83. Meet at 3:30, eat shortly after.

Bps done today by Jennifer Kirkland.

Kitchen News – Tomorrow's lunch is chicken and rice casserole. Sign up on the Kitchen board near the Kitchen door. Breakfast on Saturday is biscuits and gravy!!

Road Runners Bike Club will meet at 8 a.m. on Friday for the trip to Santa Ana Wildlife Refuge. You do not have to ride a bike to go. They have a tram tour at 9:30 a.m. that holds 35 people. On Military Hwy. Admission is \$5/car. Golden Age Olympic pass get in free.

Trail Dancing class is being added to the AC Room at 8:15 a.m. on Fridays.

Jackson Pest Control sign up with Alta and Bob at the back of the Hall.

Horse Collar is Friday. There will be 6 chocolate bombs to give away. No Horse Collar on Spaghetti dinner Friday Feb. 2.

Peter Piper Pizza is Feb. 13<sup>th</sup> on 495 and 10<sup>th</sup> Street, 11:00 a.m. Buffet with free ice cream and prizes.

Red Hatters – Today is your day to get out.

The Winter Texan Orchestra will play for us on January 30<sup>th</sup> at 3:00 pm.

Carolyn Williams said we had a nice turnout for Summer Birthdays. Will play games next year!

Monday is Buckey's Day – wear your tee shirt!

Craft Show 50/50 was won by Linda and Terry Dean on Lot #946. It was \$120.00.

Chapel News Board moved over and we added a board for just Classes.

The Wood Shop bought a CNC machine and John Bloem will give a class on January 30<sup>th</sup> at 6 pm. Seating is limited. Spaghetti tickets are on sale here and in the Activity Office. If you have tickets you are selling, get proceeds back to Arlo by Friday. The quilt drawing will be done on St. Patrick's Day. Any donations to auction or for State baskets should be brought to Anita at lot #803.

Sewing Room: There is no charity sewing this Thursday, so Open Sewing on Thursday. Classes: Today, Cork Wallets from 12-4pm by Marilyn Bullington; Next Monday's class is Cross Body purse by Donna Williams – 2 classes. There is a pre-class session tomorrow, Tuesday, Jan. 24 at 4 pm in the Sewing Room. Supply list is posted in the Sewing Room.

TOT Showcase is Friday, February 23<sup>rd</sup>, 1-2:30 pm in the Main Hall. Time to show off all the great artists we have here at TOT. If you want to display the items you have made, please sign up on the blue sheets on the back bulletin board. There will be a separate sheet for sewing Room items posted in the sewing room.

They are also selling tickets for our Yesteryears Treasures Quilt Show on Thurs, Feb 29<sup>th</sup>. Tickets are \$10 for the luncheon and lecture on Antique Quilts. We have 10 Antique quilts to display. If anyone has some to borrow, please let them know. There are also raffle tickets for the quilt that will be at the Show. \$2 each or 3/\$5. Made by Karyl David.

Germanfest tickets are available in the Activity Office. It is Saturday, Feb. 24<sup>th</sup>. Bring samples of something you never tried for drinks. Can be alcohol free, or German wines or beers, or water. Come out and have food and fun! Tickets are \$10.

Lou White and Terry Dickey will be doing a pool on both football games this weekend. See them if you are interested.

50/50 was \$74 today. Won by Lot 43.

The meeting adjourned at 9:50 a.m.

Tip 'O Texas Activities Directors  
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