

# NEWSLETTER

## April 2024

**Senior Connections**  
A Gathering Place for Active Seniors

Located in Wolters Park  
1111 Bohlmann Ave., Schulenburg, TX 78956  
Phone: 979-743-3227 Email: [amanda@srconnections.org](mailto:amanda@srconnections.org)  
Website: <https://www.srconnections.org/>  
Facebook: <https://www.facebook.com/SeniorConnections979>



### IN THIS ISSUE

- Director’s Desk .....2
- Last Month in Review.....3-9
- Upcoming Events .....10-12
- February Calendar.....13
- February Birthdays .....14
- Poem to Share.....,.....15
- News to Know .....16
- Noticeboard .....17
- Laughing Matters .....18
- Spotlight .....19
- Word Search,,,,,,,,,,,,,,,,,,,,,20

# Director's Desk

Hello All,  
Happy April! This new month greets us now and this one is full of more sunshine, flowers, and blue skies. There is so much to celebrate, and I hope you'll join us for any of our events this month.

We have an exciting outing planned to tour the Newman Castle in Bellville, TX that we are really looking forward to. The first Tuesday of each month, we have had a good group get together for "The Way It Used to Be" activity, from 10:00 a.m. to 12:00 p.m., to reminisce about certain decades of their lives, and the most exciting thing is that their stories are recorded on their phones for them. So, they can let their family members know that those stories are there, in their own voice, for them to listen to as well.



It's Stress Awareness month. What do you do to relieve stress? We encourage you to take a look at our April 2024 calendar and come join us for a great lunch, for a round of Bingo, or just to visit with friends.

Stephanie Shroyer is joining our Staff Team, as our new Program Director, so there will be new ideas flowing. Of course, we'll also be devoting some time to learn more about our gardens and houseplants as we get ready for the new season.

I hope to see you at any of our events this month and bring a friend (or family member) along – the more, the merrier!

To keeping things beautiful,

*Cindy Villarreal*

## April Trivia

It is thought that the name April comes from the Latin word "to open" and describes the trees opening at springtime.

Zodiac signs: **Aries & Taurus**  
Birthstone: **Diamond**  
Flower: **Daisy & Sweet Pea**

## Quote of the Day

*The earth laughs in  
flowers.*

– Ralph Waldo Emerson

# Last Month in Review

Lunch & Learn – Monday, March 31



Today, our Lunch & Learn speaker was **Christy Bohuslav**, who is an LVN that works with Paula Grahmann at Hometown Wellness in Hallettsville, TX.

She is regularly scheduled on the last Monday of each month, and she brings our members relevant information that they need to know.

Christy joined us for lunch today and then delivered an informative presentation on monitoring your Blood Pressure. She always stays and answers everyone's questions. There was so much discussion today, and everyone was given several handouts to take home, that we felt blessed to have her as a regular presence at our Center! Blood pressure checks will be taken in April. Thank you, Christy!



# Last Month in Review (continued)

Wednesday is Bingo Day and we love our Bingo!

After a morning of table games and dominoes, we had lunch and then our special guests, **Deannie Crim and Kelly Haas** showed up “to get us moving”!

We got the blood flowing!



Then the Easter Bunny showed up! We loved the Easter Bunny that [Crown Hospice](#) brought to help call Bingo today! Who wants a photo with the Bunny? Whoo Hoo, we had so much fun! Thank you, Crown Hospice!



A special Thank You to [Schulenburg American Legion Post 143](#) member, **Ruben Rodriguez**, and his wife, **Sharon**, who is a volunteer at Senior Connections! Anytime the American Legion Post has a fundraiser meal, Ruben doesn't go around town selling his tickets, nope, he buys them! Then he donates them to Senior Connections, so that they become highly valuable Bingo Prizes! Thank you, Ruben & Sharon, for bringing smiles to our members faces!



# Last Month in Review (continued)



**Mr. Clarence Ahlschlager**, one of our members who is also a board member, won the blackout prize of those 2 dinner tickets. Well, he donated them back, so the Blackout game continued and the ultimate winner was **Julian Godsey!** The guys rocked it! Thanks for sharing, Clarence!

**Julian Godsey and his wife Charlotte**, are new members who actually lead the Square Dancing at our center. They have become regulars on Wednesdays, and he always enters and sets up his PA system for us, so we can call out the Bingo numbers on a microphone, ensuring that everyone hears the numbers! So cool!

Thanks to everyone who chips in here and there, to help make our world go round! It does take a village, and everyone's support helps keep the program strong and vibrant!



With our Director, **Cindy Villarreal**, getting ready to retire, she helped our volunteer, **Cynthia Trojacek**, learn how to call a good Bingo game. Cynthia Trojacek is one of our Board members and she enjoys being of service wherever there is a need! Thank you, Cynthia, our members said you were awesome.

**Cynthia Trojacek, Rusti Beckmann, and Clarence Ahlschlager** are board members and it is good to see them be active participants in our day-to-day operations. Thank you to all, for your service and commitment to [Senior Connections!](#)



**Ms. Marleen** was real excited with her prize selection after she Binged!



**Clara Christ** was our Shiner Blackout winner of the day. She won an awesome home decor piece that was donated by Janice Grahmann, and 2 tickets to the [Schulenburg American Legion Post 143](#) upcoming drive through dinner on April 10<sup>th</sup> donated by Clarence Ahlschlager

# Last Month in Review (continued)

JIGSAW PUZZLE COMPLETE! Well, hard work really pays off. Add patience and teamwork, and the 1000 piece puzzle is now complete! It did take a few months, but our members did not let it just sit there. Everyday we were open, one or two people would work on it and it began to take form. Everyone literally had a hand in completing it! Wow, what a pleasure to see the cooperation, community and fellowship it took to complete it! This was a mountain we all climbed together, and it sure made the time factor less than it would have taken if only one person worked on it. Way to go, [Senior Connections](#) members!



Left to Right, are Bernice Leihardt, Angie Pekar, JoNell Vacek, and Peggy Hordt, who joined us today to celebrate their March birthdays. Happy Birthday, ladies!

# Last Month in Review (continued)

## Where the Crawdads Sing



We were all so enthralled with the movie we watched today, on a rainy Thursday, March 21st. It felt so good to “get out of the house”, we were safely tucked away and out of the rain, and we were in good company! Thank you to **Terry Ehler Knotts**, for inviting us back to [Lyric Theater](#), and to the group, for not letting this rainy day deter us from the good time we had today. These small group events really help create bonding and friendship!

There were 8 members in our group today, including Vicki!

**Stefni Kueht,**  
**Betty Stolarski,**  
**Lynn Leming,**  
**Betty Mulholland,**  
**Lillian Vanicek,**  
**Cathy Betsetzny,**  
**our Director, Cindy Villarreal and**  
**our Schuber Van driver, Vicki Woodard,**

enjoyed the movie AND took a short drive down Hwy 95 south into Moulton for a pleasant lunch Cindy had set up for us at **Kloesel's Steakhouse!**



Wow, what great lunchtime specials we had to choose from! Everyone got what they wanted, the way they wanted it, and then we each paid for our own meals, while we enjoyed the dessert that was included. Thank you to the Kloesel's and to Kim, who waited on us patiently!

The biggest question was, “when can we do this again?”!!!! Senior Connections is going through changes, but they are good changes and the new energy will get us back on the road again real soon! Hold on to your hats, here we come!

# Last Month in Review (continued)



So, the tickets for the Grumpy Old Men Musical today at the Bastrop Opera House were \$30 each. 10 Senior Connections members signed up to go, and a donor stepped up and paid \$20 on each ticket, so our members only paid \$10 each for their tickets! What! Yes, and we went and we had a most awesome time! Cindy Villarreal called [Schuber](#) and they were available to take us to Bastrop on this nice Sunday afternoon to see this play! The group was ecstatic, we all had a wonderful time, and afterwards, we took a slow boogey ride into Flatonia, as we decided to get out of Bastrop because it seemed like everyone was going to dinner after the play! We said, "let's go to Robert's!" and we did.

Whew! We ate so good, we were in good company and everyone got to meet **Cheri Wilson's brother, Greg Rabb**, who became a new member today! We thanked

our Lord for His protection and blessings, and we all made it home safe and sound. God is good, all the time!

We also gave a big round of applause and love to our generous donor. Thank you, for this wonderful opportunity for fellowship and a touch of culture! Much love!





# Last Month in Review (continued)

We had a great time meeting **Lucy Herrera, the Director of the Flatonia Chamber of Commerce!**

Their office and that of the Flatonia EMS station, were recipients of our monthly Baking group's box of baked goodies. We sure appreciate the work they perform and we want them to know that we "see" them!

Senior Connections is planning to open a site in Flatonia soon and they have been instrumental in working with our staff to prepare for this expansion. Thank you, Lucy, for all you do for others!



Next Baking Group will meet on Tuesday, April 23<sup>rd</sup>.  
Come join us and help make people happy! 😊

# Upcoming Events

## Upcoming Classes:

- Georgia Pohl will be our guest artist during the month of April.
- Open class will also be available for those needing to finish past projects or to work on something other than the guest artist's project.



ARTS has partnered with Senior Connections to offer **free classes every Friday morning, from 10:00 to 12:00 noon**, not only for our members, but for anyone 55 and older. We invite you to join us at the ARTS campus in Schulenburg. **All materials and tools are provided free of charge.**

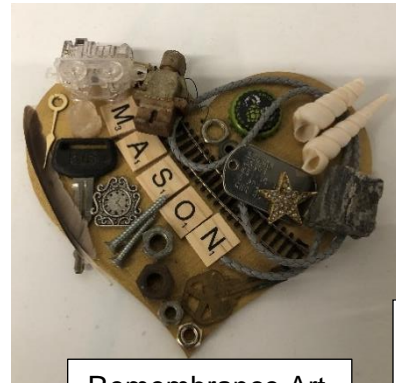
Come have some fun and amaze yourself with your hidden talents. Here are just a few of the projects we have done or will be doing in the near future:



Needle Felting



Vintage Jewelry Art



Remembrance Art



Driftwood Beaded Bell or Wind Art

Contact Tory Farley or Stephanie Shroyer to learn more about these particular projects and what you may need to bring to the class.

**Click on the link below to register for these weekly classes.**

**Schulenburg ARTS Campus  
1206 Lyons Ave.  
Schulenburg, TX 78956**

**Register here and join the fun: <https://www.artsforruraltexas.org/senior-programs>.  
For questions or more information, please contact ARTS' Programs Director, Tory Farley, at [programs@artsforruraltexas.org](mailto:programs@artsforruraltexas.org), or call (979) 378-2113.**

Lunch will be served after the class at  
Senior Connections  
1111 Bohlmann Ave  
Schulenburg, TX 78956  
(just 2 minutes away from ARTS)

Free will donation for lunch will be appreciated.

# Upcoming Events (Continued)

**Next Outing:**  
 Thursday, April 11,  
 9am-3pm  
 Newman's Castle in Bellville  
 Please register now if you plan to go!



Experience the old world charm of Newman's Castle, a one-of-a-kind custom creation hidden just outside of Bellville in the rolling countryside.

The castle features a moat (watch out for gators!), a massive working 3,000 lb. drawbridge with an accompanying portcullis, a chapel, five round corner turrets, a courtyard, and a central keep with a dramatic view of the surrounding lands. A perimeter wall encompasses the castle, ensuring you are safe from oncoming marauders during your visit.

## Schulenburg Garden Club



### 'THE ARTS'

A Flower Show

Show is FREE and open to the Public—Noon to 4 P.M.

Wednesday, April 24, 2024  
 Schulenburg K of C Hall  
 405 South Street @ Hwy 77  
 Schulenburg, TX 78956

Cookies & Punch...Country Store...Lunch...Plant Sale

## THE NINTH ANNUAL Schulenburg SAUSAGEFEST

April 6<sup>th</sup> 2024 - Downtown Schulenburg

THE ONLY FESTIVAL IN TEXAS WITH  
 SAUSAGE-MAKING CONTESTS  
 PLUS HOMEMADE WINE, SAUERKRAUT, & PICKLE JUDGING



GREAT FOOD • DANCING IN THE STREET • COLD BEVERAGES •  
 ARTS & CRAFTS VENDORS • GRAND MARCH • LIVE MUSIC •  
 CHILDREN'S ACTIVITIES • FUN RUN • BIERGARTEN •  
 AMERICAN LEGION BLACK BEAN MOTORCYCLE RIDE  
 HOG-CALLING CONTEST & SAUSAGE-TOSS CONTEST  
 (YOUTH & ADULT DIVISIONS)

T-Shirts, Caps, & Koosies - Available to Buy

FOR MORE INFORMATION, PLEASE CONTACT SCHULENBURG CHAMBER OF COMMERCE  
 (979) 743-4514 | SCHULENBURGSOSAUSAGEFEST@GMAIL.COM  
 WWW.SCHULENBURGSOSAUSAGEFEST.COM | P.O. BOX 65, 618 NORTH MAIN ST, SCHULENBURG, TEXAS 78956



# Upcoming Events (Continued)



RURAL **WHOLE HEALTH** COALITION



The Rural Whole Health Coalition (RWHC)  
will be offering services in you area!  
Dental—Mental Health Screenings  
Medical Screenings—Training Opportunities

**No Cost (Donations Accepted)**

1st Come — 1st Served with Limited Spaces  
For More Information Call  
Smithville Community Clinic  
512-237-2772

Friday, April 5th, 2024 11AM—7PM  
Saturday, April 6th, 2024 9AM—6PM  
Wolters Park, 1103 Bohlmann Ave.  
Schulenburg, Texas 78956





A Gathering Place for Active Seniors

1111 Bohlmann Ave.  
Schulenburg, TX  
Call: 979-743-3227

Email: [cindy@srconnections.org](mailto:cindy@srconnections.org)

Website: <https://www.srconnections.org/>

Facebook: <https://www.facebook.com/SeniorConnections979>

# April 2024

SUNDAY Closed	MONDAY Open 9am-2pm	TUESDAY Open 9am-12pm (2 days month)	WEDNESDAY Open 9am-2pm	THURSDAY Closed	FRIDAY Open 10am-12pm @ ARTS	SATURDAY Closed
	April Fool's Day <b>1</b> <b>11:30 am Lunch</b>  <b>BBQ Chicken, Potato Salad, Baked Beans, Dessert</b> <b>12:00 pm Lunch &amp; Learn</b> w/ Stephanie Shroyer, new Program Director <b>1:00 pm Move It Monday</b>	<b>2</b> <b>10 am - 12 pm "The Way It Used To Be"</b> Come tell us a story on Personal Reflection Day	<b>3</b> <b>11:30 am Lunch</b> <b>Beef Tips, White Rice, Salad, Dessert</b> <b>12:00 pm – Bingo</b> Fayette Savings Bank, Schulenburg - Cheryl Brossmann <b>1:30 pm – Rural Whole Health - Kristi Farquar</b>	<b>4</b>	<b>5</b> <b>10 am -12 pm Project at ARTS</b> <b>Lunch Served</b> Free Health & Dental Screening at Wolters Park 11am to 7 pm	<b>6</b> 
<b>7</b>	<b>8</b> <b>11:30 am Lunch</b> <b>Smothered Pork, Veggies, Seasoned Rice, Dessert</b> <b>12:00 pm Lunch &amp; Learn</b> Destiny Siptek, Director at Turtle Wing <b>1:00 pm Move It Monday</b>	<b>9</b>	<b>10</b> <b>11:30 am Lunch</b> <b>Meatloaf, Buttered Potatoes, Green Beans, Dessert</b> <b>12:00 pm – Bingo</b> Regency Integrated Health Services, Hallettsville	<b>11</b> Outing to Newman's Castle in Bellville 9 am – 3 pm	<b>12</b> <b>10 am -12 pm Project at ARTS</b> <b>Lunch Served</b>	<b>13</b>
<b>14</b>	<b>15</b> <b>11:30 am Lunch</b> <b>Schobel's Creamy Chicken Casserole, Salad, Dessert</b> <b>12:00 pm Lunch &amp; Learn</b> Bob Smothers, Bee Speaker <b>1:00 pm Move It Monday</b>	<b>16</b>	<b>17</b> <b>11:30 am Lunch</b> <b>Lasagna, Vegetable, Garlic Bread, Salad, Dessert</b> <b>BIRTHDAYS OF THE MONTH</b> <b>12:00 pm – Bingo</b> Kristi Stehling w/ Crown Hospice Ministries, Victoria	<b>18</b>	<b>19</b> <b>10 am -12 pm Project at ARTS</b> <b>Lunch Served</b>	<b>20</b>
<b>21</b>	<b>22</b> <b>11:30 am Lunch</b> <b>Schobel's King Ranch Chicken, Cornbread, Salad, Dessert</b> <b>12:00 pm Lunch &amp; Learn</b> Rox Ann Johnson w/ Fayette Public Library & Archive <b>1:00 pm Move It Monday</b>	<b>23</b> <b>Tossup Tuesday</b> (choose your game) <b>9 am - 12 pm</b> + Baking Group + Bunco + Hand & Foot + Dominoes, Tarok, Mexican Train, etc <b>Lunch &amp; Dessert</b>	<b>24</b> <b>11:30 am Lunch</b> <b>Fried Chicken, Buttered Potatoes, Salad, Dessert</b> <b>12:00 pm – Bingo</b> Regency Home Health Systems, Schulenburg	<b>25</b>	<b>26</b> Arbor Day  <b>10 am -12 pm Project at ARTS</b> <b>Lunch Served</b>	<b>27</b>
<b>28</b> <b>1:00-5:00 pm Game Day</b> Bring a friend and bring a snack to share!	<b>29</b> <b>11:30 am Lunch</b> <b>Asian Chicken with Veggies, White Rice, Dessert</b> <b>12:00 pm Lunch &amp; Learn</b> Christy Bohuslav, RN w/ Hometown Wellness, <b>1:00 pm Move It Monday</b>	<b>30</b>	<p><b><u>SAVE THE DATE: Cindy's Retirement Party - May 1st</u></b></p> <p>Come join our family!            Enjoy a cup of coffee or glass of tea.            Play games or just visit with others!</p>    			

# April Birthdays

In April, we celebrate birthdays with:

- Diana Wick, 4/1
- Annie Mae Ripper, 4/8
- Janice Jares, 4/9
- Helen Janda, 4/12
- Amparo Salinas, 4/15
- Marta Beckmann, 4/23
- Ira Blahuta, 4/26



Please join us at the center on the third Wednesday of each month to celebrate.

## Gardening Wives Tales

*How many of these have you heard before?*

- Plants grow better if you talk to them.
- Menthol rub repels insects on hummingbird feeders.
- Bury banana peels in your garden to bring your roses and ferns more potassium.
- Give your scarecrow a hat in the hot summer in order to secure a good harvest in the fall.
- Plant potatoes on Good Friday.

### Aries (Mar 21 – Apr 20)

Aries are passionate, motivated and confident leaders. They are bundles of energy & enthusiasm.

### Taurus (Apr 21 – May 20)

Taurus are practical and well-grounded. They surround themselves with love & beauty.

### April 15, 1912: The Titanic Sinks

Dubbed an unsinkable ship, the *Titanic* sank on this day in 1912. The luxury passenger liner was en route to New York City from Southampton, Hampshire, England. It only took the giant ship 2 hours and 40 minutes to sink, killing more than 1,500 people.

# Poem to Share

## The Gardener

by Mary Oliver

Have I lived enough?

Have I loved enough?

Have I considered Right Action enough, have I come to any conclusions?

Have I experienced happiness with sufficient gratitude?

Have I endured loneliness with grace?

I say this, or perhaps I'm just thinking it.

Actually, I probably think too much.

Then I step out into the garden,  
where the gardener, who is said to be a simple man,  
is tending his children, the roses.

# News to Know



Imagine a one-of-a-kind Garden Pole in your yard this spring. These garden poles are made and painted by our members. They make a great gift for birthdays, house warming and don't forget about MOTHER'S DAY coming up soon. We have a variety to choose from.

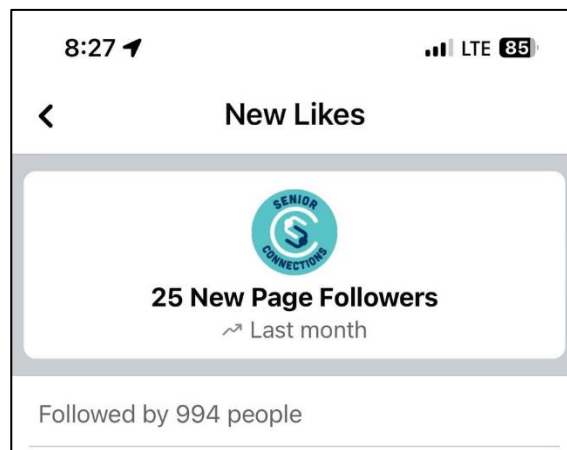
Please call Senior Connections at 979-743-3227 for more information or to request a custom pole designed just for you.



Senior Connections is making itself known in our communities. We have recently joined the following Chamber of Commerce:

- Flatonia Chamber of Commerce
- Columbus Chamber of Commerce
- La Grange Chambers of Commerce

Also, our exposure on facebook is growing. Please see this recent post on the right showing we have 25 new page followers!





# Noticeboard



## WELCOME NEW MEMBERS!

We welcome our newest members:

- **Janice Jares**
- **Greg Robb (Chery Wilson's Sister)**
- **Julian Godsey**
- **Charlotte Godsey**
- **Nancy Zatopek**
- **Margaret "Maggie" Lozano**

Welcome to our Senior Connections Family!

## THANK YOU

THANK YOU to **Janice Grahmann** for her donation of a bag full of items we can, and will, use for some elevated Bingo Prizes!

## WISH LIST

- \$10 Gift cards for Bingo prizes
- 5 - 4x4 Posts to use for Garden Pole Production
- A monthly, Birthday of the Month Cake Sponsor
- Paper Cutter

## WHAT'S NEW

You may have noticed something new on the monthly calendar.... "Move It Monday". Each Monday after our Lunch and Learn Speaker, we will spend 10-20 minutes doing something to "get us moving". It may be a simple walk, or some dance moves, or exercise, or an active game. Don't miss this opportunity to move a little more before going home to sit!

## PRAYER REQUESTS

Let us remember and pray for our members and friends who are ill and need our healing prayers:

- **Kitra Ruiz**
- **Cindy Villarreal**
- **Terry Ehler and her husband John**
- **All those sick with flu, colds, Covid, etc.**
- **Rest of the souls of family and friends of our members who have recently gone before us.**

## SHARING IS CARING!

This past month our baking group shared homemade goodies with

- Flatonia EMS
- Flatonia Chamber of Commerce

We also provided Easter "goodie bags" to Regency Home Health to share them with their clients in hopes to lift their spirits during this Easter season!

# Laughing Matters



## Earth Day Jokes

How many of these can get you to laugh (or groan)?

Why don't ants get sick?

*Because they have little ant-bodies.*

Why did the cloud go to the doctor?

*Because it was feeling under the weather.*

What do clouds wear under their coats?

*Thunderwear!*

What did the recycling bin say to the trash can?

*"You're garbage...but I love you anyway!"*

Did you hear about the tornado that married a cloud?

*The wedding was a whirlwind!*

What do you call a snowman in the summer?

*A puddle.*

How do trees access the internet?

*They log on, of course.*

Why did the tree go to the dentist?

*To get a root canal.*

What do you call it when worms take over the world?

*Global worming!*

# Spotlight – Stephanie Shroyer

As you probably already know, Senior Connections is going through a lot of changes, with Cindy Villarreal announcing her retirement, so we are asking for your patience. We have hired Stephanie Shroyer, whose title will be Program Director. Stephanie Shroyer has lived in Fayette County since 1976. A good part of her family resides here as well. She has lived in Schulenburg for 12 years. Her background includes working for nonprofits such as Youth and Family Services as a drug prevention educator, Family Crisis Center as a violence prevention educator and at Arts For Rural Texas as Program Director and instructor. Stephanie is known for her nature inspired art, she loves to teach, garden, read and listen to audio books! She looks forward to getting to know the members and learning their interests too! Her first day on the job is April 1<sup>st</sup>, and we are all looking forward to her injecting her smile and her style into the daily operations at Senior Connections. Welcome to the team, Stephanie!

With Stephanie Shroyer joining our team, she is bringing in a lot of new ideas and opportunities to help keep our Senior Connections the lively place that it has become. We encourage you to come meet her and join us for fun and games, coffee, and a communal lunch. Let's get to know each other.

Need picture of Stephanie

**THANK YOU**  
**for joining our team!!!**

# Word Search

## FROM THE GARDEN



D B L E T T U C E A Z S T B  
I B L E M O N S N B S P O R  
L L I M E S B A S I L Q M O  
L O N I O N S N B S P Z A C  
B L U E B E R R I E S E T C  
O P T P A R S L E Y P L O O  
R C C E V C H I V E S X E L  
E Y F D G P U M P K I N S I  
G A R L I C E G G P L A N T  
A F C Q G I N G E R C S B L  
N S T R A W B E R R I E S U  
O B E L L P E P P E R S P S  
M V U H E L A V E N D E R V  
B Z U C C H I N I N B S P P

Bell Peppers  
Parsley  
Ginger  
Blueberries

Strawberries  
Lettuce  
Oregano  
Zucchini

Lavender  
Basil  
Lemons  
Eggplant

Dill  
Garlic  
Limes  
Onions

Chives  
Pumpkins  
Tomatoes  
Broccoli