

LIONS FIELD ADULT AND SENIOR COMMUNITY CENTER

2809 BROADWAY, SAN ANTONIO, TEXAS 78209

LION'S ROAR

"Gentle Yoga for Health and Peace"

With Cheryl Alexander, E-RYT 500

210.883.8234 calexander88@msn.com

On-going Tuesdays, 6-7:30 p.m. Six sessions for \$72

January 10th -February 14th

February 21st -March 27th

April 3rd - May 8th

May 15th - June 19th

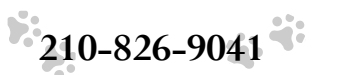

Call for Information

Jan.—Feb.

2012

LIONS FIELD COUNCIL

- President: Josie Waddell
- Vice Pres.: Sandy Pitman
- Secretary: Martha Wills
- Treasurer: Jimmy Peet
- Bette Flindall
- Beverly McPherson
- Sunnee Rakowitz
- Carlos Haun
- Deleyce Tietze

 210-826-9041 

LIONS FIELD STAFF

Supervisor:

Kevin Sykes (Interim)

Community Center

Leaders:

Monty Fernandez

Denise Martin

Jacque Odom

T'ai Chi Chih Joy Thru Movement

T'ai Chi Chih is a series of 19 easy movements
and one pose.

The purpose of T'ai Chi Chih is to stimulate, circulate, and
balance the complimentary positive and negative energies
that flow within us.

Numerous medical studies have validated the benefits of
regular practice of Tai Chi Chih, such as flexibility, balance,
circulation, metabolism, blood pressure regulation, stress
reduction and more. \$30.00 for 5 weeks

January 13—February 24 10:00 a.m. -11:00 a.m.

Taught by husband and wife team John & Carol

***Lions Field will be Closed
Monday, January 16th
Martin Luther King Day***

NEW CLASSES



Polymer Clay Switch Plate Cover Workshop

We'll make switch plate covers with laser prints and stamped decoration

2 classes—Thursdays
Call for supply list & info

January 12 & 19

6:30-8:30 p.m.

Limit 6 people
Preregistration required

Printmaking (Relief)

Come learn relief printing

With Monty Fernandez

Mondays

January 23-February 6

1:30 p.m.—3:00 p.m.

\$10 supply fee

Fun Frames

Learn how to personalize a picture frame with Monty Fernandez on Mondays, February 13 –27 from 1:30-3 p.m. The class has a \$10 supply fee and is limited to 10 participants.

Fused Glass Heart Workshop

Feb. 2-16 Thursdays
6:30-8:30 p.m.

A little too late for Valentine's Day, but a Valentine to remember.

In this class we will create a fused glass platter in the shape of a heart.

Limit 6 students.
\$15.00 Supply Fee.
Must register and pay by Jan 30.

Porcelain Art with Maria Consuelo

Join Porcelain Artist Maria Consuelo as she teaches students the fine art of China Painting, while increasing their knowledge of the basic art principles of drawing, design and composition.

\$20.00 (per day) for participants 60 plus and \$25.00 (per day) for participants 59 & younger.

Wednesdays, 9:30 a.m. –12:30 p.m.

Arthritis Exercise Class

1/9 to 2/20 Mondays

10:30-11:30 a.m.

Certified by the Arthritis Foundation, instructor *Jacque Odom* teaches this free class which focuses on flexibility and range of motion. Class is limited to 12. Please sign up in advance.

EASY MOVEMENT EXERCISE CLASS

Wednesdays, Jan 18-Feb 22

10:30-11:30 a.m.

***Monty Fernandez*, will instruct this free six week class to help you improve your flexibility and get moving. Please sign up in advance.**

WEEKLY ACTIVITIES FOR JANUARY–FEBRUARY 2012

Monday

9:00-10:00 am Exercise

Jan. 9-March 2: \$30 per 8 wks
9:30 am–11:30 am: Aquarelle Watercolor*

10:00-11:00 am: Book Club (4th Monday)

1:00-4:00 pm: Bridge

6:00-9:00 pm: Ceramics—purchase own supplies

6:30-8:30 pm: S.W. TX Better Investing (1st Monday)

*Jan. 9-Feb 20:
7:15pm-8:15pm Zumba for all skill levels*

Tuesday

9:00-10:00am Exercise

9:30 am-2:30 pm: Arts & Crafts Activities:

Jan. 10-Feb. 28 \$30.00 per 8 weeks
10:00am-11:00am" EZ Keys III Adult Keyboard
11:00am-12:00pm: Beg Sax Adult Saxophone
12:00pm-1:30pm: Hand Percussion
2:45pm-3:45pm: Fancy Fingers Int. Keyboard*

10:00 am-2:30 pm: Adv. Clay Sculpture—purchase supplies

10:00 am– noon: Mah Jongg Open Play

Jan. 10–Feb. 14

6:00-7:30 pm: Yoga— 6 weeks

7:30-9:00 pm: Mahncke Park Assn. (3rd Tues.)

1:00-3:00 pm: Bunco \$2 per session (last Tues.)

7-9 p.m. Native Plants Society of Texas (4th Tues.)

Wednesday

9:00-10:00am Exercise

Jan. 4: Continuous

10:00 am 2:00pm Porcelain Art \$20.00-\$25.00

10:00 am– noon: Mah Jongg - Open Play

10:00 am-2:30 pm: Pottery-purchase own supplies

1:00 pm : Lions Field Camera Club (1st Wednesday)

1:00 pm-3:00 pm: Ceramics—purchase own supplies

1 :00-4:00: pm Bridge

6:30-8:30 pm: Investment Clubs (2nd & 3rd Wed.)

7-9 pm: Socrates Café (2nd Wed.)

Thursday

9:00-10:00 am Exercise

Jan. 9 -March 2: \$30 per 8 wks
9:30am-11:30am: Oil Painting*

Jan. 12– March 2:

10:00am-11:00am Begin. Guitar

11:00am-12:00pm Intermed. Guitar

Noon-6:00 pm: "42" Dominoes

1:00-4:00 pm: Ladies & Gents Ukulele \$12 mo.

Call for specific dates- 210-445-1496

6:00-9:45 pm: S.A. Chess Club

6:00-9:45 pm: Scrabble Group

7:00-8:45 pm: Bonsai Society (2nd. Thurs.)

7:00-8:45 pm: Metal Detector Club (2nd Thurs.)

7:30-9:45 pm: Greater S.A. Camera Club (1st and 3rd Thurs.)

7:00-8:45 pm: Ukulele Jam (last Thurs.)

7:00-8:30 pm: River Road Neighborhood Assn. (3rd Thurs.)

Friday

9:00-10:00 am Exercise

Jan. 9- March 2

9:30am-11:30am: Oil painting

January 13–February 24

10:00am-11:00am T'ai Chi Chih

Taught by husband and wife (John & Carol)

1:00pm-4:00 pm: Bridge

1:00pm-5:00 pm: Open Studio

*** represents \$30 ages 60 & up & \$60 ages 18-59**

Thank You

I wanted to take a minute to tell you how grateful & thankful I am to be a part of the Lion's Field family. We, my family and I, have a loved one that we will be caring for in California; so, we have decided to move to California at the end of December to make this happen.

I would like to extend my appreciation to the following:

San Antonio Parks and Recreation for allowing me to be a part of their team.

The incredible staff here at Lion's Field (Denise, Jacque, and Monty).

The Lion's Field Council, for being so supportive and involved.

And, to the great members of Lion's Field.

I have loved the laughs and conversations shared and I will take these memories with me.

Sincerely, Randy Hultgren

Black and White Photography

In this 8 week class with Monty Fernandez, participants will learn how to process negatives from black and white film and use the enlarger to make black and white prints using traditional photographic chemistry.

The class will meet on Tuesdays, 17 January to 6 March from 1:00 - 3:30 pm.

A \$10 studio fee will be charged and the class will be limited to 5 participants.

Please register at Lions Field or call 826-9041.



Lions Field Book Club



Book of the Month for January

"The Norton Book of Light Verse"

Edited by: Russell Baker

Bring copies of a poem that you liked in the book and your notes of what interested you about the poem. We will get together on Monday, January 23rd at 10 am in the Game Room.

Jewelry Class

Jacque Odom will teach the basic technique of jewelry making. At the end of this class, you will have in your possession a beautiful Necklace, Bracelet, and Earrings.

The Jewelry Class will be held on Wednesday, January 18th from 6:30 pm to 8:30 pm.

\$15 supply fee

Please register and pay in advance.

ZUMBA

Mondays, 7:15pm - 8:15 pm

Jan.— Feb. 20, 2012

\$25 for 6 classes

Taught by Lisa Bengtson of the OLLU International Folk Culture Center, this class is designed for beginners. Zumba fuses Latin rhythms with easy-to-follow moves to create a unique fitness program.

It's great exercise and fun too!

Pay Lisa and sign up the night of the first class.



City of San Antonio facilities are accessible. Requests for interpreter services must be made 48 hours prior to meetings. Call 207-7245 for Voice/TTY assistance.

