



## MARCH 2020 NEWSLETTER

<b>MARCH 6 FRIDAY</b>	<b>SPRY GAME DAY</b> @ 401 Branard St	1:00 pm
<b>MARCH 14 SATURDAY</b>	<b>Dancing-Womyn on the Move</b> @ <b>Neon Boots</b>	<b>3-6:00 pm</b>
<b>MARCH 8 SUNDAY</b>	<b>PFLAG</b> @ Montrose Center 401 Branard St	1:45 pm
<b>MARCH 10 TUESDAY</b>	<b>2<sup>nd</sup> Tuesday Lunch Bunch</b> <b>Miss Saigon</b> @ 1421 Richmond 77006	<b>11:00 am</b>
<b>MARCH 12 THURSDAY</b>	<b>SPRY POTLUCK</b> @ 401 Branard St	<b>3:30-5:30 pm</b>
<b>MARCH 12 THURSDAY</b>	<b>LOAF BOARD MEETING</b> @ 401 Branard St.	<b>6:00 pm</b>
<b>MARCH 15 SUNDAY</b>	<b>LOAF MEET N' GREET</b> @401 Branard St	<b>2:00-4:00 pm</b>
<b>MARCH 19 THURSDAY</b>	<b>CULTURE ON THE CHEAP</b> Jung Center @ 5200 Montrose 77004	<b>10:00 am</b>
<b>MARCH 20 FRIDAY</b>	<b>SPRY MOVIE</b> @ 401 Branard St	<b>1:00 pm</b>
<b>MARCH 28 SATURDAY</b>	<b>SOCIAL Babe Didrikson Zaharias Museum</b> @ 1750 IH-10 E Beaumont, Tx 77704 See Article inside newsletter	



Please Keep in Mind the following LOAF members.

A card, an email, or a phone call is always welcomed.

Susan Fronck  
4010 Feagan ST #2  
Houston, Tx 77007

Linda Shirley  
3939 Rosebud  
Houston, Tx 77053  
713-253-0524

Ava Roberts  
1009 Lawrence  
Houston, Tx 77008  
281-851-4907

Linda Owen  
Brookdale – West U  
5151 Buffalo Speedway  
Apt. 5105  
Houston, Tx 77005

Sandi Glorfield  
13614 Meisterwood Drive  
Houston, Tx 77065

Deanna Webb  
421 ½ Oxford  
Houston, Tx 77007

If you, or someone you know who should be added to **or** removed from this list, email **loafhoustonx@gmail.com**.

If you have 2-4 hours of free time each month and want to reach out to members, contact Roxanne Cherico 713-598-6875



## IN MEMORIUM

### MARCH

2007 - Minta Tidwell  
2007 - Travis Garrett  
2013 - Dorothy "Mickey" Miller  
2013 - Myrna D. Sherrill  
2015 - B.A. Jaetzold  
2016- Kanti Campagna



### MARCH BIRTHDAYS

7th	Diane Reina
9th	Suzanne Cowden
10th	Vivian Breauinger
13th	Jean Gill
16th	Kiki Neumann
18th	Pat McKenzie
19th	Lynda Martin
22nd	Jo Crane
23rd	Frances Bueno
25th	Gladys Deering
30th	Kris McGarvey

If you have a MARCH Birthday and are not listed here, please contact Margaret Thibodeaux at [mthibodeaux@sbcglobal.net](mailto:mthibodeaux@sbcglobal.net)

**2<sup>ND</sup> SATURDAY DANCING**  
**WOMYN ON THE MOVE-DANCING**  
**MARCH 7 Saturday 3:00-6:00pm**

There were 10 women at February's WOM enjoying the conversation and socializing even as another group held a fun fundraiser.

This is always a fun way to start your weekend. Come dance, socialize, and mingle with friends. This is for all women of Houston, not just LOAF members, so invite a friend or two..... or three....



**2<sup>ND</sup> TUESDAY LUNCH BUNCH**  
**TUESDAY MARCH 11<sup>TH</sup> 11:00 am**  
**Miss Saigon 1421 Richmond**

Please come join us for lunch! We vote every month on where we are going the next month, so if you have a great spot you would like to share with us, come and nominate it!

Please text Roxanne Cherico, at 713-598-6875 by Monday, March 20<sup>th</sup> if you will be attending. This helps us ask for proper number at tables. Thanks!

**LOAF MEET N' GREET**  
**MARCH 15 SUNDAY 2:00-4:00pm**

If you enjoyed our February '50s Sock Hop theme, then come and enjoy good friends and conversation along with our **LUCKY CHARM BINGO.**

The Bingo is free and the prizes are Charming!!

**LOAF SOCIAL**  
**MARCH 28<sup>th</sup> SATURDAY**  
**Babe Didrikson Zaharias Museum**  
**@ 1750 IH-10 E Beaumont, Tx**  
**(phone) 409-833-4622**

The Babe Didrikson Zaharias Museum & Visitor Center is a museum dedicated to Mildred "Babe" Didrikson Zaharias. The Museum pays tribute to the greatest female athlete of the 20<sup>th</sup> Century. Babe is the only athlete to be named Woman of the Year by the AP six times. She was accomplished in just about every sport.

The museum opens at 9:00am. We would like to meet at the Montrose Center at 8:00am and to CARPOOL.

Lunch afterwards at Golden Corral.



## **GOLDEN GIRLS**

Is held the 2nd and 4th Monday of each month at the Montrose Center at 10:30am (exception.... Holidays)

This is a peer led discussion group for women 60 and Over. We won't quibble if you are 59. We discuss topics relevant to our lives: grief, joy, survival, partnerships or single. Any member may raise a topic This is one way to stay In touch. Anything here is confidential. There is no Montrose employee involved.

## **March Resource**

See the **LGBT Estate Planning** document in our **Resource** Section!



## **HIGHLIGHTING LOAF MEMBER... ROSIE GUTIERREZ**

Rosie is a long-time member of LOAF who rarely gets the opportunity to attend. Her Mobile Dog Groom business alone with her family keep her bust. Yet she tells me she will find time to volunteer to help LOAF members who need some assistance. If you need or know of someone who may need some help, contact Rosie at 832-266-4348. She lives out in Tomball, so keep that in mind.

## **HOW TO LIVE LONGER**

Here is a list of six things we can do to help us live longer, and this list was taken from top medical and senior healthcare professionals.

- 1. Handle stress**– Our feelings – our emotions come from the inside and go out. Our feelings are created by our reaction to a stimulus. So, learn to handle and manage stress. Let go of it.
- 2. Stay physically active**– people just 20 – 30 years ago who went to the hospital or their doctor for a mild heart attack were told to spend several days in bed. Now it's completely different. As soon as possible these patients are made to be up and walking, even down the hospital hallways with their nurses.
- 3. Eat as healthy as you can.** We all know what foods we need to eat more and which ones we should consume in moderations... right? Eat more veggies and limit those cookies.
- 4. Drink more water** – Our bodies are 60% water, and water helps balance bodily fluids, helps muscles stay strong, and keeps your skin looking great.
- 5. Good posture**– Maintain as good of posture as you can. Proper posture helps align bone, muscle, tendons, nerves, and blood vessels. Try this at home. Put your heels against the wall, then shoulders, and then the back of your head – you are now standing straight with proper alignment. If you feel like you're arched and looking up, then you need to pay more attention to your posture; how you sit and stand. This becomes more important as we age, and the first step is to be aware of it.
- 6. Have friends and be friendly**– Not a lot I can add to that, it's pretty self-descriptive.

Article by John Reeg: Over 30 years of teaching and coaching Physical Education and Health, including: older adult fitness, geriatrics strength training, arthritis and osteoporosis, preventing trips & falls, and adult depression... Insured and CPR certified