

Group Guidelines as of October 2025

We plan to meet monthly.

Members sign up to host an event/meal/eating out/engage someone to present a topic or lecture. The choice of topic is up to the member, as long as it fits into the parameters of the group. The member determines the number of people who can attend and has the option to add a "tip" jar to help with costs incurred if a meal is prepared at their home.

The member determines the meeting date. If the member decides to dine out, the member will be responsible for securing the reservation.

If no one signs up for a month, we will not meet.

A number of ideas came up: Diane signed up to do Tapas in February and Carol Horner for a holiday get together in December (likely 2026). Other suggestions were an Ayurveda Cooking Class, having a speaker on Genetics, Exercise, Healthy Cleaning Products.

If a member needs to cancel, they will not have to make up that month. Things happen that are out of our control and the intent is not to burden that member.

The group Chair will manage the group's communications monthly.