

# AARP Chapter 2426

## Minutes from April 17th, 2018 Meeting

President **Petr Skalnik** called the meeting to order at 1:00pm. Vice President **Elaine Benton** led the pledge to the flag.

**\*Announcements:** The next regular Chapter meeting will be on May 16th, 2018 @1:00PM at the South Austin Senior Activity Center. The next Board meeting will be on May 15th, 2018 at the Manchaca Road Branch of the Austin Public Library @ 10:00 am.

### OLD BUSINESS

**Minutes:** The minutes of the March 21<sup>st</sup>, 2018 meeting were read and approved.

### NEW BUSINESS

**Pete** reported that he will be soliciting around 10 volunteers to help with the next AARP Day to be held this August at the Bethany United Methodist Church on Anderson Mill Road. Assistance will be needed in setting up rooms, signing in attendees, organizing vendors, distribution of materials, etc.

### PROGRAM

Our presenter was **Rusty Cribbs**, a fitness expert from *Texercise*, who presented tools to be active and enjoy a healthy lifestyle. *Texercise* is a statewide health and wellness initiative of the Texas Health and Human Services Commission that encourages individuals and communities to adopt lifestyle habits such as regular physical activity and good nutrition. Rusty led participants in simple chair and standing exercises to increase strength and to improve balance and flexibility.

### COMMITTEE REPORTS

**Attendance and Membership Committee:** **Margaret Hughes** reported that there were **64** members and **7** guests in attendance. The guests were: **Tony Forseca, Carol Ford, John Dahmus, Loretta Dahmus, John Martin, Bonnie Broyles and Mary Ann Brown**. There were also **5** new members: **Thelma Tames, Ruth Dawson, Daryl Jennings, Letitia Krohn, and Miluse Nepushil**

**Treasurer's Report:** **Barbara Fetonte** reported that the Checking Account balance was **\$2, 519.16**; the Travel Account balance was **\$1,645.31**; and Savings Account balance remained at **\$25.00**.

**Community Service Committee: Pat Thomas** said she will be on vacation in May, but there will be several new Roll and Stroll events to take place in the near future. She urged everyone to watch the newsletter and emails for specific dates and times. Also many new changes are coming to established bus routes, so more will be reported on this as it occurs.

**Sunshine Committee:** There was 3 birthday celebrants present: **Bonnie Zeugin, Barbara Kaiser and John Dahmus;** and 1 Anniversary: **Debra Fennell**

**Travel Committee: Rosie Perez** said that the trip to the **LBJ Ranch in Johnson City** on May8th, with a side trip to the **Wild Seed Farm** is full. Lunch will be in Fredericksburg. Note that departure time from SASAC will be at 7:45am sharp, so attendees will have to be here no later that 7:15am.

With no further business, the meeting was adjourned at 3:00pm.

**Ed Gonzales, Secretary**

**(APPROVED May 16th, 2018)**

\*Not read at the meeting, for informational purposes only