

# NEWSLETTER

## January 2025

**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>



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# Program **Director's** Desk

Hello All,

Happy New Year, and welcome to 2025! As we step into this new chapter, it's the perfect time to reflect on the joys of the past year and set intentions for the one ahead. I'm wishing all of you a year filled with purpose, connection, and happiness.



Have you thought about ways to start the year off on a positive note? One idea is to focus on nurturing both your physical and mental well-being. Research continues to show that staying mentally engaged and learning new skills can do wonders for brain health. Picking up a new hobby, exploring an interest, or even taking part in a discussion group can improve focus, memory, and overall happiness.

This month, why not challenge yourself to try one new activity? Whether it's joining a book club, taking an art class, or attending a talk, you'll be surprised how these experiences can energize you and connect you with others. Let us know how we can help you discover something new—you just might find your next passion!

*Stephanie Shroyer*

## January Trivia

January was named after the Roman god Janus; the god of beginnings & transitions.

Zodiac signs: **Capricorn & Aquarius**  
Birthstone: **Garnet**  
Flower: **Carnations**

## Quote of the Day

Although no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.

— Carl Bard



**A Gathering Place for Active Seniors**  
**Call: 979-743-3227**

**Email:** [stephanie@srconnections.org](mailto:stephanie@srconnections.org)

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

**Schulenburg:** 1111 Bohlmann Ave.  
**Weimar:** 301 West Saint Charles St.  
**Flatonia:** 403 E. North Main St.

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

**Jan.**  
**2025**

SUNDAY Closed	MONDAY 9am-2pm Schulenburg	TUESDAY 9am-2pm Weimar or Flatonia	WEDNESDAY 9am-2pm Schulenburg	THURSDAY Closed	FRIDAY 10am-1pm ARTS Bldg.	SATURDAY Closed
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Come join our family!  
 Enjoy a cup of coffee or glass of tea.  
 Play games or just visit with others!



**Koopmann**  
**Oakridge**  
**Sr. Conn.**  
**AMK**  
**Schobel's**

1 2 3 4  
 Open in Schulenburg  
 9 am – 1 pm  
 Lunch Served

5 Epiphany 11:30 am Lunch <b>Lasagna, Garlic Bread, Salad, Dessert</b> 12:00 pm Lunch & Learn Member Spotlight w/ Stephanie Shroyer 12:30 pm Bingo w/ Jeffery, Care Inn La Grange	6 ✝	7 SC-Weimar 11:30 am Lunch <b>Sandwiches from Tillies &amp; Tomato Soup, Dessert</b> 12:00 pm Lunch & Learn w/ Pat Chester, Weimar Heritage Society Museum 12:30 pm Bingo w/ Takeshia Hodge w/ Columbus Oaks Nursing	8 Elvis Presley's Birthday 11:30 am Lunch <b>Fried Chicken, Mashed Potatoes, Broccoli Salad, Dessert</b> 12:00 pm – Bingo w/ Fayette Savings Bank	9 9:30 am Food Safety Class for Volunteers Lunch Served	10 10am -12 pm at ARTS w/ Sue Pape Lunch Served	11
12 11:30 am Lunch <b>Tuscany Soup, Garlic Bread, Salad, Dessert</b> ***Cookie Roundup*** 12:00 pm Lunch & Learn w/ Donna Ellis, Benefits of Massage 12:30 pm Bingo w/ Sandy Anderson, TruCare	13	14 SC-Flatonia 11:30 am Lunch <b>Meatloaf, Buttered Potatoes, Salad, Dessert</b> 12:00 pm Lunch & Learn w/ Amanda Castaneda, FNB Shiner re: Bank Fraud 12:30 pm Bingo w/ Joshua Lovejoy, Crown Hospice	15 11:30 am Lunch <b>Hamburger Steaks, Buttered Potatoes, Salad, Dessert</b> 12:00 pm – Bingo w/ Chyla, Wellsential Nursing & Rehab	16	17 10am -12pm at ARTS w/ Sue Pape Lunch Served	18
19 11:30 am Lunch <b>Shepherd's Pie, Garlic Bread, Salad, Dessert</b> 12:00 pm Lunch & Learn w/ Cindy Meredith, The Herb Cottage 12:30 pm Bingo w/ Elizabeth Marrs, Shady Oaks in Moulton	20	21 SC-Weimar 11:30 am Lunch <b>Chicken Pot Pie, Salad, Garlic Bread, Dessert</b> 12:00 pm Lunch & Learn w/ Betsy Wagner, Author 12:30 pm Bingo w/ Nikki, Encompass Health	22 11:30 am Lunch <b>BBQ Chicken, Potato Salad, Mixed Vegetables, Dessert</b> 12:00 pm – Bingo w/ Joshua Lovejoy, Crown Hospice	23	24 10am -12pm at ARTS w/ Sue Pape Lunch Served	25
26 <b>OUTING</b> Mollie B at KC Hall, Hallettsville 1:30-5:30 pm	27 11:30 am Lunch <b>Chili, Cornbread, Fritos Dessert</b> 12:00 pm Lunch & Learn w/ Schulenburg HS Students – Senior Story Time 1:00 pm Bingo w/ Lindsay Gutierrez, Schulenburg Regency Home Health	28 SC-Flatonia 11:30 am Lunch <b>Chicken Casserole, Cornbread, Salad, Dessert</b> 12:00 pm Lunch & Learn w/ Dana, CARTS 12:30 pm Bingo w/ Lindsay Gutierrez, Schulenburg Regency Home Health	29 11:30 am Lunch <b>Fried Fish, Hush Puppies, ColeSlaw, Mac &amp; Cheese, Dessert</b> 12:00 pm – Bingo w/ Deannie Crim, Schulenburg Fitness	30 Board Meeting	31 10am -12pm at ARTS w/ Sue Pape Lunch Served	

# January Birthdays

In January, we celebrate birthdays with:

- Carolyn Hajek – 2<sup>nd</sup>
- Clarence Ahlschlager – 7<sup>th</sup>
- Angeline Boehnke – 8<sup>th</sup>
- Maria Steward – 8<sup>th</sup>
- Sue Young – 8<sup>th</sup>
- Suki Steinhauser – 8<sup>th</sup>
- Jeanette Johnston – 10<sup>th</sup>
- Jenell Heaton – 10<sup>th</sup>
- Karolyn Foster – 11<sup>th</sup>
- Steve Walling – 12<sup>th</sup>
- Carol Bigott – 14<sup>th</sup>
- Adrienne Brunner – 15<sup>th</sup>
- Jan Willette – 15<sup>th</sup>
- Frank Mares – 16<sup>th</sup>
- Margaret Kaase – 16<sup>th</sup>
- Jeanette Vacvlik – 17<sup>th</sup>
- Jan Guerrero – 23<sup>rd</sup>
- Nelda Hajdik – 23<sup>rd</sup>
- April Pierson – 24<sup>th</sup>
- Amy Vacvlik – 25<sup>th</sup>
- Pat Richter – 28<sup>th</sup>
- Ray Kaase – 31<sup>st</sup>



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

## Martin Luther King Jr.

Born on January 15, 1929, Martin Luther King Jr. was a Baptist minister and leader of the American civil rights movement. Through nonviolent protests like the Montgomery Bus Boycott and his "I Have a Dream" speech, he fought to end racial segregation.

Awarded the Nobel Peace Prize in 1964, King remains a global symbol of justice and equality.

## Capricorn (Dec 22 – Jan 19)

Capricorns are responsible, disciplined and have good managers

## Aquarius (Jan 20 – Feb 18)

Aquarians are shy & quiet deep thinkers who love helping others.

WOW!

## Famous First Flight

On January 21, 1976, the Concorde launched its first commercial flights, revolutionizing air travel. This supersonic jet, flying at twice the speed of sound, cut travel times in half and became an icon of luxury and innovation. The Concorde was retired in 2003.

# News to Know



Are you 55+ and ready to try something new? Come join us at Senior Connections. It's FREE!

For more information, visit our website at:  
<https://www.srconnections.org/>

Senior Connections is looking for additional players for some of these popular games.

Please consider being a part of our group!



Mexican Train



Dominoes / 42



Tarok



We hope you will join us for games, a fabulous lunch, and lots of other activities at one of our 3 locations:

**Schulenburg:** @ Wolters Park  
Monday & Wednesday 9am-2pm  
1111 Bohlmann Ave.

**Weimar:** @ First United Methodist Church  
1<sup>st</sup> & 3<sup>rd</sup> Tuesdays 9am-2pm  
301 West Saint Charles St.

**Flatonia:** @ Flatonia Methodist Church  
2<sup>nd</sup> & 4<sup>th</sup> Tuesdays 9am-2pm  
403 E. North Main St.



# Upcoming Events



Don't miss our upcoming speakers for January at any of our 3 locations (S) Schulenburg, (W) Weimar, (F) Flatonia:

- Jan. 6 – (S) Member Spotlight w/ Stephanie Shroyer
- Jan. 7 – (W) Pat Chester, Weimar Heritage Society Museum
- Jan. 13 – (S) Donna Ellis, Benefits of Massage
- Jan. 14 – (F) Amanda Castaneda, First National Bank of Shiner – Bank Fraud
- Jan. 20 – (S) Cindy Meredith, The Herb Cottage
- Jan. 21 – (W) Betsy Wagner, Author
- Jan. 27 – (S) Senior Stories with help from Schulenburg HS Students
- Jan. 28 – (F) Dana w/ CARTS

## Outing!

**Sunday, January 26<sup>th</sup>**  
**Mollie B at KC Hall Hallettsville**

*Mollie B is a multi-instrumentalist, award-winning vocalist, and host of the Mollie B Polka Party TV show.*



### ATTENTION:

If you have paid for a ticket, but unable to attend due to illness or other reason, please let us know as soon as possible so others on the waiting list may be able to attend in your place.

- 11:45 am – Meet at Senior Connections in Schulenburg
- 12:00 pm – Schuber leaves Wolters Park parking lot
- 12:30 pm – Meet at KC Hall. Food is available for sale at KC Hall for lunch or bring snacks to share at our table during the show.
- 1:30-5:00 pm – Mollie B performs

This event is SOLD OUT, but If you would like to participate in this outing, please contact volunteer, Kathy Carpenter at 409-599-4694 to join our wait list.

# Upcoming Events (continued)



**Sue Pape** will be our guest instructor at ARTS for the month of January beginning January 10<sup>th</sup>. She will be teaching acrylic skins which will be incorporated into a collage along with other painting techniques. Here are some examples of this type of art:



In the second classroom, **Tory Farley** will facilitate glazing bisque ware serving pieces that will be fired for use in your kitchen. Stephanie Shroyer will be out on medical leave. A light lunch will be served after class.

**PLEASE NOTE:** These classes are open to anyone 55+. You do not need to be a member of Senior Connections.



**Martha Beckmann** will be the guest ARTS instructor for the month of February. If you love the crafts she leads, please make sure to attend ARTS in February.



*Details and pictures of our big fundraiser will be in the next newsletter. Be watching for it.*



# Last Month in Review

## Lunch & Learn – Monday, December 9 (Schulenburg)

Monday in Schulenburg we had a treat brought to us by **Jim and Elena Pate**.

Their passion for music shown brightly as they led a sing along of some golden oldies and favorite Christmas carols. Thank you for that gift!



## Lunch & Learn – Tuesday, December 10 (Flatonia)

**Marsha Hendrix**, with **Kreische Brewery and Monument Hill State Historic Sites in LaGrange**, gave a compelling presentation on the German influences on our holiday traditions. Many members have not visited the park, but I'll bet they will visit soon now that they know all it offers!

## Lunch & Learn – Monday, December 16 (Schulenburg)

We had the pleasure of welcoming **Lindsay Gutierrez** from **Schulenburg Home Health** to visit with our members. She shared invaluable tips on preventing urinary tract infections and protocols for treatment, which are sure to help many of our members!



## Lunch & Learn – Tuesday, December 17 (Weimar)

**Claudia Wicks** with **Colorado Valley Transit System** detailed the affordable services available for our county, ensuring that our members have reliable options for getting to doctor appointments and grocery shopping when they cannot drive. They also go to LaGrange one day a month. Our biggest challenge is that Colorado County and Fayette County are in two completely different transit systems, and they do not cross the borders.



# Last Month in Review (continued)



We are incredibly grateful to the **Weimar Methodist Foundation** for their generous \$10,000 donation to support Senior Connections meal-based programming at our satellite location in Weimar! Your support enables us to address seniors' unique challenges by promoting healthy aging through social interaction, mental stimulation, and nutritious meals. Thank you for believing in the value of our programming and for helping us make a difference in the lives of seniors in our community. We are excited for another year of partnership and positive impact!



Assorted cookies baked by our members, were packaged and distributed to our newest New Year's Eve table sponsor...**Partners Insurance**.



Our next drop off day for baked goods is  
Jan. 13<sup>th</sup>  
Please help us roundup a variety of cookies.

Please continue to bring cookies each month so we can offer these homemade "goodies" as a thank you to the many supporters in our community who care about our members at Senior Connections.

# Last Month in Review (continued)

## Weimar Campus

**Stephanie Shroyer** presented the Lunch and Learn program. We talked about holiday traditions and how to honor the loved ones we miss. Stephanie is pictured here with her son's hat. She lost Mason nine years ago, and likes to wear his hat to keep him close to her. How do you keep your loved ones close this time of year? We also signed our loved ones name to a bell, and rang them together, after talking about movies we watch during Christmas. Do you remember? "Its A Wonderful Life? Well when a bell rings, an angel gets its wings! It was a very touching moment to hear all of the bells ringing in unison.



**Leona Lange** won our blackout prize that day: a mosaic trivet.



We enjoyed a lively bingo game hosted by representatives from **Wellsential Nursing and Rehab** in Hallettsville. The excitement was palpable as our winners faced off in a playoff for the blackout prize—though they darted away before I could snap a picture!



# Last Month in Review (continued)

## Flatonia Campus



Sherry Haas joined the Bingo fun with her elf husband, Larry! Boy, did she bring some fabulous prizes!  
Carolyn West was the lucky winner of these holiday gifts!  
Whoop Whoop!



Liz Miller with Prosperity Bank dropped by to volunteer!!!



# Last Month in Review (continued)

## FUN & Games



# Last Month in Review (continued)



Tracy from True Care Living in Columbus calling the bingo game! Peggy Hiatt and Darlene Williams are pictured here with their blackout prizes. Whoop Whoop!

Deannie Crim with Schulenburg Family Fitness Center dropped by to drop off donations for bingo! She is so kind to collect for us! We did a little reorganizing and decorating, making room for our serious game players to move about the room!



We had a play off for the black out prize made by Martha Beckmann. Faye Smith, Cathy Besetzny and Helen Ohnheiser battled it out, and Helen won! Whoop Whoop!



Richard with Wellsential brought the bingo game to life, and Marlene Renison won the blackout prize!



# Last Month in Review (continued)



The day began at the KC Hall in Schulenburg at 9 with coffee, games and conversation.



**Super Dave Hollas** entertained us with Christmas music. One was in German! And he had help singing it from Cathy Besetsny and Elena Pate!



In the kitchen, **Amanda** was trying out her new tool for making mashed potatoes for 90 people.



The meal was delicious, with **Jordan Ranch** providing the beef for everyone's plate! And they brought a team of volunteers!



# Last Month in Review (continued)

Our December birthdays were:

La Verne Dornak	Virgie Holub
Shirley Machicek	Kenneth German
Donace McFadden	Betty Stolarski
Elsie Kahlden	Gloria Miksch
Barbara Nugent	Henry Billeck
Betty Miksch	Mary Hattenbach
Lucia Roeder	Sandy True
Carelie Ahlschlager	Troy Chafin
Bert Cole	Gary Belcher
Joan Schmidt	Julie Clements
Marcie Dancy	Lee Morris
Julia Perales Webster	Cathy Glenda Besetzny



We celebrated **Barbara Nugent's** birthday with a special visit and song from the And Then Youth!

Other December "birt-days" in attendance were **Cathy Besetzny, Caralie Ahlschlager, and Helen Onheiser.** Someone (me) misspelled the decorations on the cake! Oops!



A couple of Christmas surprises!!!



A snowman elf dropped by over the holidays to spread some Christmas cheer. **Virginia Berry** brought gift bags of goodies for the members and sang carols with the help of **Alfreda Ellisons's** granddaughter, **Reygan Hutchson.**



**James Longmire of Knotwright Wood Products** gifted each of us a beautiful ornament he made! Thank you James for sharing your wonderful talent with us!

# Last Month in Review (continued)



Our slow stitching project is almost complete. Each square was lovingly stitched by members and one day will become a unique quilt..

Two of our members created one-of-a-kind Geli printed papers to be used in collage.





# Last Month in Review (continued)

Don't forget, our "Helping Heroes" team is available to assist our members in activities that are difficult as we get older. Now that the weather is getting cooler, don't wait till the last minute to winterize your pipes or take care of other wintertime needs. Let Stephanie Shroyer know if you need help with anything listed below (or other needs):



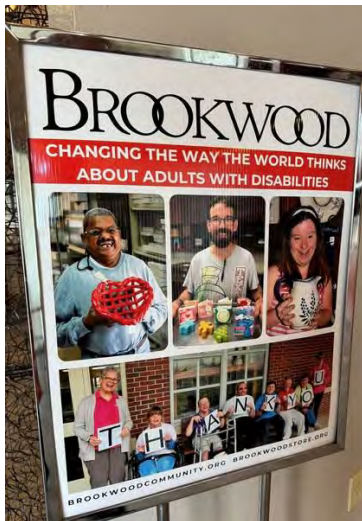
April Pierson helps Ginni Berwick move plants to the greenhouse before the weather gets too cold.

- Wrap pipes & install insulated covers on outdoor faucets
- Change directional switch on ceiling fan for correct air flow
- Take down Christmas Tree and return items to attic or storage
- Check antifreeze in your vehicle
- Move plants away from north wind; Rake leaves
- Cover plants, if temperature gets below freezing

Also, for light housekeeping and errands, contact **Tanya Edwards** 361-246-0101 to negotiate a fee and schedule a date.

Thank you "Helping Heroes" Team! This is truly a selfless act of love to those who truly need assistance.

*Please remember, these volunteers are not professionals and therefore, do not have the equipment necessary to handle big jobs meant for pros. However, they are generously donating their time and talent to help our members with yard work and small repairs around the house.*



What a beautiful day to travel to Brookwood in Brookshire and enjoy each other's company on Thursday! We filled up the Schuber bus, even stopping in Weimar to pick up some members. There were many opportunities for new friendships as we shopped, visited, and ate a delicious meal served by Austin, a comical and kind server.

**Pam Janda, Lillian Vanicek, Shirley Machicek, Leona Lange, Alice Fajkus, Gloria Cook, Brenda Ray, Betty Helcamp, Linda Heller, and Stephanie Shroyer** made the trip.



# Last Month in Review (continued)



We thank **Martha Beckmann** and her husband, **Rusty**, for this honor. They did a fantastic job decorating, making the ornaments, and making this happen! Thank you to all who voted for our tree!



# Noticeboard



## WELCOME NEW MEMBERS!

We welcome 8 new members to our family:

- John Soos (Weimar)
- Karen McCord (Weimar)
- Janeice Collins (Weimar)
- Betty Rangel (Weimar)
- Bobby Berger (Weimar)
- Tom Strickland (Weimar)
- Claire Jackson (Weimar)
- Cathy Pittman (Weimar)

## THANK YOU

We received an **Anonymous Donation** of \$1,000 from 2 of our members! That's \$2,000 towards our program to continue to provide meals and fun activities for our members.

## WISH LIST

Items from dollar store including

- Toilet paper (4 roll pack)
- Paper towels (single or 2 pack)
- Ziploc Bags
- Garbage Bags

## WHAT'S NEW

Janeice Collins  
Cathy Pittman

Thank you for joining our volunteer team

Looking ahead, we hope to form a group to help members with transportation. Keep watching for information about this.

## PRAYER REQUESTS

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

- John & Terry Ehler
- Stephanie Shroyer
- Betty Stolarski
- Monica Dunsworth
- Betty Mullholand
- Lee Ehler
- Judy Klesel
- Jo Nell Vacek

## CELEBRATIONS

- Betty Mullholand is out of the hospital and healing well.
- Betty Stolarski now has a plan of action to get her body healed.

# Spotlight – Jennifer Moring

*Senior Connections is incredibly grateful for our Board Member and Volunteer, Jennifer Moring.*

*We want to take a moment to sincerely thank Jennifer for her incredible effort in reaching out for donations and spreading the word about the important work we do. Her commitment to giving of her time and energy truly makes a difference, and we are deeply grateful for her support.*

*Her dedication not only helps us continue our mission but also inspires others to get involved. We couldn't ask for a more passionate advocate, and we are so fortunate to have her as a board member!*

*Please read Jennifer's bio below for more insight into this special person:*



I have been married to my husband, Richard Moring for 36 years, and we have two daughters.

Hilary Strickland lives in Schulenburg and is married to Cullen Strickland. Our other daughter, Kristin Moring lives in Victoria.

We have 4 grandchildren - Casen, Parker, Camden, and Blair.

I am currently employed at Fayette Savings Bank in Weimar as the manager. I have been in banking since 1984 as I started as a junior in high school in the DECA Work Program.

We enjoy camping and traveling to New Braunfels to visit Gruene Hall for some live music!!! 😊

I love giving back to the community. Whether it's the young at heart or our seasoned adults, I try to be involved as much as I can. I am currently a board member at Senior Connections.

I am often reminded of my involvement in the community when people tell me "I saw your picture in the paper" or "I saw you at the church picnic". I always try to remain involved and active.

**THANK YOU Jennifer!!!**

# Poem to Share

## **The New Year**

*by Ella Wheeler Wilcox*

"What can be said in New Year rhymes,  
That's not been said a thousand times?  
The new year comes, the old year goes,  
We know we dream, we dream we know.

We rise up laughing with the light,  
We lie down weeping with the night.  
We hug the world until it stings,  
We curse it then and sigh for wings.

We live, we love, we woo, we wed,  
We wreath our brides, we sheet our dead.  
We laugh, we weep, we hope, we fear,  
And that's the burden of a year."

# Laughing Matters



## The Nun

A man suffers a serious heart attack and has bypass surgery. He awakes to find himself in the care of nuns at a Catholic hospital. A nun is seated next to his bed holding a clipboard with several forms and a pen.

NUN - Good morning! How are you going to pay for your hospital treatment - do you have health insurance?

PATIENT - No health insurance,

NUN - Do you have money in the bank?

PATIENT - No money in the bank.

NUN - Do you have a relative who could help you with the payments?

PATIENT - I only have a spinster sister and she is a nun.

NUN - (annoyed) Nuns are not spinsters! Nuns are married to God.

PATIENT - Then send the bill to my brother-in-law.

## Sick Day

A man calls his boss and says "I can't come to work today"

The boss asks why and the man says "It's my eyes."

"What's wrong with your eyes?" asks his boss.

"I just can't see myself coming to work today."

Always find a reason to laugh –  
it may not add years to your life but will surely add life to your years.

## The Letter J Quiz

All the answers to this quiz start with the letter J!

- |   |         |
|---|---------|
| Caretaker of a building                         | J _____ |
| A medical condition that turns the skin yellow  | J _____ |
| A knitted garment with long sleeves             | J _____ |
| A person who writes for newspaper and magazines | J _____ |
| A portable pneumatic hammer or drill            | J _____ |
| Specialized vocabulary                          | J _____ |
| Weary from excuses                              | J _____ |
| Highest lottery prize                           | J _____ |
| Fruit spread                                    | J _____ |
| Knees, hips and elbows etc.                     | J _____ |
| Cheerful and friendly                           | J _____ |
| A place where scrap is collected                | J _____ |
| A short tune used in advertising                | J _____ |
| Japanese self-defense method                    | J _____ |
| Fatigue from air travel                         | J _____ |
| Dense tropical forest with tangled vegetation   | J _____ |
| An Indonesian Island                            | J _____ |
| Woodworking trade                               | J _____ |
| Scoff rudely                                    | J _____ |
| Seller of gems and precious metals              | J _____ |

- 1 Janitor
- 2 Jaundice
- 3 Jersey
- 4 Journalist
- 5 Jackhammer
- 6 Jargon
- 7 Jaded
- 8 Jackpot
- 9 Jam
- 10 Joints
- 11 Jovial
- 12 Junkyard
- 13 Jingle
- 14 Jujitsu
- 15 Jetlag
- 16 Jungle
- 17 Java
- 18 Joinery
- 19 Jeer
- 20 Jeweler