

October 2025



Kiwanis
Kiwanis Club of Robson Ranch
www.kcrobsonranch.org

Starting a New Kiwanis Year!

Upcoming Meeting Speakers

Nov 7th - Tanya Blixt - Senior Care - Scams

Nov 21st - Michelle Cummings - TWU

Dec 5th - Gabe Schmid - Robson Sales

Mark your calendars!

The Kiwanis Club Christmas party will be held on December 17th in the Grill Lounge.

Randy Blackburn has again volunteered to lead us in Christmas carols!



Debbie Knutson and Debbie Blackburn

New
Members
Welcome!



Ron Perry, Jan and Randy Thomas


JANE RUESTMANN ELEMENTARY
VETERANS DAY
11 NOV 2025
**JOIN US TO CELEBRATE THE
MILITARY SERVICE OF OUR
VETERANS (RSVP [HERE](#))**
**VETERAN BREAKFAST AT 8AM
FOLLOWED BY ASSEMBLY AT 8:30AM**
6610 Cleveland Gibbs Rd.
Argyle, TX 76226

Introducing Lauren Tullos, the Principal at Jane Ruestmann Elementary School on Cleveland Gibbs just outside our front gate. Principal Tullo has been instrumental in getting the K-Kids program started at the school. Megg Galloway and several members have volunteered to support the K-Kids Club. Principal Tullos has also asked that we share the Veteran's Day invitation with all our members and friends at Robson Ranch.



Lauren Tullos
Principal
Jane Ruestmann Elementary

📞 940-507-9090
🌐 jre.argleisd.com
✉ delaren.tullos@argleisd.com
📍 6610 Cleveland Gibbs Rd. Argyle, TX 76226



Kiwanis Club Hears Encouragement from Dr. Jacob Miller

At a recent meeting, our club received an encouraging message from Dr. Jacob Miller, an Orthopedic & Sports Medicine Physical Therapist, who provides his services at the Robson Ranch Fitness Center. As he prefers to be called, Dr. Jake shared his plan, "Staying Active for Life: How to Keep Moving as We Get Older." Some highlights -

The #1 reason adults lose independence is loss of strength and balance, not illness!

What counts as activity? "Exercise" means anything that gets you moving!

Consistency beats intensity! Break it up into 10-minute bouts.

4 Pillars of Fitness

Strength, Balance, Flexibility, and Endurance

Nutrition: Fueling Your Body to Move

Seasoned adults need more protein, not less.

Goal is 1g-2g per pound of bodyweight.

Cut added Sugar. Goal is <10g/day.

Sleep Hygiene: The Unsung Hero

Sleep is part of recovery – treat it like training

Overcoming Barriers – a few thoughts

You don't need an hour – just 10 minutes, 2-3 times a day

Find movement you enjoy. Walking groups, Chair yoga, Chair volleyball, Aquatics, Dancing, and Grandkids

Start small, but start today. Seek professional help as needed

A little about Dr. Jake -

With nearly ten years of experience in orthopedics and sports medicine, Dr. Jake ranks in the top 6% of physical therapists with board-certified orthopedic specialization (OCS). For athletes and weekend warriors, he is also a Certified Strength and Conditioning Specialist (CSCS) and is certified in advanced dry needling techniques (Cert DN).

Alongside his clinical practice, he's passionate about teaching and sharing knowledge. He offers continuing education courses for physical therapists in the local area, helping to elevate the standard of care in the field.

Dr. Jake's approach to physical therapy combines evidence-based practices, innovative techniques, patient empowerment, and genuine human connection. He believes that while knowledge is important, the care and connection with patients have a greater impact on healing.

For more information, contact Dr. Jake at 682-999-8766





Busy Schedule for Remainder of 2025!

We have a lot on our schedule for the balance of 2025 and we'll try to keep everyone updated.

K-Kids – First meeting was on October 23rd and will follow twice a month at the elementary school

Wreaths Across America and the Vacation Raffle Ticket Sales and will continue each week in November

General Meeting November 7th

Our Daily Bread volunteering – November 10th, 12th, 14th

Trivia Night – November 13th

Thanksgiving food at Cumberland Youth and Family

General Meeting November 21st

Comfort Dolls – November 26th

General Meeting December 5th

Salvation Army Bell Ringing – Weeks of December 1st to 4th and 8th to 11th at the Kroger store on Teasley

Our Daily Bread volunteering December 8th, 10th, 12th

Christmas gifts for the Rainbow Room

Food and Christmas Gifts for Cumberland Youth and Family

Kiwanis Christmas Party – December 17th

December 19th - No Meeting - Merry Christmas

**Upcoming Events - Mark your Calendars**

Kiwanis Board Meeting – November 5th at 3:30 pm

General Membership Meeting – Friday, November 7th at 8:30 am in the Bandera-Medina Room

Volunteering at Our Daily Bread - November 10th, 12th, and 14th

Trivia Night - November 13th

General Membership Meeting – Friday, November 21st at 8:30 am in the Bandera-Medina Room

Comfort Dolls - Wednesday, November 26th at the CATC Building

Spread the word to friends and neighbors about the great speakers at upcoming 2025 meetings

Kiwanis Int'l Link—<https://www.kiwanis.org/>

TX-OK District News Links

The District Governor for 2025-2026 is John M. Cano . Please see the link below to the post for his message to the Clubs in the KI-Notes.

<https://www.txokkiwanis.org/kiwanis-new-year-message/>

Our Club is in the Kiwanis Texas-Oklahoma District - Division 8.

<https://www.facebook.com/kiwanistxokd8>

The Noon Kiwanis Club of Denton, Texas meets every Tuesday at noon at Rudy's BBQ, 520 I-35 Frontage Rd, Denton, TX 76205

www.dentonkiwanis.org

The Breakfast Club of Denton meets every Wednesday from 7:00 am to 8:00 AM at Rudy's Bar-B-Q 520 S I-35 Frontage Rd E Denton, TX 76205

www.dentonbreakfastkiwanis.org



Robson Ranch Club Meeting Information

- Our meetings are held on the First and Third Friday of every month.
- The meetings are held in the Medina-Bandera Room at the Robson Ranch Club House
- The meeting has a social time at 8:30 AM and the meeting begins at 9:00 AM for an hour
- We try to have speakers at the meetings from organizations that we support or from individuals in our community with interesting topics.
- Board meetings are held on the First Wednesday of each month.
- The Kiwanis Club of Robson Ranch Facebook page is -
<https://www.facebook.com/kcrobsonranch>
- The Kiwanis Club of Robson Ranch Website is -
<https://kcrobsonranch.org>
- This newsletter is not an official communication of the Robson Ranch Denton Homeowners Association.

The 2025-2026 Officers and Directors

We always encourage members or guests to contact one of the Officers or Board Members if you have questions or comments about our Club.

Ed Ahrens	ahrens956@Gmail.com	940-262-3309	President
Bill Wilson	Wilson1724@yahoo.com	580-471-7294	Past - President
Pam Hitch	pjfhitch@gmail.com	817-296-1102	Vice-President
Roy Meyer	roy.molly@sbcglobal.net	254-718-8357	Treasurer
Megg Galloway	megg.galloway@yahoo.com	817-798-3221	Secretary
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Gwynn Rucker	grkenwa@comcast.net	206-818-1424	Board Member
Jeff Frick	jef8003@yahoo.com	760- 445-0025	Board Member
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