

Virginia Gill Community Center

SENIOR CONNECTION

7902 Westshire Dr. San Antonio, TX 78227

January/
February



Once again this Christmas season our seniors took on the role of spreading joy to families in our community. With the help of, "Communities in Schools," we were able to brighten the day for 5 families from Westwood Terrace Elementary School. Our seniors obtained wish lists from families and generously supplied gifts to a wide variety of age groups. Seeing the children's faces light up when they opened their gifts was an amazing feeling for all involved. We hope that next year we have another amazing turn out!

Hours Of Operation

Monday through Friday

9:00am -6:00pm

9 a.m.-3 p.m.
Adult & Seniors

3:00p.m.-6 p.m.
Ages 6 & up

Virginia Gill Staff

- Parks & Recreation
Recreation Supervisor
Henry Puente
- Recreation Specialist
Roberta Martinez
- Community Services
Supervisor
Kevin Sykes
- DHS Site Supervisor
Vickie Strait

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Community: It's What We Do!

Virginia Gill Community Center offers an assortment of great programs and activities for its participants. Adults and seniors are invited to join in on many fun activities, including arts and crafts, field trips, table games, health and wellness presentations, Wii gaming system, billiards, computers, ceramics, therapeutic dance, Bingo and much more. Special events and celebrations are scheduled throughout the year. Seniors ages 60 and older are also invited to lunch. As part of the City of San Antonio's Comprehensive Nutrition Project, the Virginia Gill Center, along with the Department of Human Services, provides seniors with a mid-day meal.

Virginia Gill Center Senior Council

- *President:*
Katie Copas
- *Vice President:*
Janie Villarreal
- *Secretary:*
Dinhora Serda
- *Treasurer:*
John Teran
- *Members*
May Fraga
Mary Green

Look What's Coming Up.....

Low Impact Fitness Class

Come join our New Low Impact Fitness Class every Wednesday at 10:00a.m. Our class consist of basic work out exercise that works on your range of motion, balance and strength training. Join in on the fun and get fit.



Tripoley

Every Tuesday and Thursday starting at 9:00am we have the interesting game of Tripoley. What's that you ask? A mix of Michigan Rummy, Hearts, and Poker. Come enjoy fun.

Field Trips

We schedule field trips throughout the month. Spaces are limited and vary from trip to trip. All trips will be posted 1 week in advance. Check with staff for more information.

Movie Critics

Once a month about 10 to 20 senior citizens participate in critiquing movies that are out to the public.



Wii Bowling

Every Tuesday and Thursday morning, you may hear a huge commotion coming from the game room. Don't run from it, just come in and be a part of it. Wii bowling is the newest video game craze for senior citizens. Have fun and try your hand at this awesome video game with a group of your peers. Video games are not just for kids anymore. The fun starts at 9:00am and lasts until 11:15am. It's fun, it's simple and best of all, it's free.



Line Dancing

For something more moving, join in on our Line Dance class every Friday at 10:00am. Meet new people, get fit and enjoy yourself while learning a few new dance steps

Loteria

If you enjoy playing BINGO, then you will enjoy playing Loteria. So come in and have fun in this Spanish version of bingo. We will be playing every second and fourth Friday of the month at 12:30pm



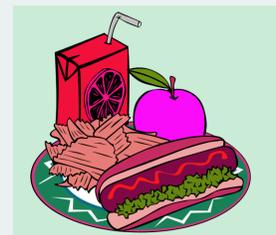
BUNCO

Bunco is sweeping the nation! The only skill needed in this light hearted friendly game is rolling the dice. Come play with us every 1st. and 3th Friday of the month. Game time starts at 12:30pm and ends when the final bell is rung!



Senior Meals

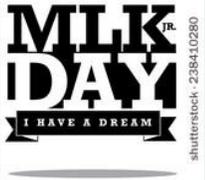
Meals are provided daily to all seniors ages 60 and up by the Department of Human Services. These are hot meals brought in daily from an outside vendor. Registration is required to get you started. All meals are served daily starting at 11:30am. The meal is free, but a 50 cent donation is welcomed. Call 207-3237 or ask any staff member for details.





CALENDAR OF ACTIVITIES FOR JANUARY 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00am Ceramics</p> <p>10:00am Walking Program</p> <p>11:30am Lunch Program</p> <p>12:30pm Bingo</p>	<p>3</p> <p>9:00am Tripoley</p> <p>9:00am Board Games</p> <p>9:30am Chair Exercise</p> <p>10:30am Arts & Craft</p> <p>11:30am Lunch Program</p> <p>12:30 pm Wii Bowling</p>	<p>4</p> <p>9:00am Ceramics</p> <p>10:00am Low Impact Training</p> <p>11:30am Lunch Program</p> <p>12:30pm BINGO</p>	<p>5</p> <p>9:00am Tripoley</p> <p>9:00am Board Games</p> <p>10:00am Arts & Craft</p> <p>11:30am Lunch Program</p> <p>12:30 pm Wii Bowling</p>	<p>6</p> <p>9:00 am Ceramic</p> <p>10:00 am Line Dance</p> <p>11:30am Lunch Program</p> <p>12:30 pm Bunco</p>
<p>9</p> <p>9:00am Ceramics</p> <p>10:00am Walking Program</p> <p>11:30am Lunch Program</p> <p>12:30pm Bingo</p>	<p>10</p> <p>9:00am Tripoley</p> <p>9:00am Board Games</p> <p>9:30am Chair Exercise</p> <p>10:30am Arts & Craft</p> <p>11:30am Lunch Program</p> <p>12:30 pm Wii Bowling</p>	<p>11</p> <p>9:00am Ceramics</p> <p>10:00am Low Impact Training</p> <p>11:30am Lunch Program</p> <p>12:30pm BINGO</p>	<p>12</p> <p>9:00am Tripoley</p> <p>9:00am Board Games</p> <p>10:00am Arts & Craft</p> <p>11:30am Lunch Program</p> <p>12:30 pm Wii Bowling</p>	<p>13</p> <p>9:00 am Ceramic</p> <p>10:00 am Line Dance</p> <p>11:30am Lunch Program</p> <p>12:30 pm Loteria</p>
<p>16</p> <p>Center Closed</p> 	<p>17</p> <p>9:00am Tripoley</p> <p>9:00am Board Games</p> <p>9:30am Chair Exercise</p> <p>10:30am Arts & Craft</p> <p>11:30am Lunch Program</p> <p>12:30 pm Wii Bowling</p>	<p>18</p> <p>9:00am Ceramics</p> <p>10:00am Low Impact Training</p> <p>11:30am Lunch Program</p> <p>12:30pm BINGO</p>	<p>19</p> <p>9:00am Tripoley</p> <p>9:00am Board Games</p> <p>10:00am Arts & Craft</p> <p>11:30am Lunch Program</p> <p>12:30 pm Wii Bowling</p>	<p>20</p> <p>9:00 am Ceramic</p> <p>10:00 am Line Dance</p> <p>11:30am Lunch Program</p> <p>12:30 pm Bunco</p>
<p>23</p> <p>9:00am Ceramics</p> <p>10:00am Walking Program</p> <p>11:30am Lunch Program</p> <p>12:30pm Bingo</p>	<p>24</p> <p>9:00am Tripoley</p> <p>9:00am Board Games</p> <p>9:30am Chair Exercise</p> <p>10:30am Arts & Craft</p> <p>11:30am Lunch Program</p> <p>12:30 pm Wii Bowling</p>	<p>25</p> <p>9:00am Ceramics</p> <p>10:00am Low Impact Training</p> <p>11:30am Lunch Program</p> <p>12:30pm BINGO</p>	<p>26</p> <p>9:00am Tripoley</p> <p>9:00am Board Games</p> <p>10:00am Arts & Craft</p> <p>11:30am Lunch Program</p> <p>12:30 pm Wii Bowling</p>	<p>27</p> <p>9:00 am Ceramic</p> <p>10:00 am Line Dance</p> <p>11:30am Lunch Program</p> <p>12:30 pm Loteria</p>
<p>30</p> <p>9:00am Ceramics</p> <p>10:00am Walking Program</p> <p>11:30am Lunch Program</p> <p>12:30pm Bingo</p>	<p>31</p> <p>9:00am Tripoley</p> <p>9:00am Board Games</p> <p>9:30am Chair Exercise</p> <p>10:30am Arts & Craft</p> <p>11:30am Lunch Program</p> <p>12:30 pm Wii Bowling</p>			



CALENDAR OF ACTIVITIES FOR FEBRUARY 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00am Ceramics 10:00am Low Impact Training 11:30am Lunch Program 12:30pm BINGO	2 9:00am Tripoley 9:00am Board Games 10:00am Arts & Craft 11:30am Lunch Program 12:30 pm Wii Bowling	3 9:00am Ceramic 10:00am Line Dance 11:30am Lunch Program 12:30pm Bunco
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27 9:00am Ceramics 10:00am Walking Program 11:30am Lunch Program 12:30pm Bingo	28 9:00am Tripoley 9:00am Board Games 9:30am Chair Exercise 10:30am Arts & Craft 11:30am Lunch Program 12:30pm Wii Bowling			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 A) Sheppard Beef Pie B) Sweet and Sour Chicken Steamed Rice Mexicali Corn Green Beans w Tomato Wheat Roll/ Fresh Fruit	3 A) Italian Beef Patty w Gravy Okra w Tomatoes Herb New Potatoes Wheat Roll B) Stuffed Manicotti Mixed vegetable Garden Salad/Fresh Fruit	4 Roast Beef Sandwich Wheat Lettuce & Tomato Carrot Stick w Dip 1 Bag Baked Chips Fresh Fruit	5 Tossed Green Salad Mix Diced Chicken 1 Boiled Egg Mushroom, Tomato, Green Peppers, Red Onion Unsalted Wheat Saltine Chilled Diced Pear Cup	6 A) Sloppy Joes on Wheat Bread B) Pork Carnitas w Tomato & Mango Salas Tortillas Chopped Broccoli Pineapple Coleslaw Fruit Crumble Oatmeal
9 A) Beef and Peppers w Gravy B) Sweet & Sour Chicken Asian Veggies Steam Rice Mini Egg Roll Fresh Fruit	10 A) Cold Tuna Salad w Spiral Noodles on Lettuce w Tomato B) Diced Grilled Chicken w Spinach Lettuce mix Mix Crazens, Cherry Tomatoes, Cucumbers, Sunflower Seeds 3 Bean Marinated Salad Cold Peaches	11 A) Meatloaf w Brown Gravy B) Grilled Seasoned Fish w Lemon Twist Potatoes Au Gratin Steam Cabbage 1 Wheat Roll Fresh Fruit	12 Marinated Ham Chunky Salad w Italian Dressing Cherry Tomatoes, Cucumbers Unsalted Wheat Saltine Potato Salad Carrot Sticks Applesauce Cup	13 A) Pork Riblet w BBQ Sauce Sweet Potatoes California Veggies B) Grilled Blackened Fish California Veggies Yellow Squash Wheat Roll/Fresh Fruit
16 Center Closed 	17 A) Beef Medallions w Gravy B) Chicken Mole American Style Steam Rice Mixed Greens Wheat Bread/ Fresh Fruit	18 A) Cold Chicken Tetrizzini w Angel Hair Pasta B) Italian Marinated Ham Chunks w Vegetables and Shell Noodles Pickled Cabbage Carrot Sticks w Dressing Unsalted Crackers	19 A) Chopped BBQ Beef B) Chicken Patty w Orange Sauce Mixed Vegetable Green Peas HB Bun Fresh Fruit	20 Frozen Meals Center Manager Training
23 A) Pulled Pork w BBQ Sauce w Tortilla B) Swiss Steak w Tomato Sauce over Steam Rice Green Beans w Almonds Hot Peach Crumble w Raisins.	24 A) Chicken Patty w L/S Poultry Gravy B) Oven Baked Hamburger w Mushroom & Onions Lettuce/Tomato Wheat HB Bun (B) Spinach, Hash Browns Apple Sauce	25 A) Baked Fish w Dill Sauce Rice Pilaf B) Spaghetti w Meatballs Italian Veggies Garden Salad Wheat Roll Yogurt w Fruit	26 A) Cold Chicken Pasta Salad w Pineapple Bits, Wheat Saltines B) Santa Fe Chicken Hoagie Spinach Lettuce mix & Tomato Sliced Salad Beets Fresh Fruit	27 A) Pork Riblet w Gravy B) Grilled Chicken w Onions and Peppers Sweet Potatoes Coleslaw Baked Apple w Oatmeal & Raisins
30 A) Meatloaf w Brown Gravy B) Shredded Cuban Style Pork Okra & Tomatoes Kernel Mexicali Corn Wheat Roll Fresh Fruit	31 A) Chicken Alfredo w Noodle B) Sheppard Beef Pie Squash Medley Green Bean w Tomato Wheat Roll Fruit Cup			



**PARKS & RECREATION
SAN ANTONIO**

**Virginia Gill
Community Center**

**7902 Westshire Dr.
San Antonio, TX 78227**

**Phone: 210-207-3237
Fax: 210-207-3236**

**We're on the web @
www.saparksandrec.com**



Monthly Birthday Parties

Our next monthly party will be held on January 29, 2017 and February 26, 2017. Come out and join us in singing Happy Birthday and enjoying a slice of cake whether it is your birthday or someone here that you know.

Lackland Terrace Neighborhood Association

The Lackland Terrace N.A. meets on the 3rd Tuesday of each month at 6:30pm at the Virginia Gill Community Center, 7902 Westshire Dr. Come join them to meet your neighbors and learn what is happening in your neighborhood. They have monthly presentations and input from the local SAFFE and Code Compliance officers, District 4 and 6 council members or staff, and guest speakers from SAWS, CPS, the Bexar County Tax Assessor's office, etc. Any business or resident within Loop 410 to the West, S.W. Military Dr. to the East, Marbach Dr. to the North, and Hwy 90 to the South is welcome to join.



T.O.P.S.

What is T.O.P.S. you ask? It stands for Taking Off Pounds Sensibly. T.O.P.S. is a weight loss support group that meets here every Wednesday from 5:00pm-6:30pm. Come in and talk to any of the members on a Wednesday afternoon for more information on how to become a member.



Arts and Crafts

Arts and Crafts activities are fun for people of all ages, but they can be therapeutic recreation for elderly as well. There are a number of great craft ideas for seniors to do. Arts and Crafts activities allow people to express their individuality and reconnect with the world in various ways. Join us on Tuesdays & Thursdays 10:00am-11:30am as we explore lots of great craft ideas for seniors.

HEALTH & WELLNESS

- ◇ *United Healthcare is doing an introduction to the seniors on January 9, 2017 from 10:30am-11:30am.*
- ◇ *Agrilife is doing a presentation on Nutrition on January 10 and 17, 2017 from 10:30am-11:30am.*
- ◇ *Wellmed Healthcare is providing health screenings for seniors on January 30, 2017 from 9:30am-11:00am.*
- ◇ *Molina Healthcare is doing a Hula Hoop Exercise Class for seniors on January 31, 2017 From 10:30am-11:30am.*

