

Virginia Marie Granados Adult and Senior Center Gazette

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

**Nov. / Dec.
2009**

Visit us online @ www.sanantonio.gov/sapar/seniors.asp

Meet Stephanie Sanchez!

Please be sure to give a warm welcome to our newest staff member: Stephanie Sanchez. Stephanie comes to us from the Melendrez Center and is excited about her move to Granados. Stephanie, a native San Antonian, will be taking over the morning exercise class as well as helping us get up and going on some new and exciting trips around town. She is an avid scrap booker and will be offering some "how-to" classes. Be sure to introduce yourself to Stephanie!

The City of San Antonio welcomes adults 18 years of age and older to participate in a variety of social, educational, and recreational activities at Granados. Granados Adult and Senior Center is a unit of the Parks and Recreation Department. Annual participation fee of \$5 is required.

Veteran's Day Breakfast

Join us as we honor our veterans and their families with a breakfast celebration on Tuesday, November 10th at 9am. Lynn Franklin from Military Senior Resources will be speaking on VA benefits, the South San Antonio High School Honor/Saber Guards will present colors and Arnold Elementary Choir will perform. HomeWell and Granados will provide the breakfast. Please spread the word to all the veterans in the area and join us to say thanks for all their service!

Thanksgiving Celebration

Celebrate Thanksgiving with your friends at Granados with a potluck on Friday, November 19th from 11a.m.-1a.m.! Bring a dish to share at this very special time of year and the center will provide the Turkey, cups, plates, napkins and utensils. Please—no chips since we have lots leftover from other potlucks. Sign up at the front desk with what you will bring. Be ready to share what you are thankful for on our Thankful Tree. Potluck held on Thursday, November 19th from 11a.m. to 1p.m.

Progressive Lunch

Take a tour of Granados, Commander's House and Lions Field Centers during your three course lunch on Friday, December 11th, from 11a.m. to 2p.m.! Start at Granados with a fresh salad and hot appetizer course. Then, off to Commander's House for a delicious entrée. Finish your meal at Lion's Field with the sweet and yummy dessert course. We can drive you in the van or drive yourself and join us. Cost is \$10 per person, limit of 75 people from all centers. Buy your tickets by Friday, December 4th to participate so we have enough time to prepare the meal! See a staff member to purchase a ticket.

Winter Wonderland Ball and Potluck

Enjoy the magic of the season on Thur., December 17th from 5-7p.m. Come dressed in your best holiday attire, or just come as you are. Bring your special holiday food to share with everyone. Granados will provide a ham. Christmas music, karaoke, and dancing will follow the dinner. Sign up at the front desk.

Granados Health Fair

Join us for our first health fair on Wednesday, November 4th, from 8—11a.m. Co-sponsored by WellMed, Allied Institute of Medicine, Bryam Healthcare and Parks and Recreation. There will be complimentary screenings for blood pressure, cholesterol, and neuropathy. Refreshments provided by Secure Horizons. Be sure to put your name in for a door prize and bring a Medicare eligible friend!

Thank you for the Computers!

A heartfelt thank you is extended to Councilwoman Mary Alice Cisneros and the Dellview Area Neighborhood Association for their generous donation of the four computers for the Granados computer lab. The participants are very excited for this new addition and are starting to learn new things. Your support is appreciated.

Building Hours:

Monday & Wednesday

8 a.m.-7 p.m.

Tuesday & Thursday

8 a.m.-8 p.m.

Friday

8 a.m.-6 p.m.

Staff

Kevin Sykes

Nancy Durham

Mary Runner

Stephanie Sanchez

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Upcoming Events

Pie Party

Put those leftovers to good use! Bring in those extra pies from Thanksgiving, or a fresh one, for a Pie Party on November 30th, at 3p.m. We will provide the plates, utensils, napkins, coffee and hot chocolate.

Christmas Cookie Swap Party

Don't be stuck making all those holiday cookies, let your fellow bakers at Granados help out! On Monday, December 14th at 1:30p.m., bring 3 dozen cookies and after the party, divide up the leftovers. Sign up with the type of cookies you'll be bringing.

Vegetarian Tamales

Learn to make this traditional holiday food with a healthy twist—it's vegetarian! Gloria Gonzalez will share her recipe and teach us how to make these tasty treats on Mon., December 7th at 10a.m. Cost is \$2 per person and is limited to eight people.

Computer Classes at Granados

All four computers are in and classes have started with the help of our wonderful volunteer teacher—Thelma Long! Classes offered are: Meet the Computer, Windows Desktop, Web Basics, Search the Web, Email, Word I, PowerPoint Basics, and Digital Photo Fundamentals. Classes are held on Tuesdays and Thursdays and are 1 1/2 hour long and will rotate on a regular basis. Class descriptions and sign-up sheets at the front desk. *A special thank you is extended to Councilwoman Cisneros and the Dellview Area Neighborhood Association for their donation of the four computers.*

Computer Lab Time

To use the computers, you must fill out an agreement form and sign in. Computers are available to use during the following times and a volunteer is available to assist during the "Monitored" lab times:

- Mondays at 9:30-11:30 (monitored)
- Tuesdays at 11:00-12:30 (monitored)
- Wednesday at 8:00-Noon
- Thursdays at 8:00-11:00 and 5:00-7:30
- Fridays at 8:00-11:00 and 2:00-5:00

Parks and Recreation presents Come Out and Play Day!

Join us for a Free Day of Family Fun:
Games • Sports • Food Booths
Scholastic Caravan • Entertainment

Check out the Adult and Senior Center table and watch the Granados Line Dancers perform at Noon!

Saturday, November 7 at 10a.m. to 1p.m.
San Pedro Springs Park at 1315 San Pedro Avenue

Travels with Brigitte

Find out about exciting and escorted bus trips you can take offered by Brigitte on Friday, November 20th at Noon! Upcoming trips include New Orleans, Miami and Key West, Branson Christmas Spectacular, and Tunica & Memphis. She also offers cruises out of Galveston. You don't want to miss the presentation on these fabulous and affordable vacations!

A&C Moved to 1p.m. on November 20th

To allow everyone to meet Brigitte, Arts and Crafts will be at 1p.m. on that day. Bring a straw wreath form, your own fall decor and wire ribbon of your choice to make a beautiful, fall corn husk wreath. *Look for a new A&C day and time in January!*

Brown Bag Book Club

Due to the holiday schedule, our book club will meet and discuss at noon on the days listed below. Don't forget to bring your lunch and your pick for a book to read and review. Center will provide lemonade.

November 18th: *The Memory Keeper's Daughter* by Kim Edwards

December 16th: *Skipping Christmas* by John Grisham

Healthy Cooking for Diabetics

Grace Guerra from the Cooperative Extension Service will be here on Friday, November 6th at 9a.m. to teach us about healthy cooking and portion control for diabetics. Great information for yourself or someone you love with diabetes.

Santa Comes to Granados!

Grandparents and Grandkids under age 12 are invited to have cookies with Santa on Mon., December 21st at 2p.m. A great picture opportunity! Sign up at the Front Desk. Cookies and hot chocolate provided.

Christmas Card Making with Stephanie

This year send your loved ones a unique Christmas card that you made. Stephanie will have all the supplies for you to make 3 cards. Class is Wed, December 9th at 10am and cost is \$1. Pre-registration required.

Simple Meditation & Relaxation Workshop

Learn simple mechanisms to relax, focus, and meditate for the improvement of your ability to deal with stress, low-level pain and the increased ability to focus on activities. A perfect class for this time of year. Join Dr. Thomas Hoy on Mon, November 23 at 10:30am. FREE Please pre-register at the Front Desk.

Upcoming Trips & Tours

Christmas Lights

Journey around town to look at Christmas lights. Then come back to Granados for hot chocolate and sweet breads. Tuesday evening, December 8th at 6pm returning around 7p.m.

Gourmets on the Go South Garden Chinese

Enjoy one of the many lunch specials at this local favorite! Wednesday, December 2nd at 11:30a.m. **No van**—you must meet us at 3909 Fredericksburg Road

Geocaching

Hike through a local park to find hidden treasure using a GPS unit. Bring your sack lunch, water and wear a hat. Tuesday, December 15th at 10a.m.

Monday 8am-7pm	Tuesday 8am-8pm	Wednesday 8am-7pm	Thursday 8am-8pm	Friday 8am-6pm															
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*pre-registration or fee required

Health and Wellness Programs

Get Fit at Granados!

Check out our exercise programs. Mix and Match during the week for a total body workout and don't forget about the fitness room. Let staff show you how to use the equipment to get the most out of your workout.

As with any exercise program, please check with your physician before beginning.

Stretch & Flexibility

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

Date: Monday, Wednesday & Friday
Time: 9-9:30 a.m.

Evening Line Dancing

This is a beginning to intermediate level class.

Date: Mondays
Time: 6-7 p.m.

Instructor: Mary Stahl

Beginning Line Dancing

Learn fundamentals of line dancing in this easy-paced class. Designed for the person who has little or no line dancing experience. Partners not required.

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

Instructor: Mary Stahl

Intermediate Line Dancing

Designed for those who have line dancing experience but are not quite ready for the advanced group.

Date: Tuesdays
Time: 1-2 p.m.

Instructor: Mary Stahl

Advanced Line Dancing

Designed for those who have line dancing experience.

Date: Tuesdays
Time: 12-1 p.m.

Instructor: Mary Stahl

Walking Program

Date: Monday, Wednesday, Friday
Time: 8:15-8:45 a.m.

Zumba Fitness—Morning

Fitness workout based on Latin dance moves.

December 1—17

\$28.50/session (6 classes)

Date: Tuesdays and Thursdays

Time: 9-10 a.m.

Instructor: Silvia Gomez

*Pre-registration required

Zumba Fitness—Evening

Fitness workout based on Latin dance moves.

November 3rd-December 15

(No class November 24th.)

\$28.50/session (6 classes)

Date: Tuesdays

Time: 4:30-5:30 p.m.

Instructor: Silvia Gomez

*Pre-registration required

Zumba Gold Salsa

Come join us and learn how to Salsa Dance! Hosted by WellMed.

Date: Friday, November 20th and
December 18th

Time: 11 a.m.

Total Body Toning

Moderate to high intensity class, focusing on strengthening and toning the body's major muscle groups. Bring light hand-weights and a mat for floor exercises.

Date: Tuesdays and Thursdays

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

Instructor: BJ Villela

Gentle Yoga

Improve posture, flexibility, energy, and endurance in this class.

September 14th-October 19th

\$39/session

Date: Mondays

Time: 5:45-6:45 p.m.

Instructor: Shaunnesy Rodriguez

*Pre-registration required.

Fitness Room

For those who are concentrating on a healthier lifestyle, a fitness room is available for your use any time the building is open. Staff will gladly give you an orientation to the equipment prior to your first use. Please sign the clipboard each time you use the room.

Equipment available includes:

- Treadmill
- Incline Elliptical
- Semi-recumbent fitness bike
- Seated Stepper
- Multi-Station Gym
- Dumbbells

Chair Yoga

The same great benefits as Gentle Yoga without having to get down on the floor.

October 21st—December 9th

\$39/session (6 classes)

Date: Wednesdays

Time: 9:45-10:45 a.m.

Instructor: Shaunnesy Rodriguez

*Pre-registration required.

Tai Chi Chuan

Improve posture and meditate through movement, breathing and visualization. *Next session begins in January.*

\$40/session (6 classes)

Date: Wednesdays

Time: 5:45-6:45 p.m.


Instructor: Rodolfo Flores

*Pre-registration required

Blood Pressure and Blood Sugar Screening

The Wesley Nurse, Cindy Jasso, will be in the Granados Library on Tuesday, November 17 and December 15 from 11 a.m.-12:30 p.m. to check blood pressure and blood sugar. Pre-registration and fasting are not required.



<h2>Arts and Crafts</h2>		<h2>Cards & Games</h2>	
<p>Arts & Crafts Date: Fridays Time: Noon-2 p.m. On November 20th only: 1p.m. to 3p.m.</p> <p>Painting Class Tues: 1-3 p.m. Thurs: 5:30-7:30 p.m.</p> <p>Open Studio Date: Fridays Time: 2- 4:30 p.m.</p> <p>Stitching Time Date: Tuesdays Time: 6:30-7:45 p.m.</p>	<p>Group Guitar Lessons Tuesdays, 11/3-24 and Tuesdays, 12/1-22 2:30-3:30 p.m. \$30 for 4 Week Session *Pre-registration required. <i>Evening Guitar class to be offered in January.</i></p> <p>Guitar Jam Bring your own guitar and join the fun. All levels of abilities welcome. Third Thursday at 5p.m.</p> <p>Poetry Open Mic Bring a poem to read or listen to others recite po- etry. First Thursday at 6:30p.m.</p>	<p>“No Frills” Bunco Date: Mondays Time: 1-2:30 p.m.</p> <p>Bingo  Date: Mondays Time: 3pm NO bingo Nov. 30</p> <p>Bridge Date: Tuesdays Time: 1– 4 p.m.</p> <p>Scrabble Date: Thursdays Time: 11 a.m.-1 p.m.</p>	<p>Wii Wednesdays <i>Now twice a week!</i> Date: Wed. at 1p.m. Date: Fridays at 2 p.m.</p> <p>Dominoes Date: Wednesdays Time: 1-4 p.m.</p> <p>Ping Pong Date: Wednesdays Time:1 p.m.</p>
		Speaker’s Bureau	
		Due to holiday celebrations, there will be no Speaker’s Bureau in November and December. Be sure to let the staff know what topics/speakers you want in next year’s Speaker’s Bureau!	
Guest Crafters		Granados Closed for the Holidays	
Edgar Fischel will be here November 6th and 13th at noon to teach the jewelry tree. Supply cost is \$3 and your own costume jewelry. On December 4th at noon, Judy Schroeder will teach how to make a dollar bill rose. Bring \$5 to exchange for 5 crisp, new one dollar bills. Have a craft you would like to share? Let Mary know so we can schedule your time to teach!		Granados Adult and Senior Center will be closed Wed, November 11th for Veteran’s Day and Thur. and Fri., November 26th and 27th for Thanksgiving. We will also be closed on Thur. and Fri, December 24th and 25th for Christmas and Friday, January 1st for New Year’s Day. <i>Happy Holidays to you and your family!</i>	
A Round of Applause for...		Program Ideas	
Thanks to all the participants for helping during the set-up and clean-up of our potlucks. Thanks to Mike Sprute from Collette Vacations, Carol Bertsch for our End-of-Life paperwork presentation, Oasis for Living with Arthritis Class, Tamara Apgar for the Medicare Presentation, Cindy Jasso for our monthly BP and blood sugar screenings, our Guitar players for the potluck performances, Ray Cevallos for his stories and poems, Silver Stars, Bill Grathwol for AARP Driving Course, Sandra Castro from Dubois and Associates for the Identity Theft presentation.		Have you always wanted to learn a new activity or go on a trip to a certain place? Let the staff know what type of programs you would like to see offered at Granados. All suggestions are welcome.	
		Disclaimer	
		<i>Individuals are responsible for making informed decisions regarding the products, programs and services in this newsletter. The City of San Antonio does not endorse outside products or services presented.</i>	
Coming in January/February: Granados’ own chapter of T.O.P.S. will start Jan 6th, Granados Chili Cook-Off, AARP Safety Driving Class, Valentine’s Day Afternoon Dance, visit the McNay’s Reclaimed exhibit, St. Patrick’s Day Celebration, Collette’s slide show for South Dakota and the Canadian Rockies vacations and more Gourmets on the Go!			

Remember: Your membership is also good at Lions Field Adult and Senior Center at 2809 Broadway (210) 826-9041 and The Commander’s House 50+ Senior Center at 645 S. Main at Durango St. (210) 224-1684.

Class Registration: Pre-registration is required for several of the classes. Please check your schedule for conflicts prior to registration as we are unable to pro-rate or refund your money.



This facility is wheelchair accessible. Request for interpreter services or assistive listening headphones must be made 48 hours prior to meeting. For V/TTY assistance call 207-3039.

