

ACTIVITIES UNLIMITED ZOOM GENERAL MEETING MINUTES

April 13,, 2021

- Call to order by Vice President Douglas Cooper at 1:05 p.m.
- Pledge of Allegiance was led by David Voehl.
- Reverend Andy Kadzban gave the Invocation.
- Treasurers Report – Jeff Mohn reported that there was little activity in the month of March. He received dues for three new members (\$90), which brings the AU membership to 299. AU has \$28,000 available, with \$2400 spoken for. Jeff has received the funds for the golf outing, from the coordinator Jim Webb.
- Doug Cooper reported that some outdoor activities are opening up, such as hiking, golf and bocce.
- Doug informed the members that there will not be an August meeting.
- Trips & Tours – John Caikowsky reported that he, Joe Pullaro and John Murphy had met with the YMCA, regarding the BBQ. The BBQ will be held on the grounds of the YMCA, with tents from 4 pm till 7pm, on Wednesday, June 16, with a rain date of June 17. There will be the typical BBQ menu, with water provided. Any other beverages will be BYO. There will be a charge of \$20 per person. The BBQ will be held in conjunction with the Active Adults of the Y. The YMCA will follow state guidelines but will not require proof of vaccination. They will take temperatures and ask the basic questions.
- John Caikowsky indicated that Trips & Tours are planning outdoor activities and possibly a cruise for the summer of 2022.
- Harry Bennett indicated that the AU luncheon has been scheduled for Tuesday, September 14th.
- Doug Cooper introduced Patty Loud from the AARP Speakers Bureau. Patty gave a very interesting discussion about the “Six Pillars of Brain Health”.
 - 1 - Engaging the brain (reading, learning, etc.)
 - 2 - Be socially engaged (using social platforms, phone calls, etc.)
 - 3 -Ongoing Exercise (get active for about 150 minutes per week)
 - 4 -Eat Right (fewer meats & sweets. More fish, nuts, grains and greens)
 - 5 –Restorative Sleep (7 to 8 hours daily and try to maintain a schedule_
 - 6 –Manage Stress (exercise, smile & laugh, enjoy outside activities and minimize distractions)
 - For further information – go to www.stayingsharp.org, learn.aarp.org or aarp.org/brainhealth.
 - Patty held a Q and A session and we thanked her for a very informative presentation.
- The meeting was adjourned at 1:50 pm.
- Respectfully submitted;

David Voehl, Secretary

