



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



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

Tours | Monday - Friday | 10:30am

Fitness Center Hours
Monday - Friday | 8:00am - 4:00pm

INTERNATIONAL DAY OF OLDER PERSONS

The Age of Longevity: Rethinking Systems for Longer Living

As people around the world live longer than ever before, societies are facing one of the most significant demographic transformations of our time. Longer lives present unprecedented opportunities, but also require rethinking how health systems, labour markets, social protection, education, housing and public policies support people throughout the life course. The 2026 United Nations International Day of Older Persons (UNIDOP), organized by the United Nations Department of Economic and Social Affairs (UN DESA) will explore how societies can adapt to the age of longevity. Under the theme, the event will examine how policies can help ensure that longer lives are healthier, more productive, financially secure and lived with dignity. Discussions will highlight evidence on healthy longevity, the importance of prevention and lifelong well-being, age-inclusive labour markets, social protection, integrated care and whole-of-government approaches that recognize the interconnected nature of longevity across sectors. (continued on p 2)

<https://social.desa.un.org/issues/ageing/events/2026-unidope>

Announcements

WHAT'S NEW AT THE CENTER

Hello friends and neighbors!

What does it take to “age well”? We know from extensive research that connection is not a lifestyle extra. It is an actual necessity to maintain health and independence. We work each day to provide avenues for those 55 and older in our community to stay connected whether here at The Center or through our Meals on Wheels program. Every friendly “hello” means so much more than a greeting. We are intentionally creating a space where connection helps us thrive.

We are bringing this intentionality into every interaction. Soon, you will notice some changes to our twice-monthly dances. I have been meeting with a dedicated group of volunteers to elevate these beloved events into “The Center After Hours”. If it’s been a while since you last attended or if you’re new to these festivities, get ready! We have some wonderful updates that we can’t wait to reveal. For our Meals on Wheels neighbors, we’ve been optimizing our menu so that we can serve even more older adults in Kendall County effectively. We have given a tremendous amount of thought and care into each decision and we’ve received so much positive feedback from the individuals being served.

I also have great news to share from our community supporters! Ticket sales to our benefit concert, Starry Night | Beneath the Hill Country Sky continue to exceed expectations. Become a sponsor or table host today! Visit thecenterboerne.org/benefit-concert-2026 for more information and secure your place.

Lastly, I am pleased to update you all on the progress of the Endowment Campaign with the Kronkosky Foundation. Commitments have reached 65% of the overall goal of \$100,000. We have until November 12th and I am optimistic that we will be granted the match but we still need your help. If you are interested in participating, please reach out to me or Susie Allen.

We truly want The Center to be the best part of your day so we’re still collecting feedback through our survey. It can be found on our website: www.thecenterboerne.org or paper copies are available at our reception desk. We will always be intentional to create space at The Center and in our community to reflect this desire because the outcomes of these connections are so important to everyone we serve and with far-reaching impact.

Warm regards,
Olivia Burdick, CEO

INTERNATIONAL DAY OF OLDER PERSONS

The Age of Longevity: Rethinking Systems for Longer Living

(continued from page 1)

International Day of Older Persons arrives every October 1, celebrating the invaluable contributions of seniors worldwide. This day encourages us to recognize their wisdom, experience, and the vital role they play in our communities. Join in by listening to their stories, supporting elder care initiatives, and advocating for their rights.

As a Cause holiday, International Day of Older Persons focuses on advocacy and support rather than commercial deals. Organizations like AARP champion the rights and well-being of older adults through policy work and community programs. Meals on Wheels America delivers nutritious meals and companionship to homebound seniors, often seeking donations and volunteers.

<https://www.ncoa.org/article/national-senior-center-month-program-guide>



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The Center, Boerne, TX

05-1761

Learning and Discovering

NUTRITION NUGGETS

Monday, October 19th

11:30 AM - 12:00 PM

Kera Dutton of the Texas A&M Extension Office AgriLife (Credential Verification #816898) provides 15 minutes of nutritional material monthly.

PHONE HELP

Tuesday, October 27th

11:00 AM - 12:00 PM

Alison, of Patrick Heath Library, will assist members with their phones and other small devices

COPD*ASTHMA*MEMORY

3rd Friday, October 16th |

9:30am - 10:15 am

Join our monthly Health Café, a free, welcoming space for community members living with Chronic Obstructive Pulmonary Disease (COPD), asthma, memory loss, and other conditions plus their caregivers, hosted by Dr. Joyce Kennedy, DNP and Larrissa & Jose Quinones of TTS Research with coffee, education, and support!



SENIOR PLANET

FROM AARP

Tuesday, October 27th

10:00 AM - 11:00 AM

Come learn about Senior Planet from AARP, a national nonprofit and official charitable affiliate of AARP that helps older adults incorporate technology into their everyday lives. In this session, you will study the Google Gemini Workshop. Darryl Greer, our facilitator, is the Regional Program Manager of OATS and oversees a team of 10 trainers. He has a Masters in Business Administration.

YOGA CLASS W/ MIMI

2nd/4th Thursday, October 8th/22nd | 11:00 AM - 11:45 AM

Come try a new accessible yoga class with Mimi Magaw. This will be a chair-supported class designed for everybody. Together, we will focus on mindful breathing, easy stretching and balance. Mimi is a newly certified yoga teacher excited to offer this class monthly.

FITNESS CENTER CLINIC

Wednesday, October 7th | 11:00 AM - 11:45 AM

Michael Solada will be available to instruct members on use of the equipment in the Fitness Center. He will review the purpose, proper use of the equipment and correct form.

BALANCE AND STRENGTH

Mondays | 1:00 PM - 2:00 PM

Please join Sergio Jimenez of Three Oaks Hospice for balance and strength exercises to help strengthen muscles, maintain strength, and improve stability.

DIETZ-MCLEAN OPTICAL

Thursday, October 29th | 9:00 am - 10:00 am

Tracie Schmidt, Manager, will perform small repairs and minor adjustments to members' eyewear for free. Tracie will visit The Center monthly.

MEDICARE CORNER WITH IRIS OLIVE

Wednesdays in October | 9:00 AM - 10:00 AM

Iris Olive or a team member will provide current information and assistance signing up with Medicare and/or Medicaid every Wednesday this month. Please register on My Active Center or front desk kiosk.

BEGINNER SPANISH WITH YVONNE POSEY

Fridays in October | 1:00 PM - 1:45 PM

Please join Yvonne Posey to learn Beginner's Spanish. This class will meet every Friday at 1:00 PM. Please register on My Active Center or at the front desk kiosk.

INGLES' COMO SEGUNDO IDIOMA / ESL

Viernes en Octubre | 1:45 PM - 2:30 PM

Por favor unase a Yvonne Posey para aprender ingles como segundo idioma. Por favor registrese @My Active Center o quiosco de recepcion. Please join Yvonne Posey to learn English as your second language. Please register on My Active Center or at the front desk kiosk.

Fitness

Balance & Strength (1 hour)
Mondays | 1:00pm

Sit & Be Fit (1/2 hour)
M/Tu/W/Th/F | 10:00 & 10:30 am
10:00 am is Low Intensity &
10:30 am is High Intensity
9:30 am is Low Intensity on M/Tu

Line Dancing (1 hour)
Mondays | 9:30 am

Stretch & Tone (1/2 hour)
Mondays | 11:00 am

Circuit *YMCA (See Below)
Tuesday | 9:30 am (1 hour)
Thursday | 9:00 am (3/4 hour)
Thursday | 10:00 am (3/4 hour)

Stretching & Pilates (1 hour)
Stretch | Tuesday | 11:00 am
Pilates | Tuesday | 11:30 am

Chair Dance *YMCA (3/4 hour)
Tuesday | 12:45 pm

Zumba (1 hour) | \$2/class
Tu/Th | 5:00 pm
Friday | 10:00 am

Pole Walking *YMCA (3/4 hour)
Wednesday | 8:15 am

Floor Stretch *YMCA (1/2 hour)
Wednesday | 9:15 am

Cardio Dance (1 hour)
Wednesday | 9:00 am - N/A in Aug

Tai Chi (1 hour)
Wednesday | 10:45 am

Fitness Center Clinic (3/4 hour)
1st Wednesday | 11:00 am

Yoga w/ Mimi (3/4 hour)
Thursdays (10/8*10/22) | 11:00 am

YMCA DUAL MEMBERSHIP

The Boerne Family YMCA* and The Center have teamed up to offer the best of both facilities. When you join the Boerne YMCA and The Center, you will have access to the Silver Sneakers classes and be able to utilize either facility 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 all *YMCA Silver Sneakers and all regular membership classes.

* YMCA Silver Sneakers Only



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The Center, Boerne, TX

05-1761

Health and Wellness



 **THE CENTER**
ENRICHING THE QUALITY OF LIFE FOR OLDER ADULTS

HALLOW FEST HEALTH FAIR

Join us for
Games & Activities, Music,
Witch's Brew Bar, Popcorn
Costumes Welcome!

October 20th
10:00am - 1:00pm

For information or to RSVP
contact: carol@thecenterboerne.org
or call: 830-249-2114

IF YOU DARE!

HEALTH SCREEN

Monday, October 19th
10:00 AM - 11:00 AM

Dr. Ramon G. Reyes and his staff will perform free health screening of Glucose Check. Suggest Fasting.

MEDICAL EDUCATION

Thursday, October 22nd
9:00 AM - 10:00 AM

Angel Santiago, of Dr. Ramon G. Reyes' medical office will discuss Rest and Nervous System Recovery.



Ramon G. Reyes | MD
Primary Care Medicine

BLOOD PRESSURE SCREEN

Wednesday, October 7th
10:30 AM - 12:00 PM

Sponsored By
HERITAGE PLACE, BOERNE

Complimentary blood pressure screenings will be held at The Center on the first Wednesday of the month. Participants will be entered to win a door prize provided by Heritage Place Boerne.

HERITAGE PLACE
OF BOERNE

A Morada Senior Living Community

COMPLIMENTARY SERVICES ON HEARING AIDS & EARS

Thursday, October 1st
10:30 AM - 11:30 AM

Services offered at The Center for this screening include:

- 1) Complimentary cleaning and checking of hearing aids
- 2) Perform complimentary otoscopy check for wax (follow up at their offices if needed)
- 3) Hearing aid supplies for purchase
- 4) Set up appointments for free hearing test at their facility located at:
1112 S Main Street, Boerne, TX.

AudioNova 

Meetups & Gatherings

MEETUPS - PLEASE RSVP TO LAUREN WATSON

Thursday, October 15th | 5:00 - 7:00 PM | La Calabria

EVENT: SUPPER CLUB AT LA CALABRIA IN COMFORT

Location: Riven Rock Ranch, 390 Hermann Sons Rd, Comfort, TX

Cost: **\$44.00/person * Must sign up and pay by October 9th**
Non-refundable

Number of Participants: Minimum of 30 / Maximum of 45

Transportation: Not provided * meet at Riven Rock Ranch La Calabria

Experience: Enjoy a beautiful sunset while dining at this breathtaking venue. Meal will include 2 appetizers, 3 different types of pizza and a dessert. Tea and water are included and the cost also includes tax and tip. Wine may be purchased separately.

CHILI COOK-OFF

Tuesday, October 13th | 10:45am-12:30pm | Back Patio

Sponsored by Boerne YMCA Silver Sneakers

- * Bring a crockpot of chili (or soup) to compete and/or share.
- * Lisa will have a sign up sheet to bring other food items.
- * Prizes provided by the Boerne Y and bragging rights for the year!
- * Come eat and enjoy fellowship!
- * Everyone gets a vote on the winners.
- * Questions? Lisa Wright 210-367-9914

SENTIMENTAL JOURNEY SINGING

Wednesdays, October | 11:00 AM - 12:00 PM

If you are a singer or musician who enjoys songs such as "I'll Be Seeing You", "April in Paris" or "Blue Skies", and music by Gershwin, Berlin, and Porter, join us. Our goal is to build a shared repertoire of standards and improve our musical skills. Call Sharon Pinkston at 210-975-7458 for further information.

PHPL BOOK MOBILE

1st Tuesday, October 6th | 11:00 AM - 12:00 PM

The book mobile from the Patrick Heath Public Library will be available for members to browse, check out books, and/or sign up for library cards. A library staff member will also be on hand to help members with their smart phones and other small electronic devices.

TEACHING MAHJONG

Thursdays, October | 2:00 PM - 4:00 PM

Sandy Jackson and James Renfroe have joined together to help teach the basics of Mahjong. This game has an extensive history that has piqued the interests of the Western civilization. Please join them every Thursday as they introduce members to the mystique and fun of this ancient game.

PLAY CHESS, ANYONE?

Ever wanted to learn how to play chess? Or do you already understand the rules of the game but need other players to participate? Call Carol at 830-249-2114 or sign up if interested in joining this new activity.

LOTERIA

2nd Thursday, October 8th
10:00 AM - 11:30 AM

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

BUNCO PLAYERS NEEDED!

1st/3rd Tuesday,
October 6th/20th
1:00 PM - 3:00 PM

Join Karen and Mark for fun and learn how to play this easy and enjoyable game of dice!

BINGO

M * Tu * W, Weekly
10:30 AM - 11:30 AM

Our generous sponsors provide prizes and volunteers to call Bingo:

Mon	Affinity Senior Care of Texas
Tue	Cibolo Creek Health
Wed	Olive & Flores Insurance

MAHJONG

Fridays, Weekly
9:00 AM - 12:00 PM

This game is offered weekly on Fridays. James Renfroe is the facilitator. The group will be happy to help you!

LOTERIA - CREST HOME

Tuesday, October 27th
1:00 - 2:00 PM

Join Sarahi of Crest Home Health for Loteria with fun prizes.

HAPPY SCRAPPERS SEWING BEES

1st Wednesday, October 7th
9:00 AM - 1:00 PM

Sewing and quilting projects. Group works on various projects together. Lera Borden is facilitator. Open to all.

Support Services

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 during business hours.

MEALS ON WHEELS KENDALL COUNTY

Our 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 \$5.00 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 pet food upon request. Eligibility in the program includes those 60+, however, unique exceptions are made on a case by case basis. If you are interested in enrolling yourself or a loved one in Meals on Wheels Kendall County, please **contact Esther Newcomer at 830-249-2114**.

VOLUNTEER WITH MEALS ON WHEELS

Monday - Friday | Various Times Available

Meals on Wheels Kendall County, operated by The Center, is actively seeking volunteers for meal delivery drivers and substitutes. With many regular volunteers unavailable due to illness or travel, your assistance is more crucial than ever. Volunteering in this program offers our clients nutrition, companionship, and wellness checks which are vital to their well-being. **Contact Esther Newcomer at 830-249-2114** if interested.

REHABILITATION CLOSE TO HOME!

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Our transitional care goals are to offer exceptional care in a compassionate environment designed to get you home as safely and efficiently as possible. Our team of physicians, nurses, social workers, occupational therapists, speech therapists, physical therapists and pharmacists devise a tailored rehabilitation care plan that is designed specifically to get you back to the activities and daily routines you enjoy.



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The Center, Boerne, TX

05-1761

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 AACOG alamo area council of governments Area Agency on Aging Provided through the Texas Health and Human Services Commission Alamo Area Council of Governments (210) 477-3275 / (866) 231-4922 www.AskASC.org	In-house dining & Meals on Wheels recipients may request a chicken or fish substitute by calling 830-249-2114.	Menus are prepared in partnership with US Foods by Dinara Stansberry, RD, LD, Licensed Dietician Texas Dept. of Licensing & Regulation #_86075356	01 Meatloaf Mashed Potatoes Baby Carrots Roll Lemon Pound Cake <i>Pastel de carne Puré de papas Zanahorias baby Panecillo Pastel limón</i>	02 Cheese Ravioli & Sauce Italian Vegetables Garlic Bread Pineapples & Oranges <i>Ravioles de queso con salsa Verduras italianas Pan de ajo Piña y naranjas</i>
05 Honey Glazed Chicken Wild Rice Buttered Corn Roll Vanilla Pudding <i>Pollo glaseado con miel Arroz salvaje Elote con mantequilla Panecillo / Pudín vainilla</i>	06 Shrimp Scampi Angel Hair Pasta Vegetable Blend Garlic Bread Oatmeal Raisin Cookie <i>Camarones ajillo Pasta cabello ángel Mezcla verduras Pan de ajo Galleta avena con pasas</i>	07 Pork Medallions & Gravy Garlic Mashed Potatoes Green Peas Roll Applesauce <i>Medallones cerdo salsa Puré papas ajo Chicharo verdes Panecillo Compota de manzana</i>	08 BBQ Beef Brisket Ranch Style Beans Sautéed Cabbage Roll Pineapple Cake <i>Brisket de res a la BBQ Frijoles estilo ranchero Repollo salteado Panecillo / Pastel de piña</i>	09 Roasted Thyme Chicken Potato Salad Brussels Sprouts Hawaiian Roll Raspberry Pudding <i>Pollo asado con tomillo Ensalada de papa Coles de Bruselas Panecillo Pudín de frambuesa</i>
12 Salisbury Steak Sour Cream Mashed Potatoes Mixed Vegetables Roll Cinnamon Baked Apples <i>Bistec Salisbury Puré de papas crema agria Verduras / Panecillo Manzanas con canela</i>	13 Chicken Paprikash Buttered Noodles Au Gratin Spinach Garlic Bread Fruit Cobbler <i>Pollo Paprikash Fideos con mantequilla Espinaca gratinada Pan de ajo Cobbler de fruta</i>	14 Salmon Patty w/ Tartar Sauce Steamed Rice Squash Medley Roll Rice Pudding <i>Torta salmón con salsa tártara Arroz al vapor Calabacitas mixtas Panecillo Arroz leche</i>	15 Herb & Mustard Crusted Pork Loin Parmesan Risotto Carrots Roll Snickerdoodle Cookie <i>Lomo de cerdo con mostaza Risotto Zanahorias Panecillo Galleta Snickerdoodle</i>	16 Smoked Turkey Mac & Cheese Green Beans Almondine Roll Lemon Meringue Pie <i>Pavo ahumado Macarrones con queso Ejotes con almendras Panecillo Pay de limón</i>
19 Lime Tarragon Chicken Garden Rice Prince Edward Vegetable Blend Roll Mandarin Oranges <i>Pollo lima y estragón Arroz con verduras Vegetales mixtos Panecillo Mandarinas</i>	20 Maple Glazed Pork Loin Boiled New Potatoes Glazed Carrots Cornbread Pear Crisp <i>Lomo de cerdo maple Papas nuevas Zanahorias glaseadas Pan maíz Crujiente pera</i>	21 Four Cheese Lasagna Broccoli w/ Red Pepper Hawaiian Roll Chocolate Cake <i>Lasaña de cuatro quesos Brócoli con pimiento rojo Panecillo hawaiano Pastel de chocolate</i>	22 Baked Chicken Potato Salad Green Beans Roll Toffee Crisp Bar <i>Pollo al horno Ensalada de papa Ejotes Panecillo Barra de toffee</i>	23 Pepper Steak w/Gravy Buttered Noodles Peas & Carrots Roll Spiced Pears <i>Bistec con salsa Fideos mantequilla Chicharos y zanahorias Panecillo Peras especiadas</i>
26 Italian Sausage w/Sauce Parmesan Noodles Roasted Cauliflower Cornbread Pineapple <i>Salchicha italiana con salsa Fideos con parmesano Coliflor asada Pan maíz Piña</i>	27 Meatloaf w/Brown Gravy Garlic Mashed Potatoes Broccoli Florets Roll Cinnamon Baked Apples <i>Pastel de carne con salsa Puré de papa con ajo Brócoli Panecillo Manzanas con canela</i>	28 Baked Chicken w/Dill Sauce Sweet Potatoes Green Peas Cornbread Snickerdoodle Cookie <i>Pollo al horno con salsa de eneldo Camote Chicharos Pan de maíz Galleta Snickerdoodle</i>	29 Country Pork Chop w/Gravy Mashed Potatoes Baby Carrots Roll Lemon Pound Cake <i>Chuleta de cerdo con salsa Puré de papa Zanahorias baby Panecillo Pastel limón</i>	30 Chicken Pasta Pomodoro Italian Vegetable Garlic Bread Pineapple & Oranges <i>Pasta con pollo Pomodoro Verduras italianas Pan de ajo Piña y naranjas</i>

LUNCH SERVED / ALMUERZO SERVIDO 12:00 PM - 12:30 PM

Lunch is based on a voluntary contribution of \$7.00 for eligible members, or a fee \$10.00 for all other participants and \$5.00 for Meals on Wheels. Services will not be denied if a contribution is not made. / Hay una contribucion voluntaria de \$7.00 para miembros, tarifa \$10.00 para no miembros y \$5.00 para Meals on Wheels (servicio de comidas a domicilio). No se negaran los servicios si no se hace una contribucion.

Meals on Wheels clients please call in meal changes to The Center at 830-249-2114.

Resource Connection Support

CAREGIVER'S SUPPORT

October 13th | 10:00 AM | 2nd Tuesday

Do you help an older loved one with everyday tasks? Do you struggle finding how best to support them? Join us! Facilitated by Hope Hospice (Mike Jones)

ALZHEIMER'S & DEMENTIA SUPPORT

October 15th | 10:15 AM | 3rd Thursday

Do you or a loved one suffer from memory lapses, confusion or agitation? Please join us for information. Facilitated by Lana Cooper of Inspired Care Solutions

GRANDPARENTS RAISING GRANDCHILDREN

October 22nd | 10:00 AM | 4th Thursday

Need help and guidance with raising your grandchildren? Group meets monthly. Facilitated by Laura Cuellar (210-214-2844)

ROOM FOR LOSS SUPPORT

October 1st*15th*29th | 1:00 PM | 3 Thursdays

We all have loss in common. Whether recent or past, join us in a safe and nurturing environment. Facilitated by Christina Wilson, AIHCP

DIABETES MANAGEMENT

October 28th | 1:00 PM | Last Wednesday

Facilitator, **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 CLUB

October 21st | 10:00 AM | 3rd Wednesday

Do you have vision issues? Join this monthly group to learn about available services, connect with others, & gain helpful resources.

NEURO SUPPORT GROUP

October 8th | 1:00 PM | 2nd Thursday

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

WELLNESS CONVERSATION

Monday - Friday, October | 9:00 AM - 5:00 PM

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 with **Ecumenical Center (210-616-0885)**.

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THE CLOSET THRIFT SHOP

Monday - Friday | 9:00 AM - 3:00 PM | Located in Room 128

Chair

Ellen Clark

Co-Chair

Olga McGlothing

Co-Chair

Laurie Meadows

Secretary

Sylvia Flood

Aging Well Options at



THE CENTER

Activity Memberships

1

Activity + Lunch Member (Subsidized)

Access: Activities + lunch with \$7.00 donation

Requirement: Must complete AACOG paperwork

\$25.00 per month + price of lunch



2

Activity + Lunch Member (Non-Subsidized)

Access: Activities + lunch with \$10.00 fee

\$25.00 per month + price of lunch

\$5.00 Day Pass Available for Activities. Membership not Required.

Day Pass valid only one day. Visit the Front Desk to purchase and check-in.

Lunch may be purchased separately.

Social-Dining Privilege Holder

3

Lunch-Only (Subsidized)

Access: Lunch only with \$7.00 donation

Requirement: Must complete AACOG paperwork

Price of lunch only



4

Lunch Only Guest (Non-Subsidized)

Access: Lunch only with \$10.00 fee

Price of lunch only

Scholarships are available to those in need.

Contact Jenny Settle to enroll: jenny@thecenterboerne.org or 830-249-2114

THE CENTER STAFF

Chief Executive Officer

Olivia Burdick

Chief Operating Officer

Susan (Susie) Allen

Director of Client Services

Esther Newcomer

Director of Membership

Jenny Settle

Director of Social Services

Emma Edalatpour

Property Manager

Pat Kelly

Maintenance Assistance

Mike Finch

Activities Coordinator

Carol Hitchler

Director of Special Projects

Jennifer Stannard

Reception

Lauren Watson

Administrative Assistant

Pat Parton

MOW Volunteer Coordinator

Stephanie Carranza

Director of Culinary Services

Rochelle Peoples

Kitchen Assistants

Allan Willwerth

Pedro Cardenas

Social and Leisure

MUSIC MAKERS

Mondays | 1:00 PM - 3:00 PM

Bring your instruments and play music spanning country western to blue grass to gospel to folk. Come sing along and/or listen and enjoy.

ECUMENICAL CTR MUSIC

Thursdays | 11:30 AM - 1:00 PM

Daniel and Gabriel will entertain members with music for 1-1/2 hours during lunch every Thursday.

GUITAR & UKULELE LESSONS

Wednesdays | 1:00 PM - 3:00 PM

Edwin Floyd offers guitar and ukulele lessons on Wednesday afternoons. Guitar will be at 1:00 pm and Ukulele will be at 2:00 pm. Please call Ed at 830-388-9095.

DANCE & SOCIAL W/

CLASSIC COUNTRY BAND

Friday, October 2nd*16th |

6:00 - 8:30 PM

Dance & Social will be held on the 1st and 3rd Fridays. Dessert will be available and guests/children may attend.

Cover is \$15.00 for 13 and older. No cover for 12 and under.

HALLOW FEST FAIR & PARTY

Tuesday, October 20th

10:00 AM - 1:00 PM

Come enjoy great food, live music, popcorn, witch's brew bar, games, door prizes, vendor treats and laughter! Our ThreeEvent Sponsors are:

**AFFINITY SENIOR CARE
MY URGENT CARE CLINIC
VISITING ANGELS**

**MUSIC
BAR
POPCORN**

OCTOBER BIRTHDAYS

Friday, October 30th | 11:30 AM - 1:00 PM

We will celebrate October birthdays with our partners. We thank ABC Senior Services and Hope Hospice for the birthday cake; The Flower Shop and The Empty Vase for their beautiful floral donations and the Alamo Hospice for the table decor!

CHILI COOK-OFF

Tuesday, October 13th | 10:45am-12:30pm | Back Patio

Sponsored by Boerne YMCA Silver Sneakers

- * Bring a crockpot of chili (or soup) to compete and/or share.
- * Lisa will have a Sign up sheet to bring other food items.
- * Prizes provided by the Boerne Y and bragging rights for the year!
- * Come eat and enjoy fellowship!
- * Everyone gets a vote on the winners.
- * Questions? Lisa Wright 210-367-9914

BOERNE SENIOR EXPO - THRIVE AFTER 55

Connecting Seniors with Essential Resources

Wednesday, October 14, 2026 | 9:00 AM - 3:00 PM

Join us for the largest senior-focused in Boerne area. Discover health services, financial planning, community programs and more.

The Center will host Chair Yoga at 10:30 am.

The Menger Ballroom at the Bevy Hotel

Free Admission when you register in advance.

<https://www.boerneseniorexpo.com>

THE CLOSET FASHION SHOW

Friday, October 23rd | 11:15AM - 11:45AM

Join the Closet Volunteers as they model the newest trends and styles for beautiful ladies' evening wear and classic accessories. Always want to look your best but on a tight budget? The Closet is the place for you to shop for all your fashion needs and wants.

The
CLOSET
THRIFT SHOP

HILL COUNTRY NEWCOMERS 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: October 27th- meets the 4th Tuesday each month from 12:30 to 2:00pm. Contact Kim Kibler @ 231-735-3202 for information.

Bridge: October 28th - meets the 4th Wednesday each month from 12:30 to 3:30pm. Contact Jennifer Dean @ 714-402-1977 to play.

Busy Hands: October 7th/14th/21st/28th - meets on Wednesdays from 1:00 to 3:00pm for all kinds of needlework. Contact Nancy Zinsmeister @ 512-497-7672 for information.

Canasta: October 13th/23rd - meets on the 2nd Tuesday and 4th Friday from 9:30am to 12:00pm. Please contact Betty Self @ 713-628-3632.

Genealogy: October 14th - meets the 2nd Wednesday from 11:00am to 12:00pm. Please contact Laura Root @ 512-470-9077.

Mahjong: October 5th - meets the 1st Monday monthly 1:00 to 4:00pm. Contact Debbie Brown @918-470-9021 or Teresa Gauger @703-408-2085.

Arts and Crafts

CRAFT - GREETING CARD MAKERS

Monday, October 12th | 9:30 AM - 12:00 PM

Join Karen and Kimberly to design greeting cards. Limit is 12 members. Sign up on sheets or My Active Center.

CRAFT - WATERCOLOR PAINTING

Wednesday, October 14th | 1:00 PM - 2:00 PM

Leah Mayo of PHPL teaches watercolor painting. Please sign up on sheets or My Active Center.

CRAFT - OIL PAINTING

Thursday, October 15th | 10:00 AM - 11:00 AM

Join local artist, Alex DuBois and learn oil painting. Limit is 10 members. Sign up on sheets or My Active Center.

CRAFT - TISSUE PAPER FLOWERS

Monday, October 19th | 1:00 PM - 2:00 PM

Join Khun Kaek and Randy to create tissue flowers. Limit is 10 members. Please sign up on sheets or My Active Center.

CRAFT - FALL WREATH MAKING

Monday, October 26th | 1:00 PM - 2:30 PM

Brittani of Cibolo Creek will create fall wreaths. Limit is 15 members. Please sign up on sheets or My Active Center.



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News and Updates

THE CENTER - GENERAL INFORMATION

Helpful Tips

- The Center is open Monday through Friday from 8:00am to 4:00pm including the Fitness Center. Please check in at the front desk upon arrival.
- Please help us keep The Center beautiful. Kindly clean up after yourself in 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.
- Remember to register for activities and lunch at the front desk kiosk or from home on My Active Center.
- **Please silence or turn off your cell phones** while in activity rooms. Please take any phone calls outside the activity room.
- Please use caution when driving in the parking lot!
- Although we appreciate everyone's willingness to help others when they are injured or fall, it is important to remember the following:
 1. Find a staff member immediately.
 2. Do not move someone who is injured.
 3. It is our policy to contact EMS immediately.

IN HOUSE MEALS

M - F | October | 12:00 PM

We strive to provide healthy savory meals to our members while they come to enjoy plated lunches, activities and camaraderie with friends. You may also use My Active Center to RSVP for activities and/or lunches at The Center. We ask our volunteers to check in at the front desk to reserve your meals on the same day you volunteer.

LEARNING MORE ABOUT THE CENTER

Questions about The Center?

JOIN US FOR OUR DAILY TOUR

Monday - Friday @ 10:30 am
Check in at the Front Desk

AFTER THE TOUR:

Explore your Options
Connections Lunch

**Open to all prospective members,
family members & current members.**

To reserve your spot, call 830.249.2114

COFFEE WITH OLIVIA (CEO)

Tuesday, October 27th

9:30 AM - 10:30 AM

Inviting members to this small group gathering. Join Olivia Burdick for a relaxed conversation over coffee in a welcoming, informal setting. This is a time to ask questions, share thoughts, or simply listen and connect while learning more about what's happening at The Center and the purpose behind our work. Attendance is limited to ten participants, allowing for thoughtful conversation and genuine connection. Please sign up at the front desk no more than once every 90 days to allow accessibility for everyone. We hope you'll join us for a meaningful time together.

TABLE FOR MANY SUPPORT GROUP

Fridays | October | 10:30AM - 11:45 AM

If you would like to learn more about anxiety and depression, join our open support group. Our meetings offer a safe, confidential space to share experiences, learn practical coping strategies, and connect with others as we explore this topic. There are no commitments, fees, or pressure to speak. Meetings will be held from 10:30A.M. – 11:45 A.M. every Friday in September. My name is Veronica Crawford. I am a Licensed Professional Counselor Associate with Hill Country Family Services. For additional information, please contact Veronica Crawford of HCFS at (830) 443-2442 or Emma Edalatpour of The Center at (830) 249-2114.

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MMLiving.org/TheVistas | (830) 445-2791 |

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Christine Hollan
President

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Upcoming Events

ACTIVITIES HAPPENING EVERY WEEK

Monday

9:30 AM | Line Dancing
9:30 AM | Sit & Be Fit Low
10:00 AM | Sit & Be Fit Low
10:30 AM | Sit & Be Fit High
10:30 AM | Bingo (Affinity)
11:00 AM | Stretch & Tone
12:45 PM | Canasta
1:00 PM | Music Makers
1:00 PM | Bal & Strength-3 Oaks Hosp

5:00 PM | Zumba (\$2.00)

Wednesday

8:15 AM | Pole Walking (SS YMCA)
9:00 AM | Medicare Corner - Olive
9:00 AM | Cardio Dance--N/A in Aug
9:15 AM | Floor Stretch (SS YMCA)
10:00 AM | Sit & Be Fit Low
10:30 AM | Sit & Be Fit High
10:30 AM | Bingo (Olive & Flores Ins)
10:45 AM | Tai Chi
11:00 AM | Bible Study (Nondenom)
11:00 AM | Sentimental Journey
1:00 PM | HCNC Busy Hands
1:00 PM | Guitar Lessons
2:00 PM | Ukulele Lessons

Thursday

9:00 AM | Circuit (*SS YMCA)
10:00 AM | Circuit (*SS YMCA)

10:00 AM | Sit & Be Fit Low
10:30 AM | Sit & Be Fit High
11:00 AM | Yoga/Mimi 10/8*10/22
11:30 AM | Ecumenical Ctr Music
12:45 PM | Canasta
1:00 PM | OHC Bible Study--9/10
2:00 PM | Teaching Mahjong
5:00 PM | Zumba (\$2.00)

Friday

9:00 AM | Mahjong
9:00 AM | Friday Bridge
10:00 AM | Zumba (\$2.00)
10:00 AM | Sit & Be Fit Low
10:30 AM | Sit & Be Fit High
10:30 AM | Table for Many Support
1:00 PM | Table for One (closed)
1:00 PM | Beginner Spanish
1:45 PM | English 2nd Language

***YMCA Silver Sneakers Dual Program**

ACTIVITIES HAPPENING IN OCTOBER

October 1

10:30 AM | AudioNova*Health Screen
1:00 PM | Room for Loss Grief

October 2

12:00 PM | Hermannsons Life
6:00 PM | 1st Friday Dance

October 3

8:00 AM | NAMI Walks Kendall Cty

October 5

1:00 PM | HCNC Mahjong

October 6

11:00 AM | PHPL Book Mobile
1:00 PM | Bunco

October 7

9:00 AM | Happy Scrappers Sewing
10:00 AM | Women's Dup Bridge
10:30 AM | Blood Pressure Check
11:00 AM | Fitness Center Clinic

October 8

10:00 AM | Loteria
1:00 PM | Neuro Support

October 12

9:30 AM | Craft - Greeting Cards

October 13

9:30 AM | HCNC Canasta
10:00 AM | Caregiver Support
10:45 AM | Chili Cook-Off

October 14

9:00 AM | Boerne Senior Expo
11:00 AM | HCNC Genealogy
1:00 PM | Craft - Watercolor

October 15

10:00 AM | Craft - Oil Painting
10:15 AM | Alzheimer's/Dem Support
1:00 PM | Room for Loss Grief
5:30 PM | Meet Up - La Calabria

October 16

9:30 AM | COPD*Asthma*Memory
6:00 PM | 3rd Friday Dance

October 19

10:00 AM | Dr Reyes*Health Screen
11:30 AM | Nutrition Nuggets - Diet
1:00 PM | Craft - Tissue Flowers

October 20

10:00 AM | Hallow Fest Health Fair
11:30 AM | Hallow Fest Party
1:00 PM | Bunco

October 21

10:00 AM | Women's Dup Bridge
10:00 AM | Low Vision Club

October 22

9:00 AM | Dr. Reyes * Education
10:00 AM | Grandparents Support

October 23

9:30 AM | HCNC Canasta
11:15 AM | Closet Fashion Show

October 26

1:00 PM | Craft - Fall Wreaths

October 27

9:30 AM | Coffee w/ Olivia
10:00 AM | Senior Planet Computer
11:00 AM | Phone Help
12:30 PM | HCNC Book Club
1:00 PM | Loteria w/ Crest

October 28

10:00 AM | Mixed Dup Bridge
12:30 PM | HCNC Bridge
1:00 PM | Diabetes Edu Mgt

October 29

9:00 AM | Dietz-McLean Optical
1:00 PM | Room for Loss Grief

October 30

11:30 AM | October Birthdays Party