



MARCH 2020

President's Message

Dear friends-

It was apparent to me that Dr. Jennifer Stinson's presentation about brain health really resonated with us all deeply this past Tuesday. We all know someone, be it friend or family member who has been stolen from us by dementia and Alzheimer's. Personally, as I shared, because my mother died of Alzheimer's ten years ago, my kids never got to know the force of nature that my mom was- and they were robbed. My mom's diagnosis is a HUGE driver in my exercise routine- it's one thing I really enjoy that I feel can help stop this scourge. I hope that Dr. Stinson's lecture gave you ideas about what small things you might do to tweak your diet or exercise habits to help keep you healthy, limber and thriving. Her entire presentation is posted on at www.nfwomensclub.com website for your easy reference.

Next month we turn our gaze to the great outdoors, with a presentation by MaryAnn Weber of the Houston Audubon Society, telling us about Texas birds of Prey. I simply cannot wait!

Please take a few minutes this month to think about what time or talent you might have to lend to the club as we look for a new slate of officers for the 2020-2021 year. Many hands make light work!

I walked the bayou yesterday, and saw some of our favorite bluebonnets on display, along with the coreopsis and Mexican hats we all are so fortunate to see here in Houston each spring. I urge you to grab a friend and get out for a walk (it's all about your brain health). Houston in the spring is just fabulous!

Cheers,

Raquel Cerveny

NFWC President

NEXT MEETING 2/24 @9:30am

Birds of the Bayou City

Soaring over our city parks and nesting in our backyards are an amazing array of birds. Discover why Houston is one of the birdiest cities in the country. This program will take us on an avian journey! Please join us as we welcome guest speaker Mary Anne Weber, the Education Director for the Houston Audubon Raptor and Education Center. Special avian guests will accompany our speaker.



Dr. Jennifer Stinson's Brain Health lecture from our last meeting is now viewable on the website. Dr. Stinson mentioned a book, some websites and forms to download which are also on the website.

<https://www.nfwomensclub.com>

Nominating Committee

The NFWC Nominating Committee has been formed by the following people: Alison White, Ellen Popejoy, Kristen Emerson, Jodie Stewart and Darlynn Lydick. The committee will meet in Feb/March and present a slate of Officers for the 2020/2021 year to be voted on by the general membership at our March meeting. If you are interested in a role as an Officer, or would like to nominate someone you think would be a great fit, please contact Alison White - alisonw1025@gmail.com.

Open positions include - Secretary, Membership and Programs (preferably filled by a partnership of 2 or 3 individuals). When someone on the Nominating Committee contacts you to see if you're willing to serve in one of these roles, please open your mind to the idea. It is a fun group and can only function with ACTIVE participation. It takes all of us to ensure our wonderful group continues to thrive!

SAVE THE DATE – LUNCH AND STYLE SHOW

We are excited to confirm that Athleta will be our guest for the style show this year! Fashions will build on developing a "capsule" wardrobe; everyday to festive and sophisticated. Athleta will focus this year's show on the art of doing more with less. Please join us on **April 28th** at Royal Oaks Country Club, exact time to follow.

ATHLETA SHOPPING DAY – 20% DISCOUNT

Athleta will be hosting a Nottingham Forest Women's Club and Mom's Club Day on **March 7th from 10am until 6pm**. They are offering our wonderful ladies a 20% discount throughout! Bring your friends, sisters, daughters, mothers; the more the merrier. Lots of new and exciting styles! Please open the attached link and reply to Athleta.

<http://events.athleta.com/nfwcff0320>

Hooks & Needles

Hooks & Needles will meet at the home of Jodie Stewart on **Friday, March 6th at 10am**. Bring whatever you're working on (knitting, crochet, needlepoint, feltwork/sewing, etc.) - or create a small holiday craft from Jodie's stash of supplies. Come inspire your creative side while enjoying coffee and great conversation. All are welcome!

Daytime Dining - Daytime Dining will meet on Tuesday, March 3, 2020 at 11:30 at the following location:

Pappy's Café
12313 Katy Freeway
713-827-1811
www.pappyscafe.com

Anne Curran and Rose Williams are hosting the March lunch for our group.

Please call or email Anne to let her know whether or not you will attend.

Anne 281-493-0768 (home)
curranannet@gmail.com