



THE CENTER

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

THE CLOSET - VOLUNTEERS & SHOPPERS



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Office Hours

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

Fitness Center Hours

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



DRIVER SAFETY COURSE

TUESDAY, MAY 14, 2024

1:00 PM - 5:00 PM

Pre-Register with Chuck Brewton at 210-514-3321

Participants should arrive 15 minutes early at The Center and bring their AARP membership card, Driver's License and payment (cash or check only). Cost is \$20.00 for AARP Members and \$25.00 for all others. The class will last four hours.



17 Old San Antonio Rd
Boerne, TX 78006



(830) 249-2114



info@thecenterboerne.org

Announcements

NEW MEMBER ORIENTATION

Thursday, May 16 | 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)!



WHAT'S NEW AT THE CENTER

Celebrating Older Americans Month: Powered by Connection

Did you know that May was established as Older Americans Month (OAM) in 1963? Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

Connection is not just about having someone to chat with. It's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. By recognizing and nurturing the role connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

How can community groups, businesses, and organizations mark OAM?

- Spread the word about the mental, physical, and emotional health benefits of social connection through professional and personal networks.
- Encourage social media followers to share their thoughts and stories of connection using hashtag #PoweredByConnection to inspire and uplift.
- Promote opportunities to engage, like cultural activities, recreational programs, and interactive virtual events.
- Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems.
- Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults, or youths.

What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community – and through The Center.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.

Get connected with The Center today by contacting us at 830-249-2114.

Warm regards,
Olivia Burdick



DRAWING OF THE MONTH

Friday, May 31st | 12:00 pm

Hand Made Quilt - Quilters of Cibolo Creek Quilters Guild

DONATED BY: Cibolo Creek Quilters Guild

We will celebrate May Birthdays and pick the Winner of the Drawing on the last Friday of the Month (05/31/2024).

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

Learning and Discovering

WORD PLAY!

Friday, May 10th | 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, May 13th | 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, May 7th/21st
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 May on the 7th and 21st. Please sign up at the Activity Desk.



COMPUTER LAB

©LPi

INSTRUCTED BY RANDY WILLIAMS

May 1 | 9:30am

MS Word - Text Boxes & SmartArt Graphics

May 8 | 9:30am

MS Word - Working w/ Tables & Using the Editor

May 15 | 9:30am

MS Word - Final Review & Critique

May 22 | 9:30am

Computer Q & A Forum

May 29 | 9:30am

MS Computer Fundamentals, Part I, Shortcuts, Files, Folders, Directories/ Drives

FINANCIAL EDUCATION W/ JULIA GARZA - JEFFERSON BANK

Tuesday, May 14th | 10:00am



Financial Education: Scammers & Skimmers

Please join Julia Garza, VP of Banking Center Management of Jefferson Bank on Tuesday, May 14th at 10:00am for protecting yourself and your financial assets from hackers, scammers and thieves. Please sign up at the Activity Desk or on My Active Center.

MEDICARE WITH IRIS OLIVE

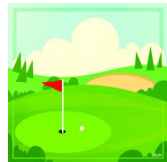
Wednesday, May 1st | 9:00am



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 or on My Active Center.

PUTTING CLINIC & ARNOLD PALMERS

Thursday, May 23rd | 10:00am



Free putting clinic provided by David Murrah, PGA Life Member and Boerne resident. Come learn the basic fundamentals of a consistent putting stroke. Learn how to read greens and ways you can make more putts just like Arnie! Limited to the first 8 people to register, so SIGN UP TODAY at the Activity Desk or on My Active Center!!!

THE WRITER'S GROUP

Friday, May 24th | 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 facilitator is Derral Cheatwood. Sign up at Activity Desk or on My Active Center.

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

Free Putting Clinic

Thursday May 23 | 10:00am

Please RSVP - Class Limited

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

Arthritis Awareness Month

Arthritis is an inflammatory condition affecting over 53 million adults in the US. May was declared Arthritis Awareness Month to help educate people on how to manage the symptoms. There are over 100 types of arthritis, but all of them cause swelling and tenderness in the joints which leads to joint pain and stiffness.

There are two main types of arthritis. Osteoarthritis creates a “wear and tear” arthritis that affects the hands, knees and hips. Rheumatoid arthritis occurs when the immune system attacks the body by mistake. Both cause cartilage deterioration and bone changes. Other types include gout, ankylosing spondylitis, and psoriatic arthritis. Depending on the type of arthritis a person has, symptoms can include pain, stiffness, swelling, redness, tenderness, loss of flexibility, bone spurs, a grating sensation, weight loss, fatigue, or weakness.

While arthritis can't be cured, there are ways to treat the symptoms and try to improve joint function. If you are experiencing symptoms of arthritis, talk to your doctor to create a treatment plan that works for you. Treatments include:

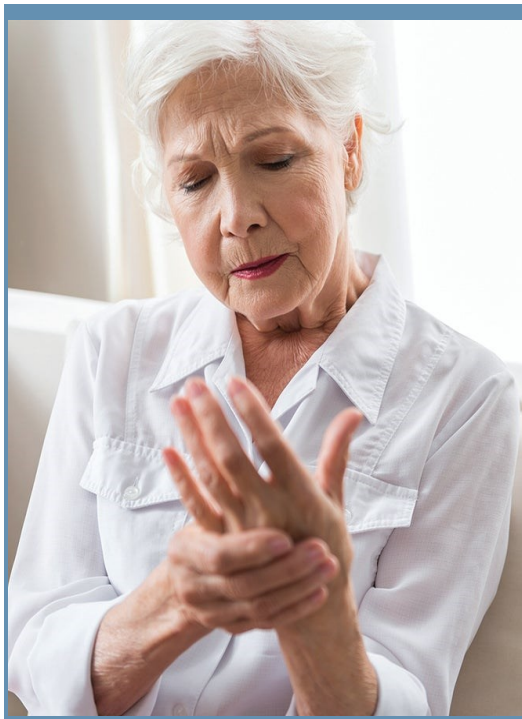
- Medications: Nonsteroidal anti-inflammatory drugs like ibuprofen or Aleve can help reduce pain and inflammation. Ointments with menthol or capsaicin may interrupt the transmission of pain signals from the achy joint. Corticosteroid medications can help reduce inflammation and slow joint damage, but they do have side effects.
- Therapy: Physical therapy can help improve range of motion and strengthen muscles.
- Surgery: Some people may need more extreme intervention such as joint repair, joint replacement, or joint fusion surgeries.

Lifestyle changes can also help.

- Low impact exercise like biking, swimming and running. Be sure to warm up first!
- Manage your weight.
- Stop smoking.
- Limit alcohol intake.
- Cut back on caffeine.
- Get plenty of rest when having a flare-up to allow joints to recover.

To learn more about how to manage your arthritis, enroll in a self-management workshop. Centers for Disease Control and Prevention offers recognized self-management programs at https://www.cdc.gov/arthritis/interventions/self_manage.htm.

--Kristen Staton, Health & Wellness Coach

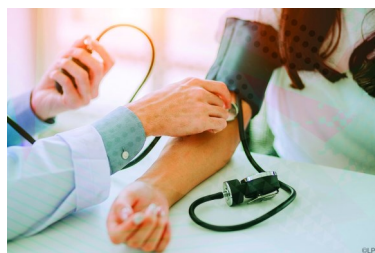


BLOOD PRESSURE SCREENING

Wednesday, May 8th | 10:30am

HERITAGE PLACE

Complimentary blood pressure screenings are usually held at The Center on the second Wednesday of every month. Please join Rebecca on **May 8th 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 on My Active Center.



VISION TESTS

Wednesday, May 22 | 10:00am

MY URGENT CARE CLINIC

My Urgent Care Clinic will conduct vision tests on Monday, **May 22nd from 10:00 am to 12:00 pm**. Please sign up at the Activity Desk or on My Active Center.



Meetups and Gatherings

OUTREACH ACTIVITIES - PLEASE RSVP TO DIANA

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

Saturday, March 4th | 9:00am - 2:00pm

We will begin at 9:00am with a stroll through the [Pearl Farmers Market](#), 303 Pearl Parkway, San Antonio, Tx 78215 and then attend Sabor Session of Stable Hall at 11:00am

www.stablehall.com/saborsessions. **Pearl and Stable Hall are weapons free and we must go through a basic security screening for Stable Hall. A team member will meet our group in the lobby once we have entered the Stable Hall so please be prompt.**

Wednesday, May 8th | 9:00am

Arrive at 9:00am for a walking tour of Boerne's completed River Road Bank Stabilization Project on River Road (across from The Dodging Duck), followed by lunch at 11:30am at Richters Antler Café, 1 Sun Valley Drive, Spring Branch, Texas. (<https://www.antlercafe.com>).

Wednesday, May 15th | 9:30am

The Japanese Tea Garden, 3853 N. St. Mary's, San Antonio, Tx (next to the San Antonio Zoo). What began as a pit created from a limestone quarry and cement factory, the Japanese Tea Garden is now a beloved jewel in San Antonio's cultural landscape with a beautiful Japanese style garden complete with a waterfall and koi pond. (<https://saparks.org/japanese-tea-garden/#>). Lunch to follow at the Golden Wok, 8822 Wurzbach, San Antonio (<https://goldenwoksa.com>). Please arrive at The Center at 8:30am or meet at the Garden at 9:30am.

Wednesday, May 30th | 10:30am

Meet us in Fredericksburg at Jenschke Orchards, 8301 East US Hwy 290. (<https://bestfredericksburgpeaches.com/about>). We will have the opportunity to pick our own peaches (if available). Followed by lunch at Leroy's Tex BBQ at 12:00pm, (<https://www.leroystexmexbbq.com>).

Please contact Diana if you are available to carpool.

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

MOTHER'S DAY PARTY

Friday, May 10th | 12:00pm

Let's celebrate Mother's Day on Friday, May 10th. Let's make all our Mom's feel special with a nice meal, special dessert and lovely live music!

MAY BIRTHDAYS PARTY

Friday, May 31st | 12:00pm

We will celebrate May birthdays on Friday, May 31st. We will enjoy delicious food and dessert and have fun 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.

DANCES & SOCIALS

Friday, May 3rd & 17th | 6:00pm

For March, Dances & Socials will be held on the **1st and 3rd Friday, May 3rd and May 17th**. 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 - IT HAPPENED TO JANE

Wednesday, May 22nd | 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 *It Happened to Jane* in room 142. Movie begins at 1:00pm. Please remember to be on time and silence your phones!

LOTERIA

Wednesday, May 8th | 1:00pm

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

MIXED DUPLICATE BRIDGE

Wednesday, May 22nd | 12:00pm

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, Weekly | 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, May | 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 | May | 1:00pm

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

CANASTA CARD GAME

Thursdays | May | 12:45pm

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

HAPPY SCRAPPERS SEWING BEES

1st Wed, Monthly | 9:00am

Sewing and quilting projects. Group works on various projects together. Open to all interested.

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
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<p>Menus are prepared in partnership with Ben E. Keith Foods by Jackie Scimeca Licensed Dietician Texas Dept. of Licensing & Regulation #DT83358</p>		<p>1 Potato Crusted Fish Baby Bakers Turnip Greens Pescado Empanizado Papas Hojas de Nabo</p>	<p>2 Lasagna Yellow Squash Spinach with Garlic Lasaña Calabaza Amarillo Espinaca con Ajo</p>	<p>3 Chicken Sausage Gumbo Fluffy Rice Okra Gumbo Pollo Salchicha Arroz Okra</p>
<p>6 Santa Fe Pork Cutlet Southwest Hominy Broccoli Chuleta de Puerco Maiz Molido Brócoli</p>	<p>7 Chicken Bruschetta Egg Noodles Italian Green Beans Bruschetta de Pollo Fideos de Huevo Ejotes Italianos</p>	<p>8 Beef Taco Salad Charro Beans Mexican Squash Taco Ensalada y Res Frijoles Charros Calabaza Mexicano</p>	<p>9 Chicken Salad Sandwich Primavera Pasta Salad Spinach Salad Ensalada Pollo Sandwich Ensalada de Pasta Ensalada de Espinaca</p>	<p>10 Smothered Pork Chops Scalloped Potatoes Mixed Vegetables Chuleta Puerco Salsa Papas al Gratin Verduras Mezclada</p>
<p>13 Turkey A La King Green Peas & Red Pepper Yellow Squash Cazuela de Pavo Guisantes y Pimientas Calabaza Amarillo</p>	<p>14 Corn Flake Chicken Mashed Potatoes Green Beans Amandine Pollo Empanizado Pure de Papa Ejotes Almendrado</p>	<p>15 Oriental Pork Fried Rice Carrot Puerco Oriental Arroz Frito Zanahoria</p>	<p>16 Beef Steak Fingers Cream Gravy Mashed Potatoes Capri Vegetables Tiras de Res con Salsa Pure de Papa Verduras Mezclada</p>	<p>17 Chicken Guisada Spanish Rice Mexicali Corn Pollo Guisada Arroz Rojo Maiz Mezclada</p>
<p>20 Chili Loaded Baked Potato Broccoli Chile Papa al Horno Brócoli</p>	<p>21 Herb Baked Chicken Mashed Sweet Potatoes Mixed Vegetables Pollo al Horno con Hierbas Pure de Papa Dulce Verduras Mezclada</p>	<p>22 Deli Sandwich Garden Pasta Salad Tomato Onion Salad Sándwich Delicatessen Ensalada de Pasta Ensalada de Tomate y Cebolla</p>	<p>23 Chicken Pasta Primavera Italian Green Beans Pollo Pasta Primavera Ejotes Italiano</p>	<p>24 Stuffed Bell Pepper Oven Potatoes Spinach Chile Relleno Papas Horneado Espinaca</p>
<p>27 MEMORIAL DAY THE CENTER CLOSED</p> <p>CERRADO EN CONMEMORACIÓN DEL DIA DE LO CAÍDOS</p>	<p>28 Soft Pizza Cauliflower Carrot Raisin Salad Pizza Coliflor Ensalada Zanahoria y Pasa</p>	<p>29 Honey Garlic Chicken Baby Bakers Spinach Pollo con Miel y Ajo Papas Espinaca</p>	<p>30 Pork Roast Pinto Beans Oil & Vinegar Coleslaw Puerco Asado Frijoles Pintos Ensalada de Col</p>	<p>31 Beef Tips - Brown Gravy Garlic Mashed Potatoes Capri Vegetables Puntas de Res en Salsa Pure de Papa con Ajo Verduras Mezclada</p>

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. 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). No se negaran los servicios si no se hace una contribucion.

COMFORT GOLDEN AGE CENTER - Please Call in your meal request by 8:15am on the day of delivery. 830-995-3032

Resource Connection Support

CAREGIVER'S SUPPORT

Tuesday, May 14th | 10:00am | 2nd Tu

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 Hope Hospice (Mike Jones)

ALZHEIMER'S * DEMENTIA

Thursday, May 16th | 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. (Alamo Hospice @830-816-5024)

Facilitated by Alamo Hospice (Lana Cooper)

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, May 16th | 10:00am | 3rd Th.

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

DIABETES MANAGEMENT

Wednesday, May 29th | 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, May 15th | 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. **Note: 2nd Wed in Mar**

NEURO SUPPORT GROUP

Thursday, May 9th, | 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, May | 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



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
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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!

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

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, Paul Peterson offers Ukulele lessons for interested members of all levels. Please contact Carol at 830-249-2114 if interested.

ECUMENICAL CTR MUSIC

Thursdays | 11:00am

Daniel and Gabrielle 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.

Please contact Diana Dolt, our Outreach Coordinator, for more information.



PATRICK HEATH PUBLIC LIBRARY PARTNERSHIP

Thursday, May 16th | 10:00am | Tours of Park & Fairgrounds

Wish to tour Boerne City Park and the Kendall County Fairgrounds? Please contact Robin Stauber at Stauber@boernelibrary.org to RSVP

Thursday, May 16th | 7:00pm | Live! At the Library

Library is featuring The Gary Parker Band. The program will be in the Amphitheater and is free.

Monday, May 20th | 12:00pm | Book Discussion

"The Second Battle of the Alamo" by Judy Alter will be discussed by the Non-Fiction Discussion Group in the conference room.

Weekly on Thursdays | 1:30pm | Drawing Club

Please bring your own drawing materials and everyone is welcomed.

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: May 28th, meets on the 4th Tuesday each month from 12:30 to 2:00pm Contact Kim Makins @404-273-3197 for information.

Busy Hands: May 1st/8th - meets 1st & 2nd Wednesdays at 1:00pm for all kinds of needlework. Contact Sylvia Boone @650-888-6545.

Canasta: May 24th - meets on the 4th Friday at 9:00am every month. Please contact Kim Makins @404-273-3197 for information.

Genealogy: May 20th - usually meets on the 4th Monday at 1:00pm but will meet on 5/20 (not 5/27). Contact Angie Thomas @956-227-5647.

Mahjong: May 6th - meets the 1st Monday each month from 1:00 to 4:00pm - experienced players. RSVP to Judy @205-410-1213.

Arts and Crafts

CRAFT - JEWELRY MAKING - JACQUE (PHPL)

Monday, May 6th | 1:00pm

Join Jacque and make beautiful jewelry. Please sign up at the Activity Desk or on My Active Center.

CRAFT - GREETING CARD MAKERS - KIMBERLY

Monday, May 13th | 10:00am

Join Kimberly to make beautiful greeting cards. Please sign up at the Activity Desk or on My Active Center.

CRAFT - WATERCOLOR PAINTING - CAREN

Monday, May 13th | 1:00pm

Learn and enjoy watercolor painting with Caren. Please sign up at the Activity Desk or on My Active Center.

CRAFT - CREATE FIESTA FLOWERS - KHUN KAEK

Monday, May 20th | 1:00pm

Have fun creating beautiful flowers with Khun Kaek. Please sign up at the Activity Desk or on My Active Center.



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 activity rooms by throwing away all food and returning dishes to the kitchen.

We hope you will join us in the main dining room for a healthy and tasty lunch. Our volunteers will help anyone who needs assistance to obtain their meal and will clear everyone's dishes once they are done.

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. 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 encourage you to embrace healthy lifestyle changes.

Adding Healthy Flavors to Your Food

Salt and pepper are not the only options to add flavor to foods. Here are some healthful flavor boosters for you to experiment with. If you do not cook as much as you used to or if you do not cook at all anymore, you can add these to popcorn, fresh salads, or canned soups for a new flavor.

- **Fresh Herbs** – Popular herbs include basil, cilantro, dill, chives, mint, oregano, parsley, tarragon, and thyme. Add herbs to fresh salads or prepared soups. You can flavor plain or seltzer water with fresh mint.
- **Dried Herbs and Spices** – Common dry herbs include basil, dill, mint, oregano, parsley, rosemary, and sage. Common dry spices include cinnamon, cloves, ginger, nutmeg, paprika, pepper and turmeric. Sprinkle ground ginger on oatmeal or add a dash of paprika to chicken.
- **Citrus Fruits** – A small amount of juice or peel from citrus fruits can add major flavor. Use a small knife or microplane to remove the outer colored part of the peel (zest). Avoid the bitter white pith just below the outer peel. Stir orange zest into oatmeal, yogurt, or cake batter. Add a splash of lemon, lime, or orange juice to sparkling water for a refreshing beverage.
- **Some Like it Hot!** Adding some heat to recipes really kicks up the flavor. Start with a small amount until you reach your desired heat level.
 - **Sriracha** is a bright, red-hot sauce made from chili peppers, vinegar, garlic, sugar, and salt.
 - **Horseradish** contains grated horseradish root mixed with distilled vinegar.
 - **Harissa** is a garlicky sauce that gets its heat from chilis and contains cumin, coriander, and caraway.
 - **Wasabi** is a green pungent paste made from Japanese horseradish root and typically accompanies sushi.
 - **Gochujang** is a thick, spicy paste made with dried red chilis and fermented soybeans.

MORE HERBS
LESS SALT



Upcoming Events

ACTIVITIES HAPPENING EVERY WEEK

Mondays

8:00am | 42 Dominos
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 | Bingo (Iris Olive)
10:30am | Tai Chi
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
9:30am | 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)
1:00pm | Closet Volunteers Sorting

*YMCA Silver Sneakers Dual Program

ACTIVITIES HAPPENING IN MAY

May 1

9:00am | Medicare Corner
9:00am | Happy Scrappers Sewing Bee
10:00am | Women's Wed Dup Bridge
1:00pm | HCNC Busy Hands

May 3

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

May 4 (Sat Outreach)

9:00am | The Pearl Farmers Market
11:00am | Sabor Sessions - Stable Hall

May 6

1:00pm | HCNC - Mahjong
1:00pm | Craft - Jewelry Making

May 7

10:00am | Phone Help

May 8

9:00am | Outreach-River Road Project
10:30am | Blood Pressure Ck-Heritage
1:00pm | Loteria (\$1 in nickels)
1:00pm | HCNC Busy Hands

May 9

11:00am | Kendra Scott Jewelry Sale
12:00pm | Swiss Teams Bridge
1:00pm | Neuro Support Group

May 10

10:00am | Writing Workshop
11:30am | Mother's Day Party

May 13

10:00am | Craft - Greeting Card Makers
1:00pm | Craft-Watercolor Painting

May 14

10:00am | Financial - Jefferson Bank
10:00am | Caregiver Support
1:00pm | AARP Driver Safety Course

May 15

9:30am | Outreach - Japanese Tea Garden & Golden Wok Rest.
10:00am | Women's Wed Dup Bridge
10:00am | Low Vision Club (Vibrant)

May 16

10:00am | Grandparents Raising Grandchildren
10:30am | Alzheimers/Dementia Group
1:00pm | New Member Orientation

May 17

6:00pm | Third Friday Dance & Social

May 20

11:30am | Nutrition Nuggets Reg. Diet.
1:00pm | HCNC Genealogy
1:00pm | Craft - Create Tissue Flower

May 21

10:00am | Phone Help
1:00pm | Bunco (\$5 Buy-in)

May 22

10:00am | Vision Tests - MUCC
12:00pm | Mixed Duplicate Bridge
1:00pm | Movie - It Happened to Jane

May 23

10:00am | Free Putting Clinic - Murrah

May 24

9:00am | HCNC - Canasta
1:00pm | The Writer's Group

May 27

Memorial Day - Center Closed

May 28

12:30pm | HCNC Book Club

May 29

1:00pm | Diabetes Education Group

May 30

9:30am | Outreach Jenschke Orchard
* Leroy's BBQ-Fredericksburg

May 31

11:30am | May Birthdays Party