

## Hollis Seniors Newsletter

September 2023

Reminder: We are still doing Yoga each Thursday from 1015-1100 AM here in the Barn. Spread the word and bring your friends, as it is open to everyone. Donation is still only \$5.00.

August was filled with several interesting events. Specifically:

Dr. Woods and her staff provided an excellent presentation on the importance of Hearing, Balance and Vertigo pertaining to seniors. Members were then offered opportunities to participate in various supervised tests to check their hearing and balance. Most informative, especially since as we are start approaching the Fall and Winter seasons.

Seniors Social time.

Lunch with Liz and Leslie, again surprising us with a delicious lunch. This time it was a meatloaf and fish entree, along with various vegetables from our own Brookdale farms. Another feast!

Next we had a presentation on the American Chestnut Tree (ACT), its demise and future restoration. Note, the American Chestnut Tree is NOT the same as the Horse Chestnut Tree. The presentation discussed the history of the ACT and the ongoing program to bring the tree back. There is an ACT society that one can join if they wish to be kept abreast of this program.

On the 31st of August we held our monthly business meeting. We also celebrated our August Birthdays with cupcakes and ice cream. Additionally we discussed:

1. Upcoming nominations for officers for next year: It is not too early to get folks thinking about 2024 leadership.
2. The start of Meals on Wheels: This will begin with the 7 September meal. The cost is still \$3.00 per meal. NOTE, when you pay for your meals a week ahead, PLEASE provide the correct change. Please, no \$20 or \$50 dollar bills!

3. A brief discussion about our Winter/December party/dinner: Stay tuned for more information.

#### Activities for September:

7 Sep- Gizmos and Gadgets. Items to help seniors in their day-to-day activities.

8 & 9 Sep- Hollis Old Home Days.

14 Sep-Open meeting: A time to enjoy a relaxing moment with fellow members.

21 Sep-Hollis ladies, Leslie and Liz: Be prepared to enjoy another “surprise” luncheon. ALSO. A presentation by our Hollis Fire and Rescue folks on “fire safety.” This is very timely, especially with the upcoming Fall and Winter seasons upon us.

28 Sep-Business meeting and September birthdays: We will celebrate with cake and ice cream! September birthdays are: Senka Fallon, David Glover, JoAnn Heyer, Claire Higgenbotham, Joan Ingham, Marion Keith, Sandy Mason, Terry Murphy, and Marion Sherwin.

Don Ryder  
President, Hollis Seniors

Andy and Loretta  
Editors-at-Large