

NEWSLETTER

May 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
Website: <https://www.srconnections.org/>
Facebook: <https://www.facebook.com/SeniorConnections979>



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Program Director's Desk

Hello All!

May brings so many reasons to celebrate! As we venture into a month known for rain showers, we will enjoy the vibrant greens of spring, full ponds, flowers blooming and our vegetable gardens producing.

We are starting the month off with Cindy's Retirement party on the 1st, followed by Cinco De Mayo, Mother's Day and Memorial Day. The month is full of reasons to gather with friends and family. There is so much to celebrate, and I hope you'll join us for any of our events this month.

Warm wishes,

Stephanie Shroyer



May Trivia

The Month of May. May is named for the Roman goddess Maia, who oversaw the growth of plants.

Zodiac signs: **Taurus & Gemini**
Birthstone: **Emerald**
Flower: **Lily of the Valley**

Quote of the Day

*The only thing we
have to fear
is fear itself.*

– Franklin D. Roosevelt



A Gathering Place for Active Seniors

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May
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
<p>Come join our family! Enjoy a cup of coffee or glass of tea. Play games or just visit with others!</p>			<p>Cindy's Retirement Party 1 11:30 am Lunch Fried Chicken Tenders & Gravy, Mashed Potatoes, Mixed Veggies 12:00 pm – Bingo Fayette Savings Bank, Schulenburg - Cheryl Brossmann 1:00-3:00 Lite Bites & Sweet Treats</p>	2	3	4
<p>Cinco de Mayo 5 </p>	<p>11:30 am Lunch 6 Grilled Chicken, Scalloped Potatoes, Carrots, Salad, Dessert 12:00 pm Lunch & Learn w/ Heather Barthelme, Fayette County Theater 1:00 pm Move It Monday</p>	<p>10 am - 12 pm 7 "The Way It Used To Be" Come tell us a story on Personal Reflection Day Art from the Heart 1-3 pm</p>	<p>11:30 am Lunch 8 Beef & Chicken Fajitas w/ peppers & onions, Rice, Beans & Fixings, Dessert 12:00 pm – Bingo Regency Integrated Health Services, Hallettsville</p>	9	10	11
<p>Mothers Day 12 </p>	<p>11:30 am Lunch 13 Smothered Steak, Buttered Potatoes, Green Beans, Dessert 12:00 pm Lunch & Learn w/ Pam Noell, Paradigm at the Oaks, Schulenburg 1:00 pm Move It Monday</p>	<p>14 Art from the Heart 1-3 pm</p>	<p>11:30 am Lunch 15 Chicken Fried Steak & Gravy, Mashed Potatoes, Mixed Veggies, Dessert BIRTHDAYS OF THE MONTH 12:00 pm – Bingo Kristi Stehling w/ Crown Hospice Ministries, Victoria</p>	16	17	18
19	<p>World Bee Day 20 11:30 am Lunch Beef Tips, Rice, Mixed Veggies, Salad, Dessert 12:00 pm Lunch & Learn w/ Andy Behlen, Fayette County Record 1:00 pm Move It Monday</p>	<p>Tossup Tuesday 21 (choose your game) 9 am - 12 pm + Bunco + Canasta + Dominoes, Tarok, Mexican Train, etc + Baking Group Lunch & Dessert Art from the Heart 1-3 pm</p>	<p>11:30 am Lunch 22 Enchiladas, Rice, Beans, Salad, Dessert 12:00 pm – Bingo Madalynn & Torry w/ Regency Home Health Systems, Schulenburg</p>	23	24	25
26	<p>Memorial Day 27 </p>	28	<p>11:30 am Lunch 29 Fried Chicken, New Red Potatoes, Broccoli Salad, Dessert 12:00 pm – Bingo Sandy Anderson, True Care Living Center, Columbus</p>	30	31	<p>Koopman Oakridge Sr. Conn. Edna's Schobel's</p>

Upcoming Events

SENIOR CONNECTIONS INVITES YOU TO A
RETIREMENT CELEBRATION

HONORING YEARS OF SERVICE AND DEDICATION BY
CINDY VILLARREAL

LIGHT BITES & SWEET TREATS
1 PM - 3 PM | MAY 1ST, 2024

SENIOR CONNECTIONS CENTER
1111 BOHLMANN AVENUE | SCHULENBURG, TEXAS 78956

RSVP to Amanda by April 24th Amanda@SrConnections.org

Upcoming Events



Claire Lewis will be our guest artist and instructor for our Artful Fridays at Arts for Rural Texas on Lyons Ave held Fridays for the month of May from 10:00am-12:00pm. She will share her new passion of Fiber Arts with stitching and beading embellishments. She is an extremely talented artist, and she asks that you come create gifts, freshen an old favorite blouse, enhance printed fabric with embroidery stitching and beading. The crewel stitching we will be using uses larger needles and much easier to do than regular embroidery. It's so much fun!

ARTS has partnered with Senior Connections to offer these **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. Register at the link below.

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

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

**Lunch will be served after the class. Please R.S.V.P. for lunch by Thursday each week.
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)

You may have noticed some new things on the monthly calendar. Here is a brief explanation of these events. Please join us as often as you can.

MONDAYS:

“**Move It Mondays**” takes place after our noon meal each Monday and you can join us to try your hand at line dancing, chair exercises, and even tai- chi as we explore ways to keep our bodies moving.

TUESDAYS:

The **first Tuesday of each month**, we have 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 favorite stories from their lives. These stories are recorded on their phones and can easily be transcribed into word documents to share with loved ones.

Come bake with us on **Toss Up Tuesday** the **4th Tuesday of each month** as we make goodies to share with our first responders and partnering organizations in our community. Do you have a favorite recipe to share? While the food is baking there is time for games! This is the day we break out the **Bunco Game!** All games are available, so choose what you would like to play. We also plan to play **Canasta**, so if you know of anyone who would like to join us, please invite them.



Join us **Tuesday from 1:00-3:00** at the center for “**Art from the Heart**”. This is the time we paint our garden poles. But, if painting is not your thing, you have an opportunity to create gifts and cards or other crafts to share with our community. With the “**Make Two, Share One**” concept, we make a gift for us to keep, and then share one with residents at local nursing homes. Help us create simple yet beautiful gifts and items to sell to raise funds for Senior Connections at local events as we bring awareness of our organization to the community.

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

Upcoming Events (Continued)

Our first recipient of our “Art from the Heart” Program will be **Paradigm at the Oak** Nursing Home here in Schulenburg. The new director, **Pam Noell** reached out to us in partnership to see if we could mutually help each other. Pam will be coming as one of our Lunch and Learn speakers on May 13th to share information about their facility and to talk about hydrotherapy offered to their residents, as well as other changes made under the new ownership. We are able to give back to them in the way of donations needed for their residents.



We will be collecting items at the center the first two weeks of May. Please bring your donations to the center by May 13th. Let's surprise Pam with some love in the way of these much-needed donations. We are also creating cards and decorations for the residents.

Donations needed:

- Board Games
- Card Games
- Puzzles
- Craft Supplies
- Men's and Women's clothing (all sizes)
- Men's and Women's shoes (Men's size 9-12, Women's size 6-9)
- Greeting cards for all occasions
- Magazines

There are color pages for you to take home or work on while at Senior Connections that will become sun catchers to give them. Take one home and let your inner child come out as you color! If you have any wide mouth jar rims gathering dust, we could use them too.



We have an exciting outing planned to Columbus for their **Magnolia Days Festival May 18th**

There will be something for everyone to enjoy.... From vintage cars, an art show, architecture tours, live music and a visit to Hound Song Brewery it's sure to be a hit! Sign up at the center for Schuber transportation to this event.

May Birthdays

In May, we celebrate birthdays with:

- Nancy Zatopek, 5/9
- Marian Chamrad, 5/11
- Henrietta Cernosek, 5/13
- Jannette Streit, 5/24
- Annette Jasek, 5/25
- Jim Walker, 5/25



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

Surprising Facts About Bees

- Bees have existed for over 30 million years.
- One-third of our food depends on bee pollination.
- There are over 20,000 different species of bees.
- A bee makes about $\frac{1}{12}$ th tsp of honey in her lifetime.
- Bees have five eyes.
- Male bees are called drones.
- Queens live up to 5 years. Long live the Queen!
- Bees can recognize human faces!

Pisces (Apr 20 – May 20)

Taureans are dependable, logical, and overall peaceful beings

Gemini (May 21 – Jun 20)

Geminis love to learn and they never stop wondering about the unexplained

May 6, 1954: Roger Bannister Breaks the Four-Minute Mile

British athlete Roger Bannister made history by running the first mile in under four minutes, finishing in 3:59.4 in Oxford, England. This event marked a groundbreaking moment in athletics, symbolizing the breaking of perceived limitations.

Last Month in Review



Lunch & Learn – Monday, April 8

Mondays Lunch and learn speaker on April 8th was Executive Director Destiny Siptak with Turtle Wing Foundation. We enjoyed hearing about the organization and the amazing services they provide to children with special needs and learning challenges. It's wonderful to network with other groups to enrich the lives of everyone in our community!

Lunch & Learn – Monday, April 15

Bob Smothers joined us for Lunch and Learn today. He showed us the ins and outs of bee keeping equipment and all about the process! We thank him for his time and his knowledge! He just might be related to the Smothers Brothers.... He certainly had the funny personality to be!



Lunch & Learn – Monday, April 29

Christy with Hometown Wellness from Hallettsville and Shon with Schulenburg Fitness and Physical Therapy gave a very engaging and informative program for our Lunch and Learn all about how to prevent dreaded falls that could lead to major injuries. We followed up the program by introducing the members to tai-chi. A very peaceful exercise that moves you spiritually and physically! I was so touched we experienced this together. There will be more of this on Move it Mondays!

Last Month in Review (continued)

Two great art classes at one time at Arts For Rural Texas! Georgia Pohl taught Zentangles in one room on Fridays and Stephanie Shroyer facilitated an open studio in the other classroom. Students finished projects, and some painted watercolor paintings that will be turned into greeting cards... that will be reproduced and distributed to nursing homes in our area!

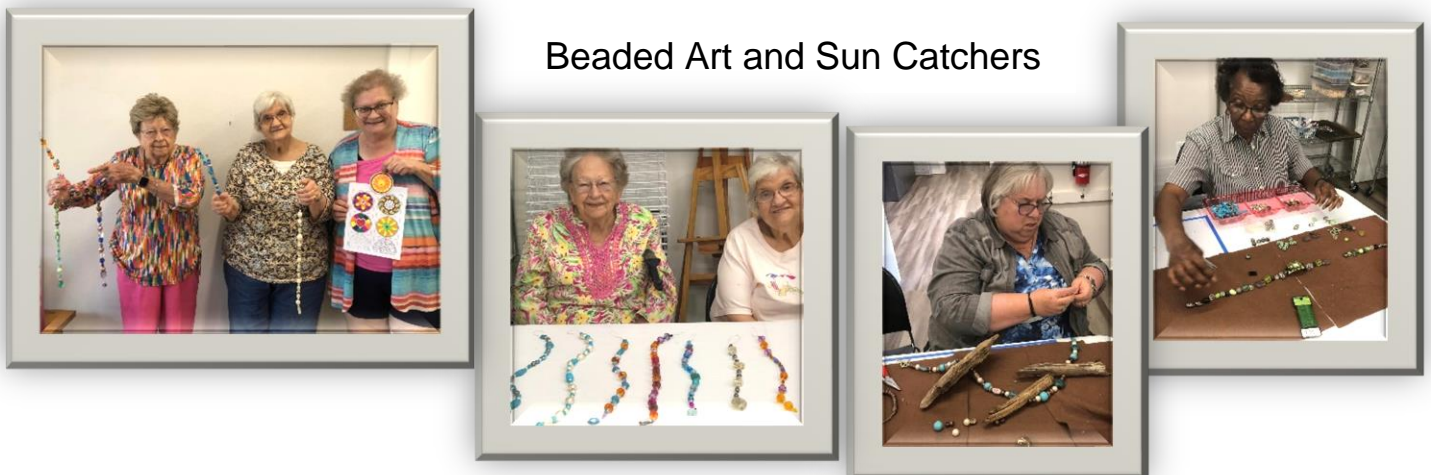
Zentangle



Watercolor Art Greeting Cards



Beaded Art and Sun Catchers



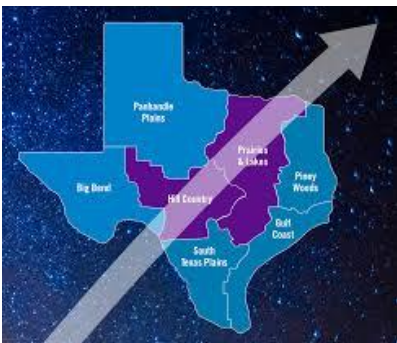
Last Month in Review (continued)



This wreath, made by Marta Beckmann, was won by Cynthia Meyer. She also won two American Legion Drive-Thru tickets as our Black Out Bingo game winner on Wednesday, April 3rd!



We had a tie for the black out game on Wednesday, April 10th between Helen Onheiser and Martha Beckmann, Helen won the tie breaking game and Martha generously gave the prize wreath to her and kept the gift card from Whataburger.



Not seeing the eclipse did not stop us from enjoying the moment!
We indulged ourselves with moon pies and sun chips and wore our safety glasses in the rain!



Last Month in Review (continued)



Move it Mondays kicked off with chair exercises to 60's rock.... And then we moved to line dancing! It is great exercise! And fun! Come join us on Monday afternoons. Do you have a favorite line dance? Let's do it!



Our monthly excursion to Newman's castle in Bellville was a great adventure! We had a Schuber van loaded with members of the center including **Lillian Vanicek, Alice Fajkus, Darlene Williams, Cynthia Meyers, Shirley Machicek, Betty Stolarski,, Carolyn Moore, Bernie Gillings, JoNell Vacek, Marilyn Mares, Stephanie Shroyer, Cindy Villarreal, and our driver Vickie Woodard.**

Where would you like to go?

What do you want to see with a group?

Give us your input so we can consider it!



Last Month in Review (continued)



Some of our regular players are enjoying a game of **Mexican Train**.

Are you familiar with the game called **Sequence**? Well, these ladies looked like they knew their way around the board game. If you would like to learn, stop by and give it a try!



Have you ever heard of a card game called **Tarock**? It is a German game. Though the names of the cards sound Czech. Come on Wednesdays. The ladies would love to teach you!

As you can see, we have many ways for members to enjoy fellowship, creativity and fun! Come join us for a nutritious and flavorful meal, enjoy some games, get some exercise, and find a family.

Brandy with Crown Hospice has returned to call our bingo game after a six month leave to have a new baby boy! Congratulations! We also enjoyed our monthly birthday celebration on Wednesday too!



Pictured here are three of the birthday girls! From left are **Martha Beckmann, Annie Mae Ripper, and Amparo Salinas**. Not pictured are **Dianna Wick, Janice Jares, Helen Janda, and Mr. Ira Blahuta**. Happy Birthday to you all!

This delicious desert was made by **Cynthia Trojacek**. **Cindy Villarreal** also brought a German chocolate cake!



Last Month in Review (continued)

Garden Poles for Sale!



We are excited to resume the painting of our garden poles!
These colorful hand painted poles are a fundraising project by our members. The tall ones measure 40 inches and are \$100 donation. We have shorter ones that are 24 inches tall that are a \$60 donation. We will continue creating them on Tuesdays through the end of May, from 1-3 pm at the center. Other projects will be available to work on too, if painting is not your thing!

YES! These poles are available to purchase, special orders are welcomed too!
This lovely piece was created by Berni Gillings! She is so talented.

If you would like to purchase this, the donation to the center is \$100. All these funds go back into our programs, local money stays local! Do you have any 4 x 4 posts laying around to donate? Or rebar? We could use them! Message us for more details.

Berni Gillings had a **live model** while painting a garden pole!
Do you think Bob Smothers might have had some drones follow him to Senior Connections yesterday? There were several in the building until we gently moved them out!



Stephanie Shroyer with Jeannie Mican receiving baked goods from the center.

Last month our baking group baked bread, lemon cake and snickerdoodle cookies. Thank you, Kathy Carpenter, for your baking skills. These delicious morsels were given to St Rose school staff and Library. We thank them for sharing their children's choir visiting us during the holidays and sharing their music.
If you would like to join in on the baking, we would love to have you! The group meets on Toss Up Tuesday that happens once a month. Mark your calendar for May 21st from 9-12 with a light lunch after.

Poem to Share

In the Time of Silver Rain

Langston Hughes

In the time of silver rain
The earth puts forth new life again,
Green grasses grow
And flowers lift their heads,
And over all the plain
The wonder spreads

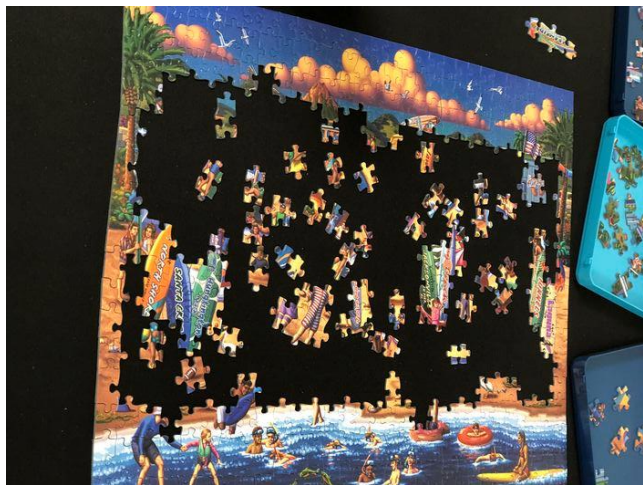
Of Life,
Of Life,
Of life!

In the time of silver rain
The butterflies lift silken wings
To catch a rainbow cry,
And trees put forth new leaves to sing
In joy beneath the sky
As down the roadway
Passing boys and girls
Go singing, too,
In the time of silver rain When spring
And life
Are new.

News to Know



Are you puzzled with what to do with yourself once you retire? Come hang out with us at the center!



There are games to play, delicious food to eat, puzzles to put together and friendships to build...

Mon. and Wed. from 9-2, Tuesdays from 1-3

Fridays at Arts from 10-12 for more creative fun, and light lunch!

It's Mental Health Awareness month. This is a important reminder for us all to touch base with our loved ones and see how they are doing. While you're at it, check in with yourself. Are you ok? How is your own emotional state? Don't hesitate to reach out to us if you need some support. Mental health is just as important as your physical well being. We encourage you to take a look at our May 2024 calendar and come join us for a great lunch, for a round of Bingo, or just to visit with friends. We have a loving community here at the center waiting and willing to welcome you in.



We could not provide the services, scrumptious meals and fun programs without the help of our amazing volunteers! These people give their time to help us care for our members with such love and grace. We want to shout out to each and every one who helps our world go round here at Senior Connections. Thank you to **Kathy Carpenter, Sharon Rodriguez, Darlene Williams, Cynthia Trojacek and Judy Hageman** for their time they give to us. We would love for you to join our volunteer team. If you have a few hours a week you would like to fill with a gratifying time serving our members please contact Stephanie Shroyer at 979-702-1246. Or better yet, drop in on a Monday or a Wednesday and see for yourself the wonderful community we have.

Noticeboard



WELCOME NEW MEMBERS!

We welcome our newest members:

- **Shari Brady-Mossner**
- **Gloria Cook**
- **Lee Hoopinsarner**
- **Pat Richter**
- **Kathy Adams**

Welcome to our Senior Connections Family!

THANK YOU

We want to express our deepest gratitude to HEB for their generous donation towards our meal-based programming. Their support is invaluable and will have a profound impact at Senior Connections!



HelpingHere

WISH LIST

- \$10 Gift cards for Bingo prizes
- A monthly, "Birthday of the Month" Cake Sponsor (~\$20 month)
- Paper Cutter

WHAT'S NEW

We welcome Stephanie Shroyer after her first month as Program Director she is flying solo now. She comes with new ideas, so be watching for some changes.

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**
- **Judy Hageman**
- **Amanda Kridel's son, Hayes**
- **Cathy Besetzny**
- **Barbara Nugent**

SHARING IS CARING!

This past month our baking group shared homemade goodies with

- St. Rose Parish/School Office
- St. Rose Library

We are also beginning "Art from the Heart" program where we will adopt a nursing home to provide some love to their residents.

Laughing Matters



One-Liners

Why don't skeletons fight each other? *They don't have the guts.*

What do you call an alligator in a vest? *An investigator.*

Why did the tomato turn red? *Because it saw the salad dressing!*

What do you get when you cross a snowman and a vampire? *Frostbite.*

Why couldn't the bicycle stand up by itself? *It was two-tired.*

How do you organize a space party? *You planet.*

What do you call fake spaghetti? *An impasta.*

Why don't scientists trust atoms? *Because they make up everything.*

Why did the golfer bring two pairs of pants? *In case he got a hole in one.*

What did one wall say to the other wall? *"I'll meet you at the corner."*

The Case of the Expanding House

A physics professor, a biologist, and a mathematician are observing an empty house.

Suddenly, they see two people enter the house. Time passes, and then three people come out.

The physicist says, "Our initial measurement was incorrect."

The biologist suggests, "They must have reproduced."

The mathematician declares, "If one more person goes into the house, it will be completely empty again!"

Spotlight – Cindy Villarreal



While we are saying “goodbye” to Cindy as our Executive Director, thankfully, she is not actually leaving our area. Cindy will now be coming to Senior Connections as a member. She can take off her Director cap and just have fun. FUN is Cindy’s middle name! Whenever Cindy is playing games with our seniors, you know there will be lots of laughs.

Cindy came to Senior Connections almost 4 years ago as Director of Operations. Within 8 months, she was promoted to the title of Executive Director. She loved knowing she was making a difference in these senior’s lives. From the moment each member arrived, she called them by name, welcomed them and knew exactly how they liked their coffee. She was more than just the Executive Director at the center, she was also a friend and saw many of them away from the center as they gathered for an evening out to eat or met up with them at a live music event on the weekend. We were blessed to have Cindy so involved in our lives.

Senior Connections began in 2015 under the name of Navidad Valley Community Connections. It was a much needed service for seniors in our community. Cindy was instrumental in changing the name to Senior Connections and took the service that was created to a new level. Now, Cindy is passing the torch to Stephanie to offer new ideas and a fresh approach, yet keeping with the intended purpose and Mission Statement to enhance the quality of life for the seniors we serve. We are so grateful for all she has done for the Senior Connections. She has been instrumental in growing partnerships with so many organizations and citizens.

You may be wondering what Cindy plans to do with all her free time since she no longer has to manage the day-by-day events, business reports, board meetings, menu planning, grocery shopping, verifying bingo callers, finding Lunch & Learn speakers, and so many other tasks, too many to mention. Cindy may now have the time to volunteer for one of her passions...the Boys and Girls Club. This organization was part of her life for over 14 years, way before Senior Connections. It appears her life is coming back full circle.

We wish Cindy the best in her retirement and pray for good health, and lots of time to spend with family, especially those grandkids!

THANK YOU
for all you have done for us!!!

Word Search

HONEYBEE WORD SEARCH



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

Honey
Wing
Buzz
Swarm
Colony

Bee
Yellow
Fly
Flowers
Manuka

Hive
Queen
Nectar
Insect
Pollen

Honeycomb
Bumble
Beeswax
Stinger
Worker