



THE CENTER

OUR MISSION: ENRICHING THE QUALITY OF LIFE FOR OLDER ADULTS.

New Putting Green now open in partnership with the City of Boerne



WHAT'S INSIDE

- Announcements 2
- Learning and Discovering 3
- Fitness and Wellness 4
- Health and Wellness..... 5
- Meetups and Gatherings..... 6
- Support Services..... 7
- Menu 8
- Resource Connection 9
- Learn More 10
- Social and Leisure 11
- Arts and Crafts..... 12
- News and Updates 13
- Upcoming Events..... 14

Office Hours

Monday - Friday | 8:00am-4:00pm

Fitness Center Hours

Monday - Friday | 8:00am-4:00pm



17 Old San Antonio Rd
Boerne, TX 78006



(830) 249-2114



info@thecenterboerne.org

Announcements

NEW MEMBER ORIENTATION

Thursday, April 18 | 1:00pm

Whether you are a new or existing member, please join us for a presentation focusing on everything offered through the Center. We will share some of our history, present volunteer opportunities, review programs and activities and take a tour of The Center. Please sign up at the Front Desk or call Julabeth (830-249-2114)!

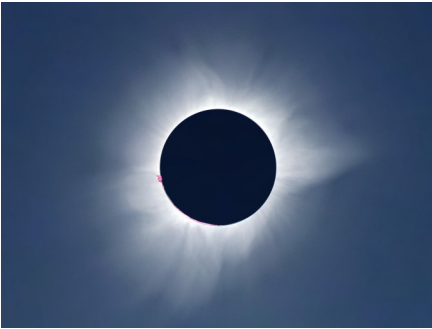
ECLIPSE

The Center will be closed Monday, April 8th for the solar eclipse.

The Center has a limited supply of special glasses for observation.

Please see Carol.

All Meals on Wheels clients will be provided for during this time.



WHAT'S NEW AT THE CENTER

As we bask in the warmth of spring and the rejuvenating energy it brings, we're thrilled to share some exciting updates about The Center that will surely add a spark to your days ahead.

Green and Glorious: In collaboration with the City of Boerne, I am delighted to announce the completion of our chipping/putting green project! Now, you can further immerse yourself in the joy of outdoor activities. Our heartfelt gratitude goes out to all who supported this endeavor, enabling us to continue offering enriching opportunities for staying active and enjoying the outdoors. Practice equipment, provided by our friends at Cordillera Cares, will be available to check out and get you in the swing of things.

Teeing Off for a Cause: Calling all golf enthusiasts! Mark your calendars for May 6th, as we gear up for an exhilarating Golf Tournament and fundraiser at the prestigious Dominion Country Club. Gather your team and join us for a day filled with camaraderie, competition, and charity. Teams can register for \$2,000, or if you're interested in exploring sponsorship opportunities, reach out to Jenny Settle at jenny@thecenterboerne.org. Let's swing into action and make a meaningful difference together!

Community Connections: It was an honor for The Center to host the Meals on Wheels Texas Regional Meeting on March 21st, which brought together representatives from 10 organizations across regions 7 and 8. As current President of Meals on Wheels Texas, I was proud to share the impact our staff and fleet of volunteers at The Center offer. The gathering provided a platform to discuss the unique challenges faced by our communities and explore collaborative solutions to support one another. It's moments like these that remind us of the power of unity and collective action.

As we continue to embark on this journey of growth and community empowerment, let's embrace each opportunity to make a positive impact and spread joy wherever we go.

Warm regards,
Olivia Burdick

DRAWING OF THE MONTH

Friday, April 26th | 12:00 pm

Waterpik Ultra & Cordless Water Flossers w/ Accessories

DONATED BY: Gloria Williams

We will celebrate April Birthdays and pick the Winner of the Drawing on the last Friday of the Month (04/26/2024).

Get tickets at the front desk - 1 for \$2 or 3 for \$5



Learning and Discovering

WORD PLAY!

Friday, April 12th | 10:00am

Join us for some relaxed writing fun! In each session, we'll focus on a different genre of writing: poetry, prose, creative non-fiction, fiction, and more. We'll do a writing warm-up, explore writing samples of the focus genre, write to facilitator-provided prompts, share, and give and receive soft feedback. Each workshop is a stand-alone experience, so attend when you can. Writing prompts and instructions are given so that whether you are a beginner, wanting to try expressing yourself in words for the first time, or a seasoned writer with lots of publication credits, you'll be comfortable but challenged just enough to make it interesting. Come on! You can do it! Please sign up at Activity Desk.

NUTRITION NUGGETS

Monday, April 15th | 11:30am

Kera Dutton of the Texas A&M Extension Office AgriLife provides 15 minutes of nutritional information each month and sponsors door prizes for those in attendance.

PHONE HELP

Tuesday, April 9th/23rd
10:00am

Alison, of Patrick Heath Public Library, will assist members with their phones and small electronic devices. Alison comes to The Center twice a month on Tuesdays and will be here in April on the 9th and 23rd. Please sign up at the Activity Desk.



COMPUTER LAB

©LPI

INSTRUCTED BY RANDY WILLIAMS

April 3 | 9:30am

MS Word-Indents/Tabs & Line/
Paragraph Spacing.

April 10 | 9:30am

MS Word-Working with Lists & Page
Layout.

April 17 | 9:30am

Computer Q & A Forum

April 24 | 9:30am

MS Word-Printing Documents; Page
Breaks; Headers/Footers

Technology 101

FINANCIAL EDUCATION

Tuesday, April 9th | 10:00am



Free Monthly Financial Consultation: Maximize Your Savings and Investments!

Join us on April 9th at 10:00am for an exclusive opportunity to spring clean your finances. Our pro bono work is designed to help you tidy up your accounts ensuring they're fully optimized for the year ahead. Please sign up at the Activity Desk.

MEDICARE WITH IRIS OLIVE

Wednesday, April 3rd | 9:00am



Iris Olive, Independent Insurance Broker, will provide current information and help for Medicare. She will be available the first Wednesday of every month at 9:00am to provide assistance. Please sign up at the Activity Desk.

GENEOLOGY

Monday, April 22nd | 1:00pm



Hill Country Newcomers Genealogy meet the 4th Monday every month to learn the basics of researching your family history. Please join them each month as they discover new guidelines and techniques to pursue these fun discovery methods.

THE WRITER'S GROUP

Friday, April 26th | 1:00pm



Join this discussion group as a continuation of the Word Play writing seminar to discover your interest and hidden abilities. Everyone is welcome. Group will be lead by Derral Cheatwood. Sign up at the Activity Desk.

Fitness And Wellness

Sit & Be Fit

M*T*W*Th*F | 10:00am

Ejercicios Sentados en Español

M*T*W*Th*F | 10:00am

Line Dancing

Monday | 9:30am

Fitness Center Equipment Q&A

2nd Monday | 10:30am

Stretch & Tone

Monday | 11:00am

Circuit (*YMCA)

Tuesday | 9:30am

Stretching

Tuesday 1st & 3rd | 10:45am

Pilates

Tuesday 1st & 3rd | 11:15am

Zumba Chair (*YMCA)

Tuesday | 12:45am

Zumba

T * W * Th | 5:00pm

W * F | 9:00am

Pole Walking (*YMCA)

Wednesday | 8:15am

Floor Stretching

Wednesday | 9:15am

Tai Chi

Wednesday | 10:30am

Balance

Wednesday | 1:30pm

Classic (*YMCA)

Thursday | 9:30am

Chair Yoga (*YMCA)

Thursday | 11:00am

Line Dancing & More

Friday Apr 5th | 10:30am

YMCA DUAL MEMBERSHIP

Interested in our Dual Membership Program? The Boerne Family *YMCA and The Center have teamed up to offer the best of both amazing facilities. When you join the Boerne YMCA and The Center, you will have access to the Silver Sneakers classes. You are able to utilize the facilities at your convenience, during operating hours. Benefits include fitness classes at both facilities, access to fitness equipment, educational classes at both facilities and more! Registration is ongoing. Ask for more information at the Front Desk. **Classes include: Classic, Circuit, Pole Walking, Chair Yoga, Zumba Chair and ALL regular membership classes.**

***Dual Members Only**

Health and Wellness

Parkinson's Disease Awareness Month

April is Parkinson's Disease Awareness Month. Parkinson's disease is a disorder characterized by the degeneration of the nervous system. It is likely caused by a combination of genetic and environmental factors. One million people in the United States live with Parkinson's disease and 90,000 people are diagnosed with it every year in the US. According to the Parkinson's Foundation, here are 10 early symptoms of Parkinson's disease to keep an eye out for and ask your doctor about.

- Tremors in your finger, thumb, hand or chin while at rest.
- Handwriting that gets much smaller over time.
- Difficulty smelling certain foods like bananas, dill pickles, or licorice.
- Difficulty sleeping due to sudden movements during sleep.
- Stiffness in your body, arms or legs.
- Constipation. Sometimes not having enough water or fiber in your diet, or taking certain medications, can affect this. If you don't have an explanation for it, speak with your doctor.
- Soft, breathy or hoarse voice.
- Facial masking. This is when you look serious, mad or sad, even when you're not in a bad mood.
- Dizziness or fainting.
- Stooping or hunching. If you have difficulty standing up straight, it may be a sign.

There are several risk factors for the disease.

- Age. Parkinson's usually develops around age 60 or older.
- Heredity. Having a close relative with the disease may increase your chances of getting it.
- Sex. Men are more likely than women to develop Parkinson's.
- Exposure to herbicides and pesticides may play a role.

Parkinson's disease can't be cured, but it can be treated. Medications can help with walking difficulties, movement and tremors. Surgical procedures like deep brain stimulation can help reduce symptoms. There are also things you can do at home, after consulting with your doctor, that may help.

- Healthy eating may ease symptoms. Eat foods high in fiber and drink plenty of fluids to prevent constipation.
- Exercise. It helps increase muscle strength, flexibility and balance, and may help reduce depression and anxiety.
- Alternative therapies like massage, tai chi, yoga, meditation, the Alexander technique, pet therapy and relaxation techniques can improve quality of life.

For more information on Parkinson's disease, go to <https://www.parkinson.org/parkinsons-awareness-month>.

--Kristen Staton, Health & Wellness Coach



BLOOD PRESSURE SCREENING

Wednesday, April 3rd | 10:30am

HERITAGE PLACE

Complimentary blood pressure screenings are usually held at The Center on the second Wednesday of every month. In April, Rebecca of Heritage will be here the first Wednesday, **April 3rd from 10:30 am to 12:00 pm**. Participants will be entered to win a door prize sponsored by Heritage Place. Please sign up at the Activity Table or call Carol at 830-249-2114.



HEARING TESTS

Thursday, April 11th | 10:30am

BROWN HEARING

Brown Hearing will conduct hearing tests on Monday, **April 29th from 10:00 am to 4:00 pm**. Please call 800-392-1041 x222 for an appointment to test your hearing. Be sure to let them know you are a member of The Center!



Meetups and Gatherings

OUTREACH ACTIVITIES - PLEASE RSVP TO DIANA DOLT

Join Diana Dolt, Community Outreach Coordinator, for these outreach events:

Thursday, April 11th | 9:30am

Leave The Center at 9:30am and visit **The Empty Cross**, 520 Benson Dr, Kerrville, TX <https://thecrossatkerrville.org/> followed by lunch at **Café at the Ridge**, 13439 S Ranch Road 783, Kerrville, TX. <https://order.toasttab.com/online/café-at-the-ridge> and then tour **James Avery**, 145 Avery Road, Kerrville, Tx <https://www.jamesavery.com>.

Thursday, April 18th | 9:30am

Join Diana at 9:30am to tour **Herff Farms Gardens and Trails**, 33 Herff Road, Boerne, TX followed by lunch at 11:00am at **Las Guitarras**, 911 S. Main St, Boerne, TX. <https://lasguitarrastogo.com/menu?location=lasguitarras>. Drink will be included for our group.

Thursday, April 25th | 9:00am

Leave The Center at 9:00am for Marble Falls and join us for lunch at 11:30am at the **Bluebonnet Café**, 211 US 281, Marble Falls, TX. <https://www.bluebonnetcafe.net/limited-menu>. We will tour the **home of Lyndon B Johnson**, 36th President of the United States, in Johnson City, TX. <https://www.nps.gov/lyjo/planyourvisit/visitboyhoodhome.htm>.

Call Diana at 830-249-2114 or sign up at the Activity Desk. **RSVP Required!**



VIVA FIESTA SALUD

Friday, April 12th | 12:00pm

Let's celebrate our Viva Fiesta Salud Health Fair on Friday, April 12th, from 10:30am to 1:30pm and enjoy delicious Mexican food for lunch at 12:00. Be sure to visit all the vendors. Plan to party with us and remember to RSVP for lunch!

APRIL BIRTHDAYS PARTY

Friday, April 26th | 12:00pm

We will celebrate April birthdays on Friday, April 26th. We will enjoy delicious food and dessert and have entertainment, a drawing, and floral door prizes. We thank ABC Senior Services and Hope Hospice for the birthday cake and The Flower Shop and The Empty Vase for their beautiful floral donations. Thanks to Tamara Perry of My Urgent Care Clinic for providing the festive décor. Please remember to RSVP for lunch!!

DANCES & SOCIALS

Friday, April 5th & 19th | 6:00pm

For April, Dances & Socials will be held on the **1st and 3rd Friday, April 5th and April 19th**. The dances are from 6:00 - 8:30pm with dinner and dessert served from 6:00 - 6:30pm. Cover fee will be \$10.00. Supervised children are welcomed. Cost for children (13 and older) is \$10.00. Children (12 and under) are free. The Closet Thrift Shop will be open 6:00 - 8:00pm. Open to non-members.

MOVIE - ENCHANTED APRIL

Wednesday, April 10th | 1:00pm

Caren Creech from the Patrick Heath Public Library and The Center are partnering together to bring movie time to you. We will feature Enchanted April in room 142. Movie begins at 1:00pm and we will provide light refreshments. Please remember to be on time and silence your phones!

LOTERIA

Wednesday, April 10th | 1:00pm

Mexican Bingo will be offered on the 2nd Wednesday each month. Please bring \$1 in nickels to play!

MIXED DUPLICATE BRIDGE

Wednesday, April 24th | 1:00pm

Calling all duplicate bridge players on the 4th Wednesday each month to play duplicate bridge. There will be no buy-in to play...only bragging rights!

BINGO

M*Tu*W, Monthly | 10:30am

Our generous sponsors provide prizes and volunteers to call Bingo for players.

Mon Care Choice

Tue Cibolo Creek Health

Wed Iris Olive, Insurance Broker

42 DOMINOS

M * Th, April | 8:00am

42 Dominos are played twice a week on Mondays and Thursdays from 8:00am to 11:00am. Alan Condel is the facilitator and the group will show you how to play!

HAND & FOOT CARD GAME

Mondays | April | 1:00pm

Hand and Foot participants meet on Mondays from 1:00pm to 4:00pm.

CANASTA CARD GAME

Thursdays | April | 12:45pm

Canasta participants meet on Thursdays from 12:45pm to 3:45pm.

BEGINNER'S BRIDGE

Tuesdays | Weekly | 12:30pm

For those learning to play bridge or needing to refresh their game.

BUNCO

3rd Tu, Monthly | 1:00pm

Fun and easy dice game of rolling 6's. There's a \$5.00 buy-in for prize money at the end. Sign up at the Activity Desk.

Support Services

THE MEDICAL LOAN CLOSET

The Medical Loan Closet was created to provide durable medical equipment to members of The Center and the community, regardless of age or income. We carry a variety of equipment including standard walkers, seated walkers, canes, crutches, shower chairs, transfer benches, bedside commodes and wheelchairs. We ask for a \$20.00 non-refundable processing fee for all equipment loaned out.

We accept and are grateful for donations of new or lightly used equipment.




TRANSPORTATION

If you need transportation to The Center, any appointment or errand in the Boerne vicinity (within 10 miles), please call us at 830-249-2114 to schedule a ride at least 48 hours in advance. Reservations are open to the older adult community; you do not need to be a member of The Center for transportation. Rides are available Monday through Friday 8:00 am to 4:00 pm. The last ride must be scheduled no later than 3:00 pm. You must reserve your ride 48 hours in advance of your need to travel. Trips may be booked up to 30 days in advance and ALL rides are on a first come, first served basis as scheduling permits. Ride donations are \$2 one way or \$4 round trip within 10 miles. Ride tickets may be purchased in advance for 5 rides (\$20)

MEALS ON WHEELS KENDALL COUNTY

This program provides nutritious, ready-to-eat meals for all of Kendall County (based on qualifying needs):

- * Every Monday through Friday, we will personally deliver meals to your door for a voluntary contribution of \$3.00 per meal; however, we will continue services to anyone regardless of his/her ability to pay.
- * Other complimentary services include a friendly wellness check and occasionally a news pamphlet, flowers or pet food.
- * The program is not restricted by age. If you are interested in enrolling yourself or a loved one in Meals on Wheels Kendall County, please **contact us at 830-249-2114.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Enchilada Yellow Rice Pinto Beans Enchiladas de Pollo Arroz Amarillo Frijoles Pintos	2 Beef Pepper Steak Garlic Mashed Potatoes Capri Vegetables Res con Pimienta Pure Papa con Ajo Verduras Capri	3 Grilled Chicken Sandwich Potato Salad Carrot Raisin Salad Sandwiche de Pollo Ensalada de papa Ensalada Zanahoria	4 Battered Cod Buttered Rice Lemon Broccoli Bacalao Empanizado Arroz con Mantequilla Brócoli con Limón	5 Orange Glaze Porkchop Brown Rice Pilaf Asian Vegetables Chuleta Puerco en salsa de Naranja Arroz Integral Verduras Asiática
8 Closed for the eclipse Cerrado por el eclipse	9 BBQ Beef on Bun Potato Wedges Coleslaw Sandwiche de BBQ Res Papas Fritas al Horno Ensalada de Col	10 Italian Chicken Fluffy Rice Seasoned Broccoli Pollo Italiano Arroz Brócoli	11 Lasagna Green Beans Spiced Apples Lasaña Ejotes Manzana Especiadas	12 Beef fajitas Charro Beans Mexican Squash Fajitas Frijoles Charros Calabaza
15 Meatballs with Gravy Bowtie Pasta Vegetable Medley Albondigas en Salsa Fideos de Corbatas Verduras Mezclada	16 Lemon Herb Chicken Baby Bakers Turnip Greens Pollo con Limón y Hierbas Papas Hojas de Nabo	17 Fish Tacos Mexican Street Corn Cilantro Coleslaw Tacos de Pescado Maiz Callejero Ensalada Col y Cilantro	18 BBQ Chicken Cheese Grits Broccoli Pollo BBQ Semola con Queso Brócoli	19 Meatloaf Mashed Potatoes Seasoned Green Beans Pastel de Carne Pure de Papa Ejotes
22 Garlic Herb Tilapia Black-eyed Peas Creamed Spinach Tilapia Ajo y Hierbas Guisantes Ojos Negro Espinaca Cremada	23 Pork Loin in Gravy Rice Pilaf Roasted Broccoli Puerco en Salsa Arroz Brócoli Asado	24 Beef Tips Bowtie Pasta Steamed Baby Carrots Puntas de Res Fideos de Corbatas Zanahorias	25 Chicken Fried Steak Mashed Potatoes Cream Gravy Green Beans Bistek Pure Papa con Salsa Ejotes	26 Citrus Baked Chicken Scalloped Potatoes Mixed Vegetables Pollo Cítrico Papas Al Graten Verduras Mezclada
29 Sliced Ham Macaroni & Cheese Mixed Vegetables Jamon Macaroni con Queso Verduras Mezclada	30 Herb Baked Chicken Roasted Sweet Potatoes Asparagus Pollo con Hierbas Pure de Papa Dulce Espárragos			

LUNCH * ALMUERZO - 12:00 pm - 1:00 pm

Lunch is based on a voluntary contribution of \$5.00 for members, \$7.00 for non-members and \$3.00 for Meals on Wheels. All reservations will be accepted until 9:00 AM. Services will not be denied if a contribution is not made.

Hay una contribucion voluntaria de \$5.00 para miembros, \$7.00 para no miembros y \$3.00 para Meals on Wheels (servicio de comidas a domicilio). Todas las reservaciones seran aceptadas hasta las 9:00 AM. No se negaran los servicios si no se hace una contribucion.

Resource Connection Support

CAREGIVER'S SOS

Thursday, April 18th | 10:30am | 3rd Th

Do you help an older loved one with everyday tasks? Do you struggle finding how best to support them? Please join us for answers and support at The Center.

Facilitated by WellMed (Cindy Robles)

ALZHEIMER'S * DEMENTIA

Thursday, April 18th | 10:30am | 3rd Th

Do you or a loved one suffer from memory lapses, confusion or agitation? Please join us for information and support at The Center.

Facilitated by WellMed (Cindy Robles)

GRIEF SUPPORT

Do you need support or someone to talk with during this difficult time? Reference The Center and call Angela directly for help:

Angela Polcyn, Grief Coordinator of Methodist Hill Country Hospice @ 920-960-3043.

GRANDPARENTS RAISING GRANDCHILDREN

Thursday, April 18th | 10:00am | 3rd Th.

Need help and guidance with raising your grandchildren? **Laura Cuellar (210-214-2844) facilitates this group.**

DIABETES MANAGEMENT

Wednesday, April 24th | 1:00pm | Last Wed

Barbara Walz, RN, will provide information for those wishing to manage their Diabetes. Barbara is a retired RN of the VA hospital in San Antonio, Texas.

LOW VISION (VIBRANT WORKS)

Wednesday, April 17th | 10:00am | 3rd Wed

Please come join this support group if you have sight issues and would like more information. Various programs offered each month by Judy Wright. All are welcome.

NEURO SUPPORT GROUP

Thursday, April 11th, | 1:00pm | 2nd Th

Melinda Rodriguez, Facilitator and Sheila Brown of ConnectAbility provide this group with support, information and various speakers for various neurological disorders.

WELLNESS CONVERSATION

Monday - Friday, March | 9:00am - 5:00pm

Meet with a counselor from the comfort of your home. All you need is access to a phone and computer. Please be prepared to share your contact information.

The Ecumenical Center @ 210-616-0885

Learn More

BOARD OF DIRECTORS

Board Chair
Bill Bird

Immediate Past Chair
Karen Love

Chair Elect/ Secretary
Cali Redd

Treasurer
Garrett Ethridge

Members
Sandra Bradley
Julia Garza
Gavin Grosenbacher
Wes Holland
Karen Minyard

Advisory Panel
Jack Beckwith
Nicole Bishop
Richard Elkins
Dawn Fulgham
Howard Klein
Aquila Mendez-Valdez

MEET OUR STAFF



THE CLOSET THRIFT SHOP

Monday - Friday | 9:00AM - 3:00PM

The Closet Thrift Shop, located in Room 128, offers wonderful clothing, accessories and fun items in great condition and at fantastic prices! Remember when you shop here, 100% of the proceeds benefit The Center. Hours are 9:00am to 3:00pm Monday through Friday. The shop will be open during Dances and Socials from 6:00 to 8:00pm.

Chair Ellen Clark	Co-Chair Olga McGlothing	Co-Chair Laurie Meadows	Secretary Kimberly Marx
-----------------------------	------------------------------------	-----------------------------------	-----------------------------------

VOLUNTEER AT THE CENTER!

Monday - Friday, | Various Times Available

We need individuals with all types of skills or interests that you're passionate about, so please consider helping here at The Center! Please see Susie Allen or visit www.thecenterboerne.org for volunteer opportunities. Please complete a form expressing your interests for helping at The Center. We would LOVE for you to join us!

VOLUNTEER OPPORTUNITIES

THE CENTER STAFF

C.E.O.
Olivia Burdick

C.O.O.
Susan (Susie) Allen

Program Director
Jenny Settle

Director of Client Services
Charlie Hamilton

MOW - Logistics Cdr
Janet Wenzel

MOW - Volunteer Cdr
Clarita Jarvis

Transportation Coordinator
Chris Anger

Driver
Frank Buller
Driver
Walter Hanna

Activities Coordinator
Carol Hitchler

Community Outreach Cdr
Diana Dolt

Bookkeeper
Karla Anger

Receptionist
Julabeth Carden

Administrative Assistant
Pat Parton

Property Manager
Pat Kelly

Maintenance Assistant
Mike Finch

Chef
Michael Lenhoff

Lead Line Cook
Josue Flores

Kitchen Assistant
Susan Payne

Kitchen Assistant
Garret Becker

Special Event Coordinator
Katina Castaneda

Social and Leisure

MUSIC MAKERS

Mondays | 1:00pm

Bring your instruments and join us to play music spanning country western to blue grass to gospel to folk. Or just come sing along and/or listen. Held every Monday from 1:00 to 3:00pm

UKULELE LESSONS

Wednesdays | 1:00pm

Every Wednesday from 1:00 to 2:00, Ed Floyd offers Ukulele lessons for interested members of all levels. Please contact Carol at 830-249-2114 if interested.

ECUMENICAL CTR MUSIC

Thursdays | 11:30am

Daniel, Gabrielle and Sidney will entertain members with music for two hours during lunch.

TRAVEL WITH COLLETTE

2024

Collette offers many exciting trips to various locations. The Center has partnered with Collette to offer some fantastic journeys to the following places:

Western Canada

Rockies, Lakes Jul 2024

Classical Greece Oct 2024

Christmas Markets Dec 2024

Please consider reserving your next adventure with Collette. Ten percent (10%) of your booking will benefit The Center with no added cost to you.



PATRICK HEATH PUBLIC LIBRARY PARTNERSHIP

Saturday, April 13th | 11:00am | Comfort Author Rusty Busby

Author Rusty Busby will sign copies of his book "42", which covers the many years he has played dominos in front of The Ingenhuett Store in Comfort, TX.

Thursday, April 18th | 10:00am | Honey Creek Natural Area

The Magical History Tour visits the Honey Creek Natural Area. Please contact Robin Stauber at 830-249-3053 for more information.

Thursday, April 18th | 7:00pm | Live! Entertainment Amphitheater

Live! At the Library! Features the musical guests, The Georgia Parker Band.

Saturday, April 20th | 2:00pm | Zoom with the Poets

For National Poetry Month, the Library is featuring a zoom program with San Antonio poets James Dennis, Alicia Galvan and D. Ellis Phelps. Please contact Caren Creech for the zoom link at creech@boernelibrary.org

HILL COUNTRY NEWCOMERS CLUB (HCNC)

Partnership

Hill Country Newcomers Club (HCNC) is a non-profit group, that offers these activities each month to our members and the community:

Book Club: April 23rd, meets on the 4th Tuesday each month from 12:30 to 2:00pm Contact Kim Makins @404-273-3197 for information.

Busy Hands: April 3rd & 10th - meets 1st & 2nd Wednesdays at 1:00pm for all kinds of needlework. Contact Sylvia Boone @650-888-6545.

Canasta: April 26th - meets on the 4th Friday at 9:00am every month. Please contact Kim Makins @404-273-3197 for information.

Genealogy: April 22nd - meets on the 4th Monday at 1:00pm for researching family history. Contact Angie Thomas @956-227-5647.

Mahjong: April 1st - meets the 1st Monday each month from 1:00 to 4:00pm - experienced players. RSVP to Judy @205-410-1213.

Arts and Crafts

CRAFT - GREETING CARD MAKERS - KIMBERLY

Monday, April 15th | 9:30am

Join Kimberly to make beautiful greeting cards. Please sign up at the Activity Desk.

CRAFT - POLYMER CLAY BEADS - JACQUE PHPL

Monday, April 15th | 1:00pm

Join Jacque and make beautiful polymer clay beads for jewelry making. Please sign up at the Activity Desk.

CRAFT - ACRYLIC PAINTING - GINA MARIE

Tuesday, April 23rd | 10:00am

Learn and enjoy acrylic painting with Gina Marie. Please sign up at the Activity Desk.

CRAFT - WATERCOLOR PAINTING - CAREN PHPL

Monday, April 29th | 1:00pm

Have fun watercolor painting with Caren from the Library. Please sign up at the Activity Desk.



News and Updates

THE CENTER - GENERAL INFORMATION

Helpful Tips

Would you like to join the fun at The Center? Annual Dues are \$25.00 for Individuals & \$35.00 for Couples.

Please use caution when driving in the parking lot!

Please help us keep The Center beautiful. Kindly clean up after yourself in the lunchroom and activity rooms by throwing away all food and returning dishes to the kitchen.

Please remember to register for your congregate meals each month or call no later than 9:00am of the day you plan to eat at The Center.

Only service dogs on leashes are permitted in The Center.

IN HOUSE MEALS

M - F | March | 12:00pm

We strive to provide healthy savory meals to our members while they come to enjoy plated lunches, activities and camaraderie with friends. We invite you to please come join us for a tasty meal while enjoying the company of friends, members, volunteers and staff. Reserve your seat by 9:00am. You may also use My Active Center to RSVP for activities and/or lunches at The Center.

FOOD DISTRIBUTION

Tuesdays | 11:00am

HEB & HCFS donate food items to The Center which we distribute as follows:

Tickets are handed out at 8:00am and distribution begins at 11:00am

One ticket per household.

You must be present to receive both the ticket and the food.

Food is available for both members and non-members.

Food donations received by The Center vary in type and quantity and/or may not be available .

I'm Kera Dutton, your Kendall County AgriLife County Agent for Family and Community Health. As a Registered Dietitian, I like to share new and updated information in nutrition and health on a regular basis. This month I challenge you to try grocery shopping with a twist!

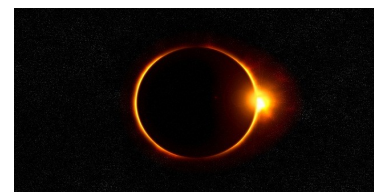
Grocery Shopping With A Twist!

Chef Will Coleman's 6 to 1 grocery shopping method is simple. Shoppers purchase six vegetables, five fruits, four protein sources, three starches, two sauces or spreads and one item just for fun. This system simplifies shopping, reduces waste, and saves money. These items are meant to last one week. Frozen and canned goods count (like frozen raspberries, canned beans or canned tomatoes). The one fun item can be anything you like, from coffee to chocolate. This shopping system can help you save money while not sacrificing fresh foods, eliminate food waste, and limit mental labor with no list to make or menu to plan. It is fast and fun, and you can make it your own (add a dairy or beverage category, for instance). Once you are home with your groceries, search for recipes that will make good use of your ingredients. With warmer days just around the corner, try this simple way to get in and out of the grocery store in record time!



THE SOLAR ECLIPSE

The Center will be closed on Solar Eclipse Monday, April 8th, as recommended by our local first responders. Local officials anticipate a large influx of visitors to the area making traversing the area difficult for our members and our Meals on Wheels (MOW) drivers. All MOW clients will be provided a frozen meal on Friday, April 5th and we will post signage and announcements on Face Book about the upcoming closure as the time draws closer. You can read about the recommendations related to The Eclipse in the attached link. The website for the City of Boerne has other guidelines or suggestions related to other things that could be affected. Please visit <https://www.ci.boerne.tx.us/DocumentCenter/View/23398/Solar-Eclipse-One-Page-Guide-for-Boerne-Residents> for more information.



Upcoming Events

ACTIVITIES HAPPENING EVERY WEEK

Mondays

8:00am | 42 Dominos
9:00am | Outreach - Walk in the Park
9:30am | Line Dancing
10:00am | Sit & Be Fit (y en Español)
10:30am | Bingo (MUCC)
10:30am | FC Equipment Q&A*2nd Mon
11:00am | Stretch & Tone
1:00pm | Hand & Foot
1:00pm | Music Makers

Tuesdays

9:30am | Circuit (*YMCA)
10:00am | Flower Arranging
10:00am | Sit & Be Fit (y en Español)
10:30am | Bingo (Cibolo Creek)
10:30am | Cornhole Toss
10:45am | Stretch (1st*3rd Tu)
11:15am | Pilates (1st*3rd Tu)
12:30pm | Sewing & Quilting

12:30pm | Beginner's Bridge
12:45pm | Zumba Chair (*YMCA)
1:00pm | Happy Hooker Crochet
05:00pm | Zumba (\$3)

Wednesdays

8:15am | Pole Walking (*YMCA)
9:00am | Zumba (\$3)
9:15am | Floor Stretching
9:30am | Computer Class
10:00am | Sit & Be Fit (y en Español)
10:30am | Tai Chi
10:30am | Bingo (Iris Olive)
11:00am | Bible Study Group
1:00pm | Board Games
1:00pm | Ukulele Lessons
1:30pm | Balance w/ Kenne
5:00pm | Zumba (\$3)

Thursdays

8:00am | 42 Dominos
9:00am | Outreach - Walk in the Park
9:30am | Classic (*YMCA)
10:00am | Sit & Be Fit (y en Español)
10:30am | Cornhole Toss
11:00am | Chair Yoga (*YMCA)
11:00am | Ecumenical Ctr Music
12:45pm | Canasta
1:00pm | OHC Bible Study
5:00pm | Zumba (\$3)

Fridays

9:00am | Zumba (\$3)
9:00am | Mahjong
9:00am | Friday Bridge
10:00am | Sit & Be Fit (y en Español)
10:30am | Line Dancing & More
(Apr 5th only)
1:00pm | Closet Volunteers Sorting

ACTIVITIES HAPPENING IN APRIL

April 1

1:00pm | HCNC - Mahjong

April 3

9:00am | Happy Scrappers Sewing Bee
9:00am | Medicare Corner
10:00am | Women's Wed Dup Bridge
10:30am | Blood Pressure Ck-Heritage
1:00pm | HCNC Busy Hands

April 5

12:00pm | Hermann Son's Life
6:00pm | First Friday Dance & Social

April 8

CENTER CLOSED for Solar Eclipse

April 9

10:00am | Financial Education
10:00am | Phone Help w/ Alison

April 10

1:00pm | Loteria (\$1 in nickels)
1:00pm | HCNC Busy Hands
1:00pm | Movie - Enchanted April

April 11

9:30am | Outreach - Empty Cross;
Café at Ridge;
James Avery
12:00pm | Swiss Teams Bridge
1:00pm | Neuro Support Group

April 12

10:00am | Writing Workshop
10:30am | Viva Fiesta Health Fair

April 15

9:30am | Craft - Greeting Card Makers
11:30am | Nutrition Nuggets Reg. Diet.
1:00pm | Craft - Polymer Clay Beads

April 16

1:00pm | Bunco (\$5 Buy-in)

April 17

10:00am | Low Vision Club (Vibrant)
10:00am | Women's Wed Dup Bridge

April 18

9:30am | Outreach - Herff Farms Tour;
Las Guitarras
10:00am | Grandparents Raising
Grandchildren
10:30am | Alzheimers/Dementia Group
10:30am | SOS Caregiver Group
1:00pm | New Member Orientation

April 19

6:00pm | Third Friday Dance & Social

April 22

1:00pm | HCNC Genealogy

April 23

10:00am | Craft - Acrylic Painting Gina
10:00am | Phone Help
12:30pm | HCNC Book Club

April 24

12:00pm | Mixed Duplicate Bridge
1:00pm | Diabetes Education Group

April 25

9:00am | Outreach - Bluebonnet
Café; Lyndon B.
Johnson Home Tour

April 26

9:00am | HCNC - Canasta
11:30am | April Birthdays Party
1:00pm | The Writer's Group

April 29

9:00am | Brown Hearing - Hearing test
1:00pm | Craft-Watercolor Painting