



LEOH (Life Enrichment of Houston)

October 17, 2019 *Newsletter*



WELCOME, NEW LEOH MEMBERS!



Kathryn Brown, Marney Caldwell, Fran Dunn, Susan Graugnard, Sharon Kann, Britt Mayo, Diana Mayo, Mary Faye Snell, Dot Ullrich, Leoh Ullrich, and Jean Whitehead



...AND...THIS IS *CHILI* WEEK! SEE THE LUNCH SECTION BELOW FOR IMPORTANT DETAILS!



Field Trips

Get ready for this Friday's (October 18th) trip to Froberg's Farms, Joe's BBQ, and Haak Winery. Refresh your memory of this trip's details by checking trip leader Ann Fairchild's previous email, and sign up now (fairann@sbcglobal.net). As always...once you sign up, notify Ann immediately if you cannot go, so someone else may have the opportunity.

Book/Magazine/CD

Borrow a book/magazine/CD, and return when done. *Thank you* to those members who have brought in books to add to our collection! There is an alphabetical list of our books by author, attached to the cart, to accompany the matching alphabetized books. Please keep the books in alphabetized-by-author order! Keep what you choose from a selection of note pads, cards, calendars, and pens.

Please wear your Name Tag!

If you can't find your name tag, please check with Ken to get a new one. Remember, we all need help learning (and remembering) who we all are, particularly new members!

THIS THURSDAY'S HAPPENINGS

- 9:00 a.m. **BASIC SPANISH CLASS (Room 139)** (taught by Maura Rodriguez, MD)
- 10:00 a.m. **WHAT'S UP, HOUSTON? (Family Life Center)**
Sean Fitzpatrick, PhD, Executive Director, Jung Center, discusses and compares the terms "spiritual" and "religious".
(Back by popular demand)
- 11:00 a.m. **TOWN HALL (Family Life Center)**
Gary Cheema, PharmD, Owner and pharmacist, Medic Pharmacy, asks "What do you know about the vitamins you're taking? Do they interact with prescription medicines or other supplements you are taking?" He will enlighten us on the proper uses and needs of each vitamin.
(Back by popular demand)
- 11:55 a.m. **LUNCH DRAWING (Family Life Center)**
On the first Thursday that a member attends, they will add their name to the LEOH bowl upon arrival that morning. The lucky person whose name is drawn will enjoy a free lunch! Lunch is also free this day for first-time visitors and new members.
- 12:00 p.m. **LUNCH (Family Life Center)**
ARE YOU READY FOR SOME CHILI?! Firehouse Subs is providing *Chili* this week, with cheese and *fritos*! For anyone who feels they cannot eat chili, soup can be made available; however, please notify Jane at janeortim@aol.com or Mary at mary-mahon@sbcglobal.net immediately, if you prefer soup, so it can be ordered/reserved for you. Please note: Cost this week is \$7.00.
- 12:45 p.m. **Social Bridge (Family Life Center)** coordinator Jean Vorhaben
Year-Round Bridge (Room 138) coordinator Pat Roberts
- 1-3:30 p.m. **Watercolor Painting (Family Life Center)** acclaimed instructor Marie Schaer

NEXT WEEK'S SPEAKERS

WHAT'S UP HOUSTON: Lisa Kasianowitz, Outreach Manager, Houston Parks Board, discusses "Bayou Greenways 2020".

TOWN HALL: Timothy (Tim) C. Mock, Co-Founder, Houston Climate Protection Alliance, and valued LEOH member. His topic "Climate Collapse? Soon?" explores topical writings of two famous men—UK's sustainability professor Jem Bendell, and U.S. climate scientist James Hansen.

QUOTE FOR THE WEEK

"Age is not important unless you are a cheese." - Helen Hayes

LEOH questions? Contact Ken Euler at ken@bethanyumc.org or 713-664-5740. And check the website, leohdallas.org
If you need to contact the Bellaire UMC office, call 713-666-2167.