

Virginia Marie Granados Adult and Senior Center Gazette

500 Freiling, San Antonio, TX 78213 (210) 207-3285

Visit us online @ www.sanantonio.gov/parksandrec/seniors.aspx

**July &
August
2015**

Summer Sundaes

Monday, July 13, at 10:30 a.m.

Celebrate “National Ice Cream Month.” Cool off with an ice cream sundae and reminisce about the good old days at the swimming hole. Ice cream will be available, courtesy of *Lakeside Assisted Living & Memory Care*, and you are asked to bring your favorite topping to share. What special creation will you make? We know this is before lunch but...Life is Short; Enjoy dessert first! Please register at 207-3285 to ensure there are enough supplies. Thanks also to *The Inn at Los Patios* for providing the paper products.



Top 10 Scams that Target Seniors

Wednesday, August 12, at 10 a.m.

Do you know how to recognize a scam? What if you're under stress? Can you protect yourself and your hard earned money? Be careful answering the phone if it is an unidentified caller. Dean Taylor with the *Better Business Bureau* will open our eyes so we don't open our wallets. One of our own Granados members was recently hit by a phone scam and taken for over \$2000. Don't be the next one.

AARP Smart Driver Class

Jim Long teaches this low cost class.
Thursday, July 16, Noon to 4 p.m.
\$15 AARP Members/ \$20 Non-Members
Pre-register by calling 207-3285.



Luau Potluck

Friday, August 14, at 12 p.m.

Put on your mumu and lei and join the fun. *Brookdale Patriot Heights* will provide roasted pork with Hawaiian fruit and you are asked to bring a side dish to share. Josiah Tagawa, who was born and raised in Hawaii, will play Ukulele music for us. *Molina Healthcare* will join the fun with a “Limbo” contest.



Summer Picnic & Karaoke

Friday, July 24, from 11 a.m. to 1 p.m.

Bring your singing voice and a sack lunch; we're having a picnic! Sing karaoke, play some good ol' games, and eat cool refreshing watermelon, compliments of *NewForest Estates*. Jesse Solano with *United Healthcare* will return to dazzle us with his karaoke skills and lead us in singing some popular tunes.

Hours of Operation:

Monday & Wednesday

8 a.m. - 7 p.m.

Tuesday & Thursday

8 a.m. - 8 p.m.

Friday

8 a.m. - 6 p.m.

The City of San Antonio welcomes adults 18 years of age and older to participate in a variety of social, educational, and recreational activities. Granados Adult and Senior Center is operated by the Parks and Recreation Department and is a place “where friends meet.” The annual participation fee is \$7 for those 60 and older, \$15 for those 18 to 59 years of age.

Staff

Nancy Durham

Carrie De La Fuente

Stephanie Mercado

Jen Salazar (Temporary Assignment)



Holiday Closure



Granados will be closed Friday, July 3, in observance of Independence Day.

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Upcoming Events *Please be courteous and wait for classes to finish before entering the room.*

Computer Lab, Classes, & Smart Devices

Computer Lab Monitor

One-on-one computer assistance is available by Sylvia Guerra on Tuesdays from 2-3 p.m. Free. Sylvia will not be available on July 7 & 14.

Register in advance for the following computer classes.

Smart Devices with George Sohocki of *A to Z Helpers*



Receive help with your iPad, smart phone, Nook or Kindle. Thursday, July 23 and August 20, from 1-2:30 p.m. Pre-register for your one-on-one 15 minute timeslot. Limited to a total of 6 people. Free.

Computer Clinic with George Sohocki of *A to Z Helpers*

George will answer your questions about computers and software in a group setting. These are no "hands-on" classes. Thursday, July 23 and August 20, from 2:30-3:30 p.m. Class size is limited. Please pre-register. Free.

Digital Photography & Other Computer Classes...

taught by Jim Long are on hold until September. Enjoy your summer break.

Nutrition Classes

Nutrition FYI with the *Food Bank Summer Safety Tips*

With summer time full of picnics and grilling out, *SA Food Bank* Nutritionist Matthew Molpus will discuss how to keep your summer food safe for your family and friends on Monday, July 20, at 10 a.m. He returns Monday, August 17, at 10 a.m. to talk about summer hydration and alternative ways, besides water, to stay hydrated. Recipes and samples provided. Free.

"Walk Across Texas" with *AgriLife Nutrition* Tuesday, August 4, at 10 a.m.

Violeta Manzano from *AgriLife* will speak about their walking program, incentives offered, and share a recipe and samples. Class will not meet in July. Free.

Newsletter Distribution List

Would you like to receive the Granados newsletter and special event information electronically? Give staff your email address and be one of the first to receive the news.

DANA Meeting

The Dellview Area Neighborhood Association holds their quarterly membership meetings at Granados. Any one in the neighborhood can attend and offer their input. Their next meeting is Thursday, July 9 at 6:30 p.m.

Blood Pressure & Blood Sugar Checks

FREE screenings and education offered by Erica Flores Naranjo and Alicia Jaks from *Morningside Manor* and Charzes Flowers, *Wesley Nurse*. Fasting is not required.

Wednesday, July 1, Aug. 5, Sept. 2 from 8:30-10:30 a.m.
Tuesdays, July 14, & August 11, from 11 a.m.-12 p.m.

Fitness in the Park (FIP)



Join one of the many FIP classes offered at Granados Adult and Senior Center. FIP classes at Granados are free, for all fitness levels, and open to everyone 18 years of age and older. Pre-registration and Granados membership are not required for FIP classes. Classes are offered in conjunction with the Mayor's Fitness Council. The complete FIP schedule can be seen on-line at <http://www.sanantonio.gov/parksandrec>.

Feet or Hand Pampering...

Is taking a break during July and August. Adiba Twigg, personal wellness coach, will return this fall to introduce you to the benefits of pampering.

Thank You *Humana-Partners in Primary Care*



Thank you *Humana* for your generous lunch donation for 100+ people during the "Be Fit Fest" in May. Thanks also to the *SA Tennis Association, Brookdale Patriot Heights, WellMed, and Blanco Villa* for your part of the lunch.

Thank You *Amerigroup*

A special thank you goes to *Amerigroup* for providing the food for the Father's Day Bash and *Molina Healthcare* for the dart competition. You are truly appreciated.

No trips and tours are currently scheduled. Please continue to offer suggestions on where to go when this program is resumed.

Instructors Needed

Several of our volunteer instructors are taking a much needed break and now we need your help in locating new ones. Can you or someone you know lead an exercise or art class? How about helping others on the computer? Whatever your talent or interest, please share it with the Granados members. Ask staff for details on how you can help enrich lives at Granados.

Granados

July 2015

500 Freiling, San Antonio, TX 78213 (210) 207-3285

Monday 8 a.m.-7 p.m.	Tuesday 8 a.m.-8 p.m.	Wednesday 8 a.m.-7 p.m.	Thursday 8 a.m.-8 p.m.	Friday 8 a.m.-6 p.m.
<p>6 9am Stretch & Flex 9:30am FIP Modified Tennis 12:30pm Mah Jongg 1pm Bunco 2pm Acrylic Painting * 2:45pm Bingo 5pm Fitness Dance 6pm Line Dancing</p> <p><i>*pre-registration or fee required</i></p>	<p>7 9am Canasta 11:15am Beg. Line Dance 12:30pm Advanced Line Dance Workshop 1pm Open Art Studio No Computer Lab Monitor 6:30pm Total Body Toning</p>	<p>1/8 8:30am Blood Press/Sugar on July 1 9am Stretch and Flex 9:30am Cardio Fun 10am Dominoes No Pilates or Yoga 7/1 10am Pilates 7/8 11am Yoga 7/8 2:30pm Arts & Crafts * 3pm Ballroom Dance 3:30pm Crochet Group No Fitness Dance 7/1 5:30pm Fitness Dance</p>	<p>2/9 8:15am Blitz 10am Scrabble 10am Keyboard 4, 5 of 6* 11am Guitar 4 & 5 of 6* 1pm Advanced Line Dance Workshop 6:30pm Total Body Toning No Total Body Toning on 7/9 6:30pm DANA - Neighborhood Meeting on July 9</p>	<p>3/10 Center closed  July 3  in observance of Independence Day</p> <p>9am Stretch & Flex 9:30am Cardio Fun 10am FIP Beg Line Dance 11am FIP Folklorico Fitness Dance 1pm Texas Hold 'Em 1pm Int./Adv. Line Dance Workshop 2pm Open Art Studio</p>
<p>13 9am Stretch & Flex 9:30am FIP Modified Tennis 10:30am Summer Sundaes *  12:30pm Mah Jongg 1pm Bunco 2pm Acrylic Painting * 2:45pm Bingo 5pm Fitness Dance 6pm Line Dancing</p>	<p>14 9am Canasta 11:15am Beg. Line Dance 11am Blood Press/Sugar 12:30pm Advanced Line Dance Workshop 1pm Open Art Studio No Computer Lab Monitor 6:30pm Total Body Toning</p>	<p>15 9am Stretch and Flex 9:30am Cardio Fun 10am Dominoes 11am Pilates 12pm Yoga 2:30pm Arts & Crafts * 3pm Ballroom Dance 3:30pm Crochet Group 5:30pm Fitness Dance</p>	<p>16 8:15am Blitz 10am Scrabble 10am Keyboarding 6 of 6* 11am Guitar 6 of 6 * Noon AARP Smart Driver Class * No Line Dance Workshop 6:30pm Total Body Toning</p>	<p>17 9am Stretch & Flex 9:30am Cardio Fun 10am FIP Beg Line Dance 11am FIP Folklorico Fitness Dance 1pm Texas Hold 'Em 1pm Int./Adv. Line Dance Workshop 2pm Open Art Studio</p>
<p>20 9am Stretch & Flex 9:30am FIP Modified Tennis 10am Nutrition FYI * Summer Food Safety 12:30pm Mah Jongg 1pm Bunco 2pm Acrylic Painting * 2:45pm Bingo 5pm Fitness Dance 6pm Line Dancing</p>	<p>21 9am Canasta 11:15am Beg. Line Dance 12:30pm Advanced Line Dance Workshop 1pm Open Art Studio 2pm Computer Lab Monitor 6:30pm Total Body Toning</p>	<p>22 9am Stretch and Flex 9:30am Cardio Fun 10am Dominoes 11am Pilates 12pm Yoga 2:30pm Arts & Crafts * 3pm Ballroom Dance 3:30pm Crochet Group 5:30pm Fitness Dance</p>	<p>23 8:15am Blitz 10am Scrabble 1pm Advanced Line Dance Workshop 1pm Smart Devices * 2:30pm Computer Clinic* 6:30pm Total Body Toning</p>	<p>24 9am Stretch & Flex 9:30am Cardio Fun No FIP Line Dancing No FIP Folklorico Fitness Dance  11am-1pm Summer Picnic* 1pm Texas Hold 'Em 1pm Line Dance Workshop 2pm Open Art Studio</p>
<p>27 9am Stretch & Flex 9:30am FIP Modified Tennis 12:30pm Mah Jongg 1pm Bunco 2pm Acrylic Painting * 2:45pm Bingo 5pm Fitness Dance 6pm Line Dancing</p>	<p>28 9am Canasta 11:15am Beg. Line Dance 12:30pm Advanced Line Dance Workshop 1pm Open Art Studio 2pm Computer Lab Monitor 6:30pm Total Body Toning</p>	<p>29 9am Stretch and Flex 9:30am Cardio Fun 10am Dominoes 11am Pilates 12pm Yoga 2:30pm Arts & Crafts * 3pm Ballroom Dance 3:30pm Crochet Group 5:30pm Fitness Dance</p>	<p>30 8:15am Blitz 10am Scrabble 10am Keyboarding 1 of 8* 11am Guitar 1 of 8 * 1pm Advanced Line Dance Workshop 6:30pm Total Body Toning</p>	<p>31 9am Stretch & Flex 9:30am Cardio Fun 10am FIP Beg Line Dance 11am FIP Folklorico Fitness Dance 1pm Texas Hold 'Em 1pm Int./Adv. Line Dance Workshop 2pm Open Art Studio</p>

Granados

August 2015

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Monday 8 a.m.-7 p.m.	Tuesday 8 a.m.-8 p.m.	Wednesday 8 a.m.-7 p.m.	Thursday 8 a.m.-8 p.m.	Friday 8 a.m.-6 p.m.
<p>3 9am Stretch & Flex No Modified Tennis 12:30pm Mah Jongg 1pm Bunco 2pm Acrylic Painting * 2:45pm Bingo 5pm Fitness Dance 6pm Line Dancing</p> <p><i>*pre-registration or fee required</i></p>	<p>4 9am Canasta  10am AgriLife Nutrition * <i>Walk Across Texas</i> 11:15am Beg. Line Dance 12:30pm Advanced Line Dance Workshop 1pm Open Art Studio 2pm Computer Lab Monitor 6:30pm Total Body Toning</p>	<p>5 8:30am Blood Press/Sugar 9am Stretch & Flex 9:30am Cardio Fun <i>Walk Across TX</i> 10am Dominoes 11am Pilates 12pm Yoga 2:30pm Arts & Crafts * 3pm Ballroom Dance 3:30pm Crochet Group 5:30pm Fitness Dance</p>	<p>6 8:15am Blitz 10am Scrabble 10am Keyboarding 2 of 8* 11am Guitar 2 of 8 * 1pm Advanced Line Dance Workshop 6:30pm Total Body Toning</p>	<p>7 9am Stretch & Flex 9:30am Cardio Fun 10am FIP Beg Line Dance 11am FIP Folklorico Fitness Dance 1pm Texas Hold 'Em 1pm Int./Adv. Line Dance Workshop 2pm Open Art Studio</p>
<p>10 9am Stretch & Flex No Modified Tennis 12:30pm Mah Jongg 1pm Bunco 2pm Acrylic Painting * 2:45pm Bingo 5pm Fitness Dance 6pm Line Dancing</p>	<p>11 9am Canasta 11:15am Beg. Line Dance 11am Blood Press/Sugar 12:30pm Advanced Line Dance Workshop 1pm Open Art Studio 2pm Computer Lab Monitor 6:30pm Total Body Toning</p>	<p>12 9am Stretch & Flex 9:30am Cardio Fun  10am Scam Awareness * 10am Dominoes No Pilates or Yoga 2:30pm Arts & Crafts * 3pm Ballroom Dance 3:30pm Crochet Group 5:30pm Fitness Dance</p>	<p>13 8:15am Blitz 10am Scrabble 10am Keyboarding 3 of 8* 11am Guitar 3 of 8 * 1pm Advanced Line Dance Workshop 6:30pm Total Body Toning</p>	<p>14 9am Stretch & Flex 9:30am Cardio Fun No FIP Line Dancing or FIP Folklorico  Noon Luau Potluck * 1pm Texas Hold 'Em No Line Dance Workshop 2pm Open Art Studio</p>
<p>17 9am Stretch & Flex 9:30am FIP Modified Tennis  10am Nutrition FYI * <i>Summer Hydration</i> 12:30pm Mah Jongg 1pm Bunco 2pm Acrylic Painting * 2:45pm Bingo 5pm Fitness Dance 6pm Line Dancing</p>	<p>18 9am Canasta 11:15am Beg. Line Dance 12:30pm Advanced Line Dance Workshop 1pm Open Art Studio 2pm Computer Lab Monitor 6:30pm Total Body Toning</p>	<p>19 9am Stretch & Flex 9:30am Cardio Fun 10am Dominoes 11am Pilates 12pm Yoga 2:30pm Arts & Crafts * 3pm Ballroom Dance 3:30pm Crochet Group 5:30pm Fitness Dance</p>	<p>20 8:15am Blitz 10am Scrabble 10am Keyboarding 4 of 8* 11am Guitar 4 of 8 * 1pm Smart Devices * 1pm Advanced Line Dance Workshop 2:30pm Computer Clinic* 6:30pm Total Body Toning</p>	<p>21 9am Stretch & Flex 9:30am Cardio Fun 10am FIP Beg Line Dance 11am FIP Folklorico Fitness Dance 1pm Texas Hold 'Em 1pm Int./Adv. Line Dance Workshop 2pm Open Art Studio</p>
<p>24/31 9am Stretch & Flex 9:30am FIP Modified Tennis 12:30pm Mah Jongg 1pm Bunco 2pm Acrylic Painting * 2:45pm Bingo 5pm Fitness Dance 6pm Line Dancing</p>	<p>25 9am Canasta 11:15am Beg. Line Dance 12:30pm Advanced Line Dance Workshop 1pm Open Art Studio 2pm Computer Lab Monitor 6:30pm Total Body Toning</p>	<p>26 9am Stretch & Flex 9:30am Cardio Fun 10am Dominoes 11am Pilates 12pm Yoga 2:30pm Fall Cake Decorating * 3pm Ballroom Dance 3:30pm Crochet Group 5:30pm Fitness Dance</p>	<p>27 8:15am Blitz 10am Scrabble 10am Keyboarding 5 of 8* 11am Guitar 5 of 8 * 1pm Advanced Line Dance Workshop 6:30pm Total Body Toning</p>	<p>28 9am Stretch & Flex 9:30am Cardio Fun 10am FIP Beg Line Dance 11am FIP Folklorico Fitness Dance 1pm Texas Hold 'Em 1pm Int./Adv. Line Dance Workshop 2pm Open Art Studio</p>

Health and Wellness Programs

Get Fit at Granados!

Mix and match during the week for a total body workout. *Please check with your physician before starting a new exercise program.*

Stretch & Flexibility

Increase flexibility, energy level, and tone your muscles. Low intensity.

Date: Monday, Wednesday & Friday

Time: 9-9:30 a.m.

Cost: **Free**



Cardio Fun

A moderate intensity workout to get your heart rate up while having fun.

Date: Wednesday & Friday

Time: 9:30-10 a.m.

Cost: **Free**

FIP Modified Tennis

A new way to play tennis indoors with instruction by *SA Tennis Association*.

Date: Mondays from 9:30-10:30 a.m.

Cost: **Free**

Fitness Dance

Incorporate dance moves that'll have you burning calories.

Date: Mondays from 5-5:45 p.m.

and Wednesdays from 5:30-6:30 p.m.

Instructor: Rosie Diaz

Cost: **Free**

Evening Line Dancing

Beginning to intermediate level.

Date: Mondays from 6-7 p.m.

Instructors: Gene & Anna Eng

Cost: **Free**

Beginning Line Dancing

Learn simple line dances in a fun, relaxed atmosphere. Partners are not required.

Date: Tuesdays 11:15 a.m.-12:15 p.m.

Instructor: Sylvia Braye

Cost: **Free**

Advanced Line Dance Workshop

Dance a variety of dances without much instruction. Advanced level.

Date: Tuesdays from 12:30-3:30 p.m.

& Thursdays from 1-3:30 p.m.

Instructor: Letty Gonzales

Cost: **Free**

Total Body Toning

Moderate to high intensity class using steps. Bring light hand-weights & mat.

Date: Tuesdays & Thursdays

Time: 6:30-7:30 p.m.

Instructors: Blanca Espinosa, Yoli Perez

Cost: **Free**

Pilates- Whole Body Fitness

Focus on core strength, flexibility and increased range of motion. Adaptable to many fitness levels. Bring a mat.

Date: Wednesdays, 11 a.m.-12 p.m.

No class July 1, August 12.

Instructor: Adiba Twigg, Personal

Wellness Coach

Cost: **Free**

Yoga for All Levels

Lower your blood pressure and stress level. Bring a mat and towel.

Date: Wednesdays, 12-1 p.m.

No class July 1, August 12.

Instructor: Adiba Twigg, Personal

Wellness Coach

Cost: **Free**

Ballroom Dancing

Partners not required. Class starts with review then new dances are taught. All levels invited to begin at any time.

Date: Wednesdays from 3-4 p.m.

Instructor: Lee Clark & Sandy Hu

Cost: **Free**

Pickleball

Pickleball is on hold until another leader comes forward. Thank you JoAnn Aguilar for introducing us to this game. Day and time of play may be changed. Ask staff for details.

FIP Line Dancing

Aimed at the beginning line dancer. Warm up and stretch then learn popular dances in easy to learn steps.

Date: Fridays from 10-11 a.m.

Instructor: Bianca Mendoza, FIP

Cost: **Free**

FIP Folklorico Fitness-Zapateado

Introduction to Mexican Folklorico. Dance shoes or skirt not required. Dance away calories while gaining fun and fitness in your life!

Date: Fridays from 11 a.m. to 12 p.m.

Instructor: Bianca Mendoza, FIP

Cost: **Free**

Line Dance Workshop

Steps are broken down into easy to learn pieces. Practice a variety of dances in this class geared for intermediate to advance dancers.

Date: Fridays from 1-3:30 p.m.

Instructor: Letty Gonzales

Cost: **Free**

Fitness Room

Available during regular center hours. Ask staff for assistance before using the equipment for the first time.

Please sign the clipboard each use.

- 3 Treadmills
- Multi-Station Gym
- Incline Elliptical
- Seated Stepper
- Dumbbells
- Semi-recumbent bike



FIP Classes

Remember: Fitness in the Park (FIP) classes at Granados are open to all adults 18+ years of age, require no registration and no membership fees. Call 207-3285 for more information.

Thank You Linda

Thank you Linda Yang for leading the FIP Social Walk and FIP Circuit Training. We'll miss your tough workouts. Good luck in your new journey.

A note about event registration

You may register yourself and your spouse for events. Sign-up sheets will be posted on the first business day of the month (September 1 and November 2). Check your schedules prior to registering for events to avoid conflicts. Inform the front desk as soon as possible if you need to cancel so your spot can be filled with someone on the waiting list. As a courtesy to the instructor and other students, please be prompt for class to avoid disruption after it has started. **Programs and times are subject to change.**

Gardening



The gardens are having a hard time with the heat. Please continue taking care of yours so you can enjoy the fruits of your labor. In early September, we'll get the containers ready for the Fall planting.

Arts and Crafts

Acrylic Painting Class

Mondays, On-Going, from 2-4 p.m.

Express yourself with acrylic paints while experimenting with new techniques. The experienced instructor can help you learn no matter your artistic ability. Bring your painting supplies and join the fun with instructor Lillie Baltazar. Cost is \$15 per month, payable to instructor.

Open Art Studio

On-Going Tuesdays 1-3 p.m. & Fridays 2-5 p.m. Free
Discover yourself in painting or use the time and space to finish your projects. No instruction provided. Bring your own supplies.

Fall Cake Decorating with Rachel

Wednesday, August 26, at 2:30 p.m.

Rachel O'Kon with *Tomboys Cakes and Creations* is back! Bring a small iced cake and follow along as you decorate it. If you prefer, you can just come and watch her transform an ordinary cake into a beautiful masterpiece using fondant and icing. Free

Arts & Crafts with Stephanie

Wednesdays at 2:30 p.m.

Check the Art Studio door for supply list. Pre-register.

July

- 1- DIY Glitter Keys
- 8- Water bottle bird feeder
- 15- Flower buttons
- 22- Sock Plant
- 29- Ribbon Bookmark

August

- 5- Luau Craft
- 12- DIY Phone case
- 19- Crayon Art
- 26- Fall Cake Decorating



Keyboard & Guitar Classes

Amaze your family and friends. Learn to play the guitar or keyboard with Javier Garcia. Keyboards are provided!

Date: Thursdays, June 11-July 16 (Session 4)

Thursdays, July 30-September 17 (Session 5)

Time: 10-11 a.m. Keyboarding

Time: 11 a.m. to Noon Guitar (Beg. & Intermediate)

Fee per Session: \$30 Adults 60+; \$60 Adults 18-59

Crochet Group

Wednesdays at 3:30 p.m.

Bring your crochet hooks and help make items for the babies in University Hospital's NICU, cancer patients, and Wounded Warriors. Instruction provided by Gloria Castillo. Thanks for giving back to the community.

Remember: Your membership is also good at Lions Field Adult and Senior Center at 2809 Broadway, (210) 207-5380; The Commander's House Adult and Senior Center at 622 S. Flores, (210) 207-3010; and the Virginia Gill Community Center at 7902 Westshire, (210) 207-3237.

Cards and Games

Mah Jongg

Date: Mondays

Time: 12:30-3:30 p.m.

"No Frills" Bunco

Date: Mondays

Time: 1-2:30 p.m.

Bingo

Date: Mondays

Time: 2:45-3:45 p.m.

Canasta

Date: Tuesdays

Time: 9 a.m.-Noon

Dominoes

Date: Wednesdays

Time: 10 a.m.-12 p.m.

Blitz

Date: Thursdays

Time: 8:15 a.m.

Scrabble

Date: Thursdays

Time: 10 a.m.-Noon

Texas Hold 'Em

Date: Fridays

Time: 1-3:30 p.m.

New



A Round of Applause to...



Humana-Partners in Primary Care, Brookdale Patriot Heights, SA Tennis Association, Blanco Villa, WellMed, Gentiva Hospice, Mobile Fit Van, Interim Hospice, UTHSC, Jamilina Holistic Health Inst., Premier Insurance Solutions, Morningside Manor, Nix Health, AgriLife, Ed & Bev Beyster, United Healthcare & ACOG for "Be Fit & Be Cool Fest;" Gentiva Hospice for "Under the Sea" dance door prize; Anita Enriquez, Marita Enriquez-Harris, Jenna Garcia, Emma Rodriguez, Mary Stahl, & Adiba Twigg for Mother's Day party; Molina Healthcare, Amerigroup, for Father's Day Bash; Erica Flores Naranjo and Alicia Jaks of Morningside Manor and Charzes Flower-Wesley Nurse for Blood Pressure/Sugar checks; Brian Turner of San Antonio Tennis Association for modified tennis; George Sohocki-A to Z Helpers for "Smart Devices" & computer classes; S.A. Food Bank-Matthew Molpus for Nutrition FYI; Adiba Twigg of Personal Wellness Coach for hand pampering, Pilates, & Yoga; Violeta Manzano of AgriLife for nutrition classes; all the participants who helped during events-Jim Aguilar, Elvia Aguirre, Johnny Alvarado, Mario Arellano, Jean & Richard Arredondo, Jim Ellis, Pat Galvin, Barbara Humlicek, Dee Johnson, Chris Jones, Rudy Jungbauer, Connie Martinez, Gonzalo & Lucy Nieto, Lupe Pacheco, Frances Pulido, Adam Stallknecht, & Dolores Yruegas; and our great volunteer instructors-JoAnn Aguilar, Alfredo Avila, Del Brau, Sylvia Braye, Gloria Castillo, Lee Clark, Rosie Diaz, Gene & Anna Eng, Anita Enriquez, Marita Enriquez-Harris, Blanca Espinosa, Javi Garcia, Letty Gonzales, Sylvia Guerra, Suzy Hawk, Sandy Hu, Mae Kotzur, Jim Long, Thelma Long, Bianca Mendoza, Emma Moya, Yoli Perez, Karen Smiley, and Linda Yang.



City of San Antonio facilities are accessible. Requests for interpreter services must be made 48 hours prior to meetings. Call 207-8570 for Voice/TTY assistance.



PARKS & RECREATION
SAN ANTONIO