



# Virginia Gill Community Center

## SENIOR CONNECTION



7902 Westshire Dr. San Antonio, TX 78227

July /August  
2015

### Summer Vacation



As you can tell, we have been extremely busy the past few weeks. Our Annual 4th of July Barbecue was once again a great success. (Pictured above.) Thanks to everyone that helped with donations, set up and clean up. In other news, both the Adult and Senior Program and the Summer Youth Program are running very well. The Summer Youth Program will run until August 7, 2015, regular senior daytime programming will resume at that time. The staff would like to send a big thank you out to everyone for their help and support during this extremely busy time of year. Be on the lookout for our end of Summer Cook Out which will be held August 6, 2015 for our Summer Youth Program participants. Flyers will be posted soon and you can speak with any of the staff for further details.

#### Hours Of Operation:

Monday through Friday

9:00 a.m. - 6:00 p.m.

Adult & Seniors

9 a.m.-3 p.m.

Ages 6 & up

3:00 p.m. - 6 p.m.

#### Virginia Gill Staff

- Parks & Recreation  
Community Services  
Supervisor  
*Kevin Sykes*
- DHS Site Supervisor  
*Steele Camp*
- Recreation Supervisor  
*Henry Puente*
- Community Center Leader  
*Denise Ortiz*
- Recreation Specialist  
*Roberta Martinez*

#### Virginia Gill Center Council

- *President:*  
*Janie Villarreal*
- *Vice President:*  
*Esther Cox*
- *Secretary:*  
*Dinhora Serda*
- *Treasurer:*  
*Sylvia Galvez*
- *Liaison*  
*Hopie Alfaro*  
*Janie Zamora*  
*May Fraga*

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Are you an adult or senior citizen that has the urge to get out, get involved, and get active? Then come join us here at the Virginia Gill Adult and Senior Center! Come be a part of a friendly and inviting atmosphere like no other. The center is open to all adults and seniors ages 18 and up. What's the cost, you ask? It's free! Get involved, have fun, be healthy, and meet some new friends. We have all sorts of programs to keep you busy. Come try our Therapeutic Dance, exercise classes, ceramics, Wii bowling or any one of our other exciting programs. If you happen to be a senior citizen age 60 and above, we serve a hot meal provided the Department of Human Services.



## LOOK WHAT'S COMING UP.....

### Tripoley

Every Tuesday and Thursday starting at 9:00 a.m. we have the interesting game of Tripoley. What's that you ask? A mix of Michigan Rummy, Hearts, and Poker. Come enjoy fun conversation and try your hand at this fun and exciting game.

### Wii Bowling

Every Tuesday and Thursday morning and Wednesday afternoon, you may hear a huge commotion coming from the game room. Don't run from it, come in and be a part of it! Wii bowling is the newest video game craze for senior citizens. Have fun and try your hand at this awesome video game with a group of your peers. Video games are not just for kids anymore. We are proud to say that we have the Q Pharmacy Wii Bowling Defending Champions. There is no experience or video game knowledge necessary. The fun starts at 9:00 a.m. and lasts until 11:15 a.m.. It's fun, it's simple and best of all it's free.



### Chair Exercise

Anyone can do our simple and easy chair exercise class. It's exercise and dance all in one! Class is held at 9:30 a.m, on Tuesdays, and Thursdays. Join in on the fun and get your day off to a great start!

### Mexican Bingo

Mexican Bingo is every second and fourth Friday at 12:30 p.m. Come in and have fun with this Spanish version of bingo.

### BUNCO

Bunco is sweeping the nation! The only skill needed in this light hearted friendly game is rolling the dice. Come play with us every 1st and 3rd Friday of the month. Game time starts at 12:30 p.m. and ends when the final bell is rung!



### Line Dancing

For something more moving join in on Line Dance every Friday at 10:00am. Meet new people, get fit and enjoy yourself while learning a few new dance steps all while having a great time.



### Low Impact Fitness Class

Come join our New Low Impact Fitness Class every Wednesday at 10:00 a.m.. Our class consists of basic work out exercise that works on your range of motion, balance and strength training. Join in on the fun and get fit.



### Senior Meals

Meals are provided daily to all seniors ages 60 and up by the Department of Community Initiatives. These hot meals are brought in daily from an outside vendor. Free registration is required to get you started. All meals are served daily at 11:30 a.m. and a 50 cent donation is welcome. Call 207-3237 or ask any staff member for more details.

### Bingo

Every Monday and Wednesday afternoon at 12:30 p.m. come in to play bingo and win prizes.



### Movie Critics

Twice a month about 15 to 20 Senior Citizens participate in critiquing movies new and old. Join the conversation!

### Walking Group

Our Walking Group has started back up. Come out and walk every Monday, and Wednesday, from 9:00 a.m. - 9:45 a.m., so come join us for an early morning stroll and continue your quest to become healthier.





# CALENDAR OF ACTIVITIES

## JULY 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00am Ceramics 10:00am Low Impact Training 12:30pm BINGO 4:30pm TOPS	2 9:00am Tripoley 9:00am Board Games 10:00am Line Dancing 10:00am Arts & Craft 12:30pm Wii Bowling	3 Center Closed 4th of July 
6 9:00am Ceramics 10:00am Exercise 10:00am Walking Group 12:00pm Bingo	7 9:00am Tripoley 9:00am Board Games 9:30am Chair Volleyball 10:00am Arts & Craft 12:30pm Wii Bowling	8 9:00am Ceramics 10:00am Low Impact Training 12:30pm BINGO 4:30pm TOPS	9 9:00am Tripoley 9:00am Board Games 10:00am Line Dancing 10:00am Arts & Craft 12:30pm Wii Bowling	10 9:00am Ceramic 10:00am Line Dance 12:30pm Loteria
13 9:00am Ceramics 10:00am Exercise 10:00am Walking Group 12:00pm Bingo	14 9:00am Tripoley 9:00am Board Games 9:30am Chair Volleyball 10:00am Arts & Craft 12:30pm Wii Bowling	15 9:00am Ceramics 10:00am Low Impact Training 12:30pm BINGO 4:30pm TOPS	16 9:00am Tripoley 9:00am Board Games 10:00am Line Dancing 10:00am Arts & Craft 12:30 pm Wii Bowling	17 9:00am Ceramic 10:00am Line Dance 12:30pm Bunco
20 9:00am Ceramics 10:00am Exercise 10:00am Walking Group 12:00pm Bingo	21 9:00am Tripoley 9:00 am Board Games 9:30am Chair Volleyball 10:00am Arts & Craft 12:30pm Wii Bowling	22 9:00am Ceramics 10:00am Low Impact Training 12:30pm BINGO 4:30pm TOPS	23 9:00am Tripoley 9:00am Board Games 10:00am Line Dancing 10:00am Arts & Craft 12:30pm Wii Bowling	24 9:00am Ceramic 10:00am Line Dance 12:30pm Loteria
27 9:00am Ceramics 10:00am Exercise 10:00am Walking Group 12:00pm Bingo	28 9:00am Tripoley 9:00 am Board Games 9:30am Chair Volleyball 10:00am Arts & Craft 12:30pm Wii Bowling	29 9:00am Ceramics 10:00am Low Impact Training 12:30pm BINGO 4:30pm TOPS	30 9:00am Tripoley 9:00am Board Games 10:00am Line Dancing 10:00am Arts & Craft 12:30pm Wii Bowling	31 9:00 am Ceramic 10:00 am Line Dance 12:30pm Bunco



# CALENDAR OF ACTIVITIES

## AUGUST 2015



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9:00am Ceramics 10:00am Walking Group 10:00am Exercise 12:00pm Bingo	<b>4</b> 9:00am Tripoley 9:00 am Board Games 9:30am Chair Volleyball 10:00am Arts & Craft 12:30pm Wii Bowling	<b>5</b> 9:00am Ceramics 10:00am Low Impact Training 12:30pm BINGO 4:30pm TOPS	<b>6</b> 9:00am Tripoley 9:00am Board Games 10:00am Line Dancing 10:00am Arts & Craft 12:30pm Wii Bowling	<b>7</b> 9:00am Ceramic 10:00am Line Dance 12:30pm Bunco
<b>10</b> 9:00am Ceramics 10:00am Walking Group 10:00am Exercise 12:00pm Bingo	<b>11</b> 9:00am Tripoley 9:00am Board Games 9:30am Chair Volleyball 10:00am Arts & Craft 12:30pm Wii Bowling	<b>12</b> 9:00am Ceramics 10:00am Low Impact Training 12:30pm BINGO 4:30pm TOPS	<b>13</b> 9:00am Tripoley 9:00 am Board Games 10:00am Line Dancing 10:00am Arts & Craft 12:30pm Wii Bowling	<b>14</b> 9:00am Ceramic 10:00am Line Dance 12:30pm Loteria
<b>17</b> 9:00am Ceramics 10:00am Walking Group 10:00am Exercise 12:00pm Bingo	<b>18</b> 9:00am Tripoley 9:00am Board Games 9:30am Chair Volleyball 10:00am Arts & Craft 12:30pm Wii Bowling	<b>19</b> 9:00am Ceramics 10:00am Low Impact Training 12:30pm BINGO 4:30pm TOPS	<b>20</b> 9:00am Tripoley 9:00am Board Games 10:00am Line Dancing 10:00am Arts & Craft 12:30pm Wii Bowling	<b>21</b> 9:00am Ceramic 10:00am Line Dance 12:30pm Bunco
<b>24</b> 9:00am Ceramics 10:00am Walking Group 10:00am Exercise 12:00pm Bingo	<b>25</b> 9:00am Tripoley 9:00 am Board Games 9:30am Chair Volleyball 10:00am Arts & Craft 12:30pm Wii Bowling	<b>26</b> 9:00am Ceramics 10:00am Low Impact Training 12:30pm BINGO 4:30pm TOPS	<b>27</b> 9:00am Tripoley 9:00am Board Games 10:00am Line Dancing 10:00am Arts & Craft 12:30pm Wii Bowling	<b>28</b> 9:00am Ceramic 10:00am Line Dance 12:30pm Loteria
<b>31</b> 9:00am Ceramics 10:00am Walking Group 10:00am Exercise 12:00pm Bingo				



# Menu For July 2015



		<p>1</p> <p>Tossed Green Salad w/ Chicken/ Boiled Egg Tomatoes/Bell Pepper Red Onions/Crackers Fruit-Topped Yogurt</p>	<p>2</p> <p>A) Lasagna Beef Casserole B) Salisbury Steak Mixed Vegetables String Bean Roll/Fresh Fruit</p>	<p>3</p> <p>CENTER CLOSED HOLIDAY FROZEN MEALS</p>
<p>6</p> <p>A) Spaghetti w/ Chicken Meatballs B) Italian Meat Patty W Mushroom Gravy Capri Vegetable Green Beans Potato Wedges Fruit Cup</p>	<p>7</p> <p>A) Grilled Rosemary Chicken B) Creole Meatloaf Blend Veggies Yellow Squash Roll/Fruit Cup</p>	<p>8</p> <p>A) Hamburger Steak B) Pineapple &amp; Mango Chicken Spinach w/ Onion White Rice Fruit Cup</p>	<p>9</p> <p>Cold Chicken Pasta w/ Spiral Noodles &amp; Cherry Tomatoes Marinated/Cucumbers Italian Dressing Beets/Cracker Fresh Fruit</p>	<p>10</p> <p>A) Picadillo w/ Tortilla B) Breaded Chicken Capri Blend Veggies Black-Eye Peas Wheat Bread Roll Fresh Fruit</p>
<p>13</p> <p>A) Orange Chicken w/ Broccoli /Egg Roll B) Pork Carnita Brown Rice Sautéed Green Cabbage Sugar free Jell-O</p>	<p>14</p> <p>A) Bow Tie Ham Pasta Salad B) Tuna Macaroni Salad Pickled Beet Cold Peaches Wheat Roll</p>	<p>15</p> <p>A) Roast Beef w/ Gravy B) Swedish Meatballs Mashed Potato Blend Veggies Seasonal Fruit</p>	<p>16</p> <p>A) Chicken Fajita BBQ Sauce/1 Tortilla B) Hamburger w/ Mushroom/ Bun Corn/Peas &amp; Carrots Applesauce</p>	<p>17</p> <p>FROZEN MEALS</p>
<p>20</p> <p>A) Beef &amp; Broccoli w/ Mushroom &amp; Onions B) Swiss Steak w/ Onions Brown Rice Green Bean Almandine Wheat Bread/Yogurt</p>	<p>21</p> <p>A) Cold KRAB Salad B) Santa Fe Chicken Salad Carrot &amp; Celery Sticks Fresh Fruit</p>	<p>22</p> <p>A) Turkey Chili B) Fish Nuggets Steamed Mixed Rice Mixed Vegetable Corn Bread/Fresh Fruit</p>	<p>23</p> <p>A) Gilled Beef Sausage w/ Onions &amp; Peppers B) Gilled Chicken Patty w/ Onions &amp; Peppers Baked Beans Cole Slaw/Tortilla Hot Apples w Oatmeal And Cinnamon</p>	<p>24</p> <p>A) Chicken Mole B) Carne Guisada Spanish Rice Picante Pack Fresh Fruit</p>
<p>27</p> <p>A) Sheppard Beef Pie B) BBQ Chicken Mexicali Corn Sautéed Green Cabbage Wheat Roll Fruit Cup</p>	<p>28</p> <p>A) Chef Salad w/ Turkey B) Egg Salad Strawberry Cantaloupe Cup</p>	<p>29</p> <p>A) Picadillo w/ Tortilla B) Blackened Fish Pinto Beans Sweet Potatoes w/ Raisins Wheat Bread Fruit</p>	<p>30</p> <p>A) Tuna Macaroni Salad B) Cold Chicken Salad Wrap Clod Beets Marinated Cucumbers &amp; Tomato Fresh Fruit</p>	<p>31</p> <p>A) Meatloaf w/ Brown Gravy B) Breaded Chicken Breast Blend Veggies Black-Eye Peas Wheat Roll/Fresh fruit</p>



**PARKS & RECREATION  
SAN ANTONIO**

**Virginia Gill  
Community Center**

**7902 Westshire Dr. San  
Antonio, TX 78227**

**Phone: 210-207-3237  
Fax: 210-675-5691**

**Virginia Gill Community Center**

**Lackland Terrace Neighborhood Association**

Lackland Terrace N.A. meets on the 3rd Tuesday of each month at 6:30 p.m. at the Virginia Gill Adult & Senior Center, 7902 Westshire Dr. Come meet your neighbors and learn what is happening in your neighborhood. They have monthly presentations and input from the local SAFFE and Code Compliance officers, District 4 and 6 council members/staff, and guest speakers from SAWS, CPS, the Bexar County Tax Assessor's office, etc. Any business owner or resident within Loop 410 to the West, S.W. Military Dr. to the East, Marbach Dr. to the North, and Hwy 90 to the South is welcome to join.



We're on the web @  
[www.sanantonio.gov/Parksandrec/seniors.aspx](http://www.sanantonio.gov/Parksandrec/seniors.aspx)

**T.O.P.S.**

What is T.O.P.S. you ask? It stands for Taking Off Pounds Sensibly. T.O.P.S. is a weight loss support group that meets here from 5:00 p.m. - 6:30 p.m. every Wednesday. Come in and talk to any of the members on a Wednesday afternoon for more information on how to join.



**Monthly Birthday Parties**

Our next monthly party will be held on July 31, 2015 followed up by our August party which will be held on August 28, 2015. We will celebrate all birthdays for the month, so come out and join us in singing Happy Birthday and enjoying a slice of cake.



**Arts and Crafts**

Arts and Crafts activities are fun for people of all ages, but they can be therapeutic recreation for elderly as well. There are a number of great craft ideas for seniors to do. Arts and Crafts activities allow people to express their individuality and reconnect with the world in various ways. Join us on Tuesdays & Thursday 10:00 a.m.-11:30 a.m.



**What's On Your Mind?**

Your opinions matter here. Is there something you would like to see that is currently not offered? Maybe there's something that we do offer and you have ideas that might help improve that program? We are always looking for ways to improve or create programs, so bring your ideas no matter how large or small and we will see if we can turn them into reality. No reasonable idea will be turned away.

