The Silver Showcase

Volume 300 No. 10

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Phone: (830) 303-6612 Fax: (830) 379-3813 Thrift Shop: (830) 379-8300 Email: silvercenter@sbcglobal.net Website: www.silvercenterseguin.com

#### PRESIDENT'S CORNER....

October means the weather as well as the time on our clocks will be changing soon... There are some changes at the Silver Center coming about too! You may have already heard, but the sweet couple that have made running the Thrift Store their endeavor for more than nine years, have decided to retire! It's so nice in this day and age to see a committed couple putting each other and their church at the top of their priority list. We all wish Sally and Roy Villanueva all the very best that tomorrow can bring. Due to the huge void their leaving will cause, we will need to temporarily close the Thrift Store while we decide how to move forward. The Board has formed a committee that is looking at various options surrounding the Thrift Store. If you have any ideas, please put them in writing and mail or bring them to the center. Your ideas will be looked at and may be the best idea yet!

Another change has been the Friday night dance BYOB coverage. We have tried again and again to find liability coverage that would cover our facility for members who want to bring in their own liquor. Try as we might, no one we have contacted has been able to cover us. We now have 7 letters stating, due to lawsuits and high risks in this sort of policy, that they cannot offer any coverage if we allow BYOB at our dances. We still leave the option for coverage on the table. If anyone knows of an insurance company writing liability insurance policies that will allow BYOB coverage for us, and that company will bring forward a proposal to the Center to insure us, we will happily present it to the Board to see if we can afford it and then we might be able to bring back this option for our members! Until that time though, we will not be able to allow liquor to be brought in to our facility. I know that most of our members understand this is NOT a personal preference of any of your board members. This is simply a business decision because we CANNOT FIND AN INSURANCE COMPANY that wants to be placed in the high risk zone for unmonitored alcohol consumption. The Center could be wiped out by just one unfortunate automobile accident! We love all of our members dearly. We want you to all be happy and we want the Center to be here for all to enjoy for many, many years.

I hope your Fall is a happy and healthy one. I urge you all to discuss with your physicians your personal risk and see if a flu or pneumonia vaccination might be appropriate to help you make it through the season happy and healthy.

Please come in and enjoy YOUR Silver. We are always in need of volunteers for various committees. Would you like to help us with coordinating our volunteers? Would you like to work with our membership committee getting new members or mentoring new members so they get the most from their new membership? How about delivering meals to people unable to get out anymore? What a joy and benefit to those people in need of a smiling face and a warm heart! We have many opportunities. You have many attributes! Come on down and join us at the Silver Center. You will be glad you did!

Glenda Layton

October 2016

#### Kim's Note and Quotes October 2016

Hello, Silver Center readers! Fall is here and the weather is slowly changing. It's hard to believe we are in the last quarter of 2016. This month, at the Silver Center, we have scheduled, once again, our Fall Health and Wellness Expo on October 18th from 9 am to noon. This event is always very informative and we encourage you all to come and participate. I would like to remind you that Medicare Open Enrollment is from October 15th to December 7th. The topic for the Lunch and Learn on October 13th is "Medicare 101." Please call us here to reserve your spot. We have 28 seats and they will fill up quickly. Area Agency on Aging will be here to answer your Medicare Part D questions on October 21st or on November 22nd. This can be done by calling us at the Silver Center (303-6612) and reserving a time slot between 10 am and 2 pm on one of those two dates. Guadalupe Regional Medical Center also has several dates in October to better educate you on your Medicare options. Check out their flyer in our October newsletter for dates and times. Please take advantage of any or all of these resources. If you have any questions, please feel free to call us at the Silver Center. We will help in any way we can to get you the right information you need.

See you soon! Blessings! Silver Center Executive Director, Kim Manley

"Networking is an often over looked soft skill that is very necessary to success in Corporate America. But the true essence in making a valuable impact is not only learning which doors to knock on, but learning to be the one to open the door to every knock. You will not know the value that is on the other side of the door if you are not willing to open the door. Be the gateway to help someone else succeed."

~ Jennise Beverly

#### **BUSINESS MEMBERS**

The Silver Center is sincerely grateful for the support of our faithful Business Members.

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#### **GOLD MEMBERSHIP**

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Don't forget to turn your clocks BACK one hour on November 6, 2016!



#### <u>TUTTI-FRUITTI SALAD</u>

Yeilds: 10 servings - Great for a family gathering or Potluck

- 1 large can fruit cocktail, drained
- 1 package miniature marshmallows
- 1 medium container small curd cottage cheese
- 1 cup finely chopped pecans
- 1 small container sour cream
- 1 small can crushed pineapple, drained

Combine all ingredients in bowl, mixing well. Garnish with orange slices and cherries. This is a very pretty, as well as a tasty salad. ENJOY!

It's brag time! Our remarkable Silver Center Volunteers worked a total of 439 hours in August. We appreciate you so much! All of



you are sensational and certainly committed to the Silver Center. Thank you also to all the volunteers who attended the Annual Business Meeting and the Volunteer Appreciation Mixer on September 15th. We had a lot of fun!

#### FIND YOUR NAME

A member's scrambled name is in the newsletter each month. If it is your name, call the Silver Center at 303-6612 and receive a free coupon of your choice.

# UOGD SNHWAKI



Our Friday Night Dances are really a lot of fun and a wonderful opportunity to mingle with friends and dance the night away. The bands are top notch, so if you don't care to dance, just come to listen to the music! **PLEASE NOTE:** The doors no longer open at 6:00 pm...they open at 6:30 pm.

### \$7 Silver Center Members



- Oct Nathan Colt Young 7
  - 14 The Countrymen
  - 21 **Bob Appel**
  - 28 **Country Sounds** Halloween Dance

Theme: Halloween Magic Costumes are optional, but there are prizes For the best costume in several categories. Dance starts at 7:30 pm and goes until the Witching Hour (11pm). Join us for a Boo-tastic evening!

#### Nov 4 **Two Way Street**

- 11 Texas Top Hands
- 18 Wrangler Country
- Glen Collins & The Alibis 25
- Dec 2 Two Way Street
  - 9 The Countrymen
  - Most Wanted Band 16
  - 23 No Dance
  - 30 No Dance
  - New Year's Eve Dance 31 Wrangler Country

#### Cash Bar (Beer and Wine) available

**NOTE**: Starting September 1, 2016, due to insurance reasons, the Silver Center Dances will no longer allow BYOB. We thank you for your support and your continued participation in our Friday night dances. The Silver Center is still seeking a policy that covers BYOB. If anyone knows someone who can help us with this type of policy, please let Kim know at 830-303-6612.



# October Birthd

Helen Arp	10/1
Kay Scopel	10/1
Ted Crow	10/2
Charles Dilocker	10/3
Claribel Sebesta	10/3
Kim Manley	10/4
Leroy Wiese	10/4
Robert Goebel	10/7
Bob Hill	10/9
Sue LaMastus	10/9
Joyce Utley	10/9 🛛 🚺
J.R. Knight	10/11
Mary Ann Norris	10/12 🥣 🦯
Gladys Huffman	10/14
Thomas Fisher	10/15
Robert Garcia	10/15
Marie Vogel	10/15
Frances Noble	10/16
Bobbie Wesch	10/16
Harley Lenardson	10/17
Evelyn Knight	10/18
Jeanne Behal	10/20
Gwyn Degen	10/21
James Carroll	10/22
Jr. Brietzke	10/26
Mike Morneau	10/28
Jan Almon	10/29
Kathryn Soefje	10/29
Gladys Fruehling	10/31
Marilyn Sager	10/31

#### STAY ACTIVE WITH TAI CHI

Many older adults are looking for a gentle, low-impact exercise program that helps them stay active and improves muscle strength, flexibility and balance. TAI CHI fits the bill!

The benefits include, but are not limited to, helping with arthritis pain, reducing blood pressure, reducing stress and depression, and helping reduce bone loss in menopausal women. Tai Chi is a phenomenal exercise, and it all started with the ancient Chinese!

Join us at the Silver Center on Mondays at 9:00 am. It is only \$1.00 per class. Hope to see you there.

### **BIRTHDAY BINGO**

On Friday, October 28, 2016, from 1:00 pm to 3:00 pm, come celebrate our October member's birthdays with gifts, cake and Heart to Heart Hospice and bingo! Guadalupe Valley Nursing Center are sponsoring this special event. We have a lot of fun, so join us for a HAPPY BIRTHDAY **CELEBRATION!** 

All members are invited!



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#### MEMORIALS

In Memory of: Gladys Frudenberg By: Sharon Steinberg



In Memory of: Martha Vogel By: George and María Hyatt Ernest Jr. & Kathryn Hartmann



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Denise Kopecki

Dr. Dominic Scaramozi, V, D.C.

Charles Crowley



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		00010		2016		* Open to the Public
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HEALTH HEALTH		COME ONE, C TO THE ALTH & WELL Tuesday, Oct 9:00 - no	COME ONE, COME ALL TO THE HEALTH & WELLNESS EXP Tuesday, October 18 9:00 - noon	*C	FOR LIFE	<b>1</b> 8:00 Farmer's Market* Private Party Ezell Center
2 9:00 Spirit of Joy Lutheran Church*	<b>3</b> 9:00 Tai Chi* <b>11:00 - 1:00 Lunch*</b> 1:00 Friends Bunco	<b>4</b> <b>11:00 - 1:00 Lunch*</b> 11:30 - 12:30 Blood Pressure Check* 12:00 SKAT	5 9:00 Painters 9:00 Bunco 10:00 Bridge 11:00 - 1:00 Lunch* 11:30 Kiwanis 12:00 - 1:00 Blood Pressure Check* 12:30 Mahjongg	6 11:00 - 1:00 Lunch* 12:00 Noon Lions 12:30 Beginner's Mahjongg* Mahjongg* Humane Society Rummage Sale 9am - 5pm	7 10:00 TGIF Bridge 10:00 - 1:00 Lunch* 1:00 Pinochle 6pm Dance* to NATHAN COLT YOUNG Rummage Sale 5pm	8 8:00 Farmer's Market* Private Party Ezell Center
9 9:00 Spirit of Joy Lutheran Church*	10 9:00 Tai Chi* 11:00 - 1:00 Lunch* 12:00 Republican Women Board 5:30 Gideons	<b>11</b> 9:30 Bunco Brunch 10:00 Bridge <b>11:00 - 1:00 Lunch*</b> 11:30 - 12:30 Blood Pressure Check* 12:00 SKAT 6:00 - 8:30 GAME NIGHT	<ul> <li>12</li> <li>9:00 Painters</li> <li>9:00 Bridge</li> <li>10:00 Bridge</li> <li>11:00 - 1:00 Lunch*</li> <li>12:00 Chamber</li> <li>12:00 - 1:00 Blood</li> <li>Pressure Check*</li> <li>12:30 Evelyn Bridge</li> </ul>	<b>13</b> 11:00 Thrivent 11:00 - 1:00 Lunch* 11:30 - 1:00 Lunch & Learn #* 12:00 Noon Lions 12:30 Beginner's Mahjongg*	14 9:00 EB Cards 10:00 2 & 4 Bridge 11:00 - 1:00 Lunch* 1:00 Pinochle 6pm Dance* to THE COUNTRYMEN	<b>15</b> 8:00 Farmer's Market*

16 9:00 Spirit of Joy Lutheran Church*	<b>17</b> 9:00 Tai Chi* <b>11:00 - 1:00 Lunch*</b> 1:00 Friends Bunco 6:00 Shriners	18 9:00 - noon Health & Wellness Expo 11:00 - 1:00 Lunch* 11:30 - 12:30 Blood Pressure Check* 12:00 SKAT 4:30 SC Board Mtg. 6:00 Garden Club	<ul> <li>19</li> <li>9:00 Painters</li> <li>10:00 Bridge</li> <li>11:00 - 1:00 Lunch*</li> <li>11:30 Kiwanis</li> <li>12:00 - 1:00 Blood</li> <li>Pressure Check*</li> <li>12:30 Mahjongg</li> </ul>	<b>20</b> <b>11:00 - 1:00 Lunch*</b> 11:30 - 1:00 Lunch & Learn ##* 12:00 Noon Lions 12:30 Beginner's Mahjongg*	<b>21</b> 10:00 TGIF Bridge 10:00 - 2:00 Medicare Open Enrollment* <b>1:00 - 1:00 Lunch*</b> 1:00 Pinochle 6pm Dance* to BOB APPEL	<b>22</b> 8:00 Farmer's Market* Private Party Ezell Center
<b>23</b> 9:00 Spirit of Joy Lutheran Church*	24 9:00 Tai Chi* 9:00 EB Cards 10:30 - 5:45 Blood Drive* 11:00 - 1:00 Lunch* 1:00 Silver Needlers	<b>25</b> 10:00 Bridge <b>11:00 - 1:00 Lunch*</b> 11:30 - 12:30 Blood Pressure Check* 12:00 SKAT	<b>26</b> 9:00 Painters 10:00 Bridge <b>11:00 - 1:00 Lunch*</b> 11:30 Kiwanis 12:00 - 1:00 Blood Pressure Check* 12:30 Evelyn Bridge 12:30 Mahjongg	<b>27</b> <b>11:00 - 1:00 Lunch*</b> 12:00 Noon Lions 12:30 Beginner's Mahjongg* 5:30 - 7:30 Republican Women	28 10:00 2 & 4 Bridge 11:00 - 1:00 Lunch* 1:00 - 3:00 Birthday BINGO* BINGO* BOUNDS COUNTRY Co	29 * 8:00 Farmer's Market* Halloween Costume Contest at the dance
<b>30</b> 9:00 Spirit of Joy Lutheran Church*	<b>31</b> 9:00 Tai Chi* <b>11:00 - 1:00 Lunch*</b>	snoqs	# LUNCH & ponsored by GV ## LUNCH & ored by Remarl	<pre># LUNCH &amp; LEARN* - "Medicare 101" Sponsored by GVNC and Heart to Heart Hospice ## LUNCH &amp; LEARN* - "Basic Nutrition" sponsored by Remarkable Health Care and Hope Hospice</pre>	dicare 101" o Heart Hospice ic Nutrition" re and Hope Ho	spice
	Beginner's Mahjongg		pen to the pul	is open to the public. Thursdays at 12:30	ys at 12:30	

October Menu

Serving from 11:00 - 1:00

Entrees Served with 2 Sides, Salad, Roll, Dessert, Freshly Brewed Iced Tea or Coffee \$6.50 for Silver Center Members • \$7.00 for non-members

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	4 Hamburgers	5	<b>6</b>	7
Chili & Combread		Pulled Pork	Beef Enchiladas	Fish & Shrimp
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Chicken Parmesan	Chicken Fajitas	Baked Chicken	Spaghetti w/ Meat Sauce	Fish & Shrimp
17	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Chicken Fried Steak	Beefy Mac & Cheese	Chicken Alfredo	Shephard's Pie	Fish & Shrimp
24	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Cowboy Steak	Picadillo	Baked Pork Chop	Meatloaf	Fish & Shrimp
<b>31</b> Baked Fish				

The Silver Center serves made-to-order Sandwiches and Salads for \$7.25 Choice of chips, fries or fruit, with freshly brewed iced tea or coffee

# SANDWICHES

Chicken or Tuna Salad Turkey and Bacon Ham and Cheese Classic Club

Soup of the Day Cup \$3.00

SALADS

Chicken Salad Plate **Tuna Salad Plate** Chef Salad Grilled or Fried Chicken Salad

Bowl \$4.50

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Halloween Word Scramble Answers

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#### LUNCH & LEARN

Thursday, October 13, 2016 11:30 am - 1:00 pm



GVNC & Heart to Heart Hospice are sponsoring a presentation on *Medicare 101*. This topic will be presented by United Healthcare. Call Kim or Michelle at 830-303-6612 to reserve lunch and a seat

#### Thursday, October 20, 2016 11:30 am - 1:00 pm

Hope Hospice and Remarkable Healthcare are sponsoring a presentation on *Basic Nutrition*. There will be some really great and helpful information given at this presentation. Remember to call for reservations, 830-303-6612.

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The Silver Center's October Silver Star is the very versatile, Art Woytek. Art has many volunteer positions and has been with the Silver Center since its conception in 1995. He has been the Membership Chairman since 1999. Interestingly, his mother was the Membership Chairman from 1995-1999, before Art took over. When you see the marquee in front of the Silver Center, Art is responsible for changing out the band name weekly and has been doing it since 2000. He maintains the flags and replaces them twice year to keep them looking beautiful. From 1999 to 2005, Art took care of the landscape around the Silver Center. He has been tending bar at the Center since 1999. You would think he would be worn out after all this, but he has delivered noon

meals once a week for several years. I'm not finished yet! Art served one term on the Silver Center Board of Directors. Most recently he served four years on the Mid Texas Symphony Board of Directors. On Tuesday mornings, you can find Art at Guadalupe Regional Medical Center taking care of the wheelchairs, and he also works at the New Braunfels Food Bank once a month! WOW, he makes it look so easy because he does everything with grace, patience, and a smile on his face!

Mr. Woytek was born in Sugarland in Fort Bend County. When he was in 7th grade, his family moved to Seguin. He spent 15 years in the United States Army and then worked at Kelly AFB, as an Air Force Civil Servant for 15 years. Then...he retired to work even harder as a volunteer! Art and Ellie delight in their blended family consists of 6 children and 11 grandchildren. They live fairly close, so they do have an opportunity to spend some quality family time together.

Art and Ellie like to travel. Thy went on a cruise last month and in early December they will be going to Branson for some holiday shows. He use to love to play golf, but says he doesn't play anymore. He is a diehard Longhorn fan, and when he gets a chance, Art gets on <u>Ancestory.com</u> to explore his family's heritage.

If you are ever at the Silver Center, look for the impressive Art Woytek, our October Silver Star. He is friendly and I feel certain he has some pretty interesting stories to tell.

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### Halloween Word Scramble



BACMAER			
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	_

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NMHOTPA		



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MARK YOUR CALENDARS! The Humane Society is having their fantastic garage sale once again! It is a 2-day event, starting October 6th, at 9:00 am and goes all day long. There are plants, knick knacks, rugs, kitchenware, furniture, lamps, and sometimes items that are quite unusual. If you have not been to a Human Society Garage Sale, you are in for a treat!



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#### **Goetz Funeral Home Guadalupe Valley Memorial Park**



#### Public Open Forum on Death Related Topics:

It's difficult to talk about death or dying, but we all will need to do it at some point in our lives. We need to feel the freedom to talk to others about our questions, our concerns, our experiences and learn from each other. This page is for you (the public) who want to ask the questions and speak openly about death. Some people may feel uncomfortable entering a funeral home to ask such questions or simply don't have the means to come to us. So, we are encouraging you to ask us those questions that may be weighing over your heads; and you may submit your questions to the following:

> Marina P. Reyna Funeral Director/Embalmer Goetz Funeral Home marina.reyna@dignitymemorial.com 713 N. Austin Street Seguin, Texas 78155 (830) 379-2313



GAMES AND FUN!

Sounds like a great night out for family and friends, doesn't it? On every 2nd Tuesday, The Silver Center is having a *GROUP GAME NIGHT*. Doors open at 6 pm and close at 8:30 pm. The cost: \$2.00 per person for members and \$2.50 per person for non-members.

Here are the Rules:

- 1) You must have a group. You cannot join a group when you get here.
- 2) When you call (830-303-6612) to reserve your space, give Kim Manley a head count of the people in your party so that a table can be set up for your group.
- 3) Call by Thursday, October 6th. Be sure to call the Thursday before game day to reserve your spot!
- 4) Bring you own cards, game pieces, or whatever you need for your game.
- 5) Bunco, Bridge, Poker, Mahjongg, Pinochle, or any other game is okay by us.
- 6) Must clean your own area/space before you leave at 8:30 pm.

Sound like fun? Well it is, and it is also a wonderful time to play! and relax" with your family and friends. Please join us and don't forget to call for your reservation!

#### Donors

The Directors and Staff gratefully acknowledges the monetary support of donors who are committed to mission of The Silver Center during the past 12 months.

Special Recognition Margo Trost

*Diamond Friend* Dr. Robert W. Pape Kathy & Warren Nossaman Stan & Susan Casto

*Platinum Friend* Anonymous

*Emerald Friend* Anonymous GRMC Rotary Club of Seguin

*Gold Friend* Central Texas Phlebotomy Geronimo Lions Evelyn Arentz & J.R. Knight Mel & Patty Grones

Sapphire Friend Gerald Heep Thrivent

*Silver Friend* Mary Bobo ReMax

Mahjongg Mavens

**Ruby Friend** Frank Guerrero

#### WE HAVE A MORTGAGE

Building Mortgage \$174,403.49 Monthly Payment \$3,627.25

Sagebiel Hall Floor Loan \$16,224.14 Monthly Payment \$258.41 The Silver Center would not exist without the efforts of its awesome 2016 VOLUNTEERS 2016

Ian Almon **Carmen Astran Roy Balter Evelyn Bender** Mary Ann Bienek Velma Buie Susan Casto Phil Cox Charles Crowley Nancy Cude Patricia Custer Doreen Dunnihoo Brenda Engelmann Walter Engelmann Arnold Espitia Sharon Frederickson Wendy Grant

Wendy Grant Gail Harshman Doug Hawkins Kay Lynn Hawkins Ann Hodges Myrtle Huebinger Shirla Humiston Cynthia Hyatt

Joyce Kuykendall **Glenda** Layton **Evelyn** Martin **Glenna McKandles** Sandra Moline **Grace Mugrage** Kathy Nossaman Warren Nossaman **Ruth Owens Dolores** Pierce LaVerne Roskydal **Joyce Scarlett Bob Sebesta** Mary Smith Sharon Steinberg Holly Taylor Ann Theiss Eric Threet Margo Trost Viola Trost Clarence Urban Mary Ussery-Wilson Margaret Wideman Art Woytek



Making a difference in the lives of others!

The Silver Center gratefully acknowledges grants from

United Way

# Get Your Medicare Part D Questions Answered

You could be paying more if you don't check your Medicare Part D prescription drug plan for 2017

Medicare Part D Annual Enrollment Period is October 15 – December 7, 2016. Medicare Part D Plans are sold by private insurance companies. They are allowed to change coverage every year, the premiums could go up, your co-payments could increase and your medications can change tiers or be dropped from the formulary.

*AACOG/ALAMO AAA* provides unbiased information and counseling to help you understand your Part D plan. We are not selling plans nor are we funded by any of the private insurance companies.

We are available on the dates below and will be happy to answer your questions. Appointments are appreciated but not necessary.

> October 21, and November 22, 2016 10:00am – 2:00pm Silver Center 510 E Court St. Seguin TX 78155

For More Information contact: Suzanne Ruff @ 210-362-5223 or AACOG/Alamo AAA toll free at 1-866-231-4922.



Funded through the Texas Department of Aging and Disability Service Alamo Area Council of Governments

# Health & Wellness Expo Tuesday, October 18 9:00 am - Noon Seguin Silver Center 510 E. Court

Area Medical Service providers will be on hand for information, short lectures and free health screenings.

**Come by for Door Prizes, Snacks, Free Goodies.** 

Enter to Win a FREE Silver Center Lunch Line meal by completing the "Visit the Vendor" Game Card.

> 15 Winners Courtesy of Edward Jones Investments Kathy Nossaman



Sponsored by Seguin Silver Center For more information, call 830-303-6612 www.silvercenterseguin.com

# CONFUSED ABOUT MEDICARE OPTIONS?

# Want to know...

- Basics of Medicare? (Parts A, B, C & D)
- Differences in Medicare Supplement Plans
- How to decide what is best for me?
- How to protect myself/loved ones during enrollment season?

GRMC & Guadalupe Healthcare Network invite you and a trusted family member or friend to a FREE informational seminar regarding your Medicare options. Learn what you need to know so you can make informed choices about your health care options. This is NOT a sales presentation.

#### Please join us on:

Wednesday October 5, 2016 10a-12p Tuesday October 11, 2016 6p-8p Monday October 24, 2016 10a-12p Wednesday October 26, 2016 6p-8p

Upstairs Classroom in GRMC Central Entrance 1215 E. Court Street, Seguin, Texas 78155 Medicare Annual Open Enrollment: Oct. 15 - Dec. 7th.

Come Join Us and Learn More about Medicare Options.

RSVP not required.

Questions? Call 830.303.4846





#### 2016 Annual Holiday Raffle \$5.00 Donation per ticket

The Silver Center will be mailing out 6 raffle tickets to our members by mid to end of October instead of September. Thank you for your patience. You can buy them yourself or sell them to your friends, family, and co-workers. The tickets are for sale at the Silver Center if you need more or if you don't receive the tickets in the mail, call Kim at 303-6612.

#### Prizes are GREAT!! They include: \*\* 1st Prize - \$1,000.00 \* 2nd Prize - \$500.00 \* 3rd Prize - \$300.00

4th Prize - \$200.00

Please support our Silver Center 2016 Annual Holiday Raffle!

### Falling Leaves

Little leaves fall softly down Red and yellow, orange and brown Whirling, twirling round and round Falling softly to the ground

Little leaves fall softly down To make a carpet on the ground. Then, swish, the wind comes whistling by And sends them dancing to the sky.

### **BLOOD DRIVE**

In Honor of Jon Delagarza

Monday, October 24

Silver Center Sagebiel Hall - 510 E. Court St., Seguin, Tx.

#### 10:30 am - 5:45 pm

All presenting donors will be entered into a drawing to win:

- \* El Ranchito \$15 Gift (2 \$15 Gift Card winners to be drawn)
- \* Court Street Coffee Shop \$10 Gift Card
- \* H-E-B \$15 Gift Card (2 \$15 Gift card winners to be drawn)

For further information, please contact: Michelle at 830-303-6612



#### **Blood Donor Requirements**

Anyone who is 16 years old and weighs at least 120 pounds (with a parental consent form), or at least 17 years old and weighs at least 110 pounds, and in good general health can donate blood. Donors must present photo ID, last four digits of their Social Security number and their birth date.



SEGUIN-GUADALUPE COUNTY SENIOR CITIZENS' CENTER 510 E. COURT STREET SEGUIN, TEXAS 78155 PRE-SORTED STANDARD U.S. POSTAGE PAID SEGUIN, TX PERMIT NO. 23

#### OCTOBER 2016



# Start the only anti-aging regimen that really works for everyone.

Join the Wellness Center experience. Open to the public, the Guadalupe Regional Wellness Center is the realization of GRMC's commitment to overall community health and wellness. Our members - from the age of 18 to 90 plus - enjoy the individual and group fitness options, motivating and friendly staff and the ability to complete individualized programs. The best way to stay healthy? Get moving!

Cardio machines • state-of-the-art equipment • group fitness • indoor lap pool • racquetball • personal trainers • massage therapist • cross training



#### WELLNESS CENTER 830.401.7676

1339 E. Court Street • Seguin, TX 78155 • grmedcenter.com