



# THE CENTER

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



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## FREE CHIPPING AND PITCHING CLINIC

Thursday, June 27th | 9:00 am

Free chipping and pitching clinic provided by David Murrah, PGA Life Member and Boerne resident. Come learn the basics of chipping and pitching in the game of golf. This clinic will be **limited to the first eight (8) people to register**, so SIGN UP TODAY at the Activity Desk or on My Active Center! Light refreshments will be provided.





### 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](mailto:info@thecenterboerne.org)

# Announcements

## NEW MEMBER ORIENTATION

Thursday, June 20 | 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 830-249-2114!



## WHAT'S NEW AT THE CENTER

Hello Everyone,

I'm absolutely thrilled to share some wonderful news with you all! Our beloved Center has undergone a remarkable transformation, completely donated to us and it's all thanks to the incredible passion and dedication of two very special individuals: Bill Bird and Tina Capello.

Let me begin by telling you about Bill. As many of you know, Bill is not just our esteemed Board Chair, but also a passionate advocate for our mission. His unwavering commitment to serving our community's older adults has been truly inspiring. So, when Bill saw an opportunity to further enhance The Center's environment to better honor and serve our community, he and Tina got to work on a plan.

Bill's vision for a space that radiates warmth and hospitality led him to generously offer his support to fund this project. He understands the importance of creating a welcoming space where friendships flourish and memories are made. His ongoing dedication to The Center fueled his desire to make this transformation a reality.

Now, let's talk about Tina. Tina is the incredibly talented designer who brought Bill's vision to life. With her keen eye for detail and creative flair, Tina hand-selected every piece of décor. She has shared her gift of recreating spaces to evoke joy and elevated comfort. Her talents have infused our space with warmth and charm, which shine through every corner of our revitalized Center.

Together, Bill and Tina have transformed The Center into a place we can be even more proud of. So, the next time you're here, take a moment to appreciate all the hard work and dedication that went into making our space so special. We are incredibly fortunate to have Bill and Tina's leadership and creativity supporting The Center. It's more than just a makeover – it's a reflection of how our community values its older adults.

Until next time,  
Olivia Burdick  
CEO, The Center



## DRAWING OF THE MONTH

Friday, June 28th | 12:00 pm  
Kitchen Aid Food Chopper

### Anonymous Donation

We will celebrate June Birthdays and pick the Winner of the Drawing on the last Friday of the Month (06/28/2024).

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

# Learning and Discovering

## WORD PLAY!

Friday, June 14th | 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. This workshop is for both beginners, and seasoned writers. Come on! You can do it! Please sign up at Activity Desk or on My Active Center

## NUTRITION NUGGETS

Monday, June 10th | 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, June 4th/18th  
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. Please sign up at the Activity Desk.

## SEMINAR - HOW TO USE MY ACTIVE CENTER (MAC)

Wednesday, June 19th |  
10:00am

Patrick Schilhab will show members how to sign in and register your attendance for lunch and activities from your home computer or phone. He will demonstrate easy steps to follow. Please sign up at the Activity Desk for this seminar.



# COMPUTER LAB

©LPI

## INSTRUCTED BY RANDY WILLIAMS

June 5 | 9:30am

MS Computer Fundamentals, Part II & III, Save—Save As & MS Word Shortcuts

June 19 | 9:30am

Computer Q & A Forum

June 12 | 9:30am

Scams Targeting Older Americans & Security Awareness

June 26 | 9:30am

Internet & Email Forum



# PROGRAMS

©LPI

## FINANCIAL EDUCATION W/ KATIE BUTLER - JEFFERSON BANK

Tuesday, June 11th | 10:00am



*Financial: Preparing for Incapacity and End of Life*

Please join Katie Butler, Private Banking Relationship Banker of Jefferson Bank on Tuesday, June 11th at 10:00am for preparing your financial matters should you become incapacitated and/or pass away. Please sign up at the Activity Desk or on My Active Center.

## MEDICARE WITH IRIS OLIVE

Wednesday, June 5th | 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.

## SCAMS TARGETING PEOPLE & SECURITY AWARENESS

Wednesday, June 12th | 9:30am



Join Randy Williams as he discusses various schemes attempted by scammers to gain access to people's information and finances and will provide important tips to protect sensitive and financial information.

## ENGLISH AS A SECOND LANGUAGE (ESL) **NEW!**

Fridays in June | 10:30am



Please join Yvonne Posey to learn English as your second language. This class will meet every Friday at 10:30am. Sign up at Activity Desk or on My Active Center. Por favor unase a Yvonne Posey para aprender ingles como Segundo idioma. Esta clase se reunira todos los Viernes a las 10:30am. Registrese @Activity Desk o My Active Center.

# Fitness And Wellness

## Sit & Be Fit

M\*T\*W\*Th\*F | 10:00 & 10:30 am

## 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

## Classic (\*YMCA)

Thursday | 9:30am

## Chair Yoga (\*YMCA)

Thursday | 11:00am

## Balance

Friday | 10:30am

## Free Chipping / Pitching Clinic

Thursday June 27 | 9:00am

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

## Shingles Prevention and Management

Shingles is a painful viral infection that occurs more often in people over the age of 50. If you had chickenpox as a child, the virus lies dormant in your body, and you run the risk of developing shingles as an adult. Here are some common symptoms to look for, ways to treat it if you're suffering from it, and a method of prevention.

Early symptoms include fever, chills, headache, fatigue, light sensitivity, and upset stomach. After a few days, you may feel an itching, burning or stabbing pain in your skin, followed by a raised rash which develops into painful, open blisters. These rashes are typically found around the waistline, the chest, abdomen, or back, or on one side of your face or neck.

People with shingles can't spread shingles to another person, but they can spread chickenpox to someone who has never had chickenpox (or the chickenpox vaccine) through direct contact with blister fluid. To prevent spreading the chickenpox virus to others, cover the rash, avoid touching the rash, wash those hands, and avoid contact with pregnant people, premature or low birth weight infants, and people with weakened immune systems until your rash scabs over.

There is no cure for shingles, but antiviral medications can shorten the length and severity of the illness and may prevent pain that can happen in the months and years that follow, particularly if treatment is begun within 72 hours of the first sign of shingles. Pain relief medications, wet compresses, calamine lotion, and warm oatmeal baths can help with itching. Anti-inflammatory or antibacterial drugs may be required.

Shingles can have serious effects on your long-term health. A potential complication of shingles that continues after the rash is gone is postherpetic neuralgia. This is nerve pain that lasts for potentially months or years and may be severe. It can be treated with lotions or creams like lidocaine, antidepressants, nerve blocks, or steroid injections. Depending on the location of the shingles, it can lead to blindness, hearing problems, pneumonia, inflammation of the brain, and death.

**The good news: there is a vaccine to reduce the chance that you'll get shingles.** Shingrix is a two-dose shot given two to six months apart. It's 90% effective in preventing shingles and postherpetic neuralgia and remains above 85% effective for at least four years after receiving the vaccine. Shingrix is recommended for adults 50 and older, as well as adults 19 years and older who have weakened immune systems. Even if you've had shingles, you should still get vaccinated. There are some people who shouldn't receive the vaccine, including those who have had a severe allergy to an ingredient in the vaccine, are breastfeeding, currently have shingles, are currently ill with a fever, or have not had chickenpox. **Consult with your doctor to see if the vaccine is appropriate for you and discuss potential side effects.** For more information about shingles, visit [my.clevelandclinic.org](https://my.clevelandclinic.org) or [cdc.gov/shingles](https://cdc.gov/shingles).

—Kristen Staton, National Board-Certified Health & Wellness Coach (NBC-HWC)



### BLOOD PRESSURE SCREENING

Wednesday, June 5th | 10:30am

### HERITAGE PLACE

Complimentary blood pressure screenings are held at The Center on the first Wednesday of every month. Please join Rebecca on **June 5th 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.



### HEARING TESTS

Monday, June 24 | 10:00am

### BROWN HEARING

Brown Hearing will conduct hearing tests on Monday, **June 24th from 10:00 am to 4:00 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, June 1st | 9:00am - 11:00am | Boerne Lake Family Fishing Tournament**

<https://www.ci.boerne.tx.us/629/Boerne-Family-Fishing-Tournament>. The tournament is held annually on the 1st Saturday in June; it is also a free fishing day in Texas when adults do not need a license to put a hook in the water—NO license required. **You must bring your own gear, bait, etc.**

**Thursday, June 6th | 11:30am | OST (Old Spanish Trail) in Bandera, TX**

<https://www.ostbandera.com>). Meet at The Center at 10:00am. The OST Restaurant has been serving the dining needs of Bandera since 1921, making it the oldest continuously operated restaurant in Bandera. Bandera is the self-proclaimed Cowboy Capital of the World.

**The Apple Store Bakery**, 14024 TX-16 North, Medina, TX for dessert!

<https://lovecreekorchards.com/the-apple-store-bakery-café>

**Saturday, June 8th | 9:00am | Blanco TX Lavender Festival, County Courthouse**

<https://www.blancolavenderfest.com>

Meet at The Center at 8:30am to carpool to Blanco, TX. The Lavender Market, on the grounds of the historic Blanco Courthouse, is always a must-see highlight of the festival. Select artists and crafts people from across Texas and beyond will offer the finest lavender-related pleasures and treasures.

**Wednesday, June 12th | 9:00am | Family History Place Genealogical Society KC**

<https://www.gskctx.org/cpage.php?pt=49>

A great place to do genealogy research: to meet others with the same interest in family history; to purchase the latest books by local authors. Volunteers are available to assist you with your research.

**POPO'S Family Restaurant**, Lunch will follow at POPOs, 829 FM 289, Boerne, TX 78005.

<https://popos.co/hillcountry>). Famous for over 50 years for their fresh fried chicken and great certified Angus beef steaks. Serving breakfast, lunch, and dinner.

Please contact Diana if you are available to carpool.

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

## FATHER'S DAY PARTY

**Friday, June 14th | 12:00pm**

Let's celebrate Father's Day on Friday, June 14th. Enjoy a great Dad's meal special with a special dessert and lovely live music!

## JUNE BIRTHDAYS PARTY

**Friday, June 28th | 12:00pm**

We will celebrate June birthdays on Friday, June 28th. 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. Thank you HCWIB for the table décor!

## DANCES & SOCIALS

**Friday, June 7th & 21st | 6:00pm**

Dances & Socials will be held on the **1st and 3rd Friday, June 7th and June 21st**. 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 - REAR WINDOW

**Wednesday, June 12th | 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 *Rear Window* with Jimmy Stewart in room 142. Movie begins at 1:00pm. Please remember to be on time and silence your phones!

## LOTERIA

**Wednesday, June 12th | 1:00pm**

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

## MIXED DUPLICATE BRIDGE

**Wednesday, June 26th | 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, June | 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 | June | 1:00pm**

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

## CANASTA CARD GAME

**Thursdays | June | 12:45pm**

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

## HAPPY SCRAPPERS SEWING BEES

**1st Wed, June 5th | 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
<b>3</b> Garlic Herb Tilapia Black-eyed Peas Creamed Spinach Talapia en Hierbas Guisantes Ojos Negros Espinaca Cremada	<b>4</b> Pork Loin w/ Gravy Roasted Potatoes Green Beans Puerco con Salsa Papas Horneada Ejotes	<b>5</b> Italian Chicken Breast Bowtie Pasta Carrots Pollo Italiano Pasta de Corbata Zanahorias	<b>6</b> Sliced Ham Macaroni & Cheese Mixed Vegetables Jamon Macarrones con Queso Verduras Mezclada	<b>7</b> Meatballs w/ gravy Fluffy Rice Vegetable Medley Albondigas con Salsa Arroz Verduras Mezclada
<b>10</b> Lemon Herb Chicken Baby Bakers Turnip Greens Pollo Limón y Hierbas Papas Hojas de Nabo	<b>11</b> Chicken Fried Steak Cream Gravy Mashed Potatoes Brussel Sprouts Pollo Frito con Salsa Pure de Papas Coles de Bruselas	<b>12</b> Turkey Tetrazzini Peas & Carrots Asparagus Cazuela de Pavo Guisantes y Zanahoria Espárragos	<b>13</b> Tamales w/ Chili Sauce Charro Beans Mexican Squash Tamales con Chile Frijoles Charros Calabaza	<b>14</b> BBQ Chicken Breast Cheese Grits Southern Green Beans Pollo y Salsa BBQ Sémola de Queso Ejotes
<b>17</b> Turkey Salad Sandwich Potato Salad Carrot Raisin Salad Sándwich de Ensalada de Pavo Ensalada de Papa Ensalada de Zanahoria con Pasas	<b>18</b> Chicken Piccata Buttered Rice Lemon Broccoli Pollo Piccata Arroz con Mantequilla Brócoli con Limón	<b>19</b> Fish Taco Pinto Beans Cilantro Lime Coleslaw Taco de Pescado Frijoles Pintos Ensalada de Col con Lima y Cilantro	<b>20</b> Rosemary Chicken Buttered Noodles Seasoned Broccoli Pollo Romera Fideos en Mantequilla Brócoli Sazonada	<b>21</b> Meatloaf Mashed Potatoes Seasoned Green Beans Pastel de Carne Pure de Papas Ejotes
<b>24</b> Chicken Enchilada Yellow Rice Squash Medley Enchiladas de Pollo Arroz Amarillo Calabaza Mezclada	<b>25</b> Beef Pepper Steak Garlic Mashed Potatoes Capri Vegetables Res Pimentado Pure de Papas con Ajo Verduras	<b>26</b> Pulled Pork on a Bun Pinto Beans Oil & Vinegar Coleslaw Sándwich de Puerco Frijoles Ensalada de Col	<b>27</b> Baked Fish Roasted Sweet Potatoes Mixed Vegetables Pescado al Horno Papas Dulce al Horno Verduras Mezclada	<b>28</b> Mandarin Chicken Brown Rice Pilaf Asian Vegetables Pollo Mandarin Arroz Verduras Asiática
		June 14th 	Menus are prepared in partnership with Ben E. Keith Foods by Jackie Scimeca Licensed Dietician Texas Dept. of Licensing & Regulation #DT83358 	  

**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**



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# Resource Connection Support

## CAREGIVER'S SUPPORT

**Tuesday, June 11th | 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, June 20th | 10:15am | 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, June 20th | 10:00am | 3rd Th.**

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

## DIABETES MANAGEMENT

**Wednesday, June 26th | 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, June 19th | 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. All are welcome.

## NEURO SUPPORT GROUP

**Thursday, June 13th, | 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, June | 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**

## 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



## 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](http://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 Cdtr**

Janet Wenzel

**MOW - Volunteer Cdtr**

Clarita Jarvis

**Membership Service Cdtr**

Chris Anger

**Drivers**

Frank Buller

Walter Hanna

Tom Davis

**Activities Coordinator**

Carol Hitchler

**Community Outreach Cdtr**

Diana Dolt

**Financial Administrator**

Karla Anger

**Receptionist**

Julabeth Carden

**Administrative Assistant**

Pat Parton

**Property Manager**

Pat Kelly

**Maintenance Assistant**

Mike Finch

**Lead Line Cook**

Josue Flores

**Kitchen Assistants**

Susan Payne

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:

**Classical Greece**      **Oct 2024**  
**Christmas Markets**    **Dec 2024**

Please consider reserving your next adventure with Collette. Proceeds from your booking will benefit The Center with no added cost to you. Please contact Diana Dolt, our Outreach Coordinator, for more information (830-249-2114).



## PATRICK HEATH PUBLIC LIBRARY PARTNERSHIP

**Monday, June 3, 9:15am** – Adventure in Poetry

**Monday, June 10, Noon** – Food for Thought Book Group discusses *West with Giraffes* by Lynda Rutledge.

**Wednesday, June 12, 6:00pm** – Killer Crafts: The Case of Gabby Petito, Part 1  
Dive into your craft projects, while listening to a true-crime podcast. We will listen to Part 2 in July.

## CIBOLO CENTER FOR CONSERVATION \* PARKS & RECREATION

**Saturday, June 22nd | 7:00pm | Moondance @ Cibolo Nature | \$15**  
(<https://cibolo.org/calendar/moondance-june-2024>)

Cibolo Nature Center will have their Moondance Outdoor Concert Series which is a longstanding and beloved tradition. It has grown from a group of friends into an annual summer music series with visitors from everywhere. Doors open at 7:00pm and music starts at 7:30pm. Purchase tickets at door—\$15.00/person. Bring your picnic blankets, chairs or cushions as well as food, drinks or ice chest. **RSVP to Diana @ 830-249-2114.**

**Sunday, June 30th | 7:00pm | Boerne Concert Band @ Main Plaza**  
(<https://www.ci.boerne.tx.us/626/Movies-in-the-Park#event=no-title-2;instance=20240630190000?popup=1>)

A venue for local musicians to present popular music in concert for family-oriented audiences to enjoy. The band always puts on a great show when they play at Concerts in the Park. Bring your lawn chairs and blankets and grab a spot on the lawn at the Main Plaza to enjoy the concert. **RSVP to Diana @ 830-249-2114.**

## 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: June 25th**, meets on the 4th Tuesday each month from 12:30 to 2:00pm Contact Kim Makins @404-273-3197 for information.

**Busy Hands: June 5th/12th/19th/26th** - meets all Wednesdays at 1:00pm for all kinds of needlework. Contact Nancy Zinsmeister @512-497-7672.

**Canasta: June 28th** - meets on the 4th Friday at 9:00am every month. Please contact Kim Makins @404-273-3197 for information.

**Genealogy: June 24th** - usually meets on the 4th Monday at 1:00pm. Contact Angie Thomas @956-227-5647.

**Mahjong: June 3rd** - 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 - KAREN/KIMBERLY**

**Monday, June 10th | 10:00am**

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

## **CRAFT - OIL PAINTING - PAULY**

**Monday, June 13th | 10:00am**

Boerne artist Pauly Tamez teaches painting landscapes with oil paint. This class will cover the basics of composition, color, and perspective, utilizing a quick wet on wet technique, and will walk you through completing a painting within the class time. All supplies will be provided. Pauly's website is [www.ptamezart.com](http://www.ptamezart.com) if you would like to see some of his work. Class size will be limited to 12.

Please sign up at the Activity Desk or on My Active Center.

## **CRAFT - WATERCOLOR PAINTING - CAREN**

**Monday, June 17th | 1:00pm**

Enjoy watercolor painting with Caren from Patrick Heath Public Library. 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 review the basis of a Mediterranean-style diet.

### The 10 Mediterranean Basics from the Mediterranean Diet Foundation

1. Use olive oil as your main source of added fat.
2. Eat plenty of fruits and vegetables, legumes, and nuts.
3. Bread and grain products (whole grain) should be consumed daily.
4. Foods that have undergone minimal processing, that are fresh and local are best.
5. Consume dairy products daily.
6. Red meat should be consumed in moderation.
7. Consume fish abundantly and eggs in moderation.
8. Fresh fruit should be your everyday dessert, other desserts should be consumed on occasion.
9. Water is the best beverage choice.
10. Be physically active every day.



**WOULD YOU LIKE MORE NUTRITIOUS FOOD?**

**Application Assistance**  
PROVIDED BY THE  
**San Antonio FOOD BANK**  
SERVING SOUTHWEST TEXAS

**Application Assistance For**

- SNAP (FORMALLY KNOWN AS FOOD STAMPS)
- TSAP-60yrs+ or disabled
- TANF
- CHIP/CHILDREN'S MEDICAID
- ADULT MEDICAID & WOMEN'S HEALTH CARE
- MEDICARE COST SHARING
- WIC
- OTHER FOOD BANK PROGRAMS

**Copies to Bring**

- SOCIAL SECURITY CARDS, ID AND OR BIRTH CERTIFICATES FOR EVERYONE IN HOUSEHOLD
- PROOF OF ALL INCOME: LAST (4) STUBS, SOCIAL SECURITY AWARD LETTER, ECT...
- RECEIPT FOR RENT OR LEASE AGREEMENT OR MORTGAGE PAYMENT
- MOST RECENT TELEPHONE, ELECTRICITY, GAS, WATER, INSURANCE PREMIUM, MEDICAL BILLS, AND PRESCRIPTIONS
- PROOF OF RESOURCES, SUCH AS CHECKING OR SAVINGS ACCOUNT STATEMENT OR PASSBOOK, LIFE INSURANCE POLICIES, TAX STATEMENTS FOR REAL ESTATE
- IMMUNIZATION RECORDS (TANF AND CHILDREN'S MEDICAID ONLY)

**Date & Time**

TUESDAY, JUNE 4TH  
9AM-1PM

TINO PEREZ  
FPEREZ@SAFOODBANK.ORG  
(210) 431-8366

# 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 | Sit & Be Fit  
10:30am | Bingo (Care Choice)  
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 | Sit & Be Fit  
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 | Sit & Be Fit  
10:30am | Bingo (Iris Olive)  
10:30am | Tai Chi  
11:00am | Bible Study Group  
1:00pm | Board Games  
1:00pm | Ukulele Lessons  
5:00pm | Zumba (\$3)

### Thursdays

8:00am | 42 Dominos

9:30am | Classic (\*YMCA)  
10:00am | Sit & Be Fit (y en Español)  
10:30am | Sit & Be Fit  
10:30am | Cornhole Toss  
11:00am | Chair Yoga (\*YMCA)  
11:00am | Ecumenical Ctr Music  
12:45pm | Canasta  
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 | Sit & Be Fit  
10:30am | Balance w/ Kenne  
10:30am | English as 2nd Language  
1:00pm | Closet Volunteers Sorting

### \*YMCA Silver Sneakers Dual Program

## ACTIVITIES HAPPENING IN JUNE

### June 1 SATURDAY

9:00am | Outreach—Boerne Lake  
Family Fishing Tournament

### June 3

12:00pm | HCNC Mahjong

### June 4

10:00am | Phone Help

### June 5

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

### June 6

11:30am | OST Restaurant—Bandera  
Apple Store Bakery-Medina

### June 7

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

### June 8 SATURDAY

9:00am | Blanco Lavender Festival

### June 10

10:00am | Craft - Greeting Card Makers  
11:30am | Nutrition Nuggets Reg. Diet.

### June 11

10:00am | Financial - Jefferson Bank  
10:00am | Caregiver Support

### June 12

9:00am | Outreach - Family Genealogy  
9:30am | Seminar-Scam / Security  
11:30am | Outreach - PoPo's  
1:00pm | Loteria (\$1 in nickels)  
1:00pm | HCNC Busy Hands  
1:00pm | Movie - Rear Window

### June 13

10:00am | Craft - Oil Painting w/ Pauly  
12:00pm | Swiss Teams Bridge  
1:00pm | Neuro Support Group

### June 14

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

### June 17

1:00pm | Craft - Watercolor Painting

### June 18

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

### June 19

10:00am | Women's Wed Dup Bridge  
10:00am | Low Vision Club (Vibrant)  
10:00am | Seminar - Using MAC  
1:00pm | HCNC - Busy Hands

### June 20

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

### June 21

6:00pm | Third Friday Dance & Social

### June 24

10:00am | Brown Hearing  
1:00pm | HCNC Genealogy

### June 25

12:30pm | HCNC Book Club

### June 26

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

### June 27

10:00am | Free Chipping/Pitching  
Clinic

### June 28

9:00am | HCNC - Canasta  
11:30am | June Birthdays Celebration