



LEOH (Life Enrichment of Houston)

September 21, 2023 Newsletter



WELCOME to LEOH - Our 43rd Year!
Fellowship Hall, Bellaire UMC

WELCOME BACK, EVERYONE!

And to our **new** members, we hope you are feeling welcomed, and we hope you enjoy what LEOH has to offer!

Name Tags

New members will be issued name tags soon. "Old" members should pick up their name tags at the registration table on the way in, and drop them off as they exit. A new tag can be issued to anyone who has lost or misplaced their tag.

To All—please wear your name tag, for ease of identification to those around us!



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 next week, **September 28th**.

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 (please contact VP Mary Mahon).

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



10:00 a.m. WHAT'S UP HOUSTON? Cassandra Dahnke, Co-Founder, Institute for Civility in Government explains their dedication to educating and equipping Americans to participate effectively in a civil society.

11:15 a.m. TOWN HALL: Ashley Zustovich, Marketing & Communication Director, Child Advocates discusses the role of court-appointed volunteers who speak up for abused children who are lost in the system. Volunteers strive to guide them into safe environments where they can thrive.



LUNCH AND AFTERNOON ACTIVITIES

12:15 p.m. WEEKLY LUNCH DRAWING (Fellowship Hall)

On the first Thursday of attendance, members will add their names to the LEOH bowl upon arrival that morning. Each Thursday, the lucky person whose name is drawn will enjoy a free lunch!

LUNCH (Fellowship Hall)

Enjoy a sub, along with a cookie and chips, from **Firehouse Subs**, plus a drink and extra dessert (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



LEOH SERVICE PROJECT!



Our last speaker for this Fall session of LEOH will discuss the goals and needs of the organization *The Landing*. They provide respite, support, and resources to local survivors of human trafficking and commercial sexual exploitation.

What can we do to help?

Beginning this Thursday, the 21st, and continuing each Thursday through November 2nd, please consider donating to this worthy organization. These survivors are in particular need of underwear (such as sports bras and panties) and other inexpensive articles of clothing. Monetary donations are also very welcome, to assist *The Landing* in purchasing needed items.

Please bring clothing items to LEOH any Thursday, for storage in room 124. If donating money, please donate any Thursday before or at the time you pay for lunch. Direct any questions to Judy Bristol, coordinator for this worthy service project.



LEOH MEMORIES

September 14, 2023 (Fall Registration Day)

Thank you, **Mary Mahon, Sandra Williams, and Patsy Frederick**, for handling the morning refreshment duties!

And Thank You to our registrars, **Ken Euler, Rosalie Thurbon, Jane Shinn, and Hanna Schwarze**.



NEXT WEEK: September 28

9:30—11:00 a.m. VACCINATION TIME! Randall's offers a variety of vaccines. Sign up now for your vaccine choices!

10:00 a.m. WHAT'S UP HOUSTON? Leo Brito, Owner, Zero Waste Houston, discusses reducing consumer waste by diverting much solid waste to composting, especially by separating food scraps.

11:15 a.m. TOWN HALL: Cathy Podell, Owner, Houston Asiatown Tours, informs us about the Asian Community in Houston, to create awareness of this culturally vibrant and diverse community.

LEOH Trips (including stops for lunch) — Trip Coordinator Ann Fairchild

Tuesday, October 3: University of Houston, by Precinct One bus, to enjoy a walking plus bus tour of the architecture and art.

Friday, November 10: ABC Channel 13, by individual car (carpooling encouraged) to tour the newsroom and broadcast studios.

Ann will share further 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 leohstexas.org website!

WEEKLY REMINDERS

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, magazines, and (occasionally) knick-knacks.

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 **Kelly Cervenka** will send a card to a LEOH member or their family, upon request.

Contact Kelly at kcervenka39@gmail.com, or **281-814-6721**.

LEOH Questions? Contact Ken at kenleoh23@gmail.com, or **713-664-5740**. If you need to contact the Bellaire UMC office, call **713-666-2167**. And check our website leohstexas.org