



Comfort Golden Age Center

NOVEMBER 2024

CONTACT US TODAY!

Email: 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 3:00 PM
*But if the lights are on,
come on in!*

New Website:
www.comfortgac.org

EXECUTIVE DIRECTOR

Dinah Johnson
dinah_johnson@comfortgac.org
Cell Phone: 210-454-7212

PROGRAM COORDINATOR

Aaron Brooks
aaron_brooks@comfortgac.org

ACTIVITY COORDINATOR

Kayleigh Holekamp

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©LPI

Our Vision: Our vision is to be the Go-To place for older and aging adults in our community.

Comfort Golden Age Center

Thanks these sponsors and vendors for making our 5th Annual Health Fair a success!!



Peterson Health Comfort Nursing & Rehab

AIP Hospice

Juice Plus

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Care Choice of Boerne

New Century Hospice

Crest Home Health/Hospice

New Haven Memory Care

Embrace Hospice

San Antonio Food Bank

Home Helpers

Silver Sage Resource Center

Humana

Tri-County Home Health

OCTOBER AT THE GOLDEN AGE CENTER

The Golden Age Center wishes to thank everyone that participated in our recent **Bake Sale**. Thanks to all the bakers, baked good buyers and all those that helped in any way to make it a great success.

Our **Pumpkin Patch** was fun. The setup was done beautifully and it allowed people to take pictures. Thank you to Susanne Waters and Cathy Roark for putting this together. Fun times!!

The **Health Fair** was well attended and the attendees came away with lots of valuable information as well as contact information.

Peterson Hospice hosted a **Vet-to-Vet Café**. Many local veterans attended and were able to talk about their time in service to our country.

Our usual activities have been well received. Bingo, Exercise, 42/Dominoes, Poker, Price Is Right, Cornhole, Bunco, Nutrition Nuggets, Lunch & Learn, Crocheting Class, Craft Class, Karaoke, LeftCenterRight, Philosophy Stream and Bridge.

Check us out on the calendar, Facebook or stop on by and get to know us. Stay for a cup of coffee and see what we are all about. (ER)

Note to Readers:

All events are correct at the time that I send this publication to the printers. If an event is cancelled or there is a date or time change then the Golden Age Center does their best to get that information out to you and the other members. A correction is made on Facebook and on the flyers at the Golden Age Center. Thank you for your understanding!!
Evelyn Rolfe
Newsletter Editor

CELEBRATE

NOVEMBER BIRTHDAYS

3 Craig McDonald
3 Benjamin Calderon
3 Hilaria Hernandez
4 David Herbst
6 Elmer Burow
6 Susan Martin
7 Michael D. Stewart
8 Le Ellen Herbst
8 Dorothea Booth
12 Evelyn Rolfe
13 Schatzie Norris
16 Carrie Zapata
18 Aaron Brooks
19 Margaret Edwards
19 Doug Ballard
21 Susan Stockburger
21 Joe Drymala
24 Jodi Pereda
24 Mary Stidham
26 Patricia Patsy Bennett
26 Rusty Busby
27 Allen "Chip" Hannay
28 Alison R Young
30 C Daniel Zoeller

NOVEMBER ANNIVERSARIES

10 Elmer and Jean Burow
24 Graham and Mary Ann Ward



2024 BUSINESS MEMBERS

Gary Lindner, Four L Ranch
Mary Southwick, Southwick Place
Royce Ann Baethge, Friendship Insurance Agency
Dorrie Cooper, Cooper's Tax Service
Matt Johnson, MJ Construction
Greg Arreola, Kendall County Cowboy Church
Crystal Tedder, Bee Hair Free
Sandra Johnson, SJ Insurance
Cody Chapman, Chapman Industries
Texas Caregiver Home Health, Charlie Johnson

ACTIVITY CALENDAR- NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <div>DAYLIGHT SAVINGS TIME ENDS ON SUNDAY NOV. 3RD</div>				1 9:30am Bridge 1 PM Senior Singles Luncheon at Country Diner	2
4 9am Bingo 1PM CROCHETING WITH DORIS	5 9am Easy Yoga 10am Movement & Music 1PM 42/Dominoes ELECTION DAY	6 NO CRAFT CLASS IN NOV. 11:30am Lunch & Learn —Fall Prevention 2 pm Poker 5:30pm Bingo	7 9am Bingo 9:30am Blood Pressure Check 10am Movement & Music	8 9:30am Bridge 1pm SPADES	9
11 9am Bingo with a Twist VETERANS DAY 10:30AM VETERANS DAY CEREMONY 1PM KARAOKE & MOCKTAILS	12 9am Easy Yoga 10 am Movement & Music 1PM PHILOSOPHY STREAM	13 11:30 AM NOVEMBER BIRTHDAY LUNCHEON 2pm Poker 5:30pm Bingo	14 9 am Bingo 9:30am Blood Pressure Check 10am Movement & Music	15 9:30am Bridge 1pm BUNCO	16
18 9am Bingo 1PM CROCHETING WITH DORIS	19 9am Easy Yoga 9:30am PRICE IS RIGHT 10am Movement & Music 11:15am Nutrition Nuggets 1pm Movie & Popcorn	20 10am Snack & Chat—Medicare Presentation 2pm Poker 5:30pm Bingo	21 9am Bingo 9:30am Blood Pressure Check 10am Movement & Music 11:30am Holiday Grief Support Group 1PM CORNHOLE	22 9:30am Bridge	23
25 9am Bingo 1PM LeftCenter Right	26 9am Easy Yoga 10am Movement & Music 1PM PHILOSOPHY STREAM	27 2pm Poker 5:30pm Bingo	28 CLOSED FOR THANKSGIVING	29 CLOSED FOR THANKSGIVING	30



FEATURED SENIOR OF THE QUARTER VERNELL HOMILIUS

Born on April 28, 1938, in a small community in Gillespie County, on our family farm. I started school at St. Mary's and in 1945 my parents moved us to Comfort TX. This would become where my siblings and I were raised. I was 1 of 5 children growing up with one brother and three sisters. My father's parents had a dairy farm out on Lane Valley Rd where we visited quite often. We even tried to milk a cow but with not much success.

In 1956 I married Elmer Homilius. He was a local TV technician. We then became parents to three daughters Deyl, Annette, and Lisa. Then in 1972 we bought Twin Gables with my brother and his wife. Elmer was a member of the CVFD. Sadly, we lost him in October of 1984 due to him suffering a massive heart attack while on a fire call with the CVFD. With the help of my brother Charles, his wife Helen and my oldest daughter Deyl we continued to operate Twin Gables until 1992.

Through the years I have done a lot of traveling. I then decided in 2007 to move into Hermann Sons Retirement Home where I made many friends. I now spend my days crocheting and volunteering at the Golden Age Senior Center. I now live in my own place on my oldest daughter's property taking care of my flowers.

The joys of my life are my six grandchildren and my eleven great grandchildren and one great great grandchild.



VERNELL HOMILIUS

IN HONOR OF OUR
Veterans

★ ★ ★
JOIN US IN HONORING
AND CELEBRATING
**VETERANS
DAY**
★ ★
HONORING ALL WHO SERVED
★
NOVEMBER 11th at 10:30 am
★
PINNING CEREMONY
Refreshments to follow
COMFORT VFW
626 Front St, Comfort TX
Featuring:
**COMFORT MIDDLE
SCHOOL BAND**
Presented by:
CREST
PALLIATIVE CARE
& HOME HEALTH

**VETERAN'S DAY
DRAWING**
Beautiful hand-made quilt
by a local quilter!
Raffle Tickets: \$10
Drawing November 11th

HAPPENINGS AT THE COMFORT GOLDEN AGE CENTER

The October Birthday Blast had over 43 attendees! And, what a BLAST it was! There were several in attendance who had birthdays and anniversaries in October. THANKS to Janice Pfeiffer for sponsoring and providing the delicious meal and desserts--she pulled off a GREAT surprise party in honor of Calvin Pfeiffer, who turned 80 this month!! And, the winner of the raffle drawing was Doris Rosendahl!! Riverside Catering did a great job on the food. It was delicious. Janice Pfeiffer made a beautiful cake and cupcakes. The November Birthday Celebration will be on November 13th. Be sure and sign up!!



Doris Rosendahl was the winner of the October Raffle Basket!!

LOCAL HISTORY

MAGNIFICENT WINTER TEXANS

By: Betty H. Murphy

Some sandhill cranes make their winter home here in the Texas Hill Country on an isolated stream where pure water rises to the surface from an ancient aquifer. These wise birds have come to this remote land for hundreds of years, even during the harsh drought of the 1950's. By the middle of November at the latest, they arrive for their winter sojourn and settle into these comforting hills.

Their December evening performances are a fantasy of beauty, music and magic. The audience radiates pure joy, perhaps, even ecstasy. The open-air theater, high above the water is ideal for the evening performance. The curtain rises to the far-away sound of the first bugles. The show begins.

As the sandhill cranes close the distance, the sun free falls into another day. The sky radiates pink, navy, orange and violet and the cranes bugle louder. Families arrive, some as few as three, some as large as seven and begin their drop into this nightly refuge. They descend like a parachute until their legs find the water.

Poised on one, long, leg, nestled amongst their own family, they hope for a peaceful night. The cranes settle into this ancient refuge for their nightly winter sleep. What a perfect symphony for their audience!

These nightly shows continue for the duration of the winter season. Then the cranes bring down the curtain until next year.

They know when the time comes for the next phase of their lives; they return to their summer homes through the Platt Valley, build nests, and start the cycle all over again.

As ranches and farms get smaller and smaller, and our isolated lands become less isolated, it is even more important for the shepherds of the land to protect these crane sanctuaries. The Texas Hill Country provides one of the numerous sanctuaries along the Central Flyway throughout Texas.

As fall moves along in November, sandhill cranes begin their migration south. Shortly after All Saints' Eve, stop what you are doing and listen. You may hear a distant bugle that announces the arrival of these majestic birds flying over Comfort, Texas. It is a powerful sound and alerts everyone that they are still doing their annual migration. If you are lucky they may stop for the night on Cypress Creek and you may see them lift off at daybreak the following day.

Our hope is that these magnificent Winter Texans will always be welcome. We hope you will do your part to make this happen.



Crane in Cypress Creek, 2023. Photographer: Michael Stewart.



Photo credit: Shari McCollough





UPCOMING EVENTS

Senior Singles Lunch

Friday, November 1st
1:00 pm

Country Diner
510 TX-27, Comfort, TX 78013
Please RSVP by Wednesday, Oct. 30th
at the Comfort Golden Age Center or
call Doris at 210-912-2730

If you would like to carpool, please
be at the Comfort Golden Age
Center by 12:30

*Members and non-members
welcome!*



Lunch & Learn



**NOVEMBER 6TH
11:30 AM**

Topic: Fall Prevention

Lower your risk of falling and injuries
sponsored by Crest Home Health

Please RSVP by calling 830-995-3032 or
go to myactivecenter.com

**Comfort Golden Age Center
628 Front Street**

November Birthday Blast!

**Wednesday, November 13th
11:30 am**

**Sponsored by
Dr. Bridget Robledo of
Peterson Health**

**Cake by Butterfly Creek Bakery
Ice Cream by Fey Hill**

**RSVP 830-995-3032
by November 11th**



Health Workshop

Nutrition Nuggets

**TUESDAY, NOVEMBER 19TH
11:15 AM**

**Kera Dutton, Registered Dietitian from
Kendall County Ag Extension
will present an informative and
hands-on workshop about new and
evolving nutrition research relevant to
aging adults!**

RSVP by
calling
830.995.
3032



628 Front Street, Comfort

www.comfortgac.org

PRESENTING: DRIVING MISS DAISY

MOVIE

DAY



19 NOV 2024



DRIVING
MISS DAISY

RSVP AND BUY YOUR TICKET BEFORE THEY SELL OUT. FOR
MORE INFORMATION STOP BY THE GOLDEN AGE CENTER!



Holiday Grief Support Group

Facing the holidays without a loved one can be lonely and painful. Sharing your feelings with others who are experiencing similar emotions can offer comfort.

Together, we'll find ways to support one another and prepare for the holiday season ahead.

Join us the following Thursdays, 11:30 am

November 21st

December 5th & 19th

January 2nd



RSVP by calling 830-995-3032
Comfort Golden Age Center
628 Front Street, Comfort



THANKSGIVING RAFFLE

PROVIDED BY AIP HOSPICE

Win a Thanksgiving Meal!
One turkey, one ham, and
\$100 Gift Card to HEB!

Tickets are \$5 each
Drawing live on Facebook on
November 20th

Purchase your tickets
at Comfort Golden Age Center
628 Front Street, Comfort

November Raffle Item!!

Donated by Sheila Bennett

What's Inside:

- Basket Tray
- Set of 4 seasonal cups
- fall salt & pepper shakers
- Hot Chocolate
- Fall hot pad and towel
- "eat ham" metal plaque

\$5/Ticket @

Comfort Golden Age Center
Drawing
November 13th!



UPCOMING EVENT IN DECEMBER

COMFORT GOLDEN AGE CENTER PRESENTS
7TH ANNUAL CASI-SANCTIONED
**CHILI
COOK-OFF**

December 7th, 2024
Begins at 9 am

INFORMATION

Newsletter Editor: Evelyn Rolfe
Email: jerolfe@hctc.net
Cell Phone: 210-724-7467

Our Mission

Our mission is to enrich the life for older and aging adults to enhance their well-being and social interaction.

Volunteers For Meal Delivery Needed!!

Flexible schedule on a daily, weekly, monthly, or substitute basis! Deliveries take place between 10:30 am-1 pm M-F. The rewards are incredible! You may be the only person our meal recipients see that day--you deliver both food for their body AND for their soul!
Contact Dinah at 830-995-3032 to find out more!

Sharing is Caring Program



at Comfort Golden Age Center

The Sharing is Caring Program loans out medical equipment to those in need. We have items such as walkers, shower chairs, bedside steps, and much more. Give us a call if you are in need, or if you have items to donate to this program!

"I am reaping the benefits of this program right now with the medical supplies I needed for my knee surgery. They will go right back to the center when I'm finished with them. Thankful and blessed." - a recent program recipient

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COMFORT GOLDEN AGE CENTER SERVING OUR SENIORS!



VOLUNTEERS AND DONORS HELP US MAKE THESE THINGS HAPPEN!
IF YOU WOULD LIKE TO HELP IN ANY WAY, PLEASE CONTACT US AT
830-995-3032 OR VIA EMAIL AT [INFO@COMFORTGAC.ORG](mailto:info@comfortgac.org)!

VISIT OUR WEBSITE FOR MORE INFORMATION ON PROGRAMS AND
ACTIVITIES!
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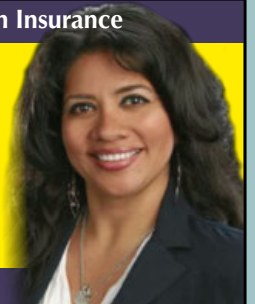
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