



ALIEF AARP CHAPTER #3264
AARP chapters are separately incorporated affiliates of AARP.
NEWSLETTER
JANUARY 2026



President's Message



January brings a new year and a new Board and Committee Chairs. I am Linda Edwards and I am pleased to be leading this group this year. I hope to get to know everyone so please introduce yourself to me.

Our January meeting will be held on January 8th since the first is New Years Day. We will open the meeting at 10:00 am and after the pledges the 2026 Officers will be installed by Jan Albers. Our speaker will begin at 10:15 am. The program will last 45 minutes to 1 hour. Our business meeting will follow and will end by Noon. Please be on time so we can be respectful of everyone's time.

If you wish to attend the Board Meetings this year, they will be held at 10:30 am on the fourth Thursday. If you have any items that you would like to present to the Board, please send them to me by the week before the Board meeting so I can add them to the Agenda. Visit the last page of this newsletter to see your new officers and chairmen. We have a couple of positions that need to be filled. Let us know if you would be willing to help.

Best Wishes to all,
Linda Edwards

January Dates to Remember

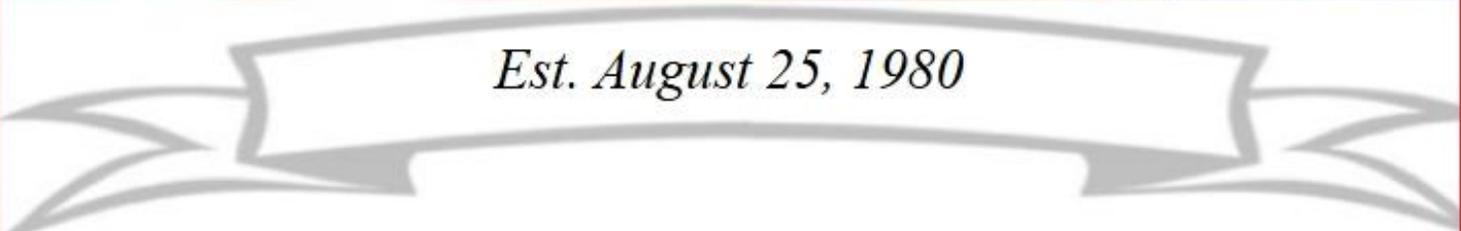
January 1 New Year's Day
 January 19 Martin Luther King Jr. Day

Make sure to visit our new website: www.aliefaarp3264.org . Here is a screenshot of the main page.

Welcome to

Alief AARP Chapter #3264

AARP Chapters are separately Incorporated affiliates of AARP
for more information: info@aliefaarp3264.org

Est. August 25, 1980

November General Meeting
10AM Thursday, November 6th, 2025
The Salvation Army Church
7920 Cook Rd, Houston, TX 77072

Board of Directors Meeting
No Meetings left in 2025 due to holidays

Upcoming Trips

[Friday, November 14th, 2025 - Galveston Tree Sculptures Tour](#)

[Friday, December 12th, 2025 - Champion Forest Baptist Church Christmas Spectacular](#)

Newletters

[November 2025](#)

[Officers' List](#)





AARP LEGISLATIVE UPDATE FOR JANUARY 2026

BY AUSTRA RUNNELS

THE TEXAS LEGISLATURE

Hello everyone and welcome to 2026! As we begin a new year, I am seeing some new members in our chapters. So I thought it would be a good idea to give a little history on the Texas Legislature, so we all start the new year at or near the same level.

What is the Texas Legislature and why is it important to me as a Texan?

The Texas State Legislature is the legislative branch of Texas. The Texas Legislature is a bicameral body, meaning it consists of two separate chambers or houses, composed of a 31-member Senate and a 150-member House of Representatives. It meets every two years in regular session, starting on the second Tuesday in January of odd-numbered years, and sessions can last up to 140 days. It's a powerful part of the Texas government because of its control over state spending, its strong connection to the lieutenant governor, and Texas's plural executive system.

In the 89th Legislature (2025), Republicans hold 88 of the 150 seats in the House and 20 of the 31 seats in the Senate.

The next regular Texas Legislative session (the 90th) will begin on January 12, 2027, as Texas has a part-time legislature meeting every odd-number year, following the just-concluded 89th session which ran from January 14 to June 2, 2025, with some special sessions in between.

If you would like to have more information on the Texas Legislature or if there are some specific topics you would like me to research and report on, just let me know.

In between these sessions, there will be many elections. I will include filing date information and voting dates in our next update.

Please feel free to write to me. My email address is austrajeana@yahoo.com. I'm looking forward to hearing from you.

I pray everyone has a happy and prosperous New Year!

Programs

January 8, 2026 – Murray Pawloski - Healthy Eating Made Simple



Murray has an over 20-year passion for cooking, and the restaurant and wine industry. He is still actively involved in the restaurant and wine business to this day. Now Murray is using all his knowledge and experience to help restaurants educate their guests on how to eat healthy and low carb meals that are "Murray approved " when dining out.

February 5, 2026 – Julie Laskowski - Singer



Julia Laskowski will perform Patsy Cline Songs, etc. at our Alief AARP Chapter 3264 meeting on Thursday, February 5, 2026. The last time she performed at Alief AARP Chapter 3264 was September 5, 2024.

March 5, 2026 – Marian Bell – Organizing and Downsizing



*Can't eat off the table
because of the mail in the way;
Always running late
because nothing is in the right place;
Can't find anything to wear
because the closet is too full....
Do not be embarrassed that you
did not learn the skills to do this.
It's time to get organized!*



Marian is your Organizational Guru!

Marian has easy tips to get your home or office in shape.

*Visit her **Healthy Lifestyle** website at www.marianbell.com.*

TRAVEL

Future Dates of Reserved Bus Trips

January 29, 2026 – Friday - **Museum of Fine Arts** – Jan Albers - Bus Coordinator



Explore one of the largest museums in the country and discover a collection that spans more than 5,000 years of culture. The **Museum of Fine Arts, Houston (MFAH)**, founded in 1900, is one of the 10 largest art museums in the United States. The MFAH houses an encyclopedic collection of nearly 80,000 works of art created throughout the world, from Antiquity to the present.

February 15, 2026 – Sunday – **Magic Banquet** – Jan Albers - Bus Coordinator



The **Houston Magic Banquet** is hosted by the three magic clubs in the Houston area. Guests will witness close-up magic right at their tables, and after the fully catered meal, enjoy a 90-minute stage show featuring professional local and international performers.



Our Transportation

Sushine Chairman

Jan Albers is our **Sunshine Chairman** this year. She will send e-cards, birthday cards, get well cards, thinking of you cards, and sympathy cards to our members.

If you know of any of our members who should receive a card from Alief AARP Chapter 3264, please advise **Jan Albers** at **281-785-7372** or email: **missyjan@comcast.net**

Donations – 2025 (Alief AARP Chapter #3264 Gift List)

Alief Fire Station #76 (Cook Road) on 9/11	\$150.00
Alief Fire Station #73 (Wilcrest) on 9/11	\$150.00
Alief Salvation Army Church (Cook Road Location)	\$600.00
Alzheimer's Association	\$100.00
Interfaith Ministries (Meals on Wheels for Weekends)	\$450.00
TOTAL	\$1,450.00

Donations – Collections 2026

We will no longer be collecting food for distribution. There are nearby sites where you can take your donations.

Also, The Board of Directors has voted to resume collecting the following items for donations:

- Cell Phones to be refurbished and distributed to Battered Women.
- Eye Glasses

Please bring your donations to our monthly General Meetings and give them to **Community Service Chairman Valeri Russell**.

Volunteer Hours

Remember to sign in your volunteer hours at the monthly general meeting. This is one of the most important things we can do each month. Be a "Texas Star"! Let us validate the fact that we are a service organization, not a social organization.

If you attend the Alief AARP Chapter 3264 monthly meeting, please sign in for the 2 hours service. If you help a friend, attend an AARP General Meeting, help at your church, help your neighbors, run errands for someone, help at a hospital or anything else where you donate your time, all of your time spent doing for others (including travel time) is considered **volunteer hours**.

January Birthdays

January 4	Madge Golding
January 7	Doris Hemsworth
January 15	Syble Stewart
January 21	Yvonne Duncan-Ricketts
January 21	Celesta Williams
January 27	Helen Kiang
January 30	Dorothy T. Ferrer



General Information

Attendance (December 4): 34 Members & 0 Guests

New Members: 1

Total Members: 102

Volunteer Hours for November: 611.5

Upcoming Meetings

January General Meeting

Thursday, January 8, 2026

Time: 10:00 a.m. - Noon

Location: The Salvation Army Church

7920 Cook Road, Houston, TX 77072

January Board Meeting

Thursday, January 22, 2026

Time: 10:30 a.m. – 12 Noon (note time change)

Location: The Salvation Army Church

7920 Cook Road, Houston, TX 77072

February General Meeting

Thursday, February 5, 2026

Time: 10:00 a.m.- Noon

Location: The Salvation Army Church

7920 Cook Road, Houston, TX 77072

Officers & Committees 2026**President**

Linda Edwards 713-202-8800

Vice President

Doris Hemsworth 281-493-2428

Treasurer

Katherine Miller 281-530-7037

Assistant Treasurer

Barbara Mireles 316-616-7499

Secretary

Austra Runnels 281-686-4319

Assistant Secretary

Jean Matthews 713-828-7383

Three Year Directors

Brian Placette 713-854-0926

Bunny Trammell 832-845-8742

Two Year Directors

Lucy Rosario Cavazos 346-529-8428

Iola Williams 713-822-5398

One Year Directors

Nancy Carter 713-825-0456

Valeri Russell 281-923-0349

Immediate Past President

Jan Albers 281-785-7372

Community Service

Valeri Russell 281-923-0349

Health

Lewis Kana 713-882-9714

Helping Hands – The Board of Directors**Legislative**

Austra Runnels 281-686-4319

Meals on Wheels**Membership/Yearbook**

Jan Albers 281-785-7372

Nametags

Jan Albers 281-785-7372

Newsletter

Linda Edwards 713-202-8800

Nominating**Programs**

Iola Williams 713-822-5398

Public Relations

Valeri Russell 281-923-0349

Raffle

Nancy Carter 713-825-0456

Sunshine

Jan Albers 281-785-7372

Telephone

Nancy Carter 713-825-0456

Travel

Valerie Johnson 281-785-1943

Volunteer Hours

Jan Albers 281-785-7372

Webmaster

Brian Placette 713-854-0926

** Committee Chairmen subject to change **