

COMMANDER'S HOUSE
ADULT AND SENIOR
COMMUNITY CENTER



Bugle Call

January/February 2017

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Thanks for the Memories.....



New Year's Reflections

Looking back on the months gone by,
As a new year starts and an old one ends,
We contemplate what brought us joy,
And we think of our loved ones and our friends.
Recalling all the happy times,
Remembering how they enriched our lives,
We reflect upon who really counts,
As the fresh and bright new year arrives.
And when we ponder those who do,
we immediately think of you.

Thanks for being one of the reasons we'll have a Happy
New Year!

By Joanna Fuchs



2017 A New Year... A New You...

And now we welcome the new year. Full of things that have never been. Full of love like never before. Love for self, mankind and this world.

R a i n e r M a r r i a R i l k e

A New Year A New You!

Group Exercise - Cardio Fit

January 10 - February 28

10 – 11 a.m.

Come enjoy the music and get your groove on with this group exercise class. We'll use choreography and resistance tools to help you stay active while getting fit.

Group Exercise - A Matter of Balance

January 12 - March 2

10 - 11 a.m.

This class will enjoy the benefits of low impact exercise which will help you improve your balance and increase your range of motion. Participants will also learn some relaxation techniques along the way.



Thursday

11 a.m.

Shake up your boots and scoot your way to a healthier you!

Fun Fitness 2017 Fitness in the Park

Belly Dancing

January 10 - February 28

11a.m. - 12 Noon

Join us as we increase core balance, flexibility, and improve posture through the art of belly dancing.

WALK this **WAY**

Come Get Fit with Us!

Fitness in the Park

Walk Fit—Tuesdays & Thursday

January 24 - April 20

9 - 10 a.m.

Finally 5K on April 22

Earn T-Shirts, Prizes and More along the way as you Walk your way to good health. Walk Fit is a rain or shine activity as we power walk indoors if needed. Open to the public, all ages are welcomed!

On the Lookout for Something To Do...

As always, we take this time to look back at the year behind us and the year ahead with great anticipation as to what will come. We carry the lessons of the past with us and look confidently forward, as we always do, secure in the knowledge that we can do anything to which we set our minds. And so as we begin a new year, we do so with confidence. This year like every one, will bring obstacles and opportunities. Each challenge brings us together and each accomplishment makes us stronger. Our optimism is boundless. This year, we look to be an example of greatness and we will never hesitate to step up to that responsibility. We can indeed achieve anything that we put our minds to as we work together to lift Commander's House to even greater heights. We are certain that this coming year will bring even greater rewards. So, let's take a look at some of the exciting socials ahead!



New Years Welcome Back Party

Friday, January 6

9:30 a.m. - 11:00 a.m.

Come out for our 4th annual New Years Party! This is a potluck brunch. Just bring your favorite dish. Everyone is welcome. We will also check membership and sign up new members and renew those members that have expired.



Monthly Birthday Bash

Wednesday, January 11

Thursday, February 9

11:30 am - 12:30

Our monthly Birthday Bash is a way for us to recognize our members or guests who are celebrating a birthday during the month. Birthday Bash festivities start at 11:30 a.m. and will carry on through lunch as every honoree receives a birthday corsage while they are serenaded with Happy Birthday tunes and various other festive favorites. Sponsored in part by Humana and HEB.



Commander's House Cowboy Breakfast

February 3, 2017

8:00 a.m. - 10:00 a.m.

Dust off those Stetsons, polish those boots, and mosey on down to enjoy country biscuits and gravy. We will be throwing our 3rd annual Cowboy Breakfast as we bring in the Rodeo season!

Food Available While Supplies Last!



February 14, 2017

1:30p.m to 3:30p.m.

Come and enjoy a Valentine's Social with us after the HEB Sweetheart Luncheon. We'll have sweets, treats and other fun games you can enjoy in the Spirit of Valentine's Day. Sign up with Angel or Jorge at 210.207.3010.



Capirotada (kä-pē-rô-tä-thä) Social

February 24, 2017

11:00 am - 1:00 pm

This is one bread pudding potluck you will not want to miss. Come and sample various styles of bread puddings from this region alone along with other pastry favorites. Your dish is your admission. Sign up with Angel or Jorge for this festive social event at 210.207.3010.



AARP Safety Driving

Monday, February 27

10:00 a.m. - 2:00 p.m.

\$ 15 AARP Members

\$ 20 Non-Members

Cars have changed and so have traffic rules, driving conditions and the roads we drive on every day. Let us bring you up to speed. Call 210.207.3010 to register for the class today.

From the Heart and Soul...

Write it on your heart that every day is the best day in the year.

R a l p h W a l d o E m e r s o n

Fulfill your New Year's Resolution

Introduction to Drawing

By R.A. Garibay

MEET AND GREET

Friday, January 13,

1:30 - 3:30 p.m.

SESSION CLASS DATES
January 19, 20, 23, 26, 27 & 30
1:30 - 3:30 p.m.

Cost \$60

Come explore the art of pencil drawing. Students will learn the theory of shadow and shade technique by discovering objects through shapes. Class emphasis will be on details. Classroom supply sets provided. Other supplies recommended for purchase.



Friday Guitar with Bill

9 a.m.

Learn "Practical" theory that will help you better understand the guitar fret board, music and songs.

Meet and Greet

January 6, 9 a.m.

Classes Begin

January 13, 9 a.m.

Monthly Supply Fee \$20

Music as a language—Reading music notation and playing the melody of a song—Music scales and why we use them—Chord progression—playing by numbers—Advanced chords: CAGED system and barre chords—Add more depth to your chords with 4ths, 6ths, and 7ths

Guitar, Percussion and Keys

Coming Wednesdays

Strum Chum's and Noteability

10 and 11 a.m.

January 2017

Info @ 210.207.3132

Paint with Lillie

Wednesday and Thursday
1:30 - 3:30 p.m.
\$20 Monthly Fee

Come and explore the art of painting with various mediums and styles as you are

"Never too Old to Create!"

© Iris Scott

PROGRAM CLASS SCHEDULE - Session II, January thru February, 2017

MONDAY

9:30 - 11:30	PLAY WITH CLAY	JORGE DE LA ROSA	FREE
10:00 - 2:00	AARP SAFETY DRIVING	JIM LONG	\$15/Member-\$20/Non Member-Last Mon
1:00 - 3:00	STAINED GLASS ART	LARRY DE LUNA	\$40 Per 8 Class Session

TUESDAY

9:00 - 10:00	F.I.T.P. POWER WALKING	JORGE DE LA ROSA	FREE
9:30 - 11:30	L.O.V.E. BOOK CLUB	MAY LOU CARRIZALES	FREE
10:00 - 11:00	GROUP FITNESS-CARDIO FIT	GLORIA DE LA CRUZ-S	FREE
11:00 - 11:45	F.I.T.P. BELLY DANCING	YIRLA AYALA	FREE
1:30 - 3:30	BINGO (4th Tuesdays)(1/24 & 2/28)	GLORIA DIAZ	GAME DUES
1:30 - 3:30	OPEN ART STUDIO	CLASSROOM I	ENROLLMENT IN ART CLASS
1:30 - 3:30	OPEN STAINED GLASS STUDIO	CERAMICS	ENROLLMENT IN STAINED GLASS

WEDNESDAY

9:00 - 10:30	TAKE OFF POUNDS SENSIBLY	ROSE GUIA	<i>TOPS & CoSA MEMBERSHIP REQUIRED</i>
9:30 - 11:30	RIBBON FLOWER MAKING	ALICE BERAIN/ ESTELLA MARTINEZ	FREE
9:30 - 11:30	KNITTING & CROCHETING	GLORIA TREVINO	FREE
9:30 - 11:30	QUILTING BEE	ROWENA LOPEZ	FREE
10:00 - 11:00	HAND PERCUSSION AND KEYS	JAVIER GARCIA	\$30/\$60 PER SESSION 60+/18-59
11:00 - 12:00	BEGINNING GUITAR	JAVIER GARCIA	\$30/\$60 PER SESSION 60+/18-59
1:30 - 3:30	PAINT WITH LILLIE	LILLIE BALTAZAR	\$30 MONTHLY
1:30 - 3:30	CRAFT WITH ME (2nd & 4th Wednesdays)	JORGE DE LA ROSA/ ANGEL RUIZ	SUPPLY FEE VARIES BY PROJECT

THURSDAY

9:00 - 10:00	F.I.T.P. POWER WALKING	JORGE DE LA ROSA	FREE
10:00 - 11:00	GROUP EXERCISE-AMOB	ANGEL RUIZ	FREE
10:00 - 11:30	LINE DANCE FOR FITNESS	OLIVIA VALDEZ	FREE
11:00 - 11:45	C.H. BOOK CLUB (1/19 & 2/16)	JUANITA ASHER	FREE
1:30 - 3:30	PAINT WITH LILLIE	LILLIE BALTAZAR	\$30 MONTHLY
1:30 - 3:30	OPEN CLAY STUDIO	POTTERY	ENROLLMENT IN POTTERY CLASS

FRIDAY

9:00 - 10:30	GUITAR THEORY & ADVANCED- CHORDS	BILL DOBBS	\$20 SUPPLY FEE PER MONTH
9:30 - 10:30	Wii FITNESS	JORGE DE LA ROSA	FREE
11:00 - 1:30	BINGO	DINING HALL	GAME DUES
1:30 - 3:30	OPEN ART STUDIO	CLASSROOM I	ENROLLMENT IN ART CLASS
1:30 - 3:30	OPEN CLAY STUDIO	POTTERY	ENROLLMENT IN CLAY CLASS

* **Students are asked to check with their doctors before participating. ALL CLASSES ARE CO-ED**

Students - Check with staff for any change that may occur after newsletter goes out.

Guitar Classes - Are by sessions - Please check with staff on starting dates.

For more information on all classes call staff at (210) 207-3010

City Holiday - Center CLOSED:

Monday, January 16, 2017

In Observance of Martin Luther King Day



Helping Here.

Chef

Albert Rodriguez



CITY OF SAN ANTONIO
PARKS & RECREATION

Community Center Leader

Angel Ruiz

Community Center Leader

Jorge De La Rosa Jr.

Recreation Supervisor

Gloria De La Cruz-Sandoval

FOOD ALLERGY NOTICE

We serve foods that contain milk, wheat, soy, eggs, peanuts, tree nuts, fish and shellfish. Though we appreciate the challenges posed by anyone having a food allergy, food sensitivity or food intolerance, we do not have the ability to accommodate any such allergies, sensitivities or intolerances at this time. Upon request, we will provide you with any ingredient information available to us but there is always a risk of contamination. If in doubt about what precautions you can take or what risks you may expose yourself to, please consult with a physician as neither the HEB Kitchen Staff nor the Commander's House Staff can make those decisions for you.

**LUNCH IS BY
RESERVATION
ONLY. PLEASE MAKE
RESERVATIONS BY
WEDNESDAY OF THE
PREVIOUS WEEK
WITH JORGE AT
210.207.3012.**

January 2017

Tuesday, January 3

Chicken & Mushrooms,
Roasted Potatoes, Corn,
Salad, Roll,
Banana Crème Pie

Wednesday, January 4

Picadillo Tacos,
Spanish Rice, Borracho Beans,
Salad,
Empanada

Thursday, January 5

Parmesan Breaded Fish,
Normandy Blend Veggies,
Mac & Cheese, Salad, Roll,
Apple Cobbler

Tuesday, January 10

Pork Chops,
Orzo Pasta, Broccoli,
Salad, Roll,
Cheese Cake

Wednesday, January 11

Honey Mustard Chicken,
Baked Okra, Green Beans,
Salad, Roll,
Oatmeal Cookies

Thursday, January 12

Beef Stew,
Mashed Potatoes, Mixed
Veggies, Salad, Cornbread,
Pound Cake

Tuesday, January 17

Italian Chicken,
Oven Rice, Italian Veggies,
Salad, Garlic Toast,
Brownies

Wednesday, January 18

Meatloaf,
Scalloped Potatoes, Peas &
Carrots, Salad, Roll,
Cherry Pie

Thursday, January 19

Grilled Tilapia,
Cilantro Rice, Corn,
Salad, Roll,
Danish

Tuesday, January 24

Chopped BBQ Sandwich,
baked Beans, Pasta Salad,
Salad,
Chocolate Cookies

Wednesday, January 25

Asian Styled Shrimp,
Ginger Rice, Asian Veggies,
Salad, Eggroll,
Chef's Choice

Thursday, January 26

Baked Herb Chicken,
Twice Baked Potato, Sauteed
Zucchini, Salad, Roll,
Apple Turnovers

Tuesday, January 31

Cajun Sausage,
Dirty Rice, Okra,
Salad, Roll,
Cupcakes

February 2017



**SWEETHEART
LUNCHEON
FEB 14
RSVP EARLY!**

Wednesday, February 1

Pork Chop,
Collard Greens, Sweet
Potato Mash, Salad, Roll,

Thursday, February 2

Chicken w/Alfredo Sauce,
Penne Pasta, Italian Veggies,
Garlic Bread, Salad,

Tuesday, February 7

Stuffed Bell Pepper,
Mixed Vegetables, Mashed
Potatoes, Salad, Roll,
Boston Crème Pie

Wednesday, February 8

Oven BBQ Chicken,
Potato Salad, Cole Slaw,
Salad, Biscuit,
Brownie

Thursday, February 9

Picadillo Crispy Taco,
Spanish Rice, Refried Beans,
Salad,
Tres Leches Parfait

Tuesday, February 14

Popcorn Shrimp,
Baked Potato, Normandy Blend
Vegetables, Salad, Roll,
Strawberry Cupcake

Wednesday, February 15

Meatballs in Chipotle Sauce,
Garlic-Cilantro Rice, Sauteed
Zucchini, Tortilla, Salad,
Wedding Cookie

Thursday, February 16

Turkey Burger,
Pesto Pasta, Parmesan Corn,
Salad,
Angel Food Cake

Tuesday, February 21

Baked Chicken w/Dressing,
Cauliflower Gratin, Carrots,
Salad, Roll,
Jello

Wednesday, February 22

Sausage & Vegetable Goulash,
Baked Okra,
Salad, Roll,
Apple Turnover

Thursday, February 23

Parmesan Chicken Breast
Sandwich, Orzo Pasta, Cream
of Broccoli Soup,
Cheesecake

Tuesday, February 28

Cheese Enchiladas,
Spanish Rice, Pinto Beans,
Cornbread, Salad,
Cherry Cobbler



**CITY OF SAN ANTONIO
PARKS & RECREATION**

**Commander's House Adult and
Senior Community Center**

622 S. Flores
San Antonio, Texas 78204

Step Up to Recreation!

Partner in the
Senior Community

Eighteen Years!



Helping Here.

Center Staff Contact Information:

Gloria De La Cruz-Sandoval,
Recreation Supervisor
210.207.3011
gloria.delacruz-sandoval@sanantonio.gov

Jorge De La Rosa Jr.,
Community Center Leader
210.207.3012
jorge.delarosajr@sanantonio.gov

Angel Ruiz,
Community Center Leader
210.207.3013
angelita.ruiz@sanantonio.gov



MEMBERSHIP FEE:
\$7 Per Person Per Year 60yrs. & Over
\$15 Per Person Per Year 18yrs. - 59yrs.

COBRO de MEMBRESIA:
\$7 Por Ano, Por Persona 60+
\$15 Por Ano, Por Persona 18anos - 59anos

HELPFUL NUMBERS:

San Antonio Non-Emergency Information.....Dial 311
Elderly & Family Services.....Dial 211

LUNCH RESERVATIONS CALL 210.207.3010

Remember: Your membership is also good at Lions Field Adult and Senior Center at 2809 Broadway (210) 207-5380, Granados Adult and Senior Center at 500 Frieling (210) 207-3285, and the Virginia Gill Community Center at 7902 Westshire (210) 207-3237.