

## ROBSON RANCH WOMEN'S CLUB LUNCHEON

JANUARY 3, 2022

The general membership luncheon meeting of the RRWC was held on Jan. 3, 2022.

### Business Meeting:

President Rose Depoe called the meeting to order at 12:29 following lunch.

Rose began her presentation with introductions of new members present and then we celebrated January birthdays.

Rose provided updates of the club's finances. At the end of 2021 the books balanced and we carried forward a balance of \$2500 into 2022.

Rose thanked all of the individuals on the Hospitality committee who participated as greeters and table decorators for the luncheon.

She announced that the Home & Garden Show will be on 3/26 and noted that volunteer sign-up sheets and raffle tickets will be available at our March luncheon.

She reviewed the Board's vote to continue to support Our Daily Bread Together with Monsignor House, Friends of the Family, and the Denton Community Food Center as the recipients of our fundraising efforts.

Rose discussed the Sunshine Committee and mentioned the committee would send out messages to any Robson Ranch resident, not just RRWC members.

Lynn Teeling presented on our two upcoming trips—Verf's Tavern with the Painted Tree on January 27<sup>th</sup> and Shangrallama on March 2<sup>nd</sup>.

Rose put out a plea for a Publicity Chair and reminded members to look to the RRWC's website for up to date information.

The Business meeting ended at 12:50

Program:

Diane Eoff introduced Bonnie Fickey, who is an exercise instructor here at RR who specializes in functional fitness for the aged (over 50).

After an exercise demo that included 5 WCRR members, Bonnie gave a talk on the importance on how to stay fit as we age. Many health issues arise as we age are due to inactivity. Healthy eating, functional fitness through functional movements, managing stress, and proper sleep all contribute to aging well and independently.

Bonnie provided some very powerful kernels of advice.

- Hydration is very important. We should begin each day with a glass of water. Dehydration is very common in the aged.
- Neuroplasticity, dynamic stretching, active stretching and functional strength training all allow us to be strong with the ability to continue our daily activities of life.
- Cutting down on fat, sugar and salt is important as we age.
- We should get between 7-8 hours of sleep each night.
- Social wellness is very important.

Rose Depoe adjourned the meeting at 1:43 pm.

Respectfully submitted,

Donna M. DeBoever  
Secretary, RRWC