



Sept 15, 2018

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### **Tai Chi for Arthritis Program**

Jo Hunt from Connections Area Agency on Aging, Council Bluffs, spoke to the Treynor Optimists on Saturday, Sept. 15 at the Treynor Community Building. Hunt is Coordinator of Meals on Wheels and Evidence Based Programs. The program focused on Tai Chi for Arthritis.



### **Jo Hunt, Connections Area Agency on Aging**

Hunt demonstrated and led the group in Tai Chi exercises. It is "meditation in motion" and strengthens muscles you have, concentrating on joints. Classes have been taught to young children and the oldest was 97 years old. A course is 16 weeks long for one hour or could be 8 weeks long for two hours. The class size needs to be a minimum of six attendees and the cost is low and can be taught in SWI locations where space such as a community center or library room is available.

Connections offers this program geared to the aging to help them to be independent. Research indicates that participation can reduce falls. Hunt personally stated it kept her moving, calm,

energized, and helped her with balance after having cancer.

There are specific evidence based programs offering Tai Chi for Arthritis I, Arthritis II, Healthy Joints, and Matter of Balance.

Individuals can find class locations and schedule by calling Connections Area Agency on Aging at 712-328-2540 Ext 8123.

### **Meeting Minutes**

Keith Denton called the meeting to order. Fifteen members were present plus two guests, Dennis Underwood and Egor Soviev, Russia. Chad Guttau and Keith Denton, shared jokes followed by the Pledge of Allegiance. The prayer was offered by Dee Guttau. John Klein won the 50/50 Award and Jim Clausen won the Attendance Drawing. See Jim Clausen each week to join in the Football Contest. This week's winner was John Klein.

Many Bragging Rights dollars were contributed: 1) Marsha Underwood because St. Alberts beat Carroll Kuemper (#1 in 3A) in volleyball, 2) Dee Guttau for her sister, Hazel's birthday today, 3) Keith Denton for his sister moving from Las Vegas to Council Bluffs, 4) Bill Vorthmann and Keith Denton for the Optimist Club homecoming float, 5) Dennis Underwood because his entire family has moved to Colorado Springs where they live, 6) John Klein for the successful NFL Cardinal Combine program during Homecoming, 7) Judy Guttau because of the great weather this past week, 8) Dennis Underwood for his Class of '63 Reunion this weekend, 9) Gary Guttau for them and Dale hosting Russians this week, 10) Gary Guttau for seeing many of his former students during Homecoming.

Keith Denton gave a public thank you to Kirk and Lynelle Vorthmann for preparing the Club Float.

Under Old Business, it was announced that the Zone Meeting (several zones) is at 6 PM Mon., Sept. 17 at Hoy Kilnoski. Bring a covered dish or food item to share.

Under New Business, can kennel sorting will take place at 4 PM on Wednesday to help the Honor Society. The Treasurer announced that \$703.75 was collected for Cardinal Core.

Flags are being picked up today. See picture at bottom of JOII Club helpers, along with Dale Willenborg and his Russian guest. Their help makes a big difference!!

John Klein also announced that there is an article and picture in the Nonpareil about Alora Nowlin being honored for leadership. Alora is President of the Treynor JOII Club.

The meeting was closed with all saying the Optimist Club Creed.

## **Teasers**

- 1. Why are a “wise man” and a “wise guy” opposites?**
- 2. Why do “overlook” and “oversee” mean opposite things?**
- 3. If all the world is a stage, where is the audience sitting?**

### **Calendar**

Sept 17 6 PM Zone Meeting Hoy Kilnoski

### **Birthdays**

Sept 22 Dee Guttau

### **Anniversaries**

Sept 26 Bill & Ann Vorthmann

### **Programs**

September Linda Danker

October Bill Vorthmann

November Keith Denton

### **Speakers**

Sept 22 Flex Therapy

Sept. 29 Angel's Health Care

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

