

CCREA Meeting Agenda

June 17, 2026

- I. Welcome
 - a. Pledge of Allegiance
 - b. Prayer
 - c. No new members this week
- II. Board Updates/Comments
 - a. Executive Board Meeting updates.
 - a. Wilma has been calling members about joining or rejoining.
 - b. Filming of meeting presentation to put on our CCREA website was put on hold until July meeting.
 - b. No new update on stipend
 - c. Our speaker today was **Nancy Ingram Jordan**. She gave an active presentation about the importance of strength training as we age.

Some highlights from her talk included strengthening movement patterns we want to continue with ease and confidence, such as rising from chairs, balanced walking, carrying items, going down stairs, pushing and reaching, and getting up off the floor.

Most of us don't realize we are losing strength, and we will even need extra strength to react when necessary. Also, doing activities requiring hand/eye coordination are shown to help stave off dementia.

She also suggested accessing silversneakers.com to find out whether you are eligible for a free gym membership.

- III. Closing Remarks –

- a. Our speaker for July 15 will be Tina Williford from the Table on Delk ministry. She will discuss homelessness and sexual trafficking on the Delk Road corridor.
- b. Raffle drawing was won by Marianne Reida, who chose a \$25 Cracker Barrel gift card.

Minutes submitted by Julie Arnold, CCREA Secretary