



LEOH (Life Enrichment of Houston)

April 14, 2022 Newsletter



WELCOME to LEOH
Fellowship Hall, Bellaire UMC



Welcome Once Again, New LEOH Members!

The names of our new members will be included in next week's newsletter.

We hope everyone has been enjoying the food, fellowship, and speakers!



It's Confirmed! Our 2nd BOOSTER SHOTS are On Their Way! Mark your Calendar for April 21st!

Randall's will be providing Moderna vaccines at LEOH that day, between 12:45-2:00, in the Parlor.

Those who have 1:00 classes will receive theirs first.



There will be a sign-up sheet today, to assist in finalizing a total number. Prior to booster shot day, an appointment link will be provided (as they were last year) by Ken, via email, which will allow everyone to pre-register. Then on the 21st, please bring your CDC Vaccination Card and insurance card (Medicare or...).



TODAY'S SPEAKERS



10:00 a.m. WHAT'S UP HOUSTON: J Hunter Todd, Chair and Founding Director, 55th Annual Worldfest Houston, will talk about the history of the oldest independent Film Festival in the world, and its effect on many important film makers.

11:00 a.m. TOWN HALL: Ann Balthazar, Regional Disaster Preparedness Manager, American Red Cross, will present an overview of both the American Red Cross, and home fire safety.

LUNCH AND AFTERNOON ACTIVITIES

11:55 a.m. WEEKLY LUNCH DRAWING (Fellowship Hall)

On the first Thursday that a member attends, they will add their name to the LEOH bowl upon arrival that morning. Each Thursday, the lucky person whose name is drawn will enjoy a free lunch.

12:00 p.m. LUNCH (Fellowship Hall)

THANKS TO MARY MAHON, Lunch Committee Chairperson, for all her hard work planning and organizing, to ensure everyone enjoyed not just a special lunch of Taco Salad with fajita meat and all the trimmings, but an enjoyable lunch and morning snacks every week. Mary is off to Arizona for awhile to visit family, so we wish her safe travels, and know that snacks and lunch are in the capable hands of the "Kitchen Crew",

Tom and Sandra Williams, and **Patsy and Joe Frederick**. Today, enjoy a return to Firehouse Subs, along with a drink and dessert, all for \$5.

12:45 p.m. SOCIAL BRIDGE (Fellowship Hall) coordinator Jean Vorhaben

1:00 p.m. YEAR-ROUND BRIDGE (Room 131) coordinator Pat Roberts

1-3:30 p.m. WATERCOLOR PAINTING (Room 122) instructor Marie Schaefer

1-1:50 p.m. SPANISH CLASS (Room 123) instructor Maura Rodriguez



NEXT WEEK: April 21, 2022

10:00 a.m. WHAT'S UP HOUSTON: Bandana Chawla, MD, Lifestyle Docs, explains that the mission of Lifestyle Docs is to empower individuals to become healthy in mind, body and spirit with a holistic approach.

11:00 a.m. TOWN HALL: Kaitlyn Frey, Program Manager, and/or Joshua Webb, Program Coordinator, Crime Stoppers of America, discusses what Crime Stoppers is all about and how it works.



LEOH April 7 MEMORIES



Debbie Posso, Executive Director of *Senior Rides and More*, explained their organization's goals and mission, and how we can help, or direct someone we know to their services.

Check out their website seniorridesandmore.org,

or email or call them:

713-772-8181; info@seniorridesandmore.org.

Chris Tomlinson, author, and business columnist for the *Houston Chronicle*, shared his thoughts on energy, climate change, and more, including his recent book about the Alamo. Check out his book or column. You may also contact him at chris.tomlinson@chron.com.



Reviewing their checklist



The lunch line: Everyone enjoyed having something a little different: Taco Salad.

LEOH Trips — Trip Coordinator Ann Fairchild

Upcoming: Wednesday, April 20th: *Edith Moore Nature Sanctuary*.

Ann has shared details by email. You may contact her at fairann@sbcglobal.net or **281-686-1325**.

Remember, you can check out the details/pictures of previous trips as well as other LEOH activities at our leoh-texas.org website!

Book/Magazine/Puzzle Exchange and Suggestion Box

Borrow a book or puzzle, and return when done; keep what you choose from a selection of items such as greeting cards and magazines. The suggestion box is your opportunity to anonymously share your thoughts on LEOH, including trip, speaker, or topic suggestions.

LEOH Member Care Coordinator

Jean Kopp will send a card to a LEOH member or their family, upon request.

Contact Jean at 713-665-7210.