



November 11, Jennifer Clark 2017

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Cati DeMasi– The Center

Cati DeMasi, Executive Director of The Center in Council Bluffs, spoke on Saturday, November 11 at the Treynor Optimist Club meeting. The Center was founded in 1981 as a traditional center, but in 2002 a new building was built and it became a fitness/wellness center as well. The Center is located at 714 South Main St. in Council Bluffs. It is designed for people 50 and over and is open six days a week.



Many services are offered: A café, a pool (92 degrees F.), a complete line of fitness equipment plus there is a focus on rehabilitation machines which is especially popular with seniors after their insurance no longer pays for PT. There are 80 different fitness classes and a program that assesses individuals and recommends classes best suited for you.

One specialized class is the Parkinson Class and Cati reported great strides of improvement have been made in the attendees' abilities. The group has become a support group and one member even wrote an "Affirmation Statement" which they all share at the end of each class.

The Center provides a great social network. There are card games, genealogy groups, computer classes, wood carving classes and more. The

most popular classes are line dancing, tai chi, the interval step machines and water classes. Pickle Ball is popular and offered three days/week. Weekly ballroom dances are open to non-members.

Special big program events are planned such as the annual Veteran's Luncheon and the Annual Christmas Bazaar which are open to the public. The Joseph Hall's Elvis Christmas Show will be on Dec. 17 at 2 PM and a fee is charged.

There are four paid directors: Executive, Programs, Membership, Fitness and there is also a kitchen manager 5 days/week. In addition, there are 100 different volunteers who help.

The Center has 1450 paying members and also offers some free programs. There is no government support so primary funding is provided by membership dues, grants, and through fund-raising. Rentals of the facilities also provide revenue.

Membership costs are tiered depending on the level of interest and vary from \$20-\$50.50/month for a single and \$30 - \$75.75/month for a couple. Check out www.bluffscenter.org.

Meeting Minutes

Keith Denton, President conducted the meeting of the Treynor Optimist Club. There were 15 members present plus eight guests. The meeting began with humor by Keith Denton, followed by the pledge of allegiance. Dale Willenborg offered the prayer.

Kirk Vorthmann won the 50/50 drawing. Jim Clausen won the football contest. Jerry Hempel won the attendance prize but was not present.

Marsha and Kevin Underwood contributed to the Youth Fund to celebrate Bailey White being in the state volleyball tournament. Ann Vorthmann donated for the inspirational article about Jon

Pritiken, who recently spoke in the schools and stated "Sometimes all it takes is for one person to be nice to us." She wants to encourage all Optimists to attend the rally or a school presentation next year. She shared a quote by Tom McGrath, "You never know the full effect of the goodness you put out in the world." In addition, Judy Gutttau paid in honor of Veteran's Day. Gary Gutttau donated to share about their pumpkin patch resulting in some special kudos.

Judy Gutttau shared a picture of the Optimist Club Sesame Street/candy display at the Treynor Trunk or Treat event for Halloween.

A second collection for Shop with the Sheriff resulted in a total of \$228 collected for the cause.

Five members and two leaders of the Silver Creek Club were present to receive a can kennel donation of \$744.30.

Keith Denton will research more information about the national Optimist project of "Dime A Day" to help the cause of children's cancer.

Gary Gutttau shared that he heard two interesting former Muslim women speakers at Broadway Methodist Church this week. They will speak in Omaha Tuesday starting at 6:30 PM. Call Gary for more information if interested.

The meeting was adjourned and the Optimist creed was stated.



Members of Silver Creek Club collect their check.

Come join us for fun, fellowship, and interesting programs! Optimist Club meetings run from 8-9 AM each Saturday morning at the Treynor Community Building (Legion Room). The coffee is always on and donuts are served.

A True Story: A man was working in Army security when a VIP from another base called to ask to whom he should address an important letter. Knowing his tough-to-spell last name would give him fits, he said, "Just put down Sergeant Gary, as my last name is too hard." The next day, he received a letter addressed to Sgt. Gary Toohard!

Calendar

Nov. 15- Can Kennel at 3 PM
Nov. 23 – Thanksgiving Day

Birthdays

Nov 18 – Dianne Willenborg

Anniversaries

Nov.25 – Ward & Suzanne Chambers

Programs

November – Linda Danker
December – Mick Gutttau

Speakers

Nov. 18 – Marcia Anderson, Pinecone Partners,
"Elder Fraud and More"
Nov. 25 – Chris Goos, Presidential Library
Organizer – Ford, Bush, and now Obama

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Dues/Donations/Flag Money: Mail to Optimist Club of Treynor, PO Box 354, Treynor, IA 51575