

# LION'S ROAR



2809 BROADWAY, SAN ANTONIO TEXAS 78209 210-826-9041

## HERE'S TO A BUSY FALL SEASON!

Our "Junk in the Trunk" Parking Lot Sale on Oct. 3rd kicks off an active season! The Dia de los Muertos (Day of the Dead) Potluck Brunch and Altar decorating takes place on Tuesday 10/27 at 9:30 am—bring a dish and join us.

Early Voting runs from 10/19 to 10/30, 8a.m. to 6 p.m. weekdays; 10—6 on Saturday and Noon to 6 p.m. on Sunday.

On 11/07 **Come Out and Play Day** celebrates our City's designation as one of 33 US cities honored as a "Playful City USA" Join the Parks and Recreation Department at San Pedro Park, 10 a.m.

to 1 p.m., for games and sports, fun and music. Our Adult and Senior Centers will also be represented.

Sunday November 15th marks the 2nd Rock 'N Roll Marathon for our City. The run starts in front of Lions Field and the full run goes to Mission Espada and back to the Alamodome. Over 30,000 are expected to participate as runners!

Please note that our parking lot will be used for the marathon managers and their equipment and supplies starting Friday 11/13 and that Broadway and side streets will be closed to

traffic starting around 5 a.m. on the 15th. You will be able to watch the action on TV.

### *Thanks for Your Help!*

We are doing much better with our recycling now. Each week we have two full containers for pick up. Remember please, no tissues or paper towels and no foil or waxed paper or food stained plates or cups are to go into the blue containers.

Our Patio area is now a **NO SMOKING ZONE!**

*Smokers cannot smoke on the patio and need to smoke away from the building and patio area.*



**OCTOBER & NOVEMBER 2009**

### LIONS FIELD COUNCIL

- *President, Delyce Tietze*
- *Vice-President, Carlos Haun*
- *Secretary, Martha Wills*
- *Treasurer, Sandy Pitman*
- *Members:*
- *Bette Flindall*
- *Josie Waddell*
- *Jimmy Peet*



### LIONS FIELD STAFF

Supervisor. Kevin Sykes  
 Manager: Maeve Reddin  
 Community Leader: Monty Fernandez  
 Community Leader: Denise Martin  
 Maintenance: Maria Louisa Real

## COMING ATTRACTIONS

**Lions Field Book Club** meets the last Monday of each month at 10 a.m. to discuss the previous book and select the new one. For Oct. 26th the book will be "The Heart is a Lonely Hunter" by Carson McCullers. Join in!

**AARP Driving Safety**  
 Wednesday 11/18,  
 8:30 a.m. to 1 p.m.  
 \$12 for AARP members,  
 \$14 for non-members.  
**Sign up in advance.**

**Lions Field Travelogue:**  
 Meets the *first Wednesday* of each month at 10 a.m.  
 10/07/09: "Points of Interest in San Antonio" by M.O. Webber and 11/04: New York City & Cruise to Canada by Jerry Rehmar

# LION'S ROAR

## NEW CLASSES!



### HULA FOR BEGINNERS

We are delighted to once again offer this fun and energetic dance class! Taught by Joyce Flaucher

Wednesday 3 to 4:15 p.m.

10/07-12/02. \$15 per month. Joyce's "Halau Kui" or Hawaiian Music and Dance School, meets 6:00-8:30 p.m. on Wednesdays for advanced students.

### BLACK AND WHITE PHOTOGRAPHY

This 8-week class has a hands-on approach with instruction in developing, enlarging, and mounting your B & W prints. Class meets Tuesday 10/06—11/24 1:00 to 3:30 pm. \$10 materials charge. Space limited to six. Call Monty at 826-9041 for more

information.

### MUSIC AND PAINTING

The new 8-week series of classes begins October 19.

Painting is offered three mornings a week (MWF) at 10am plus 6:30 to 8:30 pm on Wednesdays.

Saxophone, hand percussion, and Keyboard are offered on Tuesdays and Guitar and Ukulele on Thursdays. Call for details.

## OPENINGS IN POTTERY CLASSES



New Pottery classes taught by Denise Martin start the week of Oct 5th: Tuesday 10/06 and Wednesday 10/07, 9:30-2:30, and Thursdays 6—9 p.m. No fee. Purchase your own supplies. Sign up in advance. Denise's work can be seen in the Second Friday Art Walk in Tobin Hill starting 10/09 through month end at Tycoon Flats.

The Walk includes studios, galleries, and exhibits in the Historic Tobin Hill area from West Josephine St. to North St. Mary's St. at Hwy 281.

Denise is known for her individual technique of Layered Majolica Pottery which she recently demonstrated at a Workshop in San Miguel Allende, Mexico.

## GATHER AND CELEBRATE!



Our **Dia de Los Muertos** altar, a project of our Arts and Crafts class, will be set up on Tuesday 10/27, 9:30 a.m. - Noon. Join us for a potluck Brunch and fun!

Our **Thanksgiving luncheon** will be Friday 11/20 at Noon, cost \$6.50. Sign up and pay in advance.



**December Holiday festivities:** 12/04 dinner and dancing; 12/15 Lamar Elementary Choir and Party

## WEEKLY ACTIVITIES FOR OCTOBER–NOVEMBER 2009

### Monday

10:00 am-noon: Aquarelle Watercolor \$30 per 8 wks  
 10:00 –11:00 am: Book Club (4th Monday)  
 1:00-4:00 pm: Bridge Advanced Play  
 6:00-9:00 pm: Ceramics—purchase own supplies  
 5:00-8:00 pm: “42” Dominoes  
 6:30-8:30 pm: S.W. TX Chap. Better Investing  
 (1st Monday)

### Tuesday

9:30 am-2:30 pm: Arts & Crafts Activities—cost for supplies per project  
 10:00 am-2:30 pm: Adv. Sculpture—purchase own supplies  
 10:00 am– noon: Mah Jongg (Beginners Welcome)  
 12:00 Noon-1:30 pm Percussion  
 1:30pm-2:30pm: Begin. Keyboard  
 2:00pm-3:00pm: Intermed. Keyboard  
 6:00-7:30 pm: Yoga— starts 10/06  
 7:30-9:00 pm: Mahncke Park Nbrhd Assn. ( 3rd Tues.)  
 1:00-3:00 pm: Bunco \$2 per session for prizes (last Tues.)

### Wednesday

10:00 am– noon: Mah Jongg - Open Play  
 9:30 am-2:30 pm: Sculpture—purchase own supplies  
 10:00 am– noon: Travelogue, no fee (1st Wed. )  
 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—Advanced Play  
 3:00-4:15 pm Hula for Beginners—starts 10/07  
 6:30-8:30 pm Painting \$30 per 8 wks.  
 6:30-8:30 pm: Investment Clubs ( 2nd & 3rd Wed.)

### Thursday

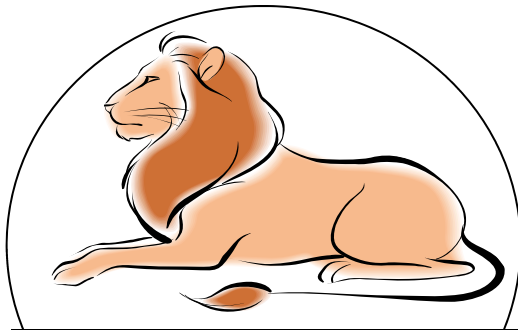
10:00am-12:00 Noon: Oil Painting \$30 per 8 wks  
 10:00am– 11:00am: Begin. Guitar  
 1100am– 12:00 Noon: Intermed. Guitar  
 Noon-6:00 pm: “42” Dominoes  
 1:00-2:30 pm: Ladies & Gents Ukulele \$12 mo.  
 6:00-9:45 pm: S.A. Chess Club  
 6:00-9:45 pm: Scrabble Group  
 7:00-8:45 pm Audubon Society (1st Thurs.)  
 7:00-8:45pm: 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

10:00am-12:00 Noon: Oil Painting \$30 per 8wks  
 1:00-4:00 pm: Bridge-Advanced Play  
 1:00-5:00 pm: Open Studio  
 7:00-8:45pm: Orchid Society (1st Friday)

**We have an  
 exercise class  
 that meets  
 daily from  
 9:00am until  
 9:45am.  
 Join Us!**





**LIONS FIELD ADULT AND SENIOR COMMUNITY CENTER**

2809 Broadway San Antonio Texas 78209

Phone: 210-826-9041

Fax: 210-826-9510



**“MY OWN RECIPE”**

Congratulations to our very own Margaret “Sissie” Gainey (of the morning Exercise Group) whose original recipe for Chili Grits was selected for publication in the August 15th issue of Family, The Magazine for Military Families.

**CHILI GRITS**

- 1 1/2 Cups grits
- 6 Cups boiling water
- 1 1/2 Tblsp. Salt
- 1 lb. Velveeta Cheese (cubed)
- 1 1/2 sticks butter or margarine
- 1 can chopped green chilis
- Tabasco sauce
- 2 egg whites beaten stiff

Cook grits, salt and water as directed.

Add cheese and butter or margarine to the cooked grits.

Stir mixture until melted. Add chilis and Tabasco (to taste). Fold in egg whites. Pour into greased casserole and bake at 350-375 degrees for 20—35 minutes or until set and browned on top. Serves 10—12. Great for family dinners!

**OTHER HEALTH & FITNESS OPPORTUNITIES**

The Granados Center  
500 Freiling, SATX 78213  
731-9654

& The Commander’s House  
645 So. Main St., SATX 78204  
224-1684

Both our “sister” Centers offer a variety of Exercise and Fitness classes.

Check them out at [www.sanantonio.gov](http://www.sanantonio.gov) under the Parks and Recreation Department, Adult and Senior programs or call for more information.

**Lions Field  
Yoga Classes**

2809 Broadway, SATX 78209

Tuesday 6—7:30 p.m. six sessions, October 6th through

November 10th; \$72 or

3 drop-in sessions - \$45.

Instructor Cheryl Alexander RYT 500

Bring a Yoga mat and two large

Towels or two Mexican blankets

Wear loose, comfortable clothing.

**Lions Field - Beginning**

**T'ai Chi Chih**

Begins Oct. 19th \* 10-11:30 a.m.

Six sessions, \$60.

Instructor Terry Gay Puckett

Please register and pay in advance for this popular class.

This is Terry's third year of teaching this unique class at Lions Field. T'ai Chi Chih is a form of this program which has been developed for use by older people. It is known to improve balance and flexibility.



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

