

Pembroke Meadows Civic League  
General Membership Meeting  
April 16, 2015

Kate Nixon called the meeting to order at 7:00 pm.

Since the last Civic League meeting was the Pot Luck in March and the February meeting was postponed until then due to weather, the minutes from the January meeting were approved and seconded.

Mike Moore gave the Treasurer's Report as follows:

- Business Money Market - \$20,078.98
- Checking - \$3,161.83
- Total Assets - \$23,240.81
- There were no liabilities

There are now 164 Civic League members.

#### Guest Speaker

Linda White presented an introduction to Fall Proof developed by Dr. Deborah Rose which is used at Westminster Canterbury under their Wellness for Life program. The focus is on gait, strength, flexibility and sensory training. A short video was shown with demonstrations and explanations. Linda White presented a signup sheet for anyone in the neighborhood interested in having an assessment done, and she offered to work with people's schedules. She also mentioned that a DVD can be purchased for anyone interested in doing the exercises at home. Linda answered questions at the end and demonstrated the step strategy.

#### Pool Report

- Pool applications were offered and gone over.
- Early Bird Special and Spring Fling was discussed.
- Everyone is invited to the Spring Fling on May 2

#### Ladies Luncheon

- The Ladies Luncheon will be held at noon on April 23rd at Smokey Bones in Town Center.

#### Neighborhood Yard Sale

- The yard sale is scheduled for June 13
- Notify Cheryl Douglas if you are interested in participating

The Civic League Pot Luck and Easter Egg Hunt were very successful events.

Various happenings - Gerry Richter

- There will be a presentation on the Ferry Plantation House on May 1st at 8:00 pm on the Travel Channel.
- Box turtles should be out shortly and we should watch for them when mowing and weed whacking.

Refreshments were offered and the meeting was adjourned at 7:45 pm.