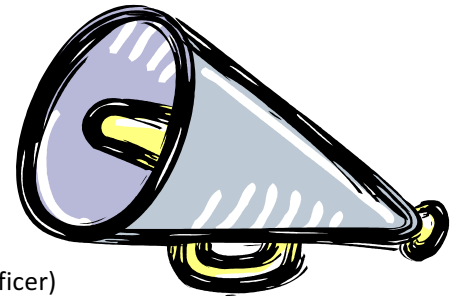


LOCAL UNIT MEETING PROGRAMS



LEGAL ISSUES

- Identity theft, scams, senior alerts, and fraud against seniors (law enforcement officer)
- Elder abuse (elder law attorney)
- Wills and estate planning
- Representative from Texas State Securities Board office

MEDICAL, HEALTH AND AGING ISSUES

- Long-term care issues (insurance, local and state resources, ombudsman)
- Stilwell Retirement Home
- Diabetes prevention and management
- Physical fitness (chair exercises, tai chi, etc.)
- Senior proofing your home
- Local geriatric physician to talk about aging gracefully and staying healthy
- Local pharmacist with newest drug information for geriatric patients, over-the-counter drugs, and herbs
- Local physician (orthopedic, heart, vision, and hearing)
- Problems and challenges facing aging membership
- Director of rescue mission (EMS, CPR, Paramedic, etc.) or First Aid instructions and updates
- Emergency response information and home emergency kit

PERFORMANCES

- Children presenting story time with books received from Children's Book Project
- Local school or college groups (band, choir, and drama)
- Church groups (hand bell, choir, and ensemble)
- Cowboy poetry
- Bag pipe band (show the kilt and the bags and explain their significance) or other musical groups
- Reenactment of characters for example the Civil War
- Ventriloquist

TEXAS AND LOCAL HISTORY

- Historical sites and markers in your city/county
- Local legends/pioneers or invite a speaker who has in-depth knowledge of Texas adventures
- Genealogy (getting started, using resources, etc.)
- Virtual tour of local museum via PowerPoint or invite the curator of a museum
- Old wives tales and their sources and home remedies
- Celebrate history months (February's Black History Month with talk about music, dolls, inventions, and Kwanza)

HOBBIES

- Gardening (Farm Bureau or Master Gardener program) and "going green" tips for being environmentally conscious
- Pottery, floral arranging, arts and crafts
- Show and tell with members' collectibles (figurines, stamps, coins, or historic memorabilia)
- Book review, scrapbooking and memory booking
- Local artists, quilters, weavers, model railroad enthusiasts, and hobbyists

COMMUNITY SOURCES

- Habitat for Humanity
- Conduct a community volunteer service job fair
- Utilize experts from local college/university to speak on newest techniques in upper-level courses
- Fundamentals of basic computer skills (terminology, e-mail, attachments)
- Invite superintendent, mayor, police or fire chief, and sheriff
- Invite former state senator or representative, or Secret Service individual
- Wildflowers, birding, flora and fauna, insects, and nature center
- Better Business Bureau
- Restaurant owner or chef
- Official from military base (if in your area)
- Investment planning and supplementary benefits for retirees

JUST FOR FUN

- Silent or live auction to raise funds for books, scholarships, half-way home, Ronald McDonald House, shelter, etc.
- Antique Road Show with members bringing items and having local antique dealer/expert to estimate value
- Membership style show: parade of hats from recycled items
- Fun places to go and see near and far away; tour famous historical site or other famous place
- Elder Hostel (travel program for seniors) and/or have members recount their travels
- Each month meet in a different community served by local unit and each plans own program
- Cooking a Mexican or other ethnic meal
- Sing-A-Longs—songs from 30s, 40s and 50s and Christmas
- Pot luck lunch or dinner and provide recipes

TRTA

- Officer installation program
- TRTA district presidents, legislative chairman or other officers to speak
- Visit Austin during legislative session
- November -Texas Retired Teachers Foundation month

February 2011