



# Comfort Golden Age Center

APRIL 2023

## CONTACT US TODAY!

**Email:** [info@comfortgac.org](mailto:info@comfortgac.org)

**Phone:** (830) 995-3032

**Location:**  
628 Front St.

**Mailing Address:**  
P. O. Box 356  
Comfort, Texas 78013

**Office Hours:**  
Monday - Friday  
8:00 AM to 1:00 PM

**New Website:**  
[www.comfortgac.org](http://www.comfortgac.org)

### EXECUTIVE DIRECTOR

Dinah Johnson  
[dinah\\_johnson@comfortgac.org](mailto:dinah_johnson@comfortgac.org)

### ACTIVITIES COORDINATOR

Leah Hagemeyer  
[leah\\_hagemeyer@comfortgac.org](mailto:leah_hagemeyer@comfortgac.org)

### GOLDEN AGE CENTER FOUNDATION BOARD PRESIDENT

Gary Lindner

### VICE PRESIDENT

Kathy Bohn

### SECRETARY/TREASURER

Mary Southwick

### BOARD MEMBERS

Schatzie Norris  
Jane Perilloux  
David Herbst  
Frank Martinez  
Ruth Zoeller  
Kelly Dizdar



# Volunteer of the Month



## SUSANNE

Our volunteer for **March** is **Susanne Waters**. She has helped us not just with Meals on Wheels, but also in providing some awesome craft projects! We appreciate her time, smiles, and the creativity she brings to the Comfort Golden Age Center!

# CELEBRATE

## APRIL BIRTHDAYS

- 2 Dusty Bruns
- 2 Judith Mayer
- 2 Susan Richter
- 4 Doris Rosendahl
- 5 Lisa Nieto
- 5 Robert Smith
- 9 Ross Murphy
- 10 Lucinda Hutcherson
- 10 Charlie Bray
- 11 Carol Borcharding
- 12 Hope Bernal
- 13 Sandy Johnson
- 13 Elaine Rice
- 15 David Sternfeld
- 16 Barbara Lindner
- 17 Richard Stone
- 19 Arlene Konde
- 19 Larry Myers
- 19 Jay Savary
- 19 James Waters
- 20 Vera Smith
- 20 Betty Girdwood
- 21 Terry Gross
- 22 Belinda Pace
- 22 Betty Schladoer
- 22 Jo Ann Stiles
- 22 Linda Austin
- 23 Bob Potter
- 24 Barbara Dyke
- 24 Lawrence Klemstein
- 25 Joyce Behr
- 25 Kathy Bohn
- 26 Ida Edmiston
- 26 Steven Pickell
- 27 Dorothy Herbst
- 27 Sally Clogston
- 28 Vernell Homilius
- 28 Luther Dale Smith

## APRIL ANNIVERSARIES

- 12 Wayne and Pam Taylor

NOTE: If you are a member and we missed your birthday please let us know.

How's your balance? Leg strength? Energy level?  
Need a little help? **For all Seniors! Men/Women invited!**

### GOLDEN AGE CENTER FITNESS MOVEMENT AND MUSIC CLASSES

COME ENJOY SOME TONING AND TUNES JUST FOR YOU !

MONDAY AND THURSDAY AT 10AM-11AM  
AT THE COMFORT VFW CENTER

CHAIRS, EQUIPMENT and WATER PROVIDED  
Please wear your non-skid tennies!



TAUGHT BY LOCAL COMFORT RESIDENT- MARGARET STONE  
CERTIFIED FITNESS INSTRUCTOR 27 YEARS EXPERIENCE  
QUESTIONS? CALL ME AT 214-293-5655



CHAIR  
YOGA

COMFORT GOLDEN  
AGE CENTER

Going with the Flow, Yo!

## Easy Yoga

Tuesdays at 9:00 AM

with Rosie from Blue Heron Yoga!

at the VFW (next to the Comfort Golden Agenda Center)



This session is reserved for Golden Age Center Members Only!  
Please RSVP at the Golden Age Center or via  
email [gacquest2016@gmail.com](mailto:gacquest2016@gmail.com).

# ACTIVITY CALENDAR- APRIL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					- 1 -
- 3 - 9am Bingo  Movement & Music Class 10am-11am	- 4 - Easy Yoga 9am  42-Dominos 1 pm	- 5 - 10 am Craft Class  11:30am Easter Potluck and Egg Hunt  Poker 2pm-5pm	- 6 - Bingo 9am  Blood Pressure Check 9:30am Movement & Music Class 10am-11am  11:30am Downsize/ Declutter	- 7 - Bridge 9:30am  1pm Senior Singles Luncheon  GOOD FRIDAY	- 8 -  BAKE SALE 9AM
- 10 - 9am Bingo  Movement & Music Class 10am-11am	- 11 - Easy Yoga 9am	- 12 - 11:30am- APRIL Birthday & Anniversary Celebration  Poker 2pm-5pm	- 13 - Loteria 9am  Blood Pressure Check 9:30am  Movement & Music Class 10am-11am	- 14 - Bridge 9:30am	- 15 -
- 17 - 9am Bingo with a Twist – by Tri County Home Health  Movement & Music Class 10am-11am	- 18 - Easy Yoga 9am	- 19 -  Poker 2pm-5pm	- 20 - Bingo 9am  Blood Pressure Check 9:30am  Movement & Music Class 10am-11am	- 21 - Bridge 9:30am  BUNCO 1pm	- 22 -
- 24 - 9am Bingo Movement & Music Class 10am-11am	- 25 - Easy Yoga 9am 9:30am Price Is Right	- 26 -  Poker 2pm-5pm	- 27 - Bingo 9am  Movement & Music Class 10am-11am	- 28 - Bridge 9:30am  Pinochle Club 1 pm	- 29 -

**APRIL**  
**BIRTHDAY AND ANNIVESARY CELEBRATION**  
 11:30 AM ON WEDNESDAY, APRIL 12TH  
**Lunch and Cake will be provided**  
**Ice Cream by Gaddis Methodist Outreach**  
 If you would like to have lunch with us, please  
**RSVP by April 10th**  
 Call Dinah Johnson at 830-995-3032



## FEATURED SENIOR OF THE QUARTER

### GARY L. LINDNER

Gary Lindner is a fourth generation descendent of 1853 Michael Lindner family that settled in Comfort. He was born to Robert and Marguerite Lindner on August 2, 1947 and grew up on the family ranch 5 miles southwest of Comfort. He learned how take care of livestock, hard work and honesty early in life. He hauled hay, cut cedar posts, built fences, plowed, fields etc. In summer he worked for the Comfort Wool & Mohair Company, Steves Lumber Yard. In winter he hunted and trapped. Gary attended Comfort Schools and graduated in 1965.

Gary received a Congressional appointment to the U.S. Air Force Academy (USAFA) in 1965 from Congressman O.C. Fisher. He excelled in academics, sports, and military training. He was frequently on the Deans, Commandants, and Superintendents Lists. He graduated in 1969 with a Bachelor of Science degree, commissioned as a 2<sup>nd</sup> Lieutenant and was selected to attend U.S. Air Force (USAF) Undergraduate Pilot Training at Randolph AFB near San Antonio.

It was during Pilot Training that he met the love of his life, Barbara Blaha. After Gary graduated from Pilot Training. they were married December 28, 1970, in Randolph AFB Chapel, and began an adventure that took them all over the U.S. and Europe for 29 years and 22 different addresses. They were blessed with three children Brett, Laura, and Todd (deceased).

Gary served in a series of operational flying assignments that included 872 hours of intense air combat 1971-1973 in Vietnam/Southeast Asia. He was promoted to Colonel and Command Pilot ahead of his peers, and selected for command that included a flying training squadron at Del Rio, TX; the largest Support Group in the U.S at Lackland AFB, and historic Tempelhof Air Base in Berlin Germany. He also had staff assignments at Omaha NE, Norfolk VA, Washington DC, Montgomery AL, and San Antonio TX. During his career he earned the Legion of Merit (3) Distinguished Flying Cross (1) Meritorious Service Medal (4) Air Medal (9) and numerous other awards and decorations. He earned a master's degree from Auburn University in 1979. Gary retired from USAF in 1998 and moved back to Comfort.

From 1998- 2004 Gary was a Senior Vice President for San Antonio Southwest Business Corporation and in his first year he earned the prestigious million dollar round table status for over \$1 million in insurance sales. He transformed a major division to profitability for 5 consecutive years. From 2004-2015 Gary served in senior leadership positions in the non-profit organizations. From 2004-2010, he was Chief Operating Officer of ACCION Texas in San Antonio. With positive leadership he quadrupled the outstanding portfolio

and became the largest microlender in the U.S. In 2010 he was recruited to be President & CEO of PeopleFund in Austin and grew the organization from five county service area to statewide lender that achieved national prominence. He opened 8 new offices and quadrupled loan volume. During his tenure, both he and PeopleFund earned numerous exceptional performance awards.

Gary is fourth generation owner of the Lindner Four L Ranch which has been in continuous agricultural production since 1875. He has been involved in numerous community activities - Chairman Community Foundation of the Texas Hill Country, Chairman Comfort Boys and Girls Club, Commander VFW Post 8569, Co-Chair of highly successful Comfort 150-year Jubilee Celebration, Sacred Heart Catholic Church Pastoral Council President, Secretary/VP Comfort Area Foundation, Treasurer Comfort Cemetery Association, President Comfort Golden Age Center, and Board of numerous national, state, and regional non-profit organizations.

He is life member of the VFW, Red River Valley Fighter Pilots Association, Military Order of Daedalians, Air Force Academy Sabre Society, and Knights of Columbus.



**GARY & BARBARA LINDNER**

## COMFORT GOLDEN AGE CENTER

### Message & Updates from Dinah Johnson Executive Director

We are so proud to report this is the 4<sup>th</sup> year of our Golden Age Center newsletter! We hope that our members and members served, volunteers, donors, and all other constituents and readers get the information they want and need from our monthly printed efforts. A big thank you to Evelyn Rolfe, for her time and talents in compiling our newsletter every month, and we thank your sponsors and advertisers for helping enabling us to continue with our publication!

With the first quarter of 2023, we have made some changes that we hope enhance and improve your interaction and involvement with our Center. We have updated our logo (loving our sunflower!), which is reflected on our new website ([www.comfortgac.org](http://www.comfortgac.org)) and our email addresses (see Contact information on the front cover). And, with the addition of our Programs Coordinator, Leah Hagemeyer, we have not only continued our many existing activities and programs, but added even more - and we expect and plan for more to come!

And, *did you know*, that while our regular Individual Membership option continues in 2023, we have added Business (\$100/year) and Junior Memberships (\$10/year for those under age 18) as options to broaden our participation and community involvement with the Golden Age Center.

We continue to provide much-needed services to our aging and senior population, by being the GO-TO place for those desiring a place not only to engage and stay active, but find much-needed wellness and life-care resources and information. We deliver thousands of meals each year to home-bound adults with our Meals on Wheels program, offer various social activities (games, lunches, exercise, etc.), provide health and wellness checks, distribute medical and safety equipment, and conduct various fundraising activities throughout the year. We couldn't do any of these things without the help and support of YOU, our volunteers, or members, our partnering providers, and our donors.

We look forward to continuing this support to our Comfort residents and those in the surrounding area, and would love to see you, friends and family, and those new to Comfort, join us at the Golden Age Center!

### EVENTS AT THE COMFORT GOLDEN AGE CENTER

Please check out our Facebook page and/or website for pictures and information on the different events that have been happening each month.

There is not enough room in the newsletter for me to be able to post pictures from each event that happens at the center.

Thank you,  
Evelyn Rolfe  
Newsletter Editor

## 2023 MARCH FOR MEALS

### COMMUNITY CHAMPIONS WEEK

At the Comfort Golden Age Center, we rely on our community and volunteers to help us provide essential services and meals that help seniors remain healthy and independent at home. We are so lucky to have the support we do!

In honor of the 2023 March for Meals Community Champions Week, Constable Brian Vaughan took time out of his day to help us deliver meals to folks in Comfort! Our folks are always happy to see new faces! Thank you, Constable Vaughan, for helping us out!

Celebrate, Advocate & Volunteer with us to help improve the lives of seniors in Comfort and surrounding areas.



# LOCAL HISTORY

## EASTER GREETINGS!

By Nancy Jones

### Easter Greetings!

Dear Friend, have you heard  
'Tis the year of the coral honeysuckle?  
I am joyfully passing the word.

Here's my honeysuckle in its glory  
Shades of coral sharing splashes of yellow  
Bursting eagerly to tell their story.

A new day is dawning.  
The son of God has risen.  
Forgiving sins, leaving hearts filled with longing.

May your Easter be blessed  
Sharing love with one another  
Redemption being our quest.

## CHILDHOOD EASTER MEMORIES!

By Evelyn Treiber Rolfe

Memories of Easter from my childhood. Spring had arrived. Our yard, the lane and our pasture were full of beautiful wildflowers. We had verbena, wine cups, daisies, black eyed susans, buttercups and many others.

On the Saturday before Easter Dad would walk with us along our field to the pasture. We would gather grasses and flowers along the way. It was an exciting and fun time.

We returned home with armloads of flowers and grasses.

That evening each of us would use them to make our nests for the Easter bunny on our front porch. We put a layer of grass and made a nest then we added the wildflowers that we collected. The nests were beautiful.

This was a German tradition that was handed down from our parents and their parents before them.

During the weeks ahead of Easter mom had been very busy. She would sew us matching Easter dresses.

Easter Sunday we found that the Easter bunny had left us eggs in our nests and had left colorful eggs all over our yard. It was so much fun seeing which one of us kids could find the most eggs.

By this time it was time for us to get cleaned up and dressed in our Easter outfits. We drove into Comfort to attend Easter mass at our church. Even though we had a visit from the Easter bunny we were taught the real reason about Easter. He has Risen!!

**HAPPY EASTER**





# UPCOMING EVENTS

©LPI



## Crafty with CANS!



Wednesday, April 5<sup>th</sup>  
10:00 AM – 11:00 AM



Paints and some decorative items will be provided, but please bring your own [clean] cans - any size(s) - and any items you may want to use to decorate!

Please RSVP by Friday, March 31<sup>st</sup>!  
Sign up at the Comfort Golden Age Center  
or call or email:  
830-995-3032 or [info@comfortgac.org](mailto:info@comfortgac.org)

Active Members can also sign up via MyActiveCenter:  
[www.myactivecenter.com](http://www.myactivecenter.com)



COMFORT GOLDEN AGE CENTER

Join us for our first

## Easter



## Brunchy/Lunchy Potluck and Egg Hunt!

Wednesday, April 5<sup>th</sup>

@ 11:30 am

Bring a friend or a family member to join!

Please RSVP

with your food item by Monday, April 3<sup>rd</sup>,  
at the Comfort Golden Age Center or email [info@comfortgac.org](mailto:info@comfortgac.org)  
to get your seat(s) at the table!



THE COMFORT GOLDEN AGE  
CENTER

welcomes

**Laurie Broesche**

with **NexMove (Boerne)**

**nexmov.**  
ONE CALL. ALL DONE!

Get tips and ideas on how to  
**downsize, declutter, and simplify!**

Thursday, April 6<sup>th</sup> @ 11:30 AM

Please RSVP at the Golden Age Center or email  
[info@comfortgac.org](mailto:info@comfortgac.org) to hold your spot!

**Open to the public – non-members welcome!**

**Downsize!**

**Declutter!**

Transition to a  
simpler home and  
a simpler life!



COMFORT GOLDEN AGE  
SPRING BAKE SALE

APRIL 8TH

9AM

SIGN UP SHEET WILL BE AT  
CENTER.



# APRIL MENU



**Comfort Golden Age Center**  
 Please have your meal request by 8:15 on  
 day of delivery 830-995-3032



<b>3</b> BBQ Riblet Chuck Wagon Corn Squash Medley Costilla de BBQ Elote Ranchero Calabaza Mezclada	<b>4</b> Smothered Roast Pork Mashed Potato Mixed Vegetables Puerco al Homo con Salsa Pure de Papa Vegetales Mezclado	<b>5</b> Sliced Ham Mac & Cheese Wilted Greens Jamon Macaroni con Queso Verduras	<b>6</b> Chicken & Broccoli Fluffy Rice Peas and Carrots Pollo y Broccoli Arroz Guisantes y Zanahoria	<b>7</b> Beef Steak Fingers Mashed Potato Sumac Sweet Corn Bistek de Res en Trosos Pure de Papa Elote Dulce de Zumaque
<b>10</b> Meatballs -Tomato Sauce Egg Noodles Spinach Albondigas Salsa Tomato Fideos Espinaca	<b>11</b> Chicken Stir Fry Rice Pilaf Asian Vegetables Pollo Salteado Arroz Pilaf Vegetales Orientales	<b>12</b> Chicken & Rice Casserole Savory Carrots Spiced Peaches Cazuela de Arroz con Pollo Zanahoria Duraznos Especiado	<b>13</b> Grilled Pork Chop w/Apple Scalloped Potatoes Herbed Corn Chuleta Puerco / Manzana Cazuela de Papa Maiz con Hierbas	<b>14</b> Chicken Fried Steak Mashed Potatoes Green Beans Filete de Carne Frito Pure de Papa Ejotes
<b>17</b> Cheese Ravioli w/ Meat Sauce Mixed Vegetables Ravioles de Queso con Salsa de Carne Vegetales Mezclado	<b>18</b> Oven Fried Chicken Whipped Sweet Potato Sauteed Broccoli Pollo al Homo Pure de Batata Broccoli Salteado	<b>19</b> BBQ Stuffed Potato Fiesta Corn Pineapple Chunks Papa Relleno de Carne Elote Pina	<b>20</b> Cranberry Chicken Salad Potato Salad Coleslaw Ensalada Pollo y Arendano Ensalada de Papa Ensalada Col	<b>21</b> Beef Fajita Spanish Rice Charro Beans Fajitas de Res Arroz Rojo Frijoles a la Charra
<b>24</b> Tuna Salad Pasta Salad Spinach Salad Ensalada de atun Ensalada de Pasta Ensalada de Espinaca	<b>25</b> Chicken Guisado Southwest Corn Rice Pilaf Pollo Guisado Elote Arroz Pilaf	<b>26</b> Szechuan Pork Fried Rice Carrots Puerco Estillo Sichuan Arroz Frito Zanahoria	<b>27</b> Chicken Taco Salad w/ Shredded Cheese Pico de Gallo Ensalada de Tacos de Pollo con Queso y Pico de Gallo	<b>28</b> Corn Flake Bake Chicken Roasted Potato Green Bean Almandine Pollo Empanizado Papas Asada Ejotes Almendrado

## LUNCH \* ALMUERZO—12:00 PM—1:00 PM

Lunch is based on a voluntary contribution of \$5.00 for members, \$7.00 for non-members and \$3.00 for Meals on Wheels. All reservations will be accepted until 8:15 AM. Services will not be denied if a contribution is not made.

### THE CENTER **Olivia Burdick stated:**

We are so grateful for our long-time partnership with the Comfort Golden Age Center! While The Center cooks and prepares all the meals for its Meals on Wheels Kendall County program, The Golden Age Center provides critical assistance with coordination and volunteers to help us ensure no one is left behind, alone, or forgotten. Together, we delivered over 18,000 meals in the Comfort area and provided another 2,000 meals to older adults attending their center in 2022.

If you live in the Comfort area and are looking for a fantastic place for fun, food, and friendship, check out the Golden Age Center at 628 Front St. or visit their website at [www.comfortgoldenagecenter.org](http://www.comfortgoldenagecenter.org).

If you are interested in volunteering with Meals on Wheels Kendall County contact:

The Center: [info@thecenterboerne.org](mailto:info@thecenterboerne.org) (Boerne delivery)

Comfort Golden Age Center: [gac.356@gmail.com](mailto:gac.356@gmail.com) (Comfort delivery) Dinah Treiber Johnson



# CENTER INFORMATION

## COMFORT GOLDEN AGE CENTER MISSION STATEMENT

Enriching life for older adults to enhance their well-being and social interaction.

## VISION STATEMENT

The “Go To” place for older adults in our community...

## CONTACT

Email: [info@comfortgac.org](mailto:info@comfortgac.org)  
Phone: (830) 995-3032  
Executive Director: Dinah Johnson  
Location: 628 Front St.  
Mailing Address: P. O. Box 356  
Comfort, Texas 78013

The center has several volunteer opportunities at this time. If you have some spare time and would like to help out please call Dinah Johnson at 830-995-3032.

Check out our new website!

[www.comfortgac.org](http://www.comfortgac.org)



New sign-up option for Events & Activities!

As an active member, you can now sign up/RSVP for classes and programs via [MyActiveCenter](http://MyActiveCenter.com):

[www.myactivecenter.com](http://www.myactivecenter.com)

*my active center*

*Note: You will need the 4 digits on the back of your scan tag to create an account and sign up!*

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Cindy Young



Erik Jones

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Comfort Golden Age, Comfort, TX

C 4C 05-1230

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Comfort Golden Age, Comfort, TX

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**Mike Ward**

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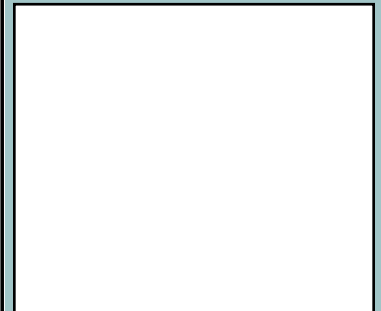


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