

ACTIVITIES UNLIMITED GENERAL MEETING MINUTES

February 11, 2020

- The meeting which was held at the Wyckoff YMCA, was called to order by President Bob Dauer at 1:00 pm.
- The Pledge of Allegiance was led by Fred Theile
- President Dauer , in the absence of Reverend Andy, provided us with a joke and gave the invocation.
- Treasurers Report – Jeff Mohn reported that Activities Unlimited remains in good standing. He also reminded the membership that the 2020 dues were overdue.
- Membership – Walt Widmer also noted that dues should be paid. Walt introduced a new member, Sarosh Dalal.
- Care and Concern – Marty Valerio reported on the passing of Ed Scurna.
- Bob Dauer discussed the possibility of changes to meeting venues in the upcoming months.
- Golf – Jim Webb presented Larry Petersen with the First Place Paul Cup award for the 2019 season.
- Mark Cohen introduced the staff of the YMCA. A reminder of the April Men’s Wellness Day was announced.
 - We were given a demonstration of Tai Chi.
 - A discussion of the top 10 men’s health issues was given along with the types of programs available at the YMCA. The staff described how to become a part of the Y and that the Y has about 150 different exercise classes.
 - There are other programs available for Active Older Adults (AOA), including trips and classes.
 - We were given a demonstration of Yoga, along with the Himalayan Singing Bowls.
 - The Y staff explained the Wellness Day which will be given on April 28th. There will be about 15 stations, staffed by medical personnel, for medical information, tests and screenings.
- The attendance today was 82 members. The AU membership is now 367.
- The food pantry donations were \$129.
- The meeting was adjourned at 1:45 pm.

Respectfully submitted;

David Voehl, Secretary