



Comfort Golden Age Center

JULY 2025

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 & GRANT COORDINATOR

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aaron_brooks@comfortgac.org

ACTIVITY COORDINATOR

Kerri Luke
kerri_luke@comfortgac.org

GOLDEN AGE CENTER FOUNDATION BOARD

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



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 Lisa Brantley, Alamo Hospice
 Heather Foley, Comfort Nursing & Rehab

CELEBRATE

JULY BIRTHDAYS

- 1 Jo Ann Wedel
- 1 Susan McGuire
- 2 Joe Martinez
- 7 Mary Dahlman
- 7 Gloria DeLeon
- 10 Jennifer Hurst
- 11 Rex Bourland
- 14 Jamie Hunt
- 14 Delia McElroy
- 15 Enrique Hidalgo
- 16 Sheila Bennett
- 17 John Rolfe
- 17 Dorothy Haley
- 19 Lorraine Popp
- 20 Clifton Osborn
- 20 JoAnne Foster
- 21 Harry Reeh
- 22 Ocia Jeffries
- 22 Patty Feagan
- 24 Lois Poth
- 24 Daisy Boos
- 24 Stacy Buck
- 24 Texas Myers
- 25 Mary Jo Chamberlain
- 26 Dee Darr
- 26 Sue R. Wiedenfeld
- 27 Eyrline Behrends
- 28 Casi Johnson
- 30 Malcolm Foster
- 31 Royce Ann Baethge

Comfort Golden Age Center Ambassadors:
 Schatzie Norris
 Doris Lusty
 Janice Pfeiffer
 Marti DeCluitt
 Shirley Noll



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ACTIVITY CALENDAR- JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9am Easy Yoga 10am Movement & Music 1pm 42/Dominos	2 10am Craft Class 2 pm Poker & Texas Hold'em 5:30pm Bingo	3 9am Bingo 9:30am Blood Pressure Check 10am Movement & Music	4 CLOSED FOR INDEPENDENCE DAY	5
7 9am Bingo 1pm Crocheting with Doris	8 9am Easy Yoga 10am Movement & Music	9 11:30am Birthday Blast 2 pm Poker & Texas Hold'em 5:30pm Bingo	10 9am Bingo 9:30am Blood Pressure Check 10am Movement & Music 11:30am Life After 80 Support Group	11 9:30am Bridge 10am-4pm Brown Hearing Free Screenings 1pm SPADES	12
14 9am Bingo 1pm Loteria	15 9am Easy Yoga 9:30am Price Is Right 10 am Movement & Music	16 11:30am Lunch & Learn-"Home Health, Palliative Care & Hospice" 2 pm Poker & Texas Hold'em 5:30pm Bingo	17 9 am Bingo 9:30am Blood Pressure Check 10am Movement & Music 1PM CORNHOLE	18 9:30am Bridge 1pm BUNCO	19
21 9am Bingo 1pm Crocheting with Doris	22 9am Easy Yoga 10am Movement & Music 11:15am Nutrition Nuggets	23 10am Reflexology Presentation 2 pm Poker & Texas Hold'em 5:30pm Bingo	24 9am Bingo 9:30am Blood Pressure Check 10am Movement & Music 1pm Price is Right	25 9:30am Bridge 1pm-Game of Choice—Bring Friends!	26
28 9am Bingo 1pm LeftCenterRight	29 9am Easy Yoga 10am Movement & Music	30 2 pm Poker & Texas Hold'em 5:30pm Bingo	31 9am Bingo 9:30am Blood Pressure Check 10am Movement & Music		

Invitation to check out Comfort Golden Age Center

Place: 628 Front St. (Between Napa Auto Parts & Comfort C. of C.)

Time: Monday – Friday 8 AM TO 3 PM (But if the lights are on, come on in!)

Message from the Editor

Re: Comfort Golden Age Center Activities

If you are reading this newsletter then I believe that you are either a member of the Golden Age Center or a member of our great community.

Please check out the monthly activity calendar on Page 3. You will see the different activities that we have this month. There is something for everyone to do.

Every week we have Bingo games, exercise and easy yoga classes and poker games.

Every Thursday at 9:30am we have Blood Pressure Checks given by our providers.

Each month we have a Birthday Luncheon, Craft Class, Senior Singles Luncheon, Nutrition Nuggets presentation from Kerri Dutton, a registered dietitian from Kendall County Ag Extension.

A Lunch & Learn presentation by one of our Health Care Providers that gives us helpful information about a variety of topics.

Crocheting with Doris is a fun group of ladies who meet twice a month to learn and work on their latest project.

Stop by and play Price is Right which is always a fun time. We play this twice a month.

Try your hand at Cornhole and even join in a fun game of Bunco. Left CenterRight has become an exciting game to play. We have recently added a Game of Choice on the 4th Friday of each month.

There are other things that we do each month that can be seen on the calendar. Most of the time I have added a description of the event within the pages of this newsletter.

If coffee is your thing, then come and sit in with our local guys at the Table of Knowledge every morning. You might learn something or even be able to add your own experience to this group. Coffee and snacks are available daily.

If you come in and find you are interested in the things that we do here you might want to consider becoming a member.

Membership information is on Page 2 of this newsletter.

Note: Please register for the events that require an RSVP by the dates indicated on the sign up sheets.

Members can also sign up using the MyActiveCenter log-in.



UPCOMING EVENTS

JOIN US FOR A
patriotic
TIE-DYE EVENT
WITH KAYLEIGH HOLEKAMP!

FUN FOR ALL AGES! **BRING THE GRANDKIDS!**

BRING A WHITE SHIRT OR ANY CLOTHING ITEM YOU'D LIKE
ALL OTHER SUPPLIES PROVIDED!
5 SIMPLE STEPS!

WEDNESDAY, JULY 2ND
COME AND GO - 10 AM TO 12PM


 (830) 995-3032

July BIRTHDAY Blast

Wednesday, July 9th
11:30am

Meal Sponsored By:
 Dr. Bridget Robledo

Ice Cream By:
 Fey Hill Farms

Please RSVP by
Monday, July 7th
830-995-3032
www.myactivecenter.com



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Join us for Hand & Foot Reflexology

Presented by Kelly Garry

Wednesday, July 23rd
10:00 am

Everything in your body is mirrored in your hands and feet. You have reflex points that talk about your organs and glands. Reflexology is used to work these points and bring awareness to what is going on in your body. It also improves blood flow and lymphatic flow which helps your organs and glands. Reflexology helps with physical pain in the hands and feet and is very relaxing.

Come learn more about Reflexology and how to use it in your daily life!



There is no charge to attend,
but please sign up by
Monday, July 21st

830-995-3032
www.myactivecenter.com



Going with the
Flow, Yo!



EASY YOGA

Tuesdays @ 9am

With Rosie Meier from
Blue Heron Yoga

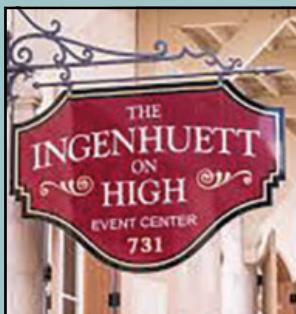


MOVEMENT & MUSIC CLASS

Come enjoy some Toning & Tunes
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Every Tuesday & Thursday
10-11

Taught by Cindy Thomas and Margaret Stone, Certified
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weddings, parties, meetings, corporate or
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Call for appointment

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- ✓ Certified Health Aide
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- ✓ Spiritual Counselor / Chaplain

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Comfort Golden Age, Comfort, TX

4C 05-1230

LOCAL HISTORY

GARY LEO LINDNER'S LIFE HAS COME FULL CIRCLE FROM RANCH CHILD, TO THE UNITED STATES AIR FORCE ACADEMY, TO USAF PILOT, TO BACK HOME IN COMFORT (Part 2 of 2)

By: **Betty H. Murphy**

Gary's mother, Marguerite Schnelle of Marble Falls, began teaching school again when he was in middle school. She had previously worked teaching at the Sisterdale School in 1941-1942 before she married. She gave him encouragement because Gary loved school. He excelled in athletics and did well in anything he participated in. He set his goal to go to the University of Texas and become a doctor. His school counselor, Mrs. Hilma Carroll called him into the office and suggested another option.

She told him he would be the first Comfort High School student selected to attend the Air Force Academy. She told him that he aced the comprehensive tests that were given to all students. She sent a letter of recommendation to his congressman, the Honorable O.C. Fisher. When Gary was chosen from Fisher's list of 5 applicants, he told his father that he could go to college free and his father was thrilled.

Gary settled into the routine of the Air Force Academy. All freshmen were required to do boxing and wrestling. Although Gary was on the freshman baseball team, he stood out in boxing. During his junior year, he won the Cadet Wing Open boxing championship. When he got to be a senior, his social life got better and he was allowed to have a car.

The Academy required most cadets who were flying eligible to enter pilot training after graduation. Gary was eligible and was sent to Randolph AFB for pilot training. There were no available dorm rooms, so Gary and two others were allowed to have an off base apartment that quickly became known as a party house. During this time, he met Barb. Gary & Barb married Dec.28,1970.

He initially checked out in a B-52 and flew combat bombing missions in Vietnam from 1971-1973. This when he earned his second nickname (Because there were two Gary's in his first-grade class, he was called by his middle name, Leo, for years.) On one of his 180 combat missions, his navigator told him they could not precisely locate the target and would have to return to base with the bombs. Absolutely not! Gary ordered the bombs be dropped in the vicinity of the target. When they returned to base in Thailand, his wing commander told him that he was one lucky man as the bombs hit a significant unknown weapon depot. After that, Gary became known as "Lucky."

Gary continued fly a variety of Air Force airplanes and earned rapid promotions. As one of the youngest colonels in the Air Force he became eligible for more responsibilities.

Gary Lindner had three commands. He served as Flying Training Squadron Commander at Del Rio Texas. Then he was Commander of historic Tempelhof Air Base in Berlin Germany from 1991-1993. There he hosted a multitude of dignitaries. Among them were former President and Mrs. Ronald Reagan. His German language proficiency was especially helpful in Berlin. Next, he was assigned to Lackland Air Force Base in San Antonio as Support Group Commander, the largest Support Group in the continental United States.

Gary credits his wife with moving some 22 times as he moved up the ranks. He said that as a daughter of an Air Force officer, she learned what had to be done as she herself had attended over 10 schools including 4 high schools. She and Gary had three children, Brett, Laura, and Robert Todd. Unfortunately, they lost Robert when he was in his 30's.

After almost 30 years of service, Gary retired and moved back to Comfort, Texas. He said that he and Barb had visited his mother in Comfort often. Just after retiring, he and Barb visited again and noticed that a house Barb admired on Seventh Street was for sale. (The sign was just put up that morning.) They made an offer and it became their retirement home.

After retiring, Gary was in demand for his skills in managing organizations, he took on several challenges. From 2004 to 2019, he was COO of ACCION Texas in San Antonio, and then President and CEO of People Fund in Austin. Both grew to exceptional non-profit organizations under his leadership. In the local area he used his talents to lead and to work with the Comfort Area Foundation, Community Foundation of the Texas Hill Country, Comfort Boys and Girls Club, VFW Post 8569, Comfort Jubilee Celebration, Sacred Heart Catholic Church, Comfort Cemetery Association, and Comfort Golden Age Center.

When asked what had caused him to be so successful in every job he had held, he said that growing up on the family ranch taught him to work. There was no job beneath him. He is a prime example of the German work ethic that leads to success in whatever field one pursues.

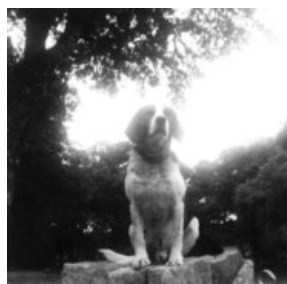
Most of today's families of German descent still value their children learning to work. Even with all the changes today in Comfort, Texas, work is always respected. Gary Lindner is a perfect example of coming back home and continuing to work for the benefit of his community, completing the circle of his life. His parents would be proud.



Gary L. Lindner, 16 Sqn
Comfort, Texas
(Blue Trunks)



Here is a photo of the cross fence Gary helped build over 50 years ago. It is about 1/2 mile long. Still standing.



Gary's dog Tempo.

July LUNCH & LEARN



HOME HEALTH PALLIATIVE CARE & HOSPICE

Presented by Gina Enderlin, RN, BSN



Hospice & Family Care

Wednesday, July 16th
@ 11:30 am

RSVP by Monday, July 14th by
calling 830-995-3032 -or-
www.myactivecenter.com



Nutrition Nuggets

**TUESDAY, JULY 22
11:15 AM**

Kera Dutton, Registered Dietitian from
Kendall County Ag Extension
has provided us with information to
share each month this summer about
new and evolving nutrition research
relevant to aging adults.

**July's Packet is "Vary Your Protein
Routine"**

**Pick up yours
on Tuesday, July 22nd at 11:15 am!**

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Casi Johnson - Owner

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Comfort Golden Age, Comfort, TX

4C 05-1230

OUR SIGN IS BACK

A huge thank you to the Hill Country Telephone Coop-(HCTC), Anthony Bohnert, 5-Star Rentals and Tim and Julie Pfeiff for getting our new sign installed! We appreciate it so much!



This day started out as a dark, rainy morning, But these guys showed up and helped us to get the job done. We would not have been able to do this without their help.

Dr. Carla Sorbel
PharmD

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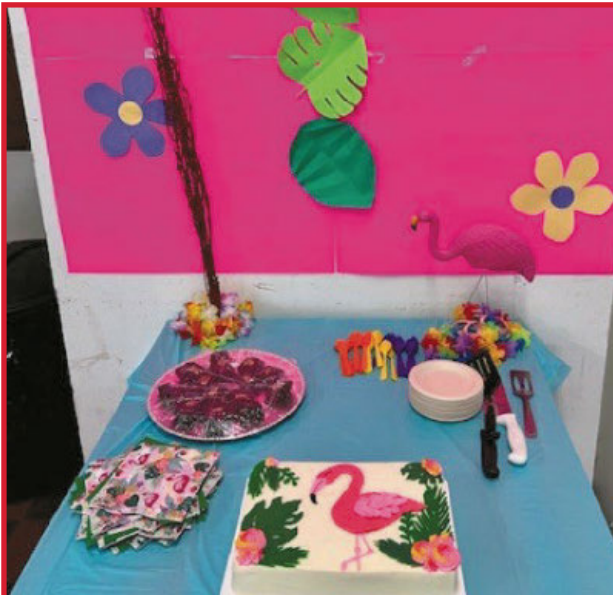
Comfort Golden Age, Comfort, TX

4C 05-1230

HAPPENINGS AT THE COMFORT GOLDEN AGE CENTER

The June Birthday Blast Potluck Luncheon was a huge success! Lots of fun, great food and company!

Thank you [Butterfly Creek Bakery](#) for the adorable cake and [Fey Hill Farm](#) for the delicious ice cream!



Congratulations to Haley Spencer for winning the June raffle. I am sure she will have fun with all those fireworks. Fireworks basket was donated by Amber Mathews Pressler!

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

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!



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!

VISIT OUR WEBSITE FOR MORE INFORMATION ON PROGRAMS AND
ACTIVITIES!
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Comfort Golden Age, Comfort, TX

4C 05-1230

COME ON DOWN!

There are 2 opportunities every month to play
at the Comfort Golden Age Center!!



July Opportunities:
July 15th (Tues), 9:30 am
July 24th (Thurs), 1 pm

Sponsored by:



Game of Choice

With Friends!



Gather with friends to play your
choice of games!

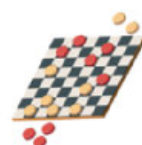
4th Friday of every month
@ 1:00 Pm

The possibilities are endless...dominoes,
cards, Pinochle, a fun board game or
bring one to share!



Sign up to come so others will know
they should come, too!

628 Front Street
830-995-3032



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emailed to you.



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628 Front Street
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www.comfortgac.org

3 DAYS A WEEK

Every Monday @ 9 am
Every Thursday @ 9 am
Every Wednesday @ 5:30 pm

Sponsors include:










BINGO SPONSORS

1st Mon: AIP Hospice
2nd Mon, 9am
2nd Mon, 1pm Crest Palliative Care
3rd Mon: Embrace Hospice
4th Mon: Humana
1st, 3rd, 5th Thurs; Right at Home
2nd Thurs: Alamo Hospice
4th Thurs: Peterson Health

S Word Twist

Favorite Pies

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.
Hint: Each puzzle has a common theme!



pipae _____

kimnpup _____

rheycr _____

tcealooch _____

noctcou _____

nabaan _____

ncaep _____

errbleuby _____

rebryatswr _____

chpae _____

CLPI

WORD SEARCH

Favorite Candy

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

Word List:

CHOCOLATE
TWIX
PEANUT
REESES
BUTTERFINGER

GUMMY
SNICKERS
MINTS
TAFFY
STARBURST

CARAMEL
JELLYBEAN
LICORICE
MM'S
JAWBREAKER

SKITTLES
LOLLIPOP
KITKAT
MARSHMALLOW
SOUR

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	2		5	8		6		9
					9	4		
		4					2	
7	8				2		1	6
5	9							2
				5				
2								
	5	7		6				4
	4					1		

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DIFFICULTY: ★★☆☆

Answers on back page.

HOW VOLUNTEERING CAN HELP OLDER ADULTS COMBAT LONELINESS

The bonds found in friendships and other relationships are an important factor in health and wellness — even science says so.

According to the American Psychological Association, forming and maintaining social connections at any age is one of the most reliable predictors of a healthy, happy and long life. Studies show having strong and supportive friendships can fend off depression and anxiety, lower blood pressure and heart rates in stressful situations and change the way people perceive daunting tasks.

However, statistics show approximately half of U.S. adults lack companionship and feel socially disconnected, according to the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community. In fact, 12% don't have anyone they consider a close friend, per the Survey Center on American Life. This "epidemic of loneliness," as coined by U.S. Surgeon General Dr. Vivek Murthy, can take a severe toll on mental and physical health.

As people age, the risks of isolation increase. With America's older population growing rapidly — the 65 and older population reached more than 55 million in 2020 — discussing how older adults can combat loneliness is relevant to public health and individual well-being.

Consider volunteering, which is one of the best and most rewarding ways to combat loneliness.

Volunteering Combats Loneliness

People often volunteer to find a sense of purpose, learn new skills, improve their communities or establish new routines after retiring or becoming empty nesters. For many, making friends through volunteer work is a welcome bonus. The act of volunteering provides proven benefits for older adults.

Forming connections can make all the difference in a person's volunteer experience and sense of well-being. People who meet through volunteer work inherently share a common interest and something to bond over. These friendships can carry over outside of volunteer work and lead to bonding over other hobbies and interests.

Connection-Focused Volunteer Opportunities

In addition to making friends with fellow volunteers, many older adults also form relationships with the people they're serving, especially if those recipients are their peers.

For example, AmeriCorps Seniors is the national service and volunteerism program in the federal agency of AmeriCorps that connects adults aged 55 and up to local service opportunities that match their interests. Its Senior Companion Program pairs volunteers with other older adults or those with disabilities who need companionship or assistance. Volunteers may help with tasks such as paying bills, shopping or getting companions to appointments. In some cases, volunteers may also provide support and respite for family members caring for loved ones with chronic illnesses.

"We often think of volunteering as 'giving back,' but we've seen firsthand that it often becomes so much more than that," said Atalaya Sergi, director of AmeriCorps Seniors. "By spending a few hours each week with another older adult in need of support, our volunteers are not only giving back to others, but they're adding meaning to their own lives and establishing new connections. They're helping to fight the loneliness epidemic one visit at a time."

Growing older can come with challenges, but some of those can be minimized with a positive mindset and commitment to remaining connected and engaged — whether with friends, relatives or fellow community members. Fostering relationships is a key ingredient to a healthier and more fulfilling life.

(Courtesy of Family Features)



INFORMATION

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Our Mission

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



Answer to Sudoku

3	2	1	5	8	4	6	7	9
8	6	5	7	2	9	4	3	1
9	7	4	3	1	6	8	2	5
7	8	3	9	4	2	5	1	6
5	9	6	1	7	8	3	4	2
4	1	2	6	3	5	9	8	7
2	3	9	4	5	1	7	6	8
1	5	7	8	6	3	2	9	4
6	4	8	2	9	7	1	5	3

Answers to Sudoku puzzle shown on Page 14



Apple
Pumpkin
Cherry

Chocolate
Coconut
Banana

Pecan
Blueberry
Strawberry

Peach

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