



LEOH (Life Enrichment of Houston)

September 29, 2022 Newsletter



WELCOME to LEOH - Our 42nd Year!
Fellowship Hall, Bellaire UMC



Welcome, Everyone, to Week Two of LEOH!



Registration is continuing; once completed, new members names will be included in a future newsletter. We hope that those of you who are new to LEOH are feeling welcomed, and are enjoying what it has to offer!

Name Tags



To EACH member, new and "old", please wear your name tag, so we can all know "who's who"! New members, you should be receiving your name tags shortly, if you haven't already.

MORNING ACTIVITIES AND SPEAKERS

9:30 a.m. **REGISTRATION** for new (and old) members continues in the Welcome Center.

VACCINATION SIGN-UP pads for Flu, Covid, and other vaccines will be available in the Welcome Center, to ensure Randalls will have adequate supplies on **Vaccination Day October 6th**. TODAY is the last day to register.

LUNCHTIME PRAYER/WORDS OF INSPIRATION SIGN-UP pad will be available for anyone who wishes to offer a prayer or inspirational thought(s) just prior to lunch on a LEOH meeting day. **Jean Kopp** offered her thoughts and a prayer last week; **Joe Frederick** will do the same this week.

REFRESHMENTS (coffee, tea, snacks) are available to everyone in Fellowship Hall.



10:00 a.m. **WHAT'S UP HOUSTON?** Frances Bock, Master Gardener, Harris County Master Gardeners, will discuss the pros and cons of choosing container gardening and popular types of containers.



11:00 a.m. **TOWN HALL:** Janis Teas, Inspector, Texas Department of Agriculture, will inform us on coping with last year's freeze and this year's drought, how the department works, and her work as an inspector.



LUNCH AND AFTERNOON ACTIVITIES

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

On the first Thursday that a member attends, they should 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. Last week's winner was **Angela Hennebery**! So to those of you who have not yet added your name, please do so! You will find paper and pen/pencil on each lunch table to write your name. They will then be collected between speakers, for the drawing just prior to lunch. *Good luck and bon appetit!*



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

Enjoy a sub, along with a cookie and chips, from **Firehouse Subs**, plus a drink and extra dessert (yes, ice cream)! All for \$7.



12:45 p.m. **SOCIAL BRIDGE (Fellowship Hall)** coordinator Paula Koehn

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

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

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



NOTE: IMPORTANT REMINDERS FOR NEXT WEEK—October 6, 2022

CHANGE IN LOCATION: All events will take place in or near the Family Life Center (Gym).

VACCINATIONS: Randalls will be providing Flu, Covid, and other vaccinations outside the Gym. Bring your insurance/Medicare and vaccination cards, wear clothing that allows upper arm access, and be assured that it is acceptable to receive the flu vaccine in one arm and the covid vaccine in the other. Sign-up ends today (September 29th).

SERVICE PROJECT: Please bring a 16-oz jar of peanut butter, and a box of 4-sleeve crackers, for donation to ROM (Residents of Midtown). ROM assists the needs of homeless veterans and others.

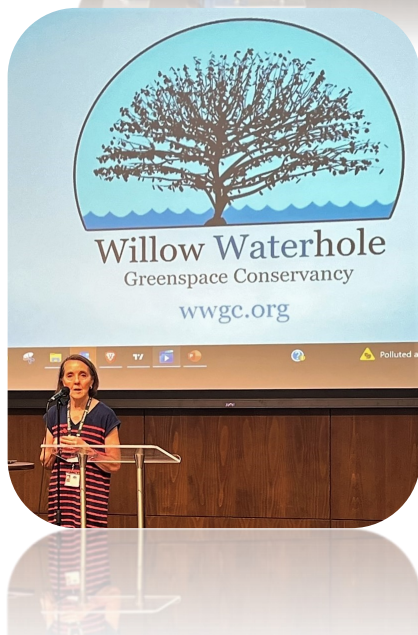
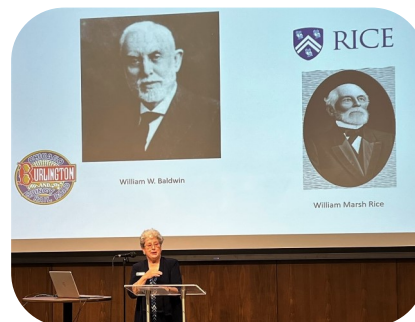




WEEK ONE (9/22/22) MEMORIES



What's Up Houston speaker committee member Jim Burrough introduced **Mary Cohrs**, Bellaire Library Director, for *Part Two* of the history of Bellaire. Mary shared many more fascinating facts and tidbits about the history of Bellaire, as well as Houston.



Town Hall speaker committee member Vickie Fella introduced Willow Waterhole board members **Trudy Holmes** and **Jeff Peters**. Through maps and discussion, they explained the origin and purpose of the Waterhole, and the grand plans for expansion and new programs.



LEOH member **Joe Frederick** was celebrating a birthday, so naturally everyone sang *Happy Birthday* to him! He enjoyed a birthday cake made especially for him!

NEXT WEEK'S SPEAKERS—October 6, 2022

10:00 a.m. WHAT'S UP HOUSTON? Sarah Pella, DVM, Veterinarian at the Meyerland Animal Clinic, will discuss veterinary medicine, new treatments, and the special bonds of pets and owners, especially seniors.

11:00 a.m. TOWN HALL: Marci Sharif, Columnist, *Houston Chronicle*, states that the best indicator of our health and wellness is how we think, not just our diet and exercise. Marci teaches yoga and meditation and shares her lessons and experiences—what works and what does not. We need to get out of our own way—as in *"out of your mind—the best way to be"*.

LEOH Trips — Trip Coordinator Ann Fairchild

Upcoming: Friday, October 21st: A trip by Precinct One bus to visit BAPS Swaminarayan Mandir, Stafford.

The trip will also include a stop for lunch, followed by a Hindu workshop back at the Church Parlor.

Ann will share further details in person and by email to anyone interested in this trip.

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 leohtexas.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

LEOH member **Jean Kopp** will send an appropriate card to a LEOH member or their family, upon request. Contact Jean at 713-665-7210.